

# Las Sendas Up Close

Bringing neighbors closer to their community

May 2019

## Amberwood Homes Provides the Best in Custom Home Building

By Jamie Killin

Billy Johnson, of Amberwood Homes, is a master at building custom homes, and with his extensive years of experience as a home builder in the Valley of the Sun, he has built thousands of homes, building relationships within the community and mastering his craft.

Gorgeous desert lots, with their beautiful mountain or city views, can have multiple lot challenges. Not only can they require a lot of cut and fill for the site pad, but they also might have natural flowing washes that require retaining walls or riprap to properly channel the flow of water.

Having built on hundreds of difficult desert lots over the last 35 years, master builder Billy finds a way to make it possible for each of his clients to build the home of their dreams—always thinking ahead, anticipating and solving potential problems, and using his knowledge to deliver a home that gives the owner the greatest quality use of the lot.

"You get into complicated building here," said Billy. "Anyone can go out and build the same house in a flat subdivision all day long, and I guarantee a lot of these framers no longer even need a blueprint, but they can't do these more complicated homes that way," he continued. "It's like putting a puzzle piece together."

While his luxurious, one-of-a-kind homes are beautiful, Billy offers a level-headed, practical approach to homebuilding that allows the client to stay within budget and enjoy their carefully crafted, state-of-the-art home for years to come.

His clients appreciate his eye for detail, high-quality craftsmanship and dedication to excellence in each home he constructs. In fact, it's allowed him to earn his Valley-wide

reputation as one of the best in custom homebuilding.

Billy not only delivers incredible homes to his clients, but he also treats them like family. He often welcomes them into his own home, providing them access to his personal phone number and working with them throughout the entire homebuilding process.

"From day one, we talked directly with the owner, Billy Johnson," said client Daniel Van Cleave, who has built two houses with Amberwood Homes. "He welcomed us as family. Every step of the process was explained, and if it had challenges, a solution was sought and implemented."

While Billy has enjoyed seasons of building hundreds of homes a year, he's now focusing on taking on challenging building projects and highly customized homes that allow him to be more involved with his clients than ever.

"I'm certainly a businessman, and I've certainly looked at profits over the years, but I look at it as more of a passion now," said Billy. "I've always loved building homes, and, along the way, I have built lifelong friendships with my customers."

His hard work isn't going unnoticed, either, with Amberwood Homes recently being recognized as one of the top custom home builders in Gilbert by *Home Builder Digest*. Highlighted is Billy's attention to detail, quality craftsmanship and unmatched client experience.

Billy is continuing his impact on the community by becoming involved in philanthropic projects, too, such as the Christmas Idea House, which supports Desert Club and its



efforts to provide scholarships to East Valley students.

This year, Billy will host the beloved annual event in his own home, welcoming community members to tour his home and shop unique holiday items, while raising money for the nonprofit. ■

For more information on Amberwood Homes, visit [amberwoodhomes.com](http://amberwoodhomes.com), or call (480) 832-8161.

## Expanding Cardiovascular Practice Provides HOLISTIC APPROACH TO HEALTH

By Jamie Killin

With one in four deaths in the United States being attributed to heart disease, quality cardiovascular care is more important than ever.

To address this epidemic, Southwest Cardiovascular Associates (SWCVA) offers a holistic and compassionate approach to care. Specifically, treatment is provided to those suffering from any cardiovascular pathologies in the heart, legs, periphery and core of the body, such as irregular heart rhythm, peripheral vascular leg pain and swelling, high blood pressure and high cholesterol.

"Patients tell us they have never been to such a friendly practice before and how kind, positive, and caring everyone was at SWCVA. They say they actually really enjoy coming to our practice for their doctor's appointments," said Dr. Kirk Minkus. "I think that speaks volumes about what kind of experience we strive to provide here for our patients. We love them each like one of our own family members."

The state-of-the-art endovascular facility focuses on providing top-quality treatment backed by years of education and experience, as well as a compassionate, patient-centered experience.

"Our collective physician expertise in the field covers almost 85 years of stateside and international medical knowledge acquisition, cardiovascular disease exposure and experience development," said Angie Aguilar, who



oversees strategic marketing and development for the facility. "That expertise also includes primary academic medical research involvement and interventional procedural technique mastery," she continued.

"Combined, the many areas of expertise set us apart as more advanced than many other practice facilities in this part of the country," Angie stated proudly.

Not only do the facility's physicians boast a substantial amount of experience, but the practice itself also has a long history in the community. It was founded in Mesa nearly two decades ago by principal and founder Dr. Charles Jost.

Over the years, the practice has grown significantly, and now has four physicians providing the latest technology in cardiovascular care. The focus is on making treatment affordable and enjoyable for patients through both invasive and non-invasive treatments.

"With the incredible success of Dr. Jost's efforts and in expanding our medical service model structure, multiple expert physicians with associated vascular medical expertise and backgrounds have joined him," said Angie. "They support his endeavor to elevate outpatient procedure medicine to a higher level of quality, efficiency and timely convenience in the community."

Southwest Cardiovascular Associates has also grown to include a new cardiovascular ambulatory surgical center currently under construction in Mesa. There also is the acquisition of another East Valley cardiology practice.

While SWCVA has expanded its footprint to more than 40,000 patients, it remains a very intimate practice in order to deliver the highest level of care for every patient. ■

Southwest Cardiovascular Associates is located at 140 S. Power Road, Suite 102, in Mesa, and at 3420 S. Mercy Road, in Gilbert. For more information, visit [swcva.com](http://swcva.com), or call (480) 945-4343.

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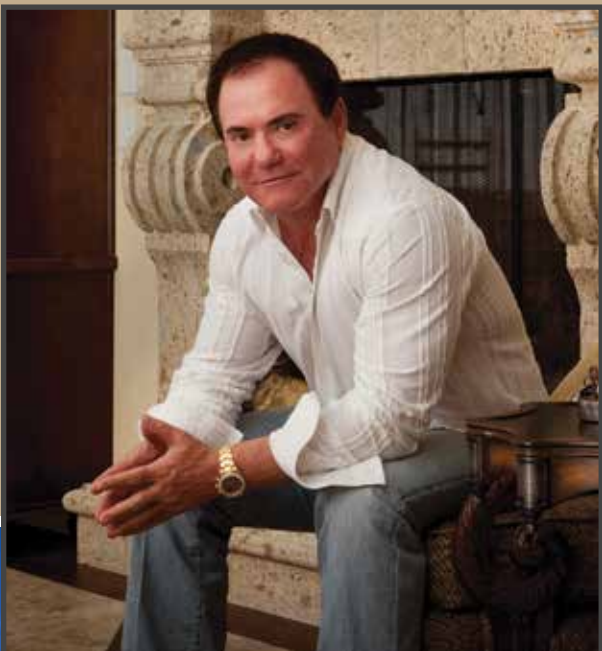


**AMBERWOOD**  
H O M E S



*"This was the second build I had with Billy. Way back in the mid-80s when he was first starting out he built a little home for me in Chandler. He welcomed us into his home, he asked what we were looking for and he started off by building the relationship. His style hasn't changed much in 30-something years — he's really interested in making sure he can build the house you're looking for. When my fiancée and I decided building a new home was the route we wanted to go, we already knew the quality of home Billy brought because I was so happy with my first home. The work and the materials he put into it even though it was just a small, little single-family home was very high quality. Now, our new home is also a top-quality build with the weight of the Amberwood name firmly behind it."*

Daniel Van Cleave



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**Master Builder Billy Johnson  
Amberwood Homes**



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Please call Tina at the office at 480-832-8161  
or Billy Johnson direct at 602-377-3128.



COMMUNITY

Water safety is key as temperatures rise

Submitted by District 5 Councilmember David Luna

With temperatures heating up and more people ready to dip their toes in the water, the Mesa Fire and Medical Department has provided my office with information to share with the community.



DROWNING PREVENTION TIPS

- Supervise children at all times, even when you don't expect them to be around the water.
- Put non-proficient swimmers in life vests when you have a party or family gathering and a pool or spa is nearby.
- When around water, always designate a water watcher. Don't assume someone else is watching the children. Use water tags as reminders.
- When small children are in the water, always keep them within arms reach.
- Use properly working fences, locks, alarms and other barriers to allow more time in case you lose track of your child.

- Always check water areas first if you lose track of your child.
- Floaties are toys. Only use Coast Guard-approved flotation devices (life vests).
- Learn CPR—Mesa Fire has free lifesaver classes each month. Sign up at mesaaz.gov/fire.
- All family members should learn to swim.
- Non swimmers should not be the supervisors/water watchers.
- No one should swim alone at any age. In Arizona, we actually have more adults drown than children.
- If you have a canal in your area:
  - Children should not be unsupervised when outside.
  - Talk to children about the dangers and to not play by the edge.
  - Never swim in a canal. They have strong undercurrents that can pull you under.

