

# Las Sendas Up Close

Bringing neighbors closer to their community

May 2018

## Celebrate Memorial Day Weekend with Tubing Fun



paradise to be enjoyed by future generations.”

“Everyone is invited to experience the great outdoors in Tonto National Forest’s *Mini-Grand Canyon* of the Salt River during the holiday weekend. Enjoy a leisurely float on the cool and inviting mountain stream waters, and catch a glimpse of the diverse wildlife, including blue herons and the Salt River wild horses,” Henri continued.

“Parking spaces are limited during the holiday weekend, so we encourage you to be an early bird floater,” he suggested. “Salt River Tubing employees will distribute free patriotic leis to the first 500 tubers each day during the holiday weekend as they prepare to launch a memorable adventure on the Salt River. Check out Salt River

Tubing’s slideshow, featuring Salt River Heroes at [saltrivertubing.com](http://saltrivertubing.com) or [vimeo.com/128107538](https://vimeo.com/128107538).”

The Take Pride in America event at Salt River Tubing will include live entertainment by KNIX-FM 102.5 and KISS-FM 104.7 radio stations, free giveaways, beach line dancing and hula hoop contests. Salt River Tubing employees will distribute free litter bags to everyone to *stash and bag* their picnic litter.

Take Pride in America is a national partnership that aims to inspire a new generation of volunteers to put their love of country to work to improve our national parks, wildlife refuges, public lands, cultural and historic sites, playgrounds and other recreation areas. Salt River Tubing has received a record four *National Take Pride in America* awards for the company’s conservation efforts in Tonto National Forest (1991, 2003, 2006 and 2010).

### TUBING FACTS AND TIPS

Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tubing tips to assist tubers in planning their floating beach blasts for the holiday weekend:

- The cost is only \$17 per person or tube plus tax and fees, which includes tube rental, shuttle bus ride and free customer parking at Salt River Tubing.
- Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards. Credit card and cash transactions require a valid driver’s license for tube rental deposit and credit card identification. Please visit [saltrivertubing.com](http://saltrivertubing.com) for details regarding credit card transactions.
- A valid driver’s license is required for a tube rental deposit per five tubes rented.
- Children must be at least 8 years old and 4 feet tall for tubing and shuttle bus service.
- Life vests are recommended for children, non-swimmers and inexperienced swimmers.
- Glass containers by law are not allowed in the Salt River Recreational Area. Ice chests will be inspected for glass containers before boarding shuttle buses. Please use plastic bottles or aluminum can containers.
- Have a great time during your floating beach blasts, but remember that drugs, alcohol and the Salt River do not mix. Appoint a designated driver before your adventure.
- Floating picnic ideas include fresh fruit, burritos, fried chicken or sandwiches. Pack picnic items in Ziploc bags to keep dry. Please stash and bag all picnic supplies in litter bags while floating.
- Ice chest/coolers—Fill with ice, sport drinks, fruit juice and water. Consuming one to two bottles of water per hour while floating is recommended to help prevent dehydration.
- Sun block, tennis shoes and a cap or visor should be worn. A minimum 30 SPF is recommended.

The Memorial Day holiday weekend operating hours are 8 a.m. to 6:30 p.m., and the latest tube rental is 2 p.m., weather and water flow conditions permitting.

Salt River Tubing is located in Northeast Mesa, just minutes from Highway 202 East and Power Road Exit 23A. ■

For more information about Salt River Tubing, visit the website at [saltrivertubing.com](http://saltrivertubing.com), or call (480) 984-3305 at Salt River Tubing headquarters.

### Submitted by Salt River Tubing

Salt River Tubing kicks off the Memorial Day weekend from Saturday, May 26 to Monday, May 28, 8 a.m. to 6:30 p.m., with its *Take Pride in America* litter prevention initiative.

The 23rd annual *Salt River Heroes = Litter Zero* event has reduced the amount of picnic trash on the Lower Salt River by 90 percent in the past 22 years as responsible public lands stewards have *stashed and bagged* their trash while floating. To date, 748 tons of picnic trash has been bagged in the free litter bags distributed by Salt River Tubing during the *Take Pride in America* events on Memorial Day and Labor Day holiday weekends.

“Our company is very appreciative of the responsible Salt River Heroes who have contributed greatly in helping to keep the Salt River clean and beautiful for the past 22 years,” said Salt River Tubing President and Chief Executive Officer Henri Breault. “Their efforts in stashing and bagging their picnic trash while floating helps ensure the Lower Salt River Recreational Area is a recreational

## Beloved Mediterranean Restaurant Bellagio Pizzeria Debuts New Name

By Jamie Killin

Bellagio Pizzeria, which has been a staple in Northeast Mesa’s dining scene since it opened 14 years ago, will debut a new name, Milano’s, this month.

With the name change, loyal customers can expect the same great menu, value, service and atmosphere they’ve come to know and love.

“We are the same restaurant with the same concept,” said owner Mike Bipar. “We are very, very affordable for the atmosphere we have and the service you get. We try to always do better.”

The attention to great food and service has kept Mike’s restaurant legacy running in the Valley since the 1970s. Milano’s

Pizzeria began in 1971 as Papa Jay’s Pizza, at a location near Arizona State University, and has evolved into the pizza and Mediterranean restaurant it is today.

Despite a couple name and location changes, consistency in delivering a great experience to customers has remained of the upmost importance to Mike. He also ensures consistency by sticking with great menu items and keeping employees.

“I’ve had the same crew for years,” he explained. “My manager and my cook have been with me for more than 25 years. We keep the same employees as much as we can.”

This consistency in staff and values has kept the quality and consistency of the food high, allowing customers to know they always can expect the same great meal whenever they visit.

“Every time I talk to customers, they say, ‘Ever since you started here more than 10 years ago, you always have been consistent,’” recalled Mike.

In addition to consistency, Milano’s also provides options, with Mediterranean menu items, as well as pizza,

and with choices for all kinds of dietary needs and preferences.

Another key component to Milano’s success is an excellent atmosphere. Mike continues to strive for a better atmosphere by constantly remodeling. Last year, it was an upgraded kitchen, and this year, he’s working on a remodeled bar, one of the most popular aspects of the restaurant where patrons enjoy watching the multiple TVs.

“It’s a very simple concept we have, and it can be considered fine dining because of the atmosphere we have,” he said. “I remodel every two years.” ■

Milano’s is located at 4545 E. McKellips Road, Suite 103. For more information, call (480) 325-1600.



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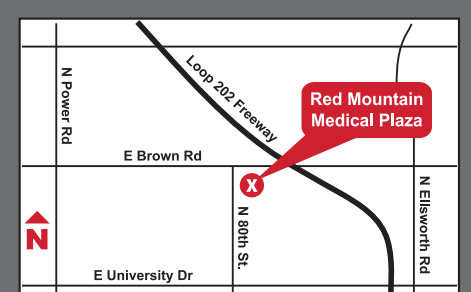
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HEALTH

# Listen to the Messages Your Body Mechanics Are Sending

**Submitted by Red Mountain Medical Plaza**

Body mechanics are, in the shortest and simplest terms, the way our bodies are positioned during movement.

While everyone is slightly different, there are optimal ways our body can move. Good body mechanics help to put the least amount of stress on your body as possible while performing a task. Good body mechanics include keeping the spine neutral, ensuring joints aren't over used and reducing as much load as possible on our joints. Bad body mechanics, such as slouching, repetitive motions and overloading joints, end up leading to degeneration and eventually injury.

Chances are your body is sending you messages right now. Is your neck stiff/sore/tight? How about your back and shoulders? Do you have pins and needles or numbness in your hands or feet? At the end of the day, these symptoms are your body's way of telling you that something is wrong. If you feel achy, sore or tight at the end of the day, chances are, at some point during the day, you are using bad body mechanics.

The easiest way to figure out what could be causing it is to listen to your body throughout the day. When do you feel it starting? What position are you in most of the day? The answers to those questions will help to give you clues as to what the cause may be. Or you could seek help from the experts at Red Mountain Medical Center Physical Therapy. A physical therapist can assist you to identify what postures may be causing your pain.

**HOW DO I FIX BAD BODY MECHANICS?**

Once you narrow down the cause, it can be as simple a fix as switching hands during repetitive work, or even taking a short break every 15 to 20 minutes of repetitive activity. The surest way is to see someone to do an ergonomic assessment of your workplace. Once the issues are identified, the expert will recommend ways to adjust the variables to reduce the issues. If you have been suffering

from bad body mechanics for a long time, you may need some therapy to help lengthen the muscles that are tight and strengthen the muscles that are weak.

