



## Studio 480 The Salon Celebrates ITS NINTH YEAR IN NORTHEAST MESA

By Kimberly Alvarado

Studio 480 The Salon is celebrating nine years of providing up-to-date styles and services to new and returning clients. It is no wonder that fresh and dynamic facets of the industry are continually being updated behind the studio's doors.

Studio 480 The Salon boasts a combined collection of over 150 years of experience, with 10 stylists.

Owner, Renee Ulman, tells us some of the ways trends, products, and services are continuing to evolve this summer and into a new season ahead.

Popular haircuts for fall include graduated shag cuts, which incorporate shorter layers, using your natural texture for movement. "This is an easy classic look for someone wanting to wash and wear, but can also be transitioned into a beautiful blowout," she said. With the warm summer temperatures, it is nice to have options that involve the absence of hot styling tools.

"Bob haircuts never go out of style," Renee added. "These right-above-the-shoulder length cuts can be worn either super layered and messy or straight and sleek. Best

yet, these cuts are face-flattering and work well with thick or fine hair types."

Looking ahead into fall and you'll see the *modern Rachel* haircut which includes lots of long layering and a relaxed, undone texture.

Body perms, also known as waves, continue to trend. These perms became popular a couple of years ago and are loved for their easy low maintenance look for both men and women.

"A fun haircut that we are seeing with the body perms is the modern mullet," Renee said. This look incorporates top curls that are relaxed with textured length on the top and back while having shorter sides. It allows your hair to tumble forward, creating a fun, curly bang.

Popular hair color will continue to be warm and gold. These colors include reds, coppers, auburns, and golden blondes. "A fun service we offer at the salon is a glossing treatment. This is a semi-permanent color that washes out within six to eight weeks. It allows clients to add a different tone at each color or haircut service, allowing multiple tone changes," says Renee.

Seamless blondes are also trending. This blonde focuses more brightness around the face, using natural hair color depth for contrast. This includes *money pieces* and the *Scandinavian hairline*.

**FAVORITE PRODUCTS**

*Pureology Hydrate Shampoo and Conditioner* continue to be the super moisturizers of choice at Studio 480 The Salon. Maybe they are most loved for the touchable softness or extraordinary color protection the duo provides. Another preference, *Pureology's Weightless Mousse*, is favored for its shine, color, and heat protection.

**NEW PROFESSIONALS**

Renee is also adding new professionals to Studio 480 The Salon. Meet Natasha, Kayla, and Victoria.

- **Natasha:** Natasha, RN, began her nursing career in Canada and has worked internationally. She brings advanced medical techniques in both health and beauty to Studio 480 The Salon. She offers weight loss injections, Botox, Dermal fillers, micro needling, and vitamin injections. Natasha can be reached directly at [agelessbynatasharn.com](http://agelessbynatasharn.com) or call (480) 886-8508.
- **Kayla:** Kayla joined the dynamic team of stylists this year. Her career began at Ulta and she was also assistant manager at Arizona Hair Co. before bringing her expertise in perms, bright colors, and gorgeous wedding hairstyles to Studio 480 The Salon.
- **Victoria:** The team also recently welcomed Victoria back behind the chair. Victoria had taken a medical leave-of-absence, due to a serious health condition, but has been happily cleared to return to a career she has enjoyed for more than 19 years. Victoria specializes in cuts and color.

So, let's celebrate with Back-to-School specials. This month, students, teachers, and parents can get back into their fall routines with \$5 off haircuts scheduled with Kayla and Megan. A 10 percent discount will apply to all new clients scheduling medical treatments with Natasha. ■

Studio 480 The Salon is conveniently located at 6655 E. McDowell Road, Suite 105, in Mesa. To schedule an appointment, call (480) 985-2369 or visit [www.studio480thesalon.com](http://www.studio480thesalon.com).

## Naturopathic Medical Center Opens Second Location in Mesa

By Jamie Killin

Last month, Naturopathic Medical Center, previously known as West Valley Naturopathic Center, opened its second location in Northeast Mesa, offering overall health support to adults and children including treatment for autoimmune diseases, emotional concerns such as depression, and more.

"We want people to feel great — not just okay, not just good, but great," said founder and medical director Dr. Brian Archambault, N.M.D. "When patients start to have energy, they are motivated and can start to have an impact within their households. The whole household benefits from that, allowing us to make a generational change."

The success at the Goodyear location led to the expansion to Northeast Mesa, allowing more people to benefit and feel their best.

Dr. Jordan Trapp, who has a background working with chronic disease, chronic infection, and integrated cancer care will be the physician at the Mesa location. She came on board at Naturopathic Medical Center to provide more general care to patients and help more people.

Many of her patients are seeing results with hormone replacement therapy, IV therapy, and ozone therapy,



which are all offered within the practice.

New patients meet with a physician for a one-hour consultation to dive deep into the patient's current symptoms and medical care before deciding on the next steps.

"It parallels what you would typically see with your primary care allopathic physician, but you're getting more time and more attention with our doctors," said Dr. Archambault.

Within three to six months, the team usually finds patients feeling great. At this point, the patient will continue to have a six-month test phase to ensure they continue to feel better, and their treatment is working effectively.

"What we're working toward is not being a third, fourth, or fifth option for people who are not feeling well," said Dr. Archambault. "From my perspective, the way we do medicine is the way that medicine was and the way it should be. Most of our allopathic counterparts are seeing up to 40 people a day, and they're frustrated because they realize the model is ineffective and inefficient. Our goal is to give people amazing health care."

While many insurance providers do not contract with naturopathic offices, some insurance plans will reimburse patients for the cost of treatment. Patients are also

able to use their health savings account for any treatment through the Naturopathic Medical Center. ■

Naturopathic Medical Center is located at 3645 N. Power Road, Suite 125, in Mesa. For more information, visit [wvncaz.com](http://wvncaz.com) or call (480) 590-2359.

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EDUCATION

# The Rigor of Early Childhood and K-8 Grade EDUCATION MAKE ALL THE DIFFERENCE

By Dr. Anjum Majeed,  
Superintendent, Self Development  
Preschool/Academy

If you happen to be at Self Development Preschool between 4:30 and 5 p.m., the time when parents are picking up their students, you will hear the repeated requests which include, “May I stay a little longer” and “I am not ready to go yet.”

Parents are comforted by the fact that not only are their children in a safe and nurturing environment but they are actually having fun.

Self Development Preschool (SDP) has been serving the Mesa community since 1988 and the award-winning K-8 Self Development Academy (SDA) was established in 2000. An online school was added in 2021.

Each year the leadership team meets to reassess the successes and experiences of SDA and its community and then incorporates innovative ideas to provide the most rigorous curriculum in a nurturing environment for our students.

