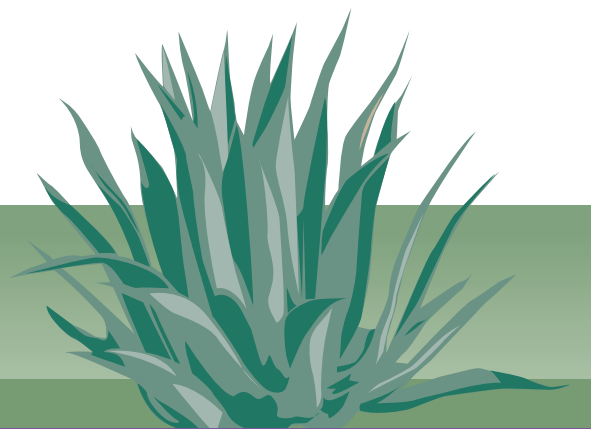


Mesa Uplands Up Close



Bringing neighbors closer to their community

September 2017

Serving the communities of Red Mountain Ranch, Mountain Bridge, Boulder Mountain and surrounding areas

Self Development Academy Middle School TEACHERS NAMED BEST FACULTY IN ARIZONA

By Jennifer Salvatori, MA Ed.

The Self Development Academy (SDA) middle school faculty members have been named the Best Public Middle School Teachers in Arizona (niche.com, 2017).

How did the SDA middle school faculty attain such an honor? Passion for education, dedication to student learning and growth, commitment to program innovation, coupled with the vision and support of Superintendent Dr. Anjum Majeed, are among the many factors contributing to this achievement.

SDA MIDDLE SCHOOL FACULTY MEMBERS

When asked about their courses and students, the SDA middle school faculty members beam with excitement. They are passionate about their subject material and committed to individual student learning. The middle school team (shown in the photograph) is comprised of five teachers. They are Mrs. Tici Smith, Language Arts; Mrs. Patricia Graville, Mathematics; Mr. James Mitchell, Social Studies; Miss Laura Meyer, Science; and Mrs. Veada Pauls, Language Arts.

The faculty members have degrees, expertise and real world experiences in their subject areas. Besides a dedication to facilitating the SDA accelerated curriculum, they are committed to student learning beyond the classroom. They provide individual and group tutoring as necessary and lead meaningful electives and extracurricular activities to enhance student experiences beyond the curriculum.



SDA CURRICULUM

SDA offers an advanced, intellectually stimulating curriculum. Students learn at their skill level as opposed to their grade level in the subjects of Language Arts, Mathematics and Science.

SDA offers a comprehensive middle school Language Arts program. The writing program is an intensive program based on the Six Traits Writing curriculum. This enriched curriculum allows the student to compose writing in a wide variety of formats. These are expository, narrative, persuasive and informative essays. The advanced literature program is taught at a ninth- and 10th-grade level, with an emphasis on skills, such as story elements,

comprehension and advanced vocabulary.

As a diverse curriculum, literature is taught across all genres. The literature texts consist of nonfiction, fiction, poetry and drama-based stories. Taught in conjunction with literature is grammar. The grammar program emphasizes usage and mechanics. Students in our program are well prepared in all areas of the Language Arts.

Students in Mathematics test into their appropriate skill level. We are excited to offer the following Mathematics courses: Pre-Algebra, Algebra, Geometry and Algebra II. These classes typically are offered beginning in high school. SDA students have the opportunity to receive high school credit for these courses.

SDA's science program focuses on mastery of scientific concepts and conducting experimental investigations.

The Science and Technology Center provides the perfect environment for learning and applying scientific knowledge. Middle school students advance their knowledge while completing coursework in biology, chemistry and physics. Taking these courses earlier gives students the opportunity to complete required science coursework in fewer years. Through its integrated approach of Science, Technology, Engineering and Mathematical (STEM) applications, SDA prepares students with a strong foundation for future career paths.

Students completing eighth grade at SDA are enrolled

CONTINUED ON PAGE 5

New Mexico Flair Comes to Mesa's Breakfast Scene



By Jamie Killin

What's Crackin Café opened recently in Northeast Mesa, bringing a unique New Mexican flair to the dining scene, with menu items such as Chef Angel's Pan Fried Tamale, Breakfast Tacos and Stacked Enchiladas.

Their traditional dishes already have made an impact on guests, too. With items as delicious as the Monte Cristo Breakfast Sandwich, Country Breakfast Bowl and Quinoa Bowl, the restaurant owners are putting the focus back on real food.

"After being in the restaurant industry for 20 years, I've gotten pretty upset seeing the trends with food and what these big restaurants are serving people," said co-owner Craig Arstingstall. "It's out of convenience."

Now, the co-owners are applying their two decades of experience in the industry to create the most high-quality dishes possible.

"We wanted to go back to butter and heavy cream," Craig said. "Keep it natural."

That includes great ingredients, many of which are locally sourced.

"We want to be relaxed, and we want to bring people the best product we can for the cheapest price we can," Craig said.

So far, guests are loving it, and the restaurant recently extended its hours to include dinner. Hours are 6 a.m. to 9 p.m., Thursday through Saturday; and 6 a.m. to 4 p.m., Sunday through Wednesday.

"Good area, good people," Craig stated. "Everybody's been really receptive and showing a lot of love."

What's Crackin Café is also offering a happy hour menu, from noon to 6 p.m., with daily drink specials.

Heading into fall, restaurant goers can also look forward to more exciting changes, including a dog-friendly patio and new menu items. ■

What's Crackin Café is located at 6663 E. McDowell Road, Suite 101, next to Barro's Pizza. For more information, visit whatscrackincafe.com, or call (480) 264-6832.

Phillips West
Publishing | Design | Writing | Photography



POSTAL PATRON
ECRWSS

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

In This Issue

Organizing	4	Floating Beach Blast	11
Unique Home Finds	5	Medicare Plans	14
Real Estate	6	New Seasons of Life	15
Las Sendas Golf Club	7	Lifelong Learning	17
Free Sports Physicals	10	Service Directory	22



RED MOUNTAIN

MEDICAL PLAZA



OPEN TO THE PUBLIC!

ONE-STOP COMPREHENSIVE HEALTHCARE

DERMATOLOGY

FAMILY PRACTICE

IMAGING

LAB SERVICES

PAIN MANAGEMENT

PHYSICAL THERAPY & REHAB

PODIATRY/FOOT & ANKLE

ORTHOPEDIC SURGERY/
SPORTS MEDICINE

EXPERIENCE THE DIFFERENCE AT RED MOUNTAIN MEDICAL PLAZA!

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

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

MEDICAL MALL OF AZ FAMILY PRACTICE

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

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

Stop by Red Mountain Medical Plaza and receive a **FREE GIFT BAG!**

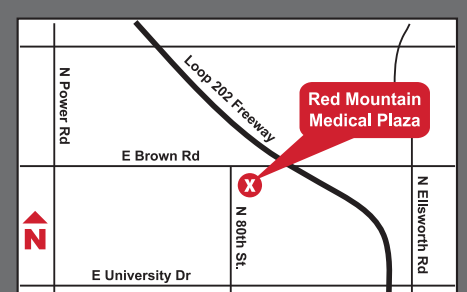
While you're visiting, enter our drawing for a chance to win a \$100 VISA gift card.

OFFER GOOD THRU SEPT. 2017, OR WHILE SUPPLIES LAST.

480-999-0049

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

info@rm-medicalplaza.com



Published by
Phillips West
Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2017 by Phillips West. All Rights Reserved.

E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey
Jamie Killin

COPY EDITOR

Sandra Van Dyke

DESIGN

LuckyYou! Creative, publication design
Erin Loukili, Jaclyn Threadgill
www.luckyyoucreative.com

Ramey Newell, website design
KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

HEALTH

Get the mind and body TO WORK TOGETHER

By Dawn Abbey

Therapist Randi Rotwein-Pivnick, LMFT, previously would conduct her therapy sessions while walking with clients on the beach in California.

"I found that by getting the person outdoors and moving, concerns and anxieties were more easily overcome," she said. "It was the combination of mental and physical energies working together."

Randi doesn't do any walking around now in our Arizona summer-time, but she does get patients to move their thoughts by employing therapies like EMDR with her counseling. "My goal is to help others achieve their goals or to improve the quality of their lives, remove anxieties and the feeling of being stuck," she explained. "EMDR is an actual physical stimulation of the brain that helps remove or lessen anxiety and the negative thought processes."

What is EMDR and how does it work? WebMD.com describes EMDR as, "Eye Movement Desensitization and Reprocessing, a fairly new, nontraditional type of psychotherapy. It's growing in popularity, particularly for treating post-traumatic stress disorder, or PTSD, which often occurs after experiences, such as military combat, physical assault, rape or car accidents."

Developed by Francine Shapiro in the early 90s, EMDR originally involved the therapist moving her fingers in front of the patient's face and asking him to follow the movement while recalling a disturbing event and the emotion and body sensations involved. Eventually, alternatives to finger movements, such as hand tapping, headphone sounds and more recently, hand-held devices with buzzing frequencies that caused



Randi Rotwein-Pivnick

bilateral stimulation of the brain's *fight or flight* limbic system, were found to weaken the effect of negative emotions. Gradually, the therapist can guide the patient to shift his thoughts to more pleasant ones, replacing the anxiety with a positive experience.

"Before, during and after each EMDR treatment, I ask you to rate your level of distress in the hope your disturbing memories will become less disabling," Randi said. "Based on the degree of trauma, it may take several sessions to completely resolve the anxiety. A lot of our anxieties are formed through childhood trauma or conditioning, and addressing them with EMDR therapy can free you to be who you want to be today."

Licensed in both California and Arizona, Randi has practiced for more than 20 years. Before becoming a therapist, Randi had acquired a bachelor's degree in special education and another in exercise science. It was a natural transition to combine these with a master's degree in marriage and family therapy, with a focus on mind/body connection.

"I also find this concept of moving the body to move the thoughts to be a great relief for depression, in which body and mind are very much connected. Although it's the last thing a depressed person may feel like doing, if you are depressed or in a really bad mood, the best thing you can do is get up, get out and push yourself to go for a walk or do something physical." ■

Randi Rotwein-Pivnick's office is located at 3303 E. Baseline Road, Building 6, Suite 114, in Gilbert. For information or appointments, send an email to Emotion4You@aol.com, or call (480) 707-8291.



THE LEADING
PROVIDER OF
24/7 LIVE-IN
CARE

Live Well at Home

The preferred choice of 9 out of 10 seniors!

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

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

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

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



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

480-699-4899 | HomeCareAssistanceMesa.com

PROBLEM.



SOLUTION.



\$250 OFF
MiraDry Procedure
if you mention
this ad

Now there's miraDry®

- Immediate results that last
- Dramatic reduction of underarm sweat
- Non-invasive, in-office procedure with minimal to no downtime
- FDA-cleared
- Toxin-free, no need for endless treatments
- No need for ineffective antiperspirants

miraDry
A lasting solution for
excessive underarm sweat

Call Dr. Hiatt at 480-844-1410
to schedule your appointment!

PLASTIC SURGERY OF

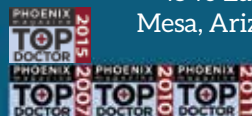
Tummy * Breast * Face * Ears * Nose * Eyelids
Male Breast Removal * Liposuction * Laser Hair Removal
Mommy Makeover * Underarm Sweat Solutions

All injections are administered by Dr. Hiatt
Botox * Juvederm * Voluma



Call for a complimentary consultation
(480) 844-1410

4540 East Baseline Road, Suite 117
Mesa, Arizona 85206 | DRHIATT.COM



Patient's Choice Award Recipient

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 nosnowsups.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.



