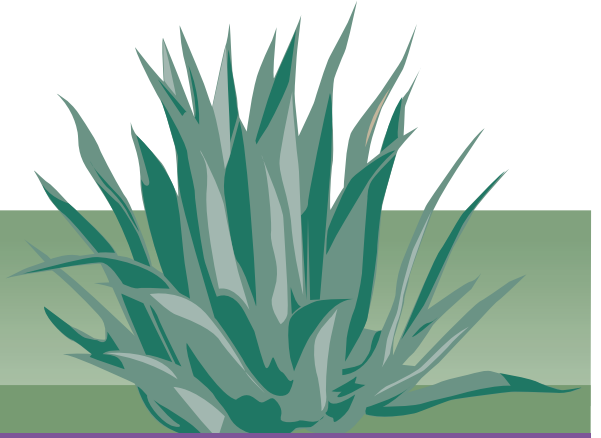


Northeast Mesa Up Close



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YAK N SUP OFFERS kayaks, paddleboards, and lessons for outdoor enthusiasts

By Mark Moran

Whether you are up for an Arizona water adventure on Canyon Lake or want to sit back and take in the grandeur of the sandstone walls towering above you on all sides, Yak N Sup is the place to get your outdoor fix just a stone's throw from civilization.

"Paddle through series waters, explore hidden coves, or simply bask in the sun's embrace," Braiden Samuelson, who runs Yak N Sup, said. "Canyon Lake is yours to discover."

Whether your adventure calls for a kayak, paddleboard, or a unique 6-person party paddleboard, Yak N Sup has the perfect option. From self-guided tours and beginner lessons to intermediate paddles down the Canyon, the guides, native Arizonans, are ready to give you the best experience available on Canyon Lake, one of the most picturesque bodies of water in Arizona.

This part of Canyon Lake is almost never crowded, but you won't be on the water alone. You are likely to spot bighorn sheep, bald eagles, ospreys, waterfowl, and occasionally deer and coyotes during your adventure.

Just because you're face-to-face with the Arizona wilderness as you paddle down the canyon, you don't have to be an expert. The highly qualified and experienced Yak N Sup guides provide lessons no matter which craft you decide to take out on the lake and are there to give you the best and safest experience possible, filled with fun, relaxation, and the right amount of adventure.

"Whether it's your first time paddling or you're a seasoned explorer, every moment is a memory in the making," Braiden said. "We are here to make sure your adventure is as seamless as it is unforgettable."

If you're a beginner and just want to dip your toe in the water, consider a two-hour paddle from the Canyon Lake Marina to Tortilla Creek or Barge Cove.



If you're feeling a bit more adventurous or have a little bit more experience under your belt, consider the four-hour trip to the Mormon Flat Dam.

"Spend a few hours enjoying the breathtaking views of Canyon Lake on your way to witness Mormon Flat Dam," Braiden continued. "Our experienced guides will educate you about Canyon Lake, Mormon Flat Dam, and the Sonoran Desert. Prepare to be blown away by Canyon Lake's beauty as we show you why Canyon Lake is our favorite lake to paddleboard or kayak and why everyone in the Phoenix-Mesa-Apache Junction area loves this lake with all our hearts!"

If you are looking for a unique and enlightening encounter, try one of Yak N Sup's self-guided moonlight or light up the night paddle experiences, among the quietest and most serene experiences on Canyon Lake.

"Experience the magic of a glowing night on Canyon Lake," Braiden said.

Cell phone service can be spotty, which adds to the getting away from civilization experience, so the staff recommends making plans with your group ahead of time in case you decide to head off in different directions as you wander through the wonder of Canyon Lake.

And no, the staff wants you to know... "There are no alligators in Canyon Lake," and your dogs are welcome as long as they, like their owners, are wearing the proper life jacket.

Yak N Sup is involved in more than just water recreation. The group held an event with The Salty Scuba Squad, a non-profit who cleans up the Salt River by diving under water and bringing the trash back up to paddleboarders waiting on the surface. They have removed thousands of pounds of trash from the river this year and recently cleaned up the Boulder Recreation site.

Working with Yak N Sup, the Redline kayak and paddleboard company will allow people to use their craft free of charge if they help in the cleanup effort. They are planning to clean up the roadside along State Route 88 for their next project.



Yak N Sup also has some deals going for fall and winter. Veterans can get \$20 off 4-hour and 8-hour rentals by using promo code THANKYOU20, and Las Sendas residents receive \$10 off 4- and 8-hour rentals by using promo code LASSENDAS10. ■

Yak N Sup is located at Canyon Lake Marina, Ariz. The address is 16802 AZ-88, Apache Junction, AZ 85119.

The company also offers 24-hour rentals for Canyon Lake Marina and campground members. Their phone number is (480) 420-8144. Yak N Sup is open seven days a week from 9 a.m. to 5 p.m., November through January.

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EVENT

Ladies of Las Sendas hosts **HOLIDAY BOUTIQUE**

By *Kimberly Alvarado*

It's time to get your shopping on! The Ladies of Las Sendas are rolling out the red carpet for their fifth annual Holiday Boutique on Sunday Dec. 1, from 11a.m to 2 p.m. at 7900 E. Eagle Crest Drive, Mesa, at the Trailhead Members Club in Las Sendas.

Best yet, it's free to the public. Nearly 40 vendors from the Las Sendas and neighboring communities are participating this year.

UNIQUE CHRISTMAS GIFTS AWAIT

This year's event will feature some of your favorite returning vendors, along with exciting new ones, eager to showcase their products and services with shoppers. And you won't want to miss the silent auction, which will be in-person and online during holiday boutique hours.

You could score a Swarovski purse, a signed modern art piece, an autographed Kevin Durant jersey, or a Taylor or Luke Combs signed guitar, just to name a few of the items you'll be invited to bid on at the auction.

