

# Las Sendas Up Close

Bringing neighbors closer to their community

June 2017

## High School Welding Program celebrates success

By Kim Phillips

Photos by Cassandra Balsley

The welding program at Red Mountain High School was a huge success this year, culminating in 15 students who are now certified with the American Welding Society.

"Not everybody is going to go to college because of affordability, but they still need something to look forward to," commented Dan Hurst, welding instructor at Red Mountain High. "Welding careers are flourishing, so these students can be productive and are able to make a good living," he continued. "An estimated 250,000 welders will be needed by the year 2020."

To celebrate the welding students' accomplishments, including a first-place win at the *Welding Without Borders: Welding Thunder Team Fabrication Competition*, in Las Vegas, Nev., Dan and some enthusiastic parents and volunteers hosted an end-of-the-year award ceremony and celebration.

"We've been fortunate," said Ron Kereluk, who attended the event with his wife, Angela, and son, Hayden, who transferred from Skyline High School to Red Mountain High for the welding program. "That's what he wants to do for a living," Ron continued. "He and Mr. Hurst get along really well."

Hayden said Mr. Hurst is the best. The admired teacher "... makes learning the welding trade easy," he commented. "He's really helpful. He would give his shirt off his own back," Hayden continued. "He's one of the nicest people I have met in my life."

Hayden's goal is to earn a pipeline welding certification. "Because the world will never not need it," he explained.

Las Sendas resident Carrie McCahan's son, Jack, has been in the welding program for the past three years. "We were surprised to see how creative they are with their projects. The things they create are beautiful," said Carrie. She thought the projects would be more industrial. Nevertheless, Carrie received a welded rose from her son as a thank you for her support, as did all the moms at the special event.

According to Jack, he enrolled in welding as a hobby. He has enjoyed learning new skills, such as how to use different machines, how to make various items and how to design things on a computer. "I found the class interesting and something I could learn from," Jack commented.



ABOVE: The welding team at Red Mountain High School won first place this year in Las Vegas, Nev. at the *Welding Without Borders: Welding Thunder Team Fabrication Competition*.  
RIGHT: Nicodemus Phaklides and Jack McCahan



"Mr. Hurst is awesome," the student continued. "He's really smart. He knows how to teach, and he is all around a great guy."

Student Nicodemus Phaklides said he also enjoyed the welding class. "The fulfillment you get after finishing a big project is awesome," he gushed.

Everybody had smiles on their faces as welding club president Bryce LeSueur introduced Mr. Hurst, who thanked everyone for coming and for sharing their amazing kids.

Then, Red Mountain High Principal Jared Ryan thanked the parents as he said he was grateful for the difference the welding students have made on campus. "They have demonstrated leadership at our school," he said. "Through their work, their heart, they care about what they're doing," he continued.

"Mr. Hurst is a pretty special educator," Mr. Ryan said. "He is a special human being who has received the highest rating as a teacher."

As part of the welding club, Mr. Hurst requires the students to participate in community service at the school, including painting ramadas and making a new sign for The Commons at the library.

The students also created artwork for charity, raising more than \$15,000 over the past four years.

Bryce introduced Sal Guerro, who received a community service award from the welding club for donating paint and helping to refinish the ramadas at the school.

Publisher Kim Phillips also received a community

service award for her help in promoting the welding program in *Up Close*, a neighborhood publication distributed in Las Sendas, Red Mountain Ranch and surrounding Northeast Mesa communities.

Welding student Brock Witt received the Golden Rod Award for his exceptional contributions. "He is always here first thing in the morning, and he stays late," Bryce announced.

The Silver Rod Award went to Nicodemus Phaklides. "He is an outstanding student who is only 14 years old," Bryce told the audience.

Several other students and mentors were honored with medals and awards, including those who participated with the welding team at the Las Vegas Fabtech competition. Baylee Higginbottom received the first welded rose for always being there for Mr. Hurst.

In conclusion, the group honored their teacher and mentor with a shiny new watch. "Mr. Hurst always gives us his time and his patience," said Bryce. "So, we thought we would give him some time back."

Dan smiled. "It's been an amazing ride," he said. "Las Vegas was a challenge. Next year is going to be amazing. We are going to put together a girls' team and a guys' team," he continued. "God bless you for letting me teach your kids." ■

For more information about the welding program at Red Mountain High School, call (480) 472-8000, or visit the website at [mpsaz.org/rmhs](http://mpsaz.org/rmhs). The high school is located at 7301 E. Brown Road.



Dan Hurst



Ron, Hayden and Angela Kereluk

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

## Try Cosmos MIC fat burners If You're Still Not Swimsuit-Ready

By Dawn Abbey

Hear, ye. Hear, ye. The long-awaited vitamin B-12 shots and fat-burner MIC injections have arrived at Cosmos Salon and MedSpa, announced Muschi Morga, spa director.

Cosmos will be offering a Summer Special introductory price of \$4.95 for the B-12 and \$9.95 for the fat burner, and also have packages available. The regular prices will be \$14.95 and \$24.95.

"Now that it's swimsuit season, we want to take advantage of every opportunity to shed those extra pounds," Muschi said. "The fat burner is a perfect complement to a healthy diet and workout routine."

Lipotropic and vitamin B-12 injections are a great adjunct to weight-loss and energy boosting, as evidenced by the following information provided on the International Association for Physicians in Aesthetic Medicine website, iapam.com:

Lipotropic injections help release fat deposits in certain parts of the body, including the stomach, inner thighs, neck, buttocks and hips. Lipotropic, or fat-burning MIC injections, contain amino acids, such as methionine, which helps the liver remove fat; inositol, similar to methionine; choline, which distributes cholesterol and prevents it from getting deposited in one part of the body; nutrients; and B vitamins. Injections are usually administered weekly.

Because lipotropics directly aid fat breakdown and are closely related to B vitamins, when used together, they are thought to intensify each other's effects. The amino acids injected into the body stimulate the liver into optimizing

the process of metabolism. These injections boost the metabolic power of the body. As soon as the effect of these substances wears out, the body gradually starts returning to normal.

Vitamin B-12 is purported by its users and practitioners to help speed up the overall metabolic processes and create a greater feeling of overall energy. For those wanting a bit more energy and better sleep, B-12 injections may provide these key benefits:

- Boosts energy and overall metabolic rate.
- Assists in the burning of stored body fat.
- Detoxifies the body.
- Increases red blood cell production.
- Maintains a healthy liver.
- Helps regulate sleep, mood, appetite and energy.
- Works synergistically with other nutrients to improve healing.

"If you want to try it for yourself, now is a good time, with our Summer Special discounts," Muschi suggested. "It also will give you a chance to meet our new injectors, Rae Moreno, featured in the May 2017 *Up Close* issue, and Ashley Peck."

Ashley is a board-certified registered nurse and completed her bachelor of science degree in nursing, at Missouri's Truman State University. After working three years as an internal medicine and hospice nurse, Ashley transferred her focus to aesthetic nursing and has more than four years' experience in cosmetic injections and anti-aging modalities. Her passion is making patients not only look, but also feel their best with each service.

Ashley is certified as a nurse injector, laser technician, laser safety officer and collagen induction therapist. She also is certified in IPL (photofacial), CoolSculpting, VelaShape and Thermage. ■

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



Ashley Peck



Rae Moreno

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EVENT

Pirates Celebrate GO Day on the Lower Salt River

By Lynda Breault

There will be pirate sightings on the Lower Salt River as they celebrate Get Outdoors Day (GO Day) with Salt River Tubing on Saturday, June 10, from 8:30 a.m. to 6:30 p.m.

