

Las Sendas Up Close

Bringing neighbors closer to their community

March 2016

Food Trucks, Spring Training, Ostrich Races and Jousts OFFER FUN FOR EVERYONE



By Jamie Killin

Anyone looking for something to do this month certainly has wide ranging choices.

Mesa Food Truck Fridays offers great food and community interaction. Eat your way from truck to truck, and mingle with your neighbors at the same time. Food and friends make a winning combination.

Spring training is a Valley tradition, with fans of all ages enjoying hot dogs, popcorn, cold beverages and the bat of the ball. Sloan Park is a great place for Cubs fans to gather and express hope for a winning season.

This year's Ostrich Festival is sure to be bigger and better than years past. The 28th year of this fun family event features new and exciting rides, live band performances, magicians and oh, yes, those infamous ostrich races.

The Renaissance Festival brings medieval times to life again. Enjoy watching accurately performed jousts and eating gigantic tantalizing turkey legs. You also can shop for medieval mementos.

Details of each event are presented here. Attend one or enjoy all. The choice—and the fun—is yours.

MESA FOOD TRUCK FRIDAYS COMBINES DELECTABLE DELIGHTS WITH COMMUNITY CAMARADERIE

Mesa Food Truck Fridays kicked off in a big way last September, boasting more than 2,000 attendees, including

Mesa Mayor John Giles and Councilmember David Luna. Every food truck sold out of food, and, needless to say, the event was a huge success.

"I think it's something Las Sendas really needed and wanted," said Kristha Lima, director of activities at the Las Sendas Community Association.

"We continue to have a large turnout," she continued. "People of all ages come out for this event."

Taking place the first Friday of every month, from 5 to 9 p.m., the event is open to the public and takes place at Las Sendas Trailhead Parke. Las Sendas residents have the option to come an hour early to beat the lines and enjoy their food without crowds.

"We try to bring out new trucks all the time, and we try not to duplicate the type of food trucks at the same event," Kristha said.

Mesa Food Truck Fridays has welcomed a variety of well-known trucks, including Luncha Libre, Cousins Maine Lobster and Mustache Pretzels. Mesa Food Truck Friday fan favorites include Frites Street and Mingo's Louisiana Kitchen. Each event now brings in as many as 13 trucks.

"We get some of the best food trucks in the Valley," said Kristha. "The food truck operators tell us we have one of the prettiest locations and one of the best organized events."

Las Sendas Community Association and founding sponsor, KOR Properties, make Mesa Food Truck Fridays possible.

The idea for Mesa Food Truck Fridays came from one of KOR Properties' owners, Natascha Ovando-Karadsheh, who remains actively involved in the marketing of the events.

Other sponsors include UpClose Publications, First American Title Insurance Company and IVF Phoenix.

This month's event will take place on March 4, and April's event will take place on April 1. April's event will take place at Boulder Mountain Parke. In May, Mesa Food Truck Fridays will return to the Trailhead Parke.

Mesa Food Truck Fridays take place at Las Sendas Trailhead Parke, 7900 E. Eagle Crest Drive. For more information, like Mesa Food Truck Fridays on Facebook.



COVER STORY CONTINUED ON P. 13

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In This Issue

Cosmos Salon and MedSpa	3	Estate Planning	17
Quilt Show	4	Matta's Cantina.....	19
Waypoint Senior Care	5	Know Before You Throw.....	22
Las Sendas Golf Club.....	7	Allergy Relief.....	23
Home Staging	9	Service Directory.....	26



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LOCAL BUSINESS

Peel away the winter gray

By Dawn Abbey
Cold, dry winter air can wreak havoc with your skin, with skin tone looking dull and wrinkles seeming deeper.
To peel away that winter gray, Cosmos Salon and MedSpa has put together some spring facial-peel specials to get back your golden glow.
“This month, we are proud to re-introduce and feature our entire line of PCA Skin skincare products,” MedSpa Director Muschi Morga stated. “We have been working with PCA for many years, and I use this medical grade skincare line myself every day because it definitely works.”
During March, the Medspa is offering any PCA peel for only \$75, and 10 percent off retail for all PCA products. “Please note, we also will be using PCA products in all of our regular facials, as well,” Muschi said.
“Peels are a major step in revitalizing your skin,” she continued. “It is an exfoliation that removes the top layer of dead skin cells revealing fresher, new skin. Uneven skin tone and wrinkle depth are diminished. It is the canvas on which we can begin to apply hydrating and rejuvenating serums and other skincare essentials.”
PCA treatments and products are available exclusively through licensed skin health professionals trained and certified by PCA Skin in their use. Muschi and all MedSpa aestheticians are PCA certified.
PCA Skin, founded in Scottsdale by an aesthetician working with physicians, is constantly coming up with new and improved products to keep us ahead of the pack in terms of products and blending of ingredients.
According to the company’s website, pcaskin.com, “PCA Skin is the leader in chemical peels, with more than 25 years formulating the best and most innovative professional treatments in the industry. More than one million PCA Skin peels are performed globally each year.”
Muschi appreciates the quality of the company professionals. “Their research and development team is local and incredible,” Muschi related. “Good news. All PCA Skin products are free of synthetic dyes and fragrances, mineral

oil, petrolatum, lanolin and phthalates.”
PCA also is known for its peel line. The company has everything from the beginner sensi peel to the new and aggressive 6 percent retinol peel. It’s very unique compared to anything else out there because it is the only full 6 percent pure retinol peel.
The peel also contains natural ingredients, such as silybum marianum fruit extract, olea europaea fruit oil and tocopherol, which are powerful antioxidants to help fight free radicals. In addition, it contains a skin-calming ingredient, calendula flower extract. So, the client feels more of a cooling sensation than the tingling/burning of a typical peel. They are very safe and self-neutralizing.
Muschi invites everyone to come in for a free consultation to see which products will work for you. “The staff can assist in finding the right solutions for an individual’s problem areas, and, of course, provide spa facials and treatments for any skin type,” she said. ■
For more information on products and services, or to make an appointment, call (480) 887-0671, or visit Cosmos Salon and MedSpa, in The Village at Las Sendas, at the northeast corner of Power and McDowell roads.

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COMMUNITY

Annual Quilt Show Features CHARITABLE PROJECTS



Submitted by Las Sendas Quilt Club

The Las Sendas Quilt Club is proud to host its 12th annual quilt show, on March 20, from 1 to 4 p.m., at the Las Sendas Trailhead Members Club.

The quilt show highlights both personal and charitable projects. Approximately 120 projects will be on display. Club members are delighted to share their craftsmanship and artistic vision in a variety of venues, including traditional and historic quilts, beading, paper piecing, purses and bags, as well as landscapes and scrappy quilts.

The primary feature of this year's show is an exciting and heartwarming display of children's quilts and pillowcases, which are primarily charitable projects.

The 35 quilters in this club have multiple interests and talents, which include designing patterns, teaching specific skills and techniques at local quilt shops, and in organizing charitable donations of blankets.

In the past year, the Las Sendas quilters donated blankets and pillowcases to local nonprofit charities.

Sojourner Center (shelter for abused women and children), Helen's Hope Chest (benefiting foster children), House of Refuge (transitional housing for homeless families), the American Cancer Society and the Children's Crisis Center received donations. In December, members gave pillowcases, pillows and 18 quilts to Ryan House (provides pediatric palliative care at no cost to families).

Quilt show attendees will admire the beauty and artistic designs of these prolific quilters while enjoying complimentary refreshments. In addition to the distinctive quilts and numerous charity projects, members of the Las Sendas Quilt Club will be present and pleased to answer any questions, and may be amenable to sales of either quilts or purses.

A donation of one dollar is suggested to attend the quilt show. Proceeds will be donated to Sunshine Acres Children's Home.

The Las Sendas Quilt Club meets on the third Monday of every month, and also schedules a monthly open sewing day in which members share tips, tricks and friendly advice. These meetings provide opportunities to learn, to share and to focus on charitable projects.

If you are unfamiliar with the East Valley, the Las Sendas Trailhead Members Club, located at 7900 E. Eagle Crest Drive, can be accessed from the 202 East Freeway, at the Power Road exit, to Thomas Road (northbound). Follow the signs. ■

LOCAL BUSINESS

Adapted home transcends time for elderly homeowner

Submitted by Nancy Tossell

At 88 years young, Helen bought a resale home to live next to her daughter, but since her new house, built almost 70 years ago, was not designed for the elderly, she hired Jeanette Knudsen, owner of Design For A Life Span, to adapt her home.

Considering her capabilities, Helen had two priorities for adapting her new home.

First, make her home safe enough for a senior citizen. Second, make it safe without looking like its owner is a senior citizen.

Here's what Jeanette did with the master bedroom and bath—originally two separate rooms opening out to the hall.

The first step was to seal off the bathroom door and open up the wall between the rooms. This ensuite design not only gave Helen easier access to the bathroom, it brightened both rooms and increased her privacy.

Next, the bathtub was removed and replaced with a European-style curbless shower. To add to the spa-like atmosphere, both wall-mounted and hand-held showers were installed, allowing the homeowner to enjoy more than one choice of bathing. In place of doors and shower glass, Helen opted for a curtain mounted on a double bar firmly secured to the walls.

Jeanette spaced the toilet and sink for easy access around both, and took advantage of the natural light coming from the outside window. For cloudy days, she added canned lighting in the ceiling, and the lights on both sides of the mirror have nightlights. The light

gray walls and floor tiles, which are white with black accents, have matte finishes to minimize glare.

Next, Jeanette addressed the grab bars. Also called balance bars, these supports now double as décor accents and come in many styles. The bars were coordinated with the sink and shower hardware, using a brushed nickel finish to complete the updated look.

