

Mesa Teen Making A Splash Following Family Tradition

By Darshan Dawson

Anna Thompson, an eighth-grader at Mesa Academy, is following in the footsteps of her grandmother, mom and big sister in the family tradition of competitive swimming.

In February, Anna qualified in five events in the 13-year-old to 14-year-old age group, sending her to the USA Swimming Junior Olympics held in Yuma.

In competitive swimming, where tenths of a second could mean the difference between first place and last place, seconds are a big deal. Anna bested her qualifying times, dropping a whopping 45 seconds in the 200-yard individual medley, or IM, with a time in the top five. She shaved 27 seconds off her time in the 400-yard IM, securing ninth place out of 60 competitors.

Anna is a good all-around swimmer who does really well in the individual medley, a race that requires a swimmer to be strong and fast in all the strokes—butterfly, backstroke, breaststroke and the crawl, or freestyle. “I love the 200-yard IM because you can sprint all the strokes,” Anna said.



Anna Thompson



She has a routine when preparing for a race. “After I warm up, I like to take a dive or two,” she stated. “I will rest and drink a ton of water, and try to eat something small. I think about how I am going to swim the race. Like, in the 200, I think about how I have to start out strong on the first 50 yards and hold that pace on the second 50. Push on the third 50. That’s when it gets hard. Then sprint on the last 50.”

Anna likes the 400-yard IM, too, but uses a different strategy when swimming that race. “Because the race is longer, I can build through it. I start off with a strong butterfly,” she explained. “I am pretty good with backstroke, and I am OK at breaststroke. Then I go all out with freestyle.”

Eric Dimmery, one of Anna’s three coaches at the Mesa Aquatics Club, observes that Anna is a great teammate and is an asset to the team. He remarks her recent success is all about attitude. “Anna *brings it* to her workouts,” he stated. “She has made a decision on her own to put in the work, and it has paid off.”

Anna’s mom, Melissa Thompson, echoes Eric’s assessment. “As Anna has worked harder in practice, she is seeing results,” she said proudly. For Anna, it is full steam ahead. “I want to keep dropping my times,” she stated. “Breaking the minute mark in the 100-yard freestyle would be fun.”

To accomplish all she has achieved, Anna attends swim practice five evenings a week and on Saturday mornings at the Kino Aquatic Center, where Anna and her teammates do both dry-land workouts and in-pool practice. Out of the pool, coaches work on strengthening muscle groups swimmers don’t consistently use. By concentrating on running and yoga, the change-up is fun for the team and helps to reduce overtraining.

Not only is Anna a well-rounded swimmer, but she also is a well-rounded teen with a busy schedule. School and swim practice occupy the majority of her activities. Wednesday piano lessons allow her to express her creative side, and a leadership role at church completes her week. She also finds time to hang out with friends. Next year, as Anna moves into high school, she is looking forward to swimming on the Mountain View High School varsity team with her sister. ■

The Mesa Aquatics Club is located at 848 N. Horne Ave. For more information, call (480) 644-2376.

Artisan Market Features Works of Local Artists and Veterans



Submitted by Mesa Art League

The Mesa Art League will host its first Artisan Market on Saturday, April 28, from 10 a.m. to 6 p.m., at What’s Crackin’ Café and the Red Mountain Event Center.

Enjoy breakfast or lunch at What’s Crackin’ Café

and follow the great food with a leisurely stroll to admire the many pieces of beautiful works of art on display at the café and at the event center. Both locations graciously have offered space for the Artisan Market.

Free of charge to the public, the event will showcase the works of local artists from the Mesa Art League. Artists will be on hand to discuss and sell their original artwork.

Everyone viewing the artwork is encouraged to meet and greet the local artisans and ask questions about their techniques. Those in attendance also are sure to enjoy looking at art created by veterans as part of a special program offered by the Mesa Art League.

“In existence since the 1950s, the Mesa Art League

currently receives funding to hold several art classes every month free of charge to all veterans,” said Susan Paige, chairperson of the art event. “Our members teach the courses, and we provide all the supplies.”

Under the umbrella of The Arizona Art Alliance, such programs for veterans began as a result of research showing that making art can help with Post Traumatic Stress Disorder, or PTSD. ■

What’s Crackin’ Café is located at 6663 E. McDowell Road, Suite 101, and Red Mountain Event Center is located at 6655 E. McDowell Road, Suite 112.

THE MESA ART LEAGUE’S MISSION

The Mesa Art League is a community-minded cultural organization that fosters appreciation and education of the visual arts. The organization’s purpose is to engage the community and explore the creativity in all of us.

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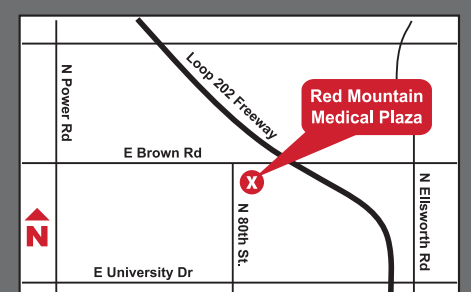
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www.UpCloseAZ.com
HEALTH

Skin Cancers Affect Millions of People Each Year

Submitted by Red Mountain Medical Plaza

Skin cancer is expected to affect more than 3 million people in the United States this year alone.