This fall, besides focusing on a rigorous accelerated curriculum, the school plans to add an in-depth music program and enrich the experiences of students through art appreciation along with emphasizing logic and reasoning. Additionally, the school culture of respect and responsibility lends itself to incorporating the Four Rs of the SDA community.

## RIGOR OF THE CURRICULUM

SDP is committed to an ideal early education by integrating arts, science, music, and math using a thematic curriculum. This coming fall, the four-year-olds at the preschool will be taking kindergarten coursework under the guidance of degreed teachers. We know they will be excitedly learning the readiness skills for school success and some will be reading with fluency and expressions.



With the emphasis on early literacy, our K-2 program is accelerated and provides enriched experiences at one to two grade levels higher. The pattern will continue as students move to the upper grades. Some of our fifth-grade students will be enrolled in middle school as fifth graders and will have their own classroom taking middle school classes.

Our students in 6th, 7th, and 8th grade will have the opportunity to take high-school-level courses with high-school-certified teachers in their subject areas. They can enroll in subjects such as geometry, algebra II, and pre-calculus as middle school students. They will also participate in a service project.

## FOUR RS OF SDA CULTURE

The Four Rs embedded in the culture of SDA include the following: being respectful, being responsible, being ready, and being resilient. The Four Rs at SDA embody the practice of standards and principles to live a life as a good citizen.

The characteristics of the culture at SDA include being kind to each other and treating each other with respect. Becoming responsible helps students think about their interactions with their peers and members of the school community. Students become aware of their actions and how they lead to their success, experiences, and how to connect the consequences with their actions. They grow and mature and move toward becoming good citizens.

Being ready or *be prepared* is a universal message given to youngsters. Being *prepared* supports the state of readiness of mind and body. Learning to be resilient cultivates in students to accept disappointments and, yet, keep an optimistic attitude about one's future. Through resilience, students learn to work hard and gain confidence.

## MUSIC ENRICHMENT AND MASTERY

Though many schools are selecting to do away with their music programs, SDA's goal is to enhance the music program to bring enrichment to students' education. Besides learning to play an instrument and enjoy music, there are numerous benefits to a good music program in schools.

Music enhances language and reasoning abilities along with memorization skills and increases eye-hand coordination. Using memory to perform when using sheet music helps students in memorizing and developing fluency — for example, the memorization of math facts.

SDA's music program begins at the preschool level with listening to the works of many classical composers and singing and dancing to familiar children's songs to a more in-depth knowledge about the composers and their styles, and learning to play the recorder, violin, and percussion instruments. SDA will also have an honors band/orchestra which will meet three times a week for those students who are committed to learning and mastering



the instrument they desire to play.

SDA has consistently been among the top-ranked schools in the state and nationally. Last year, SDA was ranked No. 2 based on percentage points earned in state tests (ADE, 2022) and ranked nationally as the No. 4 Best Public Charter School and No. 7 Best Public Elementary (Niche, 2023). ■



To give your children a strong foundation for developing a love for learning, please contact Self Development Preschool at (480) 396-3522 and Self Development Academy, a tuition-free, K-8 in-person and online public charter school, at (480) 641-2640. We have been proudly serving Mesa for over three decades!



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COMMUNITY

Join the 9/11 National Day of Service

By Sara Anderson

This fall, the City of Mesa and JustServe.org will join in commemorating the 9/11 National Day of Service by encouraging families, faith groups, neighbors, and employers to grab a friend, find a good cause, and volunteer on or around Sept. 11.

These acts of service serve a dual purpose — they stand as a tribute to those lost or injured on Sept. 11, 2001, and they promote the same spirit of unity the country experienced after the terrorist attacks 22 years ago. The 911Day.org website hopefully declares that “coming together in a spirit of kindness, no matter our differences, has the power to change lives, and ultimately, our world.”

The national movement to honor Sept. 11 by participating in community service started with a nonprofit organization called 9/11 Day. The two founders, one of whom lost a brother in the terrorist attacks, “began with a simple idea — let’s take back the day by turning the anniversary of 9/11 into a day of doing good.” (911day.org/about-911-day/) From those simple beginnings, 9/11 Day has grown, and it is now a federally recognized day of service in which tens of millions of Americans volunteer in their communities.

Last year for 9/11 Day in Arizona, one Mesa congregation worked with the nonprofit, *A New Leaf*, to organize thousands of unsorted clothing donations, collected hundreds more, cleaned up and renovated the landscaping at one of their shelters, and refurbished outdoor furniture. One of the organizers of that project, Bruce Kiene, reported that although it was a big effort for their congregation — and not without challenges — they “were very blessed, accomplished amazing things, and all parties involved felt rewarded by the service. We also met



many new friends in the community.” Bruce is already working on organizing this year’s project, which will include *A New Leaf* and a few new projects.

Local businesses, faith groups, families, and neighborhood groups around Mesa are already making plans to participate in the City of Mesa’s officially designated day of service — Sept. 16. But the 9/11 Day effort will extend far beyond Mesa. Cities and towns across the Valley, state, and country will participate in the *Day of Service* with a variety of projects.

In Payson, one group plans to work cleaning up trails in the national forest. In Fort Worth, Texas, another group will collect hygiene kits. The 9/11 Day organization itself sponsors large meal pack events in 18 cities around the country, from Boston to Los Angeles, and Minneapolis to Houston — including one in Tempe.

Local families, faith-based organizations, businesses, and community groups who would like to participate in 9/11 Day can find hundreds of ideas at JustServe.org, which is a full partner of the 9/11 Day organization. Free to use for both nonprofit organizations or potential volunteers, JustServe.org lists projects suited to many ages, budgets, skill sets, and group sizes.

The JustServe.org platform makes it very easy for those who want to participate in the 9/11 Day of Service and Remembrance to find a project in their community that suits their time and skills while serving side-by-side with their neighbors to meet needs in their communities. Participants can share their experiences on social media by using the hashtags: #911nationaldayofservice and #JustServe. ■

To find out more information on how you can find a good cause, and volunteer on or around Sept. 11, visit 911day.org or justserve.org.

UpClose

PUBLICATIONS

Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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E-mail: Publisher@PhillipsWest.com

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Sets of golf clubs are currently on sale for 20 percent off regular prices. Golf bags are 30 percent off (it's not too early to think about Christmas gift giving). Chosen apparel is 30 percent discounted, which means your leisure and active wear has just taken a designer-brand hike. And golf shoes that last longer than summer's heat are discounted by 40 percent. Stop in and browse the wide range of choices before they're gone.

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See the back page ad in Up Close and mention the publication for current special offerings. ■



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LOCAL BUSINESS

Sylfirm X — Who Benefits?

