

Las Sendas Up Close

Bringing neighbors closer to their community

February 2020

What's Hot in Hair Trends for 2020?

Submitted by LUV Salon
Courtesy of Tess Rafols, 3TV/CBS5

LUV stands for *Love Ur Vibe*, and the new bright, airy salon, located on Recker Road, just south of Loop 202 in Mesa, certainly gives off a vibe of serenity and peace — a place you can feel comfortable and find a style that makes you feel great, inside and out.

Dana Barbeta is a third-generation stylist, and the founder and owner of LUV Salon. Dana wanted a clean, sleek design. Just walking into the salon provides a Zen-like experience right off the bat. The salon was designed with feng shui to create a pleasant setting for stylists and clients alike.

The salon also has some amazing fresh elements. The centerpiece of the salon is a giant *living wall* featuring 1,200 live plants.

But it is not just about the amazing salon design. What is really impressive about Dana and her team is that they travel to hair shows around the country to get ideas, and bring back the latest trends to customers. And it's paying off. Guests rave about the high level of service and personal care that stylists deliver to every customer.

Tess Rafols, from 3TV/CBS5, recently visited LUV Salon and talked to Dana about what's new in hair trends for 2020. Dana was eager to share her knowledge of her trade and the latest trends.

HIGHLIGHTS AROUND THE FACE

If you're nervous about a drastic color change, Dana suggests taking baby steps. One way to do that is to put some highlights right around your face, which brings the focus to your facial features. "For right now, we're keeping it darker in the base and blond pieces around the front," she says.

GINGER

Ginger is one of the hottest new hues for the coming season. "You're starting to see the warm tones come back," Dana tells us. "Having ginger throughout the hair, with the strawberry and blond, is just gorgeous."



Tess Rafols and owner, Dana Barbeta



Dana Barbeta (center) with her parents, Sandy and Cosmo

A POP OF COLOR

Feeling bold? Try a hint of blue, pink or plum on the very ends of your hair, with *dip-dyed ends*. "It's a fun new way to add a pop of color without completely changing your whole head," Dana tells us.

Another hot new color trend is *opal blonde* with iridescent hues. You can visit the salon's extension wall to check out all the hair colors and maybe try something new by adding color or even popping in a few extensions. "We offer complimentary consultations," Dana says. "You can just come in and see what we can do for you!"

RETRO CUTS

Everything old is new again when it comes to your hair. Remember the *Rachel* cut made popular by Jennifer Aniston on *Friends*? Retro styles are all the rage.

BOBS

"Bobs are huge this season," Dana tells us. They include a super-short bob, and bobs for longer hair. Picture a re-imagined '60s blow-out look. "It's a longer bob and just about anyone can pull it off."

BANGS

Bangs are back! And they look great on a face of any shape.

SHAG CUTS

Shag cuts are great for showing off layers and colors. "What we're doing is keeping the strong perimeter, but keeping a lot of layers, and a lot of movement," she says. "Just fun and easy to wear."

Dana has overcome both personal and professional obstacles on her journey to make her LUV Salon a reality. And the vision to create beautiful hair runs in her family. She worked for years at her parents' salon, Cosmos, in Mesa before opening her own business in Gilbert. Now, she's brought her top-notch team to Mesa again, opening LUV Salon with strong support from her family and friends.

Dana has been leading the beauty industry for the past 20 years. Her dedication to constant self-improvement is demonstrated through education and advanced training with Intercoiffure USA, Vidal Sassoon, and many hair extension certifications, including Hairdreams, Babes, SKW, Aqua and Great Length. She uses a variety of hair extension methods, such as beaded rows sew-in, hand-tied, tape-ins, as well as fashion and clip-ins.

Dana has been published in over 100 magazines, including *Vogue*, *Elle*, *Allure Magazine* and *Hairstyle Make-Overs*. She has been seen forecasting hair fashion trends on local news channels, including Arizona Family 3-TV, CBS-5 and KPNX-12. ■

LUV Salon is located at 3204 N. Recker Road, Suite 106, in Mesa. To learn more, or to schedule an appointment, call (480) 590-5034, or visit www.luvsalonandspa.com.

Laser Technology Provides Clients with a More Beautiful 2020

By Jamie Killin

With the beginning of a new year comes new opportunities to look and feel our best, and La Peau Dermatology's new laser technology is making cosmetic improvements more accessible than ever before.

The laser is able to replicate the effects of surgical facelifts, correct eyelid sagging, reduce acne scarring, lighten stretch marks and much more, in just a few treatments. No needles are involved, and there is no pain or downtime.

One of the laser's most popular uses is the 4D facelift, which diminishes saggy skin and deep wrinkles without surgery. As a result, the scarring and recovery that accompany a traditional facelift are eliminated.

"There's a lot of tightening, as well, when we do the 4D facelift with toning and even fat melting," said owner and dermatologist Dr. Zaina Rashid.

The treatment is done through the mouth, which is an innovative new way to treat wrinkles. This approach promotes collagen through both sides of the skin.

Not only is the laser less invasive and equally effective after a series of treatments, it's more affordable than surgical options, too.

In addition to its cosmetic purposes, which also include fat reduction and lip plumping, the laser treatments also have a variety of other uses, such as feminine rejuvenation to enhance intimacy, wart and fungi removal and even snoring reduction.

The laser's various uses can benefit nearly anyone, from someone who recently lost weight and is looking to tighten loose skin, to someone wanting to fade acne scars, to anyone wanting to treat fungal infections without potentially harmful medications.

La Peau Dermatology also offers a variety of other services to help patients make 2020 their most confident and beautiful year yet. Those services include specialized facials and Botox to eliminate wrinkles. ■

For more information on the new laser treatments and all of La Peau Dermatology's offerings, call (480) 396-2300.



In This Issue

Helpful Tax Information	3	Youth Talent Contest	15
Gifted Children	4	Constitutional Competition	17
Las Sendas Golf Club	6	Hormone Replacement Therapy	18
Community Night Out	8	Early Signs of Pneumonia	20
Mesa Economic Development	12	Service Directory	23

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Published by

Phillips West
Publishing | Design | Writing | Photography

Mesa, AZ 85215

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LOCAL BUSINESS

TAX TIME IS UPON US

Submitted by Paul Toepel
Toepel Company P.C.

2020 will be our 33rd year serving Arizona. Congress has been busy the last few years changing the tax law. In fact, these last two years have seen more changes than in the last three decades!

As you work toward your tax filings this year, here is some information that may be helpful.

Lower tax rates: The 2019 tax rates range from 10 percent to 37 percent. The thresholds where these rates apply has also changed.

Increased standard deduction: The standard deduction amounts have almost doubled since 2017. For 2019, married couples filing joint, the new standard deduction is \$24,400. Fewer people will be itemizing.

Child tax credit: This credit is now \$2,000 per child. Also, \$1,400 of it is refundable. This means if you have no tax liability, you can get a refund, even if the credit is more than what you owe. This credit has income limitations.

Personal and dependent exemptions: Exemptions are now eliminated. But remember, the standard deductions have almost doubled.

Health care: The tax penalty for not having health insurance is now gone. The floor of which medical expenses in excess of 7.5 percent of adjusted gross income can be deductible has been extended through 2019 by the very recently signed Tax Extender Bill. Previously, the floor was 10 percent.

Credit for nonbusiness energy property: The credit has been extended through 2019. The credit is 10 percent of the amount paid or incurred by the taxpayer for qualified energy improvements (windows, doors, skylights, and roofs) of principal residence. The credits range from \$50 to \$300 for energy-efficient property, including furnaces, boilers, heat pumps and others. It has a lifetime cap of \$500.



Mortgage insurance premiums treated as qualified residence interest: Those premiums are an additional cost you pay each month if your original down payment was less than 20 percent of the sales price. You can treat qualified mortgage insurance premiums as interest for the purposes of the mortgage interest deduction through 2019.

Above-the-line deduction for qualified tuition and related expenses: Through 2019, there is an above-the-line deduction (so you don't have to itemize to get it) up to \$4,000 for qualified tuition and related expenses for higher education. This deduction has income limitations.

And finally, things to remember when it comes to the IRS: The IRS does not:
• Call and demand immediate payment and tell you to use a specific payment method, such as a prepaid debt card, gift card or wire transfer.
• Demand you pay taxes without the opportunity to question the amount they say you owe and advising you of your rights as a taxpayer.
• Threaten to have you arrested. ■

Paul Toepel is a CPA who has lived in Las Sendas for more than 18 years. His firm, Toepel Company P.C., is a full-service, Mesa based CPA firm offering a variety of services for more than 30 years. These services include tax preparation and representation, accounting, fraud prevention, and QuickBooks set up and support. Their mission is, "To provide exceptional service, knowledge and experience, all while making you and your business successful."

For more information, call (480) 833-8300, or visit the website at www.toepelcompany.com. The office is located at 2500 S. Power Road, Suite 129, in Mesa.



