

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

March 2011

Bridal Show Features Red Mountain Ranch COUNTRY CLUB'S PERFECT WEDDING SPOTS

By AnnElise Makin

The Red Mountain Ranch Country Club's (RMRCC) special events team recently pulled off a most exquisite 2011 Bridal Show.

More than a dozen preferred vendors displayed their glitz and services. An eclectic group of brides-to-be and their entourages checked them all out in advance of the big day.

"We host between 20 and 30 weddings per year here at the Country Club," Director of Sales Marian McGill pointed out. Some reservations for the club's fabulous settings have been made for spring of 2012. Inquiries have reached even into the year 2014.

"We try to schedule only one wedding in a day," Marian explained. This is to mind the sensibilities of the couples' extra special, one-of-a-kind day. In each case, Marian and her team go the extra mile to deliver an elegant wedding for a budget.

For the RMRCC 2011 Bridal Show, a hundred invited guests from the Valley had replied, but hostess Sara Guzzo estimated she greeted at least 150 individuals in the foyer of the Overlook Dining Room.

While Sara gracefully welcomed guests, Marian guided the prospecting couples to the spectacular ceremony sites. The 18th Fairway and the Courtyard Rotunda were all decked out for the happiest day. An additional location was the Garden Rooftop.

"Our sunset weddings are absolutely gorgeous," Marian said enthusiastically. In view of the eye-pleasing scenery, it was easy to imagine even in broad daylight.

Inside the Overlook Dining Room, nuptial suppliers presented their best work. Veronica Guardioli had brought her *Butterfly Events* brag books, showcasing artistic linens and backdrops.



So, what are the trends in wedding decorating? "Modern brides want something dramatic," Veronica said. "They are a little tired of classic colors."

"Obviously, many couples also need to stick to a budget in these tough times, whereas earlier it was 'whatever,'" Martha Deyden stated. This floral designer is a Las Sendas resident and owner of Sophia Floral Designs on Main Street in Mesa.

Martha also observed the fact clients frequently wish for eco-friendly, non-redundant, and plain floral ornamentation. "They choose bouquets and table decorations that are only lightly accessorized, not too many ribbons there," she said.

Sweets and the City stopped the show for bride-to-be Allison Bonney with a cupcake tower. Allison Bonney had already made her reservations for February 2012, and attended the show with her mother, Claudette

Bonney, a member of Red Mountain Ranch.

Allison seemed quite serious about cupcakes. "No pressure to eat cake, and you can take it easily away with you," she figured. Although cupcakes are a trendy thing, even owner Sarah Oglesby admitted the cake cutting photo-op might be missed.

Food and Beverage Director Dustin Graf and Executive Chef Jeremy Larkin walked guests through the apparently limitless RMRCC catering options. No visitor went home hungry. The New York Strip, Mediterranean Chicken, Risotto and mixed appetizers were a delightful tease of things to come. ■

Get \$500 Off Your Wedding Package BEFORE MARCH 31

Weddings at the Red Mountain Ranch Country Club are something to which one can look forward. The RMRCC Special Events Team offers a wide range of packages, starting from petite afternoon weddings to complete packages (starting at \$1,395), while facilitating a wide range of special wishes.

Book your wedding before March 31, and receive a \$500 discount. ■

For more information, call Marian McGill or Sara Guzzo at (480) 981-6501, extension 111 or 112. Take a tour of the Red Mountain Ranch Country Club, and see the stylish possibilities with your own eyes.



SPECIAL EVENTS BECOME SPECTACULAR at Red Mountain Ranch Country Club

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. "The panoramic view is unmatched anywhere in the East Valley," boasted General Manager Jerry Wilson.

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). Members and frequent visitors of the club have rave reviews for Chef Jeremy Larkin and his culinary team. His creativity, savory flavors and imaginative presentations provide a delectable treat for the senses.

Food and Beverage Director Dustin Graf provides the personal touch, which makes each event exceptional. "When a bride tells me her day at Red Mountain Ranch Country Club has been special, that's a special day for me, and a triumph for the club," said Dustin. ■

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. Visit the Web site at www.rmrcc.com.

