

Las Sendas Up Close

Bringing neighbors closer to their community

August 2018

It's Time to Adjust to the Back-to-School Routine

By Kimberly Alvarado

Transitioning from the lazy days of summer—when structure happily slips through the cracks of time—to the certainty of a school-year schedule can be stressful, not only for returning students, but also for the entire family.

The adjustment from marathon movie sessions on the couch, swimming with friends until well past dark and extended weeknight trips for ice cream will soon give way to the preparation of organized calendars, carpools and the sometimes-dreaded back-to-school routine. Here's information that can help you bid farewell to summer and transition your agendas into the first ring of the 2018-19 school year bell.

LOCAL PUBLIC SCHOOL ENROLLMENT MESA PUBLIC SCHOOLS

When enrolling your student for the new school year, be sure to have the following information in hand:

- Child's proof of age and identity
- Proof of address
- Immunization records

Mesa Public Schools will begin the 2018-19 school year on Wednesday, Aug. 8. The first steps for being prepared for the new school year are at your fingertips. Whether you're new to the area or an established Mesa resident, you'll want to make sure your child is enrolled in a school that best fits his needs.

You are able to explore and enroll your student online by visiting Mesa Public Schools at mpsaz.org to find your neighborhood and apply for open enrollment. The website provides information on traditional and charter school locations, CTE courses offered, advanced-placement course information and classes designed to challenge your creative and performing arts-minded student. This information will help you make the best choices for your child's education.

By visiting the website, you also will be able to obtain information about transportation, including school bus routes, pick-up and drop-off times and stopping loca-

tions. Find out what the cafeteria is serving for breakfasts and lunches, as well as manage your cafeteria accounts at this site.

PRESCHOOL AND CHARTER SCHOOL ENROLLMENT

Do you have a preschool-aged student?

Self Development Preschool offers childcare services for toddler to school-aged children. Visit their website at selfdevelopmentpreschool.com, or call (480) 396-3522. The developmental setting is designed to enrich your child emotionally, intellectually and socially, while specializing in small class sizes with a high educator-to-student ratio.

Self Development Academy—Mesa provides education for students from kindergarten through grade eight, and offers accelerated curriculum designed to fit the strengths of individual students. Visit the website at selfdevelopmentcharterschool.com.

Once you have established which school your student will attend and registration is completed for the new year, check out Retail Me Not at retailmenot.com for discounts, deals and coupons on school supplies at some of the retail stores offering the best yet back-to-school deals. Big reductions mean money in your new school jeans' pocket this fall at stores like Target, Best Buy, Kohl's, Amazon, Bed Bath and Beyond and Macy's.

SETTLING BACK INTO THE SCHOOL YEAR

Parents and students are encouraged to try easing into the shift of seasons by utilizing the following tips inspired by education specialist Janelle Cox, educational writer and elementary education expert:

Practice the routine—About a week before school begins—eat, sleep and prepare activities scheduled around the same time your child will have to leave and come home during the school day. This gives everyone in the house a chance to ease back into a new structure.

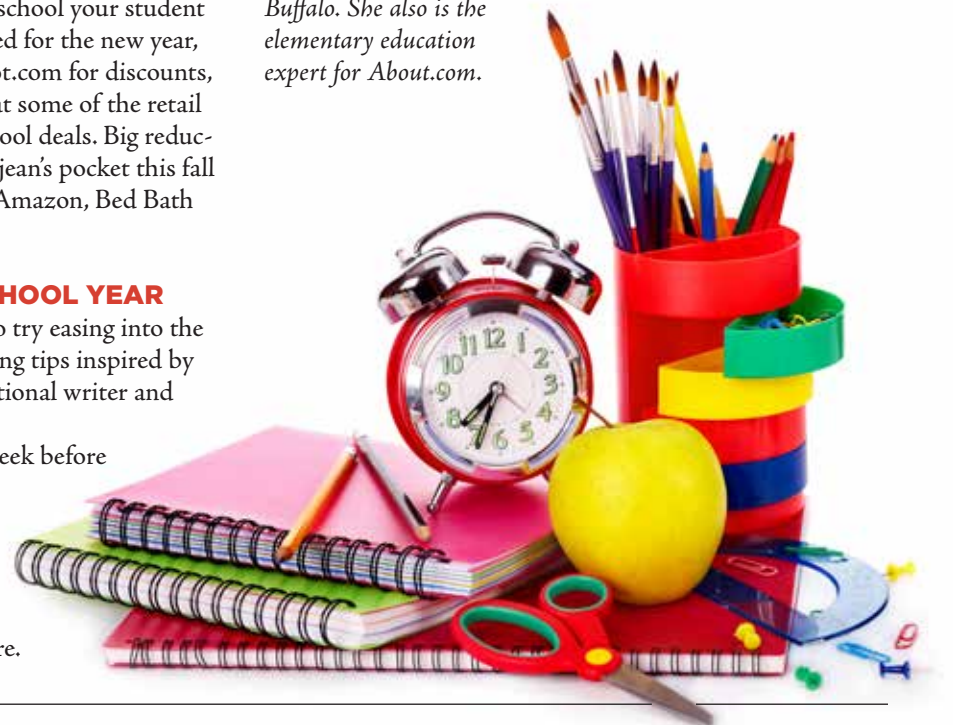
Shop together—Build responsibility through choices. Allow your student to pick out his own backpack, lunchbox, etc.

Make an after-school game plan—Where will your child go after school on regular days? What about early release days? Plan for unscheduled dismissals, sick days, etc.

Stay positive—Discuss future events with your child, such as fall holidays and outdoor activities that will take place even after the school year begins. Remind them of the friends they will see routinely.

Get organized—This means a designated station for homework and school informational material, as well as athletic and extra-curricular participation forms. ■

Janelle Cox is an education writer who uses her experience and knowledge to provide creative and original writing in the field of education. Janelle holds a Master of Science degree in education from the State University of New York College at Buffalo. She also is the elementary education expert for About.com.



New Frontiers for Lifelong Learning Presents Open House

Submitted by New Frontiers for Lifelong Learning

New Frontiers for Lifelong Learning (NFL) is hosting an open house on Friday, Sept. 21, from 1 to 3 p.m., in the Navajo Room, at the Mesa Community College (MCC) Southern and Dobson campus.

NFL, a peer-led, self-directed organization of more than 400 members operating under the sponsorship of MCC, may be just what you are seeking.

Educational and social opportunities happen by joining interactive groups. Many classes meet one time for two and one-half to three hours. There are no tests, grades or credits.

Other social opportunities, such as luncheons, tours, traveling, concerts, board and card games, as well as theater productions, can be enjoyed. Volunteer

opportunities are available on the MCC campus and in the community. As an NFL member, you are given an MCC student ID card, which gives you discounts on campus and in the community.

Classes meet at MCC campuses at Southern Ave. and Dobson Road, McKellips and Power roads, Mesa Active Adult Centers, at 247 N. MacDonald St. and 7550 E. Adobe St., as well as other locations.

