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June 2021

Sam & Luca Rustic Kitchen offers NEW REFRESHING OPTIONS FOR SUMMER

By Dawn Abbey

Summer's here and what could be more refreshing than a cold, fruity Sangria, crafted by hand in the Sam & Luca Rustic Kitchen with fresh summer fruit in your choice of either red or white wine.

New too is their house made Limoncello and a variety of signature Limoncello cocktails, such as a Limoncello Martini or Old-Fashioned.

Sam & Luca has also expanded their Happy Hour offerings to include Hand-Battered Fried Zucchini and Sautéed Mussels in a savory white wine sauce.

Happy Hour, Monday through Friday from 3 to 6 p.m., offers discounts on a variety of small plates, beers, wine, and several cocktails. In addition, the nightly Pizza Special includes a cheese or pepperoni pizza with a carafe of wine or the new Sangria for \$20.

New at the eatery, but not new to the local restaurant scene, is General Manager Brent Parker. Owners Sam Arikat and Dennis Shaw chose Brent with his outgoing, sociable personality and extensive restaurant background to be the new hands-on face of the establishment.

"I'll be here all the time," said Brent. "I want to get to know our guests and remember their favorites."

Brent, who has previously worked at local restaurants such as La Boca, San Tan Brewery, and Modern Margarita, said he started his career at age three helping his dad run the family's small-town tavern.

"I worked there all through high school and got to know everything having to do with running a bar and restaurant. I just got into the habit of working, thanks to my dad. It comes naturally to me now and I still love to do it. I love interacting with the customers."

Now that restrictions have eased, Brent has plans to promote Sam & Luca's catering business. "Our Italian-style, house made dishes are perfect for group events. You



Brent Parker, General Manager



can serve up large platters of hot delicious Lasagna with Chef Rosalio Tarin's famous Bolognese Sauce, Lemon Chicken Piccata, or any entrées, appetizers, salads, or desserts from our menu."

Sam & Luca Chef Rosalio Tarin has more than 30 years' experience in Italian cuisine, creating at Tomaso's in Phoenix and Tommy V's in Scottsdale. He prides himself on every entrée being made from scratch. He is also known in the business for his Bolognese Sauce and rightly so.

"We also have a comfortable private dining room that will seat around 20, that can be reserved for private parties, meetings, wedding receptions, or any occasion. In fact, we could possibly even reserve the entire 60 to 70-seat restaurant on a Sunday when we are normally closed," Brent suggested.

Sam & Luca has a small outdoor dining patio with a garage-door style walk-up bar that will remain open until the weather gets too hot. The restaurant still offers takeout



and curbside pickup.

If you are looking for a great tasting family takeout meal, Sam & Luca has several combo dinners that can serve four to six. A choice of Pasta and Meatballs, Lasagna, or Chicken Parmesan all comes with Caesar Salad and Fresh-Baked Bread.

"Our staff has been working extra hard these last months with all the takeout orders, so we are all taking off on vacation at the same time from June 27 through July 11, so don't panic if you see we are closed. We will be back!"

Brent welcomes summer residents to come in and give them a try. "We'll be having some Summer Specials nightly. I'm looking forward to meeting you," he said. ■

Sam & Luca Rustic Kitchen is located at 1959 S. Power Road. Check out their menus at samandlucaaz.com. Hours are Monday through Thursday, 3 to 9 p.m.; Friday and Saturday, 3 to 10 p.m. For information or reservations, call (480) 659-6716.

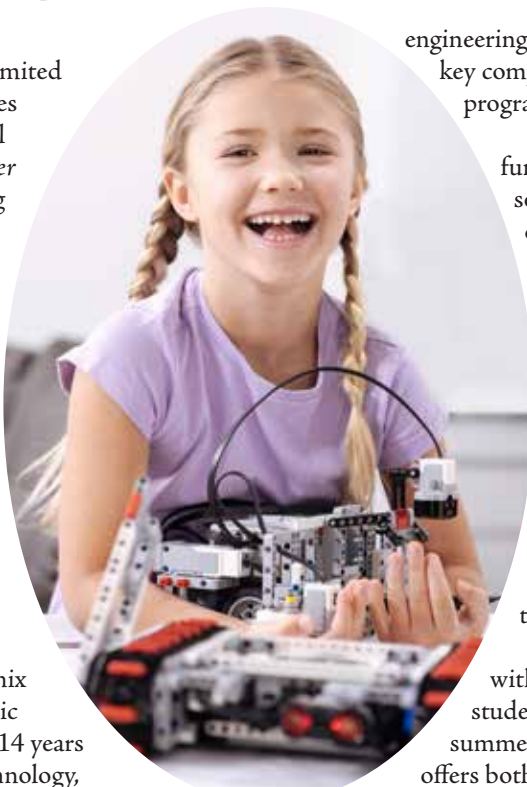
Engineering for Kids summer camp is STEM interactive

By Kimberly Alvarado

Summer camp is no longer limited to s'mores and spooky stories around a campfire. Next fall your child's essay on *what I did over the summer break* could be nothing short of genius!

Imagine the excitement of your child's summer's recollections if summer vacations consisted of designing their own futuristic, sustainable urban cities in Minecraft camp or engaging in the concepts of computer programming through the creation of robots that could perform human-like tasks. These are just a couple of possibilities for this year's Engineering for Kids campers.

Engineering for Kids of Phoenix Metro is the Valley's No. 1 academic STEM camp for kids ages four to 14 years old. STEM stands for science, technology,



engineering, and math. These subjects are the key components of the curriculum in the program's camp classes.

