

Las Sendas Up Close

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August 2026

Sweet Repeats Opens New Mesa Location Expanding a Local Consignment Tradition

Submitted by Sweet Repeats

For more than 15 years, Sweet Repeats has been helping East Valley shoppers discover that great style doesn't have to come with a high price tag.

What began as a neighborhood consignment boutique has grown into a trusted destination for affordable fashion, unique finds, and a shopping experience that keeps customers coming back.

Today, we're excited to announce the opening of our new and expanded Mesa location, the next chapter in the Sweet Repeats story.

Our new store was designed with both shoppers and consignors in mind, with a convenient and close-by location at 6321 E. Southern Ave. in Mesa, near Power Road and Superstition Springs Center.

With a significantly larger sales floor, we're able to offer an even wider selection of women's and men's clothing, shoes, handbags, and accessories. Alongside our carefully curated

consignment inventory, shoppers will also find brand-new overstock merchandise from national retailers, giving them access to current styles at a fraction of original retail prices.

The new location also allows us to better serve our community with longer shopping hours and more consignment days, making it easier than ever to buy, sell, and save. Whether you're cleaning out your closet, searching for designer brands, or simply looking for an affordable way to refresh your wardrobe, Sweet Repeats offers something for every budget and every style.

Consignment has always been about more than fashion. It's about extending the life of quality clothing, reducing waste, and creating a more sustainable way to shop. Every item sold represents money earned by a local consignor and another piece of clothing given a second chance instead of ending up in a landfill. It's a win for our customers, our consignors, and our community.

As a locally owned and family-operated business, we are incredibly grateful for the support we've received over the years. Many of our customers have



been shopping with us since our earliest days, and we've been fortunate to welcome new generations of shoppers and consignors along the way.

Our new Mesa location represents an investment in the future of Sweet Repeats and our commitment to creating the best consignment shopping experience in the East Valley. We invite everyone to stop by, explore our expanded selection, and see what's new.

Whether you're hunting for one-of-a-kind treasures, shopping for the latest trends at unbeatable prices, or looking to earn money by consigning your gently loved clothing, we'd love to welcome you to our new home. ■

Visit our new location at 6321 E. Southern Ave. in Mesa, or on our website at sweetrepeatsmesa.com. See Facebook: @SweetRepeatsMesa or Instagram: @SweetRepeatsMesa.



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EDUCATION

Preparing Students for an AI-Driven World

TRANSLATING EDUCATIONAL RESEARCH INTO PRACTICAL WISDOM FOR PARENTS, EDUCATORS, AND THOSE WHO CARE DEEPLY ABOUT CHILDREN.

By Dr. Anjum Majeed, Founder, Self Development Preschool and Self Development Academy

History has a remarkable way of illuminating the future. Technology historian Paris Marx reminds us that when the automobile first transformed society, it promised unprecedented freedom, convenience, and opportunity. It reshaped how people lived, worked, and connected. Yet innovation alone was not enough.

There were no driver's licenses, traffic lights, speed limits, or established rules of the road. As automobiles became more common, accidents increased, not because technology itself was inherently dangerous, but because society had not yet developed the knowledge, infrastructure, and policies needed to use it wisely.

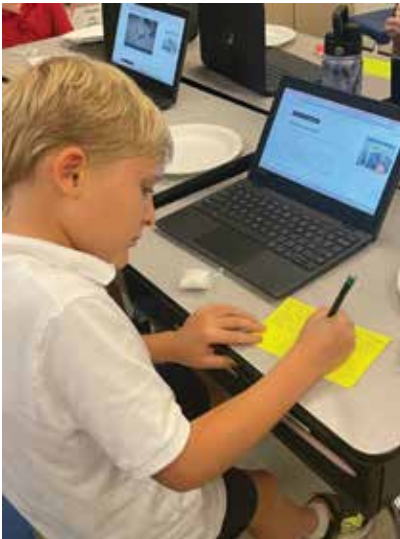
Over time, we adapted. Roads were redesigned, traffic laws established, and driver education became commonplace. Society learned an enduring lesson: every transformative technology requires more than innovation. It requires thoughtful leadership, shared responsibility, and the wisdom to guide its use for the benefit of all.

That lesson from history feels especially relevant today.

Artificial intelligence is rapidly becoming part of our daily lives. It is changing how we communicate, solve problems, conduct business, and increasingly, how our children learn. Whether we embrace it enthusiastically or approach it cautiously, AI is already here. The question is no longer whether students will use artificial intelligence. The more important question is whether we will prepare them to use it wisely.

Over the past year, I have spent considerable time reviewing the growing body of research on artificial intelligence and education. Although the researchers represent different disciplines and perspectives, they arrive at a remarkably consistent conclusion. The greatest challenge before schools is not technological. It is human.

Artificial intelligence can retrieve information, summarize complex ideas, and assist students in extraordinary ways. Yet it cannot replace wisdom, integrity,



compassion, curiosity, or sound judgment. Those qualities remain uniquely human, and they are precisely the qualities that education has always been called to cultivate.

As AI becomes increasingly woven into everyday life, these human qualities become even more important. Students must learn not only how to use artificial intelligence, but also how to question it, evaluate the information it provides, recognize its limitations, and understand the ethical responsibilities that accompany its use. Technology should strengthen human thinking, not replace it.