**WHY DOES ANY OF THIS MATTER?**

Believe it or not, the adage *no pain, no gain* couldn't be further from the truth. According to the Bureau of Labor Statistics, the leading major event or exposure resulting in occupational injuries or illnesses for all ownerships in 2016 was overexertion and bodily reaction, with 376,190 cases accounting for 33 percent of total cases. The 2016 incidence rate for overexertion or bodily reaction was 33.9 cases per 10,000 full-time workers. The median time away from work was 12 days for all musculoskeletal disorders. What do those numbers mean? They mean more than one-third of all workplace injuries/illnesses in 2016 were due, in one form or another, to poor body mechanics. So, do yourself a favor. The next time you feel sore after work, look at your body mechanics or mention it to your supervisor. Also, work with a physical therapist to resolve your specific issues. Don't let yourself become a statistic. ■

For additional information about body mechanics or any other issues related to therapy, please contact Red Mountain Medical Plaza Physical Therapy at (480) 855-8866.





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PHOEN



EDUCATION

Self Development Academy Is a Family's Commitment

By Sami Majeed, JD  
Director of Program Development

One of my earliest memories is of my maternal grandmother who would write in her notepad, and I would weave in and out of completing logic puzzles and running around the yard.

At the time, I thought of the activity as a game of *answer these questions about shapes and order, then, go run around the flowers*, in which each activity was a reward for the other. I did not realize my mother and grandmother actually were using these notes to create experiential and data-driven early education programs for preschoolers.

Coming from a family of educators, my maternal great-grandparents were high school math teachers and district leaders in India. My great-grandfather took a highly controversial first step. He threw away traditions and allegiances to patriarchy, he stood deftly in the face of criticism and ridicule, and he took the miraculous and radically simple step of educating his daughter, my grandmother.

Such bravery paid off. My grandmother had completed high school by age 12. At age 16, she had earned her master's degree in philosophy from a prestigious university in India. Later, she earned her doctorates from Columbia University. That superhuman, accelerated pace is something I have always admired.

Growing up, I knew I was in a learning environment. Sure, the preschool had the logic games and puzzles, the toys that taught critical thinking, the art teachers who taught beauty through math, and the math teachers who taught us that math is majestic. I saw the final results, the products of my mom's and my grandmother's labor. I also saw behind the scenes.

My mom and grandmother would speak endlessly of the rule of threes, how to unlearn a behavior, and how to correct bad behavior by focusing on the act and not the person. My grandmother's dream was to open a school of her own. One with the freedom to teach to the child. One informed not by punishments and rewards but by relentless peer reviews and through scouring neuroscience articles on learning and child development.

The thoughtful, meticulously designed curriculum I enjoyed as a student at Self Development Preschool was STEM-centered before there was this fashionable marketing

product. We did math problems in roman numerals, and designed weather experiments by testing them on building structures. At the preschool's summer program, my 12-year-old self asked a teacher, "Didn't we study weather and climate last summer?" The teacher responded, "Yep, but this year we will learn how Greek Myths were informed by weather and climate."

Over the next few years, I would come back to the preschool to work with the children. One of the truly humbling features of this summertime work was that I was working for Vernetta Madsen and Rachel Hunt. Vernetta is director of the preschool and overall master of all trades. Rachel is a brilliant science teacher who has functioned as a close advisor to my mom on pedagogical issues since the 1980s. They are two tirelessly dedicated individuals who formed such an integral part of my upbringing that they fall inside some category between an aunt and mother. I don't care what genetics says. They are my family.

They were able to convince me to do the right thing. They were able to wade through the age difference and speak to me like a wise friend—it was time to work on my science report, it was time to eat my beets.

During my freshman year at Vassar, my mom, Vernetta, Rachel and my dad opened their first charter school in 2000 with just 37 students. The school was built around the same philosophy the preschool was built upon—every child learns if we make it hard enough and if we make it fun enough.

The core Self Development group (Vernetta, Rachel, Christina Harguess, and my dad) got to work to open a school in a highly disadvantaged area in Phoenix, using the Mesa campus as a model. At the time, I was living in Washington, D.C., having just finished law school. I worked with the staff on a grant for the school, and felt that stir of excitement around the idea of working for something larger than yourself.

In early 2016, my mom came to visit my sister and me in Washington, D.C. On a gray morning, she sat lost in a pensive brooding as she swirled her milk in her tea with a spoon. She proceeded to tell me that she had been diagnosed with breast cancer. I took that in unwillingly. Then, I remembered an eerie similarity. My grandmother had died of cancer at about the same age as my mom when she contracted breast cancer.

My mom has built three successful businesses. There was no way that life's twisted sense of humor, that mere coincidence and symbolism would shake my mom's indefatigable desire to educate the impoverished. Nonetheless, I believe it did allow my mom to confront her own mortality, to embrace the natural arc of life.

She tapped the side of her cup firmly with her spoon and she asked me, "Will you move back home to Phoenix? Will you help me?"

I can't say I wasn't conflicted. I loved my life in D.C. I was close to so many museums, buildings of knowledge and history, of art and innovation. I was in the process of going back to school to receive my doctorate's degree in social psychology to work in academia. I wanted to remain surrounded by culture and the pursuits of knowledge. But it soon dawned on me, isn't that same culture at Self Development Academy? Didn't my mom teach me to value those things? Isn't that exactly

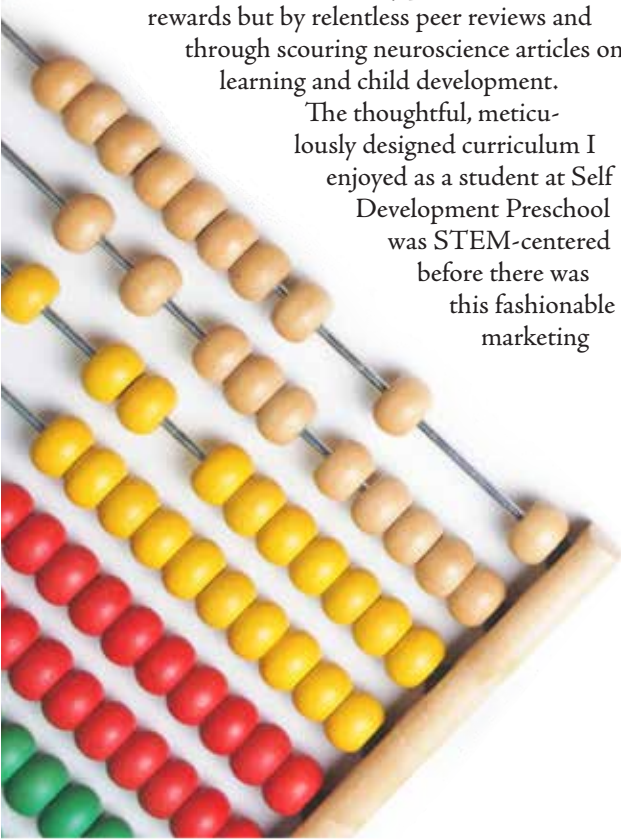
what she tries to inculcate in her students? Weren't her campuses mini communities of scholars and artists?

After that revelation, it didn't take long for me to make the decision to move back. Sure, I was going to miss walking everywhere, the cleaner air and the humidity. But what I would lose in the minor conveniences and niceties I would more than make up for in feeling deeply rewarded.

That last part has proven true. As I write this, I had to tell my small pullout group I was not going to be able to work with them this week. My heart broke because all weekend I had been creating lesson plans in my head. I was trying to figure out how this student, if pushed in this way, could bring out this other student. They seemed disappointed, too. In the past few weeks, we've grown to appreciate the few hours we have together, and I feel as though I know their brains—what could make them eat beets, how to get them to write their science reports.

These moments with the children—I have been on all sides of it. I have been the child. I have been on the outside watching the adults learn how to handle those moments. I am now the adult in that moment. It is my own arc curving toward the path on which it was always meant to be, a path that began generations ago. ■

For more information regarding Self Development Academy, or to arrange a tour, call (480) 641-2640, or send an email to [info@self-dev.com](mailto:info@self-dev.com).





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# Self Development Academy

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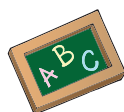


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HEALTH

# THE HIGH COST of Prescription Drugs Is a Concern for Seniors

Submitted by Tapestry Insurance

When meeting with people of Medicare age, one of the main concerns is their prescription drug coverage. Their concerns range from high monthly premiums and meeting the deductible, to expensive co-pays, Part D penalties and the infamous donut-hole.



Lynne Jones

If you are struggling to understand or make sense of all of this, you certainly are not alone.

There is a lot to understand with regard to Medicare drug coverage and Medicare Advantage Plans, which include Part D and even a program called Extra Help, which helps pay Medicare drug costs.

Extra Help is a federal program serving to help people with limited income and resources pay for their Part D premiums and drug costs.

If you know someone struggling with the high cost of medications, please have them call me to see if they might qualify for this program. ■

If you are new to Medicare, or turning 65 in the next year and have questions about your prescription drug coverage or any other Medicare questions, please call Lynne Jones, a licensed sales person, at (480) 212-2246.



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**Are You Turning 65 This Year?**  
Do You Need Help Making Medicare Decisions?

Medicare decisions can be confusing and overwhelming.

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



Call me to review your Medicare choices.

