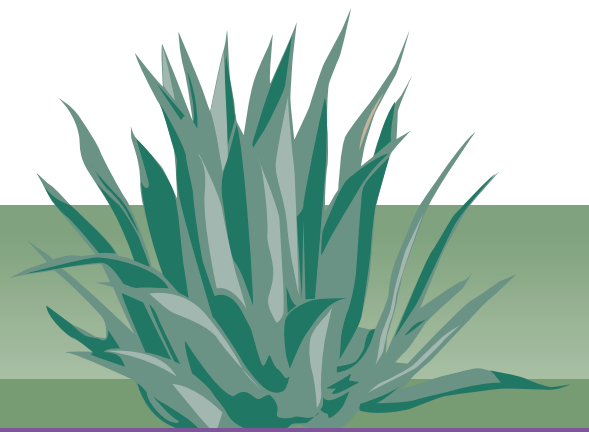


Mesa Uplands Up Close



Bringing neighbors closer to their community

July 2012

SOCCER ACADEMY PROVIDES COLLEGE COACHING EXPERIENCES

By AnnElise Makin

The Arizona Academy of Youth Soccer (AAYS) has been going great.

What started in spring of 2010, out of a compelling need for an alternative soccer club program, is now being expanded to a second playing field in Central Mesa. And bigger things are yet to come.

AAYS currently is grooming six competitive teams for ages under 10 to under 15, and is running a popular developmental-recreational program. The club, under the leadership of President David Cruz and a group of committed parents, has been extremely successful.

"We built the soccer academy because we realized other places were putting up too many walls in player development," David recalled. "At the academy, we let our players expand their wings and learn to fly. And, still, we charge much less than most other competitive clubs, while still keeping the quality of training at a high level."

Continuing education for coaches is a big deal at the academy. "I handpicked all my coaches, making sure they update themselves both technically and tactically," David said.

"Our academy coaches always connect with the kids," he explained. "Together with the parents, we create a family-like atmosphere."

Among the founding parents of the Academy Renegades were Kathryn Spencer, Carlos Matus, and Julie Garcia-Matus. As stewards of the Renegades, they chose the mission to give the kids the opportunity to learn as much as we can teach them.

"We don't focus as much on winning as we do on player development," David explained. With so many young players' eyes on college, the academy strives to bring in a number of college coaches every year to run training sessions.

"Everybody wants scholarships, but there just are not enough to go around," David said. "We give our players

additional exposure by bringing college coaches in to run training sessions." AAYS recently had the Arizona State University assistant coach Scott Champ leading sessions on three different days.

Other coaches, from Grand Canyon University and the University of Colorado, have agreed to lead workshops. Talks are in progress to enlist University of Michigan's Greg Ryan, former head coach, of the Women's National Team, in the fall.

These clinics are intended to teach young players what it takes to play at a higher level of soccer. More importantly, the coaches also will review the requirements for college recruiting, and encourage players to keep up their academics.

Currently, the academy's home is at the Gateway Bible Church, at 1621 N. Pasadena, located in the area of Center Street and McKellips Road. "The coaches and parents have sacrificed a lot to build that field," David said.

But the academy's final goal is to have its own soccer complex near McDowell Road and 32nd Street, complete with locker rooms, restrooms, a video-classroom, lounge area, a coaches' perch for viewing from above and a storage area. This will be a two- to four-year project (estimated at \$450,000), in four stages.

"For that, we will have to remove 350 orange trees, fill up land, install the fields with irrigation, and finally, build a clubhouse," David said as he beamed. "And we can use all the help we can get, including corporate and private donations, as well as industry discounts." ■

Registration for the new AAYS season, which starts in mid-August, currently is in progress. If you are interested in the AAYS developmental, recreational, competitive or college prep programs, go to the Web site at <http://arizonaacademyofyouthsoccer.com>. You also can contact David Cruz at



DavidCruz@AAYS.info, or call (817) 880-4734.

AAYS is offering free summer programs/clinics. The first free clinic will be held on July 7, at Harmony Park, located at 32nd Street and south of Southern Avenue, at 8 a.m. Please check the Web site for the entire free clinic/summer program schedule.

HAVE A BLAST WITH FIRECRACKER BUCKS AT SALT RIVER TUBING

Celebrate July Fourth weekend at Salt River Tubing's *Bag it for Bucks*, the award-winning Take Pride in America event, Saturday, ongoing through Wednesday, July 4, from 8:30 a.m. to 3:30 p.m., on the Lower Salt River, in Tonto National Forest.

Salt River Tubing is offering Firecracker Bucks—a \$5 tube rental discount coupon as a token of appreciation for tubers' conservation efforts while stashing and bagging their picnic trash in litter bags.

Tubers will trade in full litter bags at the end of their floating adventure for a \$5 discount on their next visit to Salt River Tubing. The coupon is valid seven days a week until Aug. 31. Tube rental takes place no later than 3 p.m.

The holiday event offers live entertainment, water balloon and hula-hoop contests, as well as



beach ball bonanza. The event is co-sponsored by Tonto National Forest, Take Pride in America and Salt River Tubing.

"Tuber's conservation efforts on the Lower Salt River have resulted in a recreational oasis simply by keeping it clean and beautiful, and taking personal responsibility for their own picnic trash," said Henri Breault, president and chief executive officer, of Salt River Tubing. "Responsible stewardship of our natural resources will guarantee that we can enjoy quality recreational opportunities on our public lands for generations." ■

For more information about Salt River Tubing, please visit the Web site at www.saltrivertubing.com, or call (480) 984-3305. Special holiday operating hours for July Fourth are 8:30 a.m. to 6:30 p.m.



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*Wishing everyone a
happy and safe 4th of July!*



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PUBLICATIONS

Published by

Phillips West
Publishing | Design | Writing | Photography

Mesa, AZ 85215

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E-mail: Publisher@PhillipsWest.com

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BEAUTY

SPARE YOUR HAIR from chlorine green

By Dawn Abbey

With all the popular hair colors around, the only color no one wants to flaunt is chlorine green.

