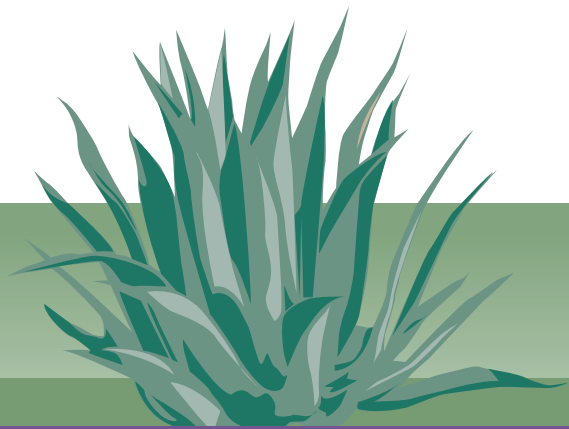


# Mesa Uplands Up Close



Bringing neighbors closer to their community

February 2012

## Herlehy's Complete Auto Repair completes their lives

By Dawn Abbey

John Koyrkoymelis has always been happiest when he's working around cars.

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

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

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

Then, in August 2009, John's mother, living in Mesa, became very ill. John and Kim decided to move their family

from Delaware to be near her, and John was able to transfer his position with Pep Boys to the Valley.

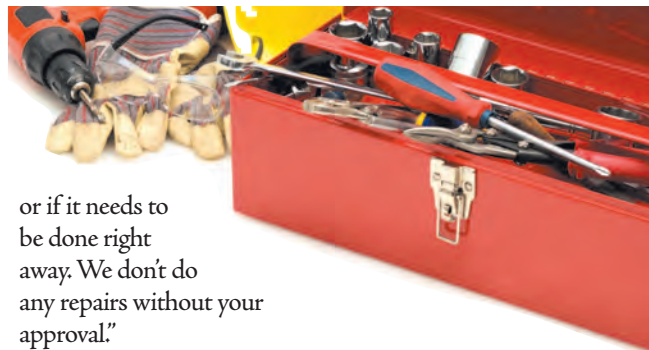
While living here, John and Kim started looking around for a repair shop they could call their own. "Sadly, John's mom passed away," said Kim, "but a week later, we found our present location. We took it as a sign that maybe she was helping us along."

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

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

For those with concerns about breakdowns when on the road, John explains they are a certified auto repair shop with coast-to-coast nationwide coverage, which provides 12-month, 12,000-mile warranties on repairs done by their members.

John offers free estimates and second opinions on repairs. He always shows customers what's needed and returns replaced parts. "We don't do any work until we talk to you first," John said. "We let you know if it's something that can wait awhile,



or if it needs to be done right away. We don't do any repairs without your approval."

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

Herlehy's is open from 8 a.m. to 5:30 p.m., Monday through Friday. For more information or free estimates, call (480) 396-1785.

## 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.

The fact is beautiful painted finishes, whether they grace interior or exterior surfaces, look their best and last longest when they are carefully applied the old-fashioned way—by hand.

Whether you require interior painting, a few rooms, 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) 265-7603. You also can send an e-mail to [pinnacledecorating@gmail.com](mailto:pinnacledecorating@gmail.com).



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**SPORTS****HIT Your Fitness and Weight-Loss Goals**

By Julie Brown

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

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

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

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

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

"The HIT Center was originally designed for sports training, but has expanded over the last five years to general fitness, and catering to people who are serious about meeting

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

The HIT Center has been the training ground for several professional athletes, including

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

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

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

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

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



**UpClose**  
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## REAL ESTATE

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

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

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

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

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

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

Some have depleted all their savings and even retirement and 401K in an attempt to save their home, only to be facing the same dilemma once all their funds are gone.

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

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

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

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

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

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



Lorraine Ryall



## LOCAL BUSINESS

## Expert Trouser Sizing Store Opens

By Kim Phillips

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

Located in Scottsdale, the store opened on Jan.

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

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

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

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

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

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

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



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

I am.

