

Las Sendas Up Close

Bringing neighbors closer to their community • UpCloseAZ.com

February 2025

AirTime Heating and Cooling offers NEIGHBORLY SERVICE WITH HONESTY AND FAIR PRICING

By Aidan Current

Here in the Valley, it can feel like there are only two seasons: hot or cold. Thus, Arizonans know the value of having a working air conditioning and heating unit.

AirTime Heating and Cooling has been a competent and neighborly company in Mesa for years. Don't just take the word of your local newspaper, because AirTime has a 5.0-star review on both Google and Yelp reviews.

AirTime offers an expansive deal, the Preventative Maintenance Program. Members will receive two free seasonal tune-ups, 20% off repairs, a three-year parts warranty, and so much more.

Recently AirTime was bought by an acquisition company – ResiXperts. Micheal Monoson, the chief marketing officer of ResiXperts, highlighted the advantages of this acquisition – policies at the company as well as the values instilled by the owners will remain intact.

As companies grow, sometimes equipment, communications, and software may need to be updated or replaced. ResiXperts has assisted AirTime in adding more customer service staff, software, and operations like vent cleaning and sealing, all to make sure the company can meet the rising demand for its services.

What kind of maintenance or work needs to be done on household HVAC units? Why is it important?

"You don't want to wait until your air conditioner breaks when you need it most, when it's 110 degrees in July. You want to stay ahead of it," Micheal said. "When you really rely on your air conditioner, when it's working hard for you in the summer, it is as efficient as possible."

AirTime offers a 27-point tune-up in the spring to make sure your house is ready to beat the heat. There is never a need to worry about the winter either when a 32-point tune-up is available in the fall to prepare the furnace to fight the cold.



Again, both tune-ups are free for members of the Preventative Maintenance Program. This includes a free transfer to another household or owner of household if necessary. Members also expect free condenser coil cleanings – an important yet sneaky element of maintenance, preferential emergency repairs, and not to mention zero fees for diagnostic tests and travel time.

Winter/spring tune-ups are being offered currently for only \$29.95. Some of us in the Valley don't live here year-round, however. Another benefit to the Preventative Maintenance Program is for anyone who beats the heat by moving to another state for a major part of the year. Tune-ups and maintenance are very important for units that aren't used every day, all year.

In the short term, remember setting your home to a lower/higher temperature will not make the cooling or heating any faster. Investing in a smart thermostat or reducing power while the home is vacant are ways to reduce wear and tear and save money.

In the long term, partner with AirTime. Protect your peace of mind, stay cool, and save money all at the same time. ■

Visit AirTimeAZ.com for all your HVAC needs or give them a call at (480) 702-2693. And next time you attend the Arizona State Fair, a food and wine festival, or even a holiday event, look out for AirTime Heating and Cooling, supporting the community.

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EDUCATION

What Kind of Future Do You Hope for Your Child?

By Sami Majeed, J.D., Chief of Schools, Self Development Academy

Each new year provides an ideal time to reflect on our aspirations for our children. In a rapidly evolving world influenced by unpredictable technological advancements, particularly artificial intelligence (AI), it's crucial to consider how innovative and time-tested educational approaches can prepare our children for the future. How do we ensure that future?

THE IMPORTANCE OF A BALANCED APPROACH

The resolutions' literature (*behavior modification*) asserts that the most steadfast, unbreakable New Year's resolutions ask us to consider the following three R's.

- **Reflect** - Consider the past and present and envision the future you want.
- **Resolve** - Design the future you want by using your strengths to improve.
- **Redirect** - Innovate and implement your new approach.

It is important to see that a balanced approach is essential. The best of the past combines with the present to create an innovative approach for the future. The same is true with education.



WHY THE EMPHASIS ON THE CLASSICS OF KNOWLEDGE AND INSTRUCTION

Time-tested practices provide foundational skills that have worked generation after generation. The philosophy of Self Development Academy (SDA) accentuates that becoming literate citizens will unconditionally require a

profound development of knowledge, core work ethics, and a culture of high expectations.

PROFOUND KNOWLEDGE

A robust understanding of concepts in reading, art, writing, and arithmetic is and will always be essential. These foundational skills remain crucial, regardless of technological advancements. A firm grasp of these subjects equips children with the tools they need to navigate their educational and professional journeys. Using a structured, sequential approach, the design of the SDA curriculum focuses on literacy and numeracy in the early years.

CORE WORK ETHICS

Time-tested approaches often instill a sense of discipline and work ethic. Starting in preschool, we help children develop a growth mindset: an unwavering belief in their abilities, seeing setbacks as an opportunity for intelligent growth. We teach an advanced and enriched curriculum, believing every child can rise to the potential beyond the limit. We provide personalized learning and small-group instruction for acceleration.

CULTURE OF HIGH EXPECTATIONS

Collectively, SDA's traditional teaching methods foster a robust education environment:

- A belief in the limitless potential within each child
- High expectations
- Teacher Excellence

Each teacher from our Preschool to 8th grade is highly vetted. Professional development remains essential to each teacher's job, and the collaborative approach allows teachers to learn best practices from each other. SDA has a high teacher retention rate.

PREPARING YOUR CHILD FOR THE FUTURE

So, let's return to our original question: What kind of future do you hope for your child?

As we reflect on our hopes for our children, we must consider how we can support their development



at school and home, balancing innovation and tradition.

Find a school that emphasizes foundation knowledge and encourages lifelong learning. Equipped with foundational knowledge, children are ready to face the future. Many

traditional roles are changing quickly, and new ones are emerging simultaneously. Rather than replacing humans, AI is expected to augment our capabilities. Future jobs may involve working alongside AI systems, requiring data analysis, programming, and ethical decision-making skills.

At SDA, we encourage learning for learning's sake. That knowledge should extend beyond a test or quiz. Similarly, we foster a love for learning by exposing your child to diverse subjects and experiences. From specials and clubs to competitions, we offer a range of creative pursuits.

At home, it's essential to continue that momentum. Provide opportunities for creative expression through arts, music, and hands-on projects. Help your child develop resilience by encouraging them to embrace challenges and learn from failures. Teach them that adaptability is a valuable skill in an ever-changing world.

As we embark on this new year, let's take the time to reflect on the kind of future we hope for our children. By embracing a balanced approach that combines innovative and time-tested educational practices, we can prepare them for the challenges and opportunities. The future wants children with a diverse skill set, a love for learning, and the ability to adapt. Let's guide them toward a future filled with promise and potential. ■



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

Studio 480 The Salon Welcomes Three New Stylists



Amy



Allison



Kristi

By **Jamie Killin**

Studio 480 The Salon is kicking off the new year by making it easier than ever for East Valley residents to reach their hair goals with the addition of three new stylists – each with their own specialties, allowing every client to find a stylist whose passions and skills match their unique goals.