By Kimberly Alvarado

Last month, Dr. Zaina Rashid of La Peau Dermatology talked about some of the benefits of Sylfirm X treatments for aging skin. She outlined the ways radiofrequency and micro needling stimulate cellular responses for tighter skin and a boost in collagen and elastin.

Today, we'd like to include some of the advantages that teens and young adults can expect from the new technology.

"Young people too, who are undergoing or have undergone puberty and are left with the aftermath consequences such as acne scars, open pores, skin discoloration, and other skin blemishes, have also been known to express worry about how these blemishes affect their outward appearance and the ripple effect it has on their self-esteem and confidence," Dr. Rashid reported.

Common skin conditions among younger patients (and patients of all ages) include:

- Rosacea — redness of the skin
- Acne and acne scarring
- Post-Inflammatory Hyperpigmentation (PIH) — an overproduction of melanin
- Hyperhidrosis — excessive sweating
- Melasma/Hyperpigmentation

Sylfirm X's innovation of the RP (repeated ultra-short pulse) micro-needling technology makes it such that Sylfirm X reacts to *only* abnormal blood vessels and tissue to selectively treat increased pigmentation and vascular lesions. It is the only RF micro-needling device approved to safely treat neovascularity including hard-to-treat conditions like Rosacea and Melasma. In fact, it has been clinically proven to treat a number of issues safely and effectively, including all of the above-mentioned conditions.

HERE'S HOW SYLFIRM X WORKS

Pulse Wave Mode creates selective coagulation on the basement membrane and vessels located within the epidermal junction and upper dermis, with no noticeable effect on the surrounding tissue.



This is important as it treats the root causes of Melasma — regulating hyperactive melanocytes, strengthening damaged basement membrane, removing increased abnormal blood vessels in the skin, and increasing collagen production.

Best yet, the results are seen quickly. "Significant improvements are seen a bit differently with each individual patient," says Dr. Rashid. "A good rule of thumb is a necessity of one or two treatments per decade of age."

In the case of Melasma/Hyperpigmentation, however, according to clinical studies a patient can expect to see a 20 to 30 percent reduction of pigmentation in just one session.

Although the non-surgical treatments are mostly painless and straightforward, follow-up care is extremely important. Besides regular follow-up appointments, patients must take care of protecting their skin. Sunscreen is essential.

SYLFIRM X AND SUNSCREEN — SKINCARE FOR AFTER TREATMENT

When it comes to sunscreen, Dr. Rashid recommends using a UV physical block type with titanium dioxide or zinc oxide with 30+ SPF to help protect your skin from the sun's damaging effects. Doing this results in less potential for irritation than a chemical sunscreen which may enter the microchannels left by the Sylfirm X needles.

"You may need to avoid some skincare products with potent active ingredients like retinoids, vitamin C serums, and exfoliating acids for a few days following treatment," said Dr. Rashid.

Increased sun exposure causes damage to the skin's cells. It also causes our bodies to produce fewer exome (along with collagen,) which leads to sagging, wrinkles, fine lines, and discoloration of the skin.

Contact Dr. Rashid at La Peau Dermatology to see if you are a candidate for Sylfirm X treatment. ■

La Peau Dermatology is located at 5424 E. Southern Ave., Suite 103, in Mesa. You can contact the office at (480) 401-5966 or email LaPeauDermatology@gmail.com.

LOCAL BUSINESS

Feel Lighter and Younger with Stretch Zone Longbow

Submitted by Stretch Zone Longbow

Are you feeling tight or stiff? Maybe your flexibility isn't what it used to be. Do you want to improve your golf, pickleball, or overall physical ability? Then Stretch Zone Longbow is worth checking out.



Matt, general manager at Stretch Zone Longbow, wants you to experience how amazing you will feel after visiting. "We offer a service called practitioner-assisted stretching, which will help relieve tightness, increase your range of motion, enhance athletic performance, and make you feel lighter and younger."

Better blood flow and flexibility pay off in the long run that is life. How do you expect to work on your locomotor apparatus unless you're stretching daily? When you join a program at Stretch Zone Longbow you will be stretched safely while you lay on a comfortable table. They have a patented strapping system that will hold your hips down and act as a separate pair of hands.

The best part of the stretching program is that it feels amazing. It is not supposed to be for only athletes but for every human around town. They will have you sleeping better than ever.

Matt would love to meet you and help you feel your best, so please stop in, or visit the website, stretchzone.com/locations/longbow, to book your complimentary demo stretch. ■

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

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REAL ESTATE

# Is a Home Warranty Worth It?

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

Whether it's worth getting a home warranty depends on your individual circumstances and preferences. It's also one of those topics where people either love them or hate them.

Some people love having a home warranty, have had great experiences with them and renew it every year while others think they are a total waste of money or have had a bad experience with them.

The reason I am writing this article is because I received an email from a long-time client, Phil, who just purchased another home. He had an issue with the AC unit, called the home warranty company I recommended — which is also a brand-new home warranty company — and it was fixed and up and running again within 24 hours.

### HOME WARRANTY — WHEN BUYING A HOME

The one time I always recommend getting a home warranty is on the purchase of a home (with the exception of a new build). You are buying a used home and don't know anything about the condition of appliances and systems other than what you found out during the home inspection and on the seller's disclosure.

You have just put a lot of cash into this purchase so the last thing you need is an unexpected expensive repair.

The best part of getting a home warranty when you are buying a home is you can ask the seller to pay for it. You still get to pick the home warranty company of your choosing and unless you are in a bidding war, the seller usually agrees to pay for it as part of the contract and you get a free home warranty for the first year.

### HOME WARRANTY — ON YOUR EXISTING HOME

A home warranty is a protection for *if and when* things break down. You may be paying for years and not have any issues or may be using it several times on big-ticket items



and get your investment back in the first few months.

It's also peace of mind that if you do have a costly repair you won't have to pay out of pocket. You don't have to search for a local repair contractor, you just contact the warranty company, and they will take care of it for you.

Here are some factors to consider when deciding on whether to purchase an annual home warranty on your existing home.

- ♦ **Age and Condition of Your Home:** If you have an older home or older appliances and systems that are more prone to breakdowns, a home warranty might provide added peace of mind.
- ♦ **Budget and Finances:** Home warranties come with annual premiums and a service fee for each claim. Consider whether you have the financial means to cover unexpected repairs without a warranty and if the cost of the warranty fits within your budget.
- ♦ **Risk Tolerance:** Some homeowners prefer the certainty of knowing that they have coverage for potential repairs, while others might be comfortable taking their chances and dealing with repairs as they come.
- ♦ **Homeowner's Skill Level:** If you're handy and capable of doing minor repairs yourself, you might not need a home warranty as much as someone who prefers to hire professionals for all repairs.

