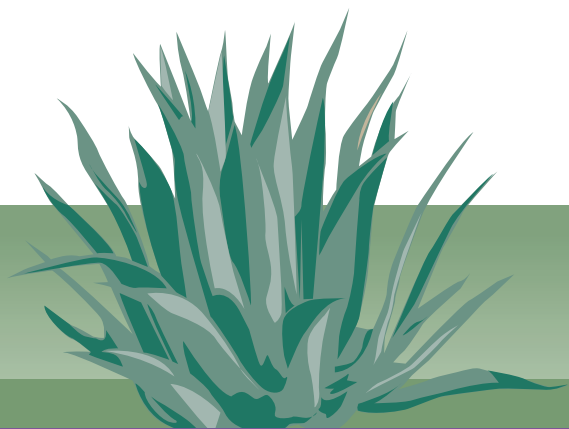


Mesa Uplands Up Close



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September 2012

CAMPBELL'S DANCE EXPRESSION STUDENT WINS NATIONAL DANCE COMPETITION

By Dawn Abbey

Tiffany Franco, age 14, tap danced her way to first place in the Teen Solo category, at the Starbound National Talent Competition, in Atlantic City, N. J., this past July, despite suffering a dislocated shoulder when another dancer fell into her during a routine.

Starbound, the largest dance competition in America, organizes regional and national dance competitions all over the country, according to their Web site, Starbound.net. Winners in this year's regionals in Phoenix, Tiffany, and her fellow student at Campbell's Dance Studio in Mesa, Scout Rines, age 11, each won scholarships to the national event by placing in the top 10.

The weeklong national competition provided contestants with a full day of workshops led by professional dancers and choreographers. The participants then perfected new dance routines in daily rehearsals, which culminated in live Web-cast performances at week's end. Both Tiffany and Scout were chosen to dance in the opening number.

It was during the second performance when another dancer accidentally flopped into Tiffany, and her shoulder dislocated, said her mother, Emily Kotara, who accompanied her daughter to the event. "Despite the pain, she finished the routine, and then came out again for the third performance because she felt it would have been too

noticeable if her part was missing," Emily said. "She was doing lifts at the beginning with two male dancers. She danced as long as she could, but the pain eventually made it impossible for her to continue. She's really a trouper."

Emily related how, when they went to the hospital to get Tiffany's shoulder fixed, the wait in the ER proved very long. "Tiffany said to me, 'Mom, I just feel like I have to pop it.' So, I told her to go for it," this mother said. "She lifted her leg around her arm, and relocated it herself. What an experience. Luckily, she made it through the whole week of wonderful dancing/performing, and the dislocated shoulder happened right at the end. Tiff and I joke and say, 'What a way to end a fantastic week.'"

Tiffany performs all styles of dance, and loves it all, but tap is her specialty. "She had to do the same routine that won her the scholarship," Emily said, "and it also won her the competition's first place trophy."

According to Emily, who teaches the 2- to 5-year-olds at Campbell's Dance Studio, Tiffany began dancing when she was only 2, just as she, herself, did. "We live to

dance, and Campbell's is our rock." Mother and daughter have been with the studio for more than a decade.

All wanted to thank Taani Farnsworth, Campbell's tap



IL FORNO GRAND OPENING CELEBRATES FOOTBALL SEASON

By Dawn Abbey

Il Forno Restaurant has chosen the beginning of the Steelers and Cardinals football season to celebrate its grand opening.

"I'm a die-hard Steelers fan, and, of course, I love the Cardinals, too," said Peter Pizzurro. "So, we decided to create some great football season food and drink specials to kick off the grand opening, and to carry on throughout the season during the Cards and Steelers games."

Since both the Cardinals and the Steelers kick off their respective regular seasons on Sunday, Sept. 9, that day was chosen for the grand opening. The Steelers play the Seattle Seahawks at 1:25 p.m., at home, and the Steelers meet the Denver Broncos at 5:20 p.m., in Denver.

"We're not a sports bar, but we have three big-screen TVs, which are visible from the bar and any seat in the

house, so you can see the game while enjoying some great food and drinks," said Peter. "All of our staff will dress in football jerseys to add to the fun."



September also signals the opening of Il Forno's outdoor patio, great for the cooler evenings. They also are planning to start having entertainment on Friday and Saturday evenings, and have engaged a local singer who sings Tony Bennett and Frank Sinatra songs.

Il Forno is located on the west side of the Home Depot shopping center, at Power and McKellips roads. Hours are Tuesday through Thursday, from 11 a.m. to 2:30 p.m., and 4 to 9 p.m.; Friday and Saturday, from 11 a.m. to 2:30 p.m., and 4 to 10 p.m.; and Sunday, from 11 a.m. to 8 p.m. ■

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teacher for both Scout and Tiffany. She's taught Tiffany since she was 2, and has given them so much, and worked so hard with them. Scout also won an award for tap. She received a high gold.

A sophomore at Red Mountain High School, Tiffany is a member of the Dance Force and the school dance team, as well as performing with Campbell's Dance Expressions troupe. Campbell's is known for its stellar holiday performances, which are open to the community, including their annual *Nutcracker Ballet*.

Campbell's Dance Studio, owned by Frances Campbell, has been teaching local children for more than 40 years in all forms of dance.

Classes currently are forming for the fall and winter. ■

For more information, visit campbellsdance.com, or call (480) 830-3450. The studio is located at 2820 E. University Drive, Suite 160.



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UpClose

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(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Kim Phillips (480) 748-1127

STAFF WRITERSDawn Abbey
AnnElise Makin**COPY EDITOR**

Sandra Van Dyke

DESIGNLuckyYou! Creative, publication design
Erin Loukili, Misty Voitovski
www.luckyyoucreative.comRamey Newell, Web site design
KeenGraphics.net**CONTRIBUTORS**Rose Buttita, John Karadsheh,
Nancy Nemitz, Jay Williamson

www.UpCloseAZ.com

EVENT

DESSERT SHOWDOWN SHOWS HOW Sweet IT IS TO GIVE BACK

Submitted by Flancer's Incredible Sandwiches and Pizzeria

There still is time to enter the fourth annual Flancer's Your Charity Dessert Showdown to earn a chance for fame and fabulous prizes while putting a smile on many faces and helping your favorite charity.

Bring a copy of your recipe and a sample of your rockin' dessert in for Flancer's tasters now through Oct. 12, to either Flancer's location, and see if your dessert has what it takes to be a winner.