"Between sun, surf, pool time, heat and sweat, our hair can take quite a beating in the summer, especially here in Arizona," said Sandy Barbetta, co-owner with husband, Cosmo, of Cosmo Salon and Day Spa.

A prevention program can protect the hair, just as we use sunscreen and lotions to protect our skin. "You can always wear a big hat," Sandy stated. "They are very glamorous, as well as keeping the sun off your hair and face. Braid your hair before going swimming to keep more of it away from sun and chlorine. Also, put a conditioner in your hair first."

If you should experience the horror of having the pool turn your hair green, don't panic. "We have Malibu, a great shampoo and crystal gel treatment that takes the green out and removes minerals and deposits from the hair," Sandy said.

In addition, Sandy suggests several products, which can help keep summer hair and hairstyles in top condition. For example, a good hair moisturizer, like Masque or Rescue by J Beverly Hills; and Moroccan Oil products, which protect with sunscreen. "The newest best line right now is It's a 10," exclaimed Sandy, "And it really is a 10 for getting rid of frizzies and moisturizing dry, brittle hair. It moisturizes and protects."

Skin care also is important in summer, and Sandy recommends Daylight Defense by Dermalogica. "Their

summer sun kit contains Solar Defense Booster, Multi-Vitamin Sun Block, Solar Shield for Lips and After Sun Repair," she said. "They also have these neat Solar Defense Wipes for a quick sunscreen application." ■

For more information, or to obtain a free consultation regarding which products are right for you, visit the Cosmo Salon and Day Spa, located at 2837 N. Power Road, or call (480) 844-0707.



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KNOW THE DISTINCTION BETWEEN FIDUCIARY AND SUITABILITY STANDARDS

By John Duncan

When meeting with a financial professional on behalf of yourself, your family or your company, it is important to ask a critical question.

Prior to the conclusion of the meeting, make the following inquiry:

Are you held to suitability standard or a fiduciary standard?

This distinction is very important. You should be aware of the difference.

WHAT IS SUITABILITY STANDARD?

Investment brokers are frequently asked to abide by suitability standards. When they recommend a financial product to a client, they are ethically bound to recommend a product, which is *suitable* for that client.

As laid out in the manual of the Financial Industry Regulatory Authority (FINRA), formerly known as the National Association of Securities Dealers, the suitability standard has long demanded a broker make *reasonable efforts to obtain information* on four aspects of a client's financial life:

- Financial status
- Tax status
- Investment objectives
- Other information used or considered to be reasonable



These factors (and others) have a hand in determining whether a financial product or securities transaction is deemed *suitable* for a client.

Suitability standards emerged in response to an age-old Wall Street problem. Decades ago, stock brokers garnered all sorts of bad publicity for calling their clients up and recommending hot stocks or funds, which were utterly inappropriate for them. The investors may have gotten burned, but the brokers got their sales commissions.

Suitability standards are good. Make no mistake. The problem is they could be even better.

Even with suitability standards, a broker has no specified duty to act in a client's best interest. So, while that broker may recommend a *suitable* fund, stock or other financial product to you, he is not prohibited from recommending an investment, which will result in a bigger commission for him or higher costs for you.

In 2005, the Securities and Exchange Commission (SEC) determined *broker-dealers will not be deemed to be investment advisers*, and, therefore, are not subject to the same fiduciary standards as registered investment advisors (RIAs) when recommending investments to clients.

In 2011, FINRA Rules 2090 and 2111 expanded the existing suitability obligations, while creating new ones. Any recommendations of investment *strategies* and any recommendations to hold securities within an investment strategy must now be *suitable* for the particular client, and the investor profile compiled by the broker to judge suitability must consider additional factors.

WHAT IS A FIDUCIARY STANDARD?

This is the standard registered investment advisors must uphold. An RIA may be an individual

or a financial firm. The *registered* adjective refers to being registered with either the SEC or a state securities agency.

RIAs have a fiduciary duty (a legal requirement) to act in the client's best interest, regardless of the level of compensation the advisor may receive as a result of recommendations or actions. Fundamentally, this comes down to two points, as stated by the SEC:

- The advisor must avoid conflicts of interest.
- The advisor is prohibited from overreaching or taking unfair advantage of a client's trust.

SEEK STRONG STANDARDS

When you enter an advisory arrangement with a financial professional or financial consulting firm, the agreement you sign should tell you whether the advisor is held to a suitability standard or a fiduciary standard. In the opinion of many investors and financial professionals, a fiduciary standard clearly amounts to a higher standard. ■

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



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DINING

IL FORNO TANTALIZES ITALIAN TASTE BUDS

By Dawn Abbey

Remembering my Italian grandmother stretching out her homemade ravioli dough on the kitchen table has no doubt spoiled me for appreciating anything less than homemade Italian cooking, making my search for good, local Italian restaurants always ongoing.

Lucky me! When leaving the Home Depot parking lot on McKellips Road recently, my husband spotted a little Italian restaurant—Il Forno—tucked into the corner near Dunkin’ Donuts. He stopped and got a to-go menu. A few days later, we ordered their Homemade Spinach Ravioli and a side of Homemade Italian Sausage and Greens. Muolto bene!

The sausage had a slightly chunky texture and just the right amount of seasoning, like the kind we used to get from the old Italian deli in New York. It was served on a bed of fresh spinach sautéed in garlic and olive oil. The ravioli melted in your mouth. It was stuffed with cheeses, fresh sautéed spinach and smothered in a creamy white wine sauce. As good as Nana’s.

We had to go back. The location, 6606 E. McKellips Road, is a little difficult to spot on the west side of the Home Depot shopping center. The inside is intimate, with dark wood paneling offset by large mirrors, soft lighting, Italian pop music and bright red and white checkered tablecloths. There’s also an outdoor patio. A small bar, with comfortable stools, serves a good variety of imported and domestic beers and wine.

As we walked through the room, I noticed delicious looking pizzas with visible chunks of meats and vegetables. Pizza toppings range from the popular to the exotic, such as smoked salmon, grilled eggplant and roasted vegetables. A couple at the bar was enjoying Italian beers and bruschetta. Another table sported wine and fried calamari.

