

# Las Sendas Up Close

Bringing neighbors closer to their community • UpCloseAZ.com

September 2025

## Studio 480 the Salon celebrates eleven years of beauty

By Kimberly Alvarado

Studio 480 the Salon is celebrating 11 years of making clients beautiful!

Since opening their doors, Studio 480 has become a trusted place where clients can discover their personal style and leave feeling radiant.

Owner, Renee Ulman-Saragosa, savors the beginning of a new season with an informative message for you.

"We have three exciting changes to our styling staff. We welcome Jessica Rodriguez to our salon family. Jessica is from sunny Southern California. She specializes in creating beautiful, soft, lived-in blonde looks and loves helping clients feel confident and refreshed. She is also certified in Bellami hair extensions and can make your hair dreams a reality.

Our assistant turned newest stylist, Hailey, is freshly licensed, trained in the latest trends, and full of fresh ideas. She's excited to impress, detail-focused, and backed by our experienced team.

Alena returns from maternity leave this month. She is eager to see her favorite clients and will be ready to welcome new clients to her chair. She's refreshed, recharged, and ready to pamper you."

### FALL 2025 INTRODUCES NEW COLOR TRENDS

Reds are always popular, but this fall consider a red like "Cherry cola." It's a red shade that will compliment brunette undertones.

Golden silver is popular for people who would like to pair cooler shades with golden undertones to give that soft blended effect.

Ginger spice is the softer sister of a bright copper. It is perfect for clients who want a rich, vibrant color without going over the top.

Blended gray transition embraces your gray with blended highlights for a natural but polished look.

Not ready to commit to color? Try putting a gloss on your hair. For example, a cinnamon gloss, put on brunettes or blondes, will add depth and shine. Glosses come in hundreds of different tones and it's really up to your imagination as to what we can achieve for you.



Alena



Hailey



Jessica

### "THE LOB" TAKES THE LEAD IN 2025 HAIRCUT TRENDS

Long bobs also known as "The Lob" is considered one of the biggest trends. It offers a versatile length and can be styled in many ways. Medium layers add movement and texture, creating a soft lived-in look.



Soft shag is a modern version of the classic shag. It has lots of layers, which create texture and movement but with that more blended finish.

Sabrina Carpenter inspired fringe also known as the Bridget Bardot bang is back. This is a long, wispy curtain bang that parts slightly in the middle. This bang is flattering on most everyone.

Soft pixies for those who enjoy short hair. A pixie is a soft, versatile cut that can be styled in many ways.

### POST-SUMMER HAIR REHAB CARE

"It's time to get your hair back into great condition," Renee adds, with the following tips for care.

"After summer, our hair has been through a lot. UV rays can fade color, chlorine and saltwater can strip moisture, and heat styling for events or vacations can cause dryness and breakage. If you haven't spent the entire summer indoors, hiding from the sun, then we would recommend a trim to remove dry ends and a deep conditioning treatment to restore some strength and moisture to your hair.

The best post-summer care is all about repair and hydration. Also, a refreshing glaze or toner to bring back shine and vibrancy would help with that dull, dry look. At home, switch to a moisture rich shampoo, and try a hydrating mask once a week. Redken and Pureology have amazing products for helping restore your summer hair and get it ready for fall." ■

For more information, call (480) 985-2369 or visit [studio480thesalon.com](http://studio480thesalon.com). Studio 480 the Salon is located at 6655 E. McDowell Road, Suite 105, at the southwest corner of Power and McDowell roads.



**LIGHTRENEW®**  
ACCELERATED RECOVERY

**\$50 INITIAL TREATMENT**

**CALL FOR APPOINTMENT**  
**480-370-0527**

SPINAL STENOSIS • SCIATICA • NEUROPATHY • SHOULDER PAIN •  
FIBROMYALGIA • KNEE PAIN • HIP PAIN • AND MORE!

6025 E. MCKELLIPS ROAD, SUITE #101, MESA  
[WWW.LIGHTRENEW.COM](http://WWW.LIGHTRENEW.COM)

**LASER VIDEO**



**NEED TO  
GET RID  
OF SOME  
JUNK?**



**CALL OR TEXT FOR A  
FREE ESTIMATE! 602-329-6887**

**DISCOUNTS TO VETS AND SENIORS!**

Owned & operated by a retired vet.

**[www.DalesHauling.com](http://www.DalesHauling.com)**

Serving Mesa & Surrounding Cities and Communities



**T&T  
AIRPORT SERVICE**

**Don't you really want to ride  
with a professional?**

For just a few more dollars, ride with a professional driver.

**PRIVATE CAR • FLAT RATES • RESERVATIONS**

**WE DON'T LOSE CUSTOMERS!**

**480.832.3483**

**OVER 20 YEARS  
OF SERVICE**

\*Call for Details.

**Phillips West**  
Publishing | Design | Writing | Photography

\*\*\*\*\*ECRWSSDDM\*\*\*\*

POSTAL CUSTOMER

PRSR STD  
U.S. POSTAGE  
PAID  
PHOENIX, AZ  
PERMIT #1424

**[www.UpCloseAZ.com](http://www.UpCloseAZ.com)**

Visit our website for more local stories about the people and the businesses in your community.

Got a story idea or want to advertise? Email [publisher@phillipswest.com](mailto:publisher@phillipswest.com) for more information.







# Self Development Academy

PROUDLY SERVING THE MESA COMMUNITY FOR THREE DECADES

TOP  
RANKING  
K-8  
SCHOOL

TEACH A LOVE FOR **DISCOVERY**



TEACH A LOVE FOR **LEARNING**



**CELEBRATING 25 YEARS!**

## INQUIRE ABOUT OUR **THREE INNOVATIVE PROGRAMS**

Research Skills • Geometry and Art  
Community Service

### **Self Development Preschool and Self Development Academy**

offer a rigorous private Pre-K and public  
K-8 in-person and online curriculum.

We inspire a passion for life-long learning.  
We provide nurturing, individualized  
learning strategies with new research-  
based and traditional learning methods.



**NOW ENROLLING SY 2025-2026**

#### **SELF DEVELOPMENT PRESCHOOL**

(480) 396-3522  
1721 N. Greenfield Road  
Mesa, AZ 85205

#### **SELF DEVELOPMENT MESA**

(480) 641-2640  
1709 N. Greenfield Road  
Mesa, AZ 85205

#### **SELF DEVELOPMENT PHOENIX**

(602) 274-1910  
1515 E. Indian School Road  
Phoenix, AZ 85014

#### **SELF DEVELOPMENT ONLINE ACADEMY**

(480) 641-2640  
1709 N. Greenfield Rd  
Mesa, AZ 85205

**[WWW.SELFDEVELOPMENTACADEMY.COM](http://WWW.SELFDEVELOPMENTACADEMY.COM)**





**Published by**  
*Phillips West*  
Publishing | Design | Writing | Photography  
Mesa, AZ 85215

© Copyright 2025 by Phillips West. All Rights Reserved.  
E-mail: [Publisher@PhillipsWest.com](mailto:Publisher@PhillipsWest.com)  
**(480) 748-1127**

**EDITOR-IN-CHIEF**  
Kim Phillips

**ADVERTISING**  
Monica Adair (480) 772-1949  
Kim Phillips (480) 748-1127

**STAFF WRITERS**  
Kimberly Alvarado,  
Jamie Phillis, Mark Moran

**DESIGN**  
LuckyYou! Creative  
Erin Suwwan, Jaclyn Threadgill  
[www.luckyyoucreative.com](http://www.luckyyoucreative.com)

**VIDEO PRODUCER**  
Chase Balsley

**CONTRIBUTORS**  
John and Natascha Karadsheh, Lorraine Ryall

**[www.UpCloseAZ.com](http://www.UpCloseAZ.com)**

EDUCATION

## Inspiring Young Minds Through Research and Innovation

By Dr. Anjum Majeed, Founder/School Leader, Self Development Academy

At Self Development Academy in Mesa (SDA-Mesa), we believe the future belongs to students who can ask bold questions, think critically, and create new knowledge. That is why we are proud to offer an innovative program in research skills and scientific thinking, beginning in kindergarten and continuing through eighth grade.

Research is often seen as something reserved for college students or professionals, but at its heart, it is the process of investigating, questioning, and seeking evidence-based answers. By introducing research skills early, we empower students not only to excel academically but also to grow into confident problem-solvers, original thinkers, and contributors to society’s knowledge base.

### WHY RESEARCH SKILLS MATTER

Research lies at the center of human progress. Every advancement—from medicine to technology—began with a question and a search for answers. For children, research is transformative. It helps them think critically, solve problems, communicate effectively, and build confidence. Most importantly, research skills prepare children not just to *consume* knowledge but to *create* it, a lifelong ability that extends far beyond the classroom.

### WHAT IS RESEARCH?

At its core, research is a systematic process of discovery. It can be as informal as comparing restaurant reviews before dinner or as formal as designing a scientific experiment. The process typically follows a simple pattern: choose a topic, develop a question, collect data, evaluate sources, and draw conclusions using evidence. By learning this process in elementary and middle school, students gain a framework they can apply across subjects and throughout life.

### INTRODUCING RESEARCH IN THE EARLY GRADES

Elementary students are naturally curious, and SDA-Mesa nurtures this through age-appropriate activities. Even before mastering reading and writing, children are encouraged to notice details, make observations, and look for patterns—key foundations of research.

- Attention to detail is strengthened through puzzles, matching games, and memory exercises.
- Reading comprehension helps students locate information, distinguish between fact and opinion, and draw simple inferences.
- Exploratory projects encourage questions such as “Why do plants need sunlight?” or “What makes bridges strong?”

By embedding these practices early, students begin to approach learning as investigators rather than passive learners.

### BUILDING ADVANCED SKILLS IN MIDDLE SCHOOL

By middle school, students at SDA-Mesa learn to evaluate sources. In today’s digital age, this is an essential skill. We teach them to ask: Who wrote this? What sources are cited? Are they credible? Is the information current? Out-of-date research can mislead. Is there bias? Through this process, students develop discernment and the ability to navigate the information-rich world around them.

### PREPARING STUDENTS TO CONTRIBUTE TO KNOWLEDGE

The ultimate goal of SDA-Mesa’s research program is to inspire students to become knowledge-creators. Imagine middle school students already skilled at testing hypotheses, evaluating evidence, and drawing thoughtful conclusions. These are not just learners, they are innovators in the making.

### CONCLUSION: AN INVESTMENT IN THE FUTURE

At Self Development Academy in Mesa, we are proud to offer an innovative program in research and scientific thinking that prepares students to thrive in school, in life, and the future. By starting research education early, we give students the tools to question, investigate, and contribute to the world’s growing body 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.



**macdonaldorthodontics**



**SMILE BRIGHTER. LIVE BOLDER.**

**Over 50 years of creating beautiful smiles**  
Macdonald Orthodontics provides superior orthodontic care for children, teens and adults.

**\$1,000 OFF Full Treatment!**  
New Patients Only. Cannot be combined with any other offer. Good thru 11/30/2025



**Make Appointment**

**[macdonaldortho.com](http://macdonaldortho.com)**  
*Family Owned and Operated since 1970*

*Make an appointment at any of our 3 locations:*

|                                  |                               |                                      |
|----------------------------------|-------------------------------|--------------------------------------|
| <b>(480) 558-4312</b><br>Gilbert | <b>(480) 396-3577</b><br>Mesa | <b>(480) 912-2500</b><br>Queen Creek |
|----------------------------------|-------------------------------|--------------------------------------|



LOCAL BUSINESS

# Take The Time

By Tim Beaubien, Hava Java Mesa

For the second time in my life, I have deeply regretted my non-action.

Let me explain. Many years ago, I had a friend named Dail. Dail lived down the street from us. Actually, he was the reason we lived on that street to begin with.

