

# Las Sendas Up Close

Bringing neighbors closer to their community

June 2019

## SWEET REPEATS WELCOMES NEW OWNER and Offers Fresh Looks for Summer

By Jamie Killin

Sweet Repeats Ladies Consignment Boutique kicked off the new year with new ownership, and while customers can look forward to the same great quality, high-end women's pieces, they also can enjoy an expanded selection with more options for a variety of ages.

The shop, which has a nearly decade-long history in East Mesa and a loyal group of shoppers, offers like new, freshly laundered and damage-free handbags, clothing, accessories and shoes from top designers like Coach, Tory Burch, Michael Kors and Calvin Klein.

"Some of our best-selling items are high-end handbags like Coach, as well as Dooney and Bourke," said owner Jenn Franco. "We always have some of those in stock and some of them are like new."

Trends are showing that second-hand shopping is having its moment nationwide, as well with consignment shops showing more success than traditional retail outlets, thanks to an increased interest in shopping sustainably and spending smarter.

Sweet Repeats is especially a great second-hand shopping option for any stylish woman. The shop allows those interested in reducing fashion waste to buy beautiful gently used pieces. It also provides options for those who want designer pieces without the hefty price tag.



"When we take things in, we're always looking for spots and stains or buttons missing, and we won't accept things like that," said Jenn. "We have a little bit higher standard, and I think that shows to the people who are here all the time. They know they can get something that was a \$150 blouse at Nordstrom, and they're going to pay more like \$16 or \$18 here. It still might even have tags on it."

Additionally, Sweet Repeat's clean space and well-thought-out layout make it a fun and pleasant place to browse and find items quickly. Everything is ready to wear and organized nicely, so that identifying the perfect piece is

enjoyable instead of a treasure hunt.

"We don't put out big, long racks of things you have to look through," said Jenn. "We have things spread out, on different rounders and organized by size, so it's easy to shop."

For those looking to refresh their wardrobe for the warmer weather, or for seasonal residents looking to purge their closets before traveling, Sweet Repeats is a great place to not only sell high-end items, but also to purchase

stunning new options for a summer update.

Those who sell with Sweet Repeats receive 40 percent of the item's sale price, and the item stays on sale for four months, with the price being discounted every 30 days. This practice ensures each item has plenty of time to sell, while allowing new merchandise to consistently enter the store for a better shopping experience for all clients.

Consigners also can enjoy knowing they will own their pieces until they sell, and if they don't sell, they can reincorporate them into their wardrobes. As another option, Sweet Repeats will donate them to charities like Sunshine Acres Children's Home on their behalf, thereby making it a win-win for the seller and community. ■

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

## Leave Your Pets in Good Hands and Enjoy Your Summer

By Mercy Rivera

Summertime is here and so is vacation time, and when your vacation calls, the care of your pets can hold you back.

It's difficult to find a friend or family member to pet sit while everyone is traveling. Look no further. Now, you can enjoy your vacations and not have to worry about your

pet, thanks to Love All Pets—Pet Sitting and Care.

The service is run by Heather DeBrosse, an avid pet lover with four years of experience in pet sitting.

Love All Pets—Pet Sitting and Care comes to your home up to three times a day, and each visit can last between 10 and 15 minutes. Heather always keeps communication open with the pet owners by sending texts or pictures letting them know their furry friends are happy and healthy.

Heather started the business in 2015 after spending more than 20 years



Heather DeBrosse

in the marketing field promoting gyms and fitness centers across the country. "I'm the type that has to be in the middle of everything and loves creative chaos," Heather admitted. "I'm not a desk person."

After leaving the marketing field in search of something more up her alley, her husband suggested she should do something she loves and make a business of it. Heather still was lost as to what she should do.

"I really was clueless about what I wanted to do until he suggested pet sitting and care," Heather stated.

On June 4, 2015, a day after her 26th wedding anniversary, she officially decided to go for it, applying her marketing skills and using social media to help constantly promote her business. Within the first week, she managed to secure seven clients. Her marketing experience began to pay off quickly, as her little business grew to be more than just a part-time job.

Raving about how much she loves her job, Heather began meeting some really good people. "Some of these clients became my close friends," she said. "I love walking into a room and getting the pure love, kisses and wet noses from the lovely pets."

She also loves the job for its low-stress environment

compared to where she previously worked. "My work schedule is 14- to 16-hour days for four years, with only two five-day vacations," Heather stated. "Though the hours and days tend to bleed into one another, I wouldn't trade my job for anything."

Enjoy your summer without worrying about your furry friends. Let Love All Pets—Pet Sitting and Care take your stress away and keep you worry-free about your pets while you enjoy your vacation. ■



For more information about Love All Pets—Pet Sitting and Care, Heather DeBrosse can be reached at (949) 290-6055, or via email at hdebrosse@yahoo.com.



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EDUCATION

MESA COMMUNITY COLLEGE

Celebrates Student Success

**Submitted by Mesa Community College**

**A**mong the nearly 2,500 students graduating from Mesa Community College (MCC) this year are many who have not only earned degrees and certificates and have fulfilled higher education goals, but also have received notable accolades, national recognitions and significant scholarships.

Retired 22-year Army veteran Ron Colwell overcame many obstacles to graduating from MCC in May and being accepted into Arizona State University's (ASU) Mary Lou Fulton Teachers College.

"Going to school in your 40s, with PTSD, traumatic brain injury and other physical limitations, takes twice as much effort as a normal person," Ron said.

He recommends to veterans the quiet, low-key environment of the MCC Red Mountain campus, where he studied. Ron said he especially appreciated the support from Student Services Coordinator Bev Maxton, from the Disability Resources and Services Department on campus, as well as Psychology Professor Gayla Preisser, PhD, each who encouraged his research.

Service and leadership always have been core values to honor student Kylee Gillespie, volunteering more than 250 service hours while at MCC. "Erica Horihan, the student life and leadership coordinator at the Red Mountain campus, encouraged me to become more involved in student government and organizations," Kylee said.

Her honors include a National Communication Association Sigma Chi Eta Advisory Board award and receiving educational funds as an All-MCC scholar, a D and B Milner Journalism Foundation scholar and a Mesa Tribune Journalism School scholar.

This fall, Kylee is pursuing a bachelor's degree at the

ASU Walter Cronkite School of Journalism and Mass Communication. She also has been accepted into the ASU Next Generation Service Corps, which pays for her base tuition.

Zachary Zapata was named a national 2019 Coca-Cola Academic Team Scholar in addition to being selected an All-Arizona First Academic Team scholar, representing the MCC Red Mountain campus. The Coca-Cola funds are going to his ASU classes this fall, where, inspired by losing his father early in life to an illness, he is pursuing a degree in preventative health care, focusing on dentistry.

Graduating in May from the Arizona Agribusiness and Equine Center (AAEC) Red Mountain High School, Dustin Smith heads to study in the Earth Systems Program of the Environmental Science Department at Stanford. She begins fall classes with associate degrees in general studies, arts and science, as well as an academic certificate in sustainability, which she earned at the MCC Red Mountain campus, adjacent to the AAEC school.

"Classes on the college campus helped motivate me to take on more responsibilities and feel confident," Dustin said. "It also opened up college-level resources, including faculty whose support and academic knowledge I credit with helping me compete at the National Science Fair."

Opportunities for student success continue to expand with the introduction of the Nurse Assisting Program on the Red Mountain campus.

"In addition to this new facility, we have restructured our former full-semester program into eight weeks, so we will be able to offer two complete programs each semester, serving more students interested in this in-demand occupation," said Nursing Department Chair Diane Dietz. ■

*Find out more about the MCC Red Mountain Campus at [mesacc.edu/red-mountain](http://mesacc.edu/red-mountain).*



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**MESA COMMUNITY COLLEGE**  
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Red Mountain Campus



EVENT

# Super Heroes Splash Down On The Salt River

Submitted by Lynda Breault

Join Salt River Tubing for its Super Heroes Splash Down on Saturday, June 22, from 9 a.m. to 6:30 p.m., for a colossal *More Teens in the Woods* event.

