

The Groves Up Close



Bringing neighbors closer to their community

October 2017

Gucci Pooch owner grooms teen to groom dogs

By Dawn Abbey

Gucci Pooch Pet Salon owner Lisa Montoya has joined with the Mesa Public Schools Transition from School to Work (TSW) program to train special needs teens for future employment while they still are attending high school.

Lisa's first student is a Mountain View High School 12th-grader (*UpClose* is omitting her name for privacy considerations) with speech and hearing impairments. "She comes to the salon three days a week for her fifth and sixth period classes to learn the basics of dog grooming," Lisa related. "Her teacher, Keri Borstelmann, and a signing translator accompany her."

According to the salon owner, dogs are great judges of humans. "The dogs really take to her, and I can tell she has a special knack for caring for them," she stated.

Lisa starts out slowly and explains each step of the procedure, like acclimating the dog to the groomer, teaching techniques for holding and washing the animal, introducing the dog to a blow dryer and grooming tools, while adding a few more steps each time. "After several months of increasingly more difficult tasks, students will be competent to obtain work as dog washers. Eventually, they can move up to grooming the hair with clippers and trimming nails."

A good groomer also learns to look out for physical impairments, such as ear infections or skin lesions, which are more noticeable during the washing procedure.

"Another part of the training is research on the Internet," Lisa explained. "For homework, I have her research things like dog health issues and what hairstyles are particular to each breed. The more and faster one learns, the more opportunities will become open to them," Lisa continued.

There are some very excellent but expensive textbooks

available. If someone would like to donate toward them, it would be most appreciated.

"I wish I had had a program like this to groom me for this job," Lisa admitted. "I started as a washer and worked for a salon for a long time. I learned cutting by watching the other groomers. They never trained me, and even though I knew how to do it, and they let me do the trimming, they didn't pay me extra because I wasn't trained," she continued. "So, I know how it is to be a young person struggling to get a job. I hope this is just the first of many students I can help to learn the profession I love."

Lisa's big break came in 1990, when she answered the salon phone one day. "A woman asked if anyone there wanted to buy a salon with the phone number and 29 years of existing customers for \$3,500," she recalled. "I said, 'Definitely,' and ran home to ask my dad for a loan. I was in business for myself the next week, and paid him back with my profits a week later. I have been doing this ever since."

The TSW program, sponsored through the Arizona Department of Vocational Rehabilitation, is available through local high schools. "It is targeted to special needs students in grades nine through 12 who are eager to gain competitive employment," Keri explained. "Businesses are not paid for their participation, and it is done on a voluntary basis. We always are looking for more businesses to offer training slots to our students." ■

Any business wishing to become a part of this Transition from School to Work training program can contact the nearest high school, or Mesa Public Schools District Transition Coordinator Michelle Myers at (480) 472-0747.

Gucci Pooch is located at the southeast corner of McKellips and Recker roads. For more information, call (480) 335-4736.



Rock Band CTS to Host Fund-raising Concert in the Park



By Kim Phillips

Local rock band CTS will perform a free concert at the Trailhead Parke in Las Sendas on Sunday, Oct. 22, from 2 to 4 p.m., and will raffle off a custom guitar, donated by Milano Music, to raise money for hurricane victims.

Bring the whole family for some cool fun under the sun and participate in a community activity designed to do good for others, said Jeff Senour, band founder and Las Sendas resident.

CTS stands for Called to Serve, which is the reason Jeff feels compelled to help the recent victims of Hurricane Harvey and Hurricane Irma. "Our mission is to help the community through our music," said Jeff. "We strive to bring people together, inspire our youth, and honor our veterans and first responders."

The money raised from the raffle will go directly to Texas Lions Foundation, which, in turn, will donate directly to the Hurricane Harvey and Hurricane Irma Relief Fund.

"As a community, we could contribute," said Jeff, as he described the custom guitar for the raffle. The custom-wrapped guitar will feature a beautiful aerial photo of Las Sendas on the front of the instrument, as well as unique artwork and a sunset picture on the back, with some CTS song lyrics.

Raffle tickets are \$5 each and can be purchased during the event, or online at event.attendstar.com/event/show/cts-hurricane-victim-custom-guitar-raffle/.

"Our music has a great message about life and patriotism," Jeff commented.

In return for participating in the exciting raffle, people can feel good about donating from Mesa to help. The guitar winner will be announced at the show.

"We want you to know how you can make a difference for those in need of food and water," the lead singer said.

Currently, Jeff serves as a captain for Southwest Airlines, and is a Screen Actors Guild pilot as well.

The band has an upcoming TV show based on lyrics to their song *Reach for the Sky*. The show is about a pilot by day and rocker by night who teams up with Emmy award-winning actor Jack Scalia to make a difference in communities across America by helping veterans and first responders. The lyrics to the song will appear on the back of the raffled guitar.

The musical journey of CTS has garnered the band numerous awards, from album of the year and video of the year, to accolades from several organizations, including the Founders Award with Military Writer's Society and, most recently, the President's Award with Southwest Airlines.

The powerhouse sound of CTS consists of Jeff Senour, Dylan Elliott, Joe McGinnity and Jerry Nuzum, all world-class musicians on their own who joined together to create the high-octane sound of CTS.

"Come out to the concert," Jeff suggested. "In addition, let's make a difference in the lives of others." ■

For more information about Called to Serve, visit the website at ctsmusic.com. For more information about Texas Lions Foundation, visit texaslions.org/resources/texas-lions-foundation/.

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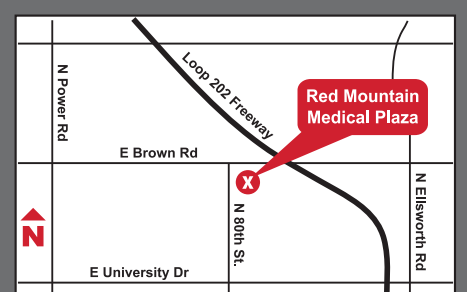
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LOCAL BUSINESS

Local Vocalist Features Her Talents AT WIDE RANGING OCCASIONS

By Jamie Killin

Mesa-based vocalist Brekyn Johnson has been singing her whole life, and now she's sharing her talents with the world.

"My dad is in a band, so I've been singing my whole life," she said. "I decided to turn it into a business when my friend asked me to sing at her wedding and I loved it."

"I was like, 'I want to keep doing this,'" Brekyn continued. "So, I did a couple more weddings, and now it's a full business, which is awesome."

Now, about a year later, she sings for all kinds of special occasions, from parties and corporate events, to weddings.

Most of her performances are acoustic sets, which can be customized to the occasion and preference of the client. She primarily performs country or easy listening songs, which are a perfect fit for a variety of events.

"It's all either country or easy listening songs," Brekyn said. "Basically, what people want when they want live music but not a full band."

Her ability to offer a variety of different sounds and music arrangements is unique, and allows the event host flexibility in sound and budget.

"I haven't really found anyone who has these different options," she said. "I can perform by myself with a guitar, which is the cheapest option, or with a guitarist or even with a guitarist and a pianist. We can pretty much do any event and suit anyone's expectations or requests."

Brekyn loves her ability to make events special, by singing requested songs and performing the soundtrack for an event's most important moments—like the first dance of a wedding.

"It's super fun, and being able to sing the first dance songs and all the requested songs is amazing," she said. ■

To learn more, visit brekynjohnsonvocals.com, or call (480) 204-2987.



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HEALTH

AGENT STAYS INFORMED to Help Clients Make Medicare Decisions

Submitted by Tapestry Insurance

There are some big changes in Medicare insurance this year.

Being able to choose the right plan to fit individual needs can be overwhelming. Lynne Jones is a licensed and trained Medicare agent who stays informed so she can help her clients pick the plan right for them.

With so many options in plans, doctor networks, costs and benefits, it makes sense to have an agent help make the Medicare decision. "It's important to have as much knowledge as possible when making medical decisions," Lynne said. "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 a public location. "By meeting with them individually, I feel like I really can understand their needs and what is most important to each person. I'm an independent agent, so I am able to present more than just one insurance option."

When not doing Medicare, Lynne helps her husband, Michael, in his video production business. They have lived in Red Mountain Ranch for almost 21 years. "I love this community and always feel so proud to be a part of such a wonderful part of the Valley," Lynne stated. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246.



Lynne Jones

ORGANIZING

OFFICE SUPPLY STRATEGY SESSION Most Workspaces Have Paper Clips by the Thousands

By Nancy Nemitz

Since 2004, I've organized tons of paper, and I can't remember a client who didn't want me to take off the paper clip before papers were shredded or tossed.

If one gets by me, you'd think I was throwing out a bar of chocolate. Since no paper clip is thrown away, I wonder why you need thousands. For those of you who buy office supplies at Costco, one of the reasons you have so many is they are sold in packages of 1,000 No. 1 size clips.

