

The Groves Up Close



Bringing neighbors closer to their community

June 2018

The cool place to be this summer IS THE PATIO AT LAS SENDAS



Hilda and David Luna



Jennifer Woods visits with Brad and Jackie Thomas.

By Dawn Abbey
Photos by Kim Phillips

Experience the coolest place to have fun, fantastic food, fabulous libations and live entertainment this summer—The Patio at Las Sendas, newly renovated with major coolness in mind.

Construction has just been completed on a beautiful pergola cover over the upper outside deck of The Patio, complete with perimeter misting and additional fans to provide a unique coolness for all-day and evening dining.

"Despite the fact many residents leave for the summer, that shouldn't be the end of fun activities for year-round residents," said Las Sendas Food and Beverage Director Dennis Shaw. "So, by adding these cooling features to our Patio, we now can extend fine dining and gatherings well into the summer."

You now can enjoy the beautiful views of the desert, mountains, the Phoenix Valley, wildlife and human life at the 9th hole of the golf course in cool comfort, even during the daytime hours. Sunshades are also being installed.

Las Sendas homeowners Brad and Jackie Thomas recently were enjoying the new patio with their cousin,

Jennifer Woods, from Chicago. "This is where we bring special people," said Jackie. "The view, the golf course, the food, everything is fabulous."

Brad expressed his pleasure with the new pergola. "We were thrilled," he admitted. "The umbrellas sometimes blocked the view. This is a positive change. The Patio is much more usable now."

Jackie agreed with her husband. "This is more of an outdoor room, an extension of the inside," she stated enthusiastically. The couple

agreed they are going to appreciate the misters, too. "This is our getaway, our resort," said Jackie. "So, in summertime, we can come up here, dine and enjoy the view," added Brad.

Jennifer commented this was her first time at The Patio. "It's a beautiful facility," she said. "The atmosphere is enhancing and memorable and gorgeous."

At night, new creative mood lighting enhances the sunset views and the sparkle of city lights below. Right now, nights are perfect for being outdoors. And there's live entertainment Thursday through Saturday nights, from 7 to 9 p.m.

During one recent evening, Mesa Vice Mayor David Luna and his wife, Hilda, came to The Patio to enjoy the sunset views and city lights under the cover of the new amenity. "We love the city lights, and we have a beautiful view we can enjoy," said David. "We recommend all residents come and enjoy this gem in the desert."

A special cuisine further enhances the beautiful renovation. "To celebrate the completion of The Patio's new cool ambiance, we are offering a variety of fresh and contemporary cuisine," Dennis said. "We call our new Summer Menus, Happy Hour and Nightly Dinner Specials *A Little Bit of Everything*."

SUMMER DINNER SPECIALS:

- **Sundays and Mondays**—Buy one dinner entrée after 5 p.m., and get one of equal or lesser value free.
- **Taco Tuesdays**—After 5 p.m., enjoy \$2.50 Tacos, \$4 Margaritas and Mexican Specialties prepared by Chef Jason and Chef José.
- **Wine Down Wednesdays** means 40 percent off on all bottles of wine under \$100, and new pasta specials artistically created weekly to complement your wine.
- **Thursday is Prime Rib Night**—Get a 10-ounce \$18.95 or 14-ounce \$22.95 with a House or Caesar Salad. Pair a glass of wine for only \$3.
- **Surf and Turf Fridays** after 5 p.m.—Halibut Fish and Chips \$16.95, or Prime Top Sirloin/ Halibut Filet with Roasted Potatoes and Seasonal Vegetables.
- **Have a Date Night Out Saturdays** after 7 p.m. with our Wine and Dine Three Courses for \$30, plus any bottle of wine under \$100 for half off. Choose a House or Caesar Salad, one hand-selected dinner entrée, either Chicken, Salmon, 6-ounce Top Sirloin or Vegetarian, followed by your choice of dessert.

Year-round residents and guests also can cool off during an extended Summer Happy Hour, from 3 to 6 p.m. "Discounts on cold beer, wines and creative mixology, as well as tasty cocktail bites, can also be enjoyed in our cooler Patio and The Grille," Dennis stated.

"Whether you've worked up an appetite out on the course, want to catch a game or golf tournament on one of our large flat-screen TVs, or just enjoy a delicious dining experience while soaking up the incredible views, The Patio or The Grille is the place for you," Dennis further stated. "And remember, the public is always welcome." ■

The Patio and The Grille are located at the Las Sendas Golf Club, 7555 E. Eagle Crest Drive. For more information or reservations, call (480) 396-4000.

Doctor Pool Offers Tips to Ensure Best Poolside Summer

By Jamie Killin

Since swimming is one of the favorite activities of Valley residents during the hot months ahead, James Deremiah, owner of Doctor Pool, a Mesa-based pool service, is providing his best tips for a safe and happy summer.

CHECK YOUR POOL SYSTEMS TO ENSURE EVERYTHING IS RUNNING PROPERLY

Out of balance water chemistry can make your pool cloudy, irritate the skin, discolor hair and cause red eyes. Broken equipment can lead to costly and often unnecessary repairs or replacement. James recommends starting each pool season with a Doctor Pool inspection, for just \$75. Pool owners receive a full emailed report, and for just

\$20 more, Doctor Pool can provide a training course on pool maintenance.

"This time of year gets really busy for pool service and repairs, as well as pool enjoyment," said James. "Everything stresses your pool during this time. With the heat, chemicals don't perform well. So, it's good to have a pool service company come and check your pool's chemicals."

KEEP THE POOL FREE FROM DEBRIS

Keeping the pool free of debris not only makes the pool more visually appealing, but also ensures proper water flow and prevents pool issues, such as algae. James recommends cleaning out pool baskets daily during Arizona's monsoon season.

KEEP AN EYE ON ALL CHILDREN

Making sure to watch kids around water is a critical component of pool safety, and flotation devices or swim lessons can't be used as a substitute for supervision.

Doctor Pool has been in business for more than 30 years, providing services across the Valley—from pool inspection or regular maintenance, to pool installation or resurfacing. Doctor Pool can even install a heater or heat pump to help pool owners make the most of their pool all year long. ■

For more information on Doctor Pool, visit DoctorPool.net, or call (480) 641-2252.

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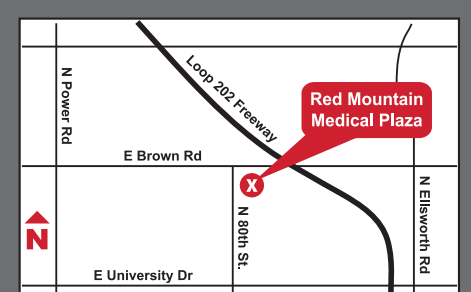
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E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERSDawn Abbey
Jamie Killin**COPY EDITOR**

Sandra Van Dyke

DESIGNLuckyYou! Creative, publication design
Erin Loukili, Jaclyn Threadgill
www.luckyyoucreative.comRamey Newell, website design
KeenGraphics.net**CONTRIBUTORS**

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

HEALTH

Valuable information serves as guide TO FOOT HEALTH FOR ATHLETIC KIDS

By Dr. Aprajita Nakra, DPM

With millions of American children participating in warm weather sports this year, from softball to soccer, and swimming to cycling, they will need their feet to be pain-free if they're going to play their best and prevent injuries.

