

This one-stop medical facility aims to

meet all your health care needs

By Dawn Abbey

Red Mountain Medical Plaza is a consortium of primary care doctors, specialists, lab and imaging services, physical rehab and even a pharmacy, all located at 8035 E. Brown Road.

The same cannot be said at many other area medical facilities. For instance, you’re visiting your primary care doctor, and she says, “I’d like to get some blood work on you and also an ultrasound image.” Your first thought probably is you will have to spend more time scheduling appointments, driving around in traffic and waiting agonizing days for test results.

Such is not the case at Red Mountain Medical Plaza. If you need additional care, it can happen right there.

If your doctor orders tests, a staff member quickly appears at your doctor’s door and escorts you to the lab or imaging areas. Results get to your primary care doctor as quickly as possible, and they are relayed back to you as soon as they are received. If you need a prescription, you can pick it up at their pharmacy on the way out.

What if your primary care doctor thinks you need a specialist, such as a cardiologist or dermatologist? If it is



an urgent matter, she will pick up the phone and call her colleague across the complex. After a brief consultation, you may be escorted right to the appropriate office, or if it is not a pressing issue, an appointment can be made quickly without weeks of waiting.

“This innovative concept of the *medical mall* was created as a community solution to health care,” said Kris Smith, manager of therapy services and one of the five founding members of the group, which opened the facility in December of last year. “There are now 14 physicians and many more ancillary services all working here together. All the doctors’ staffs interact with each other, so we all know each other like one big family,” she stated.

“Red Mountain Medical Plaza is the first program of its kind in Arizona,” Kris continued. “It is a master-planned facility offering superior primary care and complementing it with open access to convenient services and specialty practices. It’s designed to save patients time and money by striving to see patients on the same day they have health care needs,” she explained further. “With health care options all under one roof for convenience, it helps break down barriers, which often

deter patients from receiving the care they need when they need it.”

The Medical Mall of Arizona Family Practice team of primary care physicians takes time to get to know each patient and coordinates care with other providers and services to create a hands-on, attentive experience. They also offer same-day sick visits, newborn and well-child checks, gynecological exams, weight management services and allergy treatments.

Specialty practices include doctors who are leaders in orthopedic surgery, physical medicine, pain management, cardiology, podiatry and dermatology. Because these specialists work closely with the primary care physicians to coordinate care and maximize effective treatment outcomes, patients

feel truly cared for.

“Because our facility is housed in the same complex as Heritage Village Assisted Living facility, people sometimes assume we only care for the elderly,” Kris admitted. “We are open to the public, however, and care for all ages, from newborn on. The closeness of the facility does allow our practitioners to take care to the assisted living patients, though, rather than having them come to us.”

The facility accepts most insurance. You can call the office to find out if yours is included.

In order to give back to the community, the group is planning to offer free health seminars to the public starting this fall. They also have partnered with Mesa art shows to display artwork around the facility, all from local artists. This original artwork is available for sale.

“If you want to try this new convenient concept in health care services, please call our office for more information or to make an appointment,” Kris said. ■

Red Mountain Medical Plaza is located at 8035 E. Brown Road, Building 4. For information, call (480) 999-0049, or visit rm-medicalplaza.com.



Mesa Community College Selected for Sonoran International Rose Trials

Submitted by Mesa Community College

The Rose Garden at Mesa Community College (MCC) is busy preparing a wide variety of beautiful, vibrant colors and forms to include in one of only two locations in the United States selected to sponsor an international rose trial.

“We are pleased The Rose Garden at Mesa Community College will be the site of the Sonoran International Rose Trials,” said MCC Executive Director of Development Jared Langkilde. “For nearly 20 years, with the support of the long-standing partnership of the Mesa-East Valley Rose Society and countless volunteers and generous contributors, the garden has grown into the landmark and destination it is today, a site proudly hosting an international rose trial.”

The Sonoran International Rose Trials will display, in a park setting and for the benefit of parks departments, nurserymen and the general public, the value of modern rose varieties as free blooming, leafy, healthy and beautiful flowering plants.

The planting of test roses at MCC, boasting the

largest rose garden in the desert southwest, took place earlier this year, initiating a two-year trial period. The unique climatic conditions in Arizona permit planting in late December to early January, with the first blooms appearing in early April. As many as five to six complete bloom cycles may be observed annually.

Trial roses will be judged, for qualities such as health, floriferousness, novelty and scent, by three separate panels, a permanent judging panel, an international jury and the general public.


The permanent judging panel, consisting of not fewer than 10 judges serving throughout the two-year period, are appointed by garden curators to represent a wide spectrum of rose knowledge and experience.

The international jury shall consist of selected individuals from the world of roses invited by the college to participate in the judging at the end of the two-year trial. The composition of the jury will reflect an international flavor. For example, the jury will include growers, breeders, parks departments, landscape architects and members of rose organizations at home and abroad.

During the final year, the general public will be invited to participate in the selection of *The Peoples’ Choice Award*.

The trials permit both named varieties registered within the last five years and as yet not named under their seedling designation. The 26 trials plants in the MCC Rose Garden are from two main introducers representing five hybridizers. ■





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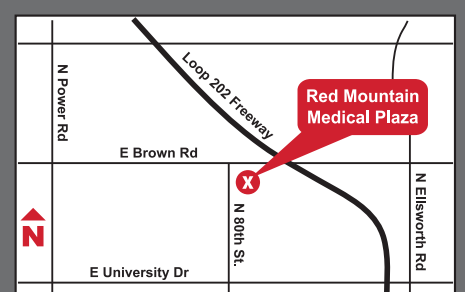
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HEALTH

Good Sound Audiology Welcomes Dr. Kristin Klein to Mesa Office

Submitted by Good Sound Audiology

Good Sound Audiology is pleased to announce the addition of Dr. Kristin Klein to its Mesa office.

A licensed dispensing audiologist in the State of Arizona, Dr. Klein has a passion for working with various patient populations and has a special connection with both her pediatric and senior patients. Knowledgeable on a variety of hearing and balance-related issues, she manages Good Sound Audiology's aural rehabilitation program, Communication about Hearing Aid Management Program, or CHAMPS.

Starting from a very young age, Dr. Klein's hearing and speech perception capabilities were compromised due to chronic otitis media (ear infections). Her own experience with hearing loss compelled Dr. Klein to pursue a career in clinical audiology. Her personal experience brings a unique perspective and level of compassion when helping patients find solutions to their hearing loss.

Prior to joining Good Sound Audiology, Dr. Klein spent time working with Nevada ENT and Hearing Associates in Reno, Nev., where she worked with a variety of hearing aid manufacturers and focused on balance and vestibular disorders.

Dr. Klein, who earned a bachelor's degree in speech-language-hearing sciences, a Master of Science degree



Dr. Kristin Klein

and Doctorate of Audiology, all from the University of Minnesota—Twin Cities, enjoys giving back to the community. When she isn't exploring her new State of Arizona, she routinely volunteers at Special Olympics Healthy Hearing events, hearing screenings for the public and Feed My Starving Children. Dr. Klein's additional interests include cooking, playing tennis and traveling.

ABOUT GOOD SOUND AUDIOLOGY

Doctors Tina Jessee, AuD, Valarie Streich, AuD and Kristin Klein, AuD, of Good Sound Audiology, are in private practice with offices in Gilbert, Sun Lakes and Mesa. Good Sound Audiology is a full service

audiology practice, providing hearing evaluations for all ages; hearing aids, fittings and complete hearing aid services; assistive listening devices; and custom earmolds for hearing aids, iPods or Bluetooth. ■

The newest office in Mesa is at 6816 E. Brown Road, Suite 102. Additional offices are located in Gilbert (Gilbert and Guadalupe roads) and Sun Lakes (Alma School and Riggs roads). All offices are available for scheduled patient appointments Monday through Friday, from 8 a.m. to 5 p.m. For more information, or to schedule an appointment, you can reach our Mesa office at (480) 634-6100, or visit goodsoundaudiology.com.



