

# Las Sendas Up Close

Bringing neighbors closer to their community

August 2013

## Organization Supports Local Farms DELIVERS FRESH PRODUCE AND DONATES FOOD

By Jamie Killin

If you're looking to incorporate more fresh fruit and vegetables into your diet, while simultaneously supporting local business, look no further than Chow Locally.

Chow Locally is a 2-year-old company working with 26 Arizona farms to bring local, sustainably grown, organic produce to Valley residents. Each week, seven to 10 fruits or vegetables are packaged with an explanation of each item, as well as recipes, which incorporate the food provided in the box.

For example, one week's box included Toscano kale, a personal size seedless watermelon, sweet potatoes, bunched purslane, mixed peppers, heirloom tomatoes and mixed topless carrots. As an added bonus, members are able to refer to the included information to see from which local farm each item came.



Janie Paulson, a Chow Locally employee, educates Farmer's Market attendees about the organization at the Downtown Phoenix Farmer's Market.

Recipes are created by registered dietician and trained chef Stephanie Green. They include items such as kale-fried rice and watermelon-avocado and black bean salad.

Once the boxes are assembled, an e-mail goes out to members who have the choice to either say yes to taking that week's box, or respond with *hold*, passing on those items. The hold option allows flexibility for members who may only live in the Valley part of the year or who vacation frequently.

The Chow Locally service costs \$20 to begin a membership. Thereafter, an additional \$23.97 each week the member decides to take the box offered. Currently, there are more than 400 Chow Locally

members. However, the number fluctuates with how many members currently are placing the service on hold, according to Janie Paulson, a Chow Locally employee.

If members decide to take the week's box, they can choose where to pick up their fresh produce that weekend. Chow Locally has multiple pick-up locations across the Valley, each with different pick-up times. For North Mesa residents, the most convenient location is the Las Sendas Trailhead Members Club kitchen. This pick-up takes place between 5:30 and 7 p.m. each Monday.

However, if members decide they would like to try another pick-up location, they are more than welcome to do so. They just need to notify Chow Locally to ensure their boxes are ready for them, as the company does not bring any extra boxes to their pick-up locations.

Some of the pick-up locations take place at farmers' markets, including the Gilbert Farmer's Market and

the Downtown Phoenix Farmer's Market, which allow members to shop other local items while they pick up their Chow Locally box.

Chow Locally works diligently to ensure no food is wasted. They not only take the orders for boxes ahead of time, and bring only as many as they plan on distributing to each pick-up location, but they also donate any food not claimed to Waste Not.

Waste Not is another Arizona organization collecting excess perishable food, and delivering it to other organizations, in turn, donating to those in need throughout the Valley. ■

To learn more about Chow Locally, and to become a registered member, visit the Web site at [chowlocally.com](http://chowlocally.com).



## TAKE FLIGHT AT O'NEILL'S PLACE

Submitted by O'Neill's Place

O'Neill's Place proudly guarantees the lowest flights, international and domestic.

O'Neill's Place is now adding beer flights to its current menu, offered seven days a week. There are four different flights from which to choose. The International, the Hopper, the Ladies, or stay local with the Arizona. This is a beer lover's dream, offering the enjoyment of four different beers all at once. Paul's favorite is the *Ladies*.

Additionally, O'Neill's is continuing with its Monday Madness, which is an \$8 burger with a beer, all day, from open to close. Saturday nights now are famous for Prime Rib, together with the entertainment of Open Mic, which starts around 8:30 p.m.

The O'Neills also want to congratulate all those parents who have survived the summer break, and now are anxious for Aug. 7, the first day of school.

Kids, remember the *A for Achievement* program. Get at least one A, and bring your reports cards to O'Neill's Place for a free kids meal.

Football also is around the corner, with the NFL pre-season starting on Sunday, Aug. 4, at 5 p.m., and the regular season beginning right after Labor Day, on Sept. 5. Go, Cardinals!

Paul also is hopeful as he looks forward to everyone joining him this post-season baseball season, while we watch the Diamondbacks take the 2013 World Series.

So, Like O'Neill's Place on Facebook, and follow Beth's regular updates.

Remember, come thirsty, come hungry. ■

O'Neill's Place is located at 2855 N. Power Road, on the northeast corner of Power and McDowell roads, in The Village at Las Sendas.



Andrea Figueroa

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

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

### Make any trip better!

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

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

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

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

MasterCard Visa American Express



**POSTAL PATRON  
ECRWSS**

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

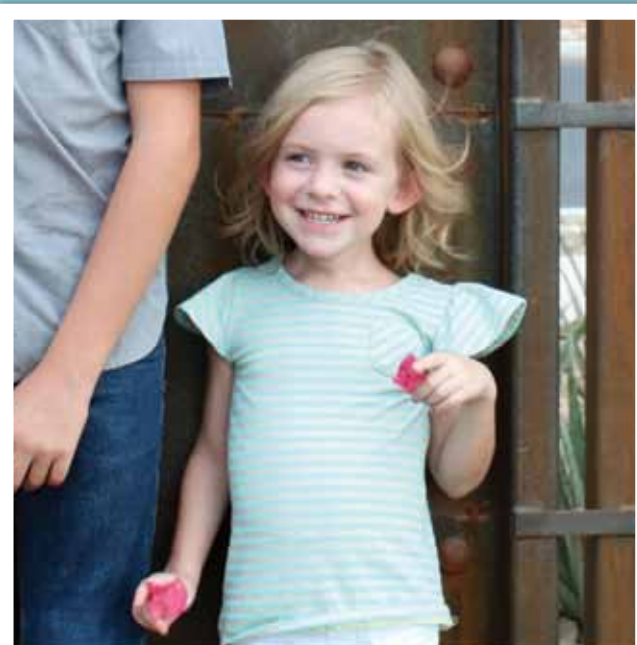
## In This Issue

New School Year.....	3	College Success .....	12
Special Letter.....	5	Real Estate .....	14
Atrial Fibrillation.....	6	Adventure of a Lifetime .....	17
Las Sendas Golf Club.....	7	Cambridge Academy.....	18
Mesa Public Schools.....	8	Classifieds.....	19



# STOCK UP FOR BACK TO SCHOOL

Cosmos



*Styling by Allison Colburn, Master Stylist at Cosmos Salon & Day Spa.  
Allison's family is pictured; Presley (top left), Nixin (top right),  
Cote (bottom left) and Brexton (bottom right).*

**BOOK YOUR  
APPOINTMENT  
TODAY!**

**DERMALOGICA  
SKINCARE  
PRODUCTS**

*Buy 2,  
Get 1 FREE!*

**20% OFF ALL  
HAIRCARE  
PRODUCTS**

*With Any  
Hair Service*

**Cosmos Salon & Day Spa**

**480-844-0707**

**2837 N. Power Road, Ste. 106 • Mesa, AZ 85215**

**Like  
Us On  
Facebook!**



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



Published by

*Phillips West*

Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2013 by Phillips West. All Rights Reserved.

E-mail: [Publisher@PhillipsWest.com](mailto:Publisher@PhillipsWest.com)

(480) 748-1127

## EDITOR-IN-CHIEF

Kim Phillips

## ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

## STAFF WRITERS

Dawn Abbey, Jamie Killin,  
AnnElise Makin, Yasmin Rochette,  
Kimberly Searles, Sharon Wozny

## COPY EDITOR

Sandra Van Dyke

## DESIGN

LuckyYou! Creative, publication design  
Erin Loukili, Misty Voitovski  
[www.luckyyoucreative.com](http://www.luckyyoucreative.com)

Ramey Newell, Web site design  
KeenGraphics.net

## CONTRIBUTORS

Rose Buttita, John Duncan,  
John Karadsheh, Nancy Nemitz,  
Lorraine Ryall, Jay Williamson

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

## EDUCATION

# EXCITEMENT BUILDS FOR New School Year

Story by Laurie Struna  
Photos by Erin  
Martinelli - O'Shea

This is an exciting time in education, and, with the start of a new school year, Mesa Public Schools (MPS) is leading the charge as a 21st century powerhouse of learning.

MPS works efficiently and effectively by improving educational standards, embracing technology and adapting to changing needs to better serve the community.

### NEW PRESCHOOL CENTERS

MPS optimizes facility usage, staffing and financial resources to maximize student achievement. For example, the district is adding two new preschool centers. The Jordan Center for Early Education is on the former Jordan Elementary School campus, and the second new center for early education is at Red Mountain Ranch Elementary School.

MPS is excited about the new centers because now, more than ever, early childhood education is a critical component in long-term student success.

Tot Wallace, community education director, believes MPS provides the best start, and the centers will enable more children to excel.

Both centers offer half-day pre-kindergarten. The full-day Pre-kindergarten Plus program features flexible hours, between 7 a.m. and 5:30 p.m., to meet the needs of working parents.

For registration information, visit [www.mpsaz.org/preschool](http://www.mpsaz.org/preschool), or call (480) 472-7250.



### NEW CENTER FOR INNOVATION

To succeed in the 21st century job market, our students develop skills, which include adaptability, originality, creativity and critical thinking.

Our newest prime example is the Eisenhower Center for Innovation. The staff currently is helping parents become familiar with the technology their children will be using during the school year.

Redesigned instructional programs will inspire students and teachers to work together, using innovative approaches to teaching and learning.

### NEW STEM DIPLOMA

MPS is continuing its legacy of unprecedented excellence in education by offering high school students a unique opportunity to earn a new Science, Technology, Engineering and Math (STEM) diploma at Red Mountain High School.

The program is designed to help highly motivated students become proactive, prepared and positioned for the best colleges suited to their career plans. The program features a blend of accelerated courses, which follow Cambridge Curriculum and Common Core Standards, Advanced Placement and career and technical education courses.

This accelerated course of study is open to all ninth-graders. Open-enrollment students are welcome. For more information, call Catherine McDaniel, Red Mountain High School's assistant principal for instruction and academic support, at (480) 472-8087. ■

# A place for everyone

**mesa**  
PUBLIC SCHOOLS

## Welcome back, August 7th!



To compete in today's world, every student needs an **outstanding education**. Our students excel in:

sports  
**academics** performing arts  
creative arts  
career & technical education

Whatever you're looking for . . . **We've got it!**

- Safe and secure neighborhood schools
- Original Franklin back-to-basics schools
- Homeschooling enrichment classes
- Preschool and prekindergarten programs
- Free full- or half-day kindergarten classes
- Advanced Placement and dual enrollment
- Grand Canyon and STEM diplomas
- Career exploration
- Online course work

**Register today!**

[www.mpsaz.org](http://www.mpsaz.org)



REAL ESTATE

# THERE ARE VARIOUS REASONS To Consider a Short Sale

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



Short sales definitely are on the decline, with home prices increasing every month, but there are still a lot of homeowners who are upside down on their mortgage and facing a financial hardship.

A short sale allows the homeowner to avoid foreclosure, have the deficiency waived, and get out from under the debt of the mortgage. There is no cost to do a short sale. The bank pays all Realtor fees and closing costs. So, it doesn't cost the homeowner anything.

Everybody's situation is completely different, and every short sale is different from the next. There are no two exactly the same. One of the questions I am often asked is, "What qualifies a homeowner to do a short sale?" The short answer is any kind of financial hardship, but a short sale can be done for other situations, as well. Here are a few of the top reasons for homeowners to do a short sale:

- ♦ **Reduction of income**—One of the borrowers has lost their job, or their hours or pay have been reduced.
- ♦ **Unemployment**
- ♦ **Relocation**—This is not just for relocation out of state. Moving jobs within the same state or even the same city can mean a long commute and can be considered a hardship.

