

# Las Sendas Up Close

Bringing neighbors closer to their community

April 2013

## True Essence Salon Supports ARIZONA CLEAN WATER PROJECTS FOR AVEDA EARTH MONTH

By Dawn Abbey

Since 1999, Aveda has raised more than \$26 million for environmental causes, and donated \$20 million of this to support clean water projects at home and around the world.

In honor of Earth Day on April 22, Aveda has again set aside the entire month of April to celebrate the earth and raise money to protect it. Aveda, an international leader in the use of plant-based and organic ingredients in its cosmetics and personal care products, promotes sustainability and environmental responsibility projects worldwide through fund raising and grants.

As the only Aveda Concept Salon in Mesa, True Essence Salon will take an active role in helping Aveda reach its goal. "Everyone in the salon gets involved, and we always have fun doing it," said salon owner Maytee Green. "For the seventh year in a row, the Aveda project, in five Western states, has supported Western Resource Advocates. The mission is to protect and restore the land, air and water resources of the Rocky Mountain States." Visit the Web site at [SalonsforWater.org](http://SalonsforWater.org).

True Essence is raffling off a huge gift basket of Aveda products, worth more than \$200, along with a \$100 gift certificate, which

can be used for Aveda products or salon services. Tickets are only \$2 each or six for \$5.

Aveda also has created a special, limited edition Light the Way Earth Month Candle, made from soy wax and scented with organic spices from Madagascar for \$12, with all proceeds donated to Global Greengrants Fund, for clean water projects around the globe. Candles may be purchased online or at the salon.

In addition, the entire staff will participate in a giant Earth Day Cut-a-Thon, with all Valley Aveda salons, at the Aveda Institute Phoenix, located at 8475 S. Emerald Drive, in Tempe. "If you want to schedule with your favorite stylist for the event, just call the salon for the times that person will be available," said Maytee. "The cost is the same, but all the proceeds go to water conservation. And you also can make a donation."

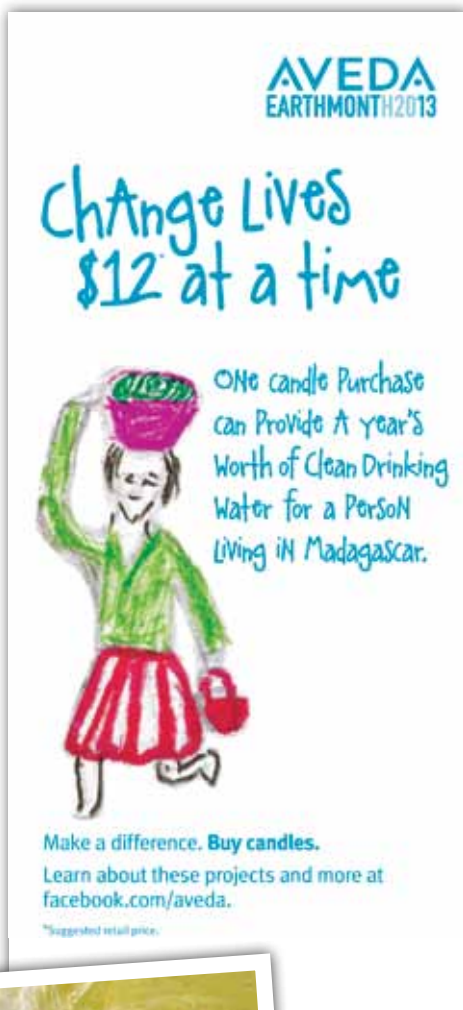
According to Western Resource Advocates' Web site, [www.westernresourceadvocates.org](http://www.westernresourceadvocates.org), water conservation is critical in Arizona, as our water supplies are already hindered by persistent drought. Given estimates that the state will almost double in population over the next 45 years, water supply challenges are only going to become more difficult, they claim.

The organization promotes urban water conservation as a no-regrets strategy for increasing water supplies they claim is often cheaper, faster and smarter than traditional water supply approaches,

which rely on obtaining more water from elsewhere. Your Earth Month donation will enable them to promote water conservation, and protect rivers in Arizona communities, as well as throughout the West.

According to Aveda.com, last year's Earth Month resulted in Global Greengrants water projects, which protected or improved access to clean water for more than 550,000 people. ■

True Essence Salon is located next to Bashas' at the northwest corner of Power and McDowell roads. For more information, call (480) 396-3112, or visit [trueessencesalon.com](http://trueessencesalon.com).



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### In This Issue

Mesa Public Schools.....	3	AAA Gold Exchange .....	14
CoCo Milano's.....	4	Relay for Life .....	15
Wounded Warriors.....	6	Charity Concert.....	16
Broken Heart .....	7	Earth Day .....	17
Tax Changes.....	12	Service Directory .....	19



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Photo by Ben Christiansen

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

## THE ARTS ENJOY A RICH TRADITION, A Bright Future in Mesa Public Schools

By Patrick Walsh

Photos by Michael Barcia

Mesa Public Schools (MPS) has always been fully committed to offering a comprehensive visual and performing arts program as an integral part of public education, and every day, students eagerly engage in painting, acting, dancing, playing and singing their way to amazing educational experiences.

"The arts are closely linked to almost everything we, as a nation, say we want for our children and demand from our schools—academic achievement, social and emotional development, civic engagement and equitable opportunity," said sculptor Magdalena Abakanowicz.

**EXTENDING ART OPPORTUNITIES**

MPS also has developed partnerships with the Mesa Arts Center, Mesa Community College, Arizona State University, The Boeing Company and the East Valley Children's Theatre. Together, we provide opportunities throughout the year to participate in programs presented by locally and nationally based teaching artists.

Through these extended arts opportunities, students learn the value of artistic expression, and enjoy the unique experience of a live performance.

**INTEGRATING ACADEMICS AND THE ARTS**

While MPS takes pride in its continued support for the arts, there is still much to do. In a changing climate of educational needs, arts education is becoming more important in students' lives.

Consider the new Common Core State Standards. For students to meet these guidelines, they need skills most successfully taught through arts-integrated instruction, in such areas as creativity, problem solving, communication and self-awareness.

**ENHANCING THE CURRICULUM**

That is why educators across the country are now using the arts to help students make more meaningful connections

in all academic areas. Science, technology, engineering and math teachers have begun to enhance traditional curriculum with arts-based activities—making lessons relevant to young students.

The district's own Highland Elementary School has adopted a fully integrated arts curriculum. Its effects are evident in improved student achievement, retention and attendance.

**COME SEE FOR YOURSELF**

Join us at the district's Young at Art show. The opening night gala will be from 5 to 10 p.m., on April 19, in the Historic Irving Building, at 155 N. Center St. Young at Art gallery hours are April 22 and 24, from 7:30 a.m. to 4 p.m., and April 23 and 25, from 7:30 a.m. to 7 p.m. Be sure to check our music calendar for concerts throughout the spring. ■

To learn more about the Mesa Public Schools' Creative and Performing Arts Department, please visit the Web site at [www.mpsaz.org/arts](http://www.mpsaz.org/arts).

Patrick Walsh is director of creative and performing arts for Mesa Public Schools.



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**Half-day preschool sessions available for parents who don't require full-day childcare.**

For details on what to bring to registration, please visit: [www.mpsaz.org/preschool](http://www.mpsaz.org/preschool)

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## LOCAL BUSINESS

# COCO MILANO'S OFFERS UNIQUE DESIGN SERVICES

Story and Photos by Yasmin Rochette

CoCo Milano's is one of the rare places in town where you can be assured of finding a special something for yourself, for your home, or as a truly unique gift guaranteed to please on many levels.

Always a leader in design trends, the in-house team recently has redesigned the showroom space to include an area, which has been playing host to private parties and classes, covering a variety of crafts, cooking sessions, plant displays and jewelry items for several months now.

Recently, out-of-state guests were treated to a wreath-making session with Cindy Leech. As a hands-on class, participants took their creations home, and also goodies from Sweet-Stops, a gourmet dessert company Cindy co-owns with local TV anchorwoman Lin Sue Cooney. Their dark chocolate pecan toffee sits in a signature black and white box tied with red ribbon, and is not to be missed.