“We’re thrilled to bring on three new talented stylists who each bring unique skills and experiences to our team,” said salon manager Jamie Mariano. “It allows us to better serve our clients and ensure there’s a stylist for everyone’s hair goals.”

The newest additions to the team are Allison, Amy, and Kristi.

Allison recently moved to Mesa from Chicago and has been working as a licensed stylist since 2016. She specializes in vivid, low-maintenance color and detailed haircuts.

Amy brings over 35 years of experience to the salon and specializes in mature hairstyling, including perms, short haircuts, and all-over coloring.

Kristi has been a stylist for two decades and is passionate about staying up to date with the latest hair trends. She specializes in balayage, highlights, baby lights, and updos for special occasions.

New clients who book with any Studio 480 The Salon stylists will receive 10 percent off on their first visit.

To get started on 2025 hair goals, new clients can book online or over the phone. Walk-ins are also welcome when availability permits.

“We’ve seen an increase in demand for appointments, and we’re happy to have more stylists for our clients to book with,” said Jamie. “If you had trouble getting in before, now is a great time to book an appointment. Mondays through Wednesdays are typically the easiest days to secure a spot, while Thursdays through Saturdays tend to fill up fast, especially evening appointments.”

The salon offers extended hours on Tuesdays, Wednesdays, and Thursdays, staying open until 7 p.m.

In addition to cuts, color, and styling, Studio 480 The Salon carries high-quality hair care products from Redken and Pureology. Stylists can provide clients with recommendations to ensure they’re prioritizing their hair’s health and style.

In addition to hair services, the salon offers aesthetic and wellness treatments, including Botox, fillers, microneedling, vitamin injections, and weight loss injections provided by an on-site registered nurse. ■

To learn more or to schedule an appointment at Studio 480 The Salon, call (480) 985-2369. The salon is located at 6655 E. McDowell Road, at the southwest intersection of Power and McDowell roads.



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COMMUNITY

Mesa Citizen of the Year Association Selects 2024 Awardees

Submitted by Mike Hutchinson, Mesa Citizen of the Year Association

Members of the Mesa Citizen of the Year Association met in November to choose Mesa's 2024 Citizens of the Year. Jenny Richardson was chosen as Woman of the Year and Bill Peters as Man of the Year.

Jenny Montague Richardson is a Mesa native and has been a longtime community activist in her northwest Mesa neighborhood. Jenny and her husband, Randy, have six children who all attended Mesa Public Schools.

Jenny was active in the Parent Teacher Organization (PTO) and as a classroom volunteer in her children's schools. She is a natural leader who usually assumed a leadership position in school organizations.

Jenny also volunteered on the Citizens Committees that have been formed over the years to support and promote school district bond and override elections. No committee task was too small for her, and she led numerous community educational forums on these critical election issues.

Ultimately, she chose to run for election to the Mesa School Board and was elected twice in 2014 and 2018. She served as Governing Board President three times during her tenure.

As several of her fellow governing Board members are quick to note, she and the Board made hundreds of decisions during her tenure, and she never shirked her responsibility to make the best decision for the thousands of students in the district.

As a Mesa Public School graduate, parent and grandparent, she was, and still is, a positive voice in the schools and community at large. She has a keen sense of what will work best for parents, students, and district staff and continues to volunteer in her neighborhood schools and in community literacy programs.

Bill Peters is a long-time resident of the East Valley and has served as a member of the Mesa Police



Jenny Richardson



Bill Peters

Department for more than 34 years. He has held numerous positions in the police department and is currently a lieutenant. He is married to Lesley, and they are the proud parents of two grown sons.

During his tenure with the police department, Bill has been an active volunteer in several community organizations. These include the Special Olympics Arizona and the Arizona Torch Run (LETR).

Bill helps assist in the fundraising activities of the LETR, who annually raise over a million dollars to support the Special Olympic Program and athletes. He is an active Rotarian who assists with the many community projects of the Mesa Sunrise Rotary Club. He was named Rotarian of the Year in 2023/24.

Bill also volunteers his time to promote and support the Children's Benefit Foundation's annual *Week Without Violence* campaign, supports the House of Refuge programs, Paz De Christo feeding activities, and others. One of his activities is a little-known Hospice of the Valley program called the *Final Salute*. In this program, he works with others to ensure that gravely ill veterans and first

responders are formally recognized before their passing. Finally, he and others helped raise funds for a memorial statue at the Mesa Police Department building to recognize fallen officers.

Bill's volunteer activities are more than exemplary although he is a humble individual who does not seek recognition for his actions. He is quick to give credit to others. As one of the many individuals who know of his work stated, "While Bill's years of service with the Mesa Police Department is impressive (not to mention his military service), his community service stands apart from his professional work. He has devoted himself over the years to volunteer efforts that have no connection to his job."

The Mesa Citizen of the Year Association is one of the oldest groups of its kind in the State of Arizona. Founded in 1935, the organization annually selects two individuals in the community who have dedicated a significant amount of time to volunteer activities.

Many awardees have exemplified a long-standing commitment to volunteer activities and leadership. The group also promotes the need for residents to be involved in the wide breadth of volunteer activities in Mesa and the positive impact that volunteerism has on the well-being of Mesa's residents and neighborhoods. More recently, the Association has also recognized Mesa Public Schools graduating seniors who have provided exemplary volunteer service in their school and the community.

This year's award recipients will be honored at the Association's Annual Banquet on Feb. 25 at the Delta Hotels by Marriott, 200 N. Centennial Way, in Mesa. This community celebration of volunteerism will begin with a reception at 5:30 p.m. followed by dinner. ■

To purchase banquet tickets, please visit mesacitizenoftheyear.org or contact Debby Elliot at (480) 969-2731.

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DISCOVER ARIZONA

Prescott features a charming and serene escape from the city

By *Kimberly Alvarado*

Consider this great exploration retreat for the month dedicated to love. Are you yearning for a little adventure? Are you a bit of a history buff? Do you love exploring new hiking trails, charming coffee houses, and dining in locally owned restaurants? Maybe you've always dreamed of staying in a historic home and unveiling some of the richness of its past?

Prescott, Ariz. is nestled in the heart of our state and offers a serene escape from the city. So, pack your hiking shoes and prepare your senses for adventure as you head northeast to Prescott for a memorable getaway.

One of the best times to visit Prescott is during the non-busy holiday season. With fewer crowds, you can fully engage in the natural beauty and local charm without the hustle and bustle of peak tourist times. This allows for a more relaxed and enjoyable experience, whether you're hiking the Constellation Trails or sipping coffee at Founding Fathers Collective, Prescott has a little something special to offer every visitor.

