

Las Sendas Up Close

Bringing neighbors closer to their community

March 2011

LAS SENDAS NEIGHBORS SUPPORTED TEAM TREVOR AT INAUGURAL WALK

By AnnElise Makin

About a hundred Las Sendas people recently showed color for Trevor Vigiletti at the First Team Trevor Walk.

That color was orange, Trevor's favorite. Supporters gathered at the Boulder Mountain Park start point on this brisk morning to rally for his recovery.

Trevor, a fifth-grader from Las Sendas, has not been able to attend school much. He was diagnosed with leukemia last July and has since endured many rounds of chemotherapy treatments at Phoenix Children's Hospital.

"This is a critical time of treatment for Trevor," said Shannon Metera, the benefit's organizer. Shannon became best friends with Trevor's mother, Eileen Vigiletti, seven years ago when both families had newly moved to Las Sendas.

Shannon's son, Ryan, attended Desert Rose Preschool at Las Sendas with Trevor. They turned out to be kindred spirits from the start and became best friends. They used to play soccer, basketball and baseball together.

Ryan still visits Trevor a lot, to keep him company and also to supply him with Mr. Lorenzen's homework assignments. They had made a pact to stay in the same class for that purpose.

Trevor's friends will never forget the day when the bad news broke. "We took the boys out on a boat, went tubing together," Shannon recalled. Later that week, Trevor complained about leg pains.

"It got worse and worse throughout the day," Shannon continued. "After the doctor had done some blood work, they sent him right off to Phoenix Children's Hospital." Eileen informed Shannon on the same day that it might be leukemia.

"We are in this together," Shannon told Eileen. "Let

me know what you need." Since then, Shannon and others have cooked numerous family dinners for the Vigilettis and supported them in many ways. That helped a lot because Eileen had to take a leave of absence from her job as a flight

attendant for Alaska Airlines to stay by Trevor, the youngest of four siblings. Her supervisor, Stacey Senger, also came to boost Trevor.

it small within the Las Sendas community, with people Trevor knows."

Friends, neighbors and a delegation from Las Sendas Elementary School joined together for Trevor's Walk.

Wayne McBean loaned his golf cart to Trevor to lead the march. Organizers Shannon and Bill Metera donated the T-shirts and wristbands, and Cindy Alfonso created several dozen artistic cupcakes.

With everybody's help, Trevor's Walk was organized at no cost to the cause, and all



proceeds went to Trevor's long road of recovery, a three-year course of treatment. Dad Lou Vigiletti was visibly moved as he thanked participants for their support.

While the walkers, including seven of Trevor's teachers and school principal Amy Kramb, all from Las Sendas Elementary, lined up behind Trevor's golf cart to march up Las Sendas, his mother gathered heart.

"Hopefully, in March, we will be back in school and lead a more normal life with only one chemo per month," she wished. So do we at *Up Close*. ■

If you would like to find out more about Trevor's crusade against leukemia, or would like to donate toward his recovery, contact Team Trevor at teamtrevor@cox.net. A donation account has been set up for his medical needs at Chase Bank (#2963235722).

FUND-RAISING event benefits kids with cancer

When Hallie Carl shaved her head, her heart was in every snip of the scissors and every stroke of the razor.

Hallie is closely associated with St. Baldrick's, an organization that raises money for kids with cancer. Funds are raised by the generous actions of individuals who willingly shave their heads in the name of pediatric cancer research and St. Baldrick's.

"I shaved my head in July for the first time," Hallie said, "and it was a life-changing experience. Even

though I live in Mesa, I did that head shaving in Omaha, Neb., because my brother-in-law is a pediatric oncologist who shaves his head every year to support his amazing patients."

When Hallie came home, several young women she had previously mentored at Red Mountain Community Church decided to shave their heads for St. Baldrick's, too.

"With the amazing selflessness of these women, our March 17 event was born,"



Hallie said with pride. "We already have 11 shaves. Of the 11, four are women, including me. We are really excited about our fund-raising event, which will take place at Shakespeare's Pub and Restaurant in Dana Park." ■

To learn more about the St. Baldrick's event, go to the Web site at www.stbaldricks.org/events/mypage/eventid/5601/eventyear/2011.

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In This Issue

Health Education Classes	4	Relay for Life	10
Mesa Academy	6	Wounded Warriors	11
Banner Baywood	7	Quilt Show	14
Las Sendas Dental Health	9	Service Directory	15



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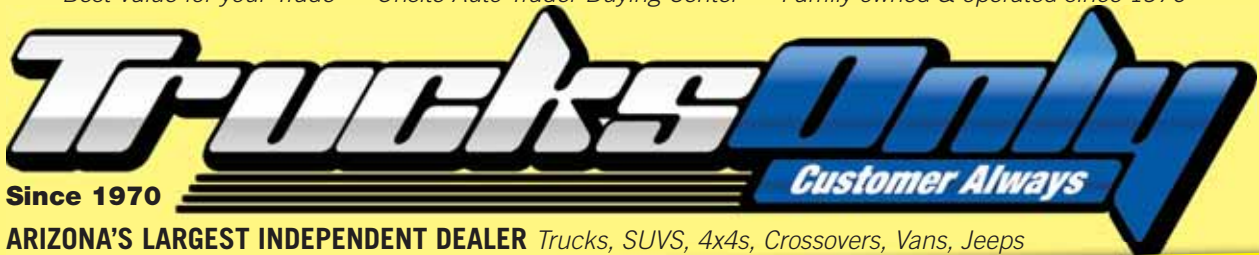
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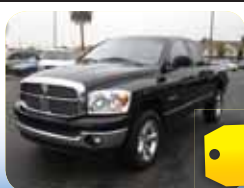
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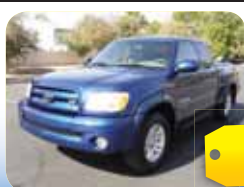
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HEALTH

Mountain Vista Medical Center hosts classes

At Mountain Vista Medical Center, we know that the best information can help you and your family. Join us for the following educational events in March:

HEART DISEASE – WHAT'S THE DIFFERENCE BETWEEN MEN AND WOMEN?

