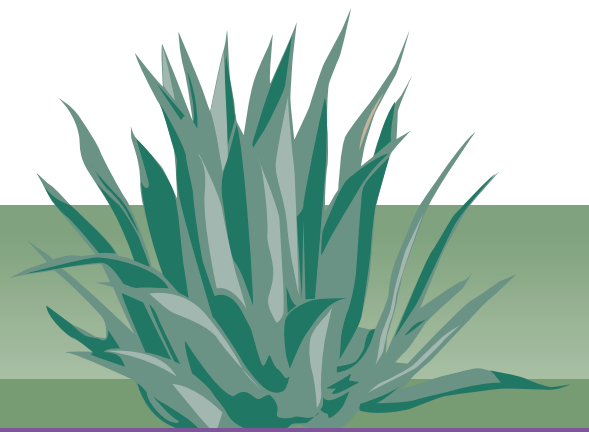


Mesa Uplands Up Close



Bringing neighbors closer to their community

April 2016

Neighborhood hangout offers Texas-style Mexican food

By Dawn Abbey

Open for barely a year, Matta's Cantina has become the new neighborhood hangout for residents near Ellsworth and Brown roads.

My husband and I checked it out on a Tuesday evening, not usually a busy night for restaurants, and it was quite full. Walking in the front door, you could immediately tell this is a comfortable, casual place that caters to the neighborhood. There was a lively mix of families and couples dining, and a crowded bar, with sports on the TVs, lots of chit-chat and patrons enjoying libations, appetizers and meals.

As soon as we sat down, a personable waitress brought us a basket of large, hearty corn chips and a generous bowl of spicy and very tasty hot sauce, which also is for sale at the restaurant and online.

This newest of Matta's four Valley Mexican restaurants, Matta's Cantina is owned by Peter and Gretchen Matta. This restaurant serves the same great West Texas-style, made-from-scratch Mexican food famous at all the other locations.

There are so many offerings on the menu, it was difficult to choose. We probably should have tried a few different things, but we both decided we wanted to order the shrimp and chili burritos. They came generously stuffed with lots of good-sized shrimp, strips of green chilies, onions and rice.

My husband ordered refried beans as his side, and I tried the papas fritas. Matta's certainly doesn't skimp on its portions. The burritos were large, and the sides covered half the plate. The yummy refried beans were smooth,

creamy and covered with melted cheese. The papas fritas were bite-sized, triangular-shaped pieces of fresh-cut potatoes perfectly fried to a crunchy outside with a soft center. And even though they were so good, I couldn't finish the whole serving.

We had both eaten so much, we hardly could think of dessert, but the waitress convinced us we should at least give the caramel-filled churros a try. They were delicious. I forced myself to eat two of the perfectly crunchy confections, complete with a creamy caramel inside and sprinkled with cinnamon and sugar. The contrast between the crunch outside and cream inside was a real treat.

Matta's is a real family tradition, with Arizona roots dating back to 1953. So, it is no surprise Dominic Matta, son of Peter and Gretchen, works at the Cantina.

"We grew up in this neighborhood," Dominic said, "and we still live close by. We've always had a dream to start a nice little neighborhood restaurant here, where nearby residents could come for a quick lunch, a relaxing dinner or just to chill and have a beer or margarita, while hanging out with their neighbors," he continued. "We invite our snowbirds to check us out, and meet some of their year-



round neighbors, too."

Matta's also offers Fiesta Hour specials, from 3 to 6 p.m. daily, with discounts on combo plates and drinks. They have a lot of tequila selections, too. ■

Matta's is located at 1157 N. Ellsworth Road, on the southeast corner of Ellsworth and Brown roads. For more information and menus, visit mattas.com, or call (480) 354-7700.

NEW FACILITY WELCOMES Furry Family Members

Submitted by Las Sendas Animal Hospital and Grooming

Las Sendas Animal Hospital and Grooming invites everyone to an open house, on Saturday, April 23, from 4:30 to 7 p.m., to celebrate its new location.

Open house attendees will enjoy food, games and prizes. Staff members will provide tours at any time in the future for anyone unable to attend the April event.

Las Sendas Animal Hospital and Grooming is a new state-of-the-art veterinary and grooming facility, located on Power and McDowell roads. Since opening this past November, the facility offers a great place for your furry family members to be seen by its caring staff members who will provide the appropriate medical treatment.

Brittany Talos has seven years of grooming experience to offer. While she loves working with all pets, Brittany is especially great with our furry family members



needing extra care and attention. She also loves helping our senior pets, and makes sure they leave happy and comfortable after getting all freshened up.

PETS AND ARIZONA SPRINGTIME

As the weather warms up and furry family members start getting outside with their owners, Las Sendas Animal Hospital and Grooming wants everyone to be aware its staff is available to help with any medical needs related to pets.

Rattlesnakes, cactuses and other flora and fauna are beautiful aspects of the Valley, but they also can be dangerous to our pets. While you should always keep your pets on a leash, accidents still can happen. This is precisely why Las Sendas Animal Hospital and Grooming is available seven days a week to care for your fur babies. Hospital personnel also understand medical care often can be unexpected. As a result, interest-free payment plans are offered for these situations.

Las Sendas Animal Hospital and Grooming offers a wide range of services, from routine preventatives and vaccines, to surgery and hospitalization. Being open every day of the week offers flexibility in obtaining quality care for your four-legged kids. ■

For more information, call (480) 264-3460. Las Sendas Animal Hospital and Grooming is located at 6747 E. McDowell Road, Suite 101.



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LOCAL BUSINESS

PREPARE FOR SUMMER with an AC Tune-Up

By *Jamie Killin*

With summer just around the corner, John 14 Home Services provides an AC tune-up service to keep your unit running strong, and he will let you know if there are any problems requiring attention.

Arizonans know air conditioning is essential out here in the desert, but many people don't give much thought to their units until they are not working. According to Sam Yingling, of John 14 Home Services, it's common to get a yearly tune-up in Arizona.

"A tune-up is preventative maintenance," Sam said. "It's good to get your air-conditioning unit cleaned regularly."

What John 14 Home Services provides is much more than just an inspection. During the tune-up, your technician will test each individual part and provide a written analysis of each component. The service also includes condenser coil cleaning and condensation drain cleaning. Failing to clean these components can lead to problems down the road, such as flooding, if the unit is located in an attic.

Once the unit is inspected and cleaned, the technician will add up to one pound of refrigerant to ensure your unit is working its best. During this time, the technician also will make sure there are no leaks or other damages.

If anything is not performing as well as it could

be, John 14 Home Services will provide an estimate for the replacement and repair of parts.

Tune-ups typically take about an hour to complete.

If you notice your air-conditioning unit isn't providing air that is as cool as it usually is, if your unit is running longer than usual, or if you see a spike in your electric bill, there might be a problem with your air conditioning. ■

John 14 Home Services is a Christian-based, family-owned and family-operated company offering air-conditioning services, as well as plumbing and electrical services. For more information, or to schedule a tune-up, visit john14homeservices.com, or call (480) 553-1489.



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COMMUNITY

Volunteer seats open to those who want to be a voice for young kids

If you are passionate about children and want to impact the early childhood programs available to young kids in our community, First Things First needs you. Research has shown a child's early experiences lay the foundation for a lifetime of success in school and beyond. First Things First partners with parents and communities to give children from birth through age 5 the tools they need to arrive at kindergarten prepared to succeed. Regional councils, made up of community volunteers, make informed decisions as to which programs First Things First funds in their area to strengthen families and expand early learning opportunities, as well as increase access to preventative health services.

