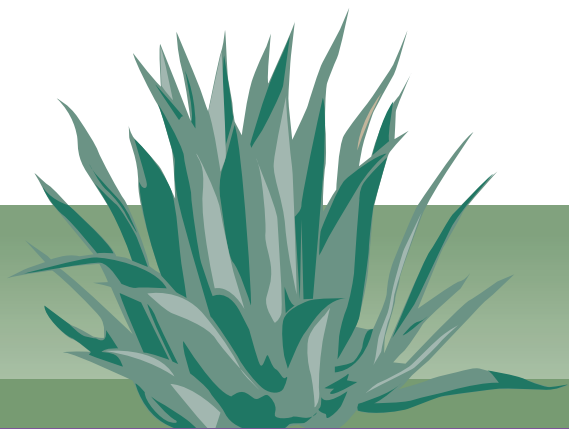


Mesa Uplands Up Close



Bringing neighbors closer to their community

April 2014

Living Word Bible Church Presents EXTRAORDINARY GRACE WOMEN'S CONFERENCE

Submitted by Living Word Bible Church

In the Northeast Valley, there is one non-denominational church you can visit where you are encouraged to be yourself, knowing you will be loved and accepted for who you are.

This church is The Living Word Bible Church (LWBC), located at 3520 E. Brown Road.

Founded in 1986, by Drs. C. Thomas and Maureen Anderson, LWBC is a Christ-centered, spirit-filled Bible church committed to the message of grace, faith, family and God's Word. With campuses located throughout the Phoenix Valley, LWBC is building strong relationships with God, home and family. Along with their two sons and daughters-in-law, God has helped the Andersons build LWBC, the 12th fastest growing church in America, with its membership totaling nearly 13,000.

Today, LWBC reaches millions of people here in Arizona, across the nation, and around the world via the Web site, books, teachings, television shows, conferences, a record label, and community outreach events. Each year, thousands of lives are changed, and hearts are turned back to God through the ministries of Living Word Bible Church.

Dr. Maureen Anderson has been teaching the Word of God since 1976, and her heart is to help women live up to their potential, and walk in their God-given destiny. Dr. Maureen is a best-selling author of several books, with her most recent release entitled *Who's the Boss and Damaged DNA*. Other favorites include, *Making Impossibilities Possible*, *Confessing God's Word* and *Making Marriage A Love Story*.



Dr. Maureen Anderson

Dr. Maureen also is a highly sought international speaker. She relates to women by using her own experiences of overcoming obstacles in life. Through God's love and grace, she believes there is no limit to the potential women can achieve. Every Wednesday morning, you can catch her hosting a women's morning Bible study. She takes personal interest in the lives of the 100 or so women who attend the Bible study tea each week.

If you need inspiration in the comfort of your home, you can hear her teach every Sunday at 6:30 a.m. on AZ TV 7/Cable 13.

In addition to all the work she does, Dr. Maureen also sponsors Foster Initiative. This Arizona charity fosters more than 14,000 children in the state.

This extraordinary woman, as her church members call her, is excited to host an annual women's conference each year in Mesa. This year, the Extraordinary Grace 2014 Women's Conference will be held, from May 1 through May 3, at the church located at 3520 E. Brown Road. The goal of the conference is to teach women about the unfailing grace of God working in their lives, and to show them how this grace can bring them into freedom and blessings, which are far beyond what they would ever hope, imagine or dream.

The conference pre-show, to be held on Thursday, May 1, at 6 p.m., is called *Extreme Grace Over: Real Women. Real Grace*. This life-changing show will feature and highlight the testimonies of women who have experienced the grace of God in their lives. The pre-show also will honor women veterans who have served this country with honor and distinction.

This year's guest speakers include:

- Taffi Dollar, of World Changers Church International, College Park, Georgia.
- Christine Martin, founder of the Ultimate Woman Summit.
- Audrey Meisner, current host of the television program, *It's A New Day*, which can be streamed 24 hours a day, seven days week, on the Internet, at www.newday.org.
- Genette Howard, an international speaker, author and spiritual leader.

The cost of the three-day conference is \$29 (conference only), and \$44 when also attending the brunch on Saturday, May 3. A special rate for single moms and students is \$5.

Mark your calendars. You are invited to be extraordinary, and step into the supernatural power of God's grace. It will be an intimate time with Our Savior, and an amazing time with your sisters. ■

Help True Essence Salon support AVEDA CLEAN WATER PROJECTS

By Dawn Abbey

In honor of Earth Day, on April 22, Aveda has set aside the entire month of April to raise awareness and funds to support Global Greengrants Fund clean water projects in Arizona and around the globe through Aveda Salons for Water projects.

"True Essence Salon, an Aveda Concept Salon, will take an active role in helping Aveda reach its goal," said salon owner Maytee Green. "Everyone in the salon gets involved, and we always have fun doing it. We're asking our clients and the local community to join in our fund-raising events."

True Essence Salon, located at the northwest corner of Power and McDowell roads, is raffling off a huge gift basket of Aveda products, worth more than \$200. Another raffle item is a \$100 gift certificate, which can be used for Aveda products or salon services. Tickets are only \$1 each.

Change lives \$12 at a time with Aveda's specially created *Light the Way Candle* of soy wax scented with organic ginger and ginger lily. All 100 percent of the purchase price helps



protect clean water. The cost of one candle can provide clean drinking water to a family of six for six months. Candles may be purchased online or at the salon.

Since 1999, Aveda salons have raised more than \$32 million, of which \$26 million has supported clean water projects in Arizona and around the world. "Last year, Arizona Aveda salons raised \$19,153 for our local partner, Western Resource Advocates," said Maytee.

Aveda, an international leader in the use of plant-based and organic ingredients in its cosmetics and personal care products, promotes sustainability and environmental responsibility projects worldwide through fund raising and grants, as stated on the Web site. ■

True Essence Salon is located next to Bashas' grocery store, at the northwest corner of Power and McDowell roads. For more information, call (480) 396-3112, or visit TrueEssenceSalon.com. For more information about Aveda's water projects, visit SalonsforWater.org, Aveda.com, Aveda Institute Phoenix at aveda.edu/phoenix, and WesternResourceAdvocates.org.

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Summer fun and learning go together

Submitted by Mesa Public Schools

The Community Education Department of Mesa Public Schools offers a multitude of opportunities to tackle summer boredom for students all over the East Valley.

TWEENS 'N' TEENS

From dreaming up the latest fashions for the runway, to developing business plans and creating culinary confections, Tweens 'n' Teens Connect (TNT), offered at Red Mountain High School, is the place for summer fun for students who have completed fifth- through seventh-grade.

Participants choose from a variety of courses—supported by the Career and Technical Education Department. Students can engage in VAULT, a new interactive program designed to introduce financial responsibility; design clothing and produce fashion shows in project runway; overcome the challenges of baking the perfect frosted treats in cupcake wars; or learn about the art of composition in photography; and much more. Whether they sign up for an individual class or the full day camp, students will embark on enrichment activities, which are fun and age appropriate, but provide valuable learning experiences and opportunities to apply their new skills.

TNT keeps minds stimulated, and exposes students to a variety of careers. Last year, students proclaimed the summer camp an amazing hit, and parents reported an increase in dinner-table conversation, as student's recounted their daily experiences. Teachers discuss the impact of summer retention rates, and confirm the importance of keeping students socially and academically engaged over the summer to ensure a successful return to the new school year.

ELEMENTARY SUMMER SCHOOL

High-quality elementary summer school classes are available at Salk Elementary School, from June 2 through 27. Certified teachers reinforce skills in academic areas, such

as reading, math, computers and science. Special interest classes allow for exploration and exposure to lifetime skills in classes, such as young chefs and young artists. Drama club encourages creative expression, through acting roles, and culminates in a play presented at the end of the session.

KIDZCAMP

From 6:30 a.m. to 6 p.m., Monday through Friday, five campuses will offer KidzCamp for kindergarten through sixth-grade students. Sites include Crismon, Field,

Mendoza, Salk and Wilson elementary schools. KidzCamp offers breakfast and lunch, field trips, arts and crafts, cooking, physical activities, swimming, science technology, engineering and math activities, including Bonanza Educational LEGO, the Enrichment Program using LEGO brand toys to spark the imagination through engineering concepts and a creative mentality, weekly themes and more. This program emphasizes self-awareness and social awareness, thinking skills, creative expression and recreation.

**SENIOR HIGH SUMMER SCHOOL**

Senior High Summer School will be held during June and July, at Westwood High School, and is open to all ninth-through 12th-graders, regardless of residence. These tuition-based classes include science, math, English, social studies, physical education, Spanish and driver's education. It is a great way to get a jump on required courses, or to explore a new elective area.

