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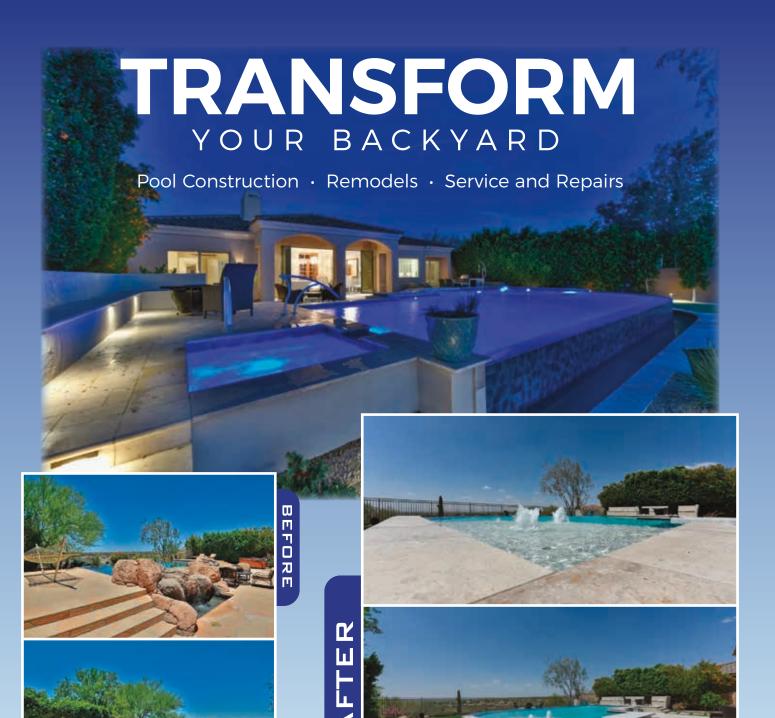
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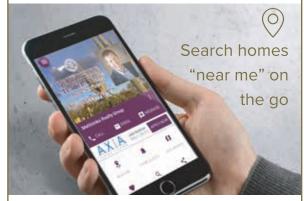
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**Dani Mattisinko** 480-734-1616 DaniMattisinko@hotmail.com MattisinkoRealtyGroup.com



# **Sunshine: Vitamin D vs Skin Cancer**

THE STRUGGLE IS REAL: Most people have an internal conflict when it comes to sun exposure. Who doesn't love to have that summer tan and enjoy the warmth of the sunshine?

We all know that sunshine is the only way we make vitamin D, but what about the risk of skin cancer?

First, let's be clear, sunshine on your skin doesn't cause cancer. If that were the case, we'd all be dead and life would not exist on planet Earth.

We have to understand that a sunburn is different from getting a tan (building melanin). When we get a sunburn, we inadvertently damage DNA and our cell repair enzymes (specifically for UV damage) can only fix the mutations so fast, thus creating genetic damage which can lead to cancer. Furthermore, long-term sun exposure ages our skin and accelerates collagen loss!

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There is a balance between making vitamin D, a very important molecule in the body and protecting our DNA and folate (vitamin B9). Surprisingly, most people are low in both Vitamin D and folate levels; and the darker your skin type, the harder it is to produce Vitamin D.

So the safest solution is to supplement both in our diets with the right high-quality nutraceuticals. It's easy and not very expensive to do so.

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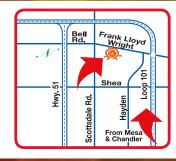
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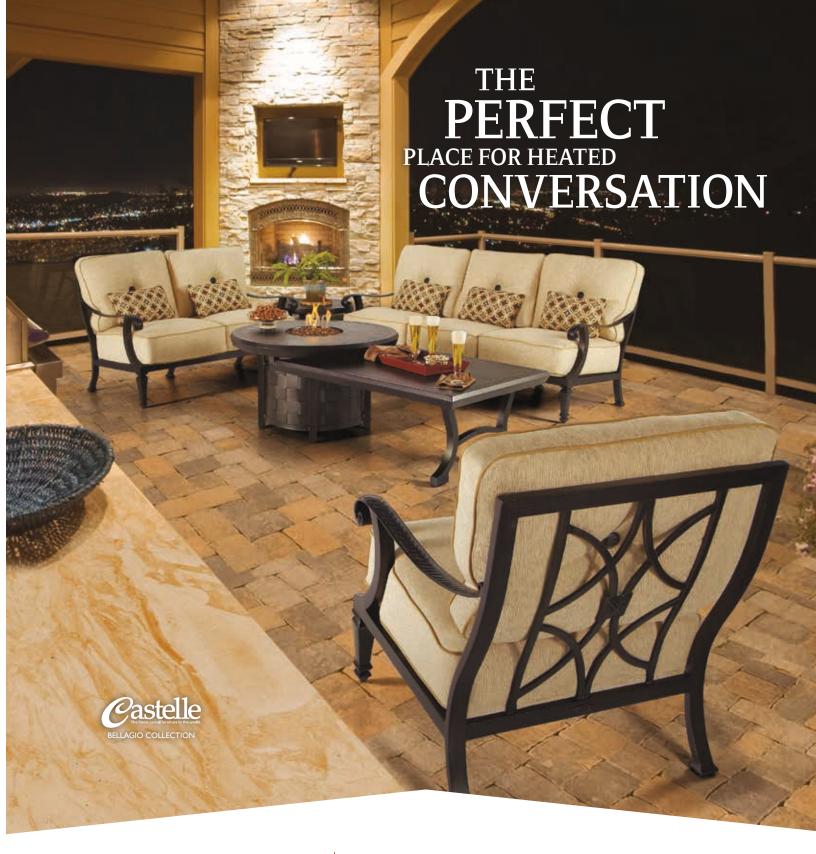
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> Wednesday, August 22, 5:30-7 p.m. Village DC Ranch, 18501 North Thompson Peak Pkwy.

> Complimentary beverages and appetizers provided by The Village Health Club & Spa.

Last Day of Summer Party -Friday June 21- At a private MMR Residence to be announced. 5:30 until......



Ancala Country Club/Overlook Grill Patio 11700 E Vía Linda, Scottsdale, AZ 85259 Thursday, October 18, 5:30-7 Complimentary food and prize giveaways

Please RSVP to all events at cary.frumes@n2pub.com.

If you have a venue of interest in the nearby area please let us know. We always want your input.

