

# Las Sendas Up Close

Bringing neighbors closer to their community

June 2013

## Golf Tournament Benefits Save the Family

By Yasmin Rochette

On a bright, beautiful morning in mid-April, golfers at the Las Sendas Golf Club could be found practicing on the driving range ahead of the 13th annual Golf Tournament to Save the Family.

"It is such a good cause," said one of the participants, "I have never seen a group of more committed people." He was referring to the enthusiastic staff of Save the Family, which, since 1988, has been dedicated to the provision of transitional housing in cities throughout the Valley for homeless families with children.

Las Sendas Golf Club hosted the occasion, for which Executive Director Jacki Taylor was immensely thankful. "We are truly very grateful for the many donors who have made this event possible," said Jacki. "A full 100 percent of all proceeds made today will go directly to the help with the programs for the men, women and children we serve."

The major sponsor is AFC Medical and Chiropractic, solid supporters of Save the Family for many years. Other sponsors included Aetna, Gorman and Company, Inc., Pollack Real Estate Investments, Scottsdale Insurance Co., Tofel Construction, SRP, Arizona Office Technologies, Eide Bailly and Udall Shumway. Many other organizations and companies also contributed in various ways, providing gifts for the raffle and prizes, including everything from vacation and golf getaways, to dining and sports event packages and custom made Ping clubs, among other treasures being offered. Eager volunteers were on hand to direct more than 100 golfers for the four-person scramble format.

Save the Family was founded by three area business leaders after witnessing the rise of families living on the streets in the 1980s. "Today, the majority of our clients

are women fleeing domestic violence, and the average age of the person served is 6," said Chief Operations Officer Laura Stotnicki. "This shocking statistic serves to highlight the vital need for organizations such as Save the Family.

We have found the scattered site model is most helpful to families," she continued. "It helps them stay integrated in their communities."

Currently aiding nearly 500 individuals, Save the Family has the ability to rapidly re-house 40 people, and can help with avoiding eviction. The organization also operates 138 units in an affordable rental program. "Clients can stay up to 24 months, but the average is about 10," said Laura. This is because services go well beyond mere housing. Save the Family runs a career development center, and provides parental and personal guidance. The goal is financial self-sufficiency, as well as providing support for both adults and children alike, and helping them connect to community activities, including after school

programs and extracurricular pursuits. Support services include tutoring, financial literacy education and parenting classes available to the client base.

"The goal is for the client to secure a job, permanent housing and for each individual to reach personal goals," Laura explained. "Clients are assessed throughout the program to see what improvement is being made to that end. We're with them every step of the way," she continued. "Then, each May, Save the Family hosts a Client Graduation, sponsored by Mesa business Crescent Crown Distributing. A former success story client will return to speak at this event. This year's guest has just finished her master's degree in counseling." Observing achievements of

this nature is very encouraging for clients.

As with many grass roots organizations, volunteers are critical to the operation. Last year, more than 6,000 people helped Save the Family in various ways, from making welcome baskets for clients, to cleaning and painting housing units and helping out in the office, to name just a few. "We literally could not survive without our volunteers," Laura said. "They are critical."

Happily, Save the Family raised close to \$60,000 on tournament day, all of which will go directly to serving its client base. The golfers enjoyed their day out on the course where prizes were given for scoring a hole in one, the longest drive and closest to the pin. Everyone involved was pleased to help such a worthy cause. "Homelessness can happen to any of us, at any time," commented one participant, "which is why supporting Save the Family is so important and will continue to be in the future." ■

Save the Family is located at 450 W. 4th Place. For more information, call (480) 898-0228, or visit the Web site at [www.SavetheFamily.org](http://www.SavetheFamily.org).



## ENJOY SUMMER SPECIALS AT O'NEILL'S PLACE

Submitted by O'Neill's Place

With school over and the summer heat coming, the O'Neill family would like to thank all those who have enjoyed great libations and food this past winter at O'Neill's Place.

There have been continuous changes at O'Neill's Place since the O'Neill family reassumed ownership just over a year ago. Changes in the beer selection, together with the quality of the food and overall dining experience, have greatly improved.

Now, the staff at O'Neill's Place wants to reward all those who stick it out through the sweltering summer months here in the desert, with temperatures greater than 100 degrees.

O'Neill's Place is introducing Summer Sandwich Specials. There will be a half dozen lunch items, which will be offered from 11 a.m. to 3 p.m., for only \$8.99, including a coke. Choices will even include off the menu items, such as a chicken salad sandwich, chili dogs, and a half salad topped with tuna or chicken salad—all of which sound delicious.

Additionally, starting in June and offered throughout the remaining baseball season, will be the Ballpark Meal—two dogs and a 16-ounce cold can of Miller Lite

for only \$10. It's just like being at Chase Field but at a much better price.

And to accompany any fine meal this blazing summer, O'Neill's Place will be introducing the Key Lime Martini, Punch of Paradise, and even homemade Sangria! Thirsty yet?

Also, O'Neill's Place continues its A for Achievement Program, closing the school year. Kids simply bring their report cards in and present them to the staff before ordering the kid's meal, which we will proudly serve for free.

So, although it may be hot outside, things are really chilling down at O'Neill's Place, guaranteed never to be over 100 degrees inside!

O'Neill's Place is located at 2855 N. Power Road, on the north-east corner of Power and McDowell roads, in The Village at Las Sendas.

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## COMMUNITY

# THE VISTAS AT LAS SENDAS IS MESA'S NEWEST Premier Wedding and Reception Venue

*Submitted by Las Sendas Golf Club*

**M**ake your dreams reality, and plan a unique and elegant wedding at the new Vistas Wedding Pavilion.

Located on an elevated mountain nestled in among desert flora and green gardens, with a stunning mountain backdrop, the Vistas is constructed with an oversized wraparound deck, complete with breathtaking views of the Valley sunsets and city lights. The warmth and charm of the Tuscan design adds inspiration and an inviting venue for ceremony and reception guests.

The Vistas includes a 2,000-square-foot banquet kitchen facility. Our mission is to bring our restaurant experience and expertise from Bogey's Steak and Seafood Restaurant, The Patio at Las Sendas and The Grille to our banquet menu and services.

