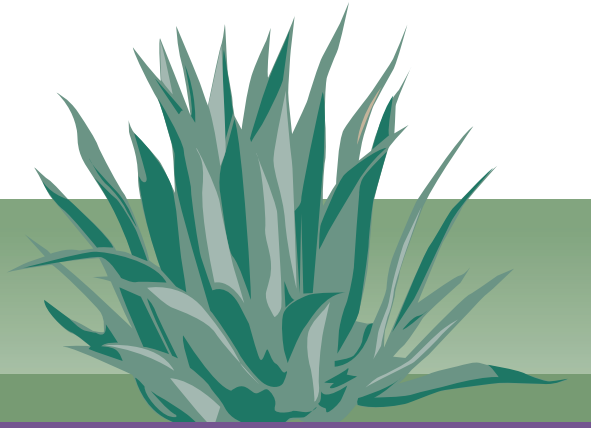


Mesa Uplands Up Close



Bringing neighbors closer to their community

October 2011

DO COMPUTERS, TVS, PHONES GOT YOU ALL WIRED? MY TECHSPERT CAN HELP

By Dawn Abbey

If you're like me, you love the digital age, but my own age sometimes leaves me a bit far behind.

I absolutely *know* I should be able to watch TV programs and movies from my computer on my HDTV, record music from my old rock tapes to a CD, or print out a list of my e-mail contacts. Despite searching all the Help menus, unfortunately, I just couldn't figure out *how*.

Then I saw an ad from one of our advertisers—My Techspert—"No Contracts, No Minimums, No Problems!" Sounded like just what I needed. I'd always been a bit reluctant (and maybe a tad embarrassed) to call one of those big high-tech firms (not to mention what they charge), but this gave me hope. So, I called.

Owner DeVal Johnson listened to my concerns and said, "No problem. I'm a 'Jack of All Trades' when it comes to technology, and it sounds like you just need a little help here and there.

We can assist those who are novices, but we also serve high-tech business applications," he continued with confidence. "If you have a specific problem, I have trained techs on staff that specialize in different areas."

DeVal explained that they charge by the minute, 75 cents per, which comes to \$45 an

hour. "We don't have minimum charges or monthly service fees, and we don't charge for travel time, if you can schedule when we're in your area. Otherwise, it's an additional \$10." Since DeVal and his family live in Northeast Mesa, he's close by.

DeVal arrived with his bag of geek tools and got to work. I started the stop watch and let him go. He showed me how to export and print my e-mail contacts, how to stop getting duplicate e-mails, how to allow my laptop to connect to my wireless router by itself, and

explained how to backup my hard drive all in less than 16 minutes.

Then it was on to the TV. I had been toying with the idea of getting Netflix for movies and shows, and I had even figured out how to connect my TV to my computer with an HDMI cable. But all I saw on the screen was a laptop-sized image. DeVal showed me where to push a few buttons, and a full-screen movie appeared on my TV. (Duh! That was too easy.) He also pointed me to free Web sites offering popular shows, later the same day, if you miss recording a favorite. All that took less than 20

minutes, and no need to buy a DVR or other equipment.

Ditto for my music tapes. We connected my tape deck to my laptop with equipment I already had and began recording.

DeVal never made me feel like any of my questions were unworthy (dumb). So, I will be sure to call him again if I run into technical snags. It was nice to get a bunch of annoying issues solved quickly, easily and affordably. ■

For help with iPads, cell phones, WiFi, software, hardware, e-mail or anything else technical, contact MyTechspert at (602) 330-7286, or check out www.mytechspert.com.



DeVal Johnson



Red Mountain United Methodist Church OFFERS FREE WORKSHOPS

Submitted by Red Mountain United Methodist Church

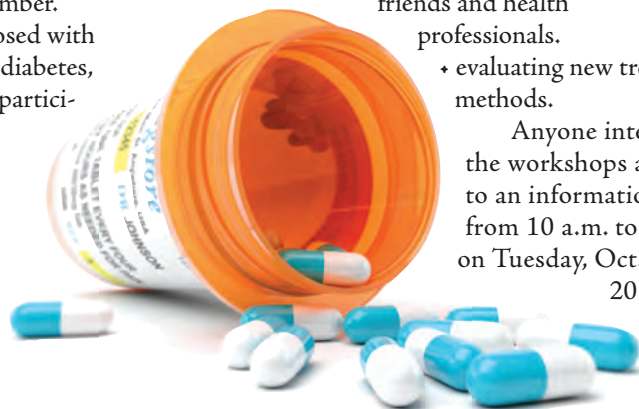
Red Mountain United Methodist Church (RMUMC) is offering free Living Well workshops during the months of October and November.

