

# Red Mountain Ranch Up Close

Bringing neighbors closer to their community

February 2012

## COOKING CONSULTANT TRUDY MAPLES STARTS HER OWN COOKING SCHOOL

By Dawn Abbey

Trudy Maples' enthusiasm bubbled over like an unwatched pot on a stove.

"I am so excited to offer this new service," she exclaimed. "So many people have asked me over the years, 'Can you teach us how to cook?' Now, I am able to do it by starting a cooking school."

Trudy kicked off her new enterprise with an announcement at her annual Pampered Chef Hostess Appreciation Party in December. Currently, and for the last 16 years, Trudy has been an independent consultant for the Pampered Chef line of high quality kitchen tools. "During this time, I have been cooking for thousands of people at cooking shows, preparing meals while demonstrating these great kitchen tools," she explained. Every year, she throws a party for everyone who has coordinated a home party for her.

Over the years, Trudy has become so famous for her recipes and party food that people began asking her to cater their parties, and another business emerged. Trudy began a catering and personal chef service about five years ago.

So, when Trudy announced she was starting a cooking school, classes filled up fast. Currently, she is doing classes on Tuesday evenings, from 6:30 to 8:30 p.m., in her large, antique-style kitchen at her Red Mountain Ranch home. She is planning to expand that schedule soon to include additional evenings and some day classes. She's also engaging some local chefs to participate.

"Classes will be small, with only 10 seats available," she said. "This is a fun thing to do with a group, for a girls' night out, a date night, or to give as a gift." Each class follows Trudy as she creates a complete meal with entrée, side dishes and dessert. You will leave each class knowing how to make all the



KGPHOTOGRAPHY.NET

recipes, as well as take home copies of all the recipes and a menu shopping list. The best part is you will be eating the meal she creates, too. Trudy also does private parties and off-site cooking classes.

Some menu items planned for February classes are Tri-tip Roast with Amazingly Simple Gravy; Fish Tacos of Crunchy Baked Halibut with Creamy Chipotle Dressing and Mango-Avocado Salsa; Breakfast for Dinner, featuring Stuffed Crepes with Fresh Strawberries, Walnut-Crusted Quiche and Fruit Salad with Creamy Cinnamon-Lime Dressing; plus desserts, such as Triple Chocolate Cake with Surprise Garnish and from-scratch Lemon Cupcakes, with mouth-puckering Lemon Glaze. ■

Visit [www.CookingWithTrudy.com](http://www.CookingWithTrudy.com) for a complete list of classes, pricing and to register. Her Web site will be updated with new and upcoming classes frequently. She also is on Facebook under Cooking With Trudy. For information about Pampered Chef high-quality kitchen tools, go to [www.pamperedchef.biz/TrudyMaples](http://www.pamperedchef.biz/TrudyMaples). Order online, or call (480) 396-7992 or (480) 239-0082.

### SNIPPETS FROM ENTHUSED PARTICIPANTS OF TRUDY'S PAST CLASSES:

"I learned so much in this cooking class, I am amazed. I saw firsthand some tips and tricks I never knew. You are a wonderful chef and teacher. You allowed for questions and offered so much information throughout the class."

—Dana Jutting

"I had a blast. Dishes were simple, fast, and delicious. The class was interactive and educational. Trudy is truly inspirational and makes being in the kitchen fun."

—Martha Apuan

"Cooking class ROCKED. The food was fabulous. I have never considered myself much of a cook. Trudy not only gave me fabulous recipes and helpful hints to make cooking easier, she also inspired me to look at cooking in a whole new light. Her fun, down to earth, practical approach allowed me to picture myself as more than someone who cooks to keep her family going, but as a woman who can create mouth-watering meals and have a blast doing it."

—Heidi Landis

## USERY MOUNTAIN PARK RANGER TALKS AT SOCIAL CLUB

Prepared by Kay Campbell,  
Social Club Acting Secretary  
Submitted by Jay Williamson,  
Social Club Publicity Chairman

The first meeting of the year of the Red Mountain Ranch Social Club was held on Thursday, Jan. 12, with Acting President Ewin Trapp calling the meeting to order. After a business meeting, Program Co-Chairman Edith Pitts introduced the speaker.

Brennan Basler, known as Ranger B, has been the Interpretive Ranger at Usery Mountain Regional Park for several years. Previously, he was an educator at the Desert Botanical Garden and the Phoenix Zoo. He is an avid hiker with a serious addiction to anything outdoors. Brennan's knowledge about the Sonoran Desert, wildlife and wind cave helped us understand and appreciate the different plants and animals living in our desert.

Brennan thanked the club for the invitation to speak. He said Maricopa County comprises 120,000 acres of land, containing one of the largest regional



Brennan Basler

park systems in the United States.

There are 10 county parks, including Usery Mountain Park, to McDowell Mountain, San Tan, Lake Pleasant, Cave Creek, Adobe Dam and several others.

