

Mesa Uplands Up Close



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August 2022

Serving the communities of Red Mountain Ranch, Mountain Bridge, Boulder Mountain and surrounding areas

Studio 480 Local Beauty Experts Deliver Excellence

By Kimberly Alvarado

Studio 480 has a dream team of stylists who give their best each day to make your experience at the salon a pleasant one. The family-friendly atmosphere has created a vibe that clients have grown to love. In fact, it's one of the reasons people keep coming back for more.

Salon owner, Renee Ulman, routinely embraces the energy and dedication it takes to keep that *sort-of-feel* going. More importantly, she's always eager to incorporate enthusiasm within her staff and spread it into the community.

It seems there is always something exciting going on behind the doors at Studio 480. This month the team has put together something special to help students, their parents, and educators gear up for a super upcoming school year. ■

Follow the stylists on Studio 480's Instagram page, where you can see some of their work showcased. Appointments are available online or call (480) 985-2369.

See the salon's advertisement on page 9 for more information on August specials.

MEET THE TEAM



VICTORIA

Her area of expertise includes highlights, color, and women's haircuts. *"I love being in cosmetology because it allows me to help people look and feel great. It's always been a passion of mine and I'm lucky enough to do this daily."*



KARINA

Karina has been servicing clients at Studio 480 for two years and is described as sweet and a bit shy. Her specialty niche includes men's and women's haircuts, she's a short-hair specialist and perms are her thing. She really listens to her clients and makes sure they feel special during their visits.



TARA

Tara is the salon manager, a busy stylist, and soon-to-be grandma. Tara knows how to keep things running smoothly with her schedule.



MEGAN

Megan recently returned to the studio from maternity leave and has recently welcomed her first child, a brand-new baby boy!



CARI

Cari has 15 years of experience as a stylist. She did her training at a Paul Mitchell school in California. *"I love making people look and feel good. We can all battle our days, good or bad, with a great head of hair."* Cari enjoys highlights and balayage cuts.



MOLLY

Molly is the studio's receptionist/assistant. She graduated from cosmetology school in May and is currently awaiting to get her license.



ASHLEY

Ashley brings 19 years of experience to the field. She's described as an extremely positive person who will take on any challenge. *"Growing up, I always knew I wanted to be a hairstylist. It has been a passion of mine to make people look and feel great about themselves."*



MARLENE

Veteran stylist at the studio, Marlene's specialty is hair color and highlights. She is intuitive with client wants and is eager to give them exactly what they're looking for. She's flexible with scheduling and she has an amazing twin sister.



JAMIE

Jamie has been front and center at the studio for nearly two years, as the salon's receptionist and operations manager. Anything needed, she's the go-to girl. Besides helping all stylists maintain scheduling, she runs the social media platforms and keeps things running smoothly each day.



DEBBIE

If you need your fingers and your toes pampered, Debbie's your gal. She's part-time at the salon and sees clients from 9 a.m. to 2 p.m.



RENEE

Last but not least, the salon owner, Renee keeps a super busy schedule and is well-rounded in all areas of her profession. Her can-do attitude keeps her clients coming back time and time again.

UNPICTURED TEAM MEMBERS:

- **KRIS** is the senior expert and loves seeing the mature ladies on her client's list a couple of days a week.
- **MADDIE** is currently a part-time receptionist, working on getting her cosmetology license.
- **ALENA** is a stylist currently on maternity leave.

Sing School Registration IS NOW OPEN

Submitted by Missy Gardiner,
Artistic Director, Sing School

Sing School Children's Choir is excited to announce that registration for their fall 2022 semester is now open. There are ensembles for children ages 5 to 14. No audition is required at this time.

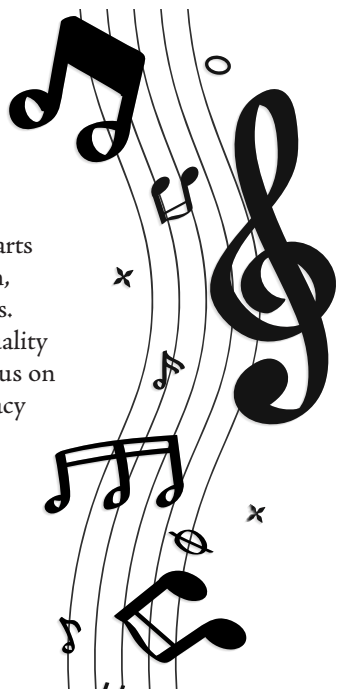
Rehearsals begin in August and will be held on Mondays after school at the Love of Christ Lutheran Church, 1525 N. Power Road in Mesa.

Sing School Children's Choir is under the direction of Missy Lofgreen Gardiner and Allesha Hatch Shumway and is Mesa's premiere children's ensemble and choral education program. Sing

School provides a quality choral and vocal arts program fostering healthy vocal production, sound musicianship, and performance skills.

Along with rehearsing a variety of quality music, a portion of each rehearsal will focus on developing and strengthening music literacy skills as well as healthy vocal and performance techniques. ■

For more information and to register, please visit [MySingSchool.com](https://www.mysingschool.com) or [Facebook.com/MySingSchool](https://www.facebook.com/MySingSchool). You can also email Missy directly at MelissaGardiner@MySingSchool.com.



