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February 2021

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A New Year Welcomes New Ideas About Home

By Kimberly Alvarado

It may surprise you to learn that staying in your home for extended years has become the new trend.

Upgrading with the purchase of a new home is no longer the most worthwhile option for obtaining a dream home.

Whether you are a millennial that struggled to obtain your first home, or an aging adult seeking ways to adapt to your future needs, your current home — whatever the current condition — has the potential to become your long-term sanctuary.

When the question arises, *to sell or not-to-sell*, consider upgrading or remodeling your current spaces with some expert help from Builder's Depot.

Builder's Depot's owner, Mark Stephenson, applies his extensive construction background into the business of helping his customers achieve their remodel or refresh goals by staying on budget and on time. When your vision of a remodeled kitchen or an upgraded master bathroom requires help from professionals, the design team at Builder's Depot is here to help.



At Builder's Depot, products and services are a one-stop shop. Whether you're a homeowner, a contractor, or an interior designer, Builder's Depot offers the products and services to complete your home project from big to small, start to finish. "We have built relationships with neighboring suppliers for access to millions of items to make your design unique or fit any taste, budget or style," Mark said.

According to U.S. news reports, "Low housing inventory, buyers moving to the suburbs, and construction and renter affordability issues are likely to shape the course of 2021." As we finally move toward access to COVID-19 vaccines and extended time in our homes, new trends are influencing how people live every day, as well as what they want and need from their homes, post COVID.

Have you decided an upgrade or remodel is feasible for you? Kitchen and master bathrooms are always key areas for renovations. These are two areas that can potentially make or break a future sale, while providing the most personal satisfaction for long-term ownership.

Homeowners are seeking new high-functioning, low maintenance workspaces in the kitchen — including porcelain slab countertops, and refrigerators and ovens with touch screens. Now, more than ever, kitchens are most desirable as a part of the overall living space; a place not only for eating, but doing homework, or engaging in an online cooking class.

Aging homeowners are looking to add height to cabinetry and toilets in the master baths, along with curbless showers and non-slip flooring for function. Floating vanities with upgraded drainage and custom shower benches add to the spa-feel that many seek for a soothing space in the home.

Las Sendas resident Brian Cravens is running with the remodeling concept this year. Builder's Depot is the source of logistics for getting the job done.

Brian and his wife Christi have chosen to make their current house their own by utilizing products and services to enhance their chosen art-deco and mid-century modern styles. In fact, Brian's enthusiasm with his home project, and his extensive unique design background, landed him a position as a consulting designer with Builder's Depot.

"Tell me your budget and let me get you the most bang for your buck," said Brian. "While it's important to think about resale value when remodeling, it's also extremely important to make your home your own."

Brian knows the importance of return on investment by updating the kitchen and master bath spaces, and excitedly helps customers obtain a *flow through* appearance by adding texture, color and function that will sustain for years to come. Yet, he also strives to emphasize the significance of personalizing your home.

When you're potentially spending thousands of dollars on renovations, homeowners want to avoid trendy choices that could quickly lead to mistakes. The team at Builder's Depot provides education on products and design options, making your home a classic, timeless investment at any budget.

Although his path to joining the team was an unlikely one, Brian's story of bringing things together in life, just like the process of remodeling a home, is unique.

Decades ago, when kitchen appliance colors were avocado green and living room floors boasted wall-to-wall shag carpeting, Brian was busily chasing his dream of becoming a rock star. At the time it seemed a far-fetched vision, but persistence enabled him to own a studio and develop sound design and engineered music.

But grown-up reality led him down a completely



Brian Cravens and his wife, Christi

different path. Brian transitioned into insurance consulting, helping large corporations *design* economical options — a different career with financial reward, but minus the ability to unleash his passion to design spaces. But recently he was granted the opportunity to pursue his vision of helping others engineer their homes into places that are functional and stylish long-term.

"It all happened, quite frankly, by mistake," said the Builder's Depot designer. I literally made a wrong turn into the showroom parking lot and decided to look inside." Brian was astonished with the selections, affordability, and possibilities of transforming his own home.

His journey from hopeful rising rock star to home design coordinating has been unique indeed, just as your vision for creating your potential dream home can be with Builder's Depot. ■

Builder's Depot is located at The Arbor II Office Complex in Scottsdale at 7950 E. Acoma Drive, Suite 107. You can contact them at (480) 272-7308, or visit: bdazsales.com or [facebook.com/buildersdepotaz](https://www.facebook.com/buildersdepotaz).

In addition to being a leading competitor in pricing, selection and service, Builder's Depot gives back to the community through partnerships with non-profit organizations, whereby five percent of proceeds are returned as donations.



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Self Development Academy

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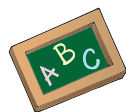
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EDUCATION

Self Development has Served the Community for OVER THREE DECADES



By Self Development Academy and Preschool Staff
Self Development Preschool opened in 1988 for infants through age five to provide a well-rounded and an enriched program in a nurturing environment. Unique to Self Development Preschool is the design of its curriculum that was developed to ensure the preschoolers are highly prepared for school success and beyond.

The accelerated and thematic preschool curriculum that was developed by Dr. Anjum Majeed, the founder, promotes social and emotional development of children. The preschool incorporates a STEM Room with iPads, music and art appreciation, and gross and fine motor movements.

In an industry where the staff turnover rate is very high, the preschool boasts of having many staff on its campus for over two decades. The staff retention rate is outstanding and many staff members are now teaching the second generations of families. The staff love doing what they do. In turn, children, parents and grandparents appreciate seeing the same familiar faces year after year.

Terri Wood is a former parent and current grandparent of a Self Development student. "My son attended Self Development Preschool from the time he was three months old until we moved when he was five. I was heartbroken. Self Development Preschool was like a part of our family," Terri said.

"I am now a grandparent and I was thrilled when my son called and said they were going to enroll my grandson at Self Development Preschool. When I take my grandson to preschool it is with confidence that he is getting the best care out there and he is learning so much! It is wonderful to have Vernetta and her staff back in our family once again!"

