

Las Sendas Up Close

Bringing neighbors closer to their community

February 2014

NEW HOT YOGA LOCATION OFFERS CLASSES, CALM AND CONFIDENCE

Submitted by Hot Lotus

HOT YOGA HAS REACHED LAS SENDAS

Beginning in February, Las Sendas residents will have an option for hot yoga with Hot Lotus, opening on the northwest corner of Power and McDowell roads. Hot Lotus is the sister studio of Sumits Yoga Gilbert, located on the southwest corner of Val Vista Drive and Elliot Road. Combined, both studios offer more than 60 class times a week, and are open Monday through Sunday. Packages may be shared between the two studios. So, if you are a member of one, you are a member of both.

WHAT IS HOT YOGA?

Yoga, hot yoga, in particular, is a challenging workout. With regular practice, it will reshape the body—tone, lengthen and strengthen. Don't let the word *hot* scare you. The rooms are heated intentionally in order to induce a variety of benefits—some mental, some physical. Physically, the heat warms the muscles, allowing yoga to be practiced more deeply, and even more safely, by helping to prevent injuries common to working with cold muscles. The heat also promotes sweating, which flushes toxins from the body.

Mentally, the heated room commands a great deal of focus, forcing concentration on breathing and balance. Over time, yogis move through a transformation where they discover mental clarity, a sense of calm, a slimmer waistline and glowing skin.

ABOUT THE CLASS

The Hot Lotus class is 80 minutes, and was designed for all levels, beginners to advanced. The series of movements



is always the same, which allows the fear of the unknown to disappear as comfort and confidence are discovered through familiarity.

There is no judgment in the yoga room, as some yogis take an opportunity to rest while others work through more challenging poses, constantly enhancing their practice. The instructor fills the atmosphere with personal selections of music, making every class unique and every visit a new experience. A Hot Lotus Flow class also is offered. It is 60 minutes long, more challenging and always different.

WHO SHOULD DO HOT YOGA?

Everyone! Whether looking to lose weight, feel better, sleep better, look healthier, or find a sense of calmness, hot yoga is an amazing option. Whether it is by coming a couple times a week as a supplement to other activity, or

making it a part of a daily routine, there is always a place for hot yoga.

MESSAGE FROM THE OWNER

"We are very excited to be here in the East Mesa community and so close to Las Sendas. We have had many residents join us at our Gilbert location over the years. I truly hope the community loves Hot Lotus, and our studio feels like a home away from home. I want nothing more than to pass along my love for hot yoga to as many people as possible. It is my passion. If you'd like to give hot yoga a try, we have an introductory special of two weeks of unlimited hot yoga for \$20. This is a great opportunity! We look forward to seeing you on your mat. Namaste."

—Autumn Edrington, Owner,
Hot Lotus. ■



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Make it a Valentine Spa Day at Cosmos Salon and Day Spa

By Dawn Abbey

This year Valentine's Day falls on a Friday—the perfect date night.

After the wining and dining and flowers, surprise your loved one with a little extra something. Give a gift card for a relaxing spa treatment at Cosmos Salon and Day Spa.

Spa owners Sandra and Cosmo Barbetta know something about maintaining a long-term relationship. "Treat each other with respect, and make them feel appreciated," Sandra advised.

So, when Valentine's Day comes around, Cosmo always creates some gift specials. "Cosmos also can design a unique gift package just for that amazing lady or guy in your life," Sandra said.

Valentine's Day spa specials include the **Signature Spa Getaway**. Experience a renewed glow with microdermabrasion by one of Cosmo's skilled aestheticians, followed by a beautifying masque. A Signature Spa manicure and Signature Spa pedicure also are included in this \$160 package.

For those who really want to relax,



Cosmo's experienced, licensed massage therapists offer a **Heated-Stone Sweetheart Massage**. This 60-minute Focused Tension-Relief Massage utilizes heated stones and luxurious cocoa oil for \$80.

If your honey is always on the run, slow her down a bit with a 45-minute **Cupid's Cocoa Confection**, a mini-facial using cocoa-based products designed to cleanse, exfoliate and hydrate. It is a chocolate-lovers delight for only \$65.

If you're planning a special night out or weekend away, give each other a pre-Valentine gift of **Hugs and Kisses**. With a new haircut and style, and a Classic manicure and pedicure, all for \$100, you both will look your best for whatever you have planned together.

"Cosmos has gift cards for all types of treatments and products," Sandra said. "If you're not sure what to choose, come in, and we can help you pick something just right for your Valentine and yourself." ■

For more information, or to purchase gift certificates, visit the **Cosmos Salon and Day Spa**, at The Village at Las Sendas, located at 2837 N. Power Road, or call (480) 844-0707.

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In This Issue

Kindergarten Registration	3	Outstanding Students	11
Trinity Christian School.....	4	Ferguson Family Medicine.....	12
Pacino's New Menu	4	Streamline by Design.....	16
Las Sendas Golf Club.....	5	Jacobson Law Group.....	17
Boers Home Renovations	8	Service Directory.....	19

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VALENTINE PACKAGES

Signature Spa Getaway \$160

*M & M Facial
(Microdermabrasion
& Masque)*

*Signature Spa Manicure
Signature Spa Pedicure*

Hug & Kisses \$100

*Haircut and Style
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Heated Stone Sweetheart Massage \$80

*60-min Focused Tension
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(With added heated stones
and luxurious cocoa oil)*

