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June 2022

Great Minds Think Alike at Window to Design

By Kimberly Alvarado

Two creative minds have come together, combining their professional talents, in a single location to offer design services to their customers.

Window to Design's owner and interior designer, Linda Palm, welcomes kitchen and bath specialist, Graciela Coronado, to her Mesa design center location, at 1947 N. Lindsay Road. The two experienced interior designers have created the ability for customers to experience one-stop shopping when it comes to a home renovation or remodeling.

Who wouldn't love a complimentary preliminary in-store consultation with professionals to help guide you through the decisions that have you most perplexed when it comes to remodeling the kitchen or updating window coverings?

It all begins with a scheduled in-store consultation, where customers can touch and feel products in real-time, design placements of products, and then see just how it will all look with three-dimensional rendering capabilities. "We enjoy bouncing our ideas off each other," Linda said.



It's true, ordering products online is convenient, but the process doesn't come with expert advice. That's where Linda and Graciela come to the rescue. As experienced interior designers, they are dedicated to helping you achieve your dream look, a look that will be highly functional, through guided price points, quality materials, and the best possible selection of products.

"No project is too small or too large," says Graciela. "Whether it's a small laundry room redesign or an entire kitchen remodel, we enjoy putting our thoughts together to take the stress out of the process of renovations," she added. "Let us work with your

contractor to collaborate your entire project from start to finish. As facilitators of your project, we'll handle everything from design to deliveries, purchase orders, and installations."

Speaking of upgrades, imagine the luxury and function of Hunter Douglas' newest window treatments — *Next Generation Powerview Automation*. The power function has been enhanced to give you convenient control of your shades, allowing you to move them independently and on your schedule. That's an upgrade in your home that screams stylish.

Are you wondering what the new trends in home styles are for this season? Linda and Graciela will tell you — color. While gray and white have remained popular for the past 10 years, warmer colors are making a comeback in drapery fabrics and furnishings. You're sure to see more greens and browns, accented with gold and copper in the most updated home furnishings. ■

If you are considering home renovations or remodeling this summer, make sure to visit Window to Design online at windowtodesign.com to schedule a preliminary one-hour consultation, free of charge, or call Linda Palm at (480) 207-6450.

Graciela Coronado can be reached directly at (480) 993-9090, or email at sales@360designaz.com.

Celebrate Exciting June Events at Salt River Tubing

Submitted by Lynda Breault, Salt River Tubing

Come join the excitement on the Salt River! Salt River Tubing is back and has two exciting events in June — *Super Heroes Splash Down* and *Salt River Pirates*.

The cost for each of the all-day events is just \$21 plus tax per person, which includes tube rental, shuttle bus service, and free parking at Salt River Tubing.

And don't forget, Salt River Tubing is open every day from 9 a.m. to 6:30 p.m. and the latest tube rental is 2 p.m., weather and water flow conditions permitting.

SPIDERMAN, THOR, AQUAMAN, THE AVENGERS, CAPTAIN MARVEL, ANTMAN

Join Salt River Tubing for its sixth annual *Super Heroes Splash Down* on Saturday, June 25, 9 a.m. to 6:30 p.m., for a colossal *More Teens in the Woods* event. Free bandanas will be distributed to everyone, while supplies last!

Salt River Tubing's zany and fun-filled cast of super hero characters will put the BOOM! in your super unique adventure on the Salt River. Costumes are optional for floaters; however, Salt River Tubing will be awarding complimentary tube rental passes for the best



super hero tuber costumes. Passes are valid on a return visit.

Photo opportunities will be plentiful as you glimpse Spiderman, Superman, Batman, and other super heroes. Salt River Tubing will also be celebrating our frontline heroes — policemen, firemen, doctors and nurses. LIVE 101.5 radio station and Monster Energy will add PIZZAZZ to the super special event.

President and Chief Executive Officer of Salt River Tubing, Henri Breault, says "The *Super Heroes Splash Down* event is always a colossal success! Tuber's love transforming themselves into their favorite super hero and riding the rocking rapids on Salt River. Let us put the KAPOW! in your tubing adventure as you chill and thrill on the Salt River. Celebrate Salt River Tubing's 42nd anniversary on Salt River in Tonto National Forest!"

