

## SET THE STAGE TO LIVE AN Authentic Summer with the Kids

By Lisa G. McCarville

Summer is here, and it is OK for families to declutter their lives by scheduling some well-deserved downtime. The school year of running about with life and the kids' activities has come to an end. The Valley heat lends to us staying tucked inside and that is OK. I look forward every year to summer's long hot days where I can schedule free time, relax and unplug from the routines without feeling guilty. We talk about decluttering our living space, but what about decluttering our schedules? It takes mindfulness to schedule in the downtime and allow ourselves to take it. We all have to do some inward looking at ourselves to determine what matters in order to untether ourselves from life's nonessential demands. Hearing our inner voices telling us what matters, as well as what doesn't, means giving ourselves some quiet time. Our kids need it, too.

Less is more. So, this summer, allow yourself some unstructured time. Being a more conscious person means I can recognize when I am tired and stressed, and it is OK to downsize the clutter of my summer's calendar.

Let the teenagers sleep in. Sleep research done on teens at Harvard Medical School, in Boston, Mass., and Trent University, in Canada, shows the effects of sleep on learning and memory. These tests show that the brain still is processing, consolidating and practicing what it learned throughout the day while asleep. Thousands of teens do not get enough sleep at night due to the fact their brains are keeping them up, which, in turn, makes them drowsy all day.

Studies show the ability to get to sleep and stay asleep is diminished in the teen years. Our brains still are experiencing neurological cognitive activity, even in our sleep. Teens are sleepy for a reason. Their brains and bodies just need sleep.

Younger children may need a decompression time from structured playtime and activities in order to self-direct to their own interests. When allowed to do so, kids will self-direct to those activities in which they are interested. Dr. Peter Gray, a research psychologist, at Boston College, and the author of *Free to Learn*, studies children's play. "Children come into the world with instinctive drives to educate themselves," he stated. "These include the drives

to play and explore."

You also can prepare an engaging environment by creating an area for arts and crafts or leaving books about the house. While this type of unstructured play can be difficult for most parents to wrap their minds around, there is a way to accept that all the things the kids are learning during unstructured playtime with their peers is valuable. The ability to get along, work together,

compromise and negotiate is learned in our homes and playgrounds during this unstructured free play.

We need to allow our kids to learn these skills authentically. It doesn't mean you let them go feral all summer. It just means it is not our job to micromanage every social situation for our children. We can't be afraid to let them fall or fail as people. We all learn from our falls and failures. ■



### SET THE STAGE FOR AN AUTHENTIC SUMMER

- **Create the Environment**—Look for items to leave about that will work as a launching platform for deeper study and meaningful conversations your kids will want to talk about with you. Look for items you know your child is passionate about.
- **Pull Out the Legos and an App**—For Stop Animation Film Making (Lego makes a free app for this). Don't forget a tripod or improvise.
- **Make Stuff**—Science, Technology, Engineering, Art and Math (STEAM) There is a huge maker community in Mesa. Find an online group and make something. Mesa Public Library—Red Mountain, Think Spot, Yahoo Groups, Arizona State University, Tech Shop in Chandler, Google + (Communities) Scratch or Makers Movement Groups, Meet Up/ Makers Groups, Arizona Science Center's Create Space.
- **Expand Blanket Forts to Camping On Mars**—What would you take to live on Mars? What would you need? What would you do once you get there? Draw it, make it, act it out and film it. All kinds of authentic learning opportunities are happening with this one. Look online or in books for more ideas. NASA.gov.
- **Favorite Books**—Lay them about. Audiobooks count, too.
- **Cook with the kids**—Let them cook for you. Play restaurant.
- **Tell and Write Stories**—With the kids, and let them draw out the illustrations.
- **Organize a Family Talent Show.**
- **Get To Know Your Neighbors**—Have a summer night block party.
- **Take a Free Massive Online Open Courseware Class**—At edx.org, Coursera.org or any of the many universities that offer MOOCs for free or a small cost.
- **Do Family Yoga And Meditation**—Teach your kids how to relax and de-stress.
- **Massachusetts Institute of Technology's (MIT's) Scratch Coding**—Free software that is a lot of fun and learning for computer-able kids. Code.org is a simplified and more intuitive version of MIT's version.
- **Catch up**—Address the things you never have time to get around to accomplishing. Even if you don't finish it, keep working on it.
- **Limit over-orchestrating your lives**—Allow yourself and your family downtime to reflect, create, think and just be with each other.

## Celebrate July Fourth Weekend On The Salt River

Submitted by Lynda Breault

Celebrate a fabulous July Fourth weekend with a floating beach blast on the Lower Salt River, with Salt River Tubing's fan favorite, *Bag it for Bucks*, a Take Pride in America event, from Saturday, July 1 through Tuesday, July 4, 8:30 a.m. to 6:30 p.m.

Salt River Tubing and radio stations KISSFM 104.7 and KMLE Country 108 will encourage floaters to lend a hand and stash their picnic trash in the free litter bags distributed by



Salt River Tubing employees. Enjoy a memorable July Fourth and express your patriotic pride by keeping the Salt River clean and beautiful.


Salt River Tubing will be awarding Star-Spangled Bucks—a \$7 tube rental discount coupon as a token of appreciation for floaters' conservation efforts. Tubers can trade in full litter bags at the end of their floating adventure for a \$7 tube rental discount coupon on their next visit. Since 1996, during summer holiday weekends, 724 tons of trash has been

stashed and bagged on the Lower Salt River.

"We want to applaud these efforts with our Star-Spangled Bucks as a thank you for helping to conserve natural resources in Tonto National Forest, which will guarantee quality and enjoyable recreational opportunities on the Lower Salt River," said Salt River Tubing President and Chief Executive Officer Henri Breault. ■

For more information about Salt River Tubing, please visit [saltrivertubing.com](http://saltrivertubing.com), or call (480) 984-3305. Salt River Tubing is located in Northeast Mesa, in the Tonto National Forest. The fun is located just minutes from Highway 202 East and Power Road Exit 23A.

Phillips West  
Publishing | Design | Writing | Photography



POSTAL PATRON  
ECRWSS

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

In This Issue	
Self Development Academy .....	3
Diabetes Signs and Solutions .....	4
Las Sendas Golf Club.....	7
Real Estate .....	9
No Snow Paddleboards.....	10
Happy Pets Palace.....	11
Salt River Escapade.....	14
Know Before You Throw.....	17
Mesa Public Schools.....	18
Service Directory.....	22





# Self Development Academy

## ENROLL NOW

### CELEBRATING 17 YEARS OF SUCCESS

ONE OF THE HIGHEST PERFORMING SCHOOLS IN ARIZONA  
ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



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

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

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



**Because we can see the future.**

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

**Enroll in the Summer Day Camp**  
**Call (480) 396-3522**

**BEFORE/AFTER-SCHOOL PROGRAMS**  
**FOR AGES 5-12**

#### DISTINCTIVE FEATURES OF SELF DEVELOPMENT ACADEMY

- A rigorous curriculum that allows middle school students to take Geometry, Algebra I and Algebra II by eighth grade
- A culture of high expectations
- The feel of community
- STEM + Arts and Enrichment Programs

*Inquire  
about our  
top-ranked  
middle school  
program*

**ENROLL NOW FOR FALL 2017-2018. Limited Space.**

#### SELF DEVELOPMENT PRESCHOOL

(480) 396-3522  
1721 N. Greenfield Road, Mesa, AZ 85205  
[www.SelfDevelopmentPreschool.com](http://www.SelfDevelopmentPreschool.com)

#### SELF DEVELOPMENT ACADEMY

Grades K-8 (480) 641-2640  
1709 N. Greenfield Road Mesa, AZ 85205  
[www.SelfDevelopmentAcademy.com](http://www.SelfDevelopmentAcademy.com)



EDUCATION

# ENRICHMENT PROGRAMS HELP Gifted and Talented Students Thrive

By Sami Majeed, JD, Director of Program Development

Always a precocious child, at 10 months of age, when most children are babbling, she already was toddling around the home, calling out to her older brother in clear and complete sentences.

Her capacity to remember songs and poetry was unfathomable, surprising her older siblings and delighting her parents.

In school, she consistently performed at the top of her class. She was the top candidate out of 1,100 students selected for a very prestigious secondary school and top student in her graduate programs.

People now call her *doctor*. I call her aunt. My aunt was extremely gifted. Both her analytical skills and her artistic sensibilities are quite enviable. She benefited from a school environment that prized learning and self-growth.

Gifted and talented children need an environment that can foster their own genius because their high intelligence means they can get in trouble more. Once, when my aunt was 2 years and 6 months old, a preschool teacher reprimanded her. She walked out of the preschool room, and navigated the labyrinthine path through the large building to the exit.

Once outside, she proceeded to another building on the college campus, many feet away, entered, deciphered the circuitous path where her mom was and, with self-righteous conviction, made a passionate speech detailing the injustice she had suffered.

This cute story is about a genius battling wits with adults and their architectural mazes. There are real consequences to gifted children, however, if they are not provided the support and educational opportunities. Gifted and talented children need specialized instruction in order to reach their full potential.

The idea gifted children already have a reserve of talent allowing them to succeed is dismissive to these

children's needs. It also runs counter to evidence pointing to serious problems that can result without targeted intervention, such as dropping out of school, especially for students living in poverty.

### DESIGN OF A GIFTED PROGRAM

When it comes to the design of a gifted program, a flexible model, allowing for differences in a child's learning style, is crucial. Fortunately, none of these are mutually exclusive. The only requirement is that the values of high expectations emphasize academic excellence, and established challenging standards must guide the gifted program (Buchanan, Fox and Martin, 2008).

The Content Mastery Model focuses on knowledge and skill acquisition. Students go through a predetermined curriculum at their pace. Any modifications made are to pacing rather than the curriculum itself.

The Process/Product Model is based on the premise students are naturally inquisitive. They are natural scientists, and allowing students to uncover the natural laws of the universe themselves is preferable to teaching them the same laws. The reason is self-directed discovery can help the students experience firsthand and internalize content.

A third model is the Epistemological Model or Concept-based Model. Here, students focus on the question, *why* instead of *what*. Critical thinking is the focus here. The model relies on the idea deeper thinking requires questioning the knowledge we acquire, not learning more information. Quality is better than quantity.

Self Development Academy is taking a composite view. We believe each model has relevance and merit. For that reason, we already offer a content mastery model. In fact, each grade is already paced faster than the average Arizona school.

### PROJECT-BASED ENRICHMENT PROGRAM

However, this fall, we will be introducing a yearlong



project-based enrichment program for students we select and identify as gifted. This project will draw on a diverse array of subject matters and a single project presented at the end of the school year will demonstrate each gifted student's proficiency in Science, Technology, Engineering, Arts and Mathematics (STEAM).

Further, we are incorporating the epistemological model into our gifted program, a *philosophy* for children. We will emphasize deep analysis and critical thinking in critiquing works of art and literature. We will study formal logic and argumentation practices.

All children have differing abilities, but this does not mean children with excellent abilities need less. Only a small fraction of charter schools provide gifted programs (Buchanan, 2008). We will commit to the needs of gifted children at Self Development Academy because gifted children are essential components of our future. They are keys to solving the greatest of crises, and they are the poets by which a generation comes to understand itself. ■

For more information about the Enrichment Program at Self Development Academy, please call (480) 641-2640.

EDUCATION

# School Year Ends with Memorable Programs

By Jennifer Salvatori, MA Ed, Principal

At Self Development Academy (SDA), an award-winning kindergarten through grade eight public charter school, the 2016-2017 school year concluded with a series of memorable programs and events, including a visit from the mayor and vice mayor of Mesa.

Recently, SDA was recognized and ranked as the No. 1 elementary public charter school in the state and No. 2 public elementary school in the nation (Niche, 2017). The ranking and recognition is attributed to the nearly two decades of providing exceptional academic programs under the leadership of Superintendent Dr. Anjum Majeed. The common thread among the SDA community is a commitment to a quality educational experience for each student.