Usery Park has 30 miles of trails, ranging from 1 mile to 7.4 miles, 68 picnic tables, with barbecues, hiking, mountain biking, horseback riding, an archery range, a 75-unit family campground, and ranger-led programs. There are 70 ranger-guided hikes per month.

Call (480) 984-0032, or go to the Web site, [www.maricopa.gov/parks/usery/](http://www.maricopa.gov/parks/usery/), for the calendar of events. The cost is \$6 per day for a carload of passengers, or an annual cost of \$65 for senior citizens and \$75 for adults under age 65 per year for an unlimited pass. This pass allows entry into the other nine Arizona regional parks.

Ranger B asked, "Where does the name Sonoran Desert originate?" More than half of the Sonoran Desert, titled Sonora, exists in Mexico.

Continued on page 9 ►

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**LOCAL BUSINESS****This service is Cleaning For a Reason***By Julie Brown*

Eugena Bring decided to help a family friend in need when her friend's husband had a stroke, and the snowbirds needed their Mesa vacation homes opened and cleaned prior to their arrival.

She took on the job, and today, 22 years and 5,000 homes later, she owns a successful home cleaning company.

That favor for a friend turned into referrals from other friends, and eventually became the foundation for Carnation Home Cleaning Inc., in Mesa. Now, she is focused on expanding her business, which has been built on integrity, honesty, professionalism and good old customer service.

"We're not just scrubbing toilets," said Eugena. "We're making a difference, not only in people's homes, but in their lives."

There's nothing more satisfying than a clean home, except not having to do it yourself, and knowing you can trust having others do it for you, according to Eugena. That's why she believes trust is the most important element of the services her company provides.

"When people come into your home to clean, there's a feeling of invasion," she shared. "People worry about their belongings and their pets. It's hard to trust strangers."

Eugena works hard to earn and keep the trust of her clients by having them be home the first time they have their home cleaned, setting them up with a regular team they get to know, and keeping a professional staff. Her employees are trained, bonded and insured. In addition, they are legal U.S. residents, and they have had thorough background checks.

Her staff works in teams as they clean the same homes, and each is given a team name. "It gives them purpose and an identity, and creates a sense of security, not only for our



clients but for employees," stated Eugena. "We really get to know our clients, and when you see them often, they become like family."

To keep her employees motivated, they receive medical and dental insurance, vacation benefits (DreamTrips) and participation in a 401(k) plan. The company also participates in Cleaning for a Reason™, a national non-profit organization providing free house cleaning to women undergoing cancer treatment. "Many of our employees are single mothers. So, this is not just a job, but a career," she added. "We work hard to create an environment where people can grow, prosper, and be proud of the work they accomplish."

Even with the recession, Eugena is lucky her business has not been significantly affected. The company lost its new construc-

tion clients, but picked up more residential homes, mainly through its robust referral base. Moreover, the company has not raised its prices in 10 years.

"Professional house cleaning has really transformed from a luxury to a necessity for many people, especially those working full time, raising families, or people who have a hard time doing it themselves," Eugena explained. "Having a clean home has physical and mental health benefits, and gives you that extra peace of mind."

Carnation Home Cleaning provides full-service residential and office cleaning services, Monday through Friday, throughout the East Valley and now in Northeast Scottsdale. They are located at 4930 E. Main St., west of Higley Road. ■

For more information, call (480) 924-2096, or visit [carnationhomecleaninginc.com](http://carnationhomecleaninginc.com).

**UpClose**  
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## FOOD

## Flancer's Offers a Delicious Valentine's Day Dinner To Go

Submitted by Flancer's

Treat your sweetheart to a special Valentine's Day dinner to go from Flancer's, complete with a great appetizer, a flavorful salad, a delicious entrée and a chocolate dessert. Place your order today.

### APPETIZER

Fresh Grande Mozzarella Caprese Bruschetta—Toasted pesto crustini's, roasted yellow peppers, marinated roma tomatoes, extra-virgin olive oil, balsamic vinegar and fresh basil.

### SALAD

Fresh baby greens topped with mangoes, honey roasted slivered almonds and fresh grilled corn. Topped with smoked paprika and cumin crusted chicken with a roasted tomato-champagne vinaigrette.

### ENTRÉE

Tender filet mignon, fresh ginger-parsley shrimp, served over creamy risotto with sun-dried tomatoes, caramelized shallots and shitake mushrooms. Garnished with candied orange peel and shaved Parmigianino Reggiano. Sugar snap peas and glazed carrots.

### DESSERT

Sweet dark chocolate mousse, prickly-pear fresh whipped cream served in a passionate puff pastry heart.