Volunteering on a regional council is a unique, high-level leadership opportunity to make a positive impact on children and families in our community. Regional council members help define priorities for funding and strengthening the services and supports available to young children and their families. By collaborating with other dedicated community members, they provide opportunities for young children to get a strong start in life.

First Things First is accepting applications in the Southeast Maricopa Region, from various backgrounds, for the following open seats, due to either vacancy or terms about to expire:

Southeast Maricopa—individuals from the education, child care, business and philanthropy communities—who want to be a voice for children in our community. Regional council members must live or work in these regions. A total of six regional council

seats, including two at-large seats, are open in Southeast Maricopa. If you or someone you know has 10 hours per month to make a difference in the lives of young children in our community, please visit azftf.gov/serve. There, you can learn about the volunteer positions available in our area, read a detailed description of the position and fill out an application. The job of getting kids ready for school starts the day they are born. Please consider lending your expertise, insight and community spirit to help ensure all Arizona children are ready to succeed in kindergarten and beyond. ■

About First Things First—First Things First is a voter-created, statewide organization, which funds early education and health programs to help kids be successful once they enter kindergarten. Local councils, staffed by community volunteers, make decisions about how those funds are spent. To learn more, visit azftf.gov.



LOCAL BUSINESS

POPPY'S MAKES Mother's Day Special

By Michelyn Emelle

Poppy's Home Décor ecstatically welcomes spring with lush florals and wonderful gifts, especially for Mom. Mother's Day is a special event at Poppy's and now also can be celebrated by enjoying a delightful, very delectable High Tea in Poppy's charming and cozy dining room turned Tea Room. Poppy's Picadilly Square, with its welcoming ambience, now serves a sumptuous, very tasty High Tea, which includes luscious sweets and savories of petits fours, finger sandwiches and lovely warm scones.

There is a marvelous selection of fine English teas from which to choose, as well as wonderful herbal teas and delicious specialty teas, all prepared thoughtfully in the traditional British manner. So, dress up, put on your hat and gloves, and come indulge your mother with a most satisfying nosh, a pot of tea and a sweet cuppa or two.

There are new and unique items of whimsy added weekly to Poppy's Home Décor, and it always is a treat to just come in and browse. Poppy's is now online. So, visit the new website, where you can shop at Poppy's no matter where you are in the world. Happy Mother's Day. ■



For more information, call (480) 325-4900, or visit the website at poppyshomedecor.com. Poppy's Home Décor is located at 7143 E. Southern Ave., Suite 101.

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HEALTH

Arizona Is No Longer an Allergy Haven

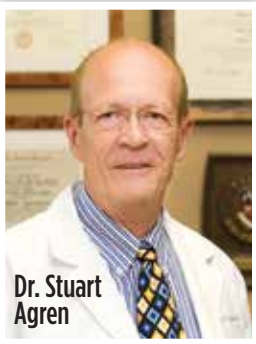
Submitted by the Family Allergy Clinic

Though Arizona was once considered a refuge from allergies, due to its warm, dry climate, according to the *Asthma and Allergy Foundation of America*, Phoenix is now cited among the 75 worst cities for allergy sufferers.

A few factors are to blame:

- 1. Imported plants**—Arizona already had some native allergenic plants, such as ragweed—a flowering plant and prolific pollinator. Then, throngs of newcomers to the Valley imported a barrage of allergy-causing plants, including Bermuda grass, junipers and mulberry trees. The plants beautified the desert but also created a hotbed of allergic activity.
- 2. Extended pollination season**—It's true Arizona's summer heat may stunt pollens, but spring, fall and mild winters all are conducive to pollination, making for longer allergy seasons than are found in many states.
- 3. Dust**—About 20 percent of Americans are allergic to dust, and Arizona has plenty of it. Construction, development and lack of moisture all contribute to a dusty environment, which can, in turn, lead to hay fever and asthma.
- 4. Air pollution**—As Arizona grows, the state gets more people, development, concrete and cars. All of these contribute to declining air quality, which can stir up allergy symptoms. Couple this with the fact we live in a valley where pollens and other irritants can settle in for the long haul, and you have fertile ground for allergic misery.

A study published in the *Journal of Allergy and Clinical Immunology* tested more than 8,000 people nationwide and found no matter where they lived, approximately 45 percent of participants showed sensitivity to at least one allergen. Easterners were more prone to mold allergies, while Westerners were more sensitive to grass and



Dr. Stuart Agren

ragweed. However, the overall finding was no part of America—not even Arizona—is significantly better for allergy problems.

If you struggle with allergies, the good news is there is hope. For brief, mild seasonal allergies, prescription medications can take the edge off of symptoms. For more severe symptoms or symptoms lasting longer than a few months, allergy immunotherapy can help desensitize your body to pollens, pet dander, dust and other allergens, so it will stop reacting to them.

Immunotherapy is available through shots or under-the-tongue drops. Most of my patients prefer drops because they are safer than shots and can be taken in the comfort of home rather than at the doctor's office. ■

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.



LOCAL BUSINESS

Know whether items are trash or worth cash

By Jon Englund

On March 9, 1959, when Barbie dolls were introduced to the market, you could buy the doll brand new, in the box, for around \$3.

Julie had been a longtime collector of her precious Barbie dolls and accessories. At a time when her health was failing, she contacted me to provide estate advice as to what to do with her collection, as she knew her children thought it was a bunch of junk and had no interest in it.

Julie feared her children would give them away, or sell them at a garage sale, not fully understanding the value that might be there. Worse yet, she feared they would simply put the collection in the dumpster.

She saw her collection as a legacy (cash value) she wanted to leave to her grandchildren.

After her consultation with me, the net result was Julie realized more than \$65,000 for her treasured collection. In fact, she got well over \$3,000 for one of her early dolls.

If you find yourself about to throw, protect yourself by consulting someone with experience, so you don't suffer loss, but you enjoy a gain.

Have you inherited stuff, and want to know if it's trash or cash? Recall the adage, "One man's trash is another man's treasure." ■

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.



Jon Englund

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HEALTH

Nutritional Therapy Nourishes BODY, MIND AND SOUL

Submitted by Life Balance Center

Certified Nutritional Therapy Consultant and Chef Colleen Forgus recently joined the Life Balance Center, located at 7565 E. Eagle Crest Drive, Suite 201.

Colleen combines more than 20 years of experience as a professional chef, cooking instructor, award-winning restaurant owner and certified nutritional therapist. She employs scientific nutritional testing, along with interview and intuitive skills, to identify those imbalances in the body impacting both physical and mental health.

"When I ran my restaurant, the Dragonfly Café, in Scottsdale, everything we made was from scratch," Colleen said. "People were instinctively drawn to our food. When you eat the very best whole foods prepared with love, your body is grateful."

Faced with her own health challenges and caring for her mother through a horrible cancer diagnosis, Colleen became disillusioned with the traditional medical model, which often prescribes a pill or surgery for every ill. Colleen chose to dig deeper and gain an understanding of why we, as a society, are facing so many health challenges.

She studied to become a certified nutritional therapy consultant. Her training focused on how the body's systems can positively respond to proper nutrition to regain a state of health and balance. She is an advocate for the best quality, nutrient dense whole foods, lovingly prepared and gratefully consumed.

