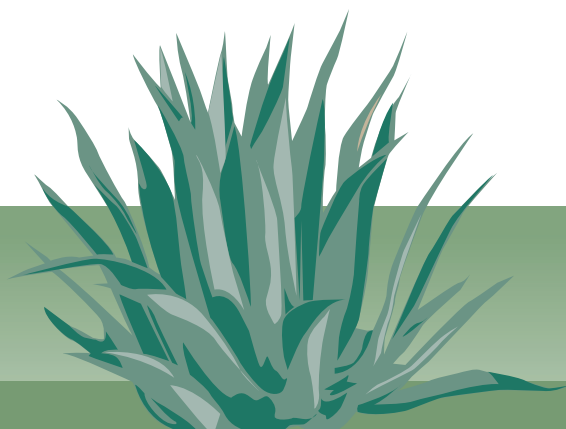


Mesa Uplands Up Close



Bringing neighbors closer to their community

March 2012

COOKING CONSULTANT TRUDY MAPLES STARTS HER OWN COOKING SCHOOL

By Dawn Abbey

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

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

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

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

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

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



KGP PHOTOGRAPHY.NET

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

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

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

SNIPPETS FROM ENTHUSED PARTICIPANTS OF TRUDY'S PAST CLASSES:

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

—Dana Jutting

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

—Martha Apuan

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

—Heidi Landis

CHILD CRISIS CENTER HOSTS ANNUAL GALA

Submitted by Child Crisis Center

Ride the waves, and help turn the tide on child abuse and neglect on Saturday, April 14, at 6 p.m., when the Child Crisis Center will host its annual gala event *Evening in the Tropics* Hawaii Two-O.

Join us where the island of Hawaii meets a desert oasis on the beautiful Palm Grove at the Hyatt Regency Scottsdale, located at 7500 E. Doubletree Ranch, in Scottsdale. Guests will enjoy this outdoor evening filled with surprises. Live entertainment, island sounds, cocktails, dinner and a lakeside auction make this surfside party a must. Proceeds support the vital and necessary funds to serve the needs of the Child Crisis Center's programs.

The Child Crisis Center is more than just a local charity to the people of the greater Phoenix area and Mesa. It has been safety, encouragement and home to more than 12,800 children since it opened its doors in 1981. It has been sanity or a second chance to families in need, and a resource to the entire community. The Child Crisis Center began as a seven-bed emergency shelter



for abused or neglected children, and has grown into an organization, which brightens thousands of futures a year.

So, as they say, "Book 'em, Danno." Be there when the surf's up, and help our efforts to improve childhood for many of Arizona's children. Sponsorship opportunities, tables and individual tickets are available. Tickets are \$150 per person. To purchase tickets, visit www.childcrisis.org. ■

For additional information, call (480) 834-9424.



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BEAUTY

NOSTALGIC AND FUTURISTIC HAIR TRENDS SIGNIFY PROM 2012

By Dawn Abbey

As she had just returned from the International Salon and Spa Expo in California, Sandy Barbetta, co-owner, with husband, Cosmo, of Cosmos Salon and Day Spa, was bursting with all the latest hair and fashion ideas for 2012.

"Our spring and summer forecast for hair at Cosmos features Prom 2012," Sandy said. "We see the coming hair trends combining both futuristic and nostalgic at the same time. The hair collections somehow meld together ultra-modern haircut silhouettes with stylistic touchstones from years past, such as chignons, in a way that makes hair styling feel exciting, yet classic," she continued.

Nostalgic is what comes to mind when we think of Prom 2012. It's a return to the Romantic Era. Runway hairstyles showed chignons, braids, rolls and twists adorned with accessories, such as crystals woven into the hair, which hang across the forehead and throughout the hair. Also great looks for prom night were structured ponytails, hair wet and slicked back, complex braids and lastly, a return to some new, but a more classy, punk.

"Yet, it's all new when combined with hair colors chosen to coordinate with the outfits," Sandy exclaimed.

"Colors were everywhere and many new color techniques were revealed," Sandy said. "One I especially liked was the 'Butterfly Effect'—wings of copper-violet on the front and left side of a short-length blond bob."

According to the latest surveys, blond is the most requested hair color of the season, Sandy related, and you can change it up with temporary color sprays. Lightly



dusting the finished hairstyle with pastels of baby blue, delicate pink and tangerine shades was very popular. All sprays wash out, so they are a fun way to make that one-time hairstyle special without having to dye your hair.

Rock star Katy Perry appeared with a blue up-do on Grammy night, and has been seen with pink and blue hair strands in many recent photos. Other celebs are doing the same, Sandy noted.

Beautiful brown shades also were seen, shot through with copper and deep shades of ruby and garnet. Colors mixed into brunette shades used bigger panels of color.

What to look for in prom gowns? "Off- the-shoulder or flapper style gowns, pleats or pleated will be very big," Sandy noted. "Fabrics and colors shown on the runways included light pastels, futuristic soft metallics, in shades of pale gold and silver, pinks and blues, orange, lime and turquoise, as well as black and white. Although gowns were futuristic, accessories were more retro, like veils over the face and a faux fur wrap. All of these scream color choices for prom dresses and your hair," she continued.

"If you want to try one of these exciting new styles, bring your hairpieces to Cosmos with you, and we'd be happy to style your hair with them," Sandy said. "P.S. Don't forget your clear shoes," she whispered. ■

For more information about hairstyles and trends, or to make an appointment for a prom style or just a new do, call Cosmos Salon and Day Spa at (480) 844-0707. You also can visit Cosmosalonandspa.com. Cosmos is located on the northeast corner of Power and McDowell roads.

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LOCAL BUSINESS

CREASE LIBERTY SPECIALIZES IN THE NEXT BEST THING TO CUSTOM TAILORED PANTS

By AnnElise Makin

Crease Liberty, open since January, in Scottsdale, is an upscale men's casual boutique, specializing in the perfect fit of pants, and its choice labels promise a lasting value for the money.

"We borrowed a European sizing concept, and carry only the best of class," said owner Jeffrey Roberts. Jeffrey, and the store's manager, John Hayes, are longtime Las Sendas residents. Both are excited about their business concept.

Jeffrey, a lifelong apparel specialist and garment wholesaler, has focused on certain German labels. Crease Liberty primarily carries Hiltl pants and chinos, Gardeur five-pocket trousers and jeans and vanLaack fine shirts.

German designers, the fashion trader concluded, don't get enough credit for their works. "But," he challenged, "what would you drive on a long road trip, a German or an Italian car?" He found German pants are built to last.

"Some stores carry only regular rise cuts, but we offer a much broader diversity of fits," said Jeffrey. The correct *seat of the pants* makes all the difference in the look, he found. No more wrinkly, baggy extra fabric.

Crease Liberty's customers may discover the store's jeans can appear custom tailored. "I never saw you looking this good," commented a fashion tycoon after her husband had bought a set of 10 pants at the sister store in Palm Beach, Fla. What an endorsement! People of such stature are known to be very judicious with their money.

The perfect fit of pants has been a continuing ambition for Jeffrey. Therefore, in view of launching the Crease Liberty store, he explored



the scope of customers' buying experience.

"I spent a whole day at the Scottsdale Fashion Square," he recalled, "trying on every pair of jeans before I found a decent fit. But men don't usually have that much time and patience." That's why Crease Liberty provides an efficient sizing system.

