

# Las Sendas Up Close

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February 2022

## Enjoy a Memorable Valentine's Day Experience AT SAM & LUCA RUSTIC KITCHEN

By Kimberly Alvarado

One of the busiest days of the year for Sam & Luca Rustic Kitchen has been Valentine's Day, second only to the celebration of New Year's Eve since the restaurant opened the doors four years ago.

And it's no surprise that transforming the quaint Italian eatery into one evening of fabulous food with a romantic ambiance takes weeks of planning and preparation.

"As guests walk through the door this year, they can expect to receive a superior quality experience in every aspect of the evening, from service at the table to delectable food (made up from a carefully planned menu selection) and an atmosphere that features romance," said Dennis Shaw, co-owner.

A table for two could be indoors or out, with heated patio options available. If formal isn't your thing, there is a full-service bar on the patio which overlooks the dreamy mood of the candlelit dining room. You'll want to begin with a toast of either champagne or wine, which will be offered at a nominal price for the occasion.

A generous menu selection might encourage you to try one of the evening's exclusive specialties like the Lobster Ravioli, the Short Rib, Lobster Bisque, or the Three Meat Cannelloni.

"Your palate will be in safekeeping with the talents of Chef Rosallio Tarin. He brings extensive expertise to your table with a resume from Scottsdale's Tommy V's and Tomaso's Italian Kitchen," Dennis confirmed. "Whatever your choices from the evening's prix-fixe menu, fresh berries will be among the top recommendations from your waiter for a light, fresh dessert."



If libations are a factor of your sweetheart celebration, you'll be pleased to learn that there are many on-tap options available for both beer and wine. Ask for a pairing recommendation to accompany one of the customers' favorite dishes, Pappardelle Bolognese.

Wine on tap includes a red Zinfandel, red blend, Cabernet, and Pino Noir. The whites on tap are made up of Pino Grigio, Sauvignon Blanc, Chardonnay, and Rose. Eight craft beers are served, including Lagunitas IPA, Grapefruit Sculpin (a tangy bitterness) by Ballast Point, and Grand Canyon Brewing Company's Sunset Amber Ale, just a few of the choices available on Valentine's Day, and every day.

If a small, charming venue, off the beaten path, sounds like the perfect location for your Valentine's Day celebration, be sure to make a reservation today by calling the restaurant, or online through Open Table. It is requested that reservations be obtained one week prior to Valentine's Day. Primetime hours (5 to 9 p.m.) tend to sell out quickly.

See Sam & Luca's website samandlucaaz.com for pricing and selected menu options for an evening to remember.

Reservations are required. ■

Sam & Luca Rustic Kitchen is located at 1959 S. Power Road in Mesa. For more information, or to make a reservation, visit samandlucaaz.com.

## Outdoor Living starts with Paradise Patio

By M Tiki Santos

Last year I introduced you to a company in Mesa called Paradise Patio. The response from readers was humbling. If you didn't read our story last year or may have forgot it, you can find it in the March 2021 articles at the UpCloseAZ website.

Face it, most of us have spent more time at home than ever before — and it looks like we may be doing this for the foreseeable future. If you're going to enjoy the Arizona outdoor lifestyle, it begins with being comfortable with your surroundings. It's important to be comfortable with those locations in your backyard space so you can sit and enjoy with your family.

### TIME TO START PLANNING

According to my contacts in the pool building industry, there were more pools built last year than ever before in a 12-month period. Landscape/hardscape and artificial grass are high on most homeowner's priority list.

The response to Sunbrella custom patio cushions seems to be a readers' favorite, says Gloria Luna of Paradise Patio. "We have a large selection of fabrics in stock, and the quality of in-house manufacturing are at prices even better than online."



"Last year, Paradise Patio manufactured nearly 10,000 Sunbrella custom cushions.

Not just outdoor for the patio, but indoors for high-use areas anywhere where Sunbrella durability and a world-class warranty make a difference. And because we're local, it's entirely hands-on."

Over the past few months, I have had many conversations with Brandon Langan, the owner of Paradise Patio and maybe, more importantly, a master craftsman of both iron fabrication and wood.

"It's important to me that each customer who visits us has a clear understanding of not only what they're buying but why they're buying, finding a design that fits our customers lifestyle — from smaller backyards all the way to luxury resort space," said Brandon.

"Good design is important, it's where form meets functionality," says Brandon. "We expect our patio furni-

ture to last a lifetime. It's an investment in our client's lifestyle and anything short of that is not good enough."

But let's face it, price, value, and selection are paramount. Brandon made a conscious decision many

CONTINUED ON PAGE 3

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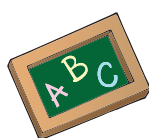
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(480) 748-1127

## EDITOR-IN-CHIEF

Kim Phillips

## ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

## STAFF WRITERS

Dawn Abbey, Kimberly Alvarado  
Jamie Killin

## COPY EDITOR

Randall Clarke

## DESIGN

Lucky You! Creative  
Erin Suwvan  
Jaclyn Threadgill  
[www.luckyyoucreative.com](http://www.luckyyoucreative.com)

## CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)

## EVENT

# Las Sendas Quilt SHOW RETURNS

Submitted by Las Sendas Quilt Club

The Las Sendas Quilt Club is thrilled to announce the return of its yearly showcase and annual fundraising event on Sunday, March 27. This will be the show's 16th anniversary with more than 100 quilts on display.

Because Quilt Club members have a wide array of quilting interests, the show will feature all sizes and styles of quilts. These will include modern, abstract, traditional, handmade, vintage, and machine- and hand-quilted projects.

The 2022 quilt show will also spotlight this year's annual club challenge — UFOs (unfinished objects) and PHDs (projects half-done). We challenged club members to finish as many UFOs and PHDs as possible before the show (with a prize at the end for the winner).



## SUPPORT IN EVERY STITCH

The quilt club has 35 active members and meets monthly at the Las Sendas Trailhead Members Club. Additionally, the group hosts monthly sew days, where members bring their projects to work on, share their quilting talents and techniques, and enjoy one another's friendship. The club is also devoted to supporting local charities, and club members must complete at least one charity quilt annually.

Through the years, the club has donated hundreds of quilts, pillowcases, tote bags, backpacks, pillows, handmade journals, and even dog beds for animal shelters.