Come out and support two local non-profit organizations – Corbin's Legacy, buy a bracelet – feed a child, and The Jack Sullivan Foundation for Life and Learning.

CORBIN'S LEGACY

This Phoenix-area based public charity was established in 2015 in memory of Corbin Leafman, a Title 1 Kindergarten teacher, who died at the age of 30 from cancer. She asked to be remembered by how she lived, not why she died. Corbin was known for holding up a \$20 bill each day in the school cafeteria so that the lunch staff knew that every child, no matter the amount of money in their account, would



receive a hot lunch. Corbin's Legacy is dedicated to feeding the ever-growing number of hungry children in our communities.

THE JACK SULLIVAN FOUNDATION FOR LIFE AND LEARNING

Jack Sullivan is an adult living with autism spectrum disorder, in Mesa. The foundation was created in 2021 and has a primary focus of funding scholarships for The Lifelab Institute, which will have a flagship location in Mesa. Their mission is to provide positive, hands-on/goal-oriented teaching of essential life and social skills for those affected with autism in a safe, nurturing home environment.

"We are looking forward to another exciting event and seeing you all again this year," said Patricia Phillips, event coordinator. "Enjoy a night of shopping, sipping, and light nibbles, and get your Christmas shopping done early." ■

For more information, contact Patricia Phillips at (480) 832-6900 ext. 1, or gotgoodskintx@gmail.com.



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LOCAL BUSINESS

Landscape Design REQUIRES A PLAN

By Frank Weinberg, Landscape Designer

Frank, a semi-retired landscape designer in the Mesa area, always suggests homeowners should, "Plant with a plan."

Let's start with someone who has recently purchased a home. Whether that be a new home with bare grounds or a resale home that has established landscaping, including both plant material and existing hardscape.

A homeowner with a newly purchased home with no landscaping will first need to see if the HOA has a list of requirements for both plant materials and hardscape. Hardscaping would include walkways, ground cover, irrigation systems, lighting, extended patios, additional walls, etc. Also important are the requirements for submitting a plan and when the landscaping needs to be installed.

Homeowners who purchased a resale home without an HOA, including homeowners who have lived in for some time, would benefit by having some type of working plan too. The plan should include what materials need to be taken out and what should be added to make the outdoors more appealing.

After homeowners have put a plan together, it's a good idea to have a third party, such as a landscape designer, review the plan. The designers should take your ideas and add some of their own to develop a final plan.

In future articles I will discuss what makes up a good design plan and how to bid work out for landscape companies. ■

If you would like to chat with Frank about your landscape design needs, call (480) 236-0383.



LOCAL BUSINESS

Maximize your Investment Outcome FOR VACATION HOMEOWNERSHIP

Submitted by Brandon Balsley, Grand Welcome, East Valley of the Sun

Investing in vacation rental properties can be lucrative, but achieving optimal returns requires a strategic approach. Three key factors — international reach, local property management presence, and market-driven pricing — are crucial in ensuring positive investment outcomes for vacation homeowners. Let's explore how these elements contribute to the success of managed vacation rentals.



maintenance, and guest check-ins. Their proximity to the property means they can respond quickly to any issues that arise, minimizing disruptions and maintaining high service standards. This level of attention keeps guests satisfied and protects the property owner's investment by ensuring the property remains in excellent condition.

MARKET-DRIVEN PRICING: MAXIMIZING REVENUE


Setting the right price for a vacation rental is a delicate balance. Too high, and you risk deterring potential guests; too low, and you leave money on the table. Market-driven pricing strategies, informed by real-time data and local market conditions, help property owners find the sweet spot that maximizes occupancy and revenue.

Vacation rental management companies often use sophisticated pricing algorithms that analyze seasonal demand, local events, and competitor rates. This dynamic pricing approach allows for adjustments based on current market conditions, ensuring that the property is competitively priced at all times. Property owners can achieve higher occupancy rates and increased revenue by optimizing pricing, leading to better overall investment outcomes.

THE SYNERGY OF NATIONAL REACH, LOCAL MANAGEMENT, AND MARKET-DRIVEN PRICING

When combined, international reach, local property management, and market-driven pricing create a powerful synergy that drives positive investment outcomes. International reach attracts a diverse pool of potential guests, local management ensures high-quality service and property upkeep, and market-driven pricing maximizes revenue potential. ■

Contact Brandon Balsley at (480) 933-8874 or email Brandon.Balsley@grandwelcome.com for more information on available services. Also, check out the website: eastvalleyazrentals.com.



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LOCAL BUSINESS

Arizona Commercial Signs Builds Vintage Marquee FOR THE CENTURY-OLD LANDMARK NILE THEATER IN DOWNTOWN MESA

Submitted by Arizona Commercial Signs

In honor of its 100th year, the Nile Theater in Downtown Mesa is again making its mark. In recognition of the theater's historic and architectural significance, the City of Mesa designated the Nile Theater a local landmark.

The discovery of King Tut's tomb in the 1920s drove America's fascination with everything Egyptian. Trading on that appeal, the 600-seat Nile Theater was built on West Main Street in 1924 using locally kilned Lehi brick. Identified by its glittering marquee and Egyptian-themed interior the popular movie palace became the place to see the latest films, attracting crowds from across the Valley from 1924 through the 1950s.

That was not the only draw; the Nile Theater was pretty cool. Literally. It was the first "air-cooled" building in Arizona, where air was blown across blocks of ice to keep moviegoers comfortable in the desert heat. This luxuriant theater became the inspiration for other lavish theaters later built in the Valley.

Business owner Michelle Donovan, who now runs a vegan café and live music venue in the building, nurtured a dream to pay homage in a special way to the structure's illustrious roots. Her dream was to install a replica of the original 1924-era marquee. Working closely with Michelle, Arizona Commercial Signs developed a sign concept to bring her dream to life. "It's not often that a sign maker has the opportunity to resurrect a 100-year-old marquee," explains Carl Hawke, project manager with Arizona Commercial Signs. "Working only from an old black and



white photograph," relates Carl, "the task felt like trying to bring a dinosaur to life using a trace of DNA."