"We don't subscribe to the one-size-fits-all mentality," the clothing specialist emphasized. "We'll find a model that works for your body type." Experienced staff can quickly help match each customer with the right cut.

Add to that some sophisticated fabrics. Jeffrey rubs the seam of the safari-style slacks between his fingers, gives it *the hand*, as the trade expression goes. *Smartcel*, according to him, is a highly engineered Lyocel derivative from natural cellulose fiber. It has a pleasant cooling effect when you wear it.

"Gardeur cashmere cotton jeans consistently have been voted best five-pocket pants by our customers," Jeffrey pointed out. "You can wash them in the machine on gentle cycle or dry clean as you please." High-performance fabric and dye make these garments durable.

Each trouser model received much attention to detail in its design. Some of these pants feature details such as double-dye fabrics, close to handmade stitches, travel-map printed lining, a breathable Smartcel waistband, or a conveniently hidden valuables pocket.

In addition to fine pants, Crease Liberty also carries polo and T-shirts from an American line called Left Coast Tees, as well as a broad range of accessories. On purchasing trips, Jeffrey always looks for in-vogue color combinations next to the red-white-and-blue standard scheme.

Over the past five years, Crease Liberty has created



strong customer loyalties in Palm Beach. The customer testimonials speak for themselves. Like the one by a client, who could afford to wear a Kiton made-to-measure suit, valued at \$6,000. "But my favorite things are still my Hiltl trousers," he said.

"It is our ambition to offer men trousers that feel good, look nice, and excel at long-term durability," the owner said. Satisfied customers have come back to Crease Liberty time after time. ■

Crease Liberty is located on 7001 N. Scottsdale Road, in the Seville Shopping Center, at Indian Bend and Scottsdale roads in Scottsdale. Hours are Monday through Saturday, from 10 a.m. to 6 p.m. For more information, call (480) 292-8334.

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EVENT

Flancer's fund-raising events benefit injured war veterans

By Dawn Abbey

Flancer's Incredible Sandwiches and Pizzeria will hold its 12th annual Pizza-Eating Contest and Raising the Fun fund-raising events, with the Pizza-Eating Contest set for 11 a.m., on Sunday, April 22, on the outdoor patio at Flancer's Gilbert restaurant, located at 610 N. Gilbert Road..

"Last year, we raised over \$33,000, and this year, we are determined to reach for even more," said an excited Jeff Flancer, owner of Flancer's. All proceeds will benefit Warfighter Sports/Disabled Sports USA, a nonprofit organization established to allow the war injured to participate in sports-related rehabilitation programs.

You can sign up for the Pizza-Eating Contest at the Gilbert restaurant location, or at the Mesa location, 1902 N. Higley Road. Contestants better have big appetites. Last year's winner, Chuin Jimmy Peng, of Scottsdale, downed more than 16 pieces of an 18-inch pizza during the 15-minute event to win the \$500 first prize.

Registration starts on March 15. 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 from March 15 through April 22. Tickets are \$5 each, or five tickets for \$20. All prizes are worth \$1,000 or more, and winners need not be present to win at the April 23 drawing.

Other planned fund-raising events

are Smokes and Barrels-Microbrew and Cigar pairing, on Wednesday, April 11; and Spill the Wine, Eat That Cheese-Wine and Cheese tasting, on Wednesday, April 18.

"Local business sponsors provide prizes for the raffle and silent auction," said Jeff. "Many local businesses are major participants year after year, such as Ben Franklin Plumbing, Shamrock Foods, Alliance Beverage and others." He encouraged everyone to get involved in supporting this important program. Businesses wishing to find out more about participating as a sponsor, or donating to the event, can contact Jeff at (480) 326-9077 or at jeff@flancers.com. Sponsor information also is available under *Announcements* at flancers.com.

"Since 2005, Flancer's restaurants in Mesa and Gilbert have raised more than \$100,000 for Warfighter Sports," said Executive Director Kirk M. Bauer, JD. We sincerely thank Flancer's and all involved in the pizza-eating fund-raiser for the continued support, enabling Disabled Sports USA to serve thousands of severely injured service members, including those in Arizona, to rebuild their lives through participation in sports alongside their families, free of cost."

According to Kirk, contributions allow Iraqi/Afghanistan war veterans, who have lost limbs, to participate in a skiing or sports-related rehabilitation program soon after their tragedy. The focus is on new possibilities and self-confidence, and is a springboard for starting a positive new future. ■

For updated information, to buy tickets, or to sign up, visit or call the Mesa restaurant at (480) 396-0077, or the Gilbert location at (480) 926-9077. You also can check out the Web site at flancers.com. For more information on the Warfighters project, go to dsusa.org.



FOOD

Breadsmith Irish Soda Bread Brings Luck O' the Irish To Your Table

Submitted by Breadsmith

Serve up a little *Luck O' the Irish* this St. Patrick's Day with Irish soda bread from Breadsmith.

"Celebrating St. Patrick's Day is a rite of spring, and no celebration, whether it's a family meal or gathering of the whole clan, would be complete without Irish soda bread," said Greg Farr, owner and operator of Breadsmith, located in The Village at Las Sendas, at the north-east corner of Power and McDowell roads.

Golden round loaves of wheat and white flour, rolled oats and sweet raisins are the perfect complement to Irish stew, beef braised in stout or whatever tickles your Irish fancy. The whole wheat gives this bread a nutty flavor in harmony with its velvety texture.

"We've taken a recipe from the Land of the Leprechauns and added a little magic of our own," said Greg. "Due to customer input, we have expanded the dates we will offer Irish soda bread this year. It will be available at Breadsmith, from March 1 through 18. In previous years, our customers asked us to offer this popular bread for a longer period of time. So, we will. This bread has a large and loyal following among our customers," Greg explained.

Breadsmith specializes in handcrafted artisan breads made fresh from scratch using the highest quality ingredients, with no additives or preservatives, and baked in a six-ton hearthstone oven imported from Europe. ■

For more information, visit www.breadsmith.com.



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

Here's how you can help!

- Buy as many \$5 raffle tickets as you'd like, starting March 15 for six great \$1000+prizes! (Gilbert, Mesa and at flancers.com)
- Attend Smokes and Barrels-Spirit & Cigar pairing - Wed, April 11 (Gilbert)
- Attend Spill the Wine, Eat that Cheese - Wine & Cheese tasting Wed, April 18 (Mesa)
- Be a contestant and win the \$500 first prize! Pizza Eating Contest - Sunday, April 22 (Gilbert)
- Donate money to help Wounded Soldiers today! (email jeff@flancers.com)

For more info, please go to flancers.com

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HEALTH

ENERGY WELLNESS

explained every Friday night

By Dawn Abbey

Ever since Victory Energy Wellness Center opened in January, owner Jolene Victor has been conducting free Energetic Enlightenment sessions every Friday evening, from 7 to 8:30 p.m.

For those who are not familiar with energy wellness modalities, such as biofeedback, kinesiology and other forms of using energy for balancing and wellness, it can be a fascinating experience. Everyone is invited to view the weekly demonstrations, tour the center, meet with trainers and participants, win prizes and enjoy refreshments.

Participants will be able to try out various energy modalities, such as the massage chair, the K1 Vibration Platform and Quantum Pulse machine, while getting an explanation about how and why each works.