This also calls for thoughtful educational leadership. Just as society eventually developed traffic laws and driver education for the automobile, we now need purposeful policies, clear expectations, and well-prepared educators who can guide students in the responsible use of artificial intelligence. Our educational values should determine how technology is used, not the other way around.

Artificial intelligence is one of the most powerful innovations of our time, but its greatest value will depend on the wisdom of those who use it. As educators, parents, and community leaders, we share the responsibility of

creating learning environments where students develop not only technological competence, but also the integrity, compassion, and judgment to use AI wisely in the service of others. After all, the enduring purpose of education is not simply to prepare children for the next innovation, but to help them become thoughtful, responsible, and compassionate human beings.

More than a century ago, society learned that the automobile required more than an engine. It required rules, responsibility, and education.

Artificial intelligence now stands at a similar crossroads.

The future will belong not simply to those who possess more information, but to those who have the wisdom to apply it to the service of others. ■



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

THEY LEAVE A MARK

By Tim Beaubien, Hava Java Mesa

Because of our busy schedules Barb and I need to go out for dinner a couple times a week. Not complaining, I really enjoy going out. We like a restraint with alcohol and typically, we sit at the bar. For me it's a social outing. You get to know the bartenders and meet interesting people also looking for that social connection. Barb loves watching the bartenders make the drinks to get ideas.

As you can guess, we have been meeting and getting to know some interesting people. One bartender impractically, Alyssa. She always greets us by saying, "Hello Beautiful People."

Well, she really needs glasses, but it still makes us feel special. We got a little better look into her life the other night. She is now working two jobs and we stopped by her new place of employment to say hi and get a drink. When you talk with her, she has the ability to make you feel very welcome in just a few words. She has a quick but dry wit that I really enjoy, and you can tell she is very intelligent. A little bio: She is 29 years old, has a degree as a paramedic with the fire department, and works as a bartender at two very nice restaurants.

What made me want to write this article spurred from a conversation shortly after Barb and I celebrated our 45th anniversary this last June (yeah, that's right, 45 years. Usually about here I look for someone to say, "But you're so young! It can't be possible!").



Barb and Tim Beaubien

Anyway, we stopped in for a drink to say hi to Alyssa at her new restaurant as well as some other bartenders we now know.

Same greeting, different bar. When we informed her that we just had our 45th, she says, "45 years, I can't even sign a one-year lease, you guys need to run my life. I felt suffocated with a one-year lease."

I know that statement was more of a generational difference, but then she shared more about her life with us. Just in a lot more detail than listed above. The fact that she felt so comfortable with us sharing this personal information made me feel honored. She may not know it, but this conversation, along with previous ones from other visits, left a mark on me.

As I get older, I no longer take these conversations for granted. For someone to share personal details about their life means we made a connection. A small spark, or even a friendship. She may not realize it, but I think she is going to do great things with her life.

Did we leave a mark on her? I don't know but I hope so. Sometimes these small incidental conversations click, and something happens. You have made a connection with another person. What you make of it or take away from it, is up to you. If you're lucky and you look for these moments, you'll be surprised at how many there are. You just have to be open to them. ■

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



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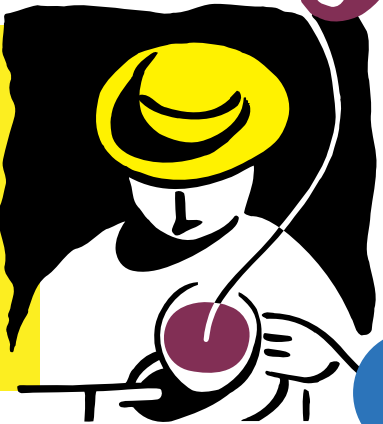
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LOCAL BUSINESS

The Exercise Coach is here to coach you to better health

Submitted by The Exercise Coach®

MUSCLE QUALITY AND INFLAMMATION

Inflammation is the single greatest cause of health problems today and is responsible for more than 70 percent of our country's health care costs.

Inflammation contributes to numerous health conditions from heart disease, to cancer, to dementia, to autoimmune diseases, and digestive problems, and the list goes on.

WHAT IS INFLAMMATION?

When we think of inflammation, we often think of symptoms we can see like redness on a wound or swelling of an ankle. That is because inflammation is the way in which the body responds to injury, illness, infection, trauma, and disease.

On the positive side, inflammation is a part of the natural healing process within our body.

What we don't want is for the inflammatory process to remain on constantly inside our body while it's battling a variety of potential invaders.

WHEN IS INFLAMMATION A PROBLEM?

If our body is constantly under stress and battling irritants, then we are constantly inflamed. More specifically, people typically produce too much pro-inflammatory hormones. Oftentimes these conditions can be detected because of pain or swelling, and arthritis.

Of greater concern, however, are the conditions that aren't easy to detect and don't have physical or visual representation to alert us to a problem. These problems can start with gradual yet constant increases in blood sugar, alterations of fatty acid profiles within our cell membranes, oxidative cellular stress, increased permeability of the digestive tract, elevated cytokines, free radicals, and cortisol.