MESA DISTANCE LEARNING PROGRAM

In addition to Community Education's campus-based programs, the Mesa Distance Learning Program offers accredited computer-based summer classes for students in seventh- through 12th-grade. ■

For registration and more information regarding summer programs, please visit www.mpsaz.org/commed, or www.mdlp.org for Mesa Distance Learning.



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REAL ESTATE

MY MOTHER'S FRIEND'S SISTER'S UNCLE IS A REALTOR

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

You know how it goes—you say you are moving and putting your home on the market, and all of a sudden, everyone has a friend or a friend of a friend who is a REALTOR.

Maybe it's someone in the family. Aunt Betty, who has worked in a doctor's office for years, tells you she has her real estate license, and can help you sell your home. You feel obligated to list your home with a family member or a good friend. How can you say no? Besides, it doesn't really matter which REALTOR lists your home—or does it?

While it's a lovely gesture to want to try and help a friend or family member, or maybe she offers to list your home at a discounted rate. The bottom line is you want to sell your home for the best price in the shortest time.

Now, I'm not saying your family member or friend isn't a great REALTOR, and the best one to sell your home. A lot of the time, however, it's something they just dabble in on the side, or they live clear across town, don't know your area, and won't be available to meet potential buyers to show your home. Interviewing several agents, including your family member or friend, will help you make an informed decision about choosing the right REALTOR to list your home.

With so many REALTORS out there, all the flyers and mailings you receive, and everyone claiming to be the local expert, how do you navigate through it all to find the best REALTOR to sell your home? As in any other industry, all REALTORS are not equal. While anyone can



list your home, it is the education, knowledge, experience and integrity of the REALTOR, as well as the company for which they work that gets your home from a listing to a sold for the best possible deal.

Here are just a couple examples of the knowledge and expertise you should expect from a REALTOR, but there are many more.

Understanding the Market

A top REALTOR will understand the current market. Our market constantly is changing. One minute we are in a seller's market, with a shortage of inventory, and the next, we are in a buyer's market, with more supply than demand. Each market type calls for a unique strategy when listing your home. In addition, knowing and understanding the current market can make all the difference in your home sitting on the market or a successful sale.

Knowing The Area and Neighborhood

If your home is in East Mesa, you want a REALTOR who knows all about the local area, lives and works here, and knows not only about the housing market but the city itself. A REALTOR from Scottsdale may be a great REALTOR, but not know this area, and all it has to offer. Therefore, she may not be the best REALTOR to sell your home. A REALTOR who lives in your community has firsthand knowledge of your specific neighborhood, the community, and all the amenities it has to offer. This REALTOR knows how to price the homes. For example, a single-story home may get a premium price over a two-story home in one neighborhood but not in another.

Marketing

More than 90 percent of buyers start their search for a new home online. So, having a top-notch marketing plan, which includes all the top Internet sites is a must. It's not just the regular sites anymore, such as Realtor.com, Zillow, etc., but also social media like Facebook, Twitter and YouTube, etc. If your REALTOR doesn't have a strong presence to market your home on all the top sites and social media networks, your listing won't be getting the full exposure to be seen by potential buyers.

Please contact me directly for the full article, and a list of questions to ask when interviewing a REALTOR, or visit my Web site at www.Homes2SellAZ.com.

Lorraine Ryall is a multi-million dollar producer, and recipient of the Coldwell Banker International President's Circle Award. For more information, call (602) 571-6799, or visit her Web site at www.Homes2SellAZ.com.



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A Closer Look at

LAS SENDAS GOLF CLUB

Features Entertainment, Dining & Golf

A Closer Look, Las Sendas Golf Club...is a monthly column written for the Up Close Publication by Las Sendas Golf Club. In this column, you will get an in-depth look at upcoming entertainment, dining and golf events. Our brand is our mission—to reach out to the community with entertainment, dining and golf events as your pathway to fun, recreation and a pleasurable lifestyle.



ENTERTAINMENT

THE VISTAS PAVILION



Live...at Las Sendas Dueling Pianos Thursday, April, 17, at 6 p.m.

The Vistas Pavilion is once again hosting an evening of *Dueling Pianos*, with two pianos and two pianists who sing and entertain with humor. They are accompanied by complex sound systems, and will perform, rock 'n' roll, classic rock, Top 40, R and B, country and songs played by request.

The Chef's Grand Buffet is from 6 to 8 p.m., and the show begins at 8 p.m. Tickets are \$60 per person, or a table of eight for \$400. Only 200 tickets will be sold. To purchase tickets or a table, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

Hold the Date**—Please hold the following dates in your calendar for our 2014 **LIVE... AT LAS SENDAS** calendar of events:

- May 29
- July 17

**Dates are firm, entertainment subject to change.

A KILLER EVENING WITH ROBOCOOP, stars Alice Cooper, Tommy Thayer, Tom Arnold, Don Felder (formally with the Eagles), John O'Hurley and Kevin Sorbo. Sunday, April 27, 4:30 p.m. to 9:30 p.m. Las Sendas Golf Club, 7555 E. Eagle Crest Dr. Alice and Sheryl Cooper personally invite you to a special evening of great food, fun and killer entertainment to kick off the 2014 Rock and Roll Golf Classic at Las Sendas Golf Club. Proceeds directly benefit the teens at Alice Cooper's Rock Teen Center.

This exclusive evening's festivities include a cocktail reception, silent auction, photo opportunities and dinner, as well as live entertainment by Tom Arnold, Don Felder, Tommy Thayer and Alice.

Tickets are \$250 per person.

Your donation helps fund the free music, dance, and occupational training programs offered at The Rock Teen Center, which is changing the lives of teens daily.

Please RSVP to joy@alicecoopersolidrock.com, with your contact information and number of guests. Seating is limited, and available on a first come, first serve basis.

DINING

Easter Brunch

The Vistas Pavilion is once again hosting our famous Easter Brunch, on Sunday, April 20, from 10 a.m. to 3 p.m. Our buffet includes a seafood display with crab and shrimp, chef carved beef tenderloin, pineapple spiral ham, an omelet station, a broad selection of pastries and desserts and much more. The price is \$40 per person, \$15 for children ages 6 through 12.

For reservations, please call Erica at (480) 396-4000, or e-mail her at egomez@lassendas.com.

Weekly Specials at The Patio and The Grille

Sunday	Chef Attended Pasta Bar—\$13.95
Monday	House Fried Chicken—\$14.95
Tuesday	Cioppino (Seafood Stew)—\$15.95
Wednesday	Gold Canyon Angus Beef Meatloaf—\$14.95
Thursday	Garlic Rosemary Prime Rib—\$19.95
Friday	Blue Moon Battered Rockfish and Fries—\$13.95
Saturday	Root Beer Braised Short Rib—\$15.95

Tuesday to Saturday Live Music on the Patio

Coming in May - Mother's Day Brunch

Come and share your special Mother's Day celebration at The Vistas Pavilion, on Sunday, May 11. Our chef has created an amazing brunch buffet to dazzle your mom. Serving time is from 10 a.m. to 3 p.m. For reservations, please call Erica at (480) 396-4000, or e-mail her at egomez@lassendas.com. The price is \$40 per person, \$15 for children ages 6 through 12.

LAS SENDAS GOLF ACADEMY



Mike Malaska has created a golf academy with a team of certified PGA and LPGA instruction professionals in partnership with Malaska Golf and Las Sendas Golf Club. The academy offers extensive golf lessons, programs, instruction, and highly personalized instruction for men, women, juniors, corporate and private groups. The objective is to enhance the skills of all levels, from beginner to tournament players.

We define ourselves as a relationship-driven golf academy, providing the highest level of instruction to clients throughout the Mesa, Scottsdale and Greater Phoenix area. At Las Sendas, the golf improvement of our clients is the first priority of our PGA and LPGA instructors during each golf lesson.

Check out Mike Malaska's first edition of his new book, *I Feel Your Pain: Let's Make Golf Uncomplicated*.

INSTRUCTOR PROFILES



Tracy Berman, LPGA Teaching Professional Class A

Tracy became an LPGA teaching professional in 2005, and is a Class A teaching professional. She currently is a resident of Las Sendas, and

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

promotes and maintains the true spirit of the game for all levels of golfers. She is dedicated to the well-being and improvement of every student to help them achieve a greater enjoyment of the game. Tracy uses an assortment of techniques and tools to tailor lessons to stimulate learning preferences, personal characteristics and capabilities. Tracy's approach to instruction is to put golfers—like you—first.

James Contreras, PGA Teaching Professional—Class A

James began his professional career at Camelback Golf Club after graduating from and playing on the Arizona State University golf team. While there, he won the Assistant Championship, and found his love for teaching, forming their first junior golf program. James then found a summer home in Alaska. He incorporates the use of video and other up-to-date golf applications to help every student, from beginner to the advanced player, get the most out of their game.

