

# Las Sendas Up Close

Bringing neighbors closer to their community

September 2014

## Ms. Carol's Gymkids is family-friendly fun



By Dawn Abbey

If you are looking for healthy fun the whole family can enjoy, the new location of Ms. Carol's Gymkids is the place.

Ms. Carol, aka Carol Strongoli, recently opened her new 5,000-square-foot gymnastics, dance, cheer and fitness center, at 116 N. Lindsay Road, not far from her previous location. The new gym features a 40-by 40-foot full spring competition floor, two in-ground and one upright trampolines, single and uneven bars, beams, a 30-foot tumble track, and an area for dance, cheer and adult fitness classes.

"Although our focus is on kids, we thought it would be fun to offer 30-minute adult fitness classes during our daily 60-minute classes for kids," Carol explained. "That way, parents can come and work out, and still have time to watch their children engage in their activities, too. The whole family can participate in exercising."

Carol has made sure families are able take part in the fun. "Because of our special family discounts, it is much

more affordable for parents and several children to be here together. We can even arrange events like birthday parties."

Carol, who is a certified aerobics instructor, has taught in the area for more than 30 years. Many of her Gymkids coaches are young women who were once her students. "In fact, a lot of my students now are children of my previous students," she said. "Because my own family lives back East, I have come to think of all my students as my extended family."

Carol's family-friendly fun has evolved over time. "At first, I had a mobile business," she related. "I would pack all my mats and exercise equipment into my truck, and travel around to local gyms and dance studios, conducting fitness classes for kids. We called it *Mouserercise*," she said with a laugh. "Over time, parents started encouraging me to open my own business just for kids. So, for the last decade or so, I have had my own location. Now, we have an exciting brand new space."

Even though Carol wants her gym to be recreational, for fun and making friends, in a non-competitive atmosphere, that doesn't mean you can't get serious training here, too.

"We train to USA Gymnastics Competition Level 6, and teach all the compulsory routines. If students then want to go on to competition training, they can find the right coaches who will take them on to compete."

"The same is true for cheer. Cheer tryouts can be very emotional and intimidating," Carol said. "Our cheer class trains cheerleader hopefuls in all the required basic skills they must master to, at least, be considered in tryouts, such as doing a back handspring. If they go into tryouts knowing they can really do the routines, they will be much more confident in their performance, and have a better chance of making the squad," she continued. "It's tough

when you have some 60 girls trying out for only 10 or 15 available spots. We want to help them do their best."

Another unique feature of Carol's gymnastic school is that it is performance-based. "We put on our own annual shows, and also appear at events like Phoenix Suns games, the State Fair and the Gilbert Days Parade," she explained. "Our performances serve as a goal for the children to reach, along with all the benefits that go along with performing to an audience." ■

To find out more about classes in gymnastics, dance, cheer, performance or adult fitness, stop by the new location, visit [MsCarolsGymkids.com](http://MsCarolsGymkids.com), or call (480) 777-1033.



## Last Chance for Floating Picnics

Submitted by Salt River Tubing

Chill out, pack a picnic and shoot the rocking Salt River rapids on a tube to beat the heat and enjoy fun in the sun during September.

Salt River Tubing is open Friday, Saturday and Sunday, from 9 a.m. to 6:30 p.m., through Sept. 28.

Why did thousands of tubers flock to the Lower Salt River each week during the summer? Simply, the cool and refreshing mountain-stream waters are an inviting refuge from the scorching Valley temperatures. It also is an inexpensive getaway close to the Phoenix metropolitan area, in beautiful Tonto National Forest.



"September is the perfect month to float on the Lower Salt River," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Enjoy the natural wonders and beauty of Tonto National Forests' recre-

ational paradise, including wild horses, blue herons and majestic mountains. The Salt River offers chills and thrills while tubing, and helps create memorable, enjoyable experiences in the great outdoors."

Enjoy a fun-filled, floating picnic adventure for just \$17, which includes sales tax, as well as daylong tubing, shuttle bus service and parking.

Children must be 8 years old or older and at least 4 feet tall for tube rental and shuttle bus service. Children, non-swimmers and inexperienced swimmers should wear life vests.

Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses. As a security deposit, one valid driver's license is required for every five tubes rented.

Have a great time on the Lower Salt River by responsibly appointing a designated driver before beginning your tubing adventure. Drugs, alcohol and the Salt River do not mix. Therefore, play it safe, and just don't do it. ■

Operating in Tonto National Forest under permit of the USDA Forest Service, Salt River Tubing is located in Northeast Mesa, just seven minutes from Highway 202 East, or 15 miles north of Highway 60, on Power Road. For more information, call (480) 984-3305. Follow or like Salt River Tubing on Facebook and Instagram at [Saltrivertubing](https://www.facebook.com/Saltrivertubing). You also can follow the fun on Twitter at [TubintheSalt](https://twitter.com/TubintheSalt).

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EDUCATION

# Self Development Academy kicks off new school year

Submitted by Self Development Academy

Self Development Academy (SDA) marked the start of a new school year on Aug. 6, its 14th since being founded by Dr. Anjum Majeed, the school's principal.

SDA consistently has been ranked among the community's top performing elementary and middle schools. In 2013, SDA was approved as a Cambridge International Examinations school. This year, the school will implement this curriculum, enhancing the already strong academic programs. Science and technology are areas of focus for the 2014-2015 school year.

Leonard Salvatori, a former environmental engineer and college professor, has joined the middle school faculty this year. With his science background and expertise, he is playing an integral role in the incorporation of the Cambridge science materials. Middle school science classes incorporate the subjects of biology, chemistry and physics (classes typically taken by high school students).

Students will have the opportunity to take Cambridge examinations, providing them with an international benchmark and ability to earn International General Certificate of Secondary Education certificates. Many prestigious colleges and universities recognize the course certificates.

Proficiency with technological skills is essential in this day and age. For the 2014-2015 school year, SDA purchased 15 laptop tablets and 60 laptops, as well as seven interactive boards, allowing for one interactive board per grade level.

Kindergarten students will utilize the laptop tablets in the classroom to reinforce phonics, reading and math concepts. By using the new portable laptops, students in grades one through eight will have the opportunity to learn keyboarding and other word processing programs. Outside resources will be available at teachers' and students' fingertips with the interactive boards.