Have fun out there, but please, always remember to be safe around water. ■

As always, if I can be of service to you, or you wish to speak with me, I can be reached via email at district5@mesaaz.gov, or by phone at (480) 644-3771.



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**www.UpCloseAZ.com**

**Mother's Day Brunch**  
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30 Years!**

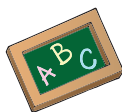
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#### **SELF DEVELOPMENT ACADEMY - PHOENIX**

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**WWW.SELFDEVELOPMENTACADEMY.COM**



## EDUCATION

# Self Development Preschool CELEBRATES 30 YEARS

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

Self Development Preschool (SDP) is now 30 years old. In that time, our staff and students have seen six presidents come and go. Just like President Bush Sr. and President Bush Jr., who walked the halls of the White House, this preschool building also has seen fathers and then sons walk through these halls and rooms of SDP.

Josh Pyle, former attendee who now sends his daughter to the preschool, said, “It all seems the same, only the size of the building and rooms seem smaller. When you are a kid, things seem so big,” he continued. “The great room and the outside area when I was 7 years old were both massive compared to how I view them today.”

Self Development Preschool opened in June 1988 with just 49 students. Asif and Anjum Majeed, along with the support of a few close and trusted friends, Vernetta Madsen and Rachel Hunt, founded Self Development Preschool. The idea underpinning SDP was as radical as it was necessary.

A child’s inner capabilities are limitless when the child engages in self-reflection. “Self Development encompasses the acceptance of one’s weakness, as well as strengths, and enhances self-esteem,” said Dr. Anjum Majeed. “The school’s mission is to foster the development of each student’s maximum potential,” she added.

“When Dr. Majeed approached me about moving to Arizona from Wyoming to be the director of her preschool, I knew it would be a great opportunity I could not pass up,” said Vernetta Madsen, who still serves as director of the preschool. She also oversees Human Resources for the two Self Development academies.

“Anjie would concentrate on my strengths to help me grow by seeing how I could turn my weaknesses into strengths,” said Ms. Vernetta. “The result of that is I grew in all areas and became the person I am today.”

Sound familiar? This was exactly Dr. Majeed’s definition of self-development. Dr. Majeed walks the walk and talks the talk.

What set SDP apart from other early childhood programs was the seamless way the preschool mirrored the best parts of home life. Kim Kunkle, parent and now grandparent to a preschool student remembers, “We were welcomed with open hearts by Ms. Vernetta.”

According to Dr. Majeed, something special made SDP stand apart from other schools. “It’s the caring and committed staff who truly believe in nurturing the youngsters and assisting them to reach their maximum potential.” Kim agrees, “We are very happy with SDP and SDA,” she stated.

Ms. Vernetta, in particular, seems to have been a key source of affection and love for these students and parents. “Even today, Ms. Vernetta seems to be synonymous for me with Self Development,” said Josh. “She’s always been kind



to me, personally, and to see my daughter and the affection she has for Ms. Vernetta, hugging her every time she sees her, is really special.”

Reflecting on why she brought her own daughter to the school, Ms. Vernetta said, “The school is like family, and the staff goes out of their way to make sure everyone feels the same way.” It was as much the school as it was the people.

Like Ms. Vernetta, Sara Pringle would not only work for, but would bring her daughter to Self Development. “It was my second home,” said Sara, a former student who spends her adult time at Self Development, working at the academy next door.

“The teachers and staff were loving and nurturing—constantly pushing us to be the best versions of ourselves,” Sara remembered. “We were constantly taught to support and love one another, no matter our differences.”

“The persistent push to be mindful, respectful human beings truly has helped mold me into who I am today,” Sara further stated. “This same push is what solidified my decision to send my daughter to Self Development Preschool and on to Self Development Academy when she starts kindergarten.”

Decades later, SDP continues to be a loving and nurturing place. “I feel the same personal connection of each teacher and staff member with each other, their care for the students, and the scholastic strength now, as I, we, did more than 20 years ago as a mother and as a grandmother,” Kim Kunkle stated. “We absolutely love this school.”

The love and care the staff provides at SDP allows the children to explore the world, rich with knowledge, skills and concepts. “At 4 years of age, my daughter, Shelby, could tell you the functions of her organs in her body and why we needed them,” said Kim. Achieving such high-level thinking at such a young age meant resolute foresight into how the multiple age levels aligned in terms of their



cognitive development.

Rebecca Gau, a former parent of SDP and SDA, often recalls what surprised her about Self Development Preschool. “Not only did the preschool provide an enriched and integrated thematic curriculum, but this curriculum also was horizontally and vertically aligned with the other classrooms and ages of students,” she said.

Fortunately for the kids, the intellectualism surrounding the design of the curriculum translated into serious fun for the students. Dr. Majeed emphasizes that educators should leverage children’s instincts to play as means of discovery and learning. “Through play, they learn about concepts of float and sink and volume while spending time at the water table,” she stated.

“I had a great group of friends I used to run around with there and it was always a fun way to end my school day,” Josh recalled. And Kim remembers the experiences of her son, Nick. “He had fun every day, not even realizing how much he was learning scholastically and as a human being.” Serious play was subterfuge for serious learning.

There is a core to every person. An essence no fury of predicament or catastrophe could shake. The seasons will change and the canyons we cross are tattooed on our faces, but inherent to everyone is a root that remains. Self Development Preschool is like that.

The same persons walk in through the same glass door, but they come in and out as parents, not students. Their children see the same walls, but hung on them is PAW Patrol, not Barney or Dora. Self Development Preschool adapts enough to just accentuate what made itself great over 30 years. ■

*Come celebrate our 30 years of success. Bring your family and friends to the open house on Saturday, May 18, between 11 a.m. and 2 p.m. The location of the school is 1721 N. Greenfield Road. For more information, please call Ms. Vernetta at (480) 396-3522.*

## SPIRITUALITY

## God lights the way toward a better day

By Pastor Paul Frank  
Hosanna Lutheran Church

With the month of May being graduation month, here at Hosanna, we celebrate preschool graduation, a couple of high school graduations and even college graduations.

Graduation days mark milestone moments in our lives. It’s a moment when one clear goal has been accomplished—the classwork has been completed, the grade levels are passed and the necessary knowledge has been acquired.

Ultimately, graduation becomes a moment when a person stands at a crossroad. And there are questions. “What’s next?” “Where does this road of life go next?” “Does it go into the next level of education, into the work force?” “What comes next in life after graduation day?”

Maybe you are standing at a crossroad in life, as well. It doesn’t require a graduation day to cause us to stop the frantic pace, reflect for a while and ask ourselves, as well, “What comes next?”

Are you looking for a little direction in life? Do you need to chart the course toward a better day, a better place, a more peaceful life? I’ve got great news for you—God lights the path. He leads the way. He speaks into our lives, and gives the gentle nudges we so often need in order for us to find that new day we are seeking.

In the *Old Testament*, God said that His Word is a lamp unto our feet and a light unto our path. (Psalm 119:105); And He says, “Let the wise listen and add to their learning and let the discerning get guidance.” (Proverbs 1:5); God’s promise to Jeremiah, and you, is, “I know the plans I have for you, plans to prosper you and not to harm

you, plans to give you hope and a future.” (Jeremiah 29:11).

Then, early in the gospels, Jesus comes to some men who were tending to their fishing nets, and He says to them, and to you, as well, “Come and follow me. I will make you fishers of men.” (Matthew 4:19).

God has plans for you, well beyond graduation day, or perhaps just contemplation day, God has plans for you. He seeks to bless us, guide us, and engage us in the mission of tending to the needs of the hurting and the hungry, and tending to the needs of one another. He utilizes us to share His love, mercy and grace and to share His good news of Christ, our Savior.

Join us at Hosanna, and we will explore the next things yet to come. ■

*Hosanna Lutheran Church is located at 9601 E. Brown Road.*





# LAS SENDAS GOLF CLUB

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## SOMETHING'S COOKING AT THE VISTAS PAVILION KIDS IN THE KITCHEN COOKING CAMP

Four-day cooking classes, from 11 a.m. to 1 p.m., are being offered this summer at The Vistas Pavilion for kids 8 to 14 years old.

Classes include lunch, some of which will be made by the students. Each mini chef will receive an apron, paper chef's hat, recipes and a diploma.

**Monday**—Kitchen orientation/safety/cooking math/cleanup. Lunch is chicken tenders and fries.

**Tuesday**—Homemade pizza dough/pizza sauce/cleanup. Pizzas for lunch.

**Wednesday**—Pasta/homemade meatballs/garlic bread/cleanup. Pasta for lunch.

**Thursday**—Baking day/cookies/cleanup. Lunch is hamburger and fries.

Cost is \$199 plus tax per child. Reserve your spot today online at [lassendas.com](http://lassendas.com).

### DATES FOR KIDS IN THE KITCHEN COOKING CAMP

June 10-13, June 24-27, July 8-11, July 22-25 and August 5-8

## LAS SENDAS GOLF SHOP CELEBRATES MAY DAYS

Along with the spring flowers, great deals are blooming at Las Sendas Golf Shop May Days Sale.

