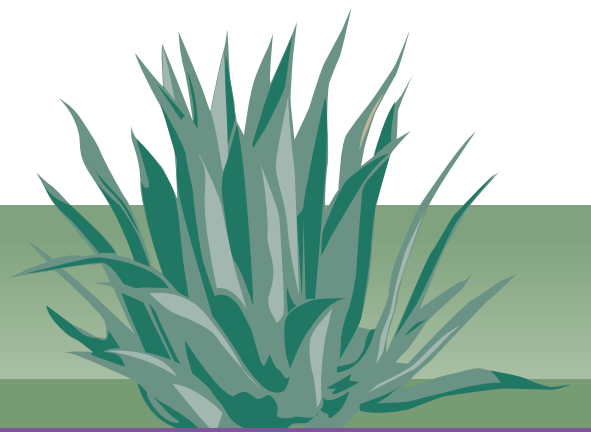


Mesa Uplands Up Close



Bringing neighbors closer to their community

March 2018

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

Eagle-eyed Teen Aiming for Collegiate Scholarship

By Darshan Dawson

Roman Karadsheh is becoming a familiar face at the Olympic Training Center in Colorado Springs, Colorado.

For the second year in a row, he will join 180 of the nation's top marksmen at the 2018 Junior Olympics national competition, from April 6 through April 11.

Mike Costello, an engineer who volunteers his time at the Rio Salado Sportsman's Club, at Usery Mountain Shooting Range, in East Mesa, coaches the Junior Division program. "Roman has qualified for both the Standing Precision Air Rifle and 3-Position .22 caliber Smallbore competition," he stated.

Roman has won the 2018 NRA National Junior Sectional Championship and the State of Arizona Civilian Marksmanship Program Championship for Air Rifle. Recently, he took second place in the American Legion National Championship. The junior team traveled to New Mexico, where they took second place in that state championship.

The team also competed at Fort Benning, Georgia, in the U.S. Army Marksmanship Unit National Junior Rifle Championships. "Roman is currently state champion and is ranked in the top 100 nationally," Coach Costello said. "By the time he is ready to go to college, I expect him to move up in that standing."

When you meet Roman Karadsheh, an articulate sophomore who attends Red Mountain High School, there is a maturity and calm about him that belies his youth. Roman began learning the discipline of target shooting at age 10. "The discipline of organized marksmanship programs for youth teaches respect and responsibility for firearms, as well as physical and mental control," Coach Costello stated. "We do this in a very controlled environment where safety education is the No. 1 priority."

Junior Division Director John Karadsheh has seen how the training has benefited his son. "The discipline of shooting has made a huge change in Roman, helping him gain self-control and focus," the proud father stated.

The junior program at Rio Salado Sportsman's Club

has produced some of the best marksmen in Arizona. A total of six have earned college scholarships in marksmanship. Roman has his sights set there, as well. When asked if he has Olympic aspirations, he replies, "Right now, the big goal is to shoot in college and to be on a Division I NCAA team." He already has some ideas about the colleges he would like to attend. There are 18 NCAA Division I universities with men's rifle teams.

USA Shooting - National Governing Body for Olympic Shooting Sports, and the organization that develops and selects World Cup, Olympics and other international teams, hosts the Junior Olympics. However, unlike the Olympic Games, which are held every four years, Junior Olympics is held every year and attracts marksmen up to 20 years of age from around the country. Competing at national matches like Junior Olympics gives the kids exposure to college coaches who are always on the lookout for up and coming athletes.

For centuries, the skill of marksmanship was a necessity, but gradually grew into a social and recreational pastime. Marksmanship was first introduced in the Olympic Games in 1896. Today, the popularity of the sport engages nearly 20 million Americans who compete in thousands of tournaments each year.

The technology surrounding the sport has advanced significantly with the advent of computerized scoring, which provides immediate feedback to contestants. Technology also has produced apparel that protects and supports the body, while also bringing about high-tech rifle design. The competitive postures remain the same, however. They are standing, kneeling and prone.

To compete in this highly technical sport, marksmen must have good physical control and a great deal of mental concentration. Competitors focus their minds and still their bodies to stay nearly motionless while they fix their aim on a target



about the size of a silver dollar. "It is more of a mental game than a physical one," Roman explained. "Focusing on every shot during a 75-minute match is very mentally taxing. Competing in this sport has developed my mental endurance, and that has helped me in school and life."

Smallbore competitions test the marksmen's skills at hitting the 2-inch diameter target at 50 meters in three positions—standing, kneeling and prone—in which 40 shots are fired from each position. The target contains concentric rings with the best score of 10 in the exact middle. A score of 10 means the marksman must hit a spot the size of a typed period from 164 feet away.

In Precision Air Rifle matches, competitors stand 10 meters from the coin-size target holding a 10-pound rifle with their arm precisely braced against the body to fire off 60 shots. Attention to the smallest detail is critical.

Tournaments are held both indoors and outdoors. When competing at indoor ranges, athletes have the luxury of thinking only of perfecting technique. When competing at a range out of doors, marksmen must not only focus on technique and body position, but also must judge how direction and velocity of the wind, the intensity and angle of the light, the mirage and the temperature will impact the trajectory and accuracy of the shot.

The competition at the Junior Olympics will test Roman's performance. He recognizes that placing would be terrific, but is grateful for the opportunity to compete at that level, which he knows will give him the experience he needs to move to the next level in his sport. ■

For more information about Rio Salado Sportsman's Club, located at 3960 N. Usery Pass Road, call (480) 984-9610.

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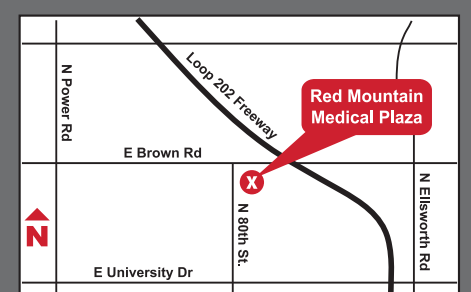
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UpClose

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HEALTH

Medicare Plans are available TO SPECIFICALLY HELP THOSE WITH DIABETES

Submitted by Tapestry
Insurance

When you have diabetes, you have additional medical considerations.

Many people may not realize there are primary care providers who specialize in diabetic care. Having your care managed by one of these providers may be a good option for you to consider.

There are Medicare Advantage plans available in Maricopa County, which focus on maintaining and improving health for individuals with type 1 or type 2 diabetes. These plans focus on all aspects of the member to help identify, track, maintain and even improve outcomes for those with both types of diabetes.

If you have type 1 or type 2 diabetes, you may have the opportunity to consider your health care coverage. You may be eligible for a special election period that will allow you to switch to a plan that focuses more on you and managing your diabetes.