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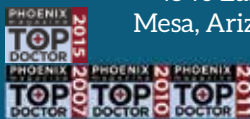
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Submitted by No Snow Paddleboard Shop

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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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HEALTH

Some Medicare Insurance **PLANS INCLUDE GYM MEMBERSHIPS**

Submitted by Lynne Jones, Tapestry Insurance

While beating the summer heat by working out at an indoor facility recently, I ran into friends, one of whom mentioned they attend the gym because their Medicare insurance plan includes a gym membership.



Lynne Jones

This made me think that with the summer in full swing and the temperatures high, exercising outside can be difficult for most of us, especially seniors. Going to the gym is a great option.

Many Medicare plans offer gym memberships. Some of these plans even offer them at no extra cost. This can be a great benefit here in Arizona. It helps us beat the heat while getting our workout or walk accomplished in the comfort of air conditioning.

If you are unsure whether your plan offers a gym membership, feel free to call me, Lynne Jones, licensed sales representative, at (480) 212-2246. I can help determine if you have this benefit and even let you know what gyms are convenient to you.

As always, please feel free to call me with any Medicare insurance questions or if you are turning 65 in the next few months. I am more than happy to assist you in any way. ■

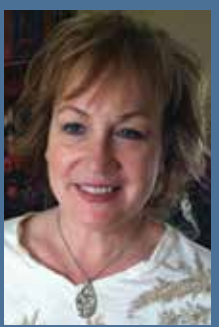


**Are You Turning
65 This Year?**

**Do You Need Help Making
Medicare Decisions?**

Medicare decisions can be confusing and overwhelming.

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



Call me to
review your
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EDUCATION

Rigorous Curriculum and STEM Program ENSURE HIGH PERFORMANCE

By Sami Majeed, JD
Director of Program Development

Geometry captivated an audience at Self Development Preschool. All eyes were on the instructor, and there was a hushed tone, respectful, the kind of air you'd find in a serious honors high school math class. There were two key differences however. First, it was only a basic geometry class, and second, it was in a preschool.

The teacher asked, "What is the difference between a square and a rhombus?"

Megan, a precocious youngster, answered, "A square has four equal corners and four equal sides. A rhombus only has four equal sides."

The story is impressive, heartwarming, and thanks to a new study from University of California, Berkeley, also confirms that introducing children to advanced concepts early yields higher performing students later. This study fits a nice narrative of a stronger learning program—rigorous and advanced, integrated and playful. These three features make for extremely high performing students in later grades.

RIGOROUS AND ADVANCED

The Berkeley study found children who attend these preschools outperform peers who attended less rigorous preschools on both literacy and math. In fact, children who entered a preschool by 2.5 years of age and remain through age 4 showed stronger cognitive gains. This seems to echo a longitudinal study in Britain, showing distinct benefits from higher quality preschools.

INTEGRATED

Additionally, the integration of the subjects seems key. Enter STEM programs. STEM stands for Science, Technology, Engineering and Mathematics. The curriculum is an integrated approach to teaching a series of concepts, seeing learning and subject area as intercon-

nected rather than discrete and isolated.

Although STEM is now a common program found throughout the nation, and its veracity and efficacy has been tested *ad nauseum*, Self Development Preschool actually has been using a STEM curriculum since the late 1980s, well before its popularity. The preschool integrates discrete sciences and builds upon the concepts and knowledge through the year and across age groups. The curriculum is both vertically and horizontally aligned.

PLAYFUL

Learning seems to be easiest when educators have the benefit of an academic *Trojan Horse*, a mechanism to sneak in the tougher concepts through a gift, like play. Bruce Fuller, the lead author of the University California-Berkeley study, stated, "Simply dressing up like a firefighter or building an exquisite Lego edifice may not be enough. If you can combine creative play with rich language, formal conversations and math concepts, that's more likely to yield the cognitive gains we observed."

A child's natural inclination to play is, in fact, just the natural inclination for scientific inquiry. For the past 20 or so years, play often is used as a way of carrying out mini experiments, reaching new experiences, and revising initial hypotheses based off the results of the *experiments*.

To this end, Self Development Preschool often unites STEM learning with play activities. Recently, a graduate of Self Development Academy developed and taught a summer camp on physics. He taught aerodynamics through the use of a generations old inexpensive toy—the paper airplane. Through concepts, such as wind resistance and drag, the tiny scholars learned how to design the perfect paper airplane.

SCHOOL READINESS

These results also seem to confirm that STEM and vigorously designed preschools have extraordinary impacts on school readiness, the degree to which students are prepared



for kindergarten from the moment they matriculate.

Early childhood education programs similar to the ones offered at Self Development Preschool are examples of this research. Self Development Preschool serves as a feeder school to Self Development Academy, a top ranking school in the nation, whose grade levels usually are one to two years ahead. The administration found that students who attend Self Development Preschool first have a vastly greater likelihood of success in their studies than students who have not attended the preschool.

Early childhood education is extremely important in ensuring that children meet cognitive milestones. Programs like those at Self Development Preschool help children not only meet these milestones, but also enable them to excel at challenging and top ranking kindergarten through grade eight schools. These programs help children become the next creative architects, like I.M. Pei or Frank Gehry. ■

Dr. Anjum Majeed, founder of Self Development Preschool and superintendent of Self Development Academy, likes to quote Albert Einstein to illustrate this last point. "To raise new questions, new possibilities, to regard old problems from a new angle requires creative imagination and marks real advance in science."

For more information, please call Self Development Preschool at (480) 772-3721.



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EVENT

Mardi Gras Magic Fills the Salt River



By Lynda Breault
Salt River Tubing brings the flavor of Southern Louisiana to the Salt River during the fan favorite Madcap Mardi Gras Magic, on Saturday, Aug. 19, from 9 a.m. to 6:30 p.m., in Tonto National Forest. Laissez les bons temps rouler! Let the good times roll as Salt River Tubing's flamboyantly attired employees toss free Mardi Gras beads and good luck doubloons to attendees and Zydeco Bounce line dancers wow the joyous crowds. The Parade of Floats (Cajun-style shuttle buses) will transport the merrymakers to the Salt River as they rock to Mardi Gras music. Costumes are optional for tubers. However, free tubing passes will be awarded for best Mardi Gras costumes and event contests. Tubing passes are valid on return visit. Paint your face, don a mask and throw on your Mardi Gras beads. KISSFM 104.7 radio station and Monster Energy will be onsite with freebies for the attendees. "We aim to please with our Southern Louisiana Madcap Mardi Gras Magic event," said President and Chief Executive Officer Henri Breault. "We hope to draw teens and their families to the great outdoors on the Salt River in Tonto National Forest and celebrate a merry and unique adventure. There will be tons of photo



opportunities with our zany Cajun cast of employees. Chill and thrill on the Salt River's cool and refreshing rapids, even in sizzling temperatures," he continued. "Enjoy the beauty of our mini-Grand Canyon recreational paradise and catch a glimpse of the wild horses crossing mid-stream, blue herons gliding across the water and the majestic mountains as you float by with family and friends during Madcap Mardi Gras Magic," Henri further stated.

CASH AND CREDIT CARDS ACCEPTED
Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards. Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identification. For more details regarding credit card transactions, please visit saltrivertubing.com.

TUBING TIPS

- Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
- 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.

SAFETY TIPS

- Children, non-swimmers and inexperienced swimmers should wear life vests.
- Drink one to two bottles of water per hour while floating.
- 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 United States Department of Agriculture Forest Service and is located in Tonto National Forest. The cost of tube rental is \$17 per person, which includes inner tube rental, shuttle bus service and free parking at the Salt River Tubing Terminal. Salt River Tubing is located in Northeast Mesa, just seven minutes from Highway 202 East, Exit 23A, on Power Road. ■

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



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LAS SENDAS GOLF CLUB IS OPEN TO THE PUBLIC

All of Las Sendas Golf Club facilities are open to the public.

“That comes as quite a surprise to some of our neighbors, because everyone usually assumes golf clubs are private and require memberships to use,” said Las Sendas Food and Beverage Director Dennis Shaw.

