

# Pacino's Italian Grill & Bar Celebrates ten years of service

### **By Kim Phillips**

Pacinos Italian Grill & Bar will celebrate a spectacular 10th anniversary event here in Northeast Mesa on the weekend of April 21 to April 23.

The exciting occasion will include music, food specials, and a live auction.

"It's about making people happy. The art of giving," said Frank Spaccarelli, owner of Pacino's Italian Grill & Bar. "I enjoy making people's day. It's about building relationships," he continued. "More or less why we are still here."

The weekend event will feature Becca Hayes doing a Lucille Ball tribute on Friday night to kick off the celebration. The entire dinner menu will be reduced to 50 percent off regular prices.

"We make food from scratch," said Frank. "Italian is me. I grew up with home-cooked meals, every day," he shared. "Sundays were a pot of gravy, church, pasta, and meatballs. I loved everything," Frank continued. "My passion for food is love of life."

Saturday will feature *Guitarras Latinas* during the day and *B-Side Beatles Tribute Band* in the evening hours. In addition, the Italian restaurant will hold a live auction to benefit the Jack Sullivan Foundation, to benefit Jack, a young man with autism whose father is fighting for his life with a rare form of cancer.

"We will be auctioning off two \$1,000 gift cards, with all proceeds going to his foundation," said Frank. "It's not our way, but the Lord's way of supporting those in need."

Frank explained he feels he is just doing the Lord's work. "So happens to be what he thought would be best for me," he said. "You run with your blessings, put your heart and soul into it."

"This is where we are today. I really give to the Lord with this life. I am just doing his work," he emphasized. "You give without expecting, then it comes back. That's the gift of life. Give freely and it comes back 10-fold."

On Sunday, April 23 the restaurant will have music all day, with the *B-Sides Beatles Tribute Band* during brunch and then *Ken Levine* and the *Blues Brothers* in the evening hours.

"I mean well, I try to do my best," Frank said.

Meanwhile, before the anniversary weekend, Pacino's Italian Grill & Bar will host Easter Brunch on Sunday, April 9. During the Easter festivities, the restaurant will feature hand-carved prime rib, shrimp cocktail, and so much more. There will be an Easter Egg Hunt, where 40



eggs will be hidden throughout the restaurant and patio, with some cash prizes inside.

Easter Sunday Brunch is from 10 a.m. to 1 p.m., with live music from 11 a.m. to 2 p.m.

The cost is \$35 per person, with kids under three free. "I enjoy giving back to the community," Frank said. "This is our way of giving back."

For the 10-year anniversary celebration, the entire dinner menu is 50 percent off, as Frank said he wants the community to believe Pacino's is the to-go place. "My goal is to have Pacino's be a landmark institution, it's not about the money," he shared.

"I want to have peace of mind," he said, as he noted he is 69-years-old now. "Our Lord and Savior, I want to give him the credit he deserves."

Frank wants to express his appreciation for the local community, who have supported him for the past 10 years.

"We really are humbled. We are blessed to be here," he said. "This is the best neighborhood. They really care about me."

He continued, "They know my passion, I have tears in my eyes. That's what it is really all about."

As a result, Frank decided he needed to give back, from supporting the Jack Sullivan Foundation to providing



his patrons with entertainment and a reasonable meal, he said. "When they're happy, I'm happy." ■

Pacino's Italian Grill & Bar is located at 2831 N. Power Road, Suite 104, in Mesa, in The Village at Las Sendas, at the northeast corner of Power and McDowell roads.

For more information, call (480) 985-0114, visit pacinositalian.com, or follow on Facebook at MesaPacinos.





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### EDUCATION

# Self Development Preschool **PROVIDES UNIQUE, EXCEPTIONAL PROGRAM**

Submitted by Staff, Self Development Academy hildren at Self Development Preschool (SDP) look forward to a fun-filled day of playing dressup, singing songs, and reading books. At SDP, that's what they get and so much more.

At SDP, children have so much fun that they do not realize how much they are learning. Every minute of the day is planned to contribute to the children's social, physical, and cognitive development which prepares them for kindergarten through targeted curriculum and activities.

SDP offers a unique and advanced preschool program. This program allows children to begin their educational learning experience in a caring and intellectually stimulated environment. The three-to-five-year-old classroom introduces kindergarten and first-grade curriculum goals and encourages concept mastery and academic confidence.

"Setting a foundation for lifelong learning begins with the toddlers in our program," Vernetta Madsen, SDP director, states. "By the time they are in the four-year-old class, they are learning at the kindergarten level."

The preschool prepares children to learn key subject



matter that yields knowledge for a classroom environment transition. The school's success is based on teaching children the principles of number, letter, and sound recognition: learning the alphabet, verbal memorization, writing exercises, and sight words as well as an introduction to reading and phonics to prepare for independent reading. The



children start to read on their own and build the confidence to tackle the advanced reading in the kindergarten program. Mathematical components include number concepts and an introduction to addition and subtraction with daily math facts.

SDP two-year-olds' toddler curriculum addresses motor coordination, language development through sign language and vocabulary building, and recognizing numbers, colors, and shapes.

The three-year-old curriculum consists of letter recognition, phonics, and learning to write. Children learn with their five senses and continue to develop by honing fine motor skills, interacting with friends, and building mathematical, literary, and creative skills.

The four-and-five-year-old curriculum follows the public school curriculum designed for kindergarteners. This prepares students to be one year ahead when they enter kindergarten the following year. Students learn to write their first and last names and sounds, know their letters and numbers in and out of sequence, and learn beginning math skills. "Students in our pre-kindergarten program receive excellent foundational skills so they are exceptionally prepared for kindergarten," Vernetta continues. "Many of our pre-k teachers have been with us for a long time. They create a nurturing, caring environment that truly engages students."

Among the lessons that make SDP unique are music lessons that expose children to the great composers and the history behind their works. SDP students also complete exercises that mimic Van Gogh and Michael Angelo's paintings. Monthly themes keep children engaged through ever-changing classroom decor and new activities and games that explore different professions, historical eras, and animals.

Self Development Preschool is a privately run school founded in 1988. SDP offers year-round services for two-to-five-year-olds, a before and after-school age program, and a summer day camp for children ages two through 12 years. Many SDP students go on to attend Self Development Academy-Mesa, a K-8 school, located next door. Self Development Academy-Mesa is one of the top-ranked charter schools in the state and nationally.

Self Development Preschool delivers a well-rounded educational experience for

educational experience for your child. The school offers children the opportunity to develop a love for learning and a daily challenge to think at a higher level.

Welcome to Self Development Preschool. For more information and for the information on the Summer Program, please call Vernetta Madsen at (480) 396-3522.





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### THE PATIO AND GRILLE

Cinco de Mayo preparations are underway at The Patio & Grille, as the team prepares some great drinks and appetizers suited for the occasion. Stop in to celebrate the holiday.

#### SO, YOU'RE IN THE MOOD FOR SOME UPBEAT ENTERTAINMENT?

Head over to The Patio & Grille for this month's featured favorite entertainment group — *Guitarras* 



*Latinas*. This five-man band plays each Thursday in April and their soothing sounds are certain to get you into the spirit of the upcoming celebrations for Cinco de Mayo. Sinking orange sunsets are enhanced by the romantic vocals of this group. Fans are bragging about the talents of the group, which makes them want to get up and dance.

This red-hot Santana Tribute band has it all — the fiery lead guitar work, the propulsive Latin percussion, and a groove that connects to the soul of the audience. The blend of rich vocals, pulsating Latin percussion, and searing guitar of *Guitarras Latinas* are so authentic you will swear it is Carlos on stage. Prepare to be on your feet until the last note sounds!

