

Las Sendas Up Close

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February 2024

Meet Lorraine Ryall, a local Realtor whose services extend far beyond the conventional

Submitted by KOR Properties

You may know the name Lorraine Ryall from her monthly real estate articles she has been writing in this publication for more than 10 years.

Originally hailing from London, England, Lorraine's journey to East Mesa wasn't direct. She lived in California, Oklahoma City, and Connecticut, where she worked as a natural gas trader. However, it was her transfer to Scottsdale that marked the beginning of her deep connection to East Mesa.

Lorraine moved to Las Sendas when it was first built in 1998. "Being part of the community literally from the ground up really makes you feel like such a part of it," reminisces Lorraine. A sentiment that echoes through her life as she and her husband raised their twins, Jake and Jessica, now 21 years old.

In 2008, Lorraine decided to embark on a new chapter by obtaining her real estate license. Little did she know that her initiation into the world of real estate would be navigating the complexities of short sales during a time when few understood the concept. Undeterred, she thrived, closing more than 100 short sales with an impressive 99 percent success rate over the next five years.

Today, Lorraine is an associate broker with KOR Properties, a boutique-style agency that aligns seamlessly with her approach to concierge real estate. "For me, it's not about the sale of the house; it's about everything I can do to help my client during the process," she emphasizes.

From the initial meeting with sellers, Lorraine provides expert advice on strategic repairs and upgrades to maximize return on investment, and she also guides sellers through staging their home to make it show at its best for a faster sale. Lorraine's services extend far beyond the conventional.

Notably, staging has become a cornerstone of her business, adding a touch of finesse to properties, and enhancing their market appeal. Whether it's helping sellers prepare their homes, arranging existing furniture, or bringing in her own staging to enhance the home, especially for vacant properties, Lorraine views this as a crucial step in the sales journey. So profoundly does she believe in the transformative power of home staging that she extends



Lorraine Ryall, her husband Rick, and their twins, Jessica and Jake



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this service to her clients at no additional cost, underlining her commitment to going above and beyond.

Her unwavering dedication to a personalized approach is exemplified by her direct involvement with clients throughout the entire real estate journey, ensuring a seamless experience from inception to conclusion. In Lorraine's world, real estate is not just about transactions; it's about crafting tailored solutions, fostering relationships, and leaving a lasting impact on every client she meets.

With a track record of more than 400 homes bought and sold, Lorraine has become one of the top one percent of Realtors in Maricopa County. Her reputation for excellence and professionalism is underscored by an impressive collection of over 140 five-star reviews.

"Real estate is my passion," says Lorraine, "but my life is enriched by a few other key pursuits." Her love for Mesa extends beyond property lines. Hiking local trails, boating at Saguaro Lake, camping, and flying with her husband are integral parts of her Arizona experience.

Lorraine's commitment goes beyond her personal pursuits. Volunteering is deeply ingrained in her values. She actively participates in local youth groups, dedicating her time to organizations such as Aviation Explorers, where boys and girls learn about aviation.

KOR Properties sponsors Food Truck Fridays and engages in volunteering activities with the Ronald McDonald



Lorraine Ryall

House and various local charities. One of the charities close to her heart is the Tunnel to Towers Foundation, where Lorraine has committed to making a donation with every home sale as well as being a monthly donator.

Her 15 years of invaluable experience, dedication to personalized service, and active community involvement make her not just a real estate professional but a cherished member of the East Mesa community, leaving an indelible mark on the very landscape she watched evolve over the years.

"Whether you are a first-time buyer, a seasoned seller, or just need guidance in getting your home ready to sell in today's Arizona real estate market, I am here to assist you every step of the way," assures Lorraine. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 15 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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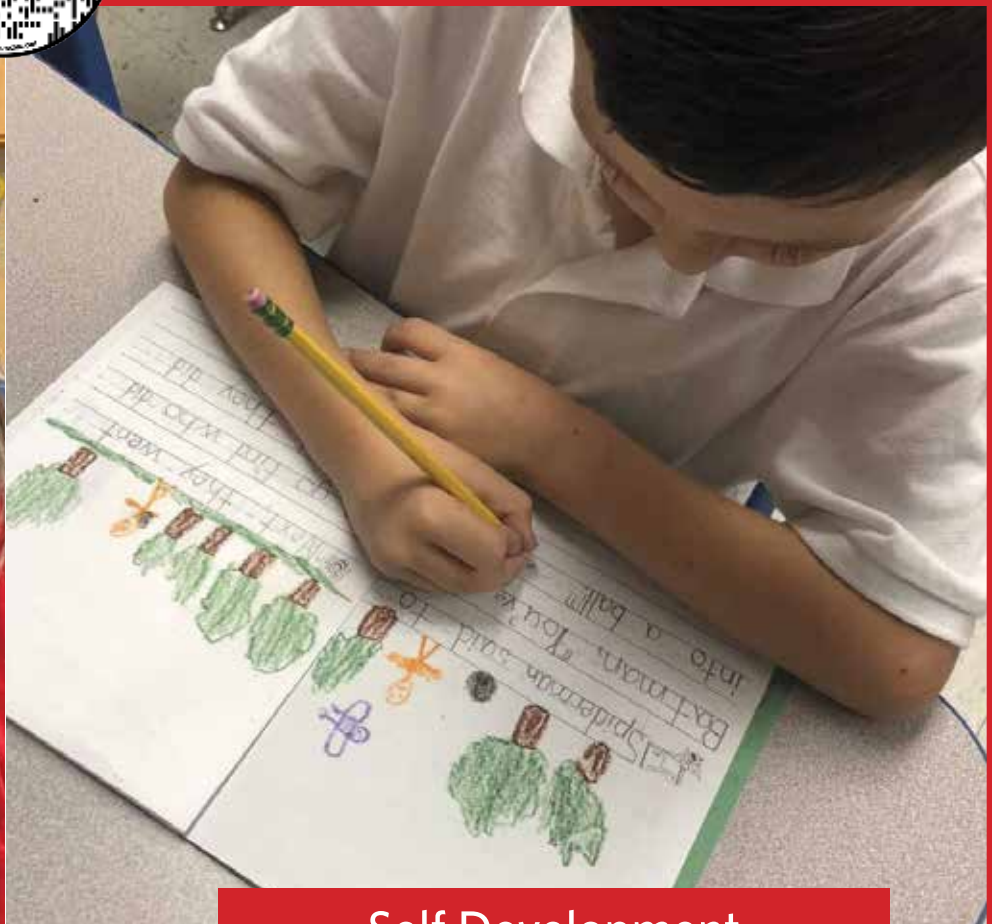
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EDUCATION

Give Unconditional Love to Your Child with ADHD

By Dr. Anjum Majeed,
Founder and Superintendent, Self Development
Preschool and Academy

Attention-deficit hyperactivity disorder (ADHD) is a familiar neurodevelopmental disorder of childhood. It is hereditary. Its presence is identified in childhood and may continue in adulthood.

Children with ADHD may have trouble focusing and concentrating, exhibit impulsive behavior, disregard the consequences, and can also be hyperactive. The diagnosis of ADHD requires medical expertise. Professionals in medicine categorize symptoms of ADHD into two groups: **inattentive behaviors** and **hyperactive and impulsive behaviors**. Typically, **hyperactivity** declines as children grow older. When the schoolwork becomes more challenging, and there is less parental supervision of their routines, **inattention** becomes more apparent. Later, when they are teenagers, **impulsivity** may further complicate the situation.

For any parent, it is difficult to receive the diagnosis of their child having ADHD. While there is no cure for ADHD, parents can take certain steps to improve the well-being of their children. The earlier the parents intervene, the better the outcomes. An abundance of information is available on ADHD; however, some of it is inaccurate. Parents can find credible information through peer-reviewed articles, university resources, and government and nonprofit entities like Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD).

PARTNER WITH THE SCHOOL

Upon receiving the diagnosis of ADHD and while pursuing appropriate medical treatment, parents must also partner with the child's school. Parents' teaming and collaborating with the child's school will help create an environment conducive to the child's success in school. They keep teachers and the school informed of any major changes or events in their child's life. By communicating regularly with the school and understanding any concerns the school may have, parents and the school work together for the child's well-being.



LEARN POSITIVE BEHAVIOR MANAGEMENT TOOLS

Learning positive behavior management strategies is another way to provide for the well-being of the child diagnosed with ADHD. Effective behavior management strategies are key to maintaining a good relationship with the child. Parents identify specific behavior expectations in selected areas and set reasonable limits. An effective discipline approach includes rewards for suitable behavior and options such as losing privileges or time outs for misconduct. Ensuring that the child understands the connection between behavior and consequences, the parent focuses on prevention rather than reaction.

All adults in the child's life, including the caregivers and grandparents, must work harmoniously to consistently follow effective discipline strategies in the child's best interest. Consistency is the key.

HELP BUILD CONFIDENCE

One of the most precious gifts parents can give to their children is their time. Scheduling a particular time daily to spend with your child helps the child develop a sense of self-worth. When parents value their time with their children, the children value themselves. It boosts their self-confidence. Parents can play outdoors, go to the grocery

store or museums, or relax and read. It makes children feel special and reinforces a positive sense of self.

Parents can also *catch* them engaging in positive behavior. Parents can give frequent positive feedback by telling children how hard they work to achieve their desired goals. The focus should be on the effort and not the outcome. Once they have identified their children's strengths in areas such as music, art, sports, and technology, parents can help provide opportunities for them to shine in these high-talent and interest areas. These successes raise their self-esteem.

