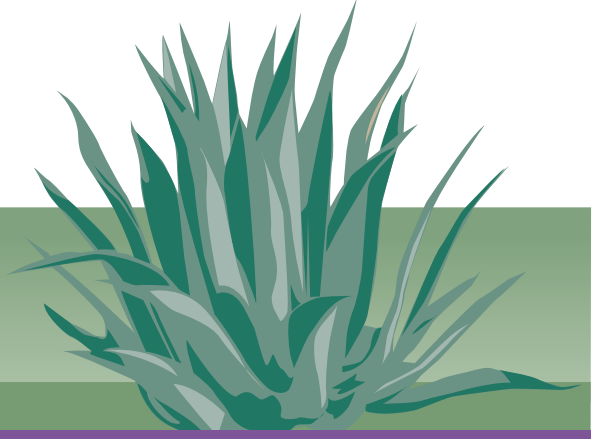


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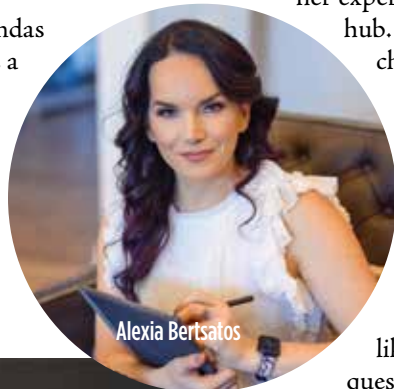
BODY20 Provides Path to Fitness IN ONLY 20 MINUTES THIS NEW YEAR

By Jamie Killin

Achieving your fitness goals in under an hour a week might sound too good to be true, but BODY20 utilizes a tech-forward FDA-cleared electro-muscle stimulation suit and one-on-one coaching to make it possible with a maximum of just two 20-minute sessions each week.

Alexia Bertsatos, BODY20'S Las Sendas franchise owner, struggled to make fitness a part of her life as a busy real estate agent and single mother, even with an active lifestyle, until she tried BODY20.

"I started going down a wellness rabbit hole a few years back after gaining some weight," she said. "I'm not very big on going to the gym, but I was forcing myself and even with an active



Alexia Bertsatos

lifestyle I couldn't find a way to get healthier – especially exercise wise. I did a demo at BODY20 and immediately I was ready to sign up knowing it only required 20 minutes twice a week, I thought, 'I can do anything for 20 minutes.'"

Alexia loved her sessions and the results, so she decided to open her own location to help others share her experience and to build a community wellness hub. She's partnered with physical therapists, chiropractors, massage therapists, dieticians, and more to offer her members a comprehensive approach to wellness. Soon, she'll also be bringing in experts weekly to share tips on yoga, recovery, and other modalities with her members.

"I wanted to create the space that I needed for my own wellness," she said. "I want there to be a culture where we feel like family, and if you have a question, we'll figure it out and help you, and if we don't have the answer, we'll find the person who does."

The customized, low-impact workouts are a great option for everyone from athletes to those with mobility issues. The electro-muscle stimulation allows for 150 times more muscle contractions than conventional exercises and can be targeted for those with injuries or specific exercise goals.

"There was a man in a wheelchair who started doing the workouts and within weeks he was able to start walking with a walker," Alexia shared. "The technology allows us to target muscles you can't target through exercise and it's effective for everyone from body builders to those who want to lose weight."



The community is encouraged to visit the studio now for an arm demo. A founding week will take place soon, offering community members the chance to try the full experience prior to the studio opening this month. To stay up to date on the latest announcements, follow on Instagram at @BODY20lassendas. ■

BODY20 Las Sendas is located at 2837 N. Power Road, Suite 112, at The Village at Las Sendas, in Mesa. For more information, call (480) 672-3117 or visit body20.com/location/las-sendas.

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EDUCATION

Imagine an Early Childhood Program Where Children Thrive

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

Imagine a preschool where children curiously discover the workings of the world around them. Imagine a place where young parents bring their precious toddlers, who grow up, and, when having their babies, bring their children to the same preschool. Imagine a preschool where children see the same familiar faces year after year, and the teacher retention rate is incredibly high. For working parents, have you ever wished for a place where children are having so much fun that they refuse to go home when you come to pick them up? Yes, such a magical place is Self Development Preschool (SDP), which provides a nurturing environment where children are immersed in the joy of discovery.

SELF DEVELOPMENT PRESCHOOL'S PROGRAM

Besides having a well-qualified staff and a rigorous curriculum, Self Development Preschool's early childhood program exemplifies what high-quality preschool should provide. Quality early childhood programs must address the four areas of growth and development: physical, social, emotional, and cognitive.

Physical development involves the development of large motor skills, such as the movement of arms and legs, and fine motor skills, such as using hands and fingers. At SDP, a well-designed playground encourages children to frolic and play outside and participate in whole-body activities happily. Furthermore, using manipulatives, fine motor skills are developed through putting puzzles together, drawing, and other in-class activities.

Social development enables children



to form bonds and develop relationships. Through social development, children learn to respect and respond to challenging situations by being calm, relaxed, and collected. At SDP, children learn to interact positively with their friends. Through play, they learn to solve problems and create situations where they resolve issues and learn to respect each other.

Emotional development is the ability to recognize and express one's feelings and understand the emotions of others. Children listen to various music, observe and examine artwork, and acknowledge their reactions and emotions. By listening to carefully selected stories, children learn to identify with different characters and can develop compassion and concern.

Cognitively, children learn about the world around them and the process of thinking, exploring, and discovering. They gain knowledge and vocabulary and learn to cooperate with others. SDP uses a rigorous and purposefully developed curriculum to help support children's cognitive development.

Early literacy is a critical component of our program. It is not too early to expose children as young as two or younger to the alphabet through songs, books, and crafts. Three-year-olds and four-year-olds participate in pre-reading and pre-writing activities. They soon begin reading through letter/sound recognition, phonics, word sounding, and reading with fluency and expression.

The best early education models also value STEM programs, performance, and visual arts. Why? Because there is a combined effect of learning any field of study: math helps science, which allows music, which enables the self, which helps the world. There is value in arts



for arts' sake, but there is more value in arts for developing a complete, well-rounded individual. SDP has been incorporating arts with STEM, along with the rigor of the curriculum, for decades now.

SELF DEVELOPMENT ACADEMY'S KINDERGARTEN PROGRAM

New to the School Year 2025-26, Self Development Academy (SDA) offers full-day and part-day programs. The Self Development Academy (SDA) kindergarten program prepares each student for first grade and beyond for a lifetime of learning. "By the end of their kindergarten year, most are reading fluently – with tremendous expression – if not several grade levels ahead," said Mrs. Kathi Haschke, SDA lead kindergarten teacher.

Additionally, as students complete their kindergarten year, they author and edit their books and write grammatically complete sentences. They also have a strong foundation in mathematical thinking, including math facts, word problems, and even abstract algebra. At the end of the year, they read a selected book in front of an audience of parents, grandparents, and siblings, thus gaining confidence both in public speaking and developing a love of learning.

OPEN HOUSE FOR OUR EARLY CHILDHOOD EDUCATION PROGRAMS

Come and experience the magic of a day in the life of your young child at Self Development Preschool and Self Development Academy's kindergarten program. We have scheduled an **Open House on Thursday, Jan. 23, from 6:15 to 7:30 p.m.** You will learn the why of our approach, our philosophy, how we do things, and what your children will learn by participating in hands-on experiences that foster a love for knowledge and support of your child's interest. ■



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

The Emotional Side of WEIGHT LOSS

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

As a Board-Certified Health Coach of nearly 20 years, I've worked with hundreds of people, many of whom were unhappy with their body and wanted to lose weight. I struggled with my weight when I went on birth control pills as a young adult, and again more recently when going through menopause. Gotta love those hormone changes!

What most diet programs fail to account for with weight loss is the emotional side of eating. Hormones aside, there can be both a chemical and emotional addiction to food and addressing only one leaves you yo-yoing back and forth.

