

Las Sendas Up Close

Bringing neighbors closer to their community

November 2017

Custom Home Builder Appreciates the Process of Building the Perfect Home

By Jamie Killin

For most people, a home will be the most significant purchase of their lives, especially when it comes to a custom home.

That's why experience and integrity matter.

Billy Johnson, of Amberwood Homes, has been building custom homes for 35 years, and even after all this time, he remains as involved in each client's homebuilding process as ever.

He takes his clients through each phase of the process, lending his expertise to ensure they have their perfect home for the right price.

Billy's involvement goes beyond meetings and emails. In fact, clients can call Billy on his personal cell phone. Many also have visited his home themselves, and they end the homebuilding process as friends.

"Usually, by the time we get done, we're the best of friends, and I don't know very many homeowners I couldn't go have dinner with any time I wanted," Billy said.

This involvement is key in producing the perfect home and avoiding unnecessary and unexpected costs.

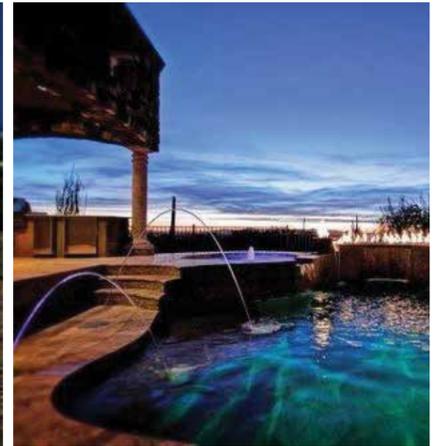
All clients benefit from a consultation with their homebuilder before ever looking at a lot or drafting designs with an architect.

According to Billy, buying a lot before speaking with their homebuilder is the biggest mistake most homebuyers make, as they might not be aware of the building plans for the lots around their desired lot. Additionally, the homebuyer might not be conscious of the lot's building pocket, which determines how large of a house can be built on the lot.

At Amberwood Homes, the process is easy, as Billy can help make



Billy Johnson



recommendations during the lot-purchasing process, and he has a long-term relationship with a draftsman to draw up the plans.

When many homebuyers enter the design process, their architect may not be conscious of their budget. For example, expensive blueprints can be created, only for the client to unknowingly come to the homebuilder with plans for a home out of their price range.

"The last thing I want them to do is meet with an architect all by themselves because the architect is not a builder," said Billy. "Architects do not get the pricing, and he's likely going to draw up what they describe to him, and their imagination is going to go wild."

For Billy, keeping the homebuyer on budget and managing expectations is key to successfully completing the perfect home.

"They're certainly emotionally involved and they should be," said Billy. "I am also, but I'm looking out down the road. They're not."

Once the homebuyer has the desired lot, as well as the design plans and a set budget, communication throughout the process remains key. Billy and his team continue to stay in close contact with their clients throughout the process.

"If you're going to be building a custom home, that's not a simple job," said Billy. "You can't just write a check and say, 'Call me when it's done.'"

"I'm going to be on top of everything they're doing," he continued.

This process has earned Billy his reputation, an abundance of referrals, repeat clients and a long history of satisfied homebuyers.

For Billy, one of the most important parts of the process is his rapport with the homebuyer. After building homes for 35 years, his work stands for itself, but making the difference is his relationship with his clients.

"I know I can build a house perfect and someone might say, 'Are you sure about that? Because perfect is a big word,'" said Billy. "Well, I can guarantee I'll build it as good as it can be built, and I'll challenge anybody on that statement." ■

For more information about Amberwood Homes, visit amberwoodhomes.com, or call (480) 832-8161.

Holiday Boutique Is a Unique Special Event For Everyone

Submitted by Red Mountain United Methodist Church

The 12th annual Holiday Boutique at Red Mountain United Methodist Church (RMUMC), brought to you by the Red Mountain Crafters, takes place on Nov. 3 and 4, from 8 a.m. to 3 p.m., at Red Mountain United Methodist Church.

This one special event stands apart from all the rest this year, and it's brought to you with heart and soul, with only service, fellowship, inclusivity and kindness allowed.

The women (and men) bringing this two-day boutique gala to you work together all year long. They plan and put together, donate their talents and skills, their time and money for only those reasons listed above—service, fellowship, inclusivity and kindness.

All profits further the children and youth ministries of RMUMC. The ladies plan an event sure to take you away from the cares of the world for a little bit. All the while, enveloping you with the kind of eye candy you can take home with you.

You walk into a room transformed into a wonderland. Browse the hundreds of handmade items. Find things that remind you of your mom.

You will discover quilted, jewelry and wood items that keep you warm, make you feel good and look pretty. Check out the wall and yard art. Browse through everything from gourds, purses and baby gifts, to funny gifts, teacher gifts and gorgeous works of art.

This is a boutique crowded with people year after year, not only because of the quality of its offerings, but also because of the love that goes into every aspect of the event.

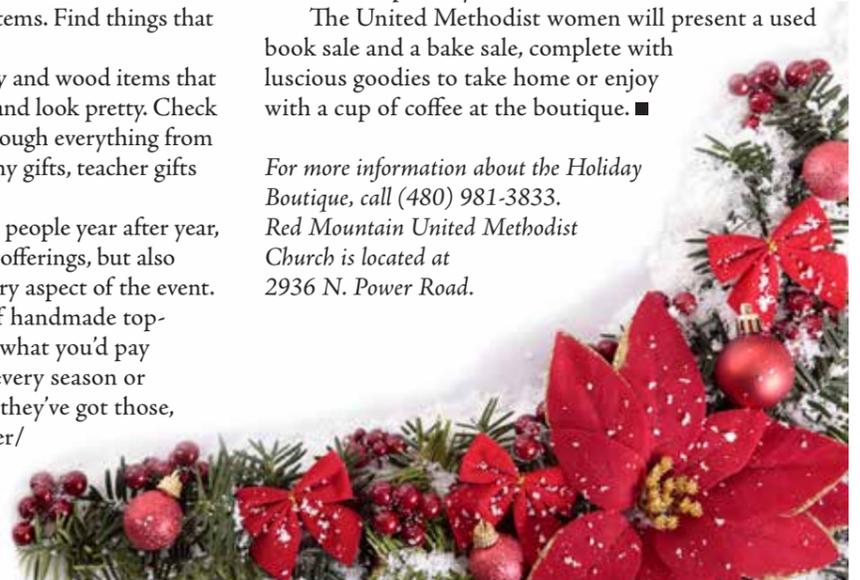
There are more than 150 sets of handmade top-quality placemats priced way below what you'd pay for them elsewhere, in patterns for every season or kitchen décor. If you're into aprons, they've got those, too, including father/son and mother/daughter sets.

While you're browsing, the *Crafty Ladies* will be available with a warm welcome to answer ques-

tions and help with your selections. And there's more.

The United Methodist women will present a used book sale and a bake sale, complete with luscious goodies to take home or enjoy with a cup of coffee at the boutique. ■

For more information about the Holiday Boutique, call (480) 981-3833. Red Mountain United Methodist Church is located at 2936 N. Power Road.



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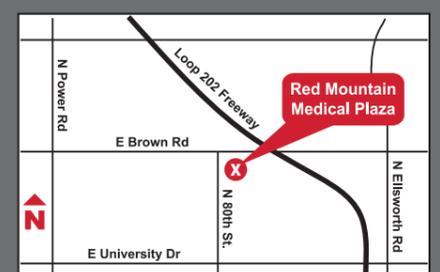
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www.UpCloseAZ.com**LOCAL BUSINESS**

New Flancer's chef was once an Arizona Rattlers protégé

By Dawn Abbey

How does a guy who tried out to play football for the Arizona Rattlers end up scoring a *touchdown* by throwing together some fantastic gourmet-style food for Flancer's Gourmet Grub Restaurant, in Mesa? "Well, it's a long story with a sad start, many twists and turns, and an amazing finish," said Chef Anthony Brown.

Growing up in the Southeast, Anthony was struck by tragedy as a young child when his dad was murdered, leaving his mother to raise him and his brother alone. "I wasn't the best kid, but I loved sports and excelled at most of them," Anthony stated. "Unfortunately, I divided my time between good athletic pursuits and my roughneck friends, much to the consternation of my mom, who kept trying to keep me on the right path."

After Anthony left high school, his mom got a job offer at The Boeing Co., in Mesa, so the family moved here. Anthony went to Scottsdale Community College, where he played football, but remained unfocused in his life.

"Mom soon tired of my attitude, and basically kicked me out at 19, suggesting that either I play ball or join the military," Anthony stated. "Instead, I decided, since I always liked to cook, I would learn the culinary trade, and attended Golden State Culinary Institute in the Bay Area."

Anthony worked for the Pointe at South Mountain for many years. Though he enjoyed his work, he still felt his life was unfocused.

"Then, one day, out of the blue, I received a letter from the Arizona Rattlers inviting me to try out for their new football team," he said. "I don't know where they got my name or how they found my address, but I went and was one of only 21 finalists chosen out of 320 applicants that tried out."

Anthony gave it his all during the several-week invitational trial, but was eliminated in the final cut. "Of course, I was disappointed, but it pushed me right back to my love for the culinary world," he related.

Anthony has worked as a chef in several of our

Northeast Mesa neighborhood country clubs and restaurants. In August, he joined the team at Flancer's.

"I'm really focused on this now," he stated firmly. "In a way, the energy in the kitchen becomes a rush just like playing sports. In fact, I'm thinking up new recipes all the time, and right now I'm focusing on some original soups for the fall menu."

Anthony's most recent concoctions are a Potato Florentine Soup, with glazed white onions, and a Corned Beef Hash Soup, in a clear broth.

With Thanksgiving approaching, he also created a Turkey Tetrazzini soup, from the broth of the whole turkeys Flancers roasts daily. "I also tried a pumpkin/blueberry cobbler," Anthony said. "I like to come up with something different all the time."