Our ceremony package, which includes four carefully designed locations, all capture the magnificence of the Valley sunsets. Included in our ceremony package are our panoramic views, white garden chairs, an expansive and lush lawn and garden area, table linens, a bridal changing room, champagne/fruit platter in the bridal room, registration and unity tables.

Optional services include the use of our two privately owned limousines, valet services, golf and spa packages.



Consider The Patio and Bogey's for your rehearsal dinner to round out your complete wedding experience.

Our reception packages include both buffet and plated options, carefully created by our executive chef. Our goal is to exceed expectations, and to be flexible in assisting with your choice of tray passed hors' d'oeuvres, salads, entrées, both single and duet, and desserts. Our catering director and executive chef invite you to join them for food and wine tastings.

Our beverage packages include gourmet coffee stations, house wine, beer and cocktails, as well as premium wines and cocktails and imported beer. We offer total flexibility with our beverage packages, which are based on hourly pricing, per person pricing or a host bar—your choice.

We currently are offering a complete wedding package for \$5,000 (excludes tax and gratuity) for weddings booked and hosted in June, July and August. This package includes a ceremony and plated reception for 50 to 100 guests. ■

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FINANCE

IT'S IMPORTANT TO PERIODICALLY REVIEW BENEFICIARY DESIGNATIONS

By John P. Duncan

When it comes to the designation of beneficiaries, your choices may need to change with the times.

When did you open your first IRA? When did you buy your life insurance policy? Are you still living in the same home and working at the same job as you did back then? Have your priorities changed a bit—perhaps more than a bit?

While your beneficiary choices may seem obvious and rock solid when you initially make them, time has a way of altering things. In a stretch of five or 10 years, some major changes can occur in your life, and they may warrant changes in your beneficiary decisions. In fact, you might want to review them annually.

How your choices affect your loved ones.

The beneficiary of your IRA, annuity, 401(k) or life insurance policy may be your spouse, your child, maybe another loved one or maybe even an institution. Many people do not realize that beneficiary designations take priority over bequests made in a will or living trust. Naming a beneficiary helps to keep assets out of probate when you pass away.

You may have even chosen the



John P. Duncan

smartest financial mind in your family as your beneficiary, thinking he has the knowledge to carry out your financial wishes in the event of your death. But what if this person passes away before you do? What if you change your mind about the way you want your assets distributed, and are unable to communicate your intentions in time? And what if he inherits tax problems

as a result of receiving your assets?

**Are your beneficiary designations up to date?** Don't assume. Don't guess. Make sure your assets are set to transfer to the people or institutions you prefer. If you are not certain you understand all the possible ramifications of your selections, you may want to reach out to our office for a no-cost review of your beneficiaries. ■

*John P. Duncan is President/Founder of Gold Leaf Advisory, a comprehensive wealth management firm located in Mesa. He is an author, speaker and sought-after expert in retirement planning and implementation. His practice is designed to provide objective advice to individuals and businesses with net worth above \$1 million. For more information, send an e-mail to [info@goldleafadvisory.com](mailto:info@goldleafadvisory.com).*

EDUCATION

THIS TEACHER HAPPILY Wears Many Hats

By Miquela Daniels

In life, I wear many hats, but the one that is always on is my combo wife-mother-teacher hat, and although I haven't always been the first two, I have always been a teacher.

I started holding class in the basement of my West Point home, where my father taught. Today, I have many more students but the same amount of fun. I love my life, and believe every child should experience a happy and satisfied teacher.

My husband and I have six very talented and charismatic children. Our oldest son is a gifted junior at Red Mountain High School, and we have a brilliant eighth-grade son at Fremont Junior High School. The four young honor roll kids love their Zaharis Elementary School teachers, and can't wait to go to school every morning. We watch movies, play football, and eat Sunday morning breakfasts on the patio.

After moving here 20 years ago from Charlotte, N.C., I received a master's degree in multicultural education at Arizona State University. During this time, I also taught English as a second



Miquela Daniels

language and bilingual math at Fremont and Mesa Junior High schools. Years later, I received my master's in educational technology from Northern Arizona University (NAU), while teaching Spanish at Mesquite High School and the Technology and Leadership Academy, in Gilbert.

To expand my skill set, I taught Spanish and methodology courses for NAU and Maricopa Community colleges. Sometime in between teaching, I worked mortgages, and then finally came back to Mesa, where I now teach the fourth grade.

I am passionate about teaching children to be lifelong readers and writers. The key is finding exceptional literature and being willing to make time to read and write with your kids. I look forward to inspiring and motivating your children this summer at PoeTECH Kidz. ■

*For more information on Miquela Daniels and her specialized tutoring in reading, writing, math and Spanish, call (480) 495-4526, or visit Facebook at [Poetechkidz](https://www.facebook.com/Poetechkidz).*