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Your name: Katy and Michael Keane

The name of your neighborhood: Trovas

#### Why do you choose to live in Arizona or this part of the valley?

Michael started a job as CAO at PF Chang's China Bistro in Scottsdale. We wanted to reduce his commute time to the office. We moved from Columbus, Ohio.

#### What do you especially like about the neighborhood you lived in?

The views of the Sonoran Preserve beautiful mountains from our back patio. Also, the proximity to excellent shopping and restaurants.

#### What is the inspiration for your design?

Our previous home in Columbus was on the golf course. To achieve that, we took many walls down to open up the space for entertaining. With that, we wanted to keep the beautiful travertine flooring and capitalize upon the separate guest and master wings. Katy visited many homes in Scottsdale and Florida to get ideas and worked closely with the contractor to generate additional changes.

Our passion is wine collecting, so we needed a home in which we could build a large wine cellar to hold our collection. We took over the existing wine closet, the coat closet and half the laundry room to build our open wine cellar.

We also wanted to keep the home light and airy, so we opened up the back with a wall of patio doors and put in solar tubes to bring the sun into the kitchen and guest bath.

#### What makes your home unique?

The open floor concept, the beautiful mountain views and the custom wine cellar. It is our perfect entertaining dream home. The master suite with the renovated bath, soaking tub and renovated walk-in closet are unique and make this home very comfortable for us.

#### What makes your home special to your family?

We wanted a place that was not fussy, where we could have many guests and have all of our three children visit at the same time. We also wanted to showcase our eclectic art collection. It was important to have a comfortable place for us to be outside during the wonderful Scottsdale winters, so we focused on the patio area this past year.

#### Do you have a favorite room or area of the house?

Favorite room of the house is the library. It is the one place where we can see what's going on out front, enjoy our fireplace and let our two dogs say "hi" to neighborhood dogs passing by.





inspired spaces

Photographysandlerphoto@cox.net





#### Did you design or decorate the interior yourself? If not, what company did you use?

Yes, Katy designed the interior. We did work with a couple of designers to bring fabric for the window treatments and dining chairs. Katy worked with our contractor, Nick Walter from Heritage Construction, to help determine which walls and soffits we could remove, build out the kitchen, choose paint colors and flooring options where we had to remove original travertine.

#### Do you have a to-do list of future projects?

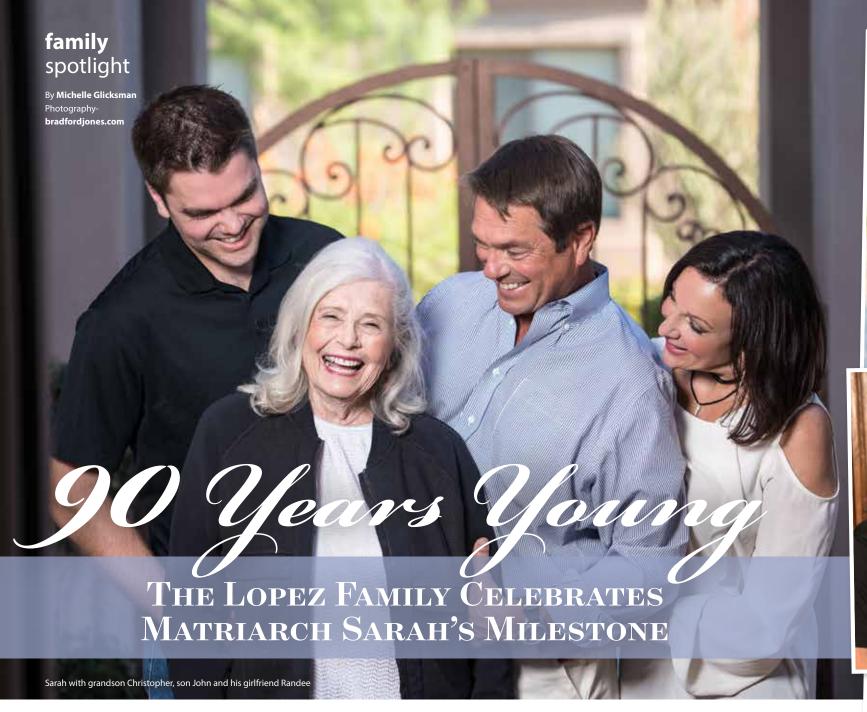
The only projects left on my list are to tile the library and second guest room.

#### What advice would you give to someone looking to spruce up their living space?

Work with a contractor that has good ratings in the area and don't be afraid to take down walls and move cabinets, etc. to gain the look you want. Keep furnishings light and focus on your lifestyle.

Are there any area businesses that you think do a wonderful job or offer an excellent product? If yes, tell us here and share a contact for the business if you have one: Heritage Construction Specialists. Nick Walker 480-785-5959.





On August 31, Sarah Dempster Lopez will celebrate a milestone — her 90th birthday.

"Nobody gets out of here alive but I believe I'll be going to a better place," Lopez says of her approaching birthday. "Since I love this place, no worries. (But I would like to leave about seven pounds lighter..."

The celebration plans include a big dinner, with both friends and family in attendance. Planning to attend are her son, John, and grandson (John's son), Christopher (she lives with both of them in McDowell Mountain Ranch); her granddaughter (John's daughter), Ciara; Randee Korer (John's girlfriend) and her family; and her other son, Joseph, who is flying in from London to join the celebration.

Of course, there will be plenty of champagne, because as Lopez shares, "That's my favorite!"

#### A BUSY LIFE

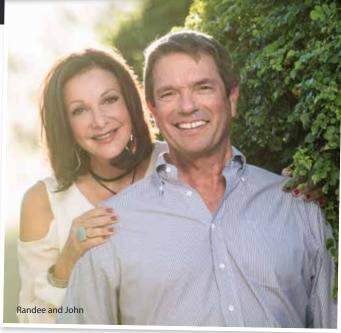
Lopez has led a busy life, always on the go. She had 21-year military career as a physical therapist, retiring as a Lieutenant colonel.

"The Army family is a very good environment," she says. "I was in the military and then I got out because I had my two boys. Then they changed the rules... it was around 1966... and allowed women to bring children with them, and so I did. My children were around 6 and 7 at the time. That's how I ended up completing my 21 years.

"I was at Walter Reed National Military Medical Center in Washington, D.C.; Brooke Army Medical Center in San Antonio, Texas; Irwin Army Community Hospital in Fort Riley, Kansas; and Carl R. Darnall Army Medical Center at Fort Hood, Texas.







"Then, I went back to Iowa and spent 19 years as a pediatric physical therapist in special education."

