

The Groves Up Close



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April 2017

Teach Puppies To Self-Regulate and Play Nicely Together

Submitted by Happy Pets Palace and Playground

Keeping your puppy happy and safe in dog play should be a top priority.

During the puppy stage, what they learn and experience can affect them for life in either a positive or negative way. Happy Pets Palace is happy to share a few tips on what to look for and how to help your puppy succeed and learn how to self-regulate. This way, your puppy can play nicely with other dogs.

YOUR VOICE AND TONE IS IMPORTANT

When giving praise and saying *good boy* or *good girl*, include saying the puppy's name first. For example, "Ava, good girl, such a good girl." Be sure your tone of voice is mild and happy.

When several puppies are playing together, limit or avoid using a high-pitched voice because high pitch

excitement in your voice can escalate puppy play.

What you want to do is reward with words and help maintain good play levels.

You want to keep their excitement *neutralized*, so puppies can play longer without their play getting out of control.

Your tone of voice should be pleasant and calm.

When dogs play, their arousal levels increase and can escalate quickly, which is normal. However, high arousal levels and over-excited play styles are closely linked to aggression. Therefore, you want to



help your puppy learn how to self-regulate, so playtime stays fun and safe for everyone.

VISUAL CUES: THE PLAY BOW

A play bow is when a dog brings his front legs out in front of him and his chest low to the ground as if he is about to lie down, but his rear end remains up.

A play bow is the best visual cue or signal your dog can give to another dog to signal for a desire to play.

This is a welcome sign to the other dog, which says, "I want to play with you. Whatever happens, if it gets too rough, I don't mean it in a bad way. Let's have fun."

Often times, if the other dog accepts the play, he will reciprocate a play bow back, which acknowledges the invitation to engage in play.

Common play styles you will see include running and chasing, body slamming, wrestling, neck biting and rearing up like stallions (my favorite).

After a play bow, everything is good as long as the play between two dogs is balanced play and stays balanced.



BALANCED PLAY HELPS PUPPIES SELF-REGULATE

When dogs play, there should be equal exchange and a balance between the two. Balanced play is the main thing you should be looking for when your dog plays with any other dog. Balance is key for everyone to enjoy the moment. The play should be reciprocated, always.

If one puppy seems to dominate the play, you need to help that puppy learn how to self-regulate, take turns and respect his play friends. Learning self-regulating is best done at an earlier age. Puppies are learning proper dog play etiquette. They learn

proper play from being around other dogs. You want to ensure your puppy is nice and doesn't acquire those behaviors other dogs consider rude.

At Happy Pets Palace, we continually monitor the play. We encourage and allow good play. We help puppies learn how to self-regulate. Also important, we discourage bad behaviors considered rude in the dog world. The best play is exchanged continually, going back and forth equally between two dogs, with occasional play bows, to ensure it all stays good.

Puppies do need repetitive kind corrections, which allow them to learn what they should do or should not do. For example, if your puppy plays nicely with another puppy, encourage that style of play by using your calm, positive voice. Reward him with your overall body posture being relaxed and agreeable, with happy facial expressions, and your approving mood tone.

Puppies love you, and they do keep tabs on you. They look to you for your approval, rewards, acceptance and being part of the pack. They want to please you. So, make sure your puppy is happy around other dogs by helping him learn proper dog etiquette, as well as how to self-regulate. As a result, your puppy can have an enriched life with lots of dog friends for a long time. ■

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 daycare facility, visit the website at HappyPetsPalace.com, or call (480) 207-1852.

Consignment Shop Helps You Get a Jump on Spring Cleaning

By Jamie Killin

Rid yourself of clutter while organizing and turning your unwanted items into cash with the help of A Robin's Nest.

A resale and consignment shop, A Robin's Nest is perfect for anyone looking to make moving easier, to redecorate or even just tidy up.

Robin Grimaldi, owner of A Robin's Nest, has plenty of experience with reselling, and she has been in the business for more than a decade helping her clients profit from unwanted items. She got her start helping her family and friends sell their items, and realized her potential to turn her talents into a business.

She opened A Robin's Nest three years ago. She runs the family business with her son, Joshua, who manages the shop.

"I enjoy seeing people happy and satisfied with the work I can provide," Robin said.

"It's kind of like shopping for me, too," she continued. "I never know what items will come in."

It's not unusual for people to find new treasures at A Robin's Nest while clearing out old items. Robin prides

herself on her highly curated collection of gently used furniture, jewelry and household items, many of which are sold at a fraction of the cost of buying new.

The items are unique, clean and high quality, allowing shoppers to revitalize their homes and closets.

"When I look at items, I look to see if they're something I would buy for myself," Robin said.

She then uses her merchandising skills, social media network and a variety of marketing initiatives to sell items quickly and make money for her clients.

Robin's clients appreciate her personable



approach to selling their merchandise, her thorough communication and quick payment process. She keeps them notified throughout the selling process and pays them as soon as each item sells. ■

A Robin's Nest is located at 5253 E. Brown Road, Suite 101. For more information, call (480) 984-8485.



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LOCAL BUSINESS

If your brows aren't on fleek, COSMOS CAN HELP

By Dawn Abbey

For those not up to speed on the latest beauty trends, Dictionary.com describes *fleek* as a slang adjective meaning flawlessly styled, groomed, looking great; usually used in the adjectival phrase *on fleek*.

"By now, you've probably heard of, and even considered, the newest *on fleek* trend in eyebrows, microblading," said Elle Baker, licensed aesthetician at Cosmos Salon and MedSpa.

If not, a quick Google or Instagram search for #cosmossalonandmedspa, #eyebrowtattoos, #3Dbrows, #archaddicts or #browsonfleek brings up a never-ending stream of pictures. The world of brows is a baffling place.

"It's easy to get lost in the jargon," Elle explained. "Eyebrow embroidery, micropigmentation, tattooing and microblading methods include hair strokes, feathering and etching. The microblading concept is still relatively new to the United States, but it's about to become a *craze*. This is because microblading creates an extremely natural solution to the very common problem, which is the frustration of the overly sparse, misshaped brows."

According to Elle, after you have tried every pencil, powder, pigment, gel and stencil at the store, and your brows are still *off fleek*, microblading, a more permanent solution to a perfect brow, is the treatment promising to change your brow life.

"Getting the perfect result, however, means choosing the right microblading artist," Elle advised. With her extensive training and experience, Elle believes she is a true artist in this field.

"First, I make sure your new brows are on the right part of your face, so you don't have an extreme amount of upkeep," she said. "I work with the brow bone and the structure of the face to make sure the eyebrows are moving when you're making expressions. I also combine it with the best cosmetic aesthetic injectors to give you the best result possible."

Since microblading first was offered last fall, Elle began to realize just how really important eyebrows are to so many women. "There are some who won't even leave the house if their eyebrows aren't drawn in," she said. "Or they'll avoid activities that might cause their brows to sweat off or wipe off. After microblading, though, they can wake up with a naturally placed eyebrow," she continued. "This has turned out to be the most rewarding result of my work because it changes the way people feel about themselves. That is what I am all about."

Because microblading is a semi-permanent makeup technique that creates natural-looking, fuller brows, anyone can try it. "By using a special tool, a manual blade made up of a small row of very fine needles, we deposit pigment into the top layer of skin, drawing individual thin, hair-like strokes one by one," Elle explained. "The results are more realistic because the color sits more superficially on the skin than a tattoo, lending it a *crisper* look."

