

Choose from Diverse Summer Activities AROUND THE NEIGHBORHOOD

By Kimberly Alvarado

Temperatures are rising to their peak levels this month in the Valley of the Sun, which sometimes means not as much is planned for the great outdoors, but opportunities for you to stay involved in activities and events around your neighborhood remain abundant.

We've gathered some ideas from different avenues of the city to keep the shine on summer fun. Whether you're looking for interactive projects with your youngsters, or ways to stay engaged with other adults during this season of swelter, the following collection of local events and offerings is sure to keep your social calendars hydrated this summer:

DOWNTOWN MESA

For family arts and crafts, head downtown to **My Darling Dragon** each Saturday morning, at 10 a.m. in July, to construct a variety of do-it-yourself (DIY) projects for kids of all ages. Tackling DIY watercolors is planned in July, a surefire way to stir the creative juices in your youngest artist. All workshops are just \$5 per family, with early registration recommended. For a complete list of projects planned, visit the website at mydarlingdragon.com.

Also downtown, Arizona's oldest and largest music store, Linton Milano Music, 38 W. Main St., is hosting **Music and Me parent and toddler musical classes**. This instruction offers an interactive musical opportunity for toddlers from ages 6 months to 4 years. Through an assortment of themes designed to develop intellectual and social skills for children, you and your future rock star will be exposed to a highly structured musical experience of sound. For early registration, visit Linton Milano Music's website at lintonmilano.com/parent-tot-music-class.

Maybe you're in need of a relaxing evening for yourself. How about a cold brew and some live music? Check out the sounds of the band that earned a first-place award at an Arizona Blues Showdown, **Smokestack Lightning**, performing live at **Desert Eagle Brewing Company**, on July 13, from 6 to 10 p.m. Visit the website at deserteaglebrewing.com.

Laughter really is the best medicine, and you're sure to be in stitches after the sun goes down with comedy stand-up or improv jams scheduled nearly every evening of the month at **Comedy Off Main Street**. Ella Gale, named Texas' Moontown County Festival's must-see comic, Mean Boy Keith Carey, and local favorite Paul Goebel, are among the featured acts. For a complete schedule of performances, visit comedyoffmainst.com.

Spice up your step, with third Thursdays dedicated to learning **Swing Dance**, and Fridays reserved for **Salsa lessons**, at OneOhOne Gallery, 101 W. Main St. Classes are just \$5 and available to anyone 13 and older.

Slow your roll in the downtown area, with the Mesa Arts Center's **Easy Like Saturday Morning Brunch and Booze** on July 28. Each fourth Saturday, the Creative Catalysts meet at a local restaurant for brunch, crafting and smooth sounds. For a complete look at what this group is planning, visit mesaartscenter.com.

CITY OF MESA

If fireworks are in your future, the City of Mesa is hosting the coolest **Independence Day celebration** in Arizona, at the Mesa Convention Center, 263 N. Center St., on July 4, from 6 to 10 p.m., with fireworks being displayed at approximately 9:30 p.m. Experience Arizona's celebration of freedom that evening with an abundance of water-related patriotic fun. There's no charge for entrance into the event, but your donation of a non-perishable food item, bottled water or cash to contribute to the parade's fire truck would be greatly appreciated. All donations support the United Food Bank's efforts to help feed families throughout the community. For more information on the celebration of freedom, visit mesaaz.gov.

LAS SENDAS

Over in Las Sendas, we're reminded that our skin also suffers a withdrawal from wonderfulness during summer's heat spell. Therefore, the Las Sendas Spa is addressing the desire to quench our skin with a special pampering facial treat, in the colors of Old Glory, called the **Red, White and Blueberry anti-aging facial**. Consider reaping the benefits of this brightening facial treatment in order to put your best face forward this summer. The Las Sendas Spa is open to the public. To make an appointment, call (480) 832-6900.

Let your artistic talents shine while overlooking the sunset in the garden room at The Vistas Pavilion at Las Sendas, on July 27, from 7 to 9 p.m. Local artist Reagan Guzman guides your group through the brushing techniques of **Paint and Pinot**, where you will create your own masterpiece during the one-evening session. The cost is \$35 per person and includes a glass of wine. This event requires a pre-registration. To reserve your space, contact Jess Miller at (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com.

MOUNTAIN BRIDGE

Youngsters in the Mountain Bridge community are encouraged to attend an **indoor carnival** on July 12, from 4 to 5 p.m. The event takes place at the clubhouse and requires an RSVP with the number of children who will be accompanied by an adult. Send the information to mamabear9092@gmail.com.

Residents also can take advantage of **LEGO Summer Camp** at the Mountain Bridge Owner's Club, from July 30 to Aug. 2. Learn more about these interactive camps at play-well.org.

AROUND MESA

Do you want your voice to be heard? Share your vocal talents Wednesday through Saturday evenings with karaoke at the Painted Mountain Golf Resort's Restaurant and Lounge, from 6 to 11 p.m. **Karaoke with Stephanie** promotes fun-filled evenings with singing, dancing and great drink specials.

Night Splash continues each week through the end of July over at Golfland/Sunsplash, at 155 W. Hampton Ave., in Mesa. You'll have the opportunity to slide beneath the stars with no fear of sunburn each Wednesday, Thursday, Friday and Saturday, from 5 to 10 p.m. ■

Mesa Arts Center:
Brunch & Booze



Las Sendas:
Paint and Pinot




Downtown Mesa:
Linton Milano Music

Downtown Mesa:
OneOhOne Gallery




Las Sendas:
Las Sendas Spa





Publishing | Design | Writing | Photography



PRSR STD
U.S. POSTAGE
PAID
PHOENIX, AZ
PERMIT #4460

POSTAL PATRON
ECRWSS

In This Issue	
Paddle Boarding Fun.....	4
Preschool Gifted Program	5
Mega Hawaiian Hula Event	6
Las Sendas Golf Club.....	7
District 5 Election.....	8
Celebrate Independence Day	12
Mesa Public Schools.....	14
Real Estate	15
Air Conditioning Maintenance	16
Service Directory.....	19



RED MOUNTAIN

MEDICAL PLAZA



OPEN TO THE PUBLIC!

ONE-STOP COMPREHENSIVE HEALTHCARE

FAMILY PRACTICE
CARDIOLOGY
DERMATOLOGY
GASTROENTEROLOGY
NEUROLOGY
ORTHOPEDIC SURGERY/
SPORTS MEDICINE
PAIN MANAGEMENT
PODIATRY/FOOT & ANKLE
IMAGING
LAB SERVICES
PHARMACY
PHYSICAL THERAPY & REHAB

EXPERIENCE THE DIFFERENCE AT RED MOUNTAIN MEDICAL PLAZA!

With today's fractured healthcare system, Red Mountain Medical Plaza strives to be the solution for patients seeking a better healthcare experience. Red Mountain Medical Plaza differentiates itself by providing:

- One stop for convenience
- Primary Care & specialist providers
- Accepting most insurances
- On-site pharmacy, lab, imaging and physical therapy

FAMILY PRACTICE

Our team of primary care physicians takes time to get to know each patient and coordinates care with other providers and services to create a 'hands on', attentive experience. We offer:

- Newborn to Elderly
- Same day sick visits
- Newborn and well child checks
- Gynecological exams
- Weight Management
- Allergy Care

Our family medicine practice includes health promotion & maintenance, disease diagnosis and prevention, patient education and counseling.

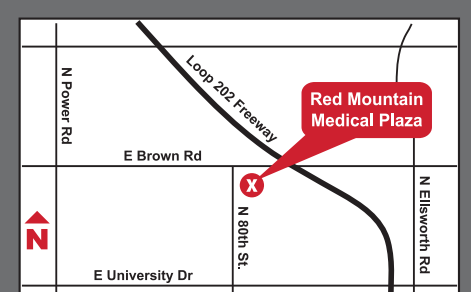
Allergy/Asthma • Vaccinations/Immunizations • Cold and Flu • Depression/Anxiety • Diabetes • EKG • Family Planning
Headaches • High Blood Pressure • Lacerations/Sutures Obesity • Physical Exams • Specialist Referral Coordination
Weight Loss/Management • Well Child Exams • Women's Health • Skin Care Solutions

Call and schedule your appointment today!

480-999-0049

8035 E. Brown Rd. Bldg. 4, Mesa, AZ 85207

info@rm-medicalplaza.com



Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2018 by Phillips West. All Rights Reserved.

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 WRITERS

Dawn Abbey

Jamie Killin

COPY EDITOR

Sandra Van Dyke

DESIGN

LuckyYou! Creative, publication design
Erin Loukili, Jaclyn Threadgill
www.luckyyoucreative.com

Ramey Newell, website design
KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

COMMUNITY

A Building Permit Is Needed For New Projects Or Remodeling

By David Luna, Vice Mayor and Councilmember



One of the most common questions District 5 residents ask in Mesa is how to go about obtaining a permit to build something.

The process actually is simple. This includes the permit, to have that pool, shed or whatever you may want to build, approved by the City of Mesa.

WHEN DO YOU NEED A PERMIT?

A building permit is required when any structural change or major alteration is made to a building, or when any new construction is undertaken. Permits for building, mechanical, plumbing and electrical work are required. The goal of the permitting process is to make sure all buildings are safe and free from hazards. Mesa provides assistance to homeowners for many Do-It-Yourself projects.

The first step is to visit the City of Mesa website and visit the Digital Innovation for Mesa's Electronic Services, or DIMES, section. You will need to set up an account with the city to request a permit. Once you have set up an account, log in and select Apply for a permit. You must also submit electronic plans when you submit your application, along with a permitting fee. Fees vary depending on the type of work.

WHY DO YOU NEED A PERMIT?

A permit ensures that construction complies with the City of Mesa building codes and zoning regulations. It is better to discover code discrepancies during

the plan preparation process rather than after your project is under construction. The inspector may discover faulty materials, deviations from the approved plans or violations of codes and regulations, which may result in an unsafe or hazardous condition for you and your family.

Once your application and plans have been submitted, the review process will last approximately 10 days. Once a permit has been obtained, there are certain responsibilities placed on the homeowner/contractor. The individual doing the work authorized by the permit must call for an inspection prior to covering or concealing the work. The required inspections must be scheduled and passed before work can continue or be concealed. Permits are valid for 180 days after the permit is issued.

If you have any questions or concerns, you always can call the permit office at (480) 644-4273. Their website can be found at mesaaz.gov/business/development-services/residential-construction. ■

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



Do You Have An Elderly Loved One Who Wants to Stay at Home but Needs Help?

If so, meet Home Care Assistance.

High Caliber Caregivers. We hire only 1 in 25 applicants, and we are the only senior care company with a Home Care University to train and develop caregivers.

Balanced Care. Our unique Balanced Care Method™ promotes healthy mind, body and spirit, and helps our clients thrive at home.

Live-In Experts. We specialize in around the clock care to help seniors live well at home.

Available 24/7. We are on call for clients and their families, even during nights and weekends.

Call today to schedule a free assessment!



480-699-4899

HomeCareAssistanceMesa.com

PROBLEM.



SOLUTION.