"Often the kids are having so much fun, they forget they are learning something," said owner and program director, Ron Hoagland. "Our teachers help the kids acquire the skills they will need to thrive in the 21st century."

Each camp is designed to enhance the foundations of STEM in a variety of fields, including interactive engineering, robotics, technology and coding, as well as urban innovations, where the kids discover they can have fun while engaging in the latest and greatest technological concepts.

Each Valley location is paired with a kid-friendly venue providing each student a unique camp experience. This summer the theme ReSTEMagine Summer offers both virtual and in-person camps Valley

wide. Locally, Engineering for Kids is partnered with UpTown Jungle Fun Park, located on McKellips Road.

Ron is pleased to report that this season classes will be allowing almost regular capacity. If you have a youngster that thrives in advancing his technology skills; if you're raising that little someone who enjoys engaging in educational competitions; or you're living with that future entrepreneur that thrives on electronic game design and coding, learning how to 3D print, or shows interest in the fundamentals of software engineering, register for summer camp or classes today. Don't wait, classes are expected to fill up quickly!

"With a program doubling in size each year, we are super excited to take the concepts that we learn each year and improve on them. Moving forward, we want to provide a lifecycle of programs where kids continue to grow and learn something fresh each year," Ron said. "Ideally, we would love to see some of our students return as mentors in leadership roles, helping fulfill the visions of future student campers." ■

To learn more about the classes, camps, and programs offered by Engineering for Kids, visit their website at engineeringforkids.com/programs/summer-programs.

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EDUCATION

SDA Introduces Summer Program with STEM and Arts Time Travels

Submitted by Dr. Anjum Majeed, Superintendent, Self Development Academy

Self Development Academies (SDA) is proud to announce *STEM + Arts Time Travels*, their summer day camp program. The program will be offered at SDA Mesa, Phoenix, and Glendale campuses. The program will address learning loss during the pandemic through the use of a fun, hands-on program designed with the student needs in mind.

The program has been developed by the leaders of the SDA network of schools and Self Development Preschool (which has served the Mesa community for over thirty years). SDA-Mesa, the founding K-8 charter school, has been in operation for over twenty years and has been consistently nationally ranked and has won numerous awards.

The programs at all three campuses are open to students who are entering kindergarten through 8th grade in the upcoming 2021-22 school year. Current SDA students, as well as students interested in attending SDA, are encouraged to sign up.

During the program, the students will have the opportunity to *travel* to Sumer, Egypt, Greece, and other lands along the Silk Road. The program will be multifaceted as students participate in multiple subjects all focused on areas visited along the trade routes of the Silk Road.

As the students travel through time, they will participate in hands-on activities centered around ancient folklore and the origin of knowledge in math, art, engineering, music, and astronomy. The students will learn new material and participate in new knowledge-based projects in the morning and will work toward a culminating activity in the afternoon.

DESCRIPTION OF THE SUMMER PROGRAM

With so much time having been spent behind the screen, SDA brings back the focus on hands-on, in-person learning. The Summer Program's activities will allow the students to use their knowledge in a fun and creative way to recreate and explain ancient discoveries, as well as create works of art. Many of the art designs will incorporate math concepts, patterns, and geography that lead to the students creating jewelry, tapestries, and other objects through their designs.

The culminating activities will be a STEM based project related to a civilization along the Silk Road. The projects will include using math and science to devise methods to move large stones, how to erect large buildings, and ship building — to name just a few of the possible projects the students will participate in.

Students will also participate in a reenactment of the ancient civilizations utilizing the art they create throughout the summer. The students will set up a bartering system where they trade as the

ancient people did along the trade route. This will allow them to use what they learn about the ancient civilizations in a fun, interactive way.

MESA CAMPUS

The Mesa summer program will be facilitated by Self Development Preschool (SDP). The program for the Mesa campus will run Monday to Friday beginning May 24 and run through July 31. The Mesa program will also include *Fun Fridays* with different weekly themes and activities. ■

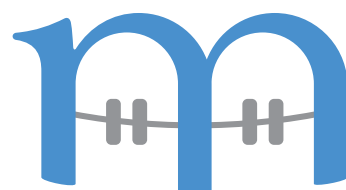
If you are interested in enrolling your student in the summer day camp in Mesa at Self Development Preschool, and for the fee structure, please contact Vernetta Madsen at (480) 396-3522.

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LOCAL BUSINESS

Bring Indoor Beauty TO YOUR BACKYARD



Submitted by Linda Palm, Window to Design
Window to Design is committed to staying on top of industry trends and the best the industry can offer. With summer time approaching and many of us spending more time at home, why not bring indoor beauty to your backyard without compromising on outdoor durability.

Elaine Smith is a line of luxurious indoor/outdoor pillows that resist rain, sun, and stains. Her runway-inspired designs are elegantly chic, embodying the personal style of designer Elaine Smith. Her latest collection takes design inspiration direct from the fashion runways of Paris, Rome, and New York.

Elaine's soft and stylish pillows are all handcrafted using sophisticated fabrics in rich colors and intricate patterns. There is something for everyone who wants their outdoor living room to be as beautiful as their indoor one. With fabrics that are created to withstand whatever children, pets, and life can throw at them,



Elaine has created a line of pillows that are, quite accurately, Inconceivably Outdoor. These pillows are luxuriously soft to the touch and made in the USA. They are expertly handcrafted with concealed zippers using Sunbrella performance fabrics. Currently, Elaine Smith pillows are available nationwide and can be found at tradeshows in Chicago and High Point. Discerning consumers can find them at Neiman Marcus, Gump's, Frontgate, Grandin Road, and over 1,200 other outdoor furnishings, accessory, and gift stores around the country. A favorite of interior designers and the hospitality industry, the pillows currently add the finishing touches to patio and deck settings at the St. Regis, Ritz Carlton, and several boutique properties in the U.S.