And did I mention the perfect place to stay, during your visit?

The Kiehl House, located at 142 N. Montezuma St. in Prescott is a historic home built in 1910 by the Kiehl family. This charming vacation rental home is centrally located in downtown Prescott, making it a convenient spot for visitors to explore the area's



restaurants, shops, and attractions. The Kiehl House is hosted on Airbnb by Jennifer Bacon and is suitable for five guests. The three bedroom, one and one-half bath is highly ranked on Airbnb, and is sure to add to the authenticity of your visit.

ABOUT THE HISTORICAL HOME

Ed Kiehl originally built the house in 1904. He and his family lived in the house while running their plumbing store out of the space next door, which is now Nyla D' Salon. The Kiehl house was one of the original homes on the street and remains only one of the few where you can stay. The house is located for easy and enjoyable access to the wonderful downtown amenities that Prescott has to offer. Because the kitchen isn't a full kitchen it makes it very easy to get out to local restaurants within walking distance of this home. **Farm Provisions**, a local favorite, is just steps from the home.

The Kiehl House is part of Prescott's broader historic preservation efforts, which aim to maintain the city's unique heritage and charm. Visitors to the Kiehl House can enjoy the blend of historical significance and contemporary amenities, making it a popular choice for those seeking an authentic Prescott experience.

ABOUT THE TRAILS

Constellation Trails: These trails, located on the west side of Route 89 across from the Phippen Museum, provide a unique hiking experience through the **Granite Dells**. The

trails are named after a 1950s airplane crash, and remnants of the wreckage can still be seen along the path. With a variety of loop options, the trails cater to all skill levels and offer breathtaking views of granite rock formations.

For those looking to unwind after a hike, Prescott boasts charming local coffee houses like **Founding Fathers Collective**. Located at 218 N. Granite St., this community-focused café offers a cozy atmosphere with a blend of classic and contemporary décor. Whether you're in the mood for a craft coffee, a local pastry, or a relaxing creekside setting, Founding Fathers has a unique setting.

Another great spot to visit is the **Overflow Coffee Bar at Restoration Church**. Situated at 226 N. Montezuma St., this coffee bar is open on Sundays from 10:15 to 11:15 a.m., providing a perfect spot to enjoy a cup of coffee after a morning service or a hike.

Farmhouse Provisions: A farm-to-table dining experience is an inviting family-oriented atmosphere. Their slogan, "simple food elevated" inspires their seasonally changing menu, utilizing local farmers, ranchers, and Arizona purveyors. This dining establishment is steps from The Kiehl House.

There you have it, an adventure idea, complete with recommended hiking trails, dining options, and a unique vacation rental option, guiding you *off the beaten path*.

You're welcome! ■

For more information on the City of Prescott, visit prescott-az.gov.



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- **“O”** is for occasion. Yours is important. The picturesque setting is sure to be an impressive choice for the important moments that will forever become memories.
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Events and Catering Director, Carla Shaw, promises a rewarding experience with her professional team.

“Let us start with our experienced banquet team. Combined, we have over 50 years of experience in making every single event special. Our culinary team, led by Chef Kelsey, is here to create meals made from scratch. We have an extensive menu to select from, or if you have something specific in mind, we can curate a custom meal perfect for your celebration,” says Carla.

“Each event is planned specific to the host. Our venue offers tables, chairs, house linens, house centerpieces, AV equipment, easy access, free parking, and show-stopping natural scenery that is a gift to give to your guests,” she adds.

From beginning to end, you have a *friend* in the event business. Call (480) 396-4000 ext. 222 to open the planning playbook of your next event.

LAS SENDAS GOLF CLUB

During the busiest season of the year, please be reminded to book tee times as far in advance as possible. And be sure to visit The Pro Shop this month to check out new merchandise, equipment, and apparel arrivals.

Ladies, step up your winter style with new casual wear pieces by Varley and Vuori. This season brings new colors and new styles, with plenty of new choices to add to your current daywear.

Gents will appreciate new arrivals by Johnnie-O, a staple favorite. You will have lots of choices to make with the newest selection of polos, pullovers, pants, and equipment by G/FORE. Come in to browse the latest trends in apparel and accessories to up your game.



THE PATIO & GRILLE AT LAS SENDAS

HERE IS A HAPPY HOUR YOU'LL LOVE

Everyone loves a happy hour! This month The Patio & Grille is mixing things up with a reverse happy hour. It happens from 6 p.m. until close, every day of the week, including Saturday and Sunday.

Stop by to sample the bartender's signature cocktail, which changes each evening. Or enjoy \$2 off 14-ounce draft beer, \$6 well drinks, and Conundrum Red or White Blend wine for just \$7.25 a glass. The Grille will also be featuring a special menu during reverse happy hour, featuring:

- Korean Barbeque Ribs
- Prime Rib Sliders
- Turkey Sliders
- Pork Bites
- Loaded Nachos
- Homemade Hummus with Veggies and Pita

The happy-hour menu items mentioned above are just \$10 each beginning at 6 p.m. nightly. ■

For more information about the Las Sendas Golf Club, visit lassendas.com.

Las Sendas GOLF CLUB



2025 Golf Membership Options

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REAL ESTATE

Top Seven Tips for Staging Your Home to Sell

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



The benefits of home staging are undeniable. From creating visual appeal and highlighting functionality to eliciting emotional connections and standing out in online listings, staging offers a multitude of advantages for sellers looking to maximize their sale. By staging a home, sellers can achieve a higher selling price with less time on the market.

That's why I'm such a strong advocate for staging and offer it as a complimentary service to all my clients. It's not always easy for sellers to view their home from a buyer's perspective or to recognize how small changes can make a big impact. Even as a real estate professional, I experienced this firsthand when I sold my own home last year. I brought in my staging team, confident that I had done a good job staging it myself and that it wouldn't need much. To my surprise, they made a lot of changes, and these small changes really made a big difference.

WHAT DOES STAGING INVOLVE?

The goal of staging is to showcase your home's best features, minimize any imperfections, and create a warm, inviting atmosphere that buyers can't resist.

Staging can be as simple as decluttering, depersonalizing, rearranging furniture, and adding inviting accents and tasteful décor, to bringing in furniture and large artwork. For vacant homes it can involve bringing in all the furniture to create a fully staged and welcoming space.

TOP SEVEN STAGING TIPS

CURB APPEAL

Have all your shrubs and grass trimmed, adding new shrubs if needed. Add pots with flowering annuals to the

entryway. Curb appeal really does make a difference, and it's the very first impression the buyer will get when pulling up to your home.

DECLUTTER

It is a good rule of thumb to take down two thirds of what you have out. Keep countertops clear, especially in the kitchen and bathrooms. Reorganize your closets to make them appear larger. Pack away anything you are not going to be using in the next few months.

