Mesa Uplands
Up Close
Bringing neighbors closer to their community
May 2016

SWIM INTO SUMMER WITH Mesa Swim Club Seadogs

By Jamie Killin

Summer is coming fast, and one of the best ways to keep kids active and entertained is with swimming.

The Mesa Swim Club Seadogs offers swimming groups for all interests and ages, from competitive and pre-competitive groups, to the Mermaid Program, which allows children and parents to have fun and get in a great workout, while wearing an adorable mono fin and tail.

"It's great exercise," coach Janine Simioni said of the Mermaid Program. "You can burn 2,000 calories in half an hour."

The competitive year round group meets six times a week and focuses on long-course swimming, 50 meters and up, during the summer, and short-course swimming during fall, winter and spring to prepare for the team's USA certified meets.

Those interested in joining the competitive group can prepare by entering the pre-competitive group first. 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.

"It shows them what competition is all about—and what noncompetition is about," said Janine. "It's great exercise for the kids, and practices last from one to two hours."

The club incorporates fun into the practices and encourages participants to enjoy time with friends.

"We don't just swim," Janine said. "We do different kinds of relays, and we do fun water games with them."

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

In addition to the mermaid program and the competitive groups, Mesa Swim Club Seadogs has a variety of other groups suited for different ages, ability levels and practice availability.

Mesa Swim Club Seadogs isn't just for kids, either. Adults and parents are welcome to 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 go to Mesa Swim Club Seadogs for American Red Cross classes on CPR, first aid, lifeguarding and more.

Mesa Swim Club Seadogs has been operating for 16 years, and Janine has been teaching the entire time.

"I've been teaching for 16 years," she said. "It has been fun, and I love it."

The Mesa Swim Club offers programs at both the Skyline High School pool, as well as Red Mountain Ranch Country Club. Participants are able to register at any time, and they can stay involved all year long. ■

For more information, visit mesaswimclub.com, or call (480) 807-3317.

Candidate for State House Looks to the Future

Submitted by Rahn For Arizona House (Kathleen Rahn)

With more than 20 years experience advocating for Arizona's children and families, Kathleen Rahn is running for elected office for the first time as a Democratic candidate for the State House of Representatives in Legislative District 25 (Mesa).

She is deeply invested in Arizona's future as a mother, grandmother and wife of a small-business owner. Her efforts to preserve and protect quality schools and healthy communities represent values shared by the majority of Mesa residents.

Kathleen believes the 2016 Arizona Legislative Session has produced actions harmful to Arizona's economy, public schools, children and families. The Arizona Legislature has reduced education funding, and the current attempts to expand the Empowerment Scholarship Accounts (ESAs or vouchers) without accountability are real threats to our public schools.

Neighborhood public schools anchor safe and healthy communities. Mesa's families are proud of the excellent Mesa Public Schools, and support state funding at a level to maintain that excellence.

Kathleen observed the detrimental effects of the drastic cuts to public school budgets, which accompanied the economic downturn. More students in each classroom affect a teacher's ability to meet the individual needs of students, which is especially critical in the early grades, when students are learning to read and to understand numbers. Without a firm foundation, making progress in the upper grades is much harder.

A retired school psychologist, Kathleen teamed with teachers to create safe, supportive and effective learning environments in schools in Mesa, Tempe and Scottsdale. The state's budget outlook has improved. The legislature must restore adequate funding to kindergarten through grade 12 education and our colleges and universities, driving economic growth by preparing a skilled workforce.

Kathleen believes the voters should have a choice on their ballots in November. They also should have the opportunity to vote for a candidate who shares the values of well-funded public schools and supports vulnerable children and teens, so they become responsible adults.

To learn more about Kathleen Rahn, her background and her plans for preserving and protecting healthy communities, visit her campaign website at rahnforazhouse.com.

Kathleen currently is collecting nominating petition signatures and $5 contributions in order to qualify as a Clean Elections candidate. This means she will not accept large contributions or dark money. ■

Kathleen would like to hear your ideas on how to preserve and protect our quality of life in Arizona. If you have questions or opinions, or you would like to help her campaign, please email her at rahnk25@gmail.com.

Kathleen Rahn

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LOCAL BUSINESS

Cosmos pampers Moms for Mother's Day

By Dawn Abbey

Cosmos Salon and MedSpa wants to celebrate moms of all ages for the month of May.

So, MedSpa Director Muschi Morga has announced the offer of a custom PCA facial with a free brow wax for $79.95.

"Facials are so much more than an hour of indulgent pampering," said Muschi. "They have enormous benefits to the health and wellness of your skin, both in the short and long term. Life is busy, hectic even. Most of us don't take nearly enough time out for ourselves, to do something to alleviate stress and help us regain balance," she continued. "Spending an hour in a peaceful, relaxing environment can help restore balance to your mind, as well as your skin. That's why we're offering this Mother's Day special to gift your mom or yourself."

Muschi further explained, "When considering all of the regular visits you make, including the dentist, hair salon and gym, you will realize you really should be focusing some of that time on your skin—even if it's just when seasons change and your skin is at its most vulnerable."

She elaborated on a few reasons why everyone should get facials on a regular basis:

EXTRACTION FOR CLEAR PORES

Muschi asked, "Who won't admit to secretly *picking* pimples? "Unfortunately, poorly extracted skin is the reason so many of us have facial scarring, broken capillaries and acne flare-ups," she explained. "Extraction is a delicate procedure, which must be done hygienically and carefully. By regularly having a trained aesthetician deep-clean your pores, your skin will breathe better, look healthier and suffer fewer breakouts."

MASKS AND PEELS FOR A HEALTHY COMPLEXION

Muschi questioned, "When was the last time you used that mask in your bathroom vanity? Probably the last time you had a facial, right?" She continued, "We may have good intentions of maintaining a healthy skin care routine. So often, however, life gets in the way, and we forget to do that weekly mask. During a facial, your skin will be steamed to open pores, extracted and then prepared for a mask or two. Depending on your skin's needs, the mask's purpose may be to calm, hydrate or decongest the skin."

DEEP CLEANSING

"Even those with dry, sensitive skin need their cleanser to dig a little deeper," Muschi stated. "All of us probably need to cleanse our skin longer or more effectively. Deep-cleansing facials make up for our lazy ways by thoroughly removing dirt and oil build-up without drying the skin. Your pores will be refined, and your complexion will look and feel rejuvenated. It's kind of like supplementing regular tooth brushing with visits to the dentist."

"Cosmos gift cards and packages are a great gift for any moms in your life," Muschi suggested. "Come by the salon, or call us for more ideas and information." ■

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

LOCAL BUSINESS

Piefection Celebrates Mother's Day WITH ESSAY CONTEST

Submitted by Piefection

Finding the perfect gift for Mother's Day is no easy task for anyone, but at the southwest corner of Power and Brown roads, Piefection may have a solution.

"Our Mother's Day Essay Contest is one of our favorite, and most exciting events of the year," said bakery owner Cheryl Standage. "Giving away a year of free pie is great fun, but it's reading the essays that we love the most."

Every year, Piefection reviews essay entries and judges them with a panel of what they call *perfect mothers and pie makers*. The winner is chosen, and receives a free pie every month for the following year. "We see amazing stories about incredible women. It's incredibly sweet," stated Cheryl.

So, how does one pick a winning entry? "We always like to say everyone wins, because whether or not they take home the prize, they each have an essay to give to their mom, which tells her why she is so amazing," Cheryl stated. "What mom wouldn't want that for Mother's Day? The pie is just a delicious bonus for one lucky mom."

So, how do you enter? Simply submit your essay, of any length, stating why your mom is so extraordinary, to piefectionaz@gmail.com, and type *Mother's Day Contest* in the subject line. Include your phone number, and wait to be notified of the winner before the big day.

The deadline for entries is May 3, and the winner will be announced on May 6.

If you don't have a chance to write an essay, you may just want to stop by the bakery for a piña colada pie, the pie of the month. A classic flaky crust is filled with rum-flavored pastry cream, juicy pineapple and coconut, and topped with real whipped cream. "It tastes like a vacation to the tropics," Cheryl stated. "That's a gift everyone can appreciate." ■

For more information, call (480) 218-PIES (7437), or visit the website at piefectionaz.com. Piefection is located at 6731 E. Brown Road.

