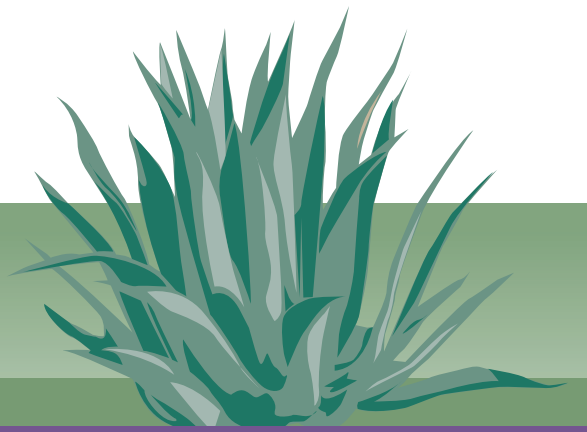


Mesa Uplands Up Close



Bringing neighbors closer to their community

April 2012

Students Collect Unforgettable Memories at Space Camp

By AnnElise Makin

They are still young, and only time will tell, but David Siems and Nathan Hui may be part of a new generation of skilled engineers, scientists and leaders.

One thing is certain, however. Both young men are exceptional students from our side of Mesa.

Recently, these 10th-graders returned from the Honeywell Leadership Challenge Academy (HLCA), at the U.S. Space and Rocket Center, in Huntsville, Ala. They had earned scholarships for the weeklong Science, Technology, Engineering, Math (STEM) program. Typically, students were engaged in projects from 6 a.m. until 11:30 p.m.

Both high school students returned to Arizona filled to the brim with scientific hands-on experiences and a plethora of friendships with like-minded young scientists.

"The most exciting thing for me was the centrifuge," Nathan recalled. "You only get to ride it when you are an astronaut in training." Inside this machine, students were exposed to 3G forces.

"We were asked to follow certain commands," Nathan reported. "Like to give a high five or push off against the walls." That was not at all easy under that kind of pressure. "But F18 fighter pilots experience up to 9G force, and they still have to perform," Nathan said.



Although Nathan had to catch up on quizzes for school, he did not regret his high-caliber excursion one bit. "I got to meet so many other people from other cultures," he commented. "The administrators told us that 30 countries were represented."

"This exposure program really set the bar for me," he summarized. "I met so many professionals, from the field, and got many questions answered. Working with them was like, 'Wow, I want to be like him.'"

Nathan might even have been swayed from his interest in medicine into civil engineering.

David, a Skyline High School student from the Boulder Mountain neighborhood, whizzed through the same HLCA training modules one week later. He debriefed his parents on the scientific enrichment, one photo at a time.

"Here, we had to build a customized rocket from three different kits," he recalled. Rocket parts were mixed and matched according to specifications. Then, the prototype was tested in the wind tunnel. With the center of gravity at issue, the question was, "How can you make the rocket fly straight?"

"Our rocket was too heavy, it turned out," David stated. "So, our model burned off on the ground during launch." Much like in the real world, learning by doing required accepting systemic failure and readjusting the approach.

"In the science lab, we extracted DNA from fruit and cubes of meat," he reported.

"We mashed up the samples, and added different kinds of soap, ranging from baby shampoo to dishwashing detergent." Not many results turned out in this segment.

But David already knew success rewards those like him, who don't give up. In last year's Eagle Scout project, David led a team to complete a large-scale beautification project for his neighborhood Trinity Christian Church.

These credentials, plus extensive robotics experience and expertise with a soldering iron, were a bonus for David in the STEM program. An outstanding student, David is a member of the National Honor Society, and he participates in marching band.

As such, David was thrilled about being exposed to a think tank of like-minded, ambitious, international age cohorts. "All of these kids were on the honor roll, ROTC, Boy Scouts, and had impressive résumés," David said.

Like Nathan, David blazed through the projects with passion. The centrifuge impressed him somewhat, too. But virtually piloting an F18 fighter jet was even better.

"They taught us to take off and land, to shoot and drop missiles," he said. "I was soon doing the air-to-air stuff." Whatever the scenario, the pilots had to follow the orders in their scripts.

"I had already landed safely," David said, "but still carried a few rounds of ammunition. So, I had to go up again, to spend it all in the air, before I could refuel. But the second

time around, I unfortunately crashed."

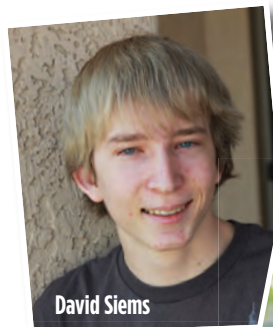
David caught on quickly to the team building exercises, as he previously had conducted the Eagle Scout project. In one drill, students practically created an electrical circuit between two ends of a breadboard by holding hands.

Teamwork efficiency was tested through an assembly line module. "In the first round, we created the product in two minutes, with 200 wasted items," David reported. "In the second run, we finished the task in 12 seconds, with only five wasted items."

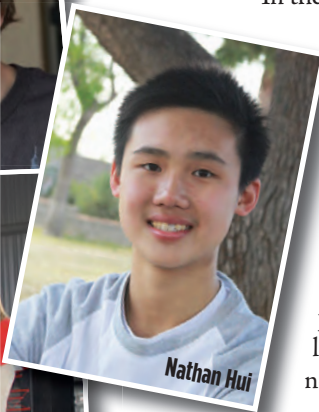
"The biggest challenge for me was a rock wall exercise," he conceded, "because I am not used to heights." The objective was to reach the top as a team of two, tethered together without tearing off the connecting ropes.

Best of all, the STEM program fit in well with his curriculum, down to the French. David was able to carry on a full conversation in this foreign language. And with a great sense of humor, he owned up to Karaoke night, too. "That could go as a substitute for band practice," he smiled.

Texting his mom, Cindy, toward the end of the program, David informed her, "I learned a few leadership skills." And, he added, "I made memories that I will never forget." ■



David Siems



Nathan Hui



Honeywell Leadership Academy
February 26 March 2 2012

Nathan is a Mesa Academy alumnus, from the Crismon/Baseline neighborhood, and currently is enrolled in the Westwood IB Program. He has a solid track record in the robotics world. Like all HLCA participants, he had to submit qualifying essays on his scientific ambitions and academic successes.

Nathan thought the quality of simulations was amazing. During flight simulator exercises, his team was given numerous tasks of flying and landing maneuvers for various aircraft, reenacting *dog fights* (air battles), and following through on counter-terrorist missions, while escorting Air Force One to safety.

\$55
Up to four people ride to or from
Sky Harbor Airport in a Town Car.
\$15 extra for SUV

Why risk a shuttle or taxi?
Travel Exstyle for about the same price!

Make any trip better!

Airport	Anniversaries
Business	Meetings
Pleasure	High School Dances
Celebrations	Weddings
Conferences	More!

Live 24/7/365 Dispatch!
Online Reservations at www.exstylelimo.com

Exstyle
TRANSPORTATION
WWW.EXSTYLELIMO.COM

Reliable. Professional. On-time. ...**Guaranteed!**
602-405-2233

Phillips West
Publishing | Design | Writing | Photography



POSTAL PATRON
ECRWSS

PRSR STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT #4460

In This Issue

Flancer's Fund Raising	3	Desert Food Storage.....	7
Pinnacle Decorating	4	Beauty Biofeedback.....	8
HIT Center.....	5	Dental Implants.....	9
Short Sale Tax Exemption	6	Service Directory.....	15

BEAUTY

EXPERIENCE IS IMPORTANT WHEN choosing a truly professional aesthetician

By Dawn Abbey

Thanks to the truly professional team of licensed aestheticians—Margaret Midlick and Maria Keller—clients continue to return over many years to Cosmos Salon and Day Spa.

"Experience matters," insisted Sandy Barbetta, co-owner with husband, Cosmo, of Cosmos Salon and Day Spa. "Would you want someone with little experience using chemicals and exfoliating devices on *your* skin? Our team is known for their professional, personal and caring service."

Although all aestheticians must study many hours and pass state board exams, Sandy believes there is no substitute for actual experience to gain the skills and knowledge needed to provide a wide range of treatments. "Margaret and Maria each have at least 20 years of experience," Sandy said, "and they are constantly updating their knowledge and skills through continuing education every few months, bringing back innovative and effective modalities and treatments to our clients."

Sandy believes years of experience also provide knowledge of product ingredients and their effectiveness on an individual basis, and she encourages her aesthetic team to use a variety of products. "Unlike some franchises or chain spas, our team is not restricted to one or two lines of products. So, we are able to provide the most effective products for each client's individual needs," said Margaret. "Cosmo's has no retail quotas, so we aren't pressured to push unnecessary sales. If we recommend a product, you know it's something we feel would really benefit you."

"Sandy also gives her professionals the decision-making options about how much time is spent with a client," said

Maria. "We can decide how much time is needed for each person. There is not some specific time limit for a service or an arbitrary schedule. We also are free to alter how protocols are performed to suit our individual clients," she continued. "There is no one-size-fits-all mentality."

Sandy is confident her approach is working, based on their volume of returning and decades-long spa clients, and the fact Cosmos Day Spa has never received an infraction from the Arizona State Board.

"Now that spring season is here, the time is now to rebuild, recharge, rejuvenate and relax," said Sandy, "so, don't wait. Schedule your much-needed spa session today."

Cosmos Day Spa is offering some special discounts

for April—an exfoliating and hydrating massage is \$65; a micro-dermabrasion and facial is only \$79.

During April, Cosmos also is offering a Dermalogica discount stock up event. Buy any two Dermalogica products, and get one free, or choose a free travel-size item. At checkout, pick an egg from the discount basket for an instant discount of 15, 20 or 30 percent on your Dermalogica purchase. ■

To make an appointment, call (480) 844-0707. Cosmos Salon and Day Spa is located on the northeast corner of Power and McDowell roads.



A truly professional team: Margaret Midlick and Maria Keller.

UpClose
PUBLICATIONS

Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2012 Phillips West. All Rights Reserved.

E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

STAFF WRITERS

Dawn Abbey, Julie Brown,
AnnElise Makin

COPY EDITOR

Sandra Van Dyke

DESIGN

www.KeenGraphics.net

Ramey Newell, publication and Web site design

www.luckyyoucreative.com

Erin Loukili, advertising design

CONTRIBUTORS

Rose Buttrita, John Karadsheh, Lynn Knuth,
Nancy Nemitz, Jay Williamson

www.UpCloseAZ.com



APRIL SPECIALS

MICRODERMABRASION FACIAL \$79

REJUVENATE BODY GLOW \$60

SCHEDULE TODAY!

Become a friend of Cosmos on Facebook! Check out our contests with 3-TV



Winter Visitors Welcome!

Cosmos Salon & Day Spa • 2837 N. Power Road Mesa, AZ
www.CosmosSalonAndSpa.com • 480-844-0707

EVENT

Flancer's adds bowling to Raising THE FUN FUND-RAISING EVENTS

By Dawn Abbey

A bowling night has been added this year to Flancer's 12th annual Pizza-Eating Contest and Raising the Fun fund-raising events. "Proceeds from all events benefit Warfighter Sports/Disabled Sports USA, a nonprofit organization to help the war-injured participate in sports-related rehabilitation programs," said Jeff Flancer, owner of Flancer's Incredible Sandwiches and Pizzeria.

