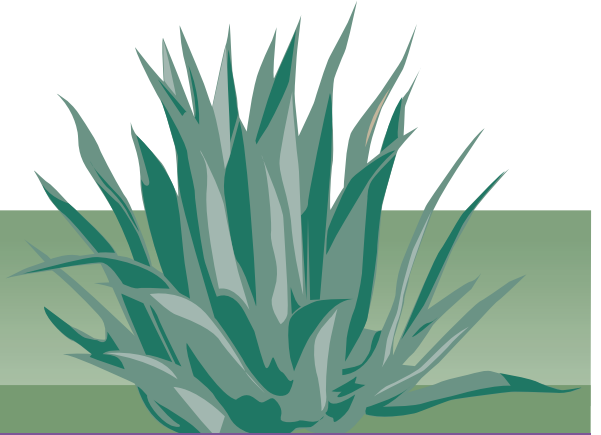


Northeast Mesa Up Close



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May 2025

Serving the communities of Red Mountain Ranch, Mountain Bridge, The Groves, Reserve at Red Rock and surrounding areas

Mesa Citizen of the Year Association Honors Students FOR EXCEPTIONAL SERVICE AND LIFELONG IMPACT



Regina Herrera Marquez, Mountain View High School



Jermalie Jean-Louis, Mountain View High School



Sadie Christie, Red Mountain High School



Alexis Grondin, Red Mountain High School

Story by Laurie Struna

Photos by Adam Waybright

Four outstanding seniors from Mesa Public Schools have received Student Community Service Awards from the Mesa Citizen of the Year Association.

Regina Herrera Marquez and Jermalie Jean-Louis of Mountain View High School, along with Sadie Christie and Alexis Grondin of Red Mountain High School, were each awarded a \$2,500 scholarship in recognition of their exceptional dedication to community service.

To qualify, students must complete a minimum of 150 service hours during high school and demonstrate a strong commitment to ongoing community involvement. The Mesa Citizen of the Year Association underscores the significance of honoring the impactful volunteer efforts of Mesa Public Schools students, who actively contribute to city programs, nonprofits, and other vital community initiatives.

Founded in 1935 by Charles and Florence Mitten, the Mesa Citizen of the Year Award honors those who make a lasting difference in the community.

Regina plans to attend Arizona State University and major in political science. She hopes to pursue a career in public policy or government to help drive meaningful social and economic change.

She credits community service as a defining part of her personal growth, shaping her values and broadening her perspective on the world.

"As I've taken part in community service projects, I've learned the importance of keeping an open mind and understanding that people experience life in very different ways," she said. "It has also given me opportunities to connect with people I might never have met otherwise — like a single parent committed to their child's growth by attending daily swimming lessons or an elderly woman who starts each morning among the trees she planted in the park, appreciating the fresh air they provide."

Jermalie will attend the Wharton School of Business at the University of Pennsylvania, where she plans to study finance and pursue a career as a quantitative analyst.

She credits her passion for helping others to her mother, who fled Haiti to build a better future for her children. With the support of others, her mother became a homeowner and now gives back to her community, opening her home to help others succeed.

"I want to use my education and service experience in underprivileged communities to contribute to Penn's Projects for Progress, supporting poverty-stricken areas that lack educational opportunities," she said.

Sadie will attend Arizona State University, where she plans to major in political science with minors in Spanish and violin performance. She hopes to attend law school to become a prosecutor and, eventually, a judge.

"Through service, I've built meaningful connections with people beyond my immediate circle," she said.

"When performing at assisted living facilities, I look forward to speaking with residents afterward and hearing their stories.

"Being involved with the 8 Foundation, a community organization that promotes good fortune and prosperity through programs like the Food Bank and Light of Music, has allowed me to grow as a community member. My service work within the Chinese community has deepened my understanding of cultural values and the importance of empathy. I want to bring this perspective — fostering understanding and eliminating bias — into my professional career, especially in a time of division."

Alexis will pursue a bachelor's degree in human biology or exercise science at the University of Miami before continuing to physician assistant school. She is committed to using her education and personal experience with an eating disorder to help others lead healthy, balanced lives and develop positive relationships with themselves, their bodies, and food.

"Community service has opened many doors for me," she said. "I've grown as a person and stepped out of my comfort zone. I'm no longer the shy girl who watches the world pass by. Instead, I take action when I see an opportunity and make sure what I'm doing is meaningful to those around me." ■

For more information, visit mpsaz.org.

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EDUCATION

Curiosity, Geometry, and Arts

AND THE SHAPING OF THE FUTURE

By Dr. Anjum Majeed, Founder/Superintendent, Self Development Academy (K-8 Charter School)

An awe-inspiring education bewilders us with the amazement of the world, its workings, and its vast knowledge. Developing a lifelong love for knowledge begins early with students experiencing joy, finding meaning in their school activities, and being engaged in learning. As experts state, "Education is most effective when students feel engaged and valued." To foster student engagement and learning, schools can provide opportunities for student growth, honing their critical and creative thinking, cultivating a sense of responsibility, and finding personal value in their school experience.

One aspect of student life that persistently occupies the minds of many students is how to get into a good college and receive scholarships to pay for college tuition. Getting into a good college is becoming increasingly competitive. In response to this need, Self Development Academy (SDA), a K-8 charter school, has developed an innovative program that will not only continue to strengthen the educational foundation but also help our students stand out as exceptional candidates for colleges and coveted scholarships.

SDA leadership is excited to share its vision for the School Year 2025-26. Academic rigor will remain a focus, along with integrating three critical components of SDA's groundbreaking programs, including research skills, community service, and geometry with art.

