

# Las Sendas Up Close

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October 2024

## MCC Red Mountain Campus Hosts Community Holiday Fun

Submitted by Mesa Community College

Fall brings the energy of college students pursuing their dreams on the Mesa Community College Red Mountain campus as well as a harvest of great holiday events to which the community is invited.



First fun of the season is the *Halloween Extravaganza* taking place from 5:30 to 8:30 p.m. on Oct. 31. There is no admission fee for this neighborhood trick-or-treat party, which families and youth say they appreciate for the variety of activities away from busy streets. Goblins, witches, and superheroes stroll around campus to gather candy and prizes given out from dozens and dozens of booths featuring games, activities, entertainment, and spooky excitement. Parking on campus is always free.

The annual *Empty Bowls* event, 10:30 a.m. to 3 p.m., Nov. 5 in the Saguaro building, is an opportunity to take part in World Hunger Day. For a \$10 donation, take home a handcrafted bowl created by MCC art students filled with soup donated by the local Red, White and



Brew. You can also bring canned and nonperishable food to the Mesa Market, which helps students facing food insecurity. Empty Bowls is also taking place on the Southern and Dobson campus on Nov. 13 in the Kirk Student Center Navajo Room. Proceeds from both locations benefit the Paz de Cristo Community Center.

Civic engagement is on the November schedule as the MCC Red Mountain and Southern and Dobson campuses are again *Arizona voting sites*, ongoing through Nov. 5. Find out more about registration and when and where to vote at [www.arizona.vote](http://www.arizona.vote).



Select some thoughtful custom presents and enjoy a display of classic vehicles at the free *Holiday Boutique and Classic Car Show*, starting at 5 p.m., Dec. 6. Explore the beautiful campus as you shop from vendors selling home goods, crafts, jewelry, and creative gift ideas.

Under way for the season is *New Frontiers for Lifelong Learning*, an MCC non-credit, community education program designed by and for the active senior community. NFLL members create peer-led classes, social events, volunteer opportunities, and physical activities such



as hiking, biking, and walking groups. For less than \$10 a month, classes and activities are free (except for no-host social events such as dining out). Join the NFLL team and participate in selecting class topics, activities, travel, and culinary adventures. For more information, go to [newfrontiers.mesacc.edu](http://newfrontiers.mesacc.edu) or call (480) 461-7497.



Thinking of taking some classes or pursuing a degree? It's not too soon to sign up for the *Spring Semester, which begins Jan. 11, 2025*. Register now to get the classes you want at times most convenient for you. To learn about academic degrees, workforce classes, financial aid and more, stop by the Red Mountain campus Enrollment Center in the Mesquite building, call (480) 654-7600, or go to [mesacc.edu/enroll](http://mesacc.edu/enroll). ■

The MCC Red Mountain campus is located at 7110 E. McKellips Road, Mesa, AZ 85207.

## PROACTIVE IMMUNITY

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

While it seems cold and flu season never really left, there is indeed an influx of viruses during winter months. This is primarily due to two reasons: 1) colder weather, allowing viruses to proliferate and 2) greater consumption of sugar and alcohol between Halloween and Superbowl. Sugar wreaks havoc on the immune system and makes white blood cells (the ones who attack invaders) sluggish and unable to do their job. Alcohol also negatively impacts immune function by reducing antibodies and beneficial bacteria.

The best course of action to keep yourself from getting sick is to be *proactive*. The following tips can help you protect and fortify your immune system:

- Limit sugar and alcohol consumption.
- Consume ample fruits and vegetables daily.
- Ensure your vitamin D levels are optimal (between 60-80 ng/ml).
- Take a multi-vitamin to fill gaps in your daily nutrition.
- Stay hydrated!



You can also try getting intravenous (IV) nutrient therapy, which bypasses digestion and delivers nutrients directly to your bloodstream for optimal use. Some nutrients specific to immune support include vitamins B-complex, C and D; alpha-lipoic acid (ALA); glutathione; and zinc. Give your body what it needs and reduce what impedes it and you'll have your best chance of staying healthy this winter season.

To learn more about IV and injection therapy as part of your proactive prevention regimen, go to [primeivest-mesa.com](http://primeivest-mesa.com) or call us at (480) 992-4202. We have a variety of options to help you be your best! ■

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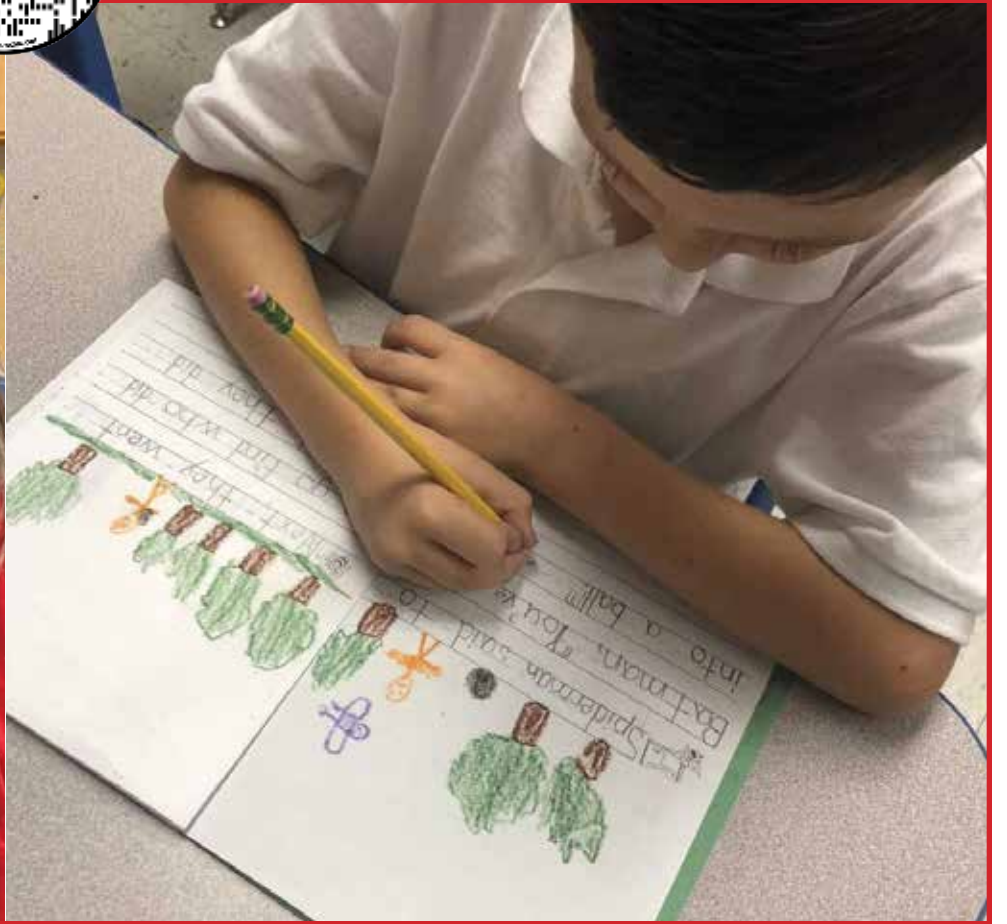
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EDUCATION

# Joy and Rigor in School

By Dr. Anjum Majeed, Founder/Superintendent, Self Development Academy

The other morning, at 7:30, the double doors of Self Development Academy's (SDA) multipurpose room flung open, welcoming a throng of jubilant students of elementary grades beaming from ear to ear. With them, the exuberant students brought enthusiasm and joy to the event. The event was sponsored by the school's Parent Advisory Committee and was called "Doughnuts with Dr. Majeed." The joy permeated throughout the multipurpose room and extended to the remaining campus for the rest of the day.

**JOY IS IMPORTANT**

Educational leaders are well aware that the presence of "joy" is critical to teaching and learning. Creating a culture of joyful experiences is necessary for learning to take place. Researchers describe joy as having "an enduring and underlying sense of something deeper than the emotion of happiness." This joy of learning is something one can practice, cultivate, or make a habit, inspiring and motivating both educators and parents.

This enduring joy affects our thoughts, emotions, and actions and drives us to identify our passions. For young children, the delight in knowing what is essential, their wants and needs, and the unquenching thirst for



knowledge propels them to discover their talents and reach their potential.

