

Las Sendas Up Close

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July 2024

Kicks 4 Kids Provides Hope for STUDENTS AND FAMILIES IN NEED

By Mark Moran

We are already in the early grips of the extreme Arizona summertime heat, but one Mesa church is well on its way to planning for kids who need help this coming school year.

Kicks 4 Kids is a community outreach event designed to help students feel prepared and excited about the upcoming school year, able to focus on academics, friends, and extracurricular activities, rather than wondering if they are going to have the school supplies they need when they arrive on campus the first day. The event is on Saturday, July 20.

"Kicks 4 Kids is an annual event that helps prepare students in kindergarten through senior year to have an incredible school year! We believe that students should have the supplies that they need to confidently start off the year," said representatives from JustServe.org and Living Word church.

"Every student who is registered will leave the event with a brand-new pair of sneakers in their size, a backpack filled with school supplies, and an opportunity to receive a free haircut and breakfast if they desire," the group confirmed.

The volunteers for this upcoming event are enthusiastic. "It helps alleviate some of the financial burdens of sending children to school. It is incredible to see how the community comes together to supply shoes, school supplies, backpacks, and volunteers for this event. This year we have 260 students registered."



Kenzie Anderson, outreach director for Living Word church, said in 2023, volunteers served 250 students. "This year, we have a goal of serving 500 students in need in our community," she emphasized.

The church group is searching for volunteers for the upcoming July 20 event, focused on students and families in need. In addition to the church's own outreach website, volunteers may also utilize JustServe.org to support and volunteer for this event and many others.

"JustServe does the work of researching organizations, finding service projects, coordinating schedules, and bringing local service projects to your fingertips," the website says.

"All you have to do is register to join a community of volunteers who are already changing the world," said Bruce Kiene, a JustServe specialist who with his wife, Mary, are two of many.

Bruce and Mary are not only JustServe representatives who work with service sponsors in Mesa, but as Mesa residents they are also strongly involved as volunteers, helping to strengthen the community through events such as Kicks 4 Kids.

"We are both retirees and it has been fun to work with so many fine organizations to help our city," Bruce said.

"What we like about our work with JustServe is watching ordinary people feel something different, a real change, as they serve total strangers here in Mesa," he continued. "As we link volunteers with community service opportunities like Kicks 4 Kids, it really supports the underserved individuals and the community. And that's a home run every time."

Living Word church is looking for Kicks 4 Kids volunteers to help distribute backpacks and shoes during the July 20 event. The church needs volunteers who can help set up and take down tables, stands, and other related structures, people who will serve breakfast, check in registrants, and finally, hair stylists and barbers who are currently licensed.

"We are always needing more Spanish speaking volunteers," said a Living Word church representative. "If you are able to assist in this way, please indicate when signing up to volunteer."

Living Word is also seeking donations for the Kicks 4 Kids event, which you can drop off at the church building, located at 3520 E. Brown Road, in Mesa.

You can also donate online. The link, which you can find at JustServe.org, will take you to the Kicks 4 Kids Amazon Wish List.

The registry list offers a wide variety of items to buy for donations, from dozens of backpacks and crayons to scissors, gel pens, glue sticks, and plastic pocket folders. ■

Sign up to volunteer at the JustServe.org website or contact Kenzie Anderson at (480) 331-3830, or kanderson@living-word.com with questions about donations or volunteering.

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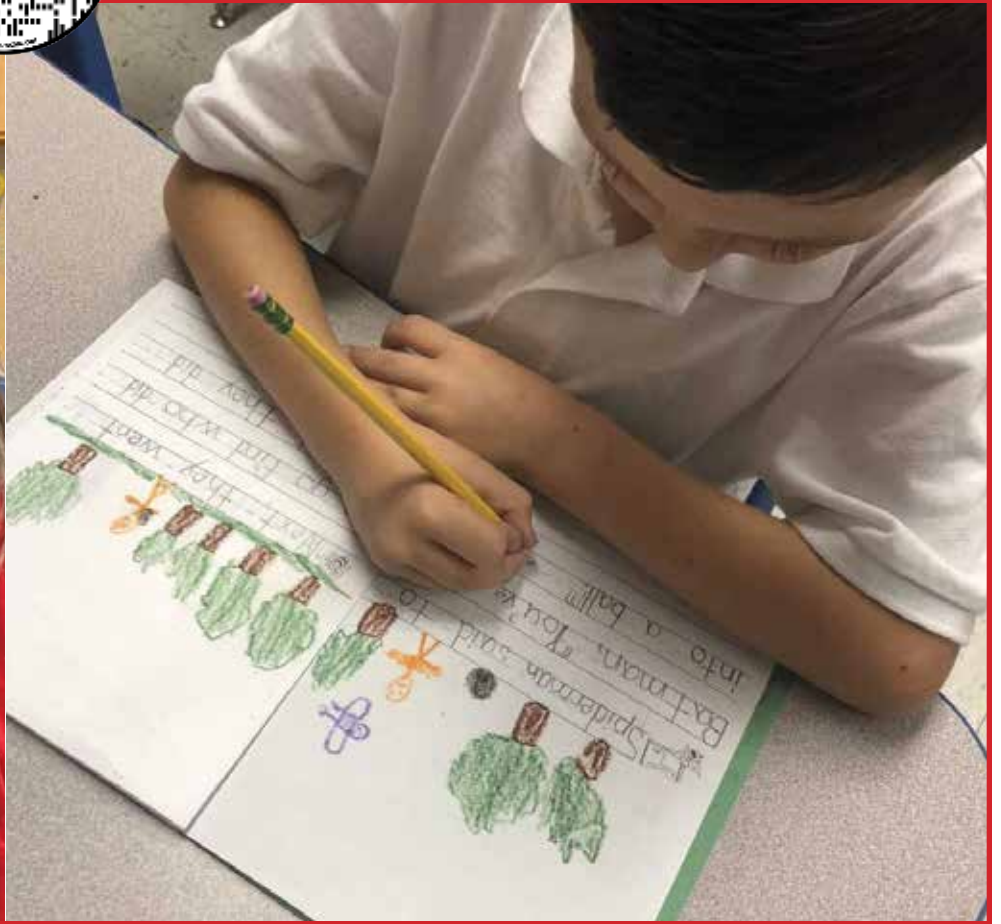
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EDUCATION

Instilling A Passion to Learn

By Sami Majeed, JD, Chief of Schools
Self Development Academy

Self Development Schools, a beacon of education in Mesa for almost four decades, have woven themselves into the very fabric of the community. Our journey, which commenced in 1988 with establishing a preschool and later expanded to include an elementary school in 2000, is a testament to our commitment to education. We are not just a school but an integral part of the community. We asked our students and teachers what a good education means to them and how Self Development Academy provides it. Their heartfelt responses will surely brighten your day.

PERSONALIZED EDUCATION

Our survey results were clear: good education recognizes and caters to the unique learning styles of each student. At Self Development Academy (SDA), we foster a nurturing learning environment through our dedicated educators who strive to build strong relationships with each of their students. This approach makes certain that every student feels safe, supported, and valued in their educational journey.

"One of the aspects of the teachers I appreciate is their dedication to ensuring that each student grasps the topic," shared a middle school student, reflecting the nurturing learning environment at SDA. This student's experience is just one of the many inspiring stories that fill our halls, and we are excited to share more with you.

GREAT EDUCATION

Our students shared that a good education is about feeling comfortable to make mistakes and learn from them. At Self Development Academy, we embrace the idea that, "the most instructive answer is a 'wrong one.'" A right answer only teaches what something is. But a wrong answer tells you why something is. We believe in the power of learning from mistakes, turning them into valuable lessons for personal growth.

We do not measure academic success based on answers. "Learning is asking questions," a student of Mrs.

Smith writes. We encourage asking questions and wanting to know why. One third-grade student remarked, "SDA teachers are great" because "when a student asks a question, a teacher always answers."

SUPPORTIVE LEARNING ENVIRONMENTS

"The teachers have one-on-one conversations with us whenever we need help," says Alexis, an 8th-grade student at SDA.

"I like it when they try to make us laugh while still teaching us," adds a 7th-grade student.

Teachers should not be a stuffy panel of professors but real people with real solutions to problems. A good education has "teachers that you can talk to." Relatable teachers are good teachers. "You can understand the topics more" when teachers try to relate to their students.

TEACHERS ARE APPROACHABLE

So, how does SDA create supportive learning environments? Our teachers "are more approachable, so I can ask them things," shares one 6th-grade student. It's humor mixed with insight, discipline mixed with compassion, and time mixed with empathy.

"I continue to work for SDA because of the positive work culture it provides," Mr. Hansen writes. He describes SDA as a strong ethic of inclusion and collaboration, concluding that, "everyone works closely with one another, especially when bringing in students from the previous grade."

At SDA, we create a school and more than a community. It's a temporary village with diverse talents assembled together to carry out shared goals. When we hire teachers, "it is often the last job they have to apply for," says Vernetta Madsen, who started working at Self Development Preschool in 1988 and is now the Director of the Preschool and Human Resources of the Self Development Companies.



A GOOD EDUCATION INSTILLS THE PASSION TO LEARN

The best description of our philosophy comes from a student's answer. Describing what it is like to learn at SDA, this student shared that it is like, "Learning the universe." In so many ways, her description is apt, read literally and figuratively. Literally, we should learn about the universe, the cosmological entity, and the fabric of time and space. Figuratively, we should learn the universe, the summation of things in total.

