

# Las Sendas Up Close

Bringing neighbors closer to their community

October 2014

## Choosing from Delicious Bakery Selections CAN MELT AWAY STRESS

By Kimberly Searles

David Mamet once wrote, "Stress cannot exist in the presence of a pie."

When you walk through the doors of PIEfection, located at Power and Brown roads, stress can melt away as the tantalizing scents of cinnamon and spice envelop you in the warmth and comfort of fond memories.

PIEfection offers a pie for every taste, ranging from the sweet to the savory. And best of all, each is made from scratch, from time-tested family recipes.

"We take our pie seriously," said Cheryl Standage, the pie bakery's owner. "We make every pie here in our kitchen, using only the finest ingredients."

It's an effort getting nods from all corners. Not only was PIEfection voted Mesa's Best Bakery this year, but it also has been nominated for Best Bakery by Phoenix *New Times*.

As a local business, PIEfection focuses on playing an active role in the Northeast Mesa community. The bakery works with local schools, sports teams and organizations on fund-raising events.

"Being able to help our schools is a real privilege," said Cheryl.

The local involvement doesn't stop with fund-raisers. In fact, PIEfection frequently asks customers to help select the bakery's *Pie of the Month*. For October, the contest offers choices of salted caramel cream pie; pumpkin cream pie, topped with pralines; or the delectable caramel apple, featuring homemade caramel.

With Thanksgiving fast approaching, PIEfection

expects to exceed the more than 3,000 pies they made last year. Customers who want to have PIEfection make dessert this Thanksgiving can choose from more than 50 varieties. The selection includes seasonal favorites, such as pumpkin and southern pecan, pumpkin cheesecake, pumpkin cream, pumpkin sour cream, caramel apple and the Kentucky Derby, which is a pecan pie with a layer of chocolate. The deadline to order Thanksgiving pies is Nov. 21.

PIEfection offers an easy family meal option, as well. You can choose one of their five different savory pies, such as chicken pot pie or Italian beef and rolls for an instant dinner truly beyond delicious. Coming in January, customers will have a chance to participate in another contest surrounding PIEfection's savory pies.

So, which pie won the October Pie of the Month contest? Stop by PIEfection this month to see. ■

*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 [www.piefectionaz.com](http://www.piefectionaz.com). Store hours are 10 a.m. to 6:30 p.m., Monday through Saturday. The bakery is closed on Sunday.*



## Pave the Way Pink During Breast Cancer Awareness Month

By Sharon Wozny

Look around in October, and you will see the color pink everywhere in honor of Breast Cancer Awareness Month.

In 2014, it is estimated there will be more than 40,000 breast cancer deaths and 232,670 new invasive breast cancer diagnoses will be made.

Back in 1983, the Race for the Cure, a 5K run and fitness walk, began in Dallas, Texas, with 800 participants. Today, there are more than 150 races, on four continents, with more than 1.6 million participants. You can be part of the excitement on Oct. 12, in Downtown Phoenix. Monies raised benefit breast cancer research and patient support programs.

Another way to honor those who have lost their battle to breast cancer and to celebrate survivors is the Susan G. Komen 3-Day Walk—a 60-mile walk whereby participants pledge to raise \$2,500, train for four to six months beforehand, and go through many band aids and walking shoes.

Mesa resident Donna Masiulewicz has participated in the 3-Day Walk since 2010, doing so four times in Phoenix, and, this past August, in the Twin Cities of Minnesota. "I walk because I can," Donna



said. "This was an opportunity to grow my 3-Day family." Inspiration comes from many places. For Donna, the entire 3-Day experience continues to motivate her. "I have met wonderful people," she said. "I have cried and laughed with them, while sharing stories of loved ones lost, and celebrating the survivors."

Dates for 2015 are listed on the Susan G. Komen website.

Get your training gear out, and head to another location in the

United States. Donna will continue doing so. "Challenge yourself," Donna suggested. "You can do this. I not only challenged myself physically, but I enhanced my confidence and drive to stay focused and committed to a cause. Participation comes in many forms," she continued. "There are those walking, volunteering as crew or as walker stalkers, people who cheer as we go by. Make a difference," said Donna. "Because everyone deserves a lifetime."

Paint the town pink in October. ■

For more information, send an email to [racefortheure@komecanaz.org](mailto:racefortheure@komecanaz.org). You also can go online to [www.komen.org](http://www.komen.org) or [www.cancer.org](http://www.cancer.org).

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Haircut & Color: Lindsey Morton, Hairstyle: Lindsey Morton & Morgan Roberts, Model: Bethanie



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## LOCAL BUSINESS

# SPECIAL FACIAL TREATMENT Makes its Local Debut

By Dawn Abbey

A facial treatment dubbed the *Best Facial of the Century*, by *Cosmopolitan* magazine's United Kingdom edition, has arrived at Cosmos Salon and Day Spa.

Cosmo's licensed aesthetic professionals Jill Batista, Maria Keller and Margaret Midlick are well trained in the Repechage Four-Layer Facial, and will offer the incredibly relaxing treatment, during the month of October, for only \$99.

"Those dog days of summer are gone, and the after effects of sun, dust and low humidity have taken their toll on your skin," said Sandra Barbetta, salon co-owner with husband Cosmo. "Your pores are screaming for exfoliation, moisture and that healthy glow you love. We hear you, and we can help."

The Repechage Four-Layer Facial is described as follows:

- The four-step facial components are derived from freshly harvested European seaweed, which is blended into concentrated serums and masks, rich in vitamins intended to promote hydration and rejuvenate the skin. After a deep cleansing and exfoliation, they are introduced to the skin in four layers.
- The aesthetician first applies a soothing C-serum, gently massaging it into all areas of the face, neck and décolleté. The C-serum is designed to help the skin regenerate and heal.
- A velvety hydration cream follows. As it blends with the C-serum, circulation and skin elasticity begin to improve.
- A cooling and hydrating seaweed mask is then applied to tone and firm the skin. It conforms to your face, seeking out all areas in need.
- Lastly, a rich mineral mask is gently brushed atop the seaweed mask. It will start to warm and activate

ingredients in the seaweed mask, which will infuse the skin with moisture and soften it to the touch.

"And while these layers work in harmony, you will be receiving a moisturizing paraffin hand treatment—sheer bliss," Sandra exclaimed. "The result is more toned, softer skin, with a healthy glow." ■

For more information, or to schedule an appointment for the Repechage Four-Layer Facial, call (480) 844-0707, or visit Cosmos Salon and Day Spa, in The Village at Las Sendas, located on the northeast corner of Power and McDowell roads.



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LOCAL BUSINESS

# Swimming season is ALL YEAR ‘ROUND



**By Dawn Abbey**  
Everybody knows summer is for swimming, but in the Valley, the weather is great for swimming all year ‘round if your pool is heated.  
“Heating your pool isn’t as expensive as you might think,” said Chris Quam, owner of Arizona Pool Guy, Inc. “Using the same heat pump technology that heats and cools our homes, we can have heated, and even cooled, water for our pools all year long,” he explained. “With an energy-efficient heat pump pool heater, it could cost less than your cable or smartphone bill each month to heat a pool.”  
Chris understands your pool is a big investment in family recreation. “If you can’t use it comfortably in summer and winter, you’re missing out,” he stated. “While your neighbor’s unheated pool goes unused, you and your family and friends can swim in warm water for months.”  
Arizona Pool Guy, Inc. is ready to help make swimming during those extra months a reality. “Right now, we are having a fall special on heat pumps,” Chris explained. “We’ll add a free solar pool cover for anyone who contracts to do a heat pump installation during October. Just clip the coupon in this newspaper.”  
Fall and winter also are the best times to enjoy your

backyard. If your pool is looking a little shabby, maybe it’s time for a remodel. “A lot of pools in the Northeast Mesa area are due for new plaster, which only has a 10- to 15-year lifespan,” Chris said. “Now is the time to add one of the new mini pebble finishes to your pool. They come in great colors and designs, like shells and glass beads. We have a special on remodels now, too.”  
With a heated pool and a few makeover ideas, you can turn your backyard into the center of family activities. A pool can be enjoyed by all ages, and it’s great exercise, too. “Even though my own daughters are several years apart, the one activity they like doing together when they get home from school is playing in their nice, warm pool,” Chris said. “With one of the new pebble finishes, some dramatic lighting and water features, and attractive new decking, the whole area takes on an exciting feeling.”  
Family dynamics should be considered when doing makeovers. “If you have younger children, a water slide, volleyball net or waterfalls add to the fun,” Chris explained. “For teens and adults, a cozy fire pit, neon lighting, in-pool umbrellas and an outdoor barbeque/kitchen area make for a great party atmosphere.” Not only can you enjoy using the addition, but it also adds value to your home.  
“We have a team of craftsmen that can design and build your backyard play land to your individual specifications,” said Chris. “Give us a call, and we’ll come out and give you some great ideas and free estimates.” ■  
*Arizona Pool Guy, Inc. was voted 2014 Best of Mesa Pool Company. An Arizona state licensed contractor and designated a certified pool operator, Chris Quam has more than 10 years experience in the pool business. To contact him about a pool heater, or for information on any pool service, remodel, installation or repair, call (480) 699-0607. Arizona Pool Guy, Inc. is licensed, bonded and insured, ROC #243628.*