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VALENTINE'S DINNER MENU

February 14, 2020

FIRST COURSES

Strawberry Salad | gorgonzola, strawberries, pecans, raspberry vinaigrette

Caesar salad | hearts of romaine, croutons, tangy caesar dressing

Mozzarella Caprese | fresh mozzarella, tomatoes, basil, EVOO drizzle

Rustico Salad | lettuce, tomatoes, olives, shaved onion, mozzarella, herb dressing

Grilled Lamb chops | with demi sauce, asparagus and garlic roasted potatoes

Three Meat Lasagna | veal, pork and beef

Pork Osso Buco | Served on top of mashed potatoes

Eggplant Involtni | eggplant stuffed with ricotta, topped with a light tomato sauce & served with butternut squash ravioli

Chicken Marsala | chicken, mushrooms, fettuccine pasta in marinara sauce

MAIN COURSES

Shrimp & Scallops | In a spicy tomato sauce over linguine

Chicken Milanese | lightly breaded, topped with fresh arugula, tomatoes and cucumbers

Grab Ravioli | In a saffron brandy shallot cream sauce and served with two grilled shrimp

Salmon Genovese | artichokes, lemons, capers, white wine sauce, broccoli and roasted potatoes

DESSERTS

Chocolate Temptation | chocolate and hazelnut cream with hazelnut crunch, finished with a chocolate glaze

Salted Caramel Gelato

Tiramisu

Raspberry Swirl Cheesecake

Cannoli

EDUCATION

Your Gifted Child Needs More Than You Think

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

This is a story about two dear children that attended an elementary school: one, with average intelligence, and the other, gifted. One was a perfect student, got good grades, paid attention in class, did not misbehave and the other — was gifted. Surprised? Well, if you are raising a gifted child this is a story far too familiar.

Giftedness is a person with an ability, which can express itself specifically or generally, that is significantly above the norm for the person's age. This is the academic description. However, this definition may not be helpful for parents of gifted children.

People assume that gifted children are well behaved, eager overachievers, and mature not only intellectually but also emotionally (see above story). The assumption could not be further from the truth. Why? Because gifted children are not just extremely brilliant — they are also extremely emotionally reactive. Temper tantrums, fights in school, and depression are all common traits of gifted children.

Gifted children can be perfectionists. Perfectionism is a quirk that everyone tells their potential employer they have during interviews. In reality, perfectionism creates unrelenting and impossible standards that, if not met, mean devastation to the perfectionist. The gifted and perfectionist child becomes hypercritical of themselves. Over time, the gifted student becomes depressed, gives up in school, gets poor grades, gets in trouble, and does not pay attention during story time.

If you are a parent of a gifted child, this is nothing new. What you may not know is how to help your child. Your gifted child can solve Rubik cubes and put solid white jigsaw puzzles together in record time, but they cannot solve the problem of themselves and their role in society. This is where you come in.

The main way to help gifted children is to imbue their life with meaning, help them create an identity, and provide the means and opportunities to explore them.

Create an environment that promotes self-expression. Give the child multiple avenues for your child to explore — their identity may take a lot of false starts and different forms but the process is crucial. Provide them opportunities to explore their interests. Promote your child's natural inclination to want to know why and how. Be a positive source of opportunity rather than a rigid cookie mold.

Enroll your child in a school that nurtures and motivates gifted children. Self Development Academy is an advanced, local K-8 charter school ranked among the nation's top schools and they have gifted education built right into their instructional method. This means that teachers are constantly providing enrichment and acceleration for gifted students.

Beyond the enrichment in class, Self Development Academy also has a separate gifted curriculum, cured to respond to the infinitely complex needs of their gifted students. Perhaps because they, themselves, received gifted education, the senior administrative staff are exceptionally attentive to the needs of gifted curriculum, knowing first hand, what works and what does not.

Help your child develop long-term community building projects. Gifted children have a well-honed sense of justice. Leverage this tendency by introducing your child to your community's needs.

Raising a gifted child can certainly be exhausting. But, done right, it can be exhilarating too. ■

Find out about Self Development Academy's Gifted Program by calling (480) 641-2640.

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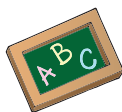


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The Vistas Pavilion will host an event not to be missed — an Orin Swift Wine Dinner, on Friday, Feb. 28.

Not only known for what's in their wine bottles, but what's on them, Orin Swift features extraordinary works-of-art labels often on unusually shaped bottles.

A five-course gourmet dinner begins with a reception at 6:30 p.m., featuring:

Grilled Muscovy Duck – Lavender Cream Crostini with Kiwi, Meyer Lemon Glaze – *Blank Stare, Sauvignon Blanc*

Dinner follows at 7 p.m. with three amazing courses, followed by a relaxing after-dinner cheese course.

1st COURSE: Rocket Arugula, Seared Orange Roughy – Roasted Yellow Chili, Caramelized Raspberry Vinaigrette – *Slander, Pinot Noir, 2016*

2nd COURSE: Tart-Cherry-Marinaded Pork Tenderloin – Goat Cheese Polenta, Squash Blossoms – *8 Years in the Desert, Red Blend, 2018*

3rd COURSE: Oak-Smoked Venison Loin, Tri-Color Fingerling Potatoes, Blackberry-Scented Vegetables, Cocoa Glaze – *Palermo, Cabernet Sauvignon, 2015*

CHEESE COURSE: Danish Blue, Toasted Pine Nuts. Old Rotterdam Aged Gouda, Raspberry Compote. Brie, Cranberry Pastry Crust – *Machete, Red Blend, 2016*

Finishing off this extraordinary event is a variety of decadent Petite Fours.

Reservations are required at \$90 per person, plus tax and gratuity. Call (480) 396-4000, ext. 222, or visit lassendas.com.

According to their website, the history of Orin Swift Cellars dates back to 1995 when David Swift Phinney went to Florence, Italy, to spend a semester studying.

During that time, he was introduced to wine, how it was made, and got hooked.

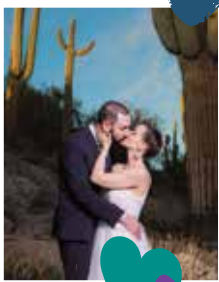
Following graduation and a job at Robert Mondavi Winery as a temporary harvest worker, David decided that if he was going to work this hard, it would be for himself. So, in 1998, he founded Orin Swift Cellars, combining his father's middle name and his mother's maiden name. He spent the next decade making wine for others, as well as his own, and grew the upscale, highly rated brand in Napa Valley, Calif., to what it is today.

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details and pricing at (480) 396-4000, ext. 227 (office), (480) 825-6081 (cell), or email jessmiller@lassendas.com.

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Sunday Brunch

Treat yourself to a leisurely Sunday Brunch at The Patio & Grille, Sundays from 8 a.m. to 3 p.m. Relax with friends and family while enjoying a cup of hot, fresh coffee or a refreshing Bloody Mary. Enjoy the expansive views of the surrounding desert, mountains, and Phoenix valley below. Choose from a variety of tasty, artfully prepared breakfast favorites. For menu options, go to lassendas.com. For reservations and information, call (602) 734-5524.

LAS SENDAS GOLF SHOP Valentine's Month Sale

Give that special someone a Valentine's gift they'll truly love, and they will love you for your thoughtfulness, too. The golfer in your life can always use some new golf apparel, and during February, take advantage of the Valentine's month-long sale at Las Sendas Golf Shop. All newly arrived fashions, for both men and women, are 20 percent off.

Skechers and FootJoy golf shoes, and all golf bags, are discounted 15 percent. Hats and visors are 10 percent off. You are sure to find something you'll love.

Don't forget, the best way to book your tee times is at lassendas.com, or call (480) 396-4000, ext. 1. ■



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Your Community Connection

By Tannis McBean

Creating Travel Experiences – Hot New Trend 2020

The creation of a travel experience where you find yourself embracing local culture, food, wine, art and nature is exploding! Travel is transforming from traditional destination choices and scheduled tours to new more meaningful and memorable experiences. Millennials today are searching for micro experiences to capitalize on fast paced lifestyles and minimal time available for travel.

Travel experiences are designed and lead by inspiring locals whose passion is sharing their history, skills and expertise with the world. As a Foodie, one of my favorite culinary travel experiences is dining in a local home, on a farm or in family owned restaurant. No matter where you travel there are local Chefs who will take travelers to market, gather recipe items, and together create unique savory and sweet dishes with exotic fresh spice blends.

We recently travelled to the British Virgin Islands, each day overflowed with experiences as we enjoyed meeting and chatting with people living and working on islands. We heard numerous recounts of the tragic hurricanes and truly enjoyed hearing about the amazing recovery efforts and the astounding resilience of the people to once again become a thriving island ready for visitors from around the world.

My daughter and three friends travelled to Marrakesh Morocco and were delighted by the buzzing and colorful Souks and the scent of exotic spices. They experienced the Sahara Desert through the eyes of a local adventure guide. They travelled on ATV's high into the sand dunes and were immersed in a local dinner tradition of harissa marinated meats and dried fruits prepared in Tagines.