\$250 OFF
MiraDry Procedure
if you mention
this ad

Now there's miraDry®

- Immediate results that last
- Dramatic reduction of underarm sweat
- Non-invasive, in-office procedure with minimal to no downtime
- FDA-cleared
- Toxin-free, no need for endless treatments
- No need for ineffective antiperspirants

miraDry
A lasting solution for
excessive underarm sweat

Call Dr. Hiatt at 480-844-1410
to schedule your appointment!

PLASTIC SURGERY OF

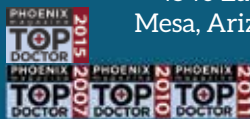
Tummy * Breast * Face * Ears * Nose * Eyelids
Male Breast Removal * Liposuction * Laser Hair Removal
Mommy Makeover * Underarm Sweat Solutions

All injections are administered by Dr. Hiatt
Botox * Juvederm * Voluma



Call for a complimentary consultation
(480) 844-1410

4540 East Baseline Road, Suite 117
Mesa, Arizona 85206 | DRHIATT.COM



Patient's Choice Award Recipient

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 nosnowsup.com.

LOCAL BUSINESS

Let What's Crackin Café Cater Your Next Special Event

Submitted by What's Crackin Café

What's Crackin Café is pleased to announce its new catering service. Customers can choose from four options when scheduling catering for a special event. What's Crackin Café offers simple delivery, setup and retrieval, a full-service option and customer pickup of delicious food. Catering at What's Crackin Café includes two regular catering menus, one of which is vegan and the other vegetarian. Tasty choices include Impossible Burgers, French Toast, Bowls, Burritos, Tacos and lots more. A notice of 24 hours is kindly requested prior to catering your event. View the menus at whatscrackincafe.com. To place an order, send an email to redmountaineventcenter@gmail.com, or call (602) 702-9583. The new vegan and vegetarian menus also are available when choosing to eat in the restaurant. ■

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

THERE ARE BENEFITS TO WORKING with an Independent Medicare Agent

Submitted by Tapestry Insurance

If you are turning 65 in the next year or retiring soon, now is the time to start preparing for Medicare. There are dozens of Medicare insurance carriers from which to choose. There are Medicare Advantage plans, Medicare supplement insurance plans and prescription drug plans, as well as dental plans. Having an independent Medicare agent will provide you with the opportunity to compare rates and coverages, so you can select the coverage right for you and your budget. I represent all of the major Medicare insurance companies in Arizona. I can answer questions about coverages, the difference between supplemental plans and Advantage plans, penalties and deadlines important to know. By understanding networks associated with certain plans, I also can help you customize a personal plan to fit your needs. ■

If you would like to schedule a no obligation appointment, please call Lynne Jones, a licensed salesperson, at (480) 212-2246.



Lynne Jones



Fresh, Wholesome Food Made From Scratch!

 **WHAT'S CRACKIN™**
café

\$2 Mimosas and \$5 Bloody Mary's
480-264-6832 • 6663 E McDowell Rd, Suite 101, Mesa, Az 85215
Hours: Mon-Thurs 6 am-2 pm • Fri-Sun 6 am-4 pm
Like us on Facebook and find out more about our fun upcoming events!


RED MOUNTAIN EVENT CENTER


Let us help you with your UPCOMING EVENTS!

602-702-9583
6655 E McDowell Rd, Suite 112
Mesa, Az 85215
redmountaineventcenter.com

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
480-212-2246


A Robin's Nest
Resale & Consignment Shop

If you love the hunt and are thrilled by the catch, do your retail shopping therapy at **A Robin's Nest**. You're sure to find many extraordinary things! Are you cleaning out, organizing, and want to be free from clutter? Relieve stress and turn your treasures into cash by consigning with us!

Robin's Nest is expanding to twice its current size mid July! Come and check us out!

A Robin's Nest Resale and Consignment Shop
(Alta Mesa Plaza)
5253 E. Brown Road, Suite 101 • Mesa, AZ 85205
480-984-8485



Tuesday-Saturday 10:00 am - 6:00 pm

What's in Store?
Upscale gently used furniture, home goods, small appliances, wall art, jewelry, antiques, collectibles and more.

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

10% Off One Item

 facebook.com/RobinsNestResale

EDUCATION

PRESCHOOL GIFTED PROGRAM Provides Unique Opportunity

Submitted by Self Development Preschool

When visiting preschools, parents watch little children play dress up in their classrooms or build with blocks. The children joyfully dress up as firefighters or put on police helmets. They build complex structures with blocks and pretend they are building cities. Children learn through play. However, research indicates simply dressing up may not be enough for an enriched preschool that focuses on developing the potential of all children, especially the gifted children. When the preschool curriculum combines creative play with an exposure to rich language and vocabulary, math concepts, as well as music and art, these young children demonstrate increased critical thinking skills and enhanced cognitive gains.

An enriched early childhood curriculum prevents potential underachievement among gifted children. It maximizes the development of their potential.

When it comes to the design of a gifted program, a flexible model that allows for differences in a child's learning style is crucial. Different programs have different strengths and weaknesses. Fortunately, none of these are mutually exclusive. The only requirements are valuing high expectations, emphasizing academic excellence and setting challenging standards must guide the gifted program (Buchanan et al., 2008).

All children have differing abilities, but this does not mean that children with excellent abilities need less. In fact, gifted children are often more disadvantaged. Only a small fraction of preschools and charter schools provide gifted programs.

It is important that the program focuses on exploration in an interactive and responsive environment. The students need to be encouraged to learn through experimental inquiry and the use of manipulatives. It also is important to provide the students with the opportunity to become independent problem solvers in a nurturing, supportive environment. By using a thematic approach, Self

Development Preschool addresses the needs of the individual child. The enriched curriculum exposes children to higher-level thinking and relies not on the use of pencil and paper activities, but instead, focuses on exploration. The curriculum at Self Development Preschool is an academically focused program. It is the delivery of this academic program that sets Self Development Preschool apart from the rest. The way in which the knowledge is shared with the students is through an age-appropriate medium that encourages critical thinking, social skills, independence and well-rounded children.

Dr. Anjum Majeed, founder of Self Development Preschool and superintendent of Self Development Academy, designed the program with the growth and self-development of the children as the primary goal. This has been accomplished by focusing on more than pencil and paper academic exercises. The focus is creating lifelong learners who reach their full potential.

"You can teach a student a lesson for a day, but if you can teach him to learn by creating curiosity, he will continue the learning process as long as he lives." —Clay P. Bedford ■


For more information, or to schedule a tour, please contact Self Development Preschool at (480) 396-3522.



Pick Up
Extra Copies of

UpClose
PUBLICATIONS

at The UPS Store



SE CORNER OF
POWER & MCDOWELL
2733 N. Power Road
(NEXT TO ALBERTSONS)
Mesa AZ 85215



Self Development Academy

ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



Now Enrolling
for the
**Young Scholars
Gifted Program**
(Grades 3-5)

Start right. Right from the start.

SELF DEVELOPMENT PRESCHOOL (2-5 years old)
Using a well-planned thematic curriculum, the preschool prepares students for their elementary school success.

Students complete their kindergarten year reading fluently and solving mathematics problems at one to two grade levels ahead.



Because we can see the future.

AS AN ACCELERATED, K-8 CHARTER SCHOOL, our goal is to inspire a passion for life-long learning. We provide nurturing, individualized learning strategies with new research-based and traditional learning methods.

ENROLL NOW FOR 2018-2019. Limited Space.

SELF DEVELOPMENT PRESCHOOL
(480) 396-3522
1721 N. Greenfield Road, Mesa, AZ 85205
www.SelfDevelopmentPreschool.com

SELF DEVELOPMENT ACADEMY
Grades K-8 (480) 641-2640
1709 N. Greenfield Road Mesa, AZ 85205
www.SelfDevelopmentAcademy.com

EVENT

Enjoy Mega Hawaiian Hula Fun On Salt River



Submitted by Lynda Breault

Grab your ukulele, coconuts and grass skirt and set sail on the Salt River during Salt River Tubing's Mega Hawaiian Hula special event on Saturday, July 28, from 9 a.m. to 6:30 p.m.

Free Hawaiian leis go to the first 1,000 Aloha fun-seekers. Shake your grass skirt as the Hula Honeys perform the Hukilau line dance and see how low you can go under the limbo stick. Hawaiian-tiki barges will transport guests to the Lower Salt River for fun in the sun on the rocking river rapids.

"If you are dreaming of a Polynesian summer vacation, our Mega Hawaiian Hula event is the perfect venue to sail your tube Hawaiian-style during your fun-filled, refreshing

voyage on the Salt River," said Salt River Tubing's President and Chief Executive Officer Henri Breault. "Wave aloha to thousands of flowered-lei tubers, and enjoy a truly unique and memorable adventure in the mini Grand Canyon of Tonto National Forest."

The More Teens in the Woods Hawaiian event offers live entertainment by KISS FM 104.7 radio station, limbo and hula-hoop contests plus loads of photo opportunities in the great outdoors. Salt River Tubing will be awarding free Tube Rental passes for the best Hawaiian tuber costumes. The tubing passes are valid on your return visit.

The Mega Hawaiian Hula event, co-sponsored by KISS FM 104.7 radio station and Salt River Tubing, is aligned with the United States Department of Agriculture Forest Service's More Kids in the Woods commitment in meeting the challenge of reduced youth involvement in outdoor activities. The program was expressly designed to encourage efforts to get kids and teens outdoors in their national forests. Please click on Salt River Tubing's website at saltrivertubing.com for event details and enjoy the Mega

Hawaiian Hula video.

Open daily, from 9 a.m. to 6:30 p.m., Salt River Tubing accepts cash and credit cards (Visa, MasterCard, American Express and Discover). Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identification.

- TUBING FACTS AND TIPS**
- The cost of tube rental is \$17 plus tax and fees per person or tube, which includes inner tube rental, shuttle bus service and free parking.
 - Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
 - Children, non-swimmers and inexperienced swimmers should wear life vests.
 - Glass containers are not allowed in the Lower Salt River Recreational Area. Ice chests/coolers will be checked for glass containers. Please bring plastic or can beverage containers.

Have a great time while visiting the Lower Salt River. Responsibly appoint a designated driver before your tubing adventure. Drugs, alcohol and the Salt River do not mix. Just don't do it.

Salt River Tubing operates under permit of the United States Department of Agriculture Forest Service and is located in Tonto National Forest.

Salt River Tubing is located in Northeast Mesa, just seven 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, please visit saltrivertubing.com and nationalgetoutdoorsday.org, or call (480) 984-3305.

A Leader in Full Service, High-Tech Dentistry



NOW OFFERING
Hours!

I LOVE TO
SMILE!



A Confident, Beautiful Smile says a lot about who you are.

Dr. C. Martin Farnsworth, DMD
Dr. Derek Farnsworth, DMD
2947 North Power Road
Suite 103, Mesa

We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.

Certified Invisalign® Providers



CALL TODAY!
(480) 283-5854

WWW.LASSENDASDENTALHEALTH.COM

ZOOM! Tooth Whitening

WHITER TEETH IN UNDER ONE HOUR
In Office Whitening: \$400, PLUS take-home whitening trays: \$800 Value!



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

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

NO GLASS CONTAINERS Allowed at Salt River!

