

PREMIER MARTIAL ARTS EMPOWERS STUDENTS

with a sense of perseverance and a spirit of constant improvement





Parents love Premier's parenting reinforcement. For the last two years, each member of the Hushes family

Premier Martial Arts just got a new bench, but no one sits on it. None of the uniformed students, anyway. They perform on the competition mat. Only designated drivers and admirers keep that long bench warm.

"Martial arts, just another kids' sport? Think again," said Premier owner Greg Silva, a Las Sendas resident. Greg is a 10th degree black belt grand master who has revolutionized the martial arts industry in the United States. Recently, he established a new Premier studio, located at 2910 N. Power Road, Suite 103, at the northwest corner of Power and McDowell roads.

Greg Silva—with a life career as an awesomely successful competitor, teacher and consultant—has transformed the vision of martial arts. He integrated child psychology into the sport. Thus, the Premier brand of mixed martial arts has become a valuable self-improvement tool and community service.

"We are following a unique approach," explained the grand master. Like many karate schools, Premier also faithfully instills traditional values of courtesy, honesty, respect, self-control and integrity.

But that is not enough. "We also empower students with a sense of perseverance, a spirit of constant improvement and a positive outlook," Greg said with a perfectly steadfast glance from erudite blue eyes.

At this time, a group of 4- to 6-year-olds was eagerly demonstrating their stances for tip testing for master instructor Kelly Fiori, a fifth degree black belt. The children proudly showed off competence in five kickboxing and five self-protection drills.

"Martial arts drills help children lose their awkwardness at this age," Greg pointed out. The pint-size group had transitioned to *nunchakus* (*chucks* or chain sticks). "This greatly improves a child's coordination, as both hemispheres of the brain are constantly accessed," Greg explained.

What counts most for a child are step-wise little successes that build self-confidence. "A new belt takes about three months to earn," said Greg. "But that is too far down the road for most kids." So, Premier subdivided the long-term goal into one-month units, each new tier celebrated with tip testing.

With ease and humor, the instructors fire up the children

to do their personal best at Premier. Lessons are taught with child-appropriate similes. How does a traffic light compare with self-defense? Well, at *green*, somebody is just fooling with you. At *yellow*, you need to call a teacher, and at *red*, you must strike.

"These scenarios are rehearsed with the children for a whole month," the grand master reported. "This way, the children gain excellent judgment on real-life situations and tools to deal with serious confrontations."

Premier's teaching strategy culminates in the black belt excellence awards. Monthly lesson plans highlight topics, such as doing chores, increasing your potential by welcoming change and, many times over again, encouraging individual responsibility. Parents love Premier's parenting reinforcement. For the last two years, each member of the Hughes family has been into martial arts. While dad Steven kept an eye on first-grader Jessica's tip testing, son Jonathan, a thirdgrader, spent the wait for his turn with homework.

Steven is already in uniform and anticipating his workout turn. He often partners with wife and mom Melinda to do some sparring. As a family, they have a shuttle system figured out to get everyone to karate practice on time.

"In this sport," Steven summed up, "the greatest opponent is yourself. You get directly out of it what you put in. You work as hard as you can to reach your maximum potential, fully in the present moment all the time."

And effort brings rewards. "This has helped me in school," Jonathan said. "I gained self-control and self-discipline." Although, he will admit, "The flying side kicks were hard at first." But now he's got the hang of it.

PREMIER MARTIAL ARTS CONTINUES ON PAGE 12 »

WE ARE THE CHAMPIONS!

Submitted by Joanne Zeoli

esa JBA Fifth/Sixth Grade Girls Basketball team, *The Lions*, won the title for their division on Saturday, March 8.

Coaches Robby Franco and Ray Montoya, both



Las Sendas residents, have been with most of the team members since the girls were in first grade.

The Lions rallied against the undefeated *Flames*, who hadn't lost a game in four years.

The game was an exhilarating example of March Madness, right down to the wire. The Flames were ahead by five points in the first half of the game, and the match-up of the two teams was unbelievably balanced.

The Lions came out in the second half with a full-court press against the Flames. The Flames couldn't adjust, and the Lions took the lead, clenching the victory!

Hats off to both teams for displaying superior sportsmanship!

Lion team players are: Ashley Tanori, Taleisha Thompson, Gabriela Franco, Taeyler Cunningham, Charokee Davis, Mariah Montoya, Katelyn Gallagher, Alysha Zeoli and Hannah Poledna.

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Editor-in-Chief: Kim Phillips

Reporters:

Cher Knebel Jamie Larson AnnElise Makin Tisha Marie Pelletier

Contributors:

Rose Buttitta, Kristyn Hayes, Sheila Heidmiller, Cal Jernigan, Lvnn Knuth, Donna Kohlhase, Tim Kott, Nancy Nemitz, Steven Rabin, Mickey Veich

> Copy Editor: Sandra Van Dyke

Design:

SWITCHstudio.com Jim Nissen, Erin Loukili, Kris Olmon, Jaclyn Threadgill

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HEALTH

Are Your Colors Alive This Spring?

By Andrea Gorman, PbD, RD, LPC

The brilliant colors of spring are coming alive in the desert. How about taking the colorful adventure into your kitchen? Colorful plant foods contain important vitamins and minerals, fiber, protective phytochemicals and antioxidants that help prevent disease and promote good health.

Most of us are familiar with the Five A Day campaign. However, only 20 percent of Americans are getting enough fruits and vegetables daily. Did you know that eating five fruits and vegetables daily could prevent 35 percent of cancers? Phytochemicals are what give color to foods. They work together to promote good immune function by fighting viruses and bacteria, as well as removing toxins from the body.

RED foods contain lycopene and anthocyanins, which promote heart and urinary tract health, enhance memory and decrease certain cancers. Examples are: tomatoes, red peppers, radishes, cherries, strawberries, pomegranates, cranberries.

YELLOW-ORANGE foods contain carotenoids and flavonoids, which promote heart and vision health and healthy immune function. Examples are: grapefruit, oranges, lemons, mangos, nectarines, peaches, cantaloupe, apricots, papayas, pineapple, squash, carrots, yellow peppers, pumpkin, sweet potatoes.

YELLOW-GREEN foods contain lutein and indoles, which promote strong bones, teeth and vision. Examples are: broccoli, sprouts, green onions, celery, spinach, zucchini, peas, cabbage, cucumbers, asparagus, green grapes, honeydew, kiwi, limes, green pears.

WHITE-GREEN foods contain allicin and allyl sulfides, which promote heart health, such as cholesterol and lower certain cancer risks. Examples are: mushrooms, cauliflower, shallots, onions, chives, garlic, leeks, bananas, brown pears.

BLUE-PURPLE foods contain anthocyanins and phenolics, which promote memory and urinary tract health. Examples are: blueberries, blackberries, purple grapes, currents, plums, raisins, figs, eggplant, red cabbage.

> The goal is to eat five different colors per day. A serving consists of one cup of fresh, one-half cup cooked or one-quarter cup dried fruits and vegetables. So, get started by adding fruit to your cereal, oatmeal, yogurt parfaits and smoothies. Add veggies to your pastas, soups, salads, sandwiches and snack bags.

When given the choice, choose deeper, darker colors. There are more vitamins, minerals and phytochemicals in foods that have a richer appearance. For example, romaine lettuce offers more Vitamin C, Vitamin A and iron than iceberg lettuce.

After an exploration in the desert, continue that colorful journey to the produce section of the supermarket. Spend a little more time

> than usual discovering new fruits and vegetables, and the benefit will be magnificent.

Dr. Andrea White Gorman is a registered dietitian and personal trainer. Contact her at (480) 776-7805 or andimwhite@yahoo.com.



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REAL ESTATE

THE LAS SENDAS GROUP EMERGES with Completion of City View Properties







By Tisha Marie Pelletier

Ithough City View Properties, a division of Blandford Homes specializing in the sale of custom homesites in Las Sendas, completed its project and closed its office, it didn't stop real estate agents Jay Scott and Stephanie Natichioni from prevailing on.

Jay and Stephanie recently launched the Las Sendas Group as part of Realty Executives, and call themselves the specialists of Las Sendas due to their tremendous knowledge of the area. Prior to starting the Las Sendas Group, Jay and Stephanie sold custom homesites through City View Properties. Jay has worked as a real estate agent for 20 years and Stephanie for 10 years.

Jay and Stephanie have been selling custom homesites and custom resale homes for a total of 17 years through City Wide Properties. So, it was natural that they continue to do so even after the office closed.

Not only do Jay and Stephanie focus their attention on selling custom resale homesites and homes in Las Sendas, they also live there.

Jay resides in Las Sendas and has owned several pieces of property, some Blandford Homes, and now has a custom home and custom lot. Stephanie moved to Mesa in 1991. She and her husband now own their second Blandford home and currently, a custom lot.

Jay and Stephanie both love living in Las Sendas and the feel of the community.

And rightfully so. Las Sendas, a master planned community designed by Blandford Homes, is well designed, with many activities for both adults and children, a highly recognized elementary school and an on-site fitness center. It's a prime location with easy freeway access to Phoenix, Scottsdale and Chandler, and has exceptional views of spectacular city lights and sunsets.

The Las Sendas Group specializes in selling resale homes and homesites in Las Sendas, as well as the Northeast Valley. Its Web site, www.lassendasgroup.com, features a wide array of listings throughout Las Sendas, as well as the Mesa, Tempe, Scottsdale, Gilbert, Chandler and Apache Junction vicinity, and has valuable community information.

Jay and Stephanie's goal is to help buyers and sellers make the right decision by providing them with their expertise and knowledge of the area. They are here to assist clients with the sale of their property or to find future properties in and around Las Sendas.

The branch office of the Las Sendas Group, Realty Executives, is located at The Village at Las Sendas, located at Power and McDowell roads. For more information, please visit www.lassendasgroup.com, or call the office at (480) 924-4000. You can also contact Jay on his mobile at (480) 695-2485 or Stephanie at (602) 791-6281. ■



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Las Sendas Retirees enjoy bursts of desert color during spring trek



By Mickey Veich

ith Arizona's terrific weather splashing down all around Las Sendas, the retirees club recently met at the Trailhead to take their first in a long line of treks around the local desert areas for a look-see.