Desserts are judged on visual appeal, taste, ease of recipe, readily available ingredients and originality. Finalists will compete in Flancer's Dessert Showdown, in Mesa, on Sunday, Oct. 14. The winner's name and dessert will be featured at both Flancer's Incredible

Sandwiches and Pizzeria restaurants for one year, with a portion of the proceeds donated to the winner's favorite charity. The winner also will receive a \$100 Flancer's gift certificate and a cool trophy.

Jennifer Madigan won the third annual Flancer's Your Charity Dessert Showdown with her Turtle Cheesecake. Jennifer's charity of choice, Susan G. Komen, received approximately \$2,300 as of the end of June, with more to come.

Rockin' taste buds since 2000, Flancer's Incredible Sandwiches and Pizzeria is a family-friendly restaurant, providing unique food on freshly baked bread by a staff that gets to know the customers by sight. You can enjoy Flancer's unique menu and special events, including beer and wine pairings, at 610 N. Gilbert Road, located one-quarter mile south of Guadalupe Road, in Gilbert, or at the Mesa location, 1902 N. Higley Road, just south of McKellips. ■



Learn more about Flancer's Incredible Sandwiches and Pizzeria, peruse their menu, or learn more about this event and other exciting events on the horizon by visiting, www.flancers.com. You also can visit them on Facebook at www.facebook.com/flancerscape and www.facebook.com/flancersmesa.

Jennifer Madigan's Turtle Cheesecake won last year's Dessert Showdown.

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REAL ESTATE

Arizona Anti Deficiency Law

APPLIES TO FORECLOSURES, SHORT SALES AND SECOND MORTGAGES

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

In a short sale, the property will be sold for less than the amount owed on the mortgage, and the deficiency will be the difference between the amount of the outstanding mortgage balance and the net amount the bank received from the sale.

Let's say the mortgage balance is \$200,000, and the house sells for \$120,000. All the fees, taxes and closing costs are \$20,000. So, the net to the bank is \$100,000—the deficiency will be \$100,000.

ARIZONA ANTI DEFICIENCY

LAW: Arizona is one of 12 states having an Anti Deficiency Statute, which prevents a lender from suing a homeowner for the deficiency, as long as the loan was purchase money, the property is located on 2.5 acres or less, and is a single-family residence or duplex. However, many homeowners took out a second mortgage when the house prices skyrocketed, and they had equity in their home. This is a Home Equity Line of Credit (HELOC), and is not covered by this law.

HELOCS: The Home Equity Line of Credit is a second or third mortgage where the funds were not used to purchase the home. The Anti Deficiency Statute does not apply. If a house is foreclosed on, the homeowner will still owe on the second mortgage.

The lender can and will pursue the homeowner for the full deficiency of the HELOC.

When doing a short sale, we negotiate directly with the bank to get the deficiency of the HELOC waived. Because you cannot negotiate in a foreclosure, most homeowners with a HELOC will always choose a short sale over foreclosure. Once the sale is complete, they can move on without any deficiency hanging over them.

SHORT SALES: The Anti Deficiency Law was written for foreclosures. However, the majority of attorneys agree that if the law was ever challenged, the courts would uphold the Anti Deficiency Statute, and it would apply to short sales, as well.

No lender has tried to sue a homeowner on a short sale deficiency where the statute would apply if the home were foreclosed on. However, when we negotiate a short sale, we go one step further, and ensure the Approval Letter states, in writing, that the lender agrees to waive any rights to pursue the deficiency once the short sale is complete.



Lorraine Ryall

There is no cost to the homeowner to do a short sale. The bank pays all REALTOR® fees and closing costs. ■

Contact me today at Coldwell Banker Trails and Paths Premier Properties for more information on foreclosures and short sales or a free confidential consultation, 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. All information should be independently verified.

COMMUNITY

CHANGING A CHILD'S FUTURE IS EASY

By Kim Phillips

Buescher Law Group, PLLC, is hosting a back-to-school drive to help students in need at Lehi Elementary School in Mesa.

The group is asking local residents to purchase back-to-school supplies and drop them off at their office anytime Monday through Thursdays between 8:30 a.m. and 5 p.m. for delivery to the school throughout the month of September.

Students are in need of the basics, such as Kleenex, glue sticks, pencils, scissors, pocket folders, spiral notebooks, and more. "This is supposed to be the best time of these children's lives," said Jan M. Buescher, an attorney since 1997. "With the way the economy is, we are committed to helping those most in need," she emphasized. "We wouldn't want these little ones to go without the basics for their education."

Buescher Law Group is located at the southwest corner of Power and Thomas roads, near the entrance to Las Sendas and Red Mountain Ranch. The address is 3514 N. Power Road, Suite 126, in Mesa.

"On behalf of me and my entire staff, we want to thank you in advance for your generosity to this very deserving grade school," Jan added. "It just takes a pencil... to change a child's future!" ■

For more information, call (480) 344-1802, or e-mail info@buescherlaw.com.



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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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HEALTH & WELLNESS

LIFEWAVE PATCHES TAKE THE PUNCTURE OUT OF ACUPUNCTURE

By Dawn Abbey

Acupuncture, a traditional Chinese medical practice, has become an accepted form of therapy for many conditions, but some shy away from the thought of those needles.

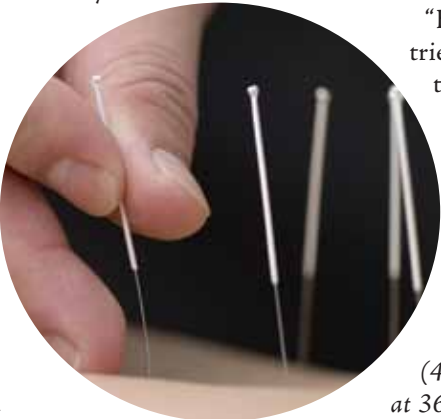
There now is a way to receive the benefits of acupuncture without needles, according to Jolene Victor, owner of Victory Energy Wellness Center. "Acupuncture works by aligning the body's energy by placing small, thin needles into points along the body's energy meridian," explained Jolene. "LifeWave has created small, self-adhesive, energetically treated patches, which can be placed on various acupuncture points instead of inserting needles."

Natural health proponent and author Suzanne Somers has featured LifeWave patches in her new book *Bombshell*, and has become an ambassador for the company, according to the company's Web site, www.lifewave.com.

