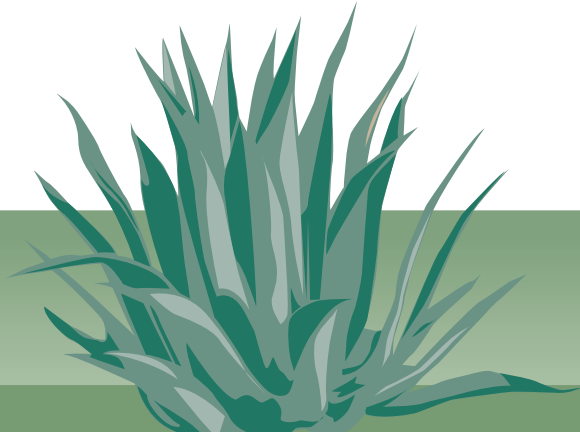


Northeast Mesa Up Close



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Excitement of Science Comes Alive at MCC Red Mountain Campus



PLUS! HALLOWEEN EXTRAVAGANZA RETURNS OCT. 31

Submitted by Mesa Community College

Gila monsters, snakes, turtles, froggies, and cute little pup fish — these are a few of the desert critters in displays, classrooms, and in natural settings throughout Mesa Community College's Red Mountain campus. Located on 100 acres of Sonoran Desert at Power Road just north of McKellips Road, the campus boasts an array of native creatures including rattlesnakes, lizards, toads, frogs, Gila monsters, desert tortoises, mud turtles, endangered pup fish, and more.

Campus critters are ready to greet you at the Red Mountain Halloween Extravaganza, returning from its pandemic hiatus on Oct. 31. There is no admission fee for this community trick-or-treat party being held throughout the campus from 5:30 to 8:30 p.m. Candy and treats are given out from dozens and dozens of booths featuring games, activities, entertainment, and spooky excitement. In past years, families in the community have said how much they appreciated having a safe, enjoyable location for their children to trick-or-treat.

Stop by anytime when the college is in session to visit the Cienega, created in the heart of the Red Mountain campus. This desert spring has become a habitat for endangered and local birds, reptiles, amphibians, invertebrates, and fish, creating educational opportunities and a place to relax and enjoy the desert flora and fauna.



Dean Mary Boyce said, "Ongoing wildlife contributions and on-campus participation from organizations such as Arizona Game and Fish have created incredible outdoor laboratory and teaching spaces allowing us to integrate the ecology of the desert, plants, and animals into college classes including art, biology, English, geography, and geology."

The science and wellness theme at MCC Red Mountain is reflected in health care programs in the

fields of nursing and dental professions. The seven-week Nursing Assistant program prepares students to become a Certified Nurse Assistant or Licensed Nurse Assistant (LNA) and is one of several classes that can provide immediate employment possibilities or fulfill requirements to pursue a nursing degree.

The college's renowned Dental Hygiene Program prepares students who earn an Associate of Applied Science Degree in Dental Hygiene to take the written and clinical exams necessary to obtain licensure in most states. For decades, 100 percent of MCC graduates have passed their licensing exams going on to careers in dental practices or public health care settings. ■

Although fall classes have begun, you can register for Flex Start classes each month through November, and certification classes are ongoing. To find out more about academic degrees, career classes, financial aid, and more, stop by the Red Mountain campus Enrollment Center in the Mesquite building, call (480) 654-7600, or go to mesacc.edu/enroll.



Let Stretch Zone Longbow Prepare You for the Changing Season

Submitted by Stretch Zone Longbow

Now that summer is over and fall is coming, the weather is changing and your muscles might feel tight or stiff. If that is the case and you would like to feel better and more flexible, then Stretch Zone Longbow is the place for you.

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



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LOCAL BUSINESS

Grand Welcome East Valley of the Sun Opens to Assist in Your Short-Term Rental Needs

By Brandon Balsley, Grand Welcome,
East Valley of the Sun

Grand Welcome offers a personalized approach to short-term rental property management with a focus on quality over quantity. The vacation home property management company comes with all the perks of a national brand, but each location is locally owned and operated, providing guests and homeowners with a boutique-like experience and the care and communication they deserve.

Grand Welcome East Valley of the Sun offers homeowners a comprehensive property management program that covers every aspect of the short-term rental process and a team of experts to ensure each booking is implemented to perfection including:

- An in-house marketing team and pricing strategists who keep your home booked at top dollar rates on over 30-plus rental sites all year-round.
- An emergency response team that is on-call at all times for guest needs. Let us handle the late-night phone calls.
- In-house cleaning vendors to ensure your property is in top-notch shape between each booking.

As a resident of this area for over two decades, Brandon Balsley, owner of Grand Welcome East Valley of the Sun, possesses an intimate understanding of its unique charm and character, allowing him to offer invaluable insights to visitors and property owners.

Contact Brandon at (480) 933-8874 or Brandon.Balsley@grandwelcome.com to get an estimate of how much your property can make and for more information on the management service. Also, check them out on the web at: join.grandwelcome.com/east-valley-of-the-sun-az.

In the coming months, Brandon will touch on various topics and challenges of short-term property rentals and how Grand Welcome can make it the success you expect. So, first up are the City of Mesa's permitting requirements. Grand Welcome assists with this need as part of their management fee.

HOW SHORT-TERM RENTAL PERMITS IN MESA CULTIVATE A FLOURISHING BALANCE BETWEEN TOURISM AND COMMUNITY WELL-BEING

Short-term rentals have become popular for travelers seeking unique accommodation experiences and for property owners looking to capitalize on their real estate investments. However, with the rise of short-term rentals comes the need for proper regulation and management to protect the interests of the community and also the property owners.

So, in 2022, the City of Mesa established specific permit requirements for property owners who wish to engage in short-term rental activities. These *Short-Term Rental Permit Requirements* balance fostering tourism while maintaining the city's residential integrity.

These requirements are aimed at ensuring that short-term rentals operate in compliance with local laws and that the safety and well-being of guests and neighbors are not compromised. Home Owner Associations (HOAs) may also layer restrictions on top of the permitting process.

Property owners must go through a structured application process to obtain a Short-Term Rental Permit in Mesa. This process typically involves:

- **Registration:** Property owners, or designated agents, must register their property with the City of Mesa and provide detailed information about the short-term rental's location, size, and intended use.
- **Neighborhood Notification:** The property owner is required to notify neighbors within a certain radius about their intention to operate a short-term rental. This allows residents to voice any concerns they might have and to provide emergency contact information.
- **Tax Obligations:** Property owners must comply with local tax regulations and collect and pay applicable Arizona Transaction Privilege Tax (TPT).