- ♦ **Divorce**—Even if you are just separated, or have not filed yet, you can still qualify for a short sale, with divorce as the hardship.
- ♦ **Illness**—This can include an illness, which will affect the ability to work immediately or in the future. It also includes an illness involving anyone in the household. Upcoming medical expenses can reduce the ability to continue to make the mortgage payments and cause a financial hardship.
- ♦ **Financially Unable to Continue**—It may be that nothing significant in your situation has changed. However, after struggling for so long and still being upside down, you just can't keep paying a higher mortgage payment. Many homeowners have held on, hoping the market would turn around, but it just hasn't happened fast enough, and they are only a paycheck or two away from default.
- ♦ **Used All Savings or Have Large Credit Card Debt**—This happens far too often. It's so sad to hear about a homeowner who has used up all their financial resources, and is still going to lose their home anyway. This is



especially distressing if it's an elderly couple. They have used up all their savings and even their retirement funds trying to do the right thing and stay in their home, only to lose it a year or two later, along with all their savings and retirement funds. Don't make the mistake of losing it all and then losing your home, too.

- ♦ **Strategic Default**—This is when there is not a financial reason to do a short sale, and it becomes a business decision. The homeowner is so upside down, and it just doesn't make sense holding on to the home anymore. While there is still some controversy over whether someone should do a strategic default or not, the bottom line is they still are being done, and banks are accepting them. A strategic default can be used to get out from under the debt of an upside down home without a financial hardship.

## STAYING CURRENT AND DOING A SHORT SALE

This may not be an option for every homeowner. Most homeowners already have missed a payment or two before starting the short sale process, or stop paying once they decide to move forward, so they can save those payments to help with the move. If you remain current while doing a short sale, you can purchase a home again the day after the short sale closes with a new FHA loan.

Every situation is unique, and every short sale is different. However, the one thing they have in common is they help families start over. Bad things happen to good people, but there is help available. ■

For more information on short sales, or for a free confidential consultation, contact me directly at (602) 571-6799, or send an e-mail to [Lorraine@ArizonaShortSaleToday.com](mailto:Lorraine@ArizonaShortSaleToday.com). Visit my Web site at [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com).

A Leader in Full Service, High-Tech Dentistry

**LAS SENDAS**  
DENTAL HEALTH

**DENTISTRY FOR THE WHOLE FAMILY**

**We can treat everyone in the family's dental needs.**

**Dr. C. Martin Farnsworth, DMD**  
**Dr. Derek Farnsworth, DMD**  
2947 North Power Road  
Suite 103, Mesa

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

**Now Certified Invisalign® Providers**

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

**WWW.LASSENDASDENTALHEALTH.COM**

**ZOOM! Tooth Whitening**

WHITER TEETH IN UNDER ONE HOUR  
In Office Whitening: \$300, PLUS take-home whitening trays: \$599 Value!

**EMERGENCIES SEEN SAME DAY!**

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

**SHORT SALE HELP**

**Struggling With Your Mortgage Payment? Owe More Than Your House Is Worth? Facing Foreclosure? You Have Options – I Can Help.**

- ✓ Sell your home for less than you owe with NO cost to you
- ✓ Get the deficiency waived so you don't owe the bank anything
- ✓ Salvage your credit
- ✓ You may even be able to buy a new home again right away

**98% SUCCESS RATE**

**CONTACT LORRAINE TODAY FOR A CONFIDENTIAL CONSULTATION**  
to see if a short sale is the right option for you

CELL **602-571-6799**  
EMAIL [Lorraine@ArizonaShortSaleToday.com](mailto:Lorraine@ArizonaShortSaleToday.com)

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

**For more information on short sales and foreclosures, visit [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com)**

**PRIME RIB SATURDAY!**

**\$15** 12 oz. Prime Rib, Potatoes & Sautéed Veggies

Limited time offer. Crafts not included. Logic applies.

**Join us for Happy Hour**  
and enjoy more than 40 upgraded HD TVs!

**\$2 Pints**  
Monday - Friday 3 to 6 p.m.  
Saturday & Sunday All Day!

**O'NEILL'S PLACE**

Located at The Village at Las Sendas  
NE corner of Power & McDowell Roads  
(480) 832-8989  
Open at 11 a.m. Everyday

Like us on Facebook for special offers at  
**O'Neill's Place Mesa**



EDUCATION

Advanced Preschool Program Prepares CHILDREN FOR SUCCESS IN KINDERGARTEN

By Linda Steiner, MEd, Certified Teacher and Reading Specialist

Kindergarten preparation develops success, and Self Development Preschool offers an advanced preschool program allowing children to begin their educational learning experience in an intellectually stimulating environment. Children who attend Self Development Preschool master basic concepts with precise curriculum taught daily. The preschool prepares children to learn key subject matter yielding knowledge for a kindergarten classroom.

The school's success relies on two primary teaching techniques. First, children learn the principles of numbers, letters, sound recognition, the alphabet, verbal memorization, writing, sight words and introduction to reading and phonics. Second, these skills are taught every day with repetition to assure concept mastery.

The staff simulates the structure and schedule of a kindergarten classroom. The children are engaged in table work, which includes sight words, phonics, spelling, writing, reading and math instruction. The preschool teachers follow the advanced curriculum principles taught in every level of the charter school.

The preschool staff implements perfection in proper letter formation, phonemic awareness, introduction to reading and basic math. At the same time,

the daily lessons are creative and fun. The children gain confidence and mastery. As the programs advances, the children start to read on their own, and build confidence for reading. Mathematical components, including number concepts and introduction to addition and subtraction, are achieved.

Children at the preschool actually test higher on phonemic awareness, reading, basic math, as well as exceptional letter formation and penmanship. The result is children prepared for success to enter any kindergarten program. The school stimulates academic learning in an enriched environment. The goal is retention of concepts, using prior knowledge.

I welcome all parents to experience this exceptional learning environment for your children. If academic achievement and advancement are goals for your child, enroll your child at Self Development Preschool. For more information about Self Development Preschool, please call (480) 396-3522. ■



EDUCATION

STUDENT RECEIVES Very Special Letter

By Sharon Wozny

Back in November 2012, Ricardo Uribe-Campos, a sixth-grader at Taft Elementary School, was given an assignment to write a business letter.

Most of the sixth-graders wrote to boy band One Direction, singer Justin Bieber, sports stars or famous actors. Not Ricardo! Since he loves to travel, and he is fascinated with England, Ricardo decided to write to the Queen of England. He was hoping for a response, but his teacher told the class, "Sometimes people are too busy, and just don't have the time to write back."

Time went by. Finally, this past April, a letter, stamped with the official seal of the Queen of England, arrived at the school. Ricardo couldn't believe his eyes. He was speechless. Tears of joy and surprise overwhelmed him as he hugged his teacher while being handed the envelope. Knowing

what this meant to him, the entire class applauded and cheered. To savor this special moment, Ricardo carefully opened his letter in private. Inside was a handwritten letter from Her Majesty's Lady in Waiting, thanking Ricardo for his letter, and explaining a bit about the Queen's schedule. Also included was a brochure on England, complete with pictures of the country's various attractions and landmarks.

For now, Ricardo stores these treasured items in a safe place where he can admire them while thinking about what can happen when you act upon your dreams. ■



Ricardo Uribe-Campos



Self Development Preschool/Charter School Assure Your Child a Firm Educational Foundation!

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

Self Development Preschool

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

- Exemplary pre-kindergarten program for school success
- Well designed and enriched preschool curriculum
- Before and After School Program
- Low Staff turn over
- Integrated thematic curriculum
- Ages 2-5 years (preschool)
- Ages 6-12 years (before and afterschool programs)



Enrolling for Fall 2013

1721 N. Greenfield Road  
Mesa, Arizona, 85205

Call Now!  
480-396-3522



Self Development Charter School

2011 Academic Excellence Award

(The only Mesa school to receive this honor)

2010 Charter School of the Year

K-8 Grade

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

Limited Space  
for School Year 2013-2014  
1709 N. Greenfield Road  
Mesa, AZ 85205  
480-641-2640



HEALTH

# STROKE ASSOCIATED WITH ATRIAL FIBRILLATION Can Be Minimized and Controlled

By Dr. Afroze Ahmad, Las Sendas Cardiology, PC

This is the third in the four-article series on atrial fibrillation by Dr. Ahmad. The first article appeared in the June edition of Up Close, and introduced the topic of atrial fibrillation. The remaining article will address treatment options for atrial fibrillation.



Stroke in atrial fibrillation is common, yet preventable. Once atrial fibrillation is diagnosed and its cause is established, the next step is to assess the risk of stroke. The doctor uses several methods to evaluate the risk of stroke. However, all these methods utilize the answer to five questions and assign a score to each question. The assessment of risk for stroke still needs sophisticated testing, but stroke in atrial fibrillation does not. The risk for stroke in atrial fibrillation is not assessed with advanced or expensive tests, but with a face-to-face interview with the doctor. Here are the five simple questions:

- QUESTIONS: SCORE**
1. Do you have Congestive heart failure? C 1
  2. Do you have a history of Hypertension? H 1 or are you taking blood pressure medications?
  3. Are you 65 years of Age or older? A 1
  4. Are you a Diabetic? D 1
  5. Do you have a previous history of Stroke? S 2

Each question is assigned a score of one, except for the stroke question, bringing the total score to 6. You add up your total score. For example, a 75-year-old diabetic, with a history of previous stroke, has a CHADS SCORE 4/6. On the other hand, a 50-year-old person with heart failure and high blood pressure would have a score of only 2/6. The

higher the CHADS SCORE is, the higher the risk for stroke. The annual risk for stroke with a CHADS SCORE OF 2/6 is around 4 percent a year. Compare this with the annual risk of stroke to almost 9 percent per year when the CHADS SCORE increases to 4/6. Generally, once the CHADS SCORE reaches 2 or more, blood thinners should be strongly considered.

**BLOOD THINNERS ON THE MARKET**  
Gone are the days when Coumadin, aka Warfarin, the notorious rat poison, was the only option. There now are several drugs.

Compared to Coumadin, these new drugs are expensive, and not for people with heart valve issues or artificial valves. They have less dietary restrictions, and may not require frequent blood testing. Regardless of the blood thinner used, safety practices remain the same.

**BLOOD THINNERS AND SAFETY PRACTICES**  
The safe use of blood thinners rests on several factors. Open communication between patient and doctor is important. Meticulous care in food intake is crucial. Increased consumption of green vegetables, including spinach and asparagus, can lower the efficacy and protective effect of the blood thinner. Similarly, some antibiotics may potentiate the effect of blood thinners, increasing the risk for bleeding. Do not double the dose the next day because you forgot to take the blood thinner the day before. Try keeping track so you do not miss your medication. One solution is to take your medications at the same time daily. With blood thinners, precaution in the use of sharp objects or knives also goes without saying. Electric razors are generally advised. Certain symptoms should never be ignored if blood

thinners are prescribed. Always report blood in sputum, stools or urine promptly. If any part of your body, including the nose, is bleeding, or you have a sudden severe headache, don't wait to call your doctor. Call 911. Consider a bracelet or necklace alert, which displays that you are a blood thinner user. Lives have been saved when these have been found on patients who have been rendered unconscious by an accident, a seizure or stroke.

