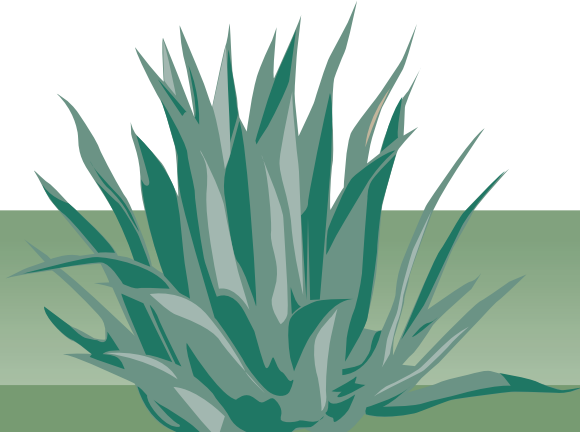


Northeast Mesa Up Close



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Trim Your Trees: Monsoon Season AND HIGH WINDS CAN WREAK HAVOC

By Jamie Phillis

Monsoon season has arrived, and Arizona residents know it takes its toll on cultivated trees and yard installations. These storms can uproot Mesquites, split Palo Verdes down the middle, or snap off large branches, but regular trimming and maintenance can help protect your home.

"A large-crowned tree is a beautiful sight," said Dennis Kirby, owner of All Pro Trees and Landscaping. "But people don't understand that the wide canopy of a Palo Verde catches the wind like a full-blown sail."

Many desert trees are easily uprooted or prone to broken branches. In the wild, Palo Verdes or Mesquite trees have branches hunched over to the ground for natural support. Their cultivated cousins, however, stand on reduced, spindly legs and need to be thinned out and trimmed regularly. That is where All Pro Trees and Landscaping enter the picture.

"Big trees are a great value and investment," said Dennis. "It pays off to maintain them properly. You don't want to lose such invaluable treasures in a storm. Weatherproof them now."

TWENTY YEARS OF EXPERIENCE AND EXCELLENCE

Dennis has been in the tree and landscape industry since high school, and during his career has developed excellent retail management and customer relations skills.

He and his wife, Sue, who is co-owner and office manager at All Pro Trees and Landscaping, are from the Valley and share a passion for caring for trees.

"We started All Pro 20 years ago," she said. "Our clients know they can count on us. We're very knowledgeable and provide our customers with excellent communication."

ENSURE TREE HEALTH WHILE MAINTAINING A BEAUTIFUL YARD

One aspect of that communication is educating customers on how to best care for their trees' health, while also ensuring the customer achieves the look they want for their landscaping.

"I always give clients all of the options for tree care," Dennis said. "For example, if a homeowner asks me to reduce a tree considerably, I might recommend we do it in stages in order to minimize the shock to the tree and maintain its vitality."

Working with an experienced professional allows customers the peace of mind that comes with knowing their trees will stay healthy while looking their best.

"When you cut off a branch, you must keep in mind the rest of the life of the tree," said Dennis.

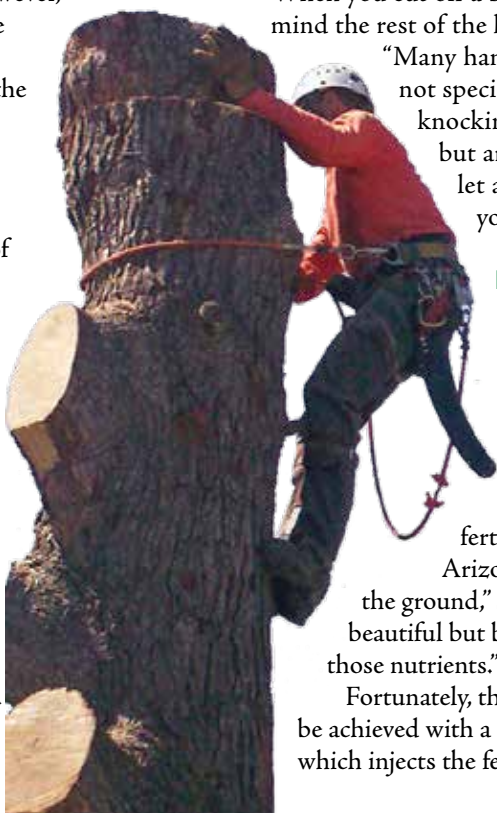
"Many handymen or landscapers not specialized in trees might come knocking on your door these days but are not qualified. You wouldn't let a lawn mower guy work on your BMW, would you?"

DEEP ROOT FERTILIZE TREES ANNUALLY FOR LONG-TERM HEALTH

All Pro Trees and Landscaping recommend deep root fertilizing your tree every year.

"Tree leaves are nature's fertilizer in other states, but in Arizona we clean up all leaves on the ground," said Sue. "The yards look beautiful but by doing that we haul away those nutrients."

Fortunately, this fertilizing process can still be achieved with a deep root fertilizing machine which injects the fertilizer into the soil.



WAIT UNTIL SPRINGTIME FOR NEW PLANTING

Each season requires something different to care for your trees and landscaping. All Pro Trees and Landscaping recommend waiting until the spring for planting.

Until then, trimming can also prepare trees for healthy growth. For example, frost damage left in Ficus trees from years before can inhibit their vitality. In the survival mode to self-heal, the tree seeks to regenerate the damage, and only the removal of dead branches will promote healthy growth.