For children with ADHD, social situations are difficult. They have a hard time making friends. Parents can discuss with their children beforehand what they may encounter at social events and how to handle situations. Adults can guide them in being friends, making friends, and playing cooperatively.

LOVE YOUR CHILD UNCONDITIONALLY

Loving children unconditionally means that parents love their children regardless of the difficulty of the situation. The parents' love for their children is limitless and lasting. They demonstrate their unconditional love for their children by engaging in many positive activities and giving them their time.

Even if the parents are tired, parents must try to make time for their children and take a moment to acknowledge their children's feelings of excitement or despair. Every child is born with a unique disposition and traits, and parents must accept their children as they are. Parents also set limits. Setting limits, though challenging, helps children handle difficult situations in the future. They feel safe and sheltered. Children learn their parents love them unconditionally. ■



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LOCAL BUSINESS

Sunday Evening Music, Wine, and More at Hava Java Mesa

By **Tim Beaubien, Hava Java Mesa**
Sunday evenings are changing at Hava Java Mesa, and it started in January. Every Sunday from 5 to 7 p.m. Hava Java Mesa will be hosting a new evening/after dinner music event.
This is a great way to relax, reconnect with friends, or a perfect end to the week for the two of you. Providing the music will be the very talented Scott Worstell of Notes From Neptune.



Sunday evening music has been an idea Barb and I have been working on for many months now. We felt that there was something missing in the Las Sendas community, and could our shop provide it?

The bigger question was who? Who could bring the right vibe to our shop? Then one Friday night when Notes From Neptune were performing, I ran the idea by Scott. Notes From Neptune has been one of our most popular Friday night musical acts at the coffee shop. When I approached Scott with the idea of him being our evening music every Sunday, he was very excited about it. In turn, I can't tell you how very happy we are to have Scott for our Sundays. Scott has become a good friend of the shop, and he brings a whole new vibe that will become the best part of your end-of-the-week routine.
Hava Java Mesa is already the area's best place for your morning coffee drinks, breakfast sandwiches, and fresh pastries. Our live music every Friday night has become a staple with a different band each week. Now you can come in after dinner on Sundays for a new way to end the week.
In the last year we have added spirited coffee drinks, and a nice wine selection to go along with our 17 taps of craft beer. We have also expanded the menu with charcuterie board and bottle specials, fresh hummus plates, and other small snack items to round off your evening.
Another first will be the debuting of our new line of exclusive Hava Java specialty cocktails thanks to Madi our mixologist. She will be there behind the bar every Sunday mixing up these alcoholic delicacies.
This has been a pet project of Madi's for several months and she is very excited to finally have them ready to serve. Our only guidelines were, make them uniquely delicious, make them fun, and make them affordable. She hit all the requirements.
So, make Hava Java Mesa your new Sunday evening routine. There is no better way to get ready for your Mondays. ■

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.

UpClose

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LOCAL BUSINESS

Shave Years and Create Wealth

THE UNTAPPED POTENTIAL OF REFINANCING

Submitted by Michael Tranckino, Trusted Lending Center

Refinances still make up almost one-third of all mortgage transactions, even though rates have risen. You may be wondering how this can be?

Many consumers have amassed a large amount of debt, paying much higher rates of interest, thanks to the Fed hiking rates so aggressively. And many of those individuals are only making the minimum payments, with no path to paying off their debt. At the same time, most homeowners have record levels of equity in their homes.

Many homeowners are benefiting from a type of refinance where we pull that equity out of the home to pay off those debts, saving money on their overall monthly payments. Additionally, there are ways to gain equity at an accelerated pace and significantly shorten the length of your mortgage, by applying those savings as an additional payment each month.

It's about saving interest rather than having the lowest interest rate. As an example, if you have \$55,000 in high-interest debt and you pay that back over seven years you will have potentially paid back \$40,000 in interest alone.



If you are currently paying a monthly mortgage insurance premium, you may also be able to remove that from your monthly obligations with a refinance.

There is no need to start your mortgage over at 30 years either; you can set your mortgage term to match the remaining years on your current mortgage.

Call me today to review your current debt situation and see if I can help. ■



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Total Debt Amount: \$359,000		Blended Rate: 6.033%	Total Monthly Payment: \$2,496
Debt Name	Debt Balance	Interest Rate	Min Monthly Payment (Optional)
Current Mortgage	\$300,000	3.5%	\$1,476
Credit Card #1	\$26,000	18%	\$420
Credit Card #2	\$21,000	20%	\$360
Credit Card #3	\$12,000	19%	\$240

LOCAL BUSINESS

Romance is in the Air at Pacino's Italian Grill and Bar this Valentine's Day



and modern favorites are accents to your pleasurable evening.

"Each year our Valentine's Day celebration gets increasingly popular. We always knock it out of the park in terms of a luxurious dining experience with great food and drink specials to celebrate the occasion," said Frank Spaccarelli, owner of Pacino's Italian Grill and Bar.

The popular local restaurant promises the right vibe for homemade Italian fare, with a wine list you will definitely want to explore.

Reservations are required to ensure your space stage side on this romantic evening. Do not delay, call (480) 985-0114 to ensure your table.

By Kimberly Alvarado

In case saying the word *Italian* is not romantic enough, on Valentine's Day, Wednesday, Feb. 14, picture yourself, and your lovely date, dining in a softly lit intimate setting beneath an artistic mural of one of the most influential actors of the 20th century, Al Pacino himself.

The two of you will dine amongst other guests who share the same desires of extravagance, a white tablecloth experience. Pacino's is promising this type of luxury and personalization to dining guests this Valentine's Day.

Along with a four-course meal, couples can enjoy the vocal gifts of an internationally acclaimed singer, Amanda Poulson. Amanda will be performing, table-side, on Valentine's Day from 5 to 8 p.m. in the restaurant. Her romantic selections, along with opera, Broadway hits,

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For more information, call (480) 985-0114, or visit the website pacinositalian.com. Follow them on [Facebook.com/MesaPacinos](https://www.facebook.com/MesaPacinos).

The restaurant is located in The Village at Las Sendas, 2831 N. Power Road, Suite 104, in Mesa.

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|| SPIRITUALITY



Love Lesson from a Kitten

By Judy A. Knox, Charis Christian Church

Recently my sister and I went to pick up her new eight-week-old kitten, a sweet, cuddly kitty that loved being held.

She had prepared a nice, comfortable haven for the kitten with a soft bed, food, and water dish nearby, and litter box easy to find, as well as an array of toys. Everything a kitten needed for a happy, comfortable life had already been provided and set up. All we had to do was get her to my sister's house, about an hour's drive away.

My job was to sit in the back seat with the kitten to keep her company. Everything was peaceful until the car started to move. She began to meow inquiringly. What's going on? This doesn't seem right! Her inquiring meows became louder, and distress filled. The fact that I was nearby, talking soothingly, meant nothing. She tried to climb out of the carrier, sticking her paws and then her nose through the wire mesh door.

Who knew such a sweet little kitten could make such a horrible fuss for almost a half hour. Nonstop! Finally, out of sheer exhaustion, she stopped and sat quietly,

fighting sleep, and eventually taking a brief nap before starting the bellowing, clawing, and climbing again. I told her, "If you had any idea what a nice place you're going to, and the magnitude of love that's going to be poured out on you, you would just relax and enjoy the trip."

I saw a lesson in this about God's love for us. So often we struggle against our circumstances. We yell and complain about what we're going through or try to fix the situation using our own strength, because we've lost sight of God's love for us. All we can see is the little cage we're in, and we feel trapped. But when we focus on God's love, we can rest, knowing that Jesus has already done the work and paid the price (Hebrews 4:6-11). God has already prepared the solution to the problem. We just need to trust Him. If the kitten had been able to trust us, the car ride would have gone differently.

When we focus on God and His love, "the peace of God that passes all understanding will guard our hearts and minds in Christ Jesus" (Philippians 4:6-7). ■

To learn more about resting in God's love, come visit us at Charis Christian Church, 4811 E. Julep St. in Mesa.

|| EVENT

Desert Belle's Special Meet and Greet Boat Tour Presents New York Times Bestselling Author

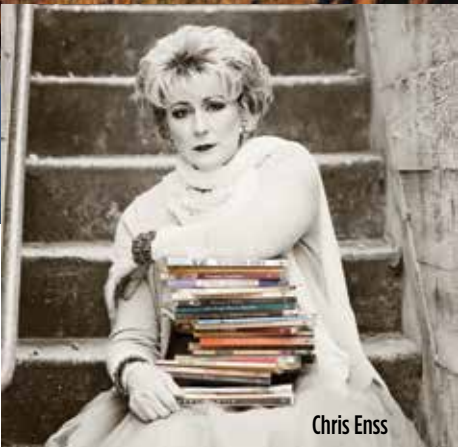


Submitted by Desert Belle
New York Times bestselling author Women of the West specialist Chris Enss will join a special tour on Thursday, Feb. 29 at 4 p.m. at Saguaro Lake aboard the Desert Belle.

The cost for the special event is \$27 for adults and \$17 for children.

Chris Enss is a New York Times bestselling author who has been writing about women of the Old West for more than 30 years.

She has penned more than 50 published books on the subject. Her work has been honored with nine Will Rogers Medallion Awards, two Elmer Kelton Book Awards, an Oklahoma Center for the Book Award, three Foreword Review Magazine Book Awards, the Laura Downing Journalism Award, three Western Writers of America Spur Finalist Awards, and a Willa Cather Award from



Chris Enss

Women Writing the West for scholarly nonfiction.