“But it’s not so at Las Sendas,” he continued. “Everyone is welcome to visit our restaurant at The Patio and The Grille for a fantastic chef-prepared dinner, as well as Family Night Specials. Right now, we are offering a *Buy One Entrée, Get One Free* (of equal or lesser value) on Mondays and Tuesdays,” Dennis further stated. “Or enjoy a casual drink and appetizers, or a burger at our famous Happy Hour in The Grille’s newly expanded sports bar area.”

In addition, Las Sendas has the most fantastic wedding venue in the area. The Vistas Pavilion offers spectacular views of the mountains and city lights. “Our staff can provide indoor and outside settings and menus for any type of event. From a

buffet reception, to full plated dinners, we can provide all the little niceties that brides love, like a private dressing room with champagne. We also host many corporate holiday events and family gatherings, as well as smaller dinner parties in our private dining room,” said Dennis.

“Our golf course is open to the public. Local residents and visitors are welcome to give it a try. Right now, summer tee times are incredibly low, starting at only \$19, including a shared cart and driving range warm up.

Also, score great deals in our golf shop. We will meet or beat any price on golf equipment.”

Las Sendas invites its neighbors to come visit and experience their extraordinary restaurants and world-class golf.

Las Sendas Golf Club is located on the mountainside at 7555 E. Eagle Crest Drive, in the Las Sendas community. For more information or for reservations, visit lassendas.com, or call (480) 396-4000. The Patio also can be booked through OpenTable.

LAS SENDAS ANNUAL COMMUNITY APPRECIATION DAY

A Day of Fun for Las Sendas Residents Exclusively



Las Sendas residents, bring your whole family to the Las Sendas annual Community Appreciation Day, on Saturday, Aug. 20, for family fun activities and entertainment from 3 to 8 p.m.

- In addition, golf will be free after 10 a.m., but tee times are required. So, book now.
- A complimentary BBQ Buffet will be served, as well as ice cream, popcorn, cotton candy and other treats.
- Kids will enjoy the bounce houses and slides, as well as family-friendly games.
- Everyone can get in on the raffle for prizes, as well as putting games and instructions.
- Activities for adults include complimentary beer and wine tastings and a cash bar.

If you’re a resident of Las Sendas, this day is just for you. Proof of residency is required.

For more information, call (480) 396-4000.

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CORPORATE HOLIDAY PARTY SPECIALS

Book any corporate holiday party in December or January, and receive \$250 off the venue fee.

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SUMMER EVENTS

INCREDIBLE FOODIE AND WINE-TASTING EVENTS

The Vistas Pavilion will be hosting a variety of special foodie and wine-tasting events, with themes to please everyone’s palate. Please call (480) 396-4000, ext. 221, for reservations and details regarding upcoming wine/dinner events.

SUMMER WINE SERIES

Part III—Flying Blind Wine Tasting

6:30 p.m., Saturday, Aug. 12

\$35 per person (plus tax and gratuity)

Join us as we taste and rate through a variety of West Coast notable wines, which have 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 TABLE SERIES

Part III—Cuisine Specialties from the Mediterranean Coast with Chef Al

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

\$55 per person (plus tax and gratuity)

SPECIAL EVENTS

PAINT AND PINOTS

6:30 p.m., Sunday, Aug. 20

\$35 per person (plus tax)

What better way to enjoy your inner artist in this crazy Arizona heat than pairing paints with wine? The Vistas Pavilion has partnered with noted local artist Reagan Guzman to host a brilliant night of creativity and fun for you and all your friends. Non-artsy guests are encouraged to give it a try. Enjoy a glass of Pinot Noir or Pinot Grigio while learning how to be the next Picasso. Seating is limited, so book your reservation now by calling (480) 396-4000.

Visit our Facebook page @thevistaspavilion to Pick Your Painting. Vote to choose between a bright, floral display or a serene seascape. The most popular painting will be the one used for demonstration during the event.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE PATIO AND THE GRILLE

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

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

- Rib-eye Sliders
- Grilled Cheese Bites with Tomato Jam
- Baja-Style Fish Street Tacos
- Chorizo Queso and Chips
- Whiskey Brussels Sprouts
- Pretzel Bites and Cheese Fondue
- ... And more.



It's Back to School and Keeping Cool
AT LAS SENDAS GOLF SHOP

It's *Back to School* time. Take advantage and stay in style with our Back to School Summer Sale. All our men's and women's apparel is 25 percent off. We have kid's sizes, too. Look cool and keep cool on or off the course. Our apparel lines are continually changing to reflect new styles, and we carry a great selection of top brands for men and women. Pair it up with an accessory from our large assortment of belts, hats, shoes and golf accessories, and they are on sale. Our clearance rack has 20 to 60 percent off men's and women's apparel. Check it out.

You don't just want to look cool. You really want to be cool. For those hot days when you either are on the course, hiking or biking, it's important to keep yourself cool. The Chiller Towel is awesome for helping to keep your body temperature down. Simply soak the towel in water and let it do its magic. It's an ideal gift idea for seniors and children. Anybody looking to keep cool in this heat also would appreciate it. The Chiller Towel is available for \$19.95 in the Golf Shop.

Want to Play Free Golf?

Las Sendas Golf Club is looking for volunteers to join our team. Player assistant, starter and range attendant positions will be available for the upcoming busy golf season. If you have some experience in any of the above positions and want to play free golf, please contact Colton Hopwood at chopwood@lassendas.com or Rick Crowson at rcrowson@lassendas.com for further information.

Golf Rates for August

From \$19 every day—including golf, shared cart and driving range warm up. Check out lassendas.com, or call the Golf Shop at (480) 396-4000 for tee times. ■



Vistas Pavilion at Las Sendas Presents

paint & pinots

PICK YOUR PAINTING!
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\$35 p.p.
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Flying Blind

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AUGUST 12, 2017
6:30 PM
\$35 PP**
**CALL OR VISIT US
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YOUR RESERVATION**

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

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The appraisal process is an important aspect of the sale

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties



There are many factors to consider when buying or selling a home, but one area often overlooked is the appraisal process.

The appraisal is ordered by the buyer's lender to determine whether the purchase price is a true market value of the property. This is a crucial element of the sale, which is done after the inspections have been completed and is the final contingency to be met.

The appraisal contingency in the purchase contract states, "The sale is contingent upon an appraisal of the premises for at least the purchase price." If the appraisal comes in below the purchase price, the contingency has not been met and the buyer can withdraw their offer. Because you may be weeks into the closing process before the appraisal is completed, you want to do everything you can to help the appraiser meet the value.

WHY APPRAISERS ARE MORE CONSERVATIVE

Appraisers are more conservative now than ever, since the real estate crash of 2008 and the new regulations implemented since then.

Prior to the crash in the housing market, mortgage lenders pretty much had free reign and were notorious for pressuring appraisers to inflate values. Lenders could use any appraiser and often had just a handful of appraisers who got the bulk of their business. This practice was arguably one of the causes of the housing bubble.

After the crash, regulators came down hard on the role the lenders played in the appraisal process, and lenders can no longer be in direct contact with the appraiser. As a result, many lenders chose to outsource the entire process to appraisal management companies (AMCs). The management company selects the appraiser and coordinates the appointment with the listing agent.

One of the issues we have seen with some of the third-party management companies is they are using appraisers who are unfamiliar with the area and the local real estate market, which can cause below-value appraisals. Having a third party to order appraisals also has added another layer in the process and can cause delays in getting the appraisal completed.

Another change directly affecting the appraiser is the Uniform Collateral Data Portal (UCDP). It is a single portal for the electronic submission of appraisal data files to Freddie Mac and Fannie Mae and facilitates the electronic collection of appraisal report data. With the new UCDP, all appraisals are entered into the database and given a score by the automatic assessment system. If the appraisal scores too high, it will be flagged and sent back to the appraiser for further review. If an appraiser gets too many appraisals flagged, they could be added to a black list.

With the appraisals being so scrutinized, appraisers are much more conservative than ever before, and it is imperative to ensure the appraiser is experienced, knows the area, and is familiar with the neighborhood.