Clinical testing of results with infrared thermal imaging and other means shows measurable results, LifeWave claims, and features published clinical data on their Web site. According to their Web site, LifeWave claims the nanoparticle energized patches, utilizing the principles of traditional Chinese medicine on acupuncture points, can provide a variety of benefits. They are as follows:

- ♦ **Energy Enhancer Patches**—stimulate acupuncture points on the body for improving the flow of energy and producing drug-free energy enhancement within minutes of use.
- ♦ **SP6 Complete Appetite Control Patch**—regulates the appetite through mild stimulation of points normally associated with the proper functioning of the stomach, spleen and kidneys, resulting in a natural reduction in hunger and food cravings.

- ♦ **Ice Wave**—A 2011 study on these pain reduction patches, published in *The International Journal of Medical Implants and Devices*, found the patches had a highly significant effect in reducing intensity and perception of pain severity.
- ♦ **Silent Night**—This nontransdermal patch gently stimulates acupuncture points used for improving the flow of energy in the body for improvement of sleep.
- ♦ **Y-Age Aeon**—Clinical studies showed a balancing of the autonomic nervous system within just 10 minutes of patch application, the result of a calm, stress-free state. In another study, infrared imaging illustrated a decrease in inflammation in response to Aeon. Other clinical tests demonstrated that Aeon lowers C-reactive proteins (which rise in response to inflammation). Inflammation is often a symptom of stress, and can damage healthy tissue and even DNA.
- ♦ **Y-Age Glutathione Booster**—Multiple studies have confirmed the fact this patch increases blood glutathione levels in a safe and natural way.
- ♦ **Y-Age Carnosine Booster**—LifeWave's bioelectrical impedance study of these patches, using an Electro Interstitial Scanning system, showed that cellular physiologic organ function (status), improved in eight of 10 tested organs.



"Based on reports of those who have tried the patches here at the center, they seem to be having good results," Jolene said. "They also can be used for dogs and horses." ■

Patches are available at the center for \$3 each, or in packs of 30 for \$49.95. For more information regarding these or other energy modalities, call Jolene at (480) 422-7022, or visit the center at 3654 N. Power Road.

ORGANIZING

THERE IS HOPE if you procrastinate

By Nancy Nemitz

If you tend to procrastinate, you are not alone.



According to *Scientific American*, dated November 2008, (I didn't procrastinate, but re-read the article), 15 to 20 percent of adults routinely put off activities that would be better accomplished now. Dr. Timothy Pychyl, PhD, suggests, "A highly conscientious person is dutiful, organized and industrious. Therefore, someone who is not conscientious has a high probability of procrastinating. A person who is impulsive also is a procrastinator at risk. People who are impulsive can't shield one intention from another, so they are easily diverted."

In my experience with organizing business owners and busy families, people procrastinate because they don't know how to do the job, or they are such perfectionists that nothing is good enough. Delay only more firmly plants the project, and it is more difficult to uproot and get done. The further away the deadline, the more you will procrastinate.

- ♦ Set intermediate deadlines for portions of the task.
- ♦ You won't get things done if you wait until you feel like doing it.
- ♦ Get some discipline because you can wear yourself out procrastinating.
- ♦ Maybe you are procrastinating on a project not worth doing in the first place.
- ♦ Break down larger tasks into smaller ones. ■

Nancy Nemitz, a Red Mountain Ranch resident, is a professional organizer and owner of Create the Space Professional Organizing. She is featured on TLC's *Hoarding: Buried Alive*. For more information, call (480) 223-8939, or send an e-mail to nancy@createthespace.com.



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SPORTS

ALTA MESA GOLF CLUB
CELEBRATES 25th ANNIVERSARY

By Dawn Abbey

Starting this 2012-2013 golf season, members of Alta Mesa Golf Club (AMGC) will be celebrating its 25th anniversary as a private equity club, owned and run by the members. According to Member Service Coordinator Kim Hind, it was in 1988, when the members bought their club from its developer, Estes Homes, and made it their own.

"It's a great time to join now," said Kim. "To celebrate, we are taking 25 percent off the initiation fee for all new dues-paying memberships. And if you're not into golf, you can still join as a dining member, which gives you access to all club social events, as well as the dining facilities, and it's only \$50 a year for a family."

The main anniversary event will be a member kick-off party on Friday, Nov. 16, featuring music and fabulous food. "On the 25th of each following month, we will roll out all kinds of fun specials and incentives, with a theme of 25," said Kim. "There's never been a more exciting time to check out Alta Mesa Golf Club. The season holds a lot of activities geared toward families, like junior clinics, night golf, BBQs, cooking classes and much more."

Part of the celebration will include honoring the history of all the successful players who have come up through AMGC programs, including the junior members. "AMGC has all kinds of memberships available and tailored just for you," said Kim, "for singles and families, juniors, seniors and super seniors. We also offer a one-time trial winter membership to come and see why AMGC should be your home for golf." ■

For more information about AMGC memberships, visit altamesagolf.com, or contact Kim Hind at (480) 832-3257, extension 100. Alta Mesa Golf Club is located at 1460 N. Alta Mesa Drive.



EVENT

SALT RIVER TUBING PRESENTS
Labor Day Floating Picnic

Submitted by Salt River Tubing

Celebrate Labor Day weekend with pride, and enjoy Arizona's Floating Picnic on the Lower Salt River, in Tonto National Forest. Thousands of fun seekers will beat the heat and *chill and thrill* while tubing on the refreshing, mountain stream waters of the Lower Salt River. Floaters will be encouraged to participate in the *Salt River Heroes = Litter Zero* event by *stashing and bagging* their picnic trash in Tommy Tuber litter bags to help keep the Salt River clean and beautiful.

The award-winning Take Pride in America event is scheduled for Saturday, Sept. 1 through Monday, Sept. 3, from 9 a.m. to 3 p.m. It is co-sponsored by Tonto National Forest, Salt River Tubing and local radio stations. To date, 616 tons of trash has been stashed and bagged on holiday weekends.

Henri Breault, President of Salt River Tubing, commends the Salt River tubers who have pitched in to lend a hand in keeping the Salt River free of litter. "It's so easy to be a Salt River Hero," said Henri. "Just take personal responsibility for your picnic trash while floating, and *stash it and bag it* in the litter bags provided during tube rental."

Salt River Tubing is open in September on Fridays, Saturdays and Sundays. The last day for Fun in the Sun is Sept. 30. Operating hours are 9 a.m. to

6:30 p.m. daily. The cost of tube rental is \$15 per person/tube, which includes inner tube rental and shuttle bus service. The latest tube rental is 3 p.m. daily, and tubers are encouraged to arrive early, as tube availability and parking spaces decrease by noon.

