

The Groves Up Close



Bringing neighbors closer to their community

March 2020

KOR Properties Builds Community in Mesa

By Jamie Killin

KOR Properties has built a reputation for being much more than a top-service brokerage firm. The company is known for its ability to build a sense of community across the Valley through the Mesa Food Truck Fridays event series it founded, its work with Helen's Hope Chest, and its community-oriented approach to real estate.

The family-owned and operated brokerage is led by husband and wife team Natascha Ovando-Karadsheh and John Karadsheh, and local real estate legend, Christina Ovando.

From the firm's beginning five years ago, community was at the forefront of KOR Properties' mission — leading to the launch of Mesa Food Truck Fridays.

"In 2015, we had quite a few clients of ours who were leaving Mesa because they felt that Mesa didn't offer the amenities, restaurants, or the lifestyle they wanted," said Natascha.

"So, given that we lived in Mesa and our business was in Mesa, our feeling was that we needed to do what we could to make it better. We couldn't fix every issue for people, but we could make our backyard the best backyard it could be."

From there, KOR Properties partnered with the Las Sendas Community Association to bring the family-friendly foodie event to Las Sendas for all to enjoy.

"Natascha Ovando-Karadsheh was an integral part of bringing Food Truck Fridays to Las Sendas," said Las Sendas Executive Director Kristine Nau. "It was through her desire to bring the community closer together that led to this brilliant idea. Las Sendas would not be the community it is today without sponsors like KOR Properties and people like Natascha."

Today, the events bring together thousands of people from all parts of Mesa, including City councilmembers, local dignitaries, and even Mesa Mayor John Giles.

"KOR Properties has made a tremendous impact with Mesa Food Truck Fridays at Las Sendas. Their efforts have introduced a variety of food options to Northeast Mesa and brought together friends, families, and neighbors for a time of relaxation and enjoyment," said District 5 Councilmember David Luna.



John Karadsheh, Natascha Ovando-Karadsheh and Christina Ovando

The brokerage also focuses on giving back to those in need through organizations like Helen's Hope Chest, which supports children

in the foster care system. KOR Properties has been providing Christmas stockings for foster children for four years, supplying 1,000 in 2019 and with plans to provide 3,000 this year. "Our clients and business partners love the Stocking Drive," said John. "They have fun and it makes them feel good because it's hands on. It isn't just writing a check."

"Investing time and energy back into the community is the best way for us to support our clients and their property values. But moreover, we were raised to give back simply because it is the right thing to do," said Natascha. "We feel that we owe that commitment to the community where we live and work."

The commitment to community and relationship building has garnered the KOR Properties team loyal clients where, in some cases, they have developed relationships with three generations of family members. It has also allowed them to bring on a dedicated and engaged team of agents.

"I love that KOR Properties is a boutique business instead of a large corporation," said KOR Properties Associate Broker Lorraine Ryall. "We all have the same values and ethics. We offer full-service treatment and our clients come first no matter what. It is not only about

selling houses; it's about building relationships and helping our clients get exactly what they want."

Each of the agents on the KOR Properties team share John and Natascha's vision of providing top-quality real estate services while bettering their cities and neighborhoods.

"I knew I was going to work for John and Natascha because they were so involved in the community and because I wanted to learn from the best. I've never worked with better leaders," said KOR Properties agent Heather Maldonado. "They're very supportive of us and our success, and they always go above and beyond for us."

For John and Natascha, the brokerage allows them to find fulfillment through the growth and success of their team, encouraging each member to succeed and look for ways to become engaged in their individual communities.

"My absolute favorite thing about working with John and Natascha is the amount of support they provide to their agents," said KOR Properties agent Cynthia Watts. "They are always available when needed and consistently provide us with amazing learning opportunities to grow as individuals in the real estate industry." ■

KOR Properties is a boutique real estate agency specializing in residential real estate, investment properties, estate services, and lots across the Valley. For more information, visit KORproperties.com, or call (480) 568-8680.

Firm stresses value in accounting and tax services

By Jamie Killin

Paul Toepel is a CPA who has lived in Las Sendas for more than 18 years with his wife.

His firm Toepel Company PC 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 support. Their mission is, "To provide exceptional service, knowledge and experience, all while making you and your business successful."



Paul Toepel

People have many choices today when it comes to tax and accounting services. Those include programs like Turbo Tax, QuickBooks and even a few that are free. A lot of people may even try to take it on themselves. When you do that, however, you're immediately burdened with trying to figure out the many changes in tax law. This once-a-year task can be daunting. You hope your returns are prepared correctly, and that you have not left any of your refund in the hands of the government.

"Today's tax laws are so complicated that filing even a simple return can be confusing," Paul stated. "It's easy to overlook deductions and other advantages someone is entitled to. We work year round to keep up with changing tax laws so you can keep your hard-earned money," he continued. "Many people underestimate the value of having a professional assist them with tax preparation."

Many accounting firms today are shipping their tax

preparation to foreign countries for completion. This has caused many people to receive tax-related calls from the foreign countries; most of which are fraud. Toepel Company PC prepares all tax returns in-house. Your confidential information is never shared with a third party that could possibly compromise your privacy.

As a certified fraud examiner, Paul is able to distinguish scams from legitimate inquiries. "We always stress, if you ever receive any communication about your taxes, call us first," Paul said.

"We strive to create value in our accounting and tax services by combining technical know-how with business practicality in all our services and solutions," he further stated. ■

Toepel Company PC is located at 2500 S. Power Road. To learn more, visit toepelcompany.com, or call (480) 833-8300.

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UpClose

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www.UpCloseAZ.com**LOCAL BUSINESS**

LUV Salon competes for SALON OF THE YEAR

By Jamie Killin

LUV Salon, in Northeast Mesa, brings together decades of experience, a gorgeous luxury space, and a passion for helping women look and feel their best to create an unmatched experience for their clients.

While the salon specializes in hair color and extensions, beauty means much more to owner Dana Barbetta than creating stunning hair.

"Taking care of yourself and putting yourself first is a necessity," said Dana. "You have to do that. That's why I created this space — and named it LUV Salon — because you have to love yourself before you love others and help others."

Besides making women feel beautiful, Dana is now striving to win Salon of the Year, a nationwide contest with the winner announced in April.

The modern salon was designed with feng shui to cultivate the best possible setting for stylists and clients alike, and has high-end elements such as a live wall featuring 12,000 plants, an extension bar, color bar, and beautiful back drops for Instagram-worthy hair pictures.



"I designed this salon knowing that I wanted to win Salon of the Year, and what makes a Salon of the Year different is you have to nail every single department — the reception area, the product area, and the luxury stylist stations," said Dana. ■

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

LOCAL BUSINESS

GOT PAIN?

By Dr. Laura Markison,
Mesa Naturopathic

Can you imagine life without pain? Two years ago, as a result of osteoarthritis and injury, I didn't see a future without it. I struggled with low back pain and knee pain for many years. And, I paid a lot of money for procedures that didn't work.

Then I learned about regenerative medicine joint injections. I had regenerative injections in my low back facet joints and left knee. In one month, my pain was reduced by half. By two months, I was pain free. I was amazed! We now offer these ultrasound-guided regenerative injections in our office.

Another modality we have at our office is a High Power-Pulsed Laser (HPPLT), called the Diowave laser. HPPLT can facilitate the healing and regeneration of living tissue. As a result, most tissues heal twice as strong as natural healing. Today, HPPLT is considered the best and safest treatment available for nerve pathology.