The first 500 Super Heroes will receive a free Super Hero bandana, and the event will feature 101.5 radio station live onsite.

Salt River Tubing's zany and fun-filled cast of Super Hero characters will put the boom into a super unique adventure on the Salt River. Costumes are optional for floaters. However, Salt River Tubing will award complimentary tube rental passes for the best Super Hero tuber costumes. Passes are valid on return visit to Salt River Tubing. Photo opportunities will be plentiful as you glimpse Spiderman, Superman, Batman and other Super Heroes.

"Transform into your favorite Super Hero and splash down on the Salt River," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Let us put the *bam* in your summertime adventure while you chill and thrill on the Salt River rapids in Tonto National Forest."

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

Salt River Tubing's Super Heroes Splash Down event is aligned with the USDA Forest Service's commitment in meeting the challenge of reduced youth involvement in outdoor activities. The Super Heroes-themed event has been designed to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the



Lower Salt River in Tonto National Forest.

Daily operating hours at Salt River Tubing are 9 a.m. to 6:30 p.m. The cost of tube rental is \$17 plus tax and fees per person or tube, which includes inner tube rental, shuttle bus service and free parking at Salt River Tubing.

Salt River Tubing accepts Visa, MasterCard, American Express and Discover credit cards and cash. Credit card and cash transactions require a valid driver's license for tube rental deposit and credit card identification. Please visit [saltrivertubing.com](http://saltrivertubing.com) for more details regarding credit card transactions.

#### 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 or older 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. ■

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 and Super Heroes Splash Down, please visit [saltrivertubing.com](http://saltrivertubing.com), or call (480) 984-3305.



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## EDUCATION

# Kindergarten Program OFFERS SOLID FOUNDATION

Submitted by Self Development Academy

Self Development Academy (SDA) is excited to join the Southeast Mesa community beginning with the school year 2019-2020, with our newest Mesa campus, located at 7930 E. Baseline Road.

A student's path to academic success begins with the kindergarten program at SDA. "A person needs a good start in any program if he is to succeed," stated Kim Kunkle, a parent of an SDA alumni and grandparent of a current SDA student. "My son, Nick, was in Ms. Mona's kindergarten class 14 years ago and graduated high school with honors. My grandson Kolton's education had the same fantastic head start at SDA that Nick had and is off to a stupendous education," she continued. "SDA picks educators who not only enjoy their work, but also sincerely care about children."

Comments and testimonies such as these are heard over and over again from SDA parents.

SDA, a public charter school serving students from kindergarten through grade eight, is known in the local community and statewide for its outstanding academic programs. Now in its 19th year, SDA consistently has 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, together with dedicated faculty and staff, supportive parents and hardworking, diligent students.

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 one level and writing complete sentences, even creating their own storybooks.

Number sense, addition and subtraction, fractions, patterns, combined with the basics of time and money, are components of the Mathematics curriculum. During the kindergarten year, students master the concept of addition and subtraction and memorize Math Facts. By the end of the kindergarten year, SDA students are well prepared to continue with the accelerated curriculum as grade one students.

In addition to laying a strong Language Arts and Mathematics foundation, SDA offers weekly specials, including physical education, music, art and STEAM, or science, technology, engineering, art and math classes.

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. ■

We are enrolling now for the 2019-2020 school year. For more information regarding SDA, or to arrange a tour, please contact us at (480) 641-2640. Like us on Facebook.

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**LOCAL BUSINESS**

## KNOW BEFORE YOU THROW

By Jon Englund

According to AAA, nearly 100 million Americans will embark on family vacations this year, and half will choose the automobile as their mode of transportation.

For some, this brings back memories of slow summer treks on the most iconic roadway in America, Route 66. This was part of the original U.S. Highway system established in 1926. With a span of 2,448 miles starting in Chicago, Ill., and ending in Santa Monica, Calif., it passed through countless little towns.

While Route 66 is a collecting field all its own, let's focus on the old advertising signs we would see as we passed slowly through small town America. Signs would be seen at gas stations, the diner and the country store, all advertising the popular products of the day. Many of those products are long gone, but some still remain, like Coca-Cola, Popsicle and Milky Way (candy bars). These products typically were advertised on porcelain-enameled signs. These brightly colored signs were made from thin die-cut sheets of iron coated with powdered glass, then fired under extremely high temperatures, thereby creating brightly colored, durable signs.

Porcelain signs tend to be the most collectible of antique advertising signs. They were produced from the 1880s to the 1950s. Many were lost to the World War II scrap drives, when metal was needed for the war effort. Other signs just deteriorated with age and exposure to the elements, leaving few in good shape. Scarcity and condition dictate value.

Notable recent sales of vintage porcelain signs include:

- \$2,599 for a Coca-Cola drugstore sign.
- \$4,000 for a double-sided circular GMC Gasoline-Diesel Trucks sign.
- \$5,105 for a Wells Fargo double-sided, flange-style sign, circa 1930s.

If you ever plan to motor west, travel my way, take the highway that is best, get your kicks on Route 66. (Songwriter Bob Troup)

And keep your eye out for those vintage signs. ■

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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Take Dad out for his favorite dinner on Father's Day, Sunday, June 16, after 5 p.m., at The Patio and Grille, and kids 12 and under eat free when accompanied by Dad.

Dad can choose from three gourmet meals, each for \$25:

- ♦ **GRILLED 12-OUNCE RIB-EYE STEAK**  
Truffle Mashed Potatoes, Asparagus and Steak Butter
- ♦ **GRILLED TOMAHAWK PORK CHOP**  
Roasted Potatoes, Brussels Sprouts, Fig Demi
- ♦ **GRILLED ATLANTIC SALMON**  
Lemon Caper Butter, Rice Pilaf, Green Beans



Each entrée comes with a side Garden Salad or Waffle Cup Sundae. To make reservations, call (480) 396-4000, or go to lassendas.com.

## WHAT'S HAPPENING THIS JUNE 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 for kids 8 to 14 years of age.

Classes include lunch, some of which will be made by the students, themselves. Each junior 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. Lunch is pizza.
- ♦ **Wednesday:** Pasta/homemade meatballs/garlic bread/cleanup. Lunch is pizza.
- ♦ **Thursday:** Baking day/cookies/cleanup. Lunch is hamburger and fries.

Cost is \$199 plus tax per child. Reserve online at lassendas.com, or call (480) 396-4000, ext. 222. Dates for the cooking classes are June 10 through 13, June 24 through 27, July 8 through 11, July 22 through 25 and Aug. 5 through 8.



### COOKING CLASSES WITH CHEFS AL AND JOSH

Spend an evening with Chef Al and Chef Josh as they take you on a magical and delicious journey with a variety of cuisines—and a glass of wine or beer, too. Great for date night, with a group of friends, team-building or just for fun.

A few items you will learn to prepare include seafood dishes, pasta sauces, Italian and Spanish favorites, cooking with allergies, French cuisine and much more.

Dates for June are Thursdays, June 6 and 20, from 6:30 to 8:30 p.m. Cost is \$50 per person plus tax. To reserve your spot, register online at lassendas.com, or call (480) 396-4000, ext. 222.



### BRING THE ENTIRE FAMILY TO THE ANNUAL LAS SENDAS FOURTH OF JULY CELEBRATION

The whole family is welcome to the annual Fourth of July Celebration BBQ Buffet, from 7 to 10 p.m. at The Patio and Grille.

The event offers live entertainment. Indoor and outdoor seating will be available for the buffet, featuring traditional summer favorites.

Options include BBQ Ribs, Citrus-Marinated Chicken, Grilled Salmon and a Baked Potato Bar. Sides are Cole Slaw, Potato Salad, Creamed Corn, Baked Beans, Corn Bread Muffins and Fresh Fruit. Dessert features a Gelato Bar and Assorted Cookies.