Executive Chef Doug Brochu's Creative Hands Cuisine, catered the dinner, with a menu featuring caramelized prosciutto bruschetta and rock shrimp margaritas among other delicacies. One of the dinner guests pronounced, "Each dish is amazingly more delectable than the last." As she sampled an artichoke and vegetable mousse medley, another gushed, "Totally scrumptious!"

CoCo Milano's owners Denise Milano and Cathi Sabin agree the classes offered are very popular and fill up quickly. There is a limit of 25 people per session, with the evening highlighted with cocktails, dinner and a project. There also are door prizes and drawings for custom-designed



baskets. The evenings are a lot of fun for everyone attending. Many themes are drawn from seasonal inspiration, especially around the holidays.

Coming up on the schedule for April 19, at 6 p.m., is well-known botanical artist Dyana Hesson, whose class is entitled *Color Rocks!* A literal play on words, participants will be painting on locally gathered river rocks. Dyana is hugely enthusiastic about all aspects of art. You will go home truly energized by her, as well as thrilled by your creation.

"Come learn about the properties of color and how to apply these principles in art and design in everyday life," said Dyana. No experience is needed, just a desire to learn about, and mix color, she added. Mimosas and a dinner, by Help

from Hayley, will round off the evening. Hayley Gibbons, an accomplished cook and crafter, has been a regular feature of evenings at CoCo's.

One of the advantages of attending an event in these elegant surroundings is the benefit of being able to stroll around at your leisure. You will have the store all to yourself to browse the collections. Beautiful new products arrive daily. "Coco's really is a treasure chest," one pleased shopper stated. "There's a wealth of florals, china, cutlery, glassware, frames, paintings, light fixtures, furniture and such unusual accessories, literally everything you need to furnish your home from top to bottom," the shopper continued.

CoCo Milano's experienced designers and staff members are on hand to assist with useful advice and helpful hints regarding color, proportion and placement, key ingredients to the well-thought-out look most of us are trying to achieve in our homes. Full-service interior design is available for general design needs, as well as the ability to create custom furnishings for those hard-to-fit areas. To view interiors created by Denise, Cathi and their capable team, and to see how they can make your house a home, check out the Web site at [www.cocomilanos.com](http://www.cocomilanos.com).

Check out the Web sites of the event sponsors, or give them a call.

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CoCo Milano's is located in The Village at Las Sendas, 2837 N. Power Road. For information about the interior design service, private parties or hiring space for corporate events, call (480) 641-2626. Visit the Web site at [www.cocomilanos.com](http://www.cocomilanos.com) or e-mail [info@cocomilanos.com](mailto:info@cocomilanos.com).



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## COMMUNITY

## Soroptimist International HOSTS KENTUCKY DERBY PARTY

Submitted by Sheila Byrne

Soroptimist International of Mesa will be sponsoring their second annual *Kentucky Derby Party* on Saturday, May 4 from 2 to 4 p.m.

This exciting event will be held at Sunrise Village, 5402 E. McKellips Road, in Mesa.

Join us for a fun-filled afternoon of drinks, food, games, prizes and fantastic silent auction items as we watch the *Greatest Two Minutes in Sports*. Proceeds benefit Helen's Hope Chest, local charities and Soroptimist service projects.

Reserve your \$25 ticket, call (480) 396-2140, or e-mail Mesakohlhase@cox.net. Payment on credit card is accepted. ■



## DINING

## SUPPORT FLANCER'S FUNDRAISING Events for Wounded Warriors

By Dawn Abbey

Flancer's Incredible Sandwiches and Pizzeria in Gilbert still has raffle tickets available for prizes worth \$800 to \$1,250 each during *Raising the Fun Fund-Raisers* events, which culminate in the 13th annual Charity Pizza-Eating Contest, on Sunday, April 14, at 11 a.m.

Tickets are \$5 each; 5 for \$20; 15 for \$50; or the VIP Package of 35 for \$100 or more. Prizes include:

- \$1,000 cash from Villa Siena
- \$1,250 gift certificate for furniture from Norwood Furniture
- Two round-trip Southwest Airline tickets valued at up to \$800
- Maddy's Pool Supply and Service-sponsored \$1,000 Best Buy shopping spree
- Tap Electric-sponsored \$1,000 Fry's food shopping spree
- 10-\$100 dining certificates for great East Valley restaurants

"All proceeds go to Warfighter Sports ([www.warfightersports.org](http://www.warfightersports.org)), a group dedicated to rehabilitating wounded soldiers through sports," said owner Jeff Flancer. Their motto is, *If I can do this, I can do anything*. Since 2005, Flancer's has raised more than \$129,000 for the organization.

Spots are still open for the Pizza-Eating Contest, with a prize of \$500 cash donated by Meridian Bank, and a trophy presented by Miss Arizona and Gilbert Mayor John Lewis. The entry fee, which includes a limited edition T-shirt, is \$30, on a first-come, first-serve basis for the first 25 registrants, who must be Arizona residents. Coming out to watch the fun is free at Flancer's Gilbert restaurant,



located at 610 N. Gilbert Road.

For the last four years, Chuin Jimmy Peng, of Scottsdale, has won the event, last year besting his 2011 record by downing 18½ large slices in 15 minutes. When asked his secret to success, Jimmy replied, "Eat a lot of pizza."

You also can join in on Flancer's Smokin' Good Times, from 6:30 to 8 p.m., on Wednesday, April 10, at Fox Cigar Bar, in Gilbert. Sample multiple cigars, Four Peaks Brewery micro-brews and Flancer's great food, and have a chance to win raffle prizes and giveaways for just \$30 per person. For reservations, call Fox Cigar Bar at (480) 917-3117.

"And if you just want to help, when visiting Flancer's, ask your server to *Round Up* your bill to the next even dollar or more. Loose change making positive change!" said Jeff.

"We have great local sponsors who help out every year," Jeff continued. "We want to give special thanks to our Bronze and above sponsors. They are Ben Franklin Plumbing, Shamrock Foods, Alliance Beverage, Dignity Health, Norwood, Villa Siena, Tap Electric and Maddy's Pool Supply."

Additional sponsors this year include Surf and Ski, Chandler Sign-A-Rama, Sam's Club, UniFirst, Global Bikes, A2Z Trophy, Nearby News, UpClose Publications, Print USA of Arizona, Rosepapa Creative, Arizona Sun Family Medicine and China Mist Iced Tea. ■

For information, to buy tickets, or sign up, visit [flancers.com](http://flancers.com). You also can call the Mesa, (480) 396-0077, or Gilbert, (480) 926-9077, restaurant.

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# THE BROKEN HEART IS REVERSIBLE

By Dr. Afroze Ahmad  
Las Sendas Cardiology, P.C.

"My mother was a very healthy nonsmoker and marathon runner. I lost her and my brother three days apart. My mother had a fatal heart attack three days after discovering my brother was fatally poisoned. Her cardiologist explained my mother died of a broken heart."

"My dog died on a Saturday, and the next Monday, I was admitted to the hospital with severe chest pains. My cardiologist diagnosed me with a heart attack due to a broken heart. I made a full recovery three months after discharge."

"I am a 68-year-old, four-mile-a-day walker who takes care of her weight, and is on no medications. My heart attack shocked me and my family physician. I recently had become a widow. That weekend, I was packing in anticipation of downsizing and relocating to a senior living facility. I was going through family pictures and mementos and thinking about my life in the house I had called home for close to 30 years. My husband and I had raised three lovely kids in that house. My memories were both sweet and sad throughout that weekend. By Sunday night, I started having chest pains with profuse sweating. I thought I was tired. My neighbor felt otherwise. She insisted on taking me to the Emergency Room. The next morning, my cardiologist told me I had sustained a heart attack from a broken heart."