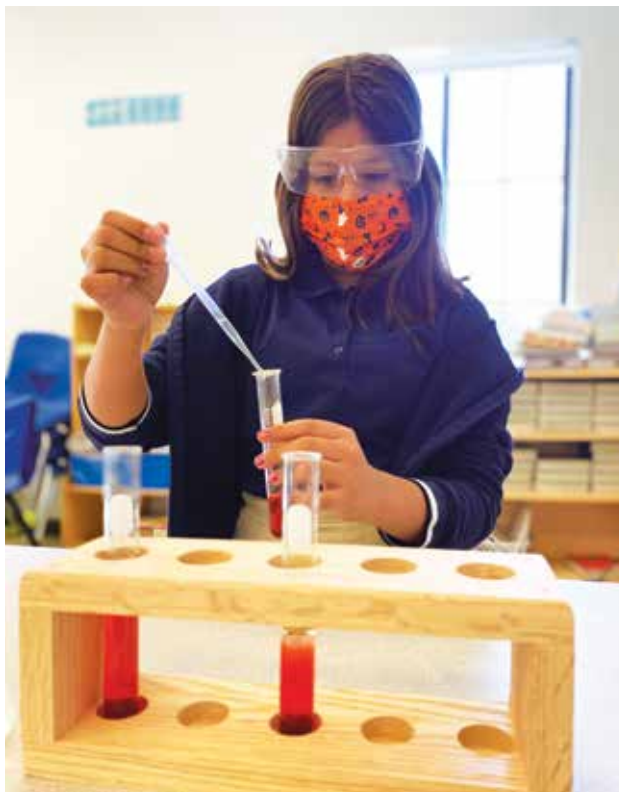
The children who attended the preschool were entering local kindergarten programs accelerated beyond their peers. The parents of the preschool children asked

Dr. Majeed to open an elementary school for their children to continue to build upon their higher-level skills. Thus, at the request of the parents of the preschool, Self Development Academy - Mesa (SDA-Mesa) was established in 2000.

SDA-Mesa is the first in its family of four charter schools in the Phoenix area. SDA-Mesa, a top ranked elementary school in Arizona, serves K-8 grade students. Many students who attend SDA-Mesa began their early childhood education at Self Development Preschool.

The SDA curriculum continues to build upon the strong foundation of the private preschool and provides accelerated opportunities for students in a nurturing environment. The SDA-Mesa curriculum teaches a minimum of one grade level ahead of the Arizona standards.

SDA-Mesa's program concentrates on mastery of math, reading and writing. In addition to academics,



SDA prioritizes shaping its students into well-rounded individuals with a variety of hands-on learning programs that go beyond the typical lesson plan. Students have the opportunity to participate in science labs, take percussion lessons, learn about technology integration, and learn to appreciate and participate in art programs. A focus is put on higher-level thinking skills such as critical thinking and problem solving. Logic and reasoning are part of the regular program for students to hone their critical thinking skills.

During middle school, students have the opportunity to complete Pre-Algebra, Algebra I, Geometry, Algebra II, Advanced Literature, Science including Biology, Chemistry, and Physics, and Technology. Many of these courses are not offered until high school. Students completing eighth grade at SDA are enrolled in Honors and Advanced Placement courses upon entering high school and often they graduate among the top of their classes in the surrounding high schools.

UpClose

PUBLICATIONS

Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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E-mail: Publisher@PhillipsWest.com

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The high expectations and nurturing environment provided at SDA has led to the designation as a top-ranking school in the state and nation throughout the 20 years of operation. The family-like nurturing environment has led to former students returning as employees, as well as the second generation of families attending SDA.

Your children will have an early start by enrolling them in a highly enriched early childhood educational environment at Self Development Preschool. Your children also deserve a strong foundation to develop a love for learning and hone critical thinking skills at K-8 grades with Self Development Academy. ■

Self Development Preschool and Self Development Academy-Mesa are located at Greenfield and McKellips roads, adjacent to each other. Please contact Self Development Preschool, a private preschool program with before and after school care, at (480) 396-3522. For more information about Self Development Academy, a tuition free, K-8 public charter school, please call (480) 641-2640.

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|| SPIRITUALITY

Saying I Love You This Valentine's Day

By Pastor Paul Frank,
Hosanna Lutheran Church

In February of 2020, one of the last normal things we did at Hosanna was to host our Valentine's Dinner. It's a fun event hosted by the high school youth group.

The students all decorate our fellowship hall to look like an Italian restaurant. The students are then the waiting staff complete with maître de, their parents, and others becoming the kitchen staff. People then come on dates or in groups, and with a little Dean Martin music in the background and the smell of garlic in the air, a lot of roses and chocolates are enjoyed and a lot of love is shared. Everyone has a ball at the Valentine's Dinner.

This year is different. We will not be hosting a dinner, no gathering, no Dean Martin, no garlic smell in the air. We will find some new and different ways to celebrate the gift of love within marriages, in families, and across the congregation. We will find some different ways to say *I love you*.

God has been saying *I love you* in many ways all along. He first said He loved you by creating you, giving you the breath of life, and making you a part of the human family. He continues to love you

by providing for your needs. He doesn't guarantee earthly wealth. But He provides us with skills, abilities and opportunities for gainful employment and other means of support.

He provides people with whom we may share our time and attention. He gives us opportunities to share wisdom, to teach or mentor others. He gives us great purposes for our lives.


Most of all, God said *I love you* when He sent His Son into this world to bear our sins and to be our Savior. John 3:16, the Gospel in a Nutshell, says, "God so loved the world that He gave His only Son that whoever believes in Him shall not perish, but shall have eternal life."

That Son is the heaven-sent Savior, Jesus. He lived the perfect life we could not live. And with no sins of His own to atone for, He gave Himself in sacrifice instead for your sins and mine. He redeemed and restored us to God's own family. God longed to welcome us back into His family because, well, He loves us. ■

And if you want to experience the love of God and His family, then join us at Hosanna Lutheran Church, 9601 E. Brown Road, Mesa, Ariz. Also, visit our website at hosanna-lcms.com.



