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October 2022

Canyon Winds Celebrates Fourth Anniversary

By Jamie Killin

Canyon Winds Retirement Community, celebrating its four-year anniversary in East Mesa, offers independent living, assisted living, and memory care as part of a group of six properties across Arizona. The beautiful, upscale retirement community, located at the entrance to Las Sendas off McDowell Road, is unlike any other, having views second to none.

Canyon Winds offers a great option for anyone 55 years and older who wants to enjoy life without the hassle of housekeeping, yard work, or cooking, whereas the assisted living community still offers residents independence, but with the option of a bit more assistance from the community's on-site care and medical team members.

"I am totally content. How do I put it into words?" said resident Thomas Dorsey. "I am taken care of wonderfully and accepted openly. I can't think of a need that isn't met. It's more like a family than a business."

"We have experienced a lot of positive changes and growth over the past year," said Wendi Krommenacker, the community's assisted living and memory care marketing consultant. "For example, we have added additional nursing department staff, more continuing education and in services for our care staff, and we now have a dedicated activity director for our memory care community who has helped us really ramp up our program. We know that it's extremely important to provide activities of all kinds for those with cognitive issues to improve their quality of life and keep them engaged every day."

Along with beautiful and relaxing accommodations, spacious apartments, and 24-hour onsite professional staff, guests also enjoy parties, all-day activities, and fresh-made meals by the community's chef, with options such as

salmon, steak, pasta, and lobster bisque.

"Residents say it's like a cruise ship on land because everything you could need is here," said Wendi. "If anyone needs physical or occupational therapy, we have it on site. We have a beauty shop where people can get their nails or hair done. We've even got a little theater room and billiards



room. We do outings as well and residents have a lot of say in where we go — we might have a shopping outing or go to a local restaurant or the casino. We want our residents to live their lives to the fullest."

The community even welcomes family to join their loved ones for activities and meals, and the team and residents love it when they are there. Canyon Winds has also received some great feedback from residents and families, with excellent reviews at www.senioradvisor.com.

Resident Marilyn Cooper says, "she has never been happier. The new facility is beautiful with a ton of activities. The staff is excellent and always available for any of my needs."

The team and the residents also prioritize being a part of the community and giving back. Recent initiatives included collecting cases of water for the City of Mesa's

hydration campaign and providing breakfast for the police department.

They will also be selling ribbons in honor of breast cancer awareness month this October to donate to the Impact One Breast Cancer Foundation and will do the same for Alzheimer's Awareness Month in November.



In addition, Canyon Winds Retirement Community has monthly events which are open to the community, including the upcoming Trunk or Treat on Oct. 31, the annual car show on Nov. 12, and a Christmas bazaar in December. ■

Canyon Winds' independent living is located at 2851 N. Boulder Canyon in Mesa, and the assisted living property is located at 7311 E. Oasis St. in Mesa. For more information, visit canyonwindsretirement.com.

Senior Living Services, based in Scottsdale, Ariz., provides retirement living at its finest. We offer independent living, assisted living and memory care communities across Arizona with resort-style living and award-winning care! All our communities offer an abundance of activities, flexible amenity packages, and a variety floor plans.

Something Special is Happening at Sam & Luca Rustic Kitchen

By Dawn Abbey

Specials, Specials, Specials. That's the buzzword at Sam & Luca Rustic Kitchen. After four and a half years tantalizing diners with their unique classic Italian menu, owner Dennis Shaw decided to add weekly specials to the fare.

"In addition to our popular standard menu of Old World favorites, we offer two sets of specials each week — our Weekend Specials on Thursday, Friday, and Saturday and a different set for Monday, Tuesday, and Wednesday. It gives regular diners a chance to change it up and try a new taste sensation and offers more variety to new diners. We've even had customers ask us to make a certain special dish or bring back a previous one," Dennis said.

Every dish at Sam & Luca is made from scratch by Executive Chef Rosalio Tarin with the assistance of wife Maria, and sous chef and pizza creator Jorge Lopez. "We are so grateful for our talented culinary staff who have been with us since we opened, and our wait staff is getting rave reviews on social media. We also appreciate our regular diners and UpClose readers who have made us successful," Dennis continued.

And what are these celebrated specials? Some recent offerings have included: Shrimp & Scallop Fra Diavolo — Sautéed Shrimp and Scallops tossed with Linguine in a Spicy Red Sauce; Cannelloni — Veal, Pork, Beef,



Mozzarella and Ricotta topped with Alfredo Sauce; Osso Bucco — Roasted Pork Shank on a bed of Fettuccini with Natural au Jus;

Chicken Giardino — Grilled Chicken on a bed of Penne Pasta, Sun Dried Tomatoes and Broccoli in a Garlic White Wine Sauce.

With cooler weather, the outdoor patio and open garage-door patio bar is a lively place to hang out or enjoy alfresco dining. Happy Hour specials on libations and small bites runs from 3 to 6 p.m. The mixology includes a number of unique hand-crafted cocktails, such as home-made Limoncello Martinis.

On Take-Out Tuesdays, all customer picked-up orders are 25 percent off. Or get 25 percent off bottles of wine priced under \$100 on Wine Down Wednesday.