Educators and the school community recognize the role of joy in a school environment. Incorporating specifically designed activities into the school calendar brings joy and cultivates a culture of developing cherished

memories. Happy children mature into mentally healthy adults who are aware of their own potential and contribute to society. Parents and teachers work together to bring joy to children's lives.

**JOY IS MORE THAN CELEBRATING EXTRAORDINARY ACCOMPLISHMENTS**

Joy in school is about celebrating friendships and flourishing under the guidance of nurturing teachers. The presence of friends is a necessary aspect of experiencing joy in school. Students at SDA continue their schooling with friendships they developed as toddlers at Self Development Preschool next door. These friendships continue through grade school, middle school, and beyond. Some have even become lifelong friends.

Students are excited to see the same familiar faces not only of their friends but also of teachers. Our nurturing, caring, and compassionate teachers bring joy to our students at SDA. Teachers' trust in their students encourages learning and enthusiasm and develops them into responsible citizens. Many of our extraordinary teachers have been with us for nearly 20 years and have developed nurturing and positive relationships with students and their families.

Using Seligman's theory on positive psychology, we at SDA believe that childhood is a time of joy. Schools must focus on creating an environment conducive to creating "positive emotions, character strengths, and building a flourishing life."

SDA cultivates a culture that considers several critical elements of individuals' basic emotional needs. The first is to feel positive emotions. The second is to engage in activities that give meaning and purpose. The last is to have positive relationships with others. SDA's curriculum provides a challenging and satisfying experience for students to feel joy for their successes.

**JOY AND RIGOR**

Imagine the joy on the face of the kindergarten student who finishes reading a book in front of an audience of parents and grandparents. Joy is experienced when a



fifth-grade math student solves a complicated problem. Joy is experienced when the hypothesis is validated during the science experiment.

Parents equate Self Development Academy's curriculum with rigor that helps students maximize their potential. Rigor is more than the tests students take, the scores they earn, or the homework they receive. The rigor in education is that difficult-to-define quality that is discovered in the class discussions that take place in Ms. Tici Smith's 8th-grade literature class or the emphasis on the process of thinking to solve a math problem in Ms. Graville's class or "learning how to learn" in Ms. Rivera's third-grade class.

When students immerse in their "What if" pursuit of endless questions while investigating material at higher than grade levels, they are experiencing not only the rigor but also the joy of learning. Rigor with joy stretches students' thinking, maximizes their potential, and widens their worldview.

It is the balance of joy and rigor we need in schools. At SDA-Mesa, we offer a rigorous curriculum and elevate the levels of joy to help develop the emotional intelligence of our students and school community. Joy is having recess with friends and playing in the playground. Joy is attending many activities, including book fairs, movie nights, fall festivals, and even devouring "Doughnuts with Dr. Majeed." ■



To learn more about Self Development Preschool, please contact (480) 396-3522, and for the accelerated K-8 program, Self Development Academy, call Self Development Academy at (480) 641-2640.

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**EVENT**

# La Mesa Ministries will host **CHARITY POKER RUN**

By **Aidan Current**

**T**his November, Mesa will be home to the first annual Charity Poker Run, presented by La Mesa Ministries and the Eden Village project. Visitors to the charity event will see Harley-Davidson rides, raffles, and a responsibility to the community.

La Mesa Ministries is presenting the charity event at the Desert Wind Harley-Davidson location at 922 S. Country Club Drive, benefiting Eden Village of Arizona on Saturday, Nov. 9. Registration is from 9 to 11 a.m. with a cost of \$25 per rider, and \$10 per passenger.

Eden Village USA is a nationwide program, with the tagline “No one sleeps outside.” For years, Eden Village has been building communities of tiny homes for people living with homelessness and disabilities. With the partnership of La Mesa Ministries, this dream has finally reached Mesa, Ariz.

“It takes a community to build a community,” said Rick McClellan, executive director of La Mesa Ministries. “We want as many people to be involved with this as possible to make it a success.”

As the 21-home village was just approved for development in early September, this will be the first major fundraising event to help fund the construction of the village.

The poker run, for those unfamiliar with Desert Wind Harley-Davidson, will include several hotspots that bikers and passengers will stop at, take a photo, and receive a set of cards. The stops will be at points of interest around town where anyone can stop for a bite to eat... only if they don't want the free lunch offered at the donation site from 11 a.m. to 3 p.m., accessible to all riders and volunteers.



Riders who win a poker hand will earn the chance to be named the winner of one of three raffles. There will be a gun raffle, a cigar box raffle, and a general prize raffle too.

Desert Wind Harley-Davidson, La Mesa Ministries, and Eden Village USA proudly come together in solidarity for their community. Providing permanent housing, and a community that feels like home to people living with homelessness, disability, and often substance use disorder is a mission these organizations are passionate about and have the experience to see it through.

“There’s nowhere for these people to go, there’s no affordable housing,” charity organizer Stephanie Roberts said. “People [at] La Mesa Ministries and Eden Village, they are the ones causing real change.”

Rick, who has been in the home-building business since the early ‘70s, feels honored to give back to the community with the knowledge he has now. When he met Stephanie and her husband, a Harley biker, a connection was forged. Sometime later, a journey for La Mesa Ministries and Desert Wind Harley-Davidson would begin, a match made in heaven.

La Mesa Ministries and the members of Christ Greenfield Lutheran Church have long been helping people without housing and financial struggles in Mesa. For 10 years, sharing meals and the values of Christ, soon they will have 21 people in a community built by the love of Mesa residents, and the dedication of Eden Village USA. ■

*For additional information about La Mesa Ministries and Eden Village of Arizona, please visit [lamesaministries.org](http://lamesaministries.org) and [edenvillageusa.org/phoenix-az](http://edenvillageusa.org/phoenix-az).*

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**DISCOVER ARIZONA**

# Enjoy Spooky Spirited Tours in Mesa

By Kimberly Alvarado

October is the perfect time to explore the haunted history of Arizona.

If you're looking for a family-friendly way to get into the *spirits* of Halloween, look no further than US Ghost Adventures. These local tours will give you a look at some of the mysteries of the past lurking beneath and around the city.

Mesa is considered one of the most family-friendly parts of metropolitan Phoenix. Pack up the car for an evening of entertainment, sure to thrill you and all the little ghouls. Rest assured, some of the stories may have you looking over your shoulder in fright but are all suitable for the entire family.

**HERE IS ONE THAT WILL SURELY SEND SHIVERS UP YOUR SPINE: HAUNTED TOUR OF DOWNTOWN MESA**

Rated No. 1 as Mesa's favorite ghost tour, this guided tour is available nightly. It uncovers secrets of gateway ghosts lurking in various local locations. Learn about the haunted Williams Air Force Base Hotel, where spirits from fallen soldiers still march through the hallways, and you can reminisce about true tales and mysteries of the past that took place in our backyard, the Wild West.

**A SMALL GLIMPSE INTO THE TALES OF THE TOUR: A MUSEUM OF NATURAL HISTORY**

"Once the old city jail, the Arizona Museum of Natural History displays much more than just the artifacts of



Mesa's Wild West past. A haunted stagecoach holds the soul of one lost cowboy while stranger murmurs emanate from the brick walls of the old jail."

**NILE THEATER**

"Mesa's premier rock and roll venue and art gallery that traces its roots back to the 1920s. The smell of cigarettes and stale beer is often smelled in the dimly lit venue. But what is unusual is the shadow person, a leftover spirit from the venue's old days full of punk rock brawls, seen smoking his favorite brand after closing."

**NASH VINTAGE**

"Deep below Mesa run a series of tunnels of mysterious origin. Once used by rumrunners during prohibition times, these tunnels have sparked legends of poltergeists and monsters, such as the ghost dog in Nash Vintage's basement."

**ARE YOU GETTING SCARED YET?**

Other local US Ghost Adventure Tours are also available and include separate haunted destinations with equally suspenseful tales from the past.

US Ghost Adventures provides ghost tours and haunted experiences across more than 100 cities in the United States. Their focus is to deliver entertaining history and authentic interpretations of hauntings. Their tours are based on historical research and firsthand accounts from guests and tour guides.

"US Ghost Adventures aim to make sense of the unexplainable, by sharing stories of people who left their mark on haunted locations, without resorting to costumes or dramatic flair." ■

Visit <https://usghostadventures.com/mesa-ghost-tour/> to plan your evening of adventure. All tours meet at the Arizona Museum of Natural History, located at 53 N. Macdonald in Mesa. Tours last approximately one hour and include a one-mile walking distance. Be sure to ask your tour guide about bonus extended tour options to various haunted locations.