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LOCAL BUSINESS

Mesa Window Tinting and Glass OFFERS EXCEPTIONAL SERVICE



By Jamie Killin

Mesa Window Tinting and Glass Inc. has been helping East Valley residents and companies with their window and glass needs for more than 30 years, establishing them as an expert in replacing glass windows, tinting residential windows, installing sunscreens on residential windows, and more.

"We're a family run business and we've been in business for so many years," said office manager Pam Stewart. "Word of mouth has always been huge for us, and because of that and referrals we're well known in a lot of areas."

Mesa Window Tinting and Glass, which services cities across the East Valley from San Tan Valley to Mesa, also prides itself on offering great customer service by showing up on time, communicating effectively with customers about any changes, being trustworthy, and offering competitive prices.

One way the company can exceed customers' expecta-

tions is by replacing glass without always having to replace the entire window – saving the homeowner money.

"Dual pane windows often have a seal failure or glass failure, or sometimes they just have that internal seal which looks bad, and they think they have to replace the whole window, but we can just replace the glass," said Pam.

During the hot summer months, customers are even cooling their homes by installing window tint and sunscreens.

Tints not only help cool down the home, but the tints can also help keep furniture and paint inside the home from fading – and with a lifetime warranty, customers can rest assured the tint will last for years to come.

Sunscreens can also help minimize window glare and can last on a home up to 15 years.

"Our customers are really happy with the tinting and screens services – some customers prefer the screens to the tinting, or vice versa, depending on how it looks, but all of them see the reduction in the amount of heat coming into their homes," Pam said. ■

For more information on Mesa Window Tinting and Glass, or to schedule an appointment, visit www.mesawindow.com or call (480) 984-5739.



Zaina Rashid,
D.O., F.A.A.D., F.A.O.C.D.

DR. RASHID IS A MEMBER OF:
American Academy of Dermatology
American Osteopathic Association
American Society of Mohs Surgery
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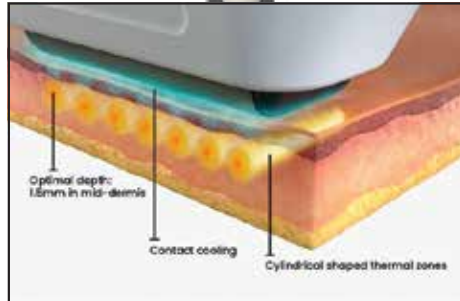
Treats all skin types - Darker skin types are more susceptible to burns with laser and light-based therapies. With Ultrasound, the treatment is safe and effective regardless of the patient's skin type

High patient satisfaction - In a multi-centre clinical study, 72% of the patients were satisfied with their results and rated them as improved to very much improved

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EDUCATION

Well Rounded, Accelerated K-8 Program OFFERED AT SELF DEVELOPMENT ACADEMY

Submitted by Self Development Academy

One of the most important decisions a parent can make is choosing a school for their children. Self Development Academy is a highly ranked school where students are inspired to achieve and grow in academics and as individuals.

Self Development Academy has been proudly serving generations in the Mesa area for over 20 years and began at the request of parents of children who attended Self Development Preschool.

Self Development Preschool offers a thematic advanced curriculum focusing on the cognitive, physical, social, and emotional development of children. Multiple generations of families have attended the school due to the positive impact it has had on its students. The preschool program offered at Self Development Preschool also provides a strong foundation to ensure students are successful at Self Development Academy.

The philosophy of Self Development Academy instills intrinsic motivation, as students become engaged learners. This philosophy is the guiding force for the Self Development Academy program that effectively meets students' academic and social needs and challenges them to reach their full potential.

Self Development Academy follows an advanced curriculum design. Students learn one full grade level ahead of Arizona State Department of Education standards. This design begins in the kindergarten classroom, where students learn key subject matter yielding knowledge for a classroom environment transition for first grade. The school's success focuses on teaching children the advanced curriculum utilizing a structured and methodical approach in a nurturing environment.

The classroom concentrates on mastery of math,



reading, and writing. Teachers teach listening and communication skills, as well as higher-level thinking, and provide a nurturing classroom for social emotional learning. By the end of their kindergarten year, children are reading at or above first-grade level, writing grammatically complete sentences, and authoring and editing their own books. Mathematical components include number concepts and an introduction to addition and subtraction, with daily math facts, fact families, and word problems.

The kindergarten program is a critical aspect of Self Development Academy's comprehensive program. Students, who begin their education and remain at Self Development Academy throughout middle school, leave with an outstanding academic foundation, inspiring exceptional futures.

Self Development Academy has programs for all students grades K-8 with a focus on concept mastery. A strong early literacy program is the focus for students in grades K-2. Students in grades 3-5 are challenged with an accelerated program to set them up for success in our middle school program for grades 6-8. Our middle school program allows students the opportunity to participate in

high school level courses in all subject areas. Students have the opportunity to successfully complete courses such as Geometry, Algebra II, Physics, Chemistry, Civics, and high school level literacy courses.