"Sports play a significant role in the lives of millions of young athletes," said Dr. Aprajita Nakra, DPM, a foot and ankle specialist at Advanced Ankle and Foot at Red Mountain Medical Plaza. "Parents need to be aware that sports which require a substantial amount of running, turning and contact can translate to injuries. Protecting children's feet from injuries, and bringing them to a podiatrist when problems occur, can help keep kids in the game and make the sport more enjoyable."

Dr. Nakra offers some tips for helping protect children's feet while playing warm-weather sports:

- Protective taping of the ankles is often necessary to help prevent sprains or fractures.
- Buying a shoe designed for the specific sport your child plays not only improves your child's performance in the sport, but also can help protect the young athlete from serious foot and ankle injuries.
- Without the right sock, even the best athletic shoe won't score points—on the field or off. Athletic socks should consist of a natural/synthetic blend, which is best at wicking away moisture and minimizing foot odor. Socks should not have large seams that might cause blisters or irritation.

Commonly played warm-weather sports and the risks associated with them include:

Basketball—Children playing basketball may be at risk for ankle sprains, tendinitis and plantar fasciitis (inflammation of the thick band of tissue on the sole of the foot). To minimize the risk of foot injury, choose



Dr. Aprajita Nakra

a shoe with a thick, stiff sole, high ankle support and shock absorption.

Tennis—The rapid, repetitive lateral movements and shifting of weight required of tennis players can lead to injuries, such as ankle sprains, plantar fasciitis, as well as corns or calluses. Tennis players will do best with a flexible-soled shoe that supports both sides of the foot.

Running—Movements required of runners include leg extension and hitting the balls of the feet with a great deal of force. Running can lead to shin splints, heel pain and blisters. A good running shoe should offer good support and shock absorption. In some cases, custom orthotics may be necessary to provide additional support and control of foot motion.

Soccer—The running, jumping and lateral movements required of soccer players can lead to many foot injuries, with heel pain and shin splints being among the most common. Soccer shoes should provide multiple cleats in the heel area and enough room for thick soccer socks.

"Sports-related foot and ankle injuries are on the rise as more children participate actively in sports," Dr. Nakra said. "Parents need to be vigilant to ensure children's feet remain healthy and safe. And remember—lack of complaint by a child is not a reliable sign everything is fine. The bones of growing feet are so flexible that they can be twisted and distorted without the child being aware of it."

Ensuring your child's feet stay healthy could go a long way. Your young athlete could one day be the next LeBron James or Brandi Chastain. If your child participates in strenuous sports, monitor foot health closely. If you suspect a problem, take your child to a podiatrist for evaluation and treatment. ■

Dr. Aprajita Nakra, DPM, is a foot and ankle surgeon at Advanced Ankle and Foot in Mesa, Gilbert and Casa Grande. To make an appointment, call (480) 962-4281, or visit advancedanklefoot.com.



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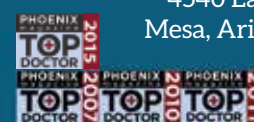
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EVENT

Event Supports Recovering Warriors

Submitted by What's Crackin Café

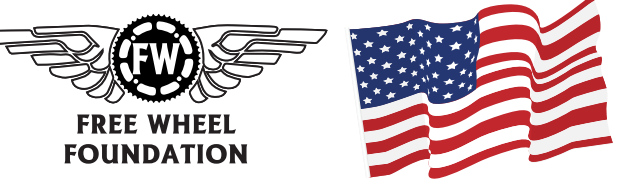
What's Crackin Café is teaming up with the Free Wheel Foundation to celebrate its first year in our community with a special event on June 16, from 4 to 8 p.m., in the restaurant's parking lot.

The celebration will support our injured military, veterans and their families.

Music, food, drinks and vendors will highlight the occasion, as well as a chance to win silent and live auctions throughout the evening. Those in attendance also will have the opportunity to engage with some of our warriors and their families on what recovery means to them.

Don't miss this chance to include your business and offer your support by donating auction items. To donate tax-deductible auction items, contact Kendrab@freewheelfoundation.org. ■

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



HEALTH

MEDICARE DOES NOT OFFER A One-Size-Fits-All Plan

Submitted by Tapestry Insurance

A couple of days ago, I met with a friend turning 65 in September who wanted some direction on how to choose and when to sign up for a Medicare plan.



Lynne Jones

My friend, who called because I am an independent Medicare insurance agent, is very healthy, exercises and eats a plant-based diet. As we visited, I realized her Medicare choice was going to be made based on more than just her current health. There was cancer in her family history, which made her concerned about what plan would be the best choice, should she develop cancer.

She also was anxious to keep her current doctor and have the benefit of a gym membership. Her decision will be based on what fits her personal needs and desires. That is why having an independent agent is so valuable. I can help you find the plan that fits your individual needs and lifestyle. ■

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



LOCAL BUSINESS

Group Rentals Ensure Great PADDLEBOARDING FUN



Submitted by No Snow Stand Up Paddleboard Shop

If you are looking for fun things to do for birthdays, family reunions, team building or corporate events, check out our No Snow Rent A Box, new this year. Load up our courtesy box van with 10 to 25 boards and drive yourself to the lake. Everything you need to paddle is ready and waiting for pickup. You just bring your friends, coolers, snacks and sunscreen, and you are ready to head out to the water.

Our courtesy box van is ideal for river runs, sunset or sunrise parties, birthdays, corporate events, stand up paddleboard yoga, fitness, team building, Boy Scouts, Girl Guides, church groups, family reunions or Sunday fun days.

Offered at no additional cost to you, the van is provided as a courtesy. ■

For details and to book your event, call (480) 220-5705. The No Snow Stand Up Paddleboard Shop is located on the north-west corner of Power and Thomas roads, north of Walgreens. The shop, open seven days a week, is located at 3654 N. Power Road, Suite 104. Visit us online at nosnowsups.com.

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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

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EDUCATION

Early Childhood Education Lays the Foundation for Future Success

By Sami Majeed, JD, Chief of Schools,
Self Development Academies

Your child's earliest years are key in determining who they will become.

Why not enroll your child in the first preschool to adopt a STEAM (STEM + Arts) curriculum?

Self Development Preschool (SDP) provides such an exceptional and unique enrichment program for children ages 2 through 5 that SDP's students experience a giant leap entering elementary school. In fact, students often are ready to enter into accelerated and advanced programs, which offer education at one to two grade levels above the normally appropriate programs for their age. The reason is, at SDP, we believe there is no set *starting point*. SDP starts with high conceptual logic and art with above age-level material. Early exposure to critical thinking, logic and artistic creation is the essence of a rich, successful life.

Studies have shown a positive correlation with brilliance and early childhood exposure to higher-level thinking. That is why SDP spent years upon years perfecting a curriculum that introduces our toddlers and pre-kindergarteners to the classics, to poetry, music making, illuminating science experiments and much more. The children follow a curriculum-based lesson, which includes several areas of enrichment. Rachel Hunt, MS, and Anjum

Majeed, EdD, designed the curriculum, each having nearly four decades of experience in early childhood and committed passions for education at the highest caliber.

The uniqueness of the program for the younger children is exceptional. Just like elementary education, SDP has weekly detailed lesson plans that list the concepts and learning objectives. The academic program includes language/reading readiness, math and writing. The enrichment curriculum details art, classics/poetry, music, science, life skills and dramatic skills. The new outside play area aids in physical development and creative play.

