

The Tooth Spa Dental Practice CREATES HEALTHIER, HAPPIER SMILES

Submitted by The Tooth Spa

A bright new smile is lighting up the East Valley, and it belongs to Dr. Breanna Embree — not just because she’s a dentist, but because she’s beaming with pride and excitement as she opens the doors to her very own dental practice in Mesa, Ariz.

Dr. Bre grew up in a small town in Nebraska. Her parents were the town’s dentist and hygienist. She spent



summers working in their office. Now a dentist with over 13 years of experience herself, her dreams to create a similar loving and caring environment in a practice of her own are now becoming a reality with the opening of The Tooth Spa.

Conveniently located in the Bashas’ shopping center on the northwest corner of Power and McDowell roads, The Tooth Spa is a place where our goal is to help create healthier, happier smiles and make coming to the dentist a more relaxing experience.

A graduate of the University of Nebraska Medical Center, Dr. Bre prioritizes the patient’s experience, listens to patient’s needs, and is compassionate in her approach. Not only is Dr. Bre passionate about helping people and their smiles, but she also loves learning and nutrition. She holds a Master of Science degree in Nutrition Education from Rosalind Franklin University of Medicine and Science.

Outside of the office, Dr. Bre is an avid traveler and enjoys spending time outdoors, whether hiking, camping, or exploring new places. She has visited all 50 states and the seven continents (and yes, that means she has been to Antarctica — “it is cold” — she says).

Another passion of Dr. Bre’s is the importance of self-care. She knows how valuable taking care of oneself can be. Because of this, our mission at The Tooth Spa is to pamper our patients with the integration of dentistry and a relaxing spa experience. Whether you prefer the lights dimmed, a blanket and pillow, or even a hot towel at the end of your visit, we’ve got you covered with our complimentary patient comfort menu! We provide the best dental care possible with love, honesty, and integrity. We always strive to care for our patients like family.

Dr. Bre is excited to bring her passion for dentistry and patient-centered care to her very own practice, The Tooth Spa, and looks forward to serving her community. ■

For more information, call (480) 641-4567 or visit the website aztoothspa.com.



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Self Development Academy

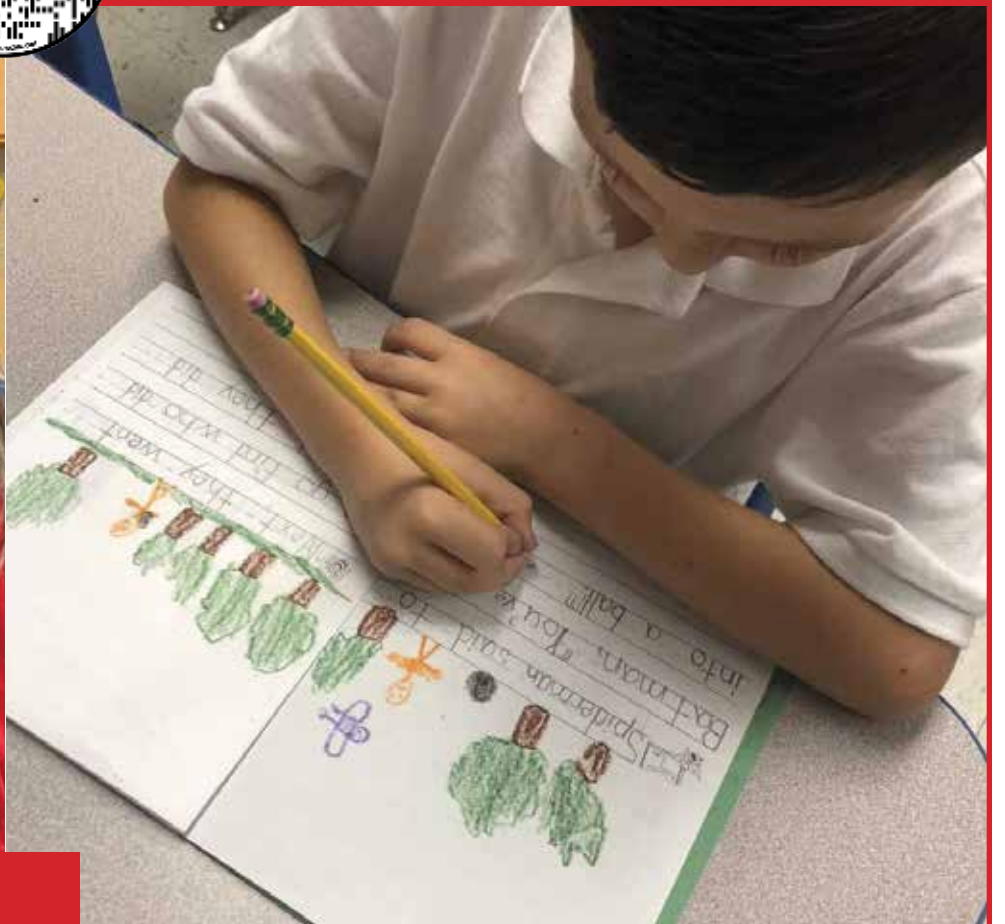
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EDUCATION