Children must be at least 8 years old and 4 feet tall for tube rental and shuttle bus service.

Salt River Tubing is located in Northeast Mesa, on Power Road, 15 miles north of U.S. Highway 60 East, or minutes from the 202 East on Power Road, in Tonto National Forest. ■

Catch the coolest ride in the Valley of the Sun, and visit the Web site at www.saltrivertubing.com, or call (480) 984-3305.



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FINANCE

GOING ON ADVENTURES WITH CLIENTS BUILDS RELATIONSHIPS

By John Duncan

Financial planning is a serious business, requiring deep relationships and trust to be successful.

Money matters are very personal, and the goals and accomplishments tend to be guarded secrets shared only with a select few.

For many years, I believed that just by striving to be the best advisor I could be would create the kind of deep relationships I was seeking. Boy, was I wrong. I learned some key lessons over the last five years, which could be helpful to anyone looking for better relationships.

Don't get me wrong. By industry standards, I was very successful the first 18 years in business, and have many long-term clients with whom I have deep, trusting relationships from that time period.

So, what did I discover that had such a profound effect on my business and all the relationships it touched?

In an effort to try something new, I decided to get outside of the office. To that end, I had my staff arrange a bus limo trip to Granite Creek Vineyard, in Prescott Valley. Keep in mind the fact we had never done anything like this before. At 8 a.m., we had the most decked out limo bus pick up a group of clients. My staff and I served donuts and orange juice, and then we were off. We enjoyed an entire day, and arrived back in



the Valley just after 5 p.m. thought were very good became great. Some of these people I had known for years. However, on this adventure, I learned more about them than I ever thought possible.

Because of that first trip into the unknown, we, as a company, are constantly looking for adventures to go on with our clients. The pictures here are from our night at the ballpark in June. We had a blast with our clients watching the D-Backs versus the Cubs, from the Legends Suite, in right field. The food was delicious. Junior Spivey let people try on the 2001 championship ring. People got to take pictures with the World Series trophy.

The one reason I have always loved being a financial planner has been the feeling of being able to have a positive impact on the lives of

Life is not just the passing of time. Life is the collection of experiences and their intensity.
—Jim Rohn

the Valley just after 5 p.m.

We had no idea what to expect from the trip. It was simply trying something new. Let me tell you this: Relationships I

the families we touch. By stumbling onto getting out of the office and enjoying special times together, we get the added benefit of connecting at levels I did not know were possible. This leads to the kind of trust that kindles incredible relationships. ■

For more information, call (480) 285-1998. Gold Leaf Advisory is located at 2929 N. Power Road, Suite 101.



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DINING

THEY'RE BACK AND BETTER THAN EVER



Wow! Paul and Beth O'Neill, the original owners of Indigo Joe's Sports Pub and Restaurant, are back! After a four-year break, the Las Sendas residents have assumed the ownership and operation of what recently was Hero's, and prior to that, Indigo Joe's Sports Pub and Restaurant. They did spend a lot of time with their three boys, who are very active in the community with sports, and attend Mesa Public Schools. Now,



the O'Neill's are geared up to offer everyone a Cheers atmosphere, complete with great food, service, and, of course, libations. So, they are back and better than ever. Since acquiring the restaurant this past January, it has been renamed O'Neill's Place. Apparently, their youngest son, Niko, named it. They have spent the past six months doing improvements, such as new carpeting, replacing some 42-inch flat screen TVs, and upgrading to high definition for the upcoming National Football League season. Paul, Beth and their three boys relocated from the East Coast nine years ago, and are year-round residents in the community. No absentee owners here! You are most likely to run into them at the local supermarket or on a field somewhere local.

"We are putting restaurant back into the phrase sports pub and restaurant," Paul said. Along with offering a variety of beers, from their 20 handles, they have focused on highly improving the quality of the food being served. Although the menu has not changed much since opening in 2005, as Indigo Joe's, they now are incorporating homemade items, such as coleslaw, chili and marinara sauce, just to name a few. They also have changed their fries, calamari and even their burgers. The burgers are now cooked fresh on the open-flamed grill. Along with these changes, they are making off the menu items, such as their new Sweet Chili Burger, a half-pound burger oozing with melted cheese over diced jalapeños with green chilies sautéed in butter. There also is a Bruschetta Burger and Cajun Chicken Sandwich, to spice things up. Now, that sounds delicious. "There's more to come," stated Beth. They recently have made Grilled Shrimp, Fettuccini Alfredo and Carne Asada. You can see such specials on Facebook. Paul and Beth promise Mixology and Monday Madness are coming right after Labor Day. What is Mixology? Everyone will have to stop in and find out. Both Paul and Beth, along with their boys, are committed to providing the community with a wonderful,



relaxing and fun atmosphere. So, stop in, say hi, and enjoy one of the many tap beers and the great food. O'Neill's Place is open daily at 11 a.m. Happy hour currently is from 3 p.m. to 6 p.m., with \$2 pint beers, of Bud, Bud Light and others. ■ O'Neill's Place is located at 2855 N. Power Road, on the northeast corner of Power and McDowell roads, in The Village at Las Sendas. For more information, call (480) 832-8989. Visit O'Neill's Place, where everybody knows your name, and Like them on Facebook at O'Neill's Place Mesa.

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BEAUTY

EXPERT SHARES FALL FASHION FORECAST TRENDS

By Dawn Abbey

Local news anchors and celebrities rely on Sandy Barbetta to keep their coiffures up to date in both style and colorization.

Sandy, co-owner with husband, Cosmo, of Cosmos Salon and Day Spa, regularly attends the seasonal style shows, and brings all of what's new back to the Valley. She shared her finds for our readers.

"Now that the summer is dwindling down, and the days shorten," Sandy said, "our sense of style will change, and so will our hairstyles to match. It's time to prep yourself for the next season's hottest trends," she continued.

According to Sandy, whether it's for practicality's sake or simply because we crave the refreshing breeze of change, fall/winter 2012 will see new hairstyles and cuts entering the list of choices for both women and men.

"For women, it's bangs, bangs, bangs," she predicted, "Fringe, to be exact. Trends can sweep in like an unstoppable avalanche, changing the landscape entirely (until they run their cycle), such as fringe/bangs did in 2007," she further stated. "But some trends can drift on,



lingering, having bursts of renewed vigor. That's what the fringe has done this year."

