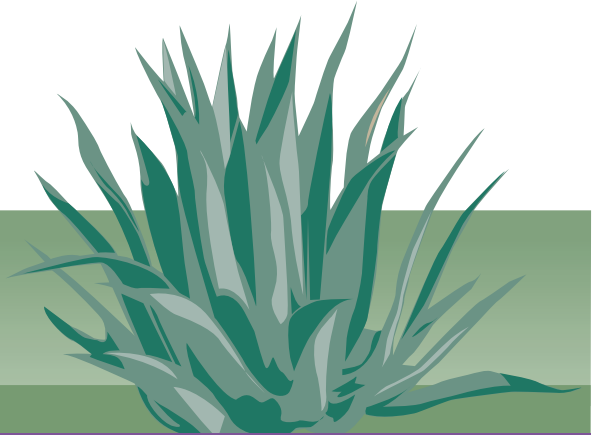


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July 2023

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Tips for Minimizing Screen Time During Summer Break

By Kirsten Lamb, Staff Writer,
Self Development Academy

Now that summer has begun and many of our kids face less structured time, screens can be an easy go-to; highly desired by the kids and quickly allowed by their parents. It's a one-stop shop for endless entertainment and communication: social media, texting, YouTube, games, Netflix, etc.

But before you charge up the screens, tackle this checklist:

- Designate a charging station for screens where they live when not in use. Misplaced, dead, or carelessly stashed screens make no one happy.
- Set parental controls on screens so you know what your children can access. Uninstall games or streaming services that have the potential to eat up hours at a time.
- Be realistic. Cyberbullying, inappropriate content, addictive tendencies, and even low self-esteem are very real aspects of social media, video games, YouTube, etc. As a parent, be on guard and proactive to protect your children.
- Communicate rules around screen usage. Check out our blog on *Tips for Tech-Savvy Kids* (selfdevelopment.com/2022/07/tips-for-tech-savvy-kids.com). When can they use screens? What apps? For how long? Can they send and receive DMs?
- Make sure you are involved as a parent. Be thoughtful, intentional, and active to encourage healthy screen time that adds to your children's day, not to numb, distract, or isolate them.

Of course, we recommend spending time away from screens. Find ways with your children to incorporate tried and true forms of communication and relationship building, and make these a priority.

Consider these ideas to fill imaginations, hours, and physical mailboxes.

GET A PEN PAL

Arrange to swap letters with a friend from school. Or help your child choose family members or old friends to whom they can write. Instead of exchanging e-mail addresses, get real addresses, buy stamps, and get a fresh pack of gel pens — the whole shebang. Spend time writing or coloring on



special stationery, and let your child stick on the stamp and mail the letter. The art of formatting a proper letter and envelope doesn't have to be lost.

MAKE A FAMILY CALENDAR

The simple act of incorporating a family calendar into the family room or kitchen can bring structure, time management, responsibility, and creativity. Let your children list out activities and outings they'd like to do, then include chores that must be done, and add in some bonus events like family movie night.

By letting your children have some control over their days, they will learn to appreciate the fun activities as well as find balance between rest, work, and play.

START A CLUB

Does your child love Star Wars? Baking? Skateboarding? Encourage them to invite friends and neighbors to join weekly in exploring their passion. Depending on your child's age, this may take more supervision and effort from you, but building relationships and exploring interests will make a lifelong impact and be well worth it.

CREATE A PLAYDATE CO-OP

Help your kids build relationships while also getting a break for yourself. Plan ahead and arrange a weekly play date with three of your child's friends. One day out of the



month you will host the play date, and the other three play dates you will drop your child off at the hosting parent's house. Sweet freedom!

EXPLORE ART

You could choose a different technique or medium for every day of the summer and not run out of new art projects to try. From canvas and acrylic paint to molding clay to a stack of magazines for collages, encourage your children to express themselves. Depending on your child's age and abilities, you could study an artist together and impersonate their style.

Go on a nature walk and try to capture the most beautiful thing you saw in a picture. Or use butcher paper and finger paint and go crazy outside — by the hose to wash off!

Self Development Academies is now enrolling for the 2023-24 school year with limited space available. If you are looking for an excellent charter school to partner with you for your children's education, contact us. ■



Self Development Academy is recognized as one of the best K-8 charter schools nationwide. We have campuses in Mesa, Phoenix, and online. Check us out at selfdevelopmentacademy.com or contact us at (480) 641-2640 (Mesa/Online) or (602) 274-1910 (Phoenix).

Hava Java Mesa Extends Happy Hours

Submitted by Hava Java Mesa

Hava Java Mesa will be hosting special weekend happy hours starting in July.

Along with their standard daily happy hour from 3 to 5 p.m., where you receive \$1 off any glass of beer or wine as well as posted snack items, every Saturday and Sunday starting in July Hava Java Mesa will be offering wine and charcuterie board specials.

Happy hours on Saturday and Sunday will be from 4 to 7 p.m., where you can order a bottle of house wine and a charcuterie board for \$24 or two glasses of house wine and a charcuterie board for \$18.

Charm and a unique setting add to the inviting environment at Hava Java Mesa with colorful Sonoran artwork and a rope wall separating mingling conversations. Stop in and get comfortable on the patio with a favorite beverage



during a warm summer evening, or lounge on a comfy couch with a sandwich and your favorite book.

The menu and entertainment offerings at Hava Java Mesa have recently expanded as well. New owners Barb and Tim Beaubien have reconceived the coffee

house to give customers a quiet place to come and get out of the heat for a few hours, connect with each other, meet with friends, or make new ones.

"We offer a nice casual environment to relax in before or after dinner. With many new drink options to choose from you will consider Hava Java Mesa your second living room," said Tim. "Experience the Hava Java difference." ■

Hava Java Mesa is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2849 N. Power Road, Suite 103, in Mesa.

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COMMUNITY

Blandford Homes Announces the Dedication of *Loren's Cottage*

Submitted by Blandford Homes

Blandford Homes announced the dedication of *Loren's Cottage* within the Sunshine Acres Children's Home community. The dedication on Tuesday, June 5 was open to the public and was celebrated by many along with Blandford Homes employees and many of the Blandford Homes trade partners who participated in the building of this home.

Loren's Cottage is a 6,700-square-foot girls' home that was built by Blandford Homes with support from their trade partners. This will be home to 10 deserving girls and their house parents and children. This home consists of five bedrooms for the girls, along with four additional bedrooms for the house parents and their children as well as relief parents.

Blandford Homes has been generous donors to Sunshine Acres for more than 36 years. Loren's Cottage marks the eighth home built by Blandford Homes and the ninth home will be starting soon. This ninth home will be a first at Sunshine Acres as it will be a dedicated *Therapy Home* specifically designed to help children who, due to circumstances beyond their control, are just not ready to enter a family home environment. This will provide individual assistance that will prepare them for the love and security that awaits children in each of these homes.

Blandford Homes is proud to be a part of such a loving and giving place as Sunshine Acres and will continue to work with them to continue their partnership as the legacy continues to grow.



ABOUT BLANDFORD HOMES

Blandford Homes is built on a foundation of success that began in 1979. Over the years, the company has built thousands of homes in the Phoenix Metropolitan area. The owners of Blandford Homes and its' affiliate companies are involved in major master-planned communities, beautiful infill communities, land development, and custom homesite communities in various locations in the Phoenix area.

Dedicated to the total commitment of overall value, quality, and customer satisfaction, Blandford Homes took a unique step in the Phoenix housing market by electing to become a mid-sized builder rather than continue to grow larger and larger like so many other home builders have done in this growing market.

Blandford Homes' select team of employees consists of the most knowledgeable and caring people in the industry — dedicated to each and every customer.