"Sam & Luca is a fun place to work, and we are presently looking for more staff to serve our customers," Dennis said. "If you are interested in any aspect of culinary work, send us an email at Sam&LucaAZ@gmail.com." ■

Sam & Luca Rustic Kitchen is one of the "Top 10 Diner's Choice Winners in the East Valley" according to OpenTable. This prestigious designation is a result of more than 400,000 diner reviews analyzed by OpenTable.

Sam & Luca Rustic Kitchen is located at 1959 S. Power Road on the northeast corner of Baseline Road. Hours are Monday to Thursday 3 to 9 p.m., Friday and Saturday 3 to 10 p.m. For information or reservations, call (480) 659-6716 or visit SamandLucaAZ.com.

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EDUCATION

ENCOURAGE LEARNING IN YOUR KIDS

By Kirsten Lamb, Communication Team, Self Development Academy

Any hard-working entrepreneur will agree that the road to success is paved by failure. But for many students, one success after another paves a way as far from failure as possible. So how do we teach students that learning often involves failing?

We train them to be well-rounded, problem solvers. We value learning over accomplishment. We nurture creativity and critical thinking. When children expect and accept failure as part of the growth process, their aptitude for knowledge increases.

Consider these questions to encourage learning in your kids.

WHAT MAKES YOU PROUD?

Do you show off report cards and A+ tests on the refrigerator? Instead of that — or in addition to it — display problems your students are proud of solving. Or even better, problems they are still trying to solve.

If you have a small white board, put a new long division problem up every day, and solve it together during breakfast. Or write a new daily vocab word for their foreign language.

By highlighting the process of learning, memorizing, or working through problems, you take the focus off of the final product.



WHAT DO YOU REWARD?

Many parents pay a flat fee for every A on a report card. Or they take a family trip to the ice cream shop after a dance recital. There's nothing wrong with this. But consider finding ways to praise good work along the way.

For example, get that ice cream after a heartbreaking loss in a soccer game. Not as a consolation, but because your kid shook hands with his opponents, cheered on his teammates, and kept a positive attitude.

Or post a video on social media — not of a polished, practiced piano performance, but once your child finally masters the tough section that has intimidated her in Beethoven's Sonatina in G.

Words of affirmation also go a long way. Think about specific strengths and areas of improvement for your kids.

"I noticed you got a big snack after school today instead of heading straight for the TV. That's such a great choice to set you up for a productive homework session so you can play before dinner!"

Or, "It seems like that Lego set was really frustrating you. I'm proud of you for not smashing what you've already built and stepping away. How about we go back to it together and see if we can figure it out?"

WHERE CAN YOU GROW AS WELL?

As we raise lifelong learners, we embrace learning for ourselves. We know that education doesn't stop once we graduate, but sometimes we forget to be intentional about it. After all, avoiding failure plagues adults as well as children.

Let your children watch you try and fail. Show them you are below average at something. Be free to laugh at yourself and make light of new situations. Model discipline and consistency in becoming a better version of yourself. Here are some ideas:

- Pick up a new physical activity like running or weight lifting, and then show up regularly to practice.
- Try to learn a new language or join them in what language they are learning.
- Research the properties of turmeric that might help ADHD, and then experiment with recipes in the kitchen.
- Do you have a presentation at work coming up? Practice in front of your kids, and let them evaluate you.
- Next time you lose your temper, double book the calendar, or forget a promise you made, apologize quickly and explain what you're going to do differently next time. Ask them to help keep you accountable for changing.

Encouraging learning boils down to highlighting the process and not necessarily the destination.

If you are looking for a school that motivates and validates this process, check us out. Self Development Academy is recognized as one of the best K-8 charter schools nationwide. We have campuses in Phoenix and Mesa. We can't wait to hear from you. ■

For more information regarding Self Development Academy, please contact us at (480) 641-2640. The Mesa school is located at 1709 N. Greenfield Road, Mesa.



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LOCAL BUSINESS

Window Treatments for
Patio and Sliding-Glass Doors

Submitted by Linda Palm, Window to Design
Why leave patio or sliding-glass doors bare when you can add window treatments? Doing so gives you a trifecta of benefits: you can manage natural light, create privacy when you want it, as well as add a layer of insulation over the glass.

And when it comes to options, you'll find you aren't limited in styles, materials, or colors, making it easy to find a look that complements your interiors.

Here are four styles to get you started:

- ♦ **Vertical Blinds:** Available in vinyl, fabric and aluminum, vertical blinds are a popular window treatment for sliding-glass and patio doors. They're available in lots of materials and colors to choose from and they have minimal stack back, maximizing your view.
- ♦ **Vertical Cellular Shades:** Incredibly energy-efficient, the unique honeycomb construction of cellular shades traps air in distinct pockets, creating an extra layer of insulation for year-round comfort.
- ♦ **Vertical Sheer Shades:** Vertical sheers pair the functionality of vertical blinds with the classic elegance of drapery. They feature soft fabric vanes attached to a sheer fabric; when you open the vanes, the shades beautifully diffuse natural light, creating a soft ambiance in a room.
- ♦ **Woven Wood Shades:** Crafted from natural woods, bamboo, reeds and grasses, woven wood shades add warmth and character to a space, while filtering sunlight beautifully. ■



If you are considering home renovations or remodeling, 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.

FINANCES

FAILURE TO PLAN:
Is it planning to fail?