Proper microblading can be life changing for many women. "With skillful artistry, microblading can completely change your beauty routine," Elle stated. "We all know the eyes are the entrance to the heart. The brows are the frames." ■

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



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RECIPE

EASTER RECIPE IS FUN TO MAKE AND TASTY TO EAT



Submitted by Piefection

Here is an adorable and tasty way to add to your Easter celebration. Have your kids or grandkids help, and create a family event when making these fun nests. Everyone will have a good time, and a unique dessert will make the holiday special.

EASTER COCONUT NESTS

- 2 cups marshmallows
- 1/4 cup butter
- 1/2 cup butterscotch chips
- 14-ounce bag of coconut
- Egg-shaped candies

Melt marshmallows, butter and butterscotch chips in a microwave-safe bowl at 30-second intervals, stirring to combine. Add coconut and stir. Spoon out tablespoons onto parchment paper, and form into nest shapes. Add egg candies of your choice, and chill to make firm. Enjoy! ■

Piefection is located at the southwest corner of Power and Brown roads, at 6731 E. Brown Road. To order, call (480) 218-PIES (7437), or place orders online at piefectionaz.com. Piefection always has pie for walk-in customers, as well.

LOCAL BUSINESS

Enjoy Springtime with No Snow Paddleboards

Submitted by No Snow Paddleboard Shop

Our weather is warming up just in time for Easter and fun on the water. Bring the kids and enjoy this beautiful Arizona spring weather with some paddleboarding. Receive a discount of 10 percent on all-day paddleboard rentals when you mention this article. To make an advanced reservation, call or text the shop. It is easy to schedule a rental reservation over the phone, as well as via email or text. You can come by the shop, or order over the phone or online. Call (480) 807-6787, or send an email to nosnows@p@gmail.com. You also can visit our website at nosnows.com or text (480) 220-5379. ■

No Snow Paddleboard Shop is located on the northwest corner of Power and Thomas roads, north of Walgreens, at 3654 N. Power Road, Suite 104.



COMMUNITY

Red Mountain Ranch EFFORT CONTINUES

By Nancy Nemitz

Red Mountain Ranch resident Dave Knorr, one of the leaders in the effort to stop Divot Partners, met with District 5 Councilmember and new Vice Mayor David Luna, who enthusiastically endorsed the effort to stop development of the golf course into residential properties.

The opposition effort now has the support from the City of Mesa, the Red Mountain Ranch Owners Association, and the vast majority of its 3,500 residents.

Stay informed and get involved by going to RedMountainCommunity.com to read the latest news and the official documents.

While there is a strong team continuing to work on this effort, there is another small group forming. Their mission is to tap into the enthusiasm and energy that has coalesced around the golf course issue and build on the original vision of the Red Mountain Ranch Master Plan.

The group wants to explore other areas homeowners can unite around to make Red Mountain Ranch an even better place to live. If you have an interest in being part of this effort, please email me at nancy@createthespace.com, and I'll put you in touch with the team.

PLEASE NOTE

The Board of Adjustment hearing is on April 12, beginning at 5 p.m., in the City of Mesa Council Chambers. The rezoning issue is the only topic on the agenda. The hearing is open to the public. ■

Nancy Nemitz welcomes your comments. Send an email to nancy@createthespace.com.



The logo for Piefection, featuring the word "Piefection" in a cursive font inside an oval, with a decorative border.

IT'S APRIL AT PIEFECTION!

SEE WEBSITE FOR MORE DETAILS ON THESE EVENTS:

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A photograph of a slice of strawberry coconut cream pie on a white plate. The pie has a white cream filling, a graham cracker crust, and is topped with fresh strawberries and a raspberry.

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A portrait photograph of Melanie Didier, a woman with long blonde hair, smiling.

The logo for The Arizona Home Group, featuring the text "the arizona home group" in a stylized font, with "RE/MAX Excalibur" below it.

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A portrait photograph of Marge Black-Graziano, a woman with short blonde hair, smiling.

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The logo for State Farm, featuring the text "State Farm" in a bold, sans-serif font, with a red and white circular emblem to the left.

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Russ Lyon Sotheby's International Realty would like to congratulate the following sales associates from our Southeast Valley office for their contribution to an outstanding 2016!

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As we continue to expand our presence and business in the Southeast Valley we have moved from our SanTan Village location to the prominent Rivulon Building located at:

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LAS SENDAS GOLF CLUB

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CONGRATULATIONS 2017 GRADUATES

Come celebrate your graduation at The Vistas Pavilion at Las Sendas. Check us out on our new Facebook Page. Our amazing chef, Al Cancellieri, and our catering director, Dascha Williams, have a number of exciting menu ideas. In addition, our catering service includes our venue, our large wraparound deck, linens, center-pieces and our audio visual system to complete your evening with music and dancing.

We can offer plated dinners, buffet dinners or casual stations and displays.

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- Add—Artichoke, Sun-Dried Tomatoes, Mushrooms, Cherry Tomato, Red Onion, Squash, Spinach

Flatbread Stations

- Prosciutto with Marinated Tomatoes, Micro Basil, Brie Cream Sauce



- Italian Sausage with Portabella Mushroom, Micro Arugula, Fontina Cream Sauce
- Porter Braised Short Rib with Caramelized Onion, Wild Mushroom, Gorgonzola Cheese
- Wild Mushroom with Roasted Yellow Peppers, Red Onion, Spinach, Fresh Mozzarella

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Call Tannis McBean at (480) 352-2614, or email her at tmcbean@lassendas.com for event bookings. Feel free to visit our website at www.lassendas.com.

THE PATIO AND THE GRILLE

Experience breakfast on The Patio at Las Sendas, carefully designed to capture the most breathtaking views of the surrounding mountains, our lush fairways and the Phoenix Valley. We take pride in our iconic venue, perfect for gathering together with family, friends and guests. You can make advance reservations, or just drop in and join us for a relaxing weekday or weekend morning.

Check out some of our staff's favorite breakfast menu items.



Eggs Florentine

Two Eggs Poached Sautéed Spinach and Mushrooms on a Toasted English Muffin Covered in Hollandaise Sauce with a Side of O'Brien Potatoes

Smoked Salmon Benedict

House Smoked Salmon, Two Poached Eggs on a Toasted English Muffin, Covered in Hollandaise Sauce with Capers and Thinly Slice Red Onions Served with Side of O'Brien Potatoes

KIDS' CORNER

French Toast

One Piece of Raisin Challah French Toast with Two Slices of Bacon

Silver Dollar Pancakes

Three Silver Dollar Pancakes and Two Pieces of Bacon

Easter is April 16, and the Vistas Pavilion will host Easter Brunch from 10 a.m. to 2 p.m., with a full buffet, including Seafood Display, Carving Station, Live Omelet Station and so much more. This brunch is not just the best in the East Valley, but it also has the best views in the whole Valley. The brunch sells out quickly, so make your reservations early. Call us at (480) 396-4000.

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Monday: Fried Chicken Dinner—\$16.95

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Thursday: Best Prime Rib Dinner in the Valley 10-ounce—\$17.95 and 14-ounce—\$21.95

Friday: Market Fish Special—Market Price

Sunday: All-You-Can-Eat Pasta Buffet, with Build-Your-Own Pasta Station—\$16.95

THE GOLF SHOP

Spring is just around the corner. So, hop on over to Las Sendas for some great Easter savings.

