

CREASE LIBERTY SPECIALIZES IN THE NEXT BEST THING TO CUSTOM TAILORED PANTS

By AnnElise Makin
rease Liberty, open since January, in
Scottsdale, is an upscale men's casual boutique, specializing in the perfect fit of pants, and its choice labels promise a lasting value for the money.

"We borrowed a European sizing concept, and carry only the best of class," said owner Jeffrey Roberts. Jeffrey, and the store's manager, John Hayes, are

longtime Las Sendas residents. Both are excited about their business concept.

Jeffrey, a lifelong apparel specialist and garment wholesaler, has focused on certain German labels. Crease Liberty primarily carries Hiltl pants and chinos, Gardeur five-pocket trousers and jeans and vanLaack fine shirts.

German designers, the fashion trader concluded, don't get enough credit for their works. "But," he challenged, "what would you drive on a long road trip, a German or an Italian car?" He found German pants are built to last.

"Some stores carry only regular rise cuts, but we offer a much broader diversity of fits," said Jeffrey. The correct seat of

the pants makes all the difference in the look, he found. No more wrinkly, baggy extra fabric.

Crease Liberty's customers may discover the store's jeans can appear custom tailored. "I never saw you looking this good," commented a fashion tycoon after her husband had bought a set of 10 pants at the sister store in Palm Beach, Fla. What an



endorsement! People of such stature are known to be very judicious with their money.

The perfect fit of pants has been a continuing ambition for Jeffrey. Therefore, in view of launching the Crease Liberty store, he explored the scope of customers' buying experience.

"I spent a whole day at the Scottsdale Fashion Square," he recalled, "trying on every pair of jeans before I found a decent fit.

But men don't usually have that much time and patience." That's why Crease Liberty provides an efficient sizing system.

"We don't subscribe to the one-size-fits-all mentality," the clothing specialist emphasized. "We'll find a model that works for your body type." Experienced staff can quickly help match each customer with the right cut.

Add to that some sophisticated fabrics. Jeffrey rubs the seam of the safari-style slacks between his fingers, gives it *the hand*, as the trade expression goes. *Smartcel*, according to him, is a highly engineered Lyocel derivative from natural cellulose fiber. It has a pleasant cooling effect when you wear it.

"Gardeur cashmere cotton jeans consistently have been voted best five-pocket pants by our customers," Jeffrey pointed out. "You can wash them in the machine on gentle cycle or dry clean as you please." High-performance fabric and dye make these garments durable.

Each trouser model received much attention to detail in its design. Some of these pants feature details such as doubledye fabrics, close to handmade stitches, travel-map printed lining, a breathable Smartcel waistband, or a conveniently hidden valuables pocket.

In addition to fine pants, Crease Liberty also carries polo

and T-shirts from an American line called Left Coast Tees, as well as a broad range of accessories. On purchasing trips, Jeffrey always looks for in-vogue color combinations next to the red-white-and-blue standard scheme.

Over the past five years, Crease Liberty has created strong customer loyalties in Palm Beach. The customer testimonials speak for themselves. Like the one by a client, who could afford to wear a Kiton made-to-measure suit, valued at \$6,000. "But my favorite things are still my Hiltl trousers," he said.

"It is our ambition to offer men trousers that feel good, look nice, and excel at long-term durability," the owner said. Satisfied customers have come back to Crease Liberty time after time.

Crease Liberty is located on 7001 N. Scottsdale Road, in the Seville Shopping Center, at Indian Bend and Scottsdale roads in Scottsdale. Hours are Monday through Saturday, from 10 a.m. to 6 p.m. For more information, call (480) 292-8334.



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CHILD CRISIS CENTER HOSTS ANNUAL GALA

Submitted by Child Crisis Center

Ride the waves, and help turn the tide on child abuse and neglect on Saturday, April 14, at 6 p.m., when the Child Crisis Center will host its annual gala event *Evening in the Tropics* Hawaii Two-O.

Join us where the island of Hawaii meets a desert oasis on the beautiful Palm Grove at the Hyatt Regency Scottsdale, located at 7500 E. Doubletree Ranch, in Scottsdale. Guests will



enjoy this outdoor evening filled with surprises. Live entertainment, island sounds, cocktails, dinner and a lakeside auction make this surfside party a must. Proceeds support the vital and necessary funds to serve the needs of the Child Crisis Center's programs.

The Child Crisis Center is more than just a local charity to the people of the greater Phoenix area and Mesa. It has been safety, encouragement and home to more than 12,800 children since it opened its doors in 1981. It has been sanity or a second chance to families in need, and a resource to the entire community. The Child Crisis Center began as a seven-bed emergency shelter for



abused or neglected children, and has grown into an organization, which brightens thousands of futures a year.

So, as they say, "Book em, Danno." Be there when the surf's up, and help our efforts to improve childhood for many of Arizona's children. Sponsorship opportunities, tables and individual tickets are available. Tickets are \$150 per person. To purchase tickets, visit www.childcrisis.org.

For additional information, call (480) 834-9424.



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(480)748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

STAFF WRITERS

Dawn Abbey, Julie Brown, AnnElise Makin

COPY EDITOR

Sandra Van Dyke

DESIGN

www.KeenGraphics.net Ramey Newell, publication and Web site design

> www.luckyyoucreative.com Erin Loukili, advertising design

CONTRIBUTORS

Rose Buttita, John Karadsheh, Lynn Knuth, Nancy Nemitz, Jay Williamson

www.UpCloseAZ.com

BEAUTY

NOSTALGIC AND FUTURISTIC HAIR TRENDS SIGNIFY PROM 2012

s she had just returned from the International Salon and Spa Expo in California, Sandy Barbetta, co-owner, with husband, Cosmo, of Cosmos Salon and Day Spa, was bursting with all the latest hair and fashion ideas for 2012.

"Our spring and summer forecast for hair at Cosmos features Prom 2012," Sandy said. "We see the coming hair trends combining both futuristic and nostalgic at the same time. The hair collections somehow meld together ultramodern haircut silhouettes with stylistic touchstones from years past, such as chignons, in a way that makes hair styling feel exciting, yet classic," she continued.

Nostalgic is what comes to mind when we think of Prom 2012. It's a return to the Romantic Era. Runway hairstyles showed chignons, braids, rolls and twists adorned with accessories, such as crystals woven into the hair, which hang across the forehead and throughout the hair. Also great looks for prom night were structured ponytails, hair wet and slicked back, complex braids and lastly, a return to some new, but a more classy, punk.

"Yet, it's all new when combined with hair colors chosen to coordinate with the outfits," Sandy exclaimed.

"Colors were everywhere and many new color techniques were revealed," Sandy said. "One I especially liked was the Butterfly Effect'—wings of copper-violet on the front and left side of a short-length blond bob."

According to the latest surveys, blond is the most requested hair color of the season, Sandy related, and you can change it up with temporary color sprays. Lightly

dusting the finished hairstyle with pastels of baby blue, delicate pink and tangerine shades was very popular. All sprays wash out, so they are a fun way to make that onetime hairstyle special without having to dye your hair.

Rock star Katy Perry appeared with a blue up-do on Grammy night, and has been seen with pink and blue hair strands in many recent photos. Other celebs are doing the same, Sandy noted.

Beautiful brown shades also were seen, shot through with copper and deep shades of ruby and garnet. Colors mixed into brunette shades used bigger panels of color.