HOW TO PREPARE FOR AN APPRAISAL

Think of this as the most important showing you will have. You may be in the process of packing and moving. So, your house is not going to be show perfect anymore, but try to show it the best you can. The general appearance of your home can affect the appraiser's valuation.

- Have moving boxes stacked as neatly as possible.
- Open the blinds, and turn on the lights.
- Make sure all the rooms are accessible.
- Have the home as clean and tidy as possible inside and out.
- Keep pets away.

FREQUENTLY ASKED QUESTIONS

When is the appraisal ordered?

Typically, it is ordered after the inspections are complete but can be ordered at any time.

How long will the appraiser be at the house?

Approximately 30 minutes to an hour, depending on the size of the property.

How long does the appraisal take to be completed?

This will depend on the type of loan and the lender. On average, however, it will take two to five days to get the appraisal assigned once it has been ordered, and then an additional 5 to 10 days after the appraiser has come to the home to get the report completed and back to the lender.

Who pays for the appraisal?

The buyer pays for the appraisal at the time it is ordered through his lender.

Can you dispute an appraisal?

Yes, but it is very time consuming and hard to do, and there is less than a 10 percent chance of increasing the valuation after an appraisal, which is why it is so important to be ready for the appraiser.

Can a seller get his own appraisal?

A seller can have their own appraisal done at their expense. However, it cannot be used as the appraisal for the buyer's lender. The mortgage lender will always order an independent appraisal.

Your Realtor also can be an important part of the appraisal process. I would recommend asking your Realtor how they assist through the appraisal process.

For more information on what you can do to prepare for the appraisal, 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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-Matt Ranson

www.UpCloseAZ.com

LOCAL BUSINESS

MAKE YOUR POOL TEMPERATURE just right in summer and winter

By Dawn Abbey

While most of us accept that as the summer gets hotter, so will the water in our pools, there is a way to cool your pool water 10 to 15 degrees using the same technology designed to cool and heat your home—a heat pump.

“A pool heat pump cools your pool water in summer and warms it in winter,” said Chris Quam, owner of Arizona Pool Guy Inc. “It costs only pennies a day to operate, and runs on household current.”

Homeowners spend a lot to build and maintain a pool. “If you can’t use your pool comfortably year round, you’re missing out, especially since Arizona’s weather makes swimming a natural activity in all seasons,” Chris stated.

A heat/cool heat pump will keep your pool water perfect all year round. “New digital technology also is available for pool controls, just like the remote systems for home security,” he continued. “So, you also are able to monitor it while you are away.”

Right now, Arizona Pool Guy is featuring a special on installations of pool heat pumps and heat/cool heat pump systems. Once you turn it on, it only takes a few hours before your pool turns from bathtub warm to totally refreshing. ■

For more information about pool cooling and heating systems, pool and deck remodeling, or any pool service or repairs, contact Chris Quam, at Arizona Pool Guy Inc. Call (480) 699-0607.



HEALTH

These Great Tips Will Help Protect Your Hair This Summer

By Jamie Killin

Summer is definitely here and while warmer temperatures bring lots of fun, like traveling, long days in the sun and swimming in chlorine-filled pools, these activities, unfortunately, can wreak havoc on your skin and hair.

“Sun not only damages your skin but it damages your hair, as well,” said Studio 480 the Salon owner Renee Hadyka. “Chlorine and saltwater can turn once shiny hair into dull, fried hair. The sun’s ultraviolet rays can scorch the normally smooth outer hair cuticle, causing it to become dry and roughed up,” she added. “The resulting effect is turning color-treated hair into a faded, bleached and brassy mess. Also, hair that isn’t colored will suffer from severe sun-induced stress.”

Fortunately, there are ways to combat this damage. Renee recommends protecting and refreshing your hair by trimming off split ends.

She also recommends investing in a wide-brimmed hat to protect hair from the sun’s rays. In addition, Renee suggests using a great clarifying shampoo and conditioner, like Redken Clean Manic, as well as an awesome and hydrating leave-in conditioner, like Redken 25 Benefits.

If you know you’ll be in the pool or spending hours in the sun at the beach, you can even take the opportunity to deep condi-

tion your hair. Just apply your favorite conditioner, put your hair up in a bun, rinse when you get home and enjoy your soft, hydrated locks.

If possible, Renee also suggests skipping the hot tools for the summer to limit heat damage and stress on the hair. Using a wave spray can help you to achieve effortless waves without the help of a curling iron or straightener.

For someone who’s looking to switch things up this summer, Renee recommends trying out a fun new look by experimenting with color.

“If you’re tired of blond hair this summer, pink is the new blonde,” she said. “Whether it’s soft pink or neon pink, the stylists at Studio 480 the Salon can help you achieve the perfect summer look.” ■

For more information, or to make an appointment, call (480) 985-2369. Studio 480 the Salon is located in the Red Mountain Promenade, at 6655 E. McDowell Road, Suite 105.



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EVENT

Be A Salt River Hero During Labor Day Weekend

By Lynda Breault

Celebrate Labor Day weekend on the Salt River and join thousands of tubers lending a hand on their public lands while floating on the cool and refreshing mountain-stream waters as Salt River Tubing hosts its 22nd annual *Labor Day Salt River Heroes = Litter Zero* event, from Saturday, Sept. 2 through Monday, Sept. 4, 9 a.m. to 6:30 p.m., in Tonto National Forest.

Salt River Tubing will be distributing free litter bags and encouraging tubers to stash and bag their picnic trash during the national *Take Pride in America* event. Since 1996, responsible public lands stewards have bagged more than 740 tons of picnic trash on the Lower Salt River during the summer holiday weekends.

As an added bonus, Salt River Tubing will be distributing free patriotic leis to the first 1,000 tubers during the holiday weekend. Radio stations KISSFM 104.7 and KNIX 102.5 will be onsite with free giveaways, and Monster Energy Beverage Company also will be distributing free energy beverages to attendees.

“Enjoy a floating beach blast Labor Day weekend with us,” said President and Chief Executive Officer Henri Breault. “The Salt River is loaded with chills and thrills while shooting the rapids in the great outdoors. Our recreational paradise in Tonto National Forest is the coolest adventure for fun in the sun,” he continued. “Take Pride in Arizona’s water wonderland, and bag your picnic trash in our free Tommy Tuber litter bags. Help us keep the Salt River clean and beautiful for future generations to enjoy.”

The cost of tube rental is \$17 per person, which includes inner tube rental, shuttle bus service and free parking at the Salt River Tubing Terminal.

Salt River Tubing recommends tubers plan their floating beach blast adventures.

- Bring plenty of water and sun block.
- Wear protective footwear.



- Bring beverages in cans or plastic containers.
- Children, inexperienced swimmers and non-swimmers should wear life vests while floating.
- Ice chests and coolers will be inspected for glass containers before boarding shuttle buses.
- Drugs, alcohol and the Salt River do not mix. Have a great time by responsibly appointing a designated driver before the tubing adventure.

Salt River Tubing was the corporate recipient of the Department of Interior’s National Take Pride in America award in 2003 for its Salt River Heroes = Litter Zero program. Take Pride in America is a national partnership that aims to inspire a new generation of volunteers to put their love of country to work to improve our national parks, wildlife refuges, public lands, cultural and historic sites, playgrounds and other recreation areas.

Salt River Tubing has received four National Take Pride in America awards for the company’s conservation

efforts on the Lower Salt River in Tonto National Forest. (1991, 2003, 2006 and 2010).

Catch the coolest ride in the Valley of the Sun, and visit our website at saltrivertubing.com, or call (480) 984-3305. Salt River Tubing is open seven days a week, Aug. 1 through Aug. 27, from 9 a.m. to 6:30 p.m. Beginning Sept. 1, Salt River Tubing is open weekends only (Friday, Saturday and Sunday) until Oct. 1. The latest tube rental is 1:30 p.m.