Ladies, update your spring leisure wardrobe with our new colorful shorts and polos from many top designers. Our merchandise is not just for golf. It's for everyday wear. For men, Travis Mathew polos and hats are the hottest selling casual and golf line direct from California. We have great pricing at Las Sendas Golf Shop, and we always have great sale pricing.

The biggest game changer in golf this year is the introduction of Callaway's new Epic driver. It has given the average player more than 20 yards on drives. Ping, made right here in Phoenix, is the other line we endorse. At Las Sendas Golf Club, we will meet or beat anybody's price on new equipment.

Gift certificates in any denomination are available for Pro Shop merchandise, rounds of golf or dining in our restaurants. Check out the best facility in Mesa, right in your backyard.

Las Sendas Golf Club Driving Range is open to the public. We offer a daily rate to practice at our facility. For \$20, you get unlimited golf balls at the range and use of our putting green, chipping green and sand bunker. We offer 50 percent off for juniors under age 14.

Please go to our website at www.lassendas.com, and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. There always are last minute deals on the website, and it's free to book tee times.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



MALASKA GOLF ACADEMY

Junior Sticks Golf Program at Las Sendas
Catherine and Christina Sedar are proudly showing off their trophies from the Girls Golf Phoenix Flounder Tournament. They both attend our Junior Sticks Golf Program at Las Sendas Golf Club.

Both girls took third place in their age divisions. Catherine had two great achievements. She had her first birdie and sank a 45-foot putt. Christina made a 25-foot putt to secure third place in a putt-off.

Their smiles say it all.

The Mike Malaska Golf Academy at Las Sendas offers a developmental approach to the game. We stair-step our lessons to match the skill levels as the

junior golfer becomes more experienced. The goals of our junior golf programs are not only to develop the fundamental skills of the golf swing, but also to teach each player those characteristics that will make them champions in life. Most importantly, the programs create a love for the game.

Our programs teach the basic fundamentals of the game, including full swing, short game, putting, golf course etiquette, rules of the game and on-course play. Ages of students range from 5 to 15 years. Juniors are grouped according to age, gender and skills level. For more information, contact Tracy Berman at tmberman@lassendas.com, or call our Golf Shop at (480) 396-4000.

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REAL ESTATE

Home Prices and Interest Rates on the Rise: The Cost of Waiting

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties



Phoenix is set to be the top housing market of 2017, placing it ahead of various markets, such as Los Angeles, Boston and Sacramento.

The city is predicted to have more than 7 percent sales growth, and home prices are predicted to increase 6 to 9 percent this year. Along with the rising home prices, mortgage rates are expected to continue to rise. So, not only will you be paying more to purchase the home, but your mortgage payment will be higher too.

BUYERS

With home values and mortgage rates continuing to increase, now is the time to buy. The longer you wait, the more it will cost. You will be paying more for the same home and a higher mortgage payment. However, if your debt to income doesn't allow for a higher purchase price when the interest rates go up, your buying power goes down. If the maximum you qualify for is \$350,000 at 4 percent and you wait to purchase, when the mortgage rate increases to 5 percent, your buying power decreases. Instead of purchasing a home at \$350,000, you only can purchase a home for \$308,000, and you will be paying the

BUYING			
BUYING TODAY		BUYING IN A YEAR	
Purchase		Purchase	9% increase in home prices
\$350,000	Purchase price	\$381,500	Purchase price
\$315,000	10% Down payment 4% interest	\$343,350	10% Down payment 5.5% interest
\$1,504	Monthly mortgage payment	\$1,950	Monthly mortgage payment
By waiting a year, you will pay an additional \$31,500 for the same home and your mortgage payment will increase by \$446 a month.			

same monthly mortgage payment. While home values would have gone up, your buying power would have gone down. The chart on the left shows the cost of waiting a year.

SELLERS

One of the questions I am often asked by sellers is whether they should sell now or wait and let their home value continue to increase. If you are buying in the same market, it doesn't pay to wait. If you are moving up, while your home price is going to increase, so is the home you are going to purchase, but with a higher base price, it will increase more. If you are downsizing, while you may sell for more, the higher mortgage rate may negate any gain.

INTEREST RATES CAN HAVE BIGGEST IMPACT

After seeing record low interest rates over the past few years, rates have now started to increase and they are expected to continue to go up. This can have the biggest impact on whether to sell and buy now or wait a year. These charts on the right estimate a home price increase of 9 percent, current interest rate of 4 percent, with an increase to 5.5 percent in a year. As you can see, the sales price is slightly impacted, but the biggest difference is your monthly mortgage payment. With interest rates on the rise, now is the best time to make your move.

The longer you wait, whether you are a buyer, seller or both, the more expensive buying a home will be. You will be paying more to purchase the home plus a higher monthly mortgage payment. If you don't qualify for a higher loan, your purchasing power will be reduced. Therefore, while homes are going up in price, the price you can afford to purchase is going down. ■

If you are thinking of buying or selling and would like more information or a market analysis, please email Lorraine@Homes2SellAZ.com, or call (602) 571-6799. Visit her website at Homes2SellAZ.com. Lorraine Ryall has been a Multi-Million Dollar producer for the past nine years.

MOVING UP			
SELLING AND BUYING TODAY		SELLING AND BUYING IN A YEAR	
Sale		Sale	9% increase in home prices
\$350,000	Sale price of current home	\$381,500	Sale price of current home
\$500,000	Purchase price of new home	\$545,000	Purchase price of new home
\$150,000	More to purchase new home	\$163,500	More to purchase new home
Purchase		Purchase	
\$500,000	Purchase price of new home	\$545,000	Purchase price of new home
\$400,000	New loan, 20% down, 4% interest rate	\$436,000	New Loan, 20% down 5.5% interest rate
\$1,907	New monthly mortgage payment	\$2,476	New monthly mortgage payment
By waiting a year, you will pay an additional \$13,500 to purchase the new home and your mortgage payment will increase by \$569 a month.			

DOWNSIZING			
SELLING AND BUYING TODAY		SELLING AND BUYING IN A YEAR	
Sale		Sale	9% increase in home prices
\$350,000	Sale price of current home	\$381,500	Sale price of current home
\$200,000	Purchase price of new home	\$218,000	Purchase price of new home
-\$150,000	Less to purchase new home	-\$163,500	Less to purchase new home
Purchase		Purchase	
\$200,000	Purchase price of new home	\$218,000	Purchase price of new home
\$100,000	\$100,000 down payment 4% interest rate	\$104,500	\$113,500 down payment 5.5% interest rate
\$477	New monthly mortgage pymt	\$593	New monthly mortgage pymt
By waiting a year, you will gain \$13,500 in the sale and purchase of both homes. However, your mortgage payment will increase by \$116 a month.			