Looking for a great set of gently used clubs? The Golf Shop Rental Club Blowout Sale is offering this year's Ping slightly used rental clubs for both women and men, including golf bag and putter, at fantastic savings. To make arrangements, call the Golf Shop at (480) 396-4000.

Our Golf Shop always is fully stocked with the finest golf and leisurewear for men and women. Check out our May Sale and our popular specials. And don't miss the sale rack, featuring 20 percent to 60 percent off men's and women's clothing, as well as 15 percent off golf shoes and golf bags.

Mother's Day is Sunday, May 12. Get Mom a gift certificate from the Golf Shop.

With the *snowbirds* returning home, May always is a perfect time to play a round of golf at Las Sendas, and the rates are great. Also, our driving range is always open to the public for a \$20 all-day range fee.

Residents who want to play can go to our website at [lassendas.com](http://lassendas.com), and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. There is no charge to book tee times on our website.

*Yours in golf—Rick, Diane, Nick, James and Nolan.*

## JOIN LAS SENDAS GOLF CLUB NOW, PLAY FREE FOR FOUR MONTHS

Spring in Arizona is a great time to play golf, and a great time to save thousands by joining Las Sendas Golf Club, one of the Valley's premiere true desert golf courses, designed by Robert Trent Jones, Jr. Our new 2020 initiation price is going up. By joining now, you can save \$5,000 on your initiation fee.

Plus, if you join before the end of May, and purchase a Non-Refundable Golf Membership or a Fully Refundable Golf Membership, you receive a bonus. The principle player plays free for July, August, September and October. That's four full months free, with dues and cart included.

### LAS SENDAS GOLF CLUB MEMBERSHIP OPPORTUNITIES

All of our membership programs are open to residents of Las Sendas, Red Mountain Ranch, Mountain Bridge and surrounding areas. We have a fun and diverse membership that hails from all over North America. It's fun, challenging and social. Our facilities are continually gaining national acclaim.

### OUR MEMBERSHIP OPTIONS

#### Social Membership—2019 Pricing Only \$1,999

- Social Members pay just \$500 per year in dues and have Full Membership privileges.
- Receive 10 golf passes annually and 10 percent discount in Golf Shop and restaurants.
- Booking privileges on the Patio, tee times and access to our Members Lounge.
- Charging privileges, recorded handicap and access to our limo services.

#### Junior Membership (Age 45 and Under)—New Only \$2,500

- Junior Members pay monthly dues and have Full Membership privileges.
- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
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#### Proxy Membership—No Initiation Fee, Full Membership Privileges (Only two available)

- Proxy Members pay just monthly dues and have Full Membership privileges.
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#### Non-Refundable Golf Membership—\$15,000 (Moving to \$20,000 in 2020)

- Annual (12 months) or Seasonal (6 months) dues packages.
- Members pay monthly dues and have Full Membership privileges.
- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.

#### Fully Refundable Golf Membership—\$29,900 (Moving to \$35,000 in 2020)

- Annual (12 months) or Seasonal (6 months) dues packages.
- Members pay monthly dues and have Full Membership privileges.
- Unlimited golf and 10 percent discount in Golf Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.

For all inquiries and questions, please contact Wayne McBean at Las Sendas Golf Club. Send an email to [wmcbean@lassendas.com](mailto:wmcbean@lassendas.com), or call his cell at (480) 323-9364.

## THE VISTAS PAVILION PRESENTS EVERYTHING ARIZONA! CADUCEUS WINE DINNER

A special night of wine and dine, Saturday, May 18, themed *Everything Arizona!*, pairs wines from Arizona with a five-course dinner locally sourced and farmed from your backyard. Join Chef Josh and Chef Al as we take you around State 48 and discover some of the best Arizona has to offer. Reception starts at 6:30 p.m., with dinner at 7 p.m.

Caduceus Cellars is a small-production, family-owned-and-operated winery venture of Maynard James Keenan. Maynard is a Grammy award-winning vocalist for the internationally revered music acts Tool and A Perfect Circle. This international rock star has set out to rock the wine business. As enticing as it may be, their current limited production doesn't allow for international distribution, and only a handful of blends are available for national distribution in select territories.

### ABOUT THE VINEYARDS

Maynard, a U.S. Army veteran, is winemaker and owner of Caduceus Cellars and Merkin Vineyards, with 110 acres under vine throughout the state. Caduceus Cellars produces approximately 2,500 cases a year. Maynard researched wine-growing regions around the world to identify the varieties best suited for the high-desert conditions found in the Verde Valley, Cochise County and regions in New Mexico. As a result, the winery is producing some of Arizona's finest wines using Spanish, Italian and Rhone varieties.

Caduceus Cellars currently has five different blocks in Northern Arizona—Judith's Block on Cleopatra Hill, Jerome, 4,900 feet, is a combination of limestone, volcanic and sedimentary rock. The Marzo Block, 3,500 feet, and at 3,300 feet, The Agostina Block, are covered with fine river sediment over a bed of calcareous substrate. The Elephante Block, in Cornville, has a minimum of five different soils/terrain profiles all on a 28-acre site. The Southwest Wine Center, Yavapai College Block, is nestled in the alluvial foothills of Mingus Mountain. All this is peppered with volcanic magic dust. The main fruit source for Merkin Vineyards is the historic 70-acre Buhl Memorial Vineyard in the Kansas Settlement of Willcox.

Maynard also is owner, winemaker and founder of the Arizona-based wine makers cooperative, Four Eight Wineworks, as well as a founding board member of the Arizona Vignerons Alliance, a quality control and winegrower's data collection collective. He has been a participating member of the Arizona Winegrowers Association since 2009.

*Everything Arizona!* should prove to be an amazing opportunity to experience the bounty of our beautiful state. Cost is \$75 per person. For reservations, call (480) 396-4000, ext 222.

## CADUCEUS WINE DINNER EVERYTHING ARIZONA! MENU

Saturday, May 18  
Reception: 6:30 p.m.—Dinner 7 p.m.

### HORS D'OEUVRES

Olive Mill Tapenade  
Queen Creek  
Pork Shop Sausage  
San Tan Valley  
Crows Dairy Goat Cheese  
Buckeye

### DINNER

Arizona Vegetable Plate  
Chilled Fruit Soup  
*Shinola, 2013*

House-Made Head Cheese  
Mustard Greens, Nectarine Gastric,  
Charred Bread  
Pork Shop  
San Tan Valley  
*Chupacabra 2017*

Seared Trout  
Sedona  
English Pea Puree, Lentils, Meyer Lemon Oil  
*Diddler 2012*

JH Grass-Fed Lamb  
Holbrook  
Sage Pesto, Roasted Leek Whipped Potatoes, Baby Carrots  
*Tarzan 2016*

### DESSERT

Schnepf Farms Peach Gelato  
Queen Creek  
Candied Spent Grain, Caramel Sauce  
*Nagual del Marzo Rose 2015*





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EDUCATION

# District Schools Earn 2019 A+ Award

*Submitted by Mesa Public Schools*

A total of six Mesa schools have been named among the best K-12 public schools in the state.

These outstanding schools are winners of 2019 A+ School of Excellence awards from the Arizona Educational Foundation (AEF):

- Emerson Elementary School—Christel Swinehart-Arbogast, principal
- Ishikawa Elementary School—David Shill, principal
- Lincoln Elementary School—Josh Henderson, principal
- Mendoza Elementary School—Deb Lynch, principal
- Serrine Elementary School—Renee Parker, principal
- Washington Elementary School—Michele Grimaldi, principal

“The A+ School of Excellence program celebrates outstanding schools throughout Arizona, calling attention to the positive stories and successes occurring in public schools,” explained Kim Graham, AEF executive director. “The application and evaluation process for this program is comprehensive and rigorous. We applaud these schools for exceeding expectations to meet their students’ needs and for achieving overall success despite the many challenges that face the education community statewide.”

Since 1983, the foundation has honored A+ Schools of Excellence to give recognition to remarkable Arizona public schools. Schools submit applications that document demographic information, current programs and practices,



parent and community involvement, as well as leadership. Applications also highlight commitment to excellence, equity, service and high achievement.

A team of trained judges selects A+ Schools of Excellence after conducting site visits throughout the state.

“Ishikawa Elementary School is honored and humbled to be named an A+ School of Excellence,” said Principal David Shill. “It has reenergized and recommitted our staff, students and community to honor the greatness that is Zedo Ishikawa Elementary School.”

Each of this year’s 52 award-winning schools receives \$500 and an A+ School of Excellence banner. Schools hold the A+ title for three and a half years. Mesa currently has 23 schools designated as A+ Schools of Excellence, more than any other district in the state. ■

*For more information about all Mesa Public Schools, please visit [mpsaz.org](http://mpsaz.org).*



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REAL ESTATE

A Bad Appraisal Doesn't Have to be a Deal Killer

By Lorraine Ryall  
Realtor, CDPE, CSSN  
KOR Properties

After having the most bizarre experience with an appraisal recently, which went from one extreme to the other, I thought it would make a great article to share.