ACADEMIC RIGOR

Academic rigor for SDA is not about taking tests or doing hours of homework; it is more about providing opportunities to connect and explore real-world ideas, challenging beliefs, and using critical thinking for problem-solving. Our commitment to an accelerated curriculum will continue, and eligible students will have the opportunity to participate in courses at one to three grade levels higher than those of the Arizona State Standards. For example, SDA's eligible students can take Algebra II in eighth grade.



RESEARCH SKILLS

Research is the foundation of knowledge. SDA believes in teaching research skills to students as early as possible, developing lifelong skills of posing questions and finding solutions. The research process is a systematic approach to selecting a topic, posing a question, developing a methodology to collect information, analyzing and evaluating the findings, drawing a conclusion, and answering the original question. Students also learn to evaluate the credibility of sources, thus reinforcing the development of critical thinking. Learning research skills is not an easy task. However, like any skill, it must be practiced for proficiency.

They learn the life skills of notetaking. They can proudly share their research findings with an audience of classmates, parents, and the community. Developing research skills at an early age prepares them to become future scientists and experts to solve real-world problems and contribute to innovation and progress in unimaginable areas. Research skills are among the most valuable and reinforce a love of knowledge.

GEOMETRY AND ARTS

Ever wonder how geometry influences the arts? From the hexagonal cells of a honeycomb to the crystalline structure



of minerals, geometry is all around us, shaping the world we live in. Modern physics relies on geometric concepts to describe the curvature of space-time and the fundamental forces that govern the universe. Even the human body exhibits remarkable geometric proportions, from the Golden Ratio in facial features to the symmetry of our limbs. Finally, our perception of beauty is often linked to geometric principles, such as symmetry, balance, and proportion.

Geometry is all around us. At SDA, we invite students on a journey through the interwoven beauty of art and mathematics. This is an interdisciplinary program that integrates history, art, mathematics, and science. Students will learn about the history of geometry as a field of study, a tool for survival, and a tool for delight from prehistoric man up to the present. They will use geometry in creating 2D and 3D perspectives and proportions, and appreciate the uncanny emergence of geometry that echoes in nature, including the Fibonacci sequence.

COMMUNITY SERVICE

Through community service, students develop leadership skills, humility, and empathy. Working for the betterment of the underserved not only makes a significant difference but also has long-term and enduring benefits for students. Helping others allows students to meet new friends, develop new interests and skills, and gain a broader perspective. Their commitment to community service makes them stand out as candidates for competitive colleges and scholarships.

Volunteering brings joy and happiness, which is a reward in itself. SDA's design for vibrant learning lays the foundation for a lifelong love of knowledge. ■



To learn more about Self Development Preschool, please contact (480) 396-3522. For the accelerated K-8 program, Self Development Academy, call Self Development Academy at (480) 641-2640.

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LOCAL BUSINESS

So, What Kind of Music Do You Like?

By Tim Beaubien,
Hava Java Mesa

This question was posed to me by a young man in his early 20s after inquiring about our open mic. He wants to come to our open mic, but he writes his own music in more of a classical or traditional guitar style. "Will this be OK?" he asked. "Of course," I replied. Then he asked me, "What kind of music do you like?"

Now that is a very complicated question to answer. I was raised on both kinds of music, *country* and *western*. My parents loved Hank Williams and Patsy Cline. But I raised myself on the Beatles and most all 70s rock, and with influence from my older brothers (Norman; Dion & The Belmonts, Perry; Traffic, REM), which led me to everything from the late 50s to early 90s rock.

I find it so interesting that music can transcend time. During our open mic nights, I meet so many young musicians wearing David Bowie, Beatles, and other rock groups T-shirts that Baby Boomers like me listened to back in the day ("back in the day," boy I am old). When I ask them about it the answer is always the same, "Oh I love their music!" This always puts a big smile on my face; maybe there is hope for our youth.

Then there is Jack, a very good customer who we see several times a week. He is an older guy, like me. I was having a casual conversation with him the other day. He asked about our music nights. Then he said, "Do you know the song *The Sounds of*



Barb and Tim Beaubien

Silence by Simon and Garfunkel?" "Of course," I said, well there is the cover of that song that I really love, it's by a band called Disturbed. Disturbed I thought? Now, this was clearly a band that I would have guessed was off his radar. But again, it reminded me that music does truly transcend time and age barriers.

Back when I was about 17, I had a party in my parent's basement (and yes, they were home, had to have one that they knew about). So down came my stereo from my bedroom to blast out Led Zeppelin, Alice Cooper, Aerosmith, etc., vinyl records of course. Now remember this was 1974, our hair was shoulder length or better and the music had to be loud! When no one was looking I put on my Roger Miller Greatest Hits LP. The first song up was *Trailers for Sale or Rent*. My parents laughed so hard because they could hear the pool cues hitting the floor keeping time with the music. Everyone stopped and cheered; we had a great time. My mother remembered and laughed about that night for the rest of her life. Music gave us that memory.

Now at 68 I am trying to give a little of that gift of music to our community. I am gradually expanding our music offerings. Hopefully it brings you a smile or a much-needed stress break. ■

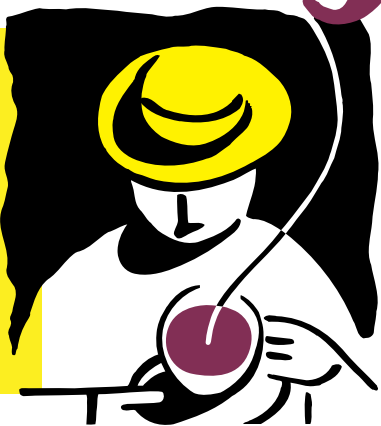
Hava Java Mesa is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2849 N. Power Road, Suite 103, in Mesa. For more information, visit havajavamesa.com.



