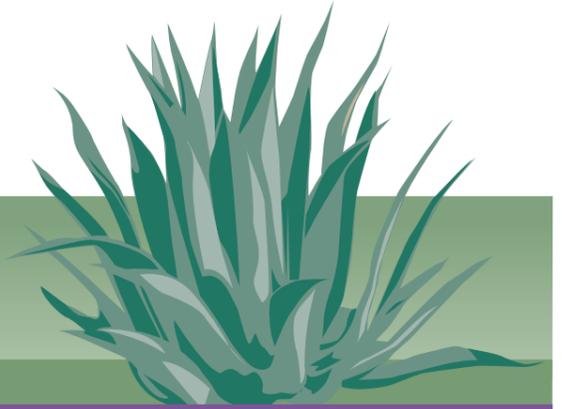


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LightRenew Offers Accelerated Healing Through **DEEP TISSUE LASER THERAPY**

By Jamie Phillis

LightRenew is helping patients feel better, faster with the help of cutting-edge class IV deep tissue laser therapy, which reduces inflammation, boosts blood flow, and helps patients heal – whether they’re suffering from chronic pain, recovering from surgery, or dealing with a recent injury.

To do this, LightRenew owner Dr. Jason Caldwell uses LightForce Therapy Lasers, which unlike widely available red light devices or cold lasers that only reach the surface of the skin, penetrate deep into muscle and bone tissue at 980 nanometers or higher, triggering a process known as photobiomodulation.



Dr. Jason Caldwell



“Every professional sports team and Division I program in North America uses this laser for good reason,” Dr. Caldwell said. “It delivers 40 watts of energy per second to the area of concern, which allows the body to create new blood vessels – that’s the magic ingredient. Blood is the catalyst that brings all the nutrients your body needs to heal.”

The treatments have been shown to significantly reduce recovery time from injuries or surgery. In one case, Dr. Caldwell treated an airline pilot who broke her ankle, and after just a few weeks of intensive treatment, she was cleared by her surgeon to return to work four months ahead of schedule.

“My patients feel a difference after the first treatment, even adults in their 50s, 60s, 70s, or beyond,” he said. “I explain it like watering a plant – you need water to carry nutrients down to the roots, or the plant starts to die. In the body, blood flow is what delivers oxygen and nutrients to the muscles, nerves, and bone tissue. Without it, tissue breaks down.”

While traditional healing protocols can require months of commitment, LightRenew’s treatments are affordable and fast – with a typical treatment lasting just 10 minutes and often requiring only five to 10 visits. For children who are prone to fast healing, recovery can happen with a single treatment. For the best outcome, each patient receives a customized treatment plan from Dr. Caldwell during their consultation.

In addition to injury and surgical recovery, LightRenew treatments are also used to support stem cell therapies and relieve chemotherapy-related side effects. To further promote healing, Dr. Caldwell utilizes hyperbaric oxygen therapy chambers for some patients.

LightRenew has a location in Mesa at 6025 E. McKellips Road, Suite 101, as well as several other locations across the Valley. ■

To learn more, visit lightrenew.com. To schedule a consultation, call Dr. Caldwell directly at (480) 370-0527.

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EDUCATION

What 25 Years of Watching My Mother Build a School Taught Me

By Sami Majeed, J.D., Chief of Schools, Self Development Academy

Most schools have become phone trees. My mother built a giving tree. I have watched my mom answer the phone at 7 p.m. to help navigate a parent's concern. I have seen her at 5 a.m. with multiple textbooks, preparing for classes she teaches. I have witnessed her learn not just the name of every child who walks through our doors, but also their dreams, struggles, and learning styles.

When I started working at the Self Development Academy (SDA) in 2017, I underwent a vetting process. The questions focused on "multitask learning" in the classroom and gauging my commitment to ensuring that everyone succeeds.

"What would you do if only one student didn't understand a concept that the rest seemed ready to move on from?" "How do you see behavior and academic performance relate?" There was a theme to my answers: relentlessly focused individualized attention.

For 25 years, I have had a front-row seat to something extraordinary: what happens when education comes from the heart instead of a handbook.

THE PHONE TREE REALITY

When you call many schools and ask to speak with the principal about your child, your call is transferred, put on hold, and you are asked to leave a voicemail or told to schedule an appointment several weeks in advance. You are given a form to fill out or referred to the main office.

This is the phone tree designed to filter out problems rather than solve them.

THE SDA REALITY

"Relentless attention to individualized needs" is woven into the fabric of Self Development Academy, so that when parents call with concerns, Dr. Majeed will find time to hear you. Parents repeatedly share the following:

"I am so happy to have found a school that goes above and beyond to help their students in any way possible..."

"Dr. Majeed knows each child, and SDA is a home away from home."

However, what the testimonials do not capture is that I have watched Dr. Majeed do this thousands of times.

The late-night calls. The weekend emails. The personal investment in children at SDA.

The most amazing part is that it inspires sleepless altruism in other SDA employees.

"Teachers and staff work tirelessly to meet the needs of students well beyond academically related issues."

WHAT I LEARNED WATCHING SDA GROW

I read *The Giving Tree* with my mom when I was 6, both of us a little teary-eyed at the end. It wasn't until I was 25 that I realized the symbolism in the book: "the tree is 'the parent.'" Always there, ready to give all. When asked why she does what she does, my mother's answer is simple: "There is nothing more important than the proper education of a child. It is our future that we are creating."

Twenty-five years of watching my mother build something extraordinary taught me this: Children don't need systems — they need real people who give infinitely to grow infinite potential.



THE CHOICE EVERY PARENT FACES

When you're choosing a school for your child, you're not just choosing a curriculum or a test score. You're choosing between two philosophies.

The Phone Tree Reality: Your child is a number in a system. Problems get referred up the chain. Individual needs get lost in policy manuals. Standardized metrics measure success.

The SDA Reality: Your child is known, valued, and nurtured. Problems get solved by people who care. Individual genius gets discovered and developed. Success is measured by the human potential that is realized.

WHY SDA EXISTS

SDA is built on a simple premise: "If you give a child a goal and a path towards it, they'll always get there, no matter how difficult the road is." Seeing your child's success all the way through is more than what a good educator does. It is the reason why SDA exists.

Because every child deserves a giving tree, not a phone tree, the question isn't whether your child has genius — they do. The question is whether other schools care for each child as relentlessly as we do at SDA. ■



Twenty-five years later, SDA continues to offer an enriched, accelerated academics — it's a giving tree. For more information, contact (480) 641-2640.





