The Groves To Close

Bringing neighbors closer to their community · UpCloseAZ.com

June 2020

Submitted by Lynda Breault, Salt River Tubing
elebrate Salt River Tubing and Recreation's
(SRTR) 40th anniversary in the beautiful Tonto
National Forest with two themed events in June.



WEIGH ANCHOR AND HOIST THE MIZZEN

The 13th annual *Salt River Pirates* at Salt River Tubing will take place on Saturday, June 13, from 9 a.m. to 6:30 p.m.

"Ahoy Ye Buccaneers! Salt River Pirates will set sail in their tubes, brandishing pirate hats, waving pirate flags, and humming Yo Ho Ho and a bottle of water," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Buccaneers can kick up their heels with the Pirate line dancers, grab a photo opportunity with our phenomenal Pirate Cast, and ride our pirate warships (shuttle buses) to and from the Salt River. Join us for a unique river adventure in the great outdoors of Tonto National Forest. ARRR!"

Free pirate bandanas will be tendered to everyone. Also, Salt River Tubing will be awarding free tubing passes for the best Pirate Tuber costumes.

The event is a fan favorite, and the cost of tube rental is \$19 plus tax per person, or tube, which includes inner tube rental, shuttle bus service, and free parking at Salt River Tubing. Extra splash and sizzle include pirate coin grabs, water cannon battles and free giveaways.



Salt River Tubing Events CELEBRATE 40 YEARS

KAPOW! WHAM! KRUNCH!

Join Salt River Tubing for its 4th annual Super Heroes Splash

Down on Saturday, June 27, from 9 a.m. to 6:30 p.m., for a colossal *More Teens in the Woods* event!

Salt River Tubing's zany and funfilled cast of Super Hero characters will put the *BOOM!* in your super unique adventure on the Salt River. Costumes are optional for floaters. However, Salt River Tubing will be awarding complimentary

tube rental passes for the best Super Hero tuber costumes. Passes are valid on a return visit to Salt River Tubing. Photo opportunities will be plentiful as you glimpse Spiderman, Superman, Batman and other Super Heroes.

"The Super Heroes

Splash Down event last year was a colossal success," said Henri. "Tubers loved transforming themselves into their favorite Super Hero and riding the rocking rapids on Salt River. Let us put the *KAPOW!* in your tubing adventure as you chill and thrill on the Salt River. Celebrate our 40th anniversary on Salt River in Tonto National Forest!"

The cost for the all-day Super Heroes Splash Down on the Salt River is just \$19 plus tax per person, which includes free bandana, tube rental, shuttle bus service and free parking at Salt River Tubing.

The USDA Forest Service's national program — *More Kids/Teens in the Woods* — was expressly designed to encourage efforts to get kids and teens outdoors, and explore ways to connect youth and nature. The event is aligned with the USDA Forest Service's commitment in meeting the challenge of reduced youth involvement in outdoor activities.

The Super Heroes-themed event has been designed to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest.

RECREATE RESPONSIBLY WITH SAFE DISTANCING

SRTR encourages floaters to help ensure a responsible *safe distancing* atmosphere at the SRTR terminal building and on its shuttle buses during transport to the Salt River. SRTR's safety protocols **require** a face covering/bandana during the Tube Rental Transaction process, shuttle bus transport to/from the Salt River, as well as during the Tube Return process at the end of the floater's visit. No exceptions.

- SRTR requires its employees to wear face coverings as well as gloves.
- Daily temperature checks are administered.
- SRTR's passenger buses have been downsized to transporting fifteen (15) passengers per bus.
- Shuttle buses are disinfected nightly (every 24 hours).
- SRTR enforces safe distancing between guests awaiting the tube rental transaction process, and last

but not least, family and/or friends that have traveled together in vehicles to SRTR may choose not to socially distance themselves since they chose to travel together with said precautions.

These safety protocols will remain in place until safe distancing restrictions have been relaxed or eliminated.

Daily operating hours at Salt River Tubing are 9 a.m. to 6:30 p.m. Salt River Tubing accepts Visa, Mastercard, American Express and Discover cards and cash. Credit card and cash transactions require a valid driver's license for tube rental deposits and credit card information. Please visit saltrivertubing.com for more details regarding credit card transactions.

TUBING TIPS

Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tubing tips to assist tubers in planning their floating beach blasts:

- A valid driver's license is required for a tube rental deposit per five tubes rented.
- Children must be at least eight years or older and four feet tall for tubing and shuttle bus service.
- Life vests are strongly recommended for children, non-swimmers and inexperienced swimmers.
- Glass containers by law are not allowed in the Salt River Recreational Area. Ice chests will be inspected for glass containers before boarding shuttle buses.
 Please use plastic bottles or aluminum can containers.
- Have a great time during your floating beach blasts, but remember that drugs, alcohol and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure.
- Floating picnic ideas include fresh fruit, burritos, fried chicken or sandwiches. Pack picnic items in Ziploc bags to keep dry. Please stash and bag all picnic supplies in litter bags while floating.
- Ice chest/coolers: Fill with ice, sport drinks, fruit juice and water. One to two bottles of water per hour while floating is recommended to help prevent dehydration.

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

Publishing | Desigh | Writing | Photography

POSTAL PATRON ECRWSS

PRSRT STD U.S. POSTAGE PAID PHOENIX, AZ PERMIT #4460

In This Issue

Sweet Repeats Consignment 3	Mesa Naturopathic13
Las Sendas Golf Club6	Mesa Public Schools14
The Buffalo Spot 8	Local Restaurant Reopenings 15
Home Trends10	Medicare Pandemic Options16
Create a Beach House Feel12	Service Directory19





FULL BRACES OR INVISALIGN



Jack G. Wright DDS CAGS





Most Insurance Accepted Financing Available



WrightOrtho.com

Orthodontics for Children & Adults

SAN TAN VALLEY 36413 N. Gantzel Rd. SE of Banner Ironwood Hospital

480-284-8824

EAST MESA 1118 N. Val Vista Rd.

SW Corner of Brown & Val Vista 480-969-1514

MESA

453 W. 5th St. Country Club & University

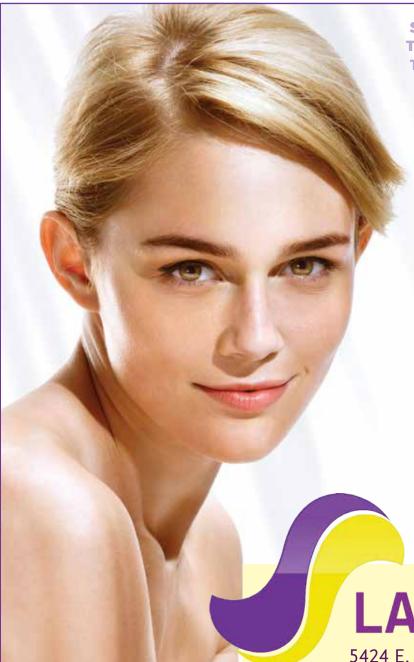
CHANDLER

480-835-0567

4055 W. Chandler Blvd., Suite 1 Just west of Chandler Fashion Mall

480-753-6300

* One coupon per person after usual and customary fees. Some restrictions apply, see office for complete details. New patients only. Must present coupon at initial consultation. Expires 8-31-20.



SPECIALIZING IN TREATMENTS FOR THE FOLLOWING **CONDITIONS:**

> **Skin Cancer Mohs Skin** Cancer Surgery

> > Acne

Warts

Psoriasis

Moles

Sun Damage

Wrinkles

Chemical Peels

Botox Juvederm

Rosacea

Laser

Platelet Rich Plasma

PRP Therapy in Hair Restoration & Collagen Rejuvenation

Dr. Rashid is a board certified dermatologist, cosmetic and Mohs micrographic surgeon.



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

DR. RASHID IS A MEMBER OF: American Academy of Dermatology American Osteopathic Association American Society of Mohs Surgery American Society for Laser Medicine and Surgery The American Academy of

> **Cosmetic Surgery** The American Society for Dermatologic Surgery

NO SCARRING TREATMENT for SKIN CANCERS

Every patient deserves a choice!

SRT-Superficial Radiotherapy

There's a Non-Surgical Treatment for Skin Cancer!

If you're diagnosed with nonmelanoma skin cancer, and you don't want or can't tolerate surgery, SRT may be the perfect option. Safe, effective and cosmetically superior, SRT treats basal cell and squamous cell carcinoma with no pain, scarring or patient downtime. It can also treat keloids.

NO CUTTING • NO PAIN NO DOWNTIME • NO SCARRING

www.sensushealthcare.com

Sensus!

Superficial Radiotherapy

15% OFF Cosmetic Services

LA PEAU DERMATOLOGY

5424 E. SOUTHERN AVE., SUITE 103, MESA, AZ 85206 | (480) 396-2300

OPEN: Monday - Friday 8 - 5 p.m. | Saturday 9 - 1 (once a month) Insurance Accepted



Published by

Mesa, AZ 85215

© Copyright 2020 by Phillips West. All Rights Reserved. E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF Kim Phillips

ADVERTISING

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

STAFF WRITERS

Dawn Abbey, Kimberly Alvarado Jamie Killin

COPY EDITOR

Randall Clarke

DESIGN

Lucky You! Creative, publication design Erin Suwwan, Jaclyn Threadgill www.luckyyoucreative.com

Keen Visual Media, website design Ramey Newell www.keenvisualmedia.com

CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

LOCAL BUSINESS

Sweet Repeats Launches **High-End Consignment Website**

By Dawn Abbey

ittle did Jenn Franco know that when she decided to launch her high-end retail website, her Sweet Repeats Ladies Consignment Boutique would soon be closed due to

a pandemic.