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|| SPIRITUALITY



Getting Off the Long, Uphill Bicycle Ride

By Judy A. Knox, Charis Christian Church

Does your walk with God sometimes feel like a long, uphill bicycle ride? Many years ago, my husband described our life that way. It seemed that no matter how hard we tried to do all the right things, we were always struggling with some problem or other, never walking in true victory.

Whenever a big problem would hit us, our conversations would focus on what we might have done wrong. We were sure we should have done more, given more, or changed some behavior. We figured every problem was due to our failure to live up to God's expectations.

After years of this, we finally heard some good teaching on God's grace. First, we learned that we can't ever do enough to earn God's approval, or salvation, or any of His gifts. But the beautiful thing is that we don't have to. A gift doesn't have to be earned. God's blessings in our life are free gifts, based not on our performance, but on His goodness.

We'd been thinking God was like a heavenly vending machine. If we put in enough right behavior, then blessings and answers to prayer would pop out. But that's not how it works. Ephesians 2:8

says, "By grace are we saved through faith." We receive salvation by grace, not through our own actions, but through faith. Faith means believing what God says, no matter how things look.

But salvation is not the only gift God has for us. "He that spared not His own Son, but delivered Him up for us all, how shall He not with Him also freely give us all things?" (Romans 8:32). We access all His blessings just like we receive salvation, by grace through faith. We are also able to walk through our lives the same way. "So then, just as you received Christ Jesus as Lord, {by grace through faith}so walk in Him" (Colossians 2:6).

As we focus on what Jesus has already done for us, we'll stop trying to win God's favor by doing things to earn it. We won't stop doing good things, but we'll be doing them from a different mindset, a mindset of gratitude. We'll get off that long, uphill bicycle ride and walk instead into the abundant life Jesus has promised us. ■

If you would like to learn more about receiving what God has provided for you by grace and accessing it by faith, visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

|| LOCAL BUSINESS

Xoxo Charcuterie Mesa is a one stop solution for great events

Submitted by Xoxo Charcuterie Mesa

Xoxo Charcuterie Mesa is your one stop solution to hosting great events of all kinds – parties, luncheons, graduations, holidays, weddings, bridal and baby showers, and simple gatherings.

Owner, Keely Post, has been designing charcuterie boards for more than 10 years for gatherings of family and friends prior to opening Xoxo Charcuterie Mesa. The boards have an artistic flair and are beautiful as well as delicious; they make gatherings special. Their boards are made to order, with all ingredients hand sliced on site. All ingredients are individually hand-picked to assure freshness and quality with emphasis on seasonal availability.

Xoxo Charcuterie Mesa has several offerings beyond the traditional charcuterie board, such as fruit boards, crudites, sandwich boards, dessert boards, and more.



A visit to the website is a must to truly understand the variety of offers available to enhance your next event. Ordering is easy and convenient through their website with pick-up or delivery, and they will happily walk through their offerings with you to find the right fit for your event and vision. Call or text for consultation.

A unique offering of Xoxo Charcuterie Mesa is their workshop. The workshop is a 45-minute guided class that guides you in building your own creation. Classes can be held at their store or at the location of your choosing. The workshops provide great gatherings with friends or a fun team-building experience. ■

Xoxo Charcuterie Mesa is located at 2823 N. Power Road, Suite 105, Mesa, AZ 85215. They offer pick-up or delivery by appointment. Follow them on Instagram @xoxo.charcuterie.mesa. Visit their website at xoxocharcuterie.com.





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LOCAL BUSINESS

Free Weights Versus Machines WHICH ONE IS BETTER?

Submitted by The Exercise Coach®

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

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

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

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

The Exercise Coach uses machines because it helps people focus and feel confident in what they are doing



without having to worry about the risk of injury. Using a machine will position yourself specifically to do that exercise. You won't have to worry about the variables and skills associated with using free weights.

Research shows that high intensity strength training is safe for anyone and targets what matters most, which is age-related skeletal muscle loss. When we effectively and optimally work our muscles, every system of the body gets better as well.

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

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

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

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

Make TODAY the day to start on that road to better health and fitness! Let our caring and knowledgeable Certified Coaches get you started. Call, text, or visit us online for your complimentary Initial Consultation and 2 FREE Sessions! (480) 716-6080 or visit the website exercisecoach.com/north-mesa.

FINANCES

THREE STOPS on the road to financial stability

Submitted by Linda Drake, Edward Jones Financial Advisor

Achieving financial stability doesn't happen overnight — it takes a journey. And, as with every journey, you should reach some milestones along the way.

For your first financial milestone, you'll want to build a strong foundation. Start by building an emergency fund to pay for unexpected costs, such as a major car repair. And try to contribute enough to your 401(k) and health savings account (HSA) to earn your employer's matching contribution, if one is offered. Also, try to pay down or refinance some high-interest debt.

Your next milestone should find you gaining a stronger financial foothold. At this stage, continue building your emergency fund and try to put 10% to 15% of your gross income into your 401(k) or similar plan.

At your third milestone, when you may be in your middle or later years, you'll want to invest as much as you can into your 401(k) and have at least six months' worth of living expenses in your retirement fund. Also, review your retirement goals to ensure you're on track to achieve them.

Reaching these milestones will take diligence and commitment — but it will be worth the effort in helping you on your journey toward financial security. ■

This content was provided by Edward Jones for use by Linda Drake, your Edward Jones financial advisor, at (480) 985-2651. Edward Jones, Member SIPC



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THE FUN DOESN'T STOP THERE

Live music continues throughout the month, so stick around to enjoy your favorite tunes as the sun sets. Let the melodies and festive vibes make your day unforgettable.

