

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

January 2015

Ladies' Golf Members Take Sunshine Acres CHILDREN ON HOLIDAY SHOPPING SPREE

By AnnElise Makin

Shopping puts Red Mountain Ranch people in the spirit of the season.

They didn't shop for themselves, but for others. This shopping spree was all for Sunshine Acres Children's Home.

Since November, members of the Ladies Golf Association (LGA) had raised enough donations to invite 93 children and their house parents, from Sunshine Acres, to shop their hearts out at Kohl's Department Store. Elated shopping coaches, with long-term experience, recognized many familiar faces.

Kids were dashing through Kohl's because Santa Claus was coming to town. Better be nice, and check your list twice. From bare necessities, to holiday glamor—it was the kids' day. Adults made sure the price was right and the size, too.

Organizers Patty Altmaier and Judy Thompson instructed the kids to spend all the money they have. They also advised keeping track of the amount of items, and to have the total come to \$135. Get a 20 percent discount. They also suggested bringing along one more low cost item in case they were under budget.

That was easy. Sadie, age 11, cruised for some high top tennis shoes, with the help of Betty O'Brien. Anastasia, age 9, teaming with Cindy Bishop, who had come all the way from Scottsdale, prospected for some skinny jeans and cool boots.

"I am a retired kindergarten teacher," said Red Mountain



Ranch resident Jan Stamey. "That is why 5-year-old Lexi and I go together well." This three-year helper was scouting for a warm coat for her little client—but what color?

Arlyne Striplin coached Halim, age 7, in doing the math of percentages and discounts. The boy said he didn't want to be judged. But he looked smart in the blue jacket anyway.

Around the corner, Red Mountain Ranch Country Club Chef Harmon Swartz was vying for a watch with his buddy Mavryck, age 9. "We are both Virgos, and that makes us very orderly," Harmon said. His mentee wanted to keep time tidy on his wrist. "And I am making sure we get the most bang for the buck," the chef joked.

Jack Horden, from Red Mountain Ranch, and Jason, age 17, double-checked their tally. Jason, an avid skateboarder, was looking for sports attire. So was Hayden, age 9. With golfer Kathy Evans, he found two pairs of jeans and a glow-in-the-dark Tony Hawk shirt.

LGA member Janna Maxwell counseled Meado, age 12, who likes singing, on stylish boots and skinny jeans. Janna has helped with the spree from the get-go.

Pam Bach, also from the LGA, and Tabitha, age 16, got along splendidly for the second year in a row. "I stole Tabitha away from another lady," Pam boasted. Tabitha, a 10th-grader at Red Mountain High School, likes to read and do crafts, and she loves math.

Sunshine Acres staff gladly participated. Program Director Cynthia Humphrey, who also is the granddaughter

of the founders, helped with the checkout. Executive Director Kevin Humphrey and his wife, Jessie, browsed for apparel with their daughters Lillia and Aubrey.

Chris Apodaca and his son Jaden let themselves be taken on a spree by Joy Flowers. "I have been at Sunshine Acres 16 years," Chris said. He grew up there as a child and has worked in the store and warehouse facilitating donations for six years.

Wait, a doubt struck Damien right at the check out. He consulted with his guide, Jay Echols, and then raced to exchange his running socks. Yeah, socks need to be just right. It's a sensitive issue.

Susan and Carl Rutherford, 12-year shoppers, know all about that. Susan just completed her tour with Ariaah Cynthia Humphrey, age 7. They found the softest faux fur coat of all, and triumphantly rode out with their cart to the cash registers.

These shopping enthusiasts just can't get enough. Many Red Mountain Ranch people have become repeat spenders. They come home empty-handed, yet leave the store full-hearted. ■

Hit and Swing for the Cure PULLS RECORD NUMBERS

By AnnElise Makin

The Red Mountain Ranch Hit and Swing for the Cure benefit outdid itself again with a stunning result.

After every penny was counted, the tally stood at a whopping \$34,337.88. As always, participants, helpers and donors contributed their unfaltering enthusiasm.

In its 14th year, the tennis/golf fund-raiser for the Relay for Life (American Cancer Society—East Valley) broke a number of records. The wall of donations broke the \$5,000 ceiling, big-ticket donations appeared out of the blue, and the golf section raised participation considerably in their tournaments.

"We still can't believe how much we have increased the total count, even without a \$10,000 car to auction off," said Red Mountain Ranch Country Club tennis director and committee chair Ray Kheshvadjan at the wrap-up meeting. His face was beaming.

Ray's core team of Red Mountain organizers had been working hard for this cancer benefit close to their hearts.



Many of the committee members were cancer survivors, or had a dear friend affected.

"The auction was amazing," said co-chair Wendy Skarda, who praised Ray, the auctioneer. The tennis man's fetching tactics and humor raked in more than \$9,000. "We can't thank our neighborhood merchants enough who contributed prizes so generously," said Ray.

Corporate sponsorships had increased for this event. Barnet Dulaney Perkins Eye Center, Chrysler-Jeep-Dodge-Ram, Tom and Carol Edwards, Saguario Lake Ranch, Red Mountain Collision and Wallick and Volk Mortgage Bankers sponsored tennis courts.

"It takes a village to make a tournament like this happen, and lucky for us, we have an amazing village," co-chair Judy Smeed stated. These amazing results will be hard to top.

Yet the committee already has started brainstorming ideas for the next Hit and Swing for the Cure. It will be the 15th anniversary. Now, let's see if we can beat that. ■

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HEALTH

TROUBLE WITH HIGH BLOOD PRESSURE MEANS A TRIP TO THE EMERGENCY ROOM

By Dr. Afroze Ahmad

This is the second of three articles on the why, what and how of high blood pressure.



Dr. Afroze Ahmad

The Monday following the Thanksgiving weekend, I had a message waiting for me from Jim O'Maley, which surprised me, since Jim has not kept any of his appointments at my clinic for the past four months.

Jim wants to come and see me on an urgent basis. He also wants me to know that on the Friday after Thanksgiving he went to the emergency room. While there, he was found to have a very high blood pressure of 220/110, and was admitted for a few days. He had been discharged home the night previous to my receiving the phone message.

WHAT HAPPENED HERE?

Jim O'Maley has been taking blood pressure medications longer than he cares to remember. Long before he had established as a patient at my cardiology clinic, he already was on three blood pressure medications. "I am perplexed," said Jim. "All through my adult life, I have been compliant with my blood pressure medications. I never missed a single day of taking my blood pressure pills," he emphasized. "Yet during a very special time, when my kids and siblings were visiting us for the holidays, I end up in the hospital, all because of high blood pressure."

WHAT DO THESE BLOOD PRESSURE READINGS IMPLY

Blood pressure readings not only increase with age, but also vary throughout the day. Isolated increase in the blood pressure may not amount to much, but

a persistent rise in the blood pressure from the usual baseline should be taken seriously. Blood pressure of less than 120/less than 80 is considered normal. On the other hand, blood pressure of 140/90 or more should be considered for treatment. In between values of 120 to 139/80-89 should prompt serious and dedicated lifestyle changes, including weight loss, salt prudence, alcohol restriction and cognizance of certain medications, including over-the-counter cough syrup, nasal decongestants and ibuprofen, as well as Advil, Aleve and steroids.

WHAT IS THIS FEELING?

I asked him what made him go to the emergency room in the first place. Jim looked at me and said, "Doctor, this is the funny part. I really did not have any specific complaints. There was no shortness of breath or chest pain," he continued. "I simply felt woozy, funny and tired."

WHAT ARE THE SIGNS AND SYMPTOMS OF HIGH BLOOD PRESSURE?

The most concerning aspect of high blood pressure is the lack of symptoms or symptoms that are non-descript. This absence of symptoms labels high blood pressure as a silent killer. Lack of symptoms does not prompt the patient to seek medical attention. In the meanwhile, the elevated blood pressure creates havoc in the body.

LIFE WAS HECTIC, AND THE BACK WAS HURTING

Later in the evening, while visiting with him in the clinic, Jim updated me. "Doctor, I strained my back while helping my son lift some heavy furniture, and the back doctor prescribed steroids and ibuprofen for the back pain," he said. "Within a couple of days, I noticed an increase in my blood pressure." Jim admits the restriction in physical activity with the back pain was a real setback. Anticipation



of hosting Thanksgiving with a bad back prompted him to imbibe alcohol with both lunch and dinner.

MORAL OF THE STORY

Despite a controlled blood pressure and compliance with medications, many factors, including cough syrup, nasal decongestants, pain medications, salt imprudence and alcohol, may lead to higher blood pressure. What the patient needs to do is to keep up with regular doctor appointments, keep a log of his blood pressure twice a week, and promptly report to their doctor the incorporation of any of the above noted factors in their medical regimen or lifestyle. ■

Dr. Afroze Ahmad is a cardiologist who cares and listens. She is a multiple board certified cardiologist. Las Sendas Cardiology is located at 3514 N. Power Road, Suite 107. For information, or to make an appointment, please call (480) 361-9949.