SDA believes in providing students with a strong academic foundation, while encouraging the whole development of the child. The final week of school included the annual Talent Show, annual class plays and awards, National Junior Honor Society Induction Ceremony and eighth grade and kindergarten promotions.

### SPECIAL TALENT RECOGNITION

Students were recognized for their academic achievements and special talents alike. The annual Talent Show and annual class plays and awards allow students to showcase their talents outside of the classroom. Former student Max Gau started the Talent Show. Now a junior at Mountain View High School, he has been recognized for his speaking and debate skills, competing in competitions, including at the national level.

Not surprisingly, Max continued to serve as the master of ceremonies of the Talent Show, which included Irish and hip hop, marital arts and singing acts. Earlier



in the month, students enrolled in the violin, percussion, dance and choir programs showcased their talents in an evening performance, as well.

The annual class plays and awards have become a much-anticipated tradition at SDA. Each class, from grades one through eight, performs a play, and every student has a role. The classes spend time creating props and backdrops. The class plays are part of a series of curriculum requirements dedicated to building students' public speaking skills.

### CLASS AWARDS PRESENTED

Following each class play, students await the class awards. Every student has the opportunity to earn an award through the SDA reading programs (Parents as Partners and Classics Reading Program). Other awards recognized included Exemplifying Citizenship, Excellence in Math Facts, Honor Roll and Attendance. More than 300 awards were presented during the program. The vice mayor of Mesa, Dr. David Luna, visited the SDA campus, watching one of the class plays.

SDA is recognized for the high achievements of the students. SDA offers an accelerated academic program, with students learning a minimum of one grade level ahead of the Arizona Department of Education kindergarten through grade 12 standards. Students are excited about gaining knowledge and skills and pride themselves on being hard workers. During the week, both students completing kindergarten and the eighth grade were promoted, students beginning and ending their educational journeys at SDA.

Of the graduating class, 10 students began their education at SDA in preschool or kindergarten.

Mayor John Giles was the keynote speaker, and provided a message regarding embracing change. Both the kindergarten and eighth grade promotion ceremonies are intimate programs, recognizing each student, a special way to begin and end this part of each student's educational path.

Students being promoted from SDA are well prepared for high school. The SDA middle school program includes the high-level coursework of Algebra I, Geometry, Algebra II, Biology, Chemistry and Physics, as well as Literature and Writing at the high school level.

### THE SDA EXPERIENCE

Upon entering high school, many SDA students place out of entry-level high school coursework and begin taking Honors and Advanced Placement coursework as freshmen. The curriculum emphasizes organizational skills, study habits and higher level thinking skills, as well. The SDA experience prepares learners for high school, college and beyond. ■

For more information regarding Self Development Academy, or to schedule a tour, please call (480) 641-2640. You also can email to [info@self-dev.com](mailto:info@self-dev.com).



HEALTH

# Diabetes Is Associated with Various Risk Factors and Complications

By Kody J.E. Smith, MD

While the Centers for Disease Control estimates 29.1 million people in the United States have diabetes, or about one in 11 people, more than 27 percent of those with the disease are unaware they have it. If current disease trends continue, it is anticipated that by the year 2050, one in three of all U.S. adults will have diabetes.

Many factors can play into a person developing diabetes. Risk factors for type 2 diabetes include obesity, having diabetes while pregnant (gestational diabetes), minimal exercise/sedentary lifestyle, hypertension, heart disease and a family history of diabetes. Individuals with ethnic backgrounds, such as African-American, Hispanic, Native American/Alaskan and Pacific Islander also tend to be at an increased risk for the disease.

Some complications from the disease may include, but are not limited to, nerve pain (predominantly originating in the feet), disturbances in vision, erectile dysfunction, kidney failure and heart disease. Symptoms of these complications may include excessive urination, burning/stinging sensation of the feet, cloudy vision and chest pain

and/or pressure. It is important to seek medical attention if these symptoms are being experienced. Certain steps can be taken to try to prevent diabetes, such as regular aerobic activity, dietary changes and weight loss. A goal to work toward is 150 minutes of aerobic activity each week. Reducing the quantity and frequency of breads, rice, pastas and noodles will keep excessive amounts of these foods from being converted to simple sugar in your body. Avoiding unhealthy sweet foods and drinks will further keep blood sugar levels down. These changes also can help contribute to weight loss. If you feel you may be at risk for diabetes, or you are experiencing any of these complications, please schedule an appointment at Red Mountain Medical Plaza to be evaluated. Our experienced providers can perform the testing needed to confirm the disease and explain the various treatment options available as we work together to help manage this condition. ■

For more information, or to make an appointment, call (480) 999-0049. Red Mountain Medical Plaza is located at 8035 E. Brown Road, Building 4.



Dr. Kody Smith

## DOCTOR ENJOYS WIDE RANGE OF HOBBIES WHILE PRACTICING FAMILY MEDICINE

**Submitted by Kody J.E. Smith, MD**  
With a strong desire to learn new things, Dr. Kody Smith enjoys a wide range of hobbies and provides quality patient care in the practice of family medicine. Having grown up in San Diego, Calif., Dr. Kody Smith has always enjoyed surfing. In

college, feeling comfortable in the water led him to experiment with triathlons, which he still enjoys today. His other hobbies include playing the guitar, reading, working on cars and spending time with his family. Kody also is a flight doctor in the Air Force Reserve, and he volunteers at a non-profit medical clinic. Being the type of person with diverse interests and always wanting to learn new things, family medicine fits Kody's personality well. Special interests include pediatric, geriatric, women's health, wound care, diabetes and preventative medicine.

The opportunity to care for males and females from all age groups, as well as work with all systems of the body, allows him to provide quality care to a large population and enjoy the long-term relationships family medicine offers. Kody is very excited to be a part of the Red Mountain Medical Plaza team and the excellent health care offered to the community.

IT'S JULY AT PIEFECTION!  
SEE WEBSITE FOR MORE DETAILS ON THESE EVENTS:

WEEKLY DEALS  
FOR THE WHOLE MONTH OF JULY  
INCLUDING THE FAMILY MEAL DEAL AND  
POT PIE SALE!

AND  
SLICE DAY · 4TH OF JULY ·  
PECAN PIE DAY · AND  
NATIONAL CHEESECAKE DAY!

RED WHITE & BLUE  
Cheesecake

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

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

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

CANNOT BE COMBINED WITH OTHER OFFERS. EXPIRES 7/31/17

**Sizzling Summer,  
HOT Deal!!!**

List before Labor Day, and save  
1% on Listing Commission

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

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

YOUR HOME, YOUR FUTURE --  
WHO YOU CHOOSE MATTERS

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

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

**HONESTY · INTEGRITY · RESULTS**

Published by  
*Phillips West*  
Publishing | Design | Writing | Photography  
Mesa, AZ 85215

© Copyright 2017 by Phillips West. All Rights Reserved.  
E-mail: [Publisher@PhillipsWest.com](mailto:Publisher@PhillipsWest.com)  
**(480) 748-1127**

**EDITOR-IN-CHIEF**  
**Kim Phillips**

**ADVERTISING**  
Monica Adair (480) 772-1949  
Kim Phillips (480) 748-1127

**STAFF WRITERS**  
Dawn Abbey  
Jamie Killin

**COPY EDITOR**  
Sandra Van Dyke

**DESIGN**  
LuckyYou! Creative, *publication design*  
Erin Loukili, Jaclyn Threadgill  
[www.luckyyoucreative.com](http://www.luckyyoucreative.com)  
Ramey Newell, *website design*  
[KeenGraphics.net](http://KeenGraphics.net)

**CONTRIBUTORS**  
John Karadsheh, Nancy Nemitz, Lorraine Ryall

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

**Are You Turning  
65 This Year?**

Do You Need Help Making  
Medicare Decisions?

Medicare decisions can be  
confusing and overwhelming.

- If you are turning 65 this year, now is the time to start looking at your Medicare options.
- If you are new to the area, you might need to enroll in a new plan.
- If you currently have a Medicare plan, you might be eligible for extra help in paying your Part B costs.

Call me to  
review your  
Medicare choices.

**Lynne Jones**  
LICENSED AGENT  
[jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com)  
**480-212-2246**





# RED MOUNTAIN

## MEDICAL PLAZA



### OPEN TO THE PUBLIC!

## ONE-STOP COMPREHENSIVE HEALTHCARE

DERMATOLOGY

FAMILY PRACTICE

IMAGING

LAB SERVICES

PAIN MANAGEMENT

PHYSICAL THERAPY & REHAB

PODIATRY/FOOT & ANKLE

ORTHOPEDIC SURGERY/  
SPORTS MEDICINE

## EXPERIENCE THE DIFFERENCE AT RED MOUNTAIN MEDICAL PLAZA!

With today's fractured healthcare system, Red Mountain Medical Plaza strives to be the solution for patients seeking a better healthcare experience. Red Mountain Medical Plaza differentiates itself by providing:

- One stop for convenience
- Primary Care & specialist providers
- Accepting most insurances
- On-site pharmacy, lab, imaging and physical therapy

## MEDICAL MALL OF AZ FAMILY PRACTICE

Our team of primary care physicians takes time to get to know each patient and coordinates care with other providers and services to create a 'hands on', attentive experience. We offer:

- Newborn to Elderly
- Same day sick visits
- Newborn and well child checks
- Gynecological exams
- Weight Management
- Allergy Care

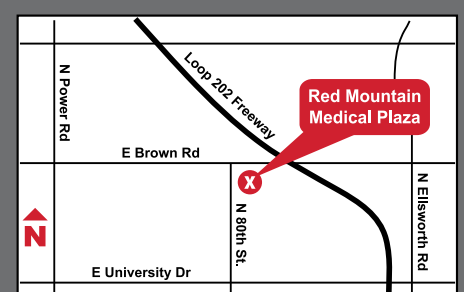
# \$25 SPORTS PHYSICALS (SAME DAY)

OFFER EXPIRES JULY 31, 2017

## 480-999-0049

8035 E. Brown Rd. Bldg. 4, Mesa, AZ 85207

info@rm-medicalplaza.com





# Christmas in July Toy Drive





is helping to support  
**HELEN'S HOPE CHEST**  
in their mission to help foster children in our community.

Please join us in stocking their gift closet so they can continue to provide a Birthday Gift to each of the 2200+ kids in their program. Many children in care have never had the chance to celebrate their birthday before!

If you would like to participate in our CHRISTMAS IN JULY TOY DRIVE, please purchase a new toy or gift card by July 25th and give us a call to coordinate pick up or drop off. We know it is hot outside, so we want to make this easy for you!

**Gifts should be unwrapped.**  
John Karadsheh 602-615-0843 or  
Natascha Karadsheh 602-909-4995

Recommended gift ideas include toys between \$15 - \$20:  
Dolls, Games, Lego Sets, Stuffed Animals, Cars, Balls/Sports Equipment, Scooters, Trikes, Art Sets and \$20 Gift Cards for teens.



REAL ESTATE

## A Loving Family, Thriving Business and **GIVING TO THE COMMUNITY MAKE LIFE GOOD**

By John Karadsheh  
KOR Properties

Why do we love what we do? It is simple...because we believe that helping others is the key to living a happy life.

It may sound silly, but Natascha and I had the amazing chance to find each other and fall in love...we think this was pretty amazing. We have been lucky enough to build a life, build a family, build a house and build a business. And through the flurry of it all, our home has been our haven. We have celebrated, cooked, worked, laughed and cried around the table. Our house has been as lively as a restaurant on one day, and the quiet refuge we all need the next. Our home is more than a shelter...it is our life.

Because we understand the importance of a home, we also understand that a real estate transaction is more than only a business deal. It also is about building a life, navigating a transition, and investing in the future. We love our work because we know just how important it is to help our clients find that perfect space and move to the next step on their journey.