Additionally, SDA is excited to pilot two robotics programs this fall. The first is the *Lego Mindstorm Robotics* program, for students in grades five through eight. Younger students will have the opportunity to participate in the *First Lego League*. These programs incorporate science, technology, engineering and mathematics. ■

SDA is excited to begin the 2014-2015 school year. If you are interested in learning more about SDA, please contact the front office at (480) 641-2640.



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Among Arizona's Top 5 K-8 Schools 2009-2014



REAL ESTATE

# THERE ARE SEVERAL WAYS TO Start The Home Buying Process

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

Whether you are a first time homebuyer or an experienced homeowner, buying a home can be one of the most exciting, but at times, one of the most stressful of situations.

For most homeowners, it is the single most expensive investment you will make. So, you want to make sure you use all the resources available.

### WHEN TO SEARCH THE INTERNET AND WHEN TO USE A REALTOR

The National Association of Realtors reports over 90 percent of homebuyers searched online during their home buying process. This is a great way to start looking and comparing homes, as well as getting an idea of home prices and information on the area. Once you go from just browsing, to getting ready to actually purchase a home, it is time to enlist the help of a Realtor. Your Realtor will set you up on a property search based on your specific criteria, so you can narrow the search to only the homes that fit your wants and needs.

Another great tool a Realtor can offer is the automatic search notification. If a home is listed, which meets your criteria, you will receive an email of that listing on the same day. This is a great tool to keep you on top of the market, and make sure you are one of the first to view the home. A good home at the right price will go very quickly, and if you are not aware of it until days or weeks after it has been on the market, chances are you will miss out on that home.

A Realtor can help you through the complete buying process, from starting your search, getting prequalified, writing the offer, and closing on your home. They will not only help guide you through the purchasing process, and



negotiate the best terms and conditions, but they also are looking out for your best interest, and will do everything in their power to protect you. Best of all, it doesn't cost you a penny. The seller pays for the Realtor.

### WHEN TO GET PRE-QUALIFIED

I often will get calls from buyers ready to go house hunting. When I ask if they have been prequalified, however, some will say, "Oh, I have a good lender, and can get qualified any time," or, "Not yet. I will do that once I find a home I like." Trust me, you will want to get prequalified before you start looking for homes for several reasons.

Without knowing exactly how much you can qualify for, you don't know what price range of home to look for.

You shouldn't submit an offer without a prequalification. Your offer will not be accepted without one. There are also different degrees of a prequalification. The basic prequalification will just say the buyer has been prequalified based on a phone conversation with the buyer. A full prequalification indicates the lender also has received the application and documentation needed. This is a much stronger prequalification, and, if there is a multiple offer situation, can make the difference as to whether your offer is accepted or not.

### CHOOSING THE RIGHT REALTOR

Most Realtors stay in business because past satisfied clients refer them.

Ask friends and family

if they have a good Realtor who they have used and can recommend.

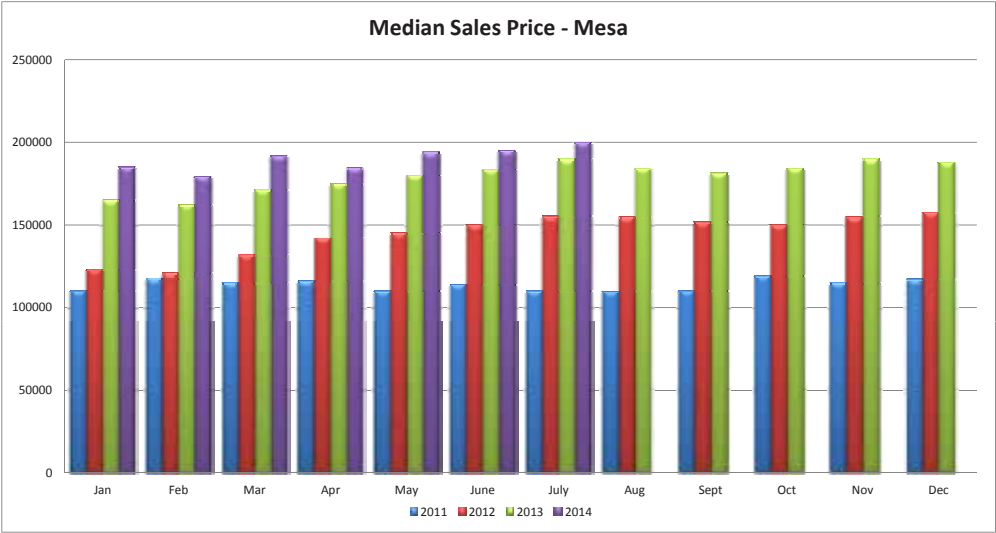
Find a local Realtor, someone who really knows the area well. A local Realtor will have a good knowledge of the local real estate market and the area.

Ask how many homes the Realtor has sold in the past 12 months, and check out their website.

Interview several Realtors. You can do this by just chatting with each of them on the phone. After all, you are going to be spending a lot of time working together, so it is important you actually like your Realtor.

If you would like to start working with a local Realtor, or for more information on buying or selling, please contact me, or visit my website included below. ■

Lorraine Ryall is a multimillion-dollar producer and recipient of the Coldwell Banker International President's Circle Award. For more information, call (602) 571-6799, or visit her website at [www.Homes2SellAZ.com](http://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 UpClose Publications 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.*



### DINING

#### SEPTEMBER WINE DINNER

##### The Vistas Pavilion

##### Roth Wines and The Vistas Pavilion Present

5-Course Menu with Wine Pairings

6 p.m., Saturday Sept. 27

\$55 per person

The Vistas Pavilion

For reservations, call Erica Pierson at (480) 396-4000, or email her at [epierson@lassendas.com](mailto:epierson@lassendas.com).

Roth Estate is a family-owned winery dedicated to crafting full flavored wines grown in exemplary Sonoma County Vineyards. Nestled in the southern reaches of Alexander Valley, Roth's home vineyard is comprised of gentle rolling hills. The low-vigor, volcanic-based soil shapes Cabernet Sauvignon and Merlot wines of intensity, depth and concentration.

Wines will be available for purchase following dinner:

- Sauvignon Blanc, Alexander Valley
- Chardonnay, Sonoma Coast
- Pinot Noir, Sonoma County
- Merlot, Alexander Valley
- Cabernet, Alexander Valley
- Heritage Red, Alexander Valley

This is our fourth wine dinner hosted at The Vistas Pavilion. We have received tons of complimentary feedback on past dinners. Book early to make sure you get a table. Reservations are limited for this event.