You see another good friend, Jerry, introduced us. Once a year we would take a backpack, camping, and fishing trip up to northern Canada. We would meet at Dail's house to load up before we meet with the other guys.

Well on one of these yearly trips Dail says to me, "You know that house you passed on the way in is for sale. It's been for sale quite a while, you might get a good deal on it."

We did make an offer, and we did buy it. Barb and I lived in it for 21 years until we bought a coffee shop.

Anyway, eventually the camping trips came to an end, but I would still see Dail on his afternoon walks, he always stopped, and we would laugh about something. Dail was always eager to laugh.

But time and life issues always seemed to be in the way, and I found it hard to walk down to see him or even be out when he walked by.

On one occasion however, after a few years went by, I saw Dail on one of his walks. We stopped and shook hands. He tells me that they found something in his head, but he just laughs it off. At least we know something is up there, he quipped.

He left and I went back to my normal routine of being overwhelmed by my daily life. Six months later I find a note in mailbox from his wife Cathy, Dail passed away, and services will be held.

I lived about 500 hundred feet from him and could not find the time to stop in and say, "How you doing bud?"

That was the first time. Second time was a few weeks ago. I was back in Michigan on one of my usual monthly trips and I thought I should see Mike. Mike Brouse was my mechanic and friend for almost 20 years at American Road Shop.

That's the motorcycle business that Barb and I had. I must add that if you're lucky in life you will be able to work with someone that is absolutely the best at whatever it is you do. That was Mike with motorcycles for me.

Since we closed and liquidated the bike shop, he has been working with my lifelong friend Kerry at his shop. But again, I'm just too busy with farm projects. I always make excuses for not stopping to see friends. Afterall I've known them for years; I can always see them on the next trip.

The next day I got a call that Mike was in a bad motorcycle accident. He didn't make it.

Now I'm writing this from my bedroom at the Michigan farm in early August. I just got back from visiting my cousin Lanny Hardy. I took the time. Now, I've known Lanny since I was 16 years old. He is a great musician, and he taught me guitar. Well, what little I know about guitar.



Barb and Tim Beaubien

Lanny and I have been friends for 52 years. But once again life got in the way. Our visits slowly decreased to once or twice a year. Then, over 10 years could go by before I would have a chance to see him. Our friendship was reduced to a couple of yearly phone calls. John Lennon wrote in one of his songs about his son Sean, "Life is what happens while where busy making other plans."

When I got to Lan's house, he told me it was his 84th birthday today! I had no idea. I can't even begin to tell you how great it was to be there for that! We talked for 4 1/2 hours, drank a couple beers, and laughed like school kids. Talked music, a little politics, and old memories. He was so happy to see me on his birthday, after all he said, "It took me a long time to turn 84."

This was one of my best days! I think it may be one of his as well. Because I took the time, I have a memory for life. Take the time! You will never regret it. ■

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

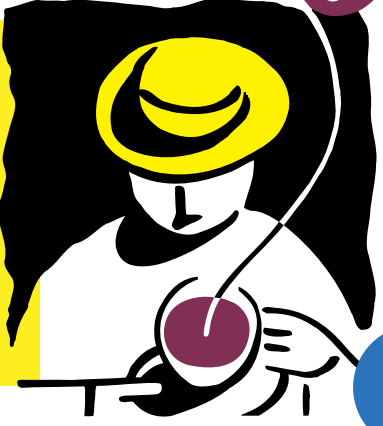




# Hava Java

**BEANS  
BEER  
WINE**

Your Community  
Coffee House  
Doing it Differently



**Coffee, Wine, Craft  
Beer, Spirited Coffee  
Drinks, Bloody Mary's,  
Mimosas, Margaritas  
and Specialty Cocktails**

**MON - THURS & SAT 5:30 AM TO 8 PM  
FRI 5:30 AM - 9 PM • SUN 7 AM - 7 PM**

**2849 N Power Rd Suite 103, Mesa, AZ 85215**



LIKE & FOLLOW OUR NEW  
FACEBOOK PAGE!  
**Hava Java Mesa-Beans,  
Beer, Wine, Music**

**EXTENDED HAPPY HOURS**  
**EVERY NIGHT 3PM TO CLOSE, EXCLUDING EVENT NIGHTS**  
**\$1.00 OFF Any Glass of Wine or Beer + \$1.00 OFF Select Snack Items**

**ORDER ONLINE  
FOR PICK UP OR DELIVERY!**

Door Dash and Online Ordering is Available!  
havajavamesa.com, joe.coffee.com or doordash.com.



**Music**  
at Hava Java Coffee House

For the complete event schedule  
check [havajavamesa.com](http://havajavamesa.com).

**FRIDAY, SEPTEMBER 5**  
**6 to 9pm**  
Musical Guest PF Flyers, Featuring  
the best of the 70's - 80's & 90's

**FRIDAY, SEPTEMBER 12**  
**6 to 9pm**  
Singer songwriter Scott Hallock and  
Beat Box Kent

**FRIDAY, SEPTEMBER 19**  
**6 to 9pm**  
Rock / Jazz Fusion of Notes from Neptune

**THURSDAY, SEPTEMBER 24**  
**5:30 to 9pm**  
Hava Java Open Mic by Brenda & Jack  
of Milon's Music

**FRIDAY, SEPTEMBER 25**  
**6 to 9pm**  
Classic Rock from Brenda and the  
Big Bad Wolf

**SATURDAY, SEPTEMBER 26**  
**6 to 8pm**  
4 Under 20: An Evening Devoted to  
Under 20 Musicians





COOLING AND HEATING

Providing Expert, Quality Service for 25 Years!

# Summer Isn't Over Yet. Is Your AC Holding Up?



Up to  
**\$1,000 Off New Units\***  
Out With the Old. In With the Cool.

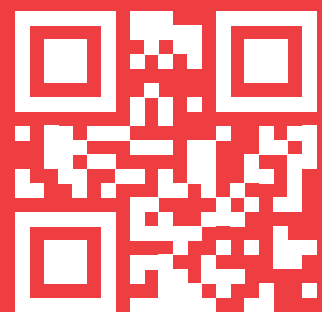
**0% Interest - 12 Months\***  
Affordable Comfort Starts Today

**Free Service Call**  
**with any repair\***  
Beat the Heat - Schedule Now!

“Very fast response time after I called with an AC problem. Technician fixed it quickly. Felt confident that I was being treated fairly. Will definitely use in the future.”

**Richard F.**  
Satisfied Customer  
August 2025

SCAN TO CALL



Limited time offers. Conditions apply. Financing on approved credit. Call for details.

Maintenance | Service & Repairs | New Unit Installations  
ROC 351313

**Call Now: (480) 604-2883**

**www.AirTimeAZ.com**

*After Hours Service Available*



LOCAL BUSINESS

The Importance of Hormones and BHRT

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

After age 40, hormones begin to decline for women, with more significant decline after age 50, leading to many unpleasant symptoms. For men, testosterone declines about 1-2% every year after age 30, and by the age of 60, most men have 20-30% lower levels, which can negatively affect energy, libido, and muscle mass.

UNDERSTANDING HORMONES AND AGING

Hormones act as chemical messengers that regulate metabolism, mood, reproduction, and more. Over time, levels of estrogen, progesterone, testosterone, DHEA and others naturally decline. These shifts can lead to symptoms such as hot flashes, fatigue, mood swings, low libido, weight gain, and cognitive changes.

ABOUT BHRT

Bioidentical hormone replacement therapy (BHRT) uses hormones that are chemically identical to those produced by the human body. These are custom compounded from plant sources like soy or wild yam and are available in creams, gels, transdermal patches, oral capsules, shots, and pellets. As people age or face hormonal imbalances, BHRT seeks to restore optimal hormone levels and, therefore, health.

At Prime IV Hydration & Wellness, we use the BRITE™ method which, for women, is based on symptoms during the first several months versus a blood or urine test. This is because women's hormones fluctuate significantly throughout the day, week, and month. Adjusting dosages based on symptoms has been significantly more accurate for women, offering better relief of symptoms. For men, we require a blood test within three months of prescribing testosterone.

Our hormones are derived from wild yams, suspended in organic jojoba oil, and applied topically. This

offers the BEST delivery, bypassing digestion, and more accurately mimics the natural cycle of hormones. This is also easily adjustable day to day. Shots and pellets do not mimic the body's natural cycle and are not easily adjusted, causing potential hormone swings you are stuck with until the next injection or insertion.

POTENTIAL BENEFITS FROM BHRT

- Symptom Relief
- Eases menopausal hot flashes and night sweats
- Improves sleep quality and energy levels
- Mood and Cognitive Support
- Reduces anxiety and depressive symptoms
- May enhance memory and focus
- Sexual Health
- Restores libido and vaginal lubrication in women
- Improves erectile function and sexual desire in men
- Bone, Muscle, and Metabolic Health
- Helps maintain bone density and reduce fracture risk
- Supports healthy metabolic rate and decreases body fat
- Increases lean muscle mass
- Disease mitigation
- Supports cardiovascular health
- Can help protect against certain types of cancer



Bioidentical hormone replacement therapy represents a personalized solution for managing age-related hormone decline. The BRITE method offered at Prime IV Hydration & Wellness aims to optimize symptom relief and quality of life. For more information about BHRT, please call us at (480) 992-4202 or go to primeiveastmesa.com to schedule an appointment for a complimentary health evaluation. ■

Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106 – (480) 992-4202 – primeiveastmesa.com.

LOCAL BUSINESS

NEED A LITTLE ME TIME?

Submitted by Lash Envy Studios

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

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

Special pricing is available on the following treatments:

SEPTEMBER SPECIALS

BROW LAMINATION \$85

Like a perm for your eyebrows! It tames unruly hairs and sets them in place, making them look thicker and fuller.

RADIOFREQUENCY FACIAL \$99

Cleanse, hot towel, steam, and relaxing massage and a radiofrequency treatment to lift and tighten skin.

VOLUME FULL SET \$155

Volume lash extensions provide the most dramatic, fluffy look. Great for those who like a very full look or those that have sparse natural lashes and want a fuller look.

COOL JET PLASMA TREATMENT \$199

A non-invasive treatment that uses cold plasma energy to penetrate into the skin, boosting collagen, killing bacteria, and improving overall skin tone and texture.

Whether you know exactly what beauty or spa services you prefer or would like the guidance of a licensed aesthetician, schedule an appointment at Lash Envy Studios now to discover your personal best. ■

Give the studio a call at (480) 431-1848, or visit 6727 E. McDowell Road, Suite 106, in Mesa.

In-Spa and  
**MOBILE  
SERVICES**

**BENEFITS**

- Hangover Recovery
- Hydration
- Increase Energy
- Enhance Performance
- Boost Immune System
- Speed Recovery
- Reduce Stress Symptoms
- Aid Weight Loss
- Decrease Inflammation

**PRIME IV**  
HYDRATION & WELLNESS

**OR CALL US AND WE CAN COME TO YOU!**  
2025 N. POWER RD., STE 106 • MESA, AZ 85215 | (480) 992-4202

©2025 Prime IV Hydration and Wellness (PIVHW) locations are independently owned and operated. Prime IV Hydration and Wellness® and any and all associated designs, logos, slogans and are registered federal trademarks owned by PIVHW. No content may be reproduced or transmitted without prior written consent from PIVHW. Products and services are available at select locations.

*Need a  
Little  
Me Time?*

**LASHES  
AND SPA**

Lash Extensions • Lash Lifts  
Permanent Makeup  
Microblading  
Facials • Microneedling  
Cool Jet Plasma • & More!