“Ever since the discovery of quantum mechanics, in the early 1900s, scientists have learned that all things are made up of energy, including the human body,” said Jolene. “Today, with the extraordinary

advances in computer technology and software, we have learned to use the body’s own energy to eliminate stress and reclaim balance by utilizing various energy techniques and devices.”

DEMONSTRATIONS SET FOR MARCH ARE:

MARCH 2—Biofeedback: Medical professionals have long used biofeedback machines to assist patients in balancing their stresses and energies. Recent improvements allow the machines to divert your own energy back to you.

MARCH 9—Simply Healed Energy Work: Energy clearing for mind, body and spirit.

MARCH 16—Enerpathic Technology: Tools to balance, strengthen and clear the body and energy systems.

MARCH 24—The Emotion Code: Releasing trapped emotions through kinesiology.

MARCH 31—Essential Oils to Enhance Your Mood and Health: Learn how to enhance your life through energetic tools and essential oils. ■

For more information, call (480) 422-7022, visit www.VictoryEnergyWellness.com, or just drop by Victory Energy Wellness Center, located on the northwest corner of Power and Thomas roads.



BEAUTY

SALON SHEDS NEW LIGHT ON THE BUSINESS OF HAIR COLOR

Submitted by True Essence Salon

At True Essence Salon and Spa, we care not only about the services we provide, but we also care about the products we use in our services.

We want our guests to have a reason to come to us and stay with us!

Our Aveda Hair Color proves nature works with the evolution of color. Our system is designed for personal customization.

Artistic freedom is given with Aveda Full Spectrum color. The color choices offer limitless options, optimum shine, pleasing fragrance, and the consistency of tone and quality performance has long-lasting results. Best of all, Aveda color products are up to 98 percent naturally derived.

We would all agree that each of us is undoubtedly unique. It is no stretch therefore, to also assume our hair’s DNA is unique, as well. Aveda Hair Color allows our color specialists to formulate individual design and style. Can you say your colorist is working with a full spectrum of color options?

With its unique base, shades and pure tones, Full Spectrum Color creates couture color, specifically designed for each individual guest. Many manufacturers’ color lines come pre-mixed. Full Spectrum is separated into components. So, your colorist can mix and match pigments, and truly can use creativity when formulating. With the new formulation, our color line is now 98 percent natural and virtually damage free.

It has been our mission to strengthen and enhance our guests’ hair. Along with



Aveda, we are able to make that our first priority. Aveda has paved the way by only allowing 1 to 3 percent synthetic ingredients in our color formulations. Most salon-brand hair dye is 100 percent synthetic and petroleum-based.

Our hair color system uses essential oils and plant extracts, giving us the ability to offer longer lasting color, vibrant reds, rich chocolate browns and silky blondes. This is a patented process, which oxidizes the dye using green tea extract. The end process is less petroleum-based, but the result also is more natural looking, shiny hair.

At True Essence Salon and Spa, we are proud to offer Aveda Full Spectrum hair color. It is a *no compromise* color line on every level. ■

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HEALTH

LEARN YOUR BODY COMPOSITION rather than just your body weight

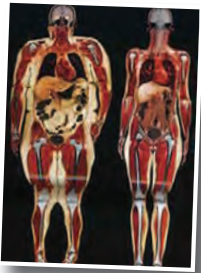
Submitted by The Hit Center

It is a common misconception that body weight translates to a person's overall level of fitness and health.

Insurance companies and doctors alike measure how you fit into health norms by something called your BMI. BMI stands for Body Mass Index, and is an equation in which an individual's body weight is divided by the square of his height. This formula is fast and easy, and produces very consistent numbers, allowing for statistics to be established on the general population. The downside to BMI is it does not differentiate what makes up a particular person's weight.

Aside from body fat, our organs, water, blood, skin, bones, muscle and ingested food make up major portions of our overall body weight, which is not accounted for within BMI. These outside factors make BMI results wildly inaccurate.

Here at The Hit Center, we use one of the most comprehensive body composition measurement devices available to the public. It is called the BodPod (air-displacement plethysmography), and it is a barometric chamber similar to hydrostatic weighing (done in a tank of water). The BodPod produces very accurate results in establishing a person's body fat to lean mass percentages.

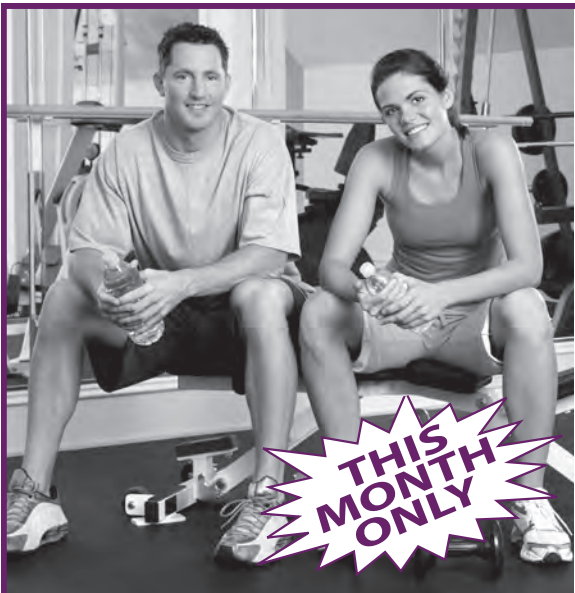


Lean mass is everything in your body other than your body fat. The BodPod is fast, easy, and can be reproduced by any administrator without sacrificing the accuracy of the results. This reliability allows our trainers to establish your exact level of fitness, and help you develop a plan to reach your goals, whether it is through modification of your caloric intake, or to your daily activity levels. The BodPod is you, on paper!

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If you are looking into starting a fitness routine, dietary change, or you just are interested in what you are made of, The Hit Center and the BodPod can help. To schedule your free fitness assessment and your BodPod body composition test, call The Hit Center today at (480) 981-0600.



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EDUCATION

New Frontiers Provides LIFELONG LEARNING

Submitted by New Frontiers

Spring semester classes and activities are happening each day for New Frontiers members.

The open house, on Jan. 27, at our new location, 145 N. Centennial Way, was very well attended, with 48 people becoming new members. After paying \$50, they registered for as many classes as their schedules would allow. Classes include armchair travels, history, spirituality, art and music. Classes also are available in science, money matters, sign language, well-being, computer things and discussion groups.

A few classes still have room for new registrants, but many are full, with waiting lists. Activities in which to participate include excursions, movies and once-a-month lunch at a different restaurant. There also are performances at the Theatre Outback on the Dobson campus at Mesa Community College. New Frontiers members can obtain tickets for the Theatre Outback performances at student rates with their student ID cards. For information on performances, go to their Web site at www.mesacc.edu/dept/d55/thp. The student ID cards can be used for discounts on campus and in the Mesa community.

Classes and activities take place

on the Mesa Community College campuses at Southern Avenue and Dobson Road, the Red Mountain location, at McKellips and Power roads, and the Downtown location, at 145 N. Centennial Way, at both active adult centers, at 247 N. Macdonald St. and 7550 E. Adobe Road, as well as several other locations.



New Frontiers members can enjoy lunch at the active adult centers for \$3 a day, Monday through Friday. Reservations are required by noon the day before. Call (480) 218-2221 at the Red Mountain location, and (480) 962-5612 at the Macdonald Street location. ■

For additional information, go to the Web site at www.newfrontiers-mesa.org, or call (480) 461-7497.

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.