COMMUNITY

LADIES' HIGH TEA IS ALL ABOUT HATS

By Pat Favier
Red Mountain Ranch Social Club

Imagine a bygone era when ladies sipped tea, dined on afternoon delicacies and wore fine millinery bedecked with feathers, flowers and all things fanciful.

Well, this was the scene recently in the Overlook Room of Red Mountain Ranch Country Club, when the women of the Red Mountain Ranch Social Club gathered for an *All About Hats* high tea. What fun it was to admire those wide brims and fashionable pillbox hats, which once were staples of women's couture.

After being seated at the tastefully decorated dining tables, featuring charming spring hats, tea-time sayings on artful tea bags and lovely china teapots, guests enjoyed a midday luncheon of croissant sandwiches, fruit and varieties of tea, as well as mouthwatering desserts. Of course, the competent Red Mountain Ranch Country Club staff served everything.

Following the very satisfying meal, party organizers chair Shirley Larson and her team, consisting of Ferne Zabezensky, Martha Stephens and Kim Roloff, presented the winners with great take-home door prizes.

The Valley Girls, a Sweet Adeline quartet, entertained the attendees following the drawings. The cappella harmony proved to be music to the ear. Social club founding member Char Underwood delighted all with a wonderful recitation of an Ilene Bauer poem entitled *Wearing a Hat*. It was so appropriate to the afternoon's theme.

After recognizing various ladies for their long and faithful service to the club over the years, it was unanimous the theme of *hats* be repeated in the future, perhaps as *Derby Day*. ■

For more information regarding the Red Mountain Ranch Social Club, consider attending one of our meetings. They are held on the second Thursday of each month (except December), at the country club, located in the middle of Red Mountain Ranch. There is no requirement of membership to attend.

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EVENT

Salt River Tubing Celebrates Anniversary

Submitted by Salt River Tubing

If you can ride a stick pony and hold on tight to your cowboy hat while rocking on the Lower Salt River rapids, it's time to kick up your heels at the Salt River Tubing 35th anniversary celebration event, the Rocking Rodeo Roundup, on Saturday, May 14, from 9 a.m. to 6:30 p.m.

Each year, cowpokes jumpstart the summertime tubing season cowboy-style at the annual *More Teens in the Woods* event, attracting thousands of buckaroos on the Lower Salt River. The first 1,000 buckaroos will receive a free cowboy bandana.

The event offers live entertainment with The Dry Heat Picker band, KMLE 107.9 radio, cowboy line dancing, pony races, steer lassoing and free giveaways. If you are looking for a unique, Western adventure in the great outdoors, Salt River Tubing's Rocking Rodeo Roundup event embodies the Old West with stage-coach shuttles to and from the Lower Salt River. Western attire is optional for tubers. However, Salt River Tubing will award $17 tube rental passes, which are valid on a return visit, for best cowboy and cowgirl tuber costumes.

The *More Teens in the Woods* event is aligned with the United States Department of Agriculture (USDA) Forest Service's commitment in meeting the challenge of reduced youth involvement in outdoor activities.

HAPPY ANNIVERSARY

Salt River Tubing's 35th anniversary celebration is a momentous occasion for the company. Since 1981, Salt River Tubing has been providing tube rental and shuttle bus transportation to floating enthusiasts each year, from May through September, in the Lower Salt River Recreational Area. The company is a family-owned, recreational service partner with the USDA Forest Service in Tonto National Forest.

"My family envisioned tubing as a national pastime in 1938, when they opened Terrace Tubes, the first tubing operation in the United States, on the Apple River, in Somerset, Wisconsin," said President and Chief Executive Officer of Salt River Tubing Henri Breault. "Terrace Tubes was featured in a multitude of publications, including *Life Magazine* (1941), the *New York Times* and *National Geographic*. I continued the family tubing tradition in 1981, in Arizona, when I opened Salt River Recreation in Tonto National Forest. For decades, our catchy radio commercial jingle has been *sing-songed* by thousands of radio listeners, even today."

Salt River Tubing's Floating Beach Blast is an Arizona tradition, which millions of floaters have enjoyed for more than 34 years. Relax and float on the cool and refreshing mountain-stream waters, and experience the natural wonders of the *Mini-Grand Canyon* of Tonto National Forest. Enjoy the beauty of this recreational paradise, and catch a glimpse of the wild horses crossing mid-stream, blue herons gliding across the water and the majestic mountains as you float by. It's the perfect venue for creating a memorable, enjoyable adventure in the great outdoors.

So, dust off those cowboy hats, tie on a bandana, and head to Salt River Tubing, in Northeast Mesa, for the time of your life in the great outdoors of Tonto National Forest.

GREAT NEWS

In celebration of 35 years of *Fun in the Sun* on the Lower Salt River, Salt River Tubing will be accepting credit cards this year. VISA, MasterCard, American Express and Discover credit cards will be accepted. Credit card transactions will require a minimum purchase of $20, with a valid driver's license matching the credit card information. For more details on credit card transactions, please visit saltrivertubing.com.

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.

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 the Rocking Rodeo Roundup event, and to catch a glimpse of previous Rocking Great Times on the Salt River, please visit the website at saltrivertubing.com. You also can call (480) 984-3305. Like us, follow us and float with us.

Lynda and Henri Breault

FINANCE

Financial tips prepare graduates for the working world

Submitted by Thrivent Financial

Despite a turbulent job market and economy, if you are a recent college graduate, there is much to be optimistic about as you leave campus and head out into the real world.

No one ever said life on your own would be easy, but post-graduate financial bliss can be a reality. These six tips from Thrivent Financial offer a starting point for recent graduates who are ready to put their education to work for a secure financial future.

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

GET REAL ABOUT YOUR PAYCHECK

Compared to the minimum wage jobs you survived on through college, the annual earnings at your first post-graduate job may give you dollar-sign eyes. Don't be fooled, though. After taxes, benefits, living expenses and student loan payments, your remaining monthly spending money could amount to less than half of your gross income. Being realistic about your paycheck doesn't mean you can't have any fun, however. That new car may have to wait a while, but, with smart budgeting, you still can enjoy the finer things in life with a clear conscience.

YOUR CREDIT SCORE MATTERS

Thought you were done worrying about test scores? Think again. Whether you want to get an apartment, mortgage, car or a new job, your credit score says a lot about you and can make or break these important steps. Credit reports are available on many Internet sites and can be free or obtained for a small fee. Examine your report regularly for accuracy, and pay off any existing credit card debt as soon as possible. Credit card interest is wasted money, and outstanding debt can hurt your credit score.

LOOK OUT FOR NO. 1

After expenses and taxes, your paycheck may look too slim for comfort, but protecting your assets, health and income is worth the additional cost. If you have an apartment, renter's insurance is a relatively inexpensive way to protect your possessions. Health insurance also is a must, whether you get it through your employer or stay on your parents' plan. Your paycheck is worth protecting, too. Disability income insurance is not just for those with physically demanding jobs, as most claims are from illness, not injury. Preparation for the unexpected comes at a small price considering the costs associated with the alternative.

SAVE FOR THE FUN STUFF

Again, being responsible with your finances doesn't mean you can't have any fun. You have worked hard to start your career, and deserve to reward yourself. The best way to spend smartly is simply to spend less than you have. Diligent saving allows for the occasional splurge without feeling guilty or anxious about your decision to spend. Consider directly depositing a certain amount from your paycheck into a savings account for a *fun fund*.

SAVE FOR THE GROWN-UP STUFF, TOO

Your parents' nagging may start to quiet now that you've graduated, but it is worth listening to their retirement planning advice. Start investing now. You won't regret it. As you barely scratch the surface of your career, retirement seems a long way off, but successful investors understand the longer your assets remain invested, the greater their potential for growth. If you start investing as early as possible, the cash you forfeit now will pale in comparison to the amount you will end up getting back at the end of your career.

DON'T PASS UP FREE MONEY

Many employers offer pretax savings through their retirement accounts. Because your retirement contributions come out before taxes, your taxable income is decreased, saving you money. For example, a $100 contribution from your earnings to a pretax retirement account would reduce your paycheck by only $75 if you were in the 25 percent tax bracket. If your employer matches a percentage of your retirement contributions, it is wise to contribute the maximum amount of their match so as not to pass up on *free money*.

