

Las Sendas Up Close

Bringing neighbors closer to their community

October 2019

Canyon Winds Retirement Celebrating One Year Anniversary



Submitted by Canyon Winds Retirement Community

Do you believe that Canyon Winds Retirement is turning one already? It's true. Come and celebrate with us!

We invite you to join us on Tuesday, Oct. 22, from 4 to 6 p.m., for a fun-filled event in a fabulous setting, including gourmet food, music, door prizes and more!

This beautiful upscale community, located at the entrance of Las Sendas in Mesa, offers a resort lifestyle for Independent Living, Assisted Living and Memory Care. No matter where you are on this property, you are surrounded by amazing views.

INDEPENDENT LIVING

Independent Living is available in a stunning four-story building, with three spacious floorplans to choose from: studio, one bedroom, and two bedroom apartments. All apartments feature a private deck or balcony.

Amenities include:

- A restaurant-style dining room, with wonderful views, and food that is sure to impress.
- A third-floor bistro, with balcony, offering expansive views.
- Spacious activity rooms that host many daily events.
- Indoor and outdoor entertaining areas.
- Resort-style pool and spa.
- Fitness center, theater room, chapel.
- Housekeeping and laundry services.

Independent Living at Canyon Winds will surpass all expectations.

ASSISTED LIVING

Assisted Living residents at Canyon Winds enjoy upscale living, with first-class care, in a gorgeous two-story, 60-unit community featuring studio, one and two bedroom floorplans.

A specialized care team focuses on the unique needs of each resident, treating all with dignity and respect.

Prior to move in, a thorough assessment of each resident is conducted by our licensed nurse. During this one-on-one visit, the nurse develops a unique and personal care plan specific for each resident.

All residents receive periodic re-evaluations to determine if their care plan continues to meet their personal needs. The care plan may then be modified to match the current care needs for each resident.

Residents dine in our restaurant-style dining room, with three chef-prepared, delicious meals each day.

Not sure how you will spend your free time? We have a full monthly calendar of enriched activities hosted throughout our community. An activities room, theater and beauty salon are just a few of the amenities offered in Assisted Living.



MEMORY CARE

Memory Care at Canyon Winds Retirement is dedicated to assist Alzheimer's patients and others with memory loss, whose needs are more unique due to memory loss or confusion.



Staff in Memory Care have been carefully selected, and specifically trained, to provide the personal attention required by our special residents residing in this wing. Continuous, stimulating activities, designed to enhance the quality of life for our residents, are offered each day in a nurturing, safe environment.

Both private and shared floor plans are available, with a thoughtful amenity package designed to provide upscale living with exceptional care.

Why not see for yourself how wonderful the next chapter in life can be for you or a loved one. Stop by and tour, have lunch and learn more about this amazing retirement community. And remember our Open House on Tuesday, Oct. 22 from 4 to 6 p.m.! ■

Canyon Winds Independent Living is located at 281 N. Boulder Canyon, in Mesa. Their phone number is (480) 948-0700.

Canyon Winds Assisted Living and Memory Care is located at 7311 E. Oasis St., in Mesa. Their phone number is (480) 948-0600.

You can also visit our website at www.canyonwindsretirement.com for more information, including photos, floorplans, events and more.

Canyon Winds Retirement Community is locally owned and managed by Senior Living Services LLC. The managers and senior staff of Senior Living Services are a highly experienced core group of property managers, and bring over 400 years of combined experience to the firm and the Arizona retirement and assisted living industry.

Southwest Cardiovascular Associates offer Specialized Care

By Jamie Killin

With October being Heart Health Awareness month, it's a great time to learn more about maintaining a heart-healthy lifestyle and to consider changes to improve overall and cardiovascular health.

Southwest Cardiovascular Associates is a state-of-the-art endovascular facility that provides a holistic and compassionate approach to care that allows patients to improve their health and receive treatment for a number of cardiovascular pathologies, including high blood pressure and high cholesterol.

For all patients, Dr. Carl Ferguson recommends improving heart health by implementing a healthy diet with limited saturated fats, reducing stress, getting enough sleep, managing weight and staying active.

"Being active doesn't have to be strenuous," said Dr. Ferguson, who has been practicing in Mesa for more than 30 years. "It can be going for walks, getting on a baseball team, just doing something that they have fun with, but at the same time they get adequate exercise. It doesn't have to be a grueling routine in the gym to count as exercise."

Additionally, patients should be diligent in getting



check-ups and seeing their doctors when they suspect something might be wrong. Dr. Ferguson shares that chest pain/discomfort are one of the top symptoms patients procrastinate seeking help for, especially men, or disregard all together, which can result in serious consequences.

"Sometimes people put off their routine health," he said. "They put off their routine screenings, which are important for people to catch disease processes early."

To ensure convenience, Ferguson Family Medicine, which operates at a separate location from the main Southwest Cardiovascular Associates office, even provides walk-in hours for established patients from 7:30 to 8 a.m. every day and from 1 to 1:20 p.m. on Mondays, Wednesdays and Fridays.

"This allows us to address our patients' urgent needs without a scheduled appointment," said Dr. Ferguson.

The most common problems patients come in for are headaches/migraines, acute respiratory related illnesses, acute sprains and strains, fevers, sore throats, and a myriad of other issues. Of course, the doctors also manage chronic conditions, such as diabetes, hypertension, and endocrine, pulmonary and neurologic disorders, etc.

The practice also has 15 years of experience in opiate addiction treatment and provides Suboxone treatment

with same-day appointments.

"We think it's important that if someone decides to do something about their addiction that they have the opportunity to be seen that very day instead of possibly relapsing or continuing to use," said Dr. Ferguson.

Ferguson Family Medicine also provides cosmetic treatments, including Botox, Dysport, and state-of-the-art laser treatments, including fractional resurfacing, vaginal rejuvenation, photo facial and hair removal.

At the Southwest Cardiovascular Associates main office, patients can receive specialized care, such as interventional radiology, endovascular surgery, vascular specialist and interventional cardiology. ■

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

Ferguson Family Medicine is located at 3514 N. Power Road, Building 1, Suite 105, in Mesa. Call (480) 422-8533 for more information.

Red Mountain Ranch
GARAGE SALE
Coming Soon!

See our new section:
Over 50 Up Close
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LOCAL BUSINESS

Window to Design opens in Mesa

By Kim Phillips

Las Sendas resident Linda Palm is pleased to announce the opening of her new Mesa store, Window to Design, offering 35 years of interior design expertise specializing in custom window treatments, including drapery, upholstery and fabric.

“Our experienced design professionals will help you select window treatments to meet your needs for privacy, light control, energy efficiency and child safety,” said Linda. “We will also help you choose colors, textures and finishes to complement your interior décor beautifully.”

Previously located in Scottsdale, Linda said she chose to relocate to Mesa to be closer to home. Several of her clients live in Las Sendas and Mountain Bridge, so the new store at Lindsay and McKellips roads makes it easier for her customers to visit her showroom and see the many samples on display.

Linda is a window covering expert and a certified Hunter Douglas dealer. Window to Design has been an interior designer resource for many years.

“We offer inspiring ideas and professional services to the interior design trade. Our experts’ sole purpose is to provide exemplary products and services to enhance any design project,” Linda emphasized. “Our unique team provides the perfect balance of knowledge, abilities and longevity in the interior design industry.”

Linda and her team at Window to Design was recognized as Best of Houzz 2017 and 2018, and the design service has positive reviews on Google.

Deb R. gave Linda five stars. “Linda facilitated the selection creation and installation of our drapery treatments. All of this while we lived in another state. Her installer is a friendly diligent worker. We will definitely give Linda more business in the future.”

