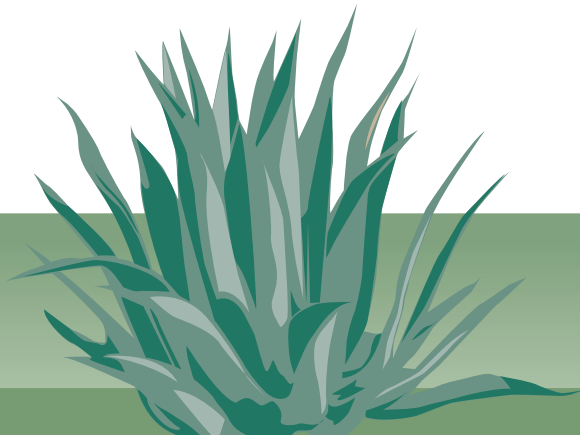


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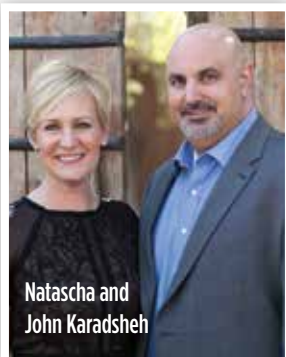
October 2023

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It's October and Time to Fall in LOVE WITH YOUR BACKYARD AGAIN

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

October is our favorite month for getting outside and finally enjoying our backyard after months of hot weather. Back in 2022, we replaced our grass with gardens and we have been working on creating our own little oasis in the desert ever since. Here are some of the things we will be tackling in our yard this month.



Natascha and John Karadsheb

Extract. Citrus needs extra nitrogen, so make sure you are using a fertilizer specifically for citrus. The only citrus trees that should be fertilized in October are your lemon and lime trees. Other citrus trees should be fertilized in the spring months.



POST SUMMER CLEAN UP AND PRUNING

Like so many people, we lost several plants during the long hot summer and so the first item on the agenda is to clean up the yard and remove the dead plants. This is also the time to prune away the summer damage, just remember not to trim more than one-third of the tree or plant at any one time.

October is also the right time to clean out flowerpots and beds and top them off with fresh soil. If you are planting garden beds or container gardens, we recommend *Arizona Worm Farm Compost* in advance of planting. Their dirt is full of nutrients and worm castings, and we can definitely tell the difference.

ADJUST WATERING SCHEDULES

As the weather cools down, be sure to adjust your watering schedules. Too much water can cause leaves to yellow and can even drown your plants. Just watch carefully as there can still be hot stretches in October that require some hand watering in between regular watering schedules. A moisture meter is a great tool to help you guide your watering.

FERTILIZE

After the long hot summer, your plants are hungry and October is the perfect time to fertilize everything in your yard. For flowers and plants, we like to use *Ferti-Lome Fish Emulsion Fertilizer* which has a 5-1-1 formula (five percent nitrogen, one percent phosphorus, one percent potassium). While fish emulsion is mild, it is also fast-acting, and we have seen tremendous results from using it in our garden and around our yard.

We use fish emulsion once per month and then balance it in between with *GrowMore Organic Seaweed*



PLANT

This is the fun part. October is the dream month for planting trees, shrubs, and bushes. You want to plant them early so they have three full seasons to get established before the stress of the next summer. October is also the time to plant garden beds and container gardens.

We are loading up our garden with fresh herbs, kale, sugar snap peas, celery, garlic, leeks, radishes, carrots, beets, onions, arugula, spinach, and several kinds of lettuce. We have been amazed at how much food we have produced each season.

It is also our favorite time of year to refill our flowerpots with geraniums, nasturtiums, petunias, Johnny jump-ups, calendula, and snapdragons — to name a few.

OVERSEED

October is also the time to overseed and establish your winter lawn. There is nothing prettier than fresh winter grass, but when we redid our backyard, we decided to convert our grass to raised bed gardens and artificial turf. However, we never expected that our new yard (that produced food for our family) would also use a third less water.

If you are thinking it might be time for a change in your yard, take advantage of the *Mesa Residential Grass-to-Xeriscape Incentive Program*. The program provides up to a \$1,000 incentive for the conversion of grass to low-water-use plant coverage and up to \$100 for adding an eligible tree. For more information, go to mesaaz.gov/residents/water/water-conservation/residential-grass-to-xeriscape-rebate.

USE YOUR OUTDOOR SPACES

For years, we didn't really use our backyard. We didn't love the way it looked so it never drew us outside. In the past two years, we have put a lot of thought and effort into how we want to live outdoors. We have re-envisioned our outside spaces and made an effort to make sure the views out of our windows are aesthetically pleasing. Lots of *Pinterest* inspiration, magazine clippings, planting trial

and error, and a few great *Offer Up* finds are giving it the character we had hoped for all along.

If you are looking to get some inspiration for your yard, definitely visit *Berridge Nurseries* at 4647 E. Camelback Road in Phoenix. They have amazing plants, garden seedlings, a knowledgeable staff, and beautifully styled pots and accessories. For a crazy assortment of unique pots and plants, also consider a field trip to *The Plant Stand of Arizona* at 6420 S. 28th St. in Phoenix and pair it with lunch at *The Farm at South Mountain*.

We can't say enough great things about the advice we receive by following *Angela Judd of GrowingintheGarden.com*. Angela is a local Mesa urban farmer who provides daily tips on gardening in our climate. She also teaches classes at the Mesa Public Library and online. We are all lucky to have such an amazing resource at our fingertips.

According to research in the Blue Zones, gardening and yard work may very well help you live longer. Gardening is the epitome of the Blue Zones lifestyle with many people gardening well into their 90s and 100s. According to a study published in *Landscape and Urban Planning*, gardening was also equivalent to biking, walking, and dining out as a contributor to emotional well-being, or happiness.

So, if you are wondering if doing an outdoor refresh is worth it, we say yes. A great outside space adds to your life and contributes positively to your property value. Make your outside space a sanctuary this fall and spring and fall in love with your home all over again. ■

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.

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LOCAL BUSINESS

Current and Future State of SHORT-TERM RENTALS IN THE EAST VALLEY

By Brandon Balsley, Grand Welcome, East Valley of the Sun

I keep a close eye on issues concerning short-term rentals (STR), believing that intelligent regulation and the professionalization of the industry can help ensure that those who want to offer their properties can do so responsibly and positively, and be accountable to the communities in which they exist.

This article examines some of the past factors and conditions for those who want to offer their property as a short-term rental, the communities they're located in, and the future of evolving state and local regulations.



BACKGROUND: 2016 STR AZ LAW

Before 2016, Arizona faced a complex landscape of varying local regulations on short-term rentals. Some municipalities allowed STRs with minimal restrictions, while others sought to impose stricter measures to address concerns such as noise, parking, and the erosion of the residential character of neighborhoods.