I chatted with Il Forno owner Peter Pizzurro about his new ristorante and wood-fire pizza establishment. Peter’s family has been in the restaurant

business for more than 30 years. He started the Café Roma, which used to be at Recker and McKellips roads. Over the years, he opened and sold nine Café Roma establishments. “But now I want a restaurant of my own,” he said.

Peter boasts the fact he makes most of the food himself—the pizza dough, bread, ravioli, sausage, sauces, salad dressings and fabulous desserts, such as Tiramisu, New York Cheesecake and Cannoli. “We use all fresh stuff, even our seafood and meat,” Peter stated with pride. “We buy often, in small quantities, so it’s always the best. It’s quality food, cooked to order. You can even make special requests,” he continued. “If we have the ingredients, we’ll make it up for you. We don’t cook things in advance and freeze them, to reheat when ordered. Except for the tomato sauce, we don’t even make the sauces until a dish is being prepared. All the wine and cream sauces are done individually for each dish.”

Peter insisted I try some specialties. A huge bowl of clams and mussels over linguine, with a peppery marinara sauce, was the best I ever had. The seafood was bite-sized and perfectly cooked, and sauce invaded every shell. The linguini was truly al dente.

Chicken Saltimbocca alla Romana featured tender, juicy breasts sautéed in wine sauce, topped with sage leaves, prosciutto and mozzarella, and served on a bed of fresh spinach. The Mediterranean Salad was topped with huge chunks of artichoke hearts, roasted red peppers and mushrooms, red onions and a host of fresh vegetables, with tasty vinaigrette.

Homemade New York Cheesecake was rich, thick and not too sweet. It was garnished with fresh glazed strawberries, whipped cream, and was

surrounded by Vanilla Crème Anglaise.

Il Forno’s prices are quite reasonable, with dinner entrees from \$12 to \$20, and pizzas about the same. And lunch is even more affordable—take 10 percent off the lunch menu price through July. Happy Hour is from 4 to 6 p.m. daily, with \$2 domestic beers, \$3.50 imports and half-price appetizers. ■

Il Forno is open Tuesday through Thursday, from 11 a.m. to 2:30 p.m. and 4 to 9 p.m.; Friday and Saturday, from 11 a.m. to 2:30 p.m. and 4 to 10 p.m.; Sunday 11 a.m. to 8 p.m. For orders or information, call (480) 641-1000.



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SPORTS

YOUNG ALTA MESA GOLF CLUB MEMBERS QUALIFY FOR U.S. OPEN CHAMPIONSHIP

By Kim Hind, Member Service Coordinator

Alta Mesa Golf Club is proud to announce the qualifying of two members, Jesse Mueller and Aaron Watkins, for this year's U.S. Open Championship, held at the Olympic Club in San Francisco in June.

These two native Mesa boys grew up playing golf at Alta Mesa Golf Club, and both played for the Red Mountain High School Golf Team. These young men have been continually improving their golfing ability, and the members of Alta Mesa Golf Club have encouraged and supported them from an early age.

With much pride, the members of Alta Mesa Golf Club cheer this remarkable accomplishment by the boys, and look forward to their continued success.

Also on the Alta Mesa Golf Club membership roster are Charlie Beljan, Professional Golf Association Tour player, and past United States Golf Association junior amateur champion, and Mina Harigae, Ladies Professional Golf Association tour player. ■

Alta Mesa Golf Club is located at 1460 N. Alta Mesa Drive. For more information, call Kim Hind at (480) 832-3257, extension 100. You also can call her cell at (480) 510-9327, or send a fax to (480) 985-3888. Send an e-mail to Kim at kim@altamesagolf.com.



EDUCATION

DEMAND AND STUDENT MOTIVATION Drive New Gifted Program at Self Development Charter School

Submitted by Self Development Charter School

Over the past few years, Self Development Charter School (SDCS) expanded its facility and its middle school program to meet the high demand for student enrollment and to accommodate the growth and needs of the students.

Once again, demand is the impetus for a new program for those students highly motivated and excelling in the school's rigorous accelerated curriculum. In the past, SDCS students utilized project-based learning by developing, designing and applying the products in meaningful ways.

The SDCS Gifted Program features a project-based learning experience for those students meeting the criteria. Participating in the program will allow students to explore topics in depth, generate ideas and solutions in meaningful ways, engineer the product or service, integrate technology with the project, and revise the product to improve its effectiveness or efficiency.

Students will practice collaborative skills by

working in groups, much like the innovators in today's world. Merging creative and critical thinking skills in a project-based learning environment prepares students for higher-level courses and opportunities in future career paths.

All students at SDCS engage in higher level thinking skills, as well as the tried and true methodology to establish and solidify the foundational knowledge to successfully progress to more complex and analytical reasoning and thinking. This philosophy allows qualifying students to accelerate the pace of math and science, and actually finish six years of coursework in four years.

SDCS is an award-winning, tuition free, excelling school in Mesa. Concept mastery and individual student growth define the school's approach to learning. Dedicated teachers and administrative staff provide the support for students, and effort is recognized and highly regarded throughout the school population. ■



Although SDCS presently has a waiting list, we invite you to contact the school at (480) 641-2640. Summer office hours are Monday through Thursday, from 8 a.m. to noon.

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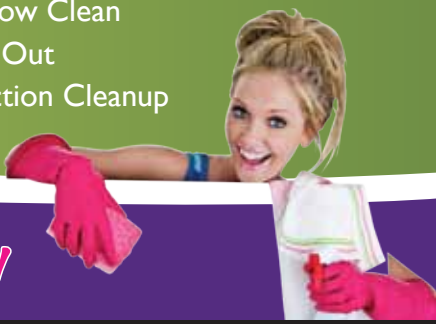
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Submitted by
Liszewski and
Associates,
PLLC

The Driving Under the Influence (DUI) law in Arizona has become increasingly complex.