EDUCATION

## Self Development Academy Welcomes MIDDLE SCHOOL MATH TEACHER

**By Jennifer Salvatori**  
Self Development Academy (SDA) is excited to welcome Mrs. Patricia Graville to the middle school faculty this year.  
Mrs. Graville has taught elementary, middle school and high school mathematics classes for the past nine years. Having been employed at Self Development Preschool as well, she is a familiar face among the students and greater school community. She completed a master’s degree in secondary education, and is a highly qualified mathematics teacher.  
Mrs. Graville brings her mathematics expertise and experience to the middle school mathematics program. The curriculum at SDA is accelerated. Therefore, students have the opportunity to learn two to three years ahead of the Arizona State Department of Education Standards. The SDA mathematics curriculum is no exception, integrating state standards and the Cambridge International Examinations curriculum, as well.  
Middle school mathematics courses include Pre-Algebra, Algebra I, Geometry and Algebra II. Mrs. Graville is mentoring several students to compete in the Math Counts program. Many SDA grade eight students have placed into higher level mathematics courses, such as Honors Algebra II and Geometry, as high school freshmen.  
Students placing in these courses have the opportunity to obtain a higher grade point average in high school, making them highly competitive college applicants. This curriculum and the dedication of teachers, like Mrs. Graville, prepare students not only for high school, but college and university placement, as well. ■  
*Self Development Academy offers an accelerated and well-rounded educational experience for kindergarten through grade eight students. If you are interested in learning more about SDA, please contact the front office at (480) 641-2640. SDA is located at 1709 N. Greenfield Road.*



# Happy Pets

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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.*



### GOLF

#### Oct. 17 through Oct. 30 Golf Rates

\$79 Monday through Thursday  
\$89 Friday through Sunday  
Includes green fee, golf cart and practice balls, as well as a \$10 voucher toward any merchandise in the Las Sendas Golf Shop.

### COMING SOON TO YOUR LAS SENDAS GOLF SHOP

Wear your Las Sendas with pride, both lifestyle and leisure wear. Whether you play golf or not, we want to be your one-stop shop this season. We will be stocking the shop with all of our great golf lines, and we will be adding Las Sendas T-shirts, sweatshirts, athletic shorts and some adorable must have tennis and ladies athletic gear.  
For entertaining, we have you covered with an elegant assortment of Las Sendas stemware. For those nights when you just want to cozy up, we now have Las Sendas blankets. Remember, you don't have to play golf to find what you need at the Las Sendas Golf Shop and specialty gift store.  
Come in and check out all the great new merchandise and styles for the upcoming golf season.

### REMINDER

The golf course will be closed for over seeding, from Sept. 29 through Oct. 16. As always, the golf shop will remain open during this time. We will be eagerly opening boxes and getting our new merchandise unpacked and proudly displayed.



### THE BIG BREAK—TOPH PETERSON

Join Las Sendas Golf Club this season as we cheer for one of our very own golf staff, Toph Peterson, as he battles his way through the Golf Channel's 22nd season of the popular reality TV competition series *The Big Break—Myrtle Beach*.  
Come by and enjoy this show with friends on one of our large screen TVs, and be sure to ask about our menu and drink specials. The season premiere is on Tuesday, Oct. 7, at 6 p.m., on the Golf Channel.  
Congratulations Toph—In case you are wondering, Toph will be returning to work part time with us again this season unless stardom goes to his head, and he moves on to bigger and better things.

### DINING

#### 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**  
\$14.95/ Kids (6-12) \$8.95  
All-You-Can-Eat Pasta Buffet is Back!

**New Menu and LIVE Music**  
Join us for dinner and live music on The Patio at Las Sendas. We will be introducing our new menu starting on Oct. 17. Feel free to visit our website for menu details. Our chef has created a number of truly amazing new items.

**OCTOBER HAPPY HOUR**  
• Monday—All Day Happy Hour  
• Tuesday through Sunday—October 1 – 16 (3 p.m. to 6 p.m.), October 17 – 31 (3 p.m. to 5 p.m.)  
• Hours of Operation—October 1 – 16 (10:30 a.m. to 9 p.m.), October 17 – 31 (6 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. Ask us about our Breakfast Special and our Fourth Quarter Chef's Special. Feel free to stay on after the game for our All-You-Can-Eat Sunday Pasta Buffet, for only \$14.95.

#### Monday Games

All-day Happy Hour and Monday Night Football. What could be better?



**BREAKFAST**  
New at Las Sendas on Saturdays and Sundays—Enjoy breakfast if you wake up early, or brunch if you sleep in late. Come in and try our new items. Start your day out right. Our menu has a Lighter Side and a Kids Corner. **Note—Breakfast will be served seven days per week, starting on Oct. 17, at 6 a.m.**

Consider ordering one of our staff favorites:  
**BENEDICTS**  
• **Ol' Faithful**—Two eggs poached, Canadian bacon, English muffin, sauce hollandaise and O'Brien potatoes.  
• **Southwest Style**—Two eggs poached, chorizo, biscuits, cilantro hollandaise and O'Brien potatoes.  
• **Healthy Start**—Two eggs poached, heirloom tomato, spinach, squash, fennel hollandaise and oatmeal with berries.  
• **Benny Waffle** —Two eggs poached, heartland waffle, maple sausage patty, cinnamon hollandaise and O'Brien potatoes.

**THE SWEETER SIDE**  
• **Crispy French Toast**—Raisin challah breaded in Laura's Gourmet Vanilla Almond Granola, berries and raspberry coulis.  
• **Heartland Pancakes and Waffles**—With Canadian maple syrup and whipped butter, original stack, maple bacon or orange pecan.  
• **Crepe of the Day**—Fresh crepes filled with the fruit compote of the day, served with fresh berries and vanilla cream.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



THE VISTAS PAVILION  
LIVE...at Las Sendas  
Rock Lobster – 80s retro music

Thursday, Nov. 20  
Chefs Grand Buffet—6 to 8 p.m.  
Rock Lobster Show—8 to 10 p.m.  
Rock Lobster is the absolute best cover band in Arizona when it comes to playing the ultimate in 80s retro music. This band plays songs from Billy Idol's *White Wedding*, to Cyndi Lauper's *Girl's Just Want to Have Fun*. Bring your friends, and join the fun. Just maybe you will get an invitation to get on stage to rock out your best 80s dance.  
With this band of highly talented musicians, you always are guaranteed to be on your feet at the beginning of the night.  
Tickets—\$60 per person, or buy a table of eight for \$400.  
Reserve early for preferred seating—eight per table.  
Tickets available at Las Sendas Golf Club.  
Visit [epierson@lassendas.com](mailto:epierson@lassendas.com), or call (480) 396-4000.

LAS SENDAS GOLF ACADEMY  
TWO LAS SENDAS JUNIORS START BRIGHT FUTURE  
Wow. We have some up and coming golf stars. The Las Sendas Junior Program is proud of Kendall McBean and Kayla Hopkins for their accomplishment in making the Red Mountain High School Golf Team. It is so rewarding to see our juniors develop into great players and more importantly, amazing young adults.



Our Junior Golf Sticks Program provides a lifetime of enjoyment of the game. The program also offers a solid foundation for girls and boys who want to play for fun with friends and family and to compete at the high school and college level. Another benefit of the program is learning for future career purposes inside and outside the golf industry.  
The Las Sendas Golf Academy offers two different programs. Sticks, for ages 5 through 15, is for the beginning golfer looking for basic fundamentals of golf. Big Sticks, for ages 12 through 15, is for the more advanced junior preparing for high school and college golf.  
Our Junior Golf Program begins on Friday, Nov. 7, from 4 to 5:30 p.m.  
Sessions start as low as \$20 for each Friday. Space

is limited.  
Registration forms and additional information are available on our website at [www.lassendas.com](http://www.lassendas.com) (Instruction/Programs), in the golf shop, or by email to Tracy Berman at [tberman@lassendas.com](mailto:tberman@lassendas.com).



