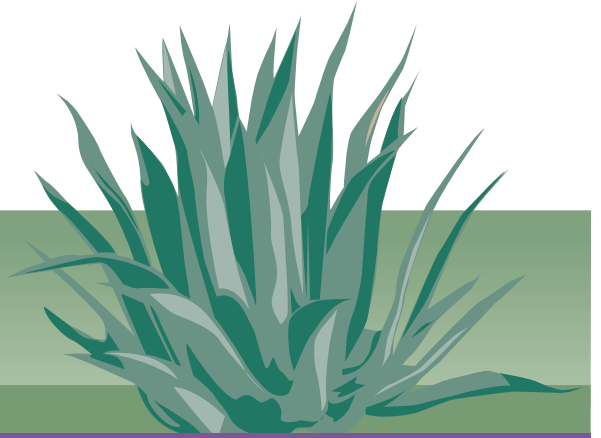


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May 2026

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Celebrate Mom with Experiences as Special as She Is

By Kimberly Alvarado

Mother's Day is the perfect moment to slow down and honor the woman who has spent a lifetime cheering you on. Moms give endlessly — time, energy, love, and wisdom — so when their special day arrives, they deserve to be celebrated with intention. If you're looking for something memorable to do with Mom this Mother's Day, here are some standout local experiences that blend great food, unique outings, and meaningful time together.

WHERE TO DINE TREAT MOM TO A DELICIOUS MEAL

THE PATIO & GRILLE AT LAS SENDAS

A local favorite, with beautiful views of the desert and city lights, The Patio & Grille offers a setting that feels like a getaway.

THE VISTAS PAVILION AT LAS SENDAS

Reservations to this popular culinary feast is always a tasteful way to celebrate the occasion. She'll love the pampering and views, and you'll love the elegance of attention given to her.



BOARD & BATTEN

If Mom prefers something quieter and more refined, Board & Batten is a local gem. Nestled in an attractive historic home, it offers an upscale yet cozy atmosphere. The menu leans into modern American cuisine with beautifully plated dishes, making it ideal for a leisurely brunch or elegant dinner.

THE HIDDEN HOUSE (CHANDLER)

This restored 1939 cottage is as charming as it sounds. With intimate garden seating surrounded by greenery and twinkling lights, The Hidden House creates a warm, inviting space perfect for conversation. Their menu blends classic favorites with creative twists, giving you plenty of options for a memorable meal.

SAM & LUCA ITALIAN BISTRO

Mom will enjoy a special treat at Sam & Luca, an exquisite Italian bistro in Mesa. She has her choice of entrées including Short Rib Hash and Eggs Benedict Florentine for brunch, or for dinner, a celebration of favorite Italian entrées. The atmosphere is very welcoming and relaxed, a delightful way to slow down and savor the moment.



WHERE TO SHOP FIND SOMETHING THOUGHTFUL AND LOCAL

MOMS & MIMOSAS MARKET

Held at the Arizona Athletic Grounds Field House from 10 a.m. to 4 p.m., this lively market features local vendors, handmade goods, boutique finds, and — of course — mimosa stations throughout. It's a fun, festive way to shop together and discover unique gifts.

MESA MARKETPLACE

If Mom loves browsing for one-of-a-kind items, Mesa Marketplace offers rows of vendors selling everything from artisan crafts to specialty boutiques. It's easy to spend a morning wandering, chatting, and finding treasures.



WHAT TO DO

OUTDOOR, NATURE & UNIQUE EXPERIENCES

THE ROSE GARDEN AT MCC

A free and peaceful stroll through the largest rose garden in the Desert Southwest is a beautiful way to start the day. With thousands of blooms, it's a photographer's dream and a serene spot for meaningful conversation.

BUTTERFLY WONDERLAND (SCOTTSDALE)

Walk through a lush rainforest habitat filled with thousands of butterflies. It's engaging, calming, and surprisingly magical.

VETERANS OASIS PARK

For the active mom, a morning walk around the lake or along the trails offers fresh air and scenic views.

MUSEUM OF ILLUSIONS (SCOTTSDALE)

If Mom enjoys something playful and unexpected, this interactive museum is full of mindbending exhibits and fun photo ops.

DESERT BOTANICAL GARDEN

Their *Mother's Day at the Garden* event runs from 10 a.m. to 2 p.m., offering moms complimentary admission with a paid ticket (use code MOM26). Enjoy a flower bar, live entertainment, a photo booth, and the garden's signature trails.

L'ACADEMIE BAKING & COOKING SCHOOL

For a hands-on experience, join their Mother's Day dinner class featuring Chicken Wellington and Pizzella Cannoli. Cooking together creates memories that last far beyond the meal. ■

No matter how you choose to celebrate Mom on May 10, remember this: every mom is unique, and her day should be too. Whether you plan a quiet brunch, an outdoor adventure, or a creative experience, the best gift is the time you spend together — thoughtfully chosen and made just for her.

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EDUCATION

All You Have to Do Is Read

By Dr. Anjum Majeed, Founder, Self Development Academy

In the final days of my mother's life, as she lay in hospice care, I found myself searching for words I could not bring myself to say. It felt neither culturally nor emotionally appropriate to acknowledge that she was leaving us. Instead, I spoke from a place of longing, for her and for all that she carried within her.

My mother was a scholar in the truest sense. She earned a PhD from a prestigious university and authored books, wrote articles, and delivered "lectures" on child psychology and family relations. Her life was devoted to understanding children, nurturing families, and advancing knowledge.

I remember sitting beside her, during those final days, and saying, almost instinctively, "I wish I could absorb all your knowledge through osmosis."

She turned to me and said, with such simplicity and clarity: "Anjum, all you have to do is read."

Reading is not just a skill. It is a way to learn, to understand, to grow. The idea "All you have to do is read" is so simple yet so profound, and it has shaped my work in education.



At Self Development Preschool and Self Development Academy, we have created an environment where reading is not just taught, but truly experienced. Each year, we host a ceremony called "Keys to the Enchanting World of Reading." Our youngest learners, beginning at age four, stand before a room filled with parents, grandparents, and friends, and they read. They read with pride, with excitement, and sometimes with a little nervousness, but they read.

Students in kindergarten through second grade do the same, each reading a book appropriate to their level. At the end of the ceremony, every child receives the book they have read. Something they can take home and keep as part of their own collection.

We try to do two things. First, we want children to love reading. They learn sight words, letter sounds, and the beginnings of phonics. They read together in their classrooms, with their friends, guided by caring teachers.

The stories stay with them because they do more than just read; they create, they build, and they make connections through hands-on projects. These experiences become memories.

Second, we want them to feel confident. When children stand in front of a supportive audience and read, something changes. They begin to see themselves as capable. They begin to find their voice.

Sometimes, we see the impact in the most unexpected ways. One of our four-year-old students, Mateo, was on a family trip to Alaska at an animal refuge when he spotted a black bear cub. Instead of reacting with hesitation, he began to recite a rhythmic phrase inspired by *Brown Bear, Brown Bear*. In that moment, the story had become part of him.

And that is what we hope to see.

Books open doors for children. They spark imagination, curiosity, and understanding. But a love of reading does not happen on its own. It grows in an environment where reading is shared, where it is joyful, and where children feel connected to what they are learning.

At Self Development Academy, we create an environment where children come to enjoy reading. They begin to see books not just as something to learn from, but something to look forward to, something that sparks their curiosity and imagination. We see every day that when children experience reading this way early on, it shapes how they think, how they learn, and how they begin to understand the world around them.

We see it in how they hold a book, in their excitement to read, and in the joy that comes with it.

And in those quiet, fulfilling moments, I return to a simple truth: **All you have to do is read.** ■



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

FACE YOUR FEARS

By **Tim Beaubien, Hava Java Mesa**

I have been thinking about this one for a few days now. As I have mentioned in the past, once a month Hava Java, along with Brenda Martin and Jack Wolf from Milanos Music in Downtown Mesa, hosts an open-mic night on the fourth Thursday of the month.

