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August 2020

Schooling During the COVID-19 Pandemic

By Anjum Majeed, Ed.D.,
Founder/Superintendent, Self Development Academies

It is shocking how something so small can have such huge ramifications. This tiny virus that, under other circumstances looks like a plush stuffed toy, has crippled a global economy.

This virus has forced us to focus our energy on taking constant precautions to social distance, spending more time washing our hands than touching things, and forgetting our face mask in the car and then having to go back and put it on. COVID-19 has certainly compromised our ability to live normally.



Parents worry, is it safe to send my child to school? Meanwhile, teachers wonder whether the classroom environment can be a source of joy for their students given limited contact with their friends. Additionally, the administrators question if the schools will be able to provide for those memorable childhood experiences that we would want our students to hold dear for the rest of their lives.

Yes, the year 2020 has been a turbulent period around the world and in Arizona. Arizonans find themselves in a collective state of confusion, concern, and ambiguity. In these unprecedented times, parents must make decisions with no clear correct answers and little directives.

On June 29, Arizona Governor Doug Ducey announced that in-person instruction would be delayed until at least Aug. 17 due to the increased rate of COVID-19 cases. This extended date of schools' reopening has given parents more time to make a decision, but it has also given them more time to fret about the impact of their decisions on their children's well-being.

I am an educator. With our summer coming to a close, I ponder over many questions that parents may be asking.

What is my school doing to protect my children if I send them back?

First and foremost, your school should remember that there is nothing quite like the persistent disquiet of leaving your child at a location which requires somewhat close contact. Your school's procedures for handling COVID-19 safety measures, policies, and procedures is crucial and is necessary. There is not a single way to allay fears, but we can reduce those restless feelings.

Second, make sure that your school is not only following CDC guidelines but also going overboard. Unfortunately, the competing interests of educating

students, while at the same time keeping students healthy, has meant that there are only general guidelines on what your school should do.

While these guidelines are important, there are a few requirements which *must* be followed. Find a school or speak with someone at your school to make sure they are going above and beyond what is required to provide a safe learning environment for your children.

How do I address the social and emotional needs of my children?

As educators, we are continuously deliberating on how safety precautions will affect the social and emotional health of our children. For instance, wearing masks drastically reduces the spread of the virus, containing the droplets of someone's sneezes safely in *their* own mask. Unfortunately, wearing a mask severely limits a teacher's ability to display facial expressions and positive emotions to her students.

Social and Emotional Learning (SEL) has always been a critical part of education. During these tumultuous times, SEL is even more important, focused on teaching students the social and emotion skills needed to ensure that they are given the opportunity to gain the academic knowledge.

A pristine learning environment — so sterilized that the accoutrements that made school so inviting are no longer there — can be damaging to the mental health of children. Children need interactions with peers and with their teachers. Younger children need play and recess, and physical activity to release and recharge. Eight-year-old children need time to invent complicated games for their friends to play and then argue when their arbitrary rules are broken.

Frequent brain and physical breaks are necessary. Schools must include quick stretching or body weight exercises. Make sure your school has a plan to address this crucial need of your children.

Unstructured play, dedicated socialization time, enhanced teacher-student interactions, and school culture programs and activities are much more important. Ask your school leaders what plans they have to address these needs.

Is remote learning a good option? Should I be more worried about my child's safety or more worried about the possible negative impact of remote learning?

Your child's health and safety at the school is a valid concern. Even though it is believed children do not get sick from the virus at the same rate as older members of our population, they can be possible silent carriers, able to transfer the virus to multiple students and teachers in a single day.

Since the reopening of businesses in our state, the population that seems to be getting sick are actually people aged 20 to 44 — the age range of parents of the elementary school children. While your children's classmates may not get sick, the adults may.

Procedures in the classroom because of COVID-19 can be stifling. Already crowded classrooms mean freezing students in their seat for the entirety of the day. Some schools prohibit leaving the classroom except for bathroom breaks. All this together means that the most of the time a student cannot move around at all.

Students also miss out on the innumerable benefits of bonding and socialization that occur with face-to-face contact and live interaction that can be both physical and dynamic — no teacher to smile at them and no friend to

laugh at their jokes.

Remote learning seems to be an option. However, there are certainly a lot of concerns that educators and parents rightly have about remote learning. As any parent who has had the experience of trying to educate a child during last semester can vouch, remote learning requires a lot of self-direction on the part of the student.

It does seem easier for those students who are already self-motivated. Many students benefit from remote learning due to their learning styles. Additionally, for some students, taking the social burden of attending school away will help them flourish. Probably the most significant benefit of remote learning is that it prepares students for the future. The world is already digitized, and through remote learning, students can become experts on various digital products.

