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LAS SENDAS Living

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Las Sendas Living is the official publication of the Las Sendas Community Association

This magazine is delivered to homeowners and businesses in the Las Sendas Community quarterly. You have received this publication because your Association believes you take pride in your home, environment and community.

We are always interested in your comments or suggestions.

While efforts to ensure accuracy are exercised, the publisher assumes no liability for the information contained in editorial content.

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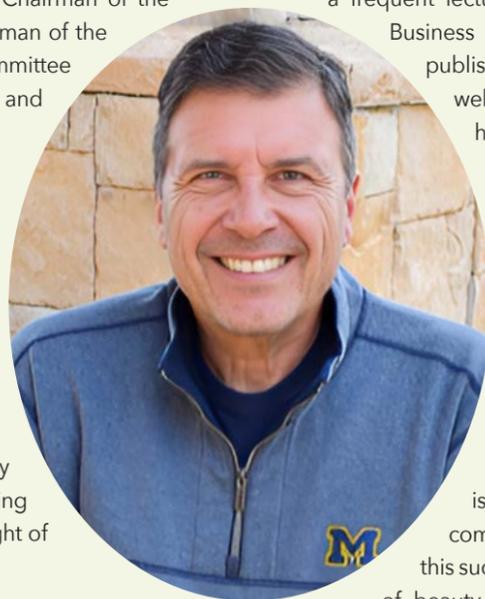
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MEET BOARD MEMBER BILL HETTLING

Bill Hettling is in his fifth year as a Las Sendas Community Association board member. During his time on the board, Bill has served as the Board President, Chairman of the Community Planning Advisory Group, Chairman of the Custom Architectural Committee, Chairman of the Spa and Fitness Center Remodel Committee and the Board Liaison to the Safety and Security Committee.

In those 5 years, the community has faced some significant challenges. There was the drafting of the community's first strategic plan, the transition from a safety patrol to a professional security patrol, and most importantly, the amendment to restrict short term rentals. Working with the management team, community volunteers and the entire board to bring these projects to fruition was the highlight of his time on the board.

Bill is originally from Connecticut, but moved to Las Sendas with his wife Judy from Minnesota, after a 37-year career with the 3M Company. Bill retired as an International Business Development Director in the Asia, Pacific and Canada regions. His career spanned sales, sales management, marketing,



marketing management, global brand management and strategic planning. Bill has also been an Adjunct Professor of Marketing at the University of Northwestern, as well as a frequent lecturer at the Carlson Graduate School of Business at the University of Minnesota. Bill is a published author in several trade journals as well as in the NBA's Rebound magazine. He has another article due for publication this Fall.

Bill and Judy have been married for 25 years. They have three children and five grandsons. Bill is a private pilot and enjoys golf, pickleball, traveling and collecting rare and first edition books.

When we asked Bill what it is he loves best about Las Sendas, he said, "This is an unbelievably beautiful and vibrant community. The outstanding residents make this such a special place. It is truly the intersection of beauty and community in the East Valley. If I had one wish for this community, it would be to get more residents involved with all the opportunities that are available to them in our journey to make Las Sendas the most desired community in the Valley of the Sun".

FINANCIALS, THE 2025 BUDGET AND RESERVES



BY PAT DONAHUE
Las Sendas Treasurer

The 2025 budget process is underway and will continue through October. I want to share updates from the 2024 financials and highlights from the new fiscal year planning.

Highlights from 2024

The Association will complete the following projects in 2024:

- Culvert and wash cleanout - This work will help ensure water flows where it is supposed to during future rains.
- Erosion Control - Rock was added along sidewalks to fill areas that eroded over the last 25 years.
- Tree Removal & Trimming - The Board authorized \$66k to be spent on the removal or trimming of common area trees off the beaten path. This work is in addition to the yearly tree trimming in the maintained common areas.
- Fire Mitigation - The Board increased the budget for

fire mitigation in 2024 by \$80k or 67%. Additionally, the Landscape Committee applied for a \$120k grant from the Arizona Department of Forestry and Fire Management, which was awarded to Las Sendas in May. As a result, this year's fire mitigation project will cover about 90 acres of common area.

- Reserve projects - This year, mailboxes will be replaced in five enclaves, sealcoat will be applied in seven enclaves and roads will be replaced in one enclave. New soccer goals were also purchased.

Other noteworthy updates:

- Athletic Department Income - We budgeted a break-even for the Spa and Fitness Center in 2024. As of this writing, the Spa and Fitness Center has earned \$29K for the Association. Athletic Director Gina Gluvna and her team are on track for 2024 to be the third year in a row generating a profit for Las Sendas.
- Banquet Department Income - The Association has also earned \$15K in income from renting out rooms at the Trailhead.

Brief highlights for the 2025 budget

The priority for 2025 is to fund the Association's reserves. The contribution to reserves is expected to be 32% higher than in 2024. Additionally, 2025 reserve expenditures will be monitored closely, and items that do not need to be replaced in 2025 will be deferred until a future year.

Landscape maintenance is expected to increase 10%. Our landscaping contract costs remain competitive, and the Board is happy with ProQual's service and partnership.

Fire Mitigation will remain in the operating budget but the amount will be less than in 2024.

The Las Sendas Reserve Study plans expenditures for 2025, including asphalt, painting, mailboxes, painting, and resurfacing the trailhead pool.

The Capital Improvement Fund (CIF) has no planned expenditures for next year and we will not add funds to it in 2025.

Operating expenses are expected to be up 5% over 2024.

The Board anticipates a 10% increase to the assessments will be needed in 2025.

More About Funding the Reserves

In accordance with best practices, the Las Sendas board engages a professional reserve analyst who prepares a reserve study every two years. The study helps ensure we save enough to replace our common area assets when they reach the end of their useful life. The Reserve Study provides a number called the Fully Funded Balance (FFB), which represents the amount of money that should be in our reserve account and available to cover the planned expenses. To reduce the risk of a special assessment, industry professionals recommend that the balance in our reserves be at least 70% of the FFB. Our 2023 financial audit shows that the reserves are 44% of the FFB.

In May, the Board began working on a long-term funding plan for Las Sendas that extended over ten years and considered the operating, reserve, and capital improvement funds. At that meeting, the Board set a goal for the reserves to reach 70% funded by 2034. To do this, the long-range funding plan currently assumes the following changes to our budget:

- A 10% increase to the assessment rate in 2025, 2026 and 2027, followed by modest annual increases. For the past few years, the amount contributed to the reserves was roughly 34% of the assessment revenue. The contribution to reserves will be 41-47% of the assessment revenue for the next few years. This will allow the Board to improve the health of the reserves by the target date.
- Contributions to the Capital Improvement Fund (CIF) will stop for the next three years. The Board has no large capital improvement projects planned at this time.
- Increases in operating expenses, consistent with inflation trends. Over the past few years, the Board and management company have worked to keep our operating expenses as low as possible by negotiating the landscape maintenance contract and identifying other cost-out opportunities. However, if we continue to hold these costs, the community will experience

a reduction in the level of service we all value. We anticipate operating expenses to increase by about 5%.

Inevitably, some will ask "How" or "Why" the reserve fund is lower than the FFB. Below are a few reasons:

- Some of the oldest roads aged faster than expected and had to be replaced sooner than planned.
- In the past few years, the costs for large reserve projects rose more than expected. Some examples include roadwork, which increased 14-36% since 2021, and mailboxes, which increased 37% since 2021.
- In 2015, the Board saw the need to create a Capital Improvement Fund (CIF) to accomplish new projects to keep Las Sendas competitive in the home-buyers' market and provide added value for existing residents. Pickleball courts, splash pad and bocce ball courts were added at Boulder Mountain Park; restrooms were added at Sonoran Heights Park; some high-profile grass areas were converted to artificial turf, and statues were moved so all could enjoy them. In 2022 and 2023, we used CIF funds to replace the irrigation and add plants at all enclave entrances.
- Previous board members prioritized "No Increases" to the assessment rates for Las Sendas owners. Between 2012 and 2022, there were only two (2) 5% increases in the annual assessment. To keep the assessments low and fund the CIF, the annual reserve contribution also remained low.

It is important to note that all board members are homeowner volunteers with their own opinions about what is in the best interest of the Las Sendas residents. We all do our best to study the information available and make decisions for the betterment of the community. While earlier decisions have resulted in a lower-than-desired reserve fund balance in 2024, I want to acknowledge the benefits Las Sendas owners enjoyed over the past ten years - improved amenities and lower costs!

The current long-range financial plan is based on conservative assumptions. As always, the Board and management will continue to manage the Association's finances with care and only execute necessary work while providing the quality amenities desired by Las Sendas residents. Additionally, the Finance Committee continues to monitor the growth of the invested reserve funds. The interest and investment income are not incorporated into the current projections, and the Board will adjust the plan as needed if the funding level increases quicker than expected. We thank you for your support as we make a difficult decision to do what we believe is in the best interest of Las Sendas' future.

We live in a beautiful community. The goal of the Board's efforts, planning and investments is to enhance the residents' enjoyment, promote a financially strong community association, and maintain and grow the value of our properties.