In my 11 years of real estate, I have seen some crazy appraisals, but this one takes the cake. It's also a great example of how a bad appraisal doesn't always have to mean the sale falls apart.

After months of looking for the perfect home, the buyer I was representing found exactly what she was looking for here in East Mesa. The home had been on the market for only two weeks and was priced at \$625,000. After some counters back and forth, they agreed on a purchase price of \$615,000.

After the inspections were complete, the lender ordered the appraisal. I have to start by saying my buyer was using an out-of-state bank for her loan, which I had advised could cause issues. However, my client had all her personal and business accounts with this particular bank, and she didn't want to have to start over with a new lender. She assured me she had a great relationship with the bank, and they would take great care of her.

As I mentioned, the home was listed for \$625K, and the purchase price was \$615K. So, you can imagine how shocked we all were when the appraisal came back at \$537K.

As Realtors, we get involved in so many aspects of a home sale, many more than I am sure our clients can even imagine, and one of them is the appraisal. I have taken many classes with appraisers to understand how they value homes and what their guidelines are.

I studied the appraisal and outlined all the things that were wrong—the comps that were too old or too small to be used based on appraisal guidelines and the incorrect value used on items, such as the value of the lot and upgrades. I ran a new report showing exactly why I was



disputing this appraisal.

I presented my case to the bank. I was feeling pretty confident this appraisal would be in the 1 percent to get overturned, and we could get an adjusted value. A few days later, the bank called informing us they were ordering a completely new appraisal. While this was rare, we all were very relieved to learn a completely new appraisal was going to be done.

After about a week, we got the new appraisal. As I mentioned, the first appraisal was \$537K, and the new appraisal came back at \$615K, the exact price of the purchase contract and a \$78,000 difference from the first appraisal.

This is a great example of how an appraisal is such an important part of selling your home. When you list your home, your Realtor should thoroughly understand the appraisal process and how to contest an appraisal, if

necessary. When situations like this come up, and trust me they do, it's the Realtor's knowledge and experience that can literally save the sale.

A bad appraisal doesn't have to mean the sale has to fall apart. If it's a bad appraisal, it can be disputed, and if that isn't a possibility, there are other things both the buyer and seller can do to work through the challenge.

Please contact me if you have any questions on the appraisal process, any real estate questions, or you are thinking of selling or buying a home. ■

Call me any time, and I will be happy to answer your real estate questions. Please contact me at Lorraine@Homes2SellAZ.com, or call (602) 571-6799. Visit my website at Homes2SellAZ.com.



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Las Sendas  
City Light/Mtn Views - \$1,150,000  
4995 sq ft - 5 Bed 4.5 Bath



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# RED MOUNTAIN RANCH COUNTRY CLUB

## Enjoy Beautiful Springtime Weather at Red Mountain Ranch Country Club

*Submitted by Red Mountain Ranch Country Club*

Red Mountain Ranch Country Club offers a friendly atmosphere with a personal fitness director and daily fitness classes, along with tennis pros for tennis lessons for all ages. We also have a beautiful Pete Dye golf course to enjoy a fun-filled day of golf.

Red Mountain Ranch invites you to join us for some of our upcoming events:

- Sunset on the Patio—Every Monday, 5 to 8 p.m.
- Mother's Day Brunch—May 12, 11 a.m. to 4 p.m. Feast without the fuss this year.
- Karaoke—May 15, 6 to 9 p.m. Happy Hour prices all night long.
- Cinco de Mayo Patio Party—6 to 9 p.m.
- Friday night dinners, with weekly chef specials—4 to 8 p.m.

### PLAN A GRADUATION CELEBRATION

Red Mountain Ranch Country Club is offering an unbeatable Graduation Special this month. The special includes *Come and Go Graduation*, with heavy appetizers and drinks for just \$18.99 per person, or a full sit-down dinner buffet for \$23.99 per person (*tax and gratuity not included*). We offer a beautiful panoramic view overlooking the city lights, with a full wraparound patio, along with a full-size dance floor.

Along with hosting some of the Valley's most beautiful weddings, Red Mountain Ranch also specializes in planning any occasion. Celebrate a birthday, anniversary, baby shower, baptism, retirement, corporate meeting, holiday party and everything in between. We offer a five-star menu, as well as a friendly atmosphere and superior service, to make your event all you would want it to be.

### UNBEATABLE SUMMER WEDDING SPECIAL

This special includes ceremony, buffet dinner, reception, upgraded linens, centerpieces, cash bar, champagne toast and wedding coordinator, as well as get ready rooms with cheese, crackers and champagne. As a special bonus, mention the

Up Close newspaper to receive an additional free appetizer.

"I love helping couples plan the wedding of their dreams," said wedding coordinator Lorie Davis. "Over the past five years, I have seen hundreds of couples truly experience a wedding like no other at Red Mountain Ranch Country Club." ■



### ONE-YEAR TRIAL MEMBERSHIPS ARE AVAILABLE

Red Mountain Ranch Country Club is pleased to offer families and individuals an excellent opportunity to decide whether a membership is right for them. This unique trial membership includes one year of wonderful amenities. In fact, there is something for everyone, including golf, tennis, swimming, fitness and more.

Your one-year trial membership includes:

- Unlimited golf.
- Unlimited cart trail fees.
- Unlimited use of driving range.
- Unlimited use of practice facilities.
- Fitness Center (group fitness classes).
- Tennis courts (easy online reservation).
- Junior Olympic pool and spa.

For a one-time low cost of:

Family: \$4,950—Individual: \$3,950.

Terms and conditions apply.

## GOLFERS NEEDED

### To Support Local Charity

*Submitted by Sally Marks*

Red Mountain Ranch Country Club Golf Course will host a golf scramble to benefit My Hope Bag (MHB), a local non-profit supporting the breast cancer community, on Friday, May 3, with golfers checking in beginning at 6 a.m., and a shotgun start beginning at 7:30 a.m.

Registration for the annual MHB Golf Tournament currently is under way. Online registration is being accepted at [myhopebag.org](http://myhopebag.org).

The four-person golf scramble is \$100 per golfer and includes golfing, continental breakfast, lunch and golf goodie bags. A silent auction, raffle drawing, game prizes for golfers and more are included in the event.

My Hope Bag is a local non-profit, 501(c)(3). For more than six years, MHB has devoted its energy to passionately supporting the breast cancer community.

Whether it's a hand-delivered Bag of Hope, filled with local resources and other comforting items, regular communication or emotional support, MHB is committed to making sure no one faces breast cancer alone. For more information, visit [MyHopeBag.org](http://MyHopeBag.org). ■

Red Mountain Ranch Country Club Golf Course is located at 6425 E. Teton Circle.



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COMMUNITY

SPRING IS IN THE AIR



Submitted by Red Mountain Ranch Owners Association Board of Directors

With the winter over and nothing but sunshine (and some monsoons) in front of us, every HOA will see an increase of work being done by the landscapers in the community. For instance, in Red Mountain Ranch Owners Association (RMROA), those organizations are DLC Resources Inc., in common areas, and Klean-Rite Landscaping, in the Villages. All such contractors are into their pruning schedule. The following schedule is recommended by the Arizona Landscapers Contractors Association (ALCA) for shrub pruning and is the schedule our landscapers use as their guide:

- January and February—grasses, oleanders, sages and tecomas are trimmed.
- March through May—frost-sensitive plant material, such

- as lantana, bougainvillea cassia, dalea, acacia redolens, calliandra brittlebush, is trimmed.
  - June—oleander are trimmed after blooming.
  - September through November—yucca and hesperaloe flower stalks and Mexican birds are trimmed.
  - December—grasses and oleanders are trimmed.
- This above list is used as a guide. You may see some types of plant material on the list twice. Below are other items to help you prepare for the upcoming season(s):

**MONSOON STORMS**  
July and August find us squarely in monsoon season. While we welcome the summer rains, the vigorous storms present some challenges for plant material. As your landscape management provider, we are prepared to deal with the effects of monsoon events. Prior to the monsoon season, DLC Resources Inc. utilizes a proactive tree management program. Although strong storms and microbursts can damage any tree, we continually seek to minimize tree damage by identifying trees most likely to be severely affected by high winds. These trees are pruned to remove overly thick foliage and dead or structurally unsound branches to minimize the chance the tree will be damaged or cause damage during a storm. When monsoon storms arrive, the emphasis shifts to cleanup and repair. Typically, the summer storms occur late in the day, after crews have left the property for the day. For immediate emergency aid, we have personnel on call 24 hours a day. These workers are equipped to deal with the most pressing effects of the storm, such as trees blocking streets or sidewalks. Full-scale cleanup generally begins the following morning. Normal maintenance activities may need to be suspended or reduced in scope while the crew cleans up

debris and performs repairs. If necessary, extra personnel will be provided to expedite the storm cleanup. In spite of the damage these summer storms can cause, there is a silver lining to the monsoon clouds—moisture. The monsoon presents us all with a great opportunity to save water. We assess the amount of water each storm brings and suspend or adjust irrigation schedules appropriately. Not only is rainwater free, it also is superior to irrigation water due to its lower alkalinity. In addition to providing moisture, the rainwater helps leach accumulated salts away from the roots of shrubs, trees and turf.