Normally, the public believes a person only can be charged with a DUI if they have been drinking alcohol. However, a person can be charged with a DUI if under the influence of drugs, including prescription medications.

With the ability of individuals to use marijuana for medical purposes, DUI laws are even more difficult to understand. The attorneys at Liszewski and Associates are experienced and knowledgeable in all facets of DUI law, and can help you with any DUI-related offense, including felony DUI charges.

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Please call today to schedule an appointment at (480) 357-2933. Send a fax to (602) 626-3675. You also can visit the Web site at www.myazattorney.com. Liszewski and Associates is located at 2929 N. Power Road, Suite 101.



Matt Liszewski

COMMUNITY

SUMMER SIZZLE EVENT to Raise Cold, Hard Cash for Neighborhood Elementary Schools

By Dawn Abbey

When Jolene Victor, owner of Victory Energy Wellness Center, found out, from her friend, Marie, a teacher at Las Sendas Elementary School, about how much financial distress our neighborhood schools and their teachers are suffering, she decided she needed to help.

Despite wage freezes for Arizona teachers, Jolene was told many teachers spend their own money to provide classroom supplies used in class work and projects not covered in school budgets.

Jolene called on her associates in Supporting and Empowering the Vision of Entrepreneurial Networking (SEVEN), a networking group of women entrepreneurs and business owners, founded in Chandler three years ago. The group decided to organize a summer fund-raising event to help buy supplies for the cash-strapped schools.

So, the first Summer Sizzle was born. It will run on Saturday, July 14, from 10 a.m. to 3 p.m., at Victory

Energy Wellness Center, located on the northwest corner of Thomas and Power roads. The center will offer mini energy sessions for a donation, and SEVEN members and other local businesses will set up booths, selling jewelry, essential oils, weight-loss products, natural cosmetics and many other items, to

raise money for Red Mountain and Las Sendas elementary schools.

"We also are accepting donations of money or school supplies, and are asking local businesses to join in," Jolene said. "We have a list of supplies needed on our

Web site, victoryenergywellness.com. We definitely want to be a part of our local community, and help in local efforts, especially for our kids."

The center also is involved in a project with the Clothes Cabin, which collects gently used clothing and shoes for kids in need. It provides a store at 1100 N. Alma School Road, Suites 9 and 10, in Chandler, where kids can go and shop for free items for their school wardrobes every Tuesday and Wednesday, from



9 a.m. to 3 p.m. Donations can be dropped off at the center.

In addition, Jolene will be donating 10 percent of all revenues raised by services offered at the center during the month of July. "Even though we will be closed for the Independence Day holiday, from July 1 through 4, we will take clients by appointment only, if requested." ■

For more information, to get involved in the event, or to make a donation, call Victory Energy Wellness Center, at (480) 422-7022. The center Web site is victoryenergywellness.com. For more information about SEVEN, which has more than 14 chapters in Arizona, and is growing in Connecticut and Oregon, call (480) 442-2838, or visit s-e-v-e-n.org or www.facebook.com/sevenwomeninbiz.

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REAL ESTATE

Building a Custom Home Now IS A GOOD DECISION

By Kim Phillips

This year will be the best time to purchase a vacant lot in Las Sendas and build a custom home, according to Rick Blandford, owner of Paramount Custom Builders.

"We have been involved in the sale of three custom home lots over \$250,000 in the last 60 days," said Rick recently. "Now is the best time to build because prices are so reasonable," he confirmed. "Despite recent price increases on drywall, concrete and lumber, building costs still are at record lows."

The custom homebuilder believes prices are only going to go up, as is the value of good, solid companies. "We are starting to see a labor shortage with not enough qualified people in the workforce," he observed.

Rick has been building custom homes in Las Sendas for more than 15 years. He just finished building a custom home in Eagle Ridge for a group of investors building new spec homes in Las Sendas. His company has completed four new Las Sendas homes in the last six months, has three currently under construction, as well as five more going through various stages of the Las Sendas architectural and approval process. Paramount has a unique advantage in lower building costs due to volume of business and relationships with subcontractors, which has resulted in the recent surge

of new home construction.

Ron Brown, owner of Coldwell Banker Trails and Paths Premier Properties, agreed with Rick's observations. "The growth of the market is supply and demand," said Ron. "With demand for new homes in Las Sendas continuing to surge, the community quickly is running out of lower price inventory."

Buyers still have some choices, with several lots on the market for less than \$200,000, and a few nice view lots in the \$229,000 to \$275,000 range. Paramount also has a number of very special lots previously held off the market, which are available for build to suit homes. "To be able to see new, fresh inventory in Las Sendas really is a welcome sight," said Ron.

With a build time of seven months to one year, buyers can expect to build a 4,000- to 5,000-square-foot home, and still be under the million-dollar price point. The lots offer an award-winning community, as well as spectacular city lights and mountain views in exclusive Las Sendas, the premier location of Northeast Mesa. "New activity is really good for the community," said Ron. "This gives us a new update here in Las Sendas."

According to Rick, new construction in Las Sendas motivates people. "If you have any interest in building a custom home, now is the time," Rick emphasized.



"Construction costs still are reasonable. Come and pick a lot. We have few left."

While Rick believes the cost to build is expected to increase in the near future, Ron said buying now is a great investment for the future. The duo agreed equity in a home would already be acquired once a custom home was complete.

"We use two local architects," explained Rick. "We help our homebuyers from start to finish."

He continued, "I don't think we will ever see these low building prices again." Rick offers stability to the custom homebuyer, as he has been around Las Sendas since the beginning.

"People need to know we are recovering," Rick further stated. "Come and see the secluded inventory of lots not available anywhere else." ■

To preview the personal inventory of custom home lots available through Paramount Custom Builders, contact Rick Blandford at (602) 469-6727, or send an e-mail to rick@paramountcustombuilders.com. The company also has a Web site at www.paramountcustombuilders.com.