The advanced curriculum design encourages concept mastery and academic confidence in all grade levels. While adding to the student's knowledge base, the teachers instill good learning and study skills, such as note-taking, organizational skills, and presentation skills. This is done in a supportive environment, where students are encouraged and supported by their teachers. Support staff, also known at Self Development Academy as *pull-out teachers*, are available, as well, to assist students with concept mastery and/or enhance the curriculum.

Besides the emphasis on student learning and academic growth, students have opportunities to develop other talents and skills, such as art and music. Students have the chance to participate in after-school clubs as well. The Sports Club and Tutoring Club are among the multiple clubs offered beginning at the first-grade level. Other after-school clubs and activities include Dance, Choir, Drama, Chess, and Science Olympiad. Students are urged to participate in these activities, which enhance their physical and academic skills, as well as provide social opportunities outside the classroom during the school year.

Self Development Academy is currently enrolling for the upcoming 2022-2023 school year for in-person instruction at the Mesa campus, as well as online learning through Self Development Online Academy. Given the school's status in the community, admission to the school is in high demand. Space is extremely limited. ■

To begin the registration process and to schedule a tour, please contact Self Development Academy at (480) 641-2640 or visit our website at selfdevelopmentacademy.com. If you are interested in learning more about the programs offered at Self Development Preschool, please contact them at (480) 396-3522.

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LAS SENDAS GOLF CLUB

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Things are Heating Up at the Las Sendas Grille

By Kimberly Alvarado
MEET THE NEW LAS SENDAS GRILLE'S EXECUTIVE CHEF, CHRIS PONCE

Originally from Mexico, Chris Ponce completed his culinary internship in Oaxaca, Mexico. Now, the Mesa resident brings his south-of-the-border heritage and expertise to us locally.

Chris will showcase some of his newest innovations as additions to the August brunch menu, including chilaquiles, breakfast enchiladas, and steak and eggs.

Chilaquiles, a traditional Mexican breakfast novelty, consists of softened corn tortillas simmered in a red or green sauce. Unlike nachos, chilaquiles are eaten with a fork and they are a carefully spiced, flavorful alternative to a traditional American-style breakfast.

Or add a little spice to your morning with breakfast enchiladas, another choice for a mid-summer sensation on the new brunch menu.



And, last but not at all least, a traditional favorite, steak and eggs, will make a comeback as a savory choice for brunch. The *old-school* body-building combination is still high in protein and low in carbohydrates, even after all these years. Maybe it's the indecisiveness of its undecided role to be called breakfast or lunch that has helped this dish earn its spot on the August brunch lineup.

Of course, your current favorites are still options. It's not anywhere you can grab that fried green tomato benedict or prime rib poutine to go with the signature *Sunday Mary*. It's just that creative minds produce options that you can't resist. The menu selections seem to have a little something for everyone.

"Staying busy in the kitchen," says Chris, when asked what he is enjoying most about his new position at The Grille. He is especially fond of preparing meats and he's working with Food and Beverage Manager Javier Cardenas to continue to create new dishes to add to the current list of options for guests in the coming months.

TEQUILA TASTING TUESDAYS

Grab a few friends and head over to The Grille on Tuesday evenings for tequila tastings. From 6 to 8 p.m. a variety of vendors will host an expanded selection of sips for your enjoyment. When you find your favorite, you can purchase a bottle to take home. Specially selected appetizers will be available, including queso dip, taquitos, and mini chimichangas to compliment your sunset samples.

And don't forget the daily Happy Hour is from 2 to 6 p.m. Come in and see why the prime rib sliders continue to be a Las Sendas favorite!



Las Sendas Golf Club

Mid-summer golf specials are a good time to practice your swing. Rates are just \$59 Monday through Friday mornings and \$79 for Saturday and Sunday morning play this month.

Also, stop by the Pro Shop to take advantage of the price slashes on footwear and outerwear. Save 30 to 40 percent on some of your favorite brands.

And while the course is getting hydrated and prepped for the upcoming cooler months, hydration is key even to the earliest morning golfers.

Here are a few tips to help you get through 9 or 18 holes, during the hottest months, without dehydrating: (*information taken from Robert Yang-Golf Monthly-on hydration*)

- Drink water first thing in the morning.
- Drink higher quality water.
- Drink half your bodyweight (lbs.) in ounces (drink more if you are working out or golfing).
- Eat more fruits and veggies (on a regular basis) as these are packed with electrolytes.
- Limit alcohol/coffee (or at least up the water intake).
- Use some sort of high-quality electrolyte and possibly amino supplement during physical activity.
- Refuel after exercise (drink extra water/recovery drink after exercise or golf).

According to the Mayo Clinic, the most extreme effects of dehydration on the body include: heat injury, urinary and kidney problems, seizures, and low blood volume shock (hypovolemic shock).

The idea is to continually replenish the fluids you lose from sweating while practicing or playing on the course. Water is considered by experts as the best thing to consume to accomplish this. ■



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EVENT

Floral Design Classes
OFFERED BY DUTCH MASTER DESIGNER

Submitted by Dr. Dirk Van Leenen

As one of only twelve Dutch Master Floral Designers in the entire world, Dr. Dirk Van Leenen, M.H., will conduct floral design classes in our local Mesa community. If you have always wanted to learn floral design, your opportunity has arrived. The 10-week course will be in-person at the Las Sendas Trailhead Members Club.