SALT RIVER PIRATES ADVENTURE, NATIONAL GET OUTDOORS GO DAY

Celebrate the 15th annual *Salt River Pirates* on Saturday, June 11, from 9 a.m. to 6:30 p.m. The event is a fan favorite with extra splash and sizzle including free pirate bandanas (while supplies last), pirate coin grabs, water cannon battles, and free giveaways. Free tubing passes for the best pirate tuber costumes.

Henri said, "AhoY Ye Mateys! Join us for loads of fun with our phenomenal pirate cast and set sail on the rocking Salt River Rapids! Buccaneers will be waving pirate flags and humming *Yo Ho Ho and a bottle of water*! Salt River Tubing's pirate-themed event endeavors to capture the attention of teens and their families and the results have been overwhelmingly positive with their turnout on GO

Day. Join us for a unique river adventure in the great outdoors of Tonto National Forest. Arrrrr!" ■

Salt River Tubing is located in Northeast Mesa, just minutes from Highway 202 East and Power Road (North) Exit 23A, in beautiful Tonto National Forest. For more information about Salt River Tubing, please visit saltrivertubing.com, or call (480) 984-3305.

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EDUCATION

At Self Development, Early Math Matters

WHAT IS EARLY MATH LITERACY AND WHY IS IT IMPORTANT

By Anjum Majeed, Ed.D., Founder/
Superintendent, Self Development Academy and
Self Development Preschool

"It was a bittersweet day when my child graduated 8th grade from Self Development Academy (SDA) last week. It was exciting to see him go on to the next chapter in his life, but it meant his time at SDA was over. He has attended SDA since he was a toddler at Self Development Preschool. SDA has given him the knowledge he needs to be successful as he moves on. He will be attending a large, public high school in their STEM diploma program. He is prepared and will be taking Honors Algebra II and Honors Biology among his classes as a freshman. Thank you, SDA, for preparing my son for the next chapter in his life." —written by a parent of a former student

At Self Development Preschool and Academy, we take early math literacy seriously. We recognize the critical role of math literacy for school success and beyond. Our math curriculum is aligned both vertically and horizontally from preschool to grade 8, an extraordinary feature of an excellent educational program.

Math literacy is not just counting numbers or memorizing the names of the geometrical shapes or formulas. Math literacy is the ability to problem-solve, use critical thinking, logic, and reasoning, and evaluate and analyze information.

The early math literacy program at Self Development Preschool and Academy supports the development of mathematical thinking from ages two years old to 8 years, from preschool to second grade. The philosophy of the highly rigorous curriculum even at the preschool level is research-based and relies on several assumptions and beliefs.

First, mathematical thinking helps children become critical thinkers, which brings meaning and an understanding of their everyday experiences. The enjoyment of the process of learning early math lays the foundation for later success. In upper elementary grades, they excitedly claim, "We love math. Math is easy."



Second, early math literacy is critical to early childhood education. By beginning with simple concepts and moving to more complex thinking, young children develop the skills of mathematical and methodical thinking through play. At the preschool age, as children develop their self-concept, they rely on their preferences, what they like and what they don't.

Third, developing a love and understanding of math in the early years requires effective teaching strategies. Unfortunately, research shows that most preschools are not teaching math skills. Teaching math is almost non-existent in most early childhood programs, with one study noting that less than a minute a day was spent in preschools.

Effective math teaching emphasizes the important concepts in math and explains the *why* of those concepts.

The early math literacy program at SDA helps students connect new ideas to the concepts with which they are already familiar and nurtures students to develop a deeper understanding of mathematical ideas. Students become problem-solvers.

DEVELOPING THE NUMBER SENSE

In many early childhood programs, the most popular method of teaching mathematics is by rote counting, similar to singing the alphabet. However, learning to count may teach children number words and the order of numbers but does not develop a number sense.

Number sense is the ability to understand the quantity of a set of items and the name associated with that quantity. Children progress past repetitive counting and are able to count logically, by relating one number to each item, using the correct sequence. This understanding of the number of items is called one-to-one correspondence. Young children count the objects one at a time and are able to answer how many objects are in the set.

At SDA, the focus on the development of a strong number sense in the early years lays the foundation for excelling in mathematics in elementary school by connecting counting numbers to a number of objects and enhances the understanding of quantities and measurements. As children begin to hone their skills in number sense, they are developing the ability to quickly estimate the number of items in sets. This process is called *subitizing*, the ability to assess what is more or less.

