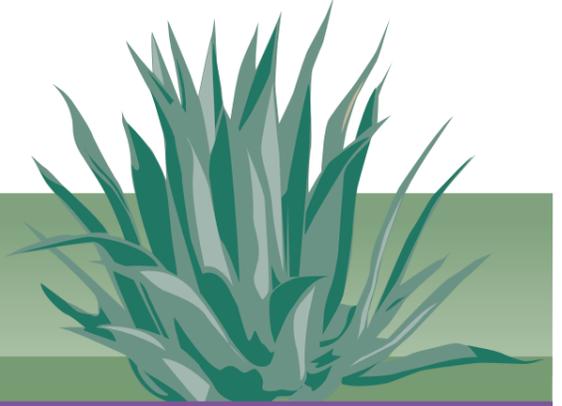


Northeast Mesa Up Close



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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."



Alena



Hailey



Jessica

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.



"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. Studio 480 the Salon is located at 6655 E. McDowell Road, Suite 105, at the southwest corner of Power and McDowell roads.

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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.

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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. After all 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. ■

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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
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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 primeivestmesa.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 – primeivestmesa.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.

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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. ■

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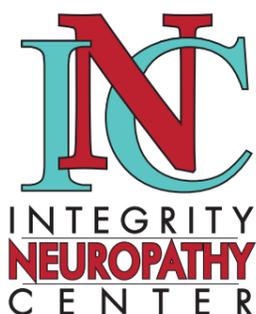
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LOCAL BUSINESS

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. ■

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- Randal Kahan, M.D.

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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."

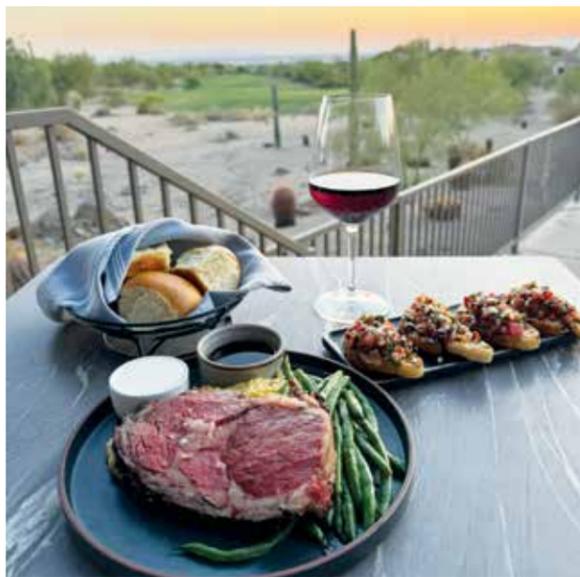
The venue is perfect for a group as small as 25, or as large as 250. The culinary team, led by Chef Kelsey, is incredibly talented and produces amazing meals perfect for your event. What is a party without great music? The built-in sound and AV system is in place to elevate the experience of your event.

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.

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 overseeding 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. ■

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Share your love for the game with the people you love most with **The Yearly Family Pass!**

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Includes Cart & Range.

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



2025 Golf Membership Options

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November thru April after 3:00pm, May thru October after 12:00pm
Includes Spouse, 2 kids under 18, carts, range and golf

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(Fully transferable towards non-refundable)

Junior Membership
Under age 45

\$10,000 Initiation Fee + Yearly Dues

(2k yearly towards non-refundable until 30k is paid or Age 50)

Proxy Membership

\$220/Month + Yearly Dues
(2 Year Commitment)
Deposit Required
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Social Membership