ABOUT SUNSHINE ACRES

The miraculous story of Sunshine Acres Children's Home encourages and inspires people all over the world.

Rev. James and Vera Dingman (Uncle Jim and Aunt Vera) opened Sunshine Acres in 1954 with a desire to give their lives to caring for children who are hurting, and faith that God would provide all they needed. The Dingmans had spent their entire lives serving those forgotten by society: the sick, the poorest of the poor, migrant families, and people in prison.

For 17 years they had prayed for a place to take care of homeless children. In 1953 they sold their home and with the help of the Mesa Optimist Club made the down payment on 125 acres of Arizona desert with a few run-down buildings. They were grandparents with no income, 11 years of mortgage payments, no electricity, and a well with a broken pump. Aunt Vera writes, "That day we both felt that we should never solicit money, or a board, or a brick and that no child would ever be turned away for financial reasons. God impressed upon us very strongly that this was His work. We were to take care of the children, and He would take care of the finances."

This was the beginning of the *Miracle in the Desert*. More than a home, Sunshine Acres is a family and has provided this to more than 2,000 children since 1954.

Still today children will not be turned away for financial reasons. Sunshine Acres does not receive government support for the children and although donor-funded, does no fundraising/solicitation for themselves. Many friends, businesses, churches, and volunteers contribute and host fundraising events on behalf of the home, and God is still working miracles. ■

For more information regarding Blandford Homes, visit blandfordhomes.com. For more information regarding Sunshine Acres, visit subshineacres.org.



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LOCAL BUSINESS

Summer Date Nights feature a Taste of Italy at Sam & Luca Rustic Kitchen

MARK JULY 27 ON YOUR CALENDAR FOR WINE DINNER EVENT

By Kimberly Alvarado

Is the sweltering sizzle of summer temperatures keeping you from stepping out for a date night? Spending a little quality time with your significant other, without distractions, can be both fun and rewarding.

Date night is simplified this summer at Sam & Luca Rustic Kitchen. It's Happy Hour each Monday through Friday from 3 to 6 p.m. Enjoy draft beers, draft wines, signature cocktails, and Sangrias at special pricing. Grab a *small bite* for under \$10 or dine together with a pizza, two Caesar salads, and two glasses of wine for just \$30.

Did you know that Limoncello and Sangria are made in-house at Sam & Luca? A late-afternoon weekday is the best time to grab a fresh Limoncello Martini or Sangria to put some *chill* in your day.

Picture your date evening beginning with first-class service from a staff who continually receives rave online reviews, in a quaint tasteful setting depicting a corner café in Italy. Sam & Luca is conveniently located minutes from Harkins Theatre for a refreshment and conversation before or after a movie with your beloved.

If you're looking for something a little more formal, you're invited to a four-course wine dinner, featuring Antinori Wines on Thursday, July 27. The selections cover many regions of Italy and are paired perfectly with each course. The event starts at 6 p.m. with a reception, followed by dinner starting at 6:30 p.m. The



price is \$90 per person and reservations are required.

Consider the July evening your own little palatal tour of Italy. The evening's fare is carefully prepared by Executive Chef Rosalio Tarin. You'll need to plan ahead for this event by securing a reservation online at SamandLucaAZ.com or through OpenTable.

Now, aren't you happy you found a way to inject novelty and balance into your relationship? ■

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.

The restaurant will be closed from July 2 through July 17 for a quick summer vacation break.

UpClose

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complete sets of clubs for men and women — being offered at special pricing. Even better, these specially-priced club sets include both bag and putter. Supplies are limited, so hurry in to take advantage of this special offer. While you're browsing, be sure and check out the new line of premium headcovers and unique apparel by *Pins and Aces Golf Co.*

CONSIDER A FAMILY PASS

Getting everyone in the family involved in golf is an affordable option this summer. The Family Pass has an affordable annual fee, with unlimited green fees, a cart, and driving range access. The pass allows course usage after noon from now to Oct. 31, and after 3 p.m. from Nov. 1 through April 30. Grab a set of clubs, at special pricing, and start a new family tradition.

Need more information? Contact Wayne McBean, membership director, at wmcbean@lassendas.com or call (480) 396-4000 ext. 201.

THE PATIO & GRILLE

All-you-can-eat pasta is offered at The Patio & Grille each Sunday evening in July. Come hungry and choose your favorite sauce and protein. Choose from marinara, alfredo, or olive oil and fresh garlic. Add a protein such as steak, chicken, or shrimp, and consider Sundays your imaginary trip to Italy (minus the passport and jet lag).

Fun fact: Did you know that Italy alone produces an estimated 1.43 million tons of spaghetti per year? Keep your eye on the weekday specials this month. The chef will be preparing cuisine from various



ethnic regions, furthering your fictitious travel experience. Summer favorites, like the mandarin pear and bleu cheese salad and Honolulu chicken sandwich, continue to be options for your enjoyment. Summer hours at The Patio & Grille are Monday through Thursday 10 a.m. to 9 p.m., Friday and Saturday 8 a.m. to 10 p.m., and Sunday 8 a.m. to 9 p.m.



THE VISTAS PAVILION

Reserve your space for the July wine dinner, taking place at The Vistas Pavilion on July 28 at 6:30 p.m. The evening's fare features carefully chosen seafood selections and will be accompanied by wine from *Daou Vineyards*, located in the central coastal region of California. Winemaker, Daniel Daou, has successfully created the highest possible quality Cabernet and Bordeaux wines in the area, a region known mostly for its Zinfandel and Rhone varieties in the recent past. Currently, his 2018/2019 wines received the highest levels of acclaim by *The Wine Advocate*, receiving 95 points or higher ratings. For reservations, call (480) 396-4000 ext. 222, or email cshaw@lassendas.com. ■



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LOCAL BUSINESS

What Role Does Guidance Play in a Person’s Ultimate Ability to Achieve Their Desired Results from Exercise?

Submitted by The Exercise Coach

When it comes to fitness results, the key to rapid, positive changes is having a coach who can give you the accountability and motivation you need to work harder and more effectively while still being safe.

Supervision is the key to effective strength training, and when that’s combined with the digital feedback at The Exercise Coach, you can achieve the fitness results you’ve always wanted.

It’s been said that the most forgotten variable in strength training is supervision. There is plenty of research that verifies the personal health benefits of strength training, but we need to remember that the vast majority of those studies are supervised. The researchers are effectively acting as personal trainers who are supervising and providing motivation and guidance.

Other studies have shown that supervised strength training leads to greater strength increases than unsupervised training. The smaller the coach’s class size, the greater the effect.



When researchers looked at supervised strength training with seniors, they found that when the supervision stops the results diminish or regress, even if the participant continues in a program on their own. The supervision of strength training is the key to making it effective.

At The Exercise Coach, the coaches are present to make a difference in three areas: safety, effectiveness, and efficiency.

When we talk about safety, we are referring to not only keeping a session injury-free, but also that workouts can be continued over the long-term. A qualified professional is going to be watching the form and techniques used while also choosing the right loads and machines for the task. Your workouts should be designed for you and your body, focusing on your current levels of fitness, strength, and ability.

The effectiveness of an exercise session is determined by the level of stimulus being applied to the body. Effort levels are of paramount importance and supervision provided by a personal trainer has to bring about higher levels of effort than an individual could manage on their own.

Studies have shown that people are capable of producing more force and working harder when someone is present and giving them verbal encouragement and accountability. Digital feedback from the exercise machines, when combined with supervision, further increases a person’s ability to produce force.

For strength training to be effective, you have to pay close attention to form and technique. This is something that a trainer can provide more effectively than someone exercising on their own. Many people fail to achieve the fitness results they are looking for from exercise because they are unable to exercise at the right intensity. It’s also possible to work at too high of an intensity and get injured. A coach helps you achieve the optimal intensity for your body.