What do these stories have in common? Each individual appears to be healthy, with no high risk factors and leads an active lifestyle. Yet, each sustains a heart attack. All these individuals also have experienced a singular and intense emotional and/or physical stress just prior to the heart attack. This emotional and/or physical stressful state is the cause for the heart attack. Romanticists designate such states as a *broken heart*. Cardiologists accept and recognize this emotional state, and label it as the heart attack due to a Broken Heart Syndrome.



## DIFFERENT NAMES SAME DISEASE

Heart attack due to a broken heart has many names. It has been called a Broken Heart Syndrome, Stress-induced Cardiomyopathy, Apical Ballooning and a Stunned Heart. Most commonly, it is called Takotsubo Syndrome.

## POPULATION AFFECTED

So, what is a broken heart? Hollywood has known for a long time that when the lover is rejected by the heroine, the scene generally revolves around the lover clutching his chest and falling to the ground unconscious. However, in real life, neither is the presentation of a heart attack from a Broken Heart Syndrome that dramatic and the outcome so unfortunate. Generally, the Broken Heart Syndrome occurs in middle-aged, post-menopausal women who have experienced an intense sense of grief or anger. However, there is a small percentage of patients with a Broken Heart Syndrome neither postmenopausal nor with a history of intense or emotional turmoil, grief or sadness. They are men who have undergone an intense physical stress. Heart attack from a Broken Heart Syndrome generally occurs in an individual who lacks the traditional risk factors for heart disease.

## SYMPTOMS AND PRESENTATION

The symptoms generally comprise of chest pain, unexplained sweating, shortness of breath, palpitations and jaw or throat discomfort. Sometimes the only symptom is arm pain.

## WHAT IS IN A NAME?

As noted above, one name for the Broken Heart Syndrome is Takotsubo Syndrome. Takotsubo is a Japanese word for a flask-shaped octopus trap. With a Broken Heart Syndrome, the heart muscle and chamber become exhausted and dilated so as to assume the shape of a Japanese octopus trap.

## DIAGNOSIS

The Broken Heart Syndrome is a diagnosis of exclusion. Once the electrocardiogram (EKG) and blood tests results are consistent with a heart attack, the cardiologist looks for the underlying cause of the heart attack. The ultrasound of the heart shows that not only has the heart assumed the shape of an octopus trap, but the function of the heart also has been significantly compromised. The next step is a coronary angiogram to look for arterial blockages. As the Broken Heart Syndrome occurs due to emotional or physical stress, no significant blockages are seen on the coronary angiogram. This, of course, is a good thing because the patient need not undergo any stent placement or open heart surgery. Once an octopus trap is appreciated on both an angiogram and an ultrasound, and there are no blockages in the coronary arteries, in a setting where there has been a recent intense emotional or physical stress, the diagnosis of a Broken Heart Syndrome is established.

## TREATMENT

This kind of heart attack is completely reversible with no residual damage. Patients are recommended cardiac rehabilitation and stress control with counseling, biofeedback and medications, both cardiac and mood changing in nature. The recovery in the heart function is complete and without any complications, generally in six to 12 weeks. ■

Dr. Afroze Ahmad is a multiple board certified cardiologist practicing at Las Sendas Cardiology, P.C., located at 3514 N. Power Road. For information, or to make an appointment, call (480) 361-9946.



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Dr. Ahmad is a highly experienced cardiologist. She holds numerous board certifications and is fellowship trained:

- American Board of Internal Medicine
- American Board of Cardiovascular Disease
- National Board of Echocardiography
- American Society of Nuclear Cardiology

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## REAL ESTATE

# BANKS MOTIVATED TO SHORT SALE FINE HOMES

By Lorraine Ryall, Realtor, Certified Distress Property Expert (CDPE), CSSN Coldwell Banker Trails and Paths Premier Properties

The Arizona housing market is finally making a recovery, with house prices increasing month after month, but it still may not be enough for some homeowners facing financial hardship or who are too far upside down on their mortgage.

One of the hardest hit areas was the fine home/custom home market. House prices plummeted up to 50 percent or more, leaving these homeowners hundreds of thousands of dollars upside down. While some believe, because of the high mortgage and the large deficiency that would be left, the bank would not allow them to do a short sale; this is far from the truth. In fact, short sales of fine homes are often a lot easier for many reasons, no matter how far upside down the borrowers are.

Arizona is an anti deficiency state, which means the bank cannot pursue the homeowner for any deficiency on purchase money, and we ensure we get this in writing on the approval letter before accepting the short sale. The forgiven debt will not be taxable due to the Mortgage Debt Relief Act, which was extended one more year (some restrictions apply). You can view the complete Mortgage Debt Relief Act on my Web site.

If there is a second mortgage that is not purchase money, a short sale allows it to be negotiated, so this debt also is forgiven. In a foreclosure, there is no negotiating, and the bank will pursue the borrower for the full amount.

#### WHY WOULD A BANK DO A SHORT SALE?

I just closed on a short sale where the homeowner owed



Lorraine Ryall

\$950,000, and the house sold for \$475,000.

Not only did the bank accept the short sale and release the homeowner from any deficiency, they even paid the homeowner \$1,500 in relocation assistance. The bank doesn't care how upside down you are. What they care about is that the house is sold for close to the current market value.

Short sales sell for a higher price than foreclosures, and, with the added legal expenses and time involved to process a foreclosure, plus the fact the bank will then own the property and have to pay HOA fees and maintenance, the last thing they want to do is foreclose.

#### OPTION ARMS, INTEREST ONLY AND BALLOON PAYMENT LOANS

Some homeowners did option arms, interest only or pick-a-payment type loans with the intention of selling or refinancing before the loan payment is recast, or to change from an interest-only to a fixed-rate mortgage. Unfortunately, the housing crisis hit before that could be done, and these homeowners now find themselves upside down and unable to refinance or sell their homes.

Although the borrower may not have a hardship at the moment, he cannot keep making the payments at the new higher rate or pay the balloon payment when it is due. The banks look at this as an imminent hardship for a short sale. Some lenders also are under investigation to see whether these loans were processed correctly, and if borrowers were given the correct information at the time the loan was taken out. This makes the lenders very eager to get these types of loans off their books and accept a short sale.

#### STAYING CURRENT ON YOUR MORTGAGE PAYMENT WHILE DOING A SHORT SALE

I am also finding that more homeowners can keep current on their mortgage while negotiating a short sale if they are able to do so. This allows their credit to remain intact until the short sale closes, and there is just one small ding to their credit. It also means they may qualify for a new mortgage the day after the short sale closes, and they can purchase a new home right away. ■

*Each short sale is completely different, each homeowner's situation is unique, and what may apply to one homeowner may not apply to another. Contact me today to find out more about the short sale and if it is the right option for you. You can call my cell at (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. Visit my Web site at www.ArizonaShortSaleToday.com.*



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## COMMUNITY

# Spring Break Festivities Abound on Area Farm

Story and Photos By  
Yasmin Rochette

There were a lot of oohs and aahs recently when Superstition Farm held its spring break activities.

Farmer Jason Crittenden and Toby, the dog, hosted the fun as groups of youngsters pet and fed animals, including rabbits, sheep, goats, a donkey and Mooney Vuitton, the calf. When asked what their favorite creature was, however, the reply from one group came in unison, "Chickens!" Remarkably placid, the varied species of chicken did not mind a bit being stroked, patted and generally loved to pieces.

The day included learning how to milk a cow, enjoying a hayride and saddling up to ride a retired champion barrel racer named M and M in the corral. Part educational, and 100 percent fun, the children saw newborn calves and learned about dairy production. They also discovered where food comes from on their excursion around the farm,



founded in 1976, by Glenda and Hector Stechnij, Farmer Jason's parents-in-law.

Farm fresh eggs, butter, cheese, yogurt, milk and other goodies can be bought at the on-site store. The rest of their milk goes to a dairy cooperative, and it's very likely what you're pouring onto your cereal each morning.

The Valley is an urban landscape for the most part, which makes a

visit to Superstition Farm a most interesting diversion for kids and adults alike. ■

The farm is located at 3440 S. Hawes Road. Call (602) 432-6865. For more information about visiting, and the four-day summer camps, visit the Web site at [www.superstitionfarm.com](http://www.superstitionfarm.com).