What do all these things have in common? They all lead to cellular inflammation. Welcome to the future of understanding health!

While some of these terms may seem a bit concerning, it's only because we may be unfamiliar with what they are. But, by understanding these things that cause

inflammation, we can certainly take better precautions. The problems referenced are responsible for the uncontrollable amounts of money being spent on healthcare and the growing numbers of people suffering from debilitating inflammatory related conditions.

This is why we at The Exercise Coach® are so adamant about our Right Intensity Training™ and Metabolic Comeback™, because the exercises specifically improve the things causing inflammation.

So how does inflammation lead to problems from the gut to heart disease, to cancer, and to Alzheimer's?

Here's a breakdown of conditions referred to above:

- **Increases in blood sugar.** Chronically elevated levels of blood sugar lead to chronically elevated levels of insulin, which is a storage hormone — e.g. storage of fat.
- **Alterations of fatty acid profiles.** This specifically refers to the fatty acids found in cell membranes that regulate everything that goes in and out of our cells. When proper nutrients, hormones, and enzymes aren't allowed to keep a cell healthy, inflammation kicks in.
- **Oxidative cellular stress.** This refers to the *rusting* or wearing out of cells, which is normal, but when it becomes out of control and happens quicker than it should, the inflammation process kicks in.
- **Increased permeability of small intestine.** When we eat foods containing amylopectins (grains, breads, pastas, beans, and even potatoes) they can be difficult to pass through our small intestine. The result is the amylopectins seep through the gut lining and aren't recognized by our immune system, setting off an inflammatory process.
- **Elevated Cytokines.** When inflammation is initiated by the immune system, messenger proteins called cytokines are released and can damage tissue and leave the brain vulnerable for disease.

- **Cortisol.** Cortisol is our stressor hormone produced by the adrenal glands to deal with inflammation. High cortisol is linked with insulin resistance, death of nerve cells, and a worsening immune system.

I hope we painted a better picture of some of the advanced metrics now being used to understand the causes of so many problems we face today. I also hope everyone who reads this can understand why we at The Exercise Coach® are truly passionate about improving the quality of people's lives.

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LOCAL BUSINESS

Creativity Thrives at the idea Museum

Submitted by Kris Miller, Supporter of the idea Museum

At the idea Museum, creativity is more than an activity. It is a way for children to explore the world, build confidence, and discover their own voice. Every day, families walk through our doors and enter a place designed especially for children – a place where curiosity is encouraged, imagination is celebrated, and hands-on learning comes naturally through play.

As Mesa’s museum for children, the idea Museum creates joyful, interactive experiences that place art and creativity at the heart of learning. From immersive exhibitions and maker-based activities to early learning spaces and community programs, the museum invites children to experiment, problem-solve, collaborate, and express themselves in new ways. These experiences help build skills that extend far beyond the museum walls, including creativity, resilience, communication, critical thinking, and connection.

The impact of this work can be seen in the moments that happen every day: a toddler discovering color and texture for the first time, a child proudly sharing something they created, a caregiver and child making art side by side, or a family finding a welcoming space to learn and play together. These moments matter. They shape how children see themselves, how they engage with others, and how they imagine what is possible.

The idea Museum also plays an important role in the broader Mesa community. Through access programs, free admission opportunities, inclusive events, school and camp experiences, and partnerships with community organizations, the museum works to ensure that more children

and families can benefit from creative learning. We believe every child deserves opportunities to explore, create, and feel a sense of belonging.

As our community continues to grow, the need for spaces like the idea Museum grows with it. Children need places where wonder is protected, where learning feels joyful, and where creativity is treated as essential. The idea Museum is proud to be that place for Mesa and the surrounding region.

Together with our visitors, donors, partners, and supporters, we are helping build a more creative, curious, and connected community, one child, one family, and one imaginative moment at a time. ■

Learn more at ideamuseum.org.

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THE MONSOON SEASON BENEFITS THE GOLF COURSE

The monsoon rains have transformed our local golf course, giving the Bermuda grass exactly what it needs to reach peak condition. Consistent moisture, warm temperatures, and long growing days have combined to create firmer fairways, denser turf, and noticeably better playability across the course.

Golfers are experiencing some of the best conditions of the season thanks to the strong monsoon weather pattern.

The stronger, deeper root systems often exceed 60 cm coverage. Adequate rainfall, as we’ve experienced in the past couple of months, supports this root expansion and improves drought resilience and recovery from wear. The Bermuda spreads aggressively through stolons and rhizomes. And when the moisture is plentiful, the structures expand faster, making a tighter, more uniform playing surface, ideal for fairways and tees.

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Bermuda thrives in hot, humid conditions, exactly the climate Mesa has been experiencing post-monsoon.

Grab a tee time by booking online to experience the benefits of the optimal conditions on the course this month.

And after a round, stop by The Pro Shop to grab storewide summer savings of 35 percent on all golf and leisure wear. This summer’s rain, and the storewide sales won’t last forever.

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REAL ESTATE

Understanding Buyer and Seller Closing Costs

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

Whether you are buying or selling a home, there are closing costs that need to be paid at closing. Understanding these fees in advance and knowing what to expect will help you be prepared and avoid any last-minute surprises. Fees will vary between lenders, loan type and terms, and title companies.