"Mom is a medal winner in the Army. She received a Legion of Merit," John adds.

#### MOVING TO SCOTTSDALE

Lopez was born in Iowa, where the family owns farm properties. She was living there by herself (John moved to Scottsdale in 1985 and Joseph lives in London—until early 2017), when one day, "My legs just gave out on me and I gracefully descended to the floor," she recalls.

The diagnosis was spinal stenosis, which was making her hips weak, and Lopez ended up having surgery.

After that, "John just took me in," Lopez says. "He's a wonderful person and I've been living here very happily. I have my little Jack Russell here with me too, my Lily."

Lopez had been visiting Arizona for many years, often spending Christmas with John, Christopher and Randee.

When John had moved to Arizona, he initially joined the real estate industry, and later graduated from Arizona State University with a degree in nursing.



20 Life at McDowell Mountain • August 2018 August 2018



"I worked for Banner Health as a nurse in pediatric intensive care, then also owned a mortgage company out here for about 11 years," he shares.

Today, he says he's a "recovering R.N.," and after owning the mortgage company in Mesa and Gilbert, is back in the mortgage field working for Guild Mortgage in Scottsdale at the location near Raintree and Loop 101.

After living in Scottsdale's Grayhawk, he and Christopher moved to McDowell Mountain Ranch's Cimmeron Hills four

"One of my real pleasures of living here [in Scottsdale] now is that I can be here with my grandson," Lopez says of Christopher, who is now 28 and works for Apple, as well as spends time volunteering with the JDRF camp in Prescott.

"We just really liked the area here and we liked the views — they're spectacular," John says of the move. "Also, we like all of the amenities the area has to offer."

As for Lopez? "One thing I really like is the mountain with the towers on it. No matter where I am in the Valley I can find my way home!" she says, laughing.

#### **FAMILY TIME**

John and Randee had their first date in Phoenix at St. Francis restaurant about seven years ago, meeting through mutual friends.

Today, they, along with Christopher and Sarah, enjoy going out to dinner together and going on Jeep trips throughout Arizona ("specifically Sedona, Four Peaks and up on the Rim"). Lopez also enjoys traveling, having spent time throuhgout Europe.

Favorite restaurants include Houston's, The Vig and Eddie V's.

And of course, they all enjoy just spending time together.





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# MCDOWELL MOUNTAIN RANCH MARKET UPDATE

# UNITS SOLD











**AVERAGE** SALE PRICE

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## precious pets

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Pam (Mom), Bill (Dad)

Pet's name: Bennett

Type of animal/breed: Double Doodle

(Labradoodle bred with a Goldendoodle)

Male or female: Male

Pet's age: 5

Where/why did your owner pick you?

Bennett, Colorado

#### Is there a story behind your name?

I was born in Bennett, Coloroado.

#### Anything special or unusual about you (talents/quirks)?

I can sit up on my dad's lap and give him hugs on his request. Since I weigh 80-plus pounds, my dad is the only one that can pull this off. I also do not shed.

#### What do you like best about yourself? What are your selling points?

I like my curly brownish hair. The fact that I don't shed and I listen well seem to be top selling points.

#### Any funny stories you can relay?

When I was a year old, I ate a sock and got very sick! My doctor had to perform a surgery on me that I think cost lots of money. Funny thing happened ... they didn't find a sock.

#### How spoiled are you?

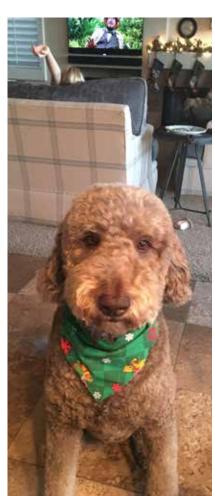
Not sure what that means? I do know that Mom and Dad used to have a queen size bed, but now we share a king bed.

#### Any current health concerns?

I have been hearing lately that maybe I need to shed a few pounds?! I think my dad and I have a running plan to help us both take a few pounds off.

#### What else should we know about you and how you have enriched your home/family?

I like to think I am the "perfect family dog". I work very hard to maintain this, making sure I am always waiting at the door to greet the family when they arrive back home.











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Most people see life insurance as a no-brainer to protect against losing their income due to death, but few people consider protecting their human capital in the event they become sick or injured. Statistically, we are more likely to become disabled during our working careers than dying.

In fact, the Social Security Administration estimates that 91.2% of women and 85.6% of men will live to age 67. Meanwhile, the same report projects that a 20-year-old has a 26.8% chance of being disabled for at least 12 months before retirement at age 67. The Council for Disability Awareness reports that the average long-term disability absence lasts 34.6 months – nearly three years!

In other words, our chances of enduring a time in which we're disabled and unable to work is much more likely than the chances of us dying outright. And when you're in the early or middle stages of your career, there are few (if any) assets more valuable than your ability to earn an income.

#### Why People Procrastinate Getting Disability Insurance

When I pictured worst-case scenarios such as losing my limbs or going blind, I always thought I could still perform some (if not most) of the things I do in my job today. I have a rather non-hazardous occupation without the physical labor or heavy machinery that I imagine being involved when I think of becoming severely disabled.

However, I watched this very thing happen to my best friend after he was diagnosed with cancer. His illness forced him to leave his job at an inopportune time. He was disabled for five years then finally passed away from Cancer.

Without the disability policies he purchased from me, his family would have experienced a dramatic reduction in lifestyle at best. More likely, they wouldn't have been able to make ends meet.

#### **Considerations for Disability Insurance**

If you're like me, it may take you a while to land on a policy because of the high costs, the myriad of options, or underlying optimism that you won't become disabled. Here are a few things that may help with you to make your decision:

1. If you rely on a paycheck, you need to have disability coverage. Your need is particularly pronounced if you're married or have children because others likely depend on your contribution to the household.

The need for disability decreases once you accumulate enough retirement savings to make due if a disability forced you into early retirement. If you have children, the need for disability insurance also decreases once they no longer require your financial support.

2. Don't worry about getting a short-term policy. You're much better off creating and adding money to your emergency fund instead. If you already have an emergency fund with several months' worth of living expenses in it, you can basically self-insure for a short-term disability.

Not only is this approach cheaper, but it provides greater flexibility and liquidity. Long-term disability insurance takes up where the short-term left off and may cover you anywhere from a few years to your entire lifetime. I recommend seeking a long-term policy that pays benefits until age 65.

3. Figure out what you can afford and get a long-term policy within your budget. Once you see a client, or even in my situation, your best friend, become disabled, it will change your life forever.