Using contemporary sign-making techniques, Arizona Commercial Signs cleverly created a marquee sign that honors the original marquee's soul and gives it a fresh modern flare.

In a nod to the original Egyptian-themed theater, Sign Designer Kirk Fairchild created a sign design that features engraved Egyptian hieroglyphics, plus the iconic image of King Tut, the world's most famous pharaoh. Art Deco lettering on the faces mimics the look of traditional neon benefiting from the efficiency of modern LED lighting. The theater's name frames the logo in chic faux neon, illuminating yellow at night and appearing as polished gold during daylight hours. An electronic message display announces upcoming events.

Pulling a two-dimensional design off the page and making it live in three dimensions is the job of the fabricators. Expert Fabricator Sejad Delic breathed life into what became an exquisite piece of craftsmanship, precise to the millimeter.

Adding this large sign structure to the century-old building and its delicate facade presented unique challenges. A careful assessment of the building for adequacy to support the sign and the engineering of attachments

to the existing brick structure was an essential step in supporting the sign while preserving the historic nature of the building and its façade. Original architectural renderings from 1924 provided exact measurements of structural beams that still exist within the old walls into which support for the marquee was tied.

"Bringing Michelle's vision to fruition was definitely a team effort," notes Carl. "We partnered with structural engineers, Schneider Structural Engineers, Mellow Construction, and RNR Steel to help stabilize, preserve the twenties-era building." The basement space is also unique, and its building materials and design tell a hidden story of how versatile these downtown buildings really are," says Don Mellow of Mellow Construction.

"During the footing excavation," says Don, "the concrete in the basement wall was found to have large 1 to 3-inch colorful round rocks: reds, greens, and white indicative of materials sourced locally from a long time ago, and not commonplace in current construction use. These stones tell a story of strong and reliable foundation."

"This project while uniquely challenging," remarks Carl, "has been gratifying." He continued, "Seeing history come to life and preserving it for generations has captivated everyone." RNR President Robert Van Beekum, relates, "It's very cool to see our local history restored, R-N-R was excited to be a part of this project."

With the recreation and installation of the marquee, Michelle has set her sights on obtaining national landmark status for the theater building.

Arizona Commercial Signs has been providing professional design, fabrication, permitting, and installation services for businesses of all types in the Phoenix metro area. The commercial sign business works closely with clients to transform their unique vision into well-crafted customized signage that reflects their brand identity at prices every entrepreneur can afford. ■

For more information, visit arizonacommercialsigns.com, or call (480) 921-9900.



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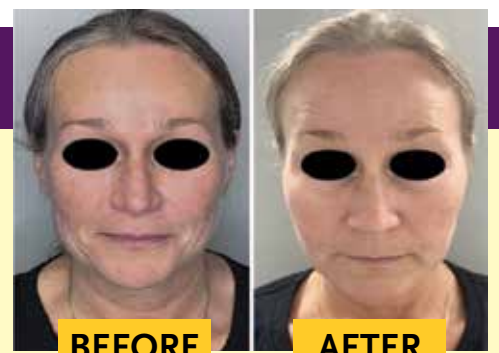


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"We're not sure how it happened, but the holidays are right around the corner," said Events and Catering Director, Carla Shaw. Here is what is being offered this season:

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Turkey Takeout returns for your Thanksgiving celebration. Imagine waking up on Thanksgiving morning with the only thing on your agenda is a stop by The Vistas Pavilion to pick up your fully cooked, warm, and complete Thanksgiving Dinner.

This year the offering includes a roasted rosemary and thyme marinated turkey (16 to 19 lbs.), Southwestern style cornbread stuffing, roasted garlic mashed potatoes, fresh yams smothered in pecan butter, green bean almondine beurre noisette, fresh herb traditional giblet gravy, whole cranberry relish, mixed greens salad with grape tomatoes, English cucumbers, shaved fennel, cranberries and artisan dinner rolls.

This dynamic meal feeds 8 to 10 people. Call to make your reservation today at (480) 396-4000 ext. 222 or email cshaw@lassendas.com. The cost is \$250, plus tax. Warning: This feast sells out quickly!



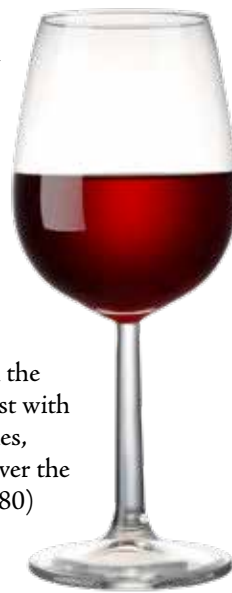
CHRISTMAS DINNER

Jump ahead of the game and meal plan now for Christmas. Bring home an amazing Christmas Eve prime rib dinner, available on Dec. 24. The cost is \$350, plus tax. The meal serves 5 to 7 people. Much like the Turkey Takeout, this meal is available for pickup on Christmas Eve and includes a roasted, herb-crusted prime rib (6 to 7 lbs.) with au jus and horseradish cream, Boursin whipped potatoes, buttered broccolini with roasted peppers, an antipasti platter, salad with roasted fennel, pine nuts, tomatoes, with white balsamic vinaigrette. Call ahead to make your reservation at (480) 396-4000 ext. 222 or email cshaw@lassendas.com.

WINE DINNER

Wine lovers make sure to place your reservation for the Friday, Nov. 22 *Wine Dinner*, featuring Stags Leaps Wines. This event takes place at 6 p.m. and features a four-course dinner with hand-selected wine paired with each course for your enjoyment. Chef Kelsey and her culinary team strive to provide an excellent meal and evening for you to enjoy. Reservations are required. Contact Carla Shaw to reserve your place at the table.

