

# Las Sendas Up Close

Bringing neighbors closer to their community

October 2018

## In With The New, Italian Style

By Mercy Rivera

As a local food adventurer of Mesa, I love seeing some of my favorite places bring out new dishes and entertainment with the changing seasons and upcoming holidays.

Recently, one of my favorite local restaurants, Pacino's Italian Grill and Bar, made a couple big changes. Pacino's is run by Frank Spaccarelli, originally from New York, carrying many family recipes along with his own to make Pacino's stand out from your average Italian restaurant. Going into their sixth year of business, I interviewed Frank



on the recent changes he has made to the restaurant and what exciting events we can look forward to seeing in the coming months.

When asked about what he changed about the restaurant, Frank was happy to announce three brand new menus that just arrived this week—a lunch menu, happy hour menu and a dinner menu were presented with a simple, sleek and easy-to-read design. He is keeping some classic dishes, while also adding many new dishes.

I asked why he decided to change the menu. "I wanted to go with the flow of seasons," Frank said. "We'll have salads or lighter dishes in the summer, a little heavier dishes in the wintertime," Frank said. He also mentioned that Pacino's has a *Coffee Shop Menu* where everything is always

changing, with the exception of a few popular dishes.

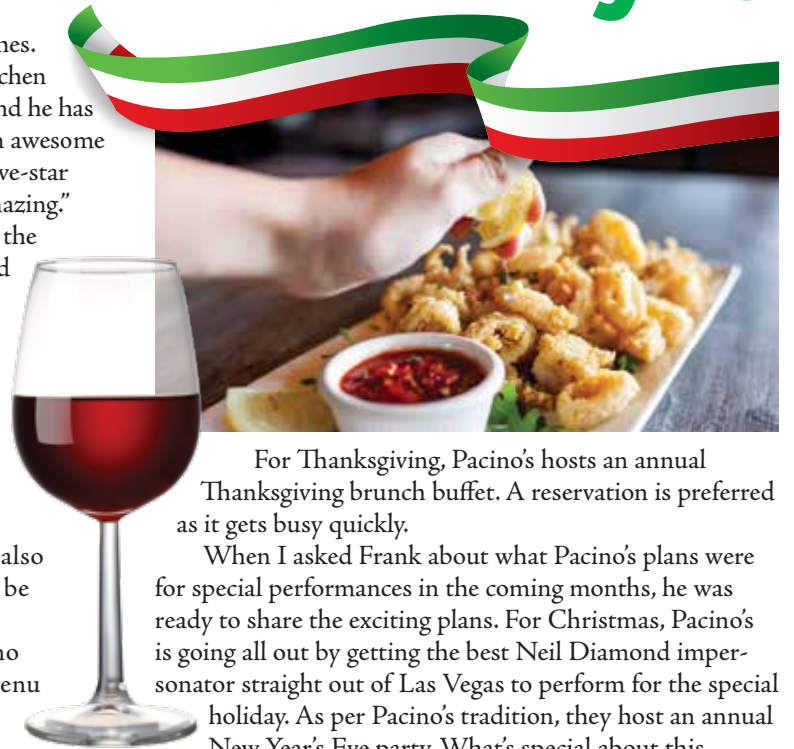
Frank also mentioned he has a whole new kitchen staff, bringing in the new crew four months ago, and he has nothing but praise for the new chef. "He's doing an awesome job," Frank stated with a smile. "We've had more five-star reviews then we've ever had before. The food is amazing."

Frank also addressed some comments about the service, saying they are currently short-staffed and hiring. "The service staff isn't trying to be rude, but it's hard to handle large amounts of people when there aren't enough workers," Frank stated.

We then went on to discuss the food featured on the menu. Frank talked about the signature dishes, commenting that there wasn't specifically a signature dish, since he's constantly moving around specials and dishes. "Not only do I go with seasons," he said, "but I also want to see which ones are popular and should be added to the regular menu."

Since the restaurant is Italian, it came as no surprise that the most popular items on the menu are the Chicken Parm, Lasagna, the Cioppino (a seafood stew) and Pizza. While on the topic of food, Frank mentioned that everything is homemade—the doughs, the sauces—and they even make their own mozzarella. Frank enjoys the fact his restaurant has traditional Italian food, along with unique and different dishes, to set Pacino's apart from other Italian places.

Along with the tasty new food choices, Pacino's also is known for its entertainment and deals. Pacino's has a deal going every day. For sports fans, Mondays and Thursdays have all-you-can-eat wings for \$12 while watching the game at the bar. Tuesdays are date nights, with a three-course dinner for two for just \$39.99. Wednesday is half off selected bottles of wine, while Thursdays and Saturdays are for the singers, with karaoke night after 8 p.m. Friday gets its own event by offering live music from 8 to 11 p.m. Sundays are brunchtime, with an all-you-can-eat brunch costing only \$15.



For Thanksgiving, Pacino's hosts an annual Thanksgiving brunch buffet. A reservation is preferred as it gets busy quickly.

When I asked Frank about what Pacino's plans were for special performances in the coming months, he was ready to share the exciting plans. For Christmas, Pacino's is going all out by getting the best Neil Diamond impersonator straight out of Las Vegas to perform for the special holiday. As per Pacino's tradition, they host an annual New Year's Eve party. What's special about this celebration? Well, if you love the Beatles, you'll definitely want to come to this party. "The entertainment for the festive evening will be the best Beatles tribute band," Frank stated confidently. "The group, 4 Lads from Liverpool, is set to perform with cast members from *Beatlemania*, the hit Broadway musical about The Beatles."

So, if you love good Italian food, a classy yet lively and fun atmosphere, I definitely recommend heading to Pacino's. The amazing food alone will win you over, but the fun entertainment and sense of community with the regulars will make you stay. Along with all of the entertainment, karaoke, live music and daily deals, what's not to love? Good entertainment, good food and good fun will never steer you wrong. ■

For more information, call (480) 985-0114. Pacino's Italian Grill and Bar is located at 2831 N. Power Road.

## Something for Everyone at the Red Mountain Holiday Boutique

Submitted by Penny Gumser

Red Mountain United Methodist Church will host its Holiday Boutique on Friday and Saturday, Nov. 2 and 3, from 8 a.m. to 3 p.m. each day.

The Red Mountain Holiday Boutique is all about women working together to make the world a better place. From beginning to end, this year round work, culminating in an exciting weekend filled with beautiful handmade crafts, is about women coming together to help others.

The crafters extend their hands out to anyone who wants to join them. No crafting talent is required. They will help you, teach you, or they will give you the glue gun. No particular personal beliefs are required. They open their minds and hearts to anyone who wants to join them.

The only requirement here is an open heart. These ladies come together to give each

other strength, to talk about those in need, and to reach out to them in any way they can. From birth to bereavement, from diagnosis to cure, they stand by each other and anyone in their sphere who can be serviced by an out-held hand, a smile or a piece of dessert. In the midst of the loving, beautiful things are made.

The work goes on all year. And once a year, there is a huge party in the guise of a two-day holiday boutique.



All the ladies are there, red shirts on and smiles on their faces as they welcome you to a room transformed into Winter Wonderland. The ladies, making with their hands the items they have to sell, will talk to you about them, too. The items are of the highest quality, at prices that beg you to buy them.

From placemats, blankets and wall hangings, to kids toys and cloth books, from holiday décor, to travel necessities, you'll find something for everyone on your Christmas list. And just to make it a little more special, there's a book sale and a bake sale, too.

And the money you spend? Every dime of the profit from the craft boutique goes to Children's Ministries. That's right—to the children. This is a win from beginning to end.

Please join us. ■

Red Mountain United Methodist Church is located at 2936 N. Power Road.

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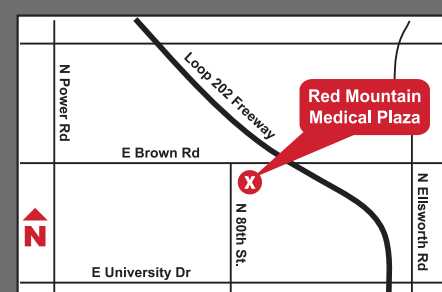
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HEALTH

# TRUST SKILLED THERAPY OVER NON-MEDICAL RESOURCES



Submitted by Red Mountain Medical Plaza

Due to the high cost of health care and the busy lives we lead, if physical therapy is prescribed for a soft tissue or post-surgical condition, many people seek resources other than skilled physical or occupational therapy.