David Huffman

David Huffman comes to Las Sendas from Charlottesville, Virginia. He grew up in the Shenandoah Valley of Virginia before attending and playing collegiately for the Tigers of Clemson University, in South Carolina. David competed professionally around the world, winning five professional events, and competing in more than 30 countries. His playing highlight was shooting a course-record 61 in the final round of an event in Johannesburg, South Africa, to win the tournament. David loves to coach and teach, and believes we are not even close to tapping our talent in this awesome game.



Ashley Malaska

An all-around athlete and true competitor from the time she could walk, Ashley has always dreamed of a career in sports. She began her golf career at the age of 16, and went on to play at the University of Arizona. Later transferring to Brigham Young University, she finished her last year of school and graduated with a



degree in business marketing. Along with competing on the local mini tour, she is starting a career in golf instruction for the Malaska Academy at the Las Sendas Golf Club. Ashley is looking toward following in her father's footsteps, and giving people a reason to love the game that has given her so much.

SAVE THE DATE ON YOUR CALENDAR
Second Annual Parent/Junior Golf Tournament

Las Sendas Golf Course
May 3—Shotgun Start at 4 p.m.

This event is open to all junior golfers (ages 5 through 15) of all skill levels, as well as the parents, grandparents and special adults in the junior's life. Participation includes 9 holes with a cart, practice balls, celebration meal, prizes and an afternoon of fun. Don't miss the opportunity to spend quality time with your junior, playing the best game there is.

COMING SOON

Junior Golf Sticks Summer Program
Starts in June, from 7:30 to 9 a.m.

Additional information and registration forms are available at the Las Sendas Golf Shop. Call (480) 396-4000, or send an e-mail to tberman@lassendas.com.

TIME FOR A GOLF BAG MAKEOVER!

Are you sick and tired of getting out driven by your buddies? Would your golf clubs be better off in a golf

museum than in your bag? Are there days when you actually wish the airlines would lose your luggage...or at least your golf clubs?

It sounds like you are due for a golf bag makeover. The end of January and February are big months for the golf equipment industry, as all the latest and greatest trends in technology are unveiled and released at the PGA Show, in Orlando, Florida.

We jumped on the bandwagon, and picked up a terrific assortment of demo clubs, so you can *try it before you buy it*. We have stocked the shop with many of the great new releases, and, as always, we are happy to special order. So, come on in and see for yourself what all the hype is about. Try the new X2Hot woods and MacDaddy wedges, or see how you like the newly released golf ball by Callaway, Speed Regime 1, 2 or 3. The latest trend in putters is the new SuperStroke grip, and we've got them on the new Odyssey putters. We also have four Titleist Trail sets (913 woods and AP1 or AP2 irons).

Is Ping more your style? We have the Ping I25 woods, released just Feb. 13, as well as the latest in Ping putters. Time to stop *letting* your buddies take your money on the course. Step up your game. While you are doing your makeover, you might as well refresh your look with a hot new golf bag, from Ping or Callaway. See you at the club.

BASEBALL

We have stocked the Golf Shop with Diamondbacks gear, as well as all your local favorite Cactus League teams. This year, when you head out to the ballgame, be sure to *Support your Team* and *Wear Your Las Sendas Pride* as you cheer them on.

TEE TIMES

Things are in full swing here at the golf course, with all of the winter residents, as well as oodles of visitors escaping the cold to enjoy the beautiful Valley of the Sun. The golf course is filling up weeks out, very quickly. So, please be sure to reserve your tee times early to ensure yourself a spot. The best way to book your time is to go to our Web site at www.lassendas.com. Here, not only will you find information about our golf course, amenities, and the facility, but it also is where we post our lowest rates first. ■

THE VISTAS PAVILION
LAS SENDAS GOLF CLUB

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Easter Brunch
THE VISTAS AT LAS SENDAS
Sunday, April 20th • 10am-3pm
\$40 for Adults
\$15 for Children (Ages 6-12)
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Seafood Display with Shrimp & King Crab
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COMMUNITY

Las Sendas Mom Makes a Difference for Children's Cancer Network

By Sharon Wozny

On Feb. 22, Kelly Anderson opened her home for a boutique event, which included Alice Jordan, from Thirty One; Christine Covey, of Gold Canyon; Dasche Williams selling Premier Designs; and Dana and Tizzi, of Tizzi's Interchangeable Flip Flops.

Sunnyside Café and Las Sendas Golf Club donated the food. Mary Beary, of Beary's Secret Treasures, was there with scrumptious cookies and cupcakes. Each vendor donated raffles for the event, as well as Cathi Sabin, of Coco Milano's; Autumn, of Hot Lotus Yoga Studio; and Heather, of No Snow Stand Up Paddle Board; Cosmos Salon and Day Spa; and Bella Boutique. Kelly purposefully chose local women business owners.

Why would she do this? Kelly is a cancer survivor, diagnosed with leukemia three-and-a-half years ago. She knows what it feels like to have the love and support of friends and the community. Now, cancer free, Kelly is a volunteer with Children's Cancer Network (CCN). She supports their mission of being there for the whole family through the cancer journey. "Let's do something for the moms of CCN," Kelly said.

Through her own experience, she knows the zip top utility totes

are to go bags, which could serve as a place to keep everything a mom of a child with cancer needs to hold onto, including papers, snacks, drinks, medicines, tissues, books or resources. "Although it may seem small, a pretty gift just for a mom brings a spark of hope, knowing other moms and Children's Cancer Network are out there and care," Kelly stated.

The generosity of the vendors was overwhelming, as were all the attendees. A total of 65 totes, valued at \$2,500, have been donated. Tizzi's offered 10 percent off the price of their interchangeable flip flops, and gave 10 percent back to Children's Cancer Network, along with other donations totaling \$500.

Christine Corey, of Gold Canyon, gave a percentage of her sales to the organization. In addition, 100 Gold Canyon room sprays were donated to be included in the totes. Premier Designs Jewelry consultant Dasche Williams donated \$650 in jewelry to be given to the moms and auctioned at the fashion show.

This delightful event could not have been possible without Kelly's generous spirit, Children's Cancer Network, and all the fabulous vendors and attendees who made this event a success.

Together, they are making a difference one mom at a time. ■



LOCAL BUSINESS

COSMOS STYLIST STARS ON TRAVEL CHANNEL REALITY SHOW

By Dawn Abbey

While Cosmos Salon and Day Spa is well known for catering to local celebrities, one of its own stylists is now a celebrity, herself.

Allison Colburn, an 11-year member of the Cosmos team, and her husband, Brinton, were chosen to appear in an episode of the Travel Channel reality show *Trip Flip*, which airs in an hour-long special on Wednesday, April 30.

Allison explained their adventure started last August when she and Brinton decided to take a motorcycle trip up the West Coast. They rode together on Brinton's Harley Davidson Sportster, hanging out at the beaches and local landmarks along the way. "Brinton is a huge motorcycle lover," Allison said. "So, this was a real dream vacation for him, and I enjoy riding, too."

One afternoon, they stopped for lunch at Neptune's Net restaurant in Malibu, California. "The place is famous as a big biker hangout, so we wanted to see it," said Allison. "There were a lot of awesome bikes, wild tattoos and colorful characters there. So, we weren't surprised to see a camera crew wandering through the crowd."

They were shocked and surprised, however, when the crew came over to introduce themselves, and asked the couple if they would like to be filmed for an episode of *Trip Flip*.

As the crew explained, in each episode of *Trip Flip*, the show's host, professional fun-seeker and travel expert, Bert Kreischer,



convinces two random people to spontaneously agree to a three-day surprise vacation. The couple is led on an action-packed itinerary stacked with VIP access, accommodations, gourmet food, unexpected twists and celebrity appearances. Every *Trip Flip* is designed to steer vacationers off the beaten path, out of their comfort zones, and into life-changing travel experiences, the *Trip Flip* Web site claims.

"I don't want to eat bugs or be voted off the island,"

Allison explained, "but after talking with them, and them test-filming us, we felt more comfortable about it."

Being an adventuresome duo, the couple agreed, and shortly thereafter were whisked away to a destination unknown to them until their plane landed. The following days were filled with amazing surprises and experiences, during which they participated in incredible activities and events, making them excited, scared, thoughtful and even tearful. Due to the reality show nature of the production, Allison and Brinton are bound to silence about the details until the show airs.

The Colburns are planning a big viewing party for their friends and family on April 30 to watch themselves starring on TV. ■

Cosmos Salon and Day Spa is located on the northeast corner of Power and McDowell roads, in The Village at Las Sendas. Call (480) 844-0707.