“This is a great place if you are looking for window coverings. Linda is a pleasure to work with and her shop is adorable. Very reasonably priced and quality products,” commented Rita, who also rated Window to Design five stars.



Linda Palm



Window to Design

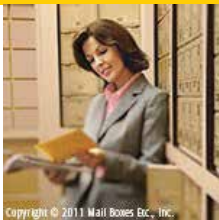
Unique Custom Window Coverings

Cindy H. said, “I love our new shades. Linda was great! I told her what I wanted, and she showed me exactly what I purchased. They look great! I will definitely use Linda and Window to Design again!” ■

For more information on Window to Design, call (480) 207-6450, or visit the websites at www.window2design.com, www.windowtodesign.com. The store is located at 1947 N. Lindsay Road, Suite 106.

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RED MOUNTAIN RANCH COUNTRY CLUB



PLANNING A WEDDING?

Submitted by Red Mountain Ranch Country Club

Red Mountain Ranch Country Club (RMRCC) hosts an open house, each month, for anyone interested in a wedding. Even better, it's free!

Not only do you have the opportunity to check out all vendors and venue, but Red Mountain Ranch will give you a free bottle of champagne for attending the open house.

This is a great chance for couples who are looking for a wedding venue to view what RMRCC has to offer. At the open house you will have the opportunity to speak with the vendors and get ideas for your wedding plans.

The open house includes displays from:

- RMRCC: Venue and house centerpieces
- Butterfly Events: linens
- Everything Arizona Weddings: photography and DJ services
- An Elegant Affair: florist
- A Piece of Cake: wedding cakes
- Babydoll Weddings: makeup artist & hair dresser

- Vamoose Vacations: travel
- Alterations by Mara-lee: Wedding dress alterations/seamstress
- Engrave My Memories: personalized engraved remembrances

Red Mountain Ranch Country Club also offers you to try some of their delicious food from our new chef, Sedale Jones, with a pasta station and appetizers.

The panoramic views, overlooking the city lights and beautiful Arizona sunsets, make the picture-perfect background for any wedding.

Lorie Davis, the wedding coordinator, is there to answer questions and show you around, and help you with any wedding plans that you have. Her main objective is to offer you great service, delicious food, and a venue with amazing views for you to have a beautiful wedding, all at an affordable price.

The next open house will be held on Oct. 3 from 5 to 7 p.m. You can RSVP by emailing Lorie Davis at ldavis@rmrcc.com, or by calling (480) 396-7503.

Don't worry if you miss this open house, just email us for our next open house date for you to come and visit us. ■

ANNUAL HOLIDAY BOUTIQUE SET FOR NOVEMBER

Submitted by Red Mountain United Methodist Church

The crafty ladies of Red Mountain United Methodist Church are presenting the 13th annual Holiday Boutique on Friday and Saturday, Nov. 1 and 2 from 8 a.m. to 3 p.m. The church is located at 2936 N. Power Road in Mesa.

This is an event guaranteed to make you feel good. It's a weekend filled with shopping and an opportunity to socialize. The United Methodist women will tempt you with some fabulous homemade baked goods, as well as a great selection of used books and puzzles.

The boutique is a culmination of a year of trips to fabric and craft stores, processing inventory, and regular crafting sessions.

Love goes into every single crafting meeting. As the crafters work, they give strength to each other as they share the joys and challenges in their lives. The conversations are real and caring. The eagerness with which they welcome newcomers, and the praise they bestow on the hard work of others, are all testaments to a stronger force working through them.

The ladies donate not only their time, but also the materials used to make the crafted items. Proceeds from the boutique are designated for the Children and Youth Ministries of the church.

The products are handmade by artisans in their selected fields, with

the attention to detail only artisans can bring. They love what they do and show that love by turning out only the best of their abilities.

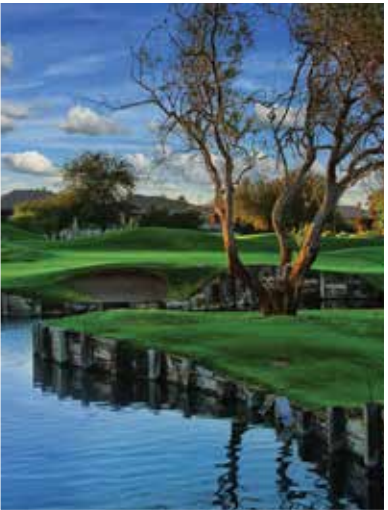
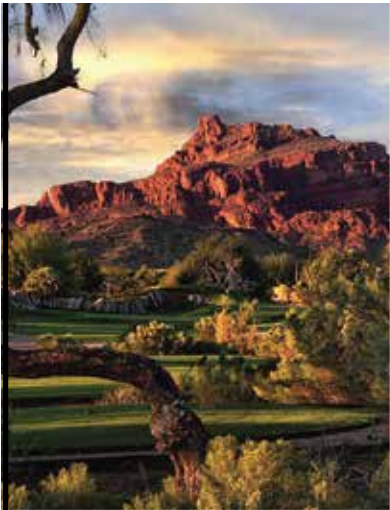
This year they are bringing you their signature reversible placemats, kitchen items, aprons, wall hangings and quilts. The gourd art has expanded into dream catchers. The many hand-painted items are unique and bring joy just looking at them.

You'll find dozens of new cloth books, handmade wooden clocks, teacup art, a donated antique vase with a wonderfully unique arrangement from a professional florist, and playpens filled with baby items. From handcrafted jewelry to Christmas ornaments, advent calendars, dog toys and pet beds, and purses, there's something unique, of quality, and filled with love for everyone on your Christmas list.

Or, if you just need a smile and some conversation to brighten your day, come on in. The love flows for everyone and it's free!

Mark it down on your calendar. ■

The 13th annual Holiday Boutique is on Friday and Saturday, Nov. 1 and 2 from 8 a.m. to 3 p.m. at 2936 N. Power Road in Mesa.



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EDUCATION

Prepare Students for College and Career Success

Submitted by Laurie Struna
Photo by Samantha Chow

Each child is unique, and there isn't a one-size-fits-all postsecondary path for every high school student. That's why Mesa Public Schools provides comprehensive education and resources for students and families.

Dr. Michael Garcia, director of opportunity and achievement, says the goal is to ensure students are life ready when they leave high school. "Life ready students demonstrate skill sets that include self-management, responsible decision making, and the relationship skills necessary to live happy, healthy and productive lives."

PREPARING STUDENTS FOR COLLEGE SUCCESS

Advancement Via Individual Determination, or AVID, helps teachers shift from delivering content to facilitating learning, resulting in an inquiry based, student-centric classroom. AVID's mission is to close the achievement gap by preparing all students for postsecondary education. Students set goals and work toward them, so they can attend and succeed in college.

"AVID is a different way of thinking," Dr. Garcia said. "It is a belief that our students can achieve at high levels if we push them and support them."

The district initiative, #cash4college, was created to improve district completion rates for the Free Application for Federal Student Aid, or FAFSA. Research shows FAFSA completion directly correlates with students going to college. According to Dr. Garcia, the district saw a 45 percent increase in student college applications in 2018-2019. The goal this school year is to increase the FAFSA completion rate to 55 percent.

DEVELOPING PASSIONS THAT TURN INTO CAREERS

Career and Technical Education, or CTE, sets students on pathways to workforce success. Mesa Public Schools CTE offers 24 cutting edge programs to prepare students for high skill, in-demand careers, including biotechnology and engineering.

According to Danny Fisher, director of career and technical education, national research shows that students who take CTE courses are more likely to graduate from high school, and continue their post-secondary education. "Last year, more than 16,700 Mesa Public Schools students enrolled in CTE programs," Danny said. "The graduation rate for our CTE concentrators is 97 percent."