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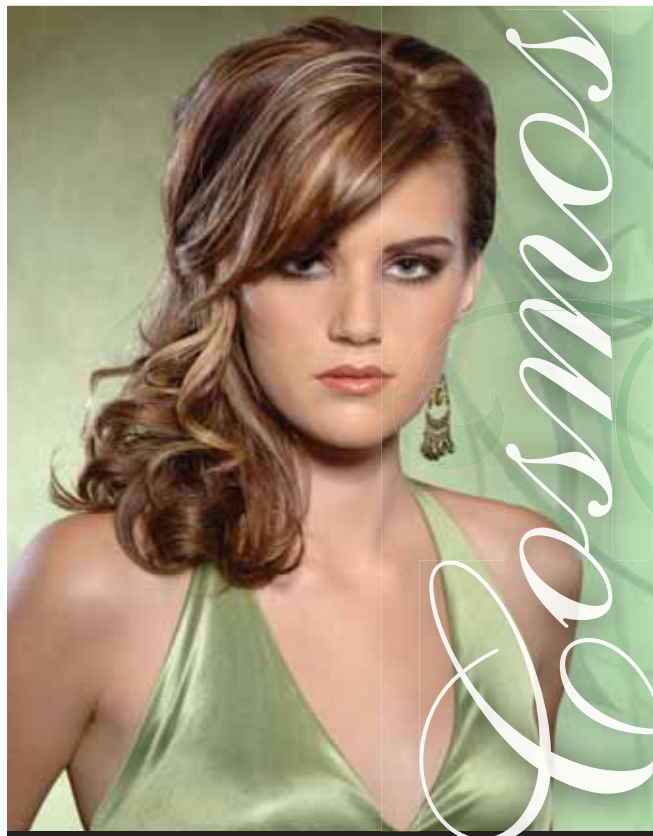


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Cosmos

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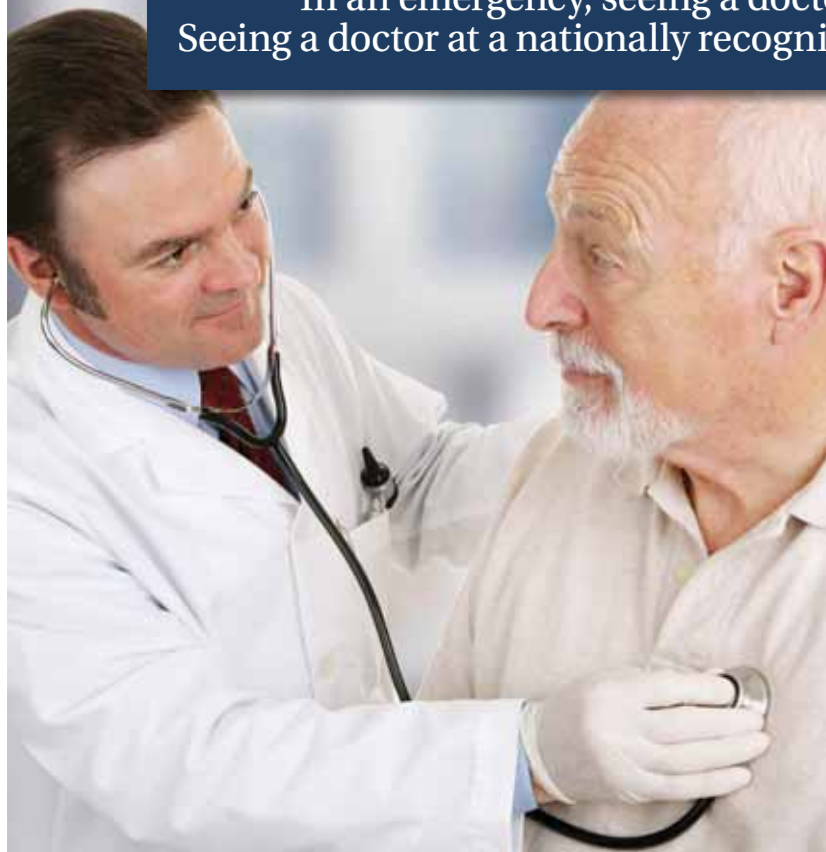
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ORGANIZING

ORGANIZING THE E-mail Inbox

By Nancy Nemitz

Using e-mail is a great time saver except when you keep hundreds of e-mails in your inbox.