**LASH ENVY  
studios**

**SEPTEMBER  
SPECIALS**

**BROW  
LAMINATION \$85**  
*Like a perm for your eyebrows!  
It tames unruly hairs and sets  
them in place, making them look  
thicker and fuller.*

**RADIOFREQUENCY  
FACIAL \$99**  
*Cleanse, hot towel, steam,  
and relaxing massage and a  
radiofrequency treatment to lift  
and tighten skin.*

**VOLUME  
FULL SET \$155**  
*Volume lash extensions provide  
the most dramatic, fluffy look.  
Great for those who like a very  
full look or those that have  
sparse natural lashes and want  
a fuller look.*

**COOL JET PLASMA  
TREATMENT \$199**  
*A non-invasive treatment that  
uses cold plasma energy to  
penetrate into the skin,  
boosting collagen, killing  
bacteria, and improving overall  
skin tone and texture.*

**CALL OR BOOK YOUR APPOINTMENT ONLINE!**

**LAS SENDAS (480) 431-1848**     **DANA PARK (480) 500-6378**

**www.lashenvystudios.com**



# BREAKTHROUGH NEUROPATHY TREATMENT

HOW TO GET LASTING RELIEF FROM:

## PERIPHERAL NEUROPATHY



- Pins and Needles
- Numbness/Tingling
- Loss of Balance

- Pain Feet/Hands
- Burning Sensation
- Can't Feel The Ground

**WITHOUT THE USE OF DRUGS OR SURGERY!**

If you're experiencing **pain, burning, numbness, tingling or pins & needles** in your hands or feet — — —  
**Don't miss this FREE Seminar on Peripheral Neuropathy!**

### CLINICAL STUDIES REVEAL:

The debilitating pain, numbness and tingling experienced by patients suffering from Peripheral Neuropathy can be successfully treated **WITHOUT THE USE OF DRUGS AND SURGERY**



PRESENTED BY  
DR. AARON T SHAPIRO, DC, BCN

### IN THIS CUTTING-EDGE

### FREE SEMINAR YOU'LL LEARN:

- Why many current treatments for neuropathy don't work.
- The underlying causes of peripheral neuropathy, and the key to prevention!
- The Nobel prize winning discovery that every neuropathy patient MUST know.
- How peripheral neuropathy is diagnosed, and when it can be successfully treated.
- A technology originally developed by NASA that decreases neuropathy symptoms.
- Advanced diagnostic testing to help determine if your condition can be treated.
- A simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathy.



**TUESDAY September 16th @11:30am**

INTEGRITY NEUROPATHY CENTER  
1122 S GREENFIELD RD, #102, MESA

**LUNCH WILL BE SERVED. SPACE IS LIMITED TO 15!**

RSVP By September 12th: (480) 820-9147

[incarizona.com](http://incarizona.com)



LOCAL BUSINESS

# What is the Best Way to Lose Belly Fat?

Submitted by The Exercise Coach®

Six-pack abs are what most people think of when they think fitness goals, but how hard is it really to get that washboard stomach and lose the stubborn belly fat?

Below we discuss the most common myths around losing belly fat and talk about the incredible results that The Exercise Coach clients can get, including reducing belly fat and by joining the *Metabolic Comeback Challenge*.

A common goal for many people is to lose weight, specifically belly fat. There are two motivations that drive this goal. The first is achieving an improvement to their figure and the second is that excess belly fat is an indication that their health is not improving.

Belly fat, also known as central adiposity, is a health issue and a real risk factor. One study showed that each 10 cm increase in belly fat in women increased their risk of death from any cause by 8 percent, for men it was 12 percent.

We know that belly fat is linked to insulin resistance and systemic inflammation, and those things working together worsen overall health. Belly fat is both a sign and a symptom of those problems.

Before we learn the best ways to lose belly fat, we need to learn what doesn't work. For example, the myth of spot reduction, where you exercise particular areas of the body to lose body fat in those areas, is not how it works.

The truth is the first area that you put on fat will be the last area you lose fat. For men, that's often the abdomen, and for women, that's usually the hips and thighs. Doing exercises to shrink your stomach is not going to change this reality.

When people start to lose body fat, they will notice the results in reverse. In order to actually lose belly fat, you have to combine whole effort exercise with whole food



nutrition. This has nothing to do with crunches or sit ups, or even cardio.

Combining strength training with sensible whole food nutrition is the best approach to losing belly fat because it results in focused weight loss, where you are only losing body fat instead of both fat and muscle at the same time. This also translates into the best shape for your body as well.

At The Exercise Coach, we see people losing significant amounts of body fat, typically 5 percent, from a focused program of 30 days of whole effort exercise and whole food nutrition.

The first 5 percent of weight loss people experience in an exercise program delivers the majority of the metabolic benefits. Within one or two months, nearly everyone can experience life-changing results from a health standpoint.

Most people will see belly fat reduction within the first 30 days of the *Metabolic Comeback Challenge*. Seeing a flattening of the stomach will depend on the starting point of each individual, but the important thing to keep in mind is the progress you're making.

You need to persevere in order to see those results. It may be that you just need to put in another 30 to 60 days to lose that belly fat and reach your body composition goals. It doesn't take exercising



every day or joint-punishing cardio to transform your body and hormonal health. Smart strength training and whole food nutrition is all you need to fundamentally change your life. ■

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 [www.exercisecoach.com/north-mesa](http://www.exercisecoach.com/north-mesa).



Need a fitness solution that fits?

TheExerciseCoach®

2 FREE SESSIONS

4711 E. Falcon Dr | Suite 122 | Mesa, AZ 85215

Call or Text 480.716.6080

[www.exercisecoach.com](http://www.exercisecoach.com)

"I wholeheartedly recommend The Exercise Coach. Their approach is scientifically sound and produces superior results for my patients. My wife and I have loved being clients for more than 10 years now".

- Randal Kahan, M.D.

TWO 20-MINUTE WORKOUTS PER WEEK

SCAN TO LEARN MORE ABOUT OUR PROVEN APPROACH





# LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF

Join Las Sendas Golf Club for wine, golf, and dining



THE VISTAS PAVILION

It's always a pleasure to catch up with Carla Shaw, the dynamic director of events and catering at The Vistas Pavilion at Las Sendas.

Month after month, Carla brings her signature enthusiasm as she shares the latest happenings at this stunning venue. With each season, she unveils fresh ideas and inspiration for our readers — highlighting The Vistas Pavilion as the go-to destination for celebrating life's most memorable milestones in style.

This month, Carla tells us, "Fall is my favorite time of the year (and my favorite color palette), and I am looking forward to golden leaves, cooler weather, and pumpkins on the doorstep."

"Now that the kiddos are back to school," she adds, "it's time to start planning for all of your upcoming celebrations. Your event deserves more than just a room – at The Vistas Pavilion at Las Sendas whether it's a stylish party, an inspiring seminar, or a dream wedding, our venue adapts to your vision."

The venue is perfect for a group as small as 25, or as large as 250. The culinary team, led by Chef Kelsey, is incredibly talented and produces amazing meals perfect for your event. What is a party without great music? The built-in sound and AV system is in place to elevate the experience of your event.

Are you looking to boogie at your next event? The Vistas Pavilion just received a new dance floor. The size range for dancing is 12' x 12' and can be expanded to 21' x 21' depending on your needs. Call Carla today to assure that your next event is unforgettable. (480) 396-4000 ext. 222 or email at [cshaw@lassendas.com](mailto:cshaw@lassendas.com).

THE PATIO & GRILLE

Sunsets are celebrated in September at The Patio & Grille on Friday and Saturday evenings after 5 p.m. This is the time the kitchen comes alive with the aroma of indulgence.

Sink into the weekend with our *Prime Rib Dinner Special*. You'll savor an expertly slow-roasted cut, tender and marbled to perfection, served with mashed potatoes, green beans, a savory au jus, and creamy horseradish to add just the right kick for flavor. Pair this lovely dinner



with a bold glass of Cabernet Sauvignon or a silky Pinot Noir, and your weekend dinner becomes an experience. Reservations are highly recommended through Open Table. Call (602) 734-5524.

Not looking for anything fancy? Happy Hour continues this month each Monday through Sunday from 2 to 6 p.m. Stop in and cool down after a round of golf, catch a sporting event on the screen, or visit with friends as you enjoy drink specials, an appetizer, or a shareable.

THE PRO SHOP

Course conditions are at their summer's best this month. Flawless fairways and gorgeous greens await your play. Take advantage of the beauty this month before over-seeding preparations begin on Sept. 22. Course closures are scheduled for Sept. 29 to Oct. 17 to prepare for a lush season ahead.

Even while the course rests, The Pro Shop remains open daily from 9 a.m. to 3 p.m. Come check out new fall arrivals, including the latest styles from Vuori.

Continue to score big with the storewide sales. Enjoy 35% off everything in the store (excluding counter items). This is the perfect time to refresh your gear and grab those must-haves before they're gone. ■

## Las Sendas GOLF CLUB

Share your love for the game with the people you love most with

### The Yearly Family Pass!

**LAS SENDAS RESIDENT SPECIAL**

**4 Players for the Price of 2**

Includes Cart & Range.

Tee times after 12 PM. Expires Sept. 30th, 2025.



**CONTACT: Wayne McBean**  
(480) 396-4000 Ext. 201  
[wmcbean@lassendas.com](mailto:wmcbean@lassendas.com)

**LAS SENDAS GOLF CLUB • 7555 Eagle Crest Drive, Mesa, AZ 85207**

### 2025 Golf Membership Options

#### Yearly Family Pass

**\$3,000 Unlimited Family Golf** (with restrictions)  
November thru April after 3:00pm, May thru October after 12:00pm  
Includes Spouse, 2 kids under 18, carts, range and golf

**FREE GOLF, CART and RANGE**

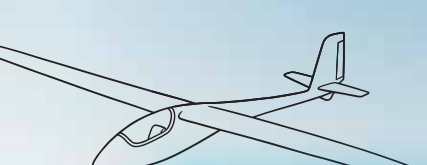
JOIN NOW with the \$30k Non-Refundable Membership and don't start paying dues until November 1st, 2025!

|                                                                                                                       |                                                                                                                                                     |                                                                                                                                                             |
|-----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Non Refundable Membership</b><br>\$30,000 Initiation Fee + Yearly Dues                                             | <b>Junior Membership</b><br>Under age 45<br>\$10,000 Initiation Fee + Yearly Dues<br>(2k yearly towards non-refundable until 30k is paid or Age 50) | <b>Social Membership</b><br>\$2,000 Initiation Fee + Yearly Fee of \$1,200<br>Receive 8 Winter golf Passes, 8 Summer Passes, 10% OFF Pro Shop & Restaurants |
| <b>1 Year Trial Membership</b><br>\$5,000 Initiation Fee + Yearly Dues<br>(Fully transferable towards non-refundable) | <b>Proxy Membership</b><br>\$220/Month + Yearly Dues<br>(2 Year Commitment)<br>Deposit Required<br>(Limited Availability)                           | <b>New Range Pass</b><br>\$1,200 Unlimited Range Only<br>(Can be added to Social Membership or Family Pass)                                                 |

#### Membership Privileges

|                                           |                                                                 |
|-------------------------------------------|-----------------------------------------------------------------|
| Discounts in the Restaurants and Pro Shop | Unlimited Practice Facility                                     |
| Access to all Member Events               | Locker Room and Club Storage                                    |
| Priority Tee Time Bookings                | Use your own Cart or you can use one of our CLUBCAR Fleet Carts |

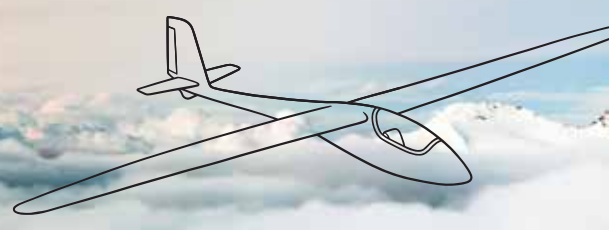




FOR KIDS 12 & OLDER

# SKYWARD YOUTH AVIATION

An Introduction to the Exciting World of Aviation & Aerospace!