While culinary, welding and automotive are the most popular choices, all programs are growing. Last year, two new programs were added, providing students the opportunity to preview what their future career might look like.

In collaboration with Mesa Community College, the district piloted iOS development curriculum at East Valley Academy and Mesa, Skyline, Superstition and Westwood high schools. The program also provides students the opportunity to earn dual enrollment credits. Skyline High School's home health aide program is flourishing because students enjoy the hands-on nature of the program.

No matter a student's future path, Mesa Public Schools provides the education, skills and resources to succeed.

Mesa Public Schools Promise: Every student in Mesa Public Schools is known by name, served by strength and need, and graduates ready for college, career and community. ■

To learn more about Mesa Public Schools, visit our website — mpsaz.org.



Students isolate DNA from plants during the summer fun CTE Biotechnology camp.

LOCAL BUSINESS

Chuck's Butcher Block Meats OPENS IN NORTHEAST MESA Offers 45 Years of Experience



By Jamie Killin

After 45 years as a butcher in grocery stores across the country, Chuck McClure opened Chuck's Butcher Block Meats in Mesa, offering top-quality meats, great customer service and extensive experience.

"I've spent my entire life in the meat department of the grocery business, and I had enough of the corporate world and just wanted to get out and do it on my own," said Chuck.


Customers can look forward to a wider range of products expertly cut by Chuck, who has spent more than four decades perfecting his craft, and who promises that he'll special order anything — from alligator to zebra.

"We're striving to offer the very best product available with great customer service and at a fair price. It's a true family run business trying to be the best we can be."

The shop carries USDA prime beef, natural chicken, locally made sausage and freshly made dog food, to name a few. Customers will also enjoy Chuck's Butcher Block sauces and marinades, as well as locally made rubs and sauces.

After working in Mesa for 12 years, Chuck knew he wanted to bring his expertise to this area, and he has received massive support since the grand opening last month. ■

Chuck's Butcher Block Meats is located at 6606 E. McKellips Road, Suite 104, in Mesa. To learn more, visit www.chucksfinemeats.com, or call (480) 590-5709.



Celebrating 120 years of high school excellence!

Since 1899, Mesa's high schools have graduated generations of successful community members and made our city what it is today. The district will be celebrating high school programming, arts, athletics and more throughout the school year.

Rivalry week:
Join us **Oct. 18** at 7 pm for \$1 admission at the following football games:

- Skyline High at Dobson High, 1501 W. Guadalupe Rd., Mesa
- Mesa High at Westwood High, 945 W. Rio Salado Pkwy, Mesa
- Mountain View High at Red Mountain High, 7301 E. Brown Rd., Mesa

Learn more and get involved at mpsaz.org/120.

LAS SENDAS GOLF CLUB

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THE VISTAS PAVILION AT LAS SENDAS SETS FUN AND FANTASTIC FALL EVENTS

October Wine Dinner will be on Friday, Oct. 25, at 6:30 p.m., upstairs in The Vistas Pavilion.
Winery: Louis LaTour (French Wines)
Event Details: Reception at 6:30 p.m., followed by dinner at 7 p.m. Cost is \$95 per person, plus tax and gratuity. Reservations are required.
Call (480) 396-4000, Ext. 222 for more information, or to make a reservation.



DAY OF THE DEAD CONCERT FEATURING ANDREW JOHNS

Come celebrate the day after Halloween with us at The Vistas Pavilion.
We are excited to have the legendary One Man Show entertainer, Andrew Johns. Get ready to have a fantastic Friday night of dancing, hors d'oeuvres, cash bars and more. Costumes encouraged, of course.
Andrew Johns is a clever, polished, and unbelievable entertainer whose impersonations are his trademark — a *One Man Show* making technology work for him. He demonstrates sheer talent on stage as he pulls off four-part harmonies from Queen, The Eagles, Steely Dan and Stevie Wonder. He also can generate the full powerhouse female vocals of divas like Pink, Adele, Norah and more.
His Elton John impersonation is acclaimed as one of the best in the world, and the demand for his show is increasing. His commitment to costume, minute detail, and nuance has been deemed extraordinary showmanship at its finest.
You won't want to miss this one-time show. Tickets/reservations required, and are \$45 per person, all inclusive. For more information, call Jess Miller at (480) 396-4000, Ext. 227, or email jessmiller@lassendas.com.

Event Details:
Date: Friday, Nov. 1
Time: 8 to 11 p.m.
Location: The Vistas Pavilion at Las Sendas
Tickets: \$45 per person



TURKEY TAKEOUT

It's that time of year again to place your order for Turkey Takeout Dinners, prepared by the gourmet chefs of The Vistas Pavilion at Las Sendas.
Take-home dinners include one 16- to 18-pound turkey, stuffing, mashed potatoes, gravy, yams, rolls, salad, cranberry relish and green beans. Dinners serve approximately 10 to 12 people. (The pumpkin pie we will leave up to you.)
Cost is \$175 plus tax. To reserve your turkey dinner now, call Jess Miller at (480) 396-4000, Ext. 227.

THE PATIO AND THE GRILLE ARE COOLER THAN EVER

Now that the summer is cooling down, The Patio will be in full swing with Happy Hour from 3 to 6 p.m. daily, and will feature live entertainment on Thursday, Friday and Saturday nights.
Enjoy the great sunsets of the cooler evenings in our shaded and misted patio, and try our delicious nightly specials, including Prime Rib Fridays. Also, check out the new fall menus for breakfast, lunch and dinner beginning Oct. 18.
Love sports, libations and camaraderie? Gather in The Grille bar to watch the Cardinals for Sunday football, and other sporting events on our large flat-screen TVs.
So, come join us at The Patio and The Grille for great views, live entertainment, and sporting events, all while enjoying our great food and beverages.

BOGO EXTENDED THROUGH OCTOBER AT THE GOLF SHOP

Looking to update your sports wardrobe? Then take advantage of the extended *Buy One, Get One Free* sale through the month of October at the Las Sendas Golf Shop. BOGO includes all men's and women's apparel, except outerwear, headwear or clearance items.
All remaining FootJoy and Skechers golf shoes are 20 percent off. The public is always welcome.
The Golf Shop is open daily from 9 a.m. to 3 p.m. during overseed. Go to www.lassendas.com to check for golf rates, or call the Golf Shop at (480) 396-4000, Ext. 1.

BUY ONE
GET ONE
FREE

BECOME A VOLUNTEER AND PLAY FREE GOLF

Las Sendas Golf Club is looking for volunteers to join our team. Positions for Player Assistant, Starter and Range Attendant are available for the upcoming busy golf season.
If you have some experience in any of the above positions, and want to play *free* golf, contact Nolan Skowronek at nskowronek@lassendas.com, or Rick Crowson at rcrowson@lassendas.com, for further information.

OVERSEED NOTICE THE GOLF COURSE WILL BE CLOSED FOR OVERSEED MONDAY, SEPT. 30 THROUGH FRIDAY, OCT. 18.

During overseed, The Golf Shop will remain open daily from 9 a.m. to 3 p.m., and The Patio and The Grille will be serving every day.



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Your Community Connection

By Tannis McBean

2020 Food Trends From Our Local Experts

Trends in food sourcing, preparation, taste, spice and presentation are exploding into 2020. Customized service, global fusions and an instagrammable ambiance are contributing to a new and deeper connection between emotions and food. Adding in the influence of technology, social media and interior restaurant design, foodies are actively seeking out multi-sensory dining and culinary experiences.