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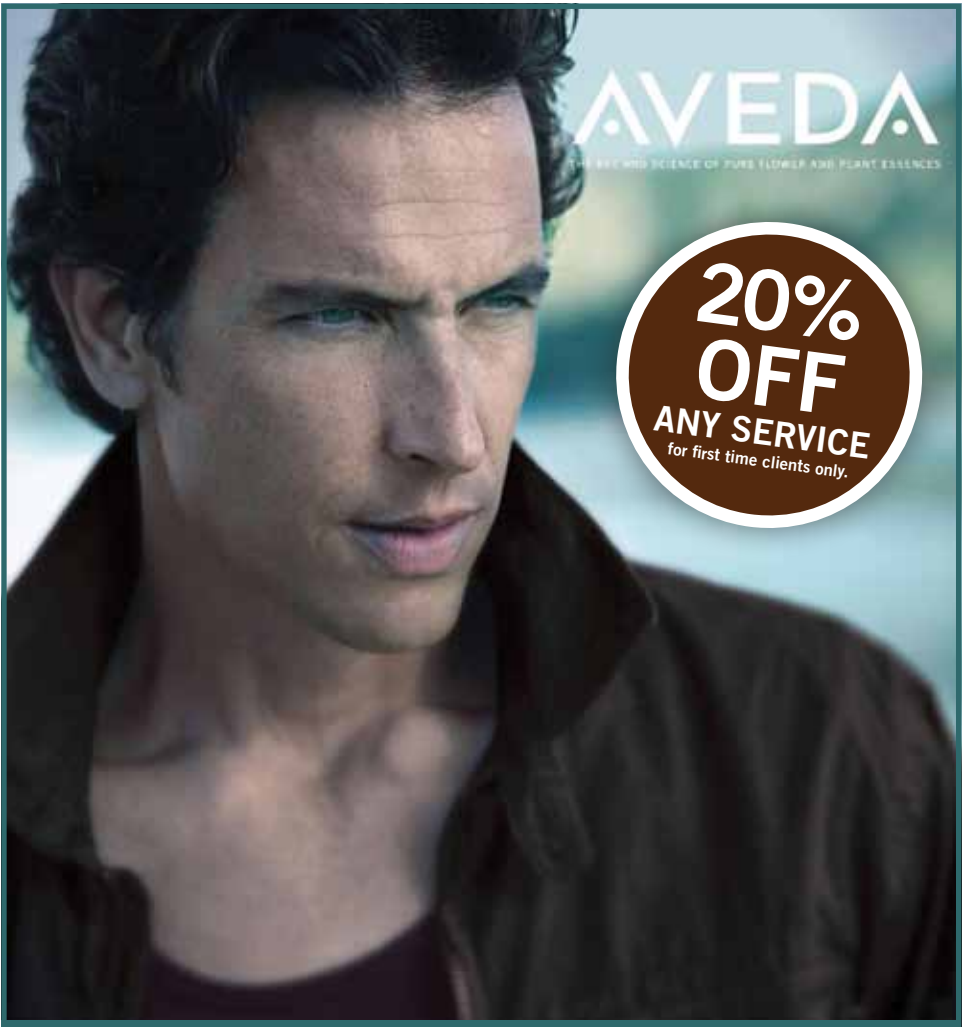
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## ELEMENTARY STUDENTS SATISFY THIRST for Helping Others with Lemonade Stands

Submitted by Mesa Public Schools

First-grade students at Zaharis Elementary School are teaching others a lesson about compassion, using lemonade as a vehicle to make a difference in the world—one cup at a time.

Their teacher, Julie Reichert, is no stranger to empowering her students to think critically. She wanted to find a way to inspire and provide a unique classroom experience, making lessons become personal to her students. Over the summer, she reached her *aha* moment when she realized, "All kids love lemonade stands." Julie took the idea and ran with it. She enlisted the support of her husband, co-workers, school community and friends to help bring the idea to life.

Fast forward to April 18, at Zaharis Elementary School. The first-graders sported bright yellow T-shirts to signify their mission. The self-proclaimed Lemonheads presented a check for \$414 to actor Jeff Bridges, the national spokesperson for the No Kid Hungry Share Our Strength campaign. The students welcomed the actor with a presentation showcasing their hard work through speech, art and song. The afternoon concluded when the actor signed the school wall, and thanked Principal Mike Oliver and the Zaharis community for making him a *Soaring Eagle* for life.

The Share Our Strength campaign and its message of stamping out childhood hunger was the perfect avenue for the first-graders to make a difference on a global level. The No Kid Hungry campaign connects children in need with nutritious food, and teaches their families how to cook healthy, affordable meals. The campaign also engages the public to make ending childhood hunger a national priority. During the presentation, Jeff noted the fact 18 percent of families in Mesa are struggling with hunger.

At the beginning of the year, the students studied animals. They learned that animals

need our help, too. Their first donation from the lemonade stand, for \$268, went to the Phoenix Zoo. During the holidays, the students talked about the sensitive subjects of poverty, hunger and homelessness. They learned about compassion and that it is sometimes better to give than to receive. They took their passion and turned it into action, producing a donation of \$368 for the United Food Bank.

Julie said she had no idea where the lemonade stand would go, but she could not have accomplished it without the help of others. She is proud of the students and their hard work. More importantly, she is excited to realize the students are becoming people who want to help others in every way imaginable. ■

For more information about No Kid Hungry Share Our Strength, please visit [www.nokidhungry.org](http://www.nokidhungry.org).



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REAL ESTATE

A Do and Don't List For First-Time Homebuyers

By John Karadsheh

For most people, buying a home is the most significant investment of their lives, and in spite of the doubt and confusion clouding both the financial markets and news headlines, 2013 presents many genuine real estate opportunities—especially for first-time buyers.

Just like in 2005/2006, housing inventory is down, prices are increasing, and historical data demonstrates that purchasing a home has proven a sound long-term financial investment. However, first-time homebuyers are often understandably anxious when it comes time to making what could be the largest purchase of their lives.

Here is a simple *do and don't* list to make the process easier for everyone dreaming of homeownership.

DO

- DO utilize free online tools to arm yourself with as much knowledge as possible. For example, the Home Price Comparison Index, available at [www.ColdwellBanker.com](http://www.ColdwellBanker.com), offers buyers a way to compare average housing costs in more than 400 U.S. markets.
- DO take time to access and closely review your credit score. A sound financial track record and solid credit score can help lock in a loan and lower interest rates. Checking your records with a fine-tooth comb in advance also will ensure that you catch any errors ahead of time, as well as help you better understand how lenders may perceive you.
- DO explore mortgage pre-approval. Getting this early green light will help others involved with your purchase realize you are serious about homeownership—and well qualified.
- DO line up your all-star team of professionals before game day. A team of experienced professionals will be key to making the home buying process simple and seamless. Start by interviewing and selecting a



John Karadsheh

REALTOR® with whom you connect. This REALTOR® also should be able to help you identify suitable mortgage lenders, home inspectors, title and escrow companies and others who play a role in the process.

- DO anticipate your future needs and buy for lifestyle. Try to anticipate how long you'll live in your next home, and plan for major lifestyle changes when possible. What may make a perfect starter home for a couple might not work as well when children come into the picture. Remember, people move for lifestyle reasons, and your first home likely will not be your last.
- DO hone in on your housing priorities. Your ideal home may have a porch, a pool and five full baths. But before you start looking, make sure to separate your *must-haves* from your *nice to haves*, so you know where you can compromise to meet your budget.