MEASUREMENTS, GEOMETRY, PATTERNS, AND MUCH MORE

An enriched math program at SDA exposes children to the math concepts that are more relatable to children. For

CONTINUED ON PAGE 4



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SELF DEVELOPMENT CONTINUED FROM PAGE 3

example, counting two dinosaurs and then adding one more. Sorting dinosaurs in groups based on size, both small and large, characteristics such as spikes and no spikes, or arranging them from shortest to tallest. Children begin to develop an understanding of numeracy when they learn what each number represents. Additionally, children are building skills of scientific inquiry through activities such as sorting, comparing, and identifying similarities and differences between objects.

One of the critical components of a quality preschool program is block play. By using blocks of various shapes and sizes, children learn about spatial literacy. Spatial literacy requires familiarity with shapes and spatial skills. Research shows that developed spatial literacy not only helps in later success in math and reading but leads to increased children's IQ. For developing spatial vocabulary, or the *Language of Space*, SDA emphasizes the use of words such as front, behind, over, under, in, and out.



These words help them follow directions once they begin formal schooling. Identifying and creating patterns help children make predictions, inferences, and develop logic and reasoning skills. Understanding the concept of growing patterns in counting provides them a basis for multiplication. Popular preschool games such as walk-tiptoe-jump and crawl and repeat helps the development of kinetic intelligence. By incorporating games and fun activities, students develop a love for mathematics and find it easy to solve even complex problems. I often teach math at our upper elementary level and sometimes in middle school grades. It is such a pleasure to have students say, "Dr. Majeed, you make learning math fun!" Students find mathematics fun and learn at a higher level because many of the students have attended Self Development Preschool and early grades, and have been purposefully exposed to early math literacy curriculum. Self Development Academy's goal for the coming year is to strengthen our effort to lay a strong foundation for an early literacy program. Inquire about how we can help your child develop a love of learning, become an avid reader, and acquire mathematical thinking. ■



For more information, please call Self Development Academy or Self Development Preschool at (480) 641-2640 or visit selfdevelopmentacademy.com.

UpClose

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E-mail: Publisher@PhillipsWest.com
(480) 748-1127

EDITOR-IN-CHIEF
Kim Phillips

ADVERTISING
Monica Adair (480) 772-1949
Kim Phillips (480) 748-1127

STAFF WRITERS
Dawn Abbey, Kimberly Alvarado
Jamie Killin

COPY EDITOR
Randall Clarke

DESIGN
Lucky You! Creative
Erin Suwan
Jaclyn Threadgill
www.luckyyoucreative.com

CONTRIBUTORS
John and Natascha Karadsheh, Lorraine Ryall

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LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF

Las Sendas Golf Club Offers Something for Everyone

By Kimberly Alvarado

GOLF CLUB EVERYBODY'S CRAZY ABOUT A SHARP DRESSED DAD

The Las Sendas Golf Club wants to help you dress your dad in style. Maybe he already owns his favorite clubs? And, you say, he won't part with his lucky hat? Bring Dad by the Pro Shop on *Father's Day* for a clothing sale that's sure to have him looking stylish out on the greens. Special pricing includes buy one item, get the second item at 50 percent off.

And, if you want to make Dad feel extra exclusive on the greens this month, try throwing around these phrases, compliments of *Golf Monthly*. They're sure to keep him smiling, despite that unpredictable, less than perfect round:

- ♦ **"That's a Gimme"** — for the tricky short shot that you know he should have made but is still, somehow, highly missable.
- ♦ **"It's Winter Rules"** — Our Canadian friends probably overuse this phrase back home. It means you can lift and replace your ball from that divot. Yay!
- ♦ **"You're Still In"** — Referring to that *long* shot that was sliced so far to the right, it's unbearable to watch. Relief!
- ♦ **"It's a Free Drop"** — For that moment when the ball is trapped somewhere beneath scrappy questionable terrain.
- ♦ **"The Course Is Open"** — for the eternal optimist that is relieved that aerifying the course (June 13-14) is over!

As the temperatures rise, golf rates are dropping with Monday through Thursday morning rates at just \$59. Weekend rates are slightly



higher, at \$79 before noon on Friday, Saturday, or Sunday. These rates include a cart and range balls.