Money is just one of many aspects of adulthood college graduates must meet head-on to start living independently. Personal finance may seem daunting, but don't be discouraged. The above-mentioned tips boil down to common sense. Spend less than you earn, stay protected through proper insurance, maintain good credit, and save for the short term and long term, and you will be off to a great financial start in the next chapter of your life. ■

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

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LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf

A Closer Look, Las Sendas Golf Club *is a monthly column written for UpClose Publications by Las Sendas Golf Club. In this column, you will get an in-depth look at upcoming entertainment, dining and golf events. Our brand is our mission—to reach out to the community as your pathway to fun, recreation and a pleasurable lifestyle.*

THE VISTAS PAVILION

Summer Wedding Special—June, July, August and September 2016

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

Holiday Parties

Our December calendar is already getting booked up. So, be sure to reserve a date for your personal or company holiday party.

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.

THE PRO SHOP

May 2016 Golf Rates

Includes green fee, golf car, practice balls.

Monday through Thursday—$69 plus tax.
Friday through Sundays and holidays—$79 plus tax.
Afternoon rate 7 days per week after 2:30 p.m.—$49 plus tax.

Mother's Day Sale—May 1 through 8

Say thank you to your amazing mom this year with some new golf apparel, accessories or equipment. We have a fabulous selection, and we are happy to help you find something that is just right. Let us know your purchase is a gift for your mom, and you will receive 25 percent off apparel, shoes, headwear, bags and accessories, or 15 percent off golf clubs. P.S. If you are a mom, let us know, and we will extend the deal to you, so you can treat yourself. You deserve it.

PRIZES AND MORE PRIZES

We will be starting our Famous Raffle again beginning May 1. Whether you are playing, practicing or grabbing a bite to eat in The Grille, be sure to stop in the Pro Shop to enter the raffle. Tickets will range from 1 cent to $5 and everything in between. We will be raffling off awesome items, such as a Sun Mountain golf bag, a Ping putter, a Titleist SM5 wedge, a Bushnell yardage watch and more.

MEMBERSHIPS

Families Play Free at Las Sendas

As a community golf course focused on Las Sendas families and golfing lifestyles, Las Sendas Golf Club has designed a new membership, which allows families to play free for eight years. "We have recognized that the Las Sendas community has a lot of young families that golf. So, we have designed a new membership just for them" said Managing Partner and Membership Sales Manager Wayne McBean. The program is for the young family in which the spouse may not have time, and the kids are just learning. So, with the purchase of a fully refundable membership, the spouse and kids will play for free for eight years. This will not only financially help the young families in our neighborhood, but also will allow young families to grow up playing golf and creating memories to last a lifetime.

Las Sendas Golf Club Membership Opportunities

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

Proxy Membership
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- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues for a single person are $590 per month, $125 to add family.

Non-Refundable Golf Membership—$15,000

- Immediate golf membership privileges.
- Monthly dues $370 per month, $125 to add family.

Fully Refundable Golf Membership—$45,000

- Incentives included, free dues and/or cart. (We will design incentives to your needs.)
- Canadian currency at par for initiation deposit.
- Annual (12 months) or Seasonal (six months) dues packages.
- Monthly dues are $370 per month, $125 to add family.

For more information, please call Wayne McBean at (480) 396-4000.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE RESTAURANTS AT LAS SENDAS

The Patio

Take advantage of our great spring weather and enjoy our amazing Phoenix Valley views for breakfast, lunch, dinner or just cocktails on The Patio at Las Sendas. Bring friends and family for a truly Arizona Desert Dining Experience. We have live music seven days per week. In 2015, our Patio was voted among the top 100 best al fresco restaurants in the USA.

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

The Grille
Mother's Day Brunch

Come and join us at The Vistas Pavilion for Mother's Day Brunch, with stunning views of the Phoenix Valley and a gourmet buffet, including a seafood display, carved beef tenderloin, pineapple ham, an omelet station and much more.
Sunday, May 8, 2016
10 a.m. to 2 p.m.
The cost is $45 for adults and $15 for children (ages 5 through 12) plus tax and gratuity.

Reservations are recommended. Call us at (480) 396-4000, extension 221, or send an email to events@lassendas.com.

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REAL ESTATE

BUYERS AND SELLERS SHOULD UNDERSTAND THE PURCHASE CONTRACT PART 1 OF 3

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

Lorraine Ryall

Whether you are the buyer or the seller, understanding the purchase contract is the first step to conducting successful negotiations and turning an offer into a contract.

This is the first of three articles. Next month will address inspections and negotiation of repairs. The third article will deal with the closing process.

PRICE

Many different factors can drive the decision as to what price to offer. These include:

- If the home is over or under priced, which is based on the comps.
- The length of time it has been on the market.
- If you think there may be multiple offers, and how much you are willing to pay for the home.

NEGOTIABLE TERMS ON THE CONTRACT

Some terms of the contract can be negotiated when you are writing an offer to make yours the strongest and best one presented to the seller. The seller can then review your offer, accept it or counter it. In addition to changing the price, all the terms below can be negotiated when you are writing an offer.

Earnest deposit—This usually is at least 1 percent of the purchase price. However, if you want to make your offer stronger, the more you put down, the stronger your offer. The earnest deposit is completely refundable during the 10-day inspection period. Once the inspection period is over, and the buyer and seller agree on repairs, the earnest becomes nonrefundable unless the home does not appraise for at least the contract price or the buyer can no longer qualify for the loan.

Down Payment—This really is going to depend on how much of a down payment you have and what type of loan you are going to use. For Federal Housing Administration, or FHA loans, the requirement is only 3.5 percent. While conventional starts at 5 percent, if you can put down 20 percent, you eliminate mortgage insurance. A buyer with a conventional loan with 20 percent down will look like a stronger offer to the seller than a buyer with a conventional loan with 5 percent down or an FHA. This really only matters, though, should there be multiple offers.

Close of Escrow—You will write the close of escrow date on which you want to close. Keep in mind the time your lender needs to close, such as 30 or 45 days. You also may want to add a few extra days to leave time for negotiations and counter offers. Your Realtor will help advise you on the timeframe needed to close.

Seller Concessions—A buyer can ask the seller to contribute toward the buyer's closing costs, which usually is stated in a percentage, such as 2 or 3 percent of the purchase price. Your Realtor will help you determine what percentage you will need to cover your closing costs. Remember, this will reduce the net to the seller. So, you may need to increase the purchase price if you are asking for the seller to pay your closing costs. This is a benefit to you if you don't have a lot of extra cash and would like to keep as much as possible.

If you are willing to pay $350,000 but want the seller to contribute $5,000 toward your closing costs, so you don't have to come out of pocket for the $5,000 at closing, you may have to increase your purchase price to $355,000. So, you still are paying the closing costs, just in the mortgage rather than cash out of pocket.

Inspection Period—The contract is set for a 10-day inspection period. This is the time for the buyer to carry out all their inspections and due diligence on the property. This inspection period can be changed when you are writing the offer. If you are trying to beat other offers, you may want to reduce this to 5 or 6 days, as long as you can get the inspections done within that timeframe. If you are out of state and want to be present for the inspection, you may need extra time. Therefore, you may want to extend it to 15 days.

Home Warranty—While the buyer will order a home warranty, it can be paid for by either the buyer or the seller. You can ask for the seller to pay for the warranty, and see if it is agreed to or countered. The result may depend on the strength of the offer you are submitting.

SELLER

All the above terms are negotiable, and you can counter back, changing any of them. If you want more of an earnest deposit, don't want to extend the inspection period, or need an extra week for closing, etc., these aspects can be changed in a counter offer.

All the negotiations are going to be based on the strength of the offer, the terms and conditions and if we are in a buyer's or seller's market or have multiple offers. This is why it is so important for both the buyer and seller to be represented by a good Realtor with strong negotiation skills.