Most of you don't stop at No. 1, but want jumbo, multicolor plastic coated and numerous other varieties of ways to hold paper together. It's impossible to just buy 25 paper clips because they cost nothing to produce.

When you file papers, take off the paper clip and staple in the upper left hand corner. Papers will snag and get tangled up if you leave the paper clip in place. The good news is you never have to buy another paper clip again.

Don't get me started on the sizes and varieties of binder clips. Swap out paper clip for binder clip, and it's the same message. ■

Nancy Nemitz has organized formerly disorganized people since 2004. She will organize your workspace even if you have thousands of paper clips. Find out how Nancy can help you at createthespace.com.



Nancy Nemitz



COMMUNITY

Elementary School Hosts Community GARAGE SALE

Submitted by Las Sendas Elementary School

Las Sendas Elementary School will host its 11th annual Community Garage Sale in the parking lot on Saturday, Oct. 21, from 6 a.m. to 1 p.m.

The Las Sendas Parent-Teacher Organization will sell reserved parking spaces for \$25 each. You can set up your own garage sale and keep the profits. You do not need to be a Las Sendas resident to participate.

Reservations will be taken until Wednesday, Oct. 18. Spaces go rather quickly, so reserve yours today. Payment is required to reserve your space. You can send (or drop off) payment with your name, contact information and number of spaces needed (\$25 each space) to the elementary school.

Las Sendas Elementary School is located at 3120 N. Red Mountain, Mesa, AZ 85207. ■

For more information, send an email to lsptogaragesale@gmail.com.



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EDUCATION

GIFTED AND TALENTED PROGRAM Launches to Challenge Students

By Jennifer Salvatori, M.A. Ed.
Self Development Academy (SDA) is well known within the local community and statewide as a top-ranked elementary and middle public charter school.

SDA provides students from kindergarten through grade eight with an accelerated curriculum within a nurturing and supportive environment. All students learn a minimum of one grade level ahead of the Arizona Department of Education Mathematics and English Language Arts standards.

Year after year, SDA students have proven they can achieve high levels of academic learning and success. One factor contributing to student academic success is the close monitoring of each student's learning process and the provision of support and enrichment on an individual and as-needed student basis.

How does SDA meet the needs of exceptional students, those students who are gifted and are seeking more challenging academic experiences? First, some students are recommended to sit a higher grade level, skipping one to two grade levels. Second, students participate in enrichment programs and afterschool activities, such as Math Counts, First Lego League or Science Olympiad.

During the 2017-2018 school year, SDA has piloted a unique gifted and talented program, the Young Scholars Program. Young Scholar participants are outstanding students. Teachers have identified them as students who have high personal and academic standards, consistently exhibiting a passion for learning and dedication to success. They often are leaders

in the classroom and school community.

The Young Scholars Program challenges students by engaging them in various project-based activities. The assignments require research, application of mathematical concepts, critical thinking skills, problem solving skills and in-depth discussions.

For particular projects, some students fulfill the role of project manager, further enhancing their leadership skills. Participation in this program allows students to reach their highest potential. The school community anxiously is awaiting the many discoveries and creations from the program participants.

The Young Scholars Program is spearheaded by two veteran teachers, Mrs. Annmarie Rivera and Mrs. Jamie Smith. Mrs. Rivera has been an employee of SDA since 2006. In addition to her role as an elementary and middle school teacher, Mrs. Rivera has been a member of the site-based management team. This school year marks Mrs. Smith's eighth year as an elementary education teacher with SDA. Both teachers are passionate about education, dedicated to their students, and have an amazing ability to assist students to reach their highest potential. ■

SDA is a kindergarten through grade eight public charter school. For more information regarding enrollment and/or to arrange a tour, please contact the Front Office at (480) 641-2640.



EDUCATION

Culinary teachers spark THE JOY OF COOKING

By Laurie Struna
Photo by Tim Hacker

The scent of freshly baked waffles fills the advanced culinary classroom at Mountain View High School.

Teacher Loren Saulsby grades his students' work one bite at a time. The former restaurateur shares his passion for food while teaching students to be self-sufficient and independent thinkers in the kitchen.

"Students learn life skills in my classroom," Loren said. "Whether they cook for their parents, college roommates or, one day, for their own families, cooking is a practical skill they can take with them everywhere in life."

From julienne, to chiffonade, students receive a solid understanding of food, as well as different cooking and baking methods. Students learn the importance of keeping a clean kitchen, mastering chopping skills, identifying meat cuts and various cooking methods.

Five years ago, the program consisted of three classes. Today, more than 350 students in eight classes enjoy learning to bake breads, stir fry delicacies and make pasta. Students put their skills on display for the

community in a variety of ways. Culinary students help feed the 200-member Toro marching band on traveling football game days. This tall order includes 400 pancakes, 50 pounds of bacon and 500 cookies. Students give back to the community during Thanksgiving by baking and donating 130 pies to St. Vincent de Paul.

SHARING PEARLS OF WISDOM AT RED MOUNTAIN HIGH

Chef Jen Pearl, culinary arts teacher at Red Mountain High School, spent more than 16 years in the industry. Her resume includes executive chef and general manager positions, and for the past two years, she has inspired students at Dobson and Red Mountain high schools to enjoy the art of cooking. Students learn skills like budgeting and shopping for groceries and meal planning. All the while, they are developing a new respect for people who put food on restaurant tables.

"I have always wanted to teach culinary arts," Jen said. "Cooking is like life. It isn't perfect, and sometimes, you have to improvise for your dish to turn out. I want my students to know that lessons can be learned and mistakes can be fixed."

Students are eager to engage and innovate. They are hands on and take their dishes to the next level. Later this month, culinary students will put their catering skills to the test by providing hors d'oeuvres and cupcake selections for a wedding. ■

Culinary arts is one of several programs of study offered through the Mesa Public Schools Career and Technical Education department. Learn more at mpsaz.org/cte.





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REAL ESTATE

This Team Is Called The Real Estate Experts

By Darshan Dawson

The Valley housing market is experiencing upward trends in home sales.

Even though interest rates are inching up, 30-year rates remain at historic lows. "The Phoenix market is strong and affordable compared to other parts of the country," said Shanna Day, an Arizona leader in the housing industry with Keller Williams Realty East Valley. "It just might be a good time to make that move to your dream home."

Shanna's career path has equipped her with broad knowledge of the dynamic housing industry in a very unique way, which has made her a sought-after leader and a go-to expert.

"Shanna is passionate about what she does," stated Fred Ashbury, luxury homebuilder. "She has been around the track as an agent, builder and developer."

Shanna moved to the Southwest when she married native Arizonan David Day and they bought their first home in Chandler. The two bought at a time when the roads were all dirt south of Guadalupe Road and when Chandler Fashion Center was a cotton field.

Shanna and David built their first custom home in the citrus groves of Northeast Mesa, where they raised five children. They started several real estate investment and development companies. He invested in commercial real estate, while Shanna began building and selling some of the most beautiful luxury homes in the Valley. Together, they also developed two small subdivisions from the ground up. So, real estate has become what Shanna knows and loves with her whole heart and soul.

Key to Shanna's success is her commitment to the



core values of integrity and putting her customers first. Satisfied client Kathy Knight found that, "Shanna can guide her clients through a myriad of real estate issues."

In the industry for more than 20 years, Shanna has been a rising star with Keller Williams Realty. She is one of the top 1 percent of the 147,000 Keller Williams agents worldwide. "Our agents are local market experts," stated John Davis, chief executive officer of Keller Williams Realty International. "They have elite skills. And they're committed to delivering an exceptional customer experience."



This commitment to doing the right thing for her clients has earned Shanna a spot in 2016's *Who's Who in Luxury Real Estate*, as well as top honors in sales among Keller Williams agents in the Southwest states and across the U.S. "I have known Shanna Day for 15 years," said Yvette Meyer, of Old Republic Home Warranty. "Shanna is truly one of the most professional and knowledgeable real estate consultants I know."

Working hand-in-hand with her clients enables Shanna to find the right home at the right price, with all the neighborhood amenities and essentials on her client's wish list.

Shanna has brought together two teams of professional experts local to the greater Phoenix area and local to the Salt Lake City and Park City, Utah, markets. Seasoned listing agents who know their markets like the back of their hands stand ready to help you in every aspect of buying a home or selling your home.

Rud and Catherine Hefner have moved their family nine times in the last 21 years. "The work provided by Shanna and her team was most professional and highly beneficial," Rud stated.

Shanna's team of media specialists builds customized marketing plans in stunning detail to set your home apart from the rest, using industry best practices so you get top dollar. They communicate with thousands of prospects via social media and post your home to hundreds of top websites to find the perfect buyer.