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

OPEN 7 DAYS A WEEK
Water Flow & Weather Conditions Permitting CALL 480-984-3305
9:00 AM - 6:30 PM Latest Tube Rental 2:30 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



SPOOKTACULAR HALLOWEEN!
JULY 14 - Saturday
9:00 AM - 6:30 PM
FREE HALLOWEEN LEIS
To the 1st 500 Spooksters!



Mega Hawaiian Hula
SATURDAY JULY 28
9:00 AM - 6:30 PM
FREE Hawaiian Leis to the 1st 1,000 Tubers!
FREE Tubing Passes for Best Hula Costumes!
Special event details at www.saltrivertubing.com

ONLY \$17 + Tax & Fees ALL DAY • OPEN 9:00 AM - 6:30 PM* • Latest Tube Rental 2:30 PM* • (480) 984-3305
Located in NE Mesa - Minutes from Highway 202 E. on N. Power Rd. • www.saltrivertubing.com
***Weather & Water Flow Permitting • Tonto National Forest • Operating under Permit from U.S.D.A. Forest Service**



LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf

FULL SAIL CRAFT BEER FOUR-COURSE RECEPTION AND DINNER

Nothing is more refreshing on a hot Arizona July day than a frosty glass of ice-cold craft beer.

But The Vistas Pavilion is going one better—as part two of the Summer Wine Series, they are making a cool change to craft beers with a four-course Craft Beer Reception and Dinner, on July 21, combining the best of Full Sail beers from chilly Hood River, Oregon, with our chef’s exquisite light summer culinary delights.

The reception begins at 6:30 p.m., with the refreshing choices of Session Watermelon Wheat and Full Sail Summa Time Lime Lager.

Enjoy Session Cerveza Mexican-Style Lager with the first course of Dungeness Crab Fritters on Frisee with Lemon Thyme Vinaigrette.

The second course features Full Sail Hop Pursuit IPA to mingle with the flavors of Cedar-Smoked Salmon

on Spring Mix Greens with Blueberries and Sweet Vidalia Onion Dressing.

For your main course experience, a full-bodied Full Sail Amber Ale is matched with a Grilled Free-Range Beef Filet livened with an Oregon Cherry and Wild Mushroom Demi.

A simple but tasty dessert of Assorted Northwest Cheeses, Dried Fruits and Spiced Nuts pairs well with Full Sail Blood Orange Wheat.

Dinners are \$50 per person, and reservations are recommended. For more information, or to reserve your cold craft beer experience, call (480) 396-4000.



SOCIAL MEMBERSHIP SUMMER SPECIAL

JOIN NOW AND PLAY FREE ALL SUMMER

Imagine—You can play golf for free all summer long if you purchase a Las Sendas Golf Club Summer Special Social Membership right now. And the rates are fantastic.

The Summer Special Social Membership is only \$1,999. Regular Social Membership initiation fee is \$3,000, and \$500 annual dues are due on Nov. 1, 2018. Save more than \$1,500 now. This offer expires on Oct. 31, 2018.

What are the privileges of the Social Membership?

- 10 anytime golf passes annually.
- 10 percent discounts in the Golf Shop and in The Patio and The Grille.
- Priority reservations in the restaurants.
- Charging privileges.
- Access to Members’ Lounge.

Don’t wait. Sign up now with Danika at dkelvie@lassendas.com, and get out on the course today.

THE VISTAS PAVILION CORPORATE EVENT CENTER THE BEST VENUE FOR YOUR NEXT EVENT

Looking for that unique place to hold your corporate event? How about elegantly appointed rooms in a close-to-town urban oasis with fantastic views of mountains, the desert, golf course greens and the Valley below?

The 6,000-square-foot Vistas Pavilion Corporate Event Center offers three private meeting rooms for large or small, indoor and outdoor events, such as executive retreats, corporate meetings, holiday parties or any private gathering. They are equipped with audio, visual and Wi-Fi technologies, and the Corporate Event Planning Team will work with you to customize your room size and setup to fit your particular needs for up to 350 participants.

What do your attendees remember most—those all-important networking breaks and, of course, the food. Our chef will prepare exceptional cuisine for snacks, breakfast, lunch or dinner menus, or you can dine at our on-site restaurants, The Patio and The Grille. And if some outdoor activity is desired, rounds of golf can be included in your team-building plans. Spa packages are also available.

For more information, or to book a site visit, call Jess Miller at (480) 396-4000, ext. 227, or send an email to jessmiller@lassendas.com.



LAS SENDAS GOLF SHOP WELCOME TO SUMMER SALE

It may be hot, but not as hot as the Summer Sale Specials at Las Sendas Golf Shop.

All women’s apparel is 25 percent off. All men’s apparel is discounted 20 percent. Shoes, golf bags and golf clubs are also 20 percent off.

If you are looking for a set of clubs, take advantage of our Men’s Rental Club Blowout—a Ping G full set, with putter and bag included, for only \$950. Call the Golf Shop at (480) 396-4000.



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

COMMUNITY

District 5 Councilmember David Luna is Running for Re-Election

Submitted by Levi Leyba

We were excited to have a chance to sit down with District 5 Councilmember David Luna, who is running for re-election to the Mesa City Council.

He is looking for your support and vote, either by early ballot or by the primary election, which will be held on Aug. 28.

As a District 5 councilmember, David Luna has been a proponent for strong public schools, important public safety initiatives and the building of vibrant neighborhoods. David is familiar with the education arena, from more than 30 years working in Mesa Public Schools, as well as teaching as an adjunct professor for Arizona State University (ASU) and Mesa Community College (MCC).

As a councilmember, David works with partners such as the Mesa and Arizona chambers of commerce, the Greater Phoenix Economic Council, the Arizona Commerce Authority, and most importantly, his District 5 residents.

His fellow council members recognized his efforts when he was appointed as vice mayor last year.

We have some questions for Councilmember Luna as to what he hopes to accomplish should he receive another term.

Q: David, what do you believe you bring to this race that will help District 5?

As a Mesa resident, I have seen the growth of our community and felt the growing pains. As a council member, I want to ensure that we continue working on that community spirit, building neighborhoods, not just houses, so everyone who lives in Mesa feels like they belong.

Today, we have such great neighborhoods, each with their own characteristics, such as the Desert Uplands, Las Sendas, Red Mountain Ranch, the Citrus Groves and Alta Mesa. I want to maintain the personality of the areas, while also providing support for their day-to-day needs.

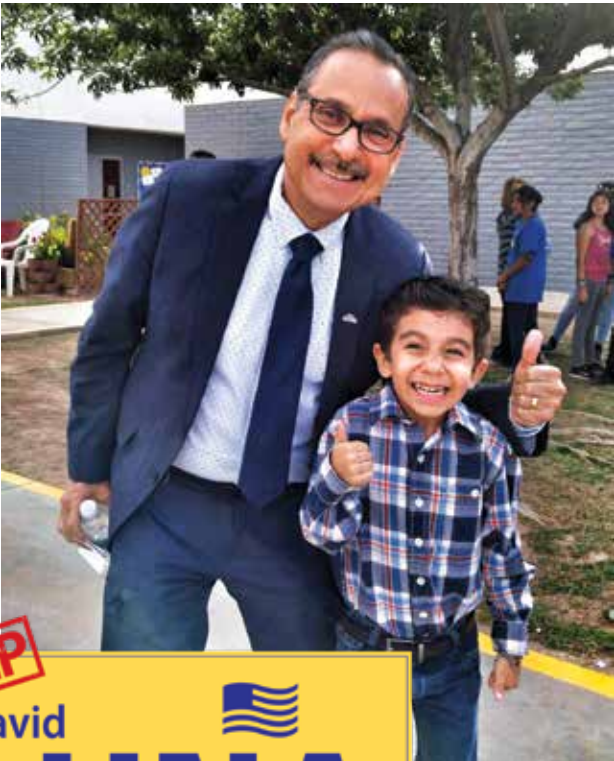
Among the simple needs is the Dark Sky ordinance, which was created to help residents who prefer living in low-lit areas. There also are the more layered needs, such

as building our fire, police and medical services. I would suggest growing those core services, so they are readily available. Having shorter response times in District 5 is a campaign mission I speak about regularly with residents. They want to feel safe, and I want to help them feel safe.

Q: How will you make your residents feel safe?

My history as a council member shows that, while I am fiscally responsible, I also know there are needs in our growing community. I will continue to balance and respect property rights through sensible developments, so we can improve the lives of all District 5 residents—not just our new neighbors—but also the families who have established their homes with us for decades.

I also believe in increased business opportunities through the strategic plan initiated by the Falcon Field Economic Commission. I want to ensure that the Falcon District remains an innovative, high-tech hub for aviation/aerospace and defense, advanced manufacturing and business services.



Q: Are there other campaign missions where you believe you can make a difference?

Everyone knows my history in education with Mesa Public Schools, ASU and MCC, so they know I am passionate about learning at all levels. However, I also believe that the Mesa K-Ready initiative should be a true focus because it prepares preschool-age children for their future education opportunities in our community. Mesa K-Ready strengthens our children before they enter kindergarten to help them be ready to learn and have the opportunity to excel academically.

I also will continue to make sure District 5 is considered in all City Council discussions related to streets, parks, bonds, public safety and residential development. I take my role as a speaker for the entire community seriously and with great respect.

Q: Is there anything else you would say to your constituents before the election in August?

I am here for you—in person, by phone or by email. I maintain mobile office hours at the Red Mountain Public Library and listening sessions specifically for constituent services at my Luna Landing community gatherings. In addition, you can always reach me by phone at (480) 935-8765.

I am here for the District 5 community today, and I hope to be here in January 2019 for another four years of work toward a stronger, more vibrant Mesa. ■

Bringing *Health In Motion* to the Mesa Community!



- General Orthopedics
- Spine Rehab
- Injury Prevention
- Workers' Compensation Rehab
- Sports Injury Rehab
- ASTYM Treatment
- Vestibular Rehab
- Post-Concussion Treatment
- Dry Needling

Call today for a complimentary assessment and mention you saw us in Up Close!

Please visit our website at SPOONERPT.COM for more information and our locations valley wide.

Spooner
PHYSICAL THERAPY

SPOONER NORTH MESA
6824 E. BROWN RD. | MESA, AZ 85207
PHONE: (480) 924-5514 | FAX: (480) 924-5518



Mountain Vista Medical Center

CELEBRATES 11 YEARS

of Caring for our Community

Free Event

Join us for a family celebration
Saturday, July 21 | 9 a.m. - noon

Pre-register for a chance to win a \$100 Visa gift card¹ and other prizes.
mvmedicalcenter.org/anniversary-event

¹Steward Health Care employees and Medicare members are not eligible.

Event highlights:

- Free Arizona Interscholastic Association (AIA) sports physicals
- Kids' games and crafts
- Special appearances
- Fire truck tours
- Meet with family and women's health doctors
- Snacks and refreshments
- Water Safety seminar, 10 a.m.

Mountain Vista Medical Center
A STEWARD FAMILY HOSPITAL



MOUNTAIN VISTA MEDICAL CENTER | OUTPATIENT ENTRANCE | 1301 S. CRISMON RD., MESA

David
LUNA
CITY COUNCIL

David Luna
Mesa City Council
Councilmember, District 5
& Vice Mayor
LunaForMesa.com

“

David has provided critical leadership on our council. I am proud to have him as my Vice Mayor and to endorse him for another term.