Bowling teams of up to six members raising at least \$500 in pledges per pin by April 22, will meet at Flancer's on May 2, at 5:15 p.m., for appetizers before heading to Brunswick Zone in Gilbert for bowling and fun. An additional sponsor is Gilbert Insurance Group.

The Pizza-Eating Contest is set for 11 a.m., on Sunday, April 22, on the outdoor patio at Flancer's Gilbert location, 610 N. Gilbert Road. The participant to down the most pizza in 15 minutes wins \$500, donated by Meridian Bank.

The entry fee, which includes a limited edition T-shirt, is \$30, on a first-come, first-serve basis for the first 25 registrants. An overflow waiting list is maintained until contest time. The winner, who must be an Arizona resident, will be crowned by Miss Arizona 2011 Brittany Brannon. There is no admission to come out and watch the fun.

Tickets for exciting raffle prizes also can be purchased at Flancer's restaurants and online at flancers.com, through April 22. Tickets are \$5 each or five tickets for \$20.

Raffle prizes are \$1,000 cash from Villa Siena; \$1,000 in furniture, Norwood Furniture; eight-hour Sky Mountain Limousine adventure; two

round-trip Southwest Airline tickets up to \$800; and \$1,200 one-year pool service, Maddy's Pool Supply and Service. Prizes also include \$1,000 in dining certificates for Seafood Market, Texas Road House, Carrabba's, Charleston's, Red White and Brew, Vito's, Four Peaks Brewery, Nando's, Flemings and Smashburger.

Join the Raffle High Roller \$100/\$250+ Club by purchasing 24 tickets for \$100 or 60 for \$250. For every \$100 you donate, receive an exclusive ticket to win a 32-inch TV. For every \$250, you receive an exclusive ticket to win the new iPad, sponsored by BC Bricomp Computers and JN Farms.

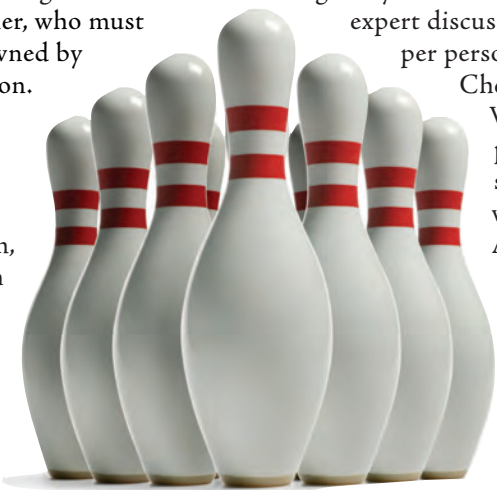
Other planned fund-raising events are Smokes and Barrels—microbrew and cigar pairing, Wednesday, April 11, 6:30 to 8:30 p.m., at Fox Cigar Bar Patio in Gilbert, which includes cigars by Perdomo, Four Peaks Brewery microbrews, expert discussion and Flancer's food for \$30 per person; and Spill the Wine, Eat That Cheese—wine and cheese tasting, Wednesday, April 18, 6:30 to 8:30 p.m., which includes a food demonstration by Flancer's chef and expert wine discussion, \$45 per person. Additional sponsors are Trader Joe's and Maddy's Pool Supply and Service.

Jeff thanked all the local business sponsors that make these fund-raisers a success. "Many are major participants year after year, such as Ben Franklin Plumbing,



Shamrock Foods, Alliance Beverage, Tap and Sons Electric and others," said Jeff. "We raised \$33,000 last year, and hope to do even better this year." Additional sponsors this year are Valpak of East Mesa, Money Mailer, Surf and Ski, Global Bikes, UniFirst, Nearby News, UpClose Publications, Print USA of Arizona, Chandler Sign-A-Rama, A2Z Trophy, Wasabi Web Pros, Kokopelli Golf Club, Air Kirks, My Garage Guys, Two Amigos Landscaping, ARA and Sam's Club. ■

Businesses can contact Jeff Flancer at (480) 326-9077, or send an e-mail to jeff@flancers.com. Sponsor information also is available under Announcements at flancers.com. For updated information, to buy tickets, or sign up, visit or call the Mesa restaurant—(480) 396-0077, or Gilbert restaurant—(480) 926-9077. You also can check out flancers.com. For more information on the Warfighters project, go to dsusa.org.



The Leader in Full Service, High-Tech Dentistry
Providing the Most Comprehensive Care in Implant and Cosmetic Restorations

"I didn't want to wait a year or more for beautiful new teeth! Las Sendas made it happen in one day."

LAS SENDAS DENTAL HEALTH

Has Dr. Farnsworth designed your new smile?

Let the leader in cosmetic and implant restorations make you feel confident in your smile again.

Call now to schedule a **FREE Cosmetic and Implant Consultation, X-Rays, Pictures, Models Included and Radiograph Scan (\$700 value)**

Dr. C. Martin Farnsworth, DMD
Dr. Derek Farnsworth, DMD
2947 North Power Road
Suite 103, Mesa

We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.

EMERGENCIES SEEN SAME DAY!

CALL TODAY!
(480) 283-5854

WWW.LASSENDASDENTALHEALTH.COM

ZOOM!
Tooth Whitening

WHITER TEETH IN UNDER ONE HOUR
In Office Whitening: \$250, PLUS take-home whitening trays: \$599 Value!

- Dentistry for the whole family
- Now offering evening hours
- **Offering Itero Cadent impressions, the worlds most accurate impressions**
- Cosmetic Smile Enhancements Veneers & Porcelain Crowns
- Implants - Placement & Crowns
- Root Canal Therapy
- Oral Surgery Including Wisdom Teeth
- Afraid of Dentists? Nitrous Oxide Sedation Available
- A Team of Professionals Here to Help You Smile

CREASE LIBERTY
"EXTRAORDINARY MEN'S TROUSERS AND JEANS"

Wherever life takes you, Wear pants that fit.

Whether you are 5'5" or 6'5" Shop Crease Liberty

We'll make finding your next great pair of trousers or jeans, as easy as wearing them

Scottsdale Seville • 7001 N. Scottsdale Rd.
480.292.8334 • Mon-Sat 10-6

HOME IMPROVEMENT

Pinnacle Decorating and Painting WILL HELP MAINTAIN YOUR HOME

Submitted by Pinnacle Decorating and Painting
Garrett Tardiff began his painting career some 23 years ago, while in high school, and continued painting while in college.

For the first 13 years, Garrett painted many homes in the Boston area, developing a reputation as a top painter.

In 2003, Garrett and his wife, a Mesa School teacher, decided to move to Mountain Bridge to pursue their careers and their life together.

Garrett was happy to find employment at a very well-respected company, painting large high-end custom homes in North Scottsdale and the surrounding areas of Desert Mountain and Cave Creek.

Garrett spent the next six years leading painting crews and overseeing all kinds of different types of painting work. He gained further experience in all aspects of painting and home decorating, such as custom color matching, custom staining and refinishing old and new woodwork, decorative plasters and faux painting. The work was nonstop and very fulfilling until the economy began to slow. With a family and another baby on the way, Garrett decided to start his own business, Pinnacle Decorating and Painting.

Consider these facts to maintain the exterior of your home. Stained and painted woods need weatherproofing by recoating the wood with the proper product. Garrett recommends the homeowner recoat wood every one or two years to ensure the color brightness and sun block protection for

the wood. For little money, Garrett can apply stain, and that's one less thing you will have to worry about. Fixing and even replacing the wood will cost you much more.

As far as the stucco outside of our homes, the paint is guaranteed. However, it will fade in the sun. Upon fading, you may receive letters from your HOA. Before the letters arrive, call Garrett for a free estimate.

Whether you require interior painting, a few rooms, or an entire house or exterior painting, Pinnacle Decorating and Painting can do it all. "We have made faux painting and decorative plasters a sub-specialty," Garrett said, "and it has helped us develop a skill set complete enough to tackle even the most demanding projects."

Pinnacle Decorating and Painting is a very different painting company. Garrett wants not only you, but also your neighbor to be his customer. That's why, as the owner, Garrett is always present and working at the jobsite.

This ensures a level of quality and pride that has become rare these days, and you, the customer, will be happy.

Pinnacle Decorating is licensed, bonded and insured—ROC #274102. ■

Pinnacle Decorating and Painting provides professional work at non-professional prices. Give Pinnacle Decorating and Painting a call for a free estimate. Big or small, we can do it all. Call (480) 265-7803. You also can send an e-mail to pinnacledecorating@gmail.com.



ORGANIZING

TIME TO FINISH THOSE design and organizing projects left undone

By Nancy Nemitz

Interior designers and professional organizers experience a common problem of clients who don't finish projects.

Once over the enormity of a design or organizing project, the client often decides to save money by delaying the finish. It's an 'I can take it from here' attitude. Therein lies the challenge for the client.

"People lose their momentum," said Naomi Siegler, of Siegler Designs and Interiors. "Either finishing never happens, or happens so far down the road, the opportunity to experience the full joy of their hard efforts and work can become more like, 'Glad that's done,' rather than, 'It is a joy that a true transition has been achieved.'"

Get back to those half done projects. Experience the joy of finishing. ■



Nancy Nemitz is a professional organizer with Create the Space Professional Organizing, located in Red Mountain Ranch. Visit her Web site at createthespace.com. Follow her on Twitter, and like Create the Space on Facebook. Call Nancy for an appointment at (480) 223-8939, and create your space.

12th Annual Charity Pizza Eating Contest Fun Raiser!

Pictured: Jeff Flancer, Gilbert Mayor Lewis, 2011 Winner, Miss AZ

WARFIGHTER SPORTS
Over \$33,000 raised for Warfighter Sports in 2011. Let's beat that in 2012!

Flancer's
INCREDIBLE SANDWICHES & PIZZERIA
ROCKIN' TASTE BUDS Since 2000

5 ways you can help!

1. Buy \$5 raffle tickets at the Café & online and win one of six great \$1000 prizes!
2. Attend Smokes and Barrels: Microbrew & Cigar Pairing w/ food Wednesday, April 11th at Fox Cigar Bar in Gilbert \$30
3. Attend Spill the Wine, Eat that Cheese: Flancer's MESA Wine & Cheese, Chef demo & Wine tasting, Wednesday, April 18th \$45
4. Sign up to be, or sponsor a CONTESTANT and WIN the \$500 1st Prize! Flancer's GILBERT, Sunday, April 22nd
5. Collect Donations for Bowling for the Brave! Wednesday, May 2nd Build your team, raise as much money as you can (\$500+) and we'll eat then bowl together!

Go to www.flancers.com to find out more about these events or call or ask us while you're at Flancer's!

IN MESA: 480-396-0077
1902 N. Higley Road
just south of McKellips

IN GILBERT: 480-926-9077
610 N. Gilbert Road
1/4 mile south of Guadalupe

Major funding by:
Alliance Beverage, Shamrock Foods, Ben Franklin Plumbing

12th ANNUAL GOLF

to SAVE THE FAMILY TOURNAMENT

APRIL 28, 2012

Las Sendas Golf Club
7555 E. Eagle Crest Drive, Mesa, Arizona

• • •

Register Twosomes or Foursomes
\$200/Golfer | \$800/Foursome

• • •

Proceeds benefit Save the Family's efforts to help homeless families.