Helen is thrilled with her home, with no plans to leave as long as she has a say. There will come a time when the home goes back up for sale. No matter when that happens, it will stand out from the competition for its timeless beauty with built-in safety features. ■

Jeanette Knudsen, an award-winning interior designer located in Mesa, is the owner of Design For A Life Span, specializing in Design for Aging and Universal Design. Her designs fit families as they grow and change. She is the only designer in the area to serve on the National Design for Aging Council for the American Society of Interior Designers. You can reach Jeanette at Jeanette@Designforalifespan.com.





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LOCAL BUSINESS

WAYPOINT POINTS THE WAY FOR SENIOR CARE

Submitted by Waypoint Senior Care And Consulting

When working with families, Melissa Cecil, founder and chief executive officer of Waypoint, is often asked why the name Waypoint, and the answer never gets old.

Waypoint is defined as, “An endpoint of the leg of a course, especially one with specific coordinates” (Collins English Dictionary). Generally speaking, finding a Waypoint is an ongoing process in life. Once we find one, we immediately are searching for another.

“In determining a name for our company, I couldn’t imagine a more suitable description for the vision I held—to provide a compassionate service, which would guide people through the storms life too often brings our way,” Melissa said.

Life-changing personal experiences, such as learning a young nephew may not survive a battle with a rare disease, and watching her husband struggle as his strong, independent father went through the stages of end of life, left Melissa seeking a Waypoint.

“Waypoint Senior Care and Consulting exists in order to provide solutions for families in crisis,” Melissa stated. “Our consulting services never are at any cost to families. Every family’s situation is different. Therefore, there is no cookie-cutter answer that’s right for everyone.”

Advisors meet individually with every family to provide education, resources and solutions to problems that once seemed overwhelming. “We aren’t doctors or lawyers,” Melissa explained. “We are people just like you who have experienced the feelings of fear and inadequacy, which come with the desire to care for someone you love, but not knowing where to begin. There is help. You are not alone.”

When faced with the reality Mom can no longer safely care for herself, or Dad can no longer safely care



for himself, it can be overwhelming to find the very best solution. Weighing the options and costs for assistance at home or placement with trusted professionals is not only difficult, but also emotional.

Waypoint’s professional senior care advisors personally meet with family members to learn the physical health, social, financial and geographic needs, which must be considered. They then reach out to their vast resources to present the family with the very best options that meet all their needs. Families are spared the frustration of making endless phone calls, or visiting communities or homes, which are not at all what they have in mind.

What Waypoint does best is provide only the options and care that fit your specific needs and within your personal budget. Celeste Batuk and Barb Sacks, both residents of Madrid in the Mesa Uplands community for more than 10 years, are members of Waypoint’s sales team focused on the East Valley. They have helped many families in the Upland communities either find a caregiver, or locate the best assisted living residence or community for their loved ones.

Their networking and education in the senior health

care community, as well as participation in industry organizations, help them stay informed about Arizona regulations. In addition, they have knowledge of available resources associated with financial aid and benefits for veterans.

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- Most importantly, Waypoint will present only those in-home care services or placement facilities, which are licensed, trained and bonded, to absolutely assure safe and loving care when needed most. ■

For additional information regarding Waypoint Senior Care and Consulting, check out Waypointsc.com.

If your loved one needs immediate assistance, or if you personally are researching a lifestyle change, contact Celeste Batuk at Celeste@Waypointsc.com, or call (480) 818-1596. You also can contact Barb Sacks at Barb@Waypointsc.com, or call (480) 986-2424.

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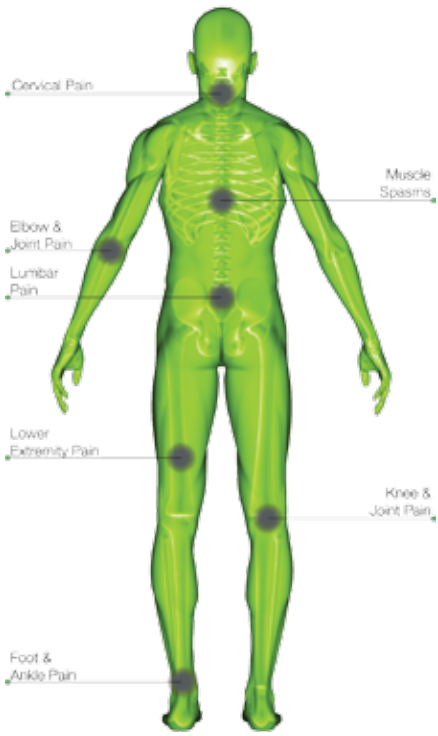
Submitted by
Distinctive Salon and Spa

Ashley Hamilton, owner of Distinctive Salon and Spa, in East Mesa and Biltmore, has made it a personal and professional mission to connect the beauty environment and well-being.

This recently remodeled holistic hot spot for beauty, fashion and well-being is unparalleled, complete with excellent service, attention and focus to every guest.

Ashley is continuing her commitment to excellence in guest care, and to bringing the most advanced therapies in the fields of rehabilitation and injury prevention to the community. Case in point, Distinctive Salon and Spa is introducing LightForce's only 25W Class 4 laser therapy system in its field.

The LightForce 25W system is the same deep tissue laser currently adopted by numerous NHL, NFL, MLB, NBA and Olympic athletes, as well as many other Division 1 athletic programs. The system helps resolve pain and inflammation, and significantly accelerates healing at



the cellular level. Among many services setting Distinctive Salon and Spa apart from others in the Valley, the staff has been providing amazing results with this treatment. It stimulates a biochemical effect at the cellular level, which results from exposure of living tissue to various dosages of energy at varying wavelengths emitted from the laser. This process triggers a cascade of physiologic effects, such as:

- Analgesia (decrease in pain).
- Inflammation reduction.

- Acceleration in tissue repair and wound healing.
- Angiogenesis (increased circulation and capillary formation in damaged tissue).
- Increased cellular metabolic activity.
- Reduction in scar tissue formation.
- Improved nerve function.
- Stimulation of immunoregulation.
- Stimulation of acupuncture points. ■

All laser therapy treatments, acupuncture and herbal consultations can be scheduled with Jason Caldwell, DOM. Call (480) 396-3112.

HEALTH

New Technology Addresses Underarm Problems

Submitted by Hiatt Plastic Surgery

A new technology has come to the Valley, which has many people talking—a technology that potentially could reach anyone wanting to permanently get rid of underarm odor and sweat.

Those who use antiperspirants and/or deodorants, but still sweat in the armpits, or for whom deodorants don't seem to be strong enough, might be the most interested. MiraDry, so named because it was the first Food and Drug Administration (FDA)-approved treatment of odor-producing apocrine glands in the underarms, also has gained approval for eliminating sweat-producing glands in the armpits.

MiraDry added the name MiraSmooth to emphasize the new FDA approval for permanently eliminating underarm sweat glands, as well. The technology creates heat directed into the subcutaneous layer, just under the skin, while the surface of the skin is kept cool with a chill tip.

The effect is to eliminate the subcutaneous odor-

producing glands, called apocrine glands, and the sweat glands, called eccrine glands. At the same time, some of the hair follicles are eliminated, so the amount of hair in the underarms is decreased.

It requires about 90 minutes of your time to have 80 percent to 90 percent permanent elimination of both underarm odor and sweat and about half of the underarm hair. This is all done in the same treatment.

The armpits represent only about 1 percent of the body surface area, so it really won't create a noticeable change of sweating anywhere else. The odor production won't be missed (with the possible exception of your dog, traditionally using odor to identify you). Other things not missed are all the shirts ruined by antiperspirants mixed with sweat.

Many having underarm laser hair removal may want to consider this treatment instead, since it has the additional benefit of removing odor and sweat in the underarms at the same time. Although a second treatment may be necessary, it usually is offered at half price, and the vast majority of odor and sweat glands are eliminated in the first procedure.

Independent satisfaction surveys have consistently shown more than 95 percent happy patients. Karl B. Hiatt, MD, monitors the procedure, which is performed in the office. ■

The office of Dr. Hiatt is located at 4540 E. Baseline Road, Suite 117. For more information, call (480) 844-1410.





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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 as your pathway to fun, recreation and a pleasurable lifestyle.



THE VISTAS PAVILION

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For further information, and to book a site visit, please call Tannis McBean at (480) 352-2614, or send an email to tmcbean@lassendas.com.



Easter Brunch

Come and join us at The Vistas Pavilion for Easter Brunch, with stunning views of the Phoenix Valley and a gourmet buffet, including a seafood display, carved beef striploin, pineapple ham, omelet station and much more.

Sunday, March 27, 2016

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Call the Golf Shop at (480) 396-0440 to book your time. As always, check our website at www.lassendas.com where we post our lowest rates first.

Spring Training

If March is anything like February, we are in for an amazing spring. For baseball enthusiasts, we have stocked the Golf Shop with Diamondbacks and local favorite Cactus League team apparel. When you head out to the ballgame, be sure to support your team, and *Wear Your Las Sendas Pride* as you cheer them on. Come on out to enjoy a beautiful day on the golf course, and follow it up with a Spring Training game in Las Sendas style. Check out our website at www.lassendas.com, where we post our lowest rates to book your tee time.



Authorized Retailer of Stance Socks

We are so excited to have these fun and cool socks available to our customers. Come on in to check out all the styles. You don't need to play golf to find a cool style Stance sock, but if you do love golf, we have Chi Chi, Gary Player and Payne Stewart socks.