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- Lydia P.

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LOCAL BUSINESS

Maintain your pool while the weather is cool



Chris Quam

By Dawn Abbey

If you are not heating your pool or don't use your pool as much in the colder months, now is the best time of year for doing pool maintenance.

Chris Quam, owner of Arizona Pool Guy Inc., offers a maintenance timeline for pool owners.

POOL MAINTENANCE CHECKLIST

- Yearly**—clean cartridge filters and diatomaceous (DE) filter grids.
- 2 to 3 years**—drain and refill pool with fresh water.
- 3 to 4 years**—replace cartridge filters and DE filter grids.
- 5 to 7 years**—complete sand replacement in sand filters.
- 10 to 15 years**—refinish pool surface.

"If you live in the Alta Mesa neighborhoods, or any home built before 2000, your pool probably is due for refinishing," Chris stated. "If you notice chips, puckers or staining on your pool surface, it's time. Redo the plaster and tile surround for a clean, fresh look, or

you can upgrade with one of the beautiful new pebble finishes. There are natural stone looks or combinations with colored glass beads or abalone shell pieces in all sorts of dramatic colors," he continued. "While refinishing the pool, it's also a good time to add a water feature or expand the decking."

In addition, if you don't have a heating system for your pool, why not add one now. "We have a winter special on an economical heat-pump system," Chris said. He also suggests adding a spa, gazebo, fire pit, or the most popular of all these days, an outdoor kitchen. "Winter is such a great outdoor time here," he added. "You want to make the most of your home's outside areas. And, of course, we install new pools, and alternative chlorine systems, too."

Because of Arizona's heat and sun, it can be risky to empty your pool in the summer because it can damage the exposed plaster, so now is the best time to do it. "As pool water evaporates, it concentrates hard water mineral buildup on tile and chrome," Chris said. "That, mixed with chemical and organic byproducts, will make your skin feel dry."

If you're buying a home with a pool, you definitely want to start out with fresh, clean water. "We use a quick turnaround to pump out the used water, quickly refill with fresh water, and set the chemical balance," Chris explained.

If you have an older pool pump, replacing your existing pump with a variable speed pool pump can reduce your pool energy costs by up to 80 percent and save you up to \$400 per year, according to the Arizona Public Service website. APS offers rebates of \$150 for qualifying equipment, and Salt River Project offers \$100. "We are certified variable speed pump installers, and provide the paperwork to get homeowners their rebates," said Chris. ■

For information on any pool service, installation or repair, contact Chris Quam at (480) 699-0607. Voted Best of Mesa 2014 Best Pool Company, Arizona Pool Guy Inc. is licensed, bonded and insured, ROC #243628.



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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 as your pathway to fun, recreation and a pleasurable lifestyle.

NEW AT LAS SENDAS MEMBERSHIPS TO FIT YOUR LIFESTYLE

Become a Las Sendas Golf Club member, and receive all the great, exclusive benefits at one of the best championship golf courses in the Valley, designed by Robert Trent Jones, Jr.

New programs include social or annual non-refundable memberships, or fully refundable seasonal or annual memberships.



NEW! Social Membership—\$3,000 Limited to 50

- Annual dues \$500—first year's dues waived
- Total of 18 golf passes provided annually—value of \$960
- 6 golf passes valid from November through April, and 12 golf passes valid May through October

Additional Benefits

- A 10 percent discount in pro shop
- A 10 percent discount in restaurants
- Membership account and charging privileges
- Member priority reservations for restaurant and patio
- Access to Member's Lounge
- Access to the AGA handicap program
- Access to member locker facilities
- Access to member limousine services

NEW! Non-Refundable Golf Membership—\$15,000—Limited to 15

- Immediate golf membership privileges
- Annual dues paid on a monthly basis
- Option at five years to become a full golf member, with 80 percent refundable

Additional Benefits

All the benefits listed in the Social Membership—plus:

- Participation in all member golf events and tournaments
- Participation in Men's and Ladies' leagues
- Assigned locker
- Club storage
- Ability to use your own cart with trail fee
- Special member-guest rates for your guests
- 120-day advance booking of tee times

Fully Refundable Golf Membership—\$45,000—Limited to 5

- Immediate full golf membership privileges
- Annual or seasonal dues packages

Additional Benefits

All the benefits defined in other packages—plus:

- First year's dues free (\$5,700 value)
- First year's trail fees/cart fees free (\$1,300 value)
- 2015 E-Z-GO TXT Base model cart included or Canadian Currency at Par (\$5,000 value)
- 100 percent refundable membership

Las Sendas Golf Club is a growing, vibrant club, with members from around the world who not only enjoy the game of golf, but also socialize when off the course. It is truly a club where membership has its privileges, along with the demanding challenges of true desert golf.

For more information, contact Wayne Crandall at wcrandall@lassendas.com.

GOLF SHOP HAPPY NEW YEAR

It's New Year's resolution time, and time to commit to improving your fitness and your golf game. We hope at the top of your list for 2015 is to play more golf, lower your handicap, and get in shape. Here at Las Sendas Golf Club, we can help you out with all three. Leave the cart behind, and get out for a beautiful five-mile walk on lush green grass in the beautiful fresh air. What could be a more perfect and enjoyable day?

Our green fee rates include a golf cart, but that doesn't mean you have to take the riding kind or any at all. We also offer pull carts, and, if you prefer to walk and carry, we can get you a nice light carry bag weighing in at only 3.5 to 4 pounds. By playing more golf, you will lower your handicap, and, by walking, you will get in shape. It's just that easy. Consider a change in your workout routine, and come on out for a beautiful day of golf at Las Sendas.

GOLF RATES

Green Fee Rates

Through Jan. 15

- \$89 plus tax weekdays
- \$99 plus tax weekends

Jan. 16 through Jan. 25

- \$124 plus tax weekdays
- \$134 plus tax weekends

ALL RATES INCLUDE A \$10 MERCHANDISE VOUCHER

Enjoy sunset golf at Las Sendas Golf Club on a beautiful January evening. It doesn't get much better than this.



CALLAWAY GOLF DEMO DAY

Come out and try the latest and greatest from Callaway this February.

Mark your calendars

Feb. 11

9 a.m. to 1 p.m.

JUNIOR GOLF STICKS PROGRAM

Join in on the fun. Start the New Year off by having your children or grandchildren join our Junior Golf Sticks Program at Las Sendas Golf Course. Our developmental after-school golf program is held on Fridays, from 4 to 5:30 p.m. The program runs through the end of April. Sign up for all or as many Fridays that fit into your schedule. Learn the FUNdamentals of the game, including full swing, short game, putting, course etiquette, rules of the game, and on-course play, with our team of coaches, which includes both PGA and LPGA professionals. Ages 5 through 15, of all skill levels, are welcome.

Registration forms and additional information are available by sending an email to tberman@lassendas.com, in the Las Sendas Golf Shop, or on our website at www.lassendas.com (Instruction/Programs).



DINING

WEEKLY SPECIALS AT THE PATIO AND THE GRILLE

MON.	Chef's Daily Special	
TUE.	Chef's Daily Special	
WED.	Chef's Daily Special and Wine Down Wednesday	Half Price Wine—most bottles
THU.	Prime Rib, Mashed Potatoes, Vegetables Add Glass of Wine	\$19.95 \$3
FRI.	Chef's Market Fish Dinner	\$19.95
SAT.	Chef's Daily Special	
SUN.	All-You-Can-Eat Pasta Buffet	\$14.95 Kids (6 - 12) \$8.95

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

VALENTINE'S DINNER

Join us for Valentine's Day and a romantic sunset dinner, at our famous Patio Restaurant.

Saturday, Feb. 14

The Patio at Las Sendas
Four-Course Prix Fix Menu
Appetizer
Soup or Salad
Entrée
Dessert

Long stemmed rose
Live music, sunsets and city lights
\$110 per couple plus tax and gratuity

For reservations, call (480) 396-4000, or send an email to events@lassendas.com.



ITALIAN WINE DINNER

A culinary explosion of amazing Italian foods paired with elegant red and white Italian wines—Chianti, Super Tuscan, Borolo and more.

Saturday, Feb. 7—6 p.m.

The Vistas Pavilion, Garden Room
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Thursday, Jan. 15
Western Buffet—6 to 8 p.m.
House of Steel Show—8 to 10 p.m.

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 events@lassendas.com, or call (480) 396-4000.