Whatever tree concerns homeowners might have, All Pro Trees and Landscaping can help. The company has several employees and is fully equipped with all the right tools for the job.

In addition to tree maintenance, they provide landscape maintenance – either on a regular schedule, as a one-time yard cleanup, or to prepare for a time when homeowners need enhanced curb appeal, such as for a party or to sell their home.

A FAMILY-SIZE COMPANY FOR COMPREHENSIVE TREE PROGRAMS

All Pro Trees and Landscaping serves residential customers, HOAs, and commercial properties. Each project includes a free estimate, and the company is fully bonded and insured with worker's compensation for all employees to ensure a worry-free experience.

"Our company strives to be professional, affordable, and customer-oriented," said Sue. "Our ambition is to make your property look like we'd never been there – we just want to leave it more beautiful. We're proud this approach has led to excellent referrals and repeat customers." ■

Call All Pro Trees and Landscaping for all your tree trimming and landscaping needs at (480) 354-5802, or contact them by e-mail at dennis@allprotrees.com. For more information, visit www.allprotrees.com.

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THE GIFT OF WONDER

Curiosity and the Making of a Lifelong Learner

By Dr. Anjum Majeed,
Founder, Self Development Academy

When my daughter was about five and learning number sequences, she began noticing house numbers as we drove through our small town. She realized they were not random. As we traveled in one direction, the numbers increased; when we turned around, they decreased. She was beginning to see that the number patterns she was learning were also present in the world around her.

Her observation gave me an idea. I took her to the intersection of Center and Main streets in the small town where we lived and called it our "0,0" point. We drove north and south on Center, returning each time to our starting point. Then we did the same on Main, going east and west. She watched the addresses change as we changed direction. She was delighted. Numbers were no longer simply something to recite. They had meaning. They could describe direction, location, and position.

I have thought about that afternoon often as an educator. It reminds me of something cognitive science continues to affirm. Children are not simply waiting for us to teach them. From an early age, they observe, look for patterns, ask questions, and try to make sense of what they see.

They are born learners.

Anyone who has spent time with a young child knows the endless stream of "why?" and "how?" questions. Those questions are not interruptions to learning. They are learning. The question for parents and educators is how we respond to that natural curiosity. Do we simply provide an answer, or do we encourage the child to wonder, explore, and think more deeply?

Research describes young children as active constructors of meaning. Adults have an important role in helping



children make sense of their discoveries. A child notices something. An adult helps put it into words. A child asks a question. An adult connects it to what the child already knows. Another question sparks a prediction, encourages reasoning, and opens the door to deeper understanding.

This is where curiosity and cognitive science come together.

Learning is not simply collecting facts. New knowledge becomes more meaningful when it connects with what we already know. Over time, these connections form networks of understanding, often called schemas. The richer these networks become, the easier it is to connect new ideas. Knowledge does not reduce curiosity. It deepens it and opens the door to further questions.

Consider a child looking at the night sky. Knowing only the word "star" allows one observation. Learning about the moon, planets, sunlight, and Earth makes new questions possible. Why can we see the moon during the day? Why do stars look so small? What makes day

become night? Each piece of knowledge opens the way to another question.

Our responsibility is not simply to keep children busy or entertained. Engagement is important, but it does not always mean deep thinking. Sometimes the most useful thing an adult can do is ask, "What do you notice?" "Why do you think that happened?" "What might happen next?" or "How do you know?"

Real experiences matter too. A garden, a grocery store, a conversation, a walk after the rain, or even an afternoon at the intersection of Center and Main can become part of a child's education. Everyday life offers opportunities to connect knowledge with curiosity.

These early experiences become a foundation for later learning. Over time, children also begin to think about their own thinking: What do I know? What am I unsure about? How could I find out? This ability, called metacognition, helps children become independent and thoughtful learners.

Perhaps lifelong learning begins in these ordinary moments. It begins with noticing, wondering, connecting, and questioning.

My daughter, now an adult, could not have known then that she was taking her first steps toward understanding a coordinate plane. At five, she knew she had discovered something wonderful about numbers and the world around her.

Our task as adults is to notice that wonder, encourage it, and help children carry their curiosity with them throughout life. ■



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LOCAL BUSINESS

Signs, Sign, Everywhere a Sign

By Tim Beaubien, Hava Java Mesa

This month I have a random complaint, or more like a rant. I keep telling myself that it's only for a few more months. I'm talking about the political pollution (my buddy Dan gave me that line) that takes over our landscape and blocks our views on each corner. I know that nothing is ever going to change this practice. But really, does anyone get any pertinent information on who to vote for from these signs? And is it just me or are these signs getting bigger every year? At the very least there should be a standard size for all, small!

Because really, if you're getting your information on who to vote for from these signs, you should lose your right to vote! We have already received a big catalog in the mail with all candidates and proposals, which is still not enough information to make an educated decision. But it's a good start. From there you can go to an appropriate website and start the learning process.

My suggestion is to save the money it costs to print and plant the signs and send out mailers with real information on them. Not just their empty rhetoric. Lose the picture of the wife, kids, and dog and give us some more info.

I also think that there should be a central website where all candidates can post their specific agendas and talk in depth about their views. That's assuming of course that they have in-depth views. Which let's face it, many



Barb and Tim Beaubien

don't even have enough in-depth thoughts to fill up a sign.

