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Dear Friends,

Although the Chandler Nature Center invites you to explore nature, science and the environment year-round, this month, with Earth Day on 4/22, this City of Chandler recreation center is hosting extra special educational programs at Veterans Oasis Park. Check out pages 22-23 for details on Nature Night and other outdoor adventures.

For green living at home, don't miss the Openshaw Real Estate Group's article on cottage core aesthetic on pages 12-13, where Hannah Knouse will show you how to bring a little *Bridgerton* to your backyard.

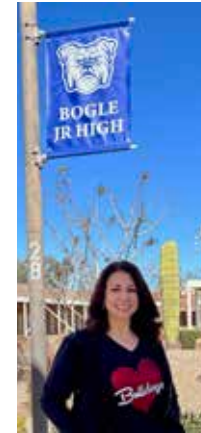
The European style continues with this month's Resident Recipe. Take your breakfast to the next level with Devoney Kelash's Pannekoeken on pages 16-17. Whether you're a fan of sweet or savory, pancakes or crepes, this Dutch dish is sure to please.

On a more practical side, local attorney Amber Guymon gives an overview of collecting on court-ordered monetary judgments on page 35. Keith Klein's Financial Fitness on page 34 and LaLeña Christopherson's Real Estate Resource on page 36 are always useful references for local economic news.

Beyond that, we have your stories on the Chandler Elks Lodge #2429 on pages 24-25, new options for mental health



Whether they're sleeping under the stars or horseback riding in the Coconino National Forest, campers and counselors at St. Joe's Youth Camp find tons of fun and friends at this nonprofit youth camp. Read a Chandler counselor's perspective on page 21.



April's Teacher of the Month, Kathy Bohling, is a devoted Bogle Bulldog and bibliophile who is living the dream she has pursued since the age of six: teaching. Learn more about our local junior high's Media Specialist on pages 28-29.



Adding a pantry, rotating an island, replacing cabinets with shelving: these are a few of the highlights of the Glennens' kitchen remodel on pages 14-15.



Meet the Cavazos family on pages 18-19. Photo by Melly Dee Photography

on pages 10-11, and a message about mindfulness on page 27. Kids, pets, and your favorite businesses: yes, they're in here too.

If you have a story, picture, or nomination to share with the neighbors, reach out anytime at jen.petz@n2co.com.

All the best to you and yours,

Jen Petruzzella



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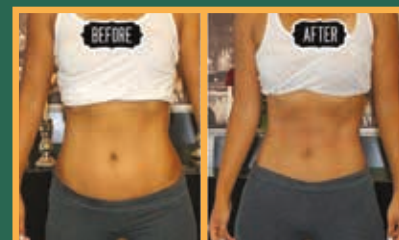
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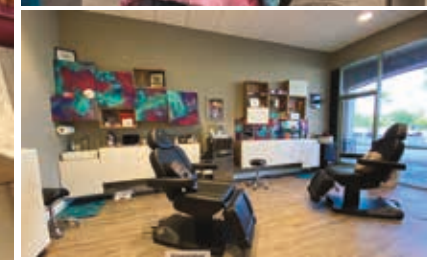
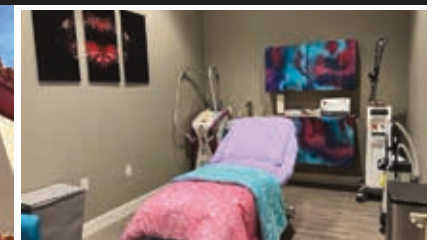
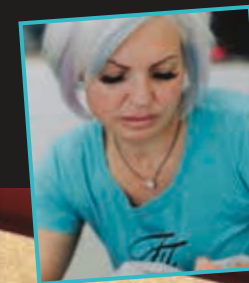
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A teen having a job can be both challenging and rewarding. For a teen, it's an opportunity for independence, a chance to have their own money that they've earned. For parents, it means that your child no longer has to ask you for money for everything. But, how do you know if your teen is ready for a job? Here are four key things to look for that let you know if your child is ready for their first job.

How well to they manage their time? One of the most fundamental parts of having a job is being able to be on time every day they are scheduled. Being on time is a way of showing respect to co-workers and their boss. Also, your teen needs to be able to have a balance between being able to get all of their schoolwork completed, spend time with friends and family, any extra-curricular activities and their job. If your teen spends a lot of time doing things on the fly or at the last second, they might not be ready for the workforce.

How are their communication skills? Being able to reasonably communicate with co-workers, bosses and customers is often a key aspect of a first job. If you have a teen who is often quiet or is introverted, that doesn't mean that they shouldn't try out a first job. In fact, them having a job might be the best thing for them. Going on some interviews and then having to be communicative at work could really help break your teen out of their shell.




Can they distinguish what's appropriate in different situations? Does your teen know how to dress for different situations? Are they generally respectful to adults? Can they be friendly and calm even if they are in a bad mood? These skills are all about being professional at work, even on tough days. An easy way to assess this skill is to look at how your teen approaches school. A teen who can do assignments even if they don't like a subject or a teacher is likely more ready for a first job. Also, do they wear appropriate clothing to school? Many teens these days roll into school with pajama-looking pants and a sweatshirt, and that's okay. They are dressing similar to their peers. But, if your teen often wears outfits that don't match or just plain doesn't care about their appearance, they may not be ready for a job just yet.

