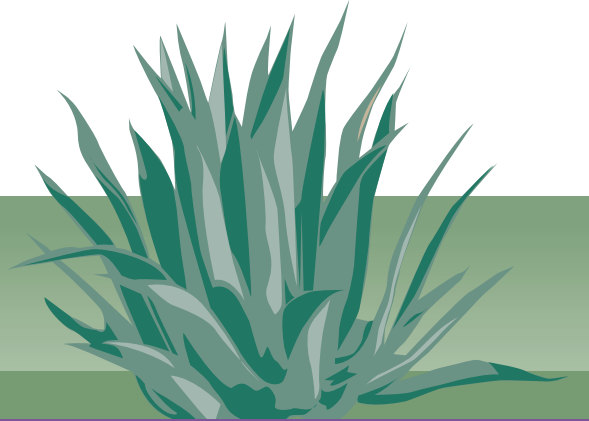


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April 2020

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State Farm agent promotes WELLNESS OF OTHERS WITH HIS BUSINESS

By Kimberly Alvarado

State Farm agent, Matt Watson, has set a goal for himself.

The goal is to continue to run a successful business, allowing him and his family the great fortune to provide for themselves, and to give to others.

Matt strives to better his community through a wide range of philanthropic causes. His State Farm office is a drop location for Toys for Tots, and many food drives throughout the year. "We have donated school supplies and backpacks to *Heroes to Hometown*, and are always finding ways to donate to those in need at different times of the year," Matt stated.

The staff at the office is passionate about all of the giving. There is a certain excitement and boost of morale that comes with donation. The workplace culture is improved with employee involvement and the general feeling around the office is excitement when there is a food drive or toy drive. "There is no requirement from the staff," Matt said. "I simply ask what sources staff members are passionate about and we take the day to a different level by jumping in to help those causes."

State Farm is a great fit for Matt because the company's values aligned perfectly with Matt and his wife Bree's family values. This made the transition from his corporate position at Sherwin-Williams to small business owner at State Farm the perfect partnership. "It's not business to us, it's personal. We don't quote business, we are risk advisors that learn what is important to you, what is at risk, and put a plan in place specific to your needs. In addition, I make sure that you know 100 percent what you are paying for and why. State Farm has amazing rates right now, and finds ways to say yes when others say no."

"I want people to know that my team and I truly care about their best interests. We are not quoters, or salespeople, we are risk advisors. With that, our discussion is always related to a needs-based conversation."

In this unique time of crisis, Matt's professional recommendations are as vital as his charitable contributions. State Farm currently offers an analysis risk assessment to anyone seeking answers to the *what ifs* as well as options for *filling in the gaps* with families that may be impacted adversely by current economic conditions.

SHAPING A HUMANITARIAN

Matt's background of helping others can be traced back to his childhood roots. He grew up in a single-parent home and saw, firsthand, the challenges as well as the great fortune that resulted from kindness and generosity.

His giving spirit began to take shape at age 7, back in the small farming community of Ithaca, Mich., where Matt



Matt and Bree
Watson and family

was raised. His mom got him involved with an organization he continues to support today — Big Brothers/Big Sisters of America. Her intentions were that Matt might enjoy experiences that, as a single mother, she was unable to provide for him.

Those positive experiences, delivered by the Big Brother/Big Sister husband/wife team, brought him outside the boundaries of his tiny hometown in the Midwest, to faraway places like Disneyland, the beaches of Cancun, and snow skiing in Northern Michigan and Utah. The married couple who took Matt under their wings raised his awareness in the significance of giving to a cause greater than oneself.

Those younger years were merely the beginning of a meaningful relationship with individuals he continues to refer to as his *second family*. He remembers those adventures as his first opportunities to get a taste of what life could be like, if he worked hard. Matt is forever grateful his mom put him in the position to experience things which were best for him during those younger years.

Because of the impact of her selflessness, he continues with gratitude to pay forward the gift of giving in order to positively influence others' lives. Generosity toward others is something Matt says has always been a part of his life.

Matt's transition from *little brother* in Ithaca, Mich. to State Farm agent in Mesa, Ariz. is a long and winding road. Today, he is the husband to his wife, Bree, whom he refers to as the "heart of our home operation." He's also dad to three boys, Jaxson, 8, Hogan, 6, and Gibson, 3. The boys keep Matt and Bree busy with Boy Scouts, wrestling, baseball, soccer, karate and a variety of community service projects.

Unfortunately, Matt wasn't always available to be vested in the boy's activities. He remembers a time when Bree did

most of the day-to-day shuffling between school and play. "I was previously the national sales manager for Sherwin-Williams, and having a family, along with 70 percent travel, was challenging. I knew I wanted to do something on my own, be home each night with my family, and be in a position to help people. State Farm Insurance gives me this opportunity."

Matt keeps a full calendar, balancing client's needs, home life, and contributing to his community. He has a method for choosing the charities he supports. "It's simple," he says. "If you need help, I'm in."

Some of the local organizations Matt has recently contributed to are Paz de Cristo, College Bound AZ and Soldier's Best Friend. He is also active as a Big Brother with the Big Brothers/Big Sisters of Central Arizona. He proudly declared his *little brother*, Nick, is currently a junior at NAU. Nick and his family are also considered part of the Watson's extended family.

Time spent with Nick in this organization once again proved the positive impact charitable contributions can make in both the giver and recipient's life. Matt looks forward to continuing the relationship with Nick and someday, he says, will watch his *little brother* walk down the aisle. "I'll be there to welcome his first child," says Matt. "His future will be a part of mine."

Need is the main factor he considers when contributing to his community. Matt emphasizes contribution isn't always financial. In fact, he looks for ways to be helpful with his time, manpower, and through supply donations. One of his favorite gestures of charity is bringing smiles to faces through the delivery of birthday cards to children at Sunshine Acres Children's Home, right here in Mesa.



In addition, he champions a local nonprofit — The Kindness Revolution. Through the form of *kindness bracelets*, he encourages acts of kindness by sharing a thank you gift (bracelet), with encouragement to pass along compassion to someone else. A *Thank You for Your Service* bracelet is a perfect token to share with our veterans, active duty, firefighters and police officers.

Whether it's his own family, work family, or extended Big Brothers/Big Sisters family, Matt has certainly upheld kindness to humanity through service projects, donations, manpower and time. And his energy for giving is limitless.

"The smile on the face of those who receive is priceless. Knowing that everything we do is received with gratitude and appreciation, well I know that feeling, so it is simply amazing." — Matt Watson ■

For more information, visit matt@mattwatsoninsurance.com, call (480) 830 – SAVE (7283), or connect to [Facebook.com/protectedbymatt](https://www.facebook.com/protectedbymatt). The office is located at 6836 E. Brown Road, Suite 101, in Mesa.



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LOCAL BUSINESS

Get the Most from your AIR CONDITIONING SYSTEM



Submitted by C. Andrew John,
John's Refrigeration, Heating and Cooling

Did you know that your air conditioning system will run about 6,800 hours this year to keep you comfortable? And, it is most likely the biggest electricity guzzler in your home.

Of course, you could try to tough it out and live without it, or you could follow these tips to help increase system efficiency and keep those utility costs in check!

Tip #1 — Keep Your Filter Clean: According to a source on energy.gov, a dirty filter could increase energy use by 5 to 15 percent. Dirty filters restrict airflow and decreases comfort, causing stress on your system, and drives up energy costs.

Tip #2 — Clean Coils: Dirty coils make your system work harder and drive up your electric bill. Clear away dirt and debris (fallen leaves, grass clippings, etc.) around the condenser unit. Trim foliage back at least two feet to allow enough airflow.