#### WEEKLY SPECIALS AT THE PATIO AND THE GRILLE

##### MONDAY

Happy Hour All Day (Open to Close)

##### TUESDAY

\$19.95 Bottle of House Wine with Flatbread

##### WEDNESDAY

Wine Down Wednesday

Half Price Wine (most bottles)

##### THURSDAY

\$19.95 Prime Rib, Mashed Potatoes, Vegetables

Add a Glass of Wine - \$3.00

##### FRIDAY

\$19.95 Chefs Market Fish Dinner

##### SATURDAY

\$14.95 Fried Chicken, Biscuit, Honey

##### SUNDAY

\$15.95/ Kids (6-12) \$8.95

Pasta Night, Salad and Dessert

### ENTERTAINMENT

#### LIVE Music Returns

Live music returns to The Patio at Las Sendas, starting on Sept. 15, Wednesday through Saturday. Some days may be a little too warm for our entertainment. So, feel free to call ahead to confirm.

#### SUMMER HAPPY HOUR

Monday—All Day Happy Hour

Tuesday through Sunday—2 to 8 p.m.

Hours of Operation—10:30 a.m. to 9 p.m.

#### NFL FOOTBALL TICKET IS BACK – SUNDAY, MONDAY AND THURSDAY

##### Sunday Game Specials

Start your Sunday football game with our Bloody Mary Bar, from 9 a.m. to 1 p.m. Choose from vodka or gin, juices, olives, celery and all the fixings you could imagine. Come and enjoy the game on our 12 big screen TVs.

Ask us about our Breakfast Special and our Fourth Quarter Chef's Special. Feel free to stay on after the game for our Sunday pasta bar, salads and desserts.

#### PIZZA at THE GRILLE

Due to popular demand and numerous requests, The Grille at Las Sendas is now serving pizza every day, starting at 11 a.m. Come on in and order up a traditional hand-tossed pizza, with house-made sauce and our special triple cheese blend, or order a pizza to go. Gluten free pizza also is available.

#### BREAKFAST AND BRUNCH

Starting in October, we will be offering an amazing new menu of breakfast and brunch in The Grille and on The Patio, Saturdays and Sundays until noon. See our ad next month for menu details, and enjoy a great way to relax and start your day!

### THE VISTAS PAVILION

#### Holiday Parties

Consider hosting your holiday party at The Vistas Pavilion, for large groups, or in our newly expanded Bogey's private dining room, for smaller groups. We have both plated and buffet options available.

Our chef has created a special holiday season buffet for only \$50 per person. The buffet includes selections of tray-passed hors d'oeuvres, salads, platters, entrees, a carving station, a pasta station, accompaniments and desserts.

The Vistas Pavilion is adjacent to Las Sendas Golf Club, a world-class championship golf course. For further information, visit our website at [www.lassendas.com](http://www.lassendas.com), email [info@lassendas.com](mailto:info@lassendas.com), or call us at (480) 396-4000.



### LAS SENDAS GOLF ACADEMY

#### LAS SENDAS JUNIOR GOLFER TELLS HER GOLF JOURNEY

We would like to share the following story, written by Nicole Ewing, a junior golfer at Las Sendas.

My dad bought me my first set of clubs six years ago. He said he wanted me to go out and play with him. At first I was frustrated because I could not hit the ball very far, but I slowly progressed. When I started the Las Sendas Junior Golf Program, I was improving faster than ever. Not only was I improving my swing, putting and chipping, but I also was having fun. I enjoyed spending time with my friends and the incredible coaches. I received quality instruction from the instructors, and I got to practice my skills on the course. I love to play golf with my friends and family. The more I play, the more I want to improve. I want to play on the golf team at my high school. So, I will need to continue practicing. I will continue playing at Las Sendas for the summer, and I can't wait for the lessons to start in the fall.

Nicole drives her ball an average of 220 yards. Her short game keeps developing, and it is exciting to see her scores improve. She truly is dedicated to the game, and spends her spare time practicing her golf skills and partaking in karate lessons. Nicole has one more year to reach her goal to play high school golf. She is a genuine team player, and always encourages juniors in our golf programs.

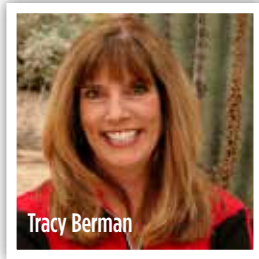
Our junior programs are growing at Las Sendas. Below is a summary of the programs offered. These programs are designed for juniors ages 5 through 17 of all skill levels:

- Junior Golf Sticks Program (ages 5 through 15)—beginner/less experienced—November through April.
- Junior Golf Big Sticks Program (ages 12 through 15)—more advanced—November through April.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

- Junior League (ages 12 through 17) gain experience in competitive golf (new this year).
- Junior/Parent Tournament—Our third annual tournament will be held in May.
- Junior Golf Summer Sticks Program (ages 5 through 15)—June and July.



Tracy Berman

Our junior programs include learning processes and opportunities to get out and play golf, sportsmanship, playing strategies, etiquette and various golf learning stations. It is so rewarding to see our juniors develop their golf skills and have so much fun.

Additional information and registration forms will be available early this fall in the Las Sendas Golf Shop, and on our website at [www.lassendas.com](http://www.lassendas.com). For additional information, email Tracy Berman at [tberman@lassendas.com](mailto:tberman@lassendas.com).

SEPTEMBER GOLF AT LAS SENDAS  
IT'S HOT—BUT DON'T LET THAT STOP YOU  
Come on out to Las Sendas to play some golf, and take advantage of our low September rates.

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**JUNIOR SEPTEMBER RATES—15 and under.**  
\$10 plus tax, seven days a week, all day, when accompanied by a paying adult (includes a ride along fee). \$15 plus tax, for unaccompanied juniors (includes a pull cart).

**GOLF PUNCH PASSES**  
Purchase a golf punch pass for \$299 plus tax, which is good for 10 rounds of golf. Tee times may be booked up to two days in advance. This offer is valid through the end of September.