The brand has been recognized by the Gift and Casual industries with several awards including Merchandising Excellence Award for Accessories from the ICFA, Manufacturer Leadership Award for Complementary Casual Products from the ICFA, and Best of Category for Outstanding Visual Display from AmericasMart Atlanta. ■

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).

HEALTH

LET'S TALK ABOUT FATIGUE

By Dr. Laura Markison, Mesa Naturopathic

With so many changes in the last year, fatigue is getting blamed on stress and lifestyle changes due to the pandemic. Of course, this is a very valid reason for fatigue. But why are we fatigued? What is happening physiologically to our bodies? And is it all about stress or is the nature of aging adding to our fatigue?



STRESS RESPONSE

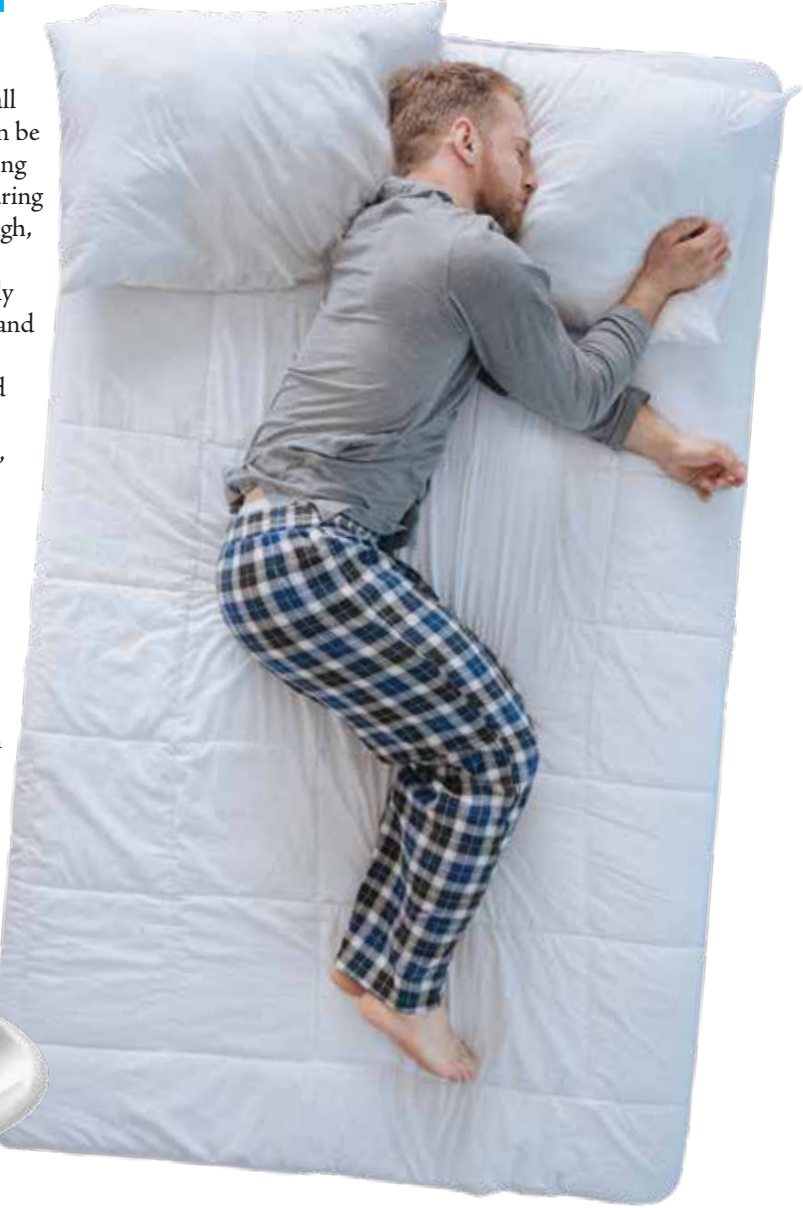
When we are feeling stressed, our body produces a hormone called cortisol. Cortisol gets a bad rap for this known effect but what else does cortisol do? Cortisol is made by our adrenal glands. Adrenal glands are small fatty like caps located on top of our kidneys. Most of our cells in our body have receptors for cortisol. Cortisol helps regulate our metabolism, sugar levels, reduce inflammation and control blood pressure by regulating the salt/water system in our cells. It is also essential for fetal development. So, cortisol is a very important hormone for our bodily functions and our feeling of wellbeing.

CORTISOL PATTERNS OF DISRUPTION

Cortisol rises in the morning hours and is what helps us wake up. As the day progresses it lowers and should be at its lowest at bedtime so we can fall asleep. When the adrenals are stressed, cortisol can be too low in the morning and we feel sluggish reaching for caffeine to wake up. Then as we stress more during the day, cortisol rises too high, and now it is too high, and interferes with the ability to fall asleep. After this stressful pattern, the adrenals can become truly exhausted (especially from excess caffeine intake) and now true adrenal fatigue causes exhaustion. When our cortisol rises due to stress or steroid use (like prednisone or even topical corticosteroid creams) use, we gain weight, can become depressed, our sex hormones get depleted, and some people develop Cushing syndrome or some people can develop Cushing disease from a tumor on the adrenal gland. Too much cortisol can also lead to osteoporosis (another side effect from taking steroids long term). When our adrenals are taxed from long term stress they shrink, and we become tired. Adrenal fatigue is a true urgent medical condition that can easily be treated once properly diagnosed.