— Mayor John Giles

“

It is with great pleasure that I endorse and recommend David Luna to be re-elected as Councilman for the people of Mesa, Arizona.

— Lloyd B. McBean, PGA

“

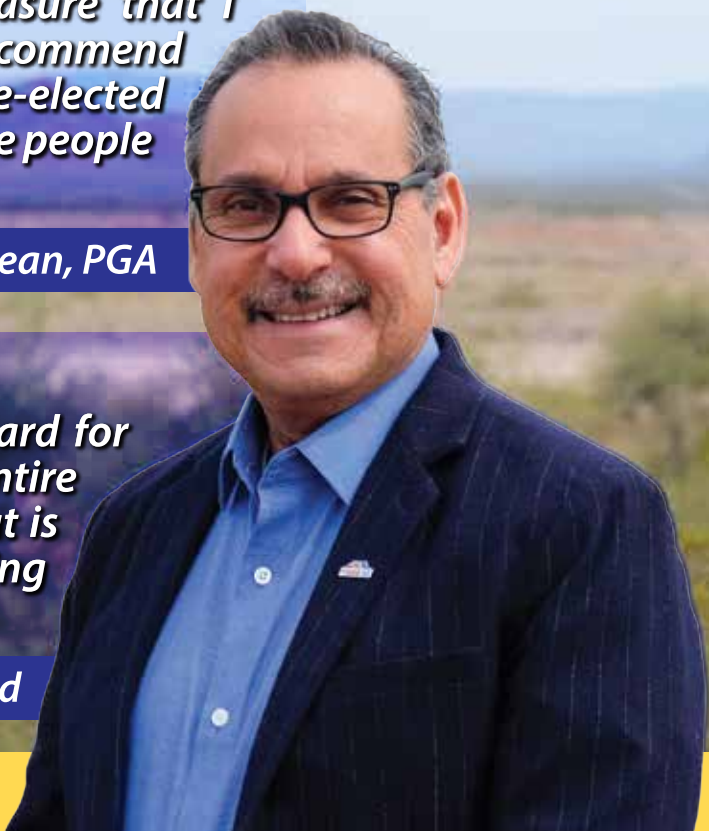
During his service on City Council, David has strived to improve safety services and preserve the strength of our neighborhoods.

— Jill K. and John Benza

“

David has worked hard for District 5 and the entire City of Mesa and that is why I am endorsing him for re-election.

— Rex Griswold



PAID FOR AND AUTHORIZED BY LUNA FOR MESA DISTRICT 5

RANKED TOP 1% of REALTORS® in Maricopa County

DON'T JUST LIST YOUR HOME—SELL IT

**Buying or selling a home can be stressful.
Finding the right Realtor® shouldn't be.**

Specializing in Las Sendas and East Mesa—a local resident since 1998

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

FULL SERVICE REAL ESTATE WITH COMPLIMENTARY SERVICES:

- Home Evaluation
- Exclusive Marketing Plan
- Professional Photography
- Virtual Tours
- Home Staging
- Repair and Upgrades Consultation

WHAT'S YOUR HOME WORTH—FIND OUT TODAY www.InstantHomeValueAZ.com



Mountain Bridge
Backs to Wash - Pool \$579,900
2558 sq ft – 4 Bed, 3 Bath

**FREE
STAGING**



Lorraine Ryall Associate Broker, CDPE, CSSN
(602) 571-6799 | Lorraine@Homes2SellAZ.com

KOR
PROPERTIES

**VALLEY REAL ESTATE
EXPERTS SINCE 1972**

www.Homes2SellAZ.com



EVENT

A Spooktacular Monster Halloween is Set for the Salt River

Submitted by Lynda Breault

Anyone looking for a Spooktacular Monster Halloween adventure on the Salt River is invited to join Salt River Tubing on July 14, from 9 a.m. to 6:30 p.m., for its 20th Annual Spooktacular Monster Halloween event.

The first 500 tricksters will receive free Halloween leis. The Spooktacular event will feature KISS FM 104.7 radio onsite, and Monster Energy Beverage Company will be distributing free energy drinks to tricksters.

“Our Spooktacular Monster Halloween event in July is the second largest themed-costume event on Salt River,” said Salt River Tubing’s President and Chief Executive Officer Henri Breault. “We will be celebrating 20 years of screeching bats, wicked witches and ghosts splashing down on the Salt River. The event draws thousands each year to the Lower Salt River in Tonto National Forest, while tubers enjoy a howling, unique outdoor adventure,” he continued.

“Awesome phantoms, frightful witches, scowling pumpkins and eerie voices echo throughout the day. Our Spooktacular Monster Halloween shuttle buses provide a howling great time, and Salt River will be rocking with tubers in witches’ hats and Halloween leis,” Henri further stated. “Halloween in July? Hilarious fun. Enjoy a fun-filled experience on the cool and refreshing mountain-stream waters of the Salt River.”

Tubers can join Salt River Tubing tricksters romping to the Monster Mash line dance. Costumes are optional for floaters. Salt River Tubing will be awarding \$17 complimentary tube rental passes, however, for best tuber Spooktacular Monster costumes. Passes are valid on return visit.

The United States Department of Agriculture (USDA) Forest Service’s national program, *More Kids/Teens in the Woods*, was expressly designed to encourage efforts to get kids and teens outdoors and exploring ways to connect youth and nature.

Salt River Tubing’s Spooktacular Monster Halloween event is aligned with the USDA Forest Service’s commitment in meeting the challenge of reduced youth

involvement in outdoor activities. The Halloween-themed event has been designed to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest.

Open daily, from 9 a.m. to 6:30 p.m., Salt River Tubing accepts cash and credit cards (Visa, MasterCard, American Express and Discover). Credit card and cash transactions require a valid driver’s license for tube rental deposit and credit card identification.

TUBING FACTS AND TIPS

- The cost of tube rental is \$17 plus tax and fees per person or tube, which includes inner tube rental, shuttle bus service and free parking.
- Children must be at least 8 years or older and 4 feet tall for tubing and shuttle bus service.
- Children, non-swimmers and inexperienced swimmers should wear life vests.
- Glass containers are not allowed in the Lower Salt River Recreational Area. Ice chests/coolers will be checked for glass containers. Please bring plastic or can beverage containers.

Have a great time while visiting the Lower Salt River. Responsibly appoint a designated driver before your tubing adventure. Drugs, alcohol and the Salt River do not mix. Just don’t do it.

Salt River Tubing operates under permit of the United States Department of Agriculture Forest Service and is located in Tonto National Forest.

Salt River Tubing is located in Northeast Mesa, just seven 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, please visit saltrivertubing.com and nationalgetoutdoorsday.org, or call (480) 984-3305.



Real Estate

brought to you by:

KOR PROPERTIES

MLS

In The Groves

Groves Area Market Report

Sales over \$350,000 for the Month of May 2018

John Karadsheh

Address	Square Feet	Community	Sold Price
2548 E. Lynwood St.	2,353	Citrus Highlands	\$353,000
2847 E. Pearl St.	1,991	Lehi Crossing	\$356,484
3518 E. Fox St.	2,451	Groves	\$365,000
2922 E. Menlo St.	2,933	Vista Mesa	\$368,000
1845 N. Sandal	2,727	Alta Mesa	\$372,500
2035 E. Kael Cir.	3,012	Orange Blossom Estates	\$375,000
5308 E. Hermosa Vista Dr.	1,832	Apache Wells	\$400,000
3157 E. Hermosa Vista Dr.	2,254	Rancho de Arboleda	\$400,000
2158 E. Inglewood St.	3,391	Hy-Den Place	\$411,000
2822 E. Fairfield St.	2,996	Mountain View Highlands	\$416,000
848 N. Miramar	2,642	Thayer Estates	\$430,000
2503 E. Leonora St.	3,374	Citrus Highlands	\$435,000
2451 N. Fillmore Ct.	2,148	Apache Wells	\$473,800
3417 E. Elmwood St.	2,573	Thayer Estates	\$475,000
3315 E. Indigo Cir.	3,207	Arboleda	\$515,740
3432 E. Enrose St.	4,115	Thayer Estates	\$520,000
1508 N. Alta Mesa Dr., #107	2,575	Alta Mesa	\$540,000
2713 E. Odessa St.	3,684	Lehi Crossing	\$550,000
2523 E. Omega Cir.	3,834	Custom	\$550,000
2505 E. Lehi Rd., #5	3,227	Citrus Walls	\$559,900
1735 N. Rico Cir.	4,143	Mountain View Ranchettes	\$569,000
2024 E. Norcroft St.	4,002	Groves of Hermosa Vista	\$580,000
2111 E. Calle Maderas St.	5,283	Las Maderas	\$615,000
3405 E. Jaeger Cir.	3,666	Arboleda	\$650,000
3122 E. Enrose Cir.	3,572	Groves	\$760,000
3305 E. Kenwood St.	3,719	The Estates at Thirty-Second	\$865,307
2124 N. Miramar	5,242	Hermosa Groves South	\$880,000
3249 E. Kael St.	5,245	The Estates at Thirty-Second	\$929,970
3236 E. Kenwood St.	5,245	The Estates at Thirty-Second	\$1,098,970
3535 E. Grandview St.	9,966	Chatham Groves	\$1,150,000
4122 E. McLellan Rd., #10	8,016	Highgrove Estates	\$1,700,000

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

H&I Automotive

Honesty and Integrity It’s the only option!

Celebrate your independence by choosing your Savings!

\$5 off \$50
\$25 off \$100
\$100 off \$500

Coupon code-Independence
Expires 7/31/18

5338 E Main St Mesa, AZ 85205
(480)985-9279

www.handiautomotive.com

Open 7:00am to 5:00pm Monday through Friday

KOR
PROPERTIES

REAL ESTATE EXPERTS
SINCE 1972

John Karadsheh, ABR, CRS Owner/Designated Broker
Natascha Ovando-Karadsheh, Owner/Associate Broker
Christina Ovando, Owner/REALTOR®



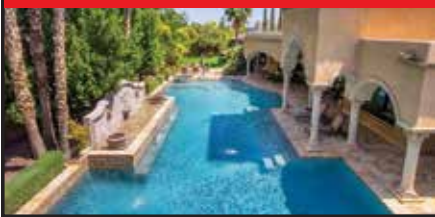
KORproperties.com | 480.568.8680



Trust a Local Expert. We live in Mesa and Sell in Mesa.
We are here 7 days a week to help you with your real estate needs!
John Karadsheh 602.615.0843 JohnK@KORproperties.com
Natascha Ovando-Karadsheh 602.909.4995 NataschaK@KORproperties.com

Our Featured Listings

JUST LISTED!



VILLA TUSCANO
VillaTuscanoEstate.com
\$2,350,000

KOR PROPERTIES EXCLUSIVE



LAS SENDAS CUSTOM - Guest House
7847CopperCanyon.com
\$1,725,000

PRIVATE VIEW LOT!



LAS SENDAS CUSTOM - VIEWS!
4346DesertOasis.com
\$1,595,000

ENTERTAINER'S DREAM!



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

SOLD!



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

SOLD!



LAS SENDAS LUXURY CUSTOM
8139EchoCanyon.com
\$1,450,000

JUST LISTED!



SUMMER PLACE
1,852 SF / 3 BR / 2 BA
\$275,000

HISTORIC IN PHOENIX!