Aviation 101 • Initial Pilot Prep • Flight Training • Aviation Clubs  
Demonstration Glider Flights • Mini Camps • Scholarships



Call Now & Help Your Student Reach New Heights!  
**480.331.4760**  
SCAN FOR MORE INFO  
  
SKYWARD YOUTH AVIATION + AEROSPACE ACADEMY  
At the Arizona CAF Museum at Falcon Field  
[WWW.SKYWARDYOUTH.ORG](http://WWW.SKYWARDYOUTH.ORG)





## MASTER'S MUSIC ACADEMY

By Ashley Lane, M.Mus.

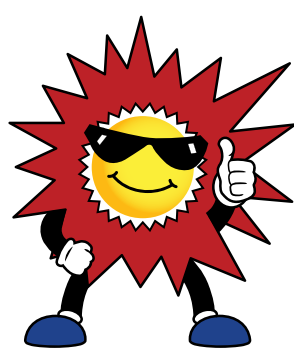
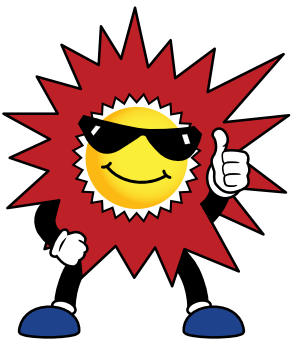
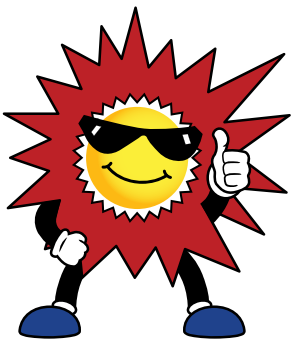
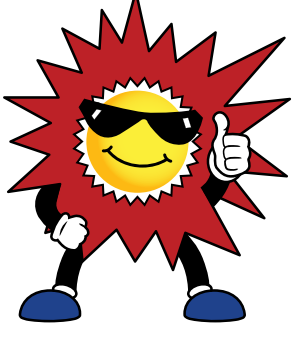
Elite Piano Training for Adults  
CREATE HAPPINESS!





Convenient Mesa Location  
Find Me Today at:  
[MastersMusicAcademy.com](http://MastersMusicAcademy.com)

I LOOK FORWARD TO HEARING FROM YOU!

|                                                                                     |                                                                                     |                                                                                      |
|-------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------|
| A/C Blowing Hot Air?                                                                |  | Clogged Drain?                                                                       |
|  | High Utility Bills?                                                                 |  |
| Hard Water?                                                                         |  | A/C Dead?                                                                            |

# Just Call JOHN'S



HEATING ★ COOLING  
PLUMBING

**(480) 648-2505**  
**JustCallJohns.com**

Lic HVAC #084417, #170672 Plumbing Lic #347701  
© MORE 2025 All Rights Reserved.



REAL ESTATE

Roof Issues Buyers and Sellers Should Know About

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

When you're buying or selling a home, two of the biggest-ticket items that often come up are the HVAC system and the roof. Lately, I've been seeing more and more roof issues surface during the inspection period, sometimes serious enough that contracts are canceled altogether because buyers and sellers can't come to an agreement.

In today's market, where buyers have the upper hand, they're not as willing to take on a roof issue or the expense of a brand-new roof.

TILE ROOFS LIFESPAN

Here in Arizona, many homes have clay or concrete tile roofs. These tiles can last 50 to 75 years or more. That's why a tile roof may look like it's in great shape, but looks can be deceiving. The tiles are only part of the system, and not where the problems lie.

THE REAL ISSUE: THE UNDERLAYMENT

The hidden underlayment is what determines the condition of the roof. This is the protective barrier beneath the tiles that actually keeps water out. Over time, that underlayment can dry out, become brittle, curl at the edges, and eventually reach the end of its life.

You can't tell what condition the roof is in just by looking at it from the ground or with a drone. An inspector or roofing company will lift some of the tiles in different areas to reveal the underlayment to determine its condition.

DIFFERENT INSPECTORS, DIFFERENT OPINIONS

Another challenge is that roofing companies just like inspectors can have very different opinions. One roofing contractor might take a look and tell you the roof needs

to be replaced immediately while another might say you've got four or five good years left and only minor repairs are needed.

When I'm representing a seller and the buyer's inspector says the roof needs to be replaced, I always recommend getting a second opinion. I'll bring in one of my trusted roofing contractors to take a closer look. Sometimes their findings are very different and what could have turned into a \$20,000 roof replacement ends up being a few thousand dollars in repairs.

AGE ISN'T ALWAYS A GUARANTEE

A homeowner may assume that if their roof is only 20 years old and the life expectancy is 25 to 30 years, they still have several years to go before it will need replacement. But age is only part of the equation. I recently closed on a home where we were all shocked by what the roof inspection revealed. The roof wasn't that old, and by all appearances looked fine. Instead, the underlayment had been destroyed by rats. There were large trees on the home that were touching the roof and providing easy access for the rats, who decided to make their nests under the tiles, destroying the underlayment in the process. This was not visible until the roofing contractor removed some of the tiles during the inspection to reveal the underlayment.



The orientation of a home can also impact the life span of the underlayment. The underlayment on the east side of the roof may still have some life left while the west side, getting all the afternoon sun, may have dried up faster and need replacing sooner.

WHAT BUYERS SHOULD KEEP IN MIND

For buyers, the roof should always be a top priority during the inspection period. While a home inspector will look at the roof, it's not a full evaluation, and if they find any concerns, they'll typically recommend bringing in a licensed roofing contractor. To save time and ensure you get the most accurate assessment, have a roofing company inspect the roof from the start and the best part is, roof inspections are free.

The roof often becomes a major negotiation point, and how it is resolved depends on many factors, one of the biggest being the purchase price. If you negotiated a lower price for the home, or seller concessions, the seller may be less willing to cover the cost of a new roof or major repairs. In some cases, splitting the cost of a new roof between buyer and seller is an acceptable compromise that helps keep the deal together.

WHAT SELLERS CAN DO

One of the biggest signs your roof may need replacing soon is what's happening around you. If you've noticed several of your neighbors replacing their roofs, chances are yours may be due as well. Keep this in mind when pricing your home, and be prepared for buyers to request a new roof after inspections. Work with your realtor to have a plan in place for negotiating based on the terms of the contract. Unlike many agents, I don't recommend having a roof inspection before listing your home. If you'd like to know why, I'd be happy to share my reasoning — just give me a call or send me an email. ■

If you are thinking of buying or selling, or would like more information on roof inspections, negotiations, or the current market conditions, I'm here to help. Please don't hesitate to call or email me — I'd be happy to guide you through the process and help protect your investment.

CONCIERGE REAL ESTATE

Full Service from Start to Finish

IT DOESN'T COST ANY MORE SO WHY ACCEPT ANYTHING LESS?

Complimentary Services Include:

- Home Value Report
- Staging Consultation
- FREE Staging
- Pre-List Repair Consultation
- Coordinate Handyman and Contractors
- Connect you with any service you may need

My team is there for you every step of the way.

What's Your Home Worth?

Scan Here for a Personalized Report

www.InstantHomeValueAZ.com

EXPERIENCE YOU CAN TRUST

Over 14 Years of Real Estate Experience

RANKED TOP 1% OF REALTORS IN MESA

Certified Negotiation Expert

A Local Resident Since 1998

★★★★★ OVER 150 FIVE STAR REVIEWS

Lorraine Ryall

ASSOCIATE BROKER, CDPE, CSSN

Lorraine@Homes2SellAZ.com | 602.571.6799

WWW.HOMES2SELLAZ.COM

PENDING

Madrid

Acre Lot - Views - Pool - \$1,375,000

3760 Sq Ft, 4 Bed, 3.5 Bath

Las Sendas

Cul-de-sac Lot - Pool - Views \$750,000

2252 Sq Ft, 3 Bed, 2 Bath

Marble Creek

Remodeled - \$385,000

1152 Sq Ft, 2 Bed, 2 Bath

SOLD

Las Sendas

Cul-De-Sac - Remodeled - \$735,000

2732 Sq Ft, 4 Bed 3 Bath

www.UpCloseAZ.com



LOCAL BUSINESS

Milano's Wood Fired Kitchen & Pizzeria Offers New Budget-Friendly Lunch Options

By Jamie Phillis

Milano's Wood Fired Kitchen & Pizzeria, a beloved Mesa eatery for over two decades, is offering new, affordable lunch specials this fall including favorites such as the Italian club sandwich and chipotle pasta salad. The lunch menu includes pizzas, calzones, pitas, salads, sandwiches, and bowls – with most options coming in at under \$15.

Plus, the extensive new menu comes right in time for enjoying the cool weather by dining on Milano's spacious patio.

"We're excited to bring some of our customer's favorite dishes to the lunch menu at a great price without compromising our commitment to fresh, high-quality ingredients," said Sam Putrus, general manager of Milano's. "Our restaurant has been a

favorite for Mediterranean food for more than 20 years and we love that we can continue bringing our customers new and exciting options."

Pizza lovers can even opt for an 8-inch New York-style one-topping pizza paired with a side salad and soft drink for just \$12.99. The menu even includes four of Milano's specialty Pinsa Romana pizzas made with the special lighter and healthier Pinsa crust delivered straight from Italy.

Health-conscious diners can choose from a variety of vegetable-packed salads and bowls and have access to several options for those with dietary restrictions, such as cauliflower and gluten-free

pizza crust options – making it the perfect place for the whole family to enjoy dining together. Milano's even offers a free kids' meal with the purchase of a full price adult entrée on Sundays and Tuesdays.

The lunch menu is available Monday through Saturday from 10:30 a.m. to 3:00 p.m., but diners can also get deals by joining Milano's VIP club, which delivers deals via text message, as well as a free appetizer after seven visits. All menu items pair well with a drink from Milano's full bar, which includes cocktails, beer, and wine – many of which are discounted for happy hour. ■

Milano's Wood Fired Kitchen & Pizzeria is located at 4545 E. McKellips Road, Suite 103, in Mesa. For more information or to order online for pickup or delivery, visit milanospizzamesa.com.



REAL ESTATE

What You Need to Know About Capital Gains Taxes When Selling Your Home

By John and Natascha Karadsheh, KOR Properties



If you've owned your home for many years, chances are its value has risen significantly! While having equity is great, it is also important to understand how capital gains taxes may affect your profit.

WHAT ARE CAPITAL GAINS TAXES ON A PRIMARY RESIDENCE?

Capital gains taxes apply to the profit you make when selling your home. Fortunately, most homeowners benefit from the Section 121 exclusion, which allows you to exclude a large portion of those gains if you meet certain requirements. If you're single or married filing separately, you may exclude up to \$250,000 of profit from the sale of your primary residence. Married couples filing jointly can exclude up to \$500,000.

If your gain falls under these limits, you may owe nothing. If your profit exceeds the exclusion, only the amount above the limit is taxable. The rate depends on your income and how long you've owned the home and so it is always best to consult a qualified tax professional for guidance.

WHAT CONDITIONS MUST BE MET TO QUALIFY FOR THE EXCLUSION?

- The property is your primary residence and listed as your home address on documents such as tax returns and driver's licenses.
- You've owned the home for at least two of the past five years.
- You've lived in the home for at least two of the past five years (not necessarily continuous).
- You haven't used the exclusion in the past two years.
- The home was not purchased through a 1031 exchange in the last five years.

WHAT ABOUT OTHER PROPERTIES?

The exclusion applies only to your primary residence and not vacation homes, rentals, or investment properties.