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 May 2012

John Karadsheh

Address	Square Feet	Community	Sold Price	Short Sale or REO*
2719 N. Robin Ln.	2,732	Rancho de Arboleda	\$250,000	
5505 E. McLellan Rd. #44	1,628	Alta Mesa	\$255,000	
7725 E. Willetta St.	2,878	Valley View	\$265,000	
9353 E. Hobart St.	2,752	Sierra Estates	\$270,000	X
2113 E. Glencove Cir.	2,632	Scot Manor	\$280,000	
9347 E. Hillview Cir.	3,365	Sierra Estates	\$285,000	X
1133 N. Los Alamos	2,915	Mountain View Highlands	\$300,000	
6202 E. McKellips Rd. #295	1,818	Tuscany Villas	\$312,000	
7528 E. Kenwood St.	4,463	Saguaro Vista Estates	\$315,000	X
3537 E. Fox St.	2,651	The Groves	\$317,000	
8651 E. Halifax St.	2,862	Grandview Estates	\$320,000	
2956 E. Nance St.	3,300	Vista Mesa	\$320,000	
7845 E. Lynwood Cir.	3,418	Estates at Desert Shadows	\$322,000	
2516 E. Laurel St.	2,925	Citrus Highlands	\$322,000	
9402 E. Hobart St.	3,027	Sierra Estates	\$330,000	
2433 E. Menlo St.	3,559	Hermosa del Sol Estates	\$340,000	
1966 E. Lockwood St.	4,133	Friendly Cove	\$342,500	
1518 N. Los Alamos Cir.	2,939	Mesa Northgrove	\$350,000	
8720 E. Inca St.	2,798	Mountain Bridge	\$350,000	
4606 E. Enrose Cir.	2,985	The Groves	\$350,000	
6448 E. Orion St.	3,107	Trigram Estates	\$351,000	
4432 E. Downing Cir.	4,080	Valencia Groves	\$356,000	
3161 E. Ellis St.	6,421	The Groves	\$362,000	X
1426 N. Joplin Cir.	4,015	Saguaro Mountain	\$389,450	
2654 N. Boulder Mountain	2,766	Boulder Mountain	\$395,000	X
222 N. Val Vista Dr. #11	3,320	Avalon Groves	\$410,000	X
9917 E. Glencove Cir.	2,977	Whisper View	\$411,240	
8051 E. Plymouth	4,196	County Island	\$415,000	X
1321 N. Amandes	2,977	Whisper View	\$429,730	
3029 E. Indigo St.	4,300	Mesa Northgrove	\$445,000	
2122 E. Calle Maderas	3,676	Las Maderas	\$445,000	
2927 N. 90th St.	3,008	County Island	\$449,900	
3311 E. McDowell Rd.	3,123	County Island	\$450,000	
3850 E. Huber St. #6	4,133	Day Springs	\$450,000	
6960 E. Ivyglen St.	5,059	Annecy	\$478,417	X
1860 N. Shelby	2,568	Mountain Bridge	\$500,000	
4040 E. McLellan Rd. #15	4,274	Los Estados	\$537,500	
3945 E. Kael Cir.	3,686	Valencia Estates	\$539,000	
3434 E. June Cir.	4,286	Arboleda	\$544,000	
3523 E. June Cir.	4,286	Arboleda	\$560,000	
8818 E. Odessa St.	5,088	County Island	\$667,000	
1550 N. 40th St. #4	5,642	El Portillo	\$895,000	
3942 E. McLellan Rd.	7,718	Crossroad Estates	\$999,000	

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

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SPORTS

UNDERSTAND THE IMPORTANCE OF PUTTING

By Ben Weir,
Director of
Instruction

Putting is the most integral part of every golfer's game, but it is often overlooked and misunderstood in the grand scheme of things.

According to *Sports and Leisure Research Group, 2010*, approximately 40 percent of the avid golfer's game consists of strokes materializing on the putting green. An avid golfer is considered anyone who plays consistently once a week throughout the calendar year. The number of strokes made on the green is an alarming statistic, considering there are five parts of the game, which factor into your total score. These are full swing, chipping/pitching, bunkers, putting and mental aspect.

If you visit a golf course to play a round or just to view the serenity of the surroundings, you will notice more than half of the patrons will always be practicing on their full swing. Instead, they should really be on the putting green. You consistently will find one person on the putting green practicing for every three individuals on the driving range. Given this, it's no surprise the average golfer wonders why his score remains the same and rarely lowers. This is why putting is so important to the outcome.

To put it simply, there are two key aspects to putting outside of mechanics, which are line and speed.



First, you must pick your target line. You then determine the speed of the ball traveling to the hole. Match your clubface parallel to your feet, hips and shoulders to your intended target line. Then, you must decide the distance the putter stroke will travel back and through. This is easier said than done, which is why Professional Golf Association (PGA) pros spend hours and hours perfecting their routines.

Again, according to *Sports and Leisure Research Group, 2010*,

if you have ever visited our PGA Tour's Phoenix Open in January, you'll notice approximately 75 percent of the PGA Tour pros remain close to the putting green as compared to the driving range. There is a distinct reason for this fact. They earn their livelihood playing the game correctly.

Many avid golfers dreaming of the same low scores as their favorite tour professionals should take the hint of concentrating on putting, which is the most important aspect of the game. Putting is the core foundation of golf. If you don't putt consistently, you can plan on an extremely long day on the links. ■

When you are ready to take your putting 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.

COMMUNITY

Sessions help non-practicing Catholics return to the church

Submitted by All Saints Catholic Church

All Saints Catholic Church is offering a six-week series entitled *Catholics Returning Home*, beginning on Monday, July 9, and running through Aug. 13, from 7 to 8:30 p.m., in the library.

The sessions are for those Catholics currently not practicing their faith, but seeking answers to questions about returning to the Church. If you have a family member or friend who has left the Church, please extend an invitation to join us for these informative sessions.

Participants are asked to enter the library from the north side parking lot.

All Saints Catholic Church is located at 1534 N. Recker Road. ■

For more information, contact Deacon Buddy at (480) 985-7655.



EVENT

Take Part in Salt River's SPOOKTACULAR Halloween

Submitted by Lynda Breault

If you are looking for a cool or ghostly ride, dare to visit Salt River Tubing's *Spooktacular Halloween* event on Saturday, July 21, from 9 a.m. to 3:30 p.m.