**WE ARE NOT CREATED EQUAL**  
Medicine is a science, but is always practiced as an art. What is good for the goose may not be good for the gander, and vice versa. Therefore, an open conversation between you and your doctor will help weigh the pros and cons of a blood thinner. A blood thinner may be indicated in a patient with atrial fibrillation. However, a 92-year-old fragile lady, with an unsteady gait who falls easily, could experience lethal bleeding, which may outweigh benefits of the blood thinner. Such issues may require investigation. The family may visit the doctor, as well, during this decision-making process, provided the patient allows participation. Alcohol intoxication increases the risk of falls. A blood thinner may result in serious life-threatening bleeding. Therefore, be candid with your doctor regarding your social life. Any situation increasing the risk of injury and bleeding may require discussion. Hobbies like horse riding or ATV riding also may have to be revisited, along with playing contact sports. With a little time, effort and dedication by the patient and doctor, the risk for stroke can be minimized and controlled. ■

Dr. Afroze Ahmad is a multiple board certified cardiologist practicing at Las Sendas Cardiology, PC, located at 3514 N. Power Road. For information, or to make an appointment, call (480) 361-9949.

## Las Sendas Cardiology, P.C.

Patient Care, Where Every Heart Truly Matters

### State-of-the-Art Cardiology Services

including diagnostics and treatment options

**Focus and interest areas include the following:**

- Depression and heart disease
- Home Environment and Congestive Heart Failure
- High Blood Pressure and Environmental Factors
- Family Risks and Stroke • Heart Care for Women

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

## Las Sendas Cardiology

3514 N. Power Road, Suite 107 • Mesa, AZ 85215

# 480-361-9949

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

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

<p><b>Former Model Home!</b> \$750,000 Mountain Village @ Las Sendas</p>	<p><b>SOLD!</b> \$520,000 Stonecliff @ Las Sendas</p>	<p><b>SOLD!</b> \$462,500 Whispering Ridge @ Las Sendas</p>
<p><b>SOLD!</b> \$410,000 Pinnacle Point @ Las Sendas</p>	<p><b>Amazing Views!</b> \$400,000 Cachet @ Las Sendas</p>	<p><b>SOLD!</b> \$350,000 Dave Brown Country Estates</p>
<p><b>Cul-De-Sac Lot!</b> \$279,900 Ironwood Pass @ Las Sendas</p>	<p><b>SALE PENDING!</b> \$200,000 Carol Rae Ranch</p>	<p><b>SOLD!</b> \$177,500 Morning Sun Farms</p>

**Thank You!**  
Your votes have ranked me one of the  
**TOP TEN Residential Real Estate Agents in Arizona!**

# 2012

# 2013

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





# A Closer Look at

## LIVE AT LAS SENDAS

### Features Dining and Entertainment

Submitted by Las Sendas Golf Club

**A** Closer Look, Las Sendas Golf Club, is a new monthly column written for UpClose Publications by Las Sendas Golf Club. In this column, you will get an in-depth look at upcoming entertainment, dining and golf events. Our brand is our mission—to reach out to the community with entertainment, dining and golf events as your pathway to fun, recreation and a pleasurable lifestyle.

#### ENTERTAINMENT AND DINING

Las Sendas Golf Club is proud to announce the launch of Live at Las Sendas, an evening of dining followed by world class entertainment.

A total of eight nights are planned for the 2013-2014 season, and only 200 tickets are available for each show. Live at Las Sendas will be hosted in our new Vistas Pavilion. Each event will feature our Chef's Grand Buffet,



including carved beef, seafood, chicken, fish, pasta, salads, charcuterie, cheese platters and decadent desserts. At 8 p.m., entertainers from around the country will be showcased, providing an evening of music, comedy and fun. Each event will be hosted on Thursday evenings, with a dinner buffet from 6 to 8 p.m., and the show beginning at 8 p.m. Tickets are \$60 per person, and include the

Chef's Grand Buffet and entertainment. Save \$10 per person by booking a table of eight for only \$400. Purchase your tickets from Las Sendas Golf Club, send an e-mail to [egomez@lassendas.com](mailto:egomez@lassendas.com), or call (480) 396-4000. Plan early. Only 200 tickets will be sold.

Our first evening, planned for Thursday, Aug. 29, features Dueling Pianos, starring Pete Wilson and Scott Dunlap. The pair has performed at hundreds of bars, casinos and resorts in Phoenix and Las Vegas. For anyone not familiar, Dueling Pianos is a live performance of two musicians, each with their own baby grand piano. They play, sing and entertain with comedy. Music includes pop, classic rock, country and songs by request. Audience participation is encouraged.

We will list the seven remaining Live at Las Sendas dates and entertainers in the next edition of Up Close.

#### Calendar of Events

Our calendar of events for the 2013-2014 season will include our seasonal events, such as Thanksgiving, New Year's, Valentine's Day, Easter and Mother's Day. We are planning to host charity events, including our largest ever tournament for the Alice Cooper's Solid Rock Foundation. Last year, we raised \$110,000 for The Rock Teen Center of Music and Dance. Be sure to check our calendar posted on our Web site and this column for dates and further detailed information.

#### Specials - Holiday Season Parties

We are offering an extraordinary buffet or a plated dinner package for your holiday party this year. You can book a large party (minimum 50 people), or take advantage of our shared venue option on Thursday, Dec. 5, whereby smaller groups can book into the Vistas Pavilion. Your package comes with a buffet, band and dance floor. Each group will



have its own assigned sections. Both the large group and shared group packages come with host or cash bar options.

#### Reminder

Happy Hour drink and appetizer specials, from 3 to 7 p.m., are featured every day in the Grille and on the Patio and all day on Monday. Our NFL Sunday Ticket will start on Sundays in September, with all day Happy Hour and our amazing \$5 Stoli Bloody Mary Bar. We have a state-of-the-art sound and TV system for your viewing enjoyment.

During August, our daily specials include Monday, all day Happy Hour; Tuesday, Wine and Flatbread—\$19.95; Wednesday, half price wine; Thursday, Prime Rib—\$19.95; Saturday, Fried Chicken Dinner—\$13.95; and Sunday, all you can eat Pasta Bar—\$13.95.

#### GOLF

Please check out our summer special. Purchase a food and beverage voucher for \$30, from Monday through Thursday, and enjoy a free round of golf after 1 p.m. ■



## CHEF'S RECIPE OF THE MONTH



### Breaded Coconut Shrimp With Mango Peach Chutney from Chef Matt

- ½ lb 31/40 count shrimp, tail off, deveined, raw

#### Breading

- 1 cup panko bread crumbs
- 1 cup chopped dried sweetened coconut

Make breading for shrimp—Chop sweetened coconut medium fine, and mix with Panko bread crumbs. Set aside.

#### Batter

- ½ cup all-purpose flour
- 1 tsp. kosher salt
- Pinch of pepper
- 4 oz. soda water

For the batter, mix dry ingredients in a bowl. Slowly mix in soda water to avoid lumps. Mix until batter is consistency of pancake batter (not too thin). Coat shrimp

in batter thoroughly. Quickly transfer to bread crumb mixture until covered with breading. Fry in oil at 350 degrees until golden brown.

#### Pineapple Mango Chutney

- 1 cup dried mango—finely chopped
- ¼ cup golden raisins
- 16 oz. pineapple juice
- 1 oz. lemon juice
- ½ tsp. red pepper flakes
- ½ tbsp. red bell pepper—small dice
- Brown sugar to taste (balance acidity for a sweet and tangy profile)
- Pinch of salt

Mix all ingredients in a sauce pan, and reduce until almost all the liquid is gone. Add more pineapple juice, if needed, to ensure dried fruits are tender.

Dip shrimp in mango chutney, and enjoy!



SPORTS

# Mesa Heat Lacrosse Player ADVANCES TO ANOTHER LEVEL

By Sharon Wozny

When Russell Bartle was thrown into a lacrosse goal at age 9, to block his older brother's shots, little did he know it was the beginning of a sports career taking him to college on a lacrosse scholarship.

Lacrosse is a fast growing sport here in Arizona. It is popular on the East Coast and in the Midwest. Lacrosse, or lax, is a combination of hockey, soccer and some football. The players have a long handled stick with a triangular head, which has a mesh pouch to catch, carry and throw the ball. The object is to move a hard rubber ball up and down the field by throwing it to your teammates while running, without losing it or dropping it, and then scoring in a tiny net blocked by a goalie.

Russell has been playing this sport since the fourth grade. He has been the star goalie for the Mesa Heat Lacrosse team for the past four years. His quick hands, fast moves and exceptional skills caught the attention of many coaches



Russell Bartle

recruiting at the college level. Russell ultimately committed to High Point University, in High Point, North Carolina, where he will be studying accounting.

Come Aug. 16, he is going to be a Panther, and he couldn't be more excited. It will be thrilling to watch him as one of five goalies. High Point is in the Atlantic Sun Conference, and plays teams, such as Duke University and the University of North

Carolina. "It is an adrenaline rush to have that lacrosse ball, made of hard rubber, coming at me at 95 mph or more," said Russell. As a goalie, he wears a chest pad, helmet and gloves. In addition, his attire usually includes a pair of shorts.

Russell would not be where he is today without the support of many people. Most important are his parents who drove him everywhere, allowing him to take advantage of the opportunities to travel, play year round and benefit from incredible coaching.

He attributes his lacrosse success to his Mesa Heat coach, Geoff Larsen, who guided him, taught him and gave him the confidence to become the goalie he is today. Aside from coach Larsen, Russell credits his growth as a lacrosse player to Chris Malone, the coach at Arizona State University. In addition to Mesa Heat, Russell played for The Burn, West Coast Stars and The Tropics.

Look for Russell and the High Point Panthers when the lacrosse season begins in spring 2014. ■

EDUCATION

# FAMILY SUPPORT SPECIALIST Helps Students Succeed

By Sharon Wozny

Mesa Public Schools value their children, and always want what is best for them.

A total of 34 schools in the district are of lower economic status, and have a family support specialist. This is a way to give every child a fighting chance to succeed in school.

Lianne Merrill is that person for Taft Elementary School. She is no stranger to Taft, as her children are alumni, and she has been a volunteer there for 24 years. Lianne describes herself as a server personality, whether in church, school, cub scouts or her job. It is her calling to be a community liaison.

As a family support specialist, Lianne's main role is to be a go-between for families and school, so they can all be on the same page, and parents can help the students.

The programs are individual at each school with a family support specialist. They are tailored for each school's population.

Her job description varies from week to week. Lianne plans family nights, works with the Title 1 specialist on workshops about the common core, literacy, math and other school needs. She handles the volunteers and donations, which come her way.

Lianne has the support of Skyline Fellowship, Calvary Free Lutheran Church, Viewpoint Retirement Resort, Red

Mountain Christian Center, Church of the Master, Kiwanis Club and Las Palmas RV Resort. She also has received a grant from Virginia Piper and money from School Sense. Lianne couldn't do for Taft Elementary School's families without all this support.