What Makes the SDA Community a Family?

As Self Development Academy-Mesa celebrates its 25th Anniversary, it features community members who have given unwavering support to the school. We want to thank Eva and Jonathan Ward and Eva's siblings' families, Benjamin and Theresa Tejada, Robert and Stephanie Tejada, and Evangeline and Anthony-Joshua Sabado, for a decade-long commitment to SDA.

By Dr. Anjum Majeed, Founder, Self Development Academy

Imagine someone accidentally learning that the neighborhood charter school, only a mile away, is ranked among the best K-8 schools nationally. One day, Christine Minch, who lived near the school, was walking in her neighborhood when she saw a couple driving slowly. They stopped and asked Christine about the neighborhood. Curious, Christine asked, "Why do you want to know?" The couple responded that the Self Development Academy (SDA), a nearby charter school, is one of the best in the nation, and they planned to send their children there and were looking for a home.

EVA WARD AND SIBLINGS JOIN THE SDA FAMILY

Of course, Christine was pleasantly surprised and shared this information with her siblings, who lived in the neighborhood. One of Christine's siblings is Eva Ward.

When discussing her family's decade-long relationship with SDA, Eva Ward stated, "After listening to my sister's (Christine's) story, it was a given that all of us, the siblings, would bring our children to SDA. We were looking for a small school. SDA is like a private school."

FIRST, THE PRESCHOOL, THEN THE ACADEMY

Eva first enrolled her eldest child at the adjacent Self Development Preschool (SDP) and waited for him to turn five to enter SDA. Most of Eva's siblings' children also attended SDP and then enrolled at SDA.

The preschool has an exceptional hands-on, enriched curriculum for all age groups (1 to 5 years). The curriculum is thematic, vertically and horizontally aligned, and focuses on critical and creative thinking skills. A clean and nurturing environment and the high teacher retention rate, unusual for the industry, are sources of great comfort for parents.

A PASSION FOR HER PROFESSION

Eva Ward and her husband Jon have four children. Three of them currently attend SDA, and the fourth will join in the fall. The Wards manage a family primary care business under home health and hospice care, with home as a care venue. Eva is a nurse by profession and is pursuing a Doctorate in Nursing.

Her passion for the elderly and home health care developed in high school, when she helped care for her grandmother and did volunteer work. Her mother guided her and her siblings to seek careers in nursing and medical professions. Her siblings are in nursing, and they are nurse practitioners with graduate degrees, including a Doctorate in Nursing Practice.

A COMMITMENT TO EXCELLENCE IN EDUCATION

Having achieved high educational and professional success, the Wards, the Tejadas, and Sabados wanted to send their children to a school with high academic rigor, emphasizing leadership skills and citizenship in a nurturing environment. Eva Ward noted, "We find the teachers at SDA to be kind and energized."

SDA provides, "such an amazing choice for a school." Eva inserts, "The staff is happy being at SDA and finds

joy in working at the school." Eva likes "academic rigor and support and quality teachers who are passionate about what they are doing and are responsive to our concerns. When a problem is expressed, it is always addressed right away."

SUPPORTING SCHOOL-HOME COMMUNICATION

The Wards and their extended family appreciate the school-home communication at SDA. Eva adds, "There are no surprises (at SDA). We know what needs to be done and what is expected. I know my child is not lost in the shuffle." Teachers are more "connected," and "my children want to attend that school."

