

## Positive messages women and girls can wear



PHOTO BY LISA HAYNARD PHOTOGRAPHY

Gilbert mom Chris Frueh knows that seeing is believing. That's why she created uGOgirlz, a website-based company that offers motivational products and resources for women and girls.

The online boutique offers a catalog of inspirational tees in different sizes for toddlers, girls, juniors and adults. The shirts feature designs that promote peace, happiness and imagination.

"I took a leap of faith and began the journey to follow my dreams, so I created uGOgirlz to encourage others to do the same," says Frueh, a former elementary school teacher.

In addition to T-shirts, uGOgirlz offers a wide selection of resources that promote inspiration and motivation for conquering goals.

T-shirt prices range from \$15 to \$24 (plus shipping and tax). A portion of the sale of each product will go to Women for Women

International, a non-profit humanitarian organization dedicated to the financial, educational and interpersonal support of women survivors of war, poverty and injustice. [ugogirlz.com](http://ugogirlz.com).

## Baby's first pictures

A new Gilbert facility offers elective ultrasound services to families eager to get their eyes on that new baby—before the baby is born. Desert View Ultrasound can provide both awe-inspiring 3D/4D prenatal previews and physician-requested diagnostics.

"We have taken every precaution to be in compliance with all local, state, and federal rules and regulations concerning an imaging center," says Tanna Phares, who owns the business with her husband, Rick. "We have full physician and radiologist oversight and we only employ certified sonographers with years of experience in their field."

Desert View Ultrasound has state-



of-the-art ultrasound equipment "and a huge, theater-like screen on which patients can watch their session," Phares says. "We value quality over quantity and love to dote on each individual person."

The center provides "extra, comfortable seating" for family members and friends, she adds.

Elective ultrasound sessions last 15 to 30 minutes and packages run from \$99 to \$275. 4001 E. Baseline Rd., #203, Gilbert. 480-507-7727 or [desertviewultrasound.com](http://desertviewultrasound.com).

## New DVD helps kids learn Spanish



PHOTO BY MARIA NISSEN

Two Valley sisters have created a DVD series to help children learn Spanish. Kids Love Spanish™ features seven DVDs that teach introductory Spanish to children ages 1 to 8.

In addition to being sisters, Krisse Brock Kelly (at left above) and Julie Brock Campbell of Phoenix are stay-at-home moms, best friends and co-owners of Brock Productions. As the daughters of an asparagus farmer, they grew up speaking Spanish with their family in a small agricultural town that borders Mexicali, Mexico, in El Centro, Calif. Both sisters studied Spanish throughout school and studied abroad in Mexico and Chile. Kelly later became a bilingual teacher and vice-principal.

"Because we couldn't find a dynamic Spanish series that engaged the entire family, we created our own," says Kelly.

In the series, Kelley's 6-year-old son Brock and 75 friends of all ages say Spanish words and learn pronunciation from his mom and Aunt Krisse.

The seven Kids Love Spanish™ DVDs are available individually for \$19.99 each or in a boxed set for \$99.99. Each DVD runs approximately 30 minutes. [kidslovespanish.com](http://kidslovespanish.com).