

Las Sendas Up Close

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July 2022

The Magic of Learning

By Sami Majeed J.D., Chief of Schools, Self Development Academy

Self Development Schools in Mesa provide enriched, captivating, wide-ranging curricula to preschoolers and K-8 students. We believe that whatever children are doing, they are discovering the world and learning how it works.

Our dream is that SDA students one day may develop theorems, invent gadgets, and find cures that appear inside the textbooks we read 30 years from now.

MEMORIES, METAPHORS, AND MATURING

Entrance to preschool as a toddler or enrollment into kindergarten is bittersweet, a smile. We leave the love of our life — our children — and we hand over our hearts into the uncharted territories that only time knows. We let go. But where? It cannot be just anywhere. Nowhere is good enough for our children. So where?

OUR CHOICE TODAY IS OUR FUTURE TOMORROW

Countless are stories and pictures of the enduring smile of Ms. Vernetta Madsen, director of Self Development Preschool (SDP). The fondest memories for all children centers around Ms. Vernetta's smile, the smile that brightens, enlightens, and ensures us that our children's experience is full of curiosity as they learn to discover, create, and reinvent.

This smile lasts generations of students. It signals to both the parent and child that their first and last day at the preschool and academy will be filled with the promise: our nurtured child will be captivated by the magic of knowledge brought by the dreams of inventors, discoverers, and the artists.

SDA gives our children a lifetime of happiness and a lifetime of scholarly pursuit as they begin a voyage of their own greatness. Indeed, our choice today is who they become tomorrow.

SELF DEVELOPMENT'S FORTE: EARLY CHILDHOOD LEARNING

Nothing is good enough for our children. In fact, Dr. Anjum Majeed, founder of SDA and the owner of the preschool had the same worries: "Nothing is good enough for my child." Knowing the future was more important than her present, she left a promising career in the sciences and opened a preschool that brought out the latent brilliance in us all.

WHY SELF DEVELOPMENT ACADEMY AND PRESCHOOL KEEPS GETTING IT RIGHT

Our kids are natural scientists and thinkers. They want to discover and play. And when we do it right, the discovery of the knowledge becomes indistinguishable from play.

We offer rigorous and advanced education to students, but done in a way that invigorates a smile: young children learn how to build a computer, and students appreciate world music and participate in music composition classes. Early mathematics taught at SDP ensures our children will enter kindergarten ready for 2nd grade. Multitudinous and deft of language skills discombobulate not only their parents and teachers but will impress their admissions reviewers for higher education at the university level.

We nurture children, provide them with the information they want to learn, and in doing so, they discover knowledge. And so, the fire of wisdom burns inside eternally.

Many SDA 8th grade students entering high schools have tested out of the 9th grade and 10th grade math and science courses. Taking higher-level courses in high school will get them the competitive edge for entry into elite colleges and scholarships. Our choice today is their future tomorrow. ■

For more information and to schedule a tour, please contact the Front Office at (480) 641-2640. We have been proudly serving Mesa for over three decades.



Grandmother brought her son as a toddler and now brings her grandson to the same preschool.



Former student returns to work at the preschool she attended as a toddler.



Father attended the preschool as a toddler and now brings his toddler to the same preschool.

Preparing Your Home for the Changing Real Estate Market

By Christine Anthony
Realtor,® Russ Lyon, Sotheby's
International Realty

In just the past six weeks, the Phoenix real estate market has experienced some dramatic changes. The sky-high buyer demand has softened, and active listings are on the rise.

This is great news for buyers, as it means more inventory to choose from and less competition from other buyers for the same home. For sellers, this means shifting back to *tried and true* principles needed to successfully sell your home for the best price in the shortest amount of time: home preparation and staging, strategic pricing, and great marketing.

It is never too early to begin prepping a property to be market-ready, even if the goal is to make a move further



down the road. If you start planning now, you can not only take your time in making your home attractive to buyers, you will also get to enjoy the beauty of your upgraded home in the process.

Whether you're ready to sell now or are in the early stages of preparing your home for a sale, here are my tips for making your home appealing to buyers when you are ready to make your move.

TAKE CARE OF NEEDED REPAIRS

Having a well-maintained home gives potential buyers confidence. Take inventory of your home (or better yet,



» CONTINUED ON PAGE 3

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» REAL ESTATE CONTINUED FROM PAGE 1

hire a home inspector) to identify things that could be corrected and repaired. Through a buyer's eyes, small things such as loose faucet handles, displaced roof tiles, or dirty air filters could leave the impression that there may be more deferred maintenance they cannot see.

DON'T UNDERESTIMATE GOOD LIGHTING

Good lighting is one of the most inexpensive ways to brighten up a home, making it more inviting to buyers. People feel more comfortable in homes that they look good in, with a color temperature of between 2700k and 4000k, depending on the room. Aim to keep the color temperature of bulbs similar within a space.

FRESHEN UP WITH PAINT

One of the least expensive ways to realize the biggest update of a home would be with paint. It not only freshens up the home; paint can make a home feel newer when the right color is used. If you are unsure of what color(s) to use, consult with an interior designer or an experienced realtor who is savvy on paint trends.

KEEP HORIZONTAL SURFACES FREE FROM CLUTTER

A good rule of thumb is to have no more than one decorative item per bathroom counter (that includes a tray with several items on it). In kitchens, try to keep countertop appliances to a minimum. Once counters are clear, a few key staging pieces may be added back that bring some life to the space.

KEEP THE HOME CLEAR FROM EXCESSIVE FURNITURE AND DECORATIVE PLANTERS

When preparing a home for the market, think *less is more*. Trimming down furniture to the essentials will make



your home feel more open and spacious so buyers can focus on the details of the home or the great views, rather than your personal furniture.

CONSIDER SWITCHING A FEW KEY LIGHT FIXTURES AND CABINET HARDWARE FOR AN INSTANT UPDATE

Lighting has a way of stirring emotion, and for an older home, is a powerful tool in making a home feel more updated. Switching out an entry light, dining room light, or even a large walk-in closet light for something more updated and modern can take years off a home's appearance. This can be one of the more costly improvements, so if you are unsure what style of light will enhance your space, consult with a lighting expert, home stager, or interior designer.

LIGHTEN UP A HOME WITH ACCESSORIES

To brighten up a space, add light-colored pillows to that dark leather sofa. Add light-colored décor in a kitchen that has darker finishes.

Exchange darker colored towels and hand towels with new, clean white towels. In a white kitchen add a few pops of color that help to move your eye around the room and give life to the space.



REMOVE SHADE SCREENS AND REPLACE DARKER WINDOW TREATMENTS WITH LIGHT, AIRY ONES

Prior to photos and showings, remove sunshades in areas where rooms can benefit from more light (you may want to consider having the windows cleaned as well). If paint/touchup is not an issue, remove dated window treatments for a cleaner look, or replace darker drapes with light, airy ones.

CONSIDER USING A HOME STAGER

Vacant homes always show better with a little staging added in, like a few key pieces of artwork and carefully placed accessories. To go the extra mile, consider renting furniture from a home staging company like StacyM Home Staging (stacymhomestaging.com). ■

Christine Anthony is a longtime resident of Northeast Mesa who has been working in real estate since 2009. She currently is a Realtor® with Russ Lyon, Sotheby's International Realty. For more information on Christine, visit christineanthonyhomes.com or call her at (480) 200-0972.