Shanna employs full-time, professional short sale negotiators who have closed more than 400 short sales, as well as personal mortgage consultants who shop more than 30 lenders each day to find the very best rates for clients. ■

So, whether it's your dream home, real estate investment or you simply want a reliable and trustworthy Realtor to answer your questions, don't hesitate to reach out to Shanna Day at (480) 415-7616, or info@shannaday.com. Find out for yourself why the Shanna Day Team is called The Real Estate Experts.

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THE PATIO AND THE GRILLE

The Valley in October offers cool nights just perfect for cocktails or dinner on The Patio, so come a little early and enjoy the most beautiful sunsets imaginable as the city lights begin to sparkle below.

While you enjoy the delicious specialties on our new dinner menu, we are once again ready to entertain you with live music nightly, starting at 6 p.m. For a schedule of who's playing on what nights, visit our website at lassendas.com.

And with our winter residents and visitors having not yet returned, competition for the best tables should be a little less intense. To secure your place, dinner reservations can be made on our website at lassendas.com, or at opentable.com.

UPCOMING EVENTS

Thanksgiving Dinner on The Patio. Three-course dinner, \$48 plus tax and service charge. Call for reservations, (480) 396-4000, ext. 210.

Turkey Takeout. We do the cooking. You just pick it up. Limited availability. Call for details, (480) 396-4000, ext. 227, or email jessmiller@lassendas.com.



THE VISTAS PAVILION EVENTS

Freemark Abbey Wine Dinner
Thursday, Oct. 19, 6:30 p.m. Reception, 7 p.m. Dinner \$90 per person plus tax and service charge.
Reservations: Call (480) 396-4000, ext. 227, or email jessmiller@lassendas.com.

Paint and Pinots

6:30 p.m., Sunday, Oct. 22
\$50 per person (includes glass of wine, tax and service charge).
Reservations: Call (480) 396-4000, ext. 227, or email jessmiller@lassendas.com.

The Vistas Pavilion has partnered with noted local artist Reagan Guzman to host a night of creativity and fun for you and all your friends. Enjoy a glass of Pinot Noir or Pinot Grigio while learning how to be the next Picasso. Seating is limited, so call now to book your reservation.

ELEGANT WEDDINGS, UNIQUE CORPORATE EVENTS AND MEMORABLE SPECIAL OCCASIONS

Filling Up Fast For 2018 Events—Don't Be Late To The Party



The word is out. The Vistas Pavilion at Las Sendas is the place to celebrate your wedding, birthday, anniversary, holiday party or team-building corporate event. The Vistas already is booked for many weddings and private events through 2018, and currently is taking reservations for holiday parties this December and early January. Don't be late to the party planning. Start by contacting Jessie Miller, director of catering and event sales and marketing, at (480) 396-4000, ext. 227, for more information.

The architecture of this spectacular venue was carefully designed, and its location, elevated on a mountainside, affords panoramic views of the golf course, surrounding mountains, the Valley, sunsets and city lights.

The interior design features warm neutral colors, elegant wall sconces, and stunning paisley carpet specifically chosen to enhance the ambiance of the room. The pride and joy of the venue is the massive wrap-around patio on the upper level of the Pavilion, offering views to surpass all expectations. Most events hosted at the Pavilion during sunset hours have rewarded each and every guest with amazing sunsets. "This venue has by far the best views I have ever experienced," is an often-heard comment.

The Vistas also is known for the highest quality of service for weddings, banquets and corporate events. The Vistas can accommodate large or small weddings, and offers a choice of four different ceremony locations. Special touches, such as a separate bridal room, add to the occasion. Wedding packages include a variety of exquisite cuisine options designed by the executive banquet chef and his culinary team, with both plated and buffet services available.

Optional services available include valet services, dance floor, all-inclusive packages and many more. The Vistas is adjacent to Bogey's Restaurant, providing private dining and rehearsal dinner options for a total and complete wedding package.

The Las Sendas Golf Club and the Vistas Pavilion

provide a unique urban oasis for any type of corporate event, meeting or conference. Corporate packages have been designed to accommodate large and small groups for morning, afternoon and evening events. The three meeting rooms provide Internet, audiovisual and teleconferencing capacity. Menus have been carefully designed to meet and exceed the expectations of guests locally and from afar. For out-of-town guests, the Hyatt Place and the Marriott are both just 10 minutes away.

Choose The Vistas Pavilion at Las Sendas as a vibrant setting for hosting your special birthday, family reunion or anniversary celebration. You and your guests can experience a magical outdoor location on the patio or an elegant party atmosphere in one of the three indoor banquet rooms, which can accommodate parties from 50 to 300 guests.

Local groups love The Vistas. It has been chosen as the proud host of the annual Alice Cooper Solid Rock Foundation, Phoenix Coyotes Alumni, the Youth Hockey League of Arizona and the Chamber of Commerce golf tournaments.

Our goal is to excite and delight our guests with extensive culinary offerings. Our culinary team has developed a plethora of menu options, including vegetarian and gluten-free choices. Our previous events have featured elegant seafood appetizer stations and chef-attended carving stations, as well as a tantalizing array of tray-passed hors d'oeuvres.

To assist you with your preparations, we have hired a new event coordinator. Lesli Shinn has more than 10 years of experience in the party-planning world, and an unsurpassed level of energy. She plays an important role with our customers and guests. Please feel free to contact her for further information and to work with you in detailing your event to remember.

For more information on weddings, corporate events or special occasions, visit lassendas.com, or call Jessie Miller, director of catering and event sales and marketing, or Lesli Shinn, onsite event coordinator, at (480) 396-4000, or email us at events@lassendas.com.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

LAS SENDAS GOLF MEMBERSHIPS

NEW 45 AND UNDER JUNIOR MEMBERSHIP

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

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

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

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.
- Ping rental clubs for sale. Men’s right and left hand. Sets include driver, 3 and 5 woods, 3 and 4 hybrids, 5 iron, sand wedge, putter and Ping golf bag. \$550 Complete Set
- Golf course closed from Sept. 25 through Oct. 13 for overseed.
- Golf Shop will be open daily from 9 a.m. to 3 p.m.
- The Grille Restaurant will be open daily, as well.

Las Sendas Golf Shop—Your community place to shop. The public is welcome.

**Excludes outerwear, headwear and clearance items.*

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 they are grouped according to age, gender and skill levels. There are 20 Tuesday classes, from 4 to 5:30 p.m., starting as low as \$20. Flexible sign up lets you join in at 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 goal of our junior golf programs is to not only develop the fundamental skills of the golf swing, but also to teach each player the characteristics that will make them champions in life. Most importantly, to create a love for the game.

Rotating through 20-minute fun learning/game stations develops golf skills. 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 also can call her cell at (602) 920-8208.



VOLUNTEERS WANTED

Want to play *Free* Golf?

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

LET LAS SENDAS GOLF CLUB DO THE WORK THIS THANKSGIVING DAY!

The choice is yours: Dine with us or pick up your fully prepared meal and enjoy it at home.

Las Sendas Golf Club | 7555 E. Eagle Crest Drive, Mesa, AZ 85207 | 480-396-4000 | www.lassendas.com

THANKSGIVING DINNER on the PATIO at LAS SENDAS

3-7pm on The Patio
\$45 per person, plus tax and gratuity

Reservation:
480-396-4000, ext. 210 or 602-734-5524

FIRST COURSE
Butternut Squash Bisque
Anise Crème

Bogey Salad
Mixed Greens, Dried Cranberry, Pumpkin Seeds, Grana Padano, Roasted Shallot Vinaigrette

Prosciutto and Goat Cheese Salad
Arugula, Radicchio, Figs, Goat Cheese, Toasted Almonds, Cured Prosciutto, Roasted Garlic White Balsamic Vinaigrette

SECOND COURSE
Sage Stuffed Turkey
Traditional Stuffing, Rolled Breast of Turkey, Choice of Yukon Gold or Sweet Potato Purée, Haricot Vert, Crispy Onion, Giblet Gravy & Cranberry Sauce

Rosemary Roasted Prime Rib
Fontina and Thyme Duchess Potatoes, Haricot Vert, Crispy Onions with Pan Jus

Pork Roulade
Crispy Pork Roulade stuffed Root Vegetable, Rum and Molasses Glaze, Herb Baby Carrots & Lentil Rice

Pan Seared Halibut
Pan Seared Halibut Filet, Roasted Garlic, Fennel, Heirloom Tomato Relish, Fontina & Thyme Duchess Potatoes & Broccoli Rabe

THIRD COURSE
Pumpkin Cheesecake
Frangelica Crema & Fresh Macerated Red Berries

Gelato Duet:
Purple Yam Yube Gelato, Apple Cinnamon Crunch Gelato
Served with Grand Manier Glaze & Sweet Crema

TURKEY TAKE OUT

Complete Thanksgiving Dinner
\$150, plus tax. Serves 8-10

Rosemary, Thyme Marinated Roasted Whole Turkey 16-19 Lbs. In Its Natural Juice

Southwestern Style Cornbread Stuffing

Roasted Garlic Mash Potatoes

Fresh Yams Smothered In Pecan Butter

Green Bean Almandine Beurre Noisette

Fresh Herb Traditional Giblet Gravy

Whole Cranberry Relish

Mixed Greens

Grape Tomatoes, English Cucumbers, Shaved Fennel, Cranberries

Artisan Dinner Rolls

To Reserve Your Take Out Meal, Email: jessmiller@lassendas.com or Call 480-396-4000 ext. 227.