DOES THE GAIN NEED TO BE ROLLED INTO ANOTHER HOME?

You do not need to use the proceeds from your sale to purchase another home in order to claim the exclusion.

If you're thinking about selling, we'd love to walk you through the process from start to finish. From making sense of today's market trends to getting your home ready to shine, we offer the resources, guidance, and decades of expertise to make the experience smooth and stress-free. ■

Our goal is to help you move forward with confidence and peace of mind. Reach out today to schedule your private, personalized consultation at (602) 615-0843.

Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of July 2025



| Address                     | Square Feet | Community     | Sold Price  |
|-----------------------------|-------------|---------------|-------------|
| Red Mountain #95            | 1,571       | Ironwood Pass | \$480,000   |
| 7722 E Wolf Canyon St       | 1,571       | Mountain Gate | \$497,950   |
| 7532 E Sierra Morena Cir    | 1,571       | Shadow Canyon | \$499,000   |
| 7445 E Eagle Crest Dr #1061 | 1,662       | Cachet        | \$535,000   |
| 7544 E Sierra Morena Cir    | 1,571       | Shadow Canyon | \$600,000   |
| 6929 E Quill St             | 1,765       | Sanctuary     | \$675,000   |
| 7642 E Sandia Cir           | 2,750       | The Highlands | \$840,000   |
| 3830 N Red Sky Cir          | 3,427       | Echo Canyon   | \$937,500   |
| 7130 E Saddleback St #58    | 3,619       | Golf Colony   | \$1,312,000 |

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

Real Estate In NE Mesa

brought to you by: NE Mesa Area Market Report



Sales over \$830,000 for the Month of July 2025



| Address                 | Square Feet | Community                 | Sold Price  |
|-------------------------|-------------|---------------------------|-------------|
| 8633 E Kael Cir         | 2,108       | Mountain Bridge           | \$840,000   |
| 5814 E Scafell Cir      | 2,280       | Reserve at Red Rock       | \$840,000   |
| 9825 E Gary St          | 3,718       | Saguaro Mountain          | \$845,470   |
| 3753 E Ellis St         | 3,589       | Trovita Estates           | \$850,000   |
| 7524 E Leland Cir       | 4,604       | Saguaro Vista Estates     | \$860,000   |
| 5345 E McLellan Rd #107 | 3,567       | Alta Mesa                 | \$915,000   |
| 1753 N Berrett          | 2,323       | Whisper Mountain          | \$925,000   |
| 2239 N Calvin           | 3,276       | Estates At Desert Shadows | \$949,000   |
| 908 N Creston           | 5,200       | Groves Unit               | \$975,000   |
| 8525 E Lynwood St       | 3,204       | Mountain Bridge           | \$998,000   |
| 9628 E Inglewood Cir    | 3,200       | Whisper Mountain          | \$1,049,000 |
| 7054 E Ingram St        | 3,461       | Annecy                    | \$1,050,000 |
| 1501 N 67th St          | 4,043       | Suhvaro Hills Estates     | \$1,087,000 |
| 2837 N Whiting Cir      | 3,779       | Hillcrest Estates         | \$1,200,000 |
| 4024 E Hermosa Vista Dr | 2,910       | County Island             | \$1,210,000 |
| 3040 N Hawes Rd         | 3,017       | County Island             | \$1,240,000 |
| 3648 E Fargo St         | 4,058       | Trovita                   | \$1,275,000 |
| 3750 E Palm St          | 4,004       | Somerset Estates          | \$1,330,000 |
| 6918 E Ivyglen St       | 3,461       | Annecy                    | \$1,355,000 |
| 7018 E Ingram St        | 4,576       | Annecy                    | \$1,530,000 |
| 8540 E McDowell Rd #119 | 7,111       | Thunder Mountain          | \$1,585,000 |
| 3943 E Omega Cir        | 4,200       | Somerset Estates          | \$1,650,000 |
| 3731 E Halifax Cir      | 7,016       | Villa Rica Estates        | \$2,400,000 |

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





*Like New In Las Sendas!*

**6948 E. Quill St. Offered at \$732,500**  
*Built in 2019, this upgraded home offers the best of indoor/outdoor living!*  
*Presented by: John & Natascha Karadsheh 602-615-0843*

*Coming Soon!*



*8041 E. Teton \$924,000*  
*Resort Living in Stonecliff*

*PENDING*



*3529 N. Boulder Canyon \$1,525,000*  
*Stunning Golf Course Views in Las Sendas*

*Golf Course Lot*



*5345 E. McLellan Rd #59 \$875,000*  
*Custom Home in Alta Mesa Estates*

*SOLD!*



*6912 E. Quill St. \$735,000*  
*Immaculate Home with Views in Sanctuary*

*Build Your Dream Home*



*3313 N. 87<sup>th</sup> Street - Mesa \$399,999*  
*1.22 Acre Cutsom Lot and No HOA!*

*Corner Lot*



*3544 N. Paseo Del Sol \$575,000*  
*Great Corner Lot in Las Sendas*

*SOLD!*



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

*SOLD!*



*2239 N. Calvin - Mesa \$949,000*  
*Remodeled in the Estates at Desert Shadows*

*SOLD!*



*753 N. Port Dr. \$310,000*  
*Close to Downtown Gilbert!*



*Experience You Can Depend On*

**JOHN KARADSHEH** ABR, CRS, Designated Broker/Owner  
**NATASCHA OVANDO-KARADSHEH** ABR, Assoc. Broker/ Owner  
**CHRISTINA OVANDO**, REALTOR Emeritus®  
**602-615-0843 KORproperties.com**







# SYLFIRM X & Exosomes Treatment

The world's first & only  
FDA cleared Pulsed Wave  
and Continuous Wave Radio  
Frequency Micro Needling

*A Revolutionary Approach To Radio  
Frequency Microneedling Technology*

**ATTENTION**  
Mention this ad and  
you will receive a  
**SPECIAL  
PRICE**  
ON SYLFIRM X!

**SYLFIRM X literally transforms your skin's appearance, taking tone and texture improvement to a new category of youthful vibrance.**

**BENEFITS SEEN**

Visible results can be seen within a few days, but typically after three weeks, the most noticeable results appear. Improvements continue up to three months after treatment. Best results are achieved by receiving 1 SYLFIRM treatment per decade of age. (ex: 50-year-old may require 5-6 treatments). Treatments should be performed at 4-6 week intervals.

**MINIMAL DOWNTIME.  
LITTLE TO NO PAIN**



**Zaina Rashid, D.O., F.A.A.D.** BOARD CERTIFIED DERMATOLOGIST

## LA PEAU DERMATOLOGY

**6465 E. SOUTHERN AVE., SUITE 100, MESA, AZ 85206 | (480) 396-2300**  
**OPEN:** Monday - Friday 8 - 5 p.m. | Saturday 9 - 1 (once a month) *Insurance Accepted*

**WE'VE MOVED!**

- We are a Delta Dental Premier provider.
- No Insurance? We offer an in-office dental plan.
- We also accept CareCredit and Cherry payment plans.



Cosmetic Dentistry

- Teeth Whitening
- Crowns
- Veneers
- Clear Aligners
- Smile Makeovers
- Botox

*Wrap Up Summer with a Family Smile Tune-Up!*



2824 N. Power Rd. #108  
Mesa, AZ 85215  
NW corner of Power and McDowell  
Call/Text: (480)641-4567



aztoothspa.com

Dr. Breanna Embree, DDS







Non-Surgical Laser Regeneration

**FREE CONSULTATION WITH  
LASER TREATMENT  
THROUGH SEPTEMBER 2025\***

\*NEW PATIENTS ONLY

**6025 E. MCKELLIPS RD., SUITE 101  
MESA, AZ 85215**

AFTER TWO SESSIONS WITH JASON  
THE PAIN IN MY SHOULDER WENT  
AWAY! SIMPLY SAID...AMAZING!

MARTIN HOBBY  
SUN LAKES RESIDENT

**SPINAL STENOSIS  
SCIATICA  
NEUROPATHY  
SHOULDER PAIN  
FIBROMYALGIA  
KNEE PAIN  
HIP PAIN**

## **LIGHTRENEW® OFFERS ACCELERATED HEALING THROUGH DEEP TISSUE LASER THERAPY**

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. 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 PHOTOBIO-MODULATION. "EVERY PROFESSIONAL SPORTS TEAM AND DIVISION I PROGRAM IN NORTH AMERICA USES THIS LASER FOR GOOD REASON," HE 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 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 TEN 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 AT 6025 E. MCKELLIPS RD. SUITE 101, MESA, AZ 85215 AS WELL AS SEVERAL OTHER LOCATIONS ACROSS THE VALLEY. TO LEARN MORE, VISIT [WWW.LIGHTRENEW.COM](http://WWW.LIGHTRENEW.COM). TO SCHEDULE A CONSULTATION, CALL DR. CALDWELL DIRECTLY AT (480) 370-0527.

**SUMMER  
SPECIAL!**  
**\$1000 OFF**  
ALL 10 TREATMENT  
PACKAGES.  
CALL TODAY!

FOR APPOINTMENT CALL OR TEXT

**480-370-0527**  
**[www.LightRenew.com](http://www.LightRenew.com)**

**LASER VIDEO**





COMMUNITY

Red Mountain Ranch Social Club enjoyed exciting summer events

By Cathy Barthel  
Photos by David Bender

Our summer was packed with exciting events! It all began on May 30 with a special night of music featuring our club's favorite entertainer, Mahlon Hawk and his band. A resident of Red Mountain Ranch, Mahlon is an Emmy-winning bassist, vocalist, and performer. To everyone's delight, his ensemble returned for an encore performance on June 13.

On July 31, Mic Bagby hosted an Afternoon Tea Party. This fun but formal lunch featured delightful conversation, exquisite tea, and a delectable assortment of sweet and savory treats. Hats were optional!

In August, our resident chef, Mary Knight, hosted a cooking class in her home, where we learned how to dress up a salad with creative add-ins along with helpful meal prep tips.

Our ladies enjoyed monthly luncheons. On June 17, we visited Shaanxi Gardens in Mesa, a popular restaurant serving northwest Chinese cuisine. On July 15, we went to Pyro in Phoenix, where we selected entrées from an intriguing menu. In August, we enjoyed brunch/lunch at Bits of Both in Mesa, delighting in a casual and friendly atmosphere.

Our men kept their breakfasts going on the last Wednesday of each month.



They are now meeting at Sunnyside Breakfast Lounge. Our summertime favorite pastime, Dinner's Out, was a hit! We went to OHSO in Gilbert in June, Guadalupe on Main in July, and back to Gilbert in August, where we had dinner at Cooper's Hawk Winery & Restaurant.

As we eagerly anticipate the start of Game Night, which resumes in October, we are fortunate to return to Mic Bagby's for our End of Summer Fiesta Party on Sept. 5.

As we approach fall, our Speaker Series begins on Sept. 11 with Leisha Foss from Make-A-Wish. Leisha has been a volunteer at Make-A-Wish for 28 years and personally meets each child and family when granting wishes. Additionally, she wrote a children's book of all the many children she's met over the years. She's also the Arizona State Ambassador for Kada's Promise, and during our meeting, she will share Kadance Fredrickson's story of overcoming abuse, neglect, and homelessness.

In honor of Kadance's struggles, redemption, and passing, Kada's Promise has initiated a program to provide blankets and teddy bears to foster children. We are asking



attendees to consider donating 12-inch or larger teddy bears for this worthy cause. Visit [www.kadaspromise.com](http://www.kadaspromise.com) for more information.

We've assembled an impressive lineup of speakers coming to RMRCC every second Thursday of the month from 9:30 to 11:30 a.m., from September to May. Learn more by clicking on the calendar at RMRSC.com.