Heart disease occurs when the arteries get clogged with plaque caused by cholesterol buildup, limiting the amount of oxygen and blood flow delivered to other areas of the body. The location of plaque buildup sometimes varies between the genders. Join Zelalem Yilma, MD, as she discusses the heart disease differences in men and women, along with prevention tools.

Tuesday, March 1
6 to 7 p.m.
Zelalem Yilma, MD
Classrooms 3 and 4

ALLERGIES AND VALLEY FEVER – WHAT YOU NEED TO KNOW

Join Richard Dinsdale, MD, in an informative session as he discusses how allergens and fungi in the air we breathe affect us. Learn how to keep your immune system strong throughout the year and the signs and symptoms of Valley Fever to keep you healthy.

Thursday, March 10
Noon to 1 p.m.
Richard Dinsdale, MD

UROLOGIC TREATMENT OPTIONS FOR MEN AND WOMEN

Infections and other medical conditions that affect the urinary and genital tracts are among the most sensitive for people. Join us in a roundtable discussion,

including disorders such as interstitial cystitis, incontinence, impotence, enlarged prostate (BPH), urinary tract infections and stones.

Tuesday, March 22
6 to 7 p.m.
James Cord, MD, and Christy Smith, ANP-C, CUNP

GIRL TALK – COMMON GYNECOLOGICAL INFECTIONS

Most women experience occasional gynecological infections at some point in their lives, which can be bothersome and need attention. Join Stephen Frausto, MD, as he discusses some of the most common infections and treatment options.

Cervicitis, vaginitis, vulvitis and pelvic inflammatory disease (PID) will be included in the discussion.

Tuesday, March 29
6 to 7 p.m.
Stephen Frausto, MD, FACOG

These free health seminars are designed to help you stay healthy.

Mountain Vista Medical Center is located just north of the U.S. 60 at Southern Avenue and Crismon Road. Seminars are held in Classrooms 3 and 4, located on the second floor of the hospital near the cafeteria. Park on the east side of the hospital and enter through the outpatient entrance. ■

To register for these events, or to learn about the entire seminar series, call (877) 924-WELL (9355), or visit mvmedicalcenter.com.



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HEALTH

Pilates Power House René Brackney Joins Red Mountain Family Chiropractic

By AnnElise Makin

Red Mountain Family Chiropractic just stepped up its therapeutic arsenal by a couple of notches with René Brackney, a much respected and highly credentialed Pilates instructor, signing on with Dr. Lynn's holistic team.

"Now, stretch your arms, lean into the bands, leg a bit more forward, and slowly wave your right arm, return it to the center, and then repeat with the left," René instructed Las Sendas resident Kimberly Barnes.

As Kimberly confidently navigated the suspension on the TRX station, René gracefully modeled the correct form for her. René also coached her with hearty encouragement. That's how she made Kimberly maximize her performance.

It was amazing to watch. Kimberly, who has had double hip replacements about a year ago, initially started training with René to improve some neck issues. Before Kimberly underwent her first hip surgery in August 2009, René conditioned (*pre-habed*) her for the procedure with a Pilates regimen.

Kimberly now attributes her speedy recovery from both surgeries—the second hip was done on Thanksgiving 2009—to consistent Pilates training. Shortly before Christmas 2009, Kimberly returned to her normal exercise routine.

"There has definitely been a change in muscle tone since then," René observed. Fitness come, padding go. Regular Pilates creates a streamlined figure. What René calls *muffin tops* or *shandles* (shoulder—love handle region) soon melts away.



In each case, René carefully monitors the physiognomies in her patients. Sculpting and elegant muscle tone is the welcome *side effect* of any Pilates routine. The main focus, however, lies in the core strength.

Posture, abdominal strength and muscle *mind* control are some of Pilates' components. But the philosophy is more than just a sum of its parts. When practiced in its true form, Pilates becomes a deliberate, masterfully kinetic body science.

When René coaches patients in Red

Mountain Family Chiropractic's atrium, the place comes alive with vigor. She guides her clients through incremental increases of difficulty on each station, such as the Wunda Chair, the Reformer equipment and the TRX system.

"I have tried many types of exercise on my own," client Amy Mazzoli stated. "But only a coach can make you aware of the correct form so that you achieve great results. Sometimes a coach knows you better than yourself," Amy remarked. "And Pilates is so much cheaper than a tummy tuck!"

Age is not a limitation for Pilates conditioning. "My oldest client is 84 years old, and my youngest is an 11-year-old gymnast," René stated.

Pilates, you better believe, is not just another fad or a lifestyle. It is your life. Live it right. Call René for an appointment at (602) 421-3763. ■

REAL ESTATE

Coldwell Banker TRAILS AND PATHS Sells Las Sendas Homes

Statistics indicate Coldwell Banker Trails and Paths brokerage, located at The Village at Las Sendas, has listed and sold more homes in the Las Sendas community than any other individual office!

"I guess you could say that I was somewhat happy for that... OK, maybe I was more than happy for that," admitted Ron Brown, owner of Coldwell Banker Trails and Paths. "You see, in the real world, our value is truly gauged by what we do. Action matters more than chatter. So, what this statistic tells me is that our office provided a great deal of value to our clients."

Ron and his wife, Debbie, own Coldwell Banker Trails and Paths. Admittedly, they put so much of themselves into the business and the community they serve. So, it is humbling to have the value the pair provides to the community reflect back in a positive manner.

"Many times, we go through life wondering whether our work really makes a difference to someone," Ron said. "I can honestly say it does!"