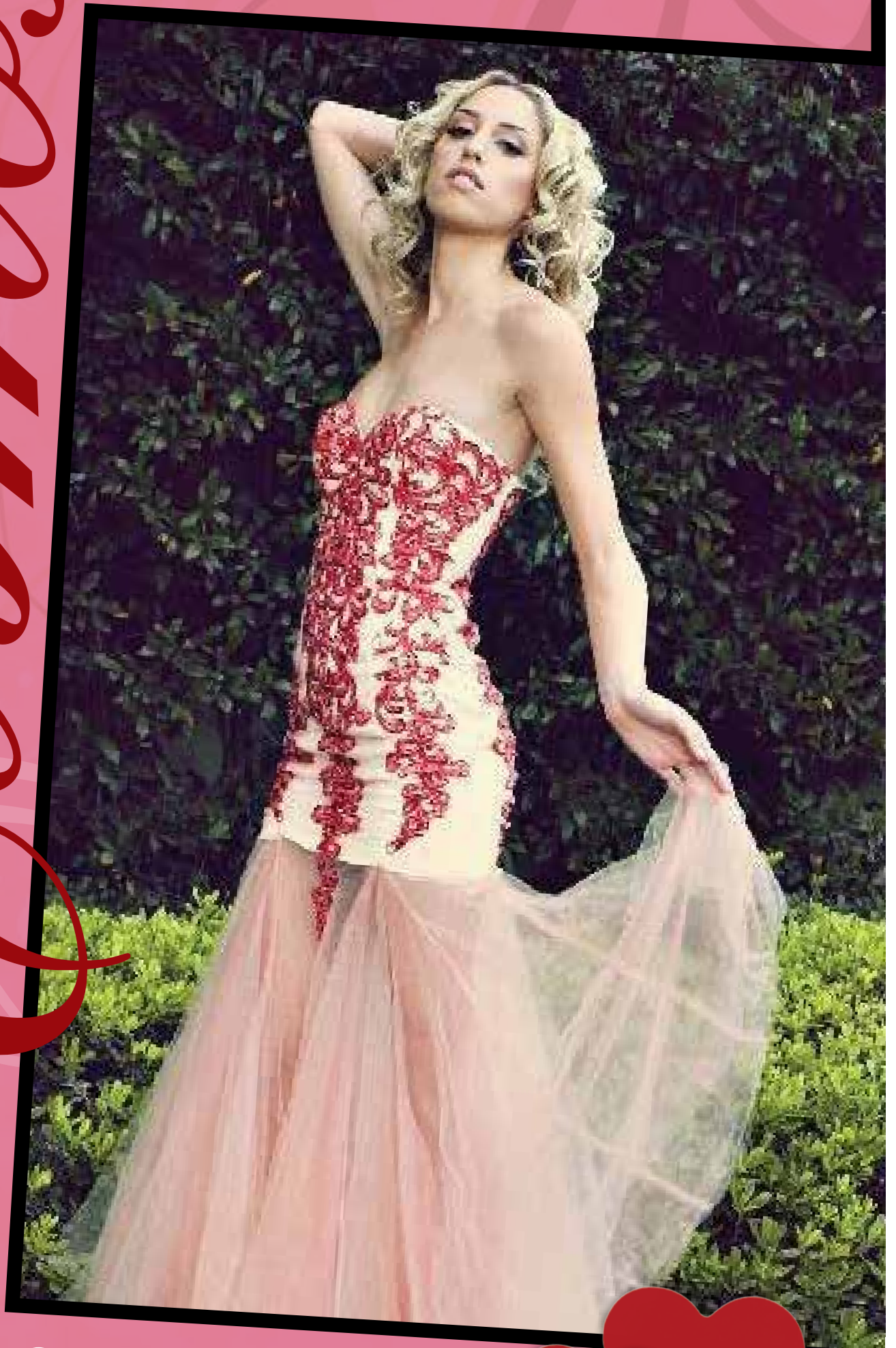
Cupid's Cocoa Confection \$65

*45-min facial
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cleanse, exfoliate
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Offers expire
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**Cosmos Salon
& Day Spa**

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2837 N. Power Road, Ste. 106, Mesa

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Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey,
AnnElise Makin, Kimberly Searles,
Sharon Wozny

COPY EDITOR

Sandra Van Dyke

DESIGN

LuckyYou! Creative, publication design
Erin Loukili
www.luckyyoucreative.com

Ramey Newell, Web site design
KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz,
Lorraine Ryall, Jay Williamson

www.UpCloseAZ.com

EDUCATION

Mesa Public Schools recommends EARLY KINDERGARTEN REGISTRATION

Story by Laurie Struna, Photo by Ivan Martinez

Kindergarten marks the beginning of a child's formal education, and is a critical milestone in development of self-confidence and independence.

Therefore, it is not too early for parents of 4- and 5-year-old children who will start kindergarten in 2014 to assess their readiness and begin to prepare them for this exciting experience. Whether selecting full- or half-day options, one important step is to register these new students at the elementary school they will be attending.

REGISTER NOW

With the first day of school six months away, why register now? Early registration provides adequate planning time for your family and the school. Schools will host a variety of events for potential and registered kindergarten families, which you won't want to miss. By registering now, schools can plan accordingly for class size management and teacher contract allocations, leading to a smooth start of the school year.



To register a kindergarten student in a Mesa school, you will need a certified copy of the child's birth certificate, current immunization record and proof of residency. Children enrolling in kindergarten must turn age 5 before Sept. 1. Options are available for younger learners, including pre-kindergarten and early-entrance assessment.

CHOICE SCHOOLS AND PROGRAMS

In addition to top-notch neighborhood schools, Mesa Public Schools offers specific opportunities in elementary education:

- Franklin Basic Schools (multiple locations)
- Montessori (multiple locations)
- Arts Integration (Highland Elementary School)
- Dual Language (Keller Elementary School)
- International Baccalaureate Primary Years (Summit Academy)
- Home School Enrichment (Eagleride)

YOUR CHILD'S PATH TO SUCCESS

Education is a partnership between school and family, and each child's path to academic success may be different. If you have questions about kindergarten readiness, have a milestones discussion with your child's preschool teacher or pediatrician. Consider speaking with the principal or a kindergarten teacher at the school your child will attend, and for helpful information, explore the school's Web site.

Mesa Public Schools is excited to welcome your family to kindergarten, and invites you to stop by your neighborhood school now to register for the 2014-2015 school year. ■

For more information, please visit www.mpsaz.org/curriculum/kindergarten/.

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- Career exploration
- Online course work



To learn more about enrollment, visit www.mpsaz.org.

DINING

PACINO'S OFFERS NEW LUNCH AND DINNER MENU

By Kimberly Searles

If you love Italian food, but haven't been to Pacino's, in The Village at Las Sendas, you're missing out on a real Italian love affair.

As Pacino's hits its eight-month anniversary, owners Frank and Alicia Spaccarelli are celebrating with an entirely new lunch and dinner menu.

"It doesn't get any better than this," said Frank. "We love our new menu, and we know our customers will love it, as well. They'll really love the affordability of the lunch menu—nothing over 12 bucks."

Now appearing on Pacino's new lunch menu are their 50/50 burgers, made with pancetta and ground beef. For dinner, their world-famous lasagna bechamel now has a home on their menu every night. Diners also can choose eggplant parmi-giana, veal, chicken marsala and filet mignon. And what Italian menu would be complete without several

new pizzas to try?

All dinner entrées include a nice house salad, with Pacino's very own white balsamic dressing. Even better, the new menu is gluten-free friendly, with a variety of options, like their delicious gluten-free pizza crust.