About 25 years ago I went through a food transformation and kicked my sugar cravings to the curb... something I never imagined I would be able to do. But one day on vacation my family and I were walking through an outdoor shopping village, and I spotted a chocolate store. I stopped and stared inside. I could see the chocolate (my weakness) beautifully lined up behind the glass case. The problem was that I had zero cravings for chocolate. I just stood

there in amazement and thought to myself, "What's wrong with me? Why don't I want that?" To which I replied to myself, "OMG!!! What is wrong with me for thinking there is something wrong with not wanting chocolate?!!" It was at that moment that I realized I had an emotional attachment to my cravings.

People have an emotional attachment to food for many reasons: comfort, reward, guilt, boredom, punishment, or a way to manage stress. Addressing the root cause of why you choose unhealthy foods or too much food can help you achieve and maintain a healthy weight.

Optimizing your nutrition can help both emotionally and physically. When your body has what it needs, it is much easier to maintain balanced emotions. Some of the most helpful nutrients are amino acids, B-vitamins, magnesium, and healthy fats. If you are deficient in any of these, it will take more than the Recommended Daily Allowance (RDA) to get your levels up to an ideal range. IV and injection therapies can help by delivering high doses directly to your blood stream.

If you're planning to lose weight in 2025, I encourage you to address both the physical and emotional side of eating and consider IV or injection therapies as part of your self-care regimen. At Prime IV Hydration & Wellness, we also offer peptide therapy (GLP-1, semaglutide, terzepatide, and sermorelin). You can also come into our spa and unwind in one of our zero-gravity massage chairs. Let us support you on your weight loss journey and help you create long-term health and well-being. ■

Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106. Call (480) 992-4202 or visit primeiveastmesa.com.



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LOCAL BUSINESS
Sam and Luca Italian Bistro OFFERS SOMETHING NEW

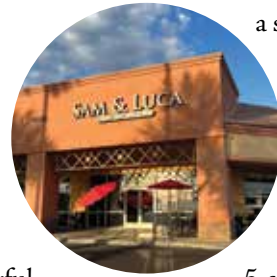
By Aidan Current

With the new year already underway, there is no better time to broaden your horizons and try something new.

Mesa offers a variety of activities, events, and dining experiences to make it a wonderful place to live, but often we stick to what is familiar and comfortable. The more you look the more you will see, and there may be a new exciting spot just around the corner if you know where to look.

Sam and Luca Italian Bistro, at 1959 S. Power Road, at the corner of Power and Baseline roads, can be the next best location in your favorites rotation. It's an authentic experience you can only get from a family-owned restaurant that prides itself on timeless Italian dishes and an unparalleled sit-down experience.

"Old world charm, new world vibe," is the restaurant slogan. The owners invite you to make reservations or drop in for the experience. If you are one person, or



a small party, Sam and Luca will save a seat for you.

Sam and Luca also has a private venue for a group of up to 20 guests. Call for questions or to make any reservation at (480) 659-6716.

With over a 65 percent 5-star reviews on Yelp.com, and dozens of *ambiance level 5* ratings, trust the bar, dining room, and patio during happy hour to deliver the atmosphere worthy of Sam and Luca Italian Bistro.

Sam and Luca serves lunch and dinner, from 3 to 9 p.m. Monday to Thursday, and until 9:30 p.m. on Friday. On Saturday you can enjoy the *ambiance* from 3 to 9:30 p.m. as well.

So, in the new year, whether you are craving the prime rib on Mondays, the signature cocktails, or any of the other delights of authentic Italian dining, visit Sam and Luca Italian Bistro. ■

For more information, call (480) 659-6716 or visit samandlucaaz.com.



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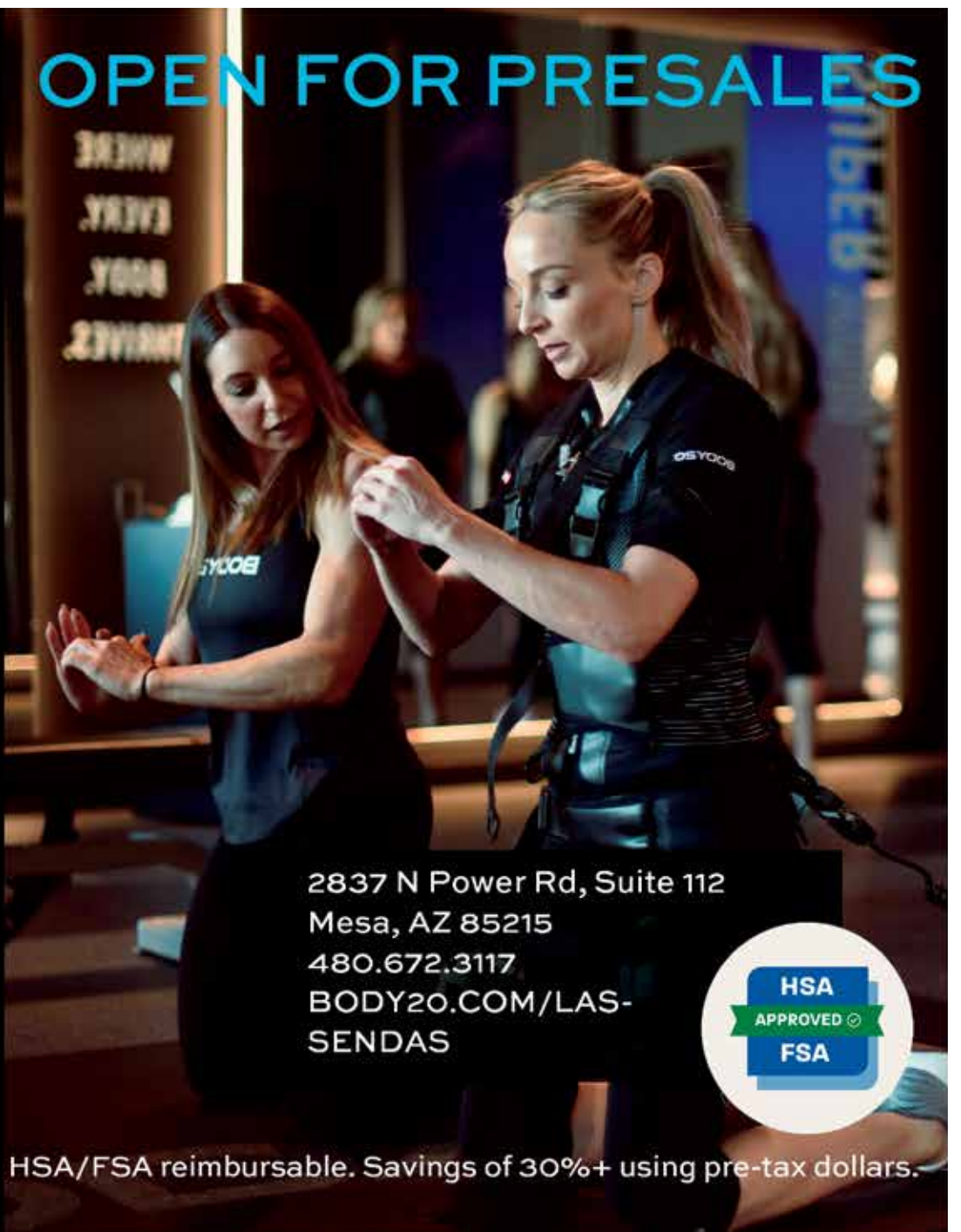
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LOCAL BUSINESS

HEALTHY AGING BEGINS WITH MUSCLES

Submitted by *The Exercise Coach*®

AGING HAPPENS

While one's definition or perception of aging may differ, we all can agree, things change within our body and it's not usually for the best. No one wants to lose energy, deal with the risks, complications, and symptoms of heart disease, speed up their biological clock, brace for loss of memory, or grab their back every time they bend over. While there are no doubt genetic and environmental factors that play a role, most of the symptoms that accompany aging can be slowed and even reversed.