Given the importance and complexity of this disease, taking the step to ask someone to help identify options for you is a must. Please call me to arrange an appointment. I can help you determine if a specialized Advantage plan might be the right choice for you. ■

Call Lynne Jones, a licensed salesperson, at (480) 212-2246.



Lynne Jones



ORGANIZING

Finish one project well rather than leaving several undone

By Nancy Nemitz

CREATE THE SPACE

If you find many things you plan to do never get finished, that describes a few of my clients.

They are creative, high energy people for the most part. They are moving in so many directions that nothing gets finished. The beginning of the project is exciting. The excitement wears off as the work sets in, and there the craft project or other creative endeavor sits. The harsh truth is it doesn't matter what gets partially done. Partially finished projects are almost worse than if the project never got started because you feel terrible looking at half-done tasks.

MY ADVICE

Record the date you start a project. Don't rely on your memory because most people don't have an accurate sense of how long something has been sitting there and sitting there.

Face the truth. It doesn't matter how much time, money or energy you already have invested in something if the reality is it's never going to get done. Perhaps it was started under different circumstances, with the best of intentions. Circumstances change, however. Let it go. The money, time and effort already are gone.

There is more joy in completing one thing than leaving five things unfinished.

Life is more about experiences than having a lot of things. Create the space for life rather than stuff. ■

Nancy Nemitz has been creating space in people's homes and workspaces since 2004. She lives in Red Mountain Ranch. Contact her via email at nancy@createthespace.com, or visit her website at createthespace.com.



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LOCAL BUSINESS

START SPRING CLEANING BY Consigning Your Furniture

Submitted by Robin's Nest Resale and Consignment Shop

Since a yard sale can not only be time consuming, but also prove to be anything but profitable, you'll never get top dollar for items sold to local bargain hunters.

If your goal is to make as much money as possible, consign with Robin's Nest Resale and Consignment Shop.

Get organized now and enjoy your new spring look and furniture makeover. Do you want to organize a room or even your entire house? Consignments equal cash. Have you grown tired of your furniture and want a new look? Come browse our store for not only furniture, but also home decor, wall art, antiques, collectibles and much more. You don't need a blowout budget to fill your digs with beautiful luxe finds.

Through my years of organizing, I have discovered that one of the hardest things about purging is giving away items that were costly. People would rather leave an expensive item they no longer use sitting in a corner, closet or garage because they feel they can't sell it for its true value.

DECLUTTER YOUR HOME— CONSIGN YOUR PERSONAL TREASURES FOR CASH

Lucky for you, Robin's Nest Resale and Consignment has created an easily accessible opportunity to market your goods. Robin's Nest advertises all around the East Valley and has quite a following already. We would love to help you purge

your home and all the extra stuff lurking in the closets, hanging out in the garage or hidden away in an attic.

Robin's Nest consignment connoisseurs not only want to help you make money on your stellar items, but also hope to see customers who are looking for rare finds.

We are not only a resale and consignment shop, but also a family-owned shop, which sells pre-loved treasures. Make your home look like a million for a hundred. It's no big secret anymore for the fashion-obsessed, but many don't realize that similar paradises exist for furniture and home goods.

If you have that Domino eye, but not necessarily the expense account, you're going to want to come see our shop, as it is loaded with one-of-a-kind treasures. Did we mention that going the consignment route could put cash in your pocket? Seriously, what have you been waiting for? We'll be waiting for you. ■

For more information, call (480) 772-1292. Robin's Nest Resale and Consignment Shop is located at 5253 E. Brown Road. Store hours are Monday through Saturday, 10 a.m. to 6 p.m.



EVENT

Beautiful items featured at ANNUAL QUILT SHOW

Submitted by Las Sendas Quilt Club

The Las Sendas Quilt Club is hosting its annual Quilt Show on Sunday, March 18, from 1 to 4 p.m., at the Trailhead Members Club, 7900 E. Eagle Crest Drive.

Now in its 13th year, this show will not disappoint. Members promise an enjoyable afternoon, complete with beautiful quilts, sweet treats and the opportunity to purchase a homemade quilt.

The charter has several objectives, one of which is to support local charities. Support is offered through the donation of quilts, pillows, pillowcases, tote bags, dog beds and stuffed animals to these charities:

- Sojourner Center (shelter for abused women and children).
- Helen's Hope Chest (benefiting foster children).
- American Cancer Society.
- House of Refuge (transitional housing for homeless families).
- Children's Crisis Center.
- Sunshine Acres Children's Home.
- Ryan House (providing pediatric palliative care at no cost to families).

In addition, several members have created patriotic quilts to donate to Quilts of Valor.

A donation of \$1 per person is welcome. All proceeds from the Quilt Show will benefit Sunshine Acres Children's Home.

Quilt Show attendees will admire the beauty and artistic designs of more than 100 quilts, purses and wall hangings, while also enjoying complimentary refreshments.



In addition to the distinctive quilts and numerous charity projects, the 2018 show will feature a special display of Holiday Quilts. Members will be present and pleased to answer any questions. They also may be amenable to sales of either quilts or purses.

The Las Sendas Quilt Club meets monthly and also offers an open sew day in which members share tips/tricks and friendly advice. These meetings provide opportunities to learn, to share and to focus on charitable projects.

If you are unfamiliar with the East Valley, the Las Sendas Trailhead can be accessed from the 202 East, at the Power and Thomas roads exit (northbound). Follow the signs. ■

For more information about the Las Sendas Quilt Club and the Quilt Show, send an email to Margaret Kemp at margkemp11@gmail.com.

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

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Do You Need Help Making Medicare Decisions?

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

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EDUCATION

Kindergarten Program Is a Wonderful Start to Your Child’s Educational Journey

By Jennifer Salvatori, MA Ed

A student’s path to academic success begins with the kindergarten program at Self Development Academy (SDA), with comments and testimonies heard over and over again from parents.

A case in point is SDA parent, Eva Ward. “I am shocked at how my son has advanced since the beginning of the year,” she stated. “His reading skills have grown tremendously. We are reading chapter books now. His character and confidence are developing, too.”

SDA
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 has consistently been ranked among the top elementary and junior high schools in the state and nation. The success of SDA students is due to a visionary leader, Dr. Anjum Majeed, its dedicated faculty and staff, supportive parents and hardworking, diligent students.

THE SDA CORE CURRICULUM
SDA offers an accelerated curriculum. Students learn a minimum of one grade level ahead of the Arizona Department of Education standards. The SDA kindergarten curriculum emphasizes the two main areas of language arts and mathematics. The language arts curriculum focuses on phonemic awareness, reading fluency, reading comprehension, handwriting and grammar. At the end of the kindergarten year, students are reading fluently at the grade-one level and writing complete sentences, even creating their own storybooks. Number sense, addition and subtraction, fractions, patterns

and the basics of time and money are components of the mathematics curriculum. During the kindergarten year, students master the concept of addition and subtraction and memorize math facts. By the end of the kindergarten year, SDA students are well prepared to continue with the accelerated curriculum as grade-one students.