\*Reminder — The Patio & Grille will be closed during dinner hours on Sunday, April 2 due to the festivities of the Coopstock concert.

### **GOLF CLUB AND PRO SHOP**

Celebrity vibes integrate the Las Sendas Golf Club early this month with Alice Cooper's 25th Annual Rock & Roll fundraising celebration and sold-out golf tournament.

Community entertainment will include a silent auction and live performances, at the golf course, beginning at 5 p.m. on Sunday, April 2. Alice will be joined by Tommy Thayer of *KISS*, Ed Roland of *Collective Soul*, Robin Zander of *Cheap Trick*, Dave Jenkins of *Pablo*  *Cruise,* Chuck Garric of the *Alice Cooper Band,* and *Sixwire,* along with teen performers. This rock and roll presentation benefits Alice Cooper's Solid Rock Teen Centers in Mesa and Phoenix. Admission is:

- \$400 VIP TICKET: Valet parking, table seat, dinner/drinks, etc.
- **\$200 GROOVY COOPSTOCK CHAIR:** Collectible Coopstock chair and premium seating
- \$69 FESTIVAL: Lawn access, hamburgers, and hot dogs for sale. Bring a lawn chair or blanket!

Spring is blooming in the Pro Shop with the addition of OGIO's new line of golf bags for the ladies. Come in to grab one for Mother's Day before they are gone. You'll also want to check out new additions to women's apparel by *Lucky In Love* and *Sofie Villa*,

featuring contemporary pieces anybody's Mom would love. Rain, rain go away! Michael Field, director of golf,

said, "The upside of all the unprecedented recent rainfall is that the golf course is in pristine condition." Book a tee time in advance, online at lassendas.com.

#### THE VISTAS PAVILION

Preparations are underway at The Vistas Pavilion for a delicious Easter Sunday brunch scheduled for April 9 from 10 a.m. to 2 p.m. The views are amazing and the lovely food that guests experience for this holiday is the result of lots of preparations from the kitchen and events staff who coordinate every detail to assure the finest setting for you.

Carla Shaw, events and catering director, explains, "There are so many moving parts to planning this event. One of my favorite parts of planning for Easter brunch is putting together lots of information on paper. The banquet team looks at past Easter brunches to make sure the food chosen is relevant to the holiday. We also make sure new choices are delicious favorites." The Grand Buffet has an *eggs-cellent* choice of selections, including, of course, eggs! Which brings the next challenge to the table.

"We research shortages and food chain supply issues — who knew that eggs could reach \$7 per dozen?" Carla added. With a secure source for eggs, there is an assurance that they will definitely be part of the meal.

With that security and a finalized menu, activities move to the planning stage of informing guests of the offerings and how to participate. "That's the easy part," said Carla. "Thanks to social media, and *UpClose Publications*, we are able to get the word out for all things East Mesa and Las Sendas community related."

The days that follow include taking reservations, setting up a floor plan, scheduling employees, and preparing the banquet room. Then it's time to choose the linen colors, polish the silverware and plates, and prepare the buffet with *Happy Easter* touches.

Meanwhile, the kitchen staff, under the direction of Chef Omar, coordinates the menu and puts people into action like a little army. "The freshest ingredients are purchased to add to dishes that taste like your mother's cooking," said Chef Omar. "Everything is made from scratch."

As the event moves closer into focus and becomes a reality as guests are greeted upon arrival, the staff works toward assuring an exceptional experience for everyone. And, finally, the objective is fulfilled, evident by the happy smiling faces!

### **PLANNING AN EVENT?**

Professionalism and individual attention to your needs might just take some of the stress out of your next important occasion. This leaves time for you to create life-lasting memories without worrying about all the details.

Contact Carla Shaw, events and catering director, at cshaw@lassendas.com or call (480) 396-4000 x222. Let the magic of the staff at The Vistas Pavilion work for you. ■



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### LOCAL BUSINESS

# Weldworx Revitalizes Home Pieces with High-Quality Welding



### By Jamie Killin

fter going to school for welding and taking on side projects while working a full-time job, Michael Sanchez was able to make his hobby of welding a career with the launch of Weldworx, helping people to fix household items, repair car parts, and create custom handrails for staircases.

"I do a little bit of everything," Michael said. "I like the creative projects as much as the small jobs. A lot of people look at something broken around their home for years, and when I'm able to fix it, they're so happy about it."

For example, Michael is currently fixing a decorative metal cross that had broken in half, breathing new life into an item the owner wasn't sure could be repaired.

"A lot of people would have probably just thrown that piece away without knowing that it can be repaired," he said. "People might think some of those jobs are too small to call someone and have them fix it, but I don't mind those small jobs — things like fixing that cross or welding a latch on."

From small jobs to larger projects, he aims to provide clients with excellent customer service.

"I'm fair, I do quality work, and I try to give people more than they're expecting," Michael said. ■

For a quote, potential clients can call Michael directly and arrange for him to look at the item. Contact him at (480) 612-5108.

### LOCAL BUSINESS

# What If Innovation Made Optimal Aging Easier?

### Submitted by The Exercise Coach

s 20 minutes really enough? Will two 20-minute workouts a week help someone get toned?

According to the scientific definition, toneness refers to the level of tension in a

refers to the level of tension in a muscle at rest, but most people refer to being toned as being lean. In that regard, strength training will absolutely help you get leaner and build firm muscles.

One misconception about toning is around spot reduction. Often, when people talk about toning their body, they are talking about making a particular area of their body leaner by targeting it with exercise, but that isn't

how the process works. Effective strength training is about getting whole-body results that impact your metabolism and decrease body fat throughout the whole body.

Strength training is the most important thing you can do for health, longevity, quality of life, and reducing body fat. Whole effort strength training is the best way to achieve the best body leanness, definition, or tone that you can.

### **IS TWICE PER WEEK OFTEN ENOUGH?**

One of the most common questions we get at The Exercise Coach is, "Is exercising twice a week really often enough?" Below we will explore why whole effort exercise twice a week is not only enough, it's the optimal amount you need to achieve the best fitness results for your body in the shortest amount of time possible. Exercising twice a week is more than enough. In fact, exercising more often can actually be counterproductive.

The most important thing you can do as you age is to address the health of your Type 2 or fast-twitch muscle fibers. To stimulate and improve the quality of your fasttwitch muscle fibers, the exercise needs to be intense, brief, and at a sufficient intensity to force adaptations. When we work our muscles in this way it forces adaptations, which are the end results that we are seeking from an exercise program. The flip side of this intense exercise is that you need to give your body enough time to fully recover and



super-compensate, which takes at least 48 hours. All the results we want from exercise, like increased muscle mass, strength, neurological efficiency, and improved insulin sensitivity, are not actually caused

directly by exercising. Our bodies produce the results we want once we have achieved adequate recovery.

If you exercise more frequently than twice a week, all you are doing is interrupting and disrupting the body's innate ability to produce the very results you want. Overtraining can cause people to stall out and even go backward in terms of their fitness improvements or worse, lead to overtraining and possible injury.

The answer to getting the best possible results is never just exercising more. The key is combining whole effort exercise and whole-food nutrition to get all the results we want.

### **MEASURABLE RESULTS**

We should be able to measure the results of any exercise program, which is why this idea is built into every program at The Exercise Coach. If you're not seeing results from your exercise routine, question whether your exercise is intense enough and whether or not you are giving your body enough time and resources to recover properly.

During a workout, you are depleting the stored energy in your muscles so that they will build themselves back up over time. Your recovery time is just as important as your workouts. The consumption of your muscle's fuel is a major metabolic signal that triggers these kinds of transformations.

Today, more than ever, we need to maintain our physical and mental health for our overall well-being. The workouts at The Exercise Coach change everything for our clients.