FACIALS • PERMANENT MAKEUP
MASSAGES • MANICURES & PEDICURES
LITTLE LUXURY SPA
ADVANCED EUROPEAN SKINCARE
& PERMANENT MAKEUP
1130 N. Val Vista Dr. Ste. #103
Mesa, AZ 85213 • 602.790.9349
www.littleluxuryspa.com



RADIANCE DNA
Global Anti-Aging Solution
for the FACE & NECK
Formulated to treat & reduce the depth of wrinkles. Promoting recovery of the most severely damaged skin types, stimulated by a complex blend of peptides, vitamins and bio-elements known as the [meso]recovery complex®. **\$275**
***AQUASHINE BRIGHT**
The Skin is an Excellent Record Keeper. Every moment spent in the sun adds up like credit card debt. This brightening treatment targets all types of brown patches and skin discolorations and significantly reduces the blemishes caused by increased melanin production. **\$175**
SEPTEMBER SPA SPECIALS
Receive \$50 Gift Card For Massage
WITH MINIMUM PURCHASE OF \$145 IN FACIAL SERVICES. (NEW CLIENTS ONLY.)
\$100 OFF
Permanent Make-up Treatment
(NEW CLIENTS ONLY.)

ORGANIZING

OFFICE SUPPLY STRATEGY SESSION

Decide When to Use Blue, Green, Yellow, Purple or Red File Folders

By Nancy Nemitz

In an effort to mute the bright yellow, green, red and purple file folders I sometimes find in clients' file cabinets, I've often had to wear sunglasses.

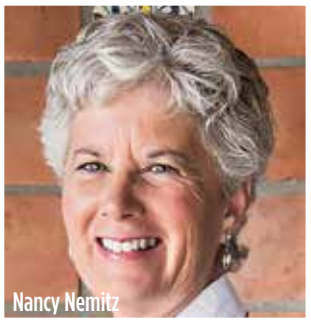
As a professional organizer, however, I'm grateful the papers are in folders and, as a bonus, inside a file cabinet. Usually, the papers are in multiple piles on the desk, chair, floor and anywhere other than a file cabinet. Though, truthfully, we are going to go through the papers one way or another.

What's the problem with multiple colors of folders? Too much random color creates visual chaos. Your eye has a harder time focusing when there is a clutter of color. Colored file folders are no problem if there is a reason for the color.

If you use green for financial and blue for insurance, for example, no problem. If you have one color for personal and another color for business, there is no problem. If you use blue for one bank and purple for another, green for vital records, orange for vacation ideas, and back to blue for insurance, there is a big problem.

Simplify your life. Use straight cut folders as explained last month and pick one color for personal and one for business. I use white. It's clean and crisp. There is no jarring of the senses when I open my file cabinet.

White reinforced straight cut folders are made by Smead and can be purchased on Amazon. I also found the Smead folders at Office Depot online. A local office supply store offering great customer service and delivery to your home no matter the size of the order is Wist (visit the website at wist.com). A member of Local First Arizona, the company has been a great contributor to causes in the Southwest.



Nancy Nemitz

FILE IDEA FOR CURRENT PROJECTS
I am a fan of using different types of file folders for different purposes. One of my favorites is the project file folder. This has the usual place for the papers but on the front of the file folder, it has places for your notes. I use clear file folders for projects I'm working on right now. I don't have to label it because I can see the papers inside and I know it's something I'm currently addressing. There are pocket folders, which are closed on all sides but the top. These are perfect for files, which include things other than paper. I've used these for numerous projects. Do you have a group of file folders belonging to a project you would like to keep together? Red box is the answer. It's what attorneys use when they bring case files to court. The tops are open but the pocket expands to house a large number of files. These fit right into a file cabinet for archival storage. So, forget all the vibrant colors with tabs all over the place. Instead, use different types of file folders to help you get your work done and stay organized. ■

Nancy Nemitz organizes all kinds of disorganized people and offices. Read the client testimonials on her website at createthespace.com. Email Nancy at nancy@createthespace.com with your filing and folder questions. Perhaps you have something nice to say about the article. She would like to hear how it's been helpful.



Sizzling Summer, HOT Deal!!!

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

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

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

YOUR HOME, YOUR FUTURE -- WHO YOU CHOOSE MATTERS

Melanie Didier, Realtor
GRI, ABR
melanieahg@gmail.com
480.334.4889
Five-Star Rated Team:
www.ourzillowreviews.com

thearizonahomegroup
RE/MAX Excalibur

HONESTY • INTEGRITY • RESULTS

DECORATING YOUR COLLEGE DORM OR NEW APARTMENT? DON'T STRESS!

We've got lots of great furniture and decor!
And we're easy on the budget!

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

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

A Robin's Nest Resale and Consignment Shop
(Alta Mesa Plaza)
5253 E. Brown Road, Suite 101 • Mesa, AZ 85205
480-984-8485

Tuesday - Saturday
10 AM to 6 PM

What's in Store?
Upscale gently used furniture, home goods, small appliances, wall art, jewelry, antiques, collectibles and more.

For more information, visit **RobinsNestResale.com** or call Robin or Joshua @ 480-984-8485

10% Off One Item

facebook.com/RobinsNestResale

CONTINUED FROM PAGE 1

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

NEW PROGRAMS
STEAM AND VOYAGERS

The 2017-2018 school year marks the introduction of two new programs, STEAM and Voyagers, both developed and led by middle school faculty members. Many parents are familiar with the acronym STEM, which stands for Science, Technology, Engineering and Mathematics. The A in STEAM stands for Arts. The faculty members developed a STEAM curriculum, integrating STEAM projects within the existing curriculum. During Quarter One, students will design and decorate a drum. The project involves engineering, music and art. Another example includes students writing and illustrating a story about the moon, combining science, writing and art.

Voyagers provides students with an opportunity to complete an independent project over the course of the school year. Students must submit a proposal detailing the project. Once approved, students are assigned to collaborate with a middle school faculty member to complete the project. A presentation is the final stage of the project. The projects require time management, critical thinking, writing and communication skills.

SOCIAL GROWTH THROUGH
ELECTIVES AND
EXTRACURRICULAR ACTIVITIES

With 100 students enrolled in the middle school program, the SDA middle school staff know each family, creating a family-like atmosphere. SDA provides a safe and protected environment whereby students have freedom, as well as responsibility. Teachers serve as advocates and mentors for students, responding to their social and emotional needs. Their role of advocacy strengthens the positive relationships between students and teachers.

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

SDA is a highly acclaimed, public charter school (kindergarten through grade eight). For more information or to schedule a tour, please contact the Front Office at (480) 641-2640.



LOCAL BUSINESS

Prepare Your Home for the
Holidays with Unique Finds

By Jamie Killin

September is here, and believe it or not, the holidays are right around the corner, so what better time to get your home ready for family visits and holiday parties?

Whether you need to clear out old items, or find new furniture and décor pieces for your home, Robin's Nest Consignment Shop has something for you.

"My main goal is to sell people items at the best cost, and to provide people with higher end items at a great cost," said owner Robin Grimaldi.

Robin, who has owned Robin's Nest Consignment Shop for five years, runs the shop with her son, Joshua, offering customers a comfortable, family-run business experience and providing a wealth of knowledge that comes from Robin's years in the industry.

This experience has provided her with a keen eye for finding unique high-quality items customers won't find anywhere else.

"I look for higher end items at great prices, so there's true value in what people are purchasing," she said.

At her shop, customers can find everything they need to perfect their home, including rare antiques from the early 1900s.

"A lot of people always say that when



they come in they are surprised at the uniqueness of the items," she said. "Either they've never seen the items before, or they hadn't seen anything like them since their grandma's home."

Those who choose to sell items with Robin will enjoy her personable approach to selling their merchandise, with communication every step of the way, timely payment and the confidence their items have a great chance of being sold.

It's clear Robin goes the extra mile when it comes to marketing items, from posting everything on her website, to advertising them to her extensive social media network. ■

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



Self Development Academy

ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



Now
Enrolling
for the
Scholars Gifted
Program
(Grades 3-5)

Start right. Right from the start.

Because we can see the future.

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

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



Self Development
Preschool

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

ENROLL NOW FOR 2017-2018. Limited Space.

SELF DEVELOPMENT PRESCHOOL

(480) 396-3522

1721 N. Greenfield Road, Mesa, AZ 85205

www.SelfDevelopmentPreschool.com

SELF DEVELOPMENT ACADEMY

Grades K-8 (480) 641-2640

1709 N. Greenfield Road Mesa, AZ 85205

www.SelfDevelopmentAcademy.com

REAL ESTATE

Trust Your Realtor To Find Your Next Home

By John Karadsheh

You will not find your next home on the Internet.

Did I get your attention? Good.

While the statement is not completely true, it does have some merit. Research has shown that more than 90 percent of buyers start their home search online. Sites like Zillow.com, Trulia.com, Realtor.com and Homes.com are some of the most visited sites. So, what's the problem with looking for a home on one of these sites? It all comes down to two inherent problems with how these sites procure their information. 1.) Internet Data Exchange (IDX) and 2.) Garbage In, Garbage Out.

Let's start by looking at IDX. The Internet Data Exchange is an automated data feed provided by the Multiple Listing Service (MLS) to a website. The MLS decides what data in a home listing it will feed to a home search website. This information contains the basic information about a home, such as list price, square footage, number of bedrooms and baths, etc. It is only supposed to feed active listings to these sites, but the Arizona Regional Multiple Listing Service, or ARMLS, decided many years ago to create a separate category for listing status called Under Contract—Accepting Backups (UCB). These listings are also fed to home search sites.

UCB listings are listings in which an executed contract is in place. Therefore, any subsequent contracts would only be in back-up position. This is a way for a seller and his agent to continue to market a property even though it already has an accepted contract. Typically, homes remain in UCB during the inspection period or until all contingencies have been removed. Homes should then move to pending status in the MLS and at that point no longer get fed to home search sites via IDX.

This all translates into frustration. Frustration exists



John Karadsheh

for buyers who spend hours online looking at properties only to find out from their agent that those properties are already under contract. Frustration results for agents who have to tell their clients that the home of their dreams is not available (and more than likely hasn't been available as long as they have been searching).

Now, let's talk about Garbage In, Garbage Out. Most good listing agents create virtual tours or videos for their properties. These virtual tours are uploaded to the Internet and are syndicated all over the Internet to home search sites. This is fantastic for sellers because their property quickly is promoted worldwide. But buyers can't always rely on these home search sites simply because the information is often out of date.

Unfortunately, listing agents often forget to mark a virtual tour as sold once the property is no longer available. Months or even years can go by with this virtual tour living on the Internet as an active listing. Sometimes, the home still may be available, but the price has changed. Again, the information available about the property isn't always correct because it does not function in real time, which is moving very fast in our current market.

So, what is the best way to find a home, you ask? That is easy. Find a reputable Realtor and trust him with your real estate search. He can very easily set you up with a customized search on the MLS. A portal will be created for you, which will show you all of the homes fitting your criteria, no matter how specific or general your requirements.

If you want a search that is as broad as all single family homes in Mesa, or one that narrows it down to a specific neighborhood, size and

price, a good Realtor can find you your dream home. What you see in that portal will be as accurate a search as agents use.

Then, trust your agent to help you understand the market and the comps, as well as the pros and cons of the property. Stop wasting your time, and stop getting frustrated. Use a Realtor to help you find your next home, and make the process fun. ■

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.



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

Dr. Derek Farnsworth, DMD
Las Sendas Resident

EMERGENCIES
SEEN SAME DAY
CALL TODAY!