The HPPLT (Diowave) helps nerve pain, arthritis (degenerative joint disease), neuropathy, non-healing wounds, and post-surgical healing to reduce pain and inflammation. Common conditions treated include neck pain; shoulder and back pain; elbow and wrist pain; hip and knee pain; and foot and ankle pain.

Why not come in for a free Diowave treatment, and let's talk about your pain and how we can help. ■

Call us at Mesa Naturopathic today at (480) 306-8111 to make an appointment.



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EDUCATION

STEAM and More Provides Kindergarten Readiness

Submitted by Self Development Preschool
Is your child ready for kindergarten? Self Development Preschool (SDP) curriculum makes a difference!

With robust attention to science, technology, engineering and mathematics (STEAM), SDP has dedicated a separate room to this program along with art appreciation. At SDP, you will see curious children immersed in exploring the wonders of activities.

At SDP, you will also see happy faces, a clean facility, friendly staff, and engaged students in a nurturing environment. Welcome to SDP!

Parents want the comfort in knowing that their children are having fun, are safe, and are busy learning and acquiring the necessary developmental skills for lifelong learning. SDP provides just that.

To help lay a strong foundation for education, SDP uses a carefully designed thematic curriculum that helps children acquire knowledge of basic concepts. Children at SDP are learning through play, socialization, and cognitive games and activities. By moving from center to center, individually or in small groups, children develop confidence and improve their self-esteem. Children are then ready to begin their kindergarten class with a solid foundation of developmental skills and knowledge.

The curriculum at SDP recognizes the various stages of a child's development and maximizes each child's potential. Using a school-wide thematic approach, the lesson plans for each age group addresses the individual groups' skill levels, and provides for progression of growth and

development. Unique to SDP is the fact that the school has developed lesson plans for the whole year based on progression from one skill level to another. This approach provides for uniformity and consistency in learning opportunities for your children at SDP.

Consistency defines SDP. Whether you are observing your child's learning experiences day after day or comparing the delivery of nurturing care from one age group to another, you will find the same enriching and learning environment consistently and effectively.

A visit to the room for the two and three-year-old youngsters reveals children are learning social skills through dramatic play, becoming familiar with their numbers and letters, and focusing on shades of colors and various shapes. Fine motor skills are enhanced through the use of manipulative and pre-writing skills.

The fours and the pre-kindergarteners are immersed in fun learning all day long. Children become familiar with the letter sounds, phonics, begin to recognize the sight words, and to read. Exposure to numbers, one-on-correspondence, and concepts of patterns and quantity lay a strong foundation for mathematics abilities for elementary years and beyond. Ample evidence substantiates the fact that students who receive pre-kindergarten education at Self Development Preschool excel in kindergarten and beyond. They are ready to succeed in accelerated and highly rigorous schools, such as Self Development Academy in Mesa.

Other programs at Self Development Preschool include before and after school clubs, summer day camp,

and enrichment preschool/pre-kindergarten classes. The school is now taking enrollment for its popular Summer Day Camp for all ages.

For more information, visit selfdevelopmentpreschool.com, or contact Vernetta Madsen at (480) 396-3522.

SPRING BRINGS OPPORTUNITIES TO EXPLORE OUR WORLD

With the advent of spring and warmer weather, students at Self Development Preschool focus on the activities surrounding the season's theme. The themes for the season revolve around various aspects of spring, such as the weather, the clouds, new life, and gardening.

Our horticulturists learn to prepare the soil and examine the weather conditions before planting. As they tend to their plants, children develop an understanding that patience and care are prerequisites to developing the magic touch with plants. Digging in the dirt in the warmer weather provides ample opportunities for children to discover insects crawling on the ground.

The movement of clouds across the sky offer opportunities to explore changes in weather and the process of evaporation. Students participate in engaging activities by visually examining the clouds and observe the various types of clouds on different days. Learning to identify the types of clouds by their designated names enhances the preschoolers' vocabulary.

Self Development Preschool offers children a truly unique experience in a spacious, well-equipped facility. The facility is clean, educational, and aesthetically pleasing. The school, under the directorship of Vernetta Madsen, believes that children's foundation and appreciation for sciences, arts, and the world begins early in life.

Ms. Vernetta, who has been the director of Self Development Preschool for nearly 18 years, believes in making a positive difference in the lives of her students. She tirelessly works to ensure the safety and well-being of all children at the preschool. Children love seeing the familiar welcoming face of Ms. Vernetta.



REAL ESTATE

Market Report

As of February 20, 2020

	85207	85215	85205	85213
Median List Price	\$627,450	\$549,400	\$476,000	\$895,000
Price per Square Foot	\$220	\$191	\$178	\$181
Inventory	128	32	54	29
Days on Market	81	86	59	128
Median House Rent	\$1933	\$1573	\$1481	\$2299
Most Expensive	\$2,875,000	\$2,200,000	\$2,795,000	\$2,400,000
Least Expensive	\$199,800	\$265,000	\$178,000	\$249,000
Market Action Index	45: Strong Seller's Market	48: Strong Seller's Market	58: Strong Seller's Market	53: Strong Seller's Market

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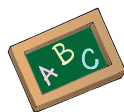


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THE VISTAS PAVILION EVENTS

EASTER SUNDAY BRUNCH

Spend a leisurely Easter Sunday, April 21, with family and friends, enjoying an amazing gourmet brunch buffet and stunning views of the Valley, mountains, desert, and fairways at The Vistas Pavilion.

From 10 a.m. to 2 p.m., The Vistas chefs will be on hand to create eggs to order and unique omelettes from the Omelette Station. Pair your selection with bacon and sausage, and add a waffle or French toast.

For heartier fare, start off with the Antipasto and Cheese Trays. Then browse the Seafood Display with Chilled Shrimp, Crab Claws and Oysters.

Follow up with Pineapple-Glazed Carved Ham, Hand-Carved Roast Beef with Thyme Demi-Glace and Creamy Horseradish, Seared Chicken Breast or Grilled Salmon.

For the sweet tooth, there will be a selection of assorted breakfast breads, pastries, and desserts.

Reservations are required for this special culinary event — \$58 for adults and \$18.95 for children 12 years and under. Call (480) 396-4000, ext. 222, or visit lassendas.com.



THE GRILLE

CELEBRATE ST. PATRICK'S DAY

Celebrate St. Patrick's Day, Tuesday, March 17, with all your Irish and Irish-loving friends enjoying traditional St. Patrick's Day specials at The Grille. Savor corned beef and cabbage with potatoes, served with soup or salad — \$14.95 for lunch or \$22.95 for dinner after 5 p.m.

For information or reservations, call (602) 734-5524.

NEW SPRING MENUS

Spring is in the air and so are great new spring menus at The Grille. From breakfast through dinner, try and enjoy a creatively prepared new dish.

A spectacular Sunday Brunch, served from 7 a.m. to 3 p.m., will include exciting new sensations like Wild



Mushroom and Black Truffle Omelette, Donut Bread Pudding French Toast with Pecan Streusel and Whipped Cream, or a Potato Hash Skillet topped with two eggs your way, peppers, onions, and a choice of a variety of additions, such as House-Made Chorizo, Bison Meatloaf, Maine Lobster Tail, and more.

A brunch Bloody Mary or Mimosa is only \$5 each.

Unique culinary offerings include salads, appetizers, sandwiches, and entrees from a traditional Avocado BLT to Apple-Cider Slow-Braised Pork Cheek with Cheddar Grits and Bacon Brussels Sprouts.

