

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

January 2012

VOLUNTEERS DONATE TIME AND MONEY TO BRING JOY TO SUNSHINE ACRES CHILDREN

By AnnElise Makin

Shopping brings joy, especially when you don't do it that often, and for 95 children from Sunshine Acres Children's Home, the Kohl's Shopping Spree, hosted by the Red Mountain Ranch Ladies' Golf Association, was an exciting holiday highlight.

"This is a fantastic opportunity for our kids to pick out their own things and shop for what they need," said Executive Director Sean Sloan. "It also brings forth such a wonderful group of people, who take a personal interest in the children."

Kohl's welcomed the shoppers in an hour early. Eager buyers and their buddies determinedly fanned out toward special sales.

Elee, 11 years old, went hunting for pants and shirts in purple and pink with Heather Omta. Jessica, age 7, awed by a fancy holiday dress, learned a strategy with Daleen Barrick. "This is not on sale," Daleen cautioned. "For this price, you can buy three other outfits."

"We might have to make some choices here," Helene Irvine, a former teacher and Red Mountain resident, reasoned with Angel, who is 11 years old. Angel scanned for the right price, and wrote the numbers down. Then, purchases were added up with a pocket calculator.

Axl, age 16, who plays guitar, drums and bass for the Sunshine Acres services, found Vans shoes and shirts that rocked while shopping with Mary Ann Turney.

Tyler, 8 years old, who is really good at math, picked out a holiday tie, jeans and other clothes with Sue Brockmann.

Logan, 15 years old, shopped for necessities and skater-style attire with Fred Ertl, from Las Sendas, who said, "They really do have great kids. It's unbelievable."

Jasmine, age 17, a junior at Red Mountain High School, who plays violin and volleyball, in addition to working at McDonalds, was guided by Caroline Gonzalez, from Red Mountain Ranch, to achieve her goal of 3.5 pairs of pants (one was tights).

In the end, the numbers always added up because Patty Altmaier and Judy Thompson easily compensated for a little extra. Cindy Humphrey, operations director at Sunshine Acres, received the Kohl's Cash for other domestic needs.

"We collected more than \$11,000 since November, through the Red Mountain Ranch newsletter and a donation box at the pro shop," Patty stated. "We had again a Christmas angel making sure each child received a \$100 budget."

Raising the money wasn't too hard, Patty said, because the spree has become a tradition. In fact, volunteers have been looking forward to the spree since Thanksgiving. ■

Sunshine Acres, located at 3405 N. Higley Road, is a one-of-a-kind miracle village for neglected children, offering family-structure living accommodations. To find out more, and to see how you can help, go to www.sunshineacres.org, or call (480) 832-2041.



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BEAUTY

Pretty feet are just a few days away

By Dawn Abbey
Has wearing sandals and going barefoot all summer made your feet rough and calloused? Are you embarrassed to slip on those glittery, party, strap heels? Have you always struggled with rough feet and thought there was nothing you could do about it? Now there is a solution.

"Cosmos Salon and Day Spa is offering new advanced treatments for rough feet, and also for hands that are dry and cracked, or just not as smooth as you'd like them to be," said Margaret Midlick, Cosmos esthetician.

"Smoothing treatments work for both men and women," Margaret continued. "The five-step process uses a series of products, and takes about 30 minutes to complete. It's pain-free and involves no down time," she said. "It only requires that the product be left on the skin undisturbed for 12 hours. Then, the skin is cleansed, and nothing more is needed except moisturizer and sunscreen."

Hand treatments are lighter and done only on the top of the hands. It is best performed at the end of the day, so one can be at home or not have to be using their hands excessively. "If clients need to use their fingers or want to wash them before the 12 hours is up, we can leave the fingers free of product," Margaret suggested.



"The hand peel is effective in ridding the hands of sun damage, dryness and fine lines, and producing a more youthful appearance." The foot treatment is done on the bottom and sides of the foot. "The skin will start flaking after about five days, and usually continues to rejuvenate through day 10," Margaret said. "It rids the feet of dry, calloused skin, leaving them smooth and baby soft. Less than five percent of clients require a second peel to achieve their desired results, and most can go a full six months before noticing new buildup," she continued. "In fact,

I've only had to do it twice on two clients, so far." During January and February, Cosmos is discounting the hand or foot treatments at a special rate of \$49 each. "And if a second treatment is needed," Margaret said, "we will offer the \$49 price to them after February, as well." ■

For more information about Cosmos Salon and Day Spa, or to make an appointment, call (480) 844-0707, or visit the salon at 2837 N. Power Road. You also can visit their Web site at cosmosalonandspa.com.

UpClose
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COMMUNITY

RMRE FOOD DRIVE BRINGS OUT THE JOY OF HELPING

By AnnElise Makin

Some people wish for the strangest things, like, let's say, a hippopotamus, and that's exactly how one song went at the Red Mountain Ranch Elementary School (RMRE) holiday assembly.

On that festive morning, the multipurpose room lit up with cherry-red Santa hats. Student volunteers had expertly decorated the stage with pretty gift boxes, and they all were aglow from singing.

However, these students also knew perfectly well that too many people are wishing for the simplest things, such as food to keep their families well and happy.

Before it came to Nutting for Christmas, the

RMRE student council had decided to conduct another successful food drive. Students collected more than 180 bags of groceries. The results of the campaign, to benefit Kerr Elementary School, were proudly displayed on stage for the holiday assembly.

In light of such abundant blessings, music teacher Ms. Mell conducted a spirited sing-along consisting of traditional holiday favorites. "What goes around, comes around," stated the enacted theme. Students seemed very happy to have contributed to collecting the groceries.

"When you return to class," Ms. Mell said, "also remember Dr. Cook's [principal] request to fill somebody's bucket with a kind word." Character building, students learned, is rewarding. If you give a little, you get back a lot. ■



SPORTS

Mesa's own Charlie Beljan Earns PGA Tour Card

Submitted by Las Sendas Golf Academy

On Dec. 5, in LaQuinta, Calif., lifelong Mesa resident and Red Mountain High School graduate Charlie Beljan qualified for the 2012 PGA Tour, a feat few aspiring golf professionals rarely accomplish.

Charlie's road has been full of twists, turns and plenty of expectations. He remained poised and confident over three tenuous qualifying stages—what many revere as the most grueling process in competitive golf. Since turning pro in the summer of 2007, he proved this year he was up for the challenge more than ever. Charlie is the only professional to qualify for the 2012 PGA Tour residing in Arizona, an incredible statistic, with our state being the home of the second most touring professionals behind Florida.