A great education starts with the wisdom that only comes from dedication and experience. A staff who has made their lives the education of their preschool students delivers the enriching curriculum at SDP. This staff, some of whom have worked at the preschool for decades, has that rare balance of nurturing and high expectations, which is immensely important in rearing intelligent, well-balanced and emotionally healthy children. Director Vernetta Madsen knows every dimension of learning, of early education, and of how curriculum is developed and implemented because she has been employed at SDP for nearly 30 years.

We teach with the future in mind. We do not shy away from our role as the shapers of the next generation of innovators, scientists, legislators and Nobel Prize winners. The 2- to 3-year-old classroom introduces preschool and pre-kindergarten curriculum goals and encourages concept mastery and academic confidence. The curriculum is an important component, since the 2- to 3-year-old classroom progresses with the skills needed to transition into the 4- to 5-year-old classrooms. This component ensures a solid academic start to kindergarten and elementary school.

You may know that next door to Self Development Preschool is the Self Development Academy-Mesa. However, did you know that parent demand for an accelerated, enriched curriculum at the elementary school level was the impetus for the creation of the top-ranking kindergarten through grade-eight school? Indeed! Parents wanted a strong, enriched curriculum that delivered high academic results and performance in a caring environment that met the intellectual needs of the students, as well as



the social and emotional needs.

Given the exceptional academic foundation and social skills development offered at the preschool, the students smoothly transition to kindergarten, which is extremely helpful because SDA's kindergarten is taught at least at the first-grade level. In fact, such is true for all the grades—SDA-Mesa teaches at one to two and even three grade levels higher than regular elementary school education.

Self Development Preschool offers extended care, from 6 a.m. to 6 p.m., enrichment programs for 2- to 5-year-old students, from 8:30 to 11 a.m., and a summer program for children ages 5 to 13. The theme for this summer's program is *Around the World*. Children will learn about other countries and their cultures. The summer program includes art, science projects, field trips and other enrichment activities.

SDP's unique, top ranked, parent-adored, well-rounded educational experience is indeed perfect for your developing child. The school offers children the opportunity to unite a love of learning with a nurturing environment. ■

For further information about the preschool or our kindergarten through grade-eight program, please contact Director of Self Development Preschool Vernetta Madsen at (480) 396-3522, or call Self Development Academy at (480) 641-2640.



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LOCAL BUSINESS

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Submitted by Happy Pets Palace
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We do the teaching, practice and repetition for you. People most commonly request their puppies have training on various behaviors and commands, including not jumping up, walking nicely on a leash, drop it, leave it, coming when called, focus and, of course, sit, down and stay.

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

COMMUNITY

District 5 Summer Safety Tips

Submitted by David Luna

As summer approaches, keeping safe and secure is one of my top priorities.

Given that, it is important we consider some safety tips to ensure we remain safe and enjoy our summer vacations.



CRIME PREVENTION TIPS

The Mesa Police Department recommends the following tips:

Vehicle Safety

- Take your keys out of vehicles, and remove valuables (including garage door openers, guns, wallets, purses, electronics). Lock the doors, and roll up the windows.
- Park inside a garage or under well-lighted areas at night.
- Never leave the vehicle running unattended.

Residential Safety

- Make sure exterior doors and windows are locked at night and when you leave.
- Lock the door between the garage and residence.
- Turn on exterior lighting at night or consider installing motion sensor lighting.
- Trim bushes to 2 to 3 feet, especially by a window, and manicure trees so foliage growth is thinned out 6 feet or lower.

Personal Safety

- Know your surroundings, and be observant of anything out of place.
- Don't be distracted when pulling into a parking lot. Rather, be aware of where you parked, so you can easily locate your vehicle.
- If possible, walk during day light hours and take a friend. Program the non-emergency police number, (480) 644-2211 into your cell, so you can report suspicious activity.
- Text-to-911 provides equal access to emergency services for the deaf and hard of hearing community. It also provides an alternate method of reporting emergencies when traditional avenues are unavailable. ■

For more information, do not hesitate to call me at (480) 644-3771, or send an email to District5@mesaaz.gov.

SAFETY TIPS NEAR OR AROUND WATER

Mesa Fire and Medical Department recommendations:

Adults

- Maintain constant eye-to-eye supervision with children around any body of water, including pools, baths, buckets, fountains and lakes.
- Assign an adult to supervise children around any body of water, especially at parties.
- Use a U.S. Coast Guard-approved life vest for all non-proficient swimmers around water. Never substitute toys, such as floaties or inflatable rings, as life safety items.

Barriers

- A 5-foot fence should be installed around pools to separate it from the house and play yard, meeting (or that meet) all City of Mesa fence codes.
- Make sure there is a self-closing, self-latching gate around the pool fence. Lock the gate if the pool is not being used.
- All doors and windows leading to a pool area should be closed and locked.

Classes

- Learn CPR and how to swim. The Mesa Fire and Medical Department offers CPR classes. Swimming classes are available to all city residents. For a comprehensive list, visit Mesaparks.com.

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LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf

THE PATIO AND THE GRILLE

Treat Dad to a mouth-watering steak dinner to celebrate Father's Day, on Sunday, June 17. The Patio and The Grille is serving up a Father's Day Steak Dinner Special, featuring a 14-ounce Rib Eye Steak accompanied by Bacon-Roasted Potatoes, Marinated Tomato Salad and Corn on the Cob, all for \$24.95. And of course, The Patio and The Grille are always offering everyone's favorite libations.

Reservations are recommended. To plan your feast, call (480) 396-4000.

LAS SENDAS GOLF SHOP

FATHER'S DAY SPECIALS ALL THROUGH JUNE

Check out our month-long sale, starting on June 1, at Las Sendas Golf Shop, just in time to get Dad something really great for Father's Day, on Sunday, June 17. We have lots of specials for Dad, and gift certificates for golf merchandise are always available.

Our fully stocked golf shop features golf and leisure wear for men and women. Enjoy all the best new fashions from Jamie Sadock, Jo-Fit, Annika, Greg Norman, PING, Travis Mathew, Foot Joy and Under Armour.

Want to save more? We're constantly adding new items to our sale rack for extra savings, like 20 to 60 percent off men's and women's clothing, 15 percent off golf shoes and golf bags, and every in-stock golf club is on sale.

Are you having a Father's Day party or barbecue? Impress your guests with our Las Sendas Private Label wines available in the Golf Shop. Cabernet Sauvignon, Merlot, Chardonnay and Pinot Grigio are only \$18.95 per bottle, with discounts if you buy multiple bottles.

RENTAL CLUB SALE

We still have a few sets of Ping men's left-handed and right-handed rental clubs for sale. A full set, including golf bag and putter, is just \$975.

TEE TIMES

Now that summer has really arrived, it's time to take advantage of great golf conditions at Las Sendas, with lots of available tee times.

GOLF RATES FOR JUNE

Sunday through Wednesday

Open to 1 p.m.—\$39 plus tax. 1 to 3 p.m.—\$29 plus tax. After 3 p.m.—\$19 plus tax.

Thursday through Saturday

Open to 1 p.m.—\$49 plus tax. 1 to 3 p.m.—\$39 plus tax. After 3 p.m.—\$29 plus tax.

Las Sendas residents can go to our website, lassendas.com, and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. It's free to book tee times.

For information about Las Sendas Golf Club, please call (480) 396-4000.