This number represents more cases of cancer than all other cancers combined. Most of these cases are the nonmelanoma skin cancers, which include both basal cell carcinoma and squamous cell carcinoma. People living in Arizona are more prone to these types of skin cancer because of our high altitude, low latitude and our very warm climate. This is important because most people living in Arizona spend time outdoors all year round. Arizona will have more cases of skin cancer than any other state in the country.

These nonmelanoma skin cancers generally will present as non-healing, painful or bleeding lesions. However, many of these lesions can present without any symptoms at all. The sooner these lesions are detected, the easier the course of treatment will be in the long run. Nonmelanoma skin cancers can be treated with various medical and surgical procedures.

The more aggressive types of skin cancers are melanomas. It is estimated that more than 1 million Americans are living with melanoma. The American Academy of Dermatology estimates there will be more than 178,000 new cases of melanoma in 2018.

If melanomas are caught early and do not spread to lymph nodes, the five-year survival rate is roughly 99 percent. However, if there is regional or distant spread to lymph nodes, this percentage drops down to 63 percent and 20 percent respectively. Therefore, observation of moles or any new dark spots on the skin should be monitored closely.

Patients should be looking for moles and new dark areas that are:

1. Asymmetric
2. Irregular bordered
3. Dark with multiple colors
4. Diameter greater than 5 mm
5. Evolving or changing moles

If caught early, even melanomas can be surgically removed before they spread.



Dr. Sam Smith

At Smith Dermatology, we recommend residents of Arizona schedule a total body skin exam at least once a year. We believe in preventative medicine, and will do everything we can to treat areas before they turn into one of the above-mentioned cancers. If a cancer already has developed, we will treat it with the best available modalities. Please wear a sunscreen with an SPF above 30 that is both UVA and UVB protective. Make sure to apply before sun exposure and reapply throughout the day when exposed to the sun's harmful rays.

ABOUT DR. SAM SMITH

Dr. Sam Smith is a board-certified dermatologist who has been in private practice for 13 years in the Mesa and Gilbert areas. His undergraduate degree is from Penn State, with a Bachelor of Science degree in health policy and administration. Dr. Smith then completed a master's degree in public health, with an emphasis in behavioral and community health sciences at the University of Pittsburgh. He went on to the Lake Erie College of Osteopathic Medicine, where he completed his medical training. After medical school, he completed an internship at the Frankford Hospitals of the Jefferson Health System, in Philadelphia. Finally, his dermatology residency was completed at the Western University of Health Sciences, in Arizona. Dr. Smith specializes in all areas of medical, surgical and cosmetic dermatology. In his free time, he likes to spend time with his wife and four kids. ■

For more information, or to make an appointment with Dr. Sam Smith, call (480) 999-0049. His office is at Red Mountain Medical Plaza, located at 8035 E. Brown Road, Building 4.



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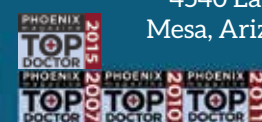
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EDUCATION

Growing Demand for Enrollment Leads to Academy Expansion

By Jennifer Salvatori, MA Ed

It is said that doing the right thing involves first deeply listening to the stakeholders. After years of listening to the parents, Self Development Academy is adding more classrooms, which means more children can learn from one of the top schools in the country.

Self Development Academy (SDA), a public charter school serving students from kindergarten through grade eight, is known in the local community and statewide for its outstanding academic programs. Now in its 18th year, SDA consistently has been ranked among the top elementary and junior high schools in the state.

The school has received several distinguished awards, including the Charter School of the Year and Academic Excellence Award. The success of SDA and the students is due to a visionary leader, Dr. Anjum Majeed, dedicated faculty and staff, supportive parents and hardworking students.

OPENING AND FORMER EXPANSIONS

After much encouragement from parents desiring a continuation of the advanced and high-level preschool and kindergarten curriculums offered at Self Development Preschool, Dr. Majeed founded SDA (formerly Self Development Charter School) in 2000.

The charter school began with 37 students and a handful of staff and classrooms. Since SDA's opening, the school community and campus has grown tremendously, and now consists of more than 450 students in elementary school and middle school.

Presently, four buildings make up the campus, including the main building, courtyard classrooms, multipurpose room, Science and Technology Center and playground area. Former expansions were completed with a thoughtful, systematic approach.

The expansions permitted the development of additional academic programs and allowed more families from the community to join the school community. The high quality of academic programs remained consistent with each addition and increase in student enrollment.

THE CORE CURRICULUM AT SDA

At SDA, the students learn a minimum of one grade level ahead of the Arizona state educational standards. Beginning with the kindergarten year, students are academically challenged, and high academic expectations are established, all within a nurturing environment.

SDA elementary school students obtain a solid foundation in language arts, mathematics, science and social studies. Students are taught at the mastery level, and the curriculum emphasizes higher level thinking skills, such as critical thinking and problem solving.

By the time SDA students reach middle school, many are prepared to enroll in Algebra I, Advanced Literature and Advanced Science. During middle school, students have the opportunity to complete Pre-Algebra, Algebra I, Geometry and Algebra II, Advanced Literature, Science, including Biology, Chemistry and Physics, and Technology. Many of these courses are not offered until high school. Students completing eighth grade at SDA are enrolled in Honors and Advanced Placement courses upon entering high school.

Additionally, many students receive high school credit for courses completed at SDA. This level of coursework enhances their grade-point averages and makes them highly competitive students when applying to colleges and universities.

Former SDA students visit the campus and share how they are performing in high school and college. They attribute their success to the strong academic foundation, as well as the study and organizational habits taught at SDA.