Pirates will sail the Salt River on tubes while brandishing swords, waving pirate flags and humming Yo, Ho, Ho and a bottle of water. National GO Day, celebrating its 10th annual event, is a fan favorite.

Free pirate bandanas will be tendered to the first 1,000 participants. Salt River Tubing also will award free tubing passes for the best pirate tuber costumes.

“Join us for the time of your life at our Salt River Pirates event,” said Salt River Tubing President and Chief Executive Officer Henri Breault. “Buccaneers can kick up their heels with our pirate line dancers, grab a photo opportunity with Smokey Bear, and ride our pirate warships (shuttle buses) to and from the Salt River. GO Day is keyed to enticing first-time visitors to the great outdoors and enjoying the mountain-stream waters of the Salt River while floating in the mini-Grand Canyon of Tonto National Forest,” he continued. “Our recreational paradise is a fun-filled adventure in the great outdoors.”

According to GO Day organizers, participants from federal agencies, nonprofit organizations and the recreation industry have teamed up to host the 10th annual event to encourage healthy, active outdoor fun at sites across the nation. On Saturday, June 10, these diverse partners will offer opportunities for American families to experience traditional and nontraditional types of outdoor activities. Prime goals of the day are reaching currently underserved populations and first-time visitors to public lands, as well as reconnecting our youth to the great outdoors.

The event’s invited exhibitors include Tonto National Forest, Maricopa County Sheriff’s Office Lake Patrol and Monster Energy beverage company. Extra splash and sizzle includes live entertainment by KISS FM 104.7 radio station, pirate coin grabs, water cannon battles and free giveaways.

On April 25, Governor Doug Ducey issued Arizona’s Great Outdoors Month proclamation, which states,

“Arizona is blessed with outstanding opportunities for safe and healthy fun in the Great Outdoors enjoying our natural splendors in the company of family and in the company of old and new friends.”

The pilot effort of National Get Outdoors Day was launched on June 14, 2008. Building on the success of *More Kids in the Woods* and other important efforts to connect Americans—especially children—with nature and active lifestyles, the United States Department of Agriculture (USDA) Forest Service and the American Recreation Coalition agreed to lead an inclusive, nationwide effort, focusing on a single day when people would be inspired and motivated to get outdoors.

GO Day partnered with federal, state and local agencies, key enthusiast organizations and recreation businesses to create a healthy, fun day of outdoor adventure aimed at reaching first-time visitors to public lands and reconnecting children to the outdoors. Last year, 138 official GO Day sites across the nation welcomed thousands of new faces to the joy and benefits of the great outdoors.



Salt River Tubing operates in Tonto National Forest under permit of the USDA Forest Service. The cost of tube rental is \$17 per person or tube, which includes inner tube rental, shuttle bus service and free parking at Salt River Tubing.



- TUBING TIPS**
- Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
  - Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests will be inspected for glass containers before boarding shuttle buses. Please use plastic bottles or aluminum cans.
  - Have a great time during your floating beach blasts, but remember that drugs, alcohol and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure.
  - Daily operating hours at Salt River Tubing are from 9 a.m. to 6:30 p.m. ■

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.

For more information about Salt River Tubing and National Get Outdoors Day (GO Day), please visit [saltrivertubing.com](http://saltrivertubing.com) and [nationalgetoutdoorsday.org](http://nationalgetoutdoorsday.org), or call (480) 984-3305.

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## LOCAL BUSINESS

## Not all air conditioning problems require service calls

Submitted by John's Refrigeration

Some problems with your air conditioning system can be solved quickly and easily.

Before reaching for the phone to call for service, use this checklist to determine whether you can solve any issues on your own:

**Check Filter.** A clogged filter will reduce the amount of cool air entering your home. Plus, it will make the system work harder and could lead to early system failure.

**Check Thermostat.** It should be set three to five degrees below the room temperature to start the system. Don't be tempted to turn it down further to try to get your air conditioner to start. This can cause additional problems.

**Check Circuit Breakers.** Determine whether any of them are tripped in the electrical panel. Reset if needed.

**Check Vents.** Make sure all vents and return air ducts are open and not blocked.

**Check Air from Indoor Vents.** The air blowing should be cool. If there is no air, or it is warm, turn off the unit and call for service. Continuing to run your air conditioner could cause damage to the system.



C. Andrew John

**Check Air from Outdoor Unit.** You should feel warm air blowing from the vents. If there is no air, turn off the unit and call for service. Continuing to run your air conditioner could cause damage to the system.

**Check the Outdoor Unit.** Clear away any debris or landscaping to allow at least 15 inches of free space for proper airflow.

**If you see the following symptoms, call right away to avoid damage to the system.**

- Fluid or water is leaking from the unit.
- Water coming from the upper vent (typically located on the side of your house, about 10 feet up).
- You see a buildup of ice on the unit.
- The system is making strange noises or is noisier than usual.
- The system has a hard time starting up, or you notice the lights dim when it starts.
- The system runs continually. ■

*If your air conditioning system is still not operating properly, call John's Refrigeration at (480) 648-2505, or go to [JustCallJohns.com](http://JustCallJohns.com).*



## LOCAL BUSINESS

## Reduce the Stress of VISITING THE VET

Submitted by Las Sendas Animal Hospital and Grooming

Regular vet visits and wellness checkups are important for our furry friends, but while dogs can be frightened by such a visit, without a doubt, if there was an award for *Most Stressful Performance by a Companion Animal*, cats would win it every time.

Too often, taking a pet to the vet requires a world-class wrestling match to just get him into the carrier (hopefully, without creating the need for a blood transfusion for the cat owner). Most dogs will adapt to the car easily. Cats, however, like predictable surroundings.

While it's common for pets to shake, cry or even hiss, howl or bark, their health is more important than their temporary discomfort. In fact, there are many things you can do to help make these trips a little easier on everyone.

- Get smaller pets accustomed to their carrier by making it part of their daily life. Don't save it solely for trips to the vet, or they will have a bad association.
- Give your pets a regular head-to-toe exam at home. It helps them get used to being handled and gives you a chance to catch any changes early.
- Take your pets along on short car rides that don't end at the vet's office. Getting them used to being in the car can make a world of difference.
- Make sure small pets can stand, sit and turn around comfortably inside the carrier.



- Include a favorite blanket or towel from home inside the carrier. The familiar scent of home can help calm your pet.
- Look for calming pheromone-based scent sprays for animals. You can use them in the carrier and around your home during stressful times.
- Leave your pet inside its carrier while in the waiting room. (Trust us on this one.)
- Animals can pick up on your moods and anxiety. So, remain calm, and speak to your pet in soothing tones.

We hope these tips will help make trips to the vet's office a little easier. ■

*Feel free to stop by and see us. Las Sendas Animal Hospital is located on the southwest corner of Power and McDowell roads. For more information, visit our website at [LasSendasAH.com](http://LasSendasAH.com), or call (480) 264-3460.*



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COMMUNITY

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By Pat Favier, Secretary  
Red Mountain Ranch Social Club  
**A**nd, they're off! These infamous words highlighted a fun-filled afternoon for the Red Mountain Ranch Social Club on Saturday, May 6.