The summer months include a change for *Back Nine & Breakfast*, a golf player's favorite. Book ahead for this sunrise special offered exclusively on Friday, Saturday, and Sundays only for the summer months.

THE VISTAS PAVILION

Las Sendas Catering and Sales Director, Carla Shaw, is happy to assist you with any events you may be planning this year. It's a great time to visit The Vistas Pavilion at Las Sendas to experience the best views in the Valley.

Carla is happy to help with the details of your upcoming special event. She tells us, "We have been hustling for the last few months with so many different events including weddings, bridal showers, baby showers, corporate events, holidays, concerts, and my personal favorite — wine dinners."

Finally, it's time to slow down just a little to help individuals and group members looking for that perfect venue for their important occasion. "Our AC is amazing and the wraparound windows in the Pavilion allow you to take in those views in a cool, climate-controlled environment," she said.

Give Carla a call at (480) 396-4000, Ext. 222 or send her an email at cshaw@lassendas.com to bring your planned occasion to life.

THE GRILLE IT'S A FROZEN KIND OF SUMMER AT THE GRILLE

Need the perfect place to gather with friends after working out, or a day at the pool? Look no further than The Grille

for frozen margaritas for just \$7 on weekdays during Happy Hour this summer! Happy Hour lasts from 2 to 5 p.m. Monday through Friday.

Along with the specially priced frozen concoctions that help us hang on during the heat, the summer drink menu will have a refreshing revision of cocktails to help you stay cool.

Food and Beverage Management are working together to bring a new seasonal menu that will include a change of appetizers, salads, pita sandwiches, and small plates, sure to satisfy your daytime cravings for fresh food.

Come join us inside at The Grille or call ahead for a takeout order to enjoy at home.

Even as the heat turns up, dinner continues to be served at The Grille. Together, the lead chef and Food and Beverage Director, Javier, are coordinating some summertime seafood options, including delectable fresh oysters for your enjoyment. Additionally, the team will be adding discounts on bottles of wine when paired with certain selections.

Flavorsome special options for each day of the week include:

- ♦ **Monday** — Build your own burger
- ♦ **Tuesday** — Latina Fare paired with South of the Border Mexican Wine choices
- ♦ **Wednesday** — Pasta Bar with Italian Wine selection
- ♦ **Thursday** — Barbecue
- ♦ **Friday & Saturday** — Prime Rib

Please note the change in business hours for the summer months:

- ♦ **Monday through Thursday:** 11 a.m. to 10 p.m.
- ♦ **Friday, Saturday, and Sunday:** 8 a.m. to 10 p.m. (Reservations are requested for dinner hours, please.) ■



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Submitted by Stretch Zone Longbow
Do you suffer from daily aches and pains? Perhaps you suffer from back pain known as *sciatica* or maybe you've just never been flexible.

Although medical professionals tell you stretching will help prevent injury and help to promote a healthy lifestyle, you still do not do it. It could be that you do not know how, or it could be that it is painful. Regardless of the reasoning, our goal at Stretch Zone Longbow is to make stretching easy, enjoyable, goal-oriented, and relaxing.

Sciatica pain is a very common complaint caused by irritation, inflammation, or pinching of a nerve in the lower back. If you have *sciatica*, you experience mild to severe pain anywhere along the path of the sciatic nerve. That means anywhere from the lower back, through the hips, buttocks, and down the legs. It may cause muscle weakness in the leg or foot, numbness in the leg, and a tingling sensation in the legs, foot, or toes.

Sciatic pain can be treated by performing gentle stretches. Here at Stretch Zone Longbow, we have practitioner-assisted stretches that are geared toward those dealing with back pain and exact stretches that are for those who suffer from sciatica.

Sciatica can be preventable by maintaining good posture, not smoking, maintaining a healthy weight, regular exercise, and choosing physical activities that are least likely to hurt your back.

Your first session is complimentary at Stretch Zone Longbow. During the initial session, one of our practitioners — who are credentialed through the national certification board for therapeutic massage and bodywork — consults you and your medical history, assesses your natural range of motion, then diagnoses you on how often we should stretch you based on goals and medical history.

From there we create a three-month personalized program that will target tense areas, work on your health goals, and work together to create new muscle memory so you become more flexible and pain-free.

