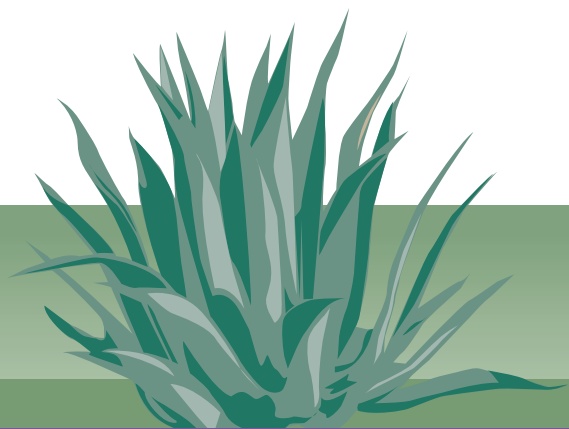


# Mesa Uplands Up Close



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 Honeys 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).



Phillips West  
Publishing | Design | Writing | Photography



POSTAL PATRON  
ECRWSS

PRSR STD  
U.S. POSTAGE  
PAID  
PHOENIX, AZ  
PERMIT #4460

### In This Issue

Brotox For Men .....	3	Stand Up Paddle Boarding .....	14
Summer Swim League.....	4	Best Mesa Public Schools .....	16
Healthy Goals.....	5	Senior Care .....	17
Las Sendas Golf Club.....	7	Falcon Field Facts .....	18
Alaska Travel .....	10	Service Directory.....	22



*Happy  
Father's  
Day*

TO THE  
AMAZING  
MEN IN  
OUR LIVES!

FROM COSMOS  
SALON AND MED SPA

*Cosmos*

Ladies,  
This Father's Day  
Month, Bring Your  
Favorite Guy in For  
a FREE 15 Minute  
Aquafacial!

\*With the purchase of a  
"Brotox" treatment.

**Cosmos Salon & Med Spa**  
**480-887-0671**

2837 N. Power Road, Ste. 106 • Mesa, AZ 85215

**f Look for us on Facebook**

CosmosSalonandSpa.com • CosmosMedSpa.com

**"Brotox", also known as Botox used by  
men, will be offered, this month only,  
for \$7.95 /unit plus receive a FREE  
15 minute Aquafacial!**

Give your guy (and you) the gift  
of a man with a more youthful look  
for Father's Day!



Published by

Phillips West  
Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2016 by Phillips West. All Rights Reserved.

E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey  
Jamie Killin

COPY EDITOR

Sandra Van Dyke

DESIGN

Lucky You! Creative, publication design  
Erin Loukili, Jaclyn Threadgill  
www.luckyyoucreative.com

Ramey Newell, website design  
KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

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.

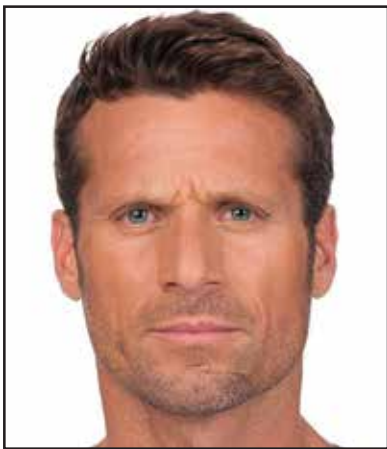
Does he really need another tie? How about something really different? Why not Botox treatments?

"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."

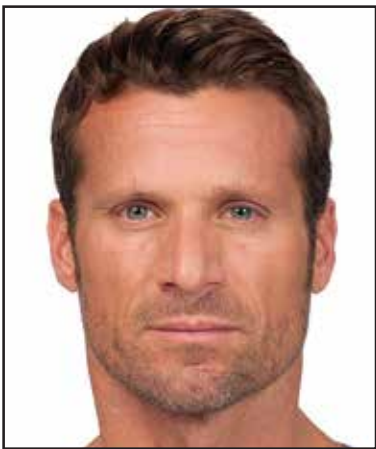
There are good reasons why men are jumping in to the *chair of youth*. "Today's world of business is fierce," Muschi stated. "Every year, there is a younger crop of people coming into the workforce. So, you have to step up your game, or you just may get left behind. Looking younger can come down to a 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.

ADVANCED VEIN CENTER  
Expert Treatments. Personal Care.

3514 N. Power Road,  
Ste. 118,  
Mesa, AZ 85215

(On the south west corner of  
Power Rd and Thomas Rd)

**480-844-VEIN** (8346)

Conditions We Treat

Varicose Veins  
Hemorrhoids  
Leg Pain and Swelling  
Heavy, Fatigued Legs  
Restless Legs  
Spider Veins

Medicare and Most  
Insurances Accepted

www.BetterVeins.com

Healthier Veins  
Healthier You

Dr. Osorio is one of the Southwest's most experienced vein specialists. He has performed 25,000 treatments while maintaining over a 95 percent patient satisfaction.

A+ Rating BBB since 2003  
State of the Art Technology  
20 years combined Experience  
Patient Choice Award - Vitals.com

THRIVENT FINANCIAL®  
Connecting faith & finances for good.®

**ACTING WITH INTEGRITY  
IS IMPORTANT TO US**  
Thrivent Financial earns fifth ethics award

We're proud to once again be named one of the "World's Most Ethical Companies" by Ethisphere Institute—a leading international think tank dedicated to the creation, advancement and sharing of best practices in business ethics. Contact us to find out how we help Christians be wise with money and live generously.

**2016 WORLD'S MOST ETHICAL COMPANIES™**  
www.ETHISPHERE.COM

Certified Financial Planner Board of Standards Inc. owns the certification marks CFP® and CERTIFIED FINANCIAL PLANNER™ in the U.S.  
"World's Most Ethical Companies" and "Ethisphere" names and marks are registered trademarks of Ethisphere LLC.  
Appleton, Wisconsin • Minneapolis, Minnesota  
Thrivent.com • 800-847-4836

**Red Mountain Group**  
2941 N Power Rd Ste 105  
Mesa, AZ 85215  
**480-396-5333**  
**Jeff Kolzow**  
CFP®, ChFC®, LUTCF  
Wealth Advisor  
**Jeff Rodemeyer**  
FIC, CLTC®  
Financial Associate  
**Rick Aussprung**  
FIC, CLTC®  
Financial Associate  
27343AD R3-16

The Results You Want.  
**\$500 OFF!**  
of any full Orthodontic Treatment!

Call today to schedule a **FREE** consultation!