More than 30 members attended a party hosted by fellow club member Ferne Zabezensky to celebrate the 143rd running of the Kentucky Derby. Arriving hours before the race, the guests had plenty of time to study the field of horses participating in the race, the history of the animals, along with the

owners and jockeys. Of course, to truly get into the spirit of the day, the traditional Mint Julep was served, along with an appetizing array of hors d'oeuvres and dessert. Much socializing accompanied the lead-up to the big race. Obviously, it just wouldn't have been a traditional Derby Day if the ladies in attendance hadn't worn their finest in millinery splendor. Hats bedecked with all variety of flower, feather and frilly accessory lent an air of elegance coupled with frivolity. There were prizes for the most classic and the most creative hats worn respectively by Allyn Bransby and Martha Stephens. By the time of the race, all the partygoers had chosen their favorites, placed their bets and waited for the final outcome. Watching the actual race on TV created just the right atmosphere of suspense—at least all the suspense a two-minute event can provide. One could almost envision being there in Louisville, Ky., rather than Mesa, Ariz., watching the horses run the distance on a very sloppy track. All in all, it was decided the Kentucky Derby was a great way to finish off a great year for the Red Mountain Ranch Social Club. Those in attendance also agreed to repeat the event at the same time next year. ■

If you would like more information about joining the social club, come to one of the meetings on the second Thursday of the month, at 9:30 a.m., in the Red Mountain Room of the Red Mountain Ranch Country Club.

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.*

**BREAKING NEWS:** Teen finds 7.44 carat diamond after only 30 minutes of searching. What? Really? You might ask, "How does this happen and where?"

Well, let me tell you about a unique place where diamonds are just lying on the ground, waiting for you to pluck them from the dirt with your bare hands, as this 14-year-old individual did on March 11. I'm really not kidding.

If you haven't finalized your summer vacation plans, you might want to consider this place. It's called the Crater of Diamonds State Park, located on the edge of Murfreesboro, Ark. Not Africa, not India, not Russia but Arkansas, in the good old United States of America.

For the paltry sum of \$10, you, too, can root through the dirt and perhaps find a diamond or two. These diamonds are in the rough, of course, but all polished diamonds start that way. Around 1906, the first diamond was discovered at the site of the future park. On July 15, 1952, the area became a commercial venture open to the public.



In the early 1970s, the land was established as an Arkansas State Park. Since the park started keeping records, in 1972, there have been a reported total of 32,444 diamonds found through 2016. The largest diamond recovered during this time was 16.37 carats in size, found by a Texas visitor, in 1975. That diamond was cut into the 7.50 carat *Amarillo Starlight*. Last year, a total of 501 diamonds were found by tourists at the park. While most of us will never visit the park to seek our treasure in the dirt, many of us have treasures in our dresser drawers in the form of old or unwanted jewelry. It might be broken, outdated or hold unpleasant memories. Don't just discard it, however, without knowing the value of what you have. Who knows, that old jewelry just might be your diamond in the rough and worth enough to fund your summer vacation. 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).

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## THE GOLF SHOP

### Father's Day—Sunday, June 18

Check out our Father's Day month-long sale starting on June 1. Lots of specials for Dad, and gift certificates for golf merchandise are always available.

Now that summer has really arrived, it's time to take advantage of great golf conditions at Las Sendas and lots of available tee times. We have a fully stocked Golf Shop, featuring golf and leisure wear for men and women.

Check out our sale rack, which constantly is being restocked.

Take 20 to 60 percent off men's and women's clothing. Take 15 percent off golf shoes and golf bags.

Receive 10 percent off headwear. All in-stock golf clubs are on sale.

Choose from all the best fashions for men and women. Select from Jamie Sadock, Jo-Fit, Annika, Greg Norman, PING, Travis Mathew, Foot Joy and Under Armour.

Las Sendas Private Label wines are available in the Golf Shop. We have Cabernet Sauvignon, Merlot, Chardonnay, Pinot Grigio—only \$18.95 per bottle and discounts if you buy multiple bottles.

### Golf Rates for June

Sunday through Wednesday  
Open to 1 p.m.—\$39 plus tax.  
1 to 3 p.m.—\$29 plus tax.  
After 3 p.m.—\$19 plus tax.

Thursday through Saturday  
Open to 1 p.m.—\$49 plus tax.  
1 to 3 p.m.—\$39 plus tax.  
After 3 p.m.—\$29 plus tax.



**Las Sendas Residents**—Please go to our website at [www.lassendas.com](http://www.lassendas.com), and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. It's free to book tee times.

For information about Las Sendas Golf Club, please call (480) 396-4000.

## THE PATIO AND THE GRILLE

**Happy Hour from 3 to 7 p.m. daily**  
Our 4Ms cocktail selection featuring:

### Margaritas, Mules, Martinis and Mojitos

Along with our special selection of Happy Hour food.

To include:

Prime Rib Sliders.

Grilled Cheese Bites with Tomato Jam.

Rockfish Street Tacos.

Assorted Flatbreads.

Jalapeño Shrimp Poppers.

Pretzel Bites, Cheese Fondue and more.

### The Vistas Pavilion Will Host The Summer Wine Series

#### June 3

**Wine Dinner—\$65**

Featuring Sojourn Cellars.

Reception and a three-course plated dinner paired with wines.

6 p.m. start time.

#### July 15

**Wines of Summer—\$50**

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

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

6:30 p.m. start time.

#### Aug. 12

**Flying Blind Wine Tasting—\$50**

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

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

Heavy appetizers will be provided along with the tasting.

This is one you don't want to miss.

### Summer Chef Series Chef's Tasting Menu

#### June 15 and 16

**A Taste of Spain**

With Chef Al and Chef Jason.

#### July 20 and 21

**Flavors of Puerto Rico**

With Chef Alex and Chef Al.

#### Aug. 17 and 18

**Cuisine Specialties from the Mediterranean Coast**

With Chef Al.



## 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).

You also can call (480) 323-9364.

\* Kids are restricted to playing after 3 p.m. (Oct. 1 through May 30).

Restricted to playing after noon (June 1 through Sept. 30).



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



THE VISTAS WEDDING PAVILION AT LAS SENDAS

The Vistas Wedding Pavilion is Mesa’s premier wedding venue. We can accommodate small and large weddings. Our location is surrounded by spectacular views of the Phoenix Valley, sunsets and city lights. We offer personalized event planning services and a culinary team that will meet and exceed your expectations with exquisite menu choices.

Our full service wedding pavilion includes Bogey’s private dining for your rehearsal dinner, elegant venues for your ceremony and onsite catering. The Vistas Pavilion is adjacent to Las Sendas Golf

Club, a world-class championship golf course.

Client Reviews—Read what our clients are saying about us

The staff was amazing to work with and made our wedding a special one-of-a-kind day. I would recommend this venue to anyone wanting to celebrate a wedding or special occasion. They are fabulous.

The staff at Las Sendas was very helpful, courteous and honored our every wish. They were very easy to work with and made the time to answer all of our questions. The staff was helpful in working with us to stay at our personal budget and flexible in offering ways to accommodate my husband and I. This location offers a great view of the

Valley and, most of all, it met all our needs, from serving a great buffet, to providing a scenic view for our guests, to providing the lighting, linens and centerpieces, etc. I am so thankful for their exceptional service in making our wedding reception fantastic and unforgettable.

The staff and food exceeded our expectations. We are very happy we had our reception here.

We had an absolutely beautiful wedding at The Vistas Pavilion, located at the Las Sendas Golf Club in Mesa. The service was phenomenal, the food was delicious, the view was breathtaking, and we could not have asked for a more perfect day. The catering manager coordinated the event and kept us updated in a timely manner leading up to the event. She was very sweet, detail-oriented and professional.