Individuals of all ages, who have been diagnosed with a chronic disease, such as heart disease, arthritis, diabetes, asthma, bronchitis or emphysema, are invited to participate in this free series of six classes to learn more about living a healthy life with those conditions. Caregivers also are encouraged to attend.

The classes, offered by health professionals from Chandler Regional and Mercy Gilbert Health Centers, will focus on:

- techniques to deal with frustration, fatigue, pain or isolation.

- appropriate exercise to improve flexibility, strength and endurance.
- use of medications and nutrition choices.
- enhanced communication skills for use with family, friends and health professionals.
- evaluating new treatment methods.



Anyone interested in the workshops are invited to an information session, from 10 a.m. to 12:30 p.m., on Tuesday, Oct. 4, in rooms 203 and 204, of the

Education Building at RMUMC, located at 2936 N. Power Road.

Classes will take place on Tuesdays, Oct. 18 and 25, and Nov. 1, 8, 15 and 22, in the same location as the information session, from 10 a.m. to 12:30 p.m.

The classes are offered free of charge. An optional resource book costing \$15 will supplement the classes, but the charge is \$10 for those registered by Oct. 4. The resource book is very useful and is referred to often throughout the classes. A relaxation CD is available for \$10. ■

For registration or more information, call (480) 728-5414.



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FOOD

FLANCER'S PRESENTS THIRD ANNUAL DESSERT SHOWDOWN

Submitted by Flancer's

Once again this year, Flancer's is looking for the best dessert in the Valley.

Flancer's will accept dessert entries, with a typed copy of original recipe, at both locations, through Oct. 12. Finalists will be notified on Oct. 13 for the Dessert Showdown.

Flancer's third annual Dessert Showdown will be held at the Mesa location on Sunday, Oct. 16 at 10:30 a.m. Finalists will be judged on several criteria, including presentation, ease of recipe and ingredients, overall taste, and originality.



This event is open for the public to come enjoy the judging and samples of the desserts.

The winning dessert will be featured on the Flancer's menu for an entire year, with a portion of the proceeds benefiting the winner's favorite charity. The winner also receives a \$100 Flancer's gift certificate.

Jeff Flancer has donated thousands of dollars to the previous winners' favorite charities through the sales of *Penny's Tin Roof* (2009 winner) benefiting a 3-year-old child from Mesa who had a heart transplant, and *Gabriel's Rockin' Chocolate Pie* (2010 winner) benefiting Gabriel's Angels.

FLANCER'S LOCATIONS

Flancer's Gilbert location is at Gilbert and Guadalupe roads, 610 N. Gilbert Road. For more information, call (480) 926-9077.

Flancer's Mesa location is at Higley and McKellips roads, 1902 N. Higley Road. For more information, call (480) 396-0077. ■

Visit the Flancer's Web site at www.flancers.com.

COMMUNITY

New Alta Mesa Golf Club dining members reap benefits of holiday event

By Dawn Abbey

Alta Mesa Golf Club is thanking those who endured the summer heat and participated in their Summer Survivor Promotion by inviting all members to an all-you-can-eat hors d'oeuvres buffet for only \$5 on Friday, Oct. 7, from 4:30 to 6:30 p.m., at the Alta Mesa Bar and Grill.



"This is a great time for anyone thinking about getting an annual dining membership to do so," said Kim Hind, member service coordinator. "Even if you don't golf, you and your family can join our club as dining members, and enjoy the benefits of using our dining facilities and attending club events during the year."

According to Kim, an annual dining membership is \$50 per family and includes two adults and all children under age 22. "This affords the opportunity to have a relaxing place to view the sunset, with drinks and appetizers, somewhere to take the family, guests or clients out for lunch and dinner, meet for Sunday brunch, or just a way to join your neighbors for fun events," she stated. "Dress is casual, and you can make reservations, so you can plan ahead."

"Dining members can also take advantage of the restaurant's catering and event facilities for parties or weddings," Kim continued. "The varied menu includes sandwiches, salads and popular entrees, all at reasonable prices."

Upcoming events open to dining members are the Mexican Fiesta Kick-Off Party, on Nov. 5, and a Thanksgiving Day Buffet and Breakfast with Santa. ■

For more information about dining or golf memberships, call Kim Hind at (480) 832-3257, extension 100, or send an e-mail to kim@altamesagolf.com.

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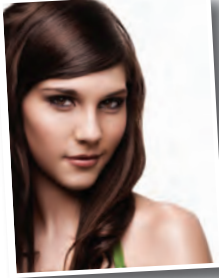
BEAUTY

HAY IS FOR HORSES BUT NOT FOR HAIR

By Dawn Abbey

Summer is finally winding down, but harvest time often reveals more straw on our heads than out in the fields.