Fees are \$80 a year or \$60 for each semester. After enrolling at the open house, a member can register for as many classes as one's schedule will allow. Online registration begins on Sept. 25. ■

For more information, visit newfrontiers.mesacc.edu, or call (480) 461-7497.

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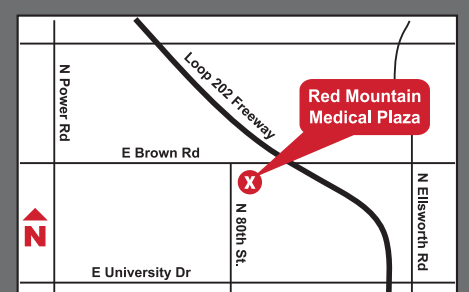
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HEALTH

Know the Medical Facts about Strokes

By Bashar Markabawi, MD, FACC
A stroke is a dysfunction of the brain that happens when blood flow to part of the brain is interrupted, reducing the oxygen and nutrient delivery necessary for normal cell function.
The following offers some important facts about strokes.

SYMPTOMS
Symptoms vary depending on the location involved. They include trouble speaking, paralysis and numbness of arms, legs and face, balance problems or vision disturbances.
These changes may be permanent if treatment is delayed.

CAUSES
More than 80 percent of all strokes are related to reduction in blood flow secondary to blood clot (thrombus), which we call ischemic stroke.
Hemorrhagic stroke happens when a break in a blood vessel in the brain leads to blood leak deep into the brain (intracerebral hemorrhage), or around the brain cavity and ventricles (subarachnoid hemorrhage). Certain blood vessel vulnerabilities (aneurysm) can also lead to this type of stroke.

FACTORS THAT INCREASE RISK OF STROKE
• High blood pressure (new definition 130/80 or higher)
• Cigarette smoking, including second-hand smoking
• Sleep apnea
• Diabetes
• Heavy alcohol intake
• High cholesterol
• Other factors that cannot be modified, such as age and family history of strokes

TREATMENT
In the setting of sudden symptoms (brain attack), in the hospital, the use of a clot buster (tPA) within four hours of symptoms or catheter-based clot removal (thrombectomy) within 12 to 18 hours may lead to symptom resolution. Specific medication treatments

after stroke include antiplatelet, such as aspirin and clopidogrel, or more intensive blood thinners, such as Warfarin. Treatment also can include cholesterol-lowering medication.
Prevention is more important. This can be achieved by controlling the factors mentioned. Control blood pressure and reduce cholesterol, specifically LDL (low density lipoprotein).
Quitting smoking is essential although many of the vascular injuries may have happened.
Treatment of sleep apnea helps to control blood pressure and reduce the risk of heart rhythm called atrial fibrillation, which can lead to stroke.
Control diabetes and maintain HgA1C less than 7.0 and better than 6.5. Maintain a healthy weight, and eat a balanced diet rich in vegetables and fruits.
Most importantly, exercise regularly and try to achieve 30 minutes of aerobic exercise daily. This has shown to reduce risk of stroke by more than 30 percent.
Finally, remember that an ounce of prevention is worth a pound of cure. ■

For information, or to make an appointment, call (480) 999-0049. Red Mountain Medical Plaza is located at 8035 E. Brown Road, Building 4.



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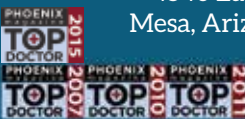
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COMMUNITY

A Vote for David Luna is a Vote for Northeast Mesa’s Future
DISTRICT 5 COUNCILMEMBER RUNNING FOR RE-ELECTION

Submitted by Judi Willis, APR

DISTRICT 5 AMENITIES AND QUALITY OF LIFE

David Luna points out that one of his top priorities is to support amenities and the quality of life for residents in District 5, making a commitment to be available and approachable. David is a regular attendee at community events and festivals. He also schedules frequent *Luna Landings*, enjoyable and educational events for all ages. One of the most popular is his annual *Heart Your Health Day*, at Red Mountain Multigenerational Center, an exercise event open to all at no cost.

Family amenities include Uptown Jungle Fun Park and Fat Cats (slated to open in 2019). Uptown Jungle is described as an all-inclusive city-style indoor playground targeted for ages 2 through 13. They even have a toddler area for younger children. Fat Cats locations are known for bowling, arcades, glow golf and their movie theaters.

Two of the newer City parks in the area further illustrate his priority for Northeast Mesa, including Desert Arroyo and Desert Trails. Desert Arroyo includes a one-half mile Desert Botanical Walk, a three-quarter mile Explorers Path Loop, for hiking and biking, and a one-half mile paved Discovery Loop connecting the five educational/shaded picnic areas—suitable for children and adults alike. Downloadable guides are available at no charge from the Parks and Recreation Department website. Desert Trails has a series of bike trails, a pump track and a kids’ skills track, which introduces youngsters to mountain biking. The park includes shaded ramadas and restroom facilities.

Current recreation facilities in District 5 are



David Luna

Quail Run Park, the Gene Autry Tennis Center and Red Mountain Multigenerational Center. Quail Run features an off-leash dog park and lighted soccer, baseball and softball fields. It also has a playground, picnic tables and barbecues plus restroom facilities. Gene Autry boasts lighted tennis courts and restrooms.

The Red Mountain Multigenerational Center features a fitness center, group fitness classes, drop-in basketball, indoor rock climbing wall, youth activities and a walking/running track. For the convenience of residents caring for a family member, the East Valley Adult Resource Center and Oakwood Creative Care are located right in the center, offering respite services.

DISTRICT 5 BUSINESSES, RESTAURANTS, AND DEVELOPMENT

David continues by sharing the many types of businesses that continue to be sought for District 5. One of the newer retail locations is Longbow Marketplace, whose current occupants are Sprouts, Mod Pizza, Keep It Cut and Verizon. Residents visiting Longbow Marketplace will also notice that the intersection of Recker Road and Preston Street/Longbow Parkway has been converted to a standard intersection. David explained that this is a direct result of input from area residents and businesses.

Northeast Mesa also is home to new restaurants, from casual to fine dining, which adds to the eating-out experience that continues to be an important part of District 5. New offerings include Smashburger, Steak and Stone, What’s Crackin Café, Desert Eagle Brewing Company, Osteria Pasta and Pizza, Board and Batten and The Manor. An In-N-Out Burger

is set to open in the near future. Restaurants that continue to thrive include Red White and Brew, D’Vine Bistro and Wine Bar, Pacino’s, Zushi and Nando’s, to name a few.

“As I am out in the community, both in my role as the City Council member representing District 5 and as a candidate for re-election, I am often questioned about some of the new buildings and development taking place in the Falcon Field area,” David Luna said.

Construction of new buildings is the direct result of the strategic plan for the Falcon Field Economic Activity Area (FFEAA), aimed at creating and retaining quality jobs in Northeast Mesa. The FFEAA plan is targeting two specific industry sectors, Aerospace/Aviation Defense and Advanced Business Services, such as banking, financial services and data centers.