\$2,000 Initiation Fee + Yearly Fee of \$1,200

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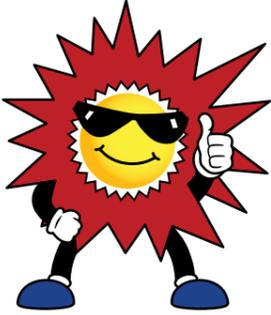
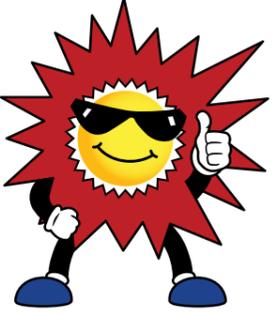
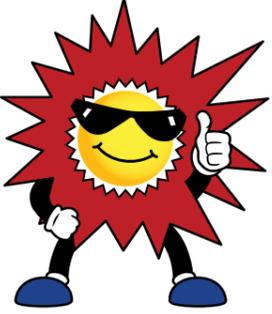
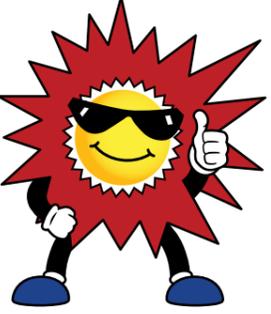
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REAL ESTATE

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.

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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

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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

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.



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Northeast Mesa Area Market Report

Sales for the Month of July 2025



Address	Square Feet	Community	Sold Price
2125 E Elmwood St	2,145	Tierra Este	\$559,900
5733 E Jaeger St	1,982	Alta Mesa	\$577,500
6118 E Star Valley St	2,328	Red Mountain Ranch	\$585,000
2903 E Quenton St	2,341	Lehi Crossing	\$599,000
804 N 46th St	2,689	Groves East	\$600,000
2726 E Hale St	2,750	Chateau D Arnett	\$632,500
9354 E Hillview Cir	2,448	Sierra Estates	\$635,000
1755 N 74th Pl	2,801	Falcon Hill	\$640,000
8340 E Inca St	2,383	Montebella	\$665,000
1752 N Harper	2,206	Mountain Bridge	\$670,000
8234 E Inca St	1,987	Mountain Bridge	\$680,000
9348 E Grandview St	3,364	Sierra Estates	\$693,000
9443 E Mallory St	3,026	Boulder Mountain	\$703,000
7545 E Mallory St	2,079	County Island	\$710,000
9545 E Gary St	2,335	Saguaro Shadows	\$710,000
3925 E Elmwood St	2,690	Trovita Estates	\$739,000
6514 E Oasis St	2,691	Regency at Ridgeview Estates	\$750,000
6162 E Redmont Dr	2,691	Mountain View Greens	\$785,000
3160 E Fox St	3,011	Groves Unit	\$790,000
8340 E Jensen Cir	1,994	Mountain Bridge	\$795,000
1561 N 26th St	2,360	Chateau D Arnett	\$825,000
1736 N Ashbrook Cir	3,251	Hy-Den Place	\$830,000

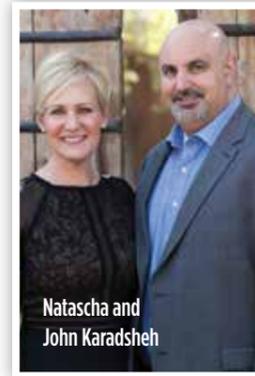
Address	Square Feet	Community	Sold Price
8633 E Kael Cir	2,108	Mountain Bridge	\$840,000
5814 E Scaffell Cir	2,280	Reserve at Red Rock	\$840,000
9825 E Gary St	3,718	Saguaro Mountain	\$845,470
3753 E Ellis St	3,589	Trovita Estates	\$850,000
7524 E Leland Cir	4,604	Saguaro Vista Estates	\$860,000
5345 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	Suvaro 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

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 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.

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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. 87th 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!



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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.

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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 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/ 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 to learn more about membership, upcoming events, and volunteer opportunities.