#### **Bruce Weinstein and Scott Sorum**

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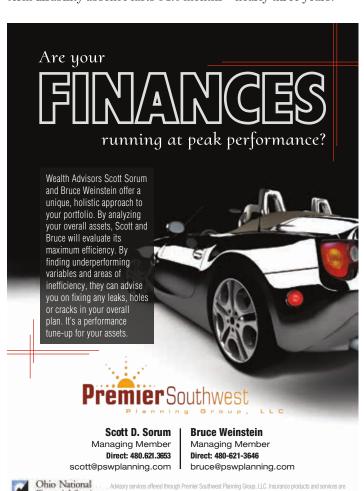


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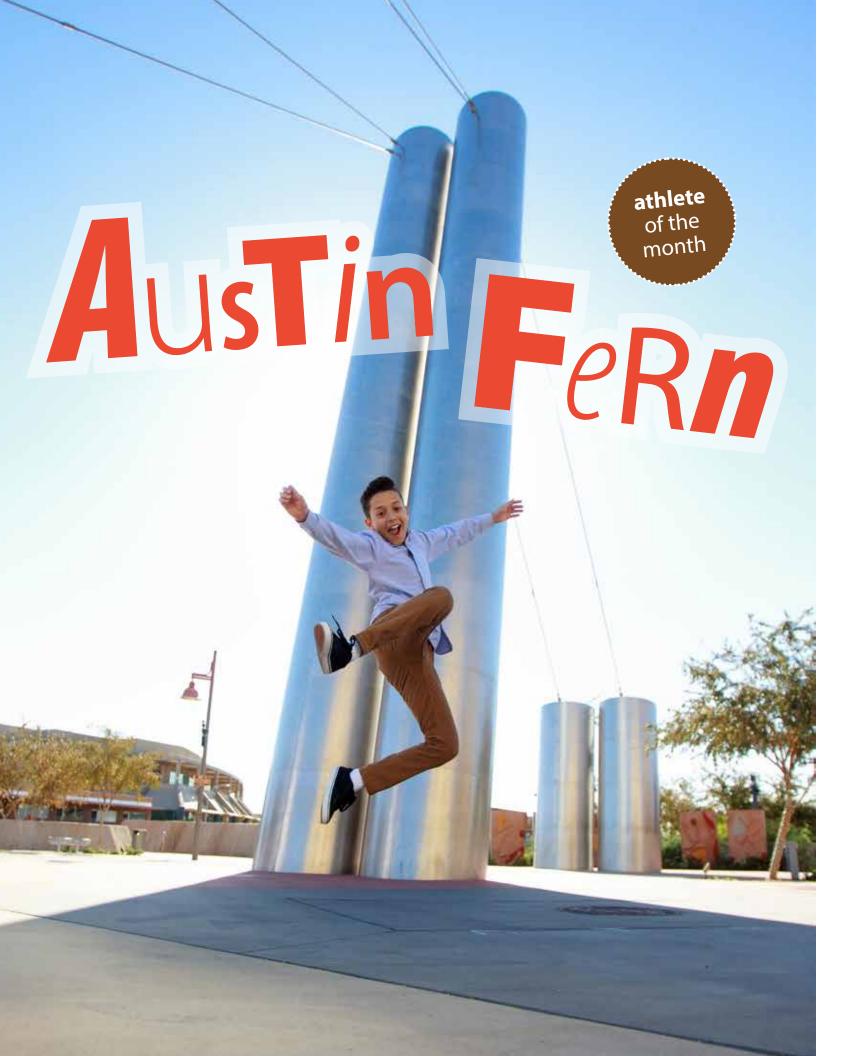
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Name: Austin Fern | Age: 14 School: Desert Canyon Middle School Sport/Activity: Lacrosse | Position: Middy (Mid-field)

How long have you participated in this sport/activity? I just began playing in January of this year.

What is your favorite teacher/mentor's name? Coach Austin (BTW-great name!), he played lacrosse in college, and he has taught me everything I know about the game.

Who do you idolize in this sport/activity? Paul Rabil, he also plays midfield for Team USA and for the New York Lizards.

Where do you normally practice? At local school fields

Are you on a team? Yes, I play on the Scottsdale United Lacrosse Club 14U team and I was just recently recruited to play on the JV club team at Desert Mountain High School.

Have you met anyone famous in this sport/activity? Not yet!

#### Have you traveled anywhere related to this sport/activi-

ty? I will be traveling to Flagstaff this summer to participate in a week-long training camp at NAU where Ryan Powell, a four-time All-American lacrosse player at Syracuse University and a US national team roster, handpicks the coaches and players who will be teaching tips, tricks and techniques of the pros. I am so excited!

What events have you participated in? Just games and practices for now, but I want to play in college and maybe make it into the Major Leagues.

Have you won any awards or honors? No, but I scored two goals, (one was the game winner) in my second game that I ever played and I got an assist in my very first high school game!

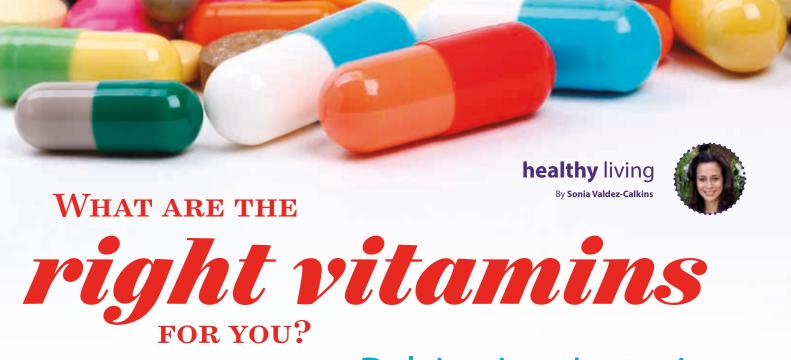
What have you learned from participating in this sport/ activity? I need to put time into getting better skills. The more I put into practicing on my own, the better results I am having on the field.

What do you like the most about the sport/activity? Scoring and checking opponents

What is your favorite moment? My favorite moment was when I was asked to play with the Desert Mountain Wolves Lacrosse Club team. I walked onto the field and the team quickly accepted me. I overcame my nervousness immediately and began  $\,$ learning so much from these older and experienced players. Playing my first game under the lights on the field with a crowd in the stands was such an incredible feeling.