Travel experiences will blow your mind, change your world view and let you dig down deep into foreign culture. Trip Advisor and Airbnb offer amazing suggestions on travel experiences. There are no limits and you will not go home needing a vacation!



Local Real Estate Team and Artists Partner to Fundraise for Make-A-Wish® Arizona

By Rosann Williams
Realtor, HomeSmart Realty

The first annual Holiday Art Show was held in 2018 to celebrate our rich diversity of local artists. It was also the beginning of a movement to formulate a strong and supportive arts community in the area — which is a beautiful thing.

Inspired by the event's success, friends and real estate partners of The Williams & McBean Team — Rosann Williams, Tannis McBean, Marlis Beljan and Jennifer Kovach — decided to expand the event for both the artists and community. Their passion for the arts inspired them to organize and host the 2nd Annual Holiday Art Show.

The recent event was even larger as 23 local artists featured their unique creations. Free and open to the public, the team suggested that guests bring gift cards for a donation to Make-A-Wish® Arizona. These gift cards are used for home and hospital visits to purchase gifts for children selected to become wish kids.

With every home they sell, The Williams & McBean Team make donations to Make-A-Wish® Arizona, and have a goal of \$10,000 to grant a wish for an Arizona child with a critical illness. Thanks to all the community support, The Williams & McBean Team were able to donate \$2,000 to Make-A-Wish® Arizona and would like to give a heartfelt thanks to all guests in attendance.

The team would also like to formally thank all the artists that attended and participated in this event: Dyana Hesson, Jeff Reich, Farraday Newsome, Cathy Demko, Patty Hopkins, Veronika Countryman, Judy Curran, Jeanne

Collins, Margot Myers, Sheri Compton, Brenda Petrillo, Jodi Zimmerman, Paula Greiner, Brian Beamish, Nick Williams, Charlene Rule, Suzanne Lowry, Lydia Quinones, Evelyn Ghoslin, Mike Melanson, Mary Carlson and Jennifer Dally. We thank you for your participation, support of our real estate endeavors, and for the raffle items each of you graciously donated.

The Williams & McBean Team is proud to bring unique community events to Northeast Mesa and we are looking forward to our Yoga with a Purpose series. In conjunction with the Las Sendas Spa & Fitness Center, and in partnership with the Las Sendas Community Association, we are offering classes the fourth Sunday of each month, January through April at 8:30 a.m. These monthly yoga sessions are free and open to the public. Again, gift card or cash donations will be accepted to benefit Make-A-Wish® Arizona as we continue to strengthen our community through philanthropic events.

The Williams & McBean Team is a full service HomeSmart Realty team, dedicated to high quality real estate services for every budget and price point. Collectively, we have decades of experience with Arizona real estate transactions and pride ourselves on being local market experts. We are dedicated to using our knowledge to help you buy or sell your home with confidence and trust. ■

Your partners in real estate can be reached at www.WMTAZ.com, or call Rosann at (480) 225-1816, Tannis at (480) 352-2614, Marlis at (480) 980-5261 and Jennifer at (480) 226-8425.



COMMUNITY NIGHT OUT for Red Mountain Ranch Elementary



Please join us for a night of **live entertainment, dancing, casino tables, a silent auction, raffle prizes, food and drinks** – all to support student learning at Red Mountain Ranch Elementary.

The Red Mountain Ranch Elementary Parent/Teacher Council proudly hosts this event to raise funds to purchase educational materials, technology and equipment for classrooms, and pay for teaching aides to continue the school's strong legacy of producing lifelong learners.

Do you own or manage a business or know someone who does? Give your business added exposure by sponsoring the Community Night Out or providing a gift to the silent auction. Contact Kara Cutler, RMRE PTC co-president, at 480.717.7365 or rmreptc@gmail.com.

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ORGANIZING

I Don't Have Time to GET ORGANIZED

Submitted by
Nancy Nemitz,
Create the Space
Professional
Organizing

It really bothers me when people tell me they'd love to get organized, but they don't have the time. Really?

You don't have the time to get organized, but you have time to be disorganized, be late to meetings, waste time looking for things, and time to be frustrated?

Maybe you have the wrong idea what being organized means. Being organized doesn't mean your spices are alphabetized or nothing is ever on the floor or out of place. Being organized isn't being perfect.

In my experience, my clients who spend the time to go through their things and get rid of what doesn't belong in their lives are much happier, more productive, and feel a lot less stressed.

One of the first things I tell them is, "Getting organized will look very disorganized because things will be out of place as we sort through things and peel away the layers."

In the beginning I don't know where we are going to put that widget, yet because it takes some time to go through the process and lo and behold, everything starts to make sense. The place to put something becomes obvious once the clutter is removed and space opens up where you need it. If it doesn't, you haven't pruned enough. ■

Nancy Nemitz owns Create the Space Professional Organizing and has organized the disorganized since 2004. Check out www.createthespace.com.



Nancy Nemitz

EVENT

Car and Motorcycle Show to Rev Up Support for Navy JROTC

By Sally Marks
Public Relations Specialist

The Anchor Club, parent organization for the Apache Junction High School Navy Junior Reserve Officer Training Corps, will host the 22nd annual Navy JROTC Benefit Car and Motorcycle Show on Saturday, Feb. 8 from 10 a.m. to 3 p.m. at Apache Junction High School, 2525 S. Ironwood Drive in Apache Junction.

Proceeds will benefit the school's Navy JROTC program. The car show is free for spectators and will include a variety of classic cars and motorcycles as well as music, refreshments, vendors and much more.

For those who want to enter their car or motorcycle for the show, the registration fee is \$25. The first 100 participants will receive a goody bag, T-shirt and dash plaque.

The AJHS NJROTC program has won numerous awards and has been designated by the Navy as one of the top programs in the nation. The program offers cadets a year-round educational opportunity with training and trips to military bases such as San Diego and Pearl Harbor Hawaii during breaks and the summer months.

The JROTC program started in 1916 and AJHS received a unit in 1996. Congress currently limits the program (Army, Navy, Air Force and Marine Corps) to 3,500 high schools. No new schools are being funded and 600 schools are currently on the Navy waiting list for the program. ■

For more information about AJHS' Navy JROTC, contact Lock at glock@goaj.org, or call (480) 982-1110, ext. 5347. For more information about the car and motorcycle show, contact njrotc.anchorclub@gmail.com, or call Melissa Komen at (480) 797-7042 or Mike Komen at (480) 682-8083.

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REAL ESTATE

Should I Upgrade My Home Before Selling?

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

An upgraded/updated home will always sell for a high price but is it the option for you?

We are still in a sellers' market with very low inventory, so having your home in tip-top condition isn't as important as it is when we are in a buyers' market. No matter what condition your home is in you will find a buyer, it's more a matter of how much you want to sell it for.

With fewer homes on the market, when a buyer comes across a home that has been updated or remodeled and is move in ready, they are willing to pay top dollar.

A lot of buyers don't want the hassle of having to do the upgrades once they move in, but the biggest benefit for the buyer is they don't have to come up with a large sum of cash after the close. The cost of the upgrades/remodel is already rolled into the higher purchase and in their monthly mortgage payment.

It's also hard for buyers to visualize how a home will look once it's upgraded, or know how much the upgrades will cost, making it harder for them to want to buy a home that needs all that extra work.

I have been working with some sellers recently who have decided to upgrade their home prior to selling. An upgrade can be something as simple as replacing fixtures and hardware, refinishing cabinets, painting and touch ups to doing more of a remodel and replacing cabinets, countertops, flooring, etc.

One of my sellers owned a rental property that was in such bad condition after the renters moved out that the chances were only an investor would purchase it. So instead of selling at a wholesale price, he decided to do the remodel before selling, which cost approximately \$36,000.

The difference in the wholesale price selling to an investor and the price of the home once it was remodeled



was more than \$70,000. So, for him it was well worth his time and effort.

Deciding if you should upgrade or sell your home as is will depend on several factors. Here are some questions to find out if upgrading your home may be right for you:

- How much will the upgrades cost?
- Do you have the cash available to make the upgrades?
- What is your time frame to move and how long will the upgrades take?
- Most importantly, will you get the return on investment. What is the price of your home before and after the upgrades?
- Is it worth your time and effort to do the upgrades versus selling as is?

On the flip side, a buyer may prefer to buy a home that has not been updated so they can purchase it at a lower price and do their own updates over time. So, it's not whether you will sell your home or not, but if you want to sell for the highest price or sell as quickly and easily as possible.

In order to determine if upgrading your home is a good option for you, you need to find out the current as is price and the price after the upgrades.

The best way to get these values is to contact a local Realtor who can run comparables and let you know how much your home will sell for both ways. It's important to know which upgrades are worth doing and will give you the return on your investment. Once you know the upgrades you plan to do, the next step is to get bids for the work. A lot of Realtors will have their own contractors they use and will be able to supply you with a list or help you find the right contractor.