Salt River Tubing accepts cash and credit cards. A valid driver’s license is required for credit card identification and tube rental security deposit. ■

Operating under permit of the United States Department of Agriculture Forest Service, Salt River Tubing is located in Northeast Mesa, on Power Road, just seven minutes from the Highway 202 East, Exit 23A, on Power Road/Bush Highway in Tonto National Forest.

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LOCAL BUSINESS

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H and I Automotive is setting the new standard when it comes to maintaining your vehicle.

We do this by supplying you with an easy-to-follow reference guide, a state-of-the-art service reminder system, and by providing you with lifetime warranty on the systems we service for you. These include the steering, brake, driveline, and cooling and fuel systems. Just as we change oil periodically, the other fluids need to be serviced to help maintain the components they protect.

Proper preventive maintenance is the most important aspect of your vehicle's reliability and longevity. The better you take care of your car in the early stages, the less troublesome it will become as it ages.

Your manufacturer provides you with a minimum service requirement guide, but this is not the best way to ensure your vehicle stays in peak condition. Service intervals need to be shortened in order to keep your vehicle's systems functioning and protecting the way they should.

Every fluid on your vehicle breaks down as it becomes contaminated and is subjected to our extreme temperatures and conditions. This causes premature part failures, which could have been avoided.

We will recommend service intervals guaranteeing full protection and performance. The services we perform include the use of BG Products Inc. cleaning and conditioning products to ensure you are receiving the best benefit from performing your maintenance. There

are plenty of low-cost options being advertised, but they will not provide the same protection and benefit those services performed using products by BG will offer. BG even backs its product with a lifetime warranty on all the services they provide, and each service includes six months of complimentary roadside service.

Our maintenance guide gives you all the information you will need, so you can keep your vehicle in peak condition, and more importantly, keep your budget in check. You will know, in advance, what items are needed and the cost of doing them.

Our reminder system warns you when your vehicle is due for service by calculating upcoming service dates according to the history we have acquired during your past service visits. Reminders will come by email, text and a courtesy call from our staff.

Your vehicle is a large investment. We want to help you protect that investment and lower your overall cost of ownership. Keeping your vehicle well maintained will sustain reliability, improve safety, give you peace of mind and add value to your vehicle. ■

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+.

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Groves Area Market Report
John Karadsheh

Address	Square Feet	Community	Sold Price
2342 E. Northridge St.	2,795	Village View Estates	\$365,000
925 N. Orlando	2,917	Summit at Montecito	\$365,500
2216 N. Almond	2,782	Citrus Del Ray	\$366,600
3210 E. Fountain St.	2,741	The Groves	\$370,000
2728 E. Lockwood St.	2,370	Rancho De Arboleda	\$370,000
2402 E. Kramer Cir.	2,881	Citrus Highlands	\$379,000
2615 E. Lockwood St.	2,370	Rancho De Arboleda	\$380,000
1462 N. Robin Lane	2,578	Kensington Groves	\$386,500
2735 N. Lema Dr.	1,854	Apache Wells	\$389,000
4551 E. Elmwood St.	2,634	Groves East	\$420,000
2630 E. Inca Cir.	2,937	Tuscany Cove	\$425,000
3051 E. Hope St.	2,783	Kensington Groves	\$429,000
3126 E. Fairbrook St.	3,312	The Groves	\$430,000
4026 E. Encanto St.	2,560	Summit at Montecito	\$440,000
2644 E. Orion St.	2,479	Lehi Crossing	\$462,000
1536 N. Loma Vista	4,174	Kensington Groves	\$492,900
3635 E. Oasis Cir.	2,912	Coronado Acres	\$515,000
1621 N. Lindsay Rd.	3,161	County Island	\$515,000
4019 E. Hackamore Cir.	5,929	Estate Groves	\$540,000
2717 E. Preston St.	3,958	Lehi Crossing	\$554,000
2251 N. 32nd St. #6	3,851	Tanner Grove Estates	\$575,000
2625 N. 24th St. #11	5,464	Estates at Northridge	\$725,000
2505 E. Lehi Rd #16	6,944	Citrus Walls	\$730,000
3843 E. Mallory St.	5,314	El Camino Dolce	\$740,000
3855 E. Monton Pl.	4,494	El Camino Dolce	\$768,000
4023 E. Laurel St.	6,900	Spyglass Estates	\$894,000
2215 N. Val Vista Dr.	4,520	County Island	\$900,000
3914 E. Omega Cir.	6,314	Somerset Estates	\$970,000
3532 E. Jasmine Cir.	6,096	Arboleda	\$1,005,000
3922 E. Northridge Cir.	8,600	Rosewood Estates	\$1,210,000

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

EVENT

Golf Challenge Offers Fun on the Course and Help for the Dominican Republic

By Doug Geist
The seventh annual Placer Bonito Golf Challenge will take place at Red Mountain Ranch Country Club on Saturday, Sept. 23, with check-in from 6:15 to 7:15 a.m. and a shotgun start at 7:30 a.m.

The golf challenge format, on a Pete Dye signature course, will be an 18-hole foursome scramble. Contests consist of Par-3 hole-in-one contests, closest to pin, longest drive and the Hawks Eye Challenge.

Prizes include best score, raffles and a silent auction.

A luncheon buffet will follow the challenge at noon.

To register for the golf challenge, visit the website at birdeasepro.com/placerbonitogolf, and select register now in the menu. Fees are \$125 for the individual golfer and \$450 for each foursome. The registration deadline is Sept. 20.

ASSISTANCE FOR PLACER BONITO

The golf challenge will help Placer Bonito, a small, extremely poor community in

the Dominican Republic, by providing support for Child-Focused Community Transformation, a partnership with Food for the Hungry. The ultimate objective is to create sustainable and reproductive projects and activities for the community, which will have a long-term impact on this rural community's health.

Projects include physical health in the form of overall health, sanitation and hygiene training; and medical, dental, vision and veterinary clinics. In terms of the community's social health, there would be funding for providing school supplies, organizing youth sports programs and building a community center.

The spiritual health of Placer Bonito will involve local church outreach and Christian education for community youth. Economically, the objective is to organize a local farmers association and offer assistance in the development of a coffee and vegetable enterprise. Additional agriculture commodities indigenous to the area will be developed.

To make a donation to Placer Bonito, visit the website at birdeasepro.com/placerbonitogolf, and select donation in the menu.

For more information about the golf challenge or help for Placer Bonito, in the Dominican Republic, contact Doug Geist at PBGolf@cox.net. ■

Red Mountain Ranch Country Club is located at 6425 E. Teton Circle.



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Mesa Food Truck Fridays is back in September!

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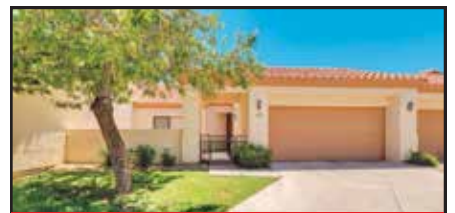


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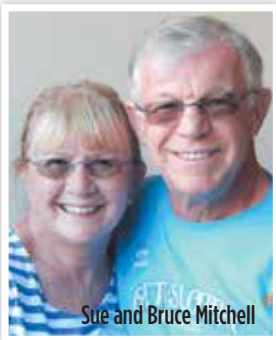
Submitted by Sue and Bruce Mitchell, Cruise Planners

Celebrating a milestone, from a special birthday, high school or college graduation, anniversary, promotion or lottery win, to getting through a health crisis, can be a cause for a travel celebration.

The first reason for celebration travel would be a destination wedding. Cruise lines can help you plan your wedding, and if you have at least 16 people in eight cabins, either the bride or the groom can travel for almost free. The good thing is you also have a honeymoon as part of the package. If a land destination wedding is in your plans, most major resorts also have wedding coordinators who can help you plan your special day.

The next big celebration travel is a major birthday. Think of how much more enjoyable your birthday can be with friends and family joining you in a destination you always wanted to visit. The good thing about traveling for a birthday is you know when it is, and there is time to save for the celebration.

Next, there is the destination celebration. This year is the 60th anniversary of Disneyland. Perhaps it



would be the perfect time for a family vacation. I'm sure the little ones would love it. A few years ago, there were many travelers who went to celebrate the landing on Normandy. I'm sure it brought back many memories.