When she works with individuals, Colleen creates a nutritional assessment plan based on the bio-individuality



Colleen Forgus

of each client, which identifies specific food and nutritional recommendations to optimize health. Colleen recognizes the fact we all are unique, and no one specific diet works for everyone.

In addition to creating nutritional assessments, Colleen offers hourly consultations covering pantry review, grocery shopping trips and cooking instruction. She is available to lecture to groups about topics relating to food and nutrition.

Colleen will be teaching a Nutrition Fundamentals Workshop at the Life Balance Center on Tuesday, April 26, at 10 a.m. and again at 6:30 p.m. The workshop topics include *Nutrition Foundations*, *Healthy Food Choices*, *How to Dissect a Food Label*, *Shopping Strategies* and *Menu Planning Suggestions*. For more information, visit TheGirlandTheEgg.com, and look at the *Classes* page.

"I am so grateful to be able to share this important information with others," Colleen said with a smile. "Every day, I am filled with enthusiasm, knowing we have the power to help ourselves through the food choices we make each day."

Colleen has appeared on Sonoran Living, with Jan D'Attri on Arizona Midday, Your Life A to Z, Good Morning Arizona and CZ the Day.

She offers free 15-minute consultations. Give Colleen a call to see how she can help you today. ■

To reach Colleen, call (480) 399-3192. You also can send her an email at thegirlandtheegg@cox.net, or visit her website at TheGirlandTheEgg.com.



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



THE VISTAS PAVILION
Summer Wedding Special—June, July, August and September 2016
The Vistas Wedding Pavilion at Las Sendas is pleased to offer a Summer Special Wedding Package for events booked and hosted in the months of June, July and August and the first two weeks in September 2016. The total cost is \$3,999 plus tax and gratuity. **Book a site visit, and receive a \$200 credit toward your wedding reception beverage package.**

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

Mother's Day Brunch
Come and join us at The Vistas Pavilion for Mother's Day Brunch. Enjoy stunning views of the Phoenix Valley and a gourmet buffet, including a seafood display, carved beef tenderloin, pineapple ham, omelette station and much more.

Sunday, May 8, 2016
10 a.m. to 2 p.m.
\$45 for adults and \$15 for children (ages 5 through 12) plus tax and gratuity.
Reservations are recommended. Call us at (480) 396-4000, extension 221, or email us at events@lassendas.com.

THE GOLF SHOP
New Lower Golf Rates for April
It's April, which means it is time to lower our rates. While

things are still in full swing here at the golf course, and with all of the winter residents and visitors escaping the cold to enjoy the beautiful Valley of the Sun, as always, the golf course is filling up quickly. So, please be sure to reserve your tee-times early. The best way to book your time is to go to our website at www.lassendas.com. Here, not only will you find information about our golf course, amenities, membership and the facility, but this also is where we post our lowest rates first. We have had some amazing deals this season, so don't miss out.

April Golf Rates
Monday through Thursday, \$79 plus tax.
Friday through Sunday and holidays, \$89 plus tax.
(Includes green fee, golf car and practice balls).

To book your tee-time, call the Golf Shop at (480) 396-0440, or check our website at www.lassendas.com. **This is where we post our lowest rates first.**

Plan Your Golf Event
Las Sendas Golf Club is the perfect destination for your bachelor party, summer golf league, group golf outing or larger golf event. We are happy to customize your tournament to not only meet your expectations, but to exceed them. You will receive top-notch personalized service on one of the top golf courses in the Valley. The golf course is in pristine condition, and there is no better place to wow your guests than ending the day enjoying your favorite cocktail while dining and taking in the breathtaking views from The Patio Restaurant. To book your golf event today, please call the Golf Shop at (480) 396-0440.

Baseball
We have stocked the Golf Shop with Diamondbacks gear, as well as items for all your local favorite Cactus League teams. This year, when you head out to the ballgame, be sure to Support your Team and Wear Your Las Sendas Pride as you cheer them on. It is all clearance priced, so we can bring in cool new stuff for next Spring Training season.



Bogo Appreciation Sale
In appreciation of our community and our customers, for the month of April, we are offering a Buy One, Get One for 50 Percent Off Sale on all apparel and headwear. Buy one item of clothing or headwear, and get one of equal or lesser value for 50 percent off the retail price. We truly appreciate your business and support this season. This is our small way of saying thank you.

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

Happy Hour 3 - 5 p.m.
Come and enjoy our Happy Hour Bites Menu—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.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



Live Music on the Patio at Las Sendas
Come and enjoy our amazing Phoenix Valley views for breakfast, lunch and dinner or just cocktails on The Patio at Las Sendas. Bring friends and family for a truly *Arizona Desert Dining Experience*. We have live music seven days per week. In 2015, our Patio was voted top 100 best Al Fresco restaurants in the USA.

Please call us for reservations at (480) 396-4000, or book a table online at www.lassendas.com.

Golfers Specials
Finish off your round of golf with one of our golfers' specials, which includes 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
FAMILY MEMBERSHIP—New!



Make your family a golfing family for free. You asked for it, and now we are offering the best family golf membership in the Phoenix Valley.

This **new** offer allows you to purchase a Las Sendas golf membership, and your family will play for **free** for **eight** years. The principal member pays regular monthly dues. Your spouse and children pay no dues for eight years. This is a wonderful time to join Las Sendas Golf Club as a family and enjoy what we have to offer—junior golf, men's and ladies leagues, member tournaments, junior tournaments, golf lessons, club storage and discounts in our Golf Shop and in The Grille and The Patio restaurants.

NEW Family Membership Special Fully Refundable—\$45,000 (ONLY 10 AVAILABLE)

- All family members receive free dues for eight years.
- Canadian currency at par for initiation deposit.
- More than \$12,000 of included features and savings.
- Annual (12 months) or seasonal (six months) dues packages.

Las Sendas Golf Club Memberships Opportunities

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

Proxy Membership—No Initiation Fee, Full Membership Privileges and Cart Fee Included

- Proxy members pay just monthly dues and have full membership privileges.
- Inclusive of cart fees, with unlimited golf and 10 percent discount in the Pro Shop and the restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues are \$690 per month for a single and \$790 per month for a couple.

Non-Refundable Golf Membership—\$15,000

- Immediate golf membership privileges.
- Monthly dues are \$359 for a single and \$477 for a couple.
- Option to convert to 80 percent refundable within five years—Save \$6,000.

Fully Refundable Golf Membership—\$45,000

- Free dues and cart fees for the first year.
- Canadian currency at par for initiation deposit or a free 2015 E-Z-GO base model golf cart.
- More than \$12,000 of included features and savings.
- Annual (12 months) or seasonal (six months) dues packages. ■

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



The Vistas Pavilion Presents

Cindy Miller

Tuesday, April 12th 2016

She's an electric comic performer from New York, her show is packed full of entertainment for all. With witty musical parodies and impressions you'll leave the show with a smile on your face.

Cocktails & Appetizers
7:00 PM
Showtime
8:00 PM

Tickets Available for Purchase
\$34.00
per Person
Includes complimentary appetizers

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

Mother's Day Brunch

THE VISTAS PAVILION AT LAS SENDAS
Sunday, May 8th • 10am-2pm
\$45 for Adults
\$15 for Children (Ages 6-12)
Plus tax and gratuity.