Mesa may restrict the days a property can be rented out as a short-term rental within a calendar year. Additionally, there might be occupancy limits to prevent overcrowding and maintain the neighborhood's peace. Failure to obtain the necessary permit or comply with the regulations can result in penalties or fines for property owners. Continuous violations may lead to suspending or revoking the short-term rental permit.


While some property owners may view the permit requirements as an added burden, there are several benefits to consider:

- **Maintaining Property Standards:** The permit requirements ensure that short-term rental properties meet safety and quality standards, enhancing the overall guest experience.
- **Community Relations:** By notifying neighbors and involving the community, the permit process fosters better relationships between property owners and permanent residents.
- **Economic Impact:** Regulated short-term rentals can contribute positively to the local economy by attracting tourists and generating additional tax revenue.

Mesa's Short-Term Rental Permit requirements are designed to strike a balance between promoting tourism and protecting the community's interests. By adhering to these regulations, property owners can ensure the sustainability and success of their short-term rental ventures while contributing to the overall growth of the city's hospitality sector. ■

Brandon Balsley is the proud owner and operator of Grand Welcome East Valley of the Sun, a full-service vacation rental property management company, where he combines his passion for exceptional customer experiences with his deep-rooted love for Northeast Mesa.

Contact Brandon at (480) 933-8874, email brandon.balsley@grandwelcome.com, or visit join.grandwelcome.com/east-valley-of-the-sun-az.




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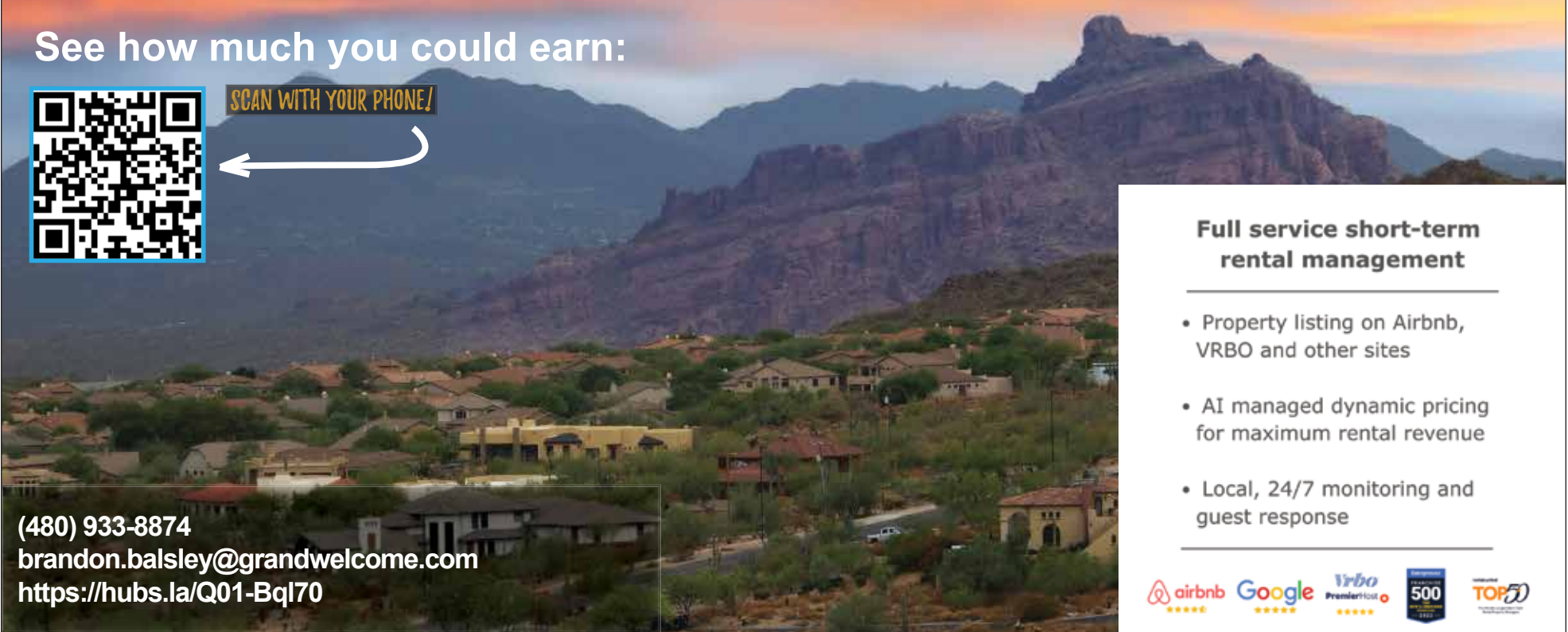


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HEALTH

Why Should I Choose a Naturopathic Doctor?

Submitted by Naturopathic Medical Centers

In a healthcare landscape that is often dominated by conventional treatments and pharmaceutical interventions, the role of a naturopathic doctor stands out for their focus on holistic and patient-centered care.

Recently, naturopathic medicine has gained traction for its emphasis on disease prevention, treating the root causes of health concerns, and promoting overall well-being. In this article, we will discuss why you might want to consider seeking the expertise of a naturopathic doctor for your healthcare needs.



AN INTEGRATIVE APPROACH TO YOUR HEALTH

Naturopathic medicine works to bridge the gap between traditional healing practices and modern science. Naturopathic doctors draw from time-tested natural therapies and healing techniques, while also incorporating the latest research and evidence-based medicine.

To address your concerns, they often utilize a wide range of therapies including herbal medicine, nutrition counseling, lifestyle modification, acupuncture, IV therapy, and when necessary, conventional intervention. This integration allows for a balanced and integrated approach to your healthcare.

A FOCUS ON PREVENTION

While conventional medicine often intervenes after the onset of symptoms or illness, naturopathic doctors emphasize preventative care and wellness promotion. By identifying potential risk factors and imbalances before they manifest as disease, naturopathic doctors help you to take proactive steps in maintaining optimal health.

Through education, lifestyle adjustments, and early intervention, naturopathic medicine empowers you to lead a healthier and more fulfilling life.