Heat, sun and pool chemicals, along with daily blow-drying and flat-ironing, can dry, damage and generally wreak havoc on even the best kept manes. So, True Essence Salon and Day Spa is offering a free Aveda botanical therapy hair or scalp treatment with every haircut or color during October.



"Clients can choose from among four professional 10-minute treatment packages worth from \$15 to \$30," said salon owner Maytee Green. "All use breakthrough plant micro-technology and aroma-therapeutic essential oils to repair and nourish hair and scalp."

MOISTURE TREATMENT—improves dry hair up to 86 percent (based on clinical wet combing study) using pomegranate and buriti oils, leaving strands soft, silky and shiny.

REPAIR TREATMENT—improves damaged hair up to 84 percent with quinoa protein and sugar beet-derived amino acids, leaving strands strong, supple and healthy looking.

SCALP BALANCE TREATMENT—features a deep restorative massage with aroma-therapeutic essential oils blended to bring a healthy balance to your scalp, setting the stage for beautiful hair.

SCALP DETOX TREATMENT—deep cleanses, featuring a refreshing massage with wintergreen-derived salicylic acid, which gently exfoliates your scalp and removes buildup, which may affect healthy hair growth, restoring balance to the ecosystem of your scalp and hair.

As the only Aveda-licensed salon in Mesa, True Essence has exclusive access to Aveda's natural hair and skin care products. Take-home care products also are available for daily follow-up routines, such as Aveda's recently introduced Damage Remedy—Daily Hair Repair.

"This daily leave-in treatment instantly repairs damaged hair by 26 percent, based on results after one application in a clinical tensile test," said Maytee. "It helps protect from heat styling and detangles to prevent further damage. Small links of amino acids in certified organic quinoa protein penetrate hair to strengthen and repair damage from the inside out, and it has a wonderful aroma from certified organic essential oils," she said. The complete line includes restructuring shampoo and conditioner, as well as intensive restructuring treatment. ■

To receive your free hair or scalp treatment, make a haircut or color appointment during October by calling (480) 396-3112. Bring this article or the coupon from the True Essence ad in this paper. True Essence Salon and Day Spa is located at the northwest corner of Power and McDowell roads, next to Basha's. For more information on services offered by True Essence Salon and Day Spa or Aveda natural beauty products, visit trueessencesalon.com.

SPORTS

Lessons can make playing GOLF BETTER AT ANY LEVEL

Submitted by OB Sports Golf Academy

Many golfers shy away from lessons because they think the level at which they play is not high enough to benefit from instruction, but this is the furthest thing from the truth!

For the vast majority of golfers, instruction is there to help them derive more enjoyment from a game they love.

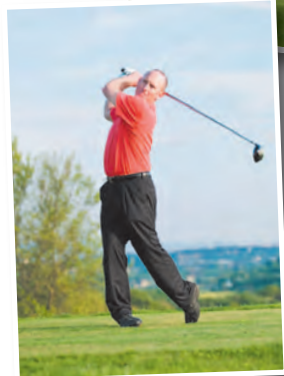
This is the purpose of the adult programs at the OB Sports Golf Academy (OBPGA). Golfers, whose sole purpose is to play a little better and enjoy the game more, find working on their game and having a plan of how to do so brings them to the course more often. Golfers, who had spent little or no time at the driving range and practice area in the past, now do so on a regular basis.

Nowhere is this more evident than in the ladies clinics at OBPGA. Led by Director of Player Development Stacie Bryan, these classes meet once a week for instruction on full swing, short game and even on course game management.

Even more than the technical instruction, the classes help the ladies feel comfortable enough with their games and being at the course they play more often. One of the best aspects of these clinics is that you can gather a

group of friends and design your own custom class, or sign up as an individual and meet other new golfing friends.

Other adult programs include the *Game Improvement Package*, which includes weekly



private lessons, as well as unlimited use of the driving range at Longbow Golf Club. This package allows you to work as hard as you like to utilize what



you learned in your lessons without any added cost.

A core component of the OBPGA is its Elite Program, which includes competitive high school players, as well as college and Tour professionals. In many cases, participants in the adult program, who come on a regular basis, interact with these up-and-coming young golfers and follow their progress from event to event.

The team atmosphere that exists in the elite program has now trickled over to make all of the students at the OB Sports Golf Academy one big golfing family.


Whether your goals as a golfer are to play competitively or be more comfortable playing on a regular basis, the atmosphere at OB Sports Golf Academy is contagious. ■

To join the fun, contact Stacie Bryan at (480) 772-2767 or at sbryan@obsports.com.