**Lynne Jones**  
LICENSED AGENT  
[jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com)  
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# LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf

## THE PATIO AND THE GRILLE HAPPY HOUR PRICES NOW ON UNTIL 6 P.M.

Just at the time of year when an ice-cold beer or a refreshing margarita sounds really good, The Grille is extending its Happy Hour from 3 to 6 p.m. nightly.

All draft beers are a dollar off, ranging from \$2.50 to \$3.75. A good selection of wines by the glass are discounted \$2 each, with Las Sendas Private Label wines only \$4.50 a glass. The Grille's fantastic margaritas also can be enjoyed for \$2 off, starting at \$5. If you can't decide between a draft and a margarita, sample the Las Sendas Bulldog Margarita, served with a seven-ounce Corona.

Mules can be enjoyed for \$3 off, and martinis and mojitos are \$2 less during Happy Hour. The mixology staff has a number of unique offerings, such as The Cranberry Mule—Deep Eddy Cranberry Vodka, Ginger Beer and Fresh Lime, or a Pear Martini—Absolut Pear, St. Germain, Simple Syrup and Fresh Lemon Juice, or Strawberry and Peach mojitos.

Once you've settled on a drink, focus on the fantastic food. Several of The Grille's famous cocktail bites, such as Chorizo Queso with Chips, Pretzel Bites with Fondue or Whiskey Brussels Sprouts can be savored at \$2 to \$3 off during Happy Hour. Their famous Baja Street Tacos are featured at half price, only \$6. The tasty Fried Fish Fillers, served with Corn Tortillas, come with Avocado Cream, Mango Relish and Cilantro Cabbage. Of course, there is always their great assortment of wings. Salads, sandwiches and main courses are also available from the full dining menu.

The Grille's newly expanded sports bar area features 12 large HDTVs for watching multiple sporting events, including NHL Center Ice.

So, stop by. Bring your friends and chill at The Grille.

## HONOR MOM WITH A FABULOUS BRUNCH



This Mother's Day, Sunday, May 13, celebrate with a fabulous gourmet buffet in The Vistas Pavilion overlooking the Valley, mountains and desert, with stunning views all around.

The buffet offerings will be something special, too—Chef-Carved New York Strip, Roasted Stuffed Turkey, a Seafood Display and a made-to-order Omelet Station, with all the savory accompaniments.

Indulge in the Chef's Special Selection of Pastries, as well as scrumptious desserts and many more culinary treats.

The price is \$48 for adults and \$16.95 for children ages 5 to 12, plus tax and gratuity. Reservations are required, so book your place soon. Send an email to [dkelvie@lassendas.com](mailto:dkelvie@lassendas.com), or call (480) 396-4000, ext. 221.

## MEMBERSHIP DRIVE SPECIALS

Join the premier Las Sendas Golf Club now through October 2018, and save thousands on your membership fees. Right now, a Fully Refundable Membership, regularly \$45,000, is reduced to \$29,900, a savings of more than \$15,000. Non-Refundable Memberships are \$15,000, and Social Memberships have been reduced to \$1,999 from \$3,000.

If you've ever considered becoming a Las Sendas Golf Club member, now is the time to do it. In addition to accessing an award-winning 18-hole championship course designed by Robert Trent Jones, Jr., members receive a 10 percent discount at our Golf Shop and The Patio and The Grille restaurants. Unlimited use of our practice facility and range balls is included, as well as members-only locker/shower areas and club storage facilities. And your guests receive a special rate green fee.

Expect all the club activities a major golf club offers, with participation in all member-only leagues, tournaments and social events.

Since the new owners took over in late 2009, Las Sendas has invested more than \$9.5 million, and the club remains debt free. Las Sendas Golf Club is famous for its beautiful course, mountain, desert and city views, and our friendly people. Our professional staff includes PGA and LPGA members to ensure your experience is one that will make you want to play and enjoy your very own club every day.



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A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE VISTAS PAVILION

EXPERIENCE THE WEDDING OF YOUR DREAMS  
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Every bride envisions the wedding day of her dreams, but sometimes reality interferes. The Vistas Pavilion at Las Sendas wants every couple to experience their special day in their own special way. So, they are offering a fantastic Summer Sunset Wedding Package for weddings of up to 100 guests, hosted from June through September 2018, for the unbelievable low price of \$5,999\* plus tax and gratuity.

Your own personal *day of the event* coordinator will help you choose from among The Vistas romantic and beautiful indoor or outdoor settings, and help you select a gourmet buffet or plated menu, with black or ivory table linens and centerpieces. The coordinator also will arrange for setup and breakdown of the ceremony and reception areas, dance floor and DJ table. There is even champagne and a cheese and fruit platter in the bridal dressing room. All this and much more is included.

To find out how you can create your special wedding day, contact Director of Catering and Events Jessie Miller at (330) 396-0099, or send an email to [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com).



LAS SENDAS GOLF SHOP  
RENTAL CLUB BLOWOUT SALE

The Golf Shop at Las Sendas is selling off this year's Ping slightly used rental clubs for both women and men. If you would like to purchase a complete set of nearly new rental clubs, including bag and putter, please call the Golf Shop to make arrangements.

New spring lines are still arriving. We have a fully stocked Golf Shop, featuring golf and leisure wear for men and women. Check out our May Sale and our popular specials—20 to 60 percent off men's and women's apparel, 15 percent off golf shoes and golf bags.

Mother's Day is Sunday, May 13. Consider giving Mom something she really wants—a gift certificate from the Golf Shop.

May is a great time to plan a round of golf at Las Sendas. With the return home of the *snowbirds*, low rates have returned to the course.

GOLF RATES FOR MAY

- Sunday through Wednesday—\$79/59/29/19
- Thursday through Saturday—\$89/69/39/29
- Times: Open—1 p.m., 1 to 3 p.m., 3 to 4 p.m. and after 4 p.m.

Residents who want to play at Las Sendas, please go to our website, [lassendas.com](http://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.

Yours in Golf... Rick, Diane, Colton, Nick and James



The Vistas Pavilion at Las Sendas

2018 SUMMER SUNSET WEDDING PACKAGE \$5,999\*  
for up to 100 guests



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# Selling and Buying a Home at the Same Time

By Lorraine Ryall  
Associate Broker, CDPE,  
CSSN  
KOR Properties

Whether you are moving up or downsizing, selling one home and buying another can be stressful.

Some sellers will sell their home and move into a rental while they look for their new home. The benefit of renting is you are not under any pressure to find your next home, and when you do, you can write an offer that is not contingent on the sale of your current home. The downside is you are moving twice, and depending upon how long you will be renting, you may be living out of boxes for months. Home prices are continuing to increase, along with the interest rate, so waiting to purchase can cost you more on the purchase price and monthly mortgage payment.

Most sellers try to time it so they can sell their current home and purchase their new home right away, so they only have to make one move. There may be a day or two in between, but that's much better than having to rent for months and move twice. It can be a nice break to have to spend a couple of days in a hotel after all the packing and moving out of one home before you have to move to your new home and start the unpacking. Closing on two homes simultaneously can be quite a challenge, so doing some homework upfront will help keep you on track.

## UNDERSTANDING THE MARKET

The first thing you need to do is know the market. Housing markets can differ greatly, especially if you are selling and buying in different states or even just different cities. The market conditions will play a big role on how you time both transactions. If you are in a seller's market like we are now, you should be able to get a contract on your home a lot quicker than if you are in a buyer's market.



It also will mean sellers are unlikely to accept an offer on their home if your home is not already under contract. They don't want to take their home off the market when it's a strong seller's market while they wait for you to get a contract on your home. In a seller's market, your home needs to be under contract before you write an offer on another home.

Consult with a local Realtor to find out about the market conditions in the areas you are selling and buying. Have your Realtor set you up on a search where you will automatically receive homes that match your criteria. Even if you can't purchase right away, it's good to see what homes are out there and get a feel for the market. Then, when you are ready to purchase, you have a good idea of what to expect.

## FINDING YOUR NEW HOME

It's so exciting to start looking for your new home, and going through the pictures of homes your Realtor sends you is a great place to start. As you can't put an offer on a new home until yours is under contract, you may not want to actually view listings right away. After all, there is nothing worse than looking at homes, finding the perfect one and not being able to buy it because you don't have an offer on the one you are selling. Your Realtor will be able to advise you on how long it might take to get your home under contract, and when would be a good time to start viewing homes.

In the meantime, keep looking at the houses for sale online and even take a drive to some homes you like to check out the area and neighborhood. The home may look lovely in the pictures, but once you do a drive-by, you may realize it's not in such a desirable neighborhood. Being able to narrow your search as much as possible ahead of time will save a lot of time looking at homes when you are ready to buy.

## WRITING THE OFFER

You have a contract on the home you are selling, so now you can put an offer on a new one. When you find the

perfect home, you will write your offer just like a regular offer. However, there will be an additional addendum, which is the Buyer's Contingency Addendum. This contingency will protect you in the purchase of your new home. If for any reason you did not close on the home you were selling, you would be able to cancel this contract and not lose your earnest deposit. All other terms and conditions are the same as a regular contract.