Physicians will recommend skilled therapy because they trust that the therapist who has six to eight years of specialized training will be able to evaluate and treat the specific condition with proficiency.

Therapists have specialized evaluation skills, which include orthopedic, neurological, sensory motor and health conditions, such as diabetes. Therapists can treat age ranges from infants to seniors. Therapists utilize specialized manual therapy skills to facilitate or inhibit muscle and nerve functions. They use modalities to alleviate pain, inflammation and swelling, such as dry needling, ultrasound, cupping and electrical modalities.

While YouTube, Google and resources that are not highly trained therapists can be readily available, without a thorough evaluation of the presenting clinical condition, as well as influencing factors, treatment can be ineffective at best and dangerous at worst.

Therapists can provide clinically appropriate exercises, as well as education about the proper mechanics for completion. Recovering from an injury requires a different formula for exercise performance versus the

way a personal trainer would provide exercises for strength or conditioning.

When your physician recommends an evaluation by a licensed therapist, please listen. The expectation is that you will get better, and if therapy does not fully resolve your symptoms, your physician can continue along the pathway with options for resolution of your condition. YouTube and Google are great resources, but they do not replace the training and critical thinking that a licensed, skilled therapist can provide.

BIOGRAPHY

Red Mountain Physical Therapy is conveniently located at Red Mountain Medical Plaza. Access to many of the referring physicians allows the therapist to have better communication with the physician about the plan of care and progress toward goals. Our therapist, Levi Street, is a doctor of physical therapy. He is skilled in specialty therapy services, including dry needling, which can be effective in reducing pain and inflammation to speed up recovery. He also is skilled in cupping techniques, taping and manual therapy. ■

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American Society of Mohs Surgery  
American Society for Laser Medicine  
and Surgery  
The American Academy of  
Cosmetic Surgery  
The American Society for  
Dermatologic Surgery



HEALTH

# Be Sure Your Medicare PLAN IS WORKING FOR YOU

Submitted by Tapestry Insurance

Each year, it is a good idea to revisit your Medicare plan to determine whether it is fitting your needs.

Prescription drug plans (Part D) often have changes of pharmacy networks, formularies and costs. For many people, it can be overwhelming and time consuming going to meetings and reading printed materials. There may be plans available that are worth reviewing. That is why it is good to find an agent who can help navigate through all the choices.

A licensed and trained agent, Lynne Jones stays informed so she can help those who are eligible for Medicare pick the plan that works best for them. "I attend Medicare plan roll-out meetings," she said. "I am educated and trained on what is available annually."

You may find something works better for your needs, or you may confirm that you have the right plan. "It's important to have as much knowledge as possible when making medical decisions," Lynne said. "Why not have someone local who can help you make the best possible decision?"

Lynne is able to meet one-on-one with each of her clients, either at their home or at a public location. "By meeting with them individually, I feel like I really can understand their needs and what is most important to each person," she said. "I firmly believe that it is not a one-size-fits-all decision. I am an independent agent, so I am able to share more than just one insurance option and more than one type of plan." ■

If you would like to see what your options are, please contact Lynne Jones, a licensed sales person, at (480) 212-2246.



Lynne Jones



HEALTH

# What You Need to Know This Medicare Enrollment Season

By Steve Stedman, Arizona Medicare Sales Director, Humana

It's that time of year when people with Medicare review their health insurance choices and enroll in a Medicare Advantage or Prescription Drug plan for the coming year.

People typically have a lot of questions as they research their Medicare options, which primarily include Original Medicare, Medicare Advantage and Medicare Supplement plans, before finding the plan that best fits their needs.

Here are some of the most commonly asked questions Humana licensed health insurance agents get from consumers during the Medicare Annual Election Period:

## WHEN IS THE ANNUAL ENROLLMENT PERIOD TO CHOOSE A MEDICARE PLAN FOR 2019?

The Medicare Advantage and Prescription Drug Plan Annual Election Period takes place this year from Oct. 15 through Dec. 7, for coverage taking effect Jan. 1, 2019.

## DO I HAVE TO RE-ENROLL IN MEDICARE EVERY YEAR?

You don't need to sign up for Original Medicare each year. However, you should review your Medicare Advantage or Prescription Drug Plan coverage annually, since Medicare plans and personal circumstances can change every year. If you take no action during the annual enrollment period, you'll typically automatically be re-enrolled in your same medical or prescription plan for 2019.

## DOES MEDICARE INCLUDE COVERAGE FOR MY PRESCRIPTION DRUGS?

Original Medicare does not cover most prescription drugs. Many Medicare Advantage plans include prescription drug coverage, or you can sign up for a Part D Prescription Drug Plan separately. A licensed agent can look up your medications and tell you what the cost of each drug would be on a plan.

## HOW ARE HEALTH INSURERS LIKE HUMANA ABLE TO OFFER MEDICARE ADVANTAGE PLANS WITH NO MONTHLY PREMIUM?

Private insurers keep premiums low through programs like disease and chronic care management, which help people better manage health conditions and, in turn, reduce health care costs. Keep in mind that you still need to pay your Medicare Part B premium, which covers medical services and preventive care. You might want to use the additional premium dollars you save for out-of-pocket medical costs, such as co-pays.

## HOW DO I FIND OUT IF MY DOCTORS, HOSPITALS AND SPECIALISTS ARE IN MY MEDICARE ADVANTAGE PROVIDER NETWORK?


Most Medicare Advantage plans offer easy-to-use online tools to help you find doctors and hospitals that are in the plan's network. A licensed agent also can help you look up hospitals and doctors to see if they're accepting a plan and taking new patients.

## IF I SELECT A MEDICARE PLAN FOR THE COMING YEAR, AND THEN FIND I DON'T LIKE IT, CAN I DROP IT AND CHOOSE ANOTHER PLAN?

The plan you select by Dec. 7 will be your Medicare plan for all of 2019, with few exceptions, so it's wise to research your options carefully. If you sign up for a Medicare Advantage plan for 2019, and then find it's not the right fit, between Jan. 1 and March 31, there will be an Open Enrollment Period during which you can switch from a Medicare Advantage or a Medicare Advantage-Prescription Drug Plan to another Medicare Advantage plan with or without prescription drug coverage, or choose Original Medicare with or without a stand-alone prescription drug plan.

Full information on 2019 Medicare health and prescription drug plans is available on medicare.gov, and for Humana plans at humana.com/Medicare. You also can call (800) MEDICARE (663-4227) or TTY: (877) 486-2048, 24 hours a day, seven days a week, or call Humana at (877) 877-0714 (TTY use 711) 8 a.m. to 8 p.m. local time seven days a week. ■

Humana is a Medicare Advantage HMO, PPO and PFFS organization and stand-alone prescription drug plan, with a Medicare contract. Enrollment in any Humana plan depends on plan renewal.



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## Are You Turning 65 This Year?

### Do You Need Help Making Medicare Decisions?

Medicare decisions can be confusing and overwhelming.

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



Call me to review your Medicare choices.

**Lynne Jones**  
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EDUCATION

The Kindergarten Program at SDA Is A Great Head Start

By Jennifer Salvatori

The kindergarten program at Self Development Academy (SDA) boasts positive feedback from parents and grandparents of its young students.

A case in point is parent and grandparent, Kim Kunkle. “A person needs a good start in any program if he is to succeed. My son, Nick, was in Ms. Mona’s kindergarten class 14 years ago, and he graduated high school with honors,” she said. “My grandson, Kolton, had the same fantastic head start at SDA that Nick had and is off to a stupendous education. SDA picks educators who not only enjoy their work, but they also sincerely care about children.”

Comments and testimonies similar to the words shared by Kim are heard over and over again from SDA parents. A student’s path to academic success begins with the kindergarten program at SDA.

SDA

A public charter school, SDA serves students from kindergarten through grade 8, and is known in the local community and statewide for its outstanding academic programs. Now in its 19th year, SDA has consistently been ranked among the top elementary and junior high schools in the state. The success of SDA students is due to a visionary leader, Dr. Anjum Majeed, dedicated faculty and staff, supportive parents and hardworking, diligent students.