JOIN NOW & PLAY FREE ALL SUMMER

IMAGINE—Play golf for free all summer long if you join Las Sendas Golf Club right now. And the rates are fantastic. Pick your special and get out on the course today.

FULLY REFUNDABLE MEMBERSHIP—Save more than \$15,000. Regularly \$45,000, now only \$29,900.

NON-REFUNDABLE MEMBERSHIP—Only \$15,000.

SOCIAL MEMBERSHIP (does not include free golf offer)—Reduced more than \$1,000 to \$1,999.

To sign up, or for more information, contact Wayne McBean. Call his cell at (480) 323-9364, or send an email to wmcbean@lassendas.com.

IT'S COOL INSIDE THE VISTAS PAVILION

The Vistas Pavilion at Las Sendas has lots of cool and comfortable indoor spaces for your summer gatherings, and is discounting indoor room rentals for any special summer occasion. Whether it's a birthday, baby shower, corporate meeting, family gathering, wedding or bridal shower, we have various sizes of indoor event space for any kind of party.

NO SUMMER SLOWDOWN HERE

There's still a lot happening during this summer at the Vistas Pavilion. Continuing during each summer month are our Chef's Dinners set for June 28, July 26 and Aug. 23. Make your reservations now for an evening of gourmet delights.

A cool glass of wine can be enjoyed during our Summer Series Wine Tastings, on June 23, July 21 and Aug. 18, while you watch the sunset from inside the cool comfort of the Vistas Pavilion.

Don't let that art spark die in the heat. Paint and Pinots—Paint Party and Wine, with renowned local artist Reagan Guzman, challenges you on June 22, July 27 and Aug. 17.

For all the details for these hot summer events, visit lassendas.com. You also can call Jess Miller at (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com. Make your reservations soon, and enjoy summer activities in the cool Vistas Pavilion.



LAS SENDAS GOLF CLUB MEMBERSHIP DRIVE

JOIN NOW & RECEIVE **FREE GOLF** ALL SUMMER

FULLY REFUNDABLE MEMBERSHIP

\$45,000 REDUCED TO **\$29,900**
SAVE OVER \$15,000

NON REFUNDABLE MEMBERSHIP
only \$15,000

SOCIAL MEMBERSHIPS

\$3,000 REDUCED TO
\$1,999

Save over \$1,000

*Free Golf Does NOT apply to Social Memberships

Join Now, Play All Summer FREE!!!

CONTACT: Wayne McBean
CELL: (480) 323-9364
EMAIL: wmcbean@lassendas.com

Tubing Fans Enjoy National GO Day



Submitted by Salt River Tubing

Celebrate *GO Day* at Salt River Tubing on Saturday, June 9, from 9 a.m. to 6:30 p.m.

During the event, free pirate bandanas will be tendered to the first 1,000 buccaneers. In addition, Salt River Tubing will be awarding free tubing passes for the best pirate tuber costumes.

The 11th annual National Get Outdoors Day (GO Day) event is a fan favorite. Invited exhibitors are Tonto National Forest and Maricopa County Sheriff's Office Lake Patrol. A special exhibitor will be Disney Pixar *Incredibles 2*. Free items from the *Incredibles 2* movie will be offered to buccaneers, as well as a sunscreen station and an enter-to-win contest for tickets to see the *Incredibles 2* movie, which will premier on June 15.

Extra splash and sizzle includes live entertainment by 104.7 KISS FM radio station, pirate coin grabs, water cannon battles and free giveaways. Pastor Don Liles will be officiating the opening ceremony for National Get Outdoors Day.

"Join us for GO Day as pirates sail the Salt River on tubes, brandishing pirate hats, waving pirate flags and humming Yo, Ho, Ho and a bottle of water," said Salt River Tubing's President and Chief Executive Officer Henri Breault. "Buccaneers can kick up their heels with the pirate line dancers, grab a photo opportunity with Smokey Bear, and ride our pirate warships (shuttle buses) to and from the Salt River. GO Day is keyed to enticing first-time visitors to the great outdoors and enjoying the mountain stream waters of the Salt River while floating in the *mini Grand Canyon* of Tonto National Forest," Henri continued. "Our recreational paradise is a fun-filled adventure in the great outdoors."

On April 25, Gov. Douglas Ducey issued Arizona's Great Outdoors Month proclamation, which stated, "Arizona is blessed with outstanding opportunities for people to *Escape the Indoors* by participating in safe and healthy fun in our Great Outdoors in the company of family and in the company of old and new friends. Our kids today spend an average of 10 hours a day in front of a screen, and outdoor activity is touted by many leading health organizations as a remedy for the adverse effects caused by our increasing inactivity."

"Great Outdoors Month allows us to celebrate the partnership of federal, state and local agencies, the recreation and tourism industries and recreationists, which make outdoor recreation opportunities available. Now, therefore, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim June 2018 as Great Outdoors Month, and urge all citizens and visitors from other states and countries to *Escape the Indoors* by exploring and enjoying, protecting and conserving Arizona's Great Outdoors."

The pilot effort of National Get Outdoors Day was launched on June 14, 2008. Building on the success of *More Kids in the Woods* and other important efforts to connect Americans—and especially children—with nature and active lifestyles, the United States Department of Agriculture (USDA) Forest Service and the American Recreation Coalition agreed to lead an inclusive, nationwide effort focusing on a single day when people would be inspired and motivated to get outdoors.

GO Day partnered with federal, state and local agencies, key enthusiast organizations and recreation businesses to create a healthy, fun day of outdoor adventure

aimed at reaching first-time visitors to public lands and reconnecting children to the outdoors.

Salt River Tubing operates in Tonto National Forest under permit of the USDA Forest Service.

TUBING FACTS AND TIPS

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.

- Children must be at least 8 years and 4 feet tall for tubing and shuttle bus service.
- 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.
- 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.
- 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. ■

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

Daily operating hours at Salt River Tubing are 9 a.m. to 6:30 p.m.

For more information about Salt River Tubing and National Get Outdoors Day (GO Day), please visit saltrivertubing.com and nationalgetoutdoorsday.org, or call (480) 984-3305.

KIDS Must Be At Least 8 Years Or Older & 4 Feet Tall for Tubing & Shuttle Bus Service

NO GLASS CONTAINERS Allowed at Salt River!



Salt River Tubing

AZ'S FLOATING BEACH BLAST!

HAVE A GREAT TIME! Responsibly Appoint a DESIGNATED DRIVER BEFORE Your Tubing Adventure!

TACO BELL
Discount Coupons Are Available at Participating Restaurants While Supplies Last!

OPEN 7 DAYS A WEEK

Water Flow & Weather Conditions Permitting CALL 480-984-3305

9:00 AM - 6:30 PM Latest Tube Rental 2:00 PM

INCLUDES FREE PARKING AT SRTR

Only \$17 + Tax & Fees

TUBE RENTAL and SHUTTLE BUS SERVICE

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



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

Salt River Pirates

YO HO HO! AHoy BUCCANEERS!

SATURDAY - JUNE 9th

9:00 AM - 6:30 PM




FREE PIRATE BANDANAS
to the 1st 1,000 Buccaneers!

FREE Tubing Passes for Best Pirate Costumes!

Event details at www.saltrivertubing.com






SUPER HEROES SPLASH DOWN!

SATURDAY - JUNE 23

9:00 AM - 6:30 PM

1ST 500 SUPER HEROES RECEIVE FREE SUPER HERO BANDANA!