GOLF TIPS FROM MIKE MALASKA  
With the recent split of Tiger Woods and golf instructor Sean Foley, I want to touch on the importance of instruction and knowing how to pick a great teacher.  
If you are trying to decide about whether or not you should take a golf lesson, consider this... There is an endless amount of random information out there in the golf world on how you should learn the game. How do you know, however, what tips or drills are right for you? What is the proper sequence you should be going through in order to maximize your potential? Practicing is only valuable if you are practicing the right things, and the proper instructor should be able to decide what is correct for each individual student.  
When choosing the right instructor, make sure this professional doesn't fit you into one specific model swing or method. Instead, this instructor should evaluate your physical build, any limitations you may have, and any unique swing tendencies you already have developed.  
Golf is an individual expression of how you move athletically. It is an art form, not a science. Taking lessons can be extremely valuable, especially from any of the instructors with the Malaska Golf Academy at Las Sendas. Let them help you un-complicate the game and get the most out of your practice. ■

STARTYOUR MORNING RIGHT

Breakfast at Las Sendas  
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THE GRILLE OR THE PATIO • 6AM TO 12PM

OUR NEW BENEDICTS

Ol' Faithful - Poached Eggs, Canadian Bacon & Sauce Hollandaise

Southwest - Poached Eggs & Chorizo Over Biscuits w/Cilantro Hollandaise

Benny Waffle - Poached Eggs, Maple Sausage Patty, Heartland Waffle w/ Cinnamon Hollandaise

THE SWEETER SIDE

Crispy French Toast - Granola Breaded Raisin Challah Bread w/ Fresh Berries & Raspberry Coulis

Heartland Pancakes - Original, Maple Bacon or Orange Pecan

Crepe of the Day - Filled w/Fruit Compote, Fresh Berries & Vanilla Cream

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www.UpCloseAZ.com



LOCAL BUSINESS

# Happy Pets Palace & Playground Proves Popular with Pet Parents

By Kim Phillips

Happy Pets Palace & Playground celebrated an enthusiastic grand opening this past month, with many proud parents bringing their pets to the welcoming, comfortable and safe facility in the heart of Northeast Mesa.

"The response has been overwhelmingly amazing," commented Linda Huss, founder and managing member of Happy Pets, which offers pet boarding and doggy daycare, as well as an extensive playground and self-service dog wash. "We encourage everyone to make their reservations soon, as we are almost sold out."

Linda said she noticed most of the pet parents were impressed with the details of Happy Pets Palace & Playground, including the reverse osmosis drinking water and temperature monitoring. Also appreciated was the calming atmosphere, complete with music designed to improve health and behavior.

"Pet parents are particular," Linda remarked. "They don't want their dog sitting in the kennel all day." So, pets

can spend social time on the artificial turf and environmentally friendly playgrounds.

Due to the facility's off-leash, group play environment, a formal evaluation and screening process is required. Dogs of any breed demonstrating signs of aggressive behavior or bullying are not allowed at Happy Pets Palace & Playground.

"We can work with dogs who need extra attention, who have anxiety when they leave their families," said Linda.

Most everyone participating in the grand opening had positive things to say. "This is a great facility," said Sophia Larsen, who attends Mountain View High School as a freshman, and was crowned Miss Arizona Junior Teen, at the Miss America Co-ed Pageant. "The pets get really spoiled here."

Kailyn, who was at Happy Pets Palace & Playground with her dog, said she and her family were there to find a place to board Charlie. "We like the fact they have the web cams, so you can view while you're gone," said Kailyn's mom, Gina Aikens.

According to morning supervisor Chris Redwanc, pet parents can be assured their dogs are safe. "This is a very

nice, clean facility," she commented. "Parents can feel safe leaving their pets here, and we all are trained in CPR."

Local Mesa resident Jeannie Inserra expressed a desire to have her dog try out Happy Pets Palace & Playground. "He loves playing with other dogs," she said of Rudy, her love.

The youngest employee at Happy Pets, Bella Berry, a Red Mountain High School student, was pleased to discuss the natural treats offered at the facility. "All of our products are from Halo, all whole foods and the very best for the dogs." ■

For more information about Happy Pets Palace & Playground, visit online at [HappyPetsPalace.com](http://HappyPetsPalace.com), or call (480) 319-1960. The facility is located at 1918 E. McKellips Road, near Gilbert Road. Hours of operation are Mondays through Saturdays, from 6:30 a.m. to 6:30 p.m., and Sundays and holidays, from 8 to 10:30 a.m., and 4:30 to 6:30 p.m. The facility has overnight staff working from 10 p.m. until 6 a.m. every day, with round the clock care for your pets.



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REAL ESTATE

Snowbirds Will Be Flocking This Year

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

While the long hot summer is the one drawback to living in Arizona, even that's nothing to complain about when you consider it is our worst time of the year.



Unlike just about everyone else whose worst time is the winter, we don't have to shovel snow, scrape ice off the windshield with our fingernails, or take 45 minutes getting dressed in layers and a Michelin Man suit just to step outside. Our worst time of the year really isn't that hard to take.

As our summer begins to fade and we head into the fall, we become the envy of everyone else. Let's face it, it's the reason we all live here in Arizona. With the cooler temperatures comes our annual flock of snowbirds, ready to relax and stay warm while enjoying our perfect winter weather. With the exceptionally cold winter many parts of the country had last year, this season we can expect more visitors from the United States and Canada who are ready to escape the freezing temperatures lurking just around the corner. After all, you don't have to shovel the sunshine.

If you live in Arizona, you are very familiar with the term *snowbirds*, which we fondly refer to as our winter visitors who migrate to our sunny state. Canadians still top the list, and Arizona is their second destination choice just behind Florida.

With the strong housing recovery we saw last year, where the median price increased 20.9 percent, many snowbirds were sitting on the sidelines waiting to see if the prices would drop again. Although prices are still up from last year, the pace is much slower. As we are seeing a more balanced market, home prices have increased just over 5 percent so far this year, and we don't expect much of a change one way or the other for the rest of the year.

Our housing market finally is coming back to a *normal market*, and we don't expect to see huge swings in either direction, as we have seen in the past few years. With the

stable market, the second homebuyers who had been sitting on the fence are now ready to purchase, and we hope to see a strong second buying season over the next few months.

Even with the weaker Canadian dollar, with the exchange rate, as of September 2014, being \$0.918, second home buying in Arizona is still very appealing and a strong investment. Beyond Arizona's reliable weather and lifestyle amenities (golf, hiking, spectator sports and entertainment), Arizona is a draw for its affordability. It is not expected to slow down either. As the Baby Boomer generation continues to age, snowbird numbers are likely to grow. People will flee the snow and cold weather and flock to our sunny state, as long as Arizona offers an attractive refuge.

WHY NOW IS A GOOD TIME TO SELL YOUR HOME

The first snowbirds start to arrive in October. However, many are already searching online to purchase their home ahead of time. I listed a home in Mountain Bridge last month,

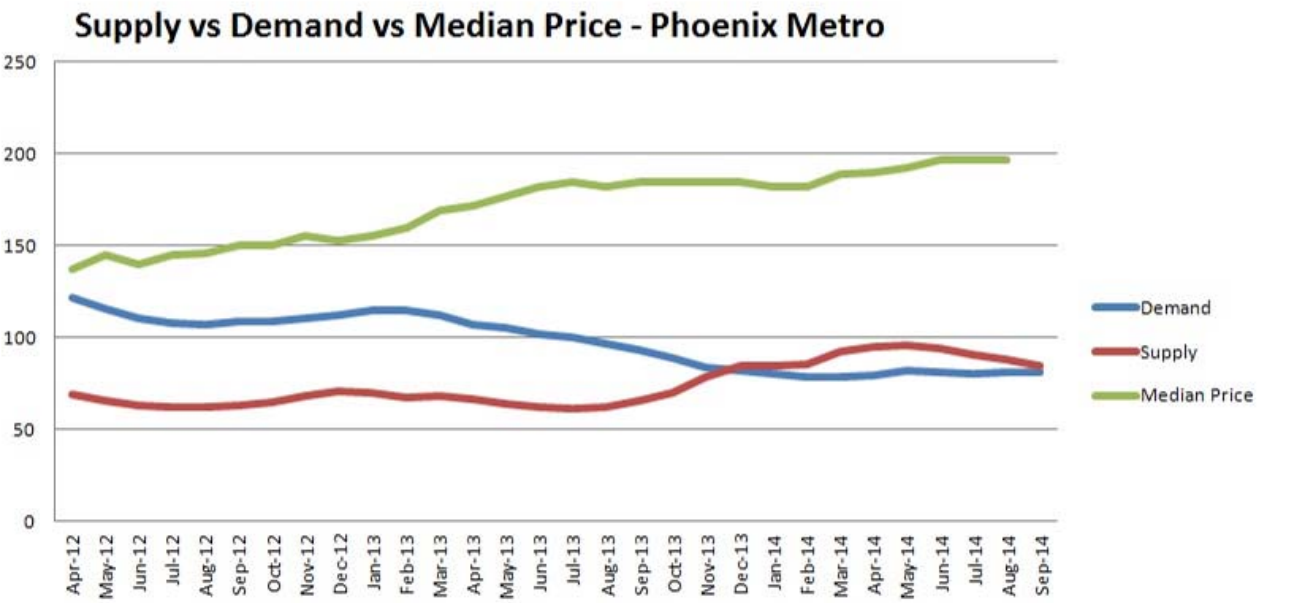
and immediately had three Canadian buyers, all cash, who were interested in it, and we closed three weeks later.