He scored an astounding 25 under par over 14 rounds of golf in three different cities. "Charlie displayed resilience and will power that most professional athletes can only dream about," said Ben Weir, director of instruction at Las Sendas Golf Club and one of Charlie's mentors and coaches.

Charlie endearingly credits his fiancé Merisa Hansen, her parents, his parents Dennis and Anne, the entire Beljan clan, Alta Mesa Golf Club's entire community,

Cleveland Golf Corporation, and all his high school, college, and swing coaches for much of his success.

"With my father recently being diagnosed with Parkinson's disease, I played inspired on every shot," Charlie said. "He is my hero. I couldn't have done

it without all the love and support around me," he continued. "It's been overwhelming with everyone giving me the inner strength to pull through all my challenges."

His major accolades include the 2002 U.S. Junior Amateur Champion, three-year Arizona state high school individual champion, 2007 Arizona State Amateur Champion, 2008 and 2009 U.S. Open participant, as well as the most decorated

recruit ever to sign with the University of New Mexico. Charlie's accomplishments also include 2010 Gateway Tour Championship winner and money list champion, as well as two-time event winner on the 2011 Gateway Tour. Furthermore, *Golfweek Magazine* heralded him as the No. 1 mini-tour player in the nation spanning the past three years.

If you would like to follow Charlie on Facebook, Twitter, or catch his weekly statistics on pgatour.com, you can begin from Jan. 12 through 15 at the Sony Open in Hawaii. ■



Charlie Beljan (left), and Ben Weir (right)

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NEW TECHNOLOGY Makes Lasting Love Possible

By Dr. Lisa Gold and Dr. Everett Bailey

Dr. Lisa Gold and Everett Bailey, two of Arizona's most experienced and well-respected couples therapists, will present a workshop from Jan. 26 through 28, at Psychological Counseling Services, Downtown Scottsdale, 7530 E. Angus Drive.

The workshop fee is \$450 per couple, with an early registration discount, before Jan. 10, of \$400 per couple. Register at www.azcouples.com.

Workshop sessions are Thursday, Jan. 26, from 6 to 9 p.m.; Friday, Jan. 27, from 9 a.m. to 4:30 p.m., with a 1.5-hour lunch break; and Saturday, Jan. 28, from 8:30 to 11:30 a.m.

Love and what makes it last are no longer a mystery. New technology has made it possible for us to study romantic love—where it goes wrong, how to repair rifts, and how to keep a good thing going. We now know how to make love last.

Learn real solutions for resolving conflict, feeling closer and improving physical intimacy. Don't just settle for getting by. Discover what keeps love alive.

Dr. Sue Johnson, one of the founders of Emotionally Focused Therapy and author of *Hold Me Tight*, developed this workshop. Emotionally Focused Therapy is based on the latest research of love, and how to help couples create the relationship they want. It is the most successful form of couple therapy, with a 75 percent success rate versus the 35 percent success rate of traditional couple therapy.

Here's what men who have attended these workshops are saying:

"Now I understand how to get out of the arguments that would go round and round without end...finally!" "I was dragged there by my girlfriend, but was glad to find out it wasn't what I thought it would be...This stuff really works."

Women who have attended are saying:

"I finally feel like we understand each other." "We aren't where we want to be yet, but now we have a map of how to get there."

The most common response from both men and women is: "We wish we would have known all of this sooner!"

Dr. Gold and Dr. Bailey are licensed therapists and founding members of the Arizona

Community for Emotionally Focused Therapy (EFT).

They have been trained by some of the world's best couples therapists, including Sue Johnson (one of the founders of EFT) and Dr. Lisa Palmer-Olsen (the family therapist on Dr. Drew's *Celebrity Rehab*).

Dr. Gold is the founder and clinical director of Desert Vista Counseling Services, and The Arizona Relationship Institute. She is the first Arizona therapist to become certified as an EFT therapist, and the first EFT supervisor in Arizona. She has been practicing as a therapist for 15 years, working with individuals, couples and families.

In addition to her practice as a therapist, Dr. Gold supervises and teaches other therapists, serves as an expert consultant to the Mesa and Phoenix vet centers, and provides workshops and retreats for couples. Her specializations include relationship difficulties, infidelity and sexual difficulties. (You may know her from her monthly column published in the formerly circulated magazine, *Sonoran Spotlight*).

Dr. Bailey is one of the senior therapists at Psychological Counseling Services (PCS), where he provides therapy to individuals, couples and families, and he supervises and trains other therapists. He also facilitates the intensive outpatient treatment programs offered at PCS.

He has been treating individuals, couples and families for 18 years. His specializations include addictions, relationship difficulties and sexual difficulties. He is particularly skilled at working with men who are skeptical of therapy.

Both Dr. Gold and Dr. Bailey have taught at some of the country's best universities, and their writing has been published in professional journals. Their clients include corporate executives, stay-at-home moms, other therapists and professional athletes. Many of their clients drive several hours and even travel from out-of-state to work with them, specifically because of their expertise as couple therapists.

If you would like to be happier in your relationship, or you want to ensure that the happiness you already enjoy continues, this is the workshop for you. We look forward to seeing you there. ■

For more information, visit our Web site, which is indicated above for registration, or send an e-mail to dr.gold@azcouples.com.



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EDUCATION



HOW TO CHOOSE A GOOD Preschool Program for your Child

By Cori Fabian
Director and Co-founder of
Bridges Preschool

What are you looking for? I have been in Early Childhood Education for more than 20 years. I have my bachelor's degree in education, and have worked in daycare centers, taught public kindergarten, and have been invited to speak at several Early Childhood conferences. As parents on the search for a quality program, you have told me you are looking for a social, yet educational experience. You want a physically and emotionally safe environment, and you want to know that the teachers have the necessary talents and skills to enrich your child's curious mind.

How do you identify a socially enriched program?

You have to ask about the *unwritten curriculum*. Children are experimenting with independence, and learning the fact they have a cause and effect on their environment. With this comes social responses like sharing, taking turns and knowing *how to get their shovel back* on the playground. Find out how the school intends on teaching communication skills during this critical time, when your child is learning how to communicate effectively. Along with this comes assertiveness training, whereby children learn how to identify and express their emotions effectively. Age appropriate, positive discipline teaches children how to use problem-solving skills in order to get their needs met without

infringing on the rights of others. A positive, socially rich environment is very important for your child's development.