Those who have tried Flancer's know they take the ordinary and make it extraordinary. For instance, a chicken sandwich becomes a Prickly Pear Marinated Chicken Breast Sandwich, with New Mexico green chile aioli.

In that vein, Anthony is offering new special dishes every two or three days, so everyone has a chance to try something new. If you're looking for a quick, but very tasty bite, or a delicious dinner, Chef Anthony invites you to come in and try them out. ■

Flancer's Gourmet Grub Restaurant has locations in Mesa and Gilbert. The Mesa location is at 902 N. Higley Road. For more information, call (480) 396-0077. The Gilbert location is at 610 N. Gilbert Road. For more information, call (480) 926-9077.



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HEALTH

Tapestry Insurance Takes the Guesswork Out of Medicare ANNUAL ENROLLMENT

Submitted by **Tapestry Insurance**

When reading up on how to enroll in a Medicare health plan, all the plans and options available might look like a foreign language, and even after extensive research, making a decision can be daunting.

Fortunately, you don't have to make sense of it all on your own.

Lynne Jones is a licensed and trained Medicare health plan agent, who has taken four years of training to become knowledgeable on the Medicare health plan landscape, and she attends seminars to stay current on the latest information.

"It's complicated, and there are so many moving parts," Lynne said. "So, I always think to myself, 'Why would you ever tackle this on your own?'"

Lynne makes one-on-one appointments with each of her clients. With this approach, she is able to help identify their needs, and talk them through the process on a face-to-face basis to ensure they fully understand the options available to them.

Additionally, Lynne reconnects with her clients each year to ensure their current plan is meeting their needs.

"I can't emphasize how important it is



Lynne Jones

to have a local agent," she said.

Lynne's clients find that having the opportunity to speak to an agent who has taken the time to understand their wants and needs in person makes all the difference when it comes to enrolling in a Medicare health plan.

"There's no one-size-fits-all plan that works for everyone," she

said. "I like empowering people. I think they should have knowledge to make informed decisions."

Tapestry Insurance clients can look forward to knowing they are making the best possible insurance decisions without being pressured or having to pay a fee.

As a Medicare health plan agent, Lynne is paid through the insurance companies when she signs up her clients. So, her clients don't pay any out-of-pocket fees for her expertise.

"People get nervous because they don't want to feel pressured," she said. "I try to help by teaching them about all the options, and then letting them choose what's best for them." ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246.

LOCAL BUSINESS

WHAT'S CRACKIN' CAFÉ WINS Annual Food Box Competition

Submitted by **What's Crackin' Café**

Mesa Community College hosts the Hunger Awareness Food Box competition, an annual competition incorporating local restaurants.

In this competition, chefs from participating restaurants cook up meals for the competition judges. The catch is they don't know what they will be cooking until the competition starts. Using their skills, participants attempt to make the most creative and savory dishes with the ingredients they are given.

"It was a real treat to participate in a competition in this format," said Craig Arstingstall, co-owner of What's Crackin' Café. "It totally takes you out of your comfort zone. I spent all night thinking about what kind of food they would supply and what I would make."

With participants including Mesa staples Red, White and Brew, Nando's, Vito's Pizza and Italian Ristorante and Echo 5, Craig knew he had his work cut out for him.



"When I saw who my competition was, I was invigorated because these are some of the restaurants I have frequented for years," Craig admitted.

After the competition, winners were announced. Vito's Pizza and Italian Ristorante came in third, Nando's was second, and What's Crackin' Café took first place.

"I knew we would be tough to beat," Craig stated. "I thought I had a good idea of what I was going to make the second the food was revealed."

Craig and What's Crackin' Café co-owner John Wilcoxon had a good reason to enter the Food Box competition. "We decided to participate in this competition because we wanted to get our name out there, and I wanted to show people what we are all about," Craig said. "Most importantly, we wanted to bring awareness to the hunger epidemic in our community and the world."

The menu at What's Crackin' Café is varied, to say the least. "Our menu has no boundaries," Craig stated with pride. "We have Italian dishes, Thai dishes, Canadian dishes and Southwestern dishes. We experiment with so many different cuisines to mix it up for our guests."

What's Crackin' Café is a locally owned restaurant serving breakfast, lunch and dinner, while incorporating American, Southwestern and International cuisines. All dishes are made from locally sourced produce, dairy and meat. ■

What's Crackin' Café is located at 6663 E. McDowell Road, Suite 101. For more information, visit whatscrackincafe.com, or call (480) 264-6832.

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- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?

You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

Lynne Jones
CELL:
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By calling this number, you will be connected to a licensed insurance agent.

Happy Thanksgiving!



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EDUCATION

Kindergarten Program Is Off to a Great Start

By Jennifer Salvatori

The kindergarten program at Self Development Academy (SDA) enjoys an exceptional reputation among the parents.

According to Naomi Goodwin, parent and administration team member, "The SDA kindergarten teachers and aides are exceptional. They make coming to school fun and exciting. My son has learned so much since the start of school. I tip my hat off to the kindergarten staff for making the first year of school enjoyable and fun."

Comments and testimonies such as these are heard over and over again from SDA parents. A student's path to academic success begins with the kindergarten program at SDA.

SDA

SDA, a public charter school serving students from kindergarten through grade 8, is known in the local community and statewide for its outstanding academic programs. Now in its 18th year, SDA consistently has been ranked among the top elementary and junior high schools in the state. The success of SDA students is due to a visionary leader, Dr. Anjum Majeed, dedicated faculty and staff, supportive parents and hardworking, diligent students.

THE SDA CORE CURRICULUM

SDA offers an accelerated curriculum, with students learning a minimum of one grade level ahead of the Arizona Department of Education Standards. The SDA kindergarten curriculum emphasizes two main areas of Language Arts and Mathematics. The Language Arts curriculum focuses on phonemic awareness, reading fluency, reading comprehension, handwriting and grammar. At the end of the kindergarten year, students are reading fluently at the grade 1 level and writing complete sentences, even creating their own storybooks. Number sense, addition and subtraction, fractions and patterns, as well as the basics of time and money, are components of the Mathematics curriculum. During the kindergarten



year, students master the concept of addition and subtraction and memorize Math Facts. By the end of the kindergarten year, SDA students are well prepared to continue with the accelerated curriculum as grade 1 students.

SPECIALS AT SDA

In addition to laying a strong Language Arts and Mathematics foundation, SDA offers weekly specials, including physical education, music, S'TEAM (Science, Technology, Engineering, Art and Mathematics), and art classes. Mrs. Christy Porter, the music and violin teacher at SDA for more than six years, leads the music class. The students showcase their musical talents twice a year at the Winter Program and Kindergarten Promotion Ceremony. Each classroom at SDA has an interactive computer board, allowing technology to be woven into curriculum, as well. Through specials, the kindergarten students develop other important skills, such as gross and fine motor and social skills.

THE SDA KINDERGARTEN TEAM

The success of the kindergarten program is due in large part to the SDA Kindergarten Team. The Kindergarten Team is made up of Mrs. Kathi Haschke, Mrs. Lori Redivo and Mrs. Kelli Wolfe. Kindergarten aides, Ms. Liz Pierson and Mrs. Kimberly Ladd, and other school personnel support the kindergarten program and students, too. The teachers and staff foster the high academic and personal standards of the program in a nurturing environment. The Kindergarten Team is passionate about educating children, many serving the SDA community for more than five years. The team is dedicated to being a special part of the students' educational experiences. ■

Please join us for Kindergarten Information Nights, on Nov. 7 and Dec. 5, at 6:15 p.m. Enroll now. Limited spaces are available for the 2018 – 2019 school year. For more information regarding SDA, or to arrange a tour, please contact the Front Office at (480) 641-2640.

LOCAL BUSINESS

Thanksgiving Dinner to Go WILL BE DELICIOUS

Submitted by Flancer's Gourmet Grub

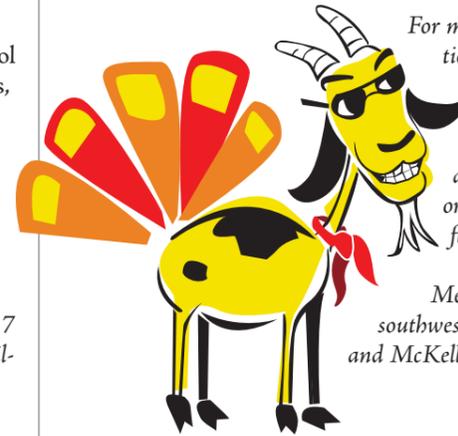
Flancer's Gourmet Grub Restaurant will be offering a delicious Thanksgiving Dinner to Go, featuring house-roasted Diesel turkey breast direct from a sustainable ranch in Sonoma, Calif., as well as all the fixings for just \$29.99 per person.

"We will sell out, really," said Jeff Flancer, owner of the popular Flancer's restaurant at Higley and McKellips roads in Mesa. "If you are doing a potluck with your loved ones, we offer quotes on single items, too." Flancer's also has another location in Gilbert.

In addition to the fresh turkey, the to-go menu features natural old-fashioned gravy; fresh sage, apple and piñon stuffing; bacon, chive and cheddar mashed potato pies; roasted Brussel sprouts and butternut squash in balsamic reduction; steamed vegetables; fresh cranberry and orange relish; and for dessert, pumpkin blueberry cobbler.

If you order six or more dinners, you will receive one free. For an additional \$2.75 per person, you can enjoy Flancer's freshly baked baguettes.

The feast will be ready for pick-up on Wednesday, Nov. 22, and will be cold with heating instructions. Flancer's is closed on Thanksgiving Day. ■



For more information, call the Mesa location at (480) 396-0077, or the Gilbert location at (480) 926-9077, or visit the website at flancers.com.