If you need to refer back to these estimates, you can find them on my website RyallRealEstate.com under the Blog tab.

NOTE – Real Estate Compensation: I am using 6% for the total real estate compensation to be paid by the seller on this estimated net chart.

Following the 2024 industry changes, buyers now sign a Buyer Broker Agreement that outlines their responsibility for their agent's compensation. In today's market, it is still very common for sellers to pay some or all of the buyer's broker compensation as part of the negotiation. When preparing a seller's estimated net sheet, I prefer to use the highest anticipated amount so my clients have a conservative estimate. If the negotiated compensation is lower, that simply means they will net more at closing.

These estimates do not include the appraisal, or home inspections, which are typically paid up-front.

If you are thinking of buying or selling a home and would like me to prepare a personalized Closing Cost Estimate so you can see what your estimated bottom line will be, or if you have any questions about closing costs or the closing process, please don't hesitate to contact me. I am always happy to help answer your real estate questions.



FOR THE SELLER

The Seller Closing Costs Estimate below is based on fees from Security Title. While fees may vary slightly between title companies, they should be pretty similar. This estimate will give you a good idea of what fees to expect when selling a home in Mesa (taxes will vary by city).

This is the estimated net before any payoff of any current mortgage(s).

These estimates are based on:

- Sales price of \$900,000
- Close of escrow date of Aug. 31, 2026
- Property taxes are prorated through the Close of Escrow
- The Title Policy is always paid for by the seller in Arizona
- Realtor compensation and title fees are included
- No HOA fees included

SELLER CLOSING COSTS - \$900,000 SALES PRICE	
FIXED CLOSING COSTS	\$58,392.10
PRORATED TAX OWED	\$3,759.29
NET AT CLOSE	\$837,848.61

CLOSING COSTS BREAKDOWN	
TITLE FEES	
TITLE POLICY	\$3,262.60
ESCROW FEE	\$1,067.00
OTHER FEES	
RECORDING FEE	\$62.50
BUYER BROKER FEE (3%)	\$27,000.00
SELLER BROKER FEE (3%)	\$27,000.00
TOTAL FIXED COSTS	\$58,392.10

FOR THE BUYER

The Buyer Closing Cost Estimate below is based on fees from Security Title. The biggest difference in costs will typically be the lender fees. Some lenders bundle many of their fees into the loan, while others itemize them separately. One lender may not charge an origination fee, while another may charge \$2,000 or more. That is why it is so important to understand the lender's fees and how they may affect the interest rate.

This estimate will give you an idea of the fees you may be charged and what to expect when buying a home in Mesa (taxes will vary by city).

These estimates are based on:

- Purchase price of \$900,000
- Close of escrow date of Aug. 31, 2026
- Conventional loan at 6.625%, 30-year term
- 20 percent down payment
- HOA monthly fee of \$150 ■

BUYER CLOSING COSTS- \$900,000 SALES PRICE	
FIXED COSTS	\$12,636.00
PREPAID COSTS	\$7,945.27
DOWN PAYMENT	\$180,000.00
BRING TO CLOSING	\$200,581.27

CLOSING COSTS BREAKDOWN			
PREPAID COSTS		FIXED COSTS - TITLE FEES	
14 MO. INSURANCE	\$4,095.00	TITLE POLICY	\$1,631.50
4 MO. TAXES	\$1,890.00	ESCROW FEE	\$1,067.00
15 DAYS INTEREST	\$1,960.27	TAX SERVICE FEE	\$100.00
TOTAL PREPAID COSTS	\$7,945.27	FLOOD CERT.	\$40.00
FIXED COSTS - LENDER FEES		DOC PREP.	\$350.00
ORIGINATION FEE	\$7,200.00	ENDORSEMENT	\$75.00
UNDERWRITING	\$700.00	CLOSING PROTECTION LETTER (CPL)	\$25.00
PROCESSING FEE	\$350.00	FIXED COSTS - OTHER FEES	
APPRAISAL	\$450.00	RECORDING FEE	\$62.50
CREDIT REPORT	\$60.00	HOME PROTECTION	\$450.00
TERMITE INSPECTION	\$75.00	TOTAL FIXED COSTS	\$12,636.00

This estimate is provided for informational purposes only, based upon the above proposed purchase price, type of financing and projected closing date, has been prepared to assist in computing costs. Amounts will vary depending upon differences between actual and estimated repairs that may occur in the transaction, assessments, liens, impound accounts, charges by lenders, escrow companies, title insurers and other service providers and other items. Not all liens may yet have been identified. Broker commissions are not set by law and are fully negotiable. Neither Broker, Agent nor PalmAgent guarantee, and assumes no responsibility for the accuracy, timeliness, correctness, or completeness of the above information. Any conclusions that users draw from the information presented here are their own and are not to be attributed to the Broker, Agent or PalmAgent. PalmAgent is not a financial institution engaged in mortgage lending and/or loan originations. The interest rates listed are for exemplary purposes only. All numbers are estimates and should be viewed as such. Total monthly payment identified includes PITI (Principal, Interest, Taxes and Insurance). Final numbers should be obtained from your lending institution prior to closing.