The Exercise Coach creates plans that are personalized and optimal for each individual. When it comes to efficiency, clients never have to wonder which muscles to exercise or what to do next. The coaches get everything set up according to plan. This allows the client to focus on their form and their goal and makes it possible to deliver those results with a 20-minute workout.

When you work harder, it decreases the time it takes to see improvements in your fitness, which is why we optimize every second of every workout. A trainer’s supervision means that you are going to work harder, but the encouragement of a good team will make it enjoyable.

It doesn’t take exercising every day or joint-punishing cardio to transform your body and hormonal health. Smart strength training and whole-food nutrition are all you need to fundamentally change your life. ■

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REAL ESTATE

2023 Mid-Year Mesa Real Estate Market Update

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

Last year was a wild ride in the housing market where mortgage rates doubled, and sales plummeted in the second half of the year.

The dramatic rate hikes and bidding wars stopped buyers dead in their tracks and the demand pretty much vanished overnight, triggering prices to drop. By the end of the year Mesa inventory had increased by 138 percent from May to December while home prices decreased.



Lorraine Ryall

DEMAND

There was a lot of talk and speculation that prices would continue to plummet, and we were heading for another housing market crash. While we knew this wasn't going to happen for many different reasons, the fear of a repeat of 2008 kept buyers sitting on the fence waiting to see what was going to happen.

As it became clear that we had a correction and the market wasn't going to crash, buyers who had put their buying process on hold for the past six months started coming back into the market.

SUPPLY

It soon became obvious that the days of three or four percent mortgage rates were gone for the foreseeable future, and it was more likely that rates would increase. Prices had come down 21 percent, which helped with the higher interest rates.

In January buyers started to come back to the market and it wasn't long before the extra supply was quickly snapped up. By June 17 the supply had decreased to 456 single-family homes for sale in Mesa compared to 985 in January.

MEDIAN SALES PRICE

With demand increasing and supply decreasing in early 2023, we saw prices bottom out in December 2022 and they have increased every month since. With December seeing the lowest median price since July 2021 at \$430,000, by June 2023 it has increased to \$495,000, which is a 15 percent increase so far this year.

IF RATES DROP

If rates were to drop, especially if we got back into the five percent range, buyers would be out in force. With the already low supply, an influx of buyers could start a bit of a frenzy again, but it may be just for a shorter period of time.

With lower rates, it could also give the sellers who have been holding off selling and getting rid of their super-low mortgage rates a reason to sell and bring more inventory back to the market.

IS NOW A GOOD TIME TO BUY OR SELL

It used to be that we could predict the housing market with at least some certainty based on statistics, seasonal trends, market conditions, etc., but if there is one thing this market has taught us in the last four years is that this housing market is more unpredictable than ever.

IF YOU ARE A BUYER

Prices are continuing to increase and interest rates have stabilized. If rates do drop, you will be competing with more buyers, and in an already under-supplied market, prices will increase. So, while the interest rate may be less it could cost you more to purchase the home. If



you purchase now and interest rates drop, then you can refinance and get a lower rate anyway.

Of course, prices could drop again, and you could pay less for the home, but as price is driven by supply and demand and we have such a shortage of supply, we don't expect that to happen any time soon.

IF YOU ARE A SELLER

We know that if you price your home at the right price and market the home as well, now is a great time to sell due to the lack of supply. Fewer homes mean less competition.

It also depends on where you are planning to move to. If you are staying in the same market, it doesn't matter as much because the home you purchase will increase or decrease along with the home you are selling, so it balances out. Plus, if you are getting a mortgage and rates come down, you can refinance at that time and get the lower rate.

IN A NUTSHELL

2023 is a lot stronger market than how it looked at the end of last year. Demand is coming back while at the same time supply is dwindling. We are back in a sellers' market and in certain price ranges, we are seeing multiple offers again. We would expect it to slow down for the summer and through the holidays, but if there is any decrease in rates you will probably see the market pick up again pretty quickly.

MONTHLY MARKET UPDATE

Please visit my website Homes2SellAZ.com for my Monthly Market Update, which includes charts showing the inventory, sales, and median sales price in Mesa.

If you are thinking of buying or selling or would like to know more about the current market conditions, please don't hesitate to contact me. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 14 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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LOCAL BUSINESS

Unlock Your Financial Freedom with a Cash-Out Refinance

Submitted by Trusted Lending Center

Are you looking to take control of your finances and make the most of your home equity? Refinancing with a cash-out option might be the solution you've been searching for.



With Trusted Lending Center, a leading mortgage provider, you can refinance your home and enjoy a range of benefits, including eliminating PMI (Private Mortgage Insurance), paying off debt, making home improvements, and an exclusive offer of free refinancing until December 2026.

Let's dive deeper into these advantages and why Trusted Lending Center should be your go-to choice.

ELIMINATING PMI

Many homeowners initially choose an FHA loan to purchase their property, which requires PMI. However, once you've built up equity in your home, you can refinance and get rid of the PMI. This not only saves you money each month but also helps you build wealth by increasing your equity.

PAYING OFF DEBT

High-interest debts can be a significant burden on your financial well-being. By refinancing with Trusted Lending Center, you can consolidate your debts into a single, lower-interest mortgage. This approach allows you to pay off your debts faster and more efficiently, giving you peace of mind and improved cash flow.

HOME IMPROVEMENTS

Have you been dreaming of a kitchen remodel, a backyard oasis, or additional space for your growing family? Refinancing with a cash-out option allows you to tap into your home's equity and fund those much-desired home improvements. Trusted Lending Center will guide you through the process, ensuring your dream home becomes a reality.

EXCLUSIVE OFFER

Trusted Lending Center understands the importance of

providing exceptional service and long-term value to its clients. If you have done or do a purchase with Trusted Lending Center, they offer free refinancing until December 2026. This unique offer allows you to refinance your mortgage without worrying about costly fees, putting more money back into your pocket.

WHY CHOOSE TRUSTED LENDING CENTER?

Trusted Lending Center stands out as a reliable and customer-centric mortgage provider. Here's why they should be your top choice for refinancing.

- ♦ **Expertise.** Trusted Lending Center has a team of experienced mortgage professionals who will guide you through the refinancing process, ensuring you make informed decisions tailored to your financial goals.
- ♦ **Personalized Solutions.** They understand that each homeowner's needs are unique. Trusted Lending Center will assess your situation and provide customized refinancing options that align with your financial objectives.
- ♦ **Transparency and Trust.** Trust is at the core of their business. Trusted Lending Center maintains transparency throughout the refinancing journey, ensuring you have a clear understanding of the terms, rates, and costs involved.
- ♦ **Commitment to Service.** Trusted Lending Center is dedicated to providing exceptional service and support. They will go above and beyond to ensure you have a seamless refinancing experience, answering your questions and addressing any concerns along the way.

Take charge of your financial future. Refinancing with Trusted Lending Center opens up a world of possibilities. Whether it's eliminating PMI, paying off debt, making home improvements, or taking advantage of their exclusive offer of free refinancing until December 2026, you can achieve financial stability and create a brighter future for yourself and your family. ■



Don't wait. Contact Trusted Lending Center today and embark on a journey toward financial freedom. For more information on Trusted Lending Center, visit [trustedlendingcenter.com](https://www.trustedlendingcenter.com) or call (480) 400-9884.

LOCAL BUSINESS

Feel Lighter and Younger with Stretch Zone Longbow

Submitted by Stretch Zone Longbow

Are you feeling tight or stiff? Maybe your flexibility isn't what it used to be. Do you want to improve your golf, pickleball, or overall physical ability? Then Stretch Zone Longbow is worth checking out.