REGISTER ONLINE www.SaveTheFamily.org or call (480) 898-0228, ext. 215

FITNESS

HIT Center Helps Release Your Inner Athlete

Submitted by HIT Center

When I take new clients on their first tour around the HIT Center, it's no surprise they are a little intimidated. With Olympic lifting platforms, over-speed treadmills, an indoor sandpit, tractor tires and a large indoor turf area, as well as metabolic testing equipment, it's hard to know where to start and how you fit in.

No need to worry. Our trainers are very experienced in all levels of exercise progression. Each and every trainer holds at least a four-year degree in the field of exercise science, exercise physiology or a related field. Regardless of your current fitness levels, our staff will design the perfect program to help you reach your goals.

Maybe you don't want to be an athlete, or maybe you don't even want to workout, but you do want to lose weight. We utilize metabolic and body composition testing to help us know exactly what you are made of, and how we need to get you moving to achieve your goals. In combination with a program to fit your needs, not ours, results are possible on your terms. We take pride in our development of programs, which are more engaging, more fun, more progressive, and more dynamic than you will find at a normal corporate gym. With our unique tools and equipment, we have the ability to tap into what really drives you to succeed. If you never want to touch a dumbbell, we can program that for you. If you never want to step foot on a treadmill, we have the solu-

tions to still get you the cardiovascular results you need. If you are an athlete, the HIT Center offers unparalleled training potential. With clients from professional sports teams like the Arizona Diamondbacks, San Diego Padres and Arizona Cardinals, as well as multiple collegiate level athletes, the HIT Center is the clear choice. Allowing you to unleash your full athletic potential, unrestricted by those around you and the environment



you are in, you are able to break through performance barriers you may not have been able to reach before.

Our goal at the HIT Center is to provide the tools and programs necessary to get you your results. Our programs are written for each individual person, not a generic program through which we take each client. Our trainers find out what you like to do, and that's what you do. Our goal is your goals! So, stop in today and meet us, get a tour, and see how we can release your inner athlete. ■

To schedule your free fitness assessment, call The HIT Center today at (480) 981-0600, or visit the facility at 4811 E. Julep St., Suite 110, in Mesa, located south of McKellips Road, between Greenfield and Higley roads. The Web site is www.MesaPersonalTraining.com.

LOCAL BUSINESS

EXPERT TROUSER Sizing Store Opens

By Kim Phillips

Las Sendas resident Jeffrey Roberts is pleased to announce the grand opening of Crease Liberty, an extraordinary clothing store specializing in men's trousers and jeans. Located in Scottsdale, the store features a European sizing system, which allows for a variety of body sizes.

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

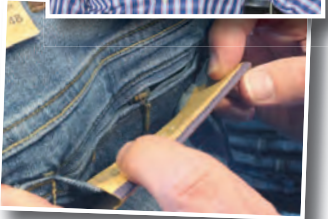
"We provide the opportunity to get a true fit in pants," Jeffrey emphasized. "We have loyal customers, who come back every single year... and buy more."

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

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

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

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



\$99 for
1 MONTH
OF BOOT CAMP

PLUS
FREE
Bod Pod Body
Composition Test
(a \$50 value!)

Expires 4/30/12.

Ready to make your LAST fitness resolution?
AMAZING Facilities • AMAZING Staff

- Personal Training** – we've helped 100's lose 100's of pounds!
- Boot Camp** – simply the best indoor boot camp anywhere
- Sports Programming** – Jr High, HS and World Class Athlete Training
- HitMen** – A new program for guys who love sports and competition & hate treadmills bikes and spin classes
- Youth Fitness Program** – for Jr. High kids who want to get in shape

- Appointment Only personal training by degreed fitness professionals
- All exercise and nutrition programs individually designed to fit your needs
- State of the art training center
- Results guaranteed

FEATURED IN
Men's Journal, Ch 12,
Ch 10, Arizona Republic
Ch 3

HIT Centers Personal Training
480-981-0600
4811 E. Julep St. #110, Mesa
(S of McKellips, between Greenfield & Higley)
www.MesaPersonalTraining.com



20% OFF
ANY SERVICE
for first time clients only.

Please present this Up Close ad at time of service to receive discount. Discounts or specials can not be combined.



TRUE ESSENCE
SALON & SPA

2910 North Power Road #101
Mesa, Arizona 85215 • NW Corner of Power & McDowell
www.trueessencesalon.com
Call to Schedule Your Appointment **480-396-3112**

REAL ESTATE

SHORT SALE TAX EXEMPTION SET TO END THIS YEAR

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

When a debt is forgiven, it normally becomes income in addition to being taxable, and while also being included on your tax return, the creditor reports it to the IRS.

The Mortgage Debt Relief Act allows you to exclude the cancelled debt of purchase money on your principal residence so you don't have to pay tax on it. It was enacted on Dec. 20, 2007 and goes through Dec. 31 of this year. Short sales completed by the latter date will be covered under this act, and, if eligible, won't be subject to any tax on the deficiency.

As of right now, no one knows if this act will be extended beyond 2012. So, if you are thinking of doing a short sale, you don't want to wait much longer. Short sales, on average, take three to four months to complete (once there is a contract on the house). It may take longer, depending on different circumstances, such as who the bank is, who owns the actual loan, and if there is a second mortgage. The short sale has to be complete, and the house closed, by Dec. 31, in order to qualify for the Mortgage Debt Relief Act and not be subject to taxes.

WHAT IS THE DEFICIENCY?

When a homeowner does a short sale, the bank is agreeing to sell the property for less than the amount owed, and, therefore, selling the home short. This will be an agreement between the homeowner and the bank, while the remaining balance becomes the deficiency. In a basic example, if the current balance on the mortgage is \$400K, and the house is sold as a short sale for \$300K,

there is a \$100,000 deficiency. The borrower will receive a 1099C from the bank for \$100,000, and it will be reported to the IRS. With the Mortgage Debt Relief Act,



Lorraine Ryall

this \$100,000 will not be taxable. However, if the relief act is not reinstated, and the short sale closes after Dec 31, the borrower will be subject to taxes on the \$100,000 deficiency.

WHAT IS THE MORTGAGE DEBT RELIEF ACT?

The act was designed to help homeowners, who lose their home through foreclosure or a short sale, get relief from paying taxes on the deficiency. It was implemented on Dec. 20, 2007 and goes through the end of this year, Dec. 31. You can get a complete copy of the Mortgage Debt Relief Act on my Web site.

ELIGIBILITY

The cancelled debt must be for the purchase, building or substantial improvements of your principal residence. Maximum amount of forgiven debt is \$2 million, or \$1 million if married and filing separately. It does apply to refinance, but only if the previous mortgage would have qualified (which, in most cases, they do). ■

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



EVENTS

VICTORY ENERGY Wellness presents informative sessions

Submitted by Victory Energy Wellness

Victory Energy Wellness presents a wide range of informative sessions to demonstrate the importance of energy in your life.

THE SESSIONS ARE AS FOLLOWS:

- April 6, 7 p.m.—Join us for demonstrations on how energy work can change your life.
- April 7, 10 a.m. to 1 p.m.—Victory Energy Wellness Goes to the Dogs—Make an appointment today for energetic and emotional clearings for your canine friends. If your dog barks, licks or scratches too much, see how energy work can change his world and yours.
- April 7, 2 p.m.—Weight Release Group Session/Call—Who wants to lose weight? Don't you always want to find what you lose? Clear the energetic blocks keeping you from achieving and maintaining your ideal weight.
- April 10, 7 p.m.—Enerpathic Technology Demonstration—Learn how jewelry can make you more flexible, stronger and more energized.
- April 4, 11, 18 and 25, 7 p.m.—Am I Hungry? Mindful Eating Class with Claudia Collins.
- April 12 and 26, 7 p.m.—Change Your Water and Change Your Life Kangen Water demonstration. In addition to oxygen, what's more important to sustain your healthy life?
- April 20, 7 p.m.—Join us for a demonstration of the Indigo Quantum Biofeedback System, and find out what Victory Energy Wellness is all about.
- April 21, 10 a.m. and April 24, 10 a.m. and 7 p.m.—Learn how to support all of your body's organs through using therapeutic grade essential oils. ■

For more information about upcoming events, check out the Web site at www.VictoryEnergyWellness.com.

VICTORY ENERGY WELLNESS

BE YOUR ENERGETIC BEST!

JOIN US
FRIDAY EVENINGS
FOR AN INTRODUCTION TO
VICTORY ENERGY WELLNESS

GET READY FOR SUMMER BY
REJUVENATING WITH ETERNALE
REJUVENATION SYSTEM AT
VICTORY ENERGY WELLNESS

LOOK GREAT! FEEL YOUR BEST!
LEARN HOW TO REDUCE
THE STRESS IN YOUR LIFE!

CHECK OUT OUR WEBSITE
(AND THIS UP CLOSE PAPER) FOR A
LIST OF UPCOMING CLASSES

LOW IMPACT
BOOT CAMP
FEATURING
CLAUDIA
COLLINS R.N.

TUESDAYS AND
THURSDAYS
AT 6:15AM & 5:30PM &
SATURDAYS
AT 8AM

Mention this ad
and receive 10% OFF your
services in April

LOCATED AT

3654 N POWER ROAD, SUITE 125
IN THE ZAHARA BUSINESS PARK BEHIND WALGREEN'S

VISIT US ON THE WEB AT
WWW.VICTORYENERGYWELLNESS.COM
OR CALL 480-422-7022 FOR MORE INFORMATION.

OPEN
TUESDAY THRU FRIDAY 9AM-7PM,
SATURDAY 9AM-3PM

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.

CERTIFIED SHORT
SALE NEGOTIATOR
specializing in Las Sendas
and the East Valley

98%
SUCCESS RATE

Testimonial

"As soon as I met Lorraine I felt like a weight was lifted from my shoulders. Just knowing Lorraine would be in my corner with my struggle with the banks gave me huge peace of mind. Right from the beginning, she took the reins and she was full throttle until the very end. I would recommend (and I do) Lorraine Ryall to anyone and everyone. Not only is she VERY good at what she does but she is VERY good to her clients. Lorraine genuinely cares about her clients! I truly felt her compassion and concern about my situation and me."



CONTACT ME TODAY
for a Confidential Consultation

CELL 602-571-6799

EMAIL Lorraine@ArizonaShortSaleToday.com

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



www.ArizonaShortSaleToday.com

EDUCATION

Self Development Preschool Summer Camp REDISCOVERS FUN UNPLUGGED

Submitted by Self Development Preschool
This summer, Self Development Preschool wants to help students rediscover fun *unplugged* from gadgets and touch screens.

Join us *unplugged* this summer as we venture through recyclable materials to make extraordinary crafts, gifts and more. We will explore life *unplugged* every Monday through Wednesday morning in our core curriculum, art and imagination centers. We will rotate from these centers to our math, science labs and literature camps.

Every day at Self Development Summer Camp promises to be full of fun and new experiences. Monday and Wednesday afternoons are Physical Fitness Games and Activities. We will get our bodies, minds and social skills healthy through a variety of group and team activities. We also will test our strength and flexibility through tae-bo and yoga. As we near the end of the summer, we also will prepare for our annual talent show.