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Realtor CDPE, CSSN
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REAL ESTATE

HOMEOWNERS INCUR NO COST TO HAVE A SHORT SALE

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

Contrary to some Realtors, there are absolutely no costs to a homeowner doing a short sale. When you sell a home, the seller is responsible for paying the Realtor's commission, seller's title fees, title insurance and other closing costs that may apply. When a home is sold as a short sale, these same fees still apply, but the difference is the *seller* now becomes the bank and not the homeowner.

The bank will pay all these fees at closing, and it won't cost the homeowner anything to do a short sale. In fact, if you qualify, the bank will actually pay the homeowner \$3,000 to do a short sale through the Home Affordable Foreclosure Alternatives program, or HAFA program. I should clarify that a little more. I do not charge the homeowner to do a short sale, and most Realtors don't. However, there are always those few who turn someone else's hardship into their gain.

BEWARE OF ANYONE WHO CHARGES AN UP FRONT FEE TO DO A SHORT SALE

I am hearing that more and more homeowners are meeting with Realtors or companies offering to negotiate their short sales, but they are asking distressed homeowners to pay them a one-time *up front fee*. This fee can vary anywhere from a few hundred to several thousand dollars. One particular Realtor team I have been hearing about the most is charging their clients \$1,700. It may be presented as a processing fee, administration fee, or other type of fee, but the bottom line is it shouldn't cost you anything to do a short sale.

The Realtor commission is paid at the close of



Lorraine Ryall



escrow by the bank. So, why do some Realtors charge a fee? Maybe they don't have a very high success rate, and, therefore, won't get the commission on the short sales they don't close. At least charging a fee up front guarantees they get paid anyway.

Some Realtors may charge a fee because they use a third party to do all the paperwork and work directly with the bank. If that's the case, and they are hiring someone else to do their work, then the Realtor should pay the costs of this service out of their commission, not the homeowner. Whatever the reason, I wouldn't trust anyone who is going to charge you a fee to do a short sale.

I cannot even imagine going to a homeowner, who is in danger of losing his home because of a financial situation, and asking him to pay me to help him.

ARE THERE ANY COSTS THE HOMEOWNER WILL HAVE TO PAY?

If the homeowner has an attorney consultation, or any other professional consultation where a fee is charged, the homeowner would pay this fee. The homeowner will be asked to continue to pay normal expenses, such as HOA fees. Apart from that, however, there should not be any cost to do a short sale. ■

For more information on short sales, or for a free confidential consultation, contact me directly, or visit my Web site at www.ArizonaShortSaleToday.com.

ORGANIZING

GET ORGANIZED WELL before moving to make the process easier

By Nancy Nemitz

You're moving. You're stressed. I understand. My daughter recently made a major move across the country with her family. There were more than a few glitches. While there will be problems no matter how well you plan, give yourself a better chance of success by going through your things, and selling/donating much, much, much earlier than you are now planning.



Nancy Nemitz

Stop buying in bulk because it's cheaper. It isn't cheaper if you have to leave it behind. Get rid of hazardous materials long before moving day. The people helping you won't appreciate taking it back to their house.

If you are moving to a colder climate, don't pack summer clothes the children will outgrow before it gets warm enough to wear. Shipping is expensive. If it doesn't fit in the moving van or luggage, rethink the plan.

Moving makes people a little cranky. There is so much to think about and decide. Give yourself a break. Start early enough so you aren't so rushed. You will make better decisions. ■

Nancy Nemitz is a professional organizer with Create the Space Professional Organizing LLC, 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.

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LOCAL BUSINESS

This service is Cleaning For a Reason

By Julie Brown

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

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

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

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

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

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

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

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



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

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

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

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

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

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

For more information, call (480) 924-2096, or visit carnationhomecleaninginc.com.

EVENT

MESA PIPE BAND Holds Annual Tartan DAY CELEBRATION

The Mesa Caledonian Pipe Band, Arizona's premier bagpipe band, announces its 14th annual Tartan Day Gala Dinner and Silent Auction, to be held on Saturday March 31, at the Phoenix Marriott Mesa Hotel Ballroom.

This will be an evening of great food, one-of-kind silent auction items, and world-class entertainment by the Mesa Caledonian Pipe Band and the Arizona Academy of Highland Dance.

The event begins at 6 p.m., with no host cocktails and the silent auction. The dinner and entertainment begin at 6:30 p.m. Proceeds benefit the educational and performance programs of the Mesa Caledonian Pipe Band, a 501(c)3 non-profit organization.

Tickets are \$55 each, or two for \$105. In addition, there is a \$20 kids menu available for those 15 and under.

This truly is a wonderful family event. Tickets can be purchased by phone at (480) 641-8073. Reservations are required by March 26. ■



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FITNESS

Karve Method offers isometric interval TRAINING FOR A LONG, LEAN BODY

By Kendra Jordan, owner of k Pilates and Karve Studio

The ballet barre fitness craze finally has hit the Valley after having massive success over the past decade in areas like New York and California. So, what is the deal with this method, and why has it become so popular?

BALLET BARRE FITNESS HISTORY

The ballet barre class structure actually started about 60 years ago by a woman named Lotte Berk. Lotte was a German-born dancer, who was forced to retire from her dancing career due to the injuries her joints and spine had taken over the years, from her high-impact dance training. Lotte didn't want to lose the fantastic physique that her years of dance training had given her, despite the injuries that came with it. So, Lotte worked with her physical therapist to combine proper alignment and orthopedic stretching techniques with ballet-inspired movements that didn't involve any impact on the joints or spine. Lotte's fitness method became very popular in London. Eventually, she was convinced to open studios in New York City. The following continued to grow exponentially. Since her death in 1994, the method has branched out under different namesakes. Now, the ballet barre method can be found in almost every state, including *Physique 57*, in New York; *The Bar Method*, in San Francisco and Los Angeles; and *Karve Studio*, in Arizona and Utah.

HOW DOES IT WORK?

The exercise technique creates a uniquely lean, firm and sculpted body by combining the multiple body-shaping principles of isometrics (small, controlled movements, which keep the muscle working in its maximal calorie-burning range), the body-elongating practice of dance conditioning, the science of physical therapy, and the intense pace of interval training. These all are combined in a progressive exercise format, which quickly



and safely reshapes and elongates muscles. The results are the long, lean lines of a dancer:

- Firm, elongated muscles
- Reduced body fat
- Improved posture
- Long, narrow thighs
- A lifted seat and defined hamstrings
- Strong, flat abdominals
- Increased stamina and energy

The bulkier muscle fibers of the body (which many women are afraid of developing) react to lifting heavier weights, doing less repetition, and adding more rest in between each set. In ballet barre fitness methods, like Karve, isometric training (using very light weight and high repetition on each area of the body) of the arms, waistline, hips and thighs, as well as the seat area, allows the longer, leaner muscle fibers to develop. This method of isometric training is just as intense, if not more challenging, than lifting heavy weights in a traditional weight-training program. After each body part is worked to a fatigued state, the muscles are actively stretched, using Pilates, yoga, and orthopedic-inspired positions to keep the muscles supple.

These controlled movements are very focused,

effective and safe because the body and mind are constantly working throughout class. If you lose mental engagement, your results will not be as noticeable. Proper alignment is the primary focus, no matter what body part is being worked. In addition, every class



has a variety of positions, which are linked in an interval-based format in order to keep caloric burn at its highest, and impact on the joints at a minimum. Although the class structure is sequenced specifically

to define the body and burn fat, it is never the same workout every time.