Chris's most recent works are The Doctor Was a Woman: Stories of the First Female Physicians on the Frontier, The Widowed Ones: Beyond the Battle of the Little Bighorn, Along Came a Cowgirl: Daring and Iconic Cowgirls of Rodeos and Wild West Shows, and Straight Lady: The Life and Times of Margaret Dumont "The Fifth Marx Brother." ■

For more information, or to book your spot on this special tour, call (480) 984-2425 or visit desertbelle.com.

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LOCAL BUSINESS

Integrity Chiropractic Health Center SPECIALIZES IN NEUROPATHY TREATMENT

By Mark Moran

The new year brings new challenges but also opportunities to take on those challenges, and none could be more important than focusing on your health. That's where Integrity Chiropractic Health Center comes in.

Their chiropractors specialize in treating the debilitating pain, numbness, stinging, tingling, balance issues, and weakness that accompany peripheral neuropathy, which can be debilitating for people who suffer from the condition.

Peripheral neuropathy occurs when the nerves located outside of the brain and spinal cord, or peripheral to it, become damaged. The condition can be caused by a traumatic injury, an infection, an exposure to toxins, chemotherapy, or, one of the most common causes, as the result of diabetes, according to the Mayo Clinic.

The peripheral nervous system sends signals from the spinal cord, or the central nervous system, to the rest of the body through nerve pathways.

When those pathways become damaged or interrupted, it can result in symptoms associated with peripheral neuropathy.

Neuropathy symptoms typically show up in the feet and hands, most often the toes, and can be characterized by an intense burning, almost like someone crushing the tips of your toes in some cases.

Dr. Aaron Shapiro and his team at Integrity Health also teach, "a simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathies," Integrity Health's website says.

Integrity Health uses a technology originally developed by NASA, which decreases neuropathy symptoms, and advanced diagnostic testing to help see if your condition is treatable.

Dr. Shapiro can teach you an effective neuropathy treatment, and also inform you of the underlying causes,



how it is diagnosed, when it can be successfully treated, and the key to prevention.

"Our office not only specializes in neuropathy treatment, but we also help people with chronic knee pain avoid surgery," said Dr. Shapiro.

"We do this through non-drug and non-surgical methods. In fact, after doing a knee exam, if we feel a person is a good candidate for our treatment, we include a test treatment," Dr. Shapiro said. "One hundred percent of the people we can help will feel and see a difference almost immediately."

"I've had fibromyalgia for 22 years and have been to many medical doctors. I have tried many kinds of medications, therapy/exercise, which made it worse," said one of Integrity's patients named Sandra in a testimonial. "This program has helped me to relax, sleep better, have less

pain, and my tinnitus is gone from my ears. The constipation that I experienced has improved so much with the adjustments and the use of magnesium from Dr. Shapiro."

Another patient, named Scott, said he was considering back surgery but gave Integrity Health a try as a last resort. "I was considering invasive laser surgery on my back. A friend insisted that I consult with Dr. Shapiro first," Scott wrote in a testimonial. "After one adjustment I was amazed at the difference I felt! I slept through the night and had immediate results. After completing my care plan, my pain went from a 9 to almost none."

Integrity Chiropractic Health Center utilizes the The Gonstead System of chiropractic, which focuses on being as specific as possible with the examination and treatment of the patient, addressing only the patient's root problems and, thus, giving the body a better opportunity to heal.

Integrity Chiropractic Health Center also provides chiropractic for kids and invites the whole family to see if the Gonstead System is right for them.

"As Gonstead chiropractors, we take pride in offering the most complete chiropractic resource in the East Valley," Dr. Shapiro said. "Our willingness to provide information and explain every chiropractic procedure in advance is appreciated by our patients."

Dr. Shapiro is a native of Mesa. He attended Westwood High School and did his undergraduate work at Mesa Community College before graduating from Palmer College of Chiropractic in 1994.

Integrity Chiropractic Health Center can offer sufferers relief, and during the month of February, the practice is offering a neuropathy, spine, or knee exam for \$49. ■

Integrity Chiropractic Health Center is located at 1122 S. Greenfield Road, Suite 102, in Mesa. You can reach the office at (480) 820-9147 or visit the website at integritychiropractic.com.



Join Us for
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THE VISTAS PAVILION AT LAS SENDAS

As we are moving through the first couple of months of the year at The Vistas Pavilion at Las Sendas, the staff is planning an amazing time full of magnificent events.

“Our first wine dinner of 2024 is on Valentine’s Day. Love, like wine, gets better with time, and we have curated a *Best of the Best* theme for this dinner,” said Carla Shaw, events and catering director at The Vistas Pavilion at Las Sendas.

“Wine dinners are special here at The Vistas Pavilion at Las Sendas and we have chosen wines that have been well received by our guests to elevate this wine dinner into an *experience* for those who love wine,” said Carla.

“Our menu has been carefully selected by our culinary team, led by Chef Chelsey. She has paired an exquisite menu with the lovely wines that will be profiled for the evening,” Carla added.

To make your reservation, call (480) 396-4000, ext. 222.



behind the horizon, the city lights bring an elegant glow to any event.

We are here to help you plan for your next gathering, so call us at (480) 396-4000, ext. 222.

THE PRO SHOP

Stop by The Pro Shop for a lovely opportunity to impress someone special with a designer gift this Valentine’s Day. The store is offering 20 percent off all merchandise this month, as well as an additional 10 percent reduction on sale items.

Your guy will look and feel more confident with a stylish pair of *Maui Jim* sunglasses. Explore the exclusive styles, with exceptional clarity, available in The Pro Shop. These glasses are not only practical for protecting the eyes from harmful UV rays, but they also are a fashionable accessory to add the final addition to the stylish outdoors person in your life.

High-performance active wear by Vuori is a wonderful



way to surprise her, and the selections are plentiful at The Pro Shop. Whether she is heading to the gym, or enjoying a casual day at home, this high-quality line of comfort will keep her on trend all winter long.



THE PATIO & GRILLE

The chef and his team are working on a new spring menu over at The Patio & Grille, and plan to bring back some classics that have been popular among returning guests. Food and Beverage Director, Jose Martinez, adds, “Our new beverage menu is in place, offering a wide variety of wines to complement any meal on our menu. See the extensive lists of spirits, beers, and fun cocktails. There is something for everyone.” Groups looking for a great deal are encouraged to purchase wines by the bottle, as discounts are significant compared to *by the glass* pricing options. Don’t forget *Wine Down Wednesdays*, where any bottle under \$100 is discounted by 30 percent. ■



CELEBRATE WITH US

Does your family have a celebration to plan in 2024? “Our venue offers so many opportunities for generational celebrations – anniversaries, baby showers, bat mitzvahs, birthdays, celebrations of life, graduations, quinceañeras, rehearsal dinners, retirement parties, weddings, and wedding showers, just to name a few,” Carla shared.

“Our facility can host events as small as 25 to as large as 300. We have just upgraded our AV system to include a new computer, which operates speakers, projectors/screens, and wireless microphones,” said Carla.

The view from The Vistas Pavilion at Las Sendas includes stunning sunset views along with an overlook of the Phoenix Valley. Once the sun has gracefully slipped



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Non Refundable Membership \$30,000 Initiation Fee + Yearly Dues (Seasonal dues available)	Proxy Membership \$220/Month + Yearly Dues (2 Year Commitment) Deposit Required (Limited Availability)	New Range Pass \$1,200 Unlimited Range Only (Can be added to Social Membership or Family Pass)
1 Year Trial Membership \$5,000 Initiation Fee + Yearly Dues (Fully transferable towards non-refundable)	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

Prioritizing Self-Care

By Gina Van Luven,
Prime IV Hydration & Wellness

The number one hiccup in the American lifestyle I have consistently seen in my almost 20 years of health coaching is lack of self-care. But this trend is taking a turn as the younger generation witnesses the results of their parents' and grandparents' burnout.

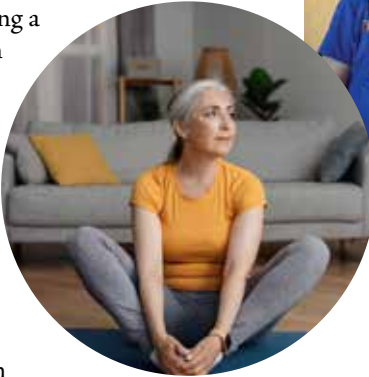
Self-care can look different to each individual but, by definition, means "the practice of taking action to preserve or improve one's own health" (Oxford Languages). If you break down what health means to each individual, you will also get a wide variety of answers.

Essentially, health refers to a collection of various aspects of life like relationships, career, spirituality, self-esteem, finances and the more well-known diet and physical activity. It is by reflecting on each of these areas we can gauge the level of health we are in.

Self-care is about consciously providing an outlet to nurture oneself. If you know you have been lacking in this department, you may need some ideas to get you started. Try different things to find out what works for you. Ask people you know who practice good self-care what they do and how they fit it in. Get a coach or mentor. Get your family involved. Be your own cheerleader.

Below are five ideas to start you on the path of good self-care, which can lead to a variety of health benefits, including improving your immune system, better cognitive function, increased productivity, improved physical health, and even greater happiness.

1. **Start your day with yoga or meditation.** It doesn't have to be a long period of time to realize a benefit. Try five minutes per day. If you can fit in 10 minutes or more, great! But five minutes won't break the



time bank and can get your day started in a positive direction.