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REAL ESTATE

REAL ESTATE MARKET currently looks good

By John Karadsheb

The outside temperatures have finally cooled down, but our local real estate market seems to be heating up.

Unlike the uptick we saw last spring when the *First-Time Homebuyer Tax Credit* created a false sense of growth, the data now shows real positive changes. Since January of this year, the volume of active listings has consistently declined, while the number of sales has increased. Sales peaked in May and June of this year, and they have remained strong going into the fall. In August, 46 percent of single family homes on the market sold within 30 days of being listed, compared to January of this year when only 32 percent of homes sold within that same time frame.

I am consistently seeing multiple offers on properties listed below \$250,000, and that remains where the bulk of the activity exists. It is true that many of these sales are going to investors. In the past,



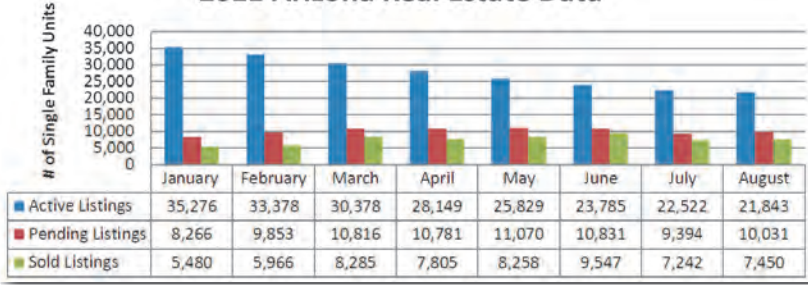
John Karadsheb

investors were part of the problem, as so many people jumped into real estate with little money down and had no incentive to keep the properties when the market declined. Now, investors are paying cash for properties. In fact, 40 percent of all sales recorded by the Arizona Regional Multiple Listing Service in August were all cash transactions.

Investors and individuals are moving their investments out of the volatile stock market and seeking refuge in something safer and more tangible. After a long five years, it seems our Cinderella market may finally be headed for the ball! ■

John Karadsheb 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.

2011 Arizona Real Estate Data



HOME IMPROVEMENT

'Tis the Season for Colorful Lights and Professional Skill

Submitted by Burdick Landscaping and Pool Care

Summer is wrapping up, temperatures are dropping, fall is fast approaching, and this means Christmas is just around the corner.

With Christmas comes family, friends, hot cocoa, fireplaces, amazing sales, and, of course, Christmas lights. We all love to drive around to different neighborhoods to look at the lights decorating each house, tree and yard. However, when it comes to our own house, for some people, the thought of putting up Christmas lights gives us pains in our back, legs and head. If you fall in this category, there is an answer!

Burdick Landscaping and Pool Care doesn't just service your lawn and pool maintenance needs. The company also will install and remove your Christmas lights for you. No more dealing with tangled lights, broken or missing bulbs or strands that don't

work for whatever reason.

"This time of year is all about being with your loved ones," said Tim Burdick, owner of Burdick Landscaping and Pool Care. "Everything we do is centered around allowing you to have more time with your family and friends."

When it comes to Christmas lights, Tim also has some good advice. "The biggest things are to make sure no more than five strands of lights are plugged into each other," he advised. "Otherwise, you will overload the strands. Also, be sure not to plug more than 10 strands into each outlet," Tim continued, "or you will pop your circuit breakers."

And finally, "One thing most people forget," Tim said, "is to change their sprinkler timers so the lawn and shrubs don't get water while the lights are on."

If you don't have Christmas lights to hang up, don't fret. Burdick Landscaping can even supply lights for you. ■

Whether you are looking for landscaping service, pool/spa care, or relief from the Christmas light-hanging headache, Burdick Landscaping and Pool Care is worth a call. To get your free estimate, call (623) 252-0924.

Mention you read this article, and receive 10 percent off your first service.