Thursday morning is our Jewelry Creation Club, which is a favorite of all our students in the past—boys and girls. Jewelry Creation Club is full of awesome ways to create necklaces, bracelets, rings and more. Our students love to wear and show off their new jewelry, as well as gift them to family and friends.

Friday mornings at Self Development Summer Camp are always Fun Fridays. This can mean a variety of different wacky things to wear or do, to win our Fun Friday Contest. Our students get excited to participate in Crazy Hair Day, get wet and wild on Water Days, or get all dressed up for

Movie Star Day. No matter the theme, we love Fun Fridays.

One of our students' most unforgettable courses in the past has been our comprehensive art class—Art in Action. Each week, Art in Action builds in difficulty, beginning with

basic colors, dimension and angles. We then move on to hand painting watercolor still life and human portraits. The best of these works of art are displayed in the annual talent show, so the students can show off their newly discovered art skills.

As a new addition to our

unplugged theme this year, we are excited to introduce Beginners Magic Group. This introduction to magic will be a fun and lighthearted way to learn simple card tricks, disappearing acts and other neat ways to trick and impress everyone you know.

Along with all the exciting clubs and labs we have provided on-site, we also offer many field trips every week for children in first grade and higher. Self Development Summer Camp provides transportation to Harkins Movie Theaters on Mondays, swimming at Fremont Pool Monday through Thursday afternoons for different age groups, and the Mesa Public Library on Thursday mornings. ■

To register for Self Development Preschool Summer Camp, call (480) 396-3522.



LOCAL BUSINESS

Desert Food Storage helps you prepare for natural disasters

Submitted by Desert Food Storage

Chances are you know somebody, who is quietly stocking up on food and other provisions, in a desire to care for family members in any *what if* situation.

Whether hedging against a natural disaster, personal or national economic crisis, terrorist attack, or just for personal or religious reasons, these people are getting prepared for whatever might come.

Desert Food Storage is a Tempe-based company, which is helping people address their emergency food and water storage needs. Having some food storage set aside for an emergency means you are independent, and you do not have to rely on others during an emergency. Wouldn't it also be nice to be able to help others during an emergency? In recent months, we have seen hurricanes, tornados and snowstorms devastate communities and prevent transportation. Those with food storage were more prepared and better off than those without.

Many emergency preparedness groups and government agencies recommend having some emergency food and water supplies. At

Desert Food Storage, you can get started by getting a few cans of the basic staples of life, like wheat and beans, or you can buy as much

as a complete preassembled four-person, one-year supply of great tasting dehydrated and freeze dried food. They also carry water barrels and other emergency supplies.

Whatever your food storage goals, Desert Food Storage is a great resource for making sure you can feed your family in an emergency.

"When disaster strikes, the time for preparation has passed." ■

For more information, call (480) 217-5095.



Self Development Preschool/Charter School Assure Your Child a Firm Educational Foundation!

Join the many students who begin their education as one year olds and complete the elementary and middle school education at Self Development!

Self Development Preschool

2-year-12 years (Before/Afterschool) 6 am to 6 pm

- Exemplary pre-kindergarten program for school success
- Well designed and enriched preschool curriculum
- Before and After School Program
- Degreed, trained, and experienced instructors
- Low Staff turn over
- Integrated thematic curriculum
- Ages 1-5 years (preschool)
- Ages 6-12 years (before and afterschool programs)



Enrolling
for Summer

Call Vernetta at 480-396-3522.
1721 N. Greenfield Road

Limited Space
Available
Call Now!
480-396-3522



Self Development Charter School

2011 Academic Excellence Award

The only Mesa school to receive this honor

(2010 Charter School of the Year)

K-8 Grade

- The Six in Four (SIF) Years Program an option for high achieving students in grades 5th – 8th
- Outstanding Kindergarten through Middle School Education
- Excelling Mathematics and Science Programs
- Unique Literary Analysis Program for 2-8th grades
- One of the top performing schools in the state
- Elective Language Options: Latin, Spanish, and Chinese

Science and Technology Center

Enrolling high achieving student for Six in Four Years(SIF) Program, 5th grade only.

1709 N. Greenfield Road
Mesa, AZ 85205
480-641-2640

HEALTH

Beauty Biofeedback offers stress reduction, rejuvenation and anti-aging benefits

By Dawn Abbey

As we age, we cringe to see those little lines creeping around our eyes and mouths, and watching our skin tone losing firmness and suppleness.

Stress ingrains those deep furrows of worry. Wouldn't it be great if we could look younger without shots and surgery?

"There now is a unique, high-tech method we call Beauty Biofeedback, which reduces stress, induces relaxation, and trains the cells of your face and body to regenerate themselves for a more youthful appearance," said Jolene Victor, owner of Victory Energy Wellness Center.

"It is only one of the Eternale Rejuvenation System stress-reduction modalities the center offers, which each last from about 30 minutes to an hour, depending on what one wants to accomplish," said Jolene. "We all know that stress is bad for us, damages our health and ages us more quickly. The main component of these spa treatments is relieving stress by retraining the body."

The session begins with the client reclining on a comfortable table, in a dimly lit room, with relaxing décor. Sensor bands from the Beauty Biofeedback machine are placed around the head, wrists and ankles. Wires from the bands are connected back to a computer running the Indigo Biofeedback System's hardware and software. The computer is programmed to read the client's unique energies. Biofeedback utilizes technologies similar to the MRI, CT scan, EEG and EKG, all of which measure the electrical activity of the body.

As the program begins, quiet, restful music plays, and a soft voice encourages deep breathing and muscle relaxation throughout the body. As the participant relaxes, the bands relay energy information back to the computer. According to The Quantum Alliance, Inc., manufacturer of the systems, biofeedback measures and records subtle changes in body temperature, moisture, oxygen and other factors. It is then uniquely able to



feed back balancing energies to the participant, allowing the body to release its stress.

Next, a series of visualizations are suggested. Each time a visualization suggestion is made, it also is qualified by the comment, "If you would like." According to Jolene, there is no pressure to do more than what makes you feel comfortable.

"The program may suggest you relax the muscles underneath your brow furrows, or imagine the tenseness softening around your mouth," Jolene explained. "As you follow the instructions, the biofeedback energy reeducates your muscles

and cells to hold the more relaxed patterns, thereby improving the appearance of the skin and tone of muscles."

Various programs are available in the Eternale Rejuvenation System. "You can create your own experience by combining modalities targeted to your own body's needs," said Jolene. In addition to the Beauty Biofeedback, there are sessions for inner beauty and healthy radiance, body weight and food issues, athletic performance, healthy hair, releasing toxins and improving circulation, among others. Jolene works with clients to fine tune the experience to their needs by adjusting the computer program to each individual's energies.

"Results are better in a series of sessions," said Jolene, "but most clients say they see firmer skin, relaxed lines and an overall glow after just one or two." Jolene offers a free consultation to discuss your goals, and explain how the process might work for you. ■

For more information, or to set up an appointment, call (480) 422-7022, or visit VictoryEnergyWellness.com. The center is located on the northwest corner of Power and Thomas roads.

FITNESS

k PILATES changes you for the better

One client recently wrote to k Pilates:

"I was given birthday money to spend on myself and decided to enroll in your Karve classes. I have been coming for a month now and am thrilled with the benefits. Not only are my muscles more toned, but I have noticed that I have improved stamina and better balance and posture. However, the most unexpected benefit is that I have less back and hip pain from my osteoarthritis. This has resulted in a dramatic improvement in the quality of my daily life. Thanks for the great job you do leading the classes and inspiring participants to do our best."

Maxine S.

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



Looking For A Reliable Professional Pool Service?

INTEGRITY POOLS

Personalized Cleaning Service
Pool Repair
(Salt Cells, Equipment, Plumbing, Acid Washes, Electrical)

(480) 818-3832

PARENTS HIGH SCHOOL HAS CHANGED!

Register for Workshop
"PARENTS AS COACHES & MENTORS"

1. Know the Facts; Get Answers
2. Avoid Top 5 Parent/Coach Mistakes
3. Be an Advocate vs. Overbearing Parent

DATE Sunday, April 22nd 2-4pm
COST \$40 per person LOCATION Las Sendas, Mesa, AZ

Register to Reserve your Spot
Call (480) 329-0450 or
Email azleadersandleaders@gmail.com

Mary Martha Gingerella
Experienced Coach & Family Partner
azleadersandleaders@gmail.com
Call **(480) 329-0450**

AZ Leaders & Learners
SUCCESS
High School, College & Career Planning Services

We're the go-to source for your to-do list.

- A variety of shipping options
- Time-saving mailbox services
- Convenient online printing
- Moving supplies and packaging materials
- And more

The UPS Store

Visit us at:
SE Corner of Power & McDowell
2733 N. Power Road., ste 102
Mesa, AZ 85215
480.641.1744
www.theupsstorelocal.com/3690

\$30 OFF
Your First Time Detail Cleaning
OR
\$10 OFF
Your First Time General Clean

New clients only, with coupon. Not valid with any other offer. Expires 2/29/12.

Carnation Home Cleaning
Quality Service Guaranteed
All Equipment & Supplies Provided
Bonded & Insured • References Available
Same Team Weekly • Bi-Weekly • Monthly
One Time • Show Clean
Move In/Move Out
New Construction Cleanup

Green Cleaning Available!

Gift Certificates Available!

480-924-2096 | 480-654-2913
www.carnationhomecleaninginc.com

DYANA E. HESSON

BOTANICAL ARTIST

Original Oil Paintings:
Bonner David Galleries, Scottsdale

Limited Edition Prints:
CoCo Milanos, TheVillage at Las Sendas

Hesson Fashions and Note Cards:
Studio, by appointment

Dyana@DyanaHesson.com
www.DyanaHesson.com

HEALTH

DENTAL IMPLANTS CAN BE THE answer for lost permanent teeth

By Dr. Brent Boyse DMD with AZ Maxillofacial Surgeons and Dr. Martin Farnsworth

The average American loses at least one permanent tooth between the ages of 20 and 34, but even if you enjoy all your permanent teeth, consider the options if a missing tooth impacts your overall health and quality of life.

Chances are good you have already heard about how a dental implant can restore a missing tooth with a more natural look, feel and function than other replacement options.

What you may not know is the fact dental implants— together with innovative surgical and restorative dental techniques—also can restore an entire arch of missing or diseased teeth in as little as one day! For the 10 percent of Americans who lose all teeth by the age of 64, as well as the millions more who suffer with painful damaged or diseased teeth, this brings renewed hope they can once again enjoy the health and quality of life they deserve.

Individuals who have this procedure can look forward to enjoying the benefits dental implants offer over bridges, partials and traditional dentures. Unlike a bridge, the new crowns (the visible portion of the teeth) are supported by the implants. So, there is no need to compromise good teeth or worry about future failure and replacement due to unhealthy teeth.

There is no plastic covering the palate, as with a traditional denture. Therefore, tasting and enjoying food the way it should be is possible once more. Painful denture sores, messy adhesives and difficulty speaking are eliminated.