HALLOWEEN SAFETY

BY ROBERT MCKAIG
Las Sendas Director of Security

Children are more than twice as likely to be fatally injured by a motorist on Halloween than on any other day of the year. Below are some reminders for a safe night out.

Give your children a flashlight or glow stick and apply reflective tape to their clothing. Supervise younger children closely while trick-or-treating. Do not allow older children to go out solo; ensure they are traveling with friends in a group. If you are driving through neighborhoods, be extra cautious and anticipate children may be in the roadways.

Share the following reminders with your children:

- Watch carefully for moving cars and do not run.
- Do not enter strangers' houses or vehicles.
- Do not eat home-made goods prepared by strangers.
- Discard any candy with packaging that appears to have been opened or compromised.

Lastly, if you or your children see something suspicious, report it immediately to our patrol team at (480) 220-1794.

JOIN US FOR
TRUNK OR TREAT
ON OCTOBER 31
AT THE TRAILHEAD
FROM 4 - 6 PM.



PROTECT YOUR HOME FROM FIRE DANGER

BY MATT LAPINE
Landscape Committee Member

Fire danger is a real risk no matter where we live and the Desert Uplands is no exception. The National Fire Prevention Association (NFPA) publishes guidelines on how to protect our homes from wildfires.

Research shows that embers and small flames are the primary ways fire affects a home. Ignition occurs due to the condition of the home and everything around it, called the Home Ignition Zone (HIZ). The HIZ is divided into three areas:

- The immediate zone - 0 to 5 feet
- The intermediate zone - 5 to 30 feet
- The extended zone - 30 to 100 feet

The immediate zone is the most important area to take care of. It consists of the house itself and the area within 5 feet of it. What can you do in the immediate zone?

- Clean roofs and gutters of dead leaves and debris that could catch embers.
- Replace or repair any loose or missing shingles or roof tiles to prevent ember penetration.
- Reduce embers that could pass through vents in the eaves by installing 1/8 inch metal mesh screening or blocking.
- Clean debris from exterior attic vents and install 1/8 inch metal mesh screening to reduce embers.
- Repair or replace damaged or loose window screens and any broken windows. Screen or box-in areas below patios and decks to prevent debris and combustible materials from accumulating.
- Move any flammable material away from wall exteriors - mulch, flammable plants, leaves and needles, firewood piles - anything that can burn. Remove anything stored underneath decks or porches.

The next most important area is the intermediate zone, which goes from 5 to 30 feet from the furthest exterior point of your home. This is typically your property. In this area your goal is to employ careful landscaping and create breaks to influence and decrease fire behavior:

- Create fuel breaks with driveways, walkways/paths, patios, and decks.
- Remove ladder fuels (vegetation under trees) so a surface fire cannot reach the crowns. The surface should be clean and free of debris.
- Prune trees up to six to ten feet from the ground; for shorter trees do not exceed 1/3 of the overall tree height.
- Space trees to have a minimum of 18 feet between crowns with the distance increasing with the percentage of slope.
- The tree canopy should be no closer than 10 feet to the edge of the structure.
- Trees and shrubs in this zone should be limited to small



clusters of a few each to break up the continuity of the vegetation across the landscape.

Note that at the back of your property, usually around the 30-foot point, there is a wall, which in addition to providing privacy & security, serves as a fire break.

The area beyond 30 feet from your home is the extended zone. The goal in the extended zone is not to eliminate fire, but to interrupt fire's path and keep flames smaller and on the ground. In 2024, Las Sendas Community Association will mitigate over 90 acres in these extended zones following these guidelines:

- Clear most vegetation within 5 feet of walls (extend the fire break).
- Dispose of accumulations of ground litter/debris/dumped materials.
- Remove dead plants and tree material.
- Trees are lifted to have limbs no less than 5 feet from the ground.
- Trees are thinned to have at least 12 feet between canopy tops.

Work in the extended zone is planned to be done on a 5-year cycle. This approach has been reviewed and approved by the Mesa Fire & Medical Department and by the Arizona Department of Forest and Fire Management.

Work in the immediate and intermediate zones is up to the homeowner. These are the most important areas for fire mitigation work to be done. Would you like to learn more? There are numerous resources. A fire prevention class is given by Mesa Fire & Medical regularly. There is online training at the NFPA. You can have a fire risk evaluation done by Mesa Fire & Medical. And officials from each are just a phone call or email away.



THE 2024 RESIDENT SATISFACTION SURVEY

The key to a thriving community is active engagement and open communication. As part of our ongoing efforts to enhance the quality of life at Las Sendas, the Board of Directors and CCMC is conducting an annual resident satisfaction survey. This survey is designed to gather feedback to better understand the needs and perspectives of our residents. Your input on the Board of Directors, the CCMC Management Team, community facilities, and programs is incredibly valuable. It will help us make informed decisions for the benefit of your community.

Please take a few minutes to complete the 2024 survey by scanning the QR code to the left or visit tinyurl.com/4sr9bv9s. The survey should take 10-15 minutes to complete. This survey is open from September 12 to October 11. Invitations will be available through multiple channels (email, magazine, etc.). Please only complete this survey one time.

In appreciation for your time, residents who complete the survey by October 11 will be entered into a prize drawing for a \$50 Visa gift card!

Thank you in advance for your participation.

LIGHTING AT YOUR LAS SENDAS HOME

Having just the right type of lighting can be important as you entertain on your patio. Below is a summary of the use of café/ bistro lights, holiday lights, shade sails, umbrellas and patio seating.

Café/Bistro and Other String Lights

These lights provide ambiance in a private backyard. They must not be installed on the view fence or attached to the house. Lights strung from the roof of a home or other structure to the block wall/ view fence are also not allowed. In addition, lights strung within or from trees are not permitted. No extra posts are allowed for lighting support.

Prior approval by ARC of bistro lights is required, with plans and description of the type of lights and planned placement.

Decorative Lights

Decorative lights attached to structures must meet all setback and height requirements. The maximum height is 10'. A 15' setback is required from yard walls. Lights must be installed on the inside of a structure, hidden from view of neighboring lots or the street.

Bulbs must not be colored, flicker, flash, blink, chase, animate or change color. The use of soft white, amber, frosted or shaded bulbs is recommended.

For holiday lights, the use of colored lenses, bulbs and holiday

string lights are allowed to be displayed between Thanksgiving and January 25 as well as seven days before and seven days after Easter, Independence Day and Halloween. Prior ARC approval is not required.

If installation is permanent, decorative lights must be approved by the ARC prior to installation and should only be used occasionally. Turn lights off when not in use. Recommended hours are sunset to 11 pm.

Shade Options

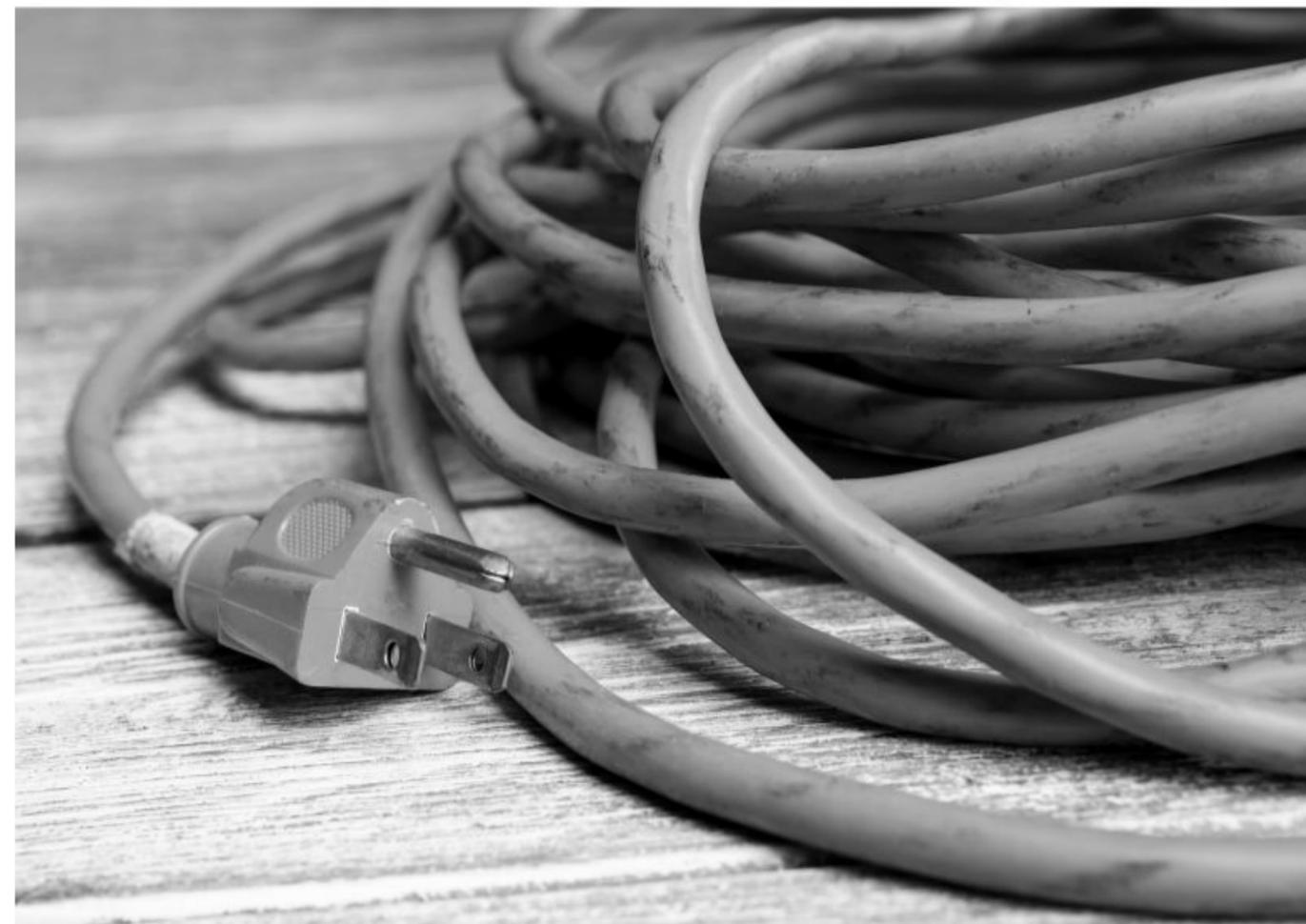
Shade Sails are not allowed, along with tropical grass or palm frond umbrellas.