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RED MOUNTAIN RANCH - 6334 E VIEWMONT DR 17 - \$669,000
1695 Sq Ft 2 BR / 2 BA, Cul-De-Sac Lot, Pool , Mnt Views



RESERVE AT RED ROCK - 5636 E SAYAN ST - \$775,000
2,200 Sq Ft 3 BR / 2.5 BA, Highly Upgraded, Built 2023

SOLD



LAS SENDAS - 3662 N SONORAN HILLS - \$635,000
2475 Sq Ft 4 BR / 3 BA, Sunset and City Light View

NEW LISTING



LAS SENDAS - 3055 N RED MOUNTAIN 113 - \$565,000
2150 Sq Ft 3 BR / 3 BA, Cul-De-Sac, Backs to Wash



RESERVE RED ROCK - 5928 E SIERRA MORENA ST - \$1,075,000
3615 Sq Ft 5 BR / 4.5 BA, Backs to Park, Mountain Views

NEW LISTING



SUNLAND VILLAS - 520 S GREENFIELD ROAD 22 - \$310,000
1466 Sq Ft 2BR / 2 BA, Bonus Room, Backs to Greenbelt

NEW LISTING



VILLAS AT MONTANA VISTA - 7827 E BALTIMORE ST - \$595,000
2412 Sq Ft 4 BR / 2.5 BA, Former Model Home

PENDING



RED MOUNTAIN - 6712 E SADDLEBACK CIR - \$450,000
1526 Sq Ft 3 BR / 2 BA, Upgraded, Cul-De-Sac Lot



Lorraine Ryall
ASSOCIATE BROKER, CNE, CSSN



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REAL ESTATE

Why the United States Remains One of the Best Places in the World to Own Real Estate

By John and Natascha Karadsheh, KOR Properties

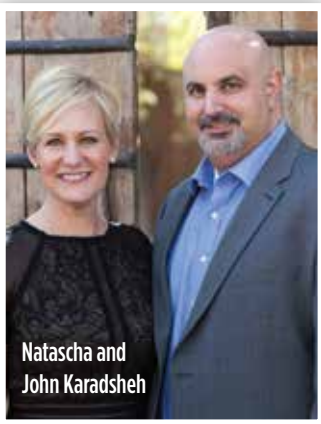
As our nation celebrates its 250th anniversary, it is worth reflecting on one of America's greatest and often overlooked strengths: the right to own private property.

While homeownership is something many of us take for granted, the legal protections and financial opportunities that exist in the United States are unlike those found in much of the world. They have helped generations of Americans build wealth, create financial security, and leave a lasting legacy for their families.

One of the greatest advantages of owning real estate in the United States is true ownership. When you purchase a home here, you generally own both the home and the land beneath it. In many countries, land is leased from the government for a set period of time rather than owned outright.

The United States also has one of the strongest systems in the world for protecting property ownership. Every transfer of ownership is carefully documented through a chain of title that creates a permanent record of who has owned the property over time. This transparent system gives homeowners confidence that their investment is secure and their ownership rights are protected.

Another uniquely American advantage is the availability of the 30-year fixed-rate mortgage. While homeowners in many countries face adjustable-rate loans that can increase dramatically as interest rates rise, American buyers can often lock in the same principal and



interest payment for the life of the loan. Beyond these advantages, the United States continues to offer one of the world's most transparent and stable real estate markets. Clear property laws, enforceable contracts, strong lending institutions, and a resilient economy have made the United States one of the safest places in the world to invest in real estate.

As a family, we have been proud to work in the Arizona real estate industry for over 50 years and we look forward to continuing to help our clients find their own piece of the American Dream for generations to come. Special congratulations to our four first-time homebuyers who closed on their homes in the past month! ■

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 Karadsheh 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-Karadsheh 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.



Las Sendas Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales for the Month of June 2026			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7445 E Eagle Crest Dr #2138	1,701	Cachet	\$425,000
2933 N 71st Pl	1,783	Desert Creek	\$499,000
7243 E Tasman St	1,571	Featherwind	\$515,000
7445 E Eagle Crest Dr #1099	1,762	Cachet	\$530,000
3060 N Ridgecrest #77	2,226	Desert Vistas	\$625,000
3206 N Brighton	2,370	Granite Ridge	\$594,710
6932 E Pearl St	3,000	Vintage Hills	\$720,000
4204 N Starry Pass Cir	2,451	Mountain Gate	\$750,000
7762 E Russell Cir	2,413	Grayhawke	\$765,000
3802 N Canyon Wash	3,906	Eaglefeather	\$875,000
7343 E Red Hawk St	2,757	Boulder Mountain	\$900,000
4107 N Silver Ridge Cir	3,017	Legacy Hills	\$1,020,000
7526 E Orion Cir	3,426	The Terraces	\$1,115,000
8925 E Rosedale Cir	4,565	The Estates	\$2,100,000