**WRIGHT**  
Orthodontics

AN ELITE PROVIDER OF:  
 **invisalign**® and **invisalign teen**

Metal

Clear

Invisalign

**CHANDLER**  
4055 W. Chandler Blvd. Ste. 1  
Just west of  
Chandler Fashion Mall  
**480-753-6300**

**EAST MESA**  
1118 N. Val Vista Rd.  
SW Corner of Brown  
& Val Vista  
**480-969-1514**

**MESA**  
453 W. 5th St.  
Country Club  
& University  
**480-835-0567**



## 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.

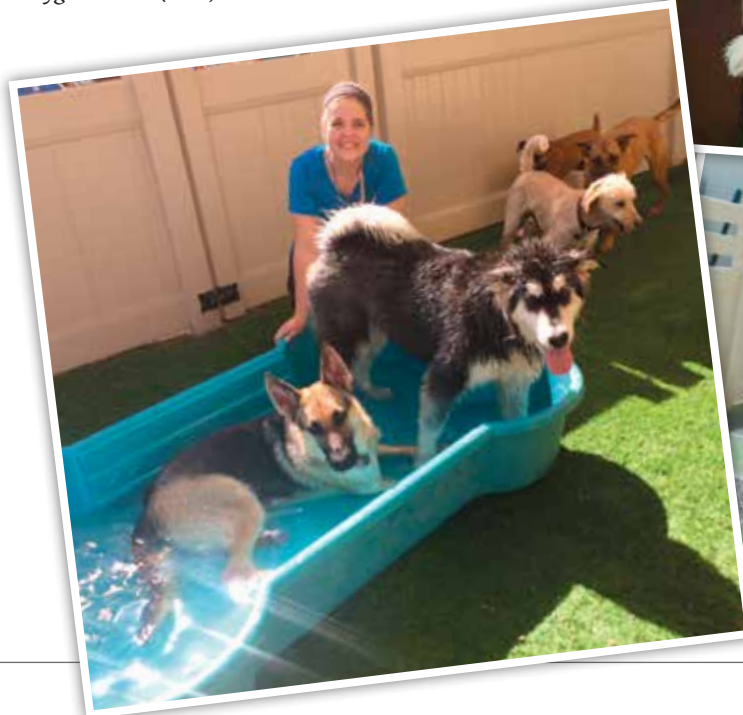
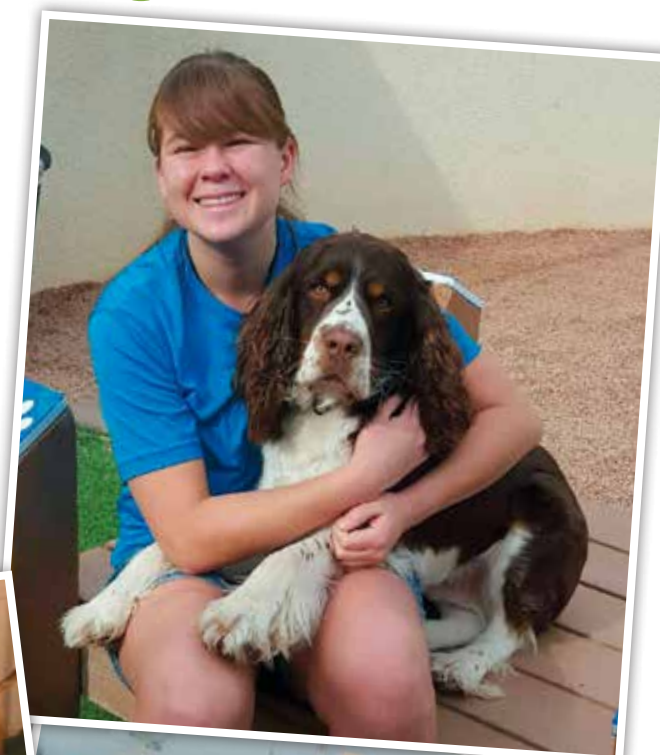
Summer with this Arizona heat means vacation time. If you can travel with your dog, that is awesome, but not all trips can be dog friendly. The dog boarding industry has revolutionized the past two decades.

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.

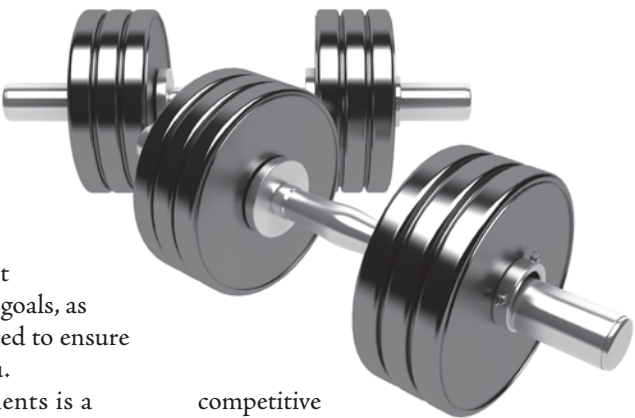
Performance Supplements is a family-owned business, which opened in Mesa this past January. They offer everything you need to reach your goals—from protein bars, drinks and powders, to vitamins and carbohydrate powders.

"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.



SPEND JUNE WITH PIEFECTION!  
SEE WEBSITE FOR MORE DETAILS ON JUNE EVENTS

FATHER'S DAY PHOTO CONTEST  
SLICE DAY  
STRAWBERRY RHUBARB DAY  
APPLE STRUDEL DAY  
PINK DAY

AND THE PIE OF THE MONTH:



6731 E. BROWN RD. MESA, AZ 85205 480.218.PIES (7437) · [PIEFECTIONAZ.COM](http://PIEFECTIONAZ.COM)

BRING IN THIS COUPON ANY  
TUESDAY, WEDNESDAY, OR THURSDAY FOR

**\$2 OFF**  
ANY 9" DESSERT PIE.

CANNOT BE COMBINED WITH OTHER OFFERS. EXPIRES 6/30/16





DESIGNER DIVAS  
June 16th  
6:30 pm

Order fabulous  
FRESH flowers  
from Poppy's too!


POPPY'S HOME DECOR

Summer Special  
**15% OFF ENTIRE PURCHASE**  
With this ad. Cannot be combined with other offers or prior purchases. Offer expires 6/30/16.

PICADILLY SQUARE

**BUY ONE GET ONE FREE**  
Buy any Picadilly Square item & receive a 2nd of equal or lesser value for free. With this ad. Cannot be combined with any other offers or prior purchases. Offer expires 6/30/16.

**480-325-4900**  
Furniture, Floral Design, Home Accessories, Seasonal Decor, Lighting/Fans, In-Home/Office Consultations  
Call now for an in-home appointment  
7143 E. Southern Ave., #107 • Mesa  
Southern, just East of Power  
Hours: Monday-Saturday, 10am-6pm  
[facebook](http://facebook.com/poppys homedecoraz) [twitter](http://twitter.com/poppys homedecoraz) [poppys homedecoraz.com](http://poppys homedecoraz.com)



Shipping  
Packaging  
LTL Freight  
Copying  
Mailbox Rentals  
USPS Services  
Printing & Finishing  
Faxing  
Notary  
Packaging and Office Supplies

**The UPS Store**

**5¢ Black & White Copies**  
Coupon good through June 30, 2016.

SE CORNER OF POWER & MCDOWELL  
**2733 N. Power Road**  
(NEXT TO ALBERTSONS)  
**Mesa, AZ 85215**  
**480.641.1744**  
[www.theupsstorelocal.com/3690](http://www.theupsstorelocal.com/3690)  
Hours: M-F 8:30 to 6:30, Sat 9 to 5



EDUCATION

# ENGINEERING STUDENTS Compete in Design Challenge

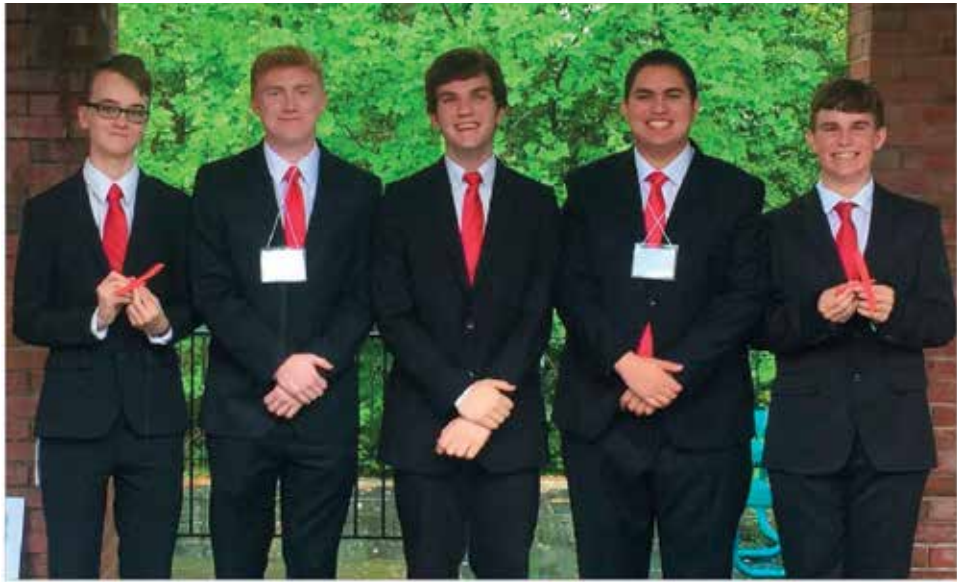
Submitted by Maureen Jackson

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

East Valley high school students, take advantage of one of our upcoming Saturday Specials and get a free Arizona Interscholastic Association (AIA) sports physical.