Even the mixology is new. Try The Grille's twist on a Mule, Martini, Mojito or Marg. Like Bourbon? Sample a Paper Plane — Bulliett Rye Bourbon, Aperol, Amaro Nonino and lemon juice, served up topped with Prosecco and orange zest.

Light for spring are The Grille's House-Made Sangrias, or a Signature Spritz such as Oh So Ginger — Arcadia Vodka By O.H.S.O., Giffard Ginger Liqueur, fresh lemon juice, simple syrup, Peychauds Bitters topped with Prosecco.

Check out the new menu soon, or call (602) 734-5524, for more information.

LAS SENDAS GOLF SHOP

MARCH MADNESS

As a resident of Las Sendas, do you own anything that says *Las Sendas* on it? Show your Las Sendas pride by wearing a Las Sendas shirt, T-shirt, visor, hat, or any other branded merchandise we have featured in our Golf Shop. You don't have to be a member to shop at the Golf Shop. The public is welcome anytime, and we are open dawn to dusk every day. Check out the specials and sales we offer on select merchandise every day.

LADIES NINE & WINE

Want to meet new people from the Las Sendas community who share your passion for golf? Then join the Ladies Nine & Wine on Thursday afternoons. Members and non-members alike are welcome every Thursday for nine holes of golf and wine after your round. Tee-off starts at 2 p.m. The event is created as a non-competitive, fun 9-holes of golf with old friends and new. Fee is \$39 per player, and includes driving range and shared golf cart.

Call the Golf Shop at (480) 396-4000 to sign up.

GOLF SPECIALS

Our driving range is always open to the public. We offer a *Daily Rate* to practice at our facility. For \$20, you get unlimited range balls and use of our putting green, chipping green, and sand bunker. Juniors under 14 receive 50 percent off.

For residents who want to play at Las Sendas, visit our website, lassendas.com, and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. There are always last-minute deals on the website, and it's free to book tee times, so check it out.

Yours in golf, Rick Crowson, director of golf, Las Sendas Golf Club, (480) 396-4000. ■



EVENT

Mahnah Club Announces Swing into Spring Luncheon

Submitted by Nan Sparle-Kay,
Mahnah Club

The Mahnah Club of the East Valley will be holding their *Swing into Spring Luncheon* on Saturday, April 18 at the Las Sendas Vistas Pavilion.

It's guaranteed to be a fun, social event! And, all of our proceeds go directly to children, families and the diverse organizations we support.

There will be raffle baskets, silent auctions and door prizes. Also, don't miss the Chico's fashion show and one of the Valley's best singing groups *Uptown Angels* — check them out on Facebook.

For more than 66 years, the Mahnah Club has been involved in community service and activism to help support those who need it the most. We are a group of women who raise money to support organizations as big

as Child Crisis of Arizona, which we founded. We helped raise the money necessary to establish Child Crisis Center in the East Valley, and we also assist Save the Family



Foundation of Arizona, and A New Leaf.

We also support such diverse organizations as Kaity's Way, Soldier's Best Friend, Future 4 Kids, American Legion's Girls State, and House of Refuge. By the way, that's just a few on the list. And, in years past we have given scholarships to high school seniors who share our passion for community service.

Mahnah Club is much more than just fundraising. We are a group of women who care about the community and each other. A *sisterhood* if you like, who want to help others, and have for decades. ■

The luncheon will take place between 10 a.m. and 2 p.m. on Saturday, April 18 at the Las Sendas Vistas Pavilion, located at 7555 E. Eagle Crest Drive, Mesa. Tickets are \$75 and are available on our website — mahnahclub.org. You can also go to our website for further information. We hope to see you there!

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Your Community Connection

By Tannis McBean

Coming This Fall, Alice Cooper's - The Rock Teen Center in Mesa

The Partners of Las Sendas Golf Club are very proud to be a part of Alice Cooper's Dream to fulfill a vision he has had for several years "to provide teens with a central place to learn, have fun, and explore their creativity in a supportive and safe environment".

The Solid Rock Teen Centers inspire teens to grow through music, dance and art. They provide vocational training in sound and recording, lighting and staging, video production, as well as a computer lab and a cool, supervised facility for the teens to engage with their peers. In a time where public schools are cutting funding for empowering programs like music, dance and art The Rock cultivates a love of the arts to inspire and challenge teens to embrace artistic excellence and reach their full potential.


Come and join us at Las Sendas Golf Club for an epic evening at Alice Cooper's Annual Rock & Roll Fundraising Bash directly benefiting the FREE music, dance, art, recording, and video classes for teenagers at the new Rock Teen Center in Mesa opening this fall!

This most worthy event brings together some of the biggest names in entertainment and sports, PGA veterans and community leaders along with talented teens as they dance and share their music along with an incredible silent and live auction.

I have truly enjoyed this amazing event each and every year right here in our community under the big tent. The dedication of the many volunteers and staff who assist with planning and delivering the event is beyond admirable. An incredible evening of great food, friendship and contributing to the inspiration of teens - I hope to see everyone there!

Purchase Tickets at www.alicecooperssolidrock.com







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Submitted by The Williams & McBean Team
HomeSmart Realty

When it comes to finding the perfect home, buyers often look for the traditional features of a floorplan, such as the number of bedrooms, bathrooms, common living spaces, and garage bays. Recently, another feature called flex space has become more sought after.

Flex space gives homeowners the freedom to easily change a room to fit their specific needs, such as a kid's playroom, multi-generational suite, home gym, or game room. When owners can dedicate a flex space to whatever they have going on in their lives, they're able to create spaces that better suit their lifestyle.

Take, for example, multi-generational living situations. Whether you have an aging parent or an adult child returning home, a space where that family member has privacy and freedom from the rest of the home makes the arrangement much more appealing. Taking a larger bedroom, and converting it to a multi-generational suite with sitting room, gives that loved one the privacy they desire while being close at home.

For those of us with little kids who want a space to contain messes, toys, etc., enter the kid's multi-use playroom. With multiple beds or bunk beds to accommodate sleepovers, and space for play, rooms like these are becoming more and more popular with parents raising children of their own, or grandparents who want space for their grandkids. With a kid's multi-use playroom, the mess is contained and the fun doesn't have to stop.

With more employers providing flexible work schedules, or work from home opportunities, the home office is another great flex space. A home office not only makes work convenient, but it can foster a better work-life balance. In some instances, these spaces pull

double duty, becoming home to locker style organization for all the activities owners and their families are involved in.

Whether it's a kid's play room, a traditional man-cave, or a crafting room, these flex spaces draw buyer's attention, and help them imagine their new home suiting their needs. If you don't think your current home has the flex space you need, we can help you find a home with additional rooms that can double as flex space or become a multi-generational suite. When selling your home, we offer staging advice and can help convert a bedroom into the flex space buyers dream of.

The Williams & McBean Team is a full service HomeSmart Realty team, dedicated to high quality real estate services at 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 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.



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LOCAL BUSINESS

Open Up Your Design Plan

Submitted by Linda Palm,
Window to Design



Windows can make a room appear airy and spacious and add drama. The shape of the windows could be interesting, or the size (really large), or the view outside (really spectacular), which adds the pizzazz.

ADD ELEGANCE AND INTEREST

Non-standard windows may already be in the house you have built or purchased. Or you may be planning a renovation and thinking of adding new windows. Depending on the size and shape of the window you select, specialty windows work in almost any room of your house.