Social Media and Great Discounts

Did you know we are on Facebook, Twitter and Instagram? If you want to be in the know with what is happening at the golf course, in the Golf Shop, at our restaurants and at the Vistas Pavilion, follow us on all three.

THE PATIO AND THE GRILLE

New Daily Specials

MON.	Fried Chicken, Mashed Potatoes and Mushroom Ragu	\$15.95
TUE.	Taco Tuesday Chef's Choice	\$14.95
WED.	Wine Down Wednesday	Half-Price Wine Bottles less than \$100
THU.	Prime Rib—10-ounce Mashed Potatoes, Vegetables Add Glass of Wine for \$3	\$17.95
FRI.	Chef's Fish Special	Market Price
SAT.	Tender Beef Brisket, Roasted Potatoes and Summer Vegetables	\$14.95
SUN.	Pasta Buffet—All you can eat	\$15.95 Kids (6–12) \$8.95

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

Happy Hour—3 to 5 p.m.

Come and enjoy our Happy Hour Bites Menu, including chips and salsa, deviled eggs, edamame and chicken sliders. We also have draft beers available from \$2.50 to \$3.75 per 14-ounce glass.

Live Music on the New Patio

Our famous Patio at Las Sendas has expanded due to popularity and numerous requests to have a cocktail and enjoy our evening sunsets and amazing Phoenix Valley views. We have added a third casual lounge patio to our existing two-tiered structure. We have relocated our live music and added an outside service bar. We now are able to seat more than 200 guests.

Feedback so far has been outstanding. Numerous local guests, members and tourists have enjoyed the stunning views and a cocktail on our new patio. This one is a home run.

Golfers' Specials

Finish off your round of golf with one of our golfers' specials, which include a soft drink or domestic beer for only \$11.95.

Monday	Cheeseburger and Fries
Tuesday	Chef's Choice Taco Tuesday
Wednesday	Classic Rueben and Fries
Thursday	Club Sandwich and Fries
Friday	Crispy Rockfish Sandwich and Fries
Saturday	Buffalo Chicken Wrap
Sunday	BBQ Brisket Hoagie with Fries

MEMBERSHIPS
Membership at Las Sendas
Has its Privileges

Our membership is growing with new members from all parts of North America. The three primary programs are well received, and we are excited to be expanding. We

welcome the newest member families of Graham, Haag, Sampson, Van Renssaeler, Choy, Mashek and Kentzel. We are very excited to have them part of our growing membership.

Being a member of Las Sendas has its privileges, including discounts in the Pro Shop and restaurants, priority reservations for golf and The Patio for your dining pleasure, access to our very own limo services, lockers, club storage and a host of member-only events and programs. Our membership programs are flexible to suit your needs. Please check out our website for the latest details about all our programs.

Proxy Memberships—Only four remaining. No initiation fee, and just monthly dues of \$595 for a single and \$720 for couples. Play unlimited golf, and be a full-fledged member. Cart options are available, as well.

Non-Refundable Membership—With a modest initiation fee and lower monthly dues, you and your family will experience everything Las Sendas has to offer.

Fully Refundable Membership—Our premier program offers a membership deposit, which is 100 percent refundable. As part of your initiation deposit, you get complimentary dues and cart fees for the first year and either a brand new E-Z-GO Golf Cart, or the initiation deposit can be purchased by Canadians *On Par with the American Dollar*—a great incentive to join now while the dollar is lower. Seasonal and annual dues packages are available.

Social Membership—For a low initiation fee and modest annual dues, you can be part of our vibrant membership and enjoy select member benefits, including playing golf on a limited basis. First-year dues are waived with your paid initiation fee.

Please contact Wayne Crandall at (480) 396-4000, ext. 226, or send an email to wcrandall@lassendas.com to learn more about the programs and our initiative to take Las Sendas Golf Club fully private.

MALASKA GOLF ACADEMY
Malaska Golf Academy Movement
Training Class

A weekly class helps the golfer develop the correct, sequential movement patterns for a better game. Learn, train and develop the *moves* of the great players we watch on television. Strengthen your core and the related muscle groups that improve your game.

- Body—Understand how the body moves, and train the neurological movement patterns in a sequential manner. Train the movements of all the greats in history.
- Swing—Combine the body movements along with the movements we need to develop to swing the club better.

For more information, contact David Huffman at (480) 677-1533, or send an email to davidhuffmangolf@gmail.com.

Complimentary Golf Clinics with Yoga
All ladies are welcome. The clinics will be held on Thursday, March 24 and April 14, at 1:45 p.m. Tracy Berman, LPGA teaching professional, will provide the golf instruction for the clinic. We have an instructor from the Life Balance Center who will provide yoga golf stretch tips. Come and join us for these informative clinics in a fun and welcoming environment. To pre-register, send an email to tberman@lassendas.com. Hope to see you there.

Junior Golf Sticks Program at Las Sendas
Our Junior Golf Sticks Program runs on Fridays, from 4 to 5:30 p.m. Juniors can join at any time and learn the FUNDamentals of golf. There are four rotation stations plus on-course play. Registration forms are available in the Golf Shop, by visiting our website at www.lassendas.com (Instruction/Programs), or by contacting Tracy Berman via her cell at (602) 920-8208. You also can send an email to tberman@lassendas.com. ■

Easter Brunch

THE VISTAS AT LAS SENDAS

Sunday, March 27th • 10am-2pm

\$45 for Adults
\$16.95 for Children (Ages 5-12)

Enjoy Easter Brunch in the New Pavilion
with Stunning Views of the Valley
and a Gourmet Buffet

Seafood Display with Shrimp & Crab
Chef Attended Stations to Include:
Chef Carved Beef Striploin
& Pineapple Spiral Ham
Omelette Station
Chef's Special Selection of Pastries and Desserts
And Much More!



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Cindy Miller

Tuesday, April 12th 2016

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7:00 PM

Showtime
8:00 PM

Tickets Available
for Purchase

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per Person

Includes complimentary appetizers



For Reservations Call 480-396-4000 x. 221
events@lassendas.com

REAL ESTATE

Home Staging – Seven Tips To Prepare Your Home For Sale

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

First impressions are everything, and buyers form an opinion of your home within moments of entering and sometimes just based on curb appeal alone.

If a buyer doesn't get excited when they walk in the front door, you may never get another chance to change their mind. That's why home staging is so important to help you achieve a quick sale at the best price.

Staging doesn't have to be expensive. In a lot of cases, the seller has everything already, and it's just a matter of moving furniture around, placing items in different locations, and putting some pieces in the garage or in storage.

Home staging, for little or no cost, still will have a big impact and make the right first impression in the minds of potential buyers. Sellers can find it too difficult to be objective when trying to stage their own homes, as they are filled with the emotions of living there and items of sentimental value.

Free home staging is a complimentary service I offer all my clients. As soon as I enter the home, I will go through each room, making notes of anything I think may distract from a potential sale. My notes also will include what enhancements can be made to highlight the home.

You will be amazed how different a home can look just by rearranging the existing furniture, moving pictures, and reorganizing or adding a rug or other small items. I also have a lot of staging items I can bring to the home to help make it stand out, all at no cost to my clients. If full home staging is needed, I work with an excellent home staging company.

Here are just a few tips for getting your home ready to be listed:

1. CURB APPEAL—
FIRST IMPRESSIONS COUNT

Have your shrubs and grass trimmed, add new shrubs, and if needed, weed and freshen up any bare areas of stone



or groundcover. Add pots with flowering annuals to the entryway. Curb appeal really does make a difference, and it's the very first impression the buyer will get when pulling up to your home.

2. CLEAN

Have your home cleaned from top to bottom, including baseboards, fans, light switches and door frames.

3. PAINTING

Touch up both the interior and exterior of the home or have it repainted. If you have any colored walls, such as a lovely purple wall, which matches your purple couch, have it repainted a neutral color. Stay away from white. You don't want the home to look cold and sterile. A nice beige or gray, which is the new white, can add warmth and style.

4. DECLUTTER

It is a good rule of thumb to take down two-thirds of what you have displayed. You are going to be moving anyway, so use this as a great opportunity to start your packing early. Keep countertops clear, especially in the kitchen and bathrooms. Reorganize your closets to make them appear larger. Pack away anything you are not going to be using in the next few months.

5. OPEN UP THE HOUSE AND
KEEP IT BRIGHT

Buyers don't like to walk into a home that is dark and feels closed in. Make sure all the blinds are open and the lights are on. Turn on any accent lights, such as under the kitchen cabinets and side lamps. These not only make the home bright but also add warmth.

6. KEEP OUT THE ODORS

Add a plug-in or oils to keep the home smelling nice, especially if you have pets. Put one at the entryway where the buyer

first enters the home. Just make sure not to use too many, or the smell will be too strong.

7. MAKE REPAIRS

Go through the house and fix any little minor defects, such as loose door hardware and faucets. Replace any burned out light bulbs. Consider hiring a handyman to review the home and take care of any minor issues. After all, the buyer will be having the home inspected. So, the more you do now, the better the inspection will be. If there is a major repair that needs to be done, discuss this with your Realtor before making the repair, as there may be other ways for you to address the matter.

TAKE THE FIRST STEP IN GETTING YOUR
HOME SOLD.

If you are thinking of selling your home, please contact me to set up an appointment for a free complimentary home staging consultation to focus on those repairs and upgrades worth doing and how to stage your home to sell. ■

Lorraine Ryall has been a Multi-Million Dollar producer for the past seven years. You can reach Lorraine at (602) 571-6799. You also can send her an email at Lorraine@Homes2SellAZ.com, or visit her website at Homes2SellAZ.com.



