

Las Sendas Up Close

Bringing neighbors closer to their community

May 2013

Moms Who Balance Career and MOTHERHOOD REFLECT ON MOTHER'S DAY

By Dawn Abbey

Photos By Artistic Impressions
Fine Photography

May always means a celebration of Mother's Day, but you don't have to be actual family to enjoy a special mother-daughter bond, or to respect the roles of mothers everywhere.

Carey Pena, 3TV Emmy award-winning news anchor, and Sandy Barbetta, co-owner of Cosmos Salon and Day Spa, have a special longtime relationship of mutual respect for each other's hard work and dedication to family. "I think of Carey as one of my own daughters," said Sandy.

And Carey has similar affections. "I met Sandy when I was fresh out of college, producing stories about fun new places around the Valley," said Carey. "I covered a fashion event at Cosmo's Salon, and the rest, as they say, is history. She is my one and only hairdresser, but so much more than that. She is like my second mom," Carey continued. "I love Sandy's creative spirit."

Sandy keeps family close by, managing her family-centered salon business for many years in Mesa, with her husband, Cosmo, daughter Dana and son-in-law,



Chris. "The rest of the staff is like family, too, with many having been with us for more than 10 years," Sandy said. "And we all live nearby, too, in Las Sendas."

"I have been blessed to grow my career here in Arizona—a place I fell in love with while attending ASU," Carey stated. "I've worked at 3TV as a reporter, covering general news and investigative stories before moving into my role as an anchor and host of our Sunday political show, *Politics Unplugged*. Recently, my role was expanded to include anchoring our 6 p.m. broadcast, as well as 9 and 10 p.m. news Monday through Friday," Carey continued. "I co-anchor with a great guy, Fields Moseley. He is a husband and father of three, so we are on the same page as far as trying to balance work and family."

When asked how she manages a high-profile job and takes care of twins, too, Carey responded, "The key to making it all work is balance. My husband also has a very busy career as an attorney," she said. "We approach everything as a team."

Carey strives for quality family time, too. "When I am with my two-year-old twins, I focus entirely on them—no distractions, she said. "And I always

strive for time well-spent, whether that is at work or at home. What's the use of running yourself ragged if you aren't inspired and enjoying what you are doing on a daily basis? My motto is, make it matter," Carey exclaimed.

Modern motherhood is a balance of making choices and making time, something Sandy and Carey both agree. ■

If you have a story you would like to convey to Carey, e-mail her at cpena@azfamily.com, or connect on Twitter @CareyPenaTV and Facebook at [facebook.com/careypena](https://www.facebook.com/careypena). Contact Sandy at (480) 844-0707, or at Cosmos Salon and Day Spa, located at 2837 N. Power Road in The Village at Las Sendas.

ASU4FOOD FILLS FLASH TO FEED HUNGRY

Submitted by United Food Bank

The final results are in, with ASU4FOOD raising 647 pounds of food and \$849.59 in donations on March 27, in the annual *Fill the Flash* Food Drive.

This student group's one-day effort will provide 4,248 meals to those who are hungry in the community. The *Fill the Flash* event aims to fill up one bus used to circulate Arizona State University (ASU) students around the campus.

ASU4FOOD is a charitable organization comprised of students from ASU. The aim is to combat the growing hunger problem in Arizona. In the last four years, this group has raised in excess of \$20,000 and more than 25,000 pounds of food.

"We are so proud of organizations like ASU4FOOD, whose members give up their time to raise funds and

awareness for United Food Bank," said Bob Evans, President and CEO of United Food Bank. "These college students have a lot going on during this time of year, so this act of generosity is simply amazing."

For more information about United Food Bank, visit the Web site at www.unitedfoodbank.org. ■



About United Food Bank

United Food Bank is a private nonprofit organization, providing hunger relief/food assistance by collecting, acquiring, storing and distributing food and related commodities through a network of partner social services agencies in the East Valley, Eastern Maricopa

County, Gila and Pinal counties and Southern Apache and Navajo counties. United Food Bank receives the prestigious four-star rating from Charity Navigator, an independent charity evaluator, for its efficiency.

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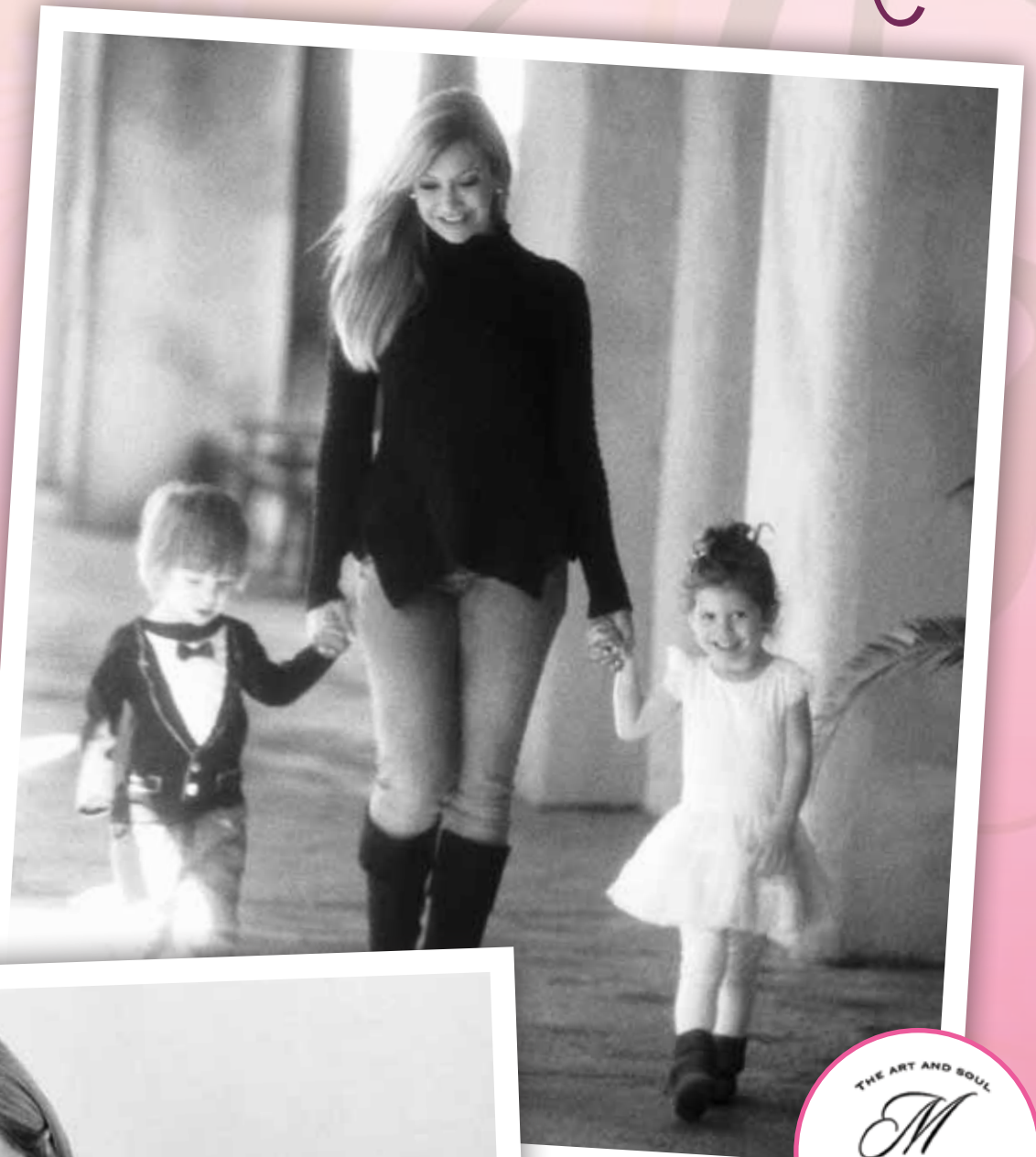
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Cosmos