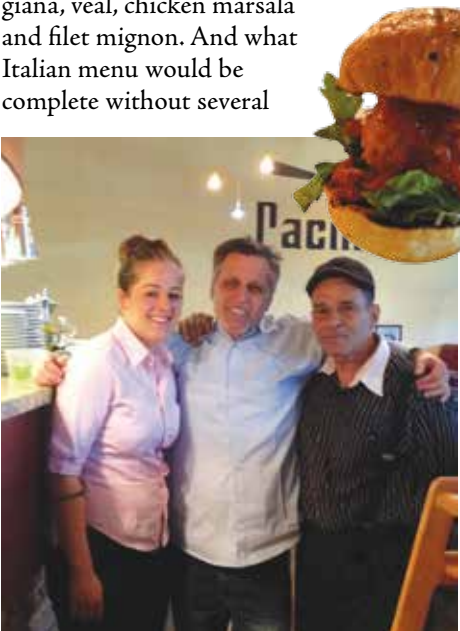
Along with a new menu, Pacino's entertainment offerings are bigger and better, too. Happy hour now lasts every night, from 3 p.m. until closing, in the bar or on the patio. And their star-studded lineup of entertainment now includes Thursday evenings.

Frank and Alicia represent true Italian, from their table to yours. And they are pleased to share it with residents in Northeast Mesa.

"We welcome everyone to enjoy what we have for so many years," stated Frank.

And if you're looking to share your Italian love affair with the one you love, don't miss Pacino's sweetheart four-course dinner, for just \$39.95 per person on Valentine's evening. Not only will you and your sweetheart enjoy a real Italian meal by real Italian people, but you also will be treated to great live music, featuring hits by Dino and Sinatra. ■

Pacino's is located in The Village at Las Sendas, at 2831 N. Power Road. For information or take-out orders, call (480) 985-0114. Hours are 10:30 a.m. to 9:30 p.m., Monday through Thursday; 10:30 a.m. to whenever, Friday and Saturday; and 10 a.m. to 9 p.m., Sunday. Visit them online at pacinosaz.com and on Facebook.com/pacinosrealitalian.



EDUCATION

Open House Features Benefits of Private School

Submitted by Trinity Christian School

A recent survey by the Cardus group found attending a Protestant Christian school impacts graduates' choice to stay within the Christian faith, and those same graduates show significantly more adherence to the church teachings than their peers.

One hidden gem of the desert is Trinity Christian School, where students are given a strong academic and Biblical foundation.

For almost 40 years, Trinity has excelled in teaching the basics. In fact, while many schools have continuously adopted one new trend after another, pleasantly, very little has changed at Trinity since its beginning. Students at Trinity thrive under a strong phonics

program, lively math drill, scientific exploration and history. Moreover, Trinity offers beginning and advanced art, choir and music theory, bell choir, physical education, Spanish and Latin.

To get a sense of how truly unique Trinity is, we recommend a visit to the campus, where visitors will see students who cheerfully greet adults upon entry; where the boys are taught to hold the door open for the girls; where students stand up to answer a question in class; where memorizing and recitation are practiced arts; and where students still take pride in the little things, such as beautiful handwriting.

Trinity Christian School will host its public open house on Thursday, Feb. 20, from 6:30 to 8 p.m. Teachers will be on hand to answer any questions, and excellent student work will be on display, including an extensive collection of artwork completed by second- to sixth-graders. ■

If you have ever considered what difference a private education might make for your child, please contact Trinity today at (480) 928-4629, or visit us on the Web at www.trinitychristianschoolmesa.org. Through local school tuition organizations, tuition to an exceptional private school is affordable.



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A Closer Look at

LAS SENDAS GOLF CLUB

Features Entertainment, Dining & Golf

A Closer Look, Las Sendas Golf Club...is a monthly column written for the Up Close Publication by Las Sendas Golf Club. In this column, you will get an in-depth look at upcoming entertainment, dining and golf events. Our brand is our mission—to reach out to the community with entertainment, dining and golf events as your pathway to fun, recreation and a pleasurable lifestyle.

THE PATIO RESTAURANT

NOW TAKING RESERVATIONS



The Patio at Las Sendas is now taking dinner reservations, from 5 to 9 p.m., Monday through Sunday. Please go to www.lassendas.com—Patio Reservations, or call (480) 396-4000.

At 1,800 feet above the Phoenix valley, our casual outdoor patio dining experience is surrounded by breathtaking views of the mountains, desert, fairways

and Phoenix city lights. Our menu includes a broad array of items, from burgers, to rack of lamb. Featured favorite items include our slow-roasted prime rib beef dip and blackened pacific rockfish tacos.

ENTERTAINMENT THE VISTAS PAVILION

Murder Mystery Dinner
Live Theater Production
Thursday, March 20, 6 p.m.

The Vistas Pavilion, in partnership with Murder Ink Productions, is pleased to present an evening of mystery and murder. There are 14 amazing actors, and the entire room is the stage. Your mystery experience starts as you walk up the steps and enter the scene.

As the play unfolds—Marco Vincente, the big cheese from Las Sendas Movies Inc., opens the doors to his swanky speakeasy—*Las Sendas Nightclub*. Everyone who is anyone will be putting on the Ritz at this 1920s-themed murder mystery, including the up and coming starlet,



Babette Delight; the playboy director, Richard Famous; and the gossip queen of Hollywood, Paige Turner. The word on the street is Felicity Fox is looking to break her contract with Las Sendas Movies Inc., and will do anything to get away from her ex-husband, Marco, and his gold-digger wife. H-m-m-m-m. What does she mean by anything?

The price is \$90 per person (plus tax and gratuity) and includes a four-course dinner. For tickets, please send an e-mail to Erica Gomez, egomez@lassendas.com, or call her at (480) 396-4000.

LIVE... at Las Sendas Calendar of Events
Hold the Date**—Please hold the following dates in your calendar for 2014:

- April 17
- May 29
- July 17

**Dates are firm, entertainment subject to change.

DINING

Valentine's Day Dinner
The Patio on Friday, Feb. 14

Come and enjoy a romantic evening of dining on The Patio at Las Sendas on Friday, Feb. 14. We are pleased to offer a four-course prix fixe menu for \$100 (plus tax and gratuity) per couple. Your evening comes complete with a long stem rose and a table with dazzling views of the city lights.

Your menu includes:

FIRST COURSE

Steak Tartar with red onion jam and cognac foam
OR
Wild Mushroom Strudel with rich sherry cream sauce

SECOND COURSE

Heirloom Tomato Salad with goat cheese and pomegranate balsamic
OR
Shrimp Bisque

ENTRÉE

Grilled Veal Chop with apple chutney
OR
Oven Roasted Halibut with Frangelico reduction
OR
Filet and Lobster with beurre blanc

DESSERT

The Pandora—rich chocolate cake with strawberry mousse and almond brittle

For reservations, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

St Patrick's Day Special

Come by The Patio and The Grille restaurants at Las Sendas, and enjoy our St Patrick's Day Special—corn beef and cabbage for only \$11.95.