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LOCAL BUSINESS

SHORT PANTS?

By **Tim Beaubien, Hava Java Mesa**

So, I've been in a Bob Dylan kind of mood lately. Barb and I went to see the *A Complete Unknown* movie a few months ago with some very good friends and it reminded me of how much I like Bob Dylan. So, I went to iTunes and downloaded a bunch of his stuff. Now I know I have much of this music on vinyl, but no working turntable. So, it's download time.

I watched the movie again on my recent flight back to Michigan, yep, it's that time of year again. Anyway, somewhere in my spare time at the farm I went to YouTube and watched his 1965 promo video of *Subterranean Homesick Blues*. Great song and great video. In this video Bob is dropping signs with key words in the song on them. One sign says, "Short Pants." Now this is how my mind works when I have a deadline for an article.

Shorts Pants! My wife, son, and daughter know my opinion on short pants. I should explain. When Kelly was in high school and on the Milford Equestrian Team, she had a cowboy coach named Win. Win was old school cowboy – boots, hat, Wrangler jeans, and horses. Truly a great guy and coach. He would tell us a story on how he and some friends went down to Florida on a spring break. Of course they spent the day on the ocean beaches. In the evening his friends wanted to go to some bars. He boldly stated, "Well I had to go back to the hotel and change, I



Barb and Tim Beaubien

ain't going into town in no short pants." This had been my mantra for over 20 years.

When I was a young Timmy, my mom wanted to dress me in shorts. I hated it! Only mama's boys let them put him in shorts. So, from 8 or 10 years old, no shorts for me. Then as an adult came the long-awaited ultimate confirmation, a truly man's man says, "I ain't going into town in no short pants!"

But now we live in Mesa and when this article is printed in July it will be frickin' (sorry for the cursing) hot with 120-degree days on the way. Well after 2

1/2 years here I am proud to say that my legs are as pasty white as a polar bear cub. Maybe if I'm working in the back yard with a cinder block fence to hide behind, I might break down and put on some, oh ahh *short pants*. But I'm not proud of it.

The staff at the coffee shop have not yet seen me in anything but Wrangler jeans. Now I do have some variety. New dark blue ones, mildly faded, and really faded and torn. Old habits are hard to break. Even in 120-degree heat. That's not to say that I think customers in shorts are not manly. Many could kick my over-heated a--. I just can't seem to get there.

Oh, and guys, please rethink the Cocks! ■

Please like and follow us on our new Facebook page – *Hava Java Mesa-Beans, Beer, Wine, Music*.



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Bearizona is a Fun Adventure IN NORTHERN ARIZONA

By Kimberly Alvarado

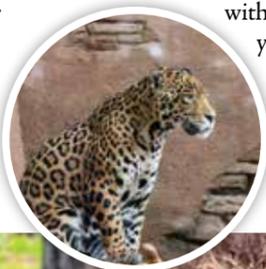
July is a call from nature, for an adventure in the northern part of our state.

Williams, Ariz., nestled among pine trees, scenic surroundings, and cooler summer temperatures, is home to a unique wildlife experience called *Bearizona*. This family-friendly wildlife park is approximately three hours from Mesa and combines the beauty of scenery with the thrill of encountering wild animals.

THE HEART OF BEARIZONA

Bearizona is more than a wildlife park; it's a place that promotes respect and admiration for nature. The park's commitment to conservation and education is evident in each exhibit onsite. Visitors leave with not only unforgettable memories, but also a deeper appreciation for the creatures who share this planet.

Step (or drive) into a place where the hustle and bustle melt away, replaced by excitement and adventure for everyone in your group. From the



moment you arrive, the rustic charm and warm, inviting entrance let you know — you're far from the city and ready for some family fun. Whether you want to cruise through the drive-through experience or explore on foot in the walk-through section, there's something exciting waiting at every turn!

THE DRIVE-THROUGH EXPERIENCE

The drive-through experience allows visitors to observe a variety of animals in their natural habitats from the comfort of their vehicles. As your car rolls along the well-maintained paths, the sense of excitement builds. Black bears can be seen strolling through the forest, their presence as a reminder of nature's animal kingdom. Gray and white wolves also move gracefully through the forest in silence, with piercing eyes that just might glance curiously toward your moving vehicle. Elk and deer make appearances on your course too; their quiet beauty can be enjoyed as they graze among the forest grasses and trees. And a true highlight awaits with the bison herd — majestic and shaggy-coated; these huge creatures bring to life the spirit of the American frontier.



THE WALK-THROUGH ADVENTURE

After the drive-through portion, you can continue exploring a walk-through section of the wildlife park with an equally engaging experience. This area of the park is more interactive, with exhibits designed to educate and entertain you. Here, you'll experience the habitats where smaller animals such as foxes, birds, and porcupines live. The park's jaguar exhibit is a visitor favorite. Watching the confident movement of this feline can be mesmerizing. On a more good-humored side, the otter habitat presents a sense of fun. Have your camera ready as otters glide through the water playfully, unbothered by onlookers.

GO AHEAD, CREATE SOME MEMORIES

Beyond the wildlife, Bearizona offers unique opportunities to create lasting memories. For the photographer in your family, photos in the pines include a combination of scenery shots and wildlife pictures — keepsakes for your summer adventure 2025. Explore the gift shop full of charming souvenirs and consider grabbing lunch at an on-site restaurant featuring hearty burgers and refreshing drinks.

This summertime adventure, along the highways of Arizona, promises to be a 'beary' special one! ■

For more information, visit bearizona.com.



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LOCAL BUSINESS

What Role Does Guidance Play in ACHIEVING DESIRED RESULTS FROM EXERCISE?

Submitted by *The Exercise Coach*®

When it comes to fitness results, the key to rapid, positive changes is having a coach who can give you the accountability and motivation you need to work harder and more effectively while still being safe.

Below we discuss why supervision is the key to effective strength training, and how when that's combined with the digital feedback at The Exercise Coach, you can achieve the fitness results you've always wanted.

It's been said that the most forgotten variable in strength training is supervision. There is plenty of research that verifies the personal health benefits of strength training, but we need to remember the vast majority of those studies are supervised. The researchers are effectively acting as personal trainers who are supervising and providing motivation and guidance. Other studies have shown that supervised strength training leads to greater



strength increases than unsupervised training. The smaller the coach's class size, the greater the effect.