*Happy Mother's Day
to all Moms!*



*Carey Pena
Co-anchor, 3TV News at 9
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COMMUNITY

CELEBRATE YOUR SPECIAL EVENT at The Vistas Pavilion at Las Sendas

Submitted by Las Sendas Golf Club

The word is out—The Vistas Pavilion at Las Sendas is the place to celebrate your wedding, birthday, anniversary or team-building corporate event.

This unique celebration venue officially opened on March 5, with a ribbon-cutting ceremony by Mesa Mayor Scott Smith and Alice Cooper. The Vistas has already booked a number of weddings for 2014, and currently is taking reservations for holiday parties in December.

There are a number of discounts, up to 50 percent, available for events booked and hosted during the months of June, July and August. For more information, please contact Tannis McBean, Sales and Marketing, at (480) 396-4000.

Design and architecture elements were addressed with care to ensure this spectacular venue took full advantage of an elevated mountain location with panoramic views of the golf course, surrounding mountains, the Valley, sunsets and city lights. The interior design includes warm Tuscan colors, elegant wall sconces and a separate bridal room. The stunning paisley carpet was ordered specifically to enhance the ambiance of the room.

The pride and joy of the venue is the massive wrap-around patio on the upper level of The Vistas Pavilion, creating views, which surpass all expectations. There have been a number of events hosted at the new setting, with each and every guest enjoying the amazing sunsets. "This venue has, by far, the best views I have ever experienced," is the common comment from anyone visiting the Vistas.

The Vistas is Mesa's newest premier venue, focusing on the highest quality of services for weddings, banquets and corporate events. The Vistas can accommodate



large and small weddings, and has four different ceremony locations from which to choose. Wedding

packages are available and include a number of exquisite cuisine options designed by the executive banquet chef and his culinary team. Both plated and buffet services are available.

The Vistas has optional services from which to choose, including corporate owned and operated limousine services, valet services, dance floor and many more. The Vistas is adjacent to Bogey's Steak and Seafood Restaurant, providing rehearsal dinner options for a total and complete wedding package.

Together, the Las Sendas Golf Club and the Vistas Pavilion offer a unique venue and urban oasis for any and all corporate events, meetings and conferences. Corporate packages have been designed to accommodate large and small groups for morning, afternoon and evening events.

There are three meeting rooms available along with Internet, audiovisual and teleconferencing capacity. Menus have been carefully designed to meet and exceed the expectations of guests locally and from afar. There are two amazing hotels—The Hyatt Place and the Marriott—both just 10 minutes from the Vistas at Las Sendas for out-of-town guests.

The Vistas Pavilion at Las Sendas is a vibrant setting to host your special birthday, family reunion or anniversary celebration. You can choose a magical outdoor location on the patio, or an elegant party atmosphere in one of the three indoor banquet rooms. The banquet rooms can host smaller parties of 50, or larger events for 300 guests. The Vistas is the proud host of the annual Alice Cooper Solid Rock Foundation, Phoenix Coyotes Alumni, the Youth Hockey League of Arizona and the Chamber of Commerce golf tournaments.

"Our goal is to excite and delight our guests with extensive culinary offerings," said Dennis Shaw, Director of Food and Beverage. "We have developed a mass of menu options, including vegetarian and gluten free choices. Our grand opening events have included elegant seafood appetizer stations, chef-attended carving stations and a vast array of tray-passed hor d'oeuvres," he continued. "We have hired Catering Director Jackilyn Russo, who brings an extensive background of experience and an unsurpassed level of energy. She is our most important customer-facing resource. Please feel free to contact her for further information and to work with you in detailing your event to remember." ■

For more information on weddings, corporate events or special occasions, visit www.lassendas.com, or call Tannis McBean, Sales and Marketing, or Jackilyn Russo, Director of Catering, at (480) 396-4000. Send an e-mail to info@lassendas.com.

LAS SENDAS GOLF ACADEMY JUNIOR GOLF GROUP LESSONS



JUNIORS

Dates

June 5 and 6
June 12 and 13
June 19 and 20

July 17 and 18
July 24 and 25
July 31 and August 1

Sunshine Cup
Tournament
Friday, August 2

JOIN IN ON THE FUN!

Ages of students range from 5 to 15 years. Juniors grouped according to age, gender and skill level. Basic Fundamentals, Games, Drills, Rules and Etiquette and on Course Play are offered. Join anytime throughout the summer. Group Lessons are offered Wednesday and Thursday morning on various weeks. Juniors in the program play free when accompanied by a paying adult.

Wednesday and Thursday - Starts June 5th
7:30 to 9:00 a.m.

Registration forms are available at Las Sendas Golf Shop or online at www.lassendas.com

Email tberman@lassendas.com or call Tracy Berman at 602.920.8208

The Vistas at Las Sendas Summer Sizzler

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SPORTS

Golf All Summer
FOR ONE FLAT FEE
AT ALTA MESA GOLF CLUB

By Dawn Abbey

Alta Mesa Golf Club currently is offering its super Summer Program Special Membership, allowing golfers to come out all summer long and play golf for a flat fee of \$1,300 for a single or \$1,600 per family.

"That includes unlimited green fees and full use of our 10-acre practice facility," said Member Service Coordinator Kim Hind. "Our practice facility has two driving areas, two putting greens, as well as a great pitching and chipping area. It's a great way to check out Alta Mesa Golf Club, and meet our members to see if Alta Mesa is the perfect fit for you all year long."

In addition, summer members are invited to patronize the Bar and Grill. Try the tasty summer specials, and enjoy the new outside covered patios, complete with beautiful views of the golf course, lakes and sunsets.

"We welcome all ages and all golf levels," said Kim. "We also provide a very instructive junior golf camp during the summer, and welcome beginning and advanced young golfers to participate. We also have couples twilight golf, clinics and fun social events for the whole family."

For more information, contact Kim Hind at (480) 832-3257, ext. 100, or send an e-mail to kim@altamesagolf.com. Alta Mesa Golf Club is located at 1460 N. Alta Mesa Drive.



DINING

FLANCER'S IS READY TO DELIVER
Your Catering Needs

By Dawn Abbey

The gang is coming over when? How many did you invite?

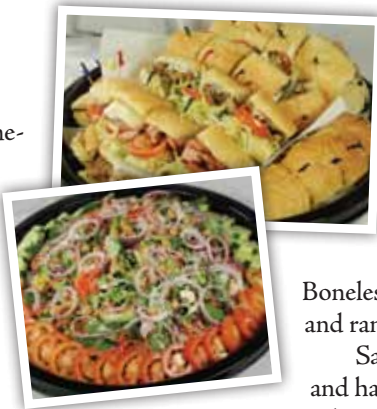
Do you ever get stuck with a last-minute get-together and want to serve something really good, but there's so little time?