Yeah, I know, but Tim, what about older people that don't use a computer? How do they get information? Well, a quality mailer would be a good start, or in the old-fashioned way, talk to each other! Go to rallies, attend meetings, talk to friends and family.

Believe it or not, we used to communicate before handheld devices. But try to do this without shouting or arguing please. I may have mentioned this before, but my sister-in-law Brenda was a master at discussing opposing views with me without judgment. Just to learn. I really miss those talks.

Am I asking for too much? Can people really exchange thoughts and ideas without getting divisive? Probably not. It's just where we are, at this point in time. However, nothing I've mentioned here is a new idea, these are all quite old.

Actually, it's the way our parents had to do it. There was also to op-ed in the local papers. Yes, like this one, there are still papers to read! Just not delivered to our front porch anymore, even better they come in your mailbox. But you do have to read them.

The title of this article is from what 70s band? Don't use your phone!

OK, it's the Five Man Electrical Band. ■

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



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LOCAL BUSINESS

Secondhand Shopping at Sweet Repeats Makes Sense

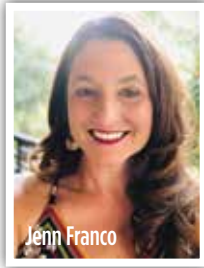
By Jenn Franco, Sweet Repeats Clothing Consignment Shop

As families continue to feel the effects of higher prices, more shoppers are discovering something many of us in the resale community have known for years: buying secondhand just makes sense. And increasingly, younger shoppers are leading the way.

According to the 2025 Resale Report from ThredUp and retail analytics firm GlobalData, the U.S. secondhand apparel market grew 14% in 2024, five times faster than the broader retail clothing market. Gen Z and Millennials reported plans to spend nearly 46% of their apparel budgets on secondhand clothing over the following year.

For younger generations, resale offers more than lower prices. It provides an opportunity to find unique pieces, stretch a clothing budget and make a more environmentally conscious choice. In fact, 55% of younger shoppers surveyed said that if they can find an item secondhand, they won't buy it new.

Keeping clothing in circulation also matters. According to the U.S. Environmental Protection Agency, millions of tons of clothing and footwear enter landfills each year. Giving quality clothing another life helps keep those pieces in use and out of the waste stream longer.



Jenn Franco

NOT ALL SECONDHAND SHOPPING IS THE SAME

Although we often group everything under the term "thrift," there are important differences.

Thrift stores primarily rely on donated merchandise. You give your items to the organization, the store sells them, and you receive no payment.

Buy-out resale stores purchase selected clothing directly from customers. You receive cash immediately, but typically at a much lower amount than the item's potential selling price because the store assumes the risk of whether it will sell.

Consignment stores, like Sweet Repeats, work differently. We carefully select quality, desirable pieces and sell them on behalf of their owners. When an item sells, the proceeds are shared between the store and the consignor.

Another great advantage of consignment is that you don't necessarily have to give up your items for good. At Sweet Repeats, if an item doesn't sell, we're happy to return it to you before the end of its consignment period. That means you have the opportunity to earn more for your quality pieces while still having the option to take them back if they don't find a new home. There's very little to lose, and potentially a lot more to gain.

That's one of the things I love most about consignment. A purchase doesn't just give a great piece of clothing another life. It can put money directly back into the pocket of a neighbor, friend, or family right here in our community.

At Sweet Repeats, we believe resale can be a win all the way around: shoppers save money, consignors earn money, quality clothing stays in use longer, and more of our dollars continue circulating here in the East Valley. ■

We invite you to experience it for yourself at our new Sweet Repeats location at 6321 E. Southern Ave., Suite 102, Mesa. Come shop, bring us your quality pieces to consign, or do both.

Save money. Make money. Reduce waste. And keep more of our dollars local.



HEALTH

Making Sense of MEDICARE INFORMATION

By Lynne Jones, Tapestry Insurance

The Medicare Annual Enrollment period is from Oct. 15 to Dec. 7.

Coming soon is the time you can review your current Medicare plans and make changes to start the first of next year.

This can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan.

This year, there are more than 80 different plans available in Arizona; no wonder it is intimidating. Each plan offers different things like hearing aids, dental coverage, out of network coverage, etc.

How to choose? As I meet with people, I hear how nice it is to talk with someone instead of ending up in an endless loop or speaking with an automated voice.

Something as important as making a choice about your health coverage really needs an actual person who can talk to you, understand your specific needs, and help guide you.

Please don't turn to the 1-800 centers. Instead look for a local Medicare agent. I am certified with many carriers and can help you pick a plan that will work best for you.

If you are new to Medicare or just want to have an opportunity to review your current plans, please feel free to call me or send me an email and schedule an appointment.

We can have an in-home meeting or a phone call. I look forward to hearing from you. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246 or email at jonesdvp@yahoo.com.



Lynne Jones

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Our new Mesa location means more of what you love: a larger store, more great finds, more consignment days and extended shopping hours. Whether you're shopping for your next favorite outfit or ready to turn clothes you no longer wear into extra cash, Sweet Repeats is the place to shop, consign and save!

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THE PATIO & GRILLE

The Patio & Grille is keeping the season lively with a lineup of offerings, making weekdays, weekends, and holidays worth savoring.