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

Northeast Mesa Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales over \$800,000 for the Month of June 2026			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7031 E Mallory St	1,901	Saguaro Estates	\$815,000
8318 E Ingram St	2,383	Mountain Bridge	\$815,000
4326 E Fairbrook Cir	3,575	Eastview Estates	\$818,500
7840 E Leland Cir	3,400	Estates at Desert Shadows	\$850,084
8207 E Jasmine Cir	3,368	Mountain Bridge	\$860,000
3516 E Fairbrook Cir	3,558	Groves	\$875,000
3016 N Glenview	3,446	Lehi Crossing	\$892,500
1863 N Shelby	2,568	Mountain Bridge	\$907,500
3317 E Fox St	2,855	Groves	\$935,000
2266 N Lemon St	3,141	Spyglass Estates	\$965,000
8334 E Laurel Cir	2,989	Hermosa Estates	\$975,000
2155 N Steele	3,204	Mountain Bridge	\$987,000
2046 N Steele Cir	2,455	Mountain Bridge	\$1,000,000
1241 N Nassau Cir	3,839	Estate Groves	\$1,000,000
2225 N 76th Pl	3,645	County Island	\$1,150,000
8540 E McDowell Rd 117	3,253	Thunder Mountain	\$1,210,000
3051 N 80th St	3,539	County Island	\$1,228,000
2099 N 77th Pl	3,300	County Island	\$1,400,000
4040 E McLellan Rd #16	4,490	Los Estados	\$1,600,000
3325 E Knoll St	3,726	Estates at 32nd Street	\$1,930,000
2025 E Mallory St	4,254	Groves of Hermosa Vista 2	\$2,015,000
3944 E Minton Cir	5,596	Vista Estancia	\$2,100,000
8925 E Rosedale Cir	4,565	Estates at Las Sendas	\$2,100,000

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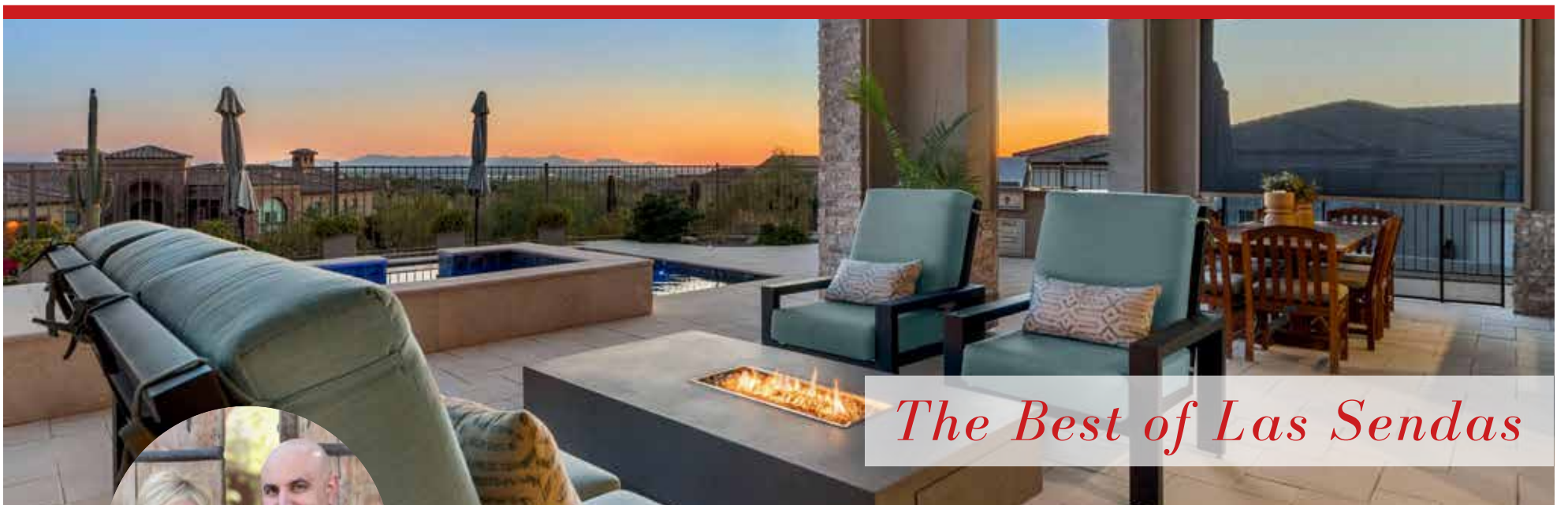
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Alysha Abell
B.S. Nutrition, Master of Public Health • Certified Functional Nutrition Counselor • Founder, Macro Method

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LOCAL BUSINESS

Stop Chasing Trends. Start Working with Your Body.

By Alysha Abell, B.S. Nutrition, Master of Public Health, Certified Functional Nutrition Counselor



Last month I shared my story, how auto-immune disease led me to become a nutrition coach, and how that became Macro Method.

Since I started coaching, I have had so many conversations with women who are exhausted from trying. Here is what I keep hearing. "I have tried everything. Nothing ever works for me." Fasting. Cutting carbs. No sugar. Plant based. Carnivore. And here is what I keep telling them. None of it stuck because it wasn't built for you.

WHY TRENDS WORK, UNTIL THEY DON'T.
Every one of these approaches can produce quick results, which is exactly why they are convincing. One of my clients cut her carbs down to 50 grams a day and the weight came off fast. Months later the weight started creeping back, her energy was gone, and she could not figure out why. What she did not realize is that carbs are your body's primary energy source.