DEPERSONALIZE

Potential buyers want to be able to picture themselves in your home, and that's hard to do if all they see are your personal items. Remove family photos, your kids' artwork, framed diplomas, and personal collections. Pack these items up to take to your new home and replace them with generic artwork.

DEEP CLEAN

Spend the time (or hire a cleaning crew) to do a deep clean, especially in the kitchen and bathrooms. Remember to clean the fan blades, baseboards, and light switches. Remove sunshades and clean the windows inside and out.

REARRANGE FURNITURE

If your furniture is too large or there's too much of it in a room, consider removing a few pieces or rearranging them. Make sure no furniture blocks doors or walkways, as this can disrupt the flow of the space. Even small adjustments like these can make a room feel much more open and spacious.

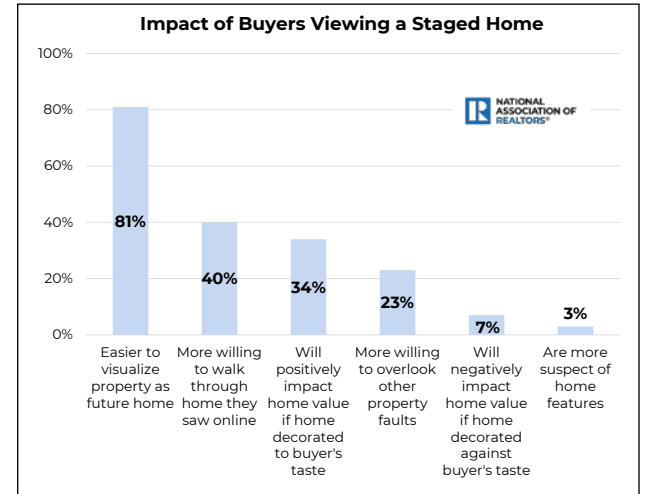
CREATE INVITING SPACES

Bedrooms are often overlooked but are one of the easiest to enhance. Change out any bright colored or old and faded comforters for neutral colors and add accent pillows and a throw blanket. Add matching lamps on the nightstand for the finishing touch.

KEEP IT OPEN AND BRIGHT

Buyers don't like to walk into a home that is dark and feels closed in. Remove sunscreens and stack them neatly in the garage. Make sure all the blinds are open, and the lights are on for showings. Turn on any accent lights such as under the kitchen cabinets and side lamps. These not only make the home bright but also add warmth.

The chart below from the National Association of Realtors shows the impact on homes that have been staged.



STAGING TAILORED TO YOU

A personalized staging strategy ensures your home looks its absolute best, helping buyers see its full potential while envisioning how they can make it their own. Every home is unique, and whatever your home needs, my team and I will make sure it's ready to wow potential buyers. Best of all, this is a complimentary service I provide to all my clients — so it won't cost you a thing! ■

If you're thinking about selling and would like a free, no-obligation staging consultation or have any questions, please don't hesitate to contact me.

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—Melissa Holm

Lorraine Ryall

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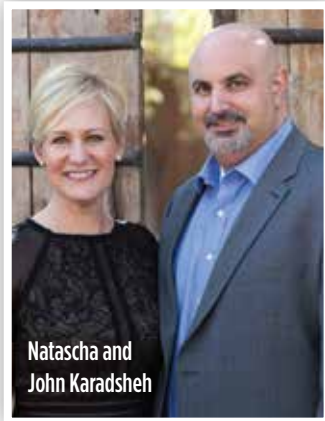
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REAL ESTATE

Will you be ready when the market heats up again?

By Natascha Ovando-Karadsheb, Las Sendas Resident and Associate Broker/Owner at KOR Properties



Natascha and John Karadsheb

It seems funny to talk about the market heating up when, as we are writing this, the housing market has stalled. But we will explain in a moment.

First let's talk about where we are today.

According to Mike Simonsen, founder of Altos Research, a real estate analytics firm, single family inventory is up 25% from a year ago. Home sales stalled in January and are 10% below a year ago. Sales are being hampered by mortgage rates, which are back over 7% and at their highest point since May of 2024. Simonsen notes, "inventory growth is from demand weakness rather than supply growth," and we agree based on what we see in the field.

To be clear, this pause does not mean the market is going to crash anytime soon. As we all know, every day new buyers are created, and if they aren't buying today that does

not mean they won't be in the future. Our economic growth in the Valley is strong and values have been holding. At some point the tide will turn, interest rates will adjust, confidence will rise, more people will relocate, and buyers will all jump back in at the same time. So back to our original question – will you be ready for the opportunity when the market shifts?

If you are thinking of buying, now is a great time to meet with a lender and put together a financial game plan for buying your first home or your next home. Having the luxury of time will prepare you for the opportunity when the right deal, right interest rate, or right financial situation comes along.

For buyers this is also a great time to do research. Really think about where you want to live next. Study neighborhoods, drive around, look at schools, tour listings with a Realtor, and research local amenities. Evaluate your commute times and the crime rates of your target neighborhoods. Research how much it costs to replace flooring, appliances, and lighting so you can properly evaluate the forward costs on a home you may want to purchase. If you do your research now, instead of during the flurry of writing an offer, you will make a better lifestyle and financial decision when you do decide to buy.

For sellers, now is the time to get your house in order. If you think you may want to sell in the next year, now is the time to finish all those projects you have been putting off; remodel the bathroom, update your pool, redo your flooring, and improve your mechanical systems so your home will be ready to compete in the marketplace.



Take the time now to do your spring cleaning, purge things you don't need, and start preparing for a move. The neater and cleaner the house the better it will sell – and it takes time to get it all done!

Buyers and sellers who are prepared are better able to pivot when the market changes. Some of the peak market flurries in recent years have only lasted a week or two, so readiness is key.

We are here to guide and advise you as to current market values and to here to help you create that list of things you need to do to be in the right position to buy or sell.

We love being part of the process with both buyers and sellers in the months and years before a move – this is what separates us from so many other agents who are simply transactional. ■

We have great resources, loads of experience, and are truly driven to help make your life easier. We want all our clients to be able to make the best and most educated decision regarding their real estate purchase or sale, so that they are in the best position possible in the years to come.