Flancer's in Mesa is located at the southwest corner of Higley and McKellips roads.



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LOCAL BUSINESS

Movie Suggests ELVIS IS ALIVE

By **Marilee Tangen**

This may sound crazy, but I wanted to educate my 10-year-old who only knew about Elvis Presley due to her grandmother's teenage crush.

We watched the movie *Elvis Found Alive*. We both giggled, thinking it was a joke, because everybody knows Elvis died in 1977. Since then, we've all been left to watch countless impersonators wherever we go.

As a voice coach, I integrate pop songs from the past. At the last performance, I had my group of students sing *All You Need Is Love* by the Beatles. To my surprise, the kids thought the song was *corny*, and didn't want to learn it. Most had never even heard the song.

I had them all watch a few YouTube videos of the Beatles, as I explained their role in music history and pop culture. When it was over, the young kids asked why the Beatles dressed so funny.

By having my daughter watch the Elvis movie, I figured she'd learn a few songs and get a kick out of his gyrating dance movements. By the end of the movie, we both were totally convinced there is a real possibility Elvis is still alive. Watch it, and see for yourself. It's on Amazon Prime. ■

For more information about voice or ukulele lessons, please go to MTsMusicHouse.com, or call (818) 292-2937.



Marilee Tangen

HEALTH

Chronic Pain Doesn't Have to Hurt Forever

By **David Tom, MD, Red Mountain Medical Plaza**

Just because you've had pain for months, it doesn't mean you have to continue to hurt.

Yes, we all know pain is horrible. It stops you in your tracks and prevents you from enjoying activities or playing with the kids. While not all chronic pain is simple, the majority of pain symptoms have a clear cause. There is a reason you are suffering and most of the time, we can figure out why.

Many patients try to ignore or endure their pain until it goes away. But what happens when it doesn't? What kind of doctor should you see, and what are they going to do any way?

The good that can be done is simple. A clearer idea of what is going on and why you're hurting is the first step to healing.

As pain doctors, we start with an evaluation phase. We need to hear the story of your pain. Your story includes when and how the pain started, what it feels like, where it is, what makes it worse, and what treatments you've tried to date, etc. Then, we examine your areas of pain, and determine if your pain symptoms fit a recognizable pattern. We often order imaging studies like X-rays or MRIs to look at the bones, discs, nerves and joints.

KNOWING IS HALF THE BATTLE

At this point, we have a good sense of what the most likely cause of your pain is. Now, we've got to try to get rid of it. But, how? Well, the goal is to address the underlying



David Tom, MD

cause of your pain, not to cover it up with medications or send you to surgery. We want to get rid of or reduce the pain, so you can return to living your life as you did before the pain started.

Treatment options include stretching, exercise, physical therapy, temporary use of medications to help you get by, minimally invasive procedures and possibly surgery. Truth be told, the majority of people with chronic pain do not need surgery. Many times, minimally invasive, 20-minute outpatient procedures may be utilized to help your body heal itself faster or to get rid of the pain.

Your treatment plan ultimately depends on the most likely cause of your pain. So, the first step required to stop the hurting is to figure out what's going on.

To schedule an appointment, call Red Mountain Medical Plaza at (480) 999-0049. ■

David Tom, MD, is a triple-board certified doctor in pain medicine, anesthesiology and internal medicine. He is an expert in the diagnosis and treatment of chronic pain of the spine, nerves and joints, and is a founding physician of NovaSpine Pain Institute, in Arizona. Dr. Tom has completed the highest level of training possible in interventional spine and pain treatments. He completed his residency and fellowship training at the University of Texas Health Science Center, in San Antonio, and earned his medical degree from the UCLA School of Medicine.



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In Office Whitening: \$400, PLUS take-home whitening trays: \$800 Value!

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- Dentistry for the whole family
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- Implants - Placement & Crowns
- Root Canal Therapy
- Oral Surgery Including Wisdom Teeth
- Afraid of Dentists? Nitrous Oxide Sedation Available
- A Team of Professionals Here to Help You Smile

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Affordable designer clothing and accessories for women.
Accepting new consignments Monday through Friday 10am thru 4pm.

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LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf



THE VISTAS PAVILION AT LAS SENDAS

The Vistas Pavilion wins Wedding Venue Award

The venues at the Vistas Pavilion have been named by top online wedding sites as one of the best spots in the area for brides and grooms to say, "I do." Recognition criteria was based on its popularity determined by the number of online clicks made, site tour appointments requested, price estimates created and weddings booked for each venue through online booking websites. We are excited for the upcoming wedding season with our new staff, wedding specials and packages.

Friday Evening Wedding Specials March through May 2018

The Vistas Pavilion is offering discounted ceremony and reception pricing for dates remaining in March through May 2018. For further details and package information, please call (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com.

Holiday Parties

Our December calendar is filling up quickly. Be sure to give us a call to book your holiday party now. We have amazing holiday buffets and plated dinners from which to choose. The Pavilion is decorated for the season, and includes holiday centerpieces. Just bring your guests and enjoy a great evening. Happy Holidays!

THE VISTAS PAVILION EVENTS

Paint and Pinots

Fall Fun at Las Sendas

5 to 7 p.m., Sunday, Nov. 12.

\$50 per person (includes glass of wine, tax and service charges).

The Vistas Pavilion has partnered with noted local artist Reagan Guzman to host a night of creativity and fun for you and all your friends. Enjoy a glass of Pinot Noir or Pinot Grigio while learning how to be the next Picasso. Seating is limited, so book your reservation now. Call (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com.

Sazerac Whiskey Dinner

Presented with Young's Market

Reception 6:30 p.m. and Dinner 7 p.m.

Thursday, Nov. 16.

\$55 per person (plus tax and service charge).

Bookings are essential, as seating is very limited. Call (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com.

IT'S ALL HAPPENING AT THE PATIO AND GRILLE

Whether it's the breakout of the new seasonal dinner menu, the fantastic libations, the excitement of live music, from 5:30 to 9:30 p.m. nightly, or the spectacular sunset views, it's all happening right now at The Patio at Las Sendas.

Come early for Happy Hour specials and unique appetizers, such as Lentil Hummus; Ale Steamed Little Neck Clams; or Charred Brussels Sprouts. Stay for a while after dinner to enjoy the music in the cool night air.

Featured artists are Karen O., Eric Hasbun, Nick Heward, Notes from Neptune, Adam Simon, Monique and Jimmy, Soul Catchers and Kyle Sorrell. Don't miss your favorite entertainers. Check the website for the schedule.

What's new for dinner? Our amazing chefs have created distinctive menu items for the fall season. Selections include Jerk Chicken, an Airline Carved Grilled Breast with Caramelized Pineapple Glaze; Red Wine Braised Osso Bucco with Sautéed Gnocchi; Bourbon Chili Roasted Tenderloin of Pork with Sweet Potato Confit; Farfalle Pasta Sautéed with Fall Vegetables and Goat Cheese; or Southern Stuffed Salmon with Polenta. Check the website for the complete delicious details.

There's also the new Build Your Own dinner experience. Choose a protein like Sirloin Steak or Grilled Chicken, enhanced with your favorite house-made sauce, such as Peppercorn Demi or Gouda Cream. Add a choice of two sides, such as Lemon Thyme Risotto or Mac and Cheese.

With overseeding complete, the restaurant is open for breakfast, lunch and dinner beginning at 8:30 a.m. daily.

Don't forget about **Thanksgiving Dinner on The Patio**. A traditional three-course dinner is \$48 per person, plus tax and service charge. Make reservations now. Call (480) 396-4000.

If you would rather dine at home, try **Turkey Takeout**. We do the cooking. You just pick it up. Order now, as availability is limited. For details, call (480) 396-4000.

Holiday Gift Cards—Remember, holiday gifts. Get a gift for them and for yourself. Purchase \$100 in food and beverage gift certificates through Dec. 31, at The Patio and Grille, and receive a \$20 gift certificate for yourself.

For more information on menus, entertainment or specials, visit our website at lassendas.com, or call (480) 396-4000.

LAS SENDAS GOLF SHOP STOCKING UP FOR THE SEASON



At Las Sendas Golf Shop, we always have a sale on something great. Come in and check us out. We're open to the public.

Come in and try out our demo clubs from Ping—the new Ping G400 Driver is here. We also have the Epic Driver from Callaway, the hottest driver from last season. Both are in stock and in demo.

Special Sale—Used PING G30 rental clubs, men's right and left hand. Sets include driver, 3 and 5 woods, 3 and 4 hybrids, 5 iron, sand wedge, putter and Ping golf bag. The price is \$550 for the complete set.

Welcome back to Las Sendas, our *Snowbird* friends from the North.

November is such a great month to play golf at Las Sendas. Rates still are very attractive before we move into our really busy season. The best deals are always on our website at lassendas.com. Scroll down to *Book a Tee Time*, choose the day you want to play and the rate you want to pay. It's always free to book times on our website.

Happy Thanksgiving to all our friends in the Las Sendas Community

Rick Crowson, Director of Golf, Las Sendas Golf Club

New stock is arriving every day in our Golf Shop, featuring all the latest women's fashions from JoFit, Tail, Jamie Sadock, Antigua, Ping, Greg Norman, Sport Haley, Under Armour and Annika.

New for us this year, we have Skecher shoe styles for women and men. Come in and try on the most comfortable shoe in golf—at prices sure to shock you.

Men's fashion for this year includes top-line merchandise from Antigua, Ping, Greg Norman, Oakley, Cutter and Buck, Travis Mathew, Under Armour, FootJoy, Level Wear and more.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

\$1,999 SOCIAL MEMBERSHIP SPECIAL MIGHT BE JUST RIGHT FOR YOU

If you only have time to play a few times a year, but you like the social activities and privileges a club membership affords, we have the perfect membership available for you and your family. The Social Membership is designed for the working person who is not yet ready for the commitment of a full-time membership. It allows you and your family the membership discounts and privileges you get only if you are a member of Las Sendas Golf Club. You will need to hurry. The \$1,999 Summer Social Membership Special offer expires on Dec. 1.