We get all age groups, from young kids 8 or 9 to older adults in their sixties and seventies. At every talent level. One thing they all have in common is that you see how nervous they all are. Some more than others, but it takes a lot of guts to step up to the mic at any stage of your musical journey. With that said, if someone shows up and puts their name on the list, they will get a chance to play. We don't close until everyone has performed. There would be nothing worse than finally getting the courage to play in front of people and being told that we ran out of time, you can't play.

As I have said in an earlier article, this is a safe space to refine your musical craft. Everyone in the audience gives positive support to all. No matter what their talent level. This is a good thing, partially for me.

My biggest fear as a young student and as an adult was speaking in public. As a child I had a bad stammer. It took many years to get that under control. But even once under general control, when I got in front of any group of people, it would come back. So, the easy thing to do was to avoid this type of activity.

That is until recently. I made the mistake of telling Jack Wolf that when I was a teenager, I played a little guitar. An even bigger mistake when I told him my music of choice was blue grass. He smiled and said, "I also play the banjo, but have no one to play blue grass with.



Barb and Tim Beaubien

Let me know when you're ready for open mic." I never thought those words would be used against me like that. But, OK, the challenge was accepted.

To add to that, I have made two other musical friends since moving here. Frank and Dave. They also had the great idea of us doing open mic as a trio band. The "G" Strings is our band name (there is a G string on the guitar).

Just to add insult to injury, they volunteered me to be the singer. Lord have mercy, we are in trouble now! At least when playing blue grass, I could just hide behind Jack. But no hiding as a singer. Well, the only thing that came to mind was, I'm sure I have made a bigger fool of myself in the past 69 years.

And that, I have proven several times now. The point is, you're never too old to face your fears. You might actually like it. Step out of your comfort zones whenever possible. You'll be amazed at how good that begins to feel. Face your fears! They are never as big as you have made them to be in your mind. My fear was that people would see how bad I really was. Well, that part is still true, but I'm still doing it. ■

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



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(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

DESIGN

LuckyYou! Creative

Erin Suwwan

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CONTRIBUTORS

John and Natascha Karadsheh,

Lorraine Ryall

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Hava Java Open Mic

FRIDAY, MAY 22ND 6 to 9pm
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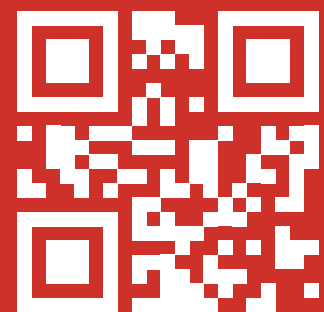
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EDUCATION

Mesa Community College dental hygiene students **WORK WITH UNDERSERVED COMMUNITIES**

Submitted by Mesa Community College

The fully accredited Dental Hygienist Program at Mesa Community College (MCC) offers intensive academic training and hands-on experience to prepare students for successful careers in this highly desired profession.

Earning an Associate in Applied Science in Dental Hygiene at MCC prepares students for the necessary licensure requirements to begin a successful career in the field. As well as offering cutting-edge academics, scientific procedures and methods, an integral element of the program's Community Oral Health course focuses on developing and sustaining a commitment to underserved populations in the communities where students will live and work.

Called the Senior Capstone Community Service Project, "This endeavor has been a significant component of MCC's dental hygiene program for many years," said Dawn Brause, RDH, MEd, MCC second year dental hygiene clinical coordinator. "The project requires groupings of 3 to 4 students each to select an underserved population of their choice with the goal of advising participants how to assess, prioritize, and address oral health deficits specific to that population."

In Spring 2026, 13 MCC dental hygiene students selected three capstone projects involving three local organizations comprising 36 participants:

- 12 Title I child participants at Don Mesendick School in Glendale
- 9 Down Syndrome participants at

- Impact Dance Studio in Mesa
- 15 special needs participants at Guthrie Mainstream Services in Mesa

"Students visited their selected community organizations multiple times to collect data to help them develop and implement an educational and service-based plan tailored to the organizations' needs," said Dawn. She pointed out that after finding potential deficits in several oral health areas, students offer non-invasive oral health and education-based recommendations to improve participants' dental health knowledge and skills. Oral health areas include brushing techniques, cavity prevention, plaque control, tongue cleansing and scraping, nutrition education, attrition education such as tooth grinding, missing teeth education, and flossing.

Through outcome rubrics and post-surveys, the students measure participants' improvements in knowledge and skills resulting in improved dental health.

"Dental hygienists are absolutely essential in assisting underserved communities and populations with limited or no access to traditional dentistry. By providing preventive education and care, they can help improve not only oral but general health as well," Dawn added.

With a critical shortage of dental hygienists in Arizona and across the country, there's never been a better time to explore the opportunities available at MCC in this field. Visit the program website for additional information. ■

For more information, visit mesacc.edu/programs.map/dental-hygiene.



LOCAL BUSINESS

Elysian Fields has magical surprises for Mother's Day

By Sally Nania

Elysian Fields Artesian Bakery & Dainties is as magical as the name implies. Step inside to view the varied and colorful pastries, cookies, and sweets, each one as appealing and inviting as the next. Each item is artistically attractive, truly a feast for the eyes.

This bakery is a family business, with a tradition going back several generations of French and Danish bakers. It is fully run by family members, whether they are the professional bakers or counter personnel. It is also one of only two bakeries certified in Arizona for producing products from scratch.

Recipes are prepared with finest quality ingredients, some imported from Europe, in order to provide the customer with a truly heavenly treat. Each item is not only a work of art; it is indeed a flavorful experience.

Elysian Fields caters to every palate, as LaRee Elysia, owner, feels that, "desserts are really personal." She mentioned that when requested, they will attempt to re-create a dessert for a customer when provided with key information in order for her to research the particular confection. This is especially appreciated by her customers; many of whom are ex-patriates.

LaRee is exceedingly proud that they use, "real food, made in-house with no shortcuts." She stressed that there are no preservatives or pre-made mixes in any of their products. This is especially important when personalizing bakery products for

those with dietary restrictions.

Elysian Fields has vegan, vegetarian, and gluten-free products regularly available for purchase, but special orders aren't a problem, as long as enough advance notice is given. Individual orders are prepared in a timely fashion, but LaRee indicated they are made at a maximum of 12 hours in advance for the "freshest taste." Her advice is to, "Please let our desserts come to room temperature" before serving for the genuine flavors to be appreciated.

They have a prominently displayed menu, complete with QR code for custom orders, reservations for high tea, and Mother's Day (don't wait, they are filling up fast)!

I would be remiss if I didn't mention that Elysian Fields has a number of flavorful teas that can be prepared hot or cold, as well as hot and iced coffee. After all, that is the perfect complement to an enticing treat!

There is no dining inside the establishment, but there are four tables outside, set back from the shopping area lot in a sheltered, shaded spot directly in front of the bakery. They are pleasantly appointed with comfortable chairs, linen tablecloths, and centerpieces. ■

For more information, visit Elysian Fields Artesian Bakery & Dainties at 6727 E. McDowell Road, Suite 104, Mesa, AZ 85215. Call (480) 906-5417 or visit their website at ElysianFieldsMagic.com for special orders or to preview their special creations.



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LOCAL BUSINESS

Canyon Lake 2026 Drawdown

What to Know and How to Experience the Lake Before It Closes

Submitted by *Yak N Sup*

Big changes are coming to one of Arizona's most iconic lakes. In late September 2026, Salt River Project (SRP) will begin a planned drawdown of Canyon Lake, lowering the water level by approximately 54 feet. The project is expected to continue through January 2027, during which time the lake will be closed to public recreation.



WHY IS CANYON LAKE BEING DRAINED?