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



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DR. RASHID IS A MEMBER OF:

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Take advantage of the great weather and gather with friends and family at The Patio & Grille for Sunday Brunch. Delicious brunch offerings will be served from 9 a.m. to 2 p.m. accompanied by live entertainment and great views of the golf course, mountains, desert and the Valley below.

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ROMANCE FOR VALENTINE'S DAY WEEKEND

Reservations for an evening of romance and fine dining on Valentine's Day, Sunday, Feb. 14, are filling up quickly, so book your reservations now. With limited seating, this will sell out.

Imagine you and your loved one mesmerized by the beautiful sunset views as the lights begin to twinkle in the Valley and mountain silhouettes appear. Choose among a delectable assortment of gourmet options from the four-course prix fixe menu as you listen to live entertainment. Check lassendas.com for the menu. Price is \$140 per couple plus tax and gratuity.

In addition, The Patio is offering a Valentine's Weekend Special on both Friday and Saturday evenings with a three-course prix fixe gourmet dinner. Check lassendas.com for the menus and details. ■

For reservations, call (602) 734-5524, or email events@lassendas.com.

The Vistas Pavilion

WINE NOT?

Wine a Little, Laugh a Lot will be the theme of our March wine dinner, 6:30 p.m., Thursday, March 11, featuring Pinot Noirs from Oregon's Beaux Freres Vineyards. Tickets are \$105 per person plus tax and gratuity.

The wine dinners have been selling out each month and are growing extremely more popular, so if you want to participate, sign up early as there is very limited seating due to social distancing. Reservations: (480) 396-4000, ext. 222, or email jfogle@lassendas.com.

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*Some restrictions may apply. **All services are subject to tax and service charges (not included in price).

The Golf Shop

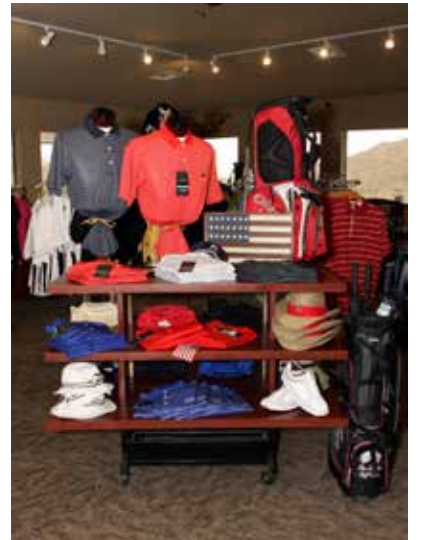
LOTS NEW FOR THE NEW YEAR IN THE GOLF SHOP

Year 2021 is moving along at a quick pace. January is already behind us and the Las Sendas Golf Shop staff are excited to see what the rest of 2021 brings our way. With better than average weather, golfers can take full advantage of the beautiful golf course in our community. To book a tee time, call (480) 396-4000. We look forward to seeing you on the course and in the Golf Shop.

We have recently added some new golf equipment to the Golf Shop. Come check out the Scotty Cameron/Odyssey/Ping putters along with the new Bushnell range finders. Adding these to your golf bag is sure to improve your game.

The Golf Shop has all your golfing needs, and if you don't see what you're looking for, ask us if we can special order it.

While in the Golf Shop, you can also browse our new selection of leisure lifestyle clothing and shoes. We have added Puma shoes to our lineup, and they will be in soon. Also make sure to check back with us often as we are adding exciting new merchandise on a daily/weekly basis. We don't want you to miss out on any of the hot items. ■



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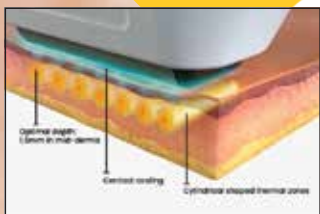
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FINANCES

Grand Canyon Wealth Management CREATES PLANS FOR FINANCIAL WELLNESS

By Jamie Killin

When it comes to managing your money, ensuring you have a plan in place that's tailored to fit your needs is critical.

Grand Canyon Wealth Management focuses on fostering relationships with its clients to create a comprehensive and customized plan that encapsulates all aspects of an individual or businesses' financial life.

Owner Michael Day is a licensed CPA and dually registered financial adviser who has experience as a banker and business owner, giving him a unique, client-focused approach to wealth management that's grounded in financial literacy and business expertise.

"I've been the chief investment officer for financial institutions as well as chief financial officer, so I've had many years of experience," he said. "I'm a certified public accountant and I've worked with so many people and businesses to help them through financial changes. This firm is a way to do this in my own community."

Michael started his wealth management firm to have the opportunity to work with his neighbors and help them pursue their financial goals. As a longtime Mesa resident, whose wife serves as a middle school teacher and whose children have been educated through Mesa Public Schools, he's passionate about the community and making it a better place.

"As an investment advisor and a financial advisor, you become partners with your clients," he said. "It's very likely that your financial advisor is going to know more about you than anyone outside your family and your best friends."



Michael Day

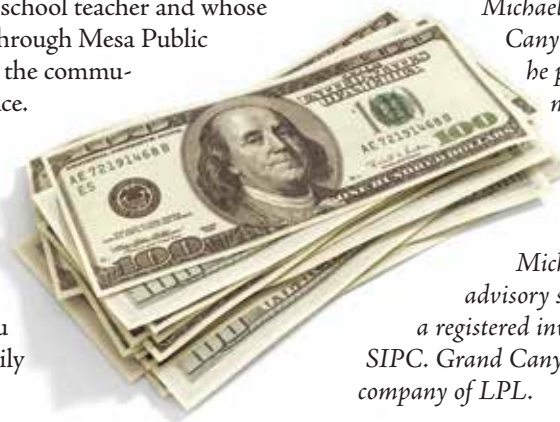
Grand Canyon Wealth Management specializes in many areas, including estate planning, retirement accounts, executive compensation plans, life insurance, and long-term care planning. Michael encourages his clients to plan ahead and implement financial check-ups into their yearly routines.