We bring to our clients our love of the business and our years of professional expertise. Whether working with buyers, sellers or investors, we have the experience and resources to guide and advocate for our clients each step of the way.

The creation of KOR Properties also gave us a way to build the community around us. Through our creation of Mesa Food Truck Fridays, in partnership with the Las Sendas Homeowners Association, we found a great way to invest in Mesa. We are excited to be heading into our third season, and feel that underwriting this event has supported property values in our community and drawn more buyers



to our area. In addition, Natascha and I serve on professional and civic boards in our community because giving back to the community is simply the right thing to do. (Check out our website [KORproperties.com](http://KORproperties.com) for information on our Christmas in July toy drive.)

Together, we bring different strengths and perspectives to each real estate experience—providing our clients comprehensive service and a fun real estate experience. We are partners in business and in life, and that is just the life we always wanted. ■

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](http://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.

# The Results You Want.

# \$500 OFF!

of any full Orthodontic Treatment!

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

## WRIGHT

### Orthodontics

AN ELITE PROVIDER OF:

 **invisalign**® and **invisalign** |teen



Metal



Clear



Invisalign

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

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

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



## WANTED & KNEADED!

good taste + tastes good

GILBERT/GUADALUPE • HIGLEY/MCKELLIPS  
**FLANCERS.COM**





## Sweet Repeats

Ladies Consignment Boutique

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

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

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

**10% OFF**  
any regular price item

*Sweet Repeats*  
No expiration





# LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf



## THE VISTA PAVILION WELCOMES JESSICA MILLER NEW DIRECTOR OF CATERING & EVENTS

Las Sendas Food and Beverage Director Dennis Shaw is pleased to welcome Jessica Miller as Director of Catering and Events for the Vista Pavilion.

“Jessica comes to us with a background in the restaurant/hospitality industry, and the past four years as Events and Catering Manager at the Queen Creek Olive Mill,” Dennis said.

Although Jessica is starting in the heat of summer, her first thoughts already are focused on the upcoming holiday season events.

“Don’t forget, now is the time to start thinking of booking your holiday parties and family or corporate events,” Jessica said. “Believe it or not, we already are receiving Christmas and holiday bookings. New Year’s and the holiday season always have been a popular time for weddings, as well.”

The Vista Pavilion has become the area’s most popular wedding venue, with unending possibilities indoors and outdoors for lovely locations for up to 400 guests. “The Pavilion offers a variety of wedding packages,” Jessica continued. “In fact, we are offering \$500 off all our wedding packages for wedding dates still remaining open in July and August.”

In addition to the popularity of the wedding venue, Jessica already is aware of another popular aspect of the Vista Pavilion.

“The best reason to have your event here is our food,” she said. “The food here is amazing—the taste, the presentation, the quality. I love food. I’m Italian,” Jessica continued. “Chef Al, previously of the Scottsdale Westin Kierland, does us proud. If you’re a *foodie*, you have to have your event here.”

Event menu offerings are so diverse, you can choose from the luncheon, dinner buffet and plated menus, or you can create your own.

“Holiday lights, centerpieces, trees and our spectacular Valley views from our over-sized wrap-around deck make it the perfect place to host your holiday party,” Jessica promised. “Our world is open to all your amazing ideas to celebrate with friends, family and co-workers. Choose anything, from an intimate personal touch, with a casual evening of cocktails, appetizers and culinary stations, to a full-blown affair for up to 400 guests.” ■

For more details, contact Jessica Miller at (480) 396-4000, ext. 222, or send her an email at [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com).



Jessica Miller

## THE VISTA PAVILION SUMMER EVENTS

### Summer Wine Series

Part II—Reception, 6:30 p.m., July 15

Wines of Summer—\$50

Mix and mingle while we taste through wines made to enjoy by the pool, barbecuing with friends or just relaxing.

Enjoy a taste of refreshing worldly wines, along with a delectable selection of summer foods.

Part III—6:30 p.m., Aug. 12

Flying Blind Wine Tasting—\$50

Join us as we taste and rate through a variety of West Coast notable wines that have their identities concealed.

See if you can find the wine you like best. From amateurs, to wine experts, taste and rate the wines till it’s time to unveil the winners and losers. You will be surprised.

Heavy appetizers will be served. This is one you don’t want to miss.

### Summer Chef Series

Chefs’ Tasting Menus

6:30 p.m., July 20 and 21

Flavors of Puerto Rico—\$55

With Chef Alex and Chef Al

6:30 p.m., Aug. 17 and 18

Cuisine from the Mediterranean Coast—\$55

With Chef Al

### Special Events

Paint and Pinots—\$35

6:30 to 8:30 p.m.

Tuesday, July 18 and

Sunday, Aug. 20

Enjoy a glass of our House Pinot while tapping into your creative side with local artist Reagan Guzman.

Through a step-by-step instructional demonstration, you will learn color-mixing, brush strokes, texture, highlights and many more techniques to make your finished painting look outstanding. Even first-time painters will be astonished with the results.

For reservations or more information, call Jessica Miller at (480) 396-4000. For additional events or details, visit [lassendas.com](http://lassendas.com).

## THE PATIO AND THE GRILLE

Summer Happy Hour  
from 3 to 7 p.m. daily

Enjoy your favorite libations and our tantalizing choices of Happy Hour food, including:

Ribeye Sliders

Grilled Cheese Bites with Tomato Jam

Baja-Style Fish Street Tacos

Chorizo Queso and Chips

Whiskey Brussel Sprouts

Pretzel Bites and Cheese Fondue

... And more!



NEW MEMBERSHIP OPPORTUNITY

## LAS SENDAS GOLF MEMBERSHIPS

NEW 45 AND UNDER JUNIOR MEMBERSHIP

- Initiation Fee—\$2,500.
- Regular dues with 10 percent off in Golf Shop and restaurant.
- Access all member events, booking privileges, club storage and lockers.
- Kids under the age of 12 play free.\*
- Graduate to fully refundable membership at age 50.

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

\* Kids are restricted to playing after 3 p.m., Oct. 1 through May 30, and restricted to playing after the noon hour, June 1 through Sept. 30.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

CHRISTMAS IN JULY AT LAS SENDAS GOLF SHOP



For the entire month of July, we are celebrating an early Christmas, complete with presents under the tree. Win a huge golf prize package worth more than \$3,000. Just buy a *square* on our board for \$20. The winner's prizes include Callaway Epic driver, Epic fairway wood and Epic hybrid, Callaway Steelhead Pro iron set, New Odyssey putter, Callaway golf bag, a framed picture of Las Sendas Golf Course Community and a 2017 Masters flag. Drop in for great savings on all our merchandise outerwear, including fleece tops, long-sleeve tops, wool hats, winter gloves and ornaments. They all are at huge discounts.

All men's and ladies' summer apparel is 20 percent off all month, and our sale rack savings are 20 to 60 percent off. The Golf Shop carries many major apparel brands, including Jamie Sadock, Annika, JoFit, Greg Norman, Travis Mathew, Ping, Under Armour, Cutter and Buck and FootJoy. Are you looking for golf equipment? We are extremely competitive, and will meet or beat any price on golf equipment. We recommend the newest Ping G and Callaway Epic, the two hottest lines in golf. We have a variety of golf bags and golf shoes on sale, as well. We re-grip clubs and can have them done the same day.

**Golf Rates for July**  
From \$19 every day, which includes golf, shared cart and driving range warm-up. Check out lassendas.com or call the Golf Shop at (480) 396-4000 for tee times. Christmas in July—Las Sendas Golf Shop—your community place to shop. Gift certificates are always available.

LAS SENDAS GOLF CLUB  
\$399 SUMMER GOLF PACKAGE SPECIAL

For only \$399 (plus tax), summer golfers can enjoy their game and a bunch of perks, too. The Summer Golf Package Special includes 10 rounds of golf with cart and range, and 10 same-day replay rounds. Thirsty after your round? Receive a \$2 beer coupon after each round. Work up an appetite? Your package offers 10 lunch specials. You can order any sandwich or burger (excluding Kobe burger). Other extras include two dozen Pinnacle golf balls, a Las Sendas ball marker and a Las Sendas drink Koozie. This special expires on Sept. 17, 2017. Some restrictions apply. The package is sold through the Las Sendas Golf Shop. For more information, call (480) 396-4000, or visit lassendas.com.



VISTAS PAVILION PRESENTS  
**FLAVORS OF PUERTO RICO**  
CHEF'S TABLE SERIES PART 2

THURSDAY, JULY 20TH  
& FRIDAY, JULY 21

\$55 PER PERSON, PLUS TAX AND GRATUITY  
WINE PAIRINGS AVAILABLE FOR PURCHASE  
6:00 PM RECEPTION | 6:30 PM DINNER

CALL NOW TO BOOK YOUR RESERVATION  
**480-396-4000**



LAS SENDAS GOLF CLUB  
7555 E. EAGLE CREST DR. MESA, AZ  
**WWW.LASSENDAS.COM**

Vistas Pavilion at Las Sendas Presents

**paint & pinots**

Reagan Guzman

Come enjoy a fun filled evening of tapping into your creative side while enjoying a glass of one of our House Pinots. Through a step-by-step instructional demonstration, you will learn color mixing, brush strokes, texture, highlights, and many more techniques to make your finished painting look outstanding. You will be astonished with the results, even first time painters.

Tuesday, July 18th & Sunday, August 20th  
6:30 pm - 8:30 pm

**Cost \$35**

RESERVATIONS  
(480) 396-4000 or email [events@lassendas.com](mailto:events@lassendas.com)



LAS SENDAS GOLF CLUB | 7555 E. EAGLE CREST DR. MESA, AZ  
480-396-4000 | [WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)



REAL ESTATE

Buyer Assesses Home During Final Walk-Through

By Lorraine Ryall  
Realtor, CDPE, CSSN  
KOR Properties



Once a house is sold, the buyer has an opportunity to inspect the property during walk-throughs to determine whether everything is addressed satisfactorily prior to close, and if not, what steps will be taken to correct any outstanding issues.

Depending on whether repairs had been negotiated to be completed by the seller prior to close, you may do two different walk-throughs. The first would be done five to seven days prior to close. This walk-through is done to check whether all repairs have been completed. Although the seller may have provided receipts for repairs, it is still a good idea to check that it all has been completed correctly. The second is the final walk-through once the seller has vacated the property.

REPAIRS WALK-THROUGH

The seller will provide receipts for all work completed by a contractor/handyman. Often however, a seller will do some of the smaller items themselves. Even if a licensed contractor does the repairs and you have a receipt, that doesn't always mean it has been done correctly. I recently had a transaction where the pool company supplied a receipt for repairs that had been completed, but when we did our walk-through not only were some of the items that had supposedly been repaired still not working, but they also had removed a broken pipe and replaced the new one incorrectly. You want to address any issues with repairs prior to closing. It is much harder and sometimes impossible to have these issues taken care of after you have closed on the home. Doing this walk-through five to seven days prior to close gives the seller enough time to have the contractor come back out and correct the issues.

FINAL WALK-THROUGH

The final walk-through gives the buyer an opportunity to assess whether the home has been left in pretty much the same condition as when the contract was written. This

walk-through should be done once the seller has completely vacated the property, which may mean you are doing it the evening before closing or even the morning of closing. You want to ensure all appliances are working, personal items have been removed, the seller didn't forget to leave any items that were agreed to in the purchase contract, such as the refrigerator or washer and dryer. Doing this final walk-through gives the buyer the opportunity to address any issues that may arise before closing. Even if you have already signed at the title company, you can request they do not release the file to record until you confirm that you accept the property after the final walk-through.

WHAT CAN YOU DO IF THERE IS AN ISSUE?

This is why I ensure my clients inspect for repairs at least seven days prior to close. It will give the seller enough time to have the contractor back out to correct any incomplete repairs. If the seller is unable to get the repairs completed prior to close this will become a negotiation, which is another reason why it is so important to have a good Realtor working on your behalf. I advocate for my clients to find the best solution, each situation is different and sometimes you need to be able to think outside the box to get issues resolved and still close on time.