For more information, please contact Penny at [penny1ct@aol.com](mailto:penny1ct@aol.com). ■

*The Las Sendas Quilt Show will be held on Sunday, March 27 from 1 to 4 p.m. at the Las Sendas Trailhead Members Club, 7900 E. Eagle Crest Drive, Mesa. Entrance donations will be collected as free-will offerings. One hundred percent of the proceeds go to the Sunshine Acres Children's Home in Mesa.*

## PARADISE PATIO CONTINUED FROM PAGE 1

years ago to keep overhead as low as physically possible, including no big-box strip center location.

Paradise Patio's location in Mesa has proven to be a good business decision. "I know our customers know the moment they drive-in that they're not paying for our overhead," Brandon continued. "Our concentration is putting every bit of our efforts in building the finest outdoor patio furniture in the Southwest."

Paradise Patio doesn't just sell world-class patio furniture. The company designs, manufactures, and sells factory direct to their clients throughout the entire Southwest.

That's what makes Paradise Patio different. They believe that *Made in America* counts for something.

Brandon says that *Made in Mesa* makes him proud.

So, while you're out shopping and comparing one company to another, visiting home shows, or even looking at those lifestyle magazines, give Paradise Patio an opportunity to prove to you that there is a difference. They promise not to disappoint and in fact you'll probably learn more than you'll ever imagine.

So, if you're in the market for some of the products and services listed in this article, please stop by and say hello to Brandon and Gloria at Paradise Patio. I'm sure they'll appreciate it.

Paradise Patio is located at 1546 W. University Drive, Mesa. You can contact them at (480) 834-2456 or visit online at [paradisepatioaz.com](http://paradisepatioaz.com). You can also find them on Facebook, where there are hundreds of pictures.

Paradise Patio has thousands of satisfied customers, five-star online reviews and is a member of the Mesa Chamber of Commerce and accredited with the Better Business Bureau of Arizona. ■

*M Tiki Santos is available as an independent consultant. You can contact him at [m.tikisantos@iCloud.com](mailto:m.tikisantos@iCloud.com).*



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EDUCATION

Ready for Readiness: Reading, Writing and Arithmetic

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

Our reunion with readiness eagerly awaits. Let's be early. Get Ready for Readiness. We are ready for things we have missed and wish for those experiences to return. We are ready for the excitement about a new event, worry-free family fun outings, enthusiasm for discovery of our vibrant city and its thriving culture, and unbridled curiosity at museums, as well as dance, karate, and art studios.

WHAT WE WANT IS A RETURN TO BEING READY

Ready for readiness. Ready to read recreationally, ready and excited to hope — to know what readied readers our five-year-old can be. A Return to Ready, where the world of our children is made smarter by this world tragedy, the pandemic.

WE ARE READY

We at Self Development Preschool (SDP) and Self Development Academies (SDA) are readying readers starting as early as four years old. They are becoming proficient in math facts as well. We watch our children through a rectangular window in our preschool building, further obscured by a door that, through our tears, reads Kindergarten.

OUR NAME "SELF DEVELOPMENT"

Our name focuses on the self, a developing self. Thriving adults creating breakthrough cures, artist genres, cinematic pivot points, and mathematic wunderkind requires complex interactions and nurturing to develop their selves through personalized attention and high expectations. Our veteran teachers intuitively know the unique genius of every kindergartener who walks through our door.

DEVELOPING GENIUSES

Five-year-old children are impassioned by the fantastic. Which five-year-old is not? Our program seamlessly heightens the passion for fantasy by teaching them



to read early. How do we consistently teach children to read in kindergarten so quickly? By infusing literacy and high-level skills at foundational levels.

Our kindergarten teachers and curriculum direct our kindergarten students and their enormous energies to fully immerse themselves, focusing on phonemic awareness, reading fluency, reading comprehension, penmanship, and grammar. The experience is indulgent. When they enter first grade, they can read stories fluently with dynamic intonation, telling of the passion they experienced inside a story.

READIED READERS REIGNING AT HIGHEST ECHELON REPEATEDLY

Now in its 22nd year, SDA has consistently been ranked in the top one percent of elementary and junior high schools in the state and the nation. Who has earned these accolades? Our students.

But how do we get them there? By helping them develop their sense of selves through an advanced, enriched inquiry-based curriculum of wide-ranging courses, teaching everything from intonation and character reading in kindergarten to high school geometry in middle school.

At a pace of one child at a time, SDA hyper focuses on the strengths and points of progress that is right now



readying the nation for the next talking watches. SDA's alums are majoring in math and studying sciences, creating new forms of art, or completely new fields of wonder, enjoyment, and talent.

MAKING DREAMS REAL

No one slowly saunters toward their dreams. They run like a ray of light toward it. That is why SDA offers an accelerated curriculum, teaching every student a grade level higher than the state.

Our job is to make real our own dreams as well as the impossible utopias of our five-year-olds. Remember when talking watches seemed like flying cars? Pie in the sky dreaming? Well, what time is it? Look at your Apple or smart watch if you have one. It takes education of real excellence to make talking watches, the stuff of dreams and absurdity, real.

We ready kindergartners so they ready a nation for our dreams to come true. Besides our accelerated reading program, our math curriculum similarly takes the abstract standards and repackages them as fun activities. Number sense, addition and subtraction, fractions, patterns, and the basics of time and money are components of the mathematics curriculum and presented in ways that create fascination and drive to want to know.

Mathematical reasoning, logic puzzles, and the playful use of numbers as toys make fantasy reality. SDA's job is to ensure students never lose their creativity but dream big and make its reality bigger.

ENROLLMENT FOR 2022-2023

SDA is currently accepting applications for the 2022-2023 school year. For more information and/or to schedule a tour, please contact the Front Office at (480) 641-2640. ■

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# LAS SENDAS GOLF CLUB

**WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF**

**LOVE IS IN THE AIR AT LAS SENDAS**

By Dawn Abbey

The New Year is here, and Las Sendas Golf Club has exciting events planned as well as a reminder to take advantage of their highly-rated facilities.