**BOOKING YOUR TEE TIME**  
Reservations may be made up to 30 days in advance, unless otherwise noted. Call the Golf Shop at (480) 396-0440, and mention the special when booking your time. To find our lowest regular rates, you also can visit our website any time at [www.lassendas.com](http://www.lassendas.com).

These rates are valid through September.

**October Over Seed**  
A reminder—the course will be closed for overseeding, from Sept. 29 through Oct. 17. Even though the course is closed, our amazing Patio and Grille restaurants still will be open.

**The GOLF SHOP - CRUSH IT!!!**  
Just like Bubba, you too can hit the golf ball longer and straighter overnight, without even practicing or taking a golf lesson. How? You can do so with the latest and greatest technology from PING—Turbulator Technology and Straight Flight Technology. Turbulators are a series of ridges on the crown of the driver and fairway woods. The improved aerodynamics from the turbulators have proven to assist the average golfer with an increased club head speed of up to one mile per hour by reducing drag. This increase could result in three to five extra yards of distance. In addition, with the weight adjustments in the G30 SFT, you can't help but hit the ball straighter. It's just that simple. These are hot off the press.



With the Aug. 1 release of the new G30 series, you can find immediate added length in your irons and more consistency around the greens. Attack the pin. Come on out to the Golf Shop at Las Sendas, and try for yourself. We have three right-hand demo drivers available, with three different shafts, a 3-wood, a 5-wood and two hybrids. They are adjustable, and the shafts are interchangeable. If you bought the 10-degree, and find you start hitting the ball too high, you can simply change the loft down to a 9-degree. If you do not like the shaft, there is no need to get a whole new driver. Just get a new shaft with a flex better suited to you.

**Out with the old... PING G25 and i25 Sale**  
While the PING G25s and i25s are still on the hot list for PING, we are offering them for a limited time at a special reduced price. Hurry in and get yours today. Demand is high, and supply is not. See you at the Golf Shop at Las Sendas. ■

# THE VISTAS PAVILION AND ROTH WINES



## WINE DINNER

Food and Wine Pairing  
5 Course Menu  
Saturday, September 27th, 6pm  
The Vistas Pavilion



Roth Estate is a family owned winery dedicated to crafting full flavored wines from grapes grown in Sonoma County Vineyards.

WINES AVAILABLE FOR PURCHASE FOLLOWING THE DINNER:

Alexander Valley – Sauvignon Blanc  
Sonoma Coast – Chardonnay  
Sonoma County – Pinot Noir  
Alexander Valley – Merlot  
Alexander Valley – Cabernet  
Alexander Valley – Heritage Red

\$55 per person  
Contact Erica Pierson at 480-396-4000 or [epierson@lassendas.com](mailto:epierson@lassendas.com)  
The Vistas Pavilion, Las Sendas Golf Club  
7555 E. Eagle Crest Drive  
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# The Vistas Pavilion at Las Sendas

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**[www.mscarolsgymkids.com](http://www.mscarolsgymkids.com)**



EVENT

Flancer's is Looking for the MODERN EARL OF SANDWICH

Submitted by Flancer's Incredible Sandwiches and Pizzeria



Flancer's Incredible Sandwiches and Pizzeria, known for daily fresh baked baguettes, is running a sandwich contest now through Sept. 14. We would love to see your modern sandwich masterpiece. So, here is how it works: Purchase a Flancer's baguette for the bread for \$2.50.

Email us the photo of your creative sandwich and your basic recipe. Include your name, email address, phone number and the sandwich name. Have some fun in the process. On Sept. 14, we will upload the entries and photos to our website. Anyone can vote on the website. We will then choose the winner.

FOR THE WINNER

The creator of the winning sandwich gets dinner for four, with non-alcoholic beverage at either Flancer's location. The winner also will receive recognition in our social media—not to mention total bragging rights. For more information, visit [www.flancers.com](http://www.flancers.com). Flancer's Gilbert location is at 610 N. Gilbert Road. Call (480) 926-9077. The Mesa location is at 1902 N. Higley Road. Call (480) 396-0077.

ABOUT FLANCER'S

Flancer's Incredible Sandwiches and Pizzeria is the East Valley's premier dining hot spot. With delicious selections, from the Steak it to the Limit cheesesteak and the Perfect Prickly Pear chicken sandwiches, to goat cheese bruschetta and green chile phyllo triangles, guests have access to a range of delicious options for any palate. Opened in 2000, Flancer's owner and chef Jeff Flancer applies the expertise of his 30 years in the food industry to every scrumptious dish. ■

LOCAL BUSINESS

Mimi's Day Care Provides Peace of Mind



Submitted by Mimi's Day Care

If you have been searching for a nurturing day care for your child, a place where your child will enjoy laughing, learning and sharing with peers while you work, Mimi's Day Care is just the spot. Owner Miss Tammy recently has turned her home into a welcoming space for up to five children. Mimi's Day Care prides itself in being a state licensed day care. With training as a certified nursing assistant, Miss Tammy's top priority is the safety and health of your child. A nutritious breakfast, lunch and snack are provided each day. The huge outdoor playground, well covered from the intense Arizona sun, is perfect for developing large motor skills. Indoors, you will find educational toys, books and individual cots for naptime. Mimi's Day Care is open five days a week, Monday through Friday, from 7 a.m. to 5 p.m. Applications currently are being accepted for full-time enrollment. Children should be between the ages of 2 and 5 years old. Each child must be potty trained. Make an appointment today, and discover why the small group and home environment Mimi's Day Care offers is the perfect environment for your child. Miss Tammy is waiting to welcome your child. ■ Mimi's Day Care is conveniently located in Northeast Mesa. For more information, call (480) 654-4175.

EVENT

Unique pet facility celebrates GRAND OPENING

Submitted by Happy Pets Palace and Playground Happy Pets Palace and Playground is hosting a two-day, dog-friendly grand opening celebration, on Friday, Sept. 5, from 3 to 7 p.m., and on Saturday, Sept. 6, from 8 a.m. to noon.

The celebration will feature prizes and giveaways, as well as a drawing for a five-night boarding package with day care. Tour the spacious indoor and outdoor playgrounds. Leashed dogs are welcome. Dog swimming pools are available for a quick dip. Happy Pets Palace and Playground, located at 1918 E. McKellips Road, near Gilbert Road, officially opened on Aug. 22. Business hours are Monday through Saturday, from 6:30 a.m. to 6:30 p.m., and Sundays and holidays, from 8 to 10:30 a.m., and from 4 to 6:30 p.m. ■

To learn more about pricing, reservations and more, call (480) 319-1960, or visit them online at [happy-petspalace.com](http://happy-petspalace.com). You also can check them out at [facebook.com/happypetspalacemesa](http://facebook.com/happypetspalacemesa).



