

# Las Sendas Up Close

Bringing neighbors closer to their community

June 2016

## Pirates Take Over National GO Day



Submitted by Salt River Tubing

The swashbuckling Salt River Pirates will be singing *Yo-Ho-Ho, and a Bottle of Water* as they celebrate the ninth annual National Get Outdoors Day (GO Day) event at Salt River Tubing, on Saturday, June 11, from 8:30 a.m. to 6:30 p.m.

Salt River Tubing will tender free pirate bandanas to the first 1,000 buccaneers during National Get Outdoors Day. Free tubing passes will be awarded to participants throughout the event for the best pirate tuber costumes. Buccaneers can frolic in the pirate-themed merriment as costumed Salt River Tubing employees and pirate warships (shuttle buses) ferry the Salt River pirates to and from the river.

Salt River Tubing's infamous pirate line dancers will be performing hourly during the event. Live entertainment will be offered by KISSFM 104.7 radio station, including water cannon battles, pirate coin grabbers, contests and free giveaways. Invited exhibitors include Tonto National Forest, Smokey Bear, Maricopa County Sheriff's Office Lake Patrol, Maricopa County Attorney's Office Anti-DUI Task Force and Monster Energy.

"Salt River Pirates is the second highest visitation day on the Lower Salt River during the summer," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Everyone wants to be a pirate as they shoot the rocking rapids on the river. Our pirate-themed event endeavors to capture the attention of teens and their families and create a unique, memorable adventure in beautiful Tonto National Forest," he continued. "We hope our guests will return for multiple visits, and enjoy the natural wonders of the mini-Grand Canyon of our recreational paradise."

Launched on June 14, 2008, the pilot effort of National Get Outdoors Day was built on the success of the *More Kids in the Woods* and other important efforts to connect Americans—especially children—with nature and active lifestyles. The United States Department of Agriculture (USDA) Forest Service and the American Recreation Coalition agreed to lead an inclusive, nationwide effort, focusing on a single day when people would be inspired and motivated to get outdoors.

GO Day partnered with federal, state and local agencies, as well as key enthusiast organizations and recreation businesses to create a healthy, fun day of outdoor adventure aimed at reaching first-time visitors to public lands and reconnecting children to the outdoors.

Last year, 171 official GO Day sites across the nation welcomed thousands of new faces to the joy and benefits of the great outdoors.

Salt River Tubing operates in Tonto National Forest under permit of the USDA Forest Service.

The cost is only \$17 per person or tube, which includes tube rental, shuttle bus ride and free parking at Salt River Tubing.

### TUBING TIPS

- Children must be 8 years old or older and at least 4 feet tall for tube rental and shuttle bus service.
- Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses.
- Have a great time on the Lower Salt River by responsibly appointing a designated driver before beginning your tubing adventure.
- Drugs, alcohol and the Salt River do not mix. Play it safe, and just don't do it.
- Daily hours of operation are from 9 a.m. to 6:30 p.m., with weather and water flow permitting. Salt River Tubing is open seven days a week.

Salt River Tubing is located in beautiful Tonto National Forest, just seven minutes from Highway 202 East and Power Road Exit 23A. ■

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

## HAVE GREAT FUN AT THE MEGA HAWAIIAN HULA

Submitted by Salt River Tubing

Salt River Tubing welcomes floaters to its Mega Hawaiian Hula, on Saturday, June 25, from 9 a.m. to 6:30 p.m.

This event is your opportunity to enjoy a hula adventure on the Lower Salt River in gorgeous Tonto National Forest. Throw on a beachcomber hat and luau shirt. Float your tube Hawaiian-style.

Salt River Tubing's Hula Honey's will welcome the first 1,000 Hula fun-seekers with free Hawaiian leis. The event showcases the grass-shaking Hula Honey Line Dancers, as well as limbo and hula-hoop contests. Radio personalities from KISSFM 104.7 will also take part.

Salt River Tubing will award free tube rental passes and Limited Edition Mega Hula T-shirts for the best Hawaiian tuber costumes. The tubing passes are valid on your return visit. Hawaiian tiki barges will transport guests to the Lower Salt River for fun in the sun on rocking rapids.

Salt River Tubing President and Chief Executive Officer Henri Breault asked, "No time or money to visit Hawaii for summertime fun? No worries," he stated confidently. "During our

Mega Hawaiian Hula event, you can join us dancing the Hawaiian Hukilau, and then set sail on your tube down the cool and refreshing waters of the Salt River. Don't forget your camera to capture photos of the wild horses crossing mid-stream or the blue herons gliding along the river," he continued. "Enjoy unique, memorable fun in the sun in Tonto National Forest."

The Mega Hawaiian Hula event, co-sponsored by KISSFM 104.7 and Salt River Tubing, is aligned with The United States Department of Agriculture Forest Service's *More Kids in the Woods* commitment in meeting the challenge of reduced youth involvement in outdoor activities. The program was expressly designed to encourage efforts to get kids and teens outdoors in their national forests. ■

Visit Salt River Tubing's website at [saltrivertubing.com](http://saltrivertubing.com) for event details and enjoy the Hawaiian Mega Hula video, or view it on Vimeo at [vimeo.com/72126039](http://vimeo.com/72126039).



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LOCAL BUSINESS

## Want a different gift for Fathers' Day? GIVE HIM 'BROTOX' FOR MEN

By Dawn Abbey

With Fathers' Day fast approaching, thoughts of that perfect gift for Dad becomes foremost.

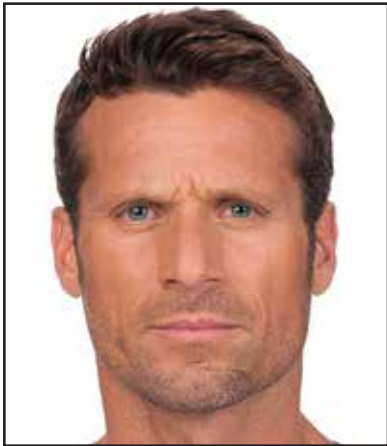
Does he really need another tie? How about something really different? Why not Botox treatments?

"While many women have been getting Botox for years, there's been such a rise in men getting a little lift in their brow, it's been deemed *Brotox*," said Muschi Morga, spa director at Cosmos Salon and Medspa. "Men want to look rested, fit and youthful."

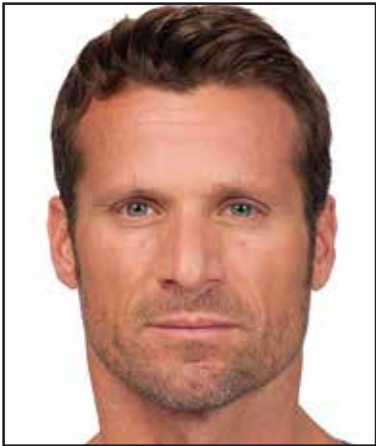
There are good reasons why men are jumping in to the *chair of youth*. "Today's world of business is fierce," Muschi stated. "Every year, there is a younger crop of people coming into the workforce. So, you have to step up your game, or you just may get left behind. Looking younger can come down to a simple business decision. As we age, we want to remain competitive, which translates into maintaining our youthful looks to the best of our abilities," she continued. "It is a perception in society that men also are forced to deal with as they age."

Interestingly, Muschi also has noticed a trend in younger men coming in for Botox injections. "The younger males want to prevent things from getting worse and to prevent wrinkles from forming in the first place," she explained. "Not necessarily a radical idea, since it's a fact that it is much easier to prevent wrinkles from forming than to correct already existing ones," she continued. "Let's face it. Men don't like to age either. They just don't talk about it as much as women do."

Men wanting to try Botox should not be afraid of losing their *Man Card*. "Men tend to have stronger muscles than women, and we can customize the dosing to avoid the *frozen face* look some women like to wear," Muschi explained. "Each face has different musculature and



BEFORE



AFTER

must be treated uniquely, whether women or men."

There may be a grain of truth to the idea men have a lower pain tolerance than women, Muschi believes. "But men, please don't be frightened. We have squeezable, stress-relieving items and numbing cream for the most fearful of the manly," she joked.

Also, there is no downtime. Guys can come in on a lunch hour and be done in 15 minutes. And it is always confidential. "You can keep it on the down low and nobody will ever know you had the *procedure* done," Muschi said. "However, the results cannot be denied. It may come up during the precursor to your weekly business meeting—how rested you look—even with that new baby and all those sleepless nights. So much for keeping it quiet, right?"

For the month of June, to celebrate those great men in our lives, Botox will be \$7.95 per unit for men, along with a free 15-minute Aquafacial, if you mention this article—quietly. ■

Cosmos Salon and MedSpa is located on the northeast corner of Power and McDowell roads. For more information, call (480) 887-0671.

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## LOCAL BUSINESS

# Swim Club Summer League Makes a Big Splash

Submitted by Mesa Swim Club

The Mesa Swim Club Summer League is in full swing, with swimmers of all ages and agility in the pool.

First-time swimmers and advanced swimmers are enjoying the pool. High school swimmers are preparing for their high school teams. Our mermaids and mermen are flowing in the water. They are learning how to swim like flowing fish and having fun with their friends and family members while burning lots of calories.

Mesa Swim Club Seadogs also have a variety of other groups suited for a wide range of ages, ability levels and practice availability.

The swim club boasts competitive groups. This year-round group meets six times a week. The focus is on long-course swimming, 50 meters and up. Groups compete during the summer, and with short-course swimming during fall, winter and spring. The goal is to prepare for the team's USA certified meets.

Anyone interested in joining the competitive group can prepare by initially entering the pre-competitive group.

Members of this group compete in non-official meets, and are able to choose how many times a week they would like to practice, up to five times.