What do you plan on doing after graduating? Well, I am graduating from eighth grade and will definitely continue to play for the Desert Mountain Wolves Lacrosse Club team where I will be able to expand my skills and develop great friendships with my teammates. Beyond that, I am not really sure what the future will hold for me.

One tip for someone looking to get into this sport/activity: Be prepared to work hard because lacrosse requires you to be fit enough to run for 40 minutes or more in one game. The more you put into something, the more you will get out of it.



# Delving into Isotonix

he average American diet leaves a lot to be desired, just look and see what you or anyone around you consumes on a daily basis. There is no secret why research continues to find our plates lacking in a number of essential

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nutrients, including calcium, potassium, magnesium, vitamins A, C, and D. Even for those of us who attain a healthy balanced diet there are numerous reasons that should have us considering supplementing our diet. For example, current commercial agriculture techniques leave soil deficient in important minerals. Many foods are shipped long distances and are stored for long periods of time depleting important vitamins. Food processing, cooking and preserving leads to nutrient depletion. Many of our fruits and vegetables are genetically bred for visual appeal. Erratic eating habits, insufficient chewing, eating on the run and stress contribute to poor digestion, making it difficult for our bodies to extract all the nutrients needed. Most pharmaceutical drugs, medications deplete essential nutrients. Genetic weaknesses, and increasing levels of environmental pollution in our air, water and food may cause our bodies to use more nutrients than normal to detoxify and eliminate harmful substances. This is especially true of the antioxidant vitamins, some of which include Vitamins A, C, and E.

One of the most important factors is that many nutrients have been proven to support body function in the treatment of health conditions like high cholesterol, arthritis, birth defects and cancer. A study published in August 2014 in the journal *Neurology* found that moderate and severe vitamin D deficiency in older adults was associated with a doubled risk for some forms of dementia, including Alzheimer's disease. A study published in May 2014 in the journal *Clinical Cancer Research* found a link between low blood levels of vitamin D and aggressive prostate cancer in European-American and African-American men. Low vitamin D levels at birth were associated with an increased risk of autism spectrum disorders (ASD's) at the age of 3 years in a recent Journal of Bone and Mineral Research study.

Good nutrition is an essential part of leading a healthy lifestyle. Combined with physical activity, our diet can help us reach and maintain a healthy weight, reducing our risk of chronic diseases and promote our overall health. Which brings us to the question with so many choices on the market how do we know what supplements to take. According to Dr. Frank Lipman's Daily Dose Blog 4 key supplements to take every day is known as the Fab Four a multivitamin, vitamin D3, fish oil and a probiotic. Why? According to the article, the Fab Four covers a lot of health bases. Together, they can help keep your gut and insulin levels on an even keel, keep energy levels high and even help reduce cancer and heart disease risk. A recent study shows that most primary care physicians don't talk to their patients about key topics regarding dietary supplements. Study leaders say patients should be consulting with their doctors before starting an over-the-counter regimen to avoid complications,

There are problems associated with vitamin selection. Many people choose their vitamins based on price, ads, or well-meaning neighbor recommendations. However, what matters most is quality, delivery and clinical research.

#### **ISOTONIX- What is it?**

## Isotonix<sup>-</sup>

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This kind of isotonic liquid vitamin comes in commonly purchased over the counter supplements such as multivitamin, Calcium Plus, Activated B, Vitamin D with K2, Vitamin C and the increasingly popular isotonix OPC-3. Prepackaged formulations are also available and include Women's Health, Daily Essentials, Anti-Aging, Joint Support as well as DNA Miracles which is exclusively for children. Its concentration is purposely made to mimic bodily liquids like blood, tears and saliva. That way, when it enters your body, the isotonic vitamin can quickly and easily be absorbed into the small intestine. With pills, the breakdown process is damaging to the nutrients inside the tablet. Because of this, approximately 20% absorption is all that can be accomplished, however with isotonic vitamins, you benefit from a 95% absorption rate.

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Sonia Valdez can be reached at **www.isotonixsolutions.com** or **isotonixprimehealth@gmail.com** 







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On May 25, McDowell Mountain Ranch resident and Notre Dame Preparatory Catholic High School graduate (2014) Grant Zaro graduated from the U.S. Naval Academy after successfully completing four years of challenging academic, physical and professional military training. Not only was he a member of the Endurance Team, but he graduated number 17 in his class of 1,062 Midshipmen.

Graduates from the

U.S. Naval Academy

"My experience at the Naval Academy was very good. I had the opportunity to do some amazing things such as backpack through Alaska for a month, study abroad in Singapore, and shoot a variety of weapons, in addition to all the standard Midshipmen events such as class, clubs and football games," Zaro says.

Zaro feels that his experience at Notre Dame prepared him well for the Naval Academy, explaining, "The eight-class workload in high school made the transition to a 20-plus hour schedule pretty smooth."

Zaro graduated with a Bachelor of Science degree in Computer Science and a commission as a U.S. Marine Corps 2nd Lt.

"As a Marine Corps officer, the first step in my career is to attend The Basic School, which I started in June," he explains.

He is currently living in the barracks in Quantico, Va., where The Basic School is located.

#### MEETING PRESIDENT TRUMP

At the U.S. Naval Academy's graduation ceremony, President Donald Trump delivered the commencement address and handed out diplomas and commissioning documents to the top 100 graduates, including Zaro.

**Grant meeting President Trump** 

"It was a great honor to meet the President, who of course is our commander in chief," says Zaro. "He told me congratulations and that I should be proud of what I had accomplished as he handed me my diploma.

"One of the major takeaways from the president's speech was that our military must always be victorious. No matter the fight, our nation has put their trust in us to defeat our enemies and keep them safe."

#### LIVING IN MCDOWELL MOUNTAIN RANCH

Prior to attending the Naval Academy, Zaro lived with his family—his dad, Gary; mom, Pauline; older brother, Luke; and younger brother, Troy—in The Preserve at McDowell Mountain Ranch.

He says that he would love to one day settle down in Scottsdale, but if that doesn't happen, at least visit family here regularly.

As for his hobbies: "At [the Naval Academy], I was a member of the Endurance Team, which competes in endurance-style events throughout the year. I have run a half-Ironman, marathon, and multiple obstacle course races. I also love to weightlift and I plan on getting involved in CrossFit when I am done with my schooling."

As for what the future holds? Zaro says he hopes "to serve my country well in the Marine Corps and one day get married and start a family."





Pantry job



## sponsor spotlight

# INTERIOR DESIGNER Laurie O'Brien

#### What specifically is your business and how/ why did you start your business?

I am an Interior Designer consultant. After remodeling and building 11 homes for myself and my family. I knew I had found my passion for what would take me to own my business.