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-Linda Silva

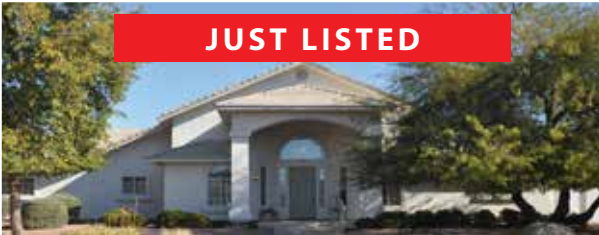
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Las Sendas
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2657 Sq Ft, 4 Bed, 3 Bath



Pueblo Estates
Walk Out Basement - \$485,000
4236 Sq Ft, 4 Bed, 4.5 Bath

EDUCATION

Self Development Academy Hosts Annual Information Night

Submitted by Self Development Academy
This past January, the Self Development Academy (SDA) school community gathered to participate in the school's annual Middle School—High School Information Night.

The evening's events included presentations by the superintendent of SDA, Dr. Anjum Majeed, and SDA middle school faculty, as well as local high school representatives. The event has grown over the years, and six area high schools were represented this year, including Arizona Agribusiness and Equine Center (AAEC), Gilbert High School, Mountain View High School, Red Mountain High School, Westwood High School—International Baccalaureate Program and Williams Field High School.

Each year, SDA families look forward to the program. Following the agenda, participants have the opportunity to mingle with the middle school faculty and local high school principals, counselors and students. This interaction helps to ease concerns about the transition from elementary school to junior high school and then, from

junior high school to high school. SDA is the only Arizona school consistently ranked among the top 10 schools recognized by the Arizona Department of Education for nearly a decade. Students of SDA have earned a reputation as having a superior academic foundation combined with valuable organizational and learning skills.

At SDA, most students learn a minimum of one grade level ahead of the Arizona state educational standards. Beginning with the kindergarten year, students are academically challenged, and high academic expectations are established, all within a nurturing environment. SDA elementary school students obtain a solid foundation in language arts, mathematics, science and social studies. Students are taught at the mastery level, and the curriculum emphasizes higher level thinking skills, such as critical thinking and problem solving.

"The language arts program at SDA prepares students for high school by exposing them to a multitude of genres of literature," explained Ms. Tici Smith, faculty member of SDA-Mesa who leads the middle school's language arts program. "By analyzing the novels they read, our students learn to think critically and stretch their understanding of the text."

Further elaborating on the school's language arts program, Ms. Karissa Pletta, another faculty member at SDA, added, "In the writing classes, students take the five-paragraph essay model to heart, and learn how to adjust it to each style of writing." Ms. Pletta proudly shared, "SDA-Mesa's

language arts program is producing students who not only are confident in their work, but will continue to learn for life."

By the time SDA students reach middle school, many are prepared to enroll in the fields of advanced literature, as well as algebra and advanced science. During middle school, students have the opportunity to complete Pre-Algebra, Algebra I, Geometry, and Algebra II, Advanced Literature, Science, including Biology, Chemistry, and Physics, Technology and Spanish courses. Many of these courses are not offered until high school.

"Our mission is to send students off into their high school, their career and beyond with the ability to think like scientists," stated Ms. Laura Meyer, a science faculty member and a graduate of Massachusetts Institute of Technology. "Our advance topics and rigorous expectations continually push our students to rise to a higher level of understanding and learning," she said.

Students completing eighth grade at SDA are enrolled in honors and advanced placement courses upon entering high school. Additionally, many students receive high school credit for courses completed at SDA. This enhances their grade point averages, and makes them highly competitive students when applying to colleges and universities.

During the evening, former SDA students returned to campus to share their experiences in high school.

Aside from the academic focus, students have opportunities to develop other skills, such as public speaking, sports and performance skills. Class plays, winter performances and a science fair are just a few of the many annual in-house activities. Afterschool activities include Sports Club, Robotics, Foreign Language, Dance Club, Choir Club and Student Government. SDA is committed to developing well-rounded students who are well prepared for high school and beyond. ■

For more information, or to schedule a tour, please contact Self Development Academy at (480) 641-2640. Enrollment for 2016-2017 has begun, and the few spaces left are filling quickly.



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A collage of five wedding-related photos. Top left: A bride and groom walking down a path. Top right: A bride holding a bouquet. Middle: A bride and groom with a child. Bottom left: A wedding ceremony with guests seated. Bottom right: A wedding party group photo.

[i]PLAN

Architectural Design - Construction Documents

THE SYNERGY OF QUALITY AND DESIGN

A photograph of a large, modern house at night, illuminated by warm lights. The house has a prominent arched entrance and a large, open-plan design.

A photograph of a modern house with a large archway, featuring a mix of stone and concrete materials.

A photograph of a stone tower with arched windows, featuring a rustic, stone construction.

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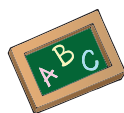


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FINANCE

Make time to discuss future financial decisions with family

Submitted by Thrivent Financial
Each year, thousands of Americans are thrust into the uncomfortable role of making long-term care decisions for their family members.

These emotional decisions may create stressful situations for the entire family, in addition to being time-consuming and expensive.

Fortunately, there is a way to help reduce the stress connected to these situations—communication. Discussing plans for long-term care before the need arises can greatly reduce the stress that may arise while dealing with an illness or disability.

Raising the subject may create some momentary awkwardness for both parents and their adult children. However, it is far better to discuss long-term care options ahead of time and together decide what makes the most sense for the family.

- Thrivent Financial recommends families ask certain questions regarding a long-term care strategy:
- Where and how you would like care delivered, if you were to need it.
 - The level of independence you'd like to maintain.
 - The role you'd like your family to play in your care.
 - How you want to fund your care, while protecting your assets.

Clear communication can help eliminate the problem of catching a spouse or adult child off guard. It also can help eliminate the burden of uncertainty with difficult decisions. Spelling out the location of important documents, as well as care wishes, ensures family members have the information they need to provide for their loved one's desired care.

CREATE A FINANCIAL AND CARE INVENTORY

It also is important to update family members on the location and status of financial and care documents. Having an inventory of these documents provides family members with a roadmap to critical information. It is focused on the



where information on financial holdings is located, not specific details about the financial holdings. The inventory is not a legal document, and it need not divulge personal or confidential details you are not prepared to share. It should, however, enable loved ones to quickly locate where you keep your financial, legal, care and legacy records should a crisis occur.

This inventory should be updated at least annually, and copies given to family members—a lawyer or executor—or placed in a secure location where those who might need it can access it.

While each family's inventory will differ, the inventory should include information related to where someone can find the following:

- Living wills or health care directives.
- Insurance and other contracts (health, life, long-term care, annuities, auto and homeowners, etc.).
- Wills, trusts and deeds.
- Bank accounts and investment accounts.
- Credit card accounts and other outstanding debt.
- Contact information for lawyers, accountants, brokers and agents.
- Jewelry and other valuables.
- Essential keys.
- Instructions related to funeral arrangements.
- Personal instructions or messages.
- Location of birth, marriage and military discharge certificates.
- Information related to charitable gifts.

While it may be a difficult topic, open and honest communication about your long-term care strategy can be one of the best ways to prepare for a stress-free financial future. ■

Thrivent Financial is represented in the Red Mountain area by Red Mountain Group, which includes Jeff Kolzow, Jeff Rodemeyer and Rick Aussprung, at 2941 N. Power Road, Suite 105. Call (480) 396-5333. 976203-072814

EDUCATION

ONLINE OFFERINGS AT MESA COMMUNITY COLLEGE GARNER National Acclaim

Submitted by Mesa Community College
Mesa Community College (MCC) has been named one of the top online colleges in Arizona by Accredited Schools Online (ASO), a resource for students looking for online college and university programs.



MCC was ranked first in Arizona among two-year colleges. An additional pair of Maricopa Community College schools also made the top five. They are Phoenix College and Rio Salado College.

MCC's first placement did not happen by chance. For several years, faculty and staff at the college have worked diligently to realign online curricula and student support services in accordance with the national Quality Matters standards for course redesign.

ASO uses a variety of criteria for this ranking, including the number of programs and subject areas, student-to-faculty ratio, academic and career counseling services, placement services, tuition, peer-based value and financial aid percentages.

"Arizona is considered leaps and bounds ahead of many other states in distance learning," ASO said on its website announcing the rankings. "Distance learning in Arizona has some distinct advantages, including the flexibility to study anywhere, as well as taking courses at a university but living across the state from the nearest campus. Arizona has rural corners without access to a college or university campus, and many of the state's colleges and universities offer online degrees to meet the needs of any student." ■

To learn more about MCC's online course offerings and the three types of online learning options it provides, please visit mesacc.edu/elearning.

More information on ASO and its rankings is available at accreditedschoolsonline.org/arizona/.

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COVER STORY (CONTINUED)



SLOAN PARK BRINGS EXCITEMENT TO CUBS SPRING TRAINING

Last year, Mesa sports lovers had a lot to be excited about with the opening of the new Cubs Spring Training facility, Sloan Park.

The 15,000-seat, state-of-the-art stadium is the largest of all of those in the Cactus League. With its prime location off Dobson Road and Loop 101, as well as a design undeniably reminiscent of Wrigley Field, it truly is one of the coolest spots in town.

While the stadium’s first year of operation was fantastic, this season is expected to be just as enjoyable for baseball die-hards and casual sports fans alike.

While Spring Training officially begins on March 1, Sloan Park’s Opening Day will take place on March 4, with a game against the Los Angeles Angels. As a special bonus, the first 5,000 fans to arrive on Opening Day will receive a special commemorative baseball.