2. **Take a walk after lunch.** Wait about 10 to 15 minutes after eating to allow the digestion process to kick in. If appropriate, walk outdoors where you can get some sunshine and open air.
3. **Soak in the tub.** Water is healing and, when heated, can relax muscles and aid in sleep.
4. **Prioritize sleep.** Getting quality sleep will help you feel more balanced during the day. Be sure to turn off all ambient light and electricity, both of which can disrupt deep sleep.
5. **Connect with others.** Humans are communal and connecting with each other is an important part of self-care.

There are many more ideas, but the key to all (except sleep) is *movement*. Whether you're moving your body or your mind or letting something else (like water) move *you*, it's about creating *flow* and avoiding stagnation or ruts. Ruts and stagnation leave you stuck, which is a breeding ground for disease. Practicing regular self-care nurtures both the body and mind, can lower your risk for disease, and create better health and well-being. ■

Prime IV Hydration & Wellness Northeast Mesa is located at 2025 N. Power Road in Suite 106. For more information, visit primeivhydration.com or call (480) 992-4202.

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LOCAL BUSINESS

Gentle, Nourishing Oatstraw is a great source of minerals

Submitted by SW Herb Shop & Gathering Place

Oatstraw (Avena sativa)

including oats and milky oats are rich in minerals, vitamins, trace minerals and are a wonderful nourishing food for our nervous systems.

Oatstraw is often used in situations of stress, depression, etc. For this, we usually use the oatstraw and/or milky oat part of the plant. The gentle, restorative herb is high in silicon, which strengthens the hair, skin, nails, and bones. Oatstraw is a great source of minerals, especially calcium, but also boasts an array of other vitamins and minerals like iron, protein, B vitamins, magnesium, zinc, and antioxidants.

Like most herbal tonics, oatstraw is meant to be used over a long period (three months plus) of time as a tea to help bring the whole body back in balance. It has a wonderfully calming effect on the nervous system, so the herb can be used to help with sleep, stress, anxiety, and depression. Milky oats are especially helpful in these types of imbalances. If you are the type of person who feels on the edge, pushed too hard, and just worn out, oats just might be



your best friends. The most popular way to enjoy this is in oatmeal. A simple and delicious way to get all these nutrients into your body every day. Here is one recipe we like to make using organic rolled oats.

CHAI TEA OATMEAL

Start by making chai tea (use Rooibos chai if you do not want the caffeine). You can add other spices like cinnamon chips, cloves, star anise, ginger, cardamom, nutmeg, etc. if you like.

- To make: Use 1 tablespoon herb blend per cup of water and steep for a few hours.
- Next, put oatmeal in a pot (or crock-pot if cooking overnight). Spray your crock-pot (or pot if making on stove top) and put in 1 cup oatmeal.
- Add 2 cups chai tea and about ½ cup of milk of your choice (to make it nice and creamy).
- Bring to simmer, turn down and simmer on low for about 10 minutes, stirring occasionally.
- For overnight, put on warm. Stir occasionally, adding liquid if needed.
- Top with blueberries, nuts, and some honey or maple syrup and you have a delicious, calming, and highly nutritive breakfast. As a side note, several brands are now selling gluten-free oats. Something for everyone.

Because oats impact every part of your body, daily use can improve your overall health. But you will not know until you try, so grab a bowl and enjoy. ■

Visit SWHerb.com or call (480) 694-9931.



LOCAL BUSINESS

Level Up Your Look This Valentine's Day at Lash Envy

By Jamie Killin

Everyone wants to look and feel their best this Valentine's Day, and Lash Envy Studios Las Sendas offers a wide range of beauty-boosting treatments for the occasion, including lash extensions, lash lifts, brow waxing, brow tinting, and skincare treatments.

The studio is best known for its lash extension services, which are customized to each client.

"When our clients first arrive, their lash artist will take them through a complete consultation," said Michelle Burgher, owner of Lash Envy Studios' Las Sendas and Dana Park locations. "They'll look at their lifestyle, how much makeup they normally wear, and if they like a more dramatic or classic style. From there we look at their eye shape and determine what style of lash will best help them achieve the look they want."

One of the most popular styles right now has been dubbed Balletcore, which Michelle describes as minimal with fuller ends for more drama.

Lash Envy's facials and skincare services are also popular and include a variety of options for any skincare needs, including chemical peels, Dermaplane facials, HydraFacials, microdermabrasion, and microneedling.

"We have a wonderful aesthetician who does an amazing job with facials as well as the more aggressive skin treatments," said Michelle.

For Valentine's Day, the studio will offer the festive Valentine's Plump and

Pamper facial – a HydraFacial with an added lymphatic drainage massage.

Lash Envy will also offer gift card specials, perfect for a Valentine's Day gift.

Those wanting to improve their skincare routine for 2024 or maintain their lash extensions will love Lash Envy's membership options.

Lash Envy memberships include two membership options – the standard with one discounted fill per month or the elite, which includes two discounted fills per month.

The two facial membership options include the exfoliating membership, which includes a monthly microdermabrasion or Dermaplane facial, as well as the glow membership option, which includes a facial massage with a Dermaplane, microdermabrasion, or oxygen treatment facial, with an option to upgrade to a HydraFacial.

In addition to discounts on their chosen monthly service, members receive a 10 percent discount on other Lash Envy services and products.

Members can also look forward to high-quality service and a relaxing atmosphere on each visit.

"We set ourselves apart with our attention to detail and customer service," said Michelle. "We want to make sure everybody that walks out of our studio is extremely happy and feels well taken care of." ■

Lash Envy Studios Las Sendas is located at 6727 E. McDowell Road, Unit 106, in Mesa. For more information or to book, visit lashenvystudios.com/locations/las-sendas or call (480) 431-1848.



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- Suzanne

DISCOVER ARIZONA

Discover a new Arizona Adventure DESTINATION THIS VALENTINE’S DAY



By Kimberly Alvarado
Nestled among tall ponderosa pine trees at the base of the Mogollon Rim is a place quite opposite the familiar surroundings of the Sonoran Desert.
This barely populated township sits at almost 6,000 feet in elevation and boasts beautiful views of the Mogollon Rim and surrounding ponderosa pine trees. Scattered along Highway SR260 are creeks, a fish hatchery, hiking trails, and campgrounds.
A gem within this outdoor paradise is *Cabins at Creekside* in Christopher Creek, Ariz. The nearby hide-away and its surroundings are an escape from the jostle of everyday life, a solitude only found in the mountains. Because of its beautiful winter scenery and warm accommodations, we are suggesting it this February for an out-of-the-ordinary option this Valentine’s Day.
The drive from the East Valley to Christopher Creek is desirable for its variations of scenery. Take AZ-87 for 76 miles to Payson. Along the way you will be a spectator of the desert floor blanketed by saguaros, which quickly transitions into the high desert, small city of Payson.

This area of Arizona, called Rim Country, stands 5,000 feet in elevation. Payson, which is known as the *Heart of Arizona*, is surrounded by the Tonto National Forest. Payson becomes your gateway to Christopher Creek, situated approximately 23 miles northeast via AZ-260. The entire road trip takes approximately two hours from Mesa.
Christopher Creek offers year-round activities for the outdoor enthusiast. During the winter months, cross-country skiing, snowshoeing, snowmobiling, sledding, and ice fishing are available just steps from your *Cabins at Creekside* door. If relaxation is what you are looking for, snuggle up with a book near your personal fireplace.
“One of the best things about a cabin getaway is the opportunity to relax and unwind,” says manager Justin Frizzell. “After a day of refilling your cup, come dine with us at The Creekside Tavern,” he added.
The tavern offers both lunch and dinner options. Great food and hospitality are served in a warm, cozy atmosphere. Justin is eager to help make your cabin stay as relaxing and enjoyable as possible. “We’re offering our guests a small piece of heaven when they come up here,” he said.

FEBRUARY IS ENGAGEMENT SEASON
Because this month is all about love, it is not too soon to reserve a charming outdoor wedding venue at *Cabins at Creekside* for later this year. An outdoor summer wedding is possible in Arizona. The property offers rustic charm and a fairytale backdrop for outdoor photos.
NEARBY HIKING AT HORTON CREEK
When the ground is dry and the temperatures warm, Horton Creek Trail #285 is a must see for outdoor enthusiasts. This trail is a day hike (3.5 miles) which finishes at an unusually large spring. Hikers can follow the designated trail, often sharing the pathway with local livestock. Or veer from the path a bit to boulder hop back and forth across the creek. Be sure to have your camera ready for many beautiful photo opportunities along the creek and up at the spring.
A BIT OF CHRISTOPHER CREEK HISTORY
The area that was originally settled in the 1800s has undergone several reconstructions. In 1972, the *Cabins at Creekside* property got its start as a bait shop for locals and visitors utilizing nearby creeks and rivers for fishing. Fast-forward to 1981, when new ownership brought the construction of rental cabins, encouraging overnight guests. Today, each lodge has just enough modern-day accommodations to make you feel at home. Part of the getaway fun includes a variety of size options, as well as themed cabins. *The Enchanted Forest*, or *A Cowboy’s Dream*, are just a couple of choices for rental, upon availability. ■
Cabins at Creekside is located at 1520 E. Christopher Creek Loop, Payson, AZ 85541.
For more information about weddings and reservations, contact Justin Frizzell at (602) 577-8897 or call (928) 478-4557. The website is cabinsatcreekside.com.