SPECIALS AT SDA
In addition to laying a strong language arts and mathematics foundation, SDA offers weekly specials, including physical education, music, and art classes. The music class is lead by Mrs. Christy Porter, the music and violin teacher at SDA for more than five years. The students showcase their musical talents twice a year at the Winter Program and Kindergarten Promotion Ceremony. Each classroom at SDA has an interactive computer board allowing technology to be woven into curriculum, as well. Through specials, the kindergarten students develop other important skills, such as gross and fine motor and social skills.

THE SDA KINDERGARTEN TEAM
The success of the kindergarten program is due in large part to the SDA Kindergarten Team. The Kindergarten Team is made up of Mrs. Kathi Haschke, Mrs. Lori Redivo and Mrs. Kelli Wolfe. Kindergarten aides and other school personnel support the kindergarten program and students, too. The teachers and staff foster the high academic and personal standards of the program in a nurturing environment. Mrs. Ward speaks highly of the teachers, saying, “I tip my hat to the teachers for their high level of competence, confidence and care for the children.” The Kindergarten Team is passionate about educating children, many serving the SDA community for more than five years. The team is dedicated to being a special part of the students’ educational experiences. ■

Enroll now. 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.

EVENT

Baseball Great Hosts Fundraiser for SUNSHINE ACRES CHILDREN’S HOME

By Kim Phillips

Come hear stories and ask questions with some of baseball’s greatest athletes and coaches on Thursday, March 8, from 6 to 9 p.m., at Apache Wells Country Club.

The fourth annual *Baseball Hot Stove* special event is designed to raise money for Sunshine Acres Children’s Home, located in Northeast Mesa.

“We get together and talk baseball, while hosting an auction of sports memorabilia to help offset the expenses of housing, food, clothing, education and care at Sunshine Acres Children’s Home,” said Bob Didier, event sponsor and former major league player, coach and scout.

Bob, a Major League Baseball legend who is a former coach of the Atlanta Braves and New York Yankees, lives in Mesa and formed a passion for Sunshine Acres five years ago after visiting the children’s home. “I was very touched at what I saw,” he commented. “Sunshine Acres is just a really special place.”

Since his enlightening experience, Bob and John Hiller, a former Detroit Tiger, decided to raise money using baseball as a theme, he recounted.

The rest is history. This year, Bob has put together an impressive list of dedicated supporters, including two legendary panelists—John Hiller and Bill Buckner, a former first baseman who has enjoyed a 22-year major league career. Other notable legends who have participated include player Albie Lopez, Cleveland Indians and Arizona Diamondbacks, and A.J. Pollock, Arizona Diamondbacks. Special guests will include Dave Stewart and Shea Hillenbrand, a two-time all-star.

Entry is free, and cocktails begin at 6 p.m. Donations will be accepted. Bob invites the whole community to come and enjoy some baseball activities. “Bring your family,” he said. ■

For more information, contact Bob Didier at bddidi49@hotmail.com. Apache Wells Country Club is located at 5601 E. Hermosa Vista Drive, Mesa.





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||| SPIRITUALITY

The season of Lent BRINGS NEW LIFE

By Pastor Paul Frank
Hosanna Lutheran Church

March Madness is upon us—not just the basketball tournaments—but also the busyness of life at full speed in the month of March and on toward the end of the school year.

We have lots of winter visitors, family and friends in town. The weather is perfect, which draws so many folks to town this time of year. The school year has turned toward the home stretch, so all the schools are pouring on the homework and field trips, as well as special days of celebration and service. For some of us, even graduation ceremonies and celebrations are in the works. And life at Hosanna Lutheran Church and Little Palms Preschool is in full swing, as well. It's March Madness.

Here at Hosanna, we are into the season of Lent. An old English word meaning springtime, Lent is a special season in the church year when we focus a little more intently on the Passion of the Christ. Lent leads us into the springtime when new life begins to emerge, as flowers sprout and new blooms come.

Lent brings us a little more March Madness, so to speak, because we add

mid-week worship services to our schedule (Wednesdays at 10:30 a.m. and at 6:30 p.m.) for the purpose of intense focus on Christ, our sinfulness, His sacrifice to redeem us and the new life He gives us.

Lent leads us to Easter morning and the new life we know in Christ, who rose up from the dead, overcame sin, death and devil. All this He did because He wants you to have new life through Him. March Madness will lead to Easter joy.

How about you? Are you in need of a new beginning? Do you need a fresh start, a do-over or a new lease on life? Are you carrying around the bricks of guilt, shame, sorrow, grief, regrets, fears and anxieties over what tomorrow might bring? Do you need a new life? That's what this season of Lent is all about. It's a reminder for us that "... anyone who is in Christ is a new creation. The old has gone and the new has come!" (2 Corinthians 5:17). ■

Would you like to experience the full message of just what Easter morning means? Come join us at Hosanna Lutheran Church for mid-week services, for Holy Week services and for Easter morning services. Join us in this new life. Hosanna Lutheran Church is located at 9601 E. Brown Road.



||| COMMUNITY

Vice Mayor and Councilmember Presents District 5 Update

By David Luna, Vice Mayor and Councilmember

As your vice mayor and city councilman, it is my hope you are enjoying our outdoors and wonderful spring weather.



Here is an update about District 5 and the Falcon Field Airport.

FALCON FIELD UPDATE

As a city council, our priorities include focusing on four key areas:

- Sustainable economy
- Workforce development
- Public safety
- Transforming neighborhoods

Falcon Field works toward developing new jobs and increasing wages, while attracting new and expanding businesses. In the long run, this helps our evolving economy. Last year marked a significant year for the Falcon Field Airport. Funded by federal and state grants, as well as the Enterprise Fund, \$4 million was invested in improving the airport.

Upgrades to airfield lighting and signage—This \$2 million project will provide energy-efficient LED upgrades to runway and taxiway edge lights and directional signs. Improvements also will be made to components of the airfield's electrical system. The project is scheduled for completion this spring.

Improvements to historic World War II hangars—Falcon Field Airport has completed approximately \$600,000 in upgrades to its two historic World War II hangars, with Precision Heli-Support

taking occupancy in one of them. Hangar roof trusses were restored, new glass windows were installed, and the building was freshly painted. Precision Heli-Support is completing its own improvements to prepare the facility for helicopter maintenance, fixed-wing aircraft repair and overhaul services, as well as full-spectrum logistics for the private, commercial and government aviation sectors.

Airport Master Plan Update—The master plan assesses airport facilities and industry trends and guides future decisions about development. It will help identify airport capital improvements for the next 12 to 15 years.

Additional Updates—Renovation of aircraft washing facility will include a new 3,000-square-foot covered and lighted drive-through self-service bay and an additional 3,000-square-foot open-air wash bay.