The weekday happy hours, served from 3 to 6 p.m., continue to be one of the most tempting ways to unwind. Guests can enjoy refreshing drinks and crowd-favorite bites, while taking advantage of a relaxed atmosphere, tailor-made for late-afternoon escapes. The occasion is the perfect blend of comfort and value, ideal for anyone looking to elevate an ordinary weekday.

As summer winds down, Labor Day brings an extra treat: Live music from 4 to 7 p.m. This special holiday performance offers a sneak peek at the entertainment lineup planned for the fall, giving guests a taste of the vibrant, welcoming energy The Patio & Grille is known for. It is a chance to enjoy great food, great company, and great music all in one place.

Weekends also shine here thanks to brunch every Saturday and Sunday from 8 a.m. to 2 p.m. Whether you're craving a hearty start to the day or a leisurely mid-morning meal, the brunch menu delivers a satisfying mix of classics and creative favorites.

Brunch is an easy way to make weekend mornings feel special, whether you're gathering with friends, treating family, or simply enjoying a slow start to the day.

With happy hour indulgence, holiday entertainment, and weekend brunch all in one place, The Patio & Grille continues to offer unique and memorable experiences.

**THE VISTAS PAVILION
SCHOOL IS BACK IN SESSION**

As a parent, you know better than anyone that back-to-school season isn't just about new notebooks and class schedules — the event is the unofficial kickoff to graduation planning for the Class of 2027.

Families who start early enjoy the widest selection of dates, décor themes, guest lists, and entertainment options, and they avoid the spring rush that leaves many scrambling for what's left.

This fall is the perfect moment to lock in preferred dates and begin shaping a celebration that reflects each senior's personality and achievements.

At The Vistas Pavilion at Las Sendas, we are here to assist you in coordinating photo backdrops, culinary options, and memory-making stations. Thoughtful early planning ensures that by the time May arrives, the only thing left to do is enjoy the milestone.

WINE DINNER

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With the weather easing into those refreshing, cooler days, now is a wonderful time to get out on the course and enjoy every swing. Don't forget our 35 percent off storewide sale is still going strong in The Pro Shop, so it's the ideal moment to stock up on your favorite gear. ■

A quick heads up: The golf course will close for overseed Sept. 28 to Oct. 16. During overseed, The Pro Shop hours will shift to 9 a.m. to 3 p.m., and we will be here to help you take advantage of the sale while the course gets its seasonal refresh.



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REAL ESTATE

Are Short Sales Coming Back?

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

In the past few weeks, I have had two clients reach out to me about selling their homes. For very different reasons, both have found themselves in a position where a traditional sale will not work and a short sale may be their best option.



What makes this particularly interesting is that I haven't done a short sale since 2013. After the housing crash of 2008, short sales and foreclosures became a huge part of the real estate market. At the time, I specialized in short sales and ultimately helped more than 100 homeowners successfully navigate the process. Thankfully, as home values recovered and homeowners rebuilt equity, short sales virtually disappeared from our market. So, having two come across my desk at almost the same time naturally raises the question:

ARE SHORT SALES COMING BACK?

I certainly wouldn't say they are coming back, but we have seen a gradual increase each year since 2021 and are seeing more short sales in 2026. However, we are still talking about very small numbers. In July 2026, there were just 53 short sales in the Greater Phoenix area. I do think we may continue to see more until home prices begin increasing again, particularly for those who purchased near the peak of the market in May 2022. Short sales remain a very small fraction of our overall market, and today's circumstances are very different. After the housing crash, thousands of homeowners owed substantially more than their homes were worth. Many were already behind on their payments, in foreclosure, or so upside down that selling simply wasn't possible without their lender taking a loss.

Today, most homeowners have equity. However, homeowners who purchased near the peak of the market in 2022 or shortly thereafter have a greater chance of having little or no equity, particularly if they made a small down payment and their home's value has declined since they purchased. Phoenix-area home prices peaked around May 2022 and, as of July, the median sales price is still down about 6.25% from that peak. While values vary depending on the city, neighborhood, and type of property, overall prices have remained relatively steady since 2024, moving up and down within a fairly narrow range. At the same time, we have shifted into a buyer's market, with increased inventory giving buyers more choices and greater negotiating power.

HOW CAN SOMEONE END UP NEEDING A SHORT SALE?

Let's say you purchased a home for \$600,000 with a small down payment. A few years later, circumstances change and you need to sell, but the home is now worth \$570,000.



The difference between the purchase price and current value isn't the only consideration. You also have the remaining mortgage balance, real estate commissions, title and escrow fees, possible buyer concessions, repairs, and other closing costs. Suddenly, selling a \$570,000 home could require considerably more money than the homeowner has available. This is where a short sale may become an option.

WHAT IS A SHORT SALE?

A short sale occurs when a homeowner sells a property and the proceeds from the sale are not enough to pay the mortgage and other closing costs, so the sale comes up "short" of what is owed. The homeowner cannot simply decide to sell the property for less than the mortgage balance. The lender must approve the short sale, and this can be a lengthy process and is not guaranteed.

WHY MIGHT WE SEE MORE SHORT SALES?

There are many reasons someone may suddenly need to sell: job loss, divorce, relocation, death in the family, financial hardship, or simply a major life change that makes keeping the home impossible. For homeowners who have owned their properties for many years, appreciation has generally provided enough equity to absorb selling expenses. But someone who purchased more recently with a small down payment may not have that same cushion. The circumstances today are dramatically different from 2008. What we are seeing is a relatively small number of homeowners who bought at higher prices and now find themselves needing to sell before they have accumulated enough equity to cover their mortgage balance and selling expenses. ■

If you or someone you know is facing this situation and would like more information about short sales and the options available, please don't hesitate to reach out. I'm always here to help.