A Leader in Full Service, High-Tech Dentistry

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

LAS SENDAS
DENTAL HEALTH

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

Sweet Repeats
Ladies Consignment Boutique

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

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

HOURS MONDAY THRU FRIDAY 10am to 5pm
SATURDAY 10am to 3pm

10% OFF
any regular price item
Sweet Repeats
No expiration

A friend in knead

Rockin' Taste Buds Daily
GILBERT/GUADALUPE • HIGLEY/MCKELLIPS • FLANCERS.COM

Flancer's
Gourmet Grub



LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf



OVERSEEDING DOESN'T MEAN IT'S ALL OVER AT LAS SENDAS

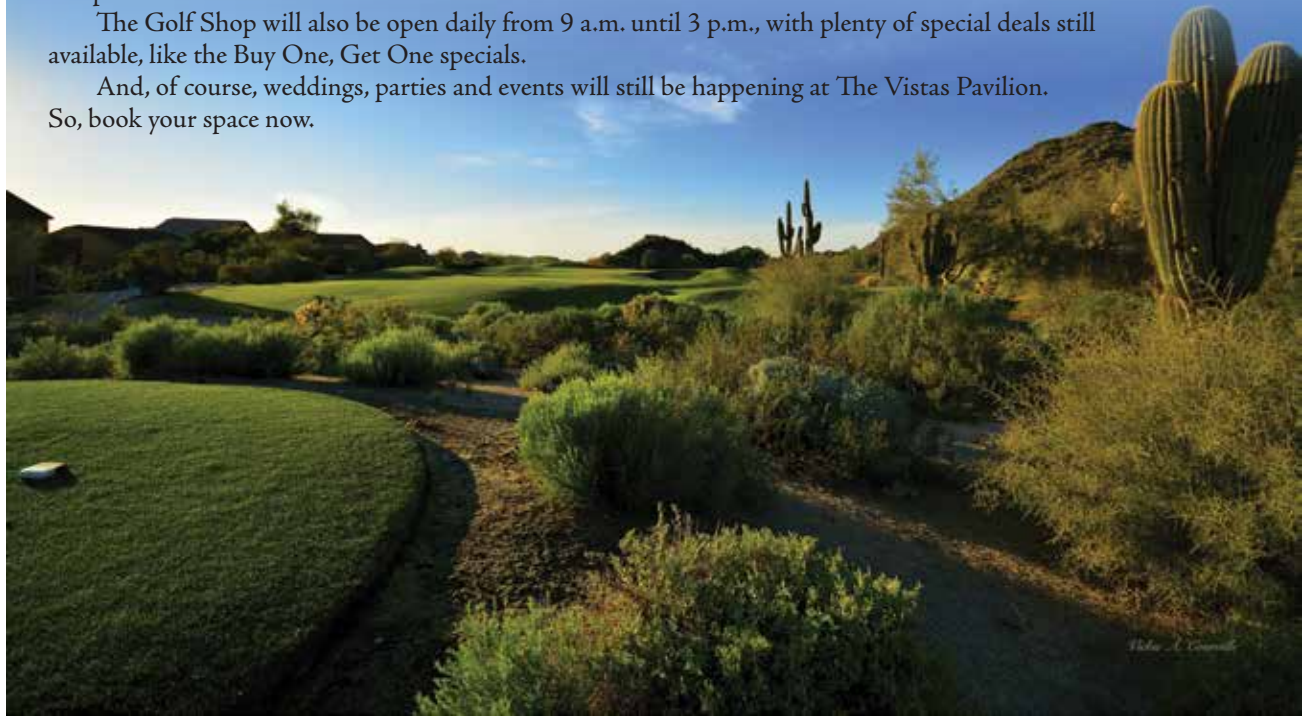
It's time again for our annual overseed program, so the golf course will be closed from Monday, Sept. 25, through Friday, Oct. 13, to allow the work to be done.

That doesn't mean that it's all over for fun and activities at Las Sendas. Everything else goes on as usual. The Grille and The Patio will still be open every day, serving delicious lunches and dinners, as well as appetizers and our Happy Hour. And there's always a refreshing libation and plenty of TV sports to entertain.

Evenings will be a little cooler, too, so dining on The Patio will be at its best, and there likely will be a little less competition for a sunset-view Patio table until our winter residents and visitors return.

The Golf Shop will also be open daily from 9 a.m. until 3 p.m., with plenty of special deals still available, like the Buy One, Get One specials.

And, of course, weddings, parties and events will still be happening at The Vistas Pavilion. So, book your space now.



SIGN UP NOW FOR 2017/2018 JUNIOR GOLF STICKS PROGRAM

Junior Golf Sticks Program begins Tuesday, Nov. 7. Students from ages 5 to 15 are invited to join, and are grouped according to age, gender and skills level. There are a total of 20 Tuesday classes, from 4 to 5:30 p.m., starting as low as \$20 per class. Flexible sign up lets you join in any time and sign up for as many Tuesdays as you like.

Organized by the Mike Malaska Golf Academy at Las Sendas, the Junior Golf Sticks Program offers a developmental approach to the game. Lessons are stair-stepped to match the skill levels as the junior golfer becomes more experienced.

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

By rotating through 20-minute fun learning/game stations, golf skills are developed. Learn fundamentals of the game, including full swing, short game, putting, rules of the game and on-course play with our team, which includes PGA and LPGA professionals.

Register now. Registration forms are available in the Las Sendas Golf Shop or by contacting Tracy Berman at tberman@lassendas.com. You can also call her cell at (602) 920-8208.



THE VISTAS AT LAS SENDAS THE VENUE WITH THE VIEW

Premier Wedding and Reception Venue

Make your dreams reality when you plan a unique and elegant wedding at the new Vistas Wedding Pavilion. With a stunning mountainside location and backdrop, The Vistas is nestled in among desert flora, fountains and green gardens. The Vistas was constructed with an oversized wraparound deck, offering breathtaking views of the Valley sunsets and city lights. The warmth and charm of the Tuscan design adds inspiration and creates an inviting venue for ceremony and reception guests.

We developed a 6,000-square-foot banquet kitchen facility, and have hired the highest quality culinary staff from throughout the Valley. We have an outstanding track record for delivery of quality cuisine from our onsite restaurants, and our goal is to bring this experience and expertise to our menu and services.

The Vistas event planning staff has prepared an exquisite ceremony package, which includes four carefully designed locations, all capturing the magnificence of the Valley sunsets. In addition to the panoramic views, and lush lawn and garden areas, our ceremony package includes white garden chairs, an expansive choice of table linens, champagne and a fruit platter in the luxurious bridal changing room, as well as registration and unity tables.

Optional services include use of our two privately owned limousines, valet services and special golf packages. Consider The Patio at Las Sendas and Bogey's private dining room at Las Sendas for your rehearsal dinner to round out your complete wedding experience. We look forward to serving you and making your special day a dream come true.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE PATIO AND THE GRILLE

September brings cooler nights, so come enjoy Happy Hour from 2 to 7 p.m. nightly all month. Choose from special Happy Hour food selections and special pricing on margaritas, mules, martinis, mojitos, draft beers and wines by the glass.

Entertainment begins again Fridays and Saturdays on The Patio, starting Friday, Sept. 15, from 6 to 9 p.m. And look for our new fall dinner and lunch menu to roll out around the same time.

Also extended through September is the Monday and Tuesday BOGO night special. Purchase one entrée and get the second of equal or lesser value for free. The special is valid after 5 p.m., but not valid on carry-out or with any other discounts or promotions.



**SEPTEMBER SAVINGS
LAS SENDAS GOLF SHOP**

- All Men's and Women's Apparel is Buy One Get One Free.*
- We still have lots of selections in both Men's and Women's merchandise.
- All remaining FootJoy shoes are 30 percent off.
- Love our Las Sendas Private Label Wines? Now available in the Golf Shop. We have Cabernet Sauvignon, Merlot, Chardonnay and Pinot Grigio. Only \$18.95 per bottle. Enjoy discounts if you buy multiple bottles.
- Las Sendas Golf Shop—Your community place to shop.
- Gift certificates are always available.


*Excludes outerwear, headwear and clearance items.

**GOLF
RATES FOR
SEPTEMBER**

Starting from \$19 every day:
Includes golf, shared cart and driving range warm-up. Check out lassendas.com, or call the Golf Shop at (480) 396-4000, ext. 1, for tee times.


**WANT TO PLAY
FREE GOLF?
VOLUNTEERS
WANTED**

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.




**LAS SENDAS PRESENTS A VERY SPECIAL
WINE DINNER**

FEATURING **Robert Sinskey Vineyard**
THURSDAY, SEPTEMBER 28TH
5 Course Menu | 6:30 PM Reception | 7:00 PM Dinner
\$90 Per Person, plus tax and service charge.
jessmiller@lassendas.com | 480.396.4000 ext. 227



THE VISTAS PAVILION • LAS SENDAS GOLF CLUB
7555 E. EAGLE CREST DR. MESA, AZ 85207


HAPPY HOUR!
*The Grille at
Las Sendas*



\$1 OFF
Any 14 oz. Draft

\$2 OFF
Any Wine by the Glass

**Specials on Margaritas,
Martinis, Mules, and Mojitos!**

 **3-7pm
Daily**

Las Sendas Golf Club
7555 E. Eagle Crest Drive
Mesa, AZ
(480) 396-4000

REAL ESTATE

Current Mesa Housing Market Benefits Sellers

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

We still are in a strong seller's market, with inventory levels continuing to decline.

In the Phoenix metro area, supply has decreased from 2.1 to 1.9 months of supply year over year for July, which is a decrease of 9.5 percent. However, in Mesa, the decrease is far more significant.

In July 2016, there were 1.7 months of supply compared to July 2017 of 1.3 months of supply, which is a decrease of 23.5 percent. To put it in perspective, a balanced market for Mesa would be two to three months of supply.

Demand has dropped very slightly, down 3.1 percent, but with supply down 23.5 percent, the spread is continuing to widen. As you can see from the statistics and charts below, active listings are lower year over year, while pending sales and monthly sales are increasing. The median sales price in the greater Phoenix area is forecast to decrease slightly over the next couple of months as we head into the fall season, but everything is driven by supply and demand. With lower inventory levels in Mesa, the median sales price should remain steady rather than decrease in the next couple of months.



MORTGAGE RATES

Mortgage rates haven't increased as much as everyone expected and are approximately .25 percent higher than this time last year. The FHA and VA 30-year fixed-rate mortgage is in the high 3's, and the conventional 30-year fixed-rate mortgage is in the low 4's. Now is a great time to purchase and lock in these low rates whether you are a first-time homebuyer or purchasing your next home.

MESA MARKET

	July 2016	July 2017	Change
Active Listings	1424	1158	-18.68%
Pending Sales	959	988	3.02%
Monthly Sales July	740	780	5.41%
Days on Market	66.1	57.3	-13.31%
Months of Supply	1.7	1.3	-23.53%
Median Price	\$234,000	\$254,900	8.93%

If you are planning on purchasing a home in the near future, now is a great time to buy, as prices are continuing to increase, while supply is continuing to decrease. If you are thinking of selling, listing your home while there is little inventory means less competition and a strong seller's market.

For more information on buying or selling a home in today's market, please contact me directly for a free market analysis. ■

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



SELLING • BUYING • INVESTING

DON'T JUST LIST YOUR HOME—SELL IT

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

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

FULL SERVICE REAL ESTATE WITH COMPLIMENTARY SERVICES:

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

Lorraine and her team were professional, prompt, and courteous. Her knowledge and implementation of social media, Zillow, net savvy, has her at the top of the "new market" real estate game. House sold quickly, efficiently, and for asking amount which we originally thought was a dream. Her willingness to personally participate in inspections, appraisals, and closings made our experience one that we will never forget. Lorraine was recommended to us by a colleague, where she wasn't even his Realtor but the seller's, and we would recommend her whole-heartedly to anyone who is looking to buy or sell. A+ Team. -John and Mary

WHAT'S YOUR HOME WORTH—FIND OUT TODAY www.InstantHomeValueAZ.com
SEARCH THE MLS AND KEEP UPDATED ON THE MARKET www.Homes2SellAZ.com



Million Dollar Views
Acre - No HOA - \$598,000
3788 sq ft, 4 Bed 3.5 Bath



Hermosa Groves
Acre - Pool - \$573,000
3650 Sq Ft, 4 Bed 3.5 Bath



Las Sendas
Pool - Huge Lot - \$489,900
3233 sq ft, 5 Bed 5 Bath



Las Sendas
Pool - Remodeled - \$589,000
4055 sq ft, 5 Bed, 3.5 Bath



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

KOR
PROPERTIES

VALLEY REAL ESTATE
EXPERTS SINCE 1972

www.Homes2SellAZ.com



HEALTH

Free Sports Physicals Are OFFERED TO EAST VALLEY HIGH SCHOOL STUDENTS

Submitted by Mountain Vista Medical Center

It's back-to-school time and the beginning of high school sports activities, which means the need for sports physicals.