Amid this regulatory uncertainty, the Arizona legislature enacted a law in 2016, known as the 2016 STR AZ Law, to establish statewide guidelines for short-term rentals. This law sought to strike a balance between the interests of property owners, the tourism industry, and the concerns of permanent residents.

SB 1350 was passed by the AZ Legislature, which authorized short-term rentals in Arizona and specifically prevented cities and towns from prohibiting, restricting, or regulating short-term vacation rentals. The law allowed homeowner associations (HOAs) and condominiums to enact their restrictions if they followed some general guidelines, creating a hodge-podge of restrictions and rules across the Valley.

RECENT AZ SUPREME COURT DECISION AND ITS IMPACT ON HOA RESTRICTIONS

With the enactment of the 2016 STR AZ Law, the regulation of short-term rentals continued to be a contentious issue in some communities. In 2022, the Arizona Supreme Court made a critical decision that questioned the authority of HOAs to create and enforce their own restrictions concerning STRs and placed limits on their scope.

The Arizona Supreme Court case, *Kalway v. Calabria Ranch HOA LLC et al*, raised substantial questions surrounding the authority of homeowner's associations (HOAs) to implement and enforce changes to their covenants, conditions, and restrictions (CC&Rs). The Court's stance is explicit: CC&R amendments introducing *affirmative obligations* that establish new usage constraints must meet two criteria for enforceability — they must be both reasonable and foreseeable.

In simpler terms, this decision implies that HOAs cannot modify CC&Rs to introduce new obligations without prior notice in the original CC&R document, alerting owners to the possibility of such obligations. Importantly, as this ruling applies retroactively, HOAs are also prevented from enforcing any existing amendments that run afoul of the Court's criteria. This ruling bears significant weight, given that HOAs frequently amend their CC&Rs and subsequently enforce these changes with the presumption of their validity.

THE FUTURE OF SHORT-TERM RENTAL MANAGEMENT IN ARIZONA

Among this uncertainty, the League of Arizona Cities and Towns, a group of elected officials from 91 Arizona communities, submitted proposed changes the group

would like to see the AZ Legislature take up in the upcoming year regarding short-term rentals. The proposal includes three changes to state law:

- *Enforce Local Housing Market Caps:* Implement regulations that limit the percentage of available homes that short-term rentals can occupy. For instance, a city may consider imposing a cap of 10 percent on less-than-30-day rentals, ensuring that the housing market remains accessible to long-term residents.
- *Neighborhood-Specific Density Limits:* Extend the regulation of short-term rentals to specific neighborhoods within a city. This approach ensures that areas retain their residential character and aren't overwhelmed by short-term rentals, preserving the sense of community.
- *Mandatory Spacing Between Rentals:* Enforce a minimum distance requirement between short-term rental properties. For example, cities can mandate that short-term rentals be at least three houses apart. This rule protects the quality of life for residents by preventing an over-concentration of rental businesses in one area.


Given this proposal, the 2016 STR AZ Law, and subsequent Supreme Court decisions, set the stage for the future management of short-term rentals in Arizona.


These factors have laid the groundwork for an evolving, regulated, and well-managed short-term rental industry here in Arizona. To balance the interests of property owners and local communities, we need a commonsense framework that allows for responsible growth in this dynamic sector. This ensures that short-term rentals continue to contribute positively to the state's tourism economy while preserving the essence of its neighborhoods and communities. ■

Contact Brandon Balsley at (480) 933-8874 or email Brandon.Balsley@grandwelcome.com for more information on available services. Also, check out: eastvalleyazrentals.com.


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EDUCATION

Self Development Academy Offers Two to Three Grade Levels Higher Accelerated Math Track

By Dr. Anjum Majeed, Superintendent, Self Development Academy

One may ask what an accelerated math path means. To understand math acceleration, one must first understand the regular math path. The regular path for math is Algebra I in 9th grade, Geometry in 10th grade, Algebra II in 11th grade, and Precalculus in 12th.

Students desiring to attend competitive colleges or receive college scholarships take an accelerated math path. Those students who are usually focused on math-related subject areas such as engineering, computer science, research sciences, medical sciences, or finance need opportunities to take more challenging math classes in their early years so they may take advanced calculus courses and even statistics in high school.

These advanced math courses prepare students to take Advanced Placement (AP) exams, earn college credits in high school, become eligible to enroll in highly competitive colleges, and receive more scholarships.

To offer this challenging path, SDA, unlike other schools, does not use any special selective process other than the student's commitment to work hard and the ability to get good grades and do well in the subject. This egalitarian approach enables more students to participate in the accelerated path if they are willing to perform well at two to three grade levels higher.

ACCELERATED MATH IN ELEMENTARY

Normally, in most schools, it is difficult for elementary school students to progress into an accelerated math track. Only a select group of students qualify for accelerated math. However, at SDA, we pay special attention to students' interests and abilities in math as well as other subject areas.

This fall we have a class full of about 20 students in fifth grade who are accelerated in both math and language arts. These fifth-grade students are taking courses offered to SDA's middle school students, which include pre-Algebra, ninth-grade literature, and advanced science.

Fifth-grade students in the accelerated program are excited about taking middle school courses that are

challenging. Students excitedly share that they love the idea of a five-minute break after each 55-minute period. They love having different teachers come to their classroom and teach different subjects. As fifth graders, they take electives, and that, they say is cool.

This fifth-grade accelerated track enables the SDA students to take pre-Algebra in fifth grade, Algebra I in sixth grade, and Geometry and Algebra II in seventh and eighth grades, respectively.

TWO TO THREE GRADE LEVELS HIGHER ACCELERATION

This fall we have almost 15 students in eighth grade scheduled to take Algebra II. Remember, Algebra II in a regular track is taken in 11th grade. A significant number of students have been accelerated to take the course as eighth graders, three years ahead of their regular schedule.

When students take higher level math in middle school, they are able to take higher level and more honors and AP math classes in high school. This option opens many doors to take advanced sciences and literature courses as well. Not only will the students be graduating with a more rigorous curriculum, but also with a higher grade-point average. This enables them to graduate with a higher ranking in their senior class and have more opportunities for scholarships and admissions to more competitive programs at the college level.

The curriculum at SDA progresses at an accelerated pace. Although each student is unique, some students who start SDA in early grades — grade one or two — are ready to take the accelerated path of being two to three grade levels higher. If students start in first or second grades at SDA, some take Algebra I in seventh grade, which is two grade levels higher, while others are ready to take Algebra I as early as sixth grade, directing them to an acceleration path of three grade levels higher. ■

To learn more about SDA accelerated programs, please contact Self Development Academy at (480) 641-2640, and for the preschool program contact Self Development Preschool at (480) 396-3522.