Umbrellas without logos constructed of canvas or other woven material are allowed and do not need to be submitted for ARC approval.

Patio Seating Areas

Patio furniture and benches are prohibited in front yards unless contained within the courtyard or patio areas.

For more information, contact Design Review Coordinator Kimberly Kelley at kkelley@mylassendas.org or at (480) 357-8780.



BE CAUTIOUS WHEN USING EXTENSION CORDS

Many of us like to use extension cords for holiday lights but that's not always a good idea.

"I recommend staying cognizant of the extension cords being used and the time length in which you intend to use them," said Las Sendas Director of Maintenance Dustin Melgaard.

"If you want to do Christmas lights outside, make sure the cords are rated for the outdoor. If you have a lot of strands going into one extension cord, make sure it's heavy-duty. But whether it's a low-duty or a heavy-duty type cord you want to be careful. If you start using the light-duty cords for heavier-duty stuff, the cord itself will get hot enough and can cause a fire...You can feel the heat in the cord itself on the light-duty ones."

Light-duty extension cords are recommended for the indoors. "But even then, be careful," said Dustin. "This is more of a band-aid use type thing. You don't want to plug into an extension cord and leave it there for a month or two. They're not intended for permanent use. They're not meant for an all-day, everyday kind of use."

Dustin said when buying an extension cord, the type of usage should be stated on the package.

"Right on the front of the package, you'll see light duty, medium duty, heavy duty," he said. "If you plan on using it a little longer, go towards the heavy-duty."

For Christmas trees, "I would always go heavy-duty. It's a couple of dollars more but the extension cords will last you longer and there's less risk."

Never leave extension cords unattended.

"I know people who've run extension cords throughout their attic space and laid in installation and it caused a fire over time," Dustin added. "We want to be cognizant of where we're using them and to keep eyes on it because it can all go in a second."





FALL LANDSCAPING TIPS

BY JIM POTTS

ProQual Horticulturist

In the Sonoran Desert, fall landscaping tasks are crucial for maintaining the health and appearance of your outdoor space, especially as temperatures begin to moderate after the intense summer heat. Here are some essential tasks to consider:

Planting and Transplanting: Fall is an excellent time to plant new desert-adapted plants and trees, as the soil is still warm, but the air temperature is cooler, reducing stress on the plants. It's also a good time to transplant existing plants if needed.

Mulching: Apply a layer of mulch around plants to help retain moisture in the soil during the cooler months and to protect plant roots from temperature fluctuations. Always keep mulches at least 6" away from plant stems.

Watering: Adjust your watering schedule as temperatures decrease. Plants typically need less water in the fall compared to summer but monitor soil moisture levels to ensure plants are adequately hydrated.

Pruning: Trim back any dead or damaged branches from trees and shrubs. Pruning can also help shape plants and promote healthier growth. Try to limit the exposure of tissue to direct sun.

Weed Control: Remove weeds to prevent them from competing with your plants for water and nutrients. Fall is a good time to address weeds before they become more established. Pre-emergent Herbicides are a safe and effective way to manage weed development.

Fertilizing: Apply fertilizer to plants that require it according to their specific needs. Desert-adapted plants generally require less fertilization compared to plants in other climates, so follow guidelines for low-nutrient fertilizers.

Pest Control: Monitor plants for pests and treat as necessary. Cooler temperatures may reduce pest activity, but it's important to stay vigilant.

Check Irrigation Systems: Inspect your irrigation system for leaks, clogs, or other issues. Adjust watering schedules to accommodate seasonal changes in plant water needs.

Prepare for Winter: If your area occasionally experiences frost, be prepared to protect sensitive plants. Consider covering them during cold snaps or frost warnings.

Clean Up: Remove fallen leaves, debris, and dead plant material from your landscape to maintain a tidy appearance and reduce potential pest habitats.

Happy gardening.
Jim Potts, Horticulturist.

LAS SENDAS RETIREES ROCK!

BY DORIS BRASHEAR

Hello to all retired, semi-retired or even fully employed Las Sendas residents.

Did you know the Las Sendas Retirees (LSR) Club has existed for over 25 years? We "rock" and we want you to share your life with our club by engaging in social activities that bring you excitement and fulfillment. Being a member of the LSR Club is a great way to make new friends and enjoy age-appropriate activities of common interest, whether single or married.

Our LSR Club is a year-round social club that enjoys different activities. Our members contribute to the planning of activities such as easy to moderate hikes, playing bocce ball during "Happy Hour", and setting up three-day fall and spring excursions to nearby Arizona destinations. We also offer continued educational topics at our monthly meetings by inviting local guest speakers to share their expertise.

This past summer, we arranged movie & bowling events at FatCats, played golf games at TopGolf, ate lunches and dinners at local restaurants, and toured a brewery. And we had a blast playing card games at the Trailhead when the temps were in the triple digits.

Consider yourself invited to join this incredibly active retirees club. Come as our guest and see what we are about. General meetings are on the 2nd and 4th Tuesday of each month at the Trailhead Members Club. These monthly meetings bring members together to socialize, stay connected with our community and enhance the quality of our lives by building meaningful relationships. Below is a sample of a typical meeting agenda and a few highlights for the upcoming fall and winter seasons.

Typical Meeting Agenda:

Social time includes coffee and refreshments: 9:00 - 9:45am
Business meeting: 9:45 - 10:00am
Guest Speaker: 10:00 - 11:00am
Lunch: 11:30am - 1:00pm (open to anyone who'd like to go)

Highlights for the fall/winter season include:

October - Halloween Party
November - White Christmas at Zao Theatre (Limited seating)
December - LSR Christmas Party at Silver Star Dinner Show

For membership information, contact: jesimpkins51@gmail.com





FIND YOUR PACK: WHY RUNNING WITH LAS SENDAS RUNNING CLUB MAKES YOU STRONGER

BY BEV CRUPI

Rudyard Kipling famously wrote, "For the strength of the pack is the wolf, and the strength of the wolf is the pack." This powerful quote applies not just to fearsome predators, but also to runners like you and me. At Las Sendas Running Club, we believe that running in a group unlocks a whole new level of motivation, achievement, and enjoyment.

Here's how running with the Las Sendas pack strengthens your stride:

Strength in Numbers: Running solo can be tough. You battle self-doubt, fatigue, and the urge to skip a workout. But with a group, you're surrounded by a supportive network. Club members become your cheerleaders, pushing you further and celebrating your victories, big and small.

Accountability Advantage: We all have days when the couch seems more appealing than the pavement. But knowing your Las Sendas Running Club buddies are lacing up their shoes can be the nudge you need to get out the door. The sense of accountability keeps you on track and helps you reach your goals.

A Wealth of Knowledge: Running with experienced members opens doors to a world of training tips, technique pointers, and

race-day strategies. You'll learn from each other, swap stories, and discover hidden gems on our beautiful Mesa running routes.

Safety in Community: Running in numbers, especially during pre-dawn or post-sunset hours, provides an extra layer of security. Knowing you have your Las Sendas Running Club pack by your side brings peace of mind and allows you to focus entirely on your run.

Friendship and Fun: Running shouldn't be a chore. It should be an enjoyable escape. When you run with the Las Sendas Running Club, the miles fly by as you chat, laugh, and forge lasting friendships. You'll build a camaraderie that goes beyond the finish line.

So, if you're looking to take your running to the next level, consider joining the Las Sendas Running Club. We welcome runners of all paces and experience levels. Come discover the strength that comes from running with the pack. Together, we can achieve amazing things.

Find us on Facebook under Las Sendas Run Bike Tri Club. Join our free running group led by Bev Crupi, a certified RRCA running coach, personal trainer, and triathlon & cycling coach! Train with a supportive community.

TURNING THE PAGE ON NEW SELECTIONS

BY AMELIA MILES

If you enjoy exploring different types of books, you may like to learn about our Las Sendas Book Club. I'm the coordinator.

