

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

January 2017

START THE NEW YEAR BY PLANNING YOUR FUTURE

By Jamie Killin

The start of a new year is an optimal time to embark on new intentions, and this is just as true of your financial objectives as it is your health goals.

Thrivent Financial is a faith-based financial planning company, which helps clients reach their financial goals with a comprehensive, long-term approach.

"We focus on all aspects of a person's financial planning," said Jeff Rodemeyer, a financial associate with nearly a decade of experience with Thrivent Financial.

Thrivent Financial offers a variety of services to cover all their clients' financial needs, including retirement and college planning, insurance and all types of investments.

Over the past year, Thrivent's Red Mountain office has experienced a growth in clients and staff, thanks to a high demand for their services and expertise.

According to Jeff, during times of economic uncertainty, clients look to professionals they trust to help guide them toward a more certain and stable financial future.

"We are able to provide options and ideas, which can help prevent a financial calamity," he said.



Back: Colton Sheley, Jeff Kolzow and Pat Buchanan
Front: Rick Aussprung and Jeff Rodemeyer

Making the choice to meet with a financial planner at the beginning of the year also benefits many clients, as it allows them plenty of time to prepare for the upcoming tax season.

Clients benefit from being able to meet with their

financial planner at least once a year to go over any changes in their financial situation or goals.

All Thrivent Financial clients also enjoy the benefits of membership, as the nonprofit organization allows its members a say in the direction of the business through voting.

"We are owned by the people who do business with us," explained Jeff.

Thrivent Financial's nonprofit status also affords the business the ability to not pay taxes—allowing it to instead invest those funds back into local charities, which matter to its members, helping them to tie their finances to their faith. These charities include other nonprofits, such as churches, schools and families in need.

This focus on faith and community has earned the Fortune 500 company the Ethisphere Institute's *World's Most Ethical Company* title for the fifth consecutive year. ■

Thrivent Financial is represented in the Red Mountain area by Red Mountain Group, which includes Jeff Kolzow, Jeff Rodemeyer, Pat Buchanan, Rick Aussprung, and Colton Sheley, at 2941 N. Power Road, Suite 105. For more information, call (480) 396-5333, or email redmountaingroup@thrivent.com.

Get a new you for the New Year

By Dawn Abbey

With the New Year, it's time to venture out and try something new, like a great new look for you.

"Ever thought about trying Botox or having a professional blowout done on your hair?" queried Muschi Morga, spa director at Cosmos Salon and MedSpa. "Everybody is doing it. Your friends are doing it. Your neighbors are doing it, and so are your co-workers. Why not try it out for yourself?"

Mark your calendar for Feb. 3. From 9 a.m. to 5 p.m., on that day only, Cosmos is featuring Botox Price Blowout with 25-percent-off pricing specials on Botox, along with a free blowout. But you must make an appointment."

New clients can receive Botox at \$5.95 per unit, and regular clients can receive theirs for only \$7.95, with a minimum of 20 units, quantity unlimited.

"Botox is used in many different areas to soften and relax those angry faces, wrinkled foreheads and pesky crows' feet," Muschi explained. "Mother Nature starts young and leaves no one out. So, whether you are in your 20s and just starting to notice your selfie has a few new creases, in your 50s, when the faces you have been making all those years start leaving their marks, or anywhere else along the aging spectrum," she continued.

"Botox works," Muschi stated. "It's a fact. Come try it, or visit us for a free consultation. We will be there to answer all your questions with a smile. Just not a frown. Because we can't, she quipped"

Clients should schedule their appointments with the hair blowout first, since you must remain upright for four hours after receiving Botox injections. A representative from Allergan, the makers of Botox, also will be on hand to offer information and advice.

COSMOS BLOWOUT MEMBERSHIP

In addition to the Botox Blowout specials, Cosmos also is offering monthly blowout memberships at reduced rates.

The non-member blowout rate is \$35 for straight styles. Curled styles are an additional \$10. Apprentice stylists and stylists perform the blowouts.

Cosmos Blowout Membership has two options:

- Two for \$59 Option—Save \$11
- Four for \$99 Option—Save \$41

In addition to reduced prices, Blowout Membership also includes a free birthday blowout and 10 percent off all retail purchases. Any unused blowouts will roll over month to month with an active membership. Membership is month to month, with no contracts, and just a 30-day notice for cancellation. ■

To make an appointment for the Cosmos Botox Blowout event or for any appointment or information, call (480) 887-0671. Cosmos Salon and MedSpa is located at the northeast corner of Power and McDowell roads, in The Village at Las Sendas.



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UpClose

PUBLICATIONS

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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 WRITERSDawn Abbey
Jamie Killin**COPY EDITOR**

Sandra Van Dyke

DESIGNLucky You! Creative, publication design
Erin Loukili, Jaclyn Threadgill
www.luckyyoucreative.comRamey Newell, website design
KeenGraphics.net**CONTRIBUTORS**

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

LOCAL BUSINESS

Semi-Permanent Makeup Enhances NATURAL BEAUTY

By Jamie Killin

Little Luxury Spa full service spa offers a variety of aesthetic treatments, including peels, microdermabrasion and massage.

The spa, owned and operated by experienced aesthetician Hanna Ramdoun, also specializes in semi-permanent makeup.

Hanna has been practicing aesthetics for 25 years, and has applied semi-permanent makeup for 15 years. For semi-permanent makeup application, she uses the highest quality equipment and pigments to deliver the best possible results.

Hanna received her skincare training in Poland, Germany and France, and she is now the only one to utilize the semi-permanent Long-Time-Liner permanent makeup technique in Arizona.

She also uses the highest quality, medical grade and FDA approved pigments, as well as the best equipment to enhance eyebrows, add eyeliner and define the lips.

The semi-permanent makeup looks best when refreshed yearly, which allows the client to regularly adjust the look of the makeup.

"You really don't want to have anything permanent on your face because your face changes over time," said Hanna.

Additionally, nearly anyone who is looking to enhance her features, or feel more comfortable without makeup, is a candidate for this high-quality semi-permanent makeup.



Hanna Kalinska Ramdoun

"Anyone who puts makeup on every day is a good candidate for semi-permanent makeup," said Hanna.

This skilled aesthetician aims to create a defined yet natural look with the makeup, bringing out the client's natural beauty.

"The makeup emphasizes the beauty of your face instead of being dramatic," she said. "It brings the beauty out in your face."

Each client also receives a thorough consultation with Hanna, giving them the opportunity to try out different colors and aesthetics. They also have the opportunity to see exactly what the makeup will look like prior to application. ■

Little Luxury Spa is located at 1130 N. Val Vista Drive, Suite 103. For more information, visit littleluxuryspa.com, or call or text (602) 790-9349.



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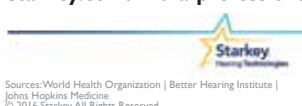
15 Potential Consequences of Letting Your Hearing Loss Go Untreated

Because most hearing loss is gradual, and because it's easier to work around or cope with than, say, vision loss, many people let it go untreated. But research, scientific studies and personal stories show untreated hearing loss can lead to bigger, more consequential issues.



Hearing Loss is more treatable today than ever before. Don't let it stop you from living life to the fullest. Find a nearby hearing professional and get your hearing loss treated right away.

starkey.com/find-a-professional



Sources: World Health Organization | Better Hearing Institute | Johns Hopkins Medicine
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LOCAL BUSINESS

VISIT VAPE A HOOKAH
for All Smoke & Vape Needs

By Jamie Killin

Vape A Hookah is offering East Mesa residents an unprecedented high-end shopping experience for their vape and smoke needs.

The family-owned shop, which opened a few months ago, is one of few in the area, and aims to offer guests a positive and unique experience.

“We wanted a high-end smoke and vape shop,” said Samir, the owner of Vape A Hookah. “We didn’t want to be like everyone else.”

In addition to its high-end atmosphere, the shop sets itself apart by offering vape supplies, as well as everything a smoke shop would provide, allowing customers to conveniently purchase both products in one place.

“It’s a place where people can come in and get everything they want,” he said.

The store also offers a variety of different products, including accessories.

“We have it all,” said Samir.

Vape A Hookah already has developed a solid base of repeat customers who appreciate the knowledge and the attention to customer service the shop offers.

Samir, who has a background in engineering, is able to explain to customers exactly how the products they’re interested in buying work. He also can offer recommendations to help identify what will work best.

“We really know what we’re talking about,” Samir said. “We pay attention to our customers and listen to what they want.” ■

Vape A Hookah is located at 1118 N. Recker Road, Suite 111, at the southwest corner of Recker and Brown roads. For more information, visit vapeahooka.com, or call (602) 774-4488.