Specialty windows come in many styles, including:

- Arches
- Circles
- Skylights
- Angle tops
- French doors
- Bay and bow windows
- Corner windows
- Hexagons and octagons

FUNCTIONAL CONSIDERATIONS

At first, most people plan to keep their large windows uncovered to highlight their beauty and the view outdoors, but often window fashions are needed for light, privacy, and temperature control, which can be a challenge.

Depending on your window shape and location, one of these window treatments from Hunter Douglas may be the perfect solution:

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- Vignette® Modern Roman Shades
- Heritage® Hardwood Shutters

"Custom drapery can complement your existing shutters, blinds or shades. Sometimes just a bit of pattern or color brings your personality into your interior design," said Linda. ■

To speak with Linda about her new Window to Design store, you can contact her at (480) 207-6450, or visit her website — windowtodesign.com, or instagram.com/windowtodesign.

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REAL ESTATE

PROS AND CONS OF HAVING A HOME INSPECTION BEFORE YOU LIST YOUR HOME

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

As we head into the glorious spring weather in Arizona, we also head into our peak home selling season.

March through June are still the months with the highest sales in Mesa. Inventory is at its lowest since 2005 — Mesa active listings as of Feb. 15 was at 741 compared to 1,272 for the same time last year. That's a significant 42 percent decrease just from last year.

With the low inventory and low interest rates, buyers are snapping up homes and we are seeing many more multiple offers. But don't let that fool you. That certainly doesn't mean you can sell your house for top price no matter the condition. We are seeing more contracts being cancelled during the inspection period than we do in a balanced market.

Two reasons this may be happening is:

- 1. Buyers are rushing to put in an offer right away to beat the competition, and may have buyer's remorse and cancel during the inspection period.
- 2. Buyers are paying top price for the home in this sellers' market, and are not prepared to pay top price and have a home that needs a lot of repairs.

ONCE YOUR HOUSE IS UNDER CONTRACT

As soon as you have a fully executed contract, the buyer will have a ten-day inspection period. This is when they will hire an inspector; probably a termite company; maybe a roof, HVAC and pool inspector; and perform any other inspections they choose. This is the buyers time to do their due diligence on the property before moving forward.



PROS OF DOING A HOME INSPECTION BUYER CAN CANCEL AND GET THEIR EARNEST BACK UP TO 20 DAYS

Once the buyer receives the inspection report, they will ask the seller to do any repairs they feel necessary. They have ten days (unless the contract states otherwise) to submit their request to the seller. The seller will then have five days to agree to the repairs or respond. If the seller agrees to all the repairs the buyer is asking for, they sign, and the inspection period is over. If the seller doesn't agree to all repairs and responds in any way, the buyer has another five days to accept the response or cancel. Now you are on day 20 (ten days for the inspection period, five days for the seller to respond and five days for the buyer to accept the response or cancel) since the contract was fully executed. If the buyer cancels, their earnest deposit is returned. This means you have had the home off the market for 20 days and now have to re-list. Having a home inspection up front may have prevented this as both you and the buyer would have known the condition of the home from the start.

Doing a home inspection up front also gives you plenty of time to get bids on repairs you want to do, or even if you don't intend to do the repairs you can get bids to know how much they would cost. You have time to find the best contractor at the best price instead of having to make the decision in five days after the buyer sends their repair request.

YOUR HOME WARRANTY MAY COVER REPAIRS

If you have an inspection and repairs are needed, they may be covered by your home warranty. It can take time for a claim to be submitted, the repair company scheduled, and parts may need to be ordered. Doing this before you list the home allows you the time to get it done. You can still list the home while the repairs are being completed.

IF YOU DON'T HAVE A HOME WARRANTY YOU CAN GET ONE WHILE YOUR HOUSE IS LISTED

If you don't have a home warranty when you list your home, whether you do an inspection or not, you can get sellers' coverage. Then, if anything that is covered such as major appliances, AC unit, etc. breaks while your

home is on the market, it may be covered by the Sellers Home Warranty. The warranty company I use only charges one flat fee of \$60, and only when the house closes, so make sure you check with your Realtor and have the warranty added when you sign the paperwork to list your home.

CONS OF DOING A HOME INSPECTION NO TWO INSPECTORS ARE THE SAME

Even though you have done a home inspection, the buyer will still do their own inspection. While most of the items on each report will be similar, every inspector will find something different. So even though you have had an inspection, and even if you fix everything on that report, the chances are there will still be some other items the buyers inspector will find.

NO TWO BUYERS ARE THE SAME

What is important to one buyer may not be important to another. Even if the buyers are looking at exactly the same inspection report, one buyer may ask for ten major items to be repaired while the other only asks for two or three smaller items. You may have spent money on repairs that the buyer never would have asked you to fix.

DISCLOSING ITEMS THE INSPECTION FINDS

When you list your home, you must fill out the Seller's Property Disclosure Statement (SPDS). This form must be completed by all sellers and given to the buyer within three days of contract acceptance. The Seller's Disclosure is information about the house and its condition. It's a simple form with mostly yes and no questions but the seller must disclose any issues with the home even if they have been repaired. So, if you do an inspection and find out you have a roof leak that you didn't know you had before, even if you have it repaired, this must now be disclosed on this form. But the buyer's inspection would discover this anyway, so disclosing sooner and having time to take care of it is still an advantage. ■

If you have any questions on inspections or would like a referral to a home inspector, please feel free to contact me.

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COMMUNITY

Red Mountain High School Crowns its King

By Kimberly Alvarado
What do you call a reverse Miss America contest? At Red Mountain High School, it's referred to as the one-and-only *Big Man on Campus* competition.

This second-semester event, hosted by the school's Interact Club, has grown in popularity, as well as financial advancements, since its creation. This year's 22 contestants brought in a whopping \$4,200 through entrance fees and ticket voting sales at a performance that drew over 700 spectators.

Each of three categories — Congeniality, Judge's Vote and Audience Vote — claimed a winner. KJ Rubinstein was crowned *Big Man on Campus* as the judge's favorite.

The *Big Man on Campus* event is a moneymaker that helps support programs within the school that need a financial boost. The event invites creative talent, school spirit and rolling laughter. Most importantly, it gets students involved!

Big Man's contestant line-up is open to all male seniors at Red Mountain High School. Participation gives the guys a chance to show off a talent, be escorted across the gymnasium stage by one of their role models, and yes, even invites them to participate in a swimsuit competition!

All of the fun that this event brings comes with the reward of raising money and school spirit. In addition to supporting clubs and programs throughout Red Mountain High School, this year's proceeds will be used to host a special-needs prom for Mesa Public Schools students later this spring.

KJ spent a great deal of preparation time prior to the Jan. 30 event. As a returning member of Interact Club, KJ had been anticipating becoming a contestant since his sophomore year.

In order to steal the title, KJ carefully designed his own *Aqua Man* costume with matching board for



June Mary Rubinstein, KJ Rubinstein and Kevin Rubinstein

the swimsuit competition. He respectfully chose his 88-year-old grandmother as his role model stage escort. He spent numerous months and hours perfecting his piano playing skills and escalated his overall score with the judges when his fingers danced on the piano keys, as he played an original piece he had written called *Dancing in the Rain*.

KJ appreciates his dad, Kevin, who was his greatest inspiration for the musical performance. "As someone who has been around music all of his life, my dad was my greatest supporter. He knew what it meant to me to perform for such an audience," said KJ, admitting that the largest audience he had ever played piano for previously was about 30 people.