**EVENT**

# Mahnah Club invites the PUBLIC TO FOREVER FRIENDS LUNCHEON

Submitted by Mahnah Club

The Mahnah Club of the East Valley will be hosting their *Forever Friends Luncheon* on Saturday, Oct. 12 from 11 a.m. to 2 p.m. at The Vistas Pavilion at Las Sendas.

Guaranteed to be a fun, social event, all the proceeds go directly to children, families, and the diverse organizations the club supports.

There will be raffle baskets, silent auctions, entertainment, and door prizes.


For more than 71 years, the Mahnah Club has been involved in community service and activism to help support those in need. We are a group of women who raise money to support organizations such as the Child Crisis Center AZ, Save the Family Foundation, and A New Leaf.



We also support such diverse organizations as Kaity's Best Friend, Future 4 Kids, American Legion's Girls State, and House of Refuge. In years past, we have given scholarships to high school seniors who share our passion for community service.

Mahnah Club is much more than just fundraising. We are a group of women who care about the community and each other. A *sisterhood* if you like, who want to help others, and have for decades. ■

The *Forever Friends Luncheon* will be held between 11 a.m. and 2 p.m. on Saturday, Oct. 12 at The Vistas Pavilion, located at 7555 E. Eagle Crest Drive, Mesa. Tickets are \$75 and are available on our website — [mahnahclub.org](http://mahnahclub.org). We hope to see you there.



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**COMMUNITY**

# Vote Yes on Question 3

## The Mesa Arts and Culture Initiative

By Hilda Luna, Vice Chair, i.d.e.a. Museum Foundation Board of Directors

As voters, it's both a right and a privilege to see our city prosper and its citizens thrive. Community resources such as museums, libraries, and arts and culture facilities promote a higher quality of life.

Voting yes on Question 3 on Nov. 5 will ensure that our children and families have greater access to child-centered educational activities through new and innovative arts and culture experiences.

Voting yes on Question 3 in the upcoming bond election allows funds to be raised in support of the i.d.e.a. Museum in Downtown Mesa. These funds will be used to renovate and expand its space and enhance its programming for children in our community, from infancy to pre-teens.

The i.d.e.a. Museum nourishes creativity, exploration, and imagination by blending innovative technology with traditional arts and crafts through interac-



tive and immersive experiences, unlike any other children's museum.

The Art Gallery is a family-friendly space with curated exhibits showcasing local and underrepresented artists, featuring diverse artistic expressions. As Mesa continues to grow and attract young professionals and their families, the i.d.e.a. Museum nurtures art exploration and learning in a fun-filled atmosphere.

The new i.d.e.a. Studio will include an expansive art studio for painting, drawing, pottery, and much more. It will integrate with spaces throughout the museum to spark imagination and creativity, encouraging each child to express themselves through a variety of artistic and kinetic experiences.

Join me and many other community members in Mesa by voting yes on Question 3 in support of the i.d.e.a. Museum's mission: *To ignite the boundless imagination of children by curating wondrous and joyful interactive learning experiences where art and creativity are at the heart of every adventure.* ■

*Imagine! A world-class institution in Mesa that inspires children to imagine, learn creatively, and express themselves artistically – Vote yes on Question 3!*



**LOCAL BUSINESS**



# Joyful Hearts Childcare is Joyful

By Aidan Current

Joyful Hearts Childcare is exactly what it sounds like, and more.

Carina Rodriguez has everything a parent would look for in a childcare provider. With a food handlers' card, CPR and first aid certification, and a Level One Fingerprint Clearance Card, there is little to worry about.

Carina also has a significant and relevant work history, such as experience at Banner Health and the State of Arizona Department of Developmental Disabilities. Overall, she has accumulated more than 20 years of experience in antepartum and postpartum care, the time shortly before and after childbirth respectively.

"I have been very blessed to have worked alongside very special people who care dearly about children like I do and have extensive knowledge with hands-on experience," Carina said.

Joyful Hearts Childcare is also a

place where children can receive healthy and nutritious food. Carina's food handlers' card is an important guarantee that children eating dinner, or snacks offered during the day, will also be safely prepared.

Children in Carina's care will be provided the opportunity to take Spanish lessons, as she is a fluent speaker. Board games, crafts, and other activities will always be available to make time spent at Joyful Hearts Childcare the best it can be.

All parents know that raising a child is no easy duty, and fortunately there are people like Carina out there. Her job is making Mesa parents' jobs easier. For anyone unconvinced, all you need is to contact Carina for references or read the excellent reviews and comments on Yelp and the Nextdoor app. ■

For more information or to get involved with Joyful Hearts Childcare, contact Carina Rodriguez at (602) 625-9303 or [Joyfullheartschildcare@yahoo.com](mailto:Joyfullheartschildcare@yahoo.com).

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**BEFORE**

**AFTER**





# LAS SENDAS GOLF CLUB

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**Join Las Sendas Golf Club for wine, golf and dining**



## THE PATIO & GRILLE

### EXCITING CHANGES ARE COMING YOUR WAY!

"We're thrilled to announce the implementation of our new Point-of-Sale (POS) system, designed to speed up operations and ensure a seamless experience for our guests," says Food and Beverage Director, Jose Martinez.

This upgrade is just in time for a fantastic season ahead. "Our talented chef is crafting delightful fall menus, set to debut on Oct. 1, perfectly timed for the golf season," he added.

"We're also proud to share that we've been honored with the 2024 Diners' Choice Award from OpenTable, and our wine list has received the prestigious 2024 Award of Excellence from Wine Spectator. With over 185 exquisite wines, there's something to tantalize every wine lover's palate."

As the weather cools down, get ready for an exciting lineup of live entertainment. Stay tuned for the fall season calendar – it's going to be one to remember!

## LAS SENDAS GOLF CLUB

### OCTOBER IS OVERSEEDING MONTH

While the course takes a short break for overseeding from Sept. 30 until Oct. 18, rest assured the course will be back in full swing on Oct. 19 with regular hours for tee times.

But don't worry, golf and activewear enthusiasts! The Pro Shop remains open daily from 9 a.m. to 3 p.m. during the process and offers unbeatable storewide discounts of up to 60 percent off. There is still merchandise and apparel available at these deeply discounted prices. And it's never too soon to think about grabbing a great gift, or two, for the upcoming holidays.

This fall, discover exciting new arrivals at The Pro Shop:

- Stanley water bottles, tumblers, and cups to keep you hydrated
- Stylish new apparel from Varley
- Premium hydro cap headwear from Melin
- Performance wear from your favorite brand, Vuori

Swing by and snag these deals while they last.



## THE VISTAS PAVILION

Fall into the new season with a memorable evening at The Vistas Pavilion. The next wine dinner is set for Oct. 18 at 6 p.m. and features Groth wines. Secure your spot now by calling Carla to make your reservation at (480) 396-4000 ext. 222 or by emailing her at cshaw@lassendas.com.

Guests will indulge in a culinary feast, crafted by Chef Kelsey and her talented team, showcasing a menu including Mango Ceviche Oyster, Chicken White Peach Pinwheel, Duck Confit Lollipop, and Lamb Chop with Cherry Peppercorn Cream and Mint Oil. The cost for this dinner experience is \$125 per person (plus tax and gratuity). Don't miss out on this delightful experience!

Are you planning any corporate training events? The Vistas Pavilion is a great place for meetings. The venue is equipped with an AV system offering three built-in projector/screen setups and four wireless microphones. A podium, sound system, and staging are included in this large facility, which works perfectly for team building and planning sessions. ■

Call today to plan your next corporate event at (480) 396-4000 ext. 222 or by email at cshaw@lassendas.com.

# Las Sendas GOLF CLUB



## 2024 Golf Membership Options

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### New Range Pass

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## Membership Privileges

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**CONTACT: Wayne McBean**  
(480) 396-4000 Ext. 201  
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REAL ESTATE

# WHY NOW MAY BE THE BEST TIME TO BUY A HOME

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



A lot of buyers are holding off on entering the market, waiting for interest rates to come down. This hesitation is opening up more opportunities for those ready to buy right now. The Federal Reserve has already started cutting rates, and more reductions are expected. This is great news for potential buyers, but the best opportunity to buy may be before these rate drops are fully in place.