The Vistas Pavilion at Las Sendas provides a premier location for all your family celebrations. From the menu to the venue, the team will assist with each detail. Weddings, birthday parties, family reunions, anniversaries, whatever the occasion may be. Contact Carla at (480) 396-4000 ext. 222 to begin planning your next joyous event.



THE PATIO & GRILLE

Visit The Patio & Grille to experience their new fall menu, and new cocktail menu. The perfect place to relax and unwind.

Enjoy live music every day of the week this fall. The entertainment begins at 5:30 p.m. and the sunsets are always complimentary!

THE PRO SHOP

After sinking that last putt on the pristine greens, swing by The Pro Shop to uncover the latest treasures, just in time for the holidays. With the arrival of new fall merchandise, you're sure to find the perfect gift for those special someone's on your list. Explore a variety of unique finds – from stylish golf apparel and activewear to monogrammed glassware, cozy candles, trending shoes, hat and eye wear – there's something for every outdoor enthusiast. ■



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REAL ESTATE

The Appraisal Came in Low – Now What?

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



Appraisals are a standard part of the homebuying process unless it's a cash transaction. For buyers using financing the lender orders an appraisal to ensure that the home is worth the purchase price.

The purchase contract includes an appraisal contingency, which makes the sale contingent on the home appraising for at least the agreed purchase price. If the appraisal comes in low, the buyer has the option to walk away from the deal without penalty and receive their earnest money. This contingency protects the buyer from being forced into purchasing a home that doesn't appraise for its sale price.

WHEN IS AN APPRAISAL DONE DURING THE HOME BUYING PROCESS?

Typically, the appraisal is ordered after the 10-day inspection period, once the buyer and seller have agreed on necessary repairs. Buyers want assurance that the deal is moving forward before committing to the cost of an appraisal, which typically starts around \$550 and can go up from there. Paying for an appraisal before repairs are agreed upon could mean unnecessary expenses if the deal falls apart.

APPRAISAL SHORTFALL MISCONCEPTION

There is a common misconception regarding appraisals: many people believe that the property only needs to appraise for the loan amount, not the full purchase price. However, this is incorrect. The appraisal must support the full purchase price of the home. If it doesn't, the buyer, seller, or both must find a way to make up the difference.

EXAMPLE OF AN APPRAISAL FALLING SHORT

Let's break down an example to illustrate this:

Purchase price of the home: \$600,000
Buyer's down payment: 20%, or \$120,000
Loan amount: \$480,000

If the home appraises for \$580,000 — \$20,000 below the purchase price — the lender will not approve the loan based on the original sale price. Even though the appraised value exceeds the loan amount, the lender won't approve a loan for more than the appraised value.

There are several ways buyers and sellers can handle a low appraisal:

- **The Buyer Pays the Difference:**
The buyer agrees to make up the entire shortfall by increasing their down payment. This often happens when the buyer is highly motivated or when the competition for the property is strong. In this example the buyer would need to increase their down payment from \$120,000 to \$140,000.
- **The Buyer and Seller Split the Difference:**
In this case, both parties agree to equally cover the difference between the appraised value and the purchase price. This is a compromise that keeps the deal alive while not putting the entire financial burden on the buyer. The buyer would increase their down payment by \$10,000, and the seller would reduce the price by \$10,000.
- **The Seller Lowers the Purchase Price:**
In a buyer's market, the seller may agree to lower the purchase price to match the appraised value. This may be necessary to keep the sale on track, especially if the seller has limited options for finding another buyer quickly.
- **The Contract Is Canceled:**
If the buyer and seller cannot reach an agreement, the contract is canceled, and the buyer is entitled to receive their earnest money back.

NAVIGATING A LOW APPRAISAL

A low appraisal can feel like a significant roadblock, but it doesn't have to derail the sale. Communication and negotiation are key. Understanding the options available — from adjusting the price to covering the difference in the down payment — can help both buyers and sellers move forward.

In a balanced or buyer-friendly market, sellers may need to be more flexible, while buyers may have more room to negotiate. Ultimately, the goal for both parties is to find a solution that works for everyone.

CAN A LOW APPRAISAL BE DISPUTED?

If an appraisal comes in low and the Realtor feels there's been a mistake, there are ways to dispute the appraisal. However, it's important to understand that the chances of overturning a low appraisal are slim. Lenders rarely allow a second appraisal, so there's typically only one shot at getting the appraisal right.

HOW TO AVOID A LOW APPRAISAL

While appraisals are out of the control of both the buyer and seller, there are steps the seller's Realtor can take to help prevent a low appraisal. The appraiser should be provided with all relevant information about the home, including a list of upgrades and improvements that add value. The seller's Realtor should meet the appraiser at the property with a detailed appraisal package.

When selecting a Realtor, sellers should ask whether they will meet the appraiser and provide an appraisal package. Choosing an agent who takes this extra step can help mitigate the risk of a low appraisal.

In conclusion, while a low appraisal can be a bump in the road, it doesn't have to end the transaction. With proper communication, negotiation, and preparation, buyers and sellers can navigate this challenge and keep the deal on track. ■

Please don't hesitate to contact me if you have any questions about the appraisal process.

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REAL ESTATE

Is Your Rental Property Subject to New Federal Reporting?

By **John Karadsheb**, Designated Broker and Owner, KOR Properties



If you own rental properties, you've likely been advised by your attorney or CPA to put them under an LLC (Limited Liability Company). This is generally good advice, but if you've done so, you now have a new federal reporting requirement thanks to the Corporate Transparency Act, which Congress passed in 2021. Don't worry though — it's not as complicated as it sounds. I just completed the process for our two LLCs, and it took less than 10 minutes each. FinCEN even has a YouTube page with some great "how to" videos.