Weekly Specials at The Patio and The Grille

Sunday	Chef Attended Pasta Bar—\$13.95
Monday	House Fried Chicken—\$14.95
Tuesday	Cioppino (Seafood Stew)—\$15.95
Wednesday	Gold Canyon Angus Beef Meatloaf—\$14.95
Thursday	Garlic Rosemary Prime Rib—\$19.95
Friday	Blue Moon Battered Rockfish and Fries—\$13.95
Saturday	Root Beer Braised Short Rib—\$15.95

Tuesday to Saturday Live Music on the Patio

We have NHL Ticket. Come and watch your favorite NHL team, and indulge in some wings, appetizers and beer.

GOLF MEMBERSHIPS

Golf is more than a game. It is a lifestyle, and you can make it yours. When you become a member of Las Sendas Golf Club, you will experience one of the best in course challenges, membership benefits and social events. Our management and staff are committed to an exceptional membership experience.

There are two forms of membership—Personal and Corporate. Personal memberships offer individuals or families the option of six- or 12-month plans to suit their needs. Corporate memberships offer businesses the opportunity to have up to five employees participate under one membership.

We presently are operating as a semi-private facility. Once we have sold 350 memberships, the golf course will become private and only accessible by our members and their guests.

The following are the benefits and services provided to our members at Las Sendas Golf Club:

- Las Sendas offers a 100 percent fully refundable Deposit Membership.
- Unrestricted play on our 18-hole championship golf course.
- Priority member tee time reservations.
- Member functions, including men's and ladies' leagues, golf tournaments, interclub competitions and social events.
- Special member guest rates.
- Unlimited use of practice facilities, including range, short game area, bunkers and putting green.
- Use of private carts for members only.
- Locker facilities and club storage.
- Shoe valet services.
- Membership in the USGA, AGA and GHIN handicap system.
- A fully certified staff of PGA/LPGA instructors.
- A total of three unique concept restaurants with spectacular Valley views.
- No monthly minimums.
- Discount of 10 percent in all three restaurants and the Pro Shop.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

GOLF SHOP

Golf Passes Are On Sale Until Feb. 28, 2014

Las Sendas Golf Club is promoting a resident special. Purchase 20 rounds of golf (includes cart and range) for only \$1,200 plus tax. This special is valid for Las Sendas residents—one per household. Offer expires on Feb. 28, 2014. Purchase your golf pass from our pro shop today.

Spring Training

Welcome to sunny Arizona. Spring is in the air. Well, at least Spring Training is, and with opening day right around the corner, we have stocked the Golf Shop with Diamondbacks apparel, as well as all your local favorite Cactus League teams. So, this year, when you head out to the ballgame, be sure to *Support Your Team*, and *Wear Your Pride* as you bask in the sun and cheer them on.

There isn't a better time in the Valley than Spring Training season. Come on out to enjoy a beautiful day on the golf course, and follow it up with a Spring Training game at one of your local favorites... in Las Sendas style, of course.



Tee Times

Things are in full swing here at the golf course, with all of the winter residents and visitors escaping the cold to enjoy the beautiful Valley of the Sun. The golf course is filling up very quickly. So, please be sure to reserve your tee times early to ensure a spot. The best way to book your time is to go to our Web site at www.lassendas.com, where you will find information about our golf course, amenities and the facility. The Web site is where we first post our lowest rates.

Sticks Junior Golf Program

If you have a junior looking to learn how to play golf, or interested in playing high school or competitive golf, we offer year-round junior golf instruction for 5- to 15-year-olds. Our program is ongoing, and you can enter it at any time. We understand the schedules and conflicts of young athletes, and have designed the program to accommodate. Our *Sticks* program is geared toward younger and new golfers, and our *Big Sticks* Junior Club is geared toward the older and more experienced junior, offering ample on-course opportunities, as well as golf instruction designed to elevate their game to the next level. For more information, or to register, please call the Golf Shop at (480) 396-0440.



Golf Tips from Mike Malaska

It's that time of year for everyone to make their New Year's resolutions. This year, how about making a resolution that will help your golf game. Resolve to spend equal or more time practicing your short game as you do on your full swing. The majority of the players who come to take a lesson from me are looking for a quick fix, or the one way they can improve their game the fastest. Without a doubt, from 100 yards to the green and in is the answer to that question. The more proficient you get with your wedges and putter, the less stressful it will be when you miss a fairway or a green.

One easy tip to help on the golf course is to try and read the green before you even get to it. Watch not only your shot into the green, but those of your playing partners. Seeing how the ball reacts will tell you a lot about the way the green breaks. Then, as you approach the green, pay attention to how it sits—identify the high and low sides before thinking about where your ball is. Your read will be more accurate because it is easier to see the slope of a green before you get to it rather than when you are standing on it. ■



The Patio
at Las Sendas

Valentine's Dinner

An Evening of Romance and Dining

Enjoy a Romantic 4-Course Prix Fix Menu
Your evening comes complete with a
long-stem rose and city light views!

Friday, February 14th
The Patio at Las Sendas
\$100 Per Couple
(plus tax and gratuity)

FIRST COURSE
Steak Tartar
or
Wild Mushroom Strudel

SECOND COURSE
Heirloom Tomato Salad
with Goat Cheese
or
Shrimp Bisque

ENTRÉE
Grilled Veal Chop
or
Oven Roasted Halibut
or
Filet and Lobster

DESSERT
The Pandora
Rich chocolate cake with
strawberry mousse and
almond brittle

Murder Mystery Dinner

The Vistas Pavilion

March 20th, 2014 at 6pm

Live Dinner Theater Production

14 Amazing Actors - the entire room is the stage
Your mystery experience starts as you walk up the steps and enter the scene
Gangsters will greet you and secretly offer clues
An engaging and lively dinner date with a murderer!

The stage is set for an original interactive mystery written for Las Sendas Golf Club on March 20, 2014. Join us for this fun filled evening and listen to 1920's music, watch our dancers perform the Charleston and sit back, relax and enjoy dinner while watching some of your fellow members take part in a mystery. Just remember to fasten your zoot suits or hang on to your boots because the person sitting next to you could be a... murderer!