**ASSESS YOUR OWN YARD**  
You can benefit from similar pre-monsoon practices in your yard. Assess your trees and have dead branches removed. If the foliage in your tree is exceedingly thick and heavy, have the tree pruned. You may want to hire a certified arborist to do the assessment for you. Following a storm, check the status of your irrigation controller. Power outages can reset irrigation clocks and schedules, and it may not be appropriate for the weather. If your property receives a substantial amount of rain, turn off your irrigation system. Be aware of your plant material and soil moisture in order to determine when the water needs to be turned on again. Overall, you may not need to water as much as you did in the drier months of May and June. Even if it does not rain, be aware of high humidity. Observe the condition of your plants, and check the moisture of your soil. The best way to check soil moisture is to stick a screwdriver in the ground. If you are able to insert the screwdriver easily to approximately six inches, there is enough moisture in the soil. If you have difficulty, you may need to apply more water. Just some tips to assist you with your landscaping. Happy gardening. ■

Information provided by Red Mountain Ranch Owners Association, with the assistance of DLC Resources Inc.

Real Estate In Las Sendas

brought to you by: **Las Sendas Area Market Report**

Sales for the Month of March 2019

Address	Square Feet	Community	Sold Price
7445 E. Eagle Crest Dr., #1074	1,645	Cachet	\$265,000
7445 E. Eagle Crest Dr., #1122	1,645	Cachet	\$270,000
2926 N. Raven	1,769	Desert Creek	\$300,990
7454 E. Nora St.	1,762	Grayfox	\$341,000
6907 E. Pearl	1,926	Vintage Hills	\$342,000
3055 N. Red Mountain, #208	2,451	Ironwood Pass	\$360,000
6846 E. Portia St.	1,911	Vintage Hills	\$370,000
7445 E. Eagle Crest Dr., #1008	2,585	Cachet	\$390,000
7453 E. Nora St.	2,153	Grayfox	\$394,900
3502 N. Paseo Del Sol St.	2,451	Rolling Hills	\$397,500
6949 E. Pearl St.	1,911	Vintage Hills	\$415,000
7527 E. Odessa Cir.	2,451	Ironwood Pass	\$430,000
3060 N. Ridgecrest, #145	2,226	Desert Vistas	\$445,000
7743 E. Sayan St.	2,226	Highlands	\$460,000
7920 E. Saddleback Cir.	2,413	Eaglefeather	\$465,000
6953 E. Trailridge Cir.	3,530	Sonoran Hills	\$520,000
7538 E. Tyndall Cir.	3,655	Pinnacle Point	\$527,500
3430 N. Mountain Ridge, #10	2,827	Sonoran Heights	\$542,000

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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VillaTuscanoEstate.com  
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4346DesertOasis.com  
\$1,449,000



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COUNTY ISLAND CUSTOM  
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\$1,245,000



**SOLD!**

LAS SENDAS LUXURY CUSTOM  
3565CrystalPeak.com  
\$1,205,000



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\$872,500



**GUEST CASITA!**

LAS SENDAS TUSCAN  
4054ElSerenio.com  
\$799,000



**SALE PENDING!**

HERMOSA GROVES  
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**SALE PENDING**

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4,255 SF / 5 BR + OFFICE  
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LAS SENDAS  
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LAS SENDAS LOT  
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LOCAL BUSINESS

Join the Annual Rocking Rodeo  
ROUNDUP FUN ON SALT RIVER

Submitted by Salt River Tubing

Join Salt River Tubing at the 14th annual Rocking Rodeo Roundup on the Salt River, Saturday, May 18, from 9 a.m. to 6:30 p.m. The first 1,000 buckaroos will receive a free cowboy bandana.

Salt River Tubing's Rocking Rodeo Roundup offers live entertainment, with cowboy line dancing, pony races, steer lassoing and free giveaways. If you are looking for a unique, western adventure in the great outdoors, this popular event embodies the Old West with stagecoach shuttles to and from the Lower Salt River.

Western attire is optional for tubers. However, Salt River Tubing will award free tube rental passes (valid on return visit) for the best cowboy and cowgirl tuber costumes.

Dust off those cowboy hats, tie on a bandana, and pony up to Salt River Tubing, in Northeast Mesa, for the time of your life in the great outdoors of Tonto National Forest.

The More Teens in the Woods event is aligned with the United States Department of Agriculture (USDA) Forest Service's commitment in meeting the challenge of reduced youth involvement in outdoor activities.

Salt River Tubing's opening day is

Saturday, May 11, and will be open seven days a week, from 9 a.m. to 6:30 p.m., with the latest tube rental at 1 p.m., weather and water flow conditions permitting.

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

TUBING TIPS

- Children must be at least 8 years old and 4 feet tall for tubing and shuttle bus service.
- Glass containers are prohibited by law in the Lower Salt River Recreational Area and will be confiscated. Ice chests and coolers will be inspected for glass containers before boarding shuttle buses.
- Have a great time on the Lower Salt River by appointing a designated driver before you begin tubing.

The cost is only \$17 per person or tube, plus tax and fees, which includes tube rental, shuttle bus ride and free customer parking at Salt River Tubing.

**Cash and credit cards are accepted**—Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards, as well as cash. Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identification. Visit [saltrivertubing.com](http://saltrivertubing.com) for more details regarding credit card transactions. ■

Located in beautiful Tonto National Forest, Salt River Tubing is just seven minutes from Highway 202 East and Power Road, exit 23A. For event details at Salt River Tubing, call (480) 984-3305, or click on our website at [saltrivertubing.com](http://saltrivertubing.com).

Like Us, Follow Us, Float With Us



HEALTH

It's Just a Pain in the Neck

By Garrett Johnson PT, DPT  
Spooner Physical Therapy, North Mesa

Most likely you have experienced neck pain at some point in your life.

This pain often can be for just a few moments, such as after craning your neck to look at something at an awkward angle. Pain also could last several minutes or hours, such as when you wake up from sleeping with your head in a bad position, like sleeping in a car or on a plane.

Unfortunately, neck pain also can last for days, weeks or even years. Usually, neck pain that lasts for longer periods of time comes from some sort of trauma. For example, it can be due to a contact sport like football, being involved in a motor vehicle collision, or other activities that may lead to a fall (any bull riders out there?).

One of the most often overlooked, but very common causes of neck pain, is poor posture, or when completing some work activities, especially if you work extensively seated at a computer.

Neck pain can arise from many different causes, as well as any of the tissues of the neck. You could have degeneration in the discs, arthritic changes, bone spurs or simply a soft tissue disorder that causes muscular pain.

Other symptoms that can often be associated with neck pain include numbness and tingling, or weakness in the arms and dizziness from a type of vertigo called cervicogenic vertigo. Additional symptoms might be sharp pains with motion of the neck and head, shooting pains in the arms, or tightness and achiness, proving to be more constant in the muscles of the neck.



If you are experiencing neck pain alone, it often can be relieved by simple measures. However, sometimes the pain may require intervention by a health care provider. If you are experiencing neck pain with associated symptoms of shooting pains, numbness or tingling, or weakness in the arms, this could be a sign of a more serious condition. You should consult your physician.

Treatment options can include things that are as simple as cold/hot packs, simple stretches and light exercise, as well as rest. There also are some conditions that may require further treatment, including medications/injections, acupuncture, spine mobilizations or traction. The most severe cases may require surgery.

The most important thing is to have a medical provider assess the pain and start an intervention. You could see a family physician, an orthopedic specialist, a chiropractor, or a physical therapist to assess your needs.

Remember that early intervention typically will help alleviate symptoms more quickly and get you back to doing things you love, without the big pain in the neck. ■

Spooner Physical Therapy, in North Mesa, is located at 6824 E. Brown Road. To learn more, call (480) 924-5514, or visit [spoonerpt.com/locations/north-mesa](http://spoonerpt.com/locations/north-mesa).

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REAL ESTATE

# These Tips Help Make the Move an Easier Transition for Kids

By John Karadsheh

May marks the month when families typically begin the summer moving process.

Summer vacation offers the best time for families to get their kids resettled in a new home before school starts in August. While moving is stressful for adults, we usually have a series of logical reasons for moving that motivates us through the hassle of it all. Kids, on the other hand, aren't always equally motivated. For them, moving can be unsettling, disruptive and even traumatic.