Sporting events always draw huge crowds. If you're a tennis fan, consider planning your trip to coincide with the French Open or Wimbledon. As my husband and I did, you could attend the pinnacle of golf, The Open, in the United Kingdom. Next year, it will be in Scotland, at Carnoustie.

All of these can either be for a milestone or checking something from your bucket list. Milestone travel often involves multigenerational groups. A great way to celebrate a family reunion is on board a ship or a destination like Hawaii. Cruises and destinations like the Caribbean or Hawaii are easier for everyone to reach. Plus, on a cruise,

your activities can be planned in advance, and you don't have to worry about food.

Major health scares and challenges are another way to celebrate what is behind you. Don't like being alone on a holiday? Why not celebrate with a thousand of your new friends aboard a cruise. The ships are always decked out in holiday décor and have special activities geared toward the holiday. Instead



of buying Christmas presents, give your kids or grandkids the gift of travel.

One of the most popular cruises is with Minnie and Mickey Mouse on one of the Disney ships. Cruises will have special cooking demonstrations, including building gingerbread houses and cookies baked for decoration. Don't worry about missing your Thanksgiving or Christmas feast. The cruise lines always have turkey and all the fixings, and the good thing is you don't have to cook or clean up.

Lastly, destination river cruises have become extremely popular the past few years. One of the most popular is a Christmas Markets river cruise on one of the great rivers of Europe. ■

If you have any travel-related questions, contact Sue or Bruce Mitchell, your Cruise Planners land and sea travel specialists. Visit our website at redmountaintravel.com. You also may send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.



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REAL ESTATE

Real Estate and Poker Have Interesting Similarities

By John Karadsheh

While I have many passions, I recently realized my top two have some very real similarities.

Growing up, I watched my dad play poker with his brothers and his friends on Friday nights at our house after my mom made a big dinner. It never ceased to amaze me how he would consistently win. Call it luck or call it skill, I think a lot of it had to do with his ability to read his opponents. At the end of the night, he was almost always the big winner.

My dad also had his fair share of luck and skill buying and selling real estate. Some properties were for investment and some were the homes in which we lived. Either way, he always was able to negotiate great offers, resulting in him buying low and selling high.

So, what do poker and real estate have in common, you ask? Success in poker requires a certain amount of luck, a good head for math and the ability to be very observant. Did your opponent call or raise in a weak fashion? Did he show aggression when none was needed? Did he twitch his left eye when that ace of spades came on the turn? These all are essential bits of information that must be analyzed in order to make the most informed decision. The same skills can be applied to real estate.

When I receive an offer on one of my listings, the first thing I do is sit back and let all of the information in front of me sink in before responding. Next, a conversation with the buyer's agent is critical. I try to gather as much information about the buyers as I can get their agent to divulge. Then, there is the math. There are many ways to craft a deal that will work for all parties. The same applies when I am representing a buyer. Even with a tight inventory in the marketplace, I want my buyers to get the very best deal on the property that works for them.



John Karadsheh

Poker and real estate must also be looked at as business transactions. In poker, if you think someone is raising you just to be a bully, the worst thing to do is to let your pride get the best of you and play right into his trap. You need to play the cards, the odds, the position and the person collectively or you will ultimately lose. In real estate, if a buyer submits a low-ball offer, don't get insulted. While the property you are selling might be your home, to the buyer, it still is just a house.

Take a step back and think of selling your home solely as a business decision. Forget about the notches in the door-jamb with your kid's height marked along the sides. Forget about the custom mural your aunt painted on the wall. These memories don't have any monetary value to anyone but you, and they shouldn't get in the way of the ultimate goal of selling your investment. Similarly, when buying a home, it is important to assess when it is wise to get in a bidding war, and when it is wise to wait until the right property comes along. ■

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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EDUCATION

CELEBRATION OF New School Year Welcomes Children and Families

By Pastor Paul Frank, Hosanna Lutheran Church



It's beginning to look a lot like Christmas... everywhere you go... Oh, groan. I imagine some of you groaning at the idea of Christmas already. For others, like me, you just heard that song in your head as you read those words now, didn't you? Admit it.

Why, though, does the idea of Christmas in August put some people off? I think it's because we fear life moving too quickly. It's too soon. Let's not race ahead of ourselves. Let's slow down and enjoy today and this new season beginning now.

August is a transitional month for many. The new school year begins. Some parents sing another Christmas song: *It's the most wonderful time of the year...* I share that sentiment, too. It is a wonderful time of the year.

It's still hot but the majority of the hot months are now behind us. The school year brings a bunch of new activities. And we begin looking forward to Labor Day, Trunk or Treat, Thanksgiving, cooler temperatures, a lot more hiking and a lot of our friends come back to Mesa in the fall.

Here at Hosanna, we are celebrating the beginning of the new school year at Little Palms Preschool. Our school is so much fun. Our staff and I just love getting to know all the new kids and families, and we love to welcome the returning families, too.

When school begins, we always reassure a lot of parents who drop off their child at school for the very first time. While some parents celebrate, most get quite teary eyed, at least on that first day or two. We assure them, however, that we will love their child like a child of God.

When you bring your child to Little Palms Preschool, at Hosanna Lutheran Church, you will be welcomed into our family. Then, it really is the most wonderful time of the year.

As our preschool year gets under way, the fun and laughter, combined with the joy and the growth, make time seem like it's flying. We are committed to giving children the best foundation for their education. They will learn and grow and be so well prepared for the years of school soon to follow.

Those years will go so quickly. Time will go too fast. But they will know they are loved by the Lord who has made them His own children, too. ■

Enrollments are happening now. So, call us soon. Call the School Office at (480) 986-9436, or call the Church Office at (480) 984-1414. Hosanna Lutheran Church is located at 9601 E. Brown Road.



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HEALTH

ULTRASOUND HELPS DETERMINE the cause of symptoms

By Craig Weinstein, MD, MPH

Dr. Craig Weinstein, a sports and orthopaedic specialist at Red Mountain Medical Plaza, explains the benefits of diagnostic musculoskeletal ultrasound.



Q: Am I a candidate for a musculoskeletal ultrasound rather than a magnetic resonance image (MRI)?

A: Orthopaedic surgeons use a number of tools to help make a diagnosis. The two most common and helpful are taking a complete history and performing a thorough physical examination.

Often, we need additional tests to help see the parts of the musculoskeletal system. Most commonly, we use an X-ray because it is widely available and easy to obtain. While immensely helpful, X-rays have their limitations. Most notably, X-rays are excellent at showing the bones but not the soft tissues. This makes them ideal for revealing breaks, showing overall alignment and assessing for joint deterioration.

Soft tissues are structures like muscles, tendons, ligaments, nerves and even blood vessels that surround the bones. Traditionally, an MRI is used to help see the soft tissues. Since 2008, we have employed ultrasound to help us visualize the soft tissues. Ultrasound uses sound waves to create an image. Thus there is no radiation involved.

While an ultrasound cannot replace a traditional musculoskeletal MRI, it does offer a number of advantages. Most importantly, an ultrasound can be performed in the office without the need for a lengthy and often expensive visit to an outside imaging facility. Unlike an MRI, it can be used to measure how much flow goes

through the vessels. An ultrasound is a dynamic imaging modality, meaning if certain activities cause you pain or discomfort, they can be reproduced during your exam to look for changes. In contrast, you are asked to lie completely still during an MRI, which produces static images only. In-office ultrasounds can be used to localize the source of your pain and perform a quick screening to determine the cause of your symptoms.

For certain conditions, ultrasound offers a higher resolution and better detail than even an MRI. In addition, it can help guide in-office and other minimally invasive injections and procedures to help increase accuracy and effectiveness. New ultrasound-based therapies have revolutionized treatment for chronic conditions, such as tennis elbow, jumper's knee, tendonitis and plantar fasciitis.

