

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

August 2013

Roma Café Ristorante IS LIKE EATING IN ITALY

By Dawn Abbey

Authentic is the word Roma Café Ristorante owners Antonio and Anna Magliozzi use to describe their Italian ristorante.

"If diners are looking for delicious food made the way Italians eat in their own country, they should come here and try us," said Antonio. "We don't Americanize the recipes, or do gourmet or fusion. It's just good, traditional family recipes handed down through three generations.

We still make our marinara and meat sauces the way my mother did."

Seafood is a main focus on Roma Café's menu. Born in Gaeta, Italy, on the coast south of Rome, Antonio and Anna were familiar with dozens of ways



Magliozzi family

to enjoy fresh fish and shellfish. In addition, the Magliozzi family operated a restaurant there serving the local fare.

"Our family has been in the restaurant business since 1939," said Antonio, pointing with pride at a framed, hand-lettered and painted menu on the wall from the original Gaeta location. Antonio attended the Accademia Culinaria in Rome, and joined the family business. Antonio and Anna immigrated to the United States in 1988, and moved to Mesa in 2005. After owning restaurants in California for 17 years, they opened Roma Café at the corner of Recker and McKellips roads.

Now, their son, Marco, and daughter, Agnes, join them in celebrating their three-year anniversary of buying their own building on Main Street, east of Power Road. "This is our place, our one and only restaurant and family business. We are not a chain," Antonio proudly exclaimed.

True to their heritage, Roma Café offers Seafood Cioppino as the specialty of the house. Antonio's cioppino is a delightfully seasoned combination of baby clams, mussels, shrimp, bay scallops, and chunks of white fish and salmon sautéed together with garlic, butter, parmesan and wine and folded into his homemade marina sauce over a bed of linguine. The dish holds so much seafood that every mouthful contains a chunk of one or more of the delicious morsels.

And to top it off, you can sop up the sauce with authentic Italian bread flown in from an Italian bakery in California. Real Italian bread with a crusty exterior and a soft, airy center is hard to find in Arizona. Bakers claim the air here is too dry to make it properly.

If you like Italian beef, Antonio prepares a flattened flank steak stuffed with garlic, parmesan and parsley, then rolled and baked, and sliced over a bed of penne pasta and ragu sauce. Or try the Veal Marsala with roasted potatoes, fresh vegetables and a side of pasta, the most expensive dish on the menu at \$19.75.

Pasta dishes start at a reasonable \$10.95. Their lasagna is made with homemade pasta noodles. Dinners come with a choice of fresh green salad or the homemade zuppa of the day like Pasta Fagioli or Umbria.

Right now, Roma Café is running summer specials—buy one lunch and two drinks and get the second entrée of equal or lesser value free; order a glass of house wine for \$5.75 and the second is just \$2.75; and there's a coupon for \$5 off \$30 or more. ■

Roma Café Ristorante is located at 7210 E. Main St. For more information, call (480) 654-0558. Summer hours are Monday through Saturday, serving lunch, from 11 a.m. to 1:30 p.m., and dinner, from 4 p.m. to close. Closed on Sunday.

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Submitted by O'Neill's Place