Starting in 2024, most small businesses, including rental property owners with LLCs, must file a "Beneficial Ownership Information Report" (BOIR) with the Financial Crimes Enforcement Network (FinCEN). This report asks for details about who owns or controls the business. The goal of this bipartisan act is to combat illegal financial activities by cracking down on shell companies used for shady or corrupt practices.



WHO NEEDS TO FILE?

If you have an LLC, corporation, or other business registered in the U.S., you're required to file unless your company meets certain exemptions. For companies formed before 2024, the deadline to file is Jan. 1, 2025. If your business was created or registered in 2024, you have 90 days from the date of creation to submit your information to FinCEN.

WHAT IS A BENEFICIAL OWNERSHIP INFORMATION REPORT?

This report is meant to expose criminal activities that can harm national security and hurt honest businesses. It's designed to be simple and not overly burdensome for small business owners.

Many small businesses are structured as LLCs or corporations because of the legal and tax advantages. Unfortunately, criminals also use these structures to hide their identities and launder money. The Corporate Transparency Act aims to prevent such misuse by requiring businesses to report their "beneficial owners" — the individuals who own or control the company.

In short, this new rule helps fight money laundering, human trafficking, drug-related crimes, and tax evasion by making business ownership more transparent. If you own an LLC for your rental properties, you'll likely need to file this report.

The penalty for failing to file is up to \$500 per day, so don't forget! It is extremely easy to do yourself, but your CPA or attorney should also be able to do it for you for a fee. ■

EDUCATION

A Day in the Life of an Elementary School Nurse

Story by **Laurie Struna**
Photo by **Adam Waybright/MPS**

Wendy Gerth's day begins early as one of 55 dedicated nurses, 66 health assistants, and two classroom resource nurses, all committed to serving the students, staff, and families across Mesa Public Schools.



Next, come the inevitable minor injuries — scraped knees from the playground, stomachaches, and headaches. Wendy assesses each case, determining if the student needs a quick rest, should return to class, or requires a call home. "Every case is different," she explains, "and a big part of my job is knowing how to balance care with making sure students feel supported."

MORE THAN BUMPS AND BAND-AIDS

While tending to cuts and colds is a key part of her role, Wendy's job extends far beyond first-aid.

"Our fingers are in so many pots," Wendy says, describing the wide range of responsibilities that fall under the umbrella of school nursing. From managing chronic illnesses to participating in care team meetings, Wendy's role is critical in supporting students' overall well-being. She's also involved in conducting vision and hearing screenings, monitoring absenteeism, educating students on health topics, and helping families connect with essential resources.

Wendy works closely with programs that provide food and clothing to families in need, coordinates immunizations, and ensures all students have access to the care they require. Whether she's helping homeless students access snacks or assisting with family referrals to local health services, her contributions go well beyond the traditional image of a school nurse. Wendy is an integral part of the community, providing not only healthcare but also compassion and guidance to students, staff, and families alike. ■

Before the first bell rings, Wendy is in her office, reviewing student health records, preparing medications, and gearing up for a busy day. Each day brings its challenges, but one constant remains: her door will welcome a steady stream of students with a wide range of needs.

An elementary school nurse is far more than a medical professional — they are a caregiver, educator, and first responder, all essential to the well-being and success of students. With over 35 years of nursing experience and 13 of them spent in schools, Wendy currently serves both Porter and Irving Elementary. Her expertise and compassion make her an invaluable part of the school community.

MORNING MEDICATIONS AND FIRST-AID

As students begin to arrive, Wendy's day is in full motion. One of her first tasks is administering morning medications to students managing chronic conditions like asthma, ADHD, and diabetes. For many children, stopping by Wendy's office is the first step before heading to class, and her calm approach sets a reassuring tone for the rest of the day.

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LOCAL BUSINESS

Feel, Heal, Live

By Tim Beaubien, Hava Java Mesa

Since taking over Hava Java two years ago this month, I have become very aware of the number of people with body art.

I would say at least 50 percent of our customers have tattoos. Now I'm old enough to make the following statement: "When I was growing up only sailors, carnival workers, or bikers had tattoos."

That, however, has changed. I started my tattoos about 10 years ago. I now get them whenever something special happens in our lives. When most families plan trips to Wally World, the Beaubien family go for group tattoos.

At Hava Java, I see that most all our baristas have a significant amount of ink. "Ink," yep that's what us hip, experienced tattooers call it! Every design is something special to them. When they get a new one, they are so excited to show and explain their meaning. Their face glows like a child with a new toy. I truly enjoy talking with the Hava Java staff about their own collection.

On my recent trip back to Michigan the young stewardess on the plane had these words tattooed on the back of her arm, in this order:

Feel, Heal, Live
Explore, Love, Change

So, when I saw this tattoo on the stewardess I had to try and think about what it meant to her. Does each word hold



Barb and Tim Beaubien

a special meaning individually or is it the three-word grouping that she holds as special? Then I thought it was open for interpretation by the reader. So, for me it's the latter.

As a human you must *Feel* in order to *Heal*, and you cannot *Live* or move forward in life without healing. We must *Explore* in order to find *Love* and love cannot happen without constant *Change* in one's life.

Now I have no idea if I'm even close to what these words meant to her, but it made me think, and I believe that's what she really wanted. To me these are words of hope, love, and kindness. Something in these times of division we can all use a little more of.

Now that I have started my own collection, I get the usual questions, did it hurt? Nope, mine were licked on by kittens!

Ya know, you're going to have that tattoo for the rest of your life, I hope you really like it! Oops, I guess I didn't think it through!

Times and attitudes have changed, but her statement on the back of her arm is timeless.

Of course, I still may get a heart with an arrow through it that says *Mother*. ■

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

Desert Belle offers a unique cruise EXPERIENCE ON SAGUARO LAKE

By Mark Moran

The thought of going on a cruise often brings to mind the open ocean, clear blue water as far as the eye can see, and international ports of call. But one of the best, most affordable, and convenient cruises is right here in the East Valley, and you don't have to pack a bag to head out on the water.