Curriculum: What will my child learn? The magic of a quality program is the teacher's ability to make learning purely exponential! We know scientifically that children learn best when they are moving and using all of their senses. A quality curriculum has as much breadth and depth as it does simple A-B-Cs and 1-2-3s. For example,

science experiments, cooking projects and gardening activities offer a myriad of dendrite connections versus a worksheet of the letter Aa. Such activities also provide opportunities for phonics, reading, and mathematical and social skill building. Throw in a little Spanish and Sign Language, and you have an excellent recipe

for genius! Meaningful experiences are stored in the long-term memory. It is in meaningful curriculum and experiences that your tuition becomes an investment. ■

Please visit Bridges Preschool and Kindergarten at bridgespreschool.com. Bridges has limited enrollment opportunities for the fall, as well as enrollment wish lists for future semesters. Our East Mesa campus offers affordable and professional preschool (starting at age 2) through private kindergarten. You are invited to call (480) 924-8008, or you can take a tour at any time.



HEALTH

HIT CENTER OFFERS WIDE RANGE of health and fitness services

Submitted by HIT Center

The HIT Center is unlike any fitness facility or gym in the entire Valley. I recently had the chance to visit their Mesa location, and was astounded at their facility and scope of services. This state-of-the-art facility includes a human assessment laboratory, world-class equipment and degreed fitness professionals, who have helped hundreds of Mesa residents get some truly amazing results.

Tim O'Neil is a managing partner at the HIT Center. A native Arizonan, with a lifelong involvement in the fitness and health industry, he also is the track and field coach for the Brophy and Xavier preparatory schools, and has coached dozens of world class athletes. What Tim really wants everyone to know, however, is that they are passionate about helping people reach their goals, and they specialize in making fitness fun again. Whether you are a world class athlete, or just want to lose a little weight, their programs are designed for optimal results. In fact, they guarantee results.

The 12,000-square-foot facility is not a typical gym. All staff members possess exceptional credentials. "All of our fitness professionals hold degrees in exercise science, kinesiology, physiology or athletic training," Tim said. "They are not your basic certified personal trainers." The staff

includes a seasoned assortment of trainers, including those with bachelor's and master's degrees and one working on his PhD. The HIT Center offers one-on-one and semi-private personal training, as well as

programs for weight loss, boot camp, kid's fitness, general fitness, retirement fitness, sports conditioning, nutrition consultation, fitness evaluation and testing services and much more.

Health and nutrition evaluation programs at the HIT Center utilize state-of-the-art machines

and techniques that determine body fat, pounds of lean muscle, how many calories you need each day versus how many calories you are burning (yes, they can measure your metabolism), optimal training heart rate and complete metabolic profiles. Of course, any effective weight loss or training program needs a nutrition plan and the HIT Center can provide counseling and develop personalized meal plans, including those with special dietary requirements. There are no contracts or long-term commitments. ■

You must see the HIT Center for yourself. Arrange for a tour, and meet some of the trainers at the HIT Center, located at 4811 E. Julep St., Suite 110 (Greenfield Road, north of McKellips Road). Learn more at www.MesaPersonalTraining.com, or call (480) 981-0600 to schedule a free, no obligation fitness consultation.



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REAL ESTATE

Are You Eligible for the New Home Affordable Refinance Program?

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

There has been a lot of buzz about the new government program—Home Affordable Refinance Program (HARP).

This is not a new program, but rather a revamp by the federal government of the existing one, which had too many restrictions to do much good. The revisions have been made in an attempt to help struggling homeowners, who have stayed current on their mortgage, and would benefit from a refinance at today's low interest rates. It is expected to help 1.8 million borrowers, according to the Federal Housing Finance Agency.

Although it was supposed to be in effect on Dec 1, a firm date has still not been set, and the latest information on the start date is the first quarter 2012. The program will be offered through Dec. 31, 2013.

BIGGEST CHANGE IN THE PROGRAM

The original program failed to meet expectations and help many homeowners when it was launched in March 2009. One of the main reasons was it couldn't help homeowners, who were deeply under water. You were not eligible unless your loan to value was less than 125 percent.

Well, that certainly didn't help most homeowners here in Arizona, where the housing market has been one of the hardest hit. Now, with the new guidelines, if you have a

fixed rate mortgage with a term of up to 30 years, the cap has been removed, and it doesn't matter how upside down you are. This will now open the program up to many more homeowners, who previously wouldn't have been eligible.

CHANGES IN FEES

The new guidelines have reduced the closing costs previously charged, but one of the biggest differences is in the appraisal fee. Borrowers will not need a new property appraisal if Fannie and Freddie have enough data in their automated valuation system to estimate the value of the property. This not only speeds up the refinancing process, but also eliminates the appraisal fee.

ELIGIBILITY

You may be eligible if you meet all the following:

- You have a mortgage owned by Fannie Mae or Freddie Mac.
- The mortgage must have been sold to Fannie or Freddie on or before May 31, 2009.
- The mortgage cannot have been refinanced under HARP previously, unless it is a Fannie Mae loan that was refinanced under HARP between March and May 2009.
- You are current on your mortgage, and have not been more than 30 days late in the past year.
- The current loan to value (LTV) must be greater than 80 percent.
- The refinance will improve the long-term affordability or stability of your mortgage.
- You have the ability to make the new payments. ■

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



EDUCATION

Preschool at Red Mountain United Methodist Church ADDS MID-YEAR CLASS

Submitted by The Preschool at Red Mountain United Methodist Church

Is your 3-year-old ready for preschool this winter?

Sometimes that young 3-year-old is just not ready to go to a group or school setting in the fall, but come the middle of the school year, every month makes a difference in their growth and readiness. They may be ready to enjoy a group setting and begin developing those important social skills.

The Preschool at Red Mountain United Methodist Church on Power Road, just north of McDowell Road, is adding a new 3-year-old class in January. If your child turned 3 by December 2011, and is potty trained, this is a chance to start preschool mid-year. This class provides a fun morning of activities, new friends and exploration of the world around us, in a Christian setting.

The new class will start on Feb. 2, and meet on

Tuesday and Thursday mornings from 9 a.m. to noon. Tuition is \$150 per month. The preschool opened six years ago, and the program is growing. Last year, Spanish was added to the curriculum, and this year, a special music and movement class was added.

For more information about the program, you may stop by for a tour of the facility during regular school hours. ■

Please note the school will be closed for the holiday break, through Jan. 3. You also can learn more when you visit the Web site at www.redmtUMCpreschool.com.



Banks Have an Army on Their Side... Who's Fighting For You?

I am.