Flancer's Incredible Sandwiches and Pizzeria is ready to feed your crowd with delicious sandwiches, salads, pasta dishes, fresh lemonade and brewed iced tea and homemade desserts, as well as the ever-favorite pizza and wings—but not your average pizza and wings. And they will even discount your entire order 10 percent if you give them a 24-hour notice. But if you only have an hour, they can prepare a feast for 30 that quickly.

If you do have the time to plan ahead, Flancer's is ready to help you create an unforgettable graduation party, wedding reception, spring garden party picnic, or corporate meetings and events, said Greg Ringel, Mesa Flancer's general manager.

"We do quite a bit of catering for local businesses," said Greg, "but sometimes regulars don't think about having their favorite local restaurant cater a personal event. We want to encourage everyone to give us a call, and let us help you plan a menu that's just right for your guests, and relieve you of all the preparation," he continued. "In addition to the food, we provide plates, napkins and utensils. And we can deliver."

A large selection of the appetizers, sandwiches and entrées, popular on Flancer's regular restaurant menu, also are available for delivery to your gathering. Known for top quality and creative menu item names, Flancer's takes



everyone's favorites to the next level, like Homemade Chicken Strips made from scratch, Homemade Beer-Battered Mozzarella Triangles or Goat Cheese Bruschetta. Choose a selection of any of their eight regular appetizers for \$61.

An order of Wing of Fire (eight dozen medium wings) or Bad to the Boneless Wings (32 pieces) with carrots, celery and ranch is \$61.

Sandwich platters, featuring a half sandwich and half salad, feed six to eight for \$67.50.

Choose from Cheese Steaks, Prickly Pear Chicken, It's About Thyme, Chile Birdie Verde or Hoagies with Fresh Great Green Salad. You also can order just sandwiches, or a premium sandwich and salad platter for a bit more.

For more of a sit-down meal, there's a wide variety of Pastative Vibrations, served with Flancer's Roasted-Garlic Parmesan Bread. Choose from Penne Marinara, Penne and Meat Sauce, Fettuccini Alfredo, Basil Pesto Pasta, Chicken Penne Parmesana, Baked Chipotle Fettuccini or Green Chile Mac and Cheese. Prices range from \$55 for 10 servings to \$100 for 20. Pasta add-ons, like chicken, shrimp or filet mignon, are extra, and Tossed Greens or Caesar Salad is an additional \$12.50 for 10, or \$22.50 for 20 servings.

Comfortably Numb Desserts include Flancer's home-made cookies and freshly made cobbler.

For a full list of catering menu items and prices, visit flancers.com, or call Greg Ringel at (480) 396-0077.

COMMUNITY

TuTus for TaTas Joins With Campbell's Dance Studio
FOR CANCER FUND-RAISING EVENT

By Dawn Abbey

Last January, Katie Guilott Smith, a dance instructor at Campbell's Dance Studio, found out her mother had been diagnosed with late, stage-four metastatic breast cancer.

"Travelling back and forth to South Carolina to be with my mother, and discovering the responsibilities and financial burdens that come with the disease, I quickly realized I could not just sit back," Katie said. "As the only child, and living out here, I could only do so much, and even though her local LDS community was helping out, my mom still needed funds for her medical and travel expenses to the cancer center."

Combining her philanthropic desires with her ballet career, Katie founded TuTus for TaTas: A Dance Partnered Cancer Foundation to help her mom and other cancer victims. "My intention is to apply as a 501-c3 nonprofit organization, with the mission to help raise funds and awareness to assist families in the financial burden of cancer, and to celebrate life through dance," Katie stated. "We will work on

the principle of pay-it-forward. So, if you know of a family in need, including your own, which could benefit from our organization, please contact me."

Campbell's Dance Studio staff and students have joined with TuTus for TaTas for their first cancer fund-raising event, taking place on Saturday, May 11, from 8 a.m. to 1 p.m., at the Coconut Grove Shopping Center, located on the northeast corner of Lindsay Road and University Drive. Katie hopes to make this an annual event, and organize additional fund-raisers in the future.

Campbell's Dance Expressions, an award-winning dance troupe, will present two free performances every hour on the hour from 9 a.m. until noon. Campbell's studio is located in the center, and center retailers also are participating. The event coincides with the dance studio's registration for the fall 2013-2014 dance class session, and also Summer Dance Camp, which runs from June 24 through July 17. Auditions for Campbell's Dance Expressions are June 17.

According to Katie, there will be a carnival atmosphere with a bounce house, face-painting, cotton candy and other

activities for children, as well as arts and crafts booths, and more.

"Raffle tickets also will be available for \$1 each, for donated prizes, such as restaurant gift cards," said Katie. "But the raffle grand prize is a free week at Campbell's Summer Dance Camp. Those tickets are \$5 each, or five for \$20."

Tickets also will be available for Campbell's Dance Studio's June recital, on Friday, June 14, and Saturday, June 15, at Mountain View High School. The Classical Ballet Show is from 2 to 4 p.m., and Campbell's Dance Expressions Show is from 7:30 to 9 p.m.

Katie can be reached at (803) 646-8233, at katieguilottsmith@gmail.com, or www.katieguilottsmith.wix.com/dance. Visit her on Facebook at Katie Guilott Smith or TuTus for TaTas. Call (480) 830-3450 for tickets, or more information about Campbell's Dance Studio summer and fall dance classes.





ALTA MESA GOLF CLUB

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EDUCATION

SUMMER OF FUN AND LEARNING CAN BENEFIT YOUR CHILD

Story by Tot Wallace

Photos by Michael Barica

Summer boredom? Nah, we got this. Guess who is having all the fun this summer? Mesa is. The Community Education Department of Mesa Public Schools offers a variety of opportunities for students all over the East Valley.

ELEMENTARY ENRICHMENT

High-quality elementary summer school classes are available at Salk Elementary School in June. Culinary arts, karate, theater, literature, math, reading and writing, computers and ceramics are just a few of the exciting offerings this summer.

GET AHEAD IN HIGH SCHOOL

At Mesa High School, in June and July, eighth- through 12th-graders will take summer school courses for high school credit. Senior high summer school is open to all eligible students regardless of residence. Classes include science, math, English, social studies, physical education, Spanish, driver's education and behind the wheel. As your teen approaches driving age, take a close look at her grades. Most insurance companies offer some form of good-student discount, usually available to teens with a B average or better. The discounts can be as high as 20 to 30 percent. Even if you are not able to benefit from a good-student discount, you will find many insurance providers are willing to extend additional discounts if your teen completes extra driver's education.

SAFE SUMMER FUN

Are your little kids ready for camp? From 6:30 a.m. to 6 p.m., five campuses will offer KidzCamp for kindergarten through sixth-grade students. Sites include Crismon, Field, Mendoza, Salk and Wilson elementary schools. KidzCamp offers breakfast and lunch, field trips, swimming, cooking,



drama, arts and crafts, science, weekly themes and more. This program accentuates self-awareness and social awareness, thinking skills, creative expression and recreation.