In a serendipitous move, Jenn said she had been thinking about doing the website for awhile and had started working on it just before the shutdown. "I wanted to feature the more unique and expensive items that were consigned in the store. We wanted better visibility to Internet shoppers and thus be able to command better pricing for our consign-

The website also gives sellers the opportunity to set up a personal account and keep track of their balances online. "Consigners can contact me to get a password to set their consignor account active," Jenn explained.

With the store temporarily closed, Jenn had the time to work out the bugs and finally got the website up and running May 1. The brick and mortar location, at the southeast corner of Recker Road and University Drive, is also open for business after being closed for 45 days. Shoppers now have two choices for updating that summer wardrobe with style at deep discounts.

And don't worry about cleanliness. According to Jenn, all items accepted for consignment must be freshly cleaned and without spots or damage. In addition, Jenn steams items or airs them for at least 24 hours before offering them for sale.

Only five items are allowed in the try-on rooms, and they are also steamed or aired before re-stocking in the shop.

Jenn gives shoppers the option to wear masks. Disposable masks on request are subject to availability, but she said she will always wear one during consignment appointments. Consignments are by appointment only. No walk-ins can be accepted at this time. If you have gently



used, designer brand-name clothes, shoes or accessories, Jenn encourages you to give her a call or email for an appointment.

Only 10 people (including staff and shoppers) are allowed in the store at once. Sanitizing is done regularly throughout the day.

"But if venturing out is still not for you, check out the website at SweetRepeatsMesa.com for all the latest fashions and accessories. You can also buy online and pick-up at the store," Jenn suggested.

"Many of you may have made your way back to different parts of the country, so if you can't come shopping with us in person make sure to check us out online, as we can ship across the country and into Canada."

"At first it was very labor intensive to photograph the chosen items and get them all uploaded," Jenn explained. "Now we can do it immediately, so we always have fresh new finds to browse." ■

Sweet Repeats Ladies Consignment Boutique is located at 6039 E. University Drive. Shopping hours are Monday to Friday 10 a.m. to 4 p.m., Saturday 10 a.m. to 3 p.m., closed Sunday. For consignment appointments, email sweetrepeatsmesa@outlook.com. For information, call (480) 275-2480, or visit SweetRepeatsMesa.com.



Note: Completed projects are ineligible



Shopping today is different than it was just a few shorts months ago. We want you to know that Sweet Repeats is following state guidelines to help prevent the spread of COVID-19 for the health and safety of our employees and customers.

Shop in person or the comfort of your own home by visiting our website. We even offer Curbside Pick-up for online orders when you choose "Store Pick Up" for shipping.

www.SweetRepeatsMesa.com



6039 E University Drive | 480-275-2480 Monday-Friday 10am-4pm & Saturday 10am-3pm



In it for the Long Haul

By Sami Majeed, JD, Self Development Preschool

here is nothing short term about Self Development Preschool (SDP). The school has been open three decades and many employees have been with SDP for decades.

Just a random selection of two employees may easily give you 40 years of SDP experience between them. There is a commonality shared amongst the staff at SDP — they are all in it for the long haul.

To answer why longevity is baked into the bones of the staff at SDP is to answer the chicken or the egg problem. Are our intelligent, compassionate specialists first attracted to our advanced, enriched program? Or do we convince the kid, and kindhearted, that this is exactly the place to become who they want to be? Let's find out.

For some, working at a preschool is a stepping stone to becoming a teacher; finishing a bachelor's or master's in education; a rite of passage before embarking on a journey to find how their passion can best fit their job. That might have been the case when Ms. Loni first started working at SDP. Later, for Ms. Loni, and indeed the rest of society, she had to rethink what she adored and what was possible.

Twenty-five years ago, Ms.
Loni joined Self Development
Preschool. She fell in love with the
transformation children undergo
while attending Self Development
Preschool and has not been able to
shake that feeling. "I get to see their
journey," she said. "From their very
first words through their graduation
— it's one of my favorite things."



Watching a toddler speak her first words through to the first words of her 8th grade promotion speech is magical. It is more magical because Ms. Loni spent that time creating that arc with her. And not once, or twice. During the 25 years of working at SDP, there are numerous *toddler to teenager* journeys.

The point is that Ms. Loni's favorite thing requires longevity. It requires a decade and change of relentless commitment. And she is not the only

Ms. Cinda personifies vitality. A vitality that can only be acquired through time and tenacity. How many basketball-playing, music teacher great-grandmas do you know? She literally wears her heart on her sleeve because one of her favorite treasures is wearing inspirational T-shirts.

Showing her heart in this way has changed lives.

If you poll the former and current students about what three words they would use to describe Ms. Cinda, they will say: compassionate, inspiring and talented. And they all tie for first.

One particular student would agree with the results and she makes a great case. Eh-hem (read: as a confident lawyer), "If it may please the reader, as a girl living in Arkansas, she was shy. Very shy and it was Ms. Cinda who told her that her environment was safe. A still vivid memory, she remembers Ms. Cinda would open her arms when the shy girl would walk in through the door. The classroom would lose that menacing quality, and day by day the shy girl and Ms. Cinda would make the monster go away."

Years passed. One day after playing organ for her church (oh yea, Ms. Cinda also plays the organ), Ms. Cinda received a message through her church's website. That shy girl had completely annihilated her phobia. The once shy girl was reaching out to tell Ms. Cinda that her words, her love, and her encouragement gave her the strength to conquer anything. She can still hear Ms. Cinda tell her, "You can be anything you want to be. You just have to dream."

She took her at her word and became the one person you *should* be afraid of when you walk into a room: a lawyer. The shy girl, who once needed Ms. Cinda to hug her until she could brave the classroom, now commands a *courtroom* confidently. Her bold voice and her presence now determine the fates of men and women alike. In this way, Ms. Cinda has done what she does every day — change lives.

You cannot change lives if you are not committed to every child. For 15 years, Ms. Cinda has been changing the lives of students that walk through the door of Self Development Preschool — oh yea, she teaches our advanced gifted curriculum too.

Both Ms. Loni and Ms. Cinda together have more than 40 years of experience working at SDP. They both share one crucial thing: they love to watch a child grow up. You can't do this in the short term. Growing up is a lifetime and our preschool specialists are there for the whole thing.

These are just two Self Development Preschool employees. Many preschool specialists have over decades of experience working at Self Development Preschool.

Of course, Director, Vernetta Madsen, has been changing children's lives before this writer even knew how to spell these very words. I know this to be true because Vernetta Madsen, and many *current* and former Self Development employees, were the ones to teach me these very letters you are reading right now.

Self Development employees taught me to write rites and to right wrongs, to add numbers and knowledge, to borrow from the tens and share with my friends. They taught it all. It's not magic. It's just that they had time to do so. Simply because Self Development employees are in it for the long haul.

For more information, please contact Ms. Vernetta at Self Development Preschool and Summer Camp at (480) 396-3522.

Open enrollment is underway!









We know all children learn differently, so we offer options that help them discover and build on their potential and passions, including:

Enroll today!



- AP Capstone diploma
- High quality, inclusive preschool
- One-to-one technology schools
- · Franklin traditional schools
- Spanish dual language immersion
- Montessori
- International Baccalaureate
- Science, Technology, Engineering and Math (STEM) programs
- Gifted & Talented
- Online learning options

mpsaz.org | 480.472.0000 | 🚹 🞔 🎯 @mpsaz





Self Development Academy ENROLL NOW

WE CARE! BE SAFE!





Start right. Right from the start.

Because we can see the future.

SELF DEVELOPMENT PRESCHOOL (2-5 years old)

Using a well-planned thematic curriculum, the preschool prepares students for their elementary school success.

They complete their kindergarten year reading fluently and solving mathematics problems at one to two grade levels ahead.



AS AN ACCELERATED, K-8 CHARTER SCHOOL,

our goal is to inspire a passion for life-long learning. We provide nurturing, individualized learning strategies with new research-based and traditional learning methods.

SELF DEVELOPMENT PRESCHOOL

Temporary Childcare Available for Families in Need.

Registration Fee and Deposit Waived.

(480) 396-3522 Ages 2-12

SELF DEVELOPMENT PRESCHOOL

(480) 396-3522 1721 N. Greenfield Rd., Mesa, AZ 85205

SELF DEVELOPMENT MESA

(480) 641-2640 1709 N. Greenfield Rd., Mesa, AZ 85205

SELF DEVELOPMENT EAST MESA

(480) 641-2640 7930 E. Baseline Rd., Mesa, AZ 85209

SELF DEVELOPMENT GLENDALE

(480) 641-2640 16635 N. 51st Ave., Glendale, AZ 85306

SELF DEVELOPMENT PHOENIX

(602) 274-1910 1515 E. Indian School Rd., Phoenix, AZ 85014

WWW.SELFDEVELOPMENTACADEMY.COM

LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF

The Vistas Pavilion is Open for Weddings and Holiday Events

he Vistas Pavilion at Las Sendas is booking private events and weddings for the upcoming fall and winter seasons.