## EDUCATION

# DESERT ROSE PRESCHOOL AT LAS SENDAS

By Rose Buttitta, Teacher/Director

Students attending Desert Rose Preschool at Las Sendas are celebrating special holidays and learning new things at the same time.

## LEARNING THROUGH SPECIAL EVENTS

March was a very busy month. We celebrated the birthday of Dr. Seuss with green eggs and ham for our snack. We read books and made Cat and the Hat hats, which the children enjoyed wearing. We also celebrated St Patrick's Day, with all the children wearing green and making a magic potion. They also made green art projects.

During the month of April, we are learning about spring, the birth of birds, bugs and flowers, as well as the change of weather.

The pre-k class will celebrate 100 Day. It is not 100 days that we have been at school, but a day in which we will count 100 things. We will count by the numbers 1, 5 and 10. The children will receive special certificates, and finish off the day with 100th Day cake.

We will have our annual Easter Egg Hunt, with lots of surprises and fun things to do. All of the special events and supplies are at no extra cost, but part of the tuition. All parents are welcome to come and be part of our celebration.

## FUN WITH READING

The children are learning the Zoo-Phonics, which is the same program offered at the Las Sendas Elementary School kindergarten program. All the children are learning to write their names correctly, and they know how to write numbers and letters. We are very proud of our students' progress in getting them ready for kindergarten. Most members of our pre-k class are enjoying reading books. We have art and music every day, and lots of movement and fun time with all our classmates.

## GRADUATION DAY

The last day of school is May 24, with graduation for the pre-k classes. All other classes will receive certificates of completion. Please mark your calendar.

## SUMMER

The summer session will run from June 17 through Aug. 9. It will run five days a week for eight weeks. I will accept older siblings for the summer, with age-appropriate programs offered. Classes are limited to 20 or less. Preschool for the fall will start on Aug. 26.

## REGISTRATION FOR SUMMER AND FALL SESSIONS

Registration is going well, with lots of new children joining Desert Rose Preschool at Las Sendas, and lots of returning students for summer and fall. It is not too late to register for both fall and summer. We will have registration ongoing until May. If you are interested, please register at the Trailhead Office with a \$25 registration fee.

You can pick any day of the week, half-time sessions or full time sessions. Remember, you pick the days and times you want for your child. All children must be potty trained and live in Las Sendas. Everyone who registers will receive a phone call to verify all the information, and make sure the times and days are correct. If you have any questions or concerns about registration, please call me at (480) 654-4223, or send an e-mail to [jbuttitta@cox.net](mailto:jbuttitta@cox.net).

## COMPUTERS AT HOME

Let's face it, computers are part of most people's daily lives. While hands-on play and books still provide the best way for your children to learn, screen time on the computer can offer another important dimension to their learning, particularly when it comes to math.



Computers can contribute to play and encourage joint problem solving in ways other types of play cannot. Computer games give immediate feedback to a child's actions, which is very helpful. The games also can help a child's visual understanding of geometric concepts. For example, on a computer, puzzle shapes are transparent. Children can see the puzzle they are trying to solve as they work out the solution.

Computer activity is often more effective than toys in stimulating vocalization. Such activity also evokes higher levels of social play. Children tend to talk more and explain more of what they are doing on computers than when using other materials. At higher levels, computers allow children to break apart and put together shapes in ways not possible with physical blocks.

Finally, researchers have found children spend the same amount of time in classrooms playing together on the computers as they do in block centers. If your child wants to play on a PC at home, consider the cooperative play on a computer game, which may provide interaction, which can transfer to play, especially for boys.

Please limit the time children spend on the computer. ■

## Desert Rose Preschool at Las Sendas



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



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REAL ESTATE

# Determine Whether TO PAY DISCOUNT POINTS

By John Karadsheh

Points are mortgage loan costs typically in association with an interest rate, with one point equal to 1 percent of the loan amount.

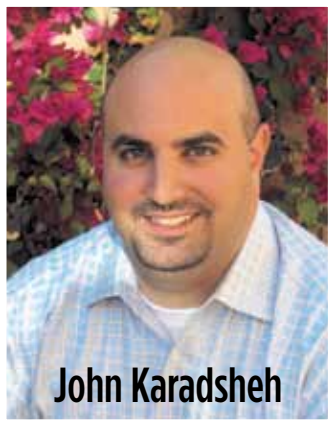
So, one point on a \$200,000 loan is \$2,000. It's good to pay them, right? Or wait. It's not good to pay them, right?

The correct answer is "yes." It is good and it's not good. So, how do you tell?

Points are often looked upon as prepaid interest, hence the potential tax deductibility. If you paid points last year for your home, you may be entitled to deduct those points from your taxable income before you send more money to Uncle Sam. Note, the tax deductibility can vary for points between purchase and refinance transactions. Points paid during a refinance are usually only deducted over the term of the mortgage. With a purchase, points may be tax deductible for the year paid. (Always consult with a qualified tax accountant.)

If you pay points, you're paying your lender some of the interest up front, in a single fee, in exchange for a lower rate. What's the difference in rate if you pay a point? Two points? There is no symbiotic relationship between rates and points, but generally speaking, for each 1/2 point, you can drop your rate by 1/8 percent. Paying one point will drop your rate by a quarter percent, and so on. Again, there is no correspondent tradeoff between points and rates, but usually one point will get you 1/4 percent.

So, how do you decide whether or not to pay points?



John Karadsheh

First, calculate your monthly payments by paying a point. Then, run the same routine with paying no points. Let's say you've got a loan amount of \$350,000, and you're quoted 4.00 percent with zero points. That's \$1,671 per month in principal and interest for a 30-year note. Your lender also may offer a rate reduction of 1/4 percent for one point. The monthly payment on a \$350,000 note, at 3.75 percent, drops to \$1,621, or a difference of \$50 per month.

Now, divide that \$50 monthly savings into that point you paid, or \$3,500. The result is the number of months it will take to recover the cost of the additional funds to drop your rate. In this case, it would take just more than 70 months, or five years, 10 months, to recover that money. On the other hand, your lender will make an additional \$50 per month at the higher rate in lieu of your up-front \$3,500.

Make sense? A lot of the decision rides on how long you anticipate keeping the mortgage in question, either by selling the property or refinancing later if rates drop. If you, in fact, don't anticipate keeping the house for a long time, then paying additional points may not make much sense. Keep in mind, if you do plan on staying in the home for the life of the loan, then that \$50 per month savings adds up to \$18,000 over 30 years.

It's really not necessary to rely on outside experts to tell you if paying points is worthwhile or not. Do some of the math yourself, and then determine if paying points is really in your best interest. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative, a Certified Residential Specialist, and was voted in the Top 10 Residential Real Estate Agents in Arizona for 2012 and 2013 by Ranking Arizona, the Best of Arizona Business. 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).

COMMUNITY

## CANADIANS AT RED MOUNTAIN RANCH COUNTRY CLUB GIVE BACK

Submitted by Red Mountain Ranch Elementary School

The 20th annual Canadian Open Golf Tournament was held this past February at the Red Mountain Ranch Country Club.

Organizers Mark and Kathy Hendrickson secured title sponsorship from the local BMO Harris Bank. This year, the tournament benefited Red Mountain Ranch Elementary School.

As the result of a fun day of golfing, a wonderful dinner and successful silent auction, a total of \$6,048.94 was donated to the school to help in the purchase of Smart Boards for every classroom.

Many local and Canadian businesses sponsored a hole and/or donated fun items for the silent auction. Red Mountain Ranch Elementary School students, staff and the Parent Teacher Council, are grateful to Mark and Kathy and all tournament sponsors and participants for their unsolicited generosity. ■

Red Mountain Ranch Elementary School is located at 6650 E. Rafteriver St. For more information, call (480) 472-7900.