E-mail then becomes another stack of stuff and another layer of disorganization. Take 30 minutes to create some rules and folders for your inbox. You've got to start somewhere.



Nancy Nemitz

Create rules so messages from groups, people, or subjects will go into folders automatically. The folder title is now in bold type to alert you that a message is in the folder unread. Use it to group e-mails by people or subject to be read later.

Take advantage of the folders option. Create a folder to store e-mails in a particular category. For example, I have a folder for every organizing client. All incoming and sent e-mails go into the folder. Just click and drag it into the folder. Very easy.

Honestly, you should be deleting 60 percent of your e-mails. The delete key is your best friend. Never, ever have more e-mail in your inbox than you can see without scrolling down.

Just like in paper organizing, you've got to maintain the system so the job doesn't become overwhelming. Start deleting today. ■

Contact professional organizer Nancy Nemitz at Create the Space Professional Organizing, www.createthespace.com. Follow her tweets, find her on LinkedIn, read her blog, and friend her on Facebook, or simply call (480) 223-8939. See Nancy on Hoarding: Buried Alive for a Discovery Studios episode to air in April.

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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Red Mountain Ranch Area Market Report

Sales for the Month of January 2011

Address	Square Feet	Sold Price	Short Sale Or REO
6550 East Star Valley Street	2,031	\$182,500	
6707 East Villeroy Street	2,349	\$220,000	X
6127 East Star Valley Street	2,564	\$251,000	X
4329 North Katmai Street	3,597	\$425,000	
6446 East Trailridge Circle #16	4,084	\$625,000	

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



John Karadsheh

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,

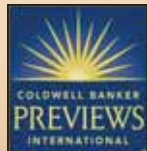
and wonderful amenities, as well as easy access to shopping and health care.

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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Sunland Village East
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EDUCATION

Rattlesnakes Under the Radar at Mesa Community College

By AnnElise Makin

With spring around the corner, you might be worried about a rattlesnake encounter, but although they are in the desert around us, they won't leave their encounters with humans to chance.

Nonetheless, this is Arizona, home of 13 rattlesnake species. As many as 12 representatives of these live in terrariums inside the Mesa Community College (MCC) Red Mountain Biology Department, but it would only be natural that others roam the college's original desert campus freely.

"Many people don't know rattlesnakes are out there, and they are being tracked," explained Andy Bridges, an Arizona State University graduate biology student and coordinator for the Rattlesnake Tracking Project at MCC.

On a daily basis, one of Andy's team of students screens various vital signs of five snakes, and logs the information into a spreadsheet. In the winter, locating the snakes gets a lot easier because they don't move so much.

"The idea started in November 2007, when a rattlesnake was found on campus," Andy recalled. This first snake was named Lola. Since then, Lola has continued to provide a real-life research opportunity for undergraduate students at MCC. The other four diamondbacks under observation are Ozzie, Zoe, Phoebe and Koko.

"This campus provides a unique environment, a desert island in an urban environment, to study behavior patterns in rattlesnakes," Andy said. The snake trackers want to know what each snake's home range size is, what habitat they choose, what they eat, how often they hunt, when they mate or how many offspring they produce.

Students from MCC—they are not allowed to handle snakes—use a transmitter to pinpoint the location of a snake. A directional antenna and receiver are tuned to a

unique frequency specific for each snake. Together with a GPS device, students are able to record vital information without having to handle the snakes.

Data of interest, for example, are the air temperature and the snake's body temperature. Combined with the location points and other information, each snake's activity, range and behaviors are charted.

Reliably tracking five rattlesnakes is quite a commitment.

"We track once each day, each day of the week, and it takes between one and two hours," Andy explained. In addition, the equipment used is quite costly. Every year, for example, the transmitters in the snakes must be replaced.

And how is this done? Red Mountain's snake handling faculty,

that is, life sciences professor Dr. Andy Holycross or biology instructor Krya Perry, will locate the snake, retrieve it with a snake tong, and safely put it into a plastic container.