Falcon Field has an on-going annual pavement maintenance program to ensure the facility is performing at top levels for aircraft safety and convenience.

Falcon Executive Aviation, the airport's full-service fixed-based operator, recently completed construction of its new 12,000-square-foot hangar.

As the Falcon Field District creates more jobs and opportunities, I am sensitive to the balance of community livability and growth. Please join me at the Falcon Field Open House on March 24, from 9 a.m. to 2 p.m., for a number of aviation-related activities. For more information, contact me at (480) 644-3771, or send an email to District5@mesaaz.gov. ■

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School Office: (480) 986-9436

Join our "Eggs"-travaganza
Kids' Easter egg hunt, crafts, & more!
Where? Mesa's Skyline Park
When? March 31st @ 10 a.m.

Sunday Services:
8:00 a.m. & 10:30 a.m.

Bible Study & Sunday School:
9:30 a.m.

<http://www.hosanna-lcms.com/>





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THE PATIO AND THE GRILLE

Celebrate the *Wearin' of the Green* on St. Patrick's Day, Saturday, March 17, with green draft beers for only \$3 each, and bottles of Guinness for only \$4 each.

Make reservations now for our \$21.95 Dinner Special, served after 5 p.m. A traditional Irish feast includes Soup or Salad, Corned Beef and Cabbage and Potatoes. Call (602) 734-5524.

And now, we are also offering a Sunday Brunch Menu from 8 a.m. to 3 p.m. on The Patio every Sunday. Reservations are recommended.

THE VISTAS PAVILION AT LAS SENDAS

Enjoy a gourmet Easter Brunch Buffet in the Vistas Pavilion, from 10 a.m. to 1 p.m., on Easter Sunday, April 1, complete with stunning views of the mountains, the golf course and the Valley.

Selections will include a Seafood Display, with Shrimp and Crab. Chef-attended stations will serve Chef-Carved Beef Strip Loin, Pineapple Spiral Ham, Made-to-Order Omelets, and the chef's special creations of pastries and desserts, plus many more delectables.

Reservations are required. Prices are \$48 for adults and \$17.95 for children ages 5 to 11. Call (480) 396-4000, Ext. 227, or send an email to jessmiller@lassendas.com.



LAS SENDAS GOLF SHOP

As a resident of Las Sendas, do you own anything that says *Las Sendas* on it? Show your Las Sendas pride by wearing a Las Sendas T-shirt, visor, hat or any other branded merchandise we offer for sale in our Golf Shop.

You don't have to be a member to shop at Las Sendas. The public is welcome any time, and we are open from dawn to dusk every day. Discover our specials and sales on merchandise every day, as well.

In addition, enjoy our Las Sendas Private Label Wines. Available in the Golf Shop, we have Cabernet Sauvignon, Merlot, Chardonnay and Pinot Grigio for only \$18.95 per bottle, with discounts available if you buy multiple bottles.

Women get together for our *Ladies Nine and Wine* on Thursday afternoons. Non-members also are welcome every Thursday for nine holes of golf and wine after your round. Tee-off starts at 2 p.m., and it is non-competitive fun for nine holes of golf with your friends. It's only \$39 per player and includes use of the driving range and shared golf cart.

Meet new people from the Las Sendas community. Call the Golf Shop at (480) 396-4000 to sign up. Our driving range is open to the public. We offer a \$20 *Daily Rate* to practice at our facility, which gets you unlimited range balls and use of our putting green, chipping green and sand bunker. Juniors under age 14 get half off.

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REAL ESTATE

Prepare Your Home For Sale With Free Home Staging—Part 3

By Lorraine Ryall
Associate Broker, CDPE,
CSSN
KOR Properties

In my last two articles (you can find them on my website under the blog section), I wrote about getting your home ready to sell, and how to choose the right Realtor.

Now that you are ready to list your home, there is one very important step you need to take to make sure you not only list your home, but you sell it. That step is getting the house ready for showings.

Even though we are in a seller's market, that doesn't mean you shouldn't do everything you can to make your home show at its best and stand out from other listings.

In a seller's market, you may not want to do all the updating or remodeling you would if it were a buyer's market. However, a few touch-ups and staging your home to look its best will help you sell and get the top price.

First impressions are everything, and buyers form an immediate opinion of your home within moments of entering, and sometimes, just based on curb appeal alone. If buyers don't get excited when they walk in the front door, you may never get another chance to change their minds. That's why home staging is so important to help you achieve a quick sale at the highest price.

There are staging companies that will stage anywhere from one room to the entire house, but these can be pretty expensive. In a lot of cases, the seller already has everything needed to stage the home. So, it's just a matter of moving furniture around, placing items in different locations and putting some pieces in the garage or in storage.

Sellers can find it too hard to be objective when trying to stage their own home, as it's filled with the emotions of living there and sentimental items. One of the complimentary services I offer all my clients is free home staging. As soon as I enter the home, I will go through each room, making notes of anything I think may distract from a



potential sale and what enhancements can be made to highlight the home.

You will be amazed how different a home can look just by rearranging the existing furniture, moving pictures and reorganizing or adding a rug or other small items. I can bring a lot of my own staging items to the home to help make it stand out, all at no cost to my clients. If full home staging is needed, I work with an excellent home staging company, and can arrange a free consultation.

Here are just a few tips for getting your home ready to be listed:

1) CURB APPEAL—FIRST IMPRESSIONS COUNT

Have all your shrubs and grass trimmed, adding new shrubs if needed. Weed and freshen up any bare areas of stone or groundcover. Add pots with flowering annuals to the entryway. Curb appeal really does make a difference, and it's the very first impression the buyer will get when pulling up to your home.

2) CLEAN

Have your home cleaned from top to bottom, including baseboards, fans, light switches and door frames.

3) PAINTING

Touch up both the interior and exterior of the home, or have it repainted, if needed. If you have any colored walls, such as a lovely purple wall that matches your purple couch, have it repainted a neutral color. Stay away from white. You don't want the home to look cold and sterile. Therefore, a nice off-white, beige or gray, which is the new white, can add warmth and style.

4) DECLUTTER

It is a good rule of thumb to take down two-thirds of what you have out. You are going to be moving anyway, so use this as a great opportunity to start your packing early. Keep countertops clear, especially in the kitchen and bathrooms. Reorganize your closets to make them appear larger. Pack away anything you are not going to be using in the next few months.



5) OPEN UP THE HOUSE, AND KEEP IT BRIGHT

Buyers don't like to walk into a home that is dark and feels closed in. Make sure all the blinds are open and the lights are on. Turn on any accent lights, such as under the kitchen cabinets and side lamps. These not only make the home bright, but also add warmth.

6) KEEP OUT THE ODORS

Add a plug-in or oils to keep the home smelling nice, especially if you have pets. Put one at the entryway where the buyer first enters the home. Just make sure not to use too many, or the smell will be too strong.

