

Las Sendas Up Close

Bringing neighbors closer to their community

August 2014

Happy Pets Palace & Playground to Open

By Kimberly Searles

Tails will be wagging on Aug. 22, when Happy Pets Palace & Playground opens for business.

The luxury pet boarding facility will be a one-of-a-kind, offering true doggie day care for 80 to 125 dogs, depending on size. Happy Pets features 5,000 square feet indoors, which includes sleeping villas and four indoor playgrounds. The outdoor area is 2,500 square feet of sprawling playgrounds, including shade structures, playground equipment and above ground swimming pools. They even have an exclusive playground dedicated just for small and teacup breeds of dogs, up to 10 pounds.

At Happy Pets, dogs aren't just sitting all day long in a kennel. They can go indoors or outdoors, take a swim, and get plenty of attention and exercise. Dogs are kept busy during the day, so they can rest easily at night.

In light of recent news regarding dog kennels, owner Linda Huss stresses the emphasis on safety at Happy Pets. "We take the trust that pet parents place in us seriously," said Linda. "We've taken extra measures to ensure that dogs are comfortable, in a clean environment, and they are safe."

Some of those safety measures include security alarms, heating and air temperature alarms, staff onsite 24 hours a day and eco-friendly cleaning products and pest control. They also feature live web cams, which allow pet parents to check



in on their furry family members through an app on their smartphones or computers.

"We truly take every measure to ensure safety in every aspect of what we do," stated Linda.

Happy is the key to Happy Pets. Before dogs can stay, they must go through a behavioral interview process, as they do not accept aggressive dogs. Dogs also must be current on their vaccines, as well as be spayed or neutered.

According to Linda, a well-trained staff also is important to keeping both canines and their owners happy. Rather than just relying on

the knowledge of being a dog owner, Happy Pets invests in thorough training for their staff. In fact, before an employee can work with the dogs, the individual must complete 10 out of the 60 training courses. These courses center on not just general care, but also on understanding a dog's body language, stress signals and safe dog-dog group play.

"I'm an overprotective pet parent, myself," admitted Linda. "So, I want to reassure pet parents that we truly are focused on their pets' well-being."

In addition to boarding and doggie daycare services, Happy Pets also offers at-home pet sitting and a self-serve dog wash, which features water from a water softener to help prevent itchy, flaky skin, as well as a shampoo line, which is sulfate-free, paraben-free and pH balanced.

For Linda, it's all about keeping the pets happy. Owners will be happy about no pick-up

deadlines and the all-inclusive pricing, free of upsell or add-on charges.

Their grand opening special is 30 percent off for first-time customers for in-house services. They also will feature other specials and a *spaw* day every Friday, in conjunction with their neighbor, Got Roots Salon.

Happy Pets is a drug-free work place. They are hiring full-time and part-time staff members. Interviews will be taking place soon. Stop by to pick up an application, or email your resume to play@happypetspalace.com. ■

Happy Pets Palace & Playground officially opens on Aug. 22, with more locations opening in Mesa over the next several months, including a cat-only boarding facility. Their first location is at 1918 E. McKellips Road, near Gilbert Road. Business hours are Mondays through Saturdays, from 6:30 a.m. to 6:30 p.m., and Sundays and holidays, from 8 to 10:30 a.m. and 4:30 to 6:30 p.m. To learn more about pricing, reservations and more, call (480) 319-1960, or visit them online at happypetspalace.com, and at facebook.com/happypetspalacemesa.



East Valley Church Invites Community to Attend Ministry Fair

Submitted by Love of Christ Lutheran Church

East Valley residents are invited to attend the annual open house and Ministry Fair at Love of Christ Lutheran Church (LOC) to gain awareness of church programs in an atmosphere of food, fun and games for the kids.

The fair will be held on the church campus, in the Center of Compassion (COC) on Sunday, Aug. 17, from 10 to 11 a.m. Families are encouraged to attend the contemporary service an hour before, starting at 9 a.m.

"There are so many influences pushing families in different directions these days," said Senior Pastor Don Liles. "Kids face more temptations, and thus, questions,

than ever before. Our doors are always open to help people rediscover church, and we offer great programs for kids."

Booths staffed by church volunteers inside the COC auditorium will display many of LOC's available programs. More than 25 ministry areas will be represented, including youth, women and men's ministries, along with opportunities to help serve in the community. ■



For more information about the Ministry Fair, contact Darlene at the church office by calling (480) 981-6199. You also can go to the website at www.loveofchristchurch.net. Love of Christ Lutheran Church is located at 1525 N. Power Road, between Brown and McKellips roads.

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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, Jaclyn Threadgill
www.luckyyoucreative.com

Ramey Newell, Web site design
KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz,
Lorraine Ryall, Jay Williamson

www.UpCloseAZ.com

EDUCATION

Self Development Academy provides excellent foundation for high school

Submitted by Self Development Academy

If you are searching for a middle school program designed to set a path for your student's future educational experiences to ensure advancement in high school, Self Development Academy (SDA) is the school of choice.

At SDA, students participate in Honors and Advanced Placement courses. They experience achievement of higher grade point averages and entrance to competitive colleges and universities. They also receive college and university scholarships.

Students who complete their middle school education at SDA are well prepared for the high school educational experience, and make exceptional transitions into high school. Students are accepted into Advanced Placement and Honors courses and International Baccalaureate and Cambridge programs, offered by local high schools.

As freshmen in high school, SDA students are placed in higher level courses, such as Honors Chemistry, Honors Geometry and Honors English, just to name a few. Additionally, former students take leadership roles in various extracurricular activities, such as junior varsity and varsity sports, student government and fine arts programs.

HOW DO SDA STUDENTS ACHIEVE THESE GOALS?

SDA, a kindergarten through grade eight public charter school, offers students a challenging curriculum in a nurturing environment. Students learn a minimum of one grade level ahead of Arizona State Department of Education Standards. For many, this educational experience begins with Self Development Preschool. The preschool curriculum is aligned with the academic program offered by SDA. Included is an early 5s program, which follows a

kindergarten curriculum model.

Teachers ensure students master the concepts, providing a strong academic foundation for the basics, as well as integrate higher level thinking skills, such as critical thinking and problem solving skills. SDA offers enrichment programs to provide greater academic challenges, as well. For example, elementary school students (grades one through five) may advance a grade level.

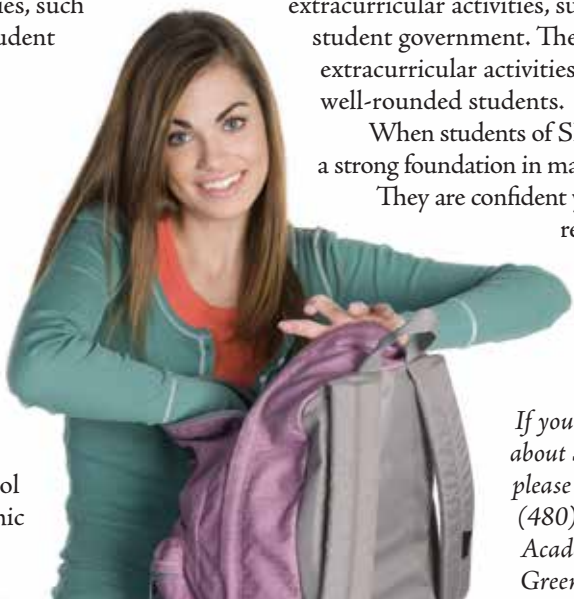
Middle school students have the opportunity to take advanced courses, such as Algebra II, Geometry, Literature, Biology, Chemistry and Physics. Blended or hybrid learning, which integrates technology, is a part of the curriculum, as well. These experiences provide students with valuable skills and a greater advantage to students when they begin high school.