According to Ron, the lifestyle in Las Sendas speaks for itself. "It is very easy to showcase a community with so much to offer," Ron admits. "Yet, having such a great many families and individuals come through our doors and allow us to help them find the perfect home for their situation speaks volumes for the service our agents and partners provide."

If you feel Las Sendas may be right for you, give Coldwell Banker Trails and Paths a call, or take a home tour of Las Sendas from the comfort of your computer. Go to www.trailsandpaths.com. Learn why so many people trust Ron and his brokerage with their futures. ■



Ron Brown

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HEALTH

Testosterone can IMPROVE WOMEN'S HEALTH

By Deb Budnick, RN,
Anti-Aging Institute of Arizona

When it comes to discussing testosterone, most people think it's just a male hormone, but this is not true.

In fact, women produce approximately 250 micrograms of testosterone daily. While the male production is 20 to 30 times higher, testosterone is nearly as important to women as it is to men.

The emotional and physical signs of a testosterone deficiency can appear as the following:

- Nervous, irritable behavior
- Excessive anxiety
- Depression the whole day long
- Poor memory or concentration
- Pale face
- Dry eyes
- Poor or reduced muscle volume, tone or strength
- Cellulite on the thighs
- Varicose veins

Testosterone performs important roles in women, such as:

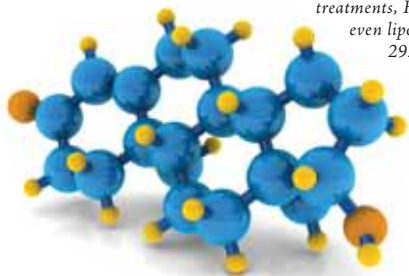
- Improvement of mood
- Reduction of depression and anxiety
- Improvement of bone density
- Improvement of muscle size and strength
- Improved sex drive
- Improvement in skin

It is important to check your hormone levels through blood or saliva samples. It is likely long-term deficiency of testosterone in women can predispose us to depression, anxiety disorders, osteoarthritis, rheumatoid arthritis, osteoporosis and atherosclerosis. ■

For more information on hormone treatments, HCG diet programs or even liposuction, call us at (480) 292-1110, or visit our Web site at www.aaiiaz.net and www.dreambodycenters.com.



Deb Budnick



EVENT

DINNER AND AUCTION to benefit Mesa Academy for Advanced Studies

Submitted by Mesa Academy for Advanced Studies PTO

Join us under the stars and balmy breezes as we usher in the Arizona spring season.

The Mesa Academy for Advanced Studies PTO will host its first off-site dinner and auction, *Knight of Charity and Hilarity 2011*, on April 1, from 6:30 to 9:30 p.m., at the Las Sendas Trailhead Members Club to benefit the Knights of Mesa Academy for Advanced Studies.

Festivities planned for this exciting evening include cocktails, dinner catered by Red, White and Brew, as well as entertainment provided by professional comedian Armon Williams. Most importantly, the silent/live/online auction features one-of-a-kind items available for bidding.

All proceeds from the silent/live/online auction will be used toward funding teacher grants, and support of academic and club competitions and activities, as well as the purchase of school supplies and much needed shading structures for the outdoor ramada area at Mesa Academy for Advanced Studies.

Even though the silent and live auction isn't until April 1, you may preview our

entire catalog of auction items on the Mesa Academy for Advanced Studies' online auction Web site at www.biddingforgood.com/MAAS. Online bidding will start on March 21 and close at 8 p.m. on March 30, the night before the actual silent and live

auction at the Trailhead Members Club.

At \$50 per person, the cost of general admission tickets for the *Knight of Charity and Hilarity 2011* includes dinner, live entertainment, two raffle tickets and two beer or wine tickets.

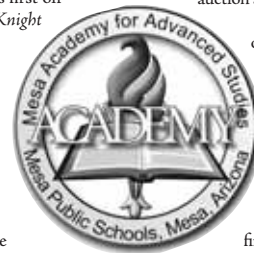
Only 50 tickets have been designated for the general public on a first come, first served basis. Order your tickets today for the *Knight of*

Charity and Hilarity 2011 auction/dinner to ensure you get first dibs on bidding rights!

The Mesa Academy for Advanced Studies, a Mesa public school, is an International Baccalaureate school enlisting excellent fourth- through eighth-grade students and future leaders within our community.

Phoenix Magazine recently recognized Mesa Academy for Advanced Studies as a *Top 10 Best School of 2010* in the elementary and middle school categories.

For more information on purchasing tickets, visit the Web at www.biddingforgood.com/MAAS. ■



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EVENT

Gala supports LAS SENDAS Elementary School

By Karen Jackson, PTO President

The 2011 Las Sendas Elementary School Auction and Dinner Gala will take place on Saturday, April 16, from 6 to 9 p.m., at the Trailhead Members Club.

The gala invites parents, friends, family and the community to help bring Las Sendas Elementary School into the 21st century by putting SMART boards in every classroom. Since it is not a Title 1 school, Las Sendas Elementary is one of the few schools in Mesa without this technology. We are called to work together to create the best possible opportunities for our students.

WHAT WE NEED

As a member or nearby neighbor of our community, we are asking for your support of this event. Your company can be represented by providing sponsorships, monetary/product donations or with gift certificates/gift baskets.

WHAT IS MY RETURN ON INVESTMENT?

Your business name and address will be publicized on your listing, as well as in the evening's program. Of course, your donation is tax deductible! Las Sendas PTO is a nonprofit 501(c)3 organization (#86-0884956).

We would like to receive all donations by March 15. This will give us time to catalog and properly publicize your donation for this exciting event. ■

Thank you for supporting our children, school and community. If you have any questions or require any additional information, please contact PTO President Karen Jackson at (480) 319-3414.