Our annual fundraiser, the Red Mountain Ranch Social Club Garage Sale, is scheduled for Nov. 7 and 8. This garage sale is the only one sanctioned by the Red Mountain Ranch HOA, offering comprehensive marketing, signage, and liability insurance. Registration begins on Sept. 10 and must be received by Oct. 30 to be included on the map. Registration is accepted online at [RMRSC.com/garage-sale/](http://RMRSC.com/garage-sale/) until Nov. 6 at 1 p.m. A nominal fee of \$15 is required.

Residents in the East Valley area are invited to join our club. We offer networking activities all year round. Join us for fun, food, and fellowship. ■

If you are interested in joining, please visit our website at [RMRSC.com](http://RMRSC.com) to learn more about membership, upcoming events, and volunteer opportunities.

Experience the Magnificent  
Beauty of Water in the Desert

**Cruise Saguaro Lake on  
The Desert Belle!**

Join us for  
**September Music Cruises\***

|                                                                 |                                                              |
|-----------------------------------------------------------------|--------------------------------------------------------------|
| <b>Sept. 1st @ 10AM</b><br>Music and Mimosas - Eric Miller      | <b>Sept. 21st @ 10AM</b><br>Music and Mimosas - Ian Eric     |
| <b>Sept. 6th @ 10AM</b><br>Music and Mimosas - Ian Eric         | <b>Sept. 21st @ 2PM</b><br>Live Music Cruise - Ian Eric      |
| <b>Sept. 7th @ 10AM</b><br>Music and Mimosas - Pete Pancrazi    | <b>Sept. 24th @ 2PM</b><br>Wine on Wednesday - Johnny Splash |
| <b>Sept. 13th @ 10AM</b><br>Music and Mimosas - Kristy Dee Swan | <b>Sept. 26th @ 2PM</b><br>Craft Beer Cruise - Eric Miller   |
| <b>Sept. 14th @ 10AM</b><br>Music and Mimosas - Pete Pancrazi   | <b>Sept. 27th @ 10AM</b><br>Music and Mimosas - Dave Clark   |
| <b>Sept. 19th @ 2PM</b><br>Craft Beer Cruise - Dave Clark       | <b>Sept. 27th @ 2PM</b><br>Live Music Cruise - Dave Clark    |
| <b>Sept. 20th @ 10AM</b><br>Music and Mimosas - Scott Hallock   | <b>Sept. 28th @ 10AM</b><br>Music and Mimosas - Eric Miller  |
| <b>Sept. 20th @ 2PM</b><br>Live Music Cruise - Scott Hallock    | <b>Sept. 28th @ 2PM</b><br>Live Music Cruise - Eric Miller   |

\*Ticket price does not include drinks, but they are available at discounted prices.

**Narration Cruises**

DATES AND TIMES VARY.  
VISIT WEBSITE FOR DETAILS.

**480-984-2425**  
**WWW.DESERTBELLE.COM**

**Carnation Home Cleaning**  
RELIABLY, CONSISTENTLY, CLEAN.

A premium home cleaning service for those who demand consistency, quality, and have an appreciation for the details.

**(480) 924-2096**  
**www.CarnationHomeCleaningInc.com**

All quotes given by phone or website.

Is your winter pool cold?  
Is your summer pool hot?

**SWIM YEAR ROUND  
WITH A POOL  
HEAT PUMP**

LOWEST INSTALLED PRICE IN THE VALLEY!

|                                                                                                                                                                                                                       |                                                                                                                                                                                                   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>HEAT/COOL SPECIAL<br/>ONLY \$6,495</b><br>PRICE INCLUDES: DELIVERY • INSTALLATION* • START-UP<br><small>*Installation includes (1) 50 amp breaker / hookup and plumbing. Includes 50 ft of electrical run.</small> | <b>REMODEL SPECIAL<br/>ONLY \$9,865*</b><br>PRICE INCLUDES:<br>MINI PEBBLE INTERIOR, NEW WATERLINE TILE,<br>250 FT ACRYLIC DECK RE-SURFACE,<br><small>*based on 80ft perimeter play pool.</small> |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

**Arizona Pool Guy, Inc. • 480-699-0607**



DINE IN BAR CATERING TAKEOUT DELIVERY

ORDER  
ONLINE!



An Italian &  
Mediterranean  
Kitchen

BEST OF  
MESA SINCE  
2004!

LUNCH  
MENU  
MON-SAT  
10:30 AM TO  
3:00 PM

HAPPY  
HOUR  
MON-FRI  
2:00 PM TO  
7:00 PM

WATCH ALL  
SPORTING  
EVENTS  
ON OUR BIG  
SCREEN TVS &  
PROJECTOR TVS!

## DINE IN WEEKLY SPECIALS

### MONDAYS **BOGO PASTA**

Buy Any Noodle Pasta Meal at Regular Price and Get the 2nd Pasta FREE (Spaghetti, Fettuccine, and Penne Noodles w/ Sauce). Add Salad & Bread for \$4.00!

### TUESDAYS & THURSDAYS **KIDS EAT FREE!**

One kid per adult purchasing a full price entrée.

### WEDNESDAYS **FREE APPETIZER**

Buy any bottle of wine and get up to a \$10 appetizer for FREE!

4545 E. McKellips, #103 Mesa, AZ 85215 • 480-325-1600 • [www.MilanosPizzaMesa.com](http://www.MilanosPizzaMesa.com)

## BAR SPECIALS

\$4.00 BOMBAY SAPPHIRE COCKTAILS  
\$5.00 HOUSE MARGARITAS  
\$3.50 ALL WELL COCKTAILS  
\$3.00 DOMESTIC PINTS OR BOTTLES  
\$4.00 IMPORT PINTS OR BOTTLES  
\$4.00 SELTZER CANS

### PICK-UP SPECIAL 14" Cheese Pizza

**\$9.99**

With coupon, expires 9/30/25.  
Not valid with any other offers or discounts.

### DINE IN SPECIAL

**\$3 OFF**  
Any Lavish  
Pizza

**\$4 OFF**  
Regular Size  
Pizza

With coupon, expires 9/30/25.  
Not valid with any other offers or discounts.

### DELIVERY OR PICK UP (Delivery fee will apply.)

**\$28.99**

16" Three Topping Pizza  
Greek Salad & 2-Liter Soda

With coupon, expires 9/30/25.  
Not valid with any other offers or discounts.

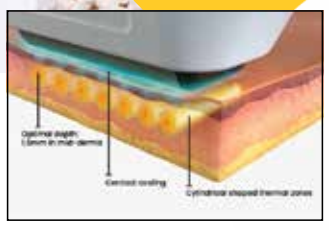
### CUSTOMER APPRECIATION

Buy \$100 Gift Card & Receive \$20 Card **FREE** (Cash Only)





**The Newest Technology in the East Valley for Anti-Wrinkle Treatment**



**sofwave™**

**SPECIALIZING IN TREATMENTS FOR THE FOLLOWING CONDITIONS:**

- Skin Cancer
- Mohs Skin Cancer Surgery
- Acne
- Warts
- Toe Nail Fungus
- Psoriasis
- Moles
- Sun Damage
- Wrinkles
- Chemical Peels
- Botox
- Juvederm
- Rosacea
- Laser
- Platelet Rich Plasma
- PRP Therapy in Hair Restoration & Collagen Rejuvenation

**HAVE TOENAIL FUNGUS?**  
*Treat it by laser!*



**BEFORE**

**AFTER**

Laser light heats evenly throughout the depth of effected nail and skin tissue, effectively weakening and killing parasitic fungi which have infected the patient's nail.

**NO SCARRING TREATMENT for SKIN CANCERS**  
Every patient deserves a choice!  
**SRT-Superficial Radiotherapy**

**There's a Non-Surgical Treatment for Skin Cancer!**

**NO CUTTING  
NO PAIN  
NO DOWNTIME  
NO SCARRING**  
[www.sensushealthcare.com](http://www.sensushealthcare.com)  
**Sensus** *Superficial Radiotherapy*

**LA PEAU DERMATOLOGY**  
6465 E. SOUTHERN AVE., SUITE 100, MESA, AZ 85206 | (480) 396-2300  
**OPEN:** Monday - Friday 8 - 5 p.m. | Saturday 9 - 1 (once a month) Insurance Accepted



Find out **what's inside**

**FIND THEIR POTENTIAL!**

- Championship-winning athletics and thriving student clubs
- World-class music programs – home to the nation's largest harp program
- Show-stopping performances in art, theater, and dance
- Endless opportunities to explore passions beyond the classroom

**Enroll now at  
InsideMPS.com**



[mpsaz.org](http://mpsaz.org) |   @mpsaz @mpsenespanol |  mpsaztv







# After Summer Hair Care

**FREE**  
**DEEP CONDITIONING TREATMENT**  
w/any color service!

New Customers Only. Expires 9/30/25.

STUDIO



480

THE SALON

Haircuts • Coloring/Highlights  
Straightening/Perms • Waxing

Monday 9-4  
Tuesday - Thursday 9-7  
Friday & Saturday 9-5

**CALL FOR AN APPOINTMENT!**  
6655 East McDowell Road, Suite 105,  
Mesa, Arizona 85215  
(SW corner of McDowell & Power Roads - behind Barro's Pizza)

**(480) 985-2369**

EST.  2018

# SAM & LUCA

ITALIAN BISTRO

1959 S. POWER ROAD, MESA AZ 85206 • [480] 659-6716

**SEASONAL HOURS**  
Mon-Thurs: 4pm-9pm  
Fri-Sat: 3pm-9:30pm

ACCEPTING RESERVATIONS  
ON OPEN TABLE

**SAMANDLUCAAZ.COM**





# Summer smiles!

## BRACES AND ALIGNERS

AS LOW AS **\$3680** WHEN PAID IN FULL

**WrightOrtho.com**  
Orthodontics for Children & Adults



Metal



Clear



Invisalign

Jack G. Wright DDS CAGS  
Specialist in Orthodontics

Most Insurance Accepted  
Financing Available

# WRIGHT

## Orthodontics

**SANTAN VALLEY**

36413 N. Gantzel Rd.  
SE of Banner Ironwood Hospital

**480-284-8824**

**EAST MESA**

1118 N. Val Vista Rd.  
SW Corner of Brown & Val Vista

**480-969-1514**

**MESA**

453 W. 5th St.  
Country Club & University

**480-835-0567**

**CHANDLER**

4055 W. Chandler Blvd.,  
Suite 1 Just west of  
Chandler Fashion Mall

**480-753-6300**

\* One coupon per person after usual and customary fees. Some restrictions apply, see office for complete details. New patients only. Must present coupon at initial consultation. Expires 9-30-25.



Over 50 Up Close

Bringing active adults closer to their community

September 2025

HEALTH

Over 50

# Medicare Open Enrollment is Just Around the Corner

By Lynne Jones, Licensed Sales Representative, Tapestry Insurance

It is hard to believe that another Medicare Annual Enrollment is just around the corner.

The official dates are from Oct. 15 to Dec. 7. This is the time that you are able to make changes to your Medicare Advantage plan or your Part D Drug plan.

Every year the insurance companies make changes to the benefits they offer on the Advantage plans. Also, there can be changes to their networks, and what doctors and hospitals accept their plans. Also, part D plans change every year. Sometimes the plans change what drugs are on their formulary, or what tier the drugs fall into. In addition, the price for their plans changes yearly. Please be aware of this.

Last year one plan went from \$5 per month to \$45 per month. By Oct. 1, new plans are available for review. If you have a Medicare Advantage plan or a Medicare



Drug plan it is always a good idea to review it and see if there are any changes that might affect you.

Often times new plans come out with benefits that are worth looking at and seeing if they might be of value to you. Of course, you will start seeing the endless stream of Medicare commercials on network TV. This is always a time to proceed with caution.