"I have a lot more confidence now," said KJ. "Performing for such a big crowd taught me to not worry about messing up or hitting the wrong note. It taught me to just be present with the music and let my fingers do their thing."

KJ will carry the enthusiasm of his reigning performance with him into his future. "I really want to start performing for others at restaurants or maybe small local venues," he added.

Without a doubt, winning a competition of this magnitude spreads enthusiasm beyond the gymnasium walls and monies raised. It invites new ideas and creative possibilities for the soon-to-be graduates who are just beginning to shape their futures. ■



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HEALTH

Prepare the Body to Make the Swing

By Ryan Bell, Physical Therapist Assistant (PTA), Functional Golf Specialist (FGS)

As spring nears, many will get back into the swing of things and enjoy the lovely greens the Valley of the Sun has to offer, while realizing one of the beauties of golf is the mere fact you can spend a lifetime playing and perfecting the game. Golf requires a great deal of skill and perseverance to truly excel. Unfortunately, most golfers typically will experience some injury during their time spent playing the game. The extent of the injury and severity varies from small nagging injuries to a debilitating injury that could keep you from loving the game.

Typical injuries that can be seen from golf are due to mechanical impairments of the body and overuse that can result in pain and tend to affect the desired swing.

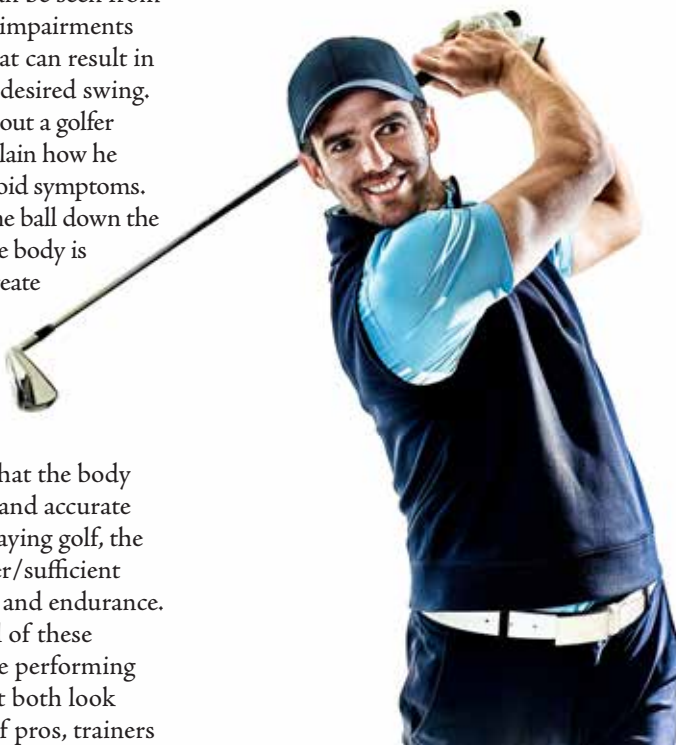
You may have heard about a golfer suffering from an injury explain how he has changed his swing to avoid symptoms. However, he cannot drive the ball down the fairway quite as far now. The body is resilient in its attempts to create compensations to resolve pain, but this also compromises the performance.

Oftentimes, the decrease in performance is due to a lack of resources that the body needs to create a powerful and accurate swing. Essentially, when playing golf, the body has to have the proper/sufficient mobility, stability, strength and endurance.

It is important that all of these aspects are addressed while performing exercises and activities that both look and feel like golf. Local golf pros, trainers

and physical therapists trained in golf performance are an important piece of improving your golf game. Here at Spooner Physical Therapy, we have qualified physical therapists to help you rehab your preexisting golf injuries. We also have a certified functional golf specialist (FGS) who can help you develop/tailor an exercise program that is authentic to the game. Our goal is to address the mechanical deficits to enhance movement and allow the player to make the desired swing. ■

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



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REAL ESTATE

Consider These Six Tips BEFORE YOU BUY A LOT

Submitted by John and Natascha Karadsheh, Designated Broker and Owners, KOR Properties

Have you ever considered building a custom home? Perhaps you have driven around, looked at lots in the area, drawn a sketch of your perfect floorplan, or even started a Pinterest board for your dream kitchen.



John and Natascha Karadsheh

While the design details are important, the first step in the process is choosing the right lot. Here are some important things to consider as you evaluate properties and plan your project.

- 1. Understand the topography.** So many lots in our area are on a hillside or have natural washes running through the property. The cost of grading, and installing proper drainage and retention, can quickly escalate into the tens of thousands of dollars. Get all the details before you buy so you understand approximately what it will cost to get the property ready to build.
- 2. Are utilities on site?** It is very important to understand how you are going to get power and water to your home, and also how you will take waste away from the property. Do water lines run to the property or will you need to figure out how to install a water tank? Is there a well you can share and, if so, is the well agreement favorable? Is the sewer in and connected or will you need a septic tank? Is there gas in the area or will you need to install a propane tank? How far are the main utilities from the property and what will the cost be to get them connected to your property?
- 3. Conduct a soils test.** Soils vary in type, composition, and strength, and the right combination

- is necessary to support the weight of a foundation. Knowing your soil is critical to getting proper pricing for lot preparation.
- 4. Is there a homeowner's association?** Most HOA's require architectural review. Find out how much it will cost to have your plans reviewed and be sure that the type of house you want to build will fit within the building requirements established by the subdivision.
 - 5. Will the house you want to build fit on the lot?** Understand the lot setbacks, slope, and limitations (rights-of-way, easements) before you design your dream home.
 - 6. Select a well-established builder** who has the experience to build a quality home and keep you on budget. The construction labor market is very tight right now, so an experienced builder with a good list of subcontractors will help you keep your project on schedule.

Building a custom home can be a great experience as long as you go into the process knowing that there will be many challenges and decisions along the way. We have sold many lots and are happy to answer questions or put you in touch with a great builder who can help you evaluate a lot. Give us a call any time with your real estate or building questions! ■

John and Natascha Karadsheh are co-owners of KOR Properties. John has been a Multi-Million Dollar producing agent for over 17 years, and is an Accredited Buyers Representative (ABR) and a 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 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.

EVENT

Relief Organization Hosts Global Village Festival

Submitted by Erin Suwwan

Helping Hand for Relief and Development (HHRD) is excited to announce their second annual Global Village Festival to help raise funds for their mission to feed orphans worldwide.

The Global Village Festival will be held on Saturday, March 28 from noon to 5 p.m. at South Mountain Community College, 7050 S. 24th St., Phoenix, 85042. South Mountain Community College is a primary sponsor of the event.

This event is a unique, multicultural experience for families, and entry is free.

The festival will feature several selections of global cuisines; bazaar-style shopping, including art, merchandise, gifts, clothing and more; a stage with cultural performances, including music, dance and a Cultural Walk featuring children in outfits from countries around the world; a multicultural area featuring people and items from several different countries; and a wide variety of kid-friendly activities, including bouncy houses and a reptile petting zoo.

The event will present several opportunities to help orphans worldwide. ■

Helping Hand for Relief and Development (HHRD) is a nonprofit organization [501 (2)3] committed to serve humanity by integrating resources and providing aid for people in need. For more information, visit hhrd.org.