Many of your friends in your neighborhood enjoy reading and discussing different types of literature. In fact, the Las Sendas Book Club has over 100 members. A majority read the books. Some are members because they like reading recommendations from neighbors, and read along with us, although they do not attend meetings. All members are women but everyone is welcome.

We periodically use some of our meeting time for members to recommend books, explaining why they think it would be a good choice for a book club discussion. Members then vote and the majority of votes place the book on our list of selections. We have voted different ways: adding a tally mark next to a title, emailing our preferences, or by a show of hands.

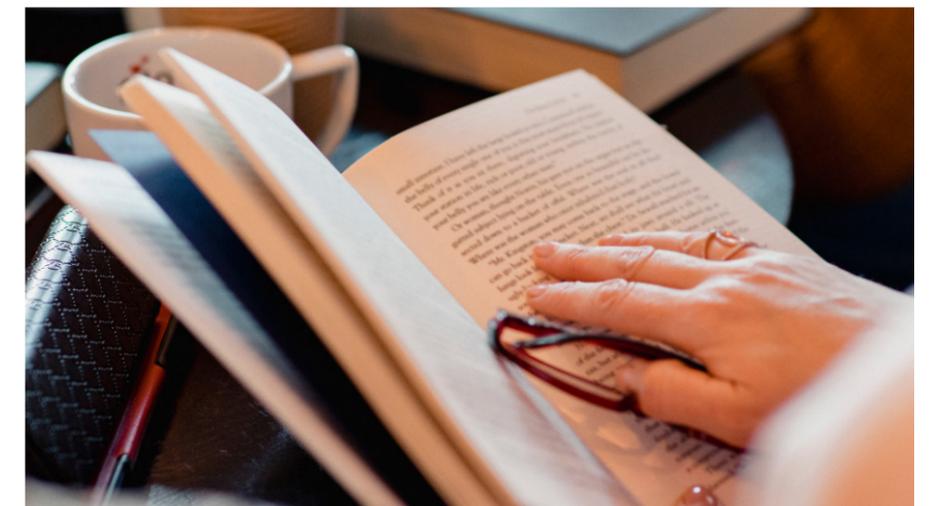
We love our local library and ask those that recommend books to see if the book they are advocating for is available to borrow. If not, we would like the book to be available in paperback, or as an e-book.

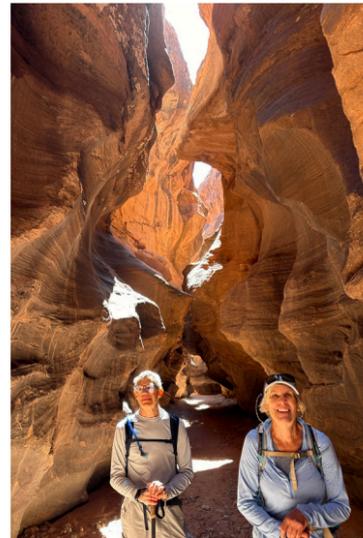
Meetings are held monthly at the Trailhead on the 2nd Tuesday, unless there is a calendar conflict with the Las Sendas Community Association. The first half hour includes light refreshments brought by anyone that decides to bring something to share. We are very informal. This time is used for visiting, introducing ourselves, and getting to know each other better. Then we begin our discussion, led by whoever recommended that month's book selection. Not everyone likes every book. I have found members to be kind and respectful of opposing viewpoints.

This month, OCTOBER 8, we will be discussing "The Women," by Kristin Hannah. NOVEMBER 12, we will be discussing "The Frozen River," by Ariel Lawhon. DECEMBER 5, is our annual charity party. We will be having a Toys for Tots Drive and voting for new book selections.

If you would like more information, or would like to join us, please email me.

Amelia Miles, Las Sendas Book Club Coordinator
SoManyBooksSoLittleTime@gmail.com





EXPLORE BEAUTIFUL SCENERY WITH THE HIKING CLUB

BY GREG GORRIE

A hike is not about getting to the destination but enjoying the journey, and the scenery along the way. Las Sendas Hikers is an intermediate-level hiking group for experienced hikers and backpackers who like to explore places that are “off the beaten path”.

This past season, we hiked through one of the longest continuous slot canyons in the world, Buckskin Gulch, which passes through roughly 16 miles of unique formations and undulating sandstone walls in the northern stretch of the Paria Canyon-Vermilion Cliffs Wilderness (see picture). We also hiked to the summit of Superstition Mountain, Peak 5057, on a cloudy, rainy day, putting us above the clouds (see picture). A hike to the summit LaBarge Mountain in the Superstition Wilderness brought us past Secret Arch, through a tunnel and to a huge balcony with a spectacular view at about 5000 feet (see picture). Last summer, we went on a three-day hiking trip to the remote and seldom-visited Blue Range Primitive Area in Eastern Arizona.

Upcoming hikes include Haunted Canyon in the Superstitions on Halloween, Battleship Mountain in the Superstitions on November 7, a trip to Coyote Buttes in the Paria Canyon-Vermilion Cliffs Wilderness in mid-November, and Balanced Rock Loop to Peak 5057 in the Superstitions in December.

If you like challenging but moderately paced off-the beaten path hiking, please join “Las Sendas Hikers” at <https://www.meetup.com/lasendas-hikers/>. Information about upcoming and past events is available to members. During hiking season, we try and plan a weekly hike, typically on Thursday.

DROP-IN PICKLEBALL AT LAS SENDAS

BY JOHN BEASLEY

There are many ways to play pickleball at Las Sendas, but my favorite is resident drop-in pickleball, and it might be something you'd like to try. Drop-in pickleball has a great history at Las Sendas, primarily due to the very popular Las Sendas Pickleball Club, which organized and ran an excellent drop-in pickleball program. Although the Pickle Ball Club is no longer together, its dedication to beginners and drop-ins paved the way for keeping solid drop-in times on the schedule at Las Sendas.

My personal story, which many of you may relate to, began as a total newcomer to pickleball when my wife Karen and I moved to Las Sendas seven years ago. I decided to try pickleball, but I didn't know anyone who played here. Attending drop-ins was a way to be welcomed into pickleball, and the drop-in group accepted this beginner with open arms. Starting with the beginner's group, they taught me the rules (a bit strange at first), but before I knew it, I was playing games. I moved up to the intermediate level, where



- Flexible times – three evenings and one morning – you can show up late or leave early.

Bring a guest or two with you – they are welcome to play. Take a break between games if you like – sit in the shade and chat. It's fun and before you know it you'll make new friends. [Wear your college or home state shirt and you'll definitely meet people !]

The drop-in times and additional information were published in the July 18th “What's New in Las Sendas” but here they are along with skill levels:

COURT 4
BEGINNER AND INTERMEDIATE
THURSDAYS 8 AM TO 10 AM

COURTS 3 AND 4
INTERMEDIATE AND ADVANCED
TUESDAYS AND THURSDAYS 6 PM TO 8 PM

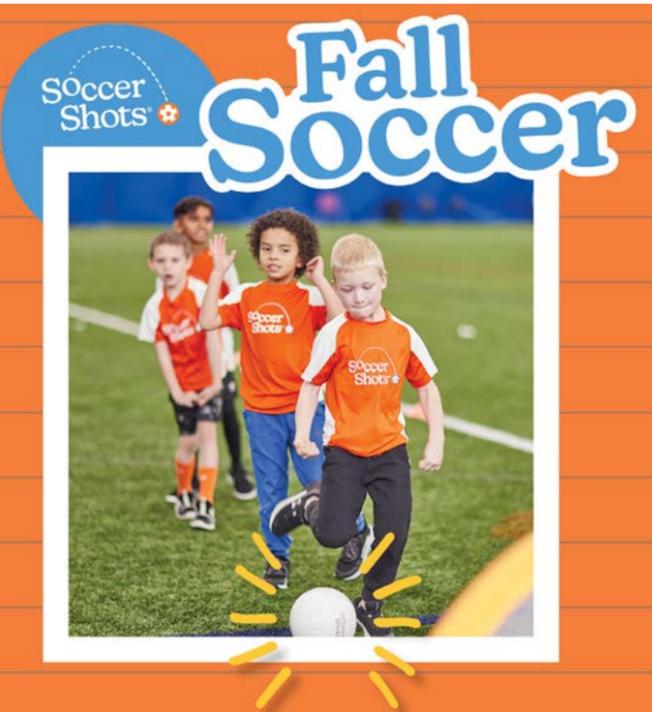
BEGINNER AND INTERMEDIATE
WEDNESDAYS 6 PM TO 8 PM

Hope to see you at drop-in pickleball!!!!

I happily remained. The best thing about drop-in pickleball was meeting other Las Sendas residents and forming new friendships. Playing with different people helped me learn the game and kept things lively and fun.

So here are my top seven reasons why you might want to try resident drop-in pickleball at Las Sendas:

- No court reservations needed and two hour blocks of time.
- If you're a beginner – learn to play and meet some great people.
- Competitive but very friendly games at your own skill level.