For more information or to schedule your physical call 480-834-7546.

For your convenience, AIA sports physical forms will be available at your appointment.



## Salt River Tubing

AZ'S FLOATING BEACH BLAST!

# OPEN 7 DAYS A WEEK!

9:00 AM - 6:30 PM  
Latest Tube Rental 2:00 PM  
\*Weather & Water Flow Permitting

**ONLY \$17 ALL DAY!** Includes FREE Parking at SRTR  
**TUBE RENTAL and SHUTTLE BUS SERVICE**  
**SRTR IS ACCEPTING CREDIT CARDS!** 

\$20 Minimum Credit Card Tube Transaction • Valid Driver's License Required for Credit Card ID

**Salt River Pirates**  
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.

**FREE Hawaiian Leis to the 1st 1,000 Tubers!**  
**FREE Tubing Passes for Best Hula Costumes!**  
Event details at [www.saltrivertubing.com](http://www.saltrivertubing.com)

**ONLY \$17 ALL DAY • OPEN 9:00 AM - 6:30 PM\* • Latest Tube Rental 2:00 PM\* • (480) 984-3305**  
**Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd. • [www.saltrivertubing.com](http://www.saltrivertubing.com)**  
\*Weather & Water Flow Permitting • Tonto National Forest • Operating under Permit from U.S.D.A. Forest Service





# LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf



## THE VISTAS CORPORATE EVENT CENTER

### THREE PRIVATE MEETING ROOMS

Corporate Meetings, Executive Retreats, Private Dining

### SUMMER SPECIAL

### COMPLIMENTARY ROOM RENTAL

The Vistas Corporate Event Center is a magnificent venue and urban oasis for large or small corporate events or meetings. Our meeting rooms have been carefully designed and architected to capture the amazing views of the Phoenix Valley. Audio, visual and Wi-Fi is included at no charge.

Your meetings will be impossible to forget when combined with exceptional cuisine prepared with the finest fresh ingredients by our chef. Our Corporate Event Planning Team will work with you to customize room size, room setup and those all-important networking breaks. We also can include golf as part of your team-building plans.

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



## 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.
- Six-month dues \$500/month, \$195 to add family.

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  
AT LAS SENDAS

Sunday, June 19th • 5-9pm

Treat Your Father to  
14 oz. Rib Eye Steak Dinner  
Pickled Onion Rings,  
Corn on the Cob &  
Roasted Potatoes

Includes a Draft Beer or Soft Drink

**\$24.95**  
*Plus tax and gratuity.*

Call 480-396-4000 for Reservations



7555 East Eagle Crest Drive  
Mesa, AZ 85207

# Zero Down Las Sendas Proxy Membership

ONLY 4 REMAINING



Want to be a Las Sendas Golf Club member but don't want to put down \$45,000?

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).



## SELLING • BUYING INVESTING



**LORRAINE RYALL**  
Realtor, CDPE, CSSN  
**602-571-6799**  
**[www.Homes2SellAZ.com](http://www.Homes2SellAZ.com)**  
**[Lorraine@Homes2SellAZ.com](mailto:Lorraine@Homes2SellAZ.com)**



### IT'S NOT JUST A HOUSE—IT'S YOUR HOME

Buying or selling a home can be stressful.  
Finding the right Realtor shouldn't be.

*Specializing in Las Sendas and East Mesa—a local resident since 1998*

#### FULL SERVICE REAL ESTATE WITH COMPLIMENTARY SERVICES:

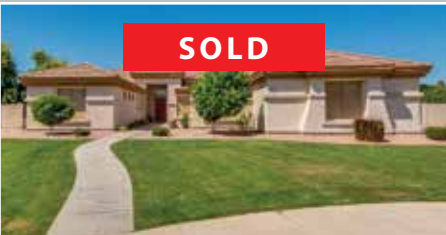
- Home Evaluation
- Exclusive Marketing Plan
- Professional Photography
- Virtual Tours
- Home Staging
- Repair and Upgrades Consultation

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

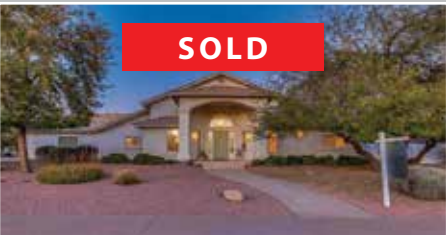
WHAT'S YOUR HOME WORTH—FIND OUT TODAY [www.InstantHomeValueAZ.com](http://www.InstantHomeValueAZ.com)  
SEARCH THE MLS AND KEEP UPDATED ON THE MARKET [www.Homes2SellAZ.com](http://www.Homes2SellAZ.com)



**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



TRAVEL

TRAVEL LIKE A LOCAL IN ALASKA

Submitted by Sue and Bruce Mitchell, Cruise Planners

Instead of standing out like a tourist with a camera and fanny pack, we are lending our expertise to those traveling to Alaska on how to blend in like a local and experience the culture of the state.

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

DRESS THE PART

If you get off your cruise ship wearing high heels and carrying a designer handbag, you will stand out in Alaska. Comfortable layering is key, and waterproof is a plus, especially for glacier hiking.

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.

KNOW WHAT TO ORDER

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.



Sue and Bruce Mitchell

IMMERSE YOURSELF IN THE OUTDOORS

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.

KNOW WHEN TO GO

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.

EMBRACE THE CULTURE

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.



SEE ALASKA BY LAND AND SEA

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.

DECIDE HOW TO GET THERE

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.

UNDERSTAND THE GEOGRAPHY

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. You may also send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

**Matta's**  
Since 1953  
**Grill & Cantina**  
Located in Mesa Riverview

**1033 N. Dobson Rd.**  
Mesa Riverview at 202 & Dobson Rd.  
in between Bass Pro Shop & Cinemark

**-FULL SERVICE CANTINA & DINING-**

Bring this AD  
to receive a  
**FREE Cheese Crisp**  
expires 6/30/16

*A Family Tradition for 63 years*

**FIESTA HOUR SPECIALS**  
3 - 6pm  
**Open 7 days a week**

**480-964-7881**

**mattas.com**

f t p i

**CRUISE PLANNERS**  
Land and Cruise Specialists  
Your Red Mountain  
Travel Professionals  
**Sue and Bruce Mitchell**  
smitchell@cruiseplanners.com  
**480-396-8084**  
toll free 855-542-8229  
We've Been Creating  
Amazing Dream Vacations  
For 30 Years  
www.redmountaintravel.com

**Red Mountain Montessori Academy**  
At RMMA, we give your child the keys to unlock the  
magic and wonders of childhood...

Offering a world class education  
in a beautiful and peaceful setting.  
A.M.I./A.M.S. CERTIFIED TEACHERS

**480-654-1124**  
6426 E. McDowell Road  
Take a look at our website to research the advantages of the Montessori Method  
**www.redmountainmontessori.com**

**T&T**  
AIRPORT SERVICE  
"WE DON'T MISS"  
PRIVATE CAR **\$45\***  
FLAT RATES  
RESERVATIONS  
**480.832.3483**  
OVER 15 YEARS  
OF SERVICE  
\*Call for Details.