Matt, general manager at Stretch Zone Longbow, wants you to experience how amazing you will feel after visiting. "We offer a service called practitioner-assisted stretching, which will help relieve tightness, increase your range of motion, enhance athletic performance, and make you feel lighter and younger."

Better blood flow and flexibility pay off in the long run that is life. How do you expect to work on your locomotor apparatus unless you're stretching daily? When you join a program at Stretch Zone Longbow you will be stretched safely while you lay on a comfortable table. They have a patented strapping system that will hold your hips down and act as a separate pair of hands.

The best part of the stretching program is that it feels amazing. It is not supposed to be for only athletes but for every human around town. They will have you sleeping better than ever.

Matt would love to meet you and help you feel your best, so please stop in, or visit the website, stretchzone.com/locations/longbow, to book your complimentary demo stretch. ■

Stretch Zone Longbow is located in the Longbow shopping plaza at 3204 N. Recker Road, Suite 104, in Mesa. The establishment accepts HSA and FSA insurance. Call today at (480) 590-1133.

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LOCAL BUSINESS

Would You Like to Look Younger? We have an app for that

By Kimberly Alvarado

La Peau Dermatology proudly introduces the first FDA-approved radiofrequency micro-needling device, *Sylfirm X*, which has been clinically proven to safely and effectively address several issues involving the skin, including the dreaded signs of aging.

Many of us have become increasingly dependent on our cell phones and the conveniences they provide at our fingertips through continually advanced technology. We are quick to search for an *app* for almost every need.

The same holds for our appearances. We want results quickly. We can continue to do all the right things to take care of ourselves, like eating right, getting the proper amounts of sleep and exercise, drinking lots of water, and avoiding excessive amounts of alcohol, sugar, and gluten — it gets a little exhausting.

Still, despite all these efforts, we continue to age. And universally, we haven't quite figured out how to *stop* that process, but we now have the technology and an application to slow the appearance of the processes of aging. Call it *almost instant gratification* to slow something down.

INTRODUCING THE APPLICATION OF YOUR DREAMS THROUGH SYLFIRM X AND EXOSOMES TREATMENT

Dr. Zaina Rashid of La Peau Dermatology tells us the desire to stay young and healthy irrespective of age is universal. Everyone wants to look their best. Who doesn't want skin looking so fresh and smooth it glows?

"Many people find the usual signs of aging such as wrinkles, eye bags, or sagging skin as a source of concern. These telltale signs of getting older have been proven to dampen the spirits of many people, even those who are very careful with their skincare and health," said Dr. Rashid.

Nevertheless, these skin health issues can now be addressed with new advancements in technology.



Radiofrequency (RF) micro-needling treatment is a swift method of dealing with these skin issues without surgery.

Radiofrequency and micro-needling do very similar things. "Namely boosting collagen and elastin production in the skin," Dr. Rashid tells us. "Radiofrequency stimulates our body's cellular responses using heat, which helps tighten existing elastin and collagen at the same time while boosting new collagen. Micro-needling creates a controlled injury, which stimulates the body's wound healing response, once again kick-starting fibroblast activity, resulting in tightening and boosting of new and existing collagen and elastin."

Radiofrequency energy has a kind of shrink-wrapping effect on the collagen deep in the skin, so the skin will regenerate from the inside.

"Using needles to create micro-channels of damage enables the skin to heal itself faster than you would expect, because between each of the channels of damage is a portion of untreated, undamaged skin, so the skin isn't trying to heal the whole of itself at once," Dr. Rashid explains.

Sylfirm X is the latest generation RF micro-needling device clinically proven to address several issues safely and effectively, including some of the annoying signs of aging including fine lines, wrinkles, skin laxity, and sagging of the skin.

WHY CHOOSE SYLFIRM X?

As the world's first FDA-approved Pulsed and Continuous Wave Radiofrequency (RF) Micro-needling Device, *Sylfirm X* is an emerging Dual Wave RF device that can be used across different skin types for multiple benefits. Precise thermal coagulation is created by using evenly-leveled electrodes to penetrate precise depths. Multiple treatment modalities might be required to achieve better results.

"*Sylfirm X*, combined with Exosome Technology for post-treatment, can achieve results most patients have only

dreamed of seeing," says Dr. Rashid.

Exosome treatments are based on the most cutting-edge scientific biotech breakthrough for skin rejuvenation and regeneration. Exosomes are responsible for cell-to-cell communication and for facilitating the exchange of RNA and other important proteins between cells (e.g., fibroblasts, keratinocytes, immune cells, etc.) in addition to transferring numerous growth factors and cytokines and genetic materials that have shown signs of tissue repair and improving skin cells.

WHAT ARE EXOSOMES?

Exosomes are nanoparticles released by nearly all cells in the human body. Skin cells have their own exosomes that contain various lipids, proteins, amino acids, peptides, growth factors, and genetic material.

These nanoparticles act like messengers that send signals to unhealthy cells, triggering time to regenerate, thus prompting the body's natural healing process. Topical exosomes can be applied after treatment, such as micro-needling, or others like laser skin treatments.

Exosome therapy will help to wake up older exosome and inactive skin cells so they can work to repair, strengthen, and rejuvenate your skin. This treatment will also help to increase collagen production, decrease pigment production, and improve wound healing.

"The reason exosomes cannot simply be applied to the skin and instead need to be applied after a disruptive treatment is that they cannot penetrate the skin on their own," added Dr. Rashid.

WHAT TO EXPECT AFTER TREATMENT?

"You can expect little to no downtime. Depending on your skin type, you may see some redness and light flushing, but you should still be able to proceed with daily activities. Patients will see a noticeable improvement in their skin in two to six weeks after treatment," says Dr. Rashid. ■

La Peau Dermatology is located at 5424 E. Southern Ave., Suite 103, in Mesa. You can contact the office at (480) 396-2300 or email LaPeauDermatology@gmail.com.



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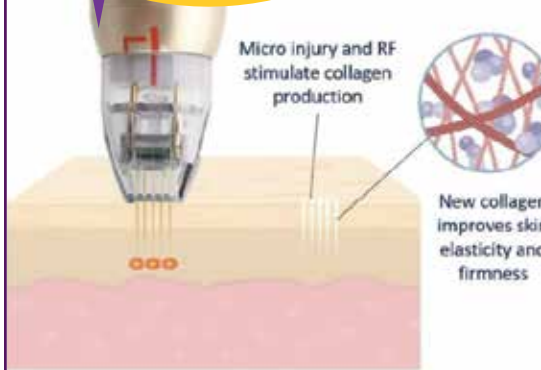


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A REVOLUTIONARY APPROACH TO RADIO FREQUENCY MICRONEEDLING TECHNOLOGY

How does Sylfirm X work?

Using an electronically controlled hand piece, the system uses 25 ultrafine gold plated needles to pierce the skin and deliver radio frequency energy (heat) below the skin's surface without damaging the outer layer of the skin. The system applies a precise energy level with each pass to ensure the RF microneedling penetrates to the correct depth to provide optimal results. The controlled micro-injuries created by the treatment result in upregulation in collagen production. This increase in collagen production leads to tighter, younger-looking skin.

What conditions can Sylfirm X treat?

Sylfirm X can deliver a range of skin improvements for all skin types, including:

- Wrinkles and laugh lines
- Reducing the look of pores, scars and stretch marks
- Acne and acne scars
- Tone, texture and brightness
- Lifting and tightening sagging skin
- Plumping and volumizing
- Double chin reduction
- Eye, brow, neck and jawl lifting
- Eye bag reduction
- Eyelid tightening
- Hand rejuvenation
- Melasma (brown or grey patches)
- Facial flushing
- Hyperhidrosis (excessive sweating of armpits, hands, feet, forehead, etc)

Who is a good candidate for Sylfirm X?