**WEDDINGS TO PLAN AT THE VISTAS PAVILION**

February is the month when love is definitely in the air. If a sparkling ring is among your Valentine's Day romantic surprises, or you are recently engaged or know someone who is recently engaged, The Vistas Pavilion at Las Sendas also known as *The Venue with the Views* is the perfect place to start the journey of your life together, said Events and Catering Director Carla Shaw.

"With over 4,000 square feet of recently remodeled and updated venue space, we can accommodate weddings of up to 200 guests. Our in-house culinary staff led by Chef Al can create a menu that will delight you and your guests. Our in-house planning team is here to assist you in bringing your dream day into reality."

Call today at (480) 396-4000, Ext. 222 or 227, to stop by and preview the venue, or email [cshaw@lassendas.com](mailto:cshaw@lassendas.com).

**WINE IN MIND**

"We have wine on the mind in 2022," said Carla. "Our January and February wine dinners sold out in record time but don't worry, we have two more upcoming wine dinners — Wednesday, March 9, featuring Copper Cane Wines of Napa Valley and on Wednesday, April 20 we will be featuring Castello Banfi Wines from the Brunello region of Tuscany. Chef Al is working on creating the perfect menu to pair with each of these outstanding wines."



Reservations are recommended. Call (480) 396-4000, Ext. 222 or 227, or email [cshaw@lassendas.com](mailto:cshaw@lassendas.com).

**ROMANCE AT THE PATIO & GRILLE  
VALENTINE'S DAY DINNER**

There are still a few reservations open for the spectacular Valentine's Day Special Four-Course Dinner. Treat your special someone to a romantic outdoor patio setting (warmed by your affection and outdoor patio heaters) while enjoying an amazing chef-prepared gourmet meal. Call (480) 396-4000, Ext. 222.

**DON'T KISS THE COOK**

Want to enjoy a relaxing Sunday Brunch with your significant other, but don't want to cook or do the dishes? Then put on your comfy casuals and head to The Patio & Grille.

Relaxing Sundays are a specialty at Las Sendas Golf Club. Enjoy Sunday Brunch every Sunday from 9 a.m. to 2 p.m. while experiencing exciting live entertainment and the always beautiful views. Beverage specials are always available on *Signature Bloody Marys* or *Make Your Own Bucket of Mimosas*. For reservations, call (602) 734-5524.

**GIVE A GOLF GIFT FROM THE HEART**

Surprise your Valentine with an outfit from the newest arrivals styled by *Lucky In Love*, or a gift certificate for her to choose one, or grab a bargain from the new *Women's 30*

*Percent Off Rack*. For the man in your life, the most current in fashion has arrived from *Johnnie-O*.

"There's always new and exciting merchandise at the Las Sendas Pro Shop — something for everyone," said Director of Golf Michael Field. "A gift certificate for merchandise or a golfing experience is also a winner."

Michael suggests treating your golfer to *Nine & Wine*. Women meet up with fellow golfers at the Thursday afternoon *Nine & Wine* events starting at 2:10 p.m. For \$55 per player, play nine holes including golf cart and range balls. Afterward enjoy the option of joining your foursome and competitors for wine and hors d'oeuvres at The Patio & Grille.

There are also *Back Nine & Breakfast* tee times available. Every morning at sunrise, golfers can play the back nine with breakfast following play. Cost is \$69 per person and includes nine holes of golf, a golf cart and range balls, and any menu item on the breakfast menu at The Patio & Grille.

For those of you taking advantage of the fantastic Las Sendas golf course, be sure to book your tee time well in advance. These next few months are expected to be the busiest the Phoenix metro area has ever seen. You can book tee times at the lowest rates up to 30 days in advance on the website: [lassendas.com](http://lassendas.com). For more information, call the Pro Shop at (480) 396-4000. ■

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## Las Sendas Golf Club


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**Las Sendas Golf Club**

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LOCAL BUSINESS

# How is Your Body Doing?

*Submitted by Stretch Zone Longbow*  
“How are you?” is a question we ask friends, family, and acquaintances, but has anyone asked you lately, “How is your body doing?”

That’s a question you will always hear at Stretch Zone Longbow. We care how your muscles and joints are feeling and we want to help your days run smoothly by giving you what the body needs — a great stretch.

What is the difference between a stretch and a massage? While massages are helpful, they provide temporary relief. Stretching, the practitioner-assisted stretching we do at Stretch Zone Longbow, is more of a corrective exercise. A lengthening occurs in the muscle during a stretch that doesn’t occur during a massage, which leads to more changes in the body. During your stretch, we also will be moving the joints, which do not get as much attention during a massage.

When you book your complimentary introductory stretch here at Stretch Zone Longbow you will be asked to arrive in comfortable or athletic gear and socks. We will consult with you for the first 15 minutes. During this time, we learn where you hold your tension, your medical history, and explain how we communicate the intensity of the stretches.

Next, we begin with a warm-up where we access your natural range of motion in your hips and hamstrings. This gives us an idea

of how far we will be able to stretch you and what stretches are most important to include.

We look for three specific imbalances in the body during this time and keep track of their improvement over time. Then we go through an enjoyable 30-minute stretch session. Lastly, after the stretch, we go over next steps and different programs we offer.

The benefits of properly stretching include an increase in blood flow to the muscles, a boost of nerve health, easier and more fluid movement, improved flexibility, and decreased chance of injury. One thing is certain and that is that you will be feeling great immediately after your stretch as the results are instant.

Call us today to book your complimentary introductory stretch. ■

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FINANCES

# Why Estate Planning May Be the Best NEW YEAR’S RESOLUTION

By Michael J. Day, CPA, PFS™ Grand Canyon Wealth Management



It is estimated that six in ten adults living in the United States do not have a will or a living trust. If you are like most people and want to make sure that your property and money are passed on to your heirs with as little going to the government and expenses as possible, it is essential that you have a well thought out and documented estate plan.

With the start of the year, many people begin to start thinking about their New Year’s resolutions, and estate planning is going to be on a lot of people’s lists. There is one reason that this should be on that list, and it is that something could happen today.

While a will is the first document that people think of when you talk about estate planning, it may not be the most important consideration. A power of attorney “POA” allows someone else to handle your legal, financial, and medical matters. An advanced medical directive or a living will detail the treatment you want if you are unable to communicate your wishes and are at the end of life.