Can they be a team player? Most jobs, especially first jobs, require a lot of teamwork. Your teen doesn't have to like everyone they work with, but they do have to get along with them. Also, they might not like their boss, but they do have to be able to take direction from them. A good way to assess if your teen is ready for a job is to see how they do working in groups. If they can be both a leader and be willing to take directions from someone else, they have a good chance of being successful in a job.

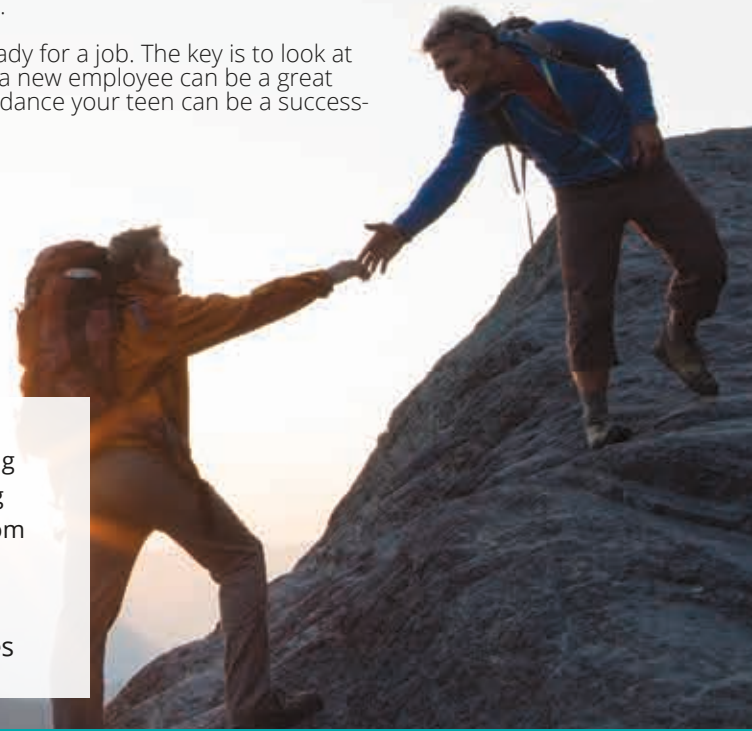
Not having one or two of these skills doesn't mean that your teen isn't ready for a job. The key is to look at your teen overall and help them develop any skills they may need. Being a new employee can be a great thing for your teen, and it can also be a daunting task. But, with some guidance your teen can be a successful member of the workforce.



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EVOLVE COUNSELING & BEHAVIORAL HEALTH SERVICES

Making mental health accessible with two valley locations

BY RACHEL SCHURZ

Evolve Counseling & Behavioral Health is bringing its services to the Biltmore area with a new location aimed at filling the need for accessible mental health providers. “The space is a beautiful set of offices that have scenic views of Phoenix. Each office is incredibly calming and provides a safe environment for clients to make changes in their mental health and well-being. There are individual, couples and family counseling services available as well as weekly groups,” says Michael Klinkner, Clinical Director at Evolve.

The office has seven clinicians who provide therapy and two staff who help clients with scheduling and billing. While there are many similarities to their original Gilbert office, providers at the Biltmore office offer specialties in Gottman Method Couples Therapy, Child-Parent Psychotherapy, Trauma-Focused CBT, Play Therapy, Story Play, and Theraplay. There are experts in treating anxiety, depression and trauma in a wide variety of age ranges, from children to older adults and everything in between.

Klinkner acknowledges getting started in therapy can be scary and intimidating for clients. Evolve strives to bring a high quality of customer service when it comes to logistics like scheduling and excellent therapeutic services. “Our providers are thoughtful and gentle in the initial sessions to allow for us to be able to gather the necessary information for therapy,



Evolve Together: giving back to the communities they serve by buying and wrapping holiday gifts.



but do so in a way that is comfortable and respectful for new clients, regardless of their age,” he explains.

Of equal importance is giving back to the communities they serve. Evolve Together, the non-profit arm of Evolve, is dedicated to serving the community with both donation of time and treasure. “We had three volunteer events last year. In the summer, we raised money for and assembled heat-relief packs for local homeless through St. Vincent de Paul. In the fall, a large group of us spent a day at House of Refugee, helping to make some repairs to the garden for the residents, and in December, we purchased and wrapped presents for Save the Family,” explains Klinkner.

New in 2023, Evolve will host an online-accessible parenting program called Parenting Evolved-The Manual You’ve Been Waiting For. For more information, visit evolvecounselingaz.com