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EDUCATION

INTEL VISITS Self Development Charter School

By Jennifer Salvatori
Self Development Charter School (SDCS) is excited to share its second-grade students' participation in a special Science, Technology, Engineering, and Math (STEM) program, offered by Intel.
Vimbai Mhungu, an employee of Intel/Internet of Things Solution Group, leads Intel's Supply Chain Outreach program at SDCS. To facilitate the program, he has enlisted a group of enthusiastic volunteers from Intel.
So far, the grade-two students have participated in two workshops entitled *Intel Fab Day* and *LEGO Car Manufacturing*. Both workshops focused on supply chains. During the first workshop, students learned about sand science, the process of making Intel chips from sand. The second workshop focused on automobile supply chain management. Many fun hands-on activities were incorporated into the workshops. The most popular were the



car competition challenge and clean room suit demo.
This program is a wonderful introduction to STEM fields. It demonstrates the relationship between concepts from each of these disciplines to the real world, and generates excitement for future careers in these fields. This program is one example of the enrichment programs offered at SDCS. ■

If you would like to learn more about SDCS, please contact the front office at (480) 641-2640.



HEALTH

Life coaching can provide emotional freedom tools

Submitted by Sheila Slomski, Breaking Your Barriers

Do you find yourself wanting to achieve more in life or something different, but are afraid to try or too overwhelmed to try? Are you lacking in self-confidence or direction? Are you in a *stuck* place in your job, relationship, training or goals and feel frustrated? Maybe you are simply stressed out by your present circumstances.

These are some of the reasons to try life coaching, as a means of making a change and gaining more freedom, in an effort to attain what you want in life.
Coaching is not ongoing therapy or counseling. Instead, it helps you connect with a future goal you want, but one which may seem unattainable at the present moment or perhaps ever. It helps get more of what you want, and less of what you don't want. In any case, while it is different for everyone, coaching requires you to take action and grow as a person in order to achieve a goal or objective. This is where a coach becomes valuable.

I have been doing coaching for 10 years, and have developed a very affordable process, which empowers the client to move beyond "I can't because..." There are hundreds of negative reasons why we tell ourselves we cannot have success in our work, our relationships, or our educational



dreams, and why we think we need to stay stuck in a place, which frustrates us.
My services include teaching you techniques serving to empower you to do a great deal of your own problem solving with measureable results, and provide places where you will be asked to be accountable for moving forward to what you want. You are the player in your life. I remain the coach on the sidelines, and provide the strategy toward more success and peace.

I have been very successful in teaching stress reduction, and in using a powerful tool called *Emotional Freedom Technique*. This technique is simple to learn and do, with measureable results. It is a lifetime tool you can use as an ongoing self-help technique for all kinds of challenges.
This technique is a combination of acupressure without needles, combined with psychology. Tapping is used instead of needles to reduce and neutralize stress and negative emotions. There is no dispute in the mental health field about the value of this technique. It works.
If you have negative barriers or stress making your life challenging, please give Breaking Your Barriers a try. ■

For more information about Breaking Your Barriers, contact Sheila Slomski by calling (480) 216-0414, or visit the Web site at Breakingyourbarriers.com.

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LOCAL BUSINESS

These Two Companies Provide One Solution for ENERGY EFFICIENCY

By Kimberly Searles

Just about nine years ago, Northeast Mesa resident Al Huss began Southwest InSEALators, a company based on indoor air quality. Al and his team made the commitment to provide an excellent product with first-rate service, as well as to produce healthier and more environmentally compatible buildings on a healthier and more sustainable basis.

As the company began to grow, Al realized the need for a whole home approach.

"We could simply provide insulation," said Al. "But that's only one part of the equation when it comes to energy efficiency."

That's how the second company, Arizona Going Green, came to be. As a full-service energy audit company, Al and his team of certified experts evaluate homes and commercial properties, identifying ways to make it more energy efficient. They also assist with code compliance for builders and home energy ratings, which benefit both homeowners and REALTORS.

"When we do an audit, and find things that can be improved, we can make



referrals to companies to handle that," said Al. "If insulation is the solution, we have the direct connection to Southwest InSEALators. By looking at the whole home, we're able to help homeowners, builders and REALTORS save time and money."

Arizona Going Green is both an Arizona Public Service (APS)- and Salt River Project (SRP)-approved contractor. This means they can make you eligible for some big rebates with APS and SRP. Their energy audits not only can make your home or business more comfortable, but they also can save you money—sometimes between \$350 and \$600 on annual energy costs.

Southwest InSEALators offers both standard and spray foam insulation, and is an authorized dealer for the installation of the Icynene Insulation System, an award-winning product, which is environmentally friendly and promotes green building. ■

Both Arizona Going Green and Southwest InSEALators serve the entire Valley, with Arizona Going Green offering a \$99 detailed energy analysis and report. To learn more, visit them online at www.arizonagoinggreen.com and www.swsealco.com. You also can call (480) 768-7634.

LOCAL BUSINESS

Eagle Electrical Services Suggests Spring Tune-Up

By Kimberly Searles

As Northeast Mesa residents begin their annual spring-cleaning, George Robbins, of Eagle Electrical Services, reminds you to check those small things, which tend to add up later.

"Electrical issues aren't the kind of things we typically picture," said George. "But a little preventative maintenance can reduce your energy expenses."

The first items on your checklist are ceiling fans. While ceiling fans technically do not lower your home's temperature, they create movement in the air, making it feel cooler. You want to make sure they are properly installed and the wires are tight. If not, you could be wasting energy, as well as the extra costs related to the inefficiencies. So, before increasing your ceiling fan usage, it makes sense to make sure they are in proper working order.

Spring-cleaning also is a great time to convert your old incandescent light bulbs to more efficient LED bulbs.

"Incandescent bulbs for lunch are out there, but the supplies for them are dwindling, as LED becomes the go-to for lighting," stated George. "They offer more savings in the long run."

Reducing the heat generated by those outdated incandescent bulbs also can keep your air-conditioning costs down. George also suggests checking with your power company to see if they offer any rebates for converting to the more efficient bulbs.

When was the last time you peeked inside your electrical panel? After putting a lock on that box on the side of the home, most of us forget it is even there. But we

shouldn't. It is the heartbeat of the home. Without it, nothing works.

"The amount of dust blown around here in the desert is cause enough," said George. "It's always a good idea to periodically blow out all the debris that collects inside the panel."

Also check the panel wires. The extreme temperatures between the winter and summer months also can do a number on them. The dry winter air and cooler temperatures make the wires brittle, while they soften during the summer heat. These changes can cause the wires to become loose and not function properly.

If any of these checklist items seem too daunting, George and the team at Eagle Electrical are here to help. Give them a call, and ask how you can ensure your home is operating at maximum efficiency. ■

Eagle Electrical is a local, family-owned business, serving the entire Valley, and is available 24 hours a day, seven days a week, for emergencies. Always current on the latest advancements, Eagle Electrical provides honest work at an honest price. To make an appointment for a free estimate, contact them at (480) 659-4942, or via e-mail at george@EaglePAE.com. You also can visit them online at www.eagleplumbingandair.com.



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COMMUNITY

Spring is the traditional time for planning and performing weddings

By Dawn Abbey

Spring traditionally has been known as the time for weddings, but nowadays, weddings are anytime, anywhere, and as simple or as elaborate as the couple imagines. Northeast Mesa couples have some of the most unique wedding venues from which to choose, each with its own special features and ambiance.

THE VISTAS PAVILION AT LAS SENDAS

The newest wedding and reception venue is The Vistas Pavilion at Las Sendas, at Las Sendas Golf Club. Elevated on a mountainside surrounded by desert flora, green gardens and a stunning mountain backdrop, The Vistas Pavilion was constructed with an oversized wraparound patio, offering breathtaking views of the Valley sunsets and city lights.

Exquisite ceremony packages utilize any of the four carefully designed sites. They are The Vistas Pavilion, Vistas Pavilion Lawn, Vistas Serenity Garden or The Patio at Las Sendas. "Known for the quality cuisine of our three onsite restaurants, our goal is to also bring this expertise to your buffet or plated reception fare, and your rehearsal dinner," said Director of Food and Beverage Dennis Shaw.

The Vistas Pavilion is offering a \$5,000 summer special for weddings booked and hosted this year in the months of June, July, August and September, with an additional 10 percent discount for June and July. The package for 50 to 100 guests includes ceremony, plated dinner, dance floor, linens, cake cutting, champagne and cheese platter in changing room, and much more. Tax and gratuity are additional.

For more information on packages and menus, visit lassendas.com, email info@lassendas.com, or call (480) 396-4000.