Hence, what should your school be doing? Creating a dynamic, discovery-based environment that is engaging, personal, entertaining, and captivating.

Ask your school for examples of lessons. They should have multiple interactive requirements. You should see assignments that require the child to answer thoughtful questions that not only test knowledge but more importantly, they should engage students' love for creativity and novelty. Teachers should leverage the natural propensity of children to value imagination. Your school should turn the process of instruction into a process of discovery.

Remember, the learning experience is not something acquired by your child, like going to the market and getting an orange. It is something that *happens* to them. It is life changing and defines who they are, what inspires them, and what else can they know next.

Parents, we know you do not have an easy choice to make. You have many difficult decisions to make but what I hope I did was to give you some points to consider. Remote learning is not per se good or bad — but neither is clustered students during a pandemic. Choose a school that holds as fundamental its role in nurturing the fullest, brightest, and best expression of your children.

It is tempting to choose the option that is not as bad as the other. Instead, find a school you can choose because the educators took their responsibility seriously to create an environment that nurtures students' inner spirit of curiosity and helps develop an intrinsic motivation to learn. ■

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SDA Attends to the Social and Emotional Health of Students

By Sami Majeed, J.D.,

Chief of Schools, Self Development Academies

As our name implies, Self Development Academies (SDA) and Preschools are extremely concerned about the unseen social and emotional consequences of an uncontrolled pandemic. Thus, we have developed a systematic way to address the varying social and emotional needs of our students as we prepare for schools to reopen, to provide education in small group settings, and to deliver online instruction.

We will address them as a call and response conversation between our health protocol and our social emotional learning response for onsite, hybrid, or online models.

EMOTIONAL NEEDS IN THE CLASSROOM

Wearing masks severely limits a teacher's ability to communicate to her students the emotions in the classroom. Children take their cues about the safety of an environment from adults. How adults display their emotions tells the child whether the room is safe, or if there is something they should be worried about.

By intentionally practicing the discussion of positive emotions, you can counterbalance the deficit of assurance children can feel. SDA is responding to this Social and Emotional Learning (SEL) challenge in a variety of ways.

Frequently Verbalize Positive Emotions: We are training staff to actively use the emotions that they are experiencing by focusing on the positive ones. Despite the fact that more than 60 percent of communication is non-verbal, our words can override an ambivalent seeming face. If we



frequently talk about the positive emotions that we are experiencing, it will go a long way to assuring students that their classroom environment is safe, warm, and inviting.

Positive Reinforcement — Teachers will describe how positive performance or scores made them feel in addition to praising the thinking.

Since only the bottom half of the face is covered, teachers are being trained on how to smile more with their eyes! You can tell a *fake* smile by looking to see if they are smiling with their eyes. People that naturally smile with their eyes are perceived as more trustworthy.

Daily Gratitude Lists — Another helpful tool is a classroom piggy bank of small pieces of gratitude, the less significant the better. Students can spend two minutes a day noticing mundane things that give them happiness: *I am grateful that I am seeing this color blue on that book, I like it more than others and find it gives me happiness.*

Discussing Emotions of Others: Resilience, one of our Four R's, is indelibly linked to emotional intelligence. Why? Having an understanding of the complexities of emotional experience also teaches them what helps. Easy examples: Feeling lonely? Reach out to a friend. Angry at someone for something hurtful? Address it.

However, what if you are *angry* because you were *rejected* and now you feel *lonely* and *vengeful*? Our Language Arts program and Creative Writing programs provide students with unparalleled access to discussing difficult emotions (every story *must* have some type of conflict).

Courageous Faces: Creating a nurturing, welcoming home environment for children is crucial for SDA. First-grade students walking through a school, where every behavior is regulated, can cripple children with a generalized anxiety. To combat this, SDA is creating a series of face masks that have pictures of animals known for being courageous. We will make it clear that when the students are putting their masks on, they are putting on the bravery of a lion or the bravery of a dog.

RESTRICTED MOVEMENT

To prevent the spread of the coronavirus, we are following CDC and state guidelines: keeping students in their classrooms all day, serving lunch inside, and removing recess and PE. However, as an educator, I have to agree with most students who say that their favorite subject is Recess. Recess is actually extremely important. Giving children time for unstructured play serves important purposes in growth and development.

SDA is committed to providing opportunities for unstructured play while maintaining social distancing. Unstructured play allows children to discover who they are, how they respond to others, where their boundaries are, and what they enjoy doing. Recess is a time when students

learn how to be social beings. To develop highly skilled students in social emotional intelligence, students need to navigate the waters on their own. They need to make up rules to games, break them and learn the consequences. Fairness, justice, turn taking — play is a time where students learn how to operate orderly in the chaos of life.