Everything was beyond our expectations. You and your staff are exceptional. Everyone was impressed with the entire function, from food, to service, to facility, etc. Thank you so very much. We hope to send you business through word of mouth. We cannot say enough great things.

Our wedding was absolutely dreamy. The Vistas Pavilion gets an 11 out of 10.

Additional reviews are available at [www.weddingwire.com](http://www.weddingwire.com).



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## REAL ESTATE

# BUYERS AND SELLERS SHOULD KNOW What to Expect During Inspections

By Lorraine Ryall  
Realtor, CDPE, CSSN  
KOR Properties

Once the offer and any counters have been accepted by all parties, you are now in the inspection period.

Unless stated otherwise, this is a 10-day inspection period, and the days start from the date the contract or the last counter was accepted. So, if you wrote the offer on June 1, countered back and forth, and the last counter was accepted on June 5, the 10-day inspection period starts on June 5 and ends on June 15, at 11:59 p.m.

The inspection/due diligence period is for the buyers, at their expense, to conduct any desired physical, environmental and other types of inspections or investigations to determine the condition of the property. The buyer will usually have a home inspection and a termite inspection done. The buyer should take this time period to look into any other material facts deemed important, such as close by airports and the area crime rate, etc.

## THE BUYER ADVISORY

This is a 14-page document given to the buyer when the offer is written. Most buyers just sign it and never look at it again, but it is a great resource to help guide the buyer through the inspection period and throughout the purchasing process. It is designed to give the buyer information on some of the more common issues a buyer may decide to investigate, along with great websites and resources to use. It outlines the documents the buyer may receive and what to look for. If you are buying a home, I would recommend you take the time to look over the Buyer Advisory, as it really is full of useful information you may otherwise miss.



Lorraine Ryall

## THE INSPECTIONS

The home inspection and termite inspection usually are done at the same time. It is much better for everyone if the seller is not present during the inspections, which take several hours. The buyers will meet the inspector and their Realtor at the property for the last 30 minutes. This gives the inspector the opportunity to go over his findings and anything he feels needs to be pointed out to the buyers.

After doing home inspections where the buyer has and has not been present, I can tell you it is so important for the buyer to be there and walk through the home with the inspector. The inspection report is very detailed and can be anywhere from 30 to 80 pages long (lots of photos), which would be very overwhelming if you just received it in an email without any explanations from the inspector. For my out-of-town clients or those who are unable to be at the inspection, I just FaceTime or Skype them in, so they still get to walk through the house with the inspector, see what he is seeing and ask questions.

## BUYING AS IS

With the new purchase contract that went into effect on Feb. 1, one of the major changes was the removal of the Warranties section. Now, properties are sold in their present physical condition, as of the date of contract acceptance. Previously, the seller was obligated to repair certain items, such as heating, cooling, mechanical and electrical systems. Now, the seller is no longer contractually obligated to do any repairs. However, the buyer can and probably will still request repairs on items they would like fixed.

If the buyer is paying full price and only asking for a few items to be repaired, the seller is more inclined to agree to it. If the purchase price was lower than expected, or the buyer is asking for a lot of items to be repaired, the seller may choose to only fix a few of them. This is where some contracts fall apart. Oftentimes, it's not black and white

and requires some creative negotiating to keep all parties happy and the deal moving forward. If the buyer and seller cannot agree on repairs, the buyer can cancel the contract, and the earnest will be refunded. So, it's important to find a middle ground where everyone can agree.

## SELLER'S PROPERTY DISCLOSURE STATEMENT (SPDS)

This is a form the sellers complete whereby they disclose any material facts about the property known to them, such as if there have been any water leaks, the names of the utility companies and if they are aware of any noise issues, etc. It must be delivered to the buyer within three days after contract acceptance. As a seller, it is very important to answer all questions as truthfully and as thoroughly as possible.

## INSURANCE HISTORY

The seller has to provide the buyer a five-year insurance claims history within five days after contract acceptance.

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](mailto:Lorraine@Homes2SellAZ.com), or call (602) 571-6799. Visit her website at [Homes2SellAZ.com](http://Homes2SellAZ.com).



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Las Sendas  
Huge Lot - \$495,000  
3233 sq ft, 5 Bed 3 Bath



Custom with Views  
Acre - NO HOA - \$650,000  
3788 Sq Ft, 4 Bed, 3.5 Bath



Red Mountain  
Cul-de-sac, Pool - \$285,000  
2094 sq ft 3 Bed, 2.5 Bath



Las Sendas  
Remodeled - \$599,900  
4055 sq ft, 5 Bed 3.5 Bath

Lorraine was a pleasure to work with throughout the whole process of purchasing our home. My husband and I appreciated her low-pressure interactions with us so that we could move forward at our own comfort. We never felt rushed and fully trusted her to help make our purchase. Lorraine was always punctual and direct in all forms of her communication with us including emails, phone calls, and texts. When we finalized the purchase process, Lorraine showed so much excitement for our family and was genuinely happy for us. We could not have asked for a better Realtor in making one of the most important and exciting purchases of our lives. We plan to recommend Lorraine to our friends and family and would contact her again in the future without a doubt. —Goran and Jessica

## DON'T JUST LIST YOUR HOME

# SELL IT



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LOCAL BUSINESS

TREAT YOUR PET TO GOOD HEALTH

Poor quality pet foods may cost less at the register but cost more in long-term care

Submitted by Pet Planet

An important aspect of good nutrition often overlooked is the choice of pet treats. Giving little thought to the quality of treats you are feeding your pets really defeats the purpose of feeding a high-quality pet food, which you've taken the time to carefully select.

While most consumers have educated themselves about what constitutes a good quality pet food—protein listed as the first ingredient and no by-products, etc.—many don't even think twice about grabbing a bag of treats from the grocery store shelf and throwing it in their cart. Unfortunately, this lack of thought may be harming your pet more than you realize. Low-quality treats containing

low-quality ingredients have been linked to digestive upset and allergies. There are many great healthy treats available today that will not harm your pet. Following the same simple guidelines when shopping for treats as you do for pet food is imperative. Look for high-quality protein sources, and avoid certain ingredients that can compromise your pet's good health. ■

INGREDIENT TYPE	INGREDIENTS TO AVOID	HEALTHY INGREDIENTS
Protein Source	<ul style="list-style-type: none"><li>• By-products</li><li>• Soybean Meal</li></ul> <ul style="list-style-type: none"><li>• "Meat" Meals</li><li>• Blood or Bone Meal</li></ul>	Fresh meats, like chicken, lamb, turkey, duck, beef and salmon. Chicken meal, lamb meal, beef meal and salmon meal, etc. Organ meats, such as liver, kidney, lung and tripe.
Carbohydrate Source	<ul style="list-style-type: none"><li>• Cellulose</li><li>• Oat Hulls</li><li>• Wheat Middlings</li></ul>	Fruits, Vegetables, Barley, Oatmeal, Rye
Fat Source	<ul style="list-style-type: none"><li>• Animal Fat</li><li>• Beef Tallow</li><li>• Lard</li></ul>	Salmon (fish) oil and flaxseeds are the best, as they are a source of Omega 3 fatty acids, excellent for healthy skin and coat and a strong antioxidant. Chicken fat Duck fat
Preservative Source	<ul style="list-style-type: none"><li>• BHA</li><li>• BHT</li><li>• Ethoxyquin</li></ul> <p>All three of the above are chemical preservatives linked to cancer, kidney disease, allergies and immunodeficiencies.</p>	Mixed Tocopherols are best, as these are natural preservatives and can contain any combination of vitamin E, vitamin C and rosemary extract.
Humectant Source (used to maintain the semi-moist consistency of soft treats)	<ul style="list-style-type: none"><li>• Propylene Glycol—a derivative of antifreeze. Exposure can be toxic and long-term ingestion is linked to cancer.</li></ul>	Vegetable Glycerin
Additives	<ul style="list-style-type: none"><li>• Artificial Coloring—avoid any dyes, such as yellow 5, red 40, blue 2, etc.</li></ul>	
Sweeteners	<ul style="list-style-type: none"><li>• Fructose</li><li>• Sugar</li></ul> <ul style="list-style-type: none"><li>• Corn Syrup</li><li>• Sorbitol</li></ul>	
Flavoring Agents	<ul style="list-style-type: none"><li>• Animal digest</li></ul>	Natural flavors, such as peanut butter and cheese, etc.