Tip #3 — Don't Block Vents or Close Registers: Your system needs proper airflow to prevent pressure prob-

lems and to operate efficiently. Avoid blocking vents or completely closing registers.

Tip #4 — Plant to Shade: A well-placed tree can go a long way to help protect the efficiency of your system. Keeping your air conditioner unit in the shade could make it 10 percent more efficient than if it is located in direct sun — remember to keep a 2-foot clearance.

Tip #5 — Schedule Annual Maintenance: The secret to keeping your system working efficiently is to keep it properly maintained. Think about how important oil changes and tune-ups are for your car — it's the same concept for your system. Properly maintaining your system will increase efficiency, your comfort, decrease your energy usage, and when done consistently, *add years* to the life of your system. ■

Call today if you have not scheduled your maintenance yet. Call C. Andrew John with John's Refrigeration, Heating and Cooling at (480) 648-2505.



UpClose

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LOCAL BUSINESS

Marketing During an Economic Downturn is a Smart Move for Small Businesses

By Patty Hughes, Strategic Marketing Services

The current economic climate has small businesses understandably concerned.



Between the impact of COVID-19 and the stock market decline, business owners see a significant slowdown of business and, as a result, are looking to cut costs as quickly as possible. While marketing may seem the obvious choice, stopping marketing efforts is a mistake that can prove costly down the road for small businesses.



Consider this. There have been several studies that point out the advantages of maintaining or even increasing marketing budgets during a weaker economy. Those marketers who maintained or grew their marketing increased sales and market share during the recession and afterward.

Most competitors will quickly reduce marketing to save money, a short-term solution. Those business owners savvy enough to think long term will continue marketing, making their marketing message stand out and remain top of mind when consumers are ready to spend again.

This lesson goes back to the Great Depression. Back then, Post was the leader in the cereal industry. During the Great Depression, Post cut back their marketing considerably, while Kellogg's doubled down, investing in more radio

time and introducing a new cereal, Rice Krispies. Kellogg's profits grew by 30 percent during the depression and became the new leader in cereal.

Harvard Business Review reported that companies that continued to advertise during an economic downturn were 20 percent ahead of where they had been before the recession.

Another reason to keep marketing efforts intact is the affordability of marketing during an economic downturn. Ad costs go down when demand goes down. Inventory for ad space in print and online become more readily available and may be priced right to sell. This same concept may apply to almost any kind of advertising: magazines, newspapers, billboards, radio, TV, etc. Small business marketers would be well-served to take advantage of these opportunities while their competitors sit on the sidelines.

Regardless of how the economy is doing, marketing is a critical component to maintain and grow a small business. Marketing during a recession will convey strength and reliability to prospects and customers alike. It's important to keep marketing in front of both to generate revenue. ■

Strategic Marketing Services provides comprehensive marketing services to small business owners who need access to marketing expertise without the expense of having a dedicated marketing professional on staff.

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Wisdom: The Gift of Uncertain Times

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

The article, *In This Time of Panic, We Look to Generation X for Inspiration* (Chelsea Steiner — themarysue.com), took us back through the 1970s and 1980s, when some of us we were latchkey children, when no one was home when we arrived home.

With more time spent by ourselves than with parental figures, we took care of ourselves the best we could, albeit with the help of father figures like Mr. Drummond from *Different Strokes* and mother figure Louise Jefferson from *The Jeffersons*.

The article was part sociological inquiry into this very generation of parents, and part benediction for being resourceful, creative children who social distanced not out of necessity but out of circumstance. It was a clarion validation of this generation's unwanted experiences.

In the article, we learned what we already knew — that those best equipped to lead in this crisis are the very soldiers on the ground now. "It is no surprise then, that the kids who were left to entertain themselves for hours on end, are now the adults best equipped to thrive during COVID-19." In the article, we met the heroes and they are us: parents, skulking through grocery store aisles, fending

for their family, but best equipped to entertain and teach the kids knowledge, wisdom, and how to beat *Bald Bull* in *Mike Tyson's Punch Out*!

We are the best equipped because we made our own snacks when we came home. We built couch forts — a necessary experience for building cityscapes and alien worlds all inside the confines of our house. We have used that experience to provide enriching learning experiences while social distancing.

Like a treasure map taking the *Goonies* in search of *One-Eyed Willy's* fortunes, what follows are online resources that can captivate, enthrall, and turn our living room into a place of magic.

Who does not remember that oddly serious and moving scene in *Ferris Bueller's Day Off*, where the three truants walk through the Art Institute of Chicago? Well, 2020 is in an amazing age, one where Ferris Bueller would not have had to leave his house to go to art museums like that.

What am I talking about? From the comfort of your COVID-free home, you can visit, virtually, museums from London to Seoul. Over 2,500 museums are offering you and your family a chance to spend a *Sunday Afternoon* in the very Art Institute of Chicago, or a *Starry Night* wandering the Van Gogh Museum in Amsterdam.

What else can you do at home? What about building a nice couch DeLorean and travel to famous historic sites? Fly inside the Church of St. Sophia, touring through its important timelines as a religious site periodically built, destroyed, and rebuilt over and over by Roman, Byzantine, and Ottoman empires. And if you are stuck in a one-story house, get in your steps at Guggenheim's famous spiral staircase through Google's street view.

Self Development Academies are also big fans of *Testing Mom*, a resource devoted to providing gifted and talented testing preparation in extremely fun ways. We find ourselves answering the questions as adults because they tickle that part of us that loves, not only tricky puzzles, but also the bright colors of the 1980s.

With the President recommending gatherings



numbering no more than 10, restaurants closing, and our own Department of Education closing our schools for at least two weeks, it is time we stop, collaborate, and listen. These online resources are creative ways of entertaining and informing our own family, not just keeping them busy, but enriching who they are.

Each generation must endure slight scarring. But with just enough pressure and just enough time, those scars turn into wisdom. This is the gift each generation gives to the next — diamonds. Scars, under pressure and time, create diamonds. ■

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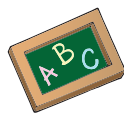


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|| SPIRITUALITY

Remember the Promise of Easter



By Pastor Paul Frank,
Hosanna Lutheran Church

Imagine how the city was gripped in fear and chaos, people were caught up in panic, confusion, commotion. No one knew what might happen next, who else might die, what kinds of tragedies might befall them. That fear gripped the people in ancient Jerusalem about 2,000 years ago.

Many people then and there thought that the world as they knew it was ending. They had followed this Jesus, a carpenter from Nazareth turned preacher and teacher. Huge crowds followed him, listened to him, entrusted their very lives to him, and yet, he had been arrested unjustly in the Garden of Gethsemane.

He was dragged through false trials and wrongly condemned to die. His followers were helpless against Roman soldiers and the power structure that carried out what they thought was the greatest tragedy ever to happen. They witnessed the brutality Jesus endured, the suffering, mocking and humiliation. They saw the moment when he was nailed to a cross and left to suffer unto death.

When the time came for him to give up his spirit, the sky grew black, the Earth quaked, heaven wept, and Jesus declared victory to be his. He cried out on the cross, "It is finished! Father, into your hands I

commit my spirit."

And with those words he suffered death. But He would not remain in the grave. On the third day, the world experienced the first Easter morning. Jesus rose up from the grave, victorious over sin and death and the power of the devil. He opened up his heavenly home for all who believe in Him as their Lord and Savior.