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

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

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Testimonial

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Red Mountain Ranch Area Market Report

Sales for the Month of November 2011

Address	Square Feet	Sold Price	Short Sale Or REO
6205 E. Rochelle St.	1,502	\$134,750	X
6510 E. Raft River St.	1,700	\$162,000	
5954 E. Vermillion St.	1,743	\$174,000	
6561 E. Sugarloaf St.	1,700	\$183,000	
6022 E. Selkirk Cir.	2,280	\$187,900	X
3745 N. Kings Peak	2,184	\$191,050	
6765 E. Tasman Cir.	2,349	\$245,900	
6064 E. Star Valley St.	2,862	\$252,500	
6260 E. Saddleback St.	3,300	\$315,000	
6460 E. Trailridge Cir. #9	2,750	\$349,900	X
6645 E. Redmont Dr. #12	2,561	\$360,000	
4055 N. Recker Rd. #22	3,369	\$415,000	

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



REAL ESTATE

HOUSING MARKET LOOKS good for the New Year

By John Karadsheh

At long last we are seeing more consistent positive signs in the real estate market.

As I mentioned in my October Up Close article, the law of supply and demand would eventually take over, and prices had to start coming up because of the low inventory. In November, we saw the median sales price climb for the first time in a year. At the same time, inventory has continued to drop and remains very low. The inventory of single-family homes actively on the market in the middle of December was only 19,000 homes compared to almost 22,000 in August.

Many of my clients have been waiting for prices to inch up so they can upgrade or downsize. Given that you may want to list your home in the next year, now is the time to make a plan for getting your house in great shape to sell. With busy schedules and limited budgets, a plan is always helpful. Here are a few things you may want to put on your to do list to help your house sell when that time comes.

- Do an assessment. Go room by room, and make a list of all the little things that need to be done inside and out, and formulate your plan of attack.
- Start to declutter. We all seem to accumulate a lot of stuff. Take this time to streamline, and get rid of the stuff you aren't using.



John Karadsheh

Buyers will be looking for location and layout, but they also are looking for a home. They try to imagine themselves living in your space. Think about what you love and don't love about your house. Then ask a friend to give you an honest assessment of your space. Try to imagine how others will perceive your home.

- Cosmetic surgery. Consider making some minor interior upgrades. For example, plant flowers, repaint, add some interesting houseplants and also consider minimizing scents. I have had buyers walk out of homes that are so scented with room sprays and pungent candles that it was hard to breathe. Plus, these heavy odors make buyers wonder what other smells you might be trying to hide.
- Clean the carpets, touch up the baseboards, restain the side gate, clean the ceiling fans, scrub and seal the grout, etc.
- Organize your closets. This will help them to appear larger.

These tips are all things you should be able to do yourself, and trust me, you will be happy you started well in advance. ■

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. 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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HEALTH

FOLLOW YOUR NEW YEAR'S FITNESS resolution to k Pilates and Karve Studio

By Dawn Abbey
Every New Year, we all resolve to exercise more, lose weight and eat right, so this year, why not really do something about getting in better shape by attending Karve classes at k Pilates and Karve Studio.

The Karve Method is the creation of studio owner Kendra Jordan, who says Karve literally *carves* your body by sculpting, reshaping and elongating the major muscles. Kendra explained that she melded the dance-like exercises of famed ballerina Lotte Berk with callenetics, Pilates and yoga to create the Karve technique. "This approach is the fastest, most effective and *safest* way to change your body from the inside out. It really sculpts those *vanity* muscles," Kendra claimed.

"This technique can help you create a high, lifted seat, lean, shapely thighs, beautiful shoulders and triceps, and a trim waist, all without jumping, jarring or damaging movements," Kendra said. "It also increases metabolism and stamina, and provides cardiovascular benefits."

According to Kendra, Karve is a unique, interval-training-based class designed to develop the physique of a dancer—long, lean muscles that are strong, yet flexible. "All major muscle groups are worked in a one-hour class of carefully designed strengthening and orthopedic stretching techniques," she said. "Karve fuses highly focused and controlled movements through ballet barre work, yoga and Pilates. It's all based on core strengthening," Kendra continued. "When you have strong abdominals, it's the foundation for strengthening all the muscle groups."

Using high repetition, small range of motion, accuracy and focus, each muscle group is worked thoroughly and completely, and then stretched to create long, lean lines. The entire body is challenged throughout the class, which quickly

improves posture and body alignment, and creates a body equal in strength, beauty, balance and youthful vitality. "Our classes are small, so instruction is very individual, depending on your goals and fitness level," Kendra said.

According to Kendra, k Pilates is Mesa's only Pilates and fitness studio offering authentic Pilates instruction on Classical Pilates spring-based equipment.



"Since classes have only five or six members, everyone has their own piece of equipment to use. All our instructors have been trained in the Classical Pilates technique designed the way Joseph Pilates himself originally intended, and all are Pilates Method Alliance Certified. 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."

Kendra has more than 10 years of fitness, Pilates, sport medicine and athletic experience. She holds a degree in kinesiology and a master's degree in sport management from the University of San Francisco.

Kendra has certifications in Pilates Method Alliance, the NSCA and as an athletic trainer (sports physical therapy). Kendra also owns a Karve Studio in Old Town Scottsdale, and a licensed Karve Studio recently opened in Lindon, Utah. In addition, two future Karve licensed studios are set to open in Gilbert and North Scottsdale. ■

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

EVENT

Cut-a-thon to benefit **SUNSHINE ACRES CHILDREN'S HOME**

By Dawn Abbey
The holidays may be over, but the need for charitable giving still remains, and that's why Mike Magri, owner of Mike's Barbershops, is planning a fund-raising haircut-a-thon on Sunday, Feb. 19, from 10 a.m. to 4 p.m., to benefit Sunshine Acres Children's Home.

All proceeds from haircuts done that day at Mike's Barbershops, 5057 E. McKellips Road, will go to the children. In addition, Mike plans to park his pickup truck outside the shop with a sign saying, *Fill the bed for Sunshine Acres*. "Everyone is encouraged to bring clothes, toys, donations or whatever for the home," said Mike. ■

For more information, call Mike's Barbershops at (480) 218-5964.





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HEALTH

Chiropractic can help those having TROUBLE GETTING PREGNANT

Submitted by Reed Chiropractic

According to the Centers for Disease Control, more than 6 million women in the United States are infertile, and over 9 million use some kind of infertility service.

Recently, a series of research papers published in the *Journal of Vertebral Subluxation* suggested chiropractic adjustments performed by chiropractors to address nerve interference caused by spinal distortions, can offer hope to many of these women. Positive results were found in 12 studies, regardless of the women's age, number of infertile years, medical intervention or health history (including miscarriage, blocked fallopian tubes, amenorrhea, colitis or trauma).