Submitted by
Brent D. Hoskinson and
Linda Drake

Benjamin Franklin once said, "If you fail to plan, you are planning to fail." But as you chart your financial course, what steps should you take?

First, identify your goals and try to establish a price tag for them. You can, and should, continue to revise your estimates over time.

Next, create an investment and savings strategy that can help you reach your goals. Since one of your main goals will likely be a comfortable retirement, you'll probably want to contribute regularly to an IRA and your 401(k).

Another suggestion: Control your debts. The less you owe, the more you can save and invest.

It's also important to build an emergency fund to cover unexpected costs, such as a major home repair. Without such a fund, you may be forced to dip into long-term investments.

And revisit your financial strategy regularly to ensure it's still aligned with changing circumstances in your life.

None of us can guarantee that our carefully laid plans will always yield the results we want. But by taking the right steps at the right times, you can greatly improve your chances. ■

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LAS SENDAS GOLF CLUB

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Las Sendas Golf Club prepares for the holiday season

By Kimberly Alvarado

THE VISTAS PAVILION EVENTS

Carla Shaw, events and catering director, has been busy planning for the remaining months of 2022.

“As we look into the upcoming holiday season, we are inspired to prepare for busy days, nights, holidays, and week-ends — that is the life of our banquet team,” Carla explains.

The Vistas Pavilion is kicking off the season with the October Wine Dinner — Benessere Vineyards on Oct. 26. This will be a four-course dinner sparking your palate with an evening of wine and fine dining.

“On Nov. 16 at 6:30 p.m., we are changing the wine dinner to a Champagne Reception — or as I like to call it a *Holidate*. As holidays and bubbles go together, we will have a variety of champagnes, paired with delectable hors d’oeuvres,” Carla said.

Of course, just as always, The Vistas Pavilion will be offering a special case price for any purchase of champagne served, just in time for you to have some great gifts to offer friends and family over the holidays.

For Thanksgiving Day, if you want to reserve the Turkey Takeout Dinner this year, place your orders as soon as possible. Last year was a sell-out in October, so don’t delay!



There are still a few open dates in December for holiday gatherings, but the space books out quickly. If you were planning on hosting a holiday party, give Carla a call to reserve the most amazing venue in Mesa — The Vistas Pavilion at Las Sendas — offering supreme sunsets and gourmet meals.

For reservations or more information on any of these events, please call (480) 396-4000, ext. 222, or by email at cshaw@lassendas.com.

GOLF CLUB NEWS

Director of Golf, Michael Field, has been equally busy preparing the greens and Pro Shop for the fall season. He is eager to share the completion of the remodel at the Pro Shop, which will be finalized at the end of October. Most notable is the bright beechwood flooring serving as a spectacular upgrade and a new vibe for shoppers.

Important dates to remember this month are the closure of the golf course from Oct. 3 through Oct. 21 for overseeding, with a reopening date set for Oct. 22 (*pending weather conditions). This is also the time the final remodel developments will take place within the Pro Shop.

In the meantime, everyone is invited to come in and take advantage of the savings inside through Oct. 9. Clearance racks of popular name-brand attire are marked 40 to 50 percent off. All other merchandise storewide is 20 percent off, excluding countertop items such as gloves, golf balls, and markers.

Please check online for tee-time availability and rates at lassendas.com/golf.

LAS SENDAS GRILLE AND PATIO

Food and Beverage Director, Javier Cardenas, and his kitchen staff are busy keeping things heated up this fall with the new super-smoker. Even the outdoors smells wonderful as some of your favorite meats are being carefully prepared for your enjoyment this month.

Be sure to visit The Grille to experience some of their *fall-off-the-bone* creations, including Beef Brisket, Baby Back Ribs, and Smoked Chicken, all seasoned to perfection.

Tequila tastings continue to be a local favorite event each Tuesday evening from 6 to 8 p.m. Gather a group of your neighbors and come to The Grille to compare favorites. Top-shelf tequila is also available for purchase at the weekly event. ■



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LOCAL BUSINESS

Fred Astaire Dance Studio Opens in Mesa

By Kimberly Alvarado

The fall season brings new opportunities to express your creativity, enhance your social skills, release a little stress, and unknowingly get a substantial workout while learning new dance-floor skills at East Mesa's Fred Astaire Dance Studio.

Don't miss the grand opening event scheduled for Thursday, Oct. 6 from 4 to 10 p.m. Everyone is invited to attend.

Explore the new facility located at 6655 E. McDowell Road, Suite 109, and engage in festivities, including a silent auction with all proceeds going to Sunshine Acres Children's Home, a live band performance from 6 to 9:30 p.m., and a photo booth to capture some of the evening's most enjoyable moments.

Consider this your chance to explore the possibilities of the motivating world of dance. If you've ever wanted to learn something new in a safe and happy environment, this grand opening sets the stage for you. Attendees will have the opportunity to enroll in two dance lessons for just \$49, a way of saying thank you to those who attend the evening's celebration of events.

Best of all, you don't need a dance partner to attend any of the lessons at the studio — an instructor partner will always be available.

Alexander Zarek and Sasha Kharchenko are community neighbors and the studio directors at the newest Fred Astaire Dance Studio. The two have turned their passion for dancing into their dream, by opening a local venue where others can articulate dance moves confidently — as Fred Astaire himself exhibited during his career as the widely considered greatest dancer in film (1904-1981).