Real Estate in Mesa Uplands area

Mesa Uplands Area Market Report

Sales over \$250,000 for the Month of August 2011

Address	Square Feet	Community	Sold Price	Short Sale or REO
2052 E. Calle Maderas St.	3,707	Las Maderas	\$250,000	X
6202 E. McKellips Rd. #39	3,239	Tuscany Villas	\$255,000	X
6516 E. Riverdale St.	2,270	Summit	\$260,000	
2429 E. Hermosa Vista Dr.	2,613	Citrus Highlands	\$269,900	
3230 E. Enrose St.	3,010	The Groves	\$275,000	X
2039 N. 80th Pl.	2,628	Estates at Desert Shadows	\$295,000	
2067 E. Hale St.	3,973	Dover Estates	\$299,000	
8315 E. Mawson Rd.	2,700	Valley View	\$300,000	
7858 E. Kael St.	2,989	Estates at Desert Shadows	\$305,000	X
1404 N. Bernard	3,025	Sierra Estates	\$320,000	
9313 E. Hobart St.	3,025	Sierra Estates	\$339,000	
3339 E. Fountain St.	3,254	The Groves	\$340,000	
1449 N. Los Alamos	3,537	Mesa Northgrove	\$342,000	
7965 E. Kael Cir.	4,639	Estates at Desert Shadows	\$345,000	X
2111 E. Calle Maderas St.	5,283	Las Maderas	\$348,000	X
3052 E. Hackamore St.	2,783	Mesa Northgrove	\$350,000	
3931 E. June St.	3,006	The Groves North	\$352,000	X
3123 N. 76th Way	3,124	Sossaman Heights	\$365,000	X
1123 N. Miramar	4,329	The Groves	\$378,000	
2463 N. Keesha Dr.	2,989	Madrid	\$383,000	
2127 N. Hillridge	4,293	Estates at Desert Shadows	\$389,000	X
2110 N. Woodruff St.	3,704	Savona	\$425,000	X
2912 N. 77th Pl.	4,178	County Island	\$444,000	
3508 E. Jaeger Cir.	4,322	Arboleda	\$490,000	X
2222 N. Val Vista Dr. #12	4,187	Avalon Grove	\$550,000	

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



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

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REAL ESTATE

Who should negotiate your short sale?

By Lorraine Ryall

Many people will solicit homeowners who are behind on their mortgages, and some companies sell the information on homeowners only 30 days late on their mortgage payment to any subscriber.

Once the lender files for foreclosure, it becomes public record for anyone to see. As soon as the foreclosure is filed, the homeowner is inundated with letters, postcards and even phone calls from people wanting to help, or, in some cases, just take advantage of their situation. While there are legitimate Realtors and companies who offer their services and can help avoid foreclosure, there also are those who don't have the homeowner's best interest in mind.

I recently met with a client who had received several of these letters and phone calls. So, I looked into a couple of them just to see if they were legitimate.

SHORT SALE YOUR HOME AND BUY IT BACK IN FOUR YEARS

The problem with this is many banks are now making the homeowner, buyer and both real estate agents sign an Arm's Length Agreement stating they cannot remain in the property after the sale. Unfortunately, this is not an option for many homeowners doing a short sale.

I HAVE A CLIENT WHO WANTS TO BUY YOUR HOUSE

Sure you do. This one even stated that if you already have the home listed, please have the Realtor contact me. That made it sound a lot more legitimate. As the listing agent, I called the number and surprise, surprise, never got a call back.

SO, HOW DO YOU KNOW WHO TO CHOOSE TO HELP YOU WITH YOUR SHORT SALE?

You have to do a little homework yourself. It doesn't take long, but it will be worth your effort. First, check



Lorraine Ryall

out the Realtor's credentials. There are several certifications that show the Realtor is trained and specializes in short sales. One of the top recognized is the Certified Distress Property Expert (CDPE). Some lenders even recommend you use a Realtor with the CDPE certification. Second, check out the Web site of the Realtor you are considering. See how much information is on the site regarding short sales. Third, ask for references from past short sale clients. Finally, ask the Realtor directly, "How many short sales have you listed, and how many have you closed? What is your success rate?"



The No. 1 reason a short sale doesn't work is because the Realtors are not experienced enough, or they use a third party who has too many files to give your short sale the necessary personal time and effort.

Do not use any Realtor or company charging you an upfront fee. The lender pays all the Realtor's fees and title fees. A short sale should be at no cost to you. ■

For more information on short sales, or for a free confidential consultation, contact me directly by calling my cell at (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. You also can visit my Web site at www.ArizonaShortSaleToday.com.

EVENT

CHILD CRISIS CENTER inaugurates fun run and 5k to stand up for change

Submitted by Child Crisis Center

Every day, at the Child Crisis Center, we stand up for children.

From the kids residing in our shelter to the different playgroups and parenting workshops available to the community, the Center hopes to make a change in children's lives...for the better. You can, too.

On Oct. 22, the Child Crisis Center is hosting the first 1Stand Walk for Change. This 1-mile fun run and 5k is catered to families and individuals in the community who support our efforts in taking a stand against child abuse. After completing the course, participants will be celebrating their achievements in our Fun Zone. This will include games, booths and other activities geared toward families.

Come join us in taking a stand against child abuse! You can participate as an individual, or get some friends together to form a team. Fund raising is optional, but the more change that is contributed, the more change can be made! ■

To register for this event, visit www.childcrisis.org/1walk.