Overall, the ballet barre fitness technique is not a dance class, nor does it really resemble ballet at all. Clients in class aren't expected to do the splits, nor are there any dance moves or complicated choreography to intimidate clients. Ballet training inspires the positions and moves done at the ballet barre. However, the aspects of alignment, safety and focus create a well-balanced fitness format beneficial for all fitness levels, even for those who experience difficulty attending traditional group fitness classes.

The secret to any fitness regime is to do something you enjoy, and keep your routine from getting stale. This method provides just that and all of the components (strengthening, stretching and cardiovascular) you need to develop a strong healthy physique. ■

For more information, call (480) 840-1860.

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Parents Serve as Education and Career Coaches IN A NEW GENERATIONAL LANDSCAPE

Submitted by AZ Leaders and Learners

Increased expectations and competition, decreased school resources and the high price of a college education today have parents playing an even bigger role in serving as their young person's academic and career planning coach.

Many parents find themselves transitioning from the traditional role of homework helper/monitor and activities director to a more complex role of helping to determine what classes to take when, encouraging volunteering in the community, and piecing together various parts of the teen's life to build a student portfolio, which will hopefully attract college and scholarship opportunities. This parent-teen partnership is in addition to the typical parent-child relationship, and comes with its own set of challenges in balancing dual roles.

How do we move beyond superficial, transitory or canned markers of success to help your teen find his life's calling? An obvious strategy and influence is, of course, recognizing and encouraging an area of passion for him. This may be a particular subject he enjoys in school (e.g., English), an innate or specific skill he possesses (e.g., being a leader, detailed or analytical, creative thinker, organized) or a natural or well-honed talent to which he is committed (e.g., a sport, music or arts, linguistics).

As young people approach their junior high and high school years, they may also gravitate toward or develop an interest in a philanthropic cause, which has ignited a passion.

As parents, we wield significant influence on our children every day and in a number of ways, including the way in which we support and advocate for our children in their education. Even a well-intentioned parent can easily cross the pencil-thin line existing between being a supportive mentor and the overbearing, over-protective parent of a teenage student. In our zealotry to help, we may push too hard, which can yield negative results for all parties.

Set high expectations and give your children the confidence to achieve them. Let them know you are there if they need/want your help. All they need to do is ask you. Doing too much for them undermines their independence, and perpetuates enabling (on our part), thereby not learning to advocate on their own behalf.

Another not-so-obvious factor of influence on young people today is how we, as adults, discuss our own work and workplace in our homes. Our daily frustrations with our jobs, colleagues, bosses and fulfillment in this area can overshadow any excitement and inspiration young people are looking for to plan their futures. Are we scaring them off from making career-related decisions with negative talk? Part of being a good mentor is teaching young people how to overcome



Mary Martha Gingerella

obstacles, and deal effectively with people of differing personalities. Our work discussions at home also can serve as teaching moments for our young people.

Dr. William Damon, author of *The Path to Purpose*, investigates the seemingly prevailing question impacting today's youth: Why are a high number of young people failing to launch or struggling to find a life pursuit that inspires them? Dr. Damon

categorizes teens' search for their calling into four distinct groups:

1. THE PURPOSEFUL—Those who have found something meaningful to which they wish to dedicate themselves, and have sustained interest over time; possess a clear sense of what they are trying to accomplish.

2. THE DABBLERS—Youths who may have tried a number of potentially purposeful endeavors, but cannot commit to any of them yet.

3. THE DISENGAGED—Young people who have neither a purpose in life nor an inclination to find one.

4. THE DREAMERS—Those who can imagine themselves doing great things in the world, but have yet to do anything to pursue their ideas in a practical way.

Through in-depth interviews and surveys of young people in the 12 to 22 age range, it was noted only about one in five young people expressed a clear vision of their life's direction, what they want to accomplish, and why. Conversely, the largest percentage (approximately 60 percent) of those interviewed did not have any steadfast commitments or realistic plans for pursuing their aspirations.

As busy parents, we are required to wear a number of different hats every day and juggle priorities and a list of tasks, which seem to have a starting point but no ending. So, before adding the important and active responsibility of being your child's education and career planning coach, ask yourself (as the most significant influence in your child's life) these three important questions:

1. Are you armed with the latest information, reality and resources about today's educational and career landscape impacting this generation?

2. Can you create a healthy balance between being your child's supportive, encouraging (yet non-enabling) parent and a purpose-driven, accountable mentor?

3. What am I willing to change, learn or do that could help my child/teen find or explore his life's purpose and passion?

For more information on AZ Leaders and Learners, contact Mary Martha Gingerella at (480) 329-0450, or e-mail at azleadersandlearners@gmail.com. Mary is an experienced coach and family partner who can help you and your children develop a strategy to prepare for college, and she can provide information on scholarship opportunities.



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EVENT

Actor Bill Murray’s Sister to Perform in One-Woman Show

Submitted by All Saints Catholic Church
Sister Nancy Murray, sibling of actor and comedian Bill Murray, whose movies include *Groundhog Day*, and *Ghostbusters*, will be performing her role as *St. Catherine of Siena* at All Saints Catholic Church in Mesa, on Tuesday, March 6, at 7 p.m.



Sister Nancy, a Dominican nun from Adrian, Mich., researched and wrote the 90-minute production. She has performed her one-woman play more than 300 times in various countries and places throughout the world, portraying a saint, “who spoke boldly to popes and princes.”
Sister Nancy’s one-woman bravura performances enchant, inform and inspire adults and school children alike.

Catherine’s story speaks to Sister Nancy’s audiences. They throng around her after each performance. Besides her impressive dramatic skill, Sister Nancy uses her teaching and pastoral skills with her admirers.
The play displays the wit, humor, drama and history of St. Catherine of Siena’s life. The production involves audience participation, and all those in attendance are awed with Sister Nancy’s performance.
Tickets are \$10 per person and \$5 for children ages 12 and under. The production will be held at All Saints Catholic Church, located at 1534 N. Recker Road. Tickets may be purchased at the All Saints office, Monday through Thursday, from 8:30 a.m. to 4 p.m. (the office is closed, from noon to 1 p.m., Monday through Thursday), Friday from 8:30 a.m. to 1 p.m., and after masses on Saturday and Sunday in the All Saints Plaza.
Sister Nancy is the third of nine children, and her famous brother, Bill, is the fifth child. Other Murray brothers involved in the theatre are Brian Doyle, John and Joel, who also have many credits to each of their names. ■
For information, to have your questions answered, or to purchase tickets, please contact Christine or Ann, at the All Saints office, at (480) 985-7655. You also can send an e-mail to cgray@ascsm.org or apalmer@ascsm.org.



