

# Las Sendas Up Close

Bringing neighbors closer to their community

July 2018

## 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](http://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](http://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](http://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](http://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](http://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](http://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](mailto: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](mailto: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](http://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



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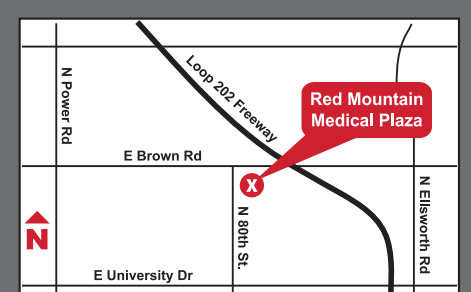
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UpClose

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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](http://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](mailto:District5@mesaaz.gov).



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LOCAL BUSINESS

Group Rentals Ensure Great PADDLEBOARDING FUN



Submitted by No Snow Stand Up Paddleboard Shop

If you are looking for fun things to do for birthdays, family reunions, team building or corporate events, check out our No Snow Rent A Box, new this year. Load up our courtesy box van with 10 to 25 boards and drive yourself to the lake. Everything you need to paddle is ready and waiting for pickup. You just bring your friends, coolers, snacks and sunscreen, and you are ready to head out to the water. Our courtesy box van is ideal for river runs, sunset or sunrise parties, birthdays, corporate events, stand up paddleboard yoga, fitness, team building, Boy Scouts, Girl Guides, church groups, family reunions or Sunday fun days. Offered at no additional cost to you, the van is provided as a courtesy. ■

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

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](http://whatscrackincafe.com). To place an order, send an email to [redmountaineventcenter@gmail.com](mailto: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](http://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. ■



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



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**Are You Turning 65 This Year?**

Do You Need Help Making Medicare Decisions?

Medicare decisions can be confusing and overwhelming.

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

Call me to review your Medicare choices.

**Lynne Jones**

LICENSED AGENT

[jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com)

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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.



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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](http://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](http://saltrivertubing.com) and [nationalgetoutdoorsday.org](http://nationalgetoutdoorsday.org), or call (480) 984-3305.

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## 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

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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.

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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.



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\*Free Golf Does NOT apply to Social Memberships

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**EMAIL: [wmcbean@lassendas.com](mailto: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.

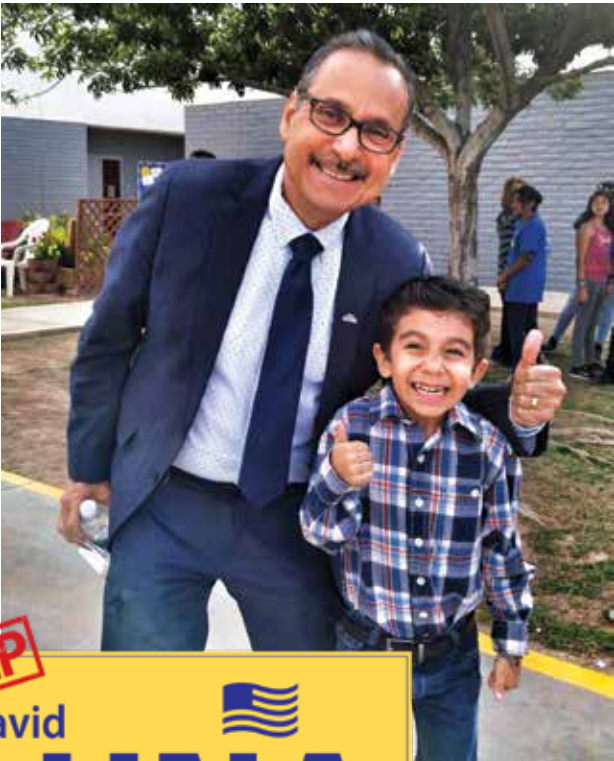
Among the simple needs is the Dark Sky ordinance, which was created to help residents who prefer living in low-lit areas. There also are the more layered needs, such

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. ■

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[mvmedicalcenter.org/anniversary-event](http://mvmedicalcenter.org/anniversary-event)

<sup>1</sup>Steward 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.

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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

“

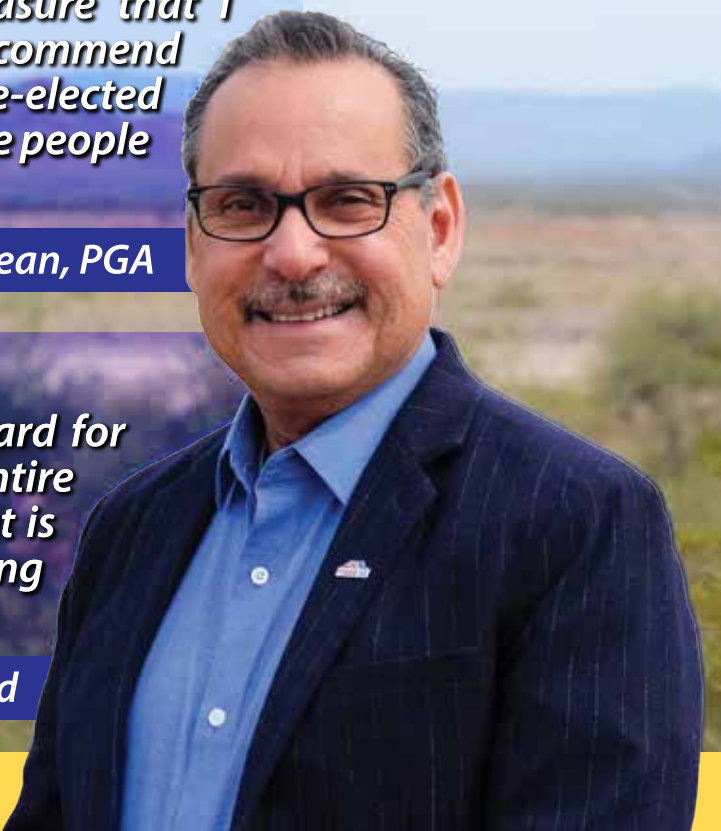
*During his service on City Council, David has strived to improve safety services and preserve the strength of our neighborhoods.*