With poppies and daisies running riot, thanks to this year's rains, not one hiker was disappointed at the desert's vistas and flora offerings. Right around the corner, so to speak, Las Sendas' trekkers were treated to a plethora of local examples of Mexican Poppies, Lupine, Anderson Thornbush and Flattop Buckwheat.

Those flowers topped the list of photographers' interest, followed by some

model examples of the African Daisy in brilliant contrasting orange, whose deep colors immediately stood out among the other brightly colored flowers. Thanks go to head trekker and plant factotum Don Pike.

Also according to Don, other examples of desert flowers in heavy bloom are Chia, Fairy Duster, Chuperosa, (both red and yellow) Scorpion Weed, Narrowleaved Popcorn Flower, Rock Daisy and Desert Chicory.

With no further encouragement needed, the trekkers lined up waiting for Don's next local trek of from between miles to an equally less strenuous three-and-a-half miles on clearly articulated but slightly gravely and occasionally rock-strewn pathways. Good shoes are a must, as is a small snack, like a granola bar, and some water to carry along.

All residents living in the Las Sendas neighborhood are eligible to join the club. One need not be retired to join. Members enjoy tennis, card games and game nights. Food nights are also part of the fun, like the now popular chili cook-off, as well as the lamb roasted luau.

Anyone interested in other activities can call current club president Bill Hall at (480) 988-7147. He has a handle on all activities and the times for each. ■

EVENT

Coming Soon... The Las Sendas QUILT SHOW



By Audrey Good

as Sendas Quilt Club members are busy getting their entries finished for this year's Quilt Show, on Sunday, March 30, from 1 to 4 p.m., at the Trailhead Members Club, 7900 E. Eagle Crest Drive in Mesa.

Not only is the club excited about sharing their quilts with the public, but they are also adding some new features to this year's show. For the first time, there will be a display of antique quilts owned by club members.

Mystery Quilts, the results of a group project in which the 26 participants made quilt blocks from clues given to them over a period of several months, not knowing the final outcome, will be one feature of this year's show.

Another featured display will be the 30 or more charity quilts to be donated to AZ Blankets 4 Kids following the show.

Another addition to the fourth annual show will be a \$1 admission charge to be donated to Sunshine Acres Children's Home in Northeast Mesa. Refreshments are included in the admission fee.





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HEALTH

Access Your Fountain of Youth WITH SMART BODY FITNESS









Bv AnnElise Makin

Tou would never guess this lady's age. That's why she put it on her business card. When Gayle Clawson started lifting weights, she dropped a bushel of pounds and 20 years of self-abuse. So how old is she really? A proud 63 but looking 40.

Gayle has been training at Smart Body Fitness, with Deborah Brooks, for about two years—and a table full of trophies to show for her effort.

Gayle has won Arizona, American and world powerlifting championships titles in the Natural Athlete Strength Association (NASA) competitions. Top that with a gold medal at the recent Senior Olympics.

"Until three years ago," Gayle confessed, "I used to be a couch potato. But when my backache got so bad that I could not get out of the chair, I decided to do something about it."

Together with husband, Bill, Gayle started working out at Smart Body Fitness. "After exercising for a while, I got stronger than he is," reported Gayle. "So, Bill suggested I should start competing."

Gayle's flexed biceps look convincing. She beats Bill at dead lifts, bench presses and squats. However, Bill is now also getting ready to compete in the next Senior Olympics. "I need to lift triple the weight I am doing now," he said.

Weightlifting replaces the fat with muscle. That's what Gayle accomplished. She trains under the skilled supervision of studio owner Deborah three times a week for one hour.

"People in bodybuilding, who don't want to go on a stringent diet, choose powerlifting," Deborah said. Deborah knows the whole skinny on bodybuilding. She won the Arizona state women's bodybuilding lightweight title in 2004.

"That competition was very intense," Deborah recalled smiling. "For me, as a woman, it was excruciating to reduce body fat to 5 or 6 percent." But that's how rigorous the diet regimen was. However, endurance got her the trophies.

Now, Deborah is glad she's done with extremes. "Weightlifting is still my love," she confessed. But she is also an expert trainer for runners, just having finished the Lost Dutchman Half Marathon in Apache Junction.

At Smart Body Fitness, Deborah and her team work hard to bring out the personal best in people. During an open house in March, personal trainers Kathy Marlin and Mace Turpenen stood by to answer visitors' health and fitness questions.

Certified yoga instructor Diipali Debrah Hensley extolled yoga as an integral part of the fitness pursuit. "Yoga enhances weightlifting, increases the range of

motion and prevents injury through stretching," she said.

The Smart Body Fitness professional team was enriched by the support of family and friends. Deborah's husband, Mark Brooks, stood by for any calls of help, while daughter, April, and granddaughter, Brooke, worked the Gold Canyon candle display.

At this open house, friendly associates had joined forces. Licensed massage therapist Leah Roberts, from Body Rites, and aesthetician Cat Aiello, from Bella Donna Skin Care, provided free consultations.

For Deborah, who opened her studio two years ago, all exercise amounts to staying healthy and feeling good. But nobody put it as well as personal trainer Kathy. "Everybody is striving for good looks," she said. "But let's be honest. Good nutrition and exercise are the only fountain of youth."

So true for all of us. Would we have the guts to print our age on a business card, like Gayle did? Smart Body Fitness can help.

At Smart Body Fitness, you can get your physique custom-tailored in a family-like atmosphere.

The studio is located on the corner of Power and Brown at 1066 N. Power Road, Suite 105, in the NextCare Plaza. For an appointment or more information, call (602) 881-0304 or (602) 617-7160. ■



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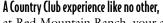
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Time for a little spring cleaning of your retirement accounts

Consolidating retirement plan assets offers some unique advantages

pring is a great time for investors to take a break from cleaning out the garage, and spend some time organizing their most important assets—their finances.

According to the U.S. Department of Labor, individuals born in the later years of the baby boom held

an average of 10.5 jobs from age 18 to age 40. Due to the high job turnover rate in the United States, when many people leave jobs, they often don't know how to transfer their retirement plans to their new jobs. By consolidating retirement accounts, investors can help reduce fees, penalties and taxes paid.

Investors balancing multiple retirement accounts may want to think about rolling over old accounts into a rollover IRA. A rollover IRA is the only type of account into which investors can transfer most of their retirement accounts, including 401(k), 403(b), other IRAs and 457 accounts. Consolidating retirement plan assets, or rolling them over into an IRA, offers some unique advantages:

- Simplified management, viewing and tracking of a retirement portfolio
- Increased investment options
- Increased control over accounts
- Reduced costs associated with multiple accounts

Due to busy lifestyles, few investors have time to manage their investments properly. This becomes an even larger problem when they are forced to manage multiple plans from multiple companies. By transferring investments into an IRA, investors can reduce the amount of paperwork and the number of people managing their accounts. This makes it easier to maintain proper asset allocation and make portfolio adjustments.

Transferring old retirement accounts into a rollover IRA does not mean investors have to limit their investment choices. An IRA can include any combination

of investments, such as stocks, bonds and mutual funds. An IRA also gives investors more control, and often offers more choices than employer plans.

By allowing the investor to make key decisions, an IRA can provide the flexibility needed to create a retirement plan customized to his/her specific

retirement needs. Additionally, investors might be able to avoid multiple fees across various accounts, as gathering assets into a larger sum in one account may lead to a lower fee category.

There are some drawbacks to owning an IRA, such as:

- Individuals cannot borrow from an IR A
- Traditional IRA holders must begin taking distributions by April 1 of the year after reaching 70.5 years of age whether or not continuing to work. However, consolidation of accounts helps simplify this calculation.

Understanding rollover options and the related tax impact is important. Investors should always consult a financial advisor who can help assess their financial needs and determine whether or not a rollover IRA is right for them.

For any questions regarding this article, please contact Steven M. Rabin, CFP™ with H&R Block Financial Advisors.

Steve Rabin is a vice president of investments for H&R Block Financial Advisors, located in the firm's Mesa office. Steve can be reached at (480) 396-6040 and at srabin@hrblock.com.

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BOOK REVIEW

These is My Words: The Diary of Sarah Agnes Prine, 1881-1901

AUTHOR: NANCY E. TURNER

Reviewed by Jamie Larson

ancy E. Turner's These is My Words: The Diary of Sarah Agnes Prine, 1881-1901, has masterfully recreated the Wild West that was the Arizona territory for the 21st century. Written beautifully and with such a breadth of detail that one would think that if Sarah Agnes Prine is not a true historical person, then surely Nancy E. Turner must have lived near the turn of the century in order to portray the Arizona territory with such vividness.

Published in 1998, *These is My Words* is set just before the turn of the century, taking its vantage point from Sarah, a girl coming of age and learning of life from the often harsh, cruel world around her.

Written as Sarah's diary, beginning with her family's move from the Northwest Territory to Rio Grande when she is 18, *These is My Words* gives detail and insight into the lawlessness of the time period, as

only as far as San A back and finally set

Pictured from left to right: Nancy Turner's mother, Nancy's grandmother, the real Sarah Prine, and Nancy's great-great-grandmother.

Sarah sees the world she lives in daily. From the very beginning, reading Sarah's diary, the reader is constantly hanging on the edge of the seat wanting to know what happens next.

Sarah is a truly remarkable person, though she views herself in the humblest of terms. Always with a kind word, a unique insight or the quick draw of a gun, Sarah is constantly at the ready to make the world around her better and safer for the family she loves.

Though she constantly doubts herself and her abilities because of her lack of schooling, Sarah's strong, analytical mind, ability to think on her feet, combined with her quick draw and dead-on shot, make Sarah the perfect person for traveling the lawless road toward the Rio Grande and back, as well as a true asset on her ranch.