Surrounded by Arizona's iconic multi-colored sandstone mountains, the Desert Belle cruises the waters of Saguaro Lake.

Choose from a variety of excursions, including an 80-minute tour narrated by a U.S. Coast Guard certified captain who describes the history, geology, geography, and wildlife native to Arizona's Sonoran Desert, almost all of which you see while you enjoy the sunshine and fresh air from the wide open-air upper deck of the Desert Belle.

Plan to see bald eagles, desert bighorn sheep, wild horses, deer, and bobcats, all of which are known to make Saguaro Lake their home.

The lower deck has an open-air front deck and an enclosed lower cabin, which is climate-controlled and handicap accessible. The cruise is perfect for guests of all ages with a gentle disembarking and graceful, relaxing tour cruising speeds. There are also two bathrooms onboard for your comfort.

The onboard walk-up snack bar features water, soda, beer, wine, and cocktails for purchase. Visa, MasterCard, or American Express are accepted at the walk-up ticket booth and snack bar. Cash is not accepted.

The narrated tour is \$27 for people 13 and older and the kids can cruise for just \$17.

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"One of the best tours we took while visiting Phoenix," Christina F. from Chicago wrote in a passenger testimonial. "My sister even said that she enjoyed this tour more than our visit to the Grand Canyon! The views on this tour are amazing. Our tour guide was Captain John, and he was fantastic. He did a great job of explaining the history of the lake, Arizona, and the animals that live there." ■

You can book your tour online for a Desert Belle excursion at desertbelle.com. The Desert Belle is located lakeside at 14011 Bush Hwy. in Mesa. You can also call (480) 984-2425 for more information.

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SPIRITUALITY

Thank You God for Everything



By Judy A. Knox,
Charis Christian Church

When November rolls around, we see those iconic fat turkeys and pilgrim hats everywhere, reminding us of that first Thanksgiving in 1621 where the colonists and their Native American friends celebrated their ample harvest and their friendship. More than 200 years later, in 1863, President Abraham Lincoln declared Thanksgiving Day a national holiday.

Although we set aside this day to thank God for our blessings, we all know we should be thankful every day for His goodness. I remember singing this song every morning in grade school: "Thank you for the world so sweet; thank you for the food we eat; thank you for the birds that sing; thank you, God, for everything." Maybe you sang it, too.

With all the trials and tribulations in our lives, and in the world around us, sometimes we may find ourselves worrying and complaining instead of being thankful. But our everyday lives are filled with things we can be thankful for. As we focus on acknowledging those things, grumbling turns to gratitude, and it changes our day.

One day recently my computer and software seemed to be engaged in a sinister conspiracy to keep me from creating a simple flyer to announce an upcoming event, something I had done many times before.

This time nothing worked. Every

step I took to fix one problem created another one. Finally, giving up, I said, "I can't do this."

While walking away from the computer, that little song came to mind, followed by the apostle Paul's admonition in Philippians 4:6-7. "Be anxious for nothing, but in all things by prayer and supplication, with Thanksgiving, make your requests known to God." I realized I had totally skipped *that* step.

The verse promises not that my request will necessarily be granted, but that God's peace will rule my heart and mind. I needed that peace. I sat down, took a deep breath, and began thanking God for the flyer-making technology. I thanked Him for my computer, for the coming event, for His help on many past projects, and that He knew exactly how to do this current task. I requested His help, and peace did come.

Eventually, returning to the computer and starting over, I "accidentally" discovered that in its latest update, the software I was using had changed some things. I saw what I needed to do differently. Voila! Flyer completed. I'm very thankful that a little song I sang in grade school came to mind just when I needed to refocus my attitude. ■

If you would like to hear teaching that helps you apply the truths in God's Word to your everyday life, come and visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.



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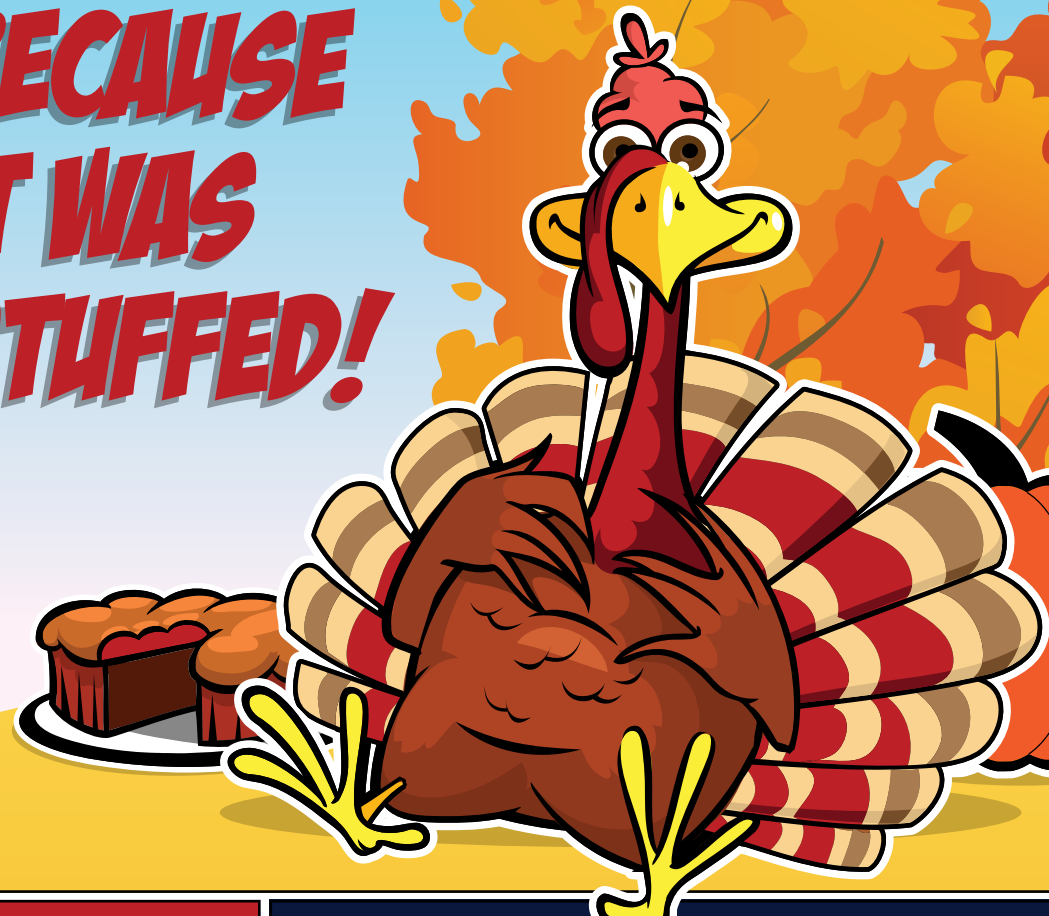
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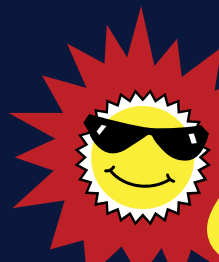
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LOCAL BUSINESS