When researchers looked at supervised strength training with seniors, they found that when the supervision stops, the results diminish or regress, even if the participant continues in a program on their own. The supervision of strength training is the key to making it effective.

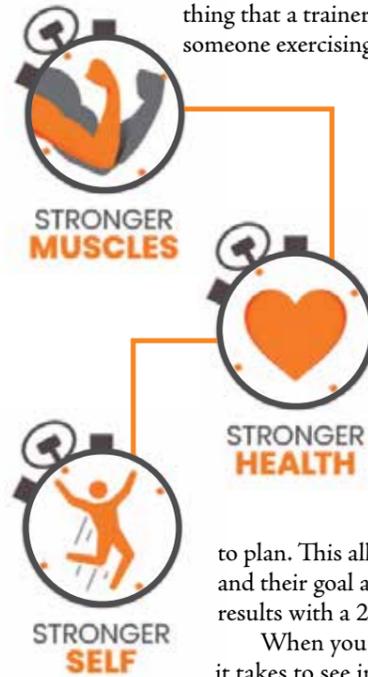
At The Exercise Coach, the coaches are present to make a difference in three areas: safety, effectiveness, and efficiency. When we talk about safety we are referring to not only keeping a session injury-free, but also that workouts can be continued over the long-term.

A qualified professional is going to be watching the form and techniques used while also choosing the right loads and machines for the task. Your workouts should be designed for you and your body, focusing on your current levels of fitness, strength, and ability.

The effectiveness of an exercise session is determined by the level of stimulus being applied to the body. Effort levels are of paramount importance, and supervision provided by a personal trainer has to bring about higher levels of effort than an individual could manage on their own.

Studies have shown that people are capable of producing more force and working harder when someone is present and giving them verbal encouragement and accountability. Digital feedback from the exercise machines, when combined with supervision, further increases a person's ability to produce force.

In order for strength training to be effective, you have to pay close attention to form and technique. This is some-



thing that a trainer can provide more effectively than someone exercising on their own. Many people fail to achieve the fitness results they are looking for from exercise because they are unable to exercise at the right intensity. It's also possible to work at too high of an intensity and get injured. A coach helps you achieve the optimal intensity for your body.

The Exercise Coach creates plans that are personalized and optimal for each individual. When it comes to efficiency, clients never have to wonder which muscles to exercise or what to do next. The coaches get everything set up according to plan. This allows the client to focus on their form and their goal and makes it possible to deliver those results with a 20-minute workout.

When you work harder, it decreases the time it takes to see improvements in your fitness, which is why we optimize every second of every workout.

A trainer's supervision means that you are going to work harder, but the encouragement of a good team will make it enjoyable.

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It seems there's no such thing as a *slow season* for Events and Catering Director, Carla Shaw, at The Vistas Pavilion.

During the summer months, a few days are taken to *summer clean* the Pavilion. Carpets are shampooed, paint touched up, storage spaces organized. Speaking of storage spaces...

"As we were looking through the storage room, we came across the mountain of Christmas decorations – there is so much – who thinks about Christmas in July? We do, and so should you," says Carla.

Are you in charge of planning a corporate holiday party? Has your social group outgrown someone's living



room? Call The Vistas Pavilion at Las Sendas. It's not too early to look ahead at parties and gatherings for the holiday season. Snowmen, trees, ornaments, garland, lights, candles, and action. The team at The Vistas Pavilion is ready to showcase the embellishments that have been carefully sorted and cleaned this summer.

Whether it's brunch, lunch, or dinner, The Vistas Pavilion at Las Sendas offers a spectacular holiday menu for any group. Call Carla today at (480) 396-4000 ext. 222 or email cshaw@lassendas.com.

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Friday: Crispy Fish Fry Delight

Saturday: Backyard Barbecue Night

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REAL ESTATE

Where Have All the Buyers Gone?

THE HOUSING MARKET TODAY AND WHAT IT MEANS FOR SELLERS AND BUYERS

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



Lorraine Ryall

The housing market we're in right now is very different from the one we've experienced over the last few years. The market has cooled, inventory has surged, and buyers have become far more cautious. So, where have all the buyers gone, and how can both buyers and sellers best position themselves in this market?

THE DISAPPEARING BUYER

With home prices soaring since 2020, up 56 percent, and rising interest rates, affordability has become a challenge for many buyers. The average rate for a 30 year fixed mortgage is between 6.5% and 7%, roughly double the rockbottom rates we witnessed during the pandemic. Those low rates fueled a wave of frenzied activity, but now, many buyers have pulled back. The same \$400,000 loan that cost roughly \$1,600 per month in 2021 can now cost closer to \$2,500.

The number of homes for sale has surged. In May, active listings in the Phoenix Metro area jumped to nearly 25,000 — the highest level we've seen since 2014 and 51% more than a year ago. Meanwhile, sales have remained flat, dipping slightly by about 1% year-over-year.

With supply rising sharply and demand leveling off, the strong seller's market of a couple of years ago has quickly shifted to a buyer's market. Today, more listings are sitting longer, price cuts have become common, and negotiations now favor buyers, who hold the upper hand.

Investors and second homeowners, especially Canadians, have also started to sell and Mesa has always been a top location for the second home market, adding to the already increased supply.

These changes, combined with broader economic factors, have made many buyers cautious about entering

the market. Most are still holding out for interest rates to drop — a shift that has yet to happen.

WHAT THIS MEANS FOR SELLERS

If you're selling in today's market, preparation is absolutely key. Your home needs to stand out from the competition, which could mean doing some minor upgrades and making repairs so buyers can see it is wellmaintained and move-in-ready. Simple cosmetic fixes like fresh paint, updated landscaping for great curb appeal, and a deep cleaning can make a huge difference in how quickly your home sells.

Staging can be a gamechanger as well. It allows your home to make a strong first impression in online photos, which is where nearly every buyer's search begins. Those images often determine whether a buyer chooses to schedule a showing or simply scrolls past to the next listing.

Sellers need to be realistic about pricing right from the start. Well-presented, move-in ready homes that are priced appropriately have a much better chance of selling. However, properties that are overpriced just sit on the market with frequent price reductions.

Today more than ever sellers need to work closely with an experienced local agent to set a competitive price and highlight a home's best features. Helping a home show well can justify its price and draw buyers who have an abundance of choices. In today's market, marketing is more important than ever, and a top agent brings the expertise, tools, and strategy needed to give your home maximum exposure.