STRENGTH TRAINING: THE ANTI-AGING SECRET

Without question, the most powerful solution we have at our disposal in our battle with Father Time is strength training. The results we need to age successfully are all about the pursuit and production of increased strength. The potential for strength training lies in its ability to rejuvenate and rebuild bigger and more powerful muscle fibers known as Type II or fast-twitch muscle. *The amazing thing is that this potential can be unleashed with very brief (20 minutes), infrequent (one to two times a week), and most importantly, very safe (customized technology) way.*

Let's discuss the impact of strength training in light of the various ways we view aging:

- Cellular Health (How scientists measure aging)
- Biomarker Health (How doctors monitor health)
- Functional Health (How aging makes us feel)

CELLULAR HEALTH

Cellular health has been linked to mitochondrial health (the powerhouses of cells) and telomere length (chromosomal endcaps the length of which can determine the lifespan of a cell or organism). While we can't exactly see what's going on beneath the surface, research has shown that mitochondria, the energy generating mechanisms in cells, will not only jump start and increase energy production but also reverse the very genetic profile of our DNA

with meaningful exercise.

Furthermore, telomere length has been theorized to actually determine the biological lifespan of an organism. Telomeres split, shorten, and weaken as we age as the result of several factors. The prevention of telomere destruction can be managed with the production of telomerase. Telomerase is a byproduct of meaningful exercise. Even one bout of higher effort exercise will stimulate the production of telomerase while consistent exercise only serves to amplify the effect.

BIOMARKER HEALTH

Insulin resistance is a major predictor of the effects of aging. When that becomes an issue (and it does due to a combination of excess carbohydrates and lack of meaningful exercise), a host of more ailments such as weight gain, high blood pressure/triglycerides/LDL, pre- and Type II diabetes, and more can occur. These symptoms are all a function of processes in the body going bad. However, they are all reversible.

By partnering the powerful combination of whole food nutrition with strength training, insulin resistance can be reversed. Strength training not only stimulates greater glucose metabolism during and right after a workout but triggers an adaptive response for more muscle and thus greater metabolic potential for the next workout. This compounding effect leads to improved insulin sensitivity due to the improvements in muscle strength.

FUNCTIONAL HEALTH

To most people, however, aging and its effects influence the way we feel and think. We don't need a science textbook or a Ph.D. to recognize the

older we get the slower, heavier, lazier we feel. Heck, those signs of aching joints and brain fog could be small blimps on the radar or a wake-up call.

While we acknowledge *slowing down* is a part of life, what many don't understand is the direct correlation that exists between how we feel (the slowing of our metabolism, loss of mental sharpness and mobility) with the loss of muscle mass.

While we start losing muscle mass in our 30s, it accelerates over time if nothing is done about it. While aging and inactivity are mostly blamed, it is truly the lack of deeper and more meaningful muscle fiber stimulation that is responsible for how we feel. The most common correlation associated with aging is the loss of muscle and strength, which affects our metabolism, bones, and mental acuity. In fact, greater muscle strength has been linked not only to reduced mortality in men, but also faster metabolisms and improved cognitive function as well.

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THE PATIO & GRILLE

Happy New Year! Are you ready for a great local spot for live entertainment this year? Look no further than The Patio & Grille at Las Sendas. An impressive line-up of live music is on the calendar to begin 2025. Pick a date or two on the calendar to step out and enjoy live music, a cocktail, and a breathtaking sunset. One of the following musicians could become your new favorite.

JANUARY:

- 1 - Michael Spero
- 2 - Taide Pineda
- 4 - Scott Hallock (brunch)
- 5 - Rachelle Romeo (brunch) Bill Miles (dinner)
- 6 - Matt French
- 7 - Eric Miller
- 8 - Michael Spero
- 9 - Taide Pineda
- 11 - Scott Hallock (brunch)
- 12 - Rachelle Romeo (brunch) Bill Miles (dinner)
- 13 - Matt French
- 14 - Eric Miller
- 15 - Michael Spero
- 16 - Taide Pineda
- 18 - Scott Hallock (brunch)
- 19 - Rachelle Romeo (brunch) Bill Miles (dinner)
- 20 - Matt French
- 21 - Eric Miller
- 22 - Michael Spero
- 23 - Taide Pineda
- 25 - Scott Hallock
- 26 - Rachelle Romeo (brunch) Bill Miles (dinner)
- 27 - Matt French
- 28 - Eric Miller
- 29 - Michael Spero
- 30 - Taide Pineda



We're thrilled to announce The Patio & Grille now has NHL Ticket! Get ready to join us for a thrilling winter of non-stop hockey action. Whether you're rallying with the staff or celebrating with friends, our atmosphere is perfect for every die-hard fan. Slip on your jersey, grab your friends, and come experience the excitement of NHL games right here at The Patio & Grille.

THE PRO SHOP

"We hope everyone enjoyed the holidays," said Director of Golf, Michael Field, PGA.

If you didn't get everything on your Christmas list this year, stop in and take advantage of the sale going on at The Pro Shop. Some apparel is listed at half-off regular prices, so grab a New Year's gift for yourself.

Spring is just around the corner. A new season means new merchandise for your golf game, active outdoor interests, or simply lounging around the house. Shop locally at The Pro Shop for the latest trends and best names in active apparel and merchandise.

The golf course is in pristine condition this time of year, making a round of golf very popular among residents and guests. Please book early, as the winter season is a very busy time of year. Planning ahead will ensure a booking for your desired time on the course.



THE VISTAS PAVILION AT LAS SENDAS

Happy New Year from The Vistas Pavilion at Las Sendas. As you begin planning events for 2025 the question arises, "Are you looking for a venue for your next corporate event?" If so, consider The Vistas Pavilion, where staff will provide screen/projector setup, built-in speaker system, wireless microphones, podium, tables with chairs and, of course, a full culinary staff to prepare meals for all attendees.

The Serenity Garden is a perfect location for some outdoor team-building challenges and activities. Call today at (480) 396-4000 ext. 222 to inquire. Or send an email to Carla at cshaw@lassendas.com. She is just around the corner to assist you with all the planning phases of your next corporate event.

Did you get engaged over the holidays? The Vistas Pavilion is a picture-perfect venue for weddings, bridal showers, and rehearsal dinners. The venue offers all-inclusive packages, making the planning a breeze for an extraordinary day. Contact the planners today to view this spectacular property.

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Membership is limited, so call today at (480) 396-4000.

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REAL ESTATE

Are You Thinking of Selling Your Home In 2025?

GET A FREE PRE-LISTING CONSULTATION

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



We have had a very slow market the past six months with buyers waiting on the sidelines for interest rates to drop and to see what was going to happen with the election. Now these buyers are getting ready to jump back in and we're expecting a strong spring market as the regular season ramps up and these buyers come back in the market. If you have been thinking about selling your home, this spring may be the perfect time.

Once you decide it's time to sell, you start thinking about what needs to be done to get your house ready. Should you paint? Replace the carpet? Tackle some repairs? Would updating a few things be worth it? And then there's the big question — what do you do with all your *stuff*? These are just a few of the decisions you might face, and it can quickly feel overwhelming and stressful.

With so much to consider, it's easy to feel stuck, unsure of what to do, what to skip, and where to begin. That's where my free pre-listing consultation can help. In this personalized consultation, I'll answer all your questions, we'll discuss what needs to be done, and what can be left as well as the costs for any repairs and the return on investment if you make any updates. You will get a step-by-step plan to get your home ready for the market based on your selling needs.

It's the perfect way to make the process less stressful and get your home ready for the market.

WHAT IS A PRE-LISTING CONSULTATION?

A pre-listing consultation is tailored specifically to you and your needs. While most sellers aim for the highest price in the shortest time, others may prioritize selling

as-is without any repairs. By discussing your goals, we can create a customized plan to achieve them.