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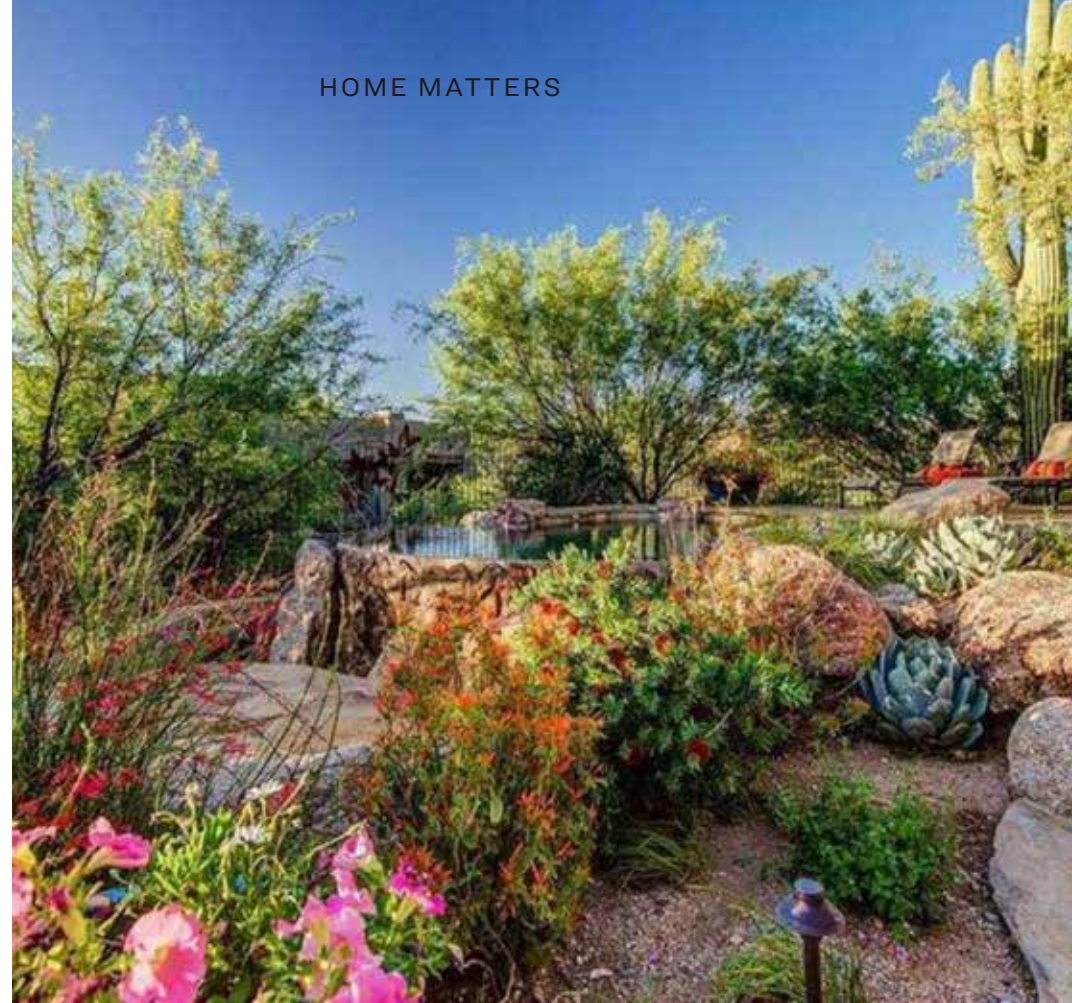




HOME MATTERS

Spring Gardening Trends for 2023

BY HANNAH KNOUSE



plants in contrast to the minimalistic trends of recent years is taking the stage. Pair with a winding gravel or stone path, and you have a romantic secret garden at your fingertips.

As with everything, we can't forget the unique climate that we have come to love here in Arizona. Unlike in other parts of the country, spring life doesn't flourish without some coaxing and care. While this lends an opportunity to have only the plantings you want and do away with weeds and overgrowth, it also means the flowers that thrive here are specific to the desert climate.

Cheers to more color in 2023!

With old-world joy making its way to the forefront of our front yards, here are some flower recommendations for your 2023 gardening that will withstand the desert climate:

Portulaca, desert rose, flowering cactus, bougainvillea, tangerine beauty crossvine. Garden beds: cupflowers, Pentas, red and blue salvia, and zinnia. For added whimsy and greenery, bring in honeysuckle, and sweet potato vine.



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With the emergence of spring, it's time to bring your curb appeal to life. Making your front yard pop is not exclusive to selling a home. If the last few years have taught us anything, it's that our home environment is a key factor in our happiness. With so many still working remotely, it continues to feel important to make our living spaces feel warm, welcoming and full of life. Whether you have a front patio to sip your morning coffee, or simply walk through your front yard to bring groceries inside, the aesthetic colors and pleasant smells can make a significant difference in your daily experience.

Which flowers are in for 2023? Say goodbye to muted neutrals, and say hello to color, romance and sentimentality. With life imitating art, the European cottage core aesthetic that we have grown to love on our TV screens (think *Bridgerton*, *Downton Abbey*, or even *The Great British Baking Show*) has made its way into our fashion and décor, and now our lawns. The ode to the 1800s and early 1900s brings with it a sense of nostalgia and comfort, simply by reclaiming the beautiful parts of the past and leaving the rest.

Another aspect of cottage core is a rural aesthetic. This is a departure from the highly curated and pristine designs we typically see with landscaping. While it helps to still be thoughtfully designed, having an unfussy layout of plantings can bring a sense of whimsy to your lawn. The maximalism of bustling

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Heart of the Home

The Glennens' dream kitchen

BY RACHEL SCHURZ



The kitchen island, which was both rotated and enlarged, showcases Pilar quartz countertops. A wall of floor-to-ceiling cabinets was removed and replaced with more aesthetically pleasing shelving and storage. A pony wall was eliminated to open up the floor plan

into the family room. The space feels bigger with taller Procraft Milania cabinets, additional lighting in some cabinetry, and boasts custom shelving and wine storage. The backsplash is both visually interesting and bright with Reverie Decor and Splash Ivory.