True, we may be reading unintended profundity into this child's words. Yet, a common theme is running through our students' answers: education must instill a passion for learning. Teachers engage with students in a way that when they leave the class, students want to learn more. What our students love about SDA is that it is not just the facts or the concepts nestled within the subjects that help them learn. It's the connections between math and history, science and art, and more. ■



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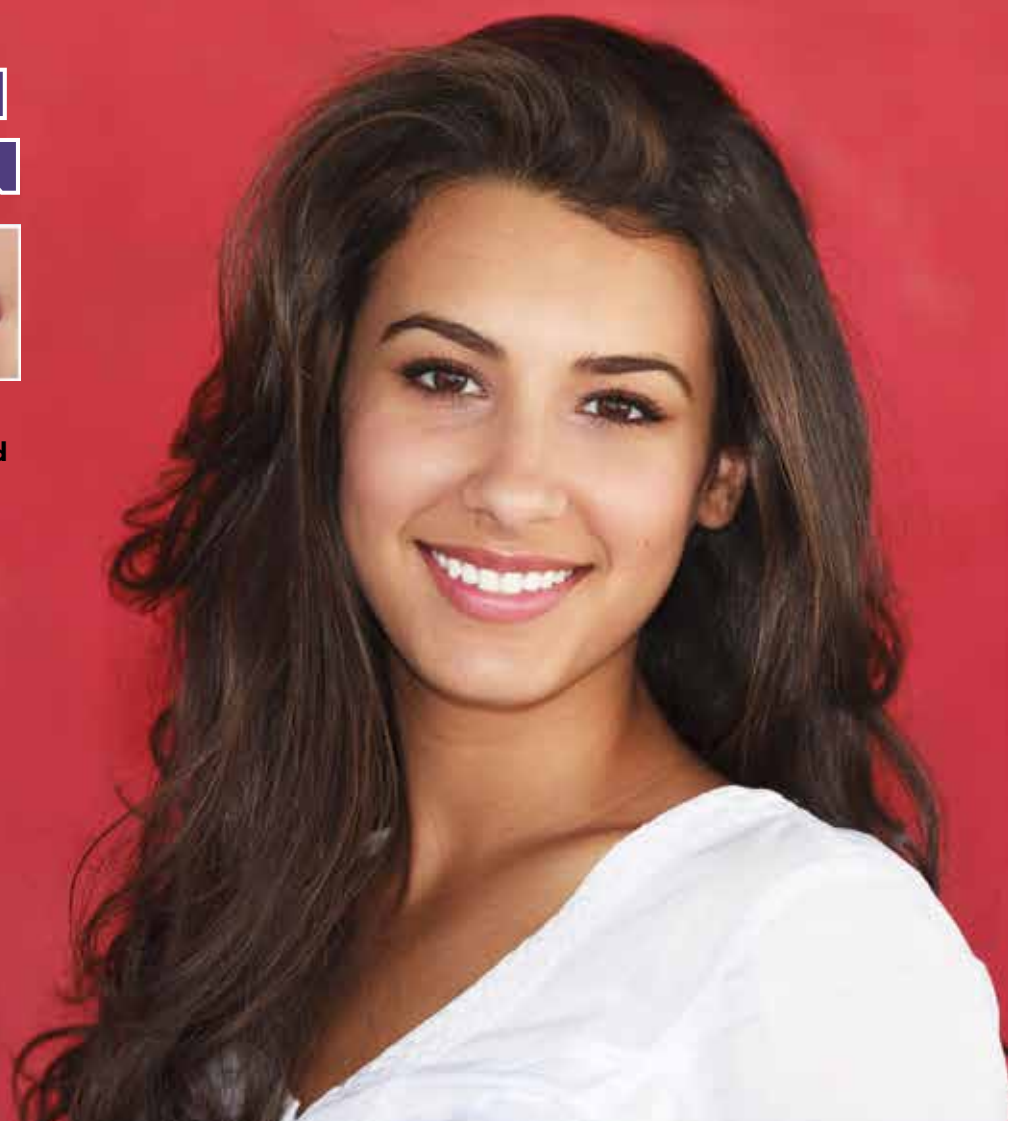
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LOCAL BUSINESS

\$99 Summer Pass Offers Couples Unlimited Cruises Aboard the Desert Belle

Submitted by John Waldron, Desert Belle

The Desert Belle on Saguaro Lake proudly announces the return of their \$99 “frequent floater” unlimited summer pass program, good through the end of September.

Passengers can purchase the pass good for two for unlimited trips as well as receive 20 percent off tickets for their guests.

Beat the heat on one of her 10 a.m. cruises on the weekends, including a *Music and Mimosa Cruise* every Sunday with \$5 mimosas and live music.

This month’s featured musician is recording artist Eric Miller, a regular performer at The Patio and Grille at Las Sendas. Eric brings his passion for Brazilian Bossa Nova and Samba to the cool waters of Saguaro Lake for a memorable experience.

Las Sendas resident and Director of Operations John Waldron says he’s surprised by the number of first-time passengers who live so close to the lake. “We get passengers every day from Las Sendas, Mountain Bridge, and Red Mountain Ranch who tell us they’ve never been aboard the Belle, but once they come, they’re hooked. It’s the perfect



backyard getaway and a great way to show off the beauty of the Sonoran Desert in just a few hours.”

Visitors can enjoy a wide variety of different cruises, including 80-minute narrated nature cruises, *Wine on Wednesday Cruises*, featuring live music and wine specials, and *Craft Beer Friday Cruises*, featuring live music and some of Arizona’s best local beers, all in the comfort of the large boat, which features an air-conditioned lower deck and open-air upper deck. Beer, wine, cocktails, and snacks are also available on all cruises.

The Desert Belle is handicap accessible with restrooms on board. Free parking is available at the marina. The Desert Belle is also available for private charters for the perfect birthday, anniversary, family reunion, or corporate event.

The Desert Belle operates around 700 cruises a year, many of which sell out, so John recommends booking a couple days in advance. Wildlife such as the bald eagle, golden eagle, and bighorn sheep are regularly seen along the lake’s towering cliffs. ■

For more information on the Desert Belle or to purchase tickets, visit Desertbelle.com or call (480) 984-2425.



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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

Kimberly Alvarado,
Jamie Killin, Mark Moran

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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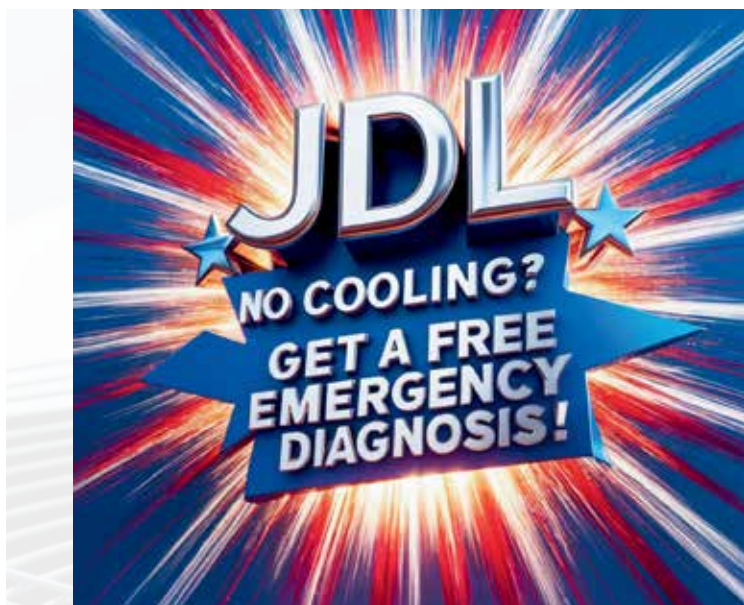
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LOCAL BUSINESS

Vacation Rental Management: Secrets for Success

Submitted by
Brandon Balsley,
Grand Welcome,
East Valley of the Sun



Managing short-term vacation properties can be both rewarding and challenging. As a property owner, you want to maximize your rental income while ensuring a positive experience for your guests. In this article, we'll share specific tips for successful vacation rental management and address common challenges faced by property owners.

LOCAL EXPERTISE MATTERS

One of the secrets to successful vacation rental management is having a deep understanding of the local market. Know the popular attractions, events, and seasonal trends in your area. This knowledge allows you to tailor your property's offerings and marketing strategies to attract the right guests.

PRICING STRATEGIES

Set competitive prices based on market demand, seasonality, and local events. Regularly review your rates and adjust them as needed. Consider offering discounts for longer stays or last-minute bookings to keep your property occupied.

PROFESSIONAL PHOTOGRAPHY

Invest in high-quality photos of your property. Visual appeal plays a significant role in attracting potential guests. Showcase the best features of your vacation rental, including the interior, amenities, and outdoor spaces.

EFFECTIVE MARKETING

Leverage online platforms such as Airbnb, VRBO, and Booking.com to reach a wider audience. Craft compelling

descriptions and highlight unique selling points. Respond promptly to inquiries and reviews to build trust with guests.

GUEST COMMUNICATION

Clear communication is essential. Provide detailed check-in instructions, house rules, and emergency contacts. Be responsive during guests' stays and address any issues promptly.

OVERCOMING CHALLENGES MAINTENANCE AND CLEANLINESS

Regular maintenance and cleanliness are critical for guest satisfaction. Create a checklist for cleaning and inspect your property after each guest's departure. Address any repairs promptly to maintain a positive reputation.

GUEST SCREENING

While you want to attract bookings, not all guests are a good fit. Screen potential guests by reviewing their profiles and communication. Trust your instincts and prioritize safety and compatibility.



LOCAL REGULATIONS AND COMPLIANCE

Stay informed about local regulations related to short-term rentals. Some areas require permits, taxes, and adherence to noise restrictions. Compliance ensures a smooth operation and avoids legal issues.

EMERGENCY PREPAREDNESS

Have a plan in place for emergencies. Provide guests with local emergency contacts, clear instructions for handling common issues (e.g., power outages), and safety information.

Effective vacation rental management involves a combination of local expertise, strategic planning, and excellent guest service. By implementing these secrets for success, you'll create a memorable experience for guests and maximize your property's potential. ■

Contact Brandon Balsley at (480) 933-8874 or email Brandon.Balsley@grandwelcome.com for more information on available vacation rental property management services.