UpClose

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REAL ESTATE

Do You Need a New Roof or Just Repairs?

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

There are many things to consider before putting your house on the market. One of them is which repairs need to be completed before listing.

Whether to repair or replace your roof before listing your home will depend on many factors. Here are some things to consider that may help you make that decision.

HOW DO YOU KNOW IF YOUR ROOF NEEDS TO BE REPLACED?

Tile roofs are the most popular in Arizona but it's not the tiles that fail, it's the underlayment. The tiles will last 50 years or more, but the underlayment has a life expectancy of 15 to 20 plus years (although some can last a lot longer). You can't just look at a tile roof and see that it is at the end of its life. Even if you know how old the roof is based on when the home was built it doesn't necessarily mean it needs to be replaced.

The underlayment can be in very different conditions from house to house depending on the quality of underlay-



ment used and the installation. Don't let anyone tell you it needs to be replaced just because of the age of your home — I have had several roofing companies tell me that on client's homes. An inspection is the only way to know for sure.

WHAT IS THE CONDITION OF YOUR ROOF?

Many roofers offer free roof inspections, and whether you are planning to sell or not, having a roof inspection every few years is the best way to stay on top of any potential issues and know the current condition of your roof.

WHAT TO LOOK FOR WHEN CHOOSING A ROOFING COMPANY

Ensure you use a licensed roofing company.

Have at least two or three companies come out to give you bids as they can differ quite significantly. As with most contractors, there can be a big difference in quality and integrity between roofing companies.

I recently had a roof inspection for one of my clients by three different companies and the difference between them was staggering. The first roofer said the main roof had three to five years of life left before the roof needed to be replaced, but the walk-out deck needed to be replaced immediately. Cost \$6,550. For a completely new roof it would be \$14,900. The second said the entire roof including the deck was fine and didn't need anything. The third roofing company said the entire roof needed to be replaced immediately at a cost of \$19,280. The buyer spoke to the two roofing companies who offered a bid and made the decision from there, but what a difference between them.

Don't always go for the lowest price. One example a roofer gave me was another company under-bid him by \$1,800 for a small roof install. He later found out the cheaper company did not remove the old underlayment; they just laid the new underlayment on top of it. That saved the roofer the cost of labor to remove the old underlayment as well as disposing of it all. So, while they bid a cheaper price it came with poor-quality workmanship that would cost the homeowner more in the long run.



Make sure the roofing company offers a good warranty and, most importantly, make sure that it is transferable to the new owner when you sell.

Chances are, if your roof needs to be replaced, you have seen neighbors replacing their roofs. Ask them if they would recommend the company, check online, and read reviews, and one of the best ways to find a great roofing company is to ask a local Realtor. Realtors are a great source for referrals as we tend to know the companies that do the best work at the best price for all our clients.

CURRENT MARKET CONDITIONS

The market conditions can be a big factor in how much you need to do to your home before listing. We are currently in a seller's market with less supply than demand, giving the seller the advantage and therefore having your home in tip-top condition is not as important as it is in a buyer's market.

Please don't hesitate to contact me if you have any questions about getting your home ready to sell or for a list of the top roofing companies or other contractors. ■

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

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Submitted by Trusted Lending Center

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Adding to the urgency is the fact that we are experiencing the highest purchase demographic in our nation's history. With millennials entering the housing market in large numbers, competition for homes is fierce. Moreover, the impending drop in interest rates is expected to intensify the competition further, leading to multiple offer scenarios.

Conservative estimates even suggest a minimum of 18 percent home value appreciation over the next three years. So, if you have been contemplating homeownership, seize the moment — the window of opportunity may not remain open for long.

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HEALTH

Naturopathic Cancer Treatment CAN BE A GAME CHANGER

Submitted by Dr. Jordan Trapp, Naturopathic Medical Centers

In honor of Breast Cancer Awareness Month, we wanted to focus our attention on cancer and how having a naturopathic doctor on your team is a game changer. Individuals who have been diagnosed with cancer are recognizing the need to adopt a holistic and comprehensive approach to cancer care, understanding that the one-gun approach is no longer the best option.

The role of naturopathic doctors within cancer care has grown exponentially, offering a holistic and patient-centered approach that addresses not just the cancer itself, but the overall health and well-being of the individual, including side effect management and immune system support, allowing for better outcomes and fewer side effects as you are undergoing treatment.

A SHIFT IN CANCER CARE

Traditionally, cancer treatments have primarily revolved around surgery, chemotherapy, radiation therapy, and targeted drug therapies. While these interventions have undoubtedly saved countless lives, they often come with significant side effects and do not work to address the root cause of the disease. This is where naturopathic doctors come into play.

Naturopathic medicine is rooted in prioritizing prevention, identifying and treating the underlying causes of disease, and fostering the body's innate ability to heal. When applied to cancer care, this approach emphasizes the eradication of cancer cells, immune system stimulation, improved quality of life, and prevention of cancer recurrence.

PATIENT-CENTERED CARE

One of the most significant advantages of adding a naturopathic doctor to your cancer journey is the patient-centered approach. Your naturopathic doctor takes time to understand your unique needs, values, and preferences, allowing for a tailored treatment plan that goes beyond a one-size-fits-all approach.

A HOLISTIC APPROACH TO CANCER CARE

Naturopathic cancer care combines conventional and complementary therapies, ensuring a comprehensive strategy that targets cancer from all angles. Naturopathic doctors will work alone, or alongside oncologists and other healthcare professionals, to provide a well-rounded treatment plan.

This multifaceted approach encompasses various treatment modalities, including but not limited to the following: nutritional support, supplement therapies, IV therapies, acupuncture, mind-body practices, detoxification, and lifestyle changes.

Mind-body practices like meditation, breathing exercises, and yoga can effectively reduce stress, improve sleep, and enhance overall well-being — critical aspects of the cancer recovery process. Detoxification methods may be encouraged to facilitate the body's elimination of toxins, ultimately bolstering the immune system's capacity to defend against cancer and support overall health.

THE FUTURE OF CANCER CARE

As we continue to advance in our understanding of cancer and its complexities, it is imperative that we embrace a holistic and patient-centered approach to treatment. By embracing the above-mentioned approaches, patients have the opportunity to enhance their quality of life during treatment, reduce side effects, and improve their overall well-being. Naturopathic doctors are integral to this path, offering new hope to those affected by cancer.

Call today to schedule an appointment or a meet and greet with one of our doctors. ■

Naturopathic Medical Centers is now accepting new patients at our Mesa location at 3654 N. Power Road. Call (480) 590-0272 now to schedule a complimentary meet and greet with one of our doctors to better understand how we can help you on your journey of health and wellness. To learn more, visit wvncaz.com.