LOCAL BUSINESS

Performance Chiropractic Offers Comprehensive
APPROACH TO PAIN MANAGEMENT

By Jamie Killin

Performance Chiropractic, formally Koenke Chiropractic, and led by Dr. Kyle Koenke for more than a decade, now offers many more services for pain management than just your typical adjustment.

“We’re different than your regular chiropractic office,” said Dr. Koenke.

Performance Chiropractic utilizes an evidence-based approach, which incorporates soft tissue massage, chiropractic and rehab for the best possible results.

“This helps patients get better in the most efficient way possible,” he said. “We take the most up-to-date evidence and combine it with over a decade of clinical experience to give our patients the best possible outcomes.”

In addition to massage, chiropractic and rehab, Performance Chiropractic offers services, such as shock-wave therapy for plantar fasciitis and access to recovery boots for athletes looking to recover from hard training.

Performance Chiropractic treats all types of pain, from back and neck injuries, to knee issues. While Dr.



Koenke treats a wide range of patients, he is a certified chiropractic sports physician, and specializes in treating sports injuries and keeping athletes in the best shape possible.

“I want to help people who want to take care of themselves,” Dr. Koenke said. “I want to help them keep taking care of themselves.”

The treatment at Performance Chiropractic aims to improve the quality of life of athletes who are experiencing pain due to the stress of sports, including golf and cycling.

Dr. Koenke meets with all patients seeking pain management to provide a straightforward and honest approach to treatment, as well as an education on how patients can continue to improve their health, even when they’re not in the office.

“We give them tools to help themselves at home,” he said. ■

Performance Chiropractic is located at 3514 N. Power Road, Suite 110. For more information, visit north-mesa-arizona-chiropractor.com, or call (480) 830-7288.



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LOCAL BUSINESS

LOCAL HANDYMAN KEEPS neighborhood homes safe

By Dawn Abbey

With our seasonal residents returning to their winter homes, local handyman Mike Leonard, owner of 480 Handyman Services, has been watching their homes for them, and everything is no doubt shipshape.

"I want to thank those who allow me to take care of their homes, and welcome them back," said Mike, a Red Mountain Ranch resident.

In addition to his handyman services, Mike also provides home checks for seasonal homeowners and those leaving for extended vacations. We all have heard of water pipes breaking, hot tubs draining or leaking, damage from storms or a break-in, as well as the AC not working properly.

Unfortunately, most homeowners only find out about a problem after they come back home. Others may only hear days or weeks later from a neighbor or friend who may notice something looks wrong.

Mike's regular home checks keep everything under control. For instance, after storms, Mike inspects for damage, giving residents peace of mind in knowing they will not be returning home to any unresolved destruction. If there is damage, he contacts the homeowner, sends photos of the problem, and provides an estimate for repairs.



Mike Leonard

And Mike can do most of the repairs immediately. "If I can't do it, I'll find you someone who can," he said.

Mike admits he'll do just about any job. He is a one-man show, looking to do those smaller jobs you have been pushing to the back burner or have forgotten about completely.

If you need something done, contact Mike. He will come out to look it over, and give you a free

estimate. "Sometimes, if it's a quick thing, I can do it right then and there," he said reassuringly. "If not, I'll arrange a time to come back. Since I live close by, I usually can be at your home quickly for any repair or project in need of attention."

Do you need a new toilet or a faucet replaced? How about new fans or lighting installed, or switches and outlets replaced? Are doors and windows out of adjustment? Is there sheetrock damaged? Is your drip system leaking? How about painting or trim work needing to be done? "I can do it for you," Mike stated confidently, "I work all over the neighborhood, and I never charge a trip fee in the area." ■

Call or text Mike at (480) 226-3986. You also can send an email to 480Handyman@gmail.com, or visit 480Handyman.com. Mike's 480 Handyman Services is insured and registered with the State of Arizona.

SPORTS

Changing Your Mindset Can Improve Your Approach to Golf

By Kent Chase, PGA, Malaska Golf Certified Instructor

One of the differences between a championship player and an average player is the amount and kind of focus they bring to becoming highly skilled.

Many golfers want to become good players. They spend time practicing, but their mindset is capricious. Accordingly, their progress will be limited, and their competitive results will reflect it.

Championship players, however, have a purpose and a plan to everything they do. They spend their time and energy wisely, effectively. They diligently work on those essential areas, which can lower their scores and will allow them to execute successful shots when in the heat of battle.

Interestingly, the first step in developing a championship mindset is to get into the habit of establishing goals for every part of the development process. Goals are powerful because they distill many disparate thoughts into a single purpose.

Communication of goals between an instructor and a student creates a unity of thought, which results in faster progress.



Kent Chase

When goals are reached, the player experiences the great satisfaction of achievement, and he knows he is getting better.

Setting goals should start at a high level. The first question I ask of a new student is, "Why are you playing golf, and what do you hope to get out of it?" Many students look at me blankly, not knowing what to say. Some of my younger students will answer, "I want to play on the PGA Tour," or "I want to earn a scholarship." Other older students will say, "I want to beat my buddies. I am tired of buying lunch." Eventually, I will elicit a response. The main point of this exchange is the fact we are instantly communicating, and we have established a purpose for what we are going to do. That is progress.

Every player should establish a firm set of goals for all phases of their game. Writing those goals down is even more powerful. I ask my younger students to do this because it creates an indelible imprint, which helps to propel them forward. Start with high-level goals stating where you want to go with your game. You will be making tangible progress, just like my students. ■

Kent Chase is a Class A PGA professional instructor at the Malaska Golf Academy, Las Sendas Golf Club. Kent is a Top 50 U.S. Kids Master Teacher and a Southwest Section PGA Teacher of the Year. More than 50 of his students have won state high school championships, and many of his students have played professionally. Connect with Kent at KentChaseGolf.com or at LasSendas.com.



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Dr. Rashid is a board certified dermatologist, cosmetic and Mohs micrographic surgeon. She received her medical degree from Kansas City School of Medicine and Biosciences. She completed her internship at Oakwood Hospital in Trenton, Michigan and her residency at Midwestern University/Arizona Desert Dermatology Residency Program.

She has been published in numerous journals and received recognition for her volunteer work with the United Nations Health Mission and other various organizations within the state of Arizona.

Dr. Rashid is pleased to announce the recent merge with Advanced Dermatology - Dr. Michaud
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LOCAL BUSINESS

PADDLEBOARDING Is a Great Source OF EXERCISE



Submitted by No Snow Paddleboard Shop
Just like that, 2016 is here and gone, bringing the opportunity to create a resolution list and get in shape for 2017, and stand up paddleboarding is one of the best low impact, high calorie burning exercises out there. You also can do yoga on your paddleboard, which adds an element of stabilization and balance to your floor workout. We offer private and group lessons from certified and experienced instructors. They are available year round. You can come by the shop or register over the phone or online. Call (480) 807-6787, send an email to nosnowsup@gmail.com, or visit our website at nosnowsup.com. ■

No Snow Paddleboard Shop is located on the northwest corner of Power and Thomas roads, north of Walgreens. The shop is open by appointment through the winter months.

EDUCATION

Lifelong Learners Take Notice

Submitted by Caroline Cline
If you have an interest in birding, hiking, the Grand Canyon, financial strategies, book discussions, nutrition for seniors, science in the 20th century, a healthy brain or many other subjects, join New Frontiers for Lifelong Learning. More than 70 classes are offered for the spring semester. After paying \$60 for the spring semester and summer session, you can sign up for as many classes as your schedule will allow. The cost was \$80 if you signed up in the fall. Sign up for classes on Feb. 2 via computer. Classes meet at the three Mesa Community College (MCC) locations (Southern Ave. and Dobson Road; Downtown, at 165 N. Centennial Way; and Red Mountain, at McKellips and Power roads); East Valley Adult Resources centers, at 247 N. Macdonald St. and 7550 E. Adobe Road, as well as many other locations in Mesa. New Frontiers for Lifelong Learning, sponsored by MCC, is a peer-led organization, which offers the

opportunity to expand your learning, increase your social resources, and provide opportunities to volunteer for the college and in the community. An open house for learning more about this organization and to join will take place on Friday, Jan. 29, from 1 to 3 p.m., at the MCC Downtown Center, 145 N. Centennial Way, on the fourth floor. Park in the parking garage on the second and third floors, and take the steps or elevator to the fourth floor. Registration for classes will take place on Tuesday, Feb. 2, from 9 a.m. on. Registration will be by computer only. For those who don't have either a computer, access to one or a friend who can help, they can go to the second floor of the Downtown Center. People will be there to help with registration on Feb. 2, from 9 a.m. to noon. ■ For more information, go to the website at newfrontiers.mesacc.edu, or write to New Frontiers for Lifelong Learning, at 165 N. Centennial Way, Suite 208, Mesa, AZ 85201. You also can send an email to communications@newfrontiersaz.org.