What to look for in prom gowns? "Off- the-shoulder or flapper style gowns, pleats or pleated will be very big," Sandy noted. "Fabrics and colors shown on the runways included light pastels, futuristic soft metallics,

> in shades of pale gold and silver, pinks and blues, orange, lime and turquoise, as well as black and white. Although gowns were futuristic, accessories were more retro, like veils over the face and a faux fur wrap. All of these scream color choices for prom dresses and your hair," she continued.

"If you want to try one of these exciting new styles, bring your hairpieces to Cosmos with you, and we'd be happy to style your hair with them," Sandy said. "P.S. Don't forget your clear shoes," she whispered. ■

For more information about hairstyles and trends, or to make an appointment for a prom style or just a new do, call Cosmos

> Salon and Day Spa at (480) 844-0707. You also can visit Cosmosalonandspa.com. Cosmos is located on the northeast corner of Power and McDowell roads.



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- Attend Spill the Wine, Eat that Cheese Wine & Cheese tasting Wed, April 18 (Mesa)
- Be a contestant and win the \$500 first prize! Pizza Eating Contest -Sunday, April 22 (Gilbert)
- Donate money to help Wounded Soldiers today! (email jeff@flancers.com)

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HOMEOWNERS INCUR NO COST TO HAVE A SHORT SALE

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

Coldwell Banker Trails and Paths Premier Properties ontrary to some Realtors, there are absolutely no costs to a homeowner doing a short sale. When you sell a home, the seller is responsible

for paying the Realtor's commission, seller's title fees, title insurance and other closing costs that may apply. When a home is sold as a short sale, these same fees still apply, but the difference is the seller now becomes the

bank and not the homeowner.

The bank will pay all these fees at closing, and it won't cost the homeowner anything to do a short sale. In fact, if you qualify, the bank will actually pay the homeowner \$3,000 to do a short sale through the Home Affordable Foreclosure Alternatives program, or HAFA program. I should clarify that a little more. I do not charge the homeowner to do a short

sale, and most Realtors don't. However, there are always those few who turn someone else's hardship into their gain.

BEWARE OF ANYONE WHO CHARGES AN UP FRONT FEE TO DO A SHORT SALE

I am hearing that more and more homeowners are meeting with Realtors or companies offering to negotiate their short sales, but they are asking distressed homeowners to pay them a one-time up front fee. This fee can vary anywhere from a few hundred to several thousand dollars. One particular Realtor team I have been hearing about the most is charging their clients \$1,700. It may be presented as a processing fee, administration fee, or other type of fee, but the bottom line is it shouldn't cost you anything to do a short sale.

The Realtor commission is paid at the close of

escrow by the bank. So, why do some Realtors charge a fee? Maybe they don't have a very high success rate, and, therefore, won't get the commission on the short sales they don't close. At least charging a fee up front guarantees they get paid anyway.

> Some Realtors may charge a fee because they use a third party to do all the paperwork and work directly with the bank. If that's the case, and they are hiring someone else to do their work, then the Realtor should pay the costs of this service out of their commission, not the homeowner. Whatever the reason, I wouldn't trust anyone who is

going to charge you a fee to do a short sale.

I cannot even imagine going to a homeowner, who is in danger of losing his home because of a financial situation, and asking him to pay me to help him.

ARE THERE ANY COSTS THE HOMEOWNER **WILL HAVE TO PAY?**

If the homeowner has an attorney consultation, or any other professional consultation where a fee is charged, the homeowner would pay this fee. The homeowner will be asked to continue to pay normal expenses, such as HOA fees. Apart from that, however, there should not be any cost to do a short sale.

For more information on short sales, or for a free confidential consultation, contact me directly, or visit my Web site at www.ArizonaShortSaleToday.com.

ORGANIZING

GET ORGANIZED WELL before moving to make the process easier

By Nancy Nemitz

7 ou're moving. You're stressed. I understand. My daughter recently made a major move

across the country with her family. There were more than a few glitches. While there will be problems no matter how well you plan, give yourself a better chance of success by going through your things, and selling/donating much, much, much earlier than you are now planning.



Stop buying in bulk

because it's cheaper. It isn't cheaper if you have to leave it behind. Get rid of hazardous materials long before moving day. The people helping you won't appreciate taking it back to their house.

If you are moving to a colder climate, don't pack summer clothes the children will outgrow before it gets warm enough to wear. Shipping is expensive. If it doesn't fit in the moving van or luggage, rethink the plan.

Moving makes people a little cranky. There is so much to think about and decide. Give yourself a break. Start early enough so you aren't so rushed. You will make better decisions.

Nancy Nemitz is a professional organizer with Create the Space Professional Organizing LLC, located in Red Mountain Ranch. Visit her Web site at createthespace.com. Follow her on Twitter, and like Create the Space on Facebook. Call Nancy for an appointment at (480) 223-8939, and create your space.

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Banks Have an Army on Their Side...

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l am.

When I started doing short sales almost 4 years ago I had no idea it would turn from a job into a passion. Many Realtors hate doing short sales, I love them. Why? Because they are a challenge and I get the chance to fight for the underdog, stand up for what's right, and win. Every short sale is unique, everyone's hardship or situation is a little different, but they all have one thing in common, they just need someone who has the knowledge and experience to negotiate a successful short sale and someone who won't accept no for an answer.

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

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Testimonial

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



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EVENT

SELF DEVELOPMENT CHARTER

SCHOOL OFFERS UNIQUE PROGRAM

By Rachel Hunt

tudents attending Self Development Charter Schools (SDCS) have a unique opportunity to attain important educational goals through the Six in Four (SIF) program.

SIF is an option for high achieving students in fifth through eighth grades. Students must excel in all academic areas. To enroll in SIF, students begin their program in fifth grade, during the 2012-2013 school year.

In today's world, it is critical for students preparing for careers in science, technology, engineering and math to receive early exposure to the core coursework.

Participating in the SIF program allows those students who are ready to complete necessary math and science classes early. For example, students will complete Algebra II in the eighth grade. Taking courses earlier gives students the option to undertake the challenge of accelerating a high school program and accomplishing six years of schooling in four years.

Science is another focus of the SIF program. In this program, students will have the opportunity to complete chemistry during their eighth-grade year. SDCS offers this program in our newly built Science Technology Center.

The middle school program also incorporates our blended language learning program, working with an elite college. This program gives our students the opportunity to learn Latin, Spanish or Mandarin. Students have the opportunity to participate in and receive high school foreign language credit when they have reached that point.

Although SDCS presently offers an accelerated program, in which all students learn at one grade level higher, the SIF program provides an additional academic and intellectual track.

Eligible students, who complete the SIF program, are allowed to begin college coursework early. In addition, completion may lead to scholarships for academic competency. Therefore, these students will complete two years of



college at a faster rate when compared with the pathway typical of middle and high school students. The students benefit from the early exposure to entry-level college classes.

Parent Rebecca Gau enthusiastically supports the program, with both of her sons attending SDCS. She is a proponent of the SIF program. "I am thrilled that SDCS offers the Six in the Four years [program]," she said. "My son is in Algebra 1, while in the sixth grade, and has completed a year's worth of Mandarin. He is excited to do his homework, and still has time for sports and other after school activities," Rebecca continued. "I am confident he is getting the best education possible."

"The program is amazing," stated Max, an SIF student. "I am overjoyed at the fact I can earn college credits in high school."

Consider the SIF program for your student. Space is limited for the 2012-2013 school year. ■

For more information, please contact Jennifer Salvatori at (480) 641-2640. You also can visit our Web site for more information regarding the SIF program and other highly rated programs at SDCS.