EVENT

COMMUNITY IS INVITED TO Barbecue and Music Festival

Submitted by Marilyn Husted Communications Committee
Picture going to an old-fashioned neighborhood barbecue, complete with wonderful food, live music, and fun-filled activities for all ages.
Join your neighbors and invite your friends to the 2012 Barbecue and Music Festival, sponsored by Red Mountain United Methodist Church, in Northeast Mesa, on Sunday, March 25, from noon to 2:30 p.m.
“This is our gift to the community,” said Senior Pastor Mary Bullis. “It will be a fun-filled day, and is free to all our guests.”
The picnic-style lunch will be from Waldo’s BBQ, and will include barbecue sandwiches, hot dogs, cowboy beans, coleslaw, potato chips, beverages, and dessert.
There will be music throughout the afternoon. Margie Mays, an accomplished steel guitarist, will be one of the featured musicians. She began playing this unique instrument when she was just 10 years old, and went on to play with a band, featuring the actor John Agar, called the Freedom Train. Margie also was a part of the warm-up band for the Gatlin Brothers. She has performed in England and throughout the United States, including Hawaii. She now teaches



students how to play the pedal and non-pedal steel guitars.
Margie will display her many talents at the Barbecue and Music Festival when she plays the steel guitar as part of a guitar and vocal trio. The performance, featuring both Christian and country music, will take place during two 45-minute sets in Madsen Hall. According to Margie, this music appeals to all ages, but especially to those who love *old-style country music*.
The opening act will be in the *big tent* behind the church, featuring Jim Moses, an accomplished singer and acoustic guitarist who is well known for his classic folk music and ballads. Also featured will be the Shining Star band, a professional group composed of musicians, who have entertained locally, nationally and internationally. They have performed at many of the leading resorts in Arizona, as well as at half-time shows for the Phoenix Suns and the AZ Rattlers. They are known for offering a wide variety of music, which includes pop and rhythm and blues.
In addition to many other activities, there will be face painting and bounce houses for children. ■
More information is available by calling the church at (480) 981-3833, or visit the Web site at rmumc.com. The church is located just north of McDowell Road on the west side of Power Road.

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brought to you by: **Mesa Uplands Area Market Report**
Sales over \$250,000 for the Month of January 2012

Address	Square Feet	Community	Sold Price	Short Sale or REO
3258 E. Fox St.	3,523	The Groves	\$250,000	X
6847 E. Culver St.	2,399	Sonora	\$255,000	
1954 E. Huber St.	3,465	Orangewood Estates	\$260,000	
8713 E. Indigo St.	1,513	Mountain Bridge	\$265,000	
9459 E. Minton St.	2,410	Boulder Mountain	\$269,000	
4446 E. Elmwood St.	3,150	The Groves East	\$272,100	
1727 N. 93rd St.	2,395	County Island	\$290,000	X
1502 N. Bernard Cir.	3,365	Sierra Estates	\$308,500	
8739 E. Hillview St.	2,862	Grandview Estates	\$315,000	
908 N. Creston	5,200	The Groves	\$325,500	X
8764 E. Nora St.	2,780	Madrid	\$330,000	
3815 E. Mallory St.	4,537	El Camino Dolce	\$360,000	X
2129 E. Norcroft St.	2,976	Groves at Hermosa Vista	\$378,000	X
3817 E. Leland St.	3,083	Spyglass Estates	\$400,000	X
9644 E. Inglewood Cir.	3,310	Whisper Mountain	\$405,000	X
9726 E. Inglewood Cir.	3,310	Whisper Mountain	\$426,000	
7112 E. Ingram St.	3,008	Annecy	\$426,831	
3403 E. June Cir.	3,992	Arboleda	\$461,000	
2048 N. Miramar	4,200	Hermosa Groves South	\$500,000	X
9341 E. McKellips Rd	6,087	County Island	\$975,000	
3925 E. Norcroft Cir.	7,400	Rosewood Estates	\$1,000,000	X
2455 N. Maple	7,105	Vista Estancia	\$1,000,000	

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

LOCAL BUSINESS

MONITOR YOUR HOME from anywhere in the world

By Dawn Abbey

Suppose you are a native of Alberta, Canada, who recently purchased a winter home in Mountain Bridge, and sometime in July, when you're back in the cool northern climes, you hear on the news the Valley is being assaulted by a gigantic haboob. Or maybe you're a local family just away on vacation, and hear the same reports.

You wonder, "Is my house OK?" No worries. Just check your computer or smart-phone, and in seconds you can see your pool, your front yard, and the entire interior of your Northeast Mesa home.

"This is all possible with your Internet-enabled surveillance system, and at a very affordable price for your peace of mind," said Pete Sachs, owner of Kodiak, a division of The Home Security Company of Mesa. "Everything technological in the home today can be connected to the Internet, and monitored from any computer or smartphone anywhere you have Internet access."

Mesa residents Pete and wife, Gail, have provided security systems and other low-voltage systems in the Valley and statewide for the past 19 years. "Kodiak is a one-stop shop for all low-voltage needs, and we carry the most state-of-the-art equipment," Pete said.



Pete and Gail Sachs

Low-voltage technologies include such things as home alarms, computer networks, multi-media home entertainment centers (speakers, volume controls, stereo components and flat-screen TVs, etc.) surveillance-camera systems, specifically designed for the home and small businesses, cable TV, telephone jacks, radio intercoms and even central vacuum cleaning systems. "Generally, these systems are installed during new home construction," said Pete. "Previously, about 95 percent of our installations were in new custom homes, and we are still doing new homes with a popular local builder, but with fewer new home starts, and the downturn of the economy, more people are remodeling. So, our focus has shifted to existing residences."

The big question most homeowners are going to ask is, "Will installing wiring or a central vacuum in my house make a huge mess?" "Not at all," assured Pete. "When we install in an existing residence, we can fish a wire inside

a wall, from the attic, with little disturbance to the room itself. I still prefer hybrid systems, using a combination of hardwire and wireless technology." A central vacuum is the same situation. "As long as there is ample attic access, it is quite possible to install a central vacuum system, with little or no drywall repair needed," he explained. "If you have allergies in your family, a central vacuum is the way to go. Dust and dirt are collected in a filtered canister in the garage, and air is exhausted to the outside of the house. No dust is ever released back inside the home." According to Pete, Kodiak's alarm service sets them apart. "Unlike other alarm companies, when we install an alarm system it is complete—it covers all operable doors and windows," he said, "not just front and back doors, or just a few windows, and you won't have to sign an iron-clad, long-term contract with high monthly payments." Kodiak is one of the few alarm companies that does not require homeowners to purchase monitoring for their alarm system. "If they want monitoring, we still charge the same as we did when we first started—\$20 a month, for a 24/7, one-year contract," Pete said, "regardless of the amount of equipment, openings or size of your home." ■ To obtain more information regarding what technologies are available, and what is best suited for your needs, visit kodiakaz.com, or for a free estimate, call Pete at (480) 984-6813.

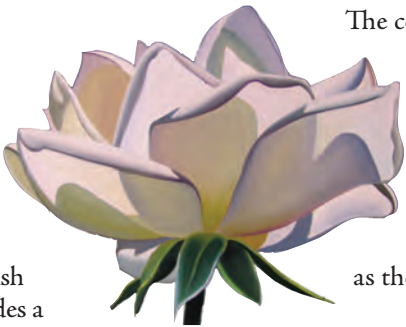
EVENT

MAHNAH CLUB CHARITY NIGHT Features Local Artists

By AnnElise Makin

With a fine sense of beauty, the Mahnah Club of the East Valley has gathered some of the best local artists for its *Inspired by HeART* annual fund-raising event scheduled for Saturday, March 31, from 6 to 10 p.m.

Inspired by HeART, showcased at the Inspirador party spot, with its fabulous Spanish Colonial décor in downtown Chandler, includes a spread of hors d'oeuvres, cocktails, an amazing silent auction and memorable entertainment by flamenco guitarist Chris Burton Jacome. Promising to be an all-round festive time, the soirée will kick off with a magnificent jazz trio, and will feature local artists and their works.