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Banks Have an Army on Their Side... Who's Fighting For You?

I am.

When I started doing short sales almost 4 years ago I had no idea it would turn from a job into a passion. Many Realtors hate doing short sales, I love them. Why? Because they are a challenge and I get the chance to fight for the underdog, stand up for what's right, and win. Every short sale is unique, everyone's hardship or situation is a little different, but they all have one thing in common, they just need someone who has the knowledge and experience to negotiate a successful short sale and someone who won't accept no for an answer.

Whether you are still current, behind on your mortgage payments, or are just upside down and need to sell, give me a call. Even if you already have a foreclosure notice, it may not be too late.

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LOCAL BUSINESS

COSMOS SALON celebrates 30 years in Mesa

By Dawn Abbey

Sandy and Cosmo Barbetta, owners of Cosmos Salon and Day Spa, are celebrating 30 years of living and working in Northeast Mesa.

"Cosmo and I credit our ongoing success to working hard to be on the cutting edge of our field, through training, education and dedication," Sandy said. "Our business philosophy is family comes first, and job is second. You have to have that balance for yourself and your staff."

And the whole Barbetta family works in the salon together. Daughter, Terese Barbetta, and daughter and son-in-law, Dana and Chris Chapin, all are stylists.

The family initially moved to Arizona from Chicago for their daughter's health, selling their salon business and building there. For a while, Sandy and Cosmo worked together at a high-end Scottsdale salon. They soon decided to open a business of their own again, and constructed a 2,500 square-foot salon building at McKellips and Gilbert roads.

Cosmo claims they were the very first computerized salon in Arizona. "In 1985, we hired a computer expert from California to set up a computer program for our business," the salon owner said. "He spent three months living in our basement while we worked on the project," Cosmo related with a laugh. "When we first introduced the computers to the workplace, everyone hated them. A few weeks later, everyone was loving them, and couldn't do without them."

In 1998, they expanded their salon to 5,000 square feet, and opened the first day spa in Mesa.

Sandy is well known in the Valley as the stylist to many local TV celebrities. "It all started when several photos of my hairstyles were published in hundreds of style magazines worldwide," Sandy related. "Some local

TV producers noticed them, and asked the former Miss USA and TV anchor Jineane Ford to have me do her hair. Soon after, Carey Peña and others, like Catherine Anaya and Nicole Crites, became clients. It spread by word of mouth, and I have been fortunate to style many lovely women over the years."

About the time they moved to the newly opened Las Sendas community, Sandy and Cosmo wanted a new and innovatively functional space. "The children were anxious to design our space to provide for our new look and trendy architecture," Sandy said. "We also wanted to increase our spa services. Since we lived in Las Sendas, we decided to open our new location where we could be close to home."

"When we first moved to Mesa, Las Sendas didn't even exist. Now, our whole family lives there, and all our grandchildren go to Las Sendas Elementary School," Sandy continued. "Giving back to the community is great. We love it," she exclaimed. And to prove it, the Cosmos staff is participating in the Las Sendas PTO Fantastic Harvest Festival, on Oct. 22, from 5:30 to 8:30 p.m., by offering prizes of a free feather hair attachment every 15 minutes, as well as raising funds for the school by selling the popular hair feather extensions at the event.

In addition, to celebrate, Cosmos is setting Saturday, Oct. 29 as Customer Appreciation Day. Every product in the salon will be 30 percent off. "From our family to yours, thank you for 30 fabulous years. We appreciate each and every one of you," Sandy exclaimed. ■

For more information on Cosmos Salon and Day Spa products and services, call (480) 844-0707, or go to cosmosalonandspa.com. The salon is on the northeast corner of Power and McDowell roads in The Village at Las Sendas.



Sandy and Cosmo Barbetta

COMMUNITY

MCC to Hold Empty Bowls Events to Assist Paz de Cristo

Mesa Community College (MCC) has a way for you to help support Paz de Cristo and take home a great piece of art at the same time.

MCC will hold two Empty Bowls charity events at both the Southern and Dobson campus and the Red Mountain campus, located at 7110 E. McKellips Road.

A donation of \$10 gives participants the chance to choose a hand-crafted bowl and eat a meal of soup and bread in remembrance of World Hunger Day.

Proceeds from MCC's Empty Bowls events go to Paz de Cristo, a non-profit community center, which feeds Mesa's hungry through daily meals and the distribution of food boxes. Paz feeds 200 individuals every night, and provides 1,200 food boxes per month.