One of the biggest drawbacks to creating more jobs is the lack of existing buildings to support large projects sought by companies. An analysis of the 2014 commercial space available in the Falcon Field area found there were 44 buildings under 25,000 square feet and no existing buildings of 50,000 or more square feet.

“We have been working closely with commercial developers to identify appropriately sized parcels of land to accommodate larger buildings,” David explained.

David added that large commercial properties like those built or being developed along Higley Road are the result of these conversations. A City of Mesa Economic Development summary of activity in District 5 showed that 25 total projects have been attracted since 2013, adding more than 1,600 jobs. There currently are 19 aerospace companies in the area, compared to just 10 in 2013. David has been key to seeing this opportunity not only for District 5’s growth, but also for Northeast Mesa’s future. ■

David encourages District 5 residents to contact him through his LunaforMesa.com website.

David

LUNA

CITY COUNCIL

David Luna

Mesa City Council
Councilmember, District 5
& Vice Mayor

LunaForMesa.com

“
It is my pleasure to endorse David Luna for another term on the Mesa City Council. Please join me in support of David Luna as council member for District 5.
— Beth Farnsworth Coons

“
David Luna is a wonderful mix of strong and thoughtful leadership while having different perspectives, and most importantly, heart.
— Mike Oliver

“
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

“
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

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EDUCATION

YOUNG SCHOLARS PROGRAM for Gifted Students Proves Successful

Submitted by Self Development Academy
Self Development Academy (SDA) is well-known within the local community and statewide as a top-ranked elementary and middle public charter school. SDA provides kindergarten through grade eight students with an accelerated curriculum within a nurturing and supportive environment. All students learn a minimum of one grade level ahead of the Arizona Department of Education Mathematics and English Language Arts standards. Year after year, SDA students have proven they can achieve high levels of academic learning and success. One factor contributing to student academic success is the close monitoring of each student's learning process and the provision of support and enrichment on an individual and as needed student basis.

How does SDA meet the needs of exceptional students, students that are gifted and are seeking more challenging academic experiences?

First, some students are recommended to sit a higher grade level, skipping one to two grade levels. Second, students participate in enrichment programs and afterschool activities, such as Young Scholars, Math Counts or Science Olympiad. During the 2017-2018 school year, SDA piloted the Young Scholars Program, a unique gifted and talented program. Young Scholars participants are outstanding elementary school-aged students. Teachers have identified them as students who have high personal and academic standards, consistently exhibiting a passion for learning and dedication to success. They often are leaders in the classroom and school community.

The Young Scholars Program

challenges students by engaging them in various project-based, hands-on activities. The assignments require research, application of science, mathematics, English language arts concepts, critical thinking skills, problem-solving skills and in-depth discussions. For particular projects, some students fulfill the role of project manager, further enhancing their leadership skills. Participation in this program allows students to reach their highest potential.

Each week, the Young Scholars group could be found excitedly explaining and demonstrating their creations and inventions. The Young Scholars Program was a huge success. The program will continue this upcoming school year. The school community is anxiously awaiting the many discoveries and creations from next year's program participants.

Mrs. Annemarie Rivera and Mrs. Jamie Smith, a pair of veteran teachers, spearheaded the Young Scholars Program. Mrs. Rivera has been an employee of SDA since 2006. In addition to her role as an elementary and middle school teacher, Mrs. Rivera has been a member of the site-based management team. The upcoming school year marks Mrs. Smith's ninth year as an elementary education teacher with SDA. Both teachers are passionate about education, dedicated to their students, and have an amazing ability to assist students to reach their highest potential. ■



SDA is a kindergarten through grade eight, public charter school located at 1709 N. Greenfield Road, at Brown and McKellips roads. For more information regarding enrollment and/or to arrange a tour, please contact the Front Office at (480) 641-2640.

HEALTH

Indoor workouts are a necessity in the hot ARIZONA SUMMER

Submitted by Tapestry Insurance
While at LA Fitness recently, I ran into a couple of friends, and one mentioned attending the gym because her Medicare insurance plan includes a gym membership.

I started to think, with the summer in full swing and the temperatures high, exercising outside could be difficult for most of us, especially seniors. Going to the gym is a great option for people to avoid the summer heat.

Many Medicare plans offer gym memberships. Some of these plans even offer them with no extra cost. This can be a great benefit here in Arizona. It helps us to beat the heat while we get our workout or walk completed in the comfort of air conditioning.

If you are unsure whether your plan offers a gym membership, feel free to call me at the number listed below. I can help determine if you have this benefit, and can even let you know what gyms are convenient to you.

As always, please feel free to call me with any Medicare insurance questions, or if you are turning 65 in the next few months. I am more than happy to assist you in any way. ■

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||| SPIRITUALITY

NEW SCHOOL YEAR Welcomes Students into the Family

By Pastor Paul Frank
Hosanna Lutheran Church

Happy New Year to everyone. It's time to begin a new school year, at least, and that new school year gives us a chance to make a whole new beginning in many ways. It's a time to remember that Christ Jesus gives us a new beginning every day. It's a time to get back into school and back to a good church family. That's what you find at Hosanna, a family of faith shaping lives in Christ.

August is a transitional month for many as the new school year begins. And some parents sing that favorite Christmas song, "It's the most wonderful time of the year..." I share that sentiment, too. It is a wonderful time of the year. It's still hot, but the majority of the hot months are now behind us.

The school year brings a bunch of new activities. And we begin looking forward to Labor Day, Trunk or Treat, Thanksgiving, cooler temperatures and a lot more hiking. Many of our friends come back to Mesa in the fall, too.

Here at Hosanna we are celebrating the beginning of the new school year at Little Palms Preschool. Our school is so much fun. Our staff and I just love getting to know all the new kids and families, and we love to welcome the returning families, too.

When school begins, we always reassure a lot of parents who drop off their child at school for the very first time. While some celebrate, most get quite teary



eyed, at least on that first day or two. But we assure them that we will love their child like a child of God. When you bring your child to Little Palms Preschool, at Hosanna Lutheran Church, you will be welcomed into our family. Then, it really is the most wonderful time of the year.

As our preschool year gets under way, the fun and laughter, joy and growth make the time seem like it's flying. We are committed to giving your child the best foundation for his education. They will learn and grow and be so well prepared for the years of school soon to follow. Those years will go so quickly. Time will go too fast. But they will know that they are loved by the Lord who has made them His own children, too. ■

Enrollments are happening now. So, call the School Office soon at (480) 986-9436. You also can call the Church Office at (480) 984-1414. Little Palms Preschool is located at 9601 E. Brown Road.

||| COMMUNITY

Maricopa County Animal Shelters Need Your Help

By Kimberly Alvarado

Consider what you would do for your best friend. Would you drive a few extra miles out of your way for a visit? Would you prepare a dish of something scrumptious to eat?