ONLINE SCHOOLING

Yes, SDA is opening an online school and yes, we are responding to the concerns expressed by education and developmental psychologists. Brief isolation from real life interactions with teachers and students can have deleterious effects on the emotional growth of the students.

For those very reasons, our online program is rich with activities that combat the loneliness and isolation students may experience from being away from other students. The format of the online program necessitates active engagement by the students with the teacher and other students.

A strong, vibrant community is highly prized. One activity involves SDA creating ongoing Self Development Academy network-wide games where different campuses compete with other campuses. Group cohesion increases when there is a sense of external competition, and since the games are lighthearted, students feel connected not only to their teammates but also the entire SDA community.

SDA's online program improves upon the teacher-student relationship initially developed at brick and mortar sites and, in fact, provides more personal interaction. Each online student is matched with a student academic advisor who provides them a unique learning experience, tailoring their learning material and trajectory to the unique gifts and interests of the student. These advisors are mentors that provide encouragement and guidance as the student works their way through challenging material. Resilience and determination are learned as high expectations are communicated, but unconditional support is always provided.

Triumph, resilience, and restitution — the highlights of the human experience — require challenging periods. These are turbulent times, certainly. Every person will tell you that their connections with family have grown, deepened, and has been a source of support and strength. With its community of students, parents, and faculty, SDA is truly a family.

We bring our hearts into our work. We have our academics down. However, what is most important right now, is that educators find the smiling face behind your child's mask and give it reasons to widen every day. Eventually, we become one smiling collective symbol of hope. ■

For more information, please contact Self Development Academy at (480) 641-2640.

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LAS SENDAS GOLF CLUB

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Chef Josh Shares BBQ Sauce Recipes

Submitted by Executive Chef Josh Nylin, Las Sendas Golf Club

It is summertime and it is hot outside. That means barbecue season is here. The word *barbecue* comes from the Caribbean word *barbacoa*. A *barbacoa* was not a way of cooking food, but the name of a wooden structure used to smoke food. Spanish explorers took the word *barbacoa* back to Spain. For a while, *barbacoa* still referred to the structure that food was cooked in, but after a while people started using it to refer to the process of cooking food in a *barbacoa* and the cooked food itself. I hope we all get to use our *barbacoas* this summer.

Here are a couple recipes for different types of flavored barbecue sauces. Enjoy! ■



Bourbon BBQ Sauce

Yield: 1 1/2 gallons

INGREDIENTS:

1 gallon barbecue sauce
1 cup Dijon mustard
3 cups apple cider vinegar
2 chipotle peppers
1 cup honey
1/2 cup bourbon

METHOD:

Blend the apple cider vinegar with the chipotle peppers. Mix with the remaining ingredients. Refrigerate.

Blueberry BBQ Sauce

INGREDIENTS:

3 cup wild blueberries
1 cup balsamic vinegar
1 cup cooked diced bacon
3 tbsp sugar
3 tbsp ketchup
1 tbsp Worcestershire sauce
2 minced garlic cloves

METHOD:

Place everything in a pot and bring to a boil. Blend in blender until smooth.

The Grille and Patio Offers Happy Hour for Takeout

Club is following all CDC guidelines



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.

In addition, Food and Beverage Director Dennis Shaw wants everyone to know the golf club is following all CDC guidelines to the tee.

"We want everyone to benefit from our happy hour and dinner menus, even at home," said Dennis. "We don't want you to miss out on our happy hour pricing, or 20 percent off discounts on our regular-priced dinner menu."

Dennis said staff are required to wear masks, wash their hands, and follow all sanitation protocols. "We want our customers to feel safe knowing we follow CDC guidelines," he emphasized. "We allow only 50 percent occupancy in the dining room and require social distancing to ensure guest safety at The Grille and Patio."

Patrons who prefer takeout can get 20 percent off the regular-priced dinner menu after 5 p.m. 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 has to offer." ■

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

Las Sendas Golf Shop has New Merchandise

By Michael Field, PGA, Las Sendas Golf Club

The Las Sendas Golf Shop has an assortment of new merchandise rolling in throughout the summer months to meet all your golf and lifestyle needs.

You will see new arrivals from Johnnie-O, InPhorm, Straight Down, and PUKKA Headwear, just to name a few. We also have some great summer



bargains, but they're going fast!

The Las Sendas Golf Shop will be open daily from 5:30 a.m. to 5:30 p.m. See you soon! ■



For more information, email Director of Golf Michael Field, PGA, at mfield@lassendas.com, or call (480) 396-4000, ext. 203.