THE SDA CORE CURRICULUM

SDA offers an accelerated curriculum. Students learn a minimum of one grade level ahead of the Arizona Department of Education Standards. The SDA kindergarten curriculum emphasizes the two main areas of Language Arts and Mathematics. The Language Arts curriculum focuses on phonemic awareness, reading fluency, reading comprehension, handwriting and grammar. At the end of the kindergarten year, students are reading fluently at the Grade 1 level and writing complete sentences, even creating their own storybooks. Number sense, addition and subtraction, fractions, patterns and



the basics of time and money are components of the Mathematics curriculum. During the kindergarten year, students master the concept of addition and subtraction, while also memorizing Math Facts. By the end of the kindergarten year, SDA students are well prepared to continue with the accelerated curriculum as Grade 1 students.

SPECIALS AT SDA

In addition to laying a strong Language Arts and Mathematics foundation, SDA offers weekly specials, including physical education, music and art classes. STEAM (Science, Technology, Engineering, Art and Technology) also is an important component. Mrs. Christy Porter, the music and violin teacher at SDA for more than six years, leads the music class. The students showcase their musical talents twice a year at the Winter Program and Kindergarten Promotion Ceremony. Each classroom at SDA has an interactive computer board allowing technology to be woven into curriculum, as well. Through specials, the kindergarten students develop other important skills, such as gross and fine motor and social skills.

THE SDA KINDERGARTEN TEAM

The success of the kindergarten program is due in large part to the SDA Kindergarten Team. The Kindergarten Team is made up of Mrs. Kathi Haschke, Ms. Liz Pierson and Mrs. Kelli Wolfe. Kindergarten aides, Mrs. Meghan Jones, Mrs. Kimberly Riley, Mrs. Faiza Rashid and other school personnel, support the kindergarten program and students, too. The teachers and staff foster the high academic and personal standards of the program in a nurturing environment. The Kindergarten Team is passionate about educating children, many serving the SDA community for more than five years. The team is dedicated to being a special part of the students’ educational experiences. ■

Please join us at Kindergarten Information Nights, Nov. 8 and Dec. 4, at 6:15 p.m. Enroll now. Limited spaces are available for the 2019 – 2020 school year. For more information regarding SDA, or to arrange a tour, please contact the Front Office at (480) 641-2640.

EVENT

Participate in School’s GARAGE SALE and Keep Your Profits

Submitted by Las Sendas Elementary School

Las Sendas Elementary School, 3120 N. Red Mountain, will host the 12th annual Community Garage Sale in its parking lot on Saturday, Oct. 20, from 6 a.m. to 1 p.m.

The Las Sendas PTO will sell reserved parking spaces for \$25 each. You can set up your own garage sale and keep the profits.

Payment is required to reserve your space. You can send (or drop off) payment with your name, contact information and number of spaces needed (\$25 each space) to the elementary school.

Reservations will be taken until Wednesday, Oct. 17. Spaces go rather quickly, so reserve yours today. You do not need to be a Las Sendas resident to participate. ■

For further information, send an email to [lsptogaragesale@gmail.com](mailto:lsptogaragesale@gmail.com).





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**LOCAL BUSINESS**

## KNOW BEFORE YOU THROW

By Jon Englund

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



Jon Englund and Donna Luger

Last month, I related the story of visiting my friend, Jenni, and discovering that she has a wonderful postcard collection. That visit gave me the opportunity to tell you about collectible postcards and share some photos of her collection. So, that got me thinking. How many other friends do I have out there who have interesting collections I don't know about? And who might invite me over to *ooh and ah* about their cool stuff. My hope is many, as I would love the opportunity to feature your collection in an upcoming article.

Send me an email at [Jon@KnowBeforeYouThrow.INFO](mailto:Jon@KnowBeforeYouThrow.INFO), or give me a call at (480) 699-1567 (a land-line, so no text), and let me know *what's in your closet*. Hopefully, I can feature your collection in the coming months.

See below for some pictures of items I've had the pleasure of evaluating.

**BIO**

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

Donna Luger has assisted during that time, and is a veteran Associate Broker and Realtor with HomeSmart Realty—Elite Group. ■



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# LAS SENDAS GOLF CLUB

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## NOTICE: GOLF COURSE CLOSED FOR OVERSEEDING AND RENOVATION CLOSURES AT THE GRILLE AND THE PATIO

The Golf Course will be closed from Oct. 1 through 19 for the annual overseed program, but the Golf Shop, your community place to shop, will remain open daily from 9 a.m. to 3 p.m.

The Grille and The Patio will be closed the first week of October for renovations. However, it will be back open for business starting the second week of October, with our fully renovated lounge, restaurant and patio.

Join us to see our improvements with Happy Hour from 3 to 6 p.m., and for our weekly dinner specials after 5 p.m. We are excited to have our nightly entertainment back in full swing, starting in mid-October, from 6 to 9 p.m. So, stay tuned for the lineup.

We also will be open for breakfast starting on Oct. 20. A lot is happening right now at Las Sendas Grille and Patio, and we couldn't be happier to share all of our progress with you.

## YOU'VE GOT QUESTIONS THE VISTAS PAVILION HAS ANSWERS

We receive numerous calls and inquiries regarding our venue here at Las Sendas Golf Club. So, below are answers to the most frequently asked questions regarding the Vistas Pavilion Venue Hall.

### THE VISTAS PAVILION AT LAS SENDAS VENUE FAQs

#### Is the Vistas Pavilion open to the public?

Definitely. Yes, anyone can book an event at The Vistas Pavilion. We encourage you to give us a call and schedule a tour today. And while you are discovering our remarkable venues, you also can enjoy a complimentary glass of wine from our private-labeled selections.

#### Do you offer discounts for Las Sendas residents?

Yes, we do. Discounts vary depending on the month and date of event. Please contact Director of Catering Jess Miller for rates. Call (330) 396-0099, or send an email to [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com).

#### Why should I choose The Vistas Pavilion for my event?

It's simply the best. The Vistas Pavilion sits high above the Phoenix Valley, and has a wraparound deck with the most incredible west-facing views of our sunsets and city lights, perfect for your sunset event. Also, newly added Portofino outdoor lighting over the Serenity Garden makes a perfect outdoor event space venue.

#### What type of events can we host there?

Anything you can imagine. The Vistas Pavilion is a multipurpose venue. We have hosted numerous weddings, birthdays, parties, anniversaries, reunions, graduations, corporate events, meetings and memorials, to name a few. Our venue includes everything you need, from tables and chairs, to linens and centerpieces, audio-visual equipment and more.

#### What is the capacity of your venue?

We can accommodate everything, from small and intimate, to more than 400. We can seat 300 guests, or arrange a corporate meeting for 400, complete with theatre-style seating. We also have the ability to set up our venue so your guests can head out to our deck to take in the beauty of the Arizona outdoors.

#### Do you provide catering and beverage services?

Our gourmet chefs are the finest. We make life easy by providing you with a full-service venue, plated or buffet-style, inclusive of numerous menu items from which to choose for breakfast, lunch and dinner. We offer flexible beverage services, with both alcohol and non-alcoholic options. We also have our own private-label wines.

#### Can we simply rent the venue and bring in our own catering? Yes, but why would you?

You can rent our venue. Both large and small rooms are available. Our rental packages include the space, tables and chairs, as well as overlay linens. Call for venue rental packages and options. Some blackout dates may apply.

#### Are there photos online?

Check it out. There are numerous photos on our website, as well as a flyover of the entire property. Visit [lassendas.com](http://lassendas.com), and click on Virtual Tour.

#### Who can I talk to about my event?

For more information, or to schedule a site tour of the property, please contact Director of Catering Jess Miller at (330) 396-0099, or send an email to [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com). We look forward to working with you and making your event a memorable one.



## THE VISTAS PAVILION AT LAS SENDAS FALL & WINTER SPECIAL

You can save \$250 off your venue fee and receive a complimentary appetizer if you book an event in October 2018, or January or February of 2019.

If you're looking for the perfect venue for your next private event—bridal and baby showers, birthday parties, weddings, anniversary dinners, rehearsal dinners, family gatherings or any other type of event—choose The Vistas Pavilion.

Call us today at (480) 396-4000, ext. 227, to book your event, and mention that you saw this special in the *UpClose* newspaper. Some restrictions and blackout dates may apply, and it is not valid with other promotions.



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Contact Wayne McBean via his cell at (480) 323-9364, or send an email to [wmcbean@lassendas.com](mailto:wmcbean@lassendas.com).