Maricopa County's Animal Care and Control Services would like to encourage you to consider volunteering to help some of their best canine and feline friends urgently in need of assistance.

"Volunteers can literally do whatever it is their heart desires, in regard to volunteer work at our shelters," said Animal Care and Control Services Public Information Officer José Santiago. "Some of our volunteers like to work directly with the animals, while others prefer the business office, social media or marketing efforts to offer their support."

The Maricopa Animal Care and Control centers recently hosted *Calming the Canines*. During the event, volunteers came into the shelter during the July Fourth holiday to help keep the animals calm during nearby fireworks display times. The soothing voices and comforting faces of the volunteers was greatly beneficial to the anxious dogs and cats.

"I think we made some great friends that day," said José. "We've got some people who actually saw the results of their efforts to calm the animals and want to come back and help again."

If you would like to volunteer at the East Valley Animal Care and Control Center, located at 2630 W. Rio Salado

Parkway, in Mesa, contact Samantha Spinelle at (602) 526-0320.

In addition to volunteering, the shelters could always use supply donations, such as puppy pads, newspapers, dog food and toys to occupy a canine's mind. If you would like to donate tangible items, please consider sending or dropping off the items at the Phoenix location, 2500 S. 27th Ave., in Phoenix. To view the *wish list* for items needed, visit azhumane.org.

Because there is a misconception that the Maricopa County animal shelters are fully supported by the government, financial donations are also needed, and greatly appreciated. It takes \$1.6 million per year to operate the shelter, with \$750,000 of that cost provided by the county. If you'd like to make a financial donation to help the animals, you can do so online at donations@pets.maricopa.gov. ■

For more information about the services of the shelter, visit maricopa.gov/2360/animal-care-and-control.



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CALLING LAS SENDAS RESIDENTS

COME ONE, COME ALL TO LAS SENDAS ANNUAL COMMUNITY APPRECIATION DAY

All Las Sendas residents are invited to bring the whole family to the Las Sendas annual Community Appreciation Day, hosted by Las Sendas Golf Club, on Saturday, Aug. 25, from 3 to 7 p.m., for a day of fun family activities and entertainment exclusively for Las Sendas residents.

"We want to honor all of our neighbors with a day just for you," said Las Sendas Executive Director/Managing Partner Lloyd McBean. "Admission is free and, in addition, golf will be free after 9 a.m. Tee times are required, though, so book now."

A complimentary barbecue buffet will be served, and ice cream, popcorn, cotton candy and other treats

will be available throughout the day.

Kids can enjoy bounce houses, water slides, face painting and family-friendly games.

Everyone can get in on the raffle for prizes, putting games and instructions, all while enjoying the on-going live entertainment.

Activities for adults include complimentary beer and wine tastings, as well as a cash bar.

If you are a resident of the Las Sendas community, this day is just for you. (Proof of residency is required.) Follow us on Facebook for more updates and details. For more information, call (480) 396-4000.

THE PATIO AND THE GRILLE

Enjoy relaxing on our new cool covered patio, with fans and misters to keep you comfortable while savoring fine food and creative libations and experiencing the fantastic sunsets and city lights views. Every day features a summer special, and there is live entertainment Thursday through Saturday, from 7 to 9 p.m.

Sunday and Monday

After 5 p.m., Buy One Dinner Entrée, and Get One Free of equal or lesser value.

Taco Tuesdays

After 5 p.m., fiesta with \$2.50 Tacos, \$4 Margaritas and a variety of Mexican specialties prepared by Chef Jason and Chef José.

Wine Down Wednesday and Weekly Pasta Specialties

A huge 40 percent off on all bottles of wine under \$100, with new pasta specials artistically created weekly to complement your wine choices.

Thursday Prime Rib Night

Order a 10-ounce for \$18.95 or 14-ounce for \$22.95, accompanied by a House or Caesar Salad. Pair your dish with a glass of wine for only \$3.

Surf and Turf Friday

After 5 p.m., select your choice of either:

- Halibut Fish and Chips.
- Prime Top Sirloin/Halibut Filet, Served with Roasted Potatoes and Seasonal Vegetables for only \$16.95.

Date Night Out Saturday

Have a date night out with our Wine and Dine Three for \$30 after 7 p.m. Choose from a House or Caesar Salad and one of our hand-selected dinner entrées—either Chicken, Salmon, 6-ounce Top Sirloin or Vegetarian—topped off by your choice of dessert.

THE VISTAS PAVILION AT LAS SENDAS THE VENUE WITH THE VIEW FOR ANY SPECIAL OCCASION IS NOW OFFERING SPECIAL SPECIALS

Corporate Holiday Party Special—Book any corporate holiday party in December or January and receive \$250 off your venue fee.

Wedding Specials—Book for January 2019 and receive \$500 off the ceremony fee for 100 guests or more. (Must have the reception, as well as the ceremony, at the Vistas Pavilion on the same day only.)

Culinary Specials—The Summer Wine Series and Chef's Dinner

- Wine Dinner—6:30 p.m., Aug. 18
- Chef's Dinner—6:30 p.m., Aug. 23

The Vistas Pavilion now is hosting foodie and wine tastings special events for everyone, featuring the wines of summer. Mix and mingle as we taste through wines made to enjoy by the pool, barbecuing with friends or

just relaxing. Enjoy a taste of refreshing worldly wines along with a delectable selection of summer foods.

Call (480) 396-4000, ext. 221, for reservations and details regarding upcoming wine dinner events.

Create Something Special—Paint and Pinots—7 p.m., Aug. 17

The fee is \$35 per person (plus tax and service charge). What better way to enjoy your inner artist in this crazy Arizona heat than a night of wine and whimsy. The Vistas Pavilion has partnered with renowned local artist Reagan Guzman to host a brilliant night of creativity and fun for you and all your friends. Enjoy a glass of Pinot Noir or Pinot Grigio while learning how to be the next Picasso. (Non-artsy guests encouraged.) Seating is limited, so book your reservation by calling (480) 396-4000.



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LOCAL BUSINESS

A Robin's Nest Consignment Shop Debuts New, Larger Space

By Jamie Killin

A Robin's Nest Consignment Shop is debuting a brand new, 2,800-square-foot space that is twice the size of the previous one.

The change will allow for more inventory and larger pieces, all right next door to the previous store, so shop regulars can enjoy the same convenient location.

"There's a lot more furniture, a lot more wall art, a lot more of everything," said owner Robin Grimaldi. "The best part about it is it's right next door to the old shop."

Because of the larger space, the shop will carry larger furniture items, such as large desks, wall units, sectionals and more.

The new, larger space will be set up in a show room style, allowing customers to more easily see the shop's inventory and how specific pieces could be styled in their homes.

In addition to the new space, A Robin's Nest Consignment Shop now also features expanded Southwestern and Country Western sections that are perfect for Arizona-style décor.

"Beyond the big show room, I also have a brand new Western antique room and a Southwest room that's twice the size of the old one," Robin said.