In explaining how chiropractic care could affect fertility, Dr. Reed, from Reed Chiropractic, responded, "Chiropractic care is not a treatment or cure for any particular condition or disease. It merely eliminates stress on the nervous system, and allows the body to function properly," he continued. "If there is not an organic reason for a woman to not be able to get pregnant, chances are the nervous system might be the answer."

Dr. Reed was asked if pregnant women should continue receiving chiropractic care during their pregnancy. He responded by explaining that women who continue care during pregnancy typically have easier and less complicated births. He went on to discuss his unique certification in the Webster Turning Technique. Research shows a 92 percent success rate of breech or transverse babies turning using this chiropractic technique.

"I have had mothers come in for treatment as late

as 37 weeks pregnant with breech babies, and still had success with the babies turning head down prior to birth," Dr. Reed said, "With this protocol, the baby is never touched. The technique is designed to reduce any pelvic torsion or soft tissue structural distortions that are preventing the baby from going head-down," he continued.

Babies should naturally go head down, Dr. Reed further explained. "They are just not able to when there are imbalances or stress within the pelvis," he continued. "Most mothers report that their babies turn within just three to 10 visits. However, it is much easier to keep the pelvis free of stress and tension throughout the pregnancy so the baby never is at risk of being breech."

So, whether you are having trouble getting pregnant, or want to have a safer, easier birth, chiropractic care has been proven to help. Dr. Reed is Webster Technique certified, and a member of the International Chiropractic Pediatric Association. ■

For your free evaluation, contact Reed Chiropractic at (480) 721-0099.



EDUCATION

Continue Lifelong LEARNING AT MCC

Submitted by Caroline Cline

New Frontiers for Lifelong Learning, a peer group of more than 350 members sponsored by Mesa Community College, offers approximately 75 classes and activities each semester to help people gain knowledge.

After paying \$70 a year, or \$50 a semester, a member can register for as many classes as they can fit into their schedules. Examples of classes for the spring of 2012 include armchair travels, history, spirituality, art and music, you and your money, science, self improvement and well being, computer things, book discussions, and excursions.

Classes meet during the day in Mesa at several locations, including the MCC Campus, located at Southern Avenue and Dobson Road, the MCC Red Mountain Campus at McKellips and Power roads, the MCC Downtown Campus at 145 N. Centennial Way, the Mesa Active Adult Center at 247 N. Macdonald St., the Red Mountain Active Adult Center at 7550 E. Adobe Road, and at several other facilities.

For more information, and to register for classes, attend the open house on Friday, Jan. 27 from 1 to 4 p.m. at the MCC Downtown Campus, at 145 N. Centennial Way, on the fourth floor. Park on the second and third levels of the parking garage and take the elevator or stairs to the fourth floor. ■

Visit the Web site at www.newfrontiers-mesa.org, or call (480) 461-7497, for more information.



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COMMUNITY

Red Mountain Ranch Social Club Enjoys Christmas Party

By Bev Coombs, Social Club Secretary
Submitted by Jay Williamson,
Social Club Publicity Chairman

Our Social Club Christmas Party began at 6 p.m. with cocktails and hors d'oeuvres. Rhonda Lester and her music provided the entertainment.

At 7 p.m., just before dinner was served, Ewin Trapp, club president, wished us a Merry Christmas, and said this was our eighth annual Social Club Christmas Party. Ewin thanked the 48 members who attended the party. He also thanked everyone who participated in making this dinner and party a big success.

Next, Ewin asked Char Underwood to give the Invocation. She thanked the Lord for the relationships and good friends we have found during the meetings and events of our social club.

Santa Claus came and put a candy cane by each person's plate while wishing us a Merry Christmas. Rhonda Lester continued playing Christmas music.

Everyone took turns and lined up to fill their plates at the buffet. The two main courses were prime rib and mahi mahi, with many delicious side dishes.

For dessert, we had apple pie with whipped cream, and a sugar cookie on the side, with coffee.

Ewin asked Dave Bender, the club's audio visual chairman, to set up a video presentation to show on a big screen. It included pictures from all our club activities during last year, and was set to music.

We want to thank Dave and Garry Opdahl for

producing this video.

At the end of the video presentation, there were a few photos of the Bender's vacation in Spain and the Opdahl's trip to Paris. There also was a picture of the big fish Garry caught in Oregon on the Columbia River.

Ewin said maybe next year, Garry will put together a bigger video containing pictures of

responsibilities as club officers.

Ewin also thanked Betty Day, the vice president,

for taking over one of the meetings when he was out of town. He thanked Roz Capon, our photographer, for taking the pictures that went into the video presentation. He also thanked Susie Austin for doing the Ladies Birthday Club lunches all year. This has been a very popular addition to our activities.

At this time, Betty Day came up to say a few words. Betty gave Ewin a gift card from the club to thank him for being president in 2011.

Betty will be our social club president next year, and she thanked everyone for nominating her. Ewin said she will do an excellent job. Ewin thanked everyone for

the gift card he received.

The social club gave a gift to Kendrick Wilson, who is the new general manager of the Red Mountain Ranch Country Club. He has been very helpful to our club since taking the job.

The drawing for door prizes was held next. Everyone received a raffle ticket upon coming to the dinner. Many received raffle prizes. A number of the prizes were the table center decorations.

Janet Glessner thanked everyone who came to the party as well as her committee members, Mary Becker, Shirley Larson, Corinne Vitale and Betty Day, for coordinating and making the table decorations with the help of the social committee.

Rhonda Lester played *We Wish You a Merry Christmas*, and everyone sang along as the party concluded. ■



all eight years our club has been in existence.

Ewin thanked all this year's club officers by name, as well as the program and social chairmen and the directors, who helped make the year 2011 a success. In many cases,

these people have done their jobs for more than one year. Some officers also did many other jobs in addition to their

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EDUCATION

Kumon Philosophy Prepares Students FOR LIFELONG, SELF-PACED LEARNING

By AnnElise Makin

Come 4 p.m., the local Kumon Center in Superstition Springs really gets busy, with children buzzing in to pick up their package from the honeycomb compartments behind the reception desk.

Learning is sweet at Kumon, it seems. Kids just sit down and do it.

"Each child learns at a different speed and rate," stated Kathy Leano, owner and executive director. "We cater to each child's individual math or reading ability. Once the student has achieved mastery of a concept, he is moved on to the next level."

If you're quick and accurate, let's say, solving 140 problems in 30 minutes max, you have mastered the level. Students enjoy this self-directed challenge, because they only have to compete with themselves.