- Graduation parties
- Birthday parties
- Weddings
- Bridal and baby
 shayyers
- Corporate events
- Bar mitzvahs and Bat mitzvahs
- Quinceañeras
- Family gatherings

"Our goal is to make sure our guests and clients have a safe and memorable experience during their events" said Jess Miller, director of catering and event sales at Las Sendas Golf Club.

"We are following and taking extra precautions during these critical times," Jess continued.

"Our event and banquet staff have been properly trained and practicing all the protocols listed by the CDC, by social distancing, no more than 10 people at a table, washing hands often and thoroughly, sanitizing every item that comes into contact with humans, staying home from work if not feeling well, and making sure our guests are comfortable and are in a safe environment."

Jess emphasized, "We believe following all the guidelines and resources given to us, all of our guests 'and clients' events will be very successful." ■

For more information regarding booking events, please contact Jess Miller at (480) 396-4000 ext. 227, or email jessmiller@lassendas.com.



The Patio and Grille are open for In-House Dining

ow that the stayat-home order has expired, The Patio and Grille are open with limited seating capacity, but with a full menu along with live entertainment on Friday and Saturday, said Dennis Shaw, director of food and



beverage at Las Sendas Golf Club.

"First, thank you to the community for supporting us with takeout and curbside pickup orders during the restaurant closure. We certainly appreciate the business and want you to know that we will continue to do takeout and curbside delivery," Dennis announced.

"Now you can dine in on our shaded patio, or inside, as we have provided safe distancing and spacing between tables with a comfortable setting inside or out."

Hours of operation for The Patio and Grille at this time will be as follows:

- Monday Thursday, open at 2 p.m., with dinner starting at 5 p.m.
- Friday Sunday, open at noon for lunch, with dinner starting at 5 p.m.
- Live entertainment on the patio Friday and Saturdays starting at 6 p.m.
- Happy Hour daily from 3 to 7 p.m.

Check the website, lassendas.com, for menus and details, and find specials for Father's Day and Fourth of Iuly!■

For reservations and information, call (602) 734-5524.

Las Sendas Pro Shop features Father's Day Sale all month long

Te celebrate Dad's all month long at Las Sendas, especially June 21," said Rick Crowson, director of golf at Las Sendas Golf Club.

All men's and ladies' apparel are buy one get one free, and all merchandise is on sale. Plus, all in stock golf clubs are on sale, too.

"Now that summer has really arrived, it's time to take advantage of great golf conditions at Las Sendas and lots of available tee times," said Rick.

The Pro Shop is having a Rental Club Sale. "We have a few sets of PING G400 slightly used rental clubs for sale," said Rick.

A full set, including golf bag and putter is available for \$1,150 for a men's left and right hand. Ladies Ping GLe rentals, like new, are on sale for \$1,285. "Reserve your set today!" said Rick.

Golf Rates for June:

Monday to Thursday from 5:30 a.m. to 2 p.m. \$49, 2 to 5:30 p.m. \$39

Friday to Sunday and Holidays 5:30 a.m. to noon \$55, Noon to 2 p.m. \$49, 2 to 5:30 p.m. \$39

Las Sendas residents – Please go to our website,

lassendas.com, and scroll down to *Book a Tee Time*. From there, you can choose the day you want to play and the rate you want to pay. It's FREE to book tee times!

For more information about Las Sendas Pro Shop, please call (480) 396-4000.









Join today for as low as \$588 per month!*

*\$2,000 down | Call for further details

Find the perfect golf membership for you at Las Sendas.

Pay for Membership in Full *Receive \$5,000 credit

Trial Membership *1 year trial option

Junior Membership

Proxy Membership

*\$0.00 down payment/ play on existing membership

"New" Membership Financing
*\$588/month and no interest plan

Contact our Membership office for further details (480) 396-4000



Las Sendas Golf Club 7555 Eagle Crest Dr. Mesa, AZ 85207



THE PATIO AND GRILLE AT LAS SENDAS

Bring the family & come enjoy our annual 4th of July celebration with live entertainment, outdoor & indoor seating & a BBQ dinner!

SATURDAY, JULY 4TH 5-10 PM \$25++ ADULTS \$14++ CHILDREN 6-12

> **RESERVATIONS RECOMMENDED** 602-734-5524

Served Family style

CHOOSE TWO Cole Slaw Potato Salad Caesar Salad

CHOOSE TWO

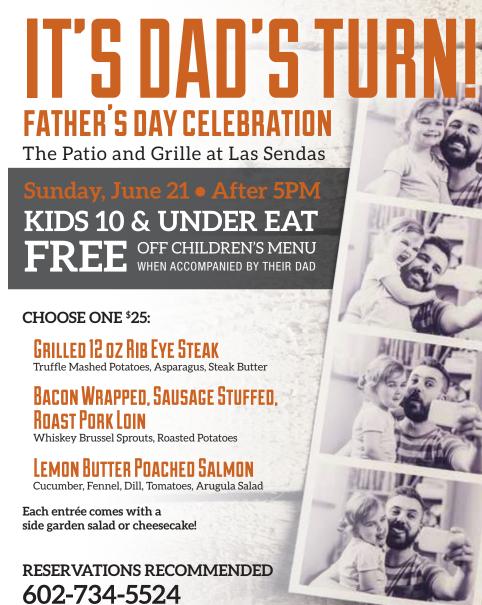
Citrus Marinated Chicken Breast Grilled Salmon Beef Brisket • Pulled Pork

CHOOSE TWO

Baked Potato • Baked Beans Creamed Corn

CHOOSE ONE S'mores Dip Ice Cream Cookie Sandwich

7555 E. Eagle Crest Dr., Mesa, AZ 85207 WWW.LASSENDAS.COM



7555 E. Eagle Crest Dr., Mesa, AZ 85207

WWW.LASSENDAS.COM

3-7 PM DAILY **SUMMERTIME FUN! COVERED PATIO & MIST** THE GRILLE SYSTEM TO KEEP YOU COOL AT LAS SENDAS 7555 E. EAGLE CREST DRIVE, MESA • 602-734-5524 • LASSENDAS.COM FRIED HOUSE MADE MOZZARELLA MARGARITA.....\$7 WEDGES (4) \$5 Jose Cuervo, Triple Sec, Lime Juice, MOSCOW MULE Hand Battered, Golden Brown Agave Nectar served up with salt & a "THE PUTIN"\$6 lime wheel Wedges, Marinara Titos Vodka, Goslings Ginger Beer, STEAMED PORK topped with a half squeezed lime POT STICKERS...... \$8 CUCUMBER MINT \$6 Ground Pork, Fresh Ginger, Garlic, Effen Cucumber Vodka, Muddled Green Onion, Soy Dipping Sauce Mint, Goslings Ginger Beer, topped **GRAPEFRUIT** with half a squeezed lime at Breads COSMO CRANBERRY MULE\$6 Deep Eddy's Ruby Red Vodka, St. Germaine Elderflower Liqueur, lime juice and a splash of cranberry juice Deep Eddy's Cranberry Vodka, SWEET ITALIAN SAUSAGE Goslings Ginger Beer, topped with & BASIL PESTO...... \$8 topped with fresh Basil half a squeezed lime Italian Sausage, Caramelized Onions, Appetizers Artichoke Hearts, Assorted Olives, MARTINI.....\$8 largaritas Goat Cheese Absolut Pear Vodka, St. Germaine SAUSAGE & MUSHROOM...... \$8 Elderflower Liqueur, simple syrup & **BUFFALO NEW YORK STYLE** TRADITIONAL fresh lemon juice Red Sauce, Mozzarella, Italian JUMBO WINGS (9) \$9 MARGARITA.....\$6 Sausage, Mushroom Medley LAS SENDAS Sauces: Mild, Hot, Firecracker, BBQ, On the rocks with Salt (make it MARGHERITA.....\$7 DIRTY MARTINI \$8 Cucumber or Mango for \$1) Titos Vodka shaken & served with Olive Oil, Fresh Mozzarella, Sliced Rubs: Jakes, Ranch, Sour Cream & Blue Cheese Olives Onion, Lemon Pepper, Salt & Pepper Tomatoes, Fresh Basil

The Buffalo Spot is open, offers delicious WINGS AND SALADS

Ortiz, Owner, The Buffalo Spot **→** he Buffalo Spot recently opened at The Village at Las Sendas, near Smashburger and Cosmo's Salon, at Power and McDowell



The restaurant specializes in Buffalo

roads.

fries, wings, tenders, and salads.

"The Buffalo Spot is a wing lover's paradise," said owner Pedro Ortiz, who, along with his wife Debi, are longtime residents of Northeast Mesa. Pedro is a recently retired Mesa police officer, who now serves amazing wings and Buffalo fries.

The world-famous Buffalo wings and fries are made with fresh, quality ingredients, guaranteeing every bite is as flavorful as the last.