A PERSONALIZED AND COMPREHENSIVE APPROACH

Naturopathic doctors take a personalized and comprehensive approach to your health and well-being. A core belief of naturopathic doctors is that people are more than just their symptoms; thus, they consider your unique physical, mental, emotional, environmental, and spiritual factors when assessing and addressing your health concerns.

By embracing this comprehensive approach to medicine, they are able to tailor treatment plans to your individual needs and get you on track to optimal health.

A COLLABORATIVE APPROACH TO YOUR JOURNEY

When seeing a naturopathic doctor, you are a partner in your healing journey. They will prioritize open communication, active listening, and most importantly, shared decision-making. This approach ensures that you have a say in your treatment plan, enabling you to make informed choices about your health.

Naturopathic doctors take the time to understand your concerns, preferences, and goals, fostering a strong doctor-patient relationship built on trust and mutual respect.

LET'S GET STARTED

By focusing on prevention, personalized care, collaboration, and the integration of traditional and modern approaches, naturopathic medicine offers a unique and compelling option for your healthcare journey. Whether you are seeking to address a specific health concern or striving to achieve overall wellness, a naturopathic doctor can provide the guidance, support, and holistic perspective you need to navigate the path to optimal health. ■

Naturopathic Medical Centers is now accepting new patients at our Mesa location at 3654 N. Power Road. Call (480) 590-0272 now to schedule a complimentary meet and greet with one of our doctors to better understand how we can help you on your journey of health and wellness. To learn more, visit wvncaz.com.

UpClose

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(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Kimberly Alvarado,

Jamie Killin

COPY EDITOR

Randall Clarke

DESIGN

LuckyYou! Creative

Erin Suwwan, Jaclyn Threadgill

www.luckyyoucreative.com

VIDEO PRODUCER

Chase Balsley

CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

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EDUCATION

Self Development Academy Announces EXCITING NEW READING PROGRAM

By Jennifer Salvatori M.A. M.Ed., Principal, Self Development Academy

Self Development Academy (SDA) is thrilled to announce the launch of a new exciting reading initiative, the *Take Home Reading Program*, for kindergarten and first-grade children this fall. The program is designed to ignite a child's love of reading and learning and add books to their permanent home library.

The Majeed Foundation (in the process of being established) will fund the initiative as the Foundation will focus on promoting literacy. SDA will launch the program in October 2023.

Through the *Take Home Reading Program*, kindergarten and first-grade SDA students will be introduced to early literature by reading selected stories as a class. Classroom activities will enhance the story elements, reading comprehension, and story lessons.

The goal will be for each student to be able to read the story independently with fluency and expression.



Once the student is able to achieve this goal, he or she will be able to take the book home to read to their family members and friends and add it to their home library. How exciting for children to share the stories with their family members and friends while developing positive memories of reading.

Reading at home has always been promoted at SDA through voluntary programs. *Parents as Partners* and the *Classics Reading Program* are two examples. *Parents as Partners* encourages family members to read with their children several nights a week. The *Classics Reading*

Program begins in second grade. Throughout the year, students read a certain number of classics such as *The Call of the Wild* and *Black Beauty*, and give presentations on the books to their class. As opposed to these two programs being voluntary, the *Take Home Reading Program* will be a part of the curriculum and links school to home.

The *Take Home Reading Program* enhances the strong English Language Arts curriculum that begins with Self Development Preschool (SDP). The SDP curriculum focuses on the cognitive, physical, emotional, and social development of toddlers. Reading time is a part of the daily activities. A focus on letter recognition and phonics begins in the classroom of children aged 2. By the time the SDP children are entering kindergarten, many are already reading and ready for the accelerated curriculum offered by SDA.

Following in the footsteps of the SDP program, SDA offers students an accelerated curriculum. Beginning with the kindergarten year, SDA students learn a minimum of one year ahead of the Arizona Department of Education Academic Standards in Mathematics and English Language Arts. At SDA, early education — kindergarten through second grade — emphasizes mastering phonics, memorizing sight words, reading fluency, and reading comprehension.

Being able to read fluently with comprehension prepares students for the more independent reading and learning that is required as the educational years progress. Learning to read is the first step towards reading to learn.

More importantly, reading fluently and with comprehension fosters a love for reading and learning. The *Take Home Reading Program* will further enhance the already strong English Language Arts program at SDA. ■

For more information, please call Self Development Preschool at (480) 396-3522 or Self Development Academy at (480) 641-2640.

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BEFORE **AFTER**

LOCAL BUSINESS

TNK Clinical Spa Helps Patients Find Beauty Through Optimal Wellness

By Jamie Killin

TNK Clinical Spa is offering a holistic approach to beauty and health with expanded offerings such as epigenetic testing that uses a hair sample to screen for electromotive force (EMF), toxicities, chemicals, and viruses. “It’s a really complete test that can read your genetics, so you have better results when doing other natural treatments I provide,” said owner Tuynke Romane. “For example, PRP is really popular, and it uses your blood, so if your body is healthy and your cells are healthy, we’ll get a better result.” Tuynke has offered natural beauty and wellness treatments inspired by her family traditions from Santiago, Chile for more than 20 years. She was recently certified as an Integrated Health Practitioner and is now able to offer her patients even more treatments to help them become more beautiful from the inside out. She’s finding that many of her patients test positive for fungus and EMF radiation, having no idea how they were exposed. “These are results you’re not going to find in your blood tests. They’re making you feel tired, they’re making you look older, or they’re making you lose your hair even though you’re taking good vitamins and eating healthily. These toxicities in the body are not allowing you to heal,” said Tuynke. If Tuynke finds her clients do test positive for some kind of toxicity she works with them to create a personalized detox protocol to help them start feeling better



quickly, with most patients feeling relief from all symptoms in three to six months. One of the spa’s most popular treatments in addition to epigenetic testing is PRP. Tuynke refers to it as a natural and organic filler that can be used anywhere on the face with no side effects. She’s even having success using it with patients to stop hair loss and ease pain in tendons and muscles. Tuynke encourages patients to share their goals with her — whether it’s looking younger or having smoother skin — so she can create an individualized plan with them that will help them to look and feel their best, often using more natural and non-invasive treatments like PRP or micro-needling. “I do a lot of education to help people learn what works for them because everybody is unique and what works for one person might not work for someone else,” she said. ■ TNK Clinical Spa is located at 4320 E. Brown Road, Suite 101, in Mesa. For more information, or to book a treatment, visit tnkclinicalspa.com.