HEALTH

BANNER BAYWOOD BECOMES EAST VALLEY'S ONLY ACCREDITED CHEST PAIN CENTER

Submitted by Corey Schubert
Public Relations Specialist

Banner Baywood Medical Center recently became the East Valley's only Accredited Chest Pain Center, earning this prestigious status for achieving a higher level of expertise in dealing with patients who arrive with symptoms of a heart attack.

Hospitals that receive accreditation by the Society of Chest Pain Centers emphasize the importance of diagnostic and treatment programs that provide more efficient and effective evaluation, as well as more appropriate and rapid treatment of patients with chest pain and other heart attack symptoms.

They also serve as a point of entry into the healthcare system to evaluate and treat other medical problems, and help to promote a healthier lifestyle in an attempt to reduce the risk factors for heart attack.

Patients who are treated for chest pain at Banner Baywood also benefit from the facility's partnership with Banner Heart Hospital, one of the largest free-standing heart hospitals in the United States. The accreditation recognizes the availability of emergency treatment options on one medical campus through Banner Baywood's Emergency Department and Banner Heart's advanced cardiac care, such as catheterization procedures.

To become an Accredited Chest Pain Center, Banner Baywood engaged in rigorous evaluation for its ability to assess, diagnose, and treat patients who may be experiencing a heart attack. This means Banner Baywood uses processes that meet strict criteria aimed at:

- Reducing the time from onset of symptoms to diagnosis and treatment
- Treating patients more quickly during the critical window of time when the integrity of the heart muscle can be preserved
- Monitoring patients when it is not certain that they are having a heart attack to ensure that they are not



sent home too quickly or needlessly admitted to the hospital

"People tend to wait when they think they might be having a heart attack, and that's a mistake," states Dr. Larry Spradling, Chief Medical Officer for Banner Baywood. "The average patient arrives in the emergency department more than two hours after the onset of symptoms, but what they don't realize is that the sooner a heart attack is treated, the less damage to the heart and the better the outcome for the patient."

Banner Baywood's state-of-the-art healthcare encompasses the entire continuum of care for the heart patient and includes such focal points as the hospital's dispatch, Emergency Medical System, emergency department, cath lab, quality assurance plan, and community outreach program. By becoming an Accredited Chest Pain Center, Banner Baywood has enhanced the quality of care for the cardiac patient and has demonstrated its commitment to higher standards. ■

Banner Baywood Medical Center is a 340-bed facility known for its world-class programs in stroke care, oncology, women's health, orthopedics and surgical technologies. The facility opened in 1984 and serves the growing East Valley communities of Mesa, Gilbert, Apache Junction, Queen Creek, Fountain Hills and areas of northeastern Pinal County. Banner Baywood Medical Center employs more than 1,500 health care professionals and support staff, and has approximately 500 volunteers.

LOCAL BUSINESS

Mike's Barbershops carry on tradition with a twist

By Dawn Abbey

The ultimate mystique of a *man cave* is the scene from the barbershops of yesterday—real men sitting with steaming towels over their faces, awaiting a hot lather, straight razor shave and pointed conversation, as well as a sense of precision haircut camaraderie.

If a guy still wants such an experience, he might check out an old Western movie, view a Norman Rockwell painting, or better yet, head to Mike's Barbershops, located at 5057 E. McKellips Road.

"Men are realizing, young and old, that if you want a man's haircut, you go to a barbershop, not a franchise salon," said fourth-generation barber Mike Magri. With the popularity of flat tops, fades, faux-hawks and other precision cuts, he keeps eight licensed barbers busy, including his young nephew, Chris Sullivan, as well as two women, every day of the week. "We do all kinds of looks," said Mike, "including your old-fashioned, regular haircut."

Last August, Mike's Barbershops moved to its present spot on the southwest side of Higley Road, after being further west

in Mesa for about nine years. Mike's new shop sports a row of gleaming black and chrome barber chairs, soft red walls and even a pool table. "We don't isolate our waiting customers from those being served," he said, motioning to a row of comfortable chairs facing the barber stations. "Everyone can sit back, relax, read, text, watch TV or talk about sports or whatever, if they want. We also have Wi-Fi."

So, what makes a barbershop different from a salon? "Licensed barbers learn to cut men's hair," explained Mike, an instructor himself. "Barbers must complete 1,500 hours of training to learn different techniques particular to men, and how to accommodate men's services, such as straight razor shaves, trimming eyebrows or shaving around the ears. A scalp and neck massage is included with every service," he continued. "We even use different types of traditional clippers that give a more precision cut. Styles can go from short to long without a noticeable line in the hair."

Even though barbershops are different, Mike and his staff also are up on the latest in man pampering. "We offer facials, gray hair blending and our own line of men's grooming aids," he said.

"Mike's Barbershops line is similar to Crew or Bed Head brands, but at a better price," Mike stated. "We even offer manicures and pedicures three Saturdays each month. If you're not sure about whether it's for you, we offer the first one complementary, so you can try it out."

Mike also offers packages for the groom's wedding party, bachelor parties and more.

"Traditionally, any guy who went to the barbershop with his dad as a child, continues on with it," he said, "And barbershops are now more popular than ever, as men realize it's the place to go for a man's haircut. A large part of our clients are young men checking it out for the first time," Mike further stated. "They even come in for the hot lather shaves, and our prices can compete with some of the franchise locations."

Mike offers \$2 coupons if you are on his e-mail list. He also offers VIP cards, which reward you with a half-price cut. ■

For more information about services and prices, call (480) 218-5964, or visit MikesBarbershops.com.