Four Course Dinner • \$90 per person

(plus tax and gratuity)

For tickets contact Erica Gomez at
480-396-4000 or egomez@lassendas.com
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 <p>LAS SENDAS CACHET \$435,000 3 bedrooms + loft 3.5 baths stunning golf course views 2,308 square feet</p>	 <p>LAS SENDAS \$500,000 5 bedrooms 3 bathrooms GOLF COURSE LOT 3,330 square feet</p>	 <p>LAS SENDAS TUSCAN \$750,000 4 bedrooms 3.5 bathrooms former model home 4,127 square feet</p>



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Associate Broker, Multi-Million Dollar Producer
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602.615.0843 JohnSellsAZ@gmail.com

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Multi-Million Dollar Producer
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LOCAL BUSINESS

GET YOUR SRP POOL REBATE Before It's Too Late

By Dawn Abbey

Right now, most families are looking for ways to save on expenses, and saving energy also can save you money.

Your swimming pool pump is the second-highest energy user in your home. By switching to an energy-efficient variable-speed pool pump, you can reduce pool-related energy costs by approximately 70 percent a year, according to Salt River Project's Web site, srpnet.com.

In addition, maybe you even are eligible for a \$150 Salt River Project (SRP) customer rebate. But you need to hurry. The rebate program is scheduled to continue only through April 30, and new 2012 pool pump standards require failed pool pumps must be replaced with more energy-efficient models.

Arizona Pool Guy, Inc. is listed on SRP's Web site as one of the utility's certified installers of variable-speed pool pumps and pump calibration specialists. "Our techs have to complete SRP classes to qualify," said owner Chris Quam. "So, if you need a new pump installed, or need to have one calibrated, give us a call. We have great prices on new pumps, and there is no charge for the calibration. We also handle all the rebate paperwork."

According to the SRP Web site, in order to receive a rebate, the variable-speed pump installation must be calibrated to customize programming for maximum efficiency.

So, why is a variable-speed pump more efficient? SRP's site explains:



Chris Quam

Variable-speed pool pumps operate at a variety of speeds. Very low speeds can be used to filter the water and conserve energy, while higher speeds can be used for shorter periods of time to clean your pool quickly and effectively. By filtering slowly over a longer period of time per day,

you can save up to 70 percent on your current monthly pool electricity cost if you are on an SRP price plan and run your pump during off-peak hours.

The low-speed mode also reduces friction and back pressure in the system, and since the motor doesn't work as hard, it runs more quietly, uses less energy, and there is less wear and tear on equipment. It also makes your sand filter more efficient, filtering smaller particles, and saves on chemical costs.

"Arizona Pool Guy has been installing and servicing pools in this area for almost a decade," said Chris. "If you have any questions about variable-speed pumps, or need one installed or calibrated, just call us for more information."

You also can visit SRP's Web site at savewithsrp.com, and click on *Pool Pump Rebates of \$150*. The page also features an online calculator, which can show you how much your present pump is costing, and how much you can save by switching to a variable-speed pump. ■

Arizona Pool Guy, Inc., is licensed, bonded and insured, ROC #243628. For information on any pool service, installation or repair, call (480) 699-0607.

LOCAL BUSINESS

Quality is key for BOERS HOME RENOVATIONS

By Dawn Abbey

Quality work is the main focus of Boers Home Renovations, LLC.

"I pay attention to quality details, even if it means taking a bit more time and effort," said owner Jason Boers. "I stick to my estimates, and do it right rather than trying to get it done quickly."

Jason, who has worked in home renovations and repairs for the past 13 years, decided two years ago to get his Arizona state contractor's license and operate his own company. "We do everything from completely gutting and redoing the whole inside of a home, to small handyman repairs," said Jason. "My assistant and I handle about 90 percent of the work, ourselves, but we have a team of high-quality subcontractors we work with that specialize in custom work."

For instance, if someone wants custom-made cabinets or specialty Corian or granite countertops, Boers Home Renovations has people who they rely on to do it right. "They have to, because I am very picky," Jason stated. "We use a longtime family-owned carpet installer, Castle Flooring, and even work with a great roofing company. Also, my wife, Christie, and I and our three kids live in Northeast Mesa, and when you live in an area, you want your neighbors to be able to rely on your services."

Homeowners can call on Jason



Jason Boers

for all kinds of remodel jobs, such as kitchen, bath, flooring and even small projects. "We also do handyman services," Jason said. "No job is too small, but it's often more economical to handle it like a *Honey-Do List*," Jason explained. "Instead of coming out for one small item, group all your repairs together, and we can get them all done at once for you."

Jason has a \$150 minimum charge, which includes the trip charge plus the first two hours of work. That amount is deducted from any work done. "So, it makes sense for both the homeowner and us to fix the doorbell, put up the fans, and repair the cracked door jamb all in the same visit. You get more for your money, and you get all your projects finished right away."

To see some of Jason's quality work, visit his Web site at boershomerenovations.com. "We always give complimentary appraisals," he stated. "So, if you have an idea to renovate your kitchen or family room, we'll come out to work out a design and free cost estimate. You know it will be done right." ■

For more information, call Jason at (480) 229-6682, or send an e-mail to boershomereno@gmail.com. Boers Home Renovations, LLC., is licensed, bonded and insured, ROC#282409.

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EDUCATION

RED MOUNTAIN HIGH SCHOOL GEARING UP FOR German GAPP Exchange



Story by AnnElise Makin
Photos by Priyanka Makin

The German Exchange is on again this spring. Every year, Red Mountain High School (RMHS) trades 18 of its students with *Gymnasiasts* from Hamburg, Germany. They all return from the German American Partnership Program (GAPP) with more savvy.

Rodney Cole, department chair of World Languages and German instructor at RMHS, has taken students to Germany for more than 20 years. He is as excited about the next German trip, from May 27 through June 19, as he was with the first tour.

The GAPP exchange, with Gymnasium Ohmoor, in Hamburg, started in 1992. Herr Cole (Herr is German for Mister) discovered, "... how wonderful Hamburg was," through Henrik Baark, a German exchange student at RMHS.

"The first trip, in 1993, was a little scary," Herr Cole said, "because I was the only chaperone, and didn't know Hamburg." To avoid mishaps, he tested out the after-school activities a day ahead. Soon, a second staffer was recruited to guide the group.

Now, Herr Cole knows Hamburg—where he spent a year as Fulbright teacher in 1994—like the back of his hand. He lets his students explore the city, and acquire a

taste for the German way of life.

This March, another Ohmoor group will come to stay with their RMHS host families. After a three-week whirlwind program, departure usually catches people by surprise. Tears roll at the Phoenix airport, but, "We will soon meet again."

When the Mesa kids arrive in Hamburg in May, they feel right at home with their hosts. Also, Herr Cole usually makes good on his promise to "... walk the students ragged." He insists his travelers pack sturdy walking shoes.

And off they go. Students may explore the wee hours of the Hamburg fish market, sample marzipan in Lübeck, test out the beach baskets of Travemünde, or touch the legendary Berlin wall.