For six years, A Robin's Nest has provided customers with top-quality, one-of-a-kind secondhand furniture and jewelry, including many new Invicta watches, home décor and household items that are always clean and in great condition. The same practices will continue at the new location.

Robin also ensures every customer has a great experience with her personal, communicative approach to both buying and selling merchandise. She boasts a quick payment process that makes selling merchandise through A Robin's Nest Consignment Shop an easy and stress-free experience.

The shop currently is open from 10 a.m. to 6 p.m., Tuesdays through Saturdays for the summer months. ■

A Robin's Nest is located at 5253 E. Brown Road, Suites 102 and 103. For more information, call (480) 984-8485.



LOCAL BUSINESS

Sometimes, It's Best to Just Throw Things Away

By Nancy Nemitz, Create the Space Professional Organizing



Nancy Nemitz

Not especially fond of birds, I never purposefully looked for a bird in my life until a few weeks ago when I went on the weekly birding walk at the Desert Botanical Gardens.

After all, I want to take full advantage of my membership in the Gardens. It didn't take long for the experienced birders to notice I was a newbie. I was the only one not wearing binoculars. I guess I expected the birds to sit nicely and pose on the ground.

I went again a few weeks later. Around my neck were my 40-year-old wedding-gift binoculars. They are the heavy, long, black binoculars with thin straps. I can hardly see a thing. After the birders explain how to properly spot birds using binoculars and after cleaning the lenses, I still can't see clearly. The lenses are out of whack.

"Well, that's it," I told the group. "I'm throwing them out."

Several birders suggested I set them on the trash can, and maybe someone would pick them up.

"One of two things will happen," I said with conviction. "One, someone will take them to Lost and Found, where the

binoculars will stay because I'm not going to claim them, and now the Lost and Found is cluttered. Two, someone looks around, doesn't see anyone and steals them," I continued. "Then, they discover the binoculars are defective and set them down. Someone else steals them and theft goes on all day. You wouldn't want that would you?"

Guilt works. They are now relieved I'm throwing them away.

So, you see, it doesn't matter the binoculars were a wedding gift. I look at them as something that no longer works. The good news is I have another pair that do work, and I can identify Rosy-faced Lovebirds, Lesser Goldfinches and the ever-present Verdins. ■

Nancy Nemitz, Create the Space Professional Organizing LLC, has been organizing disorganized people since 2004. She can help you make decisions about binoculars or whatever else isn't working in your life. Send an email to nancy@createthespace.com to schedule a free 15-minute phone consultation to discover how she can help you.



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Call me to review your Medicare choices.

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REAL ESTATE

An Appraisal is the Final Hurdle in the Home Selling Process

By Lorraine Ryall
Associate Broker, CDPE, CSSN
KOR Properties

When you are selling a home, it's great to hear we are still in a very strong seller's market, with more demand than supply. We are seeing a lot of multiple offers and buyers offering above the list price to be the highest bidder. This is especially true in the \$350K and under price range. Getting the top price or above for your home is what every seller wants, but don't start counting your proceeds just yet. There still is another major hurdle to get over and one that sellers tend to overlook—the appraisal. With sellers listing for the top price and prices getting bid up, appraisers are having a hard time appraising homes for the higher contract price. Just because a buyer is willing to pay the higher price doesn't mean that is what you can sell for. Why? The appraiser will use comparables of similar homes sold within the past 6 months. There is an adjustment that can be made for being in a strong seller's market that adds additional value, but this still may not be enough to increase the value to the higher purchase price.

WHEN IS THE APPRAISAL ORDERED?

The appraisal is ordered by the buyer's lender to determine whether the purchase price is a true market value of the property. It usually is ordered once the inspections have been completed. Because you may be weeks into the closing process before the appraisal is completed, you want to do everything you can to help the appraiser meet the value. If you would like a copy of my *Appraisal Dos and Don'ts*, please contact me directly.

WHAT HAPPENS IF THE APPRAISAL DOESN'T MEET VALUE?

At this time, the buyer can withdraw his offer and get his earnest refunded. What usually happens rather than a cancelled contract is the seller agrees to sell for the lower appraised value, or seller and buyer agree on a new price. Negotiating between the buyer and seller is the most favorable for both parties. However, it may not be an option for some buyers if they don't have the additional funds needed.



Lorraine Ryall

FOR EXAMPLE

If the purchase price is \$350,000 and the buyer is putting 10 percent down, the loan amount will be \$315,000 and the down payment will be \$35,000. The lender will only lend 90 percent of the purchase price or appraised value, whichever is lower. If the appraised value comes in at \$330,000, the lender will only lend \$297,000, the buyer would need to come up with the difference of \$17,000 (\$53,000 – \$35,000) if they purchase the home for the agreed price. If the buyer doesn't have any additional funds available, the only options are to accept the appraised value as the new purchase price or to cancel the contract and find another buyer.

Another area where an appraisal may become an issue is when the buyer is asking for closing costs to be paid for by the seller. When we are in a seller's market, if a buyer needs closing costs, he may need to add that amount to his purchase price. So, now you have a double whammy. Not only is the purchase price higher to start with because we are in a seller's market, but now you have added an additional amount to cover the closing costs. So, the appraisal must not only meet the higher price but also exceed it to include the closing costs.

FOR EXAMPLE

If the home is selling for \$350K and the buyer is asking for 2 percent closing costs, that's \$7,000. If the offer were full price, with the closing costs, the total would be the equivalent of getting an offer for \$343K. So, instead, the offer would need to be \$357K. This gives the seller the full purchase price after contributing the \$7,000 to the buyer for closing costs. Now, the appraiser has to appraise the home for \$357K instead of the actual purchase price of \$350K. When sellers are asking and getting the top price for their homes, adding closing costs to the price can make it even harder for the appraiser to meet the contract price. There are ways around this, so make sure you talk with your Realtor about different scenarios and what your best options are.

FREQUENTLY ASKED QUESTIONS:

When is the appraisal ordered?
Typically, it is ordered after the inspections are complete but can be ordered at any time.

How long will the appraiser be at the house?
Approximately 30 minutes to an hour, depending on the size of the property.

How long does the appraisal take to be completed?
This will depend on the type of loan and the lender. On average, however, it will take two to five days to get the appraisal assigned once it has been ordered, and then an additional five to 10 days after the appraiser has come to the home to get the report completed and back to the lender.

Who pays for the appraisal?
The buyer pays for the appraisal at the time it is ordered through his lender.

Can you dispute an appraisal?
Yes, but it is very time consuming and hard to do, and there is less than a 10 percent chance of increasing the valuation after an appraisal. This is why it is so important for your Realtor to have her report for the appraiser at the time of the appraisal.

Your Realtor can play an important role in the appraisal process. Some Realtors do not provide any additional service for the appraisal, which may prove to be a costly mistake. In today's market, it is crucial you choose a Realtor who will meet the appraiser at your home and provide them with their own *Appraisal Report* to assist the appraiser in meeting the higher value.