### WHAT TO CONSIDER WHEN CHOOSING A HOME WARRANTY COMPANY

Home warranties can vary in terms of coverage so it's essential to review the contract carefully to understand what is included and excluded. Be aware of any limitations and exclusions, or caps on repair costs and replacements.

There are several plan levels and add-ons and each home warranty company is different. While one may include the kitchen refrigerator in their basic plan another doesn't and it's an add-on. I have had clients who think their refrigerator was included only to find out it wasn't



when they needed to have it repaired.

One of the biggest expenses, if not the biggest living in Arizona, is the HVAC system. This alone can make a home warranty worth the annual premium, to know if your AC breaks down in the middle of the summer the repair will be covered. If the unit

cannot be repaired and you have the right plan, the home warranty will replace the unit for you. Ensure whichever plan you get has good coverage for your AC repairs and replacement and check what the maximum limit is. Some plans will include the refrigerant while others don't and that can add up if you need to add more.

If you have high-end appliances there will be an extra fee for like-for-like replacement, so make sure you compare companies and plans as well as the maximum limits.

Consider the service provider's reputation as well. Research the reputation and customer reviews of the home warranty company you are considering, ensuring they provide timely and reliable service.

If you are considering a home warranty company, ask your friends and family how they like the company they use. Also, one of your best resources is a Realtor. Realtors refer their clients to home warranty companies and get to know which ones offer the best plans and service plus we get great feedback from our clients, both good and bad. We also know the local reps and can help if our clients have an issue that they are unable to resolve with the warranty company directly.

If you would like information on the top three home warranty companies I refer to my clients, have any questions on getting a home warranty, or how to ask the seller to pay for it, please do not hesitate to contact me. ■

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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LOCAL BUSINESS

# First Time Homebuyers Can Rest Assured When Working with Trusted Lending Center

Submitted by Trusted Lending Center

Buying a home is an exciting milestone in anyone's life, but it can also be an overwhelming process — especially for first-time homebuyers. From finding the right property to securing a mortgage and navigating the intricacies of the real estate market, there are numerous steps involved.

That's where Trusted Lending Center comes in. Trusted Lending Center is a reliable partner that can guide you through every stage and potentially save you thousands along the way.

One of the most crucial aspects of buying a home is securing the right mortgage. With numerous lenders and loan options available, it can be challenging to determine which one is best suited for your financial situation. Trusted Lending Center takes the guesswork out of this process. We have a team of experienced mortgage professionals who understand the intricacies of the industry and work diligently to find the perfect mortgage solution for you.

Working with Trusted Lending Center offers several advantages. First, we have established relationships with a wide network of lenders, giving us access to a diverse range of mortgage products. This means we can match you with a loan that fits your specific needs, whether you're a first-time homebuyer, a seasoned investor, or someone looking to refinance.

Moreover, Trusted Lending Center takes pride in its personalized approach. We take the time to understand your financial goals, preferences, and constraints. By doing so, we can offer tailored mortgage options that align with your unique circumstances. This level of customization ensures that you're not only getting a mortgage but a loan that suits your long-term financial plans.

The process of buying a home involves more than



just securing a mortgage. There are numerous other considerations, such as getting pre-approved, negotiating the purchase price, and dealing with legal and administrative tasks. Trusted Lending Center acts as a reliable guide, walking you through every step of the process and providing valuable insights along the way.

By working with Trusted Lending Center, you can save thousands of dollars in the home-buying process. Our mortgage professionals are skilled negotiators who can help you secure competitive interest rates and favorable loan terms. Additionally, we can assist you in finding down payment assistance programs or grants that may further reduce your upfront costs. Our expertise and industry

knowledge empower you to make informed decisions that lead to significant savings.

Buying a home is one of the most significant purchases you'll make in your life. It's essential to have a trusted partner by your side, one that understands the complexities of the real estate market and can help you navigate through them. Trusted Lending Center offers the expertise, resources, and personalized service necessary to guide you through the home-buying process successfully.

If you're a first-time homebuyer, don't let the complexities of buying a home overwhelm you. Reach out to Trusted Lending Center today and experience the benefits of working with a trusted mortgage partner. With our guidance, you can find the perfect mortgage, save thousands of dollars, and turn your dream of homeownership into a reality. ■

Contact Trusted Lending Center today and embark on a journey toward financial freedom. For more information on Trusted Lending Center, visit [trustedlendingcenter.com](https://www.trustedlendingcenter.com) or call (480) 400-9884.

FINANCES

# SMART WAYS TO Invest in Bonds

Submitted by Linda Drake and Brent D. Hoskinson

It's generally a good idea to own a mix of stocks as part of your overall investment portfolio. But the importance of diversification applies to bonds, too — so, how should you go about achieving it?

You could invest in mutual funds that own dozens of individual bonds. You can find bond funds that focus primarily on government, corporate or municipal bonds, which all have different risks and rewards.

But you can also diversify your bond holdings by owning a group of individual bonds with different maturities: short-, intermediate-, and long-term. By building this type of bond ladder, you can take advantage of changing interest-rate environments. When interest rates are rising, you can reinvest your maturing, shorter-term bonds at the new rates. And when market rates are low, you'll still have your longer-term bonds working for you, as these long-term bonds generally pay higher rates.

If they're appropriate for your situation, bond funds and bond ladders can help diversify your portfolio. And while diversification — in either stocks or bonds — can't always guarantee success or avoid losses, it remains a core principle of successful investing. ■



Linda Drake



Brent Hoskinson

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COMMUNITY

Local ASU Prep Digital Student Eyan Sanchez Plans His Future

By Mark Moran

Hard work and education run in Eyan Sanchez's family. His mom, an elementary school teacher, and his dad, a journeyman lineman — one of those hard-working people you see building and maintaining the electrical power system we rely on — taught him the importance of both education and hard work when he was growing up in Mesa, a place that evokes fond childhood memories.

"I grew up riding skateboards and bikes, so I was always at the skate park or riding through Mesa with my parents and my little brother," Eyan recalled. "I grew up playing baseball in Mesa and have met lots of different people throughout the years."

When the pandemic brought the world to a screeching halt and shuttered physical school classrooms, Eyan used the downtime to his advantage, went online, and discovered ASU Prep Digital (ASUPD).

"ASUPD for me was a result of school closures during COVID. I was doing just as good academically online if not better. I wanted to stick with it and start working," Eyan explained. "It gave me time to work, go to the gym, all while balancing out friends, family, and my girlfriend."

That flexibility also allowed him to hold down a job at Barro's Pizza at the corner of Power and McDowell roads, which Eyan said has provided him with some of his best Mesa memories.