Additionally, the bone loss, often a result of bridge and denture work, is avoided with dental implants. The soft tissues of the face are supported once again, restoring a more youthful appearance and diminishing the look of premature facial aging, which dentures can cause. Perhaps most significantly, in addition to all of these benefits, there is the unique plus of getting replacement teeth in a single day.



It is important to know not all dental implants are created equally—especially when comparing a traditional implant to what is commonly known as a mini implant. These smaller, one piece implants are being touted by some as equally effective as traditional implants with no invasive surgery or bone grafting needed.

Few studies have been done to measure the longevity of mini implants, and the Food and Drug Administration has approved very few for long-term use (over two years). Nevertheless, some dentists will use mini implants as a substitute for conventional implants, rather than the transitional use for which they have proven to be effective. Be sure to understand exactly what is being offered to you and why it is being offered when considering the one-day implant solution.

If you have questions about the one-day dental implant solution or dental implants in general, talk to your dentist. She or he can help provide answers and guidance in consideration of your personal needs and desires for oral health. ■

For more information, call (480) 283-5854, or visit www.LasSendasDentalHealth.com.

COMMUNITY

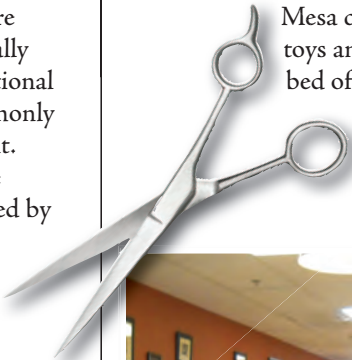
Cut-a-Thon benefits SUNSHINE ACRES CHILDREN'S HOME

By Dawn Abbey

Mike Magri, owner of Mike's Barbershops, together with his team of eight barbers, donated all proceeds to Sunshine Acres Children's Home, from haircuts and barber services performed during their first Cut-a-Thon, held on Feb. 19.

The team donated a total of \$748 to the Mesa children's home. Also donated were toys and household items, which filled the bed of Mike's pickup truck.

According to Mike, the Cut-a-Thon will be an annual event, and he hopes it will grow with each year to benefit a great cause. ■



EASTER BRUNCH

RED MOUNTAIN RANCH COUNTRY CLUB

Sunday, April 8th
10am-2pm

-Menu-

Omelet Station • Scrambled Eggs with Chives • Fruits & Danishes • Cherry Wood Smoked Bacon • Sausage Links • Smoked Brisket Hash • Belgian Waffles with Assorted Toppings • Fresh Veggies Shrimp Cocktail • Chef Carved Prime Rib Pork Loin with Apple Chutney • Wild Rice with Panchetta & Cranberries • Garlic Mashed Potatoes • Home-made Bread Pudding with Whisky Sauce • Bailey's® Chocolate Mousse • & Much More!

\$35.95 adults \$12.95 kids 6-12
One Complimentary Mimosa per Adult! Children 5 & Under are Free

Reservations:
480-981-6501 x102
Leave a message and we will call back to confirm your reservation.

www.rmrcc.com • 6425 E. Teton Circle • Mesa, AZ 85215

Old Fashioned Barbering

Mike's Barber Shops

OPEN 7 DAYS A WEEK **WI-FI AVAILABLE!**

We are a traditional Barber Shop with Licensed Barbers! (Not Hairdressers.)

Want a REAL Haircut?

5057 E. McKELLIPS RD.
Just west of Higley, South side of street
(480) 218-5964

MEN'S CUT

reg. \$18 **\$15**

Includes: Shave around the neck and ears and relaxing shoulder massage.

Not valid with any other offers. With coupon only. Expires 4/30/12.

YOUNG MEN'S CUT

Age 10 and under.

reg. \$14 **\$11**

Not valid with any other offers. With coupon only. Expires 4/30/12.

SENIOR'S CUT

Age 65 and over.

\$13

Not valid with any other offers. With coupon only. Expires 4/30/12.

HAIRCUT & SHAVE

reg. \$40 **\$35**

Includes: Full face straight razor shave with aromatherapy massage.

Not valid with any other offers. With coupon only. Expires 4/30/12.

REAL ESTATE

NEW REAL ESTATE MARKET IS EMERGING

By John Karadsheb

If you have tried to purchase a house over the past two months, or have read the paper, you know about the craziness in the real estate marketplace.

Listings are selling within a day, multiple offers are being submitted, and there is a bit of panic among buyers. All of a sudden, it feels like 2005 and 2006 again. Just a few months ago, it still seemed like a buyer's market. Now, things are quickly shifting to favor sellers. What happened?

1 As I have been saying in my column since the fall, inventory has continued to drop. Demand has actually exceeded supply for six months, but it has taken until now for the emotion of the marketplace to shift.

2 Why is inventory so low? The real estate market bottomed out this fall. Since then, market prices have started to inch up. However, prices have not yet increased enough for most people to put their homes on the market. Many potential sellers are just staying put, making their payments, and waiting until they can get more money for their homes. This is going to change in the next six months.

3 Investors are in love with the Phoenix real estate market. Prices are at historic lows in this area of the country, and investors still view Phoenix as a

region poised for growth. Investors also are aggressive in their pursuit of property, and are willing to take properties *as is*, close quickly and, most importantly, they are paying cash. While investors were the reason for the market decline the last go around, this time, they have some skin in the game, with more than half of the investors paying cash for

the outskirts. With gas prices increasing, buyers are not as likely to purchase a home that requires a long commute. Consequently, new homes are not absorbing the demand as they did a few years ago. The cost of building also has increased. So, it is harder for builders to offer the values they did seven years ago.

5 There is pent up demand. For six years, many people have been stuck in their homes. I have clients who have gotten transferred, divorced, wanted to upsize or downsize, but none of them could move the way the market had stagnated. In many cases, now

is the moment for which they have been waiting. Other of my clients did short sales three to five years ago, and now they are starting to be able to get financing again. They are ready to take advantage of the historically low interest rates.

So, at the beginning of the year, I wrote that it is time to get your home ready to sell. Well, I hope you have been moving along on your plan. Let's get your home on the market, and find you a great deal before the great deals are gone! Things are changing quickly in the market. ■

John Karadsheb is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He also is an Associate Broker, an Accredited Buyers Representative and a Certified Residential Specialist. In addition, Ranking Arizona Magazine ranked him the No. 2 Residential Real Estate Agent in Arizona. 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.



properties. Even if they aren't paying cash, lenders are requiring investors to put at least 20 percent down.

4 The bulk of new home construction is away from the city centers. Because so much was built during the last boom, most of the available land for new home construction is on

Security, Surveillance & Audio Video Systems

SALES • SERVICE • INSTALLATION

- Optional Monitoring
- Got A trouble Light?
- Batteries / Contacts / Magnets
- Cameras with Internet Access
- HDMI / Blu-Ray
- Flat Screen TV / Mounting
- Speakers / AV Components
- Competitive Rates
- Free Phone Support

A Division of The Home Security Company, Inc.

480-984-6813

KodiakAZ@msn.com

www.KodiakAZ.com

License #ROC101310

PINNACLE DECORATING PAINTING

Garett Tardiff
Professional Painter
20 YEARS EXPERIENCE
480-265-7803
pinnacledecorating@gmail.com

PROFESSIONAL PAINTING AT NON PROFESSIONAL PRICES

FREE ESTIMATES!
Licensed, Bonded, Insured
ROC #274102

MENTION THIS AD AND RECEIVE A

10% DISCOUNT

OFF OUR EXTERIOR HOUSE PAINTING!

Sweet Repeats

Ladies Consignment Boutique

Is your closet over overflowing with designer items that just aren't you any longer, or never were you from the start? Stop by today to check out our newest arrivals, or schedule an appointment to consign your designer items!

6039 E. University Dr.
Mesa, AZ 85205
480-275-2480

HOURS Monday THRU Friday: 10am to 5pm
Saturday: 10am to 3pm

10% OFF
any purchase

Sweet Repeats

MONSOON ROOFING INC.

Free Estimates! **480-699-2754**

A+ Rating BBB 100% Satisfaction Guarantee
www.monsoonroofinginc.com

Specializing in Re-Roofs and Repairs
Tile, Shingles, Wood Shake, Flat and Solar Systems

Owner Operated*Licensed*Bonded*Insured Commercial and Residential
Residential ROC187651 Commercial ROC187896

10% OFF ANY NEW ROOF
This coupon must be presented to your sales representative prior to contract signing.

10% OFF REPAIRS
This coupon must be presented to your sales representative prior to contract signing.

COMMUNITY

CHARITY GOLF TOURNAMENT RAISES FUNDS FOR HOMELESS FAMILIES AND VETERANS

Submitted by Save the Family Foundation of Arizona

Save the Family Foundation of Arizona will host its 12th annual Golf to Save the Family Tournament on Saturday, April 28, at Las Sendas Golf Club, 7555 E. Eagle Crest Drive.

Registration begins at 6:30 a.m., with a shotgun start scheduled at 7:30 a.m. Proceeds from the event will be used to expand programs and support services, as well as obtain additional housing for homeless families and veterans in the Valley.

The four-person scramble event features 18 rounds of golf on one of Arizona's top-10 rated golf courses, a delicious continental breakfast and buffet lunch, silent and live auctions, and exciting course contests, which include a chance to win a new Lexus.

General registration costs \$200 per golfer, or \$800 per foursome. A total of \$75 of each golfer registration is tax deductible. Twosomes or foursomes may register online at www.savethefamily.org, or by calling (480) 898-0228, extension 215.

The event also features a live auction, with two grand prizes valued at more than \$5,200:

- Two playing spots in the Lexus National Champions for Charities Tournament, at Pebble Beach/Spyglass Hill courses, which include 36 holes of golf over three days, accommodations for two for three days/four nights at The Inn at Spanish Bay, and roundtrip airfare for two (Phoenix-Monterey, Calif.).
- One year of unlimited greens fees, range and cart privileges for one person at Las Sendas Golf Club.

Golf to Save the Family will include a silent auction with unique items, including valuable sports memorabilia. Raffle tickets are available for three



save the family FOUNDATION OF ARIZONA

uniquely themed packages, which include:

- Rock'n Roll Fantasy: Alice Cooper-signed guitar, dinner for two at Cooperstown restaurant, two tickets to the Van Halen rock concert, TJS Custom-made snare drum, and a \$50 iTunes card to create your own rock play list.
 - A Golfer's Dream: Ping set of irons, custom fitting, VIP Ping factory tour, Las Sendas golf for two, iPING golf app cradle and a Caddy Daddy golf bag.
 - Arizona Road Trip sponsored by Superstition Springs Lexus: Garmin GPS navigator, full professional auto detailing/wash, \$50 gas card, Maui Jim sunglasses, Arizona Highways book entitled *The Best of Back Roads*, and a \$25 Starbucks certificate.
- Raffle tickets are \$10 each, or six for \$50, and may be purchased online at www.savethefamily.org, or by calling (480) 898-0228, extension 215.

Save the Family is one of the largest providers of services to homeless families in the Valley. For more



than two decades, this service has been helping families get back on their feet and into self-sufficiency. Through its partner agency, the Affordable Rental Movement (ARM) of Save the Family, the organization operates more than 180 transitional and affordable housing units for families in need.