DON'T

- DON'T fall in love with the first house or neighborhood you see. That grand Tuscan with the picturesque view may win your heart at first glance, but don't fall in love too fast. You need to keep an open mind to make sure you find the right fit for all your needs. At the end of your search, it may turn out that the condo closer for your commute is a better bet all around.
- DON'T buy beyond what you can afford. It's easy to fall into that all-you-can-eat attitude when it comes to your first home purchase. You *want it all* when it comes to size, amenities, location, etc. But remember that your eyes may have a larger appetite than your wallet. Make sure the down payment, closing costs, monthly expenses and taxes are truly within your income and savings range before you sign on the dotted line.
- DON'T treat your home the way you treat your stock portfolio. It's unrealistic and unwise to expect your housing investment to appreciate as quickly as you'd hope for your high-risk bonds. Buying for lifestyle, as opposed to trying to turn a quick profit, will help ensure you are viewing home purchasing and ownership in the right context.

- DON'T try to time the market. By the time most consumers sense a major real estate or financial market shift, the tables have typically already turned. Instead of waiting for a slim and unreliable window of time—and potentially missing out on the perfect home—buyers should focus on their own lifestyles, and buy when the time is truly right for them.
- DON'T jump into an exotic or confusing mortgage. When it comes to down payments and mortgages, if it sounds too good to be true, it probably is. Be sure to carefully read through every aspect of the proposed agreements to fully understand your end of the bargain. For instance, what seems like an attractive rate now may balloon exponentially a few years down the road. So, arm yourself with information, and don't be afraid to ask questions.
- DON'T underestimate the value of a trustworthy real estate agent's on-the-ground expertise. While being a savvy buyer and doing one's homework will help on the road to homeownership, a local expert with years of negotiating experience is invaluable when it comes to scouting out the perfect home—and closing the deal. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker Trails And Paths Premier Properties. He also is an Associate Broker, an Accredited Buyers Representative and a Certified Residential Specialist. John was ranked the No. 2 Residential Real Estate Agent in Arizona by Ranking Arizona Magazine. 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](http://www.BuyAndSellAZ.com).



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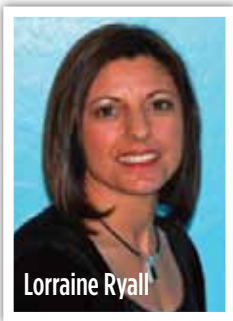
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## REAL ESTATE

# TAX EXEMPTION FOR SHORT SALES IS SET TO END THIS YEAR

By Lorraine Ryall, Realtor, Certified Distress Property Expert (CDPE), CSSN Coldwell Banker Trails and Paths



Lorraine Ryall

After meeting with several clients this month, I wanted to make sure everyone is aware the tax exemption for short sales is going to expire—again.

If you are having a déjà vu moment, and are sure you have read this before, it's because you have. I wrote about this last year. The Mortgage Debt Relief Act was set to expire on Dec. 31, 2012. At that time, I was telling my clients I imagined the government would extend the program for one more year, which is what they did. This year, however, I don't see any reason why they would extend it for yet another year. Of course, we won't know for sure until the very last minute. What we do know is if you do a short sale this year, and it closes by Dec. 31, it will be covered under the act.

Normally, when a debt is forgiven, it becomes income and is taxable. It is reported to the IRS by the creditor, and must be included on your tax return. The Mortgage Debt Relief Act allows you to exclude the cancelled debt of purchase money on your principal residence so you don't have to pay taxes on it. In certain circumstances, some or all of the deficiency from a Home Equity Line of Credit loan also may be covered under this act.

So, if you think you may have to do a short sale, this definitely is the time to start looking into it and getting the process started. Short sales, on average, take three to four months to complete (once there is a contract on the house). It may take longer depending on different circum-

stances, such as who the bank is, who owns the actual loan, and if there is a second mortgage. The short sale has to be complete and the house closed by Dec. 31, in order to qualify for the Mortgage Debt Relief Act and not be subject to taxes.

## WHAT IS THE DEFICIENCY?

When a homeowner does a short sale, the bank is agreeing to sell the property for less than the amount owed, and, therefore, selling the home short. This will be an agreement between the homeowner and the bank, and the remaining balance becomes the deficiency. In a basic example, if the current balance on the mortgage is \$400K, and the house is sold as a short sale for \$300K, there is a \$100,000 deficiency. The borrower will receive a 1099C from the bank for \$100,000, and it will be reported to the IRS. With the Mortgage Debt Relief Act, this \$100,000 will not be taxable.

## WHAT IS THE MORTGAGE DEBT RELIEF ACT?

The act was designed to help homeowners who lose their home through foreclosure or a short sale get relief from paying taxes on the deficiency. It was implemented on Dec. 20, 2007, and goes through Dec. 31 of this year. You can get a complete copy of the Mortgage Debt Relief Act on my Web site.

## ELIGIBILITY

The cancelled debt must be for the purchase, building, or substantial improvements of your principal residence. The maximum amount of forgiven debt is \$2 million, or \$1 million if married and filing separately. It does apply to refinance, but only if the previous mortgage would have qualified (which, in most cases, it does). ■

For more information on The Mortgage Debt Relief Act and Short Sales, or for a free confidential consultation, contact me directly at (602) 571-6799, or send an e-mail to [Lorraine@ArizonaShortSaleToday.com](mailto:Lorraine@ArizonaShortSaleToday.com). Visit my Web site at [www.ArizonaShortSaleToday.com](http://www.ArizonaShortSaleToday.com).



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EDUCATION

RED MOUNTAIN UNITED Methodist Church Features Everywhere Fun Fair

Submitted by Marilyn Husted Communications Committee

Children age 3 through junior high will have an exciting time at *Everywhere Fun Fair*, this year's theme for Vacation Bible School at Red Mountain United Methodist Church, from 5:30 to 8 p.m., beginning on Monday, June 10, and running through Friday, June 14.

Each evening, children will experience a global celebration with the look and feel of a world's fair. They will find out what neighbors are like in Japan, Zimbabwe, the United Kingdom, Australia and Mexico. They will discover the fact God's love can be found everywhere, including in the people within their own neighborhoods.

Interactive Bible stories, games, music, science and take-home crafts all are geared toward teaching children how to be good neighbors to friends near and far. Snacks will be served each evening.

Children will be encouraged to participate in this year's church-wide mission project, *Imagine No Malaria*, a worldwide effort to stamp out malaria in Africa.

The week concludes with a music-filled Closing Program and a Family Carnival on Friday, June 14, from 6 to 8 p.m.