"I've gotten to meet so many diverse groups of people," he said. "I've made tons of friends and learned things about the community. I see customers that I know almost everywhere I go, which I find awesome."

Eyan is one of 700 recent graduates of the ASU Preparatory Academy system and its five local high school campuses and one of more than 7,000 who participated in



Eyan Sanchez

ASU Prep programs worldwide. He graduated from the ASU Prep Digital Program and will head to ASU's main campus next.

"I will be attending the Tempe campus at ASU in August for Accountancy," Eyan said. "I have always had an entrepreneurial mindset so there are many things I want to do with my degree. I want to get my degree and then get my CPA. I want a good job that allows me to invest in real estate and my other interests," he continued.

Eyan will also focus on meeting like-minded people through clubs and other campus activities at ASU while making critical connections he hopes will serve him in the future.

"The more you network the better off you will be when you're older," he said. "We have two ears and one mouth for a reason. That's so we can listen twice as much as we talk," he explained.

His interests run deep and well past numbers, accounting, and real estate. He's into working on motors and auto body fabrication. Currently, he's working on converting his truck to be able to go off-road and may consider opening a fabrication shop one day.

"Once I have made enough to support myself and my family," he said. "So, not exactly an engineer, but an accountant with other passions."

ASU Prep uses innovative approaches to curriculum to prepare all students for success in graduating from a university. Its mission is to design new models for educational success and raise academic achievement for all learners. ASU Preparatory Academy has schools in Phoenix, South Phoenix, Mesa, and Casa Grande. In addition, ASU Prep Digital serves online students from grades K-12 in Arizona and around the world.

ASU Prep Digital is perfect for serious students

like Eyan, with diverse interests and who don't want to wait around to complete high school on someone else's schedule. He said integrity and time management were at the top of his list of lessons learned at ASU Prep Digital.

"This is because you are digital, they are very strict when it comes to cheating — for good reason, they can't see you," he explained. "They have systems that cross-reference everything forcing you to do honest work. Not having a teacher in front of you all day teaches you to manage your time. You learn how to balance many different tasks to complete all of your work."

The flexibility allowed Eyan to thrive, and his grades reflected his hard work and determination.

"Eyan is a great kid and an extraordinary student," said his Learning Success Coach at ASU Prep Digital. "He's a good kid from the community. I nominated him for multiple awards."

Eyan said he studied the same things he would have at a brick-and-mortar high school, but with more choice as to when he did his work. That's because the school gave him all of his class material at the beginning of the quarter, allowing him to make his own schedule.

"ASUPD allows for you to get ahead, offering concurrent classes where you receive high school and college credits," he explained. "The teachers and staff are super attentive and want students to thrive while working around their schedules. I worked Tuesday to Friday midday throughout the entire school year and had no problems at all. It was one of the best things for me, it taught me how to manage time and how to be self-derived."

While Barro's is a great job for now, Eyan has much bigger plans for the future with his ASU Prep Digital diploma now under his belt.

"My long-term plans are obviously to have a stable job. I want a family one day, but not for a while, a long while," he chuckled. ■

ASU Prep is chartered by Arizona State University and serves more than 7,000 students across its network. For more information, visit: <https://asuprep.asu.edu>.

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- Scars: Atrophic scars, acne scars, stretch marks, and hypertrophic scars
- Body rejuvenation: Double chin, turkey neck, and décolletage



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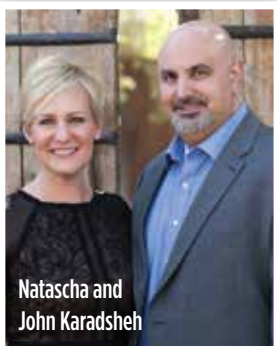
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REAL ESTATE

Five Reasons Why Now Might Be the Time To Move

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



Moving can be trendy and the homebuying frenzies of 2021 and 2022 were almost as contagious as COVID. However, did you know that regardless of trend, the average American moves approximately every seven years? On average, that is more than 11 moves in a lifetime.

People don't only move because interest rates are low or they have a job relocation, there are bigger reasons that motivate people to move.

Here are five reasons why now may be the right time for you to move.

1. YOU ARE UNHAPPY IN YOUR SPACE

This is a real thing. Even if your home ticks all the boxes, it may no longer be right for you and that is okay.

Perhaps you live alone and want more community. Perhaps your home does not make you feel physically or financially safe anymore. Or perhaps you just don't like it because of lighting, location, or vibe. Your well-being is justification enough to move and a fresh start may be just what you need to be happy at home again.

2. YOU NEED TO RIGHT SIZE

Does your existing home have enough room for your life? Do you have a yard for pets and play? Do you have adequate home office space and storage? Or perhaps your home is too large, and you find that you are only actually using 10 percent of your space 90 percent of the time.

Right-sizing always requires an analysis of how you actually use your space and a determination of how much stuff you want to store under your roof. Figure out what size is truly right for you and start planning a move in that direction.

3. YOUR MAINTENANCE COSTS ARE TOO HIGH

With inflation and the economy impacting fixed incomes and maintenance costs, your home may have become a burden both physically and financially. It may be time to transition to a home that is newer, smaller, or has less maintenance coming due.

We are talking with many people who have lived in their homes for decades and who are now facing significant renovation and deferred maintenance costs. They have great equity but limited cash liquidity for updates. In many cases, a move is a great way to escape the grind of maintaining a larger property and a way to liberate the equity from a property for other purposes.

You don't have to stay in the same home forever just because you are supposed to. Find a house that fits your needs today and in the future.

4. YOU HAVE HAD A CHANGE OF RELATIONSHIP

Perhaps you have a new relationship and it is time to combine households or perhaps you have had a change in your relationship status that makes your existing home feel less comforting than it did before. Death, divorce, and marriage are among the main drivers of housing transitions. Don't be afraid to move to set a new tone for the next chapter in your life. New space is always inspiring.



5. YOU NEED TO BE CLOSER TO WHAT YOU LOVE

Since the pandemic, many people have moved across the country to be closer to friends and family. However, people have also moved across the Valley to be closer to their favorite mountain biking trails, gym, restaurants, grand-kids, or schools. With remote and hybrid work options, you don't only have to live near your workplace.

Being nearer to the community that you love is a great reason to move. Quality of life definitely impacts overall health, so you have to love where you live.

We know you have heard a million news snippets about today's real estate market of higher interest rates, low inventory, and low demand. However, the real silver lining is that buyers and sellers finally have a little more time to think about their next steps.

If you are seeking a new start, now is a good time to start looking and figuring out what your next chapter will look like. We recommend that you start your journey by looking at homes in person. All the scrolling just isn't as helpful.

Give us a call to schedule a complimentary analysis of your housing goals and let us help you craft a plan for your next chapter. Helping our clients figure out how to achieve their goals is what we do best. ■

John and Natascha Karadsheb 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.