- Champagne with fruit and cheese platter in Bridal Changing Room
- Reception
- Tray-passed hors d'oeuvres
- Salad
- Plated Dinner
- Includes champagne toast and non-alcohol beverage package
- Dinner includes rolls and butter, coffee and tea
- A 20 percent taxable surcharge and applicable sales tax will be added to all food and beverage invoices. Prices are subject to change, and are guaranteed 90 days prior to the event.
- 12-by-12 dance floor
- White, black or ivory tablecloths
- White, black or ivory napkins
- Votive candles on tables
- Cordless microphone, with sound system, for speeches and toast
- Projector and screen for slideshow
- Complimentary cake cutting
- Wedding Coordinator—will assist bride and groom with menu selections, ceremony and reception setup details, as well as ceremony rehearsal. Wedding coordinator will be single point of contact and on-site coordinator during ceremony and reception. ■

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Saturday, Feb. 7, 2015—6 p.m.
The Vistas Pavilion, Garden Room

\$60 per person plus tax and gratuity

For reservations or information, call (480) 396-4000, or send an email to events@lassendas.com

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Reserve early for preferred seating - 8 per table
Tickets available at Las Sendas Golf Club
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EDUCATION

Enrichment Opportunities Abound at Self Development Academy

By Kathi Haschke and Jennifer Salvatori

The curriculum at Self Development Academy (SDA), one of the top performing schools in Arizona, is aligned to the standards set by the Arizona Department of Education, but its educational program is accelerated, and students learn a minimum of one grade level above the state standards.

Students who are even more academically advanced continue to speed through the curriculum for their grade. These students need additional stimulation. SDA's approach to satisfy the educational needs of such children is to accelerate and enrich beyond the normal classroom.

Our pull-out enrichment program at SDA offers the opportunity for hands-on, active learning and problem solving, using critical thinking skills in a small group setting. Such activities also increase student interest in new subject areas and foster a love of learning. Students often work with partners to exchange thoughts and ideas.

They also are encouraged to generate ideas independently, discuss them, and then develop new concepts within a group environment. Collaboration boosts critical thinking skills, while also helping to develop and enhance reading, writing, speaking and thinking experiences.

One advantage of our program is it allows the teacher to personalize the instruction. Therefore, we understand the strengths and weaknesses of each child, and can tailor assignments to work on both. The students enjoy the small-class atmosphere more because they can move faster and have more in-depth discussions. This, in turn, alleviates boredom and promotes excitement in learning, which goes above and beyond the already advanced curriculum.

Another way SDA deepens student educational opportunities and experiences is through the use of

technology, an essential skill in today's world. Before the start of the 2014-2015 school year, SDA installed interactive computer boards within classrooms, and purchased 60 laptops and 15 tablets. Technology usage is part of the school's curriculum beginning with kindergarten.

Students use technology in a variety of ways. First, students in kindergarten through grade 8 have a weekly technology class. During technology class, students learn keyboarding and various Microsoft programs, including Word, Excel and PowerPoint.

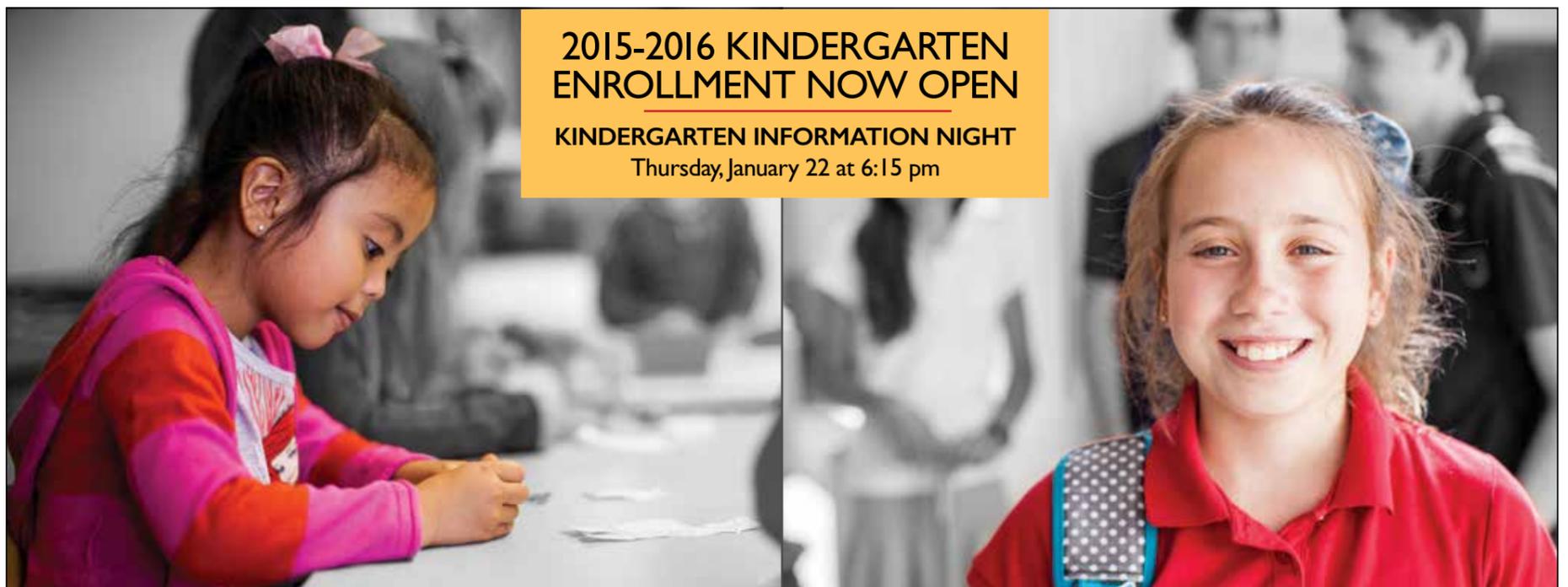
Second, SDA offers foreign language classes through Middlebury College. The Spanish classes are blended learning experiences, providing students with the opportunity to learn Spanish and take an online course.

Third, students use computers for research purposes in other classes, such as science, literature and journalism.

Lastly, the interactive boards allow teachers to enhance their lessons and quickly retrieve information, such as maps and pictures.

SDA is an award-winning public charter school offering an advanced curriculum. Our teachers recognize each student's individual ability, and we pride ourselves in doing what it takes to reach each student's full potential, whether it is through intervention or enrichment above and beyond the regular classroom. Our goal at SDA is to promote lifelong learners and take our students to the next level of success. ■

SDA currently is enrolling for the school year 2015-2016. Please contact the front office at (480) 641-2640 to schedule a tour and/or to learn more about the school. SDA is located at 1709 N. Greenfield Road. A Kindergarten Information Night is scheduled for Thursday, Jan. 22, at 6:15 p.m.



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Before/After-School Programs for ages 5-12

EDUCATION

Register Your Kindergartner Now

Story by Heidi Hurst
Photo by Tim Hacker

If your child will be starting kindergarten in fall, it's not too early to prepare.

Mesa Public Schools begins registering for kindergarten Monday, Jan. 26, with evening registration on Tuesday, Jan. 27.

Why register now? Doing so will provide adequate planning time, not just for your family, but also for your child's school. By registering now, schools can plan for class size management and teacher allocations, leading to a smooth start of the school year.

WHAT SCHOOL IS RIGHT FOR MY CHILD?

Mesa Public Schools is a vast network of excellent school choices. Along with top-notch Mesa neighborhood schools, several specialized opportunities are available.

If your child would benefit from a classroom balance between freedom and responsibility, Montessori is a great option. Bush, Johnson and Pomeroy elementary schools offer this program.

Does he show a talent for languages? Hermosa Vista and Keller elementary schools offer a dual-language program, which teaches non-English and English speakers together to speak, read and write in English and Spanish.



If your child is a budding artist, Highland Arts Elementary may be just right for him. In the classroom, visual, dramatic and musical arts are integrated into academics.

Looking to get back to basics in a classroom setting? Franklin Traditional schools are available at multiple locations.

For a private-school education in a public-school setting, look no further than Summit Academy's International Baccalaureate Program. Multi-cultural awareness, diversity and global themes are emphasized.

If you choose to homeschool your child, Eagleridge Enrichment Program delivers individualized, engaging classes provided by state-certified instructors, and parents receive resources free of charge.

HOW TO PREPARE

To register a kindergarten student in a Mesa school, you will need a certified copy of the child's birth certificate, current immunization record and proof of residency. Children enrolling in kindergarten must turn 5 years old before Sept. 1. Options are available for younger learners, including prekindergarten and early-entrance assessment.

If you are unsure about your child's kindergarten readiness, have a milestones discussion with his preschool teacher or pediatrician. Consider speaking with the principal or a kindergarten teacher at your child's future school, and explore the school's website for helpful information. ■

Mesa Public Schools will host a variety of events for potential and registered kindergarten families this year. For more information, please visit www.mpsaz.org/curriculum/kindergarten/.

EDUCATION

STUDENTS HAVE LEARNED THE BENEFITS OF AVID

By Sharon Wozny

With their Advancement Via Individual Development (AVID) binders containing color-coded notebooks and folders for math, reading and writing, the fourth-graders in Mrs. Cruz's class at Stevenson Elementary School are ready to stay organized and incorporate strategies to take them through, not only the fourth grade, but also life.