The homeowners, who wanted a kitchen they could enjoy for a very long time, are thrilled with the end result. "The reason that we recommend Regal is, you're going to get high-quality work at a fair price point with people that you can trust," says Glennen. Regal focuses primarily on kitchens and bathrooms but also works on fireplaces, laundry rooms, adding closet storage, and building and removing walls.

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Homeowners Keith and Jennie Glennen focused their kitchen remodel on creating a beautiful and timeless look with an efficient design and open floor plan. The kitchen boasts a large footprint in their nearly 3,000-square-foot Chandler home, but the previous remodel from the early 2000s had become dated. The Glennens chose to work with Regal Bath & Kitchens to open up the space for hosting large gatherings but at the same time did not want to lose their cozy and comfortable feel for the family's everyday living. "When we look at our kitchen, we are so happy with every single thing about it. There's nothing that we would change," says Jennie Glennen.

The changes from before and after are significant. The original kitchen did not include a pantry, so Regal creatively added one where there used to be a hallway. The homeowners didn't need access to the kitchen from that direction, so a wall was built and a barn door from Discount Door & Trim was added to complete their dream walk-in pantry.

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Pannekoeken

Hootenanny

RECIPE BY DEVONEY KELASH
WRITTEN BY ELIZABETH GAFFNEY

Crepes. Pancakes. Pannekoeken. Three variations of a simple breakfast treat. Whether super thin like a crepe or a little fluffier like the traditional American pancake, this breakfast treat is simple to make and a whole lot of delicious to eat. Although 3rd-generation Arizona native Devoney Kelash may have tacos in her blood, having been married to a Minnesota native for two decades, she has become a convert to some dishes with northern European roots.

Pannekoeken, or Pannekoek, is a traditional Dutch dish that people may also know as the Dutch baby pancake. This recipe, while similar, does have one main difference – the pan. “I was first introduced to this when we were visiting Dennis’ (her husband) family in Minnesota. Once I tasted it, I knew this would become a favorite,” she said.

One funny story about this dish is that her husband’s family calls it Hootenanny, not Pannekoeken. “My husband is Polish and his paternal grandparents would make this for breakfast every time he slept over or visited ever since he can remember. His grandfather Don Kelash in MN called it Hootenanny. He was always making up fun names for dishes, so the name stuck,” she recalled.

Because this recipe is fast and easy, it is frequently on the menu when kids Cater and Brody have friends sleep over or when guests come in from out of town. “This really is a crowd-pleaser because you can customize the topping to whatever your tastes, from sweet to savory.”

So be it Dutch pancakes, Pannekoeken, or Hootenanny, just be sure when you make this to leave the oven light on to see the deliciousness unfold.



The Kelash kids



The Kelash family



Devoney and Dennis



INGREDIENTS

- 6 eggs
- 1 cup flour
- 1 cup milk
- ½ tsp salt
- 2/3 stick butter

DIRECTIONS

Place melted butter in a 9x12 cake pan. Mix eggs in a bowl, add flour, milk, and salt. Mix together. Pour this mixture over the melted butter in a pan. Bake in the oven at 425° for about 25-27 min. Serve with syrup, fresh fruit, jelly, powdered sugar, and/or cinnamon.

The options are endless!

*Make sure to allow space above the oven rack you place it on!



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Melly Dee
PHOTOGRAPHY



the CAVAZOS FAMILY

BY RACHEL SCHURZ
IMAGES BY MELLY DEE PHOTOGRAPHY

The Cavazos family are a close-knit bunch. Fausto and Esther - along with daughters Sofia (18) and Isabella (16) - enjoy eating out, laughing together, and spending time with friends and family.

Fausto works in the information technology field, spending the last five years as a senior manager at Charles Schwab and recently starting a new role at another large financial institution. Esther is a senior accountant at a high-tech company.

Both daughters attend Seton Catholic Preparatory. Sofia is a senior and captain of the varsity pom team, which she has been a part of all four years. After graduation in May, she heads to Barrett, The Honors College at Arizona State University to major in law. Isabella is a sophomore and also a member of the varsity pom team. She enjoys playing the piano and going golfing with her dad whenever possible.



They are proud parishioners at St. Juan Diego Catholic Church and enjoy volunteering at Seton events and as a family at the Midwest Food Bank. Fausto and Esther are originally from Mexico but are pleased to be raising their girls in Arizona. "We chose Chandler because we liked the development plans they had for the city, the education quality, and the sense of a friendly community. Plus, it seems to us, it's an excellent place to raise our family," says Fausto.

They still have relatives in Mexico, so they visit often, and traveling is a love the entire family shares. "It doesn't matter if it's a weekend trip up north or across the Atlantic, it's something we all enjoy very much," explains Esther. The girls have always been Disney fans, so Anaheim is a frequent stop along with beach destinations and the mountains in Colorado, but it was their time in Spain in Andalusia and Mallorca last summer that the entire family agrees was one of the best trips they've ever taken.