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RELIGION

CELEBRATE EASTER AS THE Centerpiece of Christian Faith



By Pastor Paul Frank, Hosanna Lutheran Church

Spectacular cooks, both of my grandmothers learned to cook and to host huge family gatherings in a time when everything was made from scratch and everything tasted so good. Easter Sunday was a day when we knew the food would be plentiful, the family would be gathered, fun times would be had and the table would be decorated in the most amazing way. The finest dishes were used. The dessert table nearly buckled under the weight—and, well, we would soon buckle under the weight, as well. Before the prayer was said and the meal was enjoyed, we would marvel at the glorious centerpiece on the table. The centerpiece was the focal point, with a grand and glorious statue of Christ our Savior, with candles and flowers and the images of life springing forth. The centerpiece was, indeed, a sight of great beauty to behold. Easter calls for the greatest centerpiece of all. In fact, Easter is the greatest centerpiece of them all. The centerpiece of April and of the entire year for us Christians is always Easter. In fact, it's the centerpiece of the entire worship life of God's redeemed people. Easter celebrates the moment when

we actually became His redeemed people. Easter is not really about chocolate, games or eggs. It's about life, new life in Christ. Easter really is the centerpiece of the Christian faith itself. Don't get me wrong. I love Christmas—ask anyone at Hosanna if Pastor Paul enjoys Christmas. Their response might be exuberant. But I love Easter in a whole other way. On Easter, we celebrate Jesus Christ rising up from death to new life again. He had died on the cross to pay the price for all our sins. His death made the payment that redeemed us. He was held in the grip of death itself, and, on the third day, he rose again. Jesus tells us that because He lives, we, too, have new life through faith in Him. We live that new life here and now in His mercy and grace. And we will live eternal life in His heavenly home. Easter is the moment when that new life was secured for us all. Easter is the centerpiece of this life we live sharing His love, His mercy and His grace with all the world. Join us at Hosanna on Easter morning, and let's celebrate the beauty of this centerpiece together. ■

For more information, call (480) 984-1414. Hosanna Lutheran Church is located at 9601 E. Brown Road.

LOCAL BUSINESS

KNOW BEFORE YOU THROW

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



Ah, spring is in the air. Symbols of nature's rebirth and new life abound. The blooming desert, budding flowers and, of course, the Easter Bunny. Some holiday collectibles were made to last, but many were not. While the field of Easter collectibles is quite large, many items fall into the category of ephemera, or *short-lived*, especially peeps and chocolate eggs. Seriously though, much of what was produced in the way of Easter decorations and toys in the early 20th century was made from material that didn't have a long lifespan, including wood, plaster, fabric and paper mache. Those items having survived in good condition can command hundreds of dollars from collectors. Since 18th century German immigrants often are credited with bringing the tradition of an egg-giving



here to the U.S., German-produced Easter collectibles are many of the most sought-after items. An antique German rabbit candy container circa 1910 recently was spotted on Ebay for \$1,500. German-made paper mache bunny candy containers have been offered in the \$500 to \$900 range. Other popular German-produced collectibles have included the vintage mohair *Teddy Bear* bunnies by German-based toy manufacturer Steiff. These are seen selling in the range of \$100 to \$500. Another interesting collectible is the vintage candy mold. These molds were made of metal but were used yearly to produce candy. So, examples in good condition are hard to find. Holland is credited with producing some of the best molds. A recent example, from Tilburg, Holland, was found on Ebay for \$500. Who knows, maybe this Easter will inspire you to go on your own treasure hunt for bunnies and eggs. In any event, enjoy the holiday and try not to eat too many of those Peeps and chocolate eggs. ■ 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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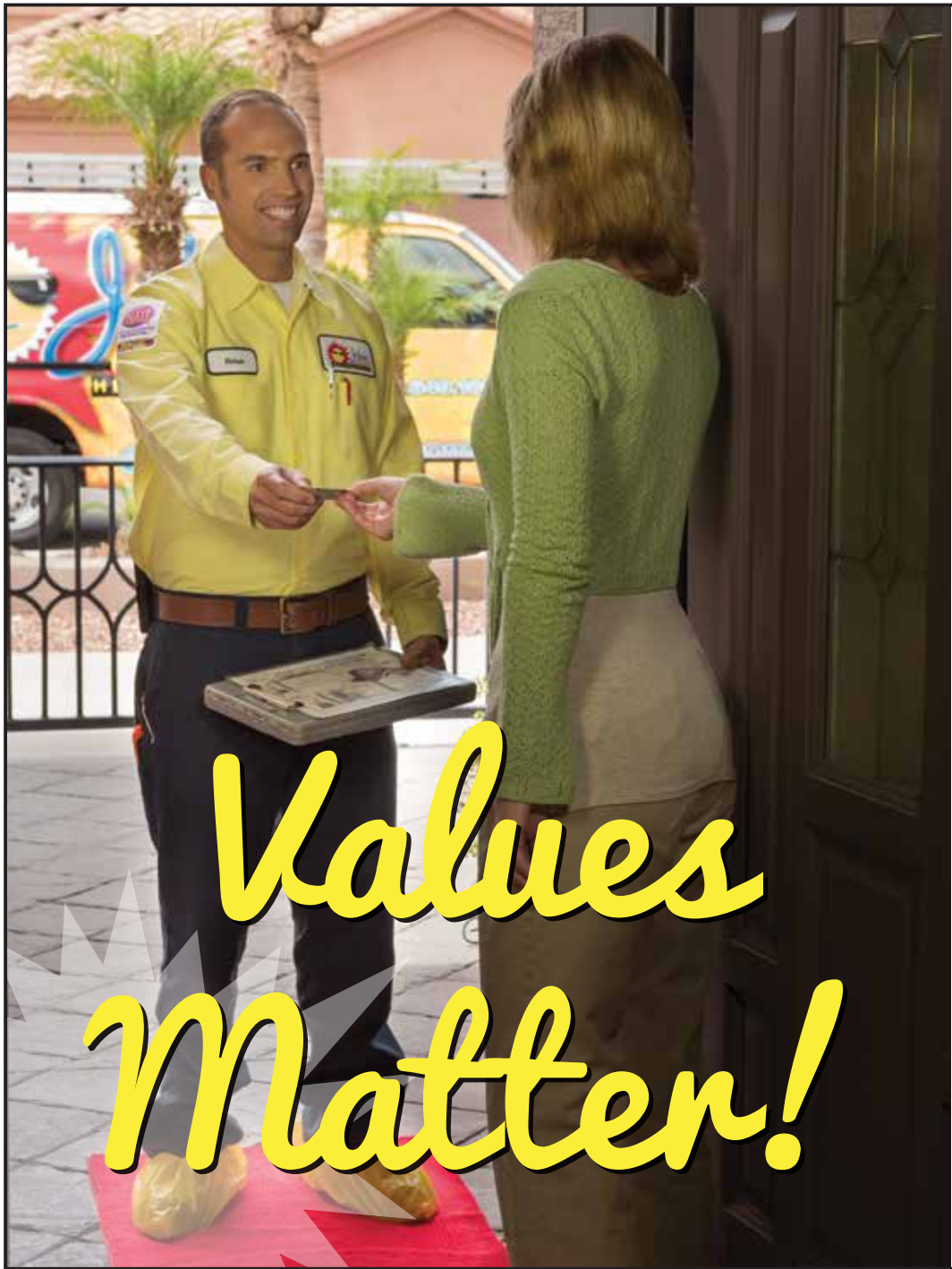
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REAL ESTATE

Here Are Several Reasons NOT to Hire a Realtor to Sell Your Home

By John Karadsheh
Consider the following information when deciding whether or not you want the expertise of a Realtor to sell your home.

