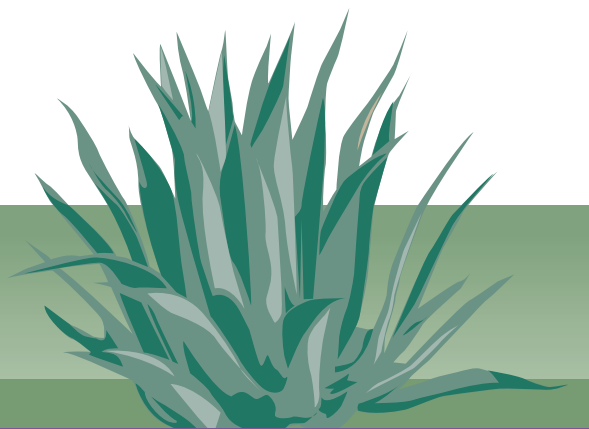


Mesa Uplands Up Close



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July 2017

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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, 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.

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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.

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.

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(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
Ramey Newell, website design
KeenGraphics.net

CONTRIBUTORS
John Karadsheh, Nancy Nemitz, Lorraine Ryall

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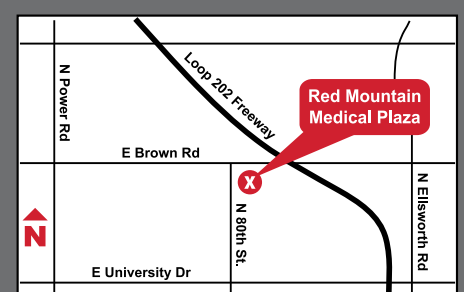
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If you would like to participate in our CHRISTMAS IN JULY TOY DRIVE, please purchase a new toy or gift card by July 25th and give us a call to coordinate pick up or drop off. We know it is hot outside, so we want to make this easy for you!

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

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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.



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.

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, 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.



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FLAVORS OF PUERTO RICO
CHEF'S TABLE SERIES PART 2

THURSDAY, JULY 20TH
& FRIDAY, JULY 21

\$55 PER PERSON, PLUS TAX AND GRATUITY
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6:00 PM RECEPTION | 6:30 PM DINNER

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LAS SENDAS GOLF CLUB
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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



LAS SENDAS GOLF CLUB | 7555 E. EAGLE CREST DR. MESA, AZ
480-396-4000 | 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.

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Our house had been on the market for a year before we switched to Lorraine Ryall. She made a number of recommendations and within a week, she listed the house. It sold on the first day of her listing it. She is extremely knowledgeable and we followed her recommendations to a tee. We recommend her with enthusiasm and without any hesitation or reservations whatsoever. – Pauline Mills

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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



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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.

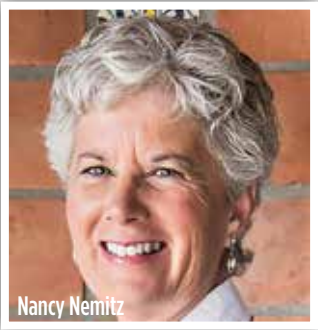
In other words, how can I help an engineer if I'm not an engineer, or a financial advisor, when I've never been a financial advisor? Being an outsider is one of the chief reasons I can help. It allows me to examine the processes, procedures and organizational practices with the client's customers in 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, or visit her website at 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. 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 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!**

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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, or call (480) 207-1852.


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Dr. Derek Farnsworth, DMD
Las Sendas Resident

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**Mountain Vista Medical Center
Celebrates 10 Years**
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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

*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


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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.

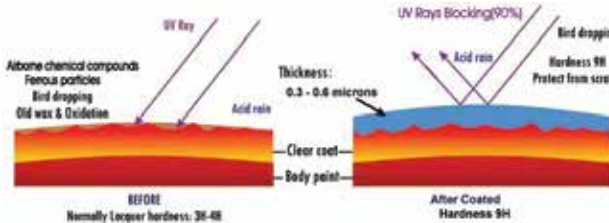
Once the coating is applied, waxing will be a thing of the past and washes will be few and far between because the coating is hydrophobic. Simply stated, the finish will stay cleaner longer because it now will repel the dirty buildup caused by everyday driving.

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 or on Facebook and Google+.