## BOGO IS STILL ON AT THE GOLF SHOP

During October, you still can score a *Buy One Get One Free* deal at the Golf Shop.

All women's apparel (excluding outerwear, headwear and clearance items), as well as selected men's apparel, is *Buy One Get One Free*. All remaining FootJoy and Skechers golf shoes are 30 percent off.

#### Need some golf clubs?

Swing some great deals on PING rental clubs. Men's right-hand sets include driver, 3 and 5 woods, 3 and 4 hybrids, 5 iron, sand wedge, putter and PING golf bag—only \$850 for the complete set.

PING G Le Women's like-new rentals—complete set is \$975.

## WANT TO PLAY FREE GOLF?

Volunteers are wanted. Las Sendas Golf Club is looking for volunteers to join our team. Player assistant, starter and range attendant positions will be available for the upcoming busy golf season. If you want to play free golf, and you have some experience in any of the above positions, please contact Colton Hopwood at [chopwood@lassendas.com](mailto:chopwood@lassendas.com), or contact Rick Crowson at [rcrowson@lassendas.com](mailto:rcrowson@lassendas.com) for further information.





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LOCAL BUSINESS

East Mesa's Newest Executive Suites Offers Top Amenities, Professional Space

By Jamie Killin

Red Mountain Executive Suites offers Mesa businesses a modern, upscale new space for working and networking, with access to amenities like boardrooms, a game room, a community kitchen, receptionist services, furnished offices, high-speed Internet, free printing and more—all at a competitive price.

Tenants have the option to lease a fully furnished executive suite or set of cubicles in the modern, contemporary office, located in the heart of East Mesa, near Las Sendas and Red Mountain, as well as near restaurants, shopping and the Red Mountain freeway.

The office provides flexible office spaces for individuals or teams of 30 or more. Businesses enjoy a professional space with all the amenities, but without the burden of leasing an entire building, where many common spaces are left underused.

According to longtime Las Sendas resident and owner Dennis Seifert, leasing an executive suite can be a great way for someone working at home to transition into a more professional work environment. Leasing also is a great option for a growing small business in need of top-quality office amenities for an affordable price.

“For one price, you get everything,” said Dennis. “You can pay so much for the cubicle or an office, and you’ve got access to high-speed Internet, coffee, printing and fax. It’s all included.”

Dennis himself has utilized the benefits of executive suites for his companies, such as the often much-needed social aspect of a positive work environment. This social aspect is facilitated at Red Mountain Executive Suites with a shared game room equipped with foosball, darts and television.

The executive suites model also facilitates collaboration and networking, often allowing companies easy access to partnerships and potential growth.

The suites at Red Mountain Executive Suites average 10 feet by 13 feet, with floor to ceiling windows and high-quality finishes and furniture. Some suites even offer private entry. They are fully enclosed and can be locked separately for extra security.

High-quality cubicles provide a generous 6-foot by 6-foot space, with furniture available. Tenants also are permitted to bring in their own furniture for both cubicles and offices. ■

Red Mountain Executive Suites is located at 3514 N. Power Road, Suite 115. For more information, or to schedule a tour, call (480) 455-1411.



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REAL ESTATE

Strong Housing Market for Fall and Winter Months

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

Heading into fall, we become the envy of those bracing for winter storms, and with cooler temperatures come our annual flock of snowbirds, ready to relax and stay warm in our perfect winter weather.

While spring is the highest season for home buying and selling in the Phoenix metro area, with the peak month in May, we really don't see a drastic decline in the fall and winter that you see in other states. Plenty of residents will wait until after the summer months to make their move. Phoenix still is one of the top cities for relocation, and we have the strong second-home market.

The chart below is for Mesa and shows how, although spring is the peak time, there really isn't a lot of decline in the rest of the year. October sales only declined 16 percent from the peak month of June, January and February are the slowest for home sales, and it picks right back up again in March.



Lorraine Ryall

CANADIANS BUYING SECOND HOMES AND PRIMARY RESIDENCE

The National Association of REALTORS® released its annual report for international transactions of U.S. residential real estate from April 2017 to March of this year. Canadians purchased approximately 27,400 residential real estate properties in the U.S. valued at \$10.5 billion during this time period. The average purchase price was \$383,900, and the median price was \$292,000. Canadians were responsible for about 10 percent of all foreign real estate sales in the U.S.

Canadians continue to purchase real estate in warm climate states, as snowbirds flock to the south during the winter months. More than 60 percent of all sales were in the three popular states of Florida, Arizona and California.

More than 40 percent of Canadian buyers purchase U.S. real estate for their own personal use as a vacation property or second home. Approximately 23 percent of purchases were intended as a primary residence, as many are making America their resident home. A total of 15 percent of buyers purchased as a pure investment for rental purposes, while 16 percent intended to use their property part time and rent the property part time.

REGULAR MARKET AND SECOND-HOME MARKET

Supply and demand is the key factor to determine if we are in a buyer's or seller's market, and, as we have been all year, we still are very much in a seller's market, with substantially more demand than supply. We also are seeing more second-home buyers from within the U.S., which is

helping keep the demand high as we head into our second-home buyer season.

Supply: 59.3  
Demand: 96.7  
Supply vs. Demand: -39%  
(less supply than demand)

FOR THE SELLER

If you are thinking of selling, now is a great time to list your home, while we are still in a strong seller's market with higher demand than supply even in the winter months. With interest rates beginning to rise, more buyers are pulling the trigger and buying homes to lock in their mortgage rates. Our winter visitors are flocking in and ready to buy their second home in the sun.

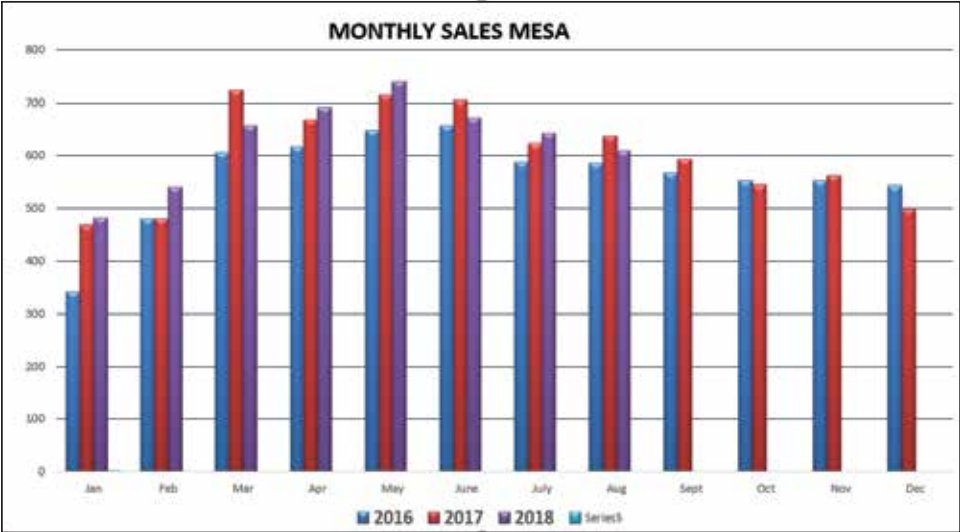
If you are considering selling your home, you can get a free home estimate at InstantHomeValueAZ.com, or contact me directly for a free no obligation market analysis.

FOR THE BUYER

While mortgage rates are off from their record lows, they still are very low and expected to continue to increase, making it a great time to lock in a 15- or 30-year fixed rate. If the spread between supply and demand remains where it is today, buying in the spring could be harder and more expensive than buying now.

Looking on sites like Zillow and Realtor.com are a great way to start your search. However, it can get very frustrating, as many of the homes that show as active actually are under contract. Please feel free to contact me directly. I will create a search for you, send you only the homes that still are truly active, and we can set appointments to view any matching your preferences. Your perfect home is just around the corner. ■

Lorraine Ryall has been a Multi-Million Dollar producer for the past nine years. You can reach Lorraine at (602) 571-6799. You also can send her an email at Lorraine@Homes2SellAZ.com, or visit her website at Homes2SellAZ.com.