FREE Tubing Passes for BEST SUPER HEROES COSTUMES

Event details at www.saltrivertubing.com

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REAL ESTATE

THERE ARE ADVANTAGES TO SELLING YOUR HOME DURING THE SUMMER MONTHS

By Lorraine Ryall
Associate Broker, CDPE,
CSSN, KOR Properties

Sellers always have thought of the summer months to be the slowest time to sell homes in Arizona, and many will take their homes off the market in June, July and August, with new sellers waiting until the fall before they list their homes.

While it's true the market slows down and sales start to dip in the summer months compared to the spring, there still are plenty of buyers out there, and the drop isn't as significant as you might think.

Summer months' sales are increasing, and we saw this trend really pick up last summer with one of our busiest summer seasons for the real estate market in Mesa. In 2017, the sales for March, April and May were 2706 combined and in June, July and August, the sales were 2469. Sales did decline in the summer, but it was only by 9.5 percent, as there still were plenty of buyers out there. While sales dropped by 9.5 percent, the inventory dropped by 17 percent, leaving less homes on the market for buyers to choose from.

The other advantage of selling in the summer months is this is when the serious buyers are out looking. The looky loos aren't going to go window-shopping when it's 115 degrees outside. The serious buyers want to find their homes as quickly as possible. To keep the process as short as possible, they will narrow their searches to only the homes at the top of their list, so you get less showings in the summer but more serious buyers.



Lorraine Ryall

RELOCATION BUYERS

Phoenix is ranked one of the top cities for job growth and population growth, and we are seeing more and more people relocating from out of state, especially California and the East Coast. They are the buyers who are here in the midst of our summer heat trying to find a home to move the family to as soon as school is out, which isn't until mid-June in other states.

MARKET AT DIFFERENT PRICE POINTS HOME PRICE UNDER \$350K

The inventory for homes under \$350K is so low it's hard for buyers to find them in time to get an offer in. In Mesa, there are 25 percent fewer homes on the market in this price range compared to the same time last year and 40 percent fewer than in 2016. If you do find one that is still active, you need to jump on it, view it right away, and be ready to write a very strong offer.

Chances are, when you do write an offer, you won't be the only one. We are seeing a lot of multiple offers on homes in this price range, which is driving the prices even higher and, in many cases, above the asking price. With such low inventory and high demand, the summer will continue to be very strong for this price point. So, if you have been thinking about listing your home, you don't have to wait for the fall.

HOME PRICE \$350K TO \$800K

Inventory in this price range is down 20 percent from the same time last year and 24 percent from 2016. As of May 19, the number of homes currently under contract is 374 compared to 276 in 2016 and 217 in 2016. Pending sales have increased 36 percent from the same time period last year and a whopping 72 percent from 2016. With less inventory and such strong sales, we expect the summer to continue with the increased

momentum, especially as this is the price range in which most relocation buyers are purchasing.

HOME PRICE \$800K+

This price range is the only one that is seeing an increase in active listings in Mesa of 17 percent over this time period in 2017 and 2016, but what is significant is the number of homes currently under contract. Pending sales as of May 19 have almost doubled from the same period last year. There currently are 21 homes under contract compared to 11 in 2016 and 13 in 2016. Finally, the luxury market has rebounded, and 2018 is proving to be the best year yet.

LESS COMPETITION IN THE SUMMER

With the theory being to take your home off the market during the summer months, the advantage to the seller who leaves his on the market is less competition. Less competition always works to the seller's advantage, and the summer offers the seller the least competition.

As you can see from the statistics above, no matter what price range you are in, we are still in a strong seller's market. With increasing buyers in the summer months and low inventory, keeping your home on the market or even listing in the summer could work to your advantage.

If you would like more information or statistics on the current market conditions in your price range, or you want information on listing your home, 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, or visit her website at Homes2SellAZ.com.

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Mountain Views - Pool \$565,000
4275 sq ft - 5 Bed, 3.5 Bath



Mountain Bridge
Backs to Wash - Pool \$575,000
2558 sq ft - 4 Bed, 3 Bath



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

Words simply cannot adequately express our extremely wonderful experience with Lorraine Ryall. She always goes above and beyond the call of duty, and was always responsive to our questions and concerns. She had wonderful connections with the highest skilled contractors, and we always felt assured she had our best interests in mind. In fact, Lorraine did such an awesome job for us - I'd highly recommend her to anyone looking to buy or sell.

- Marv and Brooke

FREE STAGING



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REAL ESTATE

IT'S TIME TO REFRESH

By John Karadsheh
Designated Broker
KOR Properties

Now that new home construction is on the rise again, those homes more than 10 years old suddenly are showing increasing signs of aging.

Today's interiors are so different from what had been built in the market previously. Therefore, sellers are finding they need to update in order to sell, or they have to price their homes accordingly.

Buyers are savvier than ever because, for the last decade, they have been immersed in HGTV, Pinterest and Houzz. Buyers are not on the hunt for dark Tuscan decor as they were 15 years ago. Buyers want a clean, neutral, *Fixer Upper* look, and we are seeing that modern farmhouse trend at every price point across the Valley, from renovated properties at \$250,000, to builder specs at \$5 million.

The key to remodeling is to spend your money wisely on the things that will give you the most bang for your buck. We always are happy to come out to your home and help you evaluate where your money will be best spent for future resale. We hate for our clients to spend money that we can't get back out of the house down the road.

Here are some of the remodeling projects we find have the best return on investment:

PAINT

This is always the least expensive way to enhance your home. Today's trends are all about light and bright. We have definitely moved past muddy tans, reds and dark browns. Even the grays are on the way out. Warm whites and light greiges, with white trim, are the way to go. If you only have the budget for one thing, a fresh coat of paint is always a good decision.



John Karadsheh

FRONT DOOR

Your front door is the first impression your house makes. In some cases, the best idea is to replace the door, while in others, the best plan is to repaint or refinish the door. Either way, a new looking front door enhances curb appeal and is a relatively affordable upgrade.

LIGHTING AND HARDWARE

New lighting and door hardware always make a home look updated. Oil rubbed bronze has long been the standard for replacing shiny brass. However, now we also are seeing a resurgence of brushed nickel, antiqued brass and chrome, as interiors take on a more modern feel. This also is an inexpensive way to get an updated look for your house.

LANDSCAPING

If you have ever watched HGTV, you know that landscaping can make all the difference in your curb appeal. Look at your plants. Do they need to be replaced? Evaluate your backyard and think about how you can make it into more of a secondary living space. Buyers love to see outdoor living spaces, and again, you might as well enjoy your yard before you go to sell.



FLOORING UPDATE

The floors really set the stage for your home. We have just had several clients replace the tile in their homes with long, wide wood plank tile flooring and the difference is absolutely unbelievable. For carpeting, the trend is definitely toward low pile patterned carpet and this also makes a huge difference in the look of a home. We won't lie. Changing flooring is a hassle, but we promise it will be worth it.

KITCHEN REFRESH

Updating your kitchen can begin with painting cabinets (hide the oak grain), changing counters (think neutral quartz and not granite), adding or changing out the backsplash and upgrading the lighting and hardware. However, don't just renovate your kitchen to sell the house. According to Houselogic.com, "Eighty-two percent of homeowners said their updated kitchen gave them a greater desire to be at home." The great news is that if you sell within five years of remodeling, an appraiser will give you a large percentage of the value of what was spent on the kitchen remodel (just not more than 10 percent of the home's value). Consequently, a well-done refresh will often get you a better return than an over the top remodel.