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Las Sendas Area Market Report
Sales for the Month of January 2011

Address	Square Feet	Community	Sold Price	Short Sale Or REO
7445 E. Eagle Crest Dr. #2065	1,843	Cachet	\$183,900	
2652 N. Sterling	2,512	Grayfox	\$210,000	X
3261 N. Boulder Canyon	2,732	Desert Vistas	\$299,000	X
7462 E. Orion Circle	2,226	The Terraces	\$300,000	X
3757 N. Ladera Cir.	2,105	Echo Canyon	\$335,000	
3219 N. Boulder Canyon Dr.	2,732	Desert Vistas	\$339,900	
7130 E. Saddleback Street #9	3,083	Golf Colony	\$345,000	X
3823 N. Paseo Del Sol St.	2,226	Highlands	\$365,000	
4037 N. Goldcliff Cir.	2,308	Stonecliff	\$370,000	X
4062 N. Goldcliff Cir.	3,017	Stonecliff	\$580,000	
4118 N. Mirada Cir.	3,490	Granite Preserve	\$590,000	
4306 N. Diamond Point Cir.	3,499	Diamond Point	\$799,000	
8213 E. Vista Canyon Cir.	6,446	Pinnacle Ridge	\$1,050,000	X
3646 N. Julian Peak Cir.	7,486	Sky Mountain	\$1,050,000	X

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

Sales Information provided By John Karadsheh, ABR, CRS of
Coldwell Banker Trails & Paths Premier Properties.
www.BuyAndSellAZ.com



REAL ESTATE

DEVELOPMENT AND GROWTH IN MESA

By John Karadsheh

The Arizona Republic recently had an interesting article about the exciting growth at Phoenix-Mesa Gateway Airport.

Did you know Gateway currently is home to more than 40 private employers, including Allegiant Air, Aviation Performance Solutions, Cessna Aircraft Company, Embraer Aircraft, Hawker Beechcraft and HB Aerospace? Arizona State University Polytechnic and Chandler-Gilbert Community College also operate campuses on the airport property.

According to a new study conducted by the W.P. Carey School of Business at Arizona State University, the Phoenix-Mesa Gateway Airport helped generate \$685 million in economic benefits last year, and the airport supports more than 4,000 jobs in the region. Additionally, about 212,000 visitors arrived at the airport in 2010. Why does all of this matter?

I strongly believe the expansion of business and services at Gateway ultimately will help the values of properties in the Las Sendas, Red Mountain, Mountain Bridge and other Uplands communities in the East Valley. These East Valley communities have so much to offer, including natural scenic beauty, great schools, and

wonderful amenities, as well as easy access to shopping and health care.

I also believe the strategic placement of these communities along the 202 freeway will keep them in demand. Homeowners in the Las Sendas, Red Mountain, Mountain Bridge and Uplands neighborhoods can access Phoenix Sky Harbor Airport or Gateway Airport easily within 20 minutes. How many neighborhoods can boast of such a geographic advantage?



With its great runways and prime location, Gateway will continue to grow and hopefully offer more commercial flights and great business opportunities. I can't wait to see what happens! ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative and a Certified Residential Specialist. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at www.BuyAndSellAZ.com.



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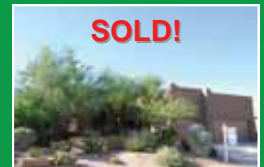
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HEALTH

DENTAL IMPLANTS CAN BE THE answer for lost permanent teeth

By Dr. Brent Boyse DMD with AZ Maxillofacial Surgeons and Dr. Martin Farnsworth

The average American loses at least one permanent tooth between the ages of 20 and 34, but even if you enjoy all your permanent teeth, consider the options if a missing tooth impacts your overall health and quality of life.

Chances are good you have already heard about how a dental implant can restore a missing tooth with a more natural look, feel and function than other replacement options.

What you may not know is the fact dental implants—together with innovative surgical and restorative dental techniques—also can restore an entire arch of missing or diseased teeth in as little as one day! For the 10 percent of Americans who lose all teeth by the age of 64, as well as the millions more who suffer with painful damaged or diseased teeth, this brings renewed hope they can once again enjoy the health and quality of life they deserve.

Individuals who have this procedure can look forward to enjoying the benefits dental implants offer over bridges, partials and traditional dentures. Unlike a bridge, the new crowns (the visible portion of the teeth) are supported by the implants. So, there is no need to compromise good teeth or worry about future failure and replacement due to unhealthy teeth.

There is no plastic covering the palate, as with a traditional denture. Therefore, tasting and enjoying food the way it should be is possible once more. Painful denture sores, messy adhesives and difficulty speaking are eliminated.

Additionally, the bone loss, often a result of bridge and denture work, is avoided with dental implants.

The soft tissues of the face are supported once again, restoring a more youthful appearance and diminishing the look of premature facial aging, which dentures can cause. Perhaps most significantly, in addition to all of these benefits, there is the unique plus of getting replacement teeth in a single day.

It is important to know not all dental implants are created equally—especially when comparing a traditional implant to what is commonly known as a mini-implant. These

smaller, one piece implants are being routed by some as equally effective as traditional implants with no invasive surgery or bone grafting needed.

Few studies have been done to measure the longevity of mini-implants, and the Food and Drug Administration has approved very few for long-term use (over two years). Nevertheless, some dentists will use mini-implants as a substitute for conventional implants, rather than the transitional use for which they have proven to be effective. Be sure to understand exactly what is being offered to you and why it is being offered when considering the one-day implant solution.

If you have questions about the one-day dental implant solution or dental implants in general, talk to your dentist. She or he can help provide answers and guidance in consideration of your personal needs and desires for oral health. ■



LOCAL BUSINESS

SPECIAL EVENTS Become Spectacular

By Marian McGill

If you are looking for the picture perfect venue to host a wedding or special event, look no further than Red Mountain Ranch Country Club, offering just the place with stunning views, attentive service and menus designed to your individual preferences and budget.

The Overlook Dining Room, with floor-to-ceiling windows, provides a backdrop of golf course and mountain scenes, spectacular sunsets and twinkling city lights.