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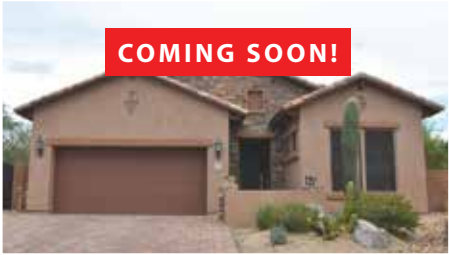
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REAL ESTATE

PETS ARE AN IMPORTANT CONSIDERATION WHEN PURCHASING A NEW HOME

By John Karadsheh, Designated Broker, KOR Properties



So, who really makes the decision in a home purchase? Well, a recent survey conducted by Realtor.com showed that 80 percent of the 1,000 homebuyers surveyed were pet owners. Of those, 79 percent said they would pass up a dream home if it didn't work for their pet. So, yes, pets definitely factor into the home purchase process.

Pets are a huge part of our lives. Pet industry sales increased 5 percent again last year to \$69 billion nationally and continued growth is projected. Amazon alone had pet food sales of 1.4 billion in 2017.

We also are seeing homebuyers focus more on the needs of their pets than ever before. While buyers used to ask where they might put a doggy door, we now have clients thinking through how a home will impact the quality of life for their pets. Dog rooms/suites, cat corners, designated bathing areas and yard amenities are common concerns. Many pet owners also make special food for their animals and require space for an additional refrigerator or freezer.

We recently even showed a luxury home that had custom dog crates built into the cabinetry and a separate dog shower. Drawer refrigerators also were reserved exclusively for homemade dog food.

What things should you take into consideration as you look for the perfect home for your pet? Here are some items to consider:

**1 Pet Rules**—Some HOAs restrict the number of dogs you may have. So, if you are breeding animals, you definitely want to read the CC and Rs. Cities

have restrictions, too. For example, in Mesa, you can have a pig only if it is being kept by a student participating in an approved agricultural education program, such as Future Farmers of America or 4-H. Miniature pigs, kept as personal pets, are limited to no more than two such pigs on one land parcel, but again, an HOA may be even more restrictive.

**2 Backyard**—Does the backyard have adequate fencing for your pet? If not, what will the cost be to install different fencing? If you are looking to create a dog run, is there a way to easily create one that connects to your doggy door? Does the home have a pool? Is your animal able to be safe in the backyard, or will you need to fence the pool? Also, be mindful of poisonous plants that may be in the yard.

**3 Flooring**—Many homebuyers with pets are opting for homes with less carpet for reasons of allergies and cleanliness. If you are a home seller who is replacing flooring, consider removing carpet



and replacing with tile. For buyers with pets, be sure to consider the cost of replacing carpeting in the home you are considering.

**4 Space**—Where will the dog bowls go? Is there a sink for water near where you are planning to put the dog/cat bowls, or will you have to trek across the house? Where will the crates and cat climbers go? Is there an extra cabinet for pet toys/food/blankets? Does the home have stairs, and can your aging pet negotiate those stairs? Is there enough space to bathe your pet? Is the trash can inside cabinetry or will it be freestanding? Does the mailman come to the house? The all-important questions to consider as you evaluate a home for your pet.

**5 Location**—Is there a dog park nearby? Are there good walking routes? Is the home on a busy street? Do the neighbors have pets (play dates)? How close is the nearest vet and emergency vet? Is there a place nearby to board and groom your pet?

Be sure to tell us if you have pets when you start looking for a home. We have a 1-year-old beagle (who tried to stand on the desk as I wrote this article), so we understand all of these considerations. We will be happy to help you find a home that is right for your whole family. ■

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.

Real Estate In Las Sendas brought to you by: Las Sendas Area Market Report Sales for the Month of August 2018

Address	Square Feet	Community	Sold Price
7241 E. Norwood St.	1,856	Windsong	\$270,000
2634 N. Athena Dr.	1,856	Windsong	\$275,000
2944 N. 71st Pl.	1,740	Desert Creek	\$285,000
3055 N. Red Mountain Rd., #175	1,571	Ironwood Pass	\$322,500
7211 E. Nathan St.	2,475	Trailridge	\$333,000
6918 E. Snowdon St.	1,911	Cobblestone	\$350,000
7203 E. Nora St.	2,835	Trailridge	\$350,000
3342 N. Brighton	2,451	Ironwood Pass	\$360,000
3650 N. Paseo Del Sol Dr.	2,732	Highlands	\$435,500
3741 N. Ladera Cir.	2,732	Echo Canyon	\$440,000
4017 N. Sonoran Hills	3,233	Sonoran Hills Estates	\$487,500
8220 E. Teton St.	2,801	Stonecliff	\$665,000
3962 N. Pinnacle Hills Cir.	5,200	Pinnacle Hills	\$1,155,000

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

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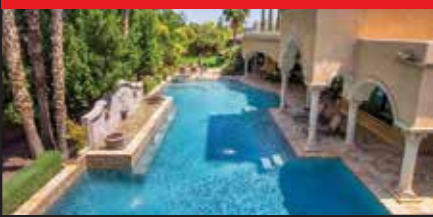
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LAS SENDAS CUSTOM - Guest House  
7847CopperCanyon.com  
\$1,675,000

### PRIVATE VIEW LOT!



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

### ENTERTAINER'S DREAM!



LAS SENDAS LUXURY CUSTOM  
8113EchoCanyon.com  
\$1,395,000

### GUEST CASITA!



LAS SENDAS TUSCAN  
4054ElSerenio.com  
\$819,900

### CITY LIGHT & MOUNTAIN VIEWS!



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### SOLD!



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### SALE PENDING!



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COMMUNITY

Mesa Public Schools Governing Board Seeks New Member

Submitted by Judi Willis, APR

When you talk with Marcie Hutchinson about her hopes for students in Mesa Public Schools (MPS), you quickly understand that she is passionate about public education, which explains her reason for seeking election to the Mesa Public Schools Governing Board.

Marcie has 31 years of experience teaching in public high schools in New York and Arizona. During her 28-year career with Mesa Public Schools, she taught American and European history and advised extra-curricular activities at Mesa, Dobson and Red Mountain high schools. While a classroom teacher, Marcie advocated for public education as a leader in the Mesa Education Association.

She recently retired from the position of director for K-12 Initiatives for the School of Historical, Philosophical and Religious Studies (SHPRS) at Arizona State University (ASU). As director, she helped create Jazz from A to Z, a collaborative effort of Mesa Arts Center, Jazz at Lincoln Center (NYC) and SHPRS.

Her eyes light up when she describes this seven-year project, which aimed to enrich students' and teachers' knowledge of jazz and American music in historical context, and helped students formulate their own scholarly conclusions by analyzing literary and artistic creations of the past.

Marcie also is proud to have been instrumental in training future history teachers, and she worked with those who wanted to provide innovative learning experiences like National History Day for students in their classrooms. She helped found the Arizona Council for History Education, which promotes meaningful partnerships in support of history education throughout Arizona.

Currently, Marcie is a curriculum consultant for SHPRS, and she maintains leadership positions on the boards of the Arizona Council for History Education, ASU's Melikian Center Advisory Board and Arizona Academic Decathlon Association. She advises Salt River Project on curriculum matters and the annual Social Studies Classroom Grant Proposals.

Marcie is married to former Mesa City Manager Mike Hutchinson, and they are the proud parents of two daughters, Erin and Mary Beth. Both daughters were educated in Mesa Public Schools, graduating from Red Mountain High School and ASU. Both have pursued careers in history education.

Like other parents, Marcie believes Mesa schools provide the mortar that supports strong families, the foundation of a strong community. "In Mesa, public education is not a cost," she stated. "It's an investment in families, our economy, our democracy and in each other."

She believes that when examining the challenges facing our schools, each member of the Mesa Public Schools Governing Board must work diligently and collaboratively to uphold Mesa's strong legacy of public education.

"I believe that our future depends on strong public

schools," she said. "I care that every student in Mesa gets a shot at a great education, and believe that every student should be taught in a safe and healthy school." She went on to say students should be taught by professional educators and served by dedicated support staff in fully funded schools.

While describing her beliefs further, she said she is committed to seeking the best ideas to ensure a quality education at every school, through open dialogue with parents, students, members of the community and employees. "In a district as big as Mesa, it is easy to come up with one-size-fits-all solutions, but our schools and their communities are not all one size," Marcie noted. She believes schools should be the centers that bring neighbors together in the best interest of our kids.