Buffet is \$22 for adults and \$14 for children ages 6 to 12, plus tax and gratuity. For reservations, call (480) 396-4000.

## LAS SENDAS GOLF CLUB SUMMER GOLF PASS

You can play unlimited golf this summer, from May through September, for only \$1,500 per single or \$2,000 per family, with seven-day advanced booking. For more information, contact Administration at (480) 396-4000, ext. 221, or visit lassendas.com.



## THE GOLF SHOP

### CELEBRATES FATHER'S DAY ALL MONTH LONG

Las Sendas Golf Shop celebrates fathers all month long, with lots of specials and gift certificates available for that avid golfer Dad.

Now that summer really has arrived, it's time to take advantage of great golf conditions at Las Sendas, with lots of available tee times. Special summer greens fees also include a food and beverage voucher and a golf shop voucher. Call for details and pricing.

Even in summer, we have a fully stocked golf shop, featuring golf and leisure wear for men and women, and our sale rack is being restocked constantly. The public is always welcome.

You can save 20 percent to 60 percent off men's and women's clothing, and receive 15 percent discounts on golf shoes and golf bags. All in-stock golf clubs are also on sale.

Now is the best time to take advantage of our Rental Club Sale. We have a few sets of Ping G400 slightly used rental clubs for sale. Full sets, including golf bag and putter, are just \$1,250, with both men's left and right hand available. Women's Ping GLe rentals, like new, are only \$1,285. Reserve your set today.

To book a tee time, Las Sendas residents can go to our website, lassendas.com, and scroll down to *Book a Tee Time*. From there, choose the day you want to play and the rate you want to pay. It's free to book tee times. For information about Las Sendas Golf Club, call (480) 396-4000.

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

It's 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 June, 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.
- ♦ Use of practice facilities, lockers, club storage and participation in all member events.

### PROXY MEMBERSHIP—NO INITIATION FEE, FULL MEMBERSHIP PRIVILEGES (ONLY TWO AVAILABLE)

- ♦ Proxy Members pay just 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.

### NON-REFUNDABLE GOLF MEMBERSHIP \$15,000 (MOVING TO \$20,000 IN 2020)

- ♦ Annual (12 months) or Seasonal (six 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 (six 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. You also can send an email to [wmcbean@lassendas.com](mailto:wmcbean@lassendas.com), or call his cell at (480) 323-9364.



EDUCATION

# John Trezise Named Maricopa County Exemplary Principal



**Submitted by Mesa Public Schools**  
At a surprise campus celebration on May 10, Hermosa Vista Elementary School Principal John Trezise received the Exemplary Principal Award from Maricopa County School Superintendent Steve Watson.

The award is presented to administrators who exemplify practices and leadership that contribute to high expectations and exceptional student learning. Nominees undergo a rigorous five-step evaluation, which includes a teacher/staff survey, site visit and data review.

Principals who receive the award successfully:

- engage staff, parents and community in developing an effective school culture.
- use data to guide instruction and decisions regarding staff development.
- have a history of high teacher retention.
- demonstrate the ability to develop and inspire others.

"It is an honor to recognize John Trezise as an exemplary principal," said Superintendent Watson. "He is a leader who values relationships, collaboration

and shared decision-making. John is incredibly student-focused, and works hard to know and understand each child's context in order to set each student up for success. He has built supportive connections with his staff, parents and the surrounding community."

According to his colleagues, John can always be found among students on campus. He also knows every child by name and has nicknames for most. He has an excellent sense of humor, too.

"I feel honored to receive the award," John said. "Thank you to our students, staff and community for the opportunity to work collaboratively to make Hermosa Vista a school where students are excited to attend and teachers are inspired to work," he continued. "The essence of the award showcases the power of fostering authentic personal connections with the people you work with, care about, and want to see grow and blossom. For that, I feel especially grateful for the recognition." ■

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

EDUCATION

# Sing School Comes to Mesa

**Submitted by Missy Gardiner**

As a voice teacher, Missy Gardiner for years wished that the City of Mesa had a professional children's choir which she could send her young singing students to further strengthen their developing talents.



Melissa Gardiner, General Artistic Director, Conductor

Now, with the help of Aubree Fry, she has taken on the challenge of formally organizing such a choir herself. They are calling their choral program Sing School. The two have a great love for both music and children, and feel this will be a great blessing for the children of Mesa. Missy feels, "Music has the unique capacity to touch and influence for good. Many of our youth are isolated with the technology and distractions of modern life. I see this as an opportunity to nurture, uplift and edify children and teens with the unique power of music."

Aubree adds, "Singing together in a choir gives children a sense of belonging. We hope that along with amazing musical skills, the children learn important life skills and come away having made lasting friendships."

Missy Lofgreen Gardiner is a native of Mesa. She has taught piano and voice lessons for more than 30 years. She has a Bachelor of Music degree in vocal performance from Arizona State University.

Missy has toured internationally with the Brigham Young University Young



Ambassadors and has sung with many choirs including the BYU Singers, Arizona Mormon Choir, and the East Valley Millennial Grand Choir. Currently, she sings with the Vocal Resonance Ensemble.



Aubree Fry, Associate Artistic Director, Conductor

Missy has won both the state and national American Mothers vocal competitions. She has served in her church as a choir director and music coordinator for much of her life.

Aubree Stradling Fry, a native of Mesa, earned her bachelor's degree in Choral Music Education from Northern Arizona University. She did her student teaching at three schools – Franklin Elementary School teaching general music, and Rhodes Junior High and Summit Academy as a choir director. She is a piano and voice teacher as well as a volunteer choir director for her church, where she has found great joy in helping to create uplifting music. Aubree has performed in several different choirs, most notably, NAU's Shrine of the Ages Choir.

Sing School is for children and youth ages five to 18. There are four choirs divided according to age. Registration is now open.

Rehearsals begin in August and will be held on Thursdays after school at Love of Christ Lutheran Church. ■

For more information, and to register, please visit [MySingSchool.com](http://MySingSchool.com), [Facebook.com/MySingSchool](https://www.facebook.com/MySingSchool), or contact Missy directly at [MelissaGardiner@MySingSchool.com](mailto:MelissaGardiner@MySingSchool.com).

# Open enrollment is underway!



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- Spanish dual language immersion
- Montessori
- International Baccalaureate
- Science, Technology, Engineering and Math (STEM) programs
- Gifted and Talented
- Online learning options

Enroll today!





REAL ESTATE

Consider Not Taking Your Home Off the Market During the Summer

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

We still are in a seller's market, and with Maricopa County being the fastest growing county in the U.S. for the third year running, home sales are not expected to slow down any time soon.

More people moved to Maricopa County than any other county in the nation last year, according to U.S. Census Bureau population estimates released in April 2019.

Sellers always have thought of the summer months to be the slowest time to sell homes in Arizona, and many will take their homes off the market in June, July and August. In addition, new sellers will wait until the fall before listing their homes. While it's true that the market



Lorraine Ryall

slows down and sales start to dip in the summer months compared to the spring, there still are plenty of buyers out there, and the drop isn't as significant as you might think.

The other advantage of selling in the summer months is that this is when the serious buyers are out looking. The looky-loos aren't going to go window shopping when it's 115 degrees outside. The serious buyers want to find their homes as quickly as possible. They will narrow their searches to only the homes at the top of their list to keep the process as short as possible.

HOME PRICE RANGE \$300K TO \$500K

Inventory in this price range is much higher, at 52 percent higher from the same time last year, and 23 percent higher than 2017. As of May 11, the number of homes currently under contract has increased by 26 percent, while sales for April 2019 had a huge increase of 41 percent. Even with 52 percent more inventory, the sales and pending sales have increased significantly, and we expect the summer to continue with this increased momentum.