Save \$5 by ordering on or before Thursday, Feb. 9. Pick up your order on Valentine's Day, Tuesday, Feb. 14, for only \$54.99 per couple (\$59.99 after Feb 9). Dinners are served cold with heating instructions. ■

Valentine's Day orders can be placed at either the Mesa or Gilbert location. Flancer's in Mesa is at 1902 N. Higley Road, located at Higley and McKellips roads. For more information, call (480) 396-0077. Flancer's in Gilbert is at 610 N. Gilbert Road, located at Gilbert and Guadalupe roads. For more information, call (480) 926-9077. Check out the Web site at [www.flancers.com](http://www.flancers.com).



## EVENT

## CHURCH YOUTH GROUP HOLDS Rummage Sale

Submitted by Love of Christ Lutheran Church

The youth groups at Love of Christ Lutheran Church will hold a rummage sale on Saturday, Feb. 25, from 6 a.m. to 1 p.m., inside the Center for Compassion Building, located on the campus at 1525 N. Power Road, between Brown and McKellips roads.

There will be great bargains, from furniture, electronics and clothing, to household items, jewelry and art.

No matter the weather, this is the sale you don't want to miss.

If you would like to donate items to the sale, we can either pick up your large items on Feb. 20, or you can drop off your items on the same date, from 9 a.m. to 4 p.m. ■

If you have any questions, please call pastor Eric Albert at (480) 981-6199, or go to the Web site at [loveofchristchurch.net](http://loveofchristchurch.net).



## ORGANIZING

## Organizing is key before your heirs must act

By Nancy Nemitz

When hired by the personal representative of an estate, it is my responsibility to help manage and organize the many things that have to be taken care of when someone dies.

It is so much easier to find insurance documents, vital records and property documents when they are well organized. Purging through years worth of documents, which should have been shredded years ago, wastes time and money. A word for those of you who hide money all over the house thinking thieves will never find it, consider your heirs may not find it either.

You can Google organize your important papers, and you will find a lot of resources to help you set up a good records retention system. Believe me, it will save a lot of problems for those who have to handle your affairs after you die.

Put a note on your calendar, and organize your important papers before March 15. ■

Nancy Nemitz, owner of Create the Space Professional Organizing LLC, lives in Red Mountain Ranch. Check out her Web site at [www.createthespace.com](http://www.createthespace.com), or call (480) 223-8939. To get the latest organizing tips, you also can follow Nancy on Twitter, and like her on Facebook.



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EDUCATION

# SELECTING MAJORS AND Careers Gets Harder for students

By Mary Martha Gingerella

Since 2007, the National Association of Colleges and Employers (NACE) has published a student survey, which covers college student expectations, plans and activities as they relate to employment.

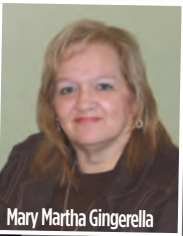
The main audience for the survey is college seniors, as they get ready to embark on their post-college plans. The 2011 NACE *Student Survey Report* provides a snapshot of these students' career and personal priorities.

The report also serves to reinforce the continuing need for increased connectedness between academics (high school and post-secondary) and exploratory opportunities in the real world. A few interesting highlights from this survey include:

- The Class of 2011 has the largest percentage of graduates aiming to avoid the workforce, and to avoid graduate/professional school than any class in recent memory.
- Of the 19 majors covered in the survey, seven have more than 25 percent of their seniors approaching graduation with little or no idea of what they plan to do after they receive their degrees.
- There are some significant changes in the attributes graduates want to see in an employer/job. For example, students prefer the opportunity for personal growth and development over opportunity for advancement. (Think horizontal over traditional vertical career growth.)
- As for success with the job search, students' choice of majors determined offers and rate.
- Students graduating in pre-professional majors did better than their liberal arts and science major peers, and majors involving technical skills earned the overall highest rates.

Research shows parents are the No. 1 influencer on their teen's career choice and plans for their future. Nurturing a child's interests and passions while growing up will encourage them

to pursue their inquisitiveness with excitement. Keep in mind, however, this is not the same job landscape in which you grew up. The next generation of employees thinks differently about what is encompassed by the meaning of work.



Mary Martha Gingerella



Instead of identifying a single career, such as becoming a doctor, this next generation seeks to combine their interests, philanthropic passion, new learning and work all together. It's as if they are collecting fresh vegetables for dinner—each new experience or opportunity serves as one ingredient in a much bigger pot. Coupled with a global job market playing field, more students have entrepreneurial aspirations, and are able to reach a broader audience with their keen social media and overall technology skills.

Choosing a career is difficult for many teens, especially given the uncertainty of jobs and industries today. However, choosing areas of interest and passion is much easier and instinctive, and they can be parlayed into careers/jobs that may not even exist right now.

In fact, a recent *Forbes* article discussed the challenges associated with IT jobs, and how cloud computing is changing the face of IT in many ways. Ever heard of a cloud specialist or cloud alliance manager? You will. These job titles are only a small piece of an emerging group of professionals (and jobs), which are just now evolving as a result of changes in technology, consumer behavior and many other market drivers. There's a lot more to come.