At the starting point, students receive a placement test. Then, they are gently eased into a performance curriculum. Regardless whether students seek remedial coaching or enrichment, they soon catch up to their best potential—or a grade level above.

"Here at Kumon," Kathy said, "you can be advanced and not be stressed. Students can progress as far as they want, and not be limited by their grade or age. Schools don't have the manpower for such an individualized approach."

Kathy, originally from Hawaii, has lived the Kumon creed for many years. She has an MBA in finance and marketing, and was a longtime field consultant for Kumon corporate, ensuring U.S. centers correctly applied the method. Kathy bought the Superstition Springs location three years ago, because she wanted to be involved with students again.

"We provide precise math and reading curricula for students K through 12, and even into college," the director said. In the process, students build up concentration, focus and mental acuity, as well as time management and test-taking strategies.

"We tell students to preview each test, and put the hardest problems last as to not lose points on easy questions," Kathy continued. "At the higher levels, we teach students to solve problems in a more efficient way and explore strategizing."

Kumon sometimes has to patch significant academic gaps. "A lot of kids are struggling in first grade, because they suddenly are expected to read, but they never learned the blended sounds and vowel combinations in kindergarten," Kathy pointed out.

"We are always strict on grammar and punctuation," she said. "We can't let the standards go just because they write beautifully. The handwriting has to be neat, as well." The pencil grip! Definitely. It is not just an outdated technique.

At the center, students work quietly and independently, while parents sit by or run errands. Sixth-grader Alex pulls a pre-algebra packet he has not finished, and fourth-grader Rachel works on decimal conversions. They go right to it.

Shraddha Patel, mom of Shivam, who is in the first grade, and Shrey, who is in the fourth grade, at Franklin

Elementary School, had specific goals in mind when she enrolled her sons. "Shrey had a problem in preschool. He was bilingual, and we were unfamiliar with the teaching style," she said.

So, a friend recommended Kumon to Shraddha. Both boys started the program at 4 years old, and have been very happy with their accomplishments. "Our goal is to get Shrey into level G, Algebra I, before he is in fifth grade."

"I challenged myself to do the package within time limits," said Shrey, who wants to be a doctor. His younger brother, Shivam, is just as ambitious. "He is so fast in his tasks and helpful that his teacher loves him," Shraddha stated.

No limits to the top indeed. Ayush, a second-grader, from Cambridge Academy, has been attending Kumon studies for two years. He has become a wizard at division, so much so that everybody in class wants to get the right answers from him.

And what does he want to be when he grows up? "A Kumon instructor," he said without hesitation. That's how much he has come to love learning and mentoring there. ■



ABOUT KUMON

Since 1954, when Toru Kumon developed teaching materials for his son, who was struggling in math, the methodology has spread to 46 countries worldwide. There are more than 26,000 Kumon centers worldwide, and well above 4 million students enrolled. The Kumon success principles are based on three pillars—the level of material must correspond to the student's ability; the rate of progress is determined by the student, not the teacher; and the material must be organized into a logical progression.

Stop in for a visit on Monday or Thursday afternoons, from 3:30 to 7 p.m. at the Superstition Springs Kumon Center, located at the southeast corner of Power Road and Southern Avenue. To find out more about Kumon learning strategies and availability, call Kathy Leano at (480) 807-5515.



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COMMUNITY

COMMITMENT TO PIANO PRACTICE PAYS OFF FOR LIFE

By AnnElise Makin

A good piano teacher can help you raise your kids, and Judy Hauer is one of those professionals with whom I don't mind sharing *parental control*, since my girls, one in high school, one in third grade, have progressed so much in her care.

Judy's studio resonates with music appreciation. Her curriculum includes extras and incentives, plus computer-guided theory. This instructor strives to make music a formative factor in the lives of her students.

"When parents want to take students out of piano," Judy stated, "I tell them, 'Let them stay, because you will never regret it.'" One boy once told her, "The biggest mistake I made was quitting piano lessons." This kid turned out to be a doctor.

"Piano is a rewarding skill to fall back on in time. And it is emotional, too," Judy stated. But mastery of the instrument isn't easy, as Judy knows from experience.

Judy grew up on a farm in Canada, with music all around her, but hardly enough money to take lessons. She is glad her parents made her stick with it.

"I remember, I took lessons when I was 8 years old, but nobody else in my family played," Judy said. "I had to do it all on my own. Sometimes, I laid on my bench and cried, while mom yelled at me, 'Judy, go practice!'"

However, the reward of learning new skills always pulled her forward. Judy was the first one in her family to formally study music. She obtained her degree from the University of Toronto Conservatory of Music.

Since then, Judy has been teaching piano professionally for 33 years. She belongs to the Desert Valley Music Teachers Association, and has been instructing Mesa students for more than 20 years.

Judy is a gentle but persistent teacher. I have seen her work with my third-grader who has attention problems.



Nonetheless, Judy guides her to make the song come out right, with all the ritardandos, fortes and etceteras in the right place.

Recently, Judy's studio, her only source of income, has been hurt by the downward economy. However, parents may be cutting the wrong corners. "Because students rarely go back into piano once you let them quit," Judy said.

"Kids involved in music don't get into trouble in junior high school or high school," Judy has observed. "Music making has been shown to increase IQ and SAT scores." Piano playing involves every part of the body—eyes, ears, brain and hands.

According to Judy, there is another bonus. "Musical kids are usually the smartest ones in school," she said. "And there are numerous scholarships for music out there. But, most of all, playing instruments is very entertaining for yourself and the family," Judy concluded.

Commitment in piano is as important as with any skill. "Parents have to know what is going on with their children's piano curriculum, and follow their student's practice pattern. They need to care, provide special help and communicate with their kids."

Last, but not least, the piano teacher becomes a mentor. "You gradually build a relationship with your teacher," Judy stated, "and if you have her long enough, you will remember her all your life." ■

Judy Hauer's lessons are one-hour units, with 30 minutes one-on-one instruction and 30 minutes computer-guided theory. She accepts students of all ages (age 4 to adults). Judy's program includes several recitals, Cavalcade of Rhythm, and achievement days. For more information, contact Judy Hauer at jhauer@cox.net, or call (480) 924-2181.

HEALTH

Red Mountain Chiropractic OFFERS INTEREST FREE plans to fit your budget

Submitted by Red Mountain Family Chiropractic

Most of us assume insurance should cover medical care without leaving lots of debt or high out-of-pocket costs.

Such medical care includes hospital, ambulance, emergency room and physician fees. Also included are prescription drugs, outpatient treatments, diagnostic and imaging tests, chemotherapy, radiation, rehabilitation and physical therapy.