AVID has been around for a while, mostly in the junior high and high school environment. Now, this program is filtering down to the elementary level to help build a foundation for organization, note taking, and preparation for college years. "My binder keeps me from digging through my things," Elisha said. "I know where my papers are. I am on track with what we are doing, and I know where things go when I am taking notes, like my name, the date and the subject," she continued. "I know how to put notes in the right and left column."

The Star Strategy teaches the students how to set up notes, take notes, add to their notes and review their notes. By knowing their learning style, they are directed to the tips for visual, auditory and kinesthetic learning. "I am better able to analyze what I am writing down," said Justin. "AVID helps me understand more." He admits to being unorganized last year, with his papers everywhere.

Mrs. Cruz has been teaching for 10 years, and this is the first year she has been using AVID. "The students are taking notes on their own when doing an assignment," she stated. "They feel like they have more control over their work, and they now have a



resource that works across the curriculum." Mrs. Cruz believes this system puts the accountability on the students with a feeling of ownership, while taking the burden off of the teacher to constantly be reminding them where to put papers and find them.

"The best thing is that it has helped me to stay more organized than last year," Edgar said.

Student teacher Stacie Jenkins sees the benefits of the AVID system. "That compartmentalizing and color coding the folders and notebooks helps with organizing data in the brain," she said. "The students were more successful with where their work should be."

As Mrs. Cruz teaches her lessons, everything relates back to AVID strategies. The students were active participants in their learning. Questioning, analyzing, explaining, sharing, collaborating, listening and responding created a hum of electrifying success, confidence and power as they were fully vested in their learning.

"This is an organizational tool that they can master now, and life will be easier for them in the future," Mrs. Cruz stated. ■

For more information on AVID, contact Stevenson Elementary School at (480) 472-9000, or visit the website at www.mpsaz.org/stevenson.



Kindergarten enrollment begins Monday, January 26 with evening registration on January 27.

Explore the variety of kindergarten programs Mesa Public Schools offers to meet your child's needs:

- Safe and secure schools
- International Baccalaureate
- Home school support
- Special education
- Early admission
- Full- or half-day
- Back-to-basics
- Dual language
- Montessori
- Arts



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To learn more about our programs, visit mpsaz.org.

COMMUNITY

Red Mountain Ranch Country Club OFFERS SOMETHING FOR EVERYONE

By Heather DeBrosse

Red Mountain Ranch Country Club, on the border of the beautiful Tonto National Forest, in Northeast Mesa, has been a community keystone for residents and winter visitors for many years.

Blessed with limitless views of the mountains, cities and renowned Arizona sunsets, Red Mountain Ranch Country Club will continue to grow with our wonderful community in mind.

Built in 1986, Red Mountain Ranch features a golf course designed by Pete Dye. Whether you are primarily a golfer who believes the best way to conduct business is out on the course, or your interests are more focused on the fine dining side of social interaction, we guarantee the club has something just for you.

Once you have played its Dye-designed masterpiece, you are going to want to return again and again to conquer this shot-maker's course, with its challenging holes. Pete Dye is considered one of the most influential course architects in the world.

His designs are known for distinctive features, including small greens and the use of railroad ties to hold bunkers. Par is 72 on the 18-hole course. Beyond the recreational amenities, you also will want to take the social plunge, and attend our mixers and holiday parties, creating traditions for the whole family on Mother's and Father's Day, Easter, Thanksgiving, and many more important dates.

Corporate events, family parties or those considering marriage are invited to book their event at one of the three elegant venues featured at the club. At Red Mountain Ranch Country Club, beautiful mountain, city, sunset and course views are all wrapped up in the package.

Red Mountain Ranch offers a junior Olympic size pool, with swim lessons for children, in the warmer months. A snack bar and locker room, as well as a convenient bathroom, make family outings easier and more fun. The pool is open seven days a week, from 5 a.m. to 9 p.m.

Our fitness center boasts personal trainers, an assorted mix of classes for all skill levels, treadmills, elliptical machines, free weights and other machines to increase strength and flexibility, especially for tennis and golf play.

Our variety of social events is fun and frequent. From our Chef's Table, to our Pasta Nights, our Monday Night Football, to Breakfast with Santa, or our upcoming hosting of the Wine and Design art preview, there is something for all age groups. Most of our social events are free, while a few have minimal charges.

Our Player's Grille and Restaurant offers delicious, freshly prepared dishes, with local fruits and vegetables. A bar, with your favorite beers, wines and cocktails, is waiting for you.

Our directors include both Ray Kheshvadjian, for tennis and Scott Bunker, for golf.

Ray Kheshvadjian, Director of Tennis, grew up in Southern California, and was ranked No.1 in doubles in junior college. He went on to play for Anderson University, in South Carolina, and was ranked No.1 in both singles and doubles. He was ranked 48th in the nation in college and nationally ranked in the top 25 in the nation for age brackets of both 30s and 35s.

Ray has been teaching tennis for 23 years, 10 of those years at Red Mountain Ranch Country Club. Ray and other instructors teach clinics for kids and adults. We have adult league play during the day and in the evenings. Private lessons are offered for both adults and children. Red Mountain Ranch Country Club has six lighted tennis courts year-round for its members.

Ray and Red Mountain Ranch Country Club are highly involved in fund-raising for the American Cancer Society. Donations from this year have been given generously, currently reaching more than \$40,000.

Scott Bunker, Director of Golf, is a PGA Professional in Mesa. The PGA of America comprises 27,000 men and women professionals. Golf Digest recognized Scott as a

Top 10 Instructor in Arizona in its 2008/2009 poll, and he has been on their list every year since 2000.

The Southwest PGA named Scott *Teacher of the Year* in 2000. He previously was Director of Instruction, with the John Jacob's Golf Schools, starting his teaching career there in 1979. He has been a part of the schools since then. Scott has taught all over the world, instructing golfers from beginners to professionals.

Red Mountain Ranch offers six different membership categories, such as a Full Golf Membership, for either the family or an individual; a family Junior Golf Membership, for those under the age of 40; or a Seasonal Golf Membership, for our winter visitors.

Tennis memberships are available for either the individual or family, and a Junior Tennis Membership is available for ages 18 and under. The Social Membership is just the right touch for those who want to enjoy our amenities and play golf on occasion. ■



For more information, call Heather DeBrosse at (480) 981-6501, ext. 111.



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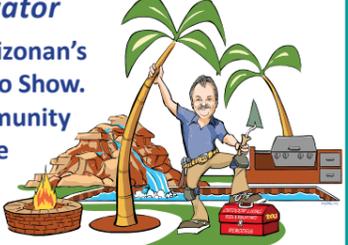
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EVENT

Wright Orthodontics Supports Community AS CHARITY RUN'S TITLE SPONSOR

By Jamie Killin

Wright Orthodontics will be the title sponsor of Mountain View High School's second annual Running With the Bulls 5K run, on Jan. 10, to benefit AzBrainfood and The Ronald McDonald House.

A nonprofit organization, AzBrainfood provides a backpack full of food to feed hungry children over the weekends, ensuring they are able to return to school physically satisfied and prepared to learn on Monday.

The Ronald McDonald House provides resources to families with a hospitalized child, most often offering affordable housing near hospitals. The facility allows families to stay near a child receiving medical treatment.

"It's a really fun community race for all ages, and it benefits two amazing charities," said Althea Beltran. She worked with the student council and Dr. Wright's wife, Janeen, to make the event the success it is today.

The run began two years ago when the Mountain View High School Student

Council, including the Wright family's daughter, dreamed up the idea of the run, and decided to make it a reality. Last year's event drew nearly 400 runners, and this year is expected to be even bigger.

This year, the race will include the 5K for the adults and a free kid's run. Activities for younger participants also are planned. Those running in the 5K will each receive a sport T-shirt and a backpack, along with other surprises and goodies.

We hope you will take the opportunity to kick off 2015 with a healthy and charitable start by participating in this fantastic community event. After you rock the run, we encourage you to rock your smile by visiting one of Wright Orthodontics' five locations, where they will make sure you achieve the Wright smile. ■

To register for the run, or learn more, visit www.mpsaz.org/mtnview/activities/classroom_groups/stuco/5k. For more information on Wright Orthodontics, visit www.wrightortho.com.



LOCAL BUSINESS

Cost Should Not Be Only Factor When Hiring a Pet Sitter

By Dawn Dubelbeis

You have finally decided to take that dream vacation to Hawaii you've always wanted, but you have to get someone to take care of your pets.

You start to look at options for your furry family. After careful consideration, you feel keeping them at home is your preferred care option. You start to look for an in-home pet sitter, and don't want to trust just anyone. After all, this is your home you are opening up to a total stranger, not to mention allowing this person to care for your furry babies.