Sellers should also be open to offering concessions. In a buyer's market, incentives like covering closing costs, buying down the buyer's interest rate, or including a home warranty can make your listing stand out.

WHAT THIS MEANS FOR BUYERS

For buyers, this shift in the market means opportunities that haven't been available in years. Today, buyers can be

more selective, take their time, and compare properties to find exactly what they are looking for. Buyers are able to negotiate on price, concessions, and repairs, making this an ideal time for buyers.

While rising interest rates have certainly impacted affordability, buyers still have options when it comes to making a move. New loan products, rate buydowns, and adjustable rate mortgages can help reduce borrowing costs in the short term.

With many buyers sitting on the sidelines, this is your chance to get ahead of the crowd. If interest rates drop, those buyers will quickly return to the market, driving up demand, reducing available inventory, and potentially sparking bidding wars that push prices higher.

Buying now, while we're in a buyer's market, gives you the time to find the right home, negotiate terms, and secure a great price. Then, when rates eventually come down, you can refinance to a lower rate — knowing you've already locked in a lower purchase price.

Waiting too long could cost you more in the long run. Please reach out if you would like more information on positioning yourself to buy now.

THIS IS A RESET NOT A CRASH

Economists agree that Phoenix is going through a normal market reset following the pandemic-driven surge. Despite increased supply and recent price adjustments, the median sales price is only slightly down year-over-year. The Phoenix area remains one of the fastest growing metros in the country, thanks to strong job growth and a favorable climate that continues to attract new residents. Even as prices adjust in the short term, the longterm outlook for this market remains firmly pointed upward. ■

For more information about today's market conditions, or to learn how you can best position yourself as a buyer or seller, don't hesitate to reach out. I'm always here to help.

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PENDING

Mountain Bridge
Remodeled with pool - \$795,000
1994 Sq Ft, 4 Bed, 3 Bath

Las Sendas
Remodeled with Pool - \$615,000
1756 Sq Ft, 3 Bed, 2 Bath

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Acre lot, Views, Pool - \$1,295,000
3760 Sq Ft, 4 Bed, 3 Bath

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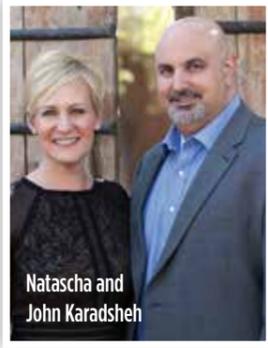
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REAL ESTATE

Thinking of Downsizing? We Are Here to Help!

By John and Natascha Karadsheb, KOR Properties



Every year, we help many clients transition from the homes they've lived in for decades to something smaller or better suited to their next chapter. At the beginning, almost everyone feels a bit overwhelmed, and it's totally normal! The good news is that we've helped many clients over the years and know exactly how to make the process smoother and less stressful. And in the end, our clients always tell us how glad they are that they made the move.

Here are some of our favorite tips to help make the process of downsizing less stressful:

START BY UNDERSTANDING ALL YOUR OPTIONS

When we meet with a client who's thinking about downsizing, our first priority is to understand their full situation. We take time to talk through long-term goals, explore different housing options, and help determine whether making a move or staying put makes the most sense. We also walk through the financial side of things, including whether the current home needs to be sold first to make the move possible. Once we've answered the big questions together, we map out a clear plan tailored to our client's needs so they can plan forward with confidence.

KEEP AN OPEN MIND

It's easy to get attached to the idea of moving to a certain neighborhood or finding a home with specific upgrades, but try to stay open to different possibilities. Instead of focusing only on the "what" or "where," think about how you want to live in this next chapter. What's most important to you – less maintenance, a better location, being closer to family, or more freedom to travel? Once you're clear on your goals, it becomes much easier (and more

exciting!) to find the right fit. Don't be afraid to explore new areas or consider options you hadn't thought about before. You might be surprised by what feels just right.

TAKE AN HONEST LOOK AT HOW MUCH SPACE YOU REALLY NEED

When you're thinking about downsizing, it helps to focus on how you're living now, not how you lived 10 years ago. Do you still need two guest rooms, or would one be enough? Are you using that formal dining room or would you prefer a great room? How much are you using your office, backyard, or garage? Downsizing doesn't mean giving things up, it means choosing a home that truly fits your next lifestyle with less space to maintain and more room to enjoy what matters most.

START WITH ONE CLOSET AT A TIME

Downsizing means you'll probably need to pare down your belongings, and that doesn't happen overnight. Even if you're not planning to move for another year, it's a great idea to start now. Begin with an easy space like a hall closet

or guest room, and work your way up to the areas that are harder to tackle. Along the way, try to shift your mindset: it's okay to let go of things you no longer use, even if they have been with you for years. Focus on keeping the items you truly use and love so your next space will feel just right.

GIVE THINGS AWAY

If you have the time and energy to sell items online or hold a garage sale, go for it! But for many of our clients, that process can quickly become overwhelming. Dealing with questions, negotiating prices, and waiting on no-shows just adds stress. Instead, consider simply giving items away. Family, friends, local churches, and charities are always grateful for gently used things. And don't take it personally if your kids don't want your treasures; everyone has their own style, space, and needs. Just remember, what no longer works for you might be exactly what someone else is looking for, and could end up being loved all over again in a new home.

We have found that this first phase of planning for a move is incredibly important in helping you design your perfect downsize. You get the opportunity to explore options and choose what fits you best. You also get a chance to go through and choose the possessions that mean the most so you can make space for them in the future.

Next month, we will discuss what to look for in a property as you embark on your downsizing journey! Stay tuned! ■



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.