Teachers and staff are present to assist and guide students each step of the way. They inspire students to challenge themselves and set high standards and goals. Additionally, they encourage students to pursue other talents by participating in many of the school's extracurricular activities, such as sports, music and student government. The school's curriculum and extracurricular activities are dedicated to developing well-rounded students.

When students of SDA enter high school, they have a strong foundation in math, science and language arts.

They are confident young men and women who are ready for the advanced academic challenges high school offers. In addition, they quickly make their marks as leaders in high school. ■

If you would like to learn more about Self Development Academy, please contact the front office at (480) 641-2640. Self Development Academy is located at 1709 N. Greenfield Road.



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Ken is thrilled to announce that he is running for East Mesa Constable. The Primary Election will be held on August 26, 2014. Since 1998, Ken has had the privilege of serving the residents of Las Sendas and surrounding areas, and he looks forward to the opportunity to continue that service as your constable.

Please visit his website **votekenallen.com** to learn more, or to follow the campaign.

About Ken Allen

- Lifelong Valley Resident: Valley business owner since 1996, servicing Las Sendas and surrounding areas with Allen Brother's Cleaning;
- Married to Starla for 9 years, 4 children;
- Trained in constable duties and responsibilities;
- Third generation public servant;
- Republican - conservative values

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"I've personally known Ken Allen for 30 years. As a law enforcement officer, I know the importance of integrity and people skills. I've never met a man with more integrity or better people skills than Ken Allen. He is the right man for the job"

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"Ken Allen possesses the fortitude, the integrity, and the compassion that is needed for this important office. You have my vote! Ken Allen for Constable!"



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LOCAL BUSINESS

Dutch Donut Factory

Brings Treats to Northeast Mesa

By Kimberly Searles

Things just got a whole lot sweeter in Northeast Mesa, thanks to the recent opening of Dutch Donut Factory, located at Power and Brown roads. Before even walking in the door, you will be greeted by the delicious aromas of delectable donuts. Inside, the large case is filled with a wide variety of fresh donuts, made daily by the friendly staff.

"We use only the best ingredients," said owner David Muela. "As a family-owned and -operated business, quality is of the utmost importance to us."

Owning a business is something David always wanted to do. Because the first home he and his wife purchased was in this area, it seemed like the perfect area for them to open their business.

"So far, the reception has been great," shared David. "Everyone here is very polite and welcoming. You couldn't ask for more."

Why the name Dutch Donut Factory? The Dutch are credited with creating the donut, but for this local business, it's even more personal. David's grandmother was 100 percent Dutch. He even has one of her special Dutch-themed plates hanging in the shop.

The menu consists of many standards, including maple glazed, blueberry cake and apple fritter. Also featured are some more unique varieties, such as the toasted coconut cream-filled donut. If you're not in the mood for donuts, they offer smoothies, boba tea, gelato and hot and iced coffees, along with other snacks.

To indulge your sweet tooth craving, stop by Dutch Donut Factory. Your taste buds will thank you. ■

Dutch Donut Factory is located at 1152 N. Power Road, on the southwest corner of Power and Brown roads. Hours are Monday through Saturday, from 5 a.m. to 8 p.m., and Sunday, from 5 a.m. to 5 p.m. You also can call them at (480) 748-4037.



BEAUTY

NEW HAIRSTYLES

send kids back to school in style

By Dawn Abbey

With every season comes new trends in clothes, shoes and accessories and, of course, in hairstyles, which is even more apparent as kids head back to school.

"Although current styles are mostly dictated by the fashion media, many kids develop their own sense of style and fashion at an early age, and begin to take an interest in looking cool and hip," said Sandra Barbetta, co-owner, with husband Cosmo, of Cosmos Salon and Day Spa.

"However, sometimes children develop a sense of personal style before their grooming skills kick in, and perfecting those new cool hairdos can be a chore for little hands and time-consuming for moms and dads," she further stated. "Exploring simple and fun hairstyle ideas for children helps them look and feel great without a lot of hassle."

According to Sandra, kids' hairstyles tend to require some degree of planning. "Styling kids' hair can be so much fun, but sometimes, as parents, we run out of ideas," Sandra explained. "With back-to-school time, life gets hectic, and we end up with not enough time to do anything with it, especially the hour before school, when getting ready. So don't let it happen to you," Sandra warned. "Plan ahead."

For help in finding inspiration for your child's next cut, Sandra suggests letting the team at Cosmos come to the rescue. When discussing new looks for back to school, their expert stylists can help narrow down some stylish, yet, easy choices, and create a look right for each



child's personality and lifestyle.

Also, before a style appointment, kids and parents can check out the newest styles featured in magazines and online, and decide on the length and the style to be sure everyone feels comfortable with the end result. According to Sandra, short, pixie-cut styles for girls and pompadours for boys are popular this fall. Also, shaggy and spiky cuts are in for boys. Girls continue to love long and medium looks, too.

"Keep in mind that texture also plays an important role in the desired look," Sandra stated. "Your stylist will be able to come up with ideas for straight, wavy or curly hair. Our team of professionals, at Cosmos, will have your kids looking back-to-school ready in no time. Make an appointment now, so everyone has a chance to practice their new styles before the big day." ■

For more information, or to make an appointment, call (480) 844-0707. You also can visit Cosmos Salon and Day Spa, at The Village at Las Sendas, located on the northeast corner of Power and McDowell roads.

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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 UpClose Publications 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.

ENTERTAINMENT

LIVE... At Las Sendas is back

The Vistas Pavilion at Las Sendas is once again hosting an evening of great food and live entertainment. Join us on Thursday, Aug. 28, for a night of classic rock and country music with The Big Zephyr. These four talented individuals will evoke nostalgia, passion and smiles. They have an amazing ability to revive the sounds of classic rock, pop and country. The group has a bevy of original sounds, ranging from the Beatles to Nora Jones and tons in between. Their passion for music, energy and fascinating style will make you smile and sing along.



Thursday, Aug. 28

Chef's Grand Buffet—6 to 8 p.m.
The Big Zephyr—8 to 10 p.m.
Tickets are \$60 per person, or purchase a table of eight for \$400. Call Erica Pierson at (480) 396-4000, or send an email to epierson@lassendas.com.
The Vistas Pavilion—Las Sendas Golf Club

DINING

WEEKLY SPECIALS AT THE PATIO AND THE GRILLE

MONDAY

Happy Hour All Day (Open to Close)

TUESDAY

\$19.95 Bottle of House Wine with Flatbread

WEDNESDAY

Wine Down Wednesdays
1/2 Price Wine (Most Bottles)

THURSDAY

\$19.95 Prime Rib, Mashed Potatoes, Vegetables
Add a Glass of Wine - \$3.00

FRIDAY

\$19.95 Chefs Market Fish Dinner

SATURDAY

\$14.95 Fried Chicken, Biscuit, Honey

SUNDAY

\$15.95/ Kids (6-12) \$8.95
Pasta Night, Salad and Dessert

SUMMER HAPPY HOUR

Monday—All Day Happy Hour
Tuesday through Sunday—2 to 8 p.m.
Hours of Operation—10:30 a.m. to 9 p.m.