7) MAKE REPAIRS

Go through the house and fix any little minor defects, such as loose door hardware and faucets. Replace any burned out light bulbs. Consider hiring a handyman to review the home and take care of any minor issues. After all, the buyer will be having the home inspected, so the more you do now, the better the inspection will be. If there is a major repair that needs to be done, discuss this with your Realtor before making the repair, as there may be other ways for you to take care of it.

If you are thinking of selling your home, please contact me to set up an appointment for a free complimentary home staging consultation. I use proven home staging techniques that will increase buyers' interest in your home, generate more offers and get your home sold. ■

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

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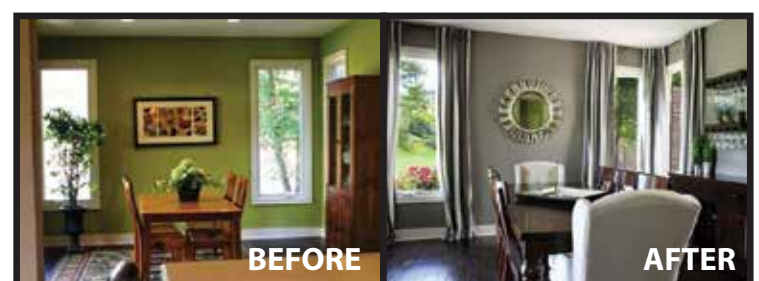
Lorraine made our house selling experience as easy and stress-free as it could possibly be. She came prepared with a thorough written market analysis, and most importantly gave us clear guidance on what we should and shouldn't do in terms of getting our home ready to go on the market. This guidance was extremely valuable as it saved us considerable time and money. She spent a week helping us with final staging. Lorraine's knowledge and personal engagement was key to our very positive home selling experience – we avoided putting unnecessary time and money into our home and it sold quickly for more than we had anticipated. - Jim and Stephanie Giles

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LOCAL BUSINESS

KNOW BEFORE YOU THROW

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



Donna Luger and Jon Englund

Spring training is one of the Valley's most prized events. It's upon us in full swing (pun intended) with tens of thousands of out-of-state visitors joining us for our fabulous weather and the opportunity to watch their favorite team work out the winter rust. It's always a wonderful time for fans of all ages to come together, relax and have great fun.

It's no wonder then that the sport has inspired generations of collectors. With a long-storied history and ability to inspire tremendous nostalgia for one's youth, it's perfect for a broad range of collecting. From baseballs to cards, from clothing to stadium bases, everything is fair game for the collector.

Baseball cards, in particular, are one of the most popular items to collect. Many of us grew up with them, chewing the sweet bubblegum that came with the cards



and then trading duplicate cards with our friends in order to fill out our collections. Some might say it was the first form of social networking.

So, for the most part, baseball cards are considered ephemera—something that was not

meant to last and usually produced on low-quality, inexpensive paper. The mid-80s kicked off the explosion of the hobby with card manufacturers like Upper Deck, Donruss, Fleer and Topps printing cards like there was no tomorrow. This time period is referred to as the *Junk Wax Era*, when so much product was produced that it eventually crashed the baseball card collecting market in the early 90s. In fact, it is still possible to find unopened cases of these cards available today.

While there are certainly some valuable and sought-after cards from that era, most of the really valuable material comes from the early 1900s through the 1960s.

And the most expensive card ever sold? It is the 1909 to 1911 Honus Wagner card, which reportedly sold for \$3.12 million in 2016. Other notables include a 1952 Mickey Mantle card, at \$1,135,250 and a 1915 to 1916 Babe Ruth card, for \$717,000. 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.

LOCAL BUSINESS

Separate car care myths from reality

Submitted by H and I Automotive
With plenty of myths floating around regarding proper car maintenance, some are based on truth, some were true at one time and others are just plain bad information. Here are some of the most common:

MYTH You should set your tire pressure to the number on the side of the tire.
REALITY The number on the side of the tire is the maximum pressure the tire is rated to handle safely. You want to set your pressure according to your vehicle's recommended pressure. This information is found on a sticker on the driver's door opening.

MYTH As long as I can see the tread, my tires are fine.
REALITY As your tires wear, they lose their ability to grip the road and funnel rain water away when driving. If you look closely, you will see wear tabs in your tread. These indicate when the tire is past its useful life and needs to be replaced.

MYTH If my car only requires 87 octane, using 91 will improve my performance.
REALITY Higher octane fuel burns at a higher temperature to prevent pre-ignition on higher compression engines. Although it will not hurt to use it, there also will not be any gains either.

MYTH The engine needs to warm up a few minutes before driving.
REALITY Yes, this was true at one time. However, today's modern vehicles have sophisticated engine management systems that adjust for the running temperature. So, there is little to no warm-up time needed.

MYTH If my brake light is on and the fluid is low, I just need to top it off.
REALITY Your brake fluid reservoir is designed so the fluid level lowers as your brake pads wear. When the level gets low enough to turn on your brake light, you should have your brake system inspected for worn pads or a possible leak.

MYTH I only need to follow my manufacturer's recommended maintenance schedule to properly maintain my car.
REALITY Your manufacturer's maintenance schedule is the minimum requirements to keep your car maintained in perfect driving condition and to hopefully outlast the warranty period. There always will be footnotes about abnormal or severe driving conditions, which will require a more aggressive schedule. Today's vehicles are designed to last much longer, and performing your preventive maintenance in a timely manner will extend your vehicle's life and lower your overall cost of ownership. ■

Please call H and I Automotive at (480) 985-9279 with any questions or to obtain an estimate. We are a full service professional automotive service center, serving our East Valley neighbors since 2009. Find us online at handiautomotive.com or on Facebook and Google+.