"We strive to not only offer our guests incredible food, but also a warm, welcoming atmosphere for family and friends to have a wonderful night out," said Pedro. "You won't regret stopping by for a takeout order and bringing the delicious Buffalo wings to your home!"

"We're widely known for our Buffalo fries," said Pedro. "The same goes for our hand-blended ice cream shakes."

The Buffalo Spot offers sauces such as chipotle, pineapple jalapeño, honey barbecue, teriyaki, lemon pepper, garlic parmesan and atomic.

"So many people are welcoming us, allowing us to grow in the difficult first year," said Pedro. "We really appreciate all the support and want to be involved with our community." ■

For more information, visit TheBuffaloSpotMesa.com.

LOCAL BUSINESS

Sonson's Pasty Co. Thanks Community for Support Through Pandemic

By Jamie Killin

ast Mesa diners have shown up for local businesses to help them through the unprecedented **∠**COVID-19 pandemic, providing patronage, words of encouragement, and patience.

For that, Sonson's Pasty Co. is saying thank you to its customers who have allowed the small, locallyowned restaurant to continue its operations through the pandemic, and even keep all of its employees.

"All of our customers come in and they're always so nice," said Julie Mercer. "They always give us encouragement; they give us a laugh and a chat. It's really sweet, it's so nice and it's kept us all going."

Throughout the pandemic, Sonson's Pasty Co. has provided its authentic, Cornish pasties to go, offering ready-to-eat, take and bake, and even frozen options to help give families easy meal options to enjoy while supporting a local business.

Now, it's re-opened its doors for in-restaurant dining with continued precautions to keep its customers safe.

"We've separated the tables out so that everybody is at a safe distance from one another, but we'll still be able to have that family feel and community," said Julie.

For those that would like to continue dining at home,

Sonson's Pasty Co. will still have its takeout and curbside options. As the industry continues to return to normal, Julie and her team have found it most helpful when customers call ahead for all orders — ensuring the items they'd like are ready to go, and helping the restaurant minimize food waste.

"It's fantastic when they call ahead because I like to have their

food prepared for them, ready to go when they get here," said Julie. "Then it's quick in and out, and nobody feels that they can't get what they want."

Sonson's has also thanked the community with sales events that have provided the restaurant with additional business to help boost sales during the pandemic.

"We did a couple of sales events to give back to the community where we put items on sale, but because everyone has responded so well, it's helped us," said Julie. "It helps us pay the bills and keep everybody employed. It's been a great give and take."

These promotions and the increased community support have allowed Sonson's Pasty Co. to continue, despite decreased foot traffic and a substantial loss of

"We've lost a lot in catering, but I can't complain," said Julie. "There are so many other catering establishments that maybe aren't going to bounce back from this. So as long as we can keep going day by day, bit by bit, we've got to be grateful. I pray and hope for the other places that they can stay on their feet." ■

Sonson's Pasty Co. is located at 6060 E. Brown Road in Mesa. For more information, visit sonsonspastyco.com, or call (480) 845-8485.







Monday, Tuesday, Friday-Saturday 9-5 Wednesday-Thursday 9-7

CALL FOR AN APPOINTMENT!

6655 East McDowell Road, Suite 105, Mesa, Arizona 85215

(SW corner of McDowell & Power Roads - behind Barro's Pizza)

(480) 985-2369









REAL ESTATE

How Has the Real Estate Market Been Impacted by the Recent Crisis?

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

→ he top question on everyone's mind right now is How is the housing market?

With so much talk about how the economy will be affected by COVID-19, everyone is

wondering will home sales and home prices drop and if so by how much?

In March, when COVID-19 was declared a pandemic, we saw the first signs of how this crisis could impact the market as potential sellers decided not to list and some current sellers cancelled their listings. By early April, we saw more sales than normal fall out of escrow for a number of different reasons but most related to the crisis in one way or another. With the stay-at-home order, closure of schools and non-essential businesses, and fearful news reports, the market started hitting the pause button.

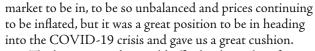
However, by the middle of April, things already began to turn around as people still needed to buy and sell homes. We were still having showings, just a lot fewer, no looky loos but buyers who needed to buy, and homes were going under contract.

By the end of April, people were getting some confidence back and in May it was like the flood gates opened — sellers were ready to list their homes again and buyers were ready to buy, and move quickly.

We couldn't have picked a better state to be in while we had the stay at home order. Suddenly, we had extra time to get out and explore more of our amazing desert landscape, hike, bike ride and spend time with our family. Not only were we in the best state for staying-at-home and closures, but Arizona was in the best position to weather

The Cromford Market Index™ (CMI) is a single value that indicates the balance of the residential resale market. Values below 100 indicate a market that favors buyers. Values above 100 indicate a market that favors sellers. A value of 100 is equally balanced.

Supply and demand are one of the main factors that determines home prices, and 2019 saw that spread widen with lower inventory and higher demand. The Cromford Market Index (CMI) increased by 78 percent in 2019 and the trend continued into 2020. In March 2020, there was such a shortage of inventory that a listing would have multiple offers on the first day of being on the market. Buyers were having to bid above the asking price, buy as is or waive the appraisal contingency just to get their offer considered. It was a dangerous position for the housing



The housing market could afford to lose a lot of demand and gain a lot of supply and still be in a strong market, which is exactly what happened. As you can see from the chart below, the index did a major drop when everyone paused in March/April, but is leveling out again in May. Even with that significant drop we are still in a strong sellers' market with the index at 181.

The chart below shows the CMI for Mesa for the past 4 years. 2019 rallied with far more demand and even less supply. By the time we headed into March 2020, the Cromford Market Index was at 310, which is 210 above a balanced market, which is 100.

So back to the question? Will sales and home values drop and if so by how much? Homes in the low to mid-price range have not been negatively impacted and this market remains strong or even stronger than it was before. The luxury market on the other hand has seen a slight decline in home sales as this is usually the market that is impacted first.

Home prices are down by 3.5 percent for May compared to April for the entire Phoenix metro area. However, the primary reason for lower average pricing is

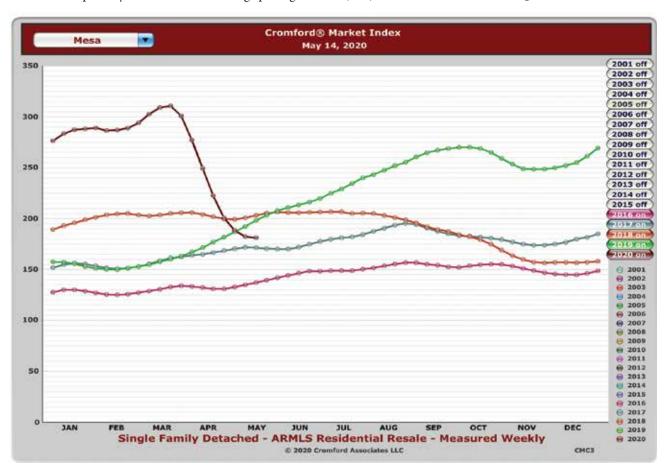
the absence of the usual number of high-end homes. This became more extreme in the last four weeks as the regular market started to build in volume while the market over \$1 million did not.

Overall home prices are unlikely to fall without a glut of homes for sale, and that is something that does not look likely at this point. Almost no foreclosures took place in May and many borrowers took advantage of mortgage forbearance programs. The greatest risk to the market is in what happens to lenders and loan servicers over the next 12 months with all the loans in forbearance, and how unemployment will impact the economy.

Currently, I have seven homes listed with a price range of \$270,000 to \$1,450,000 and all are under contract. The last three were sold in the first two days of being on the market and two of them were sold above asking price.

I have more listings coming on the market and expect them to be under contract within the first week or two as well. At this moment, I anticipate the market will be very strong through the summer and into the early fall.

If you are thinking of buying or selling, or would like more information on the housing market, please don't hesitate to contact me at (602) 571-6799, or email Lorraine@Homes2SellAZ.com.



BUY AND SELL YOUR HOME WITH VIRTUAL REAL ESTATE Virtual Home Tours - Virtual Consultations

Buying or selling a home can be stressful. Finding the right Realtor® shouldn't be.

Specializing in Las Sendas and East Mesa—a local resident since 1998



Las Sendas Remodel, Backs to Wash -\$425,000 1571 sq. ft. 3 Bed, 2 Bath



Madrid Stunning Mtn and Sunset Views -\$675,000 3005 sq. ft. 4 Bed, 3 Bath



Las Sendas Backs to Desert/Red Mountain -\$1,488,484 5935 sq. ft. 5 Bed, 7 Bath



Moondance Remodel, Pool -\$295,000 1090 sq. ft. 3 Bed, 1.5 Bath

WHAT'S YOUR HOME WORTH—FIND OUT TODAY www.InstantHomeValueAZ.com



Lorraine Ryall Associate Broker, CDPE, CSSN (602) 571-6799 | Lorraine@Homes2SellAZ.com PROPERTIES

VALLEY REAL ESTATE **EXPERTS SINCE 1972**

www.Homes2SellAZ.com

ORGANIZING

Distribution of **Personal Property to Heirs is Challenging**

By Nancy Nemitz, Create the Space Professional Organizing

s trustee of my mother's estate, ▲I recently went through the process of dividing up my mother's jewelry among my siblings.