When rates do drop, the buyers who have been on the sidelines will likely rush back into the market. With the same amount of inventory and more competition, we could see prices start to climb again and the current buyer incentives sellers are offering disappear.

### MARKET SHIFT FROM SELLERS TO BUYERS

After being in a fierce seller's market for years, in 2022 the landscape shifted as interest rates increased dramatically and prices hit their peak. The buyers hit the stop button, prices dropped, and inventory increased. While the market started to come back in 2023, 2024 has been relatively slow and with the increase in supply we have shifted from a seller's market to a balanced market although it feels much more like a buyer's market right now.

### RISING INVENTORY

With buyers sitting on the sidelines again inventory increased and is currently 49 percent higher than a year ago. This increased supply gives buyers more options and room to negotiate, especially with sellers who need to move their homes quickly.

### SELLERS ARE MOTIVATED

One major advantage for buyers right now is the motivation of current sellers. While many are waiting until the spring to list their homes, some sellers need to sell now.

This urgency is leading to more price reductions and sellers offering incentives we haven't seen in years.

### STRONG NEGOTIATION POWER

In the current market conditions, the buyer has strong negotiating power — something you might not have once the market picks back up again.

Now is a great time to negotiate not only on the purchase price but asking the seller to contribute to the buyer's closing costs and rate buy down, which can reduce the buyer's monthly mortgage payment.

Buyers are also able to negotiate on repairs, with sellers more willing to do extra repairs than they were when we were in a seller's market.

### BUY NOW REFINANCE LATER

Don't miss out on a great buyer's market because you think you may be able to get a lower interest rate later. If rates continue to drop and are a good deal lower in six months, you can just refinance then and get into the lower rate, but you have already purchased the home at the lower price and with better terms.

### THE ELECTION IMPACT

Another reason some buyers are hesitating is the upcoming election. It's not uncommon for people to feel uncertain about making big financial decisions during political changes. Every election year, we see the market slow down as buyers wait to see what happens. But once the election is over, these buyers — along with those holding out for lower interest rates — will likely flood back into the market.



When that happens, the inventory we have now will go fast. Without enough new listings, we could quickly see multiple offers and increased competition again — especially with spring being Arizona's busiest real estate season, with March, April, and May typically seeing the highest sales.

### A STRONG SPRING MARKET?

The market is gearing up for a shift, and we're expecting a strong spring in 2025. With the Federal Reserve likely to continue lowering rates and so many buyers waiting on the sidelines, we'll probably see a big surge in activity once rates drop enough and the election is behind us. With two or three times more buyers competing for the same homes we have now — inventory will shrink fast, and we could be right back to a seller's market with multiple offers and bidding wars.

### DON'T WAIT TOO LONG

We're in a sweet spot right now, but how long will it last? Buyers have the upper hand, inventory is higher, and motivated sellers are offering better terms. If you wait, you might find yourself in a much more competitive market in just a few months — higher prices, fewer options, and likely multiple offers.

Right now, with less competition, more favorable pricing, and better terms, this could be the best window of opportunity.

### A BRIGHT SPOT ON THE HORIZON

If the rates continue to come down and come down low enough, the sellers who had super low interest rates in the three's and didn't want to give that up may decide it's finally time to make a move and we will see more homes coming on the market. However, those sellers will also be buying again, so while the supply may increase with these sellers, so will the demand. ■

For more information on buying a home and how to negotiate the best terms, or a full list of available homes, please don't hesitate to contact me.

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”

—Claudette

Lorraine Ryall

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**|| SPIRITUALITY**

# TIME CLUTTER

By Judy A. Knox,  
Charis Christian Church

I love paper – all kinds of paper, especially gift-wrapping paper. It calls out to me in the store. Occasionally I will toss a roll of the captivating stuff in my cart “just in case.” No wonder the closet in my spare bedroom became overrun with paper and gift bags.

The day I decided to organize that closet, I began by pulling out all the gift-wrapping materials. Yikes! Considering how few occasions I have for wrapping presents I was amazed to see the ridiculous amount of paper I had accumulated.

Weeding out the pile and organizing the remaining papers gave me a great sense of accomplishment. But that closet, and in fact my entire house, is not the only part of my life that needs de-cluttering. What about my time, and the activities that fill it?



Many of those activities got into my days the same way the gift-wrapping paper got into my shopping cart: appealing at the time, but not really needed. Many activities may be harmless, but taken to excess, they eat up space in my day, just like the paper took up space in my closet. A few minutes here, a few minutes there, and then I wonder why I don't have time to do the things I had planned for that day.

Time is a wonderful gift from God. Every one of us gets 24 hours of it each day. Yet some people seem to be able to accomplish more in one day than others do in a week. Why is that?

We have so much electronic input at our fingertips, and so many activities and relationships clamoring for our involvement, that it's easy to get side-tracked from what we intended to do and end up wasting the time we have been given. It's a good idea to examine those activities occasionally and ask God to help us decide which ones are really worth keeping. Then our days won't resemble a closet over-run with useless items.

Jesus warned about letting the cares of this world crowd out the Word of God in our hearts (Mark 4:19). When we start thinking we're too busy for the things God has called us to do, it's time to weed out things that are taking more than their fair share of time in our days. Time to get rid of the clutter! ■

*If you would like to hear good, Bible-based teaching about God's plan for your life, visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.*

**|| EVENT**

# Join us at the Phoenix Zoo for an Oral Cancer Walk

Submitted by the Arizona Oral Cancer Walk Committee

This year, more than 54,000 people in the U.S. alone will be newly diagnosed with oral cancer, which includes mouth, tongue, and throat cancer.

In partnership with the Arizona Dental Association Cares Foundation (AzDA Cares), the Arizona Oral Cancer Walk committee and volunteers from around the State of Arizona will strive to save lives and reduce these alarming statistics by providing free oral cancer screenings and education.

The free event at the 13th annual Arizona Oral Cancer Walk will take place on Saturday, Oct. 12 beginning at 7 a.m.

This event is a great opportunity to bring together members of the community with local businesses. In addition to the screenings, walkers will receive an all-day pass to the Phoenix Zoo, plus be eligible for raffle prizes, enjoy music, hear inspiring speakers, meet great local health organizations, enjoy free snacks, and so much more!

This event raises awareness and early detection of the fastest growing cancer today: head and neck cancer. We provide participants with information about risk factors, signs and symptoms, and treatments of this devastating disease.

Our goal is to send the critically important message of early detection and prevention not only to the general public, but also to health care providers who are the front-line specialists in screening for and detecting this disease at its earliest and potentially most curable stages.

If you are a company or know a



company who might be interested, we invite you to become a sponsor of this event, providing much-needed financial support necessary to make this event a success and assist the foundation in its current initiatives.

The funds raised at this event will enable us to raise awareness of a disease that kills one person every hour of every day, many of whom are young, non-smoking adults. In 2023, the Arizona Oral Cancer Walk raised more than \$20,000 for this cause. Please help us surpass this achievement in 2024! ■

For more information, visit <https://azdac.networkforgood.com/events/74260-2024-az-oral-cancer-walk-walker-registration>.

**WALK WITH PURPOSE**



**Sat., OCT 12 at 7am  
Phoenix Zoo**

Do good, feel good, and help your fellow Arizona neighbors raise early detection awareness of oral cancer—a detectable and treatable disease.



[azoralcancerwalk.org](http://azoralcancerwalk.org)



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**LOCAL BUSINESS**

# PLANT WITH A PLAN with Cooler Weather JUST AHEAD

By Frank Weinberg, Landscape Designer

Now, it's already October! Many homeowners should be thinking about replacing tired-looking plants that have barely made it through the heat of summer.

The time to do this is now, since our fall weather is ideal for new plantings. This is especially important to do before the frost season begins.

If you are a homeowner who is interested in replacing high water usage grass with a beautiful artificial lawn, now is the time to kill off the grass with some type of grass killer before the installation of new turf. In this regard, the City of Mesa offers a generous rebate to homeowners for converting over to artificial turf and becoming water wise.

Be prepared for cooler weather and beautify your front or backyard before the frost hits. "Plant with a plan," states Frank, who is a semi-retired landscape designer living in Red Mountain Ranch. ■

If you'd like to chat with Frank about your landscape design needs or have questions, call (480) 236-0383.