Everyone in the Cavazos house is bilingual, including their two Miniature Schnauzers, Sparky and Snoopy, who understand commands in English and Spanish. "We love being able to enjoy the best of our two cultures, American and Mexican, and being bilingual," says Esther.

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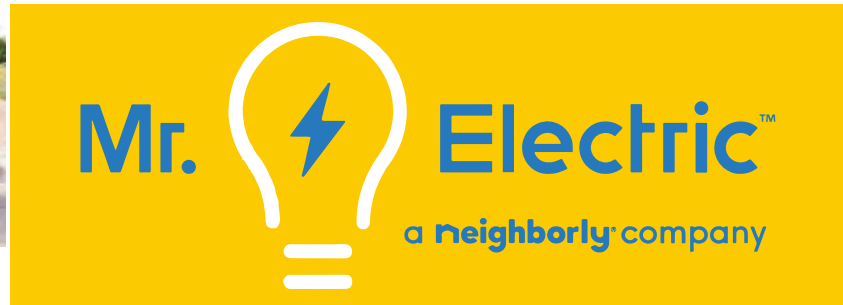
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KIDS 2 KIDS

FOR CAMPERS AND COUNSELORS,

St. Joe's Youth camp provides a classic sleepaway camp experience

BY JULIA PITMAN

St. Joseph's Youth Camp (SJYC) holds a very special place in my heart. I was a counselor for St. Joe's this past summer, and, I have to say, it was one of the best experiences of my life! I made so many unforgettable memories and many friends who I still talk to all of the time.

The camp offers tons of fun and educational experiences that you can't get anywhere else. For example, they have opportunities for horseback riding, kayaking, hiking, many different sports, and so much more. Although all of these things are great, one of my favorite events at camp is called meadow night. This incredible night, which happens once a week, is when you have the opportunity to sleep under the stars. It's truly amazing and completely unique to St. Joe's. I am fascinated by and marvel at how many and how vibrant all of the stars look in the clear night sky. In addition to meadow night, skit night is also a blast. Campers work together to create some hilarious skits that teach each other some valuable life lessons. These are only a few examples of the amazing things that this place has to offer.

Some of my duties as a counselor include making sure that the kids get up on time, get to their activities on time, and have fun while doing them. In addition, I helped run some



of the activities around camp, like ice cream making, rock painting, ecosystem building, and so many more. No matter what I was doing, whether it was singing songs around the campfire or cleaning the bathhouses, I always had so much fun because I was doing it all with my best friends.

I highly recommend attending St Joe's if you are looking for that classic camp experience. I know for a fact that I will be coming back this year, and I hope to see all of you there.

Learn more about St. Joe's by visiting their website at SJYCAZ.com.

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CELEBRATE THE EARTH WITH CHANDLER NATURE CENTER

BY KATE LARSEN

There's nothing quite like the beauty of a desert sunset or the glinting surface of a lake surrounded by vibrant flowers and vivid trees, rustling in an ever-present breeze. Here in Arizona, we have the privilege of going outside and seeing nature all around us—from the trees that line our streets, to the tall cacti that populate our national parks.

Nature is so important for not only the earth's health, but our own as well—physical and mental. I think we can all agree that if we want to preserve the beauty and wellbeing of our planet, we need to be more conscious about the waste we put out and the daily effect we have on the earth.

Luckily for us, Chandler Nature Center is putting on several nature-themed events this month that will help us learn how we can do our part to help the planet while also having fun and taking home some sweet goodies!

At 5 pm on April 1, the Nature Center is holding the Nature at Night event; there will be several sponsored exhibitions to provide you with information and tools on wildlife conservation as well as crafts like nature necklaces. Also on the schedule: scavenger hunts to participate in and raffles for you and your family to have the chance to win cool prizes. And all of it will be against the beautiful backdrop of Veterans Oasis Park at night.

The center is also holding an Earth Day Celebration on April 22. Like Nature at Night, there will be



A potted plant activity



Kids at the Nature Center learning about animal dropping identification



Booths and Italian Ice at a Nature Center event

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Chandler Elks Lodge #2429

BY CHRISTIN VALENTINI



Annual Holiday Breakfast and Gift Giving

Nestled in the heart of our community is Chandler Elks Lodge #2429, home to over 600 members dedicated to supporting children in need and helping local veterans. A quick look at the Lodge calendar tells you this is an active community with a purpose.

Taleen Carpenter, the Lodge's outgoing Exalted Ruler, tells *Stroll Chandler Ocotillo*, "If you have a caring, giving spirit, this is a place you want to be. It's a place of friendship and camaraderie with the opportunity to make a big impact on our community. And we have a great time!"

Taleen grew up in a family of Elks Lodge members. She remembers accompanying her grandfather to meetings in Flagstaff when she was a little girl. She would help clean up, play on the lodge's pinball machine, and learn about community service. She even attended the father-daughter dance with her grandfather. She is proud to say, "We have over 102 years of Elks service in my family. In addition to my grandfather, my mom, my brother, my husband, and even my sons are Elks members."

The Chandler Elks Lodge #2429 is part of a nationwide network of Elks. There are more than 2,000 lodges nationally, and together they contribute \$80 million a year to children and veterans.

In Chandler, there are three main auxiliaries: the Elks Veterans Committee, the Elk Riders, and the Elks Ladies.