She reports the fact runways also are showing styles, such as tomboy ponytails or plaited buns, faux fish-plaits and the waved flapper bobs.

This season's big look for men's hair is the pompadour. Celebrity Ryan Seacrest is a prime example. He has a refined look with a casual appeal. "The style is shaped by combing it off the face and using a firm-hold styling gel, followed by molding clay combed through," Sandy stated. "You definitely need a product called SuperGlue, by American Crew, to achieve the look."

SANDY'S TAKE ON COLOR

Redheads will spice things up this fall with deeper dimension. Consider shades of burnt copper with hidden pieces of cinnamon and nutmeg. Red hair is such a stand-out color, and can be worn in a variety of shades. It can be subtle or dramatic,



so it appeals to a wide audience. Add a few accent pieces, or go for full drama.

WHAT TO AVOID

Stay away from anything that may strip away that lustrous color. Redheads should avoid shampooing every day, although wetting and conditioner is OK. Red shades work best on those who have golden or pale skin tones and/or green eyes, such as actress Isla Fisher.

For the cool brunettes, there's a shift from full-head highlights with too much bleach, to a healthy, rich chocolate color. Over the past two years, more and more women want color that is increasingly natural looking, such as singer Cheryl Cole. Light eyes always stand out with brunette shades.

The fall and winter forecast for blondes shows a move away from the sunny, golden blondes, and a jump into beigey-based colors with creamy, icy highlights. It's all about period looks right now, and since beige and icy shades are reminiscent of the mid-1960s to early 70s, they will be super hot for winter. Actress Elizabeth Banks has been seen



sporting this look.

For apparel, strong colors and textures are leading the fall/winter clothing lines—black and ivory, teals, deep purples, metallics and copper, as well as blues. As for texture—heavy duty. It's lace on everything.

"When you're ready to do your season makeover, stop in for a free update consultation," Sandy said.

"Our stylists and colorists will be happy to show you options right for you and the products to keep them fresh." ■

Cosmos Salon and Day Spa is located at the northeast corner of Power and McDowell roads. For more information, or to make an appointment, call (480) 844-0707.



Real Estate In Mesa Uplands brought to you by: Mesa Uplands Area Market Report Sales over \$250,000 for the Month of July 2012

Address	Square Feet	Community	Sold Price	Short Sale or REO*
9564 East Grandview Street	2,000	Saguaro Shadows	\$254,000	
3063 East Menlo Street	2,751	Vista Mesa	\$269,000	
6202 East McKellips Road #73	1,819	Tuscany Villas	\$292,573	
6202 East McKellips Road #293	1,819	Tuscany Villas	\$295,000	
9326 East Princess Drive	2,942	Sierra Estates	\$295,000	X
2843 North Ricardo Street	2,747	Regency at Ridgeview Estates	\$299,900	
7030 East Halifax Circle	2,366	County Island	\$303,000	
8523 East Hillview Circle	3,441	Signal Heights	\$320,000	X
9923 East Flanders Road	3,561	County Island	\$330,000	
4128 East Encanto Street	3,180	Summit at Montecito	\$350,000	
1135 North Miramar	3,696	The Groves	\$364,000	
2825 North Ricardo	2,701	Regency at Ridgeview Estates	\$375,000	
4024 East Glencove Street	3,195	The Estate Groves	\$384,000	
7528 East Kenwood Street	4,463	Saguaro Vista Estates	\$389,900	
8347 East Knoll Circle	3,329	Savona	\$410,000	
1636 North Los Alamos	3,812	Mesa Northgrove	\$410,500	X
1446 North Robin Lane	3,728	Mesa Northgrove	\$417,000	
3955 East Fox Circle	4,814	Triana	\$437,073	
3526 East Adobe Street	5,258	Thayer Estates	\$455,000	X
8937 East Menlo Street	3,800	Madrid	\$457,000	
2114 North Bridlewood	4,057	R & R Ranch	\$474,953	X
3018 North 91st Place	4,065	County Island	\$475,000	X
8444 East Jasmine Circle	3,359	Mountain Bridge	\$495,000	
8519 East June Street	4,344	Mountain Bridge	\$575,000	
2340 East Hermosa Vista Drive	5,238	Hermosa Vistas	\$599,900	
4122 East McLellan Road #11	3,852	Highgrove Estates	\$605,000	
3909 East Nora Circle	5,206	Rosewood Estates	\$625,000	X
2057 North Pomelo Street	5,302	Villa Tuscano	\$849,000	X
3518 North 81st Street	7,337	Ghost rider	\$985,000	X

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EDUCATION

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By Linda Steiner, MEd, Certified Teacher, Team Leader and Reading Specialist

Self Development Charter School offers a unique and advanced kindergarten program allowing children to begin their educational learning experience in a caring and an intellectually stimulated environment.

The classroom introduces kindergarten and first-grade curriculum goals, and encourages concept mastery and academic confidence.

The kindergarten program prepares children to learn key subject matter yielding knowledge for a classroom environment transition for first grade. The school's success focuses on teaching children the advanced curriculum in a structured and methodical approach. The classroom concentrates on mastery of math, reading and writing. Teachers teach

listening and communication skills, as well as higher level thinking, and provide a nurturing classroom for social growth.

As a certified kindergarten teacher and state-endorsed reading teacher, I know the importance of early education intervention to promote a foundation for academic success. The school uses a multi-sensory phonics instruction, focusing on visual, auditory, tactile and kinesthetic techniques, which reach each child's learning style. They learn phonemic awareness, red words (sight words), as well



as spelling, writing and reading within each lesson.

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

The dedication and sincere devotion of the teachers to instill these essential concepts is amazing. Each classroom has two certified and professional

teachers whose goals are to set these kindergartners up for success. As lead teacher, I see the commitment to each student's education every day, and share my positive comments.

I welcome all parents to experience this exceptional learning environment for your child. I am proud to recommend Self Development Charter School as the path to your child's academic success. Parents need to be a part of this exceptional learning adventure for their child.

Self Development Charter School delivers a well-rounded educational experience for your child. The school offers children the opportunity to develop a love for learning and a daily challenge to think at a higher level. ■

Self Development Charter School currently has a waiting list for all grade levels. If you are interested in enrolling your student, please contact the school at (480) 641-2640.

SPORTS

Junior Golfers Enjoy Fun with Fundamentals AT FINAL SUMMER TOURNAMENT

Submitted by Las Sendas Golf Academy

The Las Sendas Junior Golf Academy hosted the end of summer golf tournament in late July.