We usually see an increase in active listings from August through November. However, this year, active listings from August have increased at the lowest rate we have seen since 2001. August this year saw 15.6 percent fewer new listings than last year, and 13.2 percent fewer than August 2012, the previous low record holder.

With demand expected to increase with our winter visitors buying their vacation homes, and supply decreasing over previous years, now is a great time to list your home and catch the second wave.

Contact me today if you would like to receive a free market analysis of your home, or obtain an instant home value at [www.InstantHomeValueAZ.com](http://www.InstantHomeValueAZ.com). ■

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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EDUCATION

# Dedicated teacher participates in question and answer session

Story by Laurie Struna  
Photo by Tim Hacker

Meet Jingsheng Yang, Mandarin Chinese teacher, at Mesa Academy for Advanced Studies. For the past five years, she has worked to inspire students to become critical thinkers and lifelong learners who make a positive impact on the world. This dedicated teacher recently answered the following questions, ranging from a memorable student, to the strengths of the school in which she enjoys teaching.

**What is your favorite aspect of your job?**  
I love to make learning fun for my students, and to see their faces light up when they are enjoying learning. I want to make a difference for them, and to be the one teacher they remember.

**Share your thoughts regarding Mesa Academy for Advanced Studies' greatest strength.**  
I can't say enough positive things about Mesa Academy for Advanced Studies. Every successful organization starts with a great school leader. Mr. Robert Crispin is a strong community builder, with visionary leadership. He is wonderful at reading the needs of his community. Our curriculum and our teachers are top notch, and our students work hard to achieve their goals. Most importantly, we have strong support from our parents.

**Tell us about your most memorable student.**  
I have had numerous outstanding students at Mesa Academy. However, one that left a lasting impression was a fifth-grade student. We were preparing a celebration to honor the Chinese Moon Festival. The student came to me for help with selecting a Chinese song she could sing at the event.  
I showed her several songs with varying difficulty levels. I thought she would choose something easy because she was so young. To my surprise, she chose a difficult song,

*Prelude to the Water*, which the poet Su Shi wrote about 1,000 years ago, in 1076, on the night of the Moon Festival. I thought the poem would be too hard for her to understand at her age. The Pinyin pronunciation and the Chinese characters increased its difficulty level. But she surprised me by choosing this difficult song. Enthusiastically, she came to my classroom every day to practice. I have never met a more determined student. Her stage performance of the song was a success.

**Reveal the best advice you ever received, and who gave it to you.**  
"Go forward, and don't look back," from my principal, Mr. Crispin.

**What is one thing people don't know about you?**  
I can hear low-frequency sound. My doctor tested me, and I can hear outside our normal hearing range. My friends tease me that I have supernatural power. ■

*For more information about Mesa Academy for Advanced Studies, located at 6919 E. Brown Road, call (480) 308-7400.*



LOCAL BUSINESS

# Real Estate Office Offers Extended Services

Submitted by  
Coldwell Banker  
Trails and Paths

Starting this month, Coldwell Banker Trails and Paths is open every weekend, from 11 a.m. to 3 p.m.

Realtors are available to help you who are curious about your home value. Professionals will also offer information about homes for sale in the area, and can even help you preview a property.

Realtors can discuss buying or selling homes, or any other real estate needs or questions you may have. Everyone in attendance can register for a grand prize drawing, at the end of the month, for a \$100 gift certificate to the Las Sendas Golf Course. Additional discount coupons from local businesses will be available, too. Coldwell Banker Trails and Paths will celebrate Customer Appreciation Day on Nov. 5, from 3 to 6 p.m. This will be a great time for friends, customers and winter visitors to stop by to visit. Refreshments will be served.

**SPECIAL HOLIDAY EVENT**  
Coldwell Banker Trails and Paths will host *Pictures with Santa*, on Dec. 6, from 11 a.m. to 2 p.m. Bring your kids and your camera for this visit with Santa. If you prefer, the staff will take a picture and email it to you. In the past, this has been a huge success for everyone involved. ■

*The office of Coldwell Banker Trails and Paths is located at 2913 N. Power Road, Suite 101, Mesa. For more information, call (480) 355-4700, or visit online at [www.TrailsandPaths.com](http://www.TrailsandPaths.com).*





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HEALTH

# Your child's first visit to the dentist CAN BE A POSITIVE EXPERIENCE

Submitted by Las Sendas Dental Health

When should my child have his first dental exam? How often should he see the dentist? Are baby teeth really that important?

While most parents ask themselves these questions when their children are young, unfortunately, many do not know the answers or perhaps do not feel they are important enough to know.

In recognition of this problem, and to increase awareness about dental health needs for children, the American Dental Association (ADA) has launched the *First Dental Visit by Age 1* campaign.

When asked about the campaign, Dr. Farnsworth said, "Parents often do not bring their children in for a visit until there is a problem, such as a toothache. By that time, irreversible damage to the child's teeth may have already occurred," he continued. "I am glad to see the ADA is getting out in front of the problem by educating the public on the importance of oral health care for children."

The goal of this ADA campaign is to encourage parents to bring their children in for their first dental visit after their first tooth erupts and before their first birthday. The ADA also recommends each child see the dentist twice a year for check-ups and cleanings.

Dr. Farnsworth asked, "Do we think a child will have cavities when the first tooth comes in the mouth?"

"No," he said in response to his question, "but this time allows us to answer any question a mother or a father may have regarding the child's dental health. It also is the time to begin relieving any stress or tension related to seeing the dentist, both for the parents and the child."

According to Dr. Farnsworth, check-ups for young children give both parents and dental professionals the opportunity to discuss the dental needs of children. Dentists can educate parents on proper brushing tech-



niques and dietary practices, which can make lasting habits for a lifetime.

Many problems can be avoided if caught early, such as baby bottle tooth decay, caries, primary herpetic simplex viral breakouts and speech pathology related to being tongue-tied. Many other conditions or concerns can be addressed by routine visits to the dentist.

"Preventative check-ups also provide the child an opportunity to have many positive experiences with a dentist,"

Dr. Farnsworth said. "These visits will help reduce the fear and anxiety children commonly associate with dental visits and promote better oral health, both now as children and later in life as adults."

Parents often do not understand the importance of baby teeth. The ADA has stated, "Baby teeth are as important as permanent teeth." Although baby teeth are lost between the ages of 6 and 12 years old, they serve an important role in the development of the child. Baby teeth are important for the child's speech development and to maintain space for permanent adult teeth. Early loss of baby teeth can compromise a child's speech and delay eruption of adult teeth. This delay can lead to crowding of the adult teeth when they finally erupt. This crowding is due to movement of the remaining teeth into the space of the lost teeth.

A child's health and well-being can be greatly affected by attitudes toward oral health care. "I love to see children in my practice," Dr. Farnsworth said. "It gives me the opportunity to help develop important habits and relationships they can continue for the rest of their lives, which ensures better overall health and quality of life." ■

If you have any questions regarding your own dental health or the dental health of your child, you can reach Dr. Farnsworth by calling (480) 283-5854 or go online to [www.lassendasdentalhealth.com](http://www.lassendasdentalhealth.com). You also can visit Las Sendas Dental Health, located at 2947 N. Power Road, Suite 103.

COMMUNITY

# CHURCH RECEIVES GRANT TO SUPPORT PEOPLE IN NEED

Submitted by Love of Christ Lutheran Church

Love of Christ Lutheran Church (LOC), in East Mesa, is the recipient of a matching grant of \$5,000 awarded by the Thrivent Financial Foundation, to assist people in need of emotional, mental or spiritual support during times of increased stress.

People who find themselves with heightened anxieties over family issues, loss of a loved one, mental health, hospitalization/long-term illness and financial pressures, to name a few, can find help available at LOC through its association with Stephen Ministries. The grant provides financial support for the training of lay leaders to equip those who are interested in serving with the necessary education in order to be of service to those reaching out for help.

"We recently became involved in Stephen Ministries to help people who are experiencing stress or grief in their lives above that experienced normally during the day," said Senior Pastor Don Liles. "The grant gets us started in providing training to lay persons to help these families. It is our goal to try raising monies to receive another \$5,000 grant, so we can do more for our congregation and support our community."