YOU WANT TO DO UPGRADES BUT DON'T HAVE THE CASH

You could refinance your home and take out some equity or do a home equity line of credit, but both may take a while and have additional costs involved.

I have just started working with a lender who has a unique renovation program to help sellers update and remodel to increase the value of their home prior to selling.

You don't have to make any payments on the loan, it is taken out of your proceeds at closing. They not only do the loan but provide the contractor and do the project management, so once you decide to move forward, they will take care of everything. Please contact me if you would like more information on this loan.

Even if your home doesn't need upgrading, there are still things you can do to make your house show at its best. Curb appeal is the first impression a buyer has of your home, so it's important to make sure the landscape and exterior looks good. Otherwise the buyer may decide they don't want to go in after they drive by and trust me this does happen and has happened to me before.

Make sure you do a good cleaning prior to listing your home, touch-up paint, declutter and stage your home to sell.

Please feel free to contact me if you would like to know your home value before and after upgrades, or to view your home and let you know what upgrades would be worth doing to sell your home for the top price. You can also contact me directly if you would like more information on the renovation program. ■

For more information on current market conditions, buying or selling a home, or a free home valuation, please feel free to contact me directly. Call (602) 571-6799, or visit my website at www.Homes2SellAZ.com.



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EDUCATION

Ready, Set, Learn—Preparing for Kindergarten

Story by Laurie Struna
Photos by Tim Hacker


K

indergarten at Mesa Public Schools is the perfect jumpstart for early learning. With kindergarten registration just around the corner, schools and parents are preparing young learners for the big day.

Kindergarten is a time of great discovery and growth, and a big transition for parents and children. Rachelle Sears teaches kindergarten at Las Sendas Elementary School and shares that the rigor in kindergarten is higher than it was ten years ago.

"Today, children are more likely to attend full-day kindergarten," Rachelle says. "There is a heavier focus on reading and math. The rigor of writing has shifted away from scribbling and random letters to more phonetic spelling."

Rachelle incorporates whole body movements and music, making lessons fun for students to help them retain information. For example, when teaching students letters, they learn the sound, how to sign it and sing songs that incorporate the letter they are learning.



Babette Haynie, kindergarten teacher at Falcon Hill, works with students to develop a wide range of skills.

important. Research shows that if parents are engaged in their children's school lives, it builds stronger connections and creates a positive learning environment.

PREPARING STUDENTS FOR A SUCCESSFUL YEAR

Over the last few years, the district has been taking a closer look at social and emotional lessons to help students develop the self-awareness, self-control and interpersonal skills vital for school, work and life. People with strong social and emotional skills are better able to cope with everyday challenges.

"Giving students a preview of kindergarten by visiting campus and attending events before school starts helps students be at ease on their first day," Rachelle says.

Preparing emotional kindergarten parents is just as



BUILDING A BETTER FUTURE

Teachers meet every child where they are to help them achieve. Falcon Hill Elementary kindergarten teacher Babette Haynie uses a variety of resources to ensure students succeed, including researching new strategies, incorporating technology, and observing and collaborating with other master teachers.

"Helping students learn new concepts, and watching and cultivating a passion for learning is what teachers do every day," Babette says.

Kindergarten registration is now open. If you are unsure about your child's kindergarten readiness, have a milestones discussion with their preschool teacher or pediatrician. Consider speaking with the principal or a kindergarten teacher at your child's future school, and explore the school's website for helpful information. ■

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HEALTH

Understanding Arthritis and Joint Replacement

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

Many people struggle with joint pain throughout their lives. This can be caused by many factors, but one of the most common causes of pain is arthritis.

Arthritis is a type of joint degeneration where the protective cushion of the joint wears away, either due to repetitive use or due to an accident or injury. When this occurs, the joint will begin to grind, bone on bone, causing inflammation and painful symptoms in the joint.

The most common joints that are affected by this are the knees and the hips, although other areas of the body can also experience the same type of effects. Knee and hip pain may eventually require joint replacement surgery.

Joint replacement surgery is a type of orthopedic surgery in which a dysfunctional joint surface that has been damaged is replaced with an artificial surface. This is typically recommended by a physician when other treatments have not been

successful in alleviating symptoms. Other treatments could include activity modification, medications or injections.

It is likely that, with the other treatments, you would see a physical therapist to attempt to improve the function of the joint as well. If these treatments are ineffective, then a replacement surgery would likely be recommended.

Following any surgery, you are likely to experience post-operative pain, swelling, and some limitations in your ability to complete activities such as walking, running or moving your leg due to these symptoms. These are typically temporary symptoms, and will begin to improve within a few weeks of your surgical date. The use of ice to help control pain and swelling, as well as exercises given at the hospital, will be integral to your recovery over the first few days.

Your surgeon will most likely refer you to physical therapy, whether in a home-based environment or to an outpatient clinic. During physical therapy you will complete exercises designed to improve your strength and mobility, and improve your ability to walk independently. Therapy can help reduce swelling and painful symptoms.

Many people are able to return to hiking, biking, swimming, tennis and many other activities that are very important to their well-being. Most importantly, the goal of the surgery and therapy is to get you back to doing the activities that you love, and with less pain than you had prior to the surgery! ■

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



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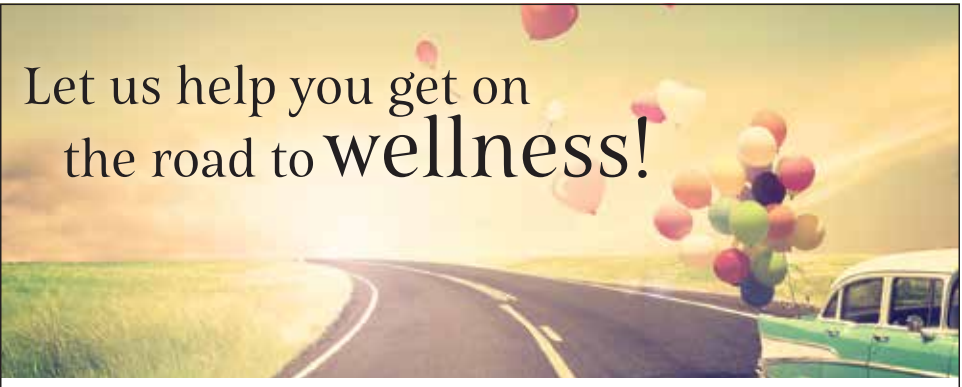
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REAL ESTATE

Mesa Economic Development 2019 ACHIEVEMENTS

By Natascha Ovando-Karadsheh, Associate Broker, Owner KOR Properties

As Chair of the City of Mesa

Economic Development Advisory Board, I

am incredibly proud of all that the Mesa Office of Economic Development and the City have accomplished this year.

All these achievements show the incredible changes that are happening in Mesa. This exciting growth will continue to help to attract more businesses, better paying jobs, and more amenities — which in turn will help to raise our property values!

Here were some of Mesa's high-profile achievements in 2019. We can't wait to see what 2020 will bring!

JANUARY: The City of Mesa selected the contractor to build ASU @ Mesa City Center, a five-story, 118,000 square-foot academic building, as well as The Plaza @ Mesa City Center, a two to three acre gathering place in Downtown Mesa. Titan Solar, named the nation's largest rooftop solar contractor by Solar World, opened its 36,000-square-foot corporate headquarters, newly relocated in West Mesa.

MARCH: Waymo announced a large expansion of its driverless car operations



John and Natascha Karadsheh

with a new 85,000-square-foot Technical Service Center in Mesa. Myndshft, a technology company specializing in blockchain and artificial intelligence in healthcare, announced it plans to quadruple its team from 28 to more than 100 employees and relocate to a new 11,000-square-foot office in the Mesa's Falcon District. Fujifilm Electronic Materials broke ground on an 85,000-square-foot space, adding 60 new employees and five new buildings, significantly expanding manufacturing, warehousing, R&D laboratory, and office space.

APRIL: Print.Save.Repeat. located two warehouses and manufacturing facilities for a total 65,000 square feet in Mesa's Gateway area.

MAY: Mesa-grown Aqua-Tots, the world's largest swim school franchise with 100 locations in 14 countries on three continents, broke ground on its new 12,000-square-foot headquarters facility. CMC Steel opened its 63,000-square-foot expansion at its Mesa micro mill and a new Residence Inn by Marriott opened its doors, both in Southeast Mesa. And, Potato Barn located its 100,000-square-foot store in Mesa's Gateway area.

JUNE: The Landing at PMG, a 281,000-square-foot Class A industrial subdivision, opened in Mesa's Gateway area and announced its first three tenants, Collabtech Group, Huesman



Natascha Ovando-Karadsheh
Assoc. Broker/Owner, KOR Properties
Chair, City of Mesa Economic Development Advisory Board

What economic development means to me.