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Las Sendas Area Market Report

Sales for the Month of February 2013

Address	Square Feet	Community	Sold Price	Short Sale or REO*
7249 E. Melrose St.	1,372	Windsong	\$180,000	X
2623 N. Augustine	1,856	Windsong	\$185,000	
7702 E. Sierra Morena St.	1,571	Rolling Hills	\$230,000	X
7245 E. Nathan St.	1,774	Traildridge	\$237,000	X
3608 N. Paseo Del Sol	2,451	Rolling Hills	\$238,000	X
3521 N. Desert Oasis St.	2,451	Shadow Canyon	\$240,000	X
3333 N. Brighton	1,756	Ironwood Pass	\$250,000	
4242 N. Deserts Gate	1,756	Mountain Gate	\$289,000	
6903 E. Portia St.	2,475	Vintage Hills	\$289,000	
7436 E. Nora St.	2,276	Grayfox	\$300,000	
3456 N. Sonoran Hills Dr.	1,926	Stoneledge	\$300,000	
7151 E. Quince St.	2,732	Granite Ridge	\$377,000	
7127 E. Quince St.	2,732	Granite Ridge	\$395,000	
3757 N. Paseo Del Sol Dr	2,732	Highlands	\$402,000	
7634 E. Sandia Cir.	2,309	Stonecliff	\$429,000	
7544 E. Tyndall Cir.	3,330	Pinnacle Point	\$495,000	
3902 N. Pinnacle Hills Cir.	3,551	Pinnacle Hills	\$545,000	
8128 E. Vista Canyon St.	4,047	Granite Preserve	\$670,000	
4158 N. El Sereno Cir.	3,487	Legacy Hills	\$675,000	
4343 N. Sage Creek Cir.	6,055	Copper Canyon	\$1,600,000	

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

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FINANCE

# BE AWARE OF Current Tax Changes

By B. David Fuller, CPA, Pearce, Gray and Co., PLC

On Jan. 1 of this year, Congress passed the American Taxpayer Relief Act of 2012, which, along with many other provisions, permanently extends the so-called Bush-era tax cuts for low- and middle-income individuals.

The legislation preserves the existing lower rates on capital gains and dividends for low- and middle-income individuals, but increases those rates on higher-income individuals. It also locks in a maximum 40 percent rate on estate and gift taxes for estates greater than an inflation-adjusted \$5 million exemption.

The act includes permanent Alternative Minimum Tax relief, extends bonus depreciation one year to property generally placed in service before Jan. 1, 2014, and increases the Code Sec. 179 dollar and investment limitations for tax years beginning in 2012 and 2013. The act also provides the Medicare doc fix for 2013, and extends unemployment insurance. Finally, dozens of other expired or expiring provisions are extended, including:

- Marriage penalty relief
- Deductions for student loan interest and tuition and fees
- Enhanced child tax and child and dependent care credits

- Simplified earned income credit
- Deductions for primary and secondary school teacher expenses
- Deductions for state and local sales taxes
- Research credits
- Energy-efficiency credits for homes and vehicles
- Many more provisions.

With these changes, we encourage you to meet with your tax advisor to discuss any potential strategies you might be able to implement to reduce your income or estate tax exposure. ■

B. David Fuller, CPA is a partner at Pearce, Gray and Co., PLC, and has been with the firm for almost 15 years. He focuses on small businesses and real estate ventures. Pearce, Gray and Co., PLC, is located at 3514 N. Power Road, Suite 135. For more information, call (480) 835-1124.



EDUCATION

# SELF DEVELOPMENT CHARTER SCHOOL IS COMMITTED TO DEVELOPING Well-rounded Students

By Jennifer Salvatori

Self Development Charter School (SDCS) is well known for its award-winning academic program.

The curriculum is accelerated, and students learn a minimum of one grade level ahead of Arizona State Standards (Department of Education). In addition to the accelerated curriculum, students are challenged to obtain high-level thinking skills, including critical thinking and problem-solving skills.

In addition to providing its students with an excellent educational foundation, SDCS is committed to developing well-rounded students. Drama is part of the creative arts curriculum. Every May, each class, grades one through eight, performs a play for the student body, family members and friends. Students are involved in each step of play production, from memorizing the characters' parts, to creating the backdrops, props and costumes. Every student has a vital role in the plays.

The plays introduce students to drama, as well as various types of literature, including fairy tales, fables, fiction and nonfiction. Historical periods and other cultures come to life through this end-of-the-year activity. Additionally, performing in plays helps develop a student's public speaking skills, while fostering confidence. Class plays have become a well-anticipated tradition at the school.


Foreign language, percussion and violin



lessons are part of the weekly curriculum, as well. Afterschool activities include Dance Club, Sports Club and Mandarin Club. Through these activities, students have an opportunity to showcase their skills in bi-annual performances and sports competitions. SDCS has much to offer its student body.

A program offered by SDCS, which ensures the students' academic success, is the individual/small group pull-out. SDCS has a number of part-time educators on staff. These teachers work with students one-on-one, or within small groups, to ensure concept mastery. In addition, they challenge students toward higher levels of thinking. This has proven successful for students needing extra assistance with concept mastery, as well as those desiring to pursue particular educational goals. ■

Self Development Charter School, a tuition-free charter school, is located at 1709 N. Greenfield Road. To find out more about the school, or to make an appointment for a tour, call (480) 641-2640. For more information, go to the Web site at [www.selfdevelopmentcharterschool.com](http://www.selfdevelopmentcharterschool.com).



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**CORRECTION**

In the January issues of *Up Close*, we incorrectly stated, "Gillian (Harry) also conducts art classes at the Mesa Arts Center." This was included in the story entitled, "Alta Mesa Potter Offers new take on old tradition."

Please excuse our misunderstanding.  
Thank you!



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LOCAL BUSINESS

Alta Mesa Golf Club's New Patio Offers More Event Opportunities

By Dawn Abbey

Relaxing on the outdoor patio at Alta Mesa Golf Club (AMGC) has always been a popular pastime, with the spectacular scenic views of the golf course lakes, sunsets and surrounding mountains, the fantastic libations and food, as well as the great camaraderie. The patio always was a special place, but now, it's even better.

"The entire patio area has been enlarged and completely covered for marvelous shade, which guests and members will really enjoy with the approach of our warmer weather," said AMGC Member Service Coordinator Kim Hind.

The renovation gives the club the opportunity to accommodate seating and events for much larger groups. "The patio area, always a favorite for weddings and parties, now offers the option for even larger gatherings, dinners, live music venues and special events," said Kim. "And no occasion is too small or too big for our talented staff and our exceptional culinary crew."

Even if you don't golf, you can become a dining member at the club, affording you the use of all dining facilities and attendance at the club's social events. "Our entire staff can assist you in planning your event, choosing an amazing menu, and coordinating everything for a smooth-running experience," Kim said. ■

For more information on event planning, menus and other details, contact General Manager Ann Beljan at (480) 832-3257, ext. 110, or send an e-mail to [ann@altamesagolf.com](mailto:ann@altamesagolf.com). Alta Mesa Golf Club, a member-owned equity club, is located at 1460 N. Alta Mesa Drive.



LOCAL BUSINESS

Math and Science Really Do Have Use in the Real World

Story and Photos by Dawn Abbey

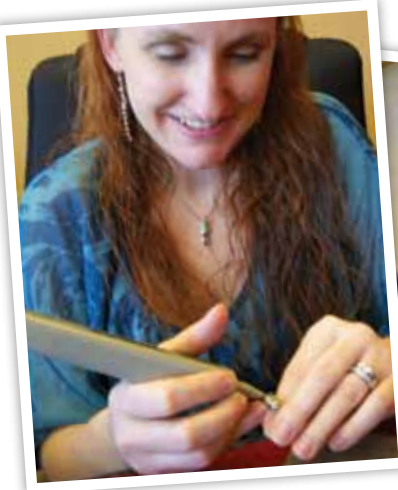
Students attending the recent Arizona SciTech Festival event at Red Mountain High School got to see how local businesses use math and science in their everyday activities.

While the school science fair went on inside, the outside area was set up for local business displays.