YOU DON'T WANT THE MOST MONEY FOR YOUR HOME

If you really want to net the most from your home, you need to know its true market value. Sure, you can look at Zillow or Trulia. Did you know, however, Zillow's Zestimate is within only 5 percent of the actual sales price 50 percent of the time? On a \$400,000 home, this means half the time, they are off by as much as \$20,000. Spencer Rascoff, CEO of Zillow, recently sold his home for \$700,000 less than the Zestimate. The final sales price was \$1.05 million, while the Zestimate was \$1.75 million. So, if you don't want accurate pricing, don't hire a Realtor.

YOU LOVE LAWSUITS

There are several laws regarding property disclosures. For instance, did you know there is a federal law (42 USCS §48522d) regarding homes built prior to 1978 and the disclosure of lead-based paint? Do you know if you need to disclose latent defects, vicinity to an airport, mold, a death in the property, insurance claims, nearby sex offenders or non-permitted additions? (Hint: you only need to disclose some of the issues I just mentioned.) A good Realtor will make you aware of what needs to be disclosed and what does not. These disclosures can help keep you out of a lawsuit, and everyone likes that idea.



John Karadsheh

YOU LIKE STRANGERS IN YOUR HOME

Without Realtor representation, you really don't have any idea who will be coming to see your home. A Realtor has exclusive access to a SUPRA lockbox, which records the agent's information once the box is opened. There is accountability to accessing this type of lockbox. Additionally, Realtors will pre-screen buyers to make sure they are financially able to purchase your home and not just nosy.

YOU ARE NOT INTERESTED IN MAXIMUM MARKETING EXPOSURE

If you are trying to sell your home on your own, you have limited avenues for getting the word out that it's for sale. You can post it to Craigslist, and other shopping sites, but you are trying to sell a house not a couch or a TV. If you want to expose your home to the biggest pool of potential



buyers, it must go on the Multiple Listing Service, or MLS, and only a Realtor can do that for you.

IT'S EASIER TO JUST SELL TO OPENDOOR OR OFFERPAD

Sure, you can sell to one of these companies quickly, but make no mistake about it, you will not get fair market value for your home. Remember, these types of companies are looking for wholesale deals, and their ultimate goal is to turn around and resell your home for a profit. You can expect to receive an offer for significantly less than fair market value and pay them 10 to 12 percent in fees for the privilege of selling to them at a discount. Don't be fooled by the As-Is clause, with which they tease you. Once they actually inspect your home, they will ask for thousands of dollars in repair credits. So, if you really want to maximize your bottom line, hire a Realtor who will represent your best interests.

Your home probably is one of the largest investments you have. So, don't shortchange yourself. If you are thinking of selling your home, give me a call. I will negotiate and advocate for you, make sure you are getting the maximum exposure, and work to get you the best possible return. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 15 years, and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (480) 568-8684, or visit his website at KORproperties.com.

KOR Properties is a boutique real estate brokerage serving the Valley of the Sun, and the creator and founding sponsor of Mesa Food Truck Fridays.

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Sales over \$250,000 for the Month of February 2017
Groves Area Market Report
John Karadsheh

Address	Square Feet	Community	Sold Price
4639 E. Hannibal St.	1,914	Falcon Estates	\$250,000
5423 E. Ellis St.	1,759	Alta Mesa	\$263,000
5652 E. Huber St.	2,162	Alta Mesa	\$264,000
836 N. 54th Cir.	1,849	Alta Mesa	\$264,000
854 N. Windsor Cir.	2,025	Mesa Estates	\$269,500
5902 E. Julep St.	1,749	Alta Mesa	\$270,000
3038 E. Leland St.	1,706	Vista Mesa	\$271,500
2449 N. Ashton Pl.	1,704	Apache Wells	\$275,000
2408 E. Enrose St.	2,205	Mesa Estates	\$280,000
2628 E. Nora St.	2,226	Pacific Palms	\$295,000
2421 E. Inca St.	2,400	Russell Manor	\$318,000
2441 E. Lockwood Cir.	2,456	Citrus Highlands	\$330,000
2217 E. Nora St.	1,954	Village View Estates	\$332,000
1424 N. St. Paul	2,849	Copper Crest	\$335,990
5345 E. McLellan Rd. #28	2,589	Alta Mesa	\$360,000
2328 E. Jaeger St.	3,713	Country Park	\$373,250
4053 E. Glencove St.	3,012	Estate Groves	\$390,000
2947 E. Hale St.	2,740	Kensington Groves	\$399,000
939 N. Norfolk	2,834	Summit at Montecito	\$404,000
3132 E. Huber St.	3,451	Kensington Groves	\$413,000
2105 N. Acacia Cir.	3,039	Regency at Garden Grove	\$420,000
2953 E. Grandview St.	2,853	Kensington Groves	\$429,000
3534 E. Fountain St.	3,215	The Groves	\$430,000
1426 N. Omaha Cir.	2,413	Valencia Park Estates	\$449,900
4063 E. Encanto St.	3,436	Summit at Montecito	\$487,000
2012 E. Calle Maderas	4,214	Las Maderas	\$525,000
4222 E. Brown Rd. #4	4,118	Villa Sendero	\$535,000
3846 E. Ivy St.	4,316	Groves North	\$730,000
3940 E. Menlo Cir.	4,708	Vista Estancia	\$909,000
1711 N. Val Vista Dr.	4,618	County Island	\$1,375,000

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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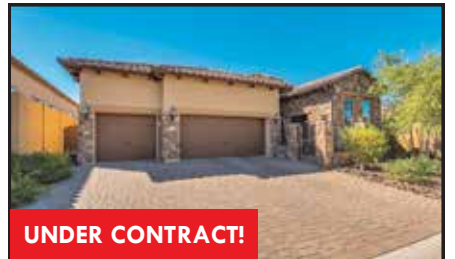
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TRAVEL

Song Lyrics Can Spur Travel Experiences of a Lifetime

Submitted by Sue Mitchell
Cruise Planners

Lyrics from a favorite song can serve as an inspiration to observe things you thought about or hoped you would be able to experience.

For instance, “If I never get to see the Northern Lights. If I never get to see the Eiffel Tower at night,” can provide motivation to travel.

Growing up in Northern Illinois, I would see the Northern Lights or Aurora Borealis in the winter. So, I hoped, while traveling to the fjords of Norway and Iceland, we would be lucky enough to experience the sheer beauty of the lights bouncing off the glaciers. Unfortunately, the weather did not cooperate, not giving us lovely clear nights. I did find out January and February were the best viewing months, usually late at night or early morning. Perhaps that will be another trip.

One of the unforgettable experiences in Norway is Pulpit Rock, perched high above the Lysefjord in Stavanger, Norway. It is one of the area’s most profound tourist attractions. This natural rock formation, with a 25-meter squared plateau, stands 604 meters above the sea. You could hike to the top, or do as we did, travel by boat through the spectacular fjord. The locals are unsure of the origin of the name, but it could be due to the shape, or it might have been a place of sacrifice. In either case, it truly was a spectacular sight.

I had always heard about the geothermal activity in Iceland, but experiencing the steam escaping from the vents in the earth was amazing. Just as amazing were the beautiful waterfalls, which seemed to pop up everywhere from a flat and treeless landscape. However, as we walked around the beautiful City of Reykjavik, I



did decide not to experience one of the local dishes of puffin and whale. Instead, I opted for a local pizza.

In Bergen, known as the gateway to the beautiful Norwegian fjords, as we were walking around this delightful city, we happened upon a tasting tent. There, local chefs were preparing local dishes available to sample. Bruce got brave and tried the whale stew. Luckily, he could wash it down with a delicious local waffle. It truly was a laughable and memorable experience.