Your will, trust, and other asset transfer documents such as beneficiary designations and transfer-on-death instructions will allow for an orderly transfer of your assets after your death

and may allow your estate to avoid probate entirely. Assets held in a state other than your state of residence will have additional probate considerations.

A well-designed estate plan will also take into consideration the tax situation of your estate and be designed to be the most tax efficient.

If you would like a complimentary analysis of your estate planning needs, please feel free to reach out to me to schedule a quick virtual meeting. Why wait to do something that should be done today. ■

*The above is the opinion of the author and should not be relied upon as investment or legal advice or a forecast of the future. It is not a recommendation, offer, or solicitation to buy or sell any securities or any investment strategy. It is for informational purposes only. The above statistics, data, anecdotes, and opinions are assumed to be true and accurate. Grand Canyon Wealth Management does not warrant the accuracy of any of these.*

Michael J. Day CPA PFS™ is the founder of Grand Canyon Wealth Management, where he provides financial planning, estate planning, wealth management, insurance, and investment services. For more information, or to schedule a complimentary consultation, visit [grandcanyonwealthmanagement.com](http://grandcanyonwealthmanagement.com), call (480) 590-3590, or e-mail [Michael.j.day@lpl.com](mailto:Michael.j.day@lpl.com). You may also follow him on Twitter @GrandCanyonWM. Securities and advisory services provided through LPL Financial, a registered investment advisor member FINRA/SIPC. Grand Canyon Wealth Management is not an affiliate company of LPL.

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REAL ESTATE

# How to Buy and Sell Without Moving Twice

## SELLING AND BUYING A HOUSE SIMULTANEOUSLY

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



Selling and buying a house at the same time can be a logistical nightmare, especially in today's market where houses are sold in the first days of being on the market and with multiple offers. However, it's not an uncommon situation.

The first hurdle to overcome is getting your offer accepted to purchase a new home when your offer is contingent on the sale of your current home. With multiple offers, there's a high possibility that your offer will be rejected in favor of a non-contingent offer. If you can find a home that has been on the market for a little while (that can be a week or so in today's market) or that doesn't have multiple offers, you stand a much better chance of the seller accepting your contingent offer.

Unless you are lucky enough to find a new home as soon as you get your current home under contract, chances are there will be an overlap. You may have to move in with family or friends or find a short-term rental while you are in-between homes, and rentals are extremely hard to find right now. Plus, you have the added expense of storing your belongings and moving twice.

Trying to time everything perfectly to close both homes simultaneously and move from one to another is a challenge, to say the least, but it can be done.

### WAYS TO AVOID A DOUBLE MOVE

- Have a longer closing on your current home, which will give you the extra time to find a new home and still leave the 30 days needed to close.
- Get pre-approved not just pre-qualified with a lender. This will save time in the closing process.

- Have a post possession or lease back from the new buyer. The last two homes I sold had post possession for up to two months for my seller, which saved double moves. Discuss this possibility with your Realtor.

### BUY FIRST THEN SELL

This is the ultimate scenario in today's market, where you can take your time to find your perfect home and then sell your current home. If you are not able to buy your new home with cash you may want to consider taking out a new mortgage that has no prepayment penalties, and you can pay off immediately or pay down with the sale of your current home. You will have to qualify for both loans.

Even if you want to use the equity from the sale of your home and purchase your new home for cash, this allows you to purchase the new home without a contingency on selling your home and then pay off the new mortgage when your current home closes.

You can also purchase the new home and then pay part of the loan off with the equity from the sale of your current home, leaving cash for repairs or remodeling.



Taking out a new mortgage gives you a lot more options and allows you to make a competitive offer by not having a contingency attached.

Not all lenders offer these types of loans so make sure you check with your lender first. If you need a referral, please let me know and I can refer you to the top lenders my clients use.

### FULL PAYOFF OPTIONS

At any time after closing on your initial loan, you can pay the loan in full with no additional cost. This can be done years after initially getting the loan, or as soon as before you even make your first monthly payment. There is no time restriction or minimum.

### RECAST, OR PARTIAL PAYOFF OPTIONS

Obtain a home loan with a smaller percentage down. Later, you use additional funds (often from the sale of another residence) to reduce the loan amount, typically to more than 20 percent down, to both remove the monthly mortgage insurance cost, and also create a new lower monthly amortized payment based on the new lower loan balance. These may not be financially feasible for everyone and carries their own risks which should be discussed with your lender.

There are a lot of logistics, timing, and negotiation involved in buying and selling a home. A good real estate agent can help take some of the stress away, guide you through this process, and negotiate the best possible deal on both sides for a smooth and easy move.

If you would like more information on buying and/or selling and what your home is worth, please feel free to reach out to me anytime. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 13 years, is an Associate Broker of KOR Properties, a Certified Negotiation Specialist, and is on the Professional Standards Board. You can reach Lorraine at (602) 571-6799.

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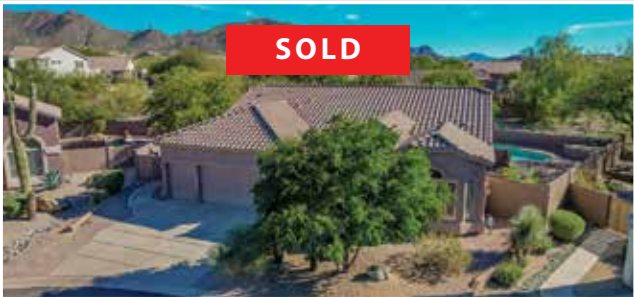
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Back Yard Oasis - \$839,000  
2574 Sq Ft, 3 Bed, 2.5 Bath



Las Sendas - OPEN HOUSE Jan. 8th 11-3  
Cul-de-sac, Pool - \$625K  
2226 Sq Ft, 3 Bed, 2 Bath

Lorraine is a very organized, efficient, friendly, positive agent. Lorraine always arrives on time and is a great communicator keeping you in the loop at all times. We both feel she is the very best agent we have ever had. We have high regard as well for her assistant. From closing our home to purchasing a new home it was all done with timely, great ease. We highly recommend her to anyone that is serious about selling their home or purchasing another home.