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

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

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Lorraine was terrific to work with! She was very prompt responding to emails, phone calls and texts, and made the entire process very smooth. We knew we were in good hands and well represented. Don't hesitate to call her. Lorraine's skills, personality, and professional expertise can help you find your dream home too! Thanks Lorraine! Absolutely love our new home! -Craig and Teryl

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Mountain Bridge
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Pueblo Estates
Basement Home - $485,000
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Mesa - Over an Acre
Call for Pricing
2543 sq ft, 4 Bed, 2 Bath

TRAVEL

Choose the right group tour for you

Submitted by Sue and Bruce Mitchell Cruise Planners

Sue and Bruce Mitchell

Group tours sound easy—choose a destination and the tour company plans your trip, delivering you to hotels, restaurants and attractions—and you don't have to organize anything.

But how do you find the right tour, one fitting your age, activity level and preferences for lodging, dining and sightseeing? And what is the difference between the $2,000 tour and the $8,000 tour to the same place and on the same date?

Here are some tips:

DO YOUR RESEARCH

Travel agents can suggest tour companies to match your interests and demographics. Tour companies are members of United States Tour Operators Association (USTOA). At USTOA.com, the *Find Your Dream Vacation* widget lets you search by destination, tour company and activity. Talk to friends and relatives who have traveled to your destination.

KNOW WHAT IS INCLUDED IN THE PRICE

Most group tours cover hotels, guides and transportation to places on the itinerary and admission to attractions.

Usually, some or all meals are covered. Ask what types of meals are included. The larger the group, the harder it is to dine together in an intimate location.

Airfare is not included in the tour price, but it can be added. The biggest cost factors are group size and type of accommodations.

Budget tours may save you money by reserving hotels outside of city limits. However, this makes it difficult to explore on your own.

Time of year affects price. Holidays and summers are usually more expensive. Fall is usually less expensive, unless your destination is New England, where fall foliage is a draw.

Unlike cruises, group tours rarely are discounted or have last minute specials. Booking well in advance may get you a discount.

TRAVELING SOLO

Solo travelers usually pay more because they are single occupants in hotels designed for two people.

Single supplements can raise tour prices anywhere from a few hundred dollars to a few thousand.

Some tour companies offer the option to share a room through a guaranteed share program.

BE FLEXIBLE

Some dates sell out quicker than others. So, have at least three dates in mind. Also, ask if the tour is a guaranteed departure. This means the tour will depart even if it is not full. Remember, tours can cancel if they do not have enough participants. Always purchase travel insurance. ■

If you haven't traveled in a while, or would like to know more, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists. Visit our website at redmountaintravel.com. You also may send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

LOCAL BUSINESS

SCORPION HUNTER CHALLENGE OFFERS ULTIMATE PRIZE

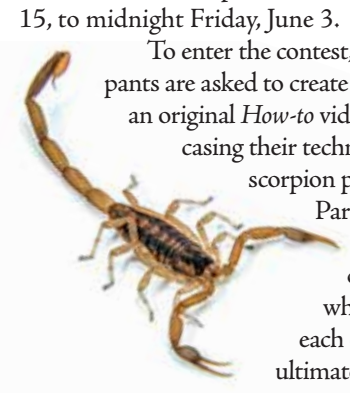
Submitted by Bug and Weed Mart

Bug and Weed Mart, the Valley's Do-It-Yourself (DIY) retailer specializing in pest and weed control supplies, will host a contest designed to raise awareness and help Valley residents learn how to get rid of scorpions in and around their homes.

"We've been in the DIY pest control business for 36 years, and almost every day we see at least one customer with a scorpion story or issue," said Bug and Weed Mart owner Jim LaBrie. "We hope this contest will educate the public and help them understand that living in the desert doesn't mean they have to live with scorpions."

The contest winner will receive a grand prize of $500 and one year of scorpion prevention supplies from Bug and Weed Mart.

The contest is open to Maricopa County residents 18 years of age or older, who are not employees of landscaping or pest control companies. In addition, the eligible participant has not been a previous Bug and Weed Mart contest winner. Entries will be accepted from Sunday, May 15, to midnight Friday, June 3.



To enter the contest, participants are asked to create and submit an original *How-to* video showcasing their techniques for scorpion prevention. Participants must demonstrate what makes each of them the ultimate scorpion hunter. Jim is looking for a clever, informational and entertaining presentation, plus a brief 150-word description.

Submissions should be emailed to contest@bugweedmart.com. The written description should be typed in the body of the email. Videos can be a link or an MP4 file. No fees or purchases are required to participate.

Once the submission is received, Bug and Weed Mart will review and upload entries to Facebook. An email confirmation will be sent to participants with the link to the social media posts. They then are encouraged to share their story's post with family and friends. The entries with the most likes will be selected as finalists.

The owners of Bug and Weed Mart will review the finalists and determine the winner. The grand prize winner will be announced June 10, and awarded $500 plus one year's supply of scorpion prevention supplies, and a feature on the Bug and Weed Mart website.

Contest rules and instructions can be found at bugweedmart.com. Questions should be directed to *Ultimate Scorpion Hunter Challenge* Facebook Contest at contest@bugweedmart.com.

"The scorpion is one of the most common pests plaguing Valley homes, and the idea of them often stirs fear," Jim said. "The good news is with the right materials they are easy to get rid of, but when left untreated, a scorpion problem can spread quickly." ■

For information on Bug and Weed Mart's services and five Valley-wide locations, visit bugweedmart.com.

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REAL ESTATE

Lifestyles and Barn Doors Play Role in Real Estate Market

By John Karadsheh

John Karadsheh

A strong economy is what drives a strong real estate market.

Recent statistics offer confirmation of what we are seeing on the ground—first-time homebuyers and boomerang buyers are coming back to market. However, this month's real estate tidbits also demonstrate the fact lifestyle plays a large role in the real estate market, as well.

1. Did you know Arizona's population increased by nearly 100,000 in 2015, compared to 77,925 in 2014? This uptick was largely the result of localized growth, as Maricopa County finished first in the nation for people moving in from other parts of the country.
2. In a new report by BBVA economists, Arizona has a zero percent chance of recession in the near term, and 2.5 percent growth is expected going forward. This is very positive, especially when you look at Wyoming, which has an expected 100 percent chance of recession.
3. These statistics complement the fact Arizona finally has recovered all of the jobs lost during the recession, and the seasonally adjusted unemployment rate is now at 5.4 percent.
4. After years of waiting, new production homebuilding suddenly has exploded. Unfortunately, labor shortages have slowed the speed at which these homes can be completed. Not only will this growth support jobs, but, from past experience, we also know it will boost the local economy as a whole. On the flip side, we anticipate the cost of new builds will continue to rise.
5. Bidding wars are becoming the new normal for listings under $250,000. With an increasing number of first-time homebuyers entering the market, and investors still dabbling, multiple offers have become a common scene in the lower price ranges.
6. The luxury market remains soft. In 2015, just 21 Mesa homes closed over $1 million (Gilbert closed 19 and Chandler closed 21). Through April 15 of this year, there have been three $1 million plus homes that have closed in Mesa (again, on par with Gilbert and Chandler, which also have each had three $1 million plus homes close so far in 2016). Consequently, this is great news for buyers. Most luxury customs on the market are listed below replacement cost and are a great value for the lot sizes, square footage, amenities and quality of construction.
7. According to a recent article in Bloomberg News, homes with barn doors, farmhouse sinks, subway tile and pendant lighting sell faster than homes without these features. Buyers definitely are looking for properties remodeled to current styles. So, if you are considering a remodel, look to HGTV's *Fixer Upper* for inspiration.
8. According to a Zillow study, homes near a Trader Joe's or Whole Foods appreciate faster than other properties. According to Zillow Group Chief Economist Stan Humphries, "Like Starbucks, the stores have become an amenity in their own right—a signal to the home-buying public that the neighborhood they're located in is desirable, perhaps up-and-coming and definitely improving." While this news is perhaps not entirely good, given the fact we have neither a Whole Foods nor a Trader Joe's in Northeast Mesa, it does give us motivation to keep lobbying for more amenities.