He also recommends that anyone interested in wealth management services do their research and utilize FINRA's BrokerCheck to ensure their advisor is licensed and properly qualified.

Grand Canyon Wealth Management offers fee-based services where Michael is a fiduciary. As an independent advisor, Michael is able to recommend any financial products and services to his clients, and prioritize which work best for their specific needs.

"The most important thing with wealth management is to put a plan together that's specifically for you," he said. "Don't worry about what your friends, your family, or your neighbors are doing because someone is always going to tell you that they bought such and such and made xyz, but they're never going to tell you about the losses they incurred, so you never want to compare yourself to anybody else."

Grand Canyon Wealth Management offers all prospective clients a complimentary consultation. To ensure clients' safety, Michael is currently offering web-based and phone consultations. ■



Michael J. Day CPA is the founder of Grand Canyon Wealth Management, where he provides financial planning, wealth management, and investment services.

For more information, or to schedule a complimentary consultation, visit grandcanyonwealthmanagement.com, call (480) 590-3590, or e-mail

Michael.j.day@lpl.com. Securities and advisory services provided through LPL Financial, a registered investment advisor, member FINRA/SIPC. Grand Canyon Wealth Management is not an affiliate company of LPL.

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REAL ESTATE

CHOOSING THE RIGHT REALTOR is Still Important in a Seller's Market

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

If you are planning on selling your home, you know we are in a seller's market, with a record low supply of homes for sale. Many homes get multiple offers or sell above the asking price in record time.

So, with homes selling so quickly, does it really matter what type of Realtor you use? Yes!

In just the past couple of weeks, I have had several experiences while showing homes and meeting other Realtors that I felt I had to share. Hopefully, sharing these experiences will help sellers understand why choosing the right Realtor can have a big impact on the sale and the closing process of their home.

When you have such a strong seller's market, you not only get homeowners who think they don't need to have a top Realtor to market their home, you also get some Realtors who think the same way. So, we see listings with poor photo quality and little marketing.

I showed one just the other day that was priced at a million dollars. It was a vacant home, no lights were on, it smelled musty, drapes and blinds were closed, and it had not been cleaned for a while. When I did turn the lights on, some of the light bulbs were burned out, several walls and ceilings were painted in dark burgundy, making the home seem extra dark, and it was hard to even see the elegant architectural details. There was no staging and there were large nail holes on the empty walls.

The home showed so badly my clients walked in and walked out immediately. However, I could see that with a little



paint, cleaning, and staging, the home would have showed very differently. That home is still sitting on the market – unsold – in the hottest market we have seen since 2005.

When I was at one of my open houses last week, a Realtor entered with her client. I discovered that the Realtor who was showing the home would not actually be the Realtor who would write the offer for the clients. I found out that part time or retired agents were paid for each home they showed. The agent who wrote the offer neither saw the property nor met the clients, and the team who handled the inspection process didn't see the home or meet the clients they were negotiating for either.

I share these stories because I approach real estate from a completely different perspective. I help my clients manage every detail of their transactions from painting and cleaning to marketing and staging. I pride myself on the expert promotion of my listings and actively work to negotiate the best deals for my clients. I truly care about my clients and their well-being, and I work to help relieve the stresses of moving and selling.

As a full-service top agent, I strive to offer the best service to my clients, and I am there to help guide and advocate for my clients from the first time we meet to the day we close and beyond. I absolutely love what I do and



there is nothing more rewarding than doing what you love.

I am sure you are receiving calls and texts to sell your home. I am sure your social media feeds are filled with ads for discount brokers, real estate teams and more. But before you hire a Realtor to help you sell your home, be sure you really know what you are getting.

Will your agent spend time helping you expertly prepare your home for sale? Will the agent handle your transaction from start to finish? How much experience does that agent have with multiple offers, bidding wars, and marketing in today's hot market and amid the pandemic? Do they answer their phones at night and on the weekends? Do they have the experience to advocate for you when issues arise?

I would be happy to help you sell your home and provide a complimentary consultation to discuss getting your home ready, your home value, and the best marketing plan for today's market.

Please reach out to me anytime to set up an appointment, or if I can help answer any questions you may have. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 13 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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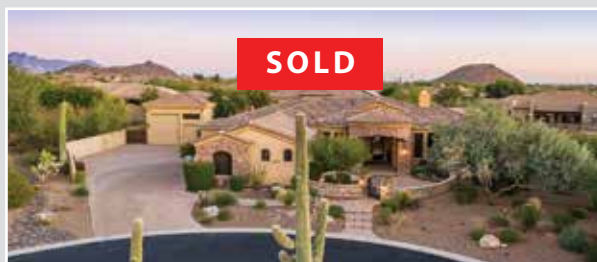
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Lorraine Ryall is extremely professional. She returns calls in a timely manner and goes beyond what would be expected of a Realtor. She was willing to meet with me upon request and was always available by phone, text, and email. Her attention to detail was beyond my expectations and she will be at your side through every process. She is a highly respected professional and I recommend her if you are either locating a new home or selling and staging your property. Her knowledge of real estate practices and marketing venues are exceptional. Her team was supportive and available for assistance. If you want the gold standard of realty service, then you need to call Lorraine to represent you. —Kay H



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REAL ESTATE

This Valentine's Day, Skip the Chocolate
AND POUR LOVE INTO YOUR HOUSE INSTEAD

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



John and Natascha Karadsheh

With so much time spent at home over the last year, we have all had more time to really examine our homes, and contemplate the improvements and renovations we want to make. If you haven't done updates in a while, now is the perfect time to love on your house!

Here are our top six recommended home improvements that will give you the highest rate of return on your investment — and bring you the most joy.