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KEN Allen



JUSTICE OF THE PEACE



East Mesa Constable, Ken Allen is excited to announce he is running for East Mesa Justice of the Peace. The primary election will be held on August 2, 2022. Ken understands the importance of and possesses the integrity, fortitude, people skills and compassion needed for the position of Justice of the Peace. Having worked closely with the previous judge, Keith Russell, for the past several years and having worked in the Justice system, he has a great understanding for what happens on either side of the court room. As a business owner since 1996, Ken has had the privilege of serving the residences of East Mesa and surrounding areas, and he looks forward to the opportunity to continue that service as your East Mesa Justice of the Peace.

To learn more, or to follow the campaign - you can find us on Facebook @ **VoteKenAllen.com**

About Ken Allen

- Lifelong Valley Resident.
- Valley business owner since 1996, servicing East Mesa;
- Married to Starla for 16 years, 5 children;
- Over 7yrs experience with court proceedings serving as Constable
- 6th generation Arizonan with strong ties to our community;
- Third generation public servant ;
- Republican- maintaining conservative values

Experience:

Current East Mesa Constable.
Business owner since 1996. Over 7 years training and experience in the Justice Court system.



Qualities:

Ken understands the importance of and possesses the integrity, fortitude, people skills and compassion needed for the position of Justice of the Peace.

6th generation Arizonan with strong ties to our community and Third generation public servant.

Responsible and proven leadership skills. Tough and compassionate.



What is a Justice of the Peace?

The areas of law presided over include:

- Evictions
- Small claims
- Civil disputes under \$10,000
- Orders of protection (commonly referred to as restraining orders)
- Civil traffic infractions
- Misdemeanor crimes
- Weddings



Endorsements:

Tom Freestone

Former Maricopa Board of Supervisors and Justice Of The Peace

John Hadlock, BCO, BADO

45 year Mesa business owner of Eye Concern



Ken Allen

JUSTICE OF THE PEACE

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for Ken Allen



LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF



Las Sendas Golf Club has reasons to celebrate the summer season

By Kimberly Alvarado

CELEBRATE THE AMERICAN GLORY OF RED, WHITE, AND BLUE

The summer season keeps providing reasons to celebrate here at Las Sendas Golf Club. This month, Independence Day is the standout reason to commemorate the Fourth of July with a specially prepared barbeque feast, full of character, at The Las Sendas Grille and Patio.

There's no need to travel very far to tap into the liberty bell spirit within you this holiday. Bring the entire family for an evening of live entertainment, and a great selection of barbeque classics. The entire vibe is enhanced with a backdrop of multiple fireworks displays throughout the Valley, visible from your reserved seats on the patio.

**Please note reservations are required.*

WEEKDAYS AT THE GRILLE

Keep mom out of the kitchen this summer with nightly dinner specials at The Grille, ranging from a casual Monday *build-your-own* burger to surf and turf Fridays with prime rib and seafood selections. Weekday walk-ins are welcome and summer hours are Monday through Thursday from 10 a.m. to 9 p.m. and Friday through Sunday from 8 a.m. to 10 p.m.

LAS SENDAS WINE DINNER

Are you looking for a great place to enjoy a *date night*? Come and enjoy an evening escape at the Las Sendas Wine Dinner at the Vista Pavilion, scheduled for Friday, July 15 at 6:30 p.m. The four-course dinner will be tastefully accompanied by Napa Valley's Caymus wines, including the region's finest Cabernet Sauvignon. To make a reservation, please call (480) 396-4000, ext. 222 or email cshaw@lassendas.com.



THE VISTAS PAVILION



Las Sendas Catering and Sales Director, Carla Shaw, is happy to assist you with any events you may be planning this year. It's a great time to visit the Vistas Pavilion at Las Sendas to experience the best views in the Valley.

Carla is happy to help with the details of your upcoming special event. She tells us, "We have been hustling for the last few

months with so many different events, including weddings, bridal showers, baby showers, corporate events, holidays, concerts, and my personal favorite — wine dinners."

"Our AC is amazing and the wrap-around windows in the Pavilion allow you to take in those views in a cool, climate-controlled environment," she said.

Give Carla a call at (480) 396-4000, ext. 222 or send her an email at cshaw@lassendas.com to bring your planned occasion to life.

STOREWIDE SALE AT THE PRO SHOP! 25 PERCENT OFF

Head over to the pro shop on the holiday weekend and discover storewide savings of 25 percent off. After gathering up some fantastic finds, take advantage of the lower summer rates on the course by booking a tee time. You'll be impressed with the tip-top condition of the greens, as last month's aerifying procedures have produced a luxurious course. ■



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DON'T WAIT—2023 Increases to \$60,000

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DON'T WAIT—2023 Increases to \$30,000

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HELP, I'M LOSING MY HAIR!



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HEALTH

Why Am I Losing So Much Hair?

By Dr. Laura Markison, Mesa Naturopathic



Many patients come to me with concerns about hair loss, called alopecia. They ask why is it happening, how can I stop it, and can it be reversed.

Believe it or not, it is normal to shed about 80 to 100 strands of hair a day. Myths about washing your hair too much does not make shedding worse. In fact, washing hair every day may prevent too much hair shedding. Many things clog up hair follicles, such as pollution from the air, debris from skin flaking, skin oils, and a substance called dihydrotestosterone or DHT.

DHT is a sex hormone created when certain enzymes convert testosterone in men's testes and prostate, and women's ovaries. DHT is a more powerful hormone than testosterone and is essential for most hair growth — except on the head.

DHT is thought to attach to androgen receptors on hair follicles. Through an unknown mechanism, it then appears to trigger the receptors to begin miniaturizing the hair. DHT is a vasoconstrictor that, if genetically sensitive to it when it accumulates in the scalp on the top and sides of the head, causes a lack of blood flow to the hair follicle under the scalp and hair starts to shed and not grow back. This condition is called *androgenic alopecia*.

DHT is a co-mediator of tissue dermal sheath thickening, perifollicular fibrosis, and calcification — three chronic, progressive conditions that can occur along with androgenic alopecia progression. These conditions remodel androgenic alopecia-prone tissues — restricting follicle growth space, oxygen, and nutrient supply, leading to the slow, persistent hair follicle miniaturization characterized in androgenic alopecia.

Men have one pathway: the testis. Women have three pathways: the adrenal glands, fat, and ovaries. Women have a *Christmas tree* pattern of hair loss that starts at the midline part. It widens and widens. Men have what's called *male pattern baldness*, where they can start losing their hair in the back of the head, top, and sides. These are the only areas on the scalp that are sensitive to DHT.

So, what can be done to stop and maybe even reverse hair loss? A full examination with a handheld microscope will help diagnose what type of hair loss is occurring. There are other causes of alopecia, such as autoimmune reactions causing patches of hair loss, chronic stress, medications (chemotherapy), hair extensions, and illnesses such as COVID-19.

After a full medical history is done and a microscopic examination of the scalp, many things can be prescribed. Men's DHT can be blocked with medication, women's cannot. Laser cap therapy can help improve circulation to the scalp and reduce DHT accumulation. It then can stop hair loss along with topical treatments, such as minoxidil, that may help restore hair growth.

Micro needling helps increase blood flow to the scalp by infusing it with stimulating growth factors. Most of all, proper nutrition and food sensitivities will be discussed, because what happens inside the body can also create hair loss.