"The problem, according to insurance experts I consulted, is that the high cost of treatment in the U.S., which has the world's most expensive health care system, puts truly affordable, comprehensive chiropractic coverage out of the reach of people who don't have either deep pockets or a generous employer," said Dr. Lynn Knuth, of Red Mountain Family Chiropractic. "You usually have these choices—comprehensive coverage with a high monthly premium or skimpy coverage at a low monthly premium but with an astoundingly high deductible."

People going into the New Year find they now have to come up with a deductible, which can run from \$1,000 to \$5,000 to receive chiropractic care. This may make chiropractic care out of reach.

"I'm pleased to announce Red Mountain Family Chiropractic is now offering no interest financing for chiropractic care and massage therapy," Dr. Knuth said. "There's no need to pay \$5,000 out of pocket at the first of the year. You just pay a small amount down, and a very reasonable payment every month."

"We're committed to providing natural, gentle, chiropractic care for the whole family," Dr. Knuth continued, "while fitting comfortably into your budget." ■

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REAL ESTATE

Coldwell Banker Trails And Paths Expands Even In This Market

Submitted by Coldwell Banker Trails And Paths

Solid expansion is the mark of a healthy business, but it's not always common in today's environment.

We have all witnessed the shortfalls of today's paradigm of business in the wild fluctuations in all asset classes and markets. However, a strong business is capable of providing value and thus producing a profit and growth, no matter the circumstances.

On rare occasions, when a company pulls this off, you may be lucky enough to catch a glimpse of something great, indeed.

This certainly has been the case with Coldwell Banker Trails And Paths. Trails And Paths is a real estate brokerage, owned and operated by the Brown family, living in the Las Sendas area for the past 15 years. And with all the headwinds in the real estate market these days, they still have managed to expand.

This is no small feat.

The company has grown to support four primary businesses. First off, you have the regular resale business division. Secondly, Trails And Paths now offers an in-house mortgage division. Thirdly, they feature full service in the areas of short sales and lender-owned, or REO properties. And lastly, Trails And Paths has added a division with a focus on the investor, which features a **REAL ESTATE INVESTMENT SPECIALIST**.

Of course, many of us are familiar with the first area. That being your normal real property transaction, which takes place absent any unconventional procedures. This is, of course, the standard transactional business, which occurs between your everyday buyers and sellers. But what you may not be familiar with is that this transaction accounts

for only a small part of today's market. Some estimates show this to be 30 percent to 35 percent or so. With this being the case, maybe *normal* isn't the best word to describe this area anymore.

Which leads us to the second division—mortgage. Ron Brown and his team have worked to ensure those aforementioned *normal* real estate transactions do not fall apart at the financing level. Having the in-house

mortgage division allows for more personal interaction with underwriters, who ultimately decide whether or not a client is a good risk. When coupled with high-tech service and extremely competitive rates, this mortgage division

helps support buyers, sellers and agents by allowing for the highest probability of mortgage approvals, which, of course, leads to a greater degree of closed deals. This, of course, is in the best interest of all principles involved, but also creates more income opportunity for agents of Trails And Paths.

In developing our third division, a great deal of thought went into how the short sale market could best be served. Contrary to popular belief, the short sale market is quite large, and it exists in all areas. No one has been immune. Areas that we tend to think of as affluent or wealthy, like Las Sendas, have a short sale market, which needs to be serviced, and Trails And Paths is doing just that.

They have agents whose primary focus is short sales. That is important to note. A short sale transaction is completely different from other more standard real estate transactions. They require a greater time commitment and timely follow-up in addition to meeting the deadlines and documentation requirements of today's lenders. When done properly, a short sale creates a win-win-win scenario, whereby the lender gets to recoup some of its cash, the

borrower gets freedom from a burdensome loan or an upside down loan-to-value ratio, and a new buyer gets a deal on a great property.

Successful short sales are not accidents. A quality short sale agent is the only guarantee that a seller can rely on to create the best chance at a positive outcome and avoiding foreclosure. Anything less, and a seller could find himself in a foreclosure.

Finally, we come to the division focusing on **REAL ESTATE INVESTMENT**. I am reminded of an old business adage: *In business, you only get what you negotiate*. There is a great deal of power in that idea. And for an enterprising seller, buyer or real estate agent, who understands this, a great many doors open.

What if your transaction was in trouble? Maybe due to financing or foreclosure or whatever reasons you can imagine. Then, you realize you have access to investors. Perhaps an investor would be your lender, or perhaps you structure your transaction another way. But the point is you now have more options. That's what the real estate investment division is all about. Having access to this division gives all principles and agents a greater possibility of a closed transaction.

And let's not forget about the benefit to investors. Many of the Trails And Paths investors are earning double-digit returns on their money. Contrast that with today's returns in other markets, and you'll see a strong opportunity for yourself as an investor. ■

For details on these four divisions, and specifics on how you can benefit from working with Coldwell Banker Trails And Paths as a buyer, seller, agent or investor, give Ron Brown a call today at (480) 355-4700.



COMMUNITY

FAMILY MEMBERS OF MESA'S Biggest Loser winner all win big

By Dawn Abbey

Mesa resident John Rhode lost 220 pounds and won a quarter-million dollars as this season's *Biggest Loser* on NBC's TV reality show, which aired its final episode on Dec. 13.

According to his wife, Jill, when John, weighing in at 445 pounds, won a spot as a contestant on the show last spring, it was life changing, not just for him, but also for the entire family.

Jill, left home alone with their two sons for most of the summer and fall, gained a new sense of strength and independence. "I became aware of what it's like to be a military wife or single mom," said Jill. "We all had to grow and learn new ways of coping with our day-to-day lives, while John struggled through his weight-loss competition."

During the finale, John voiced his emotional appreciation for the support of his amazing wife and children (who were all wearing *Team John* T-shirts), saying, "Thank you from the bottom of my heart for letting me do this." He also acknowledged Jill's struggle at home as a single parent. She mouthed back, "I love you."

Participants in the show are cloistered for about the



BEFORE
Sandy Barbetta, (right) co-owner of Cosmos Salon and Day Spa, assesses makeover choices with Jill Rhode (seated) and colorist/stylist Kim Blake.



BEAUTIFUL
Jill shows off her new colorized look wearing a gold top from Bella Blue gifted from Sandy to accentuate Jill's darker dramatic hair shade and highlights.

first three months, while they go through the *Biggest Loser* weight-loss regimen, Jill explained. "Rules of the show only allow contact between contestants and their families by mail. So, it became really difficult to discuss anything with John, and

we all missed having him around, his physical and emotional support," Jill lamented. "It was so hard," she exclaimed, "I couldn't even leave the house at night to do the grocery shopping like I used to when John was there."