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

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

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

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

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

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

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

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

Remember, come thirsty, come hungry. ■

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



Andrea Figueroa

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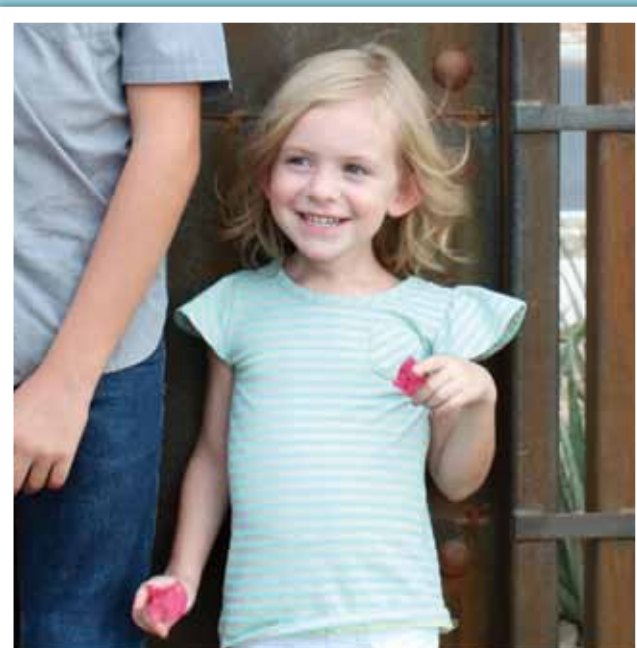


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Allison's family is pictured; Presley (top left), Nixin (top right),
Cote (bottom left) and Brexton (bottom right).*

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Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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EDUCATION

EXCITEMENT BUILDS FOR New School Year

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

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

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

NEW PRESCHOOL CENTERS

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

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

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

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

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



NEW CENTER FOR INNOVATION

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

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

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

NEW STEM DIPLOMA

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

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

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

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REAL ESTATE

THERE ARE VARIOUS REASONS To Consider a Short Sale

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



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

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

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

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

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



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

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

STAYING CURRENT AND DOING A SHORT SALE

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

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

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

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EDUCATION

Advanced Preschool Program Prepares CHILDREN FOR SUCCESS IN KINDERGARTEN

By Linda Steiner, MEd, Certified Teacher and Reading Specialist

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

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

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

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

the daily lessons are creative and fun. The children gain confidence and mastery.

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

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

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



EDUCATION

STUDENT RECEIVES Very Special Letter

By Sharon Wozny

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

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

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

what this meant to him, the entire class applauded and cheered.

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

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



Ricardo Uribe-Campos



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HEALTH

STROKE ASSOCIATED WITH ATRIAL FIBRILLATION
Can Be Minimized and Controlled

By Dr. Afroze Ahmad, Las Sendas Cardiology, PC

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



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

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

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

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

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

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

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

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

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

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

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

- American Board of Internal Medicine
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A Closer Look at

LIVE AT LAS SENDAS

Features Dining and Entertainment

Submitted by Las Sendas Golf Club

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

ENTERTAINMENT AND DINING

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

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



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

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

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

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

Calendar of Events

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

Specials - Holiday Season Parties

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



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

Reminder

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

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

GOLF

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



CHEF'S RECIPE OF THE MONTH



Breaded Coconut Shrimp With Mango Peach Chutney from Chef Matt

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

Breading

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

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

Batter

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

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

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

Pineapple Mango Chutney

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

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

Dip shrimp in mango chutney, and enjoy!

SPORTS

Mesa Heat Lacrosse Player ADVANCES TO ANOTHER LEVEL

By Sharon Wozny

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

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

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



Russell Bartle

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

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

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

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

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

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

EDUCATION

FAMILY SUPPORT SPECIALIST Helps Students Succeed

By Sharon Wozny

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

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

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

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

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

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

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

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

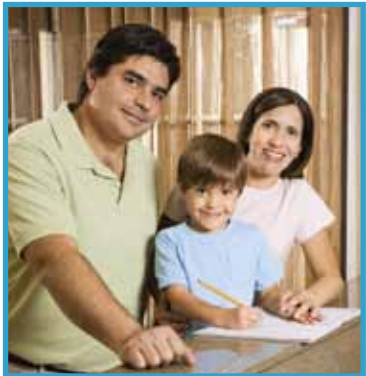
In total, 63 families and 158 students were recipients of donations this past year. They received Thanksgiving dinner boxes, back-to-school backpacks filled with supplies, and during the holidays, families were adopted and given gifts and food to make the season special.