Alex and Sasha combine more than 25 years of dance experience into their desire to help others obtain the self-confidence and self-expression that they



have come to love. In fact, their own love story began as dance instructors in separate studio locations, eventually collaborating as partners. Together they have been partners on the dance floor and in marriage for the past five years.

A native of Ukraine, Sasha has been teaching creative movement through dance for the past 20 years. Her husband Alex considers dance a beautiful way to obtain health benefits and added that, "Dance is a way of exercising without feeling like you're exercising at all."

When you step inside the doors of the Fred Astaire Dance Studio, you leave behind the stresses and obligations of everyday life and enter a safe, happy environment. Your imagination and creativity will be challenged with a buffet of International and/or American Ballroom dance styles.

"Come in with an open mind," suggests Alex. "It's our job to help you explore the types of dances that you've never even tried, and don't realize you'll like." Maybe you'd like to learn an elegant wedding dance or a spicy rhythmic Salsa dance.

Classes are organized into 40-minute sessions. The non-judgmental platform will have you dancing with confidence in no time. Best of all, you can come in with your favorite dance partner or all on your own. The instructors at Fred Astaire Dance Studio are always on-hand to act as your partner if needed.

You'll want to wear casual, yet comfortable clothing as you participate in your lesson. Sundresses for the ladies and golf-type attire (that is, polo shirt and movable slacks) for gentlemen are recommended. The goal is to feel engaged in the dance, so dressing the part is beneficial. "You can't overdress for dancing," said the studio director. ■

Regardless of your age or ability level, there is something for everyone at the Fred Astaire Dance Studio. Check out the possibilities for private lessons, group lessons, and even competitive dancing options on their website www.fredastaire.com/las-sendas.





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COMMUNITY

A tribute to Queen Elizabeth II

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

As many of you know, Queen Elizabeth II passed away on Thursday, Sept. 8. Although she lived to age 96, her passing was still a shock, and I didn't expect how deeply I would feel her loss. It felt as if I had lost my mother or grandmother.

While she is mourned all around the world, many Americans don't understand why the Queen meant so much to our country.

Growing up in England, Queen Elizabeth II was the one constant in our lives and was always a part of my life. Prime ministers came and went (15 of them), and the country went through some of its toughest times, but it was the Queen who was always there, steadfast in her duties and showing strength and leadership.

Whenever she would give a speech or address, we would all watch intently and listen to every word. She was so eloquent and regal yet, at the same time, calming and reassuring. You felt she was talking directly to you, and you always knew everything she said was sincere and heartfelt. She was part of our family, and we were all part of hers.

Everyone wanted to celebrate special royal events, such as birthdays, anniversaries, jubilees, and weddings because we loved and admired the Queen. The pride and honor everyone felt toward her was beyond anything I can even explain.

One of the British traditions I loved growing up were the street parties that were held all over the country for these special celebrations. I vividly remember Queen Elizabeth II's 25th Jubilee when we had a big street party and everyone in the neighborhood came out to celebrate together. The streets were blocked off and tables and chairs were lined up and down the middle and adorned with decoration. Everyone brought



British favorites, including sausage rolls, tasty tarts, slices of cake for afternoon tea and a large trifle for everyone to share. Everyone was happy, laughing, and celebrating together.

The Queen's 70th Platinum Jubilee was held this past June. I had planned to watch it on TV but as soon as I saw the start of the Trooping the Color on the news that morning, I just knew I had to be there in England to be a part of the festivities. I jumped online, booked a ticket, and left that afternoon for London. I was not alone! Over 12 million Britains attended street parties in her Majesty's honor. To be there in person walking the streets with the thousands of others who were there to show their love and respect for the Queen was simply amazing. I will cherish the memories of those days forever.

The Queen taught us all perseverance; she was the mother and grandmother to a nation and an example to the world. She led with dignity and grace. Her unwavering dedication and loyalty to the service of her country and her people were inspiring. She was also a very kind person,

and she believed human beings to be capable of *great acts of kindness* and lived her life showing others by example through her endless charitable works.

Queen Elizabeth II was an inspiration to us all and now we can all hold on to a little piece of her memory and through her legacy strive to make this world a better place. She shared her daily mantra with us all in her 2002 Christmas Address:

"I know just how much I rely on my faith to guide me through the good times and the bad. Each day is a new beginning. I know that the only way to live my life is to try to do what is right, to take the long view, to give of my best in all that the day brings, and to put my trust in God!"

Rest in peace Your Majesty. Your duty is done. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 13 years, is an Associate Broker of KOR Properties, a Certified Negotiation Specialist, and is on the Professional Standards Board. You can reach Lorraine at (602) 571-6799.

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COMMUNITY

National Day of Service Has Local Impact



By Sara Anderson, JustServe Community Outreach Specialist

For the neighborhoods surrounding Mountain View High School, commemorating 9/11 this year meant pitching in to make improvements at four local schools on the morning of Saturday, Sept. 10.

More than 400 volunteers gathered at Mountain View High School with chainsaws, hedge trimmers, rakes, leaf blowers, and at least one dump truck. They removed 900 feet of tangled vines and shrubbery intertwined in a chain link fence surrounding the school's baseball fields.