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WISHING OUR COMMUNITY A HAPPY NEW YEAR From the Staff and Management at Las Sendas

The staff and management at Las Sendas Golf Club would like to wish everyone a Happy New Year and thank our great community for your support over this past year.

We hope everyone has enjoyed our restaurants, our golf course and our events hosted at The Vistas Pavilion. We want to encourage everyone to come by. Our venues are open to both members and non-members of our club. Feel free to book a tee time, shop at our Golf Shop, take a golf lesson, enjoy our Patio and Grille or book a private event in Bogey's Private Dining or at The Vistas Pavilion.

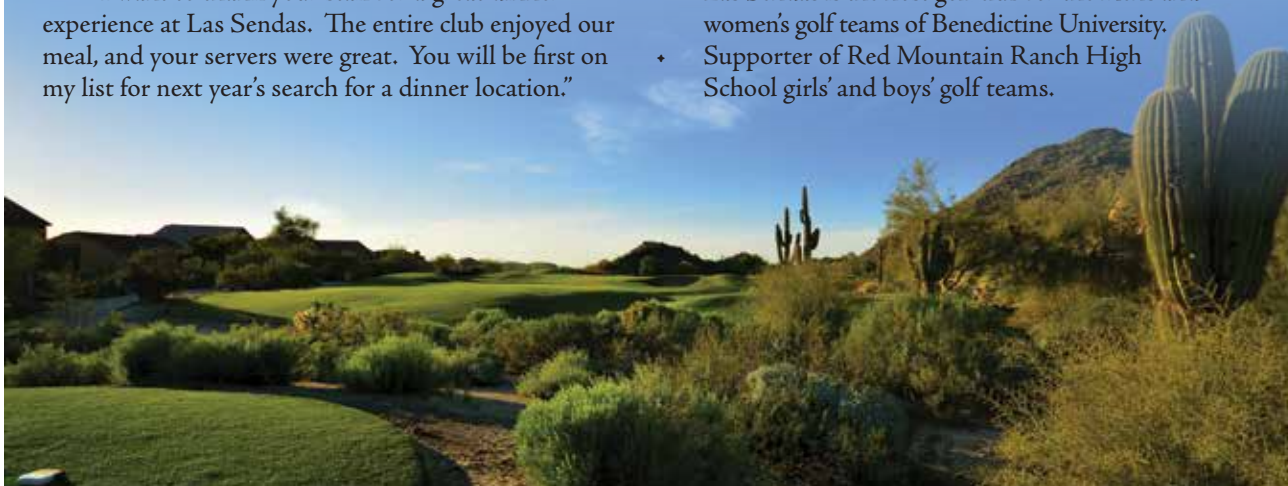
A big thank you to our corporate community, which hosted a number of holiday parties.

"Our event was superb. I heard nothing but accolades. Your staff did a great job. The food was tasty, especially the steak, tender and juicy, and the chocolate cake was a nice conclusion."

"I want to thank your staff for a great dinner experience at Las Sendas. The entire club enjoyed our meal, and your servers were great. You will be first on my list for next year's search for a dinner location."

The 2016 Year in Review Las Sendas Golf Club

- The golf course and Vistas Pavilion were the host venues for six major charity events raising more than \$750,000.
- The Patio at Las Sendas won two major awards, Best Al Fresco Dining and Best Views, voted by dining guests through Open Table.
- The golf course was rated highest in the East Valley by Golf Now customers and top 10 in Arizona by Golf World.
- The Vistas Pavilion scored 4.9 out of 5.0 through client reviews on Wedding Wire.
- The Vistas Pavilion was voted a Best Valley Wedding Venue on Wedding Spot.
- We hosted a very special complimentary Community Appreciation Day, including bouncy castles, face painting, barbeque and wine tasting.
- Las Sendas is the host golf club for the men's and women's golf teams of Benedictine University.
- Supporter of Red Mountain Ranch High School girls' and boys' golf teams.



THE VISTAS PAVILION

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The Vistas is transforming service excellence of our wedding venue by engaging you in designing your décor, entertainment and catering, along with our expert event planning team. We have an open door policy for outside vendors.

We are flexible and easy to work with. Your vision is our challenge. Our promise is to meet and exceed your expectations.

Summer 2017 Wedding Special

The Vistas Wedding Pavilion at Las Sendas is pleased to offer the following Summer Special Wedding Package for events booked and hosted in the months of June, July, August and the first two weeks in September 2017. The total cost is \$3,999 (does not include tax and gratuity) and includes the following items:

Ceremony

White garden chairs, wedding arch, setup and breakdown of the ceremony, gift table and lemonade station, champagne and fruit and cheese platter in bridal room.

Reception

Full-day venue booking, setup and breakdown of reception, tables, padded chairs, 12-by-12 dance floor, black or ivory tablecloths and napkins, votive candles on tables, complimentary cake cutting, bridal room, wedding coordinator and plated or buffet dinner.

THE PATIO AND THE GRILLE

Super Bowl Sunday

Gather all your friends for the biggest game of the year, and join us at the Grille at Las Sendas for wings and beer specials starting at 3 p.m. and the All-You-Can-Eat Pasta Buffet, starting at 5 p.m. We have 12 large screen TVs for your viewing enjoyment.

Make your reservation early for Valentine's Day

Enjoy a romantic four-course dinner on The Patio at Las Sendas. Your evening comes complete with sunsets, a long-stem rose and city light views. Book early, as this special day sells out each year. For your reservation, call us at (480) 396-4000.

Happy Hour every day from 3 to 5 p.m. in The Grille or on our Cocktail Patio

Featuring:

- \$2 off all wines by the glass.
- \$1 off all draft beers.
- \$3 off Tres Amigos Margaritas and Moscow Mules—a client favorite.
- \$2 off specialty cocktails.
- Special discounts on select appetizers.

The Patio at Las Sendas

Enjoy breakfast, lunch or dinner or just cocktails seven days a week with nightly live entertainment. Reservations are recommended. Book online at www.lassendas.com, or call us at (480) 396-4000.

Specials you can never get enough of...

MONDAY NIGHT

Fried Chicken, Mashed Potatoes and Biscuit with Honey for \$16.95.

WINE DOWN WEDNESDAYS

50 percent off bottles of wine under \$100 all day Wednesday.

THURSDAY NIGHT

Prime Rib Dinner—10-ounce for \$17.95 or 14-ounce for \$22.95.

FRIDAY NIGHT

Chef's fish special changes weekly. (Market Price)

SUNDAY NIGHT

All-You-Can-Eat Pasta Buffet for \$15.95.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE GOLF SHOP

We hope the holiday season was special for all residents of Las Sendas, and you had the opportunity to spend time with family and friends. The year 2017 is here, and we are ready at the Golf Shop for a great year ahead. Be sure to come by and check out our new winter season merchandise, our casual Skecher shoes, for both men and women, and our famous hot deals on the racks as you come in.

Las Sendas Golf Club is a proud supporter of PGA tour winner Charlie Beljan who will be playing in this year's Waste Management Phoenix Open at TPC Scottsdale, from Jan. 30 through Feb. 5. A resident of Las Sendas, Charlie has been diligently practicing in preparation for his return to the PGA Tour. Good luck, Charlie, from all your friends at Las Sendas Golf Club.

JANUARY PROMO

Spend \$65 or More in The Golf Shop and Receive a Free Las Sendas Men's or Women's Logo Golf Shirt

MALASKA GOLF ACADEMY

Whether you are a beginner or just looking to tune up your golf game, talk to one of our golf professionals about the Malaska Golf Academy. The golf academy has a number of excellent instructors suited to men, women and juniors and all levels of golf. Plan to purchase some lessons to get your game ready for the winter season.

Learn Aimpoint Express Green Reading and never misread another putt. Aimpoint is a system that is used by a number of PGA Golf Professionals, both men and women, including Adam Scott and Lydia Ko. For a private lesson or semi-private lesson, contact David Huffman at davidhuffmangolf@gmail.com, or call (480) 677-1533.



MEMBERSHIPS

Las Sendas Golf Club offers some of the lowest dues in the Valley.

Did you know Las Sendas has one of the lowest monthly principle dues of any golf course in the Valley?

2017 LAS SENDAS GOLF DUES
Principle only \$383/month
Add family for only \$133/month

Did you know Las Sendas is one of very few golf courses offering seasonal six-month memberships to non-residents of Arizona?