1. START ANEW A fresh coat of paint inside and outside your home can work absolute wonders. Crisp baseboards, brighter ceilings, and cleaner walls will completely change the way you feel about your home.

Even just the process of taking everything off the walls and changing out artwork can significantly alter the way your home looks and feels.

Having a hard time deciding on colors? Try the Sherwin-Williams color quiz at swcolorid.com.

2. CHANGE YOUR BASE New flooring is an absolute game changer for a home. Leave behind your square tiles and try a more modern 12 x 24 tile or larger format wood plank tile. Just steer clear of a busy pattern and aim for a seamless look to unify your space.

And what about the baseboards? Replacing them will make your new flooring look even better. While it is definitely a hassle to go through the process, it is an update that is totally worth the effort.

3. LIGHT IT UP Updated light fixtures are a reasonable way to totally change the way your home looks. With great affordable options at Lowes, Wayfair and Amazon, a fresh look is easily achievable.

Start with kitchen and eating area fixtures and then

move on to the family room, dining room and entry lights. Once you start, you will want to do them all!

4. REFRESH KITCHEN CABINETS Can't afford an entire kitchen redo? Consider painting your kitchen cabinets and adding some fresh new hardware. We highly recommend that you hire a professional to paint your cabinets so the finish holds.

Have a little more room in the budget? Add some clean new quartz counters to update the look.

5. CREATE SPACE YOU LOVE Room challenges are all the rage on Instagram and show just how much you can transform a space in a short period of time, and on a low budget. Take the weekend to create a new lifestyle space, such as a reading nook, workout space, baking station, or game night corner.

Not sure where to fit it in? Analyze the interior real estate of your home and see which spaces could be better utilized.

6. GO GREEN Have \$100 to spend? Invest in plants! Add houseplants in the family room, flowers on the patio, and fresh potted herbs in the kitchen.

Plants are the biggest design trend of 2021, and an inexpensive and easy way to add new life to your home.

Stuck on where to begin, which color palette to choose, or what projects will give you the biggest return on your investment? Give us a call and we will be happy to visit with you and help you make a plan! ■

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 & 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.





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COMMUNITY

District 5 Community INPUT WELCOMED

By Councilmember David Luna, Mesa District 5

As we put a very challenging 2020 behind us, it is important for us to look ahead to the promise 2021 holds. This is equally true for the Mesa City Council.

As we begin the new year, we have now officially sat the City Council for 2021 and welcome in a new colleague, Councilmember Julie Spilsbury, who represents District 2. Councilmember Spilsbury brings a fresh, new perspective to our Council and I think we will all benefit from her experience and her passion for the City of Mesa. It is vital that the City Council work in concert to help bring projects and programs that improve the quality of life for all our residents. As such, I am excited to welcome Councilmember Spilsbury, and I look forward to working alongside her.

It is an invigorating time for our City, as many great projects are currently



underway with many more on the horizon. The challenges of this past year did not hinder the economic growth taking place in Northeast Mesa, especially within the Falcon District.

I have worked with the Office of Economic Development to ensure District 5 is at the top of the list for any business looking to expand or relocate. We are already home to many nationally known companies, and we have plenty of opportunities to add to our already impressive portfolio.

One of the things that makes Mesa so unique compared to other cities is our footprint. At 100 square miles, Mesa has many different neighborhoods and areas, all working in harmony to create a great city to live, work and play in.

As I enter the final two years of my service to the City, I am looking ahead to what I, alongside my fellow members on Council, can accomplish. As local elected officials, it is important that you, our residents, know that we represent you on matters that impact your everyday life. Therefore, as I begin to plan the next few years, I would like to hear more from you, my fellow District 5 neighbors, on how I can best represent you on the Mesa City Council. ■

Your suggestions are extremely valued and always welcomed. I look forward to hearing your thoughts, recommendations, and concerns. If I can ever be of service to you or if you wish to speak with me, I can be reached via email at district5@mesaaz.gov, or by phone at (480) 644-3771.



LOCAL BUSINESS

CREATE A TRAINING PLAN TO PREVENT INJURIES

Submitted by GSC Therapy

Sports, gym participation, and competitions, such as marathons, all risk injury to muscles, tendons, and ligaments. This is true for youth athletes to weekend warriors.

Most common injuries occur due to:

- Poor mechanics
- Weak muscles
- Repetitive movements
- Twisting or planting
- Using the same muscle groups

Because coaches for youth sports are often untrained but motivated parents, they turn to personal trainers at the gym who are focused on strengthening of normal muscles, which leaves a lot of room for injuries to occur.

Spectrum Sports & Training offers an alternative. We invite you to come for a *Free Training Consultation* to meet our therapist/trainer, Josh Van Gundy. Josh is a former professional basketball player on the European circuit who is not only a licensed therapist but also a certified personal trainer.

Josh's expertise is in evaluating and creating a training plan that will help each client meet their personal goals while ensuring that they are safe and do not sustain injuries while participating in sports or exercise activities.

Josh says that to prevent injuries, there are many factors that come into play and need to be understood:

- Growth patterns and the effects on muscles for youth athletes
- Anatomy and physiology of muscle function

- Requirements for performance during athletics and exercise

All are valuable in setting up the proper conditioning and strengthening program for maximum performance and injury prevention.

A safe training plan should start with an evaluation that consists of:

- Medical and surgical history
- Current training or exercise program
- Range of motion and strength
- Flexibility
- Goals

Integrating techniques for injury prevention should be an essential part of any training or conditioning program. Some techniques that work well include:

- Interval training
- Starting with structured exercises such as cable/band exercises to encourage correct mechanics
- Starting with increased repetitions and light weight or resistance until correct mechanics and endurance improve
- Integrating sport specific training with opposite muscle group development to prevent overuse of required muscle groups

Want to know more? Please call (480) 714-3569 to schedule your Free Training Consultation or to speak with Josh directly. ■

For more information about GSC Therapy Services, GSC Elite or Spectrum Sports & Training, call us at (480) 855-8866, or check out our website: gsctherapy.com.