THIS YEAR'S EXPANSION

Given the school's and students' consistent achievements, there is a growing demand for enrollment. SDA has an open enrollment policy of first come, first served. Year after year, SDA welcomes returning families and embraces new students.

Desiring to serve more students within the community, Dr. Majeed, along with the support of the school board members, decided to expand the campus and add a new two-story building. The campus expansion will



provide much needed space for student learning, music and art programs, and administration, while also allowing for additional students to receive the outstanding academic programs provided by SDA.

The new facility will house four new classrooms, an art room, a music room and two study rooms. The classrooms located on the second floor will be used for the middle school program.

The music room will permit a private space for the music program, which includes violin instruction and an electronic drum lab. SDA students will use the art room to learn about famous artists and to create their own masterpieces.

The school community is excited about the addition and the possibilities the expansion offers. The new building is scheduled to be completed by August. ■

Enroll now. To learn more about SDA, please visit the website at selfdevelopmentacademy.com. Limited spaces are available for the 2018 – 2019 school year. For more information regarding SDA, or to arrange a tour, please contact the Front Office at (480) 641-2640, or send an email to info@self-dev.com.



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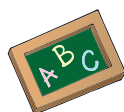


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LOCAL BUSINESS

Pest control customers receive top-quality service and expertise

By Jamie Killin

A-1 Pest Control owner Leo Renello began the family-owned-and-operated business in the 1980s, and today has plans to keep it in the family for years to come.

"I have great-grandchildren who are going to take the business over, and my son works with me now," he said. "At one point, I had eight trucks and I wasn't happy. I couldn't keep an eye on my customers or treat them correctly."

For Leo, delivering top-quality service is the most important aspect of business, which he does by staying up to date on the latest products and pest control technology. He even quickly provides emergency services, like bee removal, when needed.

He recommends customers are serviced monthly or bi-monthly, with many customers opting for services monthly in the warmer months when insects are more prevalent.

"Sometimes people will go bi-monthly, and I don't recommend any less than

that because with our heat out here, you can't go quarterly because nothing holds up," he said. "The way these chemicals are manufactured now, scientifically, environmentally safe, they won't hold up for 90 days without re-establishing the barrier around the home."

Especially during this time of year, with the weather switching between hot and cold, there is a large influx of insects attempting to enter homes, making a barrier of pesticide products especially important.

"You're putting up a chemical residual around the home, so that helps prevent ants, scorpions, ticks and fleas, the whole majority of insects," Leo said.

"A lot of our service is outside only, the reason being if you put up enough residual outside around the entry points—the doorways, the garages, the window sills and the patio—that will stop the insects from protruding all the way into your home. They may get in, but, of course, they'll belly up," he continued.

Leo's team is certified in termite work. So, when pest control services are administered, they also are looking for signs of termites, helping to protect the home.

He also recommends sealing the home as well as possible, eliminating damp and dark spaces, while also keeping wood and watered shrubbery away from the home to further prevent pests. ■

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To make Sundays even more special, The Patio and Grille have created special spring Sunday brunch and bar menus. So, all you have to do is sit back and relax with friends and family while you enjoy delicious libations and fine dining.

Sunday Brunch on The Patio is served from 8 a.m. to 3 p.m. You can indulge in traditional fare like House-Made Fluffy Pancakes made to order with Fresh Berries and Whipped Cream; The Hole in One—two Eggs any style with House Potatoes and Applewood-Smoked Bacon or Sausage; Huevos Rancheros with Spanish Chorizo and Corn Tortillas; Steak and Eggs; and three styles of Eggs Benedict.

Remember the old favorite Monte Cristo Sandwich? Try this version with Black Forest Ham, Turkey Breast and Swiss Cheese, Egg-Dipped on Brioche. For a sweet treat, there's Orange Cream French Toast, made with Raisin Challah Bread dipped in Orange Cream and served with fruit.

For something different, there's Citrus Salmon and Beet Salad with Arugula or Shrimp with Cheddar Grits. To view a complete Sunday Brunch Menu, visit lassendas.com. Reservations are recommended. Call (480) 396-4000.

If you're not an early riser, or there's a can't-miss-it sporting event, The Grille is offering some tasty bar food to savor, along with their mixology, on Sundays, from 10 a.m. to 3 p.m. So, spring into The Patio and Grille for a super Sunday experience. Savor the day.



EASTER SALE ON ALL MONTH AT LAS SENDAS GOLF SHOP

Spring is here... "So hop on over to Las Sendas for some *great* Easter savings this month," said Director of Golf Rick Crowson.

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For men, we feature Travis Mathew polos and hats—the hottest-selling casual and golf line attire direct from California. We offer great pricing on this and other popular brands at Las Sendas Golf Shop, and we always have a sale going on.

Even if you are not a member of the Las Sendas Golf Club, all Las Sendas residents and the general public are always welcome to shop and dine at our facilities.

Gift certificates, in any denomination, are available for golf shop merchandise, rounds of golf or dining in our restaurants. Come check out the best facility in Mesa, right in your own backyard.

Las Sendas Golf Club Driving Range is open to the public. We offer a *Daily Rate* to practice at our facility. Just \$20 gets you unlimited range balls and use of our putting green, chipping green and sand bunker. And it's 50 percent off for juniors under 14.