MESA PIPE BAND Holds Annual Tartan

DAY CELEBRATION

↑ he Mesa Caledonian Pipe Band, Arizona's premier bagpipe band, announces its 14th annual Tartan Day Gala Dinner and Silent Auction, to be held on Saturday March 31, at the Phoenix Marriott Mesa Hotel Ballroom.

This will be an evening of great food, one-of-kind silent auction items, and world-class entertainment by the Mesa Caledonian Pipe Band and the Arizona Academy of Highland Dance.

The event begins at 6 p.m., with no host cocktails and the silent auction. The dinner and entertainment begin at 6:30 p.m. Proceeds benefit the educational and performance programs of the Mesa Caledonian Pipe Band, a 501(c)3 non-profit organization.

Tickets are \$55 each, or two for \$105. In addition, there is a \$20 kids menu available for those 15 and

This truly is a wonderful family event. Tickets can be purchased by phone at (480) 641-8073. Reservations are required by March 26.



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Karve Method offers isometric interval TRAINING FOR A LONG, LEAN BODY

By Kendra Jordan, owner of k Pilates and Karve Studio

he ballet barre fitness craze finally has hit the

Valley after having massive success over the past
decade in areas like New York and California.

So, what is the deal with this method, and why has it
become so popular?

BALLET BARRE FITNESS HISTORY

The ballet barre class structure actually started about 60 years ago by a woman named Lotte Berk. Lotte was a German-born dancer, who was forced to retire from her dancing career due to the injuries her joints and spine had taken over the years, from her high-impact dance training.

Lotte didn't want to lose the fantastic physique that her years of dance training had given her, despite the injuries that came with it. So, Lotte worked with her physical therapist to combine proper alignment and orthopedic stretching techniques with ballet-inspired movements that didn't involve any impact on the joints or spine.

Lotte's fitness method became very popular in London. Eventually, she was convinced to open studios in New York City. The following continued to grow exponentially. Since her death in 1994, the method has branched out under different namesakes. Now, the ballet barre method can be found in almost every state, including *Physique 57*, in New York; *The Bar Method*, in San Francisco and Los Angeles; and *Karve Studio*, in Arizona and Utah.

HOW DOES IT WORK?

The exercise technique creates a uniquely lean, firm and sculpted body by combining the multiple body-shaping principles of isometrics (small, controlled movements, which keep the muscle working in its maximal calorie-burning range), the body-elongating practice of dance conditioning, the science of physical therapy, and the intense pace of interval training. These all are



combined in a progressive exercise format, which quickly and safely reshapes and elongates muscles. The results are the long, lean lines of a dancer:

- Firm, elongated muscles
- Reduced body fat
- Improved posture
- Long, narrow thighs
- A lifted seat and defined hamstrings
- Strong, flat abdominals
- Increased stamina and energy

The bulkier muscle fibers of the body (which many women are afraid of developing) react to lifting heavier weights, doing less repetition, and adding more rest in between each set. In ballet barre fitness methods, like Karve, isometric training (using very light weight and high repetition on each area of the body) of the arms, waistline, hips and thighs, as well as the seat area, allows the longer, leaner muscle fibers to develop. This method of isometric training is just as intense, if not more challenging, than lifting heavy weights in a traditional weight-training program. After each body part is worked to a fatigued state, the muscles are actively stretched, using Pilates, yoga, and orthopedic-inspired

positions to keep the muscles supple.

These controlled movements are very focused, effective and safe because the body and mind are constantly working throughout class. If you lose mental engagement, your results will not be as noticeable. Proper alignment is the primary focus, no matter what body part is being worked. In addition, every class has

a variety of positions, which are linked in an interval-based format in order to keep caloric burn at its highest, and impact on the joints at a minimum. Although the class structure is sequenced specifically to define the body and burn fat, it is never the same workout every time.

Overall, the ballet barre fitness technique is not a dance class, nor does it really resemble ballet at all. Clients in class aren't expected to do the splits, nor are there any dance moves or complicated choreography to intimidate clients. Ballet training inspires the positions and moves done at the ballet barre. However, the aspects of alignment, safety and focus create a well-balanced fitness format beneficial for all fitness levels, even for those who experience difficulty attending traditional group fitness classes.

The secret to any fitness regime is to do something you enjoy, and keep your routine from getting stale. This method provides just that and all of the components (strengthening, stretching and cardiovascular) you need to develop a strong healthy physique.

For more information, call (480) 840-1860.











HEALTH

LEARN YOUR BODY COMPOSITION rather than just your body weight

Submitted by The Hit Center

t is a common misconception that body weight translates L to a person's overall level of fitness and health.

Insurance companies and

doctors alike measure how you fit into health norms by something called your BMI. BMI stands for Body Mass Index, and is an equation in which an individual's body weight is divided by the square of his height. This formula is fast and easy, and produces very consistent numbers, allowing for statistics to be established on the general population. The downside to BMI is it does not differentiate what makes up a particular person's weight.

Aside from body fat, our organs, water, blood, skin, bones, muscle and ingested food make up major portions of our overall body weight, which is not accounted for within BMI. These outside factors make BMI results wildly

Here at The Hit Center, we use one of the most comprehensive body composition measurement devices available to the public. It is called the BodPod (air-displacement plethysmography), and it is a barometric chamber similar to hydrostatic weighing (done in a tank of water). The BodPod produces very accurate results in establishing a person's body fat to lean mass percentages.



Lean mass is everything in your body other than your body fat. The BodPod is fast, easy, and can be reproduced by any administrator without sacrificing the accuracy of the results. This reliability allows our trainers to establish your exact level of fitness, and help you develop a plan to reach your goals, whether it is

through modification of your caloric intake, or to your daily activity levels. The BodPod is you, on paper!

The Hit Center has helped hundreds of people reach their fitness goals, and the BodPod has played a huge role in our ability to do that. Whether your goal is to lose weight, build muscle, or to gain weight and size, the BodPod helps. Our BodPod report helps establish what you are made of, and takes the guesswork out of reaching your goals. You will know your resting metabolic rate, the caloric cost of certain activities, how many sessions you will need to reach your goals, and where

you should be fitness-wise, based on your gender and age. ■

> If you are looking into starting a fitness routine, dietary change, or you just are interested in what you are made of, The Hit Center and the BodPod can help. To schedule your free fitness assessment and your BodPod body composition test, call The Hit Center today at (480) 981-0600.

HEALTH

ENERGY WELLNESS explained every Friday night

By Dawn Abbey

¬ ver since Victory Energy Wellness Center opened in January, owner ■ Jolene Victor has been conducting free Energetic Enlightenment sessions every Friday evening, from 7 to 8:30 p.m.

For those who are not familiar with energy wellness modalities, such as biofeedback, kinesiology and other forms of using energy for balancing and wellness, it can be a fascinating experience. Everyone is invited to view the weekly demonstrations, tour the center, meet with trainers and participants, win prizes and enjoy refreshments.

Participants will be able to try out various energy modalities, such as the massage chair, the K1 Vibration Platform and Quantum Pulse machine, while getting an explanation about how and why each works.

"Ever since the discovery of quantum mechanics, in the early 1900s, scientists have learned that all things are made up of energy, including the human body," said Jolene. "Today, with the extraordinary

advances in computer technology and software, we have learned to use the body's own energy to eliminate stress and reclaim balance by utilizing various energy techniques and devices."