Come in and try one of our specialty cocktails—Pineapple Cosmos, Bulldog Margarita, Moscow Mule, John Daly or Strawberry Lemonade, all \$5 each. Enjoy our amazing \$5 burger, which comes with lettuce, tomato, red onion, pickle, cheese and chips. Share some appetizers with friends—bruschetta, chicken cordon bleu sliders, pretzel bites, street tacos and much more.

AUGUST 3—NATIONAL WATERMELON DAY

Aug. 3 is National Watermelon Day, and The Grille at Las Sendas is extending this day throughout August, with watermelon coolers. While watermelon is a delicious and refreshing summer fruit, it is 92 percent water. There are more than 300 different kinds of watermelon in the U.S. and Mexico, in various shapes and sizes. According to the *Guinness Book of World Records*, the heaviest watermelon weighed 262 pounds.

Come in and try our Las Sendas Summer Special Watermelon Cooler, made with great care by our famous bartenders.

\$28 pitcher
\$8 cocktail
\$5 non-alcohol

Las Sendas Watermelon Cooler Recipe

Ingredients

3-pound watermelon
2 tablespoons fresh mint
1 tablespoon superfine sugar
Ice cubes
1 1/4 cups ginger ale
1/4 cup vodka
1 tablespoon fresh lemon juice
4 bitters (splashes)
Fresh mint (for garnish)

Instructions

In a blender, purée watermelon cubes, and strain into a large bowl, through a mesh sieve. Stir in mint, sugar, ginger ale, vodka, lemon juice and bitters. Transfer to a pitcher. Add ice and mint. Chill.



Watermelon Lime Mocktail Recipe

Ingredients

8 cups seedless watermelon cubes
6 tablespoons raw honey (or agave)
1/3 cup fresh lime juice
1 1/2 cups water
Few sprigs of mint

Instructions

In a blender, purée watermelon cubes, and strain into a large bowl, through a mesh sieve. Stir in honey and lime juice, and transfer to a pitcher. Stir in water. Add ice and mint. Chill.

Watermelon Cocktail Recipe

Ingredients

2 ounces fresh watermelon juice*
1 ounce vodka
1/2 ounce triple sec
1/2 ounce fresh lemon juice

*To help you with portions, buy a watermelon wedge weighing about 2 1/2 pounds. Purée in food processor, and strain the mixture through a fine sieve. Yields 1 1/2 cups of juice—enough for six cocktails.

Instructions

Combine ingredients in a shaker with ice, and shake 10 to 15 times to chill. Pour, with ice, into a glass rimmed with a mixture of half sugar, half salt.

SATURDAY PIZZA AND WINE NIGHT FOR 2

Due to popular demand and numerous requests, The Grille at Las Sendas is now serving pizza on Saturday nights. Come on by for a 10-inch cheese pizza, two house salads and two glasses of wine for only \$20.



THE VISTAS PAVILION

Now Booking - 2015 Weddings

The Vistas at Las Sendas is Mesa's premier wedding pavilion. We can accommodate small and large weddings. Our location is surrounded by spectacular views of the Phoenix valley, desert sunsets, city lights and mountains. We offer personalized event planning services, and a culinary team sure to meet and exceed your expectations, with exquisite menu choices.

Our full service wedding pavilion includes a private dining room for your rehearsal dinner, elegant venues for your ceremony, as well as the reception and onsite catering. The Vistas Pavilion is adjacent to Las Sendas Golf Club, a world-class championship golf course. We can include golf packages as part of your wedding plans. For further information, visit our website at www.lassendas.com, email info@lassendas.com, or call us at (480) 396-4000.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

LAS SENDAS GOLF ACADEMY

Summer Junior Golf Sticks Program
Ben Okland



This month, we want to feature Ben Okland, a current junior golfer with our Summer Junior Golf Sticks Program. Ben is 5 years old, and is a resident of Las Sendas. He has a passion for golf, an amazing attitude, and a truly gifted golf swing. Our juniors have been able to experience some great on-course play this summer at Las Sendas.

Their morning starts with warming up and making small swing improvements, along with putting and chipping.

One day, Ben was on the third hole, and about 60 yards from the green. Tracy Berman, who coordinates our junior program, asked Ben what club he was going to use. "I'm going to use my 3-wood," Ben responded. (The way he hits the ball, this would have been too much club.)

Tracy then asked Ben, "Why don't you hit your 7-iron?"

"No, Coach Tracy," he responded. "I can't."

When she asked him why, Ben pulled his 7-iron out of his golf bag, and pointed to the 38-degree marker on the sole of the club. "Because this club only goes 38 yards," he said.

Priceless! Tracy then provided a simple explanation of loft to Ben, and he agreed to use his 7-iron. Guess what? He hit the pin. Did he make the putt? Of course he did.

We have rarely seen any junior clean his clubs after they use them. However, Ben cleans each club after practicing with them.

The Summer Junior Golf Sticks Program, held in June and July, was great fun. Our Fall/Winter Junior Golf Sticks Program will start in November and run to April. The Fall/Winter program will be on Friday after school. Additional information and registration forms will be available in early fall. For additional information, send an email to tberman@lassendas.com.

SUMMER GOLF AT LAS SENDAS
IT'S HOT—BUT DON'T LET THAT STOP YOU
Come on out to Las Sendas to play some golf, and take advantage of our low summer rates.

BEAT THE HEAT AUGUST SPECIALS
Tee times available as early as 6 a.m.
Rates:
\$39 plus tax, Monday through Thursday
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All our rates include 18-hole green fee, golf cart or pull cart and practice balls (unless otherwise specified).

JUNIOR AUGUST RATES—15 years of age and under
\$10 plus tax, seven days a week, all day, when accompanied by a paying adult (includes a ride-along fee).
\$15 plus tax, for unaccompanied juniors, which includes a pull cart.

GOLF AND GRILLE SUMMER SIZZLER
\$30 plus tax, seven days a week, after 1 p.m. (may be booked up to two days in advance). Includes green fee, golf cart and practice balls, plus a food and beverage voucher, valued at \$15, which is to be redeemed in The

Grille at Las Sendas. The offer is good through August only. The food and beverage voucher may be redeemed through September.

GOLF PUNCH PASSES
Purchase a golf punch pass for \$299 plus tax, which is good for 10 rounds of golf. Tee times may be booked up to two days in advance, and are valid through the end of September.

BOOKING YOUR TEE TIME
Reservations may be made up to 30 days in advance, unless otherwise noted. Call the Golf Shop at (480) 396-0440, and mention the special when you are booking your time, or visit our website any time at www.lassendas.com to find our lowest regular rates. These rates are valid through August.