Las Sendas Golf Club Membership Opportunities

All of our membership programs are open to residents of Las Sendas, Red Mountain Ranch, Mountain Bridge and surrounding areas. We have a fun and diverse membership that hails from all over North America. It's fun, challenging and social. Our facilities continually are gaining national acclaim. Our offerings are:

Social Membership—Regular \$3,000 (\$1,999 Summer Special extended—expires Dec. 1)

- Social members pay just \$500/year in dues and have full membership privileges.
- Receive 10 golf passes annually and 10 percent discount in Golf Shop and restaurants.
- Booking privileges on the Patio, tee times and access to our members lounge.
- Charging privileges and recorded handicap.

Proxy Membership—No Initiation Fee, Full Membership Privileges

- Proxy members pay just monthly dues and have

full membership privileges.

- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues for a single person are \$690 per month, and \$790 per month for a couple.

Non-Refundable Golf Membership—\$15,000

- Members pay monthly dues and have full membership privileges.
- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.

Fully Refundable Golf Membership—\$45,000

Canadian currency at par for initiation deposit

- Receive \$10,000 in incentives (we will custom design to match your lifestyle).
- Annual (12 months) or Seasonal (6 months) Dues packages.
- Members pay monthly dues and have full membership privileges.
- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.

For all inquiries and questions, please contact Wayne McBean, at Las Sendas Golf Club. Send an email to wmcbean@lassendas.com, or call his cell at (480) 323-9364.



LET LAS SENDAS GOLF CLUB DO THE WORK THIS THANKSGIVING DAY! *The choice is yours: Dine with us or pick up your fully prepared meal and enjoy it at home.*

Las Sendas Golf Club | 7555 E. Eagle Crest Drive, Mesa, AZ 85207 | 480-396-4000 | www.lassendas.com

THANKSGIVING DINNER on the PATIO at LAS SENDAS

3-7pm on The Patio
\$45 per person,
plus tax and gratuity

Reservation:
480-396-4000, ext. 210
or 602-734-5524

FIRST COURSE
Butternut Squash Bisque
 Anise Crème

Bogey Salad
 Mixed Greens, Dried Cranberry, Pumpkin Seeds, Grana Padano, Roasted Shallot Vinaigrette

Prosciutto and Goat Cheese Salad
 Arugula, Radicchio, Figs, Goat Cheese, Toasted Almonds, Cured Prosciutto, Roasted Garlic White Balsamic Vinaigrette

SECOND COURSE
Sage Stuffed Turkey
 Traditional Stuffing, Rolled Breast of Turkey, Choice of Yukon Gold or Sweet Potato Purée, Haricot Vert, Crispy Onion, Giblet Gravy & Cranberry Sauce

Rosemary Roasted Prime Rib
 Fontina and Thyme Duchess Potatoes, Haricot Vert, Crispy Onions with Pan Jus

Pork Roulade
 Crispy Pork Roulade stuffed Root Vegetable, Rum and Molasses Glaze, Herb Baby Carrots & Lentil Rice

Pan Seared Halibut
 Pan Seared Halibut Filet, Roasted Garlic, Fennel, Heirloom Tomato Relish, Fontina & Thyme Duchess Potatoes & Broccoli Rabe

THIRD COURSE
Pumpkin Cheesecake
 Frangelica Crema & Fresh Macerated Red Berries

Gelato Duet:
 Purple Yam Yube Gelato, Apple Cinnamon Crunch Gelato Served with Grand Manier Glaze & Sweet Crema



TURKEY TAKE OUT

Complete Thanksgiving Dinner
\$150, plus tax. Serves 8-10

- Rosemary, Thyme Marinated Roasted Whole Turkey 16-19 Lbs. In Its Natural Juice
- Southwestern Style Cornbread Stuffing
- Roasted Garlic Mash Potatoes
- Fresh Yams Smothered In Pecan Butter
- Green Bean Almandine Beurre Noisette
- Fresh Herb Traditional Giblet Gravy
- Whole Cranberry Relish
- Mixed Greens
- Grape Tomatoes, English Cucumbers, Shaved Fennel, Cranberries
- Artisan Dinner Rolls

To Reserve Your Take Out Meal,
Email: jessmiller@lassendas.com
or Call 480-396-4000 ext. 227.

REAL ESTATE

TAX IMPLICATIONS EXIST FOR CANADIANS AND FOREIGN PERSONS SELLING U.S. REAL ESTATE

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties



Lorraine Ryall

The Foreign Investment in Real Property Tax Act of 1980, also known as FIRPTA, applies when a foreign person sells U.S. real estate.

FIRPTA defines a foreign seller as a non-resident alien individual, a foreign corporation not treated as a domestic corporation, or a foreign partnership, trust or estate.

East Mesa has been one of the top locations for Canadians to purchase their second homes, but with the stronger Canadian dollar over the past few years, more Canadians have been selling to take advantage of the exchange rate. Understanding the tax laws and how they will impact you as the seller or the buyer can save you time and money, as well as possible penalties. Whether you are a Canadian or another non-U.S. resident, these laws and taxes apply the same.

HOW MUCH WILL I HAVE TO WITHHOLD?

As a Canadian citizen, when you sell a U.S. property, you may be subject to withholding tax of up to 15 percent of the gross proceeds on the sale. If the buyer is purchasing the property as his primary residence, and the sales price is less than \$300,000, tax is not required to be withheld. If the buyer is purchasing the property as his primary residence, and the sales price is between \$300,000 and \$1 million, the tax withheld is 10 percent. If neither of these two scenarios applies, 15 percent tax must be withheld.

HOW ARE FUNDS WITHHELD?

The title company handling the sale of the property will withhold the funds, as shown on the Settlement Statement at closing, and submit the funds to the IRS within 20 days of the close of escrow.

WHY IS THE BUYER RESPONSIBLE FOR TAX WITHHOLDING?

Although the tax withholdings are deducted from the seller's proceeds from the sale of the property, and held back by the title company, if for any reason it is not withheld, FIRPTA law holds the buyer liable for the amount that should have been withheld. With the seller living outside of the U.S., the IRS has made this tax the buyer's responsibility, and they will pursue the buyer or place a lien on the property to collect their tax, if necessary.

HOW LONG CAN YOU STAY IN THE U.S. WITHOUT BEING CONSIDERED A RESIDENT?

A common misconception is that Canadians regularly travelling to the U.S. for long stays can spend up to 182 days, or six months, in the U.S. without being considered a resident for tax purposes. Although Canadians can stay in the U.S. for up to six months per immigration, it's not that simple for the IRS and taxes. If you are travelling to the U.S. for long stays year after year, your stay is averaged using a special formula (see below) over a period of three years. The total number of days spent in the current travel year is added to one-third the total number of days spent in the previous year, and one-sixth the number of days spent in the year prior to that.

FORMULA

2014 - 115 days $1/6 = 19$

2015 - 120 days $1/3 = 40$

2016 - 123 days $1 = 123$

Total = 182

If your stay is more than six months in three years using the formula above, you are now considered a U.S. person and subject to U.S. taxes on all your income and reporting that income to the U.S. There are exceptions to this rule if you do find yourself in the U.S. for longer than six months. Your tax accountant can advise you on this.

CAN YOU WITHHOLD LESS THAN THE 15 PERCENT?

The tax withholding is based on the gross sales price, but the seller can do a pre-audit for the net proceeds and submit to the IRS prior to the date of transfer. All receipts for depreciation, along with all allowed expenses, must be submitted. Title will withhold the funds without sending to the IRS until they get the determination. If it is approved, funds will be returned to the seller. If not, the funds will be transferred to the IRS.

Regardless, if you have withholding, you still have to file a U.S. tax return. If you do not file, the IRS can withhold 30 percent.

If you are selling a home toward the end of the year, you want to try and close by Dec. 31. Otherwise, you cannot file your tax return for another year.

CANADIAN TAX RULES

Even if you do not owe any U.S. tax, that doesn't mean you will not have to pay Canadian tax.

Example

2012 purchase property for \$300K USD

When exchange rate is .9 (\$270,000 cdn)

2017 sell property for \$300K USD

When exchange rate is 1.2 (\$360,000 cdn)

U.S. No gain or loss

Canadian Capital Gain of \$90,000 cdn (\$360,000 - \$270,000)

There are many more exceptions and scenarios other than those outlined here. This is just a summary and not intended as tax or legal advice. Consult your CPA or attorney, or if you would like a recommendation for an approved accountant for FIRPTA withholding, or information on selling your home with FIRPTA, please don't hesitate to contact me directly. ■

Lorraine Ryall has been a Multi-Million Dollar producer for the past nine years. If you are thinking of buying or selling and would like more information or a market analysis, please contact her at Lorraine@Homes2SellAZ.com, or call (602) 571-6799. Visit her website at Homes2SellAZ.com.

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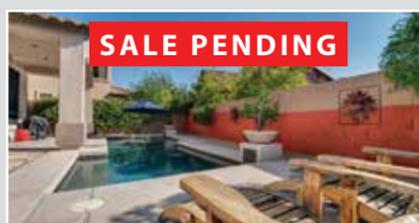
Lorraine was a pleasure to work with when selling our home in Mesa. We relocated to another state after our home was listed and Lorraine did a great job of facilitating the sale even with us at a distance. We highly recommend her for her knowledge, marketing skills, and thoroughness.