"Economic development is a lot like baking a cake. To get a great result, a community needs to artfully blend together great quality ingredients and then bake them at just the right temperature. Mesa is doing a great job of putting those right elements together to attract quality development in today's thriving economy. Through the foresight and the great collaborative efforts of businesses, City of Mesa leadership, elected officials, landowners, developers, utilities, regional partners, planners, and the Office of Economic Development, Mesa is experiencing expansive growth, the development of new industries, and a renewed vibrancy that is making the world stop and take notice of what is coming out of our kitchen!"



Brothers Door and Custom Molding, and Russell-Sigler Inc. Nearby, Times Microwave Systems expanded its Mesa manufacturing facility to 62,000 square feet, an increase of more than five times its original size.

JULY: Google announced its intention to acquire 187 acres to build a future data center campus in Mesa's Elliot Road Technology Corridor. AT&T opened a new 97,000-square-foot, state-of-the-art customer call center that will employ more than 500 people in West Mesa.

AUGUST: CAVU Aerospace announced it will locate an 80,000-square-foot maintenance, repair, and overhaul (MRO) at the Landing at PMG, hiring 75 employees, again in Mesa's Gateway area.

SEPTEMBER: CenturyLink announced a major expansion of its network infrastructure in Mesa's Gateway area to support the growing commercial, industrial, and residential development. The Mesa Office of Economic Development launched efforts to develop a brand for Mesa's growing Asian district. Marwest Enterprises announced Landing 202, a 605,000-square-foot Class A industrial development, on 45 acres just north of Phoenix-Mesa Gateway Airport.

Able Aerospace, a Textron company, celebrated the opening of a \$9 million, 60,000-square-foot expansion of its existing 200,000-square-foot headquarters and MRO campus at the Phoenix-Mesa Gateway Airport. The expansion will create 100 new jobs.

OCTOBER: SkyBridge Arizona, the nation's first and only joint U.S. and Mexican customs hub, broke ground on the first two buildings in its 360-acre, master-planned industrial development located at the southwest end of the runway at Phoenix-Mesa Gateway Airport. Home2 Suites by Hilton broke ground on a four-story, 111-room hotel in the Falcon District. Ground was broken on the first building of the 1.35 million-square-foot Union, a Class A office campus located in Mesa's Riverview District next to the Chicago Cubs spring training facility. Raging Wire received City planning and zoning approval to construct a 1.5-million-square-foot, seven-building data center campus in Mesa's Elliot Road Technology Corridor.

North Carolina-based insulation manufacturer Greenfiber announced it will be locating a 74,000-square-foot manu-

facturing plant in Mesa's Gateway area. And, Nammo, an international aerospace and defense company headquartered in Norway, announced it will replace its current U.S. organization of several smaller units with a new, consolidated defense manufacturing company called Nammo Defense Systems, which will be based in Mesa's Falcon District. Nammo will invest nearly \$20 million into the Mesa facilities.

NOVEMBER: Urbix Resources, a graduate of our LaunchPoint accelerator program, opened a 31,000-square-foot headquarters and state-of-the-art graphite processing facility in Mesa's Falcon District, with the expectations of creating as many as 100 jobs. FatCats opened its new 64,000-square-foot entertainment complex in the Falcon District.

ADDITIONAL ACCOLADES MESA RECEIVED IN 2019

- Mesa received the national award for Digital Government Excellence from The Center for Digital Government.
- Mesa was ranked one of the Best-Run Cities in America by Wallethub.
- Mesa was ranked a Top 10 Mid-Sized American City of the Future for Connectivity by fDi Intelligence.
- Mesa was named one of the Best Large U.S. Cities to Live in by Wallethub.
- Mesa was ranked number five in Job Growth by CityLab, a digital magazine that focuses on innovation and pressing issues facing today's global cities and neighborhoods.
- Niche ranked Mesa number seven among the Best Suburbs for Millennials in Arizona.
- Mesa was named a Top 10 City for Startups by Commercial Café.
- Mesa won the Diversity Award from the National League of Cities.
- Mesa's Gateway Airport was named Airport of the Year by the Arizona Department of Transportation.
- Mesa became the first-ever Autism Certified City in the U.S. ■

Natascha is a graduate of Princeton University and the Chairwoman of the City of Mesa Economic Development Advisory Board. You can reach her at (602) 909-4995, or visit 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.

Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of December 2019



Address	Square Feet	Community	Sold Price
3055 N. Red Mountain #171	1,571	Ironwood Pass	\$315,000
3055 N. Red Mountain #166	1,756	Ironwood Pass	\$355,000
7246 E. Tyndall St.	1,756	Featherwind	\$365,000
7408 E. Nance St.	2,126	Grayfox	\$376,000
3563 N. Tuscan	2,150	Rolling Hills	\$378,500
7448 E. Nance St.	2,126	Grayfox	\$385,000
3060 N. Ridgcrest #161	2,732	Desert Vistas	\$388,000
4258 N. Morning Dove Cir.	1,756	Mountain Gate	\$389,000
7356 E. Northridge Cir.	2,210	Grayfox	\$395,000
7163 E. Nora St.	2,835	Trailridge	\$407,500
3055 N. Red Mountain #136	1,756	Ironwood Pass	\$416,500
3060 N. Ridgcrest #78	3,426	Desert Vistas	\$440,000
3748 N. Ladera Cir.	2,226	Echo Canyon	\$490,000
3751 N. Piedra Cir.	3,330	Eaglefeather	\$579,000
3430 N. Mountain Ridge #29	3,330	Sonoran Heights	\$750,000
7122 E. Sandia St.	4,542	Founders Ranch	\$850,000

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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March 6th - Trailhead Parke
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EVENT
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.

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

GOLD CANYON — Dinner Show and Gunfight

Fridays — The Ballroom at Gold Canyon Golf Resort
6100 S. Kings Ranch Road, Gold Canyon
Reservations, Tickets, and Details Online
SunsetPioneers.com/goldcanyon

MESA — Dinner and Show

Farnsworth Hall — 6159 E. University Drive, Mesa
Saturdays and Sundays — Different Shows
Reservations, Tickets, and Details Online
SunsetPioneers.com/farnsworth ■

For more information, or group rates, call (480) 986-6340.



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Community Youth Talent Show
Friday, March 13 at 7 p.m.
PRIZES: 1st place \$200; 2nd place \$150; 3rd place \$100.

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1525 N. Power Road, Mesa 85205
(480) 981-6199 LoveofChristChurch.net



For Grades 1 to 12 • Song, dance, comedy, musical instrument, magic show, etc. • Free to performers.
Performances must be no longer than four minutes maximum. All music, costumes, etc. provided by performer.
Schedule auditions by contacting music director Jung Csuy at jungmusic@loccl.org, or call her at (480) 832-2449.
Light refreshments will be sold. No cost to performers; attendees' tickets are \$5 per person.

LOCAL BUSINESS

Window to Design offers a SOFA BUYING GUIDE

Submitted by Linda Palm
Window to Design

A sofa is one of the larger pieces of furniture we buy, and most likely, it is the focal point of your living space. So, it's important to buy quality that will last, style that will endure, and comfort that you can truly relax on!



SHAPE AND SIZE

Sofas come in many shapes and sizes. The shape determines the overall feel of your sofa – some are soft and feminine, while others are tailored and modern. Size matters, too, so the sofa fits your room and allows room for movement. For a large room, consider a sectional or two sofas facing each other or placed at right angles.

PROCLAIM YOUR FASHION STYLE

Arm and Leg Style - When selecting a sofa, several arm styles are available, and it's the same with the legs. It's best to check out all the choices when you shop to see what you like best.

Color - Neutral colors are safe in terms of how long your sofa will appeal to you, and you can add color with smaller

design elements. However, a bold color does make a statement and may better match your personality.

ENHANCE YOUR COMFORT

Frame and Filling - Make sure to ask questions about the quality of the frame and joints to make sure you're purchasing a piece of furniture that will last a long time. Fillings can be slouchy, or firm, so think carefully about the feel you would like in your sofa.

Fabric -The choice of fabrics is almost unlimited, including leather, damask, wool, velvet, cotton, and more. If lots of kids and pets live in your home, consider indoor-outdoor fabrics for durability and beauty. Solid colors may be easier to decorate around, but patterns hide dirt more effectively.

Rest assured – the perfect new sofa will make your home a more comfortable environment. ■

To speak with Linda and learn more about her new Window to Design store, you can contact her at (480) 207-6450, or visit her websites — www.windowtodesign.com and www.window2design.com. You can also find more information at www.facebook.com/window2design and www.instagram.com/windowtodesign.



EVENT

Love of Christ Lutheran Church will host a Community Youth Talent Contest

Submitted by Love of Christ Lutheran Church
Love of Christ Lutheran Church, under the musical direction of Jung Csuy, will host a variety of musical venues for February, including a sock hop and retro style dinner, and a community youth talent show.