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For a limited time only



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Saturday Night Special

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8 - 11 pm The BIG ZEPHYR

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Chef's Grand Buffet

Imported and Domestic Cheese Board, Charcuterie and Artisan Breads
Carved Steamship of Beef, Shellfish on Ice, Coq Au Vin Chicken, Herb Sea Bass
Salads - Israeli Cous Cous, Heirloom Caprese, Mixed Greens and Caesar
Grilled Asparagus, Portabello Mushrooms, Swish Chard, Sauteed Baby Vegetables
Wild Rice, Salted Crusted Potatoes, Orecchiette Pasta with Gorgonzola
Assorted Petite Fours, Chocolate Mousse, Banana Bread Pudding

Tickets \$60 per person, buy a table of 8 for \$400
Reserve early for preferred seating - 8 per table
Tickets available at Las Sendas Golf Club
epierson@lassendas.com / 480 396 4000

COMMUNITY

DISTRICT 5 CANDIDATE MAKES FIRST RUN FOR PUBLIC OFFICE

By Mark Dwyer

If you are the type of person who would never run for public office, District 5 candidate Robert Cluff can relate.

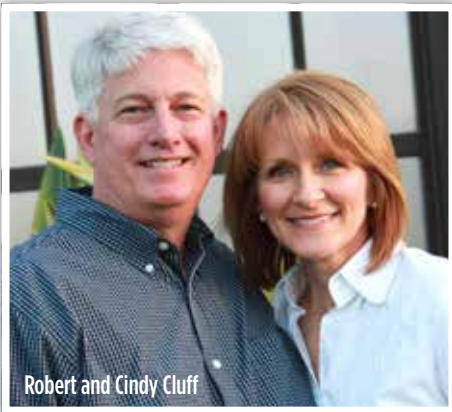
This is the first time Robert has pursued public office—something he thought he would never do. For the past eight years or more in Mesa, there have not been a lot of candidates from which to choose. He would like District 5 voters to have a choice.

Robert, age 51, is a fourth-generation Arizonan who has called Mesa home for more than 20 years. He has lived in District 5 for the past 14 years. He and his wife of 27 years, Cindy (Richardson) Cluff, have five children. Born in Safford, Arizona, he has lived most of his life in Arizona and Utah.

"The last 20 years, I have spent my time and energy helping my wife raise our family, establishing my career and serving in church leadership," Robert said. "I am now at a time in my life where I can serve my community." Robert was appointed by the city council to serve on the board of the Mesa Museum and Cultural Arts, a position from which he was required to resign to run for city council. He also has volunteered as a youth corrections group-home counselor, Boy Scout leader and Mormon bishop.

"My desire is to serve the citizens and businesses of District 5 and the city, to listen to their needs and concerns, while learning how to best meet those needs," Robert said.

Robert has worked in the financial, construction and information technology industries in Arizona for the past 25 years. He currently is the chief executive officer of LVM Systems, the nation's leader in health care call center software. Last year, LVM celebrated 25 years in business. "For the last 15 years, I have helped our Mesa-based company grow from seven employees to over 60," Robert



Robert and Cindy Cluff

stated. "LVM has been profitable each of its 25 years, and increased revenues annually, all while having no reduction in workforce, pay or benefits," he continued. "My hands-on, boardroom experience will help guide Mesa on the path to continued prosperity."

"Most political leaders talk about getting big business and high-wage jobs to come to Mesa," Robert continued. "While that's definitely important, it's today's small businesses that employ the majority of all Arizona workers. Today's small business is tomorrow's high-wage employer."

Robert is not your typical politician. When asked who his ideal supporter would be, Robert said, "Anyone who has stopped voting due to politicians being great *campaigners* but lousy elected officials; folks tired of candidates who seek political endorsements more strongly than the citizens' vote; voters who are tired of the financial influence politicians solicit; for that matter, even those who are simply tired of seeing campaign signs littering our public roadways." Robert added, "It's really quite simple, if voters in District 5 want to elect someone with practical business acuity and no political indebtedness, I'm the right candidate."

Robert also is encouraging those he meets to get involved and run for office. He was the first candidate to announce running against an incumbent in District 5 throughout the past six years. That incumbent resigned within days of Robert announcing his run. Since there are no more than two candidates running for each open position, each of Mesa's local elections will be decided in the primary on Aug. 26. Therefore, Robert encourages all residents to vote in this year's primary election. "If the residents want their voices heard," he added, "they must vote in the primary." ■

For more information, visit Facebook/cluff4mesa.

LOCAL BUSINESS

Let Velocity Mechanical KEEP YOUR AIR CONDITIONER RUNNING SMOOTHLY

Submitted by Velocity Mechanical

Summer is here, and it's the time of year when most of us are excited for outdoor outings and family gatherings, even though we quickly realize it's too hot.

We greatly depend on our indoor comfort system to keep us cool. During high outdoor temperatures, your home and office air conditioners often are operating at extended capacity. Taking care of your mechanical equipment is essential to ensure continued comfort.

Recently, Velocity Mechanical was called to a residence to address the failure of an air conditioning unit's compressor, which had been diagnosed by another air conditioning company. Prior to arrival, the client provided necessary information, allowing for the preparation of a quote for repair. This saved crucial time up front.

Upon arrival of the Velocity Mechanical technician, the homeowner asked if the outdoor fan was spinning in the right direction. This question immediately raised concern, and the technician checked

the wiring of components recently installed by the other company. The Velocity Mechanical technician quickly realized the parts had been improperly installed, and were causing the compressor to be without adequate power to cycle into operation.

By correcting the wiring of electrical components and cycling the unit into operation, the technician was able to determine the compressor no longer was in failure. The client was beyond pleased not only to proceed with a planned vacation, but also to have saved \$1,500. All of this was thanks to the experienced and honest work of Velocity Mechanical. ■



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- ✓ 5 Generations in AZ
- ✓ 15 years in District 5
- ✓ CFO of Mesa based Software Co.
- ✓ Only Republican running in District 5
- ✓ Owes no favors to politicians or campaign donors



ELECT
Robert Cluff
MESA CITY COUNCIL

Facebook/Cluff4Mesa

Paid for by Cluff for Mesa district 5

REAL ESTATE

UPDATES AND STATISTICS COMBINE to Reflect Current Housing Market

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



While 2013 proved to be a great year for the housing market recovery in the Greater Phoenix Metro Area, with the median sales price increasing 20 percent, most of the gain was in the first half of the year, and December ended with the same median sales price as July. The slower pace has continued for 2014. Typically, the spring season almost always is the strongest part of our year for demand. However, this year has seen a decline.

SUPPLY VERSUS DEMAND - GREATER PHOENIX METRO AREA

In the first half of 2013, we were in a seller's market, with a chronic shortage of supply and higher demand, which created multiple offers and surging home prices like we hadn't seen in years. In mid-2013, we started seeing the supply begin to increase each month, while demand decreased 21.4 percent. The housing market has now shifted from being chronically short of supply and a seller's market, to a much more balanced market, and now is weighing slightly toward the buyer.

FALL SEASON IN ARIZONA

Unlike other parts of the country, Arizona's housing market gets another boost in the fall, with second home buyers. With our soaring temperatures, Arizona's summer months are the slow season. We hope to see sales tick up again starting in September.

LENDERS AND BOOMERANG BUYERS COULD HELP DEMAND

Lenders and so-called boomerang buyers could be key in helping solve the demand problem, according to Michael Orr, the director of Arizona State University's Center for Real Estate Theory and Practice.