It's time to register now at [www.rmumc.com](http://www.rmumc.com). The cost is \$15 per child, with a maximum of \$45 per family (three children or more). ■

More information may be obtained by calling the church office at (480) 981-3833. Red Mountain United Methodist Church is located at 2936 N. Power Road.



BEAUTY

COSMOS SALON AND DAY SPA Offers Unique Options for Father's Day Gifts

By Dawn Abbey

There always seem to be lots of ideas of what to get Mom for Mother's Day, but what about Dad for Father's Day?

He probably has plenty of ties already, and season tickets or a new boat might be a little out of your budget. "So, why not get him something he might not think to get himself," suggested Sandy Barbetta, co-owner with husband Cosmo, of Cosmos Salon and Day Spa. "Give him the gift of grooming and pampering."

Whether spending their days at the office or out in the field, a man's hands and nails need attention. "While men are involved in their rugged pursuits—construction, sports, yard work, and so on—their muscles, hands and feet are feeling the burden," said Sandy. "Most men don't know how to cut and care for their nails. A men's manicure isn't a girly thing. It's just giving the guy a clean, professional appearance."

And don't forget about the feet. Summer is here, and rough, calloused heels look very unsightly in sandals or by the pool. A good pedicure not only includes trimming and shaping the nails and cuticles, but also removing rough skin from the feet.

Cosmos has a very private area where a man can feel at ease while having his nails and cuticles



trimmed, as well as the rough skin removed from his hands and feet, and then follow it up with a relaxing massage. Massages are always a great gift, whether your muscle soreness comes from physical exertion or the stress of being in a high-powered workforce, or you just want some time off to relax.

Other suggestions for pampering Dad include gift certificates for a new haircut and style, grey-coverage color, or a facial or peel to remove sun damage and lines for a more youthful appearance. In addition, with swim season upon us, Cosmos offers waxing to remove unwanted body hair. To make it easy, Cosmos is offering a Father's Day Package gift certificate of a manicure, pedicure, and haircut for Dad for only \$70. Gift certificates also are available for any other salon services. "We'd be happy to help you choose something just right for Father's Day," Sandy said. ■

To find out more about personal services and gift certificates, call (480) 844-0707, or visit Cosmos Salon and Day Spa, at the northeast corner of Power and McDowell roads, in The Village at Las Sendas.

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HEALTH

IT IS IMPORTANT TO RECOGNIZE AND UNDERSTAND ATRIAL FIBRILLATION

By Dr. Afroze Ahmad, Las Sendas Cardiology, PC

Because a wide range of events or circumstances can trigger atrial fibrillation, it is important to pay attention to the warning signs and seek appropriate treatment.

What follows are a few examples of what may induce atrial fibrillation.

"I had lost my job. I was depressed. Binge drinking gave way to daily heavy alcohol intake. It came so suddenly. I felt dizzy. Then, it seemed I was hit by a high voltage shock in the pit of my stomach. The next thing I remember, I am in the emergency room. The cardiologist told me the high voltage shock was atrial fibrillation, and alcohol was the culprit."

"I have an overactive thyroid gland but no heart problems. Then, one day I noticed a rapid thumping in my chest. My doctor said the rapid thumping was atrial fibrillation, and my thyroid was driving my heart rate so high and fast."

"Every now and then, when I am in a rush for whatever reason, I will feel a rapid beat in my chest. My cardiologist ordered a monitor to evaluate my heart rhythm. The monitor showed the rapid beat sensation was atrial fibrillation."

"All through my adult life I would relax with a couple of cups of good strong brewed coffee. Not any more. Now, it seems, with even the first cup of coffee, a birdie settles in my chest and flutters so hard, as if there was no tomorrow. My cardiologist told me the birdie in my chest was atrial fibrillation."

DEFINITION OF ATRIAL FIBRILLATION

Simply put, it is an irregular heartbeat.



WHAT CAUSES ATRIAL FIBRILLATION

So, what is atrial fibrillation? The easiest way to understand many of the heart disorders, is to picture the heart as a two-story house. We know a house has both a plumbing system and an electrical system. Well, atrial fibrillation is a disorder of the electrical system of the heart.

Nature wants the upper and lower story of the heart to beat in synchrony. In atrial fibrillation, the electrical system of the upper story of the house develops a mind of its own, and no longer works in synchrony with the electrical system of the lower story. The result is electric signals, which are not only fast or slow but also irregular. These irregular and chaotic electric signals are known as atrial fibrillation.

SYMPTOMS

The perception of atrial fibrillation by an individual is both variable and diverse. One may feel dizzy or lightheaded. At times, it is a sudden jolt or shock-like sensation. However, generally, there are palpitations or the heart is fluttering. The fast heartbeat also may cause fatigue and shortness of breath. Chest pain also may occur. Sometimes, the individual simply notices ankle swelling and unexplained weight gain. In some people, the first presentation is a stroke.

I HAVE ATRIAL FIBRILLATION. DOES IT MAKE ME UNIQUE?

Actually, it does not. Surprisingly, atrial fibrillation is quite common. Approximately five out of every 100 people after the age of 55 years will have atrial fibrillation. After the age of 80 years, the number rises to 15 to 20 out of every 100 people.

WHY DO I HAVE ATRIAL FIBRILLATION?

There are multiple reasons for atrial fibrillation. Generally, it is precipitated by an underlying heart disease. The underlying disease could be high blood pressure, a leaking heart valve, a previous heart attack or blockages in the heart.

However, other non-heart problems also may lead to atrial fibrillation, including lung disease and thyroid disease. Snoring and sleep apnea also may be associated with atrial fibrillation. Sometimes, atrial fibrillation simply runs in families. Similarly, use of any stimulant may increase the risks of atrial fibrillation, as well. Caffeinated products and alcohol, both binge and long-term heavy use, also are closely tied to episodes of atrial fibrillation.

This is the first in a four-part series of articles about atrial fibrillation written by Dr. Ahmad. The remaining articles will address diagnosis and complications, including stroke risk and treatment options, as well as challenges with blood thinners, such as Warfarin/Coumadin. ■

Dr. Afroze Ahmad is a multiple board certified cardiologist practicing at Las Sendas Cardiology, PC, located at 3514 N. Power Road. For information, or to make an appointment, call (480) 361-9946.



Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report

Sales for the Month of April 2013

John Karadsheh

Address	Square Feet	Community	Sold Price	Short Sale or REO*
2412 N. Raven Cir.	2,164	Grayfox	\$249,000	
6928 E. Portia St.	1,567	Vintage Hills	\$255,000	
7445 E. Eagle Crest Dr. #1006	1,645	Cachet	\$264,000	
3055 N. Red Mountain Rd. #188	2,480	Ironwood Pass	\$275,000	X
3055 N. Red Mountain Rd. #164	1,571	Ironwood Pass	\$275,000	
2743 N. Raven Rd.	1,584	Trailridge	\$285,000	
7761 E. Western Hills St.	1,756	Mountain Gate	\$286,900	
3064 N. Sawyer St.	2,226	The Terraces	\$293,000	
3724 N. Barron St.	2,226	Highlands	\$299,000	
7157 E. Nathan St.	2,835	Trailridge	\$309,900	X
7445 E. Eagle Crest Dr. #1009	1,834	Cachet	\$329,000	
4103 N. Boulder Canyon	2,150	Featherwind	\$335,000	
7304 E. Tasman St.	2,451	Featherwind	\$365,000	
4155 N. Morning Dove Cir.	2,732	Pinnacle Point	\$372,000	
3326 N. Stone Gully St.	2,105	Grayhawk	\$392,500	
7864 E. Sierra Morena Cir.	3,330	Eaglefeather	\$395,000	
3131 N. Sawyer Cir.	2,528	The Terraces	\$397,000	
3864 N. Stone Point Cir.	4,275	Walking Stick	\$475,000	X
8042 E. Sugarloaf Cir.	2,641	Stonecliff	\$520,000	
4103 N. Mirada Cir.	3,017	Granite Preserve	\$552,500	
4213 N. Highview	3,730	Granite Preserve	\$730,000	

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Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, ASSOCIATE BROKER, Coldwell Banker Trails & Paths Premier Properties. www.BuyAndSellAZ.com

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EDUCATION

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Submitted by Kumon Math and Reading Center  
Students enrolled at the Kumon Math and Reading Center of Mesa are proving that hard work and daily practice pay off, even in the summer months when studies tend to subside.

Select students have been named to Kumon's Advanced Student Honor Roll (ASHR) by making significant academic advancements and studying above their school grade level.

ASHR is Kumon's most prestigious international recognition program. Kumon ASHR students benefit by having the greatest chance of qualifying for elementary school gifted programs and high school honors and AP programs. In addition, they gain important life skills such as confidence, concentration, perseverance, self-motivation and discipline. Kumon aims to have all its students achieve the distinction of completing advanced work.

"At Kumon, we believe children have unlimited potential to succeed," said Kumon Director Kathy Leano. "My goal is to help each child develop strong academic skills, a love of learning, and the confidence to excel beyond the classroom."

Kumon is the world's largest after-school math and reading enrichment program. Students of all ages visit the Kumon Center twice each week after school. The result of this extra study is stronger concentration, greater confidence and an improvement in math and reading skills.

Through daily practice and mastery of materials, students increase confidence, improve concentration and develop better study and test taking skills. Founded in Japan in 1958, the learning method uses an individualized approach, which helps children develop a solid command of math and reading comprehension skills. ■

For information or a free placement test, contact Kumon Math and Reading Center at (480) 807-5515, or visit [www.kumon.com](http://www.kumon.com).



EVENT

SALT RIVER PIRATES CELEBRATE  
National Get Outdoors Day

Submitted by Salt River Tubing  
Grab your pirate hats, and celebrate the sixth annual National Get Outdoors Day (GO Day) event at Salt River Tubing on Saturday, June 8, from 8:30 a.m. to 6:30 p.m.

The primary goals of this event are reaching first-time visitors to public lands and reconnecting teens to the great outdoors. Buccaneers can frolic in the pirate-themed merriment as costumed Salt River Tubing employees and pirate warships (shuttle buses) ferry the Salt River pirates to and from the river.

Salt River Tubing has been designated as a Signature National Get Outdoors Day (GO Day) site in Arizona for the sixth straight year. The GO Day event has resulted in sold out crowds the past five years.

BUCCANEERS ENJOY  
PIRATE TREASURES

Salt River Tubing officials will tender free pirate bandanas to the first 500 buccaneers during National Get Outdoors Day. As an added bonus, Salt River Tubing will be giving 500 pirate treasure bags to the first 500 groups upon tube rental return. Pirate treasure bags will be filled with pirate can Koozies, pirate bandanas, public land brochures and other treasures.



The company also will award free tubing passes to participants throughout the event for the best pirate tuber costumes. Salt River Tubing's infamous pirate line dancers will be performing hourly during the event. Live entertain-

ment will be offered by radio station 98 KUPD, and will include water cannon battles, contests and free giveaways. Celebrate National Get Outdoors Day with a splash and extra sizzle as pirates on the Salt River. Yo Ho Ho and a bottle of water!

"The success of the Forest Service's More Kids in the Woods program encouraged a national partnership with the American Recreation

Coalition" said Henri Breault, President/CEO of Salt River Tubing. "The objective is to create a special day in June (GO Day) to motivate people, especially the youth, to get outdoors and enjoy our nation's public lands, such as forests, parks and waterways," he continued. "Salt River Tubing's pirate-themed event endeavors to capture the attention of teens and their families, and the results have been overwhelmingly positive with their turnout on GO Day." ■

For more information about Salt River Tubing and National Get Outdoors Day (GO Day), please visit the Web sites at [www.saltrivertubing.com](http://www.saltrivertubing.com) and <http://www.nationalgetoutdoorsday.org>, or call (480) 984-3305.

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EDUCATION

RED MOUNTAIN HIGH SCHOOL CHOIR  
Appears at Carnegie Hall

By Sharon Wozny  
With dreams for his choir students at Red Mountain High School, Joseph Johnston sent an auditioning CD of La Camarata by the choir of juniors and seniors to the Carnegie Hall nominating committee.

The Red Mountain High School choir was selected as 67 of the 250 voices, which comprised a choir that performed at Carnegie Hall this past March.

It was an amazing experience for these singers who were directed by Eric Whitaker, the rock star of conducting and composing. "To have the opportunity to work with him is a dream come true for any performer," said Mr. Johnston.

Upon arriving in the Big Apple, the students had 10 hours of rehearsal with the other performers from around the world, including singers from Austria and the Philippines. The show was performed in two acts at Carnegie Hall, with black tie as the dress code.