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Bryan Moran, PGA Golf Professional



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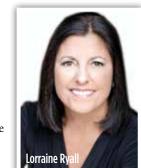
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## REAL ESTATE

# Why Now May Be the Best Time to Buy

**By Lorraine Ryall** Associate Broker, CDPE, CSSN, CNE **KOR** Properties **7** hen we had the sudden increase in mortgage rates last May, buyers hit the brakes and we had another dramatic change in the market, going from a frenzy with multiple offers to pretty



much a standstill overnight. With homes sitting on the market and few buyers, we shifted from a sellers' market to a buyers' market, giving the buyer negotiating power again.

### THE MARKET DID NOT CRASH

There was a lot of fear the housing market was going to crash like it did in 2007/2008. The market couldn't continue at the pace it was on and when the market shifted, buyers were waiting to see if the bottom was going to drop out of the housing market and prices were going to plummet, but it didn't happen.

Prices did decline by 13.6 percent from May to December, which was possibly the bottom of the market as we have started to see an increase again.

#### **BUYERS ARE COMING BACK INTO THE MARKET**

Once buyers realized the market wasn't going to crash, and mortgage rates were fluctuating between a tighter range with a good chance of going higher, buyers decided to get off the sidelines and come back in the market again. After all, if mortgage rates did drop, they could refinance to the lower rate but at least lock in at the rate now.

In January, we started to see buyers come back and demand has picked up over the past couple of months while supply is declining. We have started to see multiple offers again on some properties, but buyers are still hanging on to their negotiation power in most areas. But how long is that going to last?

### **BUYERS HAVE NEGOTIATING POWER**

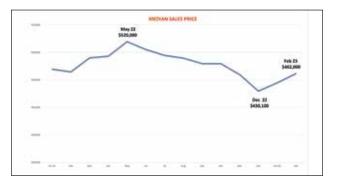
Today, buyers still have the upper hand, but that margin is getting narrower every day. When homes sit on the market for longer, sellers are more likely to accept a lower offer, but what is really beneficial to buyers right now is the negotiation power they have to set their own terms.

Repairs: Sellers are willing to do repairs. Unlike the market for the past few years when buyers had to throw everything at a seller and purchase a home As Is, now the buyers have the upper hand and can ask sellers for repairs.

Sellers Concessions — Closing Costs: Offering \$10,000 less on the purchase price doesn't make much of a difference to your monthly mortgage payment but having the seller pay \$10,000 toward your closing costs means that is \$10,000 less you have to bring to the table at closing. It's like cash in your hand.

Rate Buydown: This has become one of the most popular concessions over the past few months and something we haven't seen before, or at least not in the 14 years I have been doing real estate. When the rates jumped up some buyers were priced out of the market or had their buying power cut. To help negate the higher interest rates, buyers are asking the seller to contribute toward a rate buydown, usually one to three percent of the purchase price.

You'll generally pay one percent of the total loan amount for each point and receive a 0.25 percent rate reduction, but the cost and discount vary depending on the market and lender and type of buydown you get. Make sure you check with your lender if the rate



buydown is temporary — usually a one to three-year rate buydown, or a permanent fixed rate reduction for the entirety of the loan.

#### **RENTING VERSUS OWNING**

When home prices increase, rental prices are right there with them and have increased 48 percent in the past two years. With sellers willing to pay concessions toward a buyer's closing costs or to buy down the interest rate, and with down payments as low as three percent, owning a home is becoming more attractive to renters.

Why pay someone else's mortgage payments when you can pay your own? Homebuyer.com data shows a 15.4 percent jump in first-time home buyer mortgage applications in February compared to the prior month.

If you are thinking of buying a home, now may be the best time when you can take advantage of the negotiation power a buyer has. I can help guide you through the process and negotiate the best possible deal tailored to what benefits you the most.

Please don't hesitate to contact me if you have any questions or are ready to start the home-buying process and find your perfect home.

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 14 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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We needed someone with a depth of knowledge about the market in this area.

Lorraine Ryall is the total package in a realtor! Dedication, integrity, honesty, and total professionalism! She and her assistant Karen made the process so smooth and easy for us. Would hire her again and again!

### 8 April 2023 Up Close



#### By Judy A. Knox, Charis Christian Church

few summers ago, I took my grandkids to a history museum to learn how people lived many years ago. One attraction was the blacksmith shop.

I had watched blacksmiths before, but this time I really paid attention. He placed an iron in the fire until it turned red-hot. Then he pulled it out, laid it on the anvil, and hammered the hot metal into shape. When the metal cooled, becoming too brittle to work with, back into the fire it went.

A blacksmith pulling one iron out, working on it, then plunging it back in and waiting for it to heat up again wouldn't accomplish much in a day. So, he worked on several pieces at a time, hammering on one as others were heating, keeping continual watch on all the pieces. If one was left in the forge too long, it would lose its shape. Timing is crucial. That is where we get the phrase strike while the iron is hot.

The smithy knows how many pieces he can manage at a time. If he overestimates what he can handle, he will end up needing to reheat and rework some pieces. That is where the saying too many irons in the fire comes from.

What an apt description of our lives when we try to juggle too many projects and end up ruining one thing while hurrying to strike while the iron is hot with another. We run hither and yon, pulling out tasks to work on, plunging them back into the fire, and not doing anything well.

When we notice ourselves making dumb little mistakes or forgetting things we meant to do, it may be time to remove some irons from the fire. We need to take a deep breath and ask God which ones should be pulled out and set aside for another day.

Jesus warns us in His parable of the sower who cares and how distractions of this world can choke the Word planted in our hearts, keeping it from bearing fruit. Too many projects and activities, no matter how good they may be, will stunt our spiritual growth.

Psalm 46:10 says, "Be still and know that I am God." If we don't have time for this, we probably have too many irons in the fire. We want to be like Jesus, who did all things well (Mark 7:37). ■

If you're looking for a church where the Word of God is preached and made practical, come visit us at Charis Christian Church, 4811 E. Julep Street, Suite 101, in Mesa.

### LOCAL BUSINESS

# By the Bucket Opens **New Red Mountain Location**

**CELEBRATES WITH GRAND OPENING APRIL 13** 

#### By Jamie Killin

he newly franchised fast-casual Italian eatery, By the Bucket, has opened in Northeast Mesa. The Red Mountain location is offering the high-quality, fresh spaghetti by the bucket that the restaurant has become known for, as well as new menu items including 8-inch hoagie subs, Caesar salad, a la carte protein options, and assorted desserts.

The team at the Red Mountain location is excited to welcome its regulars as well as meet new patrons at the grand opening taking place on Thursday, April 13 at 3 p.m. Guests can stop by the store, share how they heard about the new restaurant, and enjoy desserts and other samples from the menu. The franchise owner, former NFL player Paul Kruger, will also be in attendance to celebrate the new location.

Franchisee owners and spouses, Jenna Peterson and Brian LeBlanc, knew they wanted to open their own By the Bucket location after regularly dining at the original Payson location before their camping trips. Now, as franchisees, they've seen the restaurant's growth and popularity.

"The first one that opened up in Payson was a very basic concept — a bucket of spaghetti with your sauce, meatballs, and side of garlic bread, offered in three different sizes," said Jenna. "Now, you can upgrade your sauce with a meat sauce or alfredo sauce or add a variety of proteins like chicken or Italian sausage."

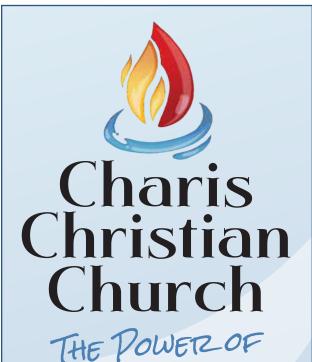
By the Bucket

By the Bucket has quickly become a favorite for families wanting an affordable, quick, and delicious dinner on the go. The restaurant also offers several great, quickservice lunch options as well, such as a lunch combination of a sub, chips, and a drink, or garlic bread pizza. For those wanting to dine at the restaurant, there is a bistro table outside where guests can enjoy their meal.