Dr. Van Leenen has taught these classes all over the world, most recently in Phoenix and Scottsdale. "His knowledge of floral design techniques, as taught in Holland, makes him the best teacher I ever met," said one class attendee.

Students will learn to arrange a fresh floral creation in a certain style each week, in two-hour sessions. This is truly a hands-on learning experience and students will be able to take their creations home with them each week.

"This is so relaxing," said Jean Perrin, a former student. "It's like therapy!"

The small group of Dutch Master Floral Designers did a great deal of research into floral design and created their own theories, based on surveys they did in many different areas.

Enrollment starts now, on a first-come basis. Classes are limited to 20 students. The price of the entire 10-week course is \$495 and includes all materials. The classes begin the first week of October and will be held at the Las Sendas Trailhead Members Club on Tuesdays or Wednesdays, at 6 p.m. ■



Dr. Dirk Van Leenen

FINANCES

A 529 Plan is a valuable education savings vehicle

Submitted by Brent D. Hoskinson and Linda Drake

A 529 plan is a valuable education savings vehicle. Have you considered using one?

Many people haven't. Only about 40 percent of Americans even recognize the 529 plan as an education savings tool, and only 13 percent are actually using one, according to a 2022 survey conducted by financial services firm Edward Jones with Morning Consult, a global research company.

This lack of awareness is unfortunate because 529 plans offer potential tax advantages. And, as the owner of a 529 plan, you can switch the beneficiary, so if one child foregoes college, you can name a younger sibling or another eligible relative.

A 529 plan isn't just for college – it can help pay for qualified education expenses at elementary, secondary, trade or vocational schools, including apprenticeship programs registered with the U.S. Department of Labor. You can even use a 529 plan to repay federal or private student loans, within limits.

State-by-state tax treatment varies for different uses of 529 plans, so consult with your tax professional before putting a plan in place.

Consider how a 529 plan can help you and your family achieve your education goals. The sooner you get started, the better. ■

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Linda Drake



Brent Hoskinson

LOCAL BUSINESS

Get Ready for Medicare Open Enrollment

Submitted by Tapestry Insurance

Medicare annual enrollment is just around the corner. The official dates are from Oct. 15 to Dec. 7. New plans are available for review on Oct. 1.

If you have a Medicare Advantage Plan or a Medicare Drug Plan, it is always a good idea to review it and see if there are any changes that might affect you. Oftentimes, new plans come out with benefits that are worth looking at and seeing if they might be of value to you.

Of course, you will start seeing the endless stream of Medicare commercials on network TV. This is always a time to proceed with caution. If you have a trusted Medicare agent, please turn to them for advice and help. I believe strongly that meeting or talking with someone locally is always better than a stranger on an 800 line.

As a local agent, I am required to pass certification tests and attend new product rollouts that will help me help you. If you don't have an agent but would like to confirm your plan, please reach out to me.

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. ■

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REAL ESTATE

SHOULD YOU BUY NOW OR WAIT?

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



If you are thinking of buying a home, you are probably very hesitant and unsure if you should buy now or wait. I wish I could give you a clear answer but unfortunately no one knows where the market is going to be in six months or a year from now, especially when we look back at how unpredictable the past couple of years has been. Here are some facts and information that may help you make that decision:

CURRENT MARKET INFORMATION

Inventory – As of July 16, there are 15,049 active homes compared to 11,821 in June 2022 and 7,730 year-over-year. That is an increase of 27 percent in just one month and 95 percent year-over-year. However, even with this dramatic spike in supply we are still below where we need to be for a balanced market. Arizona's housing deficit has increased 1,377 percent since 2012 — representing 122,683 homes — according to a report by Washington, D.C.-based *Up for Growth*. Some of the reasons we have such high inventory will likely go away in the next few months. Summer is always a slow season for home sales, when our visitors are gone, and buyers are not out looking for a new home in 115 degrees unless they must. **Economy** – With the talk of a possible recession and a mid-term election in October, some buyers are sitting on the sidelines waiting to see how it all shakes out. It is typical for the market to soften coming into an election, even a mid-term. **Demand** – With inflation on the rise and employees' ability to telecommute becoming more and more commonplace, states with higher costs of living (California, Washington, Oregon, Illinois, etc.) are still losing their populations as they relocate to affordable states like Arizona.

Interest Rates – Rates are higher right now than they have been in the recent past. However, an interest rate in a fixed rate mortgage is not a lifetime commitment. Waiting to see if the house prices are going to drop is one thing, but not buying because of the current interest rate is likely to hurt not help you. The experts expect the Fed to increase rates again. No one expects rates to be falling anytime soon. But if they do, that's fine as you can refinance and get the lower rate at that time. You can lock in today's home price and refinance to a lower rate if they come down. **Pricing** – With the rapid increase in supply and the pullback in demand, we have seen price reductions. The median sales price has dropped, and the big question is will prices continue to drop. The current median sales price for the Phoenix metro area is \$460,000 compared to \$480,000 in June, which is - 4.2 percent. The *Cromford Report* expects August median sales price to increase by 1.4 percent due to the relatively strong pricing we see in pending listings. Surveys show experts expected home prices will continue to increase over the next five years, just at a more regular pace. Trying to time the market can mean missing out on your dream home. If rates continue to rise and home prices don't drop enough to compensate for high loan costs, you could end up pricing yourself out of the market or paying a lot more to not only purchase a home but the monthly mortgage payment as well.