ALTA MESA GOLF CLUB



A long-time favorite wedding venue is Alta Mesa Golf Club. "Our new covered patio offers another option to our ceremony, reception and rehearsal dinner sites," said Kim Hind, membership coordinator. "With warm fire pits in winter, and the visual coolness of the golf course greens and lakes in summer, it's a great place to watch the sunsets."

Always popular is the huge entry foyer, with its vaulted ceilings and the adjoining outdoor terrace and manicured lawns, providing a garden-party atmosphere. The entire clubhouse sits on a knoll overlooking the golf course greens and lakes, and offering spectacular sunset views. Inside, the large ballroom can seat up to 150, or the entire club can be booked to accommodate up to 300 guests.

"We can provide everything, from seating and music, to décor and delicious cuisine," Kim said. "Our event planners do all the work. We take the drama out of details."

Alta Mesa Golf Club is located at 1460 N. Alta Mesa Drive. For more information, send an e-mail to kim@altamesagolf.com, or call (480) 832-3257.

CHAPEL AT THE FARM

Maybe you just want to elope, or have a small, intimate wedding in a casual environment. Chapel at The Farm, at Farmhouse Village, in Gilbert, may be just the place. The site offers a collection of restored, vintage Arizona buildings set in a tree-shaded park.

Instead of going to the courthouse to elope, you can have Rev. Amy Miller witness your traditional or secular vows. A short ceremony takes place in a vintage farmhouse. Built in the 1920s, the charming structure has been completely renovated and restored to its original glory. With a few added modern and romantic upgrades, this farmhouse is a unique, romantic chic venue. The cost for the ceremony is only \$150.

If you are a member of the active military, Rev. Amy offers a one-hour wedding or vow renewal ceremony free on Tuesdays, for up to 12 guests.

Weddings for up to 20 guests can be performed inside the quaint farmhouse. Outside, the covered Rustic Pavilion can accommodate up to 100. Wedding packages range from \$150 to \$1,350. The chapel staff will coordinate with their experienced vendors for food, beverages, music, photographers and other options.

Chapel at the Farm is located at 397 S. Gilbert Road, between Elliot and Warner roads. For more information, visit chapelatthefarm.com, or call (480) 748-9990. ■



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Entrées

Holiday ham with pineapple and brown sugar, prime rib, portabella mushroom ravioli ala vodka, Zia's ziti, chicken rollatinni, salmon piccata, baked mac and cheese, shrimp scampi, penne Bolognese

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LOCAL BUSINESS

CHARITABLE GIFTS OF Appreciated Property Can Be Complicated

By Brian L. Bentley, CPA
Pearce, Gray and Co.

While charitable gifts of cash are straight forward, complications can and do arise when you make a gift of appreciated property.



Appreciated property has a current fair market value higher than your tax basis in the property. Basis is the yardstick for measuring gain or loss, and, usually, is the original amount you paid for the property. However, special basis rules apply for inherited property, or property acquired by gift, as well as property for which depreciation deductions are allowable, such as property used in a trade or business.

Your charitable deduction will depend upon whether the appreciated property is ordinary income property or capital gain property. Ordinary income property includes inventory and capital assets owned for one year or less. Capital gain property includes capital assets you owned for more than one year, as well as certain real and depreciable property used in a business.

In general, your deduction for ordinary income property is limited to your basis. For example, say you bought stock five months ago for \$5,000. It is now worth \$8,000. An immediate contribution of the stock would give you a deduction of \$5,000, not \$8,000. Now, suppose you bought the stock more than one year ago for \$5,000, and, again, contribute it when it is worth \$8,000. Here, you normally would be able to deduct the

full \$8,000. Plus, you would not be taxed on the \$3,000 in appreciation. That is a far better result than if you sold the stock, paid tax on the gain, and contributed the remaining proceeds to charity.

Unfortunately, not all contributions of appreciated capital gain property give you a deduction for the full value of the property. Rather, your deduction is limited to basis in some cases, including when you contribute tangible personal property, which is put to an unrelated use by the charity. For example, if you contribute a painting to a hospital, and the hospital uses it for display, the use of the painting would be unrelated to the hospital's charitable purpose, and your deduction would be limited to your basis in the painting. On the other hand, a painting contributed to a museum, and used for display by the museum, would not be an unrelated use, and your deduction would not be limited.

As you can see, contributions of appreciated property to charities are a bit more complicated than run of the mill cash contributions. Please contact our office for more information about making gifts of appreciated property. ■

Pearce, Gray and Co. is located at 3514 N. Power Road, Suite 135. Call (480) 835-1124.

Brian L. Bentley, CPA, is a partner at Pearce, Gray and Co., and has been with the firm for more than 10 years. He focuses on small businesses and multi-state taxation.

ORGANIZING

Doing Something OUT OF THE ORDINARY PROVES TO BE GOOD THING

By Nancy Nemitz

Remember the rains we had last month? Well, I thought it would be fun to put on the clothes I walked in on the Camino de Santiago, and get drenched walking wherever my feet took me.



I walked only about five houses down when I saw a neighbor's car trunk open, with her purse sitting on top of packages. After waiting for a minute to see if she would come back outside, I knocked on her door. I was correct in that she had forgotten all about leaving her trunk open. I thought, "This is why I got the nudge to go for a walk."

Sometimes, doing something a little bit out of the ordinary puts you in the place you are supposed to be. ■

Nancy Nemitz, professional organizer, lives in Red Mountain Ranch. To see what other things she gets herself into, follow her blog, or like her on Facebook. You also can go to createthespace.com, or send an e-mail to nancy@createthespace.com.

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LOCAL BUSINESS

Family-owned business treats YOU LIKE ONE OF ITS OWN

By Sharon Wozny

When looking for an auto repair shop, many questions might cross your mind. Who can I trust? Where should I go? What do the other customers say about the shop?

If you are looking for a facility caring enough to make you feel like family, while providing superior service on all makes and models of vehicles, look no further than Schorie Auto Repair. Located at 6056 E. Baseline Road, just west of Recker Road, on the north side of the street, in an industrial complex, is Jim and Amber's shop.

Owners of Schorie Auto Repair for the past six years, this husband and wife team has the experience to repair your vehicle while, at the same time, encouraging preventative maintenance, and offering a rewards program, which comes with a weekly joke.

In high school, Jim loved taking auto mechanics, and always was tinkering on cars—his own and those of his friends. After college, he worked for Motorola, where he traveled, and was treated with respect and friendliness. His experiences associated with traveling stayed with him, and, today, they serve as key elements of Schorie Auto Repair.

Jim, an entrepreneur at heart, as well as a truck and car enthusiast, came back to his love of working on cars when times changed, and a new career was in his future.



Jim and Amber Schorie



He spent a year working in a shop, took owner's training with Amber, and attended the Automotive Training Institute where he honed his skills.

Schorie Auto Repair is a team effort. "We are about long-term relationships and perspective with our customers. We are oriented toward customer involvement with their vehicles."

Customer involvement is encouraged at the shop. "We love to do a *show and tell* with our customers," Amber stated. "See the shop, see what's being done to your vehicle, and ask us why."

Jim shares one important rule at Schorie Auto Repair. "Cleanliness in the auto shop is a must and a strict requirement for mechanics," he said.

The Schories have state-of-the-art equipment, including extensive current diagnostic equipment, as they strive to compete on the same level as a dealership to bring you quality workmanship in a family atmosphere. A master technician, certified in Automotive Service Excellence, is on site. In addition, repairs are guaranteed for 24 months or 24,000 miles, and all written estimates are guaranteed.

Schorie Auto Repair also provides free rides for their customers. When work is being done on your vehicle, they drive you home or to work. They also will pick you up, and bring you back to the shop once your vehicle is expertly repaired.

"They are friendly, and I trust them to fairly evaluate my car needs," customer Brenda said. "My back brakes were worn, but they assured me it wasn't an immediate safety issue, and would reevaluate them at my next oil change."

Open Monday through Friday, from 7:30 a.m. to 5:30 p.m., Jim and Amber reserve their weekends for family time with their three children. They welcome you to their family of auto repair service as they continue to grow, while always offering a personal touch to their repair work and customer interaction. ■

If you are in need of a hardworking and trustworthy mechanic, take your vehicle over to Schorie Auto Repair to check them out. You can reach them at (480) 287-5770. Mention this story, and receive 10 percent off labor up to \$50.