They then march to the Ohlsdorf (Hamburg) cemetery. "History gets a lot more personal when you read those headstones," Herr Cole said. Right away, his students learn to use public transportation, and add scores of new vocabulary to their notebooks.

For the next trip, Herr Cole already has put the island of Sylt, in the North Sea, on the list and, for sure, famous Berlin sights. Spots in the German exchange fill up quickly.

Herr Cole guides probably the biggest German program in the state. He teaches six German classes, including two Level III sections. His alumni made good

use of German. For example, one secured an internship at BMW, and two are becoming German teachers.

"When these kids come back from the GAPP exchange, they see the world differently," Herr Cole said. And their memories will last a lifetime.

EXPERIENCES

"Going to Germany and meeting my host sister were some of my favorite moments of my life. I learned about German culture, and the lives of average teenagers. It was worth all of the planning and cost." – *Nathan Wright*

"Going to Berlin and staying at a youth hostel, mixing with the other teenagers, was the highlight for me. We became close friends in our group. I enjoyed the famous Fischmarkt (Hamburg), and counting up all 200 steps to the Friedensengel (Angel of Peace) in Berlin." – *Priyanka Makin*

"My experience in Germany was amazing. It was my first time being out of the United States, and I was really nervous. But it helped me having my friends and host sister by my side the whole time. I never will forget the experience because I made many lifelong friendships, and found a second family." – *Nick Shurtz* ■

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EDUCATION

MIDDLE SCHOOL STUDENTS Take High School Level Courses

Submitted by Self Development Charter School

Self Development Charter School (SDCS), a public kindergarten through eighth grade charter school, is well known in the local community and state for its outstanding academic programs.

SDCS' curriculum is accelerated. Students learn one full academic year ahead of Arizona State Department of Education standards. Aside from ensuring each student obtains a strong academic foundation, SDCS staff and faculty are dedicated to developing well rounded students. SDCS would like to take this opportunity to highlight two present students—Emilia Y. and Meredith L. These students exemplify the school's ideals.

Emilia, a grade seven student, began SDCS in kindergarten. Emilia has set high academic goals for herself. She is enrolled in Algebra II, Advanced Placement Biology, High School Literature, and Latin courses, to name a few. When asked about her favorite aspect of SDCS, she stated, "There are so many teachers that are nice... helping students to reach the school's expectations and personal goals." She elaborated by saying, "The teachers help each student improve, reaching for higher levels."

Emilia also credits SDCS staff and faculty with enhancing her social and cooperation skills. She participates in the school's Math Facts tutoring program, Choir Club, and Violin classes. A few times a week, Emilia mentors students in earlier grades by

providing Math Facts tutoring. She is a wonderful role model to the school's younger students.

Outside of school, Emilia takes violin and golf lessons. A gifted violinist, she has been playing since she was 3 1/2 years old. She also is a Phoenix Youth Symphony Symphonette member. Recently, Emilia and fellow student, Meredith, another violinist, showcased their musical talents during the school's Winter Program.

Meredith, a grade four student, began SDCS in grade one. Mrs. Player, Meredith's grade four teacher stated, "She is a model student, period!" She excels in academics, and enjoys participating in the school's extra-curricular reading programs—Parents as Partners and Classics. The Classics reading program requires students to read and present a report on eight to 13 classical novels each year. This is Meredith's third year participating in this program. Meredith credits SDCS with her math knowledge. However, her favorite SDCS activity is violin class, with Mrs. Porter. Meredith has been taking violin classes

privately and at the school since she was 7 years old. Emilia and Meredith are just two of the many incredible students at SDCS. Both started their academic careers at SDCS. The school provides students with a love of learning, and motivates students to reach their highest level of potential. ■

It is time to register for the 2014-2015 school year. To learn more about and/or to register at SDCS, please contact the front office at (480) 641-2640.



Meredith L., 4th grade



Emilia Y., 7th grade

COMMUNITY

BMO Harris Bank Canadian Open BENEFITS ELEMENTARY SCHOOL

Submitted by BMO Harris Bank

Once again, BMO Harris Bank and Canadian golfers at Red Mountain Ranch Golf and Country Club are teaming up with the Red Mountain Ranch Elementary School (RMRES) to raise funds for much needed equipment at this local school.

A successful golf tournament, held last February, raised more than \$6,000 for the school. Funds were raised through the support of BMO Harris Bank as the major sponsor of the event, various levels of local business sponsorship, as well as the generous support of the tournament participants at a silent auction.

RMRES is celebrating 20 years of learning in this community. To help mark this anniversary, organizers plan to make the 2014 BMO Harris Bank Canadian Open more successful than ever. To do this, they need the support of the community in any number of ways. The event is dependent upon volunteers before and during the event, donors of silent auction items, partners in the sponsorship of holes and, finally, participants in the golf tournament.

The silent auction will take place on Wednesday, Feb. 26, from 7 to 9 p.m., and the 2014 BMO Harris Bank Canadian Open will be held on Thursday, Feb. 27. Both events are at the Red Mountain Ranch Golf and Country Club.

If you would like to get involved in this opportunity to support your local elementary school, please contact Mark or Kathy Hendrickson at (480) 663-3736; Betty Milligan, RMRES fund raising, at (602) 334-6466; or Dr. Joyce Cook, RMRES principal, at (480) 472-7900. ■



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Dr. Lisa Gold, named the best couples and sex therapist in Mesa, will present the workshop. ■

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Friday,
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Saturday,
March 1
9:00 am - Noon

COMMUNITY

Welcome Dr. Carl Ferguson to the Neighborhood

By Sharon Wozny

Dr. Carl Ferguson has had his practice, McKellips Family Medical Clinic, for 27 years, and he now is in Las Sendas, with the opening of his new office, Ferguson Family Medicine.

Dr. Ferguson treats people who are 12 years and older. In fact, they travel from all over the state to be his patients. His dedicated office staff has created a warm and welcoming atmosphere. Dr. Ferguson's southern manner, with his roots in Texas and Oklahoma, will make you feel like one of the family.

Not only is he board certified in family medicine and internal medicine, his other specialties include Botox, laser and cosmetic procedures, neuropathy treatments, anti-aging therapy for men, trigger points and weight loss management. Dr. Ferguson is able to do all he does because he takes a power nap on his lunch break to keep him refreshed for the rest of his day.

Dr. Ferguson is where he is professionally because of his dedication to excellence and hard work. Various physicians have inspired him along the way. His love for the sciences in school always made him realize he would be in this field someday. He excelled in school, being at the top of his classes and earning scholarships.

Dr. Ferguson joined the U.S. Army, and used his GI Bill to pay for medical school. He served in the U.S. Air Force as a flight surgeon. His mom was a supporter of his dreams. He has a passion for what he does. "I love helping people," Dr. Ferguson said.