If you have a trusted Medicare agent, please turn to them for advice and help. I believe strongly that meeting or talking with someone locally is always better than a stranger on an 800 line. As a local agent, I am required to pass certification tests and attend new product rollouts that will help me help you.

If you don't have an agent but would like to confirm your plan, please reach out to me. As always, please call me to make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

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

LOCAL BUSINESS

Over 50

# Let a Financial Advisor Help Plan for Life's Curveballs

Submitted by Linda Drake, Edward Jones Financial Advisor

No matter your stage in life — caring for children, preparing for retirement, or planning your legacy — unexpected events could derail what you're working hard to achieve financially.

With so much at stake, you may want guidance from a financial professional.

One of your first steps together likely will be to create a customized long-term strategy. You probably have several long-term investing goals — retirement, your child's college education, and so on — that you'll want included in your overall strategy.



Next, you'll want to diversify your investments. That can help you weather different market conditions, though it can't guarantee profit or protect against losses. A financial advisor can help find the right mix.

One more: You need an emergency fund. For most people, three to six months of living expenses is about right. That may or may not be the amount that's right for you.

Unexpected events are part of life. Having a professional by your side can help. ■

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



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  
CELL:  
480-212-2246

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

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

Charis Christian Church

THE POWER OF GOD IS FOR EVERY BELIEVER

Sunday Service  
AT 10:00 AM

Holy Spirit Service  
on Wednesdays  
AT 7:00 PM

4811 E. Julep Street, Suite 101, Mesa  
(480) 981-1400  
[www.charischristianchurch.org](http://www.charischristianchurch.org)

Edward Jones > [edwardjones.com](http://edwardjones.com) | Member SIPC

Ready for life's milestones?

Let's prepare for your future together.

Linda Drake, CFP®, ChFC®, AAMS™  
Financial Advisor  
1955 N. Val Vista Dr., Suite 106  
Mesa, AZ 85213  
480-985-2651



LOCAL BUSINESS

# Redline Rentals and Sales Helps Restore the Salt River ONE PADDLE AT A TIME

By Redline Rentals  
and Sales

Tucked between the desert cliffs and cottonwood trees, the Lower Salt River is one of Arizona's most beautiful outdoor treasures. But for years, this peaceful waterway has also struggled with an ugly problem — trash. Aluminum cans, plastic bottles, and broken coolers have collected along the banks and beneath the surface, threatening wildlife and turning paradise into a dumping ground.

At Redline Rentals and Sales, we've seen it firsthand. That's why we've launched an ongoing initiative to support the Salt River's transformation — not just as a paddleboard and kayak rental shop, but as an active partner in environmental restoration.

Through this initiative, Redline donates free kayak and paddleboard rentals to anyone who attends a recognized Salt River cleanup. Whether you're diving with the Salty Scuba Squad, hauling bags with Natural Restorations, or lending a hand with the SWATT Team (Salt Water and Trash Team), we want to support your efforts. Volunteers can pick up gear at no charge — just bring your gloves, good vibes, and a heart for nature.



Redline also joins these cleanups in person. "We don't just talk about it — we're out there in the mud too," says the Redline team. "What used to be thousands of cans along the shoreline is slowly becoming the peaceful, pristine river it once was. We're seeing real change."

To keep the momentum going, Redline is encouraging the local Las Sendas and surrounding communities to get involved:

- Donate to non-profit groups like Salty Scuba Squad and Natural Restorations
- Join cleanup events hosted by the SWATT Team
- Get certified through the River Ranger program and learn how to be a year-round steward of the river

"This isn't just about picking up trash — it's about protecting something sacred," Redline adds. "We want every guest, paddler, and neighbor to feel like they're part of a movement." ■

To learn more about upcoming cleanups or to sign up for a free volunteer rental, visit us at [RedlineMesa.com](http://RedlineMesa.com) or stop by our shop at Mesa Drive and Southern Avenue. Let's protect the Salt River — for the next paddler, the next wildlife sighting, and the next peaceful sunrise.

LOCAL BUSINESS

# Something Strange Is Happening at Canyon Lake and You're Invited to PADDLE RIGHT INTO IT

By Yak N Sup at Canyon Lake

If you've ever felt a chill run down your spine while staring into the desert night — you're not alone. Canyon Lake has long been a place of beauty, mystery, and strange happenings. Now, you can explore it like never before with Yak N Sup's brand-new Paranormal Paddle Tour, launching directly from the Canyon Lake Marina.

This 2.5-hour guided evening adventure is more than just a paddle — it's a supernatural experience on the water. As the sun dips behind the canyon walls, you'll launch your kayak or paddleboard and follow one of Yak N Sup's famous FUN Guides into Boulder Canyon, where eerie silence meets haunted history.

Along the way, your guide will share bone-chilling stories of:

- Ghost sightings in the shadows of the cliffs
- Mysterious lights flickering across the lake
- Legends of the Lost Dutchman's gold and those who vanished trying to find it

"We wanted to create something completely unique," says the Yak N Sup team. "The stories we tell are based on real history, local legends, and unexplained encounters in the Superstition Mountains."

Whether you believe in ghosts or not, it's an unforgettable night."

TOUR INCLUDES:

- Premium kayak or paddleboard rental
- Life jacket, paddle, and glow lighting
- 2.5-hour guided paddle tour
- Live storytelling on the water with a Yak N Sup FUN Guide
- **Location:** Canyon Lake Marina, AZ
- **Time:** 7:00 p.m. – 9:30 p.m.
- **Price:** \$120 per person
- **Reserve your spot:** [www.yaknsup.com](http://www.yaknsup.com)

Whether you're an adventurer, a local history buff, or someone curious about what might be lurking beyond the shoreline, this tour offers a thrilling new way to experience the lake after dark. ■



Come for the paddle... stay for the ghosts.



## CLASSIFIEDS

HOME SERVICES

**APT LANDSCAPE MAINTENANCE** Monthly or Biweekly Landscape Maintenance, Lawn, Irrigation and Sprinkler Repair, Full Yard Clean Ups, Fertilization, Trees, Removals etc. *Fully Insured, Bonded Workers Comp* **FREE ESTIMATES** Mention this Ad and Receive 15% OFF! Commercial and Residential. We Accept Credit Cards. Please Call **(480) 354-5802**

**MARK'S HOME IMPROVEMENTS AND REPAIRS**

Specializing in Cabinetry, touch up, repair, rollout drawers, soft close hinges and glides. Plumbing, electrical, paint, drywall, lights, fans, smoke detectors, etc... 30+ years experience. Call/Text Mark Griffin **480-980-1445**

**DALE'S HAULING AND JUNK REMOVAL.** Serving Mesa and the East Valley. Ready to clean out your garage, attic, rental property, etc? Retired veteran with truck and trailer. Free estimates. Call/Text Dale **602-329-6887**

**MESA HOME MAINTENANCE AND REPAIR** Plumbing, electric, irrigation, garage doors, water heaters, tile and drywall repairs, carpentry, handyman lists, and other services. All work guaranteed. Sean Sornberger **(480) 699-7990**

**LADY BLUES HOME CLEANING** One person service. Estimates by phone. 18 years experience. Very well trusted with lots of references. Denise Ross **480-296-6752**

**ALL PRO TREE SERVICE and LANDSCAPE SERVICE.** Tree Trimming, Removals, Stump Grinding, Bushes, Shrubs, Yard Clean Ups, Landscaping, and Deep Root Fertilization, Etc. **Don't forget to deep root fertilize your trees for the season. FREE ESTIMATES.** Very Professional, INSURED & BONDED. Mention this ad and receive 15% OFF! We accept credit cards. Please call **(480) 354-5802**



HOME SERVICES

**LANDSCAPE DESIGNING.** Save on your water bills. I'm a retired landscape designer with many years of experience. Let me design your outdoors so that you can do the work or bid out. Very Reasonable and Professional Service. Frank **480-236-0383**

**DUMPING DAVE** - We haul it All. Yard debris, junk, appliances, furniture, cleanouts. Whatever you need cleaned up and hauled away. I am a 6th grade Mesa teacher working my 2nd job. Dave **480-360-JUNK (5865)**

**JUNKTIFY** - Junk Removal & Recycling. Each load will be separated and disposed of or recycled. House and Yard Clean Outs. Locally owned and operated with 17 years of yard clean up and junk removal. **(480) 357-8944** Residential/Commercial/Storage Units

FOR SALE

**Trek Allant+ 7S Electric Pedal Assist e-Bike** with 4 levels of assistance (ECO, TOUR, SPORT AND TURBO). Bike lights automatic front and back powered by the eBike system. Long lasting rechargeable battery. Purchased new 2/2023 at Global Bike, Chandler, AZ. Safety helmet included. New: \$4,450 Sales Price: \$2,200. Email [timothycorn12@gmail.com](mailto:timothycorn12@gmail.com) or call **(480) 622-1610**.



**KUAT NV Base 2.0 Bike Rack.** Infrequent use, perfect condition. Very sturdy and safe. New: \$900 Sales Price: \$500. Email [timothycorn12@gmail.com](mailto:timothycorn12@gmail.com) or call **(480) 622-1610**.

SPECIALTY SERVICES

**"KNOW BEFORE YOU THROW"** the potential value of your stuff. I have 32+ years of experience in appraising and liquidating estates and fine jewelry. Consult with me, Jon England, **(480) 650-1422**, or email to [Jon@KnowBeforeYouThrow.INFO](mailto:Jon@KnowBeforeYouThrow.INFO)



||| SPIRITUALITY



# The Best-Laid Plans

By Judy A. Knox,  
Charis Christian Church

**D**o you make plans? Of course you do! Proverbs 16:9 tells us, “It is in the heart of man to make plans, but God directs his steps.” Poet Robert Burns said, “The best-laid plans of mice and men often go awry.” Why is this? If God designed us to make plans, then why don’t our plans always work out? Part of the reason is that we make our plans based on what we know, but God knows the big picture.

I remember one Christmas when we lived on the western edge of Illinois. We planned a great gift and holiday celebration for our son and daughter and their families, who lived near Chicago. We reserved accommodations for them, and ourselves, and my 90-year-old stepmother who lived with us, at a water park resort in Wisconsin. The night before we were to drive up there, we all loaded gifts and food into our cars so we could get an early start the next morning.

We knew snow was expected, but in western Illinois it turned out to be a huge blizzard. We got out on the road, despite freezing temperatures, horizontally blowing snow, and poor visibility, and headed north. The snow was blowing from west to east. Many overturned

vehicles decorated the ditches along the icy roadside, but we kept going, expecting travel to be easier once we turned east in 25 miles or so. However, after 10 miles the Highway Patrol stopped us. They had closed the road, and we had to turn back. God did not direct our steps to an alternative route, so we went back home.

Needless to say, we were greatly disappointed. Where our kids lived, the weather wasn’t so bad. They had no problems getting to the resort and had a great time. However, during their first night there, a water pipe broke in the room where my stepmother would have been staying, and the room was flooded. This was the only ground-floor bedroom, and she was unable to “do” stairs. I don’t know what we would have done. There was also a problem with an electrical outage.

If we’d known ahead of time what was going to happen, we would never have made those reservations, but then our kids would have missed out on a fun time together. So, although our plans “went awry,” God knew what He was doing when He put it on our hearts to make them. ■

*If you would like to hear Bible-based teaching about the God who directs your steps, come and visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa*

||| DISCOVER ARIZONA

# Step into September with LOCAL ADVENTURES

By Kimberly Alvarado

**L**ooking for ways to soak up the last golden days of summer? September is bursting with local charm, creativity, and excitement. Whether you’re into vintage finds, fashion flair, or family fun, there’s something for everyone. With the kids back in school and the temperatures slowly cooling, you might be looking for entertainment that doesn’t include a swimming pool. Here’s your guide to can’t miss events taking place near home this month.