Grab your friends, your appetite, and your love for celebration. See you there!



THE VISTAS PAVILION

Carla Shaw, events and catering director, invites you to join her and her team of experts at The Vistas Pavilion this Mother's Day.

Treat the incredible mothers in your life to an unforgettable dining experience this Mother's Day, Sunday, May 11, at The Vistas Pavilion at Las Sendas. With stunning views, and an indulgent brunch spread, this is the perfect way to show appreciation and create cherished memories.

The *Grand Buffet Menu* includes assorted breakfast breads and pastries, antipasti and cheese display, seafood display, chilled shrimp, oysters on the half shell with mignonette and cocktail sauce, omelet station, eggs and omelets made-to-order, bacon and sausage, vanilla French toast with maple syrup, chef carving station, leg of lamb, carved New York steak with thyme demi glaze and creamy horseradish, seared chicken breast over cremini mushroom sauce, chive-baked salmon filet with caper butter, assorted dinner rolls with whipped butter, and assorted mini desserts, cakes, and pies.



Reservations are required and are available from 9:30 a.m. until 1:30 p.m.

Adults are \$79 and children ages 5 to 11 are \$19. Children under 5 are free.

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DISCOVER ARIZONA

A SPA DAY FOR MOM

The Perfect Mother's Day Gift

By Kimberly Alvarado

Mother's Day is just around the corner, and if you're scratching your head wondering how to show your appreciation, fret no more — I know exactly what Mom wants this year. It's not just a gift, it's an experience, and a relaxing one at that. What could be better than a trip to the spa?

Picture this: your mom indulging in a soothing massage, unwinding in a steamy sauna, or rejuvenating with a refreshing facial. A spa day is the ultimate way to pamper her and show her just how much she's loved. To help you plan this perfect day, here are a few standout local day spas worth considering: Little Luxury Spa, Las Sendas Spa & Fitness Center, Awaken-Zen Spa, and Lash Envy Studios. These highly rated destinations promise top-notch service and an array of indulgent treatments to leave Mom feeling cherished and refreshed.

SPA SERVICES TO SPOIL MOM

Each of these spas offers a variety of services that cater to different preferences and needs. From stress-melting



massages to invigorating body wraps and permanent make-up, these options are bound to impress her. Here's a taste of what's available:

- **Saunas and whirlpools** to relax sore muscles.
- **Facials** for glowing, rejuvenated skin.
- **Massages** to ease tension and promote relaxation.
- **Body wraps** to refresh and detox.
- **Reflexology** for rejuvenating tired feet.
- **Waxing services** for a polished look.

With such a selection, you're sure to find something your mom will adore. Better yet, why not let her choose her ideal combination of treatments?

WHAT TO WEAR: COMFORT IS KEY

The day is all about ease and relaxation, so help Mom feel comfortable from start to finish. Depending on the services she selects, she should opt for loose, comfortable clothing that's easy to change in and out of. Most spas provide essentials such as robes, slippers, and towels, ensuring she can fully immerse herself in the experience.

If her spa day includes access to a sauna, steam room, or whirlpool, don't forget to pack a swimsuit. With these tips, she'll be all set for a seamless, rejuvenating visit.

TIPPING ETIQUETTE

As with any service industry, tipping is a great way to show appreciation for exceptional care and attention. A general rule of thumb is to tip 15 to 20 percent of the total service cost. Many spas also allow you to add the gratuity to the final bill for added ease, but feel free to check with the spa ahead of time.



THE GIFT OF RELAXATION

This Mother's Day, forget the flowers and chocolates — treat your mom to the gift of relaxation and self-care. A spa day isn't just a luxurious outing; it's a heartfelt gesture that says, "You deserve to be pampered." With excellent spas like Little Luxury Spa, Awaken-Zen Spa, and Lash Envy Studios nearby, it's never been easier to plan an unforgettable day for the most important woman in your life. ■

Las Sendas and neighboring residents: Our very own skincare specialist - Patricia Phillips, LPN, LE is offering 15 percent off on featured treatments and services for Mom. Call (480) 832-6900 to learn more.



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REAL ESTATE

Seller Concessions Benefit Both Buyers and Sellers

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

With most of the Phoenix metro area now in a buyer's market, buyers not only have more homes to choose from — they also have more negotiation power than they've had in recent years. That shift means they're becoming a lot pickier, and sellers are having to adjust.

While home prices remain relatively stable, we're seeing more price reductions as homes linger on the market. Sellers are more open to negotiations and more buyers are asking for seller concessions rather than a price reduction, which can be far more beneficial to a buyer.

WHAT ARE SELLER CONCESSIONS?

Seller concessions are when the seller agrees to pay an agreed upon amount that will be credited to the buyer and used to pay costs and fees associated with purchasing a home. They are negotiated as part of the purchase contract, usually at the time the offer is made and can be either a flat dollar amount or a percentage of the purchase price that typically is up to three percent.

DO SELLER CONCESSIONS BENEFIT THE BUYER OR THE SELLER?

The simple answer: both.

FOR BUYERS

Concessions can make a big difference in affordability. Covering closing costs means buyers don't need to have as much cash up front. That's especially helpful for first-time buyers or anyone with limited cash reserves. In some cases, concessions can allow a buyer to qualify for a slightly higher-priced home without increasing their monthly payment. It also leaves a buyer with more cash available to use for home repairs or improvements.



Lorraine Ryall

FOR SELLERS

Offering concessions can make your home more appealing, especially in a competitive market. It may attract more buyers, reduces time on the market, and can even lead to a smoother sale. Concessions are a good negotiating tool when repairs are requested by the buyer. Instead of doing the repairs, a seller may offer sellers concessions to cover the repair costs.