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1502 N 25Th St	1,728	Chateau D' Arnett	\$330,000
2609 E Fairfield St	2,109	Meadowvale	\$335,000
5624 E Fairbrook St	2,188	Alta Mesa	\$345,000
2727 E Hermosa Vista Dr	1,800	Hermosa Vista Views	\$345,000
3544 E Fox St	2,006	The Groves	\$350,000
819 N Acacia	2,434	Tierra Este	\$359,900
2053 E Evergreen St	2,152	Tierra Este	\$369,900
1414 N Banning	1,971	Higley Heights	\$372,000
5128 E Halifax St	2,545	Higley Heights	\$400,000
2201 E Hermosa Vista Dr	2,651	Citrus Del Ray	\$420,000
2845 E Menlo St	3,311	Vista Mesa	\$434,000
2313 E Knoll Cir	3,039	Regency at Garden Grove	\$450,000
3217 E Elmwood St	2,496	The Groves	\$450,000
2536 N Lema Dr	1,968	Apache Wells	\$450,000
3512 E Fountain Cir	2,841	The Groves	\$454,000
2234 E Hackamore St	3,410	Miller Heights	\$455,000
3432 E Adobe St	3,054	Thayer Estates	\$485,000
4441 E Fairbrook St	2,462	The Grove At Valencia	\$517,301
1129 N Omaha	3,342	Mahogany	\$530,000
3341 E Fox St	3,608	The Groves	\$530,000
3307 E Fairbrook St	3,390	The Groves	\$546,000
4147 E Glencove Cir	2,931	Estate Groves	\$570,000
1632 N Rico Cir	5,672	Mesa Northgrove	\$679,205
3325 E Mcdowell Rd	2,800	County Island	\$700,000
3326 E Ivyglen Cir	4,286	Arboleda	\$710,000
3043 E Ivy St	6,713	Mesa Northgrove	\$850,000
3259 E Knoll Cir	4,565	The Estates At Thirty-Second	\$929,743
3440 E Grandview St	7,168	Chatham Groves	\$1,162,500
3246 E Knoll Cir	4,565	The Estates At Thirty-Second	\$1,200,000

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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|| SPIRITUALITY
March Madness and Lent Arrive
at Hosanna Lutheran Church



By Pastor Paul Frank,
Hosanna Lutheran Church

March madness is upon us. And I don't just mean in the basketball tournaments. No, the madness of March I mean is the busyness of life at full speed in the month of March, and on toward the end of the school year.

We have lots of winter visitors, family, and friends in town. The weather is perfect. The school year has turned toward the home stretch, so all the schools are pouring on the homework, the field trips, the special days of celebration and service. For some, even graduation ceremonies and celebrations are in the works. And life at Hosanna Lutheran Church, and Little Palms Preschool, is in full swing as well. It's March Madness.

Here at Hosanna, we're into the season of Lent. Lent, an old English word meaning *springtime*, is a special season in the church year when we focus a little more intently on the Passion of the Christ. Lent leads us into the springtime when new life begins to emerge as flowers sprout and new blooms come.

Lent brings us a little more March Madness, so to speak, because we add mid-week worship services to our schedule (Wednesdays at 10:30 a.m. and 6:30 p.m.)

to focus more intently on Christ, our sinfulness, His sacrifice to redeem us, and the new life He gives us. Lent leads us to Easter morning and the new life we know in Christ, who rose up from the dead, overcame sin, death, and the devil. All this he did because HE wants YOU to have New Life through Him. March madness will lead to Easter joy.

How about you? Are you in need of a new beginning? Do you need a fresh start, a do over, a new lease on life? Are you carrying around the bricks of guilt, shame, sorrow, grief, regrets, fears, or anxieties over what tomorrow might bring? Do you need a new life? That's what the season of Lent is all about. It's a reminder for us that "anyone who is in Christ is a new creation. The old has gone and the new has come!" (2Corinthians 5:17) Would you like to experience the full message of just what Easter morning means?

Come join us at Hosanna Lutheran Church not only for the Sunday morning services, but also for the mid-week services, for Holy Week services, and for Easter morning services soon to come in April. Join us in this new life in Jesus' holy name. Amen. ■

Hosanna Lutheran Church is located at 9601 E. Brown Road, Mesa.



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COMMUNITY

District 5 Welcomes Hava Java

By Councilmember David Luna, Mesa District 5

I've used this column many times to showcase and highlight new developments, attractions and establishments. Now, after 28 years, one of the Valley's oldest, most awarded coffee houses — Hava Java — opened its newest location at The Village at Las Sendas. Please read along as I share with you the rich history and available products in Hava Java's newest location.

WHAT IS HAVA JAVA?

In the late 1980s, Justin Shafer had a vision to open his own coffee house, where he would serve the highest quality products with the most exceptional customer service. In 1991, Justin opened



the first and only gourmet coffee cart in Arizona, Hava Java, operating on the sidewalk of the legendary Dushoff's bookstore. Justin ran his coffee cart operations for two-and-a-half years before Dushoff's succumbed to corporate bookstores. This led to the opportunity of remodeling a portion of the space to build the indoor coffee house, where the original Hava Java still resides. The original Biltmore location is the longest running coffee house in the Valley. Hence, Justin is excited to bring nearly three decades of coffee house experience to Mesa.

WHY MESA AND WHAT TO EXPECT

When Justin was first introduced to Northeast Mesa, he saw "a beautiful area with wonderful residents with a need for an independent coffee house like Hava Java!" Hava Java at The Village at Las Sendas features a beautiful and relaxing setting, with comfortable indoor areas and two outdoor patios. The expanded menu will include fresh daily bakery, bagels and bialys, and made-to-order food items for all hours. In addition, Hava Java is pouring ten local craft beers on tap and has several wines to choose from.

Host your business meeting, bring your homework, or just come and relax with friends and neighbors in Northeast Mesa's newest warm and inviting space. You are going to love the vibe as much as I do! ■

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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LOCAL BUSINESS

The Fix Drive Thru Coffee Brings Cheerful Coffee Service to Mesa

By Jamie Killin

The Fix Drive Thru Coffee, a family-owned and operated coffee stand, has opened its second location in Northeast Mesa, bringing top-notch locally roasted coffee beans and its relationship-based approach to service.

Mesa residents, and parents, Matt and Darcy Stewart work behind the scenes while daughter Stevie and son Hunter oversee day-to-day operations of the stands.

After working in the coffee industry since he was 16, Hunter had the dream to open a coffee stand, and the rest of the family quickly came on board to support.

"We just love serving people as a family, so that's where my son's heart was at," said Darcy. "He loves the people aspect and we decided we would back him, so now it's become where Matt and I are behind the scenes, but Stevie and Hunter are running the stand."

For Stevie, who serves as a manager of both locations, one of her favorite things about working with family is that they provide her with extra support.

"Working with family is not something everyone gets to experience, and having family just a phone call away — knowing that they'll pick up and you can depend on them — is a different dynamic, and it's a special dynamic," said Stevie.

All of the Stewarts also enjoy being able to make their customer's days with friendly service and their exceptional espresso-based drinks.

"Our goal in opening these stands was not just to serve coffee, but to serve love," said Darcy. "We're faith-based. We're Christians. It's a way to give back to people and we love that if someone's having a bad day, we can give them a better day."

Since opening the first location in Tempe in late 2018, they have also enjoyed building relationships with their customers by serving them with a genuine, positive attitude and intention.

The Fix Drive Thru Coffee's extensive menu includes classic coffees, specialty coffees, milkshakes, smoothies, teas, gluten-free oatmeal, protein cookies and muffins, with a focus on healthy options for those with dietary restrictions.