The terms of the grant received by LOC states that for every dollar raised by the church between Aug. 1 and Nov. 30, the Thrivent Financial Foundation will contribute half as much in support. "In other words, if we are able to collect \$10,000 in sponsorship of our Stephen Ministries program, we will receive another \$5,000 from Thrivent," said Dick Beckman, financial officer for LOC. ■

Anyone wishing to contribute to Love of Christ Lutheran Church, to assist the Stephen Ministries program, should contact the church office at (480) 981-6199, or send an email to [darlene@loccl.org](mailto:darlene@loccl.org). The church is located at 1525 N. Power Road.

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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

Successful Interior Design Reflects Homeowner's Personality



**By Kimberly Searles**  
Every morning, Mesa resident Debbe Eagan stands at the top of her stairs, looking around her home and thinks to herself, "I just love my house."  
That's in large part because of the work of her good friend, Susan Haviland, owner of Poppy's Home Decor. Over the past several years, Susan has transformed Debbe's home from just another

place to a beautiful living space.  
It all started a few years ago, when Debbe knew she wanted to do something with her interior, but she thought it was too expensive. She walked into Poppy's to browse, and bought one piece—a tray for her kitchen table. That tray was the first step in a creative journey resulting in a beautiful home and a close friend in Susan.  
"My husband's job had us moving every few years. Over time, we've lived in about 14 different homes," Debbe explained. "Realtors tell you, to sell a home, you have to make it look like a blank canvas. Most of my homes were well-versed in No. 1066 beige paint. Now, I have purple walls."  
Upon meeting, Susan assured her new client, "I'm going to make your home fabulous, and you're going to love it." And in that moment, Debbe knew she could be bold in redecorating her home, and it wouldn't cost a fortune.  
"I think, many times, we get into such a rut that it's hard to think outside the box," said Susan. "I really believe our homes are our havens from the harsh world outside. It should be bold, something that is ours and that allows us to feel comfortable and safe."  
Creating a bold, new look can be as simple as putting a new color on the walls and rearranging furniture,

according to Susan. But the most important starting point for her is to get a feel for the customer's tastes and understand it.  
In fact, she asks people to walk around the store, and tell her what they like or dislike, and why. This simple exercise gives great insight into what will work and not work.  
"It was like Susan got into my brain and heart, and pulled out all the things I love to incorporate," said Debbe. "She took my personality and expressed it in my home."  
Always picturing the end result, Susan uses every resource available to meet any budget. She works with contractors and other professionals who can see her vision and help achieve the best possible results for her clients.



It also helps that Susan has the best employees working alongside her at Poppy's. Without them, Poppy's simply wouldn't exist as it is.  
"It's a joy for me to see my clients be excited about the accomplishment of loving the newly created atmosphere of their room or home," Susan admitted.  
If you're looking to shake things up in your home, Susan and the team at Poppy's Home Decor can help transform your house into your own private sanctuary—no matter the budget. ■  
  
*Visit Poppy's Home Decor, located at 7143 E. Southern Ave., in Mesa, Monday through Saturday, from 10 a.m. to 6 p.m. You also can visit the website at [www.poppyshomedecoraz.com](http://www.poppyshomedecoraz.com), or call (480) 325-4900.*



LOCAL BUSINESS

Never get caught with your pants down again



**By Dawn Abbey**  
While Arizona offers endless outdoor activities, including hiking, biking, climbing, camping, jeeping, boating, what do you do when you're in the middle of nowhere and nature calls—especially if you're a female?  
This problem has been bothering Las Sendas resident Kim Gregory since she was a child, and now she has done something about it. She has patented a unique design of sports attire she calls Kimbos.  
"I have been thinking about this invention since I was a little girl out camping with my four older brothers," she explained. "Then, the idea resurfaced while I served in the Army. Being a rare female among many men, I realized this was needed every day while out in the field."  
Kim was adamant about her project. "I wanted to design something that would give military personnel and outdoor enthusiasts back their dignity of not having to undress in awkward or challenging outdoor environments," she stated. "The final push came when my son Zach came back from clearing IEDs from the roadsides of Afghanistan, and told me, 'All soldiers need a pair of these.'"  
So, for the last two years, Kim has been refining her design, and has a patent pending on her unique sport shorts, which unzip in the middle using an attached pull cord.



They are a stylish unisex design, which can be worn as shorts, swim pants or an undergarment. Right now they only are available in black and olive green, but Kim plans neons, metallics, hunter orange, camouflage and a variety of patterns. She also has designs for long pants and other items.  
"Kimbos are made in the USA," Kim stated proudly.  
• The fabric is an 80/20 nylon-spandex mix tricot, which stretches in four directions for

- comfort, with a soft, one-inch cotton knit, elastic waistband.
- The nylon coil zipper has an internal fly, doubled over with material, to keep the zipper from contacting the body.
- The pull cord has a Velcro end, so it stays attached and won't get lost. It pulls like a surfing wetsuit to open and close.
- Grip elastic on the inside of leg openings keeps the shorts from riding up.
- An external pocket on the lower leg is perfect to hold a cell phone, ID, tissues or whatever.

"Another light bulb moment was seeing a Swiffer commercial with the dad who has only one arm," Kim explained. "I realized the difficulty of dressing oneself, and started introducing Kimbos to physical therapists and orthopedic clinics." With their input, she now is working on apparel specially tailored for the needs of those who may have a temporary or permanent disability.  
During the summer, Kim and her 18-year-old daughter Michellie made a sales trip throughout the Midwest to fishing tournaments. They offered their unique garments to professional females who fish and had to spend all day in a small boat. The resulting acceptance was resounding and definitely understandable.  
Kim and her daughter also attended outdoor events and visited physical therapy clinics. A clinic representative was so excited about Kimbos, she said, "You are going to change so many lives."  
Kim depends on her daughter's expertise. "By having my daughter with me to watch, budget and negotiate the roadmap helps her develop important skills most young girls never learn," she said. "Most vacation stories are about dreamy, languid days. Mine was about hard work, being a mom, and taking an idea from my brain to fruition." ■  
  
*Kimbos cost \$40 each, and are available in sizes XS to XL on Kim's website at [www.kimbosllc.com](http://www.kimbosllc.com). To place an order, or for more information, you can call (602) 571-1114.*



Real Estate

In Las Sendas

brought to you by: Las Sendas Area Market Report

COLDWELL BANKER

TRAILS AND PATHS PREMIER PROPERTIES

Sales for the Month of August 2014

Address	Square Feet	Community	Sold Price
3055 N. Red Mountain #110	1,571	Ironwood Pass	\$263,000
3055 N. Red Mountain #139	1,756	Ironwood Pass	\$269,000
6864 E. Portia St.	2,229	Vintage Hills	\$287,000
7226 E. Norland St.	1,926	Trailridge	\$305,000
6964 E. Red Hawk Cir.	1,911	Stoneledge	\$310,000
2646 N. Sterling Dr.	2,023	Grayfox	\$315,000
7340 E. Northridge Cir.	2,512	Grayfox	\$340,000
7516 E. Odessa Cir.	2,451	Silverhawke	\$357,200
7422 E. Northridge Cir.	2,512	Grayfox	\$368,000
3810 N. Red Sky Cir.	2,460	Echo Canyon	\$389,000
3060 N. Ridgecrest #151	2,226	Desert Vistas	\$390,000
3430 N. Mountain Ridge #18	3,654	Sonoran Heights	\$449,000
3763 N. Piedra Cir.	2,814	Eaglefeather	\$485,000
7130 E. Saddleback St. #8	3,521	Golf Colony	\$544,500
3725 N. Paseo Del Sol Dr.	2,577	Highlands	\$550,000

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](http://www.BuyAndSellAZ.com)

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LOCAL BUSINESS

# Mesa Couple Launches Business to Serve Senior Population



Submitted by Seniors Helping Seniors

A local couple, with experience caring for older relatives, has launched a nonmedical home caregiving service matching seniors seeking employment with seniors who need help to continue living independently in their own homes.

Jeff and Nickie LaBeau, originally from South Dakota, and now committed community members in Mesa, have opened a Seniors Helping Seniors franchise to serve residents in Mesa and neighboring areas, including Gilbert and Apache Junction.

Seniors Helping Seniors in-home services, headquartered in Wyomissing, Pa., has opened more than 250 franchises in 42 states since 1998. Each follows a unique, peer-to-peer business model, providing seniors with a way to give and to receive by hiring seniors to provide nonmedical services to other seniors.

“The demand for this service is rapidly growing as our population continues to age,” Seniors Helping Seniors co-founder Kiran Yocom said. “We accepted Nickie and Jeff LaBeau into our family of franchise owners because they truly understand the needs of this population—not only on a professional level, but also on a personal level.”