Golf Rates for April

- Monday through Wednesday—\$99/79/39
 - Thursday through Sunday—\$109/79/39
- Rates are before noon, noon to 2 p.m., and after 2 p.m.*

Residents who want to play at Las Sendas, please go to our website, lassendas.com, and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay.

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HEALTH

There are many things to consider when turning 65

Submitted by Tapestry Insurance

While at lunch with a friend recently who mentioned she was turning 65 in a couple of years, and really wished she understood Medicare, she asked me if it was too early to be thinking about it.

My reply was, "Absolutely not."

For most people, turning 65 means you are eligible for Original Medicare, Part A and Part B. This federal program provides hospital insurance and some medical insurance to Americans 65 and older and those under 65 with certain disabilities.

There usually are many questions associated with receiving Medicare. You may wonder when you need to start the process, how to enroll, whether you should continue to work, and if it would be wise to stay on your spouse's insurance. You also might consider delaying enrollment in part B, and have questions about the benefits associated with Medicare. In addition, you may wonder what Medicare plans cover, as well as how to avoid penalties. You also could benefit from help selecting the plan right for you.

Each person's situation is unique, and the Medicare solutions are different for each person. It is advisable to have someone assist you in this process. Even if you have a year or so before your 65th birthday, it's not too early to learn and understand your options.

I would love to help you make sense of Medicare, understand the process and choose a plan best for you. ■

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By Dawn Abbey

In honor of Al Pacino's 78th birthday, on April 25, Pacino's Italian Restaurant is celebrating by making you an offer you can't refuse—five weeks of never-ending pasta dishes for only \$100.

"That's right, folks," said owner Frank Spacarelli. "Come in as many times as you like, day and night, and enjoy any of our pasta dishes. You can eat two times a day for five weeks for just \$100," he continued. "We have a limited amount of Al Pacino birthday specials for sale, so get yours while they are still available. Some restrictions apply, like only one type of pasta per seating and for dine-in only."

And don't worry about running out of pasta entrées to try. Pacino's offers more than a dozen *Pastabilities* on their menu, including raviolis stuffed with a choice of mouth-watering fillings, such as lobster, portobello mushrooms or butternut squash. Spaghetti with Mama's Meatballs is always a winner. There's also the traditional creamy Fettuccini Alfredo, Shrimp sautéed in Fra Diavolo sauce, or a spicy marinara over linguini. Pastas in all shapes and sizes enhanced with their own special house-made sauces make choosing difficult. "We prepare all our dishes *a la minute*," said Frank. "So, your selection is always made fresh, just for you. And we even have gluten-free pasta."

THE AL PACINO STORY

Pacino's restaurant patrons are well aware of owner Frank's striking resemblance to the well-known actor. "I've always admired Al Pacino and his movies," he admitted. "And we were both raised in *da Bronx*. But it all kind of started years ago at a casino in Vegas, when a guy next to me said, 'Hey, Al Pacino's little brother.' So, naturally, when I was looking for a name for my restaurant, it had to be Pacino's. Besides, my own name is too hard to spell," he said with a laugh.

During Frank's many years in the restaurant business, he has encountered a lot of *Pacino-related* events. "People sometimes stop me on the street and ask me if I am him," said Frank. Frank once met Al Pacino's cousin, and then his

stepmother, whose autograph he has framed and hanging in the restaurant.

Al Pacino movie posters, photographs and other memorabilia complete the restaurant's ambiance. With the comfortable booths and subdued lighting, you might even imagine seeing *The Godfather* enjoying his own plate of pasta in the corner.

"So, come on in and join us," Frank said. "We welcome you into our *famiglia* and our hearts." ■

Pacino's Italian Restaurant is located in The Village at Las Sendas, 2831 N. Power Road. For information, reservations or take-out orders, call (480) 985-0114. Hours are 11 a.m. to 9 p.m., Monday through Thursday; 11 a.m. to 10 p.m., Friday and Saturday; 10 a.m. to 9 p.m. Sunday.



Frank Spacarelli (left)

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REAL ESTATE

It's a Strong Seller's Market Now and into the Future

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

We expected this year to be a strong market, but it's definitely heating up to be a much stronger seller's market than anticipated, with home prices continuing to increase month over month.

If you have been thinking about selling your home but are not sure as to the best time to do so, it doesn't get much better than this.

So, what's driving the market?



SUPPLY AND DEMAND

This is pretty much the dictator of where the market is today and where it is headed in the near future. As of March, demand far out-weighted supply. The Cromford Market Index (see chart) is a single value that indicates the balance of the residential resale market. Values below 100 indicate a market that favors buyers. Values above 100 indicate a market that favors sellers. A value of 100 is equally balanced. The current market index is at 158.9, which is a strong seller's market. We will start to see more supply coming on the market as we head into our peak selling season, which is now through July. Even with the increase in supply, demand will be even higher, continuing our unbalanced market trend.



MULTIPLE OFFERS

With such low supply, we are seeing multiple offers again, especially in homes priced under the \$350,000 price point. I called on a listing that had been on the market for only

two days, and they already had 12 offers and were over asking price. Multiple offers drive the already high prices even higher as buyers bid over the asking price to get their offer accepted. The luxury market also has picked up steam in the past 12 months, with 42 percent more properties closing over \$1 million as compared to 2016.