WHAT IF THE SELLER HAS TAKEN ITEMS THAT WERE INCLUDED IN THE PURCHASE CONTRACT?

I had a situation where the seller had agreed to leave the refrigerator as part of the purchase contract. When the buyer did the final walk-through the morning of closing, I got a frantic call from the buyer's agent saying the refrigerator wasn't there. I called the sellers who were driving cross-country. They had totally forgotten the fridge was part of the purchase contract. It was loaded in the back of the moving truck and was half way to Texas. It was a genuine mistake on the seller's part. We couldn't get it back, however, and the buyers were not going to close without it. The solution was we put in writing that the buyers would receive a check for an agreed upon value of the refrigerator, which they then used toward the purchase of a brand new one. Everyone was happy, and we closed as planned.

WHAT SELLERS NEED TO DO

Check to make sure the repairs are done correctly, and check each item off against the list of items you agreed to repair on the Buyers Inspection Notice.

If any items, such as the refrigerator, washer and dryer or other personal items, are included in the purchase, stick a big bright note on it with Do Not Move to remind yourself and the movers that they need to remain at the house.

Make sure the house is clean when you move out. It doesn't have to be spotless, but it does need to be clean. If you are too busy packing and moving, hire a cleaning crew to come in and do a quick clean as soon as you move out, so you don't have to worry about it.

If you are thinking of buying or selling a home, or would like more information on inspections, please contact me directly. ■

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

SELLING • BUYING • INVESTING

IT'S NOT JUST A HOUSE—IT'S YOUR HOME

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

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

FULL SERVICE REAL ESTATE WITH COMPLIMENTARY SERVICES:

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

WHAT'S YOUR HOME WORTH—FIND OUT TODAY [www.InstantHomeValueAZ.com](http://www.InstantHomeValueAZ.com)

SEARCH THE MLS AND KEEP UPDATED ON THE MARKET [www.Homes2SellAZ.com](http://www.Homes2SellAZ.com)

Million Dollar Views  
Acre - No HOA - \$619,000  
3788 sq ft, 4 Bed 3.5 Bath

SOLD

Las Sendas  
Golf Course Lot  
2226 sq ft, 3 bed 2 Bath

Las Sendas  
Pool - Huge Lot - \$494,900  
3233 sq ft, 5 Bed 5 Bath

Las Sendas  
Pool - Remodeled - \$599,000  
4055 sq ft, 5 Bed, 3.5 Bath

Lorraine Ryall REALTOR®, CDPE, CSSN  
(602) 571-6799 | [Lorraine@Homes2SellAZ.com](mailto:Lorraine@Homes2SellAZ.com)

KOR  
PROPERTIES

VALLEY REAL ESTATE  
EXPERTS SINCE 1972

[www.Homes2SellAZ.com](http://www.Homes2SellAZ.com)

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



ORGANIZING

# ORGANIZER SEES YOUR space through a different lens

By Nancy Nemitz

People often ask how it's possible for me to help someone organize an office or workspace when I'm not a specialist in their line of work.

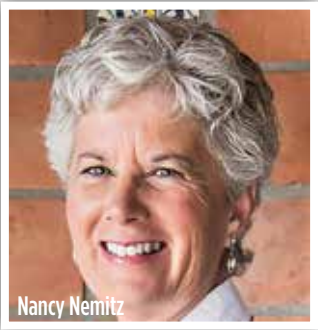
In other words, how can I help an engineer if I'm not an engineer, or a financial advisor, when I've never been a financial advisor? Being an outsider is one of the chief reasons I can help. It allows me to examine the processes, procedures and organizational practices with the client's customers in mind, while through the eyes of a professional who has seen a wide variety of businesses over the past 13 years.

You've been in situations when you've noticed something in someone's home and the person living there says, "I didn't notice that before." When you are close to a situation and deal with your business problems day after day, it's really hard to step aside and look at it objectively.

A fresh perspective is what's needed to look at what's overwhelming you and preventing you from making the necessary steps toward solutions.

Nancy Nemitz has worked in a variety of businesses since 2004, helping clients view their workspace through a different lens. ■

For more information, send an email to [nancy@createthespace.com](mailto:nancy@createthespace.com), or visit her website at [createthespace.com](http://createthespace.com). Create the workspace that gives you the best chance of success.



Nancy Nemitz

LOCAL BUSINESS

# Group Rentals Are Available at NO SNOW PADDLEBOARDS

Submitted by No Snow Paddleboard Shop

If you are looking for fun group things to do for birthdays, family reunions, team building or corporate events, try the new No Snow Rent A Box.

Load up our courtesy box van with 10 to 30 boards and drive to the lake. Everything you need to paddle is ready and waiting for pickup. Simply bring your friends and your coolers and snacks and head out to the water.

This new offering at No Snow Paddleboard Shop is ideal for river runs, sunset or sunrise parties, birthdays, corporate events, stand up paddle boarding, yoga, fitness and team building, as well as Boy Scouts, Girl Guides, church groups, family reunions and Sunday Fundays. The van is provided as a courtesy, with no additional cost to you. ■

For details and to book your event, call (480) 220-5705. You also can visit us online at [nosnowsup.com](http://nosnowsup.com). No Snow Paddleboard Shop is open seven days a week. The shop is located on the northwest corner of Power and Thomas roads, north of Walgreens, at 3654 N. Power Road, Suite 104.



HEALTH

# Programs Are Available to Help MEDICARE RECIPIENTS

By Lynne Jones

Thousands of Medicare beneficiaries in Maricopa County currently qualify for extra help in paying for their prescription drug costs.

Many Medicare members are not aware, however, of the federal subsidy program that may help pay for prescription drug costs. Some of these programs may even help pay for Medicare Part B costs and premiums. There are two programs available.

The first is called Low Income Subsidy, also known as LIS. This program helps Medicare-eligible consumers save money on their prescription drug costs, including assistance with monthly plan premiums, annual deductibles and copayments. The monthly income limit to qualify for this program is \$1,507.50, with total assets of less than \$13,820. For married couples, the monthly income limit is \$2,030 and assets of less than \$27,600.\*

Some Medicare members who qualify for LIS also may qualify for the Medicare Savings Program. If you qualify, the state also may pay all or part of your monthly part B premiums, coinsurance, deductible and copayments. ■

If you think you may qualify, or you know someone who might benefit from this, please call Lynne Jones, licensed sales representative, at (480) 212-2246. Lynne can answer your questions and even assist you in filling out the application.

\*[ncoa.org](http://ncoa.org) Center for Benefits Access



Lynne Jones

Values Matter!

## HAVE YOU BEEN TOLD YOU NEED TO REPLACE YOUR A/C? You May Have Other Options

Some companies recommend replacing systems based on the age of the system or the cost of the needed repair. We believe that customers need to know all their options and have the information they need to make an informed decision. That's why we offer a **No-Cost 2nd Opinion**. Get the facts. **Call today!**

**Air Conditioning**  
Service • Repair • Replacements

**John's**  
REFRIGERATION  
HEATING • COOLING

**JustCallJohns.com**  
**(480) 648-2505**  
Lic #ROC 084417

**"25 Hour Service, 8 Days a Week"™**



LOCAL BUSINESS

# Good Training Results in A Good Citizen Puppy

Submitted by Happy Pets Palace

Puppies surely are adorable, but a new puppy can damage or destroy your home.

If you have experience with puppies, you know what we're talking about. A puppy is a lot of work and requires constant supervision. Your landscaping, furniture and baseboards in your home are all fun and interesting targets. Imagine being playfully bitten by sharp puppy teeth as your puppy jumps on you, spilling your hot coffee.

Curiosity and exploration are expected development for all young animals. Helping puppies learn good, better and best behavior at an early age will help you and your puppy throughout his life. If you want your puppy to grow into a well-rounded family pet you can take places and share experiences in public, there are steps to take to help you both learn to be successful. Imagine the joy of taking your dog with you to public places for the next 10 years or more, especially with dog-friendly restaurants being so popular.

Puppy classes that train, socialize and entertain puppies are coming soon to Happy Pets Palace in Mesa. Happy Pets Palace's new puppy daycare program will teach:

- Basic commands (sit, down, stay, go to your bed, heel).
- Name recognition and recall (coming to you when called).
- To walk nicely on a leash.
- Potty training.
- To greet other dogs appropriately.
- To meet strangers politely.
- To travel to new places without fear (field trips).
- Bite inhibition by chew toy training (helps also with reducing destructiveness at home).
- To sit nicely to ask for what he wants.



- Familiarization with paws being touched, nails being filed, teeth being brushed, fur being brushed to help them not fear these grooming requirements.
- Proper etiquette for puppy socializing (classes grouped by puppy's weight).
- Entertainment activities, including splash pool, story

time, bubbles, fetch and slow dancing.

Happy Pets Palace puppy training package is a six-week program running Monday through Saturday. Training activities are between 9 a.m. and 3 p.m., but drop off can be as early as 6 a.m., and pick up as late as 6:30 p.m. Pet parents are invited to attend up to six Saturday classes with their puppy for additional one-on-one puppy training.

A nutrition class on what to feed or avoid feeding your puppy is included, as well as how to tips on taking the best pet photos. Pet parents also can check in any time via live stream webcams.

## PUPPY CLASSES AND REQUIREMENTS

Classes are forming now and start every Monday, beginning on July 24. To enroll your puppy, contact Happy Pets Palace at (480) 207-1852.

These requirements must be met prior to enrollment:

- Puppies must have their second Distemper/Parvo vaccination and their Bordetella vaccination (every six months) by a licensed vet before attending.
- Puppies also must provide healthy stool sample results from a licensed vet.
- Puppies must be at least 9 weeks old to start classes. ■

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](http://HappyPetsPalace.com), or call (480) 207-1852.


"We restore full smiles with a professional and caring environment, where our patients become extended family."


Dr. Derek Farnsworth, DMD  
Las Sendas Resident

**EMERGENCIES  
SEEN SAME DAY  
CALL TODAY!**

**A Leader in Full Service, High-Tech Dentistry**

Dentistry for the whole family | Now offering evening hours  
Cosmetic Veneers & Porcelain Crowns | Implants | Placements & Crowns  
Botox and Injection Fillers | Certified Invisalign Providers

 (480) 283-5854 | 2947 N. Power Road #103  
Dr. C. Martin Farnsworth, DMD  
Dr. Derek Farnsworth, DMD  
[www.lassendasdentalhealth.com](http://www.lassendasdentalhealth.com)



**Mountain Vista Medical Center  
Celebrates 10 Years**  
of Caring for our Community

**Free event!**

Join us for a family celebration  
**Saturday, July 22**  
**10 a.m. - noon**

Pre-register for a chance to win a \$100 Visa gift card\* and other prizes.  
[mvmedicalcenter.com/10years](http://mvmedicalcenter.com/10years)

\*IASIS Healthcare employees and Medicare members are not eligible.

**Event highlights:**

- Kids' games and crafts
- Special appearances
- Meet with family and women's health doctors
- Snacks and refreshments

  
10 YEARS OF CARING • 2007 - 2017

 OFFICIAL HEALTHCARE PARTNER OF THE PHOENIX SUNS AND PHOENIX MERCURY



Mountain Vista Medical Center | Outpatient Entrance | 1301 S. Crismon Rd., Mesa



LOCAL BUSINESS

NEVER WAX YOUR CAR AGAIN

Submitted by H and I Automotive

While there have been many innovations when it comes to making the care of your car easier and less problematic, we would like to focus on nano ceramic coating.

Whether you have or haven't heard of this product, we will be offering the information you will need to determine whether it is right for you.

First, let us explain what a nano ceramic coating is. A product applied to the exterior of your vehicle, it will protect the finish against dirt, debris, chipping, scratching and UV damage. This is accomplished by adding an additional layer of protection only two microns thick but much harder than the finish itself. Once applied, and with proper care and maintenance, the protection will last the lifetime of your vehicle. Therefore, with minimal effort, your car will retain its showroom luster year after year.