JUNIOR HIGH CONNECTION

Tweens 'n' Teens Connect (TNT), at Fremont Junior High School, is for students fifth through eighth grade. With the support of the Career and Technical Education Department, this program features opportunities for students to explore career choices, life skills, leadership skills and community involvement. Through various activities and projects, students develop social skills, team spirit and long-lasting friendships. Classes include photography, shark tank, project runway, leadership in bizzzniss, culinary skills, iron chef, agricultural science, cupcake wars, so you think you can dance, explore art techniques and community service.

For more information on these Community Education programs, please go to www.mpsaz.org/commed/summer_school.

ANYWHERE, ANYTIME

In addition to Community Education's campus-based programs, the Mesa Distance Learning Program offers accredited computer-based summer classes for students in seventh through 12th grade. Take summer school classes anywhere in the world. Whether you take a vacation or a staycation—the Mesa Distance Learning Program can turn the kitchen, the cabin or the cruise into a summer school site for seventh- through 12th-graders. For registration and more information, please visit www.mdlp.org. ■

Tot Wallace is the director of community education for Mesa Public Schools.

Community Education 2013 Summer Programs

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HEALTH

LAS SENDAS CARDIOLOGY, PC INCREASES EXPECTATIONS OF HEART HEALTH

By AnnElise Makin

Dr. Afroze Ahmad and her Las Sendas Cardiology, PC clinic staff recently celebrated their open house and cheerfully mingled with guests at the cardio clinic, located at 3514 N. Power Road, Suite 107.

The clinic, which fills a significant medical specialty gap in this area, came not a day too soon for one patient. "On our first day of business, we detected serious atrial fibrillation on a woman's EKG," Dr. Ahmad stated. This acute case immediately was referred to the emergency department for angiography.

Luckily, not all cardiac symptoms require such drastic intervention. To the contrary, many emergencies can be prevented, this cardiologist believes.

"Our start was very good," Dr. Ahmad said. "We were approved by the Arizona Health Department as a treatment facility, but even before that, patients had been calling us." These patients had heard about the clinic's thorough integrative approach.

"We believe in engaging the patient as a whole person," Dr. Ahmad expressed in her mission statement. "That is why we go beyond the state-of-the-art diagnostic testing and prescribing. We assess all contributing factors to behavior modification and wellness."

Dr. Ahmad wants her cardiology patients to become stewards of their own well-being. This requires time, an open ear, as well as an analytical mind, regarding a broad spectrum of life situations. Aside from profound expertise, Dr. Ahmad also invests her empathy in each person.

"We want every patient to feel the best way possible," Medical Assistant and Office Manager MiShelle DeMoss confirmed. She recently moved for her new job to this



area from Parker's Southwest Cardiovascular Center.

MiShelle accepted the position with Dr. Ahmad because she shared the same vision of qualitative patient care. She coordinates appointments, takes vital signs, compiles and updates patient charts, and also calibrates her listening to significant details in each patient history.

Sharon Lang is the medical sonographer at Las Sendas Cardiology, PC. "I worked with Dr. Ahmad five years ago. When she called me, I was thinking about a professional change. So, I said I would help her." Sharon brings her sonographic services to the clinic twice a week.

"Dr. Ahmad is a very kind, sharp and compassionate doctor, a very special lady," Sharon commented. "I provide the cardiac, as well as vascular diagnostics. From the images, Dr. Ahmad establishes how well the heart is pumping or whether there are valvular pathologies or coronary diseases."

"She had always wanted to be a doctor," said Principal of Self Development Charter School Anjum Majeed, who also is Dr. Ahmad's big sister. "Now, she has been in medical service for more than 27 years. I encouraged her to open the cardiology practice because she has a special gift for healing."

Listening is an art Las Sendas Cardiology, PC promises to pursue. The work-up takes into consideration numerous small details, which might be missed otherwise.

Dr. Ahmad knows exactly how to ask these questions.

"As many as 30 percent of people don't have a good alarm system for heart trouble," Dr. Ahmad explained. "A total of one-third may have the classical symptoms like an elephant sitting on their chest, but there also are more subtle chest pains, breaking out in a sweat, or even elbow pain."

Many times, a patient is not even aware a symptom may be related to the heart. Dr. Ahmad can provide high certainty about each patient's health status and a significant improvement in well-being and confidence. ■

A Cardiologist Listens from the Heart

Las Sendas Cardiology, PC provides state-of-the-art cardiology diagnostic and treatment services.

The practice especially focuses on the interest areas of depression and heart disease; home environment and congestive heart failure; high blood pressure and environmental factors; family risks and stroke; and heart care for women.

Dr. Ahmad holds numerous board certifications, including certifications from the American Board of Internal Medicine, the American Board of Cardiovascular Disease, the National Board of Echocardiography and the American Society of Nuclear Medicine.

To find out more about Las Sendas Cardiology, PC, or to make an appointment, call (480) 361-9949, or visit the clinic, at 3514 N. Power Road, Suite 107, located on the southwest corner of Power and Thomas roads.




Las Sendas Cardiology, P.C.

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including diagnostics and treatment options

Focus and interest areas include the following:

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- 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

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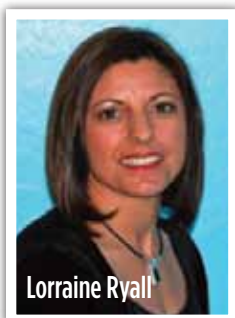
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REAL ESTATE

THERE IS A POSITIVE SHIFT IN THE HOUSING MARKET

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



Lorraine Ryall

Finally, our housing market is turning around, and home prices have significantly increased over the past year, which is great news for homeowners, especially those who were upside down.

For those of you who have been following my monthly articles, you know they have focused on short sales.

While I am still negotiating short sales, and will continue to help homeowners who need to short sell their homes, I have seen the number of short sales decrease since the end of last year. With the changing market and less distressed homeowners, I, too, have to change with the times, and move my focus back to *regular* home sales.

I have gained a lot of negotiating experience while working with some of my toughest customers (the banks), and this is going to be a huge asset to bring to my clients when it's time to negotiate their purchase or sales contract.

WHY NOW IS THE BEST TIME TO SELL YOUR HOUSE

With the housing market coming back and prices increasing, up 26 percent in Arizona from this time last year, more homeowners are ready to take the plunge back into the housing market. So, how does a seller know when is the right time to put their house on the market? Of course, none of us can predict the future and guaran-

tee what the market will do in the months to come. So, we have to look at where the market is today and the cyclical trends of the past. One of the best indicators is to look back at what the market has done in previous years, and find the peak selling times when buyer demand is at its highest.

Even with the housing crash and all the short sales and foreclosures on the market over the past few years, the cyclical market trend on peak selling months has remained the same.

Spring is when buyers really start looking and are ready to buy. Homebuyers are coming out of

the woodwork, confident now that the market has bottomed out, and they won't be getting into negative equity once they purchase.

With interest rates at record lows, and not a lot of inventory for the buyer from which to choose, it's definitely a seller's market. What better time to list your house for sale than in the peak selling months and in a seller's market.

Our peak selling months here in the Metro Phoenix area are May and June, with sales dropping off in July. More homes are sold during these months than any other time of the year.