By the Bucket Red Mountain location is on the northwest corner of Power and McDowell roads, facing McDowell Road, next to the cleaners. It is open Tuesday through Sunday from 11 a.m. to 7 p.m. for both lunch and dinner. For more information on By the Bucket, visit bythebucket.com. To stay up-to-date on the Mesa Red Mountain location, follow on Instagram at bythebucket\_mesa\_redmountain.







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### LOCAL BUSINESS

# **Every Detail Matters**

Submitted by Alpha House Home Decor Gallery lpha House Home Decor Gallery carries a wide selection of unique accessories. Let us help you create the perfect sanctuary. Join us for a two-day sale on Friday, April 14 and Saturday, April 15 and receive 10 percent off in-stock framed and stretched canvas artwork, artificial floral arrangements, and side tables.

Home accessories infuse personality and warmth into a space and give your surroundings a sense of cohesiveness. The perfect combination of strategically placed elements can give a room character and add vibrancy.

Although the art of accessorizing can sometimes be a challenging process, the transformation can be remarkable. By employing a few basic design concepts, you can create beautifully designed interiors just like the professionals.

#### **CONSIDER VISUAL WEIGHT AND SCALE**

Visual weight refers to how light or heavy something *feels* to our brains. The things that grab hold of our attention in a room are the things that typically have more visual weight. The illusion of visual weight can be achieved through color, texture, and pattern.

Dark or more saturated colors are heavier and create a moody, warmer feel. Lighter, cleaner colors carry less visual weight and lend a cool and airy ambiance to a space. Texture refers to how shiny, dull, rough, or smooth an object appears. Too much color or pattern can be visually overwhelming and create an unsophisticated hodge-podge of *stuff* and a space with virtually no weight can appear boring and uninteresting.

Scale refers to how an object relates to the size of a room. The size and visual space an object takes up



should make sense with everything else around it. For example, a large oversized sectional would look odd in a small studio apartment. The key is balancing weight and scale to create a cohesive and inviting space.



#### **CREATE BALANCE WITH ODD NUMBERS**

Arrangements in odd-number configurations are more appealing and memorable and allow you to vary heights in an interesting way. Odd numbers force your eyes to move around a grouping of objects and this intentional movement is the heart of visual interest. For example, decorating in threes creates the illusion of symmetry and balance.

The idea is to create a *central* element with a balancing item on each side. Therefore, using small, medium, and large pieces that can be staggered is visually appealing.

# CONCENTRATE ON OBJECTS THAT SPEAK TO YOU

Design creative displays from thoughtfully curated assortments of unique artwork, vintage accents, interesting pillows, and one-of-a-kind accessories. Include items with sentimental value that have great stories behind them. These can be wonderful conversational pieces.

Following the latest trends on TV or in magazines can create amazing spaces, but I always recommend personalizing your home by focusing on items you truly love and will enjoy seeing every day. ■

Alpha House Home Decor Gallery is located at 2823 N. Power Road, Suite 105. For more information, follow on Facebook at facebook.com/AlphaHouseHomeDecor.

# New Additions added to Gourmet Gelato & Coffee Menu

By Kimberly Alvarado ourmet Gelato

Coffee is adding milkshakes and floats to its menu selection this month. Stop by and grab your favorite flavor for a cool on-the-go treat.

Take advantage of the free WiFi and get some work done beneath the shaded patio area. It's the perfect month to flee from the confines of your home office space.



April's highlighted gelato flavor is Oreo white chocolate fudge, and soon choices will include peanut butter brownie, Nutella biscotti, and chocolate chip cookie dough.

Did you know that Gourmet Gelato & Coffee has catering services available? Whether you're planning a birthday party, wedding, shower, or corporate event, the neighborhood sweet shop can provide indulgent palatepleasing tastes for your guests.

### WHAT IS GELATO?

Gelato is the Italian version of ice cream, known for its intense flavor, silky smooth texture, and fresh taste. Its name means *frozen* in Italian and differs from ice cream in one standout difference — texture.

Because of the difference in ingredients and preparation, the two desserts' end results also vary. Gelato contains six to nine percent butterfat, which is significantly lower than ice cream. It is also churned at a slower speed and contains less air, making it dense, as opposed to the *fluffiness* of ice cream.

Gourmet Gelato & Coffee is located in the shopping center on the southwest corner of Power and McDowell roads. For more information, call (480) 415-8429. You can also follow them on Instagram at gourmetgelato&coffee.

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# **ITALIAN GRILL & BAR**

# **REAL ITALIAN BY REAL ITALIANS**

# ANNIVERSARY WEEKEND MUSIC LINEUP

FRIDAY NIGHT (4.21): Becca Hayes doing a Lucille Ball tribute and more SATURDAY (4.22): Guitarras Latinas SATURDAY NIGHT: B-Sides Beatles Tribute SUNDAY BRUNCH (4.23): B-Sides Beatles Tribute **SUNDAY NIGHT:** Ken Levine and the Blues Brothers

# PACINO'S CELEBRATES ITS **HERE IN EAST MESA** Our way of showing our gratitude is by giving back to our loyal guests, extended family, and friends.

### THIS YEAR BEING OUR **10TH YEAR, WE ARE GOING ABOVE AND BEYOND.**

Friday, Saturday, and Sunday, we will be celebrating by offering our entire dinner menu at 1/2 off as well as having live music on Friday night, Saturday all day, and Sunday brunch.

### We will be holding a live auction to benefit the Jack Sullivan Foundation on Saturday afternoon around 3 p.m.

Jack is an amazing young man challenged with autism. On top of this his dad is fighting for his life with a rare form of cancer. We will be auctioning off two \$1,000 gift cards with all proceeds going to his foundation.

It's not our way, but the Lord's way of supporting those in need.



FEATURING HAND-CARVED PRIME RIB, SHRIMP COCKTAIL AND SO MUCH MORE We will also being having an Easter egg hunt where we hide some 40 eggs throughout the restaurant and patio. > Each egg has a surprise and some with \$\$\$ <</p>

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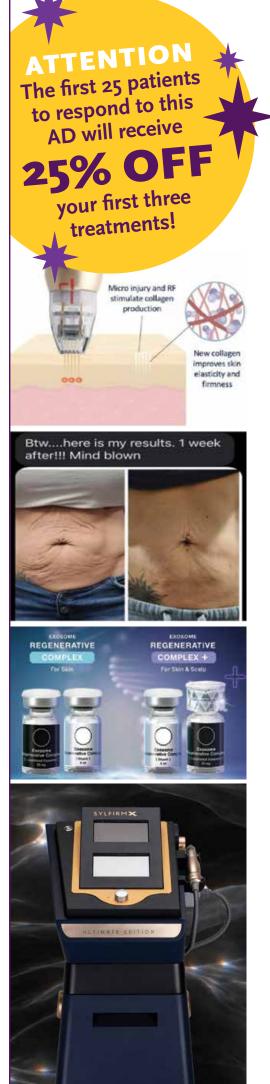


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# How does Sylfirm X work?

Using an electronically controlled hand piece, the system uses 25 ultrafine gold plated needles to pierce the skin and deliver radio frequency energy (heat) below the skin's surface without damaging the outer layer of the skin. The system applies a precise energy level with each pass to ensure the RF microneedling penetrates to the correct depth to provide optimal results. The controlled micro-injuries created by the treatment result in upregulation in collagen production. This increase in collagen production leads to tighter, younger-looking skin.