Another client cut out meat completely, thinking that was the key to weight loss. Her protein dropped so low she never felt satisfied. Every evening the cravings hit so hard she could not resist them.

Neither woman failed. Their bodies were reacting to a plan that was not built for them.

WHAT ACTUALLY WORKS.
I have watched this pattern play out with many clients. The ones who see lasting change are not the ones who found the "right" trend. They are the ones who stopped guessing and started working with their body instead of against it. That means using science-backed nutrition as the foundation, then building a plan around your goals, stress, diagnosis, and daily life. It means the plan changes as you do.

This is the idea behind Macro Method. Not a diet. Not a quick fix that leaves you feeling empty and starting over every month. A long-term, sustainable way of eating and living, built around you and adjusted as you go.

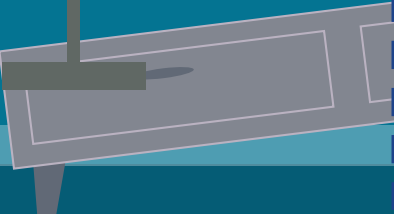
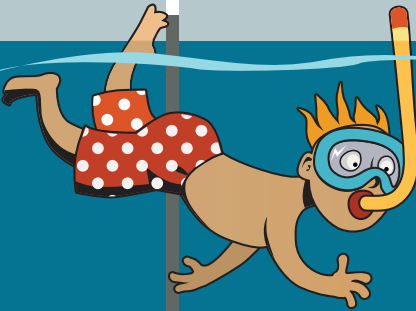
READY TO STOP GUESSING?
If this sounds like you, scan the QR code and fill out the short form. I will personally reach out to schedule your free consultation. ■



You can find me at @macro_method_nutrition on Instagram or email alysha.macromethod@gmail.com.



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EDUCATION

Specialized Training in BIOMEDICAL EQUIPMENT OFFERS CAREER GROWTH

Submitted by Mesa Community College

In response to a growing need for biomedical equipment technicians statewide and throughout the country, Mesa Community College (MCC) offers certification in this highly specialized and high-demand field that can make a difference in people's lives. It is the only program of its kind in Arizona.

In a collaboration with Banner Health, the innovative MCC Biomedical Equipment Technology Certificate of Completion (CCL) prepares students for entry level roles in troubleshooting, repairing, and maintaining critical healthcare technology.

"From patient monitors and infusion pumps to imaging equipment and diagnostic devices, healthcare organizations heavily rely on technology every day to provide quality patient care and support," said Michael Voss, MCC Dean of Applied Sciences, Business, and Computer Information Systems (CIS). "The MCC Biomedical Equipment Technology program helps meet the increasing workforce needs in local Arizona hospitals."

Biomedical equipment technology is a field that combines healthcare and technical skills to support the equipment also used in clinics and home healthcare, and to assist medical device manufacturers. "If students are studying CIS, biology, and electronics or are interested in understanding how complex systems work and looking to upskill their career pathway, this could be the next step to a job in this high-demand field," explained Michael. He added that certification is also a way to kickstart a career in the medical field while making a living wage.

According to 2025 U.S. Bureau of Labor Statistics, biomedical technology repair is a fast-growing, high security field in Arizona with job growth projected at 13 percent,



fueled by expanding healthcare networks, a massive manufacturing boom, and an aging professional demographic. Annual salaries in Arizona are estimated to range from \$55,000 to \$80,000, depending on experience. Median salaries in major cities such as Phoenix and Tucson can be higher. Over the next decade an estimated 8,800 new jobs per year will be added nationally.

MCC's program introduces students to the technical knowledge and skills needed for entry level positions. Coursework includes the study of electronics fundamentals, biology, networking, information security, human anatomy, physiology, problem solving, and regulatory and healthcare delivery systems. ■

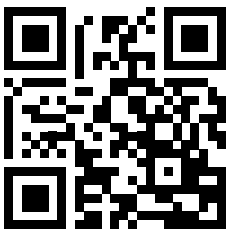
To learn more about the Biomedical Equipment Technology program at MCC or to review certificate requirements, visit mesacc.edu/programs/healthcare-technology-systems.

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COMMUNITY

Red Mountain Community Social Club CELEBRATES A YEAR IN REVIEW

By Cathy Barthel
Photos by David Bender

Another year has flown by, and thanks to the eye of our club photographer, David Bender, we have the highlight reel to prove it. From costume contests to country club celebrations, here's a look back at the moments that made this year one to remember.

We kicked things off last fall with our member-hosted Fall Party, where members brought their A-game — this year's Best Costume winners didn't disappoint.



December's Ugly Sweater Party had members digging out their most festively tacky knitwear, and the results were everything a holiday party should be — cozy, colorful, and full of laughs.

Champagne toasts and good company — our members welcomed 2026 in style at the Red Mountain Ranch Country Club New Year's Eve party. Jan. 1 marked the debut of our new name, Red Mountain Community Social Club, and our newly approved 501 (c) status.



Our monthly speaker series continued to draw a crowd on the second Thursdays at RMRCC, with several standout presentations packing the room.