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If you or anyone you know is upside down on their mortgage or facing foreclosure, I can help. Call my cell at (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. You also can visit the Web site at www.ArizonaShortSaleToday.com.



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ORGANIZING

STORAGE UNITS
Can Have More
Than One Use

By Nancy Nemitz

Various storage systems are suitable for more than the intended area of use when it comes to efficient organizing.

IKEA has a wonderful storage system, which is marketed for clothes storage, but also works very well in a family room or children's playroom. The sliding doors make it streamlined. The unlimited customized interiors, using wire baskets, solid sliding trays, and shelving, make it ideal for storage. The objective is to keep toys, games, blankets, and anything else you would like out of view but easily accessible.

When you are solving a storage problem, be careful not to just look at products marketed for one area of the home. Many garage storage solutions work in craft rooms, as well. Think of the problem you are trying to solve rather than the product label, and look for solutions offering flexibility as your needs change. ■

Nancy Nemitz is a professional organizer who works with families and small businesses. She is the owner of Create the Space Professional Organizing. To get organized, check out her Web site at createthespace.com. Visit her on Twitter @NancyNemitz, call (480) 223-8939, or send an e-mail to nancy@createthespace.com.



EDUCATION

Desert Rose Preschool
AT LAS SENDAS

By Rose Buttitta, Teacher

The children attending Desert Rose Preschool at Las Sendas are having a great time learning about the wonders of spring.

APRIL DISCOVERIES

April came and went with lots of discovery. While learning about spring, the children also discovered facts about the birth of birds, the different types of bugs and how flowers grow, as well as the change of weather. We used watercolors and chalk to draw lots of spring pictures. We learned about the five senses. We tasted lots of things, which were sweet, sour, hot and cold. The children experienced pleasant smelling things and bad smelling items. We closed our eyes and touched smooth and rough things. We heard loud and soft music. We all agreed we were glad to have the ability to see, smell, hear, taste and touch.

MAY CELEBRATIONS

May is a busy month. We celebrate Mother's Day by making special gifts and cards for Mom. Our last day of school is May 22. The day includes a big graduation for the pre-k class and a celebration with certificates for the other classes. A special pizza party for all the families and guests celebrates the end of another wonderful year.

The children have done a great job in their growth of learning. I'm so very proud of all the children. As many as one-half of the pre-k students are reading books. It will be difficult to say goodbye to children I have had in class for three years. With happy faces, they came to Desert Rose Preschool at the age of 3. They all wanted to play, learn and meet new friends. Now, they will start a new learning experience in elementary school. But their preschool friendships will continue. I will miss them all, but I know



they will come to visit me and remember their time with Ms. Rose at Desert Rose.

SESSION REGISTRATION

Thank you for the great response we received for our fall registration. We still are taking registration for the summer and fall sessions. The children can attend three, four or five days a week, mornings or all day, from 9 to 11:30 a.m.; 9 a.m. to 1 p.m.; or 9 a.m. to 3 p.m. The summer session will last eight weeks, and is a hands-on curriculum, with lots of science and review. The summer session will run from June 17 through Aug. 9.

CONCLUSION

This is the last article until July, when I will start again with all the fall information. ■

If you have any questions about Desert Rose Preschool at Las Sendas, please call me at (480) 654-4223, or send an e-mail to jbuttitta@cox.net.

Desert Rose Preschool is looking for summer help. To apply, call (480) 654-4223.

Special Mother's Day Packages on our website

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REAL ESTATE

Good Marketing Is Important When Selling Your House

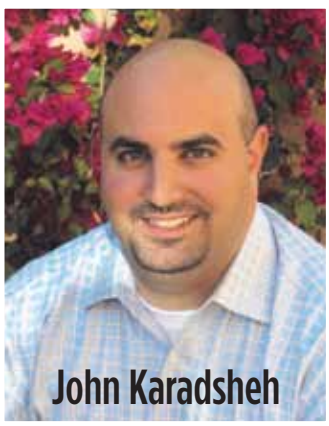
By John Karadsheh
As summer approaches, many people start thinking about putting their homes on the market.

This is, indeed, a great time to list your home. The summer brings many buyers, as most families with school-age children like to make the move when school is out.

As I look through the MLS system at homes for my buyers, or while checking on comparable properties for my listings, I never cease to be amazed by how many properties are poorly marketed. There are often typos in the descriptions and photos, which hinder the sale of homes rather than help them get sold.

Today, the reality is most buyers start looking for homes online before they ever get in their cars and drive around. They look at listings, photos and virtual tours, and narrow down their choices to a few homes they actually take the time to physically tour. In fact, a lot of people lose showings before they even get one person through the door because of the way they are marketed and presented online.

Great photos make all the difference in whether or not a buyer takes the next steps to tour a home. Some listings will feature one photo of the backyard—that's it. When an agent can place as many photos as they wish online, it seems strange to just post one.



John Karadsheh

In many other cases, I find photos that are simply inappropriate—photos with dirty laundry and unmade beds, photos with overflowing garbage cans, and even photos of just ceiling fans. When people look at an online image of a home, they are trying to imagine whether that home will work for them. While I can't tell you how all buyers think, I do know most of them don't want to visualize their dream home full of dirty laundry.

Since I have seen so many of these types of bad pictures, I have even dedicated a Facebook page to bad MLS photos because many of them are quite entertaining—especially when you think of them as marketing material. You can check them out at www.facebook.com/BadMLSPHOTOS.

HERE ARE A FEW POINTERS TO MAKE YOUR HOME MORE MARKETABLE ONLINE:

1. When choosing an agent, ask them to pull up their current, as well as past listing inventory, and look at the property descriptions and photos they are using to market their listings. Also ask to see the virtual tours they design for their listings.
2. Ask your agent where they market their properties online. Do they use Facebook, Twitter, Craigslist, etc?
3. When your agent comes to photograph your home, be sure to clean away the clutter, hide the dog bed, clear off the bathroom counters, and make sure the windows are nice and clean.
4. Flowers. If you look through any home design magazine, you will see fresh flowers. Stylish arrangements or even potted orchids add a nice feeling to photographs. Other fresh looking accessories include a nice bowl of fresh green or red apples or a bowl of citrus.
5. Make sure your real estate agent doesn't capture his

own reflection in the bathroom mirror. I have seen this many times, and it just looks silly.
6. Try to capture photos of your home at the time of day when your home looks its best. For example, don't photograph at 5 p.m. if your house faces west, and the blasting sun makes it impossible to photograph rooms without the curtains closed.