If you or a loved one are experiencing hair loss, you can book a free consultation to determine what is causing the hair loss and the course of treatment to help stop and maybe even restore your hair. ■

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REAL ESTATE

Is The Housing Market Going to Crash?

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



The housing market is one of the hottest topics right now on the news, social media, and with all my clients and friends. I am constantly being asked, “Is the market going to crash?” especially from buyers who are sitting on the fence not knowing what to do.

Whatever you hear or read seems to leave you with far more questions than answers, but we are not heading for a crash or a correction; the market is shifting, which is a good thing, and we need to get back to a normal market.

I do have a word of warning though especially if you are thinking of selling your home. I am hearing realtors and brokerages telling sellers to sell now, stay in your house (or rent for 6 months), and then they will help you buy another home when prices have dropped. Be very wary of anyone who is telling you where the market is going to be in 6 months, and that you can sell high now and buy low later.

This is just a marketing tactic, and in my opinion, is a very unethical one to try to persuade you to sell your house and list with them. If the market doesn't come down you will be paying the same or more for the house you wanted to buy, most likely at a higher interest rate, and lost 6 months of mortgage payments that you have paid toward someone else's mortgage.

WHAT IS GOING ON WITH THE HOUSING MARKET?

As with anything, prices are driven by supply and demand — the scarcer the supply the more valuable and higher the price, just look at gas prices right now. We had a boom in the housing market that was totally unexpected starting in 2020 as we entered the COVID pandemic. Who would have thought going into a pandemic and shut down we would have seen such a boom?

With record-low supply and record-high demand, the

housing market went into a frenzy and stayed that way for two years with home prices increasing 55 percent. This was unprecedented and unsustainable, and after 2 years we all expected a pull back. The problem is no one expected the shift in the market to be so dramatic and so incredibly fast, and that is what has caused all the worry and speculation.

There are several factors that when happening together have created the perfect storm and can help explain this sudden shift in the market.

Interest Rates: The supply is not the only thing that has changed rapidly. Interest rates have increased, going from 3.725 percent in March to 6.059 percent in June.

On the flip side, interest rates are expected to continue to increase in the near future, so waiting for them to come down could actually cost a buyer more. If you purchase now and rates do come down, you may be able to refinance at that time to take advantage of the lower rate.

The Stock Market and the Economy: With the stock market falling, some cash buyers have been taken out of the housing market while others are waiting to see what the stock market does over the next few weeks and months. The rising inflation and constant talk of a recession have people worried and pausing their home purchases for now. Demand has dropped 16 percent year-over-year.

On the flip side, the housing market is often used as a hedge against the stock market and rising inflation, so we may start seeing more buyers, especially the larger hedge funds.

Seasonal: As we head into summer, our visitors are gone and no one wants to house shop in 115 degrees, so the demand drops.

On the flip side, Phoenix is one of the top cities for growth and people are still relocating here. As our temperatures cool off, visitors will be coming back and looking to purchase their second home or relocate here. Companies are still moving here, keeping the demand high.

Where Has the Supply Come From: The drop in demand has caused some of the extra supply, but most are new listings from sellers who feel now is the right time to sell.

On the flip side, even though we have seen this sudden surge in supply it is unlikely to continue, certainly at this

pace. With the housing boom came record-low interest rates. So many homeowners refinanced into mortgages under five, four, and even three percent rates. With interest rates climbing, homeowners who were thinking of moving are more likely to stay put — why move and lose a three percent interest rate for a six percent unless you really have to.

Home Prices: Price reductions are rapidly increasing but I think we have to look at how aggressive sellers were on their list price. Just a few months ago sellers could price their home tens of thousands above the last sale and still get multiple offers above asking.

For Buyers: This shift in the market is a welcome relief for buyers who have been battling multiple offers, cash buyers, and bidding wars. Buyers can purchase a home now without having to waive repairs or appraisal contingencies. It is starting to feel a little more like a normal market again.

If you are ready to buy, don't wait, because prices aren't headed dramatically downward. They may dip a bit but even with the increase in supply, they are not going to be taking a cliff dive anytime soon. Add that to the rising interest rates and waiting could be a lot more costly in the long run.

For Sellers: As supply increases, we shift away from being such a strong seller's market and the days of selling for over list price, and multiple offers are coming to an end. It is important not to overprice your home and to change the marketing to compensate for the new market conditions we are in — which are very different than they were just a few months ago.

You can view monthly supply, demand, and price charts on my website Homes2SellAZ.com. If you are thinking of buying or selling your home or would like more information on the current market conditions, please don't hesitate to contact me. ■

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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Lorraine recently acted as our agent in the sale of our home. She was worth every penny we paid in commission. Not only did she get the sale price we were looking for, but she also helped us every step of the way with all the other little things that come up during the sale of a home. She has many connections in the area that helped with home repairs, moving, etc. We would give her our highest recommendation!

Gary P.

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KOR
PROPERTIES

EVENTS

Spooktacular Howling Halloween and Mega Hawaiian Hula EVENTS HIGHLIGHT SALT RIVER TUBING IN JULY

Come join the excitement on the Salt River. Salt River Tubing is back and has two exciting events in July — *Spooktacular Howling Halloween* and *Mega Hawaiian Hula*. The cost for each of the all-day events is just \$21 plus tax per person, which includes tube rental, shuttle bus service, and free parking at Salt River Tubing.

And don't forget, Salt River Tubing is open every day from 9 a.m. to 6:30 p.m. with the latest tube rental being 2 p.m. and the last shuttle bus ride at 6:30 p.m.



SPOOKTACULAR HOWLING HALLOWEEN

Join us for our 23rd Annual Spooktacular Howling Halloween, July 16, 9 a.m. to 6:30 p.m. for a ghoulish and spookalicious floating beach blast adventure. Free Halloween leis for all *tricksters* while supplies last. "Halloween in July! Experience a bewitching and spine-tingling escapade at our Spooktacular Howling Halloween event. Our ghostly shuttle buses provide a howling great time and Salt River will be rocking with tubers in witch's hats and Halloween leis," said Salt River Tubing President and Chief Executive Officer Henri Breault.

Tubers can join Salt River Tubing's tricksters romping to the Monster Mash line dance and grab photo ops with the Spooktacular fun crew. Costumes are optional for floaters; however, Salt River Tubing will be awarding complimentary tube rental passes for the Best Tuber Spooktacular Howling costumes. Passes are valid on a return visit. Salt River Tubing's Spooktacular Monster Halloween event is aligned with the U.S.D.A. Forest Service's commitment in meeting the challenge of reduced youth involvement in outdoor activities. The Halloween-themed event has been designed to capture the attention of teenage youth and encourage them to enjoy the great outdoors on the Lower Salt River in Tonto National Forest.

MEGA HAWAIIAN HULA

Aloha Arizona fun-seekers, grab your ukulele, coconuts, grass skirt, and set sail at our Mega Hawaiian Hula special event on Saturday, July 30 from 9 a.m. to 6:30 p.m. Free Hawaiian leis while supplies last for Aloha tubers. Our Mega Hawaiian Hula event offers a *Polynesian* journey in the great outdoors of Tonto National Forest. Skip the trip to Hawaii — you can shake your grass skirt with the Hula Honeys during the hukilau line dance and see how low you can go under the limbo stick! Hawaiian-tiki barges will transport guests to the Lower Salt River for fun in the sun on the rocking river rapids. "Sail your tube Hawaiian-style and enjoy a refreshing voyage on the mountain-stream waters of the Salt River! The Mega Hawaiian Hula event is the perfect venue to experience a unique, fun-filled

adventure on the Salt River," said Henri. "Wave aloha to thousands of flowered-lei tubers in the *mini-Grand Canyon* of Tonto National Forest!" The More Teens in the Woods Hawaiian event offers live entertainment by LIVE 101.5 radio station, limbo, and hula hoop contests, plus loads of photo opportunities in the great outdoors. Salt River Tubing will be awarding free tube rental passes for the Best Hawaiian tuber costumes. The tubing passes are valid on your return visit.