In our practice, we have reduced the use of MRI by more than 50 percent over the past five years, thanks to the increased capabilities of diagnostic musculoskeletal ultrasound. Be sure to ask your orthopaedic surgeon if you are a candidate for an ultrasound examination next time you visit with a problem. ■

DR. CRAIG WEINSTEIN
Sports and Orthopaedic Specialists is led by Dr. Weinstein, a magna cum laude graduate of Columbia University, who received his sports medicine fellowship training at the world-famous American Sports Medicine Institute, in Birmingham, Ala. However, he has his roots in Arizona, graduating from Saguaro High School, in Scottsdale.
Dr. Weinstein's specialties include shoulder, elbow and knee issues, as well as athletic injuries in both adult and adolescent patients. He offers state-of-the-art joint preservation, as well as advanced treatment of injuries specific to throwing athletes, such as frozen shoulder. In addition, he offers extensive expertise in joint replacement surgery.





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LOCAL BUSINESS

Healthy Teeth Will Add Years To Your Pet's Life

Submitted by Pet Planet

While good dental care is just as important for pets as it is for humans, it often is overlooked. Poor oral hygiene can lead to dental disease, as well as more serious or even life-threatening health problems. Taking care of your pet's teeth can not only add years to his life, but will save you money on veterinary care.

Oral health problems start as plaque—a sticky, colorless film that builds up on your pet's teeth and around the gum line. Plaque left on the teeth hardens to create tartar, which can't be removed through brushing alone. As more plaque and tartar accumulates, your pet's gums can become red and swollen. If nothing is done to remove tartar, the roots of the teeth may become infected. Eventually, the bone and tissue surrounding the teeth erode and the tooth becomes loose. This can be a very painful process for your pet.

PLAQUE AND TARTAR BUILDUP ON YOUR PET'S TEETH CAN DEPEND ON SEVERAL THINGS

- Your pet's age—The older your pet is the higher the risk of plaque and tartar buildup.
- Your pet's diet—If your pet eats a high-carbohydrate diet containing excessive amounts of rice, wheat, tapioca or potatoes, his teeth will need to be cleaned more frequently. It's better for your pet's dental health if he eats a diet high in quality animal protein and low in high sugar-containing carbohydrates. Dogs and cats do not produce amylase in their saliva, an enzyme that breaks down sugars. So, the more high sugar-containing carbohydrates your pet eats, the quicker the plaque and tartar will build up on his teeth. Diets offering low sugar-containing carbohydrates are best for dental health.
- The amount of saliva your pet produces—Saliva helps to wash away food and plaque. So, the more the better.
- The breed of dog or cat—Poodles, Maltese, Yorkshire Terriers, Shelties and Pomeranians are more prone to dental disease, as are Persians, Abyssinians, Maine Coons and Somalis.

Prevention is the key to keeping your pet's teeth clean, healthy and strong. A great place to start is by regularly checking your pet's mouth for any signs of trouble. A trip to the vet is in order if you see any of the following signs:

- Severely bad breath.
- Inflamed gums (red, swollen).
- Excessive drooling.
- Loose or bleeding teeth.
- Discolored teeth.
- Plaque and/or tartar buildup on the teeth.
- Unusual lumps on the gums or under the tongue.

CONSIDER THESE HEALTHY OPTIONS

- Low sugar-containing kibble, which includes carbohydrates, such as lentils, peas, barley and rye.
- Supplement kibble with raw meaty bones, raw chicken and turkey necks.
- In between meals, offer your pet healthy natural and safe chews, like bully sticks, beef Achilles tendons, lamb, pig or cow ears and beef trachea, etc.
- Use natural dental chews, like Whimzees, Get Naked and Petzlife.
- A raw food diet.
- Regularly brush teeth or use an oral spray.

Taking your pet to the vet for an annual dental exam is a good idea. Your vet can spot any signs of trouble early on, before bigger problems can arise. Just as in humans, if plaque and tartar build up on your pet's teeth, it must be removed by scaling the teeth. Pets need to be anaesthetized, thereby allowing the vet to get under the gum line for a professional, thorough dental cleaning.

By far, the best way to keep your pet's teeth clean and healthy is by brushing them regularly or by using a no-brush oral spray. It's best to start both of these preventative practices on your pet's teeth when he is young, before the age of one. By doing so, you can establish a routine, and he is accustomed to you touching his mouth. Brushing every night is ideal, or at the very least, several times a week. ■



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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.

We're California Dreamin' and still celebrating the 50th anniversary of the Summer of Love.

Last month, we covered some of the more collectible and valuable vinyl records of the 1960s. Hopefully, you were inspired to find an old turntable, dust off some of your old albums, and take a trip down memory lane. All the leaves are brown, and the sky is grey. You get the idea.

As I mentioned last month, the field of Rock and Roll memorabilia collecting is so vast it would take a few articles to touch on just some of the categories. This month, we will cover some of the ephemera of the era. Ephemera are things intended to last only a short period of time. Political buttons, banners, magazines and other printed materials are common forms of ephemera.

Some of the most collectible ephemeral items are the posters created to advertise concerts in the San Francisco area. Typically, these posters were produced in small runs and posted on telephone poles, sides of buildings and, of course, at the concert halls themselves. Iconic venues include the Fillmore Auditorium, Cow Palace and The Avalon Ballroom, which hosted the likes of The Doors, The Grateful Dead, and Big Brother and the Holding Company,



featuring Janis Joplin.

All were looking to get the word out about upcoming concerts. So, on a shoestring budget, in the pre-Internet age, inexpensively produced posters were the way to go. A fairly small contingent of area artists was commissioned to create these colorful, mostly psychedelic neon posters, and every one of them exemplified the wild psychedelic tone of the day. Artists like Stanley Mouse, Alton Kelley, Rick Griffin and Victor Moscoso dominated the poster design scene, and many were house artists for the venues or promoters.

Nowadays, many of these posters are highly sought after and can sell for thousands of dollars. Of course, factors, such as condition and whether it is a first or subsequent printing, help determine value.

Recently, a concert poster for an Avalon Ballroom performance by The Grass Roots was spotted online for \$2,350. Another, for Janis Joplin's March 9, 1969 performance, at the University of Toledo, was offered for \$8,900. Not bad for something meant to be tossed in the trash after the event. Maybe it's time to see what's rolled up in your closet. ■

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.

ORGANIZING

CHOOSE FROM Three Cut, Five Cut OR NO CUTS

By Nancy Nemitz, Create the Space Professional Organizing

Whenever I walk into a big box office supply store, I notice the confused look on people's faces as they stare at the myriad file folder options.

There are so many choices, including purple, green, red, blue, orange, flowers, etc. You also have to decide if you want three tabs or five tabs (tabs are where you place your label). What you end up with is a visual mess that isn't very efficient either.

When you use staggered tabs in your filing system, and you decide to remove a file from the middle, it messes up the entire filing system. I can't tell you how many businesses I've been in with a hodgepodge of perfectly good folders, but they don't get used because the tab is in the wrong place in the sequence.

Naturally, there is a solution. It's called straight-line filing. The tab extends the length of the file folder. You simply place your labels all down the left side or all down the right side of the folder.

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faster when moving in a straight line versus looking back and forth. So, if all your labels are down the right side or the left side, your eye isn't weaving and bobbing back and forth. Buy the straight-line folders and you'll dramatically reduce the time spent searching for files. ■

Nancy Nemitz, Create the Space Professional Organizing, can get your files in order. She's a professional organizer and productivity consultant for small businesses. Let her help you get your office organized. For more information, visit createthespace.com.