The Veterans Committee concentrates on delivering Welcome Home Baskets to veterans who are transitioning from homelessness. They also joined forces with the Mesa Buckhorn Lodge to open the Food Pantry for Valor on 8th in Tempe, which opens its doors on the last Saturday of each month to provide ready-to-go meals, diapers, shampoo and other items for veteran families who may require extra assistance at the end of the month.



Elks Annual Youth Awards Banquet



Elks Riders delivering a check to Shumway Elementary cafeteria

Chandler is known for their Elks Riders Club. Members ride their motorcycles to venues around the state delivering hope. Recently, the group made a stop at Shumway Elementary School and delivered a check for \$450 to cover the costs of unpaid student lunches.

The Elks Ladies host a multitude of social events to raise money for the well-being of the lodge and to assist anyone in need.

Every December, the Chandler Elks Lodge #2429 partners with Boys & Girls Clubs of the Valley - Chandler to provide Christmas gifts and breakfast. The JCPenney at Superstition Mall opens early for Elk members to shop for clothing, socks, shoes and coats for kids. At 9 am, the Lodge hosts breakfast for the children: frying up eggs and bacon, making toast, serving orange juice and more. The celebration includes a visit from Santa, who arrives with a bag full of toys picked out with each child in mind.

Chandler Elks Lodge #2429 is a good friend to our local schools. This year, they gave over \$2,000 in donations to Chandler's Operation Back to School drive. They provided 425 dictionaries to third graders at Hartford, Galveston and Frye Elementary Schools with a special emphasis on furnishing Spanish-English dictionaries to ESL students. They also gave 2,000 coloring books to promote drug awareness and sponsored an essay-writing contest for middle and high school students. Winners were honored at their Annual Youth Awards Banquet.

To say the Elks are alive and well in Chandler is an understatement. The Elks are a humble group of people with big hearts who strengthen our community and our nation with their generosity and benevolence.



Dictionaries for Chandler 3rd graders



Donation delivery to Boys & Girls Clubs of the Valley - Chandler



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Health Benefits of Mindfulness



BY LAURA OLIVIERI WOOD, LAC | NCC | MSC | EMDRT

Mindfulness is a practice of cultivating awareness of the present moment, free from judgment and distraction. This simple yet powerful technique has been used for thousands of years in various spiritual traditions and has recently gained mainstream popularity as a tool for improving mental and physical health.

Numerous studies have shown that a daily mindfulness practice can have numerous benefits for our health and well-being. Here are some of the most significant health benefits of mindfulness:

Reduces stress and anxiety: Mindfulness practice can help reduce stress and anxiety by improving our ability to manage our thoughts and emotions. By focusing our attention on the present moment and becoming more aware of our thoughts, we can better regulate our emotional responses and reduce feelings of anxiety and stress.

Improves sleep: Mindfulness practice has been shown to improve the quality of sleep by reducing the frequency of disruptive thoughts and improving overall relaxation. By practicing mindfulness before bed, we can create a more conducive environment for sleep, helping us to fall asleep faster and stay asleep longer.

Boosts immune system: Several studies have shown that mindfulness practice can help boost our immune system's response to disease and infection. Regular practice has been found to increase the production of immune cells, which help fight off illness and disease.

Improves mood and emotional regulation: By increasing our awareness and acceptance of our thoughts and emotions, mindfulness practice can improve our mood and emotional regulation. Regular practice has been shown to increase positive emotions - like happiness, joy, and contentment - while decreasing negative emotions - like anger, frustration, and anxiety.

Lowers blood pressure: Mindfulness practice has been found to have a positive effect on blood pressure. By reducing stress and promoting relaxation, regular practice can help lower blood pressure, which in turn reduces the risk of heart disease and stroke.

Improves cognitive function: Several studies have shown that mindfulness practice can improve cognitive

function, including attention, working memory, and decision-making. Regular practice has also been found to increase the density of grey matter in areas of the brain associated with learning, memory, and emotional regulation.

Reduces chronic pain: Mindfulness practice has been found to be effective in reducing chronic pain. By increasing awareness of the present moment, we can reduce our negative reactions to pain, which can help reduce the intensity and frequency of chronic pain.

Whether we are looking to reduce stress, improve our mood, or boost our immune system, mindfulness can be an effective tool for improving our overall health and well-being. With regular practice, we can cultivate greater awareness, acceptance, and resilience, enabling us to lead happier, healthier, and more fulfilling lives.

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KATHY BOHLING

Teaching from the heart

BY CHRISTIN VALENTINI

Since she was six years old, Kathy Bohling wanted to be a teacher. The Bogle Junior High School Media Specialist tells *Stroll Chandler Ocotillo*, “My first-grade teacher was tall and pretty and had perfect handwriting. I wanted to be just like her. When I was in high school, I decided I wanted to work with junior high kids.”

Kathy began her teaching career at Annunciata School in Chicago and Wilbur Wright Middle School in Munster, Indiana. She moved to Arizona in 2001 and began teaching English Language Arts and Social Studies at Bogle Junior High School. In 2009, she became the school’s media specialist. She says, “Bogle has been my home for almost 22 years. Our student demographics mirror those of Chandler, so I love the diversity. The staff at Bogle is amazing! They consistently focus on doing what’s best for students. We have a strong sense of tradition and pride at Bogle, as well.”