# What conditions can Sylfirm X treat?

Sylfirm X can deliver a range of skin improvements for all skin types, including:

- Wrinkles and laugh lines
- Reducing the look of pores, scars and stretch marks
- Acne and acne scars
- Tone, texture and brightness
- Lifting and tightening sagging skin
- Plumping and volumizing
- Double chin reduction
- Eye, brow, neck and jowl lifting
- Eye bag reduction
- Eyelid tightening
- Hand rejuvenation
- Melasma (brown or grey patches)
- Facial flushing
- Hyperhidrosis (excessive sweating of armpits, hands, feet, forehead, etc)

# Who is a good candidate for Sylfirm X?

Sylfirm X is suitable for all skin types and ages if you are in good health, have early signs of aging, have realistic expectations, and are looking to treat the following:

- Pigmentation Rosacea and Melasma
- Skin rejuvenation: Wrinkles, enlarged

# TREATMENT includes EXOSOME APPLICATION

**Exosomes** are responsible for cell-to-cell communication and for facilitating the exchange of RNA (ribonucleic acid) and other important proteins between cells (i.e. fibroblasats, keratinocytes, immune cells, etc). **Exosomes can be used to significantly increase skin collagen and elastin**. Exosomes contain numerous growth factors as opposed to PRP, which has a thousand times stronger regenerative power. A proof-of-concept study was created by the researchers at the University of North Carolina. They learned that harvested exosomes were more effective in the repair of sun-damaged cells as compared to stem cells, retinol, and other popular procedures.

**EXOSOME Regenerative Complex+** is an intensive dual-action complex formulated to absorb quickly into the skin delivering the concentrated power of over <u>5 billion stem cell</u> derived lyophilized exosomes, potent growth factors, peptides, coenzymes, minerals, amino acids, and vitamins. Paraben-free | Steroid free / Hypoallergenic patented technologies and ingredients

SYLFIRM X literally transforms your skin's appearance, taking tone and texture improvement to a new category of youthful vibrance.

# **BENEFITS SEEN**

Visible results can be seen within a few days, but typically after three weeks, the most noticeable results appear. Improvements continue up to three months after treatment. Best results are achieved by receiving 1 SYLFIRM treatment per decade of age. (ex: 50-year-old may require 5-6 treatments). Treatments should be performed at 4-6 week intervals.

# MINIMAL DOWNTIME. LITTLE TO NO PAIN



Zaina Rashid, D.O., F.A.A.D.

DR. RASHID IS A MEMBER OF: American Academy of Dermatology American Osteopathic Association American Society of Mohs Surgery American Society for Laser Medicine and Surgery

> The American Academy of Cosmetic Surgery

The American Society for Dermatologic Surgery

- pores, rhytides, fine lines, and skin laxity
- Scars: Atrophic scars, acne scars, stretch marks, and hypertrophic scars
- Body rejuvenation: Double chin, turkey neck, and decolletage



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# Land Scams Have Arrived in Our Neighborhood A MUST READ FOR ALL PROPERTY OWNERS AND BUYERS

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

I n the last few months, land scams have become increasingly common across the country and have even impacted our neighborhood. We are personally aware of several scam attempts and want to

urge property owners to be aware especially if they own vacant lots, land parcels, or other investment properties.

While vacant land scams are among the most common, the scammers are also targeting homes without mortgages that are vacant or used for vacation rentals especially those owned by corporations or out-of-state homeowners. They have also targeted homes owned by people who have recently deceased. Sellers need to keep tabs on their properties and buyers need to be extremely careful and educate themselves if they are looking to purchase property.

One of the common scams involves vacant land that is listed by someone who is impersonating the owner. These properties are typically listed as "for sale by owner" on third-party sites like Zillow and are usually offered at prices below market value. Scammers target vacant properties because there is no one living at the property and there is no home to photograph or show, making it easier for them to impersonate the owners.

The scammers often present themselves as out-ofstate owners and typically will only communicate via email or text. They press for a quick closing and use a remote notary and title services. They will not meet in person or over a video call.

We recently discovered that a lot owned by a client of ours was listed below market value on Zillow. The listing had new pictures, a description (with questionable grammar), and a *too-good-to-be-true* price. We contacted our client and he had no idea his property was offered for sale on the site. While he was able to get it removed from Zillow, other owners and buyers have not been so lucky.

The scammers often use an out-of-state power of attorney to forge identity documents and deeds, they use fake emails and signature blocks, and, in some cases, even manage to trick the title companies. The worst part is that when these scams are successful, the ownership is actually transferred and recorded through the county to the new buyer. The process for regaining ownership can be long, costly, and incredibly frustrating.

If you are a buyer who is interested in purchasing vacant land here or elsewhere, be aware of these red flags.

- The "Seller" Will Not Provide Detailed Property Information. When it comes to selling any property, a seller should be forthcoming and disclose what they know about the property. If the seller is vague and can't provide detailed information about the property including when they purchased it, what their intent was for the property, an explanation of the views, the utilities, the exact location, annual property taxes, etc., you should have concern. The fraudsters don't like a lot of questions so they will often simply stop communicating.
- The Price Is Too Good to Be True. In the case of our client's property, and several others that have recently been fraudulently listed on third-party sites, the price listed was significantly below market value. Don't be caught up by the *deal* and lose sight of the red flags.
- **The Seller Is in a Hurry.** If the seller is in a rush to sell and you don't feel quite right about it, listen to your gut. A reputable seller will know you need time for due diligence. Also, be aware of incredulous stories that explain the seller's need for a quick close.
- You Can't Connect with the Seller. You should take caution if you can't meet the seller in person or speak with them on the phone or via a Zoom call. If they are only available by text or email, this is a concern.

brought to you by:

• Be Sure to Have Your Own Representation. Just because a piece of property is "for sale by owner" does not mean you can't have a Realtor representing you. Let your Realtor speak with the seller (experienced agents have spidey senses!), hire a reputable title company, choose a very experienced title agent, and last, but not least, buy title insurance. Be sure to have people you trust on your team.

### **PROTECTING YOUR PROPERTY**

If you own vacant land here or out of state, set a Google Alert for your property address or just regularly Google your address. Search your property on Zillow and on other third-party sites to see if it is listed for sale. Visit your property or ask a neighbor to make sure there isn't any unusual activity on the site. You can also check the county recorder and treasurer's office to make sure you are still the owner on record.

Please help us share this information with your friends and neighbors so we can all protect our community. If you have any questions about property, please don't hesitate to contact us at (480) 568-8680. We are always here to answer your real estate questions.

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun.

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 20 years. He is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), and serves on the Arizona Regional MLS (ARMLS) Rules & Policies Committee, ARMLS Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha is a Multi-Million Dollar Producer and Accredited Buyers Representative (ABR). She is the Founder of Mesa Food Truck Fridays, a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, and on the Board of Directors of the Greater Phoenix Economic Council.