CORONADO PARK
1,909 SF / 3 BR / 2 BA
\$409,000

JUST LISTED!



SANTA RITA RANCH
1,880 SF / 3 BR / 2.5 BA
\$274,000

SALE PENDING



SKYRUN
1,975 SF / 4 BR / 2.5 BA
\$265,000

LARGE LOT & NO HOA!



TIERRA ESTE
2,083 SF / 3 BR / 2 BA
\$279,000

JUST LISTED!



ALTA MESA
2,216 SF / 4 BR / 3 BA
\$326,000

RESULTS DRIVEN, COMMUNITY MINDED, ETHICAL & READY TO WORK FOR YOU

EAST VALLEY REAL ESTATE SPECIALISTS!

Lorraine Ryall
Associate Broker
CDPE, CSSN
602.571-6766



Sheirol Johnson
Realtor®
480.390.4691



Khalida "Kelly" Michael
Associate Broker
GRI
602.399.3720



Cynthia Watts
Realtor®
480.570.1579



Glen Bowling
Realtor®
480.201.5453



Alejandro Rojas
Realtor®
480.779.0836



Karen Brard
Realtor®
480.495.1938



Heather Maldonado
Realtor®
602.290.8506



Marni Zarr
Realtor®
480.650.1328



Jenn Newman
Realtor®
480.848.5222



CALL TODAY FOR YOUR

PERSONALIZED MARKET CONSULTATION

||| SPIRITUALITY

Celebrate Independence Day and In Dependence Upon Our Savior

By Pastor Paul Frank
Hosanna Lutheran Church

With Independence Day, it's a time to celebrate the freedoms we know as American citizens, remembering what it took for our founding fathers to break away from the rule of others, so we could live in our own independent nation.

Wars have fought to secure, preserve and defend the freedoms we have in this great land. Many have sacrificed health, wealth and even their own lives, in defending our freedoms and securing our independence as a nation. We are grateful for all who have served and sacrificed, and for all who currently are serving our nation to defend our freedoms. In that sense,

we celebrate our *Independence* by recognizing that we live *In Dependence Upon* those who fight for our freedom.



The celebration we share as a nation is, in fact, the same sort of celebration we enjoy as God's people, as Christians. We enjoy freedom from sin, fear and eternal condemnation. We are set free from the guilt of our past, free from the weight of regrets, which are forgiven by God, washed from our souls and removed from our history by Jesus.

We have been set free from such things by Christ our Savior who went to battle for us all. He gave himself in sacrifice on the cross. He conquered even death and the grave when he rose up in new life, in eternal victory.

We live now in his great mercy and grace. We live in the freedom only Christ could give us. We live in *Independence* from the guilt and worries of past mistakes. But we do so only when we live *In Dependence Upon* Christ our Savior.

The American soldiers of years gone by have sacrificed so much for the sake of our freedom in this great land. And Christ Jesus sacrificed all for the sake of our freedom from sin, our new life today and eternal to come in His home.

Let's give thanks this month for the *Independence Day* celebrations and the way we still live *In Dependence Upon* our brave soldiers in service still today, as well as *In Dependence Upon* our Savior, Christ Jesus. ■

Join us every Sunday as we celebrate all the freedoms we enjoy in this great land, and in God's mercy and grace at Hosanna Lutheran Church, 9601 E. Brown Road. Check out our website at hosanna-lcms.com.

T&T
AIRPORT SERVICE
"WE DON'T MISS"
PRIVATE CAR \$45*
FLAT RATES
RESERVATIONS
480.832.3483
OVER 15 YEARS
OF SERVICE
*Call for Details.

UpClose
PUBLICATIONS
**Check out
our Web site!**
Read articles online,
download PDFs, and more!
www.UpCloseAZ.com

Hosanna
Lutheran Church & Little Palms School
**Preschool & Pre-K
Registration Open**
(480) 984-1414
www.hosanna-lcms.com
Back to School Blessing
August 4th @ 4 p.m.
Sunday Summer Worship
9:30 a.m.
9601 E. Brown Road, Mesa

||| LOCAL BUSINESS

Enjoy Musical Shows, Dinner and Dancing
WHILE BEATING THE SUMMER HEAT

Submitted by Camille Keeler

Every community benefits from access to exceptional arts and culture, and East Mesa is no different.

If you know where to look, you'll find that our home has some truly special hidden gems, even in the summer.

The Silver Star Theater celebrates the arts by offering first-class entertainment and continues to wow audiences annually with a variety of great musical shows. As the East Valley's premiere dinner theater, The Silver Star proffers a unique opportunity to celebrate every occasion and is the ideal place to gather with friends and family.

New plans are in place to offer dinner, shows and dancing with The Rhythm Cats all summer long. These *musical chameleons* successfully represent many different genres of music, creating a showcase of different shows, all mixed with hilarious comedy to round out an evening of fun and excitement.

Visitors will enjoy a light dinner, bar service and the cool comforts of the theater, all while listening and/or dancing to a little bit of country and a little bit of rock 'n' roll. Mark these dance dates on your calendar. Sunday Music and Dancing is scheduled for July 22, Aug. 5, Aug. 19 and Sept. 9. Tickets will include a light buffet from 5:30 p.m. to 7 p.m., with dancing from 6:15 p.m. to 9 p.m.



Starting off the Cool Summer Nights summer shows on Saturday, July 21, is Mark Lucas and the Wild Bunch. Join

Mark and his *Wild Bunch* as they show off in this fun-filled musical roller coaster ride. Aug. 18 will feature Malt Show Oldies and include the songs you sang while dancing at the sock hops or driving in your car, with so many of the classic rock 'n' roll hits you knew and loved. It's the perfect time to dig out those poodle skirts and saddle shoes.

All summer shows include a delicious full buffet menu. The lobby lounge opens at 4 p.m., and the main theater will open at 5:30 p.m., offering the buffet until 7 p.m. The show will start at 7:30 p.m. and includes an intermission. Group rates are available. ■

Located in Mesa on the southwest corner of Brown and Higley roads, The Silver Star Theater will provide an escape from the summer heat. For more information, call (480) 288-0300, or visit silverstartheater.com to purchase tickets online and view the full calendar of upcoming events.



Red Mountain Montessori Academy
At RMMA, we give your child the keys to unlock the magic and wonders of childhood...

Offering a world class education in a beautiful and peaceful setting.
A.M.I./A.M.S. CERTIFIED TEACHERS
480-654-1124
6426 E. McDowell Road
Take a look at our website to research the advantages of the Montessori Method
www.redmountainmontessori.com

Floor Defense, LLC
Epoxy Garage Concrete Coatings
One Day Installation
Park in 24 Hours
Two Topcoats
Easy to Clean
Attractive and Durable
Complements any Decor

(480) 326 - 5533
www.floordefenseaz.com
PROTECT AND BEAUTIFY YOUR CONCRETE FLOORS
Licensed Bonded Insured
ROC 306765 CR8

LOCAL BUSINESS

Milano's, Previously Bellagio Pizzeria, Offers Same Great Food with New Name

By Jamie Killin

Milano's, previously known as Bellagio Pizzeria, is offering up the same great Mediterranean food Mesa residents know and love under the same reliable ownership that's led the business for more than 14 years.

"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."

The restaurant decided to change its name after a legal dispute with Las Vegas hotel, The Bellagio, as Mike decided to continue putting his time, energy and money back into the beloved restaurant instead of toward a difficult legal battle.

"Because of the cost involved, we made the decision just to change the name and go this way and save ourselves some time and put more energy into the business," said Mike. "I want people to know the business is the same, the food is the same, and the ownership hasn't changed."

It's that commitment to great food and service that's kept Mike's restaurant legacy running in the Valley since the 1970s. Mike began his journey as a restaurateur in 1971, with Papa Jay's Pizza, in Tempe, and has seen the evolution of his restaurant into Milano's.

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



and keeping employees.

"I've had the same crew since years ago," 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 reliability in staff and values has kept the quality and consistency of

the food high, allowing customers to know they can always expect the same great meal whenever they visit.

"Every time I talk to customers they say, 'Ever since you've been here, over ten years ago, you are always consistent,'" recalled Mike.

In addition to quality, 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 that we have, and it can be considered fine dining because of the atmosphere we have. I remodel every two years," he said. ■

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

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon England

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

Recently, I was in Las Vegas for a jewelry trade convention. Now, while I appreciate people's hope and desire to win a fortune in that town, I also know someone is paying the exorbitant light bill in Vegas—and that someone isn't the casino. It's the hapless individual pumping their hard-earned cash into one of those fancy slot machines.

Now, I'm more of an observer of this activity than a participant. First, I'm exhausted at the end of each convention day after countless seminars and walking miles of exhibits. Second, I made my contributions in the past and learned that lesson as a much younger man.

People's obsession with games of chance is one of the most fascinating things about Las Vegas. Gambling is one of America's most favored pastimes, and it's one of mankind's oldest known pursuits. As such, there is robust interest in the field of gambling collectibles and memorabilia. From old casino chips and dice, to Black Jack tables and slot machines from casinos long since imploded, there is something for every collector.

Vintage slot machines are especially collectible, as many are still functional and can be played (for amusement purposes only), and they are reminders of old Las Vegas, when parking and shrimp cocktails were free, and you just may have seen one of the Rat Pack roaming the casino floor.

The first slot machines originated in the late 1800s with the *Liberty Bell* three-reel machine, invented by Charles

Fey, of San Francisco, considered the first modern-style slot machine. This machine was capable of making an automatic payout when matching combinations of symbols came up on the reels, something the first machines weren't capable of doing.

Some of the more readily available vintage slot machines are those produced by Bally, Mills Novelty, Jennings, Watling, Rock-Ola and Pace. Fully restored machines from the 1920s through 1940s might fetch a few thousand dollars. In some cases, up to \$24,000 for rare machines. Unrestored examples could bring a thousand dollars or so. One of my favorites is the Poinsettia slot machine pictured here. It was produced from 1928 to about 1930 by the Mills Novelty Company.

So, is it your luck that you have some valuable gambling collectibles in your closet? ■

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



MILANO'S PIZZERIA Formally Bellagio

4545 E. McKellips, Ste. 103 - Mesa, AZ 85215

480-325-1600 FOLLOW US  

TEXT THE WORD MILANO'S TO 27126 FOR EXCLUSIVE DEALS & DISCOUNTS!



We've recently remodeled!

MIX IT & ENJOY IT EVEN MORE (Dine-in only)

Choose any two of the following entrees for \$22

PASTAS: Spaghetti or Fettuccine

Your Way, Manicotti, Chicken Parmesan

MEDITERANIAN: Gyro Platter, Wood Fired Chicken, Chicken Shish Kabob, Mediterranean Chicken

Mention this ad

Happy 4th of July! Make your reservation.



PICK UP

14" one topping pizza

\$8.99

Expires 7/31/18. Not to be combined w/any other offers.

DELIVERY OR PICK UP

16" two topping pizza, large house salad & 2-liter drink

\$21.99

Expires 7/31/18. Not to be combined w/any other offers.

DINE IN

\$4 OFF any 14" or 16" specialty pizza

Expires 7/31/18. Not to be combined w/any other offers.