-Tom and Joan

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Alta Mesa Estates
Custom - Pool - \$485,000
2702 sq ft. 4 Bed 3 Bath



Las Sendas
Remodeled - Pool - \$415,000
2835 sq ft. 4 Bed 3.75 Bath



Behind Las Sendas
\$60K Below Appraisal - \$589,000
3788 sq ft. 4 Bed 3.5 Bath



The Groves
Pool - NO HOA - \$475,000
2805 Sq Ft. 4 Bed 2 Bath



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LOCAL BUSINESS

Community Events Are Puppy-Friendly

Submitted by Happy Pets Palace

Happy Pets Palace hosts free puppy socials every other Saturday, from 10 to 11 a.m., at 1918 E. McKellips Road, in Mesa.

Puppies from 9 weeks old to 7 months old are invited to attend. Dates for the remainder of the year include Nov. 4 and 18, and Dec. 2, 16 and 30. The puppy socials take place outside at Happy Pets Palace when weather permits.

Puppies are young and innocent. We want to help them gradually build confidence and accept new experiences without fear.

Just like children can learn foreign languages easily, puppies take in new experiences with ease. Puppies 16 weeks or younger are at the optimal age to be shaped and introduced to safe, new experiences. This will lead to a more well-balanced and receptive puppy. Be sure to choose new experiences your puppy will enjoy and not fear.

A friendly and supportive foundation creates a happy, well-behaved puppy. Help shape good behaviors by carefully choosing new experiences. Introduce your puppy to accept handling by having their mouth, ears, tail, feet and collar touched by a variety of people. When your dog is approached, you want him to be receptive. Training your dog to be social with people and dogs is a great thing to do at an early age. It makes going out in public a much more enjoyable experience.

Puppies need to learn how to calm down, and they need a settling period. Self-regulation helps to avoid over-arousal. High energy and high arousal in dog-dog group play are closely linked to aggression, even with the best of friends. If your puppy doesn't learn to self-regulate at a young age, then his adult play style may be considered rude in the dog world, or worse, it may cause aggression during amped up play. Learning proper play etiquette is so important in socializing pups at a young age.

TIPS TO CHOOSE A GREAT PLACE FOR YOUR PUPPY'S PLAY TIME

1. Attend a session without your puppy to see if the people and other puppies are a good fit.



2. The environment should be clean and safe.
3. Look for experienced puppy facilitators to manage play so no puppy is ganged up on or put in a fearful situation.
4. Confident puppies should be grouped with other active, eager-to-play puppies. And likewise, shy or timid puppies should be with other gentle, easy players.
5. Look for safe zones where puppies can separate themselves from the group, take a rest, and then choose when they are ready to rejoin in play. Safe zones can be under a chair, under a low ramp, or anywhere that separates one puppy from the open group. Let your puppy make the choice when he wants to rejoin the group. Don't force your puppy to participate until he is ready and comfortable, or the bad experience could impact him for a long time.
6. A patient, willing adult dog can help teach the puppies proper etiquette, as long as that adult dog is not being

- dominating or scaring the puppies.
7. Avoid corrective collars that can hurt. That means no prong collars, no e-collars and no choke chains.
8. Do not use spray bottles or shaking coins in a can to correct behavior. Instead, use treats or simply pick up the puppy to help soothe and calm your dog down. Or redirect with a happy voice.
9. Avoid verbal sound corrections or angry voices, which could frighten puppies.

Dogs are pack animals and enjoy being around other dogs. They don't want to live a solitary life. They love having a purpose and going on adventures.

If your goal is for your puppy to have a full and enriched life, please let us help. There will be puppy-training tips, and to ensure good safe play styles, as well as socializing, trained staff will monitor play. There also will be occasional guest speakers discussing nutrition, exercise, photography tips and other fun topics.

Puppy socials at Happy Pets Palace are designed to monitor puppy introductions and gradually build experiences in a fun, happy and playful manner. Your puppy needs play session experiences while they are young. Our wisdom and experience will help pair up puppy play styles to be nicely matched for reciprocal play. We encourage healthy treats to guide puppies along and praise good choices.

Every other Saturday, Happy Pets Palace offers a free one-hour puppy social playtime between 10 and 11 a.m. The social event is held at our facility. Puppies up to 7 months old are welcome to attend for free.

During this puppy social, we share feedback on how to work best with your puppy. We want your puppy to be a happy member of your home for his entire life. Puppy play sessions can begin when your puppy is 9 weeks old, or 7 days after your vet gives the first series vaccination for parvo/distemper. ■

Happy Pets Palace is an award-winning dog boarding facility, located at 1918 E. McKellips Road. We offer doggy daycare, puppy training, puppy socializing and overnight dog boarding. Learn more about our services at HappyPetsPalace.com.

NEW POOLS & POOL REMODELS



\$24,499 POOL DEAL

- 80' Perimeter Play Pool 5' deep up to 400 Sq Ft 3'x4'x5'
- Paramount PV3 In-Floor Cleaning system with 12 heads
- Pentair Variable Speed Pump
- 420 Sq Ft Filter / 20 ft plumbing run
- Aerator
- Pentair LED Color changing light
- 170 Sq Ft of Standard Travertine Pavers & 80 Lineal Ft of Standard Travertine Coping or 250 SFt of Acrylic Deck
- 50 Lineal Ft of Elect run
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Not valid with other offers. Must show ad prior to signing contract. Expires 11/15/17



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LOCAL BUSINESS

NEW SPROUTS FARMERS MARKET Grand Opening Is Set for January

By Dawn Abbey

Eager foodies who have been watching and anxiously awaiting the opening of the new Sprouts Farmers Market, currently under construction at the corner of N. Recker Road and E. Longbow Parkway, just off the Loop 202, can take heart.

The new store is slated to open on Wednesday, Jan. 10, 2018, at 7 a.m., and is now hiring, according to Kalia Pang of Sprouts Media Department.

The 30,000-square-foot facility is bringing approximately 120 full- and part-time career opportunities to the area. "Sprouts' *Healthy Living for Less* approach to grocery shopping means potential team members should share a passion for healthy eating and for the fresh, natural and organic products offered throughout the store," Kalia said.

Employment opportunities include:

- department managers, assistant department managers and clerks (produce, meat and seafood, grocery, bakery, vitamins and body care, and more)
- cashiers
- courtesy clerks
- backup receiver, administrative coordinator and scan coordinator

To learn more about available career opportunities, or to apply, visit sprouts.com/careers, or call (866) 925-2396 for non-managerial roles.

"Sprouts offers competitive pay, excellent benefits, team member discounts, a fun and rewarding culture and great career



advancement opportunities," Kalia stated. "In 2016, Sprouts' team members saved more than \$9 million through store discounts and received \$150,000 in scholarships."

Mesa shoppers will find an abundant selection of fresh fruits and vegetables and barrels of wholesome grains, nuts and sweets in the store's bright, open layout. Each store features an in-house butcher who prepares handcrafted sausages daily, and assists customers with special cuts of meat and seafood seasoning.

"Shoppers also will enjoy a variety of fresh and prepared deli items, ideal for lunch or dinner, as well as a wide selection of fresh-baked goods and craft beer and wine," Kalia explained. "The Vitamins and Body Care Department features more than 7,500 cutting-edge vitamin and body care products made with sustainable and ethically sourced ingredients."

This Mesa location is one of 30 new Sprouts to be opened nationwide next year, including one in Tempe and another in Green Valley, Ariz. Sprouts is headquartered in Phoenix, and employs more than 27,000 team members in more than 280 stores in 15 states coast to coast.

Sprouts, founded 15 years ago, is dedicated to growing responsibly, and has committed to a *Zero Waste* threshold by 2020, as defined by the U.S. Environmental Protection Agency, according to its website.

According to Sprouts, the Sprouts Food Rescue program donates unsold, edible groceries, including fresh produce, from its stores and distribution centers to food banks in all of its markets. Local relief agencies pick up this food, which would otherwise go to waste, and distribute it to families in need. Last year, Sprouts donated more than 19 million pounds of product, equivalent to 15 million meals. Food not fit for human consumption is either composted or sent to cattle ranches through Sprouts' Food Waste to Farms program. ■

The address of the new Sprouts store is 3150 N. Recker Road. For more information, visit sprouts.com or @sproutsfm on Twitter. For career information, or to apply, visit sprouts.com/careers, or call (866) 925-2396.

COMMUNITY

Red Mountain Ranch Presents Community Day



Submitted by Nancy Nemitz

Red Mountain Ranch Community Day will take place on Sunday, Nov. 12, from noon to 4 p.m., in the clubhouse.

The country club's Community Day event is open to all Red Mountain Ranch residents.

Invite your neighbors. Enjoy free hot dogs, chips, lemonade and soda. The fun-filled day also will feature music and activities for all ages.

The pool, tennis courts and fitness center will be open, with events planned at each venue.

Community Day is also your chance to play golf at the Pete Dye-designed course for just the cart fee of \$19 per person between noon and 4 p.m. For the guest of a resident, the fee is \$39. To schedule available tee times, call (480) 981-6501, ext. 2, between Nov. 9 and 11.

Mark Sunday, Nov. 12 on your calendar and bring a friend. ■

Red Mountain Ranch Country Club is located at 6425 E. Teton Circle. For more information, call (480) 981-6501.

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LOCAL BUSINESS

AUTOMOTIVE CENTER Offers New Services

Submitted by H and I Automotive

Since H and I Automotive began serving our East Valley neighbors in 2009, we have been



aid on a reimbursement basis, which is good for any vehicle that has been serviced at our facility. BG Products will provide a six-month roadside contract with

making vast improvements to provide our customers with a service experience beyond all expectations.

This year has been no exception.

In February, we started offering complete detail services. Just like our automotive service, we wanted to set a higher expectation than you would receive from your ordinary carwash/detail shop. We accomplished this by having our detailer attend a top-of-the-line academy where he became certified in the proper procedures to not only give your vehicle the best detail it has ever had, but he also can perform paint correction, headlamp polishing and ceramic coating services at the highest level possible.