**MARICOPA COUNTY HOME & LANDSCAPE SHOW**  
September 26-28. WestWorld, Scottsdale.  
The upcoming change of season is the perfect time to refresh your home and garden. Explore the latest trends, attend DIY workshops, and meet local artisans ready to help you transform your space.  
Tickets: \$10 adults, \$3 kids (ages 4-12). Open: 10 a.m.-5 p.m. daily.  
Learn more about this event by visiting [maricopacountyhomeshows.com](http://maricopacountyhomeshows.com).

**HALE CENTRE THEATRE PRESENTS: ANASTASIA**  
August 22 – October 4  
Step into a sweeping tale of mystery and romance. Follow Anya’s journey from imperial Russia to 1920s Paris in this Broadway-style musical filled with adventure, heart, and unforgettable music.  
Run time: 2.5 hours. Tickets: \$62 adults, \$39 youth (ages 5-17) *Note: No children under 5 permitted.* To purchase tickets and to learn more about Hale Theatre and upcoming performances, visit [haletheatrearizona.com](http://haletheatrearizona.com).

**ARIZONA STATE FAIR**  
September 19 – October 26  
Celebrate the season with classic fair fun! From thrilling rides and tasty treats to farm tours, ag exhibits, and the Great American Petting Zoo, it’s a family-friendly extravaganza that runs through October. Fair details, including this year’s event line-up, concerts, tickets and special engagements, like September Nights at the fair, can be found at [azstatefair.com](http://azstatefair.com). ■

*Get your tickets in advance, pack up the car, and begin your September adventures locally.*

**DOWNTOWN MESA SUNSET MARKET**  
September 18, 5 to 8 p.m.  
Wrap up your day with a stroll through Downtown Mesa’s lively streets. Main Street and Macdonald come alive, at sunset, with local vendors offering handmade goods, delicious eats, and refreshing drinks. It’s the perfect way to unwind — shop, dine, and vibe with friends under the desert sunset.

**JUNK IN THE TRUNK VINTAGE MARKET**  
September 12-14. WestWorld, Scottsdale.  
Discover funky, fabulous finds at this beloved vintage market featuring over 130 small businesses and artists from across the country. From retro fashion to unique home décor, you’re bound to uncover treasures that uplift your end of summer spirit.  
Hours: Friday: VIP night, 4-9 p.m. Saturday: 11 a.m.-4 p.m. Sunday: 10 a.m.-3 p.m. More information about pricing and discounts can be found at [junkinthetrunkvintagemarket.com](http://junkinthetrunkvintagemarket.com).

**SCOTTSDALE FASHION WEEK**  
September 25-28  
Gather some girlfriends, get glam, and go behind the scenes of Arizona’s fashion scene. Enjoy runway shows, trunk displays, workshops, and celebrity appearances. Whether you’re a style enthusiast or just

## SERVICE DIRECTORY



It's all Black & White with

# ZIPPY ZEBRA

## PLUMBING

We Specialize in Water Treatment and Water Heaters

Let us give you GREEN IDEAS to save the planet and (of course) money! We do it all!

# 480-820-6595

LICENSE \* BONDED \* INSURED

# MARTINEZ

## Landscape Maintenance



Keep your yard beautiful

Tree Removal  
Gravel Installation  
Tree Trimming  
Clean Up  
Irrigation

Quality Work • Good Site Management  
**(480) 627-9479**

# MY CHAUFFEUR

Dirk is Still Driving!  
A.O.T.



TO EITHER AIRPORT -  
**\$44!**

CALL OR TEXT  
**480-512-9757**

My1Chauffeur@Gmail.Com



Check out our publication online at

# UpCloseAZ.com



# HOLE IN THE WALL? GIVE US A CALL!



# PATCHMASTER™

THE DRYWALL REPAIR SPECIALISTS

# 480-770-4552

PATCHMASTER.COM

Lic # 321495 Bonded & Insured

- ✓ MOVING ACCIDENT?
- ✓ PLUMBER/ELECTRICIAN LEFT HOLES?
- ✓ BUYING/SELLING A HOME?
- ✓ CEILING DAMAGE?

- ✓ DAMAGE FROM RENTERS?
- ✓ DENTS AND SCRATCHES?

# NO PROBLEM!



SERVICE DIRECTORY



**Elysian Fields**  
**Artisan Bakery & Dainties**

Enjoy a High Tea

Tues-Thurs & Sat: 8 am - 6 pm  
Fri: 8 am - 8 pm  
Sun: 8 am - 2 pm

Now serving specialty teas,  
hand-roasted coffee, & sparkling beverages

6727 E McDowell Rd. #104 Mesa 85215  
480-906-5417  
www.ElysianFieldsMagic.com

**SCORPIONS - BLACK WIDOWS**  
**TICKS - TERMITES - ANTS**  
Licensed - Bonded - Insured



**A-1 PEST CONTROL, LLC**  
Valley Wide Service  
Family owned & operated

Family Owned for **40 Years!**  
**Leo Renello**  
**480-981-0666**  
Mesa, AZ 85207  
Board Certified Entomologist

Have you been putting home repairs off for a while?

**480 Handyman**  
Services can tackle those for you!

Call Mike Leonard today!

Leaks • Painting/Trim Work • Replacing Toilets/Sinks  
Doors/Cupboard Repair • Windows & Screen Repairs  
Lighting • Most Home Repairs



I even wash windows!

**480-226-3986**  
**480handyman@gmail.com**



See our 100+ 5 Star Google reviews:



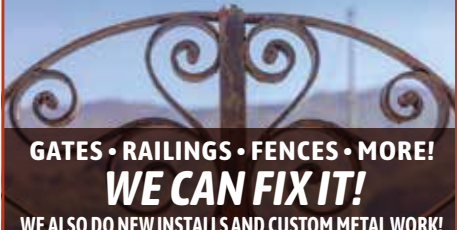
- Fully licensed & insured
- 20+ years experience
- Seasonal trimming
- Tree removal

CALL 480-414-5903 FOR FREE ESTIMATE



**www.newheights-tree.com**

Need Rust Repair? **CALL WELDWORX!**



GATES • RAILINGS • FENCES • MORE!  
**WE CAN FIX IT!**  
WE ALSO DO NEW INSTALLS AND CUSTOM METAL WORK!

CALL TODAY FOR A **FREE ESTIMATE!** **480-612-5108**  
**SSWELDWORX@GMAIL.COM**



**RENTALS ON THE WATER!**



Conveniently located on the water at the Canyon Lake Marina!

16802 AZ 88 Apache Junction, AZ 85119 yaknsup.com 480-420-8144



**KAYAK & PADDLE BOARD RENTALS & SALES**



Only 8 minutes away from the Lower Salt River

6343 E Main St. A17 Mesa, AZ 85205 Redlinemesa.com 480-548-8921

PROFESSIONAL, AFFORDABLE TREE AND LANDSCAPE SERVICE



www.allprotrees.com • dennis@allprotrees.com  
**480-354-5802**

**TREE SERVICES**

- Tree Trimming
- Tree Removal
- Stump Grinding
- 24 Hour Storm Damage
- Deep Root Fertilization

Call for Deep Root Fertilizing Prices

**LANDSCAPE SERVICES**

- Monthly Landscape Maintenance
- Frost Damage
- Yard Clean Ups
- Irrigation Install/Repair
- All Landscape Needs

Fully Insured/ Bonded

With Every Tree Trimming, We Granual Fertilize for **FREE**

**15% OFF**

Call today for a **FREE ESTIMATE** and get 15% OFF with this ad!  
Offer has no cash value and may not be combined with any other offer, discount, coupon or promotion.



**HELP WANTED**

Please call or email for information  
**(480) 748-1127**  
**Publisher@PhillipsWest.com**

**PROBLEMS WITH YOUR WINDOWS?**



**DEALING WITH WINDOW SPACER INTRUSION?**  
**We can fix that too!**

**DUAL PANE GLASS REPLACEMENT**  
**RESIDENTIAL TINTING**  
**SUNSCREENS**

Call for a **FREE Estimate!**



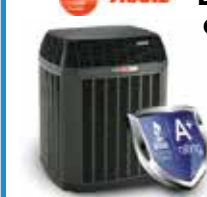
**MESA WINDOW**  
Tinting and Glass Inc.

**480-984-5739**  
ROC #088568/ROC #257622

**AFFORDABLE HEATING AND A/C SERVICE**

- New AC Systems as low as \$99/mo
- 0% Financing / 60 Months Available
- Up to \$3,500 Rebates & Incentives

**TRANE** Lifetime Warranty on Workmanship



Over 2,500 ★★★★★ Reviews

**PlumbSmart**  
Bonded/Insured • ROC #289252  
**(480) 470-7771**



**The Dolly Steamboat**  
THE REAL ARIZONA - CANYON LAKE

This "Junior Grand Canyon" tour is consistently rated one of the "Best Things to Do in Arizona" and is a premier Arizona attraction for locals and tourists alike. Just minutes away from Mesa, Scottsdale, and Phoenix Arizona - Daily Nature Cruises and Twilight Dinner Cruises.

Apache Junction, AZ (480) 827-9144 www.dollysteamboat.com

JOIN US!

Astronomy Cruises with Dr. Sky

Last Saturday of Each Month!



# High Tea

at The Vistas Pavilion at Las Sendas

7555 E. Eagle Crest Drive,  
Mesa, AZ 85207

**Sunday,  
September 28, 2025  
at 1PM**

**\$50 PER PERSON**  
*plus tax and service charge*

**RESERVATIONS  
REQUIRED**

480-396-4000 Ext. 222  
CSHAW@LASSENDAS.COM



## WEEKLY SPECIALS

AT THE PATIO & GRILLE AT LAS SENDAS

STARTING AT 5 PM DAILY

|                                      |                                              |                              |
|--------------------------------------|----------------------------------------------|------------------------------|
| <b>MONDAY</b><br>LAS SENDAS<br>BOWLS | <b>WEDNESDAY</b><br>BUILD YOUR<br>OWN BURGER | <b>FRIDAY</b><br>FISH FRY    |
| <b>TUESDAY</b><br>TACO<br>TUESDAY    | <b>THURSDAY</b><br>BUILD YOUR<br>OWN PIZZA   | <b>SATURDAY</b><br>BBQ NIGHT |
|                                      |                                              | <b>SUNDAY</b><br>PASTA NIGHT |

CALL FOR  
RESERVATIONS!  
602-734-5524

WWW.LASSENDAS.COM  
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207



## SUMMER Happy Hour

**\$2 OFF**  
14 oz.  
Draft Beer

**SPECIALS**  
The Patio & Grille  
at Las Sendas

**\$10**  
Three Prime Dip  
or Smoked Turkey  
Sliders with  
Au Jus Sauce

**2pm - 6pm  
Every Day!**

**Plus MANY MORE HAPPY HOUR  
SPECIALS TO CHOOSE FROM!**

*Come Try Perfection!*

**CALL FOR RESERVATIONS 602-734-5524**  
**7555 E. EAGLE CREST DRIVE, MESA, AZ 85207**



## YOUR EVENT DESERVES MORE THAN JUST A ROOM

At The Vistas Pavilion at Las Sendas whether it's a  
stylish party, an inspiring seminar, or a dream  
wedding, our venue adapts to your vision.

- ✓ Sleek, versatile spaces for 25 to 250 guests
- ✓ Built-in sound & lighting system
- ✓ Friendly, pro-level event support
- ✓ Affordable packages without hidden fees

Located in North East Mesa  
7555 E. Eagle Crest  
Drive, Mesa, AZ

**Let's make your next  
event unforgettable**

Check availability now at cshaw@lassendas.com - 480.396.4000 ext 222

[www.lassendas.com](http://www.lassendas.com)