ROMANTIC NIGHT

Choose any two entrees and a bottle of house wine

\$35.99

Expires 7/31/18. Not to be combined w/any other offers.

EDUCATION

Red Mountain High School graduate cultivates A LESSON IN ENVIRONMENTAL STEWARDSHIP

Story by Laurie Struna
Photo by Tim Hacker

Nestled on a corner of the Red Mountain High School campus is the KinderU playground, where preschoolers enjoy playing on the grass turf, which is all thanks to forward-thinking 2018 graduate Lexy McConaghie.

At the beginning of the school year, students in Shane Bycott's Advanced Placement environmental science class were challenged to *Change the World* through a service project. Lexy chose to put her talents toward improving the young learners' playground.

"Lexy took this project to heart," Shane shared. "It wasn't just green sod versus brown grass. She modified the overall structure of the area, making a big impact on our campus."

Sharon Pratt, who directs Red Mountain High School's KinderU program, was thrilled to have Lexy's help in improving her students' experiences. "The revival of the grass adds a natural play surface that makes our outdoor experiences much better," she said.

To get started on the project, Lexy constructed a plan that put her organizational skills into high gear.

"I thought this project would take me a month," she said with a laugh. "I learned a big project is a lot more work than you think. It takes many people and good management skills."

Lexy reached out to Silverado Enterprises Inc. to ask for a soil donation for the project. Then, she called on friends and members of the National Honor Society to prepare the area.



Lexy McConaghie

"It took two days to distribute the dirt," Lexy said. "Once the truck dumped the soil, we took it by wheelbarrow to the playground, and used shovels to level the field."

The Mesa Public Schools operations ground crew assessed drainage issues and installed the sod, which was donated by West Coast Turf. The grounds team modified and replaced sprinkler heads to create better drainage and give the grass an optimal environment to thrive.

Lexy admits there were a few snags along the way, such as when the sod installation had to be rescheduled twice due to the school closures from the #RedforEd walkout.

"The heat exposure and sod's short shelf life required immediate installation," she shared. "But it all came together in the end."

This fall, Lexy will attend Brigham Young University in Provo, Utah, to major in entrepreneurial management. However, her presence will be felt for years to come at Red Mountain High School, especially among the excited KinderU students. One preschooler summed it up when she said, "I just love the smell of grass." ■

KinderU is available at multiple district locations. Learn more at mpsaz.org/kinderu.

LOCAL BUSINESS

These helpful tips can keep your vehicle cool this summer

Submitted by H and I Automotive

Our Arizona summers are pretty toasty, to say the least, so here are some tips to help you and your vehicle cope with our hot weather.

How to cool off the interior of your vehicle quickly:

- Open your windows to let the hot air out. A closed car can reach temperatures above 160 degrees. So, let that very hot air out after starting your car by opening the windows for at least a minute.
- Start off your climate control using fresh air not recycled. Again, because the cabin air will be much hotter than the outside temperature. This will help the conditioned air cool down faster. After a couple minutes, you can switch over to recycled air to continue cooling off the cabin.
- Keep fan speed at mid-range not on high. Lower air volume will allow the air to get colder faster.
- When possible, park with the dashboard facing away from the sun. A hot dash is your biggest nemesis to having cool air because the dash heats it up as it passes through it. If you have to park

toward the sun, use a windshield shade. As a bonus, you also will be able to hold the steering wheel without oven mitts.

- Tint your windows even if you have dark glass. The film not only shades the cabin, but it also has UV protection that will deflect the heat from your vehicle (not to mention it looks pretty snazzy).

If your AC doesn't feel quite right or has a funny smell, you should have the system inspected and diagnosed by a certified technician.

Now is also a great time to replace your wiper blades. Our hot dry weather has basically baked the rubber onto the windshield, so when you do want to use them they either rip or streak the glass as they wipe. Our monsoons show up without notice, so be prepared with a fresh set of blades. ■

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



Open enrollment is underway!

We know all children learn differently, so we offer options that help them **discover** and **build** on their **potential** and **passions**, including:

- AP Capstone diploma
- Preschool through adult education
- One-to-one technology schools
- Franklin traditional schools
- Spanish dual language programs
- Montessori schools
- International Baccalaureate
- Science, Technology, Engineering and Math (STEM) programs
- Online learning options

Mesa Public Schools—the best place to learn.

Enroll today!



REAL ESTATE

Here Are Eight Things to Know Before You Buy A Second Home

By John Karadsheh
KOR Properties

Let's set the scene... you are on vacation this summer in San Diego (or Telluride, Grand Haven, Nantucket, Hilton Head, Coeur d'Alene, Maui... you get the idea), and you are blissfully enjoying your escape from our 100 degree and hotter weather.

On day two, over coffee, you decide that this vacation spot is the place to live. You just can't go back to the inferno. By 10 a.m., you have a local real estate magazine in hand, and by the afternoon you are surfing the web to find open houses.

Sound familiar? If you find yourself in this position over the coming months, here are a few things to consider before you ink a contract on a second home.

1. HOW OFTEN WILL YOU VISIT?

This may be a bit of a bubble buster, but how often will you realistically get to visit your second home? Will the times your kids have school breaks mesh with the optimal times to visit? Factoring vacation days and other trips to visit family and explore the world, how much time will be left for your second home?

2. HOW ACCESSIBLE IS THE PROPERTY?

Is the second home a three-hour drive or less? Or does it take two plane rides and a four-hour rental car trek to get there? This will help you answer question 1.

3. ARE YOU PLANNING ON RENTING THE PROPERTY?

Renting a second home can be a great financial tool. Vacation rentals by owners are the new dot coms, and everyone is suddenly making money in this segment of the market. However, if you are looking at a beach condo to personally use in the summer, your usage may conflict with the potential rental pool that would want to rent the property. Would you be willing to give up time at your second home during the prime season? Does the property have multiple seasons and would you want to be there at those times? If you are banking on rental income, will you be able to carry costs when you have off-season vacancies?

4. WHAT ARE THE ACTUAL CARRYING COSTS?

If the vacation house bug has bitten you, by the time you hit your third open house, you probably already have run numbers through an online mortgage calculator and worked the costs of the second mortgage into your budget. Just be aware that getting a second mortgage is more challenging and typically comes with a higher down payment and interest rate than a loan for a primary residence. Take careful consideration of whether the property needs mechanical upgrades and renovations—expenses that will not be rolled into the mortgage. Also,

evaluate other expenses, such as HOA fees, property taxes (which may not be deductible under the new tax code), insurance (Is there additional flood, wind, fire insurance?), utilities, yard maintenance, cleaning costs and property management fees.

5. ARE YOU READY TO FURNISH ANOTHER HOME?

After a few days of house hunting, you probably made a list of everything you could use from your current home to furnish your new #dreamhome. However, will it make sense to ship everything from Arizona? Will what you have at home even fit into your second home? Will you have the time for a shopping spree? For these reasons, it might be worth trying to negotiate the furnishings into the purchase of the home you are buying.

6. HOW MANY TIMES HAVE YOU VISITED?

This is a fair question. Our vacation selves find it exciting and liberating to be spontaneous. But, if you are about to make a major investment, take a step back and plan for another visit. For example, Seattle is paradise in July, but will you still love it in October, December and March when your kids have vacation and you have time to visit? Maybe signing a year rental is a better way to test the waters.

7. HAVE AN ADVOCATE

Make sure you are working with an experienced real estate agent who will help you navigate the negotiations and inspections of your potential home. Since you may not know the area, it is important to have someone with local expertise who can guide you through everything, from building restrictions, to community issues. Are all the beach houses a great deal because of beach erosion? Are there Declaration of Covenants, Conditions, and Restrictions, or CC and Rs, which will prevent you from renting your property? What are the labor costs in that market for doing an

HGTV-worthy redo on your great find? Be sure to get the scoop from an expert.

8. FIGURE IT OUT AND GO FOR IT

Life is short and getting away is priceless. Perhaps this second property will bring you closer to family, or maybe just having that place for a regular escape will inspire you in new ways. Plus, if you are thinking that your second home will be a place to retire in the coming years, it also may be easier to buy this property now before values increase and while you still show income. Lastly, a second home also can be a great source of rental income and a solid long-term investment, while having the added benefit of bringing fun to your life.

Want to talk through your ideas for a second property? We are always here to help you with your real estate needs both here in the Valley and beyond. Reach out any time. ■

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.



John Karadsheh

DID YOU KNOW?

- The median age of a second homebuyer is 46
 - Baby boomers own 57% of all second homes
 - Median household income of a 2nd homebuyer is \$99,100
 - Median price of 2nd home is \$211,000
 - No. 1 reason for buying a 2nd home: Family retreat
 - No. 2 reason: Future primary residence
- Source: National Association of Realtors



Carnation Home Cleaning
RELIABLY, CONSISTENTLY, CLEAN.

A premium home cleaning service for those who demand consistency, quality, and have an appreciation for the details.

(480) 924-2096

www.CarnationHomeCleaningInc.com

All quotes given by phone or website.



Is your summer pool **hot**?
Is your winter pool **cold**?

SWIM YEAR ROUND WITH A POOL HEAT PUMP

(Just like your home's Heat Pump)

LOWEST INSTALLED PRICE IN THE VALLEY!

HEAT ONLY SPECIAL ONLY \$3,995

HEAT/COOL SPECIAL ONLY \$4,695

PRICE INCLUDES: DELIVERY • INSTALLATION* • START-UP

*Installation includes (1) 50 amp breaker / hookup and plumbing. Electrical run not included.

Licensed, Bonded & Insured, ROC #243628

REMODEL SPECIAL ONLY \$6,995*

PRICE INCLUDES:

MINI PEBBLE INTERIOR, NEW WATERLINE TILE, 300 FT ACRYLIC DECK RE-SURFACE

*based on 85ft perimeter play pool



SWIM YEAR ROUND!

Arizona Pool Guy, Inc. • 480-699-0607

LOCAL BUSINESS

Do These Checks Before Calling for Service if your AC isn't Working

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

Some problems with your AC system can be solved quickly and easily.

So, before you reach for the phone to call for service, use the following checklist to see if you can solve it on your own:

Check Filter—A clogged filter will reduce the amount of cool air entering your home. Plus, it will make your system work harder and could lead to early system failure.

Check Thermostat—It should be set three to five degrees below the room temperature to start your system. Don't be tempted to turn it down further to try to get your system to start. This can cause additional problems.

Check Circuit Breakers—Determine whether any of them are tripped in the electrical panel. Reset if needed.

Check Vents—Make sure all vents and return air ducts are open and not blocked.

Check Air from Indoor Vents—The air blowing should be cool. If there is no air or it is warm, turn off your unit and call for service. Continuing to run your air conditioner could cause damage to the system.

Check Air from Outdoor Unit—You should feel warm air blowing out of the top of the unit. If there is no



C. Andrew John

air or the air is cool, shut off the unit and call for service. Continuing to run your air conditioner could cause damage to your system.

Check the Outdoor Unit—Clear away any debris or landscaping to allow at least 15 inches of free space for proper air flow.

If you see the following symptoms, call right away to avoid damage to your system:

- Fluid or water leaking from the unit.
- Water coming from the upper drain line (typically located on the side of your house, about 10 feet up).
- You see a buildup of ice on the unit.
- Your system is making strange noises or is noisier than usual.
- You system has a hard time starting up, or you notice your lights dim when it starts.
- Your system runs continually. ■

If your system still is not operating properly, call John's Refrigeration at (480) 648-2505, or go to JustCallJohns.com.