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LOCAL BUSINESS

Flancer’s owner creates HANDS-FREE DOG LEASH

By Dawn Abbey

In addition to being a creative chef, Jeff Flancer, of favorite Mesa eatery Flancer’s, has invented a hands-free pet leash for jogging or walking. “I invented the Waggle Dog Hands-Free Dog Leash because I couldn’t find a lightweight and simple configuration that worked for my dog runs with my pal Sherlock,” said Jeff. The belt and leash combo are lightweight and adjustable, and *Made in America*. Dog lovers can get them on the website, flancers.com, for \$21.65, or for \$2 less at the Gilbert or Mesa Flancer’s restaurants. Walk or run hands-free, easily! ■

Flancer’s has been awarded Best of Gilbert, Top Five Restaurants in Gilbert, Best Neighborhood Restaurant, and a Certificate of Excellence from TripAdvisor. They were also featured as a favorite Mesa eatery on PBS Channel 8 TV’s Check, Please! Arizona, a popular dining review series. Flancer’s is located at 610 N. Gilbert Road, in Gilbert, (480) 926-9077, and in Mesa at 1902 N. Higley Road, (480) 396-0077. For menus, events and information, visit flancers.com or facebook.com/flancersmesa.



LOCAL BUSINESS

Freedom & Company’s Custom Creations Span from Car Parts to Gates

By Jamie Killin

Freedom & Company, a custom metal work company, got its start in April of last year when two best friends moved to Arizona from Portland, Ore. Eric Bailey and Paul Pepelaskov decided to merge their experience in business management, construction and welding to create a company focused on high-quality, custom metal work from high-security mailboxes to automotive parts. Co-owner Eric Bailey began studying metal work and welding a decade ago when he was still in high school. “We had a really great program in Oregon for trades, and welding was one of those,” he said. “I took the class out of interest in my freshman year and ran with it. I was certified in multiple welding processes before I even graduated, and from there, I started working in the Portland shipyard. So since then it’s been a career for me.”

For co-owner Paul Pepelaskov, his expertise came from working for his family’s construction business. He’s now applying his business knowledge to Freedom & Company Metal Works and learning how to do metal work himself from Eric. “My metal work started when I was working with Eric,” he said. “I have more of a construction and business management background from working for my parent’s construction company, so I learned how to manage a business and do the paperwork side of things.” The two agree that one of their favorite parts, and most important aspects of their business, is the versatility. “What makes us unique is that we don’t really have any limitations on what we can do,” said Eric. “We’ve set ourselves up in a way where we’ve got the equipment and the means to do just about anything from structural steel to ornamental fences and gates, to automotive work.” With each project, the duo prioritizes customer satisfaction and creating a high-quality product. “We pay a lot of attention to detail,” said Paul. “If we build something, it’s something we’d put in at our own



house and that we would really want on our own property. We’re not just making something to get paid, we want to create a quality product that will often times even outlive the customer’s home.” This approach has already paid off with lots of positive feedback and new customers coming through word-of-mouth recommendations. To ensure each customer gets exactly what they want, Eric and Paul take time to ask customers what they’re looking for, review sketches or photos to conceptualize the idea, and then create a 3D model to ensure the plan is perfect before moving forward. “Going through the process of taking a sketch to creating a 3D model on the computer, to going back and forth with the customer on ideas, and then being able to build something, and see that final product as well as the reaction of the customer when everything comes out perfect, is my favorite part of doing this,” said Eric. ■

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SELLING HOMES IN ONE DAY / STAY SAFE MOVE

By Lorraine Ryall,
Associate Broker, CDPE,
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Whoever would have thought that in the middle of a pandemic you would be reading an article about homes selling in one day, but that seems to be the phrase I am saying all the time right now — *who would have thought.*

I'm not going to go into all the reasons why our housing market is booming (please feel free to contact me if you would like a full breakdown and reports on our current housing market conditions), but in a nutshell Phoenix is the top performing housing market and it's as simple as supply and demand.

Currently we have such an imbalance between supply and demand. The Cromford Index shows demand at 102.3 and supply at only 44.1. Even in July 2019, the demand was 104.5 and supply at 62.3, giving us a higher imbalance today amid everything that is going on than we had in 2019.

IS THIS THE BEST TIME TO SELL YOUR HOME?

No one knows what the next few months or next year is going to bring, especially with all the uncertainty right now, so I can't say yes this is definitely the best time to sell your home, but it sure doesn't get much better than this. In a *normal* market, we would expect things to slow during the summer and coming up to an election, but right now the buyers are still out in full force trying to find a house even in the 115 degree-summer heat. Buyers are not only finding it hard due to all the multiple offers, but they are finding it hard to even look at a home before it is under contract.