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FEATURED LISTING



LAS SENDAS - CUSTOM HOME - 7260 E EAGLE CREST Dr #34 - \$1,350,000
2890 Sq Ft 4 BR/ 2.5 BA, Unbstructed Red Mountain and Panoramic Views



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



SOLD

RED MOUNTAIN RANCH - 6334 E VIEWMONT DR 17 - \$630,000
1978 Sq Ft 3 BR/ 2 BA,- Cul-de-Sac, Pool



VILLAS AT MONTANA VISTA - 7827 E BALTIMORE ST - \$545,000
2412 Sq Ft 4 BR / 2.5 BA, Former Model Home



NEW LISTING

GRANDVIEW ESTATES - 8723 E HILLVIEW ST - \$615,000
2298 Sq Ft 4BR/ 2 BA, - Pool, Mountain View



Lorraine Ryall
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REAL ESTATE

Learning to Love September

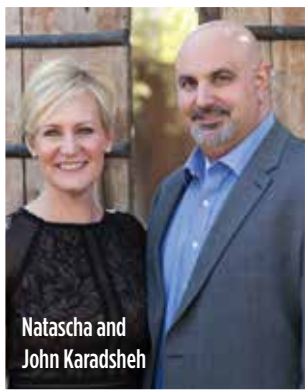
By John and Natascha Karadsheh, KOR Properties

September is often a forgotten month for us here in the Valley. In fact, it used to be our least favorite month of the year. By September, we were over the heat, anxious to work in the yard again, and frustrated that all the stores were filled with jackets and boots when it was still over 100 degrees!

But now, we LOVE September. September isn't quite fall in Arizona, but it is the month when we prepare for everything we love about the upcoming season. It is the gateway to dreamy weather and a month designed for planning ahead. The effort we put into September yields more fun, more beauty, more peace, and more connections the rest of the year.

Here are a few things to do this September to make your season ahead the best one yet!

- **Plan Your Garden.** So many people have told us they want to garden and if that is on your list, September is the month to get started. Now is the time to build your beds, prepare your soil, and choose your watering system so you are ready to plant the first week of October. We are always excited to get our seeds and seedlings planted and always amazed to be harvesting salads and herbs by mid-November.
- **Plan Your Exterior Projects.** It isn't fun to work outside during the summer, but beautiful mornings and evenings will soon be here. September is a great time to think about updating your landscaping, painting your exterior, redoing pavers, improving irrigation and lighting, cleaning your BBQ and turf, or refinishing your front door. Use September to get quotes, make a plan, select colors and finishes, and get projects scheduled before everyone else does in October.



- **Plan Your Interior Projects.** If you start in September, there is still time to order new furniture, update a bathroom, replace dated light fixtures, paint interiors, replace flooring, or simply do a deep clean and reset before your holiday company arrives. A good refresh after the long summer is just what we all need. If you think a move may be in your future, it is also worth considering which improvements you will enjoy now while adding appeal when it is eventually time to sell.
- **Plan Your Fall Calendar.** It's always hard to get on everyone's schedule once October begins. Make a plan to host at least once before the end of the year, make dinner reservations with friends in advance, organize a meet-up at Las Sendas Food Truck Fridays, book concert tickets, and try a few new things you haven't done in the Valley. Pre-schedule your best season ever!
- **Plan Your Next Move.** Many people like to list and move in the spring, but the best spring moves often begin months earlier. If a move might be on your horizon in 2027, September is a wonderful time to start thinking ahead. Begin sorting and decluttering, tackle deferred maintenance, and start exploring where you might want to go next.

This is also a great time to have us walk through your home with you. We can help identify which updates are worth making, which ones probably aren't, and what will help your home show its very best when the time comes. The homes that are thoughtfully prepared tend to sell faster and for more money and a little planning now can make the entire process much easier later.

Maybe that's why we've learned to love September. It may still feel like summer outside, but it is a perfect month for looking ahead, making plans, and getting ready to enjoy all the wonderful things the months ahead will bring. ■

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!

FINANCIAL FOCUS

Simple budgeting tips that fit real life

Submitted by Linda Drake, Edward Jones Financial Advisor

To help you feel more in control of your money, consider a simple budgeting plan.

An easy starting point is the 50/30/20 rule. Allocate about 50% of your income to needs such as housing and groceries, 30% to wants — like dining out and streaming services, and 20% to saving or paying down debt. It's a framework you can adjust as your life changes.

If you're not sure where your money goes, just observe for a few months. Check your accounts without judgment, noting money coming in and going out.

Then, take small steps. Even 15 minutes a week reviewing your spending can make the process feel less daunting.

Budgeting apps can help, whether you prefer automatic tracking or a more hands-on approach.

To stay on track, substituting or reducing expenses, creating more income as needed, or adding a small cushion for unexpected expenses can help.