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www.UpCloseAZ.com

COMMUNITY

Red Mountain Ranch Social Club Garage Sale is Set for November

By Cherie Snarr, RMRSC Secretary
Photos by Dave Bender

The annual Red Mountain Ranch Social Club Garage Sale will take place on Friday, Nov. 10, and Saturday, Nov. 11, the second weekend in November.

While we are all sitting at home trying to survive this sweltering heat, it's a great time to start planning what you want to get ready for the garage sale. You do not want to miss the opportunity to sell items for hard cash that you no longer use and are taking up space in your garage or closet. It is also a time to visit and get to know your neighbors.

Our community garage sale is one of the largest in the Phoenix area. Our garage sale brings thousands of customers to Red Mountain Ranch. Last year the roads in our community were filled with cars and trucks looking for great bargains. You must live in Red Mountain Ranch to sell items at this garage sale.

Red Mountain Ranch residents may participate as a seller at the garage sale by registering and paying a \$15 fee.

- Your \$15 fee pays for the following:
- Banners at the three entrances to Red Mountain Ranch
 - Sandwich boards with QR Codes to download the maps of the location of participants
 - An information packet
 - A liability insurance policy during the two-day sale to protect you and your buyers
 - Newspaper, flyer, and email advertising

Our HOA has approved and reserved Nov. 10 and 11 for our garage sale. These dates are reserved for our sale only. Please do not have a sale without paying the \$15 fee during our sale weekend. The garage sale will start for you on Friday and Saturday morning when you place your items for sale in your driveway or garage. Buyers start touring our neighborhood at sunrise.



RMRSC IS GEARING UP FOR FALL & WINTER

After the hot, laidback summer, RMRSC is ready to launch a whole new agenda of parties and activities. During the summer, the members enjoyed dinners out at various restaurants.

In August, an enjoyable wine tasting at D'Vine was experienced, and everyone had such a good time. In September, we had a wonderful Ice Cream Social at the welcoming home of Robin and Gregg Hagenstad. It was an evening full of good food and delicious ice cream desserts with make-your-own ice cream/cocktails. Also, in September was a fascinating tour through Chandler's Museum exhibit *Aliento a Tequila*.



Coming up in October will be our second annual Cowboy BBQ at the home of Allyn Bransby. This is such a fun time with delicious barbeque brisket and other options and sides, to be finished up with homemade cobbler and s'mores around the campfire. Also in October is an outing to see Hale Theater's *Fiddler on the Roof*.

Along with all these activities taking place, we have our monthly general meetings on the second Thursday of each month at the Red Mountain Ranch Country Club. Each month features an interesting speaker covering a wide range of different topics. Also, the first Thursday of each month is game night at the Country Club. Come join us for a fun night out and a little healthy competition. ■

If you are looking to make new friends and participate in educational and fun-filled activities such as monthly luncheons for the ladies, monthly breakfasts for the men, outings, and cocktail and holiday parties, join the Red Mountain Ranch Social Club. Your pass to all these wonderful events is an annual membership fee of \$15. So, if you are not already a member and would like to join us, visit our website at rmrsc.com.

EVENT

Come Join Us at our Vegan Trunk or Treat

Submitted by
Rev. Dr. Rula Colvin

This year Red Mountain United Methodist Church is hosting a Vegan Trunk or Treat on Saturday, Oct. 28 from 3 to 5 p.m. All are invited to attend and participate.

As one of the pastors at Red Mountain United Methodist Church, we believe offering a vegan/allergy-sensitive Trunk or Treat would be a great family event.

A trunk or treat is an event where people gather in a parking lot with decorated car trunks and children can walk from car-to-car trick or treating in a safe, closed environment. Vegan means something does not contain any animal products or byproducts.

Examples of vegan treats for Halloween include Smarties, Air Heads, Twizzlers, Pixy Stix, Sweet Tarts, Red Vines, DOTS, Blow Pops, DUM DUMS, Sour Heads, Atomic Fireball, Juicyfruits, Now and Later, and Zotz. And non-candy items include Spider Rings, Stickers, Pencils, Erasers, plastic Vampire Teeth, Googly Eyes, and GLO Sticks.

Our Vegan Trunk or Treat will have something for everyone. The event will feature a trunk decorating contest, a bouncy house, games, Halloween story time, trick or treating, and more. ■



Please join us on Saturday, Oct. 28 at Red Mountain United Methodist Church, 2936 N. Power Road in Mesa, for a great time. We are excited to welcome everyone to this fun family event. If you have any questions or are interested in volunteering or donating, please contact the.deliciousvegan@outlook.com or call Rev. Dr. Rula Colvin at (602) 295-3301.

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LAS SENDAS GOLF CLUB

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A New Season Brings Innovative Preparations On and Off the Greens

As outdoor temperatures slip below triple digits, Michael Field, director of golf at Las Sendas Golf Club, is detailing plans for the course overseed project which will close the course from Oct. 2 through Oct. 19. While golfers are anxious to tee off in cooler temperatures, the fall overseeding is necessary for several reasons.

The process helps thicken the greens, fill in bare spots, adheres the course to drought tolerance, and even enhances the green's ability to fight insect damage and disease. The final product promises to produce those picture-perfect course conditions that local golfers have come to love.

The course will reopen on Oct. 20.

PRO SHOP OVERHAULING

While the course is undergoing its renovation, the Pro Shop will remain open from 9 a.m. to 3 p.m. daily. Stop in and look at the new lines of merchandise for men and women, including leisure wear



favorites by Vuori. Your active lifestyle might be longing for some new pieces to keep you moving this fall.

It is out with the old and in with the new regarding rental golf club sets. This revamping project means savings for you. While supplies last, the Pro Shop will be selling PING G425 golf sets, bag included, for \$1,499. Each set contains a driver, #3 fairway metal, #5 fairway metal, #3 hybrid, #4 hybrid, 5 iron, pitching wedge, sand wedge, and a golf bag.

"These sets are perfect for the beginner or someone trying to get back into the game," says Michael.

THE GRILLE

The Grille welcomes Jose Martinez, new director of food and beverage at Las Sendas Golf Club.

Jose is a native of Puerto Rico and brings more than 20 years of experience in food and beverage to his new role. His lifelong passion for culinary led him to open a restaurant with his father in Luquillo, Puerto Rico before studying international cuisine and restaurant operations. While attending the Florida Culinary Institute in Palm Beach, Fla., Jose joined the culinary team at PGA National Resort and Spa, where he held various leadership positions during a 10-year tenure.

Since then, he has led various leadership roles in luxury hotels and resorts across the country, including Waldorf Astoria's Arizona Biltmore and the Waldorf Astoria's Roosevelt Hotel in New Orleans. He has



also led a team at the Broadmoor Hotel, the longest-running 5-star, 5-diamond hotel in the world, and the Enchantment Resort in Sedona, where he led the team to accomplish the Forbes 4-star rating. Most recently, he joined the opening team at the Omni Tempe, where he led a team of 90-plus professionals.