**FINANCES**

# Saving for college? Or retirement?

Submitted by Linda Drake, Edward Jones Financial Advisor



If you're a parent, you may well want to save for your children's college education. But could this harm your ability to save for your own retirement?

It is possible to work toward both goals — but you may need to prioritize by focusing more on your retirement.

Why? For one thing, your children will have more time to pay back college loans than you have to save for retirement. Also, by building enough resources to become self-sufficient in retirement, you'll be less likely ever to need financial help from your grown children.

So, consider putting in as much as you can afford to your IRA and your 401(k) or other employer-sponsored retirement plans. But when you have other resources available, perhaps from bonuses or income tax refunds, or from freeing up money in your budget by reducing debts, you may want to invest these funds for your children's education. One education savings vehicle is a 529 plan, which offers potential tax advantages and can be used for college and qualified trade school programs.

It might not be easy to save and invest consistently for your retirement and your children's education — but it can be worth the effort. ■

This content was provided by Edward Jones for use by Linda Drake, your Edward Jones financial advisor, at (480) 985-2651. Edward Jones, Member SIPC



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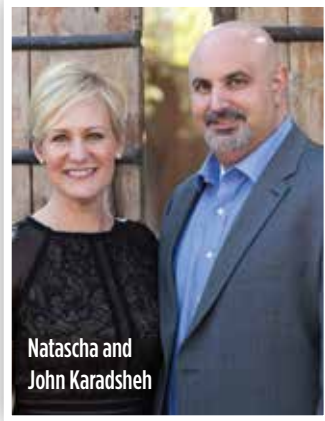
DR. TERI RADA IS A LICENSED NATUROPATHIC PHYSICIAN AND REGISTERED NURSE PRACTICING IN ARIZONA. DR. RADA EARNED HER DOCTORATE IN NATUROPATHIC MEDICINE FROM THE SOUTHWEST COLLEGE OF NATUROPATHIC MEDICINE (NOW SONORAN UNIVERSITY) IN 2004. ADDITIONALLY, SHE HOLDS A MASTER OF SCIENCE IN NURSING EDUCATION FROM THE UNIVERSITY OF TEXAS AND A BACHELOR OF SCIENCE IN NURSING FROM GEORGIA SOUTHERN UNIVERSITY. WITH OVER 20 YEARS OF PATIENT CARE EXPERIENCE, DR. RADA SPECIALIZES IN WOMEN'S HEALTH, SPORTS MEDICINE, AND GENERAL WELLNESS. DR. RADA'S DIVERSE HEALTHCARE BACKGROUND ENABLES HER TO PROVIDE AN INTEGRATIVE, HOLISTIC APPROACH THAT ADDRESSES THE MIND, BODY, AND SPIRIT OF HER PATIENTS.



REAL ESTATE

# Why a new couch could be just what you need!

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



Are you feeling like you need a refresh at home but don't want to move? You are not alone! Over 59.5 percent of homeowners in the United States have a mortgage interest rate below 4 percent and those low rates are keeping everyone put.

However, at the same time all our interiors continue to age, which often makes our homes feel a bit outdated. Also, since the pandemic, we are all spending more time at home than ever and that is exactly why it is so important that our spaces support us and bring us joy.

We all know that a well-maintained home is desirable to buyers, but beautiful interior décor is equally valuable in the marketplace. Instagram, Tik Tok, and Pinterest remind us daily that a perfectly styled home is both attainable and attractive to others, which is why your interior design refresh may be just what you need to love your home again and support its value going forward.



## BUT WHERE DO YOU BEGIN?

### 1. GET INSPIRED!

Start by figuring out what you like! Pinterest is a great way to collect your design thoughts via images. Collect images by room and start to figure out what you love. Go to furniture stores and model homes and take pictures of what you like and keep a folder in your home. You will be surprised how quickly you discover your new style.

### 2. GET THINKING!

Really think about how you use your spaces and make sure that your spaces are supporting your life today. Do you really need a living room, or do you need a home office? Do you like where you watch TV, or would it be better for you to turn your extra bedroom into a cozy den? Think through your spaces and tailor them to the way you live your life.

### 3. GET HELP!

Did you know that you can get complimentary interior design services from Pottery Barn, Crate and Barrel, West Elm, CB2, and other retailers? Just go on to their websites and make an appointment for a virtual, in-store, or in-home consultation. You are under no obligation to purchase, but it is a great way to get your project moving along. You can also try an online design company like Havenly.com or create your own vision via HomeDesigns.AI.

### 4. GET PLANNING!

Once you have a plan, establish your budget and lay out your phases. Start with the smallest room and move up from there. Once you get going the momentum will build and you may even get inspired to DIY some parts of the project.

### 5. GET GOING!

Set a deadline for your refresh so it doesn't become an endless project. We did the entire build out and furnishing of the KOR Properties office in just four weeks and we always think that when you are "in it" and have a timeline,



projects just flow better. Stay focused on the goal and make the project your hobby!

### 6. GET EXCITED!

Don't forget to celebrate your hard work and show off your space to friends and family ("The Grand Reveal"). It feels so good to makeover a space, and even though it is a lot of work, it impacts your home's value and your happiness (which is priceless!)

P.S.: Putting love into your home is always a good investment. If you are thinking that maybe you should spend the money on a vacation instead of your home, just remember a vacation is two weeks and you spend the other 50 weeks in your house!

When you are redecorating, you don't have to buy everything new, and you don't need to buy the most expensive items to achieve a great new look (as proven by every TikTok designer with an Amazon storefront).




Don't be afraid to shop for dupes and use a Google image search to find similar décor pieces at better prices. Incorporate your personality into your design. Great interior design includes personal touches from the eras of your life.

Have fun and enjoy the process! ■

**Real Estate** In Las Sendas  
 brought to you by: **Las Sendas Area Market Report**  
 Sales for the Month of August 2024  
  
  


Address	Square Feet	Community	Sold Price
3060 N Ridgecrest #93	2,226	Desert Vistas	\$650,000
3060 N Ridgecrest #103	2,555	Desert Vistas	\$729,000
3838 N Red Sky Cir	2,260	Echo Canyon	\$875,000
3724 N Desert Oasis	3,330	Canyon Creek	\$905,000
7920 E Stonecliff Cir	2,808	Stonecliff	\$972,500
7402 E Sugarloaf St	2,759	The Preserve	\$1,050,000
8227 E Echo Canyon St	3,526	Walking Stick	\$1,700,000

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 \$640,000 for the Month of August 2024  
  
  


Address	Square Feet	Community	Sold Price
6509 E Virginia St	2,270	Summit	\$649,900
2549 N Pinnule Cir	2,486	Villa Royale	\$650,000
6758 E Villeroy Cir	2,545	Red Mountain Ranch	\$655,000
6048 E Star Valley St	2,723	Red Mountain Ranch	\$665,000
5846 E Leland St	1,847	Apache Wells	\$675,000
4313 E Elmwood St	2,377	Summitt at Montecito	\$699,000
4242 E Hale St	2,413	Valencia Park Estates	\$699,000
1970 E Gary St	2,934	East Orangewood Estates	\$705,000
2040 E Kenwood Cir	3,251	Orange Blossom Estates	\$720,000
6752 E Venue St	2,400	Red Mountain Ranch	\$725,000
2121 N Red Cliff	2,062	Mountain Bridge	\$749,000
1625 N Lindsay Rd	2,232	County Island	\$775,000
1761 N Harper	2,206	Canyo Mountain Bridge	\$791,000
2141 N 76th St	2,434	County Island	\$800,000
2429 N Travis Dr	2,599	Boulder Mountain Highlands	\$825,000
2153 E Kenwood St	3,800	Regency at Garden Grove	\$835,000
4311 E Hale St	3,251	Valencia Park Estates	\$875,000
1932 N Channing Dr	3,930	Mountain Bridge	\$948,000
4117 E Encanto St	3,061	Summit At Montecito	\$965,000
3135 E Enrose Cir	3,818	Groves	\$980,000
3123 N 76th Way	3,131	Sossaman Heights	\$1,195,900
5902 E Star Valley St	3,207	Reserve at Red Rock	\$1,250,000
2251 N 32nd St #4	5,172	Tanner Grove Estates	\$1,395,000
3702 E Fountain St	4,055	Trovita Phase 1	\$1,400,000
2651 N Ridge Cir	4,185	North Ridge Hills	\$1,400,000
3530 E Knoll St	5,270	Hermosa Groves South	\$1,603,000
2238 N 83rd Cir	5,000	Hermosa Estates	\$2,025,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.  
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COMMUNITY

# Red Mountain Ranch Social Club Summer Season Recap and Upcoming Events

Submitted by Cathy Barthel  
Photos by Dave Bender

We gathered this summer season on several occasions, starting things off in May with a trip to the Hale Theater to see a performance of Titanic, followed by a summer party hosted by Social Club members, Katrina Shadkhost and Bob Tavassoli.