While traveling toward Rio Grande, Sarah instantly springs into action

when the caravan is attacked multiple times. She saves the Lawrence sisters, part of one of the traveling families, from being further brutalized at the hands of bandits on another occasion. With each amazing defeat she recounts, Sarah never views her actions as heroic or even overly brave. She just does what needs to be done, wondering why others did not do

These

is my

Through many trials, tribulations, a great deal of sorrow and more loss than seems bearable, the Prine family makes it only as far as San Angelo before turning back and finally settling in Cienega Creek,

the same thing.

between Douglas and Tucson. Joined by an old family friend, Jimmy Reed, the Prine family turns that desolate land into a home.

Sarah's journey does not end with her home in Cienega Creek. In many ways, it is just beginning. It is here that Sarah learns about love, life and birth.

While Sarah has fallen in love with one of the Calvary troops, who escorts her family back over the rugged land, it is not until the end of a loveless marriage that Sarah comes to realize it.

An integral part of her ranch's success, Sarah is a part of everyday functions, which she reveals with her private thoughts in her diary. From breeding horses, to creating a fairly self-sufficient ranch breeding cows and bulls, Sarah's hard work, determination and complete devotion to her family shine through in all that she does.

All in all, Sarah's journey is treacherous, amazing and beautiful. Though *These is My Words* is a work of fiction, it is a story inspired by the true journeys traveled, unraveling from honest events, creating an award winning novel—a true must-read.



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New Home Builders in Desert Uplands Area of Northeast Mesa Keep On Marching

By Dave Netherton

pring is in the air, and you can see it in the pristine desert of Northeast Mesa. Where dry cactus and brush are normally found during the summer months, we now find an explosion of lush green plant life. Already, flowers blooming with a myriad of rainbow colors have carpeted the desert. Quail, rabbits and ground squirrels scurry about amid the foliage of their Sonoran habitat.

And nearby is a flurry of homebuilding activity. Heavy machinery prepares home sites and roadways while framers, roofers and other construction contractors continue to build new homes. Builder Blanford is closing out their well-known master planned community, Las Sendas, and cranking up their new one, Mountain Bridge.

Hermosa Estates can be found in the midst of this activity. Located just north of McKellips Road off Hawes, Hermosa Estates is near both the action and the open spaces of the surrounding foothills region. With great appeal, this subdivision contains 31 lots ranging in size from .8 to 1.2 acres. These home sites come with spectacular city and mountain views, and offer great value. Building setbacks ensure a more spacious layout, so the homes will never be crowded together.

Such an upscale development fits agreeably into the beauty of its natural desert environment. You can already get a feel for the caliber of this community visually by seeing the homes currently under construction there. Popular architectural styles encouraged include Territorial, Santa Fe, Adobe, Spanish Territorial, Tuscan, Spanish Mission and Craftsman.

At Hermosa Estates, you can buy a huge lot starting at \$235,900, and build exactly the floor plan of your choice.

Where else can you find this kind of value? Location is the key to a smart purchase, and Hermosa Estates has a great one. Situated about one mile from the new Loop 202 Freeway, within 15 minutes of Superstition Mountain, Usery Park and



Saguaro Lake and 25 minutes of Scottsdale, Tempe, Phoenix and Sky Harbor Airport, this community will offer the best of outdoor activities and cultural pursuits. First rate golf, hiking, fishing, fine dining, shopping and cinema can all be found nearby.

Springtime is normally a busy time for buying and selling activity in real estate. Yet, bad news about the real estate market now appearing daily in papers, on TV, radio and the Internet has put many potential buyers on the sidelines to sit this one out.

However, in a recent Realty Times article entitled Real Estate Outlook: Housing Better Than Some Reports Indicate, by Kenneth R. Harney, the author asks "...are all these statistics as uniformly bad as they sound?"

Not necessarily. Take existing housing sales for one. From all the gloom and doom perpetuated by headlines suggesting that home sales are at their lowest on record, the fact is the current rate of resales is just below 5 million a year—about 4.89 million, according to the National Association of Realtors.

Now 5 million is not the 6.5 million-plus we saw during the boom years. But it's not chicken feed, either. That's a whole lot of houses changing hands, a lot of real

estate activity. The market is not dead. It's just in a cyclical downward phase.

And despite what the Associated Press erroneously reported recently, the January 2008 home sales rate was three times higher than the true modern low point of resales reached way back in 1970.

Don't believe everything you read.

What about interest rates? Sure, they jumped by a half a point in recent weeks, but look where they are. A rate of 6.27 percent for a 30-year fixed rate loan is lower than it was last year at this time, and by any historical standard, mortgage financing is extremely affordable.

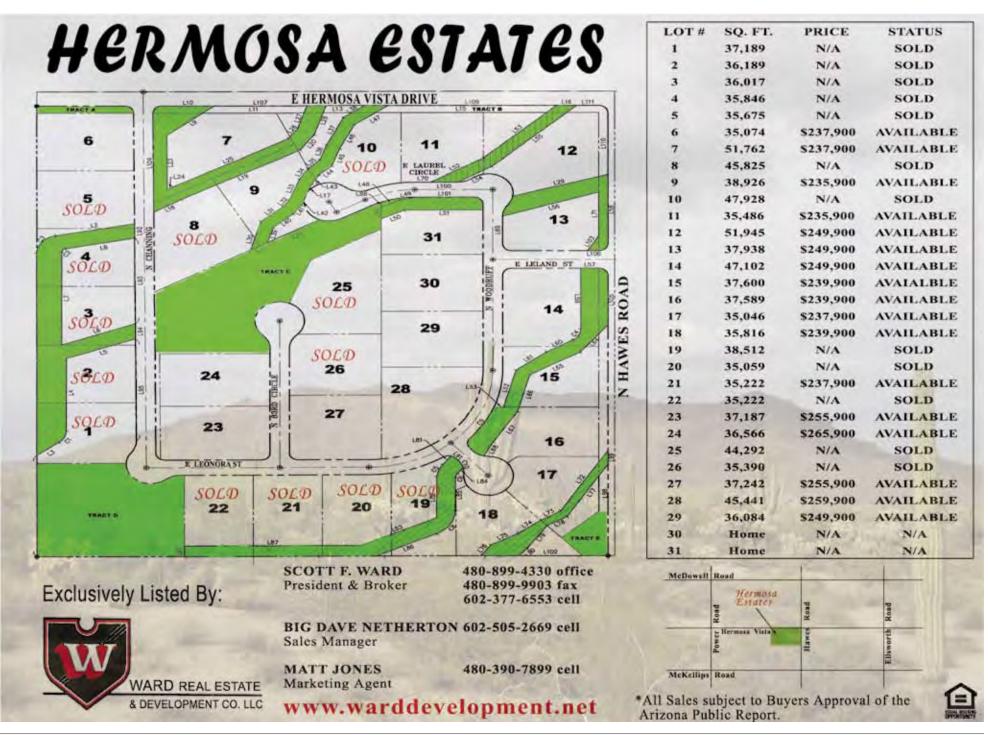
Looking ahead, Freddie Mac chief economist Dr. Frank Nothaft is forecasting a return to even lower rates—5.5 percent rates in the months ahead. Combine that with Fed Chairman Ben Bernanke's promise to keep cutting short-term rates—probably another half point at the Fed's next meeting—and you've got the financial fuel for a potential bottoming out and turnaround.

All that's really needed is for consumers to look hard at the deep discounts on prices in their local markets—and get off the sidelines.

And according to Les Christie, CNNMoney.com staff writer, in his recent article Housing: Best time to buy in four years, "Home values have declined across the country, giving homebuyers the best buys they've had since 2004. It may be the best time to buy a house in more than four years.

"Home prices have dropped so quickly and so far that valuations—the difference between what a home should cost and its actual price—are the lowest they've been since 2004, according to a report."

"Housing valuations are almost back to long-term norms," said bank National City Corp. chief economist Richard DeKaser. He called current affordability "the best in the past four years." ■



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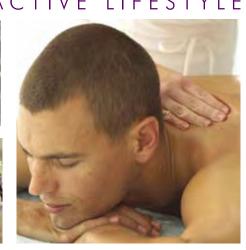


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LOCAL BUSINESS

Eastern Arizona Exterminating sets a high-tech standard in Las Sendas

By AnnElise Makin

elieve or not, these two Las Sendas-based crittergitters first learned good bug control in cyber space. Jeremy Goodman and Mike Bredenberg, from Eastern Arizona Exterminating (EAE), came to the exterminating business from a computer background.

"One look will tell you that we are not your typical exterminators," said Jeremy, who was director of information technology (IT) for Gila County in Globe for eight years. "We bring an analytical mind to the job."

"And a willingness to adopt the newest pest control technologies," business partner Mike, with a bachelors degree in information technology, chimed in. He had worked along with Jeremy at Gila County's office for three years, commuting from his home in Alta Mesa to work in Globe.

"This was a big change for us," admitted Jeremy. "Pest control requires much physical labor." He came to this business via a role model, his brother, Joe, who owns the mother company in Pima.

"But it is much better to be outside, get to know people and develop relationships, than to be stuck in an office," Mike added. Mike's father-in-law has been in pest control for 25 years. So, this business runs in both families.

Jeremy and Mike opened their autonomous EAE branch last fall. Their IT background makes them especially prone to pick up the newest technology in a jiffy. Their problem-solving skills help them outsmart the most obnoxious little critters.

"In this line of work," Mike said, "it is easy to get into a mindset. But one plan does not work for all situations."

Take bedbugs, for example. "Bedbugs had practically been eradicated in the 40s," Jeremy reported, "when exterminators still used stronger chemicals. But later, they were reintroduced to the country."

In the case of the bedbugs, the EAE exterminators had to work out a special plan in cooperation with the client. "We researched this very involved technique," Jeremy said, "washed and sprayed everything." That took care of the problem.



EAE is not afraid to tackle special cases. As a routine, the team prefers to keep its applications to the perimeter of the home after initial clean up of the interior. This way, exterminating becomes least intrusive.

"Plus, as many people have been going green these days," Mike added, "additional chemicals, although proven harmless to humans, are avoided inside the house."