Sylfirm X is suitable for all skin types and ages if you are in good health, have early signs of aging, have realistic expectations, and are looking to treat the following:

- Pigmentation – Rosacea and Melasma
- Skin rejuvenation: Wrinkles, enlarged pores, rhytides, fine lines, and skin laxity
- Scars: Atrophic scars, acne scars, stretch marks, and hypertrophic scars
- Body rejuvenation: Double chin, turkey neck, and décolletage

TREATMENT includes EXOSOME APPLICATION

Exosomes are responsible for cell-to-cell communication and for facilitating the exchange of RNA (ribonucleic acid) and other important proteins between cells (i.e. fibroblasts, keratinocytes, immune cells, etc). Exosomes can be used to significantly increase skin collagen and elastin. Exosomes contain numerous growth factors as opposed to PRP, which has a thousand times stronger regenerative power. A proof-of-concept study was created by the researchers at the University of North Carolina. They learned that harvested exosomes were more effective in the repair of sun-damaged cells as compared to stem cells, retinol, and other popular procedures.

EXOSOME Regenerative Complex+ is an intensive dual-action complex formulated to absorb quickly into the skin delivering the concentrated power of over **5 billion stem cell** derived lyophilized exosomes, potent growth factors, peptides, coenzymes, minerals, amino acids, and vitamins. Paraben-free | Steroid free / Hypoallergenic patented technologies and ingredients

SYLFIRM X literally transforms your skin's appearance, taking tone and texture improvement to a new category of youthful vibrance.

BENEFITS SEEN

Visible results can be seen within a few days, but typically after three weeks, the most noticeable results appear. Improvements continue up to three months after treatment. Best results are achieved by receiving 1 SYLFIRM treatment per decade of age. (ex: 50-year-old may require 5-6 treatments). Treatments should be performed at 4-6 week intervals.

MINIMAL DOWNTIME. LITTLE TO NO PAIN



BEFORE

AFTER

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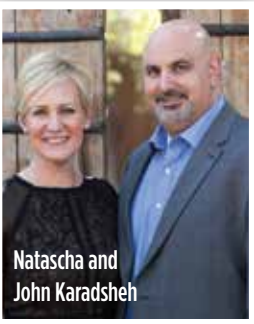
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REAL ESTATE

What To Do If You Inherit a Home

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



Over the past decades, we have advised and represented many clients who have inherited homes from parents or relatives, and it is often an overwhelming experience filled with emotions, many questions, and months of work. The first order of business is the settlement of the estate. Once the home is legally received as an inheritance, deciding to sell, rent, or keep the home is the first step in determining what to do next. Often heirs live out of state or there are multiple heirs, so we have found that the majority of our clients elect to sell the property they have inherited. For those who decide to sell the home, it is a good idea to work with a team of professionals including an estate lawyer, accountant, and a Realtor with estate experience who can offer advice and guidance throughout the process. Although each situation is unique, here are a few tips to consider when you have inherited a home:

• Make a Short-Term Plan to Maintain and Secure the Property.

One of the first things to address when inheriting a property is the maintenance and care of the property. The mortgage, taxes, homeowners' insurance, HOA dues, utilities, and routine services (landscaping/pool/pest service) need to be maintained. It is also beneficial to make sure someone is checking on the home regularly in case any issues arise (i.e. green pool, fallen tree, auto-ship package deliveries, HVAC issues, etc). Additionally, make sure the property is properly secured and provide the neighbors with your contact information in case they see anything of concern at the property.

• Learn About the Property.

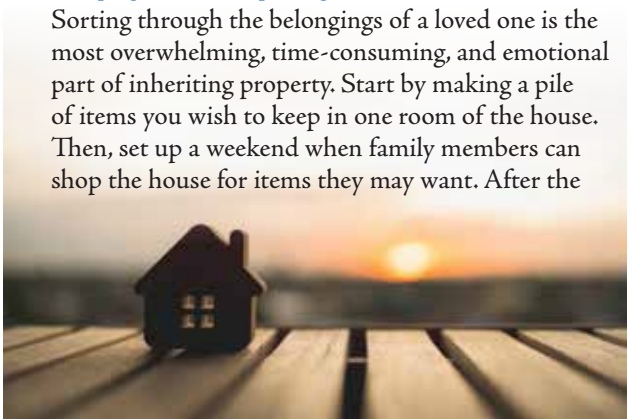
Do your best to learn about the home in preparation for the sale. Are there invoices for repairs? Are there service agreements for HVACs or other mechanicals? Are there any remaining warranties on appliances, HVACs, the roof, or termite treatments? Is any of the equipment leased (water systems, solar, alarms, etc.)? If you are not familiar with the property, this part requires some investigative work including calling maintenance providers who may have recently worked on the property, speaking to neighbors (who may know more than you realize), and evaluating paperwork. We recently sold an estate property and discovered that the owner had taped a list of her service providers inside a cabinet door. It was a great find that helped us quickly get information about the property!

• Consider Getting a Home Inspection.

Has the home been well maintained or is it in need of repairs? A home inspection will help you to understand the condition of your new asset. An inspection may also help you catch any imminent maintenance issues that could cause issues while you are preparing the home for sale (i.e. leaking water heater, faltering HVAC, roof leak, etc.).

• Empty the Property.

Sorting through the belongings of a loved one is the most overwhelming, time-consuming, and emotional part of inheriting property. Start by making a pile of items you wish to keep in one room of the house. Then, set up a weekend when family members can shop the house for items they may want. After the



family weekend, organize to have a charity come and pick up the remaining items. Setting timelines for the clean out will keep the process from dragging on for years (yes, really years). Just remember, the longer you keep and maintain the property, the less you may net from the asset.

• Prepare the Property for Market.

Once the home has been emptied, evaluate the condition. Would it be wise to invest in fresh paint and new carpet? At a minimum, a thorough cleaning is a must. An experienced Realtor can help you evaluate what needs to be done to achieve the highest market price or help you price the home according to what you are willing to do to prepare the home for market.

Inheriting a property can be an amazing windfall but it does not come without a contribution of time, effort, and emotion. A property also requires maintenance, and understanding the monthly cost of operating the property on the front end will help you establish a reasonable timeline for selling the asset. We have sold many estate properties for clients and are here to help you navigate the challenges and help you prepare a plan that is manageable. As always, we are here to help! ■

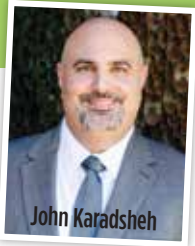
John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun. John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 20 years. He is an Accredited Buyers Representative (ABR) and Certified 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.