Enjoy Mother's Day Brunch in the Pavilion with Stunning Views of the Valley and a Gourmet Buffet

Brunch Includes:
Chef Carved New York Strip
Roasted Stuffed Turkey
Seafood Display
Omelette Station
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REAL ESTATE

Spring Through Summer Boasts Peak Housing Market

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

While the beginning of the year is the peak buying time for the second homebuyers, as we head into April, it's now the peak buying time for Arizona residents.

Whether moving up, down-sizing or moving location, now through mid-summer is when local buyers are out looking. If you are thinking of buying and/or selling, now is the time to start looking for your new dream home or getting your house on the market.



Lorraine Ryall

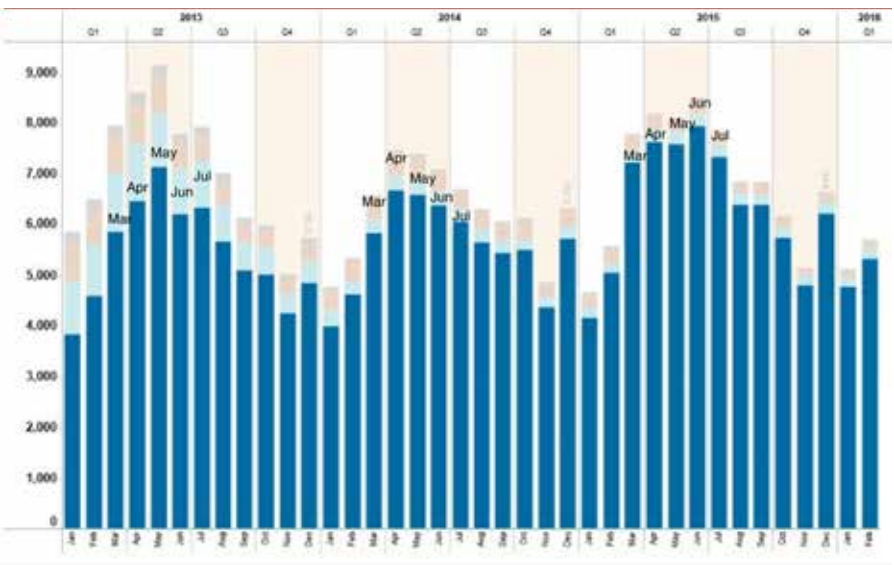
- Many of the sites, such as Zillow, do not have the most updated information. You may find that perfect home, only to discover it already is under contract and no longer available. Realtors use the Multiple Listing Service, or MLS, which is the most current resource available.
- Your Realtor will set you up on a property search based on your specific criteria, so you will only be sent homes having what you are seeking.
- Another great tool a Realtor can offer is the automatic search notification. If a home meeting your criteria is listed, you will receive an email of that listing on the same day. This is a great tool to keep you on top of the market, and make sure you are one of the first to view the home. A good home, at the right price, will go very quickly. If you are not aware of it until days or weeks after it has been on the market, however, chances are you will miss out on it all together.
- Your Realtor is not only helping guide you through the purchasing process and negotiating the best terms and conditions, but also is looking out for your best interest. Best of all, it doesn't cost you a penny. The seller, not the buyer, pays the Realtor.

WHEN TO GET PRE-QUALIFIED

Here are several reasons why you will want to get pre-qualified before starting to look for homes:

- Without knowing exactly how much you can qualify for, you don't you know what price range of home to view. You don't want to fall in love with a home only to find out you can't afford it.
- You cannot submit an offer without a pre-qualification.
- The pre-qualification shows the seller you are a serious buyer and will have the funds available.

PEAK SALE MONTHS



CHOOSING THE RIGHT REALTOR

- Find a local Realtor, someone who really knows the area well. A local Realtor will have a good knowledge of the local real estate market and the area.
- Ask how many homes the Realtor has sold in the past 12 months, and check out their website.
- Interview several Realtors. You can do this by just chatting with them on the phone. After all, you are going to be spending a lot of time working together, so it is important you actually like your Realtor and get on well together.

If you would like to start working with a local Realtor, or for more information on buying or selling a home, please contact me, or visit my website. ■

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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Red Mountain
Golf Course Lot with Pool - \$315,000
1658 sq ft, 2 Bed, 2 Bath

Mountain Bridge
Backs to Park - \$650,000
3204 Sq Ft, 4 Bed, 4.5 Bath

Red Mountain
Single Story w/Views \$385,000
2964 Sq Ft, 4 Bed, 2 Bath

We had interesting experience in selling our home and finding a new house. Through all the challenges I must say the one consistent person we could count on was Lorraine. She was extremely helpful, very quick to respond to our needs and became a trusted friend. We have nothing but good to say about Lorraine. She is truly a gifted professional, and we would use her again if the opportunity presents. -Joe

TRAVEL

Travel insurance can offer peace of mind

Submitted by
Sue and Bruce
Mitchell,
Cruise
Planners

You've spent months planning the perfect family vacation for just before the start of the school year, and you tell yourself, "We're going, no matter what."

That *what* suddenly becomes little Johnny running a high fever of 105, and just days before your departure, *you* also get sick.

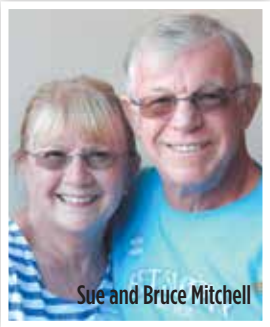
Sound familiar? It's funny because I am guilty of just that type of mentality. The days of, "Oh, nothing's going to happen before we go," are totally over.

Enter, reality.
People get sick. A family member falls and breaks a leg. Hurricanes hit. Flooding occurs. Resorts get damaged. Your lovely boss needs you to stay to help with a company issue. Or worse, you get terminated.

All these and more are reasons to buy travel insurance. Gone are those days of the negative thoughts about travel insurance. For the small cost of your trip investment, the three main reasons why you should buy are peace of mind, protection against the unexpected and concern over losing your financial investment in a trip. For fractions of what you invest in a trip, from planning to actual cost, just having peace of mind is all you need.

Check out some of the things travel insurance will cover:

- Your baggage is lost or damaged.



- You are involved in an accident, and adequate medical treatment is not available. You need medical evacuation.
- You need to cancel your trip due to your illness or the illness of a family member or other emergency.
- Your cruise line, airline or tour operator goes bankrupt. You need your non-refundable expenses covered to get to your destination.
- You have a medical emergency in a foreign country.
- A terrorist incident occurs in the city where you are planning to visit, and you want to cancel your trip.
- A hurricane forces you to evacuate your resort, hotel or cruise.
- You are called for jury duty.
- Loss of employment.
- Travel delay.
- Legal separation or divorce.
- Traffic accident en route to your destination.
- Military duty.

I always tell clients not to take insurance if they do not mind losing the money they paid for a trip.

Unfortunately, cruise lines, tour companies and airlines no longer are sympathetic to your problems.

Recently, we had a client fly to her destination, and, due to illness, had to be hospitalized before she could board her ship. Luckily, she had taken the insurance, and her cancellation was covered. ■

Please contact Sue or Bruce Mitchell, your Cruise Planners travel specialists, if you have any questions about travel. Visit our website at redmountaintravel.com. You also can send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

EVENT

Win prize packages at open house

By Dawn Abbey

Cosmos Salon and MedSpa invites everyone to an open house on Monday, April 18, from 6 to 8:30 p.m.