This temporary drawdown is part of a critical infrastructure project that allows SRP to safely inspect, maintain, and improve the dam structures that manage water flow through the Salt River system. Lowering the lake provides access to areas that are normally underwater, ensuring long-term safety, water reliability, and continued recreation for years to come.

WHAT THIS MEANS FOR VISITORS

During the closure period, Canyon Lake will not be accessible for boating or paddling. However, there's still plenty of time to experience the lake before the drawdown begins — and that's where Yak N Sup comes in.

EXPERIENCE CANYON LAKE BEFORE AUG. 1, 2026

Yak N Sup at Canyon Lake will be operating through Aug. 1, 2026, giving locals and visitors the perfect opportunity to get out on the water and experience the lake before the temporary closure. The team plans to reopen when the lake returns in January 2027.

Whether you're looking for a relaxing paddle or a unique guided experience, Yak N Sup offers something for everyone:

- ♦ **Self-Guided Day Rentals**
Explore Canyon Lake at your own pace with kayak and paddleboard rentals. Perfect for families, couples, and first-time paddlers.
- ♦ **Sunset Paddles**
A guest favorite — paddle during golden hour as the canyon walls glow and the desert sky lights up with color.
- ♦ **Hidden Coves: Southwest History Meets Nature (Guided Tour)**
A 2.5-hour guided experience blending storytelling, geology, wildlife, and local legends like the Lost Dutchman.
- ♦ **Paranormal Guided Tours**
A one-of-a-kind nighttime adventure exploring the mysterious and lesser-known stories of Canyon Lake.
- ♦ **Full Moon Glow Floats**
Paddle under the moonlight with glowing lights, themed nights, and unforgettable desert energy.
- ♦ **Paddle and Sound Baths**
A peaceful, immersive experience combining light paddling with guided sound healing on the water.
- ♦ **Pup Paddles**
Bring your dog along for a fun day on the lake — one of the most unique pet-friendly experiences in Arizona.
- ♦ **Lessons**
Perfect for beginners looking to build confidence and learn proper paddling technique.

MAKE THIS SEASON COUNT

With the upcoming closure, the 2026 season is a special opportunity to experience Canyon Lake in a unique way before it temporarily disappears from recreation.

Whether it's your first time visiting or your favorite local escape, now is the time to Show Up, Paddle, Enjoy. ■

Yak N Sup is located at Canyon Lake Marina, just off the scenic Apache Trail. Reserve online: yaknsup.com

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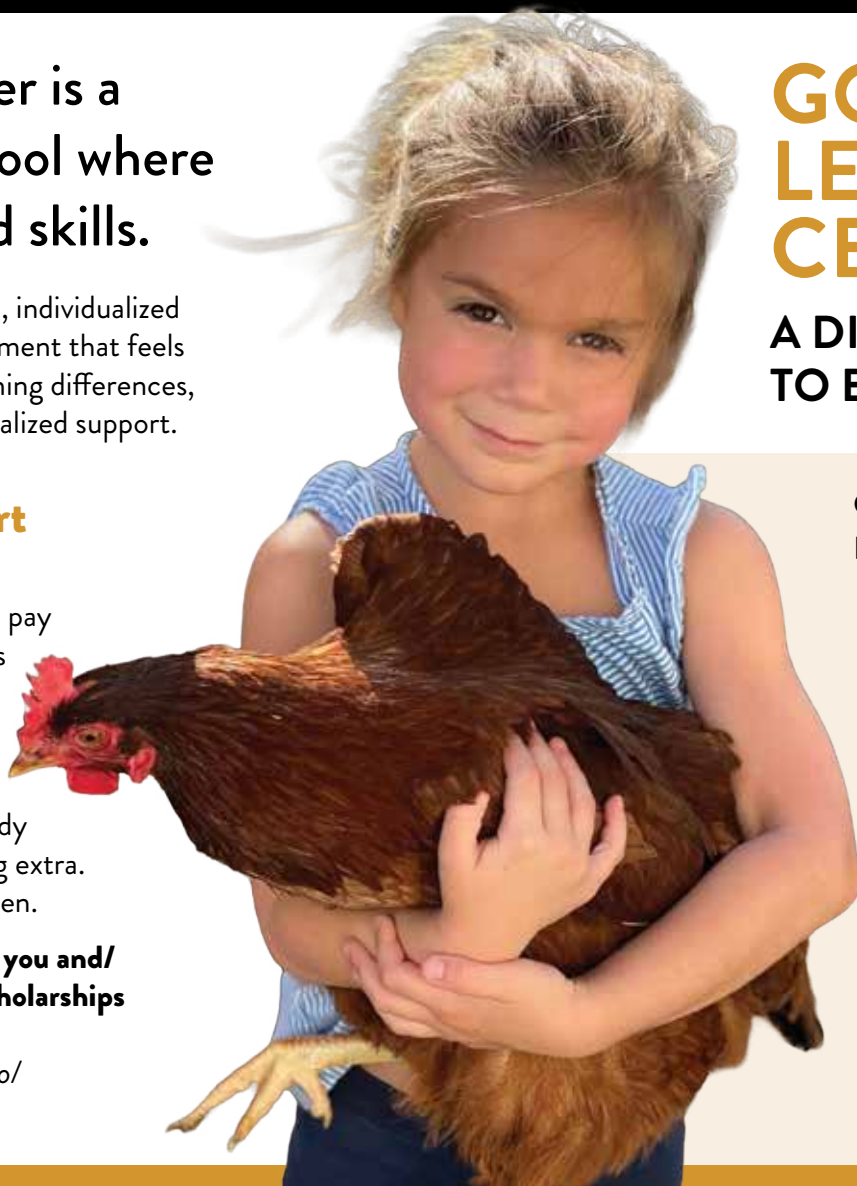
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LIVE ENTERTAINMENT CONTINUES

Sunsets and evening entertainment continue through the first half of the month (luckily, the sunsets continue endlessly). Each Thursday through Sunday live entertainment will serenade guests well into the evening.

MOTHER'S DAY

The Grille is offering brunch and dinner options to help you celebrate Mom on May 10. Brunch is served from 8 a.m. to 2 p.m. If an evening meal is more her style, carefully selected menu options she's sure to adore are being featured. Call for reservations at (602) 734-5521.

THE PRO SHOP & GOLF CLUB

Many golfers consider May the prime month to hit the course. The greens are in top shape, the weather is pleasantly warm, and crowds are typically smaller. Be sure to reserve your tee time early to lock in your preferred slot.

Swing into The Pro Shop for the Memorial Day sale, happening May 22 to 25. Take 25 percent off all apparel and 15 percent off most other items in the store (counter items not included).

From summer golf outfits to relaxed leisure wear, there's plenty to choose from close to home.



THE VISTAS PAVILION A TIME TO HONOR MOM

Honor her for all that her hands have done. – Proverbs 31:31

The Vistas Pavilion at Las Sendas has created a Mother's Day Brunch Grand Buffet, perfect for families to treat Mom to on her special day. As a special gift, Moms can enjoy a complimentary "Momosa."

The menu is as grand as the day, including antipasti and cheese displays, seafood, eggs and omelets, carving stations, fruit, and pastries too. The selections go on and on. We haven't forgotten about the kiddos. They have their own special buffet; with selections they are sure to enjoy. The little ones can feast on fruits, eggs, chicken tenders, macaroni and cheese, strawberry shortcake – all things they'll delight in eating. Reservations are required for this event. Call today for your family seat at the table. (480) 396-4000 ext. 222 or email cshaw@lassendas.com.

Are you planning a children's birthday celebration this summer and looking for a cool place? The Vistas Pavilion at Las Sendas is a great choice. Our venue space is large enough for a soft-play setup with plenty of room for dining. We have a variety of meal choices perfect for all ages.

Call us today for more information at (480) 396-4000 ext. 222 or email cshaw@lassendas.com.