Real Estate In Las Sendas

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Las Sendas Area Market Report

Sales for the Month of December 2024



John Karadsheb

Address	Square Feet	Community	Sold Price
2926 N Athena	1,706	Desert Creek	\$430,000
7426 E Melrose St	1,800	Grayfox	\$530,000
7005 E Russell St	1,756	Tapestry Mountain	\$540,000
3611 N Tuscany	2,150	Rolling Hills	\$585,000
2720 N Sterling	2,126	Grayfox	\$675,000
3448 N Boulder Canyon Cir	2,325	Tapestry Mountain	\$685,000
7248 E Tasman St	2,658	Featherwind	\$690,000
3741 N Paseo Del Sol	1,821	Highlands	\$697,500
7354 E Sandia Cir	2,757	Boulder Canyon	\$860,000
4042 N Pinnacle Hills Cir	6,554	Pinnacle Hills	\$2,175,000
8535 E Regina Cir	6,025	Granite Mountain	\$2,850,000

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

Real Estate In NE Mesa

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NE Mesa Area Market Report

Sales over \$660,000 for the Month of December 2024



John Karadsheb

Address	Square Feet	Community	Sold Price
5816 E Montara Pl	1,913	Apache Wells	\$668,000
1243 N Ambrosia	3,097	Alta Mesa	\$670,000
5856 E Montara Pl	1,888	Apache Wells	\$740,000
1861 N Bernard Cir	2,244	Mountain Bridge	\$750,000
3123 N 78th St	2,325	County Island	\$770,000
3628 N 59th St	2,462	Reserve At Red Rock	\$778,984
2058 N Red Cliff	1,950	Mountain Bridge	\$817,000
9812 E Grandview St	4,015	Saguaro Mountain	\$820,000
5345 E McLellan Rd #118	2,702	Alta Mesa	\$825,000
2524 E Quenton St	2,462	Grove At Lehi	\$862,590
6310 E Mallory St	3,839	County Island	\$870,000
2545 E Russell St	2,788	Grove At Lehi	\$879,710
3804 E Ivy Cir	3,274	Groves North	\$940,000
4055 N Recker Rd #40	3,176	Red Mountain Ranch	\$1,010,000
3461 E Indigo Cir	5,592	Arboleda	\$1,175,000
5345 E McLellan Rd #24	4,318	Alta Mesa	\$1,200,000
2010 E Norwood St	3,700	Groves Of Hermosa Vista	\$1,200,000
3230 N 90th St	3,375	County Island	\$1,385,000
4122 E McLellan Rd #6	4,150	Highgrove Estates	\$1,650,000
8724 E Russell St	3,770	County Island	\$1,650,000
4122 E McLellan Rd #9	5,001	Highgrove Estates	\$1,680,000
3506 E Ivyglen Cir	8,103	Arboleda	\$1,800,000
9017 E Redberry	4,562	County Island	\$2,000,000
3440 E Kael St	5,852	Hermosa Groves South	\$2,500,000
3562 E Presidio Cir	9,419	Montana Dorada	\$2,675,000

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*7617 E. Presidio Street \$1,150,000
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EDUCATION

Mesa Public Schools Invites Families to “Find Out What’s Inside”

Story by Laurie Struna
Photo by Tim Hacker

Mesa Public Schools invites families and community members to “Find Out What’s Inside” as part of its new campaign, highlighting the district’s dedication to innovative academic programs and enriching extra-curricular activities.

As part of the campaign, MPS is excited to announce the upcoming School Choice Fair. Scheduled for Wednesday, Feb. 26, from 5:30 to 7:30 p.m. at the Mountain View High School Performing Arts Building, this event offers free admission and is open to everyone. It provides a unique opportunity to explore the exceptional educational possibilities Mesa Public Schools offers.

AN EVENING OF DISCOVERY AND EXPLORATION

The School Choice Fair serves as a platform to discover the district’s array of specialized programs, including STEM, the arts, dual-language immersion, and career and technical education. These innovative programs are designed to ignite the potential and passion of every student, offering diverse pathways to academic and personal success.



Superintendent Dr. Andi Fourlis encourages families to attend, emphasizing the district’s dedication to personalized education. “We are proud to offer educational options that meet every student and family’s unique needs and interests. The School Choice Fair is an excellent opportunity for families to learn more about the exceptional programs that make Mesa Public Schools a leader in education,” Dr. Fourlis shared.

EVENT HIGHLIGHTS

Explore nationally recognized schools and programs: Attendees can meet with representatives from schools and programs across the district, who will provide detailed information and answer questions about Mesa’s wide-ranging educational options.

Interactive Displays: Engaging exhibits will showcase the district’s unique award-winning learning opportunities, from robotics demonstrations and musical performances to early college programs.

Community Connection: Families will discover how Mesa Public Schools supports students’ academic success, creativity, and personal growth in a welcoming and inclusive environment.

Jen Snyder, director of communications for the district, shares, “Whether you’re part of the MPS family or considering joining, the School Choice Fair is a great opportunity to explore our schools, discover extracurricular activities, and experience all that Mesa Public Schools has to offer.” ■

For additional information, please visit mpsaz.org.

LOCAL BUSINESS

Four Under Twenty

By Tim Beaubien, Hava Java Mesa

So, I had this idea. Every fourth Thursday of the month is our open mic, run by Brenda and Jack from Milano Music Center in Downtown Mesa.



We get a full house of aspiring musicians of all ages. It’s always a great night and I have written about this in past articles. However, one thing started to stick out to me. Some of these younger kids are extremely talented. They have an innocent excitement that just consumes you. It’s pure raw talent waiting for a chance to perform.

However, because of the number of people waiting for their chance to play we can only give them two songs each. They don’t even get a chance to warm up and they must stop for the next act.

Then I thought, these kids need a chance to show what they can really do. I needed to give them an opportunity to do just that. I pitched an idea to Brenda and Jack. Can we give them a forum to play for an extended time frame? Maybe a half hour set each. Would these kids even



want to? However, Brenda and Jack loved the idea and so did the kids.

So, the three of us put together the following format: We will pick four acts. They must be under 20. The young musicians will need a full half hour of songs. They must come to an open

mic to be approved or send us a video to review. They should consider this an official gig, be on time, and if you stiff us, you will never be invited back.

You will draw straws to see who goes in what order. Finally, they (and whoever comes to see them) must stay for the entire performances. Everybody supports everybody.

We have picked the fourth Saturday of the month for the 4 under 20. We have had two now and the enthusiasm is unbelievable for both the kids, their parents, and guests.

I must admit, I wish I had a tenth of the talent these kids have. After all I have shoes older than these kids. But watching these young musicians gives me a feeling that is hard to explain. It’s like watching a sunrise.

Our next 4 under 20 will be Feb. 22. If you want to see some incredible young talent, stop by. You will leave with a smile on your face. ■

Hava Java Mesa is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2849 N. Power Road, Suite 103, in Mesa.



FIND OUT WHAT’S INSIDE SCHOOL CHOICE FAIR

Join us for a family-friendly evening of discovery as we showcase the diverse educational opportunities available at Mesa Public Schools:

- Franklin Accelerated Academies
- Montessori
- Career and Technical Education
- STEM

- Eagleridge homeschooling program
- Dual Language Immersion
- Arts & athletics
- And more!