Soccer Shots for Kids

BY LOGAN GILES
Owner of Soccer Shots East Valley

Soccer Shots is an engaging children's soccer program for ages 2 to 8. We have been serving the Las Sendas Community for over 9 years and look to continue doing so for many years. Our curriculum has been developed to provide an educational experience while maintaining a fun atmosphere for the children. Join the best coaches in the business on Soccer Island for age-appropriate soccer skills, character-building and FUN!

MANY WAYS OF DEFENDING

Branden Mitchell, a 2nd generation dojo, and wife Candice offer mixed martial arts and yoga to the community. Both have extensive training and offer an amazing kids' martial arts program here at the Trailhead! We welcome you to a fun, exciting, free trial class for ages 7-12. Email us at mwd.mma@gmail.com for more details.



WE HAVE A NEW JEWEL ON THE TENNIS COURTS IN LAS SENDAS

BY STEVE BENSHOOF

As an East Valley tennis player for 40 years, I am personally thrilled that Sergio Nunez has joined Las Sendas as our club professional. He brings to us a treasure chest of tennis knowledge and competing experience.

Not only was Sergio an outstanding junior player (winning several Florida state championships), but he has tennis very deep in his DNA: his father, Colon, is a past professional player from Ecuador and currently runs a world-renowned tennis academy in south Florida. Also, Sergio's older brother, Eric, is a former professional player who won four major Challenger doubles titles and is currently a USPTA national coach and working with several touring female players.

In four decades, there's no one that I've ever known in East Valley tennis who has this depth of experience, knowledge, and perspective. Bob Stallings, captain of the Las Sendas Men's ATA League, agrees saying, "Sergio brings a valuable contribution to the tennis program and will help many of us improve our game."

But Sergio brings more to the court than just a strong tennis pedigree—his personality and teaching style is warm, encouraging,



and infectious with kindness, support, and humor. With more than 10 years of personal experience teaching at all age and ability levels, Sergio has honed his coaching skills to produce strong results. If you wish to see for yourself, go down to the lower courts early in the morning when Sergio's working out with several of his rising junior players (one of whom is 14 and just accepted to Brophy Academy where he'll compete for a spot on their tennis team).

Sergio's instruction shines with all ages. "I started playing tennis less than 6 months ago, taking lessons from Sergio for the past several and I'm extremely pleased with his teaching and my progress," says Las Sendas resident Heather Pickron. "Sergio's knowledge and personality make our lessons both fun and productive."

Sergio is pleased with his initial reception in Las Sendas, saying, "I grew up in a very active tennis family and have been longing for that same sense of community since starting my own family. I'm so excited to have found that feeling in Las Sendas and can't wait to continue building more relationships here both on and off the court."

If you share our interest and passion for tennis, take a few minutes and meet this jewel named Sergio. I'm certain he'll take a sincere interest in your game and whatever desires you have for learning.

Contact Las Sendas Spa + Fitness Center (480) 832-6900 for more information on tennis lessons and clinics.



HAWESAHOLICS: BUILDING A MOUNTAIN BIKING COMMUNITY IN THE EAST VALLEY

BY JASON LAMB

Mesa, AZ - Nestled against the picturesque backdrop of the Hawes Trails, a dynamic and spirited group of mountain biking enthusiasts has taken root and flourished. Known as Hawesaholics, this East Valley collective has become a cornerstone of the local mountain biking community, promoting camaraderie, adventure, and community service since its humble beginnings in March 2016.

What started as a casual assembly of around 30 mountain bikers, connected through Beerduro and MTBR message boards, has since blossomed into a robust network of 6,628 members. This remarkable growth speaks volumes about the group's inclusive ethos and the region's universal appeal of mountain biking.



A Diverse and Welcoming Community

Hawesaholics is a haven for mountain bikers of all skill levels. Whether you're a seasoned rider or just starting, the group's doors are open. Members regularly coordinate group rides, night rides, and various events, making it easy for everyone to get involved. The group also serves as a platform for sharing news, organizing trail maintenance, and fostering a supportive biking culture.

One standout feature of Hawesaholics is the East Valley Fun Track, a beloved series of events where riders tackle a set course for about 30 minutes, with an optional timed component for those seeking a competitive edge. These rides are hosted by members throughout the year. They often come with fun themes and are followed by a couple of hours of socializing, creating a festive atmosphere that strengthens community bonds.

Committed to Giving Back

The spirit of Hawesaholics extends beyond just riding. The group is deeply committed to giving back to the community. They organize annual fundraisers and toy drives, collaborate with the Forest Service and the Hawes Trail Alliance on trail maintenance days, and frequently crowdsource bikes, parts, and gear for those in need. This pay-it-forward mentality ensures that mountain



biking remains accessible to all, especially families with many children.

The quarterly Hawes Award is another testament to their community spirit. This accolade, nominated and voted on by members, honors individuals who have demonstrated exceptional merit and good works within the group.

Celebrating with Hawesfest

The crown jewel of Hawesaholics' annual calendar is Hawesfest, a grassroots festival held at Boulder Mountain Park in Las Sendas. This volunteer-run event is a celebration of the mountain biking community, featuring medical professionals providing field first aid courses, and numerous booths from local bike shops and mountain bike industry companies.

Hawesfest is a family-friendly event with games, kids' activities, group rides, and plenty of BBQ, aiming to unite the community and introduce newcomers to the sport. It's an opportunity for everyone to come together, share their passion for mountain biking, and enjoy a day of fun and learning.

Join the Hawesaholics Community

For those in the East Valley looking to join a vibrant and supportive mountain biking community, Hawesaholics offers an open invitation. Prospective members can join through the Facebook group, where they can connect with fellow riders, participate in events, and contribute to the group's ongoing initiatives. Women riders can also join the sister group, Hawesaholics Babes Ride On, to connect and ride together.

Hawesaholics is not just about mountain biking; it's about building a community. Through shared rides, collective efforts in trail maintenance, and a commitment to helping others, the group exemplifies the best of what a local community can achieve.

For more information, visit the Hawesaholics Facebook group or contact the management team at the Trailhead. Happy trails to all!

LADIES OF LAS SENDAS PRESENT THEIR 5TH ANNUAL HOLIDAY BOUTIQUE

Join us for our upcoming Holiday Boutique at the Las Sendas Trailhead Members Club and get your Christmas shopping done early.

Mark your calendar for Sunday, December 1, from 11 a.m. to 2 p.m.. We are anticipating over 30 vendors with beautiful hand-crafted items ranging from clothing, jewelry, household items, art, something for your furry friends and much more. Skincare by Patricia will offer Image skincare kits and other products that are always a hit for someone special in your life. Stop by the Las Sendas Spa table for your chance to be entered into their spa giveaway and a chance to win a gift from one of the many vendors.



Our Holiday Boutique provides the opportunity to purchase unique gifts for the whole family while supporting local vendors and nonprofit organizations, such as Corbin's Legacy and the Jack Sullivan Foundation.

Corbin's Legacy is a local nonprofit organization dedicated to feeding hungry children. Learn more at corbinslegacy.org

The primary focus of the Jack Sullivan Foundation is to fund scholarships for The Lifelab Institute. Follow @thejslaz on Facebook for more information.

Don't miss out on this exciting shopping experience here in your neighborhood. For more information, please follow the links provided. We look forward to our 5th annual event and seeing all of you again this year.

For vendor information, or the holiday boutique, please contact Patricia Phillips at (480) 832-6900 ext. 1 or email her at lassendasspaatthetrailhead.com.

Ladies of Las Sendas Holiday Boutique

Date: Sunday, December 1, from 11 a.m. to 2 p.m.

Trailhead Member's Club

7900 E. Eagle Crest Dr.

Mesa, AZ 85207



JOE NETTEMEYER
PICKLEBALL PRO

Joe brings over a decade of experience in corporate training and coaching. He coached high school soccer and has a passion for helping others to achieve their goals. He is a certified instructor through the Professional Pickleball Registry (PPR).

Joe is equipped with inside-out breakthrough training, originally designed for professional tennis coaching and adopted into the corporate environment.

HEALTHY HABITS

SUPERCHARGE YOUR PHYSICAL AND MENTAL PERFORMANCE

BY EDWIN CARL

As a professional athlete, I'd like to share insights on how to optimize health and performance by focusing on hydration and sleep.

Hydration

Have you ever heard the saying "If you are thirsty, it's too late"? That saying was from a baseball manager I had and has stuck with me since 2010. Hydration is the start of my daily habits. I aim to drink at least 1oz of water per pound of body weight, typically more in Arizona's heat. Starting your day with water is like starting the engine in your body and then keeping it refueled and rehydrated during the day. Studies have shown on average you lose 1-5 pounds of water per hour during exercise which can result in a 20-30% reduction in work capacity and a drop in mental and thinking functionality. Adding potassium, sodium, and magnesium electrolytes will help with muscle and brain performance.

Sleep

My next habits have to do with sleep. Sleep is the backbone of our physical and mental health; mastering some foundations can greatly improve performance. Firstly I aim to go outside and view sunlight within 30 minutes of waking to restart my circadian rhythm. I also wait at least an hour before any caffeine and cut off caffeine 8-10 hours before bedtime. Again in the evening, I aim to get outside and see the sunset so my body can start preparing for sleep. Lastly in the evening, I aim to stop food consumption at least 2 hours before bedtime so I'm not trying to digest food when my



body should be focused on sleep. The amount of sleep is just as important as the timing. It can take some trial and error to find the exact schedule for you. Sleep should be centered around quantity, quality, regularity, and timing. I aim for 7-9 hours of sleep per night and use a wearable to track.