In addition, the couple had just adopted a 4 1/2-year-old special needs child from Ukraine the previous summer. According to Jill, although he is very bright, he was unable to talk. She felt even her own background as a speech pathologist wasn't always enough. Their 8-year-old son had been adopted as an infant from Russia. "And even though he didn't have the same issues as his brother, it wasn't a surprise that after a while, the older boy really began acting out about missing his dad," she acknowledged.

Staying at home with the boys all summer wasn't as tough, she related, as school was out, her parents came to visit for a while, and her sister lives nearby. But once school started, Jill's job as a speech pathologist for Gilbert schools began again, the boys were in class, and also involved in football, piano lessons and other activities. Scheduling became a

challenge. Jill got a reprieve to work part time at her job, and with the help of her sister and church friends, she worked out a system to handle it all until the show concluded. "Despite all the hardships to the family," she admitted, "it was worth it."

"I always knew he would make it," Jill said. "That was his goal, and he puts 100 percent into whatever he's doing. His nickname is *Never Say Die*. I supported his decision entirely, and I know he supports me in whatever I do," she continued. "We feel like we're a team in everything. We have the same goals and interests. We have a really good marriage." ■



TV INTERVIEW
KTVK 3TV anchor and reporter Tess Rafols (left) interviews Jill about her family's experiences during her husband John's appearance on the *Biggest Loser* reality TV show.



CHOOSING COLORS
Tess Rafols looks on as Jill, Sandy and Kim decide on the most flattering hair colors for Jill's new hairstyle.



A NEW COLOR AND CUT
A deeper brown with bright blonde highlights was chosen for a shorter, more youthful cut. Jill also wanted her hair long enough to tie back in a pony tail.



MAKEUP APPLICATION
Makeup artist and stylist Amy Larsen shows Jill how to perfect her makeup with fresh colors and shading.



FINISHING TOUCHES
Sandy and Amy add the final professional finishing touches to Jill's makeover.

A DAY JUST FOR HERSELF

By Dawn Abbey

While watching Mesa contestant John Rhode on the latest NBC TV *Biggest Loser* reality show, Sandy Barbetta became aware of John's family story and wife Jill's situation. Sandy felt Jill could use some pampering and time out for herself. As co-owner with husband Cosmo of Cosmos Salon and Day Spa, Sandy invited Jill to the salon and offered her the complimentary services of herself and her staff to do a complete makeover for Jill.

About a week before the show's finale, Jill spent almost an entire day at Cosmos, receiving a new hairstyle and color, complete makeup application, wardrobe colorizing ideas, and lots of tips on how to style and care for her new hairstyle and makeup while handling her busy family schedule. KTVK 3TV reporter and anchor Tess Rafols with cameraman Gibby Parr came out to Cosmos to cover the makeover and did an interview with Jill.



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EDUCATION

RED MOUNTAIN RANCH ELEMENTARY STUDENTS INDUCTED TO HONOR SOCIETY

By AnnElise Makin

Inspiring enthusiasm for core values recently was showcased at Red Mountain Ranch Elementary School (RMRE). A total of 22 inductees from the fifth and sixth grades had achieved National Elementary Honor Society (NEHS) rank. The young students professed to uphold scholarship, responsibility, leadership and service. For quite some time, the NEHS student planning committee had been preparing a festive evening program. As parents and family members filed in, honor society members handed out programs and prepared banquet tables, which were garnished with cookies and punch. Service was these students' driving force for a more compassionate world.

"At the Trunk-or-Treat, we set up a haunted house," said Mia Acosta, one of last year's inductees. "We raised \$300 with it for the student council." Mia's part in the scary scheme was to play a frightening ghoul. "We will have a talent show at the Legacy Retirement Home again," reported Shelby Livingston, from the NEHS planning committee. The honor society also had started offering a babysitting service for parents attending PTC meetings.

At RMRE, there are many opportunities for good citizenship, even for the youngest students. All classrooms, for example, participate in the annual food drive on behalf of Kerr Elementary School.

"The food drive keeps our honor society especially busy before the winter holidays," said Dr. Joyce Cook, the principal who doesn't want to miss an opportunity to spark academic excellence and character formation.

"Last year, our school collected 11 carloads full of food items," Dr. Cook continued. "The kids also completed greeting cards for people stuck in the hospital over Thanksgiving and the winter holidays."

RMRE educators realized young students are eager

to give and serve others. This desire, and other values, are fueled now additionally by the NEHS program.

"Helping others makes children happy," stated the principal. "Students used to ask me, 'Can we help the puppies? What can we do?'"

So, students learned to keep their eyes and hearts open to what can be done around school. One of those things, Dr. Cook said, is the play buddy program, whereby the older children chaperone kindergarteners, and engage them in constructive play.

Now, the time had come to reaffirm the values, and celebrate the personal developments.

NEHS inductees, dressed in their finest, received the honors from their seniors and teachers.

During the candle lighting ceremony, NEHS alumni Julianne Dominguez, Nadine Robles, Priscilla Fernandez and Mia Acosta extolled the virtues of scholarship, responsibility, leadership and service, providing practical examples of accomplishments.

"I love doing this," declared the happy principal, Dr. Cook, at the conclusion of the awards presentation. "It is wonderful for our school to have students wanting to make a difference in your lives and theirs."

The principal also thanked the dedicated teachers, Steve Scherzo, Cindy Crothers and Debbie Jacobs, who made the NEHS program possible. They had invested much extra time, including lunch hours, to keep the haunted house, card projects and food drive going.

"New inductees, you each have promise and poten-



tial," Dr. Cook praised the candidates. "Students with promise and potential typically come from supportive, loving families."

And with that said, the principal directed the celebrants to give their families a round of applause. That night everybody was happy to be part of something good, but nobody could have done it alone. Congrats, new NEHS members! ■

2011-2012 Red Mountain Ranch Elementary NEHS inductees are Dante Bagnasco, Hailey Borrowdale, Luke Bridges, Brooke Cliff, Jessica Conway, Graham Copeland, Noah Dorman, McKenna Fullford, Joaquin Gonzalez, Austin Hall, Ty Jordan, Fatima Kama, Chris Lambert, Katelyn Merest, Kendal Orlando, Mackenzie Page, Hannah Peterson, Isabella Royal, Kirsten Rondo, Scott Thompson, Ashley Trujillo and Zach Walberg.

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