RECREATE RESPONSIBLY WITH SAFE DISTANCING

SRTR encourages floaters to help ensure a responsible *safe distancing* atmosphere at the terminal building and on its shuttle buses during transport to the Salt River. Shooting the Salt River rapids is great fun, and company officials recommend the following helpful tubing tips to assist tubers in planning their floating beach blasts for the holiday weekend:

- Have a great time during your floating beach blasts, but remember that drugs, alcohol, and the Salt River do not mix. Responsibly appoint a designated driver before your tubing adventure.
- Floating picnic ideas include fresh fruit, burritos, fried chicken, or sandwiches. Pack picnic items in Ziploc bags to keep dry. Please stash and bag all picnic supplies in litter bags while floating.
- Sun block, tennis shoes, and a cap or visor should be worn. A minimum 30 SPF is recommended.
- Ice chest/coolers: Fill with ice, sport drinks, fruit juice, and water. One to two bottles of water per hour while floating is recommended to help prevent dehydration. ■

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



KIDS Must Be At Least 8 Years Or Older & 4 Feet Tall for Tubing & Shuttle Bus Service

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SPOOKTACULAR HOWLING HALLOWEEN
JULY 16 - Saturday
9:00 AM - 6:30 PM
FREE HALLOWEEN LEIS
While Supplies Last!
FREE Tubing Passes for the BEST TRICKSTER COSTUMES!

MEGA HAWAIIAN HULA
SATURDAY
JULY 30
9:00 AM - 6:30 PM
FREE Hawaiian Leis
While Supplies Last!
FREE Tubing Passes for the Best Hula Costumes!
Special event details at www.saltrivertubing.com

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LOCAL BUSINESS

The Benefits of Interior Shutters

NEVER REALLY THOUGHT ABOUT THESE CLASSICS?
CHECK OUT SIX REASONS WHY YOU CAN'T GO WRONG



Submitted by Linda Palm,
Window to Design

When it comes to dressing up your windows, shades and drapery are often top of mind. But have you stopped to consider shutters? Extremely versatile, shutters can complement modern, transitional or traditional styles. The ultimate multitasking window treatment, shutters are available in everything from real hardwood to manufactured materials that are guaranteed to withstand extreme heat, humidity and high-traffic areas.



Still not convinced? Here are half a dozen reasons why shutters deserve a place in your home.

1. Shutters match any décor.
2. You can create custom looks.
3. You can choose what's best for a room.
4. Shutters are safer for kids and pets.
5. You can choose your level of privacy.
6. Shutters are ideal for covering shaped windows. ■

If you are considering home renovations or remodeling this summer, make sure to visit Window to Design online at windowtodesign.com to schedule a preliminary one-hour consultation, free of charge, or call Linda Palm at (480) 207-6450. Graciela Coronado can be reached directly at (480) 993-9090, or email at sales@360designnaz.com.

LOCAL BUSINESS

Let's Get to Stretching

Submitted by Stretch Zone Longbow

Let's be honest, it is no secret that stretching is a vital component of not only exercise but in maintaining an enjoyable life. Stretching helps in one's overall performance, as well as it thankfully decreases the risk of injury.

When do you stretch? Are you stretching in the morning by reaching your arms above your head to get a full-body stretch? Are you laying down on the bed, bending one leg over the other straight leg, rotating the thoracic spine, and detoxifying the organs by doing a spinal twist? Are you ending the day lying flat on the ground and putting your legs up the wall for 5 minutes, working on loosening up the back of the legs?

These are all wonderful stretches and an idea of the type of homework we like to give our clients after they sign up for our program.

If I still have you, and the idea of stretching has not scared you away so far, you are in for a treat. The great idea at Stretch Zone Longbow is that we stretch you. We do all the hard work and you reap all the wonderful benefits. The service itself is called *practitioner-assisted stretching*, also known as *stretch therapy*.

Why would this be for you? This is for you if:

- you are not stretching every day (five minutes to one hour a day),
- you are noticing that moving around or maintaining daily life activities are getting difficult to do,
- you wish to recover quicker from workouts and sporting events,
- if you're looking for a natural boost in energy,


- if you need more range of motion within the joints,
- if you're looking to improve your relationships, or
- if you'd like to better your mood and sleeping patterns.

Clients also use their 30-minute weekly stretch sessions as a time to relax and reset both physically and mentally.

During your complimentary introductory stretch, you will start with a consultation with our nationally certified stretch practitioners on your goals as well as go over your medical history. Next will be a 30-minute stretch based on the consult, then the last 15 minutes the therapist will go over our short-term 12-week programs.

During the consult, the therapist will recommend a program best for you. Throughout the 12-week program, you can expect to get closer to and even reach your goals, as well as help your joints maintain a healthy range of motion.

Sessions at Stretch Zone Longbow are 30 minutes with the option for a 60-minute stretch session. Prices range from \$40 to \$65 per half-hour session. Stretch Zone Longbow is located at 3204 N. Recker Road, Suite 104, Mesa. You can contact them at (480) 590-1133.



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LOCAL BUSINESS

The Stars Come Out at Night

PACINO'S RESTAURANT SUMMER EVENTS

By Kimberly Alvarado

Look no further than locally owned Pacino's Restaurant for start-studded experiences that will bring you back in time on warm summer evenings.

MONDAYS ARE FOR FRANK — FRANK SINATRA

Each Monday this summer is dedicated to *Sinatra Nights*, where the G-Man will guide you through familiar tunes which were initiated during the swing era. Jazz-influenced favorites are part of the lineup, including *I've Got You Under My Skin* and *Strangers in the Night*. Come in to enjoy your favorite Italian dish and be captivated by the music. There's no better way to start the week.

For more information on Sinatra Nights, visit Pacino's Facebook page and gmanperry.com.

LINDA RONSTADT EXPERIENCE DINNER SHOW

So, you're more of a 1970s music fan, you say? Look back with the Linda Ronstadt Experience Tribute Band.

Saturday, July 9 marks the date for The Linda Ronstadt Experience Dinner Show at Pacino's Restaurant. The eleven Grammy award winner and Arizona native, Linda Ronstadt, holds a special place in the hearts of Arizona residents, so this planned event promises to be popular.

You'll need to grab reservations in advance to be able to take advantage of this special performance. Tickets for the dinner show are just \$65 and include a carefully selected three-course meal with drink specials throughout the performance. Come in, call (480) 985-0114, or visit pacinositalian.com for reservations and information.



Don't miss the opportunity to relive the days of the 1970s top female pop singer, Linda Ronstadt, whose songs like *Blue Bayou*, *You're No Good*, and *When Will I Be Loved* were played on record players everywhere.

To view information about the Linda Ronstadt experience, visit thelindaronstadtxperience.com.