Most importantly, make a plan and pace yourself. We all are busy, and remodels can be costly and time consuming. Work on one or two projects at a time. Before you know it, you will have a house that is ready to list or ready to enjoy for years to come. ■

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

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In The Groves

Groves Area Market Report

Sales over \$310,000 for the Month of April 2018

Address	Square Feet	Community	Sold Price
2917 E. Glencove St.	1,845	Mountain View Ranches	\$321,000
1837 N. Somerset	2,088	Stone Canyon	\$322,500
5825 E. Fountain St.	2,144	Alta Mesa	\$325,000
2559 E. Fox St.	2,166	Brownmore Estates	\$333,000
2112 N. Ashbrook	2,427	Southwest Groves	\$349,000
3018 E. Minton St.	2,861	Vista Mesa	\$364,900
1464 N. 24th St.	2,480	Chateau D'Arnett	\$365,000
2229 E. Knoll St.	3,039	Regency at Garden Grove	\$366,900
5212 E. Fairfield Cir.	2,844	Crosspointe	\$370,500
2306 E. Nora St.	2,310	Village View Estates	\$399,900
1465 N. Robin Ln.	3,000	Mesa Northgrove	\$400,000
2554 E. Menlo St.	2,792	Hermosa Del Sol Estates	\$405,000
3157 E. Fountain St.	3,082	Groves	\$410,000
2824 E. Pearl St.	3,450	Lehi Crossing	\$455,309
1135 N. Miramar	3,696	Groves	\$475,000
856 N. Miramar	3,105	Thayer Estates	\$478,500
4562 E. Elmwood St.	3,027	Groves East	\$490,000
2906 E. Hale St.	3,264	Mesa Northgrove	\$498,000
1117 N. Omaha	3,342	Mahogany	\$519,000
3955 E. Fox Cir.	4,835	Triana	\$520,000
3033 N. Roca	3,945	Lehi Crossing	\$550,000
1056 N. Nassau	4,444	Mahogany	\$567,500
3844 E. McLellan Rd.	3,772	Groves North	\$587,950
4222 E. Brown Rd., #26	4,604	Villa Sendero	\$625,000
3950 E. McLellan Rd., #11	2,860	Crossroads Estates	\$671,000
3331 E. Indigo Cir.	4,286	Arboleda	\$678,000
3410 E. McDowell Rd.	14,042	County Island	\$680,000
5435 E. McLellan Rd., #39	5,175	Alta Mesa Estates	\$735,000
3340 E. Kenwood St.	4,049	Estates at 32nd Street	\$776,354
2553 N. Maple St.	4,961	Vista Estancia	\$970,000
2041 N. Citrus Cv.	5,245	Estates at 32nd Street	\$1,007,929

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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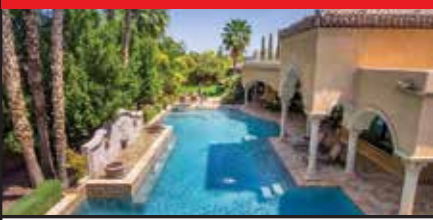
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7847CopperCanyon.com
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4346DesertOasis.com
\$1,595,000

ENTERTAINER'S DREAM!



LAS SENDAS LUXURY CUSTOM
8113EchoCanyon.com
\$1,475,000

SALE PENDING!



LAS SENDAS GOLF COURSE LOT
3963PinnacleHills.com
\$1,050,000

SALE PENDING!



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8139EchoCanyon.com
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5 CAR GARAGE!



ANNECY
3,033 SF / 4 BR / 3 BA
\$610,000

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CORONADO PARK
1,909 SF / 3 BR / 2 BA
\$429,000

JUST LISTED!



SHERWOOD MANOR
1,581 SF / 3 BR / 2 BA
\$230,000

JUST LISTED!



SKYRUN
1,975 SF / 4 BR / 2.5 BA
\$262,000

LARGE LOT & NO HOA!



TIERRA ESTE
2,083 SF / 3 BR / 2 BA
\$279,100

SALE PENDING!



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Preschool Offers Strong FOUNDATION FOR LIFE

By Pastor Paul Frank
Hosanna Lutheran Church

Upon closing the door of my hotel room in Southern California, I noticed a sign on the back of the door titled *Earthquake Instruction*.

Never did I think I would need earthquake instructions.

What do you do when the earth begins shaking and chaos is falling around you? Their instructions included things like standing in the doorway where the walls are reinforced for protection and strength, a note about drinking water, where to move to for safety once the shaking stops, and so on. It was an interesting read, and good information to have well ahead of time. You don't want to have to figure stuff out while in the midst of the earthquake.

Sometimes, your life might feel like the earth is quaking, when a marriage is falling apart, you experience the sudden loss of a loved one, a job evaporates unexpectedly, a doctor's diagnosis you can't believe, or, well, you've known those earth quaking moments, I'm sure.

Where do you find the earthquake instructions for life? That's what we're all about here at Hosanna Lutheran Church and Little Palms Preschool. While we live in partnership with each other, and we celebrate the many joys of life, we also try to prepare people for those moments when the earth will shake. We find the words of hope, redemption and restoration in the pages of God's promise we call His Word, the Bible. He gives us His wisdom and guidance, peace in turmoil and light for our path in life, all through His Word.



We begin by building a foundation to stand on, even in preschool. That's the mission of Little Palms Preschool at Hosanna, to give children a strong foundation in their education, in their wisdom and learning. It's a foundation on which to build their lives as they grow up in every way, physically, intellectually and spiritually.

Children need a solid foundation under them in all these areas because there will be days when their world is shaken. We also try to let them know that when the world seems shaken, you should stand in a place of great strength. Stand in the presence of Christ. Let Him feed your spirit and provide for your needs. He quenches our thirst for hope with His water of life. He guides us to places of safety when the shaking stops. He holds us close when the world is coming undone. ■

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||| LOCAL BUSINESS

Carnation Home Cleaning Provides Tips for Hiring the Right Cleaning Service

By Jamie Killin

Determining who you allow into your home to provide cleaning services can be difficult, and it's not a decision that should be taken lightly.

Fortunately, Carnation Home Cleaning founder Eugena Bring, who boasts nearly three decades in business, has tips for ensuring you're hiring a reputable and quality home cleaning service.

Eugena recommends first ensuring that you receive a quote, whether in person or over the phone, and that someone in the household is present during the first cleaning service to make sure expectations are set and the cleaning service is professional.

"The homeowner should be taking notes on the appearance of the cleaners. Are they well-dressed? Are they in a uniform? Is the vehicle they're driving clean, with advertising of the company? Are the cleaners gathering information and taking notes? The cleaners should be asking questions as far as what the homeowner wants and doesn't want," she said.

Eugena also stressed the importance of hiring a cleaning service that is knowledgeable on the latest cleaning products, as many products can cause permanent damage to surfaces like granite, marble, copper or stainless steel. Cleaning service providers should be well versed in all supplies, and they should be providing all of the cleaning products.

She recommends asking the cleaning service to also provide safety data sheets on each of their products. These sheets are created by the Occupational Safety and Health Administration and should be carried by all professional cleaning services.

Reputable cleaning services also will be



able to provide proof of insurance, which will protect the homeowner in a variety of cases, such as if something is damaged or if a member of the cleaning staff is injured while working in their home.