HEALTH

THERE ARE VARIOUS CAUSES of vaginal inflammation or vaginitis

By Dr. Sharzad Green

The vagina of a healthy woman has a certain amount of acidity or pH.

Normal vaginal pH is 3.8 to 4.2. Bad bacteria, viruses and yeast don't usually grow in this pH. However, any time there is a change in the normal vaginal pH, a woman may get an overgrowth of bad bacteria, viruses and yeast. All age groups and races are affected. Some of the factors that change the vaginal acidity include:

- Recent use of antibiotics
- Birth control pills
- Chemical irritation (e.g. swimming, laundry detergent)
- Douching
- Feminine hygiene products (especially if scented)
- IUD (Intrauterine device)
- Pregnancy
- Sexually transmitted diseases (STDs)
- Sexual intercourse
- Stress
- Vaginal medications
- Vaginal dryness *

It is very important to find the cause of your vaginitis and seek treatment.



Common causes are bacterial vaginosis, yeast infection and trichomoniasis (STD). Up to 72 percent of women with vaginitis may remain undiagnosed. All women with abnormal vaginal discharge should have a pelvic examination by their doctor and be ready to answer questions about the quantity, duration, color, consistency and odor of your discharge. Recurrent vaginal infections can cause chronic irritation and scarring, which can lead to emotional stress and sexual dysfunction.

*One of the most important reasons for inflammation of the vagina (vaginitis) in menopausal women is low estrogen level. Symptoms may include painful intercourse, dryness, itching and abnormal bleeding. Using a 100 percent natural feminine moisturizer, such as FabuVag, may help

soothe the irritated vaginal tissue. Order online at naturalvaginalsolutions.com, or call (844) 888-9966. ■

Dr. Sharzad Green has been a pharmacist since 1990. She has Western training with a twist of Eastern medicine. She specializes in bioidentical hormone therapy and natural alternatives. Contact her at (480) 264-7600 or via email at azhormonehelpers@hotmail.com. You may read her blogs at greenbalancerx.wordpress.com.

CELEBRATING OUR 1 YEAR ANNIVERSARY with Teppanyaki Specials!

Zushi

Teppan • Sushi • Gourmet Chinese • Cocktails

TEPPANYAKI MENU ITEMS ARE MARKED DOWN BY 20%!

Serving TEPPAN-YAKI, SUSHI, & GOURMET CHINESE FOOD

DRINK SPECIALS Every Day

Buy one teppanyaki entrée, get one 50% OFF (lowest priced entrée)

COMPLIMENTARY FRIED RICE WITH EACH TEPPANYAKI ENTRÉE

6727 E. McDowell Road #110, Mesa (SWC of Power & McDowell)

480-981-2727 | www.zushiaz.com

HOME SMART Elite GROUP

Real Estate Made Easy

Unparalleled Service.
Happy Clients.
Proven Results.

Great American TITLE AGENCY, INC.

DONA REGER
Account Executive

North East Mesa
1314 N Recker Rd., Ste. 104
Mesa, AZ 85205

Cell (480) 244-1305
Phone (480) 207-7480
Fax (480) 779-1219
dreger@azgat.com

Your trusted area Home Smart Real Estate Professionals

Donna Luger & Jon Englund, B.S., GRI
Broker Associates, CNE, e-Pro, CPRES
Direct: Donna: 480-227-1974 \ Jon: 480-650-1422
Email: Info@eAZHomes.com Website: www.eAZHomes.com

LOVELY CUSTOM HOME

7844 E Riverdale St. • Mesa, AZ 85207

Call Jon and Donna today for your private viewing.
Call us to have your home showcased in the next issue.

Discounts Offered To:
Active Military
Teachers
Firefighters
Police
First Time Home Buyers

Supporting Non-Profit & Charity Organizations We donate a portion of our Escrow Fee to Approved Non-Profit & Charity Groups*

If you have a brokerage relationship with another agency, this is not intended as a solicitation. *Restrictions Apply. See Your Representative For Details.



DOCTOR POOL

POOL SERVICE AND REPAIR

ATTENTION REALTORS -
Call Doctor Pool about our **REALTY PROGRAM**

Tile Cleaning • Glass Beading
Sand Change • Filter Clean
Paint and Label Pipes
Heat Pump and Gas Heater Installation
Acid Washing • Cool Deck Repairs
Pool Drains • And More!

Refer your friends and neighbors, and receive **2 weeks of FREE pool service!**

SERVING THE VALLEY SINCE 1986
WE HEAL SICK POOLS AND KEEP POOLS HEALTHY!
PHONE: 480-343-5308
Online Customer Account Access **WWW.DOCTORPOOL.NET**



HAPPY 4TH OF JULY!

TEMPERATURES ARE RISING
Time for a Pool Check Up with Doctor Pool
GET READY FOR SWIM SEASON

15% OFF Acid Wash

10% OFF Filter Cleans



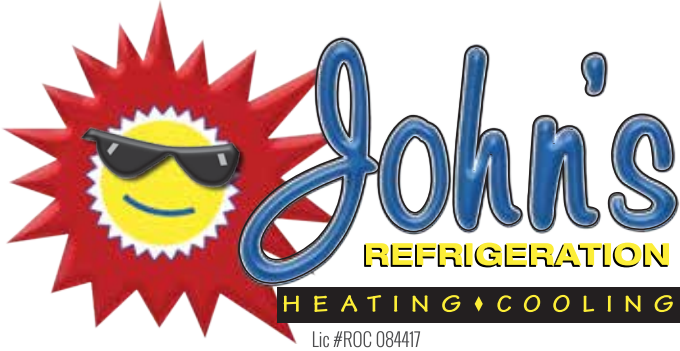
Values Matter!

HAVE YOU BEEN TOLD YOU NEED TO REPLACE YOUR A/C?
You May Have Other Options

Some companies recommend replacing systems based on the age of the system or the cost of the needed repair. We believe that customers need to know all their options and have the information they need to make an informed decision. That's why we offer a **No-Cost 2nd Opinion**. Get the facts. **Call today!**



Air Conditioning
Service • Repair • Replacements



JustCallJohns.com | (480) 648-2505

"25 Hour Service, 8 Days a Week"™

HEALTH

Low Back Pain Has Various Risk Factors and Treatment Guidelines

By Dr. Russell Homewood

It is estimated eight of 10 adults have low back pain at some time in their lives.

For many individuals, episodes of back pain are self-limited. Patients who continue to have back pain beyond the acute period (four weeks) have subacute back pain (lasting between four and 12 weeks) and may go on to develop chronic back pain (persists for more than 12 weeks). It is rare for back pain to be an indication of something more serious.

Mistakenly, most sudden onset of back pain is labeled a back sprain or strain. A sprain or strain occurs when muscles and ligaments are stretched too far, and tears damage the tissue. The back typically does not go through enough range of motion to result in sprains or strains.

It is much more common to have a degenerative process, such as degenerative disc disease or arthritis of the spine that becomes inflamed by lifting or overworking the area. It is important to understand this is a chronic condition, causing reoccurring pain. Patients need to be educated about rehabilitative exercises and other ways to avoid and treat reoccurrences.

Some risk factors associated with an increased incidence of back pain include smoking, obesity, age, female gender, physically strenuous work, sedentary work, psychologically strenuous work, low educational attainment, Workers' Compensation insurance, job dissatisfaction, and psychologic factors, such as anxiety and depression. Overdoing it at the gym or golf course is one of the most common causes of over-extended muscles leading to low back pain. You're especially vulnerable if you tend to be inactive during the workweek and then spend an hour at the gym or softball field on the weekend.

Symptoms requiring urgent care include loss of bowel or bladder control, numbness in the groin area, leg weakness, fever and pain when coughing or urinating. If you have any of these symptoms along with your back pain, contact your doctor.



Also contact your doctor right away if you have back pain and you have a history of cancer, unintentional weight loss, long-term steroid use, weak immune system, history of IV drug use, or your pain gets worse with rest.

Unless low back pain is caused by a serious medical condition, a rapid recovery is expected, even if there is a bulging or herniated disc. The body breaks down bulging discs, taking pressure off the nerve.

BASIC GUIDELINES FOR TREATMENT

Many people are afraid they will hurt their back further or delay recovery by remaining active. However, remaining active is one of the best things you can do. In fact, prolonged bed rest is not recommended. Although high-impact activities should be avoided, it is fine to continue regular day-to-day activities. Using heat can help during the first few weeks. Over-the-counter medicine, such as aspirin, ibuprofen (Advil, Motrin) and naproxen (Aleve), may work better than acetaminophen (Tylenol) for low back pain. They can be taken together, but you should consult your doctor first. A program of exercises can help to increase back flexibility and strengthen the muscles supporting the back. Although starting back exercises or stretching immediately after a new episode of low back pain might temporarily increase the pain, the exercise may reduce the total duration of pain and prevent recurrent episodes.

Recommended activities include those that involve strengthening and stretching, such as walking, swimming, use of a stationary bicycle and low-impact aerobics. Avoid activities that involve twisting or bending, are high-impact, or make the back hurt more. Some specific exercises may help strengthen the muscles of the lower back. People with frequent episodes of low back pain should continue these exercises indefinitely to prevent new episodes.

DR. RUSSELL HOMEWOOD'S BIOGRAPHY

Dr. Homewood chose Family Practice because he values long-lasting relationships with his patients. A perfect day in the clinic involves providing excellent medical care, while also visiting with old friends. He is well known for his empathetic, fun-loving personality and down-to-

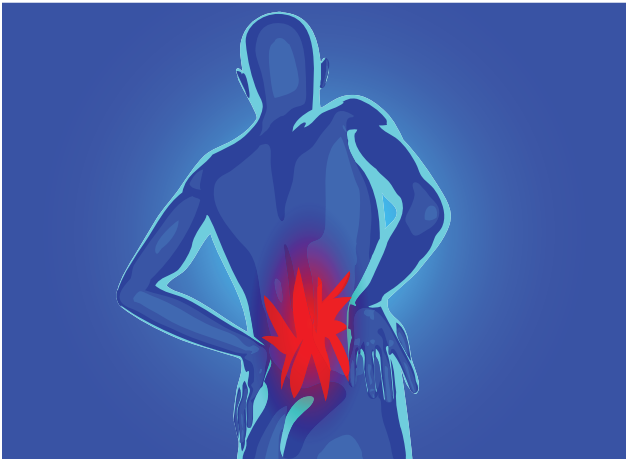
earth bedside manner that puts his patients at ease. He frequently takes time to explain a patient's diagnosis and clarifies any confusing information from a specialist visit.

Dr. Homewood completed his undergraduate degree from Brigham Young University and his Doctor of Osteopathy from Kirksville College of Osteopathic Medicine, ranking in the top 20th percentile. He completed his residency in Family Medicine at Phoenix Baptist Hospital in 1999. He is board certified in Family Medicine. After beginning his career with larger medical groups, he opened his own practice, Homewood Family Medicine, in 2001. This has allowed him to enjoy building patient relationships.