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

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

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

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



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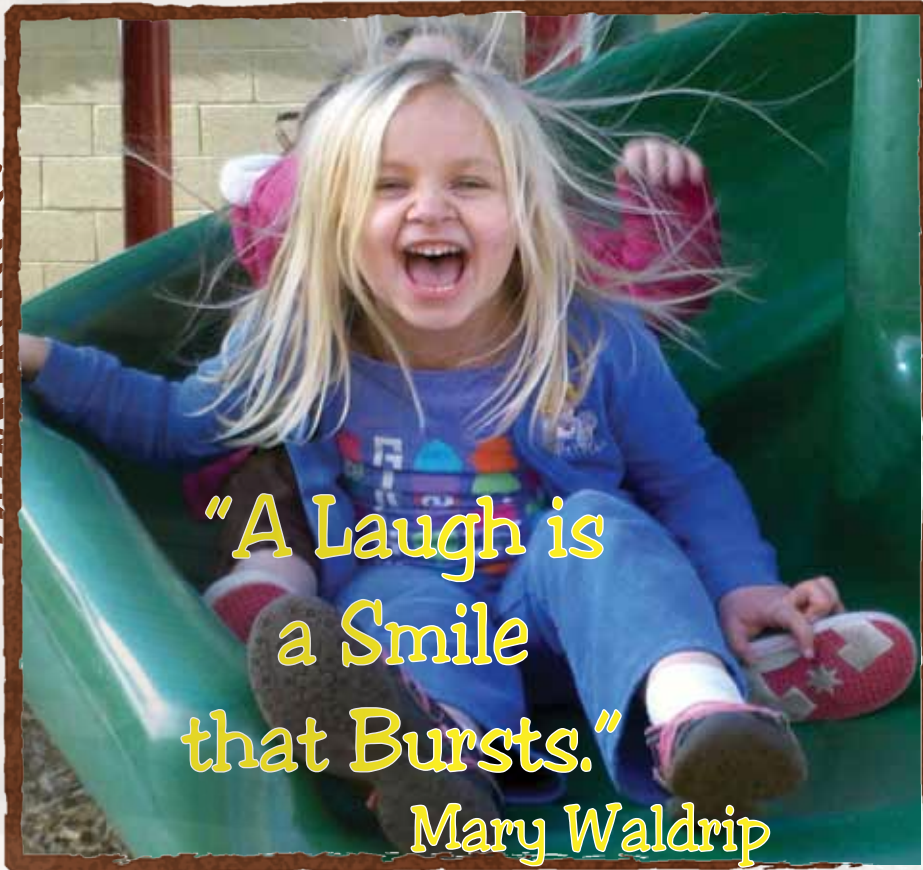
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EVENT

Mardi Gras Magic is Merry and MARVELOUS AT SALT RIVER TUBING

Submitted by Salt River Tubing

Let the *Good Times Roll* on the rocking Salt River rapids as floaters enjoy a purple, green and gold Cajun floating picnic adventure during *Mardi Gras Magic*, on Saturday, Aug. 24, from 9 a.m. to 3 p.m. at Salt River Tubing.

The good times will be rocking as flamboyantly costumed river employees toss free Mardi Gras beads, line dancers wow the crowds, and the Parade of Floats (buses) provide Cajun-style shuttles to the Salt River. Costumes are optional for tubers. However, free tubing passes, limited edition Mardi Gras Magic can koozies and T-shirts will be awarded for best tuber costumes and contests. Tubing passes are valid on return visit. Paint your face, don a mask and throw on your Mardi Gras beads.

The Mardi Gras Magic event, co-sponsored by 98 KUPD Radio and Salt River Tubing, is aligned with the USDA Forest Service's *More Kids in the Woods* commitment in meeting the challenge of reduced youth involvement in outdoor activities. The program was expressly designed to encourage efforts to get kids and teens outdoors.

"Salt River Tubing has been very successful in capturing the attention of teens and encouraging them

to get outdoors and experience a unique adventure on the Lower Salt River in Tonto National Forest," said President and CEO of Salt River Tubing Henri Breault.