So, who would benefit from this service? Anyone who wants to keep their vehicle looking sparkling clean

and protect it from everyday driving and environmental hazards. Even routine washing and waxing will damage your finish. However, nano ceramic coating will alleviate this threat by eliminating the need to perform them.

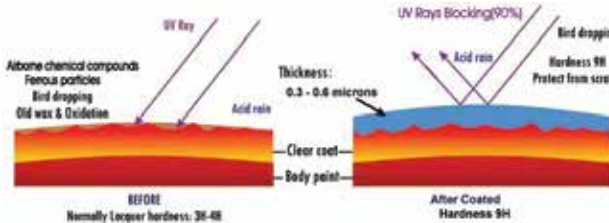
Once the coating is applied, waxing will be a thing of the past and washes will be few and far between because the coating is hydrophobic. Simply stated, the finish will stay cleaner longer because it now will repel the dirty buildup caused by everyday driving.

Maintaining your finish will consist of using a spray detail product when the finish does start to appear spotty and giving your car a gentle wash three to four times a year. Now, what you will not have to do is wax your car, wash your car frequently, or worry about swirl marks from everyday driving in dusty conditions.

H and I Detailing is proud to announce we now offer this service using Rightlook Reserve Nano Ceramic Coating. Rightlook is only available through certified vendors and is formulated with the highest level of protection available in a ceramic coating. Our ceramic coating package includes a complete hand wash of the vehicle followed by using a clay bar to remove all contaminants from the paint surface.

We will then perform a three-stage polish to ensure we will be sealing in the best shine possible for your finish. Finally, we will apply two coats of Rightlook Reserve Nano Ceramic Coating and seal your shine in for years to come. For those finishes with slightly more wear and tear, a fourth level of polishing may be required.

There is no better way to protect your finish. Please give us a call to ask any questions or to schedule your service. ■



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](http://handiautomotive.com) or on Facebook and Google+.



### Real Estate

brought to you by:

### In The Groves

#### Groves Area Market Report

Sales over \$300,000 for the Month of May 2017

Address	Square Feet	Community	Sold Price
1827 N. Salem	1,749	Silverado	\$302,000
2259 E. Jasmine St.	2,307	Country Park	\$312,000
2344 N. Salem	1,872	Apache Wells	\$312,000
2156 E. Laurel St.	2,208	Citrus Del Ray	\$315,000
1643 N. Almond	2,530	Hy-Den Place	\$320,000
2730 E. Lawndale St.	2,370	Rancho De Arboleda	\$325,000
2854 E. Lockwood St.	2,578	Vista Mesa	\$325,000
5741 E. Fox St.	2,228	Alta Mesa	\$332,000
5127 E. Hillview St.	3,061	Copper Crest	\$349,990
2539 E. Jensen Cir.	2,695	Ironwood Manor	\$352,000
841 N. Ashbrook	2,915	Brown Estates	\$365,000
2514 E. Lynwood St.	2,640	Citrus Highlands	\$365,000
3155 E. Fox St.	2,764	Groves	\$374,000
3028 N. Glenview	2,479	Lehi Crossing	\$408,000
2211 E. Glencove St.	3,600	Miller Heights	\$430,000
2527 E. Laurel St.	3,308	Citrus Highlands	\$435,000
3052 E. Nora St.	3,338	Rancho De Arboleda	\$450,000
3304 E. Fountain St.	3,235	Groves	\$475,000
2928 E. Palm St.	2,807	Lehi Crossing	\$478,000
1808 N. Maple Cir.	4,944	Groves North	\$660,000
3125 N. Orchard St.	3,394	Montana Dorada	\$700,000
3710 E. Minton Pl.	4,195	El Camino Dulce	\$708,000
3518 E. Kenwood St.	5,387	Hermosa Groves South	\$719,740
4057 E. McLellan Rd.	5,903	Estate Groves	\$740,000
3322 E. Jaeger Cir.	4,546	Arboleda	\$770,000
3503 E. Kenwood St.	5,043	Hermosa Groves South	\$780,000
3455 E. Jasmine Cir.	5,154	Arboleda	\$817,000
3520 E. Pearl Cir.	4,837	Montana Dorada	\$859,000
3845 E. Ivy St.	5,333	Groves North	\$905,000
2053 N. Maple St.	5,934	Valencia Estates	\$1,051,000

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](http://www.KORproperties.com)

## H&I Detailing

### \$50.00 off Nano Ceramic Coating!

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

**Please Call For a Free Estimate!**





# RESULTS DRIVEN, COMMUNITY MINDED, ETHICAL & HERE TO HELP **YOU!**

John Karadsheh, ABR, CRS Owner/Designated Broker

Natascha Ovando-Karadsheh, Owner/REALTOR®

Christina Ovando, Owner/REALTOR®

EAST VALLEY REAL ESTATE EXPERTS  
SINCE 1972



Exceptional 6,446 sf custom home on a prime cul-de-sac lot in Las Sendas with 5 bedrooms, 9 bathrooms + office + media room + separate Casita. Stunning views of the mountains and city lights. Includes a 1% Equity Ownership in the Las Sendas Golf Club!  
[www.8213VistaCanyon.com](http://www.8213VistaCanyon.com) \$1,875,000



**Selling?** With my proven marketing plan, superb negotiation skills and contract knowledge, you can rest easy knowing that you are in great hands

**Buying?** I know the area and will not only find you the perfect home, but will also put my 15 years of real estate experience and knowledge to work for you to get you the best possible deal.

I am here 7 days a week to help you with your real estate needs!  
John Karadsheh 602-615-0843 [JohnK@KORproperties.com](mailto:JohnK@KORproperties.com)



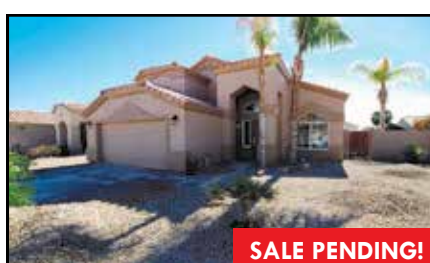
**BUILD YOUR DREAM HOME!**

PARK YOUR PLANE!  
1.20 ACRE AVIATION LOT  
\$239,500

**JUST LISTED!**

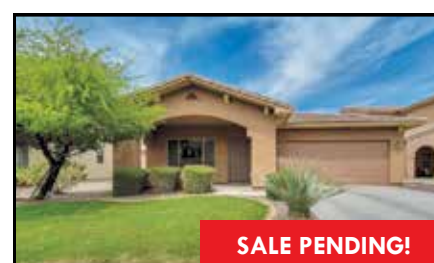


RED MOUNTAIN RANCH  
4,394 SF ~ 4 BR ~ 4.5 BA  
\$689,900



**SALE PENDING!**

BROOKSIDE VILLAGE  
1,926 SF ~ 4 BR ~ 3 BA  
\$269,900



**SALE PENDING!**

FELTY FARMS  
1,934 SF ~ 3 BR + DEN ~ 2BA  
\$305,000

KOR Properties Continues to Grow!

Lorraine Ryall  
Realtor®, CDPE, CSSN  
602.571-6766

Denny Harless  
Realtor®, E-Pro, GRI  
602.550.7766

Khalida "Kelly" Michael  
Associate Broker, GRI  
602.399.3720

Cynthia Watts  
Realtor®  
480.570.1579

Glen Bowling  
Realtor®  
480.201.5453

Alejandro Rojas  
Realtor®  
480.779.0836

Karen Brard  
Realtor®  
480.495.1938

Marni Zarr  
Realtor®  
480.650.1328

Jenn Newman  
Realtor®  
480.848.5222



[KORproperties.com](http://KORproperties.com) | 480.568.8680



EVENT

Celebrate a Halloween Escapade On Salt River



**Submitted by Lynda Breault**  
Enjoy a Boo Spectacular Halloween escapade on Salt River when screeching bats, wicked witches and ghosts galore splash down at Salt River Tubing on Saturday, July 15, from 9 a.m. to 6:30 p.m., for a monster *More Teens in the Woods* event.  
The first 1,000 spooksters will receive free Halloween leis. The spooktacular event will feature KISSFM 104.7 radio, and Monster Energy Beverage Company will distribute free energy drinks to tricksters.  
Boo spooksters can join Salt River Tubing tricksters romping to the Monster Mash line dance and jump aboard ghoulish, eerie shuttle bus rides to the Lower Salt River for a spooktacular tubing experience. Costumes are optional for floaters. However, Salt River Tubing will be awarding \$17 tube rental passes for best tuber spooktacular costumes. Passes are valid on a return visit.  
The Boo Spooktacular Halloween event draws thousands each year to the Lower Salt River in Tonto National Forest, while tubers enjoy a howling, unique outdoor venture. Awesome phantoms, frightful witches,

scowling pumpkins and eerie voices echo throughout the day.  
Halloween in July? Why not?  
“Join us for a unique and memorable summertime exciting activity,” said Henri Breault, president and chief executive officer of Salt River Tubing. “Our river crew wants to put the wow in your visit to the Salt River. So, paint your face, don a costume and chill and thrill on the rapids while enjoying a spooktacular floating escapade in Tonto National Forest,” he continued. “The Salt River is the coolest ride for fun in the sun. Turn off the iPads, iPods and cell phones. Enjoy the great outdoors.”  
The United States Department of Agriculture (USDA) Forest Service’s national program, *More Kids/Teens in the Woods*, was expressly designed to encourage efforts to get kids and teens outdoors and exploring ways to connect youth and nature. Salt River Tubing’s Boo Spooktacular Halloween event is aligned with the USDA Forest Service’s commitment in meeting the challenge of reduced youth involvement in outdoor activities.

The Halloween-themed event has been designed to capture the attention of teenage youth and encourage them to enjoy the great outdoors, on the Lower Salt River, in Tonto National Forest.  
Salt River Tubing is open daily 9 a.m. to 6:30 p.m. Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards and cash. Credit card and cash transactions require a valid driver’s license for tube rental deposit and credit card identification. Please visit [saltrivertubing.com](http://saltrivertubing.com) for more details regarding credit card transactions.

- TUBING TIPS**
- Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
  - Children, non-swimmers and inexperienced swimmers should wear life vests.
  - By law, glass containers are prohibited in the Lower Salt River Recreational Area. Ice chests will be inspected for glass containers before boarding shuttle buses, and glass containers will be confiscated. Please use plastic bottles or aluminum cans.
  - Appoint a designated driver before your tubing adventure.
  - Play it safe. Drugs, alcohol and the Salt River do not mix. Just don’t do it.
- Salt River Tubing operates under permit of the USDA Forest Service and is located in Tonto National Forest.  
The cost for the all-day adventure in the great outdoors is just \$17 per person or tube, which includes tube rental, shuttle bus service and free parking at Salt River Tubing.  
Salt River Tubing is located in Northeast Mesa, just seven minutes from Highway 202 East, Exit 23A, on Power Road, in Tonto National Forest. ■

For more information about Salt River Tubing, please visit [saltrivertubing.com](http://saltrivertubing.com), or call (480) 984-3305.

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

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

**Red Mountain Montessori Academy**  
At RMMA, we give your child the keys to unlock the magic and wonders of childhood...  
  
Offering a world class education  
in a beautiful and peaceful setting.  
A.M.I./A.M.S. CERTIFIED TEACHERS  
**480-654-1124**  
**6426 E. McDowell Road**  
Take a look at our website to research the advantages of the Montessori Method  
[www.redmountainmontessori.com](http://www.redmountainmontessori.com)

Proud Member of [AZPetVet.com](http://AZPetVet.com) – A Family of Animal Hospitals

 **Las Sendas Animal Hospital & Grooming**

Free Vaccines For Life | Interest Free Payment Plans

Call us today!  
**480.264.3460**

Mon. - Fri. 7:30am-7pm | Sat. 8am-6pm

6747 E. McDowell Rd., #101 | Mesa, AZ 85215 | [LasSendasAH.com](http://LasSendasAH.com)  
Located on the southwest corner of McDowell & Power Rd.