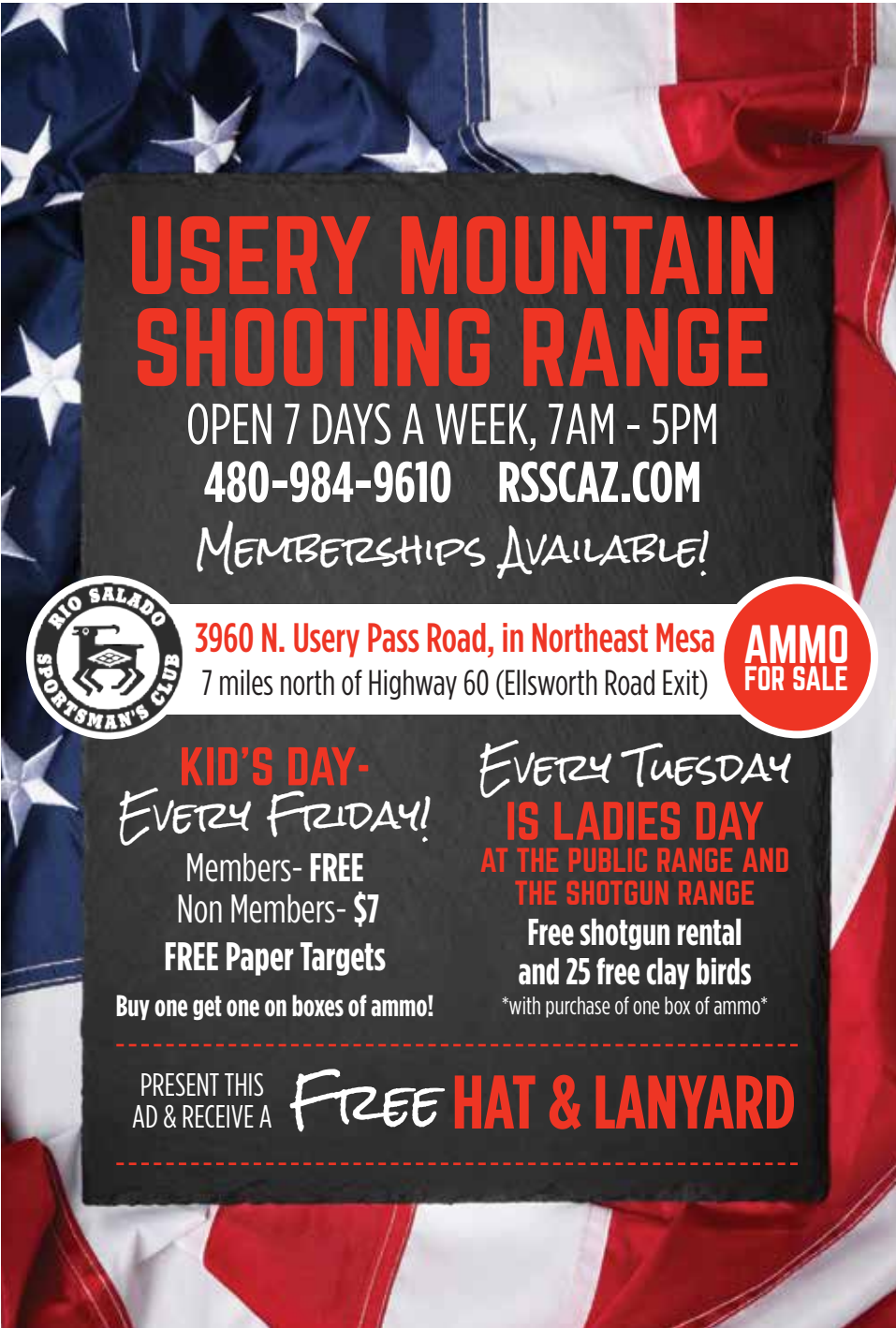
PACINO'S IDOL/TALENT SHOW RETURNS

The Pacino's Idol/Talent Show returns this month with auditions taking place on Saturday, July 23, and again on Saturday, July 30 from 10 a.m. to 1 p.m. Once the participants are chosen, their talents are judged each Saturday afternoon for five consecutive weeks, followed by the nail-biting finals which will award \$3,000 to the first-place contestant. All ages are encouraged to audition for this super-fun summer experience.

SUMMER IS SIZZLING AT PACINO'S

Pacino's is hosting weekend dinner specials for the month of July and continues to serve their weekend brunch on Saturdays and Sundays from 9:30 a.m. to 1:30 p.m. The staff invites you to come in this weekend and experience one of the Bloody Mary's that your neighbors are boasting about. ■

Pacino's Italian Restaurant is located at 2831 N. Power Road in Northeast Mesa. You can call them at (480) 985-0114 for reservations or visit their website pacinositalian.com. More information can also be found on Pacino's Facebook page.



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Eric Miller- Latin Guitar

7/2, 7/17, 7/24, 7/31

Ian Eric- 90's Pop/Rock

7/16, 7/23

Pete Pancrazi- Jazz Guitar

7/3

Jonny Splash- Yacht Rock

7/9

Kniffen Project- Coffeehouse Pop

7/10

Scott Hallock- Classic Rock/Pop

7/30



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EDUCATION

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Submitted by Mesa Community College
Mesa Community College Fall Semester 2022 classes begin Aug. 20. Register now at mesacc.edu/enroll to get the classes at the times and days most convenient for you.
Admission, tutoring, food pantry, parking, and many other free services are available. Some classes offer free iPad use with skills training to add the advantage of technology to pursuits of academic success.

PAYING FOR COLLEGE

Saving 75 percent at MCC compared to the cost of Arizona state universities helps students of all ages earn higher education degrees and certificates while reducing student loan accumulation. The MCC Financial Aid Department (mesacc.edu/financial-aid) offers many ways to potentially cover tuition.
Students graduating within the past year from a Mesa high school with a GPA of 3.2 or better can apply for the Presidents' Honors Scholarship, which provides free



tuition not based on income. Find out more at mesacc.edu/honors/presidents-honors-scholarship-program.
The Mesa College Promise is a commitment from the City of Mesa that all eligible graduating Mesa high school students can attend MCC for two years with Arizona resident tuition and fees fully funded. The Mesa College Promise provides financial support to students with demonstrated financial needs but who have not received enough Free Application for Federal Student Aid (FAFSA) funds or other scholarships to completely cover the cost of college.
July 15 is the deadline to apply for Mesa College Promise funding for this Fall Semester (mesacc.edu/mesa-promise) but high school students expecting to graduate in May 2023 should look into applying beginning in March of next year.

MCC RED MOUNTAIN CAMPUS

Celebrating 20 years of nationally acclaimed excellence in higher education, the MCC Red Mountain (RM) campus has evolved into an academic hub with a focus on health and science. Open to the public, RM's cienega wetlands are a refuge for endangered plants and animals through partnerships with the Arizona Game and Fish Department,

U.S. Fish and Wildlife Service, the Phoenix Zoo, and the Desert Botanical Garden.
The RM Campus is a dynamic learning environment where students are engaged in conservation and habitat preservation research while networking with professionals in wildlife and science careers. Also open to the community, the Saguaro building is a living laboratory featuring a huge terrarium in the lobby that invites up-close yet safe observations of Sonoran Desert wildlife such as the chuck-walla, rattlesnakes, Gila monsters, and desert tortoises.
Acting on the recommendation of the Red Mountain Vision Team, an Allied Health Department is being created on campus to include Dental, Emergency Medical Technology, Health Care Technology Systems, and Paramedicine programs. Expanding the Nurse Assisting Program was one of the first recommendations achieved by restructuring the program into six-week, 4.5-credit courses preparing students for the Arizona State Board of Nursing exam to become a Certified Nurse Assistant (CNA) or Licensed Nurse Assistant (LNA). ■
Schedule a virtual or in-person campus tour for the Red Mountain or Southern and Dobson campuses by contacting the Office of Outreach and Recruitment at (480) 461-6392 or via email at recruiter@mesacc.edu.