DEPLETED HORMONES
But let's talk about fatigue due to depleted hormones. A lot of people in their forties and fifties (I have some younger patients, also) have depleted thyroid and sex hormones. When estrogen and testosterone become deficient, fatigue can set in. Now not only do we feel tired all the time, we start gaining weight, feel grumpy, lose interest in sex, and just plain feel terrible. When thyroid hormones are depleted, we can lose our hair, feel cold all the time, gain weight, and have difficulty exercising. With all these different reasons for feeling fatigued we start to blame ourselves for lack of motivation or I must be a lazy person. This negative chatter sets off self-hate and depression that then leads to more fatigue. What if it's not YOU but your hormones? Why not come by for a hormone assessment to see if your fatigue is truly from lifestyle changes due to the pandemic or due to a physiological reason that has slowly created a nagging fatigue that can't be remedied by caffeine or even rest. Let's stop the negative self-chatter and see if your hormones are too high (cortisol) or too low (hypothyroid or low sex hormones). What would your life be like if you weren't so tired? ■

For more information, or to schedule an appointment, call (480) 306-8111, or visit mesadr.com. Mesa Naturopathic is located at 1955 N. Val Vista Drive, Suite 103, in Mesa.



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Laura Markison, NMD



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Enjoy a traditional Independence Day Barbecue with BBQ Ribs, Chicken, Burgers and Hotdogs, Potato Salad, Coleslaw, Corn on the Cob, and Apple Pie Ala-Mode. Festivities go from 6 to 9 p.m. with live entertainment. Cost is \$23.95 for adults and \$14.95 for children 12 years and under. Reservations required. Call (602) 734-5524.

THE VISTAS PAVILION

WINE DINNERS ARE BACK

Old World Meets New World featuring wines from Domaine Serene is set for Friday, June 18, at 6:30 p.m.

For the past 30 years, Domaine Serene, under the guidance of the Ken and Grace Evenstad, has been

focused on excellence in a never-ending quest to produce world-class Pinot Noir and Chardonnay. Domaine Serene's wines represent the achievement that is possible in Oregon, one of the finest regions in the world for Pinot Noir and Chardonnay.

In April 2015, the Evenstads expanded upon their original vision of producing world-class Pinot Noir and Chardonnay by purchasing Château de la Créé, a Burgundy wine estate in the Côte d'Or.

"Owning and farming legendary vineyards in Burgundy is a dream come true for us," said Ken. "We have a once-in-a-lifetime opportunity to make our own wines from famous vineyards like Morgeot in Chassagne-Montrachet, Clos des Angles in Volnay, and La Garenne in Puligny-Montrachet where world-class wines have been made for centuries."

This latest endeavor brings Grace and Ken a new opportunity to further develop their expertise with their favorite varietals and to discover a new terroir from the place that inspired their winemaking pursuit over 30 years ago.

Dinner and tasting event price is \$90 plus tax and gratuity per person. Reservations required. Email events@lassendas.com or call (480) 396-4000, ext. 222.

PARTIES AND EVENTS ARE BACK

At The Vistas Pavilion we are starting to see more interest in our private event spaces and weddings, and would like to extend an incentive to future brides and grooms in the form of a \$500 Wedding Bonus.

Book your wedding at The Vistas Pavilion by June 30 and receive a \$500 food and beverage credit, subject to terms and conditions. Wedding does not have to take place during June. Contact Jolyn Fogle for more info at jfogle@lassendas.com. ■



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LOCAL BUSINESS

Crystal Clear Choices OPENS IN APACHE JUNCTION

By Linda Huss

Crystal Clear Choices, a new crystal and gem store in Apache Junction, is one-of-a-kind. This is a store where you can talk with the owner about attraction toward crystals, and she will help you discover the relevance of crystals for your life.

The store offers a wide selection of crystals from around the world ranging from very affordable to high-end collector stones. Linda Huss, the store owner, kindly shares, "We want to help people who are new or intrigued with learning more about crystals."

Crystals have vibrational qualities which is why they are



Linda Huss

used in watches and computers. Our bodies can sense the vibrational energy. We benefit in both mind and body from understanding the laws of attraction and how we feel when we are receptive.

Come visit the store and we can teach you how to set intentions with your crystals. We can help you de-stress and be more productive, to breathe, to feel more grounded, organized, and content — happy. Guided meditation, for couples or individuals, and life coaching sessions are offered by appointment. The store also offers three themed parties and small group meditations.

Linda's bachelor's degree in communications is from the University of Arkansas. Her life coaching certificate is from the Southwest Institute of Healing Arts in Tempe, and she is also a certified Crystal Master and a lifelong enthusiast of geology and rocks. Linda is also co-owner of Happy Pets Palace in Mesa and Chandler which provides upscale dog boarding and daycare to very pampered pups. ■

Crystal Clear Choices is located in Apache Junction, 320 W. Superstition Blvd., Suite 109. The store is one mile east of the Apache Junction Rock & Gem Club, where Linda is a club member and on the Board of Directors as secretary. Reserve your sessions online or stop in the store today. For more information, visit crystalclearchoices.com or call (480) 265-6136.



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FINANCES

How Much Should I be Saving for Retirement?

By Scott Johnson,
CFP®, AIF®, CPFA

It's not a secret that Americans aren't saving enough for retirement. The National Institute on Retirement Security (NIRS) says that 75 percent of Americans are not on track to meet their retirement goals and 21 percent are not saving at all.