Mountain Vista Medical Center and Desert Grove Family Medical are teaming up to offer free sports physicals for East Valley high school students, including incoming freshmen. Physicals are provided regardless of whether a student has insurance.

The free sports physicals will be offered in Mesa, on Saturday, Sept. 16, from 8 a.m. to 10 a.m. Morning appointments must be scheduled in advance by calling (480) 834-7546.

The standard Arizona Interscholastic Association (AIA) sports physical remains valid for high school athletics during the entire 2017-2018 school year. A sports physical is required for Arizona students who want to participate in high school athletics.

Physicals will be conducted at Desert Grove Family Medical, located at 10238 E. Hampton Ave., Suite 508.

ABOUT DESERT GROVE FAMILY MEDICAL

The medical providers at Desert Grove Family Medical are committed to your family's health and well-being. From annual checkups and immunizations, to sudden illness and sports injuries,

you are minutes away from receiving the caring services you and your family need. Our focus is on preventive health care, including making healthy lifestyle choices. Our providers will take the time to educate you and your family about your health care condition and help you develop a successful recovery plan.

ABOUT MOUNTAIN VISTA MEDICAL CENTER

Mountain Vista Medical Center, part of IASIS Healthcare, is a 178-bed, full-service hospital, featuring all-private rooms and advanced medical technology. Designed to provide comprehensive health care services for residents of the East Valley, the hospital is accredited as a Primary Stroke Center, Chest Pain Center and a Level III Trauma Center.

The hospital also features a Cardiac Receiving Center. Mountain Vista Medical Center is directly or indirectly owned by an entity, which proudly includes physician owners, including certain members of the hospital's medical staff. It is located in Mesa, just north of U.S. 60, at Crismon Road and Southern Avenue. Mountain Vista Medical Center is an Official Healthcare Partner of the Phoenix Suns and Phoenix Mercury. ■

For more information, visit mvmedicalcenter.com, or call (877) 924-WELL (9355). Find Mountain Vista Medical Center on Facebook, and follow the hospital on Twitter.

HEALTH

Senior Yoga Does Wonders for Mind and Body

By Cynthia F. Jones

If you are a senior who needs to do more to keep your balance and flexibility from slipping away, yoga is one activity to include in your life.

Additional benefits for seniors include greater body strength, mobility confidence and learning various breathing techniques that bring vitality to daily life and greater peace of mind.

Gentle yoga or chair yoga (chair yoga is performed sitting and standing without getting up and down from the floor) is a very practical and doable activity to include in your life as we embrace the changes that come with aging. There are no age limits. There are older adults still engaging in yoga well into their 90s.

Gentle and/or chair yoga, for women and men, will introduce you to yoga practice in a way that suits your body and guides you to do only what is comfortable for you.

The YMCA, in Mesa, offers gentle and chair yoga as a way to help seniors add to their quality of life. Classes at the YMCA are casual and welcoming. Joining a yoga class regularly brings you into a community of peers who share this activity. It can be fun.

Kripalu yoga, or hatha yoga, is the type of yoga offered to seniors at the YMCA because it is an integrative approach to health and wellness. This type of yoga brings to seniors a comfortable crossroad of East (the origins of yoga) and West (contemporary needs) to help transform seniors' years into a very different physical and mental state of being.

Yoga also helps deal with an all too common issue for seniors, which is social and personal isolation. The healing properties of yoga help seniors reconnect within—turning to the mind to help heal the body, and using the body to help nourish and heal the mind.

Please consider trying (or resuming) your practice of yoga at the YMCA, located at 207 N. Mesa Drive. Call (602) 212-6106, or visit valleymca.org/mesa to download a YMCA class schedule.

Another option to get you started would be to try a free gentle yoga class, which is offered on the last Thursday of each month at the Mesa Public Library, located at 64 E. 1st St. Visit the website at mesalibrary.org, and see Events for specific information.

Finally, if you prefer going to a yoga studio, look for one offering gentle or chair yoga and give it a try. As a 68-year-old yoga instructor, I'm a big advocate of bringing yoga into the lives of seniors.

I hope to see you in yoga class soon. ■

If you have questions, please email me at senoj99@gmail.com.



NEW POOLS & POOL REMODELS



\$24,499 POOL DEAL

- 80' Perimeter Play Pool 5' deep up to 400 Sq Ft 3'x4'x5'
- Paramount PV3 In-Floor Cleaning system with 12 heads
- Pentair Variable Speed Pump
- 420 Sq Ft Filter / 20 ft plumbing run
- Aerator
- Pentair LED Color changing light
- 170 Sq Ft of Standard Travertine Pavers & 80 Lineal Ft of Standard Travertine Coping or 250 SFt of Acrylic Deck
- 50 Lineal Ft of Elect run
- Mini Pebble Standard Colors up to 720 IA
- Waterline tile Standard Colors blue dot
- Includes Permit & Track-hoe dig

extend your pool season with a FREE SOLAR BLANKET for your new pool!

Not valid with other offers. Must show ad prior to signing contract. Expires 10/15/17

ARIZONA'S TOTAL OUTDOOR LIVING SOLUTIONS

FREE Design Consultation & Quote



Pool & Landscape AZ
"Innovative Ideas For Outdoor Living"

480-999-3348

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



Meet Tim Maas Your Swimming Pool Innovator

Most Arizonians know Tim as the trusted host of the HouseTalk Radio show. Tim has built and remodeled thousands of swimming pools for happy pool owners like you.

*From permit date. Factors beyond our control such as weather & change orders may extend build time.

EVENT

September Means a Floating Beach Blast on the Salt River

Submitted by Lynda Breault

Enjoy a floating beach blast adventure and chill out with Salt River Tubing every Friday, Saturday and Sunday in September, from 9 a.m. to 6 p.m.

Why did thousands of tubers flock to the Lower Salt River to beat the heat and enjoy fun in the sun each week during the summer? Simply, the cool and refreshing mountain-stream waters are an inviting refuge from the scorching Valley temperatures, and it's an inexpensive getaway close to the Phoenix metropolitan area, in beautiful Tonto National Forest.

"September is the perfect month to float on the Lower Salt River," President and Chief Executive Officer of Salt River Tubing Henri Breault said. "Catch a glimpse of the wild horses crossing mid-stream, blue herons gliding across the water and the majestic mountains of the mini Grand Canyon of Tonto National Forest as you float by. The Salt River offers chills and thrills while tubing and creates memorable, enjoyable experiences in the great outdoors," he continued.

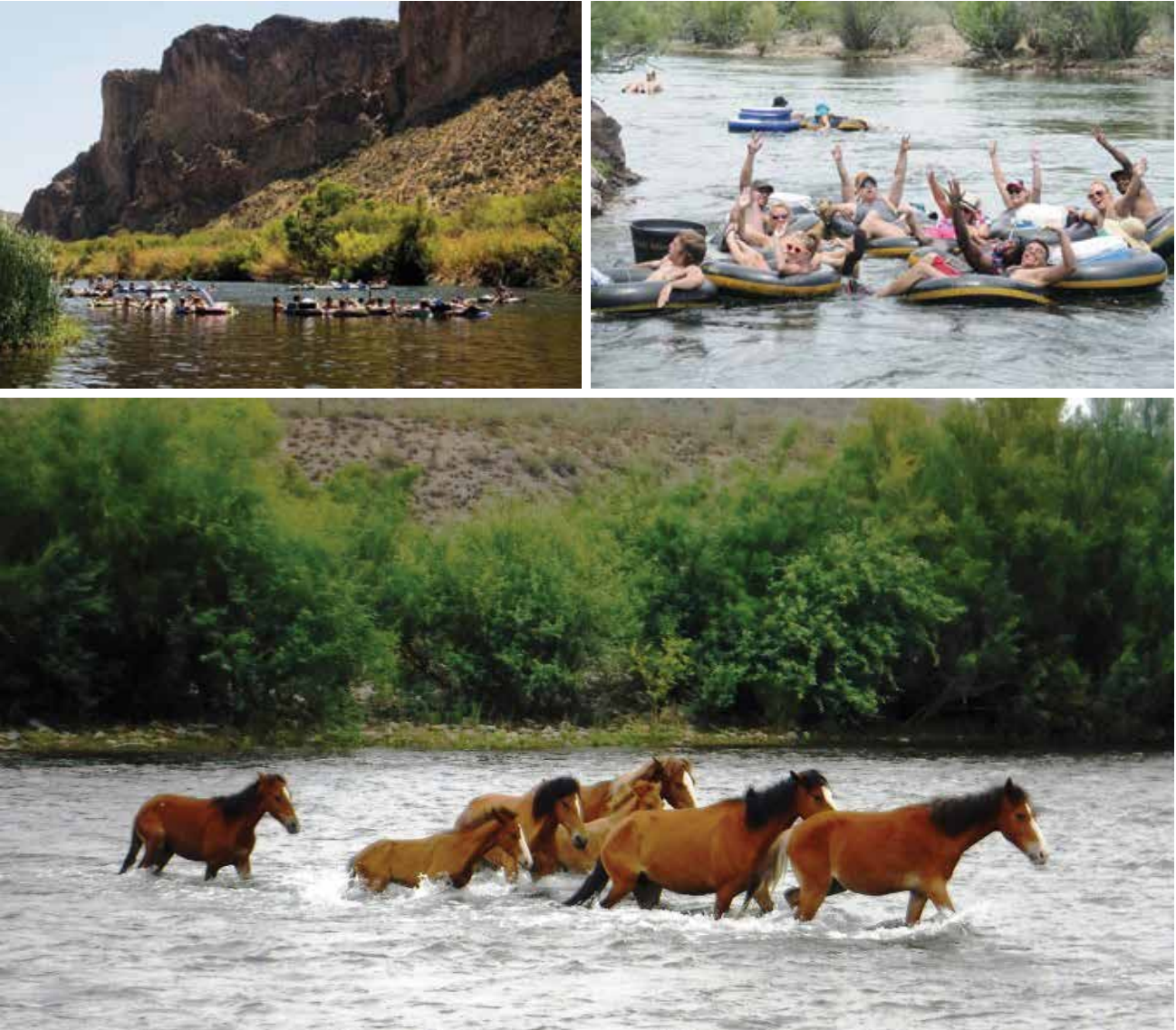
FLOATING TIPS

- Children must be at least 8 years old and 4 feet tall for tubing and shuttle bus service.
- Non-swimmers, inexperienced swimmers and children should wear a life vest while tubing.
- Tubers should plan their floating picnics to include plenty of water, sun block, protective footwear and beverages in cans or plastic containers.
- Glass containers are not permitted in the Lower Salt River Recreational Area. Ice chests and coolers will be inspected before boarding shuttle buses.
- One valid driver's license is required for credit card identification and as a tube rental security deposit for every five tubes rented.
- Appoint a designated driver before your tubing adventure. Drugs, alcohol and the Salt River do not mix. Just don't do it.

Enjoy a fun-filled floating adventure for just \$17 for all day tubing, shuttle bus service and free parking.

Salt River Tubing accepts cash and credit cards (MasterCard, Visa, American Express and Discover). Operating under permit of the United States Department of Agriculture Forest Service, Salt River Tubing is located in Tonto National Forest. ■

For more information about Salt River Tubing, please visit the website at saltrivertubing.com, or call (480) 984-3305. Salt River Tubing is open from 9 a.m. to 6 p.m., every Friday, Saturday and Sunday in September, until Sept. 25.



Values Matter!

Our **PROCESS** Ensures You Get the Most for Your Money

& Our **GUARANTEES** Go Beyond the Equipment to Cover Your Investment, Time, Property, Our Workmanship, and Your Satisfaction!