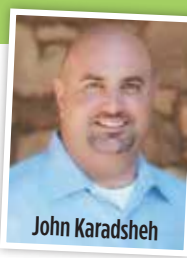


Real Estate In Mesa Uplands

brought to you by: Mesa Uplands Area Market Report



Sales over \$300,000 for the Month of January 2018



John Karadsheh

Address	Square Feet	Community	Sold Price
2613 N. Platina Cir.	2,027	Villa Royale	\$300,000
8445 E. Culver St.	1,964	County Island	\$345,000
6202 E. McKellips Rd., #61	3,284	Tuscany Villas at Painted Mountain	\$348,000
1835 N. Avery Cir.	2,801	Falcon Hill	\$370,000
2628 N. 64th St.	2,719	Painted Mountain Estates	\$385,000
7960 E. Hermosa Vista Dr.	2,106	County Island	\$390,000
9532 E. Knoll Cir.	2,410	Boulder Mountain Highlands	\$407,500
6919 E. Minton St.	2,609	Sonora	\$410,000
1244 N. 66th Pl.	2,700	Granite Reef Estates	\$419,500
7825 E. McDowell Rd.	2,423	Valley View	\$450,000
1947 N. Channing	1,986	Escalante at Mountain Bridge	\$450,000
8036 E. Kramer Cir.	3,834	Estates at Desert Shadows	\$465,000
6866 E. Ingram Cir.	3,221	Annecy	\$475,000
2504 N. Lennox	3,259	Sonora	\$477,500
6922 E. Orion Dr.	2,251	Skye on McDowell	\$520,354
8431 E. Lockwood St.	2,690	Mountain Bridge	\$568,000
3040 N. Hawes Rd.	2,679	County Island	\$605,000
7043 E. Ivyglen Cir.	2,826	Annecy	\$625,000
8040 E. Laurel St.	4,130	Mountain Bridge	\$640,000
2251 N. Woodruff	4,641	Hermosa Estates	\$699,000
8818 E. Odessa St.	5,693	County Island	\$715,000
8620 E. Lynwood Cir.	3,719	Reserve at Mountain Bridge	\$829,000

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

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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.

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LOCAL BUSINESS

Tour group visits The Netherlands



By Dirk van Leenen

On May 1, Dirk van Leenen, Dutch author and Holocaust survivor, is once again taking his tour group to The Netherlands. There is room for only two more couples to fill the tour, which hosts a total of 15 people. This unforgettable personalized tour visits the entire country of Holland. You will see quaint villages, incredible tulip gardens and many cities with fabulous architecture. Of course, Amsterdam, with a visit to the Rijksmuseum and Anne Frank's house, are part of the tour. Many places, which are mentioned in Dirk's books on the Holocaust, are on the agenda, too. You will stay in first-class hotels, and the daily dinners are a happening in Holland. All meals, dinners, lunches and breakfasts, as well as all the excursions, are included. Dirk will be your personal guide. Above all, local transport and airfare are all included in the price of \$4,395. ■

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REAL ESTATE

Planning Ahead Is Important When Dealing with an Estate

By John Karadsheh

After encountering multiple complex and heart-breaking estate issues this month, I just wanted to do a quick public service announcement and encourage any of you reading this to meet with an attorney to create or review your estate plan.

According to an AARP survey, two out of five Americans over the age of 45 do not have a will. I get how hard it is to look ahead and anticipate an illness or death, but when you don't, everything is so much more complicated.

While every estate is unique, here are some questions to think through regarding your real property:

1 How is your real estate titled? Is the property in a trust? Is the successor trustee reliable? Is the property owned solely or with another person? Does someone other than the person on the title occupy the property? Have you made any estate plan changes that are not reflected in the title?

2 Does the property have a mortgage? Most mortgages have a due on sale clause and are not assumable. Consequently, if you pass away and leave the property to your children, the mortgage company can call the note due. This leaves heirs with three options: a) sell the property; b) refinance the property; or c) pay off the mortgage. Think through these potential scenarios in advance.

3 Can the heir to the property afford the mortgage on his own, or will he have the necessary reserves to make the mortgage and utility payments until the property can be sold? We have seen situations where inherited properties have fallen into foreclosure, even though there is equity in the home. It takes time for estates to settle and assets to be liquidated, so the cash is not always available to the heirs to pay the mortgage payment.



John Karadsheh

4 In the event you are incapacitated and the funds for your care are locked away in the equity of your home, is your home in sellable condition? In situations such as this, we work hard to get the very most money we can for a property. If the home has been neglected and tied up in an estate situation, it becomes harder for us to command those top values.

5 Don't forget about rental properties and vacation homes. Those real estate assets need a plan, too.

I have handled estate and probate situations for more than 15 years, and am well versed in all the intricacies as they relate to real estate. If you are handling the estate for loved ones, we have the resources in place to help you manage the process whether you live here or out of state.

This article is for informational purposes only and not for the purpose of providing legal advice. An attorney should be contacted for advice on specific legal issues. ■

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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LOCAL BUSINESS

Local Peanut Butter Brand Spreads into the East Valley

By Raquel Thoesen

If you've ever visited a farmers market in the Phoenix area, you may have heard of this all-natural, local nut butter brand.

When Peanut Butter Americano sold its first jar of peanut butter five years ago at a Phoenix farmers market, founder Jeff Malkoon had little idea the nutty idea would spread across the state so quickly. Jeff, who comes from three generations of Phoenix natives, started experimenting with peanut butters in his mother's kitchen after an inspirational volunteer trip to South America—the region where the peanut was first cultivated thousands of years ago.

Realizing the crop mostly was exported abroad to make sugary peanut spreads, rather than for local consumption, Jeff wanted to make a line of nut butters as healthful as it was delicious. More than 1,000 farmers markets and festivals later, Arizona's very own all-natural peanut and almond butter brand can be found in more than 300 retail locations across the state and in Canada.

The current product line includes vegan-friendly, sugar-free and non-gluten options, catering to an increasingly health-conscious consumer base. Cinnamon Roasted Almond Butter and Cinnamon Honey Peanut Butter take the lead as the most popular flavors, but Choco Blanco (PB Americano's take on white chocolate peanut butter), Dark Chocolate Peanut Butter and both the classic nut butters come close behind.

Part of PB Americano's mission remains to give back to poverty relief efforts and community development, both locally and across the Americas, to honor the company's founding idea. Through the company's giving arm, Fund for the Americas, the company's contributions to date add up to the equivalent of enough nut butter to make more



than 12,000 PB and J sandwiches. Nearly a quarter of contributions have aided organizations abroad, while the rest has assisted projects nationally in the United States and in the Phoenix area.

For years, the self-proclaimed *Head Nut* ran the company as a one-man show. However, the small team has since grown to include sister, Denise Malkoon, and even two Las Sendas residents. This year, the company celebrates its five-year anniversary and shows no signs of slowing down. This notable milestone has come with a host of exciting changes, including a move into a new facility in Tempe, as well as an expanding national presence.

"Five years ago, I stood in front of my mom's food processor with nothing but a pound of peanuts and the idea that I could add value to the world," said Jeff. "Since then, we've experienced an overwhelming amount of support from the community. Their support has been

humbling, inspiring and encouraging. We're eager to set new goals and fulfill our mission of creating delicious products that are great for the world."

First to carry PB Americano products in the East Valley was Queen Creek Olive Mill. Las Sendas residents now can find the all-natural peanut and almond butters just a few minutes from home at the newly opened Sprouts Farmers Market, located at Recker Road and the 202. Just look for the *Local* tab in the peanut butter aisle. This location joins the dozens of other Sprouts across Arizona where you also can find the Arizona-made brand. ■

For more information on Peanut Butter Americano, visit pbamericano.com, like PB Americano on Facebook, or follow @pbamericano on Instagram.