— 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



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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](http://saltrivertubing.com) and [nationalgetoutdoorsday.org](http://nationalgetoutdoorsday.org), or call (480) 984-3305.



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KOR PROPERTIES

Sales for the Month of May 2018

John Karadsheh

Address	Square Feet	Community	Sold Price
7218 E. Northridge St.	1,856	Windsong	\$249,900
2958 N. Sonoran Hills	1,720	Desert Creek	\$280,000
3448 N. Barron St.	1,571	Rolling Hills	\$305,000
7219 E. Nathan St.	1,567	Trailridge	\$330,000
2622 N. Sterling	1,762	Grayfox	\$332,000
7257 E. Nathan St.	2,835	Trailridge	\$347,800
3055 N. Red Mountain, #127	2,150	Ironwood Pass	\$349,000
3055 N. Red Mountain, #90	2,451	Ironwood Pass	\$350,000
3055 N. Red Mountain, #197	2,451	Ironwood Pass	\$370,000
6920 E. Sierra Morena Cir.	1,584	Cobblestone	\$373,000
7260 E. Tasman St.	2,451	Featherwind	\$385,000
7348 E. Northridge Cir.	2,219	Grayfox	\$391,500
7445 E. Eagle Crest Dr., #1035	2,585	Cachet	\$404,000
7747 E. Russell Cir.	2,325	Greyhawk	\$405,000
3339 N. Boulder Canyon	1,571	Ironwood Pass	\$420,000
3223 N. Sagewood Cir.	2,105	Desert Vistas	\$427,000
3253 N. Boulder Canyon	2,732	Desert Vistas	\$450,000
7534 E. Orion Cir.	2,732	Desert Vistas	\$458,000
3554 N. Canyon Wash Cir.	2,574	Grayhawk	\$515,000
8038 E. Teton Cir.	2,309	Stonecliff	\$515,000
4019 N. Terra Mesa Cir.	2,801	Stonecliff	\$522,000
3543 N. Sonoran Heights	4,056	Sonoran Heights	\$564,000
3762 N. Stone Gully	3,653	Eaglefeather	\$565,000
3816 N. Desert Oasis Cir.	3,655	Canyon Creek	\$576,000
3742 N. Desert Oasis Cir.	3,655	Canyon Creek	\$621,000
8246 E. Teton Cir.	2,642	Stonecliff	\$627,500
4020 N. Stone Peak Cir.	3,159	Stonecliff	\$731,000
4207 N. Arboles Cir.	4,047	Granite Preserve	\$795,000
4062 N. Terra Mesa Cir.	3,017	Stonecliff	\$820,000
7130 E. Saddleback St., #24	5,954	Golf Colony	\$915,000
7213 E. Summit Trail St.	4,051	Summit	\$935,000
8139 E. Echo Canyon St.	5,701	Walking Stick	\$1,450,000

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](http://www.KORproperties.com)

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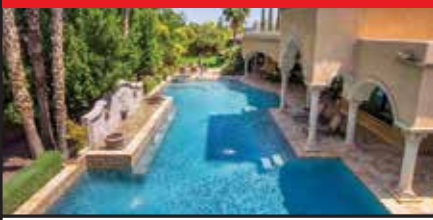
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Celebrate Independence Day and In Dependence Upon Our Savior

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](http://hosanna-lcms.com).

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**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](http://silverstartheater.com) to purchase tickets online and view the full calendar of upcoming events.



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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.



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

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.



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



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## 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



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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](http://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](http://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](mailto:azhormonehelpers@hotmail.com). You may read her blogs at [greenbalancerx.wordpress.com](http://greenbalancerx.wordpress.com).

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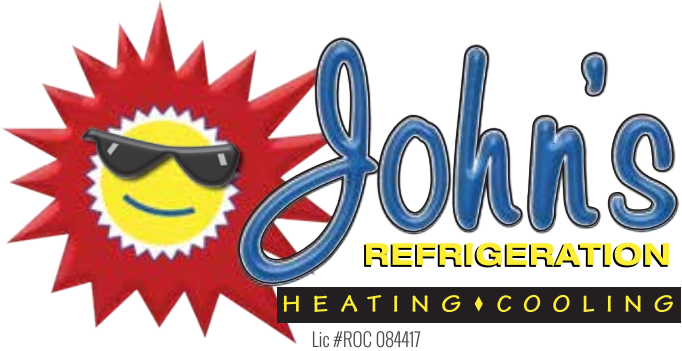
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HEALTH

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.



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## 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](http://www.floordefenseaz.com), or contact Tim McKibbin at (480) 326-5533.



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