Mesa Swim Club Seadogs encourages all ages to participate, from kids to adults. Anyone can get involved not only in the Mermaid Program, but also in the Masters Program, which gives those over the age of 18 a place to open water swim, offering the opportunity to stay in shape and have fun with friends.

Valley residents also can come to the swim club for American Red Cross classes on CPR, first aid, lifeguarding and more.

With fees for some programs starting at just \$60 a month, Mesa Swim Club Seadogs is a cost-effective way to get kids moving and having fun.

It's not too late to join in on the fun at Red Mountain Ranch Country Club or Skyline Aquatic Center. Participants can register at any time, and they can stay involved all year long. ■

Visit our website at [mesaswimclub.com](http://mesaswimclub.com), or call our office for all the details at (480) 807-3317.



## HEALTH

# GET IN SHAPE THIS SUMMER with In-Home Personal Training

By Jamie Killin

Delia Scegiel, owner of Well You and an American Council on Exercise certified personal trainer, with 15 years of experience, offers in-home personal training, and currently is taking on new clients.

Operating for one year, Well You offers personal training, health coaching and nutrition counseling. In addition, Delia's expertise in weight loss can help you reach your health goals this summer with an easy and cost-effective personal training regimen.

"I work with my clients to help them reach the level of fitness they want," Delia said.

She is able to train clients of all abilities, and even offers partner training for those who want to get fit together for a discounted price.

Each training session lasts approximately one hour and takes place in any area of the home the client chooses.

"It's a comfortable setting, and you don't need a lot of room," Delia said. "Space is not an issue."

Fortunately, equipment isn't an issue either. So, there is no need to invest in a home gym to get a great workout in the privacy of your own home.



Delia is able to provide all the equipment her clients require, and while some clients choose to purchase their own equipment, it's not necessary.

"In-home personal training works well for people who don't want to go to the gym," Delia said.

Having grown up living an active lifestyle playing sports, Delia got her start in the fitness industry teaching group fitness classes. She became a personal trainer, however, after seeing how effective individual training could be.

"I started doing personal training when I saw the benefits of working one-on-one, and I think I'm a very one-on-one person," she said.

Delia values her relationships with her clients. In fact, she even has had clients she trained for up to 14 years.

"I have a passion for helping people," Delia said. "I enjoy being able to help people on the different levels of wellness."

This month, Delia is offering 10 in-home personal training sessions for only \$350, which is a discount of \$100. ■

To schedule an appointment with Delia, call or text her at (480) 250-4171. You also can send an email to [scegiel@yahoo.com](mailto:scegiel@yahoo.com).

## LOCAL BUSINESS

# Happy Pets Palace Offers Dog Socializing and Exercise

Submitted by Happy Pets Palace and Playground

Excitement and playtime aren't just for kids anymore, with our dogs often having fun playing, chasing and jumping in pools, maybe even more so than children.

Doggy day care is a great option for people who can't keep up with their dog's energy level. The perks of day care lead to a more well-rounded dog who learns socializing skills.

Dogs need mental stimulation for optimal health. It's best to start them out young with puppy socializing. Some dogs are puppies for several years, and maintain high energy levels requiring time to exercise. Typically, puppy socializing starts as young as 12 weeks, or it begins after the third series of distemper vaccinations.

Doggy day care at Happy Pets Palace and Playground, an award-winning facility, offers all day play inside and outside. The 5,000-square-foot facility has four playgroups with air-conditioning and ceiling fans to keep everyone cool. The outside area is 2,500 square feet, complete with playground equipment, shade structures and aboveground swimming pools for a quick splash.

When the heat gets too hot or you work long hours, remember your dog still enjoys being included in activities. Bring him to doggy day care and he will spend a full day playing with other friendly dogs while supervised by a trained staff. Dogs practically pull their owners to our front door because they enjoy the upbeat, clean and safe play environment.

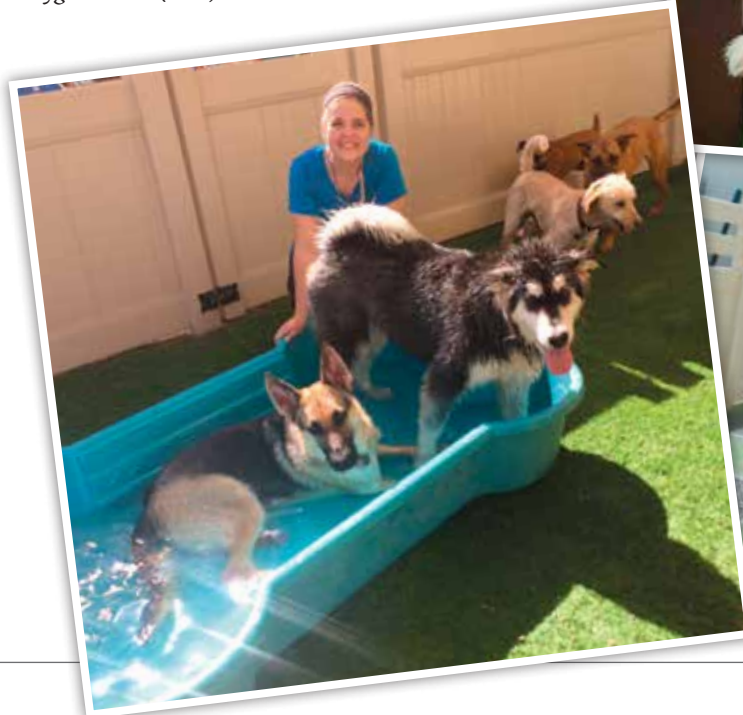
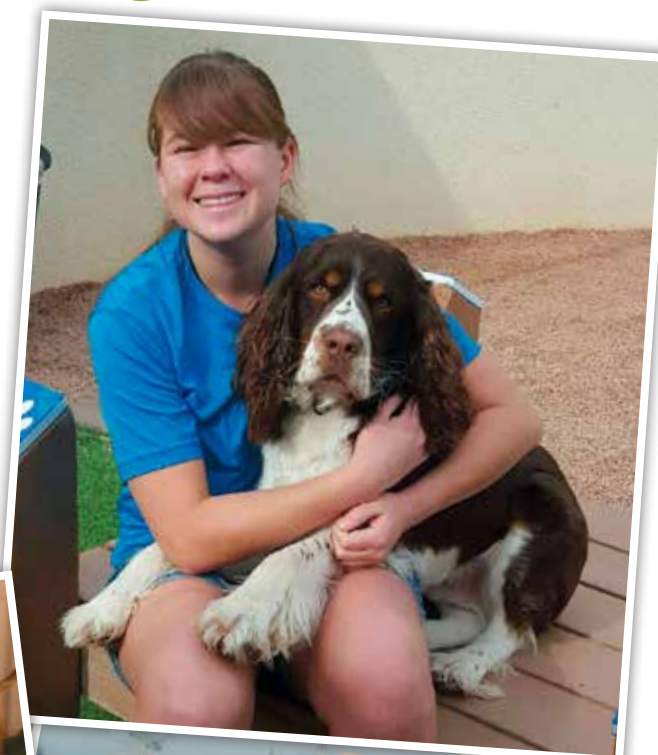
Summer with this Arizona heat means vacation time. If you can travel with your dog, that is awesome, but not all trips can be dog friendly. The dog boarding industry has revolutionized the past two decades.

Happy Pets Palace embraces the idea of letting friendly dogs play together with supervision and in private villas where your family dogs sleep together at night. The

great thing about boarding your dogs at Happy Pets is that 390-minutes of playtime and potty time is included with overnight boarding. We are the only facility that includes a late-night potty break outside around 10 p.m. Our staff treats the dogs that come to our facility like family because we love them.

All dogs who come to Happy Pets Palace for doggy day care, puppy socializing, and overnight boarding have been prescreened to ensure they are appropriate and friendly in dog-dog group play. All dogs must be neutered or spayed once of age and current on vaccinations. ■

Take a virtual tour and watch the live webcams at [HappyPetsPalace.com](http://HappyPetsPalace.com). To inquire if your dog may be a good fit to experience dog-dog group play, which can be great for socializing and exercise, call Happy Pets Palace and Playground at (480) 207-1852.





LOCAL BUSINESS

Finding ideas for new pies sounds like a tough job

Submitted by Piefection

Cheryl Standage, owner of Piefection, just returned from a trip to Hawaii, where she sought inspiration for a new pie.

This is a tough job for some, but not so for Piefection's owner.

"Somebody's got to do it," quipped Cheryl. "One of our family's favorite things to do is travel, and we are always on the lookout for new ingredients and flavors we can bring home to share with our customers."

So, was the latest trip a success? "It led us to my new favorite pie," explained Cheryl. "In Hawaii, we fell in love with lilikoi—a yellow passionfruit. We first tried lilikoi as an ice cream, but I just knew it would make an incredible pie. It's tart and sweet at the same time," she explained. "We loved the flavor and fragrance so much, we came right home and started baking. We tried out a few different pie ideas, and now we have a recipe we are thrilled with."

When asked to describe the new pie, Cheryl said, "It looks a lot like a Key Lime or our Arizona Orange pie. It has that same buttery graham cracker crust, but the creamy, silky filling has a bright

passionfruit flavor and real whipped cream to finish it off," she continued. "It's different from any pie you've ever tried."

How can you get your hands on Lilikoi Pie? It's Piefection's pie of the month for June, meaning it's available whole or by the slice daily at Piefection. "We can only make a limited number of this pie. So, I wouldn't wait too long to stop by," warned Cheryl. "We've tested it out on our family and friends, and they've been as thrilled with it as we are. Therefore, I feel confident saying you won't regret it," she promised. ■

Get your Lilikoi Pie at Piefection, located at the southwest corner of Power and Brown roads, at 6731 E. Brown Road. To order, call 480.218.PIES (7437), or place orders online at [piefectionaz.com](http://piefectionaz.com). Piefection always has pie for walk-in customers, as well.