As for our automotive repair, we now offer a nationwide 36-month/36,000-mile parts and labor warranty and a 60-month/60,000-mile parts and labor warranty at our service facility. We also have teamed up with BG Products and now can offer nationwide protection on your vehicle's key systems when you perform your preventive maintenance with us. All you must do is follow our preventive maintenance guide, and all covered repairs will be performed at no charge to you nationwide.

Roadside assistance is available to our customers through multiple sources. AC Delco and Partners Network both will

the performance of any of their preventive maintenance services. These services include towing, battery jump, lockout service and spare tire installation. Services also include delivering some gas in case you run out.

We have always been a great source for vehicle diagnostic, and now have extended our capabilities to include European vehicles. Our latest investment has raised the benchmark once again for how to properly and correctly diagnose your vehicle and ensure a timely repair. Our technicians continually attend seminars on the latest repair techniques offered by our vendors to stay on the cutting edge of today's technology.

As we head into the holiday season, we would like to remind you that we are a collection point for the Toys for Tots program, and we hope you will join us in supporting this great cause. Donations will be accepted through Friday, Dec. 15. ■

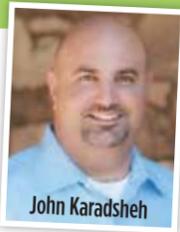
Please call H and I Automotive at (480) 985-9279 with any questions or to obtain an estimate. We are a full service professional automotive service center, serving our East Valley neighbors since 2009. Find us online at handiautomotive.com or on Facebook and Google+.

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Sales for the Month of September 2017



Address	Square Feet	Community	Sold Price
7215 E. Nathan St.	1,584	Trailridge	\$290,000
7248 E. Nance St.	1,584	Trailridge	\$313,000
7356 E. Northridge Cir.	2,210	Grayfox	\$358,500
3060 N. Ridgecrest #130	2,226	Desert Vistas	\$380,000
3351 N. Boulder Canyon	2,226	Tapestry Mountain	\$405,000
7352 E. Red Hawk St.	2,413	Boulder Canyon	\$422,000
3624 N. Eagle Canyon	3,426	Boulder Canyon	\$440,000
6908 E. Sugarloaf Cir.	3,856	Sonoran Hills	\$525,000
3645 N. Sagewood Cir.	4,047	Founders Ranch	\$710,000
4341 N. Brighton Cir.	4,231	Summit	\$1,050,000
7848 E. Copper Canyon St.	4,542	Copper Canyon	\$1,285,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

D ownsizing? Determined to get rid of *stuff* no longer needed? Cleaning out a home or an estate? Stop! *Know Before You Throw*.

Speaking of *stuff* no longer needed, you'll notice a new picture of me. I've lost the mustache. So, if you find it, please let me know. You'll also notice my lovely wife, Donna, in the picture. She is an integral part of our business, contributing to story content and editing, as well as handling much of the real estate side of our business as an associate broker with HomeSmart Realty. Please welcome Donna to my monthly column.



Donna Luger and Jon Englund

As the holidays quickly approach, I'm often asked about ways to turn *stuff* folks no longer use or want into extra holiday bucks. For example, I've recently been called upon to help four families with the sale of some old and outdated jewelry they no longer wanted, as well as a few coin collections.

Getting rid of old or broken jewelry can be a great way to drum up some extra cash, since many items are made from gold and silver and may contain precious gemstones. Usually, when a jewelry item breaks or goes out of style, it ends up at the bottom of a dresser drawer, along with orphaned earrings (oops, lost one).

Extra cash can come from a coin collection passed down through the family,

or started years ago when it was a fun pastime with the kids. These collections oftentimes contain older coins with gold or silver content, or coins that have appreciated in value for collectors. One recent call was about an odd looking medallion, which actually turned out to be a British Queen's Beasts coin. It was worth around \$1,300—and they had no idea.

So, whether it's an old coin collection, or some long-forgotten jewelry squirreled away in the sock drawer, you just might be sitting on a small treasure trove and you don't even know it. As always, give me a call and *Know Before You Throw*. ■

Jon Englund has more than 25 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more. A Midwest transplant, Jon trained at New York University in appraisal studies.

Donna Luger has assisted during that time and is a veteran associate broker and Realtor with HomeSmart Realty—Elite Group.

For more information, call Jon directly at (480) 699-1567, or send an email to Jon@KnowBeforeYouThrow.INFO.



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I have worked with John numerous times both as the seller and as the buyer and he is an exceptional agent. He is very professional and so easy to work with. John goes above and beyond to make sure that his clients are receiving the best service possible. — Nanci A.

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REAL ESTATE

Here Are 10 Important Things to Do BEFORE YOU START UNPACKING

By John Karadsheh

Congratulations! You have found your dream home and are getting ready to move in.

The moving process is a hectic one. From our experience, here are 10 things we think are important to do before you start unpacking boxes.



John Karadsheh

dust, pet dander, smells and general dirt left behind by the previous owner. Just be sure to account for carpet drying time in your moving process. After the carpets are cleaned, get your tile sparkling by thoroughly mopping with vinegar and water.

5. DO A DEEP CLEAN

We recommend a deep top to bottom cleaning before unpacking. Wipe out cabinets, drawers and closets with a microfiber cloth and a combination of vinegar and water or your favorite antibacterial spray. Use damp microfiber cloths to wipe down cabinet doors, tops of cabinets and baseboards. Clean door handles, toilets, showers, tubs and the refrigerator with a bleach solution to make sure they are sanitized (you may want to change out the toilet seats). Run a phantom load in the dishwasher and washing machine. Disposals often need a good scrubbing with baking soda and white vinegar (wear gloves and be sure the disposal is off). Your deep clean also will help you notice any quirks needing attention, such as hard water buildup, loose handles and squeaky hinges. If the home feels dusty and has not been painted recently, consider wiping the walls with a damp microfiber mop.

6. CLEAN YOUR WINDOWS

There is a lot of hidden dirt in a home on the inside of the windows. We recommend cleaning all windows at least two times per year—in late September, once the monsoon season has ended, and in March, after the winter rains.

7. GIVE IT A SPRAY

Arizona has a variety of critters that like to make their way into our homes. Begin life in your new home with an indoor and outdoor pest service followed by monthly or quarterly visits.

8. LOCATE YOUR BREAKER BOX AND MAIN WATER VALVE

Locate your breaker box, and figure out how to turn off the power to your house. Figure out which fuses control each part of your house and label them, if necessary. Know how to turn off your main water valve in the event of a plumbing emergency. Check the shut off valves under sinks, too, making sure they are in good working order.

9. GET TO KNOW YOUR IRRIGATION SYSTEM

Locate the timer for your landscape watering system, and learn how to adjust the water for your plants. In Arizona, plants don't thrive without water, and they definitely need more water in the hot summer months. Sometimes, through the moving process, timers get disrupted. This can lead to the loss of precious vegetation in your yard.

10. MEET YOUR NEIGHBORS

Meeting the neighbors used to be first on everyone's list when moving, but as lives have gotten busier, it is something we often forget. It is beneficial to swap cell phone numbers with your immediate neighbors in case of emergency and just to get acquainted with your new community. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 15 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (480) 568-8684, or visit his website at KORproperties.com.

KOR Properties is a boutique real estate brokerage serving the Valley of the Sun and the creator and founding sponsor of Mesa Food Truck Fridays.

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LOCAL BUSINESS

Group Rentals Are Available at **NO SNOW PADDLEBOARDS**

Submitted by No Snow Paddleboard Shop

If you are looking for fun group things to do for birthdays, family reunions, team building or corporate events, try the new No Snow Rent A Box.

Load up our courtesy box van with 10 to 30 boards and drive to the lake. Everything you need to paddle is ready and waiting for pickup. Simply bring your friends and your coolers and snacks and head out to the water.

This new offering at No Snow Paddleboard Shop is ideal for river runs, sunset or sunrise parties, birthdays, corporate events, stand up paddle boarding, yoga, fitness and team building, as well as Boy Scouts, Girl Guides, church groups, family reunions and Sunday *Fundays*. The van is provided as a courtesy, with no additional cost to you. ■

For details and to book your event, call (480) 220-5705. You also can visit us online at nosnowsups.com. No Snow Paddleboard Shop is open seven days a week. The shop is located on the northwest corner of Power and Thomas roads, north of Walgreens, at 3654 N. Power Road, Suite 104.



ORGANIZING

Color Affects Workspace Productivity

By Nancy Nemitz

Color affects our mood, creativity and productivity.

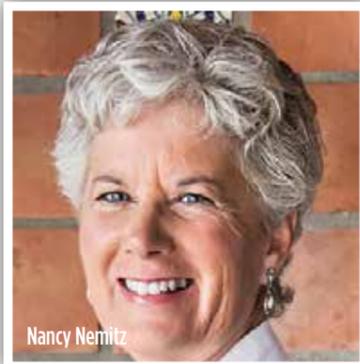
Most offices are some shade of beige or white, which a University of Texas study found induces feelings of sadness and depression, especially in women. Men experience similarly gloomy feelings in a purple or orange workspace.

Frankly, I've never seen purple or orange in a man's office. Entrepreneur magazine points to research that blues and greens are the most soothing and productive because they are nature's most predominant colors.

Once we've cleared out the clutter and the office is organized, I encourage my clients to paint their walls or bring in artwork they love. I have a client who kept motivated to finish organizing her home office because she really wanted to hang a large piece of art that made her happy. The smile on her face when her office was all pulled together and organized was worth all the time and effort.

Find a color that makes you happy and incorporate it into your workspace. ■

Nancy Nemitz has been organizing disorganized people since 2004. Find out more about her work at createthespace.com. Send an email to nancy@createthespace.com with your ideas for future articles.