#### Where did you grow up? How long have you lived in the Phoenix Metro area? Tell us about your family.

I grew up in Summit New Jersey. Moved all over the United States since I was a little girl. 17 moves to be exact. I lived in Scottsdale in the '90s for a few years when my two children were young. I fell in love with Arizona then. I love the mountains, desert living and especially hiking and being outdoors.

I promised myself I would return for good one day. Six more remodel moves later, I returned in 2013. My two children are now in their mid-twenties so it gave me the opportunity to come back to Scottsdale and begin a new career. My son, 27, lives in Chicago. My daughter, 24, lives in Charlotte. They both love their mom living in a great state to visit.

#### Tell us about the events that led up to where you are now (i.e. education, career path).

I graduated college with a B.A. from Cedar Crest College in Allentown, PA. For years, I was a teacher and counselor, but moving every two years and remodeling started what lead to my career choice today. I was remodeling homes, building them, living in my projects and then selling them. My education background has made me listen and understand people better, too.

During all that time, I saw a great need to help families move into their new home or get ready to leave one. Clients can feel overwhelmed at what they to do with an existing space or make it updated without a complete remodel. I also saw a great need to help clients organize and vision their new space after moving. A lot of clients struggle with "where do I begin?" I'm here to help them.

#### What is unique about your business (what sets you apart from the rest)?

REASONABLE HOURLY RATES. Specifically, I am a wonderful person to hire if you just need to put a room together, update or organize a space.

I also work one job at a time, giving my clients complete, uncompromised attention no matter how big or small the project is.

#### Given your business expertise and the nature of what you do, what advice (whether general or specific) can you offer to the residents?

I promise my clients integrity and laughter along the way. Creating a new space is exciting! It should not be stressful and when we are done with a project, my favorite moment is to "wow" them. It's what made me start my business.

#### What else should we know about you, your family, or your business?

I strive to be a perfectionist when it comes to working with a client. The job is not done until they are overjoyed and satisfied.

Laurie O'Brien Design, LLC Laurieobriendesigns.com laurieobrien84@gmail.com

# CASY

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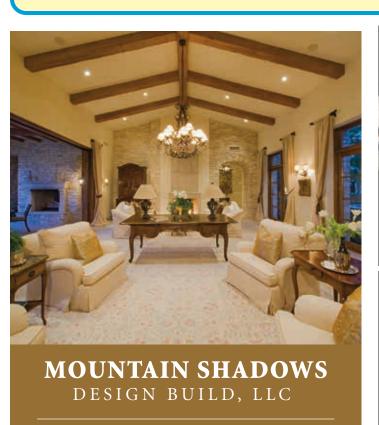
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#### Can you enlighten our residents regarding the three most commonly asked questions you receive and/or a question you do not receive but should be answered?

#### How do I motivate my children to do their homework?

Children need to see the value in doing homework and they need to see that someone cares about the quality of the work they are turning in. If possible, keep them on a schedule, where you or someone else works with them to do the work correctly the first time. When students do homework quickly, without supervision, they tend to rush through it and are not careful. Going over the directions before starting assignments usually means they will not have to redo the work. When the work is done correctly, the first time, students finish faster, and they achieve better results. Feeling pride in quality work leads students to feel better about school in general. Positive attitudes usually mean that students will do better overall.

#### How can I help my child to read?

Start early and read often. If possible, read to your children before they can even understand the words. Children absorb the value and fun of reading before they know how, and then the desire grows with them as they grow.

If your child is older and struggling with reading in school, set aside a time every night to read with your child. Partner reading is a great way to keep them interested. This technique allows students to hear the parent read one page which makes the story more interesting, and then motivates them to read their page with more enthusiasm. Children will mimic a parent's emotions while reading.

#### What can I do to improve my child's penmanship?

There are several things students need to focus on in order to improve penmanship. They need to use the proper pencil grip, and they need to form the letters properly. When children do not do this, they are at a major disadvantage and will have a difficult time improving.

Students also need to slow down. Try to work with them on making letters that are smaller. If they have to make smaller letters, they tend to slow down and end up being legible.

#### Can you give a helpful hint of advice for our residents?

Be an advocate for your student. Our schools, whether private or public, are designed to educate all students. However, this sometimes means that they are not catering to your own child's individual needs. You know your child better than anyone. If you feel he or she is not learning or not being nurtured in his or her school, speak up. Make sure the teachers, administrators, coaches, and all support staff know what you expect. If you are not satisfied with the results, look around for another program. There are a lot of options for our students.



Sebastian Carlson #49

## neighborhood news

By Michelle Glicksman; Photography- Mike Harvey-Peak Image Photography

# **GAMETIME!**

# THE DESERT MOUNTAIN WOLVES LACROSSE CLUB — WHICH INCLUDES SEVERAL MMR RESIDENTS — SHOW A STATE CHAMPIONSHIP GAME PEDIGREE



Left to right: Dawson Bienz, Penn Bakal (MMR resident)



Coach Alex Potter, Aidan Stockman, Josh Hitt (MMR resident), Cameron Monteferrante, Adam Kurth, Ben Zucker, Max Peckham (MMR resident) graduate - attending ASU

"The team has a tremendous amount of heart and passion and drive to play, and they put everything they had into it," says Candace Bienz, the VP/Communications for the Desert Mountain Wolves Lacrosse Club, of the 2017-2018 year.

The club's Varsity team made it to the final state championship game, heading into the game with only two losses for the season.

"There were 10 schools in the D2 division this year — us, Chandler, Pinnacle D2, Notre Dame D2, Campo Verde, etc., along with some very strong teams from Tucson. We played a variety of schools throughout the season, and ended up in the playoffs after losing only two regular season games. We won our semi-final game against Campo Verde, but lost in the State Finals against Oro Valley... by one goal."

That game, held May 4 at Corona del Sol High School in Tempe, had a final score of 8-7.

"It was heartbreaking," Bienz says of the loss.

#### THE CLUB — AND ITS MMR PLAYERS

The Desert Mountain Wolves Lacrosse Club, a parent-run club organization, has been run at Desert Mountain High School for

15 years, though the program is not subsidized as a school sport. It is considered a club sport, as with 75% of the teams in Arizona. Desert Mountain Wolves Lacrosse is an open program and accepts players in the area who do not have lacrosse at their school (such as Basis and Fountain Hills High School). Students who are home-schooled are also encouraged to participate and are welcomed. Practices are held at local fields — this past year, they were at Thunderbird Park.