As a member of the MPS Governing Board, Marcie will work tirelessly to secure long-term and sustainable funding to ensure an excellent education that every Mesa student deserves. Marcie can be counted on to listen to the concerns and ideas of all who work in our schools, saying, "District employees must feel valued and respected."

Dr. Jim Zaharis, a long-time MPS superintendent, is one of many educators and community members who have endorsed Marcie for the governing board. "Marcie was a master teacher who taught innovative curriculum, engaged kids, listened to parents, trained principals, and worked with amazing staffs to create learning environments where kids would thrive," he said.

Jim went on to say, "I respected, valued and sought Marcie's perspective on issues facing Mesa Public Schools in the past. She has the experience to be an innovative and effective board member, and I'll be voting for her."

Marcie concluded by saying, "Mesa schools will continue to graduate confident, informed, productive and engaged young women and men who will contribute their skills and talents to our community, our state and our nation. Our strong legacy will lead us to a bright future." ■

You can learn more about Marcie and her views at [hutchinsonformesaschools.com](http://hutchinsonformesaschools.com), [twitter.com/Marcie\\_hutch](https://twitter.com/Marcie_hutch) and at [facebook.com/hutchinsonformesaschools](https://facebook.com/hutchinsonformesaschools).



Marcie Hutchinson

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# MARCIE HUTCHINSON

## MESA SCHOOL BOARD

“Marcie’s 28 years of experience as a Mesa teacher, her years of community engagement, and her commitment to supporting educators will make her an excellent board member. I look forward to working with Marcie to strengthen neighborhoods and families in Mesa.”

— John Giles, Mayor of Mesa

“Marcie Hutchinson will make an incredible school board member. She is dynamic, kind, passionate, and dedicated. She will work in the best interests of Mesa’s children.”

— Beth Lewis, Rodel Exemplary Teacher, 5th Grade



### We Endorse Marcie Hutchinson for Mesa School Board

- |   |   |
|---|---|
| <input checked="" type="checkbox"/> John and Dawn Giles | <input checked="" type="checkbox"/> Mike Hughes               |
| <input checked="" type="checkbox"/> Scott Smith         | <input checked="" type="checkbox"/> Beth Lewis                |
| <input checked="" type="checkbox"/> Marilyn Wilson      | <input checked="" type="checkbox"/> Jim Zaharis               |
| <input checked="" type="checkbox"/> Claudia Walters     | <input checked="" type="checkbox"/> Deanna Villanueva-Saucedo |
| <input checked="" type="checkbox"/> Nancie Lindblom     | <input checked="" type="checkbox"/> John Crandall             |
| <input checked="" type="checkbox"/> John-David Bowman   | <input checked="" type="checkbox"/> Faith Risolo              |
| <input checked="" type="checkbox"/> Roc Arnett          | <input checked="" type="checkbox"/> Amy and Craig Ahlstrom    |
| <input checked="" type="checkbox"/> David Luna          | <input checked="" type="checkbox"/> Wayne C. Pomeroy          |
| <input checked="" type="checkbox"/> Mark Freeman        | <input checked="" type="checkbox"/> Charles and Bertha Luster |
| <input checked="" type="checkbox"/> Kevin Thompson      | <input checked="" type="checkbox"/> Marty and Mary Jo Whalen  |
| <input checked="" type="checkbox"/> Francisco Heredia   | <input checked="" type="checkbox"/> Mike Whalen               |
| <input checked="" type="checkbox"/> Chris Glover        | <input checked="" type="checkbox"/> Mark Garcia               |
| <input checked="" type="checkbox"/> Dennis Kavanaugh    | <input checked="" type="checkbox"/> Tom and Chris Rhodes      |
| <input checked="" type="checkbox"/> Rachel Hassan       | <input checked="" type="checkbox"/> Pat and Rory Gilbert      |
| <input checked="" type="checkbox"/> Sandra Marinella    | <input checked="" type="checkbox"/> Michael Flatt             |
| <input checked="" type="checkbox"/> Jaclyn Boyes        | <input checked="" type="checkbox"/> Joan and Ron Newth        |
| <input checked="" type="checkbox"/> Anna Cicero         | <input checked="" type="checkbox"/> Cindi Hobbs               |
| <input checked="" type="checkbox"/> Bill Margerum       | <input checked="" type="checkbox"/> Phil Austin               |



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YES ON 4

4 MUSEUMS

4 LIBRARIES

4 TRAILS

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## COMMUNITY

# VOTE YES ON QUESTION 4 AND MAKE A CHANGE 4 THE BETTER

By Anthony L. Liuzzo, JD,  
MBA, PhD, i.d.e.a. Museum  
Board of Directors

Alarm clock rings, coffee, spouse and kids, work, emails, meetings, phone calls, reports, difficult boss, traffic, bills, TV, sleep, alarm clock rings, coffee, etc., etc.

Human beings were not built for this routine. Yet, most of us have either this or a similar lifestyle. We do not take sufficient care of our bodies, our minds, our values or our need for aesthetic fulfillment. In addition, we frequently forget to instill into the children, who are so important to us, the need to tend to these requirements.

The solution is obvious. We need greater access to libraries, museums, arts and cultural facilities, parks and open space, as well as recreational facilities. Numerous studies have demonstrated clearly that these amenities provide real and tangible benefits both to the individual and to the community.

Firstly, they will benefit you personally. Museums provide you with inspiration and make you smarter. They afford you an opportunity to spend quality time with friends and families. Simply put, they make you feel good. Libraries offer you free educational activities, and parks provide you with a site to stay physically active. Furthermore, it has been shown that green areas are directly linked to mental health and wellness.

Secondly, they will benefit your community. Communities with museums change and develop in very positive ways. Libraries, cornerstones of healthy



communities, serve as a resource for underserved populations, preserve history, connect communities and boost their local economies. And parks and other recreational areas increase values of nearby properties, conserve natural areas and serve to reduce crime.

If you are a voter in Mesa, there is a great opportunity for you to help. You can do this by simply remembering one number—4, and one word—yes. I am referring to Question 4 on this year's election ballot, which would allow the City of Mesa to issue and sell general obligation bonds in order to raise dollars, which would go directly to libraries, museums, arts and cultural facilities, parks, open space and recreational facilities.

Alarm clock does not ring, coffee, spouse and kids, pick up a book at the library, visit a museum with your son or daughter, go to an art gallery, relax in a park, etc., etc.

Sound good? Yes, let's Go 4 It. Vote yes on Question 4 on Nov. 6. ■



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EVENT

# Wild Old West Dinner And Show

## FEATURES MUSIC AND FUN

Submitted by Pioneer Pepper

Saddle up and ride back into the nostalgic era of the singing cowboys at the Wild Old West Dinner and Show, returning to Farnsworth Hall for another season of Wild West music, food and fun.

The dinner and show take place on Saturdays this year on Nov. 24 and Dec. 1, and Jan. 5, Feb. 9 and March 9, 2019. Dinner for all shows is at 6 p.m., and the show is at 7 p.m., at 6159 E. University Drive in Mesa.

The show features the internationally acclaimed singing cowboy Pioneer Pepper with The Sunset Pioneers and dazzling showgirls. This multi-talented cowboy singing and dancing group keeps the Old West alive with their attention grabbing mixture of traditional cowboy music, comedy and choreography.

Performing such nostalgic songs as *Tumbling Tumble Weeds*, *Cool Water*, *Ghost Riders* and *Back in the Saddle Again*, this notable troupe takes you back to the days of Roy Rogers, Gene Autry and Marty Robbins, reminding audiences that a little bit of cowboy lives on in us all.

The Sunset Pioneers are international entertainers and have been to Austria, England, Canada and across the United States. They performed for the *Little House on the Prairie* TV show reunion at the Western Film Festival, filmed with the BBC-TV for the TV series *Only in America* and with the *Midwest Country* TV Show, on RFD-TV Network.

They performed in Hollywood at the legendary House of Blues on Sunset Boulevard, and have

been named Fender Artists. As the official town balladeers of Gilbert, Arizona, they were hailed Top Personalities of the Year by the *Arizona Republic* newspaper.

The Academy of Western Artists nominated their album, *Wagon Load of Western Songs*, for the Album of the Year and the esteemed Will Rogers Award. Pioneer Pepper and The Sunset Pioneers recently were featured on ESPN Monday Night Football, representing the sights and sounds of Arizona.