Simple steps can make budgeting feel more manageable, and you can better align your money with what really matters. ■



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Northeast Mesa Real Estate MARKET REPORT

Sales for the Month of July 2026

PRESENTED BY JOHN KARADSHEH

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
6260 E Virginia St	2,087	Olympic Estates	\$599,900
6426 E Bambi Dr	1,845	Skyway Village	\$640,000
6765 E Tasman Cir	2,350	Red Mountain Ranch	\$650,000
2103 N Red Cliff	1,898	Mountain Bridge	\$655,000
2261 E Fairbrook St	1,838	Tierra Este Park	\$660,000
7745 E Mangun Rd	2,134	Valley View	\$665,000
2402 E Kramer Cir	2,881	Citrus Highlands	\$670,000
3643 N Greylock Cir	2,330	Red Mountain Ranch	\$675,000
7324 E June St	2,827	Falcon Hill	\$683,500
1527 N Steele	2,862	Grandview Estates	\$722,433
3845 N Kings Peak St	2,948	Red Mountain Ranch	\$730,000
2924 E Mallory St	2,419	Vista Mesa	\$771,000
1807 N Bernard	1,739	Mountain Bridge	\$775,000
9629 E Grandview St	4,015	Saguaro Mountain	\$835,000
3141 N Loma Vista	3,450	Lehi Crossing	\$857,450
5748 E Scafell Cir	2,280	Reserve at Red Rock	\$865,000
2703 N Adair Cir	2,548	Boulder Mountain	\$875,000
7530 E Kael Cir	4,463	Saguaro Vista Estates	\$895,000

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7855 E Kenwood St	4,057	Estates at Desert Shadows	\$900,000
8128 E Jasmine St	2,279	Monteluna	\$915,000
8540 E McDowell Rd #116	4,152	Thunder Mountain	\$925,000
3014 N Kashmir	2,798	Ridgeview	\$950,000
3732 E Ellis St	3,181	Trovita Estates	\$950,000
8751 E Menlo Cir	3,711	Madrid	\$965,000
5345 E McLellan Rd #5	4,229	Alta Mesa Estates	\$985,000
3713 E Ellis St	3,384	Trovita Estates	\$1,000,000
2536 E Quenton St	3,177	Grove at Lehi	\$1,083,331
3559 E Pearl Cir	3,218	Montana Dorada	\$1,200,000
2342 N Lemon Cir	3,807	Spyglass Estates	\$1,265,000
2266 E Mallory Cir	5,710	Village Grove Estates	\$1,270,000
2219 N Estates Cir	3,317	Mountain Bridge	\$1,360,000
3411 E Fountain St	6,538	Groves	\$1,475,000
3446 E Knoll St	6,003	Hermosa Groves South	\$1,700,000
9435 E Hobart Cir	5,947	Saguaro Shadows	\$1,725,000
8022 E Laurel St	5,284	Estrella Vista	\$1,825,000
3338 E Jaeger Cir	4,145	Arboleda	\$1,918,000

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

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LOCAL BUSINESS

Healing starts with your plate!

By Alysha Abell, MPH, B.S. Nutrition, PMP, CFNC

At six years old I was diagnosed with Kawasaki Disease and Juvenile Rheumatoid Arthritis. At eleven, PCOS.

For most of my life, my body has felt like something to manage, not trust.

I did all the “right things” — sports, the gym, discipline — believing that was enough to keep my body cooperating. It wasn’t.

When I moved to Colorado, I pushed even harder, training for a half marathon through real pain while eating far too little and gained weight I could not explain. I had been told that staying lean meant barely eating, so that is what I did. Every meal left me bloated and exhausted, and I thought that was my normal.

When I finally reached out to a nutrition coach of my own, I learned that what I believed was helping was actually adding stress and inflammation to my body.

I started eating enough, and eating right for my body, and went from at least one debilitating flare up a year to not having a single one since. Not one.



Alysha Abell



Food is medicine, and feeding your body correctly can do more healing than you think.

This is not just for people managing autoimmune conditions. If you feel like you have it together, showing up, doing everything right, but you are also bloated after every meal, exhausted, dealing with unexplained weight gain, or just do not feel like yourself, that is not normal. It is common. Those are not the same thing.

And if you have not been doing any of the right things either, if you have not had the energy or answers to know where to start, this is for you too. You do not need a history of trying hard to deserve support.

I do not share that to make you feel bad. I share it because the answer was never more working out or more willpower. What you need is a coach who understands the science and is in your corner every step of the way.

This is true whether you are managing an autoimmune condition, PCOS, chronic fatigue, or you simply feel your body has not felt right in a long time and cannot figure out why.

Are you ready to feel like yourself again? ■

Scan the QR code and fill out the short form. I will personally reach out to schedule your free consultation, or find me at @macro_method_nutrition on Instagram, or email alysha.macromethod@gmail.com.