DEMONSTRATIONS SET FOR MARCH ARE:

MARCH 2—Biofeedback: Medical professionals have long used biofeedback machines to assist patients in balancing their stresses and energies. Recent improvements allow the machines to divert your own energy back to you.

MARCH 9—Simply Healed Energy Work: Energy clearing for mind, body and spirit.

MARCH 16—Enerpathic Technology: Tools to balance, strengthen and clear the body and energy systems.

MARCH 24—The Emotion Code: Releasing trapped emotions through kinesiology.

> MARCH 31—Essential Oils to Enhance Your Mood and Health: Learn how to enhance your life through energetic tools and essential

For more information, call (480) 422-7022, visit www.VictoryEnergyWellness.com, or just drop by Victory Energy Wellness Center, located on the northwest corner of Power and Thomas roads.





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DESERT ROSE PRESCHOOL AT LAS SENDAS

By Rose Buttitta, Preschool Teacher

▼ he children are having a good time while learning about special holidays, Dr. Seuss and rainbows.

February was a month of celebration and learning new skills. The children celebrated Valentine's Day with a party of love and giving a special picture in a Valentine frame. They learned about Groundhog Day, as well as presidents George Washington and Abe Lincoln.

We also learned about taking care of our teeth by brushing and not eating too many sweets. Everyone received a new toothbrush.

Progress reports were sent home for the parents to review.

We continued practicing our cutting and learning about opposites. We did lots of patterning and sequencing by making bracelets. We are working hard on making sure the children learn to recognize all the letters of the alphabet and numbers 1 to 20. They also are learning to write all the letters of the alphabet and recognizing their names with ongoing practice.

I have a large group of pre-k students who are reading. I go over the words with the children. I then send the book home with them to read with their parents. When they feel they know all the words, they bring them back, and read the book to the class. I'm so very proud of them.

In March, we will be learning about Dr. Seuss, spring and St. Patrick's Day. We will learn about shamrocks, or three leaf clovers, and pots of gold. Hopefully, we will have a visit from leprechauns. We will be going to the Parke at Las Sendas, and we will explore all the new things that happen when the weather changes—maybe not that much in Arizona. Rainbows and color wheels also will be a highlight of learning for the month of March.

MATH GAME—COUNT TO 10

Write a different number, from 1 to 10, on 10

small paper plates. On the back of each plate, draw a set of dots equal to the number on the front. Place the plates in a paper bag, along with a set of 10 to 12 plastic counters, or beans. Ask the children to remove a plate, and place it on the

table with the dots face up. Have them put a counter on each

dot, and then count the counters. They can check the back of the plate to see if they named the correct number. For practice in creating sets to match numbers, have the children place the plates, with the numbers face up. Have them name the numbers, and count out that many counters. Finally, have them turn

CLASS REGISTRATION

their answers.

Registration will start in March, and it will be ongoing until May. You must fill out a registration form with a \$25 registration fee. This registration fee is nonrefundable. If you are interested in the Summer Camp, please indicate so at the top of the registration form. An additional \$25 registration fee is required for the summer session. The summer session will start during

the plates over, and put the counters on the dots to check

the third week of June, on June 18, and it will go until Aug. 10. Summer Camp will run for eight weeks. There will be a total of 22 students for the summer session. All students must have immunizations up to date and properly noted on the registration form.

Next year, we will offer the following classes:

- 9 to 11:30 a.m.—half day
- 9 a.m. to 1 p.m.—including Lunch Bunch
- 9 a.m. to 3 p.m.—full day

You could pick two days, three days, four days or full time. You pick the days and times. I will work with you to make sure we accommodate your needs.

> I would like to thank you for all your support, and for telling your friends and neighbors about Desert Rose Preschool at Las Sendas. With all the phone calls and e-mails I receive, we are still one of the most popular preschools around. I work hard to give each child the attention and support needed to be successful at the elementary school level.

This is the time of the year when parents ask me if their children are ready to go to kindergarten. Historically, the chronological age of 5 was the sole determinant in deciding when children should enter kindergarten.

Today, we recognize the fact children with identical chronological ages can vary widely in their social, intellectual and emotional maturity. Studies show older kindergarteners have a higher percentage of success in school than the younger children.

As a group, younger children also experience more adjustment problems, which are apt to carry over to later grades. Generally, girls adjust more successfully than boys. When there is doubt about your child's readiness, delaying entrance for a year is a preventive measure, which can increase the chances for a successful kindergarten experience. ■

Desert Rose Preschool at Las Sendas is not a daycare, but a curriculum-based preschool. If you have questions, call Rose Buttitta at (480) 654-4223, or send an e-mail to jbuttitta@cox.net.

Keal Estate in Las Sendas

Las Sendas Area Market Report

Sales for the Month of January 2012

Address	Square Feet	Community	Sold Price	Short Sale Or REO
7320 E. Mills St.	1,856	Windsong	\$152,000	Х
7445 E. Eagle Crest Dr. #1071	1,659	Cachet	\$165,000	Х
7255 E. Northridge St.	1,856	Windsong	\$170,000	
7650 E. Regina St.	1,571	Rolling Hills	\$184,595	
7318 E. Tyndall St.	2,150	Featherwind	\$187,500	Х
6864 E. Portia St.	2,229	Vintage Hills	\$220,000	
3060 N. Ridgecrest #76	2,734	Desert Vistas	\$222,000	Х
7509 E. Orion Cir.	2,732	The Terraces	\$265,000	Х
6925 E. Sierra Morena Cir.	2,835	Cobblestone	\$280,000	Х
7361 E. Rochelle Cir.	3,232	Boulder Mountain	\$329,000	Х
7349 E. Red Hawk St.	3,232	Boulder Mountain	\$365,000	
7260 E. Eagle Crest Dr. #29	5,624	Black Rock	\$760,000	
4362 N. Diamond Point Cir.	8,016	Diamond Point	\$3,500,000	



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

Sales Information provided By John Karadsheh, ABR, CRS of Coldwell Banker Trails & Paths Premier Properties www.BuyAndSellAZ.com







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



\$110,000 Sunbird 969 sf ~ 2 BRs ~ 2 Baths Active Adult (55+) Community Immaculate One Owner Home!



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SALON SHEDS NEW LIGHT ON THE **BUSINESS OF HAIR COLOR**

Submitted by True Essence Salon

t True Essence Salon and Spa, we care not only about the services we provide, but we also care about the products we use in our services.

We want our guests to have a reason to come to us and stay with us!

Our Aveda Hair Color proves nature works with the evolution of color. Our system is designed for personal customization.

Artistic freedom is given with Aveda Full Spectrum color. The color choices offer limitless options, optimum shine, pleasing fragrance, and the consistency of tone and quality performance has long-lasting results. Best of all, Aveda color products are up to 98 percent naturally derived.

We would all agree that each of us is undoubtedly unique. It is no stretch therefore, to also assume our hair's DNA is unique, as well. Aveda Hair Color allows our color specialists to formulate individual design and style. Can you say your colorist is working with a full spectrum of color options?

With its unique base, shades and pure tones, Full Spectrum Color creates couture color, specifically designed for each individual guest. Many manufacturers' color lines come pre-mixed. Full Spectrum is separated into components. So, your colorist can mix and match pigments, and truly can use creativity when formulating. With the new formulation, our color line is now 98 percent natural and virtually damage free.

It has been our mission to strengthen and enhance our guests' hair. Along with



Aveda, we are able to make that our first priority. Aveda has paved the way by only allowing 1 to 3 percent synthetic ingredients in our color formulations. Most salon-brand hair dye is 100 percent synthetic and petroleum-based.