Connecting the dots was easier in my day. Less options and technology made for fairly straightforward decisions about careers. Today's teens have many resources and options at their fingertips, but nothing ever takes the place of good mentors (and community partners and employers), who can help students interpret the job landscape and piece together their futures. ■

For more information, contact Mary of AZ Leaders and Learners at (480) 329-0450.

LOCAL BUSINESS

## Consider Sweet Repeats Consignment Boutique for a Valentine's Day gift

Submitted by Sweet Repeats Ladies Consignment Boutique

Sweet Repeats Ladies Consignment Boutique is celebrating Valentine's Day with a 15 percent off sale through the month of February.

Remember Valentine's Day is on Feb. 14, and what better way to say you love her than with a gift certificate at Sweet Repeats.

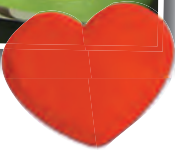
Have you considered consigning? Make money on your unwanted items! We accept only clean merchandise in excellent condition. If you are like most women, you've probably got some really great clothing, shoes, handbags, jewelry and/or accessories you're not wearing. Let's face it, your wardrobe is an investment, and it's not doing you any favors by hanging in a closet. Bring in your items freshly laundered and on hangers. We will do the rest!

The cleanliness and appearance of your items is crucial for marketability. Please be sure to presort your items to ensure they are in excellent condition. Clean, well-pressed and fragrance-free items sell best. We accept consignments Tuesday through Friday, from 10 a.m. to 4 p.m. We encourage an appointment if you have 10 or more pieces.

Sweet Repeats is truly all about love—love yourself, love each other, and love of fashion. We hope to see you soon! ■

Sweet Repeats Ladies Consignment Boutique is located at 6039 E. University Drive, at the southeast corner of Recker Road and University Drive. Call (480) 275-2480.

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# REAL ESTATE

# DON'T LOSE IT ALL AND STILL LOSE YOUR HOME

By Lorraine Ryall, Realtor, CDPE, CSSN  
Coldwell Banker Trails and Paths Premier Properties

The decision to do a short sale can be one of the hardest decisions a homeowner may have to make.

They have spent months agonizing over it. There have been countless sleepless nights and far too many discussions and arguments over it trying to hold on and find another way. It goes against everything they were taught and their moral values. They have never been late on a payment before, let alone missed one. Walking away just isn't the right thing to do – or is it?

Maybe they can hold on long enough for the market to turn around, and they can sell the house for what they owe. Realistically, that could take too many years. For example, if they owe \$350K on their mortgage, and the current value of the home is \$180K, with an estimated 3 percent annual increase in home prices, it will take 16 years to sell the property for enough to pay off the mortgage and closing costs.

While trying to hold on and struggling to stay ahead, they start charging more of their everyday expenses on credit cards. Now, they are not only struggling to pay their mortgage, but their new debt and monthly credit card payments, as well.

Some have depleted all their savings and even retire-

ment and 401K in an attempt to save their home, only to be facing the same dilemma once all their funds are gone.

Others have spent months filling out paperwork and hours on the phone with the bank applying for a loan modification—only to be denied.



Lorraine Ryall

Unfortunately, the only thing these homeowners have been successful in doing is losing any savings they had or building up high credit card debt only to lose their home anyway.

I hear the phrase *don't walk away* as if it's the homeowner's choice. For some, it may be, but for most, it isn't a choice at all. It's a necessity.

Don't lose what you have or build up huge debt trying to save a sinking ship. If you have been denied a loan modification, or it's not an option for you, if you are facing financial difficulties or even foreclosure, doing a short sale may be the best option for you and your family. It's not just about pride anymore, it's about taking care of your family, and being able to survive and start again.

A short sale isn't just a way to get out from under your mortgage. It's a way to save your family and your credit, and a way to start again. ■

Contact me today for a free confidential consultation to discuss if a short sale is the best option for you, or visit my Web site at [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com) for more information on short sales, loan modification and foreclosures.



# LOCAL BUSINESS

# Expert Trouser Sizing Store Opens

By Kim Phillips

Las Sendas resident Jeffrey Roberts is pleased to announce the grand opening of Crease Liberty, an extraordinary clothing store specializing in men's trousers and jeans.

Located in Scottsdale, the store opened on Jan.

2, and features a European sizing system, which allows for a variety of body sizes.

According to Jeffrey, the sizes include three different rises and at least two different silhouettes. The trousers can be fuller in the thighs, or slimmer. "So, your trousers fit perfectly," commented Jeffrey. Crease Liberty is a trouser specialist store, offering more than 1,000 choices in trousers and jeans.

"We provide the opportunity to get a true fit in pants," Jeffrey emphasized. "We have loyal customers, who come back every single year... and buy more."

Oftentimes, men buy pants, which are too full and baggy. "Extra material in the seat is not flattering," he stated. "We help put you in clothes, which are comfortable, but still enhance your figure."