Here are some of the key items we'll cover during a pre-listing consultation and things to consider when preparing to list your home:

SHOULD YOU DO ANY UPGRADES BEFORE LISTING?

This is one of the most common questions I hear from sellers, and the answer depends on several factors. For instance, how quickly do you want to sell? Are you looking for a fair price or the highest price possible?

During our consultation, we'll discuss which upgrades provide the best return on investment. Some renovations can significantly boost your home's appeal and value, while others may not be worth the cost or effort.

Often, upgrades aren't necessary. Simple changes like fresh paint, swapping out old light fixtures, or rearranging furniture for staging can make a world of difference. These small, cost-effective updates can refresh your home and attract more buyers.

PAINT, CLEAN, AND REPAIR

When it comes to preparing your home, I firmly believe the best money spent is on deep cleaning, minor repairs, and a fresh coat of paint if needed. Here's why:

- **Painting:** Neutral tones can transform a dated or dark space into a bright, modern, and inviting home. Fresh paint not only appeals to buyers but also makes your home look well-maintained.
- **Cleaning:** A deep clean goes beyond regular tidying. Focus on baseboards, door handles, light switches, ceiling fans, and other overlooked areas. Buyers notice these details, and a spotless home signals that it's been well cared for.
- **Repairs:** Minor repairs can prevent red flags from buyers. A handyman can quickly fix cosmetic issues like squeaky doors, chipped paint, or leaky faucets, ensuring your home is move-in ready.

GET ORGANIZED AND DECLUTTER

Buyers want to envision themselves living in your home, and a clutter-free space helps them do just that. Decluttering and organizing make your home look and feel more spacious — a big selling point for any buyer.

- **Declutter:** Pack away personal items, excess furniture, and knick-knacks. This opens up the space and lets buyers focus on the home itself rather than your belongings.
- **Organize:** Tidy closets, cabinets, and storage spaces. Buyers often peek inside to assess storage potential, so make sure everything looks neat and spacious.

CURB APPEAL: FIRST IMPRESSIONS MATTER

You never get a second chance to make a first impression. Buyers begin forming opinions about your home the moment they pull up to the curb. That's why curb appeal is crucial.

- **Landscaping:** Trim bushes and trees, add more landscape stone if needed, or colorful flowers such as lantanas and vincas, which are great colorful flowers that survive the Arizona heat. A well-maintained yard suggests a well-cared-for home.
- **Entryway:** Clean or repaint the front door and trim, replace outdated hardware, and consider adding a cheerful welcome mat or potted plants to create a warm and inviting atmosphere.

If you're considering selling, please don't hesitate to contact me with any questions or to schedule an appointment. During our free, no-obligation pre-listing consultation, we'll discuss:

- How much your home is worth
- Whether upgrades or repairs are necessary
- Which minor improvements will have the biggest impact
- Staging tips to make your home shine

Selling your home doesn't have to be overwhelming. With a clear plan and expert guidance, we'll make the process smooth and successful. ■

Please don't hesitate to contact me if you have any questions about getting your home on the market and to schedule your pre-listing consultation. I'd love to help you.

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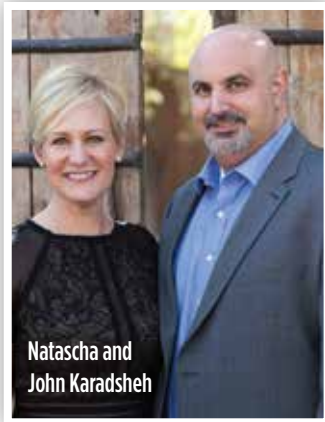
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—Kathleen

REAL ESTATE

Real Estate Market Predictions for 2025

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



As we wrap up 2024, we have entered a buyer's market for the first time since December of 2022. According to *The Cromford Report*, actively listed home inventory is up 35% compared to this time last year and the number of pending listings is only up 9% from last year. However, December is always the low point in our local market and this dip is always enhanced in an election year. We anticipate that the new year will bring more activity and there is good news on the horizon. Here is where we see the market heading in 2025.

MORTGAGE RATES

At the beginning of 2024, we had hoped that Fed rate cuts would lead to lower mortgage interest rates, however, that has not proven to be the case. With the exception of a brief moment in mid-September when rates dipped, we started the year at an average of 6.72% and it looks like we will begin 2025 in the upper 6% range again. However, looking ahead to 2025, we do expect rates to ease. The Fed is expected to keep cutting benchmark rates and the stock market has demonstrated investor confidence. We anticipate that we will finally see a drop in mortgage rates in 2025 and get back into the 5% range. There are plenty of buyers just waiting to jump in when that happens, especially in the lower price ranges.

INVENTORY

In February of 2024, national existing home sales began declining and in September of 2024, existing home sales hit a 14-year low. The sluggish market has lingered

although sales have picked up a bit month over month since September. Dr. Lawrence Yun, chief economist for the National Association of Realtors (NAR), predicts that the worst of the past few years is coming to an end. "Directionally, I think there's going to be roughly a 10% boost of existing-home sales in 2025 and 2026," Dr. Lawrence said.

PROPERTY VALUES

The amazing thing about the market over the past few years is that even though sales volume has dropped, prices have held steady due to low inventory. At the moment, with the increase in inventory, buyers have more of an advantage, but that could change again quickly if rates drop and buyer confidence increases again.

LOCAL MARKET

We have talked for years about the fact that metro Phoenix has a great foundation of economic development and is primed for continued growth – which will ultimately support our housing market. In December,

The National Association of Realtors named metro Phoenix as one of the 10 Top Housing Hot Spots for 2025. Cities were chosen based on demographic, economic, and housing data and Phoenix was the only metro in the Western United States to be selected. Recently, J. Andrew Turley, president of Phoenix Valuations noted in the *Phoenix Business Journal* that Phoenix is prepared for continued growth. "As Phoenix continues to balance its affordability concerns with high-end growth, the city remains poised for sustained development," J. Andrew said. "Its expanding commercial real estate sector, strong job creation, and strategic positioning in key industries ensure that Phoenix will remain a magnet for investment and economic activity in the years to come."

That strong foundation that has been built since the Great Recession is why we remain bullish on the future of the Valley real estate market. Even though the market has been sluggish since the dramatic jump in interest rates in 2022, there is strong confidence that our market will begin its rebound in 2025. ■



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Northeast Mesa Area Market Report

Sales over \$490,000 for the Month of November 2024



Address	Square Feet	Community	Sold Price
2560 N Lindsay Rd #27	1,642	Madera De La Mesa	\$495,000
6224 E Palm St	1,694	Ridgeview	\$500,000
1955 E Ellis Cir	2,003	Coury Estates	\$509,900
2440 E Hale St	2,417	Chateau D Arnett	\$515,000
6146 E Quartz Cir	2,115	Ridgeview 2	\$515,000
7205 E Jensen St	1,598	Moondance	\$519,000
6447 E Inglewood St	1,510	Maplewood	\$520,000
1638 N Sunview	1,955	Alta Mesa	\$530,000
3430 N Ravine	2,026	Summit	\$539,900
1327 N Joplin Cir	1,809	Saguaro Mountain	\$540,000
3259 N Loma Vista	1,791	Lehi Crossing	\$542,000
2855 E Quenton St	1,973	Lehi Crossing	\$545,000
2458 E Ivy St	1,788	Russell Manor	\$546,000
5708 E Grandview St	2,175	Alta Mesa	\$550,000
1311 N Abner	2,225	Alta Mesa	\$585,000
4131 N Lomond	2,350	Red Mountain Ranch	\$610,000
5958 E Taunus Cir	1,553	Red Mountain Ranch	\$615,000
2337 N Gayridge Rd	1,728	Apache Wells	\$625,000
6733 E Palm St	2,219	Vista Montana	\$629,000
2428 E Kenwood Cir	2,290	Citrus Highlands	\$644,000
1751 N Ananea	2,624	Moondance	\$645,000
2738 E Northridge Cir	2,494	Pacific Palms	\$669,000
6220 E Saddleback St	2,564	Red Mountain Ranch	\$689,000
5830 E Leland St	1,843	Apache Wells	\$695,000
3936 E Ellis St	2,690	Trovita Estates	\$715,000
1437 N 64th St	3,160	Suhvaro Hills Estates	\$730,000