Then, wildlife veterinarian Dr. Richard Funk will be called in to perform surgery. The rattlesnake is made to crawl into a clear, narrow plastic tube, which largely immobilizes it. Then, the surgery is performed with the snake under anesthesia.

Those are the high moments of the study in which the trackers friends and families try to participate. But the commitment alone of observing desert life on a regular basis has many rewards for the students.

"The more you get into it [tracking rattlesnakes], the longer you want to spend on watching," Andy stated, "and the more you learn about their behavior."

For example, Andy was thrilled when baby snakes were spotted.

They were probably about 3 weeks old, he judged, because their rattles did not make noise yet.

"This year, we recorded eight juvenile rattlesnakes," Andy said. "They have a high mortality rate because they easily fall prey to roadrunners and other natural enemies." Young snakes not large enough for a transmitter are pit tagged only for identification.

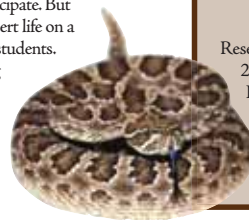
Until last summer, none of the young specimens had yet been recaptured. So, it was a great deal for the trackers when one juvenile diamondback was caught and identified twice more.

"Rattlesnakes are misunderstood by a lot of people," Andy concluded. "They are not interested in preying on people, and strike or bite humans only in defense. Trying to spot them in their natural habitat requires a trained eye with perfect vision."

Even experienced trackers have circled a bush several times with beeping signals before the mottled diamonds revealed themselves. That's how well they blend in.

In conclusion, Andy said, "There has never been a negative contact with a rattlesnake on this campus." Through the tracking project, we all might get to know them better.

Come and hear a rattlesnake researcher talk about his field experience at the MCC Red Mountain Family Discovery Series on March 25, at 7 p.m., in the Saguaro Building. ■



MCC Family Discovery Series: Rattlesnake Research

Find out more about The Life of a Rattlesnake Researcher at the Family Discovery Series on March 25, at 7 p.m., in the Saguaro Building (RAP Center). Project Coordinator Andy Bridges will speak from rattlesnake tracking experience and illustrate the method and equipment used. He also will provide plenty of tips on positive contact with snakes, or, if you prefer, snake control and avoidance.

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HEALTH

DENTAL IMPLANTS CAN BE THE answer for lost permanent teeth

By Dr. Brent Boyse DMD with AZ Maxillofacion 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 touted 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. ■

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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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:

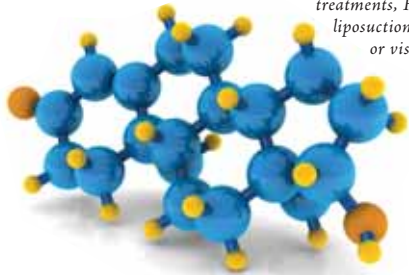
- Improvement of mood
- Reduction of depression and anxiety
- Improvement of bone density
- Improvement of muscle size and strength
- Improved sex drive
- Improvement in skin

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 sites at www.aaiaz.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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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.

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TO BENEFIT 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

If your company would like to help sponsor an event contact Jeff Flancer at (480) 326-9077 or by e-mail at jeff@flancers.com

Last year Flancer's raised \$20K for The Wounded Warrior Project. Join them this year in their goal to reach \$25K!

SPONSORED BY:



LOCAL BUSINESS

BEAUTY IS AS BEAUTY DOES AT True Essence Salon and Spa

By Dawn Abbey

Visitors to True Essence Salon and Spa, the only Mesa salon to be certified as an Aveda Concept Salon, will receive all their favorite services while also enjoying the benefits of more natural, plant-based products for their skin and hair.

"Many people want alternatives to products with petrochemicals and synthetic fragrances, but they don't want to give up effectiveness," said Maytee (My-tay) Green, owner of True Essence Salon and Spa. "With Aveda, you can have both."

Since 1978, Aveda has been the forerunner in creating high performance beauty products formulated with plant-based ingredients. In fact, Aveda is one of world's largest purchasers of organic ingredients for personal care items.