To keep current, Kathy reads over 75 books a year. She explains, “Junior high students often struggle to figure out who they are. My main goal in the library is to make sure I know just the right book to recommend to students, no matter what they like.” She continues saying, “If a student tells me they don’t like to read, my response is always, ‘You just haven’t found the right book!’”

Kathy recalls a particularly quiet student who checked out a book and read it in one day. When he returned the book, he told Kathy he loved the story, and after a pause, thanked her for making books like that available. Another reluctant student-reader refused every recommendation Kathy gave him until one day he begrudgingly picked out a book. He came back to the library a few days later to return it and ended up reading the entire 12-book series. Kathy exclaims, “Anyone can be a reader! That’s why I do this job!”

Kathy began volunteering with the Aris Foundation, an organization serving individuals experiencing homelessness, in December 2020 after a former student who became homeless passed away. She started a mobile library for their Tuesday night outreach events in Tempe and regularly collects clothes, shoes, bags, blankets, and toiletries from family and friends to assist the organization. She also collects bikes and books from those who no longer need them and gives them to deserving individuals who can use them. For the past year, she has also taken breakfast with a carload of donations to several homeless camps in Central Phoenix on Saturday mornings. She says volunteering has become a huge part of her life.



Collecting donations from a former student.



Kathy and her son, Jackson.

When asked for three adjectives that describe her, Kathy laughs, saying they are the same today as they were 22 years ago, “Responsible, because I am often the go-to person on campus to get things done. Willing, because I will take on whatever role is necessary to do what’s best for the school and the community I live in. And loyal, because very few people love Bogle Junior High more than I do. I am a Bulldog!”



Kathy with her mobile library at an Aris Foundation event.

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Ella Bruening

BY SYDNEY SCHURZ

Ella Bruening is a 15-year-old freshman at Seton Catholic Preparatory. She has played soccer for most of her life, since she was four years old, but she has been participating in Real Salt Lake's club soccer program for six years. Now that Bruening is in high school, she plays forward on Seton's varsity girls' soccer team.

Ella usually practices with her teams about six times each week, and she believes this is why she excels in the sport. Whenever an official practice isn't held, she makes sure to put in extra time and effort to make sure her skills are up-to-par. During the club season this year, Bruening hopes that her extra practices will aid in a victory at the State Cup and the Players Showcase.

Ever since she was young, Ella thought of soccer as a great outlet to put aside worries about the real world and focus on playing a game she loves. Along with soccer comes amazing friendships, and Bruening says she's lucky to have kept friends from previous teams for years to come. One core memory from her soccer career was winning her first school game



against Eastmark High School. In this match, Ella scored the game-winning goal and was then interviewed shortly after.

In this highly competitive sport, she looks up to Alex Morgan and Sofia Smith, two strong players from America's National Team who inspire her to continue working and sharing her love for the sport.

When she isn't playing soccer, Ella loves to spend time with her family, friends, and dogs. She is a hardworking student who attains straight A's, a babysitter, and a baker. Bruening is excited for the opportunity to continue her academic and athletic endeavors.



MR. NIBBLES

BY ELIZABETH GAFFNEY

It's a story as old as time. A girl and her guinea pig. Wait! A guinea pig and not a dog? If you're thinking that's not the right story, then you haven't met Mr. Nibbles, the resident sweetheart and squeaker extraordinaire residing in Chandler with Becky Cooper and her kids.

Guinea pigs actually make great pets. They are very social, live for several years, and have great personalities. For Becky Cooper, that's just what she was looking for when selecting a pet for her daughter. "She had friends that had hamsters, but I thought they might be difficult to play with or get lost in the house. We also decided that a guinea pig was a better match because she was obsessed with them," she said. As a surprise, she got her daughter all the supplies for her birthday. Once she opened them, Cooper's daughter knew the next stop – the pet store!

When they went to pick out their new family member, her daughter was a bit confused why there were no girl guinea pigs.



The store clerk explained to her that they had to keep them separate because of "puberty." Satisfied with the answer, Cooper's daughter selected the one with the crazy hair because "it looked like her in the morning."

Mr. Nibbles has been a fun addition to the Cooper household. He has a playpen that keeps him in the mix with the family and is easily accessible for playtime and treats. In fact, he loves treats, particularly celery, so much that he will squeak to alert the family that it's treat time. He has even been known to lick people he knows. One thing Mr. Nibbles does not like is baths. Not surprising. Few pets do. But Mr. Nibbles especially doesn't like baths and will try to escape by jumping straight up in the sink. Cooper laughed, "Luckily, he doesn't get very far because he's too chunky."

One additional benefit Cooper says of having a guinea pig is their ability to make a bad day better. "I know that when we have a bad day, just watching Mr. Nibbles chomp a snack makes things a little bit better." And if that treat is celery, it's better for Mr. Nibbles too.



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Financing Future Generations

The 529 plan is a tax-advantaged path to a brighter academic future.