EXAMPLE OF BUYING NOW VERSUS WAITING

Buyer 1: The Adam Family

- They purchased a home for \$500,000.
- They put down 5 percent (\$25,000).
- Loan amount of \$475,000 and are locked into an interest rate in the mid 5s.
- Their total payment for principal, interest, taxes, and insurance payment is \$2,960.
- They don't love the rate that they got since they know that they have been lower in the recent past but are

excited to own a home and pay down their mortgage rather than their landlord's. Their mortgage balance is about \$461,250 after two years.

Buyer 2: The Bradley Family

- This family is also interested in buying a \$500,000 house but decides to wait until the rates come down.
- The rates don't come down for two years and during that time houses continue to appreciate at a rate of 5 percent per year (very conservative relative to the last few years) because there is still a strong demand for housing Valley wide.
- This means that a \$500,000 house in 2022 now costs around \$550,000 in 2024.
- Just like the Adam family, they also put down 5 percent (\$27,500).
- Loan amount \$522,500.
- Because they waited two years, the rate is now lower in the mid 4s, which is nice but because the loan amount is higher, their savings in their payment feels really watered down.
- Their total payment for principal, interest, taxes, and insurance comes out to \$2,910.

The Adam family who purchased now has a mortgage payment that is \$50 more but they also have an equity position in the home of \$88,750 compared to the Bradley family equity position of \$27,500.

- The difference in equity is \$61,250.
- The Adam family also gets to take advantage of the lower rate by refinancing to the same mid 4s rate that the Bradley family is getting.
- Their new total mortgage payment would be about \$2,600 compared to what it was at \$2,960.
- They save \$360 over their old payment and \$310 over the family that waited.
- They also have a \$61,250 greater equity position in their house. ■

For more information on the current market conditions, call Lorraine at (602) 571-6799.

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Lorraine and her team were top notch in both finding me a home in these trying times, as well as walking me through the entire process as the purchase progressed. If I had to use one word to describe Lorraine, it would be "AMAZING." We closed ahead of schedule and the purchase was stress free. I highly recommend Lorraine. ” – Patrick

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EVENTS

Celebrate Madcap Mardi Gras Madness and Salt River Heroes at Salt River Tubing

Submitted by Lynda Breault, Salt River Tubing
Come join the excitement on the Salt River. In addition to Salt River Tubing being open daily for *fun in the sun*, consider the two exciting events in the coming weeks — *Salt River Heroes and Madcap Mardi Gras Madness*.

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. Beat the heat and chill and thrill on the 68-degree mountain-stream waters of the Salt River's rocking rapids. Salt River Tubing is open every day from 9 a.m. to 6:30 p.m. with the latest tube rental being 2 p.m. and the last shuttle bus ride at 6:30 p.m.



MADCAP MARDI GRAS MADNESS
Join Salt River Tubing for its 22nd annual *Madcap Mardi Gras Magic* experience, Saturday, Aug. 20, from 9 a.m. to 6:30 p.m. The good times will be rocking as flamboyantly costumed river employees toss free Mardi Gras beads and doubloons while the *parade of floats* (buses) provide Cajun-style shuttles to the Salt River. Costumes are optional for tubers. However, free

tubing passes will be awarded for best Mardi Gras costumes, valid on a return visit. Also, LIVE 101.5 radio station will be on-site. "Salt River Tubing's costume-themed adventures have been highly successful in capturing the attention of teens and their families while encouraging them to get outdoors and experience *fun in the sun* on the Salt River," said Henri Breault, president and chief executive officer of Salt River Tubing. "The uniqueness of celebrating Mardi Gras in the summertime while shooting the Salt River rapids on a tube is a one-of-a-kind experience in Tonto National Forest!"

SALT RIVER HEROES = LITTER ZERO
Join us and participate in the 27th annual *Salt River Heroes = Litter Zero* event. The Take Pride in America litter prevention initiative kicks off the Labor Day holiday weekend, Sept. 3 to Sept. 5, from 8:30 a.m. to 6:30 p.m. In the past 26 years, the nationally acclaimed Take Pride in America program has reduced the amount of picnic trash on the Lower Salt River by more than 90 percent. Responsible floating tubers have *stashed and bagged* their picnic trash in the free Tommy Tuber litter bags distributed by Salt River Tubing and placed them in designated receptacles upon exiting the Salt River. Henri said, "Show your *patriotic pride* and be a public lands steward while enjoying the recreational paradise in the mini-Grand Canyon of Tonto National Forest. Tubers have contributed greatly in protecting and conserving the Lower Salt River's natural resources. Catch a glimpse of the diverse wildlife, including blue herons and the Salt



River wild horses on the Salt River!" Take Pride in America is a national partnership that aims to inspire a new generation of volunteers to put their love of country to work to improve our national parks, wildlife refuges, public lands, cultural and historic sites, playgrounds, and other recreation areas. Salt River Tubing has received a record four National Take Pride in America awards for the company's conservation efforts in Tonto National Forest (1991, 2003, 2006, and 2010).