**PET TREATS SHOULD COMPLIMENT THEIR DIET, NOT COMPROMISE IT**

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GROCERY

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Tranches alléchantes

**15% PROTEIN**

ALL INGREDIENTS:  
GROUND WHEAT, CORN GLUTEN MEAL, WHEAT FLOUR, WATER, GLYCERIN, GROUND YELLOW CORN, SUGAR, SOYBEAN MEAL, BACON (PRESERVED WITH SODIUM NITRITE), SALT, BACON FAT (PRESERVED WITH BHA & CITRIC ACID), BEEF, PHOSPHORIC ACID, SORBIC ACID, CALCIUM PROPIONATE, NATURAL & ARTIFICIAL SMOKE FLAVOURS, RED 40, YELLOW 5, BLUE 1, YELLOW 6, ADDED COLOUR L-4011

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REAL ESTATE

# Leasing Solar Panels Can Impact the Future Sale of Your Home

By John Karadsheh  
KOR Properties

If you have considered getting solar panels for your home, you are not alone.

We have been getting many calls from our clients recently asking us our opinion. Nationally, residential solar installations have increased by 50 percent per year since 2012, and we certainly can see the impact as more panels pop up on rooftops across the Valley.

With the high expense of purchasing solar systems out right, most homeowners choose to lease solar systems at little to no upfront cost. Solar has a lot of upsides. Specifically, you can reduce your electric bills, it's green, and leasing makes it affordable. Most homeowners assume the new solar panels will only enhance the value of their home and maybe even help them get a higher sales price when they sell their home. However, there are some challenges you should be aware of before signing a solar lease.

First of all, when you lease solar panels, the lease stays with the property and has to be assumed by the new owners. This means a potential buyer will have to qualify with the leasing company. Further, the cost of the monthly lease gets factored into the buyer's debt ratios, which can skew their ratios and impact their ability to qualify for financing. Interestingly, the cost savings does not get factored into the buyer's debt ratios. Additionally, at this time, the Federal Housing Administration won't finance properties with leased solar panels.

Secondly, before installing your solar panels, you want to make sure your roof is in great shape. Installing a new



John Karadsheh

roof once the panels are installed is much more challenging and has additional costs.

The other thing to consider is the fact it is highly likely the solar technology will improve within the next 10 years. In 10 years, when you are ready to sell your home, the panels will likely still work, but a buyer may not be interested in assuming a lease on older technology.

We are starting to see these issues appear in real estate transactions. Firstly, the lease can limit the pool of potential buyers who can qualify to purchase the property. Secondly, the new buyers also will have to deal with the lease when they go to sell down the road, which causes them to have pause. Also, once buyers realize they need to assume the lease, they often ask for the seller to pay out the lease. We have heard of several cases in which the solar panels have resulted in buyers backing out or sellers having

to pay out the solar lease to get the deal done.

While we are not trying to talk you out of investing in solar technology, we do highly recommend that you carefully weigh the pros and cons before making such a significant investment in your home. ■

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

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



Real Estate

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In Las Sendas

**Las Sendas Area Market Report**

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

Address	Square Feet	Community	Sold Price
7445 E. Eagle Crest Dr. #1013	1,762	Cachet	\$305,000
3055 N. Red Mountain #164	1,571	Ironwood Pass	\$309,000
7322 E. Minton Cir.	1,848	Grayfox	\$315,000
3060 N. Ridgecrest #130	2,248	Desert Vistas	\$320,000
7803 E. Red Hawk Cir.	2,370	Grayhawk	\$332,000
7252 E. Nance St.	2,835	Trailridge	\$342,000
3216 N. Sagewood Cir.	2,226	Granite Ridge	\$345,000
2465 N. Raven Cir.	2,219	Grayfox	\$355,000
7445 E. Eagle Crest Dr. #1005	2,585	Cachet	\$368,000
1741 N. Paseo Del Sol	1,840	The Highlands	\$369,000
3060 N. Ridgecrest #163	2,732	Desert Vistas	\$372,000
7552 E. Pearl Cir.	2,226	The Terraces	\$399,000
3955 N. Sonoran Hills	2,757	Sonoran Hills Estates	\$409,900
7754 E. Regina Cir.	2,732	Grayhawk	\$425,000
3636 N. Canyon Wash Cir.	3,427	Grayhawk	\$437,750
3756 N. Canyon Wash Cir.	2,814	Grayhawk	\$438,000
7524 E. Sandia Cir.	2,757	Canyon Creek	\$440,000
7331 E. Sierra Morena Cir.	2,757	Boulder Mountain	\$440,000
7526 E. Tyndall Cir.	3,427	Pinnacle Point	\$470,000
4065 N. Mirada Cir.	2,641	Stonecliff	\$480,000
7902 E. Sierra Morena Cir.	2,814	Eaglefeather	\$505,000
8205 E. Sienna St.	3,387	Echo Canyon	\$530,000
4129 N. El Sereno Cir.	3,017	Legacy Hills	\$555,000
6936 E. Saddleback Cir.	4,322	Sonoran Hills Estates	\$560,000
7260 E. Eagle Crest Dr. #34	2,890	Black Rock	\$587,500
4146 N. El Sereno Cir.	4,047	Legacy Hills	\$800,000
4304 N. Desert Oasis Cir.	3,159	Hidden Canyon	\$815,000
7260 E. Eagle Crest Dr. #6	3,523	Black Rock	\$935,000
4353 N. Deserts Gate Cir.	6,524	Hidden Canyon	\$1,632,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.  
Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER  
KOR Properties www.KORproperties.com

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"John was professional, knowledgeable and thorough in helping us find what we wanted in a home. He listened to us and looked for homes that met our criteria. Even when (in frustration) we considered renting instead of buying, he advised us to "do whatever is right for you". For me, that advice epitomized John's behavior all during our search; he always put us first. He also provided us with excellent referrals for work to be done (he knows everyone, it seems!) and has continued to be a reference for us since our closing. We bought and sold many homes in our years before we came to Arizona, and we never had a Realtor better than John. He took great care of us. " - Patty M.

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)



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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. 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.