Many times, people will shop for pet sitters based on price alone. While I understand everyone has a budget, I truly believe this is a poor way to choose a pet sitter. First of all, if you love your pets, and we know you do, you will want someone to care for them the way you would. That means plenty of time, love, attention and exercise, as well as paying attention to the little things that matter to you and your pets. Such things include knowing their favorite scratch spot, understanding when they want to be picked up and held, or, in a large fur family, which pet likes which treat.

Second, you are turning over your entire world, including alarm codes, community gate codes, your private home, belongings and pets, for whom many of



us are like our children, to someone you have never met. The cheaper a pet sitter is, the less likely they are to have important things like insurance and bonding to protect you in case something goes wrong. You will often find pet sitters on Craig's List willing to do visits for \$10 each. Are they really going to give your pets the superior care and love you want for that cost, and also

respect your home and property? Third, as I've mentioned, for many of us, our pets are like our kids. If you were shopping for a babysitter, would you choose based on the least expensive one? Of course, you would not. You would want a sitter with plenty of experience. We have an animal EMT and a vet tech on staff, and we have great references, too. See our listings on the Better Business Bureau website. We also have a reputation for being professional and accountable. Visit our website's testimonial page for happy client reviews. ■

If you are looking for pet sitters, and you really want the best for your furry family while being able to vacation with peace of mind and assurance your home and pets are being well looked after, Critter Caretakers is the company to call. Visit us at www.crittercaretakers.com. For more information, call us at (480) 553-0105.

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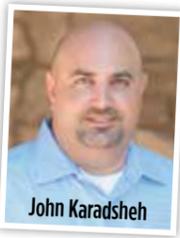
REAL ESTATE

Here Are Some Valley Real Estate PREDICTIONS FOR THE NEW YEAR

By John Karadsheb

Since the recession, the Valley real estate housing market has been difficult to predict.

Each year, it seems there have been unexpected wildcards, ranging from the burst of investor influx, to the tightening of the lending market, which resulted from the implementation of the Dodd-Frank Law. While the market had been relatively flat in 2014, I had seen a busier than average November and December, which bodes well for this year. Here are my predictions for this year.



John Karadsheb

FINANCING WILL LOOSEN. In an effort to increase the liquidity of housing credit, Fannie Mae announced in October it would back loans with down payments as low as 3 percent (previously 5 percent). The hope is this will stimulate the private lending market to loosen its purse strings, and make loans available to a broader spectrum of borrowers. However, with the relaxing of credit, I predict we will start to see interest rates tick upward.

BUYERS WILL RETURN. After a foreclosure or short sale, the waiting period to purchase a home again is seven years and four years respectively. If any individuals had a foreclosure in 2008, they will be poised to return this year. Whether or not these buyers will have the means to return to the market is yet to be seen.

RENTS WILL CONTINUE TO INCREASE. Valley rents have increased 5.7 percent over the last year, and they are poised to continue upward. As rents increase, this often motivates renters to become home buyers.

NEW HOME BUILDING WILL FLOURISH.

According to RL Brown Reports, homebuilders are on track to construct about 12,000 homes this year. But with low unemployment and an expected 50,000 jobs to be created in the Valley this year, the number of new homes could be much higher.

WE WILL HAVE A BOOST FROM TOURISM.

The Valley is poised for a lot of positive attention in the first half of this year, with the return of the car shows, the Phoenix Open and Spring Training. Additionally, this year we will have lots of activity from the Pro Bowl and the Super Bowl, as well as sun seekers escaping what is predicted to be a harsh winter nationwide. With this many people coming to the Valley, we should see a boost in the market.

WE MIGHT BE THE HOTTEST MARKET.

Realtor.com has predicted Phoenix will be one of the United States' top 10 hottest housing markets to watch this year. This is based on a predicted 22 percent increase in housing starts. Our local economic recovery historically has been tied to new construction. So, if that prediction comes true, all aspects of the Valley real estate market and economy will see growth. This, plus tourism, loosening credit and the return of sidelined buyers, could make for a banner year.

In a nutshell, I expect to see steady growth this year, with the possibility of a sudden boost in values if housing starts

to pick up. I think buyers are in the better position at the moment, with great deals remaining in the market. An interesting indicator is that I have sold many custom building lots in the last few months, a trend I have not seen for many years. This is a very positive market indicator, as it signals confidence on the part of builders and investors.

Wishing you all a happy and prosperous New Year. Please don't hesitate to call me for a New Year's market evaluation, or to help you find your next dream home (or lot). ■

John Karadsheb is an Associate Broker with Coldwell Banker Trails and Paths. He has been a multi-million dollar producing agent for more than 12 years, and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (602) 615-0843, or visit his website at www.ArizonaHomesandLifestyles.com.



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Address	Square Feet	Sold Price
6447 E. Redmont Dr.	1,526	\$193,000
6208 E. Roland St.	1,502	\$208,000
3741 N. Tabor	1,700	\$225,000
6026 E. Sierra Blanca St.	2,314	\$269,500
4312 N. Katmai St.	3,052	\$560,000
6434 E. Redmont Dr.	3,920	\$799,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.

Sales Information Provided By John Karadsheb, ABR, CRS, ASSOCIATE BROKER, Coldwell Banker Trails & Paths Premier Properties. www.BuyAndSellAZ.com

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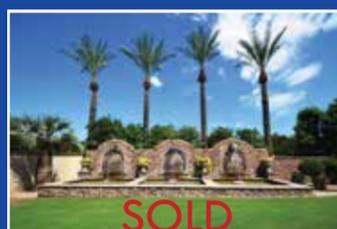
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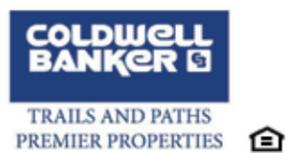
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EDUCATION

How to Choose a Good Preschool PROGRAM FOR YOUR CHILD



By Cori Fabian
Director and Co-founder of Bridges Preschool

Parents want the best possible daycare for their child, and there are many pertinent questions to ask prior to making the final decision.

Here are a few key questions to ask when considering your ultimate daycare choice best suited to your child:

WHAT ARE YOU LOOKING FOR?

I have been in early childhood education for more than 20 years. I have my bachelor's degree in education, and have worked in daycare centers, taught public kindergarten, and been invited to speak at several early childhood conferences. As parents on the search for a quality program, you have told me you are looking for a social, yet educational experience. You want a physically and emotionally safe environment, and you want to know the teachers have the necessary talents and skills to enrich your child's curious minds.

HOW DO YOU IDENTIFY A SOCIALLY ENRICHED PROGRAM?

You have to ask about *the unwritten curriculum*. Children are experimenting with independence and learning they have a cause and effect on their environment. With this comes social responses like sharing, taking turns, and knowing *how to get their shovel back* on the playground. Find out how the school intends on teaching communication skills during this critical time when your child is learning how to communicate effectively.

Along with this comes assertiveness training, where children learn how to identify and express their emotions effectively. Age appropriate, positive discipline teaches children how to use problem-solving skills in order to get their needs met without infringing on the rights of others. A positive, socially rich environment is very important for your child's development.

CURRICULUM: WHAT WILL MY CHILD LEARN?

The magic of a quality program is the teacher's ability to

make learning purely exponential! Scientifically we know children learn best when they are moving and using all of their senses. A quality curriculum has as much breadth and depth as it does simple ABCs and 123s. For example, science experiments, cooking projects and gardening activities offer a myriad of dendrite connections versus a worksheet of the letter *Aa*. Such activities also provide opportunities for phonics, reading, mathematical and social skill building. Throw in a little Spanish and Sign Language, and you have an excellent recipe for genius! Meaningful experiences are stored in the long-term memory. *It is in meaningful curriculum and experiences that your tuition becomes an investment.*

ADDITIONAL QUESTIONS TO ASK:

- Are the teachers degreed, experienced and have longevity at the school?
- What is the structure of my child's school day?
- Are children read to and allowed time to explore quality children's literature?
- Is there communication and documentation of my child's learning progress?
- Does my child have dramatic play opportunities?
- Are there music and movement activities?
- What is the purpose of the projects my child will be doing?
- Does the outdoor environment provide interaction with nature?
- Are the children treated with honor and respect from their teachers and peers?