**NE Mesa Area** 

**Market Report** 



Address	Square Feet	Community	Sold Price
2948 N Sonoran Hills	1,919	Desert Creek	\$417,600
2607 N Raven	1,856	Windsong	\$440,000
7305 E Tasman St	1,571	Featherwind	\$495,000
7248 E Nance St	1,584	Trailridge	\$500,000
6831 E Pearl St	1,926	Vintage Hills	\$510,000
7656 E Sierra Morena St	1,756	Rolling Hills	\$520,000
3005 N Sonoran HIs	2,539	Desert Creek	\$530,000
7349 E Northridge Cir	1,762	Grayfox	\$535,000
2732 N Rowen	2,512	Grayfox	\$550,000
7460 E Nora St	1,999	Grayfox	\$555,000
6927 E Scarlet Cir	2,836	Cobblestone	\$560,000
7415 E Nora St	2,356	Grayfox	\$565,000
7515 E Oasis Cir	1,571	Silverhawke	\$565,000
3055 N Red Mountain 88	1,756	Ironwood Pass	\$571,000
7043 E Regina St	1,571	Tapestry Mountain	\$579,900
3040 N Sawyer	2,370	The Terraces	\$580,000
2749 N Raven	2,475	Trailridge	\$605,000
3055 N Red Mountain Rd 80	1,571	Ironwood Pass	\$625,000
7664 E Torrey Point Cir	2,814	Pinnacle Point	\$648,500
3419 N Sonoran Hills	2,475	Stoneledge	\$685,000
3708 N Piedra Cir	2,798	Eaglefeather At Las Sendas	\$695,000
3944 N El Sereno	2,243	Whispering Ridge	\$707,000
3060 N Ridgecrest 123	2,732	Desert Vistas	\$755,000
3750 N Piedra Cir	3,063	Eaglefeather	\$760,500
3746 N Sonoran Hills	2,835	Cobblestone	\$780,000
3430 N Mountain Rdg 5	3,655	Sonoran Heights	\$800,000
7823 E Red Hawk Cir	3,427	Grayhawk	\$950,000
8102 E Valley Vista St	3,024	Granite Preserve	\$960,000
7260 E Eagle Crest Dr 25	3,449	Black Rock	\$1,230,000
3534 N Boulder Canyon St	4,079	Mountain Village	\$1,265,000
7260 E Eagle Crest Dr 42	4,758	Black Rock	\$1,675,000

Sales over \$600,000 for the Month of February 2023

state, In NE Mesa

Address	Square Feet	Community	Sold Price
2457 N Alamo	3,100	Village Grove Estates	\$609,000
2913 E Mallory St	2,419	Vista Mesa	\$645,000
1347 N 86th Pl	2,294	Grandview Estates	\$655,000
8712 E Hannibal St	2,862	Grandview Estates	\$660,000
5253 E McDowell Rd	1,913	Apache Wells	\$670,000
6446 E Trailridge Cir 91	3,543	Red Mountain Ranch	\$675,000
1833 N Raven Cir	2,277	Falcon Hill	\$685,000
2920 E Fox St	3,318	Mountain View Highlands	\$696,000
5634 E Sierra Morena St	2,035	Reserve At Red Rock	\$739,000
8012 E Jaeger St	2,597	Monteluna	\$759,900
6446 E Trailridge Cir 36	2,458	Red Mountain Ranch	\$775,000
5925 E Redmont Dr	2,462	Reserve At Red Rock	\$779,467
9930 E Ivyglen St	4,289	Whisper Mountain	\$780,000
8445 E Kael St	2,382	Mountain Bridge	\$790,000
4053 E Glencove St	3,512	Estate Groves	\$810,000
3416 E Enrose St	2,872	Thayer Estates	\$815,000
1817 N Hillridge St	2,357	Monteluna	\$829,900
2743 N Cabot Cir	2,903	Boulder Mountain	\$870,000
3864 E Enrose St	3,489	Trovita Estates	\$880,000
5345 E McLellan Rd 68	3,496	Alta Mesa	\$900,000
2756 N Cabot Cir	3,313	Boulder Mountain	\$949,900
9464 E Northridge St	3,313	Boulder Mountain	\$975,000
1915 N Stevens Cir	3,310	Groves North	\$989,000
2333 N Estates Cir	4,180	Mountain Bridge	\$1,050,000
2250 N Estates Cir	2,690	Mountain Bridge	\$1,055,000
4055 N Recker Rd 82	3,233	Red Mountain Ranch	\$1,100,000
8428 E Laurel St	4,180	Mountain Bridge	\$1,125,000
2037 E Mallory St	4,323	Groves Of Hermosa Vista	\$1,330,875
8109 E Presidio St	5,940	County Island	\$1,400,000
8318 E Regina Cir	3,594	County Island	\$1,550,000



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 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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## 

# **Two Great Events for One Amazing Cause** CHICAGO FEST WEST VIP PARTY AND CHICAGO FEST WEST FESTIVAL

#### Submitted by College Bound AZ

he 2nd Annual Chicago Fest West will take place on Sunday, April 30 from 1:30 to 9:30 p.m. at Riverview Park, 2202 W. Cubs Way in Mesa. Proceeds from the festival will benefit College Bound AZ, a 501c3 nonprofit that helps aspiring underrepresented youth go to and through college.

The festival is a celebration of all things Chicago — culture, food, music, sports, and family. The 2022 inaugural festival drew about 5,000 visitors, according to its organizer, Elizabeth Paulus, executive director, College Bound AZ. "This year we are adding a classic car show, which should really pack the festival," Elizabeth said.

Events prior to the festival heighten the fun. *Visit Mesa* will sponsor a Treasure Hunt that hides a *Mrs*. *O'Leary's cow medallion* somewhere in Mesa for searchers to find and take the \$1,000 in prizes. Clues are published weekly on the *Visit Mesa* website: visitmesa.com, and on chicagofestwest.com.

The Chicago Fest West VIP Party will be held on Saturday, April 22. Chicago food is provided by *Portillo's* and *Lou Malnati's* and guests receive a free ticket to the main festival. Featured is the 10-piece *Fairchild Blues*, a *Blues Brothers* tribute.

The spectacular music lineup on Sunday, April 30 begins with bagpipes to open the event. The teen band *The* 





JNX will start the band lineup, with Nakota Hunts-in-Winter on bass. Nakota's sister Kylie is a College Bound AZ alumna now in her second year at Harvard University.

"The fact that Nakota has such great talent and is autistic dispels some of the myth surrounding autism," said Elizabeth. "Mesa is the first certified autism city in the world, and College Bound AZ is a part of that by being a Certified Autism Center here in Mesa. We are so pleased to help raise autism awareness in such a creative way."

Bluesman Mike and the Blues Review Band will continue the music lineup, followed by Surrender, the Cheap Trick Experience. Closing the event is Uncorked, a Chicago cover and dance band.

Food trucks, including *Richie V's Chicago Dogs*, add to the Chicago vibe that is the heart of the festival. Craft beer and cocktails will be available, or visitors may access the *Dugout* for a private bar, catered food, and special seating near the main stage.

Artisan booths and a treasure hunt to find the eight hidden *Mrs. O'Leary's cow medallion* continue the Chicago theme. There will be chalk and mural artists in action, photo walls with Chicago backdrops, glitter face



painting, and bounce houses.

Major sponsors for the festival include Flex Technology Group, Cubs Charities, Visit Mesa, and Crescent Crown Distributors. For tickets and to learn more about Chicago Fest West, visit chicagofestwest.com.



For tickets and to learn more about Chicago Fest West, visit chicagofestwest.com.

### ABOUT COLLEGE BOUND AZ

Established in 2010, College Bound AZ has been steadily advancing as the premier nonprofit community resource, guiding aspiring underrepresented students on their journey to college through mentoring, guidance, and support. Operating in the Greater Metropolitan Phoenix area, College Bound AZ delivers indispensable assistance to students in grades 7 through college, serving approximately 850 students through its junior high, high school, and college programs.

College Bound AZ is a registered 501(c)3 nonprofit charitable organization and a Certified Autism Center. All philanthropic contributions to College Bound AZ are 100 percent tax deductible to the fullest extent allowed by law.

For more information, visit cbaz.org or contact Liz Paulus, executive director, College Bound AZ, at (602) 550-3161 or email ep@collegeboundaz.org.