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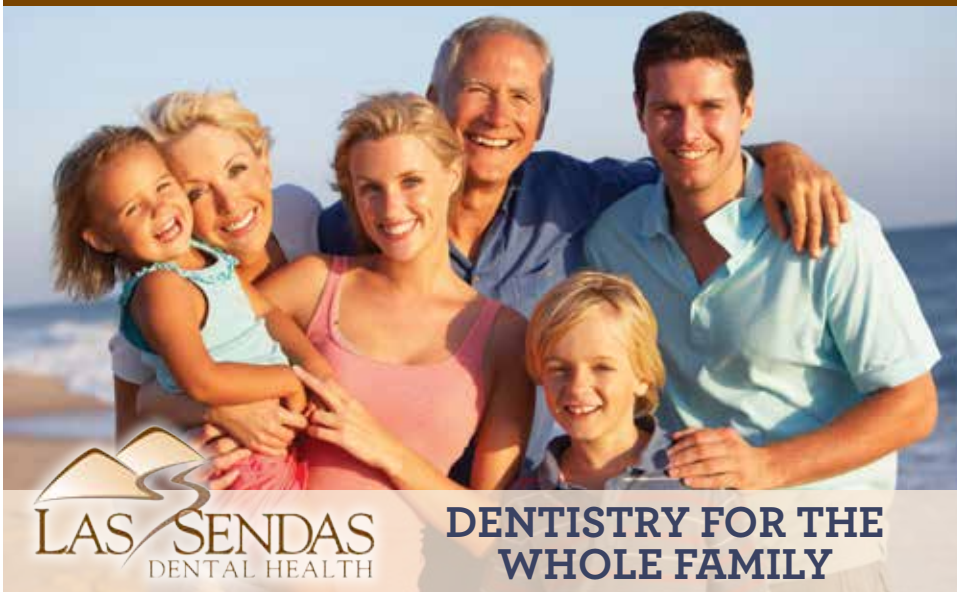


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LOCAL BUSINESS

But I Like Humans

By *Tim Beaubien, Hava Java Mesa*

Recently our very good friends Frank and Carol got married in San Diego. About a six-hour drive. It was a great time and a much-needed break for Barb and I.

Once at the hotel, we did not have to drive anywhere, we were free to indulge in some adult beverages. Ok maybe a few too many beverages. However, I never saw Frank so happy or Carol more beautiful. It was a great weekend.

But that's not what this article is about. It's about the drive home. As with any road trip, about halfway it became time to stop and get some gas and lunch. The gas was easy, the cheapest. But which fast food franchise do we pick? Burgers, tacos, or chicken? Well, my first go to is always burgers. But burgers in a box? Burgers flame-grilled? Or just burgers in a bag?

I have not had a Mc-bag of burgers in a long time, and they do have the best fries, as I remember. So, in we go. However, upon entering we are not greeted by humans, but a tall, computerized menu/ordering/payment robot thing. I know I'm showing my age here, but it's not the first time and won't be the last.

To be honest, I have used these cold, impersonal machines in the past, but hated it. Then it occurred to me, *Hey Mr. McClown CEO*, do you really think your food is that good that you can remove the human element?

So out we walked and ended up



Barb and Tim Beaubien

at a chicken finger place. Granted my little show of defiance did not hurt their bottom line that day at all. I'm quite sure some 20 somethings filed in behind me, and in a few more years these 20 somethings won't even know that there were any humans working the counters at all.

Ok I know all the arguments, the machine never needs a break, or time off to be with family, and they never call in sick.

Once back home we stopped by to check on Hava Java, greeted by members of our staff with a smile. How was the wedding? How was the hotel and your drive? I've said it in the past, we are blessed with the staff we have. They honestly cared about our trip, but I've heard them ask our customers the same sort of questions. Usually referring to them by name while making their drinks from memory.

I'll gladly give them that weekend off or that much needed break. ■

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

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As the temperatures continue rising, we are keeping The Vistas Pavilion cool and comfortable for some upcoming special events this summer, said Carla Shaw, events and catering director.

Look to The Vistas Pavilion for your next friends gathering at our monthly High Tea, Carla said. Enjoy a lovely setting with a variety of Fine Tea, Tea Sandwiches, Scones, and Sweets created by Chef Kelsey.

The venue overlooks the driving range at Las Sendas Golf Club. The July Tea is scheduled for July 27 at 11 a.m. Give Carla a call to make your reservations for this unique experience at (480) 396-4000, ext. 222, or contact by email at cshaw@lassendas.com.



CALLING ALL WINE LOVERS

It's time to get ready for indoor summer gatherings and there is no better way than to sample and purchase fine wines at an industry discount.

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RNDC's wine experts will be pouring a range of varietals, including Wagner Wines, and Daou just to name

a few. Orders placed during the tasting will be available for pick up at a later date. Please allow up to one week for your order to arrive. Call to register at (480) 396-4000, ext. 222.

LAS SENDAS WINE CLUB MEMBERSHIP

Only 50 memberships will be available for the first year. As a wine lover, you will absolutely appreciate the benefits of this membership. You will enjoy purchasing wine at wholesale pricing plus 5 percent, 10 percent off wine dinners (must attend four per year, which equals a \$100 savings), recipes from our wine dinners, early access to *Fill Your Cellar* events, and first access to monthly clear-outs and line-end sales.

The membership fee is \$500 annually. For more information, call Carla at (480) 396-4000, ext. 222, or by email at cshaw@lassendas.com. Cheers!



THE PATIO & GRILLE AT LAS SENDAS

Don't forget to come to The Patio & Grille to experience summer Happy Hour. The fun begins each day at 3 p.m. and continues until 5 p.m. Special menu items, at special prices, are accessible for your enjoyment.

The Patio & Grille offers dinner favorites for a local

dining experience. Pasta Night, Taco Tuesday, and Wine Down Wednesdays are themed weeknight fun for a gathered group.

Don't forget, for your convenience, The Patio & Grille has partnered with Door Dash to provide delivery service to nearby areas, so that you can enjoy a great meal in the comfort of your own home. Give this service a try on busy weeknights, or lazy weekends.

LAS SENDAS GOLF CLUB FOURTH OF JULY BLOWOUT SALE!

Stop by The Pro Shop this holiday weekend for an *explosion* of deals storewide. Everything (excluding counter items – gloves, balls, counters) can be purchased for 25 percent off. The sale happens July 4, 5, 6, and 7. While shopping, check out shoes and outerwear already marked down 30 percent.

Attention golfers, tennis, and pickleball players – active outerwear for your favorite sport is available storewide and is available on the 50 percent off clearance rack. If you're looking for an updated look on the court, or the course, The Pro Shop has you covered. Watch out for falling prices throughout the store and throughout the month.

Speaking of falling prices, summer rates on the course are in effect through September. Enjoy a round of golf by booking a tee time online at <https://las-sendas-golf-club.book.teetip.com/>. ■



Las Sendas GOLF CLUB

CONTACT: Wayne McBean
(480) 323-9364
wmcbean@lassendas.com

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2024 Golf Membership Options

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\$30,000 Initiation Fee + Yearly Dues
(Seasonal dues available)

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\$5,000 Initiation Fee + Yearly Dues
(Fully transferable towards non-refundable)

Junior Membership

Under age 45
\$10,000 Initiation Fee + Yearly Dues
(2k yearly towards non-refundable until 30k is paid or Age 50)

Proxy Membership

\$220/Month + Yearly Dues
(2 Year Commitment)
Deposit Required
(Limited Availability)

Social Membership

\$2,000 Initiation Fee + Yearly Fee of \$1,000
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Non Member Yearly Family Pass

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LOCAL BUSINESS

Weinberg Landscape Designs OFFERS WATER SMART PLANS

By Aidan Current

Frank Weinberg, of his independent landscape design company, Weinberg Landscape Designs, does just that and more, with affordable prices, exclusively here in Mesa.

"I have a very reasonable fee," Frank said. "People that usually do this full time probably don't like my low fee, but again – I do not do this for an income."

With more than 50 years of experience, Frank has seen it all. He was an educator, a consultant, a company man, and is a friend to Mesa.

A landscape designer, in the eyes of Frank, brings out the exterior of your home to meet your personality. This is also paired with his reasonable budget that is factored into his design plan, as well as a focus on being water smart.

"It means designing something that will enhance your home economically and bring about pleasure in living in your environment," he said.

With Weinberg Landscape Designs, you will get a very dedicated and individualized experience. Frank does the bulk of the work on location, with a pen and paper. He looks at the neighborhood of the home, to inspire designs that will not feel out of place and look great at one's home.

The needs of the homeowner will also be deeply integrated into the idea generation phase. A play area for younger couples raising children, a spot for cooking, a pool, even areas for plants and trees are just a few of the environ-



ments Frank can create for you.

Another key element is the utilization of water in your homes. Being smart and conservative by a process called "xeriscaping."

Xeriscaping is specially designed landscapes that reduce the need for irrigation. This can include the use of drought-resistant plants, and a variety of water-conserving techniques.

An excellent option for homeowners with new or old homes, who are looking to reduce their water bill, or water usage.

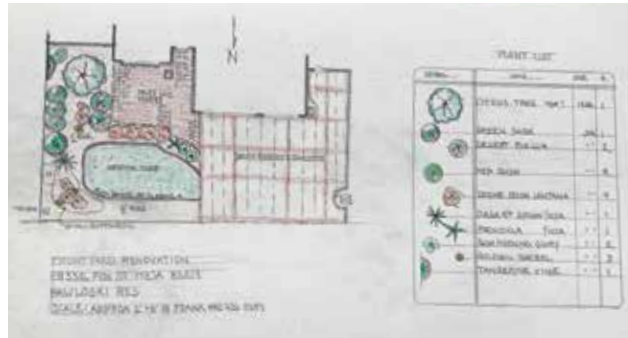
"There's a big concern about people having water bills that are very high," Frank said. "If it's an older home and you want to be water wise, it will have notes of what to remove and what to keep."

Frank comes from a big family of educators, and has personal experience at various universities, and combined with his range of working experience, he has a powerful resume on landscape design.

As a designer specifically, Frank does not provide designs or suggestions based on what he wants to sell. His one-man band creates the personalized design, which can then be bid out to other companies for the construction and labor.

Not even a victorious battle with cancer could stop 84-year-old Frank from continuing his work. Now, he continues designing only for residents and homeowners here in Mesa.

A man who truly loves what he does and leaves his customers satisfied, according to online reviews. ■



For more information on Weinberg Landscape Designs, call Frank at (480) 236-0383.