**Mountain Shadows  
Construction**  
HONESTY...QUALITY...INTEGRITY

Remodels  
Cabinetry  
Flooring  
Kitchens  
New Builds

**Ron Alanis**  
Owner  
**602.819.5748**  
**mscarizona@outlook.com**  
**www.mscarizona.com**



## 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.



## Self Development Academy

ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



**Start right. Right from the start.**

**SELF DEVELOPMENT PRESCHOOL** (2-5 years old)  
Using a well-planned thematic curriculum, the preschool prepares students for their elementary school success.

**They complete their kindergarten year reading fluently and solving mathematics problems at one to two grade levels ahead.**



**Because we can see the future.**

**AS AN ACCELERATED, K-8 CHARTER SCHOOL**, our goal is to inspire a passion for life-long learning. We provide nurturing, individualized learning strategies with new research-based and traditional learning methods.

**ENROLL NOW FOR FALL 2016-2017. Limited Space.**

**SELF DEVELOPMENT PRESCHOOL**

(480) 396-3522

1721 N. Greenfield Road, Mesa, AZ 85205

[www.SelfDevelopmentPreschool.com](http://www.SelfDevelopmentPreschool.com)

**SELF DEVELOPMENT ACADEMY**

Grades K-8 (480) 641-2640

1709 N. Greenfield Road Mesa, AZ 85205

[www.SelfDevelopmentAcademy.com](http://www.SelfDevelopmentAcademy.com)



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.



Real Estate In Mesa Uplands

brought to you by: Mesa Uplands Area Market Report

Sales over \$330,000 for the Month of April 2016

Address	Square Feet	Community	Sold Price
2254 E Nora St	2,330	Village View Estates	\$333,000
6202 E Mckellips Rd 293	1,818	Tuscany Villas	\$334,900
9523 E Glencove St	2,225	Saguaro Shadows	\$335,000
2955 E Leonora Cir	2,269	Rancho De Arboleda	\$335,000
2435 N Trenton	2,054	Boulder Mountain Highlands	\$335,000
6705 E Adobe St	2,315	County Island	\$336,000
2210 E Hale St	3,143	Miller Heights	\$338,000
6256 E Omega St	2,551	Mesa Desert Heights	\$338,500
8824 E Ivy Cir	1,753	Mountain Bridge	\$345,000
2848 E Fountain St	2,915	Mountain View Highlands	\$347,000
2061 N 88Th St	1,855	Mountain Bridge	\$349,970
4236 E Ellis Cir	2,067	Montecito	\$350,000
5112 E Halifax St	2,849	Copper Crest Enclaves	\$354,990
2101 N 64Th St	2,541	Skyway Village	\$355,000
8564 E Gary St	2,458	Signal Heights	\$360,000
6202 E Mckellips Rd 306	1,898	Tuscany Villas	\$361,000
9266 E Grandview St	2,448	Sierra Estates	\$368,000
1408 N 94Th St	3,365	Sierra Estates	\$369,900
3062 E Hale St	2,655	Mesa Northgrove	\$370,000
1519 N 72Nd St	2,582	Red Mountain Manor	\$377,000
8521 E Indigo St	2,798	Mountain Bridge	\$379,000
1739 N Channing	1,994	Mountain Bridge	\$390,000
3307 E Fairbrook St	3,390	Groves	\$404,000
8838 E Norwood St	3,051	Madrid	\$415,000
8715 E Jasmine St	2,057	Mountain Bridge	\$417,800
8727 E Jaeger St	2,080	Mountain Bridge	\$419,000
2050 E Lockwood St	2,851	Orange Blossom Estates	\$420,000
2621 N 22Nd St	3,428	Village View Estates	\$427,600
5345 E Mckellips Rd 84	2,944	Alta Mesa Estates	\$435,000
8739 E Menlo Cir	2,989	Madrid	\$440,000
4447 E Enrose St	3,505	Groves East	\$450,000
8524 E June St	2,549	Mountain Bridge	\$455,000
1048 N Oakland St	3,576	Eastview Estates	\$475,000
9507 E Nora Cir	3,313	Estates At Boulder Mountain	\$483,000
3503 E Menlo Cir	3,650	Hermosa Groves North	\$490,000
2154 E Minton St	3,598	Groves Of Hermosa Vista	\$491,000
4226 E Encanto St	3,821	Summit At Montecito	\$495,000
2759 N Layton	2,989	Madrid	\$503,500
2058 N Steele Cir	2,690	Mountain Bridge	\$505,000
908 N 90Th Pl	3,630	County Island	\$549,000
8821 E Mckellips Rd	3,087	County Island	\$560,000
8412 E Jensen St	3,177	Mountain Bridge	\$610,000
3327 N Hawes Rd	3,749	Cielo Vista	\$650,000
2222 N Val Vista Dr 5	4,848	Avalon Grove	\$720,000

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

480/985-9279  
5338 E Main St #4  
Mesa, AZ 85205

H&I Automotive

www.handiautomotive.com Since 2009

ASE Master Technician

Factory Trained For Multiple Makes

- ★ Complete Automotive Repair
- ★ Advanced Diagnostic Analysis
- ★ Factory Recommended Maintenance
- ★ We Service All Makes and Models
- ★ 3D Imaging Alignments
- ★ 3 year/36,000 mile Warranty

Tires! Balancing! Alignments! Call for a Free Quote



**KOR**  
PROPERTIES

REAL ESTATE EXPERTS  
SINCE 1972



John Karadsheh, ABR, CRS Owner/Designated Broker  
Natascha Ovando-Karadsheh, Owner/REALTOR®  
Christina Ovando, Owner/REALTOR®



**KORproperties.com | 480.568.8680**



LAS SENDAS 5 CAR GARAGE!  
3642StonePoint.com  
\$1,790,000



4+ ACRES & 10 CAR GARAGE!  
MesaEstate.com  
\$4,500,000



BASEMENT - 6 CAR GARAGE!  
CentreCourtEstate.com  
\$1,250,000



LAS SENDAS CUSTOM  
7662HiddenCanyon.Com  
\$1,295,000



PRISTINE IN MAHOAGANY  
Citrus Lot - Sparkling Pool  
\$550,000



RENOVATED HISTORIC IN PHX.  
Guest House - Old World Charm  
\$450,000



CUSTOM IN RED MTN RANCH  
RedMountainCustom.com  
\$539,000



RED MOUNTAIN RANCH  
Cul-De-Sac Lot - Pool  
\$295,000



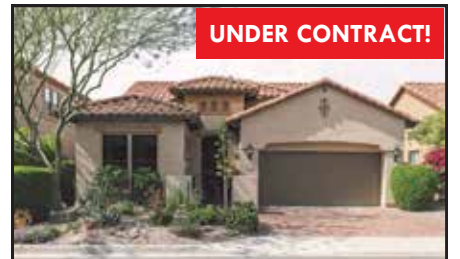
LAS SENDAS RESORT LIVING  
4111SageCreek.com  
\$698,500



IRONWOOD MANOR  
Sparkling Pool - No HOA!  
\$324,900



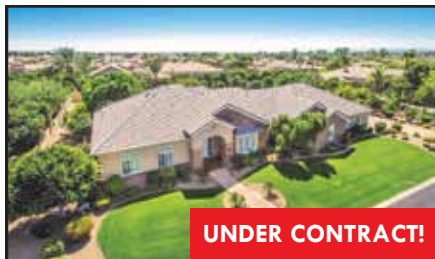
LAS SENDAS - ONE OWNER  
Granite Counters - Prime Lot  
\$315,000