Save the Family provides case management and a full array of supportive services, including financial literacy education, career development support, budgeting workshops, parenting classes and youth enrichment programs to help clients and their children achieve stability. Children from unstable, home-

less living environments comprise more than 60 percent of Save the Family's clientele.

Generous sponsors make the 12th annual Golf to Save the Family Tournament possible. These sponsors are DriveTime, AFC Physical Medicine, iHealth, Arizona Office Technologies, Mercy Care, Alexander Proudfoot, Dependable Health Services, Udall, Shumway and Lyons, Valley Sleep Center, Northern Trust Bank, Peck and Associates, Enterprise Technology Services and Smart Start/Echo Espresso. ■



2 JOHN KARADSHEH
ASSOCIATE BROKER, ABR, CRS
2913 North Power Road, Suite 101
Mesa, AZ 85215
602-615-0843 ~ www.BuyAndSellAZ.com
Year Licensed: 2002 Sales Range: \$100K - \$5M
Realty Company: Coldwell Banker, Trails & Paths

John Karadsheh has been actively selling real estate in the Valley for over ten years. His experience gives the clients he represents a competitive edge. Having successfully guided hundreds and hundreds of real estate transactions through to closing, John has the experience to help his clients make the best financial and personal decisions regarding the sale or purchase of real estate.

John Karadsheh is a professional who is comfortable with all aspects of the real estate business, which is why his clients continually refer him. "Over the years, I have worked with entire families. I sold the parents a house, helped the grandparents downsize and then helped the kids buy their first homes," said John. "My clients trust me because they know that this is the profession my family has been in for 40 years and this is the profession my family will continue to do for 40 years to come."

While John handles many luxury properties, he also works with first time homebuyers, clients relocating from other parts of the country, individuals looking for second homes, and investors. John also handles estate and trust property sales and does property valuations for local home builders and estate attorneys. He is an Associate Broker, a Multi-Million Dollar Producer, and he holds the prestigious CRS (Certified Residential Specialist) designation as well as the ABR (Accredited Buyer Representative) designation.

While he has great credentials, clients are most taken by his humor, kindness, and his honest and straightforward approach. John tells it like it is and is always working to help his clients get the best deal possible.

2012 RANKING The Best of Arizona Business ARIZONA

- 1 KRISTEN WHITE
REALTY EXECUTIVES
- 2 JOHN KARADSHEH
COLDWELL BANKER, TRAILS & PATHS
- 3 JEFFREY BUETTNER
EXP REALTY
- 4 BRENT CONLEY
SOLUTIONS REAL ESTATE
- 5 CHRISTOPHER SZABO
TIERRA ANTIGUA REALTY
- 6 SANDRA WILKEN
SANDRA WILKEN LUXURY PROPERTIES
- 7 WALT DANLEY
WALT DANLEY REALTY
- 8 TANYA MARCHIOL
TEAM INVESTMENTS
- 9 DENNIS KUHR
COLDWELL BANKER RESIDENTIAL BROKERAGE
- 10 ROBERT A. COHEN, ESQ.
KELLER WILLIAMS ARIZONA REALTY



DATA REFLECTS BUSINESS DONE IN ARIZONA AND IN A 12 MONTH PERIOD.



Real Estate in Mesa Uplands

brought to you by:



Mesa Uplands Area Market Report

Sales over \$250,000 for the Month of February 2012



Address	Square Feet	Community	Sold Price	Short Sale or REO
6514 E. Mills St.	2,370	Villa Royale	\$250,000	
9655 E. Glencove Cir.	2,203	Saguaro Mountain	\$250,000	
2747 N. Sea Pines	3,100	Camelot Golf Club Estates	\$250,900	X
2762 E. Kael St.	2,540	Rancho de Arboleda	\$255,000	
9834 E. Adobe Rd.	3,631	County Island	\$264,000	X
2514 E. Menlo St.	3,266	Hermosa Del Sol	\$265,900	X
8336 E. Ingram St.	1,994	Mountain Bridge	\$273,000	
5345 E. McLellan Rd. #33	3,512	Alta Mesa Estates	\$275,000	X
8258 E. Jaeger St.	2,110	Mountain Bridge	\$281,950	
9861 E. Elmwood St.	2,799	County Island	\$282,500	X
3125 N. 82nd St.	2,484	County Island	\$295,000	X
8643 E. Hobart St.	2,862	Grandview Estates	\$297,000	X
910 N. Loma Vista Cir.	3,856	The Groves	\$300,000	
1924 N. Woodruff	1,731	Mountain Bridge	\$307,000	
2931 N. 63rd St.	5,231	Mesa Desert Heights	\$310,000	
8851 E. McLellan Rd.	2,453	County Island	\$318,500	
5345 E. McLellan Rd. #63	3,107	Alta Mesa Estates	\$345,000	
823 N. Citrus Cove	3,329	The Groves	\$380,000	
4240 E. Fox St.	3,740	Mahogany	\$385,000	
1832 N. Shelby St.	2,497	Mountain Bridge	\$289,425	
1826 N. Shelby St.	3,356	Mountain Bridge	\$389,950	
2350 E. Mallory Cir.	4,629	Hermosa Vistas	\$425,000	
3932 E. Fairfield Cir.	3,812	Triana	\$440,000	
8233 E. Leornoa St.	5,215	Hermosa Estates	\$500,000	X
2425 E. Minton St.	4,788	Glenwood Parke	\$555,000	X
3554 E. Jasmine Cir.	3,849	Arboleda	\$575,000	
2414 N. Gilbert Rd.	3,927	County Island	\$650,000	
2526 E. Minton St.	6,432	Glenwood Parke	\$687,500	

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

HEALTH

YOUR RN HEALTH COACH BENEFITS BRAIN-INJURED AND STROKE VICTIMS

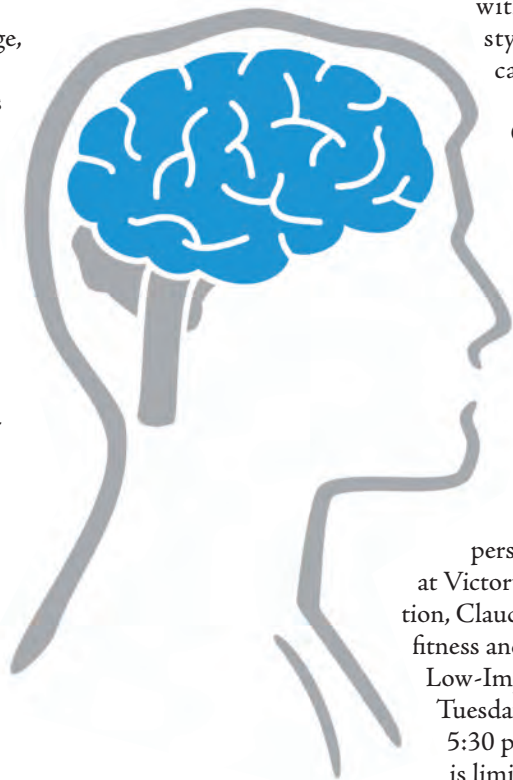
By Dawn Abbey

During their 25-year marriage, high-school sweethearts Claudia and Marty Collins had always made fitness and healthy living a priority.

Claudia earned bachelor's degrees in nursing and psychology, along with a myriad of fitness and nutrition certifications. Marty, a former U.S. Army paratrooper and trainer, had been a professional boxer, and holds national and world karate championship titles.

About two years ago, Marty went in for what they thought would be a routine surgery, only to have him suffer a debilitating stroke during the operation. Originally, doctors told them that most likely Marty would never be able to see, walk or communicate again. The couple was devastated.

Today, Marty can not only walk, but he can run, drive a car and has regained his sight. "The eye doctor said if he had not personally seen the optical and retinal nerve damage himself, he would never have believed Marty's recovery," Claudia related. "In fact, Marty is doing so well now," she said, "he teaches others



with disabilities in a free boot camp-style class at churches and adult day care facilities."

So, how did this happen?

Claudia firmly believes their holistic approach to health and wellness combined with traditional medicine, gave Marty the edge to regain his physicality. They incorporated acupuncture, massage, aromatherapy, music therapy and computer *brain games* into his recovery program.

Claudia, now working as Your RN Health Coach, PLLC, is offering these same modalities to others with brain injuries through personalized one-on-one training sessions at Victory Energy Wellness Center. In addition, Claudia conducts an individualized holistic fitness and nutrition program she calls her Low-Impact Boot Camp, at the center on Tuesdays and Thursdays, at 6:15 a.m. and 5:30 p.m., and Saturday, at 8 a.m. The camp is limited to 8 to 12 participants per session. "I am a nurse first and a certified professional trainer next," stated Claudia. "So, before I start a series of classes, I meet with each participant individually for an hour or so, and do biometric studies, blood pressure and other tests, and discuss each person's goals. If medical issues are a concern, I also coordinate with the person's doctors."

"My whole philosophy is against dieting and counting calories, etc.," Claudia explained. "Rather, I promote a gradual lifestyle change, dietician-planned weekly meal suggestions, exercises, which include strength, cardio, flexibility, weight and some yoga. We make it fun with rebounders, medicine balls, bands, wobble boards, boxing mitts and gloves, as well as steps."

Victory Energy Wellness Center provides Kangen water, alkaline-balanced purified water, for all the participants. After classes, everyone can use the K1 Vibrational Platform, which decreases lactic acid buildup and soreness, and flushes the lymph system. "Marty even used the platform for his exercises," Claudia said. She believes her health coaching program is a good fit with the other energy wellness modalities at the center. ■



Claudia and Marty Collins

For more information, or to set up a consultation with Claudia, call (480) 650-9452, or visit YourRNHealthCoach.com. Victory Energy Wellness Center is located on the northwest corner of Power and Thomas roads.

LOCAL BUSINESS

SAVE ON SPRING FASHIONS AT SWEET REPEATS

By Dawn Abbey

If you are looking to brighten up your spring wardrobe without lightening your wallet, check out Sweet Repeats Ladies Consignment Boutique.

Offering gently used, brand name designer women's clothing and accessories at a fraction of the cost, Sweet Repeats is located at the southeast corner of Recker Road and University Drive.

"We've been here at our new location for about a year now," said owner Connie Hooper, "and it is 100 percent better, a more convenient location, and more retail space. With more than 600 consigners, we have new and exciting fashions coming in every day."

Not only can you buy almost-new designer brands at Sweet Repeats, but you also can earn cash or store credits by consigning your own items still in good condition, but no longer your favorites. Connie accepts women's clothing, better lingerie, high-end designer handbags and shoes, costume jewelry and hats. "Hats are really big this year," she stated. Sweet Repeats pays consigners 40 percent of the selling price.

Presently, Connie is looking for spring and summer

clothing with better known labels, such as Ralph Lauren and Jones New York, as well as fashions from major department stores like Macy's, Dillard's Chico's, Coldwater Creek and Talbot's. "Our shoppers range from age 18 to 80."

"To open a consignment account, consigners must initially provide 10 acceptable items," said Connie. "Clothing must be current styles, freshly cleaned, pressed and on hangers (which are returned), with no defects, tears or stains. Once an account is established, consigners can bring in

items any time."