In June, we had some casual fun at Organ Stop Pizza, home of the largest theater pipe organ ever created. Later in June, we dined out at Shaanxi Restaurant, enjoying delicious authentic Chinese cuisine from Xian, Shaanxi Province, while listening to beautiful Chinese harp music.

Our summer ladies' luncheons were held at Board & Batten, Sage & Barrel and Slate Bistro & Bar. Meanwhile, the men's group met monthly for breakfast at Denny's.

In September, Game Night began at the Players Grill at Red Mountain Ranch Country Club, hosted by Marian Harshfield and Linda Hairston. Game Night is held on the first Thursday of the month from September to May. On Sept. 5, we played Bunco and Bingo.

On the second Thursday of the month, from 9:30 to 11:30 a.m., also from September to May, our members meet at RMRCC to hear our Speaker of the Month. Following



the speaker's presentation, we also conduct a short business meeting. Guests are welcome to attend our meetings.

On Sept. 12, we heard from Amanda Nosbisch from One Small Step, Clothes Cabin, a local agency organized to serve our underprivileged population initially by distributing socks and now managing a clothing bank. On Oct. 10, Tina Alexander of IntegraLife is offering tips on how to improve our quality of life using these five pillars of health: Nutrition, Activity, Sleep, Hydration, and Stress Management.

This fall our social calendar kicked into high gear with an evening out at D'Vine for dinner and wine tasting. We held an Ice Cream Social on Sept. 27 at The Trailhead Members Club at Las Sendas, where we learned how to line dance, and all were treated to chili, coleslaw, and cornbread along with ice cream treats. We served up a celebration cake as we wind down a year-long celebration of our Club's 20th anniversary.

On Oct. 5, we will make our way back to the Hale Theater and see their production of Joseph & the Amazing Technicolor Dreamcoat. On Oct. 25, we will meet at

member Allyn Bransby's home to attend a very popular annual event, our Fall BBQ & Costume Party!

Our Red Mountain Ranch community is getting ready to hold their annual Garage Sale, sponsored by the Social Club. This year the Garage Sale, which is the only community-wide sale coordinated with our HOA, will be held on Friday, Nov. 8, and Saturday, Nov. 9. Be sure to check it out! ■

We held elections for open positions on our Board of Directors last spring. We want to acknowledge and thank everyone who is serving on our Board and contributing to our Club's ongoing success.

Here is the slate of our 2024-25 Board of Director Members:


- PRESIDENT** Gil Broberg
- PAST PRESIDENT** Robin Hagenstad
- SECRETARY** Cathy Barthel
- ASSISTANT SECRETARY** Peggy Rice
- TREASURER** Jennifer Fortner
- DIRECTOR** Allyn Bransby
- DIRECTOR** Elaine Bordi
- DIRECTOR** Cherie Snarr

A special thank you to those leaving our board, Sakti Mahanty and Ann Mourrary.

We want you! We welcome new members; membership is not limited to Red Mountain Ranch residents. Many people from the surrounding area are enjoying the benefits of club membership, which include expanding your network of friends and participating in activities that are of interest to you. An up-to-date list of Social Club activities and a link to join the club can be found on our RMRSC website: RMRSC.com.




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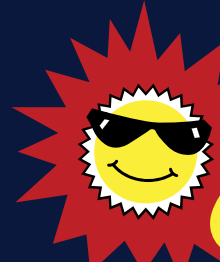
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## EDUCATION

# Mesa College Promise program offers ADULT LEARNING OPPORTUNITIES

By Mark Moran

If you're an adult looking to expand your learning opportunities, but cost has been a barrier, Mesa Community College may have just what you need, and your classes just got more within reach. MCC has expanded its Mesa College Promise program to people 24 years of age and older and the tuition is completely free for people who meet a few criteria.

Mesa College Promise, kick started by Mesa Mayor John Giles as a public private partnership between MCC and various corporate entities, eliminates the No. 1 barrier to adult higher education – cost.

"The Mesa College Promise plays a vital role in connecting Mesa residents with pathways to higher education and better job prospects, and the expansion of the Promise to adult learners multiplies its potential," Mayor Giles said about expanding the program. "The business community understands the value of post-secondary education and through their integral support of the program, they are helping to build the workforce of tomorrow. I could not be happier that more Mesa residents will have the opportunity to pursue higher education."

Students must demonstrate a financial need by completing the FAFSA financial aid application, have earned a high school diploma or GED, not yet have

attained a degree, and enroll in at least six credits to be eligible for the Promise program.

More than 70 percent of the students participating in the Mesa College Promise program are the first in their families to attend college.

Mesa College Promise supports the Achieve60AZ statewide attainment goal that at least 60 percent of all Arizona adults have a high-value workforce certification or college degree by 2030. A survey conducted by Education Forward Arizona shows that 86 percent of the state's residents support that goal.

"The Mesa College Promise, aimed at adults, embodies our collective commitment to the Achieve60AZ goal. By offering accessible pathways to higher education, programs like the Mesa College Promise play a pivotal role in allowing us to achieve this much-needed goal," said Education Forward Arizona CEO, Rich Nickel. "By providing comprehensive support for Mesa residents to pursue postsecondary education, we not only remove barriers to achievement but also pave the way for a more educated, skilled, and competitive workforce!"

Businesses, corporate interests, and individuals have donated \$760,000 to the Mesa College Promise program, and Google has kicked in an additional \$100,000 to expand the program, helping cover the newly eligible adult learners.

"Google's sponsorship is not just a financial investment; it's an integral part of our commitment to this community and to breaking down entrenched financial barriers that have historically impeded students from pursuing higher education," said Dr. Kate Franko, Google's regional head of data center public affairs for Arizona. "Mesa College Promise is a shining example of what can be achieved through collaborative efforts between the local government, educational institutions, and corporate partners."

In addition to the cost of tuition, students receive a \$250 stipend to use toward the cost of books, transportation, and other education-related expenses. MCC also



loans the students an iPad for the first two years of the Promise program.

Students are also assigned an individual advisor to not only help them choose classes, but tutor them, and offer individual academic and personal support. Students also have access to boot camps, workshops and counseling, and volunteer and internship opportunities.

Mesa College Promise welcomed its first group of 88 students in 2021 and the numbers have grown steadily; 201 participated in 2022 and an additional 200 took part last year.

MCC offers adults wanting to further their education additional opportunities through its New Frontiers for Lifelong Learning program, too. New Frontiers is for the curious and for people interested in learning for the love of doing so.

The program offers non-credit classes in everything from travel and leisure to history and politics, and from finances to real estate classes to understanding a day in the life of a firefighter. New Frontiers even offers tours of the Maricopa County Tabulation and Election Center, and the storied B-17 *Sentimental Journey* based at Falcon Field.

There is an annual fee of \$80 to enroll in the New Frontiers program. ■

For more information, visit [mesacc.edu](http://mesacc.edu) or [mesaaz.gov](http://mesaaz.gov).



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**EDUCATION**

**Mesa Public Schools Earn National Recognition for Commitment to Health and Wellness**

Story by Laurie Struna  
Photo by Tim Hacker

Fifty-five schools within Mesa Public Schools have been recognized by the Alliance for a Healthier Generation as part of their 2023-24 list of America's Healthiest Schools. This distinction honors their dedication to promoting health and well-being among students and staff.

Across the nation, 879 schools were selected based on strict criteria, emphasizing the importance of nutritious food availability and access to quality physical education programs to support student health and wellness.

The district's 2023-24 awardees are: Adams, Brinton, Bush, Crismon, Edison, Eisenhower Center for Innovation, Emerson, Entz, Falcon Hill, Field, Franklin Downtown Campus, Franklin at Brimhall, Franklin Jordan Campus, Guerrero, Hale, Hermosa Vista, Highland Arts, Holmes, Hughes, Irving, Ishikawa, Jefferson,



Johnson, Kerr, Las Sendas, Lehi, Lincoln, Lindbergh, Longfellow, Lowell, MacArthur, Madison, Mendoza, O'Connor, Patterson, Pomeroy, Porter, STEM Academy at Red Mountain Ranch, Redbird, Robson, Roosevelt, Salk, Sirrine, Sousa, Stevenson, Taft, Washington, Webster, Whitman, Whittier, Wilson and Zaharis elementary schools; and Summit Academy.

