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July 2020

Window to Design offers options to recharge your living spaces

By Kimberly Alvarado

If you're looking for ways to reset and recharge your living spaces during this time of *stay-at-home*, look no further than Window to Design, offering affordable options to give your home the feeling of a sanctuary.

Linda Palm, a Hunter-Douglas certified consultant, is an interior designer who has worked in the East Valley for several years. Recently, she moved her business closer to home, opening Window to Design right here in Mesa.

Linda, a 23-year Las Sendas resident, is excited to work closer to home, which enables her to better serve her neighbors. Her new design center is located at 1947 N. Lindsay Road, where she is welcoming customers in for complimentary private consultations by appointment.

Linda's design center is where the transformation of your window covering's blueprint unfolds. The local, professional space is where samples, thoughts, and ideas are exchanged, said Linda. New client relationships are built, often leading to follow-up home visits, and always resulting in complete customer satisfaction at the conclusion of each project.

More than 20 years ago, Linda began helping homeowners design the interior of their new homes as a design center manager for local homebuilders. Her love for creating functional spaces with esthetic appeal has always been her niche. But, when motherhood called, she took a leave from her career to raise her son, "another passionate job," Linda said.

When it was time to return to her profession outside



Linda Palm



Window to Design

Unique Custom Window Coverings

the home, Linda decided to move toward a more specialized area in design which she felt needed some expertise — window coverings.

"Interior designers need to know so much about so many different areas. Whether it be structural integrity, spatial concepts, lighting, colors, or textures, there are many elements to consider. There aren't a lot of designers who specialize in just one area of an interior project," Linda said. She emphasized the need for expertise in the sector. "Window coverings can dramatically change the look of your home, without the expense of totally redecorating."

Today, Linda partners with other interior designers to bring function and beauty into the homes of many Arizona residents.

Arizonans want functional products to keep the heat out. This season's trends are favorably leaning on sheer shading to protect from the summer heat, including a

Hunter Douglas product especially functional on popular *window walls* or sliding glass doors.

With all of us staying at home much more often, homeowners are looking for reasonably priced updates to keep their living spaces comfortable, Linda observed.

"The Hunter Douglas product, Duette Cellular Shades, work wonderfully to keep out Arizona's summer temperatures. Woven-wood shades are another product that helps with heat protection," she explained.

Linda prides herself by offering excellent customer care and follow-up during the entire project. She has experienced the frustration of the absence of callbacks from contractors and assures her clients they can expect a refreshing change from those experiences.

Linda and her assistant, Lisa Bolier, are eager to share products and ideas to help define and upgrade your living spaces this year. ■

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

Cardis Law Group Provides PERSONALIZED LEGAL SUPPORT

By Jamie Killin

Unfortunately, most don't know the cost of a legal misstep until it's too late. From individual and family-focused matters (like trusts and bankruptcy) to business needs (like contracts and hiring), it can be difficult to know when legal advice is needed.

That's why Phil Cardis founded The Cardis Law Group last year. He aims to provide families and small to medium-sized businesses with the expertise of a large law firm, and the personal attention of a smaller boutique firm at an affordable price point.

Phil has two decades of legal experience, including helping to build an international technology firm as general counsel, and serving as in-house counsel for the Wisconsin legislature, providing first-hand business knowledge and robust law expertise to help mitigate problems, and give clients peace of mind.

"I see so many cases where not seeking legal counsel can make a small problem much worse," said Phil. "We have



Phil Cardis

CARDIS LAW CONTINUED ON PAGE 3 »



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PHIL CARDIS | ATTORNEY



CARDIS LAW GROUP

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UpClose

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« CARDIS LAW CONTINUED FROM FRONT PAGE

our general counsel packages where, for a very reasonable fixed amount of money, you can get regular, consistent time with one of our attorneys and get that important counsel. And if you want to do it yourself after that advisement, that's great too. We can point you in the right direction so you know you're taking the best course of action."

The Cardis Law Group's client-centered approach allows individuals and businesses to access the personalized legal assistance they need, without the hefty price tag or commitment to unnecessary services.



"Our clientele are mostly individuals or the small to medium-sized business that don't have a general counsel — usually due to cost concerns — but use Cardis Law Group due to our reasonable, fixed fee costing model. We help them navigate issues to keep them protected and growing," he said. "We give them that big firm feel and that big firm expertise but without the additional overhead and cost."

This kind of expertise has proved especially crucial as the world responds to challenges like COVID-19. When federal and city aid became available, Cardis Law Group became fluent in pandemic-related relief programs, helping over a dozen businesses secure much-needed funding.

"At a time when the banks were turning people away,

we were there to help them," said Phil. "We really took it upon ourselves to become fluent in the CARES Act, how unemployment works now post-COVID, and other programs so we are able to answer our clients' questions in quick, cost effective phone and Zoom consultations."

"As much as this situation has been painful for everybody, there are tools in the toolbox from PPP to EIDL, to where City of Mesa has stepped in, to a review of your existing contractual obligations. We can get through this together as a community and thrive as a community post-COVID," he continued.

Cardis Law Group is committed to remaining informed as the world continues to change, providing businesses with the tools they need to reopen safely with limited liability and risk, for themselves and the community. "We have been offering daily consultations to help businesses mitigate COVID reopening liability and providing customized return-to-work policies to help businesses safely reopen without fear of COVID liability in these unprecedented times," said Phil.