Stretching is incredibly important to one's life. Stretching promotes flexibility and helps your joints maintain a healthy range of motion. ■

Stretch Zone Longbow is located at 3204 N. Recker Road, Suite 104, Mesa. Stretch session pricing ranges from \$40 to \$65 a session. Call today to book your complimentary introductory stretch at (480) 590-1133.



REAL ESTATE

By Michael Innes, Hague Partners

Are you wondering if this is the right time to sell your home? Experts are saying this is the best time in years to *time the market*. Sell high now, then wait a few months and buy low. 72 Sold can help you time the market. Lock in your price today, choose your closing date, and stay up to six months to give you time to get a great buy this summer.

Hi, this is Michael Innes, your 72 Sold Program Director Realtor. I have been a long-time resident of Northeast Mesa living in Las Sendas and have been working in the real estate market for 19 years.

To get started, contact my team and we ask you to answer a few very simple questions about the condition of your home and how soon you'd like to sell. We will compute a price on your home based on market data, comparable homes, and the information you've provided.

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LOCAL BUSINESS

Even One Small Business Can MAKE A DIFFERENCE

By Kim Phillips

Even one small business can make a difference. Especially one such as *Studio 480 The Salon* right here in Northeast Mesa.

In April, salon owner Renee Ulman raised more than \$600 for Ukrainian women and children, who fled the atrocities in Ukraine.

"If we all did something small, it would turn out to be something huge," said Renee.

She decided to do her part after connecting with her uncle in Poland. Her parents are from Poland. "I just felt an overwhelming need to help," Renee explained.

The things her uncle told her, about how there is a need to provide, prompted Renee to sponsor a fundraiser at Studio 480 The Salon. She encouraged her fellow stylists to promote the retail products at the salon, for which Renee donated 25 percent of the sales to The Catholic Communities Foundation, earmarked to a charity in Poland, Caritas Polska. Clients also donated cash for the cause, Renee shared.

"If every small business could raise \$600, think about how much good we can do," said Renee. "I should do more. We live in a great place. We never had to deal with those hardships."

Alena Andujar, a stylist at Studio 480 The Salon, raised the most proceeds. She earned a \$100 gift certificate. Plus, Renee gushed, Alena is pregnant and due in July. So, the prize was a reward to help with her new arrival.

"If you feel a passion for helping others, just find a way to do it, even if it's on the smallest scale," Renee said. ■



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FINANCES

YOU HAVE A GRADUATE, Are You Prepared for an Emergency?

By Michael J. Day, CPA, PFS™ Grand Canyon Wealth Management

Congratulations, you have a graduating senior. This is an exciting new time in your and your child's lives. There are many new opportunities and experiences that await the graduate as well as risks that you may not have thought of.



Your child is most likely now a legal adult and they will now be treated differently by society, as expected. But your legal relationship with your child has now also changed.

Imagine the nightmare scenario of your child getting into an accident or a sudden severe illness while away at school, traveling, or even while still living in your own home. The medical professionals who are treating your child may be unable to share any information with you or allow you a voice in treatment because of privacy laws. A preemptive step you and your child can take would be to establish a *Medical Power of Attorney*.

A *Medical Power of Attorney* is a legal document that allows you to choose someone to make important healthcare decisions on your behalf if you are injured in an accident, undergo surgery, or develop a medical condition that prevents you from making decisions on your own. In this document, you will be able to choose your own *Medical Power of Attorney* representative as well as an *Alternate Medical Power of Attorney* representative who will then be able to make these decisions if you are unable to make them on your own.

A *Medical Power of Attorney* is a critical step in your estate planning process. You may have an attorney draft a custom document for you that lists out specific decisions


related to your health and healthcare options. There are also many fill-in-the-blank *Medical Power of Attorney* forms available. The form will need to be witnessed or notarized to become effective.

If you do not have a custom *Medical Power of Attorney* form and would like to receive a fillable form, please feel free to reach out to me and I would be happy to provide a free publicly available form.