"I have some pretty severe food restrictions, so all of our flavors are natural-derived flavors, and we make sure to label gluten-free and all natural," said Stevie. "We have healthy options, but we have options you can splurge with too."

This year, they'll also be looking into more locally produced and healthy food options to add to the menu. ■

The Fix Drive Thru Coffee is located at 5135 E. McKellips Road in Mesa. For more information, visit thefixdtcoffee.com.





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LOCAL BUSINESS

Eight Reasons to Sell Your Company in 2020

Submitted by Tory Adair, Bristol Group Business Broker

Timing the sale of your business can be the difference between success and failure. Knowing when to sell is important, but just as important is knowing why you should sell.

At Bristol Group, we make it our passion to help you determine the right time to sell. We help you evaluate the reasons why you should or shouldn't sell, the value of the company, the process and the timing involved.

Below are eight of the most common, and frankly, the best reasons to sell your company now.



Tory Adair

#1 Take Advantage of a Sellers' Market: This is really a timing issue. When are the buyers in the market and when do they have cash to spend on companies? This is also important because, just like real estate, the value of businesses go up and down based upon market conditions.

#2 Retirement: Statistically, this is the most common reason an individual determines it is time to sell. The real question is, do you retire at 55, 60 or 65? Do you have enough money to retire? Is your retirement contingent on the successful sale of the company? It may be that the company needs new blood and new passion, and now is the time to retire.

#3 You Want to Do Something Different: It may be that you are burned out, or that you are ready for another challenge in life. Many serial entrepreneurs are always looking for the next challenge. This is a valid reason to sell. You need to be careful with this one because it is driven by factors that don't mean it's the best time to sell. Wanting to do something different may take some planning and foresight to insure when you should transition the company.

#4 Health Problems: This reason is generally the one that requires the most skill in making sure you get the full value for the company. Health problems often mean the timing is an issue and long-term planning isn't an option. Depending

upon the issues, you can still get the right terms, conditions, and sale price with some planning and proper execution.

#5 Industry Roll-Up: If your industry is experiencing consolidation, sometimes called a roll-up, that means valuations are strong, buyers are plentiful, and terms and conditions can be dictated by the seller. This is one of the most opportune times to sell a company. Knowing how to spot this trend and how to take advantage are important factors in determining the sale of the company.

#6 Partner Disputes: Most partnerships start off well. Somewhere along the way, the skill sets, commitment, communication, and differences begin to cause friction. If you're having problems with a partner, then selling can be your best option. Options include selling to an outside buyer, or one partner buys the other partner out. Either way, it is a valid reason to sell.

#7 Competition: Competition exists in the business world — that's just a fact — and losing out to your competition is no fun. On occasion, a new competitor may come to your market and it may make you re-evaluate your company's ability to compete. If you have competition in your market that is difficult to overcome, you may find that a sale to your competitor (aka merger) to be very advantageous.

#8 Other Business to Focus On: For many entrepreneurs, they may have other businesses that require their attention and are more interesting. Once the business is up and running, and many of the entrepreneurial challenges have been met, often an owner wants to sell and move on to the next adventure.

The Bristol Group specializes in helping business owners sell their company. We provide the following services: Business Valuation, Determining the Timing of the Sale, Maximizing Value, Keeping the Process Confidential, Finding the Buyer, Negotiating, and Due Diligence. ■

Call your local Bristol Group Business Broker, Tory Adair, and see if selling your business makes sense. Call (480) 388-0898, or email tory@bristolgroup.com.

EVENT

Falcon Field Airport's Open House Features Car Show



Submitted by Carol Antebi, Impala Bob and Bob's Pilot Shop

Impala Bob's annual Car Show is one of the favorite events that takes place at Falcon Field Airport's Open House.

This year, the event is on Saturday, March 28 from 8:30 a.m. to 2 p.m. Showcasing restored classics, hot rods, custom cars, and trucks of all makes and models, there will be something to see for car enthusiasts of all ages.

Sponsored by Impala Bob's and Bob's Pilot Shop, this free spectator event welcomes a limited number of participants competing for awards. Winners will be chosen for Best of Show, Best Interior, Best Engine, Best Paint, and nine Class Awards, with the opportunity to strut their car's stuff to thousands of spectators every year.

Located out on the grass next to Falcon Field Airport Park, there will be plenty of fun, music, and 50/50 drawings, with proceeds benefiting the Aviation Explorers Post 352.

Entry fee is \$30 and includes dash plaques, commemorative T-shirt and swag bag. Limited to the first 160 cars. ■

Pre-registration forms are available at Impala Bob's and Bob's Pilot Shop, located at 4753 E. Falcon Drive, Mesa. For more information, call (480) 981-1600.



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HEALTH

Over 50

Early Medicare Planning CAN REALLY HELP

Submitted by Tapestry Insurance

Last week I met with a lovely lady who will be turning 65 next fall.

She is a planner and wanted to make sure she moved forward into Medicare making the best decisions and understanding the options available to her. It was great guiding her through how it works and what her choices are.

I even left her with a list of assignments and when to do them. As we said goodbye, she said she finally felt confident about how to move forward.

Her situation was unique because of her health history and current needs. Everyone's situation is unique, and it is important to take the time to understand how Medicare works and make a decision that is right for you.

It is always so interesting to help people make these very important decisions. As an independent Medicare agent,



Lynne Jones

I can help you find the plan that fits your individual needs and lifestyle. Also, I can help with questions about when to sign up for a plan and any late enrollment penalties to be aware of.

If you are new to Medicare, or turning 65 in the next year and have questions about what plan to choose, or any other Medicare questions, please call me at (480) 212-2246. ■

Please call Lynne Jones, licensed sales representative, at (480) 212-2246, or email jonesdvp@yahoo.com. I would be happy to answer any questions you have about Medicare plans.



EVENT

Over 50

Canyon Winds Hosts Second Annual Car Show

Submitted by Canyon Winds Senior Living

Vroom! Vroom! Vroom!

There is nothing like the sound of an immaculately restored classic, no matter what year it is. Original or hot rod, they are works of art!

Canyon Winds Senior Living, in Northeast Mesa, will be loaded with them on Saturday, March 7. It is the community's second annual car show. If it's anything like last year, wow!

Last year there were 44 amazing cars, motorcycles and even Mesa Fire had a huge fire truck there for all to see. More than 350 people attended, and Chef Larry fed them all with burgers, hot dogs and more.

The car show starts at 10 a.m. and goes until 1 p.m. Bring the whole family. There will be popcorn and lunch provided. Bring your classic car, your camera, or just come for the fun of



checking out really cool cars and their vroom vrooms! ■

Canyon Winds is located at 2851 N. Boulder Canyon, Mesa. For more information, call (480) 948-0700.

Head east on McDowell Road from Power Road, go over the Loop 202 Freeway, and it's on your left. The beautiful, new four-story senior living building, nestled in the foothills of Las Sendas, provides independent living, assisted living and memory care.

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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COMMUNITY Over 50

Paz de Cristo Makes A DIFFERENCE

Submitted by Matt Watson, State Farm® Agent

Were excited to be sponsored by our local State Farm® agent as this month's Quotes for Good organization.

This month, for every household we send Matt Watson's way and who completes an auto, fire, life, or health quote, Matt will make a \$10 donation to our organization.

For the quote to qualify, the individual can be a new customer or a current State Farm® customer who has policies with Matt. If the individual currently has policies with Matt, they will need to quote business they do not already have with him.