Take a ride on Betty's Haunted Bus, Alice in Wonderland, Miss Kitty Kat, the Jolly Clown Ride, or hang on tight while riding the rocking Salt River rapids for chills and thrills.

The Spooktacular Halloween is a record-breaking event. So, arrive early. The 13th annual *More Kids in the Woods* event is co-sponsored by Tonto National Forest, KKFR Power 98.3 radio station and Salt River Tubing.

The popular event draws thousands each year to the Lower Salt River as tubers enjoy a howling, ghoulish time as awesome phantoms, frightful witches, scowling pumpkins and eerie voices echo throughout the day. Costumes are optional for tubers. However, the tubing company will be awarding tube rental passes in the amount of \$15 for best costumed tubers. Passes are valid on a return visit.

Photo opportunities with the zany Salt River Tubing employees are plentiful and enjoyable, as they add extra sizzle to fun in the sun in Tonto National Forest.

"If you are searching for a unique and memorable summertime adventure for your teen, our Spooktacular Halloween will make your toes curl with excitement," said Henri Breault, president and chief executive officer, of Salt River Tubing. "Salt River Tubing's fun-filled team is determined to put the wow in your Salt River

adventure, and create a memorable journey in the great outdoors of Tonto National Forest, during our Spooktacular Halloween," he continued. "Don a mask, paint a face, and join us for the ride of your life."

The United States Department of Agriculture (USDA) Forest Service national program, *More Kids in the Woods*, was expressly designed to encourage efforts to get kids and teens outdoors. The program also explores various ways to connect youth and nature.

As *Partners in Recreation*, with Tonto National Forest, Salt River Tubing's Spooktacular Halloween event is aligned with the USDA Forest Service's commitment to meeting the challenge of reduced youth involvement in outdoor activities. Salt River Tubing's Halloween-themed event intends to capture the attention of teenage youth, and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest.

Children must be 8 years or older and at least 4 feet tall for tube rental and shuttle bus service. Children, non-swimmers and inexperienced swimmers should wear life vests. Glass containers are prohibited by law in the Lower Salt River Recreational Area, and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses. Be responsible and appoint a designated driver before your tubing adventure. Drugs, alcohol and the Salt River do not mix. Just don't do it.

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 and the Spooktacular Halloween event, please visit the Web site at www.saltrivertubing.com, or call (480) 984-3305. Daily operating hours are 9 a.m. to 6:30 p.m. The cost of tube rental is \$15 per person/tube, which includes inner tube rental and shuttle bus service.



EDUCATION

There Are Keys to Choosing a Good Preschool Program for Your Child

By Cori Fabian, Director and Co-founder of Bridges Preschool

Here at Bridges Preschool, we have compiled a few important questions parents should ask when considering the appropriate preschool for their child.

What are you looking for? Having been in Early Childhood Education for more than 20 years, I have my bachelor's degree in education, and have worked in day care centers and taught public kindergarten. I also have been invited to speak at several Early Childhood conferences. As parents on the search for a quality program, you have told me you are looking for a social, yet educational experience. You want a physically and emotionally safe environment, and you want to know the teachers have the necessary talents and skills to enrich your child's curious mind.

How do you identify a socially enriched program? You have to ask about the *unwritten curriculum*. Children are experimenting with independence, and learning their actions have a cause and effect on their environment. With this come social responses, such as sharing, taking turns, as well as knowing how to get their shovel back on the playground. Find out how the school intends on teaching communication skills during this critical time when your child is learning how to communicate

effectively. Along with this comes assertiveness training. This is where children learn how to identify and express their emotions effectively. Age appropriate, positive discipline teaches children how to use problem-solving skills in order to get their needs met without infringing on the rights of others. A positive, socially rich environment is very important for your child's development.



Curriculum: What will my child learn? The magic of a quality program is the teacher's ability to make learning purely exponential. We know scientifically that children learn best when they are moving and using all of their senses. For example, science experiments, cooking projects and gardening activities offer a myriad of dendrite connections versus a worksheet of the letter Aa. Such activities also provide opportunities for phonics, reading, mathematical and social skill building. It is in meaningful curriculum and experiences that your tuition becomes an investment. ■

Please visit Bridges Preschool and Kindergarten at bridgespreschool.com. Bridges has limited enrollment opportunities for the fall, as well as enrollment wish lists for future semesters. Our East Mesa campus offers affordable and professional preschool (starting at age 2), through private kindergarten. You are invited to call or tour at any time. Call (480) 924-8008.

BEAUTY

NATURAL BREAKTHROUGH
Reverses Thinning Hair

By Dawn Abbey

Thinning hair used to be thought of as a consequence of growing older. Women, as well as men, started to see their hair clogging the shower drain, sticking in their brush and comb, and laying on their pillows in the morning. And it just didn't have that thick, soft look anymore. Nowadays, with all the overuse of the wrong hair products, excessive coloring and heat treatments, and sometimes, even prescription medications, more and more young women and guys are discovering their hair is becoming thinner and breaking more easily.

Help has arrived. Aveda, a company with the mission of providing naturally derived hair and body care products, has introduced a new hair care line called invati. It is intended to improve thinning hair. "This is the first time in its history that Aveda has ever done a television commercial for one of their products," said Maytee Green, owner of True Essence Salon and Spa, the only Aveda Concept Salon in Mesa. "The product is amazing," she exclaimed.

Invati products are 97 percent naturally derived from herbs used in India's Ayurvedic ancient healing tradition. Invati products have been clinically proven to reduce hair loss due to breakage by 33 percent, in a 12-week trial, according to the company's Web site at Aveda.com.



Invati (in VAH' tee), which means invigorate in the ancient Sanskrit language, combines ancient Ayurvedic wisdom fused with 21st century technology. Aveda claims its Botanical Lab created densiplex, with the Ayurvedic herbs turmeric and ginseng, to help you keep the hair you have longer.