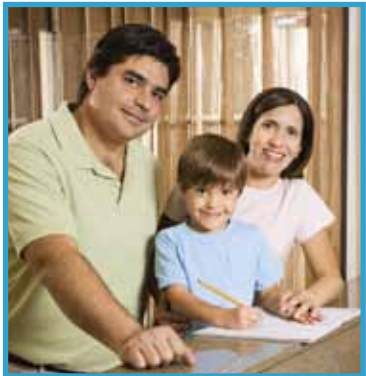
In total, 63 families and 158 students were recipients of donations this past year. They received Thanksgiving dinner boxes, back-to-school backpacks filled with supplies, and during the holidays, families were adopted and given gifts and food to make the season special.

Talking with Lianne, her passion and love for her job are evident. "This is my life," she said. "I love helping people. I love to see families together and interacting with each other."

Taft Elementary School is fortunate to have Lianne. Her dedication to helping the families attending Taft is what the school

needs. She is excited for the future and for new programs to be starting under her direction. One of those programs is a family literacy program for children 5 years old and younger. Thank you, Lianne, for helping the Taft community. ■

If you are interested in donating to Lianne Merrill's programs or volunteering, you may contact her at (480) 472-9145, or at [lxmerrill@mpsaz.org](mailto:lxmerrill@mpsaz.org).



There's no better place to start.

**fun**  
**educational**  
**innovative**  
**extended-day**  
**preschools**

- Affordable half-day programs
- Federally and state-funded programs for qualifying families
- Full-day tuition-based extended-day programs
- Locations throughout the district, including the new **Jordan Center for Early Education, Red Mountain Ranch Elementary** and the **Red Mountain Center for Early Education**
- For special education screening, please call (480) 472-0703.

Learn more about the best **preschool** opportunities for your child

[www.mpsaz.org/preschool](http://www.mpsaz.org/preschool) (480) 472-7250

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

**Book a Color**  
with us of \$50 or more  
and get **1,000 Pure Privilege points!**

Not a Pure Privilege member?  
Earn points for services, products and trips to Jamaica! Learn how on [www.pureprivilege.com](http://www.pureprivilege.com)

Like Us On

Please present this Up Close ad at time of service to receive this discount. Discounts or specials can not be combined.

**TRUE ESSENCE**  
SALON & SPA

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

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

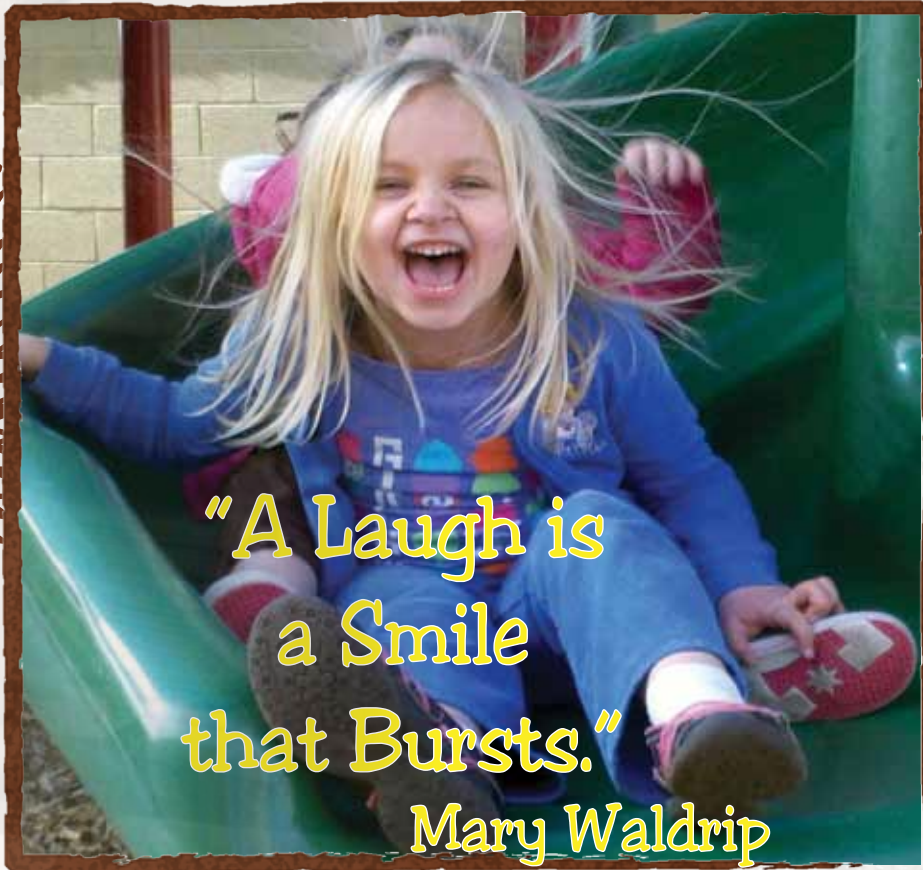


"NATIONALLY ACCREDITED"

# BRIDGES

## Preschool

Now  
Enrolling  
for Fall!!



"A Laugh is  
a Smile  
that Bursts."

Mary Waldrip

**\$0**  
**Enrollment  
Fees!**

JUST PRESENT THIS AD

Finally  
"The Difference is Here!"

Affordable  
Part Time Classes

MWF ~ T/TH  
M-F

Educationally Enriched Programs

Affordable  
Full Time Classes

Professional Schooling, a great  
alternative to Daycare!

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

RECKER  
POWER  
BROWN  
480-924-8008

7 East Valley Locations!

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



EDUCATION

# Desert Rose Preschool AT LAS SENDAS

By Rose Buttitta, Director/Teacher

With the new school year on the horizon, Desert Rose Preschool at Las Sendas, is pleased to share some of the key components making our preschool a very special place where children are cared for with love.

Desert Rose Preschool at Las Sendas is licensed and in compliance with all state regulations. We have three adults at all times to teach your children. They have had training in teaching preschool. We all have First Aid and CPR training, and have gone through fingerprinting clearance.

This is my 27th year of teaching. I taught kindergarten for 14 years, and have been trained in working with children with special needs. Desert Rose Preschool at Las Sendas has been operating at the Trailhead Members Club nearly 13 years. You must live in Las Sendas to have your children attend our school.

## ALL CHILDREN WILL LEARN EARLY LEARNING STANDARDS:

- Social and Emotional
- Knowledge Self: Awareness—recognition of expression.
- Social Interactions: With others, separation, cooperation.
- Responsibility for self and others: Self-control, respect.
- Approaches to learning: Curiosity, creativity, initiative, problem solving, persistence, confidence.

## LANGUAGE AND LITERACY

- Oral Language Development: Listening and understanding, speaking and communicating.
- Pre-Reading Process: Print awareness, book handling skills, sounds and rhythms, letter knowledge, vocabulary development, comprehending stories.
- Pre-Writing Process: Written expression.

## MATHEMATICS

- Number Sense and Operation: Number sense, numerical operations.
- Data Analysis: Collection and organization, data analysis
- Geometry and Measurements: Spatial relationships and measurement.
- Structure and Logic: Logic and reasoning.

## SCIENCE

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

## PHYSICAL DEVELOPMENT, HEALTH AND SAFETY

- Physical and Motor Development: Gross motor, fine motor.
- Health: Personal health and hygiene.
- Safety: Safety/injury prevention.



## ART AND MUSIC

- Visual Art: Creating art, art in context, art in inquiry.
- Music and Creative Movement: Creating music, music and creative movement in context and inquiry.
- Dramatic Play: Creative dramatic play, dramatic play in context and inquiry.

## LEARNING ACTIVITIES

The children will have art and music every day, and snacks will be provided. Children will learn to write their names and all the letters of the alphabet as well as numbers from 1 to 20 and above.

We will teach them to count to 100, and will celebrate that day with a party. The children will be taught the days of the week, months of the year, weather and the four seasons. We will have lots of thematic learning with activities for the early childhood.

We are planning various special events, including an open house, our Valentine's Day party, the annual Easter Egg Hunt, Halloween Parade and Thanksgiving Feast. The children also will participate in a snack drive for Sunshine Acres Children's Home, and we will share Christmas cookies. A graduation ceremony for the pre-kindergarten class closes the school year. Every child will receive *Clifford the Big Red Dog* magazine and *Let's Find Out*. All gifts and refreshments are included in your monthly tuition. Your child will be ready to enter kindergarten fully prepared, filled with confidence and maturity.

The fall classes will start on Aug. 26. You will receive a phone call and a postcard to welcome the student to Desert Rose Preschool at Las Sendas. This year, I am going to offer the same options as last year. You can choose the days and times for your child. You will have the choice of morning until 11:30 a.m., or add Lunch Bunch until 1 p.m. The all-day option offers class until 3 p.m. We must have at least six children for the all-day class to make it work.

Last year, I tried to accommodate the needs of the students and parents. So, if you have a special need, please let me know. We will work it out. As a teacher, I'm very flexible. Remember, Desert Rose Preschool at Las Sendas is not a day care. It is a private educational preschool.

All 3-year-olds must be potty trained. Please call me for additional information at (480) 654-4223, or send an e-mail to jbuttitta@cox.net.

## MY GOALS FOR OUR CHILDREN

1. Help each child develop a good self-concept of his various abilities at school. Help him to be happy with himself by relating well to other children in the group, by relating to teachers, by learning to accept the routine of the group and by learning to accept rights of others in the class.
2. Enable each child to learn basic concepts—sizes,

shapes, colors, numbers, letters, etc.

3. Help each child to be more aware of the world around him.
4. Help each child develop his small and large muscle abilities.
5. Help each child find that learning is a pleasant experience.
6. Help each child develop the ability to depend on himself for his personal needs.
7. Enable each child to express his own creative abilities.

## I OFFER THE FOLLOWING ADVICE EVERY YEAR TO PARENTS:

### Preparing Your Child for Separation

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

### Don't

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

### Do

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



## Desert Rose Preschool at Las Sendas



A place where children learn and feel secure because they are surrounded with love, patience and understanding. Classes for 3-year-olds, 4-year-olds and Pre-K.

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



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

UpClose  
PUBLICATIONS

Bringing neighbors closer to their community

produced by:

Phillips West

Publishing | Design | Writing | Photography

www.UpCloseAZ.com

## FOR ADVERTISING INFORMATION

Call Kim Phillips at (480) 748-1127 or email Publisher@PhillipsWest.com



REAL ESTATE

PROTECT PERSONAL PRIVACY  
While Your Home is on the Market

By John Karadsheh

If your home is on the market, you probably have taken great care in cleaning the interior and making necessary renovations that could help attract prospective buyers, but before your home is shown to any buyers or agents, consider performing a few tasks to help protect your privacy.

Not only should you try to remove personal items from tabletops or counters, but it also is wise to remember potential buyers will open closets, cabinets and built-in drawers as they assess the property. To protect your privacy and prevent prospective buyers from forming any biases against you, you may want to follow these four simple steps before showing your home.

HIDE YOUR MAIL

When dealing with your mail, you should either remove it from your home or place it where it cannot be found. If prospective homebuyers spot collection notices or excessive credit card bills in plain sight, they might immediately assume you are in debt and need to sell your home quickly. Furthermore, as no one wants strangers to read any of their personal materials, you should try to conceal all of your mail—down to the last furniture catalog.

TAKE DOWN PHOTOS AND DIPLOMAS

While some home sellers feel such personal documents could add an atmosphere of coziness to their property,



you may want to consider clearing the walls. Following this simple step could help prevent any type of bias from prospective homebuyers. For instance, home sellers with recent diplomas might be perceived as deep in debt and willing to sell at any price. On the other hand, a diploma from an elite university could show how successful you are, and you can afford to sell your home for less than asking price.