HOME PRICE RANGE \$500K TO \$800K

This price range is seeing a 22 percent decrease in inventory for April 2019. The number of homes currently under contract as of May 11 has increased 15 percent over last year. With lower inventory and higher sales, this is now a very competitive price range.

HOME PRICE RANGE \$800K AND HIGHER

The charts do not give a true picture of this price range, as the volume is much lower and can skew the numbers. Inventory is slightly higher, but we have seen a large increase in home sales for April 2019.

I showed homes priced from \$1,000,000 to \$1,300,000 to a client in April. Of the four homes at which we looked, three went under contract within two weeks of us viewing them. Homes that had sat on the market for a couple of months were snapped up in April, which had the highest number of luxury homes sold in a single month. May is looking to continue that trend, too.

As you can see from the statistics above, no matter your price range, we are in a very strong seller's market. Therefore, taking your home off the market, or even waiting to list, could have you losing out on the sale.

If you would like more statistics on the current market conditions in your price range, or information on listing your home, please don't hesitate to contact me. ■

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.

INVENTORY—ACTIVE LISTINGS MESA

	2017	2018	2019
Jan	1700	1462	1515
Feb	1821	1506	1690
Mar	1838	1480	1681
Apr	1787	1516	1606
May	1771	1489	
Jun	1552	1484	
July	1551	1456	
Aug	1533	1433	
Sept	1497	1467	
Oct	1554	1579	
Nov	1589	1621	
Dec	1476	1511	

Inventory increased by 6 percent in April compared to April 2018.

SALES MESA

	2017	2018	2019
Jan	592	618	562
Feb	606	709	642
Mar	926	874	865
Apr	858	887	966
May	899	935	
Jun	893	891	
July	780	816	
Aug	797	779	
Sept	758	684	
Oct	704	738	
Nov	711	687	
Dec	656	657	

Sales increased by 9 percent in April compared to 2018.

MEDIAN SALES PRICE MESA

	2017	2018	2019
Jan	\$215,000	\$227,000	\$242,000
Feb	\$218,000	\$233,970	\$250,000
Mar	\$216,000	\$236,173	\$252,000
Apr	\$220,000	\$245,000	\$260,000
May	\$225,000	\$250,000	
Jun	\$231,000	\$250,000	
July	\$229,000	\$255,000	

The median sales price for Mesa has increased 6.1 percent in April compared to April 2018.

RELOCATION BUYERS

Phoenix is ranked one of the top cities for job growth and population growth. Therefore, we are seeing more and more people relocating from out of state. These are the buyers who are here in the midst of our summer heat trying to find a home to move the family to as soon as school is out, which isn't until mid-June in other states.

HOME PRICE RANGE UNDER \$300K

The inventory for homes under \$300K is so low it's hard for buyers to find them in time to get in an offer. In Mesa, there are 15 percent fewer homes on the market in this price range compared to the same time last year and 32 percent fewer than in 2017. Sales were the same this year as they were last year, at 641 and 643 for April. If you do find one that still is active, you need to jump on it, view it right away and be ready to write a very strong offer.

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—John and Mary

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Golf Course Lot - \$1,075,000  
5954 sq ft - 5 Bed, 7.5 Bath



Las Sendas  
Immaculate Tuscan - \$637,500  
3017 sq ft - 4 Bed, 3 Bath



Las Sendas  
Remodeled Backs to Park - \$485,000  
2451 sq ft - 5 Bed, 3 Bath



Savona  
Exquisite Custom - \$849,000  
4192 sq ft - 4 Bed, 3.5 Bath



Lorraine Ryall Associate Broker, CDPE, CSSN  
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LOCAL BUSINESS

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Submitted by My Chauffeur Taxi Service  
My Chauffeur Taxi Service is offering private airport service rides for the low cost of \$39. Celebrating his fifth anniversary of providing Cadillac trips, local resident Dirk Van Leenen is looking forward to serving his loyal customers this busy travel season. "My motto, A.O.T., always on time, has never failed," said Dirk. ■

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REAL ESTATE

Mesa's Elliot Road Tech Corridor

Visionary City Leaders Find New Revenue Sources In Changing Retail Environment

By Natascha Ovando-Karadsheh  
It is no secret web-based retailers, like Amazon, have radically changed the way we shop.

With more and more transactions taking place online each day, fewer local businesses are making face-to-face purchases. While the Internet makes shopping much more convenient, the rise of e-commerce also has resulted in less sales tax revenue for cities. This national trend is alarming for cities, like Mesa, which do not have a primary property tax and are heavily dependent on sales tax revenue to fund necessary services.

Faced with the challenge of a changing retail environment, Mesa's leaders thought outside the box and planned ahead. Drawing inspiration from places like California's Silicon Valley and Virginia's Data Center Alley, Mesa developed a technology corridor along Elliot Road up against the large SRP power line situated between Guadalupe and Elliot.

The Elliot Road Tech Corridor was thoughtfully designed with the infrastructure needed to attract large data centers and industrial prospects. Why these types of businesses? First of all, we had the unique opportunity of place



Natascha Ovando-Karadsheh

and infrastructure. Secondly, data centers, manufacturers and industrial enterprises buy a large volume of electricity. The City of Mesa has the capacity to charge sales tax on every kilowatt-hour of electricity purchased by businesses. Electricity sales taxes now generate millions of dollars in revenue every year for the city, helping to offset the decline in localized sales tax from retail operations. The numbers are impressive. If an average data center has 120 megawatt power load,\* that same data center can generate more than \$1.1 million in city sales tax revenue every year on electricity purchases alone—or roughly the equivalent of \$14,000 per acre. Stretching along Elliot Road, from Signal Butte Road, to Hawes Road, Mesa's Elliot Road Tech Corridor currently is home to Apple's \$2 billion Global Command Center, EdgeCore, Niagara and more large-scale projects on the way. In fact, acreage in Mesa's Elliot Road Tech Corridor is being absorbed at an accelerating rate, offering continued opportunity for Mesa in the coming years. Coming out of the recession was no easy feat for our past and present city leaders. In fact, they are to be commended for having the vision to think years ahead to mitigate our changing fiscal environment. Mesa needs to continue to build on this success and maximize revenue from the Elliot Road Corridor for years to come, while visioning new projects that provide our city with continued fiscal opportunity. The siren call of housing permit fees always is strongest when the economy is booming, but we must look ahead toward the future and continue to prepare for a changing world. ■



Mesa native and Las Sendas resident Natascha Ovando-Karadsheh is chair of the City of Mesa Economic Development Advisory Board, Associate Broker, owner of KOR Properties and the founder of Mesa Food Truck Fridays. A graduate of Princeton University and The French Culinary Institute, she is a member of Who's Who in Luxury Real Estate.

\*SOURCE: N. Rasmussen, Calculating Space and Power Density Requirements for Data Centers, White Paper 155 (Revision 0), Schneider Electric Data Center Science Center [downloaded April 17, 2019 at apc.com/salestools/NRAN-8FL6LW/NRAN-8FL6LW\_R0\_EN.pdf]

Real Estate In Las Sendas  
brought to you by: Las Sendas Area Market Report  
Sales over \$375,000 for the Month of April 2019