-Jim and Tammi



Lorraine Ryall Associate Broker, CDPE, CSSN  
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COMMUNITY

# Citizens of the Year announced

Submitted by Mike Hutchinson, Mesa Citizen of the Year Committee

Members of the Mesa Citizen of the Year Association met in early November to choose Mesa's 2021 Citizens of the Year. Dawn Giles was chosen as Woman of the Year and Vern Mathern as Man of the Year.

Dawn Giles has resided in Mesa since 1984. After graduating from BYU with a degree in public health education, she relocated to Mesa with her husband John. Since coming to Mesa, Dawn has been involved with several organizations focused on children's health and nutrition issues, including the Mesa Public Schools Health Advisory Board. Since 1992 she has also been a volunteer for the Mesa Public Schools' Art Masterpiece program and has served on its' advisory council since 2003.

In addition, Dawn has been involved in several community health advocacy organizations including the American Heart Association and Building a Healthier Mesa. In the 1990s she worked with a number of community leaders to promote a non-smoking ordinance in Mesa. This grassroots effort led to the City of Mesa adopting one of the first comprehensive non-smoking ordinances in the State of Arizona.

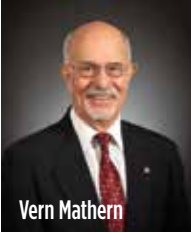
More recently she has been very active with the Mesa i.d.e.a. Museum, which focuses on children's arts education. Since 2015 Dawn has been an active member of the foundation that serves to promote the museum. She has served as the chair of the foundation's board of directors and is currently the chair of a standing committee promoting the expansion of the facility.

Dawn has been a tireless fundraiser for i.d.e.a. Museum programs and was involved in a successful effort to obtain additional capital funding for the facility in a recent City of Mesa bond election. Dawn is often called upon for advice on community advocacy efforts and is always willing to share her expertise with new leaders in the community.

Dawn is married to the current Mayor of Mesa, John Giles. Dawn and John have five children and eight grandchildren.



Dawn Giles



Vern Mathern

Vern Mathern is also a long-time resident of Mesa. He was both a military and civilian helicopter pilot. During and after his career at the Boeing facility in Northeast Mesa, Vern fully embraced volunteer service in the Mesa community. This volunteer service includes leadership roles in a variety of City of Mesa and community-based non-profit organizations. He served as the Mesa Transportation Advisory Board Chair, the Mesa Leadership and Development Program Alumni Chair, Alta Mesa Homeowners Association Board President, City of Mesa Economic Development Advisory Board (EDAB), and had a variety of leadership positions with the Mesa Arts Center Foundation.

Vern has been an active Rotarian and a member of the Mesa HoHoKams. He is also a volunteer and financial supporter for the Mesa United Way, the Mesa Sister City Association, and the Mesa Chamber of Commerce. One of his many volunteer colleagues noted that he is always willing to assume leadership positions. Vern has two adult children and one grandchild.

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

More recently, the Association has also recognized Mesa Public Schools graduating seniors who have provided exemplary volunteer service in their school and the community.

This year's award recipients will be honored at the Association's annual banquet on Feb. 15 at the Double Tree Hilton Phoenix/Mesa. This community celebration of volunteerism will begin with a reception at 5:30 p.m. followed by dinner.

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

EVENT

# CATHOLICS Returning Home

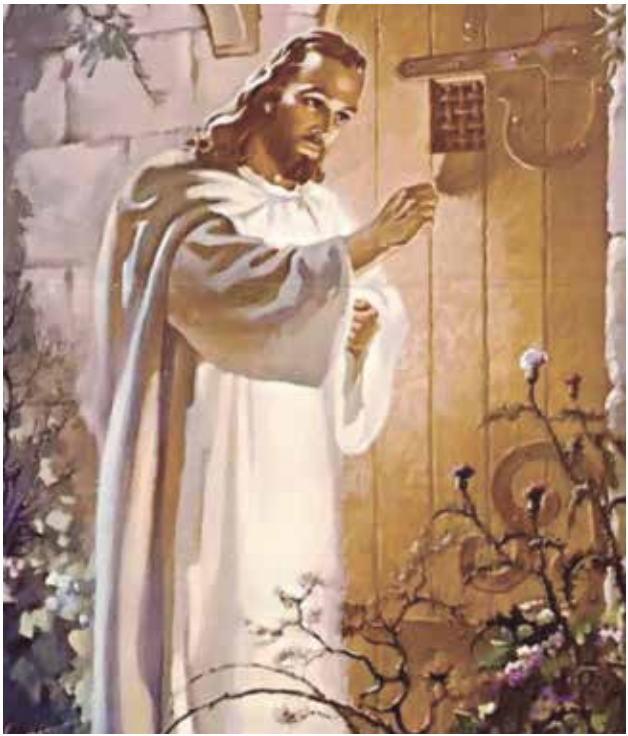
Submitted by All Saints Catholic Church

Beginning March 3, All Saints Catholic Church will conduct an ongoing series called *Catholics Returning Home* on six consecutive Thursday evenings at 6:30 p.m.

These sessions are for non-practicing Catholics who are seeking answers to questions about returning to the Church. There will be informal sharing and an update of the Catholic faith.

For more details, call All Saints Catholic Church at (480) 985-7655, or email [cgray@asccm.org](mailto:cgray@asccm.org) and mention the *Catholics Returning Home* program.

All Saints Catholic Church is located at 1534 N. Recker Road, Mesa.





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**Non-invasive, no downtime** - Ultrasound energy precisely passes through the skin's surface, heating the mid-dermal tissue at just the right depth and temperature to rejuvenate collagen fibres and improve the overall appearance of aging skin. Patients can get right back to normal life immediately following treatment

**Fast 30 - 40 min treatment** - This quick full face and neck treatment is more comfortable, easy to perform and can actually be done during a lunch break

**Treats all skin types** - Darker skin types are more susceptible to burns with laser and light-based therapies. With Ultrasound, the treatment is safe and effective regardless of the patient's skin type

**High patient satisfaction** - In a multi-centre clinical study, 72% of the patients were satisfied with their results and rated them as improved to very much improved

### HOW DOES SOFWAVE WORK?

The ideal depth for treating wrinkles is 1.5mm in the mid-dermis. Our unique, Intense Ultrasound Beam™ (IUB) technology generates heat at this exact depth in the mid-dermis. Additionally, there is an integrated cooling mechanism that protects the uppermost skin layer from burning.