Furthermore, Jeffrey believes Crease Liberty ultimately can help you feel better about yourself. ■

For more information about Crease Liberty, visit the store, from 10 a.m. to 6 p.m., at the northeast corner of Scottsdale and Indian Bend roads, in the Seville Shopping Center, located right next to the cleaners.

If you want to contact Jeffrey, and discuss exactly how he can help you with your clothing choices, call (480) 325-1035, or send an e-mail to him at [Jeffrey@EuropeanFashionGroup.com](mailto:Jeffrey@EuropeanFashionGroup.com). You also can call (480) 292-8334, and ask for John Hayes, who also is a Las Sendas resident and the store manager.



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EDUCATION

# Self Development Charter School encourages engaged learners

Submitted by Self Development Charter School

Choosing a school is an important decision for every parent, and Self Development Charter School (SDCS) is a highly ranked school where students are inspired to achieve and grow in academics and as individuals.

The philosophy of SDCS instills intrinsic motivation, as students become engaged learners.

The kindergarten program is a critical aspect of SDCS's comprehensive program. Students, who begin their education and remain at SDCS throughout middle school, leave with an outstanding academic foundation for a successful future. They begin the journey to becoming lifelong learners.

Elementary students in grades first through fifth continue to participate in a core curriculum enriched to build and strengthen math, reading and writing skills. Additionally, students actively engage in the scientific process through laboratory experiences.

The SDCS middle school program focuses on providing students unparalleled college preparatory programs. At SDCS, many of the anxieties children of this age encounter are reduced by the school's nurturing

and close attention to needs of individual students.

Students also participate in blended learning classes, taking Mandarin, Latin and Spanish courses through an elite college.

The newly added Science/Technology Center provides students with the skills necessary to succeed in the 21st century.

Students at SDCS gain a balanced educational experience, which includes a supportive staff, a challenging curriculum, and focus groups for small group instruction. Students participate in extra-curricular activities,

such as violin, foreign language programs, competitive sports and science, as well as math competitions, which provide all students a well-rounded experience.

The Kindergarten Information Program is set for Thursday, Feb. 23, at 6 p.m. at 1709 N. Greenfield Road.

Attending this event will give parents the opportunity to secure one of the limited spaces available for next year. Parents may visit the newly constructed Science and Technology Center and upgraded playground. An overview of the curriculum will be presented. ■

Registration for grades first through eighth is now available. Space is limited. To secure your child's space, please contact us at (480) 641-2640, or visit our Web site at [www.selfdevelopmentcharterschool.com](http://www.selfdevelopmentcharterschool.com).



EDUCATION

# Begin Lifelong Learning Journey at Self Development Preschool

Submitted by Self Development Preschool

Self Development Preschool (SDP) takes pride in setting high standards for students beginning their educational journey, and as teachers, we believe the dedication to becoming lifelong learners starts early.

At SDP, the process of developing a deep love of learning begins at the age of two. The 2-year-old classroom introduces colors, numbers and letters through stories, music, art and play. Sign language also is incorporated daily to enhance social and communication skills, as they learn about the world around them.

In the 3- to 5-year-old classrooms, the Arizona Kindergarten State Standards are used to guide curriculum goals and concept mastery. This advanced curriculum allows students to achieve related reading phonics skills.

Mathematical basics, such as number recognition, large and small number concepts, as well as small number addition, are critical components of the kindergarten readiness program. Each day, these lessons are introduced at morning circle times and reiterated at center work timetables.

In addition to the core curriculum activities, SDP believes art and music are a necessity for the total development of a child. Each month focuses on a new theme. Art, music and movement are integrated into the program to add new and exciting variations to their daily activities.

In the month of January, the children explored animals and their habitats. In February, children discover what's inside our



bodies and how nutrition, our organs and the five senses all work together.

March is all about insects—the cute, creepy and cool.

In April the students will enter the fantasy world of fairy tales, while dressing in costumes and acting out favorite stories.

Then, in May, get ready to dive into an under the ocean adventure.

Next, in June, anyone who loves to travel will love our unit on transportation. We will learn everything from bicycles to rocket ships. This prepares us to blast off into our outer space unit in July.

SDP has this and so much more planned for an exciting year of learning in 2012.

SDP also provides interactive programs for kindergarten through sixth grade students before and after school. Games, songs, stories and crafts are a few things the students look forward to each day. Our after-school program also provides a quiet facility for those choosing to complete homework with teacher assistance. ■

SDP is now enrolling. To secure a place for your child, please contact Vernetta at (480) 396-3522. Please visit our Web site at [www.selfdevelopmentpreschool.com](http://www.selfdevelopmentpreschool.com).