When calling in/stopping by for a quote, be sure to mention Quotes for Good and our organization's name, Paz de Cristo, for the quote to qualify.

We are excited about the opportunity to generate donations and create awareness about our cause. Thank you for supporting us through Quotes for Good.

Together, we can make a difference in our community. ■

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HEALTH

Over 50

Patient Responsibility or HEALTHCARE SYSTEM IRRESPONSIBILITY?

By Dr. Afroz Ahmad, Las Sendas Cardiology

Day in and day out, I come across the same story lines.


Mary Simpson, age 72 years, calls me and states, “I went to the emergency department (ED) for knee pain, and they did an X-ray and gave me ibuprofen.”

She added, “They did not give me any instructions for the Xeralto that I take to thin my blood. So, I took both the ibuprofen and Xeralto, and now I am dizzy, having black stools and again in the ED.”

Joe Penne, age 64 years, calls me and says, “I was discharged from the hospital with a diagnosis of pneumonia and sent home on antibiotics. Prior to my hospital admission, I was already on antibiotics given by my urologist for a urinary infection.”

He went on to say, “On my discharge, I followed up with my doctor and his nurse saw me in the clinic, and she told me to continue the same medications. Now I am in the ED again with explosive diarrhea 10 to 15 times a day for the past five days, and I am sick, with a blood pressure of only 80 and a life-threatening low potassium level.”

Susan Brewer, age 30 years, states, “I have been prescribed birth control pills by my primary care for several years, and I have also been suffering from migraines




since the ninth grade, which is being treated by my neurologist. Today, I visit with you, Dr. Ahmad, for the first time to discuss and be evaluated for my recent stroke. Dr. Ahmad, it seems you are concerned about the risk of another stroke in me due to my history of birth control pills and migraines, and do not want me to use birth control pills as a form of contraception. My doctors never told me that migraines and birth control pills are not a safe combination.”

So, what is the pattern we are seeing here? We are seeing patients obtaining medical care from multiple healthcare providers at multiple sites with no crosstalk or effort to communicate with the various providers. Of course, this lack of communication or collaboration between these providers not only delays diagnosis, treatment and increases costs, but most importantly may be both dangerous and deadly at times.

There still is no solution for this fragmented healthcare delivery. However, a visit where the doctor simply sits down and listens to the patient may go a long way in avoiding serious mistakes, and repeat hospitalizations. ■

For more information, call Las Sendas Cardiology at (480) 361-9949.



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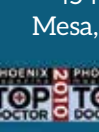

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EVENT

Annual Mesa Quilt Show Coming in March

Submitted by *The Las Sendas Quilt Club*

Set your calendars for Sunday, March 29 for an enjoyable afternoon at the annual Las Sendas Quilt Show.

Beautifully constructed quilts of varying size, style, and palette will be on display from 33 club members.

Every year the members choose a collaborative project as a showcase for the quilt show. This year the focus will be *applique*, which promises to delight and amaze with a variety of themes, sizes and colors.

The members are very prolific and will be displaying many personal quilts, and some will be for sale. The event will take place at the Las Sendas Trailhead Members Club, 7900 E. Eagle Crest Drive in Mesa. Complimentary refreshments will be available for all attendees.

An important aspect of the Las Sendas Quilt Club is that the members are dedicated to charitable projects. Last year, members proudly donated 33 quilts to the House of Refuge (transitional housing for the homeless), Helen's Hope Chest (foster children), and My Sister's Keeper (home for victims of domestic abuse).

The club also gave 140 pillowcases to Ryan House (provides pediatric palliative care at no cost to families), 80 bags to Harvest Compassion (food and clothing bank), and 42 dog beds to local animal shelters. At the end of the year, an additional 24 quilts, 22 pillows, two fleece throws and 16 stuffed animals were donated to Ryan House.

In addition to the projects, members



also gave monetary assistance of \$1,750 to Helen's Hope Chest to assist with Christmas gifts, and \$750 to Sunshine Acres Children's Home, collected from the \$1 donations at the door of the quilt show. Again, this year, the club will be asking for \$1 donations from all attendees.

Las Sendas Quilt Club meets on the third Monday of every month, and schedules monthly *open sewing days*, where members demonstrate specific techniques, share tips/tricks, and offer friendly advice. These meetings provide opportunities to learn, share, and focus on charitable projects. ■

If you are unfamiliar with the East Valley, the Las Sendas Trailhead Members Club is located at 7900 E. Eagle Crest Drive, in Mesa, and can be accessed from the Loop 202 East, at the Power Road exit (eastbound), or McDowell Road exit (westbound) and then follow the signs.

COMMUNITY

We loved our dog Lincoln

Submitted by *Lincoln's family*

It is with great sadness that we announce the loss of our beloved two-year-old Labrador Retriever, Lincoln.

Although he was diagnosed with Valley Fever only three months ago, he showed little signs of illness before passing away in his sleep. He was intelligent, obedient, loving and a great companion. He wasn't just a *good boy*; he was a great dog.

Lincoln loved to play. He had his own way of asking for play time — grab one of his toys and place it on your lap. He loved to play *fetch*. And walks and hikes were always on his list. Just say the word *walk* and Lincoln would start jumping, all four legs off the ground!

Each one of his family members called Lincoln *their dog*. Cassandra, who is studying to be a veterinarian in Colorado, claimed Lincoln from the beginning, and always scared us by claiming she was, "taking Lincoln with her." Chase always came home from high school and would



exclaim, "Where's my dog?" or "Where's *Yellow Man*?" whenever Lincoln was having a play date with many of his doggy friends.

Kim, being a mom, claimed Lincoln was her newest child, "*my Lincoln*," and treated him with so much love. Lincoln was her constant companion. And Randy, well, Lincoln claimed him as his *dad*, jumping and showing his excitement each and every day Randy came home — and maybe the treats helped a bit too!

And Lincoln had quite an extended family, and friends who all adored him. They are all missing him, and we appreciate all the kind words and support.

Lincoln had many furry friends at Happy Pets. He was very popular and playful at their doggy daycare program. But Sydney, a slightly younger Golden Retriever and self-proclaimed girlfriend, will miss him most as they played together both at Happy Pets and at Sydney's home.

As a puppy, Lincoln was a constant hole digger, as it was just in his nature. We suspect that may be where he contracted Valley Fever, and it progressed without our knowing. When he finally got diagnosed, maybe it was just too late to turn it around. We may never know. But maybe Lincoln's passing can teach all of us that it's never too early to have your dog tested.

Ironically, Lincoln passed away on *Love Your Pet Day*. He will be truly missed by each and every person he spent time with. ■

For more information about Valley Fever, the University of Arizona has a Center of Excellence focused on the disease. Visit the website — vfce.arizona.edu.

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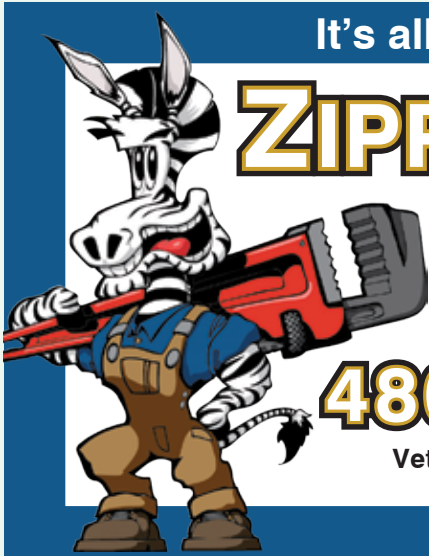


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