A total of 25 participants, including 19 boys and six girls, shared in the tournament fun. There were seven instructors on hand, and more than 10 volunteers took part. In addition, there were more than 20 parents and three sets of grandparents viewing the competition. In addition, an abundance of trophies and prizes made this event an overwhelming success.

The children were grouped by age, gender and skill level. All the children received participant ribbons. The first and second place winners of each age group were awarded special trophies in their respective masculine and feminine colors.

Everyone who played received a four-course lunch buffet. Even the family members and volunteers were complimentary guests of the Las Sendas Golf Academy. Almost every child had that gleam in their eyes, reflecting how much they wanted to win the big trophy. It proved to be a very exciting day for the children, spectators and instructors alike.

Similar to past years, there were three special categories, which Director of Instruction Ben Weir and Associate Instructor Tracy Berman created for the children. The categories were: Most Improved, Best Listener and the Sportsmanship Award. "These categories mean more to us rather than how the

children score in the tournament," Ben stated. "At this age, what truly matters is to keep these children interested in the game where they continually grow at their own pace."

For all levels of play, Ben promotes lots of cognitive thinking, proper physical movements and skill challenges. Lemonades, frozen treats, snacks, prizes and picks from the candy-toy bag are always the highlight for the children at the end of every practice. These goodies serve as rewards to the children for a job well done. This removes any chance of boredom, and provides camaraderie and cohesiveness among the group. For Ben and Tracy, forming new friendships, a broad perspective on learning golf basics, and having fun in the sport is what it's all about.

Tournament results proved to be another exciting race to the finish in a few age groups. There were four boys' and two girls' divisions. Reagan VanNorman won the girl's youngest division, with a score of 27. Natasha Fox won the older age group, with a score of 22, narrowly edging out Emilia Yoon by one stroke. The girls respectably played four holes in both age groups.

The youngest division was the boys' age 6 and under, playing three holes from 100 yards out. Eddy Jetton won this division, with a score of 27, and Logan Skelton finished in second place, with 32 strokes.

The next age division was 7- and 8-year-old boys, playing four holes from

the same 100 yards away. Davis Weir tied the lowest score of any player in the tournament, winning this division with a score of 20, averaging only five strokes per hole. Luke Ruedemann came in second place, with a very respectable score of 27. The largest age group was the boys' 10- to 12-year-olds rounding out 10 players. They played four holes from 150 yards away.

Wyatt Woffinden was up to his usual winning ways, with a score of 20, but right on his heels was the sweet swinging left-hander Rory Lotz, who almost caught him with a score of 21. The oldest boys' group was 13 and up, which proved to be the most exciting finish. Erick Deyden won in a sudden death playoff, sinking a 30-foot putt for birdie on the very first hole to win his first division title over Trenton VanNorman. They both carded a score of 33 over five holes from the forward copper tees.

Ben would like to thank all the parents, instructors and volunteers in the Las Sendas community for making this summer so successful for the children. This year's camps experienced surprisingly cool and very bearable weather compared to past summers. Only three mornings of camp were above 85 degrees in the morning.



"We hope to see everyone back next summer and this fall after school on Fridays for the avid juniors," Ben said.

The Friday camps will run during the school year, starting on Nov. 2 and running through April 26, with a season-ending tournament. Each youth group will again be categorized by age, skill level and gender. Special sibling requests are normally permitted.

The Friday camps run from 4 to 5:30 p.m., except holidays. The cost is \$30 per week, per person. Join the excitement with flexible Fridays, from November through April. Participants can join the fun during any month or any week, since the curriculum is constantly changing. The camp boasts a rare 5-to-1 student-to-teacher ratio. ■

For more information, contact Ben Weir at (602) 391-7100, or send an e-mail to bweir@lassendas.com.



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HEALTH

IMPROVING HEALTH Can Be Accomplished Locally

By Michael Cozzi

Local has been the trend for the past several years, both nation-wide and right here in the Valley. Restaurants embrace local and seasonal culinary practices, while local farmers happily provide the produce. American Express even sponsors Small Business Saturday.

It's clear local is the trend. So, there is one real question. How do we make local work for us? Eating and shopping local is great for our neighborhoods, but your hard earned money is still going out the door. You need to utilize local to put money back in to your pocket. You may ask, "How do I do this?" The answer is right around the corner.

The continuing mission of Scottsdale-based Vemma, and of Founder and Chief Executive Officer BK Boreyko, is to help others, beginning at the local level. Vemma offers a way to enhance peoples' well-being, and create an income stream for those who introduce others to a product line they believe in.

Founded in Scottsdale in 2004, the Vemma formula is the only supplement to undergo independent clinical tests to prove its immune-boosting properties and high rate of physical absorption. This liquid anti-oxidant, heralded as the most complete supplement available,

contains 12 full-spectrum vitamins, more than 65 plant-sourced minerals, aloe vera, green tea and the super-fruit mangosteen. Much like eating locally sourced produce, Vemma is a local source through which one can increase individual health. The excitement over Vemma has breached the national scene, as well.



Dr. Mehmet Oz is an avid supporter of Vemma, and has spoken at their national convention. Fitness power couple Chris and Heidi Powell also are in a working partnership with Vemma, having come together to create the Vemma Bod-e weight management line. This fitness

program is, allegedly, to be featured on the next season of *The Biggest Loser*. Perhaps the most exciting aspect of Vemma is the income stream consumers can build just by drinking their favorite Vemma beverage. People share Vemma with friends and family, thereby growing the brand. The more people coming into the Vemma business after you do, the more money you make. While it sounds almost too simple, simplicity is why it works so well. Since those joining Vemma are consuming for themselves, supply and demand are always balanced.

The growth rate for Vemma in 2012 has been nothing short of an industry revelation. The high school and college demographic has taken this company by storm as a way to build a business on their own, and provide an income a college degree no longer can. As many as 11,000 new people joined Vemma in July, a slow month, which was a record. Your kids are getting rich with this company. Now, it's your turn.

Vemma has two area locations. In Scottsdale, the Vemma Store North is at 8322 E. Hartford Drive. The Vemma Store South is at 1920 E. Broadway Road, in Tempe. Store hours for both locations are Monday through Friday, from 8 a.m. to 6 p.m. ■

For more information, call (800) 577-0777, or check out mccozzi.vemma.com on the Web.