Most financial planning experts, backed by many studies, agree that the average American needs to save at least 15 percent of their pre-tax salary for retirement. However, the 15 percent rule of thumb takes a couple of factors for granted — namely that you begin saving pretty early in life. To retire comfortably by following the 15 percent rule, you'd need to get started at age 25 if you wanted to retire by 62, or at age 35 if you wanted to retire by 65.

It also assumes that you need an annual income in retirement equivalent to 55 to 80 percent of your pre-retirement income to live comfortably. Depending on your spending habits, outstanding debts, and medical expenses, more or less may be necessary but 55 to 80 percent is a good estimate for most people.



Scott Johnson

When it comes to saving for retirement, time is your greatest ally. The money you save into an IRA or 401(k) in your 20's is exponentially more valuable to you than the same dollars you will contribute in your 30's, 40's, and 50's because of the time value of money.

If you are late to the retirement savings game, then you may need to save more than 15 percent of your annual income to reach your retirement goal. Conversely, if you have teenage or young adult children, have them open their Roth IRA accounts now and get them to fund as much of their W-2 earnings as possible up to the \$6000 annual maximum. They may not understand the importance of it today, but they will be grateful they did in the future! ■

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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REAL ESTATE

Selling Your Home in a Weekend is Possible

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

Sellers used to hate the thought of listing their home, knowing it would take weeks or months to sell, having to keep it show ready, and packing up the kids and pets at a moment's notice for a showing, but those days are gone.

With our record low inventory, prices continuing to increase month over month, and so few homes for buyers to choose from, homes are flying off the shelves. If a home isn't sold within the first couple of days of being on the market, we wonder *why*.

Of course, each home is different and there are still overpriced or are hard homes to sell, but for those homes at the low to mid-price points, we are seeing multiple offers and bidding wars as soon as they hit the market. Even high-end homes are selling at not only record prices but in record time.

There are different strategies in this type of market to achieve not just the highest price but the highest and best offer. Sellers have to be careful not to over price their home in this market which is very tempting to do when prices keep going up. The last thing you want to do is overprice your home and then have it sitting on the market.

The funny thing is, we used to question about a home sitting on the market after a couple of months, now it's a couple of weeks or even days. If a home doesn't sell right away and has been on the market for a week or two, we wonder what's wrong with it.

Last month, I had a buyer who was working with another agent call me directly. They had put in ten offers, all above the list price, and kept getting rejected. They were getting so frustrated, and with two young children, were worried they would never be able to buy a home in this market.



They called me with two homes they would like to look at and they fell in love with the first one they saw. It was a Tuesday, and the home was listed the Saturday before but had no offers. It was a great house, and perfect for my buyers, so we were shocked they had no offers.

Because it had already been on the market for three days — I know that sounds crazy to think three days is a long time with no offers — I was able to negotiate on the price and we got it for \$10,000 under the list price. My buyers were so happy after putting in so many offers above asking to be getting the first one we looked at and under list price.

Pricing the home where it needs to be and marketing it to sell right away is key in today's market. The seller has much more negotiating room when there are multiple offers verses just one offer and if it sits on the market, buyers are more likely to offer under list price.

WHEN TO LIST YOUR HOME

With homes selling so quickly, you need to make sure you are ready to move in 30 days, which is the typical time frame to close. For my clients, when they are ready to list their home, we choose a weekend when they can be out of town or gone all day. That way we can have an open house and back-to-back showings all weekend without disturbing them. All offers received over the weekend are presented on Monday and it is all done in one weekend.

Even with homes selling so quickly, you still want to do everything you can to sell for top price. While you may not need to do repairs and upgrades in this seller's market, taking the time to stage your home and having it show ready will give the buyers the best first impression.

While it's great for sellers that homes are selling so quickly, it does come with its own set of challenges. With multiple offers and buyers getting creative with what they offer, it has never been more important to analyze all the offers to ensure you are accepting not just the highest but the best offer. Multiple offers also give the seller a lot more room for negotiations to make the offer even better and more advantageous for them.

Another change we are seeing more of in this market

is buyers cancelling within the first ten days and homes coming back on the market. Part of the reason for this is buyers are jumping in with both feet and throwing everything into their offer to get it accepted. Then when they do finally get an offer accepted, they have buyer's remorse. Maybe it's not quite the right house for them after all or they offered more than they are really comfortable with.

With the added negotiations and analyzing of multiple offers to make sure you accept the right one, having an experienced Realtor to guide you through this process is so important.

HOW MUCH IS MY HOME WORTH?

When you are thinking about selling your home the first thing you want to know is how much your home is worth. Chances are you will jump on internet sites such as Realtor.com or Zillow.com but these sites use their own algorithms and can give you very different estimates. I just looked up a new listing and Realtor.com was \$43,000 higher than Zillow.com

Not only are the values so different on these sights but they are usually way off from where the home value really is. It used to be they were over valuing homes, however in today's market I am seeing more homes undervalued so don't give too much credit to the value on these sites.

If you do want to go online to get a quick value, you can get an accurate home estimate at InstantHomeValueAZ.com, which takes you to my website, and I will personally run the report for you. However, the only way to get the true market value of your home is to schedule an appointment for a free home valuation.

If you are thinking of selling and would like more information on your home value, where the market is today, and how to sell in one weekend, please call, text, or email me anytime to make an appointment. ■

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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-Vincent and Shanda Chavez



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REAL ESTATE

Are We Headed Toward a Housing Crash?

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

With local home prices increasing over 20 percent in the past year, and bidding wars and lotteries for new builds, many people are asking if we are approaching a housing bubble. The demand is fueling the question both nationally and locally.

We are confident that today's market is the product of real limited supply and enormous demand — not just empty speculation. But, don't take our word for it, here is what the experts have to say!