As you can see, estate planning is not just for the elderly and/or wealthy. Scheduling time with an experienced financial professional to review your specific circumstances is an important step in putting your personal and financial affairs in order and well worth the time you invest in yourself. How you handle a catastrophe is important, but avoiding a catastrophe in the first place can have an even bigger impact on your life. ■

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Michael J. Day CPA PFS™ is the founder of Grand Canyon Wealth Management, where he provides financial planning, estate planning, wealth management, insurance, and investment services. For more information, or to schedule a complimentary consultation, visit grandcanyonwealthmanagement.com, call (480) 590-3590, or e-mail Michael.j.day@lpl.com. You may also follow him on Twitter @GrandCanyonWM. Securities and advisory services provided through LPL Financial, a registered investment advisor member FINRA/SIPC. Grand Canyon Wealth Management is not an affiliate company of LPL.



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REAL ESTATE

ARE YOU WORRIED?

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

Watching the news has definitely been a challenge over these past few months. From Ukraine to record inflation, market rumblings to interest rate hikes, it is all unsettling.

Both our families have experienced war, so the horrors in Ukraine unsettle us the most. We can't imagine what families are going through and the losses of life and property are beyond comprehension. It makes us so grateful to live in this country each day.

Our experience during the Great Recession was more recent and we all have a bit of dread at the thought of another recession coming our way. It was such a challenging time here, but because of that time, we are extra grateful to live in Arizona today. We are in such a different place today and far more recession-proof than we have ever been before.

Here are five reasons why you shouldn't worry (even though the news makes you feel like you should).

1. Arizona Has the Jobs. Arizona is in the middle of tremendous organic economic growth — the beneficiary of high costs, unfavorable tax policies, and restrictive regulations in other states. Businesses are flocking, building, expanding, and hiring here at a record pace. Arizona's economy is ripe with opportunity and that is attractive to investors of all kinds. Arizona just hit a historic low unemployment rate of 3.3 percent in March. That is great because

as long as there are jobs, and money is flowing in for investment, there is income for workers and sales tax revenue for municipalities.

2. Our Property Values Have Increased and Will Continue to Do So. If you have owned your home for even one year, you have equity. That equity provides you with security, stability, and options. While refinancing is no longer as attractive, you can still access your equity via a Home Equity Line of Credit. You can opt to sell your home and downsize, or even sell and opt for the RV lifestyle! Demand is still over the top, and our inventory of homes is still below where it was a year ago. Property values may stabilize a bit but they are not tanking and demand is not going away.

3. Market Stability is Not a Bad Thing. The increase in rates and consumer anxiety may slow down the market a tiny bit, and that is OK. A more than 30 percent increase in property values in one year is not sustainable for years on end. Getting back to a better normal is healthy. Good buyers need to be able to buy good properties. Thousands of solid-financed buyers were shut out of the wild market last year. A slight cooling off would give them an opportunity to get back into the market and offer mom and pop investors opportunities again, as well.

4. The Hot Market Gave Us a Cushion. Last year was a great year for both large and small businesses. Companies and individuals made more money and saved more money than they had in years. There is still a lot of cash sitting on the sidelines, which provides stability in the event there is some market fluctuation. Maybe the Great Recession taught us to be better savers.

5. We Live in One of the Hottest Cities in the Country. Maricopa County has been the fastest-growing county in the country for five years. We have one of the hottest housing and rental markets in the country and one of the hottest job markets, as well. We are one of the top relocation destinations in the country, which brings growth, and that growth raises the tide for all. Yes, there is more traffic, but there are more people to work, buy goods, buy homes, and pay taxes. All of that is positive for our economy and our property values.

So, take a breath and relax. Enjoy and appreciate that you live in a great place that is safe from war, thriving economically, and forward-thinking. ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun, and the creators and founding sponsors of Mesa Food Truck Fridays.

John has been a Multi-Million Dollar producing agent for over 20 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), a member of the Arizona Regional MLS Rules & Policies Committee & Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha is an Associate Broker, a Multi-Million Dollar Producer, Founder of Mesa Food Truck Fridays, and Member, and Past-Chair of the City of Mesa Economic Development Advisory Board and serves on the Board of Directors of the Greater Phoenix Economic Council.

You can reach John at (602) 615-0843 and Natascha at (602) 909-4995, or visit their website: KORProperties.com.