So, after the first quarter of 2016, here is what we know. We are looking forward with confidence that our local economy will continue to grow upward for the next few years. We also think the best buys in the area remain in the price ranges over $500,000. Lastly, we just bought a set of barn doors for our new offices. So, if you aren't sure about this trend, come by and check them out. ■

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**

John Karadsheh

Sales over $300,000 for the Month of March 2016

Address	Square Feet	Community	Sold Price
8730 N. Indigo St.	1,730	Mountain Bridge	$300,000
1630 N. Luther	1,753	Mountain Bridge	$301,000
2443 N. Trenton	2,054	Boulder Mountain	$305,000
2532 E. Laurel St.	2,271	Citrus Highlands	$307,000
9637 E. Glencove St.	1,801	Saguaro Mountain	$307,900
9708 E. Golden St.	1,809	Saguaro Mountain	$309,900
2065 E. Kael Cir.	2,686	Orange Blossom Estates	$310,000
2336 N. Glencove Dr.	2,543	Vista View Estates	$312,000
2654 N.Robin Ln	2,732	Rancho De Arboleda	$314,900
5846 E. Leonora St.	1,811	Apache Wells	$327,000
2647 N. Roca	2,732	Vista Mesa	$329,750
2405 E. Lynwood Cir.	2,669	Citrus Highlands	$330,000
2238 E. Fox St.	3,092	Tierra Este Park	$336,000
1445 N. Bernard Cir.	2,752	Sierra Estates	$340,000
8506 N. Glencove St.	2,481	Signal Heights	$349,500
2864 N. Ricardo	331	Ridgeview Estates	$349,900
3212 N. 83rd St.	3,421	County Island	$355,000
2514 E. Menlo St.	3,266	The Groves	$375,000
3228 E. Elmwood St.	3,500	The Groves	$385,000
2518 N. Cabot	2,410	Bould Mountain	$385,000
5345 E. McLellan Rd. #112	3,563	Alta Mesa Estates	$399,000
4060 E. Hackamore Cir.	3,562	Estate Groves	$402,000
9766 E. Flanders Rd.	2,465	County Island	$403,500
2339 E. Nance Cir.	2,774	Village View Estates	$405,000
9302 E. Menlo St.	2,592	Boulder Mountain	$420,000
3915 E. Enrose St.	2,690	Trovita Estates	$440,000
3641 E. Enrose St.	3,348	Trovita Estates	$448,500
6432 E. Odessa St.	3,850	Trigram Estates	$450,000
6314 E. Camelot Dr.	3,579	Camelot Golf Club Estates	$451,000
2253 E. Hope Cir.	5,486	Miller Heights	$461,000
4319 E. Hope Cir.	5,486	Miller Heights	$467,000
3509 E. Knoll St.	3,695	Hermosa Groves South	$475,000
3957 E. Fairfield Cir.	3,850	Triana	$500,000
2119 N. Bridlewood	4,057	Estates at Desert Shadows	$519,000
3942 E. Fox Cir.	3,850	Triana	$525,000
7132 E. Halifax Cir.	3,502	El Tesoro	$535,000
1843 N. 99th Way	4,249	Granite Ridge	$555,794
3814 E. Mallory St.	5,224	El Camino Dolce	$615,000
3554 E. Menlo Cir.	4,391	Hermosa Groves North	$620,000
1055 N. Miramar St.	5,286	The Groves	$650,000
2018 N. Woodruff	4,582	Savona	$660,000
9518 E. Northridge Cir.	3,313	Estates at Boulder Mountain	$667,500
1919 N. Woodruff	4,565	Mountain Bridge	$900,000
2317 N. 87th Pl.	5,284	Mountain Bridge	$975,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.

Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER • KOR Properties www.KORproperties.com

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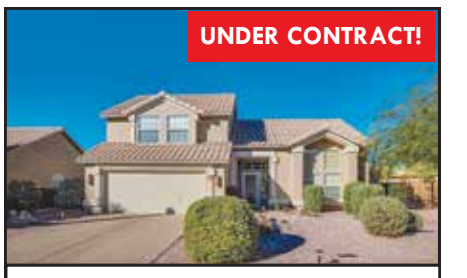

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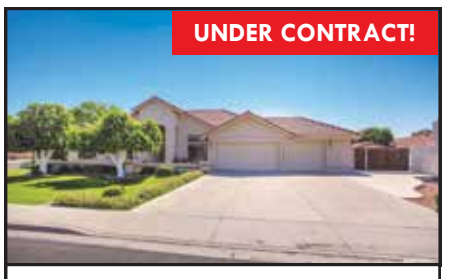

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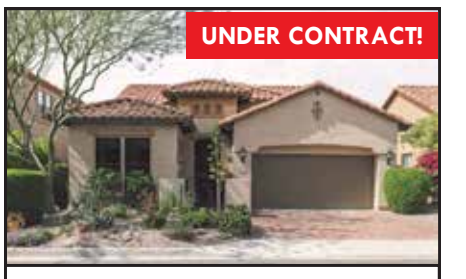

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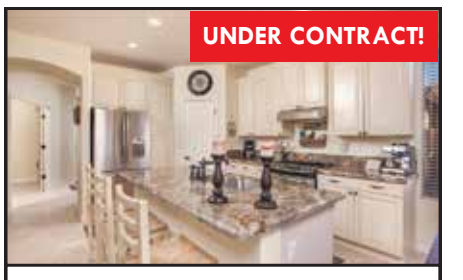

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HEALTH

Tune Up The Body With Therapeutic Massage

By Carol Ann Mulcahy, LMT

Here's the rub, a massage isn't just a luxurious treat.

Studies have shown massage may be helpful therapy for an eclectic list of health conditions.

This list extends from arthritis of the knee, to headaches, constipation, carpal tunnel syndrome and restless leg syndrome. Massage may even aid stroke recovery.

Massage can provide pain relief in cancer patients and may be better than ibuprofen for an achy back. Most people consider massage to be a feel-good reward (and it is), but a buildup of research now shows getting regular massage therapy can be a terrific addition if you're making a conscious effort toward a healthier lifestyle.

More than 39 million Americans had at least one massage in the 12-month period leading up to a 2015 report from the American Massage Therapy Association, and more then half did so for medical reasons. A current survey by the American Hospital Association showed out of 1,007 hospitals, 82 percent offer massage therapy both onsite and off. Some are covered by insurance.

Moderate-pressure massage activates the parasympathetic nervous system, which controls involuntary activity like heart rate and digestion. It also may help lower blood pressure while raising feel-good hormones and immune function.

It seems my life long love affair with massage began in my mid-30s. Rubdowns were a part of my life every two weeks for two years before I became certified in the field of therapeutic massage in April 1993.

Working now in Mesa, at Distinctive Salon and Salt Spa, has awarded me the potential to make available many different types of massage. Also, think of it this way. How else can you feel utterly pampered while improving your health? Along with oils provided at Distinctive Salon and Salt Spa, the experience is truly a healing one.

What is a therapeutic massage?

It is a combination of therapies or modalities. Therapeutic massage is beneficial if you are feeling stressed or physically worn down, or when you feel sore or tight from physical activity and want to improve mobility.

Sometimes, we have pain radiating from one spot. Muscles are covered in a connective tissue called fascia, which can become very tight, sometimes to the point of causing pain. Relieving that tension improves your mobility by focusing on specific areas, such as your back or shoulder, to help break up knots and loosen the fascia. Some tight muscles can squeeze nerves and cause pain, which radiates to other areas. A headache actually may be caused by muscle spasms in your neck. Trigger point massage will target small sections of the muscle.

Research from the Cedars-Sinai Department of Psychiatry and Behavioral Neurosciences has shown massage may increase white blood cell count and decrease cortisol and vasopressin, hormones related to stress. Hot stones are popular tools used in therapy, as well.

For less than $20, a tennis ball or a massage stick will serve as portable, useful tools for any muscle. Your massage therapist can offer assistance in using these tools at home or on the road. If you've had one, you know the benefits. So, why not give your family and friends the gift of health?

We offer Mother's Day, Father's Day and summer specials at Distinctive Salon and Salt Spa. Take advantage of the offers.

Thank you to everyone for your continued commitment to your health. ■

We value your opinions and any input helping to make lives better and beautiful here at Distinctive Salon and Salt Spa, located at 2910 N. Power Road. Call (480) 396-3112, or send an email to handsinmo@cox.net.