REAL ESTATE

TOP SIX QUESTIONS ASKED BY BUYERS AND SELLERS

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

For nine years now, I have had the pleasure of being a full-time Realtor, and I have found buyers and sellers often ask the same questions. No matter what the market conditions are, the questions have stayed the same. Here are the six questions most often asked.



QUESTIONS FROM SELLERS

Q. How do I sell my house for the highest price?
A. This is the No. 1 question I am asked by sellers. Having a top local Realtor who uses professional photography and innovative marketing is a must. Next, you want to make an excellent first impression by getting the house ready for sale. Discuss with your Realtor what upgrades can be done that you can capture back in the price. Painting, cleaning, decluttering and sprucing up the yard may not necessarily increase your home's value, but it will make your home look clean and inviting and appealing to buyers. Staging the home is so important and can make all the difference on how quickly you sell. Homes sold within the first 30 days are more likely to sell for list price or closer to the list price than those that sit on the market.

Q. Should I do repairs before listing my home?
A. I always suggest sellers repair those inexpensive items they easily can do themselves or have a handyman take care of before they list. Things like broken light fixtures, dripping faucets or broken faceplates make the home seem like maintenance was neglected. Doing little things before you list will leave buyers with the impression the house is well maintained. That being said, you don't want to do extensive repairs. The buyer will have an inspection and will ask the seller to make certain repairs. Each buyer is different, and what one buyer would ask for, another might not. So, it's better to wait and see what items the buyer

requests. The seller is not obligated to make any repairs. This is a negotiation, and the purchase price and terms of the contract can determine how many repairs you are willing to do.

Q. Will the buyers always have an agent with them when they are in my home?
A. Yes, the buyer's agent will show your home with their buyers. The agent's information will be registered when she uses the lock box to enter your home. Your Realtor will be notified, through the lock box, as to who entered and when, as well as how long they were in the home. Buyers will be walking through your home, however, so make sure you lock away any valuables.

QUESTIONS FROM BUYERS

Q. With all the access to homes on the Internet, do I need a buyer's agent?
A. The short answer to this question is yes. Some online sources have partial or outdated information, and sites, such as Zillow, value homes using their Zestimate, which is more often than not tens of thousands of dollars off the true market value.

Having your own Realtor means having someone who is taking care of your best interests and whose fiduciary responsibility is to you. Your Realtor will have the knowledge and expertise to help you navigate through the purchase contract, oversee inspections and negotiate on your behalf. There is so much more to buying a house than just putting in an offer. Your Realtor will be there to ensure everything goes as smoothly as possible. Best of all, it doesn't cost you anything. There is no fee to the buyer to have his own agent.

Q. Do I have to be pre-qualified?
A. You should get pre-qualified before going out looking at houses for several reasons. Until you talk to a lender, you don't know how much you can qualify for. It may be more or less than you think. The last thing you want to do is to go looking at homes and fall in love with your dream home only to find out you can't afford it. Another reason

is because you need to include the pre-qualification when submitting your offer to show the seller you are financially able to purchase the home. We are in a seller's market and if you find the perfect home, you need to be ready to put in an offer immediately. If you have to wait to get pre-qualified, you may lose the home to another buyer. There are a lot of fees associated with purchasing a home. Talking to your lender upfront will also give you the information on how much it actually will cost you to purchase a home and all the fees involved.

Q. I have a home to sell. Can I still write an offer on another home?
A. If you can qualify for both mortgages at the same time without selling your current home and choose to do so, then, yes, you can write an offer without it being contingent on you selling your current home. However, most buyers need to sell their current home before they can purchase a new one. When you write an offer, it will be contingent on the sale of your home. So, if, for some reason, your home doesn't close, you are not obligated to the purchase of the new one. In order to write an offer with a contingency, your home needs to be under contract. Some sellers may accept an offer without your home being under contract, but usually not.

If you are interested in buying or selling, or have any questions, please call me for a free consultation. ■

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



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JUST LISTED

Alta Mesa Estates
Custom - Pool - \$485,000
2702 sq ft. 4 Bed 3 Bath

JUST LISTED

Las Sendas
Remodeled - Pool - \$415,000
2835 sq ft. 4 Bed 3.75 Bath

JUST LISTED

Behind Las Sendas
\$60K Below Appraisal - \$589,000
3788 sq ft. 4 Bed 3.5 Bath

JUST LISTED

Gold Canyon - \$285,000
Mountain Views - Pool
1670 sq ft. 3 Bed 2 Bath

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HEALTH

Annual Physicals Address ILLNESS PREVENTION

By Stacy Mickey, MD
Red Mountain Medical Plaza

Life gets busy with work, kids, school, activities and family—I understand completely—but all too often, our health gets put on the back burner and a true physical, targeted at prevention, gets squeezed out.

In family medicine, we are perfectly trained to address preventative health for the whole family. We are trained in pediatrics, gynecology, adult medicine and psychiatry.

A true physical should address every body system, discuss your family history, as well as your diet and lifestyle decisions, and ensure you have received the age-appropriate immunizations. All of this information guides us as physicians to understand how to make suggestions or offer advice to reduce your risk of disease.

Annual physicals should start at the age of 11 and continue throughout your life. The first part of the physical is your height, weight and blood pressure.

Blood work may be ordered, depending on certain risk factors your physician determines based on your exam and history. Many diseases, like high blood pressure, high cholesterol and diabetes, have subtle or no symptoms at all.

We don't have screenings for every type of cancer, but for some cancers, such as cervical, breast, colon, prostate, skin and lung, there are screening tests available. The guidelines on how and when to screen for these cancers are constantly evolving. A discussion with your primary care physician can help you understand when and if certain screening tests are right for you.

Lifestyle decisions are also part of a physical. We all know diet and exercise are important, but the information on what kind of diet and how much exercise is more difficult, and frankly, evolving, as well.



Stacy Mickey

There is increasingly more information that a low carbohydrate diet, with more liberal intake of healthy fats, may lower your risk of diabetes, heart disease, dementia and even death.

It is never too late to start exercising. Actually, the biggest benefit comes from moving from the couch to any level of activity at all. What about coffee? Alcohol? How can I quit smoking? These all are things that should be discussed at your physical. ■

Start by calling us and scheduling an appointment at (480) 999-0049. We will help you get started on the path, or continue on the path, to optimal good health.

ABOUT DR. STACY MICKEY

Dr. Stacy Mickey has been practicing family medicine in the East Valley since 2003. Growing up in Iowa, she attended the University of Iowa for her undergraduate degree in psychology, as well as for her medical degree. She completed her residency training in Greensboro, N.C. She enjoys seeing patients of all ages, and has special interests in pediatrics and women's health.

Dr. Mickey keeps busy with her four children. When not at work, she usually can be found cheering them on at an ice rink or soccer field. She also enjoys playing golf, reading, cooking and cheering on her beloved Iowa Hawkeyes.



LOCAL BUSINESS

Skip the Prozac and Sing

By Marilee Tangen

Do you ever wonder why after you sing you feel happier?

Believe it or not, there's a reason for that. Singing actually raises your joy factor. Research shows singing changes your brain. It can reduce stress and anxiety, create a feeling of pleasure, and lessen the feelings of depression.

When you sing, hormones are released, which elevate your mood, and that's what makes singing such a fantastic antidepressant. You don't even have to sing well to feel good.

I recommend car singing. It's definitely one of my personal favorites, and I try to do it at least once a day. I just roll up my windows, crank up the tunes while I'm driving, and sing as loud as I possibly can. It's a great way to let go.

I'm always amazed at how much fun my students have singing during their voice lessons. Their joy is so contagious. I can't help but smile. Just singing with them as I'm teaching makes me happy.

The next time you feel depressed, skip the Prozac. Instead, jump in your car, turn up your favorite song, and sing your heart out. You'll be amazed at how quickly your mood will change. I promise to honk and smile if I catch you. ■



Marilee Tangen

For more information, contact Marilee Tangen, vocal coach, ukulele teacher and artist development/consultant, at MT's Music House, (818) 292-2937. You also can visit her website at mtsmusichouse.com.