The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.



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REAL ESTATE

Buying on the Upswing

By John and Natascha Karadsheh, Designated Broker, Associate Broker, and Owners, KOR Properties

With prices increasing, multiple offers the norm, and limited housing inventory, potential buyers are wondering if now is the right time to buy.



Pandemic relocations and a booming local economy have fueled incredible growth in the real estate market, which has resulted in a 30 percent increase in property values over the past year. But the secret sauce in that growth has been the incredibly low interest rates. Rates below 3 percent offered more opportunity for more buyers to purchase property and refinance existing property.

While some may think it is better to wait to buy until there is a price correction, our incredibly low supply of homes and excessively high demand indicates that prices will increase for years to come.

The challenge we have this year is that property values and interest rates are increasing at the same time. We are anticipating a 10 percent increase in values this

year and a 1 percent minimum increase in interest rates. This chart shows just how increasing values and rates can impact your purchase of the same home.

Let's say you can't afford a higher payment and you can only qualify for \$1,800 per month; if rates went up to 4.5 percent, your maximum purchase price would now be \$443,750 instead of \$500,000.

If you are looking to buy or sell in 2022, now is definitely the time and it is important to build a great strategy to accomplish your real estate goals. Let us help you figure out how to hedge these increases and look at the process with the long view in mind.

Investors there is still room to gain equity in an increasing market. It is not too late to invest in real estate whether this is your first home or your next home! ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun, and the creators and founding sponsors of Mesa Food Truck Fridays.

John has been a Multi-Million Dollar producing agent for over 20 years and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), a member of the Arizona Regional MLS Rules & Policies Committee & Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha is an Associate Broker, a Multi-Million Dollar Producer, Founder of Mesa Food Truck Fridays, Member and Past-Chair of the City of Mesa Economic Development Advisory Board and serves on the Board of Directors of the Greater Phoenix Economic Council.

You can reach John at (602) 615-0843 and Natascha at (602) 909-4995, or visit their website: KORProperties.com.

IMPACT OF INCREASING RATES AND VALUES ON PAYMENTS

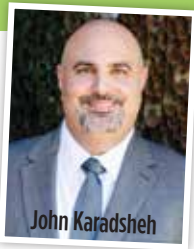
	Purchase Price	Loan Amount (20% Downpayment)	Interest Rate	Monthly Payment (P/I Only)
Today's Value	\$500,000	\$400,000	3.50%	\$1,796.18
+ 5%	\$525,000	\$420,000	4.00%	\$2,005.14
+ 10%	\$550,000	\$440,000	4.50%	\$2,229.42

Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of December 2021



Address	Square Feet	Community	Sold Price
7445 E Eagle Crest Dr 1059	1,650	Cachet	\$425,000
7445 E Eagle Crest Dr 2148	1,701	Cachet	\$430,000
2846 N Rowen Cir	1,571	Silverhawke	\$459,900
3011 N 72nd St	1,720	Desert Creek	\$472,000
3055 N Red Mountain 154	1,571	Ironwood Pass	\$489,000
7261 E Tasman St	1,571	Featherwind	\$490,000
6923 E Snowdon St	1,567	Cobblestone	\$495,000
7451 E Odessa Cir	1,571	Ironwood Pass	\$509,900
2945 N 72nd St	2,036	Desert Creek	\$513,750
7243 E Tasman St	1,571	Featherwind	\$515,000
3333 N Brighton	1,756	Tapestry Mountain	\$525,000
2517 N Raven Cir	2,219	Grayfox	\$560,000
3629 N Morning Dove	2,451	Shadow Canyon	\$582,000
7413 E Nance St	2,512	Grayfox	\$599,999
4116 N Boulder Canyon	1,756	Featherwind	\$610,000
3060 N Ridgecrest 126	2,370	Desert Vistas	\$655,000
4040 N Mirada Cir	2,649	Stonecliff	\$750,000
7527 E Sandia Cir	2,757	Canyon Creek	\$755,000
7863 E Sierra Morena Cir	2,747	Eaglefeather	\$840,000
6942 E Teton Cir	3,330	Sonoran Hills	\$880,000
8205 E Sienna St	3,387	Echo Canyon	\$995,000

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

EDUCATION

CLASS 101 Experts Simplify the College Planning Process

By Shawn Coats, M. Ed.

Navigating the college admissions process is daunting. With more than 4,200 colleges in the United States to choose from and the drastic changes to the college admission process in the last 25 years — not to mention the pandemic's impact — students and parents can find themselves drowning in information.



Class 101's professional college advisors take an individualized approach to help students navigate the complicated college planning process and ensure families save money along the way.

Class 101 advisors make college planning a simple and enjoyable journey. It takes more than good grades and high test scores to secure admission opportunities and scholarships. As parents, we do not want to be nagging our kids for three to four years to stay on top of college preparation. Class 101 advisors work one-on-one with students to connect all of the dots and make the process enjoyable.

While many students choose to stay in-state, Class 101 advisors want students to explore options, regularly helping them attend private schools for the same or less money than an in-state university. Finding the right college fit helps students feel confident in selecting a university that will allow them to thrive. We guide students through

their college list development, high school activities and academic options, applications, admissions essays, and help students find scholarships that help make their dream school attainable.

Class 101 Mesa Gilbert students are attending universities all over the United States, including the University of California, Berkeley (on an Army ROTC scholarship), Brigham Young University, Loyola University Chicago, Barrett Honors College at Arizona State University, Georgetown, and the University of Southern California, to name a few.

Early engagement in the process is a game-changer. When it comes to maxi-



mizing college and scholarship opportunities, the earlier the better!

We recommend beginning your Class 101 journey in 9th grade. However, we work with students at all levels from 8th

to 12th grade. All too often, we hear, "I wish we would have met with you years ago. You would have saved me thousands of dollars and alleviated a lot of anxiety." ■

For more information, or to schedule a free consultation, contact Shawn Coats at (602) 647-8347, via email at scoats@class101.com, or visit class101.com/mesagilbert.