Please visit Bridges Preschool and Kindergarten at Bridgespreschool.com. Bridges has limited enrollment opportunities. Our East Mesa campus offers affordable and professional preschool (starting at age 2) through private kindergarten. You are invited to call (480) 924-8008, or tour at any time. ■



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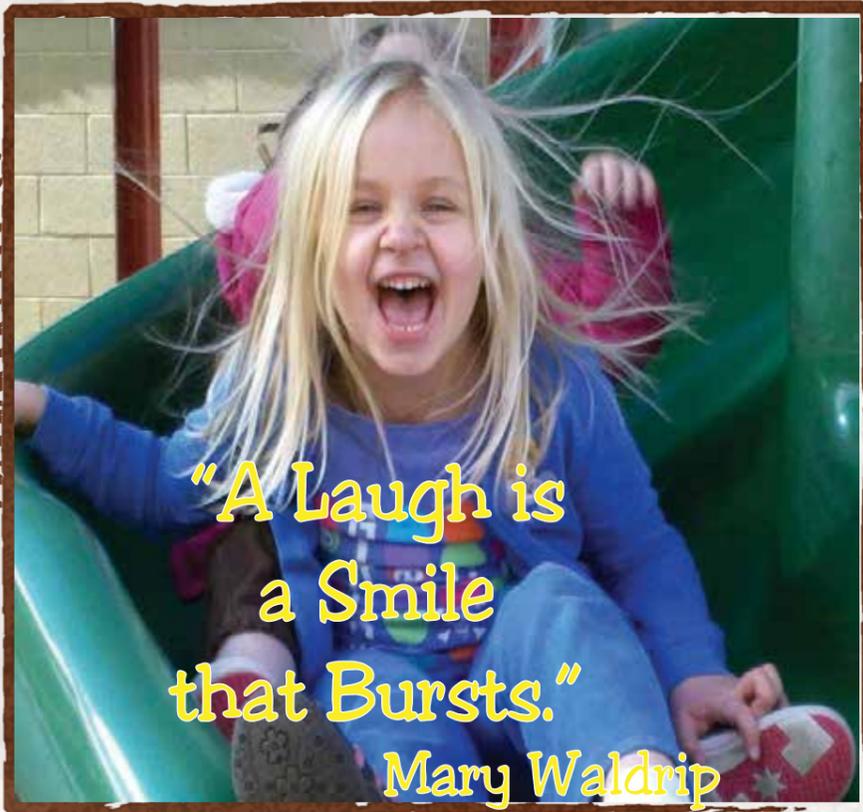


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COMMUNITY

A YOUNG GIRL'S DREAM COMES TRUE

By Sharon Wozny

Amanda Tallman may have lost her battle with childhood cancer, but her dream of having a clothing line, assuring dignity and modesty for children who have had a central line inserted, lives in her memory through Comfycozys for Chemo.

Amanda's family, Lorraine, Marty, Rachel and Leah, started a nonprofit organization just 18 months ago. Amanda Hope Rainbow Angels produces the Comfycozys for Chemo T-shirts.

A central line is a long, thin, flexible tube inserted into the chest as a way to give medicines, fluids, nutrients or blood products over a long period of time. As Amanda endured three years of chemotherapy, she made her wishes for the future known. Amanda's dream was for peekaboo pockets in her clothing line, while her mom's dream was the actual shirt design.

Spirited and compassionate, Amanda would ask, "Mom, are you listening to me, with two ears?" She then made a request. "Mom, look at me," Amanda said. "You are to help every child, Mom." And she has. Comfycozys honor Amanda's wish.

It can be uncomfortable and embarrassing to always remove your shirt for the nurses, but with a bright, tie-dyed Comfycozys for Chemo T-shirt, all a patient has to do is unzip either side of the shirt, and the rest of the body is not exposed.

Comfycozys are given free of charge to every child who gets a central line, from size newborn to 2x. As Amanda's mom Lorraine said, "Comfycozys empower a child in a world where they have no power. You have the choice to be touched and say, 'It's OK to touch me here.'"

Comfycozys currently are in 12 states. The goal is to have them in all pediatric hospitals in the United States. Amanda's mom has a background in sales, product development and marketing. In addition, her unending motivation and passion for carrying out her daughter's wishes is what makes this nonprofit organization what it is today and what it will become in the future.

More than 3,000 children already have received Comfycozys. "It is another kiss of God," Lorraine said.



Besides the apparel, Comfycozys for Chemo has a presence in the hospitals. Devoted volunteers bring joy to the patients and families with special events, such as ice cream socials and spa days. "Laugh every day, and help a family a day," Lorraine suggests to her volunteers.

Comfycozys for Chemo relies on donations and grants to make a difference for these children. Every year, Amanda's family holds its signature event. This past year, on Dec. 18, they held a holiday fund-raising event, at Kincaid's, in Phoenix.

For \$25, you can make a difference in the life of a child with a central line by visiting the website and making a donation. "Learn you have to wring out every ounce of life because you are not promised tomorrow," said Lorraine. ■

Amanda Hope Rainbow Angels is a nonprofit support and education organization, designated as a 501(c)3 tax-deductible and tax-exempt organization. For more information about how you can help Amanda Hope Rainbow Angels and Comfycozys for Chemo bring dignity to a child facing long-term treatment, visit www.comfycozys.com.

RECIPE

This Easy Avocado Citrus Salad IS HEALTHY AND DELICIOUS

Submitted by PIEfection

Here is a refreshing salad sure to be a tasty addition to your dinner plans or a delicious stand-alone treat for lunch.

SALAD

- 6 cups greens
- 2 grapefruit, peeled and segmented
- 2 oranges, peeled and segmented
- 3 avocados, peeled and thinly sliced
- 1/4 cup sliced almonds

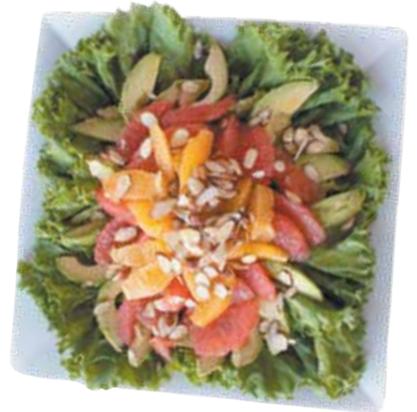
DRESSING

- 1/2 cup olive oil
- 1/4 cup lemon juice
- 1/4 cup sugar
- 2 teaspoons coarse ground mustard
- 1/3 teaspoon pepper
- 1/4 teaspoon salt

DIRECTIONS

Layer greens on platter, and top with remaining salad ingredients. Whisk dressing ingredients together until emulsified, and drizzle on top of salad. ■

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. Store hours are 10 a.m. to 6:30 p.m., Monday through Saturday. The bakery is closed on Sunday.





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By Donna Kohlhase, CLU, ChFC, CASL
State Farm Insurance Agent



Donna Kohlhase

It is my pleasure to welcome new clients like you to my agency.

To service your insurance needs, my professional team includes Alicia Balistreri, Beth Andersen, Mickey Maynard, Ashley Flores and Paula Lankau.

Mickey and Ashley will most likely be answering the phone when you call. Their goal is to make sure you get to the right person the first time, so you don't have to tell your story more than once. Both are licensed property casualty agents. They will assist you in submitting a claim, answering your billing questions, or making changes on your current contracts.

Paula works off site, checking all the contracts as issued to make sure they are correct. If, by chance, there is an error, she will let you know the policy/billing you received is in error, and we are on top of getting it corrected. She will be calling you if your policy is in a late pay or cancellation status and to update your records.

Alicia and Beth are the sales team. They will be contacting you from time to

time, as we want to be sure you think of us first when you have an auto, fire, life, or health insurance need, or a need related to saving for education and retirement, as well as banking. They are licensed property casualty, life and health agents who are knowledgeable about our products and services. Rely on them to provide you the most competitive quotes, along with options that may work for you.

As the agent, I have surrounded myself with the best team in the industry. With that being said, I want you to know I am here to answer any questions you might have. I would like to meet with you at least every 18 months to complete a review of your coverages. This is necessary, as life happens and contracts change.

It is important to understand the protection. It also is imperative you take advantage of this occasion to review your previous decisions. At these meetings, you also have an opportunity to find out about any new service we have added since our last meeting. I am dedicated to helping you achieve the great financial goal of life, and look forward to working with you.

My mission is to help you live with confidence that you are protected from what could go wrong, so you can invest in what could go right. ■

For more information, call (480) 396-2140. The insurance agency is located at 6836 E. Brown Road, Suite 101.

EDUCATION

Lifelong Learners Will Enjoy A VARIETY OF CLASSES

Submitted by New Frontiers for Lifelong Learning

If you have an interest in learning about solar super storms, reverse mortgages, Channel Islands in WWII, medical marijuana, the traveling gardener, emergency preparedness, memory tips and tricks, sociology of sports, skeptic's guide to history, or many other subjects, join New Frontiers for Lifelong Learning.

For the fall semester, 69 classes were offered. After paying \$60 for the spring semester and summer session, people can sign up for as many classes as their schedule will allow. Sign up on Jan. 27, via computer.

Classes meet at the three Mesa Community College (MCC) campuses (Southern Avenue and Dobson Road; Downtown, at 165 N. Centennial Way; and Red Mountain, at McKellips and Power roads). Other locations include East Valley Adult Resource centers, at 247 N. Macdonald St. and 7550 E. Adobe Road, as well as many other locations in Mesa.