LOCAL BUSINESS

Have Summer Fun with No Snow Stand Up Paddleboards

Submitted by Stand Up Paddleboard Shop

With the introduction of the city's favorite Stand Up Paddleboard (SUP) shop, Mesa residents can enjoy their own piece of Hawaii's island lifestyle.

No Snow Stand Up Paddleboards is located on the northwest corner of Power and Thomas roads, behind Walgreens, in the Zahara Professional Plaza. Services range from sales and rentals, to lessons, yoga and group event paddles.

Owners Heather and Court Fetter are very excited to bring paddleboards to life in Mesa for people unable to get away to the ocean. "The beauty of Stand Up Paddle Boarding is it is a sport that can be done on any body of water here in Arizona, no ocean required," said Court. "We are building the most amazing SUP community, and being so close to the Tonto National Forest Salt River, as well as Saguaro and Canyon lakes, makes paddle boarding an excellent summer outdoor activity for families."

All rental equipment is provided for you. So, grab your family and friends, make a reservation, and head out to the water. Are you already hooked and looking to buy a board of your own? "Our 2,000-square-foot showroom is home to a large selection of high quality boards from reputable manufacturers," Court said. "Our expert staff will be happy to help you decide on the board that is right for you and your budget." ■

Drop in and check out the Stand Up Paddleboard life, and explore Arizona in a whole new way. Call (480) 807-6787, or visit the website at nosnowsup.com. No Snow Stand Up Paddleboards is located at 3654 N. Power Road, Suite 104.

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HEALTH

Improve Fertility through Proper Nutrition

Submitted by Life Balance Center

Colleen Forgus

Over the past 100 years, there has been a dramatic shift in the type and quality of foods we consume.

Antibiotics, pesticides, insecticides and hormones commonly are found in our food. Industrialized farming practices, the proliferation of genetically modified organisms, or GMO foods, toxins in our environment and stress have contributed to a system that is failing to provide us with the nutrient-dense foods previously available to our ancestors.

Unfortunately, our fertility levels and our children are suffering the unintended consequences of our modern life.

Nutrition plays a critical role in optimizing our overall health and also is an important component to improved fertility. Optimizing the health of the mother and father months prior to conception increases fertility rates and improves the likelihood for creating a healthy new life.

Certified Nutritional Therapy Consultant and Chef Colleen Forgus guides couples and women who are planning a pregnancy by teaching the Feed Your Fertile Body program, which emphasizes the importance of a nutrient-dense whole foods diet.

Almost 100 years ago, Dr. Weston A. Price studied traditional cultures, identifying the important role nutrition played in optimizing conception, pregnancy and the delivery of a healthy baby. Today, sadly, much of that knowledge has been forgotten.

For couples and women considering an addition to their family, the time to make dietary changes is now. Both the mother and father should optimize their nutrition prior to conception.

Infertility and miscarriage are difficult experiences for anyone, often leaving people feeling understandably hopeless. Taking steps to improve one's own fertility through diet is empowering and healing.

The six-week *Feed Your Fertile Body* course covers:

Week 1: Best Kept Secrets about Fats and Fertility

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Week 5: Improving Protein Digestion and Mineral Absorption

Week 6: Gut Reactions: How Our Microbiota Affects Us, Generation after Generation

Colleen will be offering group classes at The Arizona Relationship Institute, in East Mesa, in Scottsdale (location to be determined) and online. If desired, Colleen can work privately with local and distance couples.

Weight loss, digestion and blood sugar balancing, as well as mineral and vitamin imbalances, are some of the other issues Colleen addresses when working with individuals. She recognizes the fact we all are unique, and no one specific diet works for everyone.

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

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

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

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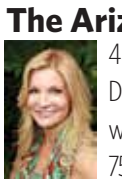

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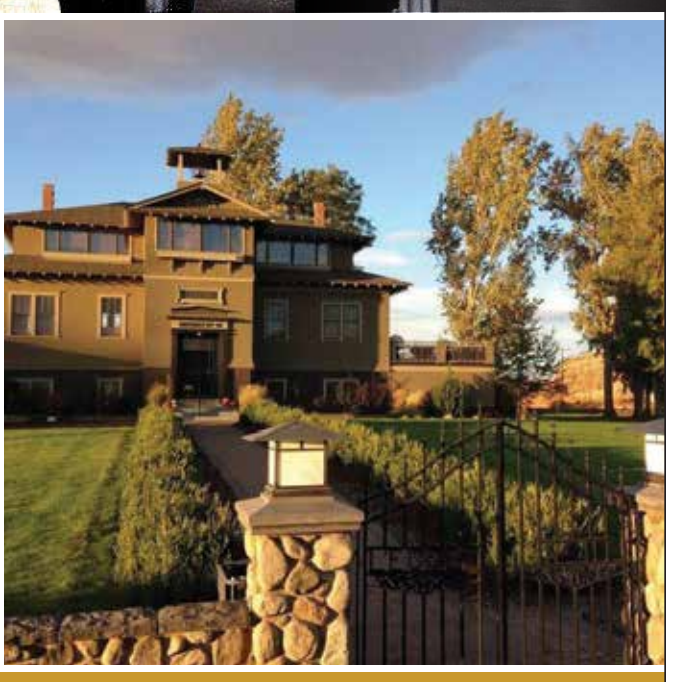

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LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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*.

Case in point:

During a consultation with members of a family regarding their grandmother's estate, the subject of jewelry came up. The grandson was handling the personal property, and he thought grandma had collected mostly *junk* jewelry. He had the items in a shoebox ready to go to the local thrift store. He shared with me what are fairly common beliefs about old jewelry.

He said the items didn't look like the jewelry he had seen at the mall stores. The *rhinestone* was oddly shaped, so he determined it wasn't real. Some of the pieces were broken, so they must be worthless. Other items seemed to be made of plastic, like children's jewelry.

It was my suggestion to personally look through the box *just in case*. What was discovered was a modest, yet desirable assortment of vintage costume jewelry and gold items, as well as one diamond ring.

In testing the *oddly shaped rhinestone*, it proved to be a diamond—an old European cut diamond, which looks very different than today's modern round brilliant cut diamond. The gold items were marked with numbers other than the karat markings most commonly used today. Yet, they all tested positive for gold content. The *plastic* items were, in fact, highly collectible Bakelite jewelry pieces from the 1930s.

There was about $9,000 of value in the shoebox. The broken gold pieces had considerable scrap value, and the vintage diamond and Bakelite items brought top dollar due to condition and collector appeal.

Don't let pre-conceived notions about what valuable jewelry should look like impact your financial well-being. Have a trained eye determine whether there is value before you 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. For more information, call (480) 699-1567. Jon, a Midwest transplant, trained at New York University in appraisal studies. Send an email to Jon@KnowBeforeYouThrow.INFO.

HEALTH

Mother's Day Specials Offer Spa Experience

By Jamie Killin

Jill Batista

Healing Touch Beauty and Wellness offers a luxurious, holistic spa experience, which can be hard to find in our fast-paced world.

The mini spa offers massage therapy, facials and skin care, as well as full body waxing and essential oil education.

Jill Batista, who has 18 years of experience in the industry, takes the time to get to know her clients, allowing her the opportunity to make more of an impact on their overall wellness.

"I set aside plenty of time before and after appointments to talk to clients and relate to them," she said. "I want my clients to have a sense of healing and restoration."

Jill credits her mind and body approach to her education from the Southwest Institute of Healing Arts.

"I'm able to help on a deeper, more profound level than just muscles and bones," she said.

Jill also incorporates essential oils into her services. This has allowed her to improve not only her treatments, but also her clients' overall well-being through education on the oils.

"Now, I feel like I can reach into their homes and their lives with the oils," Jill said. "I can make an impact outside of the service. I want to empower my clients with natural solutions for health and create a healer in every home."

Essential oils can provide immune support, natural pain management, stress relief, mood management and emotional balance. At Healing Touch Beauty and Wellness, Jill only uses dōTERRA essential oils, which are certified, pure, therapeutic-grade oils.

"Some of the oils can be used for beautification, as well," Jill said. "They promote healthy skin and have natural anti-aging properties. I also use them in my deep tissue massage to promote a deeper sense of relaxation."