Here are a few tips to keep in mind as you plan for your family:

### GIVE ADVANCE NOTICE

Springing the news about moving is never a great idea for kids of any age. Be sure to tell your kids in advance of your plans and help them be part of the process as much as possible. Some of our clients bring their kids along for showings while others just bring kids for the highlights tour. Either way, allow them to participate where possible and listen to their concerns. They may pick up on something about the house that you miss. If you are moving out of state, a pre-visit can be beneficial in helping them wrap their heads around where they are going. Also, allow enough time to say goodbye to friends, caregivers, family members and even their favorite restaurant.

### BE POSITIVE AND ALSO UNDERSTANDING

Your attitude will shape how your children feel about the process. When you are talking around the new house, be sure to share what you love about the house and not only what needs to get done. Take the time to tell the kids about all the great things that are nearby, and make a visit to the new nearby park or ice cream shop part of the visit to the new house. However, also temper your enthusiasm



with understanding. Kids find moving and leaving friends difficult, so be sensitive to how they are feeling. Don't get so wrapped up in moving stress that you can't give them the reassurances and extra hugs they need.

### UNPACK THE KIDS' ROOMS FIRST

Getting the kids settled is perhaps the most important part of the move-in process. It will help them feel secure and get them adjusted faster. Let them be part of unpacking their rooms so they can decide how they want to set up their new space. Empower them to get settled and make it fun. If beds haven't arrived, let them build a fort and sleep inside. Let them express themselves in their space—even if it isn't Instagram perfect.

### STAY CONSISTENT

With everything in flux, try and get back on track as soon as possible. Family dinners, movie nights and bedtime stories need to get back on the schedule as soon as

possible. Also, be sure to place familiar bedding, favorite stuffed animals and artwork from the previous house in your kids' new rooms to help ease them through the transition period.

### GET EVERYONE TO PARTICIPATE

Find ways for your kids to participate in the moving and unpacking process. From unpacking canned goods to alphabetizing books and placing them on the bookshelf, stop and think how your kids can help at their age level. Kids of all ages can learn valuable life skills about organization, project management and teamwork just by helping you with the move.

### YOU WILL GET THROUGH IT

People have moved for as long as they have been on the Earth (really). You will make it through the move. In the end, everyone will settle in. Remind yourself that everything doesn't have to be perfect right away. The people you are moving are more important than the things. So, make them your priority.

Here are a few great books about moving for kids of all ages:

- *Big Ernie's New Home*, by Teresa and Whitney Martin
- *The Berenstain Bears' Moving Day*, by Stan and Jan Berenstain
- *The Kid In the Red Jacket*, by Barbara Park
- *The Essential Moving Guided Journal for Teens: My Life and My Thoughts Before and After Moving*, by Sara Elizabeth Boehm ■



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](http://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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HEALTH

# Licensed Insurance Salesperson Learns Even More About Medicare Choices

Submitted by Tapestry Insurance

Upon retiring after a 35-year teaching career with the State of Arizona, my mother-in-law joined the state's Senior Supplement Plan, but everything changed this year, and, at the same time, I learned a great deal while helping manage her health care.



Lynne Jones

For the past 20 years, my mother-in-law had Medicare Supplement Plan F. However, the state retirement board recently changed all Senior Supplement beneficiaries to an Advantage plan. It has been interesting observing the differences in the two types of plans.

First, I found she is able to save quite a bit of money on her monthly premiums. Her Advantage plan premium is about \$150 less a month than what she had been paying. At age 85, she is enjoying the savings. She does, however, have to pay co-pays when she has medical services.

Second, I found that because she started with a Medicare Supplement plan when she first joined Medicare, she is eligible for a free look at an Advantage plan. Meaning that throughout this entire year, she can go back to the Medicare Supplement plan any time this year if she is unhappy with the Advantage plan. This allows her to have up to a year to decide which plan is best for her.

Right now, we still are testing the waters. There have been some wonderful savings, but we also have run into a few things that have her considering a return to the Medicare Supplement plan she has had for the past 20 years. The good news is there are choices in Medicare.

If you would like to look into your choices, please give me a call. I can sit with you and help outline what is available to you. ■

Call Lynne Jones, a licensed salesperson, at (480) 212-2246.

COMMUNITY

# Social Club Offers Friendship, Fun Events and Fascinating Speakers

Submitted by Red Mountain Ranch Social Club

Would you like to make great new friends? Explore fascinating locations in Arizona? Attend concerts or plays with a fun group? Participate in activities, such as book club or game night?

If yes, it is time for you to join the Red Mountain Ranch Social Club (RMRSC). You do not need to reside in Red Mountain Ranch to join the RMRSC.

Interested? Visit the Red Mountain Ranch Social Club website at [rmrsc.com](http://rmrsc.com).

The social club meets on the second Thursday of the month from January through May and September through November. The meetings are from 9:30 to 11 a.m., and include entertaining educational programs.

Guests are welcome to attend meetings and do not need to pre-register. The meetings are held at the Red Mountain Ranch Country Club conference room, 6425 E. Teton Circle.

Leon Natker, executive director of the Mesa Historical Museum, will be the speaker at the May 9, 9:30 a.m. meeting. He is an archaeologist/anthropologist and an artist. Leon studied at Juilliard School of Music before embarking on a career, which took him across the United States, and eventually to Europe, to study and sing opera. Leon served as the executive director of Lyric Opera San Diego.

In 2011, Leon decided to pursue a new life in the world of museums. He acquired degrees in archaeology from Eastern New Mexico University and in museum studies from the University of New Mexico.

His museum positions have included collections management and co-curation of exhibits at the Maxwell Museum, Blackwater Draw and the Museum of Indian Arts and Culture, in Santa Fe. He is a published author and lecturer in archaeology of the Southwest.

The topic for Leon's presentation will focus on the current exhibit at the Mesa Historical Museum, *Gizmos, Gadgets and Greatness: Technologies that Built Mesa*.

The presentation will describe how technology helped to make Mesa a cutting-edge town even though it

was a very rural community.

Originally established in the 1940s, the Mesa Historical Museum was incorporated in 1966 by citizens concerned about the preservation of Mesa's rich history. The museum operates out of the Old Lehi School, built in 1914 and located at 2345 N. Horne, Mesa.

At the April RMRSC meeting, the speaker was Sandy Cowen, founder of My Life in Order.

Sandy presented do-it-yourself tips for maximizing the value of one's estate, preserving family memories and articulating final wishes.

She shared that while most people have the financial and legal aspects of their estate handled, few people have the personal piece in order. My Life in Order techniques help individuals organize their estate, so the family isn't left trying to piece everything together when they should be allowed to grieve and celebrate a life.

The presentation included ideas of how to develop and document a detailed personal property inventory, distribution of assets, memories and final wishes. The seminar was not depressing, but rather provided useful information for creative ways to capture a lifetime of memories and record one's wishes for the future.

You may contact Sandy Cowan via her website at [mylifeinorder.me](http://mylifeinorder.me).

## RED MOUNTAIN RANCH SOCIAL CLUB

In addition to the educational meetings, members of the RMRSC enjoy a variety of activities and events, including game nights, book club, theatre events, concerts, museum trips, parties and dining out together. Members may participate in as many activities as they desire.

The mission of RMRSC is to promote the social and cultural growth of its members; to engage in educational outreach; to encourage mental and physical health; and to facilitate community involvement for the benefit of society. ■

For further information regarding the Red Mountain Ranch Social Club, go to the website at [rmrsc.com](http://rmrsc.com).

## ARE MEDICARE PLAN CHANGES TOO CONFUSING?


Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2019 and beyond.

- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?

You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

**Lynne Jones**  
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**480-212-2246**



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LOCAL BUSINESS

# Help Your Animals Beat The Heat

By Mercy Rivera

The summer heat often requires a cool down, which is easy enough for us to do by drinking water or taking a quick dip into a pool, but our animals are another matter.

Our dogs, cats, bunnies and livestock need help to stay cool this summer, and Premier Feed and Pet is here to help. With more than 30 years of collective experience, the staff is happy to lend a helping hand. They have the experience and knowledge necessary to care for different types of animals.

Many staff members have pets and livestock of their own for which they care. Given their first-hand experience, they know their stuff and are more than qualified to answer questions and offer help.

With summer quickly approaching, pets can experience lots of possible problems and issues, such as dry, itchy skin. You can tell your pets are suffering from dry, irritated skin if you see them constantly scratching and chewing their feet and/or hotspots. If you see these symptoms, head to Premier Feed and Pet for the solution to cure your furry friend.

AvoDerm is a pet food line that helps all dry skin irritations your pet

may be experiencing. AvoDerm restores natural oils to the skin, which will resolve the discomfort your pet is feeling during this very dry time of year.

Head to Premier Feed and Pet and pick up AvoDerm for your pet's dry skin complications. This product line, proven time and time again to really work, is just one of the many brands Premier Feed and Pet carries to help with the more specific problems your pet or livestock may experience.

Hydration is important every day, but it is most important during the summertime. Premier Feed and Pet carries a wide selection of items to address your pet's needs. There is an assortment of bowls and travel containers, as well as electrolytes for horses, cattle and goats.