LOCAL BUSINESS

How Mesa homeowners can have a win-win for their wallets and the environment

By Frank Weinberg, Landscape Designer

I became aware of a great incentive for Mesa homeowners who have excessive lawn areas and want to cut down on their water bill, as well as gain rebates by the City of Mesa.

The following information from the QR Code will guide you through the process of accomplishing both water savings and a rewarding experience. After reviewing, it might be a good idea to contact the City of Mesa about this program at (480) 644-3763 to answer questions and request necessary application forms.

For a limited time, the City of Mesa is offering an incentive of up to \$4,200 to replace your lawn areas. Visit www.mesaaz.gov/Xeriscape or scan this QR code to learn more about this beneficial environmental program.

I suggest if you want to save money, this would be a good time to eliminate some or all your grass areas with a grass killer prior to installation of artificial lawn or rock surface.

If you have any questions, I'd be happy to chat with you. Please call the number below. It's a win-win for both the homeowners and the environment! ■

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



Las Sendas GOLF CLUB

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

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

2026 Golf Membership Options

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\$3,000 Unlimited Family Golf (with restrictions)

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May thru October after 12:00pm

Includes Spouse, 2 kids under 18, carts, range and golf

Non Refundable Membership
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1 Year Trial Membership
\$5,000 Initiation Fee + Yearly Dues
(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)

New Range Pass
\$995
(Add spouse for \$500 if you are a Family pass holder or Social member.)

Social Membership
\$2,000 Initiation Fee + Yearly Fee of \$1,400

Receive 8 Winter golf Passes, 8 Summer Passes, 10% OFF Pro Shop & Restaurants

Proxy Membership
\$0 Initiation Fee
\$220/Month + Dues

Limited Availability

Las Sendas is going PRIVATE at 350 memberships sold!

Membership Privileges

Discounts in the Restaurants and Pro Shop
Access to all Member Events
Priority Tee Time Bookings

Unlimited Practice Facility
Locker Room and Club Storage
Use your own Cart or you can use one of our Yamaha Carts

REAL ESTATE

Why Going it Alone Could Cost You More

A Look at Buyer Representation in Today's Market

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



Lorraine Ryall

One of the most recent significant changes in real estate has been how buyer representation is handled. As of August 2024, buyers are now required to sign an agreement with their agent that clearly outlines compensation.

This has led some buyers to believe that skipping a buyer's agent could save them money. It sounds simple, represent yourself, avoid paying commission, and negotiate a lower purchase price. But in practice, it's rarely that simple.

If you choose to represent yourself, you are immediately at a disadvantage. The seller has a professional who understands the legal aspects of the transaction and has negotiation skills that the typical buyer simply doesn't.

THE MISCONCEPTION ABOUT SAVING MONEY

There are two scenarios where a buyer thinks they will save money:

1) BY NOT HAVING TO PAY THE BUYER'S AGENT COMPENSATION

With the new rule, many buyers believe they will have to pay their buyer's agent compensation at closing, adding another significant expense, so by being unrepresented, they think they can save that money.

While buyers are now required to sign an agreement stating they are responsible for their buyer's agent compensation, most buyers are not actually paying this out of pocket. It is still typically paid for by the seller and negotiated as part of the purchase contract.

2) NEGOTIATE A LOWER PRICE

Buyers assume that if they don't have an agent, the seller will reduce the purchase price by the amount they would have paid to a buyer's agent. While that seems logical, it's not usually how it works.

In today's market, most sellers are still offering compensation to a buyer's agent as part of the overall negotiation. Even if that cost is built into the listing price, it's very unlikely a seller would lower the price by that full amount. You might be able to negotiate a reduction, but chances are a Realtor could negotiate the same, or even a better price on your behalf.

WHY USE AN AGENT

A skilled real estate agent brings far more to the table than simply writing an offer. They understand how to strategically negotiate, and in many cases, can secure a better price than an unrepresented buyer.

When representing a buyer, determining the right price starts with a detailed analysis of comparable sales in the neighborhood to establish true market value. From there, we can determine whether the home is priced competitively to sell or overpriced with the expectation of negotiating down. Understanding that intent is key.

But pricing strategy goes beyond comparables. We also evaluate how long the home has been on the market, whether there have been price reductions, and what type of market we're in — whether it's favoring buyers, sellers, or a balanced market.

In addition, experienced agents communicate directly with the listing agent to uncover valuable insights, what matters most to the seller, their timeline, and any other factors that can strengthen the buyer's position. This



information can make a meaningful difference in both price and terms.

NEGOTIATION IS MORE THAN JUST PRICE

More importantly, without representation, buyers may not know how or when to negotiate to their advantage.

A real estate transaction is made up of far more than the final purchase price. Terms matter just as much, if not more.

An experienced agent is especially valuable during the inspection period, helping buyers negotiate repairs, credits, and concessions. This is one of the most common areas where deals can fall apart. We coordinate inspections, advise on what to look for, and most importantly, know how to negotiate once the report comes in.

We can also navigate appraisal challenges and financing contingencies, helping buyers understand their options if a home appraises low or if something comes up with their loan. Whether it's renegotiating the price, requesting concessions, or finding a solution to keep the deal moving forward, this is where experience really matters.

One of the most important aspects of a real estate transaction is managing timelines, deadlines, and contractual obligations. Missing a deadline can put you in breach of contract or obligate you to accept terms you hadn't planned on.

Without professional guidance, buyers may unknowingly leave money on the table — or take on risks that could have been avoided.

At the end of the day, negotiating real estate isn't just about offering less, it's about knowing how to position that offer to get the best possible price and terms in a way that gets results. That's where having an experienced Realtor on your side truly makes a difference. ■

If you have any questions about buyer representation or what this means for you, don't hesitate to reach out. I'm happy to walk you through it.

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CUSTOMER TESTIMONIAL

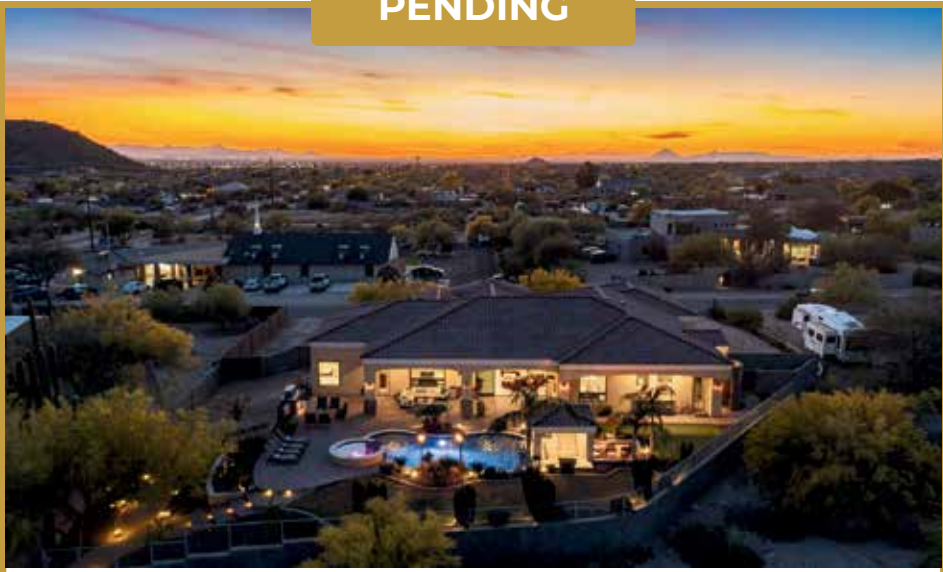


“Lorraine and her team of professionals were fantastic in getting our home listed and sold on our schedule and handled everything while we traveled across country.

All we were left to do was fly back and move our furniture out and realize how fortunate we were to have someone in our corner who handled everything effortlessly. She was our boots on the ground while we were away, and she even went so far as to check on the house and bring in our mail and whatever else we needed to make the process seamless for us! That was huge and greatly appreciated!