Nancy Nemitz

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- The American Academy of Cosmetic Surgery
- The American Society for Dermatologic Surgery



HAPPY VETERANS DAY
Thank You For Your Service

In Britain, where I grew up, practically the entire country wears poppies each Veterans Day.



Lorraine Ryall

I loved this tradition and started handing out poppies during the first season of Mesa Food Truck Fridays in honor of my father who passed away in November 2012. He always wore his poppy with pride and was never seen without one.

Come show your support for our Veterans by stopping by the KOR Properties booth at Food Truck Fridays on November 3rd and pick up a poppy to wear in November.

PETS

Your pets can have a Thanksgiving plate, too

By Dawn Dubelbeis, Critter Caretakers Pet Sitting

Thanksgiving is almost here, which means a house full of loved ones and wonderful food, and for many, our pets are included as loved ones, so, should your furry family members partake in the yummy food celebration?

The answer is yes and no. Many of the foods we eat are not the best to offer your pets. Let's take a look at a few traditional Thanksgiving foods to find out which ones are safe.

First, there are whipped potatoes. While the potatoes are acceptable, many of us add ingredients, such as milk, butter, sour cream and cheese, which are not appropriate for your pets. Some dogs can tolerate dairy and others cannot. Also, if you cover your potatoes in gravy, they are

a definite no—much too rich for pet stomachs. So, plain potatoes, yes. Spiffed up potatoes, no. Many families eat cranberry sauce when celebrating this holiday, and this is a perfectly delicious treat to feed your canine companions.

How about green bean casserole? Well if it's a casserole, it's not

recommended. Due to the milk, potential garlic and onion topping, this makes it a no. However, plain green beans are completely acceptable. In fact, adding plain canned green beans to your dog's kibble is a great way to stretch your budget and give him something interesting and different to eat.

What about pumpkin pie? Pumpkin is good for pets, right? Plain pumpkin in a paste, not pumpkin pie filling, is what is safe for pets. So, the pumpkin pie is out no matter how cute your dog looks while begging.

How about the pièce de résistance... the turkey? Yes, you absolutely can feed your dog some of your delicious turkey. Just be sure any fat or skin is removed, as well as gravy. Of course, also be certain it contains no bone pieces.

A THANKSGIVING DAY PLATE

Your dog's Thanksgiving Day plate can be filled with:

- plain, skinless turkey
- plain potatoes
- cranberry sauce
- plain green beans
- pumpkin without sugar

Much of this same information applies to cats as well, with an extra caution against anything dairy, as cats have a difficult time digesting the lactose.

No matter how you and your loved ones celebrate, Critter Caretakers wishes you and your family a wonderful Turkey Day. We're grateful to our community members who put their faith and trust in us to provide exceptional pet sitting to you and your furry family members. ■

We still have available space for the holidays, but anticipate it filling quickly. To discuss your pet care needs, call us today at (480) 553-0105.



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COMMUNITY

Tennis Professional Serves Workshops and Clinics for Las Sendas Community

By Bianca Sandoval

Lori Thornton has been serving the Las Sendas community as director of the tennis program since 2010, and she encourages adults interested in the sport to participate in a variety of clinics, competitive teams and workshops she and her staff conduct.



Lori Thornton

many playing with the Red Mountain High School tennis team. "Coaching these kids from a young age forms a bond more than just coach and athlete," Lori said. "It is a mentorship, and it becomes a lasting friendship."

Lori speaks highly of the benefits of tennis. She believes the sport develops a set of skills not only physically and athletically, but tennis also instills discipline, determination and motivation, which young adults implement in their everyday lives and helps them succeed academically and in their careers.

When they were young, Lori also coached her daughters, Taylor and Devyn. Taylor went on to play tennis at the college level in Denver, Colo. She currently is working on her professional doctorate in Scotland, and has made the tennis team at the University of Edinburgh. Older sister Devyn also competed at the collegiate level as a member of the Acrobatics and Tumbling Team at the University of Oregon.

The apples don't fall far here. Lori, her daughters and her mother make up three generations of women who continue to play tennis and thrive.

While she has always been an athlete, excelling in gymnastics and equestrian sports at a young age and well into college, Lori says she began her career late in life. Specifically, Lori was in her mid-20s when her mother encouraged her to play tennis. She dove right in, falling in love with the sport, and working hard at mastering it and playing at a high level.

Adding to her prestigious accomplishments and vast knowledge associated with tennis, Lori also is certified in Speed and Agility Training with the National Academy of Sports Medicine.

In addition to the tennis events at Las Sendas, in the coming months, watch for guest speakers and collaborative efforts to support local animal rescue shelters. ■

For more information about the upcoming events associated with Las Sendas Tennis, visit the website at tennislassendas.com. You also can contact Lori directly at lori.trailhead@gmail.com.

In addition to the adult offerings, future tennis champions ages 10 and under will work with the QuickStart program. Implemented by Lori, this program specializes in keeping younger students encouraged by teaching tennis on modified courts, with smaller nets and tennis balls. With this scaled down approach, the young students will thrive. Hopefully, they will stay involved and excited about the sport well into their teenage years and young adulthood, where they will have the opportunity to compete in United States Tennis Association tournaments.

As the tennis programs expand during the fall months, the goal is to branch out, offering opportunities for students by implementing new workshops, including injury prevention and doubles strategy, which is an area in which Lori specializes.

Certified with the United States Professional Tennis Registry, Lori has been coaching tennis at Las Sendas for 14 years. She enjoys teaching young students, as well as adults, a skill they can carry with them throughout their entire lives.

Lori's students carry their skills well into adolescence,



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EDUCATION

Mountain View High School Presents Upcoming Play Schedule

This month, you do not want to miss Mountain View High School Toro Theatre Company's production of the heartwarming comedy *The Curious Savage*.

The show is about Mrs. Savage, a woman finding true family where she least expects it. Upon his death, Mrs. Savage's husband leaves his estate and fortune to her. When she will not give her stepchildren the money, they commit her to a mental institution. That's where she meets various social misfits and grows to love and bond with them. There are laughs along the way.

The show will leave you both laughing and crying and move you to want to be kinder. With the amazing, award-winning director Jere Van Patten and an incredible cast, you really will not want to miss it.

The premiere of the show is on Nov. 2, at 7 p.m., with two other shows on Nov. 3, at 7 p.m., as well as Nov. 4, at 2 p.m., in the Mountain View High School auditorium.

Tickets are \$10 online and \$12 at the door. For more information on ticket sales, or to purchase tickets, be sure to check out the website at torodrama.com.

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The Curious Savage
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Nov. 4, at 2 p.m.



You're a Good Man Charlie Brown (Musical)
Dec. 12 and 13, at 7 p.m. | Dec. 14, at 2 p.m.

Blithe Spirit (Guest artist fund-raising event)
Feb. 9 and 10, at 7 p.m.

Footloose the Musical
April 12 and 13, at 7 p.m. | April 14, at 2 p.m.

The Complete Works of William Shakespeare (Abridged)
May 10 and 11, at 7 p.m. | May 12, at 2 p.m.

EDUCATION

Students provide solutions to real-world challenges

By Laurie Struna

In Sharisse Nunes' sixth-grade Falcon Hill Elementary School class, students are deep in discussion about the engineering design process.

Students imagine, create and build miniature chair prototypes based on their simulated clients' needs. The room bubbles with excitement as Sharisse masterfully guides her pupils through the lesson, using Project-Based Learning (PBL) methodology.

"I want you to imagine you are a carpenter hired by your client to build a chair," Sharisse stated while addressing the class. "Think about their needs. This isn't a standard chair you can purchase at the store. How is your chair going to be unique? Please get into teams and discuss your ideas."

After lively conversation, students sketch ideas on paper. Then, they work as a team to build models, using pipe cleaners, toothpicks and model clay.



PREPARING STUDENTS FOR THE REAL WORLD

Last year, Falcon Hill Elementary School implemented the pilot program that teaches students to identify and provide solutions to real-world problems, enabling students and educators to reach beyond the school building.

Students gain knowledge and skills by learning to investigate and respond to complex questions and challenges. PBL aligns with state standards to ensure students are equipped with the soft skills needed to collaborate with a team.

Students learn while thinking critically and harnessing their creativity and imagination to solve 21st century world challenges. They start by exploring concepts, such as color wheel personalities, learning styles and growth mindset to discover their personal styles. This also helps them

recognize peers' traits, allowing them to work cohesively with others.

"The very mention of PBL gets students excited," Sharisse said. "Each project meets a world need, has a focus topic relative to student learning, sets up a realistic scenario, and involves tools, tasks and processes used by adults."

Upon completing a project, Sharisse said students have a better understanding of the content presented, retain learned information longer, and are able to apply knowledge to new situations.

"The old way of learning is to sit in the class, memorize material, and try to pass a test," said Dr. Lisa McCray Cannon, Falcon Hill Elementary School principal. "Adults live in a world of projects, whether it's a job assignment, home improvement project, or planning a wedding or function. PBL educators serve as coaches, guiding students to use a variety of resources and strategies that are fun and motivate students to take ownership of their learning." ■

If interested in learning more about Project-Based Learning, visit mpsaz.org/falconhill/pbl.



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|| SPIRITUALITY

STOP HOLIDAY RACE TO GIVE THANKS

By Pastor Paul Frank
Hosanna Lutheran Church

Get your running shoes on, everyone, because here we go. The holiday race is beginning. We are about to start racing to stores, buying and prepping food, decorating and rearranging, adding to work schedules, hosting parties and more.

The race is already on here at Hosanna Lutheran Church. October was loaded with activities, several weddings, Vacation Bible School for the kids, special worship services to celebrate the 500th anniversary of the Reformation, Trunk or Treat and winter members returning. The pace is picking up even more every day. That's kind of how life goes sometimes.