2017 Las Sendas Dues
Principle only \$525/month
Add family for only \$215/month

Las Sendas offers a variety of memberships, which appeal to all sorts of lifestyles. Please call or email us. We can design a membership that fits you and your family's golfing needs.

- **Social Membership**—\$3k causal golfer (10 golf passes annually) also receive full-member discounts in our Pro Shop and restaurants.
- **Proxy Membership**—zero down for the golfing enthusiast wanting to enjoy playing like a member.
- **Non-Refundable Membership**—\$15k, Las Sendas member.
- **Fully Refundable Membership**—\$45k, Las Sendas member with \$10k in incentives.

For all inquiries and questions, please contact Wayne McBean at Las Sendas Golf Club. Send an email to wmcbean@lassendas.com, or call his cell at (480) 323-9364.



Las Sendas

Wine Dinner

SATURDAY, JAN. 21ST

THE VISTAS PAVILION

Wagner
FAMILY of WINE

6:00 PM RECEPTION
6:30 PM DINNER

\$70 PER PERSON
PLUS TAX AND GRATUITY

For Reservation or More information,
480-396-4000 or events@lassendas.com

THE VISTAS PAVILION
LAS SENDAS GOLF CLUB
7555 E. EAGLE CREST DR.
MESA, AZ 85207

FEATURING THE FOLLOWING WINES



Valentine's Dinner

The Patio
at Las Sendas

An Evening of Romance and Dining

Enjoy a Romantic 4-Course Prix Fix Menu. Your evening comes complete with a long-stem rose and city light views!

Tuesday, February 14th, 2017

The Patio
at Las Sendas

\$125 Per Couple
(plus tax and gratuity)

Live Entertainment!

Check our website for menu details.

For Reservations
events@lassendas.com or 480-396-4000
www.lassendas.com

REAL ESTATE

Out With The Old—In With The New

PREPARING YOUR HOME FOR SALE

By **Lorraine Ryall**
Realtor, CDPE, CSSN
KOR Properties

As we head into the New Year, it's out with the old and in with the new, and that goes for your home, too.

If you are thinking of selling this year, you need to look at your home from the buyer's perspective. Determine what is old and outdated and needs to be replaced. Decide what can stay and just have a facelift. While some updates can be expensive, there are plenty of things you can do, which can have a big impact for very little cost.

Adding a fresh coat of paint can brighten up a home and make it look clean and fresh. Keeping it neutral is key. If you have bright or dark colors, paint them with something more neutral. Don't do it all white. Instead, add gray (the new white), cream and beige tones. A totally white house can look cold and sterile, but a little soft color can add warmth and style.

Buyers want to walk into a home and visualize themselves living in the space. They also want to move in without having to do much work. The days of buyers wanting a bargain price and remodeling when they move in are gone. Today, buyers are looking for an updated, move-in ready home. If you don't want to spend your time and money on updating your home before you sell, make sure you price it accordingly, at a reduced price, taking into consideration the fact the buyer is going to have to spend money to update it.

WHAT ROOMS SELL A HOUSE?

Kitchens and bathrooms are the main rooms that sell a home. The kitchen is the focal point and heart of any home. The cabinets and countertops are the first thing



buyers notice and make the biggest impact. Before you embark on changing the countertops, however, make sure your cabinets are in good condition. There is no point in adding new countertops if the buyer will have to replace the cabinets anyway. If the cabinets are in good condition but outdated, depending on the type of wood, they can be refinished, painted or just the doors replaced for a fraction of the cost of new ones.

If you are going to repaint your cabinets, unless you have the time and patience and know how to do it properly, I recommend you get this done professionally. You can tell those sellers who paint their own cabinets. While they may look fine, when I take my buyers to view the home and we look at them closely, you always can tell. They stick when opening them or are starting to peel or fade. The finish is uneven, and the buyer knows the cabinets will have to be redone professionally in a few months.

Replacing the countertops can really transform the look of a kitchen and have a huge impact. While granite countertops are still in, the new trend right now is quartz.

When you get the bid for the kitchen, ask about the cost for the bathrooms. You may even have enough granite/quartz left over to do the bathrooms or at least one of them at no extra cost other than the install.

A really simple inexpensive change you can do to the bathroom is replace the existing mirror with a framed mirror. Kirkland and Home Goods have really nice framed mirrors, which are very inexpensive at \$50 to \$100. If you are a handy person, you can buy the wood from The Home Depot and just add it around the existing mirror.

Replace those lovely old gold vanity lights with new ones you also can get from The Home Depot or Lowe's Home Improvement for under \$100. Match faucets if yours are outdated. If the cabinets are in good condition, you can paint or refinish them. If the budget will allow, add granite or quartz countertops, too. With bathrooms, you usually can find large enough leftover pieces of granite or

quartz, which cost a lot less than a full slab. Even if all you do is the framed mirror and light fixture, the result still will have a big impact for a small cost.

FLOORING

Hopefully, having your carpets professionally cleaned will spruce them up enough. If they are old or soiled and need to be replaced, however, it is well worth the expense. While carpets are still good for the bedrooms, buyers prefer tile or wood in the main areas of the home. The latest trend is the mixture of both of these, the new wood-like tile. It is durable, easy to maintain and can totally transform the look of a home.

Please contact me if you would like a free consultation on updating your home, a copy of my list of contractors or a free home evaluation to determine the current market value of your home. ■

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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My husband and I have had the pleasure of dealing with Lorraine in the sale of three houses over the years. We keep going back to her because she is the most dedicated, knowledgeable and professional realtor we know. She is always very accessible and responsive. We have recommended her to several other people as the go-to realtor whether they are buying or selling. Her skill and professionalism helped us to set a new high closing price when we sold our home recently. If you want results, give Lorraine a call!!!

- Bella

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SEARCH THE MLS AND KEEP UPDATED ON THE MARKET **www.Homes2SellAZ.com**



Ridgeview
No HOA - Pool \$285,000
1706 Sq Ft, 3 Bed 2 Bath



Mountain Bridge
Backs to Wash - \$475,000
2680 Sq Ft, 4 Bed, 3 Bath



Las Sendas
Corner Lot - \$434,500
2835 Sq Ft, 3 Bed 3.5 Bath



NEW LISTING
Palm Lane 3/4 Acre
No HOA - Pool \$335,000
2053 Sq Ft, 3 Bed 2 Bath

COMMUNITY

Red Mountain Driving Range AND OPEN SPACE IN PERIL



By Nancy Nemitz
Designed as a master plan community, with the Pete Dye golf course as its centerpiece, the driving range at Red Mountain Ranch gives residents and visitors a beautiful view of the mountains, but there is a major change in the works.
Divot Partners, owners of the golf course, want to remove the driving range and develop this section into custom homes.
This welcome open space, located off Redmont Drive, affects more than golfers or people who paid a premium for the view. It affects hundreds of people who pass by this area every day.
Every morning, you will find neighbors talking to neighbors as they walk their

dogs, school children waiting for the bus and cycling club members riding by the driving range on their way to Power Road.
There is a well-organized effort by citizens of Mesa and homeowners in Red Mountain Ranch to stop this development. We would love to have you join us. It's easy. Go to redmountaincommunity.com to sign the online petition. Visit the site for all the official documents and the latest news.
Please join our grassroots effort to keep this open space for the citizens of Mesa. ■
Nancy Nemitz is the owner of Create the Space Professional Organizing. Contact her at (480) 223-8939, or send an email to nancy@createthespace.com.



Join us for
Heart Healthy Day
Saturday, Feb. 4, 2017 | 8 a.m. - noon

You're invited to
Mountain Vista's 10th Annual Heart Healthy Day,
where you'll enjoy complimentary:

- Health screenings*
- A live cooking demonstration
- Physician-led seminars
- Heart- and diabetes-related health information

Space is limited, so contact us today!
1-877-924-WELL (9355) | mvmedicalcenter.com/heartday

*Screenings require an appointment. Some screenings may require 8 hours without food or drink prior to screening.