"Arizona's sizzling temperatures have a tendency to drive teens indoors during the summer months, and they primarily occupy their time by watching television, social networking online and checking out the latest movies at the theatres," Henri continued. "Our costume-themed events, such as *Rocking Rodeo*, *Spooktacular Halloween* and *Mardi Gras Magic*, appeal to teens, as well as families who can explore the great outdoors while enjoying a fun-filled, memorable adventure on the cool and refreshing, 68-degree mountain stream waters of the Salt River."

Invited event exhibitors include Monster Beverage, College Times' Street Team, Nawgan Beverage Co., Vitamin Water and the Maricopa County Attorney's Office—Community Affairs Team.

The cost of tube rental is \$17 per person/tube (includes sales tax), and includes inner tube rental and shuttle bus service. Children must be 8 years or older and at least 4 feet tall for tube rental and shuttle bus service.

Children, non-swimmers and

inexperienced swimmers should wear life vests.

Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice



chests and coolers will be inspected for glass containers before boarding shuttle buses. Have a great time by responsibly appointing a designated driver before beginning your tubing adventure.

Daily operating hours are 9 a.m. to 6:30 p.m. The latest tube rental is 3:30 p.m., weather and water flow conditions permitting. The last shuttle bus pickup is 6:30 p.m.

Salt River Tubing is located in Tonto National Forest, just seven minutes from Highway 202 East, on Power Road, operating under permit by the USDA Forest Service. ■

For more information about Salt River Tubing and past Mardi Gras Magic event photos and videos, visit the Web site at www.saltrivertubing.com.

COMMUNITY

Social Club Meets FOR BREAKFAST

Submitted by Jay Williamson
Social Club Publicity

The Red Mountain Ranch Social Club meeting was held on July 11 downstairs at the country club. We did not have a speaker as we usually do because many members are on vacation. Instead, we had breakfast together with time to visit with one another.

The new country club food and beverage director, Terry Durr, his assistant and beverage supervisor, Jessica Turner and Shawn McFarland, prepared a special breakfast just for our members. We also could order from the menu. We want to thank Terry for allowing us to have this breakfast meeting earlier than usual. We were there prior to the time when the club normally opens for lunch. He called his staff in early just for us.

We sat at two long tables, which allowed us to visit and hear each other better. We had our breakfast in the great conversation area, close to the kitchen and bar. This gave us a wonderful view of the golf course.

Our president, Betty Day, opened the meeting, and asked if anyone was celebrating a birthday, wedding anniversary, birth of a grandchild, or had any item requiring our

concern. Many members responded. After a short business meeting, Betty asked if anyone would like to tell us about a vacation they have had or will have this summer. Some responded by telling the group about trips to Vancouver in British Columbia, Canada, as well as Scandinavia (Denmark, Norway and Finland) and Russia.



The country club waitresses then took our breakfast orders, and everyone started wonderful and serious conversations with their tablemates. There was lots of sharing about summer, family and vacation news.

Our next social club meeting will be held on Thursday, Aug. 8, with another breakfast meeting. Our regular meetings, with a speaker, will start again with the Sept. 12 meeting. We meet on the second Thursday of the month, except for December, due to the holidays. We meet at 9:30 a.m., at the country club. We want to invite you as our guest. You do not need to be a member to attend. Hope to see you at the next meeting. ■

For more information about the Red Mountain Ranch Social Club, send an e-mail to Jay Williamson, Social Club Publicity, at jaywilliamson57@yahoo.com.

EVENT

RED MOUNTAIN RANCH COMMUNITY Garage Sale Set for November

Submitted by Jay Williamson

It is not too early to send in your application for the Red Mountain Ranch Community Garage Sale. It will be held on Friday and Saturday, Nov. 8 and 9. This is one of the largest community garage sales held in the Phoenix area. We had 176 homes sign up to sell last year, which was an all-time record. We hope to have more sellers this year.