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

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

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"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](mailto:Lorraine@ArizonaShortSaleToday.com)

**Lorraine Ryall**  
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FOOD

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

Submitted by Flancer's

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

APPETIZER

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

SALAD

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

ENTRÉE

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

DESSERT

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

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

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



EVENT

# CHURCH YOUTH GROUP HOLDS Rummage Sale

Submitted by Love of Christ Lutheran Church

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

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

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

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

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



LOCAL BUSINESS

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

Submitted by Sweet Repeats Ladies Consignment Boutique

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

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

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

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

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

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

Happy Valentine's Day!



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REAL ESTATE

Arizona's Real Estate MARKET IS IMPROVING

By John Karadsheh

It always is my pleasure to give you the real estate report from my *in the trenches* point of view.

For months, I have sensed the market change, and, at long last, the media is acknowledging Arizona's turnaround. The Arizona real estate market is finally on the upswing, with a variety of indicators pointing toward the positive.

"A credit-tracking firm predicts mortgage delinquencies will fall more sharply in Arizona next year than in any other state." *Arizona Republic*, Dec. 8, 2011

"Home loans that were delinquent or in foreclosure fell ... 25 percent in Arizona in the year through Nov. 30." *Bloomberg Business Week*, Jan. 9, 2012

"The Sun Belt is poised for a recovery, according to the most recent economic and demographic data. Even such hard-hit states as Arizona appear to be making an unexpected, and largely unheralded, recovery." *Forbes*, Dec. 22, 2011

"The number of home sales in 2011 climbed to their highest level since the housing market's peak in 2006. Foreclosures fell to their lowest level since 2008. And the number of Phoenix-area homes listed for sale has dropped to a figure not seen since 2005, indicating demand is finally exceeding supply. This

is a complete turnaround from 2007, when the housing crash started, and cheap foreclosure homes flooded the market, while buyers were few." *AZCentral.com*, Jan. 6, 2012

As I write this article on Jan. 15, we have only 18,000 active listings in the MLS, once again down from 19,000 in December 2011 and 23,000 in June 2011. The lowest monthly sales price per square foot was recorded on Sept. 15, 2011. The averages have been higher ever since.

If you have been waiting to move, this is it! If you read my article last month, hopefully, you have started getting your home ready to list. Give me a call, and I will be happy to give you a free market evaluation of your home. The spring is always the best time to get action on homes in beautiful Arizona. So, think about it... ■

*John Karadsheh is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative and a Certified Residential Specialist. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at www.BuyAndSellAZ.com.*



John Karadsheh



Real Estate in Mesa Uplands

brought to you by: Mesa Uplands Area Market Report



Sales over \$250,000 for the Month of December 2011



John Karadsheh

Address	Square Feet	Community	Sold Price	Short Sale or REO
2027 E. Calle Maderas	3,181	Las Maderas	\$250,000	X
8813 E. Inca Cir.	1,731	Mountain Bridge	\$265,000	
2823 E. Fountain St.	3,318	Mountain View Highlands	\$277,000	
7922 E. Palm Ln.	2,037	County Island	\$292,000	
947 N. New Haven St.	2,834	Summit at Montecito	\$310,000	
2462 N. Rose	2,642	Village Groves Estates	\$310,000	
1438 N. Estrada	4,002	Grandview Estates	\$316,500	X
3144 E. Enrose St.	3,287	The Groves	\$317,000	
8140 E. McDowell Rd.	3,223	County Island	\$325,000	X
2750 N. Cabot Cir.	2,766	Boulder Mountain Highlands	\$352,000	X
7137 E. Granada St.	3,553	Alta Mira Estates	\$360,000	X
6505 E. Oasis St.	4,005	Ridgeview Estates	\$370,000	
8143 E. Plymouth	3,614	County Island	\$380,000	X
8540 E. McDowell Rd. #94	3,020	Thunder Mountain	\$399,900	
7066 E. Ingram St.	3,008	Annecy	\$443,847	
2103 E. Norcroft St.	3,170	Groves of Hermosa Vista	\$509,000	
3354 E. Indigo Cir.	5,591	Arboleda	\$545,000	X
3458 E. Grandview St.	4,760	Chatham Groves	\$550,000	X
2650 N. Chestnut Cir.	5,200	Groves of Hermosa Vista	\$560,000	X
3341 E. Jacaranda Cir.	6,025	Arboleda	\$575,000	X
3521 E. Knoll St.	6,116	Hermosa Groves South	\$590,000	
3210 E. Jaccaranda Cir.	5,591	Arboleda	\$620,000	
4040 E. McLellan Rd. #7	4,575	Los Estados	\$625,000	X

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

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REAL ESTATE

THERE IS FINANCING FOR THOSE WHO ONCE HAD NO OPTIONS

Submitted by Jason Archer

You've seen the headlines and heard the television reports, but are you familiar with the reality?