INTEREST RATES

The Federal Reserve voted in March to raise its benchmark interest rate to the highest level in a decade. As the Federal Reserve continues raising the federal funds rate, mortgage rates are expected to rise as well. With increasing mortgage

rates and increasing home prices, affordability is a more pressing issue for buyers. We will see an increase in demand over the next few months as buyers try to beat the rising costs of home ownership.

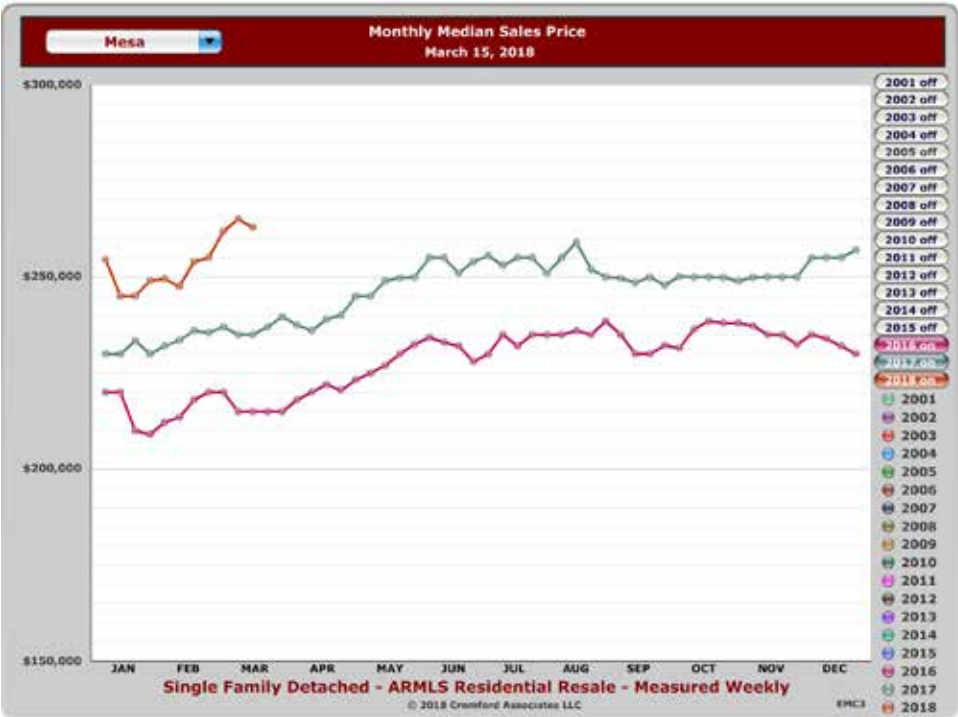
MARKET STATISTICS

Active listings in Mesa for January and February have decreased by 10.8 percent over 2016, and sales have increased by 22.8 percent. The median sales price for Mesa has increased 8.9 percent year over year.

With the current trend continuing, March sales and median sales price will continue to increase and keep driving the market up.

If you have been thinking about selling your home, now would be a perfect time to get it listed while we are in such a strong seller's market. If you would like to find out the true market value of your home and the top price for which you could sell your home in today's seller's market, please email or call me directly to set up a free in-home valuation. ■

Lorraine Ryall is ranked in the Top 1 Percent of Realtors in Maricopa County and has been a Multi-Million Dollar producer for the past nine years. You can reach Lorraine at (602) 571-6799. You also can send her an email at Lorraine@Homes2SellAZ.com, or visit her website at Homes2SellAZ.com.



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Lorraine is a top notch professional. My husband and I have known and worked with Lorraine for years and have conducted several real estate transactions. She is highly motivated, very knowledgeable and a great negotiator. She made the selling process as stress free and easy as it could be. We will use Lorraine on any future real estate deals and have recommended her to our friends and family. We highly recommend for anybody to use her. – Paul and Tammy

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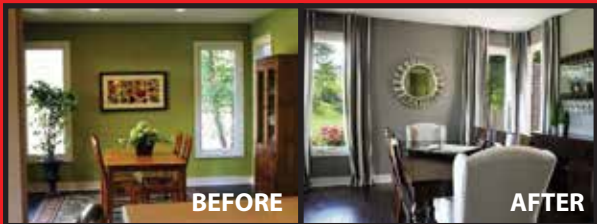


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COMMUNITY

NEIGHBORHOOD VOLUNTEERS Organize Community Event



Submitted by Advance Red Mountain Ranch Residents of Red Mountain Ranch will enjoy Dinner in the Park on Saturday, April 14, from 4:30 to 7 p.m., at Red Rock Park. Extra parking will be available to accommodate everyone attending the community gathering. Food trucks will be on hand for the culinary delight of everyone in attendance. Sponsored by the Advance Red Mountain Ranch Committee of Neighborhood Volunteers, the event is the third such activity organized by the group. The Red Mountain Ranch Owners Association and the City of Mesa support the activities of the amazing volunteers who appreciate the value of community. ■

Red Rock Park is located at 3750 N. Recker Road.



REAL ESTATE

The Buying Season is Here to Stay

By John Karadsheh The start of Spring Training always kicks off the buying season in Arizona.



While winter visitors looking for second homes were our main spring buyers in the past, our base of buyers is now much more diverse. More and more buyers are relocating their primary residences and businesses from other parts of the country.

Maricopa County has been the fastest growing county in the United States for several years now. In fact, in 2017, more than 5,400 people per month moved from California to Arizona alone. This influx now means our buying season is not limited to just March, April and May. We are now seeing solid activity year round.