Up To **\$1,600** in Rebates and Discounts on Select A/C Systems*

Backed by 6 GUARANTEES*

*Cannot be combined with other offers or be applied to previous purchases. SRP rebates of up to \$800 subject to terms and conditions. Visit SaveWithSRP.com. John's discounts of up to \$800 on select systems. Ask for details. Exp. 10-15-17. *Visit JustCallJohns.com for GUARANTEE details. Lic #ROC 084417



John's
REFRIGERATION
HEATING • COOLING

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

"25 Hour Service, 8 Days a Week"™

COMMUNITY

START PLANNING FOR ANNUAL COMMUNITY GARAGE SALE

Submitted by Jay Williamson

The annual Red Mountain Ranch Community Garage Sale will take place on Friday and Saturday, Nov. 3 and 4. Take time now while you are thinking about the garage sale to fill out the coupon included at the bottom of this article. Please send the coupon, with a \$15 check, to Jay Williamson—Garage Sale, 6508 E. Star Valley, Mesa AZ 85215-0892.

MAIL IN COUPON

Your Name _____

Address _____

Phone # _____

E-mail Address _____

Mail and send \$15 check to:
Jay Williamson, Garage Sale Chairman
6508 E. Star Valley St., Mesa, AZ 85215
E-mail address: jaynwilliamson57@gmail.com
Phone: (480) 459-5660

You do not want to miss this opportunity to sell for hard cash those items you no longer use and are taking up space in your garage or closet. It also is a time to visit and get acquainted with your neighbors. To sell items at this garage sale, you must live in Red Mountain Ranch. Our community garage sale is one of the largest in the Phoenix area. In 2013, we had 182 homes selling items, which was an all-time record. We hope to have more sellers this year. This means you will have lots of customers buying your items. Our garage sale brings thousands of customers to Red Mountain Ranch. Last year, the roads in our community were filled with buyers' cars and trucks. Buyers love the bargains they find. We do all the work providing buyers for your sale items.

- Your \$15 fee pays for the following:
- 1. Banners at the three entrances to Red Mountain Ranch.
 - 2. Signs on the main roads in our community.
 - 3. An information packet, including instructions related to *How to Do a Garage Sale*, as well as signs and stakes.
 - 4. A liability insurance policy during the two-day sale to protect you and your buyers.
 - 5. Newspaper and email advertising.
 - 6. An email address of jaynwilliamson57@gmail.com to answer your questions.

Our HOA has approved and reserved Nov. 3 and 4 for our garage sale. These dates are reserved for our sale only. Please do not have a sale without paying the \$15 fee during our sale weekend. You can pick up your Garage Sale Information Packet at 6455 E. Rafterriver St. between 5 and 7 p.m., on Wednesday and Thursday, Nov. 1 and 2. This is the same location as last year.

If you would like to have your address included in the Garage Sale Information Packet, please mail your coupon and fee before our packet-publishing deadline of Friday, Oct. 27. You also can pay when you pick up your packet if you were unable to send in your \$15 check on time. The Red Mountain Ranch Social Club sponsors this garage sale. Our social club is not a part of, and independent of, the Country Club or the HOA. We meet on the second Thursday of each month, except December, at 9:30 a.m., at the Red Mountain Ranch Country Clubhouse to hear interesting speakers and presentations. We also have many social events, such as the spring and fall cocktail parties and trips to see plays, etc. You are invited to attend our meetings as our guest. You do not have to be a member to attend. Please fill out and send the coupon on this page.

For more information, send an email to Jay Williamson at jaynwilliamson57@gmail.com.



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

KOR PROPERTIES
Sales over \$300,000 for the Month of July 2017

John Karadsheh

Address	Square Feet	Community	Sold Price
4038 N. Olympic Cir.	1,521	Red Mountain Ranch	\$305,000
8716 E. Ivy St.	1,753	Mountain Bridge	\$307,450
3722 N. Kings Peak Cir.	1,753	Red Mountain Ranch	\$316,500
2511 N. Saffron	2,240	Villa Royale	\$320,000
4106 N. Recker Rd	2,084	Red Mountain Ranch	\$320,000
6442 E. Princess Dr.	2,318	Sahuaro Hills Estates	\$330,000
6202 E. McKellips Rd #259	1,818	Tuscany Villas	\$335,000
4335 N. Everest Cir.	2,349	Red Mountain Ranch	\$345,000
2112 N. 88th St.	1,806	Mountain Bridge	\$364,000
3556 N. Reynolds Cir.	2,886	Summit	\$365,000
8662 E. Hannibal St.	3,239	Grandview Estates	\$370,000
8252 E. Jaeger St.	1,994	Mountain Bridge	\$375,900
3447 N. Kashmir Cir.	3,834	Red Mountain Ranch	\$379,900
8742 E. Jaeger St.	1,834	Mountain Bridge	\$385,000
3108 N. Diego	3,451	Ridgeview	\$388,500
8624 E. Halifax St.	2,862	Grandview Estates	\$390,000
9654 E. Greenway St.	3,717	Saguaro Mountain	\$410,000
9635 E. Gary St.	3,655	Saguaro Mountain	\$415,000
8223 E. Jasmine Cir.	2,342	Mountain Bridge	\$417,500
7042 E. Hermosa Vista Dr.	2,354	Saguaro Estates	\$430,000
2223 N. Piedra Cir.	3,141	Estates at Desert Shadows	\$440,000
3201 N. 91st St.	2,800	County Island	\$450,000
1648 N. 94th St.	2,650	County Island	\$470,000
8515 E. Jacaranda Cir.	2,342	Mountain Bridge	\$490,000
8514 E. Jacaranda Cir.	2,568	Mountain Bridge	\$560,000
8419 E. Lockwood St.	2,690	Mountain Bridge	\$600,000
8433 E. Leland St.	3,204	Mountain Bridge	\$641,000
4263 N. Katmai	4,394	Red Mountain Ranch	\$650,000
9550 E. Hannibal Cir.	4,293	Saguaro Shadows	\$685,000
2843 N. 88th Pl.	3,500	County Island	\$730,000

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

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

H&I Automotive
www.handiautomotive.com Since 2009

Complete Automotive Service and Repair

- * Brakes
- * Suspension
- * Diagnostics
- * Tires
- * Alignment
- * AC & heat
- * Cooling
- * Steering
- * Electrical
- * Driveline
- * Maintenance
- * Mechanical

36 month/36,000 mile warranty

Not just car care, Customer Care!

Oil change, oil filter, & tire rotation from \$29.95

Lifetime No Protection Plan, PARTNERS NETWORK, ASE Automotive Service Excellence, A+ Rating, Find us on facebook.

KOR
PROPERTIES

REAL ESTATE EXPERTS
SINCE 1972

John Karadsheh, ABR, CRS Owner/Designated Broker
Natascha Ovando-Karadsheh, Owner/Associate Broker
Christina Ovando, Owner/REALTOR®



KORproperties.com | 480.568.8680



John's knowledge of the current market as well as his negotiating skills make him an easy choice when it comes to picking a REALTOR® as his record in the industry shows. — Stephen and Sadie Mae

I am here 7 days a week to help you with your real estate needs!
John Karadsheh 602.615.0843 JohnK@KORproperties.com

Mesa Food Truck Fridays is back in September!

KOR Properties is proud to be the creator and founding sponsor!



LAS SENDAS RESORT LIVING
www.8213VistaCanyon.com
\$1,875,000

UNDER CONTRACT IN 2 DAYS!



LAS SENDAS
3 BR / 2 BA / 1,571 SF
\$315,000



UNDER CONTRACT IN 8 DAYS!

LAS SENDAS
3 BR / 2 BA / 1,584 SF
\$315,000

Mesa
FOOD TRUCK
FRIDAYS

SEASON 3
FALL
SCHEDULE

#LasSendasFirstFridays



September 1st (6-10pm)
October 6th November 3rd

The East Valley's
BEST
Picnic
Party

5-9 PM

DUE TO CONSTRUCTION
returning to:
The Trailhead Parke

Sponsored by:



Las Sendas
COMMUNITY ASSOCIATION



f/MesaFoodieFridays

i/MesaFoodTruckFridays

SOLD IN 10 DAYS!



RED MOUNTAIN RANCH
4,394 SF / 4 BR / 4.5 BA
\$650,000



SOLD FOR FULL PRICE IN 2 DAYS!

CACHET AT LAS SENDAS
1,834 SF / 3 BR / 2 BA
\$318,500



JUST LISTED!

VAL VISTA CLASSIC
1,334 SF / 3 BR / 2 BA
\$210,000

RESULTS DRIVEN, COMMUNITY MINDED, ETHICAL & READY TO WORK FOR YOU

EAST VALLEY REAL ESTATE SPECIALISTS!

Lorraine Ryall
Realtor®
CDPE, CSSN
602.571-6766



Denny Harless
Realtor®
E-Pro, GRI
602.550.7766



Khalida "Kelly" Michael
Associate Broker
GRI
602.399.3720



Janis Adams
Realtor®
602.770.0543



Cynthia Watts
Realtor®
480.570.1579



Glen Bowling
Realtor®
480.201.5453



Alejandro Rojas
Realtor®
480.779.0836



Karen Brard
Realtor®
480.495.1938



Heather Maldonado
Realtor®
602.290.8506



Marni Zarr
Realtor®
480.650.1328



Jenn Newman
Realtor®
480.848.5222



CALL TODAY FOR YOUR PERSONALIZED MARKET CONSULTATION 480.568.8680

HEALTH

Make Sure Your Medicare Plan Is Working For You

Submitted by Tapestry Insurance

It is a good idea to revisit your Medicare plan each year to see if it is fitting your needs.

For many people, it can be overwhelming and time consuming going to meetings and reading printed materials. There may be plans available that are worth reviewing. That's why it is good to find an agent who can help navigate through all the choices.



Lynne Jones

Lynne Jones is a licensed and trained agent who stays informed so she can help those who are eligible for Medicare choose the plan that works best for them. "I attend Medicare plan roll-out meetings," Lynne said. "I am educated and trained on what is available annually. You may find something works better for your needs or you may confirm that you have the right plan."

"It's important to have as much knowledge as possible when making medical decisions," Lynne continued. "Why not have someone local who can help you make the best possible decision?"

Lynne is able to meet one-on-one with her clients, either at their home or at a public location. "By meeting with them individually, I feel like I can really understand their needs and what is most important to each person. I firmly believe it is not a one-size-fits-all decision. I'm an independent agent, so I am able to share more than just one insurance option and more than one type of plan." ■

If you would like to see what your options are, please contact Lynne Jones, a licensed sales person, at (480) 212-2246.

TRAVEL

You bet it is wise to purchase travel insurance

Submitted by Sue and Bruce Mitchell
Cruise Planners

You've spent months planning the perfect family vacation before the school year starts, and you tell yourself, "We're going no matter what."

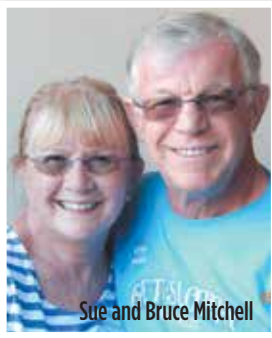
That *what* suddenly becomes little Johnny running a high fever of 105, and with just days before your departure, *you* also get sick.

Sound familiar? It's funny because I am guilty of just that type of mentality. The days of, "Oh, nothing's going to happen before we go," are totally over.

Enter reality. People get sick. A family member falls and breaks a leg. Hurricanes hit. Flooding occurs. Resorts get damaged. Your lovely boss needs you to stay to help with a company issue. Or worse, you get terminated.

All these and more are reasons to buy travel insurance. Gone are those days of the negative thoughts about travel insurance. For the small cost of your trip investment, the three main reasons why you should buy are peace of mind, protection against the unexpected and concern over losing your financial investment in a trip. For fractions of what you invest in a trip, from planning to actual cost, just having peace of mind is all you need.

- Some things travel insurance will cover:
- Your baggage is lost or damaged.
 - You're involved in an accident and adequate medical treatment is not available. You need medical evacuation.
 - You need to cancel your trip due to your illness or other family emergency.
 - Your cruise line, airline or tour operator goes bankrupt. You need your non-refundable expenses covered to get to your destination.
 - You have a medical emergency in a foreign country.
 - A terrorist incident occurs in the city you are planning to visit, and you want to cancel your trip.