Wednesday, February 26, 2025
5:30 to 7:30 PM
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COMMUNITY

Red Mountain Ranch Social Club offers Vibrant Activities and Community Spirit

By Cathy Barthel
Photos by David Bender

As we usher in 2025, the Red Mountain Ranch Social Club (RMRSC) reflects on a fantastic past year and eagerly anticipates an eventful calendar of new activities, camaraderie, and giving back to the community. With a wide array of gatherings and events for members to enjoy, the club continues to thrive as a hub of connection and enjoyment for neighbors and friends.

EXCITING SPEAKERS ON TAP FOR OUR 2025 GENERAL MEETINGS

We are happy to offer members a variety of interesting speakers, featured each second Thursday of the month, at our General Membership Meetings held at RMRCC.

- **February 13:** Haylie Smith, MPA, CPRP, from Mesa Parks and Recreation will discuss community facilities and programs.
- **March 13:** Brooke Rye, alternative placement coordinator with Maricopa County Animal Care and Control, will share insights into managing animal care in our community and offer volunteer opportunities for our pet lovers.
- **April 10:** Phil Staley, a club member, will talk about his work with the Superstition Mountain Museum.

MONTHLY GAME NIGHTS

Game Night is held on the first Thursday of each month, starting with an optional dinner at 4:30 p.m., followed by games at 6:15 p.m. Popular options such as bingo and bunco keep members entertained and engaged, a perfect setting for making new friends and complementing forever friends.

LADIES LUNCHEONS

The Ladies Luncheon continues to be a monthly activity our members look forward to, featuring dining at excep-



tional local restaurants, where we also celebrate members with monthly birthdays. In December, we visited the newly opened Corso Italia Restaurant & Market in Scottsdale. On Jan. 21, we dined at Liberty Market in Gilbert, and we are going back for more Italian at Italiano, located in Scottsdale, on Feb. 18.

A PACKED ACTIVITIES CALENDAR

The 2025 Activities Calendar is brimming with exciting events, including:

- **February 14:** On Valentine's Day, we'll gather at Mic Bagby's home for the annual Chocolate Faire, always a big hit!
- **February 20:** A performance of Anything Goes at the Hale Theater
- **March 6:** We will host a Casino Night-themed Spring Party at RMRCC
- **March 11:** A tour of the Greek Monastery followed by lunch at a Greek restaurant TBD
- **March 28:** We are planning a picnic at Red Mountain Ranch Park
- **April 5:** Popular with members, we go back to the Hale for a performance of Camelot
- **April 11:** A spring-themed party hosted by Katrina and Bob Shadkhost
- **April 25:** A tour of the Lavender Farm and Chateau De Vie in Chandler

COMMUNITY CONTRIBUTIONS AND VOLUNTEERISM

For more than 20 years, the RMRSC has made significant contributions to enhance the community.

- **Community Donations:** Our social club has been making donations to the community that add interest and enjoyment to our neighborhood. The club has donated five book exchange boxes, five park benches, three large trash receptacles, and purchased lighting and a bulletin board at the RMRCC entrance.
- **Volunteer Opportunities:** Members will participate in two community give-back outings, including a return to Feed My Starving Children, where food packages are prepared for children in need.

MEMBERSHIP OPEN TO ALL

Did you know that it is not a requirement to live in Red Mountain Ranch or be connected to the Red Mountain Ranch HOA to join the club? That's right. Many of our members live in neighboring communities and have found our club to be very friendly and welcoming.

Although we do have many couples in our group, several members say they like attending activities because there's a nice mix of singles and couples. Single members have mentioned how much they like attending events and not feel a need to bring a plus-one. Another member mentioned how glad she was to be part of the club when she fell ill, and her new friends volunteered to bring meals and take her to medical appointments. The club's Sunshine Chair looks for ways to connect people who need help with those who want to help. ■

Interested in joining the RMRSC? Visit the club's website at RMRSC.com to learn more about membership, upcoming events, and volunteer opportunities. Whether you're looking for fun, friendships, or a way to give back, the RMRSC is the perfect place to get involved.

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4:00PM DEPARTURES

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Sun. 2nd	Johnny Splash
Weds. 5th	Pete Pancrazi
Fri. 7th	Dave Clark
Sat. 8th	Moon Dog
Sun. 9th	Eric Miller
Weds. 12th	Ian Eric
Fri. 14th	Scott Hallock
Sat. 15th	Pete Pancrazi
Sun. 16th	Ian Eric
Weds. 19th	Scott Hallock
Fri. 21st	Moon Dog
Sat. 22nd	Eric Miller
Sun. 23rd	Dave Clark
Weds. 26th	Kristy Dee Swan
Fri. 28th	Moon Dog

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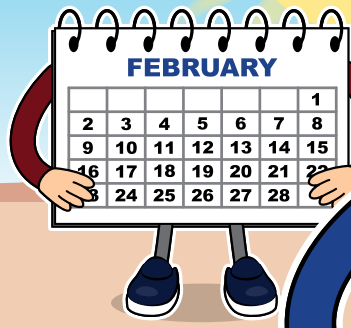
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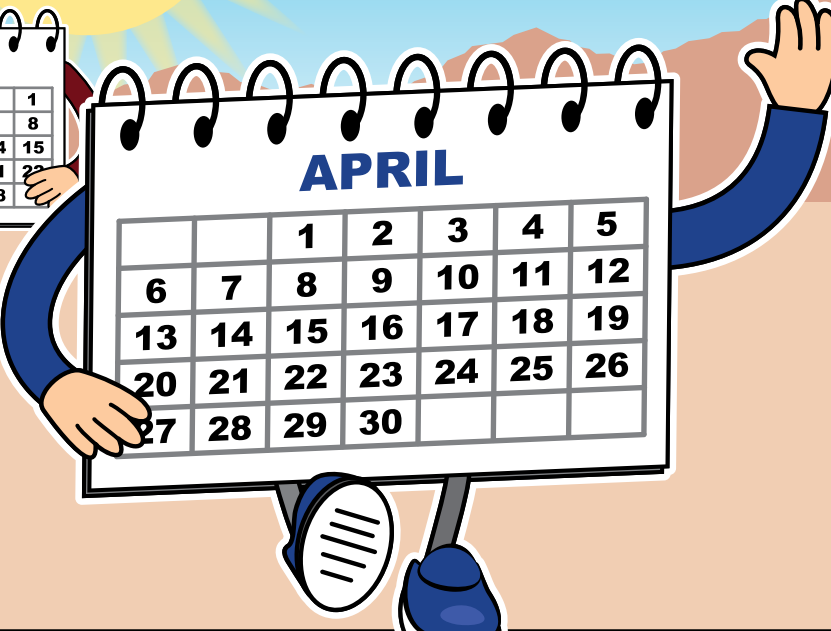
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LOCAL BUSINESS

Benefit of High Dose Vitamin C

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

Vitamin C has long been known to support healthy immune function. But it also aids in iron absorption, supports energy metabolism, stimulates collagen production, and helps protect cells against oxidative stress.