Another memorable experience was viewing the Eiffel Tower at night. We previously had visited the Eiffel Tower during the day and were in awe of its splendor. On a return trip to Paris, however, we saw the true beauty of the lights at night. A local stated we had to stay long enough to see the lights twinkling. It was worth the wait to experience the Tower at night.

Being overseas at Christmas was something I always wanted to experience. I learned the cities decorate more than the locals and the focus is on city activities. The celebrations were held on different days in December, with Christmas Eve being the end to the events. If you would like to experience the Christmas Markets of Europe on a river or ocean cruise, give us a call. We will help tailor an amazing vacation experience for you.

Our next experience will be crossing the Atlantic, leaving from Miami and ending in Copenhagen. Now, it is time to start looking for our next experience. ■

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

EVENT

INAUGURAL GOLF TOURNAMENT SUPPORTS Marc Community Resources

Submitted by Marc Community Resources Inc.

Celebrating 60 years of service to the community, Marc Community Resources Inc. will hold its first golf tournament, at Coyote Run Golf Course, in Leisure World, on April 6.

Registration is at 10:30 a.m., and a shotgun start is set for 12:30 p.m. A reception will follow the tournament, with a great auction and raffle prizes.

There are a few available foursomes, as well as marketing opportunities via hole and banner signs. Foursomes are \$400, and hole signs are \$150.

Proceeds from the event will support Marc programs, including day centers for developmentally disabled individuals, employment-related services and behavioral health programs. A Mesa-based 501 (c)(3) non-profit organization, Marc serves approximately 7,000 individuals a year in these programs.

Founded in 1957, Marc responded to the absence of special education programs in the public school system. For approximately 20 years, services were provided to school-aged children with developmental disabilities on a contractual basis with the school districts.

In 1976, the passage of landmark legislation provided free and public education for all children. Marc then shifted focus to infants, pre-school children and adults transitioning from the public school system. ■

For more information, contact Jeff Bayer at (480) 327-4588, or send an email to jeff.bayer@marccr.com.



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EDUCATION

Self Development Academy Educators Are COMMITTED TO SCHOOL COMMUNITY

Submitted by Self Development Academy

This year, Self Development Academy (SDA) was named the No. 1 Best Charter Elementary School in Arizona and the No. 2 Best Charter Elementary School in America (niche.com). The SDA school community is quite proud of this accomplishment and recognition. The success is credited to a visionary leader, Dr. Anjum Majeed, as well as dedicated faculty and staff, supportive parents and hardworking, diligent students.

During a time when many issues face the country's educational system, including funding cuts and teacher shortages, SDA defies the odds and is consistently ranked among the top five schools in the state. SDA administrators, educators and staff, many of whom have been a part of the school community for 10 years or more, have proven that their commitment and dedication to education makes a difference.

In 2000, Dr. 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, currently consisting of more than 450 students in elementary school and middle school.

"At SDA, student learning is a first priority, and the mission is to create lifelong learners," stated Mrs. Annmarie Rivera, a SDA faculty member for 11 years. "With our accelerated curriculum, students are challenged each day. The focus on critical thinking and preparing students for high school and college gives me a feeling of gratitude. Many students who have graduated come to visit me often and share their successes."

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. To ensure the students meet the high academic expectations, the school institutes a small group instructional program referred to as *pull-outs*.

Many teachers credit the students' and school's success to the small group pull-out strategy. Mrs. Jamie Smith, a seven-year veteran of SDA, stated, "...the support that is given by our superintendent, Dr. Majeed, has played a huge role in our school's ranking because she hires and trains teachers to facilitate pull-outs to support the teachers in the classroom."

New faculty member, Mr. Donta McGilvery, appreciates the teacher support at SDA. "The support classroom teachers receive by having students *pulled out* of class in order to receive one-on-one and small group intervention for all subjects is by far the most impactful resource SDA offers," he said. "It is the reason students at SDA perform extremely well."

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, Advanced Literature, Science, including Biology, Chemistry and Physics, as well as Technology and Latin. 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



nity serves to not only enhance their grade point averages, but also makes them highly competitive students when applying to colleges and universities.

The middle school faculty members play an important role in preparing students for high school and beyond. "As a new teacher, I began my career at SDA," said middle school faculty member Mrs. Tici Smith. "Five years later, I am still here for a multitude of reasons, the most prominent being the sense of community. At SDA, we have high expectations, not only for students, but also for teachers. Truly, the opportunity to stretch, grow and be challenged while working in a supportive environment is why, five years later, I remain a proud teacher at SDA." ■

To learn more about SDA, a public charter school (kindergarten through grade eight), or to schedule a tour, contact the Front Office at (480) 641-2604. Limited spaces are available for the 2017-2018 school year. Enroll now.



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EDUCATION

High School Welding Team Wins First Place



Submitted by Dan Hurst, Welding Instructor

Red Mountain High School recently won first place in the Welding Without Borders: Welding Thunder Team Fabrication Competition, in Las Vegas, Nev.

Competing against 17 teams from across the Southwest, the Red Mountain team joined

forces with the welding team from Skyline High School to win in the Science, Technology, Engineering and Math, or STEM, portion of the event.

Led by instructor Dan Hurst, the welding team demonstrated those amazing skills that have already established it as one of the top programs in the State of Arizona.

“What an amazing group of future welders we have,” said Dan. “I truly believe we are changing the future of students from our Career Technical Education Program here at Red Mountain.”

By taking their skills to new heights, the students not only did extremely well, but the team also made the entire Red Mountain community proud by winning this championship award.

Dan wishes to thank all those who donated to the welding fund to make the team’s trip to Las Vegas possible. “We are very lucky to have a community that supports this program,” he said.

Congratulations to the Red Mountain High School Welding Team and Dan for their outstanding achievement. ■

For more information about the Red Mountain High School welding program or other school programs, call (480) 472-8000. The high school is located at 7301 E. Brown Road.

LOCAL BUSINESS

Increase the Efficiency of Your AIR CONDITIONING SYSTEM

By C. Andrew John, John’s Refrigeration

Here are five important tips associated with ensuring the most from your air conditioning system this summer.



TIP 1—KEEP YOUR FILTER CLEAN

According to a source on Energy.Gov, a dirty filter could increase energy use by 5 to 15 percent. This doesn’t sound like a lot, but when you consider our air conditioning systems run more than 6,800 hours each year, the increased energy cost adds up quickly. Dirty filters restrict airflow, which makes it harder for your system to work, decreases comfort, causes stress on your system and drives up energy costs. Unfortunately, many homeowners forget about keeping the filter clean. Start by checking it monthly, and adjust the timing to fit your needs.

TIP 2—CLEAN COILS

Dirty coils make your system work harder and drive up your electric bill. You should clear away dirt and debris (fallen leaves, grass clippings, etc.), which has collected around the condenser unit. Trim foliage back at least 2 feet to allow enough airflow around the unit. If you use your hose to do the cleaning, do not spray it directly at the condenser coils, as this may drive debris deeper inside. Instead, angle the nozzle, so it sprays perpendicular to the side of the coil.