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EDUCATION

# Mesa Public Schools unveils improvement projects

By Laurie Struna

New York may be the city that never sleeps, but Mesa Public Schools is the district that never rests. A tremendous amount of planning and preparation takes place to ensure a smooth opening in August. Employees worked through the summer renovating and improving school campuses to prepare them for the new school year.

Some of the changes are visible, while others impact the environment and comfort levels of students and staff members. Here is a snapshot view of some of the improvements.

### SECURITY IS A TOP PRIORITY

A visit to a school campus will reveal visible security updates, including increased fencing around the school perimeter. This fencing ensures all visitors enter through the front office. Enhanced camera systems at schools alert district security staff to potential issues, day or night. A new visitor management system on elementary campuses streamlines the check-in process, replacing sign-in sheets and logbooks. Parents and visitors check in at a kiosk. Each adult swipes his driver's license, the built-in camera snaps a picture, and a temporary visitor's sticker is printed. The system automatically logs the visit, and can alert staff of any security risks.

### SOMETHING NEW IS COOKING IN THE KITCHEN

Irving and Whitman elementary schools received major kitchen remodels. Existing spaces were redesigned to optimize

layout and maximize productivity, with new flooring, ceilings, lighting and equipment. "The kitchens are absolutely beautiful," Loretta Zullo, director of food and nutrition, stated. "It has been a long time since they received attention. The renovations will make for a more pleasant dining experience for our students and working environments for our employees."

### ARE YOU READY FOR SOME FOOTBALL?

During the summer, concession stands at six high schools underwent extensive renovations, thanks to the voter-approved bonds. Updates to visitor facilities are sure to delight folks when they experience new sinks, water systems, bathroom improvements and new windows. There also are new shaded extensions on the roof of the buildings, as well as the addition of air conditioning.

### IT'S ALL CHILL

The installation of two new chilling towers on the Red Mountain High School campus will cool the main academic and performing arts buildings more efficiently and improve the air quality, leading to improved concentration. "The past couple of years, the units were on a decline and going out on a weekly basis," said Jim Gowdy, athletic director. "The new system is working great." ■

For more information regarding Mesa Public Schools, please visit our district Facebook page at [www.facebook.com/mpsaz](http://www.facebook.com/mpsaz).

EDUCATION

# Local Teacher Is Named EDUCATOR OF THE YEAR



Mr. Whitehead

By Sharon Wozny

Education would be missing something fantastic without teachers like Mr. Whitehead. Mr. Orcutt, a parent whose two children, Jack and Julia, had been in Mr. Whitehead's classroom, knew this Fremont Junior High School teacher was something extraordinary. In appreciation, he nominated Mr. Whitehead for Teacher of the Month. Arizona home builder Taylor Morrison, in partnership with radio station KEZ 99.9, sponsored the Teacher of the Month competition, which was the first step. From there, KEZ radio personality Marty Manning chose

Mr. Whitehead as Educator of the Year. What is engaging about Mr. Whitehead's classroom is his energy and commitment to the students. His style of teaching is hands-on, project-based and interactive. He empowers the students to be motivated to take ownership of their learning. With community and rapport infusing the room, the study of history comes alive and becomes relevant in his classroom. Extending his expertise and talents beyond the school day to teach the students to make a difference and give back is something he is known for at Fremont. Service projects, the Washington, D.C. trip coordinator and a charity concert, as well as the recycling group, keep this teacher busy. Prior to finding out he won Teacher of the Month, he thought he was in trouble when the principal walked in his classroom. With Mr. Whitehead's students so engaged in their learning, they didn't notice the two men, Mr. Roberts and Marty. The school, the community and the students all are proud of him. When the recognition was posted on the district's Facebook, Lynda Jordan said, "The district has never seen so many likes for a post." It's no wonder Mr. Whitehead is well liked and beyond deserving. "I am the guide," Mr. Whitehead said, "and I love what I do." Thank you to Taylor Morrison and KEZ 99.9 for celebrating the powerful and life-changing impact Mr. Whitehead and teachers like him have on the world of teaching. ■



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COMMUNITY

Taylor Morrison Expands Offerings AT TROVITA ESTATES

Submitted by Taylor Morrison  
Taylor Morrison has debuted four new single-story floor plans at its Mesa community, Trovita Estates.

According to Bob Thompson, vice president of sales and marketing for Taylor Morrison's Phoenix division, the four new plans are something homebuyers have been anticipating.

"Our buyers told us they wanted the ability to choose from homes offering plenty of flexibility and square footage, but delivered all of it on a single level," Bob said. "Our Trovita Estates neighborhood, with its larger home sites, made that possible."

Located in the heart of Mesa's Grove Corridor, Trovita Estates instantly will remind visitors of Mesa's heritage, with citrus trees still dotting the entrance to the new Taylor Morrison community.

Once an active citrus farm, Trovita Estates was designed to celebrate the land's heritage, with careful attention paid to preserving the look and feel of the original grove. To do that, the Phoenix home-builder made sure to retain citrus trees on each home site, while also offering plenty of green space and a neighborhood feel.



There are four new floor plans available in Taylor Morrison's new single-story home collection. The four plans each offer something special.

At just over 3,200 square feet, the Aurora is the first new plan offered at Trovita Estates. This plan includes three bedrooms, a den and 2.5 baths for homebuyers, as well as a four-car garage—something each home at Trovita Estates includes.

The Solstice adds almost 600 additional square feet, offering more than 3,800 square feet for Arizona families. Included in the home are four bedrooms and 3.5 baths, along with a spacious den.

The Sierra offers homebuyers more than 4,300 square feet of living space, including four bedrooms, 2.5 baths and a den. A bonus room also is included in the floor plan, as is a front courtyard and covered rear patio.

Finally, the Crescent is the largest of the floor plans at Trovita Estates. The floor plan offers more than 4,400 square feet of living space, four bedrooms, 3.5 baths and much more, including a formal living room and formal dining room.