That's what we celebrate on Easter Sunday, and every Sunday. Jesus lived his earthly life in a world severely broken by sin. We were left in chaos, confusion, and in fear of certain death, with no hope of salvation *until* the Savior came.

In Him we have new life by faith which we live right here in time. And we have eternal life secured for us in His heavenly home. This is the hope, the peace, the joy, and the promise of Easter.

We still live in a fallen, broken, sin-filled world. We often experience fear and confusion, chaos and commotion. A virus can paralyze the world in fear. Jesus sets us free.

If you want to hear more about this new life we live — the hope, freedom and peace we enjoy — then join us at Hosanna Lutheran Church on Sunday mornings. Join us as we live in the victory of Jesus Christ. Find more at hosanna-lcms.com. ■

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

|| LOCAL BUSINESS

Enhance your Health with Houseplants

Submitted by
Linda Palm,
Window to Design

Between the coronavirus, flu and common cold, it's quite likely that we are all spending a lot more time indoors right now. So, I thought this would be a good time to discuss how to ensure your houseplants are helping you in your daily life, and how to take care of them.



Spring pup Buttercup

- coughs, colds, sore throats and dry skin.
- Plants in hospital rooms have been found to speed the recovery rates of surgical patients, lower blood pressure, and decrease anxiety.
- Plants serve as natural air purifiers and help you breathe easier.

ADDITIONAL BENEFITS

Plants in the office have been linked to fewer cold and flu-related symptoms, and reduced fatigue. Plants in the classroom have been found to increase the attentiveness of students by 70 percent.

Taking care of plants can make you happier because it's rewarding and provides a sense of purpose.



A FEW TIPS

Don't overwater your plants. It's much easier to revive them when they're under-watered.

Don't put your plants in direct sunlight, which can cause spotting, burning or the leaves to fall off. When you do see the ends of the leaves turning brown, trim them. This will help your plants grow healthier and stronger.

Plants also add moisture to the air, balancing out heating or air conditioning, which dry out the air. ■

To speak with Linda to learn more about her new Window to Design store, you can contact her at (480) 207-6450, or visit her website — windowntodesign.com, or [instagram.com/windowntodesign](https://www.instagram.com/windowntodesign).

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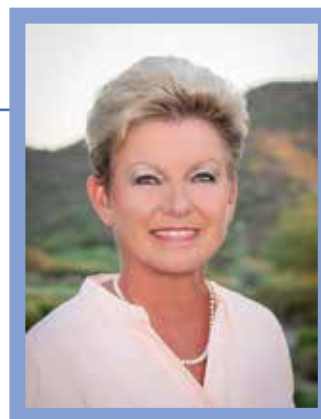
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Your Community Connection

By Tannis McBean



Managing Business Change

By Tannis McBean, Realtor®, The Williams & McBean Team, HomeSmart Realty, and Co-Owner of Las Sendas Golf Club

As the world changes quickly, the challenges of running a business are exploding.

Our local businesses have been impacted by the need for sudden change, requiring quick decision making, new business models, and adaptation to evolving regulations and guidelines.

Business owners have been forced to make extreme cost cutting decisions and massive staff reductions, coupled with extreme sadness, frustration and, for some, sheer panic.

Businesses need, now more than ever, to think bilaterally on how to manage costs today, balanced with preparation for the future when our business comes back even at reduced levels. We can expect much less travel of our residents over the summer here in the Phoenix Valley, which means our local market may in fact become stronger. We could see record numbers of those remaining at home tolerating the heat, and looking for the products and services that our businesses offer.

While many of us are experiencing peak stress levels, we need to take a step back, as the negative energy burn will not feed or nurture our decision-making abilities. There is always opportunity in chaos; it simply takes focus on the positive balanced with managing the negative.

As local business owners, let's be very careful and proceed with caution, no rash decision making. Let's do the best we can with the daily updated information we have, think of what our business might look like next month and the month after that, and above all, remain practical and calm.

Let's work together through our business networks and relationships to inspire new thinking, innovation and creativity to guide us over these uncharted waters, and above all, be safe and be well!

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Arugula, Havarti Cheese, Fig Chutney, Brioche Roll	
Traditional Club.....	12
Turkey, Ham, Swiss, Bacon, Green Leaf Lettuce, Tomato, Basil Aioli, Toasted Sourdough	
Classic Burger.....	13

ENTREES

Udon Noodle Bowl	16
Choice of Shrimp, Beef, Grilled Chicken, Thick Wheat Noodles, Assorted Vegetables, Soy Mirin Glaze.	
Grilled Beef Tenderloin * GF	34
6 Oz USDA Choice Filet, Mushroom Risotto, Asparagus	
Great Range Bison Meatloaf	22
Mashed Yukon Gold Potatoes, Bacon, Tomato, Jalapeño Jam, Baby Carrots	
12 Oz Roasted Pork Porterhouse	24
Fig Chutney, Mashed Yukon Gold Potatoes, Haricot Verts	
Slow Braised Short Rib	24
Mashed Potatoes, Baby Carrots	
Meat Lasagna	18
Small Side Salad, Garlic Bread	

WINE & BEER ALSO AVAILABLE FOR PICK-UP!

LOCAL BUSINESS

Sonson's Pasty Company offers authentic TASTE OF ENGLAND

By Jamie Killin
Sonson's Pasty Company has been serving its savory, buttery pasties to Arizonans for just over a year and a half, drawing customers from hours away, thanks to its delicious, authentic taste and wide selection of options.

Owner Julie Mercer learned how to make the pasties growing up in the home of pasties — Cornwall, England. "It's part of the culture. It's something that you grow up with in England," she said. "In Cornwall, you grow up eating them and grow up watching your parents or your grandparents make them. My mom used to make them, but I only really learned how to make them when I got a job making them. I learned how to do it right, crimp them and make them look nice."

After spending nearly a decade making pasties in England, Julie knew she wanted to open a pasty shop of her own one day, but didn't move forward until there was a

restructure at her previous company. "My dream was always to open a pasty shop, but that didn't come to fold until a couple of years ago," she said. "There was a restructure of the managers at the company I worked for and I took the severance, so this was my chance to start up the business, and that's what I decided to do." Through Sonson's Pasty Company, Julie honors the rich tradition of the pasty with authentic, time-honored dishes. The pasties are known for their versatility, as they can be eaten easily on the go or enjoyed on a plate while sitting down.

"The history of the pasty is super important," Julie said. "The history books trace back to the year 1300, when people started making pasties. It really turned into something when the tin miners would eat them. Their wives would make the pasties to take down in the mine and they would have them for lunch." "If you look at all the immigrants that came over and settled in America, the Finnish people brought their own take on the pasty, the Italians have the calzone and the Spanish people have the empanada. Everyone from each country seems to have a take on it, but the pasty originated in Cornwall, England," she continued.

Today, Julie is bringing the traditional and the innovative together with a varied menu including classic recipes such as the steak or ground beef pasty with potatoes, onion, rutabaga and gravy, as well as plant-based options and uniquely Southwest pasties like chicken green chili — to name a few.

Pasty enthusiasts can either take a hot one ready to go, buy them to heat up at home, or even stock up on frozen pasties. ■

Sonson's Pasty Company is located at 6060 E. Brown Road in Mesa. For more information, visit sonsonspastyco.com, or call (480) 845-8485.



EVENT

MAHNAH CLUB Reschedules Luncheon

Submitted by Nan Sparle-Kay, Mahnah Club
The Mahnah Club of the East Valley has decided to reschedule their *Swing into Spring* luncheon.