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Northeast Mesa Area Market Report

Sales over \$440,000 for the Month of May 2023



Address	Square Feet	Community	Sold Price
9003 E Fox St	1,599	Falcon Ridge	\$440,000
2527 N Silverado Rd	1,533	Corta Bella	\$445,000
3044 E Lockwood St	1,402	Vista Mesa	\$445,000
5849 E Evergreen St	1,536	Alta Mesa	\$450,000
6625 E Presidio St	1,479	Ridgeview	\$460,500
6438 E Elmwood St	1,880	Brookfield East	\$466,000
2323 N Tierra Alta Cir	1,523	Boulder Mountain	\$475,000
6435 E Star Valley St	2,031	Red Mountain Ranch	\$480,000
2930 E Nora St	2,100	Rancho De Arboleda	\$492,000
3519 N Diego	1,800	Summit	\$500,000
8728 E Ivy St	1,484	Mountain Bridge	\$505,000
9247 E Fairfield St	2,056	Crystal Manor	\$518,000
4058 N Ranier St	1,446	West Hills	\$520,000
5928 E Ingram St	1,853	Alta Mesa	\$520,000
2230 N Azurite	1,575	Boulder Mountain	\$520,000
6408 E Quartz St	1,963	Ridgeview	\$535,000
6135 E Hillview St	2,513	Golden West	\$538,000
2451 E Glencove St	2,950	Sahara Palms	\$541,000
2923 N 63rd St	2,531	Mesa Desert Heights	\$545,000
825 N Yale	2,130	Meadowvale	\$549,000
2453 E Encanto St	1,956	Prince Estates	\$557,000
2421 E Hale St	2,727	Chateau D Arnett	\$559,500
3035 N Saffron	2,080	Ridgeview	\$575,000
8109 E Fountain St	2,354	Gila Ridge	\$581,800
1810 N Bernard	1,765	Mountain Bridge	\$585,000
9104 E Hannibal St	2,293	Sierra Heights	\$597,000
2104 N Ashbrook	2,574	Southwest Groves	\$605,000
6707 E Villeroy St	2,350	Red Mountain Ranch	\$610,000
3047 E Menlo St	2,419	Vista Mesa	\$610,000
2101 N 64th St	2,541	Skyway Village	\$625,000
3939 N Tirol Cir	2,723	Red Mountain Ranch	\$625,000
942 N Orlando	3,100	Summit At Montecito	\$628,500
8514 E Glencove St	1,800	Signal Heights	\$650,000
4146 N Lomond	2,607	Red Mountain Ranch	\$650,000

Address	Square Feet	Community	Sold Price
3937 N Sapphire	2,723	Red Mountain Ranch	\$655,000
8047 E Jacaranda St	2,279	Monteluna	\$699,500
5850 E Leonora St	1,742	Apache Wells	\$700,000
1247 N Joplin	2,977	Saguaro Mountain	\$722,500
4064 E Greenway Cir	2,853	Estate Groves	\$749,000
8029 E Jacaranda St	2,357	Monteluna	\$759,900
4055 N Recker Rd #54	3,030	Red Mountain Ranch	\$765,000
8041 E Jacaranda St	2,596	Monteluna	\$775,400
8023 E Jacaranda St	2,462	Monteluna	\$785,300
805 N 99th St	2,766	County Island	\$825,000
9511 E Minton St	3,026	Boulder Mountain	\$835,000
2122 N 80th Pl	2,988	Desert Shadows	\$837,100
1127 N Quinn St	2,506	Estates At Valencia	\$850,000
2834 E Backus Rd	4,339	Jasmine Ranchettes	\$930,000
8027 E Jasmine St	2,688	Monteluna	\$935,900
8439 E Leonora St	2,403	Mountain Bridge	\$940,000
5345 E McLellan Rd #54	3,095	Alta Mesa	\$950,000
1631 N Los Alamos	4,052	Mesa Northgrove	\$960,000
2349 E Mallory Cir	3,568	Hermosa Vistas	\$975,000
2160 E Calle Maderas	4,390	Las Maderas	\$980,000
8437 E Jensen St	3,204	Mountain Bridge	\$990,000
3511 E Indigo Cir	3,940	Arboleda	\$1,025,000
3127 E Menlo St	4,072	Vista Mesa	\$1,037,500
5345 E McLellan Rd #51	3,696	Alta Mesa	\$1,100,000
3707 E Fountain St	4,612	Trovita	\$1,255,000
2625 N 24th St #13	4,567	Estates At Northridge	\$1,300,000
6853 E Ingram Cir	4,233	Annecy	\$1,365,000
3222 N 80th Pl	2,989	County Island	\$1,380,000
3753 E Fairbrook St	3,995	Trovita	\$1,400,000
3420 E Kael St	6,127	Hermosa Groves South	\$1,595,000
2553 N Maple St	5,000	Vista Estancia	\$2,150,000
8812 E Palm Ln	8,003	County Island	\$2,215,000
3905 E Mallory Cir	5,605	Vista Estancia	\$2,450,000
2020 N Lemon	6,548	Villa Tuscano	\$2,600,000

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

KOR
PROPERTIES

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LOCAL BUSINESS

Why You Should Choose CLEAR CHOICE FLOORING

Submitted by Clear Choice Flooring

Whether it's new construction or a remodel, choosing the right materials and design can make a significant difference to a project's overall appearance, and the finished look.

Clear Choice Flooring in Gold Canyon has earned its reputation in Arizona since 2008 for quality customer service, free, friendly, and helpful decorating advice, and superior installation work.

QUALITY MATERIALS

At Clear Choice Flooring, we only install quality products for your new floor, shower, countertop, and backsplash. We have many types of materials to choose from including ceramic, porcelain, quartz, marble, travertine, and engineered hardwood, as well as a variety of vinyl and carpet selections from economical to luxury lines. We are also an exclusive seller in Arizona for *Karndean* luxury vinyl products.

FAST SERVICE

The team at Clear Choice Flooring can come out and measure, provide a written quote, and complete the job in a fraction of the time it usually takes the large, big box stores to arrange an estimate. Instead of charging an hourly rate, Clear Choice Flooring charges by the square yard or square foot for each project.

We also work with numerous manufacturers who have local warehouses

stocked with their products for faster delivery and installation.



SOLID REPUTATION

Clear Choice Flooring is a family-owned company helping other Arizona families make their flooring and tile visions a reality. We have built many relationships in the

communities we serve within the Valley and our customers trust us to help them find the perfect tile and flooring for their home.

We go above and beyond to make sure our customers are happy working with us, and we especially love it when we get a new customer or a referral after reading our five-star reviews.

FREE DECORATIVE HELP

Clear Choice Flooring also offers a personal touch. When you do business with us, you are not talking to a department with lots of individuals who might give you many different answers. Instead, you are speaking with the owner, Jon Howlett, who has over 25 years of professional sales and installation experience and has your best interests in mind.

The in-store showroom team is also dedicated to providing you with friendly service and can help you browse and make selections based on your personal style. ■

Visit the Clear Choice Flooring showroom located at 6832 S. Kings Ranch Road, Suite 2, in Gold Canyon. View their website at clear-choiceflooring.com or call (800) 505-9583.

LOCAL BUSINESS

Alpha House Home Decor Gallery OFFERS CUSTOM FLORALS, RENTALS, DECOR, AND MORE

By Jamie Killin

Alpha House Home Decor Gallery is known for its unique home decor and accessories, but the boutique also offers custom floral arrangements and large-scale light-up trees — perfect for adding a magical look to your next special event, whether it's a wedding, corporate event, birthday, or anniversary.

For floral arrangements, clients can order over the phone or by visiting the shop in person to discuss their needs.

"Each arrangement is custom, and for more elaborate ones we special order florals, which can take a couple of weeks," said owner Juliette Grigsby. "From there, we take a few days to make sure the flowers are arranged perfectly according to our client's vision."

The trees can be set up indoors or outdoors and come in a variety of sizes with different leaf options and light colors. Alpha House Home Decor Gallery will deliver, set up, and break down the trees for your event, making it a stress-free addition to your celebration.

"The trees have been popular, and our dates are filling quickly, so we recommend booking in advance," said Juliette. "We just require a nonrefundable \$375 booking fee to secure your date."

In addition to rentals for events, Alpha House Home Decor Gallery offers decor items to rent for home staging. The shop's most popular decor items include pillows, vases, and sculptures perfect for staging or permanent decor. This year, they also will be offering a variety of different holiday items.

The shop prides itself on offering items that won't be found anywhere else, at a fair price, and will even help customers source any specific pieces they haven't been able to locate.

The shop is also a great place for gifts — with candles that can be paired with a custom floral arrangement or one-of-a-kind home item. ■



Alpha House Home Decor Gallery is located at 2823 N. Power Road, Suite 105, in Mesa, at The Village at Las Sendas. For more information, follow on Facebook at facebook.com/AlphaHouseHomeDecor, or call (480) 812-5406.