"All four of these floor plans offer something special for homebuyers," Bob said. "But more than anything else, they offer a chance to embrace the heritage of the area, while still selecting a modern, innovative floor plan that fits your needs today." ■

For more information about Taylor Morrison and Trovita Estates, please visit [www.taylormorrison.com](http://www.taylormorrison.com).

LOCAL BUSINESS

TIMES ARE SIMPLY delicious at PIEfection

Submitted by PIEfection

If you can you smell sugar and spice and everything nice, you are probably near the southwest corner of Power and Brown roads, where PIEfection is entering its third year of business this month.

Cheryl Standage, the pie bakery's owner, couldn't be more thrilled. "We've had amazing support from the community," she said. "We were voted *Mesa's Best Bakery* this year. This city really loves pie."

Just how much? PIEfection sold roughly 3,000 pies last Thanksgiving weekend. "And we plan on seeing even more business this year," Cheryl said.

When asked the reason for her success, she was ready with a response. "We make everything from scratch right here, so it's really no different than home-made, except you didn't have to spend two hours baking," Cheryl said. "I think our customers really appreciate that they don't have to compromise. After a long, busy day, they can still place a beautiful pie on the table, and know it's been made with real cream, Belgian chocolate, Georgia peaches or Mesa oranges. We make a pie with real, quality ingredients, and you can taste it."

What is the most popular pie at PIEfection? "It depends on the month, but at this time of year, it becomes anything pumpkin," stated Cheryl.



Luckily, that's not a boring prospect, with the bakery offering three pumpkin varieties on the diverse menu.

"We make the best pumpkin pie, using our family recipe," she continued, "but when we have guests, we'll have maybe a pumpkin cheesecake and a peach crumb, or a lemon blueberry sour cream pie, just to mix it up. We make more than 50 different varieties, so we keep everyone happy."

Which will be your favorite? Will you choose a classic like coconut cream, or something like the new turtle cheesecake? Stop by and find out today. ■

PIEfection is located near the southwest corner of Power and Brown roads, at 6731 E. Brown Road. To place an order, call (480) 218-PIES (7437). You also can place an order online at [piefectionaz.com](http://piefectionaz.com). Store hours are 10 a.m. to 6:30 p.m., Monday through Saturday. The bakery is closed on Sunday.

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Taylor Morrison is now offering New Floorplans  
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Don't miss your chance to  
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## Lehi Crossing

The community of Lehi Crossing is now selling the new Summit Collection, which offers 2,811 to 4,675 sq. ft. of luxurious space. A gated community situated along the Northern border of the prestigious orange grove corridor of East Mesa, Arizona, Lehi Crossing offers residents excellent schools and convenient access to shopping, entertainment and virtually all major employment hubs in the Mesa, Tempe & Scottsdale area.



## Trovita Estates

Trovita Estates is now selling the all new Capstone Collection ranging from 3,295 to 4,400 sq. ft. This desert refuge offers a way of achieving fulfillment, turning everyday living into inspired living. Tucked within the heart of Mesa's Grove Corridor, it is often compared to North Scottsdale and Arcadia with sweeping space and prestigious grandeur.

[TaylorMorrison.com/Mesa](http://TaylorMorrison.com/Mesa)



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LOCAL BUSINESS

# EAGLE ELECTRICAL Keeps Your Home Safe

By Kimberly Searles

Smoke detectors have alerted millions of families of fires, and they have saved countless lives. These little devices remain a great line of defense against fires, and still are required for all bedrooms and living areas in the home.

Imagine, however, a technology capable of alerting you before a fire even starts. Arc Fault Circuit Interrupter (AFCI) breakers, by Eaton Cutler Hammer, can do just that. When you install Eaton AFCI breakers in your electrical panel, you protect your home from dangerous arcing conditions, which standard breakers simply cannot sense.

What causes arcing? It can be a variety of things, such as staples on wires during construction, which pinch the wires too tightly. Loose connections on outlets or switches and damaged appliance cords also are causes of arcing. Perhaps the most common cause is the nail used to hang a

picture, or a screw used to attach your flat screen TV bracket, actually puncturing the wire on the other side of the wall.

The AFCI breaker features special electronic circuitry, which recognizes unique signatures associated with arcing faults. Today, the National Electric Code requires all rooms have them. Best of all, it just takes a short amount of time to remove old breakers and install new arc fault protected breakers.

And there's more exciting news at Eagle Electrical. We are pleased to announce a new member to the Eagle family. Jett Drummer Robbins was born on May 19.

The company also is excited to have qualified as an Eaton Cutler Hammer official installer and member. After completing hours of training, Eagle Electrical is qualified on all Eaton Cutler Hammer products. Have George Robbins and the team at Eagle Electrical inspect your electrical panel, and give you a free estimate for installing arc fault protection and smoke detectors.

Eagle Electrical is a local, family-owned business serving the entire Valley. Services are 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 Eagle Electrical at (480) 659-4942, or send an email to [george@EaglePAE.com](mailto:george@EaglePAE.com). You also can visit them online at [www.eagleplumbingandair.com](http://www.eagleplumbingandair.com).



Jett Robbins

LOCAL BUSINESS

# East West Karate disguises fitness as fun

By Kimberly Searles

At one point or another, we've all dreaded that morning workout, counting calories and—oh, the horror—stepping on the scales.

It's no wonder why the Centers for Disease Control reports more than one-third of U.S. adults and 17 percent of children and adolescents, ages 2 to 9, are obese.

"Obesity continues to be a growing issue," said Derek Frader, co-owner of East West Karate, in Northeast Mesa.

Along with co-owner Mark Ten Eyck, Derek and East West Karate take a different approach to fitness. They disguise it as fun. Fitness through martial arts emphasizes techniques and drills to create more fun. For those seeking to get in shape without the martial arts focus, their Combat Fitness class is the way to go.

The class targets all areas—arms, legs and abs—through strength training, endurance and team support. It also balances the physical aspect with helpful hints on eating healthy, as well as proper hydration. Perhaps the most important aspect is the supportive environment created by both East West staff and those taking the class.

"The journey always is more fun when you can share it with like-minded, enjoyable people," said Mesa resident Angel Myler, of the camaraderie and accountability.

Another class member, Marissa Norman, appreciates the weekly physical challenges Combat Fitness brings. "The challenges don't help me get just physical results, but also bring mental and spiritual benefits," she stated. "I feel empowered because I'm seeing the results weekly."