HEALTH

MOUNTAIN VISTA MEDICAL CENTER OFFERS FREE EDUCATIONAL EVENTS

Submitted by Mountain Vista Medical Center

At Mountain Vista Medical Center, we know the best information can help you and your family. Join us for the following educational events in September.

Top Tips for Stroke Prevention
> Sept. 13, noon to 1 p.m.

Glaucoma and Macular Degeneration
> Sept. 19, 6 to 7 p.m.



Ask the Docs: Top Health Concerns for Women
> Sept. 27, 6 to 7 p.m.

A light meal is provided at each seminar. These free health seminars, designed to help you stay healthy, take place at Mountain Vista Medical Center, located just north of the U.S. 60, at Southern Avenue and Crismon Road. Seminars are held in classrooms 3 and 4, located on the second floor of the hospital, near the cafeteria. Park on the east side of the hospital, and enter through the Outpatient entrance. ■

To register for these events, or learn about the entire seminar series, call (877) 924-WELL (9355), or visit mvmedicalcenter.com.

LEGAL

Proving a Boating DUI Involves Many Issues

By Vicki L. Liszewski
Liszewski and Associates, PLLC

Boating DUI, also known as operating under the influence (OUI), is a criminal charge, which involves operating a motorized watercraft under the influence of drugs or alcohol.

Over the past few years, there has been an increase in people being charged with OUI. With the amount of people in our community so close to the lake, and many of them patrons of the lake, I thought it would be a good idea to give you some information about what an OUI is, and what the possible consequences are when being convicted of an OUI.

In Arizona, the OUI laws are similar to the state laws of driving under the influence. Penalties of an OUI can include large fines, suspension or revocation of boat operator privileges, and even jail time. Just like the state's driving laws, the Blood Alcohol Concentration level for which a boater is considered to

be intoxicated in Arizona is .08 percent. There is a zero-tolerance rule for minors. The statute, which addresses OUI, is ARS 5-395.01.

Boating OUI cases have unique challenges, and require experience and knowledge to properly defend. Some of the legal issues raised with regard to an OUI charge revolve around the field sobriety tests. For example, many people have been asked to do field sobriety tests on a wet, slippery and swaying boat. Many other issues can come about in OUI cases, such as:

- Illegal search and seizure, violating the Fourth Amendment.
- Falsely high blood or breath test results, causing a person to be wrongfully charged with OUI, extreme OUI or super extreme OUI.
- Detention of boaters without reasonable suspicion.
- Use of outdated and uncalibrated breath testing machines.

The attorneys at Liszewski and Associates, PLLC, are experienced and knowledgeable in all facets of DUI and OUI law. As always, the consultation is free. So, call today if you or someone you know has been charged with a DUI or an OUI. ■

Liszewski and Associates, PLLC, is located at 2929 N. Power Road, Suite 101. For more information, call (480) 357-2933, or send an e-mail to myazattorney.com.



EVENT

United Food Bank hosts GOURMETS FOR GOOD

Submitted by United Food Bank

United Food Bank will host its 12th annual Gourmets for Good event at Phoenix Marriott Mesa, located at 200 N. Centennial Way, on Saturday, Sept. 29, at 6 p.m.

The event is set to raise \$100,000 for the hungry in Arizona.

Guests will enjoy tastings of signature dishes by Valley chefs. There also will be cooking demonstrations and friendly chef competitions. Auctions and prizes will be available, including a chance to bid on some US Airways travel vouchers.

The cost for the event is \$50 per person, with tables of 10 for \$400. To order tickets, call (480) 926-4897, or order online at www.unitedfoodbank.org. Gourmets for Good sponsors are



Fry's Food Stores, US Airways, Emerson, APS, The Market Builder and Phoenix Marriott Mesa.

ABOUT UNITED FOOD BANK

United Food Bank is a private nonprofit organization providing food to more than 250 social service agencies across 25,000 square miles in Arizona. According to Charity Navigator, the nation's leading independent

evaluator of nonprofit organizations, United Food Bank receives the prestigious four-star rating, ranking as the 11th most efficient food bank in the country, and ranks No. 1 in efficiency in the Southwest. ■

For more information, visit www.unitedfoodbank.org.



REAL ESTATE

MOVING OUT OF STATE REQUIRES DUE DILIGENCE

By John Karadsheb

Moving can be a complicated process, especially when the new home is in a different state or across the country.

Buyers must research the town, school systems, job market and neighborhood, all before settling on a new location.

I recommend taking the following steps to ensure that when it comes time to move to an unfamiliar location, the process goes as smoothly as possible.

FIRST, GET ORGANIZED. When moving many miles away, it makes sense to compile a list of the key information required before deciding where to live. Important questions needing to be answered include:

- What is the cost of living? How far will my money go?
- What is the housing market like in the new location?
- What is the community like? Crime rates?
- How is the school system?
- What is the noise factor?
- Will this be a good area for my spouse to find work?
- What is the public transportation system like?
- How long will the commute be?

DUE DILIGENCE. To learn more about the typical lifestyle of the new town, as well as community events and crime rates, get a few back copies of the local newspaper, or log on to the local paper's Web site. This third-party information, together with information from the local chamber of commerce, will give a sense of the area.

USE THE INTERNET. When it comes to selecting the home itself, the Web is an invaluable tool. Web sites, such as www.coldwellbanker.com, can provide visitors with an abundance of useful information. The Coldwell Banker YouTube Channel, On Location, features thousands of local market video tours, so a buyer in

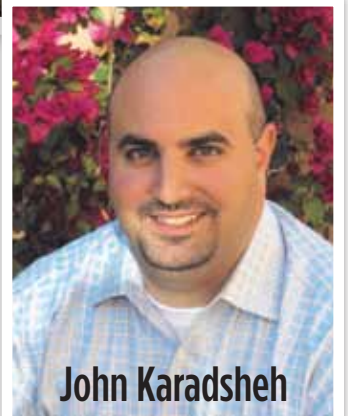
Mesa can easily see real-life community and home tours in Santa Fe.

Functions like the Coldwell Banker Home Listing Report will calculate approximately how much a house will be worth in the new market, which, as a result, will provide insight into the cost of living. Visitors also can find a variety of community and neighborhood information, including median age and income, percentages of married couples and children, recent home sales, as well as a listing of elementary and high schools, with demographic information on the schools.

FEET ON THE STREET. Begin to work with a REALTOR® early on when visiting the new city. Look to see how much new construction and remodeling work is taking place. This will indicate whether the neighborhood is growing and developing, and whether current residents plan to stay. Also, have your agent take you through the neighborhood after hours to see what the neighborhood looks like when all have returned from work and school.