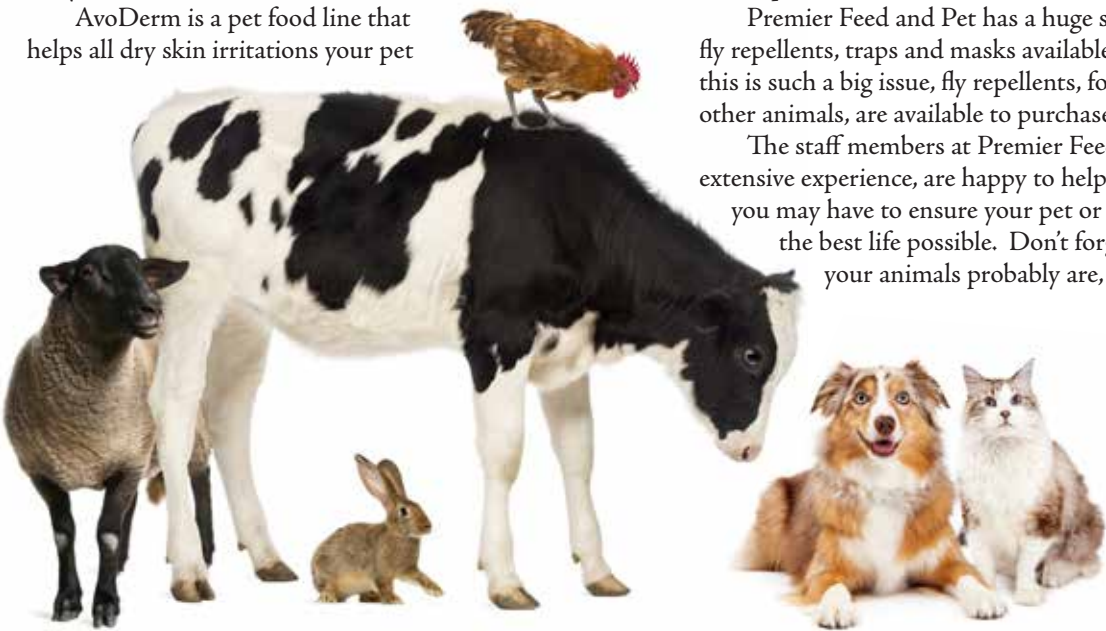
Premier Feed and Pet also carries booties for dogs, so they don't hurt their paws while walking on asphalt. It's a great way to protect them from burns.

This time of year also is a very important time to worm your pets and livestock, and Premier Feed and Pet carries all of the safest wormers. During the summertime, flies like to lay eggs in horses' eyes, which can cause major health problems for them later on.

Premier Feed and Pet has a huge selection of the best fly repellents, traps and masks available for horses. Since this is such a big issue, fly repellents, for horses and many other animals, are available to purchase.

The staff members at Premier Feed and Pet, with their extensive experience, are happy to help with any questions you may have to ensure your pet or livestock is living the best life possible. Don't forget, if you're thirsty, your animals probably are, too. ■

Premier Feed and Pet is located in the heart of Mesa, at 55 S. Country Club Drive. For more information, call (480) 361-9532.



LOCAL BUSINESS

# Consignment Boutique Offers EASY WAY TO SELL Your Unwanted Quality Clothing

Submitted by Sweet Repeats Ladies Consignment Boutique

As the temperatures here in the Valley jump to the 90s, many of us are doing seasonal clothing rotation by cleaning out our closets and digging out those favorite summer tank tops and shorts we couldn't live without last year.

As we pull these beloved items from boxes, or that super high shelf in the closet, sometimes we aren't quite as enamored as we were just a short six months ago. Maybe it's the color or the cut. Maybe they somehow *shrank* in the closet while we weren't looking. So, now what do you do?

Have you ever considered putting you items in a consignment store? It's easier than you may think.

Here in the East Valley, Sweet Repeats Ladies Consignment Boutique is always looking for new merchandise to offer its clients. For more than eight years, this locally owned shop has been helping customers turn overfilled closets into cash.

Tucked away in a small plaza on the corner of University Drive and Recker Road, Sweet Repeats prides itself on the quality of merchandise it offers. Every item is inspected, and only better-quality, name brand options, in nearly new condition, are accepted.

It is estimated nearly 85 percent of used clothing ends up in landfills every year. Most of us already recycle some items in our lives, such as cans and bottles. So, why not your clothes? ■

For more information, call (480) 275-2480. Sweet Repeats Ladies Consignment Boutique is located at 6039 E. University Drive.

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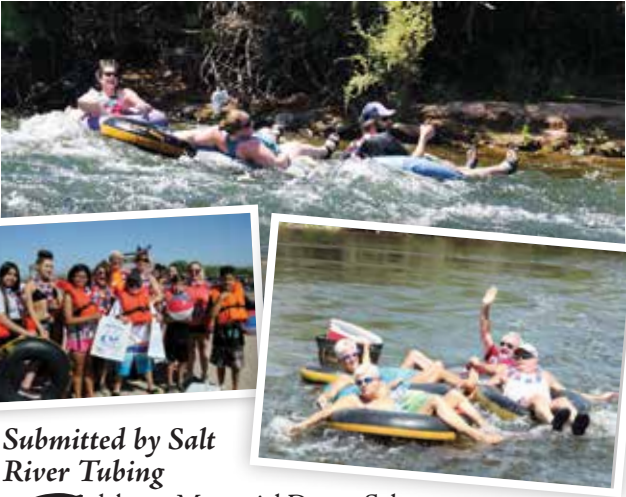
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EVENT

Memorial Day Weekend Features Floating Beach Blasts



Submitted by Salt River Tubing

Celebrate Memorial Day at Salt River Tubing and join us for the 24th annual Salt River Heroes = Litter Zero event over the holiday weekend, Saturday, May 25 through Monday, May 27, from 8 a.m. to 6:30 p.m.

Enjoy a Floating Beach Blast and show your pride as a public lands steward in helping to keep the Salt River clean and beautiful. The Take Pride in America litter prevention initiative kicks off on this holiday weekend.

Salt River Tubing employees will be distributing free patriotic leis to the first 500 tubers each day during the holiday weekend as they prepare to launch a memorable adventure on the Salt River.

In the past 23 years, the nationally acclaimed program has reduced the amount of picnic trash on the Lower Salt River by 90 percent. Responsible floating tubers have stashed and bagged their picnic trash in the free Tommy Tuber litter bags distributed by Salt River Tubing, and placed them in designated receptacles upon exiting the Salt River.

To date, 786 tons of picnic trash has been stashed and bagged during the Memorial Day and Labor Day holiday weekends.

“During the past 23 years, responsible tubers have greatly contributed in helping to protect and conserve the Lower Salt River’s natural resources,” said Salt River Tubing President and Chief Executive Officer Henri Breault.

“Their public lands stewardship of stashing and bagging their picnic litter while floating helps to ensure that this recreational paradise will be enjoyed by future generations,” Henri continued. “We invite everyone to experience an Arizona floating tradition over Memorial Day weekend in Tonto National Forest’s mini-Grand Canyon on the Lower Salt River.”

Enjoy a leisurely float on the cool and inviting mountain stream waters and catch a glimpse of the diverse wildlife, including blue herons and the Salt River wild horses. Parking spaces are limited during the holiday weekend, so you are encouraged to be an early bird floater.

The Memorial Day holiday weekend on the Lower Salt River has been a celebration for millions of floaters during the past 38 years. Family reunions, as well as college and high school reunions, have enjoyed a unique Arizona tradition in the great outdoors.

Take Pride in America is a national partnership that aims to inspire a new generation of volunteers to put their love of country to work to improve our national parks, wildlife refuges, public lands, cultural and historic sites, playgrounds and other recreation areas.

The event at Salt River Tubing will include free giveaways, beach line dancing and hula-hoop contests.

Salt River Tubing has received a record four National Take Pride in America awards for the company’s conservation efforts in Tonto National Forest (1991, 2003, 2006 and 2010).

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

CREDIT CARDS ACCEPTED

Cash and credit cards (Visa, MasterCard, American Express and Discover) are accepted at Salt River Tubing. Credit card and cash transactions require a valid driver’s license for tube rental deposit and credit card identification. Please visit saltrivertubing.com for more details regarding credit card transactions.

The cost is only \$17 plus tax and fees per person or tube, which includes tube rental, shuttle bus ride and free

customer parking at Salt River Tubing.