Hello Mahnah Club Supporter,
Unfortunately, the *Swing into Spring* steering committee has decided to reschedule the April 18 luncheon amid the coronavirus health warnings issued by the Centers for Disease Control, etc.

We are in the process of finalizing a date and having all loose ends tied up soon. The luncheon will still take place at the Las Sendas Vistas Pavilion, most likely in the fall. We should have everything in order shortly and will contact you as soon as possible with pertinent information. Our website will remain open and will be updated as soon as possible. For those supporters who wish to donate, you may still do so at mahnahclub.org.

We realize this is a uniquely difficult time and wish you the best.

Take Care,
Mahnah Club Spring Luncheon Steering Committee

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 such as Child Crisis of Arizona, which we founded. We helped raise money to establish Child Crisis Center in the East Valley, and we also assist Save the Family Foundation of Arizona, and A New Leaf. ■

For more information, visit mahnahclub.org.



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Things to Do While Staying Home

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



Many of us think of our homes as our investments, but truly they are our shelters and sanctuaries. Today they provide more value to us than they ever have with all that is going on in the world. We can appreciate our homes for the safe havens they are and for protecting our families while we wait this out.

Here are some ideas to help you fill your time.

- ♦ **Take a Hike** — We live in one of the most beautiful states in the country. Get out there and take in the natural beauty that is all around us.
- ♦ **Clean out your Closets and Organize your Drawers** — Get rid of all those winter clothes you never wore last winter and organize that junk drawer everything is just piled in.
- ♦ **Organize your Photos** — If you are anything like me, you have literally hundreds of photos stored in many different files. Now's a great time to go through them and get them all in one place, delete and organize them.



- ♦ **Spring Cleaning** — What a great time to get a head start on your spring cleaning. Wipe down your fans, window-sills and baseboards. Clean your oven. Change your smoke detector batteries so they don't go off at 3 a.m.!
- ♦ **Read a Book** — Read that book you never have time to pick up (or nowadays download).
- ♦ **Binge Watch TV** — Thank goodness for Netflix. Now you can binge watch all those TV shows you have been meaning to catch up on.
- ♦ **Call Someone** — Take the time to connect with someone you haven't spoken to in a while.
- ♦ **Start a Journal** — I love to journal and if I am worried or stressed about something, just writing it down and getting it out can be all it takes to put things back in perspective.
- ♦ **Meditate** — This is something new for me, but everyone says how good it is, so I think I'm going to give it a go.
- ♦ **Exercise** — Like so many, that was my New Year's resolution, and how many times have I worked out so far this year? A big fat zero. So now that I have the time, there is no excuse not to start exercising at home. Who needs a gym or equipment? You can fill a couple of gallon water or milk jugs with water to a weight you want to start at and use them as dumbbells. Do squats, pushups and sit ups, and find some rope or string to use as a skip rope to get your cardio.
- ♦ **Relax** — Relax and take time for yourself. Take a hot bubble bath, light some candles and unwind.

FUN THINGS TO DO WITH YOUNG CHILDREN

- ♦ **Board Games** — Remember those old ones that didn't require a phone or computer screen to play? Play some Scrabble, Connect 4, Monopoly or any old board games you have laying around.
- ♦ **Play Cards** — When I was young, I used to love the fast-paced game Snap. Look online to find new and old card games to play with all ages.
- ♦ **Play Pictionary** — If you don't have the game, make up your own cards.



- ♦ **Remember When** — Have everyone write something they remember about each other, a funny moment, a first, a moment you will never forget.
- ♦ **Build a Fort** — Give your children a bunch of sheets and let them rearrange the furniture to make forts. They will have fun for hours.
- ♦ **Have a Camp Out** — Have an adventure by camping out in your own backyard.
- ♦ **Go Crazy and Do a Mural** — Using paint you have in your garage and the kid's playroom, paint a mural. Pick a wall and let everyone's artistic talents come out. Once this is over you can keep it or take a picture of it, then paint the wall.

Most important for children is to keep them on a schedule; children often fear the unknown. All families need some type of routine to establish normalcy, a way to get things done and a sense of security. ■

If you need anything, if I can help in any way, please do not hesitate to call or email me.

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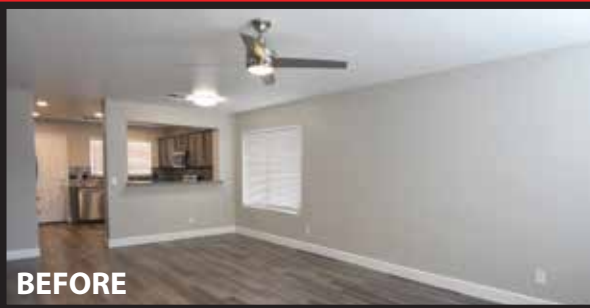
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REAL ESTATE

Immune Boosting Soups Shared FOR TIMES OF UNCERTAINTY

By John and Natascha Karadsheh, Designated Broker and Owners, KOR Properties

As we write this, it is March 16 and we have no idea what we will be facing as this goes to print in early April. We do know that we have an amazing community that rises to the occasion to help others, and that won't change. As a community, we will survive this crisis, and we will recover and become even stronger.

We also know that no matter what, a pot of homemade soup on the stove lifts our spirits in good times and bad. So, this month, we are sharing two of our favorite soup recipes with the hope that they provide you and your family with some comfort during this time of uncertainty.

KARADSHEH FAMILY CHICKEN STOCK

Now seems like a great time to share our family's go-to chicken stock recipe. We make this in large batches, and then freeze portions in pint and quart containers. It is great for boosting your immunity or helping you get back to health. While it is easy to make, be sure to start early in the day so that you can get through the process.



John and Natascha Karadsheh



Ingredients:

- 2 packages of cut up fryers, rinsed of any blood on the bones (*Trader Joe's Organic Chicken and Empire Kosher Chicken — also at Trader Joe's — have the best flavor. The Trader Joe's grill pack has breasts and drumsticks and Empire Kosher's cut up fryer has all the pieces. I usually do one of each.*)
- 2 yellow onions, trimmed and cut in half. (*Peel away the outer layers but leave some of the brown skin to color the stock if you want a richer color*)
- 2 stalks of celery, cleaned, trimmed and cut in half
- 3 medium carrots, peeled, trimmed and cut in half

- 3 to 4 large garlic cloves, peeled
- 7 sprigs of fresh thyme
- 7 stems of parsley, stems and leaves, rinsed well
- 2 bay leaves
- 1 teaspoon of whole black peppercorns
- 1 tablespoon of kosher salt

Directions:

1. Fill a large pot (10 qt) half full of cold water. Add chicken pieces and kosher salt, bring to a simmer. Chicken should be covered with about 3 inches of water.
2. Simmer on medium high until the stock begins to softly bubble. Adjust your temperature to keep it at a soft bubble. Continue cooking until a raft of grayish froth comes to the surface (45 minutes or so). Skim away the froth and discard. Stir the pot, and let the stock settle and simmer again. As more froth comes to the surface, skim it away. Repeat several times until the froth stops collecting.
3. Add the remaining vegetables and aromatics and maintain the stock at a simmer. Approximately an hour later, remove some of the breast and thigh meat, making sure to return any skin/bones back to the pot. Cover the reserved chicken and cool on a plate before placing in the refrigerator.
4. Continue simmering the stock for 4 to 6 more hours. When the stock has developed a nice flavor and color, remove from heat. Remove the larger chicken pieces and then let the stock sit for about an hour.
5. Carefully strain the stock (it will be very hot!) and take the remaining chicken and nibble a few pieces straight from the pot — so delicious! It is a bit of work to sort through the bones and salvage the meat, but this tender shredded chicken is great for enchiladas, casseroles, etc. The chicken that was removed earlier in the process is perfect for adding back to chicken soup or a chicken pot pie. Just dice it and freeze it in individual half cup portions.
6. After straining, portion the stock into containers and let it cool for at least an hour and a half or two on the counter. Place containers in the refrigerator overnight and then freeze the following morning.