Sue and Bruce Mitchell

- A hurricane forces you to evacuate your resort, hotel or cruise.
- You are called for jury duty.
- Loss of employment.
- Travel delay.
- Legal separation or divorce.
- Traffic accident en route to your destination.
- Military duty.

I always tell clients not to take insurance if they do not mind losing the money they paid for a trip.

Unfortunately, cruise lines, tour companies and airlines are no longer sympathetic to your problems.

Recently, we had a client fly to her destination. Due to illness, however, she had to be hospitalized before ever boarding her ship. Luckily, she had taken the insurance and her cancellation was covered. ■

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



Are You Turning 65 This Year?

Do You Need Help Making Medicare Decisions?

Medicare decisions can be confusing and overwhelming.

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



Call me to review your Medicare choices.

Lynne Jones
LICENSED AGENT
jonesdvp@yahoo.com
480-212-2246



CRUISE PLANNERS
Land and Cruise Specialists
Your Red Mountain Travel Professionals
Sue and Bruce Mitchell
smitchell@cruiseplanners.com
480-396-8084
toll free 855-542-8229
We've Been Creating Amazing Dream Vacations For 30 Years
www.redmountaintravel.com

Red Mountain Montessori Academy
At RMMA, we give your child the keys to unlock the magic and wonders of childhood...



Offering a world class education in a beautiful and peaceful setting.
A.M.I./A.M.S. CERTIFIED TEACHERS
480-654-1124
6426 E. McDowell Road
Take a look at our website to research the advantages of the Montessori Method
www.redmountainmontessori.com

UpClose
PUBLICATIONS

Check out our Web site!

Read articles online, download PDFs, and more!

www.UpCloseAZ.com

T&T
AIRPORT SERVICE

"WE DON'T MISS"

PRIVATE CAR **\$45***
FLAT RATES
RESERVATIONS

480.832.3483

OVER 15 YEARS OF SERVICE
*Call for Details.

RELIGION

God Promises New Seasons of Life

By Pastor Paul Frank
Hosanna Lutheran Church

OK, did you feel that moment just now when all the planets came back into the right alignment and all is right with the world again?

You know what that means? Are you ready for some football? Oh yeah.

At Hosanna Lutheran Church, we have a lot of Skyline, Red Mountain, Mountain View and Desert Ridge high school students, so the rivalries are plentiful but friendly. I love pro, college, and high school football. Now, I know this is hard to believe, but some people out there, you know, like my wife, are just not fired up about football season starting. I know—it's weird. Kathy couldn't care less about it.

She looks forward to other seasons starting, however, like cooler temperatures, fall hiking, more time on the patio and time around the fire pit in the evenings. She also likes seeing a number of friends return to Mesa after avoiding the heat of summer.

In a sense, it's the start of Snow Bird season. It's hiking season again. It's get outside and enjoy this amazing creation of God season again. It's also a time to remember that God keeps bringing us into new seasons in our lives, and new seasons

in our life together.

Sometimes, you really need a new season in your life to begin. Sometimes, you might feel like you need that last season to just end. One of the enduring and endearing promises of God throughout His Holy Word is the promise that life will go on and the seasons of life will transition, one to the next. There will be a better season, a new season coming along always.

Life is difficult at times, painful, challenging and confusing at times. And yet, in the midst of it all Jesus said, as he prepared to ascend back to his heavenly throne, "I will be with you always, to the very end of the age." The key word there is *always*. It's his promise to be with us, to comfort and guide and reassure us in all times, always.

In every season of life, God is with you. He will not leave you. He will not forsake you. This ever-present love, mercy and grace of Christ our Savior are what we celebrate and live within at Hosanna Lutheran Church. To learn more about his great grace, come join us Sunday mornings and throughout the weeks, as well. ■

We are located at 9601 E. Brown Road.
Check us out at hosanna-lcms.com.



LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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

As summer winds down, so, too, does this series on the 50th anniversary of the Summer of Love. Over the past few months, we've been reminiscing about that fabled time in our history when counterculture came to a head in California.

Part One of this series covered the recorded music of the era and the collectability and value of some of those old vinyl records. Last month was devoted to the colorful *ephemera*, the psychedelic concert posters advertising the top bands and their next gigs.

And with this month's topic wrapping up our series, it deserves to go out with a bang (or a smash), or up in flames, just like the guitars of Pete Townshend of the Who, and Jimi Hendrix. Yes, you guessed it. This month's topic is the iconic symbol of Rock and Roll, the electric guitar.

Pete Townshend was notorious for smashing his guitars with frequency. Jimi Hendrix burned his first guitar at a 1967 London performance as a warm-up feature for the June 18, 1967 performance of *Wild Thing* at the Monterey Pops Festival. In fact, he burned and smashed his guitar



Jon Englund

that night.

While there's not a lot one can do with a broken and burned guitar, some of those famously destroyed instruments have sold for a small fortune. The Hendrix guitar that got torched in Monterey reportedly sold for \$380,000 in 2012.

One of the most expensive guitars ever sold was the 1968 Stratocaster, played by Hendrix at Woodstock. Paul Allen, of Microsoft, bought the guitar for \$2 million, and it now resides in the Experience Music Project in Hendrix's hometown of Seattle.

While few of us will ever have our own *experience* with one of those ultra-famous guitars, we may have an older Fender or Gibson guitar stashed away in our closet collecting dust. At last check, a mid-1960s Fender Stratocaster guitar could be worth \$10,000 or so. What's 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.

5424 E. Southern Ave., Suite 103
Mesa, AZ 85206
(480) 396-2300

OPEN:
Monday - Friday 8 - 5 p.m.
Saturday 9 - 1 (once a month)
Insurance Accepted



LA PEAU DERMATOLOGY

Every patient deserves a choice!

SRT-Superficial Radiotherapy

There's a Non-Surgical Treatment for Skin Cancer!

If you're diagnosed with non-melanoma skin cancer, and you don't want or can't tolerate surgery, SRT may be the perfect option. Safe, effective and cosmetically superior, SRT treats basal cell and squamous cell carcinoma with no pain, scarring or patient downtime.

NO CUTTING • NO PAIN
NO DOWNTIME • NO SCARRING
www.sensushealthcare.com



Superficial Radiotherapy

Dr. Rashid is a board certified dermatologist, cosmetic and Mohs micrographic surgeon. She received her medical degree from Kansas City School of Medicine and Biosciences. She completed her internship at Oakwood Hospital in Trenton, Michigan and her residency at Midwestern University/Arizona Desert Dermatology Residency Program.

She has been published in numerous journals and received recognition for her volunteer work with the United Nations Health Mission and other various organizations within the state of Arizona.

SPECIALIZING IN TREATMENTS FOR THE FOLLOWING CONDITIONS:

Skin Cancer
Mohs Skin Cancer Surgery
Acne
Warts
Psoriasis

Moles
Sun Damage
Wrinkles
Chemical Peels
Botox
Juvederm

Rosacea
Laser
Platelet Rich Plasma-PRP Therapy in Hair Restoration & Collagen Rejuvenation



Zaina Rashid,
D.O., F.A.A.D., F.A.O.C.D.

DR. RASHID IS A MEMBER OF:
American Academy of Dermatology
American Osteopathic Association
American Society of Mohs Surgery
American Society for Laser Medicine and Surgery
The American Academy of Cosmetic Surgery
The American Society for Dermatologic Surgery

35% OFF Cosmetic Services

HEALTH

A Podiatrist Can Address Women’s FOOT AND ANKLE HEALTH

By Dr. Aprajita Nakra, DPM, FACFAS
Red Mountain Medical Plaza

Let’s admit it ladies, we abuse our feet. We put a lot of stress and strain on our lower extremities, and we don’t take nearly as good care of them as we should. Based on our need to be fashionable, we often wear shoes that don’t fit well or just are not designed for walking and standing for long periods of time.

Even Oprah admits she only wears her highest heels once she is seated during an interview. It’s no wonder those stilettos and peep-toes are causing us pain. They are designed for beauty, not comfort.

Women have some of the same foot problems as men, but mostly, our feet have many more issues.

Bunions are enlargements of the joint at the base of the big toe that form when the bone or tissue at the big toe joint moves out of place. Bunions are a symptom of our foot’s development due to the way we walk, our inherited foot type, our shoes or for other reasons. Although bunions tend to run in families, it is the foot type that is passed down—not the bunion. Since this joint carries much of the body’s weight while walking, bunions can cause extreme pain if left untreated. Podiatric medical attention should be sought at the first indication of pain or discomfort.

Stress fractures are tiny or incomplete cracks in a bone often caused by overuse. Stress fractures occur most frequently in the foot and ankle and can be caused by a number of factors. An unusual increase in activity causing strain in the foot (fatigue fracture) is one of the most common causes, while weak bones (insufficiency fractures), are caused by medical conditions, such as osteoporosis. Medications, such as steroids, can lead to stress fractures, as can a sudden increase in activity levels. All of these causes can and should be evaluated by your podiatrist when you notice pain or swelling, which are the symptoms of a stress fracture.



Dr. Aprajita Nakra

A **neuroma**, also referred to as a pinched nerve, is a painful condition involving irritation and/or thickening of the nerve tissue between the toes, most commonly the third and fourth toes. The condition brings on pain, a burning sensation, tingling or numbness between the toes and in the ball of the foot. Your podiatrist can offer a number of treatment options for a neuroma.

Ingrown nails are a common ailment seen by podiatric physicians. An ingrown nail is one whereby corners or sides dig painfully into the soft tissue of the toe, often leading to irritation, redness and swelling. Usually, toenails grow out straight, but sometimes one or both corners or the sides will curve and grow into the flesh. The big toe is the most common site for this condition, but other toes also can become affected. Ingrown toenails may be caused by any one or more of the following: improperly trimmed nails, shoes that are too tight, trauma and activities with repeated pressure on the toe, such as running or kicking. There are other causes as well, but this painful condition usually can be eased with one or two visits to your podiatrist’s office.

Women also may have a tendency to develop blisters, corns, calluses and heel pain. Your podiatrist can treat all of these conditions, and a number of treatment options are available.

Once we all realize that our feet don’t have to hurt, ladies, life will be that much more enjoyable.

DR. APRAJITA NAKRA, DPM, FACFAS

Dr. Aprajita Nakra is board certified in reconstructive ankle and foot surgery by the American Board of Podiatric Surgery. She also is a fellow of the American College of Foot and Ankle Surgeons. She successfully finished a surgical residency program at Emory Hospital, in Atlanta, Ga., and began practicing podiatric ankle and foot medicine and surgery in Arizona in 2000. ■

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

HEALTH

GRIEF PROCESS Is Different for Everyone

By Randi Rotwein-Pivnick, MA

A professional therapist, Randi Rotwein-Pivnick offers valuable advice to clients dealing with a wide range of issues. Good suggestions for anyone experiencing family issues, she offers the following guidance to *Grieving Grace*:



Randi Rotwein-Pivnick

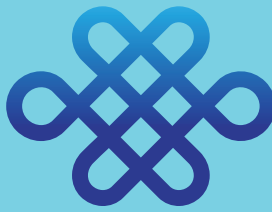
Dear Randi,
My mother passed away four months ago. We were very close, and I miss her terribly. Since she died, I feel like I am on an emotional rollercoaster. One minute I am doing fine, and the next I am crying or angry. My sister seems to be doing just fine, and my husband tells me four months is long enough to be sad, and it’s time to move on. Is there something wrong with me?

Signed,
Grieving Grace

Dear Grace,
Clearly, you are grieving the loss of your mother. The grief process is different for everyone, and you need to go at your own pace. Some people experience all the stages of grief (denial, anger, bargaining, depression, acceptance), and some people don’t. Oftentimes, you jump from one stage to another and back again. It all depends on the person, which is why you are having a different experience than your sister.


The best thing for you to do is to allow yourself to feel what you are feeling and to grieve at your own pace. Don’t let anyone else determine that but you. Surround yourself with supportive, empathetic people, get some guidance from a therapist specializing in bereavement, and/or join a grief support group. Little by little, with time, you should begin to feel more like yourself. ■

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



THE ARIZONA
RELATIONSHIP
INSTITUTE



Emotional & Physical Intimacy Specialists



Counseling And
Integrated Treatment
Individuals * Couples * Families
Learn more at azri.org

7565 E. Eagle Crest Dr., Ste. 201
Mesa, AZ 85207
(480)788-5069

NOW ACCEPTING



BlueCross
BlueShield
of Arizona

The Results You Want.
\$500 OFF!
of any full Orthodontic Treatment!