Over the past few years, 12 studies with 1,578 inpatients having COVID-19 have been conducted using supraphysiological doses (higher than normal) of vitamin C. Results included improved oxygenation, decreased inflammatory markers, and faster recovery time. In addition, early treatment with IV high-dose vitamin C seems to reduce the risks of severe courses of the disease such as pneumonia and mortality.¹

High-dose vitamin C delivered intravenously (IV) has also been widely used to support cancer patients. It helps to reduce symptoms like fatigue and pain. Results from a randomized, phase 2 clinical trial show that adding high-dose IV vitamin C to chemotherapy doubles the overall survival of patients with late-stage metastatic pancreatic cancer from 8 months to 16 months.² Other studies

have been done to validate whether high-dose vitamin C has anti-cancer effects, but none have concluded this definitively.³

Nevertheless, it is clear that it has a positive effect on those undergoing cancer treatments.

While vitamin C treatments may be done at a doctor's office or hospital, they can often be very costly. At Prime IV Hydration & Wellness, we offer vitamin C therapy for affordable rates and in a spa-like environment to help with stress reduction, which can also help you manage your health and well-being. ■

To learn more about IV and injection therapy as part of your self-care regimen, go to primeiveastmesa.com or call us at (480) 992-4202. We have a "1-Hour Vacation" in our zero-gravity massage chairs waiting for you! Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106, in the Target shopping area.



1. Vollbracht C, Kraft K. Oxidative Stress and Hyper-Inflammation as Major Drivers of Severe COVID-19 and Long COVID: Implications for the Benefit of High-Dose Intravenous Vitamin C. *Front Pharmacol.* 2022 Apr 29;13:899198. doi: 10.3389/fphar.2022.899198. PMID: 35571085; PMCID: PMC9100929.
 2. Kellie L, Bodeker, Brian J, Smith, Daniel J, Berg, Chandrika Chandrasekharan, Saima Sharif, Naomi Fei, Sandy Vollstedt, Heather Brown, Meghan Chandler, Amanda Lorack, Stacy McMichael, Jared Wulfjueble, Brett A. Wagner, Garry R. Buettner, Bryan G. Allen, Joseph M. Caster, Barbara Dion, Mandana Kamgar, John M. Buatti, Joseph J. Cullen. A randomized trial of pharmacological ascorbate, gemcitabine, and nab-paclitaxel for metastatic pancreatic cancer. *Redox Biology.* Volume 77, 2024, 103375, ISSN 2213-2317.
 3. Mussa A, Mohd Idris RA, Ahmed N, Ahmad S, Murtadha AH, Tengku Din TADAA, Yean CY, Wan Abdul Rahman WF, Mat Lazim N, Uskoković V, Hajjisa K, Mokhtar NF, Mohamud R, Hassan R. High-Dose Vitamin C for Cancer Therapy. *Pharmaceuticals (Basel).* 2022 Jun 3;15(6):711. doi: 10.3390/ph15060711. PMID: 35745630; PMCID: PMC9231292.

SPIRITUALITY



Set on High

By Judy A. Knox, Charis Christian Church

Sometimes when reading something very familiar, I start thinking I already know everything it says. But reading God's Word is like peeling back layers of an onion with a center you never reach. Today, while reading the 91st Psalm, I saw another layer. In talking about the one who "dwells in the secret place of the Most High," God says, "Because he has set his love upon Me, therefore I will deliver him; I will set him on high because he has known My Name." (Psalm 91:14).

How mind-boggling! The Ruler of the universe says He will set us on high. He confirms this in Ephesians 1:12 where He says we are, "seated in heavenly places with Christ Jesus, far above all principality and power and might and dominion, and every name that is named." We're seated above anything that tries to come against us. If we can name it, we're seated above it!

Why are we given this authority over the power of the enemy? Is it because we're faithful about reading the Bible every day or going to church when we don't really feel like it? Those are good things, but our being set on high is not based on anything we have done or not done. We're there for one reason: because

we have known His Name.

As believers who acknowledge Jesus as the Son of God who died for us, it isn't arrogant to say that we have been set on high, or to talk about the authority we have over all the power of the enemy, because it's not about us. It's about God. Specifically, it's about what Jesus has done for us. We know His Name, and that is enough.

Sometimes we don't see ourselves set on high because of situations we're dealing with in our lives. But these problems don't mean we're not seated on high. God has put us there. Our real problem is that we need a greater revelation of who we really are, and where we really are, which is why we need to get into that secret place of the Most High. More and more I am coming to realize this means getting into the Word of God, not just reading it but meditating on the verses that stand out.

When we come to that place where we truly know His Name, and walk in the power of His Name, we'll become more and more like who we really are, ones who have been set on high. ■

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HEALTH Over 50

Everyone's Situation is Unique with Medicare

By **Lynne Jones**,
Licensed Sales
Representative,
Tapestry Insurance



I just had a phone call from someone who is 67, still working and covered by her employer insurance plan.

A friend told her that she was going to incur a lifetime penalty because she did not enroll in Medicare at age 65. She was upset and confused. I was able to assure her that she would not have a penalty because she has had credible coverage from age 65.

But the call led me to think and consequently write about the fact that there is a lot of information, and rules and policies about Medicare.

While it is true that there are penalties for not enrolling in Medicare at age 65, the penalties only apply *IF* you do not have credible coverage and *IF* you are not currently working or have a spouse that is working.

This is a common theme with Medicare. There are many rules and many exceptions to the rules. Everyone's situation is different.

Another call I had was from a gal who was on Medicare disability and was trying to determine whether to stay on her husband's employer's plan or enroll in a Medicare plan. After several questions, we determined that staying on her husband's plan for the next couple of years was the best choice for her.

Again, each situation is different. When someone calls me, I first ask a series of questions. How old are you? What is your current coverage? When do you plan to retire? Are you covered under your or your spouse's employee insurance plan? Will that plan continue once you turn 65?

These questions can help determine the best course of action for you as you think about retirement and Medicare. If you are trying to make Medicare decisions, please feel free to call me and talk about your options. I am always willing to walk through your choices and help you feel confident about your decisions. ■

Please call Lynne Jones, licensed sales representative, at (480) 212-2246 or email me at lynnejones17@gmail.com. I would be happy to answer any questions you have about Medicare plans.

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Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2023 and beyond.

- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?