"It works usually quite well," said Jeremy, "to create a barrier on the outside of the home. But if a problem comes up, we will do calls between services at no cost." EAE tries to reduce power spraying in favor of a more methodical approach.

Ideally, EAE recommends monthly treatments for uninvited little guests. "But never go longer than three months without pest control," Mike advised. "Especially, if you begin to see crickets and spiders."

One might think crickets and spiders are a small evil compared with ants and roaches. However, especially in a new development like Las Sendas, scorpions are still a

dangerous presence. Scorpions feed on crickets, for example.

'If their food sources and harborage are eliminated," Mike said, "the scorpions move out, too," Ants, on the other hand, are harder to beat. Skilled exterminators have to interpret their trails to eliminate the reproducing queen

Jeremy and Mike, both dedicated family men, are fired up about their new business. "We want people to get to know us, and judge our integrity," said Jeremy.

For that reason, EAE is providing a three-month introductory special at half-price for clients in conjunction with a hassle-free credit card account. "We try to use convenient, new technology in all areas," said Jeremy.

If you have a pest control issue, call EAE for a free service evaluation. The introductory offer for Las Sendas neighbors applies to the first three months of service. For more information, contact Jeremy or Mike at eaepest@ gmail.com, or call (480) 209-6266. ■



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Sport Court

Spectacular City Light and Mountain Views! Professionally landscaped backyard with a Sport Court, in ground trampoline, large play area and extended patio. Gourmet kitchen with 42-inch cabinets, 4 burner gas stove and breakfast bar. Master bedroom has double sinks, walk-in closet, bay window, his and her sink and separate shower and tub. Formal Dining Room, Family Room and Living Room.

3 bdr + office, 2.5 ba, 3 car gar, 2574 sq ft . . \$550,000



Paradise Backyard

Salt water heated Pebble-Tec pool and spa, rock water slide with a pool misting system, sunken gazebo with a built-in gas BBQ and sink, and a gas fire pit area. Gourmet kitchen with granite countertops and stainless steel appliances, including a convection microwave. Two bedrooms downstairs and 3 bedrooms upstairs. Master bedroom has a balcony with spectacular city light and

5 bdr, 3 ba, 3 car, 3232 sq ft\$629,000



Custom Home

Unbelievable City Light views from the 1387 sq ft viewing deck! Beautiful home featuring reclaimed custom hardwood floors. Entertain your guests in the 35x28 Gameroom featuring a kitchenette, wet bar and full bathroom. All bedrooms are on the main level! Gourmet Kitchen with Knotty Alder Cabinets, chiseled edge granite island, travertine tumbles stone backsplash and Wolf Appliances. Theater Room has a custom knotty entertainment center. 3 bdr + office, 4.5 ba, extended 4 car, 4791 sq ft. . \$997,000



Spectacular Views

Immaculate home with a separate Casita which has a bedroom, bathroom and a separate entrance!! Gated Front Courtyard with a gas fireplace!! Professionally landscaped backyard with a Pebble-Tec Pool and Raised Spa, Water Feature, Pavers, Awning, Putting Green and BBQ, Gourmet kitchen with upgraded cabinets, granite countertops with chiseled edge granite island, tile backsplash, Jenn-Air 6 burner gas stove and convection oven. Family room has a stone gas fireplace, beam ceilings, built-in entertainment center and surround sound. Formal Living and Dining Room. 4 bdr, 3.5 ba, 3 car gar, 3,416 sq. ft. \$1,150,000



Beautiful Home

Terrific Backyard with a raised patio area for entertaining. Entertaining area with a built-in BBQ, side gas burner, refrigerator, sink and a gas Beehive Fireplace with bench seating. Gourmet kitchen with 42-inch cabinets, corian countertops and center island, walk-in pantry, breakfast bar and breakfast nook. Formal Dining Room, Living Room and Family Room. Master Bedroom has vaulted ceilings, slider door leading to the backyard, separate shower and tub, walk-in closet and his and her sinks. 4 bdr, 2.5 ba, 3 car, 2827 sq ft.....\$585,000



1/3 Acre Lot

Beautiful home with a Pebble-Tec pool and spa, extended patio and play area. Large front courtyard and stone finish. Formal Living room and Dining Room. Nice kitchen with upgraded cabinets, granite center island, granite countertops, convection microwave and a breakfast room. Large Family Room with a built-in entertainment center, extensive tile, gas fireplace, surround sound and slider door leading to the backyard. Two Bedrooms and a bathroom downstairs. Master bedroom has double sinks, jetted tub and walk-in closet. 5 bdr, 3 ba, 3 car gar, 3,232 sq. ft.. \$589,900

Desert Rose Preschool

By Rose Buttitta, Preschool Director **LEARNING IS FUN**

March was a very busy month. We celebrated the birthday of Dr. Seuss with green eggs and ham for a snack. We read books and made *Cat and the Hat* hats.

We also celebrated St. Patrick's Day. All the children wore green and made a magic potion, as well as green art projects. Our Easter Hunt was a big success. All the children took home buckets of eggs and goodies. We played games and finished off with Easter cookies for our snack.

In April, we will learn about spring, the birth of birds, bugs, flowers and the change of weather. The pre-k class will celebrate 100 Day. It is not 100 days that we have been at school, but instead, a day when we will count 100 things. We will count by one, by five and by 10. The children will receive special certificates, and they will finish off the day with 100th Day cake.

EASY WAYS TO TEACH NUMBERS

Children love to count, and some enter school knowing how to count from 1 to 10. Others can count from 1 to 100. In the stores, there are stunningly clever books, toys and games designed to teach children to count. There are also hundreds of objects in your own home that will do the job.

Some children even know how to do simple addition and subtraction when they enter kindergarten. These are worthy achievements, but sometimes they can cause misunderstanding. For example, a mother asked that since her daughter knew how to count, couldn't she begin to learn how to add. The answer is important.

Counting by itself is simply memorization. To add or subtract or to use numbers in playing a game, a child must know what the number represents. Try this on your child. "Katie, would you please bring me five spoons from the drawer?" If Katie, without help, brings five spoons, then it's fair to say that she understands what *five* means. If she brings four, six or seven spoons, she does not know the number five.

In order to do arithmetic, children must understand what the numbers mean. Without much effort, there are dozens of times during the day when you can develop your child's number concepts. Use these types of statements and questions:

- · You may take three stickers.
- Count the dots on the dice, and then, move your game piece the same number of spaces.
- How many carrots are on this plate?

COMPUTERS AS VALUABLE LEARNING TOOLS

Let's face it. Computers are part of most people's daily lives. And while hands-on play and books still provide the best way for you children to learn, *screen time* on the computer can offer another important dimension to their learning, particularly when it comes to math.

Computers can contribute to play and encourage joint problem solving in ways other types of play cannot. Computer games give immediate feedback to a child's action, which is very helpful. They can also help a child's visual understanding of geometric concepts. For example, on a computer, puzzle shapes are transparent. So, children can see the puzzle they are trying to solve as they work out the solution.

Computer activity is often more effective than toys in stimulating vocalization and evoking higher levels of social play. Children tend to talk more and explain more of what they are doing on computers than when using other materials. At higher levels, computers allow children to break apart and put together shapes in ways not possible with physical blocks.

Finally, researchers have found that children in class-rooms spend the same amount of time playing together on computers as they do in block centers. If your child wants to play on a PC at home, consider the cooperative play a computer game may provide in the context of initiating and sustaining interaction that can transfer to play in other areas, too. This is especially important for boys. (Please limit the time spent on the computers for children.)

The last day of school is May 23 for the 4-year-olds and May 22 for the 3-year-olds.

Graduation for the pre-k class will be held on May 23 in the afternoon. Please mark your calendar.

REGISTRATION

Registration is going well, with lots of new children joining Desert Rose Preschool. Many students are returning for summer and fall classes. Our summer

program is almost full. If you are interested, please register now. If the class is full, we could put you on a waiting list. Sometimes, people register, but their plans change. If you are interested in being on the waiting list, please call me at (480) 654-4223.

Everyone who registered will receive a phone call to verify all the information, and make sure the times and days are correct. Please call me if you have any questions or concerns about registration.

We will continue to have registration during the first two weeks of April. There will be a \$25 registration fee.

The summer session will start on June 16 and conclude on Aug. 8. Classes are five days a week for eight weeks. You could choose from:

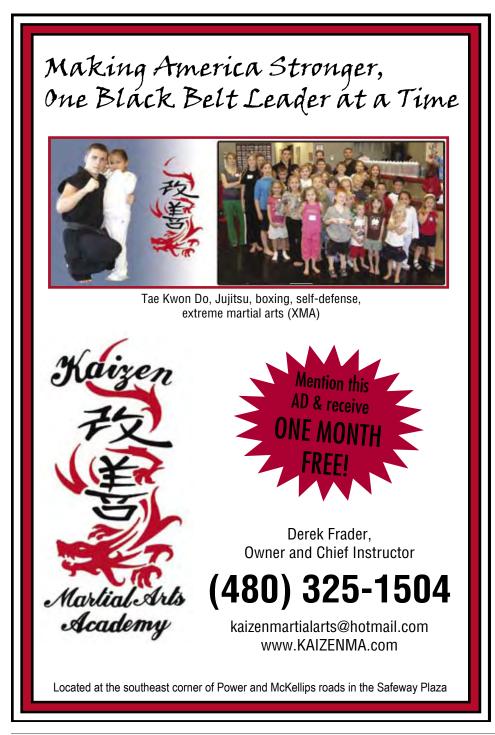
- Monday, Wednesday and Friday morning or afternoon at \$175 a month.
- Five days a week in the morning or afternoon at \$250 a month.
- All-day classes from 9 a.m. to 3 p.m. at \$500 a month. There will not be a session of two days a week this summer.