According to Chris Camacho, CEO of the Greater Phoenix Economic Council, more than 85 companies relocated to the Valley in the last two years.

In addition, commercial real estate firm Colliers International just named Phoenix one of the Top 10 Emerging Industrial Markets in the country. A recent report explained, "The Phoenix industrial market continues to post exceptional growth because of its proximity to a growing population, a strong workforce base, an expanded and modernized highway system and more attractive rental rates compared to markets in Southern California. Nearly 5 million people live in the metro Phoenix area... and this number is expected to grow over 8 percent in the next five years, according to the U.S. Census Bureau."

We are seeing some of that growth around the Falcon Tech District. Industrial projects have popped up on Greenfield and Higley roads. The Elliot Tech Corridor, which includes Apple's Global Command Center for iCloud, is exploding with new projects, as well.

Commercial vacancy rates continue to drop, and housing inventory is about 15 percent lower than this time

last year. After a decade of languishing, we are turning the corner on so many fronts.

Home values are expected to continue rising this year along with interest rates. If you are thinking of buying, you may want to get more serious about the process. Allow me to sit down with you and help you make a plan for your next move. I have great experience negotiating in competitive offer situations and can help you get your dream property.

Are you thinking of selling your home? Sellers have an advantage in some sectors of the market. I would be happy to listen to your transition plans and look at what selling strategy will work best for you. Give me a call today at (480) 568-8684 for a complimentary planning session. I am looking forward to working for you! ■

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, as well as the creator and founding sponsor of Mesa Food Truck Fridays.



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I have worked with John numerous times both as the seller and as the buyer and he is an exceptional agent. He is very professional and so easy to work with. John goes above and beyond to make sure that his clients are receiving the best service possible. — Nanci A.

I am here 7 days a week to help you with your real estate needs!
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LAS SENDAS LUXURY CUSTOM
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LAS SENDAS GOLF COURSE LOT
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UNDER CONTRACT



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UNDER CONTRACT!



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JOSHUA VILLAGE
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LOCAL BUSINESS

Tax Day is just around the corner

Submitted by Toepel Company

This time of year, as Tax Day approaches, we get a lot of questions about tax extensions. The largest misunderstanding about extensions is what it actually extends.

A properly filed extension doesn't extend the time to pay taxes. If you don't pay the amount due by the regular due date, you'll owe interest. You may also be charged penalties that can be as high as 25 percent of the amount not paid by April 17, 2018.

At least 90 percent of the total tax on your 2017 return should be paid on, or before, the regular due date of your return through payroll tax withholding, estimated tax payments, or payments made with your extension (IRS Form 4868).

Paul Toepel is a CPA who has lived in Las Sendas for more than 16 years with his wife and two Westies.

His firm Toepel Company PC is a full-service, Mesa-based CPA firm offering a variety of services for more than 30 years.

These services include tax preparation and representation, accounting, fraud prevention and QuickBooks support. Their mission is, "To provide exceptional service, knowledge and experience, all while making you and your business successful."

People have many choices today when it comes to tax and accounting services. Those include programs like Turbo Tax, QuickBooks and even a few that are free. A lot of people may even try to take it on



themselves. When you do that, however, you're immediately burdened with trying to figure out the many changes in tax law. This once-a-year task can be daunting. You hope your returns are prepared correctly, and that you have not left any of your refund in the hands of the government.

"Today's tax laws are so complicated that filing even a simple return can be confusing," Paul stated. "It's easy to overlook deductions and other advantages someone is entitled to. We work year round to keep up with changing tax laws so you can keep your hard-earned money," he continued. "Many people underestimate the value of having a professional assist them with tax preparation."

Many accounting firms today are shipping their tax preparation to foreign countries for completion. This has caused many people to receive tax-related calls from these foreign countries; most of which are fraud. Toepel Company PC prepares all tax returns in-house. Your confidential information is never shared with a third party that could possibly compromise your privacy.

As a Certified Fraud Examiner, Paul is able to distinguish scams from legitimate inquiries. "We always stress, if you ever receive any communication about your taxes, call us first," Paul said.

"We strive to create value in our accounting and tax services by combining technical know-how with business practicality in all our services and solutions," he further stated. ■

Toepel Company PC is located at 2500 S. Power Road. To learn more, visit toepelcompany.com, or call (480) 833-8300.

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

D downsizing? Determined to get rid of stuff no longer needed? Cleaning out a home or an estate? Stop. Know Before You Throw.

It is now officially spring. You certainly wouldn't know it by the winter we've just had. As such, many of us go through the yearly ritual of spring cleaning, which brings to mind some folks I helped last year at this time.

A call came in from a woman asking for help with identifying a small collection of odds and ends. She was helping her mother with spring cleaning, and was getting ready to take items to the thrift store, but wanted to make sure she hadn't overlooked something of value. During our visit, I noticed a shoebox sitting in the corner. It was filled with what she thought was junk jewelry and miscellaneous items.

She shared with me fairly common beliefs about junk or old jewelry. She said the items didn't look like the jewelry she had seen at the mall stores. A rhinestone was oddly shaped, so she determined it wasn't real, and some of the pieces were broken, so they must be worthless. Other items seemed to be made of plastic, like children's jewelry. I suggested that I look through the box just in case.