CLEAN THE CLOSETS AND DRAWERS

If you have ever been to an open house or toured a home for sale, you can probably understand the desire to dig around. In most cases, prospective homebuyers simply open closets and cabinets to inspect the space or make judgments about the construction of the home. While most people who view your home will not try to snoop in your personal belongings, try to pack away anything that could tell an unwanted story about your life.

TURN DOWN THE ANSWERING MACHINE

This final step is probably the most overlooked by home sellers. Just as you cannot anticipate what arrives in the mail each day, you cannot predict when you might receive an unwanted phone call. If you are engaged in an open house or private viewing, you certainly don't want a prospective buyer to overhear a message from a collection agency or credit card company. Furthermore, as you are in the process of selling a home (and possibly buying another), you don't want buyers to know anything about your personal business. Hence, before any prospective buyers

enter your home, you may want to mute your answering machine to prevent any uncomfortable exchanges.

In conclusion, when you are ready to show your home to prospective buyers, try to remove anything that might drive a buyer away or create an unwanted bias. Whether it's as simple as removing your personal mail or staging the closets of your home's bedrooms, a bit of work not only can protect your privacy but potentially can help sell your home. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative and a Certified Residential Specialist. He 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).



Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of June 2013



Address	Square Feet	Community	Sold Price	Short Sale or REO*
7329 E. Minton Cir.	1,848	Grayfox	\$270,000	
7461 E. Odessa Cir.	2,150	Silverhawke	\$287,000	
3055 N. Red Mountain #218	2,451	Ironwood Pass	\$300,000	
6940 E. Scarlet Cir.	1,911	Cobblestone	\$300,000	
3640 N. Morning Dove	2,150	Shadow Canyon	\$308,000	
3041 N. Sawyer St.	3,426	The Terraces	\$380,000	
7354 E. Sandia Cir.	2,757	Boulder Mountain	\$410,000	
3913 N. Highview St.	2,641	Stonecliff	\$464,000	
4040 N. Mirada Cir.	2,642	Stonecliff	\$475,000	
4012 N. Highview Cir.	2,942	Stonecliff	\$499,000	
8003 E. Vista Canyon St.	2,309	Granite Preserve	\$520,000	
4161 N. El Sereno Cir.	2,798	Legacy Hills	\$575,000	
8114 E. Valley Vista St.	4,012	Granite Preserve	\$610,000	
4062 N. Terra Mesa Cir.	3,017	Stonecliff	\$615,000	
7260 E. Eagle Crest Dr. #12	3,367	Black Rock	\$645,000	
4135 N. Sage Creek Cir.	3,183	Legacy Hills	\$685,000	
7002 E. Summit Trail Cir.	5,944	The Summit	\$1,150,000	
3226 N. Canyon Wash Cir.	4,400	Rock Canyon	\$1,300,000	
8460 E. Valley Vista Cir.	6,189	Diamond Point	\$1,500,000	

ALL SALES IN JUNE WERE REGULAR SALES (NO SHORT SALES OR BANK OWNED!)

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)

# Bogey's at Las Sendas

## THREE COURSE PRIX FIXE MEAL \$25

### 1<sup>ST</sup> COURSE

#### Bogey's Simple Salad

Farm Fresh Mixed Greens tossed in a Caramelized Shallot & Honey Vinaigrette. Garnished with Toasted Pepitas & Parmesan Cheese

Or

#### The Wedge Salad

With Apple Smoked Bacon, Red Onions, Grape Tomatoes & Blue Cheese Dressing

### 2<sup>ND</sup> COURSE

#### Grilled Prime Sirloin

With Roasted Garlic Mashed Potato, Sauteed Baby Carrots & Red Wine Sauce

Or

#### Rosemary Roasted Chicken

With Sherry Mushroom Risotto, Lemon Garlic Spinach & Chicken Jus

Or

#### Herb Seared Salmon

With Roasted Fingerling Potatoes, Sauteed Rainbow Chard & Mustard Cream Sauce

Or

#### Pork Porterhouse

With Roasted Root Vegetables and Mushroom Ragout

Add Suggested Wine Pairings for \$5 More

### 3<sup>RD</sup> COURSE

#### Chocolate Lava Cake

with Raspberry Coulis

Or

#### New York Cheesecake

with Brandied Apples & Fresh Mint

Reservations Recommended • 480-396-4000, Ext. 208  
7555 East Eagle Crest Drive • Mesa, AZ 85207  
Office (480) 396-4000 • [www.lassendas.com](http://www.lassendas.com)



## EDUCATION

# SEAMLESS TRANSITION FROM HIGH SCHOOL to College is Key to Success

By Jamie Killin

While college is a big decision, requiring a great deal of thought, preparing a year beforehand may seem excessive, but to ensure your senior makes the best choice for him and your family, preparation is key.

At the beginning of senior year, your student should have an idea of which colleges might peak his interest. If possible, schedule visits to campuses during the summer or during a fall break. This gives the student a better idea of what his campus experience will be like, and can often make the decision process easier.

When visiting campuses, consider the clubs and activities offered, the level of school pride, on-campus housing and commuter options. Every student has different priorities. So, before visiting, make sure to discuss what matters most to your senior.

This also is a time to realistically look at how much each college will cost. It is important to evaluate whether your high school senior should go straight to a university, or if the best option would be for him to start at a community college and transfer. With rising tuition costs, community colleges are becoming more appealing to many students. This is especially true because community colleges often allow the student to live at home and avoid the costs associated with moving away or living on campus.

The early application option is something you and your student may want to consider. However, even if your student chooses not to apply early, he should still begin applications as soon as possible. Keep in mind many schools require application fees. So, encourage your student to only apply to schools about which he feels strongly.

The College Board recommends each student apply to one or two safety schools and two to four schools right at the student's level. In addition, it is recommended every student apply to one to two reach schools, which may be more difficult to gain acceptance.

Throughout the school year, encourage your student to register for Advanced Placement or Dual Enrollment classes. Not only do these classes strengthen a college application, but they also may allow your student to receive college credit. This could make his college course load easier, and possibly allow him to finish college more quickly.

Your student should also stay involved in extra-curricular activities, as many colleges look for a student's level of commitment to the organizations they join. Senior year also is an ideal time for your student to run for officer or team captain positions in his various organizations to develop leadership experience and round out his college application.

During the fall, make sure your student has taken any necessary admission tests. Some schools require the SAT, and some require the ACT, but many accept either exam. Make sure you check with each college on your student's list before registering for a test. During winter, you and your student's focus should be on filling out the Free Application for Federal Student Aid and completing scholarship applications. There are multiple opportunities for aid. So, make sure your child fills out as many scholarship applications as his schedule allows.

Finally, in the spring, your student should be hearing back from colleges, and preparing to make a decision regarding which school he will attend. Review financial aid offers together, and make sure your student considers each aspect of college life. For example, he will need to consider whether he will be moving away from home and how far, as well as whether tuition costs will require him to work while in school.

This is an exciting time for students and their families. Planning ahead will lower stress levels, and allow your senior to enjoy his final year of high school. ■





**Roma Cafe**  
RISTORANTE

**RESERVATIONS ACCEPTED**  
Lunch Tue-Fri: 11am-2pm  
Dinner Tue-Sat: 4:30pm-9:30pm  
Closed Monday & Sunday, but available for parties of 25 or more



**Ask server for our Daily Specials!**

**7210 E. Main St.**  
(Sun Valley Plaza) 480-654-0558

**NEW LUNCH SPECIAL**  
Tue-Fri 11am-1:30pm  
**FREE LUNCH ENTREE**  
Buy one lunch entree and 2 beverages and get the 2nd FREE! (Of equal or lesser value) Includes soup or salad. No splitting.

**EARLY BIRD SPECIAL**  
**ALL PASTA DISHES \$7.95**  
Includes Soup or Salad  
Tue-Thurs 4pm-6pm

**\$5 OFF**  
Any purchase of \$30 or more  
One coupon per customer or couple.  
Not valid with any other specials or discounts.  
Dinner only. Not valid on Holidays. No splitting dishes.

*Buy 1 Glass of Wine & Get the 2nd for \$2.75*  
Visit our website [www.restaurant.com/romacafe](http://www.restaurant.com/romacafe)

**Big or small, we ship it all®**  
**Freight services at The UPS Store®**

No matter how big or what shape, our freight services can help get your item to its destination. Whether you're shipping a piano or antique furniture, we'll help you take a load off.



Mention this ad  
**SAVE 10%**

**The UPS Store**  
**WE ♥ LOGISTICS®**

Visit us at:  
Power & McDowell next to Albertsons  
2733 N. Power Road, Suite 102  
Mesa, AZ 85215  
Phone: 480.641.1744 • Fax: 480.641.1626  
Hours: Mon-Fri 8:00am to 7:00pm, Sat 9:00am to 5:00pm

[www.theupsstorelocal.com/3690](http://www.theupsstorelocal.com/3690)

**At RMMA, we give your child the keys to unlock the magic and wonders of childhood...**




- Before & after care
- Low child to teacher ratio
- Competitive rates
- A.M.I./A.M.S. certified teachers

*Offering a world class education in a beautiful and peaceful setting.*  
**Red Mountain Montessori Academy**  
**480-654-1124**  
**6426 E. McDowell Road**  
Take a look at our website to research the advantages of the Montessori Method  
[www.redmountainmontessori.com](http://www.redmountainmontessori.com)

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

INTEGRITY POOLS

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

(480) 818-3832

T&T

AIRPORT SERVICE

"WE DON'T MISS"

PRIVATE CAR \$45\*

FLAT RATES  
RESERVATIONS

480.832.3483

OVER 15 YEARS OF SERVICE

\*Call for Details.





TRAILS AND PATHS

Ron Brown / Owner - Broker  
Direct: 602-618-9512  
*Certified Real Estate Investment Specialists*

## COLDWELL BANKER TRAILS AND PATHS *Real Estate Investments Presents:*

### ANOTHER SUCCESSFUL REAL ESTATE INVESTMENT OPPORTUNITY

#### Key Benefits to Investors:

- \*EARN A FIXED 8% APR (Annual Percentage Return)**
- \*HEDGE INFLATION CONCERNS WITH HARD ASSETS ( Real Estate )**
- \*INVESTMENT SECURED BY REAL ESTATE HOLDINGS**
- \*MINIMUM INVESTMENT PER UNIT \$50,000**
- \*TERM 3 YEARS**
- \*INTEREST PAID ANNUALLY**

#### Purpose of This Investment:

To provide resources required to acquire new properties below market value based on our ability to buy large quantities. We have extensive market expertise along with our large established network of resources. The fund will purchase new properties below current market values, the properties will be rented and sold as market values continue to increase. Properties rented & sold are managed by Coldwell Banker Trails And Paths a very experienced full service Real Estate brokerage.

#### Why This Is A Great Opportunity:

ARIZONA FACES EXTREME RESIDENTIAL HOME SHORTAGE: Phoenix has remained an attractive destination for businesses and families to move to. The continued population influx into the valley coupled with the lack of construction has resulted in the current inventory of homes for sale being at one of the lowest levels since 2005.

#### Protect Your Self Against Rising Inflation:

The US economy is beginning to enter a period of stagflation and many are predicting a rise in inflation in the coming years. Real estate investments are able to offer highly competitive yields and act as a hedge against impending inflation without excessive risk associated.