"Las Sendas Golf Club is an incredible opportunity for me," said Jose. "I am thrilled to be joining such a special place that is dedicated to creating memorable dining experiences for guests."

Weekend entertainment on the patio will return as the weather cools this month. Wine enthusiasts will enjoy a five-course plated dinner paired with wines from Rhys Vineyard on Oct. 13. Hurry to book your place at the table, as space is filling quickly.

A new fall menu is being developed by the chefs and management team over at The Grille this month. Be sure to stop in and enjoy some new favorites as they transform. ■



CONTACT: Wayne McBean
(480) 323-9364
wmcbean@lassendas.com

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Non Refundable Membership \$30,000 Initiation Fee + Yearly Dues <small>(Seasonal dues available)</small>	Proxy Membership \$220/Month + Yearly Dues <small>(2 Year Commitment) Deposit Required (Limited Availability)</small>	New Range Pass \$1200 Unlimited Range Only <small>(Can be added to Social Membership or Family Pass)</small>
1 Year Trial Membership \$5,000 Initiation Fee + Yearly Dues <small>(Fully transferable towards non-refundable)</small>	Social Membership \$2,000 Initiation Fee + Yearly Fee of \$1,000 Receive 8 Winter golf Passes, 8 Summer Passes, 10% OFF Pro Shop & Restaurants	

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LOCAL BUSINESS

It's the Right Time to UPDATE YOUR HOME

Submitted by Clear Choice Flooring

Change is the hallmark of the autumn season. A new school year starts, and normal daily schedules and routines are back in swing. Autumn also provides a nice break between fast-paced summer fun and hectic winter celebrations.

It is the perfect season to take the time to update your home to have it look just the way you want when the holidays arrive. Here are a few reasons why now is the right time to update your home.

BETTER WEATHER FOR A HOME MAKEOVER

The more moderate temperatures of autumn are the perfect environment to get work done. During the summer, the heat in the Valley can create uncomfortable working conditions. But, when the temperature drops — even by just 20 degrees — it's easier for everyone to stay comfortable and workers can stay focused on a project longer and not have to stop to escape the extreme heat.



PERFECT TIMING

If you choose to schedule your renovation in the early fall, you won't have to schedule your home projects around vacations or gatherings. So, if you love to have friends and family get-togethers, now is the time to think about remodeling your kitchen or living room to create the ultimate hosting space.

Updating guest rooms and bathrooms can also serve as a great fall home improvement project. Your guests will be thrilled to stay in a room with brand-new plush carpeting or an updated bath.

A NEW LOOK FOR THE HOLIDAYS

Speaking of holidays, part of the fun of the holiday season is having a cozy, gorgeous space for you and your family to celebrate in. When friends and family come over for the holidays, you can show off your home's new look by installing a new kitchen countertop or flooring. No matter how you celebrate your holiday season, having an updated look will make this year even more special.

CALENDAR YOUR PROJECT NOW

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The showroom is open Monday through Friday from 8 a.m. to 4 p.m. and Saturdays from 8 a.m. to noon, and after hours, by appointment. The sooner you stop by, the sooner you can enjoy your updated home for the holidays. ■

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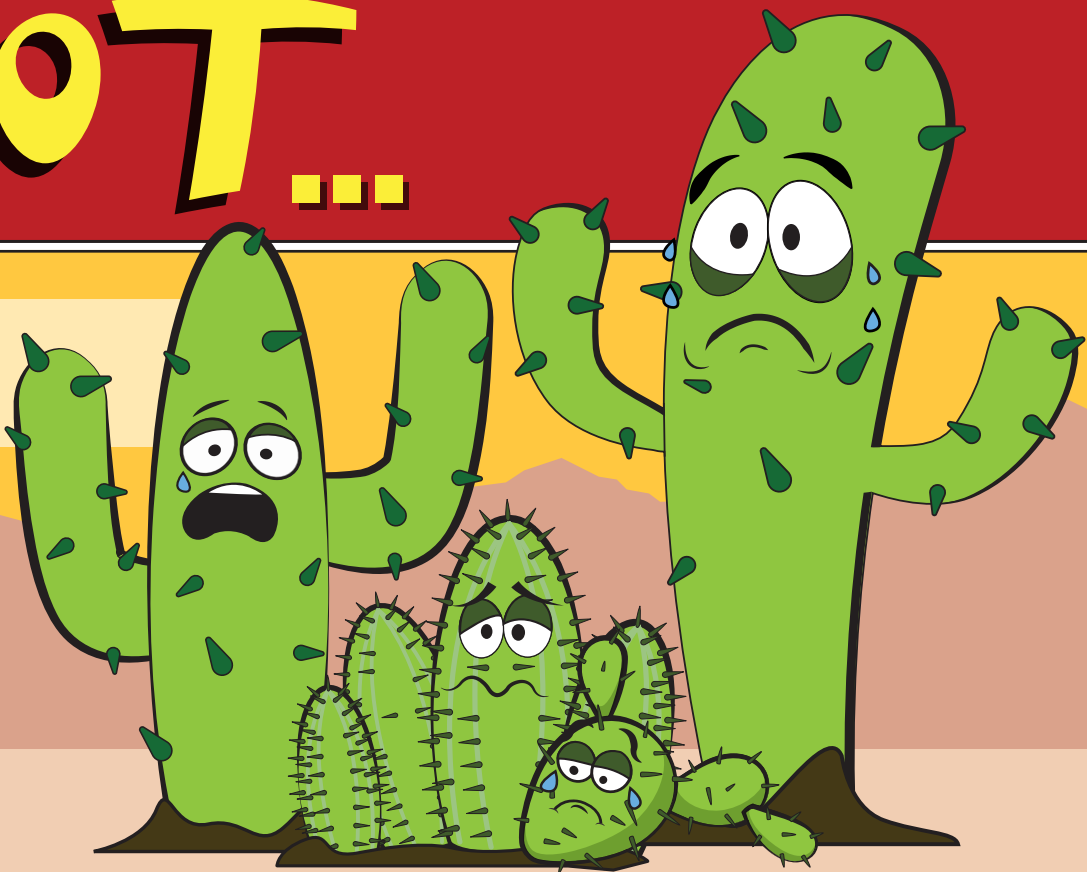
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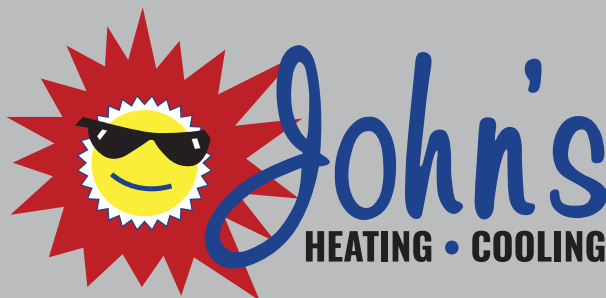
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EDUCATION

Mesa Public Schools Gears Up for COLLEGE AND CAREER FAIR

By Laurie Struna
Photos by Tim Hacker

Mesa Public Schools is hosting the 2023 College and Career Fair on Tuesday, Oct. 17 from 5:30 to 7:30 p.m. at Mesa High School for students in grades 7-12. This event provides a comprehensive showcase of career opportunities, featuring higher education, trade schools, community partners, the military, and more. The College and Career Fair centers around the district's Promise to prepare students for college, career, and community.