Our hair color system uses essential oils and plant extracts, giving us the ability to offer longer lasting color, vibrant reds, rich chocolate browns and silky blondes. This is a patented process, which oxidizes the dye using green tea extract. The end process is less petroleum-based, but the result also is more natural looking, shiny hair.

At True Essence Salon and Spa, we are proud to offer Aveda Full Spectrum hair color. It is a no compromise color line on every level.

Come visit us. Let us create your own personalized color palette. You will love the results.

EDUCATION

New Frontiers Provides LIFELONG LEARNING

Submitted by New Frontiers Tpring semester classes and activities are happening each day for New Frontiers

The open house, on Jan. 27, at our new location, 145 N. Centennial Way, was very well attended, with 48 people becoming new members. After paying \$50, they registered for as many classes as their schedules would allow. Classes include armchair travels, history, spirituality, art and music. Classes also are available in science, money matters, sign language, well-being, computer things and discussion groups.

A few classes still have room for new registrants, but many are full, with waiting lists. Activities in which to participate include excursions, movies and oncea-month lunch at a different restaurant. There also are performances at the Theatre Outback on the Dobson campus at Mesa Community College. New Frontiers members can obtain tickets for the Theatre Outback performances at student rates with their student ID cards. For information on performances, go to their Web site at www.mesacc.edu/dept/d55/thp. The student ID cards can be used for discounts on campus and in the Mesa community.

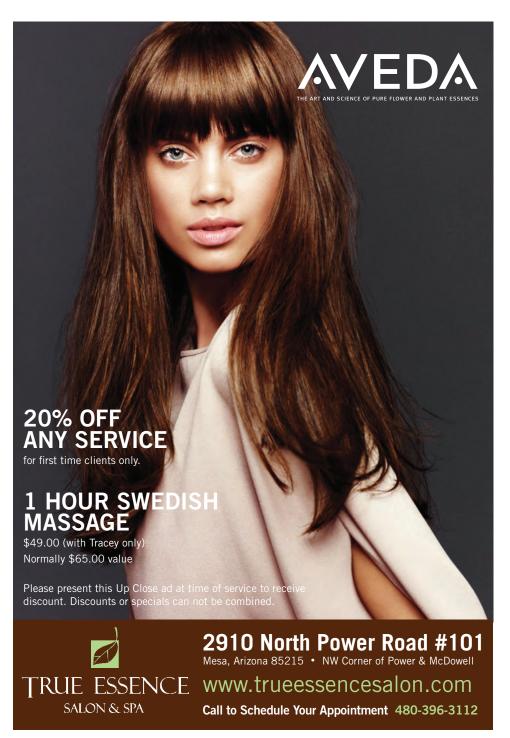
Classes and activities take place

on the Mesa Community College campuses at Southern Avenue and Dobson Road, the Red Mountain location, at McKellips and Power roads, and the Downtown location, at 145 N. Centennial Way, at both active adult centers, at 247 N. Macdonald St. and 7550 E. Adobe Road, as well as several other locations.



New Frontiers members can enjoy lunch at the active adult centers for \$3 a day, Monday through Friday. Reservations are required by noon the day before. Call (480) 218-2221 at the Red Mountain location, and (480) 962-5612 at the Macdonald Street location.

For additional information, go to the Web site at www.newfrontiers-mesa.org, or call (480) 461-7497.







GOLF TIP OF THE MONTH

BALANCE IS A KEY component for every golfer

By Ben Weir Director of Instruction Las Sendas Golf Academy

Then addressing the golf ball and throughout one's swing, it is crucial for the player to maintain proper balance.

Proper balance begins with the

address position. There are a few simple keys, which allow a player to begin building a foundation for desired balance prior to the swing. It is unlikely, but possible, for a golfer to occasionally hit

wonderful shots without the proper balance on the backswing or the downswing. With less than proper balance, desired shot patterns become a hit or miss game of chance. In order to alleviate such a dangerous game to play, it is far easier to follow a couple basic principles.

When addressing the ball, one must first have a wide enough stance to withstand the balance pressures, which match the chosen club. Wedges require the narrowest stance, and a driver requires the widest, small to big, in accordance with the club. Next, the weight must be evenly distributed side to side with slightly more weight forward on the balls of one's feet to attain a strong

foundation before beginning the swing.

The entire goal for a golfer desiring great balance is to load properly on the backswing, and to transfer completely on the downswing into the finished position. In order to achieve proper load and balance, a player must focus on his weight on the inside of the right foot, right knee and right hip flexor

by the top of the backswing. In order to achieve proper transfer and balance, a player must feel a downward thrust, which is initiated by the core body (hips, abdominals, etc.) and a rolling of the right

instep/foot into a full upright position.

When the correct address position and a few simple keys on the backswing and downswing are learned, a player has a greater chance of achieving proper balance throughout the swing, which, in turn, will lead to more desirable shots.

If you have any further questions on balance or any other part of your golf game, please do not hesitate to visit lassendas.com/academy, e-mail me at benweir@pga.com, or call me directly at (602) 391-7100. I would be happy to arrange your next lesson, and provide you a roadmap to improving your game.



Annual benefit golf tournament **HELPS FIGHT HEART DISEASE**

By Corey Schubert Public Relations Specialist

I olfers have the opportunity to play T a round a golf and help save lives during the annual Golf is Where

the Heart Is tournament to benefit the Women's Heart Center at Banner Hospital, taking place at 8 a.m. Saturday, March 31, at Leisure World Country Club, 1548 Leisure World.

This year's tournament includes mixed flights for singles or groups. Since 2008, organizers of this

tournament have successfully raised more than \$63,000, with all proceeds from each tournament benefitting the Women's Heart Center. The newly expanded center provides education, information and preventative screenings to assist women in making healthy decisions in their lives, and helps to reduce deaths caused by heart disease.

Valley resident and golfer Carol Peterson was so impressed by the care she received at Banner Heart after suffering a heart attack, she decided to take her fight against heart disease to the golf course. She organized this tournament to help other women.

Carol asked, "Who takes care of the kids when they get sick? Mom does. Who takes care of the dad, the husband? Mom does. Who takes care of his or her parents and the family pet? Mom does. So, who is taking care of Mom?"

"This event greatly helps our efforts in raising awareness of the risk and symptoms of heart disease for women," said Debbie Flores,

CEO of Banner Heart Hospital.

The risk and incidence of heart disease starts to increase in women starting at age 40. Yet many are not aware of the symptoms. Many think of it as a man's disease, or think

> the symptoms of a heart attack in men are the same for women. Since women are accustomed to being caregivers, they tend to dismiss their own symptoms, and take longer to seek medical attention.

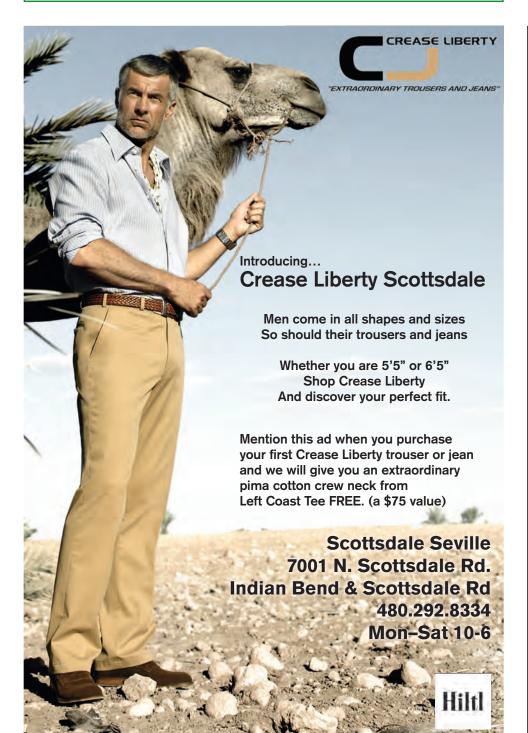
The Women's Heart Center hopes to raise awareness of heart disease in

women of all ages. Carol's mission is to make sure women have all the information they need, and that's why she does this tournament every year.