Volunteer Shandiin Begay reflected, "It was overwhelming to look at the daunting task, but it was so satisfying to see all the progress we made as a whole group. My thoughts turned to the feelings after 9/11 and I can only imagine how hard that was for the first responders and for those rescued. I felt tremendous gratitude for my life and the ability to serve in remembrance of the love and unity we felt during 9/11. We couldn't be in New York City, but we could serve a neighbor or a friend and hold our family tight."

A half mile away at Hale Elementary, volunteers touched up the paint on a U.S. map on the playground, repainted lines around the exit doors, painted colorful stools for the school's STEAM lab, and pulled a summer's worth of weeds from the garden boxes.

Just south at Field Elementary, families of all ages constructed two garden boxes, tilled the soil, power washed garbage cans, painted a bathroom, cleaned and organized a rock garden, and picked up trash around the campus.

And at the neighboring Poston Junior High, volunteers power washed and sanitized picnic tables, and pulled out weeds throughout the school grounds. Principal Michael Rapier was impressed with the turn-out of volunteers and soon realized he could include more projects to keep everyone busy. Cafeteria tables and garbage cans were added to the service to be washed and sanitized.

Kyera Hansen, a 12-year-old student at Poston Junior High, cleaned tables and pulled weeds at her school. She



said she was grateful for the experience. "I felt like I was a part of a team for good. We came together to support each other like they did when 9/11 happened 21 years ago. Made me think that we can accomplish anything when we help each other."

Izzi Beynon, a 15-year-old sophomore at Mountain View, started the morning by cleaning lunch tables at Poston and later was part of the crew pulling vines off the fence at Mountain View. She reported that, "It was hard work, but I'm really glad I got to go."

The projects were inspired by 911Day.org, a national nonprofit organization that, according to its website, seeks to "transform the anniversary of 9/11 into a national day of doing good and in the process, rekindle the spirit of unity that arose in America in the immediate aftermath of the Sept. 11, 2001, terrorist attacks."

As a full partner of the 911Day organization, JustServe.org coordinated hundreds of volunteer projects all over Arizona and the Southwest, including the projects that took place in the Mountain View neighborhood.

Mountain View High School Principal Mike Oliver thanked the volunteers for the more than 1,200 volunteer hours of service, saying, "We anticipated the project taking multiple days or even weeks, and this amazing group of dedicated community members knocked it out in just one day. This effort united our community during a season when our differences at times have unfortunately created a divide." ■

For more information, visit 911Day.org and Just Serve.org.



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EDUCATION

Mesa Community College Launches NEW ADVANCED IT PROGRAM

REGISTRATION IS OPEN FOR PREREQUISITE APPLECARE COURSE

Submitted by Dawn Zimmer, Mesa Community College

The Maricopa IT Institute-East Valley (MITI-EV) launches a new IT certification program at Mesa Community College in Spring 2023. The program provides the knowledge to support, manage, and deploy Apple products in multiple industries. Registration is open for one of the AppleCare prerequisite courses.

The new professional IT training series will prepare technicians, administrators, and engineers to deploy, manage, repair and support the Apple ecosystem of products.

“There is an immediate need for individuals with Apple ecosystem knowledge in the Valley. Schools,

colleges, and large-scale employers across industries rely on Apple products to conduct their business,” says Diane Meza, Mesa Community College staff and MITI-EV director. “We are developing the new curriculum to include internship and apprenticeship components to provide local businesses with a talent pipeline as quickly as possible while providing valuable first-hand experience for individuals who are newer to the IT industry.”

Support for the new program is provided by Apple’s Community Education Initiative (CEI), which provides coding, creativity, and workforce opportunities to communities that are historically underrepresented in the technology industry.

As active Apple CEI participants, MITI-EV and MCC are committed to using Apple’s support and resources to aid individuals in successfully completing the program and making connections with employers — including through the Apple Consultants Network, which provides technology solutions for small and medium-sized businesses.

Both three-credit AppleCare prerequisite courses are eight-week, live online evening classes; each culminating with the opportunity to earn an industry certification preparing the individual to perform warranty-level hardware and troubleshooting of Apple devices — iPhone, iPad, and Mac computers.

AppleCare iPhone Technician (ACiT) Certification (BPC260) meets online Monday and Wednesday evenings, Oct. 17 through Dec. 16. Registration for AppleCare Mac Technician Certification (BPC262) for the spring 2023 semester opens Oct. 10.

“By taking the prerequisite courses, students will be well on their way to gaining the knowledge and skills necessary to be the first to enter the new program in



spring 2023,” explains Diane. Students enrolled during fall 2022 semester will have access to priority registration for spring courses, including BPC262. ■

Learn more about the AppleCare Technician programs at mesacc.edu/applecare or visit mesacc.edu/enroll to start the registration process.

The Maricopa Information Technology Institute–East Valley (MITI-EV) is a collaboration among Chandler-Gilbert Community College, Mesa Community College, Rio Salado Community College, and Scottsdale Community College. It is designed to help meet the emerging technological workforce’s demand for talent in the areas of blockchain, app development using Swift/Xcode, big data, gaming, cloud computing, mobile and wearable technology, and the Internet of Things. Visit mesacc.edu/miti to learn more.