What was discovered was a modest, yet desirable, assortment of vintage costume jewelry and gold items along with one diamond ring. The diamond was discovered among the oddly shaped rhinestones. This diamond was an old European cut, which looks very different than today's



modern round brilliant cut diamonds. Also discovered were unmarked gold items and plastic items that are highly collectible Bakelite pieces from the 1930s. All in all, there was about \$6,800 in value waiting for the thrift store.

Don't let pre-conceived notions about what valuable jewelry should look like impact your financial well-being. Have a trained eye determine if there's value before you do your spring cleaning. Call me today to help you.

So, what's in your closet? ■

Jon Englund has more than 30 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 15 years of experience in real estate. A Midwest transplant, Jon trained at New York University in appraisal studies.

Donna Luger has assisted during that time, and is a veteran Associate Broker and Realtor with HomeSmart Realty—Elite Group.

For more information, call (480) 699-1567. You also can send an email to Jon@KnowBeforeYouThrow.INFO.





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||| SPIRITUALITY

Faith in Easter Story Offers New Life Today and Forever



By Pastor Paul Frank
Hosanna Lutheran Church

This year, I've heard many people joking about the fact Easter Sunday falls on what we also call April Fool's Day.

I've heard jokes about how the Devil was fooled into thinking he had won some kind of victory when Jesus was crucified, died and was buried. I've heard some say they think we Christians are fools for believing the story of the Passion of the Christ.

Think about this story. God stepped down from heaven. He clothed Himself in mortal, fragile, breakable flesh and blood. He entrusted Himself to the womb of Mary and the home and family of a carpenter named Joseph. He grew up in anonymity in a backwater town called Nazareth.

This is God, remember. He didn't come in mighty power, with a vast army to crush evil people and exercise divine discipline. No, He came to live a life of perfection, which we could not do because we each have this sinful nature within us. He was without sin, however. He lived that life of perfection with no sin of His own for which to pay. So, instead, He offered Himself as the sacrifice given by which all of our sins were atoned for.

He washed our souls clean through the power of forgiveness. He suffered the worst that sinful mankind had to dish out, even enduring death itself. He was sealed up in a tomb for three dark days. He then rose up in new life. Because He lives that new life, He calls us to rise up in new life by faith in Him here in time and in His eternal home to come.

Does it sound too good to be true? Are we just chasing a fairytale? There are many convincing proofs of the life, death and resurrection of a man named Jesus, from Nazareth. Many witnesses, both friendly and adversarial sources from the time, have confirmed that He lived and died, and rose again.

I could offer you many sources of proof. But God doesn't call us to live new life by proof. He calls us to live new life by faith. Through faith in Christ and faith in the entire Easter story recorded in the Gospels, we have new life today and forever. To ignore such a gift of God, exchanging Christ for bunnies, just seems foolish to me. ■

Join us for the Easter celebration at 8 and 10:30 a.m. Hosanna Lutheran Church is located at 9601 E. Brown Road.

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LOCAL BUSINESS

Help Decide Which Organization Will Receive \$1,000 Donation

By C. Andrew John

Having lived in our area since I was born, and my family having been around for several generations, you could say Arizona blood is in my veins, and I deeply care about our community.



Through the years, I have learned about organizations that help our community. There are so many good things going on that I find it hard to decide how to get involved.

I wanted to help, so I decided to start our John's Gives Back campaign. This allows me to help several organizations at the same time, create awareness for them, and provide a no-cost way for anyone to get involved.

HERE'S HOW IT WORKS

At the end of each campaign, we will donate \$1,750 to three local organizations. The donations will be awarded based on a voting system. The one with the highest number of votes will receive \$1,000, second \$500 and third \$250.

I'm excited to announce that our second John's Gives Back campaign is just getting started. This means each of the organizations listed below will have a chance to receive a donation.

The following charities are eligible for the donations:

- ✦ Relay for Life—Gilbert
- ✦ Chandler Education Foundation
- ✦ Boost A Foster Family

Your vote determines which charity will receive the top donation of \$1,000.

Keep in mind, voting costs you absolutely nothing, and it's super easy and quick. Here's how to vote:

- ✦ Go to JustCallJohns.com.
- ✦ Click the John's Gives Back button on our home page.
- ✦ Select the organization of your choice and vote.

That's it. We'll tally up the votes on May 31. ■

*For more information about the John's Gives Back campaign,
call John's Refrigeration at (480) 648-2505.*

COMMUNITY

The Future Looks Bright For Local District

By David Luna, Vice Mayor

Greetings fellow Mesa residents,
and on behalf of the City
Council, as your vice mayor,
I want to wish you a happy spring.



DISTRICT 5 UPDATE

FALCON FIELD TECH CENTER

As many of you may know, economic development is an area of high importance, and I am particularly interested in building capacity and diversifying our industries, as well as attracting bright and talented people to create a more sustainable Mesa community.

The city currently is building momentum and reaching for these goals through the development of District 5's Falcon Tech Center. Located on city-owned land, west of the Falcon Field Airport, the Falcon Tech Center encompasses 70 acres planned to become a modern campus setting located in the heart of District 5, with its groundbreaking anticipated in late 2018, early 2019.

Envisioned to be a multi-tenant campus, the Falcon Tech Center will offer long-term leases catering to key industries, including health care IT, medical device manufacturing and advanced manufacturing.

The Falcon Tech Center concept plan integrates recommendations from Mesa's 2013 Health Care and Lifesciences Recruitment Plan, which ranked the medical device industry as Mesa's top opportunity, along with medical education and simulation.