Edwin was a professional baseball player for over 10 years and has been training amateur and professional athletes for over 17 years. After a life-altering autoimmune disease in 2014, he has been focused on optimizing his health and performance and enjoys helping others achieve their goals.

If you want to get in touch or are curious about other topics please email Edwin@projectproaz.com. Also follow Edwin @eddiecarl and @projectproaz on Instagram and Facebook.



-NO SHRUG
-HANDS NOT ABOVE SHOULDERS



START POSITION FOR A LATERAL RAISE



SHOULDER EXTERNAL ROTATION



SHOULDER INTERNAL ROTATION

**YOU DESERVE A RAISE
(A DUMBBELL LATERAL RAISE)**

BY MARK SWARTZ
C.S.C.S. / NSCA-PT

For a strength coach, personal trainer, or even for an individual training on their own, exercise selection with proper technique, is crucial in strength program design.

As I've written in past articles, strength exercises have a risk-reward ratio, or another term is the "orthopedic cost" (credit to Mike Boyle, look him up) of an exercise. This means increased wear and tear on the tissues of a joint when performing a particular variation of an exercise. For example, for most individuals, a dumbbell bench press with a neutral grip is going to be a safer option for the shoulder joint than a barbell bench press. Not to say that performing a barbell bench press will lead to an injury for every individual. A person could perform this exercise for years and not have issues. Another individual might develop shoulder pain after months or weeks of barbell pressing.

In this article, I'll go over the Dumbbell Lateral Raise. An individual might include this exercise in a program for the intent of rehabilitation of an injury, or as a deltoid strength/hypertrophy exercise. Although it seems simple, some technical points are important.

First is the thumb position, which affects the positioning of the humeral head. According to Kyle Koenke DC CCSP, of North Mesa Performance Chiropractic, "I always stress thumb up (external rotation) especially for people who already have shoulder issues. Thumb down reduces the space for the rotator cuff (impingement)."

Valley physical therapist Preston Collins PT, DPT adds, "Keep the dumbbell raise shoulder height or below. Stopping your raises at shoulder height ensures you receive maximal strength benefit, while also reducing the stress on the shoulder joint." Another key point from Preston is, "Avoid the Shrug! Shrugging the shoulders is a sign that the trapezius muscle is stealing the workload from the deltoids/rotator cuff."

A common mistake I see with lateral raises (and with bicep curls) is the swinging motion. Creating momentum from hip/leg involvement takes away from the body part you want to train. Keep the torso stable and you will be adding some core "work"!

To book a personal training session, call the Spa + Fitness Center at (480) 832-6900.



HOW CAN YOU GAIN DISTANCE AND PLAY GOLF FOR THE REST OF YOUR LIFE

BY DIANE DUNN
TPI & SuperSpeed Certified Golf Trainer
Las Sendas Spa + Fitness Center

Golf is a very complicated sport that uses multiple muscle groups and variable planes of motion. One slight change in your stance or positioning can make you hit an errant shot.

So why not train your body to recognize and produce strength, the correct body positioning and to rely on muscle memory? Golfers need to learn to train off of the course and the driving range, just like any other serious athlete. That means getting into the gym and working on the major muscle groups that fire during that very complicated golf swing.

As we have learned, through TPI's research, your glute muscles are the most important and involved muscle group in the golf swing. Are you training those muscles? Most golfers will say "no".

Golf also relies on many smaller muscle groups, which when trained correctly, will help you swing stronger, smoother and without pain.

Then there is SWING SPEED, which will teach the golfer to swing athletically, smoother and faster. With the more controlled faster swing, you will increase distance by up to 20 yards.

These exercises and training types can all be done in the gym and are very specific to golf. Incorporating exercises such as squats, side squats, rotational exercises and balance exercises, will all add to a much better golf game. Adding range of motion and specific stretches will allow you to golf with less pain for hopefully, the rest of your life.

If you are interested in learning more about *TPI golf training, Speed Swing training and stretches, contact Diane Dunn, TPI & SuperSpeed Certified Golf Trainer at (509) 539-3670 or at the Las Sendas Spa and Fitness Center.

If you would like to write down the answers to these 3 questions and turn them in at the front desk at the fitness center, you could win a mini-TPI session with Diane

1. What is the distance you can gain by incorporating SuperSpeed Swing Training?
2. What is the major muscle group used in golfing?
3. What is the increase in distance you would like to see in your golf game?



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Complimentary consultations are available.
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For more information about skincare treatments and monthly specials, please visit:
www.lassendaspaatthetrailhead.com



A CHANGE IN THE SEASONS: CALLS FOR A CHANGE IN YOUR SKINCARE ROUTINE



BY PATRICIA PHILLIPS LPN., LE
Las Sendas Spa Aesthetician

Summer has come to an end, but the effects of spending too much time in the sun are still evident on your face. Even if you slathered on the sunscreen or hid under a wide-brimmed hat all season, you may still be noticing dry patches, sun spots and breakouts from all of your fun in the sun. So, as we head into fall, here's how to look fresh-faced and give your skin a little summer rehab.

EXFOLIATE

To start fresh for fall, you'll need to begin with a great exfoliator (Image Resurfacing Masque) that is both gentle on your skin and will remove dead cells to reveal a fresher complexion. However, you don't want to overdo it. We suggest exfoliating two to three times a week using a gentle, exfoliating face and body wash. For sensitive skin, you'll need to exfoliate just once a week.

MOISTURIZE/SERUMS

Your regular moisturizer may not cut it when the weather begins to cool down. If you are looking to switch up your skincare routine, start with your moisturizer. For fall, try a creamy day and night product that will even out any dryness on your face and prepare your skin for the colder months ahead. Adding serums (vitamin C) and nighttime eye creams will help to plump, eliminate dullness and moisturize your skin.

BANISH THE BREAKOUTS

The hot days of summer meant more sweat, and the extra SPF may have clogged your pores. If you find yourself breaking out during this time of year, you aren't alone. To clear your skin, make sure you have cleanser, mask or serum that includes salicylic acid. You'll find that salicylic acid is able to breakup oil-filled pores and clear out breakouts. It's also great for all skin types and is a favorite of skin care experts.

TREAT YOURSELF AND YOUR SKIN

If you are looking for some extra assistance in reclaiming your skin for fall, consult with your aesthetician who can recommend treatments like micro resurfacing, which removes outer layers of the skin to reduce fine lines and wrinkles; or they may suggest hydrofacials, which uses a medical-grade device to deep cleanse, exfoliate and then infuse the skin with intensive serums or enzymes.

If sun spots and freckles are popping up on your face, RF Microneedling, TCA peels and TIXEL treatments can be done to reduce their size and appearance. Plasma Pen is also great for sun/ age spot removal. These are all great treatments for your hands as well.

And don't forget: Just because summer's over doesn't mean you can put the sunscreen away! Wear sunscreen year-round to protect your skin from UVA/UVB rays and aid against premature aging. We offer complimentary consultations for all of our treatments and we are available on Tuesday - Saturdays from 9am-4pm.

LAS SENDAS SPA + FITNESS CENTER

Looking for the perfect gift? Look no further than Las Sendas Spa + Fitness Center! We offer gift certificates for a variety of services, including skin care, massage, golf training, memberships and more.

Our certified personal trainers can assist you in developing a healthy lifestyle by offering specialized training, including post-rehab training, sports-specific training, TPS golf training and more. Join us today and enhance your overall well-being!

When you become a member of the Club, you'll have access to a wide range of group fitness classes such as Barre, Pilates, Cycle, Yoga, Meditation, Aqua Fit, Strength & Mobility and Senior America Strong. You can download the full schedule of classes at mylassendas.org/group-fitness

Strength+

The focus is on form rather than function, using the breath to power each movement and weights to match the need.

Cycling

Join a 45-minute cycling class that is fun and effective in burning calories. You will be guided through challenging intervals that simulate terrains such as flat roads, hills, valleys, and mountains.

Barre

Barre is a low-impact, full-body workout focusing on building strength, improving balance and control, and utilizing pelvic floor training designed to align posture.

Yoga

Yoga improves strength, balance and flexibility with slow movements and deep breathing increasing blood flow. According to NIH (National Institute of Health), scientific evidence shows yoga supports stress management.

Meditation

Experience a deeply relaxing sleep-based meditation that helps you unwind physically and mentally. This meditation helps you rejuvenate naturally, leading to intense well-being, mental clarity, optimism, and vitality.

Pilates

Pilates is an exercise that involves performing a sequence of controlled movements that are precisely connected. This exercise helps build muscular endurance and strength, increases flexibility, and improves posture. "Pilates can be described in three words: stretch with strength and control." - Romana Kryanowska

Senior America Strong

The Senior America Strong class is designed to improve mobility, agility, balance, and strength using a variety of traditional and nontraditional exercises. Participating in this class allows individuals to try out exercises they might not typically include in their regular workout routine.