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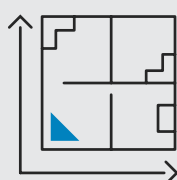
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REAL ESTATE

If You Want to Downsize, Now Might be a Good Time

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

Many people who would have downsized over the past few years had their plans delayed by the pandemic and the market. Things have finally settled down and we want to share seven reasons why we think right now is the perfect time to move.



Natascha and John Karadsheh

THE MARKET HAS SETTLED DOWN

Shopping for a home during the housing frenzy was intense and choices were limited. Especially when contemplating a downsize, most people need a little more time to properly evaluate options and make an informed decision. Now there are more choices in the marketplace, there is more time for analysis, and most buyers are not having to engage in aggressive bidding wars — which causes added stress.

NEW BUILDS ARE AN OPTION ONCE AGAIN

Very often our clients, who downsize, seek homes that are new so they have less maintenance to worry about. New homes were scarcely an option over the past year with ridiculous lotteries and waiting lists. Now the builders are finally catching up and new builds are a viable option once again. We are even seeing some builder incentives again.

THERE IS NOT AS MUCH COMPETITION IN THE FALL

Typically, the last quarter of the year is the slowest time in Valley real estate, which makes it a great time of year to buy. If you look to downsize in the spring, you will be competing with more winter visitors and relocation traffic.

THE WEATHER

It is not fun to move when it is 110 degrees outside, so, if you have the choice, move when the weather is great. October and November are great months to move and settle in before the holidays. Because demand has slowed, you will also find it is easier and cheaper to hire movers.

FREE UP CAPITAL

Most of our sellers who are looking to downsize have been in their homes for at least a decade and have accumulated a fair amount of equity in their properties. A downsize frees up capital and opens more opportunities. This is particularly relevant in a time of rising costs.

SMALLER = FEWER COSTS

The larger the footprint, the greater the cost. A smaller house will help to reduce your annual maintenance and utility expenses. You will be surprised how much less stress you will feel when you no longer have a pool to maintain, have one less AC to take care of, one less bathroom to clean, and a smaller yard to water and manage.

LESS STRESS

The entire point of a downsize is to simplify your life and trade stress for joy. Having less to worry about frees up time, energy, and resources for hobbies, travel, activities, friends, and more.

Every month we are helping our clients to right-size and it is such a joy to see the relief and excitement that comes as they shed stress and move on to their next home. We specialize in helping our clients manage all

the details of a transition and we really understand the downsize options that are available in the market. Let us help you simplify the process with our experience and expertise. Call us today for a complimentary chat. ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun.

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

Natascha is a Multi-Million Dollar Producer and Accredited Buyers Representative (ABR). She is the Founder of Mesa Food Truck Fridays, a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, and on the Board of Directors of the Greater Phoenix Economic Council.



Real Estate In Las Sendas brought to you by: Las Sendas Area Market Report Sales for the Month of August 2022 KOR PROPERTIES MLS John Karadsheh

Address	Square Feet	Community	Sold Price
7257 E Manning St	1,372	Windsong	\$400,000
4103 N Boulder Canyon	2,150	Featherwind	\$597,677
3055 N Red Mountain #122	1,587	Ironwood Pass	\$600,000
7416 E Nance St	2,126	Grayfox	\$602,000
4241 N Starry Pass	1,571	Mountain Gate	\$657,500
3448 N Barron	1,571	Rolling Hills	\$670,000
6857 E Portia St	2,475	Vintage Hills	\$733,238
8251 E Teton Cir	2,498	Stonecliff	\$807,000
3952 N Arboles Cir	2,412	Stonecliff	\$880,000
3444 N Stone Gully	3,427	Grayhawk	\$949,000
3615 N Boulder Canyon Cir	4,395	Mountain Village	\$1,240,000
3742 N Avoca	3,464	Preserve	\$1,300,000

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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COMMUNITY

Red Mountain Ranch Garage Sale IS COMING IN NOVEMBER

Submitted by Red Mountain Ranch Social Club

The annual Red Mountain Ranch Social Club Garage Sale is set for Friday and Saturday, Nov. 11 and 12 — the second weekend in November. The cost is \$15 to participate.

Remember all of those closets you cleaned out during the hot summer months when you couldn't go outside? This event is a great opportunity to sell items you no longer use and may be taking up space in your garage. It's also a great time to visit with your neighbors.

This is the only sanctioned garage sale by the Red Mountain Ranch HOA, and your fees pay for banners at the entrance to Red Mountain Ranch, maps with your address listed, information packets including signs and stakes, print and digital advertising, and most importantly,

a liability insurance policy for the event to protect you and your shoppers.

To register for the garage sale, please go to our website, RMRSC.com, and navigate to the Garage Sale page. You can pay online at RMRSC.com/Garage-sale/ or send a check payable to RMRSC, care of Jennifer Fortner, treasurer, at 3747 N. Katmai Circle, Mesa, 85215. Please include the coupon here with your information.

Registrations are due by Oct. 30. Registration confirmation and information packets will be emailed to you. ■

If you have any questions, Chelsea Anderson, garage sale coordinator, will be happy to help. You can reach her at (602)748-6136 or email Chelsea@YourRedDoorTeamAZ.com, or alternatively, contact Vianey Yurkovich at (602) 710-0527 or vianeyyurkovich@gmail.com.