Real Estate In Las Sendas

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Sales for the Month of April 2022



Address	Square Feet	Community	Sold Price
7244 E Melrose St	1,130	Windsong	\$417,000
7219 E Nathan St	1,567	Trailridge	\$535,000
2955 N 72nd St	1,902	Desert Creek	\$535,000
3318 N Brighton	2,150	Tapestry Mountain	\$614,000
3055 N Red Mountain Rd #80	1,571	Ironwood Pass	\$615,000
7405 E Northridge Cir	2,512	Grayfox	\$616,000
7644 E Wolf Canyon St	1,571	Mountain Gate	\$640,000
3055 N Red Mountain #191	2,150	Ironwood Pass	\$645,000
3055 N Red Mountain #168	2,150	Ironwood Pass	\$670,000
4163 N Morning Dove Cir	2,574	Pinnacle Point	\$718,000
7746 E Russell Cir	2,732	Grayhawk	\$832,000
6925 E Saddleback Cir	3,185	Sonoran Hills	\$860,000
3952 N Arboles Cir	2,412	Stonecliff	\$905,000
3530 N Canyon Wash Cir	3,426	Grayhawk	\$920,000
3902 N Pinnacle Hills Cir	3,560	Pinnacle Hills	\$1,100,000
7361 E Red Hawk St	4,275	Boulder Mountain	\$1,175,000
7130 E Saddleback St #10	3,413	Golf Colony	\$1,270,000
3430 N Mountain Ridge #15	4,356	Sonoran Heights	\$1,275,000
3962 N Pinnacle Hills Cir	5,200	Pinnacle Hills	\$1,925,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com

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EDUCATION

Red Mountain High School Team Competes in StellarXplorers National Final

By Randall Clarke

Imagine spending a weekend at the Houston Space Center competing against nine other teams to solve orbit planning, satellite component, and launch vehicle selection scenarios in the finals of the StellarXplorers National Space Design Competition. Well, that's exactly what one team from Red Mountain High School accomplished recently.

The team, consisting of Garrett Comes (Captain), Hayden Farrell (Co-Captain), Keegan Rothlisberger, Samuel Smith, Zachary Parker, and Ashley Pantier, competed against 374 teams in a team building, problem-solving experience that started in October and ended in April. Students were challenged to solve various scenarios provided by the National StellarXplorers staff.

Working in partnership with leaders in the U.S. space industry, the StellarXplorers Aerospace STEM program inspires K-12 students toward careers in aerospace, aviation, and other science, technology, engineering, and mathematics (STEM) disciplines critical to our nation's future.

The competition is an exciting hands-on learning experience that develops commercially valuable skills and increases appreciation for the critical role of space in our daily lives. It attracts all types of students with diverse backgrounds building teamwork and leadership skills. The curriculum is a stimulating addition to STEM curriculum with real-world application.

The Red Mountain team advanced to the final competition. Team member Ashley summarized her participation and opportunity to compete at the highest level. "StellarXplorers has been such an amazing experience. I have been able to learn more about aerospace engineering and we use industry-grade programs to solve problems. This was an opportunity that opened my eyes to the world of aerospace and showed me how to develop a solution to a problem of significant value," Ashley said. "I learned the importance of teamwork and how to think out of the box when solving a mathematical problem."

When participating in the competition, each of the 375 teams were given one scenario during their six-hour competition period (eight-hour competition period for



finals). This included determining orbits, picking satellite components, and selecting launch vehicles that meet mission requirements throughout the rounds of competition. Each qualifying round was preceded by a practice round that covered the corresponding tasking.

64 teams advanced to the semi-final round, and the best of the best – including the Red Mountain High School team – advanced to the in-person National Finals Competition.

"It was amazing to watch our students participate in this competition and to see the appreciation for math, science, and the aerospace industry grow," said Adam Middleton, Red Mountain High School team director. "The problems presented were challenging but approachable and pushed students to grow and develop through collaboration. Each round left the team waiting in suspense to know how they did. Each student on the team had a real sense of pride and accomplishment after each round, not just based on their score but based on what they achieved working through the task."

"I know that my students are better students and better future engineers as a result of their participation, and I am so proud of the success they have had." ■

StellarXplorers will enter its ninth season and have exciting new scenarios beginning October 2022. To learn more, visit stellarxplorers.org.