The Opportunity & Achievement Department at Mesa Public Schools assists students and families in pursuit of their post-secondary dreams by providing resources and working with school counselors, teachers, and administrators to guide students through career choices. School teams create individual student plans and pathways to success, engage families in the process, help navigate college admissions, and secure financial assistance to ensure students are ready for their future.

Cynthia Catledge is the Mesa Public Schools career specialist in the district's Opportunity & Achievement Department. Cynthia shares that the upcoming college



and career fair provides a platform for students to start thinking ahead about their futures.

"At its core, the fair is about helping students understand the paths that await them beyond high school," Cynthia shares. "We want students to know that post-secondary journeys are unique to the student, and not confined to a singular route. We are fostering a culture where students feel confident in pursuing their passions, knowing that success doesn't fit a predetermined mold, and looks different for each student based on their passions, interests, and aspirations."

Cynthia advises students to create a list of questions in preparation for the fair, as students will have the opportunity to interact with representatives. Once students better understand their options, high school counselors will guide them in their post-secondary journey. ■

To learn more or to register online, visit departments.mpsaz.org/o/departments/page/college-career.



LOCAL BUSINESS

Sweet Repeats Clothing Consignment UNDERGOES REFRESHING RENOVATIONS



By Kimberly Alvarado

Mesa's local consignment gem, Sweet Repeats Clothing Consignment — featuring clothing items, shoes, handbags, and accessories — has brightened its sparkle with fresh in-store renovations. Owner, Jennifer Franco, knows that it is essential to circulate and update the store's inventory, month-to-month, and season-to-season.

"It's only appropriate to give the interior space of the store a renewed face too," Jennifer said. "Step inside to find a newly painted interior, new fixtures, and additional mirrors. All the new updates give the shopping space you've always loved the brighter feel it was craving."

Sweet Repeats Clothing Consignment differs from local thrift stores. Unlike thrift stores that sell items that have been donated, Sweet Repeat shares their profit with the people who bring in their gently used and sometimes new items. The store holds high standards for the pieces it accepts, so you'll likely find pieces that are in much better condition than donated belongings.

Even better, the local consignment shop contains brand-name items, including Banana Republic, DNKY, Coach, and Kate Spade, just to name a few. The store

is packed with the quality brands you've come to search for and love.

Shopping consignment is a great way to save some cash without making your fashion suffer. And if last year's winter duds need to be tossed for upgrade replacements, Sweet Repeats is accepting fall and winter intakes beginning this month. Information on a list of items accepted, along with collection time, and commission splits can be found on their website: sweetrepeatsmesa.com.

BLACK FRIDAY IS JUST AROUND THE CORNER

Nov. 24 and 25 is Sweet Repeats biggest event of the season — Black Friday. Discounts are deep and include dollar items too. If you're new to consignment shopping, this would be a day to discover the benefits of gently used fashion. Stop by to shop locally. You benefit and your community benefits too. ■

Sweet Repeats Clothing Consignment is located at 6039 E. University Drive in Mesa. Shopping hours are Monday to Friday: 10 a.m. to 4 p.m. and Saturday: 10 a.m. to 5 p.m. For more information, call (480) 275-2480 or visit sweetrepeatsmesa.com.



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LOCAL BUSINESS

Transition Your Skin Care from Summer to Fall

By Randall Clarke

Everyone wants clearer, more beautiful skin, but few of us are willing to go through the pain and downtime associated with deep skin treatments. That is why *Hydro facials* are the skin care treatment of choice.

"A Hydro facial is a treatment that uses patented technology (a medical-grade device) to cleanse, extract, and hydrate skin," explains Patricia Phillips, LPN, LE, who is an aesthetician at the Las Sendas Spa and Fitness Center.

"It clears dead skin cells, loosens pores, and preps them for extraction using a mix of glycolic acid, salicylic acid, and botanical extracts. Then, it uses a unique vacuum-powered extraction method to remove *gunk* from the skin in a virtually painless procedure."

The treatment works instantly on visible pores, fine lines, and even acne. Patients will witness enhanced firmness and improved texture immediately — you can expect to leave your Hydro facial treatment with a brighter complexion and glowing skin.

Hydro facial procedures can be customized and used to address a variety of skin care needs including fine lines and wrinkles, elasticity and firmness, even tone and vibrancy, skin texture, brown spots, oily and congested skin, and enlarged pores.

SPECIALIZING IN CUSTOMIZED, CORRECTIVE, AND CLINICAL SKIN CARE THERAPY

Patricia specializes in customized, corrective, and clinical skin care therapy, using medical-grade products with over 15 years of experience in skin care and over 30 combined years in patient care. She continues to love what she does and takes every opportunity to educate herself on the latest in advanced aesthetics.

"I am so fortunate to be part of an ever-changing industry that is always growing and changing. I have had the opportunity to advance my education as an aesthetician and keep up with the latest advancements in skin care. As an aesthetician, I have had wonderful opportunities to meet people from all walks of life."

Forming relationships with clients has been extremely rewarding for Patricia. "There is no better feeling than finishing a treatment and seeing your client with beautiful, glowing skin. It makes absolutely everything worth it," she states.

"I am thankful every day for the invaluable lessons I've learned and experiences I've had, and always look forward to educating and sharing them with my clients."

You can book your appointment with Patricia by contacting the Las Sendas Spa and Fitness Center at (480) 832-6900 or visiting lassendasspaatthetrailhead.com. The Las Sendas Spa and Fitness Center is located at 7900 E. Eagle Crest Drive, Mesa.



EVENT

Antiochian Women of Saint Ignatius ANNUAL BAKE SALE RETURNS

By Rebecca Cook

The Antiochian Women of Saint Ignatius invite one and all to our annual bake sale on Saturday, Dec. 2, from 9 a.m. to noon.

A variety of homemade baked goods will be available, including ethnic offerings such as Serbian nut rolls, Czech jam bars, baklava, and Greek cookies.

Our baking elves are also busy making holiday treats from chocolate-covered peanut butter balls and dipped pretzels, to cinnamon rolls, specialty loaves, and an assortment of scrumptious cookies.