## WHAT IS THE BUYER'S CONTINGENCY ADDENDUM?

This addendum is incorporated into the purchase contract at the time the buyer writes an offer.

When the contract has a contingency in place, the transaction is dependent (or contingent) upon the sale of the buyer's home. If the buyer's house sells by the specified date, the contract moves forward. If the buyer's contract on their home is cancelled or doesn't sell by the specified date, the contract can be terminated and the earnest money will be refunded back to the buyer. It is a good protection for the buyer but a riskier transaction for the seller.

However, most contracts with a buyer's contingency close on both transactions, so they are not considered a high risk. Whether you are the seller or the buyer with a contingency contract, it's important for your Realtor to be tracking all transactions in the chain to ensure everything stays on track and any issues that arise are dealt with immediately. The biggest reason contingency sales may have issues closing or closing on time is because of lack of communication.

If you would like more information on buying or selling or the timing to do both together, please don't hesitate to contact me. ■

Lorraine Ryall 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](mailto:Lorraine@Homes2SellAZ.com), or visit her website at [Homes2SellAZ.com](http://Homes2SellAZ.com).

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Mountain Bridge  
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2558 sq ft - 4 Bed, 3 Bath



Las Sendas  
Golf Course Lot - \$625,000  
3330 sq ft - 4 Bed, 3 Bath

I take great pleasure in writing this testimonial about our exceptional experience in the sale of our home this year through Lorraine Ryall. We first met Lorraine in 2015 when we decided to sell our previous home. Before choosing her, we had met with two other agents. The contrast between Lorraine's scope of service and the other two agents could not have been more absolute. Additionally, her knowledge of the business, professionalism and personal charm made her a pleasure to work with. She clearly exceeded our expectations. – Jeff and Rosalie

## FREE STAGING



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EVENT

# Salt River Tubing Is Ready For ROCKING RODEO ROUNDUP

Submitted by Salt River Tubing

Salt River Tubing is kick-starting the summer tubing season with its 13th annual Rocking Rodeo Roundup hoedown on Saturday, May 5, from 9 a.m. to 6:30 p.m. The event offers live entertainment with KNIX 102.5 radio onsite, cowboy line dancing, pony races, steer lassoing and free giveaways. In fact, the first 1,000 cowpokes will receive a free cowboy bandana.

Salt River Tubing's Rocking Rodeo Roundup event embodies the Old West with stagecoach shuttles to and from the Lower Salt River. Western attire is optional. However, Salt River Tubing will award free tube rental passes (valid on return visit) for the best cowboy and best cowgirl tuber costumes.

The More Teens in the Woods event is aligned with the United States Department of Agriculture's Forest Service's commitment to meeting the challenge of reduced youth involvement in outdoor activities.

TUBING TIPS

- Children must be at least 8 years old and 4 feet tall for tubing and shuttle bus service.
- Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses. Have a great time on the Lower Salt River by appointing a designated driver before you begin tubing.
- The cost is only \$17 per person or tube, plus tax and fees, which includes tube rental, shuttle bus ride and free customer parking at Salt River Tubing.
- Cash and credit cards are accepted—Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards, as well as cash. Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identification. Visit [saltrivertubing.com](http://saltrivertubing.com) for more details regarding credit card transactions.

- Daily operating hours are 9 a.m. to 6:30 p.m., weather and water flow conditions permitting. Latest tube rental is 1 p.m., also weather and water flow conditions permitting.

Located in beautiful Tonto National Forest, Salt River Tubing is just seven minutes from Highway 202 East and Power Road Exit 23A. Salt River Tubing is open seven days a week, 9 a.m. to 6:30 p.m., weather and water flow conditions permitting. ■

For event details at Salt River Tubing, call (480) 984-3305, or click on our website at [saltrivertubing.com](http://saltrivertubing.com).



LOCAL BUSINESS

## Winner announced in pizza eating contest

Submitted by Flancer's

Flancer's 18th annual Charity Pizza Eating Contest was a huge success, with Snowman being proclaimed the winner of the \$250 cash prize after eating 16 tasty slices in just 18 minutes and 47 seconds.



A sincere thank you goes out to all the contestants who enjoyed Flancer's amazing pizza while supporting three local charities. These charities are:

- Warfighter Sports, helping injured veterans
- Sunshine Acres Children's Home
- Jewish Family and Children's Services, Max Flancer Fund

"Looks like we surpassed the \$25,000 fund-raising mark," said Flancer's owner Jeff Flancer. "Amazing kudos to all our sponsors, patrons and staff, especially General Manager Greg Ringel and Assistant General Manager Myke Jones."

ABOUT FLANCER'S

Flancer's has been rockin' taste buds with its homemade bread, made from scratch tortillas and desserts, mouthwatering sandwiches and award-winning pizza at its two East Valley locations since 2000.

Classically trained chef and owner Jeff Flancer has created unique cuisine you won't find anywhere else. From his Back-East roots come sandwiches like *Steak it to the Limit* Philly cheesesteak. Inspired by his Santa Fe, New Mexico, days, you will leave dreamin' about *The Perfect Prickly Pear Chicken* with green chile aioli. Try it in a sandwich or on a farm fresh salad. Whatever your dietary needs may be, you'll find delicious options at Flancer's. ■

Flancer's Gilbert location is at 610 N. Gilbert Road. For more information, call (480) 926-9077. Flancer's Mesa location is at 1902 N. Higley Road. For more information, call (480) 396-0077.

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LOCAL BUSINESS

# Here's How Your Car Works IN TERMS OF THE ENGINE

Submitted by H and I Automotive

Today is the start of a series of articles aimed at explaining how your vehicle works.

We get into our cars every day, turn the key and drive off to get our day going. Have you ever stopped to think of what actually makes this possible?

We are going to start with how your engine works. Because a vast majority of vehicles use a four-stroke combustion engine, that will be our focus. There are other types, however, such as diesel, hybrid and full electric, which continue to grow in popularity.

Simply put, a four-stroke engine has four distinct steps that create the constant energy needed to propel your vehicle down the road. Of course, there are other components involved to actually create the ability to move and stop your car, but these will be covered in other articles. Today, we are just going to focus on how the engine creates the power.

The four steps or strokes of your four-stroke engine are the intake, compression, combustion and exhaust. Let's break these down one by one.

The intake stroke is when the piston is moving downward, and the intake valve is in the open position. This allows the cylinder to be filled with air and fuel. The air comes in by way of the air filter, throttle body and intake manifold. The fuel injector introduces the fuel.

The compression stroke is next. The intake valve closes to seal the cylinder as the piston rises and compresses the air fuel mixture. The denser mixture will ignite better during the combustion stroke.

The combustion stroke starts when the spark plug ignites the compressed air fuel mixture and it explodes, forcing the piston down again. This stroke provides the power for the engine.

The last step is the exhaust stroke. The exhaust valve opens as the piston rises and pushes the combusted gas out of the cylinder and through the exhaust system.

Your vehicle's cylinders perform these steps at different times, so there always is power being generated by the engine.



Chris Marini and  
Spencer Doucet

Also, the amount of fuel introduced dictates how big the combustion is and the speed at which the engine runs. More fuel equals bigger explosions, equals a faster running engine.

Whether you have four, five, six or eight cylinders, the up and down motion of the pistons is converted to a rotational motion by the rods and crankshaft. This rotational motion is then used to propel the vehicle as it is transferred through the transmission and drivetrain.

Oil allows your vehicle's engine to continue this process by preventing the metal parts from grinding into each other. The lubrication factor of the oil is just enough where the surfaces do not wear each other out.

The combustion inside of your vehicle's engine slowly degrades the oil's ability to lubricate. If the oil is not changed sufficiently, internal engine damage will occur. The engine cooling system is used to dissipate the heat generated by the combustion process.

Next month, we will explore how the transmission uses your vehicle's engine power to create motion. ■

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](http://handiautomotive.com) or on Facebook and Google+.

EDUCATION

## Join Fremont Sports Camp FOR THE SUMMER

Submitted by Frank Weinberg

Incoming seventh and eighth graders can attend a summer sports camp at Fremont Junior High School from May 29 to June 28 from 9 a.m. to noon, Monday through Thursday.

Campers can choose to participate in flag football, basketball, wiffle ball, lacrosse, hockey or weight training. Participants are not required to attend every day.

The cost is \$110 in the bookstore or register online at <https://mpswebpay.mpsaz.org> and save \$10. Registration can be submitted to Fremont Bookstore, 1001 N. Power Road, Mesa AZ 85205. Make checks payable to Mesa Public Schools, and reference Sports Camp.

For online payment questions, call (480) 472-0118. For camp related questions, contact Brent Weinberg at (480) 472-8321 or [bpweinberg@mpsaz.org](mailto:bpweinberg@mpsaz.org). ■

Fremont Junior High School is located at 1001 N. Power Road in Mesa.





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REAL ESTATE

Know the Facts When Buying a Home in a Rising Interest Rate Environment

By John Karadsheh

If you are you thinking of buying a home this year, the good news is rates are still historically low.