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REAL ESTATE

Does the Seller Keep the Earnest Deposit if the Sale Falls Through?

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



WHAT IS EARNEST MONEY

The earnest money deposit is included in the purchase contract to reassure the seller that the buyer is "earnest" and is making a good faith offer to purchase the property. In Arizona, the earnest deposit is typically one percent of the purchase price, but this amount is negotiable. As soon as the contract is fully executed, the buyer will deposit the earnest with the title company to be held in escrow until the close. At closing the earnest money is added as a credit to the buyer.

Sellers tend to look at the earnest more like a guarantee that if the buyer cancels the contract, then at least they will get to keep the earnest deposit as compensation. But that is not the case in most cancelled contracts as the buyer typically gets the earnest money back. The seller only keeps the earnest money if the buyer is in breach of the contract and that rarely happens. Nearly all purchase contracts are cancelled by a contract contingency not being met, which allows the buyer to get the earnest money refunded.

WHAT ARE CONTINGENCIES

The Arizona purchase contract favors the buyer more than the seller and has several contingencies and time-lines where a buyer can cancel and get their earnest money back. This is to protect the buyer from losing their deposit if the sale is cancelled through no fault of their own, which makes sense. The flip side to that however is that the seller really doesn't have any protection and most of the time won't receive the earnest money or any kind of compensation if the sale is cancelled. The good news is most sales go through and none of this is even an issue, but certainly something a seller needs to be aware of.

Here are the main contingencies where a buyer can cancel the contract and receive the earnest back:

INSPECTION PERIOD

Unless stated otherwise, the buyer has 10 days from contract acceptance to do all their inspections and due diligence. During this time, the buyer can cancel the contract for pretty much any reason and get their earnest money back.

After the 10-day inspection period the buyer may ask the seller for any repairs they want done to the property before closing. If the seller agrees to fix all repairs requested the inspection period is complete and the contract moves forward. If the seller responds to the repair request with anything other than fixing all requested items, the buyer has five days to accept the seller's response or cancel the contract and get their earnest money back.

APPRAISAL CONTINGENCY (ONLY FOR FINANCED TRANSACTIONS)

The buyer's lender will order an appraisal of the property. This is usually done after the 10-day inspection period. If the property appraises for at least the contract price this



contingency has been met and the contract moves forward.

If the property does not appraise for at least the contract price, the buyer has five days to move forward and agree to bring in the extra funds at closing, negotiate with the seller and come to an agreement on how to handle the difference, or cancel the contract and the buyer will receive the earnest money back. If the property does not appraise and the buyer and seller agree on a price and terms, then this contingency is met, and the contract moves forward.

LOAN CONTINGENCY

The buyer must be pre-qualified with a lender when submitting an offer. The pre-qualification confirms the buyer has been pre-approved for the loan amount. If the buyer is unable to obtain loan approval for the loan prior to closing, the contract is cancelled, and the buyer receives the earnest back. However, if it is due to the fault of the buyer, for example they made a large purchase that reduced their credit score or debt-to-income ratio and they no longer qualify for the loan, then they are in breach of the contract and the seller would get the earnest.

BUYER CONTINGENCY ADDENDUM

When the buyer needs to sell their home to purchase another one, they will include a Buyer Contingency Addendum in the contract. If for any reason the buyer's property does not close on the date listed on the Buyer Contingency Addendum, the contract can be cancelled, and the buyer will receive the earnest back.

Your Realtor should monitor the contingencies and time frames to help ensure all contingencies are met and the sale closes as smoothly as possible.

If you are thinking of selling and would like more information on the contingencies and how to negotiate the best terms and conditions, please don't hesitate to contact me. ■

For more information on this and other real estate topics, please visit my website Homes2SellAZ.com. Please don't hesitate to contact me if you have any questions or would like help buying or selling a home.

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|| SPIRITUALITY



Soul Food

By Judy A. Knox,
Charis Christian Church

We've all heard the old saying, "You are what you eat," and it's true that our bodies benefit from a nutritious, balanced diet. We also realize that poor eating habits result in a less desirable level of fitness. Our fitness level reflects a long-term pattern of food choices. If we change our habits, for better or worse, it will take a while before the results become outwardly visible.

What we put into our bodies every day will affect our physical well-being. The same principle also holds true with our spiritual well-being. If we're feeling a little sluggish in our walk with God, maybe we should look at how we're feeding our soul.

Our soul is the part of our heart, or our "inner man," that rules our mind, will, and emotions. It's the part of us that we might think of as our personality. Our heart is the decision-maker and is greatly influenced by the soul.

A person who feeds their body a good, balanced diet will end up strong. On the other hand, a diet lacking in nutrients keeps the body from being able to perform at its best. A person who doesn't nourish their soul well will not grow and flourish spiritually. Both a physical diet and a

spiritual diet can be improved by adding more and better nutrients and eliminating empty calories and junk food.

Whether we're aware of it or not, we are continually feeding our soul. Everything we watch and listen to, every conversation we engage in, and every thought we entertain are food for the soul, whether good or bad.

Our heart is the gatekeeper that decides what we will accept or reject. Proverbs 4:23 says, "Guard your heart above all else, for it determines the course of your life."

The best spiritual food is found in the Word of God. Many people spend a few minutes a day reading the Bible, which is like eating a couple bites of cereal, and then go about their day giving no further thought to what they just read, spending the rest of the day feeding their soul full of spiritual junk food. Then they wonder why they're feeling discouraged, cranky, and generally not very satisfied with life.

We are what we eat, so let's be careful what we allow ourselves to take in. ■

If you would like to experience a church service where the worship and teaching are based on the life-giving Word of God, come and visit us at Charis Christian Church. We're at 4811 E. Julep St., Suite 101, in Mesa.

|| LOCAL BUSINESS

The Dolly Steamboat Offers A ONE-OF-A-KIND VIEW OF ARIZONA

By Jamie Killin

The Dolly Steamboat has been owned and operated by brother and sister duo, Cindi DeLoseur and Jeff Grimh, for 35 years, providing Arizonans and visitors alike with a family-friendly outing and unforgettable views of what's been dubbed Arizona's *Junior Grand Canyon*.

"You will marvel as you travel up the historic Apache Trail – Arizona's first historic highway – located in the Tonto National Forest, which provides the most awe-inspiring and sublimely beautiful panorama nature has ever created," said Cindi.

Even President Theodore Roosevelt was wowed by the area, and was quoted saying, "The Apache Trail and surrounding area combines the grandeur of the Alps, the glory of the Rockies, the magnificence of the Grand Canyon, and then adds an indefinable something that none of the others have."

The Dolly Steamboat carries 142 passengers for its cruises, which include the *Twilight Dinner* cruise, nature cruise,



and astronomy cruise. The cruises range between one-and-a-half-hours and two-and-a-half-hours. Once a year, wildlife enthusiasts can enjoy the Arizona Game and Fish *Bighorn Sheep Cruise*, which is three hours long.

During all the cruises, guests will enjoy the captivating desert scenery while learning more about the area and often also spotting Arizona wildlife, such as bald eagles, deer, and bighorn sheep.

"Our goal is to offer guests an unforgettable experience of geological and natural wonders while the captain recounts the legends and lore of the Superstition Mountains," said Cindi.

Additionally, The Dolly Steamboat is available for private charters for weddings, corporate events, and parties. ■

For more information on The Dolly Steamboat, visit dollysteamboat.com. To make a reservation, call (480) 827-9144. The Dolly Steamboat is located at 16802 AZ-88 Tortilla Flat, AZ 85117.



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HEALTH

Discover Guided Ketamine Therapy

A NEW HOPE FOR MENTAL HEALTH

By Dr. Jordan Trapp, Naturopathic Medical Centers



Guided ketamine therapy is emerging as a groundbreaking treatment for various mental health conditions.

Originally developed as an anesthetic, ketamine is now being utilized to address depression, anxiety, and PTSD among other disorders. This innovative treatment integrates the pharmacological effects of ketamine with professional therapeutic support, providing a novel approach to mental health care.

Developed in the 1960s, ketamine is known for its rapid onset and unique safety profile, particularly its lack of respiratory suppression, which makes it invaluable in surgical and emergency settings.

Subsequent research revealed that ketamine could deliver quick relief from depression, notably for individuals unresponsive to traditional treatments.

Guided ketamine therapy involves a comprehensive, multi-step process. Initially, patients undergo a thorough evaluation to determine their suitability for ketamine therapy, considering their medical history and current mental health status.

Ketamine can be administered via intravenous infusion, intramuscular injection, or nasal spray, with the method and dosage tailored to the patient's specific needs. After the ketamine session, a trained therapist or medical professional provides guidance and support, as ketamine can induce altered states of consciousness.

Following the session, patients engage in follow-up therapy to process their experiences and integrate the insights gained into their daily lives. The therapeutic

effects of ketamine are attributed to its ability to enhance brain neuroplasticity, enabling it to form new neural connections. This neuroplasticity is believed to underlie ketamine's rapid antidepressant effects, leading to significant improvements in mood and cognitive function.

A primary advantage of guided ketamine therapy is its rapid onset of action. Unlike traditional antidepressants, which may take several weeks to exert their effects, ketamine often produces noticeable improvements within hours or days. Additionally, ketamine therapy has shown efficacy in patients who have not responded to other treatments.

By combining pharmacological intervention with psychological support, guided ketamine therapy addresses both the biological and emotional aspects of mental health conditions. The states induced by ketamine can facilitate deeper therapeutic engagement, allowing patients to access and process complex emotions and experiences more effectively.

As the field of mental health care continues to evolve, guided ketamine therapy represents a significant advancement. Ongoing research will further refine this treatment modality, enhancing its efficacy and accessibility.

With appropriate safeguards and professional oversight, ketamine therapy has the potential to become a mainstream option, offering rapid and effective relief for many individuals struggling with mental health issues. ■



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.

FINANCES

How strong is your EMERGENCY FUND?

Submitted by Linda Drake, Edward Jones



You can't predict financial emergencies — but you can prepare for them.