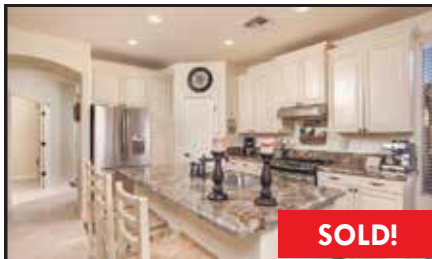
LAS SENDAS - FORMER MODEL  
City Lights & Mountain Views  
\$340,000



LANTANA RANCH  
1256Carob.com  
\$438,000



CUSTOM BASEMENT HOME  
AvalonGrove18.com  
\$849,000



LAS SENDAS - WINDSONG  
Stunning Remodel!  
\$289,000



LAS SENDAS - CUL-DE-SAC LOT  
7640Snowdon.com  
\$470,000

**The KOR PROPERTIES Team**

Lorraine Ryall, CDPE, CSSN  
602.571-6766  
Lorraine@Homes2SellAZ.com



Denny Harless, AHWD, E-Pro, GRI  
602.550.7766  
DennyHarless@cox.net



Jennifer Guasto, Realtor®  
480.206.5813  
Jennifer@JensAZHomes.com



Glen Bowling, Realtor®  
480.201.5453  
Glen.Bowling@gmail.com



**East Valley Real Estate Experts!**



# FREE LIVING TRUST

## LUNCHEON SEMINAR

Tuesday, July 12, 11:00 A.M.

*Las Sendas Golf Club*

**CALL TO REGISTER TODAY!**

**(480) 346-3572**



- Learn how to avoid costly probate
- Avoid death taxes
- Protect the privacy of your estate
- Pass your assets in the manner you desire





4110 N. Scottsdale Road, Suite 170, Scottsdale  
**WWW.RJPESTATEPLANNING.COM**

### 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.



### PROBLEM.



### SOLUTION.



**Now there's miraDry®**

- Immediate results that last
- Dramatic reduction of underarm sweat
- Non-invasive, in-office procedure with minimal to no downtime
- FDA-cleared
- Toxin-free, no need for endless treatments
- No need for ineffective antiperspirants

**Call Dr. Hiatt at 480-844-1410 to schedule your appointment!**



A lasting solution for excessive underarm sweat

### PLASTIC SURGERY OF

Tummy \* Breast \* Face \* Ears \* Nose \* Eyelids  
Male Breast Removal \* Liposuction \* Laser Hair Removal  
Mommy Makeover \* Underarm Sweat Solutions

**All injections are administered by Dr. Hiatt**  
Botox \* Juvederm \* Voluma

Call for a complimentary consultation  
**(480) 844-1410**

4540 East Baseline Road, Suite 117  
Mesa, Arizona 85206 | DRHIATT.COM



## STUDIO 480

### THE SALON

Haircuts • Coloring/Highlights • Straightening/Perms • Waxing

Mon & Tue 8:00-4:00 • Wed & Thu 8:00-8:00  
Fri & Sat 8:00-5:00

**CALL FOR AN APPOINTMENT!**  
6655 East McDowell Road, Suite 105,  
Mesa, Arizona 85215  
(SW corner of McDowell & Power Roads - behind Barro's Pizza)

**(480) 985-2369**

**In Honor of Dad**

**Men's cut \$20**

One per customer.

**Get Ready for Summer**

**20% Off Highlights**

One per customer.

## IS YOUR POOL GOLD?

**No Problem... We Heat Cold Pools**

## DOES YOUR POOL NEED REMODELING?

**No Problem... We Remodel Pools**

**WHY HEAT YOUR POOL?**  
POOLS AREN'T CHEAP. But for a fraction of your original investment, you can enjoy your heated pool anytime rain or shine. While your neighbor's unheated pool goes unused, you and your family and friends can swim in warm water year round AT THE LOWEST COST POSSIBLE. No children with blue lips, no excuses for not having a pool party, just WARM WATER FUN when you want it.

**LOWEST INSTALLED PRICE IN THE VALLEY!**  
Heat your pool for as little as \$50 per month.  
Based on 12,000gal pool with cover.

**LOWEST REMODEL PRICE IN THE VALLEY!**  
Make Your Pool Look Brand NEW, with our "COMPLETE" Remodel Package  
Licensed, Bonded & Insured, ROC #243628

**HEAT PUMP SPECIAL**  
**ONLY \$3,995**  
**PRICE INCLUDES:**  
DELIVERY • INSTALLATION • START-UP  
\*Installation includes (1) 50 amp breaker / hookup and plumbing. Electrical run not included.

**REMODEL SPECIAL**  
**ONLY \$5,445\***  
**PRICE INCLUDES:**  
MINI PEBBLE INTERIOR, NEW WATERLINE TILE,  
250 FT ACRYLIC DECK RE-SURFACE  
\*based on 80ft perimeter play pool

**SWIM YEAR ROUND!**



**Arizona Pool Guy, Inc. • 480-699-0607**

www.UpCloseAZ.com



LOCAL BUSINESS

# Know How to Select the Right Vehicle Tire

Submitted by H and I Automotive

While every driver, no doubt, has purchased tires for a vehicle at one time or another, not everyone knows how to buy the correct tire. Generally, we count on the person selling us the tires to install the correct ones. Unfortunately, this is not always the case.

Every manufacturer will place a tire decal on the driver's doorframe. Contained on the decal is the recommended tire size, and, in most cases, the weight and speed rating. This information also is imbedded on the sidewall of the tire. When purchasing tires, these specifications should be taken into account for the replacement tires.

Let's break down this example tire—P245/40R18 93W. The letter P indicates it is a passenger car tire. You also may find the letters LT to signify light truck or the letter T, which stands for a temporary spare. The next number, in this case, 245, is the measurement across the width of the tread surface in millimeters. Basically, this is how wide the tire is. This is important because it is dangerous to put on a tire that is either too wide or too thin for the rim size.

The next number, 40, is the aspect ratio of the sidewall height compared to the width of the tire. In this case, the sidewall height is 40 percent of the tread width, or 98 mm. The lower the number, the thinner the sidewall will be. Thinner sidewalls will make the car not absorb road imperfections as well because the material will need to be stiffer to support the vehicle's weight.

The letter R will be found on almost every tire because it stands for radial construction. Some of you may remember the days of bias ply tires, which used to have a D code. There also used to be ZR, which indicated a high speed radial, but this is seldom used any more.

Our next number, 18, is the diameter of the rim the tire will fit. This will mostly be a whole number, but there are some specialty rims, which are an extra half-inch, as in 19.5 inches.

The final set of digits, 93W, will signify the weight and speed rating of the tire. This example has a weight

rating of 1,433 pounds, and the speed is 168 miles per hour. So, the four tires on the vehicle will support a vehicle weight of roughly 5,700 pounds.

There also is other information stamped into the sidewall of the tire. Additional data includes the maximum pressure the tire can hold safely. However, the tire pressure you should keep in the tire also is found on the placard in the doorjamb of your specific vehicle.

Another number on the tire is the Department of Transportation (DOT) code. This is the code supplied to the DOT to indicate the tire's specifications. It also includes the tire-manufactured date as the last four digits. If the last four digits are 2815, this means the tire was made in the 28th week of the year 2015. You want to avoid buying tires more than two years old. The reason being the rubber will dry rot in about five to six years, and you may not get the full tread life out of them before they become cracked and unsafe.

Now, to make things even more confusing, replacement tires will have a tread wear, traction and weather rating. These factors also will need to be considered when making your decision.

H and I Automotive carries multiple brands of tires to suit any need and budget. While all tires come with lifetime balancing, nationwide road hazard protection also is available. To ensure a proper ride from your new tires, we have the latest high-speed road force balance and precision wheel alignment equipment. ■

For a free quote, please call us at (480) 985-9279. We are a full service professional automotive service center, serving our East Valley neighbors since 2009. Find us online at [handiautomotive.com](http://handiautomotive.com) or on Facebook and Google+.