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John Karadsheh

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2366 N MALACHITE	2,154	Boulder Mountain Highlands	\$278,000
957 N SALEM CIR	2,770	Alta Mesa	\$280,000
6822 E HALIFAX DR	2,731	County Island	\$282,000
2533 N SAFFRON	2,744	Villa Royale	\$300,000
2242 E LYNWOOD ST	2,606	Citrus Del Ray	\$304,000
3538 E FAIRBROOK CIR	2,859	The Groves	\$325,000
9661 E GOLDEN ST	2,249	Saguaro Mountain	\$339,000
1421 N BERNARD CIR	2,788	Sierra Estates	\$355,000
2524 N SUNRISE ST	3,379	Sonora	\$360,000
4257 E HACKAMORE ST	2,435	Valencia Park Estates	\$361,000
1446 N ESTRADA	4,253	Grandview Estates	\$363,000
3154 E HOPE ST	2,625	Mesa Northgrove	\$375,000
6510 E OMEGA ST	3,039	Regency at Ridgeview Estates	\$377,000
5345 E MCLELLAN RD #6	3,118	Alta Mesa	\$378,500
8656 E INCA ST	2,850	Mountain Bridge	\$383,500
6338 E OASIS ST	3,161	Mesa Desert Heights	\$384,900
2340 E LAUREL ST	2,773	Citrus Del Ray	\$385,000
7114 E GRANDVIEW ST	3,379	Alta Mira Estates	\$389,000
3126 E FAIRBROOK ST	3,312	The Groves	\$397,000
2505 N LENNOX	2,909	Sonora	\$487,000
2458 E MCDOWELL RD	3,834	County Island	\$550,000
8540 E MCDOWELL RD #84	3,584	Thunder Mountain Estates	\$562,000
2622 N BOULDER MOUNTAIN	3,313	Estates at Boulder Mountain	\$575,000
1045 N NORWALK CIR	3,740	Mahogany	\$585,000
1742 N LUTHER	4,572	Mountain Bridge	\$720,000
2310 N GILA VERDE	3,719	Estrella Vista	\$723,897
8540 E MCDOWELL RD #48	4,536	Thunder Mountain Estates	\$765,000
4004 E HERMOSA VISTA DR	3,800	County Island	\$2,000,000

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



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HEALTH

Alignment in Yoga is a great way to start

Definition: The precise way in which the body should be positioned in each yoga pose in order to obtain the maximum benefit from the pose and avoid injury.

The truth: Everybody is different

Submitted by Hot Lotus Yoga Studio

As yoga teachers, we often hear people state all the reasons why they would love to do yoga, closely followed by their concerns and fears. Common concerns are, "I'm not flexible," or "I can't even touch my toes." Fears always are valid, but none of them, especially these examples, should hold anyone back from trying yoga.

Truth is everybody is different, and there is a wide range of reasons for doing yoga. Not many people are born with flexibility or perfect alignment. It's something that takes time, sometimes years, to improve. The truth is it will never be perfect. We are all born with different shapes and sizes. This includes joints, bones and attitude—well, just about everything. The only thing to do is to take a chance, and let the body be the guide. Be willing to try.

Proper alignment usually is the best place to start. Whatever type of yoga practice, there are some guidelines to follow to ensure proper alignment and advancement.



Honor the body, understanding strengths and limitations. Know there are always ways to modify a pose. Instructors always are there to provide modifications. Ego and competitiveness should not enter the yoga room. Yoga is an ongoing and lifetime practice, and should be surrounded with openness.

COMMON YOGA POSE ALIGNMENT: WARRIOR 1 (VIRABHADRASANA 1)

- Place feet 3.5 to 4 feet apart (right foot forward, left foot back).
- Back foot is turned in 45 to 60 degrees to the right and planted firm.
- Bend into your right knee, keeping your knee directly over your ankle.
- Arms are lifted parallel to each other with an active reach.
- Shoulders move down and firm against your back.
- Square your hips to the front edge of your mat.
- Allow your gaze to be forward or shift upward.
- Palms can touch if desired.
- Repeat other side.

ALIGNMENT WORKSHOP FOR COMMON YOGA POSES AT HOT LOTUS

Join us at Hot Lotus Yoga Studio for an alignment workshop on April 12, from 9 to 11 a.m. The cost is \$39 per person. Space is limited. To sign up, please call the studio at (480) 654-9642. ■

FOOD

BRAIDED EGGS WILL BE A Hit at Sunday Brunch

Submitted by PIEfection

With Easter and Mother's Day next on the calendar, here is a recipe sure to be a hit at a family brunch. PIEfection offers this delicious recipe of Braided Eggs, and encourages you to stop in the store, and choose from a wide selection of dessert pies to enjoy on your special occasion.

BRAIDED EGGS

INGREDIENTS

- | | |
|-----------------------------------------------|---------------------------|
| 1 sheet store-bought frozen puff pastry dough | 7 eggs |
| 2 tablespoons butter | Salt and pepper |
| 1/2 cup frozen hash browns | 1 tablespoon orange juice |
| 1/2 cup red bell peppers | 2 ounces cream cheese |
| 1/4 cup green onions | 1 tablespoon milk |
| 1/4 cup bacon or diced ham | Parmesan cheese |



INSTRUCTIONS

Thaw pastry dough, and roll out on parchment paper to a 10-by-12-inch rectangle. Preheat oven to 400 degrees. Melt butter in nonstick skillet over medium high heat, and cook hash browns approximately 5 minutes. Add in bell peppers and cook an additional minute.

Separately, whisk 6 eggs, green onions, ham or bacon, and salt and pepper to taste. Add to hash brown and pepper mixture, and scramble together just until egg is set. Off heat, stir in cream cheese and orange juice (to preserve the color of the eggs).

Place parchment on a sheet pan. Pour the egg mixture down the center of the pastry dough, and cut diagonal slits along both sides of the pastry. Proceed to fold the pastry over the eggs, alternating from side to side, and form a braid. Whisk remaining egg and milk together, and brush egg wash over the braid.

Sprinkle with parmesan cheese, and bake at 400 degrees for 20 to 25 minutes, or until golden. Cool for 5 minutes and serve. ■

PIEfection is located at 6731 E. Brown Road. For more information about all the delicious pies on the menu, call (480) 218-7437.

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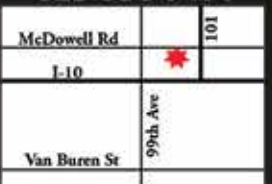


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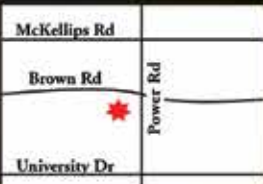
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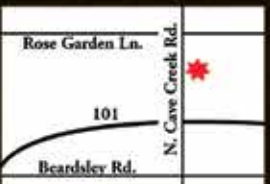
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EDUCATION

Trinity Christian School Blends Music and Art with Basic Studies

Submitted by Trinity Christian School

Although the primary emphasis at Trinity Christian School is on reading, writing and basic arithmetic, we are blessed to have quality music and art classes, which also are classical in nature, and reinforce the primary areas of study.

It is heartening to observe what these young children can accomplish. They rise to the challenge to use their five senses in a remarkable way.

Our art classes are lessons in careful observation, attention to specific directions for producing the desired effect, and precision and care in handling various media and materials. These classes also offer opportunities to learn the terms associated with the field of art, as well as view and study about some of the famous artists of the world.

Moreover, art work from Trinity Christian School is entered yearly into The Arabian Horseshow Art Contest, and also into the Arizona State Fair Art Exhibit. Over the years, our students have placed well in these contests, and, more importantly, they have learned to persevere carefully and diligently toward a goal. Our students have the satisfaction of the fruit of hard work.

Furthermore, the music program at Trinity Christian School is unusual, if not unique. We are

most fortunate to have as a music teacher an accomplished organist who accompanies the students as they sing the hymns and psalms, which are a part of the daily chapel service. Our students sing psalms from the *Great Bible* (an English version in use before the King James version) to *plain-song* accompaniment.

In learning these hymns and psalms, their vocabulary is greatly expanded. Moreover, these hymns and psalms are storing in their minds as Biblical truths, which, although the students cannot understand them all now, will be available to them throughout their lives. Visitors are welcome to join us for chapel on any school morning, from 8 to 8:30 a.m.

In addition to preparing the music for chapel, with the whole student body, other music classes are taught for music theory and form. From an early age, Trinity Christian School students are exposed to rhythm instruments and recorders as part of our musical curriculum. Our older students perform twice a year in our hand bell and chime choir, and have an upcoming performance, which visitors won't want to miss. Visitors are welcome to attend our open house. Student will give a musical performance, which includes our hand bell choir on Friday, May 2, at 7 p.m., in the chapel.

To acquire a sense of how truly unique Trinity Christian School is, we open our campus once a year to prospective parents for visitation week. At this time, parents may drop into classes to obtain a sense of how our students learn. This year, visitation week begins on Monday, April 28 and runs through Friday, May 2, with the culminating event being our 7 p.m. open house. We encourage you to come visit us. ■

For more information about Trinity Christian School, located at 2402 N. Usery Pass Road, call (480) 986-4629, or visit the Web site at <http://www.tcsmesa.org/>. Come see the difference!