NEW POOLS & POOL REMODELS



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- 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
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EDUCATION

Marching Band Consists of Devoted Musicians Dedicated to School Spirit



By Anita Christensen,
Band Booster President
Picture provided by Aubrie Oliver

How many teenagers do you know who willingly get up by 5 a.m. four mornings a week to arrive at school for early rehearsals and then put in an additional 10 or more hours each week for more rehearsal and performances?

Those dedicated teenagers would be the 93 members of this year's Red Mountain High School Marching Pride. This group of devoted musicians, under the direction of Jennifer Hamilton, Red Mountain High School's new band director, is working hard on this year's show entitled *After the Rain*.

The band attends all the Red Mountain football games plus other spirit events, and is eagerly anticipating the upcoming competitive season. Last year, the band qualified for the Arizona State Marching Band Championships, placing first in their division at the Fiesta Bowl Marching Band Invitational. The group also participated in the annual Seal Beach Christmas parade, in California.

This year, the band is raising funds

for a return trip to California in December and also to support the band program. The Red Mountain Band Booster Association (a 501(c)(3) organization) is hosting the band's annual fund-raising event on Thursday, Oct. 26, at 6 p.m., in conjunction with Outback Steakhouse, located on Clearview Ave., in Mesa.

The Outback Dinner, on the campus of Red Mountain High School, has been a tradition for more than 10 years. Guests enjoy steak or chicken, which is grilled on site. Also on the menu are sides, cheese-cake and a beverage. In addition, attendees are treated to music provided by members of the school's band program.

This year's event also will include a silent auction and raffle drawing for several amazing prizes. General admission tickets for adults are \$20 each, and VIP tickets are \$30 each. Child and student tickets are also available. ■

Anyone interested in attending the dinner or making a donation to support the band, please contact Dani Guthrie by email at daniguthrie@yahoo.com.

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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

It's already October, and as we move toward the end of the year, we approach some of the most popular holidays celebrated. Most of these holidays include expression through decorations and accessories. However, Halloween is unique since it also includes costumes.

In past articles, I've talked about ephemera, those items never meant to last longer than the event itself, e.g. (vintage) travel advertising material. Halloween decorations and costumes usually fall under the ephemera category, since they aren't made very well (as manufacturers would rather sell us new ones each year).



Jon Englund

Art Deco period of the 1920s and 1930s.

While these items may not command the high prices of some items of ephemera, such as a 1932 *The Mummy* movie poster, which sold for \$435,500, many of these items will sell for \$20 to more than \$100 each, with some items nearing \$500.

Not bad if you happen to have an old box full of these items from an estate. Some of the manufacturer names to look for are Dennison, Luhrs, Beistle, Halco and Bainbridge.

The relative affordability of this holiday's memorabilia makes this field of collecting fun and easily accessible. There are a number of price guides now available to help with valuations, and you can find many items online through vintage resale sites or on auction websites.

If you feel uncertain about the value of items, consider the advice of a professional. If I can be of assistance, call me today.

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.



Consequently, many of the older Halloween decorations, accessories and costumes that survived in good condition have value to collectors. When I say older, I mean pre-1960s for the most part, and especially items from the

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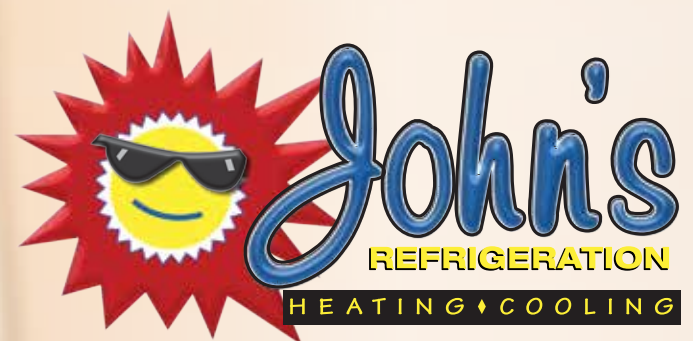
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LOCAL BUSINESS

October is Fall Car Care Month



Submitted by H and I Automotive

Yes, October is officially fall car care month, but realistically, every month is car care month. Your car is the second most expensive investment you will make and it is the most expensive to maintain. However, if you are willing to spend a little extra on your maintenance when your car is newer, it will help to keep your repair bills much lower as your car gets older. We may have put men on the moon and figured out how to split atoms, but I'm sorry, we have not developed any fluid for your vehicle that does not break down with age and contamination, no matter what the manufacturers are saying. As a matter of fact, if you read their fine print, they admit it with footnotes, like driving in dusty conditions, extensive idling, towing or hot temperatures will require more frequent servicing. The bottom line is maintaining your vehicle properly will always benefit you. Repairing your vehicle comes on your dime not theirs. At least half of the repairs we do on cars could have been prevented with a good maintenance schedule. For example, power steering fluid not only provides the hydraulic pressure from which the system operates, but it also lubricates the system. Over time, the fluid no longer provides adequate protection and the result is component failure or system leakage. Both are direct results of poor fluid maintenance.

Engine coolant becomes acidic over time, and this causes the system to deteriorate from the inside out. The problem here is that the coolant will look fine and you will not know there is an issue until it is too late. Another issue with some coolants is they start to solidify when exposed to air and can cause blockages in the system. Brake fluid is hydroscopic, which means it can retain moisture over time. This causes two problems: 1. The fluid will have a lower boiling point, and the fluid will not operate the system efficiently. 2. The moisture will gather at a low point of the system and corrode that component, usually a caliper, master cylinder or wheel cylinder, and cause it to fail. All driveline fluids, such as transmission, differential and transfer cases lubricate, transfer heat and suspend contaminants. The No. 1 nemesis of these fluids is heat. For every 20 degrees over normal operating temperature these systems run, it cuts protective mileage in half. So, 100,000-mile fluid, with a normal operating temp of 175 F, is only good for 50,000 at 195 F and 25,000 at 225 F. At H and I Automotive, we want to help maintain your car and protect your investment. We have developed a service schedule that will meet all conditions our environment puts your vehicle through and keep it reliable. We offer BG's Lifetime Protection for all the components serviced,** which means we will provide repair to covered systems up to \$4,000. Being proactive with your car care is always the better choice. ■

** Limited warranty protection for failure of listed components if vehicle is serviced within the recommended guidelines. See service advisor for details. Please call H and I Automotive at (480) 985-9279 with any questions or to obtain an estimate. We are a full service professional automotive service center, serving our East Valley neighbors since 2009. Find us online at handiautomotive.com or on Facebook and Google+.

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.



Real Estate In The Groves brought to you by: Groves Area Market Report Sales over \$325,000 for the Month of August 2017 John Karadsheh

Address	Square Feet	Community	Sold Price
2451 E. Glencove St.	2,950	Sahara Palms	\$325,000
1432 N. St. Paul St.	2,370	Higley Heights	\$332,011
2706 E. Northridge St.	2,350	Pacific Palms	\$335,000
2247 N. Linda St.	2,370	Rancho De Arboleda	\$345,500
2308 E. Jacaranda St.	2,586	Country Park	\$350,000
2356 E. Kenwood St.	2,272	Citrus Del Ray	\$350,000
2728 E. Hope St.	2,511	Chateau D' Arnett	\$354,900
5636 E. Greenway St.	3,107	Alta Mesa	\$358,000
2124 E. Glencove St.	3,862	Scot Manor	\$360,000
824 N. Oakland	1,919	Summit at Montecito	\$364,900
3121 E. Fargo Cir.	3,423	Groves	\$395,000
2538 E. Hale St.	3,788	Chateau D' Arnett	\$395,000
2245 E. Huber St.	3,800	Miller Heights	\$410,000
2304 N. Gentry St.	3,376	Citrus Del Ray	\$425,000
2645 E. Orion St.	2,878	Lehi Crossing	\$230,000
2158 E. Lynwood St.	3,166	Citrus Del Ray	\$449,000
4131 E. Glencove St.	3,650	Estate Groves	\$475,000
3925 E. Ellis St.	3,489	Trovita Estates	\$482,000
3956 E. Elmwood St.	3,349	Trovita Estates	\$490,000
4345 E. McLellan Rd #41	2,839	Alta Mesa Estates	\$495,000
2251 N. 32nd St. #22	3,192	Tanner Grove Estates	\$624,000
2422 E. Melrose St.	3,502	Glenwood Parke	\$630,000
3311 E. Ivyglen Cir.	4,546	Arboleda	\$660,000
4222 E. McLellan Cir. #17	5,772	Park Avenue	\$752,500
2059 N. Citrus Cove	52,478	Estates at 32nd	\$963,515
3440 E. Grandview St.	7,168	Chatham Goves	\$1,100,000
4040 E. McLelland Rd #8	8,663	Los Estatdos	\$1,200,000
3825 E. Knoll St.	7,330	Villa Tuscano	\$1,535,000

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A Closer Look at Unique Shop Brings Rustic Chic to Mesa

By Jamie Killin

More than just a rustic boutique, Pole Barn Primitives is a place to find all kinds of treasures, with new items constantly coming in and great deals available to everyone.