UPCOMING EVENTS AT LOVE OF CHRIST LUTHERAN CHURCH - ALL ARE OPEN TO THE PUBLIC

Sock Hop and Retro Style Dinner:
Friday, Feb. 14 at 6 p.m. \$20

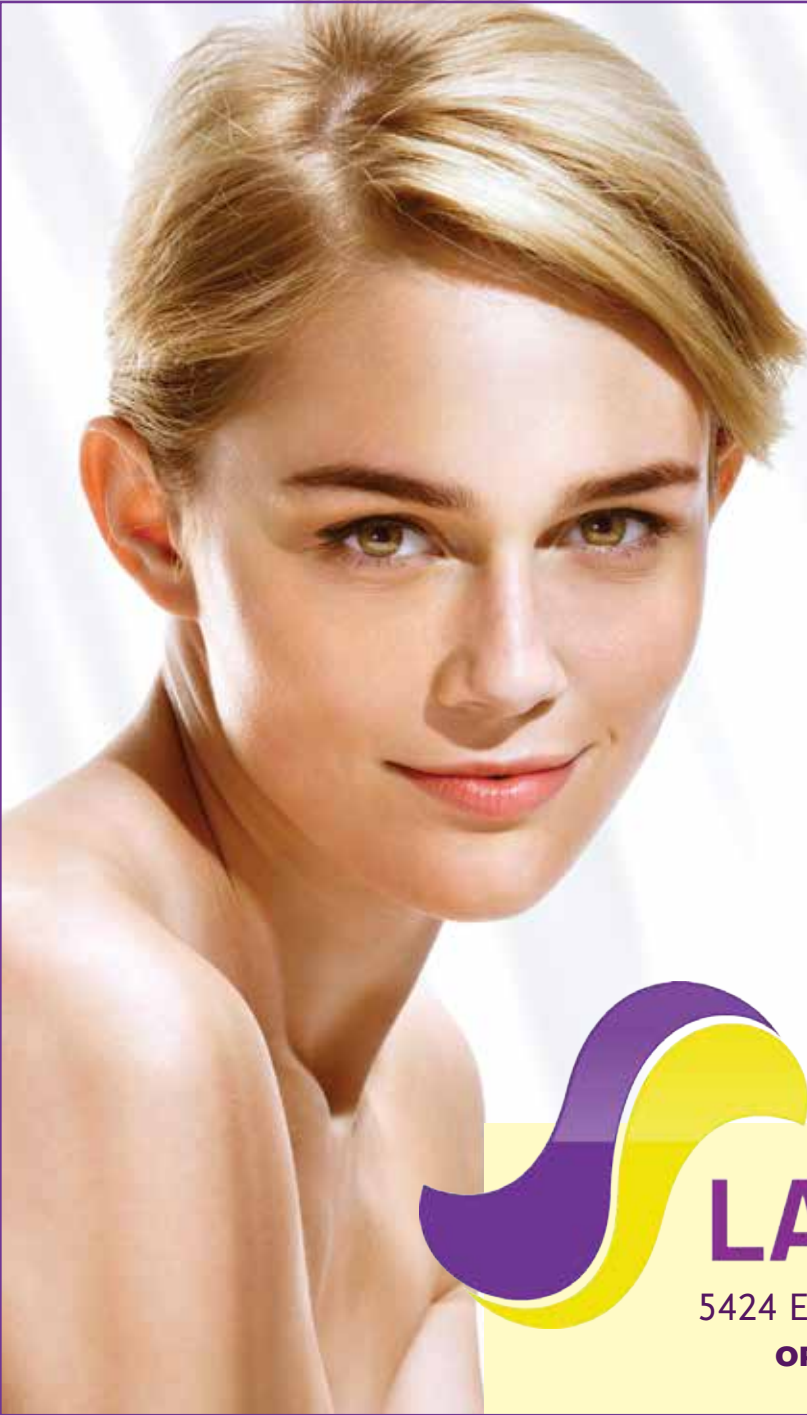
Dance music from the 50s provided by the Rockin' Baby Boomers. Dinner will be Sloppy Joes, salad and root beer floats. Special wooden dance floor. Hula hoop contest with prizes. Come in costume if you can – poodle skirts, saddle shoes, white T-shirts, sneakers.



Community Youth Talent Show:
Friday, March 13 at 7 p.m. \$5

For grades 1 to 12. Song, dance, comedy, musical instrument, magic show, etc. Free to performers. Prizes: 1st place \$200; 2nd place \$150; 3rd place \$100. Performances must be no longer than four minutes maximum. All music, costumes, etc. provided by performer. Schedule auditions by contacting music director Jung Csuy at jungmusic@loccl.org, or call her at (480) 832-2449. Light refreshments will be sold. No cost to performers; attendees' tickets are \$5 per person. ■

Love of Christ Lutheran Church is located at 1525 N. Power Road in Mesa. For more information, call (480) 981-6199, or visit the website at www.loveofchristchurch.net.



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COMMUNITY

District 5 Updates address NEW RECYCLING PROGRAM

By Councilmember
David Luna, Mesa
District 5

Many citizens have expressed concerns regarding recent changes to Mesa's recycling program. I have enlisted the City's Environmental Management and Sustainability experts to help shed light on these developments.



stopped buying material due to the excessive amount of contamination they were finding in the imported bales of material. Imagine you are a paper mill opening a bale of paper and also finding carpeting, diapers, garden hoses, plastic tarps, food waste and yard waste in the bale. To avoid becoming the world's landfill, decisions were made to no longer import material. This in turn weakened demand for material and in some cases, for certain types of items, market demand no longer exists.

THE ROLE YOU PLAY

To help sustain Mesa's recycling program, please continue to recycle, but recycle right. Only place empty, clean and dry accepted items into your recycle barrel.

And while recycling helps manage our waste stream, we should always reduce and reuse first. Avoid single-use and single-serving products whenever possible. Buy longer lasting items and decrease replacement frequency. Following these guidelines will reduce the amount of waste we generate.

Mesa will continue to evolve its recycling program to adapt to the current recycling industry trends. For a current list of accepted items in Mesa's recycling program, please visit MesaRecycles.org.

The City of Mesa, your neighbors, and myself appreciate your efforts to reduce, reuse and recycle right! ■

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.

RECYCLING TODAY

The global recycling industry has experienced dramatic change over recent years and its effects are being felt across the United States, including here in Mesa. You may have heard that several U.S. cities are discontinuing their recycling services, reducing their list of accepted items, or finding it necessary to charge additional monthly fees to cover the rising costs associated with recycling.

All recyclable materials are first delivered, sorted, and prepared for transportation at a Materials Recovery Facility (MRF). Most municipalities, including Mesa, do not own their own MRF. Instead, they have contracts with third party vendors.

The recyclables are transported to both domestic and international markets. However, several international markets, including one that purchased approximately 30 to 40 percent of the recyclable material generated globally,

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund

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



Jon Englund and Donna Luger

Ring in the New Year! It's what many of us did last month. And, after all the celebrations, many of us set our sights on goals for 2020. Well, there's another big Ring event that just wrapped up. One that included a very specific goal for the participants. Winning a coveted Super Bowl ring on Feb. 2.

Genuine Super Bowl rings are not a collectible that is readily available to the general public. For the most part, they tend to be retained by the player who won it or the player's family. However, they do end up being offered for sale sometimes for a variety of reasons.

Because of the high resale value of a Super Bowl ring, there are very high-quality reproductions out there which are meant to deceive the public. So, be careful if you are ever approached with an opportunity to buy a genuine Super Bowl ring. Credible provenance (history) of the ring and a thorough examination by a knowledgeable professional may save you a great deal of money in the long run.

Additionally, costume jewelry replica rings are readily available and make popular collectibles. They can be found online for

as little as \$20 each and can run from \$250 to \$900 for full sets, depending on quality and the number of rings in the set.

Here are some notable genuine Super Bowl rings that have sold on the secondary market:

- A ring from the very first Super Bowl in 1966 belonging to Green Bay Packers quarterback Steve Wright sold at auction in 2011 for \$73,409.
- Chicago Bears William Refrigerator Perry's Super Bowl XX ring sold at auction in 2015 for \$203,150. It was a size 25!
- And the current world record auction price is for New York Giants line-backer, and Hall of Famer, Lawrence Taylor's Super Bowl XXV ring, which sold for \$230,401 in 2012.



So, here's wishing you and yours a Happy New Year filled with fortune and goals achieved. And hopefully your favorite team won! ■

Jon Englund has more than 34 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 19 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.



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EDUCATION

Students win another CONSTITUTIONAL COMPETITION

By Sara Anderson

Mountain View High School's *We the People* team won first place in the state competition on Jan. 10, earning a slot at Nationals in April. In only their second year fielding a team, Mountain View has quickly established a tradition of success — last year's inaugural team also won at State and competed at Nationals, bringing home a trophy for the highest score for any one unit.