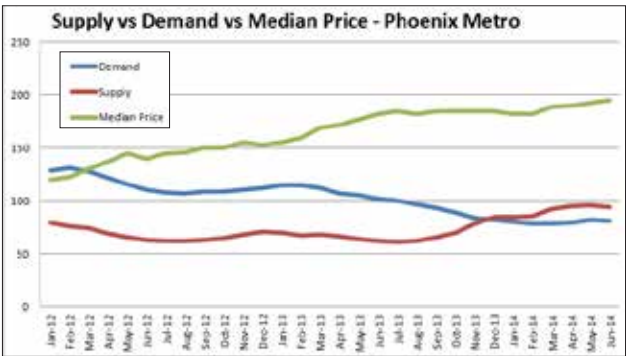
Lenders, also feeling the brunt of weak demand, have been hurting for business in recent months, with new mortgage applications falling to a 14-year low, according to the Mortgage Bankers Association. Orr suggested this might finally push lenders into easing their ultra-tight lending restrictions, which have been exacerbating the demand problem. Phoenix was one of the cities hardest hit in the housing crisis for short sales and foreclosures, which also means we will have a greater increase in demand from boomerang buyers over the next few years. These are the buyers who lost their homes to foreclosure or short sale, and have waited the required time period to be able to qualify for a new mortgage again.

STATISTICS FOR MESA REGULAR SALES (Only single-family detached dwelling types are included)

	July 3, 2014	July 3, 2013	Percent Change
Active Regular Listings	1667	1171	up 42%
Pending Sales	459	601	down 23.6%
Monthly Sales	570	602	down 5.3%
Sales Per Year	5952	6480	down 8.1%
Days on Market	65	48	up 35.4%
Months of Supply	2.9	1.9	up 52.3%
Listing Success Rate	75%	83%	down 9.6%
Median Price	\$195,000	\$184,800	up 5.5%

CHANGES TO SHORT SALE WAITING PERIOD FOR NEW LOANS

In June, Fannie Mae announced that as of Aug. 16 and going forward, they will no longer allow a borrower to



qualify for a conventional loan two years after a short sale unless they can document the fact their short sale was caused by an extenuating circumstance (see full article for definition of extenuating circumstance). Instead, a borrower must be four years beyond their short sale in order to qualify for a conventional loan. Visit my website for the full article and all the new guidelines. ■

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

Ryland Homes Update/Correction

After speaking with the president of Ryland Homes Phoenix Division, he confirmed this will be a gated community and does offer some single-story homes. The exterior/elevation may be different from other Ryland homes, as they have been designed to blend in with the Las Sendas community. Although no decision has been reached yet, it is expected this community will be incorporated into the Las Sendas homeowners association.

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EDUCATION

Rebranded Red Mountain High School Stadium Is Ready to Roar

By Laurie Struna

The first home varsity football game for Red Mountain High School is on Friday, Aug. 29, at 7 p.m., against the Pinnacle High School Pioneers, which will set the stage for the anticipated reveal of the school's newly rebranded stadium.

DELIVERING A UNIQUE MESSAGE

Staff, students, parents and community worked together to rebrand the stadium, and capture the culture, values and expectations reflected throughout the school. More than a year ago, Jim Gowdy, athletic director at Red Mountain High School, brought together representatives from each athletic team to collaborate on ideas.

Troy Dominy, the graphic designer responsible for bringing the *Man Up* and *Wow Factor* branding to Arizona State University athletics, was hired to take the school's core values logo—courage, respect and influence—and make it visually appealing, thereby promoting the message to all students.

"A legitimate movement has to be visual, eye-catching and have deeper meaning," stated Troy. "I wanted to give Red Mountain a strong and bold logo that complements the school's current branding. It needed to feel a bit like a warrior or athlete who's returned from battle."



PROVIDED BY HUNT & CARAWAY ARCHITECTS

The result is a simple, tribal-style mark—a symbolic mountain shape. The final touch incorporates a lion scratch into the logo to not only bring an intimidating factor for opponents, but also to embody a characteristic in which students can take pride.

THE RED MOUNTAIN EXPERIENCE

When fans step into the stadium, they will experience the respect movement. Sitting in the stands, football and soccer fans, as well as track and field enthusiasts, will see the new Red Mountain logo, along with #GoLions and www.redmountainfootball.com. A new black color scheme, which is meant to impress, replaces the faded red. "We want our stadium to have a unique feeling that is evident as soon as you buy a ticket and walk into the venue," said Jim. "We experienced similar success last basketball season after a gym rebranding project was combined with floor renovations."

ADDITIONAL RENOVATIONS

The Red Mountain Football Association raised more than \$15,000 for a new score board, with panels dedicated to contributors and state championship year designations.

During the summer, the concession stands underwent extensive renovations as part of a voter-approved bond sale. Updates to both home and visitor facilities at the six Mesa Public Schools high schools include new sinks and water systems, which meet health code standards. Also incorporated into the summer of changes were bathroom improvements, new windows and shaded extensions on the roof of the buildings, as well as the addition of air conditioning. ■

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LOCAL BUSINESS

H and I Automotive is no longer a well kept secret

Submitted by H and I Automotive

Everyone needs a good car service guy, and H and I Automotive is one of those shops people simply can't help but share with their friends.

Spencer Doucet, a resident of Las Sendas since 2002, owns H and I Automotive. He opened the shop in August 2009, after losing his position as a General Motors world-class technician at one of the local dealerships, which was shut down as part of General Motors downsizing. To the delight of his friends and family, Spencer decided to head out on his own, and leave the dealership politics behind. He rented a couple work stalls at 5338 E. Main St., and H and I Automotive was born.

The name H and I was suggested to Spencer mainly due to his business ethics. His customers saw him as an *honest* guy who not only had the *integrity* to treat you fairly, but to also stand behind his work. To this day, Spencer checks and test-drives every vehicle before it leaves his facility.

When it comes to automotive repair, there is no substitute for experience. H and I Automotive employs one of the most experienced crews you will find anywhere. In addition to Spencer himself, he also employs an Infiniti master technician and two Automotive Service Excellence certified master technicians. In the front office, there are two seasoned veterans with a combined 45 years of automotive service and parts experience. This equates to world-class service, which is second to none.



H and I offers unprecedented diagnostic capabilities, using the most current aids and analyzers available. This ensures an accurate assessment of the vehicle and that the proper repair is being performed the first time. Only parts meeting or exceeding original equipment manufacturer specifications are used during the repair, and all work is backed by a 24-month or 24,000-mile parts and labor warranty.

H and I Automotive is the complete package when it comes to your automotive repair and service needs. The professionals can handle anything from routine maintenance, to complete engine replacement. A premier automotive diagnostic center, H and I has the most current laser-activated alignment station available.

H and I accepts all extended service contracts and vehicle fleet management plans. "Once you've tried us, you'll want to share your experience with your friends and family," Spencer stated. But remember, it's a secret! ■

For more information about H and I Automotive, call (480) 985-9279.