In the early 1980s, rates were as high as 18 percent on a 30-year fixed mortgage. However, rates are on the rise. So, unless you intend on buying a home with cash, you'll likely want to know what happens to your ability to buy a home when interest rates rise.



John Karadsheh

WHAT HAPPENS WHEN INTEREST RATES RISE?

Whenever rates rise, we see a flurry of activity, as buyers who were on the fence start rushing into the market. With inventory already low, especially below \$300,000, this results in competitive offer situations and an increase in home prices driven by demand.

WHAT WILL HAPPEN TO MY ABILITY TO BUY A HOME?

Rising interest rates directly impact your buying power. For example, if you were qualified for a max payment of \$1,432 per month, you could afford a \$300,000 home at a 4 percent interest rate. If you factor the same payment at a 5 percent interest rate, you would now only be able to purchase a home for a max amount of \$267,000.

WHAT ABOUT HOME PRICES?

The limited housing inventory locally and nationally is driving prices up. As rates increase, demand increases and prices will further rise. The high demand also drives multiple offers on properties and results in properties often selling for over list price.

While this flurry of buying activity is good for sellers now, as rates and values continue to rise, many buyers will get priced out of the market. This especially impacts first-time homebuyers. Those buyers will delay their entry into the market or become entirely excluded from the process. As a consequence, the market will then soften again as the

pool of buyers shrinks and the inventory increases.

The plethora of apartments being built in the Valley is not accidental. Investors realize that this softening will come, and the pool of available rentals will be ready and waiting to absorb those would-be homebuyers.

To those of you who are sellers, take in this information, as well. Prices will not increase forever. If you are thinking of selling, call us to discuss your options. For some price sectors of the market, I would say you want to sell now. For other sectors there is more time.

HOW CAN A REALTOR HELP ME BUY A HOME?

This may be the most critical time to have an agent representing you on a purchase. By the time unrepresented buyers call me via Zillow on a listing under \$300,000, that home has already had six contracts submitted and has been sold. You don't just need any Realtor for the competitive buying environment. You need an experienced Realtor to get your dream home. We know of properties before they hit the market, and also know how to write the offers that get accepted.

SHOULD I RUSH TO BUY NOW?

Buying a home is a major financial decision and not one you should rush into. Purchasing an overpriced property that backs to a major street could be a far worse financial decision than waiting for the right property to come along—even if it costs a bit more.

I would be happy to sit down with you and honestly discuss your options and goals. Let's make a plan and help you meet your goals. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 15 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona.

You can reach John at (480) 568-8684, or visit his website at KORproperties.com.

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



Real Estate In Las Sendas  
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KOR PROPERTIES  
Sales for the Month of March 2018  
John Karadsheh

Address	Square Feet	Community	Sold Price
7445 E. Eagle Crest Dr., #1070	1,666	Cachet	\$300,000
3055 N. Red Mountain, #160	1,756	Ironwood Pass	\$307,500
3602 N. Tuscany	1,756	Rolling Hills	\$315,000
3060 N. Ridgecrest, #188	2,226	Desert Vistas	\$380,000
7488 E Nora St	2,126	Grayfox	\$390,000
3060 N. Ridgecrest, #69	1,756	Desert Vistas	\$394,000
6950 E. Saddleback Cir.	3,655	Sonoran Hills	\$400,000
7364 E. Rochelle Cir.	2,413	Sonoran Heights	\$405,000
8227 E. Tesoro Cir.	3,427	Echo Canyon	\$432,500
7415 E. Orion Cir.	3,426	Desert Vistas	\$445,000
7925 E. Sierra Morena Cir.	3,233	Eagle Feather	\$485,000
7632 E. Tasman Cir.	2,574	Pinnacle Point	\$485,000
3645 N. Sonoran Heights	3,232	Sonoran Heights	\$500,000
4045 N. Goldcliff Cir.	2,478	Stonecliff	\$515,000
3945 N. Highview	2,478	Stonecliff	\$520,000
3506 N. Canyon Wash Cir.	2,250	Grayhawk	\$535,000
3939 N. Highview	3,131	Stonecliff	\$567,500
8058 E. Vista Canyon St.	2,942	Granite Preserve	\$601,000
4062 N. El Sereno Cir.	3,680	Legacy Hills	\$685,000
7130 E. Saddleback St., #15	3,284	Golf Colony	\$700,000
4112 N. Goldcliff Cir.	3,555	Granite Preserve	\$730,000
8128 E. Vista Canyon St.	4,047	Granite Preserve	\$760,000
4047 N. El Sereno Cir.	3,902	Legacy Hills	\$772,500
4057 N. Silver Ridge Cir.	3,902	Legacy Hills	\$850,000
7013 E. Summit Trail Cir.	4,580	Summit	\$1,065,000
7002 E. Summit Trail Cir.	6,729	Summit	\$1,280,000
8020 E. Copper Canyon Cir.	7,109	Copper Canyon	\$1,650,000
4348 N. Diamond Point Cir.	12,803	Diamond Point	\$3,250,000

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  
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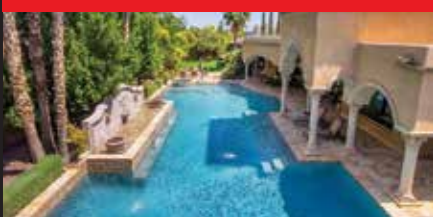
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SOLD!



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LOCAL BUSINESS

Invest in New Garage Concrete Coating with Your Tax Refund



By Jamie Killin

With tax season behind us and refunds being distributed to many, it's a great time to reinvest in your home by making aesthetic and practical upgrades — especially in the spaces of your home used the most, like the garage.

Coating the concrete of your garage with epoxy enhances the look of your garage, while also making it easier to clean. Coating also protects the concrete underneath with a two-part epoxy base coat, vinyl chips, two-part clear sealer topcoat and finally, a two-part clear topcoat.

Plus, Floor Defense makes it easier than ever, with a short one-day process, making the process fast and convenient.

“What really sets us apart from a lot of the other companies is we have a one-day installation process,” said vice president of business development for Floor Defense Tim McKibbin. “The homeowner's not out of their garage for essentially more than 24 hours.”

Floor Defense also takes pride in the top quality of the work, which comes with a lifetime adhesion warranty. Several colors of concrete coating are available, and they ensure every customer is happy with the results.

“I want complete satisfaction,” said Tim. “I don't take down payments. I want somebody to tell me that they are happy with the job before I even get paid. I hope that instills confidence in them.”

The process, which begins with grinding the concrete to make it more porous, is critical in creating lasting results.

“It's all preparation,” said Tim. “Getting the concrete to accept the material, that's what gives it longevity. We have machines that diamond grind the concrete, and that opens up the pores of the concrete so the epoxy can wick into those pores. That's what creates the proper adhesion so it doesn't come back up.”

It's a process that delivers permanent results but requires professional tools and experience that can't be replicated by do-it-yourself kits.

“What sets us apart from the kits at say, The Home Depot or Lowe's Home Improvement, is the way the concrete is prepared,” Tim explained. “If the surface is not prepared properly, you're not going to get the adhesion that you're going to expect. A lot of the kits provide things so that you can acid wash the concrete, but it just doesn't do the same thing the grinding does.”

Sure to be available for the homeowner to answer any questions, Tim takes customer service and satisfaction seriously.

“I think it's that personal touch and being available,” he said. “If they have any questions, I'm there to answer questions. I'm available for them during every aspect of the job.” ■

For more information on Floor Defense, visit [www.floordefenseaz.com](http://www.floordefenseaz.com), or contact Tim McKibbin at (480) 326-5533.

LOCAL BUSINESS

PREPARE FOR YOUR INTERVIEW and Impress Your Future Boss

Submitted by Happy Pets Palace

With the minimum wage in Arizona being \$10.50 an hour, it is tough for inexperienced applicants to enter the job market.

Whether you are applying for your first job or trying to advance to a new position, here are some helpful suggestions:

**Dress the part.** Notice the company's dress code and try to mimic its style when you step through the doors. See how employees are dressed on the company's website and on their social media profiles. Look and act like you would be an easy addition to the team they already have in place.

**Make good eye contact.** This shows the person you are talking to that you are paying attention and interested. It also shows respect, while displaying good listening skills, confidence and honesty. If meeting new people makes you nervous, consciously practice making eye contact with people at places you frequently go, such as restaurants, stores, schools and sporting events. Direct eye contact and a smile are appropriate when applying for a job or working toward advancement.

**Use an appropriate handshake.** Adjust your handshake for everyone you meet because not everyone has the same hand strength. Elderly people and children will appreciate a less firm handshake, but not too wimpy. It is best to mimic the strength of the handshake being experienced. Practice so you can get feedback to help you learn what amount of pressure would be appropriate.

**Take your time filling out the job application.** Complete the job application neatly and put effort into filling it out. If an employer can't read your application because of sloppy handwriting, he probably will pass on hiring you because of your carelessness. Employers are looking for workers who care, pay attention to details and can following instructions. The job application is a first impression moment, so be mindful of clarity and accuracy.