This time of year, I am torn between excitement and exhaustion. So much to do, celebrations at hand, holidays coming, family arriving, crazy busy schedules at the church and at home. The pace of life wears me out. Isn't it nice that we have built into our yearly calendar a time to just stop... and sit... and eat... and talk to loved ones... and just experience the sensation and emotion of gratitude?

Thanksgiving is that moment when we all stop the race for a moment, even if only for a day. It's a time to take inventory and count up our blessings, and we look around the dinner table at the faces and the lives with whom we share our lives. We give thanks.

You notice it's not called Thanks Taking. It's Thanks Giving. It's a time for us to give our appreciation to the people

for whom we are grateful. And we give prayers of appreciation to the Giver of all good gifts, our Lord, Maker and Redeemer. Psalm 118 says, "O give thanks unto the Lord, for He is good, His mercy endures forever."

Imagine all God has given you—your life, people with whom to share it, skills, talents and opportunities to provide for your needs and for others. Most of all, He gives us New Life through Christ. He gives all for our sake. We only have received freely from His hand. So, it sure is appropriate that we take some time to intentionally stop the race for a moment—December will be here soon enough.

Let's stop the race for a day or more and just Give Thanks to God. In fact, come join us on Nov. 22, at 6:30 p.m., here at Hosanna Lutheran Church, located at 9601 E. Brown Road, for a Thanksgiving Eve worship service. Then, enjoy a feast, and let the race roll on. ■

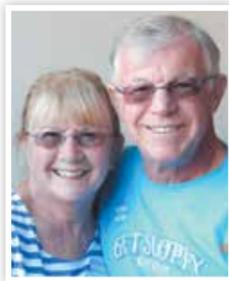


|| LOCAL BUSINESS

HERE'S HOW TO PICK THE RIGHT GROUP TOUR FOR YOU

Submitted by Sue and Bruce Mitchell

Group tours sound easy—choose a destination and the tour company plans your trip, delivering you to hotels, restaurants and attractions, and you don't have to organize a thing.



Sue and Bruce Mitchell

But how do you find the right tour to begin with, one that fits your age, activity level and preferences for lodging, dining and sightseeing? What is the difference between the \$2,000 tour and the \$8,000 tour to the same place on the same date?

HERE ARE SOME TIPS:

Do research

Travel agents can suggest tour companies to match your interests and demographics. Talk to friends and relatives who have travelled to your destination. Maybe they can offer suggestions for finding the right destination for you.

Know what is included in the price

- Most group tours cover hotels, guides and transportation to places on the itinerary, as well as admission to attractions.
- Usually, some or all meals are covered. Ask what types of meals are included. The larger the group, the harder it is to dine together in an intimate location.
- Airfare is not included in the tour price but can be added. The biggest cost factors are group size and type of accommodations.

- Budget tours may save you money by reserving hotels outside city limits, which makes it difficult to explore on your own.
- Time of year affects price. Holidays and summer usually are more expensive. Fall usually is less expensive, unless your destination is New England, where fall foliage is a draw.
- Unlike cruises, group tours rarely are discounted or have last-minute specials. Booking well in advance may get you a discount.

Travelling solo

- Solo travelers usually pay more because they are single occupants in hotels designed for two people.
- Single supplements can raise tour prices anywhere from a few hundred dollars, to a few thousand.
- Some tour companies offer the option to share a room through a *guaranteed share program*.

Be flexible

Some dates sell out quicker than others, so have at least three dates in mind. Also, ask if the tour is a guaranteed departure. This means the tour will depart even if it is not full. Remember, tours can cancel if they do not have enough participants. Always purchase travel insurance. ■

If you haven't traveled in a while, or would like to know more, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists. Visit our website at redmountaintravel.com. You also may send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

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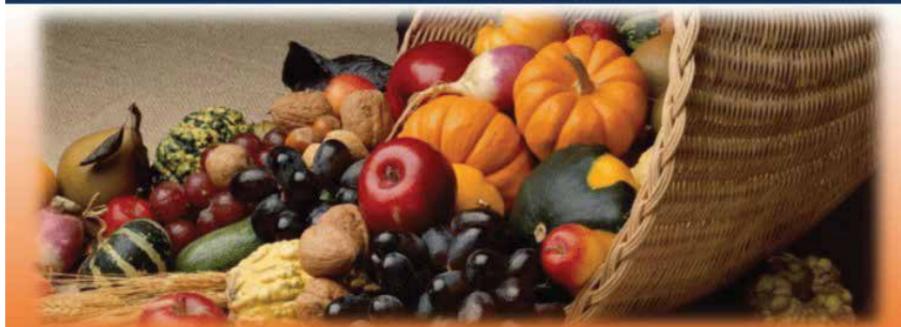
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LOCAL BUSINESS

Know These Six Things About Mental Illness in Older Adults

Submitted by Home Care Assistance

It's estimated that at least 20 percent of adults over 55 face mental health concerns.

Below are the six key indicators aging adults and caregivers should consider when keeping aging minds healthy and active.

CAUSES

Many factors that come along with aging contribute to decline in mental health among the elderly. In general, aging causes a natural diminishment in mental and physical abilities, a fact often difficult to accept as you enter your later years. As friends and loved ones begin to pass away, a senior's inability to cope with grief and loss is unfortunately a major contributor to depression and mental illness.

Medical bills, budgeting and overall finances also can cause mental malady, especially when addressing financial issues with aging parents. The elderly also face issues dealing with change. Even if it's for the best, moving a senior to an assisted care facility can be difficult on his mental health merely because it's a new living situation with the potential to alter his daily routine.

Finally, lack of social interaction is another primary cause of decline in mental health. Meals on Wheels, senior centers and visits from loved ones are fantastic ways to provide aging adults with the social interactions they need for healthy aging.

WARNING SIGNS

To appropriately monitor the mental health of aging adults, caregivers and the seniors themselves need to keep an eye out for the red flags associated with mental illness. These include (but are not limited to) mood swings, change in diet, hopelessness, substance abuse, excessive sleep or lack of sleep, rage, extreme anxiety, obsessive compulsiveness and suicidal thoughts.

SLEEP

Sleep often is a key indicator of whether or not an aging adult is suffering from mental illness. Insomnia inhibits a

person's ability to fall and remain asleep. It is common in seniors with decline in mental and brain health. Treating insomnia is more challenging with seniors because the popular medications used on younger people can cause additional health risks, like increased chance of fall and general disorientation when used on the elderly.

Doctors often opt for hormone-melatonin treatments over the aforementioned medications. If you suspect your senior loved one is suffering from poor sleep, make an appointment with his doctor to discuss healthy options available to help boost quality sleep.

DEPRESSION

Depression is an extremely common mental illness suffered by the elderly. Yet a relative few receive appropriate treatment for depression for various reasons. Ensure healthy aging through mental wellness by zeroing in on the symptoms of late-life depression.

DIFFICULTY IN DIAGNOSIS

Diagnosing mental illness in the elderly is much more challenging than for younger age groups. Symptoms of poor mental health often overlap with those of the other illnesses the aging adult may be facing.

To further complicate the issue, seniors often are prescribed multiple medications, some of which possess side effects that affect the aging adult's mood. Depression itself even can be listed as a side effect. Doctors will try to change up these prescriptions in order to stop potentially depression-causing medications. So, it's important to track and monitor the senior's reactions to various medications and keep his doctor informed.

PHYSICAL CONSEQUENCES OF POOR MENTAL HEALTH

The effects of mental illness in the elderly can threaten a senior's physical health in three primary ways. The most straightforward way depression can physically affect a senior is that it increases the risk of cardiac issues. Seniors who lack mental wellness are more likely to suffer heart attacks. Furthermore, not only does poor mental health put the



senior at risk for more physical ailments, it also increases the likelihood of death when those physical illnesses strike.

The third and final way depression can affect an aging adult physically is it exacerbates the existing illnesses. All these are reasons why mental illness in seniors must be treated as seriously as physical illnesses.

TREATMENT

There are numerous effective ways to help promote healthy aging by increasing long-term brain and mental health in older adults. Receiving counseling from a therapist is a good step to take if the senior is willing and able to speak about his depression or mental health fluctuations.

Forms of brain stimulation or medications, such as antidepressants, are other common options. Support from friends and family goes a long way to increase the overall well-being of aging adults. Declining mental health is a struggle many seniors face, but with the proper care, support and guidance, anyone can begin making great strides toward reclaiming happiness. ■

Home Care Assistance caregivers are available for respite care for your loved one to help protect your health. Contact Amanda Butas, certified dementia practitioner, and your Mesa client care manager, at (480) 699-4899. You also can visit us at our new office located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

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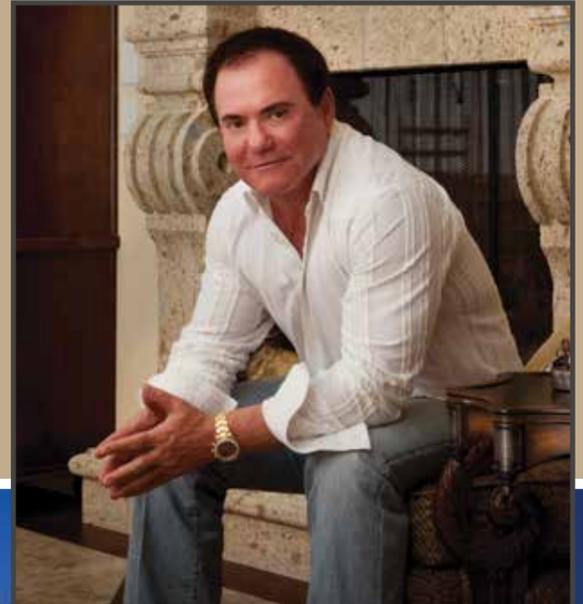


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