The reality to which I'm referring is the one whereby banks and traditional lending institutions have basically ceased financing for borrowers, who are more than capable of carrying a mortgage payment.

In today's lending environment, even borrowers, who carry high credit scores and are flush with cash, are looked upon as suspect by mortgage underwriters. Those of us putting high quality deals together are left scratching our heads as to why.

The simple fact is *financing has become a major problem with closing real estate transactions in today's market.* This is especially true for those who are self-employed, or for those who have been through a short sale.

But the good news is... now there is help!

Don't let a short sale or some other financial setback keep you from inquiring as to other financing options. Sure, perhaps a bank or traditional lender may not give you a yes. However, the *private lending* or *investor* option is more viable now than ever before!

And... it may be just what you need.

Coldwell Banker Trails And Paths, a real property brokerage, located in the Las Sendas area, has been working hard to put buyers together with investors. Specifically, they have designed a program whereby a qualified buyer, who may have been through a short sale,



gone through a divorce, or is self-employed, can get financing on a home purchase by working with one of their investors willing to lend private money on the deal!

No more dealing with mortgage underwriters half a world away that may or may not understand or even care about your circumstances. Now, through Trails And Paths, if you have undergone a short sale or are self-employed, you, too, can gain access to financing using private money available through one of the investors working with Ron Brown and his team at Coldwell Banker Trails And Paths.

Having the private lending option changes the financing game tremendously by eliminating the need for a borrower to meet traditional requirements. By working with an investor, your financing can be structured in such a way that moving forward is based primarily on whether or not the risk/return ratio makes sense for the investor and the payments make sense for you. Credit history and your type of employment carry less weight than with traditional lending institutions bound by the policies and procedures of seven layers of management. ■



If you'd like to know more, contact Ron Brown at Coldwell Banker Trails And Paths, and ask him if private lending is right for your situation. He can be reached at (480) 355-4700.

EVENT

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

By Dawn Abbey

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

All proceeds from haircuts done that day at Mike's Barbershops, 5057 E. McKellips Road, will go to the children. In addition, Mike plans to park his pickup truck outside the shop with a sign saying,

*Fill the bed for Sunshine Acres.* "Everyone is encouraged to bring clothes, toys, donations or whatever for the home," said Mike. ■

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



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EDUCATION

# Self Development Charter School encourages engaged learners

Submitted by Self Development Charter School

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

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

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

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

The SDCS middle school program focuses on providing students unparalleled college preparatory programs. At SDCS, many of the anxieties children of this

age encounter are reduced by the school's nurturing and close attention to needs of individual students.

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

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

Students at SDCS gain a balanced educational experience, which includes a supportive staff, a challenging curriculum, and focus groups for small group instruction. Students participate in extracurricular activities, such as violin, foreign language programs, competitive sports and science, as well as math competitions, which provide all students a well-rounded experience.

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

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

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



EDUCATION

# Begin Lifelong Learning Journey at Self Development Preschool

Submitted by Self Development Preschool

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

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

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

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

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

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



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

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

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

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

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

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

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

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

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EDUCATION

# SELECTING MAJORS AND Careers Gets Harder for Students

By Mary Martha Gingerella

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

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

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

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

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

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

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

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

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

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

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



SPORTS

# Pilates Can Improve YOUR GOLF GAME

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

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



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

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

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

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

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



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HEALTH

ENERGY ABOUNDS at Victory Energy Wellness

By Dawn Abbey

Taking a step inside, you could feel the high energy and enthusiasm filling every space at the Jan. 14, grand opening of Jolene Victor's new Victory Energy Wellness Center.

Dozens of participants chatted animatedly as they tried various energy modalities and machines, and joined demonstration classes. Even the décor was amazing. Colorful art, eclectic furniture, as well as wonderful wall hangings and rugs, created an atmosphere somewhat akin to wandering through a marvelous art museum.