For family members who are not feeling well, they get a mandatory mug of stock per day! It is the best medicine!

flavor. If you don't want to hassle with frying the ginger, just add a teaspoon of freshly grated ginger in with the carrots. This soup is great hot or cold, and can easily be made vegan by using water instead of chicken stock.

Ingredients:

- 1/2 stick unsalted butter
- 2 yellow onions, finely chopped
- 4 cloves of garlic, peeled, trimmed and chopped
- 12 large (1 1/2 - 2 lbs) organic carrots, peeled, trimmed and chopped (note: make sure your carrots are fresh and sweet and not bitter)
- 1 teaspoon kosher salt
- 2 cups water and 2 cups homemade chicken stock (or you can use water and a bit of organic chicken base)
- 2 shakes of Tabasco
- 1 cup fresh squeezed orange juice
- Salt to taste

For ginger garnish:

- 2 tablespoons canola oil
- 1 piece (about 2 to 3 inches) fresh ginger, peeled and cut into very thin matchstick size strips (about 1/8 by 2 inches)

Directions:

1. Melt butter in a large pot. Add the onions and slowly cook for about 10 to 15 minutes, or until they are soft and translucent.
2. Add carrots and continue to sauté for another 10 minutes.
3. Add water/stock to cover and simmer until carrots are tender. Then remove from heat.
4. While the soup is cooling, heat canola oil in a small frying pan. Add ginger and fry until browned and crisp. Remove ginger and drain on a paper towel.
5. Use an immersion blender or regular blender to purée the soup to a smooth consistency. Be careful as the liquids will be hot!
6. Add orange juice, Tabasco and salt to taste.
7. Garnish with fried ginger and enjoy! ■

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.

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6502 E Sugarloaf St	1,526	Red Mountain Ranch	\$346,000
6455 E Inglewood St	1,838	Maplewood	\$355,000
6558 E Russell St	2,026	Summit	\$356,000
7354 E June St	2,801	Falcon Hill	\$372,500
9562 E Gary St	1,785	Saguaro Shadows	\$372,500
2326 N Cabot Cir	2,177	Boulder Mountain	\$378,000
7727 E Mawson Rd	2,106	Valley View	\$385,000
1862 N Bernard Cir	1,724	Mountain Bridge	\$417,074
4254 N Everest St	2,349	Red Mountain Ranch	\$435,000
6202 E Mckellips Rd #101	1,773	Tuscany Villas	\$435,000
1821 N Red Cliff	1,806	Mountain Bridge	\$451,000
6424 E Odessa St	2,499	Trigram Estates	\$455,000
1633 N Woodruff	1,986	Mountain Bridge	\$480,000
2102 N Canelo Hls	1,725	Mountain Bridge	\$500,000
1729 N Berrett	2,323	Whisper Mountain	\$525,000
9540 E Lockwood Cir	2,583	Boulder Mountain	\$525,000
1422 N Warren Cir	2,977	Saguaro Mountain	\$535,000
1410 N Joplin	2,977	Saguaro Mountain	\$560,000
2110 N Calvin Cir	4,057	Estates at Desert Shadows	\$604,500
2034 N Hillridge Cir	4,057	Estates at Desert Shadows	\$615,000
1823 N Shelby St	2,680	Mountain Bridge	\$639,000
6463 E Odessa St	3,107	Trigram Estates	\$650,000
8540 E Mcdowell Rd #38	3,888	Thunder Mountain	\$738,500
2328 N Estates Cir	3,177	Mountain Bridge	\$750,000
6446 E Trailridge Cir #48	3,634	Red Mountain Ranch	\$765,000
1826 N 98Th Pl	3,534	Granite Ridge	\$769,000
2336 N Steele Cir	4,130	Mountain Bridge	\$982,000
8943 E Palm Ln	7,221	County Island	\$1,299,900

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i/MesaFoodTruckFridays

During this time of uncertainty,
KOR Properties sends our love and prayers
to you and your families.

For now, we are working remotely, but rest
assured we are here to help and will continue to
be your expert community & real estate resource.

HEALTH

Spooner Physical Therapy Announces New Clinic Director

By Jamie Killin

Spooner Physical Therapy has a new clinic director, Ryan Bell, who was promoted to the position recently after more than four years at the practice. “I’ve formed a lot of relationships in this community over the past four years and it’s fun to be able to still maintain those relationships, just in a new capacity,” said Ryan. To continue the practice’s commitment to consistently finding new ways to better serve patients, Ryan is implementing new protocols and even refreshing the space. However, patients can look forward to the same high-level physical therapy services.

For best results, Ryan encourages patients to continue their treatment programs as much as possible, even throughout the pandemic.

“There’s opportunity for those that are healthy to still see us,” he said. “We are also being consistent with providing home exercise programs for patients that aren’t coming to see us at this time, so they can still manage their health at home. We’re allowing patients to call us so we can give guidance over the phone while they do things at home.”

To maintain patient and staff safety, Spooner Physical Therapy is following CDC guidelines and staying up-to-date with the latest information from the Arizona Department of Health Services.

“We are aware of the pandemic, and taking it very seriously, but are still doing everything we can to take care of our community,” Ryan said. “Consistency in the plan of care is what’s going to get results.”

Spooner Physical Therapy’s approach targets the most common pain centers, including the back, spine, shoulders and knees, as well as symptoms many don’t realize can be improved by physical therapy — like dizziness and vertigo.

“A physical therapist can evaluate and treat the entire body,” said Ryan. “There’s nothing that we can’t evaluate and assess. Even aside from muscular and skeletal injuries, we have therapists here who are neuro-specialists, so anything related to dizziness or balance issues they can treat.”

Additionally, Spooner Physical Therapy provides a movement-focused approach that gives its patients the ability to move in ways they might not have thought possible due to their pain.

“Oftentimes patients come in very guarded, thinking they can’t move or do certain things because of pain, but I find that with a thorough assessment you can usually find multiple different movements that patients are successful with, even if they’re dealing with a specific injury,” Ryan said.

Once the patient plan is completed, Spooner Physical Therapy focuses on providing patients with the knowledge and tools they need to stay healthy and manage their symptoms moving forward. ■



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

LOCAL BUSINESS

Pacino’s Expands Takeout and Delivery Options DURING PANDEMIC



By Jamie Killin

Pacino’s is expanding its delivery and takeout options during the COVID-19 pandemic, in order to ensure the safety of the Northeast Mesa community, and to continue to provide delicious, top-quality Italian food to the neighborhood.

Until the restaurant can open its doors again for in-restaurant dining, patrons can either pick up their meal from the restaurant for takeout or get delivery — from DoorDash or Grubhub, or through the restaurant directly.

Delivery through the restaurant is available for free and is helping Pacino’s employ the staff while business is limited.

“The deliveries are through DoorDash and Grubhub, and we are personally delivering too,” said owner Frank Spaccarelli. “My staff is willing to stay on and get some hours by delivering.”

“It’s not just us, it’s about we,” he continued. “It’s about my staff. We’re doing what we can to keep them employed.”