Address	Square Feet	Community	Sold Price
8252 E Inca St	2,001	Mountain Bridge	\$758,000
1404 N Bernard	3,025	Sierra Estates	\$765,000
1840 N Channing	1,987	Mountain Bridge	\$775,000
4245 N Recker Rd	2,463	Red Mountain Ranch	\$775,500
2763 E Laurel St	2,739	Hermosa Vista Views	\$790,000
2824 N Kashmir St	3,222	Mesa Desert Heights	\$810,000
2015 N Woodruff	2,601	Savona	\$940,000
1425 N Los Alamos	3,806	Mesa Northgrove	\$950,000
1124 N 99th St	2,968	County Island	\$950,000
2510 E Presidio St	3,615	Grove At Lehi	\$957,615
2539 E Russell St	2,688	Grove At Lehi	\$994,013
9834 E Adobe Rd	3,631	County Island	\$1,015,000
4501 E Fountain St	3,177	Estates At Valencia	\$1,100,000
2209 N Val Vista Dr	2,868	County Island	\$1,125,000
8246 E Kael St	3,297	Savona	\$1,125,000
1946 E Lockwood St	3,347	Friendly Cove Estates	\$1,175,000
3715 E Fargo St	3,294	Trovita	\$1,175,000
8151 E June St	3,177	Monteluna	\$1,185,000
1102 N Loma Vis	4,043	The Groves	\$1,200,000
6919 E Ivyglen St	4,170	Annecy	\$1,200,000
4222 E Brown Rd #5	3,730	Villa Sendero	\$1,210,000
8438 E Jasmine Cir	5,235	Mountain Bridge	\$1,350,000
2338 E Minton St	5,194	Hermosa Vistas	\$1,744,000
3305 E Kenwood St	3,726	Estates At 32nd Street	\$1,812,500
4122 E McLellan Rd #13	4,950	Highgrove Estates	\$2,224,000
1550 N 40th St #11	4,483	Citrus Manor	\$2,370,000

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



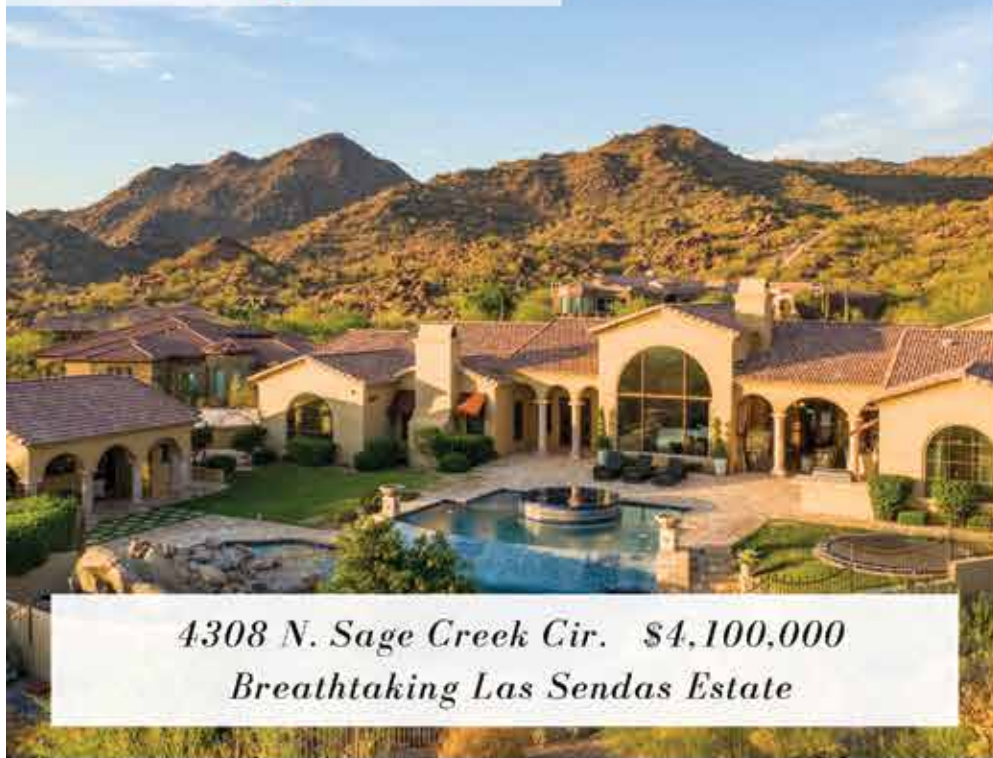
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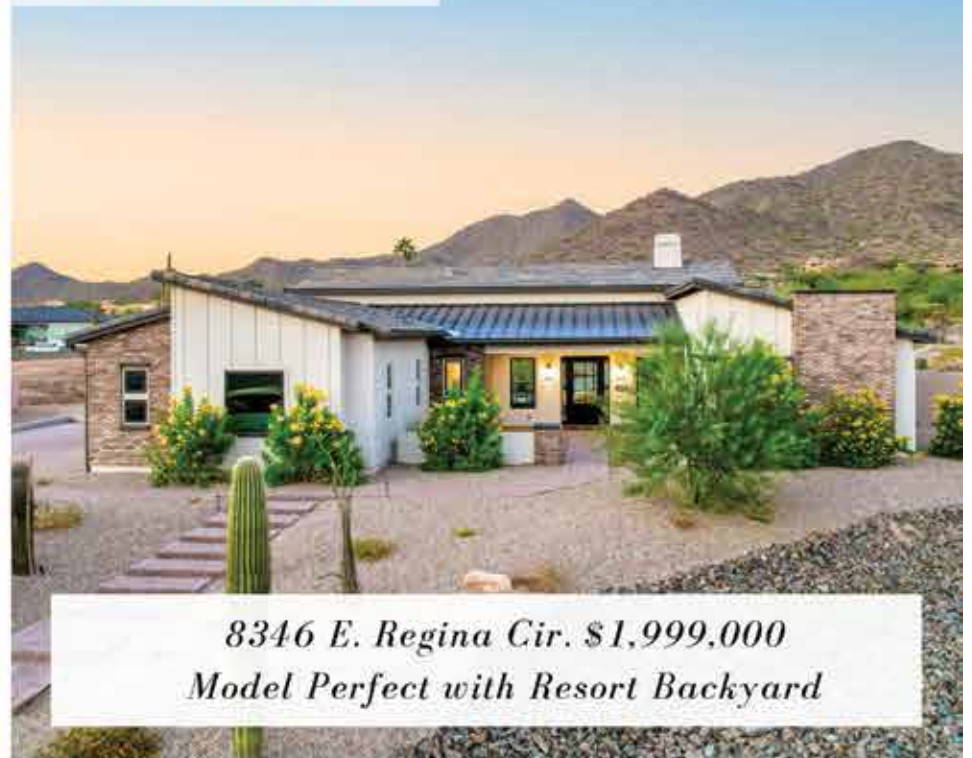