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

WRIGHT
Orthodontics

AN ELITE PROVIDER OF:



invisalign® and **invisalign teen**



Metal



Clear



Invisalign

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

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

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

LOCAL BUSINESS

A HEALTHY CAT IS A WELL HYDRATED CAT

Submitted by Pet Planet

Like people, cats aren't big water drinkers.

Just as we are seeing a rise in urinary health issues (i.e. bladder and kidney stones) in people, veterinarians across North America are seeing a rise in urinary health issues in cats. Dehydration in cats can be connected to other life-threatening diseases, as well, like diabetes and kidney failure.

Water intake in cats is challenging. Just like us, cats prefer fresh water. So, making sure we change water bowls daily is important. Some cats prefer to see movement in their water (and may display this by tapping at their water dishes with their paws or preferring to drink from dripping taps). So, consider getting your cat a water fountain or even placing ice cubes in his dish. We can even use diluted low-sodium chicken broth or tuna juice as a way to make the water more enticing.

Another excellent source of water is moisture-containing canned, freeze-dried or raw food. It contains about 85 percent water and should be a regular part of every cat's diet.

There are several benefits to feeding high moisture food to your cats.

- Canned, freeze-dried and raw food:
- contain higher levels of protein than dry cat food, so choose options with meat, poultry, fish and eggs.
- offer more nutritional value than dry cat food.
- provide much needed water vital for your cat's overall health and well-being.

- contain lower levels of carbohydrates, which will help your cats maintain a healthy weight and keep clean teeth.
- are easier to digest, which translates to less stool and odor in the litter box.

A dry cat food can be connected to many life-threatening diseases that affect cats, including diabetes, kidney failure and feline lower urinary tract disease. A cat fed exclusively dry kibble will consume only half the amount of water needed on a daily basis, since dry foods contain only 10 percent water.

There is no question that feeding your cat dry food is more convenient. Supplementing dry food with 50 percent or more canned, freeze-dried or raw food, however, can help prevent life-threatening disease and ensure your cat stays hydrated.

At Pet Planet, we love our cats. That's why we are very passionate about educating our customers and helping them save money.

Here is our Cat Savings Program:

- Buy cat food and get 10 percent off litter, treats, toys and grooming supplies.
- Buy 12 cans of cat food and get 5 percent off each can.
- Every Thursday, get 15 percent off all the cat treats. ■



EDUCATION

New Frontiers for Lifelong Learning Offers Educational and Social Opportunities

New Frontiers for Lifelong Learning (NFLL), a peer-led, self-directed organization of more than 400 members, operating under the sponsorship of Mesa Community College (MCC), may be just what you are seeking.

Educational and social opportunities happen by joining interactive groups, such as America, the Gilded Age, Walking the Cather Trail, Continuing Piano Class, We Were Citizens—Now We're Not, Theory of Evolution and Trailblazer's Hiking, as well as more topics. Many classes meet one time for two and one-half to three hours. There are no tests, grades or credits.

Other social opportunities, such as luncheons, tours, traveling, concerts, board and card games and theater productions, can be enjoyed. Volunteer opportunities on the MCC campus and in the community are available. As an NFLL member, you are given an MCC student ID card, which gives you discounts on campus and in the community.

An open house for learning about NFLL will take place on Friday, Sept. 15, from 1 p.m. to 3 p.m., at the MCC Downtown Center, 145 N. Centennial Way, on the fourth floor. Parking is available in the parking garage, on the second and third levels only. An elevator or stairway leads to the fourth floor from the garage.

Classes meet at MCC campuses located at Southern Avenue and Dobson Road, McKellips and Power roads, Mesa Active Adult Centers, at 247 N. MacDonald St. and 7550 E. Adobe St., as well as other locations.



Fees are \$80 a year or \$60 for each semester. After enrolling at the open house, a member can register for as many classes as one's schedule will allow. Online registration begins on Tuesday, Sept. 19. Arrangements will be made for those without computers. ■

For more information, visit the NFLL website at newfrontiers.mesacc.edu, or send an email to communications@newfrontiersaz.org. Write to Mesa Community College, NFLL, Office of Community Partnerships, 7110 E. McKellips Road, Room 222, Mesa, AZ 85207. You also can call (480) 461-7497.

**Fresh, Wholesome Food
Made From Scratch!**



\$2 Mimosas and \$5 Bloody Mary's
480-264-6832 • Hours: 6 am - 4 pm
6663 E McDowell Rd, Suite 101, Mesa, Az 85215
whatscrackincafe.com



**Let us help you
with your
UPCOMING
EVENTS!**

602-702-9583
6655 E McDowell Rd, Suite 112
Mesa, Az 85215
redmountaineventcenter.com

SEPTEMBER - Happy Cat Month!

**Celebrate Your
Feline Friend
by Receiving a
FREE
Primal Pet
Food Feline
Trial Pack
on Your
Next Visit to
Pet Planet.**



Offer expires 9/30/17 or while supplies last. Cannot be combined with any other offer, promotion or deal. Photocopied coupons will not be accepted. Coupon must be surrendered at time of purchase. One coupon per person, per transaction. No cash value. Non-transferable.

pet planet 
YOUR PET'S Natural GROCER

Ridgeview Plaza

2910 N Power Road, Suite 103
Tel: 480.218.5415 IN THE BASHAS' PLAZA

**Create
the life
you want!**
**GET UNSTUCK
AND LET GO
OF THE PAST.**

**Therapy and Coaching for
Individuals and Couples**

**Take the
first step today!**

480-707-8291
emotion4you@aol.com

**Randi Rotwein-Pivnick
M.A., LMFT**

**Licensed Psychotherapist
Certified Hypnotherapist
Certified in EMDR
20+ yrs. experience**

Some insurance accepted.

EDUCATION

Help students succeed by getting involved

Submitted by Mesa Public Schools
Photos by Tim Hacker

As students at Mesa Public Schools settle into the rhythm of a new and exciting school year, it's a great time to get involved in helping students succeed. From classroom helpers, to supply drives and more, the district appreciates the opportunity to engage community members. Here are three ways you can help.

1. BECOME A VOLUNTEER

Every day, hundreds of community volunteers actively are helping on school campuses. Volunteers can be found reading to small groups or working one-on-one with students, helping teachers with administrative tasks or shelving books in the library. Becoming a volunteer is simple. Bring a completed volunteer application packet and signed school referral form to the district's Human Resources Department, or

visit the school you would like to help. Learn more and find the form at mpsaz.org/hr.

2. ADOPT A SCHOOL

Organizations, such as retirement communities, civic groups and churches, are welcome to adopt a school for campus cleanup, supply drives or other needs. Visit your neighborhood school and talk to the principal about opportunities to get involved. Organizations looking for a school referral may call the district's Communications and Marketing Department at (480) 472-0223.

3. ORGANIZE A SUPPLY DRIVE

Whether it's school supplies or personal care items, schools are happy to accept donations from community members. Looking to help a school with a donation but unsure where to begin? Contact your neighborhood

school's office staff or family support specialist for advice or specific needs. Then, rally friends and neighbors to provide donations.

Thinking about attending a school event? Senior community members are eligible to receive a Gold Card and cheer on your favorite student. Residents who are 62 or older and live within district boundaries are eligible for a free Gold Card, which offers free or discounted admission to school plays, concerts, musical theater performances and sports. Pick up your Gold Card at the district's Administrative Services Center, 63 E. Main St., or Curriculum Services Center, 549 N. Stapley Drive. For more information, call (480) 472-0223. ■

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





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

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

Enroll today!



Building a
brighter
future

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



LOCAL BUSINESS

Stages of Dementia Progress

DIFFERENTLY WITH EACH INDIVIDUAL

Submitted by Home Care Assistance

Dementia isn't a disease, rather it is a term used to describe a collection of symptoms that can include memory loss and confusion.

It is a progressive condition with the three stages described as early, middle and late. Learning how to recognize the early signs of dementia can help you recognize the onset of decline. One of the most common types of dementia is Alzheimer's disease. Others include Lewy Body and Vascular dementia.

Here is how early dementia progresses and the signs and symptoms that are part of that progression.

It's important to note that even though dementia has three stages, each individual will experience them differently. Dementia is a very fluid condition. So, there are no hard and fast rules about when a person will move from one stage to another. Some symptoms may appear in several stages, while others might not occur at all. Dementia occurs gradually and results in a slow worsening of symptoms as the chemistry of the brain and its structure are damaged. Dementia will reduce the person's ability to:

- communicate.
- remember people, places and things.
- understand conversations, concepts and directions.
- reason.

Behaviors and moods also will change across the three stages of dementia.

EARLY STAGE DEMENTIA

The Alzheimer's Society says there is good evidence that by the time people exhibit signs of dementia, the disease has existed for many years in the brain. The initial symptoms of dementia, such as forgetfulness and difficulty retrieving words, can be taken as signs of normal aging, until they begin to occur more regularly and affect activities of daily living. The signs and symptoms of early stage dementia include:

- memory problems, such as forgetting recent events, or repeating the same question over and over again.



- lapses in reasoning, planning or problem-solving with trouble thinking things through to logical conclusions.
- short attention spans that make the person easily distracted.
- language impairments, including taking longer to find the right word, or an inability to call an object by its name (toaster, car, etc.).
- changes in visual depth perception, which cause trouble navigating stairs or judging distances.
- putting objects in the wrong place, such as car keys in the freezer or ice cream in the kitchen cabinet.

In the early stages of dementia, your loved one may realize these memory losses are increasing and, as a result, become depressed or anxious. It is important to offer reassurance and comfort.

MIDDLE STAGE DEMENTIA

As dementia progresses into the middle stage, personality, behavioral and memory changes will become more noticeable.

- Your loved one will need more help and support with daily activities, such as grooming and personal hygiene.
- He may forget to wash, eat or use the toilet.
- Memory loss increases and may include an inability to recognize people.
- Forgetfulness may cause your loved one to not take medication, get lost, turn on burners and not turn them off, etc.

- Mood and behavior changes become more distinct and may result in outbursts, anger, frustration or aggressive behavior.

Your loved one may walk off or start wandering endlessly around the house. He may mix up night and day, or begin to exhibit odd behaviors, such as wearing pajamas outside, asking strangers for food and other socially inappropriate actions.

LATE-STAGE DEMENTIA

At this stage, people will need almost complete help with daily living. They may require full-time nursing care. They may



become non-verbal. They will be physically weak, will have significant trouble walking alone and may need a wheelchair. Other signs of late-stage dementia include:

- inability to recognize loved ones.
- trouble eating and swallowing.
- significant weight loss.
- incontinence may begin to occur.
- behavior changes, which may include restlessness, as if searching for someone.
- angry outbursts or depression.
- feeling threatened.
- an inability to know where they are, or time of day, etc.

Despite the difficult nature of these symptoms, it is important to remember that when you are with a loved one who suffers from dementia, he will respond to a kind word and a comforting touch. Understanding how to communicate with someone who has dementia can be hard, but it is still possible. It is important to soothe and reassure your loved one regardless of the stage of dementia.

If you need support caring for a loved one who suffers from dementia or any other cognitive decline, call us. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging, and we can help your loved one age in a healthy manner. Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help you protect your health and focus on yourself also. ■

Contact Certified Dementia Practitioner Amanda Butas, your Mesa client care manager. Call (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.

UpClose
PUBLICATIONS

HELP WANTED

Phillips West is hiring. We are interested in others who are proficient in journalism, and can edit, write and photograph, as well as participate in social media and sell advertising. The company is expanding, and we have some flexible opportunities.

Please contact us for more information.