World wide cultural food trends from Italy and Spain with rosemary, basil and garlic are evolving. Olive oil, watermelon, dates and mint from the Eastern Mediterrean are coming to the forefront. Flavors from India incorporating cumin and corriander paired with exotic fruit chutneys are going mainstream.

Sour heat, fermented heat or heat from a specific peppers such as Ancho, Habanero and Serrano are refining levels of warmth on the palate. Harissa paste is becoming the new Siracha as a smoky spicy condiment to add to grilled meats, vegetables and soups.



The Millienials are a generation looking for flavors that are big and bold from Asia, Africa and the Americas. The purchase of electric food smokers using blended pellet wood flavors are on the rise. Pecan, Oak and Hickory continue to top the charts for fish, chicken and beef.

According to Josh Nylin, Executive Chef at Las Sendas Golf Club it is becoming more important for consumers to know where their food products come from - local, regional or international sources. Transparency in ingredients is paramount to sustainability, and is the biggest change driving the food industry. Al Cancellieri, Banquet Chef also from Las Sendas Golf Club predicts a continued increase in health consciouness in food preparation , gluten free foods, plant based diets and keto lifestyles.

The Culinary Team at Las Sendas Golf Club is working diligently on the creation of fall and winter menus using the finest fresh ingredients. If you enjoy wine pairings with amazing food our monthly Wine Dinners featuring the talents of both Josh and Al are a truly memorable dining experience. Be sure to ask about the Blueberry Bacon Sauce prepared by Josh!



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EDUCATION

TEACH CHILDREN A LOVE FOR READING

By Sami Majeed J.D., Chief of Schools, Self Development Academy

You know this feeling. You have felt it before. You may not have been aware of it when it was happening. In fact, as soon as you are, you lose it. But everyone has experienced this magic in their lives, and it is every writer's purpose to gift it to you.

I am talking of course about losing yourself in a story, loving reading so much that you lose yourself — reading so fluently that you are not even reading anymore. Your imagination has taken over. You are in a world created, and accessible, only by you and the author.

Jumping into a book and landing inside Hogwarts or Tolkien's Middle Earth, through the written word, is not a natural ability. Fluently sailing through pages like Odysseus, through Poseidon's waters, requires three basic elements: accuracy, proper speed, and meaningful expression.

Accuracy requires accurate automaticity. Automaticity is a word I threw in here to test your reading fluency. Only joking, but this word, with almost more syllables than letters, refers to the ability to recognize words automatically, without having to consciously decode (or process) them.

These skills are best developed progressively. First, children learn to read words alone, later putting words into meaningful phrases. Phrases become sentences and sentences become stories. Stories become memories.

Reading fluency also requires a proper reading speed — too slow and the text's meaning will be lost; too fast and its meaning will be skipped over. Please note that an adult's reading speed is usually settled by the time the individual is in sixth grade.



The last aspect of reading fluency is meaningful expression. Fluency relates inherently to reading comprehension. Reading is not a stimulus-response mechanism where input is the word and output is its meaning. Reading should be a sum greater than its parts. It should create worlds, emotions, triumphs and tribulations.

To able to read with meaningful expression, there are few proven strategies.

Modeling, by teachers, peers, and audio-assists, are all helpful ways to improve reading fluency. Modeling provides children with word recognition strategies and it demonstrates correct phrasing and prosody. For instance, one strategy called the neurological impress method asks a proficient reader to read at the rate of the struggling reader. Since the slower rate is a familiar speed, the brain can then learn new words and clarify difficult words.

Repeated reading is also an immensely effective strategy. A famous study from the 1970s demonstrated that when students read passages over and over, the reading rate improved as well as the comprehension rate. Often, increased reading rates lower comprehension, but when the passage was repeated, the two were directly correlated.

Reading fluently allows us to wander through the minds of authors, exploring the full range of human experience. We mature, we improve, we love and live. The only question left unanswered by reading fluency is: where do we go next?

Self Development Academy is now enrolling for the 2020-2021 school year. Self Development Academy Mesa has scheduled kindergarten information nights for parents on Oct. 3 and Nov. 7 at 6:15 p.m. Open enrollment begins Nov. 1 for the following year. You may submit your registration information at this time. ■

To find out more about Self Development Academy, please call (480) 641-2640, or visit our website: www.selfdevelopmentacademy.com.



EDUCATION

Greatness Comes Through Investment IN OUR PUBLIC SCHOOLS

Submitted by John Karadsheb, Designated Broker, KOR Properties

As longtime residents and business owners in Mesa, we are strong supporters of economic growth, thoughtful development, and community building.

We believe that higher paying jobs, community amenities, and well-developed commercial and residential projects will drive up housing demand and, in turn, support home values for the entire community.

While proximity to restaurants, businesses and freeways can influence the decision of a buyer to purchase a home, the proximity to good quality schools is one of the most important factors when purchasing a home.

In fact, there are many studies that demonstrate that there is a direct correlation between school quality and property values. In 2017, the *New York Times* reported that, "within suburban neighborhoods, a 5 percent improvement in test scores can raise prices by 2.5 percent." Another study by *Realtor.com* demonstrated that home values inside top-rated school districts were 49 percent higher than the national median home price.

School quality is also evaluated by corporations looking to move their businesses to our community. Our community's long-term success and competitiveness in the marketplace is directly tied to our ability to sustain quality schools and generate an educated workforce.

Greatness does not come without investment and, next month, Mesa voters will be asked to once again support our Mesa schools. Why does our school district need to request funding? Currently, each district's budget is set by a formula from the State of Arizona, and local districts can only go beyond that limited amount with permission from their voters.

Our Mesa public schools have had a budget override in



John and Natasha Karadsheb

place since 1995, with the voters most recently passing the override in 2014. In order to continue to receive funding, all districts, including the Mesa public schools, must return to the local voters for budget approval every five years.

Funding is necessary to retain and attract quality teachers, reduce class sizes, increase school security staffing, and work to prepare students for college and the workforce.

When you receive your ballot this month, please consider supporting the budget increase, and give our kids and community a fighting chance at success. A lack of support for this override will result in over 12 million dollars of district funding cuts per year — which will simply equate to a disaster for our kids and our community.

Thank you for your kind consideration of this important issue, and please don't hesitate to reach out to us with any questions. ■

John and Natascha Karadsheb are co-owners of KOR Properties. John has been a Multi-Million Dollar producing agent for more than 17 years, and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). Natascha is a graduate of Princeton University, and the Chairwoman of the City of Mesa Economic Development Advisory Board.

You can reach John at (602) 615-0843, and Natascha at (602) 909-4995, or visit their website at www.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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Self Development Academy

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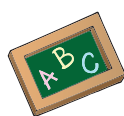
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FINANCES

How much life insurance do I need?

Submitted by
Matt Watson,
State Farm

From your income to your children's future education, here's what to consider when you buy life insurance.



- If your family is growing and you've purchased or upgraded your home, you may need to add additional coverage for some of your bigger assets.
- If you're going through a divorce, there are several factors to consider, especially if you have children.
- If you're nearing retirement, you may start thinking about what your spouse would need to live comfortably if they live longer than you.

GETTING THE RIGHT PROTECTION FOR YOUR LIFE

How much life insurance do I need? Is the life insurance I have through work enough? I bought life insurance a long time ago, do I need more now?

These are common questions people have about life insurance, and the answers are different for everyone. As an individual, you have your own unique needs and dreams for the future, and you have your own unique family situation.

Helen Lee, State Farm® agent in Buena Park, Calif., helps a lot of people with these kinds of questions, and she's here to offer some good insights into how to figure out your unique life insurance needs.

WHAT TO LOOK AT

Figuring out how much life insurance you might need starts with looking at what and who you want to protect, and that often depends on *what life stage you're in*.