GET 15 PERCENT OFF

Diners can enjoy Pacino’s full brunch, lunch and dinner menu from the comfort of their home for 15 percent off, while still enjoying the restaurant’s salads, pizzas, pastas, entrées and desserts.

Additionally, Pacino’s can deliver beer and wine to diners with all orders.

For Sunday brunch, customers can choose from favorites such as lemon ricotta pancakes, salmon frittata or the bacado omelet. Lunch options include a variety of pizzas, calzones, pastas, sandwiches and salads.

When ordering dinner, patrons can choose from starters such as calamari fritti or buffalo wings, then choose between dozens of entrées, including the chopped antipasto salad, tre carne pizza, shrimp scampi pasta or baked three-meat lasagna. Desserts include classic Italian favorites like mini cannoli, tiramisu and limoncello mascarpone cake — to name a few. ■

Pacino’s Italian Grill and Bar is located at 2831 N. Power Road, in The Village at Las Sendas. For more information, call (480) 985-0114, or visit pacinosaz.com.

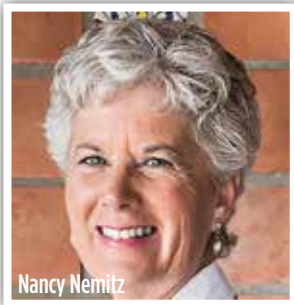


ORGANIZING

Organizing During Stressful Times IS BENEFICIAL

By Nancy Nemitz

This is a very trying time in so many ways. It’s going to make your time at home more stressful if you are living with too much disorganization. Try these organizing tips while you are at home and want something productive to do.



Every day from a particular time — say from 10 to 11 a.m. is *organizing time*. If you can go longer, you get a gold star, but start with a manageable time you will stick to every day.

Pick a drawer (or closet) — i.e. the junk drawer and that’s your goal. The junk drawer should contain pencils, pens, markers, tape, scissors, paper clips, Post-it Notes, tape measure, etc. Use small Tupperware that’s lost its lid to help contain small items. The junk drawer isn’t for junk. Junk gets thrown out.

I think in terms of categories. What items go together should be organized together. Use containers for small items so they stay together. Every home can use The Shoe Box and Men’s Shoe Box from The Container Store. They solve a lot of organizing challenges.

If you are working from home, you have to be disciplined enough to have office hours. It makes me laugh when I think about the movie *What About Bob*. I’m not saying you have to punch your own timecard, but you do have to designate a time every day you will be *in the office*. We can’t go to restaurants now, but you can drive around in your car if it’s the spark you need to get some energy to resume work, or go for a walk.

The key to being productive is a plan. Decide on your new schedule and stick to it. I can tell you it’s been my considerable experience working with a variety of clients since 2004, that beginning small, seeing small successes, will motivate you to keep going. This is an opportunity to succeed.

If you have a particular question, email me at nancy@createthespace.com. I don’t want you to get stuck because of a tough decision. ■

Nancy Nemitz owns Create the Space Professional Organizing. She is currently helping clients virtually. To avoid phone tag, it’s best to contact Nancy by email at nancy@createthespace.com.



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LOCAL BUSINESS

House Cleaning for Coronavirus

How to Minimize its Impact on Your Family

Submitted by Gina Bring,
Carnation Home Cleaning

Whether you call it coronavirus or COVID-19, it's clear that the world is very aware of the implications of what the World Health Organization (WHO) has declared as a pandemic. Is there anything you can do to minimize the impact on your family? Actually, yes, and it might just come down to common sense. Today, we've compiled some tips on house cleaning for coronavirus to help you and your family stay safe.

FIRST, THE FACTS

In case you thought coronavirus was a new thing, let's put that idea to rest. In fact, the WHO points out that coronaviruses have been around for a while as a label of certain types of viruses. Just as we encounter new strains of flu every season, we also have new strains of coronavirus. MERS and SARS were other coronaviruses that you may remember. The latest is COVID-19, which we have recently been referring to as just coronavirus. Hence the confusion that this is a new thing. It's not. Just as flu viruses remain on surfaces around your home, COVID-19 can live for hours or even days. That's why the Centers for Disease Control and Prevention (CDC) recommends house cleaning for coronavirus, followed by disinfection.

HOUSE CLEANING FOR CORONAVIRUS

Since COVID-19 can live on surfaces in your home — potentially for days — the best way to keep your family safe is to keep your home clean. At Carnation Home Cleaning, we use professional products from EcoLab. Each member of our team is trained on best practices for house cleaning for coronavirus, including focusing on areas that need to be disinfected, in addition to cleaned. Unfortunately, a once-weekly house cleaning will not ward off COVID-19 altogether. When we cannot be in your home, there are things you can do to help minimize the impact of communicable diseases:

- Clean and disinfect the high-traffic, high-touch areas in

your home daily, including door knobs, light switches, faucets, cabinets, mobile phones and keyboards.

- When using disinfectants, be sure to follow the label directions. In some cases, they suggest allowing the liquid to remain on the surface for a few minutes before wiping off.
- Ditch the cotton cleaning cloths in favor of microfiber, since cotton has been shown to cross-contaminate surfaces.

If someone in your family is experiencing flu-like symptoms, take extra precautions and clean all surfaces after they've touched them. This will help protect everyone in your home.

CARNATION HOME CLEANING IS COMMITTED TO YOUR SAFETY

As a company, and down to a person, Carnation Home Cleaning is committed to keeping you, and your family, safe and healthy through our cleaning process. But it's not all about cleaning. There are other things you can do to keep yourself and your family safe during this time:

- Keep a personal safety bubble of more than six feet from others, which is the distance at which the CDC says the virus can spread through coughing or sneezing.
- Wash your hands frequently, using best practices.
- Be conscious of how often you touch your face. The CDC says most people touch their face 23 times an hour. As you are about to touch your face, stop, or wash your hands — before and after.
- Avoid shaking hands or hugging others in greeting. A simple wave or bow of your head is just fine in this environment.

If you have questions about house cleaning for coronavirus, we are here for you. We continue to be open and take on new customers while serving those who are already part of the Carnation Home Cleaning family. ■

Call (480) 924-2096, or visit CarnationHomeCleaningInc.com, with any of your concerns, or to schedule your next home cleaning and disinfection.

LOCAL BUSINESS

How Long Does it Generally Take to SELL A BUSINESS?

Submitted by
Tory Adair,
Bristol Group
Business Broker

Selling your business is typically a nine-month to one-year process, on average. However, depending on the type of business, the industry, and the valuation, it can go as quickly as three months and as long as three years.



Tory Adair

Typically, it takes three to six months to find the right buyer. Once you have a letter of intent, it will generally take 30 to 60 days of due diligence and another 30 to 60 days of closing document preparation. Depending on the complexity and the financing available, it can extend the closing another 30 to 60 days after documents are prepared. There are a number of factors involved. So, generally speaking, you should expect the process of selling your business to take nine months to a year. The Bristol Group specializes in helping business owners sell their companies. 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.



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April 2020

HEALTH Over 50

Medicare Now Covers Coronavirus Testing

Submitted by Tapestry Insurance

There is so much concern about the coronavirus (officially called COVID-19). While there isn't a vaccine yet, Medicare is still here to help.

Medicare Part B (medical insurance) covers a test to see if you have coronavirus. This test is covered when your doctor or other health care provider orders it — if you got the test after Feb. 4.

You usually pay nothing for Medicare-covered clinical diagnostic laboratory tests. Your provider will need to wait until after April 1 to be able to submit a claim to Medicare for this test.

Medicare also covers many vaccines, such as pneumococcal shots,



Lynne Jones

Hepatitis B, Shingles, flu and whooping cough. These are generally covered either through Medicare Part B or your Medicare Prescription Drug plans.