I cannot recommend Lorraine enough – she was absolutely wonderful!” –Marie Sperbeck

PENDING



COUNTY ISLAND - 1639 N 94TH ST- \$1,495,000
4,015 Sq Ft 4 BR / 4.5 BA , Private Estate

PENDING



MOUNTAIN BRIDGE -9034 E Inca St- \$725,000
2,108 Sq Ft 3 BR/ 3 BA, Upgraded



RED MOUNTAIN RANCH - 6334 E Viewmont Dr 17 - \$659,000
1,978 Sq Ft 3 BR / 2 BA, Cul-De-Sac Lot, Poo, Mnt Views



RED MOUNTAIN RANCH - 6334 E Viewmont Dr 25 - \$609,000
1695 Sq Ft 2 BR/ 2 BA, Cul-De-Sac Lot, Pool , Mnt Views



LAS SENDAS - 3846 N Desert Oasis Cir - \$965,000
3862 Sq Ft 4 BR / 3 BA Golf Course and City Light Views



HERMOSA ESTATES - 8334 E Laurel Cir - \$995,000
2989 Sq Ft 3BR / 3.5 BA Mountain Views, Room for RV Garage



MOUNTAIN BRIDGE - 2219 N Estates Cir - \$1,390,000
3,317 Sq Ft 4 BR / 4.5 BA, Upgraded, Den/Office



RESERVE AT RED ROCK - 5928 E Sierra Morena St - \$1,094,000
3615 Sq Ft 5 BR/ 4.5 BA, Backs to Park, Mountain Views



Lorraine Ryall
ASSOCIATE BROKER, CDPE, CSSN

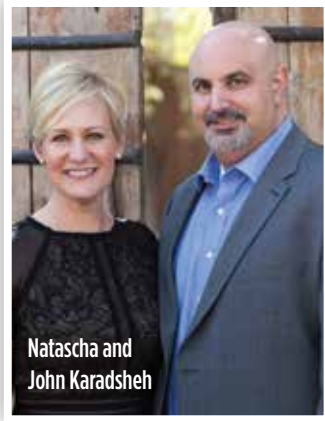


WWW.RYALLREALESTATE.COM Lorraine@RyallRealEstate.com | 602-571-6799

REAL ESTATE

How to Be Prepared for Any Housing Market as a Seller

By John and Natascha Karadsheb, KOR Properties



Every year since the Great Recession, there has been a new headline predicting a housing crash. It gets attention, sparks conversation, and understandably creates a little uncertainty for homeowners.

If you're thinking about your home's value and how to protect it, there is a more grounded approach than trying to predict the market. Instead of focusing on timing the market perfectly, you can focus on making your home the kind of property that performs well in any market.

Over the years, we have seen markets ebb and flow, but there are certain homes that always stand out. In strong markets, they attract multiple offers. In softer markets, they still rise to the top and outperform the competition.

So, what is it about these homes that makes them so consistently appealing? Here are our observations from our decades working with buyers and sellers.

PRIDE OF OWNERSHIP MATTERS

Homes that stand out have been well-maintained over time, not just right before they hit the market. Major systems have been routinely serviced or replaced, the paint is fresh, updates have been documented, and everything just feels like it has been looked after. Buyers notice the details.

THE HOME FEELS CLEAN, CALM, AND ORGANIZED

A well-presented home simply feels better. Clean, uncluttered spaces allow buyers to focus on the home itself, not the distractions. It also quietly signals that the home has

been well maintained behind the scenes. From windows to baseboards and kitchen cabinets to the garage floor – neat and clean is a great way to impress buyers.

CHALLENGES HAVE BEEN THOUGHTFULLY ADDRESSED

No home is perfect. The difference is in how owners respond to their home's challenges. Whether it is landscaping to create privacy, updating a tired element, or improving functionality, thoughtful solutions build buyer confidence and reduce hesitation.

THE HOME HAS EVOLVED OVER TIME

The homes that consistently perform well are not stuck in the past. They have been updated along the way with intention. Flooring, lighting, kitchens, and baths feel current, not because everything is brand new, but because the home has been cared for and improved over time.

THE PROPERTY MAKES A STRONG FIRST IMPRESSION

Curb appeal and outdoor spaces matter more than ever. Buyers form an opinion within moments, and a welcoming exterior sets the tone for everything that follows. Thoughtful backyard living spaces always command a premium as buyers balance how interiors and exteriors will enhance their lifestyle.



HIRE A GREAT AGENT

When you are ready to put your home on the market, hiring the right representation truly matters. Working with a trusted professional who knows the market and will be there to advise you from listing preparation through closing is invaluable.

At the end of the day, the homes that sell the most successfully in every market are not the ones chasing trends or timing. They are the ones that have been consistently cared for, thoughtfully improved, and well presented. They impart a sense of confidence that translates to buyers.

If you are trying to figure out where to begin with your current home, give us a call for a complimentary consultation. We are happy to meet with you... even a year or two before you are ready to list. We know that preparation is always the key to success! ■

Whether you are buying or selling, the key is to be prepared, educated, and ready for the opportunities that are coming your way. We would love to help you build a strategy for success, so call us today for your complimentary consultation at (602) 615-0843. We have decades of experience, community knowledge, and the insight to answer all your real estate questions!

John Karadsheb is the Designated Broker and Owner of KOR Properties and has been a Multi-Million Dollar producing agent for over 23 years. He is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), and serves on the Arizona Regional MLS (ARMLS) Rules & Policies Committee, ARMLS Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha Ovando-Karadsheb is an Associate Broker, Co-Owner of KOR Properties, a Multi-Million Dollar Producer for over a decade, Accredited Buyers Representative (ABR) and Certified Real Estate Negotiation Expert (RENE). She is a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, member of the Board of Directors of the Greater Phoenix Economic Council, and serves on the Salt River Project Customer Utility Panel.

Northeast Mesa Real Estate MARKET REPORT

Sales for the Month of March 2026

PRESENTED BY
JOHN KARADSHEH

| ADDRESS | SQ FT | COMMUNITY | SOLD PRICE |
|------------------------|-------|-------------------------|------------|
| 2655 E Encanto St | 2,310 | Meadowvale Replat | \$550,000 |
| 6424 E Quartz St | 1,868 | Ridgeview | \$555,000 |
| 6255 E Riverdale St | 2,175 | Olympic Estates | \$558,500 |
| 5255 E Greenway Cir | 2,603 | Alta Mesa | \$560,000 |
| 6261 E Pearl St | 1,804 | Ridgeview | \$570,000 |
| 6135 E Presidio St | 2,345 | Ridgeview | \$575,000 |
| 6455 E Raftriver St | 2,445 | Red Mountain Ranch | \$575,000 |
| 5049 E Hillview St | 1,834 | Higley Heights | \$575,000 |
| 6009 E Sanford Cir | 2,222 | Red Mountain Ranch | \$595,000 |
| 2240 E Kenwood St | 2,450 | Citrus Del Ray | \$597,000 |
| 2202 N 63rd Pl | 2,339 | Apache Lakes | \$605,000 |
| 2302 E Northridge St | 2,264 | Village View Estates | \$606,125 |
| 2029 E Lockwood St | 2,461 | Southwest Groves | \$625,000 |
| 2011 E Gary Cir | 2,392 | Eastwood Manor | \$625,000 |
| 3123 E Quince St | 2,225 | Lehi Crossing | \$625,000 |
| 5854 E Leland St | 1,805 | Apache Wells | \$634,000 |
| 2728 E Minton St | 2,534 | Hermosa Vista Estates | \$670,000 |
| 6726 E Villeroy Cir | 3,205 | Red Mountain Ranch | \$700,100 |
| 1760 N Bernard Cir | 1,765 | Mountain Bridge | \$710,000 |
| 4015 N San Gabriel Cir | 2,172 | Red Mountain Ranch | \$711,000 |
| 6645 E Redmont Dr #13 | 2,317 | Red Mountain Ranch | \$719,900 |
| 1111 N Alba Cir | 3,050 | Mountain View Highlands | \$724,500 |
| 2334 N Rose | 2,361 | Citrus Del Ray | \$730,000 |
| 2129 E Jensen St | 2,341 | Hy Den Place | \$765,000 |
| 1865 N Bernard Cir | 1,739 | Mountain Bridge | \$775,000 |
| 6214 E Redmont Dr | 2,549 | Mountain View Greens | \$775,000 |
| 8651 E Halifax St | 2,862 | Grandview Estates | \$795,000 |
| 2112 E Laurel St | 2,752 | Citrus Del Ray | \$800,000 |