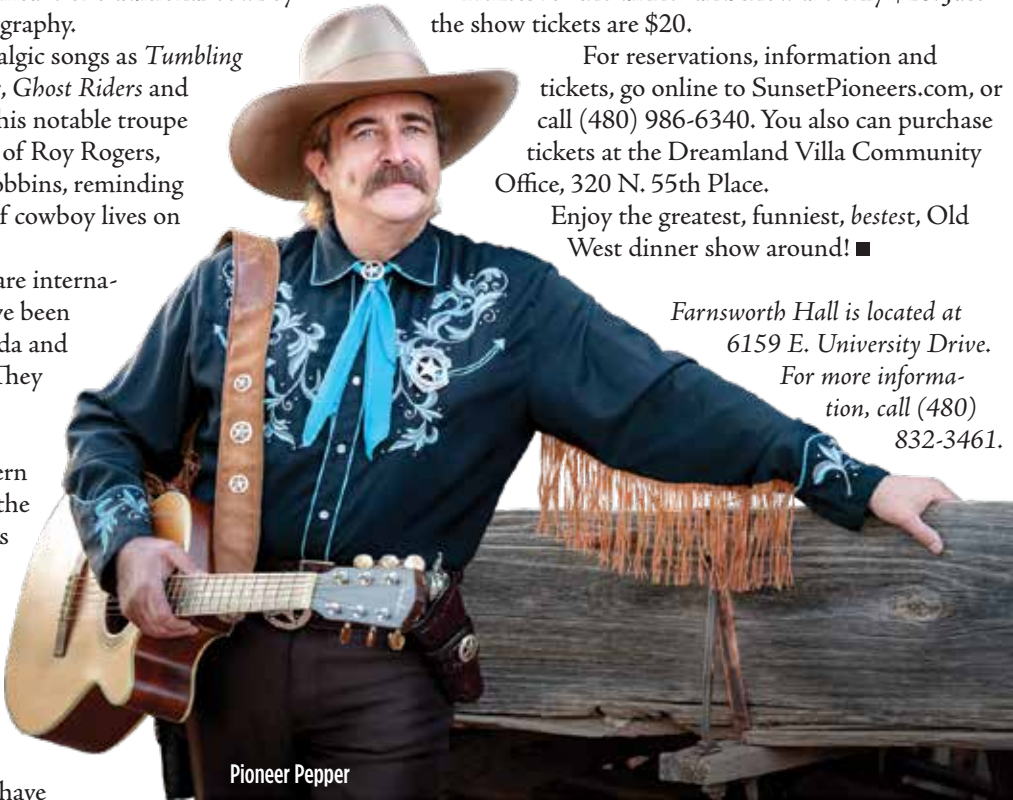
Earlier this year, Pioneer Pepper proudly released *Old Hymns of the Cowboys*, his fifth album, and was honored to have the album cover painted by Jack Sorenson, the No. 1 selling Western artist in America.

Tickets for the dinner and show are only \$28. Just the show tickets are \$20.

For reservations, information and tickets, go online to [SunsetPioneers.com](http://SunsetPioneers.com), or call (480) 986-6340. You also can purchase tickets at the Dreamland Villa Community Office, 320 N. 55th Place.

Enjoy the greatest, funniest, *bestest*, Old West dinner show around! ■

Farnsworth Hall is located at 6159 E. University Drive. For more information, call (480) 832-3461.



Pioneer Pepper

LOCAL BUSINESS

# Tighten up your home security

Submitted by State Farm Insurance

Everyone will agree keeping your home and family safe from burglars is important.

State Farm Insurance offers the following valuable tips to dissuade burglars from invading your home and sense of security:

- Add a generic security sign to your yard or stickers to your door. It may not fool a burglar, but he may think twice about hitting your home.
- Consider setting up a home security system, which can qualify homeowners for discounts on insurance.
- Create open spaces in your landscaping and keep bushes trimmed so burglars have fewer places to hide. If you are landscaping, plant thorny bushes, such as roses, in vulnerable areas.
- Install a motion sensor light to catch intruders by surprise—but put it high enough that a burglar can't reach up and unscrew the bulb.
- At night, turn on your lights, open your curtains, and walk around the exterior of your home. You will see what's visible to a burglar from your yard or sidewalk. Then, have someone turn off the lights in your home. You may be surprised how much you still can see from



Matt Watson

street level. After this exercise, you might choose to move certain items or draw the blinds more frequently.

- Install deadbolt locks on all exterior doors and doors from an attached garage. Select a deadbolt that has been given a Grade 1 from the American National Standards Institute (ANSI). The ANSI tests locks for security and durability, and gives them a Grade 1, 2 or 3, with Grade 1 being the best.
- To make existing locks more secure, install a heavy-duty strike plate using 3-inch screws that penetrate the wall stud. Make sure the door strike is held in place by four or more screws. And strengthen the doorframe by installing a doorjamb reinforcement product.
- Put tools, bikes and other items away when you are done using them. If your possessions are too visible, burglars may wonder what else you have inside.
- Dogs are exceptional deterrents to theft. Let your dog be seen—and heard. A thief who knows there is a dog in the house may pick another target.

### PRETEND YOU ARE THERE

Keep your home looking lived-in when you are away.

- Leave lights on timers when you're away—but choose timers that have random settings so thieves cannot detect a pattern.
- If you'll be away for a short time, leave a radio or TV on, turned up loud enough that it might be heard outdoors. If a longer trip is in your plans, consider using an electronic device that simulates the lights and flicker of a TV and gives the impression that someone's home—and uses about the same amount of power as a nightlight.
- Don't post your travel plans on social media websites. Some burglars use social networking sites to find victims.
- When you are leaving for a longer period, ask a trusted neighbor to watch your home, gather your mail, and otherwise give the appearance of activity. Leave your spare key with the neighbor, too. Burglars know the usual hiding places. ■



### WILD OLD WEST DINNER SHOW

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||| SPIRITUALITY

# Discover Your Identity In Christ

By Pastor Paul Frank  
Hosanna Lutheran Church

If you ever wished you could be someone else, someone other than the person you are, you can't totally change your identity, but you can have a night of fun pretending to be someone else on October 31, from 5 to 7 p.m.

Halloween brings a night of fun and games at Hosanna Lutheran Church as we line the parking lot with cars, decorate trunks, set up all kinds of inflatables and games, give out some hot dogs, nachos, popcorn and loads of candy. We put on costumes, and we just enjoy goofing around, pretending to be something or someone else for a while.

You might find some super heroes or Santa Claus. You might even find pretend pro athletes representing favorite teams. Go Cubs, Go! You might see mermaids and Minions, cowboys and creatures from outer space. You'll find a lot of people having fun pretending to be someone else. Your family is invited to join us.

It's all just fun and games on that night, but there are some nights when you might wish you really could be someone else, or at least be different than whatever you are now. Maybe you want to find a greater sense of joy in your life. Maybe you want to find a greater purpose for your life. Maybe you want a new sense of courage or strength, or you just need a new sense of guidance for the way you are living your life.

At Hosanna, we can help you with those things, too. You see, we

find a true, real McCoy, new identity when we discover who we really are in Christ. The Bible speaks of the *Old Adam* within us, that sinful broken nature within us that so often leaves us unfulfilled, misguided or chasing after emptiness. And the Bible speaks of the *New Man or Woman* whom Christ makes of us.

Christ invites us to come into His house of worship, and to come into new life by faith. He changes us from the inside out as He makes us to be His family. And it's not some simple costume we wear for a night of make believe. It's a new life and a new identity that He places upon us.

This is the invitation we extend to you. Join us for Trunk or Treat on Oct. 31, and on Sundays, too. Hosanna Lutheran Church and Little Palms Preschool are located at 9601 E. Brown Road. Check out our website at [hosanna-lcms.com](http://hosanna-lcms.com). ■



||| HEALTH

# Sensitive Issues Are Addressed FOLLOWING BREAST CANCER TREATMENT

By Sharzad Green,  
PharmD

October is National Breast Cancer Awareness month.

Breast cancer is the second most common cancer in American women. Skin cancer is the first. For every eight women in the United States, one will be diagnosed with breast cancer during her lifetime.

In 2017, the American Cancer Society estimated the following for breast cancer in the United States:

- About 252,710 new cases of invasive breast cancer diagnosis.
- About 63,410 new cases of carcinoma in situ (CIS) diagnosis (CIS is non-invasive and is the earliest form of breast cancer).
- About 40,610 women died from breast cancer in 2017.