HEALTH

HEALTHY GOALS ARE ATTAINABLE with Proper Products and Guidance

By Jamie Killin

If you are looking to reach the next level in your health and fitness journey, supplements can be a great place to start.

At Performance Supplements, you can rest assured you will get the right products for your body and goals, as well as the education you need to ensure those products work for you.

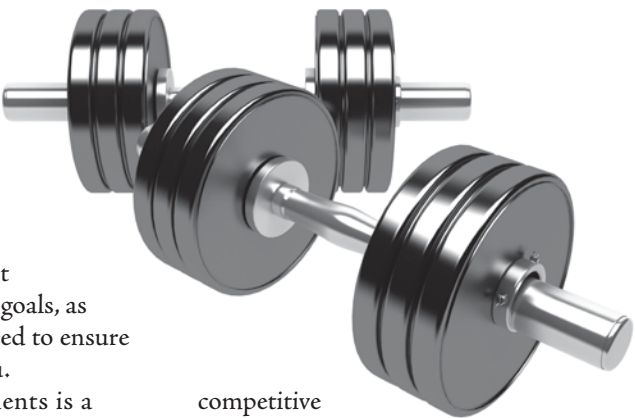
Performance Supplements is a family-owned business, which opened in Mesa this past January. They offer everything you need to reach your goals—from protein bars, drinks and powders, to vitamins and carbohydrate powders.

"We have everything you're going to find in any other nutrition store," said Alex Frekey, owner of Performance Supplements.

While Performance Supplements might be offering many of the same products as other stores, they offer the individualized attention and guidance other stores can't.

"I spend a lot of time with individual customers so everyone can understand why they're taking the supplements they buy," Alex said. "I want to help people understand how to take these products correctly."

Alex, a former World Wrestling Entertainment, or WWE competitor, actor and bodybuilder, is even available by appointment to offer his expertise during free consultations. Alex's experience as a



competitive bodybuilder for nearly a decade has given him plenty of experience in the fitness sector.

In addition to his years as a bodybuilder, Alex has spent the last four years in the nutrition industry. He has had the opportunity to gain a complex understanding of the ingredients in nutritional products and has even visited some supplement manufacturing facilities.

Tammy Ballew, Alex's mother-in-law and co-owner of Performance Supplements, also is able to offer knowledge and expertise. This is especially true regarding women or those who are looking to start working out and improving their health later in life.

"We're here to actually help people," Alex said. "We don't want to have people purchase products that won't work because they don't know how to use them properly." ■

Performance Supplements is located at 1135 N. Recker Road, Suite 112. For more information, call (480) 924-6598.



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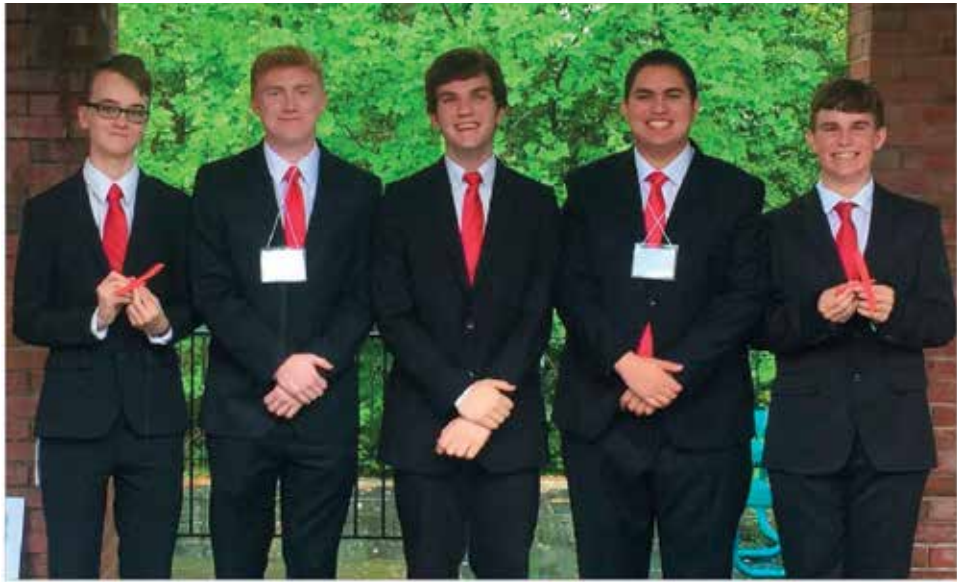


EDUCATION

# ENGINEERING STUDENTS Compete in Design Challenge

**Submitted by Maureen Jackson**  
A total of five seniors from the Red Mountain High School engineering program traveled to Washington, DC, last weekend to represent the state in the National Real World Design Challenge.  
The team earned the spot in nationals after taking first place in the Arizona Real World Design Challenge Governor's Challenge.  
Students were asked to design their own unmanned aerial vehicle, capable of detecting moisture levels in crops significant to our geographical region and economy. They worked with industry-grade software, resources and mentors to

bring their ideas to life.  
The students developed their own flight plans, researched and adhered to Federal Aviation Administration regulations, and developed a business model and proposal for their potential business. They also developed a 50-page engineering notebook and 15-minute formal presentation.  
The Red Mountain team did an excellent job, taking third place behind Connecticut and Massachusetts.  
It was an incredible experience for each of the students involved, allowing them to develop real skills valued by the industry. At the same time, students had the opportunity to network with leaders at the forefront of the field. ■



Congratulations to team members (left to right) Daymon Wilkins, Brandon Woolgar, Garrett Doling-Bregar, Cole Jackson, Daniel Stockwell. Not pictured is team member Ashwin Limaye, who was unable to attend the national competition. The instructor is Adam Middleton.

EDUCATION



Pictured left to right: Mr. David Marks, Bodie Hyde, Hunter Atwater, Cole Liesner, Mr. Jared Ryan, Bryce LeSeur, Chase Diersen and Instructor Dan Hurst.

# Red Mountain Welding Team Impresses

**Submitted by Dan Hurst**  
The Red Mountain Welding Team finished the season with another impressive showing in the Mesa Public Schools Best in the West statewide competition, winning second place.  
In the past two years, Red Mountain High School has finished with two back-to-back first-place wins and this year, second to Mingus High School, from Cottonwood. The team missed first place by only three points.  
“We have a very young, but determined team that never gave up,” said Dan Hurst, welding instructor at Red

Mountain High School. “We worked to the last minute as a team, with the motto *America, here we come.*”  
As coach and teacher, Dan has great expectations for the coming years. “With the administration we have, these young men will make a difference in the industry,” he said. “With principle Jared Ryan and assistant principle David Marks as honorary team members and avid supporters, the welding class at Red Mountain has become one of the best programs in the state.”  
“Thank you to all the members of this award-winning team,” Dan said. “America, here we come.” ■

# FREE SPORTS PHYSICALS

ON SELECT SATURDAYS

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## Salt River Tubing

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YO HO HO! AHoy BUCCANEERS!

**SATURDAY - JUNE 11th**  
8:30 am - 6:30 pm

**FREE PIRATE BANDANAS**  
to the 1st 1,000 Buccaneers!

**FREE Tubing Passes for Best Pirate Costumes!**  
Event details at [www.saltrivertubing.com](http://www.saltrivertubing.com)



### MEGA HAWAIIAN HULA

**SATURDAY - JUNE 25th**  
9:00 A.M. - 6:30 P.M.

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**FREE Tubing Passes for Best Hula Costumes!**  
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## MEMBERSHIPS

### Zero Down Las Sendas Proxy

### Membership—Only four available

You want to play Las Sendas as a member, but don't want to put down \$45,000. We have an option for you and your entire family. It's called a Proxy Membership. Enjoy all the amenities of a full \$45,000 membership by playing on someone else's membership.

- Advanced tee time booking, golf shop and restaurant discounts.
- Access to all member events, patio reservations.
- Limo service, club storage.
- Guest rates and more.

A Proxy Membership is a great way to learn about your new club. Playing on a Proxy Membership allows you to feel your way around the club and experience member events, golfing and dining. This way, you can make the decision going forward as to whether Las Sendas Golf Club is a place you want to call home.

### When you are ready—upgrade

### Fully Refundable Golf

### Membership—\$45,000

We will design an incentive package to meet your needs. You can play annually (12 months) or seasonally (six months). The following dues packages are available:

- 12-month dues \$370/month, \$125 to add family.
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Choose one of the following incentive packages:

- Your family plays free for eight years (spouse and kids under 21).
- Receive a free E-Z-GO golf cart and one year free dues.
- Receive 30 months free dues for principle player.

Please contact Wayne McBean at [wmcbean@lassendas.com](mailto:wmcbean@lassendas.com), or call (480) 323-9364.



## THE GOLF SHOP

### New Low Summer Rates

The golf course is in fabulous condition, the pace is as fast as you set it, and the rates are as low as they go. Take advantage of this beautiful place we call home, and get in all the golf you can this summer. Our posted rates are below, but if you go online to our website, at [www.lassendas.com](http://www.lassendas.com) to book your time, you will find our lowest rates, discounts and specials. You also can follow us on Instagram for some extra specials we post for golf and merchandise, as well as food and beverage.

### June 2016 Golf Rates

Includes green fee, golf cart, practice balls.  
May 30 through Sept. 1, 2016.  
Seven days a week—\$39.99 plus tax.  
Seven days a week—\$29.99 after 10 a.m.