New Frontiers for Lifelong Learning, sponsored by MCC, is a peer-led organization, which offers the opportunity to expand your learning and increase your 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, or write to New Frontiers for Lifelong Learning, 165 N. Centennial Way, Suite 208, Mesa, AZ 85201. The email address is communications@newfrontiersaz.org.

An open house for learning more about this organization and to join will take place on Friday, Jan. 23, from 1 to 3 p.m., at the MCC Downtown Center, located on the fourth floor at 145 N. Centennial Way, in Mesa. Park in the parking garage on the second and third floors, and take the steps or elevator to the fourth floor. ■

Registration for classes will take place on Tuesday, Jan. 27, from 9 a.m. on. Registration will be by computer only. Those who don't have a computer or access to one or a friend able to offer assistance can go to the second floor of the Downtown campus, and people will be there to help with registration on Jan. 27, from 9 a.m. to 2 p.m.



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LOCAL BUSINESS

COCO MILANO'S ANNOUNCES A NEW LOCATION in The Village at Las Sendas



Submitted by CoCo Milano's
Denise Milano and Cathi Sabin, owners of CoCo Milano's, are pleased to announce the expansion of their creative endeavors, with the opening of CoCo Milano's Design, a new location in The Village at Las Sendas.

CoCo Milano's Design will be an extension of their current interior design boutique. The new showroom will feature full service interior design, new furniture and accessories, as well as

high-end consignment pieces. "The opening of CoCo Milano's Design is an important step toward our growth and development as a small business, as well as helping to better meet the needs of our clients," said Denise.

Full interior design services will be offered at both locations. The current showroom is located at 2837 N. Power Road, Suite 104. The new showroom will be located just to the north, in Suite 108. CoCo Milano's and CoCo Milano's Design will bookend Cosmos Salon and Day Spa.

Watch for details about the grand opening coming in February. For more information about the opening of CoCo Milano's Design, or if you have pieces you would like to have considered for consignment, call (480) 641-2626, or visit the store. You also can send an email to info@cocomilanos.com, or visit the website at www.cocomilanos.com.

ABOUT COCO MILANO'S
Founded in 2005, CoCo Milano's is a full service interior design company and boutique, currently accommodating clients in the greater North and East valleys. Whether you want help in home design consultation services, exquisite floral arrangements or holiday and party decorating, CoCo Milano's can help you transform your home or space into the environment you desire. ■

CoCo Milano's
THE VILLAGE AT LAS SENDAS

Thank You!
For an amazing
2014
Here is to a
happy, healthy,
prosperous New
Year!!!

LOCAL BUSINESS

The Sludge Monster Could Be LIVING IN YOUR ENGINE

Submitted by H and I Automotive
Today's vehicles sometimes give us a false sense of security when it comes to maintenance.

Manufacturers and oil companies consistently advertise longer periods between services. The problem is over time this allows sludge and carbon to build up inside your engine. Expensive engine repairs often are the result.

Sludge forms through heat and friction inside the engine assembly. This can interfere with how oil flows through the engine. Eventually, oil flow will subside enough and cause engine failure. Changing your oil every 3,000 miles will avoid a dangerous sludge situation.

We also highly recommend using an oil system cleaner annually to further reduce any buildups which may occur. Conventional oil is all that is required in your vehicle unless the manufacturer mandates a full synthetic. We also recommend using high mileage oil once your vehicle surpasses 60,000 miles. High mileage oil will help keep seals lubricated and expanded in your engine to help prevent oil leaks.

Carbon is a natural byproduct of gasoline detonation. As the fuel burns inside your engine, it will leave carbon residue in the throttle body, air intake, valve train and inside the cylinders. Over time, this buildup can cause valve issues. In extreme cases, piston rings can seize. These deposits also affect engine performance and emissions. Using fuels containing detergents will reduce these deposits but not eliminate them.



We recommend having your fuel system cleaned every 30,000 miles if you are using a top tier fuel, and every 15,000 miles if you regularly use lower quality fuels. Quality is based on how clean the fuel burns rather than the octane rating of the fuel. Using a high-octane fuel is not necessary unless dictated by the manufacturer.

H and I Automotive can provide you with all your preventive maintenance needs, as well as perform repairs on your vehicle when necessary. We employ two Automotive Service Excellence certified master technicians, and carry all the proper fluids and filters to keep your vehicle in top running condition. ■

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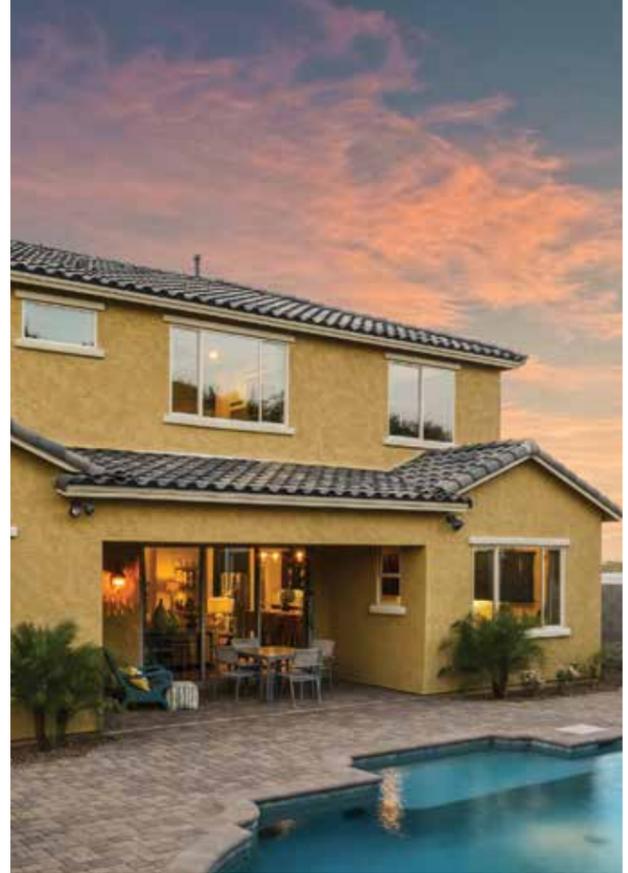
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REAL ESTATE

YOUR NEW YEAR'S RESOLUTION COULD HELP YOU SELL YOUR HOME

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



Happy New Year! The start of the year brings many New Year's resolutions.

Most resolutions are broken within the first few months or just never get off the ground, but if you are thinking of selling your home in the next few months, a popular New Year's resolution could help in more ways than one.

GETTING ORGANIZED

Getting organized is one of the top 10 New Year's resolutions. If you are planning on selling your home, it is also one of the best ways of getting your home ready to list. Buyers want as much space as they can afford, whether it's living space or storage space. Decluttering opens up your home, and will make it look and feel more spacious. A well-organized home lets the buyer see the space it has to offer without trying to look past all the clutter.

Go through your home room by room, and try to see it for the first time through the buyer's eyes. It might be a good idea to take a photo on your cell phone before you start. Look at the picture, and see what stands out to you. Is it the features in the room, such as the bay window or the stone fireplace? Is it all the pictures on the wall, or the photos on the table?

Does the room feel open and spacious? Instead, is it cluttered with knick knacks and cramped with all the furniture? Taking a large chair out of a small room can change the entire feel of the room and open it up. Taking all the knick knacks off the mantel will draw the buyer's eye to the decorative stonework around the fireplace rather than to the clutter on top.

Remove most of your photos. I am not a believer that all photos need to be removed. You want it to look clean and tidy, but not sterile. Having some family photos shows it is a family home with happy memories. If you have a wall with a bunch of pictures on it, take down all but a couple of them, and don't forget to patch up the holes left behind.

The kitchen—This is the best room to declutter, as this is one of the top rooms that makes the buying decision. You want to show off how much workspace there is and how much storage it has, with all the cabinets. Put away any small appliances, such as coffee makers, toaster ovens, blenders, etc. Pack away any saucepans or serving dishes you haven't used in the past six months and probably won't use in the next few months.

Arrange what you have in your cabinets and drawers so it all looks neat and organized with plenty of room. Go through your pantry and pack away any non-perishable goods you won't use in the next few months. Neatly stack what is left, and turn all the labels facing out. Trust me, buyers will open cupboard doors and drawers to see inside, especially in the kitchen.

Closets—You want your closet to look like there is plenty of room for all the buyer's clothes. Pack away any clothes and shoes you don't need, leaving some open space on the shelves and on the rails. Organize your closets so everything is neatly folded, hung or stacked. Purchase some wicker baskets or plastic tubs to keep everything neat and tidy.

Remember, you are selling your home and moving. So, going through your home and packing items before

you list not only helps you sell your home, but also gives you a leg up on packing. Don't forget to mark all the boxes with a detailed list of what is inside. Stack the boxes neatly in your garage or shed to keep them out of the home while the weather is cooler. Don't forget if you are doing this coming into the warmer months, make sure you leave boxes with delicate items that cannot withstand our Arizona heat stacked neatly in the home, or rent an air-conditioned storage unit.