FALL CLASSES

- Classes are limited to 20 students or less.
- · Preschool will start on Aug. 18.
- Classes for 4-year-olds will be held Monday, Wednesday and Friday from 9 to 11:30 a.m. at \$175 a month.
- Classes for 3-year-olds will be held Tuesday and Thursday from 9 to 11:30 a.m. at \$150 a month.
- Pre-k classes will be held Monday through Friday from 12:30 to 3 p.m. at \$225 a month.
- Full-time classes are held five days a week from 9 a.m. to 3 p.m. at \$500 a month.

(Kids in Motion will be extra for those who stay all day or want to stay an extra hour.)

If you have any questions, please call me at (480) 654-4223, or send an e-mail to jbuttitta@cox.net. ■









TRACK AND FIELD DAY showcased good sportsmanship



By Kim Phillips

hysical education specialists Pam McConnell and Glen Coy hosted an awesome track and field day last month at Las Sendas Elementary School, where students in grades 3 through 6 participated in a variety of sports, including hurdles, relays and sack races.

"This is a culmination activity for our track and field unit we do," said Pam. "We also incorporate other activities the kids will like, so they will have success and enjoy the day."

The physical education teacher said she appreciates the awesome teachers at Las Sendas Elementary, who are willing to come out and spend their day working the events. "We have repeat volunteers, and the parents help everything run smoothly, too," Pam added.

The 10th annual popular event lasted for approximately five hours, and featured several sports stations, including tug-ofwar and sack races, as well as traditional track and field activities, such as the long jump, hurdles and timed dashes.

"Track and field day is a great event because it gets them outside, and lets them have a fun day at school," said parent Lindy Eisenmayer, who was at the school to cheer on her sons, Matt and Michael.

Parent Karen Brard agreed. "It's great that they get to get out and enjoy the sunshine and fresh air," she commented. "And not get in trouble for hanging out with their friends," she chuckled.

Karen's daughter, Rhianna, a thirdgrader, said she enjoyed the track and field event because, "If you don't play that many sports, you can try them out here."

Several of the students couldn't help but express their satisfaction with the day's events. "It's fun to try and win ribbons, and to just go out and do your best," said Taylor Schwenn, a sixth-grader in Mr. Reagan's class.

Megan Elliott said she enjoyed being outside in the sun all day. "And getting all my energy out," she commented. Her friend, Katelyn Hicks, said she liked the hurdles. "I like being able to run as fast as I can and giving all the energy I have."

JoAnna Frost, a sixth-grader in Miss Riccolo's class, said she especially enjoyed not having to do school work. "Just having fun," she smiled.

The final event of the day, the class relays, brought everybody together to yell and cheer for their classmates, who ran as fast as they could to pass the baton and win the first place ribbons.

The event was a huge success, with everyone displaying their best sportsmanship, and as the posters at the school said, a good sport is always a winner. ■

Kindergarteners enjoy zoo field trip

By Kim Phillips

indergarteners at Las Sendas Elementary School enjoyed a great day at the Phoenix Zoo

While the youngsters were pleased to view the animals as the final part of their animal unit at school, they really had fun running around, eating their lunch and playing on the exciting zoo playgrounds.

Their favorite animals were the rhinos, tigers and lions. Some even said they liked the baboons!

The day whizzed by from the very beginning at 8 a.m., when they received their nametags, and learned which parent would be their chaperone. From there, they boarded the buses and headed to the zoo.

Once there, they joined their groups of five and voted on where they wanted to go first. The kindergarteners ran and ran to each animal display, and ooed and aahed as they talked about what they liked about each animal.

Soon though, sooner than expected, the children said they were hungry, and sat down for a sack lunch. Afterward, they said they wanted to play, and headed to the zoo playgrounds, where the youngsters explored the many opportunities to burn their energy.

Before they knew it, the time had come to go back to school. Many of the children were ready, as they said their legs and feet hurt, and they were tired.

Nonetheless, the young students enjoyed their field trip to the Phoenix Zoo, but were happy to return to Las Sendas, and share their day with their parents and siblings. ■





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PREMIER MARTIAL ARTS CONTINUED FROM FRONT PAGE »

"Jonathan tried soccer and baseball before," added Steven, "but he did not get into it. Martial arts is more directed, more intense, and you get the full benefit of the black belt mentality continuously. This is worth every penny."

By this time, Jessica's tip testing was successfully completed. "I want you to realize," master instructor Kelly told his smartlooking bunch, "that you could not have made this accomplishment without your parents." So, he sent them out of the fighting zone, one at a time, to hug the benchwarmers.

ABOUT PREMIER MARTIAL ARTS

Jeannie and Greg Silva are proud of the successful accomplishments of their clients. Many martial arts schools for which they have consulted ultimately received outstanding business awards and recognition in trade magazines.

The Premier facility is a top-notch studio for mixed martial arts, with three locations in the Valley. The four disciplines taught are karate, kickboxing, submission grappling and *kali* (weapons class). Fitness is a goal in all disciplines.

Highly credentialed grand master Greg Silva founded Premier. Greg picked up martial arts in high school. He made a deal with his mother to first finish business school at the University of Connecticut. One month after graduation in 1973, he opened his first studio.

Between 1989 and 1995, Greg became world-famous for his karate school in Coral Springs, Fla., which, at one time, attracted more than 1,200 active children. With his martial arts vision from the perspective of child psychology, Greg revolutionized the industry. Many martial arts schools came to emulate his model.

After Greg retired from teaching, he began consulting for martial arts schools



nationwide. He gathered more than a thousand clients for United Professionals, his martial arts agency. Many of his clients have been featured in trade magazines for their stellar business successes.

Three years ago, Greg founded the licensed program Premier Martial Arts, which now has more than 80 branches nationwide and several affiliates in England and Canada. But Greg missed being in school. So, he bought the former De Palma *kenpo* studio when it became available. Now the grand master is teaching again.

With its Black Belt Excellence Award, Premier instills a can-do spirit in students, which serves to transpire on all dimensions of life. For a child, that means, if you can master the progressive difficulty of the moves in class, you can master many other challenges.

You can make an appointment with Premier Martial Arts at (480) 218-7777, or visit the studio afternoons when in session. Premier is located on the northwest corner of Power and McDowell roads. More information is available at www.pmaschools.com.

Premier Martial Arts continuously strives to improve teaching strategies and integrate novel approaches. To showcase excellence, Premier invites top-notch professionals to teach workshops.

AR'

FastFrame's Artist of the Month Bud Heiss captures spirit of Arizona landscapes

By AnnElise Makin
hat a
genuine
symbiosis.
FastFrame recently
launched a creative partnership with the Mesa Art
League to showcase their
Artists of the Month.

Landscape
painter Bud Heiss was
FastFrame's premiere artist in March.
But Steve Feld, from the framing shop on
McKellips and Power, is planning to feature
another exhibit each month.

Bud Heiss was an excellent start for the artist series. Bud is a well-seasoned landscape painter with an impressive résumé of shows and awards. The educator, with a bachelor's degree in Fine Arts from the University of Nebraska, has taught at various institutions across the country. Last year, Bud also won Artist of the Year at the Mesa Art League.

"I got into art as a sophomore in high school," Bud recalled. "I took art for an easy grade, and found out, to my shock, I could actually draw." That got him started. He chose an education in the fine arts.

In hindsight, Bud says, crayons and brushes kept him out of trouble. Therefore, he never felt the adolescent need to experiment with drugs.

Bud excels at acrylic landscapes, which he paints from photographs. He also likes to indulge intricately in watercolor still lives. His flower close-ups are exquisite.

"When you do watercolors," the artist remarked, "you have to think backwards." This medium, which is sometimes considered child's play, is not easy at all to master.

"You have to know where the highlights

go before you start," he said about factoring in the white of the paper as element of style. "Unless you want to cheat," he grinned, "and dab them on later." But that's not true watercolor to him.

Bud's favorite medium had been pastel crayons—until he got hurt in a framing acci-

dent. A big piece of glass crushed down on his hand and severed essential nerves. The scars from the injury are still visible.

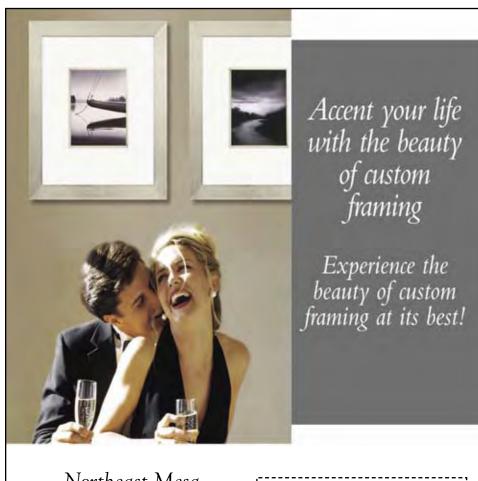
That couldn't stop Bud from painting. He overcame the injury, and continued perfecting his skills. Bud occasionally does figurative painting. This honor, however, belongs mostly to his granddaughter, Abigail. He paints one portrait of her each year.

Bud Heiss sometimes calls himself a semi-professional painter. He has another occupation to fall back on when painting is slow. He is a printing press operator, a trade he learned on the job.

Since Bud has made his home in Gilbert since 2004, he has quickly gathered recognition in the local art scene. Another thing fell into place. After 30 some years, Bud finally reconnected with his high school sweetheart, Sherry, from Nebraska. They both look very happily married.

FastFrame is located on the northeast corner of Power and McKellips, at 2025 N. Power Road, Suite 103. For information on ongoing exhibits and framing services, call Steve Feld at (480) 325-4911, or send an e-mail to Fastframe385@cox.net.

For more information about the paintings of Bud Heiss, contact the artist at (480) 899-0500, or send an e-mail to heissbud@hotmail.com.



Northeast Mesa 2025 North Power Rd. (NE corner of Power & McKellips) 480-325-4911

Bring in this ad for \$40 off custom framing.

Good for custom framing only. Not valid on work in progress or with other offers. Expires 10/31/08.