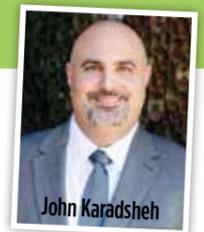
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Northeast Mesa Area Market Report

Sales over \$580,000 for the Month of May 2025



Address	Square Feet	Community	Sold Price
1846 N Sunview	2,728	Alta Mesa	\$584,000
2906 E Nora St	2,100	Rancho de Arboleda	\$590,000
959 N 97th Way	2,050	County Island	\$599,000
951 N 97th Way	2,050	County Island	\$599,700
2114 E Hale St	2,230	Dover Estates	\$600,000
2306 N Floyd Dr	1,801	Apache Wells	\$609,500
935 N 97th Way	2,050	County Island	\$610,000
927 N 97th Way	2,104	County Island	\$615,000
1938 N 67th St	2,170	Maplewood	\$625,000
3727 N Kings Peak Cir N	2,222	Red Mountain Ranch	\$625,000
2257 E Lockwood St	2,559	Citrus Del Ray	\$640,000
2645 N Lema Dr	1,805	Apache Wells	\$650,000
5246 E Enrose St	2,274	Silverado	\$655,000
2634 E Fountain St	2,961	Meadowvale	\$655,000
2440 E Hale St	2,417	Chateau D Arnett	\$657,000
6338 E Camelot Dr	2,349	Camelot Golf Club Estates	\$675,000
8634 E Kael Cir	2,108	Mountain Bridge	\$687,000
6065 E Star Valley St	2,723	Red Mountain Ranch	\$687,450
2034 N Dome Rock	2,064	Mountain Bridge	\$715,000
2143 N Chestnut Cir	3,030	Regency at Garden Grove	\$724,900
6315 E Halifax St	2,378	County Island	\$725,000
1915 N Bernard Cir	2,375	Mountain Bridge	\$740,000
2923 E Preston St	3,201	Lehi Crossing	\$745,000
2066 E Lockwood St	2,707	Orange Blossom Estates	\$753,000
6963 E Grandview St	3,372	Alta Mira Estates	\$755,000
2461 E Presidio St	2,279	Grove at Lehi	\$759,950

Address	Square Feet	Community	Sold Price
4223 N St Elias	2,840	Red Mountain Ranch	\$801,500
2237 N Calle Largo	3,141	Estates at Desert Shadows	\$820,000
3201 N 91st St	2,406	County Island	\$835,000
2528 N Ashbrook Cir	3,200	Groves of Hermosa Vista	\$837,500
5345 E McLellan Rd #83	3,996	Alta Mesa	\$850,000
1903 N Lynch	2,568	Mountain Bridge	\$875,000
1532 N Ogden	3,251	Valencia	\$890,000
8457 E Jasmine Cir	2,568	Mountain Bridge	\$912,000
1143 N Quinn	2,884	Estates at Valencia	\$950,000
8154 E Jaeger St	2,406	Monteluna	\$970,000
4457 E Fountain St	2,662	Estates At Valencia	\$990,000
2106 N Bridlewood	4,205	Estates at Desert Shadows	\$995,000
2522 E Presidio St	3,615	Grove At Lehi	\$999,970
3412 E Indigo Cir	4,286	Arboleda	\$1,000,000
4066 E Grandview St	4,254	Estate Groves	\$1,120,000
4055 N Recker Rd #82	3,233	Red Mountain Ranch	\$1,175,000
3842 E Fountain St	3,995	Trovita Norte	\$1,250,000
2927 N 90th St	3,009	County Island	\$1,295,000
7055 E Ivyglen Cir	3,840	Annecy	\$1,400,000
3659 E Indigo Cir	3,510	Ann-Lynn Estates	\$1,500,000
6960 E Ivyglen St	5,049	Annecy	\$1,500,000
3950 E McLellan Rd #5	5,492	Crossroads Estates	\$1,675,000
8169 E Redberry	3,733	County Island	\$1,735,000
3461 E Indigo Cir	5,592	Arboleda	\$1,825,000
8040 E Laurel St	4,130	Mountain Bridge	\$2,000,000
3712 E Nance Cir	4,333	Ladyhawke Estates	\$2,100,000
3312 N 89th Pl	6,470	County Island	\$2,919,000

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

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2239 N. Calvin \$969,000
Attached Casita - Estates at Desert Shadows

Sale Pending



6912 E. Quill St. \$759,000
Immaculate Home with Views in Sanctuary

Mountain Views



6948 E. Quill St. \$745,000
Indoor/Outdoor Living in Sanctuary!

Corner Lot



3544 N. Paseo Del Sol \$575,000
One Owner Home in Las Sendas

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3881 E. Galveston - Gilbert \$575,000
Model Perfect in Cooley Station

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3313 N. 87th Street - Mesa \$399,999
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753 N. Port \$329,000
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Skyward Youth Aviation (SYA), a 501(c)(3) organization operating under Fledging Youth, is thrilled to announce an exciting new partnership with the prestigious Falcon Field Commemorative Air Force Museum in Arizona. Beginning in June 2025, this collaboration will offer unparalleled aviation programs designed specifically for young people, aligning with SYA's mission to, "inspire future generations to explore opportunities and careers in aviation and aerospace."

This partnership aims to significantly expand SYA's outreach at the CAF's Museum, providing a greater impact by increasing students' knowledge and interest in diverse aviation and aerospace opportunities within Arizona. We understand the paramount importance of educational



value and personal growth for young participants. Our curriculum is thoughtfully designed to introduce students to the fascinating world of flight while simultaneously building self-confidence and enhancing crucial skills in Science, Technology, Engineering, and Math (STEM).

Our comprehensive summer youth programs will include:

- Aviation 101 (11-13 years old)
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These programs offer a hands-on approach, utilizing state-of-the-art simulators and providing the unique opportunity for 1:1 glider flights. Your child will learn from the expertise of certified flight instructors and assistants, exploring not just flight instruction, but also captivating topics such as aviation history, the physics of flight, aerodynamics, and aircraft design. Students will benefit from the abundant resources and expertise found only at the Falcon Field Commemorative Air Force Museum.

Partial scholarships and grant funding opportunities may be available from our generous sponsors or current grants. We encourage you to contact us for more information on available scholarships. ■

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LASER VIDEO



COMMUNITY

Falcon Field has increased resources to address demand

By Mark Moran

Organizers at Falcon Field in Mesa have increased their resources to address the growing jet traffic noise at the airfield, much of which has been created by the city's push to boost commercial aviation, infrastructure, and new developments. The demand continues to grow.

"We're seeing unprecedented business aviation developments at Falcon Field Airport. This reflects a strong demand and confidence in our airport," said Airport Administration Manager, Dee Anne Thomas. "We're also preparing for the future of aviation — investing in infrastructure and innovation to ensure Falcon Field remains a premier destination for business and recreation."

The City of Mesa increased its efforts to attract commercial air traffic at Falcon Field in 2022 with a \$150 million, 775,000-foot expansion project at the north end of the airfield, adding high end hangars and the infrastructure to support them. There is also a startup rocket building facility on the premises.

"Falcon Field Airport is proud to play a key role in the growth of business aviation on a national level. Our strategic location is one of many reasons companies are choosing to invest here, developing premier hangar space

to meet the increasing demand from corporate operators across the country," Airport Director, Corinne Nystrom, said. "These developments mark a significant advancement in the services offered at the airport, and they contribute to the ongoing economic strength of both the airport and the surrounding community."