#### Home Values Continue to Increase:

The value of homes has been slowly rising since 2007 as demand continues to outpace supply. Currently, new home builders are not able to increase their production quick enough to keep pace with demand. As a result, the real estate market in the valley is projected to grow steadily over the next 5 to 7 years in order to keep pace with the continued growth. During this time, property values are also projected to continue their upward trend. Many analysts are forecasting a steady increase in property values over the coming years.

For additional information please contact **Ron Brown / Owner - Broker Coldwell Banker Trails and Paths**  
Cell: 602-618-9512



### GGG PREMIUM AMMO NOW AVAILABLE

# GGG

GIRAITĖS GINKLUOTĖS GAMYKLA  
PASSION. PERFORMANCE. PRECISION.

GGG manufactures only the highest quality precision ammunition that is used by NATO, military forces and the most demanding sport shooters around the world. From military combat and special operations forces serving in Afghanistan and war zones around the world whose lives and mission depend on the performance of their ammunition to sport and recreational shooters who want the very best, GGG is the brand of choice.

#### NATO Qualified Ammunition

### GGG NATO **GP21** **5.56x45mm**

GGG 5,56x45mm NATO GP21 (\$\$109)  
1,000 Round Metal M2A1 Case

#### REDEFINING THE STANDARD 5.56x45mm

Performance Test	NATO Spec	GGG GP21
601.5 yard vertical standard deviation	7.87 Inches	3.53 Inches
601.5 yard horizontal standard deviation	7.87 Inches	2.98 Inches
601.5 yard mean radius	N/A	4.0 Inches
Velocity standard deviation @ 26.25 yards	49.2 FPS	15.24 FPS

### GGG NATO **GP11** **7.62x51mm**

GGG 7.62x51mm NATO GP11 (M80) 640  
Round Metal M2A1 Case

#### REDEFINING THE STANDARD 7.62x51mm

Performance Test	NATO Spec	GGG GP11
601.5 yard vertical standard deviation	7.87 Inches	3.49 Inches
601.5 yard horizontal standard deviation	7.87 Inches	2.75 Inches
601.5 yard mean radius	9.84 Inches	3.86 Inches
Velocity standard deviation @ 26.25 yards	49.2 FPS	17.85 FPS

[www.ArmsDistributionInternational.com/GGG](http://www.ArmsDistributionInternational.com/GGG)



LOCAL BUSINESS

# Breadsmith Celebrates WITH ANNIVERSARY PROMOTION

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

Breadsmith Bakery, located in The Village at Las Sendas, on the corner of Power and McDowell roads, makes all bread fresh and from scratch each day. All breads are free of any preservatives, additives or artificial ingredients.

In the month of August, Breadsmith will sell cards, which allow the purchaser to buy four loaves of any of the daily breads for \$10. The customer pays for the card, and may use it at any time, up to the last day in October, to redeem four loaves. One loaf per visit, please.

Any of the daily breads, including Ciabatta, French, French Baguette, French Peasant, Rustic Italian, Soft Wheat Sandwich Bread and Sourdough, are included in the promotion.

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

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



FINANCE

# THIS IS A GREAT TIME to Invest in Real Estate

*By Ron Brown, Owner and Broker, Certified Real Estate Investment Specialist, Coldwell Banker Trails And Paths*



## CURRENT MARKET CONDITIONS AND OPPORTUNITIES

**T**he Phoenix metropolitan area offers a number of excellent real estate investment opportunities.

The real estate downturn, which started to emerge in late 2006, precipitated a flood of short sales and foreclosures. Inventory levels stemming from the market downturn peaked in 2007. Since then, inventory has continually decreased, and very little new construction has taken place to fill today's high demands.

Simultaneously, Phoenix has remained an attractive destination to which businesses and families move. The continued influx in population, coupled with the lack of construction and gradual supply and demand, has resulted in the current inventory of homes for sale being at the lowest levels since 2005.

With the wave of short sales and foreclosures becoming ever sparser, and despite a recovery currently taking place in the real estate market, the economy, as a whole, remains sluggish and troubled. The U.S. economy is beginning to enter a period of stagflation, and many are predicting a

rise in inflation in the coming years.

Since the collapse of the real estate market and general economic recession in 2007, many investors have placed their money in low yield bonds as safe havens. As inflation increases, the yield on bonds is diminished to the point where large inflation could result in ostensibly negative returns.

Real estate investments, being hard assets, are able to offer highly competitive yields. They act as a hedge against impending inflation without excessive risk associated with other potential investments, such as in the futures market. ■

For additional information about real estate investments opportunities, contact Ron Brown at (480) 355-4700, Certified Real Estate Investment Specialist.



## SALT RIVER TUBING

### MARDI GRAS MAGIC

No Glass Containers Allowed at Salt River!

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

LIMITED PARKING PLEASE CARPOOL

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

### MAGIC

**TUBE RENTAL AND SHUTTLE BUS SERVICE**  
Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd.  
Tonto National Forest • Operating under Permit from U.S.D.A. Forest Service

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

**MARDI GRAS MAGIC!**  
Saturday - August 24th  
**FREE MARDI GRAS BEADS**  
**FREE Tubing Passes for Best Costumes!**

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

**ON-SITE RADIO REMOTE**  
**SATURDAY - AUGUST 24TH**  
**98 KUPD**

**LABOR DAY WEEKEND**  
18th ANNUAL  
**"SALT RIVER HEROES = LITTER ZERO"**

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

FREE Tommy Tuber bags, Beach Balls, Prizes!

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

**Only \$17 All Day**  
**OPEN 9:00 A.M. - 6:30 P.M.**  
**(480) 984-3305**

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

**GET CONTEST DETAILS: [FLANCERS.COM](http://FLANCERS.COM)**  
**Deadline: August 31st**

## OUR PHILLY CHEESE STEAK NEEDS A NEW NAME

Name it and claim it!  
Winner gets sandwiches for a year!

**Flancer's**  
INCREDIBLE SANDWICHES & PIZZERIA  
**ROCKIN' TASTE BUDS**  
Since 2000

[flancers.com](http://flancers.com)   Gilbert • 480.926.9077 • 610 N. Gilbert Rd   Mesa • 480.396.0077 • 1902 N. Higley Rd

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

Experience handcrafted artisan breads made fresh from scratch daily.

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

Present to receive a

# FREE LOAF OF BREAD!

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

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

Valid only at Breadsmith of Mesa through August 31, 2013.



## DINING

# PACINO'S OFFERS NEW TAKE ON ITALIAN CUISINE

By Kimberly Searles

Since first opening the doors earlier this summer, hungry diners have flocked to Pacino's in The Village at Las Sendas.

"It's going really, really well," said owner Frank Spaccarelli.

The recommendations on their Facebook page say it all. One patron claims, "The food and service were great, and I would recommend this place to anyone that wants fresh new spin on Italian food."

Frank attributes part of the success to their passion for good food. He says all of their chefs are executive level chefs, and each one brings a unique approach to Italian dishes.

"We're always trying to do something different with our menu, something that you can't get anywhere else," said Frank.

One of their most recent specials, zucchini blossoms stuffed with ricotta and pancetta atop a bed of greens and dusted with Parmesan, has quickly become a crowd favorite. Pacino's offers lunch and dinner specials every day. The specials are a great way to enjoy an Italian culinary experience unlike any other.

Beginning in mid-August, Pacino's will offer Sunday brunch, from 10 a.m. to 2 p.m.

"Our Sunday brunch will feature traditional breakfast items, such as pancakes and fresh fruits," says Frank. "And, of course, it will have Pacino's spin on the frittata and other Italian breakfast specialties."

Brunch also will include drink specials, such as a \$3 Bloody Mary or Mimosa.

Pacino's regular specials continue to be a mainstay. Happy Hour is every Monday through Saturday, with



Alicia and Frank Spaccarelli

\$3 draft and Coastal Vines wines, and select appetizers for \$3 to \$6. Reverse Happy Hour is available on Friday and Saturday evenings, featuring drink and appetizer specials, as well as live music.

On Thursday, Friday and Saturday nights, patrons can enjoy live entertainment with their meals. Beer flights are available every day, with four tastings for just \$5. They also offer frequent wine tastings.

The other part of Pacino's early success is their attitude. Frank and his wife and Pacino's co-owner, Alicia, make it a point to provide unique,

personal attention to their customers.

"We're just as passionate about people and family as we are food," said Frank. "We want everyone to feel right at home when they walk through our doors."

Pacino's emphasis on people is clearly evident. At any given time, you'll see Frank, Alicia and their staff striking up conversations at the tables, booths and bars. Just as they continually put their own spin on fresh Italian dishes, they also put their own spin on friendly, neighborhood customer service.

As another patron mentioned on Pacino's Facebook page, "Great food, entertainment and friendly people running your new restaurant!" ■

*Pacino's is located in The Village at Las Sendas, at 2831 N. Power Road. For information or take-out orders, call (480) 985-0114. Hours are 10:30 a.m. to 10 p.m. Monday through Thursday; 10:30 a.m. to whenever Friday and Saturday; and 11 a.m. to 9 p.m. Sunday. Visit them online at [pacinosaz.com](http://pacinosaz.com) and on [Facebook.com/pacinosrealitalian](https://www.facebook.com/pacinosrealitalian).*

## COMMUNITY

## BOY SCOUTS WILL Host Garage Sale

Local Boy Scout Troop 653 will host a garage sale on Saturday, Nov. 2 from 6:30 a.m. to 1 p.m. at Central Christian Church, 933 N. Lindsay Road, in Mesa.

The boy scouts are currently accepting donations, including furniture, appliances, campers, boats, RVs, cars and more. Pick up is available by calling Chris Schneck at (480) 924-7964, or e-mail [chris.troop653@gmail.com](mailto:chris.troop653@gmail.com).

Funds from the garage sale will help supplement the rising cost of scouting, supplies, park fees, merit badges and other scouting items. ■



**NFL  
FOOTBALL  
WATCH  
HERE!**

AUGUST TO REMEMBER

**Pacino's**

REAL ITALIAN BY REAL ITALIANS

**SOCIAL HOUR**

Monday to Saturday 3 - 7 p.m.  
\$3 draft beers and house wines  
\$4 well drinks \$3, \$4, \$5, and \$6 fun foods  
Reverse Happy Hour Friday and Saturday  
nights 9 p.m. to close Bar or Patio

**SUPER SUNDAYS**

**Champagne Brunch**  
Served 10 a.m. to 2 p.m. Lasagna  
and Spaghetti with Meatballs  
Sundays All Day

**BEER & WINE FLIGHTS**

4 Beer Tastings  
3 Wine Tastings

**All Day Every Day**

**Full Service Dining • Patio • Full Bar • Catering • Curbside Service**  
**OPEN FOR LUNCH AND DINNER • LIVE ENTERTAINMENT THU, FRI & SAT NIGHTS**

**2831 N. Power Road, Suite 104**

**Located at The Village at Las Sendas, Next to Breadsmith**

**(480) 985-0114**

**JOIN THE CLUB!**

Get the latest on upcoming events, plus valuable coupons and special offers!



[Facebook.com/MesaPacinos](https://www.facebook.com/MesaPacinos)

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



# What's My Home Worth?

## Get an Instant Home Value Report

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

Specializing in Las Sendas and the East Valley



The housing market is finally in a recovery and Arizona is leading the way to higher home prices. What's your home worth now? Everyone wants to know how much their home has gone up over the past few months and if it is continuing to go up each month. Is now the right time to sell?