 **Mention this ad**  
**for \$5 Off Grooming**  
New clients only. Cannot be combined with other services or offers.  
Expires 08/31/17.



Family owned and operated for 16 years!

# BRIDGES Preschool

★ Degreed Teachers

★ Small Class Sizes

★ Nationally Accredited

★ Science Projects



5

East Valley locations to serve you!

~Mesa ~ Gilbert ~ Queen Creek ~ Tempe ~ Chandler~

\$0

**Enrollment Fees!**

(JUST PRESENT THIS AD)

\*SOME RESTRICTIONS APPLY\*

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

We are a **Preschool with Degreed Teachers!**

FOLLOW US   @bridgespreschool



LOCAL BUSINESS

POOR QUALITY DIET OR GROOMING CAN CAUSE HOT SPOTS IN DOGS

Submitted by Pet Planet

A hot spot is a patch of skin on your pet that is often irritated, painful, swollen and has a foul odor. Usually, there is no hair on the hot spot, and it can be exacerbated or become infected if your dog can easily lick, bite or scratch the affected area. While there are many causes of hot spots, poor diet and poor grooming are the most common.

Skin problems, including hot spots, may occur in pets fed low-quality food that usually contains meat by-products, high glycemic carbohydrates and improperly balanced vitamins and minerals. Try switching your pet to a high-quality food to see if this alleviates the hot spots.

Many types of dermatological problems are avoided if your pet is fed a balanced diet. In some cases, dietary supplements, such as omega fatty acids and probiotics, can help avoid repeated issues of hot spots and other skin afflictions.

Another cause of hot spots is poor grooming. Dogs not groomed regularly develop matted, dirty coats and can be prone to hot spots. Dogs who swim have an increased

risk of hot spots if not properly cleaned and dried afterward. If your pet's fur is allowed to accumulate too much moisture, the wet skin underneath can become the perfect breeding ground for bacterial growth and hot spots. A very common issue is the excessive paw licking for the simple reason that most of a dog's sweat glands are in the paws. Being in the hot weather, coupled with the dirt, even with a small amount of moisture, the skin between the toes and the paw pads gets irritated by the bacteria growth. The areas close by will get affected very quickly. Dogs try to soothe the paws by licking, but, in turn, it creates more moisture, thereby exacerbating the existing issue. If hot spots are not treated right away, your dog may require antibiotics, something that should be avoided if at all possible.

TREATING HOT SPOTS AT HOME

As soon as you notice a hot spot, clean and disinfect the area with a warm damp cloth. It's important to keep the area clean and dry — this may mean no swimming for Fido. Prevent your dog from biting, licking or scratching the hot spot affected area. Next, apply a product like Vetericyn or NaturVet (keep a bottle in your pet first-aid kit) to the affected area. Both products are highly effective and gentle for treating common skin irritations. In the hot summer weather, it's important to take your dog for grooming or at least a bath regularly, as it will help to keep the fur and skin clean. Use soothing oatmeal shampoo and paw bubble bath, and remember to fully dry their fur and paws.

WHEN YOU SHOULD VISIT YOUR VETERINARIAN

Contact your vet if a hot spot continues to grow and/or gets worse over a 24-hour period of time. ■



20% OFF

your first groom!

Regular grooming is important to our pet's comfort and well-being. It can also shed some light on the less obvious health concerns such as lumps, bumps, cuts, sores and infections.

Valid at Pet Planet Ridgeview Plaza until December 31st, 2017. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Coupon must be surrendered at time of purchase. One coupon per person, per transaction. No cash value. Non-transferable.

10% OFF

a grooming tool!

For in between grooms grab a grooming tool for 10% off!

Valid at Pet Planet Ridgeview Plaza until December 31st, 2017. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Coupon must be surrendered at time of purchase. One coupon per person, per transaction. No cash value. Non-transferable.

A Robin's Nest

Resale & Consignment Shop

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

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

A Robin's Nest Resale and Consignment Shop

(Alta Mesa Plaza)

5253 E. Brown Road, Suite 101 • Mesa, AZ 85205

480-984-8485

Tuesday - Saturday

10 AM to 6 PM

What's in Store?

Upscale gently used furniture, home goods, small appliances, wall art, jewelry, antiques, collectibles and more.

For more information, visit

RobinsNestResale.com

or call Robin or Joshua

@ 480-984-8485

10% Off

One Item

facebook.com/RobinsNestResale

Get 'unstuck,'  
let go of the past  
and create the life  
you want!

COUNSELING AND  
COACHING FOR  
INDIVIDUALS AND COUPLES

480-707-8291

Take the  
first step today!

EMOTION4YOU@AOL.COM

CALL OR EMAIL TODAY  
TO SET UP YOUR  
FIRST APPOINTMENT!

SOME INSURANCE ACCEPTED

RANDI ROTWEIN-PIVNICK  
M.A., LMFT

LICENSED PSYCHOTHERAPIST  
CERTIFIED HYPNOTHERAPIST  
CERTIFIED IN EMDR  
20+ YRS. EXPERIENCE

pet planet

YOUR PET'S Natural GROCER

Ridgeview Plaza

2910 N Power Road, Suite 103

Tel: 480.218.5415 IN THE BASHAS' PLAZA

www.UpCloseAZ.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.*

Ah, the *Summer of Love*. As in 1967, that is. The year marks the 50th anniversary of that pivotal year in American popular culture and Rock and Roll history. Additionally, there certainly were many tangible items produced at the time, which serve as conduits to this bygone era.

As with many fields of collecting, one of the most important elements of appeal is the ability of the genre to invoke feelings of nostalgia. Another important element is the relevant age group and their ability to invest money to relive that time in their lives and recapture some of those feelings. The 1960s Rock Era checks all those boxes.

That year marked the peak of *hippie* culture and saw the release of some of the most important rock music of all time. Groundbreaking albums by The Doors, Jimi Hendrix, The Rolling Stones, and, of course, The Beatles, with Sgt. Pepper's *Lonely Hearts Club Band*.

While most of us got rid of our *vinyl* years ago, those albums that survived can sometimes be worth a bit of cash. Condition and rarity are primary factors in value. With



record albums, one must consider the condition of both the record jacket and the vinyl. Average condition Sgt. Pepper's albums can sell in the range of \$10 to \$30, while more obscure pressings or mint copies have been spotted on eBay recently in the \$700 to \$925 range.

Some of the albums from more obscure and eclectic 60s bands can be worth money due to limited production and cult status. And then there are those rare albums from more mainstream artists like Bob Dylan, which can be worth thousands. For example, the *Freewheelin'* Bob Dylan album, released in May of 1963, had four songs swapped out at the last minute for reasons yet to be discovered. As a collector's luck would have it, there were a few albums released in their original format that included those four songs. Those few copies now bring big money. A stereo copy sold for \$35,000, and a mono copy sold for \$15,000.

The 1960s Rock Era created such a broad field of collecting that I'll be following up with some discussion on other areas of Rock and Roll collecting in the coming months. So, please stay tuned. ■

*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](mailto:Jon@KnowBeforeYouThrow.INFO).*

EVENT

JOIN THE Independence Day Celebration

Submitted by City of Mesa

**T**he Republic Services Arizona Celebration of Freedom, the coolest independence festival in Arizona, will take place on Tuesday, July 4, from 6 to 10 p.m., at the Mesa Amphitheatre/Mesa Convention Center.

This free festival will feature live music, patriotic displays, a naturalization ceremony, Revolutionary War reenactments, Freedom Express trackless train, family fun, fireworks and much more. ■

For more information, visit [azcelebrationoffreedom.org](http://azcelebrationoffreedom.org). The Mesa Amphitheatre/Mesa Convention Center complex is located at 263 N. Center St., along Center Street, between Second Street and University Drive.



100% Satisfaction Guaranteed!

ROC #268603

**24 HOUR SERVICE**  
**No After Hours or Weekend Charges EVER!**

Over 30 Years Experience  
Plumbing Repair • Clogs • Water Filtration Systems  
Water Heaters (including tankless) • Toilets • Residential and Commercial • Fair • Honest • On Time • Quick

**VICTORY PLUMBING**

**480.855.7731**  
[www.wefixuglyplumbing.co](http://www.wefixuglyplumbing.co)



HEALTH

# Therapist Offers Methods to Control Anxiety

By **Randi Rotwein-Pivnick, MA**  
An individual and couples therapist, Randi Rotwein-Pivnick offers effective advice to clients dealing with a wide range of issues.

Good information for anyone experiencing anxiety, she offers the following advice to *Anxious Andy*:

Dear Randi,  
I have struggled on and off throughout my life with anxiety, but have been able to control it.

Recently, however, some things have happened, and I find that my anxiety is out of control. My mind won't turn off, and most nights I toss and turn as thoughts race through my head. Needless to say, I am exhausted. I am having problems focusing at work. As a result, I am falling behind in my work, which results in even more anxiety. I feel like I am on a bad treadmill and I can't get off. Help! What can I do to make it stop?

—Anxious Andy in Arizona

Dear Anxious Andy,  
Anxiety can happen to anyone, and sometimes, it feels like it is coming out of nowhere and for no reason, which at times, can be very scary (hearts race, hard to catch your breath, racing thoughts, dizziness and sweats). The thing about anxiety is it has to do with control. When you experience anxiety, it is because you don't feel in control, or you feel out of control.

The more you focus on what you cannot control, the more intense the



anxiety becomes. So, the first thing you want to do is focus on what you can control. By doing this, you should start to feel calmer and notice a decrease in the physical affects of anxiety (shortness of breath, racing heart, running thoughts, dizziness and sweating).

Another tool I teach my clients is to find a distraction, so they can't continue to focus on whatever it was that was creating the anxiety. Sometimes, singing a song or focusing on a project does the job. One of the most effective distraction tools I teach my clients is to count backward from 100, while simultaneously saying the alphabet backwards. So, 99, Z, 98, Y, 97, X and so on. There's just no way you can focus on anything else while trying to do this task.

Lastly, do some relaxing breathing by simply closing your eyes, and focusing on taking a deep breath in through the nose. Hold for a count of four, and exhale for a count of four. Repeat until you feel a sense of calm and relaxation, and/or a reduction in the anxiety.

If all else fails, you may want to consider some hypnotherapy. ■

To contact Randi Rotwein-Pivnick, please email her at [Emotion4You@aol.com](mailto:Emotion4You@aol.com), or call her at (480) 707-8291.

EDUCATION

# Students shine in DRAMA PRODUCTION

Submitted by **Mesa Public Schools**  
Dr. Seuss characters sprang to life in June at Red Mountain High School, sharing the message that anything is possible in an adaptive Off-Broadway production of *Seussical KIDS*.

Matt Erickson, Red Mountain High School drama teacher, and his wife, Ani, a fifth-grade teacher at Sousa Elementary School, teamed up with the City of Mesa to host an inclusive theater program. The program paired individuals with intellectual disabilities with Red Mountain High theater students to perform the musical extravaganza.

"Getting your kids involved with theater is just like signing them up for little league," Matt said. "Not every child who plays baseball is going to grow up to become a professional baseball player, but they will always remember the skills they learned being a part of a team. Dramatic arts builds confidence and teaches individuals to be better communicators."

The drama teacher said they are rapidly building their adaptive program with incredible support from administrators, staff, students and families. An important piece is ensuring the community is aware this opportunity is available for all to participate.

"We don't set limitations, we set expectations," Matt explained. "Individuals with intellectual disabilities

are capable of achieving so much. They just need the opportunity to shine."

**ANYTHING IS POSSIBLE**  
Julianna Good is a 2017 graduate from Red Mountain High School who volunteered her time to participate in the program. As a shadow, she partnered with Rachel, the sour kangaroo, giving her cues, feeding lines and stage blocking.