- If you're newly married or a young parent, your income may be what you primarily need to protect. So, if something happened to you, you could leave enough behind to help your spouse or family replace the lost income for a certain amount of time.

IS MY CURRENT COVERAGE ENOUGH?

Many people who have life insurance through work assume that will be plenty for their family to live on. But as Helen puts it, "Many people don't do a needs analysis with their work coverage. They see the number and feel secure with it, but they've never sat down and looked at the numbers to see if they're even in the ballpark."

WHAT IF I CAN'T AFFORD IT?

So, what if you've done an analysis of your needs, only to find out the premium isn't something you're able to afford right now? Helen describes it as a balance, and an ever-evolving conversation. "When we calculate proper coverage, we balance their budget with their needs. Budget is very important, so we start with helping customers find a solution that makes the most sense for them based on what they feel they can afford, while still feeling secure in their protection."

LEARN MORE

For help figuring out your own life insurance needs, talk to your local State Farm agent today. ■

SPIRITUALITY

Celebrate Halloween WITH HOSANNA

By Pastor Paul Frank
Hosanna Lutheran Church

Have you ever wished you could be someone else, someone other than the person you are? Well, maybe you can't totally change your identity, but you can have a night of fun pretending to be someone else.

Halloween brings a night of fun and games at Hosanna. Your family is invited to join us on Oct. 31 from 5 to 7:30 p.m. for *Trunk or Treat* at Hosanna Lutheran Church and Little Palms Preschool, located at 9601 E. Brown Road.

We line the parking lot with cars, decorate trunks, and set up all kinds of inflatables and games. We give out hot dogs, nachos, popcorn and loads of candy as well!

We put on costumes and we just enjoy goofing around, pretending to be something or someone else for a while. You might find some super heroes, Santa Claus, or pretend pro athletes on favorite teams. Go Cubs Go!

You might see mermaids and minions, cowboys, and creatures from outer space. You'll find a lot of people having fun pretending to be someone else.

It's all just fun and games on that night, but there are some nights when you might wish that you really could be someone else, or at least be different than whatever you are now.

Maybe you want to find a greater sense of joy in your life. Maybe you want to find a greater purpose for your life. Maybe you want a new

sense of courage or strength, or you just need a new sense of guidance for the way you are living your life.

We at Hosanna Lutheran Church can help you with those things too. You see, we find a true, real McCoy, new identity when we discover who we really are in Christ.

The Bible speaks of the *Old Adam* within us — that sinful, broken nature within us that so often leaves us unfulfilled, misguided, and chasing after emptiness. And the Bible speaks of the *New Man or Woman* whom Christ makes of us.

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

This is the invitation we extend to you. ■

Please join us for *Trunk or Treat* on Oct. 31, and also join us on Sunday mornings too. Find more information at www.hosanna-lcms.com.



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LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

2019 marks the 60th anniversary of one of the most iconic and revolutionary dolls of all time, *Barbie*™.

Barbie was created by Ruth Handler, the co-founder of Mattel Inc., and a mom who saw her daughter's toy choices as limited. Ruth was inspired to create a doll that showed girls they had career choices — that they could be anything.

Barbie debuted at the New York Toy Fair on March 9, 1959 with a follow-up television commercial on the *Mickey Mouse Club* program. After the ad aired on the *Mickey Mouse Club*, 350,000 dolls sold in the first year! At that time, you could buy the doll, brand new in the box, for around \$3.

Fast forward to a short story I will share about Julie, a long-time collector of Barbie dolls and accessories. Julie's health was failing and she contacted me to provide estate advice as to what to do with her collection.



Jon Englund and Donna Luger

not fully understanding the value that might be there. Worse yet, she feared they would simply throw the collection in the trash.

She saw her collection as a legacy (cash value) she wanted to leave to her grandchildren. After our consultation, the net result was Julie realized more than \$65,000 for her treasured collection. In fact, she got well over \$3,000 for one of her early dolls!

The most expensive 1959 Barbie ever sold was at a 2006 auction in California for \$27,450. That one was reported as perfect and *never removed from box* (NRFB). A recent check of online auction sites turned up a #3 Barbie (early 1960s) NRFB, currently offered for sale for \$10,500.

If you find yourself in possession of a collection of vintage items, protect yourself by consulting someone with experience so you don't suffer loss, but rather enjoy a gain! Call me and *Know Before You Throw*. ■

Jon Englund has more than 32 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 17 years of experience in real estate. Jon, a Midwest transplant, 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 Jon direct at (480) 650-1422, or email Jon@KnowBeforeYouThrow.INFO.

She knew her children thought it was a bunch of junk and had no interest in it. She feared they would give the collection away or sell it at a garage sale,



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COMMUNITY

RED MOUNTAIN RANCH SOCIAL CLUB GARAGE SALE IS SET FOR NOVEMBER

Submitted by Red Mountain Ranch Social Club

The annual Red Mountain Ranch Social Club Garage Sale will take place on Friday and Saturday, Nov. 8 and 9, the second weekend in November.

Take time now, while you are thinking about the garage sale, to fill out the coupon listed at the bottom of this article. Please send the coupon, with a \$15 check to: Jay Williamson - Garage Sale Chairman 6508 E. Star Valley St. Mesa, AZ 85215

You do not want to miss this opportunity to sell items for hard cash that you no longer use and are taking space in your garage or closet. It is also a time to visit and get to know your neighbors.

You must live in Red Mountain Ranch to sell items at this garage sale.

This year, we will have maps of Red Mountain Ranch included in a plastic bag attached to the sandwich boards at the entrances and major intersections of our community. Feel free to take one. Hopefully, this will help buyers to find your home and sale. In the past, many buyers have had a problem finding sellers, or navigating the streets of our community.

Our community garage sale is one of the largest in the Phoenix area. We had 182 homes selling items in 2013, which was an all-time record. We hope to have more sellers this year. This means that you will have lots of customers buying your items.

Our garage sale brings thousands of customers to Red Mountain Ranch. The roads in our community were filled with buyer's cars and trucks last year. Buyers love the bargains they find.

- We do all the work providing buyers for your items for sale.
- Your \$15 fee pays for the following:
1. Banners at the three entrances to Red Mountain Ranch.
 2. Sandwich boards with maps of Red Mountain Ranch on the main roads in our community.
 3. An information packet including instructions as to *How to do a Garage Sale*, as well as signs and stakes.
 4. A liability insurance policy during the two-day sale to protect you and your buyers.
 5. Newspaper and email advertising.
 6. An email address, jaynwilliamson57@gmail.com, to answer your questions.
 7. A phone number to call: (818) 515-9398.

Our HOA has approved and reserved Nov. 8 and 9 for our garage sale. These dates are reserved for our sale only. Please do not have a sale without paying the \$15 during our sale weekend. The garage sale will start for you on Friday and Saturday morning when you place your items for sale on your driveway or garage. Sellers start touring our neighborhoods at sunrise.

You can pick up your Garage Sale Information Packet at 6427 E. Raftriver St. (on the southeast corner of Raftriver Street and Redmont Drive) between 5 and 7 p.m., on Wednesday and Thursday, Nov. 6 and 7. This is the same location as last year.

If you would like to have your address included in the Garage Sale Information Packet, please mail your coupon and fee before our packet publishing deadline of Friday, Nov. 1. You can also pay when you pick up your packet if you were unable to send in your \$15 check on time.

The Red Mountain Ranch Social Club sponsors the garage sale. Our Social Club is not a part of, and is independent of, the Country Club and the HOA. We meet the second Thursday of each month, except in December and June, July and August. We also have many social events, such as the spring and fall cocktail parties, as well as trips to see plays, etc. You are invited to attend our meetings as our guest. You do not have to be a member to attend.