1301 S. Crismon Rd.
Mesa, AZ 85209 | Outpatient Lobby

COMMUNITY

Happy New Year from Hosanna Lutheran Church

By Pastor Paul Frank
The New Year brings new beginnings.
School and work schedules begin again. It's a time for diet plans to begin again... ugh... It's a time for exercise plans to begin again. It's a time of New Year resolutions to either stop bad habits or start new good habits. It's a time for things to just be made new again.
The message we share at Hosanna Lutheran Church is one of ongoing renewal—being made new through Christ.
As a kid, I played a lot of baseball with all the neighborhood kids in our small town in Iowa. (Go Cubs, Go!) When it was just us playing a pickup game in the summer, the rules were relaxed. We didn't really count strikeouts. We would just give the batter a *do over* and if needed, another *do over* and another one still. Whatever it took to get a hit—because, to tell you the truth, we weren't really there to worry about the game. We were there to be with each other and to have some fun.
God longs for the same thing for us. Do you need a *do over* for something? Sometimes life goes a little haywire, and we might need a *do over* still. God's got you covered.
Those sins of the past can be washed away. That failure doesn't need to be fatal. Those words you wish you could get back can be forgiven. Life can be made new. In fact, God says, "If anyone is in Christ they are a new creation; the old has gone, the new has come!" (2 Corinthians 5:17)

How about making a renewed commitment to your spiritual health today? Come join us, and be renewed in the mercy and grace we share here. Beginning on Jan. 8, we will offer three Sunday services at 8 a.m. (traditional), 9:30 a.m. (short form traditional) and 10:30 a.m. (contemporary).
We also have our Crosswalk hour at 9:30 a.m., which includes Sunday school for the little ones, as well as junior high and senior high youth groups and an adult Bible study, too—something for everyone in the family, all at the same time.
Come join us as we explore the Word of the Lord and the renewal He gives to us every day. God's Peace be with you always. ■

For more information, call (480) 984-1414. Hosanna Lutheran Church is located at 9601 E. Brown Road (the driveway actually is on 96th Street).





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- 9:30 a.m. Short Traditional
- 9:30 a.m. Bible Studies
- 10:30 a.m. Contemporary Service



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Before & After Hours Care
7:30 a.m. - 5:00 p.m.
School Office: 480.986.9436

His mercies are new each morning!

Shaping Lives in Christ

(480) 984-1414

REAL ESTATE

Here Are Some Valley Real Estate Predictions for the New Year

By John Karadsheh

We always like to stay on the cutting edge of what is happening in the local economy, and this year we can confidently say we have not felt this positive about the local economy and real estate market since 2005.

If you are looking to move up, now is the time to jump. If you are looking to downsize to a more expensive market (i.e. Mesa to Scottsdale), now also is the time to move. If you are on the fence about buying, don't hesitate too long or rates and value increases will price you out of the market. The word is out that the Phoenix metro area is the place to live, work and play. Cost of living and great sunshine are luring buyers from across the country. Here is some more good news and our predictions for this year:

Metro Phoenix Real Estate Will Be at the Top. According to Realtor.com, Phoenix will be the top housing market in the United States this year. The website is predicting Valley home prices will climb 5.9 percent and sales will increase by 7.2 percent. With the Valley's steady growth and short supply of foreclosures, it is one of the healthiest real estate markets in the country.

The Valley Economy Will Boom. We are on track for great things in the Valley. According to Lee McPheters, director of the JPMorgan Chase Economic Outlook Center at the WP Carey School of Business, at Arizona State University, Arizona is expected to add 81,000 new jobs this year, and unemployment should drop to 4.8 percent. Population growth for the state is expected to stay at 1.6 percent and, while that is only half of what Arizona has averaged long term, it is double the national rate.



John Karadsheh

We Can Stop Obsessing About the Bubble.

When real estate hit its last boom in 2005, the economy was overwhelming, based on construction. Over the last 10 years, leaders and economic developers in the Phoenix metro area have worked tirelessly to diversify our regional economy. We now have a more stable, vibrant and attractive job market not exclusively driven by home building. We have seen increases in the fields of health care, education, tech and financial services. More companies also are moving to Arizona simply because business and living costs are more affordable.

Interest Rates Will Increase. Last year, we predicted in this article that mortgage rates would rise a solid 1 percent or more, and we have seen just that. The historically low interest rates ended the day after the election and are only expected to continue to rise. The Mortgage Bankers Association's chief economist, Mike Fratantoni, said while refinancing will decline, he is expecting new mortgages to increase by about 10 percent in this year "based on the strengthening economy, employment and housing demand."

Vibrancy Will Come To The Suburbs.

For the last few years, we have seen great infill restaurant and retail projects in the downtown areas of Phoenix and Scottsdale. As the price of land in those areas has increased, investors have looked to other parts of the Valley. Tempe and Gilbert already are the poster children for this movement, with many urban restaurant operators opening secondary outposts in the East Valley.

The Deals Are Fleeting.

Looking for a deal? Don't wait. Luxury inventory still is heavy, which offers some fantastic buying opportunities for those looking to

move up. The election and holiday lulls also have caused some properties to linger, which, again, offer opportunities for buyers. With property values and interest rates increasing, this may be your last chance to get into that property about which you have been dreaming.

While 2016 was the year Arizona finally fully recovered from the recession, 2017 will be the year the Phoenix metro area gets nationally recognized as the place for growth in the country. We also continue to believe the East Valley will continue to offer some of the best real estate deals in Maricopa County.

Wishing you all a happy and prosperous New Year. Give us a call, and let us help you plan for 2017. ■

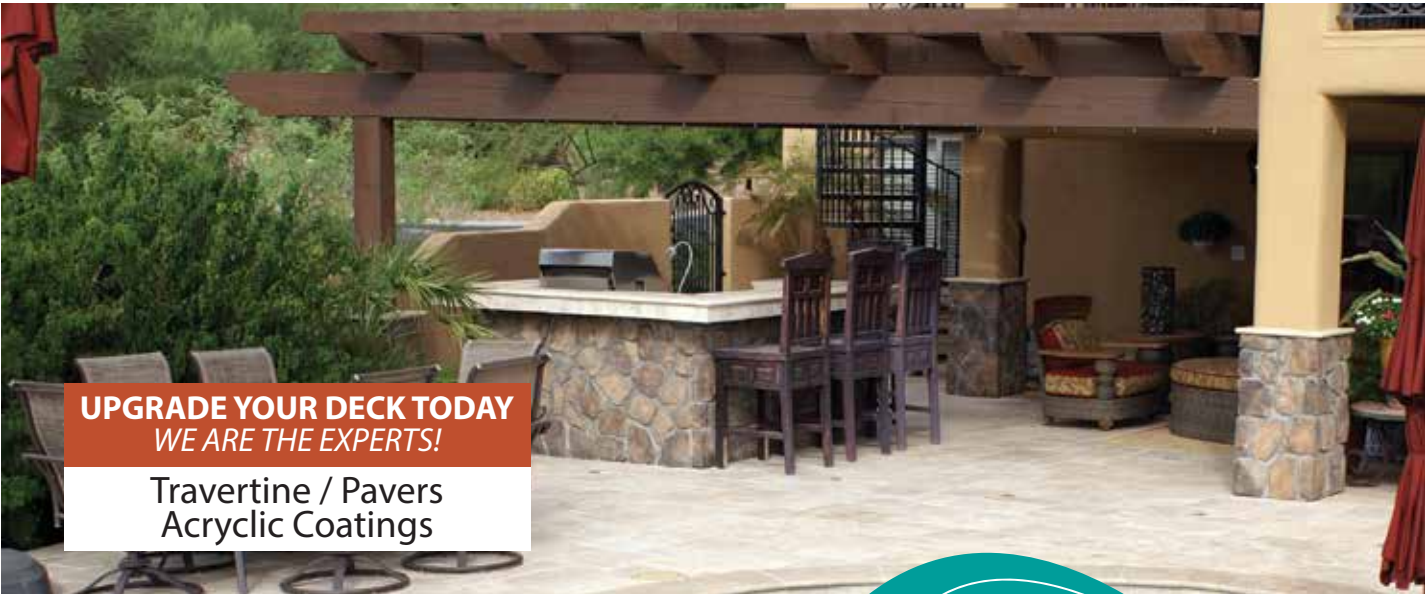
John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 14 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No.1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (480) 568-8684, or visit his website at KORproperties.com. KOR Properties also is the creator and one of the founding sponsors of Mesa Food Truck Fridays.



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LOCAL BUSINESS

Experience the H and I Automotive Difference

By Chris Marini,
Operations Manager

When it comes to auto repair and maintenance, your choices are endless.

How do you know, though, you are using the right shop? The answer is simple. It is a personal feeling, which may be a little different for each individual.

Indications you haven't found the right shop are:

- You use different shops on a regular basis.
- You don't feel a personal relationship with your current shop.
- You don't trust the information given to you when your car is serviced.

At H and I Automotive, everything we do has each customer's best interest in mind, from our friendly, knowledgeable and experienced service consultants, to our team of Automotive Service Excellence certified technicians, and even the systems we use to relay your vehicle's condition to you. We have all the tools to make your service experience a great one.