For the month of May, Jill is offering two Mother's Day specials. The first includes a 60-minute Signature Massage with an essential oil hand and foot treatment for $100. The second is an 80-minute Signature Spa Facial with scalp, hand, and foot treatment for $120.

Jill also offers free 30-minute wellness consultations, where she can recommend specific essential oils and treatments to fit clients' lifestyles. ■

For more information, or to schedule an appointment, call (480) 734-3733. Healing Touch Beauty and Wellness is located in the Life Balance Center, 7565 E. Eagle Crest Drive.

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HEALTH

Caregivers need care, too

By Melissa Cecil, President
Waypoint Senior Care and Consulting

Melissa Cecil, chief executive officer of Waypoint Senior Care and Consulting, and her advisors agree one of the most common issues they find when meeting with families is caregiver burnout.

Love, along with a big dose of guilt, can take most of us a long way when it comes to taking care of someone we love. We'll go on no sleep for days, making time for everyone in need of our attention. It's a big job, but hey, you promised your mom you wouldn't put dad into *one of those nursing homes*, and you are determined to keep your word.

So, you continue to work your full-time job while you play the role of full-time caregiver for your dad. Don't forget the children you still are raising who need your attention and that person you married who may want to see you once in a while, as well. Are you feeling overwhelmed yet?

You are not alone. There is help—and it's OK to ask for it.

Statistics tell us 53 percent of caregivers say their health has gotten worse due to caregiving, and the decline in their health has affected their ability to provide care (NAC, 2006). This is not a surprising fact, considering most family caregivers still are working and still are raising families of their own. This makes it difficult to find time to rest, exercise or pay attention to one's diet. There certainly is no time for relaxing either.

Unfortunately, every day we see the sad end to this story. We see caregivers become so ill they are no longer able to care for their loved one. We see marriages end because they were pushed to the side for so long while caregiving became priority. We see children in trouble at school because their parents are too busy to notice them. Sadly, we've even seen the caregiver pass away in untimely death, as the stress of caregiving took too high a toll.

The fact is you are not superhuman. You need rest, and you need time for the other members of your family. And guess what? You need time for yourself, too. This is not selfish. How can you be your best for others when you don't take care of yourself?

Waypoint Senior Care and Consulting offers multiple solutions for allowing time for family caregivers to take a break and recharge their batteries. Our in-home care option will provide a certified nursing assistant to come to your loved one, just as you do, to provide a few hours or even a few days of care while you take a break.

If you prefer, we can assist you in locating a residential care home or facility for your loved one to stay for a week or so while you get away. Let Waypoint serve as your guide as you navigate the sea of fear, frustration and exhaustion, which comes with caring for loved ones. ■

We're here to help. Call Waypoint Senior Care and Consulting today at (602) 354-9094.

HEALTH

Workshops emphasize FEELING AND LOOKING BETTER

Submitted by Pilgrim Lutheran Church and School

Pilgrim Lutheran Church and School will present its Wellness Workshop Series—*A Better You*, scheduled for 7 p.m., on Mondays, May 16, June 27 and July 25.

This series of free one-hour workshops is designed to help people learn how to feel better and look better at every stage of life while living longer. Skilled professionals from the local community will be the featured speakers.

The first workshop in the series is *Massage for Better Health*, scheduled for May 16, at 7 p.m. The speaker is Marie Neugent, owner and operator of Touch of Healing, Mesa's popular health spa.

Educated at the University of Delaware, Marie has been a practitioner, instructor and owner in health care for more than 20 years. Famous for her compassionate, caring, spiritual approach to pain management and holistic healing, her program is not to be missed in this series of wellness workshops.

Future workshops are *Weight Management*, which is scheduled for June 27, and *Diabetes and You*, set for July 25. ■

For more information, call (480) 830-1724, or visit the website at pilgrimmesa.com. You also can send an email to office@pilgrimmesa.com.

Pilgrim Lutheran Church and School is located at 3257 E. University Drive, between Val Vista Drive and Lindsay Road.

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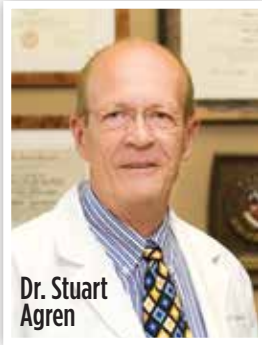
HEALTH

There are options when dealing with allergies

By Stuart H. Agren, MD


Dr. Stuart Agren

Allergies affect nearly 40 percent of children, from babies on up.

They can cause hay fever, asthma, eczema, hives and coughing, as well as chronic ear and sinus infections. Food allergies can lead to nausea, gas, cramping and diarrhea.

For all of that, though, a good pediatric allergy treatment can be hard to find. Allergy shots usually are not safe for kids under age 7. Medications can help temporarily, but they don't correct the underlying allergy. They also can cause side effects.

If your child has allergies, consider these options:

Avoidance—To limit your child's exposure to allergens, restrict his time outdoors when pollens are high, and consider using HEPA filters at home. Keep rooms well ventilated, and use a dehumidifier to prevent mold. For dust allergies, launder bedding frequently, use mattress and pillow covers, and consider changing from carpet to hard flooring.

Be vigilant, but also be mindful that most allergy triggers are airborne and impossible to completely avoid. If avoidance measures are not helping, talk to your physician about the options below.

Medications—If your child's allergies only occur for a limited time, medications may be enough to keep the symptoms at bay. Inhalers can help with asthma, topical creams address eczema, and antihistamines are useful for hay fever. If your child's symptoms are severe, or if they last for more than four months per year, however, he may need something more. After all, medications don't touch the allergy itself—just the outward symptoms. So, once you stop the meds, the reactions usually resume.

Immunotherapy—Immunotherapy is the only treatment having been shown to stop future allergic reactions. In kids, it even has been shown to stop the progression of allergic rhinitis into asthma. Immunotherapy starts with a liquid solution containing extracts of common pollens and other allergens. The liquid can be taken through allergy shots or under-the-tongue allergy drops (known as *sublingual* immunotherapy). Over time, the body develops an immunity to these allergens, so they no longer trigger an allergic response.

I favor sublingual immunotherapy drops for kids, since they avoid the pain and fear of needles. They also are safer than allergy shots, so they can be prescribed to children under 5 and dosed at home. Finally, unlike allergy shots, drops have been shown to curb food allergies, which are increasingly common for kids.

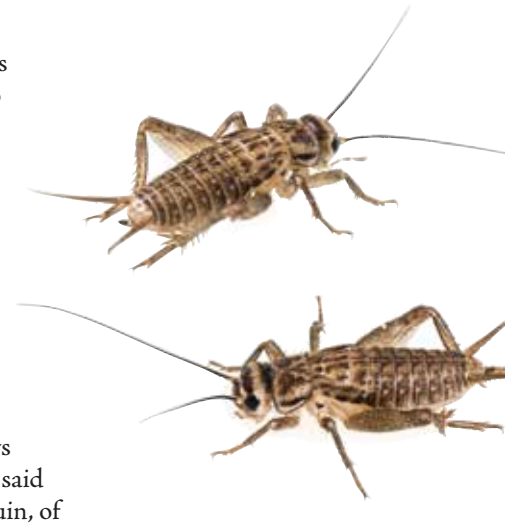
If allergies compromise your child's quality of life, there is hope. Contact a physician about an allergy solution. ■

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

LOCAL BUSINESS

Pest Management TIME IS HERE

By Kim Phillips



Well, the time has come to call the pest control company, as creepy crawlers, such as those disgusting scorpions, and their friends, the crickets, are getting ready to invade our homes.

"Once the temperature reaches 80 degrees three days in a row, watch out," said Alfredo *Freddy* Luquin, of A and E Pest Management. Freddy, who has more than 10 years of experience in pest control, works in the neighborhood. He has been administering pesticides for residents of Red Mountain Ranch, Las Sendas and the Mesa Uplands area for more than a decade, and has many references.

"He can be trusted," commented Lloyd Anders, a Northeast Mesa resident.

Freddy recently started A and E Pest Management as his own pest control company. He said his prices are competitive, since he is the owner and the person who will visit your home.

"I give 100 percent of my knowledge to my customers where pest control is concerned," he emphasized. "I know which pesticides to use for each individual problem." ■

To schedule an appointment, or to speak with Freddy, call him at (480) 248-4263. He also accepts emails at aepestmanagement@gmail.com.