Right now, True Essence Salon is offering a professional in-salon spa treatment, with a botanical therapy treatment for thinning hair, to start your invati regimen off right. The treatment includes invati exfoliating shampoo to remove buildup, which can clog pores. The treatment also renews the scalp. Invati thickening conditioner restores strength and improves hair elasticity, while also reducing breakage. A refreshing scalp massage improves microcirculation with scalp revitalizer, which helps energize and rehabilitate the scalp around the follicles. The salon treatment, which is being offered for a limited time at \$15, helps create a healthy scalp environment for an enhanced experience with invati solutions for thinning hair, helping to reduce hair loss and improve texture. You can then follow up with the products at home. ■

For more information on invati, or to make an appointment, call True Essence Salon and Spa at (480) 396-3112. True Essence is located on the northwest corner of Power and McDowell roads. For more information on Aveda, visit Aveda.com.



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DINING

Flancer's Incredible Sandwiches and Pizzeria Is Where Growing Means Giving

Submitted by Flancer's Incredible Sandwiches and Pizzeria

Jeff Flancer, owner of Flancer's Incredible Sandwiches and Pizzeria, has a simple goal.

"Our daily mission is to elevate the taste buds of everyday folks," he said. Since the year 2000, Jeff and his crew have continued to accomplish this goal, while growing their brand, and giving back to the community in significant ways.

Jeff's overall plan for Flancer's is simple. "We provide friendly, professional service, with incredible food, in an atmosphere like your favorite place when you were growing up." A couple unstated key components of this plan are to sensibly grow his business, while maintaining food and service quality, and giving to the community.

The next phase of expansion will incorporate the Gilbert location's existing porch, pushing the east wall out to the edge of the patio, and installing glass garage doors. Diners will enjoy the beautiful Arizona weather most of the year, weather permitting, while staying cool and comfortable in the summer. A planned meeting room will allow groups to enjoy incredible food, as well as the quiet necessary to focus on the agenda at hand.

Jeff is working with a designer to insure the restaurant's familiar, funky feel will remain intact despite the expansion. According to Flancer's owner, "We also are

updating our wine list, at both locations, to provide some nicer wines...some great wines, actually."

Charitable events, allowing people and local businesses to have fun, while contributing to the community, have been part of the brand since its inception. While the main event is the annual *Pizza Eating Contest*, Flancer's also raises money through more upscale events, like wine and beer pairing dinners, and cigar and microbrew tasting nights. The menus for these dinners allow Jeff and his staff to use their culinary ingenuity, while offering something a little more refined. This year's efforts raised more than \$28,000.

"Our plan has always been to evolve and upgrade in a way that makes sense, and allows us to continue to provide great food in a familiar atmosphere, while giving back to the community," explained Jeff. "The Gilbert expansion and new wine list are the next logical steps in that process."

Flancer's Incredible Sandwiches and Pizzeria has two locations. The Gilbert location is at 610 N. Gilbert Road, one-quarter mile south of Guadalupe Road. Call (480) 926-9077. The Mesa location is at 1902 N. Higley Road, just south of McKellips Road. Call (480) 396-0077. ■

To learn more about Flancer's, and to keep up on the exciting events, visit www.flancers.com, and like their Facebook page.



HEALTH

Las Sendas Dental Health TREATS SLEEP APNEA

Submitted by Las Sendas Dental Health

Sleep apnea is a condition whereby a person's breathing is closed off for a period of time during sleep, sometimes occurring as many as 100 times in a night.

Sleep apnea can increase chances for heart disease, high blood pressure, sexual dysfunction, depression, learning or memory loss and tiredness. Many times, the person suffering from sleep apnea may not be aware of the condition. Often, the spouse initially notices the problem.

An 18-month study involves sleep apnea patients at the South Texas Veterans Health Care System. An oral appliance, called the Thornton Adjustable Positioner (TAP), is used to treat those suffering from moderate to severe sleep apnea.

According to Dr. Paul McLornan, at the University of Texas Health Science Center at San Antonio, many patients with moderate to severe sleep apnea were not adhering to standard treatment with continuous positive airway pressure (CPAP) machines. Many factors, including the noise, cumbersome attachments, bloody noses and the lack of flexibility of different sleeping positions

prevent many people from using their CPAP machine.

Dr. McLornan's study proves the TAP device, which is smaller and fits in a patient's mouth, is now an option for patients with mild, moderate and now even severe sleep apnea. He states it was previously thought treatment for patients suffering from severe sleep apnea was limited to the use of the CPAP or surgery. This study adds to the body of medical and dental research literature by showing oral appliances can be effective in treating people with severe sleep apnea.

The device is less cumbersome and better tolerated by patients. It is also much less invasive and costly than the CPAP or surgery. Patients in the study were fitted with the TAP appliance, and given a tiny key, which fits in the front of the device.

The patient was instructed to wear the appliance every night, inserting and turning the key several millimeters before bedtime. By turning the key, the patient pulls the lower jaw forward, creating an open airway in the throat. Patients then informed researchers when they reached a comfortable point in the adjustments, and when they felt they were able to sleep without snoring or gasping.

The patients are then evaluated using standard sleep studies to determine whether or not their sleep had, indeed, improved. It was found patients improved significantly using the TAP. (Source: Mission, University of Texas Health Science Center, San Antonio, Spring 2009)

Dr. C. Martin Farnsworth, of Las Sendas Dental Health, has been successfully using the TAP device to treat

patients with sleep apnea since 2001. If you or your significant other suffers from snoring or gasping while sleeping, the cause may be sleep apnea. ■

Please call for an evaluation. Let us help you find a way to improve your health, and get a full night of restful sleep again. For an appointment to evaluate your options, please call (480) 283-5854.



REAL ESTATE

WHAT DOES THE MORTGAGE SETTLEMENT Mean For Homeowners?