Red Mountain Ranch Country Club offers a variety of options to meet every need, from a meeting and lunch for 25 staffers, to an anniversary party for 100, to a wedding for 130. Golf tournament luncheons, baby showers, birthday celebrations, graduations and festive holiday parties are just some of the possibilities.

Those who book a wedding ceremony and reception package by March 31 will receive \$500 off (see ad for details).

Red Mountain Ranch Country Club welcomes both members and non-members to host events at the club. To schedule a tour, or to book your event, contact the special events team at (480) 981-6501, extension 111 or 112. To make a tee time, call the pro shop at (480) 985-0285. ■

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EDUCATION

DESERT ROSE PRESCHOOL at Las Sendas

By Rose Buttitta, Preschool Director/Teacher

The children of Desert Rose Preschool at Las Sendas have been learning about a wide range of subjects, with everything from American history, to the meaning of Ground Hog Day, always having a good time in the process.

CELEBRATING FEBRUARY

February was a month of celebration and learning new skills. The children celebrated Valentine's Day with a party of love and sharing special valentines with their classmates, as well as a gift for their moms.

We learned about Groundhog Day. Everyone was glad to learn we will have an early spring.

The children also learned about George Washington, the first president of the United States, and honest Abe Lincoln.

We learned about taking care of our teeth from the staff of Dr. Frost, who sponsored the Snow Day. Everyone received a new toothbrush.

PROGRESS CONTINUES

Progress reports were sent home for parents to review. They can be proud of their children's progress.

We continued practicing our cutting skills and learning about math and opposites. The children began learning the readiness words. We did patterning and sequencing by making bracelets. We are working hard on making sure the children learn to recognize all letters of the alphabet and numbers from 1 to 20. They also are learning to write all letters and numbers. They are recognizing their names with ongoing practice.

Desert Rose students are learning about bullies—what bullies are, and what to do about them. This lesson will be ongoing all year long.

In March, we are learning about Dr. Seuss, spring and

shamrocks, or three-leaf clovers.

April will be a month of discovery with spring flowers, birds and insects. We will continue to learn about the seasons and the changes happening in our everyday lives.

REGISTRATION BEGINS

Registration will start in March and run until May.

You must fill out a registration form and include a \$25 registration fee. This registration fee is nonrefundable.

If you are interested in the summer camp, please indicate accordingly at the top of the registration form. An additional \$25 registration fee is required for the summer session, which will start the week of June 13 and run through Aug. 5. Summer camp will run for eight weeks. Only 20 students are accepted for the summer session.

All students must have immunizations up-to-date. This information must be indicated accordingly with the completed registration form.

We also take siblings and older children for the summer session.

NEXT SUMMER AND FALL SCHEDULE

Choose the days and times:

- Two days a week—from 9 to 11:30 a.m. plus Lunch Bunch 9 a.m. to 1 p.m.—or 9 a.m. to 3 p.m. all day.
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- Four days a week—from 9 to 11:30 a.m. plus Lunch Bunch until 1 p.m.—or 9 a.m. to 3 p.m. all day.
- Five days a week—from 9 to 11:30 a.m. plus Lunch Bunch until 1 p.m.—or 9 a.m. to 3 p.m. all day.

I will work with you to make sure we accommodate your



needs. I would like to thank you for all your support, and for telling your friends and neighbors about Desert Rose Preschool at Las Sendas. We were full most of the year, with a waiting list. With all the phone calls and e-mails I receive, we still are one of the most popular preschools around. ■

If you have any questions or concerns about Desert Rose Preschool at Las Sendas, please call me at (480) 654-4223, or send an e-mail to jbuttitta@cox.net.

EVENT

RUN OR WALK FOR THE CURE with RELAY FOR LIFE

By Vivian Stearns-Kobler

Many years ago, Las Sendas resident Sandi Ciaramitaro's great aunt Geltrude Bonaldi set an excellent example of giving back to the community when she helped Italian immigrants coming to the United States find housing and jobs, and in recognition of her selfless efforts, Italy awarded her a gold medal.

Geltrude's example of helping others has inspired the Ciaramitaro family to volunteer and participate in the East Mesa Relay for Life for many years. Sandi and Paul's son, Vinny, attends Fremont Junior High School and is the relay captain of the Fremont Service Builder's Club relay team. Team members have been hard at work with fund-raising efforts, such as Relay for Life/Fitness Works membership coupons, with 50 percent of the proceeds allocated to cancer research.

At the recent Las Sendas Garage Sale, Fitness Works



memberships were offered for sale, as well as a cookbook filled with Ciaramitaro family recipes. All proceeds from the cookbook sales will be donated to the East Mesa Relay for Life to find a cure for cancer.

For more information, or to donate online, go to www.Main.ACSevents.org/goto/VinnyC, or send an e-mail to tropical02@cox.net for additional copies.

When Vinny became aware of a fifth-grade student battling leukemia, he and his mom, Sandi, whipped up a batch of homemade cookies to sell. The next day, the proceeds were presented to this student. Along with the donation, Vinny encouraged the young man by sharing with him the fact people who have never even met him are rooting for his recovery.

People who have been instrumental in Vinny's involvement with Relay for Life include Anna Wales, of the American Cancer Society; Lyn Gorton, volunteer with Relay for Life; and Ken Johnson, of Red Mountain High School. Since Vinny will be attending Red Mountain High School next year, he has already passed the baton of relay captain on to Sam Scott and Jordan Lowe.

You can participate in Relay For Life by joining an existing team, starting your own team, registering as a survivor or making an online contribution. You also can volunteer to assist with the event, as Paul does, by chaperoning the students overnight and providing funding for items, such as squirt guns and silly string, which are sold there.

The Relay For Life will take place at the Red Mountain High School football field on Saturday, April 16. Last year, there were 3,000 attendees, and the relay raised \$198,000! ■

For more information, go to www.relayforlife.org.