WHAT CAN SELLER CONCESSIONS COVER?

Seller concessions can be used to pay for a variety of buyer-related costs, such as:

- Title fees
- Appraisal fees
- Lender fees
- Prepaid real estate taxes
- HOA fees
- Home Warranty

Your lender will determine what concessions are allowed based on the type of loan you are using and the total amount permitted.



USE CONCESSIONS TO BUY DOWN THE INTEREST RATE

With higher interest rates and no guarantees the rate will drop anytime soon, another powerful way to use seller concessions is for a rate buydown.

A rate buydown allows buyers to use the seller's concession money to reduce their mortgage interest rate by paying discount points upfront at closing.

By investing a little more upfront, you can lock in a lower interest rate and enjoy smaller monthly payments for the life of your loan. This can make your home more affordable month-to-month and save you thousands of dollars in interest over time.

HERE'S HOW IT WORKS

DISCOUNT POINTS

Each point typically costs 1% of the loan amount and lowers the interest rate by about 0.25%, depending on the loan type.

UPFRONT FEE

The fee is paid at closing — either by the buyer or through seller concessions.

LOWER MONTHLY PAYMENT

That reduced interest rate results in lower monthly mortgage payments.

LONG-TERM SAVINGS

Over the life of the loan, this can add up to significant savings in interest.

BREAK-EVEN POINT

It's important to calculate how long you need to stay in the home for the savings to outweigh the upfront cost. If you plan to stay long-term, a buydown can be a smart move.

If you're a buyer, discount points are definitely something to consider. It's especially worthwhile if you plan to stay in your home for several years or more. Plus, in some cases, you may even be able to negotiate for the seller to cover the cost of the points, giving you the long-term benefits without the extra out-of-pocket expense at closing.

FINAL THOUGHTS

In a market where buyers are more selective and homes are sitting longer, seller concessions offer a win-win solution. Buyers can reduce their upfront costs or lower their interest rate, and sellers can attract more interest and close deals faster. If you're buying or selling in today's market, it's worth looking at how seller concessions can work in your favor. ■

If you're thinking about buying or selling and want to learn more about seller concessions, discount points, or have any questions at all, I'm always here to help — don't hesitate to reach out!

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REAL ESTATE

Canadians are our FRIENDS HERE IN NORTHEAST MESA

By Natascha Ovando-Karadsheh, Las Sendas Resident and Associate Broker/Owner at KOR Properties



As the snow-bird season begins to draw to a close, we wanted to say a few words about our Canadian friends, neighbors, and clients. Canadian snowbirds have been robust contributors to the Arizona economy for decades and we have not forgotten that they were instrumental in kickstarting our real estate market and local economy during the recession. They purchased properties, remodeled foreclosures, bought and renovated the Las Sendas Golf Club, and brought life into our community after many

difficult years. Our Canadian clients have also been great homeowners, always improving their properties and keeping them in great condition. In 2023, approximately 822,000 Canadians visited Arizona and they contributed \$775 million to our economy. Canadians have been the top foreign homebuyers in the United States and represent almost 40 percent of total international travel spending in Arizona. However, this spring, far fewer Canadians came to Arizona to purchase homes, and, in addition, many Canadians opted to sell their homes due to the weaker Canadian dollar, rising homeownership costs, and the tense political climate. We hope our Canadian friends know just how much they are appreciated, and we hope that those who are leaving will return to the Valley of the Sun. The Canadians are part of our communities and are always welcome here. ■



LOCAL BUSINESS

Five Hydration Secrets to Keep You Looking Younger

By Gina Van Luven, Owner, Prime IV Hydration & Wellness – Red Mountain Gateway



As we age, our ability to retain water diminishes, creating saggy skin with a lack of elasticity. Dehydration also decreases mobility, circulation, metabolism, and brain function. Yikes!!! But you can combat these by taking the following steps:

- 1. Drink the right type of water.** If you are drinking reverse osmosis (RO) or distilled water, these are void of minerals and, therefore, will strip your body of yours. You can re-mineralize these types of water by adding mineral drops or get a filtration system that adds back in the minerals. You could also replace the RO system with a “Berkey” system that removes contaminants without removing minerals.
- 2. Sip water throughout your day.** Keep a bottle of water with you at all times and avoid *thirst*, which means you’re already dehydrated.
- 3. Consume water-rich foods.** Foods with high water content include apples, celery, cucumber, lettuce, tomato, watercress, watermelon, and zucchini. Some of these make great natural flavorings to your water, too. You can also try mint or strawberries.
- 4. Consume herbal tea.** Herbal teas not only contain water, but also antioxidants that can help reduce skin damage.
- 5. Limit alcohol and caffeine.** Both of these are dehydrating. If you do consume them, drink a full glass of quality water before and after each.

It also helps to get IV hydration therapy to build up your internal water storage. You can get a half or full liter of fluids and also add nutrients your body may need to function optimally. IV therapy isn’t just for emergencies. Regular visits can be part of your wellness routine to help keep you at your best! ■

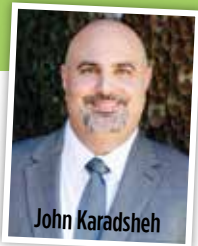
For more information about IV therapy, please go to primeiveastmesa.com or call us at (480) 992-4202 to schedule an appointment for a health evaluation. Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106.