BY SHAUNA BRYANT, NATIONAL EDITOR

All over the country this spring, students will walk across the stage, accept their diplomas and graduate from high school, their eyes fixed brightly on the future. Their next steps might include a gap year and travel, joining the military or attending college, each option with its own financial considerations. According to Forbes, higher education is the most expensive it's ever been: \$27,330 per year for in-state tuition on average. Thinking about how you're going to pay for college down the road? Let's explore the 529 plan:

WHAT IS A 529 PLAN?

A 529 plan is a tax-advantaged education savings plan intended to cover expenses associated with college and, in some cases, K-12 tuition and apprenticeships. Rules for 529 plans vary by state.

ADVANTAGES

There's a lot to like about saving for education expenses with

a 529 plan. First, they can be used for an array of qualified education-related expenditures, including tuition, fees, room and board, books and supplies. They are excluded from state and federal taxes, and many states even offer a state income tax deduction or tax credit for 529 plan contributions.

DISADVANTAGES

On the other hand, some shortcomings to 529 plans do exist. Funds must be used for qualified education expenses, which means that non-qualified distributions, such as for transportation, applications and testing, and sports fees, for example, are subject to income tax and a 10% penalty.

529 plans are an attractive choice when planning for students' educational future, with pros and cons that must be weighed carefully by each family. Happy saving!



\$HOW ME THE MONEY

BY AMBER L. GUYMON, ATTORNEY AND OWNER, GUYMON LAW

Congratulations! You went to court and received a judgment to be paid to you by the opposing party – whether that was for real property, personal property, reimbursements, breach of contract, or attorney's fees and costs. Now what?

I often find myself in the position of explaining to clients that money judgments are not self-enforcing orders; meaning that the party awarded the judgment must take action to ensure that they are paid. Quite often individuals are unaware that they have a limited time to take action to collect upon their judgment – whether it be for retroactive child support or a judgment awarded for breach of contract. Failure to act and/or to renew the judgment in the statutory timeframe will ultimately result in extinguishment of the judgment or \$0 owed by the debtor.

In family court, some awards of fees may be contemptible, meaning that the family court may have jurisdiction to enter additional orders on the other party's failure to pay the judgment owed. This is especially true with respect to awards of support monies and sometimes attorney's fees and costs. In this instance, you may have the option of filing an action for contempt and/or enforcement and may be entitled to discovery of the debtor's financial circumstances via bank statements or other documentation.

For other judgment awards, you may have to consider other avenues, such as filing liens on real property or garnishing wages.

And, if all of this isn't complicated enough, you must also be prepared to address any bankruptcy case that may be filed by the debtor prior to receipt of payment of the full amount of the judgment.

If you are struggling to collect on a family court judgment, we can help!





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- Divorce and Legal Separation
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- Modification/Enforcement Actions
- Child Support and Spousal Maintenance
- Adoption

- Severance (termination of parental rights)
- Bankruptcy
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- Premarital Agreements

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REAL ESTATE RESOURCE

This is your neighborhood Real Estate Resource page. This information can be useful when trying to compare property values or for just keeping a pulse on the real estate market in our area. For questions regarding the properties listed, or about real estate in general, consult a real estate professional.

Featured properties may not be listed by the office/agent
Source: Multiple Listing Service
Supplied by LaLeña Christopherson, West USA Realty

Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	Sqft
596 W HORSESHOE PL	FULTON RANCH	\$4,500,000	\$4,500,000	02/24/23	5	6	7,128
2719 E JADE PL	WHITewing	\$2,100,000	\$2,100,000	02/16/23	5	4.5	4,996
633 W ASTER CT	OCOTILLO EAST	\$1,550,000	\$1,400,000	02/07/23	6	5	5,313
12601 NE CLOUD RD	MEETS BOUNDS	\$1,400,000	\$1,365,000	02/02/23	4	3	3,434
3180 E POWELL PL	REIDS RANCH	\$1,295,000	\$1,270,000	02/10/23	6	5	4,588
4481 S PECAN DR	WATERMARK AT OCOTILLO	\$1,169,000	\$1,169,000	02/07/23	5	4	4,188
3581 E AZALEA DR	LAYTON LAKES	\$1,172,745	\$1,100,000	02/15/23	4	3.5	3,723
1759 E KAIBAB DR	NORTH BARRINGTON	\$1,195,000	\$1,100,000	02/03/23	4	3.5	3,862
460 E CRESCENT PL	PINELAKES ESTATES	\$1,225,000	\$1,100,000	02/24/23	3	3.5	4,055
2941 E SUNRISE PL	BELMONT ESTATES	\$1,200,000	\$1,063,000	02/17/23	4	2.5	3,375
833 W NOLAN WAY	OAKWOOD LAKES	\$998,800	\$998,800	02/03/23	4	2	2,417
3700 E SAN MATEO WAY	ANDORRA AT VALENCIA	\$995,000	\$965,000	02/10/23	5	3	3,901
3683 E NOLAN DR	ANDORRA AT VALENCIA	\$919,000	\$883,000	02/10/23	5	3.5	3,992
4345 S CROSSCREEK DR	ALAMOSA ESTATES	\$885,000	\$823,500	02/06/23	4	3.5	4,139
2901 S ILLINOIS PL	CARINO ESTATES	\$759,999	\$750,000	02/08/23	5	3	3,024
4952 S MARIGOLD WAY	OCOTILLO LAKES	\$715,000	\$715,000	02/15/23	4	2	2,120



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