"Rachel has worked hard," Julianna said. "It's amazing to watch how much our actors grow in a short period of time."

The Red Mountain High graduate is off to the University of New Hampshire in the fall to study music education with a special education concentration. She says this experience is one she will always treasure. ■

Learn more about adaptive leisure opportunities at [mesaaz.gov/things-to-do/parks-recreation-commercial-facilities/sports-programs/adaptive-leisure](http://mesaaz.gov/things-to-do/parks-recreation-commercial-facilities/sports-programs/adaptive-leisure).



**School starts August 9**

All children learn differently, so we offer options that help them **discover** and **build on their potential and passions**.

- Preschool through adult education
- Homeschool enrichment classes
- Franklin Traditional Schools
- Spanish immersion
- Montessori
- International Baccalaureate
- STEM
- Online learning
- **Free** all-day kindergarten

**Enroll today!**



Every student needs an **outstanding education**. Our students excel in **academics, sports, performing & creative arts, career & technical education** and more! Whatever you're looking for... **We've got it!**

Building a **brighter** future



[mpsaz.org](http://mpsaz.org) |  [mpsaz](https://www.facebook.com/mpsaz) |  [@mpsaz](https://twitter.com/mpsaz) | 480-472-0000 | 63 E. Main St. • Mesa, AZ 85201



HEALTH

There Are Ways to Help Stroke Survivors Regain Skills

Submitted by Home Care Assistance

A stroke can rob people of many physical and mental abilities. Depending upon the extent of the brain damage caused by the stroke, people may have trouble walking, speaking or engaging in daily activities, such as cooking, washing dishes and/or driving. Rehabilitation is possible and the extent of its success is highly individual. However, one thing is true for everyone. Physical and mental exercise can improve stroke care, increasing the brain's ability to respond to various signals from the body. Remember that recovery is a lifelong process. Support groups are important to your loved one as he takes on a life of rehabilitation. Talking to others and sharing experiences will bolster your loved one's courage and help avoid feelings of isolation. Stroke survivors are resilient, and communicating with each other is a key part of recovery. Your loved one may be angry, anxious or depressed after suffering a stroke. Fellow survivors can help your loved one to walk through those stages of recovery.

Although it is never a good idea to generalize on what recovery can be achieved by any one individual, the National Stroke Association reports the following statistics on stroke recovery:

- 10 percent of stroke survivors recover almost completely.
- 25 percent recover with minor impairments.
- 40 percent experience moderate to severe impairments, requiring special care.
- 10 percent require care in a nursing home or other long-term care facility.
- 15 percent die shortly after the stroke.

You can help your loved one regain skills after a stroke in the following ways:

PHYSICAL EXERCISES

Arm, finger and leg exercises can help to regain movement, especially those needed to drive. Your rehabilitation center, physical therapist and/or occupational therapist probably practiced these exercises with your loved one while in rehab. It is important to continue these exercises regularly at home and to be patient. Your loved one is bound to get



discouraged. Remind him of the goals that have been set, and provide encouragement to continue with the exercises.

SPEECH EXERCISES

If the stroke affected your loved one's speech, he will continue to work with a speech and language therapist. You can support this work at home by continuing the exercises. If speech has been significantly interrupted, you will need to find new ways to communicate. Some words may be easy for your loved one to say, while others may be impossible for him to recall or articulate. Develop sign language and other cues so you can communicate. You want to avoid a situation where your loved one feels distraught or discouraged because you cannot speak to one another.

A stroke may cause aphasia, which is difficulty expressing oneself verbally, trouble understanding speech and/or difficulty with reading and writing. There are different types of aphasia that will require different therapies to regain speech:

- Expressive aphasia—You know what you want to say, but cannot find the words you need.
- Receptive aphasia—You hear someone talking or see the printed page but cannot make sense of the words.

- People with anomia or amnesia aphasia, the least severe form of aphasia, have difficulty in using the right names for objects, people, places or events.
- Global aphasia is the most severe, caused by widespread damage to the language areas of the brain. Stroke survivors with global aphasia cannot speak or understand speech, nor can they read or write.

MENTAL EXERCISES

A stroke may affect memory, and some of that can be retrained. It is possible to improve memory loss over time. The most important reason to engage your loved one in mental exercises is to prevent another stroke. Some of the most effective exercises include:

- Learn a new skill or hobby—Learn to knit, paint or do yoga. Hobbies that exercise both the body and the mind are most beneficial for stroke survivors.
- Exercise—Believe it or not, one of the most beneficial mental exercises is physical exercise. Something as simple as walking can increase the flow of blood and oxygen to the brain, improving memory and cognition.

Stroke home care and recovery is not an easy road, but there is a lot of support available to you and your loved one. Rely on the therapists you met in rehab for ongoing support, and call your loved one's primary care physician if you need help. While your family may be able to provide some care during recovery, patients with more comprehensive or full-time needs should look at a home care provider for help. ■

Home Care Assistance Mesa has a Transition Home Package designed specifically for the unique needs of post-hospitalization patients. It offers a personalized discharge and care plan, as well as flexible schedules to accommodate changing needs. Caregivers are matched specifically to the patient and ongoing care management.

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, 2031 N. Power Road, Suite 103, located near Bed Bath and Beyond, at Power and McKellips roads.

# Creating Beautiful Outdoor Living Spaces

**UPGRADE YOUR DECK TODAY**  
WE ARE THE EXPERTS!

Travertine / Pavers  
Acrylic Coatings

New Pool & Backyard Remodels

Pergolas

Outdoor Kitchens

Unique Water Features

**Pool & Landscape AZ**  
"Innovative Ideas For Outdoor Living"

**ARIZONA'S TOTAL OUTDOOR LIVING SOLUTIONS**  
FREE Design Consultation & Quote

**480-999-3348**  
**PoolAndLandscapeAZ.com**

Licensed, Bonded, & Insured For Your Peace Of Mind • ROC 259191

**Meet Tim Maas - Your Backyard Innovator**  
Most Arizonians know Tim as the trusted host of the HouseTalk Radio show. Tim has remodeled for thousands of happy pool and backyard owners like you.

**\$500 OFF** any job  
\$5,000 minimum job. Not valid with other offers.  
Must show ad prior to signing contract. Expires 7/31/17





**THE LEADING PROVIDER OF 24/7 LIVE-IN CARE**

## Live Well at Home

The preferred choice of 9 out of 10 seniors!

**Home Care Assistance of Mesa** offers several specialized areas of in-home care with trained caregivers — at no extra cost!

Our **Balanced Care Method™** is a holistic program that promotes healthy diet, physical exercise, mental stimulation, socialization and a sense of purpose.

Our **Cognitive Therapeutics Method™** keeps aging minds engaged through research-based activities designed to improve mental acuity and slow symptoms of mild to moderate cognitive decline.

Our **Hospital to Home Care** program is designed to ensure a smooth recovery at home after a medical incident.

Home Care

ASSISTANCE

1-866-4-LiveIn®

Call today to learn about our unique approach to quality home care!

**480-699-4899 | HomeCareAssistanceMesa.com**



# Wines of Summer

**PART TWO**  
OF OUR SUMMER  
WINE SERIES

**JULY 15TH**  
**\$50 PER PERSON**  
PLUS TAX & SERVICE CHARGE

Mix & mingle as we taste a variety of wines that were made to be enjoyed by the pool, barbecuing with friends or just relaxing, paired with a refreshing array of summer foods!

**6:30PM RECEPTION WITH  
HEAVY APPETIZERS**

**PART THREE:**  
**AUGUST 12TH**  
**FLYING BLIND**  
**WINE TASTING! \$50**

Join us as we taste and rate a variety of west coast notable wines that have their identities concealed. Heavy Appetizers will be provided along with the tastings.

**FOR RESERVATION OR MORE INFORMATION, PLEASE CALL 480-396-4000; 202**  
**The Vistas Pavilion - Las Sendas Golf Club**  
7555 E. EAGLE CREST DR. MESA, AZ 85207 - [WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)

**KIDS Must Be At Least 8 Years Or Older & 4 Feet Tall for Tubing & Shuttle Bus Service**

**NO GLASS CONTAINERS Allowed at Salt River!**



**Salt River Tubing**  
AZ'S FLOATING BEACH/BLAST!

**HAVE A GREAT TIME! Responsibly Appoint a DESIGNATED DRIVER BEFORE Your Tubing Adventure!**

**KIDS Must Be At Least 8 Years Or Older & 4 Feet Tall for Tubing & Shuttle Bus Service**

**OPEN 7 DAYS A WEEK**

Water Flow & Weather Conditions Permitting CALL 480-984-3305

**9:00 AM - 6:30 PM      Latest Tube Rental 2:00 PM**

**INCLUDES FREE PARKING AT SRTR**

**ONLY \$17 ALL DAY! TUBE RENTAL and SHUTTLE BUS SERVICE!**

**SRTR ACCEPTS CASH & CREDIT CARDS!**

Valid Driver's License Required for Credit Card ID & Tube Rental Deposit



Valid Driver's License Required for Credit Card ID & Tube Rental Deposit



**SPOOKTACULAR HALLOWEEN!**

**July 15 - Saturday 9:00 AM - 6:30 PM**

**FREE HALLOWEEN LEIS**

**To the 1st 1,000 Spooksters!**



**BAG IT FOR \$ BUCKS \$**

**JULY 1 - JULY 4**

**SAT - TUE**

**8:30 AM - 6:30 PM**

Special Holiday Weekend Opening Hours

**\$7 STAR-SPANGLED BUCKS!**

Receive a \$7 Tube Rental Coupon for "Stashing It & Bagging It"

(Discount tube rental coupon valid on return visit)

Special event details at [www.saltrivertubing.com](http://www.saltrivertubing.com)

**ONLY \$17 ALL DAY • OPEN 9:00 AM - 6:30 PM\* • Latest Tube Rental 2:00 PM\* • (480) 984-3305**

**Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd. • [www.saltrivertubing.com](http://www.saltrivertubing.com)**

*\*Weather & Water Flow Permitting • Tonto National Forest • Operating under Permit from U.S.D.A. Forest Service*



CLASSIFIEDS

HOME SERVICES

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

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

**MARK’S HOME IMPROVEMENTS AND REPAIRS**  
Specializing in Cabinetry—touch up, repair, rollout drawers, soft close hinges and glides. Plumbing, electrical, paint, drywall, lights, fans, etc... 30+ years experience. Call/Text Mark Griffin **480-980-1445**.

**CARPET, TRAVERTINE & TILE CLEANING**  
Only \$25 per Area Carpet Cleaning which includes prespray, disinfecting, cleaning and rinse done with soft water, so no hard minerals are ever circulated through your carpet or padding. .25 Cents per sq ft Tile & Grout Cleaning  
Sofa and Love Seat Upholstery Cleaning \$89  
Kitchen Granite Counter Top Cleaning, Polishing and Sealing \$125  
A Rated everywhere.  
More specials on Facebook at: Noah’s Carpet and Tile Cleaning  
**Website: <http://www.noahscarpetandtilecleaning.com>**  
**(480) 671-6624** or Facebook message if you prefer.

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



HELP WANTED

**HELP WANTED**  
Phillips West is hiring. We are interested in journalists who can write, edit and photograph, as well as participate in social media and sell advertising. The company is expanding, and we have some flexible opportunities. **Please email [publisher@phillipswest.com](mailto:publisher@phillipswest.com) with your information.**

**East Valley - Construction Service Technician** to work with all aspects of residential construction and repair. Must be quality, detail and documentation oriented. **Call Tina Markowski - 480-832-8161 for interview.**

SPECIALTY SERVICES

**EARN EXTRA INCOME!** The Arizona Republic wants to contract you to deliver the newspaper in the early morning hours. Work just 2-3 hours a day and earn an extra \$700-\$1,200 per month. Routes available now in your area. Call **1-855-704-2104** or visit [deliveryopportunities.gannett.com](http://deliveryopportunities.gannett.com).