"Asking for a proof of insurance is something we love," said Eugena. "As a legal company, that is great. Every reputable cleaning company would be happy to provide proof of insurance, and it gives the homeowner a peace of mind."

Lastly, Eugena encourages homeowners to request and reach out to references before hiring a new cleaning company.

"It's a huge undertaking," Eugena said of the hiring process. "Allowing somebody into your home—that's your private space, it's your family, it's your life, it's your savings, it's everything. We don't take it lightly when we are chosen as somebody's cleaner."

Eugena has provided more in-depth expert advice on how to choose the best cleaning service for you in her free e-book, which is available now at carnationhome-cleaninginc.com. ■

For more information about Carnation Home Cleaning, visit the website at carnationhome-cleaninginc.com, or call (480) 924-2096. The cleaning service, located near the intersection of Main Street and Greenfield Road, is at 4930 E. Main St., Suite 17.

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EDUCATION

DISTRICT DEBUTS DRONE ACTIVITY IN ONGOING PARTNERSHIP WITH BOEING

Story and Photo by Heidi Hurst

After a successful 20-year partnership with Boeing, Mesa Public Schools' Aeronautical Center of Exploration (ACE) has debuted an exciting new activity.

Fifth-grade students now visiting ACE at Salk Elementary School learn how to fly a drone, thanks to Boeing engineers who designed the activity and curriculum.

"This will help students plan their careers in aviation and science, technology, engineering and math (STEM)," said Mary Baldwin, Boeing's Arizona Community Investor. "That's part of what we try to do with our investment—contribute to that pipeline and make sure we have a future workforce."

Engineers designed a sectional map, where students fly a small drone from a spot marked with their school name, to a spot marked ACE. Three regional airports are included on the map, so students learn about the importance of safe drone flying around airspace in the local area.

"It teaches you how to fly a drone and about your sense of direction," said Mesa

Academy for Advanced Studies fifth-grader Katie Wong. "It teaches you to stay out of airports because it's dangerous, and to not go too high or too low."

The new activity is one of several stations at ACE, where students extend their learning about the science of flight. After learning about flight in the classroom, fifth-grade students visit ACE at Salk or Lowell elementary schools for hands-on activities, including flight simulation. Boeing and Mesa Public Schools collaborated to open the first ACE, then known as Flight Center, in 1998.

"Our objective was to teach students about the science of flight and help them in critical thinking and problem solving," Mary said. "As time has gone by, we help the district update curriculum. The new drone curriculum helps students learn a different aspect of flight."

ACE is one of several district programs offered to students thanks to grants from Boeing. In November 2017, Boeing awarded Mesa Public Schools \$301,000 for STEM initiatives, including Engineering Is Elementary, Claiming the Evidence and a KinderU math program.

The drone activity, currently available at the Salk location, already is a hit with students, according to ACE specialist Diana Andresen.

"We wanted to add some new STEM activities that engage kids in a higher level of thinking and create awareness of careers in aviation and aerospace," Diana said. "It's a great activity, and they're having fun."

Katie agrees. "Because of what I've learned in school, I've learned it would be cool to be a pilot, and I actually can be one day," she said.



Mesa Academy for Advanced Studies fifth-graders participate in the new drone activity at Salk Elementary School's Aeronautical Center of Exploration as instructor Diana Andresen looks on.

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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

About this time last year, I shared with you the story of a teenager who had found a 7.44 carat diamond just lying in the dirt. This actually was to be expected given that the teen was at the Crater of Diamonds State Park. The park, located just outside Murfreesboro, Arkansas, is the site of the eighth largest diamond-bearing volcanic crater on earth. Who knew? And right here in America.

The park's history is that around 1906, the first diamond was discovered at the site that would eventually become the state park. On July 15, 1952, the area became a commercial venture open to the public. In the early 1970s, the land was established as an Arkansas State Park.

Since the park started keeping records in 1972, there have been a reported total of 32,444 diamonds found through 2016. The largest diamond recovered during this time was 16.37 carats in size found by a Texas visitor in 1975. That diamond was cut into the 7.50 carat *Amarillo Starlight*. Last year, a total of 445 diamonds were found by tourists at the park. So, for a mere \$10 admission fee, you, too, can root around in the dirt and possibly find your fortune.

On a slightly grander scale, it was announced in April that a



472 carat gem-grade diamond of light brown color was discovered by a small-diamond miner in Botswana. That is an extremely large single diamond to remain intact given the fact the mining process usually results in

much smaller stones being harvested. While most of us may never have the opportunity to discover gigantic diamonds in Africa, or visit the Crater of Diamonds State Park to seek our treasure in the dirt, we just might have hidden treasures in our dresser drawers in the form of old or unwanted jewelry. It might be broken, outdated or hold unpleasant memories, but don't just discard it without knowing the value of what you have. Who knows, that old jewelry just might be your diamond in the rough and worth enough to fund your summer vacation.

So what's in your dresser?

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.



We appreciate our retirees!

Mesa Public Schools would like to thank our retirees. These dedicated men and women who have shared their passion for education with students and colleagues. This year, we have more than **200 retirees** representing more than **3,900 years of service**.

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- Darlene Shumway, 35 years
- Pamela Maupin, 37 years
- David Aranda, 38 years
- Debra Pearce, 43 years

We wish you the best in your future endeavors!



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HEALTH

Problems associated with vaginal DRYNESS HAVE VIABLE SOLUTIONS

By Dr. Sharzad Green

If you are suffering from vaginal dryness and painful intercourse, you are not alone. Here are some common causes and solutions:

SWIMMING—Spending too much time in the pool may lead to vaginal dryness and discomfort in the vulva area due to the chlorine used to keep the water clean.

Solution—Apply vitamin E or coconut oil to vulva before swimming. Rinse the private area thoroughly with water only (no soap) after swimming.

MEDICATIONS—Do you have a cold or the flu? Some cold and allergy medicines can dry up mucus, causing vaginal dryness.

Solution—Drink plenty of (caffeine-free) fluids, avoid antihistamines (such as Benadryl/Diphenhydramine) if possible. Run a humidifier in the bedroom.

CHEMICALS—Perfumes and dyes in soaps and feminine hygiene products may cause vaginal dryness.

Solution—As tempting as it may be to want the good smelling products, stick with dye-free and perfume-free products for your private area.

ANXIETY AND STRESS—Your emotions definitely can interfere with your libido or sexual desire and may lead to vaginal dryness.

Solution—De-stress regularly. Download a relaxation app into your smartphone, listen and relax a couple of times a day. Avoid energy drinks or sodas, which are loaded with caffeine.



Caffeine may make you more anxious and jittery, while dehydrating you, too.

SMOKING—Studies suggest smokers suffer more frequently from vaginal dryness. Also, women who smoke typically reach menopause a year earlier than non-smokers.

Solution—You know it's a bad habit. There are so many options to help you quit. Gums, patches, acupuncture, hypnosis and prescription medications (inhalers and pills) are some of the most common choices. Try a different option if you fail at first. Don't give up.

As discussed in my previous article, there are many different ways to address vaginal dryness, including hormones, lubricants, oils and natural vaginal moisturizers, such as FabuVag. According to the results of a scientific study published in November 2015, the natural herb used in FabuVag vaginal moisturizer is an effective means to manage the symptoms of vaginal atrophy in postmenopausal women. For more information on FabuVag, or to place an order, 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. You may contact her directly at (480) 264-7600 or via email at azhormonehelpers@hotmail.com. You can read about vaginal dryness and other health-related issues on her blog at greenbalancex.wordpress.com.