LOCAL BUSINESS

Law Group Offers Estate Planning

For Mark Jacobson, shifting the way people think about estate planning is a priority.

Mark recently opened the Jacobson Law Group, located at Power and Thomas roads, in Northeast Mesa. He seeks to bring a fresh perspective to estate planning, tax and business legal services.



"So many people believe estate planning is only for the ultra wealthy members of our community," said Mark. "In reality, it's more affordable than you might think."

More importantly, the heart of estate planning is about protecting what you have—your family and your assets. Jacobson Law Group specializes in protecting both by using strategies involving wills, trusts, powers of attorney and other business entities.

A self-described frugal person, Mark loves helping others protect what they own. He believes estate planning is especially important for families with minor children, to ensure the funds and resources are in place should something happen to the parents.

"Many times, people call an attorney when they have an immediate problem," stated Mark. "With our firm, our goal is to help our clients avoid future problems."

Jacobson Law Group focuses on personal service from a local resident who understands the specific needs and challenges of the community. ■

Jacobson Law Group is located at 3415 N. Power Road, Suite 136. The firm offers legal services dealing with estate, business and tax planning. Find out how you can protect your future by visiting www.jacobsonlawaz.com, or by calling (480) 588-5088. Mark also can be reached via e-mail at mark@jacobsonlawaz.com.

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REAL ESTATE

CONSIDER PURCHASING HOME WARRANTY to Protect Your Investment

By John Karadsheh

When you purchased your home, there is a good chance you received a one-year home warranty.

Whether it was negotiated for you by your agent, or offered by the seller, home warranties are often included with resale transactions to provide peace of mind to buyers and sellers. However, did you know you can purchase a home warranty at any time?



John Karadsheh

To be clear, a home warranty is not the same thing as homeowner's insurance. Homeowner's insurance covers major damage occurring as the result of fire, storms, property crimes and certain types of water damage. This is not an optional policy, and is required coverage by your mortgage company.

Home warranties, instead, cover specific components of the home, such as electrical systems, heating, cooling and plumbing (i.e. water heater and garbage disposal). Home warranties also may cover swimming pools and major appliances, such as washers, dryers, dishwashers and refrigerators.

How do home warranties work? Homeowners purchase a warranty for an upfront annual fee. Warranties run a few hundred dollars per year, and vary based on the warranty company and on the extent of coverage. When something in the home breaks, the homeowner calls the warranty company who, in turn, schedules an approved service provider to handle the repair. The repair company then determines if the needed repair or replacement is covered by the warranty, and completes the work. For each time the homeowner files a claim, and has a repair company come to the house, the homeowner must pay a service charge, usually \$50 or \$60.

There are some drawbacks. Home warranties do not insure you never have to spend a penny on home repairs or maintenance. Home warranties typically will not cover items not properly maintained or improperly installed. They might not handle code violations or unusual wear and tear. Additionally, warranty companies do not let you choose your own service provider. They will choose the provider on your behalf.

Not all warranty companies offer the same coverage or service. Like in all industries, some companies are better than others. To find the company right for you, ask around. Check with your REALTOR® or neighbors, or give me a call to see which companies have the best track record. In addition, always read the fine print in the contract to see what is and is not covered. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative, a Certified Residential Specialist and was the No. 1 residential real estate agent in Arizona by Ranking Arizona, the Best of Arizona Business. 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.



LOCAL BUSINESS

Fundraising is on the April Menu at FLANCER'S

By Dawn Abbey

For the 14th consecutive year, Flancer's Incredible Sandwiches and Pizzeria restaurants are hosting their Pizza-Eating Contest and Fund-raisers to benefit local charities—Warfighter Sports, Sunshine Acres Children's Home and Jewish Family and Children's Services.

The ever-popular Pizza-Eating Contest is set for 11 a.m., on Sunday, April 27, at Flancer's Gilbert location, 610 N. Gilbert Road. The \$30 entrance fee includes a limited edition T-shirt and the chance to win a prize valued at \$500 or more. Miss Arizona will be on hand to present the prize and trophy. To register, call (480) 926-9077. It's always free to come out and watch the fun.



Everyone also is encouraged to support the charities by buying tickets for exciting raffle prizes at Flancer's restaurants, and online at flancers.com, through April 27. Tickets start at \$10 for one, going up to 25 tickets for \$100.

"I want to thank the public, our great customers, my staff and all my sponsors, especially Ben Franklin Plumbing, Shamrock Foods and Dignity Health," owner Jeff Flancer stated. "The support for these events is always tremendous and very much appreciated." ■

For more information about any of the fund-raising events, or to donate to or sponsor an event, call (480) 926-9077, or send an e-mail to Jeff Flancer at jeff@flancers.com.

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LOCAL BUSINESS

Local Handyman Provides Wide Range of Services

By Dawn Abbey

Mike Leonard started his handyman business 10 years ago in Upstate New York after watching various tradesmen work around his own home. "I'd think to myself, 'I can do that,'" Mike stated. "And I told myself, 'I can do it even better.'"

Often, Mike would help out those working on his home projects. "I learned the tricks of the trade," he said. Even though he was employed in his family's business, he and a friend decided to start a side enterprise of remodeling and handyman services. "We remodeled kitchens, finished basements, built decks, and we made repairs," Mike stated.

Since moving to Red Mountain Ranch with their two teenage sons last October, when his wife, Theresa, was transferred with her company, Mike has been busy with his new, locally established 480 Handyman Services. "I work all over the neighborhood," he said, "and I never charge a trip charge in the area."

Mike loves small jobs, too. "Just today," he said, "I replaced and textured a piece of sheetrock, scraped and retouched some paint, glued down some loose parquet flooring, and replaced a toilet and a shut-off valve."

Mike admits he'll do just about any job. "I'll even wash windows," he said. "And if I can't do it, I'll find you someone who



Mike Leonard

can." Mike's favorite jobs are trim work and painting.

He also will do home checks on your house and property when you are out of town. "I'll visit regularly—flush the toilets, check the motion lights, and so on," Mike stated. "And if there's a storm, I can make sure there's no damage. If I find a problem, I e-mail a photo and an estimate for a quick repair."

If you need something done, contact Mike. He will come out to look it over, and give you a free estimate.

"Sometimes, if it's a quick thing, I can do it right then and there," he said reassuringly. "If not, I'll arrange a time to come back. Since I live close by, I usually can be at your home quickly for any repair or project in need of attention."

Mike is dedicated to establishing a working rapport with his neighbors. "I look forward to working with my neighbors, and creating a trust for not only the year-round residents," Mike said, "but also those part-time residents who will have the added security of knowing and trusting someone in the neighborhood is caring for their homes while they are away for the season." ■

Call or text Mike at (480) 226-3986. You also can send an e-mail to 480Handyman@gmail.com, or visit 480Handyman.com. Mike's 480 Handyman Services is insured and registered with the State of Arizona.

LOCAL BUSINESS

AAA GOLD TURNS YOUR Spring Cleaning into Cash

By Kimberly Searles

With the gorgeous weather we have outside, spring-cleaning probably is the last thing anyone wants to do.

If you're going to clean, however, you might as well get paid for it, according to David Perlaza, AAA Gold and Bullion's marketing manager.

So, put down those dusters and brooms. Go through your jewelry box instead, to see if you have any unwanted jewelry. It could earn you hundreds of dollars—right on the spot.

"It's a great way to get that extra cash to maybe upgrade your jewelry collection, or even plan that upcoming summer vacation," said David.

AAA Gold and Bullion makes it easy to convert unwanted jewelry into

money. The accommodating team will appraise your items for free, all the while ensuring you understand the process of cash for gold, as well as the formula applied. There's no pressure for you to make an instant decision.

"Our goal is to make our customers happy," David stated with conviction. ■

AAA Gold and Bullion buys gold, silver and loose diamonds. They also buy platinum. With three Valley-wide locations, you can visit them in Northeast Mesa, at 1152 N. Power Road, Suite 102. Their hours of operation are Monday through Saturday, from 10 a.m. to 7 p.m., and Sunday by appointment only. You also can find them online at aaagoldandbullion.com, as well as on www.facebook.com/AAAGoldandBullion.



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EDUCATION

Students and Teachers Gear up FOR AIMS TESTING

By Sharon Wozny

High stakes testing, or Arizona Instrument to Measure Standards (AIMS), begins in April for Arizona students.

Teachers have been teaching the common core standards, analyzing data to meet the needs of their students, adjusting their groups, and using a variety of teaching strategies to best prepare their students to think critically, analyze their work, and problem solve like no other.

“Good teaching takes place all year round,” said Aaron Kaczmarek, Las Sendas Elementary School principal. And such is the case at each and every school. The students are ready for the test.