AAA Gold Exchange co-owner Michele Santos was among many representatives of businesses and organizations like Boeing, The Home Depot, Subzero, Mesa Police and Salt River Project. She and others set up demonstrations to show students why it is important to learn science and math skills, and how those skills can relate to their future employment.

Michele showed students how she uses chemistry and mathematical measurement to calculate the value of the gold and diamonds she buys in her cash-for-gold business. "I let them do tests on the gold jewelry by scratching the objects against a jeweler's stone until it left a mark," she explained. She then had them watch her test the scratches with various chemicals to evaluate the purity and carat rating of the items.

Michele also used electronic instruments to test the conductivity of the metal. Finally, she challenged the students to do the mathematical



figuring on how the weight and carat number of the gold could

be valued at the day's gold market spot prices.

"It probably wasn't as exciting to them as CSI stuff, but they seemed to have fun doing it," she said.

"I don't think children often realize how much math is used in many transactions every day, but there seemed to be a lot of excitement and interest in the various demonstrations," said Michele. "I have four kids in Mesa Public Schools—two in elementary, one in junior high and one in high school," she continued. "They all came out to the event, and even though they had to leave for a bit, they all insisted their dad bring them back again to finish out the day."

Michele was extremely impressed to see a science fair bring schools and local businesses together. "The fair shows kids the importance of math and science in their everyday lives," she said, "and how it will benefit them in the future when they get jobs and have to run a household." ■

AAA Gold Exchange is on the southwest corner of Brown and Power roads. For information, call (480) 247-6876, or visit [AAAGoldExchange.com](http://AAAGoldExchange.com).



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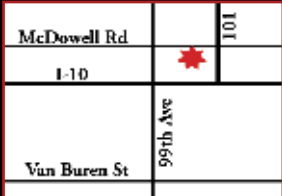
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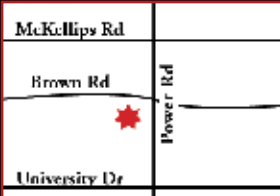


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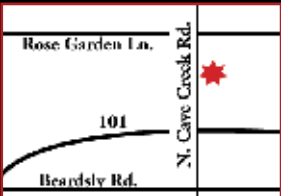
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LOCAL BUSINESS

Nothing Says Spring Like Flowers in Bloom

Submitted by Poppy's Home Décor  
Spring is here, and the flowers are blooming.

Spring is a great time to start thinking about all the unique things you can do with flowers. In the past, a traditional corsage was the perfect touch for Mother's Day, graduation and special occasions. The traditional wedding corsage would smash each time someone gave you a hug.

Well, times have changed and so have the styles. Traditions are more unique. Eclectic and timeless are in style.



No longer is a pinned corsage the way to go. Today, it's a wristlet, complete with flowers, bling and lots of texture, which can include doilies and burlap, etc. Next time you are at a wedding, take time to look at the flower presentation. Enjoy the beauty of its own look.

Add fresh flowers to your home for good Feng Shui. Your home will feel fresher, and you are sure to smile. Enjoy one of God's great beauties.

At Poppy's Home Décor, we have fresh flowers. Make someone's day with a beautiful bouquet of stunning flowers. We make our arrangements unique by adding a distinctively personal touch.

At Poppy's, we prepare arrangements for all occasions, such as graduations, proms, homecomings,

weddings, baby showers, birthdays, funerals and church events. We design for all budgets. ■

Poppy's Home Décor is located at 7143 E. Southern Ave. For pricing and availability, call (480) 325-4900. Visit the Web site at [www.poppys homedecoraz.com](http://www.poppys homedecoraz.com), and like us on Facebook.



COMMUNITY

PLANS FOR EAST MESA RELAY FOR LIFE ARE UNDER WAY

By Sharon Wozny  
Photos By AnnElise Makin

Wanting to give something back to his patients 27 years ago, oncologist Gordon Gordy Klatt, MD, ran around a track for 24 hours and raised \$16,000.

Why 24 hours? Because cancer never sleeps, he wasn't about to either. So began Relay for Life, a fund-raising event for the American Cancer Society (ACS). Relay for Life is held all over the country. The East Mesa relay will change your life.

On April 20, Red Mountain High School will be the venue for the 12th annual East Mesa Relay for Life. For 11 of those years, Jeff Glenn has been a member of the committee presenting this extraordinary event. Jeff is known for his logistics expertise with the relay. In his second year as the event chair, Jeff is a 25-year cancer survivor. His first relay event was 10 years ago, volunteering with the Mesa Fire Department. He knew then he had to be a part of this event.

East Mesa's Relay for Life was the first relay in the State of Arizona to raise a million dollars in the course of the event's existence. In fact, the exact total is \$1.3 million dollars. The goal for this year is \$150,000. But it is not all about money with the relay. It is about honoring the loved ones lost to cancer, as well as celebrating survivors and caregivers. It is about giving back and being part of something bigger than all of us.

East Mesa's relay is not only made of adults teams. In fact, of the 80 teams registered for this year, half of them are student-based. "Our relay is a wonderful mixture of youth and adult teams," Jeff said. Teams of students, with teacher chaperones, come from five Mesa high schools, five junior high schools and seven elementary schools. Many are repeat teams from previous years. And 10 to 15 of those teams have been around for all 12 years.

Teams come together on this day to raise money, see old friends, share memories, cry together and embrace the love and compassion on that track.



Teams will set up their campsites all around the track, along with vendors selling food items. Luminaria bags will be decorated with *In Honor of* and *In Memory of* lining the track. Each team will set up a themed campsite for 24 hours, with coolers of food and water carried in by the armful.

Along with a survivor's tent, located on the field, silent auction items

will entice you. Pantene will be there cutting hair, which is 9 inches or longer, and using it to make wigs for survivors. Lots of fun activities will include two stages to house seven bands as well as soloists, throughout the 24 hours.

Opening ceremonies begin at 1 p.m. on Saturday, and the fun continues until 6 a.m. on Sunday. Firefighters will serve a free pancake breakfast. In between those hours, two heartwarming activities will honor survivors and caregivers, while remembering loved ones lost to cancer. At 6:30 p.m., there is a survivor's dinner, and the luminaria ceremony starts at 8:30 p.m. Last year's relay honored 200 survivors. This year's goal is 250.

Relay for Life involves a yearlong planning process. Jeff has been the

event chair for the past two years. "I couldn't do this without the phenomenal volunteer committee and ACS liaison, Ashley Minchella," said Jeff. His co-chair is Lyn Gorton. Laura Gorton plans entertainment, and Matt Chader handles

logistics. Jill Chader is in charge of luminarias, while Sarah Mason, a senior at Red Mountain High School, plans events for survivors. Besides these amazing volunteers, countless others are helping to make this relay a success.

There are many opportunities to help. Jeff and his

committee need at least 150 volunteers to help throughout the event. A golf tournament will take place on May 12. Participating food vendors are asked to donate a percentage of sales to the relay and sign up on a team. Items are needed for the silent auction. Sponsors or partnerships, such as MD Anderson Cancer Center or Las Sendas Tennis are needed, too. Anyone can be on a team. Survivors certainly are welcome. In addition, contributions of money are greatly appreciated.

In one way or another, many of us have been touched by cancer, whether we are a survivor or have lost a loved one to the disease. Cancer has no boundaries, and it doesn't matter who you are, where you are or how old you are.

Relay for Life offers hope, encouragement and love. Once you attend a relay, you will be forever changed. ■

For more information about the East Mesa Relay for Life, visit the Web site at [www.relayforlife.org/eastmesaaz](http://www.relayforlife.org/eastmesaaz).





## COMMUNITY

## CELEBRATE LOCAL ARTISTS AND SUPPORT A GOOD CAUSE

The Mesa Falcon Field Rotary Club will host an art sale to support the club's service projects, including water purification in Guatemala, dictionaries for third graders, and polio vaccinations.

The sale will be held on Sunday, April 14 from 4 to 7 p.m. in Red Mountain Ranch, at 4312 N. Katmai St., off of Viewmont. Wine and cheese will be served, as well as live music performed.