TUBING TIPS

Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tubing tips to assist tubers in planning their floating beach blasts for the holiday weekend:

- A valid driver’s license is required for a tube rental deposit per five tubes rented.
- Children must be at least 8 years old and 4 feet tall for tubing and shuttle bus service.
- Life vests are strongly recommended for children, non-swimmers and inexperienced swimmers.
- Glass containers by law are not allowed in the Salt River Recreational Area. Ice chests will be inspected for glass containers before boarding shuttle buses. Please use plastic bottles or aluminum can containers.
- Have a great time during your floating beach blasts, but remember that drugs, alcohol and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure.
- Floating picnic ideas include fresh fruit, burritos, fried chicken or sandwiches. Pack picnic items in Ziploc bags to keep dry. Please stash and bag all picnic supplies in litter bags while floating.
- Ice chest/coolers: Fill with ice, sport drinks, fruit juice and water. One to two bottles of water per hour while floating are recommended to help prevent dehydration.
- Sun block, tennis shoes, caps or visors should be worn. A minimum 30 SPF is recommended. Tennis shoes or closed toes also are recommended while tubing.

Salt River Tubing is located in Northeast Mesa, just minutes from Highway 202 East and Power Road (North) Exit 23A, in beautiful Tonto National Forest. ■

For more information about Salt River Tubing, please visit the website at saltrivertubing.com, or call (480) 984-3305 at Salt River Tubing headquarters. The Memorial Day Holiday Weekend operating hours are 8 a.m. to 6:30 p.m., and the latest tube rental is 2 p.m., weather and water flow conditions permitting.

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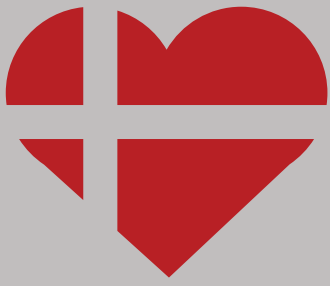
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Angie Aguilar

It is with profound enthusiasm we announce Southwest Cardiovascular Associates and Aloha Cardiology have joined forces to provide a comprehensive physician network and integrated cardiology, vascular, and interventional radiology procedural services that will enhance our communities in the greater Mesa-Gilbert surrounding East Valley area. This will now deliver coordinated and innovative healthcare to approximately 738,000 patient lives, collectively. Our healthcare dynamic is rapidly changing. We are bonding together by uniting the 'hearts of Mesa-Gilbert', to which both Dr. Barry and I have passionately served this vast community for over 20+ years.

This union not only creates unanimity in our shared community, but also forms a sizable practice workforce of proficient cardiovascular and interventional specialists and allied healthcare partners who are devoted to serving the needs of emerging and growth-oriented, state-of-the-art healthcare practices, which set us apart. Within 90-120 days, our offices will unite together on the following contracts:

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We now proudly total in 40,000 attributed patient lives, which we stand devoted to protecting, supporting, and servicing.

With that said, we pledge that our values are aligned, and we will continually strive to attain the utmost patient satisfaction and outcomes. Our collective practice experience will continue to diligently deliver superior care for all patients, initiate innovative solutions, and embrace challenges by offering unique, diversity, perspective, and convenient opportunities in order to achieve "state-of-the-art goals".

Respectfully yours,

Charles M.T. Jost, MD., Interventional Cardiologist  
Principal SWCVA

Michael D. Barry, DO., Interventional Cardiologist  
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FINANCES

# Five Insurance Questions TO ASK YOUR AGENT

Submitted by Matt Watson  
State Farm



New car, new house, new baby, new spouse: As life changes, insurance needs change, too.

But most of us are not experts in deductibles and actuarial tables. That's what your insurance agent is there for. At your yearly agent check-in, ask these insurance questions to make sure you maintain the coverage you need.

1. WHAT'S MY DEDUCTIBLE?

Knowing how much you have to personally pay for a claim in the event of an auto accident or unexpected home repair can help you plan your personal emergency fund. If the amount seems too high or too low for what you can comfortably afford, talk to your agent about whether it makes sense to change your deductible.

2. WHAT'S COVERED?

Different policies cover different types of events, and it's important to understand exactly what coverage you have. Does your homeowner's policy cover flooding? If your jewelry is stolen, will you be reimbursed for the full value, or are the items subject to a monetary limitation? Talk to your agent about your coverage limits and extended options that may make sense for you.

3. IS IT TIME TO UPDATE MY COVERAGE?

Most people remember to increase their life insurance coverage if they have a child. But other events, such as a home remodel, the purchase of big-ticket items, or even a move from one apartment to another, could warrant updated coverage (or at least an updated home inventory).

4. HOW MUCH LIFE INSURANCE DO I NEED?

Online calculators can give you broad estimates based on your income and debts, but your insurance agent will have a more personal conversation with you about your coverage goals. For instance, the age of your children, the amount of time left on your mortgage and your retirement investment strategy may all play a role in how much life insurance you really need.

5. AM I ELIGIBLE FOR DISCOUNTS?

Bundling multiple policies, taking driver safety courses, getting good grades, driving under a certain number of miles per year and paying the full premiums in advance are just a few reasons that may help qualify you for a discount. ■

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FINANCES

Time for Some Financial Spring Cleaning

Submitted by Brent D. Hoskinson and Linda Drake

Spring is here – and for many of us, that means it’s time for some spring cleaning. This year, in addition to tidying up your home, why not try brightening your financial environment? Some of the same moves you make to clean your surroundings may apply to your finances. Consider these suggestions:

GET RID OF CLUTTER

When you go through your closets, attic, basement or other areas, you may find many items you no longer need. You might be able to sell some of these things or find other ways of disposing of them. And as you review your portfolio, you might also encounter clutter in the form of investments that may be redundant to others you own. If so, you might consider selling these investments and using the proceeds to purchase new ones, which may help you broaden your portfolio.

PROTECT YOURSELF FROM HAZARDS

As you go about your spring cleaning, you may well encounter hazardous substances, such as cleaning agents, paints, batteries, pesticides and so on, which you don’t need any more and which may pose potential health risks. You can reduce the possible danger from these materials by recycling or disposing of them in an environmentally safe way. Your overall financial situation has hazards, too, in



the form of illness or injury preventing you from working, or, in your later years, the need for some type of long-term care, such as an extended stay in a nursing home. To protect yourself, you may need appropriate insurance, including disability and long-term care.

FIND NEW USES FOR EXISTING POSSESSIONS

When you are sprucing up your home, you may rediscover uses for things you already have. Who knows – perhaps that treadmill that’s been gathering dust in your garage could actually be employed again as part of your rededicated exercise regimen. And you might be able to get more mileage out of some of your existing investments, too. Suppose, for instance, that some of your stocks are paying you dividends, which you take as cash. If you don’t really need this income to support your lifestyle, you might consider reinvesting the dividends so that you can own more shares of the dividend-paying stocks. Over the long run, increased share ownership is a key to helping build your portfolio.

ESTABLISH NEW HABITS

Spring cleaning doesn’t have to be just about physical activities – it can also involve a new set of habits on your part. For example, instead of placing your unread magazines in an ever-expanding pile, try to read and recycle them quickly. You can also develop some positive habits as an investor, such as *paying yourself first* by regularly putting some money in an investment account each month, even before paying all your bills. You can also avoid some bad habits, such as overreacting to market downturns by selling investments to *cut your losses*, even though those same investments may still have strong growth potential and may still be suitable for your needs.

Doing some spring cleaning can make you feel better about your living space today. And applying some of these techniques to your financial situation can help you gain a more positive outlook for tomorrow. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



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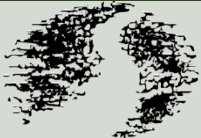
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## LOCAL BUSINESS

# KNOW BEFORE YOU THROW

By Jon Englund

Imagine becoming the executor of an estate and you are responsible for liquidating a house and its contents.

Imagine when you arrive at the home you open the front door and find each room and walkway packed from floor to ceiling with stuff. Where to begin?

An estate executor responsible for liquidating a house and its contents recently contacted me. The deceased was an avid collector who had accumulated a lifetime of treasures. The executor was taking *Know Before You Throw* to heart and asked me to check things out.

Boxes of unopened collector dolls, baseball cards, stamp collections, Hollywood memorabilia, vintage magazines, record albums, jewelry and more filled every room. One could hardly move inside the house.

A situation like this can sometimes be overwhelming for the people left to deal with the estate. The goal in each situation is to maximize the value of the estate for the



Jon Englund and Donna Luger

beneficiaries. The executor's fiduciary responsibility can be met by having the personal property carefully reviewed by someone knowledgeable in determining appropriate value of the items. Taking the proper steps to harvest that value is then key.

Highlights of this estate's treasures include:

- Vintage men's wristwatches by Omega, Hamilton, Elgin and others, which are becoming hot collectibles as interest in mid-century modern design jewelry is increasing.
- Black and white Hollywood photos, both studio staged and candid images, some autographed.
- Hollywood actor biographies from their management agents. Actors include Tony Curtis, Bette Davis, Jim Hutton and others.

And, if you want to see these treasures at the estate sale, it will be held the first week of June. If you'd like to be notified when and where the sale will occur, please send me an email at [Jon@KnowBeforeYouThrow.INFO](mailto:Jon@KnowBeforeYouThrow.INFO), and I will let you know once details are available.

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

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

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



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