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DINING

HELP FLANCER'S HELP WOUNDED WARRIORS

By Dawn Abbey

If Jeff Flancer has his way, his Flancer's Incredible Sandwiches and Pizzeria restaurants are determined to raise \$25,000 during April for Disabled Sports USA (Wounded Warrior Project), a non-profit organization established to allow Iraqi/Afghanistan War veterans who have lost limbs to participate in sports-related rehabilitation programs.

Several events are planned at Flancer's restaurants in an effort to beat last year's total of \$20,000.

If you can down 18 slices of an extra-large pizza in 15 minutes, you could be in the running to win Flancer's 11th annual Charity Pizza-Eating Contest. Last year's \$500 prize was won by the last one eating.

The contest takes place at 11 a.m., April 17, on the outdoor patio at Flancer's Gilbert restaurant location, 610 N. Gilbert Road. You can sign up there or at the Mesa location, 1902 N. Higley Road.

Registration starts on March 21. Entry fee, which includes a limited edition T-shirt, is \$30, on a first-come, first-served basis for the first 25 registrants. An overflow waiting list is maintained until contest time. Miss Arizona, Brittany Dawn Brannon, will crown the winner, who must be an Arizona resident. There is no admission to watch the fun.

The fund-raising event also boasts a raffle with great prizes. Tickets are \$5 each or five for \$20. All prizes are valued at \$1,000 or more, and the winner need not be present to win. The drawing will be held on April 18.

"Many of our local sponsors have supported us year after year, like Alliance Beverage Distribution, which donated \$2,500 this year," said Jeff.

Raffle prizes include \$1,500 of furniture from Norwood Furniture of Gilbert; \$1,000 in travel from Shamrock Foods; limousine service from Sky Mountain Limousines; a computer from BriComp Computers, and meals at

local restaurants, with more to be announced. TAP and Sons Electric, Meridian Bank and Global Bikes also are major sponsors. "More sponsors are coming on board each day," Jeff stated with enthusiasm.

Complete raffle prize lists will be posted at both restaurants and

online at flancers.com. Jeff invites sponsors from the business community to participate. Contact Jeff at (480) 326-9077, or send an e-mail to jeff@flancers.com.

Flancer's also is offering customers the option to Round Up Your Bill to the next dollar amount, with all excess being donated.

Two other fund-raisers are planned at the Gilbert location. Cigar and Port Tasting Night will take place at 6:30 to 8 p.m., on April 6, accompanied by Flancer's appetizers and expert discussion. Reservations are \$45 per person. Wine, Cheese and Appetizer Tasting Night, with expert discussion, is set for 6:30 to 8 p.m., on April 13. Reservations are required.

Flancer's is well known for its many charitable events, as well as its unique pizzas, pastas, fresh sandwiches and salads. They also have great happy hours. ■

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



SPORTS

Shape Your Golf Shots DURING WARM-UPS

By Ben Weir, Lead Instructor
Malaska International Golf at Las Sendas

For every golfer, regardless of the skill level, shaping the ball flights from side to side is recommended.

In complementing shaping shots, working on trajectory also is of ultra importance. For those unfamiliar with golf ball trajectory, it is how high or low the ball travels through the air in flight.

An example of shaping shots and trajectory—If a player primarily hits high slices, hitting the opposite shot pattern should be attempted during warm-ups. Thus, the opposite

would be low draws. What this breeds is an awareness of a player's opposite tendencies. When these different ball flights are achieved, the player is brought back to a more neutral position. This will help decrease a golfer's on-course stress levels.

Working on multiple ball flights and trajectories during warm-ups on the range prior to playing is a wonderful idea and will prove to be quite enjoyable. Not pulling off the shot the first couple times is OK and immaterial. It's fun and will prove to be very beneficial in attempting what the pros are faced with every day on tour. It will provide you with a broader understanding and perspective of what it takes to maneuver ball flights and shot patterns.

Here is a word of caution when taking your game from the practice area to the golf course. If you happen to be hitting the opposite shot pattern than you are accustomed to or desire, don't panic. Just take it to the course, and visit the practice area afterward. ■

We look forward to you visiting the golf club Web site at lassendas.com/instruction. You also can call (602) 391-7100 with any questions you may have concerning this subject or any other instructional/coaching needs.



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Sign Up Now for our Events Benefiting the Wounded Warrior Project:

- Cigar and Port Tasting Night, Wednesday, April 6
- Wine, Cheese and Appetizer Tasting Night, Wednesday, April 13
- Flancer's 11th Annual Charity Pizza Eating Contest, Sunday, April 17

In Mesa:
1902 N. Higley Road
just south of McKellips
480-396-0077

In Gilbert:
610 N. Gilbert Road
¼ mile south of Guadalupe
480-926-9077

www.flancers.com

EVENT

MOUNTAIN LION CARNIVAL MEANS FUN FOR EVERYONE

By Alyssa Andrews

Carnival, *n.* A period of merrymaking and feasting; any merrymaking, revelry or festival; a traveling amusement show including rides, games and food.

Red Mountain Football Association (RMFA) is promising a little merrymaking this month at its first ever Mountain Lion Carnival. Scheduled for Thursday, March 24 through Sunday, March 27, the carnival will include rides, games, food and entertainment.

"There will be a good mix of rides, so there will be something for every age group," said Ron Wisniewski, Red Mountain High School head football coach. "There will be plenty of little kids' rides, but also thrill rides for teenagers and young adults."

Midway West, a local amusement company, will set up the rides near the football field on the Red Mountain High School campus, which is located at 7301 E. Brown Road. The fun will begin at 4 p.m. on Thursday.

Red Mountain's ideal location was what sparked the idea for a carnival as a school fund-raising event. "My dad has been involved with promoting carnivals for a few decades now, and he thought we had an excellent location for a carnival," Ron said.

Because of educational budget cuts, RMFA needs to raise a significant amount of money to keep the football program going. According to Ron, the group hopes the carnival not only will be well received by the community, but also will build school spirit.