Arizona sports fans also can look forward to a face off between the Cubs and the Diamondbacks on March 17. For those looking to make a day out of a spring training game, Sloan Park is the perfect option. Great restaurants and amenities are right across the street, at Mesa Riverview, and the beautiful Riverview Park is right next to the stadium.

Tailgating is permitted, and parking lots open four hours prior to game time. For those looking to head straight into the park, avoid coming earlier than 90 minutes prior to game time, when gates open. Cubs fans will be able to enjoy the official onsite team store, filled with Cubs merchandise.

For those wanting to see more of the park, tours are available, at \$5 per person, on March 10, March 18 and March 24. All tours begin at noon.

Cubs’ workouts also are open to the public and run from approximately 9 a.m. to 12:30 p.m., on various non-game days. Workouts take place on fields three through six, located on the west side of the complex.

Sloan Park is located at 2330 W. Rio Salado Parkway. For more information, or to purchase tickets, visit sloanpark.com. To purchase tickets by phone, call 800-THE-CUBS.

OSTRICH FESTIVAL OFFERS NEW FEATURES AND THOSE FUN-FILLED RACES

The 28th annual Ostrich Festival, taking place March 11 through 13, at Chandler’s Tumbleweed Park, is expected

to be bigger and better than ever this year, with improved attractions, top national recording artists and an improved VIP experience.

“I am so excited for the 28th Annual Ostrich Festival,” said President and CEO of the Chandler Chamber of Commerce Terri Kimble. “The event has become such a great part of the Chandler community, and we look forward to 2016 being the best year yet. We have more than 50 local acts plus performances by national recording artists, such as Kalin and Myles; The English Beat; Parmalee; and Ozomatli. A variety of new attractions include Batman versus Superman, classic carnival rides and, of course, ostrich races.”

Entertainment at the festival’s three stages will run nearly all day and will include live band performances, dance performances, magicians and more.

New rides include the 1001 Nachts, a spinning gondola; The Quasar, a spinning, jolting thrill ride; and The Inversion, a pendulum, which will spin riders completely upside down.

Attendees also can look forward to the now legendary ostrich races, which will take place three times per day. There also will be emu, zebra and pig races, as well as many more interactive animal attractions, such as the petting zoo and camel rides.

For those looking for the ultimate Ostrich Festival experience, this year’s VIP lounge will be catered by Brio Tuscan Grille, which will provide freshly prepared Italian food all three days of the festival. In addition to the meal, this VIP experience will offer guests a preferred view of all the main stage entertainment, three drink tickets, snacks and an unlimited all-day ride wristband.

For the first time ever, attendees can purchase VIP and general admission tickets online at ostrichfestival.com. General admission tickets also are available at Maricopa County and Casa Grande Fry’s locations, and both ticket types will be available onsite. For a group discount of 15 percent, call (480) 588-8497. Only groups of 10 or more are eligible for this discount.

For more information, visit ostrichfestival.com, like the Ostrich Festival on Facebook and follow @ostrichfestival on Twitter and Instagram.



MEDIEVAL TIMES COME TO LIFE AGAIN WITH RENAISSANCE FESTIVAL

The Renaissance Festival has become one of Arizona’s favorite yearly events, and, when it comes to town each year, the excitement among Valley residents is palpable.

After nearly three decades of medieval fun, the festival still is able to bring in attendees year after year. The continual success is due in large part to great



entertainment, feudal-era shopping and, of course, those turkey legs.

“The Renaissance Festival is the greatest party since Camelot,” said Marketing Director Sanja Malinovic. “Eat, drink and be merry is the order of the day. Patrons enjoy interacting with our performers on and off the stage, and you never know what you may discover in our 30-acre village.”

The sprawling festival boasts 13 stages and a large variety of shows. So, even the most seasoned Renaissance Festival attendees will be able to find something new to enjoy. In addition to the traditional comedy shows, there are belly dancers, a living fountain, a whipmaster, juggler and plenty of other friendly and entertaining medieval characters.

While most loyal festival attendees have come to know and love the classic rides and attractions, like the Birds of Prey, Hey Nunnie Nunnie and Tortuga Twins shows or Da Vinci’s Flying Machine ride, 2016 will welcome new attractions your family won’t want to miss. Very exciting are the Sea Fairies. This attraction features extremely authentic-looking mermaids swimming and frolicking under water. This year, the festival also is introducing an exciting new ride, The Dragon’s Tower Slide.

Of course, no day at the Renaissance Festival is complete without seeing a joust. These humorous, yet historically accurate renditions of medieval jousts, take place three times a day. Attendees can choose between A Joust for the Queen’s Favor, A Tournament of Champions and A Joust to the Death. Some may wish to see all three.

While the shows and attractions are fantastic, you won’t want to overlook the food or the great shopping. There are all kinds of medieval items available for purchase, from candles and home décor, to traditional medieval attire and magic wands. While the food options are nearly endless, some highlights include the previously mentioned turkey legs, or feast of fowl, as they call them, the filled bread bowls, and anything from The Chocolate Maker. The Renaissance Festival also serves a variety of beer, wine and spirits.

The Renaissance Festival will be open every Saturday and Sunday through March 27, from 10 a.m. to 6 p.m.

The Renaissance Festival is located seven miles east of Apache Junction, on U.S. Highway 60. For more information, visit royalfaires.com/Arizona. ■



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LOCAL BUSINESS

There are common myths about AUTOMOTIVE DIY REPAIRS

Submitted by H and I Automotive

When it comes to auto repair, it is easy to run into issues when trying to diagnose or repair a vehicle on your own. Here are some common myths about Do-It-Yourself (DIY) repairs.

MYTH 1—FIXING YOUR CAR AT HOME IS THE SAME AS GOING TO A SHOP.

There are several key differences between a repair at a shop and one performed in the driveway. Most notably is the quality of the repair. The DIY repair usually will involve cutting corners during the repair process. There is good reason professional technicians have tool boxes almost as big as your car. There are specialty tools for a lot of repairs today. When an improper tool is used, additional damage can be incurred to the vehicle. DIYers also tend to use sub-par parts. Replacement parts are not all created equally. A professional shop will use parts that will ensure a long-lasting repair.

MYTH 2—READING A FAULT CODE WILL TELL YOU HOW TO FIX IT.

Check Engine lights come on only when there is a problem with the vehicle control systems. Too often, consumers have their codes read by a parts store or friend, and start putting parts on the car. Then, the light comes on again. Diagnostic codes only give you an area of concern. The



code must be diagnosed in order to find the cause of the failure. Having a shop diagnose and fix your problem actually will save you money over the trial and error routine.

MYTH 3—IF A PART IS FAILING ON MY CAR, I WILL KNOW IT.

The biggest problem with this myth is when you do know about it, it is because it has caused other issues. A lot of times, the symptom gets fixed, but the cause goes unnoticed, and the problem just returns a short time later. So many cars' systems work with each other. Sometimes, the proper repair can be in a totally unrelated area. For example, a bad thermostat can cause decreased fuel economy, or a bad battery can cause an Anti-lock Brake System fault. Car repair shops are much better equipped to find the cause of your concern than either Google or YouTube.

MYTH 4—OVER-THE-COUNTER REMEDIES ARE A QUICK FIX.



Over-the-counter stop leak products were never intended to be a permanent repair. Using them often will cause further damage to your car. As the chemical works its way through your car, it not only will try to stop your leak, but also will start clogging small passages through which your fluid needs to pass. In an emergency, you can use a stop leak chemical to help get you to safety. You should then have the failing component repaired, and have the affected system's fluid changed to remove the product. Even then, it may be difficult to tell if the product caused other issues.

The common thread here is trying the shortcut to avoid a perceived expense could actually cost you more in the long run. So, when in doubt, have a car care professional solve your issue. Technicians have years of experience, which always trumps HowStuffWorks.com. ■

For more information about H and I Automotive, call (480) 985-9279. The shop is located at 5338 E. Main St., Suite 4. Visit the website at handiautomotive.com.

Real Estate In Las Sendas brought to you by: Las Sendas Area Market Report Sales for the Month of January 2016 John Karadsheh

Address	Square Feet	Community	Sold Price
7235 E. Northridge St.	1,131	Windsong	\$185,000
7445 E. Eagle Crest Dr. #1064	1,645	Cachet	\$231,000
7031 E. Roland St.	1,571	Tapestry Mountain	\$252,000
3055 N. Red Mountain #164	1,571	Ironwood Pass	\$299,900
7531 E. Sayan St.	2,451	Shadow Canyon	\$332,000
7229 E. Quince St.	2,105	Granite Ridge	\$341,500
3510 N. Stone Gully	2,226	Grayhawk	\$351,000
3763 N. Desert Oasis Cir.	2,757	Canyon Creek	\$410,000
3060 N. Ridgecrest #142	2,226	Desert Vistas	\$425,750
3913 N. Sonoran Hills Cir.	3,233	Sonoran Hills Estates	\$445,000
4062 N. Goldcliff Cir.	3,017	Stonecliff	\$584,000
4215 N. Arboles Cir.	3,903	Granite Preserve	\$765,000
8332 E. Echo Canyon Cir.	4,019	Walking Stick	\$952,534

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

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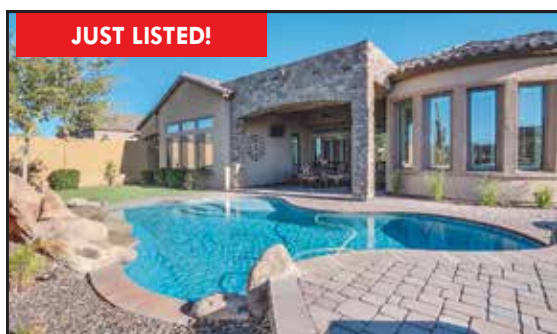
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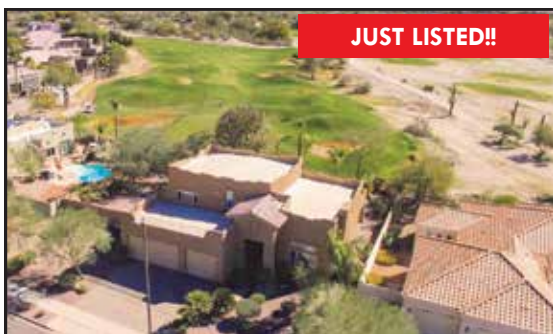
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LOCAL BUSINESS

CoCo Milano's design team makes dreams come true



Submitted by CoCo Milano's

If you have been looking for something fabulous for your home, or you need a fresh new look for the season, but are undecided as to just which direction to go, look no further than CoCo Milano's.