When my siblings arrived, I knew the distribution wouldn't go according to plan because dynamics change when people get together. Who knew my sister would be so attached to a bracelet no one had seen my mother wear, or that a sunflower pin I thought no one would want would be so wanted?

I know from experience that going into any situation where I am the leader results in a better outcome if I'm prepared, even though I know without a doubt the plan will change because people change when they get together. However, having a plan relaxes my mind. A plan gives me the opportunity to think through possible problems and come up with a variety of solutions.

No one comes out of an estate distribution without some scars when five siblings are involved; but, having an organized plan made each part of the distribution feel as though I was handling my mother's things with respect and gratitude. ■

Nancy Nemitz owns Create the Space Professional Organizing. She is currently helping clients virtually. To avoid phone tag, it's best to contact Nancy by email at nancy@ createthespace.com.



REAL ESTATE

Home Trends Post COVID-19

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

→ he COVID-19 crisis has had significant impacts on our world and within just a few months we have already changed the way we shop, do business and socialize. Real estate is also evolving. Our homes have gone from being places we pass through, to our sanctuaries,



John and Natascha Karadsheh

offices, schools, gyms, and family entertainment centers. The rapid change of use is already yielding some changes in the marketplace:

A HOME OFFICE IS A MUST

Home offices used to be in high demand but faded from buyer's priority lists in recent years as we shifted toward using laptops and tablets on the kitchen table. However, with people now fully working or schooling from home, a quiet office with a closable door has become a must. A stylish Zoom call backdrop has been put on everyone's wish list and home office decor is trending.

GUEST ROOMS ARE BACK

The rise of VRBOs and Airbnbs in everyone's neighborhood made the need for guest rooms less of a priority over the past few years. But with college students, quarantine buddies, and extended family all under one roof, we will see buyers now prioritize an extra bedroom and bathroom. If you have a home with a separate casita, it has likely just increased in value!

BACKYARDS FOR LIVING

With everyone spending so much time at home, spacious and amenity rich backyards will be in demand. Pools, spas, backyard fireplaces, and outdoor living rooms will be on the rise. With travel curtailed, we expect buyers to value homes with great backyards and we expect homeowners to spend more time and money on backyard improvements.

COUNTY ISLAND, NO HOA AND IRRIGATED PROPERTIES

Having a property with fewer restrictions will also be important to many buyers. A larger lot with room for a home business, casita or RV/boat storage will become important. Other buyers may seek properties with fewer restrictions so they can have expansive gardens, chickens or simply be off the grid.

COMMUTE VS. SQUARE FOOTAGE

With better opportunities to work from home, we anticipate that more buyers will be willing to trade a shorter commute for larger homes or properties that offer more space for their family's needs.

STORAGE SPACE

The toilet paper, cleaning supply and meat shortages that we have experienced over the past few months will undoubtedly create a culture of being better prepared. There will be more demand for large pantries and indoor spaces that can accommodate an extra freezer.

Have your home needs changed during the past few months? Are you looking for a new space that better suits your needs? We are here to help, and our broad knowledge of the market can help you find your perfect next home!

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

John has been a Multi-Million Dollar producing agent for over 17 years, and is an Accredited Buyers Representative (ABR) and a Certified Residential Specialist (CRS) and Chair of the Arizona Regional MLS Rules and Policies Committee.

Natascha Ovando-Karadsheh is an Associate Broker of KOR Properties, a Multi-Million Dollar producing agent, Chair of the City of Mesa Economic Development Advisory Board, and Founder of the Falcon Business Alliance.

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

State In The Groves

brought to you by:





Groves Area Market Report

Sales for the Month of April 2020



Address	Square Feet	Community	Sold Price
5346 E Fountain St	1,812	Crosspointe	\$315,000
5610 E Elmwood St	2,182	Silverado	\$319,900
5348 E Greenway St	1,704	Alta Mesa	\$325,000
2411 E Inca St	2,106	Russell Manor	\$330,000
2233 E Evergreen St	2,050	Tierra Este Park	\$330,000
828 N Alamo Cir	1,779	Tierra Este Park	\$346,000
2421 E Kael Cir	2,077	Citrus Highlands	\$348,000
1235 N Sunnyvale #66	1,861	Alta Mesa	\$350,000
4630 E Greenway St	2,233	Empire Gardens	\$350,000
5320 E Glencove St	1,704	Alta Mesa	\$352,000
2240 N Ashbrook Cir	2,351	Southwest Groves	\$352,500
2637 E Fountain St	2,730	Meadowvale	\$375,000
5939 E Fairfield St	2,216	Alta Mesa	\$375,000
957 N Salem Cir	2,770	Alta Mesa	\$385,500
2235 E Jaeger St	2,568	Country Park	\$401,000
2552 E Fairbrook St	2,295	Brownmore Estates	\$430,000
2965 E Grandview St	2,810	Mesa Northgrove	\$465,000
2215 E Hermosa Vista Dr	2,984	Citrus Del Ray	\$515,000
3522 E Fountain St	3,404	The Groves	\$560,000
2606 E Inca Cir	4,559	Tuscany Cove	\$565,000
4465 E Fairbrook St	2,355	Groves at Valencia	\$592,301
3531 E Norwood Cir	3,650	Hermosa Groves North	\$693,000
3942 E Leland St	4,455	Spyglass Estates	\$771,150
3917 E June St	5,628	Groves North	\$825,000
3944 E Minton Cir	5,588	Vista Estancia	\$1,100,000
3950 E McIellan Rd #17	8,462	Crossroads Estates	\$1,600,000

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

The Leader in Full Service, High-Tech Dentistry Providing the Most Comprehensive Care in Implant and Cosmetic Restorations



Has Dr. Farnsworth designed your new smile?

Let the leader in cos metic and implant restorations make you feel confident in your smile again.







Call now to schedule a FREE Cosmetic and Implant Consultation, X-Rays, Pictures, Models Included and Radiograph Scan (\$700 value)

Dr. C. Martin Farnsworth, DMD Dr. Derek Farnsworth, DMD 2947 North Power Road

Suite 103, Mesa We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.

Now Certified Invisalign® Providers invisalign®



CALL TODAY! (480) 283-5854 · Dentistry for the whole family

- · Hours Available Monday thru Friday · Offering Cerec Crowns, the World's

WE SEE EMERGENCIES

- Most Accurate CAD-CAM Restorations · Cosmetic Smile Enhancements
- Veneers & Porcelain Crowns
- · Implants Placement & Crowns
- · Root Canal Therapy
- · Oral Surgery Including Wisdom Teeth
- · Afraid of Dentists? Nitrous Oxide Sedation Available
- · A Team of Professionals Here to Help

WWW.LASSENDASDENTALHEALTH.COM

Tooth Whitening

WHITER TEETH IN UNDER ONE HOUR In Office Whitening, PLUS take-home whitening trays!



REAL ESTATE EXPERTS SINCE 1972

John Karadsheh, ABR, CRS Owner/Designated Broker Natascha Ovando-Karadsheh, Owner/Associate Broker Christina Ovando, Owner/REALTOR Emeritus® 配宜



KORproperties.com | 480.568.8680



LAS SENDAS LUXURY CUSTOM

8440ViewCrest.com 9,320 SF / 4 BR + OFFICE / 7 BA / CASITA \$2,750,000



ROCK CANYON II

LAS SENDAS LUXURY CUSTOM 4,150 SF / 4 BR + OFFICE / 4 BA AMAZING BACKYARD / POOL / RAMADA \$1,160,000



BUILD YOUR DREAM HOME IN EAGLE'S NEST!

LAS SENDAS CUSTOM LOT 1.77 ACRES / INCREDIBLE VALLEY VIEWS NORTH/SOUTH FACING \$460,000



UNDER CONTRACT!

LAS SENDAS 3,427 SF / 5 BR / 4 BA **NEW CARPET & PAINT** \$583,000



JUST SOLD!

THE SUMMIT 3,126 SF / 5 BR / 3 BA / SOLAR SPARKLING POOL \$468,000



JUST SOLD!

HERMOSA GROVES NORTH 3,650 SF / 4 BR / 3.5 BA SPARKLING POOL \$693,000



JUST SOLD!

COUNTY ISLAND - NO HOA 2960North77th.com CITY LIGHT AND MOUNTAIN VIEWS - R.V. GARAGE \$710,000



JUST SOLD!

LAS SENDAS 2,370 SF / 3 BR + DEN / 2 BASPARKLING POOL \$455,000



JUST LISTED!

TUSCANY VILLAS 1,303 SF / 2 BR / 2 BA **GOLF COURSE LOT** \$325,000



\$603.56 of Cash Donations COLLECTED!

> WE HELPED TO PROVIDE 4.626 MEALS IN TOTAL!



JOIN TODAY (IT'S FREE!) **BECOME A MEMBER OF THE** FALCON BUSINESS ALLIANCE

HELPING NE MESA BUSINESSES SOAR An alliance of local businesses working together to move forward



SIGN UP:

www.falconbusinessalliance.com/ FalconBusinessAlliance

Create a Beach House Feel

Submitted by Linda Palm, Window to Design ave you

always wanted a beach house even though you don't live anywhere near a body of water? Or maybe you already live



near the water and want to make your home look more like a beach house?