"When I started my beauty career 15 years ago, it was in an Aveda salon," Maytee said. "They had just come out with their new hair color products, created with 98 percent plant products from around the world. Customers still love them, because they have lustrous shades," she continued, "and Aveda's color line isn't as damaging to the hair as other color lines can be."

"Once people try our product lines, they remain steadfastly loyal. It's almost like a cult following," Maytee said with a laugh. "But the real reason is that Aveda's natural products actually do what they say they will do."

According to this salon and spa owner, Aveda offers full lines of skin care for all skin types, including anti-aging regimens, specialty issues, such as acne, and gorgeous makeup. "All of our facials, peels and moisturizers not only work great," she stated, "but have fantastic natural essential oil fragrances."

Natural essences also infuse their hair care lines for smoothing and repairing hot-tool damage. Their newest offering, Be Curly, allows for curly hairstyles without the frizz.



"In addition to being highly creative professionals," Maytee said, "our stylists and aestheticians receive Aveda training and on-going education to become expert in using Aveda skin and hair care products, so they can offer Aveda Signature Services, such as our Elemental Nature Facial or Aromatherapy Chakra Massage, to our clients."

"As an Aveda salon, we are part of a worldwide organization that believes Beauty is as Beauty Does," she explained. "Not only does Aveda promote natural beauty care for the individual, but also caring for the planet by supporting worldwide efforts in recycling, clean water rights, sustainable agriculture and renewable energy."

Aveda is the first beauty company to use 100 percent certified wind power, funding enough new wind energy resources to offset all the electricity used by their primary manufacturing facility, distribution center and corporate headquarters in Blaine, Minn., their Web site, aveda.com, claims.

The company also has partnered with women's cooperatives to sustainably raise plant oils used in their products.

When Aveda discovered the U.S. has no recycling for plastic bottle caps, they created a recycling program for water bottle and other bottle caps, and reuse them in manufacturing product packaging. Aveda salons are cap collection sites, and True Essence has a bin set up for those who want to participate. ■

For more information about Aveda natural products and services offered at True Essence Salon and Spa, call (480) 396-3112, or visit their Web site at trueessencesalon.com. You also can find specials on their Facebook page. True Essence is located on the northwest corner of Power and McDowell roads, next to Basha's.

EVENT

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.

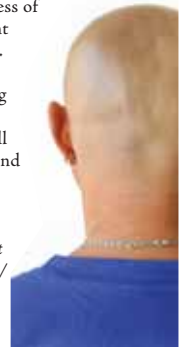
Hallie is closely associated with St. Baldrick's, an organization that raises money for kids with cancer. Funds are raised by the generous actions of individuals who willingly shave their heads in the name of pediatric cancer research and St. Baldrick's.

"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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LOCAL BUSINESS

TRUCKS ONLY ISN'T ONLY TRUCKS

By Dawn Abbey

If you're looking for a great, quality pre-owned truck or SUV, you can find it at Trucks Only, but that's not all you'll find there.

"You'll also find a family atmosphere and great customer service," asserted Christopher Sullivan, general manager of the two East Valley locations.

Trucks Only is family owned and run, based on four generations in the auto business. What makes their business unique is the willingness to stand behind their sales, Christopher explained. "Every vehicle is carefully checked before being offered for sale, and if there's a concern, we make it right," he said. "We're the only pre-owned sales business that offers a lifetime engine warranty on most vehicles we sell."

Trucks Only's Mesa location, at 550 S. Country Club Drive, just south of Broadway Road, has been in operation for 15 years. A newer addition in Apache Junction, at 837 W. Apache Trail, opened about three years ago.

Christopher works out of the Mesa office with his parents, Las Sendas residents Debbie, chief financial officer, and Robert (Bob) Sullivan, who purchases quality vehicles for inventory.

"Our grandkids also have a keen interest in what goes on here," Debbie said with pride. "Even though they're too young, they like to come and work in the office. They put up all our holiday decorations this year."

According to Debbie, the family's history in the auto business started here in the 1950s when Grandfather Mike Sullivan opened a mechanics shop. Eventually, he expanded into the auto wholesale business. In 1971, Bob branched out and started his own



business, growing it into what Debbie claims was one the largest wholesale operations in the Western states. In 1993, Trucks Only was born. Their grandfather's original business continued to exist, and is still operated today by other family

members.