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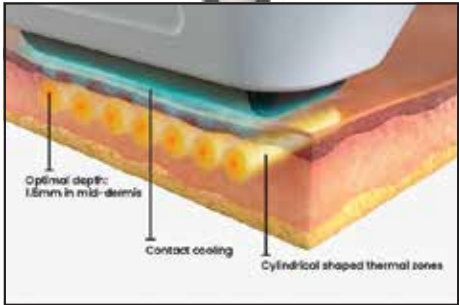
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For twenty-eight years, Marcie Hutchinson was a MPS master teacher who taught innovative curriculum, engaged kids, listened to parents, trained principals, and worked with amazing staffs to create learning environments where kids would thrive. I respected, valued and sought Marcie’s perspective on issues facing Mesa Public Schools in the past. She is an experienced, innovative, and effective governing board member. Marcie Hutchinson has my vote!

— Dr. Jim Zaharis
Former Superintendent Mesa Public Schools

Marcie Hutchinson is exactly who we need on the Mesa Public School’s Governing Board as we navigate the future for teachers and public education. Because Marcie spent thirty-one years in the classroom and the past four years on the governing board, we trust that she will make innovative decisions with the best interests of students and teachers at heart. As parents and grandparents of students in Mesa schools, we respect Marcie’s experience in education, her caring attitude, and her commitment to strengthening our community. Marcie knows that successful neighborhood schools, where children thrive, are the backbone of a strong community. We are grateful that Marcie Hutchinson is willing to continue serving on the Governing Board and ask you to join us in supporting her.

— John and Dawn Giles
Mayor of Mesa and Mesa’s Woman of the Year

Marcie Hutchinson is a dedicated leader willing to put in the hard work necessary to make a positive impact for our students, teachers, staff, and community. Marcie knows what it takes to make sure every Mesa student has the opportunity to succeed in school and in life.

— Deanna Villanueva Saucedo
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- Would you like personalized help exploring your Medicare options?

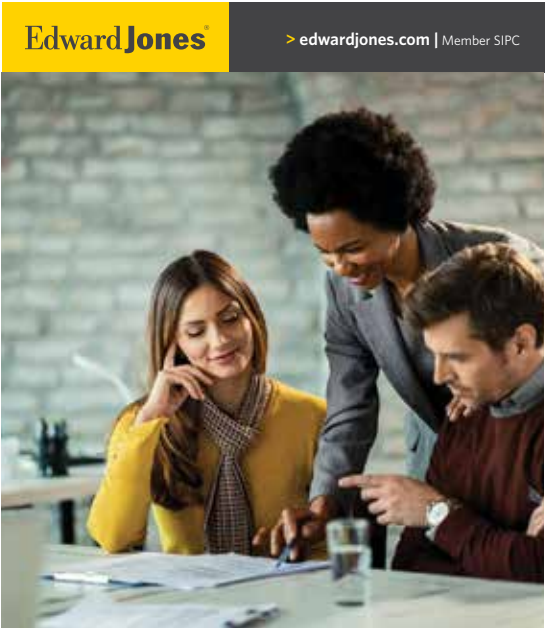
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Call me today for help navigating Annual Enrollment this year!

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EDUCATION

College Fair Opens Doors to Post-Secondary Opportunities

By Laurie Struna
Photos by Tim Hacker

An important resource for students considering their next step is the Greater Arizona College Fair. Students and families from across the Valley have the opportunity to become more familiar with post-secondary career opportunities that include college, trade school, and military service.

This year, Mesa Public Schools will host the event at Skyline High School, in partnership with StriveScan, for students in grades 7 to 12. The in-person event will be held from 6 to 8 p.m., Monday, Oct. 24. A virtual opportunity via StriveScan will be available from 5 to 7:45 p.m., Wednesday, Oct. 26.

Support at the college fair is one opportunity, but it doesn't end there. All year long, Mesa Public Schools assists students and families in pursuit of their post-secondary hopes and dreams.

The MPS Opportunity & Achievement department provides resources and works with school counselors,



teachers, and administrators in a variety of ways to guide students through career choices. School teams create individual student plans, pathways to success, engage families in the process, help navigate college admissions, and secure financial assistance to ensure students are ready for their future.

Cynthia Catledge is the Mesa Public Schools career specialist in the district's Opportunity & Achievement department. Cynthia shares that the upcoming college fair provides a great platform for students to start thinking ahead.

"The career fair opens doors for students to have important conversations with families, counselors, and favorite teachers about post-secondary opportunities," Cynthia said.

Students should prepare for the college fair by visiting and researching school websites and making a list of questions to ask, as students will have the opportunity to interact with representatives. Once students better understand their options, their high school counselors will assist them with the next steps in their post-secondary education quest.

FASFA ASSISTANCE FOR COLLEGE

Dr. Michael Garcia, director of the Opportunity & Achievement department, wants parents to know that there will be a Free Application for Federal Student Aid (FAFSA) booth, specifically to help students fill out their FASFA form.

The FASFA is the free application used by all schools in awarding federal student aid. Most students receive some type of financial aid, and it's highly recommended that students fill the form out even if they are unsure if they will qualify, so they are prepared when they start the application process.

"It's one of the most important steps students and families can take to pay for college," Dr. Garcia shares. "The earlier a student applies, the more sources of aid may be available."