The centerpiece of the charity night will include children from Mahnah Club's designated charities, Save the Family Foundation of Arizona and the Child Crisis Center, who will present artwork during the live auction. Proceeds from the event will benefit these select charities, as well as the high school scholarship program.

Local artists have donated many attractive works to the auction. Contributors include Dyana Hesson (painting), Marcia Wenbert (painting), Joe Robertson (painting), Beverly Gentry (photography), David Vogt (glass), Ernie Nickels (metal), Farrady Newsome (ceramics) and Sioux Westbury-Kaufman (gourd art).

Artists will represent their work at the event. A percentage from the art sales proceeds also is being donated back to the charities.

ABOUT THE MAHNAH CLUB AND ITS CHARITIES

For more than 50 years, members of the Mahnah Club, a nonprofit 501 (c)(3) women's service organization, have worked tirelessly to support charities serving to improve the lives of children, and provide supportive family units.

Save the Family Foundation of Arizona provides transitional housing and support services to assist families break the cycle of homelessness. The Child Crisis Center, founded by the Mahnah Club, provides

a safe environment for children in need, and supports services to help strengthen families. The Mahnah Club also presents scholarships to service-oriented high school seniors, who might otherwise not have the opportunity to attend college. ■



Inspired by HeART Arts Soirée Mahnah Club Charity Fund-raising Event

WHEN: Saturday, March 31, from 6 to 10 p.m.
WHERE: Inspirador, Downtown Chandler, 63 E. Boston St.
WHAT: Art, wine, flamenco, jazz, auction and lots of tasty treats
Priced at \$80 per person, tickets can be obtained by contacting azhorns@msn.com. A few weeks prior to the event, select auction items can be viewed at www.biddingforgood.com. In addition, cash donations to benefit these charities also can be made at this site.

Mahnah Club encourages anyone wishing to make a difference in the lives of others to join them at *Inspired By HeART*. For more information about *Inspired by HeART*, Mahnah Club or their charities, check out the Web site at www.mahnahclub.org.

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COMMUNITY

United Food Bank Drew Hundreds at Produce Bonanza

By AnnElise Makin

More than a hundred people lined up one early Saturday morning in front of the United Food Bank (UFB) location on East Javelina Avenue in Mesa waiting for fresh produce to be given away at the Community Produce Bonanza.

"This program was a whole new idea for us," said UFB Chief Development Officer Lisa Goin, who had helped start this outreach. Since Arizona growers had donated large quantities of citrus and vegetables, the UFB decided to make the goods available to the general public.

"There are so many people going hungry in the community, who don't directly benefit from our agencies' services," Lisa said. "So, we took this opportunity to help additional people."

Two large bins with lettuce, numerous grocery bags of tomatoes, and many other nutritious produce that did not make the cut for retail, by fault of shape or size, found grateful recipients.

"We are lucky that citrus is so abundant in Arizona," Lisa stated. Altogether, one million pounds of citrus had been gathered statewide this year. These fruits had

either been donated by growers or gathered through volunteer neighborhood gleaning efforts.

Thus the Mesa Produce Bonanza, too, had plenty of oranges, lemons and grapefruit to share. By noon, more than 300 people had come for the healthy stuff.

"It was a wonderful morning," Lisa recalled. "People were so happy about the good quality produce, and asked us if we did this often. But for us, too, this was the first Produce Bonanza."

The favorable welcome of the produce giveaway confirmed what Lisa has observed many times before—the face of hunger has changed. It has become more inclusive—not a good thing. Hunger is now affecting all ages and facets of society.

"We saw people of all ages, single, elderly and families," Lisa recalled. "And everybody was so thankful." ■

Meeting people's basic needs, especially providing nutrition, has become a growing challenge. If you would like to help United Food Bank, or, if your school, business or organization is interested in organizing a food or donation drive, you can download the forms and information at www.unitedfoodbank.org/.



United Food Bank Benefits from Successful Drives

Thanks to some creative food drives from businesses, schools and community friends, United Food Bank was able to help an increased number of hungry people this winter season. This is how some organizations helped.

TURKEY DRIVE INCREASE

Last fall, United Food Bank collected more turkeys, nonperishable items and cash for their turkey drive than in the previous year. The community donated a total of 6,400 turkeys in 2011, compared with 5,000 in 2010, due in part to the creative efforts of the various turkey drives in the community. Frontrunner was the City of Mesa, with a major turkey collection day, *Turkey Tuesday*. City employees topped off efforts with 411 turkeys and more than \$3,000!

ARTISTIC BINS FROM ARIZONA STATE UNIVERSITY

Arizona State University students helped United Food Bank this holiday by painting food drive bins. Food drive bins are used daily in schools all over the East Valley. With more than 180,000 pounds of food, and close to \$11,000 coming in from schools last year, these bins are essential to the success of the food drives. Their new paint jobs make them easy to spot on participating school campuses.

BOY SCOUTS CONCERTED ACTION

At a time when the United Food Bank was down by about a million pounds of food, the Boy Scouts Grand Canyon Chapter kicked in with massive action. The Scouts distributed flyers to households, inviting people to donate nonperishable goods from their cupboards. In this nationally replicated campaign, the Mesa Food Bank benefited tremendously. The Scouts brought in 154,000 pounds of food, remarkably exceeding last year's 125,000 pounds (22.5 percent increase).

EDUCATION

Self Development Charter School offers unique program

By Rachel Hunt

Students attending Self Development Charter Schools (SDCS) have a unique opportunity to attain important educational goals through the Six in Four (SIF) program.

SIF is an option for high achieving students in fifth through eighth grades. Students must excel in all academic areas. To enroll in SIF, students begin their program in fifth grade, during the 2012– 2013 school year.

In today's world, it is critical for students preparing for careers in science, technology, engineering and math to receive early exposure to the core coursework.

Participating in the SIF program allows those students who are ready to complete necessary math and science classes early. For example, students will complete Algebra II in the eighth grade. Taking courses earlier gives students the option to undertake the challenge of accelerating a high school program and accomplishing six years of schooling in four years.

Science is another focus of the SIF program. In this program, students will have the opportunity to complete chemistry during their eighth-grade year. SDSCS offers this program in our newly built Science Technology Center.

The middle school program also incorporates our

blended language learning program, working with an elite college. This program gives our students the opportunity to learn Latin, Spanish or Mandarin. Students have the opportunity to participate in and receive high school foreign language credit when they have reached that point.

Although SDSCS presently offers an accelerated program, in which all students learn at one grade level higher, the SIF program provides an additional academic and intellectual track.

Eligible students, who complete the SIF program, are allowed to begin college coursework early. In addition, completion may lead to scholarships for academic competency. Therefore, these students will complete two years of college at a faster rate when compared with the pathway typical of middle and high school students. The students benefit from the early exposure to entry-level college classes.

Parent Rebecca Gau enthusiastically supports the program, with both of her sons attending SDSCS. She is a proponent of the SIF program. "I am thrilled that SDSCS



offers the Six in the Four years [program]," she said. "My son is in Algebra 1, while in the sixth grade, and has completed a year's worth of Mandarin. He is excited to do his homework, and still has time for sports and other after school activities," Rebecca continued. "I am confident he is getting the best education possible."

"The program is amazing," stated Max, an SIF student. "I am overjoyed at the fact I can earn college credits in high school."