Hats were the star of the show at our member-hosted Kentucky Derby Party, where creativity (and a little competitive spirit) was on full display.



Our Ladies' Luncheons kept the conversation — and the good food — going all year.



SAVE THE DATE

Mark your calendar for our annual RMCSC Garage Sale, happening Friday, Nov. 6 and Saturday, Nov. 7. This community-wide sale spans Red Mountain Ranch, Shadow Canyon, and Summit Park, and is the club's only fundraiser of the year — exclusively sanctioned by the Red Mountain Ranch Homeowners Association.

As we head into summer, the fun doesn't stop. Join us for Ladies' Luncheons, Men's Breakfasts, and monthly dinners out — because around here, it's always about fun, food, and fellowship. ■

Interested in joining? Visit our website at RMCSC.org to learn more about membership, upcoming events, and volunteer opportunities.





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Over 50 Up Close

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August 2026

SPIRITUALITY

Over 50

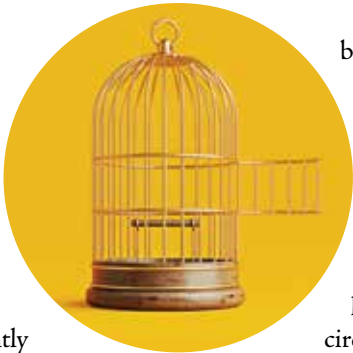
The Snare of the Fowler

By Judy A. Knox

As a writer and teacher, I generally focus on the goodness of God and how it shows itself in our daily lives. However, I am aware that we do have an enemy — the devil. Many scriptures remind us to stay on guard against him and his schemes.

Psalm 91 is full of promises picturing how God watches over us when we put our trust in Him, dwelling — residing permanently — under His protection. One of my favorites is in Verse 3. “Surely He shall deliver you from the snare of the fowler.” This has happened to me many times. A fowler uses nets, snares, or decoys — sneaky contraptions — to capture birds. Our enemy also uses sneaky tricks hoping to capture us. This usually consists of a situation we unknowingly walk into which inflicts physical, mental, or emotional harm. How many times have you said, or heard someone say about some problem, “I sure didn’t see that coming!”

I recently checked into a Surgery Center for a knee replacement. My primary care doctor had cleared me as safe for surgery. I had documented test results to prove it, including two EKGs. But when the technicians were prepping me for the operation, they noticed some irregularity in my heartbeat and “just to be on the safe side” ran another EKG. Instead of line up with the first two, it revealed that I was having an episode of AFib, something of which I had no previous record. So, instead of going under the knife that day, I went into an ER facility and then to the hospital.



Ten hours of IV medication and bed rest brought my heart “out of AFib.” I was released a few hours later with prescriptions for pills to keep it from recurring. Further testing needs to assure that the condition is being managed and I’m out of danger before I can reschedule the knee replacement. The cardiologist explained that AFib left untreated can allow blood to settle in the lower chambers of the heart, instead of being circulated to the body, and it can form clots. If a clot gets loose and finds its way to the brain, the result is a stroke. Because AFib symptoms are not always obvious, many people do not learn they have it until it causes a stroke.

I was unknowingly heading for a stroke, but God rescued me from that snare. Isaiah 54:17 declares that no weapon formed against us will prosper, because we can condemn it. This is our heritage as servants of the Lord. Luke 10:19 says Jesus gave us the authority over all the power of the enemy. An eventual stroke was a weapon the enemy was forming against me, but how could I condemn it if I didn’t even know it was there?

But God knew it as there. He used my desire for a new knee to get me in the right place at the right time to, as my dad would say, “Head’er off at the pass.” AFib was caught and treated before causing a stroke, delivering me from a deadly trap that was set for me. The weapon was condemned and destroyed like a missile shot down midair. All glory goes to God for this latest evidence of His goodness at work in my life. ■

FINANCIAL FOCUS

Over 50

Debunking five common Social Security myths

Submitted by Linda Drake, Edward Jones Financial Advisor

Social Security is often a cornerstone of retirement income, but it’s often misunderstood, leading to confusion, worry, and poor planning decisions. Here’s the truth behind five of the most common misconceptions.



- First, it’s not going broke: if no action is taken, benefits could drop around 2032, but policymakers have options to strengthen it.
 - Second, it won’t replace everything. It covers roughly 40% of your income, so retirement savings are still critical.
 - Third, claiming early and working won’t permanently reduce benefits; payments are later increased for reductions that occurred before full retirement age.
 - Fourth, if an ex-spouse claims benefits based on your earnings record it doesn’t reduce your benefit.
 - And fifth, benefits are still taxable if your combined income exceeds certain thresholds, though some temporary deductions exist.
- The more you understand Social Security, the more control you have over your retirement outcome. Grounding your decisions in facts rather than assumptions can make a meaningful difference in your long-term financial security. ■

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

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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.

Medicare Open Enrollment is Just Around the Corner

By Lynne Jones,
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 you can 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, which include what doctors and hospitals accept in 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.

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 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,



Lynne Jones

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 to 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. ■

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Sat. Aug. 8th	Scott Hallock
Sat. Aug. 15th	Scott Hallock
Sat. Aug. 22nd	Ian Eric
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