Either way, you can create a relaxing, fun interior that looks like it belongs near the beach. And why not have that beach house feel, especially as the weather is heating up!

Beach design colors can be vibrant and tropical, calm and neutral, or nautical blue and white. Even aqua and white, or orange and white, can create a beach feel. You can also use lots of beiges and light blues to reflect the colors of the sand and sky.

Here are some specific decorating ideas to create a beach house feel:

- Choose pale-colored woods for floors, furniture or walls to reinforce a light and casual theme.
- + Rattan, wicker or bamboo furniture brings a beach vibe, as do rag rugs.
- · Driftwood can be displayed as an art object or used as a table base.

- · Look for furniture or storage units made from lobster traps, or salvaged wood from boats or piers.
- Purchase window fashions that let in lots of light, and use artificial lighting that's bright and warm.

And the ideas can be endless:

- Add touches from the sea, such as coral and shells made into lamps, chandeliers, boxes and decorative items.
- Install boat fittings in your kitchen or bath, such as hinges, lanterns
- Use fabrics, throws, pillows, table linens and bed linens with beach motifs, palm trees, surfers and boats.
- Add artwork that depicts the sea, birds, fish or surfers.
- You can even display a real boat in your house, or a model of a boat.

Sail into a new interior look with a beach theme. You'll feel like the beach is only a step away. ■

To speak with Linda to learn more about her new Window to Design store, you can contact her at (480) 207-6450, or visit her website — windowtodesign.com, or instagram.com/windowtodesign.



SPIRITUALITY

As School Ends A New Season Begins

By Pastor Paul Frank, Hosanna Lutheran Church

has ended. The year began at Hosanna Lutheran Church and Little Palms Preschool last August with excited children and some teary-eyed parents on their very first day of school.

7 ell it's over. The school year

On the first day of school our preschool staff and pastors all greet the parents, welcome the children, and we reassure them that they are in good hands. We will teach them and take care of them. They will grow, flourish and learn all kinds of new things.

Then I watch a number of those parents sit in their cars and shed a few tears as they suffer the most separation anxiety. The kids quickly get into games and learn names of new friends. They have a ball.

But the parents are out there slowly sliding into a new season in their lives. Toddlers are now school kids. Homes are quiet. They drive home, or off to work with a new schedule. Now they have to worry about school calendars and fall break and special events.

That school year came and went. We kept our promise. They entrusted their greatest treasures to us, and we taught them all kinds of new things in preschool. We watched those kids grow in size, in wisdom, in compassion for those new friends, and we saw them grow in faith. And it's a new season again. Many are moving on to kindergarten next year.

We will have a whole new student body with new friends and young parents entering that new season in their lives too. Come and enroll your child soon. The



classes are almost filled up already.

And if you find yourself moving into a new season in life, a new job, new relationship, getting married, the first child or the last child being born; if you find yourself in a season of grief from a loss, or a season of joy on graduation day; whatever that new season is that you are moving into — I want you to know that God is still with you.

He is opening new doors, guiding our paths, and giving us strength and wisdom. He reminds us often of just what He promised you: I will never leave you. I will not forsake you. I am with you always, to the very end of the age.

Join us this summer in worship. And another new school year is coming soon. We'll enter this new season together. ■

Hosanna Lutheran Church is located at 9601 E. Brown Road, Mesa. For more information, visit hosanna-lcms.com.



Beautifully transform sunlight and save.



REBATES STARTING AT

ON QUALIFYING PURCHASES

Innovative sheers and shadings offer distinct beauty as well as versatile light control. Enjoy savings on qualifying purchases through June 22.

LEARN MORE





1947 N. Lindsay Road, Suite 106 Mesa, AZ 85213 • (480) 207-6450 windowtodesign.com

There's more to discover at The UPS Store

Full Service Printing Copying, Blueprints **Shredding Services Mailbox Rentals** Pack & Ship Guarantee **Freight Shipping and Crating UPS, USPS and DHL Shipping** Pickup Service available

20% OFF Expiration 6/30/20 **Printing Services**

Visit us at: **Power & McDowell next to Albertsons 2733 N. Power Road Ste 102** Mesa, AZ 85215 (480) 641-1744 www.theupsstore.com/3690

The UPS Store





HEALTH

Navigate the Reopening of Businesses Carefully

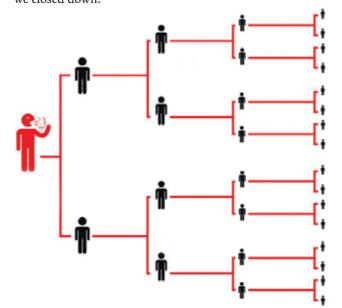
By Laura Markison, NMD, Mesa Naturopathic

eelings of anticipation are reopening.

This is challenging our sense of safety versus our need to get out of the house and go back to work. How we navigate in an infected population is a tricky situation many of us are trying to figure out.



As of May 15, here in Arizona, we continue to have more than 200 people being diagnosed daily with COVID-19 and 11,380 active infected cases. Since March 20, 651 people have died. We've been shuttered eight weeks and we are extremely more infected now than when we closed down.



What do these numbers tell us on how we should stay safe with the reopening? Of the people who have gotten sick with COVID-19, one out of 20 people have died here in Arizona. Our population is about seven million. The disease is spreading at a rate of about 1 person/630 people. Now, that may not sound bad but with the reopening of businesses where people gather, here is a possible scenario:

If one person directly encounters 10 people, and assuming that those 10 people each encountered 10 people, and that those 10 people also encountered 10 more people (making the encounters 10^3), then directly or indirectly one person has come in contact with 1,000 people to which 1.3 people are infected. Everyone in this 1,000-person group has now been possibly exposed to the infection.

Basically, social distancing is still needed to keep this disease from spreading at an even faster rate.

Should we continue to wear masks when we are out at the store and around areas where people are gathering? There's so much conflicting data about masks. At a minimum, a mask reminds us not to touch our faces when we are at the store where people are touching everything. It also helps keep our own germs from spreading outwardly. Whether it's a bandana or N95 mask, a mask helps to some degree.

Continue hand washing and visiting six feet apart. Stay home if you are not feeling well. At this time, we all should still be cautious about gathering in groups. Our community is more infectious now than before the lockdown. Protect your health and the safety of your family. Be very careful how you move about as businesses open. ■

Please visit us at Mesa Naturopathic on our website: mesadr.com, where you can schedule a telemedicine appointment, or call us at (480) 306-8111. We are located at 1955 N. Val Vista Drive, Suite 103, in Mesa.

Looking to Sell Your Business?

Want to reach thousands of potential buyers?

Want to know the value of your business?

We can help!



THE TRUSTED SOURCE TO BUY OR SELL A BUSINESS

Call Your Local Business Broker Tory Adair • 480-388-0870



Call today and request your FREE digital copy of "The Complete Guide to Selling Your Business" by Kelly Shaw and Trevin Rasmussen, a \$14.95 value!

Tory Adair Business Broker

tory@bristol.group www.bristolgrouponline.com











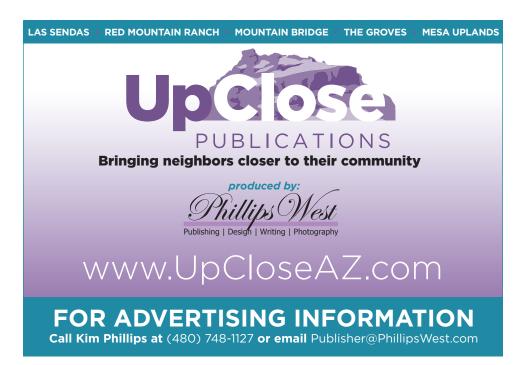
and have an appreciation for the details.

(480) 924-2096

www.CarnationHome CleaningInc.com

All quotes given by phone or website.







Home Care Assistance is Ready to Shelter in Place With You by Providing A Personally Committed, Professionally Trained and Supervised Caregiver



CALL FOR YOUR FREE CONSULTATION TODAY!

480-699-4899

www.homecareassistancemesa.com 2031 N. Power Rd. #103 Mesa, AZ 85215

EDUCATION

Summer Learning Opportunities abound at Mesa Public Schools

Submitted by Laurie Struna Photo by Samantha Chow

xciting learning opportunities abound for students at Mesa ■ Public Schools.

Through the Mesa Distance Learning Program (MDLP), students in grades seven through 12 can take up to two semesterlength summer courses at NO cost.

MDLP courses are taught by certified district teachers and align with the district course catalog. Course options are robust and range from core subjects such as English language arts, math and sciences, to electives such as Spanish, music, finance

MDLP courses are self-paced and can be completed anywhere you have an internet connection. Students currently assigned a district device will be able to retain the device throughout summer

school. Summer courses can be taken to address credit deficiencies or for advancement.

"Taking summer online courses through MDLP is a great option for any student," said Heidi Hurst, Mesa Public Schools director of communications and engagement. "The online, accessible format means students can learn anytime, anywhere. We hope eligible students take advantage of this valuable opportunity."