### Summer Punch Pass

Las Sendas is offering a Summer Punch Pass, good for five rounds of golf for \$145 plus tax. It is valid between May 30 and the end of September 2016.

### Sunscreen, Sunglasses and Lifestyle Apparel

Don't forget, you can get some of your basic essentials right here at the Golf Club. We have an assortment of Aloe Up Sunblock and Lip Balm, sun hats, visors and more. We also carry Oakley and Sundog sunglasses. Want to look great for your next tennis match? Check out our Lifestyle Apparel. Our golf attire easily transitions from the course, to the court, to a yoga mat, to the trails and to work. Some apparel even is suitable for a night out. Remember, you don't need to play golf to find what you are looking for right here at the Golf Shop.

### Golf Shop Specials

Check out all the great discounts in the Golf Shop, with prices up to 50 percent off. We are clearing out last season's apparel and equipment, and making room for a shop full of new and exciting merchandise. If you are in the market for a new set of clubs, come meet with one of our Ping certified club fitting golf professionals, and we can get you fit for a new set of clubs.

### Summer Raffles

We will be raffling fabulous prizes all summer long, including drivers, wedges, putters, golf bags, accessories and apparel. Be sure to purchase your raffle tickets in the shop for chances to win.

### Rental clubs for sale

We have four sets remaining of our Ping G-25 rental clubs for sale. All four sets are left-handed and include a driver, fairway woods, hybrids, irons, a putter and a golf bag. A completely inclusive set is only \$749.





A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE RESTAURANTS AT LAS SENDAS

Happy Hour

Join us for Happy Hour from 3 to 7 p.m., seven nights per week. Try some of our favorites on our new Happy Hour Menu—Empanadas, Pork Wings, Baked Brie and more. Our new specialty cocktails include Loaded Lemonade, Cucumber Margarita, Cherry Limeade and other great libations—all for just \$5.

Daily Family Dinner Specials

New to The Grille at Las Sendas is something every night for the kids. We encourage everyone to bring the whole family, take a break and dine with us. We have a great new kids menu and excellent prices.

Monday	Fried Chicken Night	Chicken Tenders for Kids, Fried Chicken for Adults	\$5.95 \$14.95
Tuesday	Cantina Night	Build Your Own Burrito for Kids, Taco Special for Adults	\$5.95 \$10.95
Wednesday	Fresh Flatbreads	Pizza for Kids, Chef's Weekly Flatbread Special for Adults	\$5.95 \$10.95
Thursday	House Prime Rib	Kids Cut Prime Rib, Prime Rib for Adults	\$5.95 \$17.95
Friday	Catch of the Day	Kids Fish Special, Fish and Chips for Adults	\$6.95 \$14.95
Sunday	Pasta Night	Spaghetti-N-Meatballs for Kids, Chef's Pasta Special for Adults	\$5.95 \$14.95

New Summer Menu

Our new Summer Menu starts June 1, 2016—with some of our ongoing favorites, such as Green Chile Pork, Coconut Shrimp, Bogey's House Salad and our famous Double Cut Pork Chop. Check out some of our new items, including Pasta Verano, Albondigas and our chef's specialty Chicken Saltimbocca with Cabernet Sauce.

Daily Golfer's Special

After your round of golf, be sure to ask about our Daily Golfer's Special. Our back shop staff will provide you with a coupon to be redeemed on the same day.

Mike Malaska Golf Academy

Las Sendas Ping Junior Interclub Team

The final divisional tournament was held at Las Sendas Golf Club on May 1, 2016. The Las Sendas Junior Team was in first place. This qualified the team to compete in the regionals, which were held in Tucson, on May 15, 2016. The Las Sendas team missed qualifying to advance to State by one point. Team member Johnnie Clark was the medalist for the tournament, and shot 1 under par. He will advance to State as an individual top player.

The Las Sendas Ping Junior Interclub Team consists of Johnnie, Britton Liming, Chase Hensby, Luke Little and Kendall McBean. Also on the team were Grace Balkan, Belle Balkan and Nicole Ewing, from Red Mountain High School. Every team member played their best, including Johnnie, who was the only player in the field who shot a 1-under-par 70. We are very proud of our players. They handled themselves professionally and with good golf etiquette.

We would like to thank Las Sendas Golf Course and Tracy Berman for making the tournament a pleasant experience for the players and parents. It was amazing to have so many member volunteers help out at the tournament.





# FATHER'S DAY SPECIAL

THE PATIO AND GRILL  
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Sunday, June 19th • 5-9pm

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14 oz. Rib Eye Steak Dinner  
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We have an option for you and your entire family called our Proxy Membership.

Enjoy all the amenities of a Full Membership for up to three years!

- Advanced Tee Time Booking
- Pro Shop and Restaurant Discounts
- Access to all Member Events
- VIP Patio Reservations
- Limo Service
- Club Storage
- Guest Rates and more!

These memberships offer the VIP experience of being a full member while allowing participation in member's events, golfing and dining, so you can make the decision down the road if Las Sendas Golf Club is a place you want to call home.

For More Information Contact Wayne McBean  
wmcbean@lassendas.com • 480-396-4000 x. 201  
7555 E. Eagle Crest Drive, Mesa, AZ • (480) 396-4000





REAL ESTATE

BUYING AND SELLING A HOME  
INSPECTIONS AND NEGOTIATION OF REPAIRS PART 2 OF 3

By Lorraine Ryall  
Realtor, CDPE, CSSN  
KOR Properties

Once the offer has been accepted and any counters are fully executed by all parties associated with the buying and selling of a home, you are in the inspection period.

Unless stated otherwise, it is a 10-day inspection period, and the days start from the date the contract or the last counter was accepted.

The inspection period is for the buyers, at their expense, to conduct any desired physical, environmental and other types of inspections or investigations to determine the value and condition of the property. The buyers usually will have a home inspection and a termite inspection done, and also should take this time period to look into any other material facts deemed important, such as close by airports, crime rate, etc.

At the time the offer is written, the buyers also will receive the Buyer Advisory. The advisory is designed to make the home buying process as smooth as possible. Some of the more common issues the buyers may decide to investigate or verify are summarized in this valuable resource. It's a great source of information and lists useful websites and tips.

INSPECTION

The home inspection and termite inspection usually are done at the same time. The inspection takes several hours, and the buyers will meet the inspector and their Realtor at the property for the last 30 minutes. This gives the inspector the opportunity to go over his findings and anything he feels needs to be pointed out to the buyers.

The inspection report can be very detailed and overwhelming. So, having the opportunity to go over it with the inspector at the time of inspection and have him



point out any areas of concern is a great benefit. If I have out-of-town buyers who cannot be present for the inspection, I will arrange for us to Face Time or Skype, so they still have the opportunity to go through the house and ask the inspector any questions.

Once the buyers receive the inspection report, usually within 24 hours, they will go through it and decide which items to ask the seller to repair. The inspection is not for the buyers to nitpick every little item, but to ask the seller to fix those items of personal concern or of importance.

SELLER'S PROPERTY DISCLOSURE STATEMENT (SPDS)

This is a form the sellers complete whereby they disclose any material facts about the property known to them, such as if there have been any water leaks, the names of the utility companies, if they are aware of any noise issues, etc. It must be delivered to the buyer within the first five days after contract acceptance. As a seller, it is very important to answer all questions as truthfully and as thoroughly as possible.

INSURANCE HISTORY

The sellers will provide the buyer a five-year insurance claims history within five days after contract acceptance. The sellers can call their insurance company, and it is usually emailed within 24 hours.

BUYER'S INSPECTION PERIOD AND SELLER'S RESPONSE (BINSR)

The buyer will fill out the Buyer's Inspection Notice and Seller's Response (BINSR), and request any items to be repaired by the seller. The BINSR has to be delivered to the seller prior to the expiration of the inspection period, and as soon as it is delivered, the inspection period ends. If it is not submitted within the specific timeframe, the buyer is agreeing to move forward without any repairs being done.

Warranted items—Per the terms of the contract, the seller is obligated to have all warranted items in *working condition*. Warranted items include heating, cooling, mechanical, plumbing, electrical, free-standing range/oven and built-in appliances.

Once the BINSR has been submitted to the seller, the seller has five days to respond. Warranted items are nonnegotiable. However, all other items are negotiable, and a lot will depend on the purchase price and how many repairs are being requested.

If the buyer is paying full price and only asking for major items to be repaired, the seller is more inclined to agree to it. If the purchase price was lower than expected, or there are a lot of disapproved items, the seller may choose to only fix a few of them. This is where some contracts fall apart. So, it's very important to have a Realtor with strong negotiation skills represent you. Oftentimes, it's not black and white and requires some creative negotiating.

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](mailto:Lorraine@Homes2SellAZ.com), or visit her website at [Homes2SellAZ.com](http://Homes2SellAZ.com).



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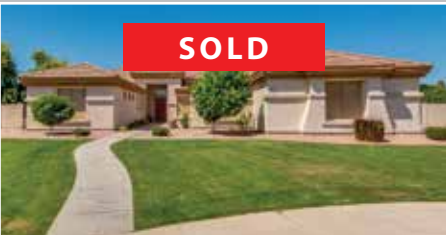
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Lorraine Ryall prepared five properties that met my house hunting criteria. We toured all five properties, and ultimately I purchased the first property on her list. Lorraine provided me with guidance on becoming pre-qualified with a lender and kept me informed on the status of the lender and the title company. Lorraine is very organized and professional and I highly recommend her to all those who seek professional representation in their real estate transaction whether buying or selling a home.  
-Dale Beck

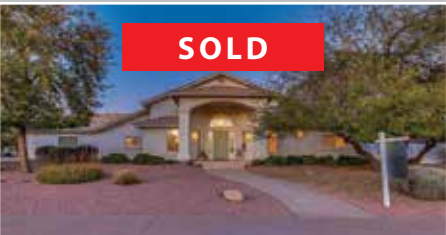
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**Mountain Bridge**  
Backs to Park - \$625,000  
3204 Sq Ft, 4 Bed, 4.5 Bath



**Mesa Northgrove**  
Over an Acre - \$650,000  
4229 sq ft, 5 Bed, 3 Bath



**Pueblo Estates**  
Basement Home - \$485,000  
4421 sq ft, 4 Bed, 4.5 Baths



**Mesa**  
Over an Acre - \$475,000  
2543 sq ft, 4 Bed, 2 Bath



*Submitted by Sue and  
Bruce Mitchell, Cruise  
Planners*

To get the best glimpse of the character of Alaska, we suggest the following tips.