While the Federal Aviation Administration manages the airspace, Falcon Field's efforts to reduce noise from air traffic stretch back to 2007 when the City of Mesa started encouraging pilots to voluntarily follow noise abatement guidelines established by the Aircraft Owners and Pilots Association and the National Business Aircraft Association.

The city also formed a committee with members of the FAA, other pilot organizations, airport tenants, and local residents to discuss air traffic noise concerns.

In 2009, Mesa established a Falcon Field Ad-Hoc Task Force, including community members and airport businesses, to recommend solutions to balancing aircraft noise concerns and airport operations, and presented their findings to the City, which were implemented.

"Seek reasonable ways to mitigate community safety and noise concerns," the plan says.

The plan also encourages pilots, including those who are receiving flight training, to always fly tight patterns that stay as close to the airport as possible and to approach the runways when landing at or above the downward sloping path provided by the precision approach path indicator landing aid system.

Pilots are also expected to adjust their engine speeds smoothly and slowly as they approach the airfield to reduce the possibility of creating a sudden "noise event."

Planes taking off from Falcon Field are expected to climb as quickly as possible until reaching an altitude of 2,400 feet, and to maintain a minimum altitude of at least 1,000 feet above the ground when flying over populated areas, except when landing or taking off. This is in line with FAA regulations, the plan says.

In the years since the 2009 recommendations were crafted, the Federal Aviation Administration has established an online portal to receive noise complaints, and the City of Mesa has established a local version.

The City of Mesa has also installed aircraft tracking software at Falcon Field, helping to analyze flight paths and altitudes, track 3D flight data, "ghosted" aircraft, military ops, and touch-and-go full landings.

Officials have also developed a noise abatement training video, which is required watching for any pilot applying for airfield credentials. The training is also provided to all flight schools at Falcon Field and throughout Arizona. The video is posted at falconfieldairport.com.

Beyond the software upgrades, handouts on noise abatement for pilots, and the training video, airport staff has pledged to be, "good neighbors to the surrounding community."

The airport has also increased its efforts to be sure the airfield is safe and has required city airfield workers to complete an annual training program. ■



PHOTOS COURTESY OF CITY OF MESA/FALCON FIELD

For more information, visit falconfieldairport.com.

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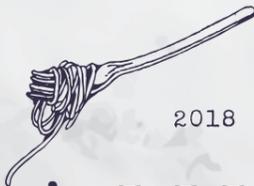
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SPIRITUALITY

Hiding in a Cave

By Judy A. Knox, Charis Christian Church

I admit to ambivalent feelings toward Facebook, but every now and then something pops up that really captures my attention, like the 2004 story about a sheep in New Zealand named Shrek who so hated being sheared that he hid in a cave to avoid it for six years! He came out looking more like a big ball than a sheep.

Photos of Shrek are posted online, but for copyright reasons, they are not pictured here. You can find them on Google by searching for "Shrek the Sheep."

Once he made his appearance, his owners immediately took him to the shearer, who removed 60 pounds of fleece. And guess what! After the shearing, Shrek seemed to be very happy. What a relief he must have felt to be free of all that weight.

I read the story and laughed at Shrek's cleverness to avoid the dreaded shears. Then I realized that sometimes I run off and hide in a cave, too, thinking I am so clever, instead of facing up to things I would rather not think about, things God is telling me need to change in my attitude or behavior. I may hide myself in busyness, the Internet, or any number of time-wasters – anything to keep me distracted.

When I finally emerge from the cave and allow my Good Shepherd to remove the excess wool, and I "lay aside every weight, and the sin that so easily ensnares me" (Hebrews 12:1), I feel so much better. I realize I've been allowing the thief (John 10:10) to steal, kill, and destroy my peace, joy, and productivity instead of enjoying the abundant life my Shepherd wants me to have. I happily lie down in green pastures beside still waters where He has led me (Psalm 23:2), and once again rest in His love.

Sometimes He does need to remove something from our life for our ultimate benefit. What a wonderful thing when we can trust Him instead of being afraid of the shears.

BOOK RECOMMENDATION

You might enjoy *A Shepherd Looks at the Twenty-third Psalm* by Phillip Keller, in which a man who spent many years as a sheep owner shares fascinating insights into the nature of those woolly creatures that God compares us to so many times in the Bible. ■

If you would like to learn more about the abundant life in Jesus Christ that God wants you to have, come and visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

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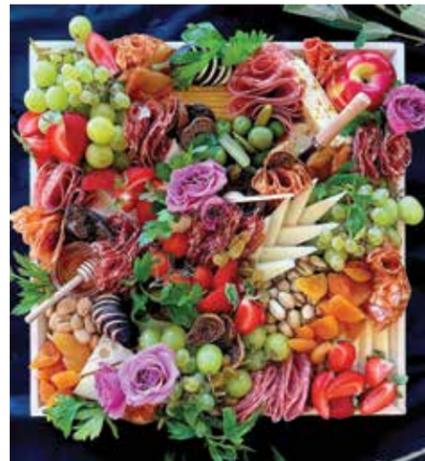
Xoxo Charcuterie Mesa is a one stop solution for great events

Submitted by Xoxo Charcuterie Mesa

Xoxo Charcuterie Mesa is your one stop solution to hosting great events of all kinds. With the end of summer approaching, a board from Xoxo Charcuterie is a memorable way to end the summer. With all ingredients being cool and fresh, the fruits and vegetables on the boards are the perfect complement to the Arizona heat.

The boards have an artistic flair and are beautiful as well as delicious. They are impressive additions to any gathering. All boards are made to order, with ingredients hand sliced on site. The 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 offerings available to enhance your next event.

You can customize any of the boards according to your taste. Ordering is easy and convenient through their website with pick-up or delivery, and they will gladly discuss their offerings with you to find the right fit for your event and vision. Call or text (480) 331-9861 for consultation.

Be sure to check out our individual options such as the Picnic Chic Board for 2 and the Lunch Boats. Perfect for a special picnic or a business lunch meeting. ■

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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HEALTH Over 50

When is the Right Time to Sign Up for Medicare?

By **Lynne Jones, Licensed Sales Representative, Tapestry Insurance**



There are many things to consider when choosing a Medicare plan.