Connie keeps a computer log of all transactions. So, customers can check their accounts at the store at any time, and withdraw their cash or use their credits on store purchases.

"Items not sold after 90 days are donated to Sunshine Acres Children's Home or women's shelters," said Connie. If customers want their items back to donate themselves, they need to notify her. After 60 days, Connie begins discounting items from 25 to 75 percent. "The 75 percent off racks are really popular," Connie said. ■

For good buys, or to turn your unused fashions into cash, visit Sweet Repeats Ladies Consignment Boutique, located at 6039 E. University Drive. Consignments are accepted from 10 a.m. to 4 p.m., Tuesday through Friday. For a consignment appointment, or for more information, call (480) 275-2480.



ALTA MESA GOLF CLUB

Summer Program is back!

Single & Family
\$1,300 & \$1,600
May - September

There's never been a better time to check out Alta Mesa Golf Club.

FUN SOCIAL EVENTS

Call Kim in membership
for all the details at 480-832-3257x100

Karve Your Body

Ballet Barre Muscle Conditioning Classes

k Pilates

- Karve Ballet Barre Classes
- Authentic Pilates Equipment Classes
- One-on-One Pilates

3514 N. Power Rd., Suite 101
Mesa (Power/Thomas)
480-840-1860
www.kpilates.com

New Client Special
Unlimited Month of Karve for \$100
3 Karve Classes for \$45

COMMUNITY

The Las Sendas Golf Club has big plans for this spring

By Kim Phillips

Due to popular demand, the owners at Las Sendas Golf Club plan to build a banquet and dining facility at the golf course.

The facility, approximately 12,000 square feet, will host weddings, conventions, family parties and much more.

"We are very excited about the new banquet facility," Wayne McBean recently announced at a public golf course meeting.

"The building will be architecturally appealing, and constructed into the hillside of the 18th hole, to minimize any distractions to our neighboring homeowners," Wayne stated.

Lloyd McBean, executive director of Las Sendas Golf Club, chimed in on the discussion. "The restaurants always will remain public," Lloyd said to the crowd of about 28 people from the Las Sendas community.

The golf club already has undergone many capital projects, which were necessary to re-establish Las Sendas as a world-class facility. Lloyd explained that the 10-year plan at the course involves many improvements, including new cart paths, golf course restrooms, pro shop and locker rooms.

"Other improvements include a new halfway house, improved playability on the course, and the expanded restaurant and kitchen facilities, which now are expanding even more, with the proposed banquet and dining facilities," said Lloyd.

To date, the ownership has spent more than \$4 million on golf course improvements. With the anticipated approval of the banquet and dining facilities, the group will have invested almost \$6 million to this property. They are beginning the second phase of improvements much sooner than expected.

"We have had tremendous success... more than we originally planned," Lloyd told the interested residents. "We will cater to more than 45,000 golfers in 2012," he further commented.



"The restaurants also have had great success, with the majority of the clients coming from the Las Sendas community."

"We only build on demand, and the demand is now," Lloyd proudly stated.

According to Lloyd, the Viewpoint Patio has been the most successful of the three restaurants. The patio offers exquisite views and live entertainment Tuesday through Saturday, starting at 6 p.m. The patio has undergone three major renovations to assist with homeowner concerns regarding the music and sound travel. "We are doing everything we can to appease our homeowners, and it seems as though our recent changes have made a positive difference to all concerned."

Lloyd further explained how the golf club continues to turn away golf events, functions and/or conventions. He contends the Las Sendas Golf Club quickly is gaining notoriety all across the Valley. "We are a place where people want to come," he emphasized.

The owners want to inform and work with the neighborhood. "We want the residents to be aware of what the facilities are, and why we are in need of them," said Lloyd. "Las Sendas residents reside in a community offering world-class golf and all the amenities expected with such a place."

Following Lloyd's presentation, Food and Beverage Director Dennis Shaw spoke. He explained to those in attendance that the staff plans on selling space for weddings and other private functions.

"Currently, the space available at the club is limited," Dennis further detailed. However, with 6,000 more square feet of banquet space, including a dance floor, the new accommodations can handle anywhere from 250 to 400 people.

"The Trailhead Members Club at Las Sendas always will be an option for events," Dennis said, "but the new choices will only add more recognition to the community, allowing for businesses to succeed in Mesa."

If approved through the public process, construction will start in May, and will finish in November.

Some members of the community had questions, such as, "Will the facility be open every day?" The answer was, "No." Others wanted to know if the entertainment would be contained inside, and the answer was, "Yes."

"The golf club is the largest corporation in Las Sendas," Dennis said, "and with the organization's marketing to local, state and international audiences, the community deserves the recognition."

"The new facilities are going to bring the Las Sendas name closer to the top," Dennis said with conviction to the residents. "We need to be No. 1."

Janet Patrick, a Las Sendas resident, believes the project is positive. "I think it's very exciting to have more recognition for our community," she said. Janet just wants to be sure there is no extra noise or other nuisances.

Stan Wilson, a Las Sendas resident who lives on the golf course, agrees the facility sounds like a good idea. "I think it's wonderful. I think they will keep the spirit, the flavor of what is the club, the ambience of the club," he said.

"This will be an enhancement to our community," added Dick Meyer, a resident and member of Las Sendas Golf Club.

Membership at the Las Sendas Golf Club is a deposit membership, which is fully refundable. The club offers several options to join, including interest free financing. ■

For more information on membership, call Kim Phillips at (480) 352-1279. To make reservations or schedule a tee time, call (480) 396-4000, or visit the Web site at www.lassendas.com.



FOOD

Mesa Flancer's new general manager is not so new

By Dawn Abbey

After almost six years as chef at the Flancer's Incredible Sandwiches and Pizzeria in Gilbert, Greg Ringel recently was named general manager of Flancer's in Mesa, according to owner Jeff Flancer.

A chef for almost 30 years, Greg really enjoys the food part of the restaurant business, but wanted to try something new. "After working with Flancer's all these years, I really know the culture of Flancer's," he said. "A general manager is a hands-on kind of job. You need to do everything. I have a true passion for perfection, and want to share that passion with the customers and staff, making sure the cooking is done right, making sure the customers are happy and overseeing all aspects of the experience."



Greg Ringel

According to Greg, the standard menu items will remain, but he has plans for some excitingly tasty specials, beer and wine pairings and theme items, like their recently popular Valentine's Dinner to Go. Greg appeared on Fox 10 News to demonstrate the heat-and-serve gourmet creation.

Right now, Greg is helping coordinate Flancer's Raising the Fun fund-raising events, as well as the Pizza-Eating Contest, which run from March 15 to April 22.

Flancer's is open seven days a week from 10:30 a.m. to 9 p.m., with happy hour every day from 3 to 7 p.m. ■

For more information about menus, events or specials, visit flancers.com, or call (480) 396-0077. Flancer's is located at 1902 N. Higley Road, in Mesa, and 610 N. Gilbert Road, in Gilbert.



LOCAL BUSINESS

Be Remembered by Leaving a Legacy

By Michael Eberhardt

One of the most beautiful things about life also is one of the most terrifying. We start out young and, for some of us, we are lucky enough to grow old and watch our children, grandchildren and even great-grandchildren grow from youth to beautiful, amazing adults and know this alone is a great legacy.

What about other legacies? How else can we keep giving to our children, their children and their children's children? Well, these are questions I hear every day, and I have made it my goal to help people leave a legacy that can last a lifetime. Here are just a few simple and helpful tips:

- ♦ **Know what you have.** If you have a spouse who manages your fortune (or lack thereof, in some cases—no amount of fortune is too small), be sure you know where it is and how to access it. One of the hardest things for couples to imagine is losing a spouse, but it is important to be prepared.
- ♦ **Keep your beneficiaries up to date.** Listing beneficiaries is something we overlook, or tend to forget about. If the beneficiary you have listed pre-deceases you, and you don't change who is listed before you pass, it will be up to the state to decide who deserves your money.
- ♦ **Inform your beneficiaries.** You will want to be sure every beneficiary you have listed, whether it is on a life insurance policy or an annuity, is aware of being listed as your beneficiary. If you pass away, and they are unaware, your policy can be left unclaimed. This leaves the policy in the control of the company through which it is written. You and I both know those companies will not be chasing after your loved ones to give them



money. It is up to your beneficiary to claim the funds and inform the company that you have passed away.

- ♦ **Decide the best way to disburse your money.** If you are like me, the idea of leaving a lump sum of money to my children terrifies me. Did you know the average life expectancy for lottery winners is 13 months? Also, did you know it is possible for your money to end up entangled in your child's divorce? It is best to figure out which disbursement will work best for your loved ones, and be sure they are aware of your wishes for them.

While these tips are helpful and necessary, every person's circumstances are different. Be sure you sit down with someone who can help. I am available to sit down with you and your loved ones any time to help answer some questions regarding this and other concerns. Refer to our ad in the service directory for a complimentary review. ■

For more information, call (480) 726-8805, or send an e-mail to Michael@asset1.com.
I think Thomas Scott said it best. "A man cannot leave a better legacy to the world than a well-educated family."

EVENT

GOLF EVENT AND Cuatro de Mayo Party benefit homeless families

Submitted by UMOM

The UMOM Golf Event and Cuatro de Mayo Party will take place on Friday, May 4, at the Grayhawk Golf Club, located at 8620 E. Thompson Peak Parkway, in Scottsdale.



The shotgun start is at 12:30 p.m., with complimentary lunches at grill stations. There will be prizes for first, second and third place teams, as well as many fun contests.

The cost for this golf event is \$350 per golfer. The cost of the Cuatro de Mayo Party, featuring duck soup, is \$100.

A hosted cocktail reception (beer, wine and margaritas) and helicopter ball drop will take place from 6 to 7 p.m. A buffet dinner is followed by silent and live auctions, which include vacations, entertainment, jewelry, dining and much more. There also will be dancing. These events are scheduled for 7 to 10 p.m. Casual attire is recommended.

All balls purchased for the helicopter ball drop will be dropped onto the course at Grayhawk during the cocktail hour of the Cuatro De Mayo party. Balls in and closest to the hole will win fabulous prizes.

To register for golf, for Cuatro de Mayo party tickets, or for the ball drop tickets, please visit www.umom.org, or call (602) 889-0678. ■



UMOM is Arizona's largest shelter for homeless families.