Our amazing team of designers at CoCo Milano's is available to help create the special space of your dreams.

Make yourself at home in our gorgeous studio as you discover our unique furniture, fabulous frames and accessories, exquisite floral arrangements, one-of-a-kind artwork and more. With its fully functioning design studio, in-home design consultation services, holiday and party decorating, as well as a separate boutique showroom and new arrivals daily, CoCo Milano's is sure to offer something unique and stylish for everyone.

Be sure to ask about our monthly workshops. Participants enjoy dinner and wine while mingling with like-minded, style savvy neighbors to create custom, handmade design-forward crafts. ■

For more information about interior design services, events or private parties, call (480) 641-2626. Visit the website at cocomilanos.com, or send an email to info@cocomilanos.com. CoCo Milano's is located in The Village at Las Sendas, at 2837 N. Power Road, Suite 104.

REAL ESTATE

Learn the Pros and Cons of Buying Either a New Home or a Resale

By John Karadsheh

Buyers definitely are out and about this month, and, while we are seeing many of our clients choose resales, several also are choosing new construction.

What are the pros and cons of new versus resale? Here are our thoughts on both.



- PROS OF NEW**
- 1) Everything is new. Less maintenance and warranties in place for the first couple of years.
 - 2) You can pick your own finishes and upgrades to create your look.
 - 3) Floor plan flexibility via builder options.
 - 4) A brand new neighborhood.

- CONS OF NEW**
- 1) It's new. Additional upfront costs to purchase window coverings, reverse osmosis and soft water systems, build a pool, and add landscaping and design extras.
 - 2) New homes typically are more expensive than resales per square foot.
 - 3) Smaller lots.
 - 4) Home may take six to 12 months to be ready for move-in.
 - 5) You will be living in a construction zone until the subdivision is complete.
 - 6) The home may be more difficult to sell, as long as the builder still is selling the same floor plan in your community.

- PROS OF RESALE**
- 1) Neighborhood desirability and location.
 - 2) Typically more square footage for the money.
 - 3) Larger lots.

- 4) More mature landscaping.
- 5) Existing pools.
- 6) Available for move-in within 45 days or less.

- CONS OF RESALE**
- 1) Home may need to be updated or completely remodeled.
 - 2) Existing upgrades may not be to your taste.
 - 3) Home may need maintenance and repairs.
 - 4) Appliances may be at the end of their lives.
 - 4) Landscaping may need updating.

If you are interested in new, please remember to call us the first time you visit the subdivision, so we can represent you. Are you thinking of moving in 2016? Give us a call, so we can set you up on a home search today. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 13 years, and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (480) 568-8684, or visit his website at KORproperties.com. KOR Properties also is the creator and one of the founding sponsors of Mesa Food Truck Fridays.



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MAY 12
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FINANCE

There Are Reasons to Have Estate Planning in Order

Submitted by Dale R. Thorson, PC

Consider the stress you can eliminate, for yourself and your family, by having your financial and medical affairs in order.

Consider, too, the cost savings in avoiding a \$5,000 bill for a court guardian—conservatorship proceeding by executing financial and medical powers of attorney. Then, realize a further savings of an estimated \$2,000 to \$5,000 cost of a court probate and the lengthy time delays by utilizing available techniques which many attorneys do not suggest or even understand are available.

MOST PLANS DO NOT NEED TO INCLUDE A TRUST

It is now possible to settle most estates with only an original death certificate. Yes, you need a will, but only as a guide to clearly state your distribution plan to be carried out, or if you fail to plan. Common myths are a will is required so the state does not receive your property, or you need a trust if your estate is more than \$75,000, as stated typically in most advertising. These statements are just not true. Start getting educated today.

ARIZONA PLANNING

Arizona is probably the most consumer-friendly state and one of the most unfriendly to attorneys to whom you do not need to pay large amounts of fees for unneeded services. Statutes are in place for low-cost and efficient planning.



Dale R. Thorson, PC

MEDICAL

With respect to medical powers of attorney (POA), almost every document I am asked to review names only one person to act. This design is wrong, in my opinion, as the primary reason for a medical power of attorney is to allow your trusted family and friends to have immediate authority to speak to your medical professionals, and to assist with initial services in an emergency situation.

To facilitate your treatment and care, the second most important reason is to have immediate authority to obtain access and copies to all medical records. Therefore, I recommend having multiple appointees, including your spouse, and, in most situations, all of your children and frequently visited out-of-state family members. Other appointees may be close friends, if you so choose.

If you do not have family in town, try to name a local contact person who will give immediate assistance and contact your family. When asked about the need for a medical POA, almost everyone says the most important

reason is to make decisions. However, my understanding is this only happens no more than 5 percent of the time. You personally make about 50 percent of the decisions, and medical professionals make around 45 percent. The remaining 5 percent is, indeed, important but usually only happens at end-of-life situations.

The other reason for a medical POA is to advise the hospital of your decision on end-of-life pulling of the plug or living will. Just a personal note, I am very worried that some of you have executed Do Not Resuscitate, or DNR documents, and really do not understand the risk of such decisions. Normally, DNRs are limited to hospice arrangements. Arizona does not have an assisted suicide law.

FINANCIAL

With respect to financial POAs, almost every document I am asked to review is effective upon execution. This is the same as giving a blank check to someone. This design

is also wrong, in my opinion. In most situations, this instrument should become effective only in the event of your incapacity. There are three phases of life. Competent requires no one else to make decisions on your behalf. Incapacitated is when you are mentally or physically unable to act. Death is when all POAs are void.

AVOID FAMILY DISPUTES

My approach includes steps to avoid family disputes by establishing the proper plan to distribute tangible personal property, get your family involved, and make them aware you have done comprehensive planning. ■

For more information, contact Dale R. Thorson, PC, at (480) 641-3000. The office is located at 31 S. 63rd St., Mesa.



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LOCAL BUSINESS

Be Aware of Heat Safety for Your Dog

By Dawn Dubelbeis

Since it is already warming up, let's revisit the heat of Arizona, and take a true or false quiz to see if you can pass with flying colors.

1. It takes 15 minutes for your car to become so hot your dog suffers serious physical harm.

False—It only takes 10 minutes.

2. Parking in the shade will keep your dog comfortably cool if left in a car.

False—This only buys minutes, at best, to slow down rising temperatures. A shaded car still will reach high internal temperatures dangerous to pets within minutes.

3. A dog's normal internal body temperature is normally 100 degrees to 102.5 degrees.

True—Above 103 generally is seen as an emergency. If you have been exercising your dog and she seems listless afterward, do you yourself a favor, and check her temperature.

4. The best practice for cooling down a dog suspected of being in heat stroke, or overheated in general, is to put ice on the animal's body.

False—Submerging a dog in ice actually can cause the blood flow to constrict in the veins, slowing down the dog's cooling process.



5. If a dog is panting, he is cooling himself off enough to stay out of the heat danger zone.

False—This is the only way a dog can cool itself, just as we sweat. However, just because a dog is panting does not mean he will stay cool enough. It's important to monitor your dog after exercise to be sure he has not overheated.

6. If outside, as long as a dog has shade and water, there is no danger of overheating or heat stroke.

False—A dog's internal body temperature still can go above the normal range, even if he drank water and is in a shaded area.

7. If you exercise your dog in the early morning hours, she is safe from heatstroke.

False. Sadly, I personally know someone who was exercising his dog at about 9 a.m. The dog overheated, and on the way to the vet, she died. Do not underestimate the heat here. Just like people, different dogs have different tolerance levels to heat.

8. If you are going to exercise your dog, you should keep outside exercise times to 10 minutes or less if the temperature is above 85 degrees.

True—Again, we're talking about the dog's internal body temperature, not how the temperature feels outside. The higher the temperature, the faster the animal's internal body temperature rises.

It is very important to know your dog's limits. Dogs often do not know their own limits. Therefore, it is up to us, as our dogs' guardians, to take excellent care of them, just as Critter Caretakers does when we sit for your fur babies. ■

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LOCAL BUSINESS

Family Offers West Texas-style Mexican Food for Generations

Submitted by *Matta's Mexican Grill*

The historic Matta's Restaurants, in Mesa, began with Manuel and Marylou. In 1940, Manuel Matta and Marylou Lerma were married. After starting a family, serving his country in the Marines and living in California, Manuel and Marylou decided to relocate to Arizona to open a restaurant. In 1947, they decided that in order to learn everything about the restaurant business and family recipes, they would move to Pecos, Texas, to work with Manuel's brother and sister-in-law, Ben and Chuy Matta, who owned a Mexican food restaurant called Ben's Spanish Inn. After two years, they had their sights set on their future home being in Safford, Arizona, but stopped off in Mesa because something about it impressed them enough to want to build a future here.