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### EDUCATION

# Mesa Public Schools Instrument Repair Shop HITS ALL THE RIGHT NOTES

### By Laurie Struna

Photo by Mesa Public Schools r. Steven Prescott and his team spend their days repairing musical instruments for Mesa Public Schools students, ensuring they are in good working condition so students stay engaged in music education.

The shop is responsible for every district instrument, which is no small feat for Dr. Prescott's staff of three fulltime and one part-time member. This work is a passion for the team who are highly skilled musicians and artisans. Dr. Prescott's crew believes that instruments are not just mechanical things, they have a life and a soul.

"Equipment failure and not being able to trust your instrument is huge. It's discouraging for a student if they don't have a good instrument," shares Dr. Prescott. "Especially in the beginning, if they are frustrated or having a hard time and their instrument is not working right, they will quit because it's not fun."

Having an in-house repair shop is unique for a school district, but for the largest school district in Arizona, it's more economical than sending instruments to a variety of outside vendors through a bid process. The district shop has operated for 12 years and is responsible for repairing student instruments in programs at 67 schools in grades four through 12. Dr. Prescott started tracking his repairs in 2017 and has repaired more than 3,051 instruments.

Spencer Longtin is the office administrator and luthier and shares that before the shop, there wasn't just a single vendor who could accommodate Mesa Public Schools' needs. They previously used seven vendors, which proved to be a bookkeeping and logistical challenge. The in-house shop provides year-round service, receives and tracks all new instruments, and uses a better tracking system, resulting in improved turnaround times.

"The going rate for outsourcing repairs is \$75 an hour, paying retail for parts, with a \$125 cap on repairs," Spencer shares. "Outsourcing is an expensive process and by January, schools' repair budgets are depleted, creating challenges for directors and students."

IT'S SO



The repair shop is also receiving and tracking instruments purchased with ESSER monies, receiving \$3 million in instruments across three years. The funds cover all instruments for band, guitar, and orchestra programs, which range from baby grand pianos to flutes, along with \$275,000 for sheet music.

The instrument repair profession is one that few people are familiar with. As master problem solvers, their goals are to assess damages, complete realistic repairs based on the instruments' age and condition, and deliver service in a timely manner so that students can play.

"A musician might play into their eighties," Dr. Prescott shares. "We are trying to ensure that students stay interested so they have that opportunity to enjoy playing well into their lives."

For more information regarding Mesa Public Schools, please visit mpsaz.org/careers.



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# EDUCATION

# **ENGINEERING FOR KIDS** offers a Wild, Wild Summer

By Kimberly Alvarado

**T**elcome 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 sixth 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!

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.

Week No. 1 begins on May 30 this year, and the conclusion of summer fun is Aug. 2. Sign up for a day, a week, or the whole summer. 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, openended 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 selfdiscovery!

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

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### FINANCES

# **Financial Tips for Blended Families**

Submitted by Linda Drake and Brent D. Hoskinson ecoming part of a blended family can certainly be rewarding. Of course, as is the case in all families, there will be challenges, one of which is financial. A blended family must deal with some specific financial issues, so it's a good idea to become familiar with them.

In particular, consider these areas:

# SEPARATE OR JOINT ACCOUNTS?

Should your two-family units combine all your finances or maintain separate accounts? There's no one correct answer for everyone, because this issue has emotional and psychological components to it, as well as financial considerations.

But the nature of your new, blended family might guide you to a choice that makes sense for your situation. So, for example, if you are remarrying at a later stage in life, and you and your new spouse have adult children, you might think the best move is to keep separate accounts. But if you are joining households with a spouse or partner with younger children, you may want to merge accounts to pay for household expenses and work toward your new, shared financial objectives. And it doesn't have to be an *either-or* approach — you might decide to blend some accounts and keep others separate.

Brent Hoskinson

### **DEBTS AND CREDIT RATINGS**

It's likely that you and your new spouse or partner, and perhaps even some children, will bring debts into your





blended family. As these debts can affect your family's finances in several ways, including your ability to borrow and your credit ratings, you will want to know what everyone owes, and the amount of monthly payments needed to meet these obligations. After that, you may be able to find ways to consolidate debts or find other ways to reduce or eliminate them.

### **LEGAL ISSUES**

When you establish a blended family, you may want to review, and possibly update, the beneficiary designations on your life insurance policy and retirement accounts, such as your IRA and 401(k). These designations can supersede instructions you may have left in your estate planning documents — including your last will and testament — so it's important to ensure they reflect your current wishes. And speaking of your estate plans, you may well need to revise them, too, in consultation with your attorney.

### **ATTITUDES TOWARD MONEY**

Attitudes toward money — yours and those of your new spouse or partner — should be addressed when starting a blended family. Is one of you more of a saver while the other spends more freely? As investors, does one of you favor taking more risk while the other is more conservative? It's important to reconcile these differences as best you can, especially if you plan on merging your finances. This means that you both may need to compromise somewhat, but you should strive to avoid having either of you feeling uncomfortable in your choices. In any case, open and honest communication is the first step in achieving a harmonious financial strategy.

These aren't the only financial considerations involved with blended families, but they should give you some things to think about — and the earlier you start thinking about them, the better. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC





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# Give Your Body a Great Stretch

Submitted by Stretch Zone Longbow ow are you?" It's a question we ask friends, family, and acquaintances. But has anyone asked you lately, "How is your body doing?" That's the question you will always hear at Stretch Zone Longbow.

We care how your muscles and joints are feeling. We want to help your days run smoothly by giving you what the body needs, a great stretch.

What is the difference between a stretch and a massage? While massages are helpful, they provide more temporary relief. Stretching — the practitionerassisted stretching we do at Stretch Zone Longbow — is more of a corrective exercise. A lengthening occurs in the muscle during a stretch that doesn't occur during a massage, which leads to more changes in the body. During your stretch, we will also be moving the joints, which do not get as much attention during a massage.

When you book your complimentary introductory stretch here at Stretch Zone Longbow you will be asked to arrive in comfortable or athletic gear and socks. We will consult with you for the first 15 minutes. During this time, we learn where you hold your tension, ask about your medical history, and explain how we communicate the intensity of the stretches.

Next, we begin with a warm-up where we assess your natural range of motion in your hips and hamstrings.

This gives us an idea of how far we will be able to stretch you and what stretches are most important to include. We look for three specific imbalances in the body during this time and keep track of their improvement over time. Then we go through an enjoyable 30-minute stretch session. Lastly, we go over the next steps and different programs we offer after the stretch.

The benefits of properly stretching include increased blood flow to the muscles, a boost of nerve health, your movement becomes easier and more fluid, and you can experience improvement in flexibility, decreased chance of injury, and promotion of longevity.

One thing is certain and that is that you will be feeling great immediately after your stretch as the results are instant. Call us today to book your complimentary introductory stretch.

Stretch Zone Longbow is located at the Longbow shopping plaza at 3204 N. Recker Road, Suite 104, in Mesa. Stretch Zone Longbow accepts HSA and FSA insurance. Call today at (480) 590-1133.



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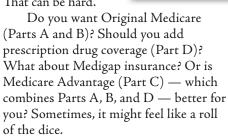


# HEALTH

Nori 50

# Which Medicare Plan Is Right for Me?

Submitted by Lynne Jones, Tapestry Insurance Market Constraints Scrabble, Checkers, or Chess? These choices are easy. Picking the right Medicare plan? That can be hard.



Before you get lost, take a step back. You want to pick a plan right for you. So, think about what your life will look like after 65. You can start by asking some questions to figure out your next move.

Will I be on a fixed income? Original Medicare with a Supplement has a monthly premium. Medicare Advantage has copays. Do I want to see a specific doctor? Original Medicare with a Supplement allows you to go anywhere in the United States. Medicare Advantage requires in-network doctors.