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REAL ESTATE

Five Things to Consider When Buying a Winter Home in Arizona

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

As snow blankets much of the country this time of year, Arizona beckons visitors with sunshine and the promise of pickleball, gorgeous desert hikes, and stunning sunsets. In fact, over 40 million people visited Arizona last year with over 12 million passengers flying through Sky Harbor between January-March of 2023.

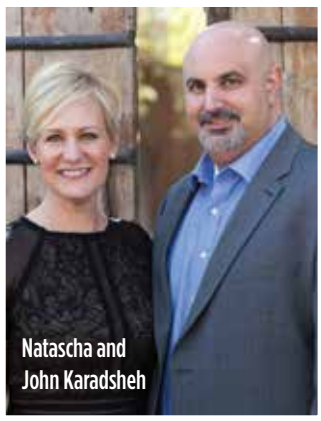
Many of our visitors decide to put permanent or part time roots in the Valley often without much knowledge about the area. Here are few things that we think are important to know before buying a winter home in Arizona.

1. THE VALLEY OF THE SUN IS MASSIVE

Maricopa County is over 9,200 square miles, comprised of 27 towns and cities, and has about 4.5 million residents. Our county is physically larger than the states of Rhode Island, Delaware, Connecticut, Hawaii, New Jersey, Massachusetts, and New Hampshire and has a larger population than 24 of the states in the country. That means if you are coming to the Phoenix area to look for a home, you have a lot of choices! Get to know the Valley and spend some time in each of the quadrants of the county. The desert looks different in the West Valley compared to the East Valley. There are different amenities in each of the cities, different vibes, and different housing prices, too.

2. WHAT IS YOUR DESERT DREAM?

As you think about buying a home in Arizona, think about how you want to spend your time while you are here. Do you want an active community with hiking clubs and pickleball leagues? Do you want to regularly attend profes-



sional sporting events? Are you planning to golf several times a week? Are you simply looking for a sunny lounge chair? Knowing how you want to spend your time in the sunshine will help you figure out where you should live to meet both your goals and your budget.

3. THE SUNNY SPOT

Often winter visitors only spend a few days selecting their winter home and they don't always realize that a home's orientation and architecture can impact their daily dose of sunshine. While most year-round residents are not keen on a west backyard in the summers, winter residents may find a west or south facing backyard to be the ideal orientation.

4. CAREFULLY EVALUATE CONDITION

If you are planning to live here just a few months out of the year, definitely consider the condition of the home (not just the cosmetic details). The Arizona summer sun is hard on paint, roofs, HVACs, window seals, irrigation lines, and more. Select a home that has been well-maintained so that you don't spend your entire vacation time waiting for repair crews.

5. UNDERSTAND THE REGULAR MAINTENANCE

Is the home you are considering lock and leave? Will you need to have regular landscape maintenance, pool maintenance, and a property manager? Do you have a friend or

neighbor who can check on the property after a summer storm? Some homes are more self-contained while others are high maintenance - know which one you are buying and get good guidance from your Realtor, your home inspector, and even your future neighbors.

Getting away from the cold weather and escaping to the Arizona sunshine is amazing. We have so many clients who go back and forth between their primary homes and their Arizona homes. Their lives are twice as much fun with two homes, two sets of friends, and two sets of hobbies. And by the way, more than half of those clients are still working. Winter homes are not just for retirees anymore! Don't be afraid to take the plunge... a more vibrant life is waiting for you right here in the Valley of the Sun! ■

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 21 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 Las Sendas

brought to you by: Las Sendas Area Market Report

Sales for the Month of December 2023

KOR PROPERTIES

MLS

John Karadsheh

Address	Square Feet	Community	Sold Price
3060 N. Ridgecrest #103	2,555	Desert Vistas	\$555,000
3055 N Red Mountain #113	2,150	Ironwood Pass	\$560,000
2909 N Avoca Cir	1,794	Silverhawke	\$582,000
3419 N Boulder Canyon Cir	2,832	Ironwood Pass	\$687,750
4017 N Sonoran Hls	3,232	Sonoran Hills Estates	\$795,000
7635 E Sandia Cir	3,426	Highlands	\$923,000
3804 N Red Sky Cir	3,426	Echo Canyon	\$980,000
7260 E Eagle Crest Dr #7	3,594	Black Rock	\$1,270,000
8028 E Vista Canyon St	3,690	Granite Preserve	\$1,275,000
4317 N Deserts Gate	4,474	Hidden Canyon	\$1,900,000
4146 N Diamond Point	4,113	Diamond Point	\$1,900,000

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

Real Estate In NE Mesa

brought to you by: NE Mesa Area Market Report

Sales over \$850,000 for the Month of December 2023

KOR PROPERTIES

MLS

John Karadsheh

Address	Square Feet	Community	Sold Price
8645 E Kael Cir	2,382	Mountain Bridge	\$875,000
8513 E Kenwood St	2,430	Mountain Bridge	\$885,000
8540 E McDowell Rd #80	3,175	Thunder Mountain	\$900,000
5841 E Sanford St	2,650	Reserve At Red Rock	\$903,487
2612 N Robin Cir	4,100	Vista Mesa	\$925,000
8829 E Odessa St	3,782	County Island	\$949,500
8540 E McDowell Rd #122	3,838	Thunder Mountain	\$1,040,000
2308 N Trowbridge St	3,204	Mountain Bridge	\$1,190,000
7052 E Ivyglen Cir	3,390	Annecy	\$1,225,000
3950 E McLellan Rd #9	3,351	Crossroads Estates	\$1,225,000
3342 E Fox St	3,659	The Groves	\$1,300,000
2124 E Oasis St	2,737	Lehi	\$1,310,000
8628 E Lynwood Cir	3,719	Mountain Bridge	\$1,350,000
2251 N 32nd St #37	4,280	Tanner Grove Estates	\$1,350,000
3848 E Mallory St	5,514	El Camino Dolce	\$1,373,000
3944 E Juniper Cir	3,036	Groves North	\$1,575,000
2351 N Channing	4,914	Hermosa Estates	\$1,625,000
3308 E Kenwood St	4,837	Estates at 32nd Street	\$2,100,000
2339 E Minton St	6,032	Hermosa Vistas	\$2,400,000
1717 N Lemon St	8,354	Cobblestone at the Groves	\$3,300,000

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

KOR
PROPERTIES

NEW LISTING

3821 N. Rowen Circle - Las Sendas \$1,800,000

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Presented by: John Karadsheh 602-615-0843



NEW LISTING

3963 N. Pinnacle Hills - Las Sendas \$2,275,000

5 BR Golf Course Home with Mountain Views, Heated Pool & Spa

Presented by: Natascha Karadsheh 602-909-4995



PENDING

2319 N. Trowbridge St. - Mountain Bridge \$1,250,000

Model Perfect 4 BR, 4.5 BA with Resort Pool and Spa

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LOCAL BUSINESS

Smart Energy Solutions for Homeowners

Harness the Power of Demand Management Systems

GET A DEMAND MANAGEMENT SYSTEM INSTALLED TODAY AND START SEEING SAVINGS OF UP TO \$7,500 TO \$15,000 OVER THE NEXT 10 YEARS

Submitted by Inergy Systems

INTRODUCTION: THE HIGHLIGHTS

Are you a homeowner looking to cut down on energy costs? Inergy Systems is here to guide you through the journey of energy efficiency and savings. Our goal is to let you know about energy usage and the incredible benefits of demand management technology. Here's what you need to know:

- **Going Solar with a Twist:** When seeking solar energy quotes, ensure they include a Demand Management System (DMS). If the proposal is limited to Time-of-Use rates, question the absence of a demand component.
- **Boost Your Existing Solar System:** If you have solar but lack a DMS, our energy advisors can analyze your energy usage to highlight potential savings. Scan the QR Code in our advertisement below to begin.
- **No Solar? No Problem:** Achieve reduced energy costs without a solar system. An Electric Utility Demand Rate, optimized by a DMS, can lead to significant savings.
- **Cost-Effective Installation:** The typical installation cost of a DMS is below \$2,500, with a payback period of about two to three years. Larger homes and electric vehicle owners often see quicker returns.
- **Expert Partnership:** Inergy Systems collaborates with licensed electrical firms skilled in proper installation and customer education, ensuring a smooth and beneficial experience.
- **Maximize Savings with DMS:** The Electric Utility Demand Rate's full potential is unleashed with a DMS.
- **Empowering Solar Sellers:** We provide solar sellers and organizations with the expertise and tools to integrate DMS technology into their proposals, offering a competitive edge by highlighting the savings from demand rate advantages.

THE ART OF SMART ENERGY MANAGEMENT

Imagine a scenario where your entire neighborhood is cooking dinner or doing laundry simultaneously. This situation can strain the electricity grid, akin to a busy kitchen. Electric demand control acts as a smart organizer, ensuring seamless operation and preventing system overloads. By adopting this intelligent approach, you could save more than \$7,000 over ten years for a well-configured system. Let's delve into how this technology not only keeps our lights on but also helps us save money and make eco-friendly choices.

BACKGROUND: THE EVOLUTION OF ELECTRICITY USAGE

Our relationship with electricity has evolved from simple on-and-off routines to complex demands due to technology proliferation. Electric demand control plays a crucial role in this narrative, balancing our needs with available resources, particularly during peak usage times. This balance is crucial for preventing blackouts and contributing to substantial cost savings, while also supporting environmental sustainability.