When your car is serviced, we provide you with a complementary vehicle condition report, which can be emailed or texted. Every item is clearly noted with its condition, including technician notes and pictures. Your service consultant will prioritize your services for you, and make recommendations to fit your time schedule and budget.

We offer a shuttle service and also have loaner cars to make your visits more convenient. Our technicians will perform



repairs using the highest quality parts and service techniques to ensure a long-lasting repair. All our work is backed by a nationwide 36-month/36,000-mile parts and labor warranty.

We work hard to provide our customers with outstanding individual service experiences, and give them peace of mind concerning the safety and reliability of their vehicles. We value each relationship we make, and continue to expand our ability to earn your trust. We want to thank all of our current customers for their business and look forward to earning yours. ■

For more information, call H and I Automotive 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 or on Facebook and Google+.

Happy New Year!

Real Estate In Red Mountain Ranch

brought to you by:



Red Mountain Ranch Area Market Report

Sales for the Month of November 2016



Address	Square Feet	Sold Price
6334 E. Viewmont Dr. #2	1,730	\$275,000
6412 E. Star Valley St.	2,446	\$307,500
6334 E. Viewmont Dr. #25	1,695	\$335,000
6334 E. Viewmont Dr. #55	2,146	\$343,000
6731 E. Tyndall Cir.	2,839	\$365,000
5945 E. Viewmont Cir.	2,447	\$365,000
6446 E. Trailridge Cir. #49	2,449	\$417,000
4341 N. Recker Rd.	2,195	\$417,000

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

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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

Careful! Do you really want to throw that away?

With the holidays over, many of us get a head start on our spring cleaning by pitching stuff in earnest. The house got a little fuller last month between gifts the kids got and those Black Friday deals for ourselves, which were just too good to pass up.

So, now we start looking for a little more space for our new treasures, which usually leads us to eliminating some old stuff currently collecting dust. Before you throw, are you sure you aren't discarding something of monetary value?

Case in point: During one January, I received a call from a family clearing out some boxes that had gotten pushed to the back of a closet. With the space now greatly needed, they were going to just



throw the boxes away, as they had been sitting there for quite some time, and no one seemed to miss the contents. How important could the contents really be?

Out of curiosity they did peek inside, and then called me to get some professional advice. It turned out their boxes contained some vintage

Christmas ornaments, old comic books, jewelry and collectible figurines. All total, they got about \$2,800 for the contents of those boxes. It always pays to Know Before You Throw. ■

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, Jon trained at New York University in appraisal studies.

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





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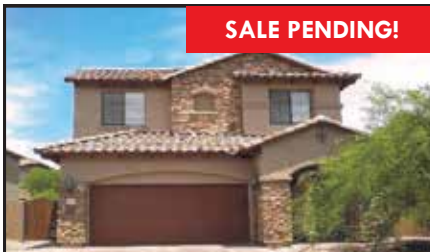


SOLD!

REMODELED - NO HOA!
3BR / 2 BA / LARGE LOT
\$218,000

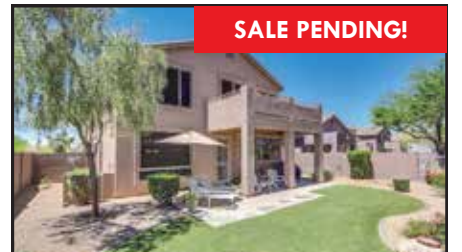


LAS SENDAS - ONE OWNER
Corner Lot - Open Floor Plan
\$434,900



SALE PENDING!

TURNKEY IN LAS SENDAS!
3 BR + OFFICE + LOFT/3CG
\$345,000



SALE PENDING!

LAS SENDAS - ONE OWNER
Granite Counters - Prime Lot
\$311,900



PEGASUS AIRPARK
Runway Lot! Build Your Dream Home
\$225,500



MOUNTAIN BRIDGE
Semi-Custom - Amazing Views!
\$615,000



SOLD - BUYER REPRESENTED

LAS SENDAS CUSTOM
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\$1,825,000



THUNDER MOUNTAIN
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602.399.3720

Denny Harless
Realtor®, E-Pro, GRI
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East Valley Real Estate Experts!

COMMUNITY

Mesa Citizen of the Year Association
SELECTS RECIPIENTS

Submitted by Mesa Citizen of the Year Association

When members of the Mesa Citizen of the Year Association met this past November, to choose Mesa's 2016 Citizens of the Year, Debby Elliot was chosen as Woman of the Year, and Mike Whalen was chosen as Man of the Year.

Debby Elliot is a longtime resident of Mesa who has been active in numerous community nonprofit organizations for many years. She has a distinguished record of volunteer service encompassing arts and humanities, as well as human services. These include the Desert Club of Mesa, Mesa Parks and Recreation Board, Mesa Arts Center Foundation, Mesa Historical Museum / Society, Southwest Shakespeare Company, Mesa Education Foundation and Marc Community Resources.

Among her nominators, one stated, "While some imitate, Debby originates; while some accept status quo, Debby challenges it; and while some say, 'Something must be done,' Debby always says, 'I must do something.'"

Mike Whalen is a prominent and well-known civic leader, community volunteer and businessman. He was elected to the Mesa Council in 2000, and served two four-year terms. Prior to being elected to the City Council, Mike worked for the Mesa Police Department, where he rose to



Mike Whalen

the rank of assistant police chief. During his time with the Mesa Police Department, Mike was active in regional, statewide and national police organizations.

Along with his professional and political service, Mike has served on a wide array of community nonprofit boards. He is the past president of Community Bridges, and has spent nearly 20 years raising awareness about issues of addiction and helping individuals who are trying to improve their lives. His nominators said, "It is hard to look at Mike and not think, 'Maybe I could do more.'; He isn't a complainer, he's an *in the trenches, get it done worker*, a bridge builder and a problem solver; His volunteerism has benefitted thousands."

The Mesa Citizen of the Year Association is one of the oldest groups of its kind in the State of Arizona. Founded in 1935, the organization annually selects two individuals in the community who have dedicated a significant amount of time to volunteer activities.

This year's award recipients will be honored at the association's annual banquet on Feb. 21, at the Hilton Phoenix/Mesa. This community celebration of volunteerism will begin with a reception at 5:30 p.m. followed by dinner. ■

To purchase banquet tickets, please visit mesacitizenoftheyear.org, or call Susan Carland at (602) 390-6164.



Debby Elliot

TRAVEL

Christmas Markets River Cruise Offers
UNIQUE HOLIDAY EXPERIENCE

Submitted by Sue and Bruce Mitchell, Cruise Planners

If you really want to get into the holiday season, think about going on a Christmas Markets River Cruise next year on either the Rhine or Danube River.

We just finished a AMA Waterways River cruise from Amsterdam, Netherlands, to Basel, Switzerland, visiting Christmas Markets along the way. The first stop was in Cologne, Germany, when, after a tour of the city, we were able to enjoy up to six Christmas markets.

Most of the cities along the river have multiple markets featuring local food and Gluhwein, a holiday warm drink of red wine and fruits and spices, also called mulled wine. Of course, the markets also offer Christmas items unique to the region. You may end up with a collection of five to eight different mugs unique to each area.

It was amazing to see cities as small as 2,000 residents swell to 30,000 celebrating the holiday season.

We also cruised the Rhine Gorge, lined with medieval castles. Then, on to Rudesheim, Germany, Speyer, Germany, Strasbourg, France, and Breisach, Germany, before landing in Basel, Switzerland. We were able to have

escorted tours of these fantastic cities, with the Christmas markets a bonus.

Christmas markets are open from Nov. 26 until Dec. 21.

Living in Arizona, we had to supplement our wardrobe with warmer coats and boots. The weather was delightful, usually in the 30s and 40s every day, making you really get into the holiday spirit.

The Christmas markets are the big event in these cities, with families traveling from the entire region to participate. There also are ice skating rinks set up with skate rentals available.

Another thing unique was the way the stores were decorated. They would make holiday displays and hang them from their roofs. Teddy Bears were strung everywhere.

If you would like to experience the holiday spirit in other countries, a Christmas Markets River Cruise is perfect for you.

Aside from AMA Waterways, there are several other cruise lines specializing in river cruises. Let Cruise Planners help you choose the right ship and itinerary for you. ■

If you have any questions, feel free to email Sue Mitchell at smitchell@cruiseplanners.com, or call her at (480) 396-8084.



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EDUCATION

Students Receive Outstanding ACADEMIC FOUNDATION

By Jennifer Salvatori

Self Development Academy (SDA) is the only Arizona school consistently ranked among the top 10 schools for the past decade.