To qualify for tuition-free courses, students must register and begin coursework by June 30. Courses should be completed by July 31. Students not currently active in an MDLP course can enroll at mdlp.org. ■

Students outside of Mesa Public Schools may also be eligible to take free courses through MDLP. Learn more at mdlp.org.



Tyler Chow, soon to be a freshman at Mountain View High School, is taking World History for free from MDLP to get a head start on classes.



Now there's miraDry®

- Immediate results that last
- Dramatic reduction of underarm sweat
- Non-invasive, in-office procedure with minimal to no downtime
- Toxin-free, no need for endless treatments • No need for ineffective antiperspirants

Call Dr. Hiatt at 480-844-1410 to schedule your appointment!

A lasting solution for

mira

PLASTIC SURGERY OF

Tummy * Breast * Face * Ears * Nose * Eyelids Male Breast Removal * Liposuction * Laser Hair Removal Mommy Makeover * Underarm Sweat Solutions

> All injections are administered by Dr. Hiatt Botox * Juvederm * Voluma



Call for a complimentary consultation

(480) 844-1410

4540 East Baseline Road, Suite 117 Mesa, Arizona 85206 | DRHIATT.COM







Patient's Choice Award Recipient

SUPPORT LOCAL RESTAURANTS DURING

OST COVID-19 REOPENING

By Jamie Killin

estaurants had the opportunity to invite diners back into their restaurants last month, but everyone from restaurant owners to servers to community members are still navigating the changes that come with the increased safety measures.

During the process, restaurant owners are doing their best to keep customers safe and provide an outstanding dining experience while hoping to recoup the financial losses they experienced during the extended closure.

For most East Mesa restaurant owners, the best way to help their local dining establishments is to simply show up, either for dine-in or takeout, demonstrating support for the businesses that have become so vital to their communities.

"Patronize small, local businesses," said Hava Java owner Justin Shafer. "We are the backbone of the country. Some of our employees from the past, we now employ their children. People have gotten engaged at our stores. Many have gotten engaged. Many have gotten married. I can name half a dozen of our baristas who have found







their lifelong companions."

"We're staying open because there are people that love us. There are people that come every single day and support us," he continued.

Restaurant leaders are also asking for patience as they adjust to a new normal, which includes expanded takeout and delivery options, space for fewer customers, increased sanitation procedures, and no waiting area for diners to congregate while tables become available.

"The restaurants are doing everything they can to make the experience safe, friendly and fast," said Elaina Shaw of Sam and Luca. "It's going to be up to the guests. I believe all the restaurants and businesses in town are going to do the right thing. We need patrons to be respectful of that and other diners."

For those dining in, they can help

by making reservations to decrease wait times, dine at off-peak hours and expect a new type of experience one without shared condiments or spices on the tables, spaced out tables, and servers wearing masks.

"It's going to be different for the guests when they first come in," said Dennis Shaw, director of food and beverage for The Patio and Grille at Las Sendas Golf Club. "We're doing our part to keep them safe, but it's also going to take a little bit of an adjustment on our end in how we take care of people, and an adjustment on their end in having a little more patience."

Guests can also aid in keeping restaurant staff safe by following the CDC guidelines themselves and not dining in while they're sick, or gathering in large groups.

> "We would ask that the public understand the needs of my staff in helping keep them safe," said Jeff Flancer of Flancer's. "Please don't show up with 20 people. We want to respect our guests and make sure they're as healthy and safe as possible, and we would appreciate they respect the basic rules that are out there as well."

And while restaurant owners continue pivoting to make dining inside and outside of their restaurants safe, they're also grateful to the East Mesa community that's helped them stay on their feet during these unprecedented times.

"We're blessed to be here," said Pacino's owner Frank Spaccarelli. "The people who were here and supported us over the last month are phenomenal. We're so humbled. They spend a lot of money and have tipped us, supporting the staff and supporting us. It made me a cry a few times, what they've done to support us. It's been amazing." ■

To make reservations, or to request takeout/ delivery service:

> Flancer's (480) 396-0077

The Patio and Grille at **Las Sendas Golf Club** (602) 734-5524

> Hava Java (480) 912-5282

Pacino's (480) 985-0114

Sam and Luca (480) 659-6716

Stay home. Stay connected. Learn online.



MCC is helping learners stay on track with flexible online classes designed to prepare you for a university experience or a rewarding career.

- Quality education with affordable tuition
- Financial aid and scholarships
- Faculty and staff who care and provide remote student support services
- Virtual career services and counseling

ENROLL NOW FOR FALL 2020





MAKE IT HAPPEN!

■ 7110 East McKellips Road, Mesa, AZ 85207 ■ 480-654-7200 ■ mesacc.edu



The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District.



The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit http://www.maricopa.edu/non-discrimination.

Bringing active adults closer to their community

June 2020

HEALTH

Medicare Providers Taking Steps to Help During the Pandemic

Submitted by Tapestry Insurance

time we are living in. There is so much uncertainty, and so many of us are worried about our



own health and the health of our loved

Many of the Medicare providers are taking steps to help during this time. Several Advantage plans are waiving cost share for members for both primary care and specialist office visits. Telehealth is also becoming a way for us to access care.

The Centers for Medicare Services also announced a SEP (Special Election Period) for anyone affected by COVID-19 nationwide. This means that if you were living in the United States from March 1, 2020 until now, you may have the option to enroll in a different Advantage plan

If you are wondering if you have the right coverage for your needs, please give me a call. I would be happy to talk with you about your options.

There are a lot of commercials on TV advertising different plans, but I live here in East Mesa and am happy to be your local source of Medicare information. Also, if you are turning 65 soon or retiring, give me a call to help you navigate through your

Call Lynne Jones, a licensed sales person, at (480) 212-2246.



FINANCES

Don't Fear the 'Bear'



Submitted by Brent D. Hoskinson and Linda Drake

hese are unsettling times. Of course, you're concerned about the health of your loved ones. And as an investor, you know that falling stock prices have pushed us into a bear market. How should you respond?

First, be aware that we've just completed the second-longest bull market in history, so we've entered bear territory from an extremely high point.

Also, bear markets typically don't last nearly as long as bull markets. And while it's impossible to predict the duration of any market cycle, history is encouraging, even though there are

no guarantees of how the markets will perform in the future.

If you're a long-term investor, your best move is to show patience by sticking with an effective investment strategy that's appropriate for your risk tolerance and time horizon.

In the meantime, take steps to protect your physical health and that of your family and community. And protect your financial health by making sound, disciplined decisions that can help keep you on track for the long term. ■

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

ARE MEDICARE **CONFUSING?**

Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2019 and beyond.

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

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

Call me today for help navigating Annual Enrollment this year!

Lynne Jones **CELL**: 480-212-2246



By calling this number, you will be connected to a licensed insurance agent.





Brent D Hoskinson, AAMS®

Financial Advisor

2941 N Power Rd Suite 103 Mesa, AZ 85215 480-985-3115



Linda Drake

Financial Advisor

3654 N Power Rd Suite 169 Mesa, AZ 85215 480-985-2651

www.edwardjones.com Member SIPC

Edward **Jones**' MAKING SENSE OF INVESTING



Home, Auto, Life & Business



Matt Watson, Agent 480-830-SAVE (7283)

NE Corner of Brown and Power 6836 E. Brown Rd. Ste. 101 Mesa, AZ 85207





















ITALIAN GRILL & BAR

REAL ITALIAN BY **REAL ITALIANS**

Catering FOR ALL OCCASIONS

A BIG SHOUT OUT TO ALL OUR LOYAL CUSTOMERS WHO HAVE SUPPORTED US THROUGH THIS PANDEMIC. SO HUMBLING...

PACINO'S INTRODUCES OUR ALL NEW IN-HOUSE DELIVERY AND CURBSIDE SERVICE

You asked for it, you got it. Real pizza delivered from our back door to your front door. A separate and exciting pizza, wings, salad and calzone menu for delivery

CHECK IT OUT AT PACINOSITALIAN.COM

THE GREATEST MEAL DEAL includes a large 1-topping pizza, spaghetti with meatballs and antipasto salad \$23.99 or **WINGMAN**, which includes a 2-topping large pizza, 10 wings and a large Caesar salad \$23.99

Father's Day Celebration

Dad's get to drink on us. Well almost.

Just \$1 for any draft beer, glass of house wine or well drinks with any food purchase.

ENTER TO WIN A \$100 GIFT CARD WHEN DINING WITH US ON FATHER'S DAY

AS GOOD AS IT GETS

9:30 A.M. TO 1 P.M.

ORDER FOR DELIVERY THROUGH GRUBHUB **DOORDASH**

Slife

Or order takeout directly from us and receive a 10% DISCOUNT!

2831 N. Power Road, Suite 104 (480) 985-0114 Behind CVS at Power and McDowell Roads



IS NOW A REALLY BAD

Time to Sell a Business?

Submitted by Tory Adair, Bristol Group Business Broker

he answer is neither a straight yes nor a no. It depends on a multitude of factors, some specifically about your business. It also depends on your location, your industry, and the buyer pool for which your business is attractive.



IT COULD BE THE WORST TIME, OR THE BEST.

One thing we've been observing over the past few weeks: buyers from all three buyer groups — owner operators, strategic buyers, and investors — are out in droves, looking.