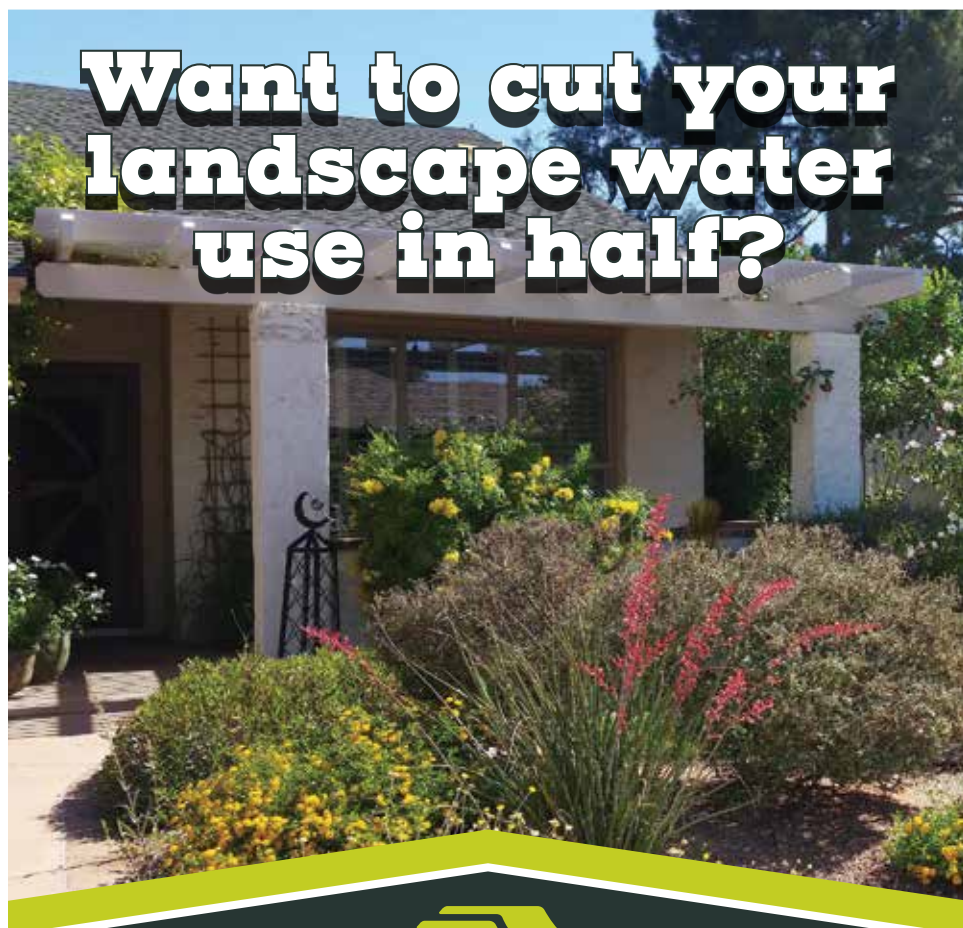
In addition to providing legal services, Cardis Law Group gives back to community sports initiatives in support of hundreds of children and families in the

East Mesa community. In addition to donations through the law group, Phil gives his time — serving as the Red Mountain Little League board president and as a head coach for the Mountain Lions Baseball Club.

"The people here really make it special," said Phil. "It's a very unique blend of Arizona natives and people from all over, and everybody truly cares about everybody else. That's why I feel so committed to our community and to our kids here." ■

Cardis Law Group is licensed in both Arizona and Wisconsin, and is located at 2929 N. Power Road, Suite 101, in Mesa. For more information, visit cardislawgroup.com, or call (480) 576-6464.

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EDUCATION

SDA is Successfully Facing the Challenges of 2020

By Jennifer Salvatori,
Principal, Self Development Academy, Mesa

During mid-March, schools across the state, including Self Development Academy (SDA), scrambled to develop distance learning opportunities so the education of Arizona's children could continue during the COVID-19 global pandemic — a truly unexpected, alarming, and unprecedented situation. SDA administration and faculty members rose to the challenge, exceeding families' expectations for the continuation of education during this time. SDA, a public charter school serving kindergarten through eighth-grade students, is a pillar in Mesa and the surrounding communities. SDA and Self Development Preschool (SDP), located adjacent to SDA, are known not only for their outstanding academic programs but for the care and compassion shown to their children, students, families, and the greater community. Here's one of the many positive comments made

by SDA family members regarding the school's response to the recent school closure:

"A great big thank you! As the grandmother and the caregiver of one of your sixth-grade students, we cannot thank you enough for the amazing work you and your staff are doing at keeping up with Ryan's education. A special thanks to the middle school teachers. These teachers must be working round the clock to be able to keep in touch with us and helping with the questions we have had. These teachers have more than met the need; please know we cannot possibly thank you enough. From the assignments to the timely feedback, you have made this time much easier than we could have ever believed possible. Know you are appreciated. We will see you in August."



ranked among the top elementary and middle schools in the state and nation. SDA offers an accelerated academic program, ensuring students obtain a strong foundation in each core subject area: English Language Arts, Mathematics, Science, and Social Studies. At the same time, students have ample opportunities to develop higher level thinking abilities, such as problem solving and critical thinking skills through the Logic and Reasoning (grades 1–5) and Philosophy (grades 6–8) curricula. SDA is committed to developing well-rounded students and offers Foreign Language, Technology, Art, Sports, Dance, and Music classes to name just a few. Self Development schools, having been a staple in the community for over three decades, are experiencing second generation children enrolling at SDP and SDA. Former students, some now parents of students, share the impact SDA has had on their personal, educational, and vocational journeys. Year after year, they return and share that the accelerated learning environment and emphasis on organizational and study skills well prepared them for high school and beyond.