TIP 3—KEEP CONDENSATE DRAIN LINE CLEAN

Along with cooling your home, your air conditioner lowers humidity. Your system has a drain line to discard moisture removed from the air, and just like any drain in your home,

it can become clogged. This creates a place for mold and bacteria to grow and could overflow and cause damage to your system and surrounding areas. The solution is to keep your condensate drain clear. This service is best left to a professionally trained technician and should be part of any maintenance or tune-up service.

TIP 4—DON’T BLOCK VENTS OR REGISTERS

Your system needs proper airflow to prevent pressure problems and to operate efficiently. Avoid blocking vents and registers with furniture. Adjust registers in rooms needing more or less cooling, but don’t close more than one or two of them. Although this is a popular belief, closing registers will cause your system to work less efficiently and may lead to damage to your system and higher energy costs.

TIP 5—SCHEDULE ANNUAL MAINTENANCE

The secret to keeping your system working longer is to keep it properly maintained. Think about how important oil changes and tune-up maintenance are for your car. It’s the same concept for your system. Improper maintenance is the No. 1 cause of system breakdown and early system failure. Proper maintenance will increase your system’s efficiency, your comfort, as well as decrease your energy usage, and, when done consistently, add years to the life of your system. In fact, it is so important, most manufacturers of air conditioning systems require annual maintenance to keep warranties in force.

Call today if you have not scheduled your maintenance yet. ■

John’s Refrigeration Heating and Cooling, located at 211 E. 10th Drive, Suite 2, has been in business since 1970, and we will be here to continue taking care of your comfort needs for years to come. Please visit us at JustCallJohns.com, or give us a call at (480) 649-1000. We can help with any comfort concerns you may have.

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FINANCE

Create your own personal pension

As defined benefit pensions disappear, it may be up to you to create a guaranteed income stream

Submitted by Thrivent Financial

First came pensions, or defined benefit plans, with their guaranteed income for life. Then came 401(k)s with their focus on growth from the stock and bond markets. The two were meant to work together, but with defined benefit pensions quickly becoming a thing of the past, many people are left with only a 401(k) plan. While 401(k)s are an important piece of retirement savings, they were never intended to be a standalone retirement solution.

The 401(k) was meant to provide supplemental retirement savings in conjunction with pensions, savings and other income vehicles to paint a fuller retirement picture. Additional resources can be used to buttress your 401(k) and pension payments in order to build out a full retirement strategy.

What could a soon-to-be retiree do about replacing that old defined benefit plan, which offered guaranteed income? What if you are one of the many people receiving a lump sum from a retirement plan or have a windfall event where you receive a sum of money?

One option could be a deferred income annuity. A deferred income annuity (DIA) allows you to set up a guaranteed income stream beginning later in life. Remember, the guaranteed income is based on the strength and claims paying ability of your financial institution. The DIA traditionally is funded with a lump sum payment, and the contract promises to pay you a lifetime income stream starting with a date of your choice.

For example, let's say a DIA is



BACK: Pat Buchanan, Jeff Rodemeyer, Jordan Cox
FRONT: Rick Aussprung, Jeff Kolzow, Colton Sheley

purchased with a \$50,000 lump sum. Your financial institution will hold the money for a defined period where it will grow with interest. After a specified amount of time has passed, you can start receiving payments.

Many options are available when it comes to retirement strategies. With traditional pensions disappearing from the landscape, plenty of options let you design personal solutions for your own retirement. The key is knowing your options and working with a financial professional who can help guide you toward a stable retirement. ■

Thrivent Financial is represented in the Red Mountain area by Red Mountain Group, which includes Jeff Kolzow, Pat Buchanan, Jeff Rodemeyer, Rick Aussprung, Colton Sheley and Jordan Cox. The office is located at 2941 N. Power Road, Suite 105. Call (480) 396-5333. 1490688-050316


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EDUCATION

District Seniors Win Student COMMUNITY SERVICE AWARDS



Rebecca Moser, Red Mountain High School



Arisaïd Gonzalez Porras, Skyline High School



Brianna Rangel, Westwood High School



Athena Le, Westwood High School

Story by Heidi Hurst
Photos by Tim Hacker

Red Mountain High School’s Rebecca Moser, Skyline High School’s Arisaïd Gonzalez Porras, and Westwood High School’s Athena Le and Brianna Rangel have been awarded Student Community Service awards from the Mesa Citizen of the Year Association.

Each student received a \$1,000 scholarship. Eligible candidates must complete at least 150 service hours during high school and demonstrate a commitment to lifelong community service.

Rebecca plans to attend Barrett, the Honors College at Arizona State University (ASU). She will double major in marketing and supply chain management. She hopes to become a director for a local nonprofit organization. Rebecca is president of Lion Link Crew and a member of the Red Mountain Band leadership team and track team. She also volunteers with Hugh O’Brian

Youth Leadership (HOBY).

“Helping my peers and those younger than me has been extremely rewarding,” Rebecca said. “I love to watch those around me improve and believe in themselves. Throughout my experiences, I have learned compassion and how to give by serving others.”

Arisaïd hopes to attend the University of Pennsylvania or ASU to pursue a double major of political science and linguistics. After that, she would like to attend law school and own a law firm. Arisaïd is actively involved in activities, such as Paw Pals Club, Elements N’ Motion and We the People.

“There is always time in our schedules, no matter how busy one is, to volunteer,” she stated. “Volunteering changes people’s lives and transforms the volunteer.”

Athena plans to study finance at a four-year university. She hopes to become a financial analyst for World Bank to help solve community and global problems. She participates in several school activities, including Math Club, Chinese Culture Club and National Honor Society.

“My experiences have taught me that no matter who or how I help, I will still make a difference,” Athena said. “From celebrating Christmas with children at the local Child Crisis Center, to helping children in China gain access to books, no act of kindness is inconsequential.”

Brianna plans to study occupational therapy at Grand Canyon University. She wants to work with children who have special needs as an occupational therapist. Brianna is active in HOBY, student council, Shun the Sun Foundation and more.

“When I began high school, I was shy and not involved,” she stated. “Once I risked the first step in getting involved, I started realizing how much I liked it. From there, I became more and more involved and took on greater positions of leadership. It also is through volunteering that I learned what I wanted to do with my life.” ■

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

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LOCAL BUSINESS

Various factors determine CAR SERVICE COSTS

Submitted by H and I Automotive
It actually is impossible to tell how much car service should cost. Sure, there are online sources available, which offer guidelines. However, these are based simply on averages collected through databases or even sometimes just a personal opinion. Every repair shop, large or small, charges a different rate for just about everything. Car repair is no different than going out for a hamburger. The choices are endless, and everyone is looking for something different. So, how do you choose where to service your vehicle? It has to be a personal decision. Sometimes, it is just trial and error. However, research is one of the keys to finding what is right for you. Make a list of what you think is most important, whether it is price, quality or amenities offered, or even convenience. The answers to these questions are unique to you. Next, use the Internet to find shops in your area. Visit their websites, read reviews and then call those shops in which you are interested. The phone call will let you know a lot about the shop. You should focus on the conversation during the phone call. In addition, unless pricing is high on your list, avoid asking for quotes. Just like getting a price on a hamburger, you may be expecting a signature burger and you receive a tiny burger because you made your choice on a quote. So, focus on what they have to offer. Another factor to consider is the reputation of the shop in the community. You do not want to be charged for a signature burger and only receive the tiny burger.