Consider the SIF program for your student. Space is limited for the 2012-2013 school year. ■

For more information, please contact Jennifer Salvatori at (480) 641-2640. You also can visit our Web site for more information regarding the SIF program and other highly rated programs at SDSCS.

COMMUNITY

BEADS FOR BEAUTIES Boost Cancer Patients' Confidence

By AnnElise Makin

Debi More, from the Ridgeview neighborhood, has a heart for many charities, and last December one more destiny revealed itself to her as she started blessing cancer patients with custom made, gem beaded necklaces.

Beads for Beauties launched its kindness during the Christmas season at three oncology departments, at Ironwood Cancer Research Centers in Mesa and Chandler, as well as the Mayo Clinic's Hope Center. Much to their surprise, close to a hundred women in chemotherapy each received a beautiful piece of jewelry.

"You won't believe this," Debi said. "Almost all necklaces matched perfectly with the tops the ladies were wearing." Picture a lapis design sprucing up a denim top, or a black and white necklace uplifting a grey sweater. Synchronicity had worked its pizzazz into matching these pretty adornments with their ideal recipient.

"The patients were overjoyed," Debi recalled. "One woman started crying over receiving such a beautiful, unexpected gift that reminded her of the good things in life. When we left, the women were clapping and cheering and had smiles on their faces."

The idea for *Beads for Beauties* started at a yard sale, where Debi was selling her jewelry. A woman asked her, "Would you ever give such jewelry out to oncology patients?" Debi took the brazen hint, and went straight to work. She has had a passion for jewelry ever

since she took a beading class seven years ago.

"There are about 10 ladies who have always done jewelry," Debi stated. "When I told my friends about it, they wanted to help and jumped in." The next thing was making connections with local oncology departments. After two weeks, several responded.

And isn't it another kind coincidence that two of these chemotherapy patient advocates, Linda Houser, from the

Toward this objective, *Beads for Beauties* recently made 200 napkin rings using five different colors for a Banner Health yearly fund-raising spring event. These napkin rings can also be worn as bracelets. In tune with the spring season, the colors of the rings were yellow, green, blue, purple and pink.

The *Beads for Beauties* project must go on, but beads are expensive. Debi is now looking for sponsors, bead donations, as well as more supporters who share her vision.

Debi's employer, Responsive Data, has already made a significant contribution to *Beads for Beauties*, and the Beads Galore store has donated several



bags of beads. Recently, to support the charity cause, the Bloom Studios, of Gilbert, has started displaying Debi's necklaces for free in their wellness store.

"We all give to charities at Christmas, because that is what we do," Debi said, "but cancer does not go away at Christmas. These ladies have it all the time." That is how strongly

she feels about her mission.

"As long as I can do this, I will continue making necklaces for ladies, who could use a gift from someone they do not know," she said.

"Each necklace is a tangible piece from your heart. I know these necklaces make a lasting connection with a cancer patient." ■

If you are interested in joining *Beads for Beauties*, donating beads for necklaces, or contributing financial support, please contact Debi More at debramore2@gmail.com.



American Cancer Society, and Melissa Veselovsky, live within walking distance from her? Take it as you might, Debi saw another beacon for her blessings project. Even Channel 12 has taken notice of the group, and came to photograph the busy crafters for a news segment scheduled for this month.

The Banner Mesa Director of Oncology, Patricia DeBruhl, had contemplated a similar support program. With *My Journey*, from pediatric oncology, the patients would make bracelets. Each of its 18 colors symbolizes a specific medical procedure to support each challenge.

EVENT

Take a Sentimental Journey
WITH A NIGHT IN THE 40s

Submitted by Rick Senffner

The Commemorative Air Force Aviation Museum (CAF), along with presenting sponsor Hensley and Company, invite you to take a Sentimental Journey back to 1943 with *A Night in the 40s* Big Band Dance on Saturday, March 17, with doors opening at 4:30 p.m.

This glamorous event is one of the largest Big Band dances in the country. *A Night in the 40s* event features a World War II 1940s musical show, followed by a Big Band orchestra playing sounds of the era to dancing men and women dressed in period styles—all in the shadow of the vintage B-17 World War II Flying Fortress bomber Sentimental Journey.

Besides being a nostalgic journey back in time, *A Night in the 40s* benefits a worthwhile cause—a fund-raising event for the non-profit CAF Aviation Museum, located at 2017 N. Greenfield Road, at Mesa's Falcon Field, on the northeast corner of McKellips and Greenfield roads. The CAF is an organization dedicated to keeping aviation history alive for current and future generations.

"This is a great opportunity to recapture one of the most important and nostalgic times in our history," said Jack Kelly, Arizona Wing volunteer member and dance chairman. "Events like these pay special tribute to all who fought for freedom during World War II, and allow us to look back on our past."

All those participating in *A Night in the 40s* Big Band Dance are encouraged to come dressed in the style of the 40s. Danny Davis, from AM 1230 KOY, will be the master of ceremonies. A free swing dance lesson will be given by Nathaniel and Elizabeth of Savoy Hop Cats, at 4:45 p.m., to help you get ready to dance the night away!

The entertainment begins at 5:30 p.m. with The Kathy



Donald Jazz Ensemble, a 1940s musical show, with singers and a professional musical set consisting of piano, bass, drums, saxophone and clarinet, and featuring Kathy Donald. At 7:30 p.m., swing time kicks in, featuring the Sonoran Swing Big Band Orchestra, playing favorite Big Band music from the war years.

There also will be a contest for the best-dressed 1940's costume and a swing dance contest. Participants will have the opportunity to have their picture taken in front of the B-17 Sentimental Journey.

Food and refreshments will be available for purchase at the event. Tickets for *A Night in the 40s* are \$35 per person purchased in advance, and \$40 per person the day of the dance. *A Night in the 40s* tickets can be purchased online at www.bigbanddance.com, or at the Commemorative Air Force Arizona Wing Aviation Museum, located at 2017 N. Greenfield Road, or by calling (480) 924-1940.

The CAF Aviation Museum is an all-volunteer, non-profit organization supported only by membership dues, private donations and fund-raising events. No government funding or support is provided. All admission fees and donations are fully tax deductible, as the Commemorative Air Force Aviation Museum is approved under IRS code 501(c)3. ■

For further information, call (480) 924-1940, or visit the *A Night in the 40s* Web site at www.bigbanddance.com. For additional information on the Commemorative Air Force Aviation Museum, visit the Web site at www.azcaf.org.

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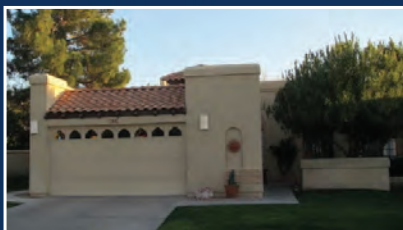
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\$286,000

1,628 sq. ft. 3BR, 2BA, 2G. Oversized golf course lot, plantation shutters & professional landscaping.



\$450,000

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



\$233,000

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



UNDER CONTRACT

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



SOLD

3,523 sq. ft. 5BR, 3.5BA, 3G. Tile counters, two ovens, stainless steel appliances, diving pool, no HOA



SOLD

2,862 sq. ft. 4BR, 3BA, 3G. Granite counters, tile backsplash, pool w/ water feature & Mtn. views.



SOLD

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



UNDER CONTRACT

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