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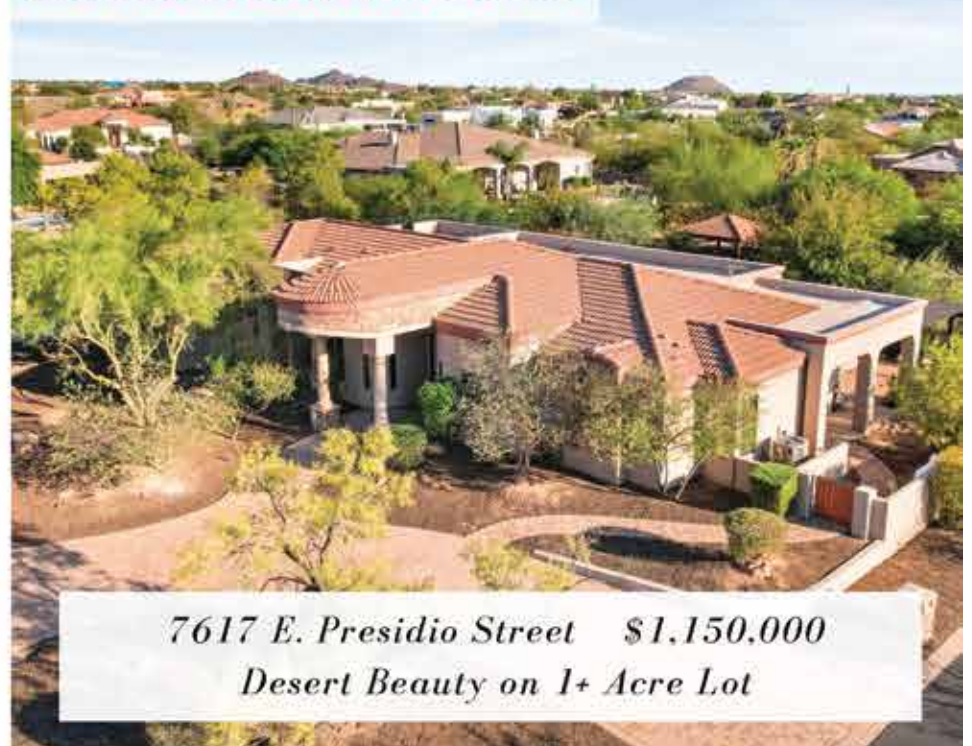
*4149 N. Stone Peak Circle \$1,555,000
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*1813 E. Mallory Street \$1,300,000
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*7617 E. Presidio Street \$1,150,000
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EDUCATION

Mesa Public Schools Introduces **Let's Talk: A New Way to Connect**

By Laurie Struna
Photo by Tim Hacker

Mesa Public Schools remains steadfast in its commitment to fostering a safe and supportive environment where students and staff can thrive. Central to the mission is building strong, collaborative relationships with the community, guided by a dedication to open and transparent communication.



Let's Talk is set to launch in mid-January across seven departments: Communications & Engagement, Early Learning, Food & Nutrition, Human Resources, Research & Evaluation, Safety & Security, and Superintendentcy.

The platform will streamline communication, enabling Mesa Public Schools to address feedback more quickly, reduce response times, and proactively resolve concerns.

To further these efforts, the district is introducing *Let's Talk* — a new communications platform designed to enhance responsiveness to the needs of students, families, staff, and the broader community.

This initiative is a direct response to input from parent focus groups, which emphasize the need for more efficient and transparent communication. Powered by K12 Insight, Let's Talk represents a significant step in addressing this feedback and strengthening connections across the district.

Nina Allred, marketing and engagement supervisor at Mesa Public Schools, said the new platform is designed to make the district even more responsive to the needs of students, families, staff, and the community.

"Based on feedback from parent focus groups, we understand the desire to shift toward more efficient and easy-to-use communication," Nina said. "Let's Talk, powered by K12 Insight, represents a major step forward in achieving this goal."

"Let's Talk aligns with our ongoing commitment to transparent, accessible, and efficient communication," Superintendent Dr. Andi Furlis said. "This tool empowers our community to connect with school and district staff, ensuring their voices are heard and their needs are met as quickly as possible."

With its user-friendly design, Let's Talk allows community members to easily direct inquiries to the appropriate department and receive timely, effective responses on topics such as enrollment, school safety, hiring procedures, district policies, and more. Connecting with the right person is as simple as a click.

This innovative tool reflects Mesa Public Schools' dedication to fostering a culture of open communication and collaboration. By improving accessibility and response times, the district is enhancing its ability to meet the needs of students, staff, and families. ■

For more information, visit mpsaz.org.

SPIRITUALITY



A Fish Out of Water

By Judy A. Knox, Charis Christian Church

A little fish came to the wise old big fish with a troubling question. "Okay," he said. "I understand sand. I can see it below me. I know about rocks, and how to hide among them. And I know what plants are. But where's this ocean everybody's always talking about?"

Because he was in the ocean, and a part of it, he had no awareness of the water in and around him. If he had somehow managed to jump out of the water, he would very quickly have recognized what he was missing. He wouldn't survive very long out of his native element. He was created to breathe underwater.

Do you ever have days where you feel like a fish out of water, gasping to catch your spiritual breath? This happens to me when I miss my quality time with God in the morning. Oh, I may spend time "in the chair," but my thoughts aren't focused on God. My attitude is "off." I feel out of touch. Things I usually enjoy have become a struggle.

I know God's presence hasn't left me. He has promised He will never leave me or forsake me (Hebrews 13:5). Though I know this, I feel like the little fish. Where is this presence of God everyone is talking about?

Recognizing the problem is the first step in solving it, so once I realize I'm not experiencing the fullness of joy that comes with really being present with Him (Psalm 16:11), my next step is to readjust my thinking. I talk to God about my bouncing thoughts. I read the Bible out loud instead of silently to help stay focused. I take moments throughout the day to realign my thoughts with the Word of God.

When I'm trying to stay focused, distracting thoughts are almost certain to intrude. They may be good thoughts, but at that moment they're distractions. Instead of worrying that I'll forget them, I jot them down for later and get right back to focusing on God.

How comforting to find myself once again swimming freely through my activities, enjoying each thing as I do it. I love the assurance that God's goodness and mercy are following me (Psalm 23:6), and I am right where He wants me to be — "back in the water." ■

Would you like to experience a church service where the worship and teaching is designed to help you focus on God's presence? Then come and visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

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LOCAL BUSINESS

HAPPY IN YOUR OWN MIND

By *Tim Beaubien, Hava Java Mesa*
 Typically, I never know what I'm going to write about. I'll see something or hear something that a customer says, and it steers a thought or something that I find interesting.

This month I had three themes to choose from, What Happened This Year, Business Lessons, and Happy in Your Own Mind (which was a commercial on TV). As I thought about each of these and tried to choose one, I realized that they are one in the same.

It's been two years since Barb and I became the owners of Hava Java Mesa; five years overall for the business. We had our anniversary party on Nov. 22. Boy, it was a great night!

The music was supplied by Brenda and the Big Bad Wolf (which they are regulars every month and good friends now), and it was awesome. This last year brought a new menu, some wine changes, and some great new employees, as well as a steady increase in business. We are in the process of upgrading the back patio (fire pit, new outdoor lounge area, and new tables). Working on a plant wall, but that will be coming soon. Well, that's about it for the year.



Barb and Tim Beaubien

BUSINESS LESSONS

In the last two years I've had the opportunity to talk to experienced business owners as well as new ones. The topic usually turns to how we are doing in this business. Well, we have enjoyed a steady and nice percentage increase month over month for the last two years.

Then the natural question is – what do we contribute this increase to? I have a couple basic philosophies. One – the coffee business is like any other product or service. You must have a great product and a fair price, and you must stand behind your product or service with great people. Two – you can't be the person doing all the work. You have to delegate the daily business to others so you can concentrate on growing the business. This is the most important step for any business and the hardest to follow. You have to afford great employees to execute the daily business, or you will overheat and fail.

HAPPY IN YOUR OWN MIND

Choose a business or profession that stimulates and feeds your mental needs. Just going to work for the money will beat you down! At the end of the day when you're home and ready for bed, you should be thinking, "I can't wait for tomorrow." ■

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.



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LOCAL BUSINESS

Redline Rentals and Sales offers opportunities TO ENJOY WATER AND WILDERNESS EXPERIENCES

By Mark Moran

Located at Power Road and Main Street in the heart of East Mesa, Redline Rentals and Sales has come a long way from those two used kayaks they bought on OfferUp to becoming one of the premier water sports companies in the area.