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EDUCATION

Mesa Public Schools Completes DISTRICT'S PROMISE OF PORTRAIT OF A GRADUATE

By Laurie Struna

Across the 200-square-mile district, Mesa Public Schools' Promise serves as the foundation for creating equity and learning opportunities for all students.

In 2017, the Governing Board adopted the MPS Promise to ensure that every student is known by name, served by strength and need, and graduates ready for college, career and community.

Dr. Andi Fourlis, superintendent of Mesa Public Schools, shares that the *Strategic Planning Process* began in 2018, with the goal to answer the question: Once the Promise is fulfilled, what would a Mesa Public Schools graduate look like? For eight months the district spoke with thousands of people about their vision for the future. The community-owned plan encapsulates the collaboration between parents, students, staff and community members who gathered in forums and focus groups to share their valuable insight.

CREATING OPPORTUNITY FOR ALL STUDENTS

Mesa's Portrait of a Graduate includes three essential attitudes, which are ethical, inclusive and resilient, and a combination of high priority skills that a Portrait of a Graduate would know and be able to demonstrate. Essential attitudes provide the opportunity for students to develop the ability to find common ground, take responsibility for their words and actions, seek to understand the ideas of others, act with character, and to be adaptable and learn from their mistakes.

"We believe through the Strategic Planning Process — the aspiration of our Promise and the Portrait of a Graduate — that if we align resources, engage our community, ignite a culture of well-being, and ensure equity for all students that we will achieve college, career and community readiness," Dr. Fourlis said.

STRATEGIC STEPS TO SUCCESS

Christa Mussi is a counselor at Dobson High School. She says the work counselors do with students and their families is essential to students gaining the skills needed to be successful in high school and after. Freshman family meetings play an integral role in discussing student's goals and four-year plans. By meeting with 100

percent of families, parents and caregivers, the counseling staff address the first piece of the strategic goal under a culture of learning.

Christa meets with families and students and on occasion determines that a student belongs in an honors class. She uses the time as an opportunity to discuss the value of the honors class, to support the student with the move, build course rigor and connect families to additional support and resources.

"It's a great tool to ensure equity for all students," Christa said. "As counselors, we work to establish a sense of community, bring families into our schools, and build relationships, so moving forward they know exactly how to reach out for help."

PROVIDING A CULTURE OF LEARNING AND WELL-BEING

Heather Sharpe is a National Board Certified Teacher at Mountain View High School. She shares that in her art classroom that she teaches students to be resilient by learning from their mistakes. The digital age makes it challenging to teach students how to fail because they are used to things being immediately perfect.

"There is no possible way that I can introduce everything that there is about the world of art but I can teach my students how to approach it, to edit, and think for themselves," Heather said. "The essential attitudes and skills in a Portrait of a Graduate are things that will build their character and add to a community, and I am more concerned about ensuring my students are good people rather than being good at art."

Heather is most proud of her students when she watches them build relationships with their classmates and collaborate and problem solve, because these are the tools and skills needed for college, career and community. ■



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LOCAL BUSINESS

THE KEYS TO SURVIVING Stock Market Turbulence

By Scott Johnson, CFP®, AIF®, CPFA

Most stock market investors, whether it's in their 401(k) or taxable investment account, are looking for the same result: strong and steady gains over time.



Scott Johnson

However, many investors can let emotions influence their investment decisions at the worst possible time; like selling equities and going to cash in March of 2020 when the global stock market temporarily declined 35 percent. When confronted with any adverse market event I have four suggestions for you to survive market turbulence.

UTILIZE A FIDUCIARY FINANCIAL ADVISOR

Not all financial advisors are fiduciaries, but those who are have a duty of loyalty to their client to provide unbiased investment advice. A good advisor will earn their keep if they help you take the emotion out of investing. They can prevent you from making investment decisions that could threaten your long-term objectives.

STAY DIVERSIFIED

Nobel Prize winning investment science teaches us that the risk (volatility) of an investment portfolio can be reduced, and long-term returns increased, the more you diversify. Studies show that most investors, even those invested in mutual funds, are not sufficiently diversified. A truly diversified investment portfolio will hold between 8,000 and 12,000 different securities across all asset classes.

STOP WATCHING THE FINANCIAL MEDIA

Turn off Jim Cramer and cancel your subscription to Money magazine. Tune out any financial expert who claims to be able to predict moves in the market, or who says they can identify the next hot stock. The goal of the financial media is to sell advertising and their advice can be lethal to your financial goals.

KEEP A LONG-TERM PERSPECTIVE

An average of 49 percent of all stock market trading days are negative and 51 percent are positive. Your investment time horizon and your financial goals should dictate your investment allocation — not what happens in the market next week, next month, or even next year. ■

Scott Johnson is the CEO of DecisionPoint Financial, LLC. He is a CERTIFIED FINANCIAL PLANNER™ and an Accredited Investment Fiduciary. He and his firm provide comprehensive financial planning and investment management services to individuals and institutions. Scott can be reached at (480) 553-6249 or scott@dpplanners.com. Visit decisionpointfinancial.com.

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LOCAL BUSINESS

Kitchen Design sets the mood FOR HEALTHIER CHOICES

Submitted by Window to Design

The pandemic has upended our what was once normal routines — some for the better and some for the worse. Everyone has dealt with the changes in their own way, but with more time at home, it's important to take some of this extra time to create a space that makes you comfortable, safe and, yes, even inspired.

So, as we turn the page to a new year, let's combine the age-old resolution of getting our diets back on track with a bit of the extra time we have been given, to set ourselves up for success.

Here are a few enhancements you can make to your kitchen that will inspire you to eat healthy all year long:

KEEP HEALTHY FOODS HANDY AND VISIBLE

- ♦ **Display Your Produce.** A colorful fruit or veggie display will not only brighten your kitchen, it'll keep healthy snacks top of mind.
- ♦ **Place herbs within easy reach.** Fresh herbs are a healthy way to spruce up any meal. Add a little greenery to your kitchen with herb plants, or store dried herbs in mason jars or a spice rack.