SELLING HOMES IN ONE DAY

Well, we could not have picked a better time for this real estate phenomenon to be happening. With COVID-19, the thought of having your home on the market for weeks or months and having agents and buyers coming through constantly is enough to put anyone off selling their home right now. That may be the norm for selling a house, but it's certainly not the norm today. I put a home on the market in Las Sendas last Saturday, got multiple offers and had it sold for above asking price in one day. Houses are selling within the first 24 to 48 hours of being on the market or even BEFORE they hit the market, especially in the under \$400k price range, but we are seeing it in the mid-price range as well, just not as often. If they don't sell

in the first day or weekend, chances are they will sell in the first couple of weeks as long as they are priced right and marketed for today's environment.

Of course, this is what we are seeing today — houses selling in one day with multiple offers — but I can't guarantee your home will sell in one day. While you can list your home and sell it with any Realtor, to sell for TOP PRICE in today's highly competitive market, you need to have a top-notch marketing strategy, especially online, before it even goes on the market.

STAY SAFE MOVE

Protecting my clients has always been a top priority, but now it means something completely different than it has in the past. Due to COVID-19 and the current environment, having a *Safe and Compliant Plan* in place along with an exclusive marketing plan to sell your home in one day or as quickly as possible is the best way to help protect you and your family.

My Stay Safe Move isn't just for the beginning while the house is being shown, it stays in place throughout the entire closing process, including inspections, appraisals, walk throughs and more, helping to keep your family safe, which is my No. 1 priority when selling your home.

Please contact me for more information on my Stay Safe Move and Exclusive Marketing Plan for today's environment.

NO CONTACT HOME BUYING/SELLING

With all the social media and technology we have today, I have been doing no in-person and contact-free home buying and selling with some of my clients, which is especially



helpful if you are in the higher risk category or selling your home while in a different location, state or country.

Showings and the entire process can be done virtually via Zoom, FaceTime and other apps, and DocuSign for electronic signatures on documents and contracts. The entire buying/selling process can be done virtually with no in-person contact.

MULTIPLE OFFERS

In such a competitive market, buyers are pulling out all the stops and getting more creative on writing offers to try and entice the seller to accept their offer over all the others. While this sounds like music to the ears of any seller, it's not that simple, and having the ability to understand exactly what the terms are and the impact it will have on being able to close or close on time is going to be the key to a successful closing. Having an experienced local Realtor on your team will be your best assist in selling your home in today's ever changing and challenging market.

If you are thinking of selling your home and would like more information on my Exclusive Marketing Plan, the Stay Safe Move, or how to buy/sell contact free, 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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—MARY AND HOWARD



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HEALTH

Compare Medicare Supplement Insurance and Medicare Advantage Plans

Submitted by Tapestry Insurance

Often when I meet with people about to join Medicare, there is confusion about the differences between Medicare Supplement insurance and Medicare Advantage plans. Usually people get advice from friends, family, and neighbors, and the result is often confusion.



Lynne Jones

While Original Medicare (Part A and Part B) covers many healthcare expenses, it doesn't cover everything. Even with covered healthcare services, beneficiaries are still responsible for a number of copayments and deductibles, which can easily add up.

In addition, Medicare Part A and Part B also doesn't cover certain benefits, such as routine vision and dental, prescription drugs, or overseas emergency health coverage. If all you have is Original Medicare, you'll need to pay for these costs out-of-pocket. As a result, many people with Medicare enroll in two types of plans to cover these gaps in coverage.

There are two options commonly used to replace or supplement Original Medicare. One option, called Medicare Advantage plans, are an alternative way to get Original Medicare. The other option, Medicare Supplement (or Medigap) insurance plans work alongside your Original Medicare coverage. These plans have significant differences when it comes to costs, benefits, and how they work. It's important to understand these differences as you review your Medicare coverage options.

If you are interested in learning more about these Medicare options, or have questions, please feel free to contact me. I am happy to explain and clear up any confusion. I believe that understanding allows you to make a better decision about what is right for you. ■

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

REAL ESTATE

IS NOW THE TIME TO BUY?

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



John and Natascha Karadsheh

With prices increasing, multiple offers the norm, and limited housing inventory, potential buyers are wondering if now is the right time to buy. It is true that values are high, although today's historically low interest rates are

If you don't have 20 percent down, there are still many opportunities to purchase a home. At the time this was written, down payment assistance was still available along with low down payment FHA programs, and other creative ways to help first time homebuyers achieve their dream of homeownership.