Students must pre-register for the Greater Arizona College Fair. They can use a QR code or register via Snapchat. StriveScan will be able to scan the student's barcode at registration, making it easier and more efficient to share student contact information with exhibitors. ■

To learn more or to register online, visit mpsaz.org/collegefair/. Skyline High School is located at 845 S. Crismon Road, Mesa, AZ 85208.



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HEALTH

Over 50

Would you like some help with Medicare Annual Enrollment?

Submitted by Tapestry Insurance

This year, the Medicare Annual Enrollment period is from Oct. 5 to Dec. 7. This is the time you can review your current Medicare plans and make changes to start the first of next year.

It can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan. With over 60 plans available in Arizona, no wonder it is intimidating. My husband turned 65 this year and I have seen firsthand the amount of mail and phone calls that target him with his Medicare choice.

You've got a lot of different decisions to make about your Medicare coverage. Do you want to stick with only Original Medicare (Part A and Part B)? How about adding a Medicare



Lynne Jones

Supplement Insurance plan? Or getting a Medicare Advantage plan offered by private insurance companies? How much will it cost? What drug plan is best for you?

These are only some of the questions you may have about Medicare. I would love to help. Also, if you have a separate Part D (drug) plan, be sure and check to ensure the cost isn't increasing or the formulary isn't changing for 2023.

I am a local Medicare agent. I am certified with many carriers and can help you pick a plan that will work best for you. There is no *one-size-fits-all* plan that works for everyone, but instead, the choice should be made based on your own individual needs, lifestyle, providers, and prescriptions.

If you are new to Medicare or just want to have an opportunity to review your current plans, please feel free to call me or send me an email and schedule an appointment. We can do an in-home meeting or a phone call.

I look forward to hearing from you. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246, or email at jonesdvp@yahoo.com.

COMMUNITY

Over 50

Floral Design Classes Offered by Dutch Master Designer

Submitted by Dr. Dirk Van Leenen

As one of only 12 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.



Dr. Dirk Van Leenen

"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 started in September, 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 Oct. 11 and will be held at the Las Sendas Trailhead Members Club on Tuesdays, at 6 p.m. There is still limited availability. ■

For further information or to enroll, call (480) 512-9757.



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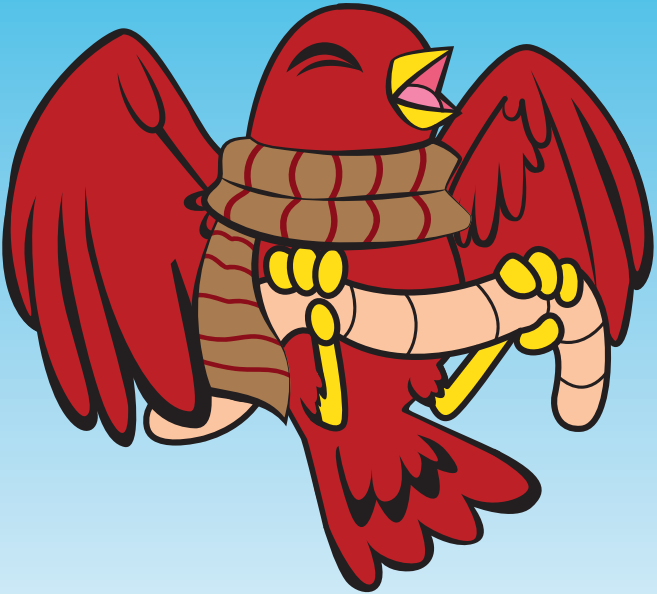
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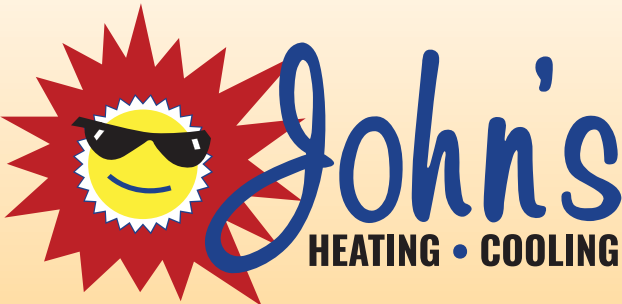
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\$69.95 per person (plus tax and gratuity)
Kids 12 & Under - \$16.95 (plus tax and gratuity)
Reservations: 602-734-5524

STARTERS

Butternut Squash Soup

Fall Mixed Greens: Pecans, Pears, Mixed Greens, Shaved Parmesan, Maple Vinaigrette

Mascarpone & Goat Cheese Bruschetta: Crostini Mascarpone, Goat Cheese, Baby Arugula, Strawberries Topped with Balsamic Glaze

ENTREES

Roasted Turkey: Mashed Potatoes, Stuffing, Turkey Gravy, Green Beans, Cranberry Chutney

Prime Rib of Beef: Au Jus, Creamy Horseradish, Mashed Potatoes, Asparagus

Pan Roasted Salmon: Butternut Squash Risotto, Broccolini

DESSERTS

Pumpkin Cheese Cake
Bourbon Pecan Pie, Whipped Cream

Las Sendas Golf Club | 7555 E. Eagle Crest Drive, Mesa, AZ 85207 | 480-396-4000 | www.lassendas.com