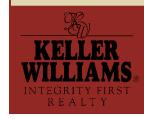
7714 E. Sierra Morena \$345,000

Picture-perfect single level is located in the very quiet Rolling Hills of Las Sendas. It's already hosting a hummingbird sanctuary with a green grassy backyard and mature trees and plants. A great place to sit and relax. Both the front and rear of home is bordered by common desert areas for nice views and privacy. Immaculate, well maintained, and freshly painted! Special upgrades include custom window awnings, water softener/purification system, reverse osmosis drinking water system, surround sound pre-wire, and wood blinds. This is a perfect winter retreat or year round Arizona home!



3827 N. Red Sky Circle \$430,000

Very popular 'great room' single level situated in the higher elevation of Echo Canyon of Las Sendas. This home boasts large bedrooms with the master enjoying a sitting area overlooking the beautiful blooming backyard botanicals! Immaculate, well maintained, and move in ready! Home features custom plantation shutt ers and low maintenance desert front and backyard landscape. Original owners, no smoking, no pets! Another lovely winter retreat or year round Arizona home. Full 3 Car Garage!





Linda Liner
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Great food and family atmosphere ON THE MENU AT MONTE CELLO'S



'atrina and Bill Albright found the perfect location in Northeast Mesa for their small start-up restaurant. The Mesa Monte Cello's, located on the northeast corner of Power and McKellips roads in the Target mall, opened in December of this past year. The restaurant owners are excited about the location and what the restaurant offers its patrons.

"Monte Cello's is very family-oriented," Katrina said. "The restaurant decor is relaxing and romantic, in the style of an Italian piazza. It is a wonderful family environment and also family affordable."

The first Monte Cello's restaurant opened its doors on June 5, 1980 in Pennsylvania, and has remained in business for more than 26 years. One of the Monte Cello's secrets of success is the daily care and time taken to make fresh menu items, including pizza dough, sauces and soups from scratch. However, the most important ingredient of the Monte Cello's recipe is "never sacrificing quality while always keeping the family budget in mind!"

Pasta dinners start at \$9, and a full pizza menu includes calzones and stromboli. Monte Cello's famous Steak, Onion, Ranch Pizza, very popular with customers, highlights a variety of specialty pizzas. With a restaurant special of Dinner for Two at \$12.99, diners also enjoy soup or salad and bread.

An extensive, delicious menu offers entrees and pizza. A few customer favorites are the Chicken Amaretto, Pasta DaNucci and Pollo di Salsa Italiano. "Customers also love the appetizers," Katrina stated with a smile. "The Artichoke Dip, Spinach Rolls, Bruschetta and our tender Calamari are very popular."

A lunch buffet, with salad, pizza, pasta and soup, is offered every Tuesday through Friday, from 11 a.m. to 2 p.m.

Monte Cello's is closed to the public on Mondays, but takes reservations for private events or large parties.

For more information about Monte Cello's, call (480) 218-9211, or send an e-mail to montecellosaz@cox.net. ■



INSURANCE

A Personal Umbrella May Be Just What You Need for a Rainy Day

By Donna Kohlhase, CLU, CbFC, CASL, CFP® State Farm Agent

There are so many rainy days people can experience—a sick child, a broken down car, a late mortgage payment.

BUT WHAT ABOUT A LAWSUIT?

These days, more and more lawsuits are being filed—not just against big corporations, but also against people like you and me. Litigation can be expensive when you add up lawyer's fees and settlements or jury awards. If you have assets, such as cars or a home, you should consider a personal liability umbrella policy.

WHAT IS AN UMBRELLA?

A personal liability umbrella policy is designed to give you extra liability protection. It can include coverage for various situations, such as false arrest, false imprisonment, wrongful detention, libel, slander, defamation of character or invasion

The policy can be beneficial, especially if you are ever sued because of an accidental injury to someone else or damage to his/her property.

For example, if a visitor tripped and fell down your stairs, your homeowner's insurance would cover his/her medical bills.

But if the person went a step further and decided to sue you, would your homeowner's policy provide enough coverage? If a jury awarded damages exceeding your coverage limits you could be in jeopardy of losing your home or other assets. This is where the umbrella could help you out

by giving you extra protection. A personal liability umbrella can also be applied to your auto coverage.

WHY AN UMBRELLA?

A personal liability umbrella policy can give you a lot of coverage—about \$1 million worth—for a small premium.

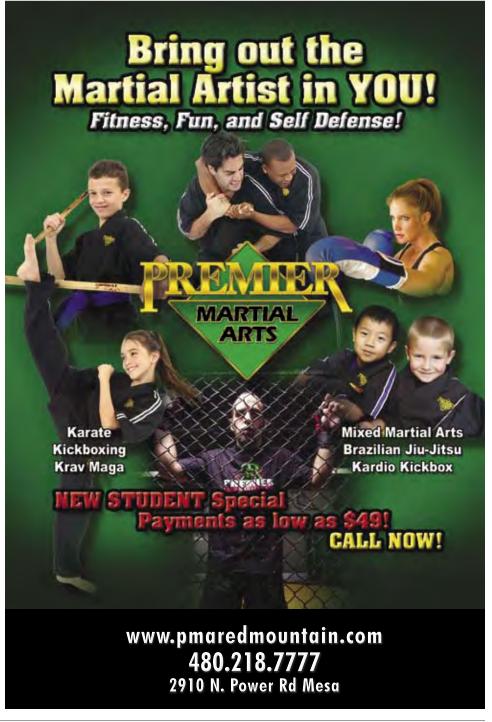
It can protect your assets when you need it the most, and can bring you peace of mind knowing you have it around.

To see if this is a policy that can be beneficial to you, talk to your insurance









Shade when you want it FROM LIBERTY HOME PRODUCTS

Submitted by Amy Huette

ost of us live in Arizona because we enjoy the climate and our 300-plus days of sunshine annually. Problem is, the very same sunshine that feels really great during the 60 to 70 degree temperatures we experience year-round is more than a bit uncomfortable during drought-stricken, 100-plus degree summer days.

Wouldn't those sunny days be even better if we had some control over the sun versus shade, and we were able to spend more time enjoying the outdoors?

Shade when you want it and sky when you don't. That's exactly what Liberty Home Products provides its customers with its retractable awnings.

As Phoenix's premier factorydirect awning manufacturer, the family-owned company has led competitors for more than 23 years by delivering uncommon capabilities and superior customer service.

Staying in the forefront of the industry by using state-of-the-art technology is one example. An automatic fabric seamer, ultrasonic fabric welder and a specialized thread guaranteed for the life of the fabric allow Liberty to produce customized awnings more quickly and of a higher quality.

Paying attention to something as simple as the thread made by the same company known for developing Goretex for the garment industry, provides the Liberty customer an advantage by eliminating the need to ever resew a seam.



As a Liberty customer, you are in total control of your shaded environment. Add visual appeal and value to your home by selecting from more than 200 fabrics, including stripes, solids and subtle patterns, as well as three available frame colors.

Choose from manual, motorized or wireless control operation. Finally, for the utmost in convenience and high-tech operation, add electronic sensors that extend or retract the awning automatically, according to weather conditions.

All of this, combined with the fact you deal factory-direct with Liberty and avoid the middleman, returns more value for your dollar.

There's another option for your control of sun versus shade that helps homeowners protect their views—the retractable solar shade. They function like sunglasses, blocking up to 90 percent of the heat, glare and solar radiation (UV rays). Yet, they allow the beauty of warm

sunlight to filter into your home.

They can be applied to the interior or exterior of your home. Solar shades protect your carpets, rugs, furniture, artwork and wood floors. They also help to minimize incoming glare on your TV or computer. And, of course, these are another custom-built Liberty product custom designed for your home.

If you need protection from the sun and wind for your covered west-facing patio, a gazebo or hot tub, see Liberty's patio sun and wind screens. The screens block up to 94 percent of the direct sunlight and wind, but maintain your view.

Friendly, free in-home estimates and professional advice are a Liberty tradition. Schedule a convenient appointment at your home by calling (602) 956-1642, or see the company Web site at www. libertyhomeproducts.com.

Liberty Home Products is located at 4012 E. Broadway Road in Phoenix. ■

SPORTS

Soccer Skills Assessment COMING SOON

Submitted by Mesa
Soccer Club

esa Soccer
Club (MSC)
will host a
skills assessment for the
2008-2009 soccer season,

beginning Monday, April 14 at 6 p.m.

The purpose of skills assessment is to form teams for the 2008-2009 seasons, starting this summer. Players will be evaluated for the formation of competitive teams playing in the Valley Youth Soccer League or the Arizona State Soccer League (ages 6 through 17) or in our Club Developmental League (ages 5 to 11).

Sessions will be held at the Red Mountain Soccer Complex, located at 905 N. Sun Valley (just east of Power Road and north of Adobe) and the Quail Run Soccer Complex, located at 4155 E. Virginia (just west of Greenfield Road and south of the Loop 202). Participants are expected to attend all sessions listed for their age group. The \$10 cost includes all sessions and an MSC United shirt.

All participants must bring water, shin guards and a soccer ball. Please arrive 15 minutes prior to the first session to fill out a registration form. For your convenience, you can visit the Web site at www. mscunited.org for times, locations, forms and additional information.

To fill rosters, coaches may decide to conduct further assessments, as needed, once these formal sessions are complete.

MSC United takes pride in the growth of club members as players, students and responsible young men and women.

For more information, call (480) 858-5890, or visit the Web at www. mscunited.org. ■

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From left: Justin Gettys (German Navy lieutenant) and his brother, Shaun Gettys (German Diplomatic Corps officer), and Evan Martin (German Air Force lieutenant); kneeling in front, Steven Bondy (German submarine commander).

By AnnElise Makin

ogey could have peeked into the hangar any time. For the 2008 Sentimental Journey, the historic airplanes at the Commemorative Air Force (CAF) Aircraft Museum had evacuated to make room for glamorous revelry. Big band swing put the USO-style party in the mood, but World War II veterans and re-enactors provided the time travel.

A Night in the 40s relocated the CAF a stone's throw from Casablanca. Robert Savard had donned his tancolored uniform of the German West Africa Corps."I put the uniform together myself," he explained proudly.