RECREATE RESPONSIBLY WITH SAFE DISTANCING
SRTR encourages floaters to help ensure a responsible *safe distancing* atmosphere at the terminal building and on its shuttle buses during transport to the Salt River. Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tubing tips to assist tubers in planning their floating beach blasts:

- Have a great time during your floating beach blasts, but remember that drugs, alcohol, and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure.
- Floating picnic ideas include fresh fruit, burritos, fried chicken, or sandwiches. Pack picnic items in Ziploc bags to keep dry. Please stash and bag all picnic supplies in litter bags while floating.
- Sun block, tennis shoes, and a cap or visor should be worn. A minimum 30 SPF is recommended.
- Ice chest/coolers: Fill with ice, sport drinks, fruit juice, and water. One to two bottles of water per hour while floating is recommended to help prevent dehydration. ■

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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LOCAL BUSINESS

Slouching — Why You Do It AND HOW WE CAN HELP

Submitted by Stretch Zone Longbow

Are you slouching right now? Meaning do you have a forward head posture, shoulders internally rolling forward with your back rounded, concave, and forward over the stomach? This is how countless individuals sit and also stand throughout their day.

Slouching oftentimes can cause many harmful consequences on your body, including strained neck muscles, muscle spasms, and increased pressure on your spine — which can all lead to pain throughout the body.

So, why do we slouch? It is because when we have weak and tired muscles that no longer provide stability, the spine must rely on the passive structures of the musculoskeletal system for support. Without muscular support, the spine gradually loses its natural cervical and lumbar curves and can become more kyphotic (humped) or slouched.

A study says that the average person sits for eight hours a day. Whether you are forward slouching while you're texting all day, binge-watching TV, working on the computer, driving, weeding the lawn, sweeping and mopping the kitchen, vacuuming, or a student sitting down reading in class all day, you need to counter it by sitting with good posture, finding time within your day to be upright, and then *stretching*.

This is where we come in to save the day. Here at Stretch Zone Longbow, we have the exact targeted stretches aimed to help open your chest and spine so you can have good posture in all your daily life activities. When we sit and stand with proper alignment it improves blood flow and circulation-related issues, helps keep your nerves and blood vessels healthy, and supports your muscles, ligaments, and tendons. People who make a habit of using correct posture are less likely to

experience related back and neck pain. One way to know if you're in good posture is to stand up right back to a wall, pull your shoulders back to touch the wall, and stack your head over your shoulders, shoulders over your hips, and hips over your heels. At Stretch Zone Longbow we help you find good posture and symmetry throughout the body with our practitioner-assisted stretching. Stretching will lead to a decreased chance of injury as well as promote a healthy range of motion so you may live a more comfortable life. Stretching will help you alleviate aches and pains, and it will help you recover faster when doing activities working your muscles, leaving you sore. ■

Sessions at Stretch Zone Longbow are 30 minutes with the option for a 60-minute stretch session. Prices range from \$40 to \$65 per half-hour session. Stretch Zone Longbow is located at 3204 N. Recker Road, Suite 104, Mesa. You can contact Stretch Zone Longbow at (480) 590-1133.



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REAL ESTATE

Why You Should Consider Helping YOUR KIDS BUY THEIR FIRST HOME

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



If you have adult children who are currently renting, but have struggled to buy a home, now may be the time to jump in and lend a hand. With pricing settling down and inventory ticking up, there is a new crop of opportunities in the marketplace.

Here are five reasons why you should consider helping your kids achieve homeownership now:

- 1. Rental Rates Keep Increasing.** Phoenix led the nation in rent increases last year with a 30 percent increase in the price of apartment rentals and a 20 percent increase in the price of single-family rentals. Rents are expected to continue rising as much as another 20 percent this year. By the way, this is not a new problem – rental rates increased 80 percent between 2016 and 2021.
- 2. Your Kids Won't Have to Live with You.** Rents have increased so rapidly that many adult children have had to move back home - often with their spouses and children in tow. While this may be fine for a transition period, this can prevent you from downsizing, impact your retirement plans, raise your monthly costs, and create familial stress.
- 3. Your Grandkids Will Have a Better Future.** It is well established that homeownership allows households to build wealth at a significantly greater rate. A National Association of Realtors (NAR) study also determined that the children of homeowners have higher educational outcomes, higher levels of achievement in math and reading, and fewer behavioral problems.
- 4. It's A Way to Hedge Inflation.** While prices continue to rise, locking in a fixed monthly purchase price and mortgage rate makes sense as mortgage rates and rental rates continue to rise. Mark Cussen, financial writer at *Investopedia*, notes: "Real estate is one of the time-honored inflation hedges. It's a tangible asset,

and those tend to hold their value when inflation reigns, unlike paper assets. More specifically, as prices rise, so do property values."