Certifications include National Board of Osteopathic Medical Examiners, and he is a Diplomat for the American Board of Family Practice. He is a member of the American Osteopathic Association, Arizona Osteopathic Medical Association—Delegate District 4 and the American Diabetes Association.

Dr. Homewood enjoys spending time with his beautiful wife, Kim, and their children. Time permitting, he engages in activities including biking, running, skiing, hiking and travel. ■

For more information, or to make an appointment with Dr. Russell Homewood, call (480) 999-0049.



CLASSIFIEDS

HOME SERVICES

MESA HOME MAINTENANCE AND REPAIR Plumbing, electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed. Sean Sornberger (480) 699-7990

LADY BLUES HOME CLEANING AND HOUSE SITTING SERVICE One person service. Estimates by phone. 18 years experience. Very well trusted with lots of references. Denise Ross 480-296-6752

MARK'S HOME IMPROVEMENTS AND REPAIRS Specializing in Cabinetry—touch up, repair, rollout drawers, soft close hinges and glides. Plumbing, electrical, paint, drywall, lights, fans, etc... 30+ years experience. Call/Text Mark Griffin 480-980-1445.

LANDSCAPE MAINTENANCE, YARD WORK, LAWN CARE, IRRIGATION SERVICE, LOW VOLTAGE LIGHTING INSTALLATION AND REPAIR. Call or text Sam for a free estimate at 480-553-1489.

ALL PRO TREE SERVICE and LANDSCAPE SERVICE. Tree Trimming, Removals, Stump Grinding, Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc. **FREE ESTIMATES.** Very Professional, INSURED & BONDED. Mention this ad and receive 15% OFF! We accept credit cards. Please call (480) 354-5802

SPECIALTY SERVICES

PROFESSIONAL TUTORING. Multiple K-12 subjects including Math, Reading, Writing. Individualized, at-home instruction. Summer enrichment activities and summer school help. Assistance for home-schooling. Philip N. Swanson, Ph.D., 480-677-9459.

"KNOW BEFORE YOU THROW" the potential value of your stuff. I have 25+ years of experience in appraising and liquidating estates. Consult with me, Jon Englund, (480) 699-1567, or email to Jon@KnowBeforeYouThrow.INFO

LOVE ALL PETS - Pet Sitting and Care in your home for long/short-term and last-minute care, (all references are local). Heather at 949-290-6055 or hdebrosse@yahoo.com and www.eastvalleyloveallpets.com

NEED A RIDE TO THE AIRPORT? Now offering a Special Winter Rate! 50% OFF your next ride. Full service and "legal" Sedans/SUV's, don't be fooled by going in a vehicle that does not have the required insurance, your safety is at stake. Full service since 1995 and winners of Best of Phoenix award in 2014 and 2015. Call 602-481-0894 or www.swsedan.net

FOR RENT

VACATION RENTAL
Furnished Ocean View Vacation Rental in San Diego, California
Looking for a vacation spot in San Diego? Look no further. This one or two bedroom, two bath unit is a 3-minute walk to the sand in beautiful Pacific Beach. Here are some other highlights:
• 1,113 sq.ft. Corner unit with Ocean Views
• Fully furnished with full kitchen & high speed internet
• Heated pool and hot tub
• Did I mention that it's a 3-minute walk to the beach?
• Weekly Rates Starting at: \$1,040 (no extra charges)
Contact Art Bennett for more details: Art.Bennett@sbcglobal.net (713) 247-9507

SERVICE DIRECTORY

PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE



ALL PRO
TREE SERVICE LLC.
www.allprotrees.com • dennis@allprotrees.com
480-354-5802

LANDSCAPE SERVICES

- Monthly Landscape Maintenance
- Frost Damage
- Yard Clean Ups
- Irrigation Install/Repair
- All Landscape Needs



TREE SERVICES

- Tree Trimming
- Tree Removal
- Stump Grinding
- 24 Hour Storm Damage
- Deep Root Fertilization

Commercial, HOAs & Residential
Fully Insured/ Bonded



Fertilize for **FREE** with Purchase
Call for Details

With Every Tree Trimming, We Granual Fertilize for FREE

15% OFF

Call today for a **FREE ESTIMATE** and get **15% OFF** with this ad!
Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.

The GUCCI Pooch
PET SPA The Grooming Salon for the Discerning Pet Parent
(480) 335-4736

NOW ACCEPTING NEW CLIENTS!

• Nearly 30 Years Experience • All breeds CATS & DOGS
• Caring, Gentle & Kind - You and your pets will be happy!

**GROOMING ALL GOD'S CREATURES**

6017 E. McKellips Rd.
Suite 107, MESA
SE Corner of McKellips & Recker

\$5 OFF ANY SERVICE
New clients only.

MY CHAUFFEUR TAXI SERVICE

- Go to the airport in Cadillac style for less than your parking or a shuttle would cost!
- Scheduled pick-up times!
- No stops on the way to the airport!
- When you come back to Phoenix, we'll pick you up again!

SPECIAL PRICE OF \$39
Las Sendas, Red Mountain, Alta Mesa, Boulder Mountain & Mountain Bridge.

480-512-9757
Dirk Van Leenen
Owner & Driver




Are you suffering from vaginal dryness?
Use FabuVag®
START FEELING FABULOUS!

**100% NATURAL**
83% ORGANIC
HERBAL VAGINAL MOISTURIZER

Use promo code **UpClose** for **10% OFF** & **FREE shipping**
Exp 7/31/2018

Made in USA

www.naturalvaginalsolutions.com
1-844-888-9966

**UpClose**
PUBLICATIONS

480-748-1127

**Desert Sun**
Property Services LLC

Job Too Tough to Handle? Then It's Just Right For Us!

Landscape Service
Tree Trimming, Removals and Installation
Planting
Junk/Debris Removal
Large/Small Property Clean Ups

"PROUD SERVICE WITH INTEGRITY"
Carlos 480-580-7252
Not a Licensed Contractor

Have you been putting home repairs off for a while?
480 Handyman
Services can tackle those for you!

Call Mike Leonard today!

Leaks • Painting/Trim Work • Replacing Toilets/Sinks
Doors/Cupboard Repair • Windows & Screen Repairs
Lighting • Most Home Repairs

**I even wash windows!**

480-226-3986
480Handyman.com

Call your local licensed Humana sales agent.

**Talk with your local licensed Humana Sales agent today.**

Tammy Longworth,
480 236-9339 (TTY: 711)
Monday-Friday, 8 a.m. to 5 p.m.

Humana.
Y0040_GHHXDFEN18 Accepted

SCORPIONS - BLACK WIDOWS TICKS - TERMITES - ANTS
Licensed - Bonded - Insured

**A-1 PEST CONTROL. LLC**

Valley Wide Service
Family owned & operated for over 33 years

Leo Renello
480-981-0666
Mesa, AZ 85207
Board Certified Entomologist



LOCAL BUSINESS

Prepare for the Holidays with Home Upgrades

By Jamie Killin

While high summer temperatures have yet to dissipate, back-to-school season and the holidays are already around the corner, making it the perfect time to plan for home upgrades in preparation for visits from family and friends, as well as holiday parties.

One of the easiest ways to improve the look of your home and even expanding your entertainment space is converting your garage into a beautiful, finished room with an epoxy coating.

"Our customers love that they'll now be able to use their space for things other than just to park their car," said vice president of business development for Floor Defense Tim McKibbin. "I just did a home where they live in a cul-de-sac and do block parties. So, now they can open it up for things like that."

This converted space offers many options. "If you need to set up extra tables for a party, or if you want to have a pool table in your garage and bring in games, you can do that," Tim continued. "It just gives a more finished look to the room. It makes it part of the home and it's square footage that people don't realize is available for more than just your car."

The concrete treatment also makes cleaning your space easier and protects the concrete underneath with a two-part epoxy base coat, vinyl chips, two-part clear sealer



top coat and, finally, a two-part clear top coat.

Fortunately, Floor Defense makes it easier than ever to transform your garage with a short 24-hour turnaround time, which sets it apart from other companies and makes the process more convenient.

"We have our signature one-day installation process, which allows us to get into your home, put your brand new floor in, and you'll be able to walk on it after eight hours and park on it after 24," Tim said.

Floor Defense offers not only a quick process, but also top-quality work, that comes with a lifetime warranty. They also offer several colors of concrete coating, allowing customers to achieve the exact look they want for their upgraded garage.

"I want complete satisfaction," said Tim. "I don't take down payments. I want somebody to tell me that they

enjoyed the job or appreciated 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," Tim stated. "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 get into those pores. That's what you're getting that adhesion from so it doesn't come back up."

The process, delivering permanent results, requires professional tools and knowledge 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 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."

Tim also is sure to be available for the homeowner to answer any questions, and he takes customer service and satisfaction seriously. ■

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

The Vistas Pavilion Corporate Event Center



3 PRIVATE MEETING ROOMS
CORPORATE MEETINGS, HOLIDAY
PARTIES, EXECUTIVE RETREATS,
PRIVATE DINING



The Vistas Corporate Event Center is a magnificent venue and urban oasis for large or small indoor or outdoor Corporate Events or Meetings. Our meeting rooms have been carefully designed and architected to capture the amazing views of the Phoenix Valley.
Audio, visual and Wi-Fi are included.
Your meetings will be impossible to forget when combined with exceptional cuisine prepared by our Chef with the finest fresh ingredients. Our Corporate Event Planning Team will work with you to customize room size, room setup and those all-important networking breaks. We can also include golf as part of your team building plans.

For further information or to book a site visit, please call Jess Miller at 480.396.4000 ext. 227 or email at jessmiller@lassendas.com

BUY ONE, GET ONE

The Patio
at Las Sendas

Buy one delicious
entree, get one
FREE!

SUNDAYS & MONDAYS
June 1st - August 31st 2018,
After 5 PM



BUY ONE ENTREE, GET ONE FREE

*Offer not valid on To Go Orders, Entrees must be of equal or lesser value
Not valid with any other offers or discounts. Expires 7/31/18.

LAS SENDAS GOLF CLUB | 7555 E. EAGLE CREST DR. MESA, AZ
480-396-4000 | WWW.LASSENDAS.COM

SUMMER WINE & CRAFT & BEER SERIES



PART 2- JULY 21ST CRAFT BEER DINNER

4 Course Dinner with Reception Featuring
Oregon's very own Full Sail Brewery.

6:30PM AND 7:00PM

\$50 PER PERSON PLUS TAX AND GRATUITY

CRAFT BEER DINNER MENU

First Course

Dungeness Crab Fritters on Frisee with Lemon Thyme Vinaigrette

Second Course

Cedar Smoked Salmon on Spring Mix Greens with Blueberries
& Sweet Vidalia Dressing

Main Course

Grilled Free-Range Beef Filet with Oregon Cherries & Wild Mushroom Demi

Dessert

Assorted Northwest Cheeses with Dried Fruits and Spiced Nuts

PART 3 - AUGUST 18TH SUMMER WINE TASTING

Join us for a very special social hour! Featuring select wines of
summer & refreshing appetizers

4:00pm - 6:00pm, \$35 per person

FOR RESERVATIONS OR MORE INFORMATION, PLEASE CALL 480-396-4000; 221

The Vistas Pavilion - Las Sendas Golf Club 7555 E. EAGLE CREST DR. MESA, AZ 85207 - WWW.LASSENDAS.COM