The club typically has two teams — junior varsity and varsity, and the teams often have a number of players from McDowell Mountain Ranch. This year's teams included MMR residents Sebastian Carlson, Penn Bakal, Max Peckham (graduated), Miles Feinstein, Nick O'Kane and Josh Hitt.

"Our Varsity team had the largest goal differential of any team in the state in our division," Bienz says. "They were phenomenal this year. They played really, really hard and put everything they had into it."

The Desert Mountain Wolves Lacrosse Club (of which Bienz's husband David is also the president) has a history of producing top players, as well as just being fun.

"We had seven players who were nominated as All-Stars and played in the All-Star game, we have players who play on travel teams throughout the season, and we have players who are currently being recruited for college lacrosse," Bienz shares.

The club welcomes players of all skill levels though — whether they're trying the sport for the first time or already a seasoned player.

"Lacrosse is one of the fastest-growing sports in the country," says Bienz. "It's a great overall sport and we will take players regardless of athletic background. You may have been born with a lacrosse stick in your hand, or we will give you one to try at your first practice. Our goal is just to have a great time and grow the sport."

#### **WELCOMING NEW PLAYERS AND RETURN PLAYERS**

The club's players have Fall Ball practice in October and Novem ber. The purpose of fall ball is to get players back together and welcome new players.

"We cover the basics of lacrosse and have fun," explains Bienz. "These sessions are voluntary, as we highly encourage multisport athletes. Fall ball practices are two nights a week." The regular team then begins practicing in January, with games beginning in late February or early March.

As a non-profit, the club holds fundraisers, has a GoFundMe page and more to raise funds for athletes who wouldn't otherwise be able to participate, and to pay for gear, fields, uniforms and insurance.

#### STRONG TIES BRING BACK COACHES

Those who have participated feel such strong ties that this year, even all the coaching staff were all club alumni.

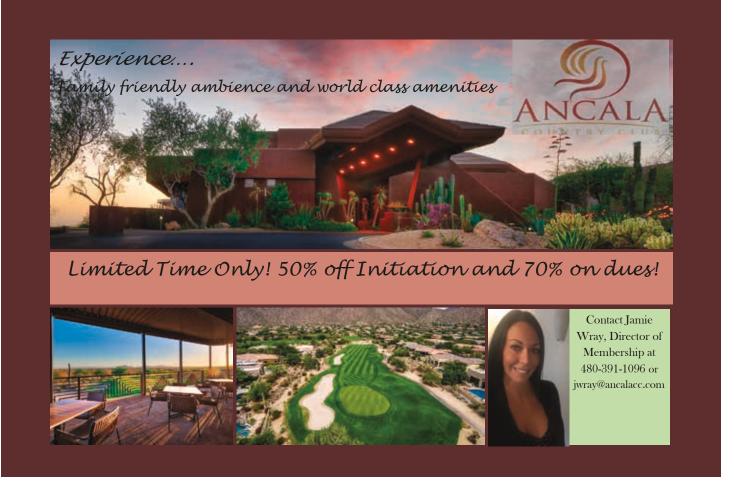
"They wanted to see the program succeed because they had all played there," Bienz shares.

Zac Mendoza was the head coach, and not only was he an alumnus of the program, but a graduate of Arizona State University, where he was a three-time All American in the sport. It was his fourth year coaching for the Wolves, although he was involved in the JV team prior.

The other coaching staff included Dillon Weaver and Alex Potter.

"Lacrosse takes commitment and heart, and playing as a team," Bienz shares. "They did that this year and we're very, very proud of them."

For more information about the club, visit www.dmlax.org.



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# NOTRE DAME PREP HIRES NEW HEAD COACH FOR BOYS SOCCER

# Mike Navarro of Ottawa University Will Lead Saints in 2018-19



Notre Dame Preparatory High School Athletic Director Mark Cisterna has announced the hiring of Mike Navarro for the position of Head Boys Soccer Coach.

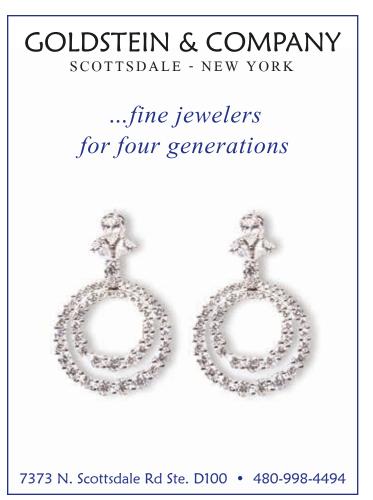
"We are excited about the hiring of Coach Navarro," Cisterna said. "He does a great job at Ottawa University; he has taken that team to the playoffs two of the four years he's been there, which will help him lead this program effectively."

Navarro, 30, spent four seasons as head boys' varsity coach at Estrella Foothills High School as well as serving as an assistant coach at Ottawa University, where he will continue to coach. "He is a great hire for this program as he has a great deal of experience as a head coach, and he knows what needs to be done to put Saints soccer on the map," Cisterna added.

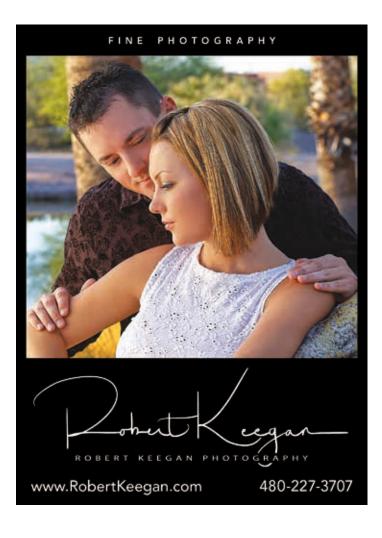
Being a part of the NDP family is important to Navarro, who grew up in a Catholic family. "I feel very lucky that I will be coaching at one of the best private high schools in the state," he said. "Notre Dame Prep has a great athletic program, and I'm excited to be a part of it."

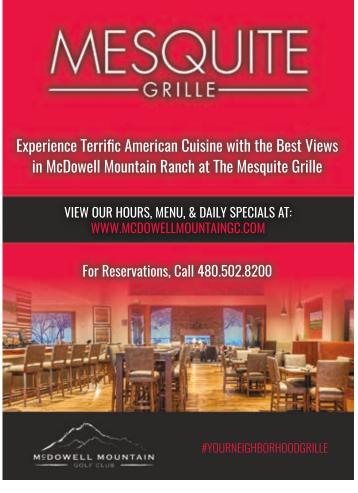
Navarro will assume his duties in June as the Saints boys soccer team commences its offseason weight-training program. "I want to start building team chemistry now. Soccer is a short season, so we need to bond and train prior to the start of the winter season," Navarro said.