5. Stability. Renters are vulnerable at each lease renewal because in a market of rising rents, they can quickly be priced out and forced to move. Rising rents are also forcing renters to leave their neighborhoods and schools in search of more affordable options, which can come at the price of safety, educational quality, and commute times. Knowing they have stable shelter allows homeowners to put down roots, build community, and plan for the future.

Many of our clients have helped their children achieve homeownership over the past decades. How did they help? Some of our clients have gifted a portion of the down payment to help their kids get into a home. In fact, 23 percent of buyers ages 37 and younger used a gift to purchase their home according to the NAR. In other cases, our clients have co-signed on a loan or purchased a home with cash and then acted as a private lender for their kids.

If you are not prepared to financially assist, you can still provide very valuable guidance to help your kids achieve homeownership. Encourage your kids to meet with a reputable mortgage lender as soon as they start working so they understand what it takes to become a homeowner. Motivate them to save for a down payment and contribute to their house fund at holidays and birthdays. Setting the example and sharing your journey of homeownership is important, too!

Interested in helping your kids get a foothold in the market? We would be happy to discuss all the options with you, speak with you about market opportunities and share our expertise. Arizona is still primed for strong economic growth in the coming years, which will continue to drive today's affordability crisis for years to come. ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun. You can reach John at (602) 615-0843 and Natascha at (602) 909-4995 or visit their website: KORProperties.com.

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Address	Square Feet	Community	Sold Price
6202 E Evergreen St	2,119	Brookfield West	\$500,000
7329 E Ivyglen St	1,824	Moondance	\$504,000
6433 E Sierra Morena St	1,618	Red Mountain Ranch	\$515,000
6734 E Ivy St	1,486	Maplewood	\$522,000
6654 E Ivyglen St	1,486	Maplewood	\$525,000
1932 N 66th Pl	2,082	Pomeroy Estates	\$535,000
1617 N Terripin St	2,085	Moondance Unit	\$539,000
3850 N Lomond Cir	1,595	Red Mountain Ranch	\$540,000
6210 E Quartz St	1,716	Ridgeview	\$542,000
6407 E Encanto St	2,184	Brookfield East	\$555,000
2351 N Tierra Alta Cir	1,811	Boulder Mountain Highlands	\$556,000
1834 N Red Cliff	1,638	Entrada At Mountain Bridge	\$560,000
3955 N Ranier	1,717	Red Mountain Ranch	\$565,000
2365 N Cabot	2,162	Boulder Mountain Highlands	\$579,900
3449 N Platina Cir	2,175	Olympic Estates	\$585,000
6202 E McKellips Rd 310	1,819	Tuscany Villas	\$599,000
3808 N Kings Peak	2,222	Red Mountain Ranch	\$619,000
6402 E Quartz St	1,963	Ridgeview Unit 1 Amd	\$625,000
6021 E Selkirk Cir	1,759	Red Mountain Ranch	\$629,000
8532 E Gary St	2,346	Signal Heights	\$650,000
3954 N San Gabriel	2,039	Red Mountain Ranch	\$675,000
7231 E Grandview St	2,912	Meadow View Estates	\$675,000
8643 E Indigo St	2,359	Lantana At Mountain Bridge	\$680,000
7819 E Kramer St	4,293	Estates At Desert Shadows	\$715,000
2510 N Cabot	2,410	Boulder Mountain Highlands	\$725,000
2640 N Sossaman Rd	2,217	County Island	\$735,000
8731 E Jasmine St	2,056	Valencia At Mountain Bridge	\$800,000
8146 E June St	2,462	Monteluna	\$840,312
8508 E Jacaranda Cir	3,359	Legacy At Mountain Bridge	\$975,000
8461 E Lockwood St	3,362	Stonegate At Mountain Bridge	\$1,050,000
2243 N Estates Cir	3,204	Mountain Bridge	\$1,250,000
8718 E Menlo Cir	4,930	Madrid	\$1,385,000

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Students at Mesa Public Schools

By Laurie Struna
Photo by Tim Hacker,
Mesa Public Schools

The 2022-23 school year is underway at Mesa Public Schools and while students settle into the rhythm of a new and exciting school year, it's a great time to get involved in helping students succeed.

Have you considered adopting a school or volunteering? Organizations such as retirement communities, civic groups, and churches are welcome to adopt a school for campus cleanup, supply drives, or other needs. Visit your neighborhood school and speak with the principal about opportunities to get involved.

Are you thinking about organizing a supply drive? Whether it's school supplies or personal care items, schools are happy to accept donations. Looking to help a school with donations, or volunteering opportunities at a school but unsure where to begin? Contact the district's Community Partnerships department at (480) 472-7288.

Have you considered making an ECA donation? ECA tax credit program helps Mesa's students while enjoying a dollar-for-dollar credit. Each year, eligible Arizona taxpayers may donate up to \$200, or \$400 if filing jointly, to extracurricular programs. Eligible taxpayers will receive the money back as a credit when filing their state taxes. For more information or to contribute online, visit mpsaz.org/eca. Mesa residents are invited to call (480) 472-0133 with questions or to contribute via phone.