Dr. Carl Ferguson

In his spare time, the doctor enjoys watching his Oklahoma Sooners play, and then cheering on those alumni who have moved on to the National Football League. In fact, he does have football withdrawal when the season is over. When that happens, he has his six children to keep him busy. Whether he is watching his daughters perform in high school productions, a son following his music career dreams in Los Angeles, or his other children back in Oklahoma, he is surrounded with a loving family.

Giving back is part of who Dr. Ferguson is. He is involved with Children's International, and has done charitable work in Mexico.

The new office is open for business. Dr. Ferguson and his staff

would love to welcome you into their family. For now, the hours are Tuesday, from 7:30 a.m. to 2 p.m.; Wednesday, from 1 p.m. to 5 p.m.; and Thursday, from 7:30 a.m. to noon. A wonderful option he provides is the welcoming of walk-in patients, from 7:30 to 8 a.m., to help people avoid an urgent care visit.

In the future, as this practice grows, the hours will expand, and Dr. Ferguson will add a doctor who he will mentor.

If you are looking for a new family physician, give Dr. Carl Ferguson a call at (480) 830-1553. You will be happy you did. ■

Ferguson Family Medicine is located at Red Mountain Village, 3514 N. Power Road, Suite 105, on the southwest corner of Power and Thomas roads.

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Homes Inspired by You

REAL ESTATE

INCREASED MARKET VALUES reflect great time to put your home on the market

By John Karadsheb

Many homeowners have been waiting for prices to rise enough so they can upgrade or downsize.

If you are thinking of listing your home in 2014, now is the time to make a plan for getting your house in great shape to sell. Many buyers are choosing new over resale because the models present homes which are decluttered, neutral, crisp and clean. As you prepare to get your home ready to sell, be inspired by the concept of a model home, so your home can be the most competitive home on the market.

Most buyers form an assessment of the home within 30 seconds of walking in the front door. So, as in all things, it is important to make a good first impression. Here are a few things you can do to get your home ready to sell:

- 1. Declutter.** Cleared surfaces (counters, furniture) make rooms more appealing and look larger. There is a reason why model homes don't have lots of knickknacks around. So, pack them away now.
- 2. Buyers will be looking** for location and layout, but they also are looking for a *home*. Most buyers envision being very organized in their new home. So, if the



John Karadsheb

home they view is disorganized and cluttered, it is usually an immediate turnoff. Take the time to organize closets, cabinets and the garage. It may be a hassle, but it will make your home more marketable and your move easier.

- 3. Consider making some minor upgrades.** Repaint to lighter neutral colors (you don't want to be remembered as the house with the purple wall), upgrade light and plumbing fixtures, and refresh landscaping.
- 4. Resist the scents.** I have had buyers refuse to walk through homes which are over scented with room sprays, plug-ins and pungent candles. Those strong smells take time to clear and make the buyer ask, "What are they trying to hide?" Open the windows and do a thorough cleaning. Clean is always the best smell.
- 5. Detail it.** Clean or replace the carpets, wash the windows, touch up the baseboards, re-stain the side gate and garage door, clean the ceiling fans, clean the air vents, and scrub and seal the grout. Most buyers are not looking for a dirty house or fixer upper. Well maintained houses make buyers more motivated to make an offer. Of course, if you are not sure how to begin, give us a call. We will be happy to help you get your house on the market and sold. ■

John Karadsheb is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative, a Certified Residential Specialist, and was voted in the Top Five Residential Real Estate Agents in Arizona for 2012 and 2013 by Ranking Arizona, the Best of Arizona Business. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at www.BuyAndSellAZ.com.



COMMUNITY

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Submitted by Las Sendas Retirees Club

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Meetings start at 9:30 a.m. A 30-minute social, which features tempting treats and a selection of books for \$1 each, precedes each meeting. Despite the group's name, you don't have to be retired, but

should be available for the meetings. The membership fee is a very modest \$20 per person per year.

Our group has a lot of fun during the year. Participation is an easy way to expand your circle of friends, and enjoy a livelier social life. ■

If interested, please come to one of our meetings, or call Dick Wilson, membership chairman, at (480) 699-3583.

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LOCAL BUSINESS

STREAMLINE BY DESIGN

Offers a Different Approach to Simplification

Submitted by Streamline by Design

While many organizing services focus primarily on physical order, Streamline by Design makes efficiency and usability a primary goal.

Owner Lynne Arnold takes each job as a challenge, striving to make people's lives simpler and make the tasks they do repeatedly more efficient and faster. She asks how she can help people arrange their spaces so they can do more in less time. In addition, she inquires as to how she can make homes more relaxing and, at the same time, more functional.

Simplifying, organizing and facilitating come naturally to this mother of seven. Numerous cross-country moves, the diversity of kids' activities, and doing everything herself mandated that she streamline chores. Some people are just naturally organized, and cannot live with chaos in routines or clutter in spaces. When someone like this has seven kids, she becomes an expert at management of time and spaces.

Streamline by Design is not a typical organizing service. The emphasis is on creating functional spaces that work, not just look good. There isn't much point to orga-

nizing possessions if you cannot use them easily. Solutions are tailored to your lifestyle and preferences. You can choose to have as much or as little help as you need.

Another unique service offered is an inexpensive maintenance plan, which some people find invaluable. This includes periodic visits to evaluate how well the changes are working, and to modify solutions where needed. This service was inspired by the realization people often have to live with it for a while in order to really know whether the space works for them.

Streamline by Design specializes in household and garage rearrangement, downsizing and sorting, moving, getting kids involved in organizing, as well as pantry and food organization. During a free 30-minute, in-home consultation, Lynne will evaluate your needs and your lifestyle to determine the potential within your spaces for filling those needs and facilitating your lifestyle. By making routine chores easier and the things you use more accessible, you have more time for the things you enjoy. ■

You can contact Lynne Arnold at (480) 703-0183, or through the Web site at www.streamline-by-design.net.



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LOCAL BUSINESS

Law Group Stresses Importance of Estate Planning

By Kimberly Searles

For Mark Jacobson, shifting the way people think about estate planning is a priority. Mark recently opened the Jacobson Law Group, located at Power and Thomas roads, in Northeast Mesa. He seeks to bring a fresh perspective to estate planning, tax and business legal services.

"So many people believe estate planning is only for the ultra wealthy members of our community," said Mark. "In reality, it's more affordable than you might think."

More importantly, the heart of estate planning is about protecting what you have—your family and your assets. Jacobson Law Group specializes in protecting both by using strategies involving wills, trusts, powers of attorney and other business entities.