Real Estate In Northeast Mesa



Northeast Mesa Area Market Report

Sales for the Month of June 2023



Address	Square Feet	Community	Sold Price
6405 E Ingram St	1,411	Maplewood	\$409,900
5345 E Elmwood St	1,542	Alta Mesa	\$410,000
1143 N 87th Pl	1,586	Marble Creek	\$410,000
8628 E Fairbrook St	1,677	Monticello	\$412,000
6304 E Presidio St	1,704	Ridgeview	\$420,000
6718 E Saddleback Cir	1,588	Red Mountain Ranch	\$420,000
8834 E Fountain St	1,474	Stone Ridge	\$430,000
9517 E Fairbrook St	1,368	Oasis Verde	\$435,000
6430 E Ingram St	1,510	Maplewood	\$435,000
3134 E Mckellips Rd #18	1,561	Homestead	\$440,000
6307 E Mills St	1,523	Villa Royale	\$444,000
5933 E Kenwood St	1,588	Apache Wells	\$445,000
6513 E Julep St	1,327	Pomeroy Estates	\$454,000
6161 E Grandview St	1,530	Manor View	\$470,000
2332 N 76th Pl	1,594	County Island	\$470,000
5302 E Fountain St	2,299	Alta Mesa	\$480,000
6446 E Elmwood St	1,880	Brookfield East	\$485,000
4906 E Grandview St	1,997	Mira Mesa	\$487,000
3513 N Kashmir	1,934	Red Mountain Ranch	\$490,000
2516 E Adobe St	2,188	Mesa Estates	\$490,000
3812 N Lomond Cir	1,595	Red Mountain Ranch	\$490,000
6033 E Preston St	1,704	Ridgeview	\$495,000
4864 E Halifax St	1,496	Mira Mesa	\$499,900
3660 N Tirol Cir	2,094	Red Mountain Ranch	\$505,000
5211 E Elmwood Cir	2,344	Crosspointe	\$505,000
1749 N Somerset St	1,749	Alta Mesa	\$509,665
1845 N Sundial	2,094	Silverado	\$515,000
2742 N Rugby Cir	1,710	Camelot Golf Club Estates	\$517,000
2705 N 63rd St	1,629	Villa Royale	\$527,000
3023 N Kashmir St	1,806	Ridgeview	\$530,000
6536 E Star Valley St	2,031	Red Mountain Ranch	\$539,000
2208 N Gaylord	2,759	Citrus Highlands	\$545,000
2433 E Enrose St	2,035	Mesa Estates	\$545,000
6243 E Mallory St	2,851	Vonbehren	\$559,000
1954 E Enrose St	2,621	Coury Estates	\$565,000

Address	Square Feet	Community	Sold Price
2821 E Fairfield St	2,130	Mountain View Highlands	\$570,000
6366 E Russell St	2,026	Summit	\$575,000
8037 E Fairfield St	2,354	Gila Ridge	\$575,000
2323 N Adair Cir	2,177	Boulder Mountain Highlands	\$595,000
8104 E Hermosa Vista Dr	1,818	County Island	\$600,000
3007 N Papillon Cir	1,959	Ridgeview	\$605,000
2719 E Kael St	2,171	Rancho De Arboleda	\$615,000
1253 N Arden Cir	2,203	Alta Mesa	\$619,000
3141 E Menlo Cir	2,143	Rancho De Arboleda	\$624,500
2823 E Odessa St	2,479	Lehi Crossing	\$665,000
6525 E Odessa St	2,968	Ridgeview Estates	\$669,900
8718 E Hobart St	3,239	Grandview Estates	\$670,000
6206 E Virginia St	2,834	Olympic Estates	\$670,000
3238 N 31st St N	2,781	Lehi Crossing	\$680,000
2507 E Hale St	3,360	Chateau D Arnett	\$680,000
1816 N Raven Cir	2,801	Falcon Hill	\$730,000
2130 N Glenview	2,368	Rancho De Arboleda	\$740,000
1753 N Berrett	2,323	Whisper Mountain	\$799,000
8058 E Jaeger St	2,462	Monteluna	\$799,900
2044 E Kael Cir	3,083	Orange Blossom Estates	\$804,000
8540 E Mcdowell Rd #37	2,837	Thunder Mountain Estates	\$830,000
5915 E Sierra Morena St	2,462	Reserve At Red Rock	\$835,000
3263 E Fairfield St	3,724	Groves Unit	\$840,000
8548 E June St	3,177	Mountain Bridge	\$895,000
9759 E Inglewood Cir	3,182	Whisper Mountain	\$949,999
4425 E Fountain St	2,662	Estates At Valencia South	\$950,000
6446 E Trailridge Cir #34	3,667	Red Mountain Ranch	\$975,000
3403 E June Cir	3,952	Arboleda	\$1,090,000
4222 E Brown Rd #32	3,448	Villa Sendero	\$1,135,000
7136 E Ingram St	3,461	Annecy	\$1,145,000
8921 E Nora Cir	2,998	Madrid	\$1,198,000
2239 N 77th Pl	3,300	County Island	\$1,425,000
2215 N 77th Pl	3,834	County Island	\$1,500,000
8229 E Regina Cir	3,661	County Island	\$1,760,000
3446 E Knoll St	6,244	Hermosa Groves South	\$1,820,000
2021 N Pomelo St	5,651	Villa Tuscano	\$2,690,900

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



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|| SPIRITUALITY

Sailing Above the Circumstances

By Judy A. Knox, Charis Christian Church

This is what a hot-air balloon looks like from inside the basket. I had the privilege of experiencing this a few years ago. The ride was delightful and full of surprises.

The biggest surprise was finding that my hair wasn't blowing in the wind. In fact, I couldn't even feel or hear the wind. Yet, I knew it had to be blowing because I could tell that the balloon kept traveling sideways. We were part of the wind, and whichever way it went, we went. It didn't feel as if we were moving. We seemed to be suspended in absolute stillness, while the ground below moved slowly past.

Another surprise was the amazing quietness around us as we sailed above the Earth. The only sounds were our voices and the occasional loud *whoosh* of hot air being blasted upward to keep us aloft. As we sailed above the landscape, activities going on below seemed remote and disconnected from us.

How similar a balloon ride is to our spiritual lives. In God, "we live, and move, and have our being." (Acts 17:28) When we allow ourselves to dwell in God's presence, then wherever He goes, we go.

Whether or not we feel anything, we are in the flow of His Spirit, just as in the balloon we were one with the wind.