KEY TECHNOLOGIES IN ELECTRIC DEMAND CONTROL

- **Smart Meters:** These devices gather detailed energy usage data.
- **Time-of-Use Pricing:** This strategy encourages electricity usage during off-peak, less expensive times.
- **Demand Response Programs:** Collective efforts to reduce energy use during peak times.
- **Load Shifting:** Adjusting energy use from high-demand periods to times of lower demand.

BENEFITS: SAVING MONEY AND THE PLANET

Electric demand control offers a dual benefit: significant



cost savings and environmental protection by reducing the need for additional power plants. This approach enhances the reliability of our energy grid, ensuring stability during crucial times.

REAL-WORLD SUCCESS STORIES

From small towns adopting smart meters and time-of-use pricing to large cities implementing demand response programs during heatwaves, these initiatives demonstrate how smart technology and small behavioral changes can lead to major benefits.

CONCLUSION: A BRIGHT FUTURE WITH ELECTRIC DEMAND CONTROL

The path of electric demand control is leading us toward a smarter, more sustainable, and efficient world. Every step toward better energy management is a stride toward a healthier planet for future generations. ■

Join the movement. For more information about Inergy Systems and to embark on an efficient, cost-effective journey, visit Inergy Systems, contact sales@inergysystems.com, or call (480) 500-9406. Embrace the change, be part of the solution, and become Inergy smart.



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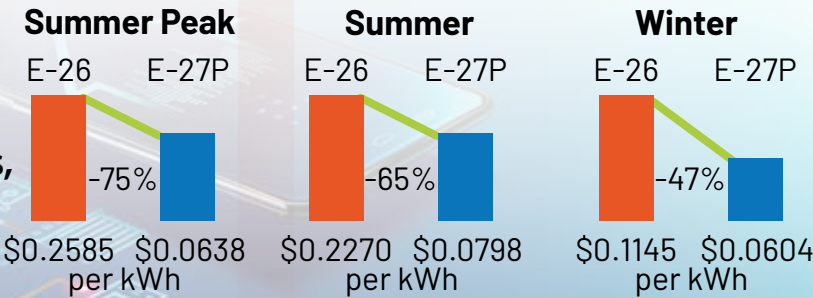


Save \$ as energy prices continue to increase

Switch to demand plan and take advantage of significantly reduced usage charges

- Save 25% or more on your energy costs
- Qualifies for the 30% (up to \$600) Energy Efficient Home Improvement Tax Credit and \$250 from SRP
- Cloud-enabled to provide a wide range of time and money saving tools
- Enhances performance of existing solar and battery solutions, but works effectively without either
- System typically pays for itself in under 3 years

When you switch to the Residential Demand price plan (E-27P) from the Time-of-Use only plan (E-26), the cost per kWh is up to 75% less than the current Time-of-Use only plan.



Energy Costs are expected to continue increasing in 2024



Complete an interest form at: <http://savings.energy>
Or, call 480-500-9406 for more information



REAL ESTATE

HOW TO MAKE THE MOST OUT OF YOUR HOME WHEN SELLING

By Jennifer Sturgeon and Christine Anthony, Russ Lyon Sotheby's International Realty

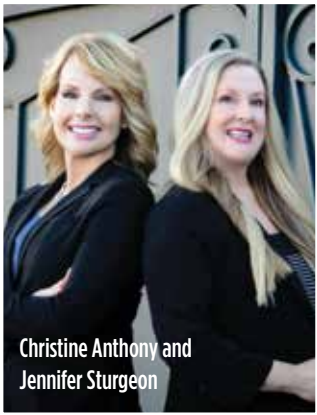
Your home, whether it is a full-time residence, a part-time vacation home, or even an investment property, can be among the largest assets in your portfolio.

So, when the decision to sell arises, it makes sense to do the things that will bring the highest return on your investment. Here are some tried and true ways that home sellers can preserve the most equity in their home without breaking the bank, resulting in a timely and successful process.

PREPARE THE HOME FOR MARKET

We live in our homes differently than how they are marketed and sold, so take the time necessary to do the little things (and sometimes the big things) to make the home ready for its new buyer.

Not doing this can cost you in the long run. This may include thinning out furniture and decluttering, touching up paint and drywall, or painting the entire home (depending on the situation), making small repairs around the home, sprucing up the landscaping, replacing lightbulbs and carpet, tile cleaning, and more.



Christine Anthony and Jennifer Sturgeon

PAINTING

Painting is one of the least expensive ways to improve your home's appeal, and according to HomeLight.com, can bring as much as a five percent increase in value.

One pro tip – don't wait until two weeks before you want to put your home on the market to start these projects.

SHOULD YOU HAVE A HOME INSPECTION DONE BEFORE LISTING?

If your intention is to address everything that is important on the inspection, then this is a great way to market a property to home buyers. Some inspection companies even offer warranties on systems that they inspect, should an issue arise later (such as a roof or termites).

However, be aware that if the inspection reveals problems with systems in your home, foundation, insect intrusion, roof issues, leaks or unsafe conditions, these new discoveries must be disclosed to a buyer when selling the home.

KEEP TABS ON IMPROVEMENTS TO THE HOME

It is a good idea to keep records of improvements that have been made to a home during the time of ownership. This is not only handy to share with potential buyers, but if an appraisal is required by the buyer's lender, this is something that may be shared with the appraiser and can be helpful for the appraiser in assessing the best comparables to use.



Knowing the approximate cost of recent improvements (for example, a high-end kitchen renovation project or roof replacement) is even better.

KNOWING THE BEST TIME TO LIST

Seasonality matters – yes, it's true. There are times of the year when you may yield a better offer and multiple offers simply because it's a busier real estate market.

Take for instance the winter and spring months in Arizona. It's peak season for snowbirds and it's also a peak season for buying real estate.

PRICING CORRECTLY AND COMPETITIVELY

When a home is priced right, it will sell.

So, well in advance of placing that For Sale sign in your yard, consider consulting with an experienced real estate professional for guidance on optimizing your home preparation to achieve the best results. ■

Christine Anthony and Jennifer Sturgeon are licensed real estate agents with Russ Lyon Sotheby's International Realty. Combined, the duo has more than 25 years helping clients buy and sell homes in The Valley of the Sun. They are both longtime residents of Northeast Mesa, where they have raised families and become an integral part of the community. For more information, please call (480) 200-0972 or email canthonyre@gmail.com.



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EDUCATION

Beyond Competition: Mesa Public Schools' Junior High Sports Program Nurtures Student Growth and Inclusivity



Story by Laurie Struna
Photos by Tim Hacker

Junior high athletics at Mesa Public Schools are more than a competition and physical activity platform. Junior high sports are a catalyst for student growth. The lessons learned on the field extend beyond the sports arena, shaping students into well-rounded individuals who are well-prepared for life.

John Huckelberry, district community education activities specialist, shares that the program, established in 2010, was created to provide an inclusive opportunity for all students, especially those who might not typically engage in such activities.

"Engaging in organized sports instills a sense of purpose for students during their educational journey," John explains. "While some students may possess natural athletic talents, they haven't necessarily experienced a structured setting. Athletes learn the dynamics of fitting in, responding to a coach's guidance, adhering to team rules, traveling with teammates, and performing in front of their peers."

Junior high athletics provides a structured avenue for regular physical activity. Whether it's springing across

the soccer field, scoring hoops on the basketball court, or engaging in strategic volleys, these activities foster cardiovascular fitness, muscle development, and overall physical well-being. This sets the stage for a lifelong commitment to a healthy and active lifestyle.

Students who participate in team sports learn the art of cooperation, communication, and teamwork. The camaraderie developed on the field extends to the classroom and fosters a sense of community, discipline, resilience, and sportsmanship and the ability to persevere. Team sports contribute to teaching students to be well-rounded individuals.

For Mesa students, the ability to work collaboratively toward a common goal is an essential skill embodied in



the district *Portrait of a Graduate*, preparing students for college, career, and community.

Tony Elmer, principal at Carson Junior High School, firmly believes that junior high sports help students be part of a bigger team and that it teaches students perseverance, sportsmanship, and many essential skills needed to be a good student.

"Junior high sports play a vital role in school life," Tony shares. "For many students, this marks their final opportunity to be part of a team before entering high school. I encourage families to support their students as they engage in junior high sports. Students love it when their families are there to watch and support them."

Each year, nearly 3,000 junior high students actively engage in sports. This is a significant endeavor that constantly seeks dedicated parents willing to coach, volunteer, and contribute to the program. Additionally, individuals with officiating experience or community members interested in forming partnerships and offering financial support are welcome to support students. ■

For more information on junior high athletics, contact John Huckelberry at (480) 472-7267 or your school's junior high assistant principal. More information is available at communityed.mpsaz.org/o/commmed/page/jba.

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LOCAL BUSINESS

How to Delight Visitors to Your Vacation Rental

Submitted by
Brandon Balsley,
Grand Welcome,
East Valley of the Sun



If you own a vacation rental in the East Valley, you know how competitive the market can be. You want to stand out from the crowd and attract more bookings, reviews, and referrals. But how do you do that?

1. PROVIDE A PERSONALIZED WELCOME

A personalized welcome can make a great first impression on your guests. It can also set the tone for the rest of their stay. You can personalize your welcome by:

- Sending them a friendly and informative message before their arrival, confirming their booking details, and giving them directions and instructions for check-in.

2. OFFER A COMFORTABLE AND COZY SPACE

A comfortable and cozy space can make your guests feel at home and relaxed. This can be accomplished by:

- Providing high-quality amenities and features, such as a fully-equipped kitchen, a spacious living room, a comfortable bed, a clean bathroom, fast Wi-Fi, a smart TV, and a climate control system.