Additionally, Eva shares that students tend to fare better if parents work with teachers. Any confusion is easier to clarify, and there is a better understanding of the differing points of view. "It is almost like a 'mom and dad' (scenario). Children know which parent can be easily manipulated." Relationships, mutual respect, and communication between school and home are essential.

PARENTAL INPUT IS EMBRACED

When asked for ideas to improve the SDA program, Eva pondered and then responded: "An intentional, proactive approach to teaching coping skills and stress management would be incredibly valuable, especially during key transition periods like elementary to middle school and middle school to high school. With the pressures of social media and often limited emotional intelligence, it's essential to help students navigate the 'fear of the unknown' with confidence and resilience."

CLOSING THOUGHTS

Eva asserts, "SDA is one of the best schools. It feels like a private school where children can truly thrive. The education here encourages growth not just academically but socially and emotionally as well. My children, nieces, and nephews have all flourished at SDA. The environment supports responsibility and independence, with just the right amount of healthy challenge to help students grow without overwhelming them. A little stress, when balanced and constructive, helps kids build resilience and confidence, and SDA gets that balance right. It's a joyful place for learning."



For preschool, please contact (480) 396-3522, and for the K-8 program, call Self Development Academy at (480) 641-2640.

LOCAL BUSINESS



Keep food safety in mind ahead of SUMMER BARBECUES AND PICNICS

Submitted by
Dr. Austin Traasdahl,
Optum

Independence Day is a time to reflect on the birth of our United States and the freedoms we enjoy as Americans. It's also the height of vacation and travel season – a time for family getaways and flavorful barbecues and picnics.

During this time, it's important to take precautions when it comes to safe food handling, preparation, and cooking, to avoid food-borne illnesses like Salmonella and E. coli, which can be serious and, in some cases, life-threatening.

The Centers for Disease Control and Prevention (CDC) estimates that each year 48 million Americans get sick, 128,000 are hospitalized, and 3,000 die from foodborne diseases.

Typical food poisoning symptoms include vomiting, stomach cramps, diarrhea, and fever, all of which may range from mild to serious and can last from a few hours to several days. Health care professionals caution that certain people have an increased risk of becoming very sick from foodborne illness, including pregnant women, older adults aged 65 or older, young children under five years of age, and people with weakened immune systems.

To help you keep your family healthy and protect them from food poisoning, here are some general food and



Dr. Austin Traasdahl

kitchen hygiene tips to help you safely prepare and serve your July 4th meal.

Foodborne illnesses tend to increase during the summer months because bacteria multiply faster when it's warm, so following food safety guidelines is especially critical for raw meats, summer salads, dairy products, and fruits and vegetables, which are among the most perishable foods at cookouts.

- **Clean everything:**
It is important for those preparing and handling food to frequently wash their hands before, during, and after they start cooking, and to use fresh, clean plates and utensils for serving cooked food.
- **Do not cross-contaminate:**
Raw meat, poultry, seafood, and eggs can spread germs to ready-to-eat food unless you keep them separate.
- **Cook to the right temperature:**
The only way to tell if food is safely cooked is to use a food thermometer to make sure meat, poultry, and fish are cooked to a safe internal temperature. You can learn more information and view a detailed list of food and the correct cooking temperatures at Cook to a Safe Minimum Internal Temperature. FoodSafety.gov.
- **Refrigerate perishable food within two hours:**
When food is left unrefrigerated for more than two hours, bacteria grow rapidly. For temperatures over 90°F, food should be refrigerated within an hour.

Have fun this July 4th but be mindful of food safety to help keep your family healthy. ■

For more information, visit optum.com.