If you have any questions, or for more information on what you can do to prepare for the appraisal, please contact me directly. ■

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

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COMMUNITY

Drive Safely in a School Zone

By David Luna, Vice Mayor and Councilmember

Mesa Public School students return to classes on Wednesday, Aug. 8, and, as that date gets closer, it is a great time to think about what we can do as drivers in District 5 to make sure Mesa's school zones are safe for our students.

A good understanding of the traffic laws associated with school and crossing zones is essential for safe travel around schools. Below are four topics to keep in mind when driving in a school zone.

SPEED

The 15-mph speed zone is there to protect children who need to cross the street. This speed control is used when there is no stop sign or traffic signal to assist children in the crossing. Be sure to adhere to the 15-mph speed limit at the instance of the first in-street traffic sign, and maintain the slower speed until you fully clear the marked crosswalk. When you are near a school, always be conscious of your speed, so you can react quickly to any situation.

THE CROSSWALK

Drivers are not allowed to enter a school crosswalk if there is a pedestrian in any part of the crosswalk. Be aware of your surroundings as you approach the school crosswalk, and be ready to stop. Drivers can resume the street's posted speed limit once their vehicle has fully cleared the crosswalk markings.

NO PASSING ALLOWED

You are not allowed to pass another



vehicle in the school zone, even if you are going 15 mph. If another vehicle is traveling at a slower speed, you must slow down so you do not pass that vehicle in the school zone. This is important for keeping peripheral visibility in case of a crossing pedestrian.

PARKING

All drivers need to comply with the No Parking, No Standing, No Stopping signage, as it is there to ensure that the student crossing areas are kept clear and visible. It is vital to comply, even if it's just for a few seconds. In addition, to maintain visibility of pedestrians, drivers are not allowed to park within 30 feet of a stop sign or within 20 feet of an intersection.

As drivers, we must understand the traffic laws for these locations and follow them at all times. It is also a good idea to remind our teenage drivers of these important traffic laws. Remember to be patient as you approach and drive through Mesa school zones, so all students can get to and from school safely. ■

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

Real Estate In Las Sendas brought to you by: Las Sendas Area Market Report Sales over \$350,000 for the Month of June 2018 KOR PROPERTIES MLS John Karadsheh

Address	Square Feet	Community	Sold Price
3528 N. Sonoran Hills	1,926	Stoneledge	\$364,500
7157 E. Nathan St.	2,835	Trailridge	\$365,000
7265 E. Tasman St.	1,571	Featherwind	\$365,000
7426 E. Nance St.	2,276	Grayfox	\$385,000
7307 E. Tyndall St.	2,451	Featherwind	\$389,070
4252 N. Morning Dove Cir.	2,451	Mountain Gate	\$395,000
7520 E. Wolf Canyon Cir.	2,180	Mountain Gate	\$412,000
3454 N. Boulder Canyon Cir.	2,732	Ironwood Pass	\$422,500
3060 N. Ridgecrest, #140	2,732	Desert Vistas	\$454,000
3505 N. Stone Gully	2,732	Grayhawk	\$455,000
3430 N. Mountain Ridge, #69	4,275	Sonoran Heights	\$460,000
3740 N. Ladera Cir.	2,226	Echo Canyon	\$473,000
7528 E. Torrey Point Cir.	2,574	Pinnacle Point	\$499,000
7641 E. Snowdon Cir.	3,426	Highlands	\$500,000
7347 E. Sayan St.	4,255	Sonoran Heights	\$530,000
7130 E. Saddleback St., #26	2,709	Golf Colony	\$600,000
7130 E. Saddleback St., #36	2,877	Golf Colony	\$620,000
3430 N. Mountain Ridge, #38	3,330	Sonoran Heights	\$620,000
4219 N. Pinnacle Ridge	3,429	Pinnacle Ridge	\$817,500
3963 N. Pinnacle Hills Cir.	4,960	Pinnacle Hills	\$1,000,000
7637 E. Summit Trail St.	3,896	Hidden Canyon	\$1,020,000
4335 N. Diamond Point Cir.	6,497	Diamond Point	\$2,380,000

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

REAL ESTATE

Realtors want home sellers TO KNOW THE FACTS

By John Karadsheh, Designated Broker, KOR Properties



Here are some facts Realtors wish all home sellers knew:

1. Don't let emotional attachments impact the way you price your home and what offer you accept. The most successful transactions occur when sellers emotionally disconnect from their home and do what it takes to get the most money.
2. Overpricing your home to test the market is not a great idea, even in a hot market. If your home does not get activity, get realistic about pricing and get it moving.
3. Don't get offended when your agent asks you to depersonalize your home. Depersonalization could include removing animal heads hanging on the walls, silk plants or dated, broken or dirty window coverings. Neutral homes sell the fastest. Remember, savvy buyers are watching HGTV and scrolling through HOUZZ all the time. They value an updated neutral look.
4. Make your home easy to show. Buyers have busy schedules, and homes with restrictive showing schedules are harder to sell. Buyers often see a home pop up in their feed and want to see it within hours.
5. Leave for showings. Your presence will make buyers uncomfortable. Also, take your animals with you when having

- showings. A barking dog in the laundry room or unexpected roaming cat can be unsettling to buyers.
6. Address any deferred maintenance before you put your house on the market. When many issues are identified during the home inspection, it can scare away a buyer. A meticulously maintained property will have a more successful request for repair negotiation and just present better to buyers.
 7. Keep it clean. Your home should look show ready, but also make sure your home is clean underneath—under sinks (buyers look for water damage), in showers (buyers check for mold or grout issues), in kitchen drawers (buyers look for water damage and excessive wear), and even clean in the garage. In fact, an immaculate garage says more than almost anything about the overall condition of the home.

For more secrets on how to sell your home faster, give us a call for a free consultation. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 16 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.

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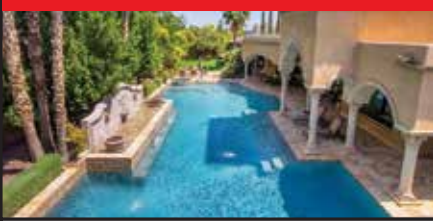
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LOCAL BUSINESS

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, or contact Tim McKibbin at (480) 326-5533.

LOCAL BUSINESS

Group Rentals Ensure Great PADDLEBOARDING FUN



Submitted by No Snow Stand Up Paddleboard Shop

If you are looking for fun things to do for birthdays, family reunions, team building or corporate events, check out our No Snow Rent A Box, new this year.

Load up our courtesy box van with 10 to 25 boards and drive yourself to the lake. Everything you need to paddle is ready and waiting for pickup. You just bring your friends, coolers, snacks and sunscreen, and you are ready to head out to the water.

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

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

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

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LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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

He's a pinball wizard... Remember the *Pinball Wizard* song written by Pete Townshend of The Who and featured in their 1969 rock opera album *Tommy*? The character Tommy played pinball by feeling the vibrations of the machine. Pete liked how that related to listeners picking up the vibrations of the music to feel the story.