**Be punctual.** Being dependable and punctual show a potential employer how reliable you will be as an employee. It is best to allow extra travel time and arrive five minutes early for your interview. Rule of thumb: “If you're on time, you're late. If you're five minutes early, you're on time.” Employers love knowing they can depend on their team. Your patterns of being dependable and punctual, as well as your overall attitude, will play a part in your opportunities for future advancements.

**Make a good impression on interview day.** While you're waiting that five minutes

before your scheduled interview, look around the lobby, engage with the office staff, have good eye contact, smile and seem interested in where you want to work. Do not spend that five minutes withdrawn or on your phone. The staff members probably will have input from the boss about all the applicants. So, be sure to show your interest. Remember to thank them for their time before you leave.

**Value continuous self-improvement.** Think of your hobbies and passions that might be applicable to the job and express how they may benefit the company. Stay current with industry news, trends or movements so you can offer more than the next applicant who wants the same job.

If you're seeking upward mobility in the company, look for opportunities that challenge you and help you bring value to the business, as well as support your personal goals.

When you work hard to get a job you find interesting, chances are you will feel more satisfied with how you are spending your time. When you enjoy where you work, it leads to a more fulfilled life. Your efforts and preparations are key to your own success. When you are motivated to get that job and you put forth the effort, it will be apparent. When you land that perfect job because of your efforts, things in life may get a little easier. The road to your success is in your hands.

If your passion happens to be working with dogs in a doggy daycare environment, and being around some really fabulous dogs, consider joining our team. We are opening two new locations in the East Valley this year. Study up on your dog breeds to pass our dog breed quiz, and we will give you an application. We offer a great work environment and have a pretty fun time. ■

Happy Pets Palace is located at 1918 E. McKellips Road, on the northwest corner of McKellips and Gilbert roads. For more information about this award-winning dog boarding and doggy daycare facility, visit the website at [HappyPetsPalace.com](http://HappyPetsPalace.com), or call (480) 207-1852.



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EDUCATION

# STUDENT HONORED WITH community service award

Submitted by  
Mesa Public Schools

Red Mountain High School's Robin Jackson is one of four Mesa Public Schools' seniors to win the Student Community Service Award from the Mesa Citizen of the Year Association.

In addition to Robin, Westwood High School's Katrina Clontz, Hanna Morgan and Jessica Yan also received the award.

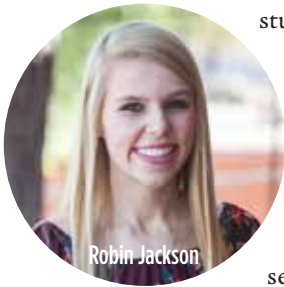
"It's important to recognize the great volunteer work being done by Mesa Public Schools' students," said an association spokesperson. "We want to do more to promote volunteerism in our youth to develop our community leaders of the future."

Robin earned more than 800 service hours in her high school career. She attributes her desire to make a difference in the world to her parents' encouragement and support. Robin's passion for service was sparked in seventh grade when she took Chris Whitehead's social studies class at Fremont Junior High School.

"Mr. Whitehead made Service-Builders Club a part of his class," Robin said. "At first, I was intimidated by the service requirement, but recycling club opened my world. I learned even the smallest gestures can have a huge impact."

## ENHANCING CLASSROOM INSTRUCTION

Service learning is an important part of Mesa Public Schools. High school



students must earn 150 hours to receive the Honor for Excellence in Service Learning seal on their diplomas. Starting with the Class of 2020, the total rises to 200 hours. In the 2016-2017 year, district seventh-graders through 12th-graders earned more than 250,000 service hours.

"Service learning extends learning beyond the classroom and into the community, providing opportunities for students to apply their classroom skills and knowledge to real-life situations," said Patrick Walsh, director of service learning.

Robin volunteers at Banner Baywood Medical Center, providing aid for the oncology floor and the emergency room. She believes there always are ways to make a person's life a little better.

She plans to attend the University of Michigan's School of Nursing and fulfill her lifelong dream of becoming a nurse practitioner. According to Robin, her science and medical coursework help her apply classroom learning to the real world.

"When nurses speak, I totally understand what the medical terms mean," Robin said, her green eyes dancing with excitement. "Having the medical knowledge helps me be cognizant of the patient's medical condition and their needs, which makes me a better volunteer. It drives my desire to want to learn more." ■

For more information about Mesa Public Schools, please visit [mpsaz.org](http://mpsaz.org).

EDUCATION

# Red Mountain High School Earns National Yearbook Recognition

Submitted by Jan Lemon-Saquella

Red Mountain High School's yearbook *Pinnacle* has been recognized for excellence and featured in the 2018 Jostens *Look Book*, celebrating the best of the best in yearbook design and coverage.

The Jostens *Look Book* is a collection of spreads and photos from outstanding yearbooks and their creative themes, cool covers, dazzling designs, relevant coverage, storytelling copy and action-packed photography. Along with design excellence, the annually published *Look Book* honors the important role well-crafted yearbooks play in helping schools chronicle the experiences, stories and achievements most relevant to students and that academic year.

Editors-in-Chief Stella Proudfit and Alana Ramirez created the *Pinnacle* yearbook under the direction of Jan Lemon-Saquella, Red Mountain High School yearbook adviser.

"This just further confirms how amazing our 2017 yearbook really was," Jan said. "I am so proud of my students who are so deserving of this recognition."

The Red Mountain High School *Pinnacle* yearbook was one of only 413 yearbooks selected from approximately 2,000 entries. The 2018 panel of judges, comprised of nationally recognized scholastic journalism professionals and award-winning yearbook advisers, selected the best examples of yearbook spreads and covers to make up the 304-page 2018 *Look Book*.

"The Jostens *Look Book* showcases the hard work and dedication of students who tell the story of the school year through photos and words," said Senior Manager of

Customer Experience Sara Sausker. "It is their collaboration and communication, as well as creative thinking in challenging situations, that result in the fine designs shown in this book. We are very proud to celebrate the ability of this country's future leaders and communicators by showcasing their sophisticated designs and photography."

Jan and her yearbook staff received a copy of the 2018 Jostens *Look Book* and certificate from Jostens to recognize their outstanding achievement.

The Jostens *Look Book* is a must-have resource for yearbook advisers and staff members seeking creative design and coverage ideas, trends and inspiration. The *Look Book* complements [YearbookAvenue.com](http://YearbookAvenue.com) and [facebook.com/JostensAdviserandStaff](http://facebook.com/JostensAdviserandStaff), Jostens online destinations for yearbook creation ideas.

The first Red Mountain High School *Pinnacle* yearbook began in the fall of 1988. Throughout the years, the annual has received numerous awards, including a first place for general excellence in 2016 and in the Arizona Interscholastic Press Association contest for excellence in journalism in 2017. ■

Red Mountain High School is located at 7301 E. Brown Road. For more information, call (480) 472-8000.





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## COMMUNITY

## City Council Sets Priorities for Mesa

By David Luna,  
Vice Mayor and  
Councilmember



If you have ever wondered how the City Council determines the direction on what's important to Mesa and our future, you're not alone.

Occasionally, I get asked this question and want to share with you how we do so. We accomplish this through an annual strategic planning session during which we are asked to revisit/amend our current strategic priority statements. These statements are important because they become the basis for how the city staff make budget recommendations, organize resources, and bring forward new programs or initiatives for further council and community review.

Below are key priorities based on my discussions with you and the needs of District 5 and Mesa.

We deliver innovative services and solutions for our residents, visitors and businesses large and small through:

**COMMUNITY SAFETY**—Building communities that are safe, healthy and welcoming.

Improve emergency response times in Northeast Mesa. For example, through new technology and/or adding police and fire stations.

**SKILLED AND TALENTED WORKFORCE**—Leveraging partnerships to create an enriching environment where the job skills required to succeed in today's economy are made readily available and easily accessible.

Support school readiness, with the

City of Mesa as a partner, along with community organizations.

**PLACEMAKING**—Cultivating vibrant unique spaces, ranging from a city block to entire economic centers, which attract and benefit residents, businesses and visitors.

Make Mesa a destination city by creating walkable trails on canals, adding pickle ball courts and other such amenities.

**TRANSFORM NEIGHBORHOODS**—Mesa's neighborhoods are clean, safe, diverse and economically vibrant places where residents and businesses are engaged and informed while taking pride in their properties and community.

Maintain neighborhood characteristics, i.e., desert uplands and citrus groves.

**SUSTAINABLE ECONOMY**—Striving for continued economic growth and increased prosperity for all Mesa residents.

Complete the Falcon Tech Center to bring new technology-based jobs to Mesa. Seek new spec building opportunities in and around the Falcon Field District.

Create a strategic plan to expand international/foreign investments and partnerships with Mexico and Canada.