"Singing in that amazing hall and sharing it with my peers and friends was astounding," said Brigham Taylor, a junior at Red Mountain High School. The camaraderie and appreciation the students had for their classmates was heartwarming. Jazlee Fenn, a senior at Red Mountain High School, was chosen as a soloist after auditioning with the conductor. Only three students were selected. Her fellow singers had nothing but admiration and congratulatory responses for her. They expressed



genuine appreciation for a talent deserving of such recognition. Besides performing at Carnegie Hall, the students were able to see the Broadway show, Peter and the Star Catcher.

Afterward, attending a workshop with the star of the show, they ran through the music and choreography from the show.

It wasn't all hard work during their visit. Another highlight was visiting the 9-11 Memorial. Upon their arrival, this inspiring group of young adults spontaneously joined hands and sang the National Anthem acapella style. "It was our way of thanking everyone for serving America and their contributions to our country," Ashley North stated. "It was our expression of our love to them and our country."

Without the dedication of teachers like Joseph Johnston, along with the parents and chaperones, experiences of this caliber for students would not happen. The fundraising, which took place for the New York event, was a yearlong process, along with the collecting of Extracurricular Activity donations. It is all worth it. These inspiring young adults agreed it was a life-changing experience, and they extended a thank you to Mr. Johnston. ■

For more information, or to support the choir, please visit [www.mpsaz.org](http://www.mpsaz.org), or contact Mr. Johnston at Red Mountain High School. Call (480) 472-8000. The high school is located at 7301 E. Brown Road.

EDUCATION

SKYLINE DANCE TAKES  
NEW YORK CITY BY STORM

By Sharon Wozny  
A total of 14 dance students from Skyline High School, along with dancers from other schools in Mesa and Gilbert, had the experience of a lifetime visiting New York City and participating in master dance classes with stars from the Broadway shows, Fosse, Matilda, and Newsies.

Kaitlyn, who has been dancing for 13 years, loved the trip. "Doing dance here gets us out of our comfort zone with dancing," she said. In addition, the students attended hip-hop, modern and lyrical dance workshops at Alvin Ailey's American Dance Theater.

"Broadway is the dance center for the new stuff in hip-hop, jazz and funk," said Evelyn, a junior who has been dancing for six years. "It was great to talk to the dancers, and hear about how they made it."

Shantelle Peterson is the dance teacher who made all this happen by organizing this educational performance tour

through Big Tours. "The wonderful thing about trips like this is that the students get to experience dance from all over the

country, as jazz in Los Angeles is different than jazz in New York, and Broadway jazz is different than jazz in Chicago, which is the birthplace of it all," Shantelle said.

Besides all the workshops, sightseeing also was on the itinerary. A tour of Radio City Music Hall, which included meeting the Rockettes, was a highlight. Among the other attractions was Top of the Rock, a dinner cruise and Central

Park. "There are a lot of talented people, and being here and seeing talent like this makes you want to push harder," said senior Chelsea Patterson. ■

For more information on how you can help support the dance program at Skyline High School, please visit [www.mpsaz.org](http://www.mpsaz.org), or contact Shantelle Peterson at (480) 472-9400. Skyline High School is located at 845 S. Crismon Road.



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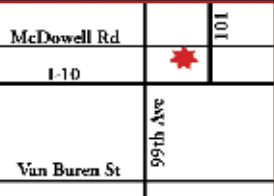
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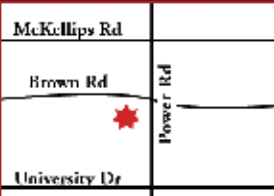
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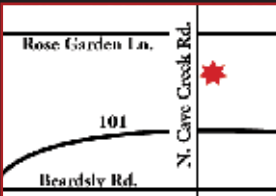
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HEALTH

# Your Child's First Visit to the Dentist Can BE A POSITIVE EXPERIENCE

Submitted by Las Sendas Dental Health

When should my child have his first dental exam? How often should he see the dentist? Are baby teeth really that important? While most parents ask themselves these questions when their children are young, unfortunately, many do not know the answers or perhaps do not feel they are important enough to know.

In recognition of this problem, and to increase awareness about dental health needs for children, the American Dental Association (ADA) has launched the *First Dental Visit by Age 1* campaign.

When asked about the campaign, Dr. C. Martin Farnsworth said, "Parents often do not bring their children in for a visit until there is a problem, such as a toothache. By that time, irreversible damage to the child's teeth may have already occurred," he continued. "I am glad to see the ADA is getting out in front of the problem by educating the public on the importance of oral health care for children."

The goal of this ADA campaign is to encourage parents to bring their children in for their first dental visit after their first tooth erupts and before their first birthday. The ADA also recommends each child see the dentist twice a year for check-ups and cleanings.

Dr. Farnsworth asked, "Do we think a child will have cavities when the first tooth comes in the mouth?"

"No," he said in response to his question, "but this time allows us to answer any question a mother or a father may have regarding the child's dental health. It also is the time to begin relieving any stress or tension related to seeing the dentist, both for the parents and the child."

According to Dr. Farnsworth, check-ups for young children give both parents and dental professionals the opportunity to discuss the dental needs of children.



Dentists can educate parents on proper brushing techniques and dietary practices, which can make lasting habits for a lifetime.

Many problems can be avoided if caught early, such as baby bottle tooth decay, caries, primary herpetic simplex viral breakouts and speech pathology related to being tongue-tied.

"Preventative check-ups also provide the child an opportunity to have many positive experiences with a dentist," Dr. Farnsworth said. "These visits will help reduce the fear and

anxiety children commonly associate with dental visits and promote better oral health, both now as children and later in life as adults."

Parents often do not understand the importance of baby teeth. The ADA has stated, "Baby teeth are as important as permanent teeth." Although baby teeth are lost between the ages of 6 and 12 years old, they serve an important role in the development of the child. Baby teeth are important for the child's speech development and to maintain space for permanent adult teeth. Early loss of baby teeth can compromise a child's speech and delay eruption of adult teeth. This delay can lead to crowding of the adult teeth when they finally erupt.