"Enjoy complimentary appetizers from Chipotle, complimentary 10-minute chair massages and a fabulously decadent chocolate fountain with all the accouterments," said MedSpa Director Muschi Morga. "We will be giving away \$4,000 worth of salon and med spa services free to lucky winners. It will be a fun and exciting way to meet our entire staff."

Guests will learn about all the latest trends in hair, including color, braids, blowouts and more.

"Also, get educated on everything dealing with skin and then some," Muschi said. "Meet and welcome the new MedSpa team to Cosmos, as free tips and consults are provided on everything from injectables, such as Botox and Dysport, to facial fillers, such as Voluma, Juvederm and Restylane."

"See and experience the Soprano pain-free hair removal system, and learn about the No. 1 skin-tightening treatment, Ulthera—the only FDA-approved procedure to firm and tone the neck, face and chest area with no downtime," Muschi continued.

"Guests also can experience free 15-minute mini-hydrofacials and free makeovers, courtesy of Annie Mayo, owner of Advanced Minerals Makeup," Muschi said. "Plus, we will be offering awesome special package pricing, available only the night of the event, and everyone will have a chance to win many valuable prizes for free salon and med spa services."

GRAND PRIZE PACKAGES INCLUDE:

- Ultherapy Brow Lift



- One Syringe of Restylane Lyft
- 50 units of Dysport—all a \$1,500 value
- One Cut and Color
- Syringe of Restylane
- 50 units of Dysport—all an \$860 value

Additional prizes include a Shellac Manicure; a Moroccan Oil, Sebastian, It's a 10, and Tigi Package; Annie Mayo Makeover; Painless Laser Hair Removal Package; Bikini Wax; Micro-pen Facial Treatment to Improve Texture/Collagen; MIC/B12 Injection; and a PCA Anti-Aging Start Kit (retail value \$323).

"This is a perfect opportunity to learn about all the hair care and facial rejuvenation opportunities available today, while also trying a few things you might have considered for yourself," Muschi said.

"Our motto at Cosmos Salon and MedSpa is, 'We need to look as good on the outside as we feel on the inside.' So, come join us for a night just for you."

To RSVP, call (480) 844-0707. "An RSVP is not necessary to attend, but will help us with planning," Muschi stated. ■

Cosmos Salon and MedSpa is located in The Village at Las Sendas, at the northeast corner of Power and McDowell roads.

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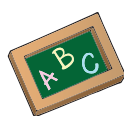


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LOCAL BUSINESS

REDUCE VEHICLE OWNERSHIP COSTS

Submitted by H and I Automotive

With the average auto repair frequency having gone down, from an average of 80 repairs per 100 vehicles in 1980, to about 35 per 100 vehicles today, motorists who employ good preventive maintenance practices cut this number even further.

While today's vehicles are much more reliable than ever before, preventive maintenance does actually prevent future repairs. Just as changing your oil prevents engine damage, changing other vital fluids on your vehicle will help protect and lengthen the life of those components.

All vehicles use some type of transmission fluid, whether it is standard, automatic or continuously variable transmission, also referred to as CVT transmission. The fluid not only lubricates, but also helps the transmission to disperse heat. As the fluid ages, it will become contaminated from heat and debris from normal wear and tear. We recommend transmission fluid service every 30,000 miles. This will help protect against a costly transmission repair.

Rear-wheel and four-wheel drive vehicles will be equipped with differentials and transfer cases. These components also rely on fluids to lubricate and protect their inner workings. Changing these fluids at recommended intervals is vital to prevent damage. Depending on vehicle use, these intervals will vary. We will help you set a schedule, which will meet your driving needs.

If your vehicle uses a hydraulic steering system, changing your steering fluid every 24,000 miles will help prevent leaks and failures.



Unlike the engine, the steering system actually uses the fluid under high pressure to operate. The steering pump creates the pressure, and when you turn your steering wheel, the pressure is directed to the steering gear, which makes the wheels turn. Over time, the fluid collects contaminants from the system, and this is what leads to leaks and premature part failures.

Brake fluid is unique because it is the only fluid that is hydroscopic. This means the fluid retains moisture. The moisture content will cause the fluid to have a lower boiling point and also create sealing failures. The result is a braking system that feels soft and can cause calipers and wheel cylinders to fail. Brake fluid should be changed every two years.

Besides fluids, vehicle performance should be maintained by spark plug changes, filter replacements and fuel system cleanings. Filters should be changed every 15,000 miles. These include engine air, AC cabin air and fuel filters, if equipped. Fuel systems should be cleaned every 30,000 miles.

Fuel combustion will leave carbon residue inside the engine. Over time, the carbon builds up and robs performance. Carbon buildup also can lead to emissions issues and a check engine light. Spark plugs have different replacement intervals, depending on their material. Copper plugs should be changed every 30,000 miles, but Iridium plugs can go 100,000 miles before replacement.

H and I Automotive, located at 5338 E. Main St., has been serving this community since 2009. We have more than 75 years of combined automotive experience in our desert environment. We will assist you with keeping your vehicle safe and reliable. Statistics show a well-maintained vehicle will cost you 10 fewer cents per mile than a non-maintained vehicle. ■

Call us at (480) 985-9279, or visit our website at handiautomotive.com.



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In Mesa Uplands

Mesa Uplands Area Market Report

Sales over \$300,000 for the Month of February 2016

John Karadsheh

Address	Square Feet	Community	Sold Price
4334 E. Enrose St.	2,377	Summit at Montecito	\$300,000
9807 E. Greenwasy St.	2,249	Saguaro Mountain	\$300,000
2839 E. Fountain St.	2,777	Mountain View Highlands	\$312,000
5116 E. Halifax St.	1,867	Copper Crest Enclaves	\$312,307
1411 N. Leandro Cir.	2,121	Saguaro Shadows	\$319,900
6202 E. McKellips Rd #295	1,818	Tuscany Villas	\$326,000
9622 E. Gary St.	3,081	Saguaro Mountain	\$330,000
2328 E. Lockwood St.	2,559	Citrus Del Ray	\$339,000
6946 E. Culver St.	2,527	Sonora	\$346,500
3418 E. Ellis St.	3,372	Thayer Estates	\$348,000
3539 N. Reynolds Cir.	2,886	Summit	\$349,000
9772 E. Flanders Rd.	2,124	County Island	\$349,900
1548 N. Loma	3,069	Kenisngton Grove	\$360,000
2156 N. Norcroft St.	2,145	Village View Estates	\$360,000
1237 N. 86th Pl.	2,298	Grandview Estates	\$362,000
8825 E. Ivy Cir.	1,753	Mountain Bridge	\$365,000
1724 N. Channing	1,994	Mountain Bridge	\$372,500
8605 E. Hannibal St.	2,862	Grandview Estates	\$372,500
3164 E. Fountain St.	2,782	Groves	\$382,500
7406 E. Hermosa Vista Dr.	2,495	County Island	\$387,000
1410 N. Joplin	2,977	Saguaro Mountain	\$390,000
9806 E. Greenway St.	3,717	Saguaro Mountain	\$426,000
1635 N. Channing	2,145	Mountain Bridge	\$430,000
4145 E. Grandview Cir.	3,131	Estate Groves	\$437,000
3558 E. Minton St.	3,892	Hermosa Groves	\$455,000
7543 E. Kael Cir.	4,229	Saguaro Vista Estates	\$469,000
2363 N. Travis Cir.	3,026	Boulder Mountain	\$470,000
4055 E. Grandview St.	3,660	Estate Groves	\$503,000
8432 E. Leonora St.	3,204	Mountain Bridge	\$583,000
8624 E. Nora St.	3,960	Madrid	\$615,000
3256 E. Jaeger Cir.	5,866	Arboleda	\$785,000