Registration is \$135, and \$50 of that is tax deductable. To register, contact Louise Daggs at (480) 807-0935. ■

ABOUT THE WOMEN'S HEART CENTER

The Women's Heart Center at Banner Heart Hospital provides education, information and preventative screenings to assist women in making healthy decisions in their lives, and helps to reduce deaths caused by heart disease. The center is the first of its kind in Arizona's East Valley, and one of less than 50 nationwide. Banner Heart plans to open a full-service center soon. For more information, call the Women's Heart Center at (480) 321-4YOU (4968).



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Flancer's fund-raising events benefit injured war veterans

By Dawn Abbey

Iancer's Incredible Sandwiches and Pizzeria will hold dits 12th annual Pizza-Eating Contest and Raising the Fun fund-raising events, with the Pizza-Eating Contest set for 11 a.m., on Sunday, April 22, on the outdoor patio at Flancer's Gilbert restaurant. located at 610 N. Gilbert Road..

"Last year, we raised over \$33,000, and this year, we are determined to reach for even more," said an excited Jeff Flancer, owner of Flancer's. All proceeds will benefit Warfighter Sports/Disabled Sports USA, a nonprofit organization established to allow the war injured to participate in sports-related rehabilitation programs.

You can sign up for he Pizza-Eating Contest at the Gilbert restaurant location, or at the Mesa location, 1902 N. Higley Road. Contestants better have big appetites. Last year's winner, Chuin Jimmy Peng, of Scottsdale, downed more than 16 pieces of an 18-inch pizza during the 15-minute event to win the \$500 first prize.

Registration starts on March 15. The entry fee, which includes a limited edition T-shirt, is \$30, on a firstcome, first-serve basis for the first 25 registrants. An overflow waiting list is maintained until contest time. The winner, who must be an Arizona resident, will be crowned by Miss Arizona 2011 Brittany Brannon. There is no admission to

Tickets for exciting raffle prizes also can be purchased at Flancer's restaurants from March 15 through April 22. Tickets are \$5 each, or five tickets for \$20. All prizes are worth \$1,000 or more, and winners need not be present to win at the April 23

come out and watch the fun.

Other planned fund-raising events

are Smokes and Barrels-Microbrew and Cigar pairing, on Wednesday, April 11; and Spill the Wine, Eat That Cheese-Wine and Cheese tasting, on Wednesday, April 18.

"Local business sponsors provide prizes for the raffle and silent auction," said Jeff. "Many local businesses are major participants year after year, such as Ben Franklin Plumbing, Shamrock Foods, Alliance Beverage and others." He encouraged everyone to get involved in supporting this important program. Businesses wishing to find out more about participating as a sponsor, or donating to the event, can contact Jeff at (480) 326-9077 or at jeff@flancers.com. Sponsor information also is available under Announcements at flancers.com.

"Since 2005, Flancer's restaurants in Mesa and Gilbert have raised more than \$100,000 for Warfighter Sports," said Executive Director Kirk M. Bauer, JD. We sincerely thank Flancer's and all involved in the pizza-eating fund-raiser for the continued support, enabling Disabled Sports USA to serve thousands of severely injured service members, including those in Arizona, to rebuild their lives through

> participation in sports alongside their families, free of cost."

According to Kirk, contributions allow Iraqi/Afghanistan war veterans, who have lost limbs, to participate in a skiing or sports-related rehabilitation program soon after their tragedy. The focus is on new possibilities and self-confidence, and is a springboard for starting a positive new future.

For updated information, to buy tickets, or to sign up, visit or call the Mesa restaurant at (480) 396-0077, or the Gilbert location at (480) 926-9077. You also can check out the Web site at flancers.com. For more information on the Warfighters project, go to dsusa.org.

Breadsmith Irish Soda Bread Brings Luck O' the Irish To Your Table

Submitted by Breadsmith

rve up a little Luck O' the Irish this St. Patrick's Day with Irish soda bread from Breadsmith.

"Celebrating St. Patrick's Day is a rite of spring, and no celebration, whether it's a family meal or gathering of the whole clan, would be complete without Irish soda bread," said Greg Farr, owner and operator of

Breadsmith, located in The Village at Las Sendas, at the northeast corner of Power and McDowell roads.

Golden round loaves of wheat and white flour, rolled oats and sweet raisins are the perfect complement to Irish stew,

beef braised in stout or whatever tickles your Irish fancy. The whole wheat gives this bread a nutty flavor in harmony with its velvety texture.

"We've taken a recipe from the Land of the Leprechauns and added a little magic of our own," said Greg. "Due to customer input, we have expanded the dates we will offer Irish soda bread this year. It will be available at Breadsmith, from March 1 through 18. In previous years, our customers asked us to offer this popular bread for a longer period of time. So, we will. This bread has a large and loyal following among our customers," Greg explained.

Breadsmith specializes in handcrafted artisan breads made fresh from scratch using the highest quality ingredients, with no additives or preservatives, and baked in a six-ton hearthstone oven imported from Europe.

For more information, visit www.breadsmith.com.





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Parents Serve as Education and Career Coaches IN A NEW GENERATIONAL LANDSCAPE

Submitted by AZ Leaders and Learners

ncreased expectations and competition, decreased school resources and the high price of a college education today have parents playing an even bigger role in serving as their young person's academic and career planning coach.

Many parents find themselves transitioning from the traditional role of homework helper/monitor and activities director to a more complex role of helping to determine what classes to take when, encouraging volunteering in the community, and piecing together various parts of the teen's life to build a student portfolio, which will hopefully attract college and scholarship opportunities. This parent-teen partnership is in addition to the typical parent-child relationship, and comes with its own set of challenges in balancing dual roles.

How do we move beyond superficial, transitory or canned markers of success to help your teen find his life's calling? An obvious strategy and influence is, of course, recognizing and encouraging an area of passion for him. This may be a particular subject he enjoys in school (e.g., English), an innate or specific skill he possesses (e.g., being a leader, detailed or analytical, creative thinker, organized) or a natural or well-honed talent to which he is committed (e.g., a sport, music or arts, linguistics).

As young people approach their junior high and high school years, they may also gravitate toward or develop an interest in a philanthropic cause, which has ignited a passion.

As parents, we wield significant influence on our children every day and in a number of ways, including the way in which we support and advocate for our children in their education. Even a well-intentioned parent can easily cross the pencil-thin line existing between being a supportive mentor and the overbearing, over-protective parent of a teenage student. In our zealousness to help, we may push too hard, which can yield negative results for all parties.

Set high expectations and give your children the confidence to achieve them. Let them know you are there if they need/want your help. All they need to do is ask you. Doing too much for them undermines their independence, and perpetuates enabling (on our part), thereby not learning to advocate on their own behalf.