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TRAVEL

# Today's All-Inclusive Vacations ARE WORTHWHILE

**Submitted by Bruce and Sue Mitchell**  
The all-inclusive resort used to be considered the budget inn of travel.



Images of a rowdy crowd drinking in the Jacuzzi, bland food, forced group activities and limited entertainment was the norm. Today, the all-inclusive concept has expanded to unlimited activities, such as golf on a championship golf course, gourmet meals and more upscale and intimate resorts. More and more vacationers are considering all-inclusive vacations, and the industry is listening. The reasons for the popularity of all-inclusive resorts are time and value. Travel experts say pre-paying for all the food and drinks ahead of time allows you to have a more enjoyable getaway because you don't have to think about how much you are spending, and you don't have to worry about carrying your wallet around the resort. Think of it as a no-hassle and stress-free vacation.

**AN ALL-INCLUSIVE RESORT USUALLY INCLUDES:**

- Accommodations.
- All meals.
- Room service.
- Drinks, including wine, beer and spirits.
- Daily activities.
- Entertainment.
- All tips and gratuities and more.

It's best to choose the resort featuring the activities and atmosphere that best matches your interest. Kid-friendly or romantic hideaway? Beach or snow? Whatever is your fancy, there is one just for you.

All-inclusive family resorts have everything for everyone, young and old. Some of the most popular resorts are in Mexico and the Caribbean. There are great beaches, fun watersports and awesome age-appropriate kids' programs. But wait. There's more!

- In addition to the normal inclusions, you also can expect the following at most family all-inclusive resorts:
- Family/connecting accommodations.
  - Kids Club.
  - Kids Only Dining Room.
  - Teens Only Club.
  - Organized games and activities.
  - Family activities.
  - Kid-friendly pools and waterparks.
  - Themed character activities, such as the gang from Sesame Street.

When you're looking to steal away just with that special person in your life, however, you may want to consider one of the upscale hideaways. The upfront sticker price may be a shock at the beginning, but when you do the math, it is all worth it. Plus, not having to think about pulling out the credit card and tipping the attendant every single time is, well, what a vacation is all about. Not a single care in the world.

Let us do that for you. Give us a call, and we'll take care of everything else. We work with the best land and tour partners in the world. They offer everything, from a hut in Fiji, to an all-inclusive family suite in Turks and Caicos.

Are all-inclusive vacations worth it? Yes! More than ever. ■

For more information, and to reserve your next dream vacation, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists, at redmountaintravel.com, or send an email to smitchell@cruiseplanners.com. You also can call (480) 396-8084.




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EDUCATION

# Unique Middle School Program Develops Well-Rounded Students

By Jennifer Salvatori

The transition to middle school is met with both excitement and apprehension by parents and students alike. Parents have three major concerns for their children's transition to middle school. These are academics, safety and care, and social growth. Self Development Academy (SDA) administration, staff and faculty are dedicated to addressing these three areas and ensuring each student's transitions to middle school and high school are successful.

SDA CURRICULUM

SDA consistently has been ranked among the top 10 schools in Arizona, and recently received recognition from Niche, ranking No. 1 in the state and No. 2 in the nation (niche.com, 2017). SDA offers an advanced, intellectually stimulating curriculum. Students learn at their skill level, as opposed to their grade level, in the subjects of language arts, mathematics and science.

SDA offers a comprehensive middle school language arts program. The writing program is an intensive program based on the Six Trait Writing curriculum. This enriched curriculum allows the student to compose writing in a wide variety of formats, including expository, narrative, persuasive and informative essays.

The advanced literature program is taught at ninth-grade and 10th-grade levels, with an emphasis on skills, such as story elements, comprehension and advanced vocabulary. It is a diverse curriculum. Literature is taught across all genres. The literature texts consist of nonfiction, fiction, poetry and drama-based stories.

Taught in conjunction with literature is grammar. The grammar program emphasizes usage and mechanics. Students in our program are well prepared in all areas of the language arts curriculum.

Mathematics students test into their appropriate

skill level. We are excited to offer Pre-Algebra, Algebra, Geometry and Algebra II. These classes typically are offered beginning in high school. SDA students have the opportunity to receive high school credit for these courses. SDA's science program focuses on mastery of scientific concepts and conducting experimental investigations. The Science and Technology Center provides the perfect environment for learning and applying scientific knowledge.

Middle school students advance their knowledge while completing coursework in biology, chemistry and physics. Taking these courses earlier gives students the opportunity to complete required science coursework in fewer years. Through its integrated approach of science, technology, engineering and mathematical applications, SDA prepares students with a strong foundation for future career paths.

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

SAFETY AND CARE AT SDA

With 100 students enrolled in the middle school program, school personnel know each family, creating a family-like atmosphere. Besides a commitment to each student's education, SDA staff and faculty ensure the well-being and safety of each student. SDA provides a safe and protected environment whereby students have freedom, as well as responsibility. Teachers serve as advocates and mentors for students, responding to their social and emotional needs.



Their role of advocacy strengthens the positive relationships between students and teachers.

SOCIAL GROWTH THROUGH ELECTIVES AND EXTRACURRICULAR ACTIVITIES

In addition to receiving a high-quality academic experience, SDA students have many opportunities for social growth, healthy competition and new experiences through extracurricular activities. Electives offered at SDA include violin, percussion, computer coding, journalism, Latin, debate and tutoring. SDA offers clubs, including Science Olympiad, Sports Club, Choir Club and Dance Club. Every winter and spring, students showcase their creative spirits through performances.

A rigorous academic program, caring staff and faculty, as well as various extracurricular opportunities, help develop well-rounded students who are well prepared for high school. SDA is a highly acclaimed, public charter school (kindergarten through grade eight). ■

For more information, or to schedule a tour, please contact the Front Office at (480) 641-2640.



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www.SelfDevelopmentAcademy.com



EVENT

# Mega Hawaiian Hula Event Ensures Tubing Fun on the Salt River

By Lynda Breault

If you have been dreaming of a Polynesian outing, grab your luau shirt and float your tube Hawaiian-style during Salt River Tubing's Mega Hawaiian Hula event on Saturday, June 24, from 9 a.m. to 6:30 p.m.

This fun-filled hula adventure, on the cool and refreshing Lower Salt River, in Tonto National Forest, will feature free Hawaiian leis to the first 1,000 Aloha fun-seekers.

Please join us, and shake your grass skirt as the Hula Honeyes perform the Hukilau line dance.

The *More Teens in the Woods* Hawaiian event offers live entertainment by KISS FM 104.7 radio station, limbo and hula-hoop contests, as well as loads of photo opportunities in the great outdoors. Salt River Tubing will be awarding free tube rental passes for the best Hawaiian tuber costumes. The tubing passes are valid on your return visit. Hawaiian-tiki barges will transport guests to the Lower Salt River for fun on the rocking river rapids.

"Our Mega Hawaiian Hula event offers a unique and memorable *Fun in the Sun* experience as you enjoy a relaxing voyage on the Salt River," said Salt River



Tubing President and Chief Executive Officer Henri Breault. "Wave aloha as you float past our majestic mountain scenery, and have your camera ready to snap pictures of the Salt River wild horses and tons of Polynesian tubers."

The Mega Hawaiian Hula event, co-sponsored by KISS FM 104.7 and Salt River Tubing, is aligned with the United States Department of Agriculture (USDA) Forest Service's *More Kids in the Woods* commitment in meeting the challenge of reduced youth involvement in outdoor activities. The program was designed expressly to encourage efforts to get kids and teens outdoors in their national forests.

Salt River Tubing operates under permit of the USDA Forest Service, and is open daily from 9 a.m. to 6:30 p.m. Cash and credit card (Visa, MasterCard, American Express and Discover) transactions are accepted and require a valid driver's license for tube rental deposit and credit card identification.

The cost of tube rental is \$17 per person or tube, which includes inner tube rental, shuttle bus service and free parking.