KOR PROPERTIES  
MLS

John Karadsheh

Address	Square Feet	Community	Sold Price
7502 E. Wolf Canyon Cir.	1,571	Mountain Gate	\$392,500
4122 N. Boulder Canyon	2,451	Featherwind	\$395,000
7410 E. Norwood St.	2,126	Grayfox	\$399,000
3055 N. Red Mountain, #136	1,756	Ironwood Pass	\$406,000
7430 E. Nance St.	2,680	Grayfox	\$418,500
3060 N. Ridgecrest, #107	2,226	Desert Vistas	\$430,000
3639 N. Eagle Canyon	2,827	Boulder Mountain	\$445,000
3060 N. Ridgecrest, #190	2,732	Desert Vistas	\$450,000
3060 N. Ridgecrest, #156	2,226	Desert Vistas	\$469,900
4063 N. Terra Mesa Cir.	2,883	Stonecliff	\$515,000
3657 N. Paseo del Sol	2,252	Highlands	\$530,000
3612 N. Sonoran Heights	4,025	Sonoran Heights	\$535,000
6915 E. Upper Trail Cir.	2,827	Sonoran Heights	\$537,000
6956 E. Sugarloaf Cir.	3,330	Sonoran Hills Estates	\$540,000
4113 N. Goldcliff Cir.	3,902	Granite Preserve	\$670,000
4115 N. Mirada Cir.	2,942	Granite Preserve	\$675,000
7130 E. Saddleback St., #20	3,156	Golf Colony	\$690,000
7353 E. Sugarloaf St.	3,785	Las Colinas	\$710,000
7844 E. Riverdale St.	3,548	Rock Canyon	\$750,000
3936 N. Arboles Cir.	3,017	Stonecliff	\$750,000
3621 N. Boulder Canyon Cir.	3,718	Mountain Village	\$788,000
4244 N. Desert Oasis Cir.	3,417	Hidden Canyon	\$1,025,000
7001 E. Summit Trail Cir.	4,995	Summit	\$1,100,000
3565 N. Crystal Peak Cir.	4,687	Granite Mountain	\$1,205,000
8113 E. Echo Canyon St.	5,293	Walking Stick	\$1,299,000

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  
\$1,395,000



**SALE PENDING!**

COUNTY ISLAND CUSTOM  
8830Odessa.com  
\$1,245,000



**SOLD!**

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



**SALE PENDING!**

LAS SENDAS LUXURY CUSTOM  
8151EchoCanyon.com  
\$872,500



**GUEST CASITA!**

LAS SENDAS TUSCAN  
4054ElSerenio.com  
\$798,000



**SOLD!**

HERMOSA GROVES  
3,501 SF / 4 BR / 4 BA  
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\$650,000



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4,255 SF / 5 BR + OFFICE  
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**JUST LISTED!**

ORANGEWOOD ESTATES  
3,120 SF / 4 BR / 2.5 BA  
\$550,000



**SALE PENDING!**

LAS SENDAS  
2,732 SF / 4 BR / 3 BA  
\$414,900



**SALE PENDING!**

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LOCAL BUSINESS

## Refresh Your Space this Summer with Pieces from Robin's Nest Resale and Consignment Shop

By Jamie Killin

Summer is here, and with kids out of school, seasonal residents heading to cooler climates and families looking forward to vacations, many Valley residents are making changes at home, from downsizing after children move out, to upsizing during the slower-paced season.

Whether you're looking to fill a new space, make extra money selling unneeded items, or to refresh your home for the new season, Robin's Nest Resale and Consignment Shop can help.

"Many people are purging while they finish up spring cleaning, and others are buying items and furnishing their homes," said owner Robin Grimaldi.

The recently expanded shop provides a showroom-like experience that makes shopping easier than ever, as well as more space for larger furniture items sold at great prices.

Some of the shop's recent deals include a king-size bedroom set for \$500 and a Flexsteel burgundy recliner for \$185, to name a few. Fortunately, the great values don't come at the expense of quality, with every item in the store in near perfect condition.

"People are looking for good quality items, which I sell because it's an upscale consignment shop," said Robin. "I don't take anything that's worn. It has to be clean, no tears, no rips, no stains, no scratches. I don't sell anything that I wouldn't buy myself," she continued. "We just don't depend on selling to winter visitors, so consigning with us



is good all year round."

For those just looking to add a new look to their home for the summer season, the shop still offers a variety of smaller items, such as home décor and wall art, perfect to add new life to any space.

And for those looking to consign items to downsize, redecorate their space, or make some extra money for upcoming vacations, they can rest easy knowing that Robin's Nest Resale and Consignment Shop will make every effort to ensure their items are sold.

The shop makes it easy for sellers and buyers alike by advertising their items on a variety of digital platforms, including their website and Instagram page, as well as Facebook Marketplace, Offer Up, Let Go and Craigslist.

People will and do travel to get unique items.

Plus, if a seller isn't sure if Robin's Nest Resale and Consignment Shop will accept any given items, that seller is encouraged to send a photo to Robin. She will provide an assessment through text or email, thereby eliminating an unnecessary trip to the store.

Once the item sells, sellers can look forward to quick payment, too, with same day for cash purchases and just one week for card purchases. ■

*Robin's Nest Resale and Consignment Shop is located at 5253 E. Brown Road, Suites 102 and 103. For more information, visit [robinsnestresale.com](http://robinsnestresale.com). To inquire about consignment, text (480) 984-8485, or send an email to [nibor1205@comcast.net](mailto:nibor1205@comcast.net).*



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HEALTH

# Kick Allergies to the Curb with Safe, All-Natural and Long-Term Solution

By Jamie Killin

Even if you're lucky enough to be one of the few not subject to food or environmental allergies, it's likely you have someone in your circle suffering from debilitating seasonal allergies or double-checking ingredient lists to ensure they aren't subject to a mid-meal allergic reaction.

Many people resign themselves to avoiding certain foods and activities, or to a lifetime of taking medications that never truly fix the problem, but bring with them a host of side effects, ranging from drowsiness to nausea. Others ease the symptoms with time-consuming bi-weekly shots.

Fortunately, Family Allergy Clinic and Wellness Center has a different approach. The practice provides sublingual immunotherapy in the form of an allergy serum taken under the tongue. The drops provide long-term relief that can eliminate allergies, are made from natural ingredients and are safer than shots—allowing patients to take them in the comfort of their own home.

Getting started is easy, too. Typically, just a skin prick test is required, with results becoming available the same day.

"We get the results, which gives us a good idea what they're allergic to, and then we formulate allergy drops they take every day at home," said Dr. Melissa Ferrell, a board certified nurse practitioner. "Most people feel relief in a couple of weeks to a couple of months. Eventually, the goal is to have a permanent desensitization, where your allergies go away and don't come back."

This approach isn't just for seasonal or environmental allergies, either. The drops can reprogram patients' bodies to end approximately 70 food allergies, too, ranging from milk to soy.

"A lot of times, kids have a really significant allergy to dairy, eggs and peanuts, where it's hard to avoid," said Dr. Ferrell. "Those are for whom our food allergy program is especially appropriate."

Family Allergy Clinic and Wellness Center tests for penicillin allergies, too, realizing that while many are told,



from childhood, they have a penicillin allergy, in reality, they won't react significantly. These results allow patients to once again take penicillin, which is one of the safest and most effective antibiotics.

At the practice, helping patients reach optimal health is the top priority. This is why Dr. Ferrell continues to add new services to meet the needs of her clients, one of the most popular being bioidentical hormone replacement therapy.

"As I started taking care of patients on a daily basis, with a lot of their complaints, I realized a lot of it was definitely allergies or thyroid, but there was something else going on," said Dr. Ferrell. "It triggered me to do some research into bioidentical hormones. I started taking them, and it made a big difference in my life."

Through implanted pellets or creams, Dr. Ferrell can help relieve both male and female patients of hormone imbalances that can lead to hot flashes, depression, weight gain, lack of energy and much more.

"So many people are really miserable, and they don't know why," said Dr. Ferrell. "They draw their labs and it's not their thyroid, they're not anemic, and they just can't figure out why they can't get going. Hormones can help." ■

*Family Allergy Clinic and Wellness Center is located at 7567 E. Eagle Crest Drive, Suite 201B. For more information, visit [familyallergyclinic.com](http://familyallergyclinic.com), or call (480) 827-9945.*

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COMMUNITY

# WELCOME TO THE KINDNESS REVOLUTION™ LEADING A SPIRIT OF KINDNESS

Submitted by Matt Watson

The Kindness Revolution is looking for Brand Ambassadors in Mesa.

We need volunteers who will give out Kindness Bracelets around town to military, police, firemen and women, parents, classrooms and organizations.