The opportunity to complete higher level classes in middle school such as Algebra I and II and Geometry, Biology, Chemistry, and Physics, and Advanced Literature set the stage for Honors and AP classes in high school, and acceptance at prestigious colleges and universities. Equally as important, former students and family members regularly stop in and visit their teachers because of the family feeling at SDA. If you are looking for a school that offers a rigorous academic program in a nurturing environment, then look no further than SDA. In the wake of the pandemic and in preparation for the reopening, SDA is continuously toiling to develop plans for the 2020-2021 school year. SDA administration and faculty wish for a normal start to the new school year, however, will be prepared for any scenario. ■

Enroll now. There are limited spaces for the 2020-2021 school year. For more information regarding SDA, or to arrange a tour, please contact the Front Office at (480) 641-2640. Social distancing practices are in place.

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Market Report
As of June 22, 2020

	85207	85215	85205	85213
Median List Price	\$695,000	\$517,450	\$333,000	\$607,499
Price per Square Foot	\$226	\$208	\$173	\$180
Inventory	87	28	59	28
Days on Market	120	83	54	98
Median House Rent	\$1998	\$1650	\$1481	\$2250
Most Expensive	\$3,985,000	\$2,500,000	\$2,500,000	\$2,595,000
Least Expensive	\$199,000	\$222,000	\$184,500	\$259,900
Market Action Index	47: Strong Seller's Market	48: Strong Seller's Market	58: Strong Seller's Market	65: Strong Seller's Market

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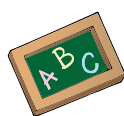


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The Grille and Patio offers HAPPY HOUR FOR TAKEOUT

By Kim Phillips
The Grille and Patio at Las Sendas Golf Club is now offering several options for takeout and curbside delivery, including the happy hour menu from 3 to 7 p.m. daily.

“We want everyone to benefit from our happy hour and dinner menus, even at home,” said Food and Beverage Director Dennis Shaw. “We don’t want you to miss out on our happy hour pricing, or 20 percent off discounts on our regular-priced dinner menu.”

The happy hour menu includes BBQ Pork Sliders, Baked Brie Bruschetta, Fruit Skewers, Steamed Pork Pot Stickers, and Grilled Cheese, as well as many other choices.

The Grille’s delicious beverages are also available for takeout, including White Claw Refreshers, Mules, Margaritas, and Martinis.



After 5 p.m., patrons who prefer takeout can get 20 percent off the regular-priced dinner menu at The Grille and Patio. This special is not valid with any other offers, discounts, or promotions.

“We are open, but some people are more comfortable avoiding the crowds,” said Dennis. “We want you to enjoy what The Grille and Patio at Las Sendas have to offer.” ■

For more information, call (602) 428-5477, or visit the website at lassendas.com.



Las Sendas Golf Club announces NEW DIRECTOR OF GOLF

By Kim Phillips
Las Sendas Golf Club has a new Director of Golf, Michael Field, a PGA professional who graduated from the W.P. Carey School of Business at Arizona State University with a focus on PGA golf management.

Michael oversees the entire golf operations, including member play and instruction, as well as the pro shop and special events.

“Las Sendas Golf Club is a fantastic facility,” Michael said. “The club has all the amenities. This is an opportunity to reach my full potential.”

After graduating, Michael participated in several internships, and eventually served as a seasonal golf assistant at White Mountain Country Club in Pinetop. He eventually moved to Queen Creek, where he was the head golf pro at The Links at Queen Creek in the San Tan Valley for 10 years.



Michael Field

Now, the golf professional is ready to exemplify the award-winning reputation of Las Sendas Golf Club. “This is exactly the opportunity I’ve been looking forward to since my first job at a golf course over 20 years ago,” he said.

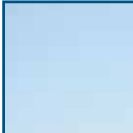
Michael grew up in a small town, Sugar Hill, N.H., where his dad taught him to play golf at the age of 6. “By the time I was 12, he would drop me off at the course on his way to work and I’d


walk at least two or three rounds a day before he’d pick me up on his way home,” he fondly recalled.

In addition to his new role as director of golf, Michael also offers golf lessons, and is ready to help anyone interested in learning the game.


“Let us introduce you to the instructors at the Las Sendas Golf Academy,” said Michael. “Come and enjoy the amenities Las Sendas Golf Club has to offer.” ■

For more information, email mfield@lassendas.com, or call (480) 396-4000.





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LOCAL BUSINESS

Trust your Neighbor
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By Dawn Abbey

Even the onset of Uber and Lyft never hurt our business,” said Tim Schultz, owner of T & T Airport Service. “That’s because most of our clients are over 50, live here in the neighborhood, and don’t want to get a ride to the airport with just any stranger.”

Admittedly, the pandemic did put a crimp in their numbers, just as it has affected all small businesses, Tim said. “And we hope that when people start flying again, they will remember to call us for their to-and-from airport travel. T & T Airport Service is still offering the same great service we always have.”