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EDUCATION

Tips to Ensure Your College Tours are Successful

Submitted by Shawn Coats, Class 101

Many high school students travel the country and tour colleges during the summer months. Families can do a few things to get the most out of their visits. These tips are helpful not to ensure students can get into a college but to ensure it is the right fit.

When you visit a college campus, scheduling an official tour with the admissions office is critical. The office is, by definition, meant to serve as the primary point of contact for interested students, providing valuable information on programs, tuition, and scholarships, and evaluating applications. Meeting prospective students is their job.

This outreach is helpful for two different reasons. First, meeting with an admissions officer can help connect you with resources to help you better decide. An admissions officer might, for example, have information on classes and scholarships that are not readily available on the website. They might also be able to connect you with others who can support you on your journey — whether that be faculty, alums, or current students.

The second reason is to establish demonstrated interest. Many colleges track students' demonstrated interest to ensure students will accept when admitted. By scheduling an official tour, you demonstrate

your interest and make yourself a more compelling candidate.

Also contacting someone within your prospective major's department can be beneficial. Try meeting with a student or faculty member and learn more about internships, study abroad programs, research opportunities, etc. During your visit, read the bulletin boards, pick up the campus newspaper, and pay attention to the advertisements from student life. Do the viewpoints and opportunities align with your interests?

Finally, a college visit lets you see the surrounding area and if it matches your ideal college experience. Do you want to enjoy vibrant city life or prefer nature and rural vistas? Do you want your campus to be within walking distance of a grocery store, bank, and other essentials, or are you comfortable driving or taking public transportation? How far is the airport or train station from campus? Will you have access to professors and opportunities for research or internships? Remember, the goal is to secure a solid job upon graduation, and opportunities in college will impact that. ■

For more information on college admissions and a complimentary consultation, contact Shawn Coats at (602) 647-8347, email scoats@class101.com, or visit class101.com/mesagilbert.



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EDUCATION

Meet Hermosa Vista Principal Heather Horne

By Laurie Struna
Photo by Tim Hacker

In 2018, Heather Horne was in the middle of getting her master's degree in kinesiology when her plans changed. Always being passionate about helping her community and finding ways to alleviate the teacher shortage, she realized she could be a part of the solution.

Heather started working as an instructional aide and six months later, became a long-term substitute while finishing her teaching certification. Hired as a teacher in residence, Heather learned that she is very passionate about teaching too.

Mesa Public Schools is proud to have Heather in our school system and the following is an interview with her.

What are Your Goals for the New School Year?

I am so excited to continue all the wonderful things that have been happening at Hermosa Vista Elementary School. One of our biggest goals for next year is to grow our love and curiosity for learning among students and staff.

As a dual language immersion school, we have the opportunity for amazing experiences, positive outcomes, and unique challenges at our campus.

As a staff, we will be learning alongside one another to build thinking classrooms and provide more opportunities for authentic learning with the goal of bringing real-world connections to our students.



What Advice Do You Have for Staff and Students?

A little empathy goes a long way. Never miss a chance to put yourself in someone else's shoes, to see something from a different perspective, or to learn from others' experiences.

What we are building at school today builds all of our futures. Education is truly sacred work to instill in others the ability to learn, think, problem solve, collaborate, and be generous and compassionate to one another.

What are Your Favorite Books?

I am a nonfiction reader these days. One of my favorite books lately is *Culture Code* and *A Man's Search for Meaning*. The sixth-grade teacher in me loves good historical fiction by Alan Gratz. My favorites are *Refugee* and *Prisoner B-3087*.

Do You Have a Favorite Food, Beverage, or Guilty Pleasure?

Chips, salsa, and LDC (large Diet Coke) with extra ice. I enjoy spending time with my three teenagers and walking my Goldendoodle, Fitzgerald, with my husband in the evenings. Saturdays are spent at music recitals and watching my children's rugby games, and we love sneaking away to the beach during fall and spring breaks. ■

For more information regarding Mesa Public Schools, please visit mpsaz.org.

SPIRITUALITY



Sunrise and Sunset A PICTURE OF GOD'S FAITHFULNESS

By Judy A. Knox,
Charis Christian Church

Arizona is known for its glorious sunsets. From a spot near my house, I can watch the changing colors blaze across the western horizon. Of course, sunrise and sunset take place every day, but God arranged atmospheric conditions, so we're frequently treated to a beautiful display of vibrant color as a bonus.

The real message in sunrises and sunsets is their predictability. Every day the sun comes up, and every evening it goes back down. Are we afraid when it sets? Do we worry whether it will rise again the next morning? Of course not.

Some days the sky may be covered in thick clouds that hide the sun from view, but we never doubt that it's up there shining away or worry that it won't rise again the next day. We can count on it.

In the same way, we can always count on God to do what His Word promises. Like the sun shining behind the clouds, even in the darkest times He's there, working behind the scenes. God told Jeremiah the prophet, "I am watching over My Word to perform it." (Jeremiah 1:12) Some versions say he is hastening to perform it. Our God is faithful. He knows what His Word says, and He is actively engaged in bringing it to pass.

Some days, when things don't seem to be going as we hoped, we may have a hard time seeing God at work in our lives, but He is. The problem is not with Him, but with our losing sight of Him in some way. Clouds of doubt, fear, or other negative emotions are blocking our view of His grace and goodness.

The antidote is simple: open up the Bible and read what He says about who we are and what we have in Him. "Faith comes by hearing, and hearing by the Word of God." (Romans 10:17) When we refocus on the truth of God's Word, the clouds soon clear.

Consider some of the words God is hastening to perform, such as His promise never to leave or forsake us (Hebrews 13:5), and the assurance in Lamentations 3:22-24 that, "His mercies are new every morning."

Next time you see a glorious sunset, let those brilliant colors be a physical reminder that just like we can count on sunrise and sunset, we can be sure that God is *on the job*! He is faithful. We can count on Him. ■

If you would like to learn more about God's faithfulness, come visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

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LOCAL BUSINESS

Five Great Possibilities For Elevating A Room
ALTERNATIVES TO VERTICAL WINDOW BLINDS

Submitted by Window to Design
While vertical window blinds are a common solution for covering sliding-glass doors and large windows, they're not the only option. Looking for something a little different? Check out the following styles.

1. VERTICAL CELLULAR SHADES.
Cellular shades are incredibly energy efficient, whether you're using them for windows or doors. Their honeycomb design traps air in distinct pockets, adding a layer of insulation at the glass for year-round comfort.



2. SHEER VERTICAL SHADES.
These drapery-like sheers beautifully diffuse natural light, for a softly filtered glow. The sheer fabric is attached to rotating fabric vanes, which provide light control as well as privacy. Because they diffuse natural light, sheer vertical shades help protect hardwood floors, furnishings, and artwork from



damaging UV rays while maintaining your views to the outside.

3. PANEL-TRACK BLINDS.
If you're looking to create a dramatic backdrop for tall windows, look no further than panel-track blinds. Made of flat, fabric panels that slide on a track, panel-track blinds are a sleek, contemporary twist to vertical blinds. When open, they stack tightly to optimize your view, and when closed, you can enjoy their gorgeous texture and style.

4. WOVEN WOOD SHADES.
Infuse organic style and texture into a room when you cover doors with woven wood shades. Crafted from woods, reeds, grasses, and bamboo, these artisanal, artistically woven shades bring a touch of the outdoors in.