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Sept. 7th @ 10AM Music and Mimosas - Pete Pancrazi	Sept. 24th @ 2PM Wine on Wednesday - Johnny Splash
Sept. 13th @ 10AM Music and Mimosas - Kristy Dee Swan	Sept. 26th @ 2PM Craft Beer Cruise - Eric Miller
Sept. 14th @ 10AM Music and Mimosas - Pete Pancrazi	Sept. 27th @ 10AM Music and Mimosas - Dave Clark
Sept. 19th @ 2PM Craft Beer Cruise - Dave Clark	Sept. 27th @ 2PM Live Music Cruise - Dave Clark
Sept. 20th @ 10AM Music and Mimosas - Scott Hallock	Sept. 28th @ 10AM Music and Mimosas - Eric Miller
Sept. 20th @ 2PM Live Music Cruise - Scott Hallock	Sept. 28th @ 2PM Live Music Cruise - Eric Miller

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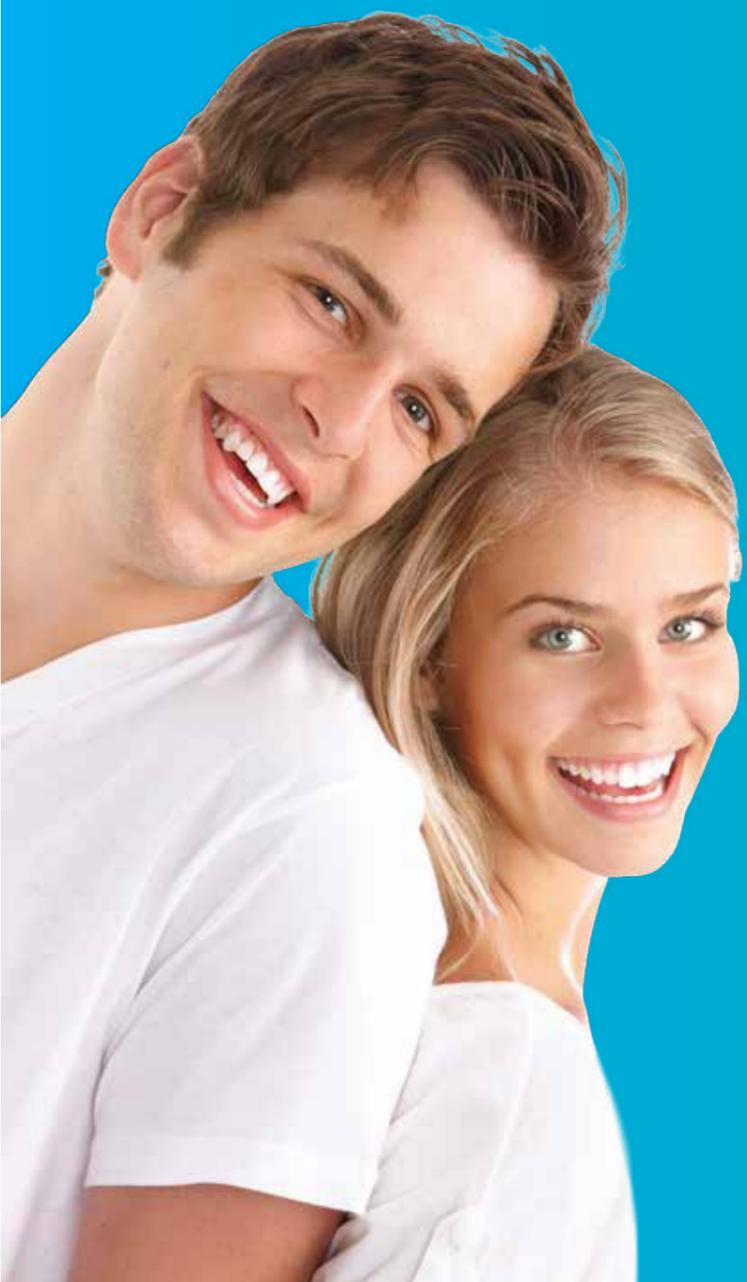
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Over 50 Up Close

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.

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

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

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LOCAL BUSINESS

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 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

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.



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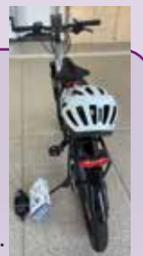
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|| SPIRITUALITY



The Best-Laid Plans

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

Do 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**

Looking 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.

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.

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

love a good party, this event delivers high fashion and high energy. Event details can be found at scottsdalefashionweek.com.

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 maricopacountyhomeshow.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.

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. ■

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

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