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Real Estate In Las Sendas

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Sales for the
Month of June 2014



Address	Square Feet	Community	Sold Price
7451 E. Odessa Cir.	1,571	Silverhawke	\$286,000
3030 N. Sonoran Hills	1,911	Vintage Hills	\$288,000
3055 N. Red Mountain #218	2,451	Ironwood Pass	\$300,000
7263 E. Tyndall St.	2,150	Featherwind	\$320,000
7604 E. Roland Cir.	2,739	Rolling Hills	\$345,000
7633 E. Sayan St.	2,105	The Highlands	\$345,000
7514 E. Wolf Canyon Cir.	2,150	Mountain Gate	\$350,000
3114 N. Sawyer Cir.	2,732	The Terraces	\$369,900
3060 E. Ridgecrest #190	2,732	Desert Vistas	\$375,000
3650 N. Barron	2,732	The Highlands	\$398,500
3950 N. Highview	2,641	Stonecliff	\$470,000
8225 E. Teton St.	2,309	Stonecliff	\$490,000
7361 E. Sugarloaf St.	2,738	The Preserve	\$519,900
7260 E. Eagle Crest Dr. #4	3,508	Black Rock	\$675,000
4141 N. Highview	3,403	Granite Preserve	\$738,500

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

RECIPE

WATERMELON
LIMEADE
IS A REFRESHING
SUMMER DRINK

Submitted by PIEfection

Here is a perfect way to use up your extra watermelon. It is sure to be a hit at your next summer gathering. Enjoy.

INGREDIENTS

- 4 to 5 cups of watermelon
- 4 limes
- 1/4 cup sugar (to taste)
- 1 can frozen limeade concentrate

INSTRUCTIONS

Place all watermelon in blender and liquefy. Add the zest of all the limes, and the juice, as well. Pour in sugar, and blend for 30 seconds. Strain into a pitcher and add the limeade concentrate with 3 cans of water. Taste and add sugar as needed. Blend together and serve over ice. ■

PIEfection is located at 6731 E. Brown Road. For more information about all the delicious pies on the menu, call (480) 218-7437.



REAL ESTATE

PROTECT YOUR PRIVACY
WHILE YOUR HOME IS ON THE MARKET

By John Karadsheh

If your home is on the market, you probably already have taken great care in cleaning the interior and making necessary renovations, which could help attract prospective buyers. However, before your home is shown to any buyers or agents, you should consider performing a few tasks to help protect your privacy.



John Karadsheh

Not only should you try to remove personal items from tabletops or counters, but it also is wise to remember the fact potential buyers will open closets, cabinets and built-in drawers as they assess the property. To protect your privacy and prevent prospective buyers from forming any biases against you, you may want to follow these four simple steps before showing your home.

1. HIDE YOUR MAIL

When dealing with your mail, you should either remove it from your home or place it where it cannot be found. If prospective homebuyers spot collection notices or excessive credit card bills in plain sight, they might immediately assume you are in debt and need to sell your home quickly. Furthermore, as no one wants strangers to read any of their personal materials, you should try to conceal all of your mail—down to the last furniture catalog.

2. TAKE DOWN PHOTOS AND DIPLOMAS

While some home sellers feel such personal documents could add an atmosphere of coziness to their property, you may want to consider clearing the walls. Following this simple step could help prevent any type of bias from prospective homebuyers. For instance, home sellers with recent diplomas might be perceived as deep in debt and willing to sell at any price. On the other hand, a diploma from an elite university could show how successful you are. Therefore, you can afford to sell your home for less than asking price.

3. CLEAN THE CLOSETS AND DRAWERS

If you have ever been to an open house or toured a home for sale, you probably can understand the desire to dig around. In most cases, prospective homebuyers simply open closets and cabinets to inspect the space, or make judgments about the construction of the home. While most people who view your home will not try to snoop in your personal belongings, try to pack away anything that could tell an unwanted story about your life.

4. TURN DOWN THE ANSWERING MACHINE

This final step is probably the most overlooked by home sellers. Just as you cannot anticipate what arrives in the mail each day, you cannot predict when you might receive an unwanted phone call. If you are engaged in an open house or private viewing, you certainly don't want a prospective buyer to overhear a message from a collection agency or credit card company. Furthermore, as you are in the process of selling a home (and possibly buying another), you don't want buyers to know anything about your personal business. Hence, before any prospective buyers enter your home, you may want to mute your answering machine to prevent any uncomfortable exchanges.

In conclusion, when you are ready to show your home to prospective buyers, try to remove anything that might drive a buyer away or create an unwanted bias. Whether it is as simple as removing your personal mail or staging the closets of your home's bedrooms, a bit of work can not only protect your privacy, but also can potentially help sell your home. ■

John Karadsheh 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 ranked the No. 1 residential real estate agent in Arizona 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 website at www.BuyAndSellAZ.com.



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-Audrey



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\$850,000

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Full Basement ~ Gourmet Kitchen
Exquisite Pool ~ Citrus Trees
Prime .80 Acre N/S Lot



LAS SENDAS
\$750,000

4,127 sf ~ 4 BRs ~ 3.5 Baths
Former Blandford Model Home
Gourmet Kitchen ~ 4 Car Garage
Prime .35 Acre Cul-De-Sac Lot



WESTON RANCH
\$740,000

3,501 sf ~ 4 BRs ~ 4 Baths
Custom Builder Spec Home
Gourmet Kitchen ~ Wet Bar
Prime .81 Acre Lot



LEISURE WORLD
\$285,000

1,723 sf ~ 3 BRs ~ 2 Baths
55+ Active Adult Community
Prime Golf Course Lot
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DOBSON RANCH
\$185,000

1,660 sf ~ 3 BRs ~ 2 Baths
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2857 E. Arrowhead Trl. Lot 50	Weston Ranch	.78 Acres	\$200,000
2896 E. Arrowhead Trl. Lot 61	Weston Ranch	.81 Acres	Sale Pending
2833 E. Latham Way Lot 67	Weston Ranch	.81 Acres	Sale Pending
2853 E. Latham Way Lot 68	Weston Ranch	.81 Acres	\$200,000
4568 S. Banning Dr. Lot 74	Weston Ranch	.81 Acres	\$200,000
4504 S. Banning Dr. Lot 76	Weston Ranch	.95 Acres	\$200,000
2930 E. Latham Way Lot 80	Weston Ranch	.78 Acres	Sale Pending
35605 N. Via Tramonto Lot 10	Tramonto	.52 Acres	\$150,000

EVENT

HAWAIIAN MEGA HULA

Features Encore Presentation

Submitted by
Salt River Tubing

With the Hawaiian Mega Hula a sensational hit with tubers in June, Salt River Tubing will host a mammoth encore Hawaiian Mega Hula event on the Lower Salt River, on Saturday, Aug. 2, from 9 a.m. to 6:30 p.m.

Once again, grab your coconuts, don a grass skirt or luau shirt, and head out to Salt River Tubing in beautiful Tonto National Forest for a unique adventure on the Lower Salt River. The first 1,000 Mega Hula participants will receive a free Hawaiian lei.



Salt River Tubing's Hawaiian luau adventure offers a cool and refreshing experience in the great outdoors, and we will welcome you with limbo music pulsating on our beach. The *More Kids in the Woods* event showcases Salt River Tubing grass-shaking Hula Honey line dancers with limbo and hula hoop contests. Hawaiian barges will transport guests to the Lower Salt River for fun in the sun on the 68-degree mountain-stream rocking rapids. Salt River Tubing will award free tube rental passes and limited edition Hawaiian Mega Hula T-shirts for the best Hawaiian tuber costumes. Passes are valid on your return visit.