Redline rents kayaks, paddle boards, other personal watercraft, and even e-bikes, for people to use to explore the lakes and wilderness areas around them.

Redline, in addition to providing you with the most thrilling and beautiful experiences on Arizona's most pristine bodies of water, is also laser focused on giving back to the community, and being a good corporate citizen.

"It's easy for us to serve the community because we are the community," said Jeremy Schroeder, owner of Redline Rentals and Sales in East Mesa.



"We are Arizona born and raised. We love our state and the people in it," Jeremy continued. "We try to give back by discounting rentals for different organizations such as Ability 360 and other groups."

Beyond providing water experiences second to none and being a good corporate citizen, Redline has also recruited people to help in a massive effort to remove trash from the bottom of Canyon Lake. They even throw in free kayaks for use during the lake cleanup projects as part of the SWATT Team or the Salty Scuba Squad.

"We are raising awareness to these groups in hope to increase volunteers and donations to the 501c3 nonprofit Salty Scuba Squad, in the hopes people join cleanup groups like the SWATT Team or Natural Restorations. They are cleaning the river more than ever before and we want to support this and keep this effort moving forward," Jeremy said.

"The Lower Salt River is a beautiful riparian area that needs to be appreciated.

Tourism is a major factor in the economy of the surrounding cities as many people travel to the Phoenix metropolitan area to visit the Salt River. We do not want tourists going back to their hometown talking about the trash they see at the river," he continued. "This is why all cities and anyone who is involved in the tourism industry should donate to the Salty Scuba Squad. This is our goal for this year to get them more donations."

If they weren't busy enough providing top-notch water experiences and organizing cleanup events, Redline is also focusing on area kids. Instead of hosting a traditional toy drive, Redline is conducting its first annual Get Active sporting goods drive.



"We will donate half of sporting goods donations to local families in need and the other half to Sunshine Acres," Jeremy explained.

Redline is also hosting a Business Give Back networking and cleanup event in the East Valley. "This will encourage small businesses to give back by helping clean up at the same time networking with like-minded businesses who love to give back and cleanup nature as well," Jeremy continued.

Redline also honors America's veterans. Through mid-February, veterans can receive \$20 off a watercraft rental by using the code *Thankyou20*.

Finally, while Jeremy admits they are still in the planning stages, Redline is also looking for volunteers to take part in a planned garbage cleanup project along SR 88 in the far East Valley.

Redline is a premier water equipment rental and outfitter, but for Jeremy, the company's mission runs deeper.

"We feel we stand out because we don't just support the community, we are members of it. Our core values are professionalism, knowledge, teamwork, and environmental awareness," he said.

"We incorporate these values into not just our business but our way of life. We plant seeds of safety and environmental education and awareness. We lead by example with hopes that others will follow the trend that we want to set. When you come to Redline you don't just rent our equipment, you get to experience our way of life, our knowledge, and our culture. A surf shop in the desert." ■

For more information, visit evkayakrentals.com, redlinemesa.com, or call (480) 548-8921. Redline Rentals and Sales is located at 6343 E. Main St., Suite A17, in Mesa.

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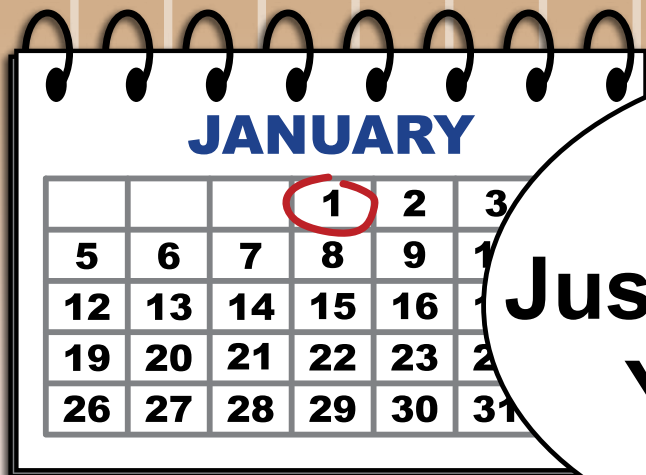
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LOCAL BUSINESS

Choosing the Right Sign Company

Submitted by Arizona Commercial Signs

Are you looking to buy a new sign for your business to help customers find you and boost sales? Is your aged sign due for a facelift that will polish your business's image and attract more foot traffic? Arizona Commercial Signs is a market leader in designing and manufacturing affordable, high-quality, custom-crafted sign solutions to fit a variety of budgets.



As a trusted partner for more than two decades, Arizona Commercial Signs has been transforming unique ideas and brand identities into custom signs that attract attention and customers for businesses of all sizes.

Working with a local, full-service company with a solid reputation, in-house designers, permit technicians, manufacturing facilities, and experienced installers is an essential partner when navigating the complexities of signage, which is both an art and a science.

AFFORDABLE CUSTOM-CRAFTED COMMERCIAL SIGNS
Your distinctive branding conveyed by a custom-made sign plays a crucial role in the success of your business. If you want to enhance the visibility and presence of your business in the marketplace, let our seasoned sign industry experts guide you through the decision-making process to find the right sign strategy for your demographics and business goals.

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Our professional in-house designers transform your unique vision into a creative design for an engaging sign that tells your brand story, makes your business memorable through colors, text, and graphics, and speaks to your customer base about your products to build loyalty and trust.

SIGNS BUILT TO LAST

Our master fabricators use a range of premium materials to create dimensional signs that are visually stunning and built to last. Each sign built to the highest standards of craftsmanship and quality means you can be confident in the durability and effectiveness of your investment. Each sign we produce is backed by a warranty, ensuring your best advertising investment continues to perform for years to come.

Whether you need an eye-catching storefront sign, captivating interior or window display, or digital solutions, our full spectrum of service capabilities provides a seamless experience to meet your needs. ■

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DISCOVER ARIZONA

The Arizona-Sonora Desert Museum offers a unique and educational experience

By Kimberly Alvarado

The gifts have been opened, the lights and decorations are all put away. What's on your agenda for this new year?



January is a month to discover new adventures within our beautiful state. This one is the Arizona-Sonora Desert Museum in Tucson, Ariz. It's a day-trip destination for nature enthusiasts and offers a unique and educational experience for all. So, pack up the car with your adventure-seeking friends, and get ready to learn and enjoy information about wildlife, cacti, the geological wonders of Arizona and more, all in one place.

The Sonora Desert Museum is approximately 120 miles southeast of Mesa, making it a convenient road-trip destination. The drive will take you approximately two hours, providing beautiful desert landscapes along the way.

EXPERIENCE THE BEST OF THE SONORAN DESERT

Once you arrive at the museum, you'll be greeted by more than 98 acres of exhibits that showcase the diverse vegetation and wildlife of the Sonoran Desert. The museum is home to more than 230 animal species and 1,200 types of plants, creating a vibrant tapestry of life that's sure to charm visitors of all ages.

Be sure to get up close to view the desert wildlife, including impressive birds of prey, clever bobcats, and playful river otters. Presentations at the museum provide an opportunity to learn about these incredible creatures and how they adapt to desert life.

Stroll through lush gardens of native cacti, wildflowers, and desert trees, which highlight the diversity of plant life that thrives in the conditions of the Sonoran Desert.

The Earth Sciences Center allows you to explore the geological wonders of the region. Interactive exhibits offer hands-on experiences for understanding the forces that have shaped the desert landscape. You'll learn about volcanic formations, as well as formations of ancient fossils native to the desert.

Don't miss the hummingbird aviary, where you're invited to step into the world of hummingbirds to see a close-up view of these tiny, jewel-like birds in their natural habitat.

The Arizona-Sonora Desert Museum is open year-round, with seasonal events and special programs. Be sure to check the museum's calendar for upcoming events, including guided tours, workshops, and family-friendly activities.

ADMISSION AND AMENITIES

The museum offers a range of admission options, including family passes and discounts for seniors, students, and military personnel. On-site amenities include a gift shop, café, and picnic areas, ensuring a comfortable and enjoyable experience for all visitors.