LOCAL BUSINESS

Lash Envy Studios Opens New Location

By Kimberly Alvarado

Lash Envy Studios is excited to announce the opening of its second studio, located on the southwest corner of Power and McDowell roads in Mesa. The Las Sendas location complements its original flagship store in Dana Park. Now, two convenient Mesa locations make your summer beauty requirements a breeze. As experts in personal care services, Lash Envy Studios enhance your best features with first-class artistry in lash, skin, and brow care. They provide client-focused pampering in all that they do, from eyelash extensions, skincare, waxing, permanent makeup, and more. “We’ve created a high-end salon atmosphere, where guests can feel comfortable while our staff works hard to exceed even your highest expectations,” said Lash Envy Studios owner, Michelle Burgher. Special pricing is available on the following treatments. HYBRID EYELASH EXTENSIONS “Eyelash extensions have become extremely popular, especially if you’re looking for an easy way to achieve long, thick lashes that you’ve always dreamed about,” said Michelle. “With the hybrid eyelash extension technique, we use a perfect blend of our classic lashes and our volume fans. This new hybrid set combination results in fuller, fluffier lashes that have a more textured look,” Michelle said. Grab a sweet deal on a full set of hybrid eyelash extensions for just \$129.



VITAMIN C FACIAL

This treatment is designed to prevent and reverse hyperpigmentation from harmful UV rays that dehydrate the skin and cause dark spots. At Lash Envy Studios, your treatment would begin with a double cleanse, steam, and extractions. Next, exfoliation with a derma plane treatment will leave your skin silky smooth. Then, the experience is topped off with a Vitamin C hydra jelly mask, hot stone massage, and brightening boosted oxygen serum with deep moisture. This procedure is specially priced for \$119.

SCALP MICROPIGMENTATION

Save \$200 this month on scalp micropigmentation, a procedure designed to restore bald or thinning hair. This non-surgical technique deposits ink into the scalp to mimic the look of a shaved head and can be used to create the illusion of a hairline, or make thinning hair appear fuller. This procedure works great for both men and women. Whether you know exactly what beauty or spa services you prefer or would like the guidance of a licensed aesthetician, schedule an appointment at Lash Envy Studios now to discover your personal best. Give the studio a call to help make all your beautiful dreams come true. ■ Lash Envy Studios has two locations in Mesa to serve you: 6727 E. McDowell Road, Suite 106, and 3426 E. Baseline Road, Suite 111. Contact the Las Sendas location at (480) 431-1848 or the Dana Park location at (480) 500-6378.

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Why There's No Residential Housing Crash Coming

Americans' Home Equity:

39%

29%

32%

- Owns the home free and clear
- Mortgaged homes with more than 50% equity
- Mortgaged homes with less than 50% equity

Demographics Are a Tailwind

Population estimate by single age cohort, m1, 2022

Generation: Boomer (50 and older), Millennial (25 and older), Gen Z (18 and older)

REGIONAL TRENDS: WEST

Existing Home Sales

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REAL ESTATE

Seven Mistakes Buyers Make When Purchasing New Build Homes

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

With resale inventory only half of what it was before the pandemic, many buyers are turning to new builds. In fact, new build sales now represent 20 percent of all home sales nationally as compared to previous levels which were around 10 percent. The best thing about new construction is that everything is new, but this does not mean that the process is without its challenges.

According to a national survey by Clever Real Estate in 2022, 66 percent of buyers of new construction homes said they felt some sort of regret about the process and 26 percent said they wished they had purchased an existing home instead. More significantly, 92 percent of respondents found that buying a new build was much more expensive than they anticipated.

If you are considering a new build, here are Seven Mistakes to Avoid before you start your search that will help you have a great experience when buying new.

1. ENTERING THE MODEL UNREPRESENTED

Builders post about this right on the sales office door. Once you walk into the sales office you cannot be represented by a Realtor. We know the lure of the model home décor is strong, but if you are seriously considering buying a new build, know that you do not save any money by not having representation. We have had a ton of experience representing buyers on new builds over the years and we would love to help you navigate the process.

2. CHOOSING THE WRONG LOT

This is huge. The model always presents the prettiest lot with the loveliest exposure. But while the floorplan might feel light and bright on one lot, it may feel dark and oppressive on another. Even if lots are limited, choose the lot with the fewest defects. Evaluate the lot premiums, walk the lots, and really assess what your view will be



Natascha and John Karadsheh

on all sides at all times of day. The lot will impact your long-term value.

3. NOT BEING AWARE OF ALL THE COSTS

Unless you are buying a fully completed spec, new build pricing begins with a base price, and then you go to the design center. Most buyers spend between 10 to 20 percent of the base price on upgrades, which is how a \$750,000 base price quickly becomes \$875,000. On top of that, you need to consider the cost of backyard landscaping, a pool, window coverings, appliances, lighting, fans, garage cabinets, and security systems. It is so important to know your numbers.

4. NOT UNDERSTANDING THE IMPACT OF THE UPGRADES YOU CHOOSE

In the resale market, we see the challenges that result from upgrade decisions all the time. A two-car garage on a 4,000-square-foot home that was the result of a bonus room upgrade made a beautiful home functionally obsolete. The lack of a garage service door, low-grade cabinets, and flooring, expensive custom finishes that are outside the norm — the list goes on and on. Understanding the resale market is very important as you make your upgrade decisions.



5. NOT FULLY EVALUATING THE MODEL FOR FUNCTION

Model home bedrooms and garages are always styled to look bigger than they actually are. Before you sign on the dotted line, properly evaluate the flow of the spaces. Does it work for the way you live? Also, evaluate the storage in the kitchen and bathroom cabinets, pantry, hall closet, and garage. Usable space and good storage are the keys to a happy life in your new home.

6. NOT UNDERSTANDING ALL THE FEES AND FUTURE TAXES

Most new build communities charge thousands of dollars in upfront capital improvement fees and reserve fees to

help fund the new community homeowners association. Understand how those fees will impact your closing costs and also recognize that your property taxes will increase after your first year. The jump in property tax from raw land to improved property can add hundreds of dollars per month to your mortgage.

7. ASSUMING YOUR HOME IS NEW AND THEREFORE PERFECT

We have been to many home inspections of new and almost new homes and we can tell you that just because your home is new does not mean it is without flaws. Understanding warranties, builder obligations, knowing what to ask for, and when to do so is part of why having great representation is paramount.