I have a good friend who will be turning 65 in a few months. He called yesterday because he heard that he should sign up for Medicare right away. Several factors need to be considered. I asked him if he was currently covered with an employer plan and if the plan was affordable.

Yes, he is covered and his wife, who is several years younger, is also covered under his plan. Another question for him was, how long does he plan to work before he retires? The conclusion was that he will continue to work, at least for a few years, so that his wife will be covered under his employer plan.

He is happy with his current plan and the cost is about \$350 per month for the

two of them. So, the answer to whether he is required to sign up for Medicare is no.

He can request his part A and receive a card that shows Part A only, but he does not need to enroll in any part of Medicare as long as he is working and has credible employer coverage.

It is always so interesting to help people make these very important decisions. Every situation is different, depending on when you choose to retire, does your spouse need coverage, how much your current plan is, etc.

As an independent Medicare agent, I can help you find a plan that fits your individual needs and lifestyle. I can also help you determine if staying on your current plan is the best choice for you. Also, I can help with questions about when to sign up for a plan and any late enrollment penalties to be aware of.

If you are new to Medicare or are turning 65 in the next year and have questions about what plan to choose, or any other Medicare questions, please call me at (480) 212-2246. ■

Call **Lynne Jones**, a licensed salesperson, at (480) 212-2246 or email me at jonesdvp@yahoo.com.

LOCAL BUSINESS Over 50

Electrolytes - Why are they Important?

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

Electrolytes have been an important part of sports performance for decades. They have only recently become popular for daily needs. But why?

The introduction of electrolyte replacements into the sports arena arose due to their significant depletion during physical activity. The more you sweat, the more electrolytes you lose. Which is why living in a hot climate like Arizona, electrolytes quickly became popular for outdoor activities beyond sports like gardening or just hanging out by the pool.

Electrolytes are essential minerals like calcium, magnesium, potassium, and sodium. These are responsible for nerve signaling, muscle contractions, blood pressure, heartbeat regulation, and pH balance. An imbalance in electrolytes can cause fatigue, weakness, dizziness, muscle cramping or spasms, headaches, and nausea. In severe cases it can cause brain damage and even death.

You can see why keeping your electrolytes in balance is so important! There are many electrolyte replacements on the

market. Look for ones absent of any artificial colors, flavors, or preservatives. You may also consider IV hydration therapy, which bypasses digestion, delivering the electrolytes to your bloodstream where they can be best utilized.

HOMEMADE ELECTROLYTE RECIPE

- 12 oz of warm water or coconut water (*extra potassium*)
- 1/2 - 1 TBSP apple cider vinegar and/or 1/4 - 1 TBSP lemon juice (*both contain calcium, magnesium, potassium, and sodium*)
- 1/4 - 1 tsp sea salt (*the more you sweat, the more salt you need*)
- 1 scoop magnesium powder
- 1 scoop potassium powder or 1 dropper potassium drops
- 1/2 tsp raw honey (*contains electrolytes and helps offset tartness*)

Warm water is better for absorption. However, you can make warm to mix the ingredients and then pour over ice for a refreshing beverage.

For more information about IV therapy, please call us at (480) 992-4202 or go to primeiveastmesa.com 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.

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.

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

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

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LOCAL BUSINESS

Your Backyard Dreams PLAN WITH A PLAN

By Frank Weinberg, Landscape Designer

Your lifestyle often determines what your backyard landscape plan should be, according to Frank Weinberg, a semi-retired landscape designer living in Northeast Mesa.

Some homeowners want to view a beautiful plant palette with minimal maintenance and do not use their backyard for family activities.

Other homeowners have specific needs for their backyard use. They may want a backyard for family activities and desire a play area, grass, or an artificial lawn for children or pets. Maybe an outdoor cooking area, pool and spa area, or a putting green, just to mention a few choices.

Whether you want an extended patio with a gazebo and bar area, there's an endless menu of hardscape features that can be incorporated into your dream plan. Of course, much depends on what exists in your backyard and what your budget can allow.

If you would like to make your backyard dreams come true, whether you have a newly built home or live in an older home, remember to, "Plan with a plan," states Frank. ■

Call Frank at (480) 236-0383 to help with planning your dream front or backyard.



FINANCES

The importance of setting strong financial goals

Submitted by Linda Drake, Edward Jones Financial Advisor



Linda Drake

There's a quote about the importance of setting goals that says, "If you don't know where you're going, any path will take you there." You probably have dreams about retirement, vacations, hobbies, and more. But if you don't have a strategy with financial goals in place, you may not make the choices that can best set you on the path to achieve those dreams.

Setting goals helps define and showcase your purpose, passions, and priorities. And establishing your own strong financial goals can help you earn and enjoy a wide variety of short- and long-term achievements throughout your life. When you reach your financial goals, you can feel a sense of accomplishment in seeing your efforts literally pay off. But how do you get started?

PRIORITIZE YOUR NEEDS AND WANTS

Think about the things that are most important to you and then outline them as financial "must-haves" and "wish-list" targets. Start with the big-ticket items and work through to ideas that may not cost as much. A must-have for many people is having enough to live comfortably through retirement. Being able to afford the college of your child's choice, without incurring mounds of debt, is another. Your wish list, on the other hand, may include things like saving for vacations, hobbies, or entertainment expenses.

CREATE DETAILED SHORT- AND LONG-TERM GOALS WITHIN YOUR FINANCIAL STRATEGY

It's important to be specific about the goals you want to achieve and how much you'll need to achieve them. One way to do this is by making your goals measurable. Assign estimated dates and costs to each goal so you can plan how

much to save and how much time you have before you need the money. For example, for your retirement goal, be specific about how many years before you want to retire. And once you do, how you plan to spend your time — perhaps traveling the world, turning your hobby into a business, or taking your grandkids on outings. These can have vastly different price tags.

BE WILLING TO COMPROMISE

Reaching one, or more, of your goals may mean compromising. If your must-have is building your dream home but it's not looking quite affordable, you may need to make a trade-off — build it a bit smaller, work a year or two longer, or trade in some of your wish-list goals so you can stay focused on your must-haves.

HOLD YOURSELF ACCOUNTABLE TO STAY ON TRACK

Once your strategy is in place, it's not a set-and-forget exercise. Actively tracking your progress and managing your decisions and actions can help you be better positioned to reach your goals. Use time-tested principles for making financial decisions, not predictions. Diversify, own quality investments, and keep a realistic perspective, especially for your long-term goals. Maintain your focus and don't let your emotions control your investment decisions. It can be helpful to meet with a financial advisor at least annually to review your full financial strategy, address any changes in your life or your goals, and discuss your progress and new ideas.