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

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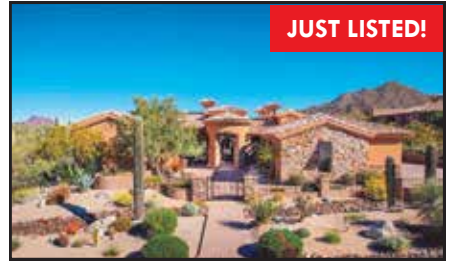
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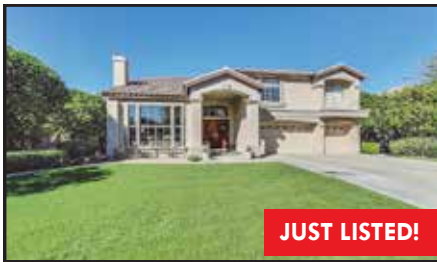
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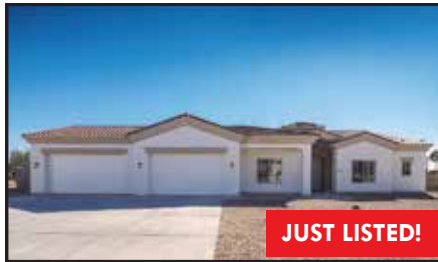
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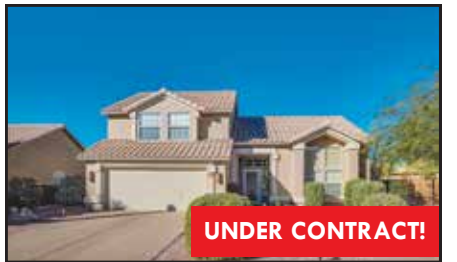
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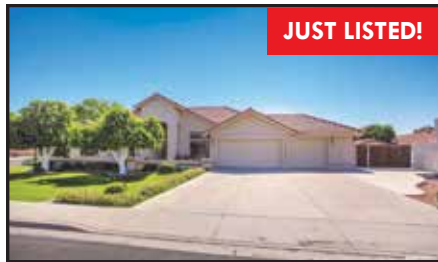
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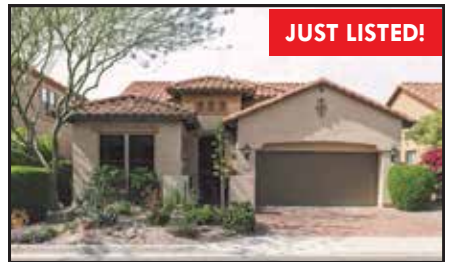
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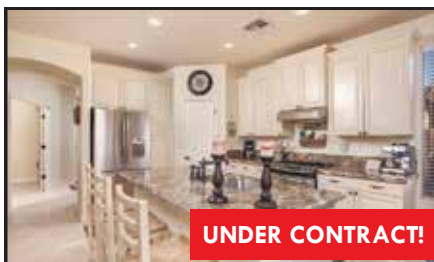
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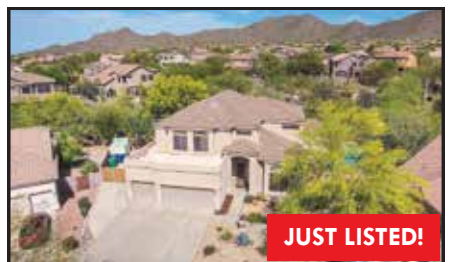
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LOCAL BUSINESS

Waypoint Helps Navigate Complexities of Senior Care

Submitted by Waypoint Senior Care and Consulting

Navigating the world of senior care alone can seem like sailing a ship in treacherous seas. “We hope to calm the storm through education, individual options and compassion,” said Melissa Cecil, founder and chief executive officer of Waypoint Senior Care and Consulting.

Whether you or your loved one is looking into options for the future, or needing immediate assistance during a crisis, Waypoint’s advisors can help guide families each step of the way.

Waypoint Senior Care and Consulting provides both placement services and non-medical in-home care to individuals in their own homes. This includes everything, from light housekeeping and meal preparation, to bathing and toileting assistance. The plan of care is customized to meet the needs of the individual for whom they are providing care.

The goal is to maintain the independence of our clients, while providing the safety and security of assisted living. At Waypoint, we recognize the fact sometimes care is needed only for short periods of time, often following a medical procedure or hospital stay.

For this reason, we require no contractual obligation from our clients. If remaining at home isn’t an option, our experienced advisors will assist you in locating the right residential care home or community, which will be best suited to meet your loved one’s needs.

THE STEPS FOR PLACEMENT SERVICES

Initial Phone Meeting—Our advisor will listen as you describe your situation and ask you about your experiences, goals for the next few months, etc. We will schedule a time to meet with you and your loved one in person.

Home or Office Visit—Our advisor will come out and meet with you in the comfort of your home, in a mutually agreed upon location or in our office, in an effort to gather as much information as possible to assist you in making the right decision. We will discuss:



- What types of activities do you or your loved one enjoy?
- What would be an ideal location?
- What financial concerns do you have?
- What areas of assistance are needed with activities of daily living at this time?
- How do you or your loved one feel about making a move?
- What would be the ideal situation for you or your loved one?

Think about the answers to these questions before your meeting, as the answers aren’t always clear-cut. If you aren’t certain as to some of the answers, that’s OK, too. We are here to help you figure it out.

Tour Plan—Your advisor will create a tour plan for you based on your meeting. Our advisors will schedule a day with you to go out and look at different options, which we believe may be appropriate, based on the information provided to us.

We will tour with you, assist you in asking the right questions, and gather as much information possible. At the end of the day, we will talk about what you liked and didn’t

like, and determine what other options may be the best fit. We can continue to tour as long as you wish until you find the perfect fit.

Negotiations—Once you determine the option you feel is best, we will negotiate the financial aspects for you and assist with gathering necessary information and paperwork. In addition, we will help with making all final arrangements prior to the move-in process.

We will provide moving resources or other resources when needed, and help to ensure this day is as low-stress as possible.

Let the genuine compassion of Waypoint Senior Care and Consulting advisors help you assess if having in-home care or moving to assisted living is right for your loved one.

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

If your loved one needs assistance, or if you are personally researching a lifestyle change, ask for a Waypoint advisor in the East Valley by calling (602) 354-9094.

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EDUCATION

Technology transforms student learning spaces

Story by Laurie Struna
Photo by Tim Hacker

Students throughout Mesa Public Schools are learning in new ways, thanks to one-to-one technology. In fall of 2015, Skyline High School launched the One-To-One Technology Initiative Program. During registration, students were issued a Lenovo ThinkPad laptop to use for school-related purposes. The devices give students access to important tools to complete classroom and homework tasks and access digital and online textbooks and resources. The devices also serve to augment learning opportunities with teachers and peers in new and exciting ways.