For owner Lisa Sorensen, the human aspect of owning her shop is the most rewarding. She loves getting to know her customers and finding items she knows they'll love.

"Once anybody meets me, they know right off the bat that I absolutely love what I do," Lisa said. "I don't do it for money. I just do it because I love my customers, I love meeting people, and I love the whole concept of people loving what I do. That's a big deal to me."

This approach has allowed Lisa and her business to be successful for nearly 20 years.

She previously had a shop in Washington for 15 years, before re-opening in Mesa two years ago. Now, she's been in her current location in Downtown Mesa for exactly one year.

"It has been nothing but great," she said. "We love it down here. We love being in downtown. Downtown Mesa is getting better and better ever since I've been down here."

Now, she's building up a loyal following here in the Valley. This loyalty is due in large part to her knack for finding great items and always keeping Pole Barn Primitives stocked with a variety of new, fun items that appeal to a wide range of people.

"We try to cover our bases with everybody," said Lisa. "I don't like to just stick to one thing because not everybody likes the same thing. So, we try to just get a little bit of everything. Hopefully, when someone comes in here,

they can find something."

The only thing she enjoys as much as getting to know her customers is the hunt for finding fantastic new items.


"What pushes me every day is just pleasing people and finding things they love and knowing it was worth the time and effort," Lisa said.

She also makes an effort to provide her items at a great value and is always willing to make a deal with her customers.

"We're very different from a lot of people because we make deals for literally everybody who walks through the door," Lisa said. "I just like things to leave the shop." ■

For more information on Pole Barn Primitives, visit facebook.com/pg/polebarnprimitives or instagram.com/polebarnprimitives. The shop is located at 58 W. Main St. in Downtown Mesa.






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HEALTH

La Peau Dermatology Opens in Mesa

By Jamie Killin

La Peau Dermatology, formerly Advanced Dermatology, is now under the leadership of board certified dermatologist Dr. Zaina Rashid.

The newly reimagined practice offers treatment for all kinds of skin ailments, including acne, psoriasis, sun damage and pre-cancerous lesions, as well as services, such as Botox and laser therapy.

"I look forward to each day," Dr. Rashid said. "You never know what the cases will be."

Dr. Rashid has been published in numerous journals, and is a member of several associations, including the American Academy of Dermatology and the American Osteopathic Association.

She believes in not only treating, but also in educating her patients. She especially stresses the dangers of skin cancer, and helps them to take preventative measures to ensure healthy skin for years to come.

While Dr. Rashid is an expert on all aspects of dermatology, her passion lies in skin cancer surgery, and it remains one of her specialties. She even volunteers at events across the Valley, giving skin cancer screenings.

"There is now a new treatment for treating skin cancers without any scars," said Dr. Rashid. If you're diagnosed with non-melanoma skin cancer, and you don't want or can't tolerate surgery, Superficial Radiotherapy may be the perfect option. Safe, effective and cosmetically superior, Superficial Radiotherapy treats basal cell and squamous cell carcinoma with no pain, scarring or patient downtime.



Dr. Zaina Rashid

Dr. Rashid discovered her love for dermatology while studying in Florida, where she encountered a 54-year-old woman who had a rash on her leg, which revealed to doctors she had breast cancer, even when her mammogram had come back negative a few weeks before.

"I fell in love with a rash," she said. "The skin truly is a window to the inside of the body."

La Peau Dermatology treats everyone, from babies to the elderly. Additionally, patients can look forward to having all their skin needs addressed in one place. The office includes both a lab and a surgical center—making treatment for patients as convenient and as easy as possible, with no need for surgical or outpatient hospitals.

The office also has two different light treatments to treat a variety of different conditions. The blue light treatment treats acne, wrinkles and pre-cancerous lesions. The PUVA light, which is one of few in the area, treats psoriasis, vitiligo and eczema. ■

La Peau Dermatology is located at 5424 E. Southern Ave., Suite 103. For more information, or to schedule an appointment, call (480) 396-2300.



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HEALTH

EMOTIONALLY FOCUSED THERAPY Is a Valuable Resource for Couples

By Dr. Lisa Gold
The Arizona Relationship Institute

If you haven't heard of Emotionally Focused Therapy (EFT), the idea of couples therapy may be limited to images of having the same fight with your partner in front of a stranger who is judging you, taking sides, or telling you where you've gone wrong.

If you haven't experienced it firsthand, you may only see couples therapy the way it is portrayed in the media. While those portrayals may make people laugh (or cry), it is no wonder so many who could benefit from couples therapy are reluctant to give it a try.

The good news is EFT is nothing like that. First of all, EFT has a 75 percent success rate, with 93 percent of couples reporting a significant improvement. Also, in two-year follow-up studies, couples report their relationship continued to improve even after they ended therapy. This result is unprecedented with any other model of therapy, considering clients usually decline after completing therapy.

Even if you have the best therapist using older techniques, and you learn some great communication skills, those skills usually go out the window when emotions get heated. It is not a couple's skills that determine the quality of a relationship. It's the way they view and experience each other that matters most.

The bottom line is no skills will work as long as partners maintain a stance of defensiveness, feeling they must fight against the other or protect themselves from each other. Additionally, criticism, contempt and stonewalling are the cancers of relationships. When partners view each other as being on the same team, and trust that they both have the other's best interest at heart, they can fight together, instead of against each other.

EFT helps partners shift from seeing each other as the enemy, into experiencing each other as an ally. By helping couples view themselves and each other differently, they are more able to create the relationship they desire, connect

more deeply, and organically respond to one another with compassion and genuine support.

The truth is partners really only fight about one thing: "Do I matter to you enough that you will be there for me when I need you most?" When partners receive the reassurance they need that they have each other's back through thick and thin, previous disconnects can be healed. EFT is a valuable resource for helping couples experience this type of reconnection and restoration of trust.

EFT THERAPISTS WHO ACCEPT INSURANCE

If you ever have tried to find a therapist who has been trained in EFT, you know it is nearly impossible to find one who accepts your insurance. There are only a handful of therapists in Arizona who are certified in EFT, and none of them accept insurance. The Arizona Relationship Institute was created by Dr. Lisa Gold with the goals of: 1) providing exceptional EFT training and supervision to therapists, so that they could 2) provide high-quality EFT therapy to clients, and that 3) those services would be covered by Blue Cross Blue Shield insurance.

All AZRI therapists receive weekly training and supervision to effectively practice EFT. They also are trained to effectively use EFT to treat all dimensions of couples' relationships. Specializations include healing infidelity and other betrayals, sexual difficulties (desire discrepancy and trauma, etc.), interfaith couples, and dealing with life transitions (parenthood, re-location and retirement, etc.).

Love and passion can last. It requires two partners who are willing to risk lowering their guard against

each other, choosing to connect to the most vulnerable parts of themselves, and choosing to share those parts of themselves with each other. Sometimes, it also requires the assistance of a well-trained therapist.

If you and your partner are struggling, but you used to love each other, and you would like to reconnect, you owe it to yourselves and each other to meet with a qualified EFT therapist. Whether you are seeking to create, heal or strengthen your romantic relationship, you have a unique resource in your community to help you and your partner create the relationship you desire. You have The Arizona Relationship Institute. ■

For more information, e-mail Contactus@azri.org, or call (480) 788-5069. You can also visit the website at azri.org.
To read a good article on finding a good couples therapist, go to huffingtonpost.com/erica-manfred/why-marriage-counseling-d_b_860493.html.



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HEALTH

Proper Steps Help Reestablish TRUST IN MARRIAGE

By *Randi Rotwein-Pivnick, MA*

Dear Randi,
I have been married for 16 years, and I just discovered my husband has been having an affair for the past three months. He says he ended it and loves me and wants to stay married. I love him very much, and want to believe him, but I am having a very hard time trusting him, and I am deeply hurt that he did this. How do I recover from the hurt, and how will I ever trust him again? I just don't see that staying in a marriage where there is no trust is a healthy thing to do. Is my marriage salvageable?

Signed,
Cheating Heart

Dear CH,

I am so sorry to hear that you are going through this. It is possible that you can move through this, and perhaps even have a better relationship than the two of you ever had. However, you need to go through the proper steps to have a chance at mending (and possibly reinventing) the marriage.

First and foremost, I recommend you start couples therapy with a therapist specializing in couples and infidelity. That way, you will have professional guidance to walk you through the healing process. Your initial role is to figure out what it is you need in order to begin rebuilding the trust. Perhaps you need to have access to his phone (texts

and voicemails, etc.) and computer. You may need to have him check in with you so you know where he is and with whom. Maybe you need to know

that he will answer his phone no matter what he is doing and respond to your texts immediately.