How has SDA attained this ranking and received other prestigious awards, including the Charter School of the Year Award and Academic Excellence Award?

The success of SDA students is attributed to a visionary principal, dedicated teachers, administration and staff, as well as supportive families and motivated students.

YOU ARE INVITED

To meet the faculty and staff and learn more about the curriculum, please join us for a Middle School/High School Information Night scheduled for Jan. 26, at 6:15 p.m.

A HISTORY LESSON

More than 17 years ago, Dr. Anjum Majeed founded SDA after much encouragement from parents desiring a continuation of the advanced and high-level preschool and kindergarten curriculums offered at Self Development Preschool. Since SDA's opening, the school has grown tremendously, now consisting of more than 450 students in elementary school and middle school.

HIGH EXPECTATIONS

At SDA, the students learn a minimum of one grade level ahead of the Arizona state educational standards. Beginning with the kindergarten year, students are academically challenged and high academic expectations are established, all within a nurturing environment.

SDA elementary school students obtain a solid foundation in language arts, mathematics, science and social studies. Students are taught at the mastery level, and



the curriculum emphasizes higher level thinking skills, such as critical thinking and problem solving.

By the time SDA students reach middle school, many are prepared to enroll in Algebra I, Advanced Literature and Advanced Science. During middle school, students have the opportunity to complete Pre-Algebra, Algebra I, Geometry and Algebra II. Also available are Advanced

Literature and Science, including Biology and Chemistry. Physics, Technology and Latin round out student options. Many of these courses are not offered until high school.

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

MORE TO DO

Aside from the academic focus, students have opportunities to develop other skills, such as public speaking, sports and performance skills. Class plays, winter performances and Science Fair are just a few of the many annual in-house activities.

After school activities include Sports Club, Science Olympiad, Dance Club, Choir Club and Student Government. Dr. Majeed and staff support student-initiated and student-led projects, as well. The annual talent show, mentoring programs and various donation drives are examples of these projects. SDA is committed to developing well-rounded students who are well prepared for high school and beyond. ■

For more information, or to schedule a tour, please contact the Front Office at (480) 641-2640. Enrollment for the 2017 - 2018 has begun. Spaces are filling quickly.

EVENT

St. Patty's Kilt Run for Cancer Attempts New World Record

By Kathleen Toupkin

Help us put Arizona into the record books, as the *Kiss Me I'm Irish Run and Relay for Life* attempts to break the Guinness World Record for the most people to run (or walk) together, all while wearing a Kilt on St. Patty's Day.

Join us at Westgate Entertainment District on Friday, March 17, at 6 p.m., to be a part of history.

Your \$25 registration supports the American Cancer Society Relay for Life. Preregister at irishrunaz.com, or sign up the day of the run.

Your entry includes a kilt, and everyone finishing the short 1-kilometer course also receives a finisher's medal and a 9-ounce bottle of Guinness at McFadden's St. Patty's Day party.

The Kilt Run will start and end at the Party Plaza, at Westgate Entertainment District, right in front of the fountains. There will be prizes for the best Irish costumes and largest teams, as well as the most spirited teams. It's sure to be a fun outing and a great way to kick off your St. Patty's Day festivities. ■

For more information, visit irishrunaz.com, or call Kathleen Toupkin at (480) 609-3978.



PHOTO CREDIT: JAMES DORSETT PHOTOGRAPHY



Self Development Academy

ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



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**January 26
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HEALTH

NEW YEAR'S RESOLUTION CAN PROTECT CAREGIVER'S HEALTH

Submitted by Home Care Assistance

As a caregiver, it is not uncommon to put your loved ones' needs and overall well-being before yourself. While this compassion toward others is noble, it's equally important to prioritize your own health. As 2016 comes to a close, Home Care Assistance would like to encourage all individuals currently caring for a loved one to make their health, both physical and mental, a priority in 2017. To this end, we have compiled a list of our favorite healthy lifestyle choices, habits and tips to help you craft healthy New Year's Resolutions and start 2017 strong.

AS A VALUED CAREGIVER, CONSIDER ADOPTING THE FOLLOWING RESOLUTIONS TO PROTECT YOUR OWN HEALTH:

1. **I will schedule brief moments for myself.** Taking brief moments to oneself to reflect, meditate, read or work on a hobby can help you release stress, lower your blood pressure and feel happy and more connected to yourself.
2. **I will make my own nutrition a priority.** When you are feeling overwhelmed with caring for another



- person, it can be easy to choose fast, unhealthy food options or skip meals altogether. Remember, your own nutrition is just as important as the nutrition of the person for which you are caring. So, plan your meals in advance. Try cooking larger meals, which are easy to freeze, such as a vegetarian chili or turkey lasagna. These days, grocery stores have many healthy options when it comes to frozen meals. If cooking is not for you, visit your local grocery store and see what is available in the frozen foods section.
3. **I will engage in light physical activity each day.** A 15- to 20-minute walk around the neighborhood can greatly improve your health by getting your blood pumping and your muscles working. Plus, exercise relieves stress and releases endorphins to make you feel happier and more relaxed the rest of the day.
 4. **I will feel comfortable saying no to requests that could overwhelm me.** Often, caregivers have little extra time to take on extraneous responsibilities. Don't feel guilty for telling your neighbors you are unavailable to pet sit while they go on vacation. Don't give a second thought to politely declining to volunteer planning an event for your local church or community group. You have enough on your plate.
 5. **I will schedule personal social activities.** Social engagement has been proven to increase an individual's long-term health. Even if you feel tired and overwhelmed, it's important to schedule gatherings with friends and family members. You will feel energized and re-connected after, trust us. Kill two birds with one stone by inviting a friend to go on a short hike or walk. You will benefit from the positive effects of socialization and exercise.
 6. **I will take proactive steps to make sure I am healthy.** Schedule regular doctor's appointments and consider getting an annual flu shot to prevent any



health issues you may be overlooking, since you are so focused on caring for someone else. Remember, your loved one needs you to be healthy in order to provide him with the care he needs.

Are you a caregiver? We want to hear from you. What are your resolutions this year? Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help you protect your health and also focus on yourself. ■

Contact Amanda Butas, your Mesa client care manager, at (480) 699-4899. See how our caregivers can help your loved one thrive. You also can visit us at our new office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

SUMMER SPECIAL
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The Vistas Wedding Pavilion at Las Sendas is pleased to offer the following Summer Special Wedding Package for events booked and hosted in the months of June, July, August and the first two weeks in September 2017. The total cost is \$3,999 (does not include tax and gratuity) and includes the following items:

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EDUCATION

Explore International Baccalaureate at Mesa Public Schools

Story by Laurie Struna
Photos by Tim Hacker

Since 1968, the International Baccalaureate (IB) Program has been inspiring students from around the world by combining a world-class education with an intercultural understanding and respect for others. Students learn the skills needed to excel at the best universities, and the program prepares them for success in a global economy.

“The IB program offers the gold standard for academic rigor and college preparation, and our goal is to make college dreams come true for students,” said Dr. Jake Davis, IB coordinator at Westwood High School. “Colleges and universities seek IB students, because they not only do well academically in high school, but also go on to perform well at the university level.”

Last year, every Westwood IB student received at least one scholarship. Many acquired multiple offers, which garnered more than \$7.2 million in scholarships, grants and awards. This included three students who were named Flinn Scholars. The merit-based scholarship, given to only 20 Arizona seniors, is valued at more than \$115,000.

The IB program is available to students in kindergarten

through grade 12. Summit Academy serves students from kindergarten through grade eight. Mesa Academy for Advanced Studies provides a middle-years program for students in grades six through eight. Westwood High School offers students in grades nine through 12. Students enrolled in these schools have the opportunity to participate in the program.

IS IB A GOOD FIT FOR MY CHILD?

IB students are highly motivated to succeed. They care about the community and want to make a difference in the world. They gravitate to leadership roles, like class president, and they are involved in clubs and activities, such as National Honor Society. The program prepares students for college-level work and nurtures critical-thinking skills. It also emphasizes research and encourages students to collaborate and learn from their peers.

Alexis Darby, a 2015 Westwood High School graduate and Flinn Scholar, attends Barrett, the Honors College at Arizona State University. “The IB program taught me practical life skills that prepared me for college,” she said. “My successes were rewarded with college credit, a collegiate-level writing experience and a drive to continue to challenge myself academically for the rest of my life.”