NAD+ for Brain Health and Energy

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

Nicotinamide adenine dinucleotide (NAD) is a coenzyme found in all living cells that plays an important role in DNA repair, brain health, energy production, metabolism, and heart health. Oh, and let's not forget beautiful skin! NAD protects against aging by supporting energy production in skin cells and reducing free radicals that may damage skin cells.

NAD levels decline with age, leading to age-related health issues like fatigue and cognitive decline. And negative lifestyle habits, like lack of exercise and a processed food diet, can further deplete NAD. Therefore, supplementing with NAD may help slow the aging process and protect against diseases.

Those with Alzheimer's, Parkinson's, and other brain-related diseases have significantly lower levels of NAD. Studies indicate that supplementing with NAD may help increase cognitive function and physical mobility in patients with Parkinson's. NAD is also critical for slowing muscle deterioration and may contribute to a reduction in biomarkers like amyloid beta and tau, which are seen in Alzheimer's patients.

NAD comes in oral, injection, and intravenous (IV) forms. If taking oral supplementation, keep in mind that,



because of the digestive process, your body may not fully utilize what you are consuming. Injections and IVs, however, are delivered to your blood stream where the nutrients can be more easily utilized. Injections are great for energy and beauty, or for maintenance after having an IV. With IVs, you can receive a significantly higher dose, which is better for elderly populations and those experiencing cognitive decline or going through addiction recovery. ■

For more information about NAD therapy, please call us at (480) 992-4202 or go to primeivestmesa.com to schedule an appointment for a health evaluation.

Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106.

LOCAL BUSINESS

Milano's Wood Fired Kitchen & Pizzeria Offers New Budget-Friendly Lunch Options

By Jamie Killin

Milano's Wood Fired Kitchen & Pizzeria, a beloved Mesa eatery for over two decades, is offering new, affordable lunch specials this fall including favorites such as the Italian club sandwich and chipotle pasta salad. The lunch menu includes pizzas, calzones, pitas, salads, sandwiches, and bowls – with most options coming in at under \$15.

Plus, the extensive new menu comes right in time for enjoying the cool weather by dining on Milano's spacious patio.

"We're excited to bring some of our customer's favorite dishes to the lunch menu at a great price without compromising our commitment to fresh, high-quality ingredients," said Sam Putrus, general manager of Milano's.

"Our restaurant has been a favorite for Mediterranean food for more than 20 years and we love that we can continue bringing our customers new and exciting options."

Pizza lovers can even opt for an 8-inch New York-style one-topping pizza paired with a side salad and soft drink for just \$12.99. The menu even includes four of Milano's specialty Pinsa Romana pizzas made with the special lighter and healthier Pinsa crust delivered straight from Italy.

Health-conscious diners can choose from a variety of vegetable-packed salads and bowls and have access to several options for those with dietary restrictions, such as cauliflower and gluten-free pizza crust options – making it the perfect place for the whole family to enjoy dining together. Milano's even offers a free kids' meal with the purchase of a full price adult entrée on Sundays and Tuesdays.

The lunch menu is available Monday through Saturday from 10:30 a.m. to 3:00 p.m., but diners can also get deals by joining Milano's VIP club, which delivers deals via text message, as well as a free appetizer after seven visits. All menu items pair well with a drink of Milano's full bar, which includes cocktails, beer, and wine – many of which are discounted for happy hour. ■

Milano's Wood Fired Kitchen & Pizzeria is located at 4545 E. McKellips Road, Suite 103, in Mesa. For more information or to order online for pickup or delivery, visit milanospizzamesa.com.



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Submitted by Mesa Community College

Now is the time to get the advice, counseling, and scholarship resources you need to make important education and training decisions for the coming year. Mesa Community College offers free services to help you take those first college steps, discover an academic field to inspire you, find opportunities to energize your career, or step quickly into an entirely new industry.

If you are considering entering a much-in-demand healthcare career, MCC at Red Mountain is renowned for its science focus, offering certificates and degrees that allow students to earn while they learn. Begin with the seven-week Nursing Assistant program, which prepares students to become a Certified Nurse Assistant or Licensed Nurse Assistant (LNA) and enter the workforce immediately. This course is required to help students succeed at advanced healthcare education choices.

The Fast Track Practical Nurse Certificate of Completion provides the theory and skills required to be a Licensed Practical Nurse (LPN). It is possible to finish LPN required courses in a year, which is less time than for Registered Nurses (RN). While working as an LPN, a student can complete required courses for the RN program at the Red Mountain Campus. Details at mesacc.edu/nursing.