A \$10 donation is suggested. For more information, call (480) 319-4004. ■



## COMMUNITY

## CHARITY CONCERT FOR NEPAL BRINGS OUT THE BEST IN STUDENTS

Story and Photo By Sharon Wozny

It was 13 years ago when Stephanie Ramsey and Rachael Federico, two seventh-graders at Fremont Junior High School, were touched by a lesson taught in their history class by teacher Mr. Whitehead.

After learning that the children in Nepal could not attend school and receive an education, these two inspiring students started the *Charity Concert for Nepal*, and it has continued to this day. All money raised is sent to Nepal to fund the education of that country's children.

This past February, the crowds at Fremont Junior High were treated to another spectacular event. The Skyline Color Guard opened the show. Madee Butcher, a seventh-grader, sang the National Anthem, accompanied by Peter Whitehead on the piano.

The evening proceeded with students displaying their talents. Any student who has attended Fremont in the past, as well as any current student, is invited to showcase individual talents in this annual event.

A total of 17 amazingly talented acts, included everything from singing and dancing, to comedy and instrumental tunes. Among the acts featured were Isaac Coronel, who performed a viola solo, and Kaitlyn Mischa, who sang *I'm Yours*, by Jason Mraz. She also played her trumpet with the Jazz Ensemble from Fremont. Ariel Armenta did a stand-up comedy routine. Behind the scenes, keeping everything running smoothly, were many students, including Seth Gause and Gloria Frost.

According to some of the participants of this year's event, many had been inspired to display their talents, because of siblings who had been part of the show in

past years. These students saw how this experience had touched their siblings' lives, and wanted to help others while having a blast doing so. When asked who encouraged them to think about being involved in the charity concert, the unanimous response proved to be Mr. Whitehead as the motivator.

Seth Gause and Amaiya Scott, both seventh-graders, Isaac Coronel, a senior in Westwood's International Baccalaureate program, Gloria Frost,

Abby Bickley, Kaitlyn Mischa and Ariel Armenta, all eighth-graders, agree Mr. Whitehead was the inspiration they needed to be involved in the Charity Concert. "He showed me that I could be beneficial to my community and other people," said Ariel. "I am more confident in myself and surer of myself after singing a solo of *Someone Like You* by Adele," said Abby.

In fact, Mr. Whitehead requires that his students in the Extended

Learning Program (ELP) participate in three service projects of their choice throughout the year. Many of the participants are not in the ELP program, however. They participate for the love of making a difference in the lives of others.

Our future leaders are inspiring. "Service Club taught me how to have fun doing service and not to see it as an obligation," Isaac said. "I love to do something that I enjoy in my own free time that helps other people." As they all agreed, so far, the Charity Concert for Nepal has been the best experience of the year. ■

If you would like more information about the Charity Concert, and/or would be interested in being part of next year's show, please contact Mr. Whitehead at Fremont Junior High School, located at 1001 N. Power Road. Call (480) 472-8300.



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EDUCATION

# Associate Degree Can Be Earned Free AT EARLY COLLEGE HIGH SCHOOL

By Dawn Abbey

Many gifted and hard-working students often are denied the chance for a college education simply because they can't afford to pay.

"At Arizona Agribusiness and Equine Center (AAEC)-Red Mountain's Early College High School, truly motivated students can graduate high school, having already earned an associate degree right next door at Mesa Community College at Red Mountain," said AAEC Principal Christine Ybarra, EdD. "And their tuition is free."

Dr. Ybarra explained AAEC's collaboration with the Maricopa and Yavapai County Community College districts, which permits qualified Arizona students to take community college courses while completing high school diploma requirements. These credits are then transferable to a four-year college, so the student has only two years left to complete a bachelor's degree after graduating high school.

"Because of the dedication of our students, many earn scholarships to the colleges of their choice, as well," she added.

"Since AAEC, a public charter school, pays the community college tuition, the only cost to our students is for books," said Dr. Ybarra. "We have prom, yearbook, National Honor Society, Student Council, FFA and other clubs and events, but we don't offer sports teams. We use school funds to help our students get an associate degree, certification, or as many transferable college credits as possible," she continued. "We have an exceptionally active Parent Volunteer Team, which organizes fund-raising events year round."

One of the things Tessa Hunt, Parent Volunteer Team president, and her daughter, Tristen, an AAEC sophomore, like about

AAEC is the community-minded environment of the school. "All students must complete 120 hours of community service of their choice as a requirement for graduation," Tessa explained.

The most popular with the neighborhood is the Free Community Tutoring Program on campus every Tuesday evening, from 6 to 8 p.m. Teachers, as well as students, volunteer their time to help students from junior high to college level with math, science or other subjects. Students from all schools are welcome. Sign up for tutoring at [www.staciekyhn.weebly.com](http://www.staciekyhn.weebly.com), and click on tutoring sign-up.

The concept of an Early College High School was envisioned and created in 1997 by Linda Proctor-Downing. After spending 20 years in high school classrooms and administration, she saw how many qualified students were denied college because of a lack of funds. So, she created a partnership with Maricopa and Yavapai County Community College districts to offer students college courses during their high school years, with free tuition. There are now five AAEC high schools in the state.

Originally founded as the Arizona Agribusiness and Equine Center, Inc., the school also offers programs in equine sciences, agribusiness, agriculture, as well as early college. AAEC also has pre-certification classes for careers, such as veterinary science, engineering, nursing, homeland security and even fire fighting. The school works with students to craft the right courses for each individual's talents, and keeps class sizes small. ■

For more information about classes and registration, visit the Web site at [aaechighschools.com](http://aaechighschools.com), or call (480) 854-1504. The Arizona Agribusiness and Equine Center is located at 2165 N. Power Road, within walking distance of Mesa Community College at Red Mountain.



COMMUNITY

# REDUCE, REUSE AND RECYCLE Making Every Day Earth Day

Submitted by Mariano Reyes  
Marketing/Communications Specialist II  
City of Mesa Solid Waste Management Department

April 22 is Earth Day, and millions around the world will be joining together to generate awareness and show their appreciation for the earth's environment.

Having first started in 1970, the goal of Earth Day is to create and maintain a healthy and sustainable environment. While this day is important, the City of Mesa encourages its residents to make every day Earth Day. Here are just a few simple things you can do to live a greener lifestyle.

## RECYCLE IN THE BLUE

All households with curbside trash service are eligible to participate in the City's Blue Barrel Recycling Program. Residents can recycle:

- Plastic cups and containers, No. 1 through 7
- Glass food jars and beverage bottles
- Office paper, magazines, telephone books and junk mail
- Cardboard and paperboard boxes
- Tin and aluminum food/beverage cans
- Milk and juice cartons

Additional blue recycle barrels are available at no extra charge. If you do not have blue barrel recycling service or occasionally have additional recyclable material, the City does have public recycling drop-off sites at the East Mesa Service Center, 6935 E. Decatur St.; Dobson Ranch Park,

continued on page 19

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LOCAL BUSINESS

# Leave Your Spring Cleaning TO LIGHTHOUSE SURFACE SOLUTIONS

By Yasmin Rochette

With spring in the air, now is a good time to tackle some of the cleaning jobs we all would rather forget, but with the right team on board, those chores may not be quite so daunting or tedious.

Lighthouse Surface Solutions handles a myriad of cleaning solutions. Founded in 2012, by Susan and Jim Germany, their company tackles both residential and commercial projects, such as restaurants, doctor's offices, and much more. "Our job is to make tired and stained surfaces look like new," stated Susan. "We treat each project as if it were in our own home or office," she continued, "and we make sure it is done right."

The multitude of tasks they can undertake includes cleaning tile and grout on all surfaces, such as shower walls and counters, kitchen floors, and restoring natural stone, like travertine, marble, granite and slate, to their original beauty. Additionally, they are able to hone these surfaces to eliminate scratches. Lighthouse Surface Solutions can bring back surfaces to their beautiful shine again, said Susan. "We clean carpets as well, specializing in the removal of pet odors and stains, and we don't leave the carpet super wet or smelly, or crunchy after it's dried," Susan emphasized.