What you need is up to you. It is different for everyone. Initially, your husband's job is to agree to what it is you need to begin to trust, and to not get defensive when you ask questions, even if it is the same one over and over again. The first time he gets defensive will erase any progress made and bring you back to ground zero. Your husband also needs to show remorse for his actions and validate your feelings. Of utmost importance is he does not lie or hide information from you. By doing this, even more damage can occur than already has been done.

Once you have begun to rebuild the trust, you can then work on creating a new (improved) relationship. Be certain to take your time, as rushing through the process will only be self-defeating. ■

To contact Randi Rotwein-Pivnick, please email her at emotion4you@aol.com, or call her at (480) 707-8291.



Randi Rotwein-Pivnick

PETS

Obesity Can Be a Serious Problem For Pets

Submitted by *Pet Planet*

Not just a problem for people, our pets are experiencing obesity, too, and packing on the pounds.

The 2012 annual *National Pet Obesity Awareness Day Survey* conducted by the Association for Pet Obesity Prevention (APOOP) found that 52.5 percent of dogs and 58.3 percent of cats are said to be overweight or obese by their veterinarians. That's an astonishing 80 million dogs and cats in the U.S. at risk of developing any number of weight-related disorders.

The major cause of this epidemic is overfeeding. Overfeeding our pets can lead to a number of significant health concerns. Not only can obesity shorten the lives of our pets, the health risks can include diabetes or insulin resistance, joint problems, osteoarthritis, respiratory disorders, high blood pressure and heart disease, kidney and liver problems and many forms of cancer.

It is important to periodically check your pet's weight throughout all life stages. Putting your pet on the scale is not the best way to evaluate his weight, as there is a great variance in a breed's weight and size. Rather, it's better to look at the appearance of the pet. This means:

- You should be able to feel the ribs easily without pressing, but you should not be able to see the ribs through the coat.
 - The torso also should resemble an hourglass when viewed from above.
- You can conduct these quick checks on your own, but since it can be hard for

pet guardians to be objective, it's sometimes wise to seek a second opinion.

Your local Pet Planet store offers excellent advice and weigh-ins on our convenient pet scales.

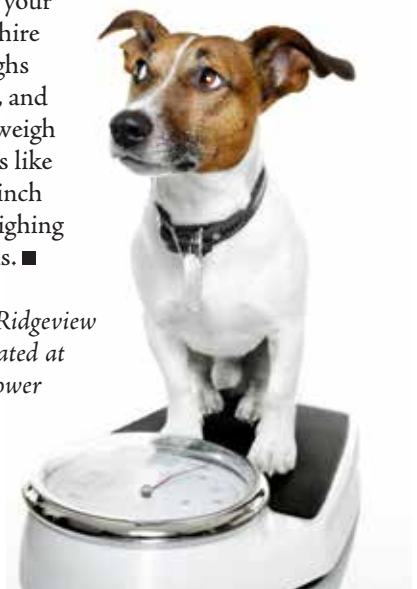
If you are faced with an overweight pet, first rule out medical reasons for being overweight.

Just like us, there is a recommended calorie intake for our pets. A small pet may only need about 300 calories a day. If we add in a couple of those tasty treats at 50 calories each, that is one third of the daily allowance. Not reducing the portion of kibble to offset the treats they receive could lead to overfeeding and weight gain.

It is important for pet guardians to understand the risks to their pet's health if he is carrying just a few extra pounds. For example, if your little Yorkshire terrier weighs

12 pounds, and he should weigh seven, that's like a 5-foot 4-inch woman weighing 223 pounds. ■

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LOCAL BUSINESS

Cleaning Service Gives Back During Breast Cancer Awareness Month

By Jamie Killin

October may be Breast Cancer Awareness month, but Carnation Home Cleaning does its part in helping those diagnosed with breast cancer all year long through the Cleaning for a Reason program.

Through the program, Carnation Home Cleaning provides free general cleaning for four months to women in need, with each of the company's six teams serving a different woman.

"It's just so incredible to be able to give back to the community," said founder Eugena Bring. "We find it extremely rewarding to provide this service to women in need, and, honestly, we likely get more out of helping these women than the recipients of the cleaning."

Eugena, who began the company nearly three decades ago out of her garage, now dedicates much of her time to giving back to the community and helping others succeed professionally.

"We try to be involved in various types of charity work in the community," she said. "Another charity we are honored to serve is Feed My Starving Children."

Her passion for giving is echoed throughout the company, with her cleaning technicians becoming just as engaged in the work they're doing as she is.

"Our cleaning teams have such big hearts and enjoy helping others," said Eugena.

Her cleaning technicians have continued to improve their skills, as well, through a brand new training program just incorporated this year. The new program focuses less on specialty cleaning and more on a comprehensive cleaning approach,



thereby increasing quality and efficiency.

"We have completely redone all our training programs," Eugena said. "So, we now have a process-driven training program to ensure that when we clean a home, we clean everything in the house. Nothing gets missed."

The new approach has evolved over the last couple years and ensures that homeowners can expect the same team of technicians every time, ensuring even better results.

The new process also includes services, like wet wiping baseboards, door facings and frames and even refrigerator cleaning—services for which many companies charge extra.

In addition, the company is also a chemical free green company, ensuring no harsh cleaning products are being used in a customers' home.

"If somebody used us three years ago, we're a completely different, better cleaning company today," Eugena said. ■

For more information on Carnation Home Cleaning, visit carnationhomecleaninginc.com, or call (480) 924-2096. The company is located at 4930 E. Main St., Suite 17, near the intersection of Main St. and Greenfield Road. For more information on Cleaning for a Reason, visit cleaningforareason.org.

SPIRITUALITY

Celebrate the Reformation OF THE CHURCH

By Pastor Paul Frank
Hosanna Lutheran Church

Imagine a potter at the wheel shaping a clay pot by hand.

As he works the clay, a defect causes the pot to wobble out of shape. So, the potter pushes the clay back into a ball and begins to re-form the clay into the pot he had in mind all along.

It's actually an image of God shaping our lives, as well. The Bible calls God the potter and we are the clay in his hands. He is shaping our lives, utilizing the tools of time, experiences, heartaches and celebrations. He shapes us through the people He surrounds us with, and through the life we share together in His church. God shapes our lives so we can be simple, earthly vessels who carry the eternal treasure of Christ and His good news of new life.

But, sometimes we all become cracked pots. I'm betting you're thinking, "Yeah, I've known a few crack pots for sure." And I have, too. But I want you to take this the right way—those folks have known you and me, too. Sometimes, our clay pots have been cracked by sin, distraction from God's plans and His design for our lives.

In those moments, God has sought to re-form us. This He does through Christ our Savior who died to pay the price for our sins. He rose up from the grave to overcome even death itself, and through Christ alone, we have new life here in time and eternal life to come in His heavenly home.

Sometimes, it's not just individuals needing to be re-formed. In 1517, the whole Christian church needed to be

re-formed. The church of that day had drifted away from a right focus on salvation and new life as God's gift to us through His grace alone, received by faith alone in Jesus Christ alone, and that message is revealed to us through Scripture alone.

On Oct. 31, 1517, a monk named Martin Luther nailed a list of 95 key discussion points to the castle church door in Wittenberg, Germany, wanting to start a discussion. He actually kicked off the Reformation era of the Christian church. God's re-formed us in Christ and through the Reformation era. He re-formed, or re-focused, us again on God's Word and the new life He gives us. ■

To hear more about this new life in Christ, and to celebrate the 500th anniversary of the Reformation of the Church, join us at Hosanna Lutheran Church, located at 9601 E. Brown Road.



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REAL ESTATE

Home Sales And Prices Are Up in the Valley

By John Karadsheh

In the last 45 days, we listed six homes under \$325,000 (Mesa, Gilbert and Glendale), with each of them selling in less than a week and almost all for full price.

In each case, we were able to get our clients top dollar for their properties. What is happening in the Valley? Are we in a bubble?

According to Tom Ruff, of the Arizona Regional Multiple Listing Service, home sales are up 9 percent from last year, and Phoenix's median home price is up 6.5 percent for the year. The improving local economy, first-time homebuyers, and relocations are driving the boost.

Many first-time homebuyers have waited years to be in the position to buy and finally are ready. Boomerang buyers who finally have recovered from short sales and foreclosures also are jumping in again. Furthermore, for two consecutive years, Maricopa County has been the fastest growing county in the country.

So, what is up with inventory? It's low. In the hot market of 2005, there were approximately 9,000 single-family homes on the market. In 2009 and 2010, we had more than 75,000 single-family homes on the market. A balanced market, which we had last year, is considered to be around 22,000 to 24,000 homes.