If liquidity tightens, as it did in March, those creative programs will go away. If you are a parent with some resources to help your child buy a home, now is the time to offer that support. Sometimes as little as \$5,000 can make the difference in whether they can afford to buy or not.

Now more than ever, people want to get out of rentals

and have the security of a home they own. With interest rates this low, owning is actually more affordable as well.

Our homes are no longer the places we live, but also the places we work, go to school, find entertainment, and vacation. As long as you are looking at your real estate purchase as a long-term investment and you can afford your monthly payments, now really is the optimal time to purchase a home. ■

	Purchase Price	Loan Amount (20% Downpayment)	Interest Rate	Monthly Payment (P/I Only)
Today's Value	\$625,000	\$500,000	3.00%	✓ \$2,108
5% Less	\$593,750	\$475,000	4.00%	✗ \$2,268
10% Less	\$562,500	\$450,000	5.00%	✗ \$2,416
Today's Value	\$400,000	\$320,000	3.00%	✓ \$1,349
5% Less	\$380,000	\$304,000	4.00%	✗ \$1,451
10% Less	\$360,000	\$288,000	5.00%	✗ \$1,546

creating a unique market opportunity.

While some buyers may think it is better to wait until there is a price correction, there is no way to know when or if that will occur in the coming years. After a brief dip during the Arizona stay-at-home orders, the COVID crisis has only fueled the housing market both locally and nationally.

A year ago, we had buyers who waited to buy because they thought that prices would drop. Now they have been completely priced out of the market and are stuck in a rental.

Furthermore, the influx of people moving to Arizona from other states remains significant. Our Valley growth does not look to be slowing anytime soon and we are still not building enough new housing to meet demand.

If rates increase — which will inevitably occur — your payment will still be higher even if values decline. Take a look at the chart shown.

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

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

Natascha is an Associate Broker of KOR Properties, a Multi-Million Dollar Producer, Past-Chair of the City of Mesa Economic Development Advisory Board, and the founder of the Falcon Business Alliance.

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

Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of June 2020



John Karadsheh

Address	Square Feet	Community	Sold Price
7445 E Eagle Crest Dr #1063	1,311	Cachet	\$253,000
7260 E Northridge St	1,130	Windsong	\$268,250
7209 E Manning St	1,856	Windsong	\$328,000
2941 N 72nd St	2,087	Desert Creek	\$347,500
7445 E Eagle Crest Dr #1101	1,834	Cachet	\$360,000
6937 E Sierra Morena Cir	1,926	Cobblestone	\$360,000
4143 N Starry Pass Cir	1,756	Mountain Gate	\$380,000
7406 E Northridge Cir	2,210	Grayfox	\$385,000
3415 N Sonoran Hills	1,925	Stoneledge	\$389,000
3602 N Paseo Del Sol	2,451	Rolling Hills	\$392,000
2947 N Avoca Cir	2,150	Silverhawke	\$400,000
3055 N Red Mountain #175	1,587	Ironwood Pass	\$410,000
7416 E Nance St	2,126	Grayfox	\$415,000
7438 E Norwood St	1,958	Grayfox	\$425,000
7260 E Tasman St	2,450	Featherwind	\$444,000
7306 E Tyndall St	2,450	Featherwind	\$460,000
2927 N Rowen Cir	2,451	Silverhawke	\$498,000
3764 N Canyon Wash	3,330	Eaglefeather	\$558,000
7553 E Torrey Point St	3,427	Pinnacle Point	\$575,000
3430 N Mountain Ridge #18	3,654	Sonoran Heights	\$580,000
7864 E Sierra Morena Cir	3,330	Eaglefeather	\$580,000
6933 E Redberry St	2,039	Sanctuary	\$590,000
7528 E Torrey Point Cir	2,574	Pinnacle Point	\$590,000
7841 E Stonecliff Cir	3,024	Stonecliff	\$640,000
7937 E Saddleback Cir	3,365	Eaglefeather	\$650,000
7260 E Eagle Crest Dr #23	3,721	Blackrock	\$950,000
3615 N Boulder Canyon Cir	4,540	Mountain Village	\$952,400

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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LOCAL BUSINESS

Even Your Furnishings
NEED SUNBLOCK

Submitted by Linda Palm,
Window to Design

You probably know the importance of protecting your skin from the sun. But have you ever considered how it might harm your valuable furnishings? The fact is, even on cloudy days, the sun can fade and deteriorate your fabrics, carpet, hardwood floors and even your artwork.



Fortunately, there are a number of ways you can protect your furnishings and, at the same time, increase energy efficiency and create the perfect ambiance for your home.