The origins of pinball can be traced back to Western Europe in the 1700s. A table game on an inclined playing field with balls and a coiled-spring plunger called *Billard Japonais* was created. In the late 1800s, inventor Montague Redgrave patented improvements, and those improvements were acknowledged as the birth of modern pinball. While the

modern pinball machine has gone through many changes since its inception, few remain given the advent of more portable and realistic electronic games. In fact, most of the major pinball

manufacturers closed in the 1990s. Despite that, you still can experience the thrill of feeling the vibrations of a vintage pinball machine. At the Pinball Hall of Fame, in Las Vegas, there are more than 150 carefully maintained machines, some dating back to the 1930s. They are all available to play in the family-friendly venue where all can enjoy arcade games from the past for mostly 25 cents a play—a far better return on fun than most casinos offer.

If you are fortunate to own a pinball machine, it may be worth more than you paid for it. For instance, a restored 1967 *King of Diamonds* Classic Car/Poker pinball machine, manufactured by Gottlieb, recently sold for \$5,500. A fully restored 1975 *Quick Draw* machine, by Gottlieb, was spotted online for \$4,500. What about the 1975 (Pinball) Wizard machine, made by Bally to commemorate that famous Who song? About 10,000 were produced, and a fully restored example recently was spotted online for \$6,800.

If you ever have questions about your pinball machine or arcade game, have a trained eye determine if it has value. Call me today to help you. As always, give me a call and *Know Before You Throw.*

So, what's in your game room? ■

Jon Englund has more than 30 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 15 years of experience in real estate. A Midwest transplant, Jon trained at New York University in appraisal studies.

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



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EVENT

Enjoy Some Madcap Mardi Gras Magic on the Salt River

Submitted by Lynda Breault, Salt River Tubing

Let the good times rock on the Salt River rapids as tubers join the merriment at Salt River Tubing's Madcap Mardi Gras Magic on Saturday, Aug. 11, from 9 a.m. to 6:30 p.m., in Tonto National Forest.

The Parade of Floats (Cajun-style shuttle buses) will be transporting Mardi Gras attendees to the Salt River as Salt River Tubing's Madcap employees toss free Mardi Gras beads and doubloons.

Revelers can join Zydeco Bounce dancers as they trip the light fantastic and put the *wow* into a unique and merry experience on the Lower Salt River. Free tubing passes will be presented for the Best Mardi Gras costumed tubers. Throw on the Mardi Gras beads, don a mask, and join Salt River Tubing's zany and flamboyantly costumed cast.

Monster Energy will also be present offering refreshing beverages to attendees, and KISSFM 104.7 radio also will be present.

"Join us for the time of your life with your family and friends while floating in the mini-Grand Canyon of Tonto National Forest," said Salt River Tubing's President and Chief Executive Officer Henri Breault. "Catch a ride on the cool and refreshing mountain stream waters of the Salt River, even in the sizzling August temperatures. Our Cajun Cast of Characters is ready to snap photos of you donned in Mardi Gras beads and madcap jester hats while you celebrate a purple, green and gold day in the great outdoors."

Salt River Tubing's Madcap Mardi Gras costume-themed event was conceived to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest. 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 accepts Visa, MasterCard, American Express and Discover credit cards and cash. Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identifica-

tion. Please visit saltrivertubing.com for more details regarding credit card transactions.

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 USDA 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.



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LOCAL BUSINESS

Enjoy Musical Shows, Dinner and Dancing

Submitted by Camille Keeler

Every community benefits from access to exceptional arts and culture, and Northeast 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 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. Whether you are inclined to cut a rug on the new dance floor, or just sit back and listen to great music, The Silver Star is the place to be. ■

Located in Mesa on the southwest corner of Brown and Higley roads, The Silver Star Theater offers great food and entertainment. For more information, call (480) 288-0300, or visit silverstartheater.com to purchase tickets online and view the full calendar of upcoming events.



HEALTH

Here is the truth about weight gain during menopause

By Dr. Sharzad Green

If you are perimenopausal, menopausal or post-menopausal, nature has a twisted surprise for you. As if hot flashes, night sweats, insomnia, mood swings and wrinkles were not bad enough, you are now noticing an ever-expanding waistline. Your clothes don't fit you anymore. You start cutting back on your calories. You stop eating a handful of M&Ms before bed. You skip dessert at the potluck, and control your urge to get a second helping of your home-cooked delicious casserole. But nothing helps. Your metabolism is practically nonexistent. You get frustrated and break down, go shopping and buy just a few comfortable pieces of clothing and vow to lose the excess weight. You start walking during your lunch break but still cannot lose a pound. All you can do is to maintain your weight. You begin to get depressed, and, in a moment of desperation, you give up and binge eat. Sounds familiar? Well, you are facing one of the most inevitable challenges of perimenopause and menopause, weight gain.

1. SLOWER METABOLISM

Evidence suggests our metabolism slows down as we get older. In order to lose weight, you have to either reduce your calories or ramp up your exercise. Better yet, do both.

2. DROP IN ESTROGEN LEVEL

As your estrogen drops, your brain starts to look for other sources of estrogen in your body. Fatty cells produce estrogen. So, your smart brain orders the body to hold on to the fatty cells to make estrogen for you. The problem is that you have to store an awful lot of fatty cells to make a significant enough amount of estrogen for you. Therefore, despite your efforts, this underlying mechanism keeps adding to your weight.



You may want to consider Bio-identical Hormone Replacement Therapy (BHRT) to stop the vicious circle.

3. CHANGES IN MUSCLE MASS

As your hormones take a dive, and especially if you are not exercising, your muscle mass declines and gets replaced by fat. Fatty tissue burns fewer calories than muscle. For example, the less muscle you have, the slower your metabolism gets. Have your testosterone level checked, and ask your hormone specialist if you need to use testosterone.

4. CORTISOL CONNECTION

You have heard of stress and weight gain. Stress causes the release of cortisol, the stress hormone. Normally, cortisol helps regulate your metabolism, but the excess and untimely production of it may lead to weight gain. The condition called Adrenal Fatigue is becoming more well-known and can cause dysregulation of cortisol. Excess cortisol production usually contributes to weight gain, especially in the mid-section of the body. You may want to watch my videos on YouTube about adrenal fatigue.

5. MEDICATIONS AND OTHER FACTORS

Other factors affecting our weight can be related to sleeping difficulties, lack of motivation and stamina to exercise, and certain medications, such as antidepressants or steroids, which are used to treat allergies and asthma. ■

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.

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HEALTH

Understand the Value of Prescription Drug Benefits for Medicare Enrollees

By Mark Iorio, Central West Region President, Humana

If you currently have Medicare, or if you will soon become eligible for Medicare, prescription drug benefits should be an important part of your decision-making when it comes to choosing among various Medicare coverage options.