What a shop charges you is based on quality of work, type of parts used, benefit of their services, warranties provided and the overall cost of doing business. What this means is the value to you as a consumer is different from shop to shop. This is why it is such a personal choice. Not only do you want to receive the service you are paying for, but you also want to know you were treated fairly. Just keep in mind what kind of burger you desire. H and I Automotive was created on the premise every customer deserves the best service at a great value. We understand value does not come with the lowest price, which is why we have partnered with vendors providing parts and service products, which will give the most benefit to our customers. All our work is backed by a nationwide 36-month/36,000-mile warranty. Every service and repair we offer is guaranteed to benefit your vehicle and keep it safe and reliable. ■

Please call H and I Automotive at (480) 985-9279 with any questions or to obtain an estimate. 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+.



LOCAL BUSINESS

This Songwriter Has A Song To Remember

By Marilee Tangen, Songwriter and Voice Teacher
Have you ever been strolling down the aisle at the grocery store, when suddenly you hear a song that triggers a memory from your past? This happens to me a lot. Back in the day, I remember thinking the songs played in the grocery stores were boring oldies. Now, these are the songs I hold close to my heart. Last week, I had a flashback, when the song *Missing You* came across the speakers at a Bashas' grocery store. Listening to the melody and lyrics, time stood still as I stared at the almond milk in the fridge. It took me back to my first love. *Missing You* was our song, and it happened to be a very sad song for us. Why? Well, I left him in Fargo, N. D., and flew off to New York City to go to art school. We broke up shortly after I left, and *Missing You* is the song that has eternally held the key to my sadness and grief. While living in Los Angeles 10 years later, I met a bass player from Minneapolis at an art opening. We worked on a few songs together in his studio and became lifelong friends. One day, at lunch, he casually mentioned he co-wrote the song *Missing You*. I couldn't believe it. What are the odds? My dear friend wrote the song that has tormented me for many years. John Waite, Tina Turner, Alison Krauss, Rod Stewart and a few others have covered it.

The truth is, even today, that song brings tears to my eyes and sets me right back to the year 1984. It's amazing what a song can do. ■
For more information about Marilee Tangen and MT's MusicHouse, visit the website at mtsmusichouse.com, or call (818) 292-2937. You also can send an email to mtsmusichouse@gmail.com.



Marilee Tangen

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LOCAL BUSINESS

THE FUN BEGINS AT Urban Jungle Fun Park

Submitted by Urban Jungle Fun Park

In early March, following a few words by Vice Mayor David Luna, the ribbon was cut and the doors were opened at Urban Jungle Fun Park. This indoor metropolis-themed park is Mesa’s newest attraction for families and kids of all ages. It features giant trampolines, climbing walls, a multi-level play structure, an inflatable obstacle course and an area designed for toddlers. Founder Bob Krause took several city officials and friends for a VIP tour. The vice mayor was among those trying out park activities. “It’s a great place to engage your kids, and even adults who want to be kids,” he exclaimed. At the grand opening, kids ran from feature to feature. Many parents were in the secluded adult lounge sitting on massage chairs and watching big screen TVs. The park’s first birthday parties were hosted in private party rooms, complete with a host, food and decorations. “We are super excited to be a part of the Mesa community, and we were shocked at the great amount of support we quickly received from the public at our grand opening,” said COO Brad Collins. “We look forward to providing an affordable place for families to bond through fitness at a fun level.” ■

Urban Jungle Fun Park is located at 5741 E. McKellips Road. For more information, call (480) 256-8749. You also can visit urbanjunglefunpark.com/mesa.



LOCAL BUSINESS

Household Modifications Can Help Prevent Falls By Older Americans

Submitted by Home Care Assistance

Every year, one in three older Americans fall, and according to the National Council on Aging, falls are the leading cause of fatal and nonfatal injuries for people aged 65 and older. Falls by members of our senior population often result in hip fractures, broken bones and head injuries. If you are caring for an aging loved one, it is important to fall proof your home, both inside and outdoors. You can do the following to make your home safer:

- Remove safety hazards in all rooms.
- Improve lighting.
- Install handrails and grab bars.
- Move items to make them easier to reach.

Here are some tips on how to carry out those fall-proofing strategies:

- 1. Remove anything that could cause your loved one to trip or slip while walking**—It is easy to trip on clutter collected on the floor and the stairs. Small furniture may tip over and create a fall hazard. Dog bowls, electrical and phone cords also can create trip hazards. Throw rugs are especially dangerous because they can slip on the floor and can create an uneven floor surface for walking. Remove them from every room of the house.
- 2. Arrange furniture to provide plenty of walking room**—A senior’s vision may begin to fade and narrow. Therefore, it is important to make sure there is a lot of space between furniture for easy walking.
- 3. Put non-slip strips on floors and steps**—It is important that every walking surface in the home be as non-slip as possible. It will help to place non-slip strips on stairs and a rubber mat on the floor of your bathtub or shower.
- 4. During the winter, spread salt and sand on walkways and the driveway**—Make sure your loved one’s entry is

cleared of snow and ice. This includes making sure leaking gutters aren’t causing ice build-up near doors.

5. Good lighting is essential to preventing falls—Walk around your loved one’s home, and take a quick inventory of lighting. When assessing outdoor lighting, make sure it removes as many shadows as possible. Waning eyesight can’t decipher easily between shadow and light, which can result in falls. Good lighting on stairways, both indoor and outdoor, is especially important, with light switches at both the top and bottom of stairs. Indoor lighting should include night lights in all rooms and hallways. Lamps should be placed within easy reach of the bed and should have the highest wattage bulb allowed by the fixture. Place night lights in the bathroom, hallways, bedroom and kitchen. Place a flashlight by the bed for extra safety.

6. Handrails and guardrails can prevent falls—Make sure handrails are in place on both sides of stairs and walkways. Grab bars should be installed in the tub, shower and next to the toilet. Preventing falls is one of the most important things you can do for the safety of your loved one. If you need support caring for a loved one, call us. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging, and we can help your loved one age in a healthy manner. ■

Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help you protect your health and focus on yourself, too. Contact Amanda Butas, your Mesa client care manager, at (480) 699-4899 to 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.

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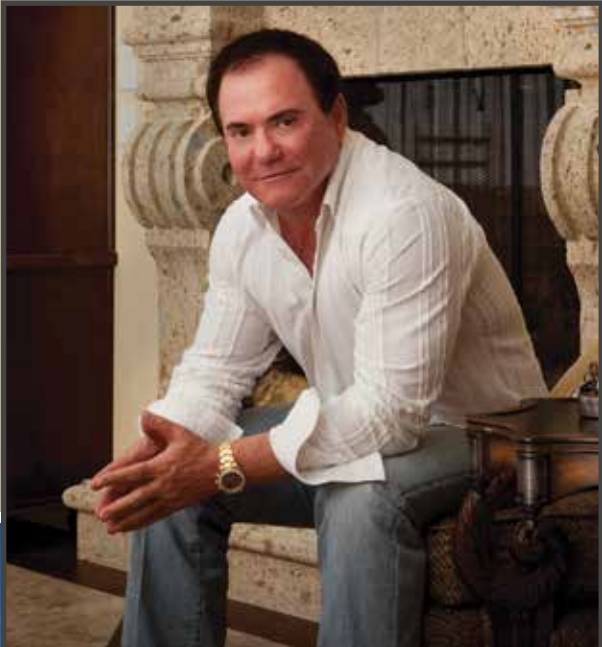


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