It's a wonderful desert life! And January is a great month to explore its beauty and history. ■

Visit desertmuseum.org for more information on museum hours, admission prices, and discounts.

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FINANCES

Time for New Year's Financial Resolutions

Submitted by Linda Drake, Edward Jones Financial Advisor



Have you made New Year's resolutions, such as exercising more or learning a new skill? These are good objectives, but why not add some financial resolutions?

For starters, try to reduce your debt load. You'll improve your cash flow and have more to invest.

And speaking of investing, see whether you can boost your pre-tax contributions to your traditional IRA and 401(k). Once you're 50, you can even make catch-up contributions. If you have an education goal, consider investing in a tax-advantaged 529 education savings plan.

Also, try to build an emergency fund containing up to six months' worth of living expenses, with the money kept in a liquid, low-risk account.

Finally, even if you're relatively young, it's good to have your estate plans in order. And if you've already created these plans, you may want to review them, especially if you've had changes in your family situation involving marriage, divorce, or birth of children or grandchildren.

You may not be able to tackle all these resolutions in 2025. But by addressing as many of them as possible, you can make progress toward your goals and set yourself on a positive course for the future. ■

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Over 50 Up Close

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HEALTH *Over 50*

Did I choose the right Medicare Plan?

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



With all the commercials and all the advertisements over the past two months, many people felt like they needed to make a change with their Medicare plan.

During annual enrollment, I spend quite a bit of time with people checking to see if they are on the best plan for them. Often, after a lot of comparisons, we find that they are already on the plan that will work best for them.

There are often many positives and some negatives about each plan, and finding the right balance is the key to feeling satisfied with your Medicare plan choice.

If you did not get the opportunity to have someone personally talk with you and walk you through your choices, it may not be too late. There are other enrollment times that may provide you with another option to check your plan.

Having someone provide guidance to help understand the options can be advantageous and I am happy to help you. If you are about to retire or are turning 65 in the next six months and would like to explore your options, please call me to make an appointment.

If you have a plan and are not sure it is the right one for you, we can talk. Please reach out to me either by phone or via email. ■

Call **Lynne Jones**, a licensed salesperson, at (480) 212-2246 or email me at lynnejones17@gmail.com.



LOCAL BUSINESS *Over 50*

Steps to Planning and Designing a Great Backyard

By **Frank Weinberg**,
Landscape Designer

The other day I ran across an excellent free resource for homeowners planning on developing their backyard into a beautiful functioning oasis.

This resource was located in the local Red Mountain Library in the form of a booklet called, *Landscaping with Style in the Arizona Desert*, published by the AZ Water Conservation Association.

This booklet asks you to make a wish list and ask yourself these questions:

- What do I want my yard to look like?
- What purpose do I want my yard to serve?

- Do I want color and shade?
- Do I want to create a wildlife environment in my yard?
- Do I want a recreation area?
- Do I want a place to relax?
- Where would be a good space for a pool, spa, firepit, garden, or barbeque?
- Will my ideas fit my budget?

If these are questions you're asking, why not call a professional and get some good advice? ■

Call Frank to discuss your landscape design needs at (480) 236-0383.



ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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

Call me today for help navigating Annual Enrollment this year!

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

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LOCAL BUSINESS

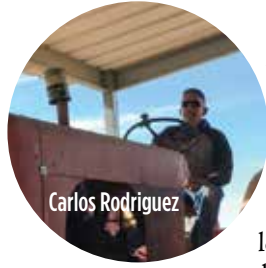
Dynamic Landworks has the experience and dependability for landscaping projects

By Mark Moran

There is no shortage of construction going on here in the Valley, and whether you are involved in a big project, need some trees cleaned or cleared from your yard, or simply want to bring your weather landscaping up to par, Dynamic Landworks is ready to take on the unique challenges of the Sonoran Desert soil.

"Founded in 2014, Dynamic Landworks LLC provides customers with proven grading and landscaping services," owner Carlos Rodriguez said. "From land clearing and laser grading to tree services, we have the experience and the dependability essential to providing successful projects."

Dynamic Landworks is ready to step up with grading, landscaping, debris removal, or simple landscaping projects here in the East Valley. The company provides general contractors, developers, and private landowners professional grading services. "From commercial developments to residential needs, we will add value to any job," Carlos said.



Carlos Rodriguez



Dynamic Landworks is capable of small projects, but also equipped to handle large and heavy-duty ones, too. The company provides sitework and equipment services on an hourly basis if you're trying to get a site ready for construction, demolition of things that are in the way and need to be removed, leveling and clearing services, as well as backfill and land compaction services. Carlos' crew is even ready to construct dirt and gravel roads if the project calls for the service.

Dynamic Landworks is not just a heavy machinery and project company. Carlos and his crew are ready to make your yard look perfect with residential landscaping services, too.

"From planting trees and heavy yard clean-ups to regular property maintenance. We provide meticulous landscape services," Carlos said.

"We would highly recommend Carlos at Dynamic Landworks LLC for any of your landscaping needs," Las Sendas resident Paula S. said. "He recently cleared some overgrown areas in our yard, as well as trimmed several trees. He responded immediately to our phone call and came out the next day to give us his very reasonable quote for the services we needed. He was extremely professional, very friendly, and punctual. We will definitely use him again!"

With more than 25 years' experience in heavy civil construction and a half dozen years of service in the U.S. Marine Corps, Carlos is uniquely qualified to provide his customers with an experienced, disciplined, and knowledgeable approach to this type of dynamic work, the demands of which can change with every project.

"Starting from a young age, I was introduced to hard work, heavy equipment, and the importance of integrity," he said.

Carlos has also worked as a project superintendent in heavy civil construction jobs, including street improvements, grading and paving, infrastructure improvements, and mining. He says he knew that maintaining valuable customer and employee relationships are the key to a successful business.

"Starting as an operator/laborer in construction gave me insight and firsthand experience in field operational leadership and I quickly advanced into management," he said.

Dynamic Landworks will offer free estimates for any of the work you or your company needs. Carlos is local and prides himself on doing work for the people of Mesa and surrounding communities and getting to know them.

"With modest beginnings, Dynamic Landworks' clientele base is built on a lot of hard work and a clear focus on retaining client relationships," Carlos explained. "Our objective is performing business beyond integrity. We are dynamic in that we provide the commercial/residential customer with services needed for the constantly changing environment."

Dynamic Landworks is certified, licensed, bonded, and insured, so you can rest easy when you hire Carlos and his team. The work will be done to code, safely, and for a good price. ■

For more information, call (480) 580-7252 or visit dynamiclandworks.com. Email Carlos at carlosr@dynamiclandworks.com.

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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

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Dinner Menu

CUSTOM CURATED MENU CREATED TO PAIR WITH THE FINE WINES FROM ALEXANDER VALLEY VINEYARDS

TRAY PASSED APPETIZERS
Dry Rosé of Sangiovese
Reception wine served with two tray passed hors d'oeuvres

1ST COURSE
Alexander Valley Vineyards Chardonnay
Spicy Beezlenut Salad - Golden Raisin, Plantain, Queso Fresco and Chili Arbol Vinaigrette

2ND COURSE
Alexander Valley Vineyards Sauvignon Blanc
Red Fish - Blue Fish Boil - Shrimp, Blue Crab, Potato, Sausage, and Corn

****Palate Cleanser - Lemon Sorbet****

3RD COURSE
Alexander Valley Vineyards Pinot Noir
Smoked Pork Belly, Sunny Side Up Quail Egg, Pea Basil Jalapeño Yoke

****Palate Cleanser - Coffee Bean Caprese****

4TH COURSE
Alexander Valley Vineyards Cabernet Sauvignon
Paired with Beef Wellington and Las Sendas Who Hash

Sweet Finish:
Who Pudding - Cranberries, White Chocolate, Pecans and Cinnamon Bread Pudding