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To learn more, or to follow the campaign - you can find us on Facebook @ **VoteKenAllen.com**

About Ken Allen

- Lifelong Valley Resident.
- Valley business owner since 1996, servicing East Mesa;
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Endorsements:

Tom Freestone
Former Maricopa Board of Supervisors and Justice Of The Peace

John Hadlock, BCO, BADO
45 year Mesa business owner of Eye Concern



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HEALTH Over 50

Learn How to Sign up for Medicare

Submitted by Tapestry Insurance

Last month I talked about when to sign up for Medicare. As I mentioned, it all depends on your current coverage, your future plans, etc. This month I thought we would talk about how to sign up. This can be a bit complicated (after all it's the government) but I will try and just cover the basics.



If you are receiving Social Security benefits or disability benefits prior to your 65th birthday, you will automatically be enrolled in Medicare when you turn 65. If you don't want Medicare at this time, you will need to call Medicare and let them know. This is the only situation where you are automatically enrolled.

If you are not receiving Social Security benefits prior to your 65th birthday, you will need to apply for Medicare. You can do this one of four ways:

- Online at ssa.gov. This is the easiest and fastest way if you are comfortable with a computer. You'll need to create your secure My Social Security account to sign up for Medicare or apply for benefits.
- You can call Social Security at (800) 772-1213 and enroll over the phone. Generally, you will have about a 30-minute wait.
- Make an appointment and go to a local Social Security office. To make an appointment you can call (800) 772-1213. The website currently states you can go without an appointment but expect long lines.
- Mail or fax in an application.

If you want help with any of these options, I am more than willing to assist you. Unfortunately, this can be overwhelming to some people, so feel free to reach out for help.

As always, please call me to make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

Please call Lynne Jones, licensed sales representative at (480) 212-2246, or email me at jonesdvp@yahoo.com.

HEALTH Over 50

Six Things to Know About Mental Illness in Older Adults

Submitted by TheKey, Mesa office

The term *mental illness* can sound like an exaggeration, but depression, grief, and anxiety are a big deal. Sadness or worry can affect us at any time of life, but as we get older some of us face special challenges — and low moods can persist and become hard to recover from.

It's important for older adults and those who care for them to pay attention to the warning signs of serious depression or chronic anxiety, and to know when to take action.

CAUSES OF ANXIETY AND DEPRESSION

Aging can bring about a natural diminishment in mental or physical ability, something that can be tough to accept. More importantly, as friends and loved ones begin to pass away, grief and loss can contribute to mental distress.

WARNING SIGNS

Depression is extremely common among the elderly, as millions and millions of older adults suffer from this late-life affliction. Yet, a relative few receive appropriate treatment for depression. Aging adults, as well as their caregivers, need to be aware of red flags, including (but not limited to) mood swings, change in diet, hopelessness, substance abuse, excessive sleep or lack of sleep, rage, extreme anxiety, obsessive-compulsiveness, and suicidal thoughts. If we feel or notice any of these things, we need to know it is OK to let someone know and to take these signs seriously.

SLEEP

Sleep is often a key indicator of whether or not an aging adult is suffering from mental illness. Insomnia is a disorder that inhibits a person's ability to fall and remain asleep. This disorder is particularly common in seniors with a decline in mental and brain health.



DIFFICULTY IN DIAGNOSIS

Diagnosing mental illness in the elderly is much more challenging than it is for younger age groups. This is caused by the fact that the symptoms of poor mental health often overlap with those of the other illnesses the aging adult may be facing.

PHYSICAL CONSEQUENCES OF POOR MENTAL HEALTH

The effects of mental illness in the elderly can threaten a person's physical health in three primary ways. First, depression increases the risk of cardiac issues.

Furthermore, not only does poor mental health put the senior at risk for more physical ailments, but it also increases the likelihood of death when those physical illnesses strike. The third and final way depression can affect an aging adult physically is that it exacerbates existing illnesses.

TREATMENT

There are numerous effective ways to help promote healthy aging by increasing long-term brain and mental health in older adults. Receiving counseling from a therapist is a good step to take if a loved one is willing and able to speak about their depression or mental health fluctuations.

As always, support from friends and family goes a long way to increase the overall well-being of aging adults.

Declining mental health is a struggle that many of us will face as we age, but with the proper care, support, and guidance, anyone can begin making great strides toward reclaiming contentment and happiness. ■

If you are looking for help for your loved ones, TheKey Mesa office can be reached at (480) 699-4899.

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Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2021 and beyond.

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

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

Call me today for help navigating Annual Enrollment this year!

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