If you are turning 65 in the next year, it is not too soon to start learning about Medicare. I can meet with you prior to turning 65 to help you begin the process, understand what is available to you, and when you are ready, help you pick a plan. Feel free to give me a call. ■

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



FINANCES Over 50

Are Your Financial and Tax Advisors Talking?

Submitted by Brent D. Hoskinson and Linda Drake

We're now entering tax season. As you prepare your tax returns, you might be wondering how you could improve your tax-related financial outcomes, now and in the future. One key opportunity is to connect your tax professional with your financial advisor.

This collaboration can benefit you in several ways. For example, your tax advisor, working with your financial advisor, could help you determine if a Roth or traditional IRA makes more sense for you. Your financial advisor can then help you choose the right investments within the IRA.

Also, your tax professional can identify how much you need to contribute to an IRA to possibly lower your taxable

income. Your financial advisor can then plug this figure in to your projected retirement savings as part of your total financial picture.

Your tax and financial advisors can also work together to address issues such as capital gains taxes from sales of mutual fund shares.

Your investment and tax pictures have many overlaps. And by ensuring your team of advisors is working together, you can boost your chances of getting the results you desire. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.



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COMMUNITY

Red Mountain Ranch Social Club Enjoyed a Busy Winter



Submitted by Robin Hagenstad, Secretary, Red Mountain Ranch Social Club

Red Mountain Ranch Social Club (RMRSC) members warmed up this winter with chocolate, music and roses. The Valentine's Day celebration, *Chocolate Fare*, which was hosted by Mic Bagby, was a sweet success. The night felt magical as it was filled with twinkling lights and many delicious chocolate desserts.

The chocolate focused menu included: Red Velvet Brownies, Chocolate Pots de Creme, Thumbprint Cookies with caramel centers, Chocolate Dipped Strawberries, a fondue pot of warm chocolate with assorted dippers, and even a S'mores station. This treasure trove of goodies was savored with a variety of wines to pair with the chocolate delectable desserts.

On Feb. 20, a group of social club members enjoyed a captivating evening at Barleen's Dinner Theatre. After a delicious plated dinner, the musical revue took the attendees back in time when country music was in its heyday. The members were impressed with the performers, who are accomplished musicians with phenomenal voices. The songs were recognizable, well-known tributes to popular country musicians, and the social club members got a kick out of singing along.

The RMRSC members continued their quest for great entertainment by attending the Dutton Family Theater in



early March. The performers in this musical variety show are family members of all ages, and the musical numbers ranged from country to rock 'n' roll to classical. The attendees were enchanted by the three generations of performers, who are superb vocalists, talented dancers and expert musicians.

The speaker at the March meeting was ARS Master Consulting Rosarian and Mesa Community College Rose Garden board member Steve Sheard. Steve's presentation was a reminder to RMRSC members to always smell the roses.

Steve was born in Zimbabwe to British parents. As an adult, he and his wife purchased a home in England that had 20 rose bushes in their garden that looked after themselves. However, in December 1980 they moved to Tempe, Ariz. and purchased a house where they planted 20 rose bushes. In the first year, 18 of them died!

In 1993, they built a new home and, as an engineer, Steve designed the landscaping around growing roses. Today, they have 150 rose bushes in their garden. Steve shared that roses love sunshine and can successfully be

grown in the Phoenix area by following specific techniques for planting, mulching, watering, fertilizing and pruning. The social club members left the meeting inspired, with a clear understanding of how to successfully grow roses in our desert environment.

RMRSC members value continual learning as demonstrated by their attendance at the monthly educational program and the two book clubs the members have formed. The book clubs are filled with women and men who enjoy reading, and appreciate the opportunity to discuss the current book of the month with friends while enjoying food and drink.

Guests are welcome to attend the RMRSC meetings. They start at 9 a.m. with time for coffee, donuts and conversation, followed at 9:30 a.m. by a short business meeting prior to the one-hour educational guest speaker. The meetings are held the second Thursday of the month (September through May) at the Red Mountain Ranch Country Club conference room, 6425 E. Teton Circle, Mesa. ■

This spring consider becoming a member of the friendly, caring and informed social club. Members do not need to live in Red Mountain Ranch to join the club and the dues are a nominal \$12 per year. The membership form is available on the website: rmrsc.com.



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LOCAL BUSINESS

Feeling Beautiful Inside and Out Embodies the Turning Pointe Motto

By Kimberly Alvarado

Several weeks ago, I asked Dr. Karl Hiatt if he could spare 15 to 20 minutes of his time to discuss some of the highlights of his practice and procedures at Turning Pointe Surgery Center.

Dr. Hiatt, a surgeon who chose to follow in his father's footsteps, has been at his practice for "30 something years," as he describes.

But, like everyone, he was busy — extremely busy. We began our pre-interview process with a few questions I emailed to him at his office and we agreed we would meet to further discuss his responses a week or so afterward, when both of our schedules allowed.

And then the world changed. Suddenly, those questions sent through email seemed extremely insignificant. When we talked on the phone, the 15 minutes I asked for, turned into an hour. Our conversation no longer focused on the types of personal and esthetic procedures his patients requested, or the expectations he strived to meet for his patients.

His seven years of surgical training, required to minimize the frequency and severity of complications in the operating room, were merely shadowed reflections in conversation compared to his concerns of the wellness of his staff, the community, the nation, and the world moving forward.

Suddenly, I was mesmerized to learn how the Duke medical student graduate had followed up his local internship and residency in Arizona to Chapel Hill, N.C. for plastic surgery training several decades ago. He then returned to the southwestern desert — the place he has always considered home — Mesa, Ariz. His family and his profession would remain deeply rooted in Arizona.



Dr. Hiatt recollected his continued aptitude for helping his patients realize their personal beauty, despite their desires for reconstructive or cosmetic surgeries. He is most admired by his patients for his honesty, professionalism, and his ability to meet and exceed the expectations of his patients seeking both surgical and non-surgical enhancement procedures.

We discussed the benefits of the professional relationships he's gained with his patients and staff, and the importance of maintaining the family structure of his

office, despite what is going on in the outside world. His staff, he added, is comprised of family and adopted family, who has been part of his practice for many years. The dynamic team works together and plays together — even sharing vacations. "We truly get along and care for each other," said Dr. Hiatt.

Outside the office, Dr. Hiatt volunteers with Habitat for Humanity and has helped build homes for underprivileged families in Chile and Mexico. In the future, he plans a medical mission to Guatemala to perform reconstructive surgeries for the people in need, due to their economic limitations.

I asked Dr. Hiatt about his superpower, should he be gifted one. He would be delighted to have the ability several of his children embrace — the ability to talk with someone and sincerely make them feel at ease. He would like to be able to break down communication barriers and make people feel comfortable in every situation.

Dr. Hiatt and his wife, Diana, have six grown children and 10 grandchildren. His greatest gift, he added, was the joy his grandchildren bring to his life. "They are truly the pot of gold at the end of the rainbow," he said.

His positive attitude and desire to serve others remains solid and intact in this time of uncertainty, encouraging Dr. Hiatt's patients, his family, and his plan to serve others to continue to progress forward as we push through the doubt in the days ahead. ■

If you are considering a consultation for reconstructive surgery, please visit Turning Pointe Surgical Center's website at drhiatt.com.



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HEALTH

Positive Thinking Improves Brain Health

Submitted by Home Care Assistance

The adage you bring about what you talk about is not new. An example of this is that if you think you're going to fail, you are more likely to.