Another not-so-obvious factor of influence on young people today is how we, as adults, discuss our own work and workplace in our homes. Our daily frustrations with our jobs, colleagues, bosses and fulfillment in this area can overshadow any excitement and inspiration young people are looking for to plan their futures. Are we scaring them off from making career-related decisions with negative talk? Part of being a good mentor is teaching young people how to overcome

obstacles, and deal effectively with people of differing personalities. Our work discussions at home also can serve as teaching moments for our young people.

Dr. William Damon, author of The Path to Purpose, investigates the seemingly prevailing question impacting today's youth: Why are a high number of young people failing to launch, or struggling to find a life pursuit that inspires them? Dr. Damon

categorizes teens' search for their calling into four distinct groups:

THE PURPOSEFUL—Those who have found something meaningful to which they wish to dedicate themselves, and have sustained interest over time; possess a clear sense of what they are trying to accomplish.

2. THE DABBLERS—Youths who may have tried a number of potentially purposeful endeavors, but cannot commit to any of them yet.

3. THE DISENGAGED—Young people who have neither a purpose in life nor an inclination to

4. THE DREAMERS—Those who can imagine themselves doing great things in the world, but have yet to do anything to pursue their ideas in a practical way.

Through in-depth interviews and surveys of young people in the 12 to 22 age range, it was noted only about one in five young people expressed a clear vision of their life's direction, what they want to accomplish, and why. Conversely, the largest percentage (approximately 60 percent) of those interviewed did not have any steadfast commitments or realistic plans for pursuing their aspirations.

As busy parents, we are required to wear a number of different hats every day and juggle priorities and a list of tasks, which seem to have a starting point but no ending. So, before adding the important and active responsibility of being your child's education and career planning coach, ask yourself (as the most significant influence in your child's life) these three important

- 1. Are you armed with the latest information, reality and resources about today's educational and career landscape impacting this generation?
- 2. Can you create a healthy balance between being your child's supportive, encouraging (yet non-enabling) parent and a purpose-driven, accountable mentor?

3. What am I willing to change, learn or do that could help my child/teen find or explore his life's purpose and passion?

For more information on AZ Leaders and Learners, contact Mary Martha Gingerella at (480) 329-0450, or e-mail at azleadersandlearners@gmail.com. Mary is an experienced coach and family partner who can help you and your children develop a strategy to prepare for college, and she can provide information on scholarship opportunities.







MAHNAH CLUB CHARITY NIGHT Features Local Artists

By AnnElise Makin

7 ith a fine sense of beauty, the Mahnah Club of the East Valley has gathered some of the best local artists for its *Inspired* by HeART annual fund-raising event scheduled for Saturday, March 31, from 6 to 10 p.m.

Inspired by HeART, showcased at the Inspirador party spot, with its fabulous Spanish Colonial décor in downtown Chandler, includes a spread of hors d'oeuvres, cocktails, an amazing silent auction and memorable entertainment by flamenco guitarist Chris Burton Jacome. Promising to be an all-round festive time, the soirée will kick off with a magnificent jazz trio, and will feature local artists and their works.

The centerpiece of the charity night will include

children from Mahnah Club's designated charities, Save the Family Foundation of Arizona and the Child Crisis Center, who will present artwork during the live auction. Proceeds from the event will benefit these select charities, as well as the high school scholar-

Local artists have donated many attractive works to the auction.

Contributors include Dyana Hesson (painting), Marcia Wenbert (painting), Joe Robertson (painting), Beverly Gentry (photography), David Vogt (glass), Ernie Nickels (metal), Farrady Newsome (ceramics) and Sioux Westbury-Kaufman (gourd art).

Artists will represent their work at the event. A percentage from the art sales proceeds also is being donated back to the charities.

ABOUT THE MAHNAH CLUB AND ITS CHARITIES

For more than 50 years, members of the Mahnah Club, a nonprofit 501 (c) (3) women's service organization, have worked tirelessly to support charities serving to improve the lives of children, and provide supportive family units.

Save the Family Foundation of Arizona provides transitional housing and support services to assist families break the cycle of homelessness. The Child Crisis Center, founded by the Mahnah Club, provides a safe environment for children in need, and

supports services to help strengthen families.

The Mahnah Club also presents scholarships to service-oriented high school seniors, who might otherwise not have the opportunity to attend college.

Inspired by HeART Arts Soirée **Mahnah Club Charity Fund-raising Event**

WHEN: Saturday, March 31, from 6 to 10 p.m. WHERE: Inspirador, Downtown Chandler,

63 E. Boston St.

WHAT: Art, wine, flamenco, jazz, auction and

lots of tasty treats

Priced at \$80 per person, tickets can be obtained by contacting azhorns@msn.com. A few weeks prior to the event, select auction items can be viewed at www.biddingforgood.com. In addition, cash donations to benefit these charities also can be made at this site.

Mahnah Club encourages anyone wishing to make a difference in the lives of others to join them at Inspired By HeART. For more information about Inspired by HeART, Mahnah Club or their charities, check out the Web site at www.mahnahclub.org.



HOME IMPROVEMENT

Pinnacle Decorating and Painting WILL HELP MAINTAIN YOUR HOME

Submitted by Pinnacle Decorating and Painting

arrett Tardiff began his painting Tcareer some 23 years ago, while in high school, and continued painting while in college.

For the first 13 years, Garrett painted many homes in the Boston area, developing a reputation as a top painter.

In 2003, Garrett and his wife, a Mesa School teacher, decided to move to Mountain Bridge to pursue their careers and their life together.

Garrett was happy to find employment at a very well-respected company, painting large high-end custom homes in North Scottsdale and the surrounding areas of Desert Mountain and Cave Creek.

Garrett spent the next six years leading painting crews and overseeing all kinds of different types of painting work. He gained further experience in all aspects of painting and home decorating, such as custom color matching, custom staining and refinishing old and new woodwork, decorative plasters and faux painting. The work was nonstop and very fulfilling until the economy began to slow. With a family and another baby on the way, Garrett decided to start his own business, Pinnacle Decorating and Painting.

Consider these facts to maintain the exterior of your home. Stained and painted woods need weatherproofing by recoating the wood with the proper product. Garrett recommends the homeowner recoat wood every one or two years to ensure the color brightness and sun block protection for the wood. For

little money, Garrett can apply stain, and that's one less thing you will have to worry about. Fixing and even replacing the wood will cost you much more.

As far as the stucco outside of our homes, the paint is guaranteed. However, it will fade in the sun. Upon fading, you may receive letters from your HOA. Before the letters arrive, call Garrett for a

The fact is beautiful painted finishes, whether they grace interior or exterior surfaces, look their best and last longest when they are carefully applied the oldfashioned way—by hand.

Whether you require interior painting, a few rooms, an entire house or exterior painting, Pinnacle Decorating and Painting can do it all. "We have made faux painting and decorative plasters a sub-specialty," Garrett said, "and it has helped us develop a skill set complete enough to tackle even the

> Pinnacle Decorating and Painting is a very different painting company.

most demanding projects."

Garrett wants not only you, but also your neighbor, to be his customer. That's why, as the owner, Garrett is always present and working at the jobsite. This ensures a level of quality and pride that has become rare these days, and you, the customer, will be happy.

Pinnacle Decorating is licensed, bonded and insured—ROC #274102. ■

Pinnacle Decorating and Painting provides professional work at non-professional prices. Give Pinnacle Decorating and Painting a call for a free estimate. Big or small, we can do it all. Call (480) 265-7603. You also can send an e-mail to pinnacledecorating@gmail.com.