I would love to help you get your home ready to sell, but whether you use me or someone else, make sure your home is marketed well. A picture tells a thousand words, and the words you want your pictures saying are, "Buy me. I am the perfect house for you." ■

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



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MLS

Las Sendas Area Market Report

Sales for the Month of March 2013

Address	Square Feet	Community	Sold Price	Short Sale or REO*
7445 E. Eagle Crest Dr. #1072	1,388	Cachet	\$201,000	
3055 N. Red Mountain #163	1,571	Ironwood Pass	\$260,000	
7445 E. Eagle Crest Dr. #1098	1,652	Cachet	\$269,000	X
7305 E. Mallory Cir.	2,512	Grayfox	\$273,000	
3055 N. Red Mountain #198	1,571	Ironwood Pass	\$274,900	
7448 E. Nance St.	2,126	Grayfox	\$303,500	
3333 N. Brighton	1,756	Tapestry Mountain	\$310,000	
3749 N. Ladera Cir.	2,370	Echo Canyon	\$316,000	
7445 E. Eagle Crest Dr. #1039	1,652	Cachet	\$319,000	
3060 N. Ridgecrest Rd. #192	2,732	Desert Vistas	\$335,000	
7340 E. Northridge Cir.	2,353	Grayfox	\$338,000	
3502 N. Paseo Del Sol	2,451	Rolling Hills	\$350,000	
7626 E. Sandia Cir.	2,369	The Highlands	\$364,900	
7952 E. Teton Cir.	2,257	Whispering Ridge	\$400,000	
3540 N. Eagle Canyon	2,757	Boulder Mountain	\$435,000	
7260 E. Eagle Crest Dr. #45	3,481	Black Rock	\$520,000	X
3708 N. Desert Oasis	4,245	Canyon Creek	\$599,000	
4153 N. El Sereno Cir.	3,183	Legacy Hills	\$635,000	
3747 N. Avoca	3,831	The Preserve	\$645,050	
7932 E. Legacy Hills Cir.	4,047	Legacy Hills	\$780,000	
7944 E. Copper Canyon St.	4,833	Copper Canyon	\$1,200,000	

ONLY 2 DISTRESSED SALES IN MARCH!

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

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LOCAL BUSINESS

BREADSMITH FEATURES CHOCOLATE COFFEE CAKE IN MAY

Submitted by Breadsmith

Breadsmith, Mesa's artisan bakery, specializing in handmade breads and sweets, is announcing Chocolate Coffee Cake as the special feature in May, with moms in mind.

This decadent coffee cake, available in May only, is for the chocolate lover. A crunchy layer of streusel sits between two layers of rich, moist chocolate coffee cake, and topped with more streusel and sweet chocolate chips. Each Chocolate Coffee Cake is made fresh daily, using the highest quality ingredients without additives or preservatives.

"We live in a world where sipping premium coffee has practically become an art form," said Greg Farr, owner of Breadsmith, located on Power and McDowell roads. "So, we wanted to create a coffee cake, which would not only add another rich layer to that sensory experience, but also could stand on its own. We like to say this coffee cake makes coffee optional."

Chocolate Coffee Cake will be available for the entire month of May, as an 8-inch round to share or a 3.5-inch individual size cake Mom can enjoy all to herself. Breadsmith recommends Chocolate Coffee Cake for a sweet treat on the brunch table or for a dessert with a scoop of fresh whipped cream or ice cream. ■

Breadsmith of Mesa is located in The Village at Las Sendas, at 2831 N. Power Road, and is open from 7 a.m. to 6 p.m., Tuesday through Friday; from 7 a.m. to 5 p.m. on Saturday; and 8 a.m. to 4 p.m. on Sunday. For more information, call (480) 981-7600, or visit the Web site at www.breadsmith.com.



EDUCATION

Students Learn About Service to Others THROUGH RELAY RECESS

By Sharon Wozny

Carol Burlew, a third-grade teacher at Ishikawa Elementary School, has successfully endeavored to have a Relay Recess at the school.

Carol, who is involved with East Mesa's Relay for Life, wanted to bring her passion for the event to the students. She could not have done this without the support of her fellow teachers, Principal Shelley Heath and two physical education teachers, Rebecca Neal and Greg Gardner.

"Relay Recess is a great way to bring awareness of service to the younger generation, so that when they reach junior high and high school, they will want to continue with Relay and service work," Carol said.

The event has three components, which are education, fund raising and physical activity. Classroom teachers covered education from the extensive kit provided by the American Cancer Society (ACS). The teachers could pick one or two activities to implement in their classrooms. These topics included sun safety, nutrition and tobacco awareness. The fund-raising effort was the responsibility of the student council, along with the community.

At their Friday Sales Table, the students sold appealing items, including wacky pencils, erasers, hair bows, and slap bracelets, just to name a few. All the money raised went to the Relay Recess. They sold luminaria bags to honor and remember those who have battled cancer. These bags lined their walking/jogging track on the day of the event.

In addition, they sold ACS footprints, which were signed and then placed in the multi-purpose room. As of March 25, their total was \$600. Ian Nielsen, a third-grader, had the honor and privilege of filling the bags with



sand. "My teacher, Mrs. Burlew, told us that these bags were special, and they needed to be treated with love and respect because they represented someone who was loved by someone," he said.

The physical activity component took place the actual day of the Relay Recess. Ishikawa Elementary School combined their Physical Education Track and Field Day, as well as their Primary Play Day, with the Relay Recess.

During these special physical education days, students rotated to various stations. For the Relay Recess, they added a walking/jogging lap around the playground, which was lined with luminaria bags. In addition, each classroom created a poster to convey what they learned from the education component.

A sixth-grader and Student Council President Rylee Johnson has felt the impact of Relay Recess. She has been touched by cancer in her own family and just loves the fact the students are getting involved, donating their money and making a difference. "Cancer affects everyone, and we need to have a tender heart for this," she said. A fifth-grader and Student Council Vice President Isabel Nielsen was equally touched by the event. "It was a great experience to help," she said, "and there were always so many kids there to buy things at our Friday Sales Table."

"This all reminds me of a quote from *The Lorax*, by Dr. Seuss," said Rylee, "Unless someone like you cares a whole awful lot, nothing is going to get better. It's not." ■

For more information, or if you would like to hold a Relay Recess at your school, contact Carol Burlew at Ishikawa Elementary School, or visit the American Cancer Society Web site at www.cancer.org.

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EDUCATION

SELF DEVELOPMENT PRESCHOOL ENSURES SMOOTH TRANSITION TO KINDERGARTEN

By Linda Steiner and
Jennifer Salvatori

Self Development Preschool offers a unique and advanced preschool program, which successfully prepares children for kindergarten.

This program allows children to begin their educational learning experience in a caring and intellectually stimulated environment. The 3- to 5-year-old classroom introduces kindergarten and first grade curriculum goals, and encourages concept mastery and academic confidence.

The preschool prepares children to learn key subject matter, yielding knowledge for a classroom environment transition. The school's success is based on teaching children the principles of number, letter and sound recognition. This success further extends to learning the alphabet, verbal memorization, writing exercises and sight words, as well as introduction to reading and phonics to prepare for reading.

The children start to read on their own, and build the confidence to tackle the advanced reading in the kindergarten program. With the use of daily math facts, mathematical components include number concepts and introduction to addition and subtraction.

The staff simulates the structure and schedule of a kindergarten classroom. The day begins with table work, which includes sight words, phonics, spelling, writing, reading and math instruction.

During the instruction, the children complete worksheets with teacher feedback and encouragement. There are two to three classroom teachers present. The children learn the core curriculum within a positive and nurturing



classroom. The teachers are professional and dedicated. The result is children who are set up for success to enter kindergarten.

Early educational intervention promotes a foundation for academic success. The 3- to 5- year-old classroom is truly impressive, and prepares the children very well for Self Development Charter School's kindergarten program. An equally exciting and advanced curriculum, the kindergarten program is located directly next door to the preschool. At Self Development Charter School, each grade level learns one full grade level ahead of Arizona state standards.