In summer, there actually are warm days when you can dress in T-shirts, as well as rainy days when you will need a raincoat. On chillier days, you will need to bundle up. So, layers will help you enjoy the trip no matter the weather. Alaskans dress practically with fleece, rubber boots, jeans and layered options. Dressing like a local will make you not only fit in, but you will have the gear you need to stay warm and dry.

If you are looking for a fancy meal, save it until you get back on board the ship. Alaska is known for its deep-sea fishing of King salmon, halibut, cod and crabbing. You will never get fresher seafood than in Alaska. Order Dungeness crab or Alaskan King crab. For a lighter meal, try a halibut slider or prawns. Local specialties include reindeer sausage.

There are few places with such natural beauty. You may want to glimpse an amazing view of Denali, the tallest mountain in North America, visit a glacier or watch whales play. Denali National Park lets you look out for the big five—moose, caribou, wolves, Dall sheep and bears.

The travel window for Alaska is condensed, and the months are from May through September. Kids are out of school, making it a great family destination. Also, during the summer months, the sun is up in Alaska for most of the day and night, only setting for a few hours, which adds to the mystique.

There is a rich Native American culture in Alaska, and many traditions and values still are very much a part of the lives of Alaskans. Whether it is tribal rituals or the amazing art, the rich and historic culture is unique and impressive. Make sure you check out the totem poles.



Many travelers visit Alaska for a cruise, but we also recommend adding a few days for a land tour of the interior of Alaska. Check out Denali National Park. To get there, many travelers fly or sail into Seward and take a glass-domed railcar with huge landscape views to Anchorage. It's a beautiful ride and a great way to see the countryside, spot animals and travel through the terrain quickly.

Cruising is a great way to see the Land of The Midnight Sun. Day after day, you get to visit multiple ports to see as much of this beautiful land as possible.

Every traveler's needs are unique, and there are different cruise lines to satisfy those travel needs. Are you looking to travel with the entire family, and seeking onboard activities to keep everyone entertained? Are you looking for an upscale and chic Alaskan vacation? No matter how you want to see the Last Frontier, your travel agent can help you with a cruise line that suits your travel desires.

A few major cruise ports sail to Alaska. They are San Francisco, Seattle, Seward and Vancouver. Also, some cruises are roundtrip, while others take you through the entire Inside Passage, and you disembark and fly home from a different city than where you started. Talk to your travel professional to find out which embarkation port and route would be best for you.

Join in on the fun this travel season by heading up to the Great White North. A trip to Alaska is a one-of-a-kind experience, and there is a cruise option for all types of travelers. ■

*If you want to combine a cruise and land vacation in Alaska or have other travel-related questions, contact Sue or Bruce Mitchell, your Cruise Planners land and sea travel specialists. Visit our website at [redmountaintravel.com](http://redmountaintravel.com). You may also send an email to [smitchell@cruiseplanners.com](mailto:smitchell@cruiseplanners.com), or call (480) 396-8084.*



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A young girl with blonde hair, wearing a plaid shirt, is smiling and pointing her right index finger at a small globe on a wooden stand. The globe shows the Americas. On the table in front of her is an open map of the world and several books. The background is a simple room with a purple curtain. The entire advertisement is framed by a border of colorful alphabet letters.



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## EDUCATION

# The Road to Academic Success Begins Here

By Jennifer Salvatori

Positive comments and testimonies are heard over and over again from parents regarding the kindergarten program at Self Development Academy (SDA), where the student's road to academic success begins.

"I was amazed at my daughter's growth," said parent Dinah Munir. "In just three months, she began reading at a grade-one level. My daughter developed a strong academic foundation and an increased level of self-confidence regarding her learning. Our experiences at SDA have been extremely positive."

SDA, a public charter school, serving students from kindergarten through grade eight, is known in the local community and statewide for its outstanding academic programs. SDA has consistently been ranked amid 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, as well as dedicated faculty and staff, supportive parents and hardworking, diligent students.

SDA offers an accelerated curriculum, with students learning a minimum of one grade level ahead of the Arizona Department of Education Standards. The SDA kindergarten curriculum emphasizes two areas—language arts and mathematics.

The language arts curriculum focuses on phonemic awareness, reading fluency, reading comprehension, handwriting and grammar. At the end of the kindergarten year, students are reading fluently at the grade one level



and writing complete sentences. They even are creating their own storybooks.

Number sense, addition and subtraction, fractions and patterns, as well as the basics of time and money, are components of the mathematics curriculum. During the kindergarten year, students master the concept of addition and subtraction and memorize math facts. In addition to laying a strong language arts and mathematics foundation, students develop other skills and attend weekly physical education, music and art classes.

By the end of the kindergarten year, SDA students are well prepared to continue with the accelerated curriculum

she understood the expectations at SDA and already knew many of the families.

The 2015 – 2016 school year marks Ms. Ford's first year as a teacher with SDA. A kind and caring teacher, she works tirelessly to ensure her students are learning and mastering the concepts. The Kindergarten Team is passionate about educating children and being a special part of their educational experiences. ■

For more information regarding SDA, 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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REAL ESTATE

Don't Let Your Home Search Leave You Feeling Lost

By John Karadsheh

With all of the real estate websites out there, buying a home *should* be easier than ever.

For example, instead of driving around in the hot sun seeking out lone open house signs, you can shop from your phone while in line at Starbucks.

However, with so much access to real estate information online, it also is easy to get overwhelmed and confused. I often get calls from clients asking about a house showing up online, at an amazing price, but they aren't seeing in their search. When I research the property, I find the home is not for sale and hasn't been since it was short sold in 2012. Many websites maintain old information just to keep buyers hunting on their sites. After all, the more time you spend on their sites, the more advertising revenue they can generate.

When searching for a home, many buyers also start to panic, thinking they are going to miss that perfect house and spend hours upon hours scouring the Internet chasing a mirage. If you are serious about buying, you may want to take a different approach to your home search. After years of experience working with buyers, here are my best tips for finding the perfect house:

- 1. **Establish Your Budget**—Today's lending rules are more stringent than in the past, and lenders need more documentation than ever. Start by getting prequalified and understanding what you can afford. You may be prequalified for \$300,000, but you may choose, instead, to see properties in the \$250,000 range because the payment better suits your lifestyle or goals. If you start looking at the \$350,000 range and then find out you only can qualify for \$250,000 you will forever be less satisfied with the homes in the price range you can afford.
- 2. **Resist The Temptation**—You can spend countless hours surfing the Web only to find homes that are not



John Karadsheh

available or don't meet your needs. Furthermore, the valuation estimates often are largely inaccurate. Instead, save time and stress by letting your REALTOR® set you up on a real time MLS search that will allow you to access homes actually suited to your needs.

- 3. **Learn What Your Money Can Buy**—Some prices have continued to increase over the last few years. So, what you can buy today may differ from what you imagined was available. For example, if you are looking for 4,000 square feet under \$500,000 in Scottsdale, there isn't a single home currently on the market meeting those requirements. In other words, be willing to adjust your expectations, so you can be excited about what is in your market search.
- 4. **Keep Your Options Open**—I have yet to find a buyer who has not had to compromise on at least a few things on a wish list—regardless of price point. I recommend you start with the most important criteria rather than search by your entire wish list. A broad search in the beginning will help you understand the market and discover which items on your wish list are most important to you.
- 5. **Understand The Market of Today**—It is not 2011. Don't look beyond your price range expecting to get an offer accepted at 15 percent under list price. Currently, our market is very balanced and is a seller's market under \$250,000. For homes under \$250,000, be prepared to compete with other buyers. It may even take a couple tries to get an offer accepted. So, stay flexible.