Despite potential challenges, buying a new build can be an amazing experience. You can get a new home, with the finishes you want, and it can be a fun experience. We have worked with great builders, awesome sales agents, and fantastic designers to help our clients get their dream homes and we are here to help educate and support you through the process if new is right for you. ■

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 July 2023



John Karadsheh

Address	Square Feet	Community	Sold Price
1511 N Banning	1,584	Higley Heights	\$445,000
6437 E Menlo St	1,702	Villa Royale	\$445,000
937 N Sinova St	2,417	Alta Mesa	\$447,500
1448 N Sierra Heights	1,595	Sierra Heights	\$455,000
1462 N Banning	1,584	Higley Heights	\$460,000
4754 E Hobart St	1,340	Falcon Estates	\$460,000
8145 E Encanto St	1,701	Gila Ridge	\$460,000
5912 E Ingram St	1,940	Alta Mesa	\$475,000
4808 E Encanto St	1,668	Northpointe	\$482,000
6708 E Sugarloaf St	2,069	Red Mountain Ranch	\$485,000
2037 E Fountain St	1,980	Tierra Este	\$497,000
5005 E Evergreen St	1,672	Northpointe	\$497,000
2710 N Lema Dr	2,000	Apache Wells	\$500,000
6242 E McLellan Rd	1,756	Sonata	\$505,000
5031 E Glencove St	2,356	Higley Heights	\$508,000
7706 E Culver St	3,004	County Island	\$515,000
2626 N Sericin Cir	1,288	Camelot Golf Club Estates	\$515,000
7250 E Gary St	2,189	Meadow View Estates	\$518,000
1135 N 93rd Pl	2,057	Crystal Manor	\$520,000
2055 E Encanto St	2,125	Tierra Este	\$525,000
1756 N Trowbridge	1,379	Mountain Bridge	\$525,000
5553 E Ellis St	2,274	Silverado 2	\$532,000
3051 E Laurel St	2,267	Vista Mesa	\$535,000
9718 E El Paso St	1,685	County Island	\$539,900
1437 N Claiborne	2,545	Higley Heights	\$545,000
5814 E Inglewood St	2,247	Alta Mesa	\$550,000
754 N Palo Verde	1,932	Sun Valley View	\$550,000
2606 E Fountain St	2,150	Meadowvale	\$550,000
1422 N Sierra Heights Cir	1,900	Sierra Heights	\$565,000
2560 N Lindsay Rd #15	2,684	Madera De La Mesa	\$570,500
2640 E Mallory St	2,120	Hermosa Vista Estates	\$577,713
2451 N Los Alamos	2,566	Vista Mesa	\$579,900
7955 E Mawson Rd	2,145	County Island	\$585,000
3663 E Adobe St	2,196	Crosspointe Village	\$600,000
1706 N Alamo Cir	2,362	Hy-Den Place	\$600,000

Address	Square Feet	Community	Sold Price
6544 E Rochelle Cir	2,386	Summit	\$621,000
4118 N St Elias	2,607	Red Mountain Ranch	\$628,000
1263 N Joplin	2,249	Saguaro Mountain	\$630,000
6224 E Riverdale St	2,992	Olympic Estates	\$630,000
2224 E Inglewood St	3,092	Hy-Den	\$635,000
8365 E Ingram Cir	1,994	Mountain Bridge	\$640,000
2713 E Minton St	2,120	Hermosa Vista Estates	\$647,000
2305 E Encanto St	2,360	Tierra Este Park	\$650,000
1425 N Orlando	2,104	Valencia Park Estates	\$650,000
6717 E Vanguard St	2,350	Red Mountain Ranch	\$665,000
2825 E Preston St	2,479	Lehi Crossing	\$670,000
6333 E Viewmont Dr #68	1,978	Red Mountain Ranch	\$675,000
8134 E June St	2,279	Monteluna	\$689,900
7255 E Jasmine St	2,827	Falcon Hill	\$740,000
2518 E Hermosa Vista Dr	2,811	Hermosa Del Sol Estates	\$749,000
9537 E Lynwood Cir	2,410	Boulder Mountain	\$759,000
2065 E Kael Cir	2,720	Orange Blossom Estates	\$762,500
1120 N Quinn	2,354	Estates At Valencia	\$800,000
1357 N Los Alamos Cir	3,069	Mesa Northgrove	\$820,000
8052 E McDowell Rd	3,100	County Island	\$825,000
5345 E McLellan Rd #94	3,187	Alta Mesa	\$837,500
4440 E Fox St	2,600	Estates At Valencia	\$849,500
1721 N Channing	2,394	Mountain Bridge	\$855,000
4053 E Fairbrook St	4,444	Mahogany	\$920,000
7547 E Leland Cir	4,001	Saguaro Vista Estates	\$925,000
4465 E Fairbrook St	2,355	Estates At Valencia	\$927,000
9050 E McDowell Rd	2,800	County Island	\$950,000
7448 E Leland Cir	4,200	Saguaro Vista Estates	\$1,049,900
6446 E Trailridge Cir #19	3,386	Red Mountain Ranch	\$1,070,000
2758 N Estrada	3,850	Madrid	\$1,085,000
3158 E Hackamore St	4,205	Mesa Northgrove	\$1,300,000
3849 E Oasis Cir	4,338	Somerset Estates	\$1,320,000
3702 E Fountain St	4,055	Trovita	\$1,365,000
2251 N 32nd St #27	4,907	Tanner Grove Estates	\$1,425,000
2232 N Channing	4,837	Hermosa Estates	\$1,455,000
3463 E Kael St	5,898	Hermosa Groves South	\$1,925,000

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

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|| SPIRITUALITY

THE AUTUMNAL EQUINOX Day and Night in Perfect Balance

By Judy A. Knox,
Charis Christian Church



September 22 will be the *Autumnal Equinox*, the first day of fall. You’ve probably noticed that on this day, the sun is directly in front of you if you’re heading west before sunset, or east at sunrise, making driving a bit of a challenge. This happens because wherever you are on the planet that day, the sun is rising due east and setting due west. This doesn’t happen in summer or winter.

When I taught Earth Science in high school, I celebrated this day with my students, hoping to increase their awareness of the changing seasons. I would bring 50/50 cupcakes that were half yellow and half chocolate, representing the fact that on this day there would be 12 hours of daylight and 12 hours of darkness all over the world, no matter how far north or south you might be.