TUBING TIPS

Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tips to assist tubers in planning their floating fun:

- Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
- Life vests are strongly recommended for children, non-swimmers and inexperienced swimmers.
- Glass containers are prohibited by law in the Salt River Recreational Area and will be confiscated. Ice chests will be inspected for glass containers before boarding shuttle buses. Please use plastic bottles or aluminum cans.
- Have a great time during your floating beach blasts, but remember that drugs, alcohol and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure. ■

Salt River Tubing is located in Northeast Mesa, just seven minutes from the 202 East, Exit 23A, on Power Road/Bush Highway.

Please click on Salt River Tubing's website, at [saltrivertubing.com](http://saltrivertubing.com), for event details, and enjoy the Mega Hawaiian Hula video.



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

# It's Important to Change the Oil in your Vehicle

Submitted by H and I Automotive

Changing your oil is the single most important maintenance you can do for your car's engine, and it also can be the most confusing. Manufacturers and oil companies keep lengthening the periods between specific service requirements, but your local shop doesn't always agree with them. So, how do you decide when it is best to have your car serviced? Let's start with the basics. What does the engine oil do? Your vehicle engine oil reduces the friction between moving parts, transfers the heat generated in your engine and suspends the residue left by the combustion process. The last job is the one that turns your oil dark and is the most critical to the length between your oil changes. Dirty oil, no matter what kind, does not protect as well as fresh, clean oil. The weight of the oil used in vehicles varies by manufacturer and type of engine. Back in the day, oil was much thicker, but today's vehicles use thinner blends to obtain peak efficiency. Using the correct weight oil is imperative to protect your engine. Most vehicles will use 5w30, 5w20 or 0w20 oil. These oils allow for quicker flow on startup, thus providing protection faster to vital parts and reducing friction, which improves performance and fuel mileage. These oils are almost always a synthetic or at least a synthetic blend. The manufacturers and oil companies have made great improvements in their products to extend the oil's life. There are recommendations for 10,000, 15,000 and even 20,000-



mile oil change intervals. If you read the fine print, however, there are limitations to these claims. The most important fact to consider is the length of time you plan on owning your vehicle. You own the car, they don't. Manufacturers give minimum requirements they feel will keep your vehicle running through its warranty period, and the oil companies are not very specific when it comes to their warranties. So, if a problem occurs, it is you who has to pay for the repair. The bottom line is changing your oil more often is in your best interest. The better you take care of your engine when it is new, the less repairs it will require in the future. Here is why. The longer the oil runs in your engine, the more contaminants it collects. All engines consume a small amount of oil and if not checked regularly, can lead to oil deprivation. Engine sludge is real and causes expensive damage. A pure, conventional oil should be changed every 3,000 miles. Oils with at least some additional protective properties or a synthetic blend should be changed at 4,000 miles. All full synthetic oils are recommended at 5,000 miles. Oil changes are relatively inexpensive compared to repairs caused by oil contamination and breakdown. The slogan of a well-known filter company back in the 80s still rings true. "You can pay me now, or you can pay me later." ■ 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+.

EDUCATION

## Mesa Foundation enhances STUDENTS' LIVES

Submitted by Mesa Public Schools

The Mesa Foundation for Educational Excellence recently hosted its annual fund-raising dinner and auction. Attendees were treated to a Mardi Gras-inspired evening. The event was staged at The Wright House, transporting guests to the French Quarter. The event highlighted the nonprofit foundation's important work improving educational opportunities for Mesa's children. "The foundation has been making a difference in students' lives since 1986," shared Gaye Kelley, foundation secretary. "We help teachers with innovative classroom projects, provide musical instruments to children who can't afford them, and assist with basic student needs that range from vision and dental care to hearing aids and shoes." HELPING ALL STUDENTS SUCCEED The foundation also assists the district's audiology department with hearing devices, as well as batteries and maintenance. "Hearing devices change the lives of millions of people every day," said Dr. Rachel Kruppa, audiologist at Mesa Public Schools. "However, most private insurance companies do not cover hearing aids. The \$5,000 to \$7,000 price tag can be a hardship for families. As children grow, so do their ears, which means ear molds need to be remade on a regularly scheduled basis." A package of batteries for hearing devices can range from \$8 to \$10. The cost easily adds up. "Technology advances afford excellent hearing aids, which get smaller and smaller, making it easier for a child to lose them," stated Nadine Miller, director of district health services and audiology. "We all remember losing a retainer and digging through the trash to find it. Just imagine a child losing a hearing device on a playground." ■ For more information about the foundation's work, visit [mpsaz.org/foundation](http://mpsaz.org/foundation).



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EVENT

# JOIN THE Independence Day Celebration

Submitted by City of Mesa

The 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.



EDUCATION

# Mesa teachers instill a lifelong love for STEM

Submitted by Mesa Public Schools

Nancy Parra-Quinlan's industrial technology students are building rockets in their Kino Junior High School classroom.

Engaged and excited, they don't stop to think about how their teacher gained her expert knowledge. They just know they're working on cool projects. However, educators, such as Nancy, never stop learning.



## APPLYING REAL WORLD SITUATIONS IN THE CLASSROOM

Just as professionals in medicine, architecture and law participate in professional development, so do educators. Mesa Public Schools' teachers share their passion for learning with students in a variety of ways. This includes honing their skills, while learning new techniques and strategies to provide excellent educational experiences. The sky is the limit for cutting-edge professional development programs.

"We engage students in learning by doing," said Nancy. "We help them understand the world and guide them toward what they want to do as a career. A multitude of possibilities are available to them beyond doctor, teacher and firefighter."

In 2015, Nancy attended the Honeywell Educators at Space Camp Academy, at the U.S. Space and Rocket Center, in Huntsville, Ala. She participated in 45 hours of classroom, laboratory and training time focused on science and space exploration. Today, her students are building the same rockets she built during her time at camp.

students watched live through a videoconference at school.

According to Kimberly Merlene, science teacher at Mesa Academy for Advanced Studies, having opportunities to find exciting ways to introduce Science, Technology, Engineering and Mathematics, or STEM, to students in meaningful ways is a priority. "Experiencing it first-hand takes it to another level," she explained. "Being able to sit in the cockpit of the plane on the way to Houston, chatting with the pilot about the instrument panel, and having the opportunity to experiment in the facility where real astronauts train for their missions was invaluable."

Expert engineers, astronauts and former teachers in the field introduced lessons, providing tutelage and time, so teachers could create the projects they will introduce to students. Supplies for these projects were shipped to their classrooms. So, now they have everything they need to share their experiences.

"The beauty of science is that students enjoy connecting real-life scenarios with experiments," said Amber Amaya, fourth-grade and fifth-grade teacher at Porter Elementary School. "Students problem solve and work together as a team, so they may fix issues and make something better, just like they will in the workplace one day." ■

## TEAM MESA SHOOTS FOR THE STARS

A five-teacher team, from Kino Junior High School, Mesa Academy for Advanced Studies and Hale, Mendoza and Porter elementary schools, traveled to Johnson Space Center, in Houston, Texas, to participate in NASA's Microgravity University for Educators. Their mission was to test a student-derived Satellite Launching Experimental Device on the Precision Air Bearing Floor, while their

For more information about all Mesa Public Schools, please visit [mpsaz.org](http://mpsaz.org).



# We appreciate our retirees!

Mesa Public Schools would like to thank our retirees. These dedicated men and women who have shared their passion for education with students and colleagues. This year, we have more than **200 retirees** representing more than **4,300 years of service**.