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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

Kimberly Alvarado

Jamie Phillis, Mark Moran

DESIGN

LuckyYou! Creative

Erin Suwwan, Jaclyn Threadgill

www.luckyyoucreative.com

VIDEO PRODUCER

Chase Balsley

CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

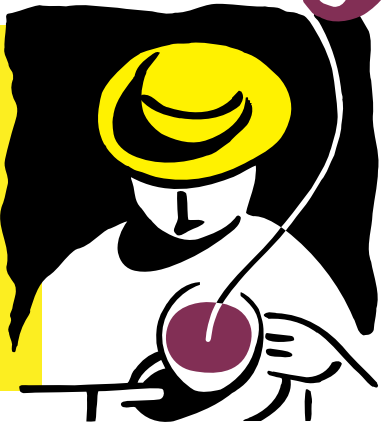
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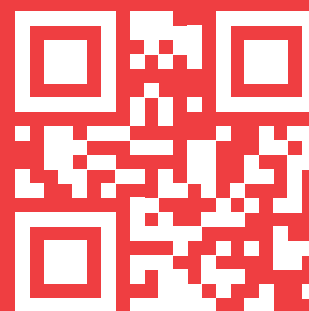
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LOCAL BUSINESS

Memorable Healthcare Brings Personalized HORMONE THERAPY AND WELLNESS TO MESA

By Jamie Phillis

Lauren King opened Memorable Healthcare in 2024 utilizing her background as an ER nurse and nurse practitioner to help her patients achieve optimal wellness through bioidentical hormone replacement therapy, medical weight loss, and holistic health support. Lauren is a certified EvexiPel provider and a member of the menopause society.

“When people come to me, they’re tired, experiencing brain fog, or just not feeling like themselves, but they’ve been told their labs are normal,” said Lauren. “I want them to know they don’t have to settle for feeling less than optimal.”

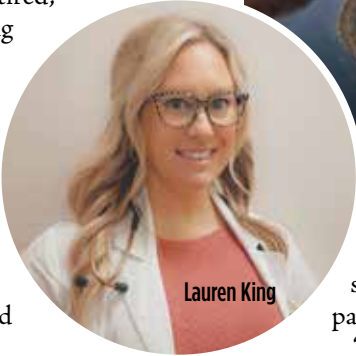
After losing her father to Lewy body dementia, Lauren – who had already specialized in hormone therapy – deepened her focus on the connection between hormonal imbalances, aging, and chronic illness.

“I named my practice Memorable Healthcare because I want people to live a memorable and enjoyable life,” she said. “I’m passionate about these therapies because they’ve changed my life, and I want to change other people’s lives too so they can live their lives to the fullest.”

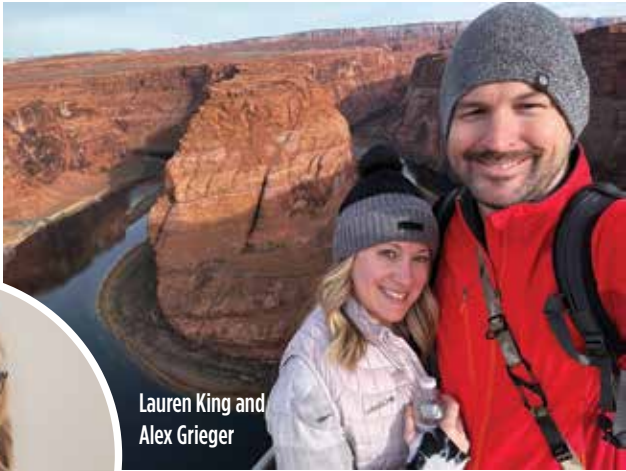
At Memorable Healthcare, patients receive highly individualized care, starting with a holistic plan based on their detailed medical history and comprehensive lab work. From there, Lauren tailors her approach based on symptoms, goals, and optimal wellness.

The practice’s three primary offerings are bioidentical hormone therapy, medical weight loss, thyroid optimization, and nutraceutical supplementation. Memorable Healthcare offers Bioidentical Hormone Replacement Therapy (BHRT) with natural hormones made in the same way the human body creates hormones, allowing for safe, optimal results and overall health.

In addition to hormone therapy, patients might also have medical weight loss support included in their



Lauren King



Lauren King and Alex Grieger

treatment. Lauren utilizes GLP-1 medications such as semaglutide and tirzepatide to help patients feel their best.

“We’re optimizing their hormones but we’re also looking at why patients can’t lose weight, or are gaining weight,” she said. “There is a reason – and it’s not just that you’re getting old. It might be one of the reasons, but we want to look at the root cause behind the symptoms.”