"Our Hawaiian Mega Hula event in June was a huge fan favorite with our guests," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Tubers were delighted with the tropical Polynesian atmosphere, and unique, memorable voyages on the Salt River were enjoyed by thousands. We have created a one-of-a-kind summertime adventure on the Lower Salt River, which is fun for all ages in Tonto National Forest." ■

Please click on SRTR's website at www.saltrivertubing.com for event details, and enjoy the Hawaiian Mega Hula video, or view it on Vimeo at vimeo.com/72126039.

EVENT

Enjoy Marvelous Mardi Gras Magic on the Salt River

Submitted by Salt River Tubing

Purple, green and gold are the prevailing colors of the day as flamboyantly costumed parade goers and Mardi Gras floats shuttle tubers to the Lower Salt River for a unique, Cajun-floating picnic, in Tonto National Forest, on Saturday, Aug. 16, from 9 a.m. to 6:30 p.m.



Paint your face, don a mask, and throw on your Mardi Gras beads. Salt River Tubing's Mardi Gras Magic event attracts thousands to Northeast Mesa for a one-of-a-kind adventure on the Salt River. The good times will be rocking as Zydeco music booms, line dancers trip the light fantastic, and the Parade of Floats (buses) provide Cajun-style shuttles to the Salt River. The Salt River Tubing krewe will be tossing doubloons, and free Mardi Gras beads will be thrown to the first 1,000 participants.

Costumes are optional for tubers. However, free tubing passes, together with limited edition Mardi Gras Magic T-shirts, will be awarded for the best tuber costumes and event contests. Tubing passes are valid upon return visit.

"Mardi Gras Magic on the Salt River is an amazing venue for fun in the sun," said President and Chief Executive Officer of Salt River Tubing Henri Breault. "Our Mardi Gras krewe is ready to rock your socks with their fun-filled antics, colorful costumes and parade floats."

This event is spicy and sizzling, with the Lower Salt River offering chills and thrills while you enjoy a Cajun-floating picnic on its 68-degree mountain stream waters. Experience Mardi Gras in your own backyard. Let the good times roll on the Salt River, and enjoy a memorable adventure that will top off your summertime outings.

The Mardi Gras Magic event is co-sponsored by 98 KUPD Radio. Invited event exhibitors include the College Times' Street Team, Sobe Life Water, Monster Beverage and the Maricopa County Attorney's Office—Community

Affairs Team.

Salt River Tubing is aligned with the United States Department of Agriculture Forest Service's *More Kids in the Woods* commitment in meeting the challenge of reduced youth involvement in outdoor activities. The program was expressly designed to encourage efforts to get kids and teens outdoors.

The cost of tube rental and shuttle bus service all day is \$17 per person/tube, which includes sales tax.

Children must be 8 years old or older and at least 4 feet tall for tube rental and shuttle bus service. Children, non-swimmers and inexperienced swimmers should wear life vests.

Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses. As a security deposit, one valid driver's license is required for every five tubes rented.

Have a great time on the Lower Salt River by responsibly appointing a designated driver before beginning your tubing adventure. Drugs, alcohol and the Salt River do not mix. Therefore, play it safe, and just don't do it.

Salt River Tubing is located in Northeast Mesa, just seven minutes from Highway 202 East, or 15 miles north of Highway 60, on Power Road.

Daily operating hours are 9 a.m. to 6:30 p.m., and the latest tube rental is 3 p.m., weather and water flow permitting. The last shuttle bus pickup is 6:30 p.m. Salt River Tubing is open seven days a week.

Please visit our website www.saltrivertubing.com for event details and past Mardi Gras Magic event photos and videos. For Salt River Tubing's Mardi Gras Magic video, and for additional fun, click on vimeo.com/72022196. ■

For more information, call (480) 984-3305. Follow or like Salt River Tubing on Facebook, Twitter and Instagram.

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COMMUNITY

Be Glad There Are Political Yard Signs

By DeAnne Crandall

A few years ago, I was asked to be the Parent Teacher Organization (PTO) president of my children's elementary school, but I declined, promising to donate cupcakes, work in my child's classroom, and go on any field trip where I was needed.

Let the PTO groupies do their thing, and I'll do mine. I won't complain too loudly about cookie dough fund-raisers. After all, don't complain about something you have no intention of helping with or fixing. I was that sensible.

Before the end of that school year, once again, I was asked to serve as president. They had all the other positions filled. My part would be to manage an already functioning school board. I knew a functioning school board would blow up the minute a stranger stepped into the leadership position, but I accepted anyway. After all, no one wanted to do this. I needed to take a turn.

That year, I learned a great deal about community service. The PTO board didn't blow up with me at the helm. That PTO board taught me life lessons I pull from daily. I was reminded of the fact I wasn't the only busy person on the planet. I discovered cookie dough fund-raisers were the only way my child had a computer in the classroom.

Furthermore, I was surprised to learn only 10 percent of the population takes the time to answer

surveys to help guide the people making decisions for them. I was surprised at how 10 percent of the group would make decisions for the remaining 90 percent, and then watch that 90 percent complain about the outcome. I soon realized that out of the 10 percent who spoke up about issues, only 1 percent was willing to involve themselves to make a change. These percentages aren't dead-on accurate, but you get my drift.

As I was granted the privilege of entering the lives of the families at my school, I found my interest in my community increase. I became appreciative of the network and support a community brings to a family. I needed the diversity of these people in the lives of my children.

I look at the upcoming elections for our community. I see giant signs popping up on street corners everywhere. I see photos of nice, pleasant people asking for me to vote for them. I see loud, angry signs discrediting other signs. Who's telling the truth? Who do I trust to make decisions that affect my family and me? I am not going to let 10 percent of my community make the decisions for my family without me having a voice in my future.

This is bigger than cookie dough sales. I am glad there are political signs, angry and friendly. Join me, read the political yard signs, and check the websites of the candidates. Then, make an educated vote for our community. ■



ORGANIZING

PROFESSIONAL ORGANIZER ANSWERS QUESTIONS

Dear Nancy,
I enjoy decorating my home with seasonal things, like Easter placemats, hand towels, candleholders, etc. From an organizational standpoint, is it better to keep all things for that one holiday together or keep seasonal placemats mixed in with regular placemats?

Signed, Tina

That's a great question. I recommend seasonal household items, like placemats, hand towels and candleholders, be kept with all the other placemats, towels and candleholders. It's easier to find them when you need them. Let's say you have a pink tablecloth. If you store it with springtime things, you might not think to use it for a birthday party or other occasion.



Nancy Nemitz

I keep my seasonal hand towels with the other hand towels, but on a higher shelf, so it is easy to get to the ones I use year round. I have separate, clear and labeled storage boxes for all the other holiday decorations I use on the Fourth of July, Easter, Christmas and Halloween. ■

Nancy Nemitz helps people get organized and save time. Her company is Create the Space Professional Organizing. Email your questions to nancy@createthespace.com. If she selects your question for a future issue of UpClose, you will receive a 25 percent discount on one of her downloadable teleclasses. To book an organizing appointment, call (480) 223-8939.