Data utilized suggested that focusing on this cluster would better enable Mesa to expand existing companies within this industry sector. This would position the city as a leader in the field, enhancing our ability to attract new prospects to the area.

The next major step for this project involves selecting a master developer. During the next few weeks, the City of Mesa will determine the best process for soliciting and selecting an innovative partner who will help bring the city's vision to life.

Ultimately, by leveraging this existing city asset, the

Falcon Tech Center will add development space, increase Mesa's competitiveness, and attract additional high-quality, knowledge-based jobs. I look forward to the future, especially in District 5, where the Falcon Tech Center will become an attractive location where cutting-edge technology companies will cluster among our established market leaders.

FOREIGN DIRECT INVESTMENTS

A priority for me is to promote Foreign Direct Investments in Mesa. I had the opportunity to travel to Montreal, Canada, and Guanajuato, Mexico, to explore trade and commerce opportunities. There is a strong interest in aerospace and defense in both of these communities. Stay tuned for updates.

MESA K-READY PROGRAM

With the goal to provide early childhood education opportunities for 4-year-old students, Mesa's K-Ready program was launched, with 50 families participating. This initiative works to prepare students for kindergarten in partnership with Mesa Public Schools, City of Mesa departments, including Library, Parks and Recreation, IDEA Museum and the Museum of Natural History. ■

Thank you for the opportunity you have given me to represent your interests on the Mesa City Council. Please contact me to share ideas and concerns. Call me at (480) 644-3771, or send an email to District5@MesaAZ.gov.





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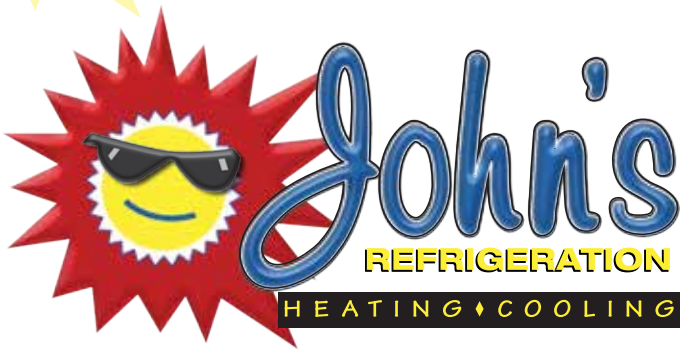
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LOCAL BUSINESS

REFRESH FOR THE SEASON with Botox and Cosmetic Procedures

By Jamie Killin

La Peau Dermatology, led by Dr. Zaina Rashid, is offering several cosmetic treatments for the busy spring and summer months, including the extremely popular Botox injections, which reduce and prevent wrinkles.

Botox is injected into specific muscles in very small amounts as a treatment. It acts by blocking the transmission of nerve impulses to muscles and so paralyzes and relaxes the muscles.

“Botox tends to paralyze the muscle involved in movement of the facial anatomy,” Dr. Rashid stated. “So, if somebody has a deep line in between their eyes, this means the person frowns constantly and hence lines become prominent. If somebody frowns, that means the muscle there has to move quite frequently,” she continued. “So, if you put Botox in those muscles, it will prevent frowning.”

Dr. Rashid recommends preventative Botox treatments for young people who may not have developed deep wrinkles yet but are at risk due to animated facial expressions.

“Botox will prevent the muscles from moving and hence prevent that deep wrinkling in between the eyes, as well as the forehead, down the line as we age,” she said. “It’s a good preventative procedure for someone who wants to look fresh.”

It’s also a great way to look younger and more vibrant for a special event or occasion. With the injectable’s growing popularity, however, Dr. Rashid urges her clients to do their research before receiving a treatment.

“I always advise my patients, ‘Do your research. Do your homework,’” she said. “Not everyone can do this if they do not know the anatomy of the face very well. They have to know the muscles where they’re injecting. There could be complications from Botox if they don’t know what they’re doing.”

For Dr. Rashid, the most effective treatments come



from a conservative approach to cosmetic Botox, including a consultation and a complimentary follow-up visit to ensure the muscles are reacting as expected.

Since everyone’s muscles are different, Dr. Rashid begins with a small amount, then perfects the treatment at the two-week follow-up appointment. She will determine where to administer the injections after having examined the ability to move certain muscles in the treatment area.

A very tiny needle is used to inject the Botox directly into the muscles. Generally, discomfort is minimal and dissipates quickly, so there is no need for a topical anesthetic cream.

In addition to Botox, La Peau Dermatology offers several other cosmetic treatments to prepare clients for spring and summer, such as cleansing masks and chemical peels.

Dr. Rashid recommends preventing and reversing sun damage going into the hot summer by applying a high-quality sunscreen and receiving regular skincare treatments.

“One, get a good sunscreen that has a high protection, making sure you reapply every two hours,” she recommended. “Two, do chemical peels every now and then to remove and reduce any sun damage, and three, do what we call the photodynamic therapy, which is the blue light to actually remove or show any areas the clinical naked eye cannot see that can be pre-cancerous. It brings it all to the surface and gets rid of it,” Dr. Rashid said. ■

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

EVENT

Student Production of Mary Poppins Sure to Delight Audience

Submitted by Red Mountain High School

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Cameron Mackintosh’s production of the Broadway Musical features Red Mountain High School students cast in various roles.

Tickets range from \$12 to \$15 and can be purchased online at mpsaz.org/rmhs. ■

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