T & T Airport Service has been shuttling locals to Phoenix Sky Harbor International Airport for 21 years, with the motto *We Never Miss*.



Amazingly, after some 43,000 trips, Tim says there have only been five instances where they had a glitch. “Believe it or not, I still have the receipt tickets for every one of those 43,000 trips stored in my attic. I’ve had some of my clients for over 10 years — neighbors, local business people and lots of Boeing employees. I live right here in Las Sendas and over the years they’ve become my friends.”

Service is also a major part of Tim’s business. Passengers ride in a private, clean, comfortable, roomy sedan. “With an airport pickup, there’s no waiting outside in the heat in the busy traffic. We park in the garage, meet you *inside* the airport terminal and assist with your luggage,” he explained.

Tim follows all the CDC sanitary guidelines, wearing a mask and providing high-quality hand sanitizer. Cars are cleaned after every ride. And best of all, he claims, is you know who’s driving your ride.

Rides to Sky Harbor from this area are a flat fee of \$45 each way. Phoenix-Mesa Gateway Airport is \$30 each way. ■

To schedule an airport ride, or pickup, with T & T Airport Service, call Tim at (480) 832-3483.

LOCAL BUSINESS

PACINO’S DELIVERS TASTY
Italian Food to your Door

By Dawn Abbey

Are you salivating over the idea of wrapping your mouth around a giant calzone, stuffed with cheese, pepperoni, sausage, and meatballs, and dripping with savory sauce?

Or how about a handcrafted pizza with combinations of unique ingredients like mascarpone, mozzarella, roasted mushrooms, caramelized onions, and arugula?

Or maybe your fantasy runs to a comforting bowl of spaghetti with grandma’s meatballs and marinara sauce. Add to that a large antipasto plate of Italian meats, cheeses and marinated veggies, or a fresh Caesar salad.

Well, agonize no more. Pacino’s Italian Restaurant can bring it all to your door, said Pacino’s owner Frank Spaccarelli.

“You can order any of our Signature Masterpiece Pizzas, Epic Calzones, Buffalo Wings, Garlic Cheese Sticks and salads,” Frank said. Pacino’s also has three great delivery specials for \$23.99 each:

- **Pizza Parade** — two large one-topping pizzas
- **Greatest Meal Deal** — large one-topping pizza, spaghetti w/meatballs and large antipasto salad
- **Wingman** — large two-topping pizza, 10 wings and large Caesar salad

Pacino’s in-house delivery is available from 4 to 9 p.m. daily, and noon to 9 p.m. Saturday and Sunday. Check out the in-house delivery menu at pacinositalian.com.

Or come in for a relaxed indoor dining experience. Pacino’s is open daily from 1 to 8 p.m. for inside dining.

WIN \$2,000 AT PACINO’S IDOL SHOW

Want to get your singing talent out there and be recognized? Then take advantage of Pacino’s Italian Restaurant’s local *Idol Show*. The winner takes home a \$2,000 grand prize.

Auditions will be on Saturdays, July 18 and July 25, from 10 a.m. to 2 p.m. Audition judges will be Pacino’s owner, Frank Spaccarelli, and a local talent booking agent.



The *Idol* shows will begin on Saturday, Aug. 8, at 1 p.m. and continue each Saturday thereafter until the finale, Saturday, Sept. 26.

During the six-week run of the show, local musicians will be critiquing the contestants’ performances. Entrants’ success will be decided by the vote of restaurant patrons that day. Diners get one vote for each \$5 they spend.

Contestants will sing with recorded background music and will be designated certain songs to sing as well as their own choices of music.

At the finale, remaining contestants will sing with a live band and the winner will be chosen by a panel of celebrity judges.

For more information, or to sign up for the event, call Frank at (480) 985-0114. ■

Pacino’s is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2831 N. Power Road, Mesa. For more information, call (480) 985-0114, or visit pacinositalian.com.

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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



Lorraine Ryall

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.

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 as these funds are already in escrow and the amount the buyer has to *bring to the table* is reduced by the earnest amount.

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 for the time the property was off the market. But that is not the case in most cancelled contracts and the buyer gets the earnest money back. The seller only keeps the earnest money if the buyer is in breach of the contract and that is rarely why a contract is cancelled. Nearly all purchase contracts are cancelled by a contract contingency not being met.

The Arizona Department of Realtors Purchase Contract favors the buyer more than the seller, and has several contingencies and timelines where a buyer can cancel and get their earnest back. This is to protect the buyer from losing their deposit if the sale is cancelled through no fault of their own, which makes total sense. The flip side to that however is that the seller really doesn't have any protection and most of the time won't even get the earnest money or any kind of compensation if the sale is cancelled. The good news is the majority of 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

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 will 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, the buyer has five days to accept the seller's response or cancel the contract and get their earnest money back.

APPRAISAL CONTINGENCY

The buyer's lender will order an appraisal of the property. This is usually done after the 10-day inspection period. If the property does not appraise for at least the contract price, this becomes another negotiation and the buyer or seller can cancel the contract at this time, and the buyer will get the earnest 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.

BUYER CONTINGENCY ADDENDUM

When the buyer needs to sell their home in order 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 would receive the earnest back.