The next steps for these and other items mentioned will be for city staff to bring various items and initiatives discussed to a council subcommittee for further clarification and discussion. Upon additional review, the subcommittee members will forward items they believe should receive full council review and direction. ■

For more information, call (480) 644-3771, or email [District5@mesaaz.gov](mailto:District5@mesaaz.gov).

## COMMUNITY

## Community celebrates Italian American culture with fellowship

Submitted by Marianne De Palma  
President, Albert Bilotti Lodge

On Monday evening, April 16, the Order Sons and Daughters of Italy in America, members of Albert Bilotti Lodge and guests celebrated the 35th anniversary of the Mesa chapter's founding with a dinner at Salerno's Restaurant, in Gilbert.

National President of Order Sons and Daughters of Italy in America Vera Ferrari Girolami, the featured speaker, spoke about the importance of fellowship, enjoying and sharing our Italian-American culture and being part of the community. Mesa Vice Mayor David Luna was on hand to give a short talk and greet the members with congratulations on this occasion. Agostino Figurelli entertained everyone with familiar Italian music, such as *Volare*, *An Evening in Roma* and *That's Amore*, played on his accordion.

The Albert Bilotti Lodge 2540, one of four chapters in Arizona, was established in Mesa in 1983. Marianne De Palma is the president of the Mesa lodge. Members live in East Valley cities, including Mesa, Gilbert, Chandler, Tempe, San Tan Valley and Payson.

Membership in the Albert Bilotti Lodge is open to anyone who is Italian, Italian-American or who enjoys being with us. There is a dinner meeting most months

of the year, with many special activities at other times.

"We're looking for members of Italian heritage to come celebrate generations of rich culture and who also can share their experiences with younger generations," said Marianne.

In the past year, we had a cooking class on how to make Italian sausage. In the fall, we will learn about eggplant recipes, including caponata and the accompaniment panelle.

What we enjoy the most is celebrating Italian holidays, including La Pasquetta (Easter Monday), La Befana (Jan. 6) and Ferrogosta (in August) among others, as well as sharing traditions or customs of our families, which they brought from many different areas of Italy. We also have had excursions to an Arizona Diamondbacks game and St. Anthony Greek Orthodox Monastery, in Florence.

A colazione (Italian breakfast) is planned for Saturday, May 19, at 10 a.m. Those interested in learning about the Albert Bilotti Lodge membership are invited to attend. For more information, or to sign up, please email us by Monday, May 14, at [BilottiLodge@yahoo.com](mailto:BilottiLodge@yahoo.com). ■

To get in touch with us, call (480) 830-2998, or visit Facebook at Albert Bilotti Lodge.



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LOCAL BUSINESS

Various factors determine whether to Repair or Replace Your AC System

By C. Andrew John  
President, John's  
Refrigeration Heating and  
Cooling

People often ask, "Should I repair my AC system, or is it better to replace it?" My quick answer is, "Maybe."

Before I can answer, more information is needed, as there are several factors to consider. They are as follows:

**Age of the System/Cost of the Repair**—Knowing how old the system is and how much the repair will cost are just the starting points. You also should consider how often the system has broken down, what those repairs were and how much they cost. Here's the deal. As systems age, components within the system will wear out and they tend to break down more often. Over time, it just doesn't make sense to keep repairing it.

**Maintenance History**—How well your system has been maintained over the years also will factor into the decision. A system that is maintained consistently, which means you have your system tuned-up twice a year, should give you 10 to 15



C. Andrew John

years (or more) of service with minimal breakdowns. However, if you never have the tune-ups done, you may only get six to eight years out of the system.

**Performance/Efficiency**—Next, consider how well your system has been meeting your comfort needs and how much it costs to run. Suffering from rooms too hot or too cold, or with wide swings in temperatures, is not the norm. Your system should be able to maintain a consistent temperature no matter what's happening outside and be able to maintain it throughout your home.

**Technology**—Finally, it's important to understand that the technology of systems has changed a lot over the last eight to 10 years. Systems today are built for higher efficiency to reduce energy use (and energy costs). Also, systems built before 2010 used R-22 coolant, which is now being phased out for a more environmentally friendly coolant. By 2020, it will be completely banned and will no longer be produced. Already, we have seen a sharp increase in the cost of R-22, and it will continue to rise and be harder to attain.

So, here's my advice. When faced with a repair bill, and it's not the first one, or your system is over seven years old, you need to get more information. We offer no cost, no obligation quotes, which will provide you the information you need, so you can make an informed decision. Just call John's Refrigeration at (480) 648-2505. ■



LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

Determining if you are determined to get rid of stuff no longer needed? Cleaning out a home or an estate? Stop! Know Before You Throw. Dirt. Can I interest you in some? Believe it or not, people collect it. Or more precisely, what's right under the surface. We live in a state chock-full of precious metals and exotically named minerals—Olivinite, Cuprite, Brochantite and Wulfenite. And the list goes on.

Arizona's natural resources are the stuff of legends and mystery. It's reported that silver ore was first discovered in the Arizona area in the late 1500s. It was the primary precious metal mined for many years. Later came gold. Then copper mining took off in the late 1800s when it was discovered that the metal was perfect for conducting electricity. Over the years, fortunes have been made and fortunes lost, which makes this field of collecting especially robust and intriguing. There seems to be something that speaks to everyone's imagination.

For example, at a recent Tucson estate sale, a collection of old mining ephemera (printed material) was offered for sale. There was an assortment of boarding house punch tickets and mercantile receipts. There also were cancelled checks from the Golden Star Mines Company, once located in an area called Polaris, about halfway between Quartzite and Yuma. These items brought hundreds of dollars. Another group of paper items was from the Goldfield-Superstition



Jon Englund and Donna Luger

Consolidated Gold Mines Company. Interest in this lot was so strong that it sold for more than \$1,000.

Other highly collectible items include pieces of those exotically named minerals noted above, selling in the range of \$100 to \$500. In addition, miners' carbide lamps can bring \$200 to \$350, with vintage dynamite blasting plunger boxes bringing around \$300 to \$800.

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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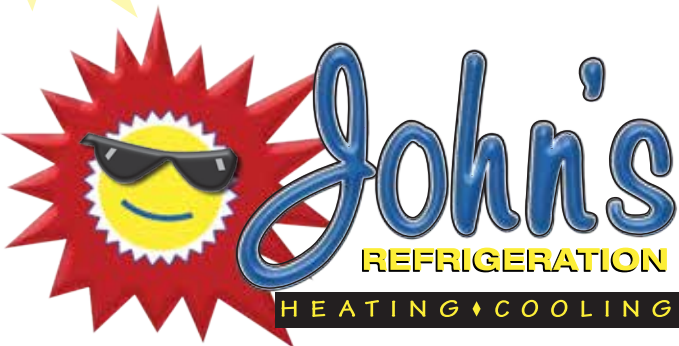
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EVENT

Local Café Sponsors Event to Support Injured Military and Their Families

Submitted by What's Crackin Café

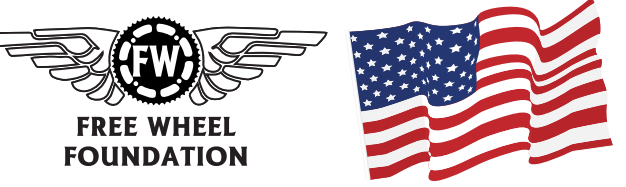
What's Crackin Café is teaming up with the Free Wheel Foundation on Saturday, June 16, from 4 to 8 p.m., to celebrate the restaurant's first year in our community by sponsoring an event to support injured military, veterans and their families.

What's Crackin Evening to Support Recovering Warriors will take place in the café's parking lot. The event will feature music, food, drinks and vendors. Those in attendance will have a chance to win silent and live auction items throughout the evening. They also will have the opportunity to engage with some of our warriors and their families on what recovery means to them.

Businesses in the community have the opportunity to support the Free Wheel Foundation by donating items for the auctions.

To donate tax-deductible auction items, send an email to [Kendrab@freewheelfoundation.org](mailto:Kendrab@freewheelfoundation.org). ■

What's Crackin Café is located at 6663 E. McDowell Road, Suite 101. For more information, visit [whatscrackincafe.com](http://whatscrackincafe.com), or call (480) 264-6832.



EVENT

GOLFERS NEEDED To Support Local Charity



By Sally Marks, Marks Public Relations

Registration for the first MHB Golf Tournament to benefit My Hope Bag, a local non-profit organization that supports the breast cancer community, is under way, with online registration being accepted at [myhopebag.org](http://myhopebag.org).

The tournament will take place on Friday, May 4, at Red Mountain Ranch Country Club Golf Course, 6425 E. Teton Circle. The shotgun start begins at 7:30 a.m. Golfer check-in begins at 6 a.m.

The four-person golf scramble is \$100 per golfer and includes golfing, continental breakfast, lunch and golf goodie bags. There will be a silent auction, raffle drawing, game prizes for golfers and more.

My Hope Bag is a local non-profit, 501(c)3. For more than six years, My Hope Bag has devoted its energy to passionately supporting the breast cancer community. Whether it's a hand-delivered bag of hope filled with local resources and other comforting items, regular communication or emotional support, My Hope Bag is committed to making sure no one faces breast cancer alone. ■

For more information, visit [MyHopeBag.org](http://MyHopeBag.org).