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Submitted by Linda Palm, Window to Design

**WINDOW TREATMENTS HELP TAKE THE CHILL OUT**

Compared to insulated walls and ceilings, windows easily allow more heat to escape from a room in winter. Winter's chillier weather doesn't have to leave Jack Frost nipping at your nose, though. Energy-efficient shades, which create a layer of insulation at the window, can go a long way toward keeping more warm air inside your house.

Consider the following trio of styles for helping you to stay snug when temperatures dip.

- **Cellular Shades.** Cellular shades have a unique, honeycomb design, and are the most energy-efficient window treatment available. Their honeycomb cell construction traps air in distinct pockets at the window, so your house stays comfortable when it's cold.
- **Cellular Roller Shades.** These shades are crafted from two layers of fabric, marrying the clean lines of a classic roller with a cellular design.
- **Insulated Roman Shades.** You can also find shades that combine the sculpted look of a Roman shade with the construction of a cellular shade. The result? A beautiful, cordless solution for taking a bite out of winter.

No matter which energy-efficient shade style you choose, make sure to open shades during the day so the heat from direct sunlight warms your home, and then close your shades at night to help retain the heat. ■

To speak with Linda to learn more about her Window to Design store, you can contact her at (480) 207-6450, or visit her website — [windowtodesign.com](http://windowtodesign.com), or [instagram.com/windowtodesign](https://www.instagram.com/windowtodesign).

**EVENT**

## GATHERING OF Golden Retrievers COMES TO MESA

Submitted by Renee Bellefeuille

Mesa resident Renee Bellefeuille is hosting the third annual Gathering of Golden Retrievers on Saturday, March 5 from 10 a.m. to 1 p.m. at Gene Autry Park in Mesa.

The free event will feature games, contests, and prizes as well as snacks and refreshments.

"This is the first year I have added a charitable component to the event," said Renee. "I reached out to Dogs4Vets, a local organization which helps disabled veterans train their own dogs to become certified service dogs."

Renee hopes to collect donations of martingale collars and slip leads since that is what Dogs4Vets mentioned the organization needs. Last year about 35 Golden Retrievers and their owners attended, Renee confirmed.

She said, "I think pairing charitable events with fun get togethers is a great way to bring awareness to local organizations that do so much good." ■

For more information, contact Renee at (602) 793-9434. Gene Autry Park is located at 4125 E. McKellips Road, Mesa.





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**EVENT**

## SAVE THE DATE

**Saturday, March 19**  
**Chicago Fest West outside at the Mesa Convention Center**

The event features Chicago and Reo Speedwagon tribute bands. The cover band Chicago Rewired will play from 7 to 10 p.m. during the festival.

Tickets are \$12 and can be purchased on [chicagofestwest.com](http://chicagofestwest.com) or at [collegeboundaz.bammtickets.com](http://collegeboundaz.bammtickets.com).

As a part of this everything Chicago festival benefitting College Bound AZ, a medallion hunt is underway in Mesa.

The medallion has not been found yet so here is your second clue. Be the first to find the medallion and win \$1,000 in gifts, prizes, and money. ■



**Clue #1 – The medallion is hidden within the City of Mesa and you start by being square if you want to be first to find the prize.**  
Hint: Think Original Square Mile

**Clue #2 – In this place, you'll get a look at the prehistoric past and receive another clue if you ask for a hint. You might want to spend some time here while taking in the sights.**

The medallion is not:

- Hidden on a private residential or business property
- There is no need to dig or climb to find the medallion

When the medallion is found, return the treasure to the Visit Mesa office, located at 1 North McDonald St., Suite 209, to claim the prize, or call (480) 827-4700. After hours, call College Bound AZ at (480) 861-9573.



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LOCAL BUSINESS

# An Air Conditioning and HVAC Outlook FROM A SEASONED TECHNICIAN

By John Herman, Owner of Diamondback Air

As supply chain issues continue to plague the country, homeowners are finding many aspects of their lives disrupted — even their air conditioning and heating systems. Our manufacturers are hurting because they can't get the supplies they need for the equipment, and they can't get the employees they need.

It's going to be this way for the next few years and according to experts I work with, this could last into 2026.

When these factors have you facing long wait times for repairs, it can be difficult to know how to move forward. Here are a few tips on what to do, and what to avoid, if your air conditioning or heating system requires a repair.



### BE WARY OF BUYING PARTS ONLINE

When your technician informs you that it could take months to get the part needed for your repair, it might be tempting to order it online from a third party. Keep in mind, if technicians can't get a part directly from the manufacturer, you likely won't be able to get it from a third party.

If you are able to purchase the part, know that the delivery costs could go up significantly during the shipping process, or you could receive a damaged piece of equipment or missing parts, so it is a risk.

If you do purchase equipment online, not all technicians will install it. A lot of companies will want nothing to do with parts purchased by the homeowner online. The bigger companies aren't interested. However, if I can't find a specific part, I encourage the homeowner to hunt it down and let me know. If somebody has that part across the world and you want it — order it, call me, and I'll get it installed for you.

Know that there might be limits to your warranty. Online retailers will give you statements saying that they have a 10-year warranty and even tell you to check it out with the manufacturer so you know it's legitimate. What people don't realize is the manufacturer won't accept an online warranty unless you hire a licensed dealer to install it.

There can be a lot of fine print when it comes to warranties, so make sure to read through them carefully.

### ASK YOUR TECHNICIAN ABOUT RECONDITIONING

If you can't get a specific part, ask your technician if it's possible to recondition your unit. We reconditioned quite a few units last year.

A highly trained technician will get your system running unless it's dead-on-arrival. A lot of ordinary techs — especially commission-based techs — will just say, "Nope, can't do it. I'm not trained to go that far, my company won't let me do that, or that's outside of the scope of what I can do."

However, a highly trained technician will find creative solutions to get you through until the part you need is available.

### ONLY HIRE LEGITIMATE CONTRACTORS

Ensure your dealer has a legitimate, official contractor with a legitimate contract. It matters. If you don't, you're going to find yourself in a bad situation.

If you need a repair, call a legitimate company. Do your due diligence. Get your best deal, and move forward with it no matter who it is.

We here at Diamondback Air hope you'll give us the opportunity to serve you. ■

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# Over 50 Up Close

Bringing active adults closer to their community February 2022

HEALTH Over 50

## Should You Enroll in Medicare if You are Still Working?

Submitted by Tapestry Insurance

One of the most common questions I receive is about when to start Medicare coverage. Many people are working past age 65 and are able to stay on their employer health coverage. So, the question arises: "Should I switch to Medicare or stay on my employer plan?"