CC&R'S

If your home is in an HOA (Homeowners Association), the rules that homeowners agree to abide by are called Covenants, Conditions and Restrictions (CC&R's). These restrictions regulate various aspects of home ownership, such as leasing or renting, vehicle parking, architectural guidelines, animals, and pets, and so on. The HOA will send the CC&R's directly to the buyer. The buyer will have five days from receipt of the CC&R's to review them and if the buyer disapproves of anything in the CC&R's,

the buyer can cancel the contract during the five days and receive the earnest money back.

LOAN CONTINGENCY

The buyer must be pre-qualified with a lender when submitting an offer. The pre-qualification confirms the buyer has been approved and the amount of the loan approval. If the buyer is unable to obtain loan approval 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.

The seller will only receive the earnest money if the buyer is in breach of the contract. If any contingencies are not met, the buyer may cancel, and the earnest will be refunded to the buyer.

As we are in a seller's market, the seller has the upper hand in negotiating the purchase contract prior to acceptance and may be able to remove some of the contingencies with a counteroffer. If there are multiple offers, a buyer may remove some of the contingencies and increase the earnest deposit to make their offer stronger.

With the market being so strong and with so many multiple offers, it is important to get an experienced Realtor to represent you and help negotiate the best price and terms prior to accepting an offer. 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 your home and would like more information on the contingencies and how to negotiate the best terms and conditions, please don't hesitate to contact me. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 12 years, is an Associate Broker of KOR Properties, a Certified Negotiation Specialist, and is on the Professional Standards Board. You can reach Lorraine at (602) 571-6799.

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REAL ESTATE

Real Estate Demand Continues

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

Since the COVID-19 quarantine began in early March, there has been tremendous speculation as to where the real estate market is headed. As always, we like to share with you what we are seeing on the ground here in the Valley based on our day-to-day experiences. While the market slowed down in early March, by late March showings and activity started to pick up. By April, we picked up speed and when May hit, we were busier than ever. June has functioned at nothing short of break-



John and Natascha Karadsheh

neck speed. There is an urgency in the market like never before. Everyone wants to move as fast as possible and we are even closing financed deals in under three weeks. Buyers are coming from all over the country, but in large portions from California, New Jersey, New York, Illinois, and now also Minnesota and Michigan. With telecommuting now an option for almost everyone, employees no longer need to live where they work. There is a stronger demand for single family homes in the suburbs and as we expected, homes that have room for a home office and feature lifestyle amenities like a pool or workout space are in greater demand. While the demand is great, the supply is meager. We went into the COVID-19 crisis with a low supply of houses on the market already and our local inventory started dropping even further by the middle of May. Housing inventory is more than 50 percent below normal, new listings are down over 30 percent year-over-year, and prices are climbing quickly. In Maricopa County, a county with 4.5 million residents, there are currently only 2,822 single family homes on the market under \$500,000. Homebuying currently looks like this: get pre-approved for a mortgage with a local lender (or have your proof of funds available if you are a cash buyer); watch the MLS like a hawk and see a home the day it hits the market; hope you can get into the house (some listings have so many showings you can't even get an appointment); look at the house and quickly assess if you want to make an offer; know beforehand how much you can offer over the list price; write an offer quickly and work with a great agent who can help you get through the first round of offers; and pray that

agent can help you win in a multiple counter offer battle. It is not uncommon to be competing against 10 or 20 offers depending on the condition and location of the home. For sellers, by the time you put your house on the market, you need to be ready to move. Have your house dialed in before you list and make sure your agent can help you manage the showings with COVID precautions in place. Then have someone who can help you successfully negotiate multiple offers to get you the best deal and the best terms. The luxury market has also seen renewed activity with many buyers coming from outside markets. There is not quite the same frenzy mainly because jumbo loans are harder to come by, but there is increased activity nonetheless. Historically low interest rates and migration from other states will continue to fuel our local growth into 2021, and as one of the hottest housing markets in the country, our real estate market will help to fuel our economic recovery. It is nice that this time around, the housing market is not the problem, but rather part of the solution. ■



Real Estate In Las Sendas

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Sales for the Month of May 2020



Address	Square Feet	Community	Sold Price
2944 N Sonoran Hills	1,700	Desert Creek	\$295,000
2626 N Athena	1,372	Windsong	\$315,000
3002 N Sonoran Hills	2,087	Desert Creek	\$335,000
7451 E Odessa Cir	1,571	Silverhawke	\$395,000
3552 N Tuscany	1,756	Rolling Hills	\$395,000
7253 E Norland St	2,475	Trailridge	\$400,000
7358 E Melrose St	2,276	Grayfox	\$400,000
3055 N Red Mountain #206	1,571	Ironwood Pass	\$402,500
4241 N Starry Pass	1,571	Mountain Gate	\$425,000
7366 E Sandia Cir	2,413	Boulder Mountain	\$455,000
7422 E Northridge Cir	2,512	Grayfox	\$469,900
3123 N Sawyer Cir	2,226	Terraces	\$480,000
3732 N Barron	2,732	Highlands	\$480,000
3060 N Ridgecrest #93	2,226	Desert Vistas	\$485,000
3664 N Tuscany Cir	2,733	Sonoran Hills	\$495,000
6920 E Sugarloaf Cir	3,233	Las Sendas	\$535,000
7505 E Tyndall Cir	3,085	Pinnacle Point	\$540,000
7947 E Sandia Cir	2,542	Pinnacle Point	\$549,900
7425 E Sandia Cir	4,275	Eaglefeather	\$599,000
8062 E Teton Cir	2,942	Stonecliff	\$608,500
3754 N Stone Gully	4,275	Eaglefeather	\$675,000
4346 N Yarrow Cir	5,935	Summit	\$1,404,900

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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EVENT

Salt River Tubing Hosts Halloween and Mega Hawaiian Special Events

Submitted by Lynda Breault, Salt River Tubing
Celebrate Salt River Tubing and Recreation's 40th anniversary in the beautiful Tonto National Forest with two themed events in July.