EVENT

RED MOUNTAIN QUILT IS

CENTER STAGE AT QUILT SHOW

By Audrey Good

→ he eighth annual Las Sendas Quilt Show will be held on Sunday, March 25, from 1 to 4 p.m., at the Trailhead Members Club, in the Las Sendas community.

A total of 32 members have been busy assembling another collection of quilts, which will showcase the many creative talents of the Las Sendas Quilt Club. It will be a spring afternoon filled with visual delights.

Featured in this year's show will be a group art quilt called Red Mountain. This quilt won four ribbons at the Rim Country Quilt Show this past November, in Payson. A different club member made each of the 12 blocks in this quilt. Despite expressing many quilting techniques, from appliqué of all kinds, to thread painting and paper-piecing, the unique blocks come together to make a beautiful art quilt not to be missed.

Participants in this year's Row Quilt project also will be displayed. Small groups of six quilters designed quilt rows for members of their group. When they were revealed after rotating over the year, each quilter had six quilt rows made by the other members of their group. The last task was to assemble them. The amazing final results will be revealed at the show.

In December, as many as 23 charity quilts were donated to Ryan House, a nonprofit hospice house for children, located in Central Phoenix. Additional charity quilts will be displayed at the show. These quilts will be distributed to House of Refuge and Taft Elementary School in Mesa. Money collected as admission will be donated to Sunshine

Acres Children's Home. Each club member is asked to make one charity quilt during the year. Many far exceed that pledge.

The Las Sendas Quilt Club meets at the Trailhead Members Club monthly, on the third Monday of each month, at

> 5:30 p.m. There is a half-hour social, followed by regular activities, which include a fat quarter drawing, members' show-and-tell projects and business meeting.

Sunday All-Day Sew days also are held each month, offering great opportunities for club members to get to know each other, learn new quilting techniques, and get caught up on individual projects. Special classes, taught primarily by club members, also are scheduled throughout

the year. Participation in all activities is

Quilts are always the main course, but as always, homemade cookies will be served throughout the afternoon. Whether the viewer prefers traditional quilts, art quilts, antique quilts or quilted garments, your visual appetite will be satisfied. The quilt club members look forward to sharing more than 100 quilts with guests.

The Trailhead Members Club is located at 7900 E. Eagle Crest Drive. The Las Sendas community is located at Power and Thomas roads. Look for signs to direct visitors to the Trailhead. There is a \$1 admission donation. Refreshments are free.

For more information, call Audrey Good at (480) 369-0644. You also can send an e-mail to amgood@cox.net.



EVENT

Actor Bill Murray's Sister to Perform in One-Woman Show

Submitted by All Saints Catholic Church ister Nancy Murray, sibling of actor and comedian Bill Murray, whose movies include Groundhog Day, and Ghostbusters, will be performing her role as St. Catherine of Siena at All Saints Catholic Church in Mesa, on Tuesday, March 6, at 7 p.m.



Sister Nancy, a Dominican nun from Adrian, Mich., researched and wrote the 90-minute production. She has performed her one-woman play more than 300 times in various countries and places throughout the world, portraying a saint, "who spoke boldly to popes and princes."

Sister Nancy's one-woman bravura performances enchant, inform and

inspire adults and school children alike. Catherine's story speaks to Sister Nancy's audiences. They throng around her after each performance. Besides her impressive dramatic skill, Sister Nancy uses her teaching and pastoral skills with her

The play displays the wit, humor, drama and history of St. Catherine of Siena's life. The production involves audience participation, and all those in attendance are awed with Sister Nancy's

Tickets are \$10 per person and \$5 for children ages 12 and under. The production will be held at All Saints Catholic Church, located at 1534 N. Recker Road. Tickets may be purchased at the All Saints office, Monday through Thursday, from 8:30 a.m. to 4 p.m. (the office is closed, from noon to 1 p.m., Monday through Thursday), Friday from 8:30 a.m. to 1 p.m., and after masses on Saturday and Sunday in the All Saints Plaza.

Sister Nancy is the third of nine children, and her famous brother, Bill, is the fifth child. Other Murray brothers involved in the theatre are Brian Doyle, John and Joel, who also have many credits to each of their names.

For information, to have your questions answered, or to purchase tickets, please contact Christine or Ann, at the All Saints office, at (480) 985-7655. You also can send an e-mail to cgray@asccm.org or apalmer@asccm.org.

EVENT

COMMUNITY IS INVITED TO Barbecue and Music Festival

Submitted by Marilyn Husted Communications Committee

icture going to an oldfashioned neighborhood barbecue, complete with wonderful food, live music, and funfilled activities for all ages.

Join your neighbors and invite your friends to the 2012 Barbecue and Music Festival, sponsored by Red Mountain United Methodist Church, in Northeast Mesa, on Sunday, March 25, from noon to 2:30 p.m.

"This is our gift to the community," said Senior Pastor Mary Bullis. "It will be a funfilled day, and is free to all our guests."

The picnic-style lunch will be from Waldo's BBQ, and will include barbecue sandwiches, hot dogs, cowboy beans, coleslaw, potato chips, beverages, and dessert.

There will be music throughout the afternoon. Margie Mays, an accomplished steel guitarist, will be one of the featured musicians. She began playing this

unique instrument when she was just 10 years old, and went on to play with a band, featuring the actor John Agar, called the Freedom Train. Margie also was a part of the warm-up band for the Gatlin Brothers. She has performed in England and throughout the United States, including Hawaii. She now teaches students how



to play the pedal and non-pedal steel guitars.

Margie will display her many talents at the Barbecue and Music Festival when she plays the steel guitar as part of a guitar and vocal trio. The performance, featuring both Christian and country

music, will take place during two 45-minute sets in Madsen Hall. According to Margie, this music appeals to all ages, but especially to those who love old-style country music.

The opening act will be in the big tent behind the church, featuring Jim Moses, an accomplished singer and acoustic guitarist who is well known for his classic folk music and ballads. Also featured will be the Shining Star band, a professional group composed of musicians, who have entertained locally, nationally and internationally. They have performed at many of the leading resorts in Arizona, as well as at half-time shows for the Phoenix Suns and the AZ Rattlers. They are known for offering a wide variety of music, which includes pop and rhythm and blues.

In addition to many other activities, there will be face painting and bounce houses for children.

More information is available by calling the church at (480) 981-3833, or visit the Web site at rmumc.com. The church is located just north of McDowell Road on the west side of Power Road.

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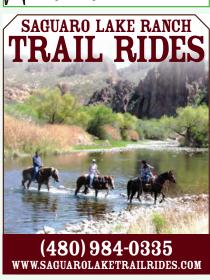






















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\$1,250,000 4,026 sq. ft. 3BR, 3.5BA, 4G. Panoramic city light & Mtn. views, gourmet kitchen & negative edge pool.



UNDER CONTRACT 3,232 sq. ft. 5BR, 3BA, 3G. Golf course lot, viewing deck off of mas-

ter, grante counters & SS appliances.



\$1,600,000 6,189 sq. ft. 5BR, media room, 6BA, 4G. Gourmet kitchen, spectacular views, wine room, pool w/waterfall.



UNDER CONTRACT
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\$538,000 2,883 sq. ft. 3BR, 3.5BA, 2G. Culde-sac lot, 2nd master suite, granite counters, Pebble Tec® pool & BBQ.



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\$3,200,000 7,179 sq. ft. 5BR, 5.5BA, 6G, 1.85 acre lot. City light & Mtn. views, granite counters, canterra columns.



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