"And it's not just our family in the business," said Debbie. "We have longtime, established employees of 10 years and longer, and some of them have encouraged their own family members to come work with us, too."

"When you buy a vehicle from us, you're not buying from someone never to be seen again," said Christopher. "We're a long-standing member of the community, with a Better Business Bureau rating of A+."

Buyers come back to us again and again over the years."

Christopher is excited about their new affiliation with AutoTrader.com, which gives them the ability to offer guaranteed trade-in values for used cars, trucks, SUVs and vans. Customers can go to the AutoTrader.com Web site or a special kiosk at Trucks Only, enter their vehicle information, and get a guaranteed quote on its sale or trade-in value.

The economy seems to be improving in the Valley, Christopher believes. "Sales have been up about 30 percent since September," he said. He is optimistic about the future,

as buyers become increasingly aware of the value of purchasing a reliable pre-owned vehicle. ■

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.



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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



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 their 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 for the fall, as well as enrollment wish lists through spring 2013. Our East Mesa campus quietly 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. ■

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, and 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.

SPORTS

RMR Country Club WELCOMES THE Happily Ever After League

Submitted by Jackie Evasius

Red Mountain Ranch Country Club proudly welcomes the local non-profit Happily Ever After League.

HEAL was created to provide financial support to Arizona moms during their post-surgery and recovery from cancer. There are no financial requirements to qualify for the program. Arizona mothers with at least one dependent child can receive support from HEAL.

Since its inception in 2004, HEAL has kept the goal of never turning away a qualifying mom in need. Each month HEAL assists five to 10 mothers with a one-time financial grant.

Overall, HEAL distributes \$50,000 per year in grant support and an additional \$30,000 in outreach and support programs through the HEALing House. HEAL's goal is to increase the average grant to make a bigger impact to moms and families while they are going through cancer treatment.

One of Pete Dye's masterpieces, the 6,653 yard, par 72 design at Red Mountain Ranch Country Club features signature mounding and bunkers reinforced with railroad ties, wide fairways, and contoured greens. The inspiring layout combined with the native desert landscape of stately Saguaros, mesquite trees, and breathtaking rock formations captivates players from beginning to end. This beautiful Arizona course is hosting a HEAL golf event on Sept. 22.

"Community partnerships are vital to the life of our organization," states Lauren Daniels, HEAL founder, president and survivor. "We are excited that Red Mountain Ranch is hosting our golf event. We appreciate their support of HEAL's mission."

Information about the Happily Ever After League and the upcoming golf event can be found at www.happilyeverafterleague.org. ■



EVENT

Mahnah Club's Gala FOR CHARITY IS AN Evening of Elegance

Submitted by Mahnah Club

Mahnah Club's 2011 fund-raising gala will be held at Wrigley Mansion in Phoenix on March 26.

Guests will begin their evening at 5:30 p.m. on the Garden Terrace, with a sunset cocktail hour, followed by a sumptuous three-course meal served in the Garden Ballroom and prepared by the Wrigley Mansion's five-star kitchen.

Tickets for the event are \$125 per person.

Mahnah Club will present an exciting silent auction and raffle. Guests will dance to the great music of the Valley's own Night Groove's band.

Mahnah Club, a non-profit women's service organization, has been dedicated to meeting our community's social challenges for 56 years. In 1981, this all-volunteer organization founded the Child Crisis Center—East Valley. Mahnah Club annually supports the Child Crisis Center, as well as Save the Family Foundation of Arizona. Mahnah Club also awards scholarships to several local high school seniors, in addition to awarding funding to many other local charities.

This year, more than ever before, our charities and the communities they serve are in dire need of assistance. Mahnah Club invites you to make a difference by attending the charity gala or by making a monetary gift.

For reservations or more information, please contact Marilyn Martin via e-mail at denjmartin@aol.com, or call her at (480) 654-6787. ■

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 Spratling, 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.

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.