Beyond her clinical expertise, Lauren’s commitment to building strong patient relationships sets Memorable Healthcare apart. She operates the practice alongside her husband, co-founder Alex Grieger, and her mother, Lori Ortiz, who serves as receptionist and front desk coordinator. Patients can expect a warm, welcoming atmosphere and direct access to Lauren whenever they need support.

“I want my patients to know they can reach out and I’ll respond the same day,” she said. “It’s important to me that they feel seen, heard, and supported through every step of their journey.” ■

Memorable Healthcare is located at 6638 E. Baseline Road, Suite 101, in Mesa. For more information, visit memorablehealthcare.com. To schedule a consultation, call or text (480) 331-4801.

LOCAL BUSINESS

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Submitted by The Airy Alcove

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LOCAL BUSINESS

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Submitted by The Exercise Coach®

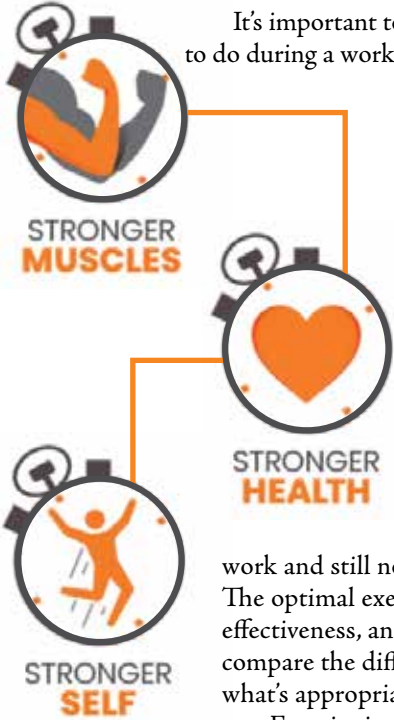
There are many common misconceptions around exercise. Let's reveal the secret to how The Exercise Coach clients are getting maximal results from only a couple 20-minute workouts each week.

Learn the three most important aspects of exercise and why you need to think about exercise completely differently if you want to achieve the health and fitness results you want.

The manner in which we exercise really matters because what's at stake is significant. Exercise is a strategy that people can use to improve their quality of life, so how you go about doing it matters. Many people avoid the gym because they are worried about getting hurt or it takes too long, or it is just plain boring! This makes sticking with an exercise program especially challenging, which is where The Exercise Coach comes in.

Effective personal strength training fundamentally changes what's required to get the results people want from exercise. It changes every system of the body for the better. There are a lot of different ways to exercise, but at The Exercise Coach they've found that the evidence shows the superior method to be strength training.

Exercise is a means to an end, not an end in itself. We need to think about what results we are trying to achieve and tailor the exercise to bring about those changes. You can exercise for health, fitness, or sports performance and they each have some overlap, but there are different ways to get the results you are trying to achieve.



It's important to understand what you are trying to do during a workout. Counting reps or total time moving aren't very helpful. The real point of exercise is actually to stimulate the body's natural ability to adapt to stress. When we exercise, there is an exercise effect that takes place, which is often confusing for the results of training. The results that we actually seek from exercise are adaptations produced by our bodies in response to the challenge of exercise.

If we don't exercise in the way that's appropriate for our goal, we may put in a lot of work and still not get the results that we want. The optimal exercise approach focuses on safety, effectiveness, and efficiency. This is the best way to compare the different approaches and figure out what's appropriate for you.

Exercise is nothing more than a stressor and only serves as a stimulus if it is sufficiently intense. We become stronger and fitter if the stressor is enough to force an adaptation. The stressor doesn't produce the result; the body does when you give it the rest and nutrition it needs to accomplish that.

The average amount of time it takes for your body to recover and become stronger is a couple of days, which is why The Exercise Coach employs intense periods of exercise a couple of times a week. The frequency that we need to perform high intensity exercise is less when the intensity itself is higher.

Muscle is the window to the rest of the body. Growing stronger makes the rest of your body more effective as

well. The Exercise Coach approach is to get the maximal results in the shortest length of time. There is an inverse relationship between intensity and duration of exercise. The level of intensity required to create adaptations is high but doesn't require much time. Studies have shown that a single set of exercises at the right level of intensity is more effective than multiple sets. Exercising intensely for 20 minutes is sufficient to achieve results. The conventional wisdom of needing to exercise more doesn't bear out.