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LOCAL BUSINESS

La Peau Offers Non-Invasive Options FOR SKIN CANCER PATIENTS

Submitted by La Peau Dermatology

The East Valley is fortunate to be home to a top-ranked dermatologist and Mohs surgeon, Dr. Zaina Rashid, DO, FACOD, FAAD. Dr. Rashid has built La Peau Dermatology, a state-of-the-art center for the diagnosis and treatment of patients with a range of skin conditions. Translated from the French, La Peau means *the skin*. Dr. Rashid's La Peau Dermatology is all about the skin. In addition to services for those seeking cosmetic procedures to achieve a youthful appearance, patients with acne, eczema, psoriasis, shingles, carcinoma and melanoma find solutions for treatment and management. Her practice helps patients heal and feel beautiful.

Early in her career, Dr. Rashid became passionate about finding and eliminating skin cancer. "If the cancer is caught early enough, I can save someone's life," she said. "I like that."

Living in the Valley of the Sun, Arizonans need to be especially vigilant. Whether you are in the Valley during the heat of summer or in the mountains skiing, sunburn is a significant risk for the development of skin cancer.

Nearly 3.5 million Americans are diagnosed with non-melanoma skin cancer each year. "For people with basal cell or squamous cell cancers, there are many options, including non-invasive treatments that not only are exceptionally effective, but also eliminate the risks that can be associated with surgery," Dr. Rashid stated.

Because of the many benefits for patients, Dr. Rashid has added Superficial Radiation Therapy (SRT) to her practice. "It is one of the safest and most effective alternative therapies available for treatment of non-melanoma skin cancers," she explained. "It is totally non-invasive. This procedure results in a very high cure rate with no pain, no incisions, no scarring and no downtime."

SRT delivers a carefully calibrated dose of radiation aimed very precisely at cancer cells. As the radiation passes through the diseased tissue, it destroys abnormal cells, leaving little to no damage to normal cells.

At La Peau, spotting and destroying pre-cancerous lesions can be accomplished by using blue light. This therapy utilizes a light-sensitizing chemical solution applied to the skin area in need of treatment. The photo-sensitive solution is absorbed into the skin. When exposed to a blue light with a specific wavelength, the solution generates a reaction that destroys the potentially precancerous or cancerous skin cells.

In addition to being the preferred choice for patients with all stages of skin cancer, La Peau Dermatology employs the most advanced aesthetic treatments for those wanting to appear more youthful.

For more than 20 years, Platelet Rich Plasma (PRP) has been successfully used to slow facial aging. It also has proved effective in re-growing hair, with the new revolution of placental growth factors called Amniofix. Many men and women seeking to smooth facial skin for a fresh, rested look choose La Peau for both Botox and cosmetic fillers to treat dynamic and static wrinkles. La Peau Dermatology is offering 35 percent off your next Botox treatment for those bringing in the La Peau advertisement found in your Up Close community paper. ■

Dr. Zaina Rashid's La Peau Dermatology is located at 5424 E. Southern Ave., Suite 103. To make an appointment, call (480) 401-5966. For general inquiries, call (480) 396-2300.



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LOCAL BUSINESS

MARCH MADNESS goes better with Zushi



By Dawn Abbey

If you are tired of the usual sports bar food when joining friends to watch games on TV, how about sushi, Asian fusion cuisine or a spectacular event on your own dining table, with chef-prepared Teppanyaki? "You can watch sports on any of our 12 TVs on game nights, while enjoying your favorite drinks, appetizers and sushi at Happy Hour prices," said Zushi owner Shawn Suh. "Menu items are up to a dollar off, and we also have specials on beer and other drinks. And don't worry, in addition to our specialty cuisines, we also have discounts on bone-in wings."

There are five large TVs over the bar and two in the outdoor patio, which is large enough to allow a smoking section. "Whenever there are major games, we also transmit the sound," Shawn said.

So, if you are craving some sushi and a kick-back evening of sports, Shawn suggests giving Zushi a try. ■

Zushi is located on the southwest corner of Power and McDowell roads. Check out the menu and hours at zushiaz.com, or call (480) 981-2727 for more information.



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LOCAL BUSINESS

Pacino's Celebrates St. Patrick's DAY AND EASTER IN STYLE

By Jamie Killin

While Pacino's is known for its incredible Italian food, such as lobster ravioli and chicken parmesan, once a year, the restaurant serves up Irish favorites, including corn beef and cabbage, and shepherd's pie, in honor of St. Patrick's Day and the family's late uncle George O'Keefe.

“In our family, we had uncle George O’Keefe,” said Pacino’s owner Frank Spaccarelli. “He married into the family and that was our Irish blood in the family. George married one of our cousins,” he continued. “So, every year, in honor of George, who passed away years ago, we do corn beef and cabbage, shepherd’s pie, key lime pie and green beer.”

For the occasion, restaurant-goers will enjoy live music, and those who wear green will even receive a \$5 gift card to be used on their next visit.

"It's a celebration of our uncle George, and we knock it out of the park every year," Frank stated with pride.



FUTURE EVENTS

Pacino's will continue special celebrations with its traditional Easter Brunch and an egg hunt. The menu will include carved prime rib, orange roughy Italiano, shrimp cocktail, eggs benedict, caprese skewers and more.

“What we’re focusing on this year is what we do best, and that’s the food we’ve been blessed to do, to share the love of Italian food with our guests,” Frank said.

The following month, Pacino's will celebrate its five-year anniversary during the first weekend of May, with a party thanking its guests and the neighborhood.

"I've never seen this in 36 years in the business," Frank said. "The fact people really appreciate that we're here and we care. It's not about the almighty dollar. It's about building relationships."

Frank's team has recently opened a country-themed sister restaurant, Beast of Bourbon Bar and Grill, also in Mesa. The restaurant's menu features bacon bourbon meatballs, wings, burgers and steak, to name a few. ■

Pacino's Italian Grill and Bar is located at 2831 N. Power Road, in The Village at Las Sendas. For more information, call (480) 985-0114, or visit PacinosAZ.com.



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A young girl with dark skin and hair, wearing a pink shirt, is smiling broadly at the camera. She is holding a large sheet of paper with a drawing on it. In the background, another child is visible, focused on a task. The setting appears to be a classroom with wooden desks and shelves.

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LOCAL BUSINESS

Consider tying the knot at sea

Submitted by Sue and Bruce Mitchell, Cruise Planners

Let's face it, not everyone is interested in the typical four-hour white wedding, and some may even say, "Been there, done that."



Sue and Bruce Mitchell



So, what's a great alternative? How about getting married at sea? What could be more fun than your wedding festivities lasting seven days or longer and spending that week in exotic ports? The best part is you can do this with a small wedding party, or you can invite all of your friends and family to come along.

Fun events can be planned both onboard and ashore throughout the week. Think of having a sail away party on deck, beach Olympics on a private island and a wine tasting for sophisticated palates. Amazing shore excursions can even be tailored to the couple or the group's personality. The possibilities are endless.