IT'S IN THE DETAILS

Every detail about the rollout was examined, from personalized identification stickers for each device, to a simple checkout process and the ability to track thousands of devices students take home. Michelle Hamilton, director of purchasing and property management, researched ways to streamline the process. She found the right fit for the district's needs, saving thousands of dollars in equipment costs by using an app that scans QR or barcodes. "The process was seamless," Michelle said. "Students walked up to the table to get their device, and we scanned the student ID. We then took the device out of storage, loaned it to the student, hit *Enter*, and the process was complete."

A LEARNING CURVE

Changes were made to incorporate how students now use the school's media center. Non-emergency work requests help less-dire situations. For immediate needs, there is a centralized location staffed by student technicians, called the tech squad, who are supervised by a lead technician. They help students with non-operating devices before and after school and every hour in between. Technology orientations are hosted in the media center for newly enrolled students to get them up to speed before they attend class.



Bookcases were removed, furniture was rearranged, and additional power strips were placed around the floor for easy student access. Additional chargers and textbooks are available for students who need to complete last-minute assignments. "In the past, students would visit the media center to use the computers," said Marcy Ruggiero, Skyline High School's resource specialist. "Now, students come in to print papers, finalize projects or get help with their devices. My role has evolved into a triage specialist, where I systematize and prioritize students who need immediate help."

FUTURE PLANS

The technology initiative is supported by a voter-approved \$230 million bond initiative, which funded the purchase of student devices and the Wi-Fi infrastructure, allowing 3,000 students to simultaneously access the Internet from their devices. Westwood High School implemented the program at the start of spring semester, with Dobson and Red Mountain high schools slated for the 2016-17 school year. The Eisenhower Center for Innovation and Lehi Elementary School also use one-to-one during school hours. ■

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

EVENT

Flancer's hosts annual Charity PIZZA-EATING CONTEST

Submitted by Flancer's Gourmet Grub

Flancer's Gourmet Grub restaurant, an advocate for giving back to the community, is pleased to announce its 16th annual Charity Pizza-eating Contest, set for Sunday, April 10. Since the startup, Flancer's has done its part to promote awareness and help raise funds to support those local organizations needing assistance most. Last year, Flancer's, along with the help of generous sponsors, raised more than \$30,000 to benefit Warfighter Sports, Sunshine Acres and Jewish Family and Children's Services. This year, Flancer's will raise funds for these worthy organizations once again.

"There are two ways we are asking the community to take part in rallying around these causes," said Jeff Flancer, owner and chef of Flancer's Gourmet Grub. "Visit either Flancer's Gourmet Grub, in Mesa or Gilbert, to purchase raffle tickets for a chance to win one of six prizes valued up to \$1,000."

Another way to help is by signing up for the pizza-eating contest, which takes place on Sunday, April 10. Registration begins at 10:15 a.m., and the feasting ensues at 11 a.m. The contestant finishing in first place will receive a \$100 gift card and a large trophy. In addition, Chelsea Myers, the reigning Miss Arizona, will crown the winner.

The Charity Pizza-eating Contest is a fun event. To learn more about the details and cost, visit flancers.com/charity-pizza-contest/.

Flancer's Gourmet Grub has two locations in the East Valley. The Gilbert location is at 610 N. Gilbert Road. Call (480) 926-9077. The Mesa location is at 1902 N. Higley Road. Call (480) 396-0077. ■





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REAL ESTATE

Spring Is The Time to Love Your House

By John Karadsheh

With the weather beautiful and spring flowers in full bloom, now is the time to really appreciate your house.

We often perceive home maintenance, cleaning and updating as a chore. If you put good energy into your house, however, you will enjoy it more throughout the year, and your house will love you back. So, all those things you would get ready to do if you were going to sell, do them now because you are planning to stay.

Here are some great ways to show the love:

1. **Plant flowers.** Flowers are inexpensive and abundant this time of year. Add flowers to pots and garden beds, and get instant gratification, all while getting your first spring tan while in the yard.
2. **Bring spring indoors.** Do a quick run to Trader Joe's for orchids, herbs and daffodils. They will brighten your whole house.
3. **Clean the windows inside and out.** Your whole house will sparkle.
4. **Choose your least favorite room to refresh.** Take that space you avoid, and dedicate a weekend to making it your favorite space in the house with an inexpensive Target or Ikea redo.
5. **Eat outside in your yard at least once a week, and enjoy**



John Karadsheh

- the beautiful weather.
6. **Paint the interior of your house** one of the new trendy cream shades and lose the tans. Your house will feel bigger, brighter and happier.
7. **Change out your throw pillows** for light and bright spring-inspired shades.
8. **Get your ACs serviced, and clean your refrigerator**

and freezer coils. You will thank yourself this summer.

9. **Straighten the garage**—before your wife makes you do it in July when it is twice as hot.

10. **Declutter like you are getting ready to sell**—but, instead, just appreciate having less stuff to manage.

And lastly, enjoy your house. The happiest houses are those filled with friends, laughter and good times. ■

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 is also the creator and one of the founding sponsors of Mesa Food Truck Fridays.



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FINANCE

Put Your Tax Refund to Work

Submitted by Edward Jones

With the average tax refund in 2014 being about \$2,700, and upon receiving the same amount this year, making a decision as to what to do with it could be a challenge.

You can probably think of a lot of things you might do with \$2,700. You might decide to splurge and buy some big-ticket item you've been eyeing. Or you could use the money to pay down some bills, which might be a good idea, especially if it helps improve your cash flow. As an alternative, though, you might want to consider investing the money.

You might not think \$2,700 would make a big difference to your investment portfolio. But if you invested that \$2,700 in a tax-advantaged account, such as an IRA, and you left the money alone, what might you earn? After 30 years, your \$2,700 would have grown to more than \$20,500, assuming no further contributions and a hypothetical 7 percent annual return. That's not a fortune, of course, but it would help boost your retirement savings somewhat. In addition, since it originated from a tax refund, it was accumulated pretty effortlessly from your point of view.

Now suppose you put in the same amount—\$2,700—to your IRA each year for 30 years. Again, assuming that same hypothetical 7 percent annual return, your money would have grown to more than \$272,000. This amount certainly can make a rather big difference in your retirement lifestyle.

Keep in mind the fact you would eventually have to pay taxes on that \$272,000 if you had been investing in a traditional IRA, which is tax-deferred but not tax-free. It is possible, however, that if you start taking withdrawals when you retire, you'll be in a lower tax bracket.

If you meet the income guidelines for contributing



Brent D. Hoskinson

to a Roth IRA, though, you could avoid the tax issue altogether on your \$272,000. This is because Roth IRA earnings grow tax-free, provided you don't start with-drawals until you're 59.5, and you've had your account for at least five years.

Thus far, we've only talked about putting your tax refund to work in your IRA—which, as we have seen, can be a very good idea. But suppose you've already developed the excellent habit of *maxing out* on your IRA each year by contributing a set amount each month.

You currently only can put in up to \$5,500 per year to your IRA, or \$6,500 if you are 50 or older. So, you could fully fund your IRA by putting in about \$458 per month (or \$541 per month if you're 50 or older). Those amounts are not unreasonable, especially as you move deeper into your career and your salary increases. If you do reach these limits each month, what could you do with your tax refund?

You can start by looking closely at your portfolio to see if any gaps exist. Could you, for example, use your tax refund to further diversify your holdings? While diversification cannot guarantee profits or prevent losses, it can reduce the impact of volatility on your portfolio—and the less you feel the effects of volatility, the more likely you may be to stick with your long-term strategy rather than overreacting to short-term price drops.