If you, your family, classroom, or organization would like to participate, please reach out to our Kindness Headquarters located at 6836 E. Brown Road, Suite 101, Mesa, AZ 85207, or call us at (480) 830-SAVE (7283), and be sure to like and share our Facebook page, *The Kindness Revolution – Mesa, AZ*, led by Matt Watson Ins. Agency.



**WHAT EXACTLY IS THE KINDNESS REVOLUTION™?**

The Kindness Revolution™ is a non-profit (501c6) business membership organization with the mission of raising the awareness of values, such as kindness, in leadership, customer service, schools and communities. We are funded entirely by our members (Community Champions).

**HOW IS THAT DONE?**

Since our focus is on awareness, we are active in telling our story where people gather. We actively lead what we call mini-events, which include participation at charitable events, golf outings, festivals, athletic events, school functions, and



other creative opportunities to engage with consumers regarding initiatives to promote values-based leadership.

**CAN YOU GIVE ME SOME EXAMPLES?**

Sure! We give out our popular *Pay It Forward* The Kindness Revolution™ wristbands all over our communities, encouraging adults and children to recognize and promote kindness.

We collaborate with high school students with what we call *Student Street Rallies*, where we engage drivers with signs to *Honk if you love kindness!*

We share our *Kindness Tips* with hundreds of thousands of followers on social media, promoting respectful and courteous behavior.

We work with elementary schools with our popular *It's Cool 2 B Kind* program to support character behavior as well as high schools with our *Art of Kindness* program to sponsor posters and theme contests on topics including Kindness, Sportsmanship, Cancer Awareness, Drug Prevention, and Don't Text and Drive.

With our *Spirit of Kindness* awards, we recognize local unsung employees and organizations for their kindness.

Through the use of our *Kindness Mixers* our Friends and Community Champions regularly network with like-minded individuals and organizations. ■

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**|| SPIRITUALITY**

## Move into a New Season Knowing **GOD IS WITH YOU ALWAYS**

*By Pastor Paul Frank  
Hosanna Lutheran Church*

**W**ell it's over. The school year has ended.

The year began at Hosanna Lutheran Church and Little Palms Preschool last August, with excited children and some teary-eyed parents on their very first day of school. On that first day of school, our preschool staff and pastors all greet the parents and welcome the children. We reassure them they are in good hands. We will teach them and take care of them. They will grow, flourish and learn all kinds of new things.

Then, I watch a number of those parents sit in their cars and shed a few tears as they suffer separation anxiety. The kids quickly get into games and learn the names of new friends. They have a ball.

The parents, however, are out there slowly sliding into a new season in their lives. Toddlers are now school kids. Homes are quiet. They drive home, or off to work, with a new schedule. Now, they have to worry about school calendars, fall break and special events.

That school year came and went. We kept our promise. Parents entrusted their greatest treasures to us, and we taught their kids all kinds of new things in preschool. We watched those kids grow in size, in wisdom and in compassion for those new friends. We saw them grow in faith. And it's a new season again.

Many are moving on to kindergarten next year. We will have a whole new student body, with new friends and young parents entering that new season in their lives, too.

Come and enroll your child soon. The classes are almost filled up already.

If you find yourself moving into a new season in life, a new job, new relationship, getting married, the first child or the last child being born... If you find yourself in a season of grief from a loss, or a season of joy on graduation day... Whatever that new season into which you are moving, I want you to know that God is still with you.

He is opening new doors, guiding our paths, and giving us strength and wisdom. He reminds us often of just what He has promised you: *I will never leave you. I will not forsake you. I am with you always, to the very end of the age.* ■

Join us this summer for our 9:30 a.m. Sunday services. And let's enter this new season together. Hosanna Lutheran Church is located at 9601 E. Brown Road. Visit our website at [hosanna-lcms.com](http://hosanna-lcms.com).



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HEALTH

# ENROLL IN MEDICARE

## When It Is Right For You

Submitted by  
Tapestry Insurance

A couple who both were past the age of 65, with him still working, recently met with me to compare their current employer plan with available Medicare plans.

While he was considering retirement, he also was concerned about losing their employer insurance. One interesting aspect of his concern was his wife's health. She currently is dealing with some health concerns, and he wanted to be sure switching from his current plan to a Medicare plan would not change her level of care.

The good news is since they will both be signing up for Medicare Part B coverage, they are in the guarantee issue time frame. This means they can choose any Medicare plan and not have to answer any medical questions. He was relieved to know she would continue to receive care even if he retired and



Lynne Jones

switched to Medicare.

I often meet with people considering retirement who have questions about what to do and how to proceed. Sometimes, a Medicare Supplement plan is more advantageous, and sometimes, a Medicare Advantage plan really can save money for retirement. It is always so interesting to help people make these very important decisions.

One thing I have learned is that every person has unique circumstances, and there is no best plan, only a plan that is best for you. As an independent Medicare agent, I can help you find the plan that fits your individual needs and lifestyle.

I also can help you determine if staying on your current plan is the best choice for you. In addition, I can help answer questions about when to sign up for a plan and any late enrollment penalties of which to be aware. ■

*If you are new to Medicare, or you are turning 65 in the next year and have questions about which plan to choose, or have any other Medicare questions, please call me, Lynne Jones, a licensed salesperson, at (480) 212-2246.*



COMMUNITY

# Student Exchange Program Offers Exceptional Cultural Experiences

Submitted by  
Councilmember  
David Luna

With the summer break in full steam, I would like to inform you of a wonderful program and opportunity to keep your students active during time off from their studies.



David Luna

## MESA SISTER CITIES YOUTH AMBASSADOR PROGRAM

The mission of Mesa Sister Cities is to promote international friendships through mutual respect, understanding and cooperation, one individual, one community at a time, in order to create longstanding international relationships. From the Mesa Sister Cities comes a great program that offers valuable experience and the kind of education that only comes from pushing the boundaries of one's comfort zone.

Mesa Sister Cities Student Exchange Program provides an opportunity for high school students and their families living in Mesa to engage in a cross-cultural exchange. These students from Mesa fly to their designated country and experience a full immersion to be part of a different culture. City council members, educators and family hosts serve as guides to see the city with scheduled events and excursions. After several weeks in their destination, they return as a different person, with experiences and growth, which only comes from a living experience.

The family of the ambassador,



with help, then hosts several weeks of the Mesa experience in return. Mesa Sister Cities invites the foreign exchange student to become fully immersed in our Southwestern culture. This means experiencing our city capitol, meetings with the mayor and participating in scheduled travels around town. There also is a trip to Disneyland and the Grand Canyon, as well as many more excursions with the host family.

This experience is life changing for all the families involved. Becoming an alumni ambassador and sharing with the next group of students to have this exchange experience is one of the unique ways to keep the journey alive within themselves.

For further information regarding this unique and rewarding program, visit the website [mesasistercities.org](http://mesasistercities.org). ■

*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](mailto:district5@mesaaz.gov), or by phone at (480) 644-3771.*

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- 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!

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By calling this number, you will be connected to a licensed insurance agent.



COMMUNITY

Social Club Members Enjoy Marvelous Mix Of Activities, Events And Community Service

By Robin Hagenstad, Secretary  
Red Mountain Ranch Social Club

Members of the Red Mountain Ranch Social Club (RMRSC) participate in numerous activities, including fun parties, educational presentations, cultural outings and projects that benefit the community.



KENTUCKY DERBY PARTY

Recent events included a delightful Kentucky Derby party. Attendees feasted on elegant hors d'oeuvres prepared by eight of the members who coordinated the party. A little money changed hands as members took chances on their favorite horses in the race.

Participants found the mint juleps to be very refreshing, and the crowd roared as the horses crossed the finish line. The ladies hat contest resulted in two winners, one for most elegant and one for most creative.