Please fill out and send the coupon to the address listed below. ■

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Real Estate In Las Sendas

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Sales for the Month of August 2019

KOR PROPERTIES

MLS

John Karadsheh

Address	Square Feet	Community	Sold Price
7236 E. Norwood St.	1,131	Windsong	\$255,900
2946 N. 72nd St.	1,700	Desert Creek	\$275,000
2626 N. Athena	1,372	Windsong	\$295,000
2936 N. Augustine	1,769	Desert Creek	\$303,990
2931 N. Augustine	2,049	Desert Creek	\$309,990
7249 E. Nance St.	1,567	Trailridge	\$347,000
3055 N. Red Mountain, #127	2,150	Ironwood Pass	\$358,000
7415 E. Nora St.	2,356	Grayfox	\$359,000
3350 N. Brighton	2,451	Ironwood Pass	\$381,500
7128 E. Quartz St.	2,105	Desert Vistas	\$383,000
7313 E. Mallory Cir.	2,512	Grayfox	\$385,000
7157 E. Nathan St.	2,835	Trailridge	\$408,000
7159 E. Quince St.	2,732	Desert Vistas	\$412,000
3426 N. Sonoran Hills	2,475	Stoneledge	\$420,000
7552 E. Pearl Cir.	2,226	Desert Vistas	\$431,000
3430 N. Mountain Ridge, #3	2,827	Sonoran Heights	\$465,000
3430 N. Mountain Ridge, #22	2,827	Sonoran Heights	\$465,000
7504 E. Torrey Point Cir.	3,330	Pinnacle Point	\$475,000
3658 N. Barron	3,426	Highlands	\$479,000
3430 N. Mountain Ridge, #37	3,232	Sonoran Heights	\$535,000
6940 E. Trailridge Cir.	3,330	Sonoran Heights	\$555,000
7130 E. Saddleback St., #55	2,910	Golf Colony	\$580,000
3825 N. Desert Oasis Cir.	4,515	Canyon Creek	\$589,000
4005 N. Highview Cir.	2,798	Stonecliff	\$620,000
7649 E. Summit Trail St.	3,873	Hidden Canyon	\$850,000
3603 N. Boulder Canyon St.	4,626	Mountain Village	\$940,000
3502 N. Shadow Trail	5,874	Granite Mountain	\$1,475,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com

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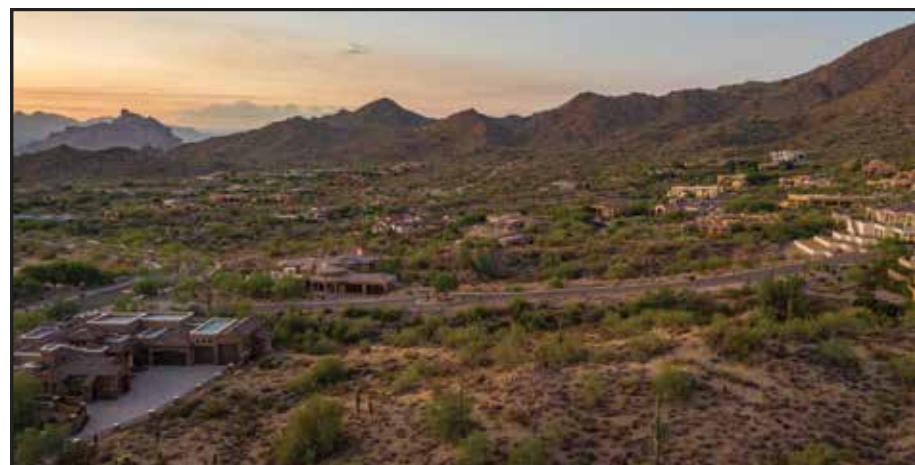
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Wild Old West Dinner Show and Gunfight RETURNS FOR ANOTHER SEASON

Submitted by Pioneer Pepper

Saddle up and ride back into the nostalgic era of the singing cowboys. The Wild Old West is coming back to life in two locations this season!

The Wild Old West Stage Show, Gourmet Buffet, and Gunfight will be in Gold Canyon and the Wild Old West Dinner and Show is returning to Farnsworth Hall for another season in Mesa.

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

An exciting addition this season is the Wild West antics of the gunslingin' DesperateOddToes at the Gold Canyon shows.

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

The Sunset Pioneers have entertained in Austria, England, Canada, and across the United States. They performed for the *Little House On The Prairie* TV show reunion, the Western Film Festival, the National Festival of the West, and in Hollywood, at the legendary House of

Blues on Sunset Boulevard.

They have filmed with the BBC-TV for the TV series *Only In America* and with the *Midwest Country* TV Show on RFD-TV Network. Pioneer Pepper and The Sunset Pioneers have been named Fender Artists, and are the official town balladeers of Gilbert, Ariz. They also have been hailed *Top Personalities of the Year* by the *Arizona Republic* newspaper and featured on ESPN *Monday Night Football*.

Their album, *Wagon Load Of Western Songs*, was nominated Album of the Year by the Academy of Western Artists for the Will Rogers Award, and three of their album covers were painted by artist Jack Sorenson, the No. 1 western-selling artist in America.

A spectacular evening of Wild West music, food and fun awaits. Don't miss these shows!

GOLD CANYON — DINNER SHOW AND GUNFIGHT
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MESA — DINNER AND SHOW
Farnsworth Hall — 6159 E. University Drive, Mesa, AZ, 85218
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Sundays — Dec. 8, Jan. 5, Feb. 9, March 8.
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HEALTH

IS GOLF YOUR GAME?

Avoid Back Pain with these Tips

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

Back pain is a pretty common complaint for golfers. If you golf but haven't experienced back trouble personally, you probably know a fellow golfer who has.

After all, when you swing a golf club, it's an explosive movement that forces your spine to rotate at a tilt. Then you repeat that motion again and again, hole after hole, round after round.



The good news? There are things you can do to both avoid and address back pain as a golfer.

Back pain in golfers can typically be attributed to trouble with your swing, or trouble with the way your body moves. These could be caused by *swing faults* or *body faults*.

Common swing faults would be either a sway away from the desired target, a slide of the hips down the target line, or something called early extension, where the belt buckle moves toward the golf ball, instead of turning and rotating down the target line.

Examples of body faults might be when the thoracic spine (which runs from the base of the neck to the abdomen) doesn't rotate properly, or a lack of hip mobility, or improper hip rotation.

The most common location of the pain is in the lumbar spine, what most of us call the lower back.

Here are some recommendations for keeping your back, and full body, in top golf shape.

First, get a team. This could include fitness coaching, swing coaching, or possibly seeing a doctor of physical therapy, as these professionals are trained extensively to be human movement experts.

Second, train off the range. This can include any aerobic conditioning and strengthening activities. The average game of golf can last between three to five hours and involve walking up to eight miles (less with carts!).

Third, have the correct equipment. Make sure your equipment fits your body, as there is no such thing as *one size fits all*.

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Think of your physical therapist as another movement specialist on your team. When working with new patients, the physical therapist will assess where breakdowns are occurring in the body and help develop greater flexibility, mobility and stability, using a variety of therapies. Also, functional training, that are person-specific, should be included, all aimed at helping achieve desired goals. ■

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FINANCES

WHAT HAPPENS TO YOUR 401(K) When You Leave Your Job

Submitted by Brent D. Hoskinson and Linda Drake

It's quite possible you will change jobs at some point. When you do, what will happen to your 401(k)?


You could simply cash it out, but if you're younger than 59 1/2, you'll owe taxes, and probably a 10 percent penalty, too. And just as important, you'll be depleting money that should go to your retirement.