EVENT

Arizona Cantilena Chorale TO PERFORM AT MCC

Submitted by Margaret J. Buza, Red Mountain Ranch Resident

The Arizona Cantilena Chorale will perform the *Songs of Three Stephens*, songs of Foster, Schwartz and Sondheim, on Friday, May 4, at 7 p.m., at the Red Mountain Campus of Mesa Community College, located at 7110 E. McKellips Road.

On Saturday, May 5, the group will sing at 7 p.m. at Dayspring United Methodist Church, located at 1365 E. Elliot Road, in Tempe.

The chorale's final performance of the *Songs of Three Stephens* will be held on Sunday, May 6, at 4 p.m., at the Church of the Master, 6659 E. University Drive, in Mesa.

Filled with lively selections from these wonderful American composers, the concert promises to be enjoyable and fun, with music the whole family will recognize and enjoy. Featured will be tunes aplenty, from Broadway to the 19th century parlor songs, a popular romantic fare of the day. Plan now to join us for this exciting and delightful musical presentation.

Tickets are \$10 each for adults. Tickets for students, seniors, veterans and children are \$5 each. ■

The Arizona Cantilena Chorale, a nonprofit organization, performs across the Phoenix metro area, and is dedicated to bringing high-quality vocal music from a variety of composers. The group consists of 25 men and women who demonstrate fine excellence in musical talent and musicianship.

For more information, visit [arizonacantilenachorale.org](http://arizonacantilenachorale.org).



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COMMUNITY

# Step Back in Time to Keep History Alive

By Ashley Breinholt

If it's been some time since you had a swell time cutting a rug with your sweetie, the Commemorative Air Force Museum at Falcon Field gives you a chance to step back in time each year and visit the 1940s during their *Big Band Dance* fundraiser.

Each March, the Museum hosts a dance in its hangar, complete with live music, a costume contest, dance lessons and a line-up of food trucks.

Over the past 33 years, the Commemorative Air Force Museum has perfected this annual event. Imagine walking into the massive hangar and seeing red lips and victory rolls, suspenders and pageboy caps, as well as vintage military uniforms from every branch. The sounds of a big band fill the air, and the crowd on the dance floor is doing the jitterbug. You are transported back to another time—to a place where life moves at a slower pace and the attitude of the country is a bit more patriotic.

This year's event did not disappoint. The night kicked

off with swing dance lessons, so everyone, no matter their skill level, could kick up their heels on the dance floor. Rows of tables full of people dressed to the nines looked like they had stepped out of the pages of a history book.

The stories behind some of the costumes were amazing, too. Several retired military members, World War II veterans, to be exact, were wearing their uniforms. Sons, daughters and grandchildren honored the veterans in their families by wearing uniforms that had been passed down. The costume contest was not only the perfect time to spotlight each individual costume, but it also served as an opportunity for everyone to appreciate the time and effort that went into each costume.

Some people, like Brandin Bear and Michael Urbano, spent the last year planning their costumes. For Brandin and Michael, the vintage football and cheerleading uniforms were a way for them to honor their fathers who played college football. The winners of the costume contest were Ron Rough and his partner, Lonna, who made the perfect pair as a soldier and Marilyn Monroe. A World

War II veteran, Ron was wearing his original uniform.

Hearing the stories from days long past and seeing people who had a personal connection to big events in our nation's history made the evening even more meaningful. The Commemorative Air Force Museum works hard to preserve unique history from World War II.

Walking through the museum, you will see all sorts of aircraft used by the military and by private pilots in that time period. There are displays of military uniforms and videos for you to see and hear clips from the 1940s detailing how different life was.

The Big Band Dance is the museum's big fund-raising event each year, which helps secure the funds needed to keep this piece of our history alive and accessible to all. You do not want to miss out on next year's event and your chance to experience the 1940s for yourself. ■

The Commemorative Air Force Museum is located at 2017 N. Greenfield Road. For more information, call (480) 924-1940.





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LOCAL BUSINESS

# Keep Seniors with Alzheimer's Safe at Home

Submitted by Home Care Assistance

Alzheimer's may rob a person of their memories, however, it doesn't have to rob them of the chance to remain at home.

With a number of modifications, a home can remain safe, secure and familiar for many seniors experiencing cognitive decline.

Age-friendly home improvements are important for creating a safe space for your loved one. All of this begins with a careful and thorough examination of the senior's home.

Let's start outside the home. Are there cracks or heaves in the sidewalk? Are there stairs leading to the front door? Does that front door have a round doorknob?

Family caregivers should repair any cracked sidewalks to reduce the risk of tripping. Stairs can prove to be difficult for seniors to climb (if not impossible). Tighten down the handrail for use by seniors to grab and pull themselves up if necessary.

Other options include installing a stairlift or building a ramp. If land is limited, remember that ramps don't have to extend straight out. They easily can circle back on themselves.

If the home's front door is unreachable or too costly to access, perhaps another door can be considered as a point of entry. For seniors with or without Alzheimer's disease, round doorknobs can be difficult to both grab and turn. An easy fix is to replace the round doorknob with a lever, which can easily be pressed down to open the door.

### HOW TO MAKE A HOME SAFE FOR SENIORS

Upon entering the home, someone with Alzheimer's will need a more open layout. Excess clutter can be risky and can cause further confusion. Remove unnecessary furniture. Consider the style of furniture, as well. Someone with Alzheimer's can become weaker and may not have the physical strength to lift themselves out of a comfortable couch.

Hide away any extension cords, which may be stretched across a room, as these can become tripping hazards. Scrutinize any old carpeting, which may be peeling off the floor. Glue this back down, or remove the carpeting entirely. On that same subject, pull out any



throw rugs, which may slide when an unsteady senior walks over them and cause the individual to tumble.

### KITCHEN DESIGNS FOR ALZHEIMER'S

Moving to the kitchen, family caregivers can better ensure a senior's safety by routinely cleaning out the refrigerator and cupboards. Stored food often has an expiration date and will spoil if kept too long. Depending on how advanced the senior's Alzheimer's disease is, family caregivers also can turn off the oven/stove, either by turning off the breaker, unplugging the appliance or removing any control knobs. Visiting family caregivers can bring prepared food or easily distract a senior long enough to turn the oven/stove back on to cook a meal. Family caregivers also could color-code the water controls for the kitchen sink. Use red for hot and blue for cold.

### DESIGNING A SENIOR-FRIENDLY BATHROOM

The bathroom is the most used room in any house and, as such, deserves the most attention. Grab bars placed in strategic locations throughout the bathroom, namely, beside the bathtub or shower and toilet, can be very helpful. A raised toilet seat, a walk-in tub, a handheld shower nozzle and a shower chair can all make things easier for seniors with Alzheimer's disease.

Family caregivers could consider removing the bathroom mirror, as well. A senior with advanced Alzheimer's disease may not recognize himself in the glass and be startled or frightened when seeing an intruder.

### HOME DESIGNS FOR LONGEVITY

Other tips on how to remodel your home for senior safety include installing more lights to brighten up any dark hallways or rooms, painting interior stair lips a different color to differentiate steps from each other, installing deadbolt lockers near the top or base of doors to make them not as visible and reachable, and/or hiding away sharp knives and any potentially hazardous materials.

With some careful preplanning and ongoing monitoring by family caregivers, a senior with Alzheimer's disease can continue living safely at home.

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

To see how our caregivers can help your loved one thrive, contact Certified Dementia Practitioner Amanda Butas, your Mesa client care manager, at (480) 699-4899. You also can visit us at 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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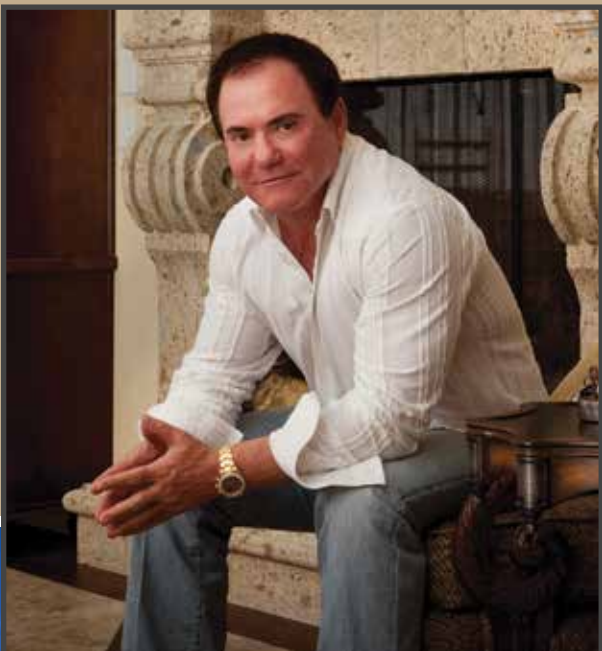


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