Real Estate In Mesa Uplands
brought to you by: **Mesa Uplands Area Market Report**

KOR PROPERTIES Sales over \$350,000 for the Month of May 2017

John Karadsheh

Address	Square Feet	Community	Sold Price
1348 N 86th Pl	3,239	Grandview Estates	\$350,000
6763 E Villeroy Cir	3,205	Red Mountain Ranch	\$350,000
2452 N Rugby	2,264	Villa Royale	\$350,000
6624 E Villeroy St	2,607	Red Mountain Ranch	\$358,500
1246 N Dillon	2,421	Saguaro Shadows	\$360,000
4118 N St Elias	2,607	Red Mountain Ranch	\$362,500
9822 E Greenway St	1,809	Saguaro Mountain	\$364,600
1317 N 65th Pl	2,716	Granite Reef Estates	\$375,000
1328 N Vincent	2,402	Saguaro Mountain	\$379,000
6605 E Virginia St	3,150	Summit	\$389,000
7114 E Grandview St	3,379	Alta Mira	\$390,000
9554 E Kenwood Cir	2,245	Boulder Mountain	\$402,000
1616 N Channing	1,986	Mountain Bridge	\$405,000
2515 N Cabot	2,543	Boulder Mountain	\$420,000
8118 E Mcdowell Rd	2,440	County Island	\$444,000
8535 E Kael St	2,382	Mountain Bridge	\$445,000
6645 E Redmont Dr 1	2,710	Red Mountain Ranch	\$453,000
8715 E Jaeger St	2,321	Mountain Bridge	\$455,000
1902 N Channing	2,342	Mountain Bridge	\$467,500
1427 N Joplin Cir	2,977	Saguaro Mountain	\$475,000
4055 N Recker Rd 87	3,058	Red Mountain Ranch	\$494,000
7645 E Kramer St	3,713	Morada	\$495,936
8327 E Leonora St	3,131	Hermosa Estates	\$500,000
8629 E Kael Cir	2,427	Mountain Bridge	\$502,000
2526 N Sossaman Rd	3,672	County Island	\$510,000
9927 E Jaeger St	3,353	Granite Ridge	\$512,992
9915 E Jaeger St	3,535	Granite Ridge	\$522,971
8928 E Nora Cir	2,989	Madrid	\$524,000
1913 N Shelby	2,568	Mountain Bridge	\$535,000
3038 N 77th St	3,025	County Island	\$605,000
8135 E Culver St	4,358	County Island	\$706,000

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

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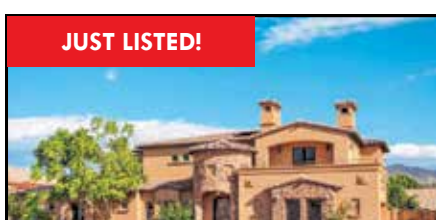
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Denny Harless
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EVENT

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 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, or call (480) 984-3305.

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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. ■



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LOCAL BUSINESS

KNOW BEFORE YOU THROW



By Jon Englund

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

Ah, 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.

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. The Mesa Amphitheatre/Mesa Convention Center complex is located at 263 N. Center St., along Center Street, between Second Street and University Drive.



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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, 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.



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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 anomic 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. ■

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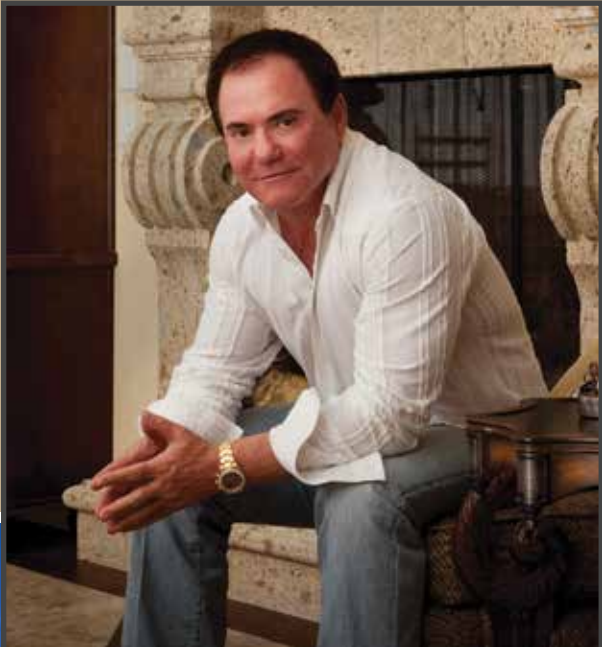


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