So, when Uncle Sam sends you that refund, consider investing it one way or another. You will be putting it to good use. ■

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



EVENT

Children's Theatre Presents Fund-raising Event



Submitted by East Valley Children's Theatre

The East Valley Children's Theatre (EVCT) presents its annual fund-raising event, *Mystery at the Museum*, on Saturday, April 16, from 6:30 to 9 p.m., at the i.d.e.a. Museum.

This fun-filled evening features a performance by EVCT actors entitled *Dinner at Eight, Dead by Nine*. Dinner, drinks, entertainment and a silent auction also will highlight the evening.

The event is appropriate for ages 10 and up. The cost is \$45 per person, or \$300 for a table of eight. Dress is business casual.

All proceeds from this fund-raising event will benefit EVCT programs and scholarships. ■

To reserve seats, go to evct.org, or call (480) 756-3828 by April 11. The i.d.e.a. Museum is located at 150 W. Pepper Place, in Mesa.



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EVENT

Celebrate GRAND OPENING AT BIKEMASTERS

Submitted by Bike Masters

Bike Masters is proud to announce its grand opening celebration, set for Saturday, April 30.

As part of the daylong festivities, there will be a huge sale, demo rides and the chance to win a bike, as well as prize drawings and more.

For additional details, and to sign up for the Grand Opening Bike Demo,

go to bikemastersaz.com. Group demo rides begin at 8 a.m., with mountain bikes, and at 9 a.m., with road bikes.

Enjoy a free lunch from noon to 1:30 p.m.

A grand prize drawing for a free Specialized bike will take place at 7 p.m.

For more information, call Bike Masters at (480) 699-0072, or visit the website at bikemastersaz.com. The store is located at 2031 N. Power Road. Store hours are Monday through Thursday, 10 a.m. to 7 p.m.; Friday and Saturday, from 10 a.m. to 6 p.m.; and Sunday, from 10 a.m. to 4 p.m. ■



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EDUCATION

Student Passions and Pursuits Are Encouraged

Submitted by Self Development Academy

Encouraged by a culture of honing student leadership skills and developing social conscience, students at Self Development Academy (SDA) are encouraged to identify their areas of interest and pursue them with passion.

Examples of student initiative projects addressing their academic curiosity, community service and leadership abilities are present throughout the school community, in all grades. Not only do a large number of students participate in the annual Science Fair, but they also create various groups to serve different needs of the school or larger community.

Included among the many student initiated service groups are fund-raising campaigns, such as *Smash Cancer*, *Save the Animals*, *Be Kind to Your Friends* and *Help Youngsters with Homework*. A sense of responsibility to the community begins to surface as early as our lower elementary grades, when younger students look for ways to help their world.

SDA has consistently been ranked among the top 10 elementary and junior high schools in the state. The success of SDA students is due to a visionary leader, Dr. Anjum Majeed, superintendent of Self Development Academy, together with dedicated faculty and staff, supportive parents and hard working, diligent students.

Students learn a minimum of one year ahead of the Arizona Academic Standards. A strong academic foundation, especially in language arts and mathematics, is established during the elementary school years.



Junior high school students, ages 10 through 14, complete Pre-Algebra through Algebra II, Biology, Chemistry, Physics and high school level Social Studies and Language Arts coursework. In addition to obtaining a strong academic foundation, students gain necessary organizational and study habits for success in high school and beyond.

SDA students are encouraged to pursue their academic and extracurricular interests. The annual Science Fair, an optional event for grades two through five (mandatory for junior high), is one example of this type of opportunity. Many students are excited to participate in the Science Fair, since science, including science labs, is a regular part of the SDA curriculum beginning in grade one. This year, more than 150 students participated in the event. Topics included the areas of chemistry, physics, biology, aerodynamics and biomimicry.

The Science Fair requires students to develop a hypothesis and to complete an experiment. A lab report, including research, hypothesis, method, materials and results, as well as a tri-fold poster, are required. During the event, students field questions from teachers, parents and fellow students. Junior high students explain their experiments to judges. This year's winning projects included DNA extraction, beetle-inspired water collection, glucose levels of fruit, a zebra-striped cooling system, color's impact on memory, catapulting and concentrations of smell.

In addition to the Science Fair, students are encouraged to pursue their extracurricular activities and passions. This school year, five groups of students have proposed projects to Dr. Majeed.

One such project is Cancer Kidz. Inspired by personal family experiences with cancer, three junior high students, Emma Wolfe, Erica Fink and Paisen Alder, created Cancer Kidz to raise money for cancer research and cancer support groups for children diagnosed with cancer. The students, along with the support of the student government, have sponsored several events and raised more than \$1,200.

Bronson Staley, a grade two student, was moved to better the school campus by promoting recycling. In an inspiring letter to Dr. Majeed, he requested permission to lead his class in a poster campaign encouraging the school



community to pick up trash and recycle. Now, posters from his class are present throughout the campus.

Emmalee Sclease and Megan Parr are promoting and developing a project to care for abandoned pets and other animals. The girls are deciding if they wish to collect donations to help abandon pets and animals or care for abandoned pets. Outside sponsors are willing to support their project.

Junior high students, Maci Parker, Mackenzie Perry, Rylie Campoy, Cassie Rascon and Lizzy Dyslin, are passionate about kind treatment to others within the school community. Leaders in the junior high program, they serve as examples of their motto to *be kind, considerate and polite to all*. They address the issue of bullying.

Jordan Husted and Jade Medina, grade eight students, are leading a group of students who tutor students in the lower grades. The younger students are excited to have older students reading with them and helping them with math facts. Other grade eight students recruited for the tutoring group are Alex Burdick, Gurshant Grewal, Danny Elsberry, Dylan Jones and John Andrus.

These projects bolster the self-confidence of students, enhance their writing and presentation skills and create a lot of energy among the school campus, sparking creativity and areas of interest for other students. ■

For more information regarding Self Development Academy, or to arrange a tour, please contact the front office at (480) 641-2640. Limited spaces are available for the 2016-2017 school year.

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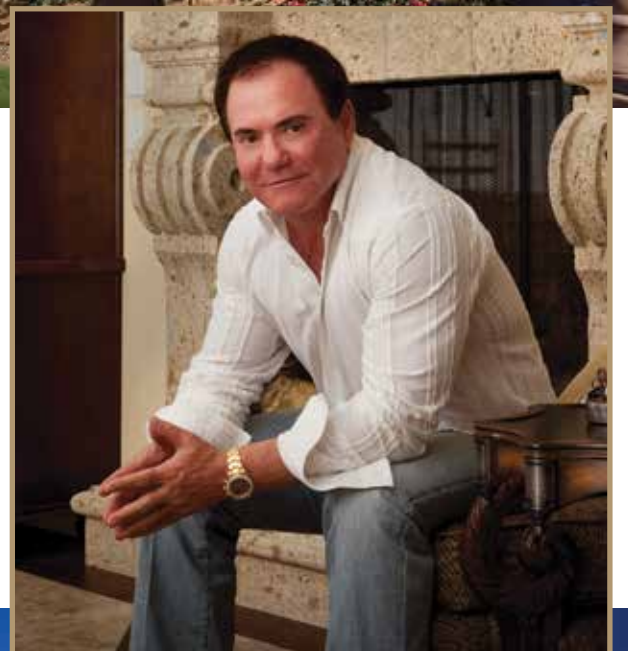
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