Jeff, who has 20 years of experience in sales management, and his wife Nickie, a cosmetologist who operated her own salon business, have two active children, and are involved with All Saints Catholic Church and the Mesa Chamber of Commerce.

“Opening a Seniors Helping Seniors franchise is a great way to be of service to others,” Nickie said. “I was very close with my grandmother growing up, and went to her house almost daily in high school to help her with errands and housework and to socialize with her friends. My husband and I understand the importance of supporting seniors who wish to stay in their homes as long as possible.”

Seniors Helping Seniors franchises are limited to geographical territories, but there are no limitations or restrictions on the number of clients or caregivers. Franchises aim to set reasonable fees for clients while also providing fair compensation to caregivers within their own demographic market.

Nonmedical services provided may include, but are not limited to, companionship, meal preparation, housekeeping, transportation, personal care and grooming, home maintenance, light yard work, and Alzheimer’s and respite care.

For information about services or employment, call (480) 500-5181. Visit the website at Seniors Helping Seniors®.

## ABOUT SENIORS HELPING SENIORS IN-HOME SERVICES

Kiran and Philip Yocom started Seniors Helping Seniors in-home services in Berks County, Pa., initially as a nonprofit organization, to provide a much-needed and appreciated service in their community. The Seniors Helping Seniors organization was incorporated in 1998 as a way to spread the philosophy across the country through franchises. Prior to launching Seniors Helping Seniors in-home services, Kiran served with Mother Teresa, in India, for 14 years. ■

RECIPE

## Pumpkin Cookies Are Sure to Be A Crowd Pleaser

Submitted by PIEfection

This recipe for pumpkin cookies is just in time for Halloween and Thanksgiving. The ingredients are sure to result in some delicious cookies. There will, no doubt, be requests for more than one batch.

### INGREDIENTS

- |                          |                                  |
|--------------------------|----------------------------------|
| 1 cup butter             | 1 teaspoon baking powder         |
| 1/2 cup brown sugar      | 1 teaspoon cinnamon              |
| 1/2 cup granulated sugar | 1/2 teaspoon ground ginger       |
| 1 cup canned pumpkin     | 1/2 teaspoon fresh ground nutmeg |
| 1 egg                    | 1/2 teaspoon allspice            |
| 1 teaspoon vanilla       | 1/2 teaspoon salt                |
| 2 cups flour             |                                  |
| 3/4 teaspoon baking soda |                                  |

### DIRECTIONS

Cream sugars and butter. Add pumpkin, egg and vanilla. Mix well. Sift together dry ingredients, and add to wet mixture. Mix just until combined. Drop individual spoonfuls onto a parchment-lined cookie sheet. Bake at 350 degrees for 8 to 9 minutes.

### FROSTING

Microwave 1/4 cup butter and 1/2 cup brown sugar until melted together. Add 1/4 cup milk and a teaspoon of vanilla. Stir until the sugar is dissolved. Add 2 cups or so of powdered sugar. Beat it all up, and spread over cookies. Enjoy! ■

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 [www.piefectionaz.com](http://www.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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HEALTH

# There Are Many Reasons Why YOGA IS GOOD FOR YOU

By Jessica Lefler  
Instructor

The body must move and exercise in order to maintain itself and stay healthy. There are so many types of exercise able to improve your health, but certain types of exercise, or too much of it, can injure the body. Unlike many types of physical exercise, yoga is a mind and body practice, offering countless physical and mental benefits. There are many types of yoga, but, in general, a careful and consistent yoga practice carries many benefits, which outweigh the benefits of other types of exercise. Here are several ways yoga can improve your physical health and quality of life.\*

**Yoga increases bone density.** A recent study found the practice of yoga can actually *increase* bone density in adults. This is essential, as osteoporosis (loss of bone mass) affects many adults, especially women over 30, and comes with an increased risk of broken bones and fractures, which can lead to serious injury or even death.

**Yoga improves balance.** Many of the standing poses in yoga are balancing postures. One-legged balance postures strengthen the little tendons and muscles, which support the ankles and knees. The increased sense of balance also will prevent falls.

**Yoga relieves back pain.** A recent university study found a consistent and careful yoga practice could reduce, and in some cases, eliminate chronic back pain.

**Yoga keeps you flexible.** Since the practice of yoga incorporates breathing and stretching, the body of a yoga practitioner will naturally retain and improve flexibility of muscles and tendons. This flexibility prevents injury and pain resulting from stiff joints and muscles.

**Yoga lowers your blood pressure.** A recent university study on patients with hypertension found participants who practiced yoga experienced greater drops in blood pressure than participants who did other types of exercise.



**Yoga makes your brain function better.** According to a recent university study, just 20 minutes of yoga practice dramatically increases cognitive function, focus and memory. The participants who practiced 20 minutes of other exercises saw similar mental benefits, but their improved function was not as dramatic as the yoga participants.

**Yoga keeps your weight in check.** Like most other exercises, yoga can help in weight loss or in maintaining a healthy weight. Unlike other types of exercise, yoga can help the body to digest food properly and eliminate toxins. This is especially true in terms of hot yoga.

**Yoga reduces anxiety and depression.** Practicing yoga for just 12 weeks has been shown to dramatically reduce anxiety and depression. Yoga practice also is linked with an increase in the brain chemical known as gamma aminobutyric acid, which is known to have anti-anxiety effects on the brain.

With all these benefits, it is clear why yoga has become so popular in the last decade. Yoga is accessible to all levels, and can benefit anyone who practices with care and mindfulness.

\*It should be noted, as with any exercise program, a physician should be consulted before you start. ■

To experience these benefits and many more, join us at Hot Lotus Yoga. Our introductory rate is two weeks for \$20. Check our website for our class schedule at [www.hotlotusyogastudio.com](http://www.hotlotusyogastudio.com).

ORGANIZING

## Professional Organizer Answers Questions from the Mailbox

Dear Nancy,  
What suggestions do you have for teaching young kids to be organized?  
Signed, Becky

I recommend a product called Time Timer, which helps children (and adults) see the passage of time more clearly. It helps set limits on game time or television time. It also can be used as a stopwatch. There are endless possibilities. You'll find Time Timer online.

One of the most important organizing lessons for children to learn is the fact not everything they have has the same value. If they are allowed to keep everything, they aren't learning to make choices. Sometimes choices aren't easy to make. Maybe they love every stuffed animal they have, but it's not possible to keep 50 stuffed animals tidy, clean and accessible. It's hard for children to see the value of being organized, since they aren't the ones responsible for keeping things orderly. So, it comes down to following household rules. If your rule is they are not to throw their towels on the bathroom floor, make sure they can reach the towel rod or hook. Then, if they don't follow the rule, there are consequences, such as earlier bedtime or a lost privilege. If there are no consequences, they will drop their towels on the floor because it's easier.

The more toys and clothes your children have, the harder it is to keep organized. So, logically, your life will be less stressful if you don't have more toys and clothes than the family can keep neat and orderly. ■



Nancy Nemitz helps people get organized and save time. Her company is Create the Space Professional Organizing LLC. Email your questions to [nancy@createthespace.com](mailto:nancy@createthespace.com). If she selects your question for a future issue of Up Close, you will receive a 25 percent discount on one of her downloadable teleclasses. To book an organizing appointment, call (480) 223-8939.


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EDUCATION

# Teacher and Class Are Changing the Future for Students

By Sharon Wozny

A year ago, Red Mountain High School hired a new man to manage the welding program.

Dan Hurst took on the challenge with enthusiasm and expertise. In just one year, the program is thriving. There is a wait list to take welding as an elective class, and it is easy to understand why. For example, the Welding Club won a state championship, girls are enrolling in the class, and students are taking their certifications for a career in welding. Students are preparing for the future with real life skills in a real world where collegiality, collaboration and communication are key aspects of being successful.

In addition, state-of-the-art equipment, with a new air extraction system, has been installed, allowing 30 students to be welding at any given time, as opposed to just 11 students last year. Completing welding jobs for outside companies needing the work validates their skill level, as well as creating projects to sell, which feature the Red

Mountain logo.

Best of all, the students are working on a trailer, which will make them self-sufficient when traveling to competitions and events. In addition, the students are in collaboration with the auto shop, working on the motor, as they reinvent an automobile for racing in a competition in Queen Creek, with Zach Griggs as the driver and lead.

In the future, look for the Welding Club to be competing in Welding Thunder, at Skyline High School, at the end of October, and at a Tungsten Inert Gas, or TIG, Welding event, at Falcon Field, in January. This next spring, club members will, once again, participate in the Best of The West. At this event, they will look to defend their state championship title.

Dan came into this job after more than 30 years in the field. He thought he knew it all, but he has changed his mind. "These students are bright and creative, and they are teaching me so many new things," Dan said. "I want to make sure I leave the industry better with my teaching." ■



COMMUNITY

# MOTORCYCLE MINISTRY Serves Less Fortunate



By Sharon Wozny

The Way Riderz is a group of accepting and loving motorcycle riders who, aside from being bike enthusiasts, bring joy and hope to the homeless and less fortunate, through fellowship, outreach and ministry.