3. SHOWCASE THE LOCAL ATTRACTIONS AND ACTIVITIES

Local attractions and activities can make

your guests feel excited and curious. Enrich their experience and knowledge by:

- Creating a guidebook or a brochure, listing the best things to see and do in and around the East Valley. You can also provide maps, directions, opening hours, prices, and contact information.

4. COMMUNICATE AND INTERACT WITH YOUR GUESTS

A communication and interaction can make your guests feel supported and appreciated. It can also build trust and rapport. Communicate with your guests by:

- Being available and responsive, by answering their questions, requests, or concerns promptly and politely, and by checking in with them regularly to see how they are doing and if they need anything.

5. COLLECT FEEDBACK AND REVIEWS FROM YOUR GUESTS

Feedback and reviews can make your guests feel valued and heard. You can collect information from your guests by:

- Asking them for their feedback and reviews, by sending them a survey or a questionnaire after their stay, and by encouraging them to leave a review on your website or on a platform like Airbnb or VRBO. ■

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Weds. 7th PETE PANCRAZI	Weds. 21st JONNY SPLASH
Fri. 9th MOON DOG	Fri. 23rd DAVE CLARK
Sat. 10th PETE PANCRAZI	Sat. 24th MOON DOG
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FINANCES

Why see a financial advisor?

Submitted by Linda Drake, Edward Jones

Investing for your future is important — but it can be challenging. Fortunately, you don't have to go it alone. A financial advisor can help you in several ways.

First, a financial advisor can help you develop a long-term financial strategy based on your goals, risk tolerance, and time horizon. And your advisor can review your strategy regularly to determine what adjustments should be made, either due to changing financial markets or changes in your own life.

Also, an advisor can help you avoid costly investment mistakes, such as trying to *time* the market by always seeking the lowest point to buy and the highest to sell. Such a strategy is almost impossible to follow because no one can really predict these highs and lows.

Another way a financial advisor can help you is by measuring your progress toward your goals. Many people assume they should just check their portfolio's performance against a market index, such as the S&P 500, but a financial professional can employ more personalized benchmarks.

Investing for your future can be exciting and rewarding — and you can feel more confident in your decisions when you have someone helping you along the way. ■

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



Linda Drake

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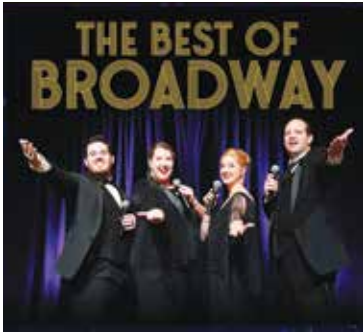
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EVENTS

Red Mountain United Methodist Church
hosts concert series

Submitted by Red Mountain United Methodist Church
Red Mountain United Methodist Church is hosting a Friday Night Concert Series at 2936 N. Power Road in Mesa.
The concert series will feature:

FRIDAY, FEB. 16, 7 P.M.
BEST OF BROADWAY – Celebrate the greatest hits from Broadway featuring six powerhouse vocalists and a live orchestra. Showstoppers from such greats as Jersey Boys, Mamma Mia, Chicago, My Fair Lady, Moulin Rouge, Oklahoma, Hamilton, Rent, Carole King’s Beautiful, Tina, The Tina Turner Musical, Hair, Dreamgirls, Funny Girl, Jesus Christ Superstar, CATS, Wicked, Les Miserable, Phantom of the Opera and more.



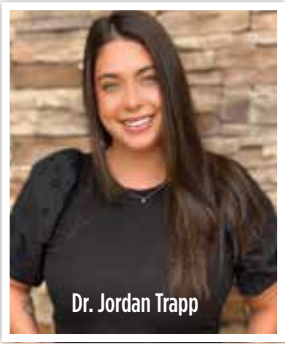
FRIDAY, MARCH 1, 7 P.M.
TAKE IT EASY, Songs of the 70s – Journey back to the 70s with folk-rock artists The Eagles, The Doobie Brothers, Carly Simon, America, Fleetwood Mac, Ambrosia, Heart, Orleans, Linda Ronstadt, and their greatest hits, Hotel California, Still the One, Barracuda, How Much I Feel, Go Your Own Way, A Horse with No Name, You’re So Vain, Listen to the Music, Takin’ It to the Streets, Take It Easy, and more! The show features a 10-piece band. ■

Tickets are available online at rmumc.com, showtuneproductions.com, or in-person at the church office from 9 a.m. to 3 p.m. Monday through Thursday.

HEALTH

Unlocking Heart Health
REQUIRES UNDERSTANDING LIFESTYLE FACTORS

By Dr. Jordan Trapp, Naturopathic Medical Centers
Achieving optimal heart health requires an understanding of the complex interplay among physical, emotional, and lifestyle factors.



Taking an integrative approach to managing cardiovascular issues, such as cholesterol imbalances, hypertension, congestive heart failure, and arrhythmias, involves embracing holistic principles rooted in scientific evidence.
One key aspect is nutrition, where a diet rich in whole foods and essential nutrients has been shown to positively impact cardiovascular health. The incorporation of anti-inflammatory foods and herbs, known for their bioactive and antioxidant compounds, provide natural support for maintaining cardiovascular well-being, underscoring the concept that nutrition serves not only as a source of energy but also as a form of preventive medicine.

Recognizing the heart not merely as a physical organ but also as an emotional center is crucial. Chronic stress and emotional imbalances influence cardiovascular health through various physiological pathways.
Approaches rooted in scientific evidence emphasize stress reduction techniques, mindfulness practices, and individualized emotional support to foster a cohesive relationship between mental and cardiovascular health.
Exercise is another integral component in promoting heart health, extending beyond calorie expenditure to impact cardiovascular fitness. Tailored exercise plans, incorporating both aerobic exercises and mind-body practices like yoga, are recommended based on individual needs and capabilities. The emphasis lies in creating sustainable and enjoyable routines.

Integrative interventions, including herbal and natural therapies, complement conventional approaches. For example, the scientific recognition of Hawthorn for its cardiovascular benefits prompts consideration to support heart function. These therapies aim to optimize the body’s innate ability to heal and maintain physiological balance, aligning with evidence-based practices.
Adopting an integrative perspective allows individuals to actively engage in their heart health journey. Emphasis on nourishing the body, promoting emotional well-being, engaging in evidence-based physical activities, and incorporating natural therapies contributes to a comprehensive approach that extends beyond symptomatic management.
As your naturopathic doctor, I can help you reach your cardiovascular goals. We can work together toward fostering cardiovascular well-being and embark on a path toward a heart-healthy life through a personalized and integrative approach. ■

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Who is a good candidate for Sylfirm X?

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- Scars: Atrophic scars, acne scars, stretch marks, and hypertrophic scars
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DR. TRAPP OBTAINED HER MEDICAL DEGREE FROM SONORAN UNIVERSITY OF HEALTH SCIENCES. SHE COMPLETED AN INTERNSHIP IN NATUROPATHIC ONCOLOGY AND COMPLEX DISEASES IN SEATTLE, WA. SHE OBTAINED A B.S. IN MOLECULAR AND CELLULAR BIOLOGY FROM THE UNIVERSITY OF ARIZONA. SHE OBTAINED CLINICAL TRAINING AT BANNER HOSPITAL IN ONCOLOGY AND BONE MARROW TRANSPLANT. DR. TRAPP ALSO SPENT YEARS IN FITNESS TRAINING ASSISTING OTHERS REACH THEIR OPTIMAL HEALTH AND HIGHEST GOALS.

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Over 50 Up Close

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February 2024

HEALTH

Over 50

Did You Know There are Multiple Times to Enroll or Make a Change in a Medicare Plan?

By Lynne Jones, Tapestry Insurance

We are all familiar with Medicare's annual enrollment, from Oct. 15 to Dec. 7 of each year. This is the time Medicare beneficiaries are allowed to change their drug plans and Medicare Advantage Plans.

However, there are several other opportunities to enroll or make a change to your Medicare plan.

Here is a list of some special circumstances:

- You changed where you live
- You are losing your current medical coverage
- Your plan changes its contract with Medicare
- You qualify for extra help paying for Medicare
- You have a chronic condition that qualifies you for a special needs plan

The above list is just a short list of examples of election periods available.



Lynne Jones

There are many more opportunities to make changes.

Call me if you want to see if there is an option available to you.

As I visit with people, one of the main concerns I see is whether they are picking the best plan. It is hard to know what the future may bring, and picking the right plan can be stressful. That is why it is advisable to have an agent help navigate some of these choices.

Being an independent agent, I am able to share a wide variety of plans that can work for your particular situation.

If for any reason you find yourself on the wrong plan, or if you have questions about the plan that you picked, please give me a call. I can help ease your concern and make sure you have a plan that is right for you. Right now is a good time to ensure you have the right plan. You may be eligible to make a change or find a better fit. ■

Please call Lynne Jones, licensed sales representative, at (480) 212-2246. I will be happy to answer any questions you have about Medicare Plans.

LOCAL BUSINESS

Over 50

The Dolly Steamboat Offers a One-of-a-Kind View of Arizona

By Jamie Killin

The Dolly Steamboat has been owned and operated by brother and sister duo, Cindi DeLoseur and Jeff Grimh, for 35 years, providing Arizonans and visitors alike with a family-friendly outing and unforgettable views of what's been dubbed Arizona's Junior Grand Canyon.