Often this question leads to other concerns such as cost, coverage type and enrollment penalties. There are several things to consider when making this choice. I thought I would list a few of these below.

### COST AND DEDUCTIBLE

One of the best things to do is run the numbers. You will want to carefully evaluate all of the costs, including monthly premiums, copays, and specifically, deductibles.

### YOUR CURRENT HEALTH

Which options work best for you right now with your health and current needs? Other things to consider are healthcare providers, networks, quality of care, travel, and



Lynne Jones

prescription drug coverage. All of these items should be considered when making your choice.

### MEDICARE ENROLLMENT PENALTIES

There is a lot of confusion around Medicare enrollment penalties. There are several enrollment penalties but also many exceptions. Make sure you consult with someone during your decision process to minimize the risk of penalties.

Please call me to make an appointment if you are considering your options. I am happy to guide you through this process and help you avoid being assessed a penalty. ■

Please call Lynne Jones, licensed sales representative, at (480) 212-2246, or email me at [jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com).



FINANCES Over 50

## Financial Advisors Can Help Reduce Anxiety

Submitted by Brent D. Hoskinson and Linda Drake

The long-running pandemic has caused many different types of anxieties – including financial anxiety. But even during normal times, many people have fears about meeting their financial goals. You can reduce this stress, though – by getting help from a financial professional.

One of the most important things a financial professional can do for you is to help you avoid making choices based on emotions. Instead of letting fear drive your decisions, you'll be better off sticking with a consistent investment strategy that reflects your own goals and needs.

Also, a financial professional can help you plan for multiple needs, such as saving for retirement for yourself and college for your children.

And a financial professional can help you prepare for the unexpected by reviewing your needs for life and disability insurance and recommending ways to meet the potentially huge costs of long-term care.

Achieving your financial goals may present challenges, but it doesn't have to cause you years of worry and distress – as long as you get the help you need. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.



### Let's partner for life's moments.

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## 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 2021 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.

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HEALTH

# Valentine's Day Activities for Seniors

Submitted by Home Care Assistance

No matter how you choose to spend the day, enjoying Valentine's Day with your loved one is sure to strengthen the bond you share. Tear open your box of *Sweethearts* and use some of these ideas to send the message that you care this Valentine's Day.

- **Cook and share a sweet treat.** Studies have shown that homemade cooking is likely to reduce the risk of diabetes and other chronic diseases because it tends to be healthier than restaurants.
- **Go for a walk.** Pick your favorite spot — perhaps a nature trail or a hub in the city — and go for a stroll.
- **Share memories and laughter.** Reminisce about memories by bringing out old photographs, videos, or love letters. Valentine's Day is a great excuse to enjoy the benefits of intergenerational connection by helping the senior in your life share memories with younger family members.
- **Have a movie night in.** It can be fun to kick up your feet and have a restful night in. Pick out your favorite movie from a local library or online streaming service, make your dessert, and get cozy!
- **Perform a puppet show.** Puppets can be a great way to engage with someone with dementia.
- **Go to a museum.** Spend the afternoon enjoying art together and picking out your favorite pieces.
- **Play a card game.** Card games are a great way to keep your brain healthy.
- **Set up a virtual call with friends or family.** Valentine's Day is a day that should be filled with love, connection, and happy feelings.
- **Make a puzzle.** End the day inside with your loved one and put together a puzzle of one of their favorite scenes.
- **Listen to music.** People who have lost other memories can often still remember the lyrics to their favorite song.
- **Have a tea party.** A healthy way to throw a memorable Valentine's Day party is by having a vintage-themed tea party. Brew up some of your loved one's favorite teas, decorate some tea biscuits together, and play some music that would spark your loved one's memories.



- **Make dark chocolate-covered strawberries.** Dipping strawberries in dark chocolate is a healthy, easy, and engaging craft for seniors.
- **Make Valentine's cards.** Valentine's Day is the perfect time to share happy emotions and feelings with others. While some seniors may be lonely at this time of the year, connecting with their caregivers, neighbors, or their family by making Valentine's Day cards is a great way to bring joy and positive feelings.
- **Put together a Valentine's rose bouquet.** Everyone loves roses, especially on Valentine's Day.
- **Decorate a picture frame.** Valentine's Day is a great day to remember who you love and think about them. For seniors, reflecting on their family or their loved ones by making a picture frame can be an uplifting and heartfelt craft.
- **Write a heartfelt letter or poem.** Who doesn't love connecting with people who are important, especially on a day filled with love? Write a letter to someone special, or a poem to another senior with your loved one. ■

Wondering how to support a loved one's goal of being able to age at home? We're here to help. Whether it's for one month or ten years, our caregivers can help your loved one live the life they want at home. Call Home Care Mesa Advisor today at (480) 699-4899 or click on the website [homecareassistancemesa.com](http://homecareassistancemesa.com) to schedule a free assessment and learn more about how we can support your needs. Learn more about our caregiving services for the elders.



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# A ROMANTIC Valentine's DINNER

**Monday, February 14, 2022**

**\$120 Per Couple**

**1/2 Price on Select Wines!**

**For Reservations,  
call: 602-734-5524**

## VALENTINE'S DINNER MENU

### STARTER CHOICE:

*Spring Garden Salad*  
*Herb Roasted Tomato Soup*

### APPETIZER CHOICE:

*Hered Boursin Puff Pastry with Garlic Butter*  
*Miso Shrimp Skewers*

### ENTRÉE CHOICE:

***Seared Salmon a la nage:*** Seared Salmon topped with lump crab meat and white wine butter sauce. Served over the top of sauteed swiss chard.

***14oz NY Strip with Raspberry Puree:*** 14oz NY Strip cooked to temperature over a bed of grilled asparagus and fingerling potatoes.

***Herb Roasted Chicken Thigh:*** A full chicken thigh slow roasted with herbs served over a bed of baby carrots and sauteed heirloom tomatoes, topped with a creamy chicken reduction.

### DESSERT CHOICE:

*Red Velvet Cake with a Raspberry Frosting* • *Strawberry Topped New York Cheesecake*

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