Right now, we have less than 15,000 homes on the market in our entire MLS database, which includes all of Arizona, from Kingman to Bisbee. Now, you can understand why investors from all over the country are building apartments in the Valley, and builders are clamoring to get new projects in the ground.

The market intensity is still mostly below \$400,000 and it is stronger in certain areas. In some pockets of the Valley, we are seeing homes that actually have caught up to their 2005 values, which is amazing to see after all we have been through. Over \$400,000, the market is not as intense,

but it certainly is catching up. On the plus side, this type of market structure can offer unique opportunities for those clients wanting to move up to a higher price range.

So, do we have a real estate bubble? No. In the case of our current market, investors aren't the ones scooping up properties as much as regular individuals who are purchasing primary residences. Furthermore, buyers actually have to qualify to get a loan. Under the new Dodd-Frank lending regulations, the loan approval process is much more comprehensive than it was in 2005.

The market intensity is mostly the result of backlog. For years, new construction was non-existent in the Valley, financing was tight, first-time buyers didn't have the resources to enter the market, and others simply were hamstrung by the consequences of the recession. We finally are just catching up to where we should have been.

The Valley is outpacing the nation in job creation, with an increasing number of corporate relocations and expansions, which means our growth is set to continue for some time. Unless we see a sudden increase in real estate inventory, our prices will continue to rise. ■

Do you want to learn more about how the market might impact your real estate plans? We are here seven days a week to help answer questions for you about your real estate goals. We are always happy to help. Send an email to JohnK@KORproperties.com or call (480) 568-8684.

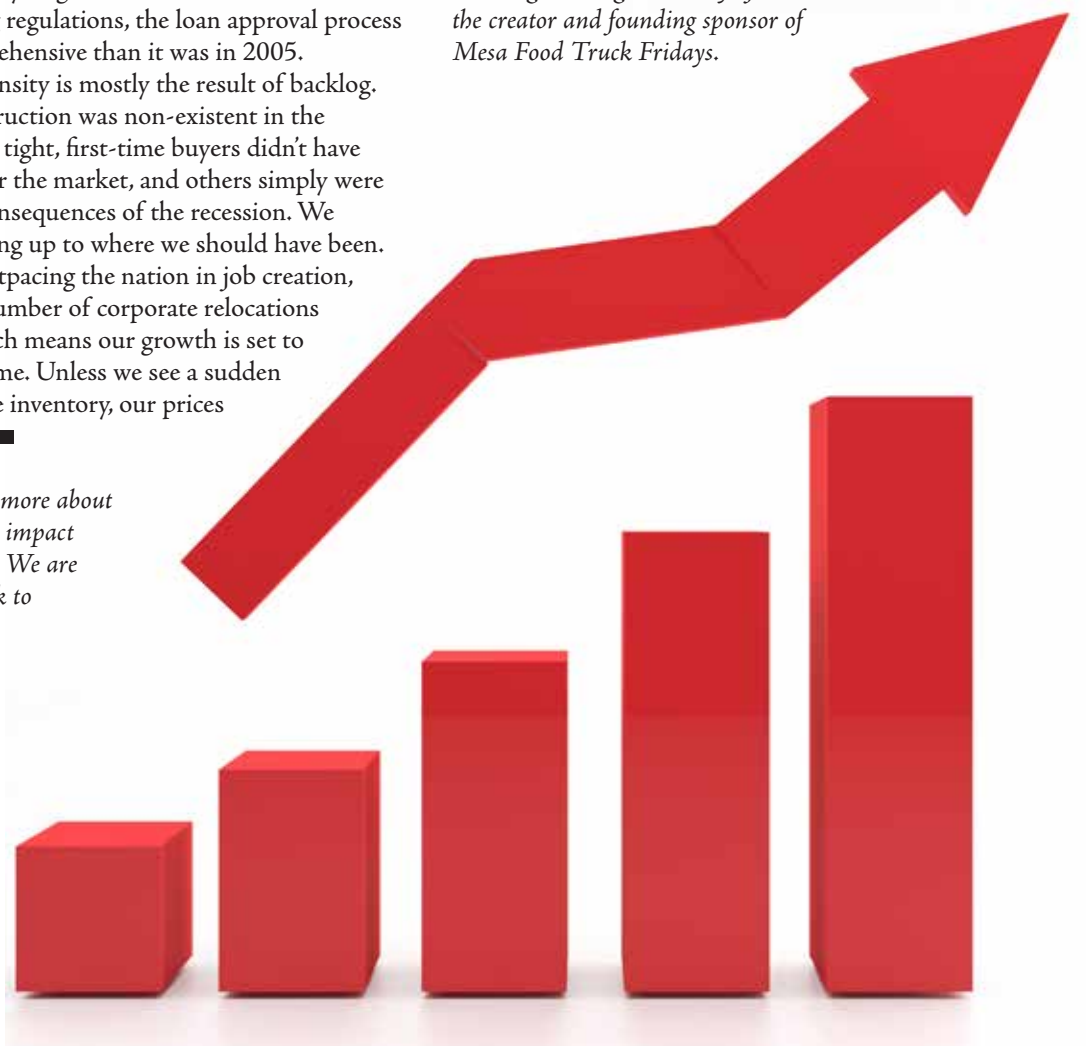
John Karadsheh is the Designated Broker for KOR Properties. He has

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

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



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Submitted by Home Care Assistance

With fall being a beautiful time of year, complete with the colorful leaves, crisp air and pumpkin patches, there are plenty of activities people of all ages can enjoy.

HERE ARE FIVE AUTUMN ACTIVITIES TO ENJOY:

Take a walk (or a drive) and look at the autumn colors. Just getting out and enjoying the fresh, crisp air can do wonders for your body and your mind. Observing nature, even if you're just looking at it through the open window of your car, can help refresh and renew.

Invite friends or family to go apple picking. Autumn is the best time to pick apples. There are many varieties available, so there's sure to be at least one that will suit your taste. Some apple picking farms even have rides around the orchard. So, if walking is difficult, you still can get out among the trees to pick apples. Most orchards will offer bags of apples, as well, so if picking isn't your thing, grab a bag of fresh apples and take them home. If you're feeling really motivated, invite a loved one to make some homemade applesauce or an apple pie together.

Enjoy crafts with leaves, pumpkins, gourds or acorns—whatever you can find. Crafting isn't just for kids. Crafting can be a fun and gratifying experience and can easily accommodate any difficulties with dexterity, depending on the project you select. You could press leaves, paint pumpkins, make a colorful leaf mobile from construction paper or collect acorns and dip them in paint. Gold, glittery acorns work great in Christmas decorations, as well. If it's beautiful outside, take a sketchbook outdoors and draw or paint.

The best thing about crafting is it's only limited by our imaginations. Do whatever you like, and have fun.

Look for a community-sponsored planned activity. Throughout the fall, and especially around Halloween, most communities have outdoor, fall-related activities available. Go for a hayride, take a horse-drawn carriage through the woods, walk a corn maze, or just go for a hike and enjoy the beautiful show nature puts on for you. Community fall festivals are also fun for people of all ages.

Bake. Nothing says autumn like pumpkin spiced or apple everything. Baking also can be a great way to spend a day with family or friends. Make some cookies, have hot apple cider, and just enjoy each other's company.


Whatever you do, enjoy yourself and embrace the cozy feel of the fall season. Spending time outside or inside, whether alone or with family and friends, can make you feel good. As the nights get longer and the days get shorter, we all can use some feel-good activities.

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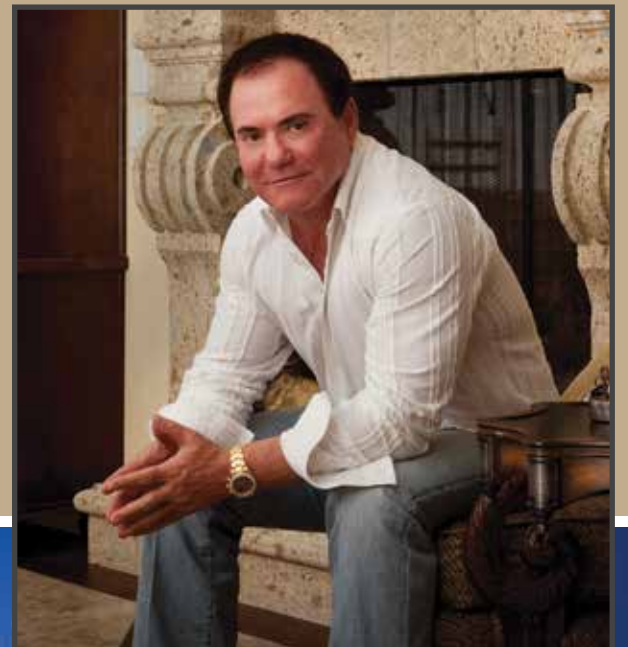


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