The equinoxes are caused by the Earth’s position in its orbit around the sun. On all other days of the year, the tilt of the axis causes more sunlight to fall in one hemisphere or the other, creating shorter days in the north while they’re longer in the south, and vice versa. But on the spring and fall equinoxes, everybody gets 12 and 12.

I am also fascinated by phases of the moon, eclipses, and many other observable occurrences caused by the movements of the Earth, sun, moon, and planets — “Sun, moon, and stars in their courses above.” I find it reassuring that we can count on regular, predictable astronomical line-ups to take place at their appointed times, just as they have been doing for thousands of years.

I love this tangible evidence of God’s faithfulness. In Genesis 1:14 the Bible tells us why God set all of this in place. “Let there be lights in the heavens to divide the day from the night; and let them be for signs and seasons, and for days and years.”

The name *equinox* comes from two Latin words: *equi* meaning *equal*, and *nox* meaning *night*, because the length of night is equal everywhere on that day. The equinox is a time of balance, the perfect balance between day and night that’s happening everywhere on the Earth. But when I celebrate the equinox, it’s not a celebration of the sun, the Earth, or their motions and angles. I’m celebrating the faithfulness of our Creator God. ■

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



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EDUCATION

CONNECTING GENERATIONS: Mesa Public Schools' Gold Card Program Fosters Grandparent-Student Bonds



By Laurie Struna
Photos by Tim Hacker

The 2023-24 school year is underway at Mesa Public Schools. Students are discovering new passions, building lifelong friendships, and participating in a variety of exciting activities.

Grandparents are instrumental in children's lives. Whether providing encouragement for their grandchild or volunteering in a school, they are a pillar of knowledge and support. Through its Gold Card program, Mesa Public Schools provides a great opportunity for grandparents to connect with busy students by supporting them in the concert hall, on the playing field, and in the theater.

The Gold Card provides senior citizens the opportunity to enjoy free or discounted admission to plays, concerts, musical theater, and sporting events sponsored by Mesa Public Schools. The cards are free to residents within Mesa Public Schools boundaries who are aged 62 or older. Spouses are also eligible, regardless of age.

Now that fall sports are in full swing, it's a wonderful opportunity for our senior community to engage with their grandchildren and support students. It's also important to consider the weather when attending a game.

"It's always special when grandparents come and watch their grandchildren play," shared Tommy Eubanks, director of athletics. "It can still be hot outside during the fall sports season, so we encourage everyone to prepare for the heat."

To ensure supporters are comfortable during games, Tommy recommends finding shaded areas and remembering to pack a bag with items including water, a hat, sunscreen, a seat cushion, and proper footwear for navigating bleachers.

Tommy shares that the district has a new clear bag policy for all major school gatherings, including athletic events and fine arts performances. Protocols are designed to enhance security measures, ensure the safety of all attendees, and streamline the entry process.

The district encourages the community to take in the excitement of *Friday Night Lights* and experience updated athletic fields. Thanks to the 2018 voter-approved \$300 million bond, all six high schools received new modernized artificial turf fields. ■

To request a Gold Card, visit mpsaz.org/communications, or pick one up at the district's Administrative Services Center, 63 E. Main St., Mesa, AZ 85201.



COMMUNITY

Cheer on Your Favorite Locals Competing at Pacino's ANNUAL TALENT SHOW

By Randall Clarke

Similar to last year's format, Pacino's Annual Talent Show includes anyone with a talent — be it a singer, musician, storyteller, magician, or *surprise us!* Auditions took place in August and the entertainers have been selected to compete in the event.

The first show was held on Aug. 26 and will continue throughout September on Saturdays, except for Labor Day weekend. The grand finale will take place on Saturday, Oct. 14, with a grand prize of \$5,000. Each show starts at noon.



During the six-week run of the show, judges will be critiquing the contestants' performances and each patron will get one vote when they are in attendance. The panel of judges will decide who continues in the competition and who will be going home.

At the finale, the winner will be chosen by a panel of celebrity judges.

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LOCAL BUSINESS

Curtains versus Drapes

A QUICK LOOK AT THE DIFFERENCES BETWEEN THE TWO

Submitted by Window to Design

You’ve probably heard the terms drapes and curtains used interchangeably, and while both are fabric panels, they’re not exactly the same type of window treatment. Whether you should opt for curtains or drapes all depends on the look you want for your room, as well as the amount of privacy and natural light you want. To help you make the best decision for your needs, check out this overview of five main differences.



PHOTOS: CAROLE FABRICS • CUSTOM DRAPERY

- 1. Fabric type.** Material is probably the biggest differentiator between drapes and curtains. Drapes are constructed from thicker fabrics, such as silk or velvet, and are often lined, which helps block glare as well as adds insulation at the window. In addition, the thicker fabrics lend a more formal feel to a room. Curtains are often made from sheer fabrics, like cotton or polyester. Because they’re sheer, they allow more light into a space, as well as give a room a more casual look, making them ideal for kitchens, bathrooms, and laundry rooms.
- 2. Fabric length.** Drapes are usually floor-length or longer, so that they puddle slightly on the floor. Curtains, on the other hand, generally fall to the windowsill or just a few inches below it.
- 3. Benefits.** If you desire the flexibility of privacy and light control, drapes are your better option. Their heavier fabric combined with their length helps block light — as well as helps absorb sound. If your room’s aesthetics call for an airy window treatment that lets in lots of natural light, and privacy isn’t a concern, then curtains would be a good option.
- 4. Installation requirements.** While you can hang both drapes and curtains on a rod, you’ll need a sturdier rod to support drapes than you would with curtains, simply because they’re heavier. You can also hang curtains from tension rods, which you can’t do with drapery.
- 5. Cleaning.** Drapes are generally more high maintenance than curtains because they often require professional cleaning. Curtains are usually machine-washable (on a gentle cycle in cool water). ■

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.



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HEALTH

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Medicare introduces new dental coverage plan

Submitted by
Lynne Jones,
Tapestry
Insurance

Dental care has always been frustrating for people on Medicare. Medicare doesn't cover most dental care, including procedures and supplies like cleanings, fillings, tooth extractions, dentures, dental plates, or other dental devices.

Original Medicare may pay for some dental services that are closely related to other covered medical services, but this leaves most Medicare beneficiaries with the issue of how to cover their dental costs. However, in the past couple of years, more and more Medicare Advantage plans are now including dental coverage, and this year, the coverage is better than ever.