Robert had actually started tailoring the WWII period garment to match his ride. Some time ago, he had acquired a Russian built, 1939 motorcycle with by-wagon. This was the right time to pose for a picture on the bike with artist girlfriend Patricia Lazaro.

Uniforms were the rave at this 40s night. Steven Bondy, from Chandler, appeared as German submarine commander. "A friend of mine collects uniforms," he said. Steven, a former U.S. Navy cadet, is portraying Civil War characters at other times.

Re-enactors and veterans go on a Sentimental Journey at A Night in the 40s



Ralph Johnson, another of this group of military historians, was a German Luftwaffe Oberleutnant, that is, first lieutenant in the Air Force. "I am a night fighter commander," he described. Ralph, in real life a reservist with the Davis Monthan Air Force, has also portrayed Civil War soldiers, most recently, at Schnepf Farms Heritage Festival, in Queen Creek.

Evan Martin had come from Santa Cruz, Calif., to join his cousins, Justin and Shaun Gettys, from Glendale, to add German reinforcements. Justin was a Navy officer; Shaun was a Diplomatic Corps officer; and Evan was an Air Force officer.

They looked quite real, indeed. And you could get all your historic questions answered. "Our uniforms are replicas," the three militarists confided. But they had certainly done their homework on the styles, down to the smallest button.

And then, out of the blue, General Patton walked across the airfield. In all unlikelyhood, Patton, alias Paul Ozolins, from Yorba Linda, Calif.,

joined in friendly discourse with two German colonels.

Paul, alias The General, was wearing his own authentic, but adapted, uniform from the post-Korea era. "But it is nice to have all the stars added," he admitted. "Patton," he said, "wore all kinds of uniforms because, at his rank, he could."

This Sentimental Journey into A Night in the 40s was certainly star-studded. While the re-enactors brought the show visually alive, the real veterans in plain clothes were the heroes to be celebrated for their contributions in the Great War.

Unforgettable! Play it again, Sam. ■

The Commemorative Air Force (CAF) Aircraft Museum, on the northeast corner of Greenfield and McKellips, at 2017 N. Greenfield Road, provides WWII memories all year round. On display is also the vintage B-17 Flying Fortress bomber Sentimental Journey. For opening times and special events, call (480) 924-1940, or go to www.arizonawingcaf.com.

||| THEATER

THOSE GOOD OLD SCHOOL DAZE Life in the 40s and 50s as a teenager

By AnnElise Makin

y first kiss, I remember it well. "It was like kissing a dead fish, a slobbering, horrible experi-Lence," this young actress quipped. She was not talking about herself. Rather, so went another lady's story, much her senior. Sound familiar?

The audience at the Red Mountain Senior Center had plenty reasons to chuckle at these familiar memories. The Intergenerational Theatre Troupe, at East Valley Children's Theatre, was entertaining them to their

This was the kiss-and-dash part of the skit. At that time, let's say the 40s, after the football game, the coy cheerleader had declined an urgent request for a kiss. So, the daring suitor grabbed her and stole one anyway.

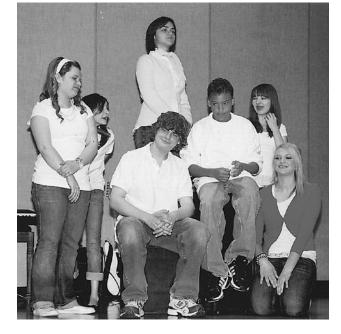
In the old days, young people went cruising and ogling, too. That is what four girls with a steering wheel simulated. Yet, cruising was rationed by high gas prices. That's what we have now. And crashes and crushes happened. Don't we know.

Some things might have been different in grandma's time. Blue jeans weren't respectable, and long hair was frowned upon. But back then, just like now, young people had dreams.

"I loved Clark Gable in Gone with the Wind," sighed one young thespian wistfully. "I just wanted to get out of this one-horse town in Minnesota," a young man reckoned. And everybody wanted to be somebody, a teacher, a

The Intergenerational Theatre Troupe presented memories back to the seniors. A while ago, the young actors had gathered interviews from senior citizens about their lives as teens, and then turned these stories into plays.

"This project came actually out of my MA [Master of Arts] thesis," said director Nicole Gibson Rice. Her field then was gerontology, with a focus on aging and leisure. So,



she matched her young actors with senior script sources for the Intergenerational Theatre Troupe.

"I felt that both groups, young and old, would benefit," Nicole said. "We can all learn from the seniors' stories. If we don't collect them now, they will be lost, especially those of the World War II generation."

Young actress Rebecca Whisenant wrote the kissing scene, as told to her. She learned a great deal. Ever wondered why people in old photographs looked so serious? One elderly couple expressed that life was tough, so they didn't feel like smiling.

"I was being told that young people today are more disrespectful," said stage manager Heather More. "I believe that is somewhat true." She remembered interviewing a woman who was really shy, like her. That didn't make talking any easier.





At this premiere, the kids presented memories back to the seniors under the long name Saddle Shoes to Bucks, Poodle Skirts to Tapered Pants—Those Good Old School Daze. The Red Mountain seniors enjoyed the show with

The Intergenerational Theatre program, now in its third year, has successfully been bridging the gap between young and old. This performance piece, in a community setting, dramatically realizes the notion that, although things have changed over the years, kids will just be kids.

For more information about this program and many other events at East Valley Children's Theatre, go to www. evct.org. ■

||| HEALTH

Banner Baywood Medical Center is seeking patients suffering from diabetic foot ulcers for new clinical study

Submitted by Banner Baywood Medical Center

 \neg here are currently more than 20 million Americans who have diabetes, and this number is expected to double by the year 2030.

Many diabetic patients suffer from a loss of feeling in their feet (peripheral neuropathy). More than 850,000 chronic diabetic ulcers are diagnosed in the U.S.

each year. Patients with non-healing ulcers are more susceptible to infections that may lead to amputation of the affected foot or leg.

Banner Baywood Medical Center is participating in the MATRIX clinical study to evaluate the therapeutic effects of Excellarate (GAM501) in patients with

chronic diabetic foot ulcers. Excellarate is an investigational product designed to stimulate wound healing.

If you have been diagnosed with Type 1 or Type 2 diabetes, requiring insulin or other agent to control your blood sugar, and have had a foot ulcer for six weeks or more, you may be eligible for this study.

To learn more about the MATRIX study, please contact Tina Schaffner at (480) 854-5213 or Barbara Lambeth at (480) 854-5178. ■



Relay's paratrooper, Debi More, has lots of ideas for fund-raising events

→he Relay for Life—East Mesa has many passionate supporters. One of its paratroopers par excellence is Debi More, from the Red Mountain neighborhood. She has been beating the drum loudly for the Relay at Red Mountain Christian Center, as well as with friends in all places.

"This Relay is very close to my heart," Debi said. "In 2007, my husband, Bob, was diagnosed with skin cancer," she reported. "And he was never a person to be in the sun. So, anyone can get cancer."

Fortunately, Bob was successfully treated. But 25 years ago, Debi's mom lost her life to a brain tumor. Although radiation and chemotherapy seemed to have held the tumor in check, it came back with a vengeance.

Debi can tell several more such stories of friends lost. But like all Relay-for-Lifers, she was tired of watching a disease take its toll. It was time to do something. She got involved with the Relay to raise money for the American Cancer Society. She wants to help in finding a cure for cancer.

Debi is passionately good at pursuing her cause. Not only is she coordinating the Red Mountain Christian Center Relay teams, she also threw her own hobby into the game. Since she likes to craft costume jewelry, Debi threw a beading party to benefit the Relay,

earning more than \$500 for the cause.

The buck does not stop there. Debi came up with and realized a number of fund-raising ideas. She and Bob threw a Super Bowl party to benefit the Relay. Other ideas materialized as candy sales, bake sales and bunco parties.

So, there is never an end to the creativity benefiting the Relay. Debi is among the top fund-raisers for this event.

If you would like to get ideas for projects or sign up for the Relay, contact Debi at debimore1@yahoo.com.

If you would like to donate, register a team or find out the current status of the Relay, go to http://events.cancer.org/rfleastmesaaz. ■

III EVENT

NBC's Biggest Loser casting call draws more than 800 applicants to Superstition Springs



tion of sharing instantly flared up. "Oh, I can't manage to resist ice cream with fudge," said one

woman, chuckling. "I have a weakness for Girl Scout cookies,"

"You know, I was taught, to finish that plate," a man said. And all agreed their sedentary lifestyles had something to do with their escalating weight.

"See how easily we are just talking here," casting producer Barbara said as she quickly wrapped up the session. "Remember, here, we are looking for couples," she added.

Candidates were advised to submit a video tape to showcase their personalities. "Reality" casting requires producers to finagle the drama from the dynamics of participants' relationships.

"Make sure you are prepared not to come home for three months, if you are chosen," Barbara cautioned. With that, she released the 12:50 p.m. group into a cheering crowd awaiting their turn.

How does a casting producer remember hundreds of faces?"If you have been doing this for as long as I have, you just do," Barbara said. "Even if some people did not get to talk, I can certainly see a sparkle in their eyes."

At the end of the line, but not the end of the day, several hundred Biggest Loser hopefuls were still waiting to take the first hurdle to a total life change, a whole-body makeover, primetime notoriety and

; the \$250,000 grand prize.

Sandy has looked into weight loss options, but found that gyms are quite expensive. Being on the Biggest Loser would get her a free life makeover. If it wasn't going to materialize, she was considering starting her own weight loss group.

Sara Cooley, age 24, from Bullhead City: "I just want to be looked at as an individual. I have had a very hard childhood. And even though therapy has helped, weight control is still an existing thing."

Sara, who was auditioning with her friend, Amanda, was already looking beyond the casting call." If this is not going to work out," she said, "my friend and I will probably join a gym."

Amanda Looman, age 25, from Glendale: "Being on the Biggest Loser would give me such an opportunity, time to exercise and the dedication to pursue my weight loss goal. And I can easily make arrangements to set aside the time for it."