Give your elves a break and come to our bake sale to find *that something special* to take to a holiday event, grab a ready-made teacher gift, or enjoy holiday delights just like grandma used to make.

Funds raised will be used to supplement our community service projects. Since moving to our current location three years ago, we have continued to grow as an English-speaking Eastern Orthodox Christian Church in the Antiochian Archdiocese of North America. We love visitors

and hope our neighbors will stop by to visit and get to know us. ■

For information regarding the bake sale, please contact Rebecca Cook at (480) 686-2690. For more information about the church, please visit our website at saintig.org or visit us at 2402 N. Usery Pass Road in Mesa.



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Fri. 6th 2:00 - DAVE CLARK	Fri. 20th 2:00 - IAN ERIC
Sat. 7th 2:00 - IAN ERIC	Sat. 21st 4:00 - JONNY SPLASH
Sun. 8th 2:00 - SCOTT HALLOCK	Sun. 22nd 4:00 - ERIC MILLER
Weds. 11th 2:00 - PETE PANCRAZI	Weds. 25th 2:00 - PETE PANCRAZI
Fri. 13th 2:00 - DAVE CLARK	Fri. 27th 2:00 - IAN ERIC
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LOCAL BUSINESS

Bikes, Motorcycles, and Cars AT HAVA JAVA MESA

By Tim Beaubien, Hava Java Mesa

Sunday mornings at Hava Java Mesa have turned into a great mixture of cyclists, motorcycles, and classic cars.

Typically, these groups meet up either before or after their Sunday runs. It's great to hear them plan or talk about their adventure. It might be the great proximity to the desert bike trails or the easy access to the 202, but I like to think it's our great coffee and breakfast food. They roll in and out from 7 a.m. to about 9 a.m.

I'm a motorcycle and classic car guy myself so seeing the camaraderie between the groups is great. We can have car clubs meet up or just a single rider looking to make friends for their next day trip.

The Sunday Bikes and Cars is run by our good friend Frank Mendoza. Frank and his fiancé Carol are also motorcycle and classic car people. Yes, she rides her own. They are here most every Sunday with either



his BMW motorcycle, her Can-Am Spyder, or his beautifully restored 1966 Mustang. They greet guests and talk about their rides.

These Sundays are like going back home to Michigan for me. Both Barb and I spent our entire lives in Michigan until we bought Hava Java. So, I had many friends and contacts around my motorcycle and car hobby. Being new residents and business owners here in Mesa I have not had the time to get involved in my hobbies. Meeting Frank and Carol has given me back that part of my life and every week we meet new friends.

It doesn't matter what you ride or drive, if you're proud of it bring it by on any Sunday morning from 7 a.m. to 9 a.m. ■

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.



LOCAL BUSINESS

School is In WITH HERBS

By Kathleen Gould and Madalyn Johnson, SW Herb Shop & Gathering Place

Remember the thrill and the fear we felt as we embarked on another school year? The excitement but also the challenges of being confined in close quarters with all those fellow students and teachers, flu bugs, and other bacteria and viruses.

Now that school is in full swing, there is no need to worry though because there are herbal remedies that can help our children (and parents) stay healthy, well-rested, and alert.

SLEEP TIGHT

We all know the importance of a good night's sleep. Using simple herbs can guide us into a peaceful, regenerative sleep and awaken us with a clear mind. So, here's a recipe to improve your sleep:

- 1 oz Catnip (mild, gentle sedative effect)
- 2 oz Chamomile (promotes sleep, helps to calm stress)
- 1 oz Oat straw (calms the nervous system, reduces anxiety)
- 0.5 oz Passion flower (reduces activity in the central nervous system)
- 1 oz Spearmint (tastes yummy and promotes general relaxation)
- Stevia or honey to taste

Mix herbs and store them in a glass jar. Put eight teaspoons of the herb blend and eight cups water in a large pot, cover tightly, and bring to a simmer. Turn off heat and leave covered overnight or for several hours. Strain herbs out and store tea in refrigerator. Drink hot or cold, with dinner or a cup before bedtime. ■

SW Herb Shop & Gathering Place is located at 148 N. Center St. in Mesa. Visit SWHerb.com or call (480) 694-9931.





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EVENT



Red Mountain Holiday Boutique

Submitted by Red Mountain United Methodist Church

The Red Mountain Crafters are preparing once again for their annual *Holiday Boutique* being held on Friday and Saturday, Nov. 3 and 4 at Red Mountain United Methodist Church, 2936 N. Power Road in Mesa. Hours are 8 a.m. to 3 p.m. both days.

The Crafters have been working throughout this past year on a variety of projects and will have a wide array of handmade items to offer at the Holiday Boutique.

Shoppers will find great ideas for that special Christmas gift, crafts, and useful household items. Some featured kitchen items include placemats, table runners, hot pads, towels, microwave bowl holders, and much more. Home décor items, such as wreaths, wall hangings, gourd art, florals, and wood crafts will be available. There will also be purses, jewelry items, gifts for children, and even items for your furry friends.

While *everything Christmas* will be available, the Crafters have also created items for other holidays occurring during the year as well as patriotic and Southwestern décor.

You can also stop by and shop our bake sale for some amazing home-baked items.

There is no admission fee for this event — just come and enjoy fun and fellowship while you shop. Please join in and enjoy this special annual event. ■

The Red Mountain Crafters donate their time, talents, and gifts. Proceeds from the Holiday Boutique are designated for the Children and Youth Ministries of Red Mountain United Methodist Church in Mesa.

EVENT

East Valley Church to host FALL FESTIVAL & CRAFT SALE

Submitted by East Valley Church

East Valley Church will host a fall festival and craft sale on Saturday, Nov. 4 from 10 a.m. to 3 p.m. at 2160 N. Power Road in Mesa.


The event will feature handmade crafts and vendors galore, both inside and outside the church.

In addition, the festival will include a silent auction, baked goods, a flea market, and grilled hot dogs.

Tables are available to rent for the festivities with approved vendors.

The event promises *fun and fellowship for everyone*, according to organizers. ■

For more information, please contact Connie Little at (480) 298-9336, or Garsh Woolsey at (480) 235-2149.



HEALTH

Over 50

Making Sense of Medicare Information

By Lynne Jones, Tapestry Insurance

The Medicare Annual Enrollment period is from Oct. 15 to Dec. 7. This is the time when you can review your current Medicare plans and make changes to start on the first of next year.

It can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan. This year, with over 70 different plans available in Arizona, no wonder it is intimidating. My husband is on Medicare and I have seen firsthand the amount of mail and phone calls that are targeting him with his Medicare choice.


As I meet with people, I hear how nice it is to actually talk with someone instead of ending up in an endless loop or speaking with an automated voice. I realize these have their place, but something as important as making a choice about your health coverage really needs an actual person who can talk to you, understand your specific needs, and help guide you.