As you achieve certain milestones, celebrate them. You may even want to refresh your outlook with new goals. Take pride in your ability to strategize and accomplish a personal financial goal for yourself by following the path you envisioned and created. ■

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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LOCAL BUSINESS

Redline Rentals and Sales offers opportunities TO ENJOY WATER AND WILDERNESS EXPERIENCES

By Mark Moran

Located on Power Road and Main Street in the heart of East Mesa, Redline Rentals and Sales has come a long way from those two used kayaks they bought on OfferUp to becoming one of the premier water sports companies in the area.

Redline rents kayaks, paddle boards, other personal watercrafts, and even e-bikes, for people to use to explore the lakes and wilderness areas around them.

Redline, in addition to providing you with the most thrilling and beautiful experiences on Arizona's most pristine bodies of water, is also laser focused on giving back to the community, and being a good corporate citizen.



"It's easy for us to serve the community because we are the community," said Jeremy Schroeder, owner of Redline Rentals and Sales in East Mesa.

"We are Arizona born and raised. We love our state and the people in it," Jeremy continued. "We try to give back by discounting rentals for different organizations such as Ability 360 and other groups."

Beyond providing water experiences second to none and being a good corporate citizen, Redline has also recruited people to help in a massive effort to remove trash from the bottom of Canyon Lake. They even throw in free kayaks for use during the lake cleanup projects as part of the SWAT Team or the Salty Scuba Squad.

"We are raising awareness to these groups in hope to increase volunteers and donations to the 501c3 nonprofit Salty Scuba Squad, in the hopes people join cleanup groups like the SWAT Team or Natural Restorations. They are cleaning the river more than ever before and we want to support this and keep this effort moving forward," Jeremy said.

"The Lower Salt River is a beautiful riparian area that needs to be appreciated. Tourism is a major factor in the economy of the surrounding cities as many people travel to the Phoenix metropolitan area to visit the Salt River. We do not want tourists going back to their hometown talking about the trash they see at the river," he continued. "This is why all cities and anyone who is involved in the tourism

industry should donate to the Salty Scuba Squad. This is our goal for this year to get them more donations."

Redline is a premier water equipment rental and outfitter, but for Jeremy, the company's mission runs deeper.

"We feel we stand out because we don't just support the community, we are members of it. Our core values are professionalism, knowledge, teamwork, and environmental awareness," he said.

"We incorporate these values into not just our business but our way of life. We plant seeds of safety and environmental education and awareness. We lead by example with hopes that others will follow the trend that we want to set. When you come to Redline you don't just rent our equipment, you get to experience our way of life, our knowledge, and our culture. A surf shop in the desert." ■

For more information, visit evkayakrentals.com, redlinemesa.com, or call (480) 548-8921. Redline Rentals and Sales is located at 6343 E. Main St., Suite A17, in Mesa.



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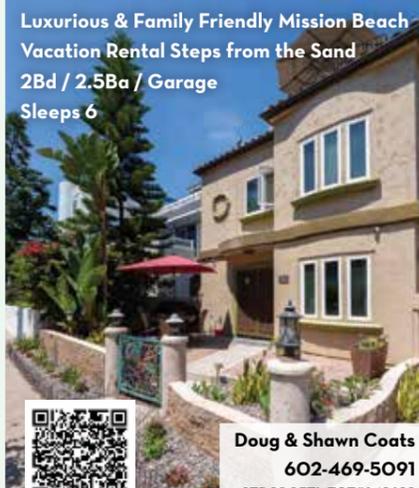
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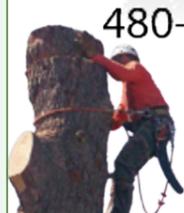
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Wedding Day of Your Dreams

at the Venue with The Views-
The Vistas Pavilion at Las Sendas

CHOOSE WHAT YOU WANT!

We Offer a Variety of Packages.

Day of Wedding Vendor Coordinator

Elevated Mountain Location with Dazzling West Facing Views of the Phoenix Valley, Sunsets and City Lights

Serenity Garden Ceremony

Pavilion Reception

Plated or Buffet Dinner Options

FOR FURTHER INFORMATION, PRICING OR TO BOOK A VISIT, CONTACT US AT

480-396-4000; 222 or 227 or cshaw@lassendas.com



The Vistas Pavilion
at Las Sendas
7555 E. Eagle Crest
Drive, Mesa, AZ 85207

FROM THE SMOKER BARBEQUE SATURDAYS

All mains served with your choice of two sides and a Texas garlic toast.

CHAR SIU PORK BELLY \$34

8 oz Pork Belly with Our Special Las Sendas Dry Rub

LAS SENDAS PRIME RIB \$49

12 oz of Our Famous Smoked Prime Rib, Creamy Horseradish & Au Jus

BBQ BEEF BRISKET SANDWICH \$22

Smoked Brisket, Our House Prickly Pear BBQ Sauce, Crispy Tobacco Onions on a Brioche Bun

BABY BACK PORK RIBS \$37

One Pound of Our Famous Baby Back Ribs Smoked with Our Coffee BBQ Dry Rub

**Coleslaw | Garlic Mashed Potatoes | Mushrooms
Mac N' Cheese | French Fries | Haricot Vert**

The Patio & Grille

7555 E. Eagle Crest Drive, Mesa, Az 85207

CALL FOR RESERVATIONS! 602-734-5524

WWW.LASSENDAS.COM



\$17

PASTA SUNDAYS

Spaghetti Noodles
Penne

CHOICE OF SAUCES:
Roasted Garlic Alfredo
Las Sendas Marinara
Clarified Butter

ADD PROTEIN:
Chicken \$7
Shrimp \$12
Steak \$12

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Far Niente
FAMILY OF WINERIES
AND VINEYARDS

Come and enjoy an evening of wine, food and fantastic flavors at our

FOUR COURSE WINE DINNER

AT THE VISTAS PAVILION AT LAS SENDAS
featuring Far Niente, Family of Wineries and Vineyards

FRIDAY, JULY 11 AT 6 PM

\$149++ PER PERSON

Embrace "il dolce far niente"—the sweetness of doing nothing. Far Niente Wine Estates produces exquisite flavors of wines that will transport you to a place of pure relaxation.

Come, slow down, and indulge in the timeless joy of simply being.

RESERVATIONS REQUIRED
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