GOLDMAN SACHS' RESEARCH NOTE ON HOUSING

"Strong demand for housing looks sustainable. Even before the pandemic, demographic tailwinds and historically-low mortgage rates had pushed demand to high levels... consumer surveys indicate that household buying intentions are now the highest in 20 years... As a result, the model projects double-digit price gains both this year and next."



John and Natascha Karadsheh

JOE SEYDL, SENIOR MARKETS ECONOMIST, J.P. MORGAN

"Homebuyers — interest rates are still historically low, though they are inching up. Housing prices have spiked during the last six to nine months, but we don't expect them to fall soon, and we believe they are more likely to keep rising. If you are looking to purchase a new home, conditions now may be better than 12 months hence."

MORGAN STANLEY, THOUGHTS ON THE MARKET PODCAST

"Unlike 15 years ago, the euphoria in today's home prices comes down to the simple logic of supply and demand. And we at Morgan Stanley conclude that this time the sector is on a sustainably, sturdy foundation... This robust demand and highly challenged supply, along with tight mortgage lending standards, may continue to bode well for home prices. Higher interest rates and post pandemic moves could likely slow the pace of appreciation, but the upward trajectory remains very much on course."

MERRILL LYNCH'S CAPITAL MARKET OUTLOOK

"There are reasons to believe that this is likely to be an unusually long and strong housing expansion. Demand is very strong because the biggest demographic cohort in history is moving through the household-formation and peak home-buying stages of its life cycle. Coronavirus-related preference changes have also sharply boosted home buying demand. At the same time, supply is unusually tight, with available homes for sale at record-low levels. Double-digit price gains are rationing the supply."

ELLIOT POLLACK, ELLIOT D. POLLACK AND COMPANY

Local economist Elliot Pollack recently forecasted about the Arizona economy and noted that the Phoenix area was the best performing major employment market in the U.S. for 2020.

"Virtually everything suggests the economy is going to do extremely well," Pollack said. "Our economy is going



to be explosive... and last through 2022 and maybe 2023. We're in for quite a run... Phoenix is structured to do better than anybody else... You have a housing boom and a shortage of housing, and manufacturing companies are opening here."

This last analysis from Elliot Pollack resonates with what we have been seeing in Arizona. Our growth is exploding and the influx of new residents and corporations will continue to fuel our market for years to come. We are quickly reaching new value baselines with an extended period of appreciation still to come. ■

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.

Real Estate In The Groves brought to you by: Groves Area Market Report Sales over \$425,000 for the Month of April 2021

Address	Square Feet	Community	Sold Price
2524 E Golden St	2,013	Sahara Palms	\$425,000
2247 E Jasmine St	2,212	Country Park	\$427,000
822 N Acacia	2,146	Tierre Este Park	\$430,000
5034 E Glencove St	1,971	Higley Heights	\$430,000
5047 E Greenway St	2,356	Higley Heights	\$435,000
849 N Winterhaven Cir	2,150	Mesa Estates	\$437,500
841 N 54th Cir	2,003	Silverado	\$447,000
5118 E Gary St	1,700	Copper Crest	\$450,000
1003 N Sunview Cir	2,269	Alta Mesa	\$456,000
2548 E Lynwood St	2,383	Citrus Highlands	\$470,000
2531 N Lema Dr	1,982	Apache Wells	\$478,880
1052 N Abner	2,272	Alta Mesa	\$485,000
1625 N Almond	2,513	Hy-Den Place	\$510,000
2041 E Laurel Cir	2,454	Citrus del Ray	\$517,000
3537 E Fox St	2,651	The Groves	\$525,000
3516 E Fairbrook Cir	3,558	The Groves	\$562,500
2406 E Lynwood Cir	3,148	Citrus Highlands	\$605,000
2243 E Nora St	2,688	Village View Estates	\$613,000
4105 E Encanto St	2,590	Summit at Montecito	\$616,000
4433 E Enrose St	3,120	Groves East	\$625,000
5345 E Mclellan Rd #9	2,979	Alta Mesa	\$717,000
3917 E Ellis St	4,838	Trovita Norte	\$720,000
2222 N Val Vista Dr #10	3,590	Avalon Groves	\$830,000
3732 E Minton Pl	3,749	El Camino Dolce	\$875,000
3753 E Fairbrook St	3,995	Trovita Norte	\$885,000
3614 E Palm St	4,811	Val Vista Groves	\$1,005,000
2625 N 24th St #13	4,567	Estates at Northridge	\$1,030,000
2458 E Melrose St	6,197	Glenwood Park	\$1,070,000
3446 E Knoll St	6,244	Hermosa Groves South	\$1,420,000
3937 E Norcroft Cir	6,458	Rosewood Estates	\$1,450,000
3731 E Julep St	5,245	Estates at Mandarin Grove	\$1,481,570
1550 N 40th St #13	7,337	Citrus Manor	\$1,650,000

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Submitted by Robin Hagenstad, Secretary, Red Mountain Ranch Social Club

The ladies were decked out in appropriate Derby wear including beautiful hats. The Derby hat contest was great fun with Martha Stephens winning the contest by sporting a black broad brimmed hat adorned with a



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A young girl with blonde hair, wearing a plaid shirt, is smiling and pointing her right index finger at a small globe on a wooden stand. The globe shows the Americas. On the table in front of her is an open map of the world and several books. The background is a plain wall. The entire image is framed by a thick red border.