We the People is a competitive, senior-level class focused on the Constitution. Students compete against other Valley high schools in mock Congressional hearings based on Constitutional issues. The students present a prepared, four-minute statement, and then respond to follow-up questions from the judges that the students answer by citing Constitutional and historical evidence,



Front row, left to right: Kiersten Rule, Megan Welch, Caleb Jones, Jennifer Ayala, Alexa Felix Romero, Morgan Nolet, Jessica Elassal. Middle row, left to right: Shawn Mullins, Abigail Anderson, Micaela Merrill, Jordan Pitts, Erin Steele, Ashlyn Patterson. Top row, left to right: Brandon Lopez, Joshua Larson, David Jorgensen, Collin Danielson, Chase Harris, Steven Anglen.

current events, local and international comparisons, and case law.

During their preparation and through the tournaments, the students learn in-depth history about how the Constitution was developed, how it is applied, and how government works, including its strengths and weaknesses.

Coach Nancie Lindblom reports, "They leave with a passion for the Constitution and for participating in our civic community. They also gain confidence in their presentation skills and learn to work with a team."

According to Nancie, Mountain View's 19 team members "are also athletes, musicians, actors, and academic scholars. They are incredibly impressive students who manage to excel in many areas. It is fabulous to work with them, but scheduling sometimes becomes a challenge."

Fortunately, the team enjoys strong support from the school, the families of the students, and the community. Coach Sasha Litzenberger adds, "When the home and the school join forces, we empower the students to excel."

For the students, the workload is high, but senior Megan Welch says that it is worth it. To prepare for competition, she and the other team members have spent their weekends, school holidays, and free time researching the philosophical foundations of the Constitution, the evolution of our government, the development and history of nation states, and current challenges facing our country.

They practice by responding to long-form, free-response questions, drawing on their research and composing their answers on the fly. Megan says, "Although this class demands a lot of time and effort, the knowledge and understanding obtained not only helps me in the class, but as a citizen."

Mountain View's team members hope that their hard work will continue to help them at Nationals in Leesburg, Va. near Washington, D.C. in April. ■

FINANCES

Don't Chase Last Year's Mutual Fund Category Winners

Submitted by Brent D. Hoskinson and Linda Drake

The world of mutual funds can be confusing. With more than 9,000 funds on the market, how can you choose the ones that are right for you?

You could start by considering the various categories of mutual funds: Small Cap Growth, Large Cap Growth, Large Cap Value and many more.

You might think you should consider the best-performing category. But things change rapidly in the mutual fund world — last year's top category could become one of the worst-performing this year, and vice versa.

Instead of trying to chase performance, look for a mix of funds across a range of categories that reflect your goals, risk tolerance and time horizon.

Mutual funds are popular, and for good reason. Because each fund generally contains dozens of securities, you can get more diversification than you typically would from individual stocks or bonds. Just remember that as you build your mutual fund portfolio, don't get caught up in last year's results — because old news just may not be that relevant today.

Diversification does not ensure a profit or protect against loss in a declining market. Mutual fund investing involves risk. Your principal and investment return in a mutual fund will fluctuate in value. Your investment, when redeemed, may be worth more or less than the original cost. ■

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



COMMUNITY

Social Club Rang in the New Year Celebrating Good Times and Good Health



Submitted by Robin Hagenstad, Red Mountain Ranch Social Club Secretary

The Red Mountain Ranch Social Club (RMRSC) started the New Year with a big bang by attending a lively and spirited New Year's Eve party held at the home of Ferne Zabezensky. The attendees savored a variety of delicious homemade snacks and desserts.

After enjoying a sufficient amount of adult beverages, the group had an animated experience chasing a piñata with a big stick. Following an extended length of time, the very strong piñata finally broke to reveal hundreds of chocolate kisses! At midnight, the group welcomed in 2020 with champagne toasts.

Since starting a new year is a good time to focus on wellness and exercise, the RMRSC educational lectures for February are centered on improving one's health. The educational sessions concentrate on creative, holistic ideas for wellness, prevention and treatment using herbs, healthy foods, exercise and relaxation techniques.

Natalija Kyle, a clinical herbalist, yoga instructor, and reiki master teacher provided an educational presentation at the January meeting. Natalija explained that she supports Integrative Medicine — which is the use of both allopathic medicine and holistic medicine. She explained the history, and the use of various herbs and teas for promoting good health and healing.



Natalija also cited examples of *kitchen medicine*, which includes items already available in the home — for example ginger, garlic, thyme, and rosemary. The importance of eating fresh whole foods as close to their natural state as possible instead of processed foods was discussed.

In order to support good health, Natalija advises incorporating the use of spices, fermented foods and organic fresh foods (greens, berries, vegetables) into the diet in order to build a stronger immune system. She also recommends the use of coping tools (yoga, exercise, deep breathing) to mediate stress in the body.

Natalija also sees clients on a one-to-one basis to support their healing journey and provides in-home holistic classes for small groups. Natalija Kyle can be reached at (480) 518-3831, or on Facebook: Natalija's Enchanted Herbs.

At the RMRSC Feb. 13 meeting, Stephana Diument-Kirts, fitness director at Red Mountain Ranch Country Club, will lecture on the topic *How Exercise Can Benefit Overall Health*. Stephana is an A.C.E. certified personal trainer and group instructor, as well as a health and wellness coach. Stephana has special training with certifications in the topics of chronic disease management, diabetes self-management and pain self-management. The presentation will focus on wellness, prevention, and chronic disease self-management for diabetes, heart



disease, asthma and pain.

If you are interested in attending the Feb. 13 meeting and hearing Stephana's compelling presentation, please join us at the meeting. Guests are always welcome to attend the social club meetings, which are held 9:30 to 11 a.m. on the second Thursday of the month — January through May, and September through November. The meetings convene at the Red Mountain Ranch Country Club, 6424 E. Teton Circle, in Mesa.

Kick-off the New Year with a decisive step by joining the Red Mountain Ranch Social Club, whose mission 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 great fun together — meeting new friends, participating in community benefit projects, discussing entertaining books, attending theatre/concerts, or going on field trips to museums/parks. Members may participate in as many or few activities as they desire. You do not need to live in Red Mountain Ranch in order to join the social club. Membership dues are a very reasonable \$12 per year. ■

For further information regarding the Red Mountain Ranch Social Club, go to their website: www.rmrc.com.

Over 50 Up Close

Bringing active adults closer to their community February 2020

HEALTH Over 50

Understanding the Medicare Advantage Open Enrollment Period

Submitted by Tapestry Insurance

January 1 through March 31 is the Medicare Advantage Open Enrollment Period (MA OEP).

During this time, Medicare Advantage eligible beneficiaries are able to change their plan, or elect Original Medicare and coverage under Part D. Changes are effective the first of the following month.

Unlike the fall Open Enrollment Period, which allows beneficiaries to make any number of changes to their coverage



Lynne Jones

(with the final change taking effect January 1 of the following year), beneficiaries are only able to make **one** change during the MA OEP.

So why would you want to switch to a different Medicare Advantage plan? You may have joined a plan last year that you have decided you no longer want, or your doctor may have switched what plans they accept.

Also, many advantage plans include coverage beyond Original Medicare (Part A and Part B). For example, most plans include prescription drug coverage, and some include routine vision services or other benefits. These extra benefits can change year to year. For example, some plans include a hearing aid benefit that you may need that your current plan does not offer.

If you would like to confirm that you are on the correct plan, or have questions about your plan, please feel free to call me. If you are turning 65 this year, it is not too early to start to understand the rules and facts of Medicare. I can help you understand the rules of the road. ■

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



HEALTH Over 50

Why Should I Choose to Use Bioidentical Hormone Replacement Therapy?

By Laura Markison, NMD

Are you feeling a little more irritable and starting to have hot flashes? Maybe even feeling more emotional than usual, having trouble sleeping, and have more anxiety?

Do you have decreased libido and/or brain fog? Do you find that you have trouble concentrating and forget why you went into a room? All of these symptoms can be signs of hormone deficiencies.

Symptoms of estrogen deficiency are:

- Hot flashes/night sweats
- Insomnia
- Heart palpitations
- Vaginal dryness/painful intercourse
- Irregular menstrual cycle

Symptoms of testosterone deficiency for both women and men are:

- Low libido
- Lack of motivation
- Mid-section weight gain
- Irritability
- Anxiety/depression/mood disorders
- Migraine headaches
- Decline in executive function thinking

Menopause and andropause can start as early as 35 years old. Hormone support can start with diet, detoxification, and hormone nutrition support. Optimizing the thyroid and adrenal hormone pathways

can help sex hormones function better.

Aging without hormone replacement is always a personal choice. Replacing hormones can relieve the symptoms described above. Estradiol for women can slow or prevent osteoporosis and be cardioprotective. Testosterone can be cardioprotective for men.

If choosing to use bioidentical hormone replacement, it can be prescribed in creams, oral meltaway, injections (for men) and hormone pellets. A complete physical including bloodwork will be required to make sure hormone replacement is appropriate.