Most interesting were experiments in kinesiology (muscle testing), which Jolene conducted with Zero Point Life energy stones. Participants held one arm outstretched, and let Jolene push down hard on their arms to see how well they could resist. She then put a cell phone in each participant's other hand and pushed again. Everyone's arms went weak. However, when Jolene added an energy stone to the hand holding the cell phone, everyone could resist Jolene pushing their arms down.

One young woman was asked by Jolene if she could touch her toes. She quickly bent down and easily did just that. Then, Jolene put an energy stone in her hand, and asked her to touch her toes again. The woman was shocked when she was able to lay both hands flat on the floor. "I didn't know I could do that," she exclaimed.

Jolene calls herself *Jolene the Janitor* because she works to help individuals clean up and balance their energy. "The modalities I practice, as well as the products we offer, are designed to clean up the subtle energy systems, such as the

aura, chakras and acupuncture meridians," she explained.

When Jolene moved to Gilbert from California in 2004, she was suffering from a collapsed immune system. So, she began investigating new ways to improve her well-being. She discovered the use of essential oils, Indigo biofeedback, Kangen altered water, energy stones and other energy systems, such as Quantumpulse, which helped her learn to deal with her body's stresses and begin to heal itself.

Now, she offers information to her clients on the products that helped her, and claims to have helped more than a thousand clients worldwide. She is certified in modalities, such as the Carolyn Cooper Simply Healed Method, Quantum Biofeedback and The Emotion Code. Jolene also is enrolled in a Holistic Health master's program.

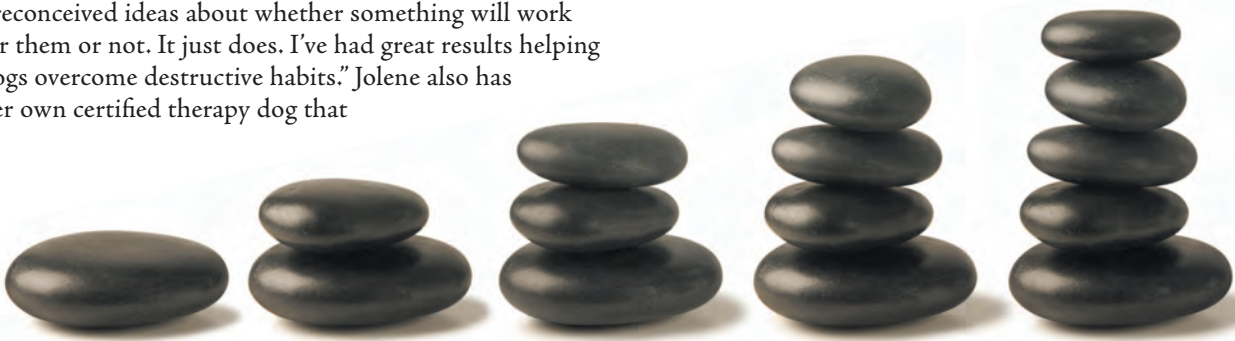
"I truly believe each of us is unique," she stated with conviction. "There is no supplement or methodology that resonates with or works with everyone. That is why I've studied so many methods, and bring those modalities as resources for my clients."

Jolene also uses her techniques with dogs, conducting Dog Days sessions, from 10 a.m. to 2 p.m., on the first Saturday of each month. "I love working with dogs and young children," she said, "because they have no preconceived ideas about whether something will work for them or not. It just does. I've had great results helping dogs overcome destructive habits." Jolene also has her own certified therapy dog that



makes children feel more at ease. Jolene's center, located at 3654 N. Power Road, Suite 125, also offers lifestyle classes, such as Mindful Eating, Brain Boosting and Abundance, a low-impact boot camp led by Claudia Collins, R.N., and a Stephanie Maughan-designed synergy exercise class. Everyone is invited to learn more about the various concepts by attending Energetic Enlightenment sessions on Fridays, from 7 to 9 p.m. ■

Detailed information is available on VictoryEnergyWellness.com, or call (480) 422-7022.



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EDUCATION

# Kumon Students Honored for Achievements IN MATH AND READING

**Submitted by Kumon Math and Reading Center**  
Students enrolled at the Kumon Math and Reading Center of Mesa are proving the fact hard work and daily practice pays off.