There is a hymn called *The Heavenly Vision* whose chorus begins with the line, "Turn your eyes upon Jesus." It says that when we do that, "the things of Earth will grow strangely dim." When I hear this song, it reminds me of the feeling I had while floating above the Earth in the balloon. The Apostle Paul admonished us to "set our affections on things above, not on things on the Earth" (Colossians 3:2), because our lives are "hidden with Christ in God."

By focusing on the pilot and the balloon, I felt secure in the basket. In the same way, we can focus on God's love and be secure in His presence. Then, like the activities on the ground, our circumstances will fade. They won't disappear, but when we're transported to a place where we can see them from God's perspective, they become less important.

Who knew a ride in a balloon would really be a picture of life with God? ■

If you would like to learn more about changing your perspective to line up with the Word of God, visit us at Charis Christian Church at 4811 E. Julep St., Suite 101, in Mesa.

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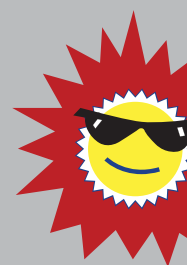


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EDUCATION

## Defining the Future at Mesa Public Schools

*By Laurie Struna  
Photos by Tim Hacker/MPS*

In 2018, the Mesa Public Schools community approved a \$300 million bond for capital projects that provided much-needed improvements to schools across the district. The community has generously kept an override in place since 1995, to support salaries and employee-related expenses.

Mesa Public Schools is aligning district facilities to support the needs of students. Projects completed include reinforced school safety and security systems, in-classroom technology, and renovations at Mountain View High School and Mesa High School, featuring new athletic fields, a performing arts center, and sci-tech and student services buildings.

Allen Moore, school safety and security director, shares that the district used bond money to establish very secure schools. Mesa created strong perimeter fencing, designed secure lobbies with one point of entry and video surveillance, and installed riot film on all glass windows that have students behind them.

In addition, Mesa added blue strobe lights to signal danger in conjunction with a mobile app that allows any staff member who sees a threat to put their facility into lockdown. Currently, 37 schools have been fully renovated to the district's current standards in school safety, and 2,400 video cameras have been installed throughout the district.

"Without the bond dollars, we couldn't do any of this important work, keeping our students safe," Allen said.

Scott Thompson, an assistant superintendent, shares the bond money supports student learning and

helps students understand their career pathways. A great example is the new sci-tech building at Mesa High School.

"I visited the new welding area at Mesa High, and students were incredibly excited. They just finished working on a two-day project that would have taken them two weeks in their old facility," Scott shared. "The bond money provided the ability to create a proper environment where students can learn and create."

Mesa Public Schools is asking the community for a continuation of the bond and override to carry on the work being done. During the Nov. 7 special election, voters will have the opportunity to authorize the sale of up to \$500 million in bonds for capital improvements and a 15 percent budget override continuation.

Mesa Public Schools is the largest school district in Arizona, and there is more work to be done. Along with continued school safety renovations, the district would like to continue upgrading HVAC systems to newer, more efficient units, replace portable classrooms with permanent buildings, and continue to remodel and update aging schools. The override is used for staffing, funding 13.9 percent of employees' paychecks, as well as supporting workforce and college development, and lower class sizes.

"The override is a tax that is already in place," Scott shares. "We are asking the community to keep the tax in place so that we can continue to be competitive attracting qualified teachers and staff." ■

*For more information regarding Mesa Public Schools, please visit [mpsaz.org](https://mpsaz.org). To learn more about the Budget Override Continuation and Bond Authorization, visit [mpsaz.org/info](https://mpsaz.org/info).*

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LOCAL BUSINESS

Lash Envy Studios Opens New Location

By Kimberly Alvarado

Lash Envy Studios is excited to announce the opening of its second studio, located on the southwest corner of Power and McDowell roads in Mesa. The Las Sendas location complements its original flagship store in Dana Park. Now, two convenient Mesa locations make your summer beauty requirements a breeze.

As experts in personal care services, Lash Envy Studios enhance your best features with first-class artistry in lash, skin, and brow care. They provide client-focused pampering in all that they do, from eyelash extensions, skincare, waxing, permanent makeup, and more.

“We’ve created a high-end salon atmosphere, where guests can feel comfortable while our staff works hard to exceed even your highest expectations,” said Lash Envy Studios owner, Michelle Burgher.

If you are looking to put your best face forward this summer, visit Lash Envy Studios. Standard booking is one week in advance.

Consider the August special promotion: *Recover & Brighten Facial*. This impressive facial begins with a deep cleansing of the skin followed by an express derma plane to remove dry dead skin and fine facial hair. Then relax as you are pampered with a lymphatic drainage massage and finish with a serum infused oxygen treatment customized for your skin’s needs. The oxygen detoxes the skin, boosts collagen production, shrinks pores, helps create cells at a faster pace, and promotes glowing skin.

Also, this summer, look for special pricing on the following treatments.

HYBRID EYELASH EXTENSIONS

“Eyelash extensions have become extremely popular, especially if you’re looking for an easy way to achieve long, thick lashes that you’ve always dreamed about,” said Michelle. “With the hybrid eyelash extension technique, we use a perfect blend of our classic lashes and our

volume fans. This new hybrid set combination results in fuller, fluffier lashes that have a more textured look,” Michelle said.

Grab a sweet summer deal on a full set of hybrid eyelash extensions for just \$129.

VITAMIN C FACIAL

This treatment is designed to prevent and reverse hyperpigmentation from harmful UV rays that dehydrate the skin and cause dark spots. At Lash Envy Studios, your treatment would begin with a double cleanse, steam, and extractions. Next, exfoliation with a derma plane treatment will leave your skin silky smooth. Then, the experience is topped off with a Vitamin C hydra jelly mask, hot stone massage, and brightening boosted oxygen serum with deep moisture.

This procedure will have your summer skin glowing. This procedure is specially priced this summer for \$119.

SCALP MICROPIGMENTATION

Save \$200 this month on scalp micropigmentation, a procedure designed to restore bald or thinning hair. This non-surgical technique deposits ink into the scalp to mimic the look of a shaved head and can be used to create the illusion of a hairline, or make thinning hair appear fuller. This procedure works great for both men and women.

Whether you know exactly what beauty or spa services you prefer or would like the guidance of a licensed aesthetician, schedule an appointment at Lash Envy Studios now to discover your personal best. Give the studio a call to help make all your beautiful dreams come true this summer. ■

Lash Envy Studios has two locations in Mesa to serve you: 6727 E. McDowell Road, Suite 106, and 3426 E. Baseline Road, Suite 111. Contact the Las Sendas location at (480) 431-1848 or the Dana Park location at (480) 500-6378.



LOCAL BUSINESS

Hava Java Mesa Extends Happy Hours

Submitted by Hava Java Mesa

Hava Java Mesa will be hosting special weekend happy hours.