Why not come in and get a hormone consultation, and see if you would benefit from bioidentical hormone replacement. The price is \$75 for the half hour consultation plus \$25 for a blood draw to get your hormones and other health markers measured. Insurance is filed for the blood test.

Let us get you onto the road to wellness at Mesa Naturopathic. Dr. Laura Markison is an Arizona-licensed family practitioner, and certified hormone specialist, who is also certified in the Pellecome pellet insertion technique. ■

Call and schedule your appointment today at (480) 306-8111. Check out our website at www.mesanp.com, and explore hormone replacement at www.pellecome.com.

ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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


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

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

Call me today for help navigating Annual Enrollment this year!

Lynne Jones
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Learn to Spot the Early Signs of Pneumonia for Elders

Submitted by Home Care Assistance

The first thing you might notice when your loved one has pneumonia is that they look tired and rundown. Their skin feels warm and clammy, but you notice that they are shaking and complain of the house being too cold.

Your loved one may stumble when getting out of bed. You see them struggling to catch their breath as they climb up the stairs. You can hear a wheezing sound as they breathe in and out.

Then there is the cough. Deep and wet sounding. They cough and cough desperately trying to clear the thick mucus out of their lungs.

You know this is serious. Pneumonia in the elderly can be life threatening. You need to know the early signs and symptoms of pneumonia, and what you can do to help.

Pneumonia is typically caused by bacteria or viruses. These germs are breathed into your lungs. When your immune system is strong you may be able to quickly fight these germs off. The elderly may be more likely to have the germs cause an infection in their lungs due to weakened immune systems.

Even if they are usually healthy and fit, they can get pneumonia after you have caught a simple cold or flu. They may even catch pneumonia from being in the hospital.

SIX PNEUMONIA SYMPTOMS IN ELDERS

1. **Cough.** Look out for a cough that does not clear up.
2. **Fever (or low body temperature).** Most people with pneumonia will have a fever. However, it is not unusual for people over 65 who have a weak immune system to have a cooler body temperature instead of a fever.
3. **Chest pain.** The infection in the lungs can cause pain when breathing or coughing.
4. **Fatigue.** Fighting off an infection saps the body of energy.
5. **Confusion.** Exhaustion and infection can lead to temporary confusion and slips in mental awareness.
6. **Shortness of breath.** The air sacs in the lungs can fill with fluid or pus. This causes a cough, but also difficulty breathing.



HOW TO TREAT PNEUMONIA IN SENIORS

Pneumonia can often be treated at home. The goal is to rid your body of the infection while preventing more serious complications. Following these steps can help to manage the symptoms of fever and cough so that your loved one can recover more quickly:

- ♦ **Rest.** Your body is able to fight off germs when you get adequate sleep. Encourage your loved one to stay in bed if they are weak or have a fever. While they are recovering, work in regular rest periods.
- ♦ **Hydration.** Keeping your body well hydrated can prevent the build-up of mucus in the lungs. Provide your loved one with plenty of fluids, such as hot tea or water with lemon. A warm bath or humidifier can also help open the airways.
- ♦ **Follow doctor's orders.** Your loved one may need to see a doctor if they have other health conditions, are having trouble breathing or the symptoms get worse. A doctor may prescribe antibiotics if the pneumonia is caused by bacteria. It is important to finish the

prescription as ordered. You may also ask about using aspirin, ibuprofen or acetaminophen to treat fever and aches.

Recovery from pneumonia can take anywhere from a week to months. You will need to talk to your doctor about when it is appropriate to return to a normal routine.

If you need support caring for a loved one, call us. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging and we can help your loved one age in a healthy manner.

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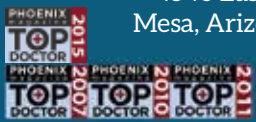
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LOCAL BUSINESS

New Franchise Provides Clean, Easy and High-Quality Drywall Repair

By Jamie Killin

Whether it's a hole in the wall caused by playful roughhousing, a stress crack, or damage from a plumbing leak, drywall damage happens, leaving behind unsightly blemishes that depreciate your home value.

While filling a hole or a crack on your own may seem easy enough, the reality is completing a repair that leaves your wall looking new is much more difficult to accomplish.

Now, having your drywall repaired is easier than ever. PatchMaster East Valley specializes in drywall repair, ensuring that your once damaged wall looks good as new.

"This is all we do every day, so our guys show up to the job ready and know how to match the texture," said owner Greg Evans. "What it really comes down to with drywall is it's not that hard to install. What's really difficult is to match the texture on a wall and blend the new patch into the existing drywall so you don't know a patch was completed."

In fact, much of PatchMaster's business is re-doing previous patch repairs to improve the look of the wall and match the texture for a seamless finish.

"We have great ratings, success and happy customers who say, 'That's impres-

sive, I wish I would have hired you the first time,'" said Greg.

Not only do customers enjoy the beautiful look of properly repaired drywall, it's also beneficial for those trying to sell their homes. Many potential buyers can be uneasy when seeing poorly repaired drywall that makes them wonder how bad the damage was, or what the seller is trying to hide.

"If you see a house that's nice and clean, and someone can walk in and say, 'This is 100 percent ready and I can move into it,' that's very different than if you see a couple of spots that you can tell have been patched or has cracks,"

said Greg. "Your eye is drawn to those areas that need repair and the buyers remember those areas rather than being able to focus on the great things about the house."

Not only does PatchMaster ensure quality craftsmanship with its team of professional drywall technicians, it also puts high priority on ease, cleanliness and customer service.

"We try to be customer oriented and go out of our way to make sure customers are happy, and work with them to figure out the best options for them." ■

For more information about PatchMaster, or to receive a quote for drywall repair, call (480) 770-4552.



LOCAL BUSINESS

T & Joe's Barbershop Expands Services to include Aesthetics

By Jamie Killin

T & Joe's Barbershop is expanding its services to include facials, with owner Teodora Gale recently earning her aesthetics license.

The 60-minute facial service is already a hit with existing barbershop customers, who are taking their wellness to the next level and learning about caring for their skin from Teodora.

"I can now talk to men about taking care of their skin and protecting it," said Teodora. "The men are taking care of themselves more and enjoying the facials. They ask me a lot of questions about how often they should be getting facials and what products they should use."

The facial service, which is popular with T & Joe's existing male clientele as well as women looking for a top-quality facial, is completed with high-quality professional products in the barbershop's newly updated aesthetics room.

Teodora recommends men come in monthly for a facial, especially for those who are not keeping up with regular skin care at home. She also encourages all of her clients to wear sunblock every day to protect their skin.

Each facial is thorough with extractions when needed and a full cleanse of the skin.

"I take the full hour to do the service — not just 45 or 50 minutes," said Teodora. "I take my time and sometimes I even take an hour and a half to do everything well."



Clients can also book waxing services, with the most popular services being eyebrow, nose and ear waxing.

With the growth of the business, T & Joe's Barbershop has stayed committed to providing top-quality haircuts with a go above and beyond attitude in service and expertise. ■

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.

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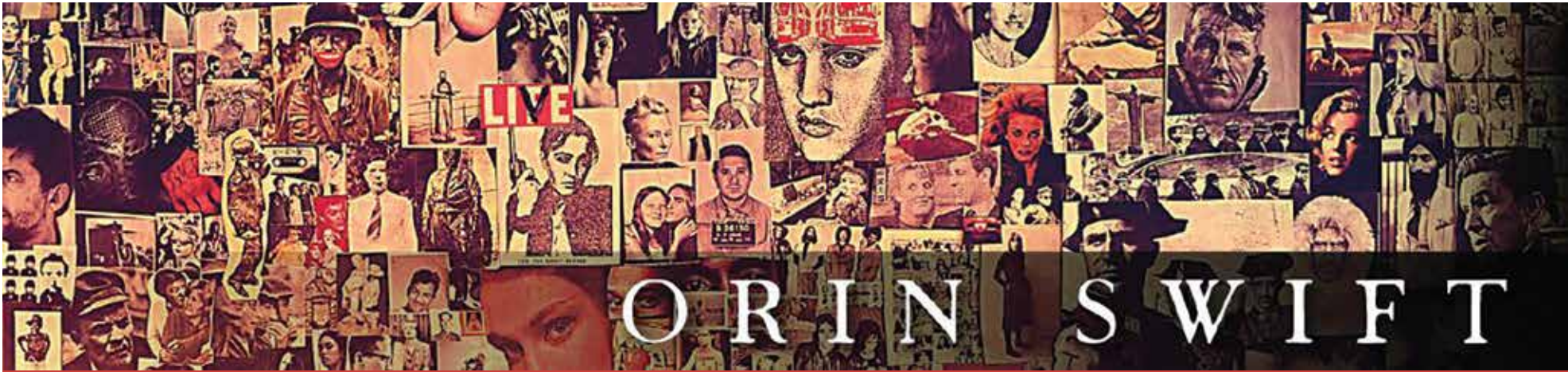
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