Deb Pangrazi, district elementary P.E. department specialist, credits the collaboration and commitment of elementary physical education teachers for this accomplishment. "Our P.E. teachers worked together to submit a detailed application to the Alliance for a Healthier Generation, highlighting the comprehensive wellness-related services provided by Mesa Public Schools' elementary schools and departments," says Deb.

Mesa Public Schools' commitment to promoting health and wellness is further exemplified by having 55 elementary schools consistently recognized on the America's Healthiest Schools list for the past five years. This sustained achievement highlights the district's dedication to fostering supportive and thriving environments for students and staff.

Kathy Higgins, chief executive officer at Healthier Generation, shares, "As educators nationwide face challenges ranging from historic levels of chronic absenteeism to a youth mental health crisis, America's Healthiest Schools stand as models of resilience and determination. With support from Healthier Generation's resources and staff, these award-winning schools are implementing best practices and policies to better serve their learning communities." ■

**LOCAL BUSINESS**

**A&K Renovations & Home Repair Offers Design Services for One-Stop Renovations**

By Jamie Killin

A&K Renovations & Home Repair, a full-service contractor focused on the East Valley, has now added design services to its offerings for stress-free home renovations. Design services include one room interior design, landscape design, and whole plan sets for custom homes.

These services make design-centered home renovations – like bathroom and kitchen remodels – seamless, with all aspects of the remodel overseen by owner of A&K Renovations & Home Repair and Mesa resident, Austin Kegler.

"I'm looking forward to offering my clients a more streamlined process for their home projects," said Austin. "I focus on educating my clients on how to choose the best materials and finishes for their home and managing the design process allows me to ensure their vision is constructed in a way that's both beautiful, long lasting, and appropriate for their lifestyle."

As part of the launch of his design services, he is now also working with a showroom, allowing clients to see materials in person prior to installation.

Clients will also have peace of mind knowing that nearly all the work done on their renovation is done by Austin himself – from the initial meeting to receiving an estimate, finalizing a design, and seeing their vision come to life – he'll

be their point of contact. Austin has been in the industry for over a decade and is a licensed and insured contractor, ensuring all renovations are done to the highest quality standards.

Since launching A&K Renovations & Home Repair in 2020, he's earned clients praise for his clear communication, reliability, and first-rate work. Approximately 80 percent of his business comes through repeat customers or referrals from other happy clients.



"Most clients I end up doing multiple jobs for," said Austin. "Since I'm able to provide so many different services from laundry room remodels to flooring installation and painting, there are a lot of opportunities for me to work with clients to help them continue enhancing and modernizing their home." ■

For more information on A&K Renovations & Home Repair, or to request an estimate, visit [yourcontractorforlifeaz.com](http://yourcontractorforlifeaz.com) or email Austin at [akrenovationsandhomerepair@gmail.com](mailto:akrenovationsandhomerepair@gmail.com).

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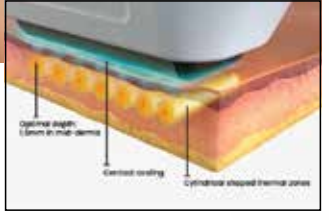
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**LOCAL BUSINESS**

## Tonto Trees are experts in tree care

By Mark Moran

Chances are, if you've ever tried to grow something here in the Valley, you have had one of two experiences. It either takes off like a weed and you can't seem to tame it no matter what you do (bougainvillea, ocotillo, bird of paradise), or you can't seem to get it to grow evenly no matter how much coaxing you give it (grass). When it comes to trees here in the Sonoran Desert, though, that is a completely different story. They seem to be at the whims of Mother Nature. That's why it takes an expert to take care of them.

If you are in the Mesa Red Mountain area, that's where Tonto Trees come in. They have a team of experts ready to help you no matter what your arboriculture needs are.

"At Tonto Trees, we understand that each tree and property is unique," said owner Scott Brogi. "That's why we take a personalized approach to address your specific arborist needs. Our tailored solutions ensure that your trees are cared for in the best possible way."

Those services include tree thinning, removal, and stump grinding. Tonto Trees can also take care of the cleanup if you lose a tree during one of our fierce and unpredictable monsoon storms.

"Tonto Trees was very professional and removed a large mesquite tree for a very reasonable price. Scott was very professional," said a review written by Kyl B. on the Tonto Trees website.

"I was able to get a tree removed that fell on my driveway the next day. A++ service and prices," Colleen B. said in her review.

Scott and his wife, Tina, are using their years of professional experience, he as a corporate CFO and accountant, and she as a professional photographer, as their background for running Tonto Trees. They decided they had done their time in the corporate world and created a new kind of service for their neighbors and friends.

"We have traded in our calculators and cameras and now we're focused on helping our neighbors here in Northeast Mesa in communities like Las Sendas and Mountain Bridge keep their trees healthy!" Scott said. Tonto Trees' partners are property owners in Las



Sendas and Mountain Bridge, so the company's arborists not only understand the trees, how they act, and what they need, but they know and understand their customers' needs, too, because they are neighbors.

Scott and Tina live here locally and are also very familiar with the rules and requirements that go along with living in a Master-Planned community, making sure your trees stand up to the rules.

"We take arboriculture and the health of your trees very seriously, and even reuse the resulting mulch to support area horse stables and local landscaping businesses," Scott said.

Daytime high temperatures are starting to ever so gradually retreat from the triple digits and fall weather is about to settle in. That means it's the right stretch of weather to care for your trees, Scott said.

"We offer a fall special where we will take 10 percent off the free quote, which we are happy to provide you with anytime to encourage you to get your trees trimmed up now!" ■

You can see photos of their work, get a list of services, and read reviews at [tontotrees.com](http://tontotrees.com). You can schedule an appointment there, too. Or, if you prefer to speak to someone in person, call (480) 408-3733.

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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, 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.

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.

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, continue with our secrets to help fat loss!

## SECRET #4 CONTROLLED MUSCULAR LOADING

As mentioned before, at The Exercise Coach®, we work with people ranging in age from 12 up to 90-years-old plus. Some of our clients are women who come to us for the purpose of preventing and reversing osteoporosis. As you know, people with osteoporosis have weakened bones, yet the type of exercise we do is so safe, allowing them to work hard enough to stimulate bone density increases. Researchers from Tufts University agree. Their studies indicate even among 90-year-olds, there is a greater risk associated with *not* doing intense strength exercises.

In addition, we've worked with people with a variety of orthopedic challenges and many people with little to no exercise experience. Maybe the most revolutionary aspect of our program is, unlike any other, we can increase the intensity of exercise while at the same time, decrease the risk of injury. How is that possible? That's a good question, because outside of our approach, it can't be done.

The single biggest secret to maximizing resistance training safety is to eliminate explosive movement and

impact force. Have you ever noticed how most people sort of heave and thrust weights around or move their body in a ballistic manner? This is the fast track to what we call the *fitness fallout*.

Injuries happen when some part of your body is exposed to a force exceeding its structural integrity. The best way to avoid this is to limit force.

This doesn't necessarily mean you lift light weights. They can be just as dangerous. In fact, in many cases they are *more* dangerous than heavier weights because they allow such rapid movement, change in direction, and therefore joint force.

Some of the most popular boot-camp style exercise trends needlessly expose hundreds of thousands of people to a much greater risk of injury. This is because, whenever you combine higher force and impact, you have a recipe for all sorts of joint, ligament, tendon, and even muscle injuries.

At The Exercise Coach®, we are passionate about partnering with you to help you reach your goals!

For two decades, we've been committed to helping our clients understand there is literally no reason to perform explosive exercise movements. It only increases the risk of injury. That's why we use controlled movements when we exercise at The Exercise Coach®. Controlled muscle loading reduces joint force, makes it easier to maintain proper form, and affords our clients the confidence they need to work hard enough to make their exercise matter. In fact, with our proprietary-connected strength technologies,



all the muscular loading is user-generated and, therefore, individually appropriate.