Along with their standard daily happy hour from 3 to 5 p.m., where you receive \$1 off any glass of beer or wine as well as posted snack items, every Saturday and Sunday Hava Java Mesa will be offering wine and charcuterie board specials.

Happy hours on Saturday and Sunday will be from 4 to 7 p.m., where you can order a bottle of house wine and a charcuterie board for \$24 or two glasses of house wine and a charcuterie board for \$18.

Charm and a unique setting add to the inviting environment at Hava Java Mesa with colorful Sonoran artwork and a rope wall separating mingling conversations. Stop in and get comfortable on the patio with a favorite beverage during a warm summer evening, or lounge on a comfy couch with a sandwich and your favorite book.

The menu and entertainment offerings at Hava Java Mesa have recently expanded as well. New owners Barb and Tim Beaubien have reconceived the coffee house to give customers a quiet place to come and get out of the heat for a few hours, connect with each other, meet with friends, or make new ones.

“We offer a nice casual environment to relax in before or after dinner. With many new drink options to choose from you will consider Hava Java Mesa your second living room,” said Tim. “Experience the Hava Java difference.” ■

Hava Java Mesa is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2849 N. Power Road, Suite 103, in Mesa.





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HEALTH

Over 50

Free Weights vs. Machines: Which One Is Better?

Submitted by The Exercise Coach

There are some common misconceptions that prevent people from getting the fitness results they want, in the timeframe they want, by using machines. Also, free weights can lead to reduced strength gains and a higher risk of injury.

You're not going to find any free weights at any of The Exercise Coach locations, and for good reason — there is a significant strength training advantage to using machines over free weights and it has to do with the purpose of exercise.

The results we want from exercise are muscle and neurological adaptations, and that happens when we expose the body to the right type of muscle loading for the right length of time. You can get those results from free weights, but they come with tradeoffs, whereas machines minimize what you need to learn so you can focus on what matters most.

Your body doesn't know or care if you're lifting a dumbbell, or you're working on a weight machine, or an isokinetic high-tech strength machine, lifting a bag of dirt, or performing bodyweight exercises. It all has to do with muscle activation and fatigue.

The Exercise Coach uses machines because it helps people focus and feel confident in what they are doing without having to worry about the risk of injury. Using a machine will position you specifically to do that exercise. You won't have to worry about the variables and skills associated with using free weights.

Research shows that high-intensity strength training is safe for anyone and targets what matters most, which is age-related skeletal muscle loss. When we effectively and

optimally work our muscles, every system of the body gets better as well.

Using biomechanically correct machines is the easiest way to introduce people to high-intensity strength training. Many of the conventional exercise methods don't make it possible for the vast majority of people to safely and confidently engage with high-level strength training.

One of the objections that people will bring up against using machines has to do with stabilizer muscles, but it's actually an argument against free weights. The requirement of balancing free weights prevents you from actually applying the optimal stimulus to your muscles. Every muscle in the body can act as a stabilizer muscle. Machines can help you target those muscles directly, instead of relying on free weight exercises to hit them as a side effect.

There is no such thing as muscles specific to real-world applications. There are just muscles. The Exercise Coach clients often report back that they have noticed that everyday activities like carrying groceries or golfing get so much easier, which are great examples of how strength changes everything.

People don't want to spend a lot of time at the gym, and they don't have to. With a science-based approach to strength training, people can get the results that matter most to them in brief and safe training sessions.

Make today the day to start on that road to better health and fitness. Let our caring and knowledgeable certified coaches get you started. ■

Call or text The Exercise Coach at (480) 716-6080, or visit [exercisecoach.com/north-mesa](http://exercisecoach.com/north-mesa) for your complimentary initial consultation and two free sessions.



HEALTH

Over 50

Getting Ready for Medicare Open Enrollment

Submitted by Lynne Jones, Tapestry Insurance

Medicare Annual Enrollment is just around the corner. The official dates are from Oct. 15 to Dec. 7, with new plans available for review at the beginning of October.

If you have a Medicare Advantage Plan or a Medicare Drug Plan, it is always a good idea to review and see if there are any changes that might affect you. Often times, new plans come out with benefits that are worth looking at, and you should review them to see if they might be of value to you.

Of course, you will start seeing the endless stream of Medicare commercials on network TV. This is always a time to proceed with caution.

If you have a trusted Medicare agent, please turn to them for advice and help. I believe strongly that meeting or talking with someone locally is always better than a stranger on a 1-800 line.

As a local agent, I am required to pass certification tests and attend new product rollouts that will help me help you. If you don't have an agent but would like to confirm your plan, please reach out to me.

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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LOCAL BUSINESS

# Let's Find Your Flavor AT ELYSIAN FIELDS

*Submitted by Elysian Fields*  
**T**empt your taste buds with tasty treats at Elysian Fields, our new bakery location at 6727 E. McDowell Road, Suite 104, in Mesa. First-time visitors get a free shortbread on the house.

Elysian Fields is an artisan bakery that specializes in both classic and adventurous offerings from timeless cupcakes, tarts, pastries, and scones to floral-flavored confections, such as shortbread cookies, teacakes, and cakes among others.

Whether a celebration of a birthday, a special soiree, or simply an event in need of particularly tasty treats, we gladly throw our hat in and offer our baking magic to craft the scrumptious sweets you need.

A custom event cake, a batch of cupcakes, shortbread cookies, or something else to please your guests — we are ready to craft scintillating offerings that are sure to satisfy even the most particular critic.

Please place custom and large orders at least 48 hours in advance.

In addition to our traditional offerings, our confections are also available in Vegan and Keto/Gluten-Free varieties. We want you safe and glowing.

All items in our shop are 100 percent natural, baked fresh daily, and meticulously and lovingly made by our own hands, in small batches through unique, alchemical methods inspired by our explorations. Many of the elements are picked with care from our very own happy and healthy plants.



Elysian Fields was founded by a multi-generational team who long shared a dream of providing a place for people from all backgrounds and traditions to explore nature, and the beauties and wonders it provides. From an early age, members of our clan were introduced to fantastic worlds from classical mythology across numerous pantheons — Greek, Egyptian, Norse, Celtic, Chinese, and Oceanic to Middle Earth and Pern, Narnia, and Azeroth, and back to earth with Cosmos, science, and history.

We started Elysian Fields to bring the opportunity to explore all aspects of this world, life, and nature to others in their own unique journeys through life. We invite you to shop awhile, sit a spell, and embrace our connection with nature's beauties and wonders.

Welcome to our garden. Come wander with us. ■

*Elysian Fields is located at 6727 E. McDowell Road, Suite 104, in Mesa. Call (480) 590-0646 or visit elysianfieldsmagic.com.*



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