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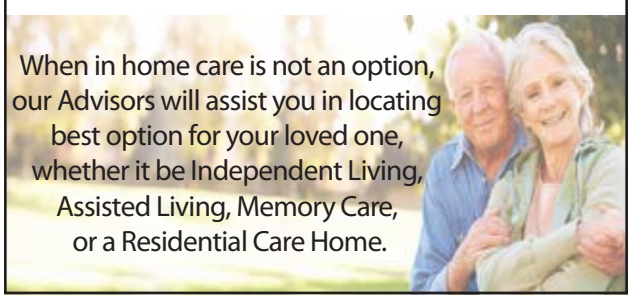

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Oral allergy drops are affirmed by the World Health Organization and The Cochrane Collaboration and were featured in Scientific American, the Journal of Allergy and Clinical Immunology, The Wall Street Journal, and The New York Times.

EDUCATION

Art Appreciation Plays a Role in Early Childhood Education

By Anjum Majeed, EdD

Dr. Anjum Majeed

For children to develop a lifelong appreciation and love for the arts, they not only must be introduced to them, but beyond that, they also must be captivated by them.

When my first child was about 4 years old, my family had the opportunity to visit the Louvre Museum, in Paris, France. The Louvre Museum houses some of the greatest works of art. Some are thousands of years old, while others are more recent.

Bewitched by the beauty of those masterpieces, I must have spent hours admiring those rare objects until we reached the room displaying one of the most famous paintings in the world. Excitedly, I picked up my daughter and said, "Shina, this is Mona Lisa." It was as if I were introducing a longtime dear friend of mine.

My daughter, exhausted from her jet lag, and having spent nearly a whole day at the museum, could barely say, "Mom, it is nice." Then, moments later, she politely added, "May we go back to our motel room? I am tired."

Imagine my dismay. In my attempt to expose my daughter to life's beauty, I neglected her basic needs of rest and sleep.

This story also shows an inherent flaw in teaching new material *to* children rather than teaching *with* them. The material may be important, and it may be interesting, but to really teach something, to make a difference in every child's life, one child at a time, the child's motivation is essential.

THE KEYS TO INTRODUCING ART TO YOUNG CHILDREN

When introducing art masterpieces to young children, we must consider at least three things.

First, we must take into account the various modalities of learning, which include auditory, visual and kinesthetic.

Second, for later recollection and appreciation of the art pieces, young children need to be actively involved in the process. For example, the physical act of movement helps later in the recall of the information.

Third, taking students' prior knowledge into consideration helps them understand and appreciate what they are seeing and discussing. Present new knowledge in context with something familiar.

Children have a great propensity to soak in large amounts of information from their surroundings. If the child is an auditory learner, use songs and read stories related to the artist and the work.

For the visual learners, the beauty of the colors, the shape and the structure of the painting are the attractions.

For the kinesthetic learners, activities, which include touching, doing and feeling activities, will facilitate learning and form the basis of long-term retention of information.

MOVING FROM SEEING TO EXPERIENCING

How do we develop an appreciation for the beauty surrounding us? A work of art can be an architectural structure of stone and concrete, a beautiful handcrafted piece of furniture, or a sunset painted with strong strokes and vibrant colors.

An artist creates a work of art expressing personal feelings and the ability to see differently from what may not be obvious to others. The artist may emphasize one aspect of a scene, such as the crashing waves crumbling the seemingly rigid rocks or mercilessly pounding the ship against the shore. As soon as artists emphasize one aspect of the view, they change the appearance slightly or a great deal. Art begins when the artists deviate from what may be obvious, sharing with the viewers how they feel and what they think of their subject.

The main component fostering the development of art appreciation is awareness. Awareness is referred to as the refined use of the sense and requires daily practice to perceive without prejudging. For developing awareness, individuals use their senses to gather raw data from the environment, excitedly participate in the new experiences and possess the capacity for empathy. A heightened sense of awareness enhances the capacity to process new information and see things in new relationships.

Children love to explore, investigate, poke and pry. Their natural curiosity to explore guides them to enrich their sense of awareness.

Many activities can lead to a richer sense of awareness. When we plant flower seeds, we can discuss with children the size, shape, the color and the texture of the seed. If planting in a planter, we can ask them to feel the soil. Was the soil wet or dry, warm or cold? How did the dirt smell as they let it crumble between their fingers? By active experience and questions, we are helping students develop their sense of awareness.

Another approach to enrich awareness is through empathy with the object. One becomes the object. For example, have them look at a tall tree. Have they thought about what it is like to be a tall tree? How does it feel when the wind constantly ruffles the leaves, the tree provides shade for the people from the intensity of the sun, or when the cold winter sets in and the tree may lose its leaves? How about if someone makes a home in the trunk of the tree to avoid the bitter cold of the winter?

INTERACTING WITH A MASTERPIECE

Works of art can open up new worlds for young students in literature, science, mathematics, music and more.

Van Gogh's *The Starry Night* is one of my favorite paintings to discuss with children. Ask questions. Do you think this scene looks warm or cold? Why? How do you feel when you look at this painting? What do you see in it? Which areas show movement? If you were looking for peace and quiet, where would you find it in this picture?

Here the thick and strong strokes give a sense of movement to the sky. The sky seems to be swirling, rolling and vibrating. Ask children to identify more familiar objects, such as the moon, the steeple of the church and the houses. To leave a lasting impression, ask them to express their feelings about this picture by using ribbons and sparklers and by moving to Tchaikovsky's *812 Overture*. You also may sing a children's classic, *Twinkle, Twinkle Little Star*.

Campbell's Soup Can, by Andy Warhol, is another masterpiece I have used. Andy was a successful commercial artist. His goal of art was to produce a powerful, shocking image. What can we do with this print? We can develop pre-math skills by asking questions, such as which can is large and which is small?

We can have several actual cans and have the students count. They can fill several empty cans with different levels of water and investigate if they sound different. They can do a science float-sink test by using an empty can and a full can.

For the future architects and engineers, they can use empty cans or toy cans to build structures, a pyramid, a skyscraper or a can manufacturing plant. Finally, the chefs of tomorrow may hone their culinary skills by pretending to cook and serve tomato soup.

Preschool children will love the opportunity to observe, experience, imitate and even *write* about the works of art they are experiencing. To develop the whole child, art appreciation is an integral part of a quality preschool program. ■

For more information, please call Ms. Vernetta Madsen, at Self Development Preschool, at (480) 396-3522.

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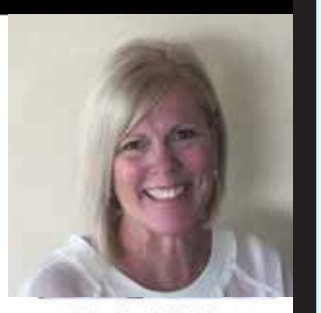

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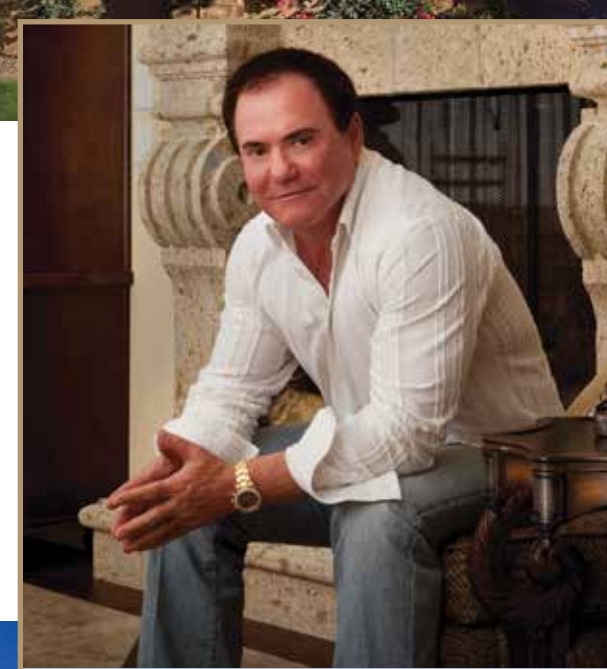

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