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Andrea Luna, Westwood High



Evelyn Nonthe Sanchez, Westwood High



Jessica Slate, Westwood High



Pratik Shah, Mountain View High

By Laurie Struna
Photos by Tim Hacker

Mountain View High's Pratik Shah and Westwood High's Andrea Luna, Evelyn Nonthe Sanchez and Jessica Slate have been awarded Student Community Service Awards and \$1,500 scholarships from the Mesa Citizen of the Year Association.

To be eligible, students must complete at least 150 service hours during high school and demonstrate a commitment to lifelong community service.

Pratik Shah plans to attend Columbia University where he will major in social studies before applying to law school. He will also expand his linguistic skills, continuing his studies in Russian and Spanish languages. Pratik is president of the National Honor Society, along with a member of the student council and the Mayor's Youth Committee.

"Through my experiences as a leader in a lot of school clubs, as well as a direct voice in my community's council, I

developed a problem-solving mindset unlike before," Pratik says. "I discovered myself as more of a people's person and realized my civic duty in helping students and adults gain access to their potential."

Andrea Luna will attend Mary Lou Fulton Teachers College at Arizona State University, where she will major in elementary education and minor in Spanish. After that, she hopes to return to Mesa Public Schools to teach and continue her education earning a master's degree. Andrea is involved in activities such as Interpreters Club, Link Crew, National Honor Society, and Little Warriors.

"As a result of volunteering, I discovered my passion and what I want to do for the rest of my life," Andrea says. "Interacting with children during summer camp, being a part of Little Warriors and translating during parent-teacher conferences have allowed me to envision myself as an elementary teacher."

Evelyn Nonthe Sanchez plans to attend Mesa Community College to study psychology. She hopes

to become a psychologist and help teenagers overcome mental health issues.

"I've learned that I can share light to others' lives through service because we never know what others may be going through," Evelyn says. "When serving my community, I have seen the struggles within my Latino community. You have to serve with your heart, and when you do, there is good that comes back and makes you a stronger individual."

Jessica Slate will attend the University of Arizona Honors College, where she will study biochemistry before applying to medical school to become a pediatrician. Jessica is involved in National Honor Society, IB Mentors and Little Warriors. She also volunteers with Camp Civitan, a summer for people with disabilities.

"My work with Camp Civitan and the disability community is something that is close to my heart," Jessica says. "In the future, I am hoping to use my surgical skills to do charity surgeries to help those who need it but can't afford it." ■

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Stretch Zone is on a mission to spread the word about flexibility and mobility! Whether you are a golfer, runner, a mountaineer, or just the average Joe, Stretch Zone is here for you. Pliability has been proven to increase performance, and quality of life. Maintaining the use of muscles increases mobility and flexibility, which keeps the muscles healthy, strong, and flexible. Without stretching, the muscles begin to shorten and tighten. Stretch Zone has created a style of assisted stretching that generates the ability to control and alter the timing of the stretch reflex. This process stimulates the neuromuscular connection, recovering the communication between the brain and muscles. Using the muscles in this technique enhances flexibility and mobility. The tightness caused by the lack of communication between the brain and the muscle can cause serious injury and long-term damage to the body. Stretch Zone has trained neuromuscular behavioralists, or *stretch practitioners*, that use specific protocols to target problem areas and relieve tension. During their 30-minute sessions they use their patented equipment to help secure the body to eliminate compensation and stress during the stretch. This equipment helps the body to attain the most important portion of stretching — relaxing. Similar to any athletic motion, you can have either the mobility or flexibility in that motion, but without the ability to relax, you have nothing.

Stretch Zone's methods eliminate the strain and tension that one feels when stretching on their own. Stretching wakes the body up. It does this by releasing endorphins and increasing blood flow within the body. The health benefits that follow the physical reaction to stretching are priceless! "It is hard to walk out of here feeling anything short of *amazing*. I wish I could do this every day!" says one of Stretch Zone Longbow's members. During the initial session the practitioner creates a *diagnosis* of the members' flexibility and mobility. From there, the practitioner puts together a plan that usually includes four to 12 sessions per month. Sessions range from \$35 to \$50 dollars with the greater frequency plans being more inexpensive per session. Stretch Zone offers month-to-month auto renew packages that are not contracted and accepts payments through HSA and FSA. ■

Stretch Zone Longbow is located at 3204 N. Recker Road, Suite 104, Mesa. Schedule your session by calling (480) 590-1133. For more information, go to stretchzone.com.



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LOCAL BUSINESS

Your CBD Store has products to ENERGIZE AND INCREASE FOCUS IN ATHLETES

By Jamie Killin

CBD has many uses, from relieving anxiety to decreasing pain and increasing focus, all of which make it a great option for athletes of all kinds. Your CBD Store has a variety of CBD products that help energize athletes before a workout or sporting activity, relieve and heal any pain from injuries, and aid in recovery.

SUNMED Stick Packs serve as a great pre-workout — offering the benefits of CBD along with energy-boosting vitamins. Your CBD Store offers these beverage enhancers in multiple delicious flavors and even has an immune support version for extra nutrients.

“They are really nice and refreshing flavors everyone can add to their water when working out to replenish their system,” said Your CBD Store owner Tiana Klimczak.

The Stick Packs can also be used after a workout to boost hydration and help the body recover with CBD’s natural healing properties.

For those who love ingesting CBD through gummies, there is also a line of gummies that are packed with CBG — a non-psychoactive cannabinoid that’s known for increasing focus and clarity — perfect to prepare for a round of golf or sports competition.

“This is a great option for the morning instead of having a cup of coffee. It will help you get going and motivate you to do your workout or help provide a pick me up later in the day instead of reaching for a chocolate bar,” said Tiana.