Real Estate In Northeast Mesa

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Northeast Mesa Area Market Report

Sales over \$525,000 for the Month of March 2025



Address	Square Feet	Community	Sold Price
6644 E Snowdon Cir	2,047	Red Mountain	\$528,000
1423 N Sierra Heights Cir	1,595	Sierra Heights	\$530,000
2647 E Evergreen St	1,635	Meadowvale	\$537,000
5865 E Jasmine St	2,094	Silverado	\$538,000
3537 N San Gabriel Cir	1,872	Red Mountain Ranch	\$550,000
1548 N Seton St	2,009	Alta Mesa	\$560,000
1436 N Claiborne	2,366	Higley Heights	\$560,000
4064 N Ranier	1,943	West Hills	\$560,000
6713 E Elmwood St	2,474	Torino Village	\$561,000
9036 E Halifax Cir	1,900	Sierra Heights	\$581,000
5859 E Elmwood St	2,420	Alta Mesa	\$595,000
2651 N Lema Dr	1,753	Apache Wells	\$595,000
1436 N Bernard	3,556	Sierra Estates	\$599,000
4028 N Ranier	1,943	Red Mountain Ranch	\$600,000
2940 E Norwood St	2,124	Vista Mesa	\$614,950
6364 E Star Valley Cir	2,432	Red Mountain Ranch	\$629,000
1416 N St Paul	2,545	Higley Heights	\$635,000
7313 E Jasmine St	2,801	Falcon Hill	\$636,500
2123 E Encanto St	2,415	Tierra Este	\$640,000
8729 E Indigo St	1,731	Mountain Bridge	\$644,000
4330 N Ranier Cir	2,330	Red Mountain Ranch	\$655,000
5749 E Sierra Morena St	2,321	Reserve at Red Rock	\$674,000
3745 N Kings Peak	2,184	Red Mountain Ranch	\$675,000
6440 E Odessa St	2,788	Trigram Estates	\$675,000
8723 E Hillview St	2,298	Grandview Estates	\$675,000
2848 E Menlo St	3,954	Vista Mesa	\$685,000

Address	Square Feet	Community	Sold Price
2926 E Fountain St	2,931	Mountain View Highlands	\$700,000
2920 E Fox St	3,318	Mountain View Highlands	\$715,000
2909 N 90th St	2,214	County Island	\$742,500
1142 N Oakland	3,395	Eastview Estates	\$744,960
1633 N Woodruff	1,986	Mountain Bridge	\$750,000
7659 E Knoll St	2,862	Morada	\$750,000
2040 N 63rd Pl	3,064	Apache Lakes	\$750,000
4336 E Encanto St	3,061	Summit at Montecito	\$755,500
2533 E Russell St	2,462	Grove at Lehi	\$799,970
1746 N 99th St	2,323	Whisper Mountain	\$815,000
2455 E Presidio St	2,788	Grove at Lehi	\$835,000
4053 E Glencove St	3,796	Estate Groves	\$850,000
4055 N Recker Rd #88	2,578	Red Mountain Ranch	\$854,000
4034 E Hope St	2,968	Estates Groves	\$880,000
4503 E Elmwood St	2,884	The Groves East	\$885,000
5827 E Star Valley St	2,718	Reserve at Red Rock	\$999,970
4229 N Recker Rd	3,131	Red Mountain Ranch	\$1,000,000
4055 N Recker Rd #85	3,463	Red Mountain Ranch	\$1,025,000
9658 E Flanders Rd	3,525	County Island	\$1,100,000
9535 E McLellan Rd	3,315	Saguaro Shadows	\$1,200,000
2152 E Calle Maderas	7,242	Las Maderas	\$1,227,845
2342 N Lemon Cir	3,807	Spyglass Estates	\$1,250,000
3633 E Encanto St	5,054	Trovita Estates	\$1,408,950
3454 E Inglewood Cir	6,070	Arboleda	\$1,425,000
4222 E Brown Rd #18	3,891	Villa Sendero	\$1,560,000
8346 E Regina Cir	3,577	Estates on Hawes	\$1,985,000
1859 N Val Vista Dr	6,808	County Island	\$3,950,000

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Southwest Autism Research and Resource Center establishes in Mesa

By Mark Moran

Mesa children with autism now have a new opportunity to be immersed in language rich classrooms with *typical learners* at a new preschool campus at Power and McKellips roads in Mesa. Both sets of students are gaining critical language skills at an early age.

“It’s a very innovative preschool because roughly half the kids have autism and half are typically developing students,” said CEO Daniel Openden, of Southwest Autism Research and Resource Center.

Daniel said typically developing students can benefit as much as those with autism because at preschool age, language skills are considered paramount to future learning whether the student has autism, or not.

“If you think about autism as a social disorder, it doesn’t make sense to take kids with autism and put them only around other kids with autism,” he commented. “So, they are getting the advantage of interacting with and learning from their typically developing peers.”

He added, students with autism, some of whom are completely nonverbal, can gain the knowledge they need to begin speaking, and those without the disorder develop strong language skills at a critical age. All the classes are taught by teachers who specialize in autism education.

Daniel said the preschool, the fifth of nine planned SARRC campuses to be opened across the Valley eventually, is also focused on the bigger community since kids with autism and those without will be peers, classmates, teammates, and co-workers and employers in the future, for example.

He added that learning to interact with kids who have different skills at a young age is a benefit to the kids themselves, and the community at large.

To encourage people to enroll their preschoolers and overcome any skepticism, Daniel said SARRC also



makes financial incentives and all-day care available for the parents of typically developing students to encourage them to enroll.

He said the student-teacher ratio at the SARRC Mesa preschool campus is in the range of one teacher to every three to four kids in the classroom, compared to one teacher for between seven and 10 students in a standard preschool setting.

“We will encounter some of that initial resistance until those parents of typically developing kids come toward the school and once they see it, they’re like, “Oh my gosh, I’m putting my kid in here.” Between the price and the number of teachers in the classroom and the number of people that are trying to elicit language, it kind of sells itself once we can get them in the door to take a look at it,” Daniel added.