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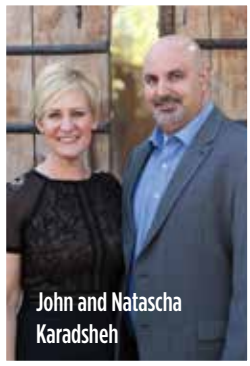
REAL ESTATE

Seven Smart Ways to Invest \$1,000 in Your Home Right Now

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

Our homes are among our biggest assets and so it is always important to continually invest in them to keep them in great shape. However, we sometimes get so caught up on the idea of the big projects that we forget that the smaller investments are just as important.

Here is a menu of things you can do to show your home some love that will help save you money in the long run.



1. BUY A HOME WARRANTY.

If your home is more than 5 years old, you may want to consider purchasing a home warranty. A home warranty will cover your air conditioning, water heater, appliances, ceiling fans, garbage disposal, and more. We have had great personal success with both Fidelity National Home Warranty and One Guard. Both companies cover garage door springs and freon — which are key. The cost is between \$550 and \$1,000 annually depending on the coverage.



2. GET A ROOF TUNE-UP.

The roofing company we have used for years, Shamrock Roofing at (480) 888-6648, will come out and do a free roof inspection. Fixing broken tiles, sealing around vent pipes, repairing cracked mortar caps, clearing roof debris, and keeping your roof well-maintained is a great way to extend the life of your roof and prepare your home before monsoon season. You can expect to spend between \$500 and \$1,000 depending on what small issues are addressed.

3. GET YOUR AC SERVICED.

Your HVACs should be serviced each year to preserve the life of your units. Be sure to also change your air filters more frequently in the summer during dust storm season. Be sure to use a reputable AC company and don't replace your units unless you have gotten a second opinion. Call us if you need a referral. The cost of AC annual service is approximately \$150 per unit.

4. DO A DEEP CLEANING.

Clean houses function better mechanically and are also better for your respiratory health. Take the time this summer to have the carpets cleaned, scrub your home from top to bottom (including inside all closets and cabinets), and clean the windows inside and out. Dryer ducts need cleaning too! Expect to spend between \$500 and \$1,000.

5. INVEST IN ENERGY EFFICIENCY.

Add summer sunscreens on your west windows, install programmable thermostats to take advantage of SRPs time of use plans, or swap to LED lightbulbs. Spend between \$100 and \$1,000 on these items.

6. UPDATE YOUR LIGHT FIXTURES.

Amazon, Wayfair, and Lowes all have affordable updated light fixtures and fans that will transform your interiors. You can expect to spend between \$100 and \$1,000 in this area.



7. UPGRADE THE THING THAT IRRITATES YOU MOST!

For some it may be an old dishwasher, for others it may be slow internet caused by an old router, for someone else it may be an ugly wall color — figure out what bugs you most about your house and tackle that thing first. Your home should be your sanctuary! ■

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 20 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), a member of the Arizona Regional MLS Rules & Policies Committee & Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee. Natascha is an Associate Broker, a Multi-Million Dollar Producer, Founder of Mesa Food Truck Fridays, and Member, and Past-Chair of the City of Mesa Economic Development Advisory Board and serves on the Board of Directors of the Greater Phoenix Economic Council. You can reach John at (602) 615-0843 and Natascha at (602) 909-4995, or visit their website: KORProperties.com.

Real Estate In Las Sendas brought to you by: Las Sendas Area Market Report Sales for the Month of May 2022 KOR PROPERTIES MLS John Karadsheh

Address	Square Feet	Community	Sold Price
7445 E Eagle Crest Dr #1058	1,311	Cachet	\$395,000
7445 E Eagle Crest Dr #1064	1,650	Cachet	\$477,000
7445 E Eagle Crest Dr #1066	1,662	Cachet	\$477,500
7259 E Mills St	1,372	Windsong	\$479,000
7445 E Eagle Crest Dr #1142	1,650	Cachet	\$510,000
7206 E Northridge St	1,605	Windsong	\$515,000
2950 N 71St Pl	1,769	Desert Creek	\$530,000
3055 N Red Mountain Rd #174	1,587	Ironwood Pass	\$540,000
3453 N Tuscany Cir	1,756	Rolling Hills	\$547,000
3515 N Barron	1,571	Rolling Hills	\$583,000
7265 E Nathan St	1,925	Trailridge	\$600,000
7326 E Minton Cir	2,219	Grayfox	\$619,000
3106 N Sawyer Cir	2,226	Terraces	\$650,000
7620 E Wolf Canyon St	1,831	Mountain Gate	\$665,000
3564 N Tuscany	2,451	Rolling Hills	\$710,000
3055 N Red Mountain St #112	1,756	Ironwood Pass	\$720,000
3347 N Boulder Canyon	2,072	Tapestry Mountain	\$750,000
3756 N Barron	2,226	The Highlands	\$759,500
3060 N Ridgecrest #79	2,736	Desert Vistas	\$765,000
7637 E Tasman Cir	3,048	Pinnacle Point	\$888,000
3944 N Arboles Cir	3,024	Stonecliff	\$1,050,000
6915 E Upper Trail Cir	2,831	Sonoran Hills Estates	\$1,200,000
7652 E Summit Trail St	3,122	Hidden Canyon	\$1,605,000
4312 N Pinnacle Ridge Cir	4,483	Pinnacle Ridge	\$2,001,500

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com

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FINANCES

What to Expect From a Financial Advisor

Submitted by Linda Drake and Brent Hoskinson, Edward Jones

If you know you need to invest for retirement and other objectives, but you're unsure of the road you should follow, you may want to get some guidance from a financial professional. But if you've never worked with one before, what can you expect?

First, a financial advisor will assess your situation — your assets, income, and your hopes and dreams for your future.

A financial advisor will also help you determine investment moves appropriate for your goals and risk tolerance. And you can expect regular communications, including portfolio reviews at least once a year.

Also, a financial advisor can develop hypothetical illustrations that can show you how you might be able to choose different paths, such as retiring earlier than you had planned.

Most importantly, a financial advisor can help you feel more confident as you pursue your financial goals. And during times of market turbulence, such as we've experienced this year, a financial advisor can help you avoid overreacting to downturns.

Navigating the investment landscape can be challenging but the journey can be a lot smoother if you have the right guide. ■

This content was provided by Edward Jones for use by your Edward Jones financial advisors, at 3654 N. Power Road, Suite 169, Mesa. Call (480) 985-2651 for more information.



Linda Drake

EDUCATION

ENGINEERING FOR KIDS offers a Wild, Wild Summer

By Kimberly Alvarado

Welcome to Engineering for Kids. This year has been named the Summer of Exploration. Look no further than Northeast Mesa's Uptown Jungle Fun Park as the basecamp for this year's overload of entertainment and discovery.