According to Derek, too many times, the concept of fitness focuses on the negative side, which can make it feel more like work rather than enjoyable.

"Rather than focusing on the negatives, including losing weight, cutting calories and the like, we focus on the positive, gaining better health," he said. "It's about increasing your ability each time you come to class. That makes getting or staying in shape fun."

If you're looking for a different kind of workout program, give Combat Fitness at East West Karate a try. Offered in both mornings and evenings, and perfect for all ages, Combat Fitness is tailored to individual ability. You set your own pace. ■

Located at 2910 N. Power Road, in the Bashas' shopping center, East West Karate currently is offering a special two-lesson trial for \$10, including a free T-shirt. Classes are available Monday through Saturday, for students as young 3 years old and adults of all ages. To learn more, call (480) 218-7777, or visit the Facebook page at [facebook.com/eastwestkaratemesa](http://facebook.com/eastwestkaratemesa).



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LOCAL BUSINESS

# Lifelong Learners TAKE NOTICE

**Submitted by New Frontiers for Lifelong Learning**

If you have an interest in learning about everything from Arizona back roads, to hiking and an African safari, join New Frontiers for Lifelong Learning.

A total of 69 classes were offered for the spring semester. On Sept. 15, after paying \$80 for the fall and spring semesters and summer session, people can sign up online for as many classes as their schedules will allow.

Participants can learn about cruising the Danube and the life and music of Mozart, as well as wisdom seekers, magic for grandchildren and adrenal fatigue. Information also is offered about Marie Curie, Arizona pioneer history and cowboy poetry. Still more learning is related to rising from circumstances, meals for one or two, the philosopher's toolkit, a digital camera workshop, and many, many other subjects.

Classes meet at the three Mesa Community College (MCC) campuses. They are located at Southern Ave. and Dobson Road; downtown, at 165 N. Centennial Way; and Red Mountain, at McKellips and Power roads. Additional locations are at East Valley Adult Resource centers, at 247 N. Macdonald St., as well



as 7550 E. Adobe Road and many other locations in Mesa.

New Frontiers for Lifelong Learning, sponsored by MCC, is a peer-led organization, which offers the opportunity to expand personal learning and increase social resources. The organization also provides opportunities to volunteer for the college and in the community.

To find out more, go to the website at [newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu), or write to New Frontiers for Lifelong Learning, 165 N. Centennial Way, Suite 208, Mesa, AZ 85201. The email address is [communications@newfrontiersaz.org](mailto:communications@newfrontiersaz.org).

To learn more about this organization and to join, an open house will take place on Friday, Sept. 12, from 1 to 3 p.m., at the MCC Downtown Center, 145 N. Centennial Way, on the fourth floor. Park in the parking garage on either the second or third floor, and take the steps or elevator to the fourth floor.

Registration for classes will take place online only, on Monday, Sept. 15, from 10 a.m. on. Those who do not have a computer or access to one can go to the second floor of the MCC Downtown Center. People will be there to assist with registration. ■

## Happy Pets

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# Child Life Specialists

## Empower Families Facing Childhood Cancer

By Sharon Wozny

Life changes in an instant any time a family learns their child is diagnosed with cancer, and with September being Childhood Cancer Awareness Month, a light shines on a group of dedicated professionals who help make this diagnosis a bit more bearable.

On the oncology floor, at the various hospitals around the Valley, are certified child life specialists. Receiving a bachelor's degree in a child life-related field, such as education, psychology, family studies or child development, in addition to receiving certification after a 480-hour unpaid internship, and taking a child life exam, you may become a child life specialist.

These pediatric health care professionals can be found in the emergency room and in surgery, as well as inpatient and outpatient clinics. Courtney Kissel is a child life specialist, on the oncology floor, at Cardon Children's Medical Center, in Mesa. "The tasks to become a child life specialist may seem daunting, but if this truly is your passion for your career, don't stop," she stated. "It is beyond worth it."

By 2020, all new child life specialists will be required to have a master's degree in child life. Arizona State University is beginning such a program.

Child life specialists are responsible for providing psychosocial support for those families having received a diagnosis, and to help them learn coping strategies to deal with the future. "I can do this by educating patients about their diagnosis, help them find normalcy through play, and keep their emotional well-being strong through self-esteem activities," Kim Froehle stated. Working hand in hand with the social workers, nurses and doctors, child life specialists are in most children's hospitals around the country, on all different floors.

Psychosocial support is achieved in many ways, including play in the playroom and at the bedside, as well

as through special events and activities provided by outside organizations. In addition, child life specialists prepare the child and family for procedures, help with understanding the diagnosis, and educate all involved as to what lies ahead. "Through play, I love helping parents see their child again," said Jen Fleming. "I once had a mom tell me 'thank you' because all she could see when her son was first diagnosed was all the unfamiliar medical equipment near him and his changing mood due to his treatment."

For Courtney, being a child life specialist has given her a new perspective on life. "It is amazing what you see the families encounter and how they persevere," she said. "It makes you think twice about what is troubling you at the moment."

A recurring theme from all these child life specialists is how resilient these children are, and how they handle everything so much better than adults. "Nothing stops them from still being kids," Cathy House said. "No matter how sick they are, they continue to smile and play."

Going through the day offers challenges for a family of a child with cancer. Courtney's genuine and loving personality makes the days a bit brighter for her patients. "Hearing a family say, at the end of treatment, 'This was the best thing that has ever happened to us,' makes you realize you played a part in that process," she said. "You have been invited into this family's life, their deepest, darkest worries and fears, and have played a part in their healing by providing support and aid. When you hear a family say, 'How can we do this?' it makes you realize that being a child life specialist is a career worth achieving."

Jessica Driving Hawk, also a child life specialist, appreciates the various aspects of the role she plays. "I love being present and witnessing the amazing bravery patients and families show us throughout their journey with cancer," she stated. "We get to be there for the bad and good days, and help in making the good days that

much better for the kids while in the hospital. I also love laughing with these kids. You would have never guessed the struggles they are going through, based on their amazing smiles."

Without the expertise, gentleness, kindness and sincerity of child life specialists, visits to the hospital are just visits to the hospital. When a family is open to the role the specialist plays in the healing of their child, miracles happen. ■

For more information about child life specialists, visit [www.childlife.org](http://www.childlife.org), or contact your local children's hospital.