American timepiece manufacturer FTS USA partners with SARRC to hire and train teens and adults with autism and introduce them to the mainstream Arizona workforce at FTS’ Mesa manufacturing location.

“Crafting exceptional products and empowering the American workforce by nurturing skillful artisans, fostering valuable expertise, and cultivating versatile skill



sets for a brighter industrial landscape in the United States of America,” FTS says on its website.

The Northeast Mesa SARRC preschool campus is part of a larger, strategic plan launched in 2019 to expand its services for students with autism across the Valley. The preschool is near Mesa Community College, Red Mountain Campus.

“SAARC’s vision is people with autism meaningfully integrated into inclusive communities,” Daniel said. “Within that, all of those pieces have meaning. We serve people across the lifespan. We want people, kids, teens, and adults with autism to be meaningfully integrated into their communities, whether in general education classrooms, going to summer camp, playing Little League, dance class, gymnastics or anything else.”

Daniel said SARRC hopes to partner and build community relationships with schools, businesses, city officials, and social service agencies close to the Northeast Mesa campus as it seeks to be more visible in the Valley and expand its reach. ■

For more information, call (602) 340-8717, or email sarrc@autismcenter.org.



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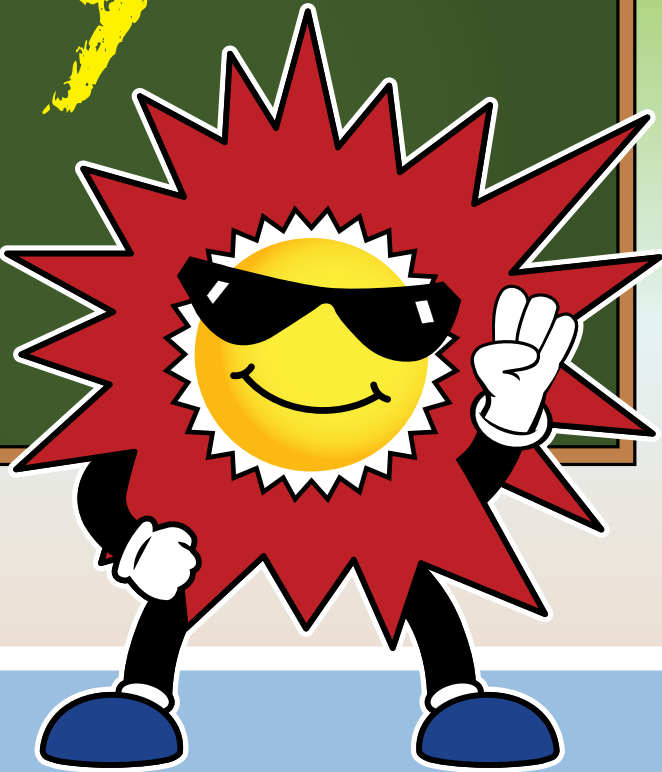
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EDUCATION

Noah's Ark Preschool and Kindergarten Celebrates 25 Years of Faith, Learning, and Fun

By Jamie Phillis

Noah's Ark Preschool and Kindergarten at Bethlehem Lutheran Church is celebrating 25 years of providing Bible-based, high-quality early childhood education to Mesa children ages two-years-old through kindergarten.

"The school is very special. I have been here for 23 of the 25 years, and many of our teachers have been here for 15," said director Terri Acosta. "We have small, tight-knit classes that allow teachers to better serve students with a more attentive learning environment."

To honor the upcoming milestone, Noah's Ark is hosting a different celebration each month. In January, they celebrated "Wheel Day," inviting families to bring in anything with wheels, such as bikes, vintage cars, scooters, and even a military vehicle.

In February, they celebrated Valentine's Day with "Valentine Grams," where parents could write special notes delivered to their children. In March, they held their long-standing Trike-a-Thon fundraiser for St. Jude Children's Research Hospital, where students raised more



than \$2,000. In April, the school hosted the school's first all-school Easter egg hunt. "It's been so much fun to celebrate our role in our students' families and the community," said Terri. "We want to continue reaching as many children as possible for God, and we've seen that people want God in their lives. Our school includes chapel and praying before our meals. Seeing their children learn those practices can inspire a renewed enthusiasm in parents."

Noah's Ark is also open for the summer, and for the first time will be opening an extended vacation Bible School to all children in the community. It will include a variety of engaging activities including crafts, games, and visits to the pool, as well as in-house field trips, such as visits from herpetologists and the local fire department.

This summer the school will expand its hours to 7:30 a.m. to 5:30 p.m. to better accommodate its parents. ■

Noah's Ark Preschool and Kindergarten is located at 2745 N. 32nd St. in Mesa. For more information, call (480) 325-0687 or visit noahsarkblc.org.



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COMMUNITY

Red Mountain Ranch Social Club is wrapping up a fantastic season and looking ahead

By Cathy Barthel
Photos by David Bender

As another successful season comes to a close, the Red Mountain Ranch Social Club (RMRSC) reflects on a winter and spring filled with engaging speakers, exciting outings, and community connections. While we bid farewell to our seasonal residents, we eagerly anticipate a summer filled with friendship, food, and fun!

GENERAL MEETING RECAP AND UPCOMING MAY GUEST SPEAKER

- February: Haylie Smith (City of Mesa Parks & Recreation) and Jeff Robbins (Mesa Development & Revitalization) provided updates on Mesa's parks and planned improvements for downtown.
- March: Brooke Rye and Dana Klose (Maricopa County Animal Care and Control) shared their expertise on dog adoption programs and caring for unhoused pets.
- April: Our very own Phil and Tommye Staley presented on their work with the Superstition Mountain Museum, highlighting their six years of dedicated service.
- May 8: We welcome Kris Miller, a realtor with Citiea, who will discuss *Turning Change into Opportunity*, offering tips on downsizing and life transitions.
- Our monthly speaker meetings will take a pause over the summer months and restart next September on the second Thursday of the month.