"You will marvel as you travel up the historic Apache Trail – Arizona's first historic highway – located in the Tonto National Forest, which provides the most awe-inspiring and sublimely beautiful panorama nature has ever created," said Cindi.

Even President Theodore Roosevelt was wowed by the area, and was quoted saying, "the Apache Trail and surrounding area combines the grandeur of the Alps, the glory of the Rockies, the magnificence of the Grand Canyon and then adds an indefinable something that none of the others have."

The Dolly Steamboat carries 142 passengers for its cruises, which include the *Twilight Dinner* cruise, nature cruise, and astronomy cruise. The cruises range between one-and-a-half-hours and two-and-a-half-hours. Once a year, wildlife enthusiasts can enjoy the Arizona Game and Fish Bighorn Sheep Cruise, which is three hours long.

During all the cruises, guests will enjoy the captivating desert scenery while



learning more about the area and often also spotting Arizona wildlife, such as bald eagles, deer, and Bighorn sheep.

"Our goal is to offer guests an unforgettable experience of geological and natural wonders while the captain recounts the legends and lore of the Superstition Mountains," said Cindi.

Additionally, The Dolly Steamboat is available for private charters for weddings, corporate events, and parties.

Cruises book up quickly, especially during the beautiful spring months, so calling ahead to make a reservation is highly recommended. ■

For more information on The Dolly Steamboat, visit dollysteamboat.com. To make a reservation, call (480) 827-9144. The Dolly Steamboat is located at 16802 AZ-88 Tortilla Flat, AZ 85117.

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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.

EVENT

Come fly on a helicopter and enjoy learning history

Submitted by Dave Sale

The Army Aviation Heritage Foundation proudly invites you to come out and join in the fun on Saturday, Feb. 24 from 10 a.m. to 1 p.m. at the Falcon Field Terminal Building, located at 4800 E. Falcon Drive in Mesa.

"We will have our US Army AH-1F Cobra Black Pearl and our UH-1H Iroquois, better known as the Huey, on site and available for helicopter rides," said Dave Sale, a representative for the event.

"We will also have on hand former US Army pilots and crew members, several retired Vietnam and Desert Storm veterans to answer your questions and talk about the great service these Vietnam aircraft have given to their country."

Dave said, "All of the pilots and aircrew members are former US Army veterans, and many served during the Vietnam War as well as other conflicts. This is a great experience to fly and ask questions to soldiers who flew these aircraft in combat."

The cost for Huey rides is \$110, for veterans is \$100. Cobra rides are \$625.

Payment is accepted as cash or credit on site or prepay online at <http://armyav.org>. ■

For more information, call (480) 747-5111.

LOCAL BUSINESS

TAKE CONTROL OF YOUR HEALTH

Submitted by The Exercise Coach®

Whether you’ve been coming to The Exercise Coach® for years, you’ve recently started, or are contemplating starting a program, the truth is that you are investing in your most precious commodity: your health.

It’s easy for us to find excuses, distractions, or to prioritize other things in life, but *you* have decided to take control of your health and you should be proud and excited about your decision.

Like anything else, there will be days when you wonder if the time, the workouts, and the investment are worth it. Rest assured; they are. And your body is reaping the benefits.

But what exactly is happening within your body? That’s the first and most natural question to ask. No matter your background, history, age, or fitness level, we all know, (or have been told), that we need to exercise. But how exactly is your body benefiting from exercise? Why do we push our physical and sometimes mental limits twice a week?

“Get busy living, or get busy dying.”
-Red, *Shawshank Redemption*



Well, it starts first with a basic understanding of Mother Nature. Simply put, we are either getting better or getting worse. Unfortunately for most, poor diet, needless activity, and bad advice have led us into a gradual decline in health. It certainly doesn’t have to be this way, however, and no matter your physical or health condition, you can get better.

We at The Exercise Coach® work with and help people with health conditions varying from seemingly minor to more serious and threatening. Our combination of exercise and nutrition can and will improve the greatest threats to our health:

- Heart Disease (think high cholesterol, triglycerides, blood pressure)
- Sarcopenia (think loss of muscle mass, poor posture, shrinking)
- Diabetes (failing glucose metabolism, organ function)
- Gastrointestinal Disorders (think celiac, colitis, heartburn)
- Autoimmune Disorders (think multiple sclerosis, asthma, Crohn’s)
- Neurological Disorders (think ADD, Alzheimer’s, depression)
- Lack of Sleep, Energy, Vitality (think sleep apnea, chronic fatigue, “the blahs”)

- Thyroid and Hormonal Disorders (think low estrogen, low testosterone, hypothyroidism)
- Weight Gain (think belly fat)

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What we eat accounts for 80 percent of our weight-loss success or failure. While exercise helps to improve our muscle quality, which in turn improves our metabolism, we can quickly destroy the many benefits of our exercise efforts with the wrong diet.

At The Exercise Coach®, we have developed a *Nutrition Playbook* to help educate our clients on the foods that will best promote optimum health and decrease inflammation, water retention, and other damaging effects. Through *Whole-Effort Exercise and Whole-Food Eating* recommendations, all of our clients can experience what we call *The Metabolic Comeback™*.

Come join us for our next Metabolic Comeback Challenge starting Monday, Feb. 12 and running through March 12 for our Nationwide Metabolic Comeback Challenge. There will be prizes for members who join before Feb. 12.

THE EXERCISE COACH: A NEW HOPE

At The Exercise Coach®, it is our firm belief, fueled by years of experience and clients’ testimonies, that success begins with each workout and each meal and continues until you are healthy and thriving. The Exercise Coach® is here to stand beside you every step of the way, and we aren’t going anywhere.

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

Call, text, or visit us online for your complimentary initial consultation and two free sessions, (480) 716-6080 or exercisecoach.com/north-mesa.

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LOCAL BUSINESS

Winter Allergen Reduction: Seven Tips for Sustainable Desert Living

Submitted by Carnation Home Cleaning
Winter in desert regions such as Phoenix presents unique challenges for anyone with allergies.

With dry air and cooler temperatures, indoor allergens can become more prevalent, affecting the health and comfort of your home environment. To help you effectively reduce these allergens, here are seven easy tips to implement during the winter months.

1. OPT FOR SAFE, ECO-FRIENDLY CLEANING PRODUCTS

In the winter, doors are closed, making homes more sealed, leading to an increase in indoor allergens. Using eco-friendly, hypoallergenic cleaning products is a great start.

2. MAINTAIN BALANCED INDOOR HUMIDITY

The desert's naturally dry air can aggravate allergen proliferation in your home. Managing indoor humidity is crucial. Using a humidifier can add necessary moisture to the air, but it's vital to maintain optimal humidity levels to avoid creating a breeding ground for mold and mildew.

3. TACKLE SPECIFIC WINTER ALLERGENS

Desert regions are home to unique winter allergens, including specific types of pollen and fine dust. To effectively combat these, incorporate regular laundering of bedding in hot water and ensure your

HVAC system is equipped with HEPA filters. Frequent vacuuming with a HEPA filter vacuum cleaner, particularly in areas of high traffic and on upholstered furniture, is also crucial.

4. IMPLEMENT DEEP CLEANING METHODS

Deep cleaning is essential during winter when you spend more time outside and bring allergens indoors. Focus on areas like carpets, upholstery, and curtains – common hotspots for allergens. Steam cleaning is a powerful method for removing allergens without resorting to harsh chemicals.

5. DECLUTTER FOR FEWER ALLERGENS

A cluttered home can exacerbate the issue of indoor allergens. Dust and allergens often accumulate in cluttered spaces, so keeping your home organized and clutter-free is vital.

6. UTILIZE NATURAL ALLERGEN CONTROL METHODS

Incorporating natural methods for allergen control can enhance the healthiness of your indoor environment. Indoor plants can purify the air and effectively reduce indoor pollutants.

7. CONSISTENT CLEANING ROUTINES WITH PROFESSIONAL HELP

Maintaining a regular cleaning routine is essential in the fight against allergens. For those who need



assistance, Carnation Home Cleaning offers professional, eco-friendly cleaning services. Our team specializes in hypoallergenic and environmentally friendly cleaning and offers consistent weekly cleaning routines, ensuring your home remains a haven free from dust, pollen, and other allergens.

Following these seven sustainable tips can significantly improve indoor air quality and create a healthier, more comfortable living space.

For those seeking additional support, Carnation Home Cleaning is committed to providing top-notch, eco-friendly cleaning services to help you maintain a fresh, allergen-reduced home all winter long. ■

For more information, call Carnation Home Cleaning at (480) 924-2096.

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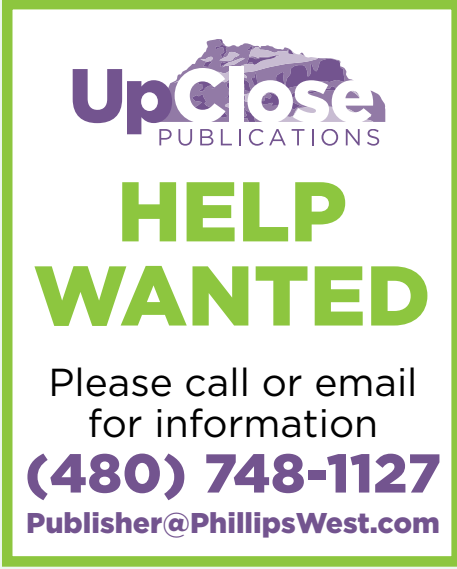




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