To do that, you can build an emergency fund to pay for unexpected expenses resulting from a home or car repair, a medical bill, or even the costs connected to damages from a natural disaster, such as a flood or wildfire or tornado.

Generally, it's a good idea to keep three to six months of living expenses if you're working, or up to a year's worth, if you're retired. And since you'll need the money quickly, and you'll want to be sure it's there for you, keep your emergency fund in a liquid, low-risk account.

Given your normal expenses, you may find it challenging to put away money in an emergency fund. But you can make it easier by having some of your paycheck automatically go into your fund. And you can also add other income, such as bonuses or tax refunds.

Try to avoid dipping into your emergency fund for everyday costs or impulse purchases. By keeping this fund intact until it's truly needed, you can help yourself weather many of the storms that may come your way. ■


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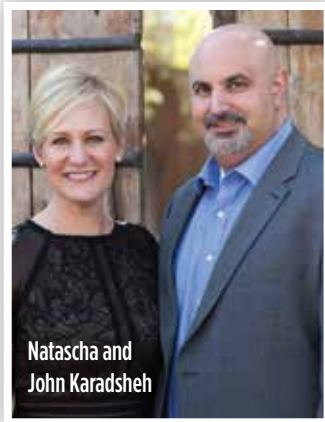
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REAL ESTATE

Property Scams in Our Neighborhood

By Natascha Ovando-Karadsheh, Las Sendas Resident and Associate Broker/Owner at KOR Properties



We first published this article a year ago, but have heard that several more property scams were attempted over the past few months in Las Sendas. We are republishing this article to try and generate more awareness and we encourage you to share this information with friends and neighbors – especially those living out of state who may not be aware.

When these scams are successful, ownership is legally transferred to the buyer. The loss of the asset can be financially devastating and trying to regain ownership is a long and challenging legal process.

The fraudulent sellers typically present themselves as out-of-state owners and usually only communicate via What's App, email, or text. They use fake emails and signature blocks to perpetuate their scams and often use an out-of-state power of attorney to forge identity documents and deeds.

Scammers are targeting land, vacant properties, properties owned in LLCs, out-of-state homeowners or those with recently deceased owners, investment properties, and homes that are owned free and clear. They like to prey on properties that have absentee owners so their schemes can go undetected.

PROTECTING YOUR PROPERTY

If you own property here or out of state, set a Google Alert for your property address or regularly Google your address. Search your property on Zillow and on other third-party sites to see if it is listed for sale. Visit your property or ask a neighbor to ensure there isn't any unusual activity on the property. You can also check the county recorder and treasurer's office to confirm you are still the owner on record.

SUGGESTIONS FOR BUYERS

If you are a buyer who is interested in purchasing property here or elsewhere, be aware of these red flags: the "Seller" won't provide detailed property information, the price is too good to be true, or the seller is in a hurry to close. Also, be sure to have your own professional real estate representation.

Just because a property is "for sale by owner" does not mean you can't have a Realtor representing you. Let your Realtor speak with the seller (experienced agents have spidey senses!), hire a reputable title company, choose a very experienced title agent, and last but not least, buy title insurance.



One of the title companies we work with has told us they have stopped several fraudulent sales in the past few months, so be sure to have people you trust on your team!

Again, please share this information with your friends and neighbors so we can all protect our community and don't hesitate to reach out with any questions! ■

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 21 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.

Over the past few years, property fraud has increased dramatically both nationally and right here in our community. The most common scam now is deed theft.

How does it work? Scammers impersonate the legal owner of the property, list the property, sell the property, and pocket the proceeds – all without the true owner's knowledge. Some scammers fraudulently list the properties with real estate agents (tricking them into believing they are the rightful owners) while others just list the property "by owner" on a national website.



Real Estate In Las Sendas
brought to you by: **Las Sendas Area Market Report**
Sales for the Month of May 2024
KOR PROPERTIES, MLS, John Karadsheh

| Address | Square Feet | Community | Sold Price |
|--------------------------|-------------|-------------------|-------------|
| 2403 N Raven Cir | 2,153 | Grayfox | \$550,000 |
| 3630 N Paseo Del Sol | 1,571 | Rolling Hills | \$565,500 |
| 6958 E Red Hawk Cir | 2,475 | Stoneledge | \$665,000 |
| 7413 E Nance St | 2,512 | Grayfox | \$670,000 |
| 7611 E Roland Cir | 2,450 | Rolling Hills | \$699,000 |
| 4146 N Starry Pass Cir | 2,132 | Mountain Gate | \$705,000 |
| 4257 N Morning Dove Cir | 2,451 | Mountain Gate | \$715,000 |
| 3614 N Desert Oasis St | 1,756 | Shadow Canyon | \$755,000 |
| 3359 N Boulder Canyon | 2,375 | Tapestry Mountain | \$815,000 |
| 3829 N Morning Dove Cir | 2,756 | Canyon Creek | \$829,000 |
| 3839 N Calisto Cir | 3,427 | Echo Canyon | \$838,000 |
| 8058 E Sugarloaf Cir | 2,322 | Stonecliff | \$839,200 |
| 4047 N Terra Mesa Cir | 2,649 | Stonecliff | \$989,000 |
| 7130 E Saddleback St #44 | 4,470 | Golf Colony | \$1,475,000 |
| 7865 E Copper Canyon St | 4,844 | Copper Canyon | \$1,550,000 |
| 7637 E Summit Trail St | 3,899 | Hidden Canyon | \$1,950,000 |
| 4320 N Diamond Point Cir | 6,632 | Diamond Point | \$3,515,000 |

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

Real Estate In NE Mesa
brought to you by: **NE Mesa Area Market Report**
Sales over \$875,000 for the Month of May 2024
KOR PROPERTIES, MLS, John Karadsheh

| Address | Square Feet | Community | Sold Price |
|--------------------------|-------------|-------------------------|-------------|
| 4148 E Hale Cir | 6,650 | Estates Groves | \$890,000 |
| 5828 E Scarlet Cir | 2,462 | Reserve at Red Rock | \$900,000 |
| 1849 N Lynch | 3,177 | Mountain Bridge | \$900,000 |
| 3946 E Enrose St | 3,181 | Trovita Estates | \$916,000 |
| 2140 E Calle Maderas | 3,752 | Las Maderas | \$957,500 |
| 8531 E June St | 2,568 | Mountain Bridge | \$960,000 |
| 2136 N Avoca | 4,632 | Saguaro Vista Estates | \$970,000 |
| 2852 N 79th St | 2,791 | County Island | \$970,000 |
| 5807 E Scarlet Cir | 2,462 | Reserve at Red Rock | \$978,532 |
| 4052 E Hackamore Cir | 3,247 | Estates Groves | \$1,005,000 |
| 8133 E June St | 3,177 | Monteluna | \$1,010,000 |
| 6446 E Trailridge Cir 83 | 3,405 | Red Mountain Ranch | \$1,100,000 |
| 3152 E Fox St | 3,675 | Groves | \$1,114,900 |
| 3756 E Ellis St | 3,862 | Trovita Estates | \$1,175,000 |
| 2304 N Estates Cir | 3,204 | Mountain Bridge | \$1,200,000 |
| 8738 E Russell St | 3,688 | County Island | \$1,225,000 |
| 6918 E Ivyglen St | 3,461 | Anney | \$1,290,000 |
| 3831 E Elmwood St | 3,915 | Trovita Estates | \$1,300,000 |
| 3041 E Indigo St | 4,912 | Mesa Northgrove | \$1,325,000 |
| 3736 E Quenton Dr | 3,720 | County Island | \$1,340,000 |
| 3414 E Norcroft St | 4,276 | Hermosa Groves | \$1,366,000 |
| 3437 E Encanto St | 5,950 | Thayer Estates | \$1,380,000 |
| 2225 N 83rd Cir | 4,554 | Hermosa Estates | \$1,410,000 |
| 2341 N Steele Cir | 4,696 | Mountain Bridge | \$1,525,000 |
| 2025 E Mallory St | 4,254 | Groves of Hermosa Vista | \$1,677,500 |
| 3040 N Hawes Rd | 3,017 | County Island | \$1,715,000 |
| 2053 N Maple St | 5,934 | Valencia Estates | \$1,850,000 |
| 8131 E Palm Ln | 4,253 | County Island | \$2,000,000 |
| 3230 E Kael St | 5,247 | Estates at 32nd Street | \$2,225,000 |

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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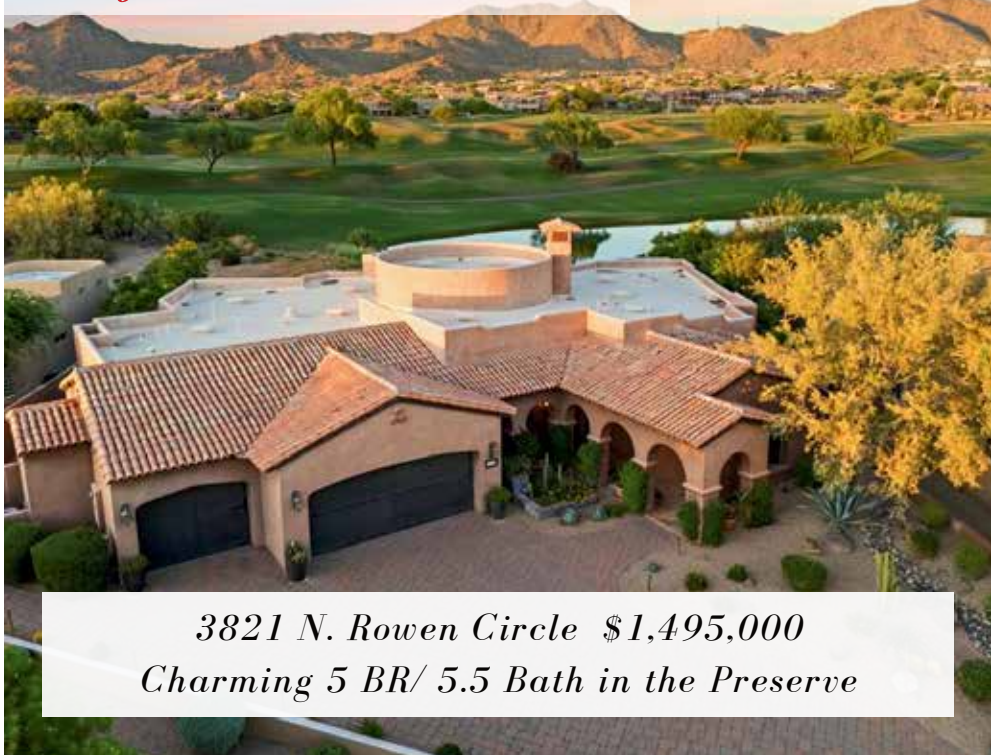
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LOCAL BUSINESS

Integrity Chiropractic Health Center offers A COMPREHENSIVE APPROACH TO WELLNESS

By Mark Moran

The intense Arizona summertime heat can leave us feeling a little bit worn out.