IT SEEMS LIKE EVERYBODY HAS MORE TIME NOW TO TURN IDEAS AND PLANS INTO ACTION:

- Employees want to get out of corporate jobs and become their own boss, make their own decisions.
- Investors are looking at business investments as an alternative to a volatile stock market.
- Successful business owners are looking to expand their footprint.

Let us help you figure out if now is a good time for you to sell. Call, email, or text Tory Adair, your local Bristol Group broker, for a free consultation. ■

Bristol Group specializes in representing owners with the sale of their company. If you have questions about the process, valuation, or timing of selling your business, please feel free to contact your local Bristol Group Business Broker, Tory Adair, at tory@bristol.group, or (480) 388-0870.

FINANCES

Coronavirus Stimulus Scams

By Paul Toepel,
Toepel Company P.C.

The coronavirus has created a new group of scammers.

They want to steal your money, personal information, and often both. Government agencies, including the FBI, are alerting us that phone calls, texts or emails asking for personally identifiable information to be eligible for

federal payments are not legitimate.

Many of the scams being used are re-works of classic financial scams. They use the pandemic and stimulus payments as a hook. People anxious to receive their stimulus money often take the bait and give up personal details before looking closely at the details.

Most of these scams use one of these tactics:

- · Fake checks sent in the mail
- Phishing schemes sent out over text messages, email and social media
- Phone calls by impersonators pretending to be a government official

The fake check scammers create fake stimulus checks for more money than was expected. The victim is then notified that they were overpaid and need to send the overpayment back through various means, including cash, gift card or money transfers. Later, the fake check bounces and the victim is out the money they sent to the scammer.

The phishing scammers attempt to trick the victim by pretending to be someone who is known and trusted. They send out emails aimed at collecting the victims personal and/or financial information, such as Social Security numbers, bank account information or login information. They then use the information to drain the victims bank account, open credit cards, or other similar identity frauds.

Here are some tips to keep your stimulus check out of

the hands of these scammers:

- The IRS will not call or text you about your stimulus payment.
- If you have filed taxes for 2018 and/or 2019, you don't need to do anything to claim your stimulus payment.
- The official term for this payment is economic impact payment. If someone is using terms like coronavirus check or stimulus payment, there is a good chance they are scammers.
- It is not likely you will be overpaid by the IRS. They
 use your recent tax returns to calculate your payment.
 An overpayment could be a sign of the fake check
 scam.

During this pandemic, any of us can be particularly vulnerable. Be aware, be vigilant and remember, "If it feels too good to be true... It probably is!"

Paul Toepel is a CPA who has lived in Las Sendas for more than 18 years. His firm, Toepel Company P.C., is a full-service, Mesa based CPA firm offering a variety of services for more than 30 years.

These services include tax preparation and representation, accounting, fraud prevention, and QuickBooks setup and support. Their mission is, "To provide exceptional service, knowledge and experience, all while making you and your business successful."



CLASSIFIEDS

HOME SERVICES

MESA HOME MAINTENANCE AND REPAIR Plumbing,

electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed. Sean Sornberger **(480) 699-7990**

LADY BLUES HOME CLEANING AND HOUSE SITTING SERVICE

One person service. Estimates by phone. 18 years experience. Very well trusted with lots of references. Denise Ross **480-296-6752**

MARK'S HOME IMPROVEMENTS AND REPAIRS

It's time to replace those smoke detectors! Specializing in Cabinetry, touch up, repair, rollout drawers, soft close hinges and glides. Plumbing, electrical, paint, drywall, lights, fans. etc... 30+ years experience. Call/Text Mark Griffin 480-980-1445.

APT LANDSCAPE MAINTENANCE Monthly or Biweekly Landscape Maintenance, Lawn, Irrigation and Sprinkler Repair, Full Yard Clean Ups, Fertilization, Trees, Removals etc. *Fully Insured, Bonded Workers Comp* **FREE ESTIMATES** Mention this Ad and Receive 15% OFF! Commercial and Residential. We Accept Credit Cards. Please Call **(480) 354-5802**.

MARTINEZ LANDSCAPING - Reasonably priced landscaping services, including block walls, pavers, fake grass, curbing, cement and palm tree installation. Call Julio Martinez at **(480) 627-9479**.

ALL PRO TREE SERVICE and LANDSCAPE

SERVICE. Tree Trimming, Removals, Stump Grinding, **ALUPRO** Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc. **FREE ESTIMATES.** Very Professional, INSURED & BONDED. Mention this ad and receive 15% OFF! We accept credit cards. Please call **(480) 354-5802**

SPECIALTY SERVICES

Need a place to store your BOAT or RV? COMMERCIAL AND RESIDENTIAL PARKING SPACE AVAILABLE. Cross streets are University & 65th, in Mesa, AZ. For details, call **Leo at 602-509-7138**.

SPECIALTY SERVICES

PROFESSIONAL TUTORING. Now online! Individualized, face-to-face internet instruction. Multiple K-12 subjects including Math, Reading, Writing, and ACT/SAT test preparation. Summer enrichment activities as well.

Philip N. Swanson, Ph.D., 480-677-9459.

"KNOW BEFORE YOU THROW" the potential value of your stuff. I have 32+ years of experience in appraising and liquidating estates and fine jewelry. Consult with me, Jon Englund, **(480) 699-1567**, or email to Jon@KnowBeforeYouThrow.INFO

LOVE ALL PETS - Pet Sitting and Care in your home for long/ short-term and last-minute care, (all references are local). Heather at 949-290-6055 or hdebrosse@yahoo.com and www.eastvalleyloveallpets.com

FOR RENT

OFFICE SUITES Offices available at The Village at Las Sendas! \$399! **Call 480-510-0453**

LOOKING FOR A VACATION SPOT IN SAN DIEGO? LOOK NO FURTHER!

Direct Ocean Views, 1,113 SQ. FT. One/Two Bedrooms - Two Bath 3 Minute Walk to the Beach! High Speed Internet and 3 TVs. Fully Furnished. 4 night minimum. Call Art Bennett and Book Today!

713-247-9507
Art.Bennett@sbcglobal.net

WEEKLY RATES STARTING AT \$1,150 (No taxes. No extra charges.)



SERVICE DIRECTORY



FULL SERVICE CPA **FIRM** LICENSED IN ARIZONA FOR **OVER 30 YEARS**

INDIVIDUAL

- Highly Trained In-House Tax & Accounting Professionals
- Quality Service & Advice to Reduce Your Tax Liability
- Solutions
- Open Communication
- Prompt Service
- IRS Representation
- Exceptional Value
- Accessible Year Round

BUSINESS

NON-PROFIT

ESTATE AND TRUST

* Limited Availability

Toepel Company, PC

CERTIFIED PUBLIC ACCOUNTANTS

480.833.8300 2500 S. Power Road, Suite 129 Mesa, AZ 85209

www.toepelcompany.com





Block Walls | Pavers | Fake Grass Curbing | Cement | Palm Trees

Call Julio Martinez (480) 627-9479 BEST PRICES







- ☑ PLUMBER/ELECTRICIAN LEFT HOLES?
- **DENTS AND SCRATCHES?**
- **BUYING/SELLING A HOME? ☑ CEILING DAMAGE?**









480-748-1127

and a GREAT PRICE! Lifetime Warranty on Workmanship

3-Ton AC Units - only \$3,995!!

16 SEER AC Units - only \$5,995 We are a Trane dealer & NATE-Certified!



900 5-Star Reviews FREE Diagnostic w/Repair **NO TRIP CHARGE!**

Bonded/Insured • ROC #289252

(480) 405-7588 ItsJustPlumbSmart.com





Quality Work • Good Site Management (480) 627-9479



MOBILE MASSAGE SERVICE We Come to You!

480-593-7372

Enjoy a Therapeutic or Relaxing Massage Ranging From Deep Tissue to Light Work.

\$120 - 2 HR. MASSAGE

Tues - Friday 9am-4pm Licensed, Insured, Professional • 14 yrs. experience

\$70 - 60 MIN. MASSAGE \$90-90 MIN. MASSAGE

HOME/OFFICE/COMMERCIAL Serving the East Valley for Over 15 Years PROMPT, COURTEOUS SERVICE

\$17 an hour with your own supplies \$19 an hour with our supplies **INSURED AND BONDED**

> (480) 354-7928 OR (480) 206-9998



www.allprotrees.com • dennis@allprotrees.com

480-354-5802

TREE SERVICES

- Tree Trimming
- Tree Removal
- Stump Grinding
- 24 Hour Storm Damage Deep Root Fertilization

FREE

PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE

With Every Tree Trimming, We Granual Fertilize for

Call today for a FREE ESTIMATE and get 15% OFF with this ad! Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.

LANDSCAPE SERVICES

- Monthly Landscape Maintenance
- Frost Damage
- Yard Clean Ups
- Irrigation Install/Repair
- All Landscape Needs Fully Insured/ Bonded

ATEL

The are in this TOGETHER

*RECEIVE ONE MONTH FREE - CALL FOR DETAILS











Canyon Winds

2851 N. Boulder Canyon Mesa, AZ 85207 480-948-0700

Canyon Winds

7311 East Oasis Street Mesa, AZ 85207 480-948-0600

Ur visit us at: www.canyonwindsretirement.com