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COMMUNITY

**MAYORAL CANDIDATE
Sees Bright Future for Mesa**

By John Giles

My top goal as Mesa's mayor would be to maintain our city's positive momentum.

Mesa has its share of challenges, but I like the direction we are headed. Job creation and redevelopment throughout the city are two issues interconnected, and will be among my main priorities. Vacant strip malls and blighted neighborhoods remain too easy to spot, reflecting the reality that we continue to feel the effects of the economic downturn.

"It's about the economy, stupid," has never been truer. Many of Mesa's challenges will be solved with increased employment opportunities. Jobs bring stability to families and increased economic activity, while, at the same time, lower crime and reduce blight. Positive social and cosmetic changes in Mesa will result from a stronger local economy.

Mesa includes several locations with great potential for new, high-paying jobs. The Gateway Airport region is among the best positioned areas in the world to locate a business. In addition to the airport, the area is home to universities, freeways and ample utility service, as well as beautiful new housing. Mesa's challenge will be to keep up with that area's infrastructure needs, and protect

the airport and other community assets, which make the region so attractive to new employers. Much of the same can be said for the Falcon Field area.

The new Chicago Cubs Spring Training facility, with the adjacent retail and park development, has brought a new intensity to the Riverview area, and will be a boon to the city's sale tax revenues. Light rail's progress through the Main Street corridor has dramatically increased property values, and has brought new private development where it is badly needed.

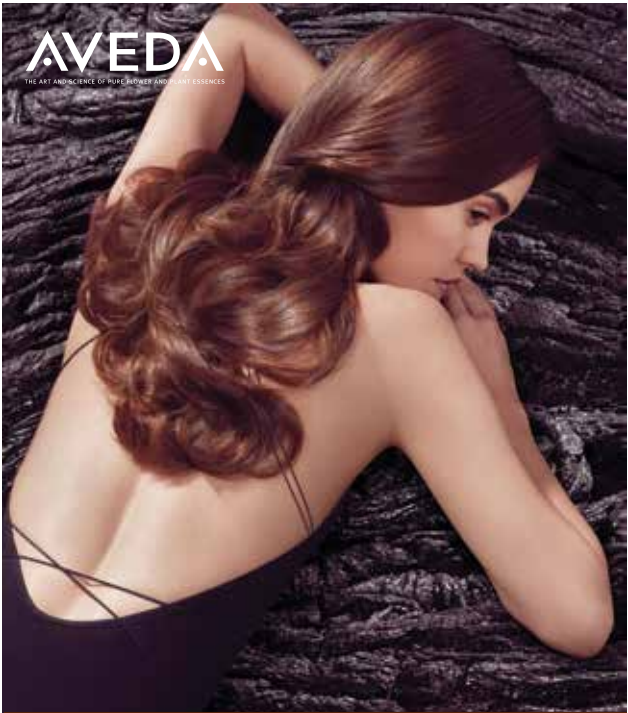
Downtown Mesa has great character. The retail, arts, education and entertainment options in the area make it a unique destination. The Fiesta Mall region presents a great opportunity to recreate what once was, and can again be, the economic center of Mesa. I like the phrase, *Live, Work and Play in Mesa*. Our quality of life and economy will improve if we don't have to commute to neighboring cities for jobs and the things we need and want.

I have enjoyed serving in a variety of capacities in the community. As a result, I have a well-rounded perspective, and have the ability and experience to serve as mayor. I would be honored to have your vote. ■



John Giles


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HEALTH

LEARN THREE WAYS Yoga Reduces Stress

Submitted by Hot Lotus

We live in a stressful and stressed-out society, and trying to juggle the demands of our careers and our families, while reserving time to take care of our own physical and mental health, can be a real challenge in today's fast-paced world.

Even when we try to relax, we might catch ourselves thinking about our grocery lists, analyzing the past or worrying about the future. All of this incessant thought and worry causes stress, which eventually compromises our mental and physical well-being.

The practice of yoga originally was developed for the purpose of quieting the mind. Many yoga students begin the practice to increase physical strength and flexibility, but they are often surprised to find out how much it reduces stress and anxiety, as well. It also gives us tools, which help us cope with stressful situations in our lives.

Here are three ways yoga trains the mind to manage and reduce stress:

1 Yoga teaches us to breathe. Yes, of course, we are breathing all the time, but how often do we really pay attention to the breath? Deep and steady breath has a therapeutic effect on the body and calms the nervous system. We learn to control and steady the breath through challenging yoga poses on the mat, which teaches us to breathe through challenging or stressful situations off the mat.

2 Yoga teaches us to live in the present. When we step into the studio to practice, our shoes, wallets, keys and phones are placed outside of the room. These items symbolize our responsibilities in the world. By leaving these items elsewhere, we make a commitment to practice without distraction. We resolve to leave behind our worries about the past and future,



and just fully commit to the present moment. Our keys, phones, shoes and problems will be waiting when we finish, but by the end of class, we are calm, relaxed and ready to face them with a new perspective.

3 Yoga teaches us to take care of ourselves. We live in a very competitive society, which encourages us to push ourselves in order to achieve. This can be good for certain areas of life, but too much pushing can cause stress and injury. Conversely, too much relaxation prevents us from progressing. In the practice of yoga, we are taught to listen to our bodies and work on balancing effort and relaxation in the poses. We cultivate a deeper sense of body awareness, and we learn when to push ourselves and when to back off. We then can translate this practice of balance off the mat and into our lives.

These are just a few of the many ways yoga helps us deal with and reduce stress in our busy lives. Taking the time to practice yoga regularly is truly an investment in physical health and mental well-being. ■

Join us at the Hot Lotus yoga studio on Power and McDowell roads. Check online for our class schedule at www.hotlotusyogastudio.com. Our introductory offer is two weeks for \$20 unlimited yoga. It is never too late to start.

COMMUNITY

A Different Paige Burlew Returns from The World Race

By Sharon Wozny

When Paige Burlew left for her 12-month missionary trip with The World Race a year ago, she expected to be a different person when she returned.

This past July, Paige confirmed she definitely was different as a result of her experience. The countries where she was able to make a difference in the lives of the community have strengthened her faith, and challenged her to explore her thoughts and ideas, while propelling her to think about her future journey.

Upon visiting the orphanages in Cambodia, South Africa, Vietnam and the other countries, Paige's heart was touched when she had the pleasure of teaching, playing sports and just being there for the children. Today, with renewed clarity, she wants to make a difference in the world.

Having a heart for the business world, Paige would like to be involved with a socially conscious company committed to giving back. She realized the choices and freedoms we have in America are not so elsewhere, bringing more appreciation for what we have but do not always realize.

Venturing out to visit the world a year ago, Paige had expectations of what the next year would hold for her. Did they hold up to her ideas? "Absolutely, and then some," declared Paige. "Who would have thought I would be traveling the world, involved in activities you only read about or see other people doing?"

Paige shared the mantra by which she lives her life, and she encourages others to do the same. "Live your passion," she said. "Don't say you can't or won't, or I wish I could do that. Whatever is in your heart to experience, make it happen." ■



Paige Burlew

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