SPOOKTACULAR MONSTER HALLOWEEN

Join us for our 22nd annual Spooktacular Monster Halloween, Saturday, July 11, 9 a.m. to 6:30 p.m. for a ghoulish delightful floating beach blast adventure. Free Halloween bandanas for all tricksters.
"Halloween in July! Experience a boo-tiful and fang-tastic escapade at our Spooktacular Monster Halloween event," said Salt River Tubing President and Chief Executive Officer Henri Breault. "Our ghostly shuttle buses provide a howling great time and Salt River will be rocking with tubers in witches' hats, Halloween leis and orange bandanas!"
Tubers can join Salt River Tubing's tricksters romping to the Monster Mash line dance and grab photo ops with the Spooktacular Fun crew. Costumes are optional for floaters; however, Salt River Tubing will be awarding \$19 complimentary tube rental passes for the Best Tuber Spooktacular Monster costumes. Passes are valid on a return visit.



MEGA HAWAIIAN HULA

Aloha Arizona fun-seekers! Grab your ukulele, coconuts, grass skirt and set sail at our Mega Hawaiian Hula special event, Saturday, July 25, 9 a.m. to 6:30 p.m. Free Hawaiian leis for the first 500 Aloha fun-seekers and free Mega Hula bandanas for Aloha tubers!
Our Mega Hawaiian Hula event offers a Polynesian journey in the great outdoors of Tonto National Forest. You don't need to fly to Hawaii — you can shake your grass skirt with the Hula Honeys during the hukilau line dance and see how low you can go under the limbo stick! Hawaiian-tiki barges will transport guests to the Lower Salt River for fun in the sun on the rocking river rapids.
For each event, the cost of tube rental is \$19 plus tax per person or tube, which includes inner tube rental, shuttle bus service, and free parking.

RECREATE RESPONSIBLY WITH SAFE DISTANCING

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

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

TUBING TIPS

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

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



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LOCAL BUSINESS

50s-style Barbershop is TRADITIONAL AND TRENDY

By Dawn Abbey

Walk into Bartow's Barbershop and you'll think you've time-traveled back to the 1950s. Owner Erik Bartow loves 50s nostalgia and has decorated his shop totally with antiques from yesteryear — including the barber chairs. "We even have a 1941 fridge that we keep stocked with old-time sodas in bottles," said Erik. Erik, who was renting a shop in Tempe, recently bought the former barber shop at the northwest corner of McKellips and Recker roads "mid-pandemic," he explained. "This shop came up for sale, and since I live in Mesa, I thought it would be a great move."



"I consider myself a traditional, old-school barber — like the kind we all knew as kids. We do straight razor and hot lather shaves, beard trims, and haircut styles from conservative to buzz cuts. We are family-friendly and intend to get involved with our local community. It's a family affair here with my wife, Raven, and our three kids helping out." Erik has been a barber for over a decade and learned his trade at Success



Barber College in Chicago, an offshoot of the renowned A.B. Moler College. (Moler devised a method of training that led to the founding of the Moler System of Barber Colleges in 1893 in Chicago, and are now in most major U.S. cities.) After working for several years in Chicago, Erik moved to Tempe in 2016. With his new shop just recently opened, Erik says they follow all the health guidelines. "Actually, barbering is one of the most sanitary professions," he claims, "because everything is promptly sanitized after each use. In addition, chairs and other surfaces are cleaned after each client." "Most of our clients right now are appointment-based, but we can take walk-ins if it's slow, so there are only a few people in the shop at a time," he said. "We have an experienced staff here, but we keep our prices affordable," Erik explained. "Haircuts are \$20 and only \$15 for seniors. We would love to have our neighbors stop in for a haircut or a shave, or just to enjoy our antique collection." ■ Bartow's Barbershop is located at 6032 E. McKellips Road, Unit 2. You can make an appointment by calling (480) 985-0080, or book online at bartowsbarbershop.com.

LOCAL BUSINESS

Milano's Reopens Dining Room WHILE PRIORITIZING HEALTH

By Jamie Killin

Milano's is welcoming its customers back into the dining room, while prioritizing the safety of its employees and guests by following all CDC guidelines to help end the spread of COVID-19. When diners arrive, the Milano's team aims to help them feel at ease, with all staff members wearing gloves and masks during the entirety of their dining experience. "I feel obligated first to my employees and then to my customers to do the right thing, and to make sure everybody comes into work healthy and leaves healthy," said owner Mike Bipar. "We can't let them get sick while they're working and make somebody else sick. We want to make sure our customers feel comfortable." For Mike, it's about wanting to be safe instead of sorry by ensuring the safety of everyone who visits Milano's. This commitment to caring for staff and customers has paid off, with Milano's

not losing a single employee due to the pandemic. In fact, the restaurant has been able to hire on two new employees and hopes to continue growing its team this year. And while some things around the restaurant have changed to ensure sanitation and safety, diners can rest assured knowing they can still come to enjoy the Italian specialties they've grown to love. "We've had this concept for about 18 years, and every day we still try to make the food better," said Mike. "The presentation has become better, and we're still adding new things." Many of these new items, including better-for-you options introduced to the menu earlier this year, have already become guest favorites. "We added a lot of things on the healthier side to the menu at the beginning of the year," said Mike. "We have new salads, and since our rice bowls have been extremely popular over the last few years, we added some new rice bowls options as well." Now, guests can look forward to a cauliflower rice option in the bowls, as well as gluten-free and cauliflower pizza crust options. Milano's will also continue its popular takeout and delivery options, offering completely contact-free delivery to a limited area directly through the restaurant, and to even more patrons through GrubHub and DoorDash. ■



Milano's is located at 4545 E. McKellips Road, Suite 103, in Mesa. For more information, call (480) 325-1600.