Are dental, vision, and hearing an important part of my needs? Original Medicare with a Supplement usually does not cover these things. Most Medicare Advantage plans do.

Do I plan to travel? Medicare Supplements usually cover foreign travel. Medicare Advantage covers emergency visits.

What if I don't know what I want? I get it, it is hard to decide, especially when your needs may change as you get older. That is why it is a good idea to speak with a licensed insurance agent like me. You can 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.

Please call Lynne Jones, licensed sales representative, at (480) 212-2246 or email me at jonesdvp@yahoo.com.

### LOCAL BUSINESS

# Turn to a Senior Placement Advisor for Guidance

Submitted by Wright Way Senior Placement, LLC

e make many decisions in our lives that require the advice of educated professionals. This is to enhance the outcomes of our choices and, as a result, enhance our quality of life.

Helping your elderly loved one with any aspect of aging is best accomplished by turning to professionals. Senior Placement Advisors (SPAs) are specialists who apply multidisciplinary knowledge to identify the most appropriate options and solutions for seniors based on their needs and best interests.

Local advisors, for instance, know the resources available in their communities. If a client needs help finding an assisted living facility, they can help tour and review communities that may perfectly fit your loved one's needs. Many SPAs will also meet with family members and assess the current situation to help narrow down their options.

The Wright Way Senior Placement team has the credentials, passion, and reallife experience to help you and your loved ones through this challenging time.

With over 30 years of experience in healthcare, Tiffany Wright specializes in

the elderly. In addition to helping her own family, she has helped thousands of other families find support and services. Tiffany and her team at Wright Way Senior Placement will guide you every step of the way through all the senior living options and resources.

To get personalized advice about senior living options for you or your loved ones, contact Tiffany Wright at (602) 350-7069, email info@wrightwaysp.com, or visit wrightwaysp.com.





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Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2023 and beyond.

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By calling this number, you will be connected to a licensed insurance agent.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.



### LOCAL BUSINESS

# Protect Your Investment with **Sasq-Watch Home Services**

By Jamie Killin

**7** hether your home is a vacation house or a rental property, having someone you can trust to ensure your property is safe and cared for is crucial to protecting your investment.

Las Sendas resident Brad Smith saw the value of these services after owning and managing a short-term rental property and wanted to provide a high-value home watch product to his neighbors.

He became an accredited member of the National Home Watch Association, learned the Association's software offerings, and had his company licensed and insured to provide his customers the best possible service and experience.

"Protecting the homeowner and their assets is our goal," he said. "We want to build a relationship with the homeowner so they have someone on the ground, in the area that they can call — whether it's an emergency situation or they have furniture being delivered."

As part of the home watch services, customers can expect a customized inspection of their home followed by a comprehensive report with updates and photos. The service includes a variety of checks to ensure the home is secure and running smoothly, including a visual inspection, appliance cycling, irrigation system check, filter changes, mail pickup, and much more depending on the home and client's specific needs.

"When you talk to National Home

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Watch Association members, you hear from every single person that, at one point or another, they've saved a homeowner from an extremely expensive repair

because they've caught the power going out, the AC going down, or bugs infiltrating the home. Detecting these things early on and dealing with them quickly can save a lot of money," said Brad. Sasq-Watch Home

Services also offers a variety of concierge services such as mail

and package forwarding, grocery pickup, repair coordination, and more to give homeowners peace of mind while they are away. "When people come to their homes,

they want to be able to enjoy them, and this service allows them to do that," said Brad. "They don't have to say, 'Gosh, the refrigerator's been out for a month, and it smells awful in here. We're going to spend our entire time cleaning that up."

The home watch services are also ideal for short-term rental owners who live out of state. Sasq-Watch Home Services can help coordinate transitions between guests and ensure there are no missing items or damage to make your rental business as stress-free as possible.

"When you look at why you invested in your home, home watch services are a small price to pay to ensure the value of your investment and make sure it's protected," said Brad. ■

For more information, call (602) 828-0718 or visit sasq-watchhomeservices.com.

### LOCAL BUSINESS

# The Desert Belle FFERS FAMILY FUN



#### By Jamie Killin

amilies can enjoy the beauty of the Sonoran Desert with a serene cruise around Saguaro Lake on The Desert Belle, which offers a one-of-a-kind experience that is both informative and enjoyable for out-of-towners and locals alike.

The Desert Belle operates 700 cruises a year, offering several different cruise options including wine cruises and craft beer cruises. The Desert Belle also offers the top-rated 80-minute narrated cruise,

which is led by a coastguardcertified captain describing the history, geology, geography, and wildlife native to the Sonoran Desert.

Cruisers will see a variety of wildlife including bald eagles, wild horses, deer, bobcats, and even bighorn sheep.

For those celebrating a special occasion, or wanting to gather family and friends, the Desert Belle also offers private charters - perfect for a memorable event.

"The Desert Belle has been operating for 58 years now and is the longest continuously running tour boat in Arizona," said president and co-owner David Smith. "It's so well-loved, and we get the sweetest reviews. We love seeing people walk away saying, 'Not only did we have a great time, but we also really learned something."

Next door to the Desert Belle is the Saguaro Dockside, a docked boat that features a specialty gift shop and deck.

"We sell a lot of items that make perfect gifts — amethyst, fine jewelry, clothing, and souvenirs," said David. "Then, guests can head upstairs for beer and wine on the view deck, which is quite nice."

For more information on the Desert Belle, or to purchase tickets, visit desertbelle.com. For more information on Saguaro Dockside, visit saguarodockside.com.



Experience the Majesty of Saguaro Lake on a Desert Belle Cruise



# APRIL SCHEDULE

Saturday, April 1 - TBD Sunday, April 2 - Eric Miller Wednesday, April 5 - Ian Eric

SPECIAL MUSIC EVENT Thursday, April 6 -**OK Choral Cowboy Trio** 4:30- 5:50 PM

Friday, April 7 - Eric Miller

Saturday, April 8 - Moon Dog

Sunday, April 9 - Jonny Splash

Wednesday, April 12 -Pete Pancrazi

SPECIAL MEET THE AUTHOR EVENT Thursday, April 13 -Bob Boze Bell - 4PM - 5:20 PM



**OK Choral Cowboy Trio** 



Grateful Dead Tribute Band





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Friday, April 14 - Eric Miller

Saturday, April 15 - Pete Pancrazi Sunday, April 16 - Dave Clark

#### SPECIAL MUSIC EVENT

Tuesday, April 18 -**Grateful Dead Tribute** 4:30-5:50 PM

Wednesday, April 19 - Ian Eric Friday, April 21 - Ian Eric Saturday, April 22 - Scott Hallock Sunday, April 23 - Dave Clark Wednesday, April 26 -Jonny Splash

Friday, April 28 - Moon Dog Saturday, April 29 - Scott Hallock Sunday, April 30 - Eric Miller



Thursday, April 13 @ 4 PM-MEET THE AUTHOR CRUISE

Featuring celebrated Arizona Historian, author and artist **Bob Boze Bell** 

Bob has been the executive editor of True West Magazine for 23 years. His books include Wyatt Earp, Doc Holiday, Billy the Kid, Wild Bill Hickok, Geronimo, Classic Gunfighters and more. He has appeared on multiple television shows and documentaries. Bob has a special talent for engaging his audiences. You will come away informed and entertained!

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**Chive Baked Salmon** Filet w/Caper Butter

**Assorted Dinner Rolls** with Whipped Butter

**Assorted Mini** Desserts, Cakes, Pies **KIDS BUFFET** 

Tater Tots **Fruit Salad** Bacon Scrambled Eggs Macaroni & Cheese

Assorted Cookies

**Chicken Fingers** 

Reservations Required 480-396-4000 ex 222

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