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

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

**LOVE ALL PETS** - Pet Sitting and Care in your home for long/ short-term and last minute care, (all references are local). **Heather at 949-290-6055 or [hdebrosse@yahoo.com](mailto:hdebrosse@yahoo.com) and [www.eastvalleyloveallpets.com](http://www.eastvalleyloveallpets.com)**

**Airport transfers “Special Summer Rates” for you.** Full service and “legal” Sedans/SUVs, don’t be fooled by going in a vehicle that does not have the required insurance, your safety is at stake. Full service company since 1995 and winners of Best of Phoenix award in 2014 and 2015. **602-481-0894 or [www.swsedan.net](http://www.swsedan.net).**

**WEBSITE CONTENT, RESUMES, EDITING**  
When searching your website, everyone wants concise information. Prospective employers are looking for that one polished resume, with a professional touch, unquestionably elevating it above all others. The credibility of your book manuscript or business manual increases with excellent editing. Van Dyke Communications will work one-on-one with you to produce professional quality printed materials. **Call (480) 219-3830.**

FOR SALE

**DOWNSIZING SALE...**furniture and household goods, plus outdoor items, including desk, pub table and bar stools, bar-b-que, planters, tableware and more. Call **480-704-3010** for a complete list, or to make an appointment to view.

FOR RENT

**VACATION RENTAL**  
**Furnished Ocean View Vacation Rental in San Diego, California**  
Looking for a vacation spot in San Diego? Look no further. This one or two bedroom, two bath unit is a 3-minute walk to the sand in beautiful Pacific Beach. Here are some other highlights:

- 1,113 sq.ft. Corner unit with Ocean Views
- Fully furnished with full kitchen & high speed internet
- Heated pool and hot tub
- Did I mention that it’s a 3-minute walk to the beach?
- Weekly Rates Starting at: \$1,040 (no extra charges)

Contact Art Bennett for more details: **[Art.Bennett@sbcglobal.net](mailto:Art.Bennett@sbcglobal.net)**  
**(713) 247-9507**

# DOES YOUR POOL NEED REMODELING?

No Problem... We Remodel Pools

REMODEL SPECIAL

**ONLY \$5,845\***

PRICE INCLUDES:

MINI PEBBLE INTERIOR, NEW WATERLINE TILE, 250 FT ACRYLIC DECK RE-SURFACE

\*based on 80ft perimeter play pool



**LOWEST REMODEL PRICE IN THE VALLEY!**

Make Your Pool Look Brand NEW, with our “COMPLETE” Remodel Package

Licensed, Bonded & Insured, ROC #243628

**Arizona Pool Guy • 480-699-0607**



Large enough to understand,  
Small enough to care.

**(480) 924-2096**

**[www.CarnationHomeCleaningInc.com](http://www.CarnationHomeCleaningInc.com)**

All quotes given by phone or website.



“Great cleaning service, very focused and thorough. Great customer service and professional associates. My house always looks great after they visit.” – Kevin K.



SERVICE DIRECTORY



# play • smile • be social

A great place for Puppy Socializing,  
Doggy Daycare, and Overnight Dog Boarding.

Appointment and qualifiers required.

## CALL TODAY 480-207-1852

NWC McKellips & Gilbert Road • 1918 E. McKellips Rd • Mesa • [www.HappyPetsPalace.com](http://www.HappyPetsPalace.com)



### The GUCCI Pooch

PET SPA *The Grooming Salon for the Discerning Pet Parent*

**(480) 335-4736**

NOW ACCEPTING NEW CLIENTS!

- Nearly 30 Years Experience • All breeds CATS & DOGS
- Caring, Gentle & Kind - You and your pets will be happy!

GROOMING ALL GOD'S CREATURES  
6017 E. McKellips Rd. Suite 107, MESA  
SE Corner of McKellips & Recker

**\$5 OFF**  
ANY SERVICE

New clients only.

MENTION MILITARY, SENIORS OR FIRST RESPONDERS -

**\$5 OFF**

One discount only.

### MY CHAUFFEUR TAXI SERVICE

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

**SPECIAL PRICE OF \$39**

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

480-512-9757  
Dirk Van Leenen  
Owner & Driver



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

[nosnowsup.com](http://nosnowsup.com)  
480.807.6787

3654 N POWER RD, #104  
MESA AZ 85215  
[nosnowsup@gmail.com](mailto:nosnowsup@gmail.com)



**480-332-1457**

SERVICE AT AN AFFORDABLE PRICE

FOR ALL YOUR PLUMBING NEEDS

LICENSED, BONDED, INSURED

RDC 178767 K-37

[rwbplumbinginc.com](http://rwbplumbinginc.com)



Have you been putting home repairs off for a while?

**480 Handyman**

Services can tackle those for you!

Call Mike Leonard today!

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

I even wash windows!

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



### CHICA.GO Carry Out & Catering

DELICIOUS & FRESH  
Broaster Chicken and Ribs,  
Sandwiches & Fresh Cut  
Signature Potato Wedges!

For your convenience, we offer call ahead ordering and a **drive through pick-up window.**

**WE OFFER CATERING TOO!**  
Whether you're gathering a few, or a few hundred, Chica-go has a party platter to fit your entertaining needs!

**FREE 2 Liter SODA**

Call your order in & use our drive thru pick-up window, or have your **MEAL DELIVERED!**  
(\$10 Min. Order- \$3 Delivery Charge)  
Expires 8/14/17

**5965 E. Brown Rd. (SW CORNER OF BROWN/RECKER) 480-453-4526**

HOURS: Mon. Wed. Thurs. 10 am - 7 pm | Fri. & Sat. 10 am - 8 pm | Sun. 10 am - 5 pm | Closed Tuesday



### PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE



**ALL PRO**  
TREE SERVICE LLC.

[www.allprotrees.com](http://www.allprotrees.com) • [dennis@allprotrees.com](mailto:dennis@allprotrees.com)

**480-354-5802**

**LANDSCAPE SERVICES**

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



### TREE SERVICES

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

Commercial, HOAs & Residential  
Fully Insured/ Bonded



With Every Tree Trimming, We Granual Fertilize for

# FREE

**15% OFF**

Call today for a FREE ESTIMATE and get 15% OFF with this ad!

Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.



# UpClose

PUBLICATIONS

Check out our publication online at

# UpCloseAZ.com



*Coulter* INFINITI  
Holding the Keys to  
*Luxury*



6225 E Test Drive Mesa, AZ | [www.CoulterINFINITI.com](http://www.CoulterINFINITI.com) | (855) 995-7723

# SUMMER IS HERE

**BEAT THE HEAT WITH OUR DRIVEWAY SHOWROOM**

## SHOP ONLINE

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

## PICK A TIME

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

## NAME THE PLACE

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

2017 Q50 SEDAN



**\$299/MONTH**  
LEASE<sup>1</sup>  
\$0 DUE AT SIGNING

2017 Q60 SEDAN



**\$359/MONTH**  
LEASE<sup>2</sup>  
2 OR MORE AVAILABLE: 6386, 6330

2017 QX50 SUV



**\$399/MONTH**  
LEASE<sup>3</sup>  
\$0 DUE AT SIGNING

2017 QX60 SUV



**\$449/MONTH**  
LEASE<sup>4</sup>  
\$0 DUE AT SIGNING

**SCHEDULE A TEST DRIVE TODAY: (855) 995-7723**

1. 39 month lease. \$0 due at signing. Offer based on new 2017 INFINITI Q50 3.0t Signature with MSRP of \$40,020. Excludes taxes, title, license, doc fee, vehicle options, and dealers add-ons. No security deposit required. At lease end pay excess wear and use plus \$0.25/mile for mileage over 10,000 miles/year. Lessee is responsible for maintenance and repairs. Disposition fee due at termination of lease. 2 or more available with this offer: 6703, 6639. Must take delivery by 07/31/2017. 2. 1. 39 month lease. \$4,899 due at signing. Offer based on new 2017 INFINITI Q60 3.0t Premium with MSRP of \$49,205. Excludes taxes, title, license, doc fee, vehicle options, and dealers add-ons. No security deposit required. At lease end pay excess wear and use plus \$0.25/mile for mileage over 10,000 miles/year. Lessee is responsible for maintenance and repairs. Disposition fee due at termination of lease. 2 or more available with this offer: 6386, 6330. Must take delivery by 07/31/2017. 3. 1. 39 month lease. \$0 due at signing. Offer based on new 2017 INFINITI QX50 with MSRP of \$39,105. Excludes taxes, title, license, doc fee, vehicle options, and dealers add-ons. No security deposit required. At lease end pay excess wear and use plus \$0.25/mile for mileage over 10,000 miles/year. Lessee is responsible for maintenance and repairs. Disposition fee due at termination of lease. 2 or more available with this offer: 6552, 6684. Must take delivery by 07/31/2017. 4. 1. 39 month lease. \$0 due at signing. Offer based on new 2017 INFINITI QX60 FWD with MSRP of \$49,010. Excludes taxes, title, license, doc fee, vehicle options, and dealers add-ons. No security deposit required. At lease end pay excess wear and use plus \$0.25/mile for mileage over 10,000 miles/year. Lessee is responsible for maintenance and repairs. Disposition fee due at termination of lease. 2 or more available with this offer: 6520, 6628. Must take delivery by 07/31/2017.





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

CELEBRATING 30 YEARS OF CUSTOM HOME BUILDING

**Contact Billy Johnson directly at 602-377-3128  
or [billy.j@amberwoodhomes.com](mailto:billy.j@amberwoodhomes.com).**

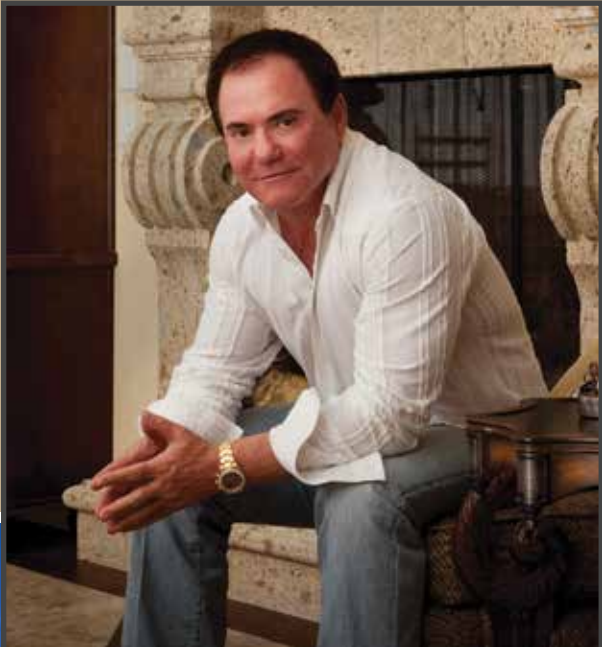


**AMBERWOOD**  
H O M E S



*My husband and I moved into our new Amberwood home back in 2005 and have been living here ever since. As you may expect, building a home during the peak of the market was a bit of a challenge. There were additional obstacles and extended delays in construction. However, any concerns that arose through the building process, Billy Johnson made certain they were addressed. Knowing that the owner of Amberwood took pride in his customers' satisfaction and stayed involved in our purchase meant a lot to us throughout the building process and gave us a greater sense of peace. I don't know many home builders who take such measures.*

*Just recently we hired a company to conduct an energy audit on our home. This process helps homeowners determine where their home is lacking in energy efficiency. We are pleased to say that there weren't many changes recommended and that we actually came away with a near perfect report. It's great to know that our home of 10 years has held up to the ever changing energy efficient world we live in. We have a beautiful home in a lovely community built by Amberwood. - Mr. and Mrs. Guthrie*



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

**Master Builder Billy Johnson  
Amberwood Homes**



## THE VALLEY'S PREMIER CUSTOM HOME BUILDER

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

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

**480-832-8161**

### SPECIALIZING IN:

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

ROC# 267740



**AMBERWOODHOMES.COM**