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LOCAL BUSINESS

What's Crackin' Café Is Now in Northeast Mesa



Submitted by What's Crackin' Café
Craig Arstingstall and John Wilcoxon spent most of their careers working for corporate restaurants, but after accumulating more than 40 years of restaurant management experience, they both decided they wanted to run a place of their own.
“We wanted a place with great food, drinks and prices,” said Craig. “Something upbeat and fun.”
Theses principles became the foundation for What's Crackin' Café. Craig and John wanted to bring their experiences into a local establishment, as well as the business process and infrastructure they had learned from working for corporate restaurants.
“We had been chomping at the bit for so long to give our customers what they wanted,” Craig stated. “We just couldn't because so many decisions were left up to others.”
Now that Craig and John are their own bosses, they were able to control every aspect of their business. The first thing they wanted to hash out was the concept.
“We wanted our concept to be a breakfast, brunch, lunch and bar type of place,” Craig said.
Craig and John took trips to San Francisco, Santa Fe and Denver, and even

traveled down to Tucson, to find the most interesting and inventive drinks and food. Upon these discoveries, they worked hard with local distributors to come up with nothing but the best sourced products, with health and freshness in mind. They worked with the best mixologists, wine specialists and craft beer producers to ensure a unique menu at modest prices.
“We want our guests to experience the best products at a competitive price,” John said. “We run a bottom line business, but we are in the business of hospitality. We take that very seriously.”
Much of the design and architecture of the restaurant was inspired through their travels.
“The view from our patio is one of the best assets for us,” said Craig.
What's Crackin' Café promises to give its customers the best service around town.
“We look forward to being your best friend and seeing everyone as often as possible,” Craig stated. ■
ABOUT THE OWNERS
Craig Arstingstall, chief executive officer, and John Wilcoxon, chief financial officer, are proud owners of CNJ Ventures LLC.
“As Mesa residents, we are happy to bring to you What's Crackin' Café and Red Mountain Event Center,” Craig stated proudly.
What's Crackin' Café is located at 6663 E. McDowell Road, Suite 101, in the Red Mountain Promenade. For more information, call (480) 264-6832, or visit whatscrackincafe.com.

LOCAL BUSINESS

Reconnecting in a Relationship TAKES EFFORT AND WORK

By Randi Rotwein-Pivnick, MA
A couples therapist, Randi Rotwein-Pivnick offers professional advice to clients dealing with a wide range of issues.
Good suggestions for anyone experiencing relationship issues, she offers the following guidance to *Two Passing Ships*:

Dear Randi,
We have been married for 30 years, raised two children together, and we both are successful in our careers. From the outside, we look like we have the ideal family. Now, however, with the kids out of the house, we find we have little in common with each other and are disconnected. Please help us find our way back to each other.
Signed,
Two Passing Ships

Dear Passing Ships,
What you are describing is quite common. Life gets busy, other things become priorities, and the relationship is put on the backburner. Little by little, the flame diminishes and by the time you realize it, it's hard to get the fire back.

The first thing I would suggest you do is to make the effort to connect with each other on a daily basis by spending time talking without the interruption of electronics. Put down your phones, step away from your computer, turn the television off and talk to each other. Find out what's

going on in each other's lives.
Another good starting point would be to have regular *date nights*. Alternate who plans it, and maybe even add the element of surprise by not telling your partner what the plans are (aka a surprise date).
One of my favorite *homework assignments* for my therapy couples is for each to be responsible for arranging a *surprise date* at least once a month. The way it works is one person is responsible for the planning of the entire date, and only tells the partner the date time and attire for the event. The rest is a surprise. Just take that special person's hand and lead the way. Not only does this add newness to the relationship, as well as an opportunity to connect, but it also adds the element of surprise, and *being taken care of* tends to have a positive effect on the relationship. Shared experiences help people to connect (or reconnect).
Lastly, you may also want to do a *tune up* on your marriage by scheduling some couples therapy sessions. I assume you



take your car in for a tune up to keep it in peak performance. Why not do the same for your marriage?
Make the effort to make each other (and the relationship) the priority it was when you first met and fell in love. It takes work to keep the flames alive. ■
To contact Randi Rotwein-Pivnick, please email her at Emotion4You@aol.com, or call her at (480) 707-8291.

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HEALTH

Lifestyle Changes in Your 30s May Curb the Onset of Dementia

Submitted by Home Care Assistance

When in your 30s, with your older years presumably light years away, it could seem crazy to think signs of dementia may show up in your younger years.

The way you live today, however, can directly impact the health of your brain decades ahead. Brain health and dementia are connected, and the more you take care of your brain today, the stronger your future health and longevity will be.

Here are three lifestyle changes you can make in your 30s, which may help to curb the onset of dementia in your older years.

GET EXERCISE AND LOTS OF OXYGEN

The brain loves oxygen. The more it gets, the better it feels. Exercise fills your body with fresh blood and oxygen and sends it to the brain. According to Harvard Medical School, "Exercise changes the brain in ways that protect



memory and thinking skills." Exercise causes the brain to release chemicals that improve it by growing new blood vessels, improving the health of brain cells and growing new brain cells. Any exercise is great as long as you try to move at least 30 minutes each day. Walking, running, swimming and lifting weights are beneficial for your brain, as well as your heart.

EAT HEALTHY AND FOCUS ON BRAIN FOOD

Is it possible to eat for brain health? Yes, it is. There are significant benefits for your brain when you eat a diet rich in fresh fruits, vegetables, whole grains, beans, nuts, vegetable oils and fish. These foods help the cells in the brain to remain healthy. These foods are the mainstay of the Mediterranean diet, considered one of the best for brain and heart health. For those looking to learn more, we have published an easy brain health recipe for a dish from the Mediterranean diet.

An easy rule of thumb to remember is that foods healthy for your heart are healthy for your brain, too. Eating healthy foods keeps the blood healthy, and that means it can transport oxygen to the brain.

GET MORE SLEEP AND MEDITATE

Search for the word meditation, and you will find articles touting its benefits in publications, including *The New York Times*, *Scientific American*, *Psychology Today* and *The Washington Post*, to name a few. Meditation calms your brain, helps it to avoid being paralyzed by fear and preserves brain functions. A study conducted by the University of California, Los Angeles found people who meditated for an average of 20 years had better, healthier brains than non-meditators as they aged. They lost less brain volume and improved all areas of their brains by training it through meditation.

Sleep also trains your brain and is essential to brain health. A study published in *Science Daily* shows that sleep shifts memory to more efficient storage lockers in the brain, making them last longer. According to researchers, the result is that when you awaken, "...memory tasks can be performed both more quickly and accurately, and with less stress and anxiety."

Approximately 5.5 million Americans suffer from dementia, and that number is growing daily as the



population ages. If you are in your 30s, you have 30 years before you are in your 60s. Dementia care planning is far, far away. However, now is the time to lay the groundwork for a strong, healthy brain, which will last long into your later years. ■

Call us if you need support caring for a loved one suffering from dementia or any other cognitive decline. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging, and we can help your loved one age in a healthy manner.

Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help you protect your health and focus on yourself, too. Contact Amanda Butas, certified dementia practitioner, and your Mesa client care manager, at (480) 699-4899 to see how our caregivers can help your loved one thrive. You also can visit us at our new office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.



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We are in a shift for sure. Take a look at the chart below and see what that means for you...

Date	Mortgage	Int. Rate*	P&I**
Today	\$500,000	4.2%	\$2,445.09
2018	\$524,000	4.8%	\$2,749.25
Difference in Monthly Payment			\$304.16

* Average Commitment Rate per Freddie Mac **Principal and Interest Payment



We probably should chat about Buying or Selling your home sooner rather than later...

Let's say you have your eye on purchasing a home priced at \$500,000. However, instead of jumping on the chance to buy your dream home, you bide your time in hopes that mortgage interest rates decline further. But they don't and a .25% interest rate increase happens instead.

This .25% increase now means you need to earn an additional 3% in income to qualify for your \$500,000 dream home. You're also now looking at paying additional interest around \$19,000 or more during the course of your loan. It's either that, or you now go looking for houses priced 3% less than the \$500,000 dream home you've wanted. Now just imagine how much your purchasing power decreases if rates go up 1 percent or higher!

If you value the purchasing power you have today, the best decision you can make is to jump off the fence and buy now, most especially if your dream home is on the market right now!

-source: Realtor.com

The same is true for those of you looking to sell your home. You probably ask yourself often, "Should we sell now or should we wait?". If you wait and interest rates continue to climb, the buying power of the buyer goes down and you will have fewer buyers able to buy your home at the current market value!

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