CLASSIFIEDS

HOME SERVICES

Integrity Pools LLC, cleaning service and repairs. Professional, Personal and Affordable pool maintenance and pool repairs; including filter clean-outs, acid washes, salt cells, etc. **480-818-3832.**

MK Remodeling & Design
Specializing in Custom Kitchen & Baths
Any Large Additions to Small Projects & Repairs.
Licensed & Bonded ROC237798. Member BBB.
Contact Mike for a free estimate **(480) 285-6443**
Web site: www.mkremodeling.com
Email: mike@mkremodeling.com

"Just Call Mike" Home Maintenance & Repair. Plumbing, electrical, water heaters, disposals, RO systems, fans, lights, switches, sockets, irrigation timers & valves, etc... Mesa, **(480) 628-2757.**

ALL PRO TREE and LANDSCAPE SERVICE. Tree Trimming, Removal's, Stump Grinding, Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc.
FREE ESTIMATES, Very Professional, INSURED & BONDED. Mention This Ad and Receive **15% OFF!** We accept credit cards. Please Call **(480) 354-5802**

Mesa Home Maintenance and Repair.
Plumbing, electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed.
Sean Sornberger **(480) 699-7990.**

Clearview Window Cleaning
Professional window cleaning that's affordable
Residential/Commercial
Call Rick at **(928) 978-0234**

HOME SERVICES continued

CARPET CLEANING SPECIALS *\$25 a room - 3 room minimum. Carpet should be pre-vacuumed, no pet or red stains, and furniture moving not included.
WHY CHOOSE US? *Reputation. Noah's is a top rated, A Grade Carpet, Tile and Natural Stone Cleaning Company on www.AngiesList.com, and won their super service award for 2011! Call Joann at **(480) 324-1640**

ALTech Sprinkler & Landscaping - Quick, expert sprinkler and drip system installation and repair. Reasonable prices! Email us for a NO OBLIGATION quote at ALTech.Sprinklers@gmail.com or call Jim anytime at **480-641-2245.**

SPECIALTY SERVICES

PROFESSIONAL TUTORING. Multiple K-12 subjects including Math, Reading, Writing. Individualized, at-home instruction. AIMS preparation help. Assistance for home-schooling, behavioral, special education concerns. Philip N. Swanson, Ph.D., **480-677-9459.**

CHILD CARE SERVICES

Las Sendas mom, newborn & up; 16 years experience. CPR certified. Homemade meals and healthy snacks; loving, safe environment; no pool; flexible schedule. Early childhood development activities offered. Many references! Call Lina **480-324-8466**

SERVICE DIRECTORY

Leave a Legacy

Complimentary review to the first 10 people.
Please call to set up your appointment today.

This is a \$200 value!

Michael Eberhardt
Designed Estate Plans, LLC
91 W. Baylor Lane
Gilbert, AZ 85233
480-726-8805
Michael@asset1.com

"We make a living by what we get, but we make a life by what we give."
-Winston Churchill

A New and Improved
SWING
for the Spring Season

Mention this ad and receive
\$10 OFF
YOUR NEXT LESSON!

Director of Instruction **Ben Weir**
Contact Ben @ 602.391.7100
or benweir@pga.com

Las Sendas Golf Academy

Artificial Grass
and Putting Greens

Shut Off the Water, Toss the Mower, Lets Go Green!
Give your Home a Facelift
Pays for Itself, and No More Maintenance!
Kids and Pets Love It!

10% OFF
if installed by Thanksgiving
in Las Sendas, Red Mountain
Ranch, or Mesa Uplands areas

Ozzie Strand
480-318-0869
<http://www.azgrassman.com>

AZGRASSMAN.COM

ROC 255089

SO CLEAN, YOU'LL THINK:
"5 SECOND RULE!"

STERLING POOLS

MIKE STERLING
480.241.4206

FORMERLY
WELCOME HOME POOLS

Make Your New Year's Dreams
a Reality -
HIRE US!

Joann at The Master's Touch
480-324-1640
www.TheMastersTouchCleaningService.com

Highest Rated - A Grade House Cleaning Service
on www.AngiesList.com
HOUSE CLEANING, CARPET CLEANING & WINDOW CLEANING

Cooking with Trudy

Cooking School

Come experience a cooking class
and let us Inspire
the Chef In YOU!

www.CookingwithTrudy.com
480-239-0082

PROFESSIONAL, AFFORDABLE
TREE & LANDSCAPE SERVICE

ALL PRO
TREE SERVICE LLC

www.allprotrees.com
dennis@allprotrees.com

480-354-5802

15% Off

FROST DAMAGE EXPERTS

Insured / Bonded
FREE ESTIMATES

Desert Food Storage, LLC

BE PREPARED • BE INDEPENDENT

- One Year to One Month Food Supply Kits
- Emergency Water Storage Options
- Emergency Supplies
- First Aid Kits
- Custom Orders
- Delivery Available

480-217-5095
Service@desertfoodstorage.com
2154 E. Rio Salado Pkwy, Tempe

AZ POOL WATCH
POOL SERVICES

2nd Month Service
FREE
when you mention this ad!

www.azpoolwatch.com
480.688.1728
15 Years Experience

- Plant Installation & Maintenance
- Turf Installation & Maintenance
- Spring & Fall Clean Up
- Drip & Sprinkler System Installation & Maintenance
- Senior & Military Discounts

Western Skies Landscaping LLC

WESTERNSKIESAZ@GMAIL.COM
602-380-8983
Not a licensed contractor.

The Fireplace Guy
(480) 265-7270

- SERVICE
- INSTALL
- REPAIR
- MAINTENANCE

- FIREPLACES
- LOGSETS
- BBQs
- FIREPITS

Need to Pass Inspection?
Getting Ready to Sell?
Need it Cleaned Up?
Glass Looking Cloudy?

Lowest Rates Around
Licensed • Bonded • Insured
ROC#181089

NOAH'S RESTORATION SERVICES LLC
(480) 671-NOAH

CARPET CLEANING
TILE & GROUT CLEANING & SEALING
WATER REMOVAL

SUPER SERVICE AWARD
Angie's list 2011

CARPET SPECIAL!
\$25
Carpet Cleaning
per room
Three room minimum. No other offers apply. 10% discount for the first 100 calls. 25% discount for the first 25 calls.

CALL TODAY!
480.671.6624
NOAHSRESTORATIONSERVICES.COM

SAGUARO LAKE RANCH TRAIL RIDES

(480) 984-0335
WWW.SAGUAROLAKETRAILRIDES.COM

UpClose PUBLICATIONS

We have a new Web site!
Read articles online, download PDFs, and more!

www.UpCloseAZ.com

LOW IMPACT
FITNESS BOOTCAMP

Featuring Claudia Collins, R.N., B.S.N.,
Certified Health Coach & Certified Personal Trainer

Let us help you be your healthiest self!

T. & Th. 6:15am & 5:30pm • Sat. 8am
@ the Victory Energy Wellness Center
3654 N. Power Rd., Suite 125

CALL NOW & RECEIVE A
COMPLIMENTARY HEALTH ASSESSMENT
WHEN YOU JOIN!
\$50.00 Value!

480-650-9452
www.yourrnhealthcoach.com

We CARE for your POOL like it's our own!
New customers receive half off their first month's service.

K PoolCare

Call Marilyn Smith
to schedule a courtesy estimate.
CERTIFIED POOL OPERATOR
with 20+ Years Experience
(602) 290-8774

Las Sendas Golf Club

New Ownership...
New Vision

PGA TOUR MEMBER
GOLF DIGEST
GOLF WORLD

Experience Las Sendas as an
EXCLUSIVE MEMBER

Play **FREE** for one year
when you buy a membership*
Financing as low as \$499 a month*

- Private Golf Club (Coming Soon)
- New Pro Shop
- Club Storage Facilities
- Mesa's Finest Steak & Seafood
- Complimentary Valet & Limousine Service
- Valley's Best Scenery

For More Information on Our Exclusive Membership Opportunity, Call Kim Phillips
(480) 352-1279 or email KimPhillips@LasSendas.com

*Special restrictions apply

Office (480) 396-4000 • 7555 E. Eagle Crest Drive, Mesa AZ 85207 • www.lassendas.com



**Debbie &
Ron Brown**
Owner/Broker
602.618.9512

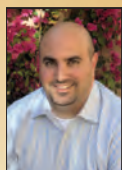


TRAILS AND PATHS

Office: 480.355.4700
www.TrailsAndPaths.com



TRAILS AND PATHS



John Karadsheh
ABR, CRS
Associate Broker
602.615.0843



Christina Ovando
CRS
REALTOR®
602.684.5737



Bobbi Palmer
ABR
Associate Broker
480.720.5208



Linda Sims
REALTOR®
602.376.8920



Diane Pistillo
REALTOR®
602.481.9212



Lyn Glenn
ABR
Associate Broker
602.769.1089



Jennifer Kovach
REALTOR®
480.226.8425



Kris Miller
CDPE, GRI,
RDCPRO, AHS
REALTOR®
480.236.6181



Pat Palmer
ABR, GRI
REALTOR®
480.363.4563



Judy Smee
480.797.5307
Lynn King
480.235.0223
REALTOR®



Pat Clements
REALTOR®
480.227.3820



Kate Ward
REALTOR®
602.481.5577



Rhonda Dehnert
REALTOR®
480.437.4084



Gerry Groeber
REALTOR®
602.430.4094



Cathy Ebert
REALTOR®
480.682.7378



Sharon Madison
REALTOR®
480.540.7413



Betty Bullock
REALTOR®
480.216.6301



Lorraine Ryall
REALTOR®
602.571.6799



Terry Hughes
REALTOR®
602.882.1866



Laurie Burleson
REALTOR®
480.682.7253



Charles Porter
REALTOR®
602.525.4066

LET US HELP YOU SELL YOUR HOME FASTER WE HAVE INVESTORS AND BUYERS LOOKING TO PURCHASE YOUR HOME TODAY

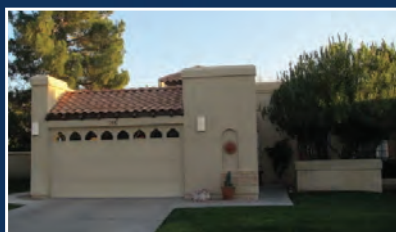
At **Coldwell Banker Trails & Paths®** we're part of a real estate company with an international reputation and clout. For more than a century the **Coldwell Banker®** brand has been among the leaders in real estate. Today, we are building on that legacy as we pioneer a "New Way" of doing business that combines the convenience and marketing power of the Internet with the personal service of real estate professionals. The tools and unsurpassed marketing infrastructure we have developed over the years plus our partnership with **Coldwell Banker® International** make us ideally suited to help you succeed in real estate.

www.ColdwellBanker.com

We Put Your Listings In Front of Buyers

Your Listing is Also Distributed Locally through:
Our Website, the Local MLS, our Client List, and the marketing efforts of each of our Agents.

www.TrailsAndPaths.com



\$286,000
1,628 sq. ft. 3BR, 2BA, 2G. Over-sized golf course lot, plantation shutters & professional landscaping.



\$425,000
3,123 sq. ft. 4BA, 3BA, 3G. Granite counters, commercial kitchen, travertine tile & hardwood flooring.



\$233,000
1,531 sq. ft. 3BR, 2BA, 2G. Golf Course lot, open floorplan w/updated kitchen w/granite counters.



SOLD
1,731 sq. ft. 3BR, 2BA, 2G. Granite counters, stainless steel appliances, pool, BBQ & a private putting green.



UNDER CONTRACT
5,157 sq. ft. 6BR, 4.5BA, 7G. View deck, city lights & Mtn. views, Viking® appliances, heated pool & spa.



UNDER CONTRACT
3,259 sq. ft. 3BR, 2.5BA, 3G. Double refrigerators & ovens, heated pool & spa, city light & Mtn views.



SOLD
1,174 sq. ft. 2BR, 2BA, 2G. Updated kitchen w/granite counters. Tile flooring, covered patio w/sunshade.



SOLD
1,994 sq. ft. 3BR, 3BA, 2G. Granite counters, stainless steel appliances, maple cabinets, private putting green.