The power of optimism and positive thinking is well documented, particularly when it comes to pursuing goals. New research indicates positive language can make for a better mindset and outlook on life. This can keep our brains and bodies healthier, and promote a more positive aging experience.

This key to a long life is accessible to us all. By changing our attitudes and actions, we can extend our life spans and health spans. Start small and start today. Make little shifts to increase optimism, find meaning, nurture happiness and embrace aging.

OPTIMISM

Optimism improves physical and mental health. Understanding why and when we experience optimism is crucial to cultivating it.

Many seniors may have a diagnosis without a cure. It is important for those seniors and their caregivers to visualize the best possible outcome. Take time to visualize what is to come, by yourself or with a loved one. To gain these positive effects of optimism, imagine how you will react, no matter how things progress.

MEANINGFULNESS

Ask yourself, "To what extent do I feel the things I do in my life are worthwhile?" Answer it on a scale of 1 (not worthwhile) to 10 (very worthwhile). Then ask yourself what you could change to make the answer closer to 10. We can all take manageable steps toward increasing meaningfulness in our day-to-day lives.

Start by defining what is meaningful to you. Then ask how you can incorporate more of that into your daily life. Maybe connections with friends make life feel worthwhile and you can make an effort to host a potluck once a week.



Maybe creativity makes life feel worthwhile and you can add creating art into your daily routine.

HAPPINESS

Work to increase your happiness and life span. What brings you down that you can cut out of your life? Maybe a relationship or a habit? What brings you joy that you can add more of? Can you put up photos of people you love to remind you of those relationships and memories? Can you make time to participate in a lost hobby or to call a friend? Many times, when we are depressed, it comes from ruminating on the past. What can you change right now to increase happiness and connectedness?

EMBRACE AGING

Often our culture promotes a story of aging that is all about decline and loss, which can become a self-fulfilling prophecy. Becca Levy has dedicated her career to exploring the psychosocial influences of aging. Her research at Yale supports the correlation between positive attitudes about aging and health, and life expectancy. A recent study of hers shows that having a positive view of aging throughout your lifetime increased

life expectancy by 7.5 years!

Want to get a jump start on changing your attitudes about aging and fighting ageism? Check out oldscool.info, a clearinghouse of vetted anti-ageism resources.

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. ■

Amanda Butas is a Certified Dementia Practitioner, and your Mesa client care manager. You can call her at (480) 699-4899. You also can visit Home Care Assistance at our new office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

COMMUNITY

Nurture the bond with family and pets

Submitted by Belinda Abern, Before ~N~ After Dog Training

We see the issues relating to the current pandemic, and realize there is a part of healthy living with human interaction, but how about those interactions with your pets?

Research shows when we pet and play with our pups there is an increased production of the feel-good chemical oxytocin.



So, in the midst of isolation and boredom, don't forget to disconnect from everything digital and connect with your pets.

Here are four ideas to nurture the bond with our family and pets.

1. Dogs love having a job to do and are naturally talented at using their noses. These games are fun and easy to learn! You can get your dog to sit or send them in another room all while you prepare a scavenger hunt. Start by hiding treats around the house, then send your dog on a hunting adventure. You can also do this with cardboard boxes or muffin tins with tennis balls.
2. DIY toys – Stuff a water bottle inside of an old sock, braid up a sheet for a game of tug, or just toss an empty milk jug down a hallway.
3. Keep your immunity high by taking in sun and fresh air. Take a hike/walk or hang out in the yard. Set up an obstacle course to teach or practice obedience skills.
4. Search YouTube for trick and training videos. Be creative and have fun. ■

For more information, visit BNADOG.com, or call (860) 304-1447.

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"Change is the only constant in life"

– Heraclitus, Greek Philosopher

Submitted by The Williams & McBean Team, HomeSmart Realty

COVID-19 has changed the way we live our daily lives, from businesses changing hours (or closing), to children being home from school, and many people telecommuting or having their work hours cut back.

Through all this change, we are seeing an abundance of kindness for one another. Whether it's picking up groceries for a neighbor at risk, or just letting others know when stores have restocked, these simple acts remind us that we are all in it together and can get through these ever-changing times.

As people spend more time at home, there's an opportunity to examine your space and how it serves you. Perhaps you've realized you don't have a proper office to take video calls, or the kids can't do homework without interrupting your workspace.

We advise clients to take advantage of this extended time at home to engage in some spring cleaning. By packing away non-essential items one room at a time, you'll get a jump start on prepping your home to be sold in the future. This means packing away winter clothes you no longer need for the beautiful Arizona weather in April.

If your garage has become overcrowded with bikes, toys and things, it could also benefit from some decluttering and organization before the weather heats up. Consider donating items that no longer serve you to Sunshine Acres Children's Home, a local charity that has a convenient drive-through drop off.

Another great use of time at home is taking a close look at deferred maintenance, such as interior and exterior paint, HVAC maintenance, roof repairs, or any pool or home plumbing leaks and repairs that need to be addressed. These items can make your

home more enjoyable in the meantime, but also ready to sell when schedules return to "normal."

The Williams & McBean Team is open for business and ready to help you with your real estate needs. We have homes for sale and can arrange private tours in a safe manner that protects you and your family. If you'd like to sell your home, we also offer the latest in 3D tours. We are your neighbors and friends, so please feel free to reach out to us. ■

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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HEALTH

ACL Injuries: Let's Try to Avoid One if Possible

By Ryan Bell, PTA, FAFS
Clinic Director,
Spooner Physical Therapy, North Mesa

Spring sport season has arrived, and with a surge in activity often comes a surge in injuries. While there is no way to totally prevent an ACL injury, there are definitely ways athletes can train their bodies to better handle the stresses that result in ACL injury.

ACL injuries occur in any sport where athletes move at a high rate, and in different directions. Typically, the injuries happen where there's sudden deceleration and acceleration in more than one plane of movement — like landing from a high jump, or quickly slowing down and changing directions.

Okay, wishful thinking aside, athletes *should and can* train their bodies for success. With proper training, the athlete's body will handle the demands of their sport better to limit injuries and it will make them a better athlete. At Spooner, we take athletes through movements that teach their bodies to learn to decelerate and accelerate in a way that avoids injury, and leads to athletic performance.

Training properly looks different for each athlete, but we do have a few tips to offer:

- **Consider a movement screen by a physical therapist.** This is to get fresh

eyes on your movements and to look for areas of weakness, restrictions and faulty movement patterns. Being proactive will make you stronger, more balanced, and prepared for anything that comes your way. Our therapists watch athletes move all day, so they can easily pick out the areas where you will need to work to better train your body for your sport.

- **Don't feed into bad habits.** Pay attention when you train. Your form should be spot-on. Movement patterns take many repetitions to become a habit. Make sure you are going into your training with a focus on repetition of the best form.
- **Simulate the sport.** Do what your sport does. Move through the similar patterns as you would on the field or court. This may mean that you fold a variety of squats or lunges into your workouts and warm ups.
- **Move in all three planes.** Move up, down, across and side-to-side in ways similar to your sporting movements.

Train your body to perform at your highest level and to lower the risk of ACL injury. Our goal is to help athletes of all ages and abilities achieve a lifetime of sport.

Spooner Physical Therapy is your sports medicine destination! ■

Spooner Physical Therapy, in North Mesa, is located at 6824 E. Brown Road, Suite 102. To learn more, call (480) 924-5514, visit spoonerpt.com/locations/north-mesa, or contact Ryan Bell at r.bell@spoonerpt.com.

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