In 2010, Gary and Ronda Obenstine felt compelled to start a chapter in Arizona after meeting The Way Riderz, from Sacramento, Calif. Ronda is the first lady and Gary is the president. There is no downtime for these two dynamos. They constantly are planning, prepping and ministering. With only seven members, they are a group of energetic and uplifting people who are driven to make a difference.

Whether feeding the homeless once a month, in Tempe, serving food for the staff and customers, at Eagle Riders Motorcycle Rental locations, or providing their food pantry—with no strings attached, The Way Riderz are inspirational. They are a family, a united fellowship of bikers and non-bikers, of all ages. Together, Nathaniel and Ronda, joined by Gary's 7-year-old son, head up the Children's Ministry, lead the prayer over the food, or welcome newcomers to the food pantry.

Kim and Marty, who have suffered

many physical challenges, treasure the family feeling of the group. Being involved makes them focus on others' needs and less on their own. Vice President Kevin has embraced the ministries of the group. "They give me a purpose for each day, a reason to live and to change lives," he stated. "The ministries allow me to give back to others in need." His wife Teresa, a non-biker, but a dedicated and motivated member, is learning to ride. "I feel accepted and a sense of belonging with The Way Riderz," she admitted.

Teaming up with various churches, businesses and food stores, they are able to provide a range of items for the less fortunate people of the community. "Let God's light and goodness shine through us," Ronda said. "It is an opportunity to give people who are down on their luck a step up."

Members of The Way Riderz agree they are a family. They are loved and valued. With their servants' hearts, they are able to bring joy and hope to the less fortunate people in their community. ■

For more information on the services provided, or to become a member of The Way Riderz, visit their website at [www.thewayriderz.com](http://www.thewayriderz.com). You also can contact Gary Obenstine at [garyobenstine@live.com](mailto:garyobenstine@live.com).



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## LOCAL BUSINESS

# H and I Automotive IS AN EASY CHOICE

Submitted by H and I Automotive

Making good choices is not always easy, but when it comes to vehicle maintenance and repairs, H and I Automotive has been making this choice a simple one since 2009.

With 100 years combined automotive industry experience on the team, H and I is in a league of its own.

Today's consumer has various concerns when choosing a shop to meet automotive needs. With trustworthiness No. 1 on its list, H and I has built that trust, not only with customers, but also with vendors, suppliers and other shops in the area.

The policy of H and I is to perform only repairs to correct a customer's concern, avoid a forthcoming safety issue with a vehicle, and maintenance needed based on the current condition or manufacturer's recommendation.

After the repair is made, H and I backs the work with a 24-month, 24,000-mile parts and labor warranty. After all, nobody is perfect, and it is important to stand behind the work. When performing a warranty repair, all parts, labor and fluids are covered at no charge.

Quality also is a priority when it comes to automotive repairs. But what does a quality repair really mean? The most important factor is the type of parts used to perform

the repair. *You get what you pay for* is an old adage, and still is very true when it comes to replacement parts for your vehicle. Many shops will use inferior parts during a repair to either save the customer money, or, in some cases, save the shop money on the repair. However, these parts usually don't last as long, and will end up having to be replaced prematurely.

Then, there are the steps taken during the repair. Cleaning surfaces, routing wires and cables, and torquing bolts to specifications are items often overlooked. Again, improper techniques lead to a repair, which does not last. Finally, after the repair is finished, the technician should clean the area where the worked had been done, test drive the vehicle, and perform a quality control inspection. These are items which set H and I Automotive above the rest.

For most customers, the third factor is a good value. This should not be confused with a cheaper price. The quality of the repair often will dictate the pricing. This doesn't mean the most expensive repair is the best, either. Every shop has unique operating expenses. Dealers normally charge higher fees to compensate for higher overhead and also for the amenities they offer their customers.

On the same note, some shops just plain charge a premium to help the bottom line. A good value is a quality repair at a fair price. H and I Automotive focuses shop expenses on supplies, which benefit their customers.

The use of advanced diagnostic equipment ensures an accurate assessment of your vehicle. Only original equipment manufacturer, or OEM parts, as well as superior parts, are used during repairs, and the invoicing system is customer friendly. H and I also offers a free owner's auto site, so customers can check a vehicle history, schedule appointments, and view factory-recommended services. ■

*When it comes time for your vehicle's next service, the choice is easy. Visit H and I Automotive at 5338 E. Main St., or call (480) 985-9279.*



## COMMUNITY

## COMMUNITY GARAGE SALE BENEFITS SCHOOL

Submitted by Las Sendas PTO

Las Sendas Elementary School, located at 3120 N. Red Mountain Road, will host its eighth annual Community Garage Sale, in its parking lot, on Saturday, Oct. 25, from 6 a.m. to 1 p.m.

The Las Sendas Parent Teacher Organization will sell reserved parking spaces for \$25 each. You can set up your own garage sale, and keep the profits. Reservations will be taken until Wednesday, Oct. 22. Spaces go rather quickly, so reserve yours today. You do not need to be a Las Sendas resident to participate.

Payment is required to reserve your space. You can send (or drop off) payment with your name, contact information, and number of spaces needed (\$25 each space) to the school. ■

*For further information, contact Krystal Schmier at (602) 448-9732. You also can send an email to [mamaschmier@gmail.com](mailto:mamaschmier@gmail.com).*





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**LOCAL BUSINESS**

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## LOCAL BUSINESS

## MS. CAROL'S GYMKIDS FEATURES EVENTS FILLED WITH FUN

*Submitted by Ms. Carol's Gymkids*

Since the opening of Ms. Carol's Gymkids new 5,000-square-foot facility, the birthday bashes are a real hit.

When the party guests are informed they have the full use of the gym, it doesn't take them long to begin bouncing on the in-ground and above ground trampolines. They also have the opportunity to run and perform flips on the 30-foot tumble trak, bars, beams and so much more.

Ms. Carol's Gymkids is hoping to spread the word, and invite families to share in the fun. A special discount is offered for the month of October. Anyone booking a party this month will receive \$75 off the Gold Package or \$25 off the Silver Package.

The packages, for 10 or more guests, include two instructors who will host your event from setup to teardown, as well as special prizes for each child.

### MORE UPCOMING FUN EVENTS

If you are in need of a night out with your spouse, and would like a fun and safe place to

bring your children, *Parents' Night Out* events are the answer. The next event is scheduled for Saturday, Oct. 4, from 6 to 10 p.m. The children will enjoy the open gym, games, movies and popcorn. The fee is only \$25 per child, with family discounts also available.

#### FRIDAYS, OCT. 10 AND OCT. 24

\$5 Open Gym Special—6:30 to 8:30 p.m. This event includes enjoying two hours of fun and meeting new friends.

#### SATURDAY, OCT. 25

\$20 Back Handspring Clinic—11 a.m. to 1 p.m. This event includes two hours of training on back handsprings. Calling all tumblers and cheerleaders who need the practice or want to learn how. This is the place. ■

For more information about any of these events, call (480) 777-1033. Visit the website at [www.MsCarolsGymkids.com](http://www.MsCarolsGymkids.com). You also can visit the Facebook page at [facebook.com/mscarolsgymkids](https://www.facebook.com/mscarolsgymkids). Ms. Carol's Gymkids is conveniently located on Lindsay Road, just north of Main Street, at 16 N. Lindsay Road.



## LOCAL BUSINESS

## Echo 5 Offers Football Action

*By Kimberly Searles*

Echo 5 Sports Pub, where you're a stranger only once, is the place to be for all the Sunday football action.

Doors open at 9.30 a.m., which is just in time for Game Day Breakfast, served until 1 p.m. Choose from tasty selections, including the classic breakfast of french toast, the breakfast sandwich, the breakfast burrito or Huevos Ricardo.

Then, settle in to watch your favorite game on one of 45 TVs in Echo 5's air-conditioned sports paradise. For an even better experience, the latest in Soundog technology is featured, allowing you to listen to the game at your table using their free Soundog app.

If you're not the early-to-rise sort, don't worry. You can enjoy Echo 5's comprehensive Sport Pub menu all day long. Try the famous wings, voted best in town. Some even say they are the best wings they have ever tasted. The grilled wings are a specialty, enticing customers to travel miles just to enjoy them. And you can't ever go wrong with Echo 5's delicious burgers, with signature buns made fresh locally.

Are you more the nibbler type? Echo 5 has you covered there, as well. The fantastic appetizer menu offers something for everyone.