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LOCAL BUSINESS

Las Sendas Dental Health EXPANDS TO BETTER SERVE PATIENTS

By Jamie Killin

Dr. Martin and Derek Farnsworth, of Las Sendas Dental Health, are striving to better meet their patients' needs with an expanded space to provide more compassionate care.

During these difficult times, the practice has increased appointment availability and improved dental treatments as well.

The recent expansion includes a cosmetic remodel, which includes a much larger lobby space for social distancing, and new state-of-the-art technology surgical rooms as well as a sterilization room with hospital grade sterilizers and hands-free disinfecting technology.

"Originally, when we built the office, we had one single doctor and four chairs, and now because of the support we've gotten from the community, we've doubled our size and expanded from four chairs to 10," said Dr. Martin.

The Las Sendas Dental Health team wants to thank their patients for helping propel the practice's growth. The team has enhanced services while maintaining compassionate and personalized approach to care.

"We want to keep our same small feel. That's why we did this expansion, so patients don't feel like they're being rushed through their appointments because there's somebody else waiting to get in behind them. We want it to still feel like a personal experience," Dr. Martin continued.



For both the Farnsworths — East Mesa residents themselves — their commitment is to always improve their skills as dentists, and their offerings through the practice, to take the best possible care of their neighbors and community.

"Because we live here in Northeast Mesa, we have a lot invested," Dr. Martin said. "We're involved in the local schools, and in the local sports and arts programs. We see our patients around the community, so we focus on getting to know them."

Patients now have more availability to access Las Sendas Dental Health's wide variety of services, ranging from root canal treatments, sleep apnea treatments, and therapeutic Botox injections, to single or full mouth restoration implants and full crown/veneer cosmetic enhancements.

Many of the practice's patients are *originals*, as Dr. Martin stated. "They have been with us for 15 years, thanks to our caring approach, which prioritizes the patient's comfort level and health needs."

"Even if a patient gets a new job and moves across the country, we feel like we've lost a friend," said Dr. Martin. "We have patients who move to Florida, yet when they come back to check on their rentals, they come see us for their dental needs or just to say Hi."

One of the ways the doctors help cultivate this environment is with a simple ask to their staff — do something every day to help make their patients smile.

"When people come to the dental office, that's usually the worst thing that they have to do that day," Dr. Martin said. "We understand people don't necessarily look forward to it. So, our goal is to make someone smile." ■

Las Sendas Dental Health is located at 2947 N. Power Road, Suite 103, in Mesa. To learn more, visit lassendasdentalhealth.com. To schedule an appointment, call (480) 283-5854.

EDUCATION

Prevent the Summer Slide by Reading with Your Child

By Elaine Veatch

A question that teachers often hear from parents is how to keep up their child's learning at home. Hoping to avoid the dreaded summer slide, many families wonder how to keep children engaged in learning.

Vacation is the perfect time for children to select their favorite books to read. Parents can help foster a love of learning by scheduling regular read times together. By sitting with your child and taking turns reading paragraphs or pages, it provides a way to bond and connect with them.

While younger readers may love an audience, older readers may be motivated by earned incentives. Explore local libraries or bookstores to identify summer reading reward programs.



Students across the district beat the heat and reduce the summer slide by cozying up with their favorite books.

SHARE THE READ

Give computer games a rest and encourage your child to share what they are reading by hosting online book talks with their families and friends. By using newfound tools, such as Webex and Flipgrid, students can share their excitement about reading and motivate others.

TAKE A VIRTUAL FIELD TRIP

While travel opportunities may be limited this summer, there are many museums, aquariums, and other global points of interest offering free virtual field trips. Encourage children to spend time delving into topics that most interest them while maintaining their sense of adventure.

Mesa Public Schools has a variety of home learning resources to keep students current with their academic skills at mpsaz.org. Find summer reading recommendations at mpsaz.org/library and mesalibrary.org. ■

Elaine Veatch is a National Board-Certified reading and language arts teacher at Longfellow Elementary School.

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Arthritic Pain Points in Seniors can be Reduced

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Feeling stiff? Experiencing joint pain? Blaming it on getting older?

Some forms of arthritis are related to lifestyle and genetics, while others are related closely to chronic illness and are classified as autoimmune disorders.

The good news is that with proper care and lifestyle changes, much of the pain associated with arthritis can be reduced or eliminated.

ARTHRITIS TREATMENT AND EXERCISE FOR OLDER ADULTS

All arthritis attacks joint tissue and bones. They also share many of the myriad of symptoms. Currently, there is no cure for any one type of arthritis. Medically, each of these diseases has its own specific protocol that doctors can prescribe for treatment. Yet, there is research and anecdotal evidence that there is much we can do to that will reduce and even eliminate symptoms.