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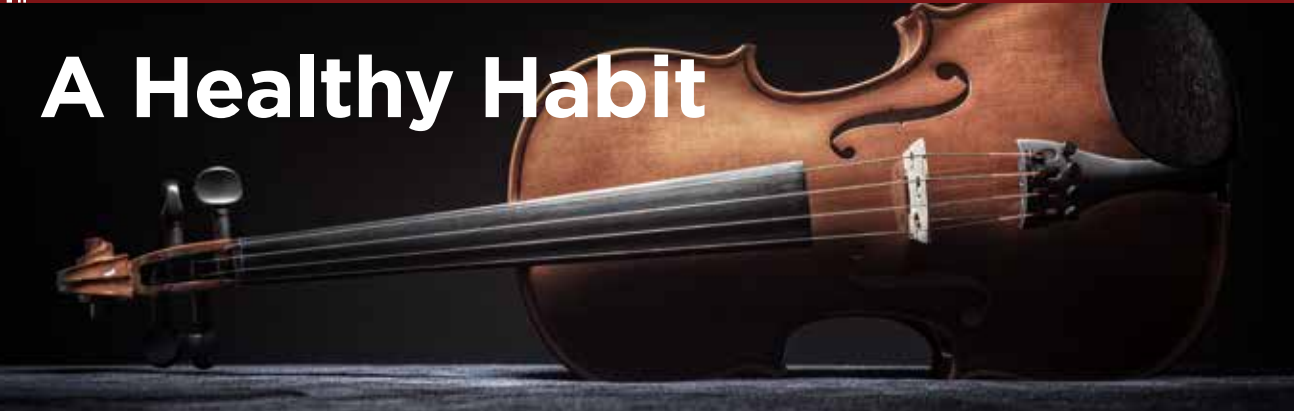
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SPIRITUALITY



A Healthy Habit

By Judy A. Knox

Do you remember learning this little song in grade school? "Stop, look, and listen, before you cross the street."

Use both your eyes and both your ears, and then use both your feet."

This applies to most everything we do in our everyday lives. When I first started making notices about our music group's upcoming concerts, I had a simple process for creating a page with four copies on it, which we could all print and cut into quarters to make small flyers. But like a lot of technology these days, the company whose "user friendly" software I used kept upgrading.

Every time I went to make a flyer, they changed something. What I had done before no longer worked. By trial and error and lucky guessing, I would finally "get'er done," but it took hours to finally get it right. When the next flyer rolled around, they had changed something else.

What used to be a fun, easy task had become a frustrating, time-consuming guessing game. After hours of struggling, I would stop and pray, "Help, Lord!"

Then a new procedure would reveal itself to me and voila! Flyers! After going through this a few times, I finally got smart. I began asking God for help before I started the project. James 1:5 tells us if we lack wisdom in anything we should ask God for it, and He will give it to us liberally, and won't be annoyed with us for asking.

What I learned from this actually applies to life in general, not just to computer stuff. Proverbs 3:5 says, "Trust in the Lord with all your heart, and lean not on

your own understanding; in all your ways acknowledge Him, and He will direct your paths. Be not wise in your own eyes; fear the Lord and depart from evil."

This is not something a person just does automatically. The propensity for trusting in our own wisdom and understanding is a characteristic of human nature. But we can learn to sublimate that tendency and rely on someone who knows more than we do. And honestly, nobody knows more than God.

With our own wisdom and understanding, we'll come up with some kind of a solution or process, only to find out later that there was a better, easier way. My plans and solutions tend to be complicated. God's ways are streamlined. He is so much smarter than we are.

It's a blessing to have understanding, but it is not wise to lean fully on it because it isn't as reliable as God.

The Bible says He never changes, and He knows about circumstances we can't possibly be aware of. I believe asking God for wisdom and trying to follow what He tells me to do has kept me from making some big mistakes that could have caused serious problems. Trusting Him reduces stress and is good for our mental health. I honestly believe it is a key to living a longer, healthier, and happier life.

I can't claim to be at the point where I always remember to do this. As one of my favorite Bible teachers says, "I haven't arrived yet, but I've left the station and I'm on the right track!"

I'm learning. So, think of the little poem. Stop for a moment. Look at the task. Then listen, trusting Him instead of leaning on our own understanding. Then proceed. This is just a good, healthy habit to develop. ■

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EDUCATION

Mesa Public Schools Offers Personal High School Choices

Submitted by Mesa Public Schools

On Thursday, Aug. 6, Arizona's largest school district welcomed more than 50,000 students back to classrooms across Mesa.

This school year also marks an exciting milestone with the opening of two new high school options, created in response to what families told us they wanted most: a more personalized secondary school experience.

**SHEPHERD COLLEGE PREP:
BIG OPPORTUNITIES, SMALL SCHOOL FEEL**

For years, families have chosen Shepherd Junior High for its outstanding creative and performing arts programs and strong sense of community. Now, students can continue that experience through high school. Shepherd College Prep combines Shepherd's tradition of excellence with a personalized college-preparatory program designed to help students grow academically, artistically, and personally. With smaller class sizes and meaningful relationships, students receive the individualized support they need to build confidence and prepare for college.

"Families are looking for a place where their children can be seen as individuals. Whether a student's passion is the arts, academics, or both, Shepherd College Prep provides the personalized support and opportunities to help them succeed in college and beyond," says school principal Jill Benza.

**FRANKLIN HIGH SCHOOL:
A PROVEN TRADITION OPEN TO ALL**

After years of families asking for a Franklin high school experience, Mesa Public Schools delivered. Franklin High School continues the nationally recognized Franklin tradition of academic excellence, honors coursework, character development, and strong family engagement, giving students the opportunity to experience the Franklin model through graduation. The new high school provides



students with a smaller, specialized learning environment where high expectations and meaningful family partnerships remain at the heart of the educational experience.

"Franklin High School gives students the opportunity to challenge themselves academically while benefiting from the personal attention and strong sense of community that have long defined the Franklin experience," says school principal Jeff Abrams.