The kindergarten program uses a multi-sensory phonics instruction, focusing on visual, auditory, tactile and kinesthetic techniques, which reach each child's learning style. They learn phonemic awareness, red words (sight words), and spelling,

writing and reading within each lesson.

By the end of the year, children are reading at or above first grade level, writing grammatically complete sentences, and authoring and editing their own book. Mathematical components include number concepts and introduction to addition and subtraction, with daily math facts, fact families and word problems.

The dedication and sincere devotion of the teachers to instill these essential concepts is amazing. Each classroom has two certified and professional teachers whose goals are to set the students up for success. ■

If you would like to learn more about these programs, please contact Self Development Preschool at (480) 396-3522, and Self Development Charter School at (480) 641-2640.

EVENT

Be An Early Bird Floater

Submitted by Salt River Tubing

Be an early bird floater on Memorial Day weekend, and reap the rewards of an available parking space to then enjoy whooping and hollering on the rocking Lower Salt River rapids.

Memorial Day weekend swings into full action during the award-winning 18th annual *Salt River Heroes = Litter Zero* on the Lower Salt River in Northeast Mesa. The national *Take Pride in America* event takes place on Saturday, May 25 through Monday, May 27, from 8 a.m. to 3:30 p.m. This is the busiest weekend of the five-month tubing season.

Salt River Tubing employees will be distributing free litter bags to tubers as they prepare to launch their floating picnics on the Salt River. The event offers live entertainment, free giveaways, beach line dancing and hula hoop contests, which enhance the *thrill and chill* theme of Arizona's Floating Picnic.

"Early bird floaters are encouraged to arrive at Salt River Tubing by 10 a.m. during the holiday weekend, as there is limited parking in Tonto National Forest," said President/CEO Henri Breault. "The best advice is to arrive early at 8 a.m. to ensure parking and tube rental availability for fun in the sun." ■

For more information about Salt River Tubing, please visit the Web site at www.saltrivertubing.com, or call Salt River Tubing headquarters at (480) 984-3305.



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LOCAL BUSINESS

VISIT COCO MILANO'S for Mother's Day

By Kim Phillips

Nestled in The Village at Las Sendas is CoCo Milano's. Stop on by and enjoy a delightful shopping experience, where they are offering some wonderful gifts for your special someone this Mother's Day.

"We pride ourselves on finding one-of-a-kind treasures," said Denise Milano, co-owner with Cathi Sabin. "Gifts and home décor items you will not find anywhere else. Come in and browse the store. We have so many new selections for the upcoming seasons."

Some of their featured artists include Dyana Hesson paintings, Ruby Mae Jewelry, Jan Barboglio iron works, and Vietri dinnerware and Italian pottery. Also featured at the store is Evie Jewelry, a line out of Beverly Hills, Calif., and Shi Shi Jewelry, out of Nashville, Tenn., which cater to celebrities.

The design team at CoCo Milano's also is sure to please. If it is a specialty gift basket you are looking for, Julie Montague, a Las Sendas resident, can custom make one for you. Or, if it is a floral that would brighten your Mother's Day, Amanda Billings, Allied ASID, can design just the right piece to complement your space.

Although the possibilities can seem endless, the CoCo Milano's team is happy to help you make



your selection. "Being a new mom, I have come to understand the importance of a little down time. The Lady Primrose luxury body products are a great way to pamper your mom this Mother's Day," said Amanda. However, the gifts are not just for the new moms. "We can custom order a decorative tile with a heartfelt saying," said Cathi. "My personal favorite is, 'So, there's this boy. He kinda stole my heart. He calls me Mom.'"

If you are having a difficult time making a decision, CoCo Milano's also offers gift certificates, including those for interior design advice. "What many people don't realize is that hiring a designer can save you money," said Denise. "By doing it right the first time, you are saving yourself time and the cost of the pieces that did not work. We can come over and re-arrange your room, or help start that project you have been putting off." Peace of mind, and a check off her endless list, may be just the right gift this Mother's Day.

Once you've stumbled upon this quaint, personalized, shopping experience, you will be sure to return. ■



The CoCo Milano's store is located at The Village at Las Sendas, 2837 N. Power Road, Suite 104. For more information, call (480) 641-2626, visit the Web at www.cocomilanos.com, or send an e-mail to info@cocomilanos.com.

EDUCATION

BRIDGES PRESCHOOL Offers Summer Classes

By Sharon Wozny

In 2001, four siblings, two with education degrees and two with business degrees, had a vision to combine their talents to start Bridges Preschool.

"They had a passion for building a bridge for later learning," said Cari McMinn, director at the Power and Brown roads location. Their corporation is More Opportunities Regarding Education, or MORE.

Today, Bridges has expanded to seven preschool locations across the East Valley. They now are recognized as the official preschool on the East Valley Institute of Technology campus, in Downtown Mesa.

According to the First Things First Web site at www.ready4kids.com, 90 percent of the brain is developed within the first five years of a person's life. Positive early childhood education is a stepping stone for later successes in school. Bridges hires only teachers who have degrees in early childhood education or child-related fields. They have student teachers from various colleges, along with interns who are 18-year-old seniors in high school and have taken child development classes.

Bridges empowers students to be problem solvers. They ascribe to the Becky Bailey Conscious Discipline philosophy. Interactions with the students are respectful, appropriate and at the student's level. Bridges offers hands-on learning with manipulatives and dramatic play, as well as diverse centers focused on science, cooking and gardening for all students. They have an adventure playground, which is famous around the state, complete with a musical section, mud

section, tricycle track and other delightfully engaging areas.

Ocean Adventures Anchored in Literacy is this year's summer program. They have four two-week sessions, which run through June and July for children 2 years old and up until third grade. You can sign up for all or just one session. The children get to travel to ocean-related regions around the world, and experience the cultural diversity through engaging activities, which all are integrated with literature.

For students entering first, second or third grade, Bridges offers a Young Learners program, allowing these students to build leadership and mentoring skills through their activities. Besides all these wonderful opportunities, Bridges has created Summer Specialty classes, offered during the naptime, for those students who are 4 years and older. For a separate fee, children can enroll in classes, such as Cooking Around the World, Sculpting, or Pee Wee Picasso. ■

Bridges lays the foundation for future successes in school. Registration began on April 1. For more information, check out the Bridges Preschool Web site at www.bridgespreschool.com, or call Cari McMinn at (480) 924-8008.



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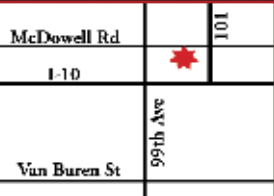
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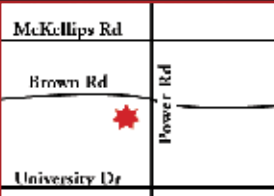


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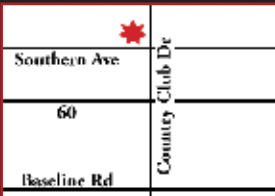
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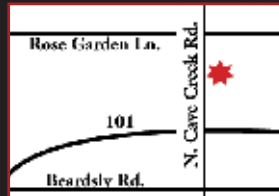
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EDUCATION

Interactive Experience Allows STUDENTS TO TRAVEL TO THE MOON

By Sharon Wozny

The sixth-grade classes in Mesa get to go the moon each year, traveling to the moon via an interactive experience called Space Integration Module (SIM).