There are staging companies to help you stage your home and I also offer free staging for all my clients. Please contact me if you would like to set up an appointment for free staging advice. ■

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





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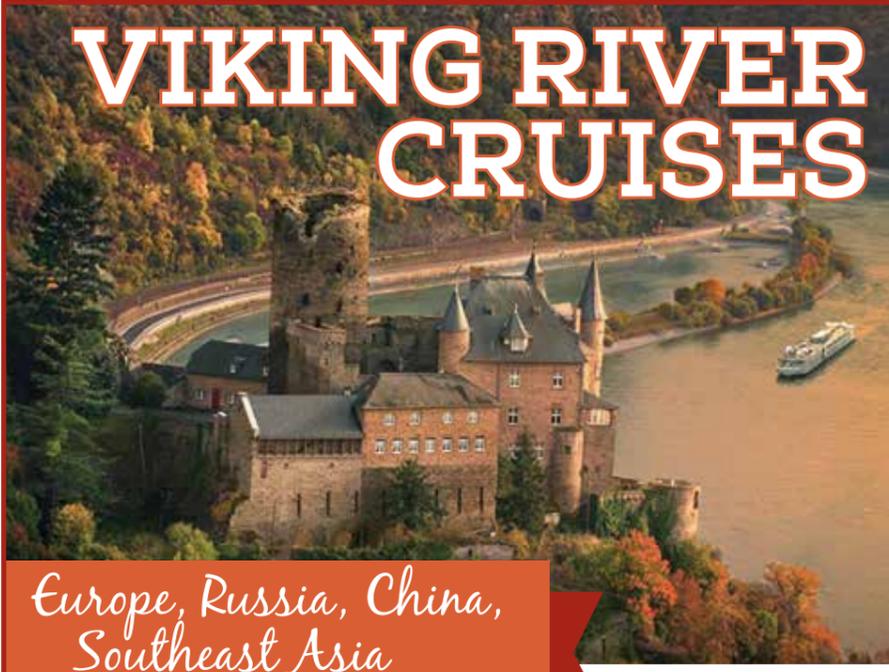
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AMAZON COATINGS, LLC

AMAZON COATINGS provides decorative concrete coatings for your Residential and Commercial, Interior and Exterior, Concrete Coating projects.

Concrete Coating Services include Garage Floor Epoxy Coating, Vinyl Chip Flake Epoxy Coating, Acid Stain, Patio Deck and Swimming Pool Deck Coatings.

Need your Kool Deck® repaired? Amazon Coatings can provide you with a fresh new look for your worn, cracked or chipped concrete pool deck, both functional and beautiful. We won't just paint your deck; we can design a decorative swimming pool border in flagstone or tile.

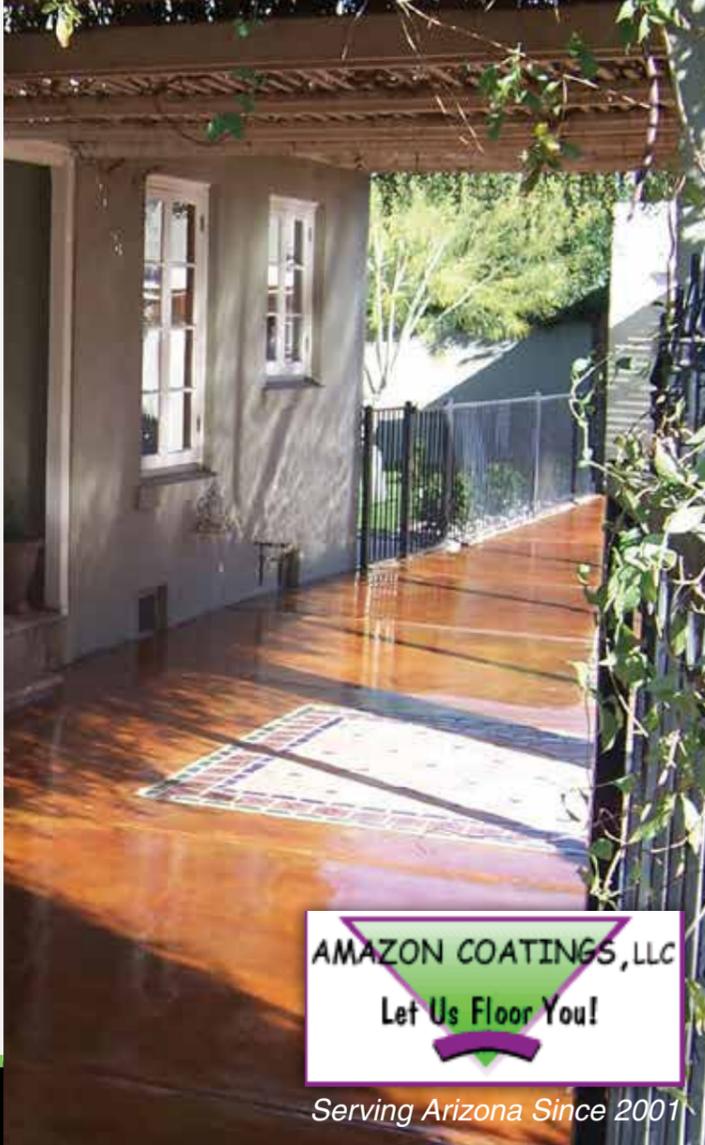
Our concrete coatings can be applied on your driveway, garage, patio, sidewalk, pool deck and also on interior floors. Almost anywhere you have concrete. Our concrete floor coatings offer you a protective surface; not only protecting against staining, but also incorporating anti-skid particles to help minimize slips and falls.

Our Concrete Coating Systems are designed with you in mind...

- What is the intended use of the surface?
- What is the exposure to the sun, water, etc.?
- How much wear and tear will the surface receive?
- Do you require a light or heavy non-skid surface?

Amazon Coatings is a family-owned and operated concrete coatings company. We are licensed, bonded and insured.

"Highly Recommend AMAZON COATINGS. After 10 years my patio coating is still great. We had had many cracks in past years and finally found Amazon Coatings and our cracks have never reappeared. Excellent workmanship and caring owners." – Alice P. in Mesa, AZ



480.890.1141 www.amazoncoatings.com

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ORGANIZING

The right folder can simplify YOUR FILING SYSTEM



By Nancy Nemitz
When I go into one of the big box office supply stores and watch people staring at the file folders, I'm so tempted to stick my nose in their business.



Nancy Nemitz

Not only are you asked to decide between folders with three or five tabs, but so many color choices can drive you crazy. I'll make it simple. Straight-line filing is the most efficient and easiest to maintain. Straight line means there is one long tab all the way across the folder.

All the file labels should be put on the right side so your eye doesn't have to jog back and forth across the files as you look for the desired folder. Adding a file using this system doesn't require you to find another center tab or left tab file folder to fit into the original filing system. ■

Nancy Nemitz can help you set up your office, so your work gets done faster and with less stress. To set up a free, 20-minute professional organizing consultation, send an email to nancy@createthespace.com. Nancy Nemitz has owned Create the Space Professional Organizing since 2004.

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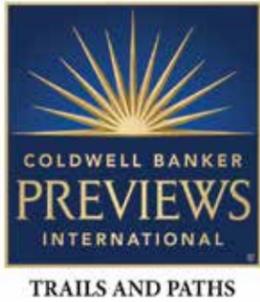
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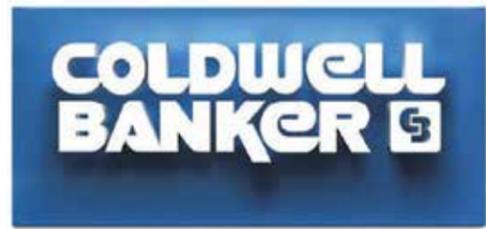
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\$412,500

2,217 sq. ft. 3BR plus a den, 2BA, 3G. Plantation shutters, SS appliances, granite counters, 16 seer A/C, resort backyard w/ pool, spa, putting green & built-in BBQ.



\$365,000

1,978 sq. ft. 3BR, 2BA, 2G. Gated community, breakfast bar w/granite counters, city light & Mtn. views, fireplace, built-in BBQ, beehive fireplace & spool.



\$375,000

2,226 sq. ft. 3BR, 2BA, 2.5G. Golf course lot, granite island, built-in BBQ, grass backyard, Mtn. views.



\$275,000

1,571 sq. ft. 3BR, 2BA, 2G. Granite counters w/stone backsplash, flagstone patio w/built-in natural gas fireplace.



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2,422 sq. ft. 4BR, 2BA, 2G. Granite counters, custom white cabinetry, 18" tile flooring, Pebble Tec® Pool.



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\$222,500

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