Or, you could consider helping fund classroom projects. Find a wide variety of teacher projects on donorschoose.org. This nonprofit organization allows individuals to donate directly to public school classroom projects.

Maybe you would like to attend a school event? Mesa Public Schools' gold card provides a great opportunity for members of Mesa's senior community to connect with busy students by supporting them in the concert hall, on the playing field, and in the theater.

The gold card gives senior citizens the opportunity to enjoy free or discounted admissions to plays, concerts, and musical and sporting events sponsored by Mesa Public Schools. The cards are free to residents within Mesa Public Schools boundaries who are age 62 or older. Spouses are also eligible, regardless of age.

To request a gold card, visit mpsaz.org/communications or pick one up at the district's Administrative Services Center at 63 E. Main St., or Curriculum Services Center located at 549 N. Stapley Drive. Call (480) 472-1174 for more information. ■

For more information on Mesa Public Schools, visit mpsaz.org.

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LOCAL BUSINESS

Solar Shades 101

Submitted by Linda Palm, Window to Design

Want the shade trifecta of UV-protection, daytime privacy, and a view?

Solar shades are your answer. Solar window shades are roller shades crafted with a specially designed fabric that's woven just tight enough to protect against UV rays while still optimizing your view and reducing heat gain. They'll also prevent sunlight from damaging your upholstery, carpet, hardwood floors and artwork.

Today's solar shades are available in a range of designs, colors, and opacities, giving you lots of choices to complement your décor. As you consider your options, keep the following in mind.



Openness: Openness refers to how tightly solar shade fabric is woven. The lower the openness level and the tighter the fabric weave, the better it blocks the sun—but the less you can see through the shades. The higher the openness level, the looser the weave—and the less the fabric blocks the light. However, a higher openness level gives you better visibility to the outdoors.

Privacy: The higher the openness level, the better you can see through the fabric, while maintaining your privacy.

Color: When it comes to solar shades and fabric color, you'll find that lighter colors better reflect heat and illuminate a room. Dark colors, on the other hand, are excellent at reducing glare and providing better view-through. ■

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.

LOCAL BUSINESS

Rio Salado Sportsman's Club offers a fun and safe environment

By Jamie Killin

The Rio Salado Sportsman's Club has been offering the community a place to have fun and safely shoot for decades, with a history dating back to the 1950s, when people in the Mesa, Ariz. area worked at the mine in Superior and wanted to have a place to shoot in their down time.

"People started just shooting out in the desert, which later became the location of Rio Salado Sportsman's Club," said Executive Officer Jim Rasmussen. "It was called the Mesa Gun Club until it was renamed Rio Salado Sportsman's Club in 1971."

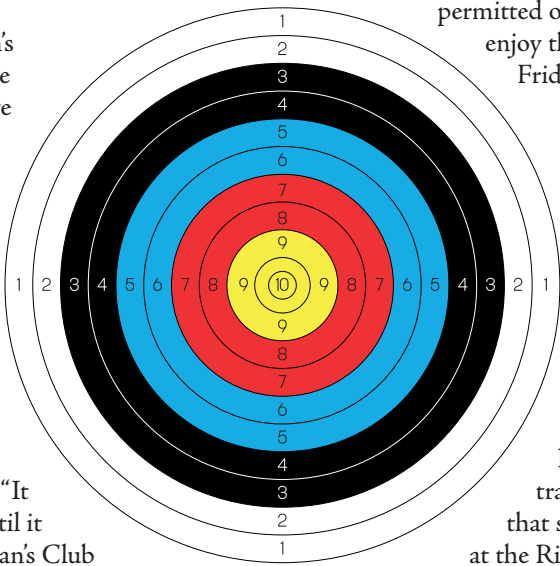
Today, the not-for-profit club manages the 140 acres of land also known as the Usery Mountain Shooting Range. It has more than 6,800 members, with thousands more people coming out to the range each year.

Rio Salado Sportsman's Club has a public range for both members and non-members, as well as a variety of different ranges separated based on gun type.

"Our goal as a club is to provide something for everyone – members and non-members alike," said Jim. "Everyone is welcome to come out and shoot. If you can't find something that you'd like to shoot at Rio, you're just not trying."

While the public range is open to everyone, members have added benefits such as access to additional ranges, unlimited time at the main range, discounts on spotting scope rentals, and Rio Salado Sportsman's Club merchandise. Memberships are available for individuals, or for the entire family.

While children six years old and under aren't



permitted on the range, older children can enjoy the kids zone and kids day every Friday with free targets for kids.

For women, there's the Desert Flower ladies community, which focuses on women instructors training female shooters. The group has its own events in addition to the club's weekly ladies day on Saturdays.

For those who want to learn more about shooting, the club also offers a variety of trainings, including gun safety classes. Even those who don't take a specific training course on safety will find that safety is a top priority for everyone at the Rio Salado Sportsman's Club.

"It's safety first, fun second, and third is breaking targets," Jim said. ■

For more information on the Rio Salado Sportsman's Club, visit www.rsscaz.com.



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