Lastly, think ahead. Don't get caught up in the moment and lose sight of the future. Ask yourself a few questions. Will this home be sellable down the road? What are some of the repairs that may be coming down the pike? Will I be happy in this location? Choose a great real estate advisor to help you make the best decisions, and then get excited about the process. ■

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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In Las Sendas

**Las Sendas Area Market Report**

Sales for the Month of April 2016

MLS

John Karadsheh

Address	Square Feet	Community	Sold Price
7221 E. Manning St.	1,372	Windsong	\$215,000
2944 N. 71st Pl.	1,749	Desert Creek	\$237,942
7445 E. Eagle Crest Dr. #1045	1,666	Cachet	\$250,000
7445 E. Eagle Crest Dr. #2118	1,795	Cachet	\$250,000
7426 E. Odessa St.	1,571		\$275,000
7255 E. Norwood St.	1,655	Cachet	\$289,000
3611 N. Tuscany	2,150	Rolling Hills	\$295,000
3053 N. Sawyer	2,539	Desert Vistas	\$304,500
7445 E. Eagle Crest Dr. #1106	1,645	Cachet	\$305,000
2558 N. Rowen Cir.	2,126	Grayfox	\$307,500
2726 N. Rowen Cir.	2,126	Grayfox	\$316,000
4257 N. Morning Dove Cir.	2,451	Mountain Gate	\$363,500
3716 N. Sonoran Hills	2,835	Cobblestone	\$365,000
3060 N. Ridgcrest #123	2,732	Desert Vistas	\$370,000
3821 N. Cirrus Cir.	2,370	Echo Canyon	\$390,000
7643 E. Sandia Cir.	2,732	Highlands	\$390,000
3807 N. Paseo Del Sol	2,732	Highlands	\$395,000
7554 E. Sandia Cir.	3,233	Canyon Creek	\$424,550
7331 E. Red Hawk St.	3,232	Boulder Mountain	\$455,000
3530 N. Canyon Wash Cir.	3,427	Summit	\$500,000
7025 E. Summit Trail Cir.	3,980	The Summit	\$930,000
7130 E. Saddleback St. #30	4,324	Golf Colony	\$1,100,000
7726 E. Hidden Canyon St.	5,122	Hidden Canyon	\$1,100,000

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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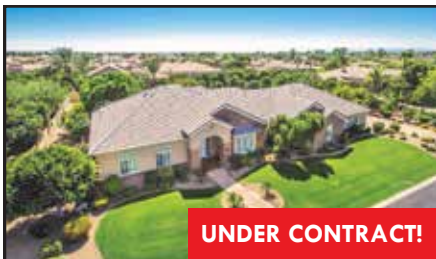
LAS SENDAS - ONE OWNER  
Granite Counters - Prime Lot  
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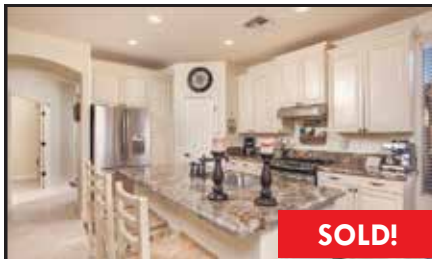
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### LOCAL BUSINESS

## June Is Kids Month At No Snow Stand Up Paddleboard

Submitted by No Snow Stand Up Paddleboard Shop

The kids are out of school for the summer—now what?


In June, the No Snow Stand Up Paddleboard (SUP) shop is recognizing National Youth SUP Month. The SUP industry dedicates the whole month to kids. Under the direction of the Stand Up Paddleboard Industry Association, or SUPIA, Youth SUP Days are designed to get as many kids on the water as possible, educating them in relevant skills and water safety, as well as molding the next generation of SUPers.

With the summer heat in full swing, there is no better way to cool off than by paddleboarding the lake or river basin. Register for free kids clinics. They will learn the importance of safety around water, life vests and the basics of stand up paddleboarding.

Visit the website at nosnowsup.com. Also, check out Facebook.com/NoSnowSUP, or drop in at the shop for a complete list of events. Be sure to register for the free Youth Learn to SUP clinics, held weekly through June 30.

Can't attend a clinic? No problem. All kids receive goodie bags when they rent on any day in June. ■

For more information, call (480) 807-6787, or send an email to nosnowsup@gmail.com. No Snow Stand Up Paddleboard Shop is located behind Walgreens, on the northwest corner of Thomas and Power roads, in the Zahara Professional Plaza, at 3654 N. Power Road, Suite 104.



### ORGANIZING

## Organizing Professional Stands by ONE UNIVERSAL TRUTH

By Nancy Nemitz

As a professional organizer and productivity consultant since 2004, I've seen a lot of clutter in the last 12 years.

So, what is the biggest problem I see, and why are so many people having such a hard time keeping their house and office in order?



When you dig through all the reasons people give for their disorganization, and believe me, I've heard them all, there is one eternal truth. This is going to hurt, but it's got to be said. You have too much stuff.

People who live simply, with fewer clothes, toys, magazines, kitchen gadgets and things I can't mention here, are happier and less stressed.

Think about how much you are spending on containers to store all this stuff. Think about how much more you have to clean. And let's be frank, either you or someone else is going to have to get rid of it all at some point.

Believe me, you can be happier with less. ■

Nancy Nemitz can help you weed through all your stuff, and help you live a life with less. She can be reached at nancy@createthespace.com. Nancy lives in Red Mountain Ranch and owns Create the Space Professional Organizing. She has paid her dues organizing garages, and doesn't do that anymore.



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EDUCATION

These Mesa Schools Are Among the Best

Story by Laurie Struna  
Photo by Tim Hacker

For the second year in a row, Mesa Public Schools has nine schools among Arizona's best kindergarten through grade 12 public schools.

Brinton, Las Sendas, Taft and Whitman elementary schools, and Summit Academy, Shepherd and Smith junior high schools, as well as Mountain View and Westwood high schools join the elite legacy of schools to have received the A+ School of Excellence award from the Arizona Educational Foundation (AEF).

To earn an A+ award, schools must show high achievement or significant improvement. Top schools identify and meet the needs of their students. Schools hold their title for 3.5 years. Mesa currently has 23 schools having earned the A+ School of Excellence designation.

"Schools earning the A+ designation go above and beyond expectations when it comes to the needs of students, staff and the entire community," said Bobbie O'Boyle, AEF executive director. "They demonstrate overall excellence through a written application and rigorous site visit by a team of school leaders from across Arizona."

THE ROAD TO EXCELLENCE

The application process is lengthy and encompasses a detailed description of things that happen at a school on a daily basis. Pat Estes, principal at Brinton Elementary School, says her school submitted a 58-page final document, which was reviewed by AEF and found to be of high quality, allowing Brinton to move on to a site visit.

"Reflecting on the writing and submitting of the A+ application, the Brinton community has been reminded of how we are rewarded every day by what we do for our students," Pat stated. "We come to school and work exceptionally hard to meet the challenges of educating our students. A sense of optimism and joy is important when



you deal with children's futures, and this award is a wonderful validation of what we do."

For two days, a panel of three judges from AEF observes all classrooms, and speaks with a variety of stakeholders, including parents, teachers, administration, staff members and volunteers. The visit helps AEF get to know each school and confirm the accuracy of the application. This

information is reviewed, and AEF determines if a school is deemed excellent.

VALIDATING SCHOOLS PROGRAMS

Since its inception six years ago, Summit Academy has provided exceptional choices for students through the International Baccalaureate and Advancement Via Individual Determination, or AVID, programs. Students perform well on academic assessments, and they have an engaged community.

Principal Mark Andrews explained community support is evident in their enrollment.

"Summit's student population is nearly 50 percent open enrollment, which means half of our students come from outside of our neighborhood boundaries to be a part of our school," Mark explained. "Parents want their children at Summit Academy because we have a high parent approval rating, outstanding PTO turnouts and extracurricular events, and the A+ recognition validates everyone's collective efforts."

Since 1983, AEF has honored each A+ School of Excellence by giving recognition to remarkable Arizona public schools. Each of this year's 40 award-winning schools receives \$500 and an A+ School of Excellence banner. All staff and faculty at winning schools are eligible for partial scholarships from Argosy University/Phoenix. ■

For more information about all Mesa Public Schools, please visit [mpsaz.org](http://mpsaz.org).

EDUCATION

Mesa Student to Study in South Korea on Scholarship

Submitted by Tracy Jaffe

David Jaffe, a junior at Westwood High School, in the International Baccalaureate program, has been awarded a National Security Language Initiative for Youth (NSLI-Y) scholarship for 2016-2017, and will study Korean in South Korea for the summer.

David is one of only approximately 600 competitively selected students from across the United States who will receive a scholarship to study Arabic, Chinese, Hindi, Korean, Persian, Russian, or Turkish overseas this year. While in South Korea, David will receive formal instruction and informal language practice in an immersion environment.

A lifelong Mesa Public Schools student, David has attended Las Sendas Elementary School and Mesa Academy of Advanced Study. He has aspirations to one day enter the field of public service and hold a public office—perhaps president. In addition, he is a member of the Mesa Mayor's Youth Commission. David also is very active in scouting, community service and other school activities.

THE NSLI-Y PROGRAM

The NSLI-Y program seeks to increase the number of Americans who can engage with native speakers of critical languages. The goals of the NSLI-Y program include sparking a lifelong interest in foreign languages and cultures, and developing a corps of young Americans with the skills necessary to advance international dialogue and cross-cultural opportunities in the private, academic and government sectors.

NSLI-Y is administered by American Councils for International Education. It functions in cooperation with American Field Service-USA, American Cultural Exchange Service, AMIDEAST, iEARN-USA, Legacy International, Russian American Foundation and Stony Brook University. The University of Delaware, the University of Minnesota and the University of Wisconsin also cooperates with the program. ■

Applications for 2017-2018 NSLI-Y programs are expected to be available at [nsliforyouth.org](http://nsliforyouth.org) in the early fall. For information about exchange programs sponsored by the U.S. Department of State, visit [exchanges.state.gov](http://exchanges.state.gov).

# Celebrating success!

**Nancie Lindblom**  
Skyline High School, history and government teacher  
Lowell Milken Center Fellow

**Meredith Hey**  
Irving Elementary, fourth- and fifth-grade teacher  
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**Jennifer Ruiz**  
Hawthorne Elementary, sixth-grade teacher  
2016 Rodel Exemplary Teacher

**Michelle Hamilton**  
Director of Purchasing and Property Management  
Pinnacle of Achievement Award, ASBO International

**Loretta Zullo**  
Director of Food and Nutrition  
2016 Director of the Year, School Nutrition Association of Arizona

**Rick McConnell**  
Dobson High School, varsity boys basketball coach  
Spirit of Cotton Award, Phoenix Suns

**Nicki Derryberry**  
Red Mountain High School, biotechnology teacher and STEM coordinator  
2015 Milken Educator of the Year Award  
2016 Ron Mardigian Memorial Biotechnology Explorer Award,  
National Science Teachers Association

[www.mpsaz.org](http://www.mpsaz.org)



HEALTH

Tips help seniors avoid medication mishaps

Submitted by Home Instead Inc.