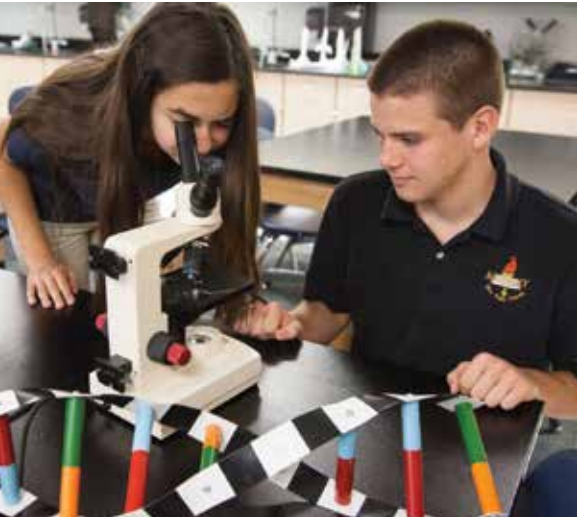
DISCOVER MORE INFORMATION ABOUT IB

Join Westwood High School for an informational meeting at 6 p.m., on Tuesday, Jan. 24, at Westwood High School’s auditorium, 945 W. Rio Salado Parkway. For more information about the IB program at Mesa Public Schools, visit mpsaz.org/ib, or contact Dr. Jake Davis, IB coordinator, at (480) 472-4419.

Parents are invited to attend a new applicant informational meeting at 6:30 p.m., on Thursday, Jan. 26, at the Mesa Academy for Advanced Studies multi-purpose room, 6919 E. Brown Road. Application materials are available online at mpsaz.org/academy, or contact Bob Crispin, Mesa Academy principal, at (480) 308-7430.

Summit Academy offers a parent information night for current sixth-grade students interested in the IB Middle-Years Program for the 2017-2018 school year, at 6 p.m., on Thursday, Feb. 2, at the Summit Academy campus auditorium, 1560 W. Summit Place, Chandler. For more information, visit mpsaz.org/summitclimb/ib, or contact Summit Academy at (480) 472-3457. ■

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



IB students at Mesa Academy for Advanced Studies work on a science project.



IB students at Westwood High School explore formulations.



IB students at Summit Academy play an educational game to learn Spanish.



IB students at Mesa Academy for Advanced Studies work on a science project.



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LOCAL BUSINESS

FLANCER'S NOW OFFERS A Delicious Breakfast Menu

Submitted by Flancer's Gourmet Grub

After 16 years, Flancer's Gourmet Grub is thrilled to announce its Mesa and Gilbert locations are now offering a fantastically fresh and exciting breakfast menu.

"In order to keep with our truly homemade traditions, we are proud to offer some exciting items you may not be able to find anywhere close," said owner and founder Jeff Flancer. "We are taking the road less traveled, and we think you'll be glad we did."

How about enjoying a breakfast burrito on a freshly made, completely homemade tortilla? Can you top that? Well, yes you can. Top it with New Mexican red or green chile sauce. Jeff was a New Mexican in the 1990s, and had a café in Santa Fe for nine years.

One of the things he misses most is New Mexican red and green chile sauce. "We are buying our chile from Hatch, New Mexico," Jeff said. "Our red chile is special ordered for our use. I am so pleased we are able to get this quality product from the land of some of the best chiles on earth."

So, how about a twist on Eggs Benedict? Rather than have a ho hum thawed out English muffin, have Flancer's homemade freshly baked biscuit, topped with eggs and smothered with New Mexican red or green chile sauce.

Flancer's also has a chorizo hash



breakfast, complete with eggs, potatoes and biscuit, as well avocado toast, with eggs, tomato and cheese on their homemade baguette bread.

In addition, offered are real homemade hash brown potatoes, which are steam cooked, seasoned and sautéed on the grill top to a crispy golden brown.

Also, for those in a hurry, grab an egg and cheese biscuit or a handheld breakfast burrito before your Friday morning commute. In fact, make it a weekly pilgrimage.

Flancer's Gourmet Grub is working diligently to have breakfast be great and be fast. "We are working hard to get our average ticket time in six to eight minutes, some in less time, but with most breakfasts taking under 10 minutes," Jeff stated. "I am working hard with my chef and cooks to really produce a great product in a short time frame."

Perhaps the best thing is right now there is no wait for a table. So, stop waiting for a great breakfast. Your time is too important. Flancer's is looking forward to serving you your new favorite breakfast meal. ■

Breakfast hours at Flancer's are Friday through Sunday, from 8 a.m. to 11 a.m.

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



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LOCAL BUSINESS

There Is Much To Consider With A New Dog In The House



By Amanda Yantos, Pet Blogger
dogmomdays.com

Christmas has come and gone, and puppies have infiltrated many happy households since Santa’s visit, and whether you adopted an adult dog or puppy from a local shelter or rescue, there are some things you need to know—especially if you are a first-time dog owner.

Puppies are a lifelong commitment, and February is the busiest month for animal shelters because too many people realize they don’t have time to commit to their new family member. Training is a lot of work and takes time, and every dog deserves consistent mental and physical stimulation. So, what can you do to ensure your new furry friend smoothly integrates into your life?

Start slowly and low-key—Puppies and newly adopted adult dogs may have a difficult time transitioning into your home. Do not force it. Let them come around on their terms. I know that you are eager to get to know your new bundle of joy, but if you force the issue, they may

become more fearful. Being in a new place around strangers can be very overwhelming. Positive reinforcement can help in these situations. Give your dog lots of treats and praise for coming out and being brave. It goes a long way.

Proper potty training—Improper potty training lands dogs in the shelter all too often. It’s frustrating if your dog is having accidents in the house. This can, however, be easily avoided. Potty training, using positive reinforcement methods, only takes a few days. You just have to be consistent. Every time you take your dog outside to do his business, offer him treats immediately afterward, and give him lots of praise. Do this several times a day for a few days to a week, and you should have a potty trained dog. Remember, the younger your dog is, the more frequently he will need to go potty.

Find a veterinarian—If you don’t already have a go-to veterinarian, do some research on well-respected and reliable vets in your area. It’s imperative to have a trusted professional to take care of your dog in the case of vaccinations, spay/neuter surgeries and yearly exams.

Socialization—Puppy socialization at a young age is imperative. It’s recommended your puppy have proper vaccinations before getting to know others or going out into public. Parvo is common among puppies not vaccinated, and it can be deadly. Once your puppy is vaccinated, take him to doggy play dates, or bring him to Happy Pets Palace for Puppy Wednesday. Ideally you want to have your puppy socialized between the ages of 8 and 12 weeks.

Training—Puppies (and all other dogs) are easy to train if you are consistent, patient and use positive reinforcement. Dogs respond quickly to treat-based and reward-based training. Seek out a dog trainer in your area, or consider checking out training classes at a pet retailer, such as PetSmart. I would suggest making sure the trainers don’t use any sort of shock collar or fear-based training.

Set a routine—All dogs appreciate routine. The sooner you can start one, the better. Make potty training and basic obedience training part of your routine, at least at the beginning. This will ensure your dog is getting the training needed, and it helps create a bond between you and your new canine companion.

Set up a family understanding—Who is going to feed the dog and when? Who is going to take the dog on walks and work on training? Who will be responsible for vet appointments for vaccinations and deworming? These are all important points, which should be discussed among your household in order to create harmony for everyone.

Although spending time with your new pup is important for a smooth transition into your family, it’s impossible to ask you to devote every waking moment to your dog. If you work long hours or you feel like your dog isn’t getting the socialization or exercise needed, Happy Pets Palace is your answer.

Happy Pets Palace doggy daycare is the perfect place for your dog to receive the mental and physical stimulation he craves. The loving staff treats every dog like family, so your pup is always getting the best care. An exercised dog is a tired dog, which means no more chewing your couch or digging holes in the backyard out of boredom or anxiety.

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If you have specific health questions or concerns, contact your veterinarian. Congratulations on your new addition. ■

Happy Pets Palace is located at 1918 E. McKellips Road, on the northwest corner of McKellips and Gilbert roads. For more information about this award-winning dog boarding and doggy day care facility, visit the website at HappyPetsPalace.com, or call (480) 207-1852.



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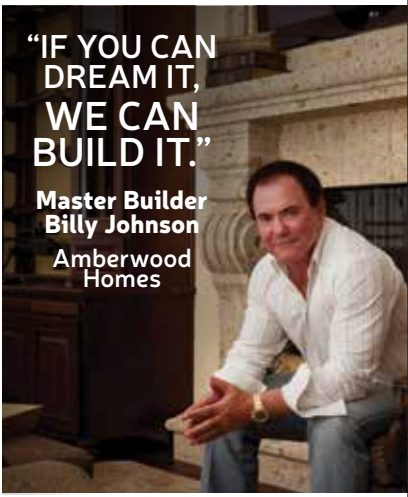
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