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Area Market Report

Sales for the Month of December 2011

Address	Square Feet	Community	Sold Price	Short Sale Or REO
7226 E. Northridge St.	1,372	Windsong	\$143,000	
7320 E. Mills St.	1,856	Windsong	\$152,000	X
7349 E. Northridge Cir.	1,762	Grayfox	\$190,000	X
3055 N. Red Mountain #122	1,571	Ironwood Pass	\$195,000	
7244 E. Nance St.	2,835	Trailridge	\$200,000	X
3055 N. Red Mountain #116	2,150	Ironwood Pass	\$200,000	X
2712 N. Sterling St.	2,276	Grayfox	\$237,000	
3055 N. Red Mountain #200	1,756	Ironwood Pass	\$247,000	
3618 N. Desert Oasis	1,571	Shadow Canyon	\$250,000	
3845 N. Barron	2,226	The Highlands	\$314,000	
7526 E. Pearl Cir.	2,226	The Terraces	\$320,000	
7555 E. Pearl Cir.	2,732	The Terraces	\$320,000	
7445 E. Eagle Crest #1085	2,585	Cachet	\$330,000	
7346 E. Red Hawk St.	2,757	Boulder Mountain	\$342,500	
4055 N. Recker Rd. #72	2,953	Red Mountain Ranch	\$370,000	
3834 N. Canyon Wash Cir.	3,330	Eaglefeather	\$390,000	X
7130 E. Saddleback St. #44	4,452	Golf Colony	\$435,000	
8034 E. Sugarloaf Cir.	2,942	Stonecliff	\$450,000	
8152 E. Sugarloaf Cir.	3,017	Stonecliff	\$484,000	
4205 N. Highview	4,047	Granite Preserve	\$615,000	
6446 E. Trailridge Cir. #29	7,213	Red Mountain Ranch	\$970,000	

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Sales Information provided By John Karadsheh, ABR, CRS of Coldwell Banker Trails & Paths Premier Properties. [www.BuyAndSellAZ.com](http://www.BuyAndSellAZ.com)

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SPORTS

# HIT Your Fitness and Weight-Loss Goals

By Julie Brown

The 12,000-square-foot, state-of-the-art HIT Center (High Intensity Training) in Mesa not only has the most advanced fitness assessment and training equipment and graduate-level sports and exercise trainers, but it may also sound like an intimidating place in which to work out.

The HIT Center doesn't only cater to athletes and hardcore fitness enthusiasts, however. Instead, the facility provides a variety of fitness and training programs for youth, active adults and anyone wanting to improve personal health, strengthen the body and lose weight.

Located off of McKellips Road, between Greenfield and Higley roads, at 4811 E. Julep St., Suite 110, in Mesa, the HIT Center is easily one of the most amazing and modern fitness facilities in Arizona. It features an artificial turf infield, deep sand training, over speed treadmills, Olympic lifting platforms, and rows of advanced fitness and exercise equipment.

The facility is impressive, with a wide variety of services offered, including semi-private and private personal training sessions, boot camp classes, sports conditioning and youth fitness programs. They also offer an extensive list of assessment services, such as body fat percentages, metabolic profiles, and heart rate testing, as well as strength and flexibility analysis. Diet and nutrition counseling also is offered.

Tim O'Neil, a managing partner for HIT Center, is a former decathlete, and a post-college graduate and track coach. He has spent 15 years in fitness facility management. Tim also developed the nation's first mobile body fat testing lab. Now, he dedicates his expertise to managing the HIT Center, and helping clients to accomplish their health and fitness goals.

"The HIT Center was originally designed for sports training, but has expanded over the last five years to general

fitness, and catering to people who are serious about meeting their health and fitness goals," shared Tim. "We focus on

providing an environment that's comfortable for people of all ages and fitness backgrounds, by offering them personalized service and access to the latest technology and programs they won't find anywhere else."

The HIT Center has been the training ground for several professional athletes, including former Arizona Cardinals player Keilen Dykes and UFC fighter Matt Lucas, as well as collegiate scholar and cross-country runner Shawna Smith. They are just as proud, though, of the hundreds of people they have helped to enhance their fitness and lose weight, including two clients who have lost 100 pounds.

According to Tim, the HIT Center clearly is not your typical big box gym. "We provide personalized services by appointment only," said Tim. "Our staff is not just certified trainers. They are fitness experts, and many have post-collegiate degrees."

World-class staff, equipment, and fitness and assessment programs could come with a hefty price tag. However, moderate pricing has been the core strength of the HIT Center's success. "Making it affordable for people to use our facility and services is an important part of our business," stated Tim. "When it comes to fitness, we offer more for the money than anyone else in the Valley."

The HIT Center offers month-to-month personal training packages, which can start as low as \$225 for 12 one-hour sessions. They also offer boot camp courses, which start as low as \$149, and youth fitness programs for \$99. ■

For more information, call (480) 981-0600, or visit [mesapersonaltraining.com](http://mesapersonaltraining.com).



SPORTS

# Pilates Can Improve YOUR GOLF GAME

Pilates has become one of the most popular exercises of choice for a variety of people and reasons.