Aqua Fit

Low-impact water aerobics is a great way to stay fit building cardio fitness, boosting your mood and building strength.



THE VISTAS PAVILION

BY JOSE MARTINEZ
Food and Beverage Director

We welcome all Las Sendas neighbors as well as foodies from everywhere to join us at The Patio and Grill at Las Sendas! We have new and exciting offerings that we would like to share with all of you! Our new fall menus feature an incredible selection of local items that are at the peak of their season providing incredible flavors. Our grill menu this year will focus on tapas style appetizers, so you have a great list of items to choose from that can be shared as well as our local favorites we have offered for many seasons. Have you tried our Bison Meatloaf? If not, it is a must that you do! We have an extensive list of spirits, great craft cocktails and a nice selection of beers on tap with some of the local favorites. We are proudly offering our own Las Sendas Exclusive Tequila that you must try! In addition, our wine list has been awarded the "Wine Spectator's 2024 Award of Excellence", offering over 185 wines for the wine lovers out there and will not disappoint. Join us on Wednesdays for our promotion of 30% off on bottles of wine under \$100 all season long.

As the holiday season approaches, we have gift cards available for purchase that you can send to your family or close friends, and as



usual when the weather gets chilly, we offer blankets at our Patio so you can have an enjoyable evening dinner while listening to live music. And if you decide to stay home for the night, we have partnered with Door Dash to bring a meal to your home from Las Sendas!

We look forward to serving you this season! Call today 602.734.5524 or make a reservation online at www.lassendas.com/dining. Reservations are highly encouraged.

JOIN LAS SENDAS GOLF CLUB'S "WINE CLUB" (EVEN IF YOU'RE NOT A GOLFER!)

Did you know: In addition to being one of the valley's top golf courses, Las Sendas Golf Club is also home to The Vistas Pavilion—a beautiful venue with breathtaking views and flexible accommodations for wedding receptions, corporate events, and parties. Las Sendas' popular wine dinners are also hosted at The Vistas Pavilion. Elevate your wine experience by joining The Vistas Pavilion's Wine Club. For an annual fee of \$500, Wine Club members enjoy:

- 10% off wine dinners at Las Sendas Golf Club
- "Wholesale plus 5%" pricing on wine purchases
- Special reservation opportunities
- Early access to "fill your cellar" events

The Vistas Pavilion's Wine Club is open to wine enthusiasts ages 21 and older—even if you've never swung a golf club. Sign up by contacting Carla Shaw at: cshaw@lassendas.com or (480) 396-4000 ext. 222. Hurry, only 50 Wine Club memberships are available this year.

Interested in joining as a golf club member, too? Contact Wayne McBean, Membership Director, at: wmcbean@lassendas.com or (480) 396-4000 ext. 201.



LAS SENDAS PRO SHOP

Greetings from the Pro Shop here at Las Sendas Golf Club! It's finally cooling down and our season is underway. If you haven't played golf at Las Sendas, experience a beautiful, fun golf course that can be very challenging at times. Not a golfer? Come check out the Las Sendas Pro Shop which has something for everyone like the ever-popular VUORI athleisure wear.

If you're interested in learning the game of golf or your kiddos are interested in our junior program, check out www.lassendas.com/golf/instruction. You'll be able to find profiles and bios on each of our instructors to take your pick from. Lessons are given on the private, back side of the driving range away from the everyday golf course hustle and bustle. Our five instructors have a remarkable combined 75+ years of teaching experience!

Looking to get back out on the course after not playing for a while? A great place to start is our Back 9 and Breakfast. Play 9 holes off the back nine, early in the morning, and sit down afterward in the restaurant and enjoy a delicious breakfast. You can see all our available rates and times by visiting www.lassendas.com and clicking "book a tee time."



Don't forget, the holidays are right around the corner! We have an assortment of great gifts here like logo decanters, wine glasses, carafes and rocks glasses from Sterling Cut Glass! Not sure what to get? Come grab a gift card redeemable for golf, merchandise or food & drink in the restaurant.

Mention this publication and receive 20% off your first purchase of merchandise or apparel here in the Pro Shop. We look forward to seeing you soon. Get ready to enjoy the cooler temperatures Arizona has to offer this time of year.

LAS SENDAS ELEMENTARY PTO

BY COURTNEY TUNE
Las Sendas Elementary PTO President



Welcome back Las Sendas Coyotes! We have had a wonderful start to the school year and look forward to a lot more fun to come. This is an exciting year, as we have welcomed a new Principal, many new staff members, PTO board members, and families to our school. Libby Micela transitioned

into the role as Principal and has stated, "I'm looking forward to building community this year, with an emphasis on a school vision where teachers will focus on how they can 'Make their Mark' by concentrating on students' strengths and needs."

Las Sendas Elementary strives to support the families, teachers, and the community, aiming to make the school year enjoyable and memorable for everyone. Visit LSPTO.org for fundraising information, upcoming events, and volunteer opportunities - Help us 'Make our Mark' on a memorable year!

FALL 2024 - NEARING THE HALFWAY POINT

BY ANTONIA MEJIA



A challenge doesn't come without a cause. For Councilmember Goforth, the cause in her challenge to be Mesa's District 5 representative came from seeing the needs of her community. She knew Las Sendas residents wanted improved safety measures along the Las Sendas traffic

loop and ways to create additional multi-modal paths. Since Councilmember Goforth took notice and started to advocate for these changes, City Management listened and responded to her support to find solutions.

Less than two years later, we have seen results like raised crosswalks on N. Red Mountain Drive adjacent to Las Sendas Elementary School. Down the road, along Thomas Road, between Power and Higley, it was evident drag racing prevailed because of the open, wide roads. Extra surveillance by police would help, but not solve the problem. With so many active residents yearning for shared-used paths, something northeast Mesa does not have, Goforth spoke out. She engaged with Mesa's Transportation team to explore new possibilities. Thanks to a \$50,000 grant from the Maricopa Association of Governments, a consultant was hired to perform a feasibility study to improve safety connectivity and

access for pedestrians and bicyclists. This is now part of a bigger plan to connect our city with trails and paths for recreation and transportation to enjoy the beautiful desert scenery.

Of course, Public Safety is at the forefront of our growing city. A new state-of-the-art Public Safety facility is being constructed at the NE corner of Power and Brown Roads. City officials anticipate having it up and running by the second half of 2025. Additionally, projects are in the works to establish new patrol district boundaries which will balance out response times with the addition of the new station. It wouldn't have been possible without support from the Mesa City Council and the fact that communities in northeast Mesa are bigger than before, another reason why Councilmember Goforth says quality developments need to happen.

Early this year, the Economic Development Department hired consultants, Evolve Ventures, to do a high-level analysis of existing and presumed future market conditions in the Longbow trade area. They'll provide recommendations to attract more retail opportunities and walkability. The report will help property owners and city officials to work together to achieve the types of quality developments most compelling for northeast Mesa.

No doubt it's been a busy 2024 for Councilmember Goforth. The first half of her four-year term wraps up at the end of December, with changes already being noted. Las Sendas residents are always on her mind and are invited to reach out anytime at District5@mesaz.gov.



FALCON FIELD AIRPORT INVITES COMMUNITY TO AVIATION EVENTS

BY JESSICA ALONZO

Las Sendas residents have many opportunities this fall to explore aviation with Mesa's Falcon Field Airport!

Las Sendas residents are invited to ask questions about Falcon Field at Ask the Airport, a monthly virtual public meeting held via Zoom. You can participate remotely from your home, office or smart phone. Join and leave at your convenience. Ask the Airport is held 10:30-11 a.m. on the third Wednesday of each month.

Airport staff is available in the meetings to answer questions on topics such as:

- Airport operations
- Construction projects & planned improvements
- Available airport land & facilities
- Business opportunities
- Events

Join on Zoom <https://us06web.zoom.us/j/98813191363?pwd=REVvcUtxZmZHblFRReGJKeWxOaVZxQT09>
Meeting ID: 988 1319 1363
Passcode: Falcon

Get an intimate view of unique aircraft at Cockpit Close-Up, a new FREE program that is scheduled 8-10 a.m. on the first Saturday of each month at the Falcon Field Airport terminal building, 4800 E. Falcon Drive. The event features volunteer pilots based at Falcon Field and their private aircraft. View the exterior and interior of the planes and talk to the pilots about the aircraft, flight training, flight

knowledge & experiences, aviation careers, etc. Questions are welcome!

Join Falcon Field Airport for a hauntingly good time at the Spooktacular Halloween Cockpit Close-Up on Saturday, October 26, from 8:00 a.m. to 10:00 a.m. at the Historic World War II Hangar, 4626 E. Fighter Aces Drive, Mesa. Bring your little ghouls and goblins in costume for a thrilling trick-or-treat adventure among vintage aircraft, featuring eerie games and giveaways while exploring the ghostly pasts of these historic planes. This event offers a unique blend of aviation and Halloween fun, with volunteer pilots showcasing their private aircraft and inviting you to view both the exterior and interior of the planes. Engage with the pilots about flight training, aviation careers, and more. Don't miss this frightful morning of fun, fascinating history, and up-close encounters with unique aircraft. Visit the airport's online event calendar for more details.