With weights, proper speed of movement varies from exercise to exercise, based on a host of factors (I'll spare you the physics lesson). Just remember, when in doubt – *move slower*. Broadly speaking, take about 5 to 10 seconds to raise a weight and about 5 to 10 seconds to lower it. Even better (shameless plug coming up), work with a company that has helped thousands of people transform their bodies and understands how to perfectly personalize exercise for any individual's needs.

## SECRET #5 THE GUIDED EXERCISE ADVANTAGE

Losing fat, changing your lifestyle, and becoming healthier can be an extremely daunting task and something not easily conveyed within ten concepts. As you probably already know, there is tons of misinformation circulating about and, with jobs and families to tend to, you only have so much time to discover the truth.

But that's what we are here for. At The Exercise Coach®, we are passionate about partnering with you to help you reach your goals. According to writer Alan Deutschman, that might be the most valuable aspect of what we do. Deutschman's book, *Change or Die*, asks this question, "Can you change when change matters most?" He found that even those individuals faced with serious threats to their health could not change unless they entered into a helpful relationship with someone who could inject confidence and direction into the situation.

Let me tell you something. We are confident you can achieve lasting weight loss. Despite past attempts which didn't pan out, we know you can do this. It would be our privilege to provide you with the expert guidance and encouraging accountability you need!

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](http://exercisecoach.com/north-mesa).



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LOCAL BUSINESS

# PatchMaster is Your Go-To Solution for Drywall Repair

By Kimberly Alvarado

When it comes to maintaining the beauty and integrity of your home, addressing drywall damage promptly is crucial.

Whether it is small holes, dings, dents due to furniture bumps, or larger repairs caused by water damage from your air-conditioning unit or your hot water heater, PatchMaster is the name you can trust.



Local owner, Greg Evans, prides himself as the East Valley's leader in drywall repair. "I'm an owner-operated business that assures customers of a professional level of detail to get your repair work done quickly and efficiently," says Greg.

PatchMaster specializes in drywall and plaster repair, ensuring that any damage, no matter the size or location, is expertly handled. Their skilled technicians are trained to match existing textures and

make holes disappear seamlessly. With years of experience, PatchMaster technicians utilize specialized techniques to deliver exceptional results every time.

Dents and dings, cracks, or holes, PatchMaster technicians are experts in restoring your home's appeal. Maybe you have been wanting to remove that old 'popcorn-style' ceiling? The professionals at PatchMaster can help restore a beautiful living space by seamlessly matching texture and paint.

Some of the most common reasons people need drywall repair services in Arizona comes from water damage, caused by hot-water heaters and air conditioning units. And there is also the uncommon, 'father and son fell

through the ceiling while doing work in the attic' reason.

Greg and his family are Mesa residents. He is pleased to service customers who are residents in the East Valley, the place he has always called home. Greg strives to create customer satisfaction through his professionalism and ensures satisfaction for each restoration project. ■

Visit [eastvalley.patchmaster.com](http://eastvalley.patchmaster.com) or call (480) 770-4552 to schedule an appointment.

COMMUNITY

# LOCAL CHILDREN'S BOOK AUTHOR RELEASES NEW GUIDE

Submitted by Grasshoppers Observe Dragonflies Publishing House

Local Mesa resident Levi Leyba, a dedicated public servant and award-winning children's book author, has released his newest book, *Quick Guide to Publishing Your Own Children's Book*. Now available in paperback and hardcover, this practical guide is designed to help aspiring authors navigate the often-challenging world of publishing.

Levi, who has written and illustrated eight bilingual children's books, is passionate about giving back to his community. As a full-time public safety professional, he balances his work in community service with his creative work as an author and illustrator. Through partnerships with local organizations, Levi provides free copies of his bilingual books to students at Title I Elementary Schools, increasing access to literacy in low-income communities.

"I wanted to help remove the barriers that prevent children from accessing



Pictured from left to right: Nycole Leyba, Levi Leyba, Mayor John Giles, Councilmember Julie Spilsbury, and Carmen Guerrero.



books," Levi explains. "With *Quick Guide to Publishing Your Own Children's Book*, I hope to inspire others to share their stories and contribute to the effort to increase literacy in our community."

Levi's passion for literacy began during his career in graphics and evolved into his work as an author. His books have earned recognition for sparking young imaginations and bridging cultural and linguistic divides. With this new guide, he aims to empower others to realize their own publishing dreams.

Readers of *Quick Guide to Publishing Your Own Children's Book* will learn:

- The essential steps to writing and illustrating a children's book
- How to navigate the publishing process, from self-publishing to traditional publishing
- Practical tips on marketing and distributing a book

Levi's unique background in public service, combined with his work as an author and advocate for literacy, makes him a standout figure in the world of children's literature. His commitment to both public safety and education positions him as a role model for aspiring authors and community leaders alike. ■

For more information, contact Grasshoppers Observe Dragonflies Publishing House at [godpubhouse@gmail.com](mailto:godpubhouse@gmail.com) or call (480) 788-1771. Levi's website is [levileyba.com](http://levileyba.com).

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# Over 50 Up Close

Bringing active adults closer to their community October 2024

## HEALTH Over 50

### How to Make Sense of the Medicare Information

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



The Medicare Annual Enrollment period is from Oct. 15 to Dec. 7 of this year.

You are currently at the time you can review your current Medicare plans and make changes to start the first of next year. This can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan.

This year there are over 80 different plans available in Arizona; no wonder it is intimidating. Each plan offers different things like hearing aids, dental coverage, out-of-network coverage, etc.

How to choose? As I meet with people, I hear how nice it is to actually talk with someone instead of ending up in an endless loop or speaking with an automated voice.

Something as important as making a choice about your health coverage really needs an actual person who can talk to you, understand your specific needs, and

help guide you. Please don't turn to the 1-800 centers. Instead look for a local Medicare agent.

I am certified with many carriers and can help you pick a plan that will work best for you. I will be hosting two Medicare 101 classes at the ArchWell Primary Care Center at 6843 E. Main St. in Mesa to help answer questions about plan changes and check your current coverage to see if you are on the best plan for you.

Also, this is a wonderful facility for primary care that you may be interested in touring. Whatever you may need, I would love to see you there. The event will be held on Wednesday, Nov. 20, with one session from 9 to 11 a.m. and the other from 1 to 3 p.m. Please plan to drop by during one of these times.

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

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

### ARE MEDICARE PLAN CHANGES TOO 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 2023 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.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.

## LOCAL BUSINESS Over 50

### Green Cleaning Tips for the Desert Climate

As the summer heat fades, it's time to transition your home for fall. In the desert climate, this means addressing dust buildup and preparing for cooler evenings while conserving energy. Green cleaning is an eco-friendly way to make this shift while protecting your family and the environment from harsh chemicals.

Here are some practical tips to prepare your home for fall using green cleaning strategies tailored for desert living:

- **Declutter and Deep Clean:** Summer often brings seasonal items like pool gear, lightweight clothing, and outdoor toys. Start by decluttering and donating or recycling unused items. Next, deep clean using natural cleaners. A mixture of vinegar and water works well for countertops and surfaces, while baking soda can tackle tougher areas.
- **Control Dust and Allergens:** Dust accumulates quickly in the desert, leading to allergens that affect indoor air quality. Use microfiber cloths for dusting, as they trap particles more effectively.
- **Freshen Indoor Air:** During the hot months, windows are often closed, leading to stale air. Freshen your home

by adding air-purifying plants like aloe vera and snake plants, which filter indoor air. Create DIY air fresheners by mixing water and essential oils like eucalyptus or citrus in a spray bottle.

- **Clean Windows and Sliding Doors:** Desert homes are prone to dust and hard water stains on windows. Clean your windows using a mix of vinegar and water for a streak-free shine.
- **Deep Clean Your Floors:** Entryways often gather dust and sand. Use eco-friendly cleaning methods, such as a steam cleaner or a mop with green cleaning solutions. For carpets, sprinkle baking soda before vacuuming to absorb odors naturally.
- **Green Cleaning Year-Round:** Adopting eco-friendly practices not only prepares your home for fall but also promotes a healthier environment. ■

At Carnation Home Cleaning, we offer eco-friendly cleaning services to help maintain a clean, sustainable home year-round. Visit our website at [carnationhomecleaninginc.com](http://carnationhomecleaninginc.com) for a free quote or to schedule your next service, and enjoy the peace of mind that comes with a spotless, environmentally-friendly home.



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