Make no mistake, the triple digit heat can not only take a toll on our physical well-being, but on our mental health, too. The good news is that Integrity Chiropractic Health Center in Mesa is designed to help with both of those things, and right now, they are offering an almost unheard of \$49 special for new patients.

Led by Dr. Aaron Shapiro, D.C., Integrity's introductory special includes a professional consultation with one of the team's experienced chiropractic doctors, a full exam, and X-rays if you need them.

"Our experienced chiropractors use a "whole person" approach to chiropractic care and wellness. This means that we work with our patients to find out their particular wellness needs, then craft personalized care plans to help them achieve the highest quality of life. We also offer a unique, comprehensive wellness program," the Integrity website says.

Dr. Shapiro didn't set out to become a chiropractor but developed severe numbness in his right arm while in high school, likely the result of a sports injury.

"Traditional treatment of cortisone shots, ice rest, and even general manipulations did not help my condition," he said. "Eventually, a friend recommended a Gonstead chiropractor who, within one week, not only found the cause of the problem but also completely resolved all the numbness!"

The Gonstead method probably isn't what comes to mind when you think about chiropractic treatment... violently twisting, cracking, and popping the body's joints.

Rather than focusing on and treating one "problem area," the Gonstead method takes a whole-body approach, focusing on four critical areas.

Visualization, during which Dr. Shapiro and his



colleagues look for subtle changes in your posture and movement, which could indicate any structural problems.

Instrumentation, which uses a piece of equipment called a Nervoscope to detect uneven distributions of heat along the spine, which can be indicative of inflammation and nerve pressure.

Static Palpation, during which one of the Integrity team will feel for the presence of swelling (or edema), tenderness, and any abnormal texture or tightness in the muscles and other tissues of your back.

Motion Palpation, which involves feeling the spine while moving and bending it at various angles, and an X-ray analysis, allowing your chiropractor to see the entire structure of your spine.

Integrity's team of chiropractic doctors has been particularly successful in treating the stabbing, burning, and "pins and needles" sensation associated with a condition known as peripheral neuropathy, which occurs when peripheral nerves — those outside the central nervous

system — become damaged or compromised.

Peripheral neuropathy can be the result of traumatic blunt force injuries, infections, metabolic problems, surgeries that disturb the nerves, inherited causes, and exposure to toxins.

One of the most common causes of neuropathy is diabetes. "Anyone who has neuropathy understands how hard getting through a single day can be," Dr. Shapiro said. "Simple things like getting out of bed and getting ready for the day can become very difficult. Even the most basic things like going for a walk can be impossible."

Integrity approaches treating neuropathy naturally and holistically, rather than with drugs and other well-worn attempts to alleviate the pain.

"Our unique treatment protocol helps to restore, stabilize, and rebuild the nerves in your extremities," Dr. Shapiro said.

Integrity patients swear by the treatment. "I started the program and from one treatment from another, I had more feeling in my feet," said Evelyn T. in a testimonial on the Integrity website. "At my next checkup, I was 70 percent better! I can walk my dog again and not have to worry about my feet hurting. I do what they tell me to do, and the difference is unbelievable!"

"I had a burning sensation in my feet, and it had been going on for at least eight years. I was sprayed with Agent Orange in Vietnam and that was most likely the cause," Phil L. said. "They wanted to put me on medication for it but after coming here for six weeks, I notice every day that there is something more that I can do that I was unable to do before. I can now feel the pen when I do my crossword puzzles. When I make myself coffee, I can separate the coffee filters." ■

To get your neuropathy pain under control and take advantage of the \$49 introductory special, call the Integrity Chiropractic Health Center at (480) 820-9147, or visit Dr. Shapiro and his colleagues at IntegrityChiropractic.com.

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LOCAL BUSINESS

Guerin Swim School Offers Private Swim Lessons for All Ages, Abilities

By Jamie Killin

Trent Guerin is applying his decades of swim instruction experience to Guerin Swim School, offering private swim lessons for all ages to swimmers across East Mesa.

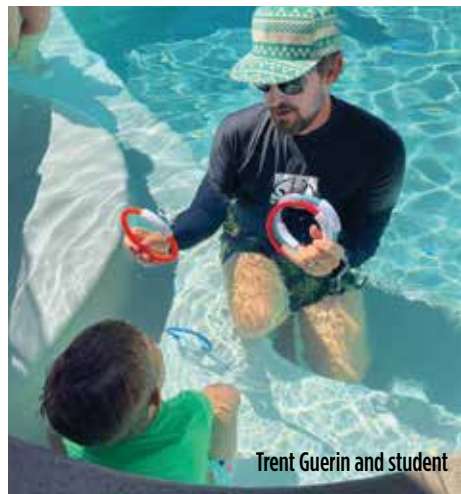
The longtime Las Sendas resident first discovered his love of teaching swim lessons when he and his brother, who were both competitive swimmers, would help their mom with her summer swim lesson business. Trent continued his love of swimming by swimming competitively at Northern Arizona University.

Later in life he would continue to teach on and off, and now wants to use his expertise and love of swimming to teach swimmers of all levels – from beginners to advanced swimmers as well as those with specific goals, like triathlon swimming. His extensive experience also includes teaching children who are neurodivergent or have special needs.

He also helps promote water safety by teaching children as young as six months old, helping to build water awareness and instilling water skills like floating and climbing out of the pool.

“Teaching children to respect the water while also instilling the importance of swimming skills is crucial for their safety,” Trent said. “I use gradual learning techniques through fun activities to keep my students engaged. This approach helps to build their confidence and competence in the water over time.”

Trent teaches lessons at his home pool or can travel to the student’s home. For more advanced students, he can teach them at the Las Sendas pool to focus on



Trent Guerin and student

laps, or for those who want to focus on open water swimming, he can travel with the student to an appropriate location for specialized instruction.

All Guerin Swim School lessons are private to ensure students get the most benefit from their time with Trent.

“I find people learn faster if the lessons are one-on-one,” he said. “It makes a huge difference if it’s a half hour class and they’re getting my devoted attention – we can make a lot of progress in our time together that way.”

Trent offers competitive pricing, much lower than larger swim school rates, which helps to make private lessons affordable. He can also work with swimmers to determine exactly how many classes they’ll need, but typically recommends five to 10. ■

For more information, call or text Trent at (480) 330-7053 so he can answer questions on any specific swim instruction needs you or your family might have.

LOCAL BUSINESS

Elysian Fields Bakery

LET’S FIND YOUR MAGIC

By Kimberly Alvarado

Baked goods are a vital part of family traditions and celebrations. They can bring together friends, increase laughter, accent unity, even comfort the hurting.

Locally owned Elysian Fields Bakery is a full European patisserie offering custom cakes, cookies, and pastries for all events, especially summer weddings.

This multigenerational family business offers completely natural baking products with no chemical additives, artificial colors, or preservatives.

If you have not yet had the chance, you are invited to stop in and see the unique confections, including specialty items and

flavors which change daily.

Explore the delectable offerings in the quaint ambiance of the local bakery located at the southwest corner of Power and McDowell roads.

“We make everything in-house, using only the best European-style butter in our baking,” said Chief Executive Officer, LaRee Johnson. She said vegan, gluten-free, and keto options are available for those with dietary restrictions.

Elysian Fields Bakery specializes in what they call “archeological baking,” said LaRee.

“If you had a treat from your past, that you cannot seem to find anywhere else, give us a description and we will give it our best shot. We have had such fun tracking down and researching historical and regional specialty desserts,” she shared.

Take a moment to visit the website at elysianfieldsmagic.com. And be sure to browse the gallery here, showing the most recent set of special orders: elysianfieldsmagic.com/custom-order-gallery.

Because special orders take time, please allow 48 hours for custom requests. ■

Visit the website elysianfieldsmagic.com or call (480) 890-0646. Elysian Fields Bakery is located at 6727 E. McDowell Road, Suite 104, in Mesa, at the southwest corner of Power and McDowell roads.



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EDUCATION

Apply now for scholarships for Mesa Community College Fall 2024 classes

Submitted by Mesa Community College

Find a wealth of scholarships and financial aid to help you achieve career and academic goals at Mesa Community College. Advance your job skills, get started on a new career, or earn college credits and transfer to a university.

The President's Honors Scholarship is available to recent Maricopa County high school graduates with a minimum 3.25 GPA and provides funds covering tuition up to 15 credit hours plus registration fees for two consecutive years. (mesacc.edu/presidents-honors-scholarship). You are not required to take honors classes in high school to be eligible.

Mesa College Promise (mesacc.edu/mesa-promise) has been expanded to two years of tuition and fees at Mesa Community College for eligible Mesa residents who are 24 years of age or older who graduated from high school or have a GED but have not completed a college degree.

The deadline for applying is July 15, 2024, for the fall semester. Miss the deadline and be entered into a wait list. Mesa College Promise was originally launched in 2021 for recent high school graduates as a public and private partnership with the City



of Mesa, MCC, and the business sector, and continues to increase the number of Mesa residents succeeding at MCC.