You might be able to keep your 401(k) with your old employer, or move the money to your new employer's plan. In either case, you won't face an immediate tax hit, so your decision may depend on what sort of investment options are in your old and new plans.

Finally, you could move your 401(k) funds into an IRA. Your money can continue to grow tax-deferred, and you'll have a wide array of investment choices.

You'll want to review all your choices and consult with your tax professional before making any decisions. Do whatever you can to preserve, and hopefully grow, your 401(k) assets. You'll need these resources to help fund the retirement lifestyle you want — and deserve. ■

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



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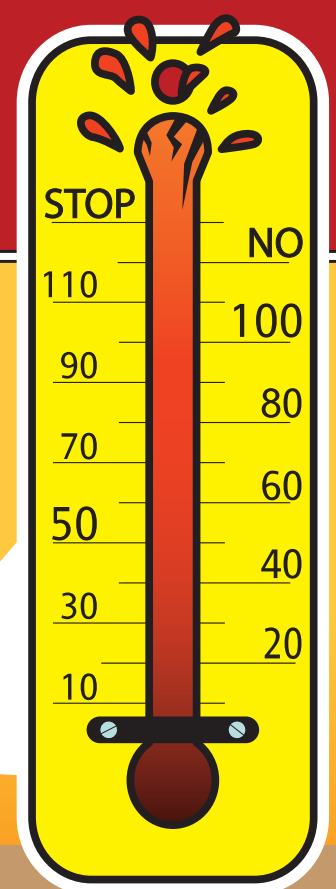
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Over 50 Up Close

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October 2019

HEALTH

Over 50

Understand the Medicare Enrollment Periods with Meeting Review

Submitted by
Tapestry Insurance

There are several Medicare Enrollment Periods. For those about to enroll in Medicare, or those already enrolled, now is a good time to review.



Lynne Jones

Initial Enrollment Period is for those newly eligible for Medicare because you turn 65, or those who have a disability and are under 65. For those turning 65, you have a seven-month period (three months before 65, the month you turn 65 and three months after) in which to enroll in Medicare, and choose either a Supplement plan and a Drug plan, or enroll in an Advantage plan that includes prescription coverage.

The **Special Enrollment Period** happens when you have certain events in your life, such as moving out of state, losing employee coverage or other credible coverage, or you are diagnosed with certain illnesses.

The main enrollment period is called **Medicare Annual Enrollment Period** and it is every year from Oct. 15 through Dec. 7. This is the time where you can

pick a new Advantage plan, change from a Medicare Supplement to an Advantage plan, or change your drug coverage (Part D plan). It is important to understand that you have many options, and during the Annual Enrollment Period, you are able to look at your options and make changes that could benefit you.

As an Independent Medicare Agent, I attend trainings and plan information meetings in order to offer people the best possible choice. I believe, wholeheartedly, that everyone should have knowledge about what is available in order to make informed decisions about their healthcare.

This year, I will be hosting two informal meetings at the Red Mountain Ranch Country Clubhouse. Please join me on **Monday, Oct. 28** from 9 to 11 a.m., or **Wednesday, Nov. 20** from 9 to 11 a.m.

I can check your prescription drug coverage as well as share information about new plans available for 2020. Enjoy coffee and hot cocoa in an informal setting. If you are turning 65 next year, this would also be a great time to get acquainted with Medicare. Of course, you are always welcome to call and make an in-home appointment. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246.

LOCAL BUSINESS

Over 50

T & Joe's Expands Offerings with Aesthetic Services for Men

By Jamie Killin

After just over a year in business, T & Joe's Barber Shop's popularity is growing, and the shop is expanding with a larger team of barbers, new discounts and expanded services.

Owner Teodora Gale, who opened the barber shop with her eldest son Joe, and has been a licensed hair stylist in the United States for nearly 15 years, is now adding aesthetic services to her repertoire. Men can now enjoy facials, microdermabrasion, and waxing of the eyebrows, nose and ears at T & Joe's Barber Shop.

The services will be conducted in a newly-renovated room with relaxing lighting, speakers for soothing sound, and aromatherapy. All aesthetic services will be by appointment with Teodora, with most appointments available in the evening.

For haircuts, customers can look forward to the same great quality service and styles. The shop, which began with just Teodora and Joe, has expanded to a team of five barbers, who use their experience to provide guests with a perfect haircut and great experience.

"Our barbers are excellent and work carefully. They ensure everything is perfect before our customers leave the chair," said Teodora. "They are amazing at providing

great customer service and attention to detail on the haircut."

During their cut, customers can look forward to a comfortable and relaxing old-fashioned barber experience complete with bottled water to drink, hot towels, and a shoulder and scalp massage.

Additionally, Teodora is showing her support for first responders and veterans with a lineup of new discounts.

Military members and first responders will receive \$4 off their service and veterans will receive \$3 off any time during business hours.

Teodora noticed how often first responders needed to have their hair cut to maintain a clean-cut look and wanted to show her support with the promotion.

"We support the police and first responders," said Teodora. "We are proud of them and they are welcome any time."

Seniors will also now receive discounts. They can look forward to \$3 off on Tuesdays, Wednesdays and Thursdays from 7:30 to 11 a.m.

Discounts are only available for walk-in guests. ■

T & Joe's Barbershop is located at 1118 N. Recker Road, Suite 104, in Mesa. To learn more, or schedule an appointment, call (480) 830-0690.

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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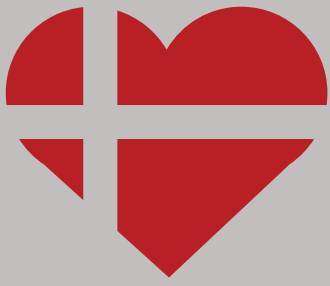
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It is with profound enthusiasm, that we at Southwest Cardiovascular Associates and Aloha Cardiology announce another phenomenal addition to our team of highly specialized and proficient physicians, after having our practices join forces earlier this year 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. We are extremely excited to now have **Dr. Nachiket Patel, Interventional Cardiologist**, join our rapidly growing, multi-specialty medical and cardiovascular practice. Dr. Patel hails from here in Phoenix over the past few years after completing his Interventional Cardiology fellowship in 2018 and being exposed to, and trained in, the newest techniques and technology in the cardiovascular sciences and cardiac catheterization procedure suites. We are very pleased to have him on board with us.

We also are extremely excited to now have **Dr. Carl Ferguson, Family Medicine physician**, join our rapidly growing, multi-specialty medical and cardiovascular practice. Dr. Ferguson's practice has flourished here in Mesa over many years, providing excellent primary care medical services to the community here in the Mesa, Gilbert, and East Valley regions. He and his excellent staff have been respected and valued colleagues of ours for many years as well. We are very pleased to have him on board with us.

Our expanding physician base and practice will now deliver coordinated and innovative healthcare to approximately 738,000 patient lives, collectively. Our healthcare dynamic is rapidly changing. We are bonding together the collective passionate service both medical practices have provided this vast community for over 20+ years. We now not only create unanimity in our shared community, but also continue to form a sizable practice workforce of talented and experienced cardiovascular and interventional specialists, and allied healthcare partners, who are devoted to serving the needs of our emerging and growth-oriented, state-of-the-art healthcare practices, which set us apart from other such medical practices.

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Our combined practices proudly total in over 50,000 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". We hope you get a chance to meet Dr. Patel, and Dr. Ferguson or any of our compassionate physicians, very soon.

Respectfully yours,

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



Charles M.T. Jost, MD.



Michael D. Barry, DO.



Nachiket Patel, MD.



Kirk D. Minkus, MD.