AIMS testing creates a new stress level for the students, as well as the teachers and administrators. So, what are schools doing to help keep motivation high, enthusiasm up and stress down?

Kathy Ray, Stevenson Elementary School principal, meets with individual students to look at their performance on Acuity testing the students take three times a year. Together, they analyze the data, and set goals for the future.

Acuity is a predictor test for how the students will do on AIMS. Mrs. Ray also writes notes of encouragement to the students and parents, along with calling the parents to stress the importance of these tests. As an entire school, they will have a jazz concert, performed by the Skyline Jazz Band, to get everyone jazzed up for AIMS.

Another school, Falcon Hill Elementary, led by Dr. Lynn Taylor David, will have a total AIMS celebration after testing. The criterion is the students are able to say they did their best on

the test. “I meet with third-grade students prior to AIMS to reinforce their importance, and to let the students know who looks at their scores, from their parents, to future teachers and me,” the principal said. This is a way she learns how the third grade is doing and what they need.

Principal Kaczmarek is a data guy. He and his staff are monitoring data and students’ performances all year, like the other schools. He provides motivation for his students by giving them a challenge each quarter on Acuity’s Instructional Resources. If they complete 10 instructional resource activities from Acuity in math and reading, each with passing scores, he takes the students who meet this challenge to the park next door to just have fun, and to revel in their success and accomplishment.

Carmel-Ann Ditch, the title specialist at Salk Elementary School, is in charge of the motivating activities. During testing week, each day, every student is given a brain snack and bottled water for hydration. A banner saying *Be a Smart Test Taker* hangs in all classrooms. Since the beginning of the year, the teachers and students go over what each letter stands for on a daily basis, and it becomes part of their thinking. S is for Stay focused, M is for Mark your answers clearly, A is for Always do your best, R is for Recheck your work, and T is for Take your time. This is just another way to instill lifelong learning strategies in the students.

Down the road, Casey Levin is running the celebrations at Taft Elementary School. This year, the teachers will be putting on a skit at an assembly for the whole school, which will send the message to do your best on the test. They also will watch a video on test taking tips, and have brain snacks each day.

No matter what school your student attends, know the best teachers, who love what they do and give 100 percent and more each and every day, are teaching your child.

As a parent, make sure your child is eating a good breakfast, getting to bed on time, and having time to relax and chill just a bit more the week of AIMS.

Best wishes are extended to each and every student during testing week. Remember to show what you know. ■

If you would like to know more of what goes on at your child’s school for AIMS week, contact your child’s teacher.



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EDUCATION

Unique Program Ensures Confident Transition FROM PRESCHOOL TO KINDERGARTEN

By Linda Steiner, MEd, Certified Teacher and Reading Specialist

This time of year, parents begin the search to find a distinctive school for their kindergartners.

This important decision sets their academic future. I welcome parents to learn about Self Development Charter School. The school offers a unique and advanced kindergarten program. This program allows children to begin their educational learning experience in a caring and an intellectually stimulated environment. The classroom introduces kindergarten and first-grade curriculum goals, and encourages concept mastery and academic confidence.

The Self Development kindergarten program prepares children to learn key subject matter, which yields knowledge for a classroom environment transition to first grade. The school's success focuses on teaching children the advanced curriculum in a structured and methodical approach. The classroom concentrates on mastery of math, reading and writing. Teachers teach listening and communication skills, as well as higher level thinking, and provide a nurturing classroom for social growth.

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

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

Parents often inquire how best to prepare their children for kindergarten. Consider starting your child at



Self Development Preschool as a first step. Kindergarten preparation develops success. The preschool is adjacent to the charter school, and offers before- and after-care. The preschool offers an advanced preschool program, allowing children to begin their educational learning experience in an intellectually stimulating environment. Children who attend the preschool master basic concepts, with a precise curriculum taught daily.

The staff at Self Development Preschool simulates the structure and schedule of a kindergarten classroom. The children are engaged in table work, which includes sight words, phonics, spelling, writing, reading and math instruction. The preschool teachers follow the advanced curriculum principles taught in every level of the charter school.

As the programs advances, the children start to read on their own, and build confidence for reading. Mathematical components, including number concepts and introduction to addition and subtraction, are achieved.

The children at Self Development Preschool test higher on phonemic awareness, reading, basic math, as well as exceptional letter formation and penmanship. The result is children are prepared for success to enter any kindergarten program. The school stimulates academic learning in an enriched environment. The goal is retention of concepts using prior knowledge.

In both programs, the level of dedication and devotion displayed by the teachers to instill these essential concepts is amazing. The kindergarten classroom has two certified and professional teachers whose goals are to set these kindergartners up for success. As lead teacher, I see the commitment to the education of students every day, and share my positive comments.

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

Self Development Schools deliver well-rounded educational experiences for your children. These schools offer children the opportunity to develop a love for learning, and a daily challenge to think at a higher level. ■

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SPORTS

POP WARNER inspires youth

Submitted by
Shay Moore

Pop Warner is offering an early registration incentive this month, with a \$25 discount if participants register by April 12. Seeking to provide fun athletic learning opportunities for children, while emphasizing the importance of academic success, Pop Warner specifically familiarizes players and spirit participants with the fundamentals of football, cheerleading and dance. Pop Warner strives to inspire



youth, regardless of race, creed or national origin, to practice the ideals of sportsmanship, scholarship and physical fitness as reflected in the life of the late Glenn Scobie "Pop" Warner. Registration dates are May 3, June 7, July 12 and 19, with the first practice on Aug. 1, 2014. ■

Additional information can be found at www.eteamz.com/spw or on our Facebook page: www.facebook.com/pages/Superstition-Pop-Warner/261962591591.

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EVENT

CONFERENCE AND EXPO Features Healthy Living Through Natural Solutions

Submitted by AZ Whole-istic Living
Conference and Expo

The third annual AZ Whole-istic Living Conference and Expo is coming to the Windemere Hotel and Conference Center, in Mesa, on Saturday, April 26. There will be 70 vendor booths, featuring essential oils, massage therapy, anti-aging products, meditation, healthy meal replacements, energy medicine and much, much more. Vendor booths will be located in the pristine ballroom and in the beautiful lush outdoor courtyard of the Windemere. Booths will open from 8 a.m. to 4:30 p.m., and are free to the public. Camille Smith, Wendi Jensen and Penny Hansen founded the conference. The goal of the event is to *Learn, Connect, Heal*. Come out and connect with individuals and companies dedicated to supporting healthful living through natural solutions. Learn about therapies, services and products, which can help you and your family to heal and live a healthy, balanced lifestyle. The emphasis is on learning.

- The event will feature 17 expert speakers giving classes on the following topics:
- Elegant Edible Landscaping - *Justin Rohner*
 - Eating Whole Foods - *Jane Birch*
 - Peaceful and Loving Heart—Peaceful and Loving Mind - *Glenda Horning*
 - The Victim Addiction - *Victoria Carlyle*
 - Balancing Your Life with Feng Shu - *Sandy Sue Rector*
 - Playful Approach to Emotional Health - *Pam Robinson*
 - Kundalini Yoga Meditation - *Felice Austin*

- Yes and No in the Body - *Jacqueline Freeman*
- Freedom and Power of Personal Responsibility - *Sherri Red*
- Accessing the Physician Within - *Ramona Kleespies*
- How You Do Money, is How You Do Everything - *Jennifer Johnson*
- Understanding and Preventing Disease Through a Plant-Based Lifestyle - *Andrea Lambert*
- Finding Happy! Seven Steps to Master Mind and Mood - *Wendi Jensen*
- Chronic Pain - *Dr. Brett Brimhall*
- Natural Solutions to Mental Illness and Mood Disorder - *Autumn Stringham*
- Health Benefits of Tai Chi - *Michael Sanders*
- Balancing Your Body with Herbs - *Jacque Gurney*

Each conference attendee will have the opportunity to choose four of these amazing classes, as well as have access to the 70 vendor booths throughout the day. Early bird tickets are on sale now for \$50 each, or the Bring A Friend special buys you two tickets for \$90. Both of these deals include a healthy lunch, but this discounted price is available for a limited time only. Tickets also will be on sale the day of the event, at the door for \$75. ■

To learn more about the expert speakers, to purchase tickets, or to become a vendor at the AZ Whole-istic Living Conference and Expo, go to the Web site at www.azwhole-isticliving.com.



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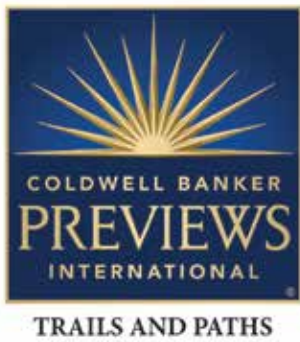
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