This garage sale offers a wonderful opportunity to sell items and make money for things you no longer use and are taking space in your garage or closets. It also is a time to visit and get to know your neighbors in Red Mountain Ranch.

Our garage sale brings thousands of possible customers who come to our community and your home to buy your items for sale. The roads in Red Mountain Ranch were filled with buyers' cars and trucks last year. Buyers love the bargains they find. We do all the work for you by providing buyers.

Your \$15 pays for a \$1 million liability insurance policy, banners at the three entrances to Red Mountain Ranch and signs on the main roads in our community, as well as newspaper and e-mail advertising.

Our HOA has approved and reserved Nov. 8 and 9 for our garage sale. Please do not have an individual sale without paying the \$15 during our sale weekend.

The Red Mountain Ranch Social Club sponsors the sale. The club meets on the second Thursday of each month, except December, at 9:30 a.m., at the Red Mountain Ranch Country Clubhouse. We hear interesting speakers and presentations. We also have many social events, such as the spring and fall cocktail parties, trips to see plays and much more. You are invited to attend our meetings as our guest. You do not have to be a member to attend.

Take time now while you are thinking about the garage sale to fill out the coupon listed below. Please send the coupon and a \$15 check to the address included on the coupon. ■

MAIL IN COUPON

Your Name _____

Address _____

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E-mail Address _____

Mail and Send \$15 Check to:
Jay Williamson,
Garage Sale Chairman
6508 E. Star Valley St.
Mesa, AZ, 85215
E-mail address:
jaywilliamson57@yahoo.com

REAL ESTATE

PROTECT PERSONAL PRIVACY
While Your Home is on the Market

By John Karadsheh

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

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

HIDE YOUR MAIL

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

TAKE DOWN PHOTOS AND DIPLOMAS

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



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

CLEAN THE CLOSETS AND DRAWERS

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

TURN DOWN THE ANSWERING MACHINE

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

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

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

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative and a Certified Residential Specialist. He was voted in the Top 10 Residential Real Estate Agents in Arizona for 2012 and 2013 by Ranking Arizona, the Best of Arizona Business. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at www.BuyAndSellAZ.com.



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Red Mountain Ranch Area Market Report

Sales for the Month of June 2013



Address	Square Feet	Sold Price	Short Sale or REO*
6054 E. Roland St.	1,502	\$183,000	
6443 E. Redmont Dr.	1,526	\$202,500	
6532 E. Sierra Morena St.	2,031	\$215,000	
6540 E. Redmont Dr. #9	1,533	\$220,000	
6048 E. Roland St.	1,934	\$248,000	
3627 N. Sapphire	2,114	\$250,000	
4229 N. Ranier	2,184	\$252,000	
3754 N. Sawtooth St.	2,047	\$259,900	
4210 N. Ranier	2,525	\$288,000	
6334 E. Viewmont Dr. #8	2,029	\$325,000	

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

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

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Or

Rosemary Roasted Chicken
With Sherry Mushroom Risotto, Lemon Garlic Spinach & Chicken Jus

Or

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

Or

Pork Porterhouse
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EDUCATION

SEAMLESS TRANSITION FROM HIGH SCHOOL to College is Key to Success

By Jamie Killin

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

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

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

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

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

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

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

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

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

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

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





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Protect Your Self Against Rising Inflation:

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

Home Values Continue to Increase:

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

For additional information please contact **Ron Brown / Owner - Broker Coldwell Banker Trails and Paths**
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601.5 yard mean radius	9.84 Inches	3.86 Inches
Velocity standard deviation @ 26.25 yards	49.2 FPS	17.85 FPS

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LOCAL BUSINESS

Breadsmith Celebrates WITH ANNIVERSARY PROMOTION

Submitted by Breadsmith Bakery

While four loaves for \$10 would be a great deal anywhere, when it applies to Breadsmith handmade hearth-baked artisan bread, it is phenomenal.