| ADDRESS | SQ FT | COMMUNITY | SOLD PRICE |
|---------------------------|-------|---------------------------|-------------|
| 4245 E Fountain St | 3,740 | Mahogany | \$800,000 |
| 3920 E Ellis St | 2,690 | Trovita Estates | \$815,000 |
| 1659 N Channing | 2,394 | Mountain Bridge | \$840,000 |
| 2160 E Kenwood St | 3,059 | Regency at Garden Grove | \$840,000 |
| 2517 E Presidio St | 2,788 | Grove At Lehi | \$849,750 |
| 9515 E Julep Cir | 4,263 | Boulder Views | \$850,000 |
| 3858 E Ellis St | 3,181 | Trovita | \$915,000 |
| 4064 E Hale Cir | 5,903 | Estates Groves | \$950,000 |
| 4042 E Hope St | 3,540 | Estates Groves | \$950,000 |
| 2119 N Bridlewood | 4,057 | Estates at Desert Shadows | \$980,000 |
| 2104 N 80th Pl | 4,293 | Estates at Desert Shadows | \$990,000 |
| 5931 E Sierra Morena St | 2,461 | Reserve At Red Rock | \$1,075,000 |
| 6446 E Trailridge Cir #26 | 3,740 | Red Mountain Ranch | \$1,085,000 |
| 8540 E McDowell Rd #10 | 4,088 | Thunder Mountain | \$1,095,000 |
| 8549 E Leland St | 3,234 | Mountain Bridge | \$1,100,000 |
| 2427 N Atwood | 3,711 | Madrid | \$1,200,000 |
| 4055 N Recker Rd #99 | 3,613 | Red Mountain Ranch | \$1,250,000 |
| 3843 E Fargo St | 4,075 | Trovita Norte | \$1,276,000 |
| 4206 N Katmai | 3,502 | Red Mountain | \$1,300,000 |
| 2255 N Hillridge | 4,403 | Mountain Bridge | \$1,325,000 |
| 6961 E Ivyglen St | 3,984 | Annecy | \$1,330,000 |
| 2255 N 83rd Cir | 3,735 | Hermosa Estates | \$1,350,000 |
| 6456 E Orion St | 2,935 | Trigram Estates | \$1,350,000 |
| 8449 E Jensen St | 5,235 | Mountain Bridge | \$1,394,000 |
| 1856 N Atwood | 3,735 | Mountain Bridge | \$1,418,000 |
| 4222 E McLellan Cir #17 | 5,772 | Park Avenue | \$1,525,000 |
| 7052 E Ivyglen Cir | 3,390 | Annecy | \$1,575,000 |
| 8205 E Quill St | 4,635 | County Island | \$1,650,000 |
| 3924 E Norcroft Cir | 4,363 | Rosewood Estates | \$2,000,000 |

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



KOR
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7353 E. Forest Trail Circle - LAS SENDAS \$2,825,000
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Sold by: John & Natascha Karadsheh 602-909-4995



SOLD!



4055 N. Recker #99 - Red Mtn Ranch \$1,250,000
3,613 SF/ 5BR + 4 BA / Resort Backyard

SOLD!



2427 N. Atwood - Madrid \$1,200,000
Multiple Offers Received!

SOLD!



2754 N. Augustine - Las Sendas \$585,000
2,475 SF / 4BR + 3 BA - Updated with Sunset Views

SOLD!



1241 N. 102nd St. - NE Mesa \$1,200,000
3,386 SF / Heated Pool/ 3 Car Garage + 50' RV Garage

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COMMUNITY

Red Mountain Community Social Club goes above and beyond

By Cathy Barthel
Photos by David Bender

At the heart of any thriving organization is a dedicated group of people working quietly behind the scenes. For our Social Club, that group is our all-volunteer Board — and this year they went above and beyond.

This past year, our Board undertook a significant project — a comprehensive review and update of the Club's policies following our transition to 501(c)(3) nonprofit status. The goal was to ensure compliance with federal and Arizona requirements while keeping our policies practical and well-suited to a volunteer-led social club.

We extend our sincere appreciation to our dedicated Board members for their commitment to growing our club and making a positive impact on our community.

During our March General Meeting, we had the pleasure of expressing our gratitude to two esteemed board members, Allyn Bransby, director, and Jennifer Fortner, our treasurer. Both will be stepping down from their positions at the end of this season.



Jennifer has served as treasurer for eight years and has been instrumental in modernizing our financial operations. She successfully transitioned the Club from paper-based processes to digital systems, introduced credit card



Jennifer Fortner

payments, and led key improvements to our website to enhance usability. True to form, Jennifer is not leaving without making one more lasting contribution: Before stepping down, she is completing a website upgrade on a new platform and installing a new payment system — a gift to our members

that will improve our community outreach and club accessibility well into the future.

Allyn has dedicated nine years of service to the Board, including two terms as president. Her fingerprints are on some of the Club's most beloved initiatives. It was Allyn who first envisioned placing book-sharing boxes around the neighborhood, leading to the installation of five book boxes throughout the community.



Allyn Bransby

She led our efforts to donate benches near the book boxes so our neighbors could have a seat, read a bit, and enjoy our beautiful views. She also founded our first book club, whose popularity has since inspired the creation of a second group. Allyn's leadership, generosity, and vision have left a lasting mark on our club. She will now be focusing her time on her role as chairperson at the idea Museum in Mesa. Allyn remains a social club member, and we look forward to seeing her smiling face at our various events.

BOARD ELECTIONS AT APRIL GENERAL MEETING

We are pleased to announce several leadership transitions and new appointments. Rebecca Sloan will assume the role of treasurer, with Peggy Rice serving as assistant treasurer — membership. Jan Lucero has been elected to the newly created position of assistant treasurer — garage sale. Also joining the Board are Shelley Wiles as vice president, Debbie Lindberg as assistant secretary, and Denise Breault as director. We are excited to have a full and active Board in place for the coming year.

HAPPY APPY HOUR

Beyond board business, the Club has been socializing. In April, we collaborated with Red Mountain Ranch Country Club (RMRCC), the Red Mountain Ranch Homeowners Association, and Advance Red Mountain Ranch to greet guests at Happy Appy Hour. Over 150 members and neighbors gathered in the Overlook Room, enjoying



homemade appetizers, live music, and specialty drinks. The Country Club hosted a shrimp buffet. It was a great way to strengthen ties with neighbors and fellow organizations.

GIDDY UP!

One thing that sets our social club apart is our very popular home parties.

Up next is one of our most popular events — the Kentucky Derby Party at the home of Ferne Zabezensky on May 2, catered by our very own Mary Knight. Guests can look forward to festive attire, prizes for the best hat, mint juleps, and the excitement of cheering on their favorite horses.

BE PART OF SOMETHING SPECIAL

Our next community meeting is at 9:30 a.m. on May 14 at RMRCC. Learn about our club and its benefits of membership. Civil engineer Heather McGraw will discuss water sustainability, Arizona water resources, and conservation efforts. ■

The Red Mountain Ranch Community Social Club fosters a sense of community among its neighbors by organizing various social events, engaging in entertaining and informative talks, and providing cultural programs and activities. These initiatives create opportunities for individuals to connect, build friendships, and strengthen their relationships. Membership is open to everyone for a nominal fee. To join our club, please visit RMCSC.org. Note: New website address.