Please don't turn to the 1-800 centers. Instead, look for a local Medicare agent. I am certified with many carriers and can help you pick a plan that will work best for you.

If you are new to Medicare or just want to have an opportunity to review your current plans, please feel free to call me or send me an email and schedule an appointment. We can do an in-home meeting or a phone call.

I look forward to hearing from you. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246 or email jonesdvp@yahoo.com.



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- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?


You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

Lynne Jones

CELL:

480-212-2246



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.

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HEALTH

Over 50

ArchWell Health Helps Mesa Adults
LIVE HEALTHIER, HAPPIER LIVES



Submitted by ArchWell Health

Staying active and engaged with the community is a crucial part of healthy aging. Older adults who are active in their communities experience a variety of health benefits, including a reduced risk of depression, anxiety, heart disease, high blood pressure, and better brain function. They also report a better quality of life and feeling more fulfilled.

However, participating in social activities and maintaining friendships can be difficult as adults age. Family may live states away, transportation can be difficult, and energy levels can change later in life.

That's why ArchWell Health primary care centers for adults 60-plus have set out to help older adults stay active and build friendships in the Phoenix area.

ArchWell Health understands that healthcare is about more than just visiting the doctor. In addition to providing excellent primary care services, in-house health screenings, and same-day sick appointments for patients, ArchWell Health hosts dozens of activities for older adults each month. These activities include chair yoga, painting, bingo, card games, Zumba, infor-

mational healthy living classes, cooking tutorials, and much more.

With 10 locations in the Phoenix area and three locations in Mesa (1060 E. Southern Ave; 4315 E. Main St.; 6843 E. Main St.) ArchWell Health is helping older adults live healthier and happier lives. ArchWell Health's primary care providers and a care team of nurses, social workers, and medical assistants create individualized health plans and wellness goals for each member. Doctors spend more time with patients to establish long-term relationships and hear their unique concerns. ArchWell Health can also coordinate transportation, if needed, for seniors who have a difficult time finding a ride to doctors' appointments or center activities.

ArchWell Health centers are truly a gathering place where older adults 60-plus can enjoy a variety of activities while connecting with a care team committed to their overall wellness. ■

Call ArchWell Health today at (480) 870-7133 or stop into one of our centers to learn how becoming an ArchWell Health member (at no cost) can help you stay active and build community. You can find a full list of upcoming classes and center activities at archwellhealth.com/community.



SPIRITUALITY

Life Lessons
from Leaves

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

Do you know why green leaves turn those brilliant colors in the fall? Ordinarily, every leaf contains brightly colored pigments, as well as green ones, but the deep green chlorophyll masks the others.

Chlorophyll plays an important role in making food for the tree. As shorter days and cooler temperatures signal the leaves to stop making food, they no longer need the chlorophyll, so it gradually breaks down, allowing the other colors to become visible.

Of course, there's a life lesson here. Just as we don't see those colorful pigments that are there all the time, behind any situation we may be facing right now is unseen goodness and beauty waiting to be revealed.

In Hebrews 6:12 we read that by faith and patience, we inherit the promises. What promises? For one, that God is behind the scenes working all things together for our good (Romans 8:28). By faith we believe this, and by patience we trust Him to work things out.

Last May I was headed to Illinois for my granddaughter's college graduation. Upon arrival at the flight gate, I learned that due to technical issues with my plane, it had been replaced. There were fewer

seats on the replacement plane and my ticket didn't make the cut!

All around me, people were being rude to the ladies at the counter and complaining so loudly that I couldn't hear the announcement. I said, "Lord, my times are in Your hand, (Psalm 31:15) and I trust You to work this out for my good."

At the counter, I calmly and politely told the lady, "I know you're busy, and I understand why I've been bumped, but I don't understand what I need to do now." She explained my options and recommended one, to which I agreed.

After a few clicks on the computer, she said, almost in a whisper, "OK, don't say anything to anyone, but I've put you on the next flight. It leaves in two hours." When I thanked her, she thanked *me* for my kindness and patience!

I arrived in Chicago only two hours late, and with a \$500 flight credit that gave me a free flight to visit my family again this month. Like the beautiful autumn colors that were hidden by chlorophyll in the summer leaves, gold was hidden in my situation, waiting to be revealed. ■

If you would like to learn more about God's goodness and faithfulness, come visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

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LOCAL BUSINESS

What If Innovation Made Optimal Aging Easier AND IN ONLY 20 MINUTES

Submitted by The Exercise Coach

Is it safe for seniors to perform strength training? The question is actually, “Is it safe for them not to?” Below we discuss the science behind strength training and why high-intensity, whole-effort exercise is one of the best ways to prevent the ill effects of aging, even if you are afraid of your joint pain or heart issues holding you back.

Many people are curious whether strength training is an appropriate exercise for them, especially as they get older. But the real question we should be asking is whether it’s safe for seniors to avoid strength training. The science indicates that there are several mortality benefits associated with strength training, and individuals who don’t engage in strength training over the long term are at a higher risk of premature death.

For people in their 60s, strength training has cognitive benefits, blood pressure and blood sugar benefits, and even bone density benefits. There are two levels of safety at The Exercise Coach, orthopedic safety and cardiovascular safety. Researchers have concluded that high-intensity strength training, when done correctly, is safe for people into their 90s. The benefits of performing strength training outweigh the risks of not doing so.

High-intensity strength training is safe and addresses



directly the most important markers of healthy aging. From a cardiovascular standpoint, high-intensity strength training has a positive influence on resting blood pressure. It’s common for The Exercise Coach clients with high blood pressure to see their blood pressure normalize.

Another study compared the impact of strength training versus traditional cardio in cardiovascular rehab. A large proportion of the people performing the cardio exercise as part of their rehabilitation experienced some kind of angina or chest pain, whereas the people in the strength training didn’t experience any. The slow and controlled nature of the exercises performed at The

Exercise Coach is the key to making them safe for anyone to do. It’s possible to increase the intensity of the exercise without increasing undue stress on your joints or your bones with this method.

Sarcopenia is the age-related loss of skeletal muscle mass and is really the root of a number of issues related to aging. It’s similar to the effects of muscle atrophy after an injury and is linked to a number of the diseases of aging that we are most concerned about. The most effective way to combat sarcopenia is to engage in a meaningful strength training program. The data shows that whole-effort exercise can reverse decades of muscle loss in a matter of 10 to 12 weeks.

The more deconditioned somebody is when they start, the more profound the results they will see in a short period of time. See for yourself how you can improve your muscle quality using our unique hi-tech process that helps our clients get the results that matter most to them at The Exercise Coach. ■

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 (480) 716-6080, or visit us online at exercisecoach.com/north-mesa for your complimentary Initial Consultation and two free sessions.

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