Now you can get an Instant Home Value Report and a Market Snapshot of all the homes listed and sold in your neighborhood. You can get this report automatically sent to you on a monthly basis so you can keep up-to-date on what is happening in your own neighborhood and be on top of the market.



### CONTACT ME TODAY

for a full market analysis of your home

CELL 602-571-6799  
EMAIL [Lorraine@Homes2SellAZ.com](mailto:Lorraine@Homes2SellAZ.com)

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



[www.Homes2SellAZ.com](http://www.Homes2SellAZ.com)

# SKIP THE ER WAITING ROOM

The harder you play, the harder you can fall — and the less time you want to spend waiting at the ER. That's why Mountain Vista Medical Center offers InQuicker™ online ER check-in for your same-day medical issues. Visit [ArizonaER.com](http://ArizonaER.com), hold your place in line and arrive at the ER at your projected treatment time. It's just that simple.



1301 S. Crismon Rd., Mesa, AZ 85209 | 1-877-924-WELL (9355) | [mvmedicalcenter.com](http://mvmedicalcenter.com)

InQuicker is intended for use by individuals who have non-life and non-limb threatening medical conditions. Those with life- or limb-threatening medical conditions should dial 911 or go immediately to the nearest emergency room.

POWERED BY **InQuicker**



## ALTA MESA GOLF CLUB

has Memberships  
Tailored Just For You!

### MEMBERSHIPS

- Single & Family
- Juniors up to 39
- Senior & Super Senior
- Winter Seasonal Single & Family

Join Now Before Prices Increase November 1st

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



We Now Buy **Unused Gift Cards!**

# CASH FOR GOLD!

Arizona's Largest Gold Buyer

**NO GAMES, NO GIMMICKS. ARIZONA'S GOLD STANDARD WE BUY...**

Jewelry in any condition; broken, new or used. We buy gold and silver coins and bullion. We also purchase silver forks, knives, spoons. If it is gold, silver or platinum, we will make you an honest offer.

### Real Testimonials:

"I wanted to sell some gold that I had found in my drawer. I didn't want to get ripped off so I started asking around. The max offer I got from other places was \$420 but I decided to check this place out since it is really close to my house. The man that helped us was very friendly, and didn't make us feel awkward at all! He offered \$534 for the gold, which was \$115 more than the other offer! It is a very nice shop, very clean. The customer service is great, and you can't beat their payouts!"



**AAA GOLD EXCHANGE PAYS TOP DOLLAR FOR GOLD, SILVER AND DIAMONDS.**

**AAA GOLD HAS 35 LOCATIONS**  
Come check out our 4 Arizona locations!

9897 W. McDowell Rd. Ste 510 Tolleson, AZ 85353 <b>623-936-7176</b>	1152 N. Power Rd. Suite 102 Mesa, AZ 85207 <b>480-247-6876</b>	1130 S. Country Club Dr. #102 Mesa, AZ 85210 <b>480-503-8243</b>	20811 N. Cave Creek Rd. Ste 105 Phoenix, AZ 85024 <b>480-499-2759</b>

Visit us at [www.AAAGoldExchange.com](http://www.AAAGoldExchange.com)

Don't Be Fooled By 20% or 50% BONUS COUPONS!

Get the Best Price at AAA Gold Exchange!

**\$768** **\$703** **\$432** **\$384**

**BEST!**

AAA GOLD EXCHANGE Company K Company X Online Company

With their 20% Bonus and celebrity endorsement!

Gold prices change daily. See our website for current prices.

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



AAA GOLD EXCHANGE had over 2 million dollars in pay outs last month thanks in part to thousands of repeat customers and referrals



## COMMUNITY

# MISSION TRIP PRESENTS Adventure of a Lifetime

By Sharon Wozny

When Paige Burlew graduated from Red Mountain High School and continued to the University of Arizona, where she graduated in May 2013 with a degree in psychology and a minor in business, she never dreamed her life would take the turn it has taken.

Paige heard about *Adventures in Missions* through friends. A small voice kept coming back to this energetically positive young lady through the years, and she knew this is where she was meant to be. Previously, at 15 years old, she had participated in a two-week church mission trip to Zambia. Now, she is going to 11 countries in 11 months, all to be in service by spreading love in tangible ways.

*Adventures in Missions* is a nondenominational service-based organization headquartered in Georgia. Young missionaries are sent all over the world to show love in noticeable and substantial ways to help meet the needs of the people they encounter. Paige expects she will be a completely different person when she returns after seeing people who live with basically nothing and still get by.

Referred to as *The World Race*, these young people will start in Thailand, move on to Vietnam, and then travel to Cambodia, South Africa, Mozambique, Swaziland, India, Nepal, Turkey and Bulgaria. The last stop is Romania. As they travel the world, these exceptional individuals will teach, serve and show love to the people in all areas of these countries.

Paige left on July 3, and will be gone until May 2014. Travelling with her life in a backpack weighing less than 50 pounds, she is on a team of six girls called Team Mosaic.

All teams are part of a 50-person squad. Where they stay along their travels ultimately depends on the country. They could stay in a home, a hostel or a wide-open area. They need to be prepared for anything and everything.

Being mentally and physically ready is an important component of her journey. Therefore, Paige, along with the other missionaries, participated in a one-week training camp. Together, they learned how to eat weird food, pack a backpack and worship. Basically, they went through dry runs and various scenarios.

Her parents, friends and community have been financially, as well as prayerfully, supportive of Paige. The trip costs \$15,500 plus the plane ticket to Thailand. To raise this money, Paige has held various fund-raisers, such as selling bracelets and T-shirts. In addition, she has written to churches, and has spoken at various churches, all in an effort to seek donations.

Her siblings are excited for their sister. They agree this is something they would have expected from Paige. She would always announce her plans after each school year, and would be known to be spontaneous and on the go. Friends

living out their faith every day, not just on Sunday, have inspired her.

Through high school, Paige had been part of Fellowship of Christian Athletes, as she ran track and cross-country. "I never thought I would be doing this, and I am open to where I will be led," Paige said. "God has such cool plans for me...more than I could ever have imagined for myself." ■

You can follow Paige on [instagram@PaigeBurlew](#), or on her blog at [TheWorldRace.PaigeBurlew.org](#).



Paige Burlew

## ORGANIZING

## KNOW WHEN TO Ask for Organizing Help

By Nancy Nemitz

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



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 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.

## The Vistas Pavilion at Las Sendas NOW BOOKING HOLIDAY PARTIES



### Holiday Parties - Minimum 50 People Book now to get your preferred date

Chef's Holiday Buffet or Plated Dinner Choices  
Pricing per person based on menu selection  
Host, cash, hourly beverage options  
Choice of Garden, Valley View or Vistas Room

### Group Holiday Parties Thursday December 5th, 2013

Chef's Holiday Buffet, Dance Floor and Live Band  
Holiday Parties for smaller businesses, shared venue event  
Each group has assigned section  
\$60.00 per person  
Host or cash beverage options • Vistas Room



Buffet choices include  
salads, soups, carved  
turkey, ham, salmon, prime  
rib, veal, chicken, grilled  
vegetables, sweet sauteed  
baby vegetables, pastas,  
decadent deserts and  
many more!



The Vistas Pavilion,  
Las Sendas Golf Club

7555 E. Eagle Crest Drive, Mesa  
[info@lassendas.com](#)  
480-352-2614

### OPEN HOUSE

September 4th, 6-8pm  
Champagne and  
Gourmet Popcorn  
The Vistas Pavilion  
RSVP to Erica Gomez  
480-396-4000



## LIVE AT LAS SENDAS



## DUELING PIANOS

Thursday, August 29th  
The Vistas Pavilion  
6pm-8pm Buffet Dinner  
8pm-11pm Dueling Pianos

Dueling Pianos is the hottest live entertainment in the USA. Scott Dunlap and Pete Wilson have provided dueling piano players, pianos and sound systems to hundreds of bars, casinos and resorts in Phoenix and Las Vegas. Most recently Dunlap and Wilson performed at New York New York in Las Vegas!



Dunlap & Wilson

### Chef's Grand Buffet

Imported and Domestic Cheese Board, Charcuterie and Artisan Breads  
Carved Steamship of Beef, Shellfish on Ice, Coq Au Vin Chicken, Herb Sea Bass  
Salads - Israeli Cous Cous, Heirloom Caprese, Mixed Greens and Caesar  
Grilled Asparagus, Portobello Mushrooms, Swiss Chard, Sauteed Baby Vegetables  
Wild Rice, Salted Crusted Potatoes, Orecchiette Pasta with Gorgonzola  
Assorted Petite Fours, Chocolate Mousse, Banana Bread Pudding

Tickets \$60 per person, buy a table of 8 for \$400  
Reserve early for preferred seating - 8 per table  
Tickets available at Las Sendas Golf Club  
[egomez@lassendas.com](#) / 480-396-4000

Las Sendas Golf Club • 7555 E. Eagle Crest Drive • Mesa, AZ 85207



## COMMUNITY

# FAMILIES CAN FIND WAYS To Combat Bullying

By Kimberly Searles

If you have children, chances are they may have dealt with a bully at school.

The National Education Association estimates that roughly 160,000 children miss school every day because they fear an attack or intimidation by another student.

Bullying is an age-old problem. Yet, these days the consequences are becoming more serious. Kids dealing with bullies can't even find refuge at home. Thanks to the Age of Technology, social media, texting and other online formats allow bullies to continue their torture tactics beyond school, summer camp and other social groups. In fact, bullyingstatistics.org reports the fact 80 percent of high school students say they have dealt with online bullying.

Left unaddressed, the effects of bullying can be devastating and follow kids well into adulthood.

"Getting bullied isn't the only problem," said Mark Ten Eyck, head instructor at East West MMA in Northeast Mesa. "Loss of self-confidence and self-esteem are the long-term effects of repeated bullying."

So, what's a parent to do? In a perfect world, you could cover your children in bubble wrap before leaving your home. But there are far more practical measures parents can take to ensure your children are better equipped to deal with bullies.

Get educated, for starters. A myriad of bully prevention Web sites offer eye-opening



information, including statistics, anti-bullying laws, support group information and more.

The American Academy of Child and Adolescent Psychiatry offers helpful hints on its

Web site. If you suspect your child is being bullied, ask him to talk to you. Remember to stay positive and accepting. Offer plenty of opportunities for your child to talk to you.

Once you talk about the issue, ask your child what he can do to resolve the situation. Then, help your child practice what to say.

One thing you should do is encourage your child not to fight back. It could only make matters worse, and your child could even face consequences for fighting at school.

"The solution has to start at home.

Parents need to have a conversation and have a plan in place," said Mark. "East West MMA offers an ongoing monthly program, which helps kids address bullying."

What makes the program unique is the involvement of the entire family. For a child being bullied, the family support is paramount to overcoming the situation and keeping his self-confidence and self-esteem intact.

Helpful information about bullying also can be found on the following Web sites.

- [www.stopbullyingaz.org](http://www.stopbullyingaz.org)
- [www.aacap.org](http://www.aacap.org)
- [www.dosomething.org/bullyreport](http://www.dosomething.org/bullyreport) ■

To learn more about East West MMA's Bullyproof Workshop, call (480) 218-7777, or visit [eastwestmma.org](http://eastwestmma.org).