It's important to know that Original Medicare provides very little prescription drug coverage. Therefore, if you are eligible for Medicare and want drug coverage, you will need to purchase it from a private insurer, like Humana. You can either buy a stand-alone prescription drug plan—commonly referred to as a PDP—or obtain Part D prescription coverage through a Medicare Advantage plan that includes drug coverage.

Even if you're not currently taking prescription medications, it is still a good idea to look into getting prescription drug coverage as soon as possible. One reason is that you may need to start taking a prescription medication sooner than you expect, but you can't just sign up for coverage at any time.

You can sign up for coverage only when you first become Medicare-eligible (typically at age 65) or during the Medicare Advantage and Prescription Drug Plan Annual Enrollment, which runs each year from Oct. 15 through Dec. 7, for coverage that starts on Jan. 1 of the following year. For example, if you are prescribed medication in July and don't have drug coverage, you could have six months of paying for that new prescription out of your own pocket before your coverage kicks in on Jan. 1.

A second reason to enroll in Part D coverage as soon as you are eligible is to avoid an enrollment penalty. If you wait to sign up, the Centers for Medicare and Medicaid Services (CMS) can charge you a penalty every month, in addition to the plan's monthly premiums. Penalties can range from a few dollars up to more than \$20 each month on top of your premium. This can be a significant cost if you're living on a fixed income. Once a penalty is assessed, it never goes away.



For these two reasons, it's a good idea to sign up for drug coverage. The good news is there are low-cost drug plans available. For example, there are Medicare Advantage plans that include drug coverage and have either a very low monthly premium or no monthly premium at all.

Fortunately, there are plenty of resources available to help you choose the drug coverage right for you. It's always a good idea to find an insurance professional in your community who can help you look at the drugs you might want covered and how they match up with the prescription drug benefit of the various plans offered in your market. The government-run website Medicare.gov also is a great resource that allows you to compare all of the plans offered in your county and narrow down the options to the plan that will best meet your needs.

Even if you are already in a plan, the Medicare Advantage and Prescription Drug Plan Annual Enrollment Period (Oct. 15 through Dec. 7) is the time to take a good look at all your plan options and find the coverage that is right for you. ■

Mark Iorio is Humana's Central West Region president, which includes Arizona, Colorado and New Mexico. Humana is a Medicare Advantage HMO, PPO and PFFS organization and a stand-alone prescription drug plan with a Medicare contract. Enrollment in any Humana plan depends on plan renewal. For more information, call Tammy Longworth at (480) 236-9339.

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LOCAL BUSINESS

Nutrition Impacts and Influences our Brain Longevity

Submitted by Home Care Assistance

Nutrition is the cornerstone to your health. Without the proper fuel, your brain and your body will suffer. But when you think about eating healthy, are you thinking about losing weight and looking good? That is often part of healthy eating, but it is more important to think about eating for your brain health.

Maria Shriver, founder of the Women’s Alzheimer’s Movement, is quoted in the *LA Times* saying, “We have all become so obsessed with our bodies that we have forgotten to take care of our brains.”

Unfortunately, when you eat a diet only focused on making your body look better, your brain suffers. The brain is a unique and complex organ and needs special attention. Your brain:

- has about 100 billion neurons (nerve messengers).
- has 1,000 to 10,000 synapses (connections between the neurons) for each neuron.
- has 100,000 miles of blood vessels.
- is one of the fattest organs in the body.
- is 75 percent water.

With such an individual makeup, it is not surprising that the brain has specific nutritional requirements. The good news is when you are eating right for your brain, you also will be providing your body the nutrition it needs.

HOW NUTRITION IMPACTS AND INFLUENCES BRAIN LONGEVITY

There is one diet that has been highly researched for its impact on improving not only heart health, but also brain health. The Mediterranean diet is a way of eating that embraces whole foods and healthy fats combined in a flavorful way.

Your brain’s nutritional needs can be met through eating a diet rich in:

- fruits and vegetables.
- whole grains.
- beans and nuts.
- healthy fats like olive oil.

HEALTHY FATS FOR BRAIN HEALTH

Because your brain is made up of 60 percent fat, you will

have better success keeping your brain healthy by including more healthy fats in your diet.

A large plain salad may have lots of nutrients, but those nutrients will be lost to your brain if they aren’t eaten with some fat. A study by Predimed found that the risk of stroke was reduced by 46 percent in those who followed a Mediterranean diet high in fruits, vegetables, whole grains and beans, but also included 30 grams of mixed nuts and olive oil. It also was found that the participants had better memory function and the ability to make plans and follow through with them.

FRUITS AND VEGETABLES TO EAT FOR BRAIN HEALTH

Polyphenols are micronutrients that can be found in fruits and vegetables. They have the ability of reducing swelling, improving blood flow to the brain (remember all those miles of blood vessels?) and countering the effects of stress on the brain.

Berries, such as blueberries, strawberries and blackberries, are high in polyphenol and delicious to eat in the summer months. Eating high amounts of berries was shown to slow the effects of aging by 2.5 years, again by reducing swelling and counteracting the effect of stress. Eat more berries, and you could end up with better memory power and a strengthened ability to learn. That sounds like a winning combination.

Nitrates, which are found in high levels in lettuce and other leafy greens, like spinach, also are essential for promoting brain health. Eating more leafy vegetables helps to protect the inner lining of your blood vessels (endothelial function). That means the blood can get where it needs to go—to your brain.

EASY SUMMER BREAKFAST RECIPE TO IMPROVE YOUR BRAIN HEALTH

This summer, make it easy for your brain to be healthy by eating the foods your brain needs to function well. Aim for including more fruits, vegetables, whole grains, beans, nuts, fish and healthy fats in each meal.

An easy breakfast to start your day off right is a

homemade nut-based granola served with berries and Greek yogurt.

Here’s what you’ll need:

- ½ cup of walnuts
- ½ cup of almonds
- ½ cup of hazelnuts
- ½ cup of unsweetened coconut flakes
- 2 tablespoons cocoa powder
- 2 tablespoons melted coconut oil
- ¼ cup of pitted dates

You can put all the ingredients into a food processor and process until it holds together well. Or chop finely and mix in a bowl. The nut-based granola can be stored in the fridge for a week.

This granola makes an excellent breakfast served with one-half cup of fresh or thawed berries and a scoop of Greek yogurt.

This breakfast recipe will help you feel full for hours, while providing your brain with the healthy fat it needs from the nuts and coconut, phenomenal flavor and a good dose of polyphenols from the cocoa and berries. It is all mixed together with another healthy fat from the Greek yogurt and a super-sized helping of probiotics.

Keeping your brain healthy is essential for your enjoyment of life. Eating for your brain health can and should be delicious and enjoyable. ■

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



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SAVE THE DATE!

Saturday, August 25th
3:00-7:00 PM

COMMUNITY APPRECIATION DAY

- FREE ADMISSION
- Waterslides and Games for all Ages
- Free Golf for all Las Sendas Residents
(Tee Times After 9:00 AM - Proper ID Required)
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