Famous singers and actresses do it. Professional basketball player Jason Kidd does it, and you may have heard that golfers Tiger Woods and Annika Sorenstam do it.



One large misconception about Pilates is that it involves only stretching, and is mainly designed for women. However, Pilates got its namesake from the person who developed it over 100 years ago—Joseph Pilates! Although men and women alike practice golf, men often overlook Pilates due to the girlie misconception it tends to hold.

In actuality, Pilates and golf are a natural blend, because all of the muscles required for golf are trained during Pilates. Both mat work and apparatus work benefit golfers in the areas of injury prevention and longevity, and can even improve accuracy, distance, and overall golf score!

Golfers who are interested in Pilates should consider visiting k Pilates. According to owner Kendra Jordan, k Pilates is Mesa's only Pilates and fitness studio offering authentic Pilates instruction on Classical Pilates spring-based equipment.

"Our staff carefully watch to make sure everyone is properly executing their exercises for the most effective results," Kendra said, "Our mission is to provide personal attention to each individual's form, in limited, semi-private class sizes to ensure rapid results." ■



For more information about k Pilates and Karve Studio, located at 3514 N. Power Road, call (480) 840-1860, or visit [kpilates.com](http://kpilates.com).

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COMMUNITY

SOCIAL CLUB

◀ Continued from page 1

Next question, "How many deserts does Arizona have?" Arizona is the only state with all four existing in North America. The Mojave Desert, found in portions of Northern and Western Arizona, the Chihuahuan Desert, the largest North American desert, is found in portions of Southeastern Arizona. Perhaps the most famous American desert is the Sonoran Desert, found in Southern and Central Arizona. The Great Basin Desert is found primarily in Northern Arizona.

Then Ranger B asked, "How many of you were born in Arizona?" Not one of us raised our hand. Quick as a wink, a member asked Ranger B, "Where were you born?" He answered, "Paraguay, South America."

In 1994, Ranger B flew from Wisconsin to Arizona. When he got off the plane, he went to Roosevelt Lake, and felt as if he were on another planet. "It was so different from Wisconsin. I was hooked," he said. "My wife and I fell in love with Arizona and the Sonoran Desert when we came here on our honeymoon in 2002," he continued. "I was working in Canada, and sold our home and packed our belongings to move to Arizona. My wife and I arrived here with no job or family. Still today, I have to pinch myself to realize I get to live here."

The Sonoran Desert is biodiverse—more variety of species and animals exist here than in other deserts. Arizona gives their deserts the right kind of things to survive. "As interpretive rangers," Ranger B said, "we educate and connect people to our wonderful desert through guided hikes and programs."

He asked, "Do Arizona rattlesnakes hibernate?" Most of us thought yes. According to Ranger B, Arizona snakes do not hibernate in the winter, but they become much less active. When it is 70 degrees or above, they will come out to sun. They are not aggressive to humans. To protect themselves and their terrain, they will defend themselves. They will attack. The No. 1 cause of rattlesnake bites in Arizona is picking them up.

There are about 400 rattlesnake bites a year in Arizona, with one death. The average medical cost of

damage and pain from a bite is \$100,000. If you abide by simple directives when you hike—keep your eyes open, do not pick up rattlers, don't step on them, don't put your hands and feet in holes—you will keep yourself unharmed.

Ranger B then showed us the skull of a javelina. Javelinas have a reputation of being man-killing ferocious boars. This is a myth. Javelinas are not related to European boars or pigs. There is an anatomical difference between Javelina and pigs/boars. They originate from the Peccary line of mammals in South America. Arizona javelina, also called collared peccary, have a great sense of smell and poor eyesight.

When you see mounds of cholla balls with sticks and rocks similar to a beaver cave, you've encountered a pack rat nest. If you were a hungry coyote, would you jump into a cholla nest for a pack burger? Pack rats move cholla balls by biting one needle of the cholla in their teeth, and the ball protrudes in front of their faces.

Bobcats are not man-eaters. It is rare to have anyone attacked by a bobcat. Only a sick bobcat would attack. In 2009, at a bar in Cottonwood, a bobcat entered through an open door, and chased patrons throughout the bar. That bobcat was sick with rabies.

Living up to 80 years, many desert tortoises live at Usery Park. They have a bladder allowing them to store water for one year from eating desert plants. Our mule deer get their name from their gigantic ears.

The wild dog of the desert is the coyote. There are only two recorded deaths in North America over 200 years from coyotes. They are defensive, and will eat anything, including your small pets.

Construction disturbs scorpions. Scorpions are territorial. If you eliminate their food source—crickets, etc.—they will relocate to another area for bugs.

At Usery Park, no hiker has ever been bitten by a scorpion on walks. There are 40 species of scorpions in Arizona. The venom from only one, the bark scorpion, can be life threatening.