Cruising is the best vacation value. It's practically all inclusive.

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Most cruise lines have access to local authorities who perform ceremonies prior to leaving port or during a port call on the cruise. Did you know that you can get married on a beach in the Caribbean or on a glacier in Alaska? The choices are endless and romantic.

A few cruise lines actually have captains who can legally perform the ceremony at sea. Princess, Celebrity and Azamara Club Cruises have ships that are registered in Bermuda and Malta, which recognize marriages in international waters.

Getting married at sea has huge advantages. I'm talking about dollars. It's much less expensive than a typical wedding, with packages starting as low as \$1,200. The wedding planner handles everything, from the ceremony, event coordination and live music, to photos, cake and flowers. It's a one-stop shop. Plus, couples also can enjoy some romantic extras, such as breakfast in bed, chocolate covered strawberries, champagne and spa treatments.

Your friends and family will be talking about your wedding for a lifetime. ■

If you haven't cruised in a while, or you would like to know more about what some of the specials cruise lines are currently offering, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists. Visit our website at redmountaintravel.com. You may also send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

LOCAL BUSINESS

FIRM STRESSES VALUE IN accounting and tax services

By Jamie Killin

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



Paul Toepel

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.



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HEALTH

Pharmacist offers women natural treatment options for vaginal dryness

By Dr. Sharzad Green

As a pharmacist specializing in bio-identical hormone therapy and natural alternatives, I find myself discussing vaginal dryness frequently. I consider this issue to be extremely private yet significant. Vaginal dryness can affect a woman's (and her partner's) life profoundly. It can ruin your day and your relationship alike. Fortunately, there are several solutions to this common problem, including FabuVag®, a natural and organic herbal vaginal moisturizer.

Q: What causes vaginal dryness?
A: A woman's hormone levels drop in the years leading to and after menopause. This may result in vaginal dryness and dryness of the external female genitals (vulva).

Q: What are common signs of vaginal dryness?
A: Vaginal dryness may cause fragile vulvovaginal tissues. The tissues may then become more prone to irritation. A woman may experience pain during intercourse or dyspareunia (dis-puh-ROO-nee-uh) and sometimes bleeding, which is the result of injury and tearing of the vaginal tissue and vulva.



Q: What happens if vaginal dryness is left untreated?
A: Possible increase in frequency of bladder and urinary tract infections, or UTIs

- Frequent urination
- Urinary incontinence (leakage)
- Vaginal discharge
- Pain during intercourse – This affects as many as 45 percent of the 65 million menopausal and post-menopausal American women.

Q: What things other than menopause can cause vaginal dryness?
A: Swimming, certain medications, chemicals, childbirth, anxiety and stress

Q: Are treatments for vaginal dryness only suitable for women who are in a relationship?
A: No. Even women who are not sexually active can be bothered by vaginal dryness. Non-menopausal women may sometimes experience dryness, as well, and may benefit from treatment. ■

**FabuVag® is an herbal vaginal moisturizer, which can effectively soothe dry vaginal tissue. The fact that it is natural and organic provides a healthy option for women. For more information on FabuVag®, please visit naturalvaginalsolutions.com.*

Dr. Sharzad Green is a graduate of the University of Arizona College of Pharmacy and specializes in bio-identical hormone therapy and natural alternatives for men and women. You may contact her at (480) 969-0600 or via email at azhormonehelpers@hotmail.com.

LOCAL BUSINESS

Juggle Your Loved One's Independence AND SAFETY AT THE SAME TIME

Submitted by Home Care Assistance

We all want our loved ones to be safe as they age, especially if they live alone and are physically or mentally challenged in any way, but even if they are just aging and not as capable as they once were, there is cause for concern.

At the same time, we want to respect their independence and their wishes, which can run counter to ensuring safety. It's a fine line that needs to be tread carefully.

What comes first? Their independence or their safety? Both have to be balanced, which can be easy to believe and harder to put into practice.

While our loved ones no doubt appreciate our concerns for their well-being, our attempts to ensure their safety can threaten their autonomy and what they consider their well-being. How many times have you heard, "I want to stay right where I am. I'm not ready to move."

My mother was skillful at this dodge. "Yes, you're right, honey, I should get a smaller home. I don't really want to take care of this big house anymore. Let's think about it after the holidays."

She just kept putting it off with one excuse after another. There were many holidays—until she fell. At the hospital, she didn't remember anything.



My mother was seriously opposed to having anyone in her home to help, and very frustrated that she no longer had the independence of driving. We convinced her an assistant would also be a chauffeur, and she could be driven anywhere she wanted. It conjured up images of *Driving Miss Daisy*, which she loved.

HELPING PARENTS STAY AT HOME

If family is nearby, they can help with the caregiving by taking turns cooking, cleaning and caring.

If family isn't available, you can employ professional caregivers skilled and trained to work with the elderly. They can provide companionship, take walks with your loved one, drive, run errands and cook. They also can help with dressing and bathing.

To make a house more elder-safe, consider fall-proofing it. Create clear walking paths. Remove anything that could cause tripping or slipping. Arrange all furniture so there is plenty of room to walk freely. Make sure the house is well lit. Since eyesight diminishes with age, it's important to make sure the living space has ample light. ■

Contact Certified Dementia Practitioner Amanda Butas, your Mesa client care manager, at (480) 699-4899. You also can visit our office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

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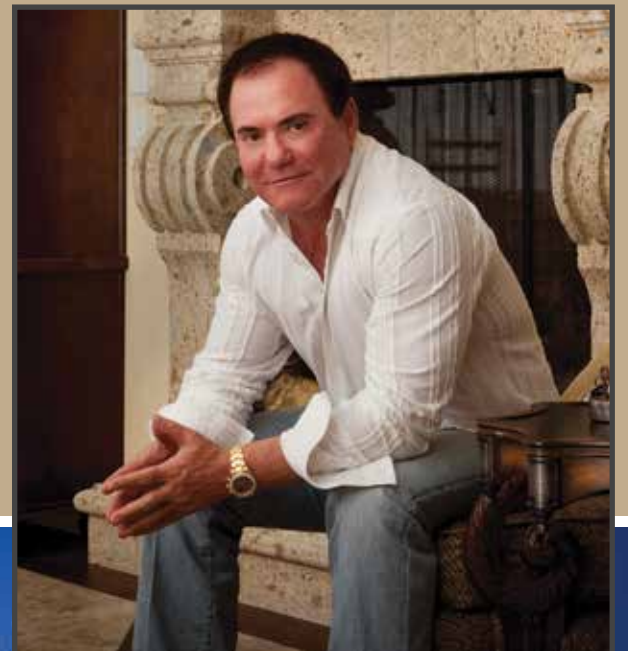


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