Manuel and Marylou opened their first Matta's Restaurant in 1953, and brought the West Texas-style of Mexican food to Arizona. Manuel and Marylou's oldest son, David, watched his parents work hard to build up their small business. In 1958, he began working as a dishwasher in their new building on Main Street. By the time he was in high school, David had learned to cook and create Mexican food the way his grandparents taught his own parents. However, it was not until 1966 that he began working full time to support his own family and finish college at Arizona State University. By then, both his parents were very involved as community volunteers in both the City of Mesa and the State of Arizona.

In 1982, David's son, Peter, came to work at Matta's on Main Street. He worked hard and worked his way up over the years, from a busboy, to a cook, to kitchen manager. Peter eventually became restaurant manager of Matta's on Main Street.

Good food was Peter's passion, and he mastered the art of the family's West Texas-style Mexican food. He saw the big future for Matta's Restaurant, and wanted to expand. Matta's Mexican Grill opened in December 2002,



on Higley Road. Business has been thriving, thanks to good food, fast service and a great clientele. A total of four generations of Matta's have been working and running Matta's Restaurants. In 2008, after 55 years in the same location, Matta's was moving from Main Street. Peter and Gretchen Matta had plans for Matta's Restaurant in the new Mesa Riverview Shopping Center. As much as they missed Main Street, the new building had great potential, especially with its easy access just off the freeway. They saved and restored everything they could from the original location on Main Street to include in the new Matta's Grill and Cantina, making it a familiar atmosphere. Today, Matta's has four locations, with the newest location here in Northeast Mesa. Matta's Cantina, located on the northeast corner of Ellsworth and Brown roads, is the perfect neighborhood hangout or a great venue for private parties. We still serve our traditional West Texas-style Mexican food, which we have served to more than six generations of wonderful customers. Thank you for all the support. ■

For more information, call (480) 655-8646. Matta's Mexican Grill is located at 1105 N. Higley Road.



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EDUCATION

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Story by Heidi Hurst

Red Mountain High School was in it to win it during the annual Change for Change coin drive this past January.

After taking fifth place last year, the Lions roared to first place, with more than \$6,000 collected. Westwood High School took second place, with \$3,615. Mountain View placed third, with \$3,555. In total, Dobson, Mesa, Mountain View, Red Mountain, Skyline and Westwood high schools raised approximately \$22,000 in nine days.

"We are happy to help in the community," said Jessie Pomonis, Red Mountain student council adviser. "It feels great to win, but, overall, it's for United Way to put to good use."

Change for Change is a nine-day coin drive challenge between six Mesa high schools. Mesa Public Schools Superintendent Michael Cowan and student council members conceived the idea as a friendly competition between schools for a good cause.

"I'm thrilled with the results of Change for Change," Michael said. "For the second year in a row, our students have come together to change the lives of families in our community. I am proud of our students for their dedication to service and the teamwork they've shown to make this another successful drive."

All funds collected during Change for Change benefit Mesa United Way. The money goes toward feeding the community via organizations such as United Food Bank and Paz de Cristo. Last year, students collected almost \$15,000.

"The impact of Change for Change goes beyond just providing food," explained Mesa United Way Executive Vice President Mark Young. "When young people are given proper nutrition, they're more successful in school. When families are relieved of the anxiety of how to provide the basic need of food, they're able to use their money for housing and other necessities," he continued. "People are emancipated from the sense of helplessness and hunger because of the dollars these students raise."

Red Mountain High School was successful thanks to creative ideas, such as charging students to cuddle puppies from an animal shelter during lunch.

"We give 100 percent of the credit for the puppy idea to student body co-president Elyse Tonioli and her mom, Patty," Jessie said. "Elyse spearheaded the communication efforts with getting approval from our principal, and our student council did the legwork to bring the shelter dogs here. Our student body responded with big donations to our puppy parties." ■

For more information about all Mesa Public Schools, please visit mpsaz.org.



Ashley Durfee of Red Mountain High School cuddles a shelter puppy during a Change fund-raising event.

COMMUNITY

Salt River Project Analyst Is Guest Speaker at Red Mountain Ranch Social Club

Submitted by Edith Pitts

Greg Kamrump, principal analyst at Salt River Project (SRP), was the recent guest speaker at the Red Mountain Ranch Social Club.

Greg has more than 31 years in the water business and understands the concerns and issues in Arizona. "Arizona is an arid state, but we have had good water planners," he said. "Before the birth of the Salt River Valley Planners Association, in 1903, there were 17 different irrigation companies in Arizona fighting over water."

In 1937, the Roosevelt Dam was built, at a cost of \$10 million, and all the canals were consolidated. This dam contributes 70 percent of our water supply. Other sources are Colorado River water, ground-water and reclaimed water.

Greg mentioned the fact California dumps their reclaimed water into the ocean, but, in Arizona, almost 100 percent of this water is used on golf courses, some water features and in other ways. We are a desert state, however, and there is room for improvement. Some residents and homeowners associations requiring grass need to re-think this and consider desert-friendly landscaping, Greg said.

Almond farms use water all the

time, whereas row crops use water only while the crop is growing. Vineyards require much water also, but the Verde Valley is using Israel grown grapes for their vineyards, which need less water, and they are being watered with reclaimed water.

Another issue of importance is forest fires. According to Greg, SRP is actively engaged in the Northern Arizona Forest Foundation for the conservation of forests. The forests are too dense with little spindly trees between older larger trees, and the small trees are fuel for fires. This organization is working to thin the forests, improve the habitat and manage erosion. One of their goals is to raise awareness and foster conservation. To further this goal, they are going into schools to educate young people in the Phoenix area.

The Red Mountain Ranch Social Club would like to invite you, the readers of the *Up Close* newspaper, to attend our meetings. We meet on the second Thursday of the month, except December, at 9:30 a.m., to hear interesting speakers and presentations. We meet at the Country Club, located in the middle of Red Mountain Ranch. You do not need to be a member to attend. ■



PHOTO BY PAT FAVIER



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FINANCE

Workshop Emphasizes the Importance of Investment Strategies

Submitted by Edward Jones
Edward Jones is conducting a workshop highlighting important investment strategies, on Wednesday, April 6, from 11:30 a.m. to 1:30 p.m., at Red Mountain Ranch Country Club, 6425 E. Teton Circle.

Steve Sullivan, vice president of Franklin Templeton, will present *Understanding Social Security*. Brent Hoskinson and Carolyn Wright-Ruppert will host the educational workshop. Lunch will be served.

To reserve seating for yourself and a guest at this event, please call (480) 985-3115 or (480) 985-2651. ■

For more information, call (480) 985-3115. Edward Jones is located at 2941 N. Power Road, Suite 103.



COMMUNITY

ORGANIC FARM Offers Box Pickup at Las Sendas Trailhead MEMBERS CLUB



Submitted by Blue Sky Organic Farms

Blue Sky Organic Farms offers organic food boxes for pickup at the Las Sendas Trailhead Members Club kitchen area, on Thursdays, from 5:30 to 7 p.m.

Sign up for weekly, bi-weekly, half-season and whole-season pickups. Place your order on hold as needed. Food box size options are small for \$16.50; regular for \$21; large for \$32; or juice box for \$30.

Add-on items include chicken eggs, duck eggs, Noble breads, whole chickens and fruit boxes. ■

For more information, call (623) 266-4031. Blue Sky Organic Farms is located at 4762 N. 189th Ave., Litchfield Park.

LOCAL BUSINESS

Know Before YOU THROW

By Jon Englund

D downsizing? Determined to get rid of stuff you no longer need? Cleaning out your parents' home or an estate? Stop. *Know Before You Throw*.

It's always a good idea to have a trained eye determine if there may be value in what you want to toss.

For example, I got a call from a family member who was cleaning out Grandma's house, and they had already thrown out two dumpsters full of trash in order to make it easier for the professional to come in and determine the value of what was left.

After our consultation, what was most startling and disturbing to the family was the fact they had just thrown away two dumpsters of vintage travel brochures and other collectible ephemera—the very items having more value than what was *not* thrown away. Basically, the family just spent hundreds of dollars to have thousands of dollars dumped in the landfill.

If you find yourself about to throw, protect yourself by consulting someone with experience, so you don't suffer the same kind of loss. ■

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

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



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HEALTH

Determine the Treatment Best Suited to Address Allergy Symptoms

By Stuart H. Agren, MD

With spring in the air, some people are seeking out antihistamines or corticosteroids to tide them through allergy season. These work fairly well for some patients, but for others, allergy immunotherapy (delivered through allergy shots or oral drops) can provide more thorough, lasting relief. It's important to think about the severity and duration of your symptoms when considering immunotherapy.

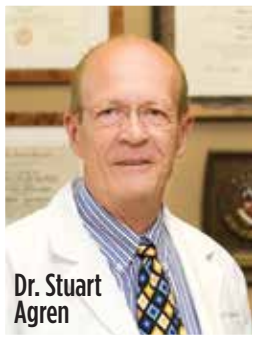
- ♦ **Severity.** If you rank your symptoms as a 5 out of 5 on a *misery scale*, your allergies may be severe enough for immunotherapy.
- ♦ **Duration.** It's a red flag, too, if your symptoms last for multiple months. For example, if you are close to a 5 on the misery scale in spring and fall, and in moderate discomfort during other parts of the year, consider seeing a doctor about immunotherapy. Pills may be appropriate for short symptom bursts, but immunotherapy is often better for symptoms lasting more than four months per year.