Amanda, who is working multiple jobs to the extent of 60 to 70 hours per week, feels there is no time for an intensive weight loss program in her day-to-day life. "Right now, I just don't see another possibility," she said.

Kathleen Guthrie, from Glendale: "A place on the Biggest Loser show would provide me with the motivation. I don't get any support at home. But I am currently on the Biggest Loser exercise program."

Kathleen acquired the Biggest Loser exercise book during a tour of winners at the Arizona Mills Mall. She lost 20 pounds already. "If I am not chosen, I will continue the program anyway," she concluded.

FINDING THE PERSON INSIDE OF YOU WITH THE BIGGEST LOSER SARA COOLEY, SANDY BLIEMEISTER AND **KATHLEEN GUTHRIE**



What were the odds to win a spot on the Biggest Loser? Let's say, probably two in 800 would be chosen, as the show sought to recruit couples. The dreams of the other 798 applicants would disappear after their second callback, at the latest.

Regarding the nearly thousand applicants, two questions come to mind: What was their motivation for seeking the torture of a reality show? What would they do with their lives if the show could not take them? We posed these questions to several applicants at the end of the line.

Sandy Bliemeister, age 54, from Tempe: "My daughter got me here. My mom died when she was 54. My grandmother also died when she was 54. I am looking at the facts, and I am ready to change family history."

LESIA AND DWAYNE FEARS



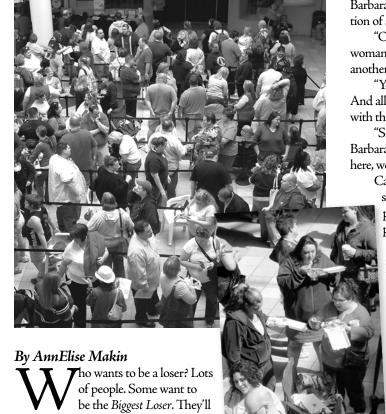
Lesia and Dwayne Fears, from Laveen: "I needed something extreme," Lesia said, "and being on national TV is as extreme as it gets." Did she do diet and exercise?"Of course not, why do you think we are all here?"

Her motivation, she confessed, usually holds for about a week before going to job interviews.

Lesia, the youngest of seven children, in no way blames her upbringing for her weight problem."My sisters look like pencils," she said, "and I used to be happy with myself. But I am not happy now." Her husband, Dwayne, says he wants to get healthier and to be there for the kids for a long time. "It is not a want [to lose weight] anymore, it is a need," he concluded.

Perhaps nobody expressed her motivation as poignantly as Lesia: "I truly want to find the person who is inside of me." If she couldn't get on the show, she would still want to find couples to engage in a healthy competition.

Many realized that day, the Biggest Loser can't take everyone. But if the show accomplishes to motivate some, it still provides the benefit of role modeling. ■



take on extreme drills, crying spells and merciless exposure on public TV.

At least 800 individuals from this Valley wanted a spot on NBC's Biggest Loser weight loss reality show. They had heard about the casting call at Superstition Springs Center.

Only the first 500 applicants were promised an interview. Saturday afternoon, around 1 p.m., several hundred were still waiting for their 100-minute audition.

"Some people arrived the night before and camped out," reported Westcor's marketing manager Melissa Buxton. "A large crowd streamed in at 6:30 a.m. when we opened the doors." The Biggest Loser had perhaps chosen Mesa for a reason.

It had been ranked the ninth fattest city in the United States by Men's Fitness magazine. To promote municipal health goals, Mesa initiated a Centers for Disease Control-sponsored Fit City campaign in 2008.

"We had great fun this morning," Melissa said. "The atmosphere was happy and energetic. A number of our retailers opened up early to serve travelers." Westcor, which had received the casting call request a month ago, had to act quickly on the event.

At the Mervyn's court, two batches of 10 applicants each were ushered into the group interviews. Clearly, these folks, equipped with résumé and photo, came from all walks of life.

'Why are we so fat in this country?" casting producer

||| EVENT

Survivors at the heart of Relay Every year it turns out the best ever

Bv AnnElise Makin

"Tdon't recommend having cancer, but people should live like they have it," survivor Brenda Cranson said addressing the East Mesa Relay teams at a pep rally last fall. Brenda, a young massage therapist from Tempe, was about to share her story.

A diagnosis of skin cancer had hurled Brenda's 22-year-old expectations of normalcy into an abyss of despair. Only true empathy from friends and strangers could bridge the cataclysm between what she took for granted and the apparently indiscriminate strike by cancer.

Indiscriminate? Indeed. Cancer can and will strike anybody. "I always thought cancer happens to old people," Brenda admitted, "or people who smoke." She had a healthy lifestyle and no contributing risk factors. And yet, that mole on her back would not stop bleeding.

Suddenly, Brenda felt very discriminated against by a disease beyond her control. Her plans of getting married also seemed unreal. Besides, "I never bought anything I could not pay for," she continued, "and here I was thousands into debt. I did not deserve this. I had done nothing wrong."

"Cancer makes us all feel helpless," said Karen Eulate, this year's chairperson for the East Mesa Relay survivor committee."I have loved ones touched by cancer. That's why I got involved in the crusade of finding a cure."

Karen has held various offices in the Relay campaign, and served as event chair last year. She has been a guidance counselor at Westwood High School since last August, after she transferred from Fremont Junior High, where she served 18 years.

Karen has been with the Relay ever since it started at Red Mountain High nine years ago. "My colleague at Fremont needed a chaperone," she said."And so, I set out on my first adventure of the Relay."

During the first year, one of Karen's favorite students was the keynote speaker at the luminary ceremony. "Eric was battling melanoma," Karen said, "and everything was touch and go with him."

However, in his speech, Eric baffled his counselor to the heart's core, saying if it hadn't been for cancer, he would never have learned to fight this hard. "He was facing enormous adversity," Karen related, "but he decided to fight and win. It was the most moving thing."

The first Relay at Red Mountain High drew about 300 people. Last year, more than 4,000 combatants participated, over 3,000 luminaries were lit, and 95 survivors participated.

"Survivors get to walk the first lap in the relay," Karen said, "are treated to a luncheon, like last year by Red, White and Brew, and are the central part of the luminaria ceremony." Decorated candle bags, in memory of victims or in honor of survivors of cancer, are placed around the track and on bleachers.



Julie Bishop shows off last year's Relay T-shirt. Business and corporate sponsorships for the Relay are available on various levels.

"This year, we want to honor 120 survivors," Karen announced. "Our next Relay will be bigger and better than it has ever been. Every year, the Relay turns out as the best ever. We always top everything we have done."

For one night of the year, everybody gets a chance, at the East Mesa Relay, to live, like Brenda said, as if they had cancer. "You want to do everything right now," survivor Brenda advised. "Live as if it's going to be your last day."■

From left: Karen Eulate; Brenda and Joel Cranson; and Jeff Glenn,

Brenda's father, at the pep rally for Relay for Life 2008.

THE 2008 RELAY FOR LIFE—EAST MESA

The Relay for Life—East Mesa is a fund-raising event for the American Cancer Society. Relay teams come from all walks of life—schools, businesses, organizations and families—to fulfill their 24-hour walking pledge.

Since the Relay is a community gathering and not an athletic event, everybody can participate. Activities, games and sideshows are provided throughout.

The Relay's goal for this year is to raise \$240,000 for the American Cancer Society, recruit 120 walking teams and honor 120 survivors.

As in previous years, the Relay will be held at Red Mountain High School, located at 7301 E. Brown Road. Activities begin on Saturday, April 12, at 1 p.m. and continue until Sunday, April 13, 7 a.m.

If you want to create a group or register your team, go to http://events.cancer.org/rfleastmesaaz, or contact event chair Eric Brown at only2putt@cox.net or at (480) 628-7007.

If you have a business and are considering sponsoring the Relay, having your business name prominently displayed, contact Julie Bishop at julieraynee@hotmail.com or at (480) 510-4015. Several levels of sponsorship are available.

If you are a survivor and enjoy sharing, moral support and good companionship, contact Karen Eulate at (480) 472-4422. Living and surviving is at the core of the Relay celebration.

THE LAS SENDAS OFFICE BUILDING at the entrance to the Golf Course



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Kidd Painting participates in project honoring disabled veterans

By Tracy Kidd

hile Americans are divided more than ever regarding our presence in Iraq and the continuing war, a particular group of business men and women in the Valley have decided to concentrate on helping our disabled veterans regardless of their views on the war.

The Painting and Decorating Contractors of America (PDCA), a professional organization holding the professional painting industry to a higher standard, held their annual charity event on March 15. This year's service project consisted of painting houses for American disabled veterans.

Each branch of service was represented. Kidd Painting and Garage Floor Coatings LLC, an interior/exterior residential painting company, was assigned to represent the Marines. The first accredited member of PDCA in Arizona, Kidd Painting participated in the event by

painting the home of a young Iraqi War veteran who was injured in the line of duty.

Volunteers came together to paint the home in a day. Frazee donated the paint, and Kidd Painting provided lunch for all volunteers.

This event proved to be a very emotional experience for the owners of Kidd Painting, who reside in Red Mountain Ranch. Tracy Kidd has had a member of her family continuously involved in military service from as far back as the Civil War.

"We truly feel honored to have painted for this Marine," Tracy Kidd said. "Kidd Painting is further honored to be part of this project."

After painting all day, Kidd Painting and Garage Floor Coatings wrapped up the event with a night at the Jobing. com Arena in Phoenix, taking in a Coyotes hockey game. Kidd Painting has a long and strong history of community involvement. They recently completed a fund-raising event for the American Heart Association in conjunction with Makenna Kidd, daughter of Scott and Tracy Kidd, owners of Kidd Painting. They raised an astounding \$1,355.

"At Kidd Painting, we believe it is so vitally important to give back to the community," Tracy stated. "The community has kept our company busy and profitable, and we want to show our appreciation."

To learn more about the PDCA, go to www.pdca.org.
To learn about the services Kidd Painting provides
and their volunteer work, go to www.kiddpainting.com. ■





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