**More than half of our retirees have given 20 or more years of service** to Mesa Public Schools. Thank you to our retirees with 35 or more years served:

Thelma Franco, 35 years  
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Susan Stauffer, 37 years  
Maria Curtis, 39 years

*We wish you the best in your future endeavors!*



[www.mpsaz.org](http://www.mpsaz.org)



LOCAL BUSINESS

# COOL ITALIAN COCKTAILS BEAT THE SUMMER SIZZLE

By Dawn Abbey

Cool, refreshing Italian-style cocktails are on the summer menu at Roma Café Ristorante. Best known for their authentic and delicious homemade Italian food, owners Antonio and Anna Magliozzi decided to add a splash of cool for their local summer patrons.

"It's hot, and no one wants to venture out. So, we thought we'd reward the adventurous with a choice of uniquely crafted cocktails with an Italian flair," said Antonio. "Our specialty is a Frozen Peach Bellini—a concoction of Prosecco sparkling wine blended with crushed ice and nectar of puréed peaches. This true Italian delight was invented in Venice, Italy, sometime between the 1930s and 40s in a bar frequented by author Ernest Hemingway."

The Italian Margarita adds a twist using amaretto mixed with triple sec, sweet and sour mix and tequila, for an Old-World taste in a popular local favorite. The name of the almond-flavored liquor is a combination of the Italian words *amaro* (bitter) and *amore* (love). "Now that's Italian," Antonio quipped.

"Our Limoncello Lemon-Drop Martinis are even better because of our homemade limoncello," Antonio claims. "An old family recipe makes the fresh lemon flavor really pop."

Another summer special is the Sunday Summer Buffet, from 1 to 6 p.m. For only \$13.95, diners can choose from four buffet items, along with soup or salad. Each Sunday will feature a different four choices from the restaurant's menu of more than 70 items. The Magliozzis thought this would be a great way to introduce diners to entrées they may not have had a chance to try. The regular menu also is available on Sundays.

Antonio does all the cooking using traditional family recipes handed down through three generations. "We still make our marinara and meat sauces the way my mother



did," Antonio said. The restaurant remains a family affair with son, Marco, and his fiancée, Sydne Bonner, helping out.

Born in Gaeta, Italy, on the coast south of Rome, Antonio and Anna were familiar with dozens of ways to enjoy fresh fish and shellfish. In addition, the Magliozzi family operated a restaurant there, serving the local fare. So, it's no surprise that seafood is a main focus on Roma Café's menu.

True to their heritage, Roma Café offers Seafood Cioppino as the specialty of the house—a delightfully seasoned combination of baby clams, mussels, shrimp, bay scallops and chunks of white fish and salmon sautéed together with garlic, butter, parmesan and wine and folded into his homemade sauce over a bed of linguine.

If you're looking for a cool and comfortable place to have a summer party, wedding dinner or family gathering, Roma Café has a private dining room that will seat up to 70. In addition, if you want a private lunch for groups of 10 or more, the Magliozzis will open just for you.

Roma Café Ristorante summer hours are Tuesday through Saturday, from 4 to 9 p.m.; Sunday, from 1 to 6 p.m.; and closed on Mondays. ■

For more information, visit [romacaferistorante.com](http://romacaferistorante.com), or call (480) 654-0558. Roma Café Ristorante is located at 7210 E. Main St.

LOCAL BUSINESS

# Chris Baker Offers ONE STOP SHOP

By Jamie Killin

Chris Baker, a Realtor with Weichert Realty, has had his real estate license for nearly 15 years, accumulating experience with commercial and residential real estate, as well as land development.

"I've been all around, and I've dabbled in everything" he said. "I enjoy the human interaction, whether it's commercial or residential, it makes no difference to me."

Chris, who comes from a customer service background, says what drew him to real estate was the ability to work with people.

"I've always enjoyed working with people," he said.

Chris' people-based approach to real estate has helped him to recruit the business of his friends, and to also create lifelong, repeat clients.

"I'm a hard worker, and I'm here to help them, not only on a short-term basis, but also on a long-term basis," he said. "A lot of my clients I've worked with I've helped with multiple properties."

With the changes in the real estate industry, Chris acknowledges that many people feel they no longer need representation, because so much information is online.

"The basics are there at their fingertips, but they still need to have someone who is knowledgeable," he said. "Even with things like contract changes, they need to have somebody who can walk them through that."

In addition to Chris' years of experience, his clients also benefit from his attention to detail and eagerness to jump into action to help them buy or sell their property.

He explained that when many people initially speak to a Realtor about buying or selling property, it's still just an idea. Chris does the research, however, and creates a plan showing the client what steps to take to make it happen—helping to make dreams a reality. ■

To contact Chris, visit his website, [chris.homeprorealty.net](http://chris.homeprorealty.net), or call him at (480) 239-7890.



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LOCAL BUSINESS

# Study of SuperAgers Offers Clues in THE MYSTERY OF ALZHEIMER'S

Submitted by Home Care Assistance

A study called *Rates of Cortical Atrophy in Adults 80 Years and Older with Superior Versus Average Episodic Memory* was published in the *Journal of the American Medical Association* on April 4.

Senior author Emily Rogalski, associate professor at Northwestern University's Cognitive Neurology and Alzheimer's Disease Center, in Evanston, Ill., presented the findings of her team's study at this year's Cognitive Aging Summit, in Bethesda, Md., on April 6.

The study showed that SuperAgers, anyone who is 80 or older and whose memory is as strong as the average 50- to 65-year-old, and who scores as well or better than peers on other cognition tests, lose brain volume more slowly than their peers who are aging normally. This slower rate of decreasing brain volume seems to protect them from dementia.

Earlier research into the brains of SuperAgers showed they have a thicker brain cortex than most people their age, but it wasn't clear whether that was because they had a larger brain to begin with or whether they experienced slower rates of decline in brain mass. Emily and her team at Northwestern University were able to show evidence SuperAgers lost less brain volume than normally aging adults.

Most people experience some cognitive decline as they age. For some reason, however, SuperAgers don't fit into that mold. The study showed SuperAgers lost only 1.06 percent of their brain volume per year, while normally aging adults lost 2.24 percent annually. Their study lasted 18 months, over which time they followed 24 SuperAgers and 12 cognitively average elderly adults.

Most of the SuperAgers were white women with a mean age of 83.3 at the beginning of the study. The mean age of the cognitively average group was 83.4. All 36 participants were tested at the beginning of the study and 18 months later.

Emily said their findings suggest, "SuperAgers are resistant to the normal rate of decline" that they see in average elderly people. They believe it may be helpful in the search for an effective treatment or cure for Alzheimer's to seek out the biological factors or bodily processes protecting people from brain loss and resulting dementia. Knowing what protects some people could provide clues in how to help protect others.

At Home Care Assistance, we work to help older adults maintain and strengthen their cognitive ability. By eating foods rich in nutrients, getting healthy amounts of exercise and sleep, maintaining



a mentally stimulating and socially enriched lifestyle, while also avoiding hazardous habits and toxins, it is possible for us to promote long-term brain health for more independent, healthy lives.

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To see how our caregivers can help your loved one thrive, contact Amanda Butas, your Mesa client care manager, at (480) 699-4899. To receive a free book on *Living Happy to 102*, you also can visit us at our new office, located at 2031 N. Power Road, Suite 103, which is right near Bed Bath and Beyond, on Power and McKellips roads.



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