RE-ORGANIZE YOUR KITCHEN

- ♦ **Rearrange your fridge and pantry.** Set nutritious foods front and center and less healthy options hidden out of view. As a bonus, prep fruits and veggies ahead of time to make them easier to grab on the go.

- ♦ **Ensure plenty of counter space.** Other than items you use on a regular basis, clear your countertops so you have plenty of room to cook.
- ♦ **Set up a tea station.** Drinking tea can actually reduce junk food cravings! Create a tea station with cups, saucers, sweeteners and a selection of green and herbal teas.



SET THE MOOD FOR COOKING

- ♦ **Light up the room.** It's more fun to cook when you can see what you're doing. Install task lighting and go for shades or curtains that beautifully filter in natural light.
- ♦ **Turn on the tunes.** Play soft music while you cook — it helps release stress and keeps you focused on what you're doing.

A well-designed kitchen can make all the difference in your dietary habits, and soon you'll find that healthy eating becomes second nature. ■

To speak with Linda to learn more about her 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).

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FINANCES

How to Respond When Risk Tolerance Is Tested

Submitted by Brent D. Hoskinson and Linda Drake

When you begin investing, you'll generally assess your comfort with risk, as your investment choices will be guided at least partially by your risk tolerance. But once you actually experience the ups and downs of the market, this tolerance could be tested.

Risk tolerance may appear less bothersome in the abstract but seem quite different in reality. For example, you might initially think you wouldn't be fazed by short-term market downturns, no matter how severe. However, when the financial markets really decline, as happened when the COVID-19 pandemic struck last March, you might find yourself being more concerned than you thought you would be.

Before you change your investment strategy, it's important to understand the potential tradeoffs. By limiting your downside risk by investing less aggressively, you may also limit your upside potential. You might need to change your strategy in other ways, such as saving more or working longer. That said, the tradeoff involved in reducing your downside risk may be worth taking, if it helps you cope better with wild market swings, as the best strategy may be one you can stick with through the inevitable ups and downs of the markets.

Because market fluctuations are a normal part of investing, here are some additional suggestions that may help you focus on your long-term strategy.

LOOK PAST THE IMMEDIATE EVENT

While the market's pandemic-driven fall was sudden, its recovery was also fairly quick. Eight months after its March meltdown, the market had regained all the lost ground and reached a new record high. During the midst of what appears to be a real threat to your investment portfolio, it can be difficult to anticipate a more favorable environment. Yet, while past performance can't guarantee

future results, every historical market decline has been followed by a recovery.

UNDERSTAND THAT THE DOW ISN'T YOUR PORTFOLIO

When the Dow Jones Industrial Average and the other major market indexes such as the S&P 500 fall precipitously (or shoot up), it makes headlines. But the Dow and the S&P 500 only track the performance of large U.S. companies — and while their performance may be an indication of the U.S. economy, they aren't going to track the results of your portfolio, which should ideally include a personalized mix of large-company stocks, small-company stocks, international stocks, bonds, government securities and other investments.

KEEP YOUR EMOTIONS OUT OF YOUR INVESTMENT MOVES

The market will fluctuate constantly — but you should always try keep your emotions in check. Excess exuberance when the market rises, or extreme despondency when the market falls, can lead you to make poor decisions. Specifically, we may buy when we feel good (when the markets are up) and sell when we feel badly (when markets are down). Your heart and your emotions may drive your financial goals — creating a comfortable retirement, sending your kids to college or leaving a legacy for your family — but when you invest for these goals, you should use your head.

Your risk tolerance is a key part of your investment strategy. But by taking the steps described above, you can gain a broader understanding of how risk fits into your overall picture — and a better understanding of yourself as an investor. ■

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HEALTH

How to be a Considerate Bed Partner this Valentine's Day

By Jamie Killin

It's common for partners to complain about their bed partners. From snoring to thrashing, sleep disorders are not only detrimental to those afflicted, they can also be disruptive to their partners, leading to poor quality, interrupted sleep.

SleepWerx founder Terry L. Penner is a double board-certified nurse practitioner with more than four decades of experience in the medical field, and often sees patients who come in due to complaints from their partner. Terry even encourages partners to attend the appointments so the couple can identify treatment options together.

"There's many times when spouses will come in and one person will say their spouse has been snoring for 30 years, yet their partner rolls their eyes," said Terry. "Yet they've been sleeping that way for 30 years."

While many try tips and tricks to treat sleep disorders, snoring and disruptive sleep movements are often symptoms of a health problem that needs to be diagnosed and treated by a professional in order to ensure the patient's safety and resolve the underlying issue.

For example, someone thrashing in bed who finds their bed sheets strewn about each morning, may not be getting enough air while sleeping and is experiencing difficulty breathing.



Terry L. Penner

"When someone's not getting oxygen, or they're breathing too shallow, oftentimes they'll move around," said Terry.

While Terry noted that snoring and thrashing aren't always caused by an underlying health issue, like sleep apnea, it is common, and the patient needs to be evaluated by a sleep expert to rule it out as the cause.

Many couples also disagree on how to best cultivate an effective nighttime routine — one of the most common being when one partner needs background noise from a TV or other device in order to fall asleep.

"It's common where one person needs the TV on to sleep and the other person needs dead quiet, and of course I recommend no TV," said Terry.

Watching TV before bed, or using any electronics which emit light, can increase someone's heart rate and make it more difficult to fall and stay asleep.

Due to the increased stress brought on by the pandemic, many people are experiencing more difficulty sleeping than ever. To help combat this, Terry offers telemedicine and in-office consultations to help patients resolve these sleep disorders and is often able to schedule an appointment within 48 hours of a request.

Once the patient completes the in-home sleep test and begins their treatment plan, they will often see results within just one week of treatment. ■

SleepWerx is located at 3514 N. Power Road, Suite 127, in the Selina Ashworth Building. For more information, visit mysleepwerx.com, or call (480) 571-8460.