JUNE 18<sup>TH</sup>

WINE DINNER

Featuring wines from the L'Ecole Winery from Washington State

MENU

**Tray Passed Appetizers**  
Apple Brie Ciabatta  
Roquefort with Shallot Compote On Citrus Poached Pear  
2013 Semillon Columbia Valley

**2<sup>nd</sup> Course**  
**Cherry Crusted Scallops**  
Butter Lettuce Cups with Cherry Crusted Bay Scallops, Local Baby Vegetables & Chardonnay Apple Vinaigrette  
2012 Chardonnay Columbia Valley

**3<sup>rd</sup> Course**  
**Blackberry Braised Pork Tenderloin**  
Parsnip Croquette Potatoes  
2013 Merlot Columbia Valley

**4<sup>th</sup> Course**  
**Salmon & Veal Duet**  
Wild Salmon Medallion & Veal Loin with Espresso Pork Belly Crisp & Confit Walla Walla Onion Morel Mushroom Cream  
2012 Cabernet Sauvignon Walla Walla Valley & 2013 Apogee Pepper Bridge Vineyard

Dessert  
**Petit Fours & Coffee**

6:30 RECEPTION

7:00 DINNER

The goal of L'Ecole N°41 is to achieve clean, ripe, stylistically expressive and aromatic wines that let the individual characteristics of each vineyard shine through.

L'Ecole produces well balanced wines, good acidity, firm but not overpowering tannins, commentary oak integration and vibration expressive aromas and fruit flavors.

\$70 PER GUEST

PLUS TAX AND GRATUITY

For Reservation or More information,  
480-396-4000 or [www.LasSendas.com](http://www.LasSendas.com)

THE VISTAS PAVILION

LAS SENDAS GOLF CLUB

7555 E. EAGLE CREST DR.

MESA, AZ 85207

A Leader in Full Service, High-Tech Dentistry

Do you snore or suffer from sleep apnea?

Don't risk your health. We have solutions!

Dr. C. Martin Farnsworth, DMD

Dr. Derek Farnsworth, DMD

2947 North Power Road

Suite 103, Mesa

We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.

Certified Invisalign® Providers

CALL TODAY!

(480) 283-5854

WWW.LASSENDASDENTALHEALTH.COM

ZOOM!

Tooth Whitening

WHITER TEETH IN UNDER ONE HOUR  
In Office Whitening: \$350, PLUS take-home whitening trays: \$599 Value!

EMERGENCIES SEEN SAME DAY!

- Dentistry for the whole family
- Now offering evening hours
- Cosmetic Smile Enhancements Veneers & Porcelain Crowns
- Implants - Placement & Crowns
- Root Canal Therapy
- Therapeutic Botox and Injection Fillers
- Afraid of Dentists? Nitrous Oxide Sedation Available
- A Team of Professionals Here to Help You Smile

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)



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  
2016 Rodel Exemplary Teacher

**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)

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)



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.

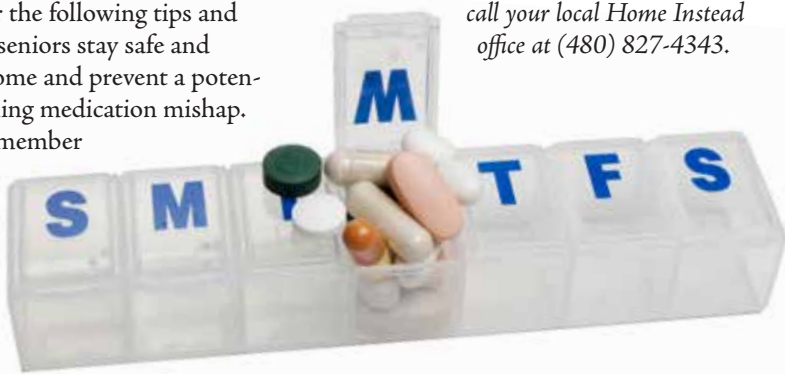
This can be a difficult subject for families to discuss. In many cases, seniors have been managing this aspect of their lives on their own for many years and may not be fully aware of potential pitfalls. To help families have this critical conversation, Home Instead Inc. collaborated with Dr. Jane Potter, 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).

**A Robin's Nest**  
Resale & Consignment Shop

If you love the hunt and are thrilled by the catch, do your retail shopping therapy at **A Robin's Nest**. You're sure to find many extraordinary things!

Are you cleaning out, organizing, and want to be free from clutter? Relieve stress and turn your treasures into cash by consigning with us!

**A Robin's Nest Resale and Consignment Shop**  
(Alta Mesa Plaza)  
5253 E. Brown Road, Suite 101 • Mesa, AZ 85205  
480-984-8485

Open Tuesday-Saturday  
10:00 am - 6:00 pm

**What's in Store?**  
Upscale gently used furniture, home goods, small appliances, wall art, jewelry, antiques, collectibles and more.

For more information, visit  
**RobinsNestResale.com**  
or call Robin or Joshua  
@ 480-984-8485

**10% Off One Item**

facebook.com/RobinsNestResale

**Who will you trust to help you with the sale of your largest asset?**

- Full Time, Full Service, Award Winning Team
- Professional HDR Photography
- Zillow Premier Agent

Contemplating making a move? As a Mountain Bridge Resident and Northeast Mesa Specialist, I would welcome the opportunity to assist you.

**YOUR HOME, YOUR FUTURE -- WHO YOU CHOOSE MATTERS**

**Melanie Didier, Realtor**  
GRI, ABR  
[melanieahg@gmail.com](mailto:melanieahg@gmail.com)  
480.334.4889  
Five-Star Rated Team:  
[www.ourzillowreviews.com](http://www.ourzillowreviews.com)

**the arizona home group**  
RE/MAX Excalibur

**HONESTY • INTEGRITY • RESULTS**

**ENHANCING THE LIVES OF AGING ADULTS AND THEIR FAMILIES**

*To us, it's personal.*

**A few hours a week to 24 hour care!**

- COMPANIONSHIP
- PERSONAL CARE
- MEAL PREPARATION
- MEDICATION REMINDERS
- INCONTINENCE CARE
- LIGHT HOUSEKEEPING
- SHOPPING & ERRANDS
- ALZHEIMER'S CARE
- RESPITE CARE

**CALL TODAY FOR A FREE ASSESSMENT!**

**480-827-4343**

**We work with Long Term Care Insurance!**  
(Call for details)

**SERVING SENIORS IN THE SOUTHEAST VALLEY SINCE 1997!**

Each Home Instead Senior Care franchise is independently owned and operated.



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.



**Sweet Repeats**  
Ladies Consignment Boutique

Affordable designer clothing and accessories for women.  
Accepting new consignments Monday through Friday 10am thru 4pm.

6039 E. University Dr.  
Mesa, AZ 85205  
480-275-2480

**HOURS** MONDAY THRU FRIDAY 10am to 5pm  
SATURDAY 10am to 3pm

**10% OFF**  
any regular price item  
Sweet Repeats  
No expiration

**MESA SWIM CLUB**  
SEADOGS • MESA MERMAIDS AND MERMEN

**Come join the fun!**  
Private Swim Lessons  
Competitive Swim  
Swim programs for all ages

**REGISTRATION IS OPEN**  
**Call (480) 807-3317**  
[www.mesaswimclub.com](http://www.mesaswimclub.com)

Affiliated with USA Swimming Arizona Swimming

Located at  
**Skyline Aquatic Center**  
and **Red Mountain Ranch Country Club**

**Las Sendas Animal Hospital & Grooming**

**Ask about our Free Vaccines For Life!**

**480-264-3460**  
[www.LasSendasAH.com](http://www.LasSendasAH.com)

Bring this ad for 1/2 off your wellness exam!