Many plans have \$0 co-insurance for cleanings and basic care such as fillings. It is encouraging to see that this is finally available in Medicare plans. However, the issue of dental coverage still exists with those people that have Original Medicare and a Supplement. Supplements do not include dental insurance.

But there is also good news on this front. There is a brand-new plan that will begin in October of this year that is specifically designed for people on a Medicare Supplement. It is a UHC Dental, Vision,



and Hearing plan that allows you to use your benefit for any of these needs. The excellent news is also that there is no waiting period. Meaning, once you join the plan, you can use your benefit immediately for any dental service (other than implants), vision, or hearing expenses. This plan can only be purchased through a licensed agent. So, if this is something you are interested in, please contact your agent or me for more information. As always, please call me to make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

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FINANCES

What does it cost not to have life insurance?

Submitted by
Brent D. Hoskinson and
Linda Drake

It's probably not on your calendar, but September is Life Insurance Awareness Month. Are you aware of the benefits of owning life insurance? First, consider the risks of not having it. If something were to happen to you, could your family remain in their house? Could your children continue their plans for higher education? Who would pay any outstanding debts you have?

A sufficient life insurance death benefit could meet all those needs. Yet,



many people put off buying insurance because they don't know how much they need or what type to buy. To determine the proper amount of coverage, you'll need to consider a variety of factors: your income, your spouse's income, the size of your mortgage, and so on. As for the right policy, you can essentially choose between two types: term and permanent. Term insurance, which is typically less expensive, provides coverage for a certain number of years and only offers a death benefit. Permanent insurance can last a lifetime and offers the opportunity to build cash value but is generally more expensive. Take the time to learn more about insurance and how it can help protect your family. And the sooner you start, the better. ■

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



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LOCAL BUSINESS

Hava Java has the Right Vibe FOR MUSIC NIGHTS

By Tim Beaubien, Have Java Mesa
Our customers are always telling us about how Hava Java Mesa has the perfect vibe for working or just relaxing with friends. And with that vibe, live music has become a very important part of Hava Java Mesa's event schedule.

Hava Java Mesa presents musicians from around the Valley every Friday night from 6 to 9 p.m. I've always loved music since my early teens but not having any real talent myself I had to come up with another way to support local music.

Barb and I decided that continuing hosting live music every Friday; rain, shine, or extreme heat, was the best way. It's amazing how much talent we have right here in the Valley.

Friday nights have become my favorite event. Live music is a great way to unwind after a busy week, for both the customers and Barb and myself. All the musicians have become our friends and we look forward every week to hosting them. They all comment on what a great vibe the coffee shop has and how they also look forward to playing here as well.

Along with the professional musicians we support, the coffee shop also hosts an Open Mic night. This happens on the last Thursday of the month and is presented by Brenda Martin and Jack Wolf of Milano's Music in Downtown Mesa. Brenda and Jack are in our rotation of music on Friday nights and go by Brenda & The Big Bad Wolf.

Open Mic is where anyone can come up and try out new material or just prac-



tice in front of a live audience. This is really a very fun night; we have musicians from seven to 70 years old. They can just come in and sign up and wait their turn to play. The crowd loves it and makes everyone feel like a star. It builds their confidence, and it has been cool to see their progress over the last few months.

Along with our music schedule, be sure to check out Trivia Night every Wednesday, hosted by our own barista Natalie. Also, keep checking in for special events as we are always adding fun and community-related events. ■

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.

LOCAL BUSINESS

Milano's Wood Fired Kitchen and Pizzeria INVITES THE COMMUNITY TO ENJOY PIZZA SPECIALS DURING FOOTBALL SEASON

By Kimberly Alvarado
Locals love a great pizza and a day of football. With the NFL's Opening day scheduled for Sept. 7, the friendly staff at Milano's Wood Fired Kitchen & Pizzeria invites you to share your favorite gridiron game days with them.

Multiple viewing screens and cheering fans pair well with Milano's most-popular pizza — the Greek Gyro — if you dare to try something new and unique. Of course, more traditional favorites like Buffalo Chicken, Steak Bomb, and Country Western pizzas are also being served hot out of the pizza ovens too.

The game day atmosphere is family-friendly, with menu options everyone will love. Mom might love the popular Mediterranean bowls that are catching rave reviews on Yelp. Bring the kids in for make your own pizzas and watch the entire family enjoy the high energy of a touchdown.

Milano's offers a full-service dine-in restaurant and a full bar with amazing

game day specials, as well as take-out and delivery services.

In-house dining has all kinds of specially priced options to keep everyone out of the kitchen and into the game day vibe. You'll want to visit often, as the specials change as often as the NFL scoreboard. But, if you prefer your celebration with friends and family at home, catering options are also available. Please call 24 hours in advance for cuisine to make it to your pre-kick-off celebration.

Do you want to learn more about the special offerings provided by Milano's Wood Fired Kitchen & Pizzeria? Text the word MILANO to 40691. ■

There's no need to wait for kick-off to experience the unique atmosphere and menu options at Milano's. Stop by the local Italian-Mediterranean hot spot, located at 4545 E. McKellips Road in Mesa to try something extraordinary.



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LOCAL BUSINESS

What is the Best Way to Lose Belly Fat?

Submitted by The Exercise Coach

Six-pack abs are what most people think of when they think of fitness goals, but how hard is it really to get that washboard stomach and lose the stubborn belly fat?

Below we discuss the most common myths around losing belly fat and talk about the incredible results that The Exercise Coach clients can get, including reducing belly fat and joining the *Metabolic Comeback Challenge*.

A common goal for many people is to lose weight, specifically belly fat. Two motivations drive this goal, the first is achieving an improvement to their figure and the second is that excess belly fat is an indication that their health is not improving.

Belly fat, also known as central adiposity, is a health issue and a real risk factor. One study showed that each 10-centimeter increase in belly fat in women increased their risk of death from any cause by eight percent, for men it was 12 percent. We know that belly fat is linked to insulin resistance and systemic inflammation, and those things working together worsen overall health. Belly fat is both a sign and a symptom of those problems.

Before we learn the best ways to lose belly fat, we need to learn what



doesn't work. For example, the myth of spot reduction, where you exercise particular areas of the body to lose body fat in those areas, is not how it works. The truth is the first area that you put on fat will be the last area you lose it. For men, that's often the abdomen, and for women, that's usually the hips and thighs. Doing exercises to shrink your stomach is not going to change this reality.