## EDUCATION

# CAMBRIDGE ACADEMY OFFERS Unique Educational Options

By Sharon Wozny

Instead of just studying the regular curriculum at Skyline High School, 13 students have opted to take their education on a fast track of rigor and complexity by being part of Cambridge Academy.

The Cambridge Academy, under the coordination of Jill Benza, implements international standards, which will prepare the students to compete globally. The two-year math program, promoted by the Center for the Future of Arizona, includes Algebra, Algebra 1, Trigonometry, and Geometry. Chemistry, World Literature, World History, Biology and American History also are a part of their curriculum.

When Skyline decided to implement this program, teachers observed the process at Central High School in Phoenix and the Arizona State University Preparatory Academy to witness it in action and ask questions of instructors.

Trained by the University of Cambridge, in England, four teachers teach the curriculum. The university provides support to these educators throughout the year. Collegiality and companionship are key

components, as these students spend four hours a day together, five days a week.

At the end of their instruction, the students take board exams, which are already aligned with the common core standards. The exams are internationally recognized and broader than the Advanced Placement or International Baccalaureate exams.

Once the students pass the two-part program, in ninth and 10th grades, as well as pass the board exams, they then receive the Grand Canyon University diploma. The students can now graduate high school and go on to community college. But they do not have to choose that option. They can continue on in Advanced Placement classes at their high school.

Cambridge Academy is not for every student. Education should be tailored to individual goals. This is just another way in which Mesa Public Schools is striving to meet the diverse needs of all their students. ■

If you are interested in Cambridge Academy, please contact Jill Benza, at Skyline High School, at (480) 472-9513, or go to the Web site for Mesa Public Schools at [www.mpsaz.org](http://www.mpsaz.org).



*"Don't Sweat It"®*

**DIAMONDBACK  
AIR**

Air Conditioning • Heating  
Electrical • Plumbing  
Design • Sales • Service

All Makes,  
All Models!

(602) 977-0800 Office

(480) 496-4475 East Valley

Bonded, Insured: License #177520

[John@Diamondbackair.com](mailto:John@Diamondbackair.com)

**FREE SECOND OPINIONS**

Up to  
**\$500 OFF  
SELECT  
SYSTEMS**

With this ad. Not valid with any other offer. Expires August 31, 2013.

**\$50 OFF  
ANY  
REPAIR**

With this ad. Not valid with any other offer. Expires August 31, 2013.



Financing Available OAC

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



SERVICE DIRECTORY

**MARTINEZ**  
Landscape Maintenance



**Keep your yard beautiful**

Tree Removal  
Gravel Installation  
Tree Trimming  
Clean Up  
Irrigation

Quality Work • Good Site Management  
**(480) 627-9479**

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

- FIREPLACES
- LOGSETS
- BBQs
- FIREPITS



- SERVICE
- INSTALL
- REPAIR
- MAINTENANCE

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

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

**EAGLE ELECTRICAL**

George Robbins  
Full Service Electrical  
**FREE ESTIMATES**

- Local Resident
- More than 22 years experience
- Honest, affordable, quality workmanship

**480.659.4942**  
Residential & Commercial  
24 hour/7 day • Emergency Service

Licensed • Bonded • Insured  
**www.EaglePlumbingAndAir.com**

PROFESSIONAL, AFFORDABLE  
TREE & LANDSCAPE SERVICE



**ALL PRO**  
TREE SERVICE LLC

www.allprotrees.com  
dennis@allprotrees.com  
**480-354-5802**

**15% Off** **FREE ESTIMATES**

Insured/Bonded

*May's Family Haircutters*  
FULL SERVICE HAIR SALON

**\$2 OFF Haircut  
\$5 OFF Perm or Color**  
Call for details.  
Expires 8/31/13.

6060 E. Brown Rd. #107  
Mesa, AZ 85205  
**480-981-3213**  
*Appointments and Walk-ins Welcome!*



**HOURS** M: 9-6, T: 9-3, W: CLOSED, TH: 9-3,  
F: 9-6, SA: 9-5, SU: CLOSED

**Visit our Web site!**  
**UpCloseAZ.com**



**480-748-1127**



**Do You Need Plumbing Help?  
Call Us First!**

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

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

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

Lic# ROC127626



**Boers Home RENOVATIONS LLC**

**RESIDENTIAL REMODELING**  
Bathrooms • Kitchens  
Wood Floors • Handyman

**FREE ESTIMATES • 480-229-6682**


boershomerenovations.com  
Email: boershomereno@gmail.com  
Licensed • Bonded • Insured  
ROC#282409  
f /boershomerenovations



CLASSIFIEDS

HOME SERVICES

**ANNABEL'S CLEANING SERVICE LLC**  
A licensed and fully insured house cleaning company. Serving the East Valley since 2002. There are no long term contracts and you can schedule your cleaning service on a weekly, bi-weekly, every three weeks, monthly or just one time basis. Move-in and Move-out's are our specialty.



We hire employees only and will never subcontract to other cleaning crews. Your home is protected by our General Liability Insurance and our employees are protected by our Worker's Compensation coverage. Please call us for a free quote at **(480) 326-3885**. E-mail: annabelcleaningservice@gmail.com

**INTEGRITY POOLS LLC, CLEANING SERVICE AND REPAIRS**  
Professional, Personal and Affordable pool maintenance and pool repairs; including filter clean-outs, acid washes, salt cells, etc. **(480) 818-3832**

**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**

**CASTEEL'S LANDSCAPING & POOL SERVICE**  
Services Include: Mowing, Edging, Trimming, Blowing, Sprinkler Installation & Repair. Pool maintenance, cleaning & chemical balance. "Offering a quality & reliable service for those who leave for the summer months and need their yards and or pools maintained." Christopher Casteel: **(602) 826-0656**, Email: christopherdcasteel@msn.com

**MARTINEZ LANDSCAPE MAINTENANCE**  
Keep your yard beautiful. Quality Work. Call **(480) 627-9479**

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



HOME SERVICES (CONTINUED)

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

**HANDYMAN SERVICE**  
Same day service with no minimum charge. Electrical, plumbing, painting, irrigation timer, hot water heaters, garbage disposals, water softeners, ceiling fans and much more. All work guaranteed. Please call **(602) 214-3052**.

**HOUSE CLEANING**  
Well established in your community since 2001. We know your time is valuable and your trust is our upmost concern. Bonded, insured, workman's comp coverage, E-verified and background checked for your complete wellbeing. We've done all the leg work, so all you do is come home to a clean house! Highest rated company on Angie's List and multiple winner of the Super Service Award for 2010, 2011 and 2012. www.TheMastersTouchCleaningService.com **(480) 324-1640**

SPECIALTY SERVICES

**PROFESSIONAL TUTORING**  
Preparation for the new school year. Multiple K-12 subjects including Math, Reading, Writing. Individualized, at-home instruction. Assistance for home-schooling. Philip N. Swanson, Ph.D. **480-677-9459**

**TUTORING ALL SUBJECTS**  
Caring tutor, master's degree and 20+ years experience in education. Small groups. All subjects, including Algebra I, Geometry, Algebra II, Trig, Pre-Calc, Calculus, Chemistry, Spanish, SAT/ACT. Las Sendas/Red Mountain Ranch area. Call Kelly **(602) 316-0884**

**BABY BOOKWORMS**  
A One of a Kind Lasting Gift for the new mom, grandma, sibling or dad! A unique gift for a toddler birthday! It's a canvas tote filled with board books and a read aloud anthology! Call Sharon Wozny @ **480-703-6204** to order. Or check out www.babybookworms.me





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



# Trails And Paths

Office: 480.355.4700  
www.TrailsAndPaths.com



**TRAILS AND PATHS**



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



**Christina Ovando**  
CRS  
REALTOR®  
602.684.5737



**Bobbi Palmer**  
ABR  
Associate Broker  
480.720.5208



**Linda Sims**  
REALTOR®  
602.376.8920



**Sharon Liuzzo**  
Associate Broker  
602.999.1468



**Lyn Glenn**  
ABR  
Associate Broker  
602.769.1089



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



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



**Loren Watson**  
REALTOR®  
480.330.9850



**Lorraine Ryall**  
REALTOR®  
602.571.6799



**Rhonda Dehnert**  
REALTOR®  
480.437.4084



**Diane Pistillo**  
REALTOR®  
602.481.9212



**Cathy Ebert**  
REALTOR®  
480.682.7378



**Sharon Madison**  
REALTOR®  
480.540.7413



**Bryce Bezdek**  
REALTOR®  
480.266.8525



**Julie Sims**  
REALTOR®  
602.919.6077



**Laurie Burleson**  
REALTOR®  
480.682.7253



**Charles Porter**  
REALTOR®  
602.525.4066



**SOLD**

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



**\$889,000**

3,682 sq. ft. 3BR plus office, 2.5BA, 3G. Knotty alder cabinetry, wrap-around covered patio w/Red Mtn vies.



**\$309,900**

1,756 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot, granite counters, SS appliances & custom plantation shutters.



**SOLD**

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



**\$750,000**

4,127 sq. ft. 4BR plus a den, 3.5BA, 4G. Large cul-de-sac lot, granite counters, premium cabinetry & appliances.



**\$279,900**

1,571 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot backs to wash area, granite counters, Pebble Tec® pool & spa.



**\$539,000**

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



**\$695,000**

3,241 sq. ft. 3BR, 3BA, 2G. Premium corner cul-de-sac lot w/city light & Mtn. view, BBQ, pool & putting green.



**\$525,000**

3,551 sq. ft. 5BR, 3BA, 3G. Granite counters, Viking® 6 burner cooktop, deck w/city light & Mtn. views.



**\$524,900**

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



**\$400,000**

2,308 sq. ft. 3BR plus a loft, 3.5BA, 2G. Premier lot backs to open desert wash area w/views of Red. Mtn.



**\$689,000**

3,794 sq. ft. 3BR, 2.5BA, 3G. Climate controlled wine room, patio w/outdoor kitchen & Mtn views.



**\$850,000**

3,826 sq. ft. 4BR, 3.5BA, 3G. 1.5 acre cul-de-sac lot w/Red Mtn & city light views, pool w/waterfall.



**SOLD**

2,308 sq. ft. 3BR, 3.5BA, 3G. Golf course & Mt. views, two master suites & custom built in BBQ.



**UNDER CONTRACT**

1,571 sq. ft. 3BR, 2BA, 2G. Pool, spa, covered patio, extended covered patio & a built-in BBQ.

## Custom Lots For Sale:

- Diamond Point # 27  
\$695,000
- Mountain Estates # 18  
\$685,000
- Mountain Estates # 16  
\$479,000
- Diamond Point # 1  
\$425,000
- Summit # 34  
\$450,000
- Mountain Estates # 32  
\$575,000
- Pinnacle Ridge # 34  
\$375,000
- The Golf Colony # 19  
\$250,000

**KELLY ZITLOW**  
NMLS #164330 AZ BK#0904024

**480.398.4908**  
www.kellyzitlow.com

**CHERRY CREEK**  
MORTGAGE CO., INC.  
CCMC NMLS #3001

17015 N Scottsdale Rd  
Suite 130  
Scottsdale, AZ 85255  
Some loan products may not  
be available outside of AZ.



**\$395,000**

2,732 sq. ft. 5BR, 3BA, 3G. Granite counters, SS appliances, high efficiency 16 seer HVAC system & pool.