A child's health and well-being can be greatly affected by attitudes toward oral health care. "I love to see children in my practice," Dr. Farnsworth said. "It gives me the opportunity to help develop important habits and relationships they can continue for the rest of their lives, which ensures better overall health and quality of life." ■

*If you have any questions regarding your own dental health or the dental health of your child, you can reach Dr. Farnsworth by calling (480) 283-5854, or go online to [www.lassendasdentalhealth.com](http://www.lassendasdentalhealth.com). You also can visit Las Sendas Dental Health, located at 2947 N. Power Road, Suite 103.*

LOCAL BUSINESS

## Breadsmith Features Almond Poppy Seed Dessert Bread

Submitted by Breadsmith Artisan Bread Bakery

Breadsmith, Mesa's artisan bakery specializing in handmade breads and sweets, is pleased to announce Almond Poppy Seed Dessert Bread as its special feature for the month of June.

This dessert bread, available beginning June 1, is a sweet treat with bright flavors for a perfect hot weather indulgence. Each loaf is delightfully light with a strong almond flavor and soft crumb, a slight crunch from poppy seeds, and topped with a sweet orange glaze. Each Almond Poppy Seed Dessert Bread is made fresh daily.

"We like bringing this bread back in the summertime because it's the perfect light way to indulge in the hot summer heat," said Greg Farr, owner of Breadsmith. "Customers prefer bright citrus flavors, and its orange glaze is a perfectly refreshing sweetness."

Almond Poppy Seed Dessert Bread will be available as a loaf to share at a summer party, a meeting or at the office. It also is available as a muffin to treat yourself. Breadsmith recommends Almond Poppy Seed Dessert Bread as a sweet treat on the brunch table or as a dessert topped with fresh berries and whipped cream. ■

*Breadsmith of Mesa is located in The Village at Las Sendas, at 2831 N. Power Road. For more information, call (480) 981-7600, or visit the Web site at [www.breadsmith.com](http://www.breadsmith.com).*



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EVENT

CELEBRATE JULY FOURTH WITH STAR SPANGLED BUCKS

Submitted by Salt River Tubing

Express your patriotic pride as a public lands steward, and celebrate a star-spangled July Fourth floating picnic on the Lower Salt River. Salt River Tubing will kick off the holiday weekend with the award-winning Bag it for Bucks Take Pride in America event, from Thursday, July 4 through Sunday, July 7, from 8:30 a.m. to 6:30 p.m., on the Lower Salt River. Salt River Tubing will be distributing Star-Spangled Bucks—a \$7 tube rental discount coupon, as a token of appreciation for tuber’s conservation efforts while stashing and bagging their picnic trash in litter bags. Tubers can trade in full litter bags at the end of their floating adventure for a \$7 discount on their next visit to Salt River Tubing. The coupon is valid seven days a week until Aug. 30. “In the past 17 years, tuber’s conservation efforts on the Lower Salt River have resulted in conserving a recreational oasis simply by taking personal responsibility for their own picnic trash and keeping it clean and beautiful,” said Henri Breault, Salt River Tubing President/CEO. “Responsible stewardship of our natural resources will guarantee that we can enjoy quality recreational opportunities on public lands for generations.” ■

For more information about Salt River Tubing, please visit [www.saltrivertubing.com](http://www.saltrivertubing.com), or call (480) 984-3305.



DINING

FLANCER'S IS A FEATURED RESTAURANT ON *Check, Please! Arizona*

By Dawn Abbey

**C**heck, Please! Arizona, a popular dining review program on PBS Eight TV, recently featured Flancer’s Incredible Sandwiches and Pizzeria in Mesa as a favorite eatery. Mesa resident, attorney Brad Crider, nominated Flancer’s for the program. The show chooses three nominees and their favorite restaurants for each week’s segment. Then, all three participants eat at the three chosen restaurants. Afterward, they discuss their dining experiences during the half-hour program hosted by Robert McGrath, a James Beard award-winning chef. The segment started off with an interview of Flancer’s Mesa general manager, Greg Ringel, who described the restaurant as “... family-oriented, fun and fresh. Everything is prepped fresh every day,” he said. “We make our bread from scratch ... and use all the best ingredients.” Brad agreed by adding, “The kids can get a good quality, home-cooked meal.” Brad enjoyed a Philly cheese steak with green chili mayo, “... one of the signatures Flancer’s offers on most sandwiches,” he explained. “It adds a lot of flavor, very unique.” He also liked his side of jalapeño-cheddar mashed potatoes, browned on the grill, and a half-baked cookie with ice cream and chocolate sauce, which can be shared by the whole family. “They make you feel at home right off the bat, and you can tell it’s a good sandwich place,” said guest Winston McKellar, investment banker and world traveler. “It’s hoppin’—the locals know about it.” His party sampled the Perfect Prickly Pear Chicken and Chili Verde Birdie Turkey sandwiches, as well as goat cheese bruschetta. Calling herself a food snob with a discerning palate, media specialist Lindsay Jacobs enjoyed the flavors in her



choices—green chili mushroom phyllos, and Bad to the Boneless Wings, which, according to Lindsay, had such good flavor. She enjoyed the cheeses in the green chili chicken fondue, which she rated as very delicious. A homemade peach cobbler was selected for dessert. “The last thing you expect is the 70s memorabilia everywhere,” Lindsay added. “I loved it, because it was a nice little surprise,” she added. “You sit down in a very comfortable booth, and you see vintage record albums everywhere.” Asked about his reactions to Flancer’s having been chosen for the food review show, owner Jeff Flancer spoke with pride. “Any restaurant worth its salt wants publicity,” he stated. “We are quite proud to have one of our inspired customers take the time to pick us out from the rest,” he said. “We have seen so many new patrons from that show, and it’s been a fantastic boon for business.” Jeff went on to discuss the review process. “When reviews are done this way, it is the best way, because you’re not buying or engineering what is said about you,” Jeff said. “You have very little control after you do what you do best, and then let others decide your fate. It helps that the host of the show is a well-known chef.” The proud Flancer’s owner extended a great deal of credit for the restaurant’s success to the customers. “A big thank you to our customers,” Jeff said, “who continue to push us to be better and better, and to be constantly evolving to match their needs.” ■ To watch the show, go to News and Events at [flancers.com](http://flancers.com), or visit [azpbs/checkplease/](http://azpbs/checkplease/). Flancer’s Mesa is located on 1902 N. Higley Road, just south of McKellips Road. Call (480) 396-0077.

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