GETTING STARTED WITH TREATMENT

Allergy immunotherapy presents some significant advantages over simply popping an allergy pill. First, immunotherapy is the only treatment proven to change the underlying allergic disease, not just its symptoms. Also, immunotherapy is nature-based and free of the side effects of synthetic medications.

ALLERGY TESTING

To determine if immunotherapy is right for you, your



Dr. Stuart Agren

physician may administer an allergy test (usually a blood test or skin scratch or prick test). Since tests are prone to false negatives and other inaccuracies, your doctor also will consider your symptoms and health history.

IMMUNOTHERAPY

Immunotherapy starts with an allergy serum, which contains traces of common pollens mixed into a saline solution. As your body is exposed to these pollens, it develops an immunity to them. So, it will stop overreacting every time it encounters them in nature.

SHOT-FREE ALTERNATIVES

For many years, immunotherapy was administered only through injections. Patients had to drive to the doctor's office a couple times a week for shots. More options are now available. Most of my patients prefer sublingual (under-the-tongue) allergy drops because they are safer than shots and can be taken at home. The drops absorb into the bloodstream through cells in the mouth.

Allergy drops often are a great choice for kids. Because of their safety profile, they can be given to younger children as opposed to shots.

Talk to a physician if you think you may be a candidate for immunotherapy. Medications provide temporary relief, but immunotherapy can provide a lasting solution. ■

Stuart H. Agren, MD, opened the Family Allergy Clinic in the East Valley in 1985. He has helped more than 15,000 patients overcome food and pollen allergies using sublingual allergy drops. Peers recently chose him as a Phoenix Magazine Top Doc. His offices can be reached at (480) 827-9945. Visit the website at FamilyAllergyClinic.com.



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REAL ESTATE

Estate for sale offers exquisite detail

By Dawn Abbey

If you are a person who appreciates exquisite details and fine quality, you'll love the home of Billy Johnson, master builder and owner of Amberwood Homes.

Billy recently listed his personal 9,000+ square foot, four-acre citrus estate with KOR Properties for \$2.5 million. "There is not another home in this price range in the Valley with every detail so thought out," he stated. "You could not build a home like this today for less than \$4 million."

Having built more than 1,000 million-dollar custom homes over the past 30 years, Billy put an incredible amount of detail into the home he built for himself and his family. He designed and constructed all aspects of the estate, from the main house to the guesthouse, and from the pool to the outdoor kitchen. He also carefully designed the mechanical logistics of the property so that it operated efficiently from day one.

For every area of the home, Billy selected unique materials and only the finest quality. "For instance, the ceilings in every room are different and designed to be architecturally interesting," Billy said. "All the bath fixtures are luxuriously decorated with fine Swarovski crystals. The master bath suite has custom designed restored antique cabinets and an elegant crystal chandelier, as well as a sealed wet sauna and large spa tub. The counters in the game room are made of volcanic granite, and the room also features bold solid wood ceiling beams that interlock without the use of glue or nails," he continued.



"Floors are solid hardwood and 3-by-3-foot stone with wood planking," Billy further stated. "Each door has an artist designed and copyrighted circle design, unavailable elsewhere. It is a gorgeous mansion that you can still feel at home in. It would take pages to describe all the unusual aspects of the home. Nothing was left out."

For those into automotive pleasures, as is Billy, who loves vintage muscle cars, he constructed a finished and air-conditioned over height 5-car garage in addition to the 5-car garage attached to the main house. "I also designed the driveways around the property as a shifter track," he stated. "We have had many fun Phoenix International Raceway-type events at our place."

Horse lovers will appreciate the four-stall barn, finished inside and out. The barn is fitted with fans and a unique flooring system, which prevents odors and flies. The arena is equipped with sprinklers to keep down the dust. "You never have to walk on dirt. Walkways, patios and grass areas connect everything," Billy explained.

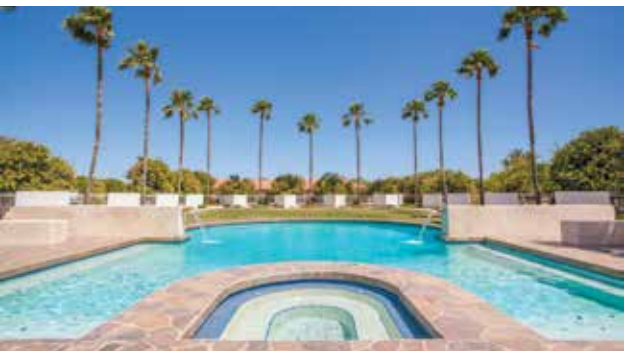
Outdoor features include an 80,000-gallon swimming pool with fountains, a spa, spacious covered patios, two fireplaces and a kitchen ramada.

Billy, who loves to hunt, built a private guest house that includes a 90-foot-long lighted and air-conditioned underground cement range. There is also an adjoining workout gym. Billy, who is known for building undetectable safe rooms in most of his custom homes, has that surprise for the buyer, too.

Even the citrus groves get special care. "The property gets irrigation, but we don't flood the groves, which causes mud and mosquitoes," Billy explained. "We have underground watering, and constantly till to keep down weeds."

"This home is one of the most exceptional properties in the entire Valley," said listing agent John Karadsheh, designated broker of KOR Properties. "It is one of the last true estates in the Valley, and is particularly unique because of all it has to offer all while just 20 minutes from Sky Harbor, Scottsdale and Phoenix." ■

To view photos and details of the property at 3818 E. Brown Road, visit the KOR Properties website at korproperties.com, or call John Karadsheh at (480) 568-8684.



LOCAL BUSINESS

TIE THE KNOT AT SEA

Submitted by Sue and Bruce Mitchell, Cruise Planners

Let's face it, not everyone is interested in the typical four-hour white wedding, and some may even say, "Been there, done that."

So, what's a great alternative? How about getting married at sea? What could be more fun than your wedding festivities lasting seven days or longer, and spending the week in exotic ports? The best part is you can do this with a small wedding party, or you can invite all of your friends and family to come along.

Fun events can be planned both onboard and ashore throughout the week. Think of having a sail away party on deck, beach Olympics on a private island, or enjoy a wine tasting for sophisticated palates. In addition, amazing shore excursions can be tailored to the couple or the group's personality. The possibilities are endless.



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Few cruise lines actually have captains who legally can perform the ceremony at sea. Princess, Celebrity and Azamara Club Cruises have ships registered in Bermuda and Malta, which recognize marriages in international waters.

Getting married at sea has huge advantages. I'm talking about dollars. It's much less expensive than a typical wedding, with packages starting as low as \$1,200. The wedding planner handles everything, from the ceremony and event coordination, to live music, photos, cake and flowers. It's a one-stop shop. Plus, couples also can enjoy some romantic extras, such as breakfast in bed, chocolate covered strawberries, champagne and spa treatments.

Your friends and family will be talking about your wedding for a lifetime. ■

If you haven't cruised in a while, or would like to know more about some of the specials cruise lines currently are offering, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists. Visit our website at redmountaintravel.com. You may send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

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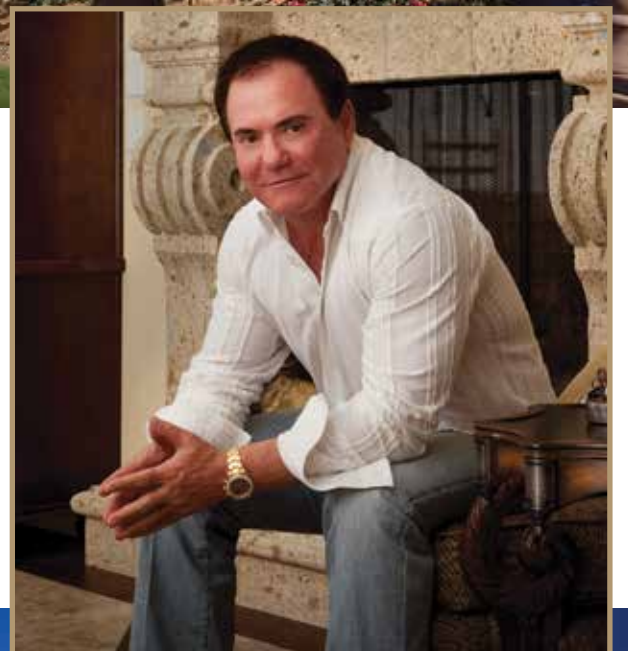
THE VALLEY'S PREMIER CUSTOM HOME BUILDER

CELEBRATING 30 YEARS OF
CUSTOM HOME BUILDING



WE BUILD THE BEST CUSTOM HOME FOR THE MONEY IN THE VALLEY!

With 30 years of luxury custom home building experience in the Valley of the Sun, Amberwood Homes has built a solid reputation as one of the best custom home builders in Arizona, offering exceptional quality, innovative ideas, and a commitment to project details that is unparalleled. We believe that first and foremost, it is important to have an honest and collaborative relationship with our clients. From the first meeting through to the final walkthrough, we make you our priority.



**"IF YOU CAN DREAM IT,
WE CAN BUILD IT."**

Master Builder Billy Johnson
Amberwood Homes



**Call us today for a complimentary
lot evaluation or custom home
building consultation.**

**Contact Billy Johnson directly at 480-832-8161
or billy.j@amberwoodhomes.com.**

SPECIALIZING IN:

- EXCEPTIONAL QUALITY CUSTOM CONSTRUCTION
- VALUE ENGINEERED PLANNING AND DESIGN
- COMPLEX HILLSIDE AND DESERT LOTS
- CONSTRUCTION PACKAGES THAT KEEP PROJECTS ON BUDGET
- 10 YEAR STRUCTURAL WARRANTY

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