A self-described frugal person, Mark loves helping others protect what they own. He believes estate planning is especially important for families with minor children, to ensure the funds and resources are in place should something happen to the parents.

Married for 12 years, with five children ranging in age from 8 months to 8 years, Mark knows the value of helping people protect not only their financial health, but also their families.

A native Arizonan, having spent most of his life in the Mesa area, Mark has a law degree from Arizona State University and an undergraduate degree in accounting. He also owned a small construction business prior to attending law school. All his previous experiences help him understand the needs of Northeast Mesa residents, and he looks forward to serving them well.

"Many times, people call an attorney when they have an immediate problem," stated Mark. "With our firm, our goal is to help our clients avoid future problems."

Jacobson Law Group focuses on personal service from a local resident who understands the specific needs and challenges of the community. Unlike many of the bigger law firms, Mark takes the time to get to know his clients, even making house calls. He ensures that every client file gets his personal attention, with the goal of creating quality legal solutions and long-term relationships with each client. ■



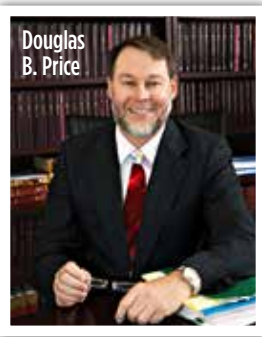
Jacobson Law Group is located at 3415 N. Power Road, Suite 136. The firm offers legal services dealing with estate, business and tax planning. Find out how you can protect your future by visiting www.jacobsonlawaz.com, or by calling (480) 588-5088. Mark also can be reached via e-mail at mark@jacobsonlawaz.com.

LOCAL BUSINESS

ADVANCE DIRECTIVES Make Life Easier for You and Loved Ones

Submitted by Douglas B. Price, Attorney at law

What is an advance directive? Simply put, it is a legal document you create to give direction to your friends and family before you experience a medical problem or disability.



ones, helping them and your doctors to choose the treatment path you want.

Other advance directives include financial powers of attorney, so the person or persons you designate can pay your bills with access to your accounts. Medical powers of attorney allow you to specify a person or persons to make medical decisions for


you. When combined with a living will, it is a powerful tool to insure you receive the medical care you want, directed by the people who you want to be in control. The Health Insurance Portability and Accountability Act (HIPAA) laws of 1996, passed by Congress, help to protect our privacy. However, they have made it more difficult for your loved ones to obtain copies of your medical records. We can prepare a HIPAA Authorization to make it easier for your loved ones to obtain your records under HIPAA.

We have more than 30 years of experience in practicing law in Arizona. All of these advance directives can be prepared by our office with an advance directives package and, at no additional cost, we will post your medical advance directives on the secure Arizona system for Internet access by you or your doctors from anywhere in the world. ■

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REAL ESTATE

Recap of 2013 Housing Market Combines WITH A LOOK AHEAD FOR 2014

By Lorraine Ryall, Realtor
CDPE, CSSN, MSSC
Coldwell Banker Trails and Paths
Premier Properties



With the close of 2013, we can see how our housing market has continued to make a strong recovery, with the median sale price up 20.9 percent year-over-year. The most surprising factor is all the gains took place in the first half of 2013, with the median sales price ending in December at \$185,000, which was the same price as July.

Inventory

The year 2013 began as a seller's market, with more demand than supply, which remained constant until June. Starting 2014, the total inventory is at 25,360, which is a 20 percent increase year-over-year. At the same time, demand has dropped, and we now have a balanced market, with supply and demand being pretty equal.

Interest Rates

The 30-year fixed rate started 2013 at 3.34 percent, while 2014 has started at 4.53 percent. The increase in rates took place between May and July 2013, and has stayed pretty consistent since then. While this is an increase, we still are at historically low interest rates.

Distressed Inventory and Sales

With our housing recovery, come fewer homeowners facing

foreclosure. In January 2013, there were 11,635 notices of trustee sales, and that number has decreased to 5,974 in January 2014. At the beginning of 2013, distressed sales, which include both foreclosures and short sales, accounted for 33.8 percent of sales. As of December 2013, that number had decreased to 17.1 percent.

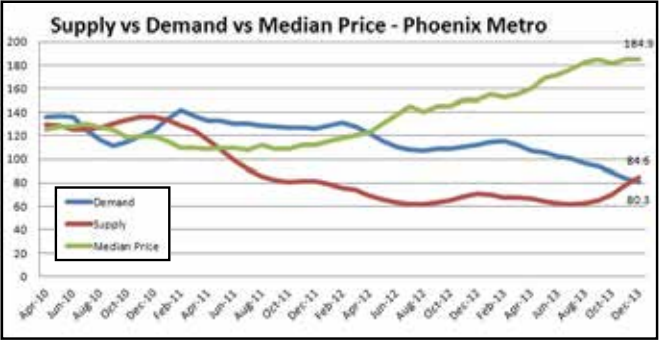
Look Ahead for 2014

We have begun 2014 with a 41 percent drop in pending sales. There are several factors contributing to the lower number, including far fewer short sales, which take longer to close, and remain in pending for months.

Our market is no longer inviting to the bargain hunters and investors, with far fewer distressed properties and increasing prices, therefore, taking out a significant number of buyers/investors we had in previous years. Even with those added factors, the fact remains the market has changed, and, for the first time since January 2011, we are in a balanced market, with supply and demand pretty much equal.

With a balanced market, prices are not expected to increase anywhere near the rate of the previous year, but the market should remain pretty stable. The key over the next few months is going to be supply verses demand. Too much supply, and it becomes a buyer's market. More demand than supply, and it is a seller's market. We are coming into our peak buying season, and with interest rates still at record lows, and home prices expected to increase, even if at a much slower pace, it is a great time to buy.

For the complete article and charts showing monthly statistics, please visit my Web site blog page at www.Homes2SellAZ.com.



The Mortgage Debt Relief Act Has Expired

As expected, *The Mortgage Debt Relief Act of 2007* has not been extended and no longer applies. While this sounds like bad news, it really doesn't apply to about 90 percent of mortgages here in Arizona. Taxes do not apply on nonrecourse loans. Arizona is an Anti-Deficiency state, which means the lender cannot sue the homeowner after a foreclosure or short sale. This makes the mortgage nonrecourse, and, therefore, not liable for taxes. This applies to purchase money, and the loan must meet certain criteria, which 90 percent of mortgages in Arizona do. Call me today to find out if your loan qualifies. You also can call for a free, no obligation consultation. ■

Lorraine Ryall is a multi-million dollar producer and recipient of the Coldwell Banker International President's Circle Award. For more information, call (602) 571-6799, or visit her Web site at www.Homes2SellAZ.com.

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