Local musicians representing a variety of genres will perform throughout the four-day event. "You can relax to some classic rock and blues, or jam out to some alternative punk or metal," said entertainment committee member Rachel Gilchrist. Headliners include Tigress, No Big Deal, That One Band and The Morning After.



"Some of the performers have all kinds of experience, and some are just getting started," Rachel said. "Who knows? Some day you might be able to say you saw so and so at the Red Mountain Carnival when they were first starting out."

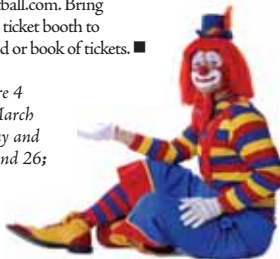
Students from the Red Mountain Dance Production will perform during the weekend, as well. Check out the Web site at www.redmountainfootball.com for a complete entertainment schedule.

A carnival wouldn't be complete without kettle corn, shaved ice, hot dogs and BBQ. Red Mountain's carnival will offer the expected and then some.

Bellagio Restaurant, Chik-Fil-A, Moani's Country Kitchen and Tropical Smoothie also will provide food for purchase.

Presale ticket vouchers for rides are \$20 for an all-day wristband or 40 tickets. Vouchers will be available as follows: noon to 1 p.m. March 10, 11, 21, 22 and 23, Red Mountain High School cafeteria (student lunch hour); 6 to 8 p.m. March 12, and 5 to 7 p.m. March 23, Barro's Pizza, 1066 N. Power Road. Tickets also are available online at www.redmountainfootball.com. Bring vouchers to the carnival ticket booth to exchange for a wristband or book of tickets. ■

Carnival hours are 4 to 9 p.m. Thursday, March 24; 4 to 11 p.m. Friday and Saturday, March 25 and 26; and noon to 8 p.m. Sunday, March 27.



SPORTS

OLYMPIC STYLE WRESTLING PROGRAM

Register any Tuesday at the Red Mountain High School Wrestling Room, 7301 E. Brown Road, for the Olympic-style wrestling program.

The program began Feb. 22 and runs through May 10 every Tuesday from 6:30 to 7:10 p.m. for grades K to 6. ■

For more information, call Nick Karantinos at (480) 472-8128.



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LOCAL BUSINESS

Trucks Only expert gives buying tips

By Dawn Abbey

Buying a vehicle can be one of the most daunting and expensive purchases the average consumer will make, and, as in all things, it doesn't hurt to get a little expert advice before plunking down your hard-earned dollars.

Coming from a family of four generations in the car business, Christopher Sullivan, general manager of the two Trucks Only locations in the East Valley, shares his personal recommendations regarding the five steps to follow prior to making a car or truck purchase:

1 Decide what type of vehicle you want and actually need for your lifestyle. A young single might opt for a smaller compact with better mileage. Another choice might be a sporty car or truck. Families need extra seating and gear storage space, which an SUV or third-row seating might provide. Someone with a contracting, landscaping or other business, which requires hauling large equipment, is going to have to use a truck. If you have conflicting needs, and can only buy one vehicle, you may have to become creative—a work truck with the extra large back seat for family, or a sportier, smaller SUV for a young family with one or two kids.

2 Research those types of vehicles you are considering. There are dozens of reputable online sites with a wealth of information, such as cars.com or autotrader.com. Check safety ratings, reliability and cost of insurance. After checking various Web sites and classified ads, you can narrow down the price ranges you are exploring.



3 After you find the vehicle you want at a dealership, check out that dealer. Get the dealer's rating at the Better Business Bureau. Learn how long the business has been in existence. Determine its reputation and standing within the community. Decide if you want to do business with this dealer.

4 Once you have decided to buy a specific vehicle from a dealer, research that specific vehicle number. Every reliable dealer will give you a CARFAX or AutoCheck report detailing any major issues with the vehicle. Does it have a clear title? Are there mileage discrepancies? Has it been in an accident, flood or other damaging circumstance? If you are trading in your existing vehicle, check kbb.com or autotrader.com to find out the best trade-in value. Armed with all this information, you now are in a position to negotiate the best deal on your selection.

5 Before closing your deal, find out about purchasing an extended warranty, or if you will need gap insurance. If a loss occurs, gap insurance pays the difference between the actual cash value of the vehicle and the current outstanding balance on your loan or lease. Also, make sure you have auto insurance in place before you take delivery of your new vehicle and drive off the lot. ■



To check out their extensive inventory, visit TrucksOnlySales.com. You also can call or stop by the lots. You can check out the Country Club Drive location, or call (480) 844-7071. You also can go to the Apache Trail location in Apache Junction, or call (480) 374-1829.

EVENT

Beautiful craftsmanship ON DISPLAY AT ANNUAL QUILT SHOW

By Audrey Good

For the seventh year, the Las Sendas Quilt Club will hold its annual quilt show at the Trailhead Members Club on Sunday, March 27, from 1 to 4 p.m. at 7900 E. Eagle Crest Drive.

Another amazing array of quilts will be on display. Whether the viewer prefers traditional quilts, art quilts,

antique quilts or quilt garments, they will be treated to a rich array of more than 100 quilts, which will both satisfy and expand their creative appetite!

The featured exhibit this year will be self-portraits using quilting techniques. Participation in this project was voluntary, and members were encouraged to explore the self-portrait in their own way by using one or more quilting techniques.

Quilts of all sizes will be made and distributed to needy organizations. In the past, the club has given quilts to House of Refuge, AZ Blankets for Kids and Taft Elementary School in Mesa. The admission money collected was donated to Sunshine Acres Children's Home in Mesa.

An admission donation of one dollar will admit visitors to the quilt show. Free refreshments will be served.

For additional information, call Audrey Good at (480) 324-0269. ■



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