- Open 7 Days a Week
- Interest Free Payment Plans

Valid through 07/31/16. New patients only. Limit 1 per household.

6747 E. McDowell Rd., #101 | Mesa, AZ 85215  
Proud Member of AZPetVet.com – A Family of Animal Hospitals



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.

1366275-120415



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

## WE'VE GOT YOU COVERED... Inside&Out!

### With Custom-Built Patio Shades & Sun Screens!

Cool your Home or Patio and Block Up to 95% Solar Heat Rays

Motorized Shades Available!

**The Valley's Leader in Window Screens!**  
**FREE Installation on ALL Products**

Call Today for a FREE, No Pressure Home Inspection and Estimate  
**623-204-1476**

AMERICAN EXPRESS VISA MasterCard DISCOVER NAVYUS BBB ACCREDITED BUSINESS

Licensed • Bonded • Insured ROC# 273143

## ALL PRO SHADE CONCEPTS



PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE



**ALL PRO**  
TREE SERVICE LLC.  
www.allprotrees.com • dennis@allprotrees.com  
**480-354-5802**

**LANDSCAPE SERVICES**

- Monthly Landscape Maintenance
- Frost Damage
- Yard Clean Ups
- Irrigation Install/Repair
- All Landscape Needs

**TREE SERVICES**

- Tree Trimming
- Tree Removal
- Stump Grinding
- 24 Hour Storm Damage
- Deep Root Fertilization

**Fertilize for FREE**  
with Purchase  
Call for Details

**With Every Tree Trimming,  
We Granual Fertilize for FREE**

**15% OFF** Call today for a **FREE ESTIMATE** and get **15% OFF** with this ad!  
Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.

*Commercial, HOAs & Residential  
Fully Insured/ Bonded*

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

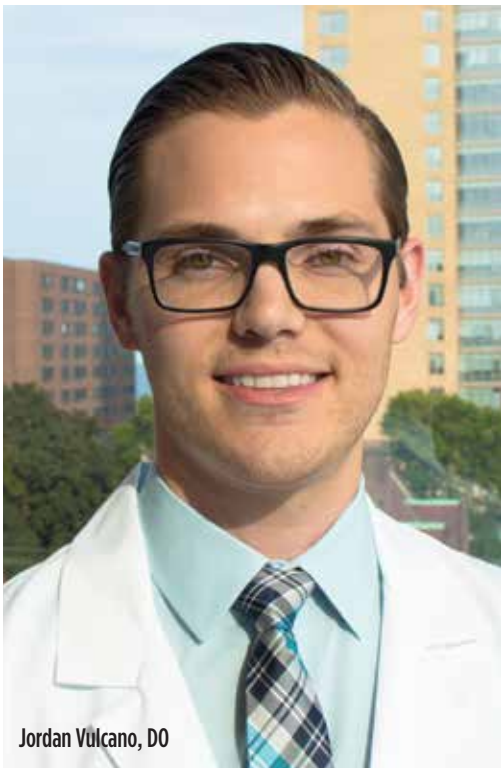
## MEDICAL CENTER WELCOMES FELLOWS TO NEW PROGRAM

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.



CLASSIFIEDS

HOME SERVICES

**MESA HOME MAINTENANCE AND REPAIR** Plumbing, electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed. Sean Sornberger (480) 699-7990

**\$25 Carpet Cleaning** (3 Room Min or \$66 for 2 Rooms) Highest Rated Carpet, Tile, Upholstery and Stone Cleaning on Angie’s List for entire East Valley in AZ. Outrageously good customer service and workmanship but still extremely low priced so anyone can afford! Connect and get to know me on Facebook. Search for Noah’s Carpet and Tile Cleaning. (480) 671-6624

**LADY BLUES HOME CLEANING AND HOUSE SITTING SERVICE** One person service. Estimates by phone. 18 years experience. Very well trusted with lots of references. Denise Ross 480-296-6752

**DRYER VENT CLEANING:** Prevents Fires, Saves Electricity, Faster Drying Time. As low as \$69.00. Even as low as \$59.00 with Friends and Neighbors program, 2 or more same day. (480) 809-7112

**Mark’s Home Improvements and Repairs** Specializing in Cabinetry—touch up, repair, rollout drawers, soft close hinges and glides. Plumbing, electrical, paint, drywall, lights, fans, etc... 30+ years experience. Call/Text Mark Griffin 480-980-1445.

**PEST CONTROL: A & E Pest Management.** Professional and reliable. Reasonable rates because owner operated. Call Freddy (480) 248-4263.

**Complete Yard Care**  
Lawn & Landscape Maintenance  
Weekly, Biweekly & Monthly  
We Actually Show Up!  
Call us today for a Free Estimate  
480-753-4703  
Info@CompleteYardCare.com

**ALL PRO TREE SERVICE and LANDSCAPE SERVICE.** Tree Trimming, Removals, Stump Grinding, Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc. **FREE ESTIMATES.** Very Professional, INSURED & BONDED. Mention this ad and receive 15% OFF! We accept credit cards. Please call (480) 354-5802



SPECIALTY SERVICES

**Love All Pets Pet Sitting and Care** in your home for long/short-term and last minute care, (all references are local). Heather at 949-290-6055 or hdebrosse@yahoo.com and www.facebook.com/eastvalleypets/

**PROFESSIONAL TUTORING.** Multiple K-12 subjects including Math, Reading, Writing. Individualized, at-home instruction. Summer enrichment activities and summer school help. Assistance for home-schooling. Philip N. Swanson, Ph.D., 480-677-9459.

**“KNOW BEFORE YOU THROW”** the potential value of your stuff. I have 25+ years of experience in appraising and liquidating estates. Consult with me, Jon Englund, (480) 699-1567, or email to Jon@KnowBeforeYouThrow.INFO

**NEED COMPUTER HELP?** We come to you! Computer Slowness; Email Set Up/Problems; New Computer Install and Set Up; Many other technical issues. ArizonaWebSolutions.com 623.810.5197

**In-home Personal Training**  
Certified Personal Trainer for 15 years.  
Summer Special  
Ten 50 minute sessions - \$350  
Call Delia at 480-250-4171  
scegiel@yahoo.com

FOR RENT

**OCEAN VIEW VACATION RENTAL IN SAN DIEGO** on La Jolla Blvd. in N. Pacific Beach. Large beautifully furnished 1,100 SF corner unit has 25 ft. of windows and balcony facing the Pacific. Only 3-minute walk to the beach. The complex has a pool and hot tub but does not allow pets, smoking or parties. Weekly rates start at \$1,240 for 2 bedrooms and \$1,140 for 1 bedroom. Call or Text Art at 713-247-9507. Include your name and E-Mail address to receive more information and pictures.

**House in Beautiful Sedona, AZ (Village of Oak Creek) –** 3 bedrooms, 2 baths, fully furnished. Beat the summer heat & enjoy cooler northern Arizona weather in breathtaking red rock country. \$1,500 / month, plus \$100 cleaning fee, available by the month May-Sept. Call or text Gary 480-524-8600 for more information.

**UpClose**  
PUBLICATIONS  
**CHECK OUT OUR WEB SITE!**  
Read articles online,  
download PDFs, and more!  
**www.UpCloseAZ.com**

Family Owned and Operated

480-924-2096

Same Team Guarantee for Weekly, Bi-Weekly, or Monthly Service.

Our Employees are...