Is your upholstery looking as if it has



seen better days? It can be refreshed and cleaned. For those of us who have mystery oil or other automotive spills on our driveways, Lighthouse Surface Solutions can address

them. The company uses EPA safe products and a proprietary system for oil remediation, which can help remove those rather unattractive stains from concrete, brick and pavers. The company also recommends and offers the sealing of driveways and other surfaces.

Does the barbecue look unsightly with grease? Lighthouse Surface Solutions can reverse its appearance for you, and clean your barbecue brick at the same time. Their methods include state-of-the-art equipment, as well as environmentally friendly cleaning products. The best part of working with Susan and Jim is, as local residents of Northeast Mesa, their hands-on involvement in your project guarantees complete satisfaction. The company is family owned and operated.

"Let the light shine in your home or business when you use Lighthouse Surface Solutions," commented Susan. ■

For one-stop shopping regarding your cleaning needs, or for an appointment to find out what they can do to assist in finding a solution to your surfaces, call Susan or Jim at (480) 986-1995 or (623) 271-4078.

LOCAL BUSINESS

# EAGLE ELECTRICAL PROVIDES Honest, Affordable Service

By Kim Phillips

Eagle Electrical, a full service electrical company, promises to please, according to George Robbins, a licensed, bonded and insured electrician with more than 22 years experience.

"We at Eagle Electrical take pride in providing our customers honest, affordable and quality workmanship," commented George, who lives here locally in Northeast Mesa.

Eagle Electrical can help homeowners in many ways, including service panel upgrades, home remodels and new circuits. Kitchen electrical upgrades and whole house surge protection, as well as lighting design and installation are a few more

services George can do. He also provides emergency repairs and troubleshoots electrical problems.

On the commercial side, George can assist with tenant improvements, lighting installation and ballast conversions. Trained technicians can work on emergency, exit, parking lot, and even landscape lighting.

Eagle Electrical offers 24-hour emergency service any day of the week, George said. ■

For more information, or to contact George, call (480) 659-4942, or e-mail George@EaglePAE.com. The company also has a Web site at [www.eagleplumbingandair.com](http://www.eagleplumbingandair.com). Free estimates are available.



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**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.

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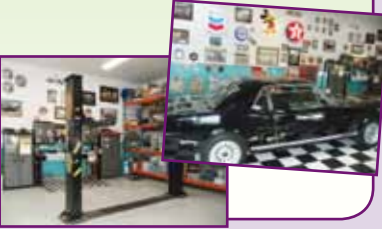
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### SPECIALTY SERVICES

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COMMUNITY

REDUCE, REUSE AND RECYCLE

continued from page 17

2363 S. Dobson Road; and at the Juanita/Country Club Park and Ride Lot, 1830 S. Country Club Drive.

RECYCLE YARD WASTE

Mesa residents can recycle their green yard waste, such as grass, leaves, plant trimmings and small branches, through the Green Barrel Recycling Program. Benefits of participating in this program include:

- Frees up space in your trash barrel for non-recyclable material.
- Eliminates the need to have an extra trash barrel for green yard waste, which can save you money.
- If you have more than one black garbage barrel, you can exchange one of them for a green waste only barrel and reduce your monthly trash bill.
- Reduces the use of plastic bags, as the material placed in the green barrel does not need to be bagged and tied.
- Helps the environment—Collected material is reused as compost, mulch and raw material for other applications.
- Extends the life of the landfill by conserving landfill space.

The green barrel is available for an additional \$5.51 per month, and is collected weekly on the same day as your blue barrel.

PARTICIPATE IN HOUSEHOLD HAZARDOUS WASTE AND ELECTRONICS/APPLIANCE RECYCLING COLLECTION EVENTS

Household hazardous waste can be dropped off at any of the City's free Household Hazardous Waste Collection events held throughout the year. Such hazardous waste includes paint, oil, pesticides, batteries, tires, expired medication, fluorescent and compact fluorescent light bulbs, as well as electronics and large appliances. Many of these items contain hazardous chemicals, and should be disposed of, or recycled, in an environmentally responsible manner. The next event will be from 8 a.m. to noon, on Saturday, April 20, at the Center Street Facility, located at 2412 N. Center St.

REDUCE AND REUSE

According to the United States Environmental Protection Agency, Americans generated about 250 million tons of trash in 2010, which equates to approximately 4.43 pounds per person per day. While recycling is important, it should be considered the last line of defense. Help increase the life of the landfill, and conserve natural resources by first reducing and reusing.

- Use reusable grocery bags to cut down on the use of plastic bags made from petroleum. If you do use plastic bags, make sure to reuse them or recycle them at your local retailer.



- Avoid buying single serve products. Instead, consider buying larger, bulk sizes whenever possible. Not only will you reduce excess packaging, but you also can save money.
- Sell or donate your no longer needed but still useable items instead of throwing them away. ■

For more information, visit [mesarecycles.org](http://mesarecycles.org), or call City of Mesa Customer Service at (480) 644-2221. You also can find other green living tips on the Web site at [earth911.com](http://earth911.com).

SERVICE DIRECTORY

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**\$550,000**

2,942 sq. ft. 3BR, 3BA, 3G. Fully furnished, SS appliances, maple cabinetry, spa, Tucan fountain, firepit, BBQ.



**SOLD**

2,451 sq. ft. 4BR, 3BA, 3G. Hard wood flooring, viewing deck w/Mtn. views, pool w/waterfall & spa.



**SOLD**

4,833 sq. ft. 4BR, 3.5BA, 3G. 1.58 acres, city light & mtn. views, negative edge pool w/spa & fire ring.



**\$399,900**

2,226 sq. ft. 3BR, 2BA, 2.5G. Artificial grass, firepit w/seating for 12 & pool w/fire bowls.



**UNDER CONTRACT**

3,831 sq. ft. 4BR, 3.5BA, 3G. Golf course lot w/city light & Mtn. views, SS appliances & travertine tile flooring.



**\$849,900**

4,524 sq. ft. 4BR, 3.5BA, 4G. City light & Mtn. views, cherry cabinetry, double ovens, pool, spa & built-in BBQ.



**\$539,000**

4,055 sq. ft. 5BR, 3.5BA, 3G. Cul-de-sac lot golf course lot w/Mtn. views & viewing deck, grass play area.



**\$475,000**

3,426 sq. ft. 5BR, 4BA, 3G. Located on a premium cul-de-sac lot w/city light & Mtn. views plus a pool & spa.



**\$520,000**

2,641 sq. ft. 3BR, 2.5BA, 3G. Canterra fireplace, induction cooktop, pool, spa, built-in BBQ, Mtn. views.



**\$555,000**

4,275 sq. ft. 5BR, 3.5BA, 3G. SS appliances, granite counters, tile backsplash, Pebble Tec® pool & spa.



**\$224,900**

1,388 sq. ft. 2BR, 2BA, 2G w/built-in cabinetry, townhome, 2 balconies & an open great room floor plan.



**UNDER CONTRACT**

3,888 sq. ft. 5BR plus den & game room, 3.5BA, 2G. Cul-de-sac lot, double ovens & Pebble Tec® pool.



**\$319,000**

2,226 sq. ft. 4BR, 2BA, 2.5G. Plantation shutters, fenced pool, grass play area & built in BBQ.



**SOLD**

2,009 sq. ft. 3BR, 3BA, 2G. Mtn. views, granite counters, SS appliances & a custom putting green.



**SOLD**

2,126 sq. ft. 3BR, 2BA, 3G. Newly remodeled, granite counters, SS appliances & a Pebble Tec® pool.



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- Mountain Estates # 18  
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- Mountain Estates # 16  
\$479,000
- Diamond Point # 1  
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- Summit # 34  
\$450,000
- Mountain Estates # 32  
\$575,000
- Pinnacle Ridge # 34  
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- The Golf Colony # 19  
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