CALL (480) 748-1127

**Shaping Lives
In Christ**

Hosanna
Lutheran Church &
Little Palms School

9601 E Brown Rd, Mesa AZ
Church Office | 480.984.1414
School Office | 480.986.9436

Sunday Worship:
Liturgical Worship | 8:00 am
Cross Walk | 9:30 am
Praise Style Worship | 10:30 am

**In need of a great Preschool or Pre-K class?
Looking for Christian Fellowship & Worship?**

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.

BUY ONE,
GET ONE
FREE!

MONDAY & TUESDAYS
Thru September, 2017,
After 5 PM

BUY ONE ENTREE, GET ONE FREE

*When you present this coupon

*Offer not valid on To Go Orders, Entrees must be of equal or lesser value

Not valid with any other offers or discounts.

The Grille
at Las Sendas
The Patio
at Las Sendas

LAS SENDAS GOLF CLUB | 7555 E. EAGLE CREST DR. MESA, AZ

480-396-4000 | WWW.LASSENDAS.COM

Salt River
Tubing
AZ'S FLOATING
BEACH BLAST!

OPEN WEEKENDS SEPT 1 - OCT 1
FRIDAY/SATURDAY/SUNDAY
Weather & Water Flow Conditions Permitting

ONLY \$17 ALL DAY!
Includes Tube Rental, Shuttle Bus
Service & Free Parking at SRTR

9:00 AM - 6:30 PM
Latest Tube Rental
1:00 PM

SRTR ACCEPTS CASH & CREDIT CARDS!

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

FLOATING BEACH BLAST WEEKENDS

SALT RIVER TUBING
IS OPEN SEPT 1 - OCT 1!

9/1 - 9/4
FRI/SAT/SUN/MON - LABOR DAY WEEKEND
FLOATING BEACH BLAST WEEKENDS!

9/8 - 9/10 9/15 - 9/17 9/22 - 9/24 9/29 - 10/1

ONLY \$17 ALL DAY • OPEN 9:00 AM - 6:30 PM* • Latest Tube Rental 1:00 PM* • (480) 984-3305

Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd. • www.saltrivertubing.com

*Weather & Water Flow Permitting • SRTR Operates Under Permit of the U.S.D.A. Forest Service in Tonto National Forest

CLASSIFIEDS

HOME SERVICES

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

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

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

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



HELP WANTED

HELP WANTED
Phillips West is searching for motivated individuals who want to experience a new adventure in publishing.

WORK FROM HOME WITH A FLEXIBLE SCHEDULE

- Website Designer
- Digital Ad Sales
- Cold Call Sales
- Social Media
- Freelance Writer
- Website Editor

We are planning on launching a new publication, and are interested in finding people who want to start something new and exciting, and very relevant to today's society.

The publication will initially be online, but could progress to a print publication in the future.

In addition, we are also seeking motivated individuals who are interested in advancing the Up Close brand into new communities in Mesa and the East Valley. Particularly, someone who is interested in ad sales on commission, with a flexible schedule.

For more information, email publisher@phillipswest.com. Visit our website at UpCloseAZ.com to review our publications, and to offer ideas and proposals.

SPECIALTY SERVICES

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

PROFESSIONAL TUTORING. Individualized, at-home instruction. Multiple K-12 subjects including Math, Reading, Writing. College entrance test preparation. Assistance for home-schooling, behavioral, special education concerns.
Philip N. Swanson, Ph.D., 480-677-9459.

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

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

AIRPORT TRANSFERS “SPECIAL SUMMER RATES” FOR YOU. Full service and “legal” Sedans/SUVs, don't be fooled by going in a vehicle that does not have the required insurance, your safety is at stake. Full service company since 1995 and winners of Best of Phoenix award in 2014 and 2015. **602-481-0894 or www.swsedan.net.**

PROFESSIONAL RESUME SERVICE
Van Dyke Communications, an accomplished resume-building service, specializes in preparing resumes for graduating students ready to take on the workforce. Let us do what we do best—prepare a professional document specifically highlighting your academic accomplishments and your skills to take on the job of your dreams. Begin your future today.
Call us at (480) 219-3830.

FOR RENT

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

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

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

IS YOUR POOL COLD?

No Problem... We Heat Cold Pools

DOES YOUR POOL NEED REMODELING?

No Problem... We Remodel Pools

WHY HEAT YOUR POOL?

POOLS AREN'T CHEAP. But for a fraction of your original investment, you can enjoy your heated pool anytime rain or shine. While your neighbor's unheated pool goes unused, you and your family and friends can swim in warm water year round AT THE LOWEST COST POSSIBLE. No children with blue lips, no excuses for not having a pool party, just WARM WATER FUN when you want it.

LOWEST INSTALLED PRICE IN THE VALLEY!

Heat your pool for as little as \$50 per month.
Based on 12,000g1 pool with cover.

LOWEST REMODEL PRICE IN THE VALLEY!

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

Licensed, Bonded & Insured, ROC #243628

HEAT PUMP SPECIAL

ONLY \$3,995

PRICE INCLUDES:

DELIVERY • INSTALLATION • START-UP

*Installation includes (1) 50 amp breaker / hookup and plumbing. Electrical run not included.

REMODEL SPECIAL

ONLY \$5,845*

PRICE INCLUDES:

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

*based on 80ft perimeter play pool



SWIM YEAR ROUND!

Arizona Pool Guy, Inc. • 480-699-0607



Large enough to understand,
Small enough to care.

(480) 924-2096

www.CarnationHomeCleaningInc.com

All quotes given by phone or website.



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

www.UpCloseAZ.com

SERVICE DIRECTORY



PUPPY TRAINING, SOCIALIZING AND ADVENTURES
ENROLL TODAY 480-207-1852

Six-week Puppy Program includes daycare. Let us do the training and repetition for you.

www.HappyPetsPalace.com

NWC McKellips & Gilbert Road • 1918 E. McKellips Rd • Mesa



The GUCCI Pooch
PET SPA *The Grooming Salon for the Discerning Pet Parent*
(480) 335-4736 NOW ACCEPTING NEW CLIENTS!

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

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

\$5 OFF ANY SERVICE
New clients only.

MY CHAUFFEUR TAXI SERVICE

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

SPECIAL PRICE OF \$39
Las Sendas, Red Mountain, Alta Mesa, Boulder Mountain & Mountain Bridge.

480-512-9757
Dirk Van Leenen
Owner & Driver

Chica.go Carry Out & Catering

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

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

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

Using only **GRADE A FRESH, NEVER FROZEN** Chicken!

\$2.00 OFF

On all Chicken orders of 8 pieces or more. Just call your order in ahead & use our drive-thru pickup window to receive offer. Daily from 11am-3pm. Expires 9/30/17
WE DELIVER!
(\$10 Min. Order- \$3 Delivery Charge)

5965 E. Brown Rd. *SW CORNER OF BROWN/RECKER (INSIDE CHEVRON) 480-453-4526
HOURS: Mon. Wed. Thurs. 11am-8pm | Fri. & Sat. 10:30am - 8pm | Sun. 11am - 6pm | Closed Tuesday

Book an Experienced **Vocal Performer** for Your Upcoming Wedding or Special Occasion

Brekyn Johnson
brekynjohnsonvocals.com
brekynjohnson@gmail.com

FULL BAND AVAILABLE FOR PERFORMANCES!

480.204.2987

Have you been putting home repairs off for a while?
480 Handyman
Services can tackle those for you!

Call Mike Leonard today!

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

480-226-3986
480Handyman.com

480-332-1457

SERVICE AT AN AFFORDABLE PRICE

FOR ALL YOUR PLUMBING NEEDS

LICENSED, BONDED, INSURED

ROC 178767 K-37
rwbplumbinginc.com

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

nosnowsup.com
480.807.6787
3654 N POWER RD, #104
MESA AZ 85215
nosnowsup@gmail.com

NoSnow
PADDLEBOARD SHOP

PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE

ALL PRO
TREE SERVICE LLC.
www.allprotrees.com • dennis@allprotrees.com
480-354-5802

LANDSCAPE SERVICES

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

TREE SERVICES

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

Commercial, HOAs & Residential
Fully Insured/ Bonded

Fertilize for FREE with Purchase
Call for Details

With Every Tree Trimming, We Granual Fertilize for FREE

15% OFF

Call today for a **FREE ESTIMATE** and get **15% OFF** with this ad!
Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.

UpClose
PUBLICATIONS

Check out our publication online at
UpCloseAZ.com

Why hire just one Realtor®...
when you can have a whole team?

Step One:

Meet with a tenured listing agent to receive a comprehensive market analysis and consult.



Listing Consultation

LISTING AGENTS



SHANNA DAY



CHRISTINA PARAMORE



KEN REMBOLD



VALERIE RANDALL

Step Two:

Our media team will begin setting your home apart from the rest.

Photo/Video



MEDIA TEAM



MICHAEL SCHNEIDER
ANTIK MEDIA



MATT SCHNEIDER
ANTIK MEDIA



ERIC DAY
ZENGE MEDIA

Step Three:

After we get the media kit of your home we can syndicate it to 300+ major websites.

LISTING ASSISTANT



HANNAH DAY



Disseminate Listing

Marketing

Step Four:

Strategically post and engage potential buyers through social media, blogs, etc.

MARKETING TEAM



EMIL DEVERALA
MY OUT DESK



ALEX DAY
ZENGE MEDIA

SHOWING AGENTS / OPEN HOUSE HOSTS



NATE BENHAM



LYNN TISDALE



DANNY DAY



BILL MUNDEN

Step Five:

Showing your home to ready & able buyers will bring offers on your home.

Receive and Negotiate Contract



TRANSACTION AND CLOSING SPECIALISTS



CHRISTINA PARAMORE



ANGELA KIERNAN
MAGNUS TITLE

Step Six:

Sign, close escrow and move to your new home!

Inspection & Appraisal



EACH OFFICE INDEPENDENTLY OWNED AND OPERATED
IF YOUR HOME IS LISTED WITH ANOTHER BROKERAGE, PLEASE DISREGARD.
Media, Marketing and Website may or may not be shared agents.

If you want a team instead of one agent,
then call **the real estate experts.**

Why Buying and Selling Homes Will Only Become More Difficult

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!

The Longer You Wait, The More You'll Miss Out On!



Learn Why We Are Called
"The Real Estate Experts".
Call or text the **SHANNA DAY TEAM**
at 480-415-7616

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

CELEBRATING 30 YEARS OF CUSTOM HOME BUILDING

**Contact Billy Johnson directly at 602-377-3128
or billy.j@amberwoodhomes.com.**

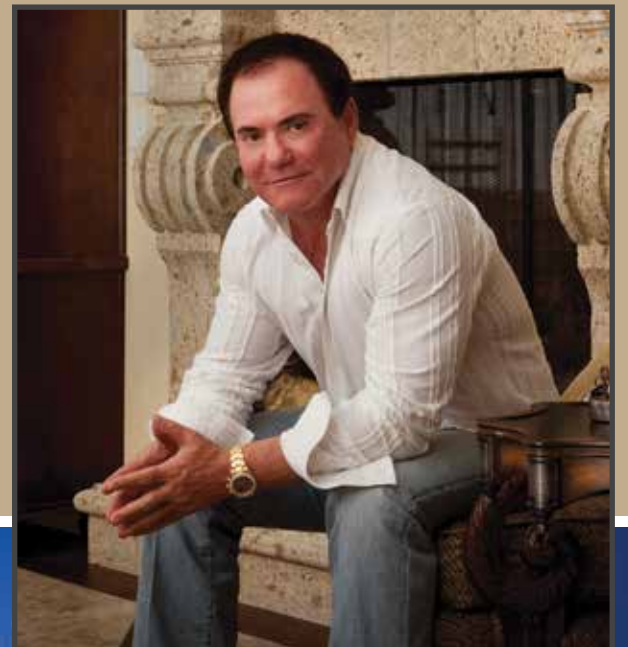


AMBERWOOD
H O M E S



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

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



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

**Master Builder Billy Johnson
Amberwood Homes**



THE VALLEY'S PREMIER CUSTOM HOME BUILDER

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

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

480-832-8161

SPECIALIZING IN:

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

ROC# 267740



AMBERWOODHOMES.COM