The Southern and Dobson campus event is on Oct. 19, from 10 a.m. to 3 p.m. and from 5 to 8 p.m.; The Red Mountain campus event is on Oct. 26, from 10 a.m. to 3 p.m. and from 5 to 8 p.m. Musical entertainment is provided during the evening hours. Many local organizations help sponsor this event. ■

For more than 40 years, Mesa Community College has provided outstanding transfer, career and service programs to the East Valley. Our nationally recognized student outcomes assessment program testifies to the faculty's commitment to more than 40,000 students who attend annually. MCC is one of 10 colleges comprising the Maricopa County Community Colleges District. Check out the Web site at www.mesacc.edu.



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EDUCATION

Self Development Charter School Celebrates a New Room to Learn

Submitted by Self Development Charter School
Starting the 2011-2012 school year for Self Development Charter School (SDCS) was exceptionally stimulating for its students as the school continued its tradition of providing an outstanding education for its students, adding new programs in math, science, technology and language.

The programs were implemented as part of an overall expansion, which included a new science and technology building resting on the edge of a beautiful courtyard surrounded by flowers and two new classrooms. The extra room provides space for science labs. In addition, it is wired with laptops, laboratory tables and Smart Boards for a cutting-edge learning experience.

Because of this extra space, the school is fostering new programs, which will focus specifically on aeronautics, architecture, drafting, engineering and robotics. Future plans to include exposure to digital video and biotechnology are in process to start in the coming years.

Part of the learning experience SDCS is offering is language classes in Spanish, Latin and Mandarin Chinese. The school has partnered with Middlebury College to offer students experience in developing language skills.

The Latin study will enable students to be prepared to enter university programs in science and law, as well as teach them about the root of the English Language. These classes are part of an online program, but are supported by SDCS teachers, who aid students

in uploads, as well as help them with meeting deadlines and time management.

Some of the extra space is being used to meet the unique needs of middle school students, sixth through eighth grade, by providing rooms to allow students to move between classes. "The ultimate goal," stated Principal Majeed, "is for students to be prepared to enter high school and the university better prepared for the demanding and competitive world they will surely be facing as they become young adults. This is coupled with a small group environment limiting the social pressures this age group often experiences in larger schools."

One might think this setting is only for the high-achieving learner, but the program has been set up with levels in many classes. This allows for students to be placed according to the level they have currently reached and allows them to advance as they are ready.

"The ultimate goal of the school is to meet each learner at their ability level and help them achieve the highest level they are capable of," Principal Majeed stated. "Every student deserves to feel success. When this feeling is fostered, students become natural achievers, developing a passion for learning they will carry with them their whole life." ■



Please feel free to learn more about the SDCS campus. Visit our Web site at selfdevelopmentcharterschool.com, or contact us at (480) 641-2640.

LOCAL BUSINESS

The UPS Store is now your printing store, too

By Dawn Abbey

Everyone knows UPS is a giant in the mailing and shipping business, but not everyone knows printing also is available.

"Next time you have a business or personal printing project, bring it in to our store for professional results," said Steve Moog, owner of The UPS Store at Power and McDowell roads. "We can do digital printing from your CD, DVD or flash drive. Or you can just go online to our Web site, upload your documents, choose your paper stock and bindings, and tell us when you need to pick it up. It's that easy."

According to Steve, UPS pricing also is very competitive with other retail printing stores. "I don't think there's anyone out there that can beat our prices on printing for color or black and white," Steve claimed. "Give us their bid. If we can't beat it, we'll at least match it."

Steve also has graphic designers and layout artists available at standard rates if you need assistance in putting your project or presentation together. They can help you design a logo, business cards, brochures, flyers and door hangers, table tents, calendars, stationary, postcards, raffle tickets, you name it.

Large format printing for banners and posters also is their specialty. "We can make posters from a favorite photo or design, or print a large banner for your party, golf tournament or other event," Steve said. ■

For more information on printing, call (480) 641-1744 or e-mail Steve at store3690@theupsstore.com. You also can view more information and printing tutorials on the Web site, www.theupsstorelocal.com/3690. The UPS Store is located at 2733 N. Power Road, next to Albertson's in the southeast corner shopping center.



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HEALTH

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

Submitted by Las Sendas Dental Health

When should my child have his first dental exam? How often should he see the dentist? Are baby teeth really that important? While most parents ask themselves these questions when their children are young, unfortunately, many do not know the answers or perhaps do not feel they are important enough to know.

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

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

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

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

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

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



can educate parents on proper brushing techniques and dietary practices, which can make lasting habits for a lifetime.

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

"Preventative check-ups also provide the child an opportunity to have many positive experiences with a dentist," Dr. Farnsworth said. "These visits will help reduce the fear and anxiety children commonly associate with dental visits and promote better oral health, both now as children and later in life as adults."