HOW TO BLOCK UV RAYS

- **Use solar window shades.** Besides blocking annoying glare and providing excellent UV protection, solar shades preserve your view to the outside.
- **Install window film.** Available as translucent vinyl or polyester strips, window film blocks 99 percent of UV rays. Plus, it's hardly noticeable!
- **Get low-E glass.** Coated with very small layers of metallic oxides, low-E glass reduces the amount of ultraviolet light and heat that enters your home.
- **Add drapery.** When combined with window shades, drapery adds an extra layer of insulating fabric that helps block UV rays.

While sun damage may not be noticeable at first, over time damaging UV rays can really take a toll on your furnishings. By taking the right steps now, you can keep your home interior looking gorgeous for years to come. ■

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/windowtodesign](https://www.instagram.com/windowtodesign).

EDUCATION

Students Returning to MCC
Red Mountain for Fall Semester

By Joan K. Westlake,
Mesa Community College

The Red Mountain campus of Mesa Community College (MCC) is welcoming students for the Fall 2020 semester online, in virtual learning formats, and on campus. Registration is open and classes begin Aug. 22 with additional Flex Start classes beginning Aug. 29.

Forensic anthropology, accounting, communications, economics, geography, and women and film are some of the subjects offered this semester. Also, STEM (Science, Technology, Engineering and Math) has always been a hallmark of the MCC Red Mountain curriculum.

Science studies include health care programs that offer certificates and training to quickly move into careers such as emergency medical technician (EMT), dental hygienist and nurse assisting. In partnership with MCC's sister institution, Gateway Community College, phlebotomy training is now available.

CLASS FORMATS

Most MCC fall class formats are online or via a virtual face-to-face, known as Live Online. Classes requiring an in-person lab are held on campus or in a hybrid combo of on-campus and online. Find in-depth details about the class types at mesacc.edu/class-formats.



SAFETY PROTOCOLS

Over this past spring and summer, the beautiful Sonoran Desert Red Mountain campus was unusually quiet as only essential staff were allowed due to the coronavirus. Now, students registered for on-campus learning, faculty, and those with appointments have been returning since early August 2020, following procedures based on the most current scientific and public health guidelines.

Everyone on campus is required to wear a face covering or mask, display a college ID badge or a photo ID, and maintain recommended physical distancing of six feet or more, where possible. In addition, the college's regular custodial cleaning program uses an EPA-registered disinfectant to clean touch points and public areas.

Restrooms in common areas are cleaned every two hours. Cleaning supplies are also available in classrooms and hand sanitizer dispensers are placed throughout campus.

Strategies are being employed to ensure safe distancing on campus. For example, one nurse assisting class has 18 students in the Live Online lecture with the on-campus class divided into nine students for each of the in-person labs, allowing ample room among attendees.

STUDENT SERVICES

All MCC's great student services — admission, testing, financial aid advice, tutoring and more — are available via chat and email. Appointments are available on campus only for special circumstances.

Find academic advising resources and make virtual appointments at mesacc.edu/academic-advisement. For information about specific programs, go to the Programs website — mesacc.edu/programs — and click on the subject of your interest. ■

With the uncertainties created by the pandemic, plans may evolve throughout the semester. Students will be updated on any changes to classes or procedures. The best source for updates, and ways MCC is helping students find success, is at mesacc.edu.

Focused on safe learning this fall.



Campus life will be a little different this fall. Our top priority remains the health and safety of our college community while delivering to our students a vibrant and engaging educational experience.

- Four class formats: live online, online, hybrid, in person
- Safety and health protocols following State of Arizona and CDC guidelines
- Faculty and staff who care and provide remote student support services
- Virtual career services, advising and counseling

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



MESA
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Red Mountain Campus

Sometimes It Takes an Army — The Sewing Army

By Kimberly Alvarado

More than 20 years had passed since Ann Griffin had given her sewing machine this much exercise, and even longer gone were the days when she fashioned clothing from chosen fabric and paper patterns for herself and her daughters.

Time had passed quickly, and the practicality of homemade outfits had all but disappeared through the seasons of the Las Sendas resident's life. Her daughters grew up and moved away from home to start families of their own. Until recently, she had almost disregarded the need for the use of her sewing machine entirely.

Fast forward to early spring of this year when the global COVID-19 pandemic shook our nation, and seemingly rendered the entire world off guard in terms of protective preparation.

Teamwork is the fuel that allows common people to attain uncommon results.

— Andrew Carnegie

Ann's daughter, living in Toronto, Canada, summoned her mother's help with a new project. She was asked to be an online sewing advisor and sewist, here in the United States.