Carl Ferguson, DO



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Red Mountain Ranch Social Club Enjoyed Summer Fun and Releases Fall Season Activities

Submitted by Robin Hagenstad, Red Mountain Ranch Social Club Secretary

While many things in Arizona slow down during the hot summer months, the members of the Red Mountain Ranch Social Club (RMRSC) continued to enjoy events and activities, and contributed to the good of our community.

The social club members enjoyed dining out as a group during June, July and August. The group had breakfast together once a month, breaking bread at Nana Dee's, Cracker Barrel and Sassy's Cafe/Bakery. The social club members also savored dinners together, and each other's company, once per month at Alessia's, Pacino's, and Bobby Q's.

Additionally, members spent some exciting evenings at the monthly game night, playing bunco and bingo at the Red Mountain Ranch Country Club. The games were held after a delicious dinner prepared by the excellent new chef at the Player's Grill.

The book club continued to meet monthly, and shared their learnings and thoughts regarding the novels they read over the summer, which included:

- May: Delia Owens, *Where the Crawdads Sing*
- June: Martha Hall Kelly, *Lilac Girls*
- July: Min Jin Lee, *Pachinko*
- August: Barbara Kingsolver, *Unsheltered*
- September: Tara Westover, *Educated: A Memoir*

The current book club is at capacity, and two of the social club members are starting a second book club this fall.

The RMRSC members also contributed to our community by volunteering their time, and by donating needed supplies. Students at the Red Mountain Ranch Elementary School found a new Book Exchange Box on



their campus when they returned for the first day of the new school year, thanks to RMRSC member, Ewin Trapp. The RMRSC members also held a book drive and donated a total of 350 age-appropriate books to assure the Book Exchange Box was well-stocked.

As well, in support of the Mesa Hydration Campaign, the RMRSC members donated money and cases of water to be made available to the homeless and other people in our community who needed the water. The social club members donated a total of 50 cases of water to this important project coordinated by the City of Mesa.

BIKERS AGAINST CHILD ABUSE PRESENTATION

The first regularly scheduled fall meeting resumed on Sept. 12 with a presentation from Bikers Against Child Abuse (BACA).

The presenters, Nytro and Wolverine, explained that BACA exists with the intent to create a safer environment for abused children. The goal of their interactions with a child, who has been the victim of abuse, is to empower the child to not feel afraid of the world in which they live.

You can learn more about this organization by going to their website www.bacaworld.org.

FALL EVENTS

Members of RMRSC will be participating in even more events and outings during the fall season.

The Social Club has scheduled a guided tour of the Commemorative Air Force Museum on Thursday, Sept. 19.

The museum is located at 2017 N. Greenfield Road, Mesa. The museum is one of the area's top-rated attractions.

The RMRSC members will also celebrate together at the fall cocktail party being held on Oct. 24 at the Red Mountain Ranch Country Club. The party will have a theme of *Big Band Era*.

Regular monthly meetings of RMRSC are scheduled on the second Thursday of the month, and always include a guest lecturer. The scheduled speaker for the October meeting, to be held on Oct. 10, is a Holocaust survivor. The November meeting, to be held on Nov. 14, is an educational program that will focus on honoring and celebrating our veterans.

If you would like to join this fun, caring, compassionate group, simply complete a membership form, which is available on our website www.rmrrsc.com. You do not need to live in Red Mountain Ranch to join the social club. The dues are only \$12 per year. You are also welcome to attend a meeting as a guest.

The meetings are held the second Thursday of the month at 9:30 a.m. at the Red Mountain Ranch Country Club conference room, 6425 E. Teton Circle, Mesa. ■

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.

If our mission aligns with your personal mission, you may obtain further information regarding the Red Mountain Ranch Social Club by going to our website www.rmrrsc.com.



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LOCAL BUSINESS

Zippy Zebra Plumbing of Mesa PROVIDES QUALITY SERVICES

By Jamie Killin

Most homeowners think little about plumbing until there is a problem — and that’s when top-quality service and fast repairs matter the most. Plumbing should be maintained just like a vehicle.

Mesa-based Zippy Zebra Plumbing has three decades of experience in plumbing in the Valley. “We not only know service, we have a background in (plumbing) construction,” said Administrator Colleen Campos, regarding her and husband Brett Campos’ independently owned and operated business.

Zippy Zebra Plumbing specializes in all types of plumbing repairs and installs, and also focuses on water softeners, water filtration, and water heaters/tankless water heaters. They encourage all homeowners to invest in a water softener to protect the life of the home’s fixtures and appliances and prolong the life of the pipes due to the Valley’s extremely hard water. “We find great value in water softeners in Arizona because it actually extends the life of one’s home,” said Colleen. “It really impacts the entire house.”

To ensure quality results, the company aligns itself with stellar manufacturers and uses superior products. For example, Zippy Zebra Plumbing’s water conditioning manufacturer works with ASU research center and surrounding cities to develop more efficient and more effective equipment.

While many homeowners are able to make minor plumbing repairs on their own, Colleen warns against

short-term fixes that can lead to long-term damages like using push-fit or stab-in plumbing fittings like Sharkbites to join pex lines, copper or polybutylene. “Brett has stated that we often find they have been installed incorrectly, which creates leaks,” said Colleen.

In addition to the top-quality products utilized by Zippy Zebra Plumbing, the company distinguishes itself by providing excellent service, fair pricing and accurate estimates, thus resulting in a loyal customer service base. Additionally, each technician has more than 20 years of experience with comprehensive expertise, which results in a total and professional level of service.

To avoid inaccurate quotes over the phone, Zippy Zebra Plumbing schedules an appointment to examine the problem, shares an overview of the work and cost involved, then has the customer sign off on the estimate prior to providing the service. This provides the customer with an accurate price so he/she will be aware of the costs and what services to expect.

“We’re not about upselling or joining a club,” said Colleen. “We’re about replacing only the necessities, being fair and forthright.”

Zippy Zebra Plumbing is a licensed, bonded and insured plumber, protecting one’s home and ensuring a quality repair at a reasonable price. ■

For more information on Zippy Zebra Plumbing, or to schedule a consultation, visit www.zippyzebraplumbing.com, or call (480) 820-6595.

COMMUNITY

FatCats Plans Opening IN NOVEMBER

By Councilmember David Luna, Mesa District 5

FatCats LLC will soon be opening their newest facility in District 5. Complementing an area that already hosts Sprouts and In-N-Out Burger, FatCats will provide much needed amenities for Northeast Mesa. I had the opportunity to ask FatCats LLC specific questions in anticipation of their grand opening.



David Luna

win prizes! FatCats also includes a space-themed, glow-in-the-dark mini golf area, as well as three bays of virtual reality, where you can escape to a different reality.

What can we expect for dining?

We really pride ourselves at FatCats on having high quality food that all guests will love. At FatCats Grill, you will be able to get handmade pizzas, gourmet burgers, sliders, salads, sandwiches and so much more.

The best thing about the FatCats Grill is that all the food can be ordered and delivered right to your theater seat.

When will FatCats Mesa open?

Our new location is set to open in November 2019, just in time for the big holiday movie season. Come see *Frozen II* and *Star Wars* at FatCats Mesa.

We will have more information on a grand opening date in the coming weeks. But until then, make sure to follow FatCats on social media and learn more by visiting our website www.fatcatsfun.com.

Thank you. I can’t wait to take my grandchildren. ■

I hope that you found this information helpful. As always, if I can be of service to you, or if 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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Prime Rib of Beef: au jus, creamy horseradish, mashed potatoes, asparagus

Seared Sea Bass: tomatoes, spinach, white beans, meyer lemon oil

Kids 12 & Under Turkey Dinner: mashed potatoes, turkey gravy, green beans, cranberry chutney

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