3-MONTH FORECAST

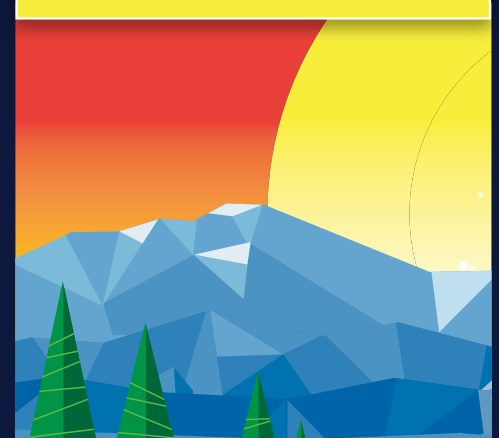
MAY 100°



JUNE BRUTAL



JULY BOILING



\$59 System Inspection*

*Per system. Cannot be combined with other offers or be applied to previous purchases. Exp. 7-15-26.

\$129 Deluxe System Tune-up & Cleaning*


*Per system. Cannot be combined with other offers or be applied to previous purchases. Exp. 7-15-26.



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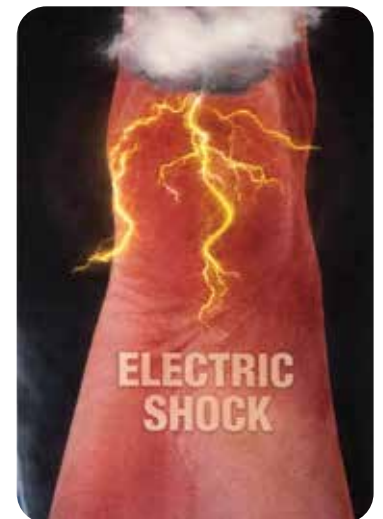
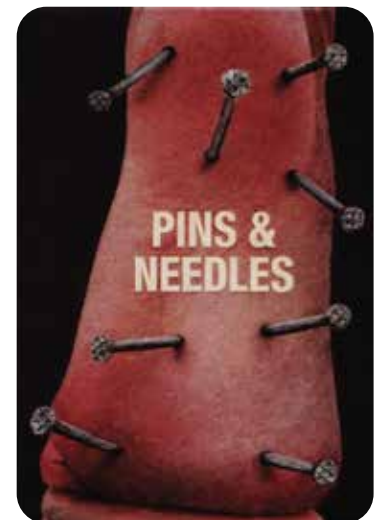
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LOCAL BUSINESS

What is Exercise?

Submitted by *The Exercise Coach*®

Most people think exercise is activity — Walking more. Logging steps. Burning calories. Sweating longer.

That belief is understandable. It's also why exercise fails most people.

When exercise is defined as activity, success depends on time, motivation, enjoyment, coordination, joint tolerance, and a body already capable of handling repeated stress. For many people, those conditions are difficult — or impossible — to sustain long term.

At *The Exercise Coach*®, we define exercise differently. Exercise is not activity. Exercise is activation.

THE SIZE PRINCIPLE OF MUSCLE FIBER ACTIVATION — WHY MORE ISN'T BETTER

Muscle operates according to a foundational biological rule known as the size principle of motor unit (muscle fiber) recruitment. In practical terms:

- Muscle fibers are recruited in a predictable sequence
- Based on force demand
- Relative to one's momentary maximum capacity



Low-effort activity recruits primarily low-threshold fibers, known as Type I/slow-twitch. Higher-effort challenges require the recruitment of all types of fibers — including those most responsible for strength, stability, and metabolic health.

These higher-threshold Type II/fast-twitch muscle fibers are strongly associated with:

- Strength and power
- Balance and fall prevention
- Insulin sensitivity and glucose disposal
- Resting metabolic rate
- Inflammatory regulation

Critically, these fibers are only recruited when effort reaches sufficient intensity.

- More time does not guarantee this
 - More movement does not guarantee this
 - More sweat does not guarantee this
- Only the right signal does.

AGING IS A MUSCLE PROBLEM (FIRST)

The dominant physical features of aging include:

- Loss of skeletal muscle mass (sarcopenia)
- Loss of skeletal muscle strength (dynapenia)
- This loss is selective, not uniform.

Type II muscle fibers are lost preferentially with age, contributing to declines in strength, metabolic health, balance, and independence.

Why? Because these fibers obey a simple biological rule: Use them — or lose them.

Most lifestyle activity does not impose sufficient intensity to preserve them.

SIGNAL OVER SWEAT

This is why, at *The Exercise Coach*®, we operate on a simple principle — Signal over sweat. We are not chasing:

- Calories burned
- Time spent
- Sweat produced
- Exhaustion achieved

We deliver the minimum effective dose of mechanical and metabolic stress required to trigger adaptation — safely, efficiently, and predictably.

Exercise is not the end. Exercise is the stimulus.

WHY OPTIMAL EXERCISE IS BRIEF

When exercise is understood as effort-based rather than time-based, the implications are clear: *Optimal exercise must be brief.*

High-intensity muscular effort cannot be sustained for long — and should not be.

Time and effort are inversely related:

- As effort increases, sustainable duration decreases
 - As duration increases, achievable effort decreases
- To recruit high-threshold muscle fibers and deliver a meaningful adaptive signal, sessions must be concentrated and controlled.

WHY RECOVERY IS PART OF THE PROGRAM

Exercise does not produce results. Recovery does.

Exercise provides the signal. Recovery is when tissue remodels, strength increases, and metabolic systems recalibrate.

Insufficient recovery impairs:

- Strength development
- Neuromuscular adaptation
- Inflammatory regulation

This is why we avoid back-to-back training days and allow 48 hours or more between sessions.

THE REAL GOAL OF EXERCISE

The goal is not activity. The goal is to change the way the body ages. We want to:


- Preserve muscle and strength
- Improve metabolic health and blood-sugar regulation
- Reduce systemic inflammation
- Lower chronic disease risk
- Extend physical independence

Exercise only counts when it reliably ignites adaptation.

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REAL ESTATE

The First Seven Days on the Market Matter More Than You Think

By Kris Miller, Your Local Real Estate Agent & Neighbor, Consultant with CITIEA



When homeowners decide to sell, many assume that if their home doesn't sell right away, they can simply adjust the price later and still achieve the same result.

But in today's market, the first seven days on the market are often the most important — and the most misunderstood.

BUYERS ARE WATCHING BEFORE YOU EVEN LIST

Most serious buyers are already actively searching long before your home hits the market.

They are monitoring new listings daily, sometimes for weeks or even months, waiting for the right opportunity. When a new home becomes available, it immediately attracts attention from those buyers who have been waiting. This is when your home receives the highest level of interest it will likely ever see. That early window is not something you can recreate later.

THE MARKET RESPONDS QUICKLY

Within the first few days, the market gives clear signals.

If a home is priced correctly and shows well, buyers respond with activity — showings, agent inquiries, and in some cases, early offers.

If the home is not aligned with the market, the response looks very different. Showings are limited, interest is low, and the listing can feel quiet. This early response is not random. It's the market telling you how your home is positioned compared to everything else buyers see.

THE RISK OF TESTING THE MARKET

One of the most common strategies sellers consider is starting high and *testing the market*, with the plan to reduce the price later if needed.

While that may sound reasonable, it often works against the seller. Once the initial wave of buyer attention passes, it's difficult to generate that same level of interest

again. Buyers who saw the home early and passed on it rarely return. New buyers entering the market may also question why the home hasn't sold.

Even after a price adjustment, the home can carry the perception of having been overlooked.

WHAT ABOUT THE LUXURY MARKET?