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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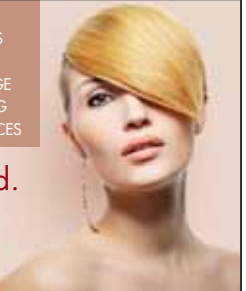
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COMMUNITY

PRESENTATION GIVES valuable information about fraud

By Jay Williamson, Publicity Chairman and Bev Coombs, Secretary

President Ewin Trapp opened the Feb. 10 meeting of the Red Mountain Ranch Social Club. Musical group The Duttons, from Branson, Mo., entertained the large group.

Program chairman Marilyn Husted introduced Debra Boehlke, from the Arizona Attorney General's Office. Debra works as a fraud protection and education specialist.

Sharing a PowerPoint presentation on the top 10 consumer scams, Debra discussed how individuals can protect themselves and avoid losing money.

We get junk mail in the regular mail, or spam generated on the Internet. It is difficult to catch those working on the Internet. They change addresses often.

These scams often are from foreign countries. Shred regular mail containing your name or personal information.

AUTO PURCHASE AND REPAIR

Many scams involve the purchase of an automobile (new or used), or car repairs. When purchasing, take your time deciding. Don't be rushed into anything. It is also best to pay car repair bills with a credit card rather than cash. If there is a problem, you can call the credit card company and ask for help.

GRANNY SCAM

Someone phones an elderly person saying he is a grandchild stuck somewhere, needing money wired to him. Bank tellers try to talk people out of wiring money to anybody, but some people ignore the warning.

IDENTITY THEFT

The Phoenix area is the No. 1 area in the country for this crime. States along the Mexican border are high areas for identity theft.

Red flags for identity theft

1. Failure to receive a bill or other mail could mean

an identity thief has taken over this account and changed the billing address so someone else can use it.

2. You receive a credit card for which you did not apply. You are denied credit or asked to pay a higher interest rate.
3. There is a charge on your credit card you did not purchase. Shred all junk mail, especially offers for a new credit card.

To opt out of credit card offers, call (888) 5-OPT-OUT.

If you are sure your identity has been compromised, contact the Attorney General's Office. Call (602) 542-5025.

Some people in Arizona have their Social Security numbers on their driver's licenses. Pay the \$5 fee for a new license without your Social Security number.

Do not ever carry your Social Security card in your wallet. Make a copy of your Medicare card. Black out the Social Security number on the copy. Carry the copy in your wallet.



Members of organized crime hire meth addicts to break into your home and grab personal information.

Never give personal financial information over the phone. If they called, you don't know to whom you are talking.

Use a locked mailbox to avoid having your outgoing mail stolen, or take mail directly to the post office.

When signing up for a free credit report on the Internet, this is a monthly service. You may receive a bill.

Any victim of identity theft should file a report with the police department. Contact the credit reporting agencies, and put a freeze on your credit. You can still use your credit cards, but this will stop anyone from opening a new credit card in your name. Close all compromised accounts.

PRIZE NOTIFICATION SCAMS

You may receive a Mystery Shopper prize notification. You also may get an e-mail saying you won the lottery in some foreign country. If you did not purchase a lottery ticket, you did not win anything. They say there is a fee before you get your prize, and will send someone to your home to pick up the money. Do not give anyone money. You never receive the prize, and you lose the money.

Other e-mails are from people saying they want to share money with you. They need your bank account number to automatically deposit funds in your account. They write a check on your bank account. The funds go out of your account, not into it. You will never hear from them again.

HOME REPAIR SCAMS

People say they are working in your neighborhood and have extra supplies. They offer a good price to do repair work on your home. Do not hire them without checking out the company with the Better Business Bureau. If there are complaints, do not hire them. Never pay for repairs in advance. They claim to need to get something to finish the job, and never return. Do not pay cash. You can stop payment on a check.

WORK FROM HOME SCAMS

Ads on the Internet or signs on the street say you can work from home, earning \$25 an hour. You must pay for a \$200 kit before being hired. After sending a check, which usually goes to a post office box, you will never hear from them again.

When applying for a Pay Day loan, interest rates are extremely high. Travel scams say you have won a free trip. The trip is not free. ■

If you have been a victim of any scams, contact the Arizona Attorney General. Go to www.azag.gov, or phone: Phoenix: Crime, Fraud and Resource Center—(602) 542-2123
Arizona Attorney General's Offices:
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