With multiple doctors and specialists, a variety of dosage instructions and an alternating schedule of refills, managing a medication regimen can be daunting for anyone, especially seniors.

In fact, a new survey conducted by Home Instead Inc., franchisor of the Home Instead Senior Care network, the world's leading provider of in-home care services for seniors, found nearly one-fifth of seniors taking five or more prescription medications daily have experienced challenges, including keeping track of which medications they have taken and when.

This type of medication management uncertainty can lead to devastating consequences, from an adverse drug interaction, to the need to move to a nursing home. Moreover, this potential risk only multiplies as seniors age or as their number of prescription medications increases.

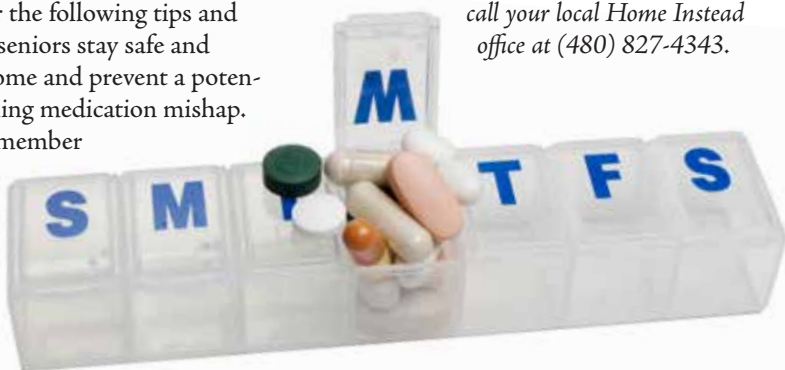
This can be a difficult subject for families to discuss. In many cases, seniors have been managing this aspect of their lives on their own for many years and may not be fully aware of potential pitfalls. To help families have this critical conversation, Home Instead Inc. collaborated with Dr. Jane Potter, a noted geriatrician. Together, we offer the following tips and resources to help seniors stay safe and independent at home and prevent a potentially life-threatening medication mishap.

- Have a family member accompany a senior to the doctor to ask questions and ensure

they understand all of the medications they are prescribed and why.

- Create a list of current prescription medications and over-the-counter medications, as well as any vitamins a senior is taking. Share this list with all medical professionals involved in the senior's care and keep it updated with any changes.
- Make one doctor the gatekeeper to manage medications and discuss any potential problems with a medication, such as the inability to swallow a pill, or a change in a senior's appearance or demeanor.
- Use medication organizers, such as a pillbox or printed medication tracker. Or consider ordering medications from a pharmacy, such as *Simple Meds*, which provides pre-packaged doses of medications and vitamins to help stay on track.
- Be on the lookout for any red flags, such as a full pill bottle, which may mean the medication is not being taken. If this does occur, or you have any other concerns about your senior's medication regimen, contact the senior's doctor. ■

To learn more about these recommendations and resources, or to view a free solutions guide, visit [LetsTalkAboutRx.com](http://LetsTalkAboutRx.com), or call your local Home Instead office at (480) 827-4343.



LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

Downsizing? Determined to get rid of stuff you no longer need? Cleaning out a home or an estate? Stop! *Know Before You Throw.*

Summer is just around the corner, and, for many, this means a well-deserved family vacation is in order. Oftentimes, however, the challenge is financing the venture.

Last month, I related the story of a family settling the estate of their grandmother. A shoebox full of junk jewelry almost ended up as a donation to the local thrift store. Fortunately, the executor called and I was able to turn that box into a substantial sum of money for the family. So, what does this have to do with my summer vacation, you might ask?

While we're still on this earth and have our wits about us, we are all executors of our own estates. The point being, you probably have things you no longer use that may have value to someone else. Why not liquidate them and help finance your vacation.

We all seem to have sporting goods, electronics or miscellaneous stuff we just no longer use. We've gotten our use out of them, and can now move them along at a yard sale or through an online ad to help



Jon Englund

defray our vacation cost. But that's just the start.

You might be surprised to learn you could have a small fortune gathering dust at the bottom of your dresser drawers, which just might fund most of your vacation. Like the family in last month's story, you might also have an assortment of old jewelry. They might be items that

are out-of-style, broken, or a collection of orphan earrings missing their mates. In any case, these items may be worth much more now than when they were purchased or received years ago, regardless of condition.

When it comes to questions about value, or concerns about getting a fair price for items such as your estate jewelry, have a trained eye determine if there's value before you sell, toss or donate! Call me today to help you. ■

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 (480) 699-1567, or send an email to [Jon@KnowBeforeYouThrow.INFO](mailto:Jon@KnowBeforeYouThrow.INFO).

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COMMUNITY

Falcon Field Offers Valuable Features



By Edith Pitts  
Red Mountain Ranch Social Club

It is a source of embarrassment to live just three miles from Falcon Field and know so little about it, but Dee Ann Thomas, marketing and communications manager, is making sure more people are aware of the facility.

Dee Ann recently spoke at the Red Mountain Ranch Social Club, offering valuable information about the field's past and present.

DEE ANN'S PRESENTATION

Falcon Field began operations in 1941 as a flight-training base for the British Royal Air Force and U.S. Army Air Corps pilots. Following World War II, the U.S. government deeded it to the City of Mesa, and, in 1948, the facility became a public-use general aviation airport.

Today, Falcon Field sits on 784 acres of land with parallel runways of 5,100 and 3,800 feet. Currently, 750 aircraft are based here, and there are more than 90 businesses providing more than 1,000 jobs. A couple of the businesses are MD Helicopters, with 250 employees, and CAE Oxford Aviation Academy, the world's largest flight training school, with 180 employees. The well-known Commemorative Air Force Arizona Wing Aviation Museum is here, with a collection of combat aircraft flown by all of our U.S. military services and selected aircraft of other nations.

Most other businesses are related to flying in some way, including a wing and helicopter maintenance and overhaul service, hangar sales and leasing, aircraft charter and tours, aerial photography, painting, repair and instal-

lation of radio and instrument equipment, and design and installation of aircraft interiors, to name a few. Another interesting business is a classic car parts store.

This airport is one of six large airports in the Valley helping to relieve congestion at Phoenix Sky Harbor International Airport and Mesa Gateway Airport. In 2015, it was the fifth busiest general aviation airport in the U.S.

Recent improvements include a recently renovated terminal building, runway guard lights, landing aids and ramp pavement rehabilitation. Federal Aviation Administration personnel manage the tower. Police aviation planes are based here, and flights include medical and humanitarian services, fire control and search and rescue missions.

The Army Aviation Heritage Foundation, a non-profit organization, is located here with 170 members dedicated to presenting the Army Aviation story through patriotic flying presentations and displays of historic aircraft and equipment. Anyone can join them for a \$48 one-year membership fee.

Falcon Field is self-sustaining. While eligible for state and federal grants, our tax dollars are not used here. The City of Mesa operates the airport like a business, with the income being used for airport expenses and capital improvement projects. The operating budget for 2015-2016 is \$41.7 million.

If you are interested in seeing for yourself and learning more, the Falcon Warbirds, located at 4626 E. Fighter Aces Drive, offer a fly-in pancake breakfast. The breakfast is open to the public, from October through May, on the third Saturday of the month, from 8 to 11 a.m. The price is \$8 per person. ■

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.

COMMUNITY

A Few Tips Make Shopping at Costco Interesting

By Edith Pitts  
Red Mountain Ranch Social Club

When visiting your local Costco Wholesale location, there is a very good reason why your favorite pretzels are never in the same place as the last time you were there.

During a recent monthly meeting of the Red Mountain Ranch Social Club, featured speaker Carl Baldwin, head of marketing and membership for Costco, informed those in attendance the change in placement is part of marketing.

"Moving products around is like a continual Easter Egg Hunt," Carl said. "While you're looking for your pretzels, you see items you may never have seen before."

INTERESTING INFORMATION CARL PRESENTED

- The food court, which is so popular today, started years ago with a simple hot dog cart.
- Products featuring a star are discontinued.
- Products with a 99 designation are reduced in price.
- The color green designates organic.

Carl mentioned the fact you can place an online order for those large items that won't fit in your vehicle, and have them delivered to your door for no fee.

To avoid the busiest times in the winter, shop from 7 to 8:30 p.m. ■

Members of the Red Mountain Ranch Social Club will meet for breakfast at different nearby restaurants on the second Thursday of the month all summer. To join us, call Betty Day at (480) 325-1342. We would love to meet you.



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FINANCE

# Find a balance to achieve financial goals

Submitted by Thrivent Financial

Many people want to know the secret to financial success.

Whether they should be saving more, protecting more, investing more, spending less, everyone wants a magic bullet to set them on the road to financial success. The hard part is—I can't give that to them.

At Thrivent Financial, we believe the key is to have discussions with your family and loved ones about what priorities are most important to you. Our members come to us around a shared goal of being wise with money and living generously, and we aim to help them live this every day in their lives. It may be saving for a child's college, supporting a favorite charity, building retirement strategies or a combination of all of those and more. Only one person should drive each financial strategy. That person is you.

With our members in the driver's seat, we offer guidance based on sound and timeless principles.

## SPEND LESS THAN YOU EARN

This is critical. No one can live beyond his means forever. All bills—credit card, mortgage, home equity loans and others—eventually come due. Being wise with money means having the ability to be prudent with the resources you already earn.