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LOCAL BUSINESS

YOUR PET’S SAFETY IS OF GREAT CONCERN AT GUCCI POOCH

By Dawn Abbey
Lisa Montoya, owner of Gucci Pooch Pet Salon, believes our pets are part of the family, and she and her staff treat all pets with the same care and concern as for any other member of the family.

Lisa has been following on social media the recent rise in pet owners’ concerns over pet salon safety. “We want all our owners to know that we exercise extraordinary care for the safety and health of our furry customers, as well as complete transparency in our salon,” she stated.

According to Lisa, the salon’s interior design allows for viewing from all areas. Owners can sit in the lobby and watch the various steps of their pets’ grooming process. “We also have a Dutch door separating the lobby from the grooming area, so you can view in, but cannot enter.”

In addition to the open view transparency of the salon’s workings, Lisa only employs groomers, like her, who have decades of experience and demonstrate a real caring for animals. Her groomers Sean and Nina Conan have been working in the Valley since 1996.

“I won’t tolerate the rush handling type of service I have witnessed in other shops,” Lisa said. “We all take the time and have the patience needed for each animal.”

For those who live further away, in Gilbert or Chandler, and can’t make it in to her Mesa location, Lisa can take her mini-mobile salon van to you. “We charge the same for services in the van, but add on a trip charge depending on the distance,” she said. However, if illness

or disability prevents a customer from driving in, Lisa will visit them for no extra fee.

SUMMER SAFETY

In addition to all the safety precautions taken at Gucci Pooch, Lisa reminds pet owners that Arizona’s intense summer heat can be hard on our furry friends, too. “If you can’t walk barefoot on the ground surface, it’s also too hot for your pet’s paws. Also, make sure you always bring plenty of water for your pet.”

Some dogs enjoy splashing in a kiddie-size pool or your backyard pool. Just make sure they can get out by themselves. Pets also need sunscreen, especially if they have been shaved. A mild baby sunscreen spray works well and pets usually will tolerate it, Lisa continued.

In addition, it goes without saying that no one should leave a pet in a car for even a few minutes.

Mosquitoes are an annoyance and source of disease for humans, but they also can infect your pet. Mosquitoes can transmit heartworms to dogs, which are very difficult to treat. “Always make sure to give your pets their Heartgard Plus Chewables, and use a topical spray monthly to ward off ticks,” Lisa cautioned.

To help keep mosquitoes away, remove all standing water from planters, hose leaks or rain puddles to keep your whole family, pets and humans, safe from bites. ■

For more information, or to schedule an appointment, call Lisa Montoya at (480) 335-4736. Gucci Pooch is located at the southeast corner of McKellips and Recker roads.



EDUCATION

History Teacher Receives National Educator Award

Submitted by Sally Marks

Instead of merely teaching history, Alec McDaniel is making some history of his own.

The Apache Junction High School history teacher was recently selected as a *Claes Nobel Educator of Distinction* by the National Society of High School Scholars (NSHSS).

Mr. McDaniel was nominated by a student for showing outstanding dedication and commitment to excellence in the profession. This honor recognizes exemplary educators whose passion and devotion inspire their students to grow and develop as scholars, leaders and citizens.

“Dedicated educators who exhibit a commitment to excellence deserve our highest praise and appreciation,” said NSHSS President James W. Lewis in a press release. “We hope to acknowledge and encourage the vital work of the teachers, counselors and administrators who are shaping the intellect and character of our young scholars.”

Mr. McDaniel is renowned for his unique and creative ways to make history come alive for students. Examples include a spin on the popular show, *Shark Tank*, where students take on the persona of great inventors in the Industrial Revolution and find investors for the era’s inventions such as the cotton gin, telegraph and steamboat. In another project, students researched influential figures of the Progressive Era (1890-1920), took on the persona of the person they researched, and then interacted with one another in a simulated, speed-dating format to learn more about the historical figures they were impersonating, as well as learning more about the events that shaped their lives. ■



Alec McDaniel

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LOCAL BUSINESS

New Technology Designs Improve Care of Seniors

Submitted by Home Care Assistance

The amount of technology now available is more than any other generation has had before us, and the current senior population is embracing this, and expecting to use technology in their daily lives. Many new products are forgotten quickly. The secret behind a good design, however, is that it must be simple and easy to use. If you can't figure out how it works, it won't help you. Go online and check out *how technology can help seniors* in all aspects of life.

TECHNOLOGY THAT HELPS SENIORS EXERCISE

Exercise is a vital part of staying active and healthy. Exercise keeps both our minds and bodies healthier. New devices coming on the market can help with mobility and motivation. There are wearable electronic devices, such as Fitbit, which can help keep track of how much you are moving and encourage setting new activity goals. What was once considered science fiction is the development of robotic exoskeletons. A robotic exoskeleton is an external suit or brace, which can be used to provide stability and boost stimulation to tired muscles.

TECHNOLOGY THAT PROVIDES MEDICATION REMINDERS

Keeping track of when you last took medication can be a challenge, especially when taking more than one. According to the Centers for Disease

Control and Prevention, among the 65 and over age group, 40 percent are taking five or more medications daily. Apps for smartphones will sound an alarm reminding you to take medications. Some apps, such as Pillbox, also will show a picture of all the pills you should take each time. A more advanced system, such as PillPack, will synchronize your prescriptions and supplements with your physician and your pharmacy. Your medications are then pre-packaged into labeled daily packs and delivered regularly to your door. The system also keeps track of when your next refill is due and contacts your physician before you run out.

TECHNOLOGY THAT IMPROVES BRAIN HEALTH

How you interact with your environment and what is important to you as a consumer is driving new developments in products for maintaining and improving brain health. Designers and developers are realizing the over 65 population is drawn to and wants to engage with new technology in creative ways. Products are being built that help improve the daily care and quality of life for seniors.

These tools can be used either by an individual or with a caregiver. Mentia is an iPad game by Deva World, which allows users with dementia to interact with an animated character on the screen. The user (or caregiver) easily can select

paintings, books, music and settings that are relaxing, enriching and entertaining for the mind.

TECHNOLOGY THAT PROVIDES MEMORY ASSISTANCE

BlipIQ is a program designed for people who experience memory loss. The program allows the user and family members to upload and engage with various forms of memories. Through stories, videos, audio, pictures and texts, you can engage with other family members, and BlipIQ helps to keep the puzzle pieces of memory active.

TECHNOLOGY THAT INCREASES ENGAGEMENT

Technology, such as smartphones, tablets and computers, allow seniors to stay connected with family and friends. Lyft is a ride-sharing company that offers people a comfortable and convenient way to travel even when they no longer drive. Recently, Lyft (and other ride-sharing companies) have partnered with health care facilities to assist seniors with transportation to the doctor's office, medical appointments, grocery stores and visits with friends and family. The explosion of new inventions, technologies and devices can be exciting as you discover how you can use these innovative designs to improve quality of life for yourself or a loved one.

If you need support caring for a loved one, 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. ■

Contact Certified Dementia Practitioner Amanda Butas, your Mesa client care manager, at (480) 699-4899 to see how our caregivers can help your loved one thrive. 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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