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

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

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

HEALTH

Red Mountain Family Chiropractic Moves to NEW LOCATION

Submitted by Red Mountain Family Chiropractic

Red Mountain Family Chiropractic is pleased to announce the opening of its new location at 2044 N. Recker Road.

This new location offers many features to help you banish pain and reach optimal health and vitality.

"Since opening, my patients just love our new office, and as always, look forward to the many products, classes and services we are going to offer," said Dr Lynn Knuth, owner of Red Mountain Family Chiropractic.

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- spa treatments, such as a large variety of massage treatments, and reflexology in a relaxing atmosphere. Esthetician services will be coming soon.
- a retail area where you can find the very best in products at a reasonable cost.
- a new, larger physiotherapy area where you will work with a licensed chiropractic assistant to help you reach your goals with a customized program.
- various lectures and classes on health issues, including our Wednesday evening class on natural, safe, effective pain, weight loss, energy and sleep patches. These classes are held at 7 p.m. Call to make your reservations. Yoga will be coming soon!



Call (480) 924-7632 today to book your appointment and take advantage of our moving in special—a one-hour massage for \$45—a \$70 value. This offer must be booked by Oct. 15 and used by Dec. 23.

The new location for Red Mountain Family Chiropractic is just north of the McKellips/Recker intersection, facing the dentist office, on the west side of Recker Road. ■

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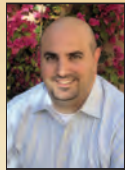
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\$499,900

4,040 sq. ft. 4BR, 2.5BA, 3G. Tumbled travertine tile, canterra fireplace, granite counters, double ovens & more.



\$267,000

2,349 sq. ft. 4BR, 2BA, 3G. Cul-de-sac lot, granite slab counters, tile flooring & an oversized back yard.



\$465,000

3,9234 sq. ft. 5BR, 4BA, 5G. Hardwood flooring, great room, cinnamon cabinetry, SS appliances & pool.



\$980,000

4,217 sq. ft. 5BR, 4.5BA, 5G. Granite, panoramic Mtn. and Red Mtn. views, covered patio surrounds the home.



UNDER CONTRACT

5,095 sq. ft. 5BR, 4.5BA, 3G. Real wood flooring, SS appliances, crown molding, granite counters, beautiful stonework.



\$579,000

2,883 sq. ft. 3BR, 3.5BA, 2G. Cul-de-sac lot, 2nd master suite, granite counters, Pebble Tec® pool & BBQ.



\$450,000

3,427 5BR, 4BA, 3G. Golf course lot, city light & mtn views, Mahogany cabinetry, Pebble Tec® pool & spa,



\$645,000

4,033 sq. ft. 3BR plus bonus rm, 3BA, 3G. Cul-de-sac lot, library w/bookshelves, Pebble Tec® & spa.



\$299,000

2,270 sq. ft. 4BR, 2BA, 3G. No HOA, citrus & fruit trees, granite counters, courtyard, fenced pool & spa.



UNDER CONTRACT

1,729 sq. ft. 3BR, 2BA, 2G. Cul-de-sac lot, granite counters, maple cabinetry, Pebble Tec® pool, grass area.



\$139,900

1,242 sq. ft. 2BR, 2BA, 2G. Tile flooring, premium carpeting, covered patio, fountain & a putting green.



\$368,000

2,564 sq. ft. 4BR, 3BA, 2G. Golf course lot, newly remodeled w/granite counters, SS appliances & more.



SOLD

3,740 sq. ft. 5BR, 3.5BA, 3G. Library w/bookcase, tile flooring w/inlays, sound system on patio, large grass play area.



\$385,000

3,171 sq. ft. 3BR, 2BA, 2G. Granite counters, beam ceiling, master bedroom w/library, garage w/cabinetry.



\$135,000

1,695 2BR, 2BA, 2G. Golf course lot, Bosch® dishwasher, orange tree with low maintenance landscaping.



\$175,000

1,795 sq. ft. 3BR, 2.5BA, 2G. Golf course lot, grass play area, citrus trees, garage w/cabinets & work area.



\$324,900

2,257 sq. ft. 3BR, 2BA, 2.5G. Plantation shutters, cinnamon cabinetry, viewing deck w/city light & Mtn. views.



UNDER CONTRACT

1,354 sq. ft. 3BR, 2.5, 2.5G. Newly remodeled, granite counters, new AC plus professional landscaping.



\$63,000

80 sq. ft. 2BR, 1BA, 2G. Open & bright, vaulted ceilings, covered patio, front landscaping maintained by HOA.



\$299,900

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