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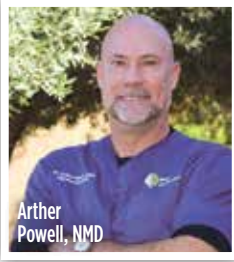
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HEALTH

Platelet Rich Plasma Can Assist IN REGENERATIVE HEALING

By Arthur Powell, NMD

Are you suffering from pain as a result of a chronic injury? Maybe an inflamed tendon or ligament problem? Perhaps an injury of a muscle or joint? Have you tried hyaluronic acid or cortisone injections? Have you tried physical therapy and nothing seems to help improve function or reduce pain? If you answered yes to any of these questions, you might benefit from platelet-rich plasma (PRP) injections.



WHAT IS PRP?

Platelet Rich Plasma is a form of regenerative medicine using a person's own blood. Blood is made up of plasma (the liquid portion), many types of circulating proteins, and different types of cells: red blood cells, white blood cells, and platelets. These platelets, also called thrombocytes, perform a host of important functions, such as blood clotting. When activated, platelets send out messages to the body to recruit growth and healing factors, stimulating cell proliferation to aid in healing an injury.

HOW DOES PRP WORK?

A sample of blood is taken and placed into a centrifuge. The different parts of the blood are then separated. The Platelet-Rich Plasma is recovered, prepared, and injected back into an area of discomfort. This can be performed with ultrasound guidance for a more precise injection of the PRP.

WHAT CAN YOU EXPECT?

There is usually soreness near the site of injection for a few days, but that will go away. After recovery of a few weeks, you can gradually perform rehabilitation exercises. You

can expect decreased ligament laxity, improved tendon strength, muscle regeneration, and reduced joint pain. Further benefits include decreased use of NSAIDs (non-steroidal anti-inflammatory drugs) or the use of stronger medications, such as addictive opioids.

IS IT SAFE?

Side effects are limited since the injection solution is made from your own blood. The body will not reject or negatively react to the PRP. PRP is considered a low-risk treatment with the potential of providing lasting functional improvement.

HOW EFFECTIVE IS IT?

PRP was demonstrated to improve function and reduce pain in patients with tendonitis or chronic tendinosis. Some early studies are promising for chronic tendon conditions such as tennis elbow, golfer's elbow and Achilles tendinosis. PRP is found to significantly aid in the healing process of shoulder pain caused by rotator cuff tears and soft-tissue injuries.

After the injection, a patient must avoid the use of non-steroidal anti-inflammatory drugs (such as aspirin, ibuprofen, naproxen) for at least two weeks, and reduce exercise for a short period of time (approximately one to two weeks) before beginning a rehabilitation exercise program.

I look at PRP as a concentration of instructions and substances (growth and healing factors) injected into an injured area, telling the body to send more help. It gladly does that with PRP. Contact us to schedule an appointment to see if Platelet-Rich Plasma Therapy is right for you. ■

Dr. Arthur Powell is a Naturopathic Medical Doctor (NMD) specializing in pain management, regenerative medicine, and injection therapies. He can be contacted at Mesa Naturopathic Clinic at (480) 306-8111. Call today to set up your consultation.

LOCAL BUSINESS

Did You Know There are Multiple Times to Enroll OR MAKE A CHANGE IN A MEDICARE PLAN?

Submitted by Tapestry Insurance

There are several other opportunities to enroll or make a change to your Medicare Plan. Here is a list of some special circumstances:

- You changed where you live;
- You are losing your current medical coverage;
- Your plan changes its contract with Medicare;
- You qualify for extra help paying for Medicare;
- You have a chronic condition that qualifies you for a Special Needs Plan.



Call me if you want to see if there is an option available to you.

As I visit with people, one of the main concerns I see is whether they are picking the best plan. It is hard to know what the future may bring, and picking the right plan can be stressful. That is why it is advisable to have an agent help navigate some of these choices. Being an independent agent, I am able to share a wide variety of plans that can work for your particular situation.

If for any reason you find yourself on the wrong plan, or if you have questions about the plan you picked, please give me a call. I can help ease your concern and make sure you have the plan that is right for you. ■

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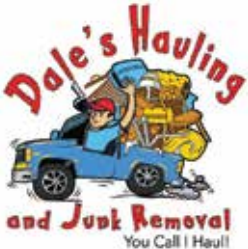
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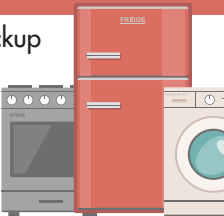
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Valentine Menu

FIRST COURSE

**CHARCUTERIE BOARD
FOR TWO**

Cured Meats, Assorted Cheeses,
Grilled & Marinated Vegetables
House Made Crostini

**POACHED PEAR
& WALNUT TART**

Red Wine Poached Pears, Walnut Paste,
Bleu Cheese Crème Anglaise

SECOND COURSE

**SMOKED TOMATO &
CRAB BISQUE**

House Made Croutons, Truffle Oil
& Micro Greens

BITTER GREENS SALAD

Arugula, Frisee, Radicchio,
Belgian Endive, Candied Pecans,
Dried Apricots
Sweet Onion Vinaigrette

THIRD COURSE

**LAVENDER RUBBED
BREAST OF DUCK**

Purple Cauliflower Puree, Honey Glazed
Baby Carrots, Natural Pan Jus

**FILET OF BEEF & CRAB
STUFFED PRAWNS**

Boursin Whipped Potatoes, Blistered
Heirloom Tomatoes & Asparagus Tips
Cabernet Reduction,
Lemon Grass Cream Sauce

**PAN SEARED
CHILEAN SEABASS**

Parmesan Risotto, Edamame,
Citrus Beurre Blanc

**ROASTED HALF
"COQ AU VIN"**

Boursin Whipped Potatoes,
Wild Mushrooms, Pearl Onions,
Burgundy Sauce

DESSERT

CHEF'S SELECTION OF HOLIDAY DELIGHTS