Opened in 2002, Notre Dame Prep is a Catholic diocesan college preparatory high school with a co-ed enrollment of 945 students. The school has received national recognition for the caliber of its academic, arts and athletic programs.









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## resident business spotlight

# Sheri Bender



# Certified Health/Life Wellness Coach

Your name: Sheri Bender

**Your position:** Certified Health/Life Wellness Coach, Owner

Company name: Magnus Coaching

Website: Currently in the Works

**Phone number: 480-213-8505** 

Business address: 10363 E. Pine Valley Dr., Scottsdale, AZ

**Industry:** Health

How long have you been in this business? One year

with personal victories one small step at a time.

What prompted you to start your own business? I have experience in so many different areas from adolescence drug and alcohol counseling; debt counseling; elementary teacher; health-life coach. I have finally found my passion that has lead to this path. Helping others live a lifestyle they desire. One that is rich

**Describe what your company does:** Magnus Coaching provides individual and group coaching to all who want to be the best version of themselves they can possibly be. This is accomplished through customized 90-day plans -- not a one-size-fits-all experience.

#### Anything extraordinary/unique that your company does:

Magnus provides a lifestyle change that fosters inevitable thinking. Clients naturally make life choices that benefit a healthy and productive lifestyle without even being aware of the change. Magnus Coaching doesn't just place people on a diet; instead, I learn about their past and how this map could be creating the choices currently being made. From there, I determine the best program possible for each and every client.

Given your business expertise and the nature of what you do, what advice (general or specific) can you offer to the residents of your neighborhood? Change nothing and nothing changes.

# How did you decide on this industry (events that led up to where you are now, where you went to school, etc.)? I

have always liked to run and get sweaty. I enjoy hiking and swimming and most all activities that require physical exertion. A few years back I had a health scare that prevented me from living "my life". This made me realize that there were a lot of people who, like me, would like to do more each day but simply can't for one reason or another. This "wisdom" put me on a powerful mission to help others overcome whatever was stopping them, or slowing them down from living the life they dream of each day. Then it was just a matter of earning my certification and putting myself out there to help others. I love what I do. I'm passionate about my ability to help others.

What section of the neighborhood do you live in and how long have you lived in the neighborhood? We live off 105th street on the same side of the road as the Lizard.

Where did you grow up? I grew up in the suburbs of Philadelphia Pennsylvania (sorry guys, not an Eagle fan. GO, PACK, GO).

**Tell us about your family:** My family is wonderful. We have one son, Nick, age 15, who is the center of my world. My husband, Tim, and I have been married for 17 years this March 17. We have two rescued Maine Coon cats, age 5, named Daizy and Lily who are pampered and rule our home.

What are you your hobbies/interests? Love to run! Very passionate about this activity. Love to swim, hike and read. Quiet moments with a cup of ginger tea and a great historical fiction book are the cat's meow.

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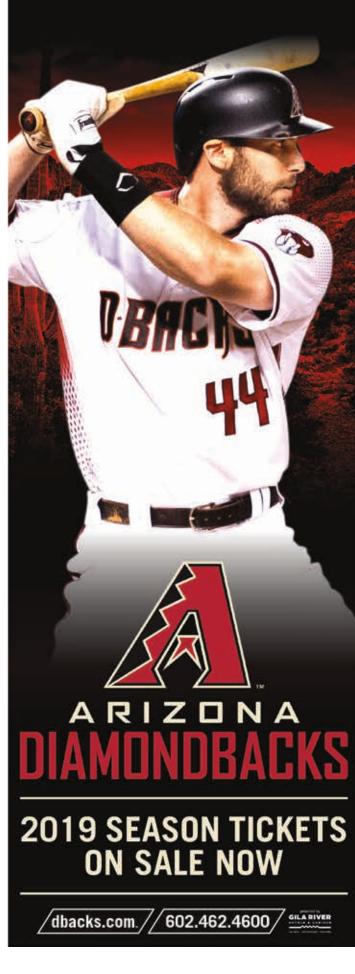


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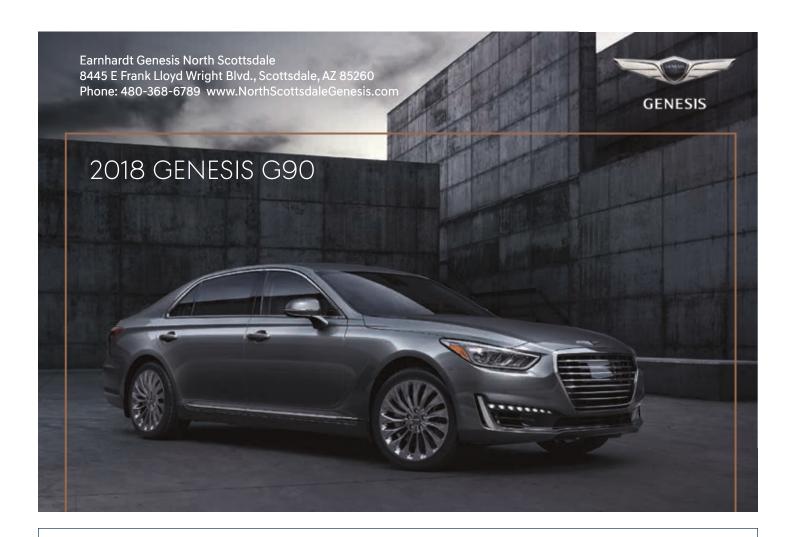








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# Exterior Renovation Services

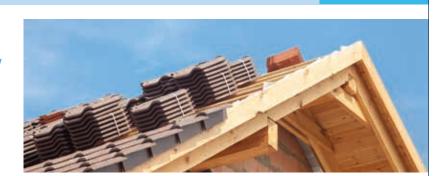
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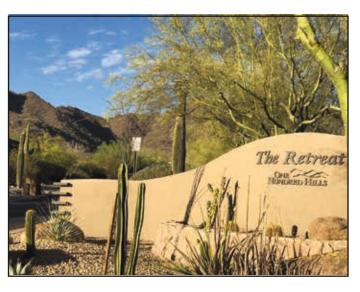
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# JOSIE PAKULA





#### JOSIE PAKULA

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