As a result of attending weekly study sessions, select students have been named to Kumon's Advanced Student Honor Roll (ASHR) by making significant academic advancements and studying above their school grade level.

ASHR is Kumon's most prestigious international recognition program, and acknowledges students working one or more grade levels above their current school grade. Kumon ASHR students, along with all students who study above grade level, benefit by having the greatest chance of qualifying for elementary school gifted programs and high school honors and AP programs. In addition, they gain important life skills, such as confidence, concentration, perseverance, self-motivation and discipline. Kumon aims to have all its students achieve the distinction of completing advanced work.

"At Kumon, we believe children have unlimited potential to succeed," said Kumon Director Kathy Leano. "My goal is to help each child develop strong academic skills, a love of learning, and the confidence to excel beyond the classroom." In April, we will have our annual award ceremony to recognize all of our students for their hard work and achievements. We also will recognize and thank our dedicated Kumon parents for their support.

Our ASHR students for December 2011 were Anya Nelson, Elijah Martinez, Brayden Thiele, Leonardo Montoya, Jahnasre Paarhiban, Shivam Patel, Ayush Kothari, Samir Patel, Lina Ali, Nicholas Armstrong,

Jennica Carrera, Shaun Karakkattu, Alexander Kessler, Mason Musmacker, Ava Randecker, Janelle Riley, Calvin Alvarado, Emma Houghland, Christopher Huynh, Shrey Patel, Rachel Rabin, Jena Vandenberg, Geethika Ameneni, Radha Bhakta, Elisabeth Kessler, Adi Kulkarni, Andrew Musmacker, Xochitl Romero, Justin Pasioneck, Sonia Patel, Mark Raban, Alex Rabin, Alyssa Romero, Jasim Ali, Sadman Hossain, Jana Vandenberg, Lauren Hawks, Sakthi Kumar, Parth Bhakta, Sadea Anjum, Amy Houghland, Sanjidah Soyeb, Rhys Walcott, Zane Whang, Khushi Patel, and Janjose Rivera-Pinto.

Congratulations to all of our Kumon students, who made it on our ASHR December 2011 Report.

Kumon is the world's largest after-school math and reading enrichment program. Students of all ages visit the Kumon Center twice each week after school. The result of this extra study is stronger concentration, greater confidence and an improvement in math and reading skills. Kumon aims to unlock the potential of children so they can achieve more on their own. Through daily practice and mastery of materials, students increase confidence, improve concentration and develop better study and test taking skills. Founded in Japan in 1958, the learning method uses an individualized approach, which helps children develop a solid command of math and reading comprehension skills. ■

For information or a free placement test, contact Kumon Math and Reading Center at (480) 807-5515, or visit [www.kumon.com](http://www.kumon.com).



LOCAL BUSINESS

## TRUST YOUR SUMMER patio to The Fireplace Guy

*Submitted by The Fireplace Guy*

Summer will be here before we know it! Is your backyard ready? Have you wanted to do something custom in your backyard like putting in a built-in BBQ or designing a fire feature? Fire bowls can really set off the look of your pool, and provide a place to gather with friends throughout the year.

With more than 26 years of fireplace experience in Arizona, The Fireplace Guy specializes in the maintenance and repair of gas fireplaces, BBQs, fire pits and patio heaters. So, call us. We can help you with a design, or make your idea come to life.

Now also is a good time to have your indoor fireplace serviced for summer. Not only will it look good for the majority of the year, but you also will beat the winter rush for next year, and be ready to fire it up.

If you have been thinking about removing your gas logs and replacing them with crushed tempered glass and glass beads, just let us know. It's very easy to do, and really changes the look of your fireplace.

If you have had your fireplace for more than a year, you probably can see a white film on the glass. We can safely remove the glass and clean it off for you. While doing this, we will clean out your pilot assembly, add new embers, check for gas leaks, and make sure your fireplace is safe and in good working condition.

Our other services include the installation of fireplaces, built-in BBQs, gas logs and running gas lines.

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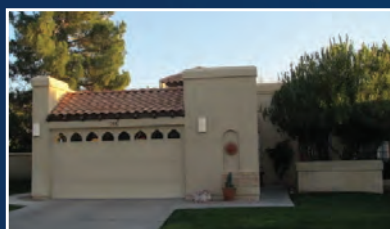
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