COFFEE TALK. If possible, try to have a few conversations with the locals near a prospective home. More than anyone, they have their fingers on the pulse of the neighborhood and the community-at-large.

If you are moving out of state, give me a call. I



work with an expansive network of top REALTORS® across the country, and I can assist you in finding an agent who will help you find your next home. ■

John Karadsheb 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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RECIPE

DELICIOUS RECIPES OFFER VARIETY FOR YOUR TASTE BUDS

By Trudy Maples

Here are some recipes to satisfy just about any appetite. Try one or both methods of preparing corn on the cob, and add some seasoned butter. There is a pasta salad sure to go great with the corn. The ingredients for the drink will combine to present a tasty blend, too.

Fresh and Easy to Prepare Corn on the Cob

USING THE MICROWAVE

1. Place one ear of unshucked corn in the microwave for 4 minutes each.
2. Take the corn out of the microwave using an oven mitt.
3. Place on a cutting board, and cut the

bottom end off (opposite of the pointed end) about one inch.

4. Hold the pointed end, and the corn will slide out clean, cooked and ready to eat.

USING THE GRILL

1. Pull the husks back on the ear of corn, and clean the inside silks off using a silicone oven mitt.
2. Pull the husks back up around the corncob, and place on a medium heated grill for about 8 to 10 minutes.
3. The corn will steam inside the husks while on the grill. If you want grill marks on the corn, pull husks back after it is cooked, and place right on grill for 2 or so minutes.


4. Once the corn is done, pull the husks back, and use to hold as you spread on the herbed butter.
5. Enjoy!

Seasoned Butters

You can use any seasonings you prefer, and it is 2 teaspoons of the seasoning per one stick of real butter. Bring the butter to room temperature so it is easy to mix with the seasoning.

IDEAS FOR SEASONING

- pressed fresh garlic
- chili lime
- fresh lime zest
- lime juice
- chipotle
- peppercorn
- sea salt
- fresh grated Parmesan cheese
- fresh chives
- fresh basil
- crushed red peppers
- fresh cilantro



Trudy Maples

Zesty Pasta and Veggie Salad with a Balsamic Glaze Dressing

ZESTY PASTA AND VEGGIE SALAD
Angel hair pasta, 4 ounces cooked and drained with a little bit of olive oil tossed into it, chilled.

- 1 cup sweet cherry tomatoes
- 1/2 cup chopped black olives
- 1/2 cup crumbled feta cheese
- 1/2 cup diced red bell peppers
- 3 diced green onions

BALSAMIC GLAZE DRESSING

- 1 package dry Italian Seasoning
- 1/2 cup olive oil
- 1/4 cup balsamic vinegar
- 1 teaspoon sugar
- 2 fresh garlic cloves pressed

Whisk until thick. Place all ingredients into a bowl, and toss in the dressing. Chill for 30 minutes.



Refreshing Cherry Lime Mojitos

- 1 pound fresh or frozen pitted cherries
- 1/2 cup packed fresh mint leaves
- 1/3 cup fresh lime juice—about 3 limes
- 1 cup citrus flavored rum—use citrus soda if making non-alcoholic, and don't use simple syrup—just lime juice. The soda is sweet enough. I use Sprite.
- 1 cup lime simple syrup
- Lime wedges and cherries, for garnish

Mix together, and pour over ice or use blender if desired.

LIME SIMPLE SYRUP

- 2 cups sugar
- 1 cup water
- 3 limes, zested

In a small saucepan, combine sugar, water and lime zest over medium heat. Bring to a boil. Reduce heat and simmer for 5 minutes, stirring occasionally, until sugar dissolves. Remove from heat and allow to cool. Strain before using. ■

For more information, call (480) 239-0082, or visit www.CookingwithTrudy.com.



EDUCATION

Expand Your Horizons WITH NEW FRONTIERS

Submitted by New Frontiers for Lifelong Learning

Fall semester classes and activities at New Frontiers for Lifelong Learning begin following an open house at the Mesa Community College (MCC) Downtown campus, located at 145 N. Centennial Way, on Friday, Sept. 28, from 1 to 3 p.m.



Attend the open house, gather information and register for a wide range of classes at the MCC Downtown campus. Park in the parking garage on the second or third levels, and take the stairs or elevator to the fourth floor.

Classes and activities planned for this fall include Basha's Art Exhibit, Scottish Country Dance, hiking, improving posture, Mesa heritage, history of Northeast Arizona, water in the desert, and the Hopi, as well as the Latter Day Saints culture. Additional opportunities are African photo safari, photo visit to Paris, all about numbers, sports and politics, time management, the human skeleton, brain's eye view of knowledge and What Does Love Mean?

Also available are performances at the Tempe Art Center, three plays at the Theatre Outback, on the Dobson campus,

Afghanistan, great decisions on global challenges, book discussions, financial security, sign language, and elections, as well as Tocqueville and the American experiment.

More classes include understanding humanism, philosophy of religion, the cosmos, great scientific ideas, car computers, Federal Aviation Administration handling flights, mind mapping, healthy naturally, stress, power of kindness, grief management on holidays, driving refresher course and Medicare.

Participants also can learn new games, attend comedy movies, appreciate the magic of grandchildren, take part in wine enjoyment and tour community gardens. Attend the lunch bunch on the second Friday of each month at a different local restaurant. New Frontiers offers all these opportunities and much more.

New Frontiers is a peer-led, self-directed organization of about 450 members sponsored by Mesa Community College. Members can attend classes or social events, teach classes in their expertise, or they can facilitate classes.

After paying \$70 for a whole year, or \$50 for one semester, members can register for as many classes as their personal schedules will allow. Some social activities will have additional costs. A free student ID card for Mesa Community College can be obtained and used for discounts on MCC campuses and in the community. Many opportunities arise for members to volunteer at the college campuses or in the community.

Classes meet at MCC at Southern Avenue and Dobson Road; the Red Mountain MCC Campus, at McKellips and Power roads; Downtown MCC Campus, at 165 N. Centennial Way; East Valley Adult Resource Centers, at 247 N. Macdonald St. and at 7550 E. Adobe Road, as well as several other locations. ■

For more information about New Frontiers for Lifelong Learning, visit the new Web site at newfrontiers.mesacc.edu. You also can write for information. Send all correspondence to New Frontiers, 165 N. Centennial Way, Room 208, Mesa, AZ 85201.

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