SIM is the brainchild of Don McMahon, a former teacher at Roosevelt Junior High School in Mesa.

Passion, creativity and enthusiastic educators are needed to keep this program alive, and this is what has kept SIM evolving over the years. Kari West and Colleen Howard, two Mesa teachers, have taken SIM to the level it is today.

It began when a parent gave a U.S. West grant of \$500 to these two teachers to build a wooden shuttle for the students at Roosevelt and Washington Junior High schools. Seeing the impact SIM was having on the education of these students, other schools wanted to be involved. In 2001, MPS offered the experience to all the sixth-graders. With grants and expertise from Boeing, the program has grown to include all the junior high schools in Mesa.

SIM is a daylong program, which is housed at Fremont or Kino Junior High schools. There are three rooms, namely, Mission Control, Space Station and Space Shuttle. The students receive preflight training, and they acquire background knowledge in their classroom studies. The sixth-grade reading series has a story entitled *I Want to be an Astronaut*, which is linked to this experience.

The sixth-grade teachers are required to take an online class, which prepares them for the mission. Students are assigned a job before they go on their mission. Some teachers have their students write a persuasive essay on the job they desire instead of just assigning them a job. There are eight jobs in the space shuttle, eight jobs in the space station and 15 jobs in Mission Control. All the jobs mimic the actual jobs of Cape Canaveral.

SIM has payload specialists, medical specialists, pilots, engineers and project specialists. Kayla, a Taft Junior High

School sixth-grader, was the medical specialist in the space station. "I chose this job because I want to be a vet when I grow up, and this was the closest job to that position," she said.

On the day of their mission, the students have multiple tasks to complete to get them to and from the moon safely, while keeping their oxygen levels at the appropriate levels. Different scenarios are given to the students, and they have to work together to problem solve. The sixth-graders also learn about teamwork, communication and the need to rely on your team to function smoothly.

"SIM really opens up the children's interests with careers in space and exploration," Kari said. "It also empowers them to work as a team, and shows them that they have to really step up."

As project specialists, the students have a diverse selection of activities, which they call games. In reality, they are critical thinking situations, requiring them to work together, discuss scenarios and problem solve. And that is what Makayla learned while serving as a project specialist. "I realized that it takes time, and I had to think harder," she said. SIM lets those students shine who sometimes don't get the chance to shine in class. It provides real-life learning.

Serving as capcom in Mission Control was David, a sixth-grader at Taft Junior High School. "I wanted to be capcom, because I thought it would be fun to talk to people through the radio, and be involved with the entire aspect of the mission," he said. "I learned that it's OK to ask people nicely to get on task," David continued, "and if they don't, I had to be firm and straightforward."

The students are actively involved in using those critical thinking skills necessary for life. "Being the flight

director taught me to be independent," said Tessa, a sixth-grader at Taft Junior High School. "I sometimes needed to do things on my own."

Check out SIM someday. You can experience the moon. For more information, contact Kari West, at Fremont Junior High School, or Colleen Howard, at Kino Junior High School. ■



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LOCAL BUSINESS

Make Sure Summer Surfaces ARE CLEAN AND READY FOR THE SEASON

By Yasmin Rochette
Summer will be here before you know it, and it's always good to be barbecue ready. Lighthouse Surface Solutions is ready to help you remove the grime and grease from last year's grill season. "We can get your backyard patio or pool deck all cleaned up so you can be ready for summer gatherings," said Susan Germany, co-owner with husband, Jim. "We can make it look its absolute best."
Using Environmental Protection Agency safe cleaners, Lighthouse Surface Solutions can clean and restore, and make barbecues look almost brand new. They can clean, brighten and seal your deck, pavers, flagstone, and brick, too. "Power washing alone can leave your surfaces looking dull," Susan stated. "We can help stop these surfaces from deteriorating further." ■

The team from Lighthouse can come by and assess your needs, provide a free estimate and perform the work efficiently. To get a start on being prepared for summer cookouts, call Jim or Susan, from Lighthouse Surface Solutions, at (480) 986-1995 or (623) 271-4078.



LOCAL BUSINESS

EAGLE ELECTRICAL ADDRESSES Household Maintenance

By Yasmin Rochette
The strain on household systems and the machinery that runs them is all the heavier in summer, and this is where Eagle Electrical can help.
As part of Eagle Electrical services, there are both air conditioning and plumbing divisions, one stop shopping for all your household maintenance. "This is the time of year when it is wise to ensure everything is in tip-top shape," said owner George Robbins. He has a check list for homeowners as warmer months approach, which includes checking your ceiling fans.
"Most people don't realize the benefits of fans on their electric bills," George added. "Using them costs pennies a day, as opposed to several dollars when you switch on the AC." He pointed out the fact fans create a breeze, which can make you feel 10 to 15 degrees cooler, though it only works on people, not rooms. Other than for general circulation, the owner of Eagle Electrical has a useful suggestion. "Switch the fan off if you are not using a room," said George. It is also very important to keep the motor assembly clean and the blades free of dust.
"Screws that have become loose on fan blades over the course of the last season ought to be tightened," continued George. "Otherwise, the balance can be affected, and fans can become wobbly and noisy." Remember to make sure the rotation of the blades in summer is such that the airflow is counter-clockwise. It should be pushing air down at this time of year. Eagle Electrical can add lights to your fan, too, should you find the lighting in a particular spot of your home too dim. Their qualified employees can check air conditioning units to ensure blower assemblies are



functioning correctly and refrigerant levels are correct.
Plumbing has been a part of the services Eagle Electrical provides for over a decade. They can install a new water heater, softener or reverse osmosis system, as well as tackle the more challenging issues a house or office can sometimes provide, such as slab leak detection, or faucet repair or replacement. Blockages in the system or line can be found by camera technology. Summer maintenance includes draining water heaters to flush out the debris, which collects in the bottom of the water tank. This can create headaches when least needed or expected.
One of the most popular services Eagle Electrical provides is an agreement homeowners can purchase to ensure their systems run efficiently and at maximum performance. "By signing up for our seasonal maintenance service, the systems in a home or office are checked once before the summer season and once before winter," George stated. "This qualifies a purchaser to have priority scheduling, as well as discounts on repair pricing." It also helps assure there are no system failures once the mercury rises to the excessive temperatures for which Arizona is famous.
Eagle Electrical is the place for one stop shopping for all your residential and commercial air conditioning, plumbing or electrical needs, 24 hours a day, seven days a week. Estimates are available at no charge. ■

For further information, or to schedule an appointment with Eagle Electrical, call (480) 659-4942. You also can send an e-mail to George@EaglePAE.com, or visit the Web site at www.eagleplumbingandair.com.

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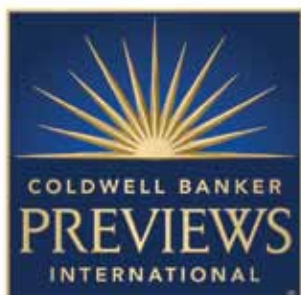
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