Register for classes at Mesa Community College pursuing a certificate or degree in behavioral science, health science, or education and apply for one of the college's new scholarships covering the cost of tuition, course fees, books, and other needs. Two scholarships — the Behavioral Health Scholarship and the Home and Community Based Services (HCBS) Career Education and Training Scholarship — support students pursuing careers making a difference in their communities. Enroll in a health, education, or relevant community service program and apply until Aug. 30, 2024, for the fall semester (mesacc.edu/healthcare-scholarships).

Mary Boyce, dean of health sciences, says the education programs and certificates at the MCC Red Mountain campus reflect jobs that are in demand in the healthcare industry, including the nursing, nurse assisting, emergency medical technology (EMT), and dental hygiene professions.

As the MCC Red Mountain campus grows its Allied Health Department, it continues its more than 20-year legacy of providing the East Valley convenient, affordable, quality classes in English, science, math, history, languages, and community fitness courses. ■

Fall classes begin Aug. 17. To find out about academic degrees, career programs, 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.

LOCAL BUSINESS

Mesa Window Tinting and Glass OFFERS EXCEPTIONAL SERVICE

By Jamie Killin

Mesa Window Tinting and Glass Inc. has been helping East Valley residents and companies with their window and glass needs for more than 35 years, establishing them as an expert in replacing windows, doors, insulated glass, residential window tinting, installing sunscreens on windows, and more.

"We are a family owned and operated business and we've been in business for over 35 years," said office manager Pam Norris. "Word of mouth has always been huge for us, and because of that and referrals we're well known in a lot of areas."

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

One way the company can exceed customers' expectations is by being able to replace existing dual pane window glass without always having to replace the entire window — saving the homeowner time and money.

"Dual pane windows often have a seal failure or glass breakage, or sometimes they just have the internal seal which looks bad, and they think they have to replace the whole window, but most of the time they don't have to, we can just replace the glass," said Pam.

During the hot summer months, customers are even decreasing the heat coming into their homes by installing



window tint and sunscreens.

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

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

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

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

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LOCAL BUSINESS



Five Tips to Eat Healthy on Vacation

By Gina Van Luven, Owner, Prime IV Hydration & Wellness – Red Mountain Gateway

Over the years, I have heard many people come home from vacation and complain about how much weight they gained or how terrible they feel. Vacation seems to be synonymous with poor eating habits, with convenience and cost being the primary culprits.

Despite the challenges, there are typically healthier options available, even with fast food. You can also pack healthy snacks to take with you or shop locally and make food from your home away from home. You can save a lot of money by dining in versus out. Regardless of your choice, here are five tips to help you eat healthy on vacation:

1. DON'T WAIT UNTIL YOU'RE STARVING TO EAT. DOING SO WILL LIKELY CAUSE YOU TO MAKE POOR CHOICES.

Instead, have some healthy snacks at hand to munch on in between meals. Nuts and seeds, baby carrots or snap peas with hummus, apples with nut butter, or low-sugar protein bars are great choices.

2. AVOID FRIED FOODS, WHICH CONTAIN EXCESS UNHEALTHY CALORIES.

Instead, choose grilled, baked, roasted, or sautéed foods.

3. SAVE THE CARBS FOR LAST.

Instead, eat your veggies and protein first, which will likely fill you up, making little to no room for carbohydrates, which are generally on overload during vacations.

4. TRY NOT TO OVER EAT.

Instead, ask for a to-go box with your order if you see that portions are larger than what you should be eating at one sitting. Portion out what you can eat and put the remainder in the box. Better yet, split the meal with someone.

5. CURB THE SODA AND/OR ALCOHOL INTAKE, BOTH OF WHICH ARE DEHYDRATING AND LARGELY NON-NUTRATIVE.

Instead, drink half your body weight in ounces of pH-balanced water daily, which will help keep you feeling satiated and provide hydrating minerals.

Having traveled all over the world myself, I understand eating healthy can be challenging, and you may not get all of the nutrients you need while on vacation. You can counteract this by getting IV nutrition prior to or after your trip. The delivery of nutrients via IV (intravenous) bypasses digestion and allows for 100 percent of the nutrients to be delivered to your bloodstream. This is also a great way to give your immune system a boost and recover from jet lag if flying.

Make transitioning back to normal life after vacation a little easier by giving your body what it needs to be healthy and happy. ■

Call us at (480) 992-4202 or go to primeiveastmesa.com for more information. Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106.

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LOCAL BUSINESS

Fat Loss Facts versus Fiction

Submitted by The Exercise Coach®

With type 2 diabetes, heart disease, and America's waistline bulging to frightening highs, it is clear that what we think we know, and what we've been led to believe about fat loss, is not only wrong, but completely backward.

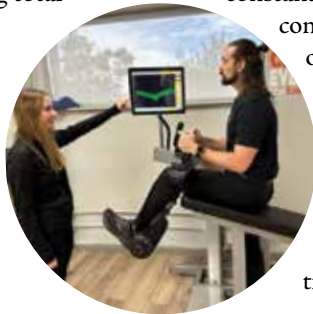
That's right. Your difficulty losing weight is truly not your fault. You have been misinformed for years about healthy eating (i.e., fat makes you fat; replace fat with carbs). You have been misinformed about exercise's role in reducing body fat. And, you have been bombarded by celebrity messages that claim, "This worked for me, so it will work for you."

At The Exercise Coach®, we make it our policy not to cave in to popular fitness trends, but rather to go wherever the science of fat loss and exercise leads us. It is our hope that you take the time to read, understand, and pass along this information to as many people as you can.

Share it with others so together you can maximize your fitness and fat-loss efforts while enjoying total freedom from time-consuming and defeating conventional approaches. You can enjoy maximum fitness and fat loss results with just 20 to 40 minutes of exercise per week – and I will tell you how. First, let's start tearing down the myths.

MYTH #5 I'VE TRIED EVERYTHING!

Most of the people we meet at The Exercise Coach® obviously don't believe this one. They realize they haven't tried our cutting-edge approach. So, this one is for you people out there who need to be moved from contemplating change to taking action. Maybe you have tried dieting techniques from low-carb to low-fat and everything in between. You've done cardio, crunches, and core conditioning. All you have to show for it is the bill and some time lost. I understand how the plethora of misinformation circulating in blogs and news articles, exercise books, health clubs, and around the water cooler can make you feel like you have tried everything.



The good news is you can discover the truth for yourself at The Exercise Coach®, where we maximize your fitness and fat loss with just two, 20-minute workouts per week. Come in and meet one of our friendly, expert personal coaches. Until then, let me give you a brief explanation of some key components of The Exercise Coach® approach.

SECRET #1 EATING FOR IMPACT

The Exercise Coach specializes in cutting-edge exercise concepts. It's our passion. So, we know very well what exercise can do and what exercise cannot do. We know that exercise is vital for optimal fat-loss results. However, we are aware (and you need to be too), that when it comes to weight loss, the formula is:

EXERCISE + PROPER NUTRITION = HEALTHY WEIGHT LOSS

More specifically, whole-effort exercise + whole-food nutrition = a whole new you. It's to this end that we constantly educate our clients and empower them with convenient nutrition solutions. Our aim is to help our clients understand that food no longer has to be the enemy. In fact, food can become your greatest wellness and weight-control ally.

Everything you eat has a powerful effect on your physiology. You just need to understand the effect that various foods have. Once you do, you can eat for the positive contribution to your efforts that food can make.

Nutrition can be confusing and intimidating, so we like to narrow down your focus to four areas that will give you the biggest bang for your buck. I'll give you a brief summary here to get you thinking about how you are doing in these areas.

- **Hunger Control:** Make no mistake about it. You cannot eat an excess of calories or carbohydrates and expect to lose weight. However, I think that biology has a lot more to do with your ability to stay the course than willpower does. There are several strategies available to help you achieve an outstanding degree of satiety from your meals. Maybe the single

most important strategy is consuming adequate (not excessive) amounts of protein at the right time throughout the day. Start by looking at your breakfast. Most people don't eat protein for breakfast, but it can have a huge impact on satiety if you do. Remember this: Carbohydrates grow in the ground and proteins are things that move around. Make sure you eat protein as part of your breakfast and at every snack and meal throughout the day.

- **Insulin Control:** Insulin is a storage signal. It tells your fat cells to keep storing more and more fat. The more insulin you have in your bloodstream, the stronger the signal. The best way to keep insulin under control is to eat the proper kinds and amount of carbohydrates. The easiest way to do this is to stick with fruits and vegetables.
- **Fatty Acid Control:** Fatty acids make up cell membranes and are also the building blocks for a type of hormone known as an eicosanoid. Two very important fatty acids are Omega-6 and Omega-3 fatty acids. Research has shown that people who consume these in appropriate ratios are much healthier and have a better chance of losing fat. This is due to reduced inflammation in the body and more hormonally responsive cells.
- **Damage Control:** From a wellness and longevity point of view, your body is always trying to strike a balance between damage and repair. For most of us, better damage control is what we need. This can be achieved by eating lots of green leafy vegetables and dark-colored berries. Today there are also many good products on the market that provide concentrated amounts of the phytochemicals found in these foods.

Coming next month Secret No. 2. In the meantime, the choice is yours to make and at The Exercise Coach®, we can help. ■

Make TODAY the day to start on that road to better health and fitness! Let our caring and knowledgeable Certified Coaches get you started. Call, text, or visit us online for your complimentary Initial Consultation and 2 FREE Sessions! (480) 716-6080 or visit the website exercisecoach.com/north-mesa.

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| Fri. 5th - 2:00 PM Kristi Dee Swan | Sat. 20th- 2:00 PM Scott Hallock |
| Sat. 6th- 2:00 PM Dave Clark | Sun. 21st- 10:00 AM & 2:00 PM Eric Miller |
| Sun. 7th- 10:00 AM & 2:00 PM Pete Pancrazi | Weds. 24th- 2:00 PM Pete Pancrazi |
| Weds. 10th- 2:00 PM Scott Hallock | Fri. 26th- 2:00 PM Ian Eric |
| Fri. 12th- 2:00 PM Ian Eric | Sat. 27th- 2:00 PM Ian Eric |
| Sat. 13th- 2:00 PM Kristi Dee Swan | Sun. 28th- 10:00 AM & 2:00 PM Eric Miller |
| Sun. 14th- 10:00 AM & 2:00 PM Eric Miller | Weds. 31st- 2:00 PM Jonny Splash |
| Weds. 17th- 2:00 PM Scott Hallock | |

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DISCOVER ARIZONA

Arizona Lifestyle - Are We Almost There Yet?