Depressing, isn't it? However, according to the American Cancer Society, there are more than 3.1 million breast cancer survivors in the U.S. as of 2017. And globally, there are an estimated 9.3 million breast cancer survivors. Yeah for that.

One of the most sensitive issues during and after breast cancer treatment has to do with a woman's sexuality. In particular, vaginal dryness and vulvovaginal atrophy (VVA) are common problems in these women. Chemotherapy and radiation often change a premenopausal woman's hormone levels and vaginal health.

Following breast cancer, women generally should not be given hormones. Some doctors prescribe low-dose vaginal estrogen, which can be partially absorbed



Sharzad Green

into the blood. This can potentially stimulate breast cancer cells, the last thing you need after everything you have gone through.

One of the solutions to this problem involves using vaginal moisturizers. A vaginal moisturizer is a cream (such as FabuVag) used to restore moisture in the vagina. It is vital

to help bring your vaginal tissue to health after chemotherapy and radiation.

When I was in the process of formulating FabuVag vaginal moisturizer, I chose only natural ingredients, such as fennel, vitamin E, aloe vera, lavender oil, shea butter and coconut oil, which can have wonderful soothing benefits on sensitive tissue that has been damaged by harsh chemicals and lack of hormones.

I also avoided certain chemicals and ingredients, such as:

- parabens
- perfumes
- synthetic dyes and coloring
- glycerin
- petrolatum
- phthalates
- propylene glycol

Read labels carefully and, when in doubt, ask an expert. For more information, feel free to contact Sharzad Green, PharmD. ■

Dr. Sharzad Green is a graduate of the University of Arizona College of Pharmacy and specializes in bio-identical hormone therapy and natural alternatives for men and women. You may contact her at (480) 264-7600, or via email at [info@naturalvaginalsolutions.com](mailto:info@naturalvaginalsolutions.com).

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## COMMUNITY

## Mesa School Board Candidate Believes in Working Together, Communicating

Submitted by Committee to Elect Jenny Richardson

Jenny Richardson grew up in Mesa, the oldest of a large service-oriented family. "Helping others and working to make our neighborhood stronger

was just something my parents modeled for us," Jenny said. "I was well served by Mesa Public Schools, attending Emerson Elementary School, Carson Junior High School, and graduating from Westwood High School. As a former elementary school teacher, I believe in the power education has to transform lives. Volunteering my time to the schools has been a natural fit."

As the mother of six, she is the *only* serving board member and *only* candidate with children currently attending Mesa Public Schools—her three youngest attend the same schools she did, with her three oldest graduated from Westwood, as well. Jenny brings that unique lens to her service on the Mesa Governing Board, where she has served as board clerk and board president.

"Keeping our focus on what is best for children is vital," she said. "Our administrators, teachers, families and communities must work together to serve every child."

Jenny believes every student deserves to feel safe at school, valued and special in the classroom, and to learn and progress at high levels. "We have incredible people in Mesa, but we have to look at how we are

allocating our resources and supporting our staff to keep up with the educational demands," she said.

Her signs boast the slogan *Mesa In Mind*, but that is not just a catchy play on words. "I love Mesa," Jenny said. "After

moving often while my husband served in the Air Force, we chose to come home and raise our family here. Strong neighborhood schools, where families gather and serve each other, will protect our property values and attract great businesses to our community," she continued.

She works to have strong academic, arts, athletics and other quality programs on every campus,

so each school can offer great things to the neighborhoods they serve.

"Mesa deserves a board member who is willing to communicate often, clearly and with transparency about where our resources are being used," Jenny stated. "Our district should have a board committed to the success of every student and focused on policies and budgets that support our goals. I am that kind of board member."

To this day, Jenny appreciates the foundation her education afforded her. "Mesa Public Schools gave me a great start in life," she said. "I want those same experiences for my children and for yours."

Please vote Jenny Richardson for Mesa School Board. ■

Contact Jenny at [jennyformps@gmail.com](mailto:jennyformps@gmail.com).



Jenny Richardson

JENNY  
RICHARDSON  
SCHOOL BOARD



MESA IN MIND

ELECTION DAY  
NOVEMBER 6TH



## JOIN US IN SUPPORTING JENNY RICHARDSON

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Mesa Councilman Mark Freeman  
Mesa Councilman David Luna  
Mesa Councilman Kevin Thompson

Former School Board Members

Beth Coons  
Rich Crandall  
Mike Hughes  
Michelle Udall  
Claudia Walters  
Ben Whiting  
Marilyn Wilson

AZ Teachers of the Year  
Nancie Lindblom and John David Bowman

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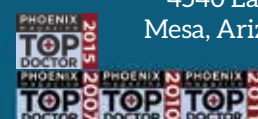
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LOCAL BUSINESS

Monitoring Medications For Older Adults Requires Vigilance

Submitted by Home Care Assistance

In the United States, 50,000 people age 80 and older are hospitalized every year due to emergency drug reactions. Many common prescriptions are characterized as high-risk medications for people 65 and over. These drugs can have serious health consequences when not taken correctly or not monitored. This includes commonly prescribed medications for diabetes, hormone replacement therapy, urinary tract infections, allergies, heart and gastrointestinal conditions, antidepressants and anti-anxiety drugs.

ARE SENIORS TAKING TOO MANY DRUGS?

It is rare to find an adult who doesn't take at least one prescription medication. About 25 percent of people age 65 to 69 take at least five prescription drugs. Among people 70 to 79, 46 percent are taking more than five prescription drugs.

RISKS OF TOO MANY MEDICATIONS FOR SENIORS

As people age, they may have more medical problems. Examples include diabetes, heart conditions, high blood pressure, dementia and osteoporosis. This means they are more likely to take several medications. A contributing factor in falls is medications, especially multiple medications.

MULTIPLE MEDICATIONS CAN HAVE ADVERSE EFFECTS

The more medications someone takes, the greater the risk of side effects. These include dizziness, fatigue, mental



confusion, sleep problems, appetite problems and dehydration. In a Canadian study, 12 percent of seniors taking more than five prescription drugs had to visit a doctor or emergency room because of bad side effects.

DOCTORS DON'T CATCH EVERYTHING

Medical professionals are responsible for thoroughly assessing their patients. However, in real life, doctors can miss the big picture and prescribe a medication with only one specific reason in mind. So, doctors can miss the potential adverse effects of combining medications. Also, different doctors can prescribe medications that are fine on their own, but have negative side effects when taken together.

ARE MEDICATIONS TAKEN CORRECTLY?

As a caregiver, you may assume medications are being taken as prescribed. Don't assume that what your parent or spouse tells you is true or accurate. Go through all the bottles of medications. Check prescribing physician, refill dates and expiration dates.

KEEP TRACK WITH A MEDICATION LIST

Take the time to find out what condition each medication is treating. You may be surprised to find that your parent or spouse has medical conditions you didn't know about. Write down each medication. Also record the amount, time of day and any contraindications.

REASONS PEOPLE DON'T TAKE THEIR MEDICINE

Your parent or spouse doesn't understand why he is taking a particular medication. Therefore, he thinks it isn't important. Get involved. Call the prescribing physician. Ask why particular medications are being prescribed. Better yet, attend the next primary care appointment. Inform the primary care physician if any other doctor is prescribing medicines. Ask the primary care physician if all the medications are necessary. Can some be eliminated or dosages reduced?

Check out the Family Caregivers Video Guide to Managing Medications. Pills aren't the only medications you may have to address. This guide talks about insulin injections, eye drops, suppositories and patches.

MAKE ORGANIZING MEDICATIONS EASIER

A simple pillbox is best for people who don't have cognitive or physical issues. You can fill them or a nurse can fill weekly. You could use one simple pillbox for each time of day—morning, mid-day, evening, or use a twice a day double-sided dispenser.

Consider systems that automatically dispense medications with reminders. One easy-to-use system is Med-Q. Keep in mind that you or a medical caregiver will need to fill the medication dispenser every week. However, it will be much easier for the person taking the medication to have timed, audible and visual reminders.

Call us if you need support managing medications and caring for a loved one. Our trained caregivers can provide support to fit your schedule. ■

Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help protect your health and focus on yourself, too. Contact Amanda Butas, a certified dementia practitioner and your Mesa client care manager, at (480) 699-4899. 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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