It comes down to eating a healthy well-balanced diet, exercise, weight loss if one is obese, and getting enough sleep. All require effort and the willingness to change some lifelong habits in the interest of feeling better.

It is also important, especially for those who have been living with arthritis for a while, to learn the best ways to manage whatever physical limitations they have. Wearing the right shoes, using a cane if necessary, or getting some help from a physical therapist with how to properly align the body and stretch to increase or maintain mobility, are all important details to evaluate.

When it comes to exercise, do what you like. You may have to experiment a bit, but once you do something that

you enjoy and feel that it is helpful, you will more likely stick with it.

As with any chronic condition, if you have arthritis, be sure to discuss your exercise plan with your doctor. It is important to take into account any injuries, balance issues, and range limitations that you might be experiencing. The good news is that you can, with time and patience, greatly reduce pain and increase flexibility and strength.

A FEW IDEAS TO GET YOU GOING

- **Exercise:** Attend a yoga class or a Tai Chi class together. Doing some sort of physical exercise with another is mutually supportive and can help alleviate arthritic pain.



- **Gardening:** Whether you are tending planters on a terrace or have an actual garden, there is always something that needs to be done to maintain and care for what it is that is growing.
 - **Cooking:** Getting together with your loved one and preparing a meal together can be one of the sweetest things to do. Prepping food and chopping things is often difficult when one has joint pain in the hands. Offer to be the sous chef and prep all the ingredients. Make enough so you can freeze the extra and after it's all done, sit down to a lovely meal together.
- The good news is that there are many ways to help reduce the severity of flares and chronic pain. It is important to consider all the aspects of treating arthritis. Proper treatment and support from a doctor or physical therapist are as indispensable as being proactive in changing our personal habits.
- Exercise and diet can help fortify and strengthen the body. It is clear that research is showing that successful treatment of arthritis requires a holistic care approach.
- If you need support caring for a loved one, call us. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging and we can help your loved one age in a healthy manner. ■

Amanda Butas is a Certified Dementia Practitioner and a Geriatric Care Manager. You can call her at (480) 699-4899, or visit homecareassistancemesa.com. You also can visit Home Care Assistance at our new office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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- 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.

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SPIRITUALITY

Over 50

We Call it Independence Day

By Pastor Paul Frank,
Hosanna Lutheran Church

We often just call it the 4th of July, but that's the date. The real holiday this month is Independence Day.

It's a time to celebrate the freedoms we know as American citizens, remembering what it took for our founding fathers to break away from the rule of others so that we could live in our own independent nation.

Wars have been fought to secure, preserve, and defend the freedoms we have in this great land. Many have sacrificed health, wealth, even their own lives in defending our freedoms and securing our independence as a nation. We are grateful for all who have served, sacrificed, and for all who are currently serving our nation to defend our freedoms.

In that sense we celebrate our Independence by recognizing that we live In Dependence Upon those who fight for our freedom.



The celebration we share as a nation is, in fact, the same sort of celebration we enjoy as God's people, as Christians. We enjoy freedom from sin, fear, and eternal condemnation. We are set free from the guilt of our past, free from the weight of regrets which are forgiven by God, washed from our souls, removed from our history by Jesus.

We have been set free from such things by Christ our Savior who went to battle for us all. He gave himself in sacrifice on the cross. He conquered even death and the grave when he rose up in new life, in eternal victory.

We live now in his great mercy and grace. We live in the freedom that only Christ could give us. We live in Independence from the guilt and worries of past mistakes. But we do so only when we live In Dependence Upon Christ our Savior.

The American soldiers of years gone by have sacrificed so much for the sake of our freedom. And Christ Jesus sacrificed all for the sake of our freedom from sin, and our new life today, and eternal to come in His home.

Let's give thanks this month for the Independence Day celebrations and the way we still live In Dependence Upon our brave soldiers in service still today, and In Dependence Upon our Savior, Christ Jesus. ■

Join us every Sunday as we celebrate all the freedoms we enjoy in this land, and in God's grace, at Hosanna Lutheran Church, 9601 E. Brown Road, Mesa. Check our website at hosanna-lcms.com.

HEALTH

Over 50

Wishing You All Very Good Health

Submitted by
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The world is a little different right now.

I walk my dog every morning through my neighborhood and in the past month or so, I have seen so many more people out walking and bicycling. It is something we all can still do and with the wonderful weather, it has been especially enjoyable.

However, many of us have been directly affected by the social distancing. I spoke to one of my Medicare clients who told me that he has made the decision to retire now, instead of waiting for the end of the year because his work has slowed so much.

Many of us are having to rethink retirement plans or employment plans. Along with that, there may be a need to look at the Medicare options and see what will work best. Another lady I spoke with was planning on retiring in a couple of months but has decided to move it up to next month also because of her work situation. She is in the healthcare industry and is anxious about the future.



Lynne Jones

If you find yourself trying to make this decision and would like to get more information about Medicare plans or just compare costs, I am more than happy to help. Right now, I am mostly talking with people over the phone and via email.

There are many tools available to help us all during this time, such as remote enrollments, recorded phone enrollments and email signatures.

Please feel free to call me if you have questions or concerns about Medicare, or if you want to explore whether now is a good time to retire and start Medicare. ■

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