For the fifth consecutive year, Uptown Jungle, located at 5741 E. McKellips Road in Mesa, will be the host location for weekly programs for East Valley children from Pre-K to 8th grade. Let your child discover new ways to have fun this summer with the knowledge they will gain through interactive hands-on projects and fun demonstrations.

Courses will encourage opportunities to explore future career options as students creatively invent their own solutions to real-world problems. There are new courses to choose from, each week, for ten straight weeks. Shhh — they may not even realize they're learning!

The most common question Engineering for Kids' Program Manager, Zach Gray, is asked from parents of participating students — "Where was this summer camp when I was growing up?"

Interested parents and students are encouraged to visit the website engineeringforkids.com/phoenix-metro. Pull up your phones, and together search all of the possibilities to carefully select from a wide range of course choices from this season's selections.

Possibilities this year for apprentice campers include challenging courses, such as:

- LEGO Moon Mission

- Game Builder Garage with Nintendo Switch
- Podcast Production — encouraging campers to share their story
- Nutrition Science Camp
- Astronomy Camp

The educators at Engineering for Kids are first to admit that they too are continuously learning new things.

Just like engineers in the real world, the educators discover new ways to improve, teach, and learn, so they work together with campers to assess the elements of each camper's experiences. Since learning is a valuable tool, campers and parents are encouraged to give feedback on their experiences at camp.

The conclusion of summer fun is July 29. Sign up for a day, a week, or the whole summer. Each week offers a new curriculum, so there are no repeats, only lots of opportunities for fun!

Drop off time is 8 a.m., with classes beginning at 8:30 a.m. and wrapping up daily at 3:30 p.m. After-care is also available until 6 p.m.

"We begin each class with a 15-to-20-minute lecture of instruction and then encourage each child to take their imaginations as far as they can," says Zach. Each camp course encourages interactive, open-ended learning. Classes also encompass 15 to 20 minutes of break time, to allow the kids to access all the action-oriented activities of Uptown Jungle Fun Park.

This summer could be your child's wildest season of exploration and self-discovery! ■

For more information, visit engineeringforkids.com/phoenix-metro.



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EDUCATION

Exemplary Students Win Community Service Awards



Odalis Lopez Villegas, Mesa High



Elijah Torres, Mesa High



Madilynn Jackson, Mountain View High



Hailey Boiarsky, Red Mountain High



Nicole Digonno, Red Mountain High

By Laura Fricke, Mesa Public Schools

Mesa High's Odalis Lopez Villegas and Elijah Torres, Mountain View High's Madilynn Jackson, and Red Mountain High's Hailey Boiarsky and Nicole Digonno have been awarded Student Community Service Awards from the Mesa Citizen of the Year Association.

Each student received a \$1,500 scholarship. Eligible candidates must complete at least 150 service hours during high school and demonstrate a commitment to lifelong community service.

"It's important to recognize the great volunteer work being done by Mesa Public Schools students," said an association spokesperson. "They're helping with city programs, nonprofits, and other important community outreach in an exemplary manner. As an association, we want to do more to promote volunteerism in our youth to develop our community leaders of the future."

Odalis plans to attend Arizona State University to pursue a degree in healthcare delivery. She hopes to become a neurosurgeon and begin her own private practice, a goal developed after participating in virtual clinical shadowing. She is active in clubs including HOSA, National Honor Society, Link Crew, and Bring Change to Mind.

"I genuinely enjoy the process of helping and speaking to people," Odalis said. "I learned that one does not need to invest money to make a difference. Sometimes people need

your time, energy, and essence."

Elijah plans to earn a degree in nursing from Grand Canyon University. After becoming a travel nurse, he plans to obtain a physician assistant license and specialize in pediatric care. He serves as student body president and is active in clubs including National Honor Society, Orchestra Council, and AVID. During college, Elijah says he will provide music lessons to children in foster care.

"Community service has been a very crucial part of my life," Elijah said. "Knowing that I did everything I could to help others is something that brings me the utmost satisfaction and joy. I envision myself being involved with community service throughout my life with both my professional and personal career."

Madilynn plans to study neuroscience during her undergraduate degree at Brigham Young University and in medical school. She hopes to study abroad and continue traveling as a medical professional in her career. She is active in numerous clubs, including student council, Academy of Government and History, Dream Catchers, Make-A-Wish Youth Council, Toro Ambassador program, and Link Crew, and has organized six community blood drives.

"From my service opportunities, I have learned about the true and sincere goodness of humanity," Madilynn says. "I found my purpose through all of the service opportunities I have been a part of that I will find the most joy and fulfillment from giving everything I have — my talents, my compassion,

my determination — to helping others feel seen and loved."

Hailey plans to study political science and psychology at Arizona State University's Barrett, the Honors College. She is active in clubs including AP Council, Link Crew, National Honor Society, and Drama. She volunteers with several theater organizations and is passionate about helping individuals with disabilities, especially through adaptive theater programs.

"I want to be a beacon of light for those who are often shut out; they are the ones who need the most love and support from our communities," Hailey says. "Wherever I end up in my life, I know serving my community will always be my calling, and I will not stop until I have made a difference in the lives of others."

Nicole plans to major in a medical sciences field and minor in Spanish. She is active in clubs including AP Council, Bio-Med HOSA, Academic Decathlon, National Honor Society, and Link Crew. She serves on the Mayor's Youth Committee and has volunteered at Banner Baywood Medical Center and Spooner Physical Therapy.

"I have learned a lot about myself with service, mainly how it feels to help others in the community," Nicole said. "Service has been a large part of my life since junior high school, and I most definitely plan to continue during college and with my career." ■

For more information, visit mesacitizenoftheyear.com.

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EDUCATION

MEET THE NEW PRINCIPAL at Red Mountain High School

By Laurie Struna
Photo by Tim Hacker

A graduate of Dobson High School, Steve Tannenbaum started his teaching career in Mesa in 2005 as an educator, and football and wrestling coach. He felt a calling to have a greater impact on schools and continued his education, leading to a master's degree in educational leadership and the start of his administrative career.

Principal Tannenbaum most recently served as principal at Williams Field High School in Gilbert. I had the opportunity to speak with him recently and here's a summary of my conversation with him.

What are the best aspects of being a principal?

I believe the everyday human connections that you have and the ability to impact students' lives are the best part of being a principal. When you have a campus where authentic connections are formed, there is a sense of unity and drive. I want to create an environment where there is trust and people feel safe. Being the principal at Red Mountain is my dream job. I will pour my heart and soul into the teachers, students, and community of Red Mountain.



Principal Steve Tannenbaum

What advice would you give your students, staff, and community?

Dive into this school year and get involved. It's important to be active on your school campus and attend all activities.

Being present each day creates a campus where there is high achievement and a sense of belonging. I want to work together to build on the great traditions at Red Mountain.

What book are you currently reading?

I am currently reading *Authentic Leadership* by Dan Owolabi. It is a great read and I am learning much from it as a leader.

How would your teachers describe you as a student?

I thoroughly enjoyed school and everything it has to offer. They would describe me as responsible, respectful, humorous, dedicated, and level-headed. I had some amazing teachers.

Do you have a favorite food or guilty pleasure?

Asian fusion! I enjoy food with spice and flavor and love trying new restaurants. My guilty pleasure is banana cream or Key lime pie. ■

Learn more about Mesa Public Schools at mpsaz.org.