## BE WISE WITH DEBT

Debt isn't something to be avoided at all costs. Some debt can be very healthy and a way to broaden and strengthen your future—both inside and outside your financial picture. Mortgages, student loans and car loans can all be entered

into and can be a part of a healthy financial strategy. They just need to be managed carefully and effectively.

## PROTECT AGAINST SETBACKS

Even the best of financial strategies can be derailed by a sudden accident or death if not properly protected. Life insurance, disability insurance, long-term care insurance all can work as protection against the worst, should it happen, and help ensure you and your family are taken care of and you are not leaving others with bills or burdens.

## HAVE A SHORT TERM AND LONG TERM PLAN

College, retirement, emergency savings, a new car—all of these are great goals for families and individuals to set for themselves. The key to reaching these goals is to do so in a way that maximizes current resources and helps minimize risk for an overall strategy. So, when it comes to transitioning to drawing down money in retirement, the most important structure is to plan for the short term and ensure it's working in conjunction with your long-term strategy for you and your family.

## GIVE BACK

Nothing lasts forever. At Thrivent Financial, we work with our members to ensure generosity is instilled throughout a lifelong financial strategy, not just when someone accumulates enough to give. We want to support our members' efforts to impact their families and communities through programs and opportunities to live generously.

Many people are looking for a silver bullet when it comes to finances. The most important part is to be true to yourself, your family and your goals. These five pillars can serve as guides for you. However, it is ultimately up to you and what you want for your 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. For more information, call 480-396-5333.

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Jeff Rodemeyer, left, Jeff Kolzow, center, and Rick Aussprung

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COMMUNITY

## Alpine painting colors Downtown Mesa

By Nancy Tossell

The next time you go downtown, check out the colonnades, and you'll find a lively atmosphere in shades of purple, green, blue and orange—colors inspired by a painting located in the White Mountains.

### HERE IS HOW IT HAPPENED

The Downtown Mesa Association hired Jeanette Knudsen to do a color consultation. Their vision was to draw people in with fun, bright Caribbean colors. She googled islands like Cuba and Puerto Rico, and came up with three photos.

They chose one with a woman walking down a cobblestone street lined with blue, orange, green and purple houses. These colors inspired the first palette.

### THERE WAS A PROBLEM

Seaside colors are terrific by the ocean, but they don't reflect the beauty of our desert. Using a touch of gray to mute the tones, Jeanette created a second palette, and showed both at the next meeting.

They took the palettes on a field trip to see how the colors looked onsite. Without a doubt, the second palette was the better fit. Now, all they had to do was meet with the Neighborhood Economic Development Corporation and the City of Mesa Council for the final presentation.

### THE PROBLEM IS SOLVED

In the meantime, Jeanette felt it could be better, and found the answer in a most unexpected place—Foxfire at Alpine, a restaurant in Alpine, Arizona. It was a painting, by a Gilbert artist, of a prickly pear cactus—hanging in the restroom. The colors were perfect.

On the day of the meeting, she showed the Caribbean picture and the two palettes it inspired. Next, she presented one more picture and palette, a bonus, to offer as an additional option. The decision on the bonus was unanimous. Who knew a bathroom painting could inspire the color palette for Main Street?

Color expresses so much feeling, and Jeanette frequently gets client requests for consultations. Some want bright, vibrant colors to lift their moods, while others look for calm, soothing shades to help them relax. Inspirations come from anywhere and often from places we least expect. It's why finding the right color combination is so much fun.

As for Downtown Mesa, Main Street is changing, from a store-lined road, to a welcoming place to linger. The new colors not only add personality, they also remind us of how beautiful our desert truly is. ■

*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.*



COMMUNITY

## MEDICAL CENTER WELCOMES FELLOWS TO NEW PROGRAM

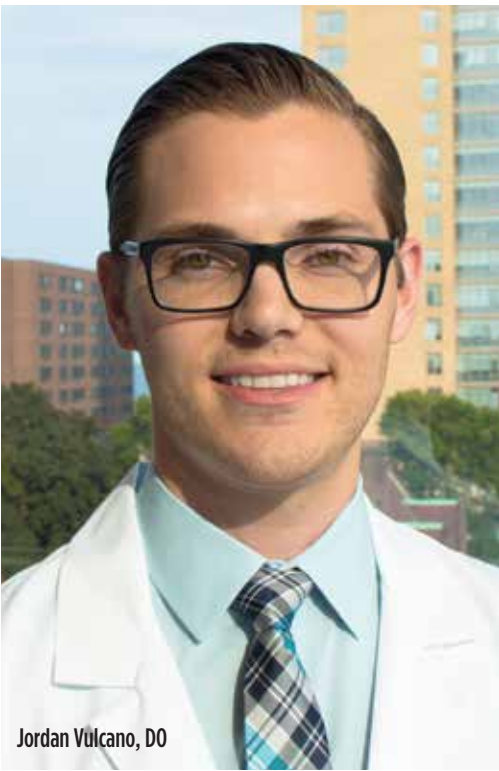
Submitted by Mountain Vista Medical Center

Mountain Vista Medical Center in Mesa announced the start of its first two fellows, Sara Ancello, DO, and Jordan Vulcano, DO, to the hospital's three-year, fully accredited gastroenterology program.

Beginning the program in July, Sara and Jordan will be the first pair of fellows trained per year, with a total of six fellow spots available for the three-year program. Established to meet the growing demand for gastroenterologists, the fellowship program was approved in June 2015 by the American Osteopathic Association. An aging population, combined with the demand for preventive medicine, is creating a looming shortage of specialists, according to a recent study by the Lewin Group, a leading health care policy researcher.

"We are excited to officially launch the program with our inaugural fellows who exemplify the ambition, dedication and commitment required in this specialty practice area," said Chief Executive Officer of Mountain Vista Medical Center Tony Marinello. "Offering a program that complements hands-on clinical practices with academic learning brings us one step closer to addressing our state's physician shortage."

Mountain Vista Medical Center's fellowship is designed to teach the art and science of gastroenterology to highly motivated and accomplished internists. The training includes a deep dive into the presentation, natural history, pathophysiology, diagnosis and treatment of gastrointestinal, liver and hepatobiliary diseases. This is accomplished through outpatient and inpatient care, endoscopic activities, didactics and lectures, as well as participation in research and independent self-motivated learning.



Jordan Vulcano, DO



Sara Ancello, DO

In addition to attending the program on the Mountain Vista Medical Center campus, fellows will participate in a rotation for hepatology and transplant at the Mayo Clinic in Scottsdale, as well as academic studies at Northwestern University in Glendale.

"The curriculum has been designed to produce well-rounded clinical gastroenterologists dedicated to serving their communities," said Chief of Medical Staff and Program Director Sudhakar A. Reddy, MD. "Our goal is to train ambitious, hard-working and motivated individuals who can lead the program in the future."

Currently, Sara is enrolled in an internal medicine residency at Rowan University School of Osteopathic Medicine, in Stratford, New Jersey, and Jordan is

completing his residency training at Aurora Healthcare, Clinical University of Wisconsin Medical School, in Milwaukee.

The gastroenterology fellowship is a part of Mountain Vista Medical Center's ongoing commitment to producing outstanding, well-rounded clinical gastroenterologists dedicated to serving their communities. The hospital currently has 29 osteopathic medical residents specializing in internal medicine, family medicine and general surgery. Another 13 residents will join the residency program this summer. This June, five of the current residents are scheduled to complete their training. ■

For more information, visit [mvmedical-center.com](http://mvmedical-center.com), or call (877) 924-WELL (9355). Find Mountain Vista Medical Center on Facebook and follow the hospital on Twitter. The medical center is located just north of U.S. 60, at Crismon Road and Southern Avenue.

### ABOUT MOUNTAIN VISTA MEDICAL CENTER

Mountain Vista Medical Center, part of IASIS Healthcare, is a 178-bed, full-service hospital, featuring all-private rooms and advanced medical technology. Designed to provide comprehensive health care services for residents of the East Valley, the hospital is accredited as a Primary Stroke Center, and a Level III Trauma Center. The hospital also features an accredited Chest Pain Center and Cardiac Receiving Center. Mountain Vista Medical Center is directly or indirectly owned by an entity that proudly includes physician owners, including certain members of the hospital's medical staff. Mountain Vista Medical Center is an Official Healthcare Partner of the Phoenix Suns and Phoenix Mercury.



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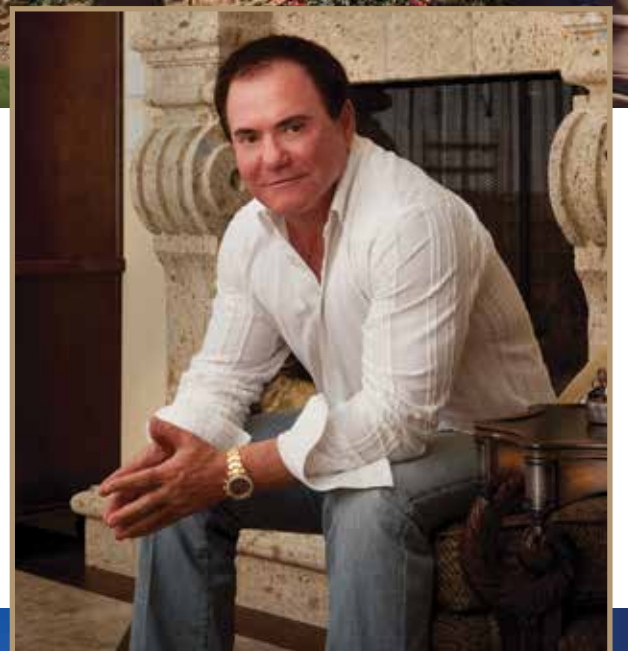
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