The college's popular Dental Hygiene Program prepares students who earn an Associate of Applied

Science Degree in Dental Hygiene to take the exams to obtain licensure in most states. For decades, 100 percent of MCC graduates have passed their licensing exams, going on to careers in dental practices or public healthcare settings.

The Emergency Medical Services (EMS) program, which trains EMTs and Paramedics, is also at the Red Mountain Campus as are Patient Care Technician and Applied Behavioral Health Technician courses, which serve as foundations for healthcare careers.

The four-week Psychiatric Technician Overview class offers approaches and skills to care for patients with illnesses including anxiety, personality and psychotic disorders, as well as post-traumatic stress syndrome. Available to professionals dealing with patient crisis management situations, there are no prerequisites.

Supporting students to be successful, MCC's small class sizes allow scholars to engage with faculty and classmates to build knowledge and networking. MCC Red Mountain is an ideal choice to begin an educational pathway at an inviting, supportive campus on 98 acres of Sonoran Desert in East Mesa. The Red Mountain Campus offers online and in-person classes in 140-plus subjects from accounting and biology to English composition and physics.

If you have questions about the healthcare programs, please contact Dean of Health Sciences Mary Boyce (mary.boyce@mesacc.edu) or nursing faculty Kathleen Mead (kathleen.mead@mesacc.edu). Scholarships and other college funding opportunities are available at mesacc.edu/financial-aid. ■

Stop by the Red Mountain Campus Enrollment Center in the Mesquite building to find out more, call (480) 654-7600 or go to mesacc.edu/enroll. Register now for spring 2025 classes that begin Jan. 11, 2025.

PLEASE NOTE: We hope you enjoyed the Red Mountain Campus Halloween and Empty Bowl events. We regret that we are not able to hold the December Holiday Boutique and Classic Car Show this year.



PHOTO COURTESY OF MESA COMMUNITY COLLEGE

FINANCES

How can you plan FOR INCAPACITY?

Submitted by Linda Drake, Edward Jones Financial Advisor

We all hope to enjoy long, healthy lives, retaining our physical and mental abilities. But life doesn't always work out that way — which is why you need to prepare for a potential incapacity that could affect you and your family.



Linda Drake

So, in thinking about incapacity planning, consider these suggestions:

- First, you could create a health care power of attorney, which lets you name someone to make medical decisions on your behalf, such as choosing doctors, treatments, and care facilities.
- You might also create a financial power of attorney, which allows your chosen representative to invest, sell property, pay bills and debts, collect Social Security benefits, add or change insurance policies, and make other important financial decisions in your place.
- And you might also consider establishing a living will, which lets you spell out the steps you would or wouldn't want to take to remain alive, along with other medical decisions, including pain management and organ donation.

Of course, you may never become incapacitated at all, but by making the proper arrangements, you can make things easier for yourself and your loved ones — just in case. ■

This content was provided by Edward Jones for use by Linda Drake, your Edward Jones financial advisor at (480) 985-2651. Edward Jones, Member SIPC



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HEALTH Over 50

How to Make Sense of Medicare Information

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



The Medicare Annual Enrollment period continues until Dec. 7 this year. Currently it is the time you can review your Medicare plans and make changes to start the first of next year.

This can be a daunting task with so much information to filter through. From TV commercials to phone calls and mail, it seems everyone wants to enroll you in their plan. This year there are more than 80 different plans available in Arizona; no wonder it is intimidating.

Each plan offers different things such as hearing aids, dental coverage, out-of-network coverage, etc. How to choose?

As I meet with people, I hear how nice it is to actually talk with someone instead of ending up in an endless loop or speaking with an automated voice. Something as important as making a choice about your health coverage really needs an actual person who can talk to you, understand your specific needs, and

help guide you. Please don't turn to the 1-800 centers. Instead look for a local Medicare agent.

I am certified with many carriers and can help you pick a plan that will work best for you. I will be hosting two Medicare 101 classes at the ArchWell Primary Care Center at 6843 E. Main St. in Mesa to help answer questions about plan changes and check your current coverage to see if you are on the best plan for you.

Also, this is a wonderful facility for primary care that you may be interested in touring. Whatever you may need, I would love to see you there. I will host the event on Wednesday, Nov. 20, with one session from 9 to 11 a.m. and the other from 1 to 3 p.m. Please plan to drop by during one of these times.

If you are new to Medicare or just want to have an opportunity to review your current plans, please feel free to call me or send me an email and schedule an appointment. We can do an in-home meeting or a phone call. I look forward to hearing from you. ■

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

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
CELL:
480-212-2246



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.

EVENT Over 50

Holiday Delights Bake Sale Sure to Please

Submitted by the **Antiochian Women of Saint Ignatius**

The Antiochian Women of Saint Ignatius invite one and all to our annual Holiday Delights bake sale and Christmas market on Saturday, Dec. 7, from 9 a.m. to noon. A variety of homemade baked goods will be available, including ethnic offerings such as Serbian nut rolls, Czech jam bars, Baklava, Greek cookies, and Puerquitos. Our baking elves are also busy making holiday treats from chocolate covered peanut butter balls and dipped pretzels, to cinnamon rolls, specialty loaves, and an assortment of scrumptious cookies. Our crafting elves are preparing a variety of delights from handcrafted decor to boutique items, craft kits, ornaments, and more.

So, give your elves a break and come join us to find that something special to take to a holiday event, grab a ready-made teacher gift, or enjoy holiday delights just like Grandma used to make. Funds raised will be used to supplement our community service projects. Since moving to our current location four years ago, we have continued to grow as



an English-speaking Eastern Orthodox Christian Church in the Antiochian Archdiocese of North America. We love visitors and hope our neighbors will stop by to visit and get to know us. ■

For information regarding Holiday Delights, please contact Willa Ficarra at (480) 216-5092. For more about the church, please visit our website at saintig.org or visit us at 2402 N. Usery Pass Road, in Mesa.



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