REAL ESTATE

Is now the right time TO SELL YOUR HOME?

By Michael Innes, Hague Partners

Are you wondering if this is the right time to sell your home? Experts are saying this is the best time in years to *time the market*. Sell high now, then wait a few months and buy low. 72 Sold can help you time the market. Lock in your price today, choose your closing date, and stay up to six months to give you time to get a great buy this summer.

Hi, this is Michael Innes, your 72 Sold Program Director Realtor. I have been a long-time resident of Northeast Mesa living in Las Sendas and have been working in the real estate market for 19 years.

To get started, contact my team and we ask you to answer a few very simple questions about the condition of your home and how soon you'd like to sell. We will compute a price on your home based on market data, comparable homes, and the information you've provided.

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An independent study of more than 90,000 home sales found the average sale price for homes sold using our program in our largest market was 8.4 percent higher than the Multiple Listing Service average. 72 Sold is an international company featured on NBC, CBS, and ABC news, and is known for being the *Uber* of real estate, offering you a better home selling experience.

Do not miss the best market to sell in years. For more information, call me at (480) 734-4789, or Joy Currie at (480) 444-2221. ■

Contact Michael Innes by phone at (480) 734-4789, email at Michael@Haguepartners.com, or visit InnesRealEstate.com and get your price now. You can also contact Joy Currie at (480) 444-2221.



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Don't miss the opportunity to relive the days of the 1970s top female pop singer, Linda Ronstadt, whose songs like *Blue Bayou*, *You're No Good*, and *When Will I Be Loved* were played on record players everywhere.

To view information about the
Linda Ronstadt experience, visit
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LOCAL BUSINESS



Summer Specials Sizzle on the Desert Belle

Submitted by John Waldron,
Director of Operations

Arizona's Best Kept Secret is right here in our own backyard, just 15 minutes from Mesa. The Desert Belle Tour Boat has been plying the waters of Saguaro Lake for over 50 years, and her summertime specials are back. Tickets can be purchased at 50 percent off now through Aug. 14 for her 80-minute narrated or live music cruises. Beat the heat on the cool, clear waters of Saguaro Lake in the Desert Belle's air-conditioned lower cabin or on her breezy, shaded upper deck.

NARRATED NATURE CRUISES FOR YOUNG AND OLD

The Desert Belle's Coast Guard-certified captains describe the history of Saguaro Lake, the Tonto National Forest, and the Sonoran Desert in a fun, relaxing environment.

Bald eagles, bighorn sheep, and other exotic wildlife are often seen along Saguaro Lake's towering canyon walls. And tickets are 50 percent off all summer long. Captain and Director of Operations John Waldron, a Las Sendas resident, has been cruising on the Desert Belle for over 25 years. "I am amazed at the number of people who return over and over. It only takes one trip and they're hooked," said John. "Our Google reviews are off the charts. And with gas prices so high, why spend the whole day driving all over the state to enjoy nature? The scenery here rivals anything Arizona has to offer."

LIVE MUSIC CRUISES FEATURING THE VALLEY'S BEST MUSICIANS

Saguaro Lake's stunning landscape provides the perfect backdrop for the talented musicians who perform regularly aboard the Desert Belle. The boat's state-of-the-art sound system allows passengers to enjoy live



music throughout the entire vessel, regardless of where they sit. "We're very selective about the caliber of our musicians," said John. "Playing on the Belle is a pretty desirable gig, and our entertainers reflect that. They definitely engage with our passengers. We also have a full bar with beer, wine, cocktails, and lots of drink specials, so our music cruises are weekly concerts on the water. Great music and great views. It doesn't get any better than that." ■ The Desert Belle is located at Saguaro Lake Marina on Bush Highway/Power Road, just minutes from Northeast Mesa. Tickets can be purchased at DesertBelle.com. Enter code SAVE50 for online reservations or call (480) 984-2425 between 8:30 and 10:30 a.m. Parking is free for passengers. The Desert Belle is handicap accessible and there are restrooms on board.



Happy Independence Day
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Over 50 Up Close

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HEALTH Over 50

Choosing a Medicare Plan needs guidance

Submitted by Tapestry Insurance

A few weeks ago, I met with a wonderful couple. She was turning 65 this summer and was trying to make a choice about what plan to pick to supplement Medicare.

When we sat down to review, she showed me a graph she had made of several different plans and benefits that each offered. I jokingly told her that she had done my job for me but her response made me reflect.

She said that she wanted to be sure that she had made a good choice. It got me thinking, whenever I make an important decision, I like to consult with experts or others who have already made the decision to confirm I choose correctly.

In Arizona, for 2022, there are over 60 different Medicare Advantage plans, over 30 different drug plans, and numerous supplement options. Clearly, having help or even just confirmation of your choice is important.

If you are unsure of what plan to choose, or have picked a plan and want to confirm it is the right plan for you, please feel free to contact me. There is no charge for my help. I am paid by the insurance companies to provide help and peace of mind.

As always, please call me to make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

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HEALTH Over 50

The Hart Center provides custom family intervention

By Kim Phillips

Dedicated to the people he serves, Dr. Patrick Hart has enjoyed providing mental health care for the past 30 years.

He has sustained a gratifying independent private practice for well over two full decades. A local Las Sendas resident, Dr. Hart meets with people in a relaxed and entirely confidential setting.

"My goal is for you to realize the personal growth and vital-life changes that you value most. Solution-focused with my clients, I help people resolve psychological difficulties that involve problems of depression and anxiety," Dr. Hart explained. "I also assist individuals, couples, and families by extending skills-based counseling to help them manage life-defeating and self-destructive habits and behavioral problems."

Previously, Dr. Hart lived in Seattle, where he established The Hart Center, focusing on mental health, including family issues.

Currently, Dr. Hart now practices in Northeast Mesa, providing a quiet and relaxed setting to safely explore and resolve your most perplexing personal challenges using cognitive behavioral therapy.

Dr. Hart said, "I'll help you discover *tailor-made* self-regulation and relapse-prevention strategies to gain control over smoking, eating, alcohol, drug abuse, sex, spending, or whatever unwanted behavior it is that you intend to resolve."

Since times have changed when Dr. Hart first

established his practice, he offers phone consultations. "Consultation services are readily available by means of telephone conference," he said. "If you prefer this form of contact with me, we can schedule a convenient time. Many clients have found satisfaction in this form of communication – substantial gains may be accomplished – even by telephone."

Dr. Hart can help anyone who feels the need for positive change in their lives. "As a psychotherapist, I endeavor to help my clients gain clarity and awareness of their most *vital life values*. Together, we will effectively explore the nature of your particular challenges," he said. "We will carefully specify *tangible personal-therapeutic goals – treatment outcomes – that are ultimately selected and valued by you.*"

Dr. Hart explained the therapeutic *learning* accomplished will require dedicated rehearsal to help sustain and persevere with the personal psychological life-style practices and coping skills that work for you — thus reinforcing your efforts to assure *lasting personal change*.

"If you believe you could benefit from a relaxed and friendly exploration of whatever psychological questions perplex you, rest assured in advance that you'll find value in the work that we do together. If you seek some perspective, I'm willing to offer you my most genuine impressions — personal and professional alike!" ■

For more information, contact Dr. Patrick Hart by phone at (206) 547-HELP (4357).

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3RD COURSE

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