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

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

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

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

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



FINANCE

THIS IS A GREAT TIME to Invest in Real Estate

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



CURRENT MARKET CONDITIONS AND OPPORTUNITIES

The Phoenix metropolitan area offers a number of excellent real estate investment opportunities.

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

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

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

rise in inflation in the coming years.

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

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

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



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DINING

PACINO'S OFFERS NEW TAKE ON ITALIAN CUISINE

By Kimberly Searles

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

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

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

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

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

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

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

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

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

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



Alicia and Frank Spaccarelli

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

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

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

personal attention to their customers.

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

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

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

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

COMMUNITY

BOY SCOUTS WILL Host Garage Sale

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

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

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



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COMMUNITY

MISSION TRIP PRESENTS Adventure of a Lifetime

By Sharon Wozny

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

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

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

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

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

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

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

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

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

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

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

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



Paige Burlew

ORGANIZING

KNOW WHEN TO Ask for Organizing Help

By Nancy Nemitz

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



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

Ask for professional organizing help if:

1. You've tried to get organized many times but backslide, or just shuffle things around.
2. Physically or emotionally have a difficult time getting the work done on your own.
3. Have a difficult time deciding what to keep and what to give away.
4. There is a lot of disagreement about what to keep and what to give away.
5. If you've been reading this column for the last five years and are still disorganized.

Too often, I've seen delays in getting organized or downsizing turn into severe strains on relationships. A professional organizer can act as a mediator or impartial third party to help resolve disputes and maintain a sense of calm. Don't be embarrassed to ask for help. Some things just can be too difficult to tackle on your own. ■

Nancy Nemitz, of *Create the Space Professional Organizing*, is one of the most experienced professional organizers in Arizona. She lives in Red Mountain Ranch, and organizes work space, as well as living space. For more information, visit [www.createthespace.com](#). To determine if Nancy can help you create a more organized space, call (480) 223-8939.

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COMMUNITY

FAMILIES CAN FIND WAYS To Combat Bullying

By Kimberly Searles

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

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

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

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

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

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

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



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

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

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

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

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

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

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

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

- www.stopbullyingaz.org
- www.aacap.org
- www.dosomething.org/bullyreport ■

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

EDUCATION

CAMBRIDGE ACADEMY OFFERS Unique Educational Options

By Sharon Wozny

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

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

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

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

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

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

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

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

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



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SOLD

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



\$309,900

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



\$695,000

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



\$282,500

2,536 sq. ft. 4BR, 2BA, 2G. Integra block home, granite counters, completely remodeled & a grass back yard.



UNDER CONTRACT

UNDER CONTRACT
3,216 sq. ft. 3BR, 2.75BA, 3G. Panoramic views, wood & travertine flooring & plantation shutters.



\$273,900

2,274 sq. ft. 3BR plus a loft, 2.5BA, 3G. Brick fireplace, covered patio, fenced pool & a grass play area.



\$525,000

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



SOLD

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



\$539,000

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



\$259,000

2,034 sq. ft. 3BR, 2BA, 2G. Open split floorplan, plantation shutters, granite counters & a Pebble Tec® pool.



\$354,900

3,081 sq. ft. 5BR, 3BA, 4G. Granite counters, new paint & carpeting, epoxy garage floor, & a fenced pool.



SOLD

3,029 sq. ft. 5BR, 3BA, 3G. Large open floor plan, professional landscaping w/mature citrus trees.



\$889,000

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



\$279,900

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



SOLD

2,525 sq. ft. 3BR, 2.5BA, 3G. Tile flooring, large view deck w/desert & Mtn. views, pool & a built-in BBQ.



\$195,000

1,254 sq. ft. 2BR, 2BA, 2G. 2 master suites, granite counters, SS appliances, 'Bittersweet Chocolate' cabinets.

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\$228,000

1,531 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot, SS appliances, granite counters & sauttillo tile flooring.



\$519,000

3,313 sq. ft. 3BR, 3BA, 3G. Views of Red Mtn, view deck, granite counters, pool w/water feature & firepit.