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

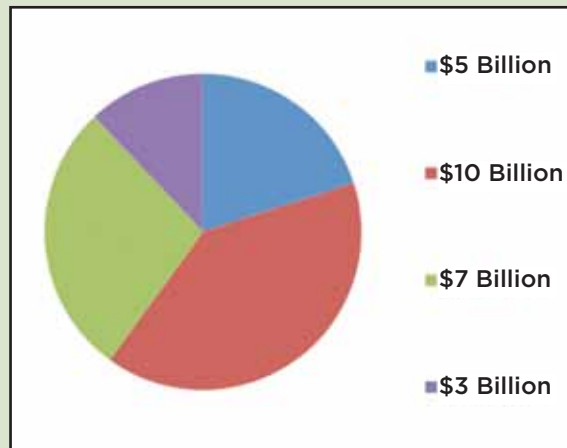
After an investigation, which started in 2010, and has taken months of negotiating, five major lenders have reached a settlement with 49 states attorneys general and the federal government.

This historical \$25 billion settlement is the largest consumer financial settlement in history, and was the result of investigations into mortgage servicing, foreclosure procedures and origination issues. The federal investigation included one of the most well known issues, robo-signing.

During the height of the foreclosure crisis, banks were unequipped to handle the volume of foreclosures. They routinely signed documents out of the presence of a notary public, and automated part of the process by having numerous people forging the signatures of bank officials to complete the foreclosure. There was a huge drop in foreclosures during the investigation. Now that the settlement has been reached, the banks will resume the foreclosure process with new guidelines and regulations.



WHERE THE MONEY GOES



- \$5 billion consisting of \$2,000 payments to borrowers, who have already been foreclosed on.
- \$10 billion to borrowers, who are delinquent on their mortgage.
- \$7 billion to assist borrowers with short sale, relocation assistance or other foreclosure alternatives.
- \$3 billion for homeowners who owe more than their home is worth.

WHAT DOES THIS MEAN TO YOU?

If you were foreclosed on between Jan. 1, 2008 and Dec. 31, 2011, you may be eligible for the onetime payment of \$2,000.

Homeowners delinquent on their mortgage payments may be eligible for a loan modification. This is the largest portion of the settlement, with \$10 billion set aside to help homeowners stay in their homes and avoid foreclosure.

If you are current on your mortgage payment but upside down on your mortgage, meaning you owe more than your home is worth, then you may be eligible within the \$3 billion portion for a refinance of your current mortgage.

Where a loan modification or refinance is not an option, there is \$7 billion, which will assist homeowners through the short sale process, and offer cash incentives at closing to help with relocation assistance and other foreclosure alternatives.

A \$25 billion settlement sounds impressive, and it's certainly a step in the right direction. Unfortunately, it won't help the vast majority of homeowners, who are underwater in their mortgage. It is estimated 11 million households are underwater, and this settlement only will help 1 million of them. While it won't make much of a dent in the overall housing crisis, it can be a great help to those individuals who qualify.

I have the full report on my Web site, along with the eligibility requirements. ■

Contact me today at Coldwell Banker Trails and Paths Premier Properties to find out if you qualify or for a free confidential consultation on the option available to you. Call (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. Visit the Web site at www.ArizonaShortSaleToday.com.

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

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



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LOCAL BUSINESS

Know When to Ask FOR ORGANIZING HELP

By Nancy Nemitz,
Create the Space
Professional
Organizing



It's very difficult to get organized on your own if you have struggled with organization most of your life.

Friends and relatives aren't effective help because there is too much emotion, judgment and embarrassment accompanying their assistance. These friends and relatives often characterize themselves as organized, and find it frustrating that their loved one doesn't see things the same way they do.

Reaching out for professional help from someone trained, experienced and compassionate is no different than getting help from a lawyer, accountant or personal trainer.

Ask for professional organizing help if:

1. You've tried to get organized many times but backslide, or just shuffle things around.
2. Physically or emotionally have a

difficult time getting the work done on your own.

3. Have a difficult time deciding what to keep and what to give away.
4. There is a lot of disagreement about what to keep and what to give away.
5. If you've been reading this column for the last five years and are still disorganized.

Too often, I've seen these kinds of disagreements and delays in getting organized or downsizing turn into severe strains on relationships. A professional

organizer can act as a mediator or impartial third party to help resolve disputes and maintain a sense of calm. Don't be embarrassed to ask for help. Some things just can be too difficult to tackle on your own. ■



Nancy Nemitz, of Create the Space Professional Organizing, is one of the most experienced professional organizers in Arizona. She lives in Red Mountain Ranch, and organizes work space, as well as living space.

For more information, visit www.createthespace.com. To determine if Nancy can help you create a more organized space, call (480) 223-8939.

LOCAL BUSINESS

Estimates are important when hiring a contractor for exterior house painting

Submitted by Garrett Tardiff
Pinnacle Decorating and Painting

What does a free estimate actually mean?

At Pinnacle Decorating and Painting, a free estimate means there is no charge for the estimate. However, it also is important to know what the free estimate includes.

The estimate for an exterior house painting job will include the cost of materials and labor. Material will include all paint and/or primer and prep work.

Proper surface preparation, the undisputed, most important step for a beautiful and long-lasting exterior project, should include:

- Removing loose paint and defective caulking.
- Scraping and sanding of all peeling areas.
- Washing all surfaces free of dirt to achieve maximum adhesion of coating material.
- Sealing gaps between adjoining wood or wood and masonry with elastomeric sealant.
- Preparing rusty surfaces prior to the application of primers.
- Applying primer and a finish coat of paint.

It is advised to get three or four estimates. Beware of contractors whose estimates are considerably lower than the others. This may be because they use inferior products and inexperienced laborers.

- Talk to a neighbor or friend with recent experience having his house painted, and obtain some contractor recommendations.
- Determine whether the licensed professional painter actually is going to be on the premises and painting?
- When getting an estimate for house painting, make sure the document includes labor and materials separately, as well as a description of all prep work, how much paint will be needed, and how long the job will take. ■

When you are looking to have the exterior of your house painted the proper way, with professionalism and pride, call Mountain Bridge resident Garrett Tardiff, owner of Pinnacle Decorating and Painting, at (480) 265-7803. Free estimates are available. Licensed, bonded and insured—ROC# 274102.



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