It was time to dust off her sewing machine. The Bernina machine, known for its precise stitches and long-lasting quality, would be put to a new task.

"I never imagined sewing masks and sending them to total strangers," Ann said. Eager to help, she agreed to be



the liaison for needs in the U.S., while her daughter, and newly-formed group *The Sewing Army*, would address needs in Canada.

What Started Out Small Became BIG Very Quickly

According to Ann, the plan to help others was created within a small theatrical group of friends in Canada. Her daughter had been involved in theatre for many years. She remained friends with many people in the local theatre community.

When the pandemic swept through nations, suddenly the out-of-work friends collaborated their thoughts and decided to do something productive to help others in need during the crisis.

Together, with Toronto fashion designer and founder of the group, Diana Coatsworth, they formed *The Sewing Army*. Responding to the shortage of PPE, they made masks, scrub caps and surgical gowns for healthcare workers, first responders and essential service workers.

Their combined experience in costume and clothing design helped fashion their PPE donations.

The requests grew quickly, so more volunteers were almost immediately needed. "The sewists created a Facebook group called *The Sewing Army* on March 21, which began with under 100 members and grew to over 3,000 members rapidly," Ann recalls. By June of this year, *The Sewing Army* — made up of actors, actresses, clothing designers, senior citizens, and many other gracious volunteers — had bonded together to contribute more than 70,000 PPE to essential workers.

Most recently the group has been able to shift donations from essential workers to non-profit and low-income organizations in need as well.

Just like many of the volunteers, Ann's contributions to the cause initially came strictly from her own personal fabric and sewing supplies, but has been recently offset by donations and individual sales. Pictured here is a group of Albuquerque nurses wearing masks sewn by Ann.

As the pandemic continues, with no end in sight, the need for masks and PPE will undoubtedly continue as well, and so will the need for volunteers. In light of this need, pursuits and updates of the group can be viewed on their website thesewingarmy.com. The site includes simple patterns and tutorials for making masks and PPE, as well as a platform to request PPE, provide donations and inquire about partnership information.

As we persist to social distance and mask ourselves here in Arizona, Ann continues *The Sewing Army's* quest by making phone calls to local nursing homes, extended care facilities and home healthcare providers to make sure their PPE needs are being fulfilled.

Besides being a pertinent part of *The Sewing Army*, Ann is also a wife to her husband, Art, whom she refers to as her *greatest fan* to her latest endeavor. She is a grandmother to an incredibly special grandson who lives in Canada, and a women's historical fiction author, currently working on an adventure book for her grandson.

Ann is hoping to give her sewing machine another exceptionally long rest soon, to return to spoiling her grandson. ■



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 2019 and beyond.

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


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

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HEALTH

Over 50

GRANDPARENTS APPRECIATE Connections During COVID-19

Submitted by Home Care Assistance

During this pandemic event, seniors are one of the most vulnerable groups impacted by loneliness and isolation. Many seniors are under strict visitation guidelines, whether they are at home or in assisted living communities.

Since your loved ones are more physically distanced from family and community, it is more difficult for them to get the socialization they are used to. Not addressing this can easily have negative impacts on their mental, physical, and emotional health.

Studies have shown that loneliness and senior health issues go hand-in-hand. Now, more than ever, it is important to engage with your parent and also support your kids in connecting with their grandparents.

Grandparents, however, may live far away from their family. Familial visits may be few and far between, meaning that children cannot completely know their grandparents. Since COVID-19, physical restrictions can further increase the emotional distance between family and grandparents, making it harder for your kids to stay close to them and get to know them better.

One great way to keep grandparents engaged and connected through this pandemic is to connect with them through video platforms such as Facetime or Zoom. Set up a time to call and ask them questions about their life, their current feelings, and how they feel about the current situation.

Asking Life Questions to Grandparents

Asking grandparents about their lives and

their loves should be a fun and rewarding task. People, generally, are quite pleased when someone shows an interest in who they are and what they do.

When children question their grandparents about their past, they can not only learn a lot about their family's history, but they can help keep those important family stories alive. Once a grandfather or grandmother is gone, their stories can be gone as well, or at least become far more difficult to recover.

Discussing Matters of Importance

Discussing matters of importance in your video call can also benefit grandparents. If grandpa or grandma is showing the early signs of dementia, talking with them can help them retain memories (or even spark new memories) before they are completely forgotten.

Science shows that socialization improves overall health and well-being, so it should be highly prioritized — especially now. ■

Amanda Butas is a Certified Dementia Practitioner and a Geriatric Care Manager. You can reach her at (480) 699-4899. 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. 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.

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