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LOCAL BUSINESS

# Rachael Ray Show features MEMBER OF COSMOS STAFF

By Dawn Abbey

Who is better equipped to handle life changes, such as divorce, death of a spouse, job loss or illness, a career mom or a stay-at-home mom?

That was the question posed in a Rachael Ray Show segment, which is part of a 24-show series of five-minute vignettes about women's issues.

The productions are the brainchild of local entertainment producer Lea Haben-Woodford, of Scottsdale, owner of Smartfem Entertainment TV Productions.

Jill Batista, aesthetician and massage therapist, at Cosmos Salon and Day Spa, was chosen for the initial production interview. She had undergone a divorce and had to make big changes in her life and the lives of her two children. Her sister Laura Batista helped coordinate the video shoot.

In the documentary-style interview, Jill revealed that the family suffered a significant lifestyle change when going from two incomes to budgeting for two separate households. "It was a long five-year transition to get where I am now—working in a top salon like Cosmos," Jill said. "My biggest blessing was that I had had a career before, and was able to keep my career throughout my marriage. I had been a massage therapist before I had my children. Then, after the divorce, I went back to school to



Jill Batista

further my education by becoming an aesthetician. So, I was able to keep my family afloat."

Despite the challenges she faced, Jill said she wouldn't do anything different. "It made me who I am," she admitted.

Asked about her advice to other young women, Jill said, "Get your education, ladies, and make sure you are doing something you are passionate about." And as she held back tears, she said, "Also, when you

choose to bring a partner into your life, make sure it is a partner who supports you and what you do."

According to Lea, a recent survey parallels Jill's feelings by indicating that women who stayed in the workforce during marriage fared better if divorce or a spouse's death disrupted the family.

"The series on the Rachael Ray Show, like the one we did about Jill, will be content-driven, documentary-style pieces intended to highlight issues of special interest to women," Lea said.

To find out when the segment will air on the Rachael Ray Show, visit Smartfem.com and www.facebook.com/smartfemaz. ■

To make an appointment with Jill, call Cosmos Salon and Day Spa at (480) 844-0707. Cosmos is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas.

LOCAL BUSINESS

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Submitted by H and I Automotive

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Spencer Doucet

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LOCAL BUSINESS

# O'Neill's Becomes Echo 5 Sports Pub

By Kimberly Searles

Not only is O'Neill's Sports Pub sporting a new name, but it also has a new mouthwatering menu, sure to satisfy every craving. Under the new name, Echo 5 Sports Pub owner Mike Aiton aims to bring a fresh take on the sports pub. "Echo 5 is about being Northeast Mesa's local, go-to sports pub, where the whole family can sit and watch a game, and enjoy a great meal," said Mike. Local is the operative word. Upon designing the new menu, Mike has taken great care to ensure ingredients come from local sources—everything from the produce, to the bread, to the desserts. And it doesn't stop inside the pub. Echo 5 is a proud sponsor of local sports teams of all levels, from Pee Wee football, to Red Mountain High School.

For the new menu, Mike wanted to add new signature items to every section, without compromising those favorites customers have come to love. New items feature a combination of Midwestern standards, with a Southwestern twist, such as Jalapeño Cheese Curds and the Spicy Fried Pickle. The Garlic Burger includes ground brisket blended with fresh garlic, topped with an aioli sauce, and served atop a garlic bun. And the Italian Beef Sandwich heats things up, with spicy peppers, for a full-on explosion of flavor.

In addition to a new name and menu, Echo 5 is sporting upgrades to all the TVs, which feature speakers at every table, and the patio, which now sports 25 more seats.



Richard Langwell  
Kitchen Manager

As always, Echo 5 taps into the area's local craft beers to quench your thirst. For example, Four Peaks, San Tan and Grand Canyon beers all are available. Fireball Whiskey even is offered on tap, always served at an icy cold 32 degrees. The changes all stem from Mike's vision of creating long-lasting relationships with customers, employees and the Northeast Mesa community at large. "At Echo 5, we believe you're only a stranger once," Mike stated. "And we want to take steps to be the No. 1 option in the community for a local neighborhood hangout." Why the name Echo 5? It comes from Mike's days as a sergeant in the Marines. For those unfamiliar with military speak, E-5 is a sergeant ranking, hence the name Echo 5. "Changing the name to Echo 5 is a way we can honor all the men and women—past, present and future—who have served in our nation's military," said Mike. He takes it a step farther by offering a discount to all active military, as well as a free meal on holidays, such as the Fourth of July and Veterans Day. ■

Echo 5 Sports Pub is located at 2855 N. Power Road, on the northeast corner of Power and McDowell roads, in The Village at Las Sendas. The pub is open at 11 a.m. seven days a week, with extended hours on the weekends. Visit the website at [www.echo5sportspub.com](http://www.echo5sportspub.com).

COMMUNITY

## Garage Sale Supports Local Boy Scout Troop

Submitted by Boy Scout Troop 653

Boy Scout Troop 653 is hosting a garage sale at Central Christian Church, located at 933 N. Lindsay Road, on Saturday, Nov. 15, from 6:30 a.m. to 1 p.m.

Proceeds from the garage sale will help supplement the rising costs of scouting, including supplies, parking fees, merit badges and various other related items. A wide range of items will be available for sale. Support the Boy Scout troop, serving 70 scouts each year for more than 40 years, and take home some great bargains at the same time.

At a fee of \$10 per family, those wishing to sell items at the garage sale can rent space. Setup begins at 6 a.m. Donations big and small currently are being accepted for the garage sale. Items needed include furniture, appliances, campers, boats, recreational vehicles, automobiles and more. All items must be gently used and in working order. All donations are tax deductible. Televisions and holiday items will not be accepted. ■

To make arrangements to have your large donated items picked up, or for more information about the garage sale, call Melody Frey at (480) 584-4685, or send an email to [melodyfrey@cox.net](mailto:melodyfrey@cox.net).



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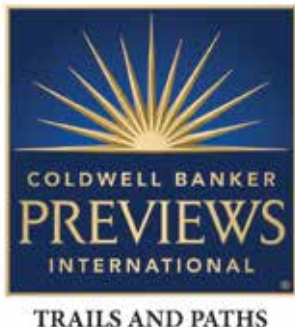
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WHEN: 3PM-6PM

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