You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

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

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

LOCAL BUSINESS

Lash Envy offers FEBRUARY FUN

Submitted by **Lash Envy Studios, Las Sendas**

Lash Envy is offering some fun facials and lash lifts for the love month.

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FINANCES

Put your tax refund to work

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

It's that time of year when tax refunds are going out. If you get a refund this year, how can you make the best use of it?

The answer depends somewhat on the size of your refund. Last year, the average refund was \$3,050, according to the Internal Revenue Service.

But regardless of how big your refund is, look for the ways it can help your financial situation.

For starters, you could use your refund to help fund your IRA. You still have until April 15, 2025, to contribute to your IRA for the 2024 tax year, but if you've already put in the full amount, you can start on 2025 contributions.

If you have children or grandchildren, you could use some of your refund to help fund a tax-advantaged 529 education savings plan.

Another possibility is to use the refund to pay down some of your debts. You could try to pay off the smallest debts as soon as possible or, alternatively, tackle the debts that carry the highest interest rates.

It's not often that you receive a financial windfall like a tax refund — so think carefully about how you can maximize its benefits. ■



Linda Drake

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LOCAL BUSINESS

Big Reasons People Can't Stick to TRADITIONAL EXERCISE PROGRAMS

Submitted by *The Exercise Coach*®

Nearly 85% of the population is not engaging in meaningful and regular exercise. If this describes you, you are not alone – in fact, you are in the majority! Conventional exercise guidelines have failed for most people. Why can't people seem to follow traditional exercise guidelines?

Well, there are some good reasons for that, and a solution to overcome these obstacles.

Below are the top five reasons why people can't begin or stick with the average fitness program and why those barriers don't exist at The Exercise Coach.

1. The top five reasons that people don't start or stick with exercising begin with **not having enough time**. 42% of people say they don't have enough time.



2. The next biggest reason is a **lack of motivation**. A lack of motivation is understandable when you consider why someone would want to pursue the traditional exercise path that hasn't given them the results they want.
3. The third biggest reason is that **some people just don't like exercise**. For many clients of The Exercise Coach, this belief is often flipped on its head as people achieve results and transform their bodies.
4. The fourth biggest reason is **work getting in the way**. Committing to multiple hours a week to a fitness program can be daunting, which is why The Exercise Coach approach is so revolutionary.
5. The fifth most common reason for people avoiding exercise is that **they feel too old**. 41 is the average that most Americans feel too old to exercise. Some people even believe that they need to get in shape before working out.

The irony of not feeling like you belong in an exercise facility is that the older you get the more important exercise and strength training becomes for your longevity. 63% of people believe that their habit of not exercising

enough will shorten their lifespan. People know they need to exercise and by not doing anything, they are adding to their stress and shame.

Almost everyone can identify with one of those barriers, even if you enjoy exercise, you can probably see people in your life that fall into those categories. Fitness hasn't done much to remove those barriers over the past five decades, but The Exercise Coach is working to make fitness available to everybody.

The data and tracking that The Exercise Coach provides to its clients is crucial to their success. Seeing progress is a huge component of maintaining motivation. Not seeing results fast enough can be very demotivating and this prevents people from sticking with an exercise program. This is why having a guide and coach to help you reach those results is so important.

Meeting people where they are is the core of The Exercise Coach, and without that first step, they may never make fitness a part of their life. Learn what's holding you back from making strength training a regular part of your life and why The Exercise Coach paradigm may be right for you no matter how old you are or what fitness level you bring to the table. ■

Make TODAY the day to start on that road to better health and fitness! Let our caring and knowledgeable Certified Coaches get you started. Call, text, or visit us online for your complimentary Initial Consultation and 2 FREE Sessions! (480) 716-6080 or visit the website exercisecoach.com/north-mesa.

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Come Join the Fun!

Galentine's Tea

at The Vistas Pavilion

Continue Valentine's Day weekend with your first true love... Mom (or your favorite besties!)

SATURDAY, FEB. 15TH, 2025
11:00AM TO 1:00PM

\$50.00 PER PERSON
PLUS TAX AND SERVICE CHARGE

Menu

SAVORIES:
House-Made Tea Sandwiches:
Turkey Wrap, Classic Egg Salad and Chicken Salad Caesar Roll Scones

SCONES:
Fresh from the Pavilion Kitchen - Baked Scones Served with Strawberry Preserves and Butter:
Lemon, Cookies and Cream and Butter Cake

SWEETS:
A Variety of House-Made Pastries Prepared by Chef Kelsey: Apple Tart, Bread Pudding Bites, & Tiramisu Bites



RESERVATIONS REQUIRED
Call 480.396.4000 EXT 222
or Email: cshaw@lassendas.com

7555 E. EAGLE CREST DRIVE MESA, AZ 85207



JOIN US...

four-course WINE DINNER

FEATURING THE SILVER OAK WINERY

February 28th
at 6:00 PM
at the Vistas Pavilion at Las Sendas

Cost: \$125.00 per person (plus applicable fees)





RESERVATIONS REQUIRED
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Reverse

- HAPPY HOUR -

6 PM TO CLOSE • 7 DAYS A WEEK!

ONLY AVAILABLE AT THE LAS SENDAS GRILLE

DRINK SPECIALS	\$10 FOOD SPECIALS
14 oz Draft Beer \$2 Off	Roasted Turkey Sliders
6 oz Conundrum Red or White Blend \$7.25	Hummus, Pita & Vegetables
9 oz Conundrum Red or White Blend \$9.75	Pork Bites
Well Drink \$6.00	Nachos
Daily Drink Special \$9.00	Prime Dip Sliders
	Korean BBQ Baby Back Ribs

(602) 734-5524
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207
www.lassendas.com

MENU

STARTER
Lobster Bisque or Cream of Vegetable & Mushroom

SALAD
Strawberry Citrus Salad

CHOICE OF ENTRÉE
Beef Wellington
Beef Tenderloin, Puff Pastry, Duxelles, Prosciutto De Parma, Garlic Mash, Carrots, Veal Demi

Pork Confit
Parsnip Puree, Crispy Tobacco Onions, Wild Berry Sauce, Haricot Vert

Stuffed Chicken
Skin On Chicken Breast, Wild Mushrooms, Oaxaca Cheese, Spinach, White Wine Sauce, Buttery Herb Rice, Asparagus

Pan Seared Salmon
Creamy Risotto, Sweet Soy & Ginger Sauce

DESSERT
Red Velvet or Chocolate Tort

FRIDAY, FEBRUARY 14, 2025

A ROMANTIC VALENTINE'S DINNER

with Live Music Starting at 5PM!

\$99++ PER PERSON

For Reservations, call: 602-734-5524

THE PATIO & GRILLE AT LAS SENDAS
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