- Background Checked
- IICRC Certified House Cleaning Technicians
- Bonded and Insured
- Continually Educated on New Products and Services

Green Cleaning Available

HOT SUMMER SPECIAL  
**2 HOUR TEAM CLEANING ONLY \$99**  
Good June - August, 2016, reoccurring visits only. Regular price \$150 \* New clients only

**www.CarnationHomeCleaningInc.com**



SERVICE DIRECTORY



**ALL PRO**  
TREE SERVICE LLC.  
www.allprotrees.com

**PROFESSIONAL,  
AFFORDABLE TREE &  
LANDSCAPE SERVICE**

dennis@allprotrees.com  
**480-354-5802**

**With Every Tree Trimming,  
We Granual Fertilize for FREE**

**Fertilize for FREE with Purchase**  
*Call for Details*

**FREE ESTIMATES**

Insured / Bonded





**15%  
Off**

**Protein, Pre-Workout Supplements, Post-Workout Recovery, Fat Burners, Fat Control, Carb Management and much more!**

**BREAK YOUR LIFTING RECORDS**

**INCREASE YOUR STRENGTH**

**BUILD MUSCLE FASTER**

**SCULPT YOUR BODY!**

**PERFORMANCE**



**SUPPLEMENTS**

480-924-6598  
1135 N. Recker Suite 112, Mesa, AZ 85205  
M-TH: 9AM-8PM F: 9AM-7PM SA: 10AM-5PM

**Hurry! Claim Your FREE Shaker Bottle w/Any Purchase!**  
*Offer expires 6/30/16*



**John 14**  
HOME SERVICES LLC.

**AIR CONDITIONING  
PLUMBING  
ELECTRICAL**

**480-553-1489**

**\$50 OFF SERVICE CALL**  
W/ COUPON • EXPIRES JUNE 30, 2016

ROC 296821, 297295, 297943 | licensed-bonded-insured  
John 14:2 "In my Father's house are many mansions... I go to prepare a place for you..." Jesus

**MY CHAUFFEUR TAXI SERVICE**

- Go to the airport in Cadillac style for less than your parking or a shuttle would cost!
- Scheduled pick-up times!
- No stops on the way to the airport!
- When you come back to Phoenix, we'll pick you up again!

**SPECIAL PRICE OF \$39**

Las Sendas, Red Mountain, Alta Mesa, Boulder Mountain & Mountain Bridge.



480-512-9757  
Dirk Van Leenen  
Owner & Driver

**CLEAN IS GOOD.**

**The Master's Touch Cleaning Service**  
(480) 324-1640

BBB Rated A+  
BEST OF MESA 2015 - Cleaning  
ANGIE'S LIST - 5 Time Service Award

Mention this ad & receive

**\$10 OFF**

your next service!

**MARTINEZ**  
Landscape Maintenance



**Keep your yard beautiful**

**Tree Removal  
Gravel Installation  
Tree Trimming  
Clean Up  
Irrigation**

Quality Work • Good Site Management  
**(480) 627-9479**

Have you been putting home repairs off for a while?

**480 Handyman**

Services can tackle those for you!  
Call Mike Leonard today for your **FREE ESTIMATE!**

Leaks • Painting/Trim Work • Replacing Toilets/Sinks  
Doors/Cupboard Repair • Windows & Screen Repairs  
Lighting • Most Home Repairs



I even wash windows!

**480-226-3986**  
**480Handyman.com**

**UpClose**  
PUBLICATIONS

**480-748-1127**

Sales and rentals of boards, inflatables, paddles and accessories.

**nosnowsup.com**  
**480.807.6787**

3654 N POWER RD, #104  
MESA AZ 85215  
nosnowsup@gmail.com



**DOGGY DAYCARE • DOG BOARDING • PUPPY SOCIALIZING**

**AWARD WINNING**

**BEST OF 2015 & 2016  
MESA FOR PET  
BOARDING SERVICE**

**Happy Pets Palace  
& Playground®**

www.HappyPetsPalace.com  
480-207-1852  
NWC McKellips & Gilbert Rd  
in Mesa





**Annabel's**  
CLEANING SVCE. LLC  
YOUR MAINT SERVICE PROVIDER

CLEANING HOMES SINCE 2002!  
**NO CONTRACTS EVER.**  
FULLY INSURED, MEMBERS BBB WITH AN A+ RATING.

Call or send us a text message to  
**480-666-8869**  
**www.annabelservice.com**



**ALL PRO**  
TREE SERVICE LLC.  
www.allprotrees.com

**PROFESSIONAL,  
AFFORDABLE TREE &  
LANDSCAPE SERVICE**

dennis@allprotrees.com  
**480-354-5802**

**With Every Tree Trimming,  
We Granual Fertilize for FREE**

**Fertilize for FREE with Purchase**  
*Call for Details*

**FREE ESTIMATES**

Insured / Bonded





**15%  
Off**



**Boers Home RENOVATIONS** LLC

**RESIDENTIAL REMODELING**  
Bathrooms • Kitchens  
Wood Floors • Handyman

**FREE ESTIMATES • 480-229-6682**

boershomerenovations.com  
Email: boershomereno@gmail.com  
Licensed - Bonded - Insured  
ROC#282409

f /boershomerenovations





*Coulter* Infiniti

Holding the Keys to

*Luxury*



6225 E TEST DRIVE MESA, AZ | [WWW.COULTERINFINITI.COM](http://WWW.COULTERINFINITI.COM) | (855) 995-7723

*Coulter* Driveway Showroom



SKIP THE TRAFFIC,  
WE'LL COME TO YOU



#### SHOP ONLINE

Visit our website and browse our excellent selection of new and used vehicles from the comfort of your own home.

#### PICK A TIME

Contact one of our representatives and we'll arrange a time for you to conduct your test drive. We work around your schedule!

#### NAME THE PLACE

We bring the vehicle to you! Instead of taking it for a test drive around our dealership, you can take each vehicle for a spin in your own neighborhood!



INFINITI®

**(855) 995-7723**

6225 E. TEST DRIVE | MESA, AZ 85206  
[WWW.COULTERINFINITI.COM](http://WWW.COULTERINFINITI.COM)





# AMBERWOOD

HOMES

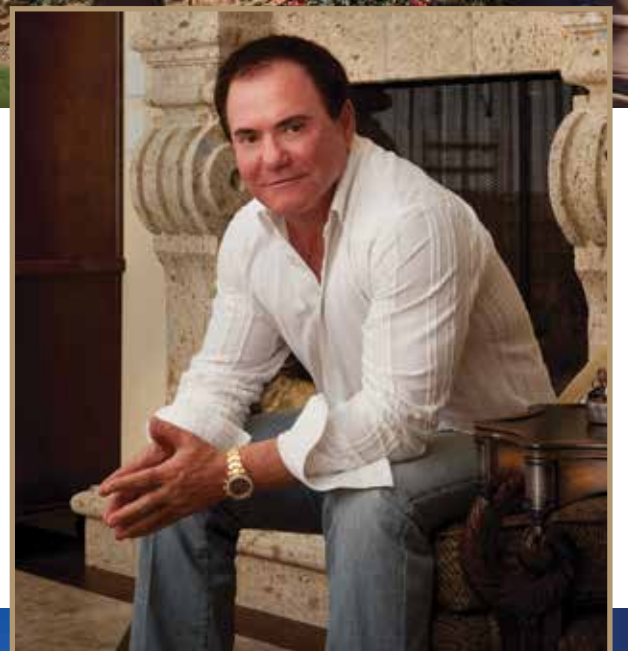
## THE VALLEY'S PREMIER CUSTOM HOME BUILDER

CELEBRATING 30 YEARS OF  
CUSTOM HOME BUILDING



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

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



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

**Master Builder Billy Johnson**  
Amberwood Homes



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

**Contact Billy Johnson directly at 480-832-8161  
or [billy.j@amberwoodhomes.com](mailto:billy.j@amberwoodhomes.com).**

#### SPECIALIZING IN:

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

ROC# 267740



**AMBERWOODHOMES.COM**