Those who love a nutrient-packed morning smoothie can also try adding SunMed Raw Hemp which is also filled with CBG to help support an energized and focused start to the day.

Your CBD Store is also known for its award-winning topicals such as the SUNMED Motion, which is a favorite amongst athletes for its pain-relieving and healing properties.

“It’s a roll-on topical that not only has CBD, but also lidocaine, which works as a numbing agent so it’s great for pain relief,” said Tiana. “However, for most athletes, being



Tiana Klimczak

pain free doesn’t necessarily mean healing, so the CBD works with the lidocaine to help actually heal — which is great after sports injuries or recent surgeries.”

CBD is known not only for its pain-relieving properties, but also for its ability to work as an anti-inflammatory and antioxidant to heal pain with both oral and topical use. Your CBD Store also offers bath bombs which are great for both relaxation and rejuvenation after a tough workout.

“We have a customer who has suffered from a football injury and CBD has provided so much pain relief to him, which is a real feather in our cap to see how well our products are working,” said Tiana.

For those who are conscious of their sugar intake, Your CBD Store also offers sugar-free gummies to help support a healthier lifestyle. ■

Your CBD Store is located at 345 S. Power Road, Suite 104, in Mesa. For more information, call the store at (480) 597-6887. Your CBD Store is available to ship products nationwide as well.

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HEALTH

Can You Identify the Signs of Stroke FAST?

Submitted by Home Care Assistance

A stroke is a serious medical emergency, and the odds of survival are much higher if help comes quickly. If you know the signs of a stroke, you might save someone's life.

In fact, stroke is the 5th leading cause of death in the US. Every year more than 795,000 people in the United States have a stroke, about 610,000 of them for the first time. Stroke kills almost 130,000 Americans each year. According to the CDC, one American dies from stroke every 4 minutes.

WHAT ARE THE TYPES OF STROKE?

There are several types of stroke. They all involve disrupted blood flow in the brain that leads to brain damage. Here are the most common types.

- **Ischemic Stroke:** This stroke occurs when a clot blocks blood supply to the brain, causing brain cells to lose oxygen. If not treated immediately, this lack of oxygen can cause brain cells to die.
- **Transient Ischemic Attacks (TIA):** This is a type of ischemic stroke, but TIA involves only a temporary blood clot that goes away on its own. A TIA is a warning that a bigger, more serious stroke may be on the way.
- **Hemorrhagic stroke:** This involves bleeding in the brain rather than a clot. Hemorrhagic stroke causes include aneurysms and arteriovenous malformations. These are weak blood vessels. Uncontrolled high blood pressure is the most common cause of hemorrhagic stroke.
- **Silent stroke:** This type of stroke has no noticed symptoms and is rarely identified until long after it occurs. The damage they cause is subtle. Over time, the impacts of silent stroke may begin to emerge.

WHAT ARE THE SIGNS OF A STROKE?

The National Stroke Association has created the acronym FAST. This acronym tells you what to do if you suspect someone is having a stroke. First, you will assess the



person for the most common signs of a stroke. If they're showing symptoms, you will immediately call for help. Remembering FAST will ensure that you can respond to the warning signs of a stroke.

- FAST signs of a stroke include:
- **Face drooping:** One side of the face may droop or become numb. Ask the person to smile. Does one side of the face droop?
 - **Arm weakness:** One arm may become weak or numb. Ask the person to raise both arms. Does one arm drift downward?
 - **Speech:** Speech may become slurred and difficult to understand. Ask the person to repeat a simple phrase. Is speech slurred or garbled?
 - **Time to call:** If you observe any of these signs, call 9-1-1 immediately. Call even if the signs go away. Check the time so you know exactly when symptoms began.

Acting quickly in the event of a stroke is essential. The chances of survival are greater when emergency treatment begins quickly. Patients who receive treatment within three hours of symptoms starting have better outcomes than those who don't.

If someone is having a stroke, call an ambulance, don't try to drive them to the hospital yourself. First responders can begin life-saving treatment and perform CPR on the way to the emergency room. They can help ensure that

diagnosis and treatment begin immediately upon hospital arrival. Since quick action is so crucial for stroke outcomes, it's critical to call 911 for an ambulance.

RECOVERING FROM A STROKE

Recovering from a stroke can be challenging. Patients must simultaneously overcome physical, cognitive, and emotional challenges. Many stroke survivors report frustrations with the recovery process. Having a professional care team can help you take a proactive and informed approach to post-stroke care for your loved one to ease stress.

If you have a loved one recovering from a stroke, there are ways to help. You can promote recovery by assisting them to regain a sense of normalcy. This support will help your loved one practice the skills needed for a full recovery. After someone has suffered a stroke, they may experience short or long-term disabilities. The months following a stroke are crucial for long-term recovery.

If possible, your loved one should return home when they are ready to discharge from the hospital. In-home care can allow your loved one to live in the comfort of their home — with new limitations.

Professional care providers can help with daily tasks, such as mobility support, help with dressing and hygiene, cooking and light housekeeping, preparing healthy meals that lower cholesterol and keep blood sugar under control, assisting with exercise to improve blood pressure, and scheduling and attending medical appointments to manage medical conditions. ■

Amanda Butas is a Geriatric Case Manager at Home Care Assistance Mesa Office, located right next to Bed Bath and Beyond on Power and McKellips roads. Her company provides home care services on an hourly or around-the-clock basis to older adults who need help. Her services include support with basic activities of daily living and those living with certain conditions such as Alzheimer's or Parkinson's, as well as supporting a successful transition home from the hospital or a rehab facility. Amanda can be reached at her office at (480) 699-4899.

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