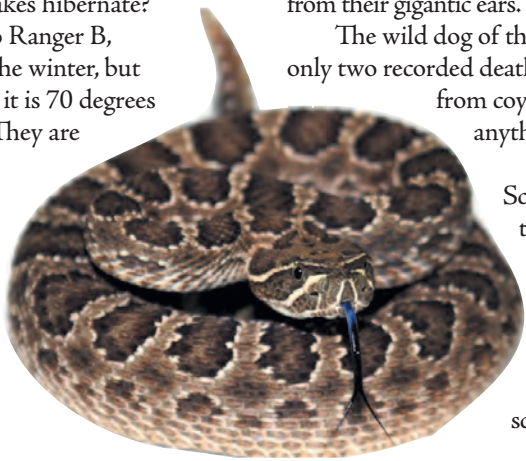
Gila monsters live 95 percent of their life underground, and can be up to 2 feet in length. Shy and docile, they are defensive in their reaction to people. If you pick one up, it will bite you, and they are poisonous.

Sonoran coral snakes have extremely potent venom. They have the diameter of a pinky finger, and are up to 2 feet in length. Their colors are black, yellow and red. No death has been recorded from a coral snake in Arizona.

Ranger B mentioned we have 3,000 mountain lions living in Arizona. Las Sendas had a mountain lion spotting. That lion was on the outer fringes of his 200- to 300-square-mile territory in the Goldfield and Superstition area.

When Ranger B finished speaking, Edith gave him a speaker's gift and thanked him for coming.

Our Social Club meets on the second Thursday of the month at 9:30 a.m. We meet at the Red Mountain Ranch Country Club. You are invited to attend our meetings as our guest. You do not have to be a member to attend. ■



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LOCAL BUSINESS

Herlehy's Complete Auto Repair completes their lives

By Dawn Abbey

John Koyrkoymelis has always been happiest when he's working around cars. As a kid, he learned how to repair his family's vehicles. Today, he loves restoring classic cars, and has spent his working life in all aspects of the auto business.

The road to how John and his wife, Kim, came to own Herlehy's Complete Auto Repair, at 2442 E. McKellips Road, is long and winding.

From doing repair work for Monroe shops, John made his way to sales representative for Carquest Auto Parts, and then Pep Boys, where he became No. 1 in outside sales to local repair shops. According to Kim, because of his auto experience, family and friends were always coming to John for advice about problems with their cars, or questions about costs and what was really needed. "It quickly became apparent to John, that unfortunately, car owners, especially women, were very often being overcharged, or told to make unnecessary repairs," she said. "It was then that John decided he wanted to open his own shop someday, where customers could rely on a fair deal."

Then, in August 2009, John's mother, living in

Mesa, became very ill. John and Kim decided to move their family from Delaware to be near her, and John was able to transfer his position with Pep Boys to the Valley.

While living here, John and Kim started looking around for a repair shop they could call their own. "Sadly, John's mom passed away," said Kim, "but a week later, we found our present location. We took it as a sign that maybe she was helping us along."

Now, Kim works at the shop several days a week, and their 16-year-old daughter, Katie, enjoys hanging around on weekends and after school. "She's actually interested in and learning how to do oil changes and change tires," Kim said proudly. "She thinks everyone should know the basics." The couple also has twins, 12-year-old Nikolas and Kayla. "Nikolas likes to spend time here with his dad, and helps with clean-up chores."

"It's a family affair," explained Kim. "John's sister, Tina Freitag, is working on our Facebook page and marketing, while her husband, Mike, is setting up our new Web page." Kim suggests checking their Facebook page regularly for discounts and specials.

For those with concerns about breakdowns when on the road, John explains they are a certified



auto repair shop with coast-to-coast nationwide coverage, which provides 12-month, 12,000-mile warranties on repairs done by their members.

John offers free estimates and second opinions on repairs. He always shows customers what's needed and returns replaced parts. "We don't do any work until we talk to you first," John said. "We let you know if it's something that can wait awhile, or if it needs to be done right away. We don't do any repairs without your approval."

John said they are able to do any kind of repairs except alignments, which they refer to a qualified expert. They also work closely with Flash Auto, located behind their shop, and run by Denny Mastbrook, for auto electronic systems, as well as computer flashing and reprogramming. Denny previously owned Automotive Computer and Electric in Mesa for 25 years. ■

Herlehy's is open from 8 a.m. to 5:30 p.m., Monday through Friday. For more information or free estimates,



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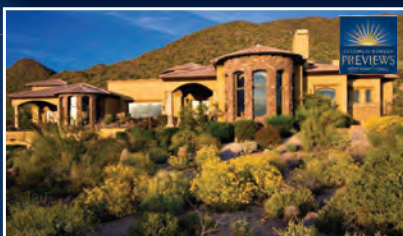
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2,226 sq. ft. 4BR, 2BA, 3G. Cul-de-sac lot, hardwood flooring, flagstone courtyard, BBQ & beehive fireplace.



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**\$450,000**

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