By Kimberly Alvarado

Ah, the idea of a summer road trip! Destination: somewhere close enough to drive, yet far enough to escape.

Whether you are chasing a cooler climate in the northern part of the state or venturing through the desert stretches to cross Arizona borderlines, we hope it is a journey filled with excitement and curiosity. That said, have you ever wondered how certain places in Arizona (large and small) got their 'odd' names?

Back in 1928, author Hoffman Birney completed a 7,250-mile loop around the American West in a Chrysler roadster named Betsy. This adventure took him across Arizona, the Four Corners, the Rocky Mountains, the Mojave Desert and California's Eastern Sierra.

Undoubtedly, his journey took him through places in our state with unlikely names. During his expedition, he photographed and documented his experiences in a much adored, much later, book called *Roads to Roam*, with no thoughts of publishing in mind at the time. Something unplanned, yet later remarkable.

In hopes of adding interesting facts to your summer 2024 road trip, and for those who long to 'get lost' in a bit of history about our state, we are sharing eight unique places and their names, for you to add to your vacation chronicles this summer.

- ♦ **Barbershop Canyon** – Located east of Rim Road near Mogollon Rim, east of Payson. This specific area within the canyon currently offers hiking near a running creek for outdoor enthusiasts. Rewinding the clock reveals that it is an area believed to have been



traveled by both shepherds and their flocks, with a stopping point for the sheep to be sheared accompanied with a makeshift barber for the men.

- ♦ **Bloody Basin** – Located on Interstate 17 between Flagstaff and Phoenix, this strangely named exit is believed to be named from a violent conflict between settlers and American Indians.
- ♦ **Cornville** – A small town near Sedona is not named for its corn. The town was intended to be named Cohnville, after a family named Cohn. When the Cohns settled in the area, they applied to have a post office within their general store, but when the paperwork came back to them from Washington, D.C., it read "Cornville." The typo was not corrected, nor was the town ever renamed.
- ♦ **Fool Hollow Lake** – Located near Show Low, Ariz., settler Thomas Adair unknowingly bought land unsuitable for farming; nothing would grow in the area. His not-so-friendly neighbors nicknamed the area Fool Hollow in spite of him. Eventually a dam was placed where Show Low Creek and Fool Hollow met, and a 150-acre lake was formed. The lake remains today.
- ♦ **Nothing** – Located west of Wickenburg, Ariz. on U.S. Route 93, the town once consisted of two buildings, four people, one gas station, and a rock shop. The town was eventually abandoned and then revived by the owners, who irregularly make wood-fired pizzas in a trailer-mounted oven for passersby's. Former residents in the town put up a sign that reads, "Through the years, these dedicated people had faith in Nothing, hoped for Nothing, worked for Nothing, all for Nothing." These factual tidbits make Nothing something to talk about!
- ♦ **Tombstone** – Located in Cochise County, close to the Arizona/Mexico border, this spot on the Arizona map was founded by prospector, Ed Schieffelin, back in 1879. Warned by his companions about meeting hostile Apache along the way, possibly resulting in his death, Ed set out alone to explore the area. Rather than meeting his own death (or finding his own tombstone), he discovered an area rich in silver that generated millions of dollars of ore in a brief period of time.



- ♦ **Tortilla Flat** – Located in Eastern Maricopa County. The drive out to this unincorporated landmark takes you through twisting roads and switchbacks with beautiful desert views along the way. The area, nestled deep within the Superstition Mountains outside of Phoenix, boasts a large number of flat-shaped rocks, possibly a feature for naming the place. However, Connie Phelps, owner of the town in the late 1940s, tells a story of cowboys stranded in the area due to a flash flood. As the story goes, the men ran out of food, waiting for the water to recede. Using one of their only remaining food resources, flour, the stranded men made tortillas to hold them over as they camped among the rocks for several days.
- ♦ **Why** – Located in Pima County at the intersection of two major Highways 85 and 86, that used to be a mere 'Y' in the road. At the time the town was named, state law required all city names to have at least three letters. The town's founders name is 'Why' instead of merely referring to it as a 'Y' dividing the highways. The intersection has since been removed and replaced with two highways. It remains a conversational piece for travelers today, who can grab refreshments and knick-knacks in the Why Not Travel Store.

Whether you are seeking adventure, like author Hoffman Birney did back in 1928, or simply in need of some modern-day travel trivia to keep the kids from asking, "Are we almost there yet," we hope you enjoy these historical tidbits that reveal meaning behind some of Arizona's landmarks. ■

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HEALTH *Over 50*

There are many things to consider when choosing a Medicare Plan

By **Lynne Jones**, Licensed Sales Representative, Tapestry Insurance



I have a good friend who will be turning 65 in a few months. He called yesterday because he heard that he should sign up for Medicare right away.

Several factors need to be considered. I asked him if he was currently covered with an employer plan and if the plan was affordable.

Yes, he is covered and his wife, who is several years younger, is also covered under his plan.

Another question for him was, how long does he plan to work before he retires? The conclusion was that he will continue to work, at least for a few years, so that his wife will be covered under his employer plan. He is happy with the plan and the cost is about \$350 per month for the two of them.

So, the answer to whether he is required to sign up for Medicare is no.

He can request his part A and receive a card that shows Part A only, but he does not need to enroll in any part of Medicare as long as he is working and has credible employer coverage.

It is always so interesting to help people make these very important decisions. Every situation is different, depending on when you choose to retire, does your spouse need coverage, how much is your current plan, etc.

As an independent Medicare agent, I can help you find the plan that fits your individual needs and lifestyle. I can also help you determine if staying on your current plan is the best choice for you. Also, I can help with questions about when to sign up for a plan and any late enrollment penalties to be aware of.

If you are new to Medicare or turning 65 in the next year and have questions about what plan to choose, or any other Medicare questions, please call me at (480) 212-2246. ■

Call Lynne Jones, a licensed salesperson, at (480) 212-2246 or email me at jonesdvp@yahoo.com.

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Submitted by **Carnation Home Cleaning**

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Here's how to prepare your home for Arizona's monsoon season with smart, eco-friendly cleaning practices.

EXTERIOR PREPARATION WINDOWS AND DOORS

Make sure your windows and doors are correctly sealed to keep out dust and water. Clean your windows with a DIY eco-friendly glass cleaner from vinegar and water. This solution is simple, effective, and safe for the environment.

INTERIOR PREPARATION CARPETS AND RUGS

Monsoon season can bring a lot of dust into your home. Deep clean your carpets and rugs to remove dust and allergens. Use eco-friendly cleaning solutions such as baking soda mixed with essential oils. This combination will leave your carpets clean and fresh without using harsh chemicals.

FURNITURE AND UPHOLSTERY

Dust and clean your furniture and upholstery regularly to prevent mold and mildew. A natural cleaning mixture of lemon juice and olive oil works wonders on wooden furniture, keeping it polished and protected.

CREATE AN EMERGENCY CLEANING KIT

Having an emergency cleaning kit ready is a smart move. Include eco-friendly cleaning supplies such as vinegar, baking soda, essential oils, biodegradable soaps, natural sponges, and reusable cleaning cloths. These items are effective and safe for the environment.

Preparing your home for monsoon season with eco-friendly cleaning practices is a great way to protect it from damage while also caring for the environment. ■

For a stress-free and eco-friendly home cleaning experience, visit our website today to get your free online quote or to schedule an appointment with Carnation Home Cleaning.

For more information, call Carnation Home Cleaning at (480) 924-2096, or visit the website at carnationhomecleaninginc.com.

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- 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!

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

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ENERGY EFFICIENT HOME IMPROVEMENT CREDIT (25C)

Increases the tax credit value from 10 percent of installed costs to 30 percent for products meeting the CEE’s highest efficiency tier, up to a maximum of \$600 for qualified air conditioners and furnaces, and a maximum of \$2,000 for qualified heat pumps effective Jan. 1, 2023. Additionally, the existing tax credits (up to \$300 for heat pumps) are also retroactive for equipment placed in service after Dec. 31, 2021.



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Once states apply for funds and set up their programs, consumers can begin to qualify for income-depending rebates of the following:

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- Up to \$1,600 insulation, air sealing, and ventilation.
- Up to \$4,000 for Electric Load Service Center.
- Up to \$2,500 for electric wiring.
- The maximum rebate is \$14,000 per household.

The Home Efficiency Rebate Program and the Home Electrification & Appliance Rebate Program cannot be combined. Consult your tax professional for specific details concerning your ability to qualify.

HOW CAN MY UPGRADE BECOME EVEN MORE AFFORDABLE?

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If you have any concerns or questions, feel free to reach out to Jeh, at Diamondback Air, (602) 920-1600.

*This information does not, and should not, be considered tax advice. All information is for general purposes only. Contact your tax professional for specific, applicable details.

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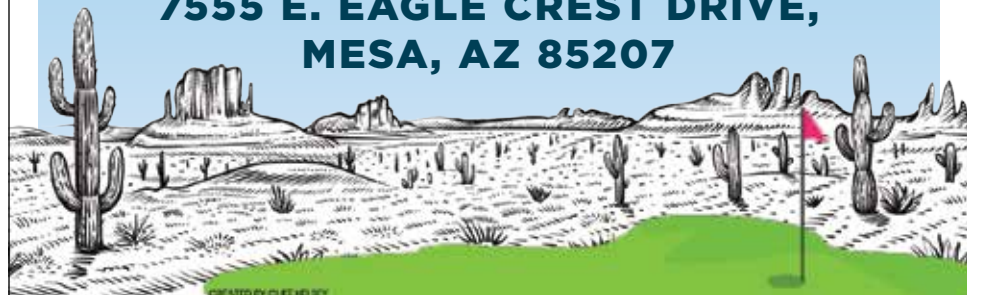
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