They say man can't live on bread alone. That's why Echo 5 offers \$3 game day drink specials, including bloody marys, mimosas, domestic pints and 32-degree Fireball on tap, plus the guaranteed hangover cure.

Cold beer is the motto by which Echo 5 Sports Pub lives. You might say it's the coldest beer for miles. A wide selection of craft beers is offered, not to mention favorite imports,

such as Guinness, Harp, Smithwick's, Kikenny and Magner's Irish Cider—all served in 20-ounce Imperial pint glasses.

Need a little fresh air? Try Echo 5's new expanded patio with HD flat screens. The pub can even cater groups of fans, with advance reservations required, for parties of 10 or more. The patio can be reserved for large groups wishing to watch specific games.

Football and Echo 5 Sports Pub go hand in hand. Be sure to get there early, as each TV/game is on a first-come, first-served basis. Remember to eat local. Drink local. Support local. ■

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 weekend. Parking is free. For large group reservations, call (480) 832-8989. Visit the website at [www.echo5sportspub.com](http://www.echo5sportspub.com).



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LOCAL BUSINESS

# PHOENIX LAW FIRM Comes to the East Valley

Submitted by Bechtold and  
Madden Law

Founding partners Baron J. Bechtold, Esq. and Jennifer L. Madden, Esq. are proud to introduce Bechtold and Madden Law to the Mesa area.



Baron, a native of Indiana, moved to Arizona to attend Arizona State University, where he graduated with a bachelor's of science degree in molecular biosciences and biotechnology. He also is an Eagle Scout.

Jennifer, a native of Idaho, moved to Sioux Falls, S.D., to attend Augustana College. She graduated with degrees in Spanish, government and international studies. She then moved to New Orleans, La., and danced with Newcomb College of the Arts, Tulane University and the Hysell Ballet.

Both Baron and Jennifer are graduates from Gonzaga University School of Law. While at Gonzaga, they traveled to Italy to study and compare international criminal procedure and constitutional law.

Because of Baron's science degree and Jennifer's professional experience in the arts, their true passion is protecting intellectual property, including patents, trademarks, trade secrets and copyrights.

Bechtold and Madden Law is not limited to intellectual property issues, however. The firm is available for many criminal and civil legal matters.

Bechtold and Madden Law provides consultations and legal services for both individuals and businesses.

While the office is located in mid-town Phoenix, Baron and Jennifer are open to making house calls in the East Valley.

Bechtold and Madden Law look forward to getting involved in the Phoenix and East Valley communities, and are excited to offer their legal services. ■

For more information about Bechtold and Madden Law, call (602) 730-8999.



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## LOCAL BUSINESS

# Local security company OFFERS PEACE OF MIND

Submitted by Kodiak

Here we go again, as Arizona has had another big weather event.

Who would have thought we were going to have historic rainfall from a hurricane, namely, Hurricane Norbert? We were hit hard with torrential rains, flooding and high winds. No, this isn't a weather report. If you were out of town at the time, were you concerned about your home? How would you have liked to view your home live as it happened? Now, you can do so from any of your smart devices, Android, iPhone, iPad, tablet or laptop.

Here at Kodiak, a company specializing in interactive automation, we can provide live feed to your smart devices. Download the app to your phone, set the settings, and log in. It is as simple as that. The system allows for up to 10 cameras for viewing, day or night. Wouldn't it be nice to be able to confirm the fact the house sitter, handyman, house-cleaner, or low voltage guy installing your speakers actually accomplished what was expected?

Now, you can check, first hand.

Or how about watching your toddler as he plays in his



room while you're cooking dinner? Did you know you could lock and unlock the front door, and receive notifications of the action via text alerts or emails? Your alarm system also has the

capability to send an email telling you your alarm has been

disarmed and the light is on, because when the front door was

unlocked, your system automatically turned on the lamp.

Perhaps you want to program this function for only after 7 p.m. Do you want a snapshot of your back door when your alarm goes off? No problem. Let's go a bit further. How about turning on the lights when the alarm goes off. We can have a picture sent to your email or receive text messages. Going out to dinner, and you just can't remember if you armed the alarm system or locked the front door? Just pull out your phone or smart device, and log in. Check on your pets, specifically, who's behaving and who's not. With Telguard iHome Control, total control is right at your fingertips.

Kodiak has been serving its clientele for more than 21 years here in the Valley and statewide. We specialize in customer satisfaction, while providing cost-effective systems for your home or office. Kodiak provides security systems, surround systems, whole house audio, central vacuums, surveillance, structured cabling and interactive automation.

We take pride in our services and systems. To get a fair and honest quote or live demo, give us a call at (480) 984-6813. Avoid the big guys who bundle your services, and charge you a bundle.

It's 10:30 p.m., and all is quiet. You have scheduled your system to lock the doors, set the alarm system, turn the porch light on and patio light off, and set your thermostat to 78 degrees. Sweet dreamzzzzzz. ■

## LOCAL BUSINESS

## Lexus salesperson offers quality service

By Kim Phillips

Zach Link, a Las Sendas resident and Superstition Springs salesperson, wants to get to know you and your car buying needs.

"I have been in sales for more than 25 years," said the Lexus executive consultant. "According to JD Powers and Associates, luxury brands, Lexus

is ranked one or two with customer satisfaction," Zach affirmed. "This is really impressive. Lexus is always at the top for quality and reliability."

Zach said, "Most importantly, is the cost of ownership." He emphasized Lexus is "significantly better."

In addition, Zach pointed out, he is very honest. "My ethics and integrity are very strong," he said. "I treat every client as though they were a guest in my home."

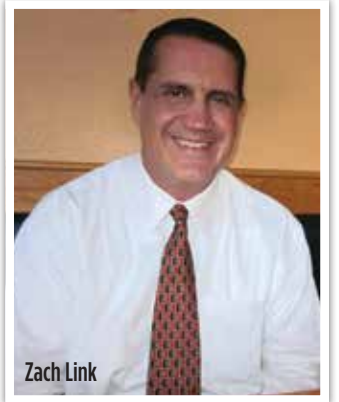
Zach says he truly aims to serve his customer's needs. "They can rely on me to be their go to guy now and in the future, for Lexus or non-Lexus vehicles."

The Lexus representative said he is looking to build a lasting relationship with his clients. "When you walk into the dealership, you want to talk to me."

Since the age of 21, Zach has been involved with business, helping his mother run a respected antique dealership in Colorado, which was featured in *TIME* magazine.

Superstition Springs Lexus has positive reviews on dealerrater.com, according to Zach. "We will give a client a \$500 referral fee for sending us a new customer, or we can donate to a charity of their choice," Zach said. ■

For more information about Superstition Springs Lexus and to contact Zach Link, call (480) 845-8700, or email [zlink@sslexus.com](mailto:zlink@sslexus.com). The dealership is located at 6206 E. Test Drive, Mesa, 85206.



Zach Link

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HEALTH

Deciding on Hospice Care Presents Many Questions



Submitted by Hospice of Arizona  
When life takes an unexpected turn, and difficult decisions must be made, it is not always easy to know when or if hospice is the answer.

With a 20-year tradition of quality hospice care in the state, Hospice of Arizona offers 10 questions to consider when making the appropriate decision about hospice care.

- 1. Have you been informed by a physician of limited life expectancy?
- 2. Have you had several hospitalizations or visits to the emergency room over the last six months?
- 3. Have you increased your medication for physical pain?
- 4. Have you had several falls within the past six months?
- 5. Have you made frequent phone calls to your physician's office?
- 6. Is the majority of your day spent in bed or in a chair?
- 7. Do you require assistance with two or more tasks, such as getting out of bed, bathing, dressing, walking or eating?

- 8. Do you have a noticeable shortness of breath, even at rest?
- 9. Do you feel more tired than usual or weaker overall?
- 10. Have you experienced dramatic weight loss, causing your clothes to be noticeably looser than normal?

If four or more of these questions apply, hospice may be the best answer.

For more information, or to make a referral, please contact Hospice of Arizona at (602) 589-2233, or call The Greenfield House to schedule a tour at (480) 646-5141. Visit the website at [www.hospiceaz.com](http://www.hospiceaz.com).



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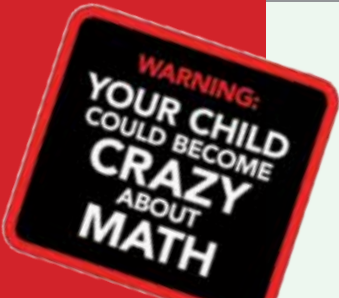
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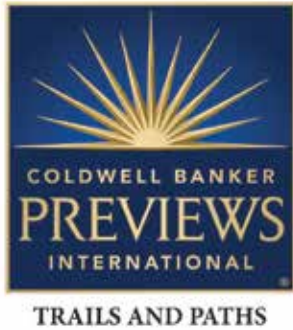
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