FOOD, FUN, AND FRIENDSHIP DEFINE RMRSC'S DINING EXPERIENCES

- Ladies Luncheons (3rd Tuesday of the month): Recent outings included The Italiano, O Modo Mio, and George & Gather. In May, we're heading to The Mexicano by Chef Joey, and summer lunch plans are in the works.
- Men's Breakfast (2nd & last Wednesday at Denny's on E. Longbow Parkway): A great way for our gentlemen members to connect.

- Game Night (1st Thursday, RMR Country Club, Sept. to May): Join us for Bunco, Bingo, Left-Right-Center, and more.

EXCITING ACTIVITIES & MEMORABLE EVENTS

This season, our members made the most of everything RMRSC has to offer:

- Valentine's Day Chocolate Faire: Hosted by Mic Bagby, this sweet tradition remains a favorite.
- Hale Theatre Outings: We enjoyed *Anything Goes* (Feb.) and *Camelot* (March) in Gilbert.
- Field Trip to Florence, Ariz.: A March visit to the Greek Monastery followed by lunch at Mt. Athos.
- Spring Picnic at Red Rock Park: An afternoon of food, music, bocce ball, and cornhole.
- Dinner Party at Bob Tavassoli and Katrina Shadkhost's Home: A spring gathering featuring homemade dishes, baklava, and signature Long Island iced teas.
- Lavender Farm Tour: In April, members explored Chateau De Vie in Chandler.
- This May we are invited to Ferne Zabezensky's home for the much-anticipated Kentucky Derby Party complete with friendly wagering and Mint juleps, and be sure to wear your most fancy hat for a chance to win a prize!



COMMUNITY IN ACTION

RMRSC is more than social gatherings — it's about making a difference.

- Shred-A-Thon: Hosted by Vianey Yurkovich, this event had 120 participants and raised \$575 for the Impact One Breast Cancer Foundation.
- Park Bench Dedication: The social club purchased and gifted a park bench to Red Rock Park in honor of a beloved founding member.
- Feed My Starving Children (Summer 2025): Plans are underway for another volunteer opportunity with this impactful organization.



SUMMER PLANS AND YEAR ROUND FUN

RMRSC doesn't slow down in the summer! Upcoming events include:

- June 4: Tea Party at Mic Bagby's
- Dinners on June 12, July 10, and Aug. 14: Locations TBA
- August: Cooking Class with Mary Knight – Learn to prepare delicious appetizers.

JOIN THE FUN — NEW MEMBERS WELCOME!

We welcome residents in the East Valley area to join our club. It is not a requirement to live in Red Mountain Ranch. Many of our members live in neighboring communities, including Las Sendas. ■



If you are interested in joining RMRSC, please visit our website at RMRSC.com and learn more about membership, upcoming events, and volunteer opportunities. Whether you're looking for fun, friendships, or a way to give back, the RMRSC is the perfect place to get involved. Here's to another amazing season — and an exciting summer ahead!

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HEALTH

Over 50

Medicare Supplemental Insurance is Different

By Lynne Jones, Licensed Sales Representative, Tapestry Insurance

Recently, I received an email from a gal that I helped enroll in a Medicare Supplement plan a few years ago.

She was frustrated that her plan premium was increasing almost \$50 per month starting in April. This situation caused me to think that this would be a great subject to discuss in this article.

Medicare Supplemental insurance is different from Medicare Advantage plans. Supplemental insurance is something you purchase through a monthly premium. It does not have networks or many of the restrictions that some of the advantage plans have.

Someone might choose a supplement plan if they did not want to be bound by counties or state networks. When you have a supplement, you can go to any medical



facility that accepts original Medicare. One thing most people don't know is that with supplemental insurance, for example a plan F or plan G, you are able to apply for a different company at any time. Open enrollment only applies to Drug plans (Part D) and Advantage plans (Part C).

My answer to the email was, let's meet and see if you qualify for a different company and check the rates. If you have a supplement plan and wonder if you can get a better rate, feel free to call me. If you are in good health, the answer is usually yes.

It never hurts to check and see what is available to you. If you call me, I will ask some questions over the phone that will enable us to decide if there may be a better option for you.

Please remember, you can make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

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

LOCAL BUSINESS

Over 50

Spring has sprung! Have you seen it and smelled it?

By Frank Weinberg, Landscape Designer

Most of us have heard, "April showers bring May flowers." This is true in other parts of our state, or other states, but not here in Mesa.

The blooms of the trees and the bushes are mostly gone now, but the desert cacti will be showing their beautiful blooms next. Some of us who experience desert blooms with watery eyes and runny noses would rather not have this occurrence each spring.

So, what can homeowners do if plant allergies are bothersome, other than go to doctors and take allergy medication? This may be a good time to identify what trees and plants need to be removed from your yard, before the summer heat arrives. Sometimes this is difficult to figure out

and even harder to accomplish. It may mean some changes to your landscape and some expenses.

If you are just starting to design your yard, you should consider which plants cause an allergic reaction to you and those living with you. You may want to consult with a plant nursery person, or with a landscape designer such as myself, to develop a custom landscape plan.

This not only helps you avoid allergenic plant material, it allows you to have a plan that includes water saving plants, and other key features which will incorporate well into your family's lifestyle.

Remember to plan with a plan. ■

If you would like to chat with Frank about your landscape design needs, call (480) 236-0383.



ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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Lynne Jones

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Submitted by Katt Brooks

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