In higher price ranges, the timeline can look different — but not for the reasons many assume.

Luxury buyers are often decisive once they find the right home. However, there are fewer of them, and homes tend to be more unique. Because of that, it can take longer to connect the right buyer with the right property.

This is why homes in the \$1.5 million and above range may show longer days on market. Even so, the early days still matter.

While a luxury home may not go under contract immediately, the initial response — showings, agent calls, and overall interest — provides valuable insight into how the home is positioned. When that early activity is missing, it's often a sign that something needs to be adjusted.

A STRONG LAUNCH CREATES OPPORTUNITY

When a home enters the market with the right strategy, the first week can create meaningful momentum. A well-prepared and properly positioned home can generate strong interest early on.

That activity often leads to better offers, stronger terms, and a smoother overall process. On the other hand, when a home is not aligned with the market from the beginning, it can take longer to find the right buyer — and sometimes require adjustments that could have been avoided.

STRATEGY BEFORE THE LISTING MATTERS MOST

The most successful home sales are rarely determined after the home hits the market. They are determined beforehand.

As I often remind my clients: Results aren't random — they're strategic. ■

Call Kris Miller, real estate advisor, The Miller Group, at (480) 236-6181.

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Submitted by Acoya Mesa by Cogir
At Acoya Mesa by Cogir, senior living is far from slowing down — it's about embracing a vibrant, fulfilling lifestyle. Located in the heart of Mesa, Ariz., Acoya Mesa combines the warmth of home with the energy of a resort-style community. Offering Independent Living, Assisted Living, and Memory Care, every aspect is thoughtfully designed to support connection, comfort, and meaningful daily experiences.

What makes Acoya Mesa truly special is its people. Residents and families create a welcoming atmosphere filled with creativity, laughter, and lasting friendships. From engaging art classes and themed dinners to live music, social events, and resident-led activities, each day brings new opportunities to gather, grow, and celebrate together.

The community's approach extends well beyond a busy calendar of events. Independence is encouraged and supported through intentional design and attentive, personalized services. Spacious apartment homes feature full kitchens or kitchenettes, private bathrooms with easy-access showers, and modern

conveniences such as in-unit washers and dryers. Amenities elevate daily living with restaurant-style dining, a café and bistro pub, private dining areas, a fitness studio, salon and barbershop services, house-keeping, transportation, on-site nursing support, and 24-hour team members dedicated to peace of mind.

For those who need additional assistance, the Assisted Living program provides compassionate, individualized care that empowers residents to maintain their autonomy while receiving the support they need. In Memory Care, the community's Revere philosophy centers on relationship-based care, honoring each person's life story while fostering moments of joy, dignity, and meaningful engagement.

Well-being is a cornerstone of life at Acoya Mesa. Opportunities for physical activity, social connection, and creative expression are woven into everyday life through programs like Forever Fit, group outings, line dancing, art workshops, and community celebrations. The thoughtfully designed campus includes walking paths, inviting gathering spaces, game rooms, a movie theater, and outdoor areas perfect for enjoying Arizona's sunshine with friends.

Acoya Mesa by Cogir welcomes seniors and families to discover a refreshing approach to retirement living — where comfort meets connection, and each day offers something to look forward to. ■

For more information, call (623) 278-3147 or visit <https://cogirusa.com/communities/acoya-mesa>. Acoya Mesa is located at 6502 E. Brown Road, Mesa, AZ 85205.





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Over 50 Up Close

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HEALTH Over 50

Medicare Supplemental Insurance has a monthly premium

By **Lynne Jones, Tapestry Insurance**

Recently, I received a call from a couple who I helped enroll in a Medicare Supplement plan a few years ago.



Lynne Jones

They were frustrated that their plan premiums were increasing almost \$50 per month starting in April. This situation caused me to think this would be a great subject to discuss in this article.

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

Someone might choose a supplement plan if they did not want to be bound by networks, or having to check if their doctor accepts their plan. When you have a supplement, you can go to any medical facility that accepts original Medicare.

One thing most people don't know

is that with supplemental insurance, for example a plan F or plan G, you are able to apply to different companies at any time. Meaning if you are currently with Mutual of Omaha you can switch to UHC or Healthspring at any time.

However, you will have to go through medical underwriting. Open enrollment only applies to Drug plans (Part D) and Advantage plans (Part C).

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

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

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

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


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FINANCIAL FOCUS Over 50

Emergency funds offer breathing room when it matters

Submitted by **Linda Drake, Edward Jones Financial Advisor**

Life has a way of surprising us, whether it's a blown tire, a broken appliance, or an unexpected medical bill.



Linda Drake

With no savings to fall back on, even a small emergency can become a big one.

That's why an emergency savings fund matters.

You don't need thousands of dollars on day one. Just begin with a simple goal, like saving \$500 by a certain date.

Even that small cushion can help you weather sudden expenses and keep you from relying on credit cards or high-interest loans that you'll need to pay off later.

Instead, look for money you can redirect without major sacrifice. Set up a small automatic transfer each payday or cancel a subscription you never use. Or save part of your annual tax refund, if you receive one.

Put the money in a separate savings account that's easy to access and earns a little interest.

Progress is what counts. Start small, keep going, and give yourself a safety net for when you need it. ■

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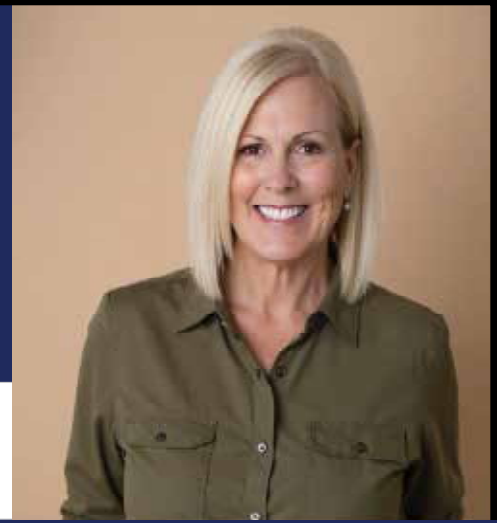
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85215 Single Family Market Snapshot

- ✓ Median Sales price is: \$575k
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MOTHER'S DAY SUNDAY MAY 10TH, 2026 - 9:00 AM - 1:30 PM
\$79.00 FOR ADULTS (PLUS TAX AND GRATUITY)
\$19.00 FOR CHILDREN 5-11 (UNDER 5 FREE) PLUS TAX & GRATUITY
MOM'S TREATED TO A COMPLIMENTARY "MOMOSA"
ENJOY MOTHER'S DAY BRUNCH IN THE VISTAS PAVILION AT LAS SENDAS WITH STUNNING VIEWS OF THE VALLEY AND A GRAND BUFFET

Grand Buffet

- Assorted Breakfast Breads and Pastries
- Antipasti and Cheese Display
- Seafood Display
- Chilled Shrimp, Crab Claws, Oysters on the Half Shell with Mignonette and Cocktail Sauce
- Omelet Station
- Eggs and Omelets Made to Order
- Breakfast Potatoes, Bacon and Sausage
- Waffles with Maple Syrup
- Garden Salad with Tomatoes, Carrots, Celery, Croutons, Ranch & Balsamic Vinaigrette Dressing
- Chef Carving Stations
- Carved New York Steak with thyme Demi Glaze and Creamy Horseradish
- Honey Baked Ham
- Fried Chicken
- Scalloped Potatoes, Haricot Verts
- Petit French Pastries, Chocolate Fountain with Fresh Fruit, Strawberry Shortcake

Kids Buffet

- Fruit Salad
- Scrambled Eggs
- Bacon
- Macaroni & Cheese
- Chicken Fingers
- Tater Tots
- Assorted Cookies

Reservations Required
480.396.4000 ex 222
cshaw@lassendas.com
7555 East Eagle Crest Drive
Mesa, AZ 85207