5. SHUTTERS.
Shutters have a warm feel and are as durable as they are beautiful, making them a great choice for doors in high-traffic areas. Composite shutters have the rich look of genuine hardwood, with added strength, while vinyl shutters can stand up to the intense sunlight and moisture of hot and humid climates. ■

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 Lisa at (480) 207-6450. Graciela Coronado can be reached directly at (480) 993-9090, or email graciela@windowtodesign.com.

LOCAL BUSINESS

Let's Find Your Flavor
AT ELYSIAN FIELDS

Submitted by Elysian Fields
Tempt your taste buds with tasty treats at Elysian Fields, our new bakery location at 6727 E. McDowell Road, Suite 104, in Mesa. First-time visitors get a free shortbread on the house.



Elysian Fields is an artisan bakery that specializes in both classic and adventurous offerings from timeless cupcakes, tarts, pastries, and scones to floral-flavored confections, such as shortbread cookies, teacakes, and cakes among others.

Whether a celebration of a birthday, a special soiree, or simply an event in need of particularly tasty treats, we gladly throw our hat in and offer our baking magic to craft the scrumptious sweets you need.

A custom event cake, a batch of cupcakes, shortbread cookies, or something else to please your guests — we are ready to craft scintillating offerings that are sure to satisfy even the most particular critic.

Please place custom and large orders at least 48 hours in advance.

In addition to our traditional offerings, our confections are also available in Vegan and Keto/Gluten-Free varieties. We want you safe and glowing.

All items in our shop are 100 percent natural, baked fresh daily, and meticulously and lovingly made by our own hands, in small batches through unique, alchemical methods inspired by our explorations. Many of the elements are picked with care from our very own happy and healthy plants.

Elysian Fields was founded by a multi-generational team who long shared a dream of providing a place for people from all backgrounds and traditions to explore nature, and the beauties and wonders it provides. From an early age, members of our clan were introduced to fantastic worlds from classical mythology across numerous pantheons — Greek, Egyptian, Norse, Celtic, Chinese, and Oceanic to Middle Earth and Pern, Narnia, and Azeroth, and back to earth with Cosmos, science, and history.

We started Elysian Fields to bring the opportunity to explore all aspects of this world, life, and nature to others in their own unique journeys through life. We invite you to shop awhile, sit a spell, and embrace our connection with nature's beauties and wonders.

Welcome to our garden. Come wander with us. ■

Elysian Fields is located at 6727 E. McDowell Road, Suite 104, in Mesa. Visit elysianfieldsmagic.com or call (480) 590-0646.

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HEALTH

Over 50

Common Medicare Questions Answered

Submitted by Lynne Jones, Tapestry Insurance

Medicare decisions are highly personal and there may be as many different questions about Medicare as there are beneficiaries, maybe more. But certain questions seem to come up more often than others.

Here are some of the most common Medicare questions and answers.

How Do I Know What Medicare Coverage is Right for Me? The answer to this may be easy to say but maybe not as easy to do. You need to understand your personal healthcare needs and choose Medicare coverage to help meet them. For example, if you take prescription drugs right now when you get Medicare, you need to make sure you get Part D prescription drug coverage through either a stand-alone Part D plan or a Medicare Advantage plan.

How Much Does Medicare Cost? You will likely pay the Part B premium to Medicare. Beyond that, you may pay other premiums, deductibles, co-pays, and co-insurance. The total amount you pay will depend on the type of Medicare plan(s) you choose and the health care services you use during the year.

What Do I Do About Medicare if I Work Past Age 65? If you plan to work past 65, you may be able to delay enrolling in Medicare. Or, you may have to enroll during your Initial Enrollment Period in Parts A, B, and D if you want to avoid late penalties. It will depend on your employer and if your employer coverage is creditable.

Some people who can delay Medicare still choose to enroll in just Part A when they turn 65 in addition to their



employer coverage. Part A is premium-free if you or your spouse worked and paid Medicare taxes for at least 10 years. Note though, if you do get Part A, you can no longer contribute to your HSA.

How Can I Get Dental and Vision Coverage with Medicare? Original Medicare (Parts A & B) does not cover routine dental or vision care; however, some Medicare Advantage (Part C) plans do. Plans include all the coverage provided by Parts A and B, and often additional benefits like dental, vision, hearing, and gym memberships, all in one plan.

Is Medicare Mandatory? No part of Medicare is mandatory, but if you choose to enroll in any part of Medicare after your Initial Enrollment Period, you could face financial penalties unless you qualify for a Special Enrollment Period with creditable employer coverage.

What's the Difference Between Medicare and Medicaid? Medicare and Medicaid are both government healthcare programs, but they are very different. Medicare is generally for people who are 65 or older, or who have a qualified disability. Medicaid is a state-governed program for people with limited income and resources. Some people are eligible for both Medicare and Medicaid. These people are considered *dual eligible* and are often qualified for special Medicare plans.

Do You Have Additional Questions About Medicare? Medicare is complex, and it can often feel overwhelming when you're learning about Medicare and shopping around for coverage for the first time. If you have further questions, I would love to be your guide. ■

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FINANCES

Over 50

Retirees should talk finances with grown children

Submitted by Linda Drake and Brent D. Hoskinson

Are your adult children concerned about your finances? You might be surprised. Consider this: 66 percent of the millennial generation worry that their parents or in-laws may not have enough money to live comfortably in retirement, according to a 2023 study by Age Wave and Edward Jones.

To help alleviate these fears, you should clearly communicate your financial situation to your adult children. If you're in good shape, they'll be reassured. On the other hand, if you're feeling some financial pressure, you can inform your children of the steps you're taking to improve your situation.

For example, you can look for ways to reduce or consolidate your debts. And you might even consider downsizing your living arrangements. Also, you might be able to adjust your investment mix to provide you with more income in retirement.

One final suggestion: Let your children know whether you already have a strategy in place to meet the potentially high costs of long-term care, such as a nursing home stay.

By informing your children about your financial picture, and what you may be doing to improve it, you can ease everyone's minds — so keep the lines of communication open. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC

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COMMUNITY

City of Mesa wins All-America City Award

Submitted by the City of Mesa

The City of Mesa achieved an All-America City Award in June for youth programs designed to encourage engagement, education attainment, and service in the community. The prestigious award by the National Civic League is bestowed every year to 10 municipalities or counties directly impacting the lives of their residents.

“Mesa is an All-American City. This year’s theme was youth engagement and our application put a spotlight on programs that directly support the growth and success of our youth. They are our future and together we’ll thrive,” said Mesa Mayor John Giles.

Under the umbrella of the *Together Mesa* diversity initiatives, the City of Mesa presented *Project Lit*, *Hacktivate Mesa*, *SPARC (Sports Program Activities Reuniting Communities)*, the *Mayor Youth Committee*, and *Mesa College Promise* to a panel of national judges gathered in Denver. More than 50 youth, program managers, and elected officials participated in the presentation.

“This award is a testament to Mesa’s commitment to future generations and the impact many of our City programs have

on our youth,” said Mesa City Manager Chris Brady. “We are incredibly proud of the work of the delegation in Denver and can’t wait to celebrate this enormous achievement.”

The 2023 All-America City Award recognizes communities working to improve the health and well-being of young people, with particular attention to efforts engaging young people in this work. The last time Mesa won the All-America City Award was in 1979.



ABOUT CITY OF MESA

With a population of more than 513,000, Mesa, Ariz. is the 37th largest city in the United States and the second largest in the Phoenix-Mesa metro area.

Mesa is a favorite destination for thousands of visitors, with more than 300 sun-filled days a year and an average temperature of 72.6 degrees. Four major industries drive the area’s economy: healthcare, education, aerospace, and tourism. Mesa is home to two award-winning airports, Phoenix-Mesa Gateway Airport and Falcon Field Airport. ■

For more information about the City of Mesa, go to mesaaz.gov.



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