Join the Mesa Chamber of Commerce and Heliponents, Inc. Friday, November 22 from 5-7 p.m. at Heliponents, Inc., 4930 E. Falcon Drive, Mesa for Aviation Fascinations at Falcon Field Airport! This free event offers a unique opportunity to get close-up views of vintage aircraft and modern marvels like the Boeing AH-64 Apache helicopter and MD Helicopters. Attendees can explore displays from East Valley aviation education and flight training programs to learn about various aviation career paths. Enjoy food and beverage tastings from local restaurants and participate in raffle drawings throughout the evening. Don't miss this exciting aviation event! For more information, contact the Mesa Chamber of Commerce at (480) 969-1307 or info@mesachamber.org.

Visit the airport's online event calendar at <https://www.falconfieldairport.com/about-us/events> for details.

CITY OF MESA - FIRE SAFETY

October 6-12, 2024 is Fire Prevention Week. This year's campaign is "Smoke alarms: Make them work for you!™" The 2024 NFPA (National Fire Protection Association) message focuses on ensuring everyone has working smoke alarms.

Smoke Alarms Save Lives!

- Once the smoke alarm sounds, you could have as little as two minutes to get out safely. Working smoke alarms give you early warning so you can get outside quickly
- Install smoke alarms in every bedroom, outside each separate sleeping area (like a hallway), and on each level (including the basement) of the home.
- Test smoke alarms at least once a month by pushing the test button.
- Replace all smoke alarms when they are 10 years old or stop responding when tested.

Cooking Fire Safety

Cooking is the leading cause of reported home fires and home fire injuries and the second leading cause of home fire deaths. Remember this during the holiday season. Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Cooking Fire Statistics - Based on 2017-2021 Annual Averages:

- Two-thirds of home cooking fires start with the ignition of food or other cooking materials.



- Clothing is the item first ignited in less than 1% of home cooking fires, but clothing ignitions caused 8% of the home cooking fire deaths.
- Ranges or cooktops account for over half (53%) of home cooking fire incidents.
- Unattended equipment is a factor in over one quarter (29%) of reported home cooking fires and half of the associated deaths.

Source: NFPA Research

Cook with Caution

- Be on alert! If you are sleepy or have consumed alcohol don't use the stove or stovetop.
- Stay in the kitchen while frying, boiling, grilling, or broiling food. Turn off the stove if you leave the kitchen for a short period.
- If you are simmering, baking, or roasting food, check it regularly, remain in the home while food is cooking, and use a timer to remind you that you are cooking.
- Keep anything that can catch fire – oven mitts, wooden utensils, food packaging, towels or curtains – away from your stovetop

Learn more at <https://www.nfpa.org/Education-and-Research/Home-Fire-Safety>



ADOPT A TORTOISE FROM THE ARIZONA GAME & FISH DEPARTMENT

BY MICHAEL COLAIANNI

"For some, a dog or cat will do just fine. But for others who are considering adopting something truly unique to Arizona, say hello to your next family member: A Sonoran desert tortoise!



"Many people don't even consider opening up their homes to desert tortoises, but they make fantastic and personable pets," said Tegan Wolf, Desert Tortoise Adoption Program Coordinator for the Arizona Game and Fish Department (AZGFD).

"It's rewarding to hear stories from those who have adopted a captive tortoise and made them part of the family because they're a unique alternative to traditional family pets. They offer many of the same life lessons to children. And they can provide just as much companionship and personality as a dog or cat."

AZGFD has tortoises of various ages and sizes available for adoption. Captive tortoises grow up to about 14 inches long and can live upward of 100 years. However, they cannot be released back into the wild because they could spread diseases that harm wild populations.

The fall season is an ideal time to adopt a tortoise. Arizona residents interested in providing an adoptive home should review the Tortoise Adoption Program page on the department's website. How to properly care for a desert tortoise, including instructions on how to build an enclosure/burrow, also are included.

Once the burrow is completed, potential adopters can submit an online application at www.azgfd.gov/tortoise. All applications will be reviewed and applicants will be contacted by the department. Adopters must have a securely enclosed yard and construct a separate enclosure/burrow to protect the tortoise from potential hazards, such as a fire pit, unfenced pool or dogs.

The enclosed area must include an appropriate shelter for the tortoise to escape Arizona's extreme summer heat and a place to brumate – a seasonal period of inactivity similar to hibernation – during winter.

AZGFD allows for one tortoise to be adopted per person, per household, but an additional tortoise of the same sex can be adopted if it is placed in a completely separate enclosure, as these reptiles can be territorial. Federal law prohibits desert tortoises from being transported across state lines.

While it is illegal to remove Sonoran desert tortoises from the wild, it's also illegal to allow them to breed in captivity. AZGFD and its partners must spend valuable resources and time each year to find homes for dozens of captive tortoises.

"One female tortoise living to 80 years old can produce more than 800 babies in her lifetime," Wolf said. "This is why we must work together to ensure that tortoises are not only placed in proper homes but with responsible owners."

For more information about AZGFD's Tortoise Adoption Program, or to provide a donation to help the department cover costs for tortoise food, shelter and medical expenses, visit www.azgfd.gov/tortoise. Or listen to the "Wild About Arizona" episode on desert tortoise adoption, the official podcast of AZGFD.

If you suspect someone is illegally breeding Sonoran desert tortoises, contact the department's Operation Game Thief hotline at 800-352-0700. Those submitting a tip can remain anonymous.

AMERICAN LEADERSHIP ACADEMY

A new American Leadership Academy (ALA) campus opened at the end of July. The tuition-free charter school is just a few miles from Las Sendas.



"ALA started in 2009," said Deena LeBio, PreK-6 Director of ALA Mesa North Elementary School. "They built a wonderful infrastructure. What's special about ALA is our R.A.I.S.E. values. We feel our value system is a big need in our current times. Parents seek an educational option that instills good values in their children's lives. We partner with parents. That's part of our mission statement."

R.A.I.S.E. Leadership Values stand for Respect, Accountability, Integrity, Service and Excellence. These values are what LeBio said sets the school apart from the competition.

"Our base values are authentic. It's part of our communication. It's part of how we deal with behavior issues. It's how we expect our staff to talk with students but also how students talk with staff. It's how we interact with parents. It's how we conduct ourselves as professionals. When students and families feel those authentic values, it's reassuring. It's comforting. They know their child is cared for. That is a big concern these days. Your child is not just a number. It's not just a seat in the classroom. Your child is a human being that we care about and love."

She tells students in the morning and afternoon announcements that "we love them. And it's true. We might not love them exactly as a parent loves them but we love them in the way we're capable of loving these students. It's to be known. Children are extremely perceptive. They know when you're trying to pull something over them. Kids know when you're being authentic with them and when you're not. Our goal is to always be authentic with our values for our students."

LeBio said the school's mission statement supports the family in providing the best educational experience to as many students as possible in a moral and wholesome environment. "It's not an us vs. them," she said. "We're all partnering on this journey."

Each ALA location is the makeup of its community according to LeBio. "There's no religious affiliation, just good values that make you a good person."

"The curriculum we choose is aligned with state standards. We still answer to the state. We answer to the charter board that we're performing. We do state testing to ensure our students are performing at the correct level. There's a big level of accountability which is one of our values."

Classroom size ranges from 25-30 students, depending on the grade.

"ALA treats their employees like family," she said. "And when you're treated like family that translates out to how you treat others."

She added, "There are other amazing schools around. We're not knocking or discrediting the charter and public schools in the area. We're just offering a different choice to families. Arizona is about school choice. We have the most charter schools and school options for parents in the country. I think parents deserve that. Parents deserve to choose where their child goes to school and ALA is one of those options. It's great to have choices."

More information at <https://www.alaschools.org/az/mesa-north-k-12>





Meeting & Event Schedule

FALL | 2024

Board, Committee
and Working Groups

Landscape
First Tuesday | 10 am

Security and Safety
First Tuesday | 4 pm

Custom Architectural
First and Third Thursday | 8 am

Production Architectural
Second and Fourth Thursday | 8 am

Board of Directors
Last Thursday | 6 pm
October 24 | 6 pm

Finance Committee Meeting
October 15 | 3 pm

Upcoming Events

Food Truck Fridays
October 4

Neighborfest
October 12

Sunsets on the Patio
October 16

Trunk or Treat
October 31

Food Truck Fridays
November 1

Sunsets on the Patio
November 20

Bingo
December 6

Candy Cane Lane
December 7

Cocoa with Santa
December 10

Ollie the Trolley
December 18

Clubs

Bridge
Every Monday | 1-4 pm

Retirees Club
Second and Fourth Tuesday | 9 am

Book Club
Second Tuesday | 6 pm

American Mah Jongg
Every Thursday | 1-3 pm

Quilters Club
Third Monday | 5:30 pm

Euchre Club
Second Thursday | 6 pm



Food Truck Fridays



Trunk or Treat



Cocoa with Santa



Dates and Times Subject to Change.

For up-to-date information, scan this QR code for mylassendas.org/calendar.

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