MYSTERY DINNER THEATER PARTY

Two weeks prior to the Derby party, RMRSC hosted a Mystery Dinner Theater party at the Red Mountain Ranch Country Club. Social club members acted in a short

play set in 1880 Mesa. During the play, one of the cowboys is shot. The attendees acted as the posse by asking the actors questions, studying the clues and determining who committed the crime.

The room was full of laughter during the play. The table of participants who deduced which cowboy committed the murder and the motive won a prize.

The Western-themed dinner, prepared by Red Mountain Ranch Country Club's new chef, was delicious.

BOOK EXCHANGE BOX

Red Mountain Ranch Social Club members also are engaged in projects that contribute to the community. The RMRSC is placing a Book Exchange Box at the Red Mountain Ranch Elementary School. The box is a Free Lending Library for children at the school.

RMRSC member Ewin Trapp professionally designed and constructed the Book Exchange Box,

and member Pam Patterson painted the school logo to decorate the Book Box. Allyn Bransby is coordinating placement of the Book Exchange Box with the Red Mountain Ranch Elementary School staff, who will be doing the installation on the school grounds.

Red Mountain Ranch Social Club members have started a book drive to fill the Book Exchange Box with age-appropriate books. Members are donating new or used children's books for reading levels of kindergarten through sixth grade.

MESA HYDRATION DONATION CAMPAIGN

Once again this year, RMRSC members are participating in the Mesa Hydration Donation Campaign. Sponsored by City of Mesa United Food Bank, members are donating

cases of water by taking them to drop-off centers or by donating online.

Last year, the RMRSC members donated 40 cases of water worth \$200. The donation helped people in need during the triple digit heat of summer.

EDUCATIONAL AND CULTURAL EVENTS

Educational and cultural events in May included a lecture by Leon Natter, executive director of the Mesa Historical Museum. The topic for Leon's presentation focused on the current exhibit at the Mesa Historical Museum entitled *Gizmos, Gadgets, and Greatness—Technologies that Built Mesa*.

Leon was very knowledgeable about the history of Mesa, and described how early technology helped to make Mesa a large modern city even though it started as a very rural farming community.

Members also visited The Heard Museum to tour the current exhibit *Josef Albers in Mexico*, organized by the Guggenheim Museum in New York.

The activities described above demonstrate that the Red Mountain Ranch Social Club members are doing an admirable job of supporting the mission of their organization, which 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.

Members of RMRSC have the opportunity to meet new friends, engage in dynamic conversations while dining out, enjoy games, participate in a book club and attend the theatre/concerts. Members also have the opportunity to expand their knowledge by attending lectures or participating in museum trips.

Members may participate in as many activities as they desire. You do not need to live in Red Mountain Ranch to join the social club. ■

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



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LOCAL BUSINESS

# There is a Solution for Your Pet's Itchy Dry Skin

Submitted by Premier Feed and Pet

The largest, most exposed, most vulnerable organ your dog and cat have is their skin and coat.

Yes, your dog's and cat's skin and coat really do constitute an organ, performing many tasks vital to survival. A few of its functions include maintaining body temperature and providing protection against parasites, infections and the elements.

Subject to constant attack by everything from which they protect your dog and cat, your pet's skin and coat have some exceptional nutritional needs in order to maintain health. Symptoms such as hair loss, thinning coats, dullness, dry skin, thickened skin, matted hair, infections and odors usually can be traced back to either a shortage or an excess of a specific nutrient. But don't worry.

AvoDerm can help provide nutritious meals. Avocados are a great source of good fats and antioxidants, which can help produce healthy skin and a beautiful coat. If your pet's skin and coat are in good condition, it's a sign your pet is getting the right nutrition.

It's hard to be cute with skin problems. Most skin and coat problems are connected to specific dietary imbalances. Provided in quality, abundance and balance, the nutrients found in AvoDerm Naturals have specific roles to play. Avocados are rich in potassium, folate, vitamins A, C, E, and B6, as well as riboflavin.

On top of all that, avocados have additional benefits.

### QUALITY PROTEIN

There are 18 amino acids in avocados, including eight that make it a complete protein. That's right, protein power from a fruit.

Hair is made of protein, and hundreds of thousands of growing hairs can add 60 feet of total

new hair length every day. Slower growth, brittle hairs, a thinner coat, a change in color, mange mites, scaling, crusting and acne all have been linked to insufficient dietary protein.

### HEALTHY FAT

Low-fat levels may lead to dry, itchy skin. Avocados are rich in omega fatty acids that help your pet's skin.

Your dog's and cat's skin and coat need certain kinds of oils, which the animal's body produces, using essential fatty acids. Without the right kind of dietary fat, your pet's body will overproduce oils of a very poor quality, creating a greasy, matted condition and unappreciated odor.




### ANTIOXIDANT RICH

Loaded with 20 vitamins and minerals, avocados are a great source of antioxidants, which are important to support a healthy immune

system. Skin cells need vitamin A to mature and maintain themselves. Too much or too little can cause a callous-like thickening of the skin and hair follicles. Skin infections will increase, as well.

Vitamin E adds stability to skin cells and helps keep them from breaking down. Seborrhea, or dandruff, has been connected to inadequate amounts of vitamin E. With a super food, like the avocado, AvoDerm provides a solution for these dry, itchy skin conditions. ■

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





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EVENT

# SALT RIVER TUBING OBSERVES National Get Outdoors GO Day

Submitted by Salt River Tubing

Celebrate the 12th annual National Get Outdoors Day (GO Day) event at Salt River Tubing on Saturday, June 8, from 9 a.m. to 6:30 p.m.

The first 1,000 buccaneers will receive a free pirate bandana. Salt River Tubing also will award free tubing passes for the best pirate tuber costumes.

Invited exhibitors for this fan-favorite event are Tonto National Forest and Maricopa County Sheriff's Office Lake Patrol. Extra splash and sizzle includes live entertainment by 101.5 FM radio station, pirate coin grabs, water cannon battles and free giveaways. Forest Service Honorary Dignitary Francisco Valenzuela, regional director of recreation, heritage and wilderness resources for the Southwestern Region, together with Pastor Don Liles, will officiate the opening ceremony for National Get Outdoors Day.

"GO Day is keyed to enticing first-time visitors to the great outdoors and enjoy the mountain-stream waters of the Salt River while floating in the *mini-Grand Canyon* of Tonto National Forest," said Salt River Tubing President and Chief Executive Officer Henri Breault.

"Our recreational paradise is a fun-filled adventure in the great outdoors. Pirates will set sail in their tubes on the Salt River, brandishing pirate hats, waving pirate flags and humming Yo, Ho, Ho, and a bottle of water," Henri continued. "Buccaneers can kick up their heels with the pirate line dancers, grab a photo opportunity with Smokey Bear, and ride our pirate warships (shuttle buses) to and from the Salt River. Join us for a unique river adventure in the great outdoors of Tonto National Forest."

The pilot effort of National Get Outdoors Day was launched on June 14, 2008. Building on the success of *More Kids in the Woods* and other important efforts

to connect Americans—and especially children—with nature and active lifestyles, the United States Department of Agriculture (USDA) Forest Service and the American Recreation Coalition agreed to lead an inclusive, nationwide effort focusing on a single day when people would be inspired and motivated to get outdoors.

GO Day partnered with federal, state and local agencies, key enthusiast organizations and recreation businesses to create a healthy, fun day of outdoor adventure aimed at reaching first-time visitors to public lands and reconnecting children to the outdoors.

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

Daily operating hours at Salt River Tubing are 9 a.m. to 6:30 p.m. The cost of tube rental is \$17 plus tax and fees per person or tube, which includes inner tube rental, shuttle bus service and free parking 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 or older 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. ■

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 and National Get Outdoors Day (GO Day), please visit [saltrivertubing.com](http://saltrivertubing.com), or call (480) 984-3305.