Both schools are open to all Mesa families through school choice, offering students new pathways to discover their interests, pursue their goals, and prepare for bright futures. More importantly, they are the result of a district that listens. By listening to families and responding with meaningful opportunities, Mesa Public Schools continues to create learning environments where students don't just attend, they belong. ■

For more information, visit mpsaz.org.



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COMMUNITY

Red Mountain Community Social Club STRENGTHENS CAMARADERIE



By Cathy Barthel, Photos by David Bender

As we look ahead to fall, our Speaker Series resumes on the second Thursday of each month at 9:30 a.m. at the Red Mountain Ranch Country Club. The Speaker Series is open to all neighbors. Please join us and check out our club. All are welcome.

- ♦ **September:** Denise Cox, a Fraud Fighter from the City of Mesa, shares her expertise on spotting and avoiding fraudulent attacks and staying vigilant against modern scams.
- ♦ **October:** Jack Doody, Senior Visiting Professor at ASU's School of Civic and Economic Thought and Leadership and resident of Las Sendas, discusses the changes in college sports, particularly the impact of Name, Image, and Likeness deals (NIL) and the rise of online sports betting.
- ♦ **November:** The RMCSC will honor our member veterans with special recognition. On the agenda is guest speaker, Warren Houseler, a veteran who is active with vets' organizations in the surrounding area.

MAHJONG IS COMING TO RMCSC!

This October, we are excited to offer Mahjong classes, with a playing schedule at RMRCC to be announced. Members can sign up for the class at RMCSC.org and watch for updates.

- ♦ **Save the Date: RMCSC Annual Garage Sale — Friday, Nov. 6 and Saturday, Nov. 7**
Last year, more than 110 households participated in RMCSC's annual Garage Sale, which brought energy, excitement, and treasure hunters from all over the Valley of the Sun to our neighborhood.



Shoppers from California, Mexico, and New Mexico joined us to hunt for bargains and experience the charm of our community-wide sale. Held in Red Mountain Ranch, Shadow Canyon, and Summit Park, this sale is the only one sanctioned by the RMR HOA and serves as our club's sole fundraiser.

A small participation fee of \$15 covers banners and signage, digital and social media promotions, maps featuring your home, and liability insurance to protect you and your shoppers. This is an excellent opportunity to declutter your garage and closets and earn some extra cash for your holiday shopping. Registration is open, so visit RMCSC.org to register and get all the details.

READY TO JOIN THE FUN: FALL IS THE PERFECT TIME!

Fall is the ideal time to join our club. Our activities continue throughout the year, but their frequency increases during the Fall-Winter season as our attendance grows with the return of our snowbirds. We provide excellent opportunities for East Valley neighbors to connect, learn, volunteer, and enjoy fun, food, and fellowship — our club is a welcoming mix of singles and couples alike. ■

Join today by clicking on the link RMCSC.org and learn more about our membership, upcoming events, and volunteer opportunities.



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LOCAL BUSINESS

Negative Impact of Heat on Older Adults

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

The human body can tolerate only a small range of ambient heat. Sustained exposure beyond this limit can lead to dangerous or even fatal heat exhaustion and exacerbate pre-existing conditions, especially those involving the cardiovascular, respiratory, or renal systems. This is especially true for older adults ages 60+.¹



temperature-regulating mechanisms can become less responsive with age. This can delay recognition that the body is overheating.

5. Medications can increase the risk. This is a big one. Certain commonly used medications can interfere with sweating, hydration, blood pressure, or electrolyte balance, including:
- Diuretics (“water pills”)
 - Some blood pressure medications
 - Anticholinergic medications
 - Certain antidepressants and antipsychotics
 - Some antihistamines
6. They may have less total body water. Older adults generally have a lower percentage of body water than younger adults. Consequently, they have less fluid reserve when sweating heavily.
7. Chronic illnesses can compound the problem. Conditions such as heart disease, kidney disease, diabetes, and lung disease can make it harder to tolerate heat.

HERE’S WHY...

1. They don’t sweat as effectively. Sweating is one of the body’s most important cooling mechanisms. With age, sweat-gland function can decline, so an older person may produce less sweat even when they’re dangerously hot.
2. They may not sense thirst as strongly. The thirst response often becomes weaker with age. An older adult can become significantly dehydrated before feeling very thirsty. Dehydration reduces blood volume and makes it harder to circulate blood to the skin for cooling.
3. Their cardiovascular system has less reserve. Cooling requires increased blood flow to the skin. Older hearts and blood vessels may not be able to increase circulation as efficiently, particularly in people with cardiovascular disease.
4. Body temperature regulation becomes less efficient. The brain’s

HOW TO HELP:

Sip pH-balanced water throughout the day. Add a quality electrolyte to help replenish lost electrolytes. If severely dehydrated, these likely won’t be enough. IV (intravenous) fluids can quickly replenish what your body is missing and get you back on track to healthier, more hydrated living. ■

For more information about IV therapy, please visit primeiveastmesa.com or call us at (480) 992-4202. Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106.

1. Kong Q, Vecellio D, Huber M et al. Exceeding human heat tolerance in a warming, ageing world: a global projection modelling study. The Lancet Planetary Health, 2026; 0

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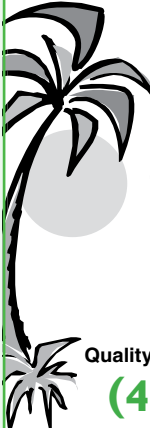
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