When people start to lose body fat, they will notice the results in reverse. To actually lose belly fat, you have to combine whole-effort exercise with whole-food nutrition. It has nothing to do with crunches or sit-ups, or even cardio.

Combining strength training with sensible whole-food nutrition is the best approach to losing belly fat because it results in focused weight loss, where you are only losing body fat instead of both fat and muscle at

the same time. This also translates into the best shape for your body as well.

At The Exercise Coach, we see people losing significant amounts of body fat, typically five percent, from a focused program of 30 days of whole-effort exercise and whole-food nutrition. The first five percent of weight loss that people experience in an exercise program delivers the majority of the metabolic benefits. Within one or two months, nearly everyone can experience results that are life-changing from a health standpoint.

Most people will see belly fat reduction within the first 30 days of the *Metabolic Comeback Challenge*. Seeing a flattening of the stomach will depend on the starting point of each individual, but the important thing to keep in mind is the progress you're making. You need to persevere in order to see those results. It may be that you just need to put in another 30 to 60 days to lose that belly fat and reach your body composition goals.

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 is all you need to fundamentally change your life. ■

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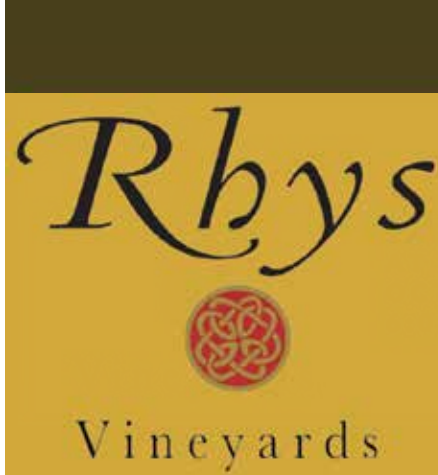
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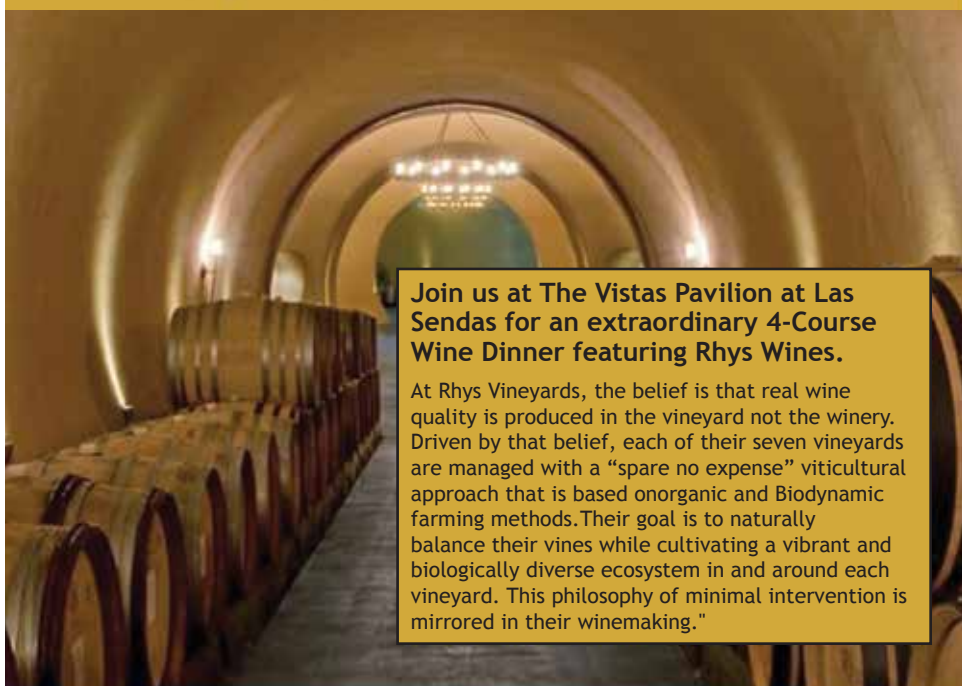
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Rhys
WINE DINNER AT
THE VISTAS PAVILION
AT LAS SENDAS,
OCTOBER 13, 2023
6:00PM \$125.00++PP

Vineyards




Join us at The Vistas Pavilion at Las Sendas for an extraordinary 4-Course Wine Dinner featuring Rhys Wines.

At Rhys Vineyards, the belief is that real wine quality is produced in the vineyard not the winery. Driven by that belief, each of their seven vineyards are managed with a "spare no expense" viticultural approach that is based on organic and Biodynamic farming methods. Their goal is to naturally balance their vines while cultivating a vibrant and biologically diverse ecosystem in and around each vineyard. This philosophy of minimal intervention is mirrored in their winemaking."

RESERVATIONS BY
PHONE ...

480.396.4000 ext 222



RESERVATIONS BY
EMAIL...

cshaw@lassendas.com

7555 E. Eagle Crest Drive, Mesa, AZ 85207



WINE DOWN
Wednesdays
THRU SEPTEMBER
AT THE GRILLE & PATIO
AT LAS SENDAS
6:30-8:00 PM
COMPLIMENTARY
WINE
TASTING

For Reservations:
602-734-5524
7555 E. EAGLE CREST DRIVE,
MESA, AZ 85207
WWW.LASSENDAS.COM



New Summer
Specials EVERY FRIDAY &
SATURDAY IN SEPTEMBER

AT THE THE GRILLE & PATIO AT LAS SENDAS

SEPTEMBER OFFERINGS:

BIRRIA QUESADILLAS
Flour Tortillas, a mix of Jack Cheeses, Slow Braised Beef, Red Onion & Cilantro. Served with Mexican Street Corn Pasta Salad.

BALSAMIC STEAK BITES
Garlic and Balsamic Glazed New York Steak

SMOKED PRIME RIB
Our House Smoked Prime Rib, Served w/Garlic Mashed Potatoes & Seasonal Vegetables.

LEMON CHICKEN PASTA
Fettuccine Pasta & Grilled Chicken Tossed in a Fresh Lemon Butter Sauce

MEXICAN GRILLED CHICKEN
Chicken Breast Seasoned w/Mexican Spices then Grilled, Served w/ Chipotle Pasta Salad

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CHECK OUR WEBSITE
TO SEE WHAT
THIS WEEKEND'S
SPECIALS ARE!