HEALTH

# Proper Post-Stroke Care Can Contribute TO SUCCESSFUL HOME RECOVERY

Submitted by Home Care Assistance

Following a stroke, it is important to do everything possible to help promote a successful recovery once the patient is at home.

Here are seven tips that can contribute to overall success:

## 1. FOLLOW THE ADVICE OF EXPERTS

Even after you transition home, it is critical to maintain regular appointments with your doctors, especially your neurologist. Typically, post-stroke patients visit their neurologist at least once every six weeks early in the recovery. However, more than half of stroke survivors fail to comply with recommended follow-up visits and do not see any specialists during their recovery.

## 2. ADAPT YOUR HOME TO YOUR NEEDS

Depending on the severity of your stroke, you may require medical equipment, such as a walker, wheelchair or hospital bed, in the home. In addition, your home may require safety modifications before you can feel comfortable. Your doctors, therapists and discharge planners should be able to advise you on the equipment you will need at home.

## 3. FOLLOW UP ON YOUR BLOOD WORK

Because strokes are caused by a reduction in blood flow to the brain, your physician usually will prescribe anticoagulants to facilitate your recovery. The dosage is adjusted based on your blood flow. Therefore, regular blood testing is critical to ensuring a safe and accurate dosage. Your doctors will advise you on the proper procedure and timing for your blood work.

## 4. UNDERSTAND YOUR LIMITATIONS

We all value our independence, and many of us are accustomed to an active lifestyle. However, anyone recovering from a stroke must understand that the recovery process cannot be rushed. Your brain is gradually rebuilding damaged synapses, which can cause mental foggyiness or a sense of mild confusion. Your body is recovering,

as well, and activities that once were routine, such as walking or hand movement, may present new physical challenges. Understand that you can take steps to address them. Receiving support from a caregiver or a loved one can help with your physical needs. In addition, memory exercises, such as keeping an activity notebook, can improve cognitive function.

## 5. DO AS MUCH AS YOU CAN

Though you should never endanger yourself or risk your recovery by doing too much too soon, it is important that you attempt basic tasks with which you feel comfortable. Your efforts will facilitate your physical recovery, and small accomplishments can provide a big mental boost and propel you toward your long-term goals. Take incremental steps and utilize support from family or caregivers for daily activities that pose a challenge.

## 6. MAINTAIN YOUR THERAPY SCHEDULE

Though your therapy needs (physical, occupational or speech) may vary, it is important to start therapy as soon as possible and remain consistent with your appointments and recommended exercises. Though your initial therapy sessions may be trying, maintain focus on your long-term goals. Your therapists are trained professionals



who have helped numerous post-stroke patients and can act as expert guides in the critical weeks following a stroke.

## 7. WATCH YOUR DIET

It is important to limit your intake of fat, cholesterol and sodium to prevent unnecessary stress on your body. It may be tempting to indulge in comfort foods, but a balanced diet is essential to a healthy recovery. It also is important to maintain a regular meal schedule, even though you may not be hungry. Proper nutrition and caloric intake give your body the energy it needs to heal.

## HOME CARE ASSISTANCE

Post-stroke recovery is a challenge. Home Care Assistance can help. A stroke can be an extremely challenging medical event with which to cope and from which to recover. Patients must simultaneously overcome physical, cognitive and emotional challenges. Many stroke survivors report frustrations with the recovery process.

In a recent survey of more than 1,000 stroke survivors, more than 40 percent felt somewhat or not very successful in meeting their rehabilitation goals, and 38 percent felt they lacked information relevant to their recovery. Regardless of the severity of your stroke, it is critical to take a proactive and informed approach to your post-stroke care. Often, a caregiver can help ease the physical and emotional stress.

If you need further counseling or information, please come to my office, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103. See me, Amanda Butas, nurse, certified dementia practitioner, geriatric care manager and president of Home Care Assistance Mesa.

It is my passion to help our senior community. Through advocacy, education and experience, I am able to help seniors and their families understand the aging and disease process. Working in tandem with other health care professionals, I also provide resources and strong, sound advice to assist in all aspects of care. ■

For more information, call me at (480) 699-4899.



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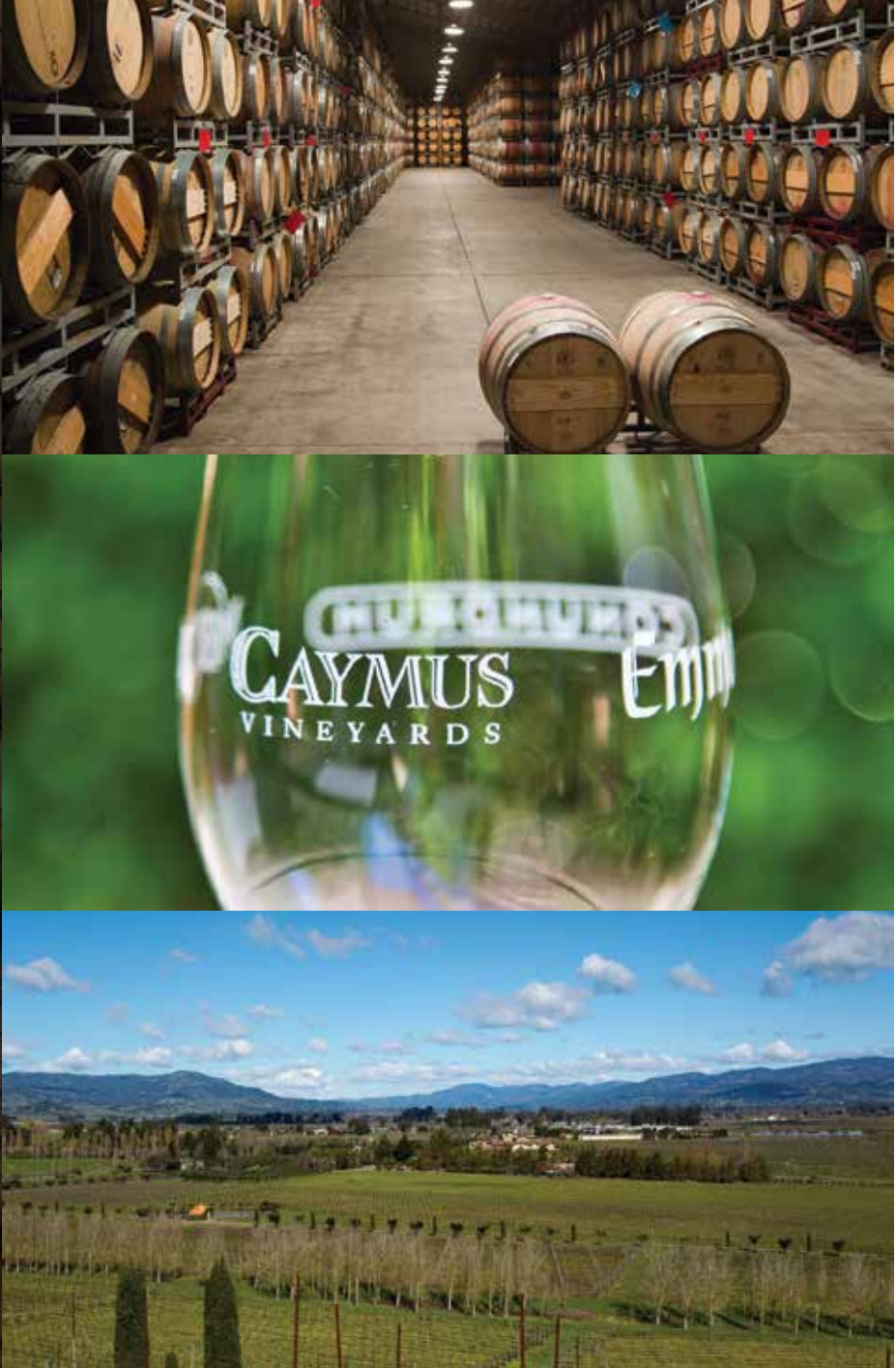
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