Why not spend as little time as possible to get the best results you are looking for? Optimizing exercise allows you to enjoy more of the good things in life. Safety is essential for exercise. Many exercises can be fun, but if the focus is on results, it's better to avoid the risk. The biggest key to making exercise safe is being in control of the forces that are applied to the body. The key to reducing force in strength training is using slow controlled movements instead of explosive movements.

There is research that shows high intensity strength training is safe even for people with elevated blood pressure or other cardiovascular issues, and it even has beneficial health effects. Strength training at The Exercise Coach is a great way to engage in exercise and improve your health even if you have orthopedic or cardiovascular concerns.

The Exercise Coach can help you no matter where your current fitness level is. The coaches are very good at meeting people where they are and tailoring the program to the person's situation. ■

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- Randal Kahan, M.D.

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THE PATIO AND GRILLE

Summer is calling, and there’s no better way to answer than with refreshing cocktails and mouthwatering bites. This June, The Patio & Grille is turning up the heat with irresistible Happy Hour specials that’ll have you savoring every sip and bite.

Nothing says summer like the crisp, juicy taste of watermelon — so why not enjoy it in a perfectly crafted watermelon margarita or mocktail? Cool off and unwind as the golden sunset paints the evening sky.

And because great food is always better with great deals, specially priced small bites are just \$10, making it easier than ever to indulge in bold flavors.

Every weekday at 5 p.m., The Patio & Grille will be rolling out themed specials designed to surprise and delight, so gather your friends, grab a seat, and let’s toast to long summer nights and unforgettable moments!

THE VISTAS PAVILION

Las Sendas Golf Club Events and Catering Director Carla Shaw has some great news about getting a little relief from the heat this month.

“It’s here — summer is knocking on the door,” she says. “Our answer,” she continues, “cool, comfortable, and affordable venue offerings.”

If you are planning a summer celebration of any kind — Birthday Parties, Anniversary, Retirement or Graduation Party, Corporate Meeting, Celebration of Life, the reasons to gather are many.

The Vistas Pavilion at Las Sendas would love to welcome your guests with a cool breeze, delicious culinary selections, and refreshing cocktails for any event. The impressive venue offers sweeping valley views on a hilltop setting, which overlooks the driving range at the Las Sendas Golf Club.

With approximately 4,000 square feet, the space is perfect group sizes varying from 25 to 250 people. The fully staffed culinary team has a wide selection of offerings, as well as the ability to create a custom menu that will satisfy all your guests.

Venue amenities include a covered wrapping patio, full AV system including projector/screen and wireless microphone, built-in speaker system, podium, tables, chairs,



linens, free parking, complimentary Wi-Fi and friendly and experienced banquet staff. The Vistas Pavilion at Las Sendas makes planning your next event seamless.

Summer wedding in Arizona? The Vistas Pavilion at Las Sendas is the perfect place to bring family and friends together to celebrate your union. Expect all the elements to enhance your dream wedding day. Conveniences include a bridal ‘get ready’ room, indoor ceremony and reception areas, culinary selections, bar service, AV equipment, and in-house decorations. Special pricing starts at \$79 per person for the months of June through August 2025.

Call (480) 396-4000 ext. 222 or contact Carla by email at cshaw@lassendas.com to start planning your special event or perfect day. They can’t wait to hear from you!

GOLF

Take advantage of summer rates on the course this month. It’s a fine time to explore one of Arizona’s finest courses, right here in our very own backyard. And, if you’re looking for the perfect gift for dad, The Pro Shop has a large selection of new inventory, featuring brands and styles he’s sure to adore. ■



Las Sendas GOLF CLUB

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Should You Have a Home Inspection BEFORE YOU LIST YOUR HOME?

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

One of the most common questions I'm asked by home sellers is whether they should do a home inspection before listing their home. My answer is usually no — but that's not a one-size-fits-all recommendation. Some agents do encourage their sellers to complete a pre-listing inspection. In a seller's market, buyers have less leverage and are more willing to accept homes "as is." But in a buyer's market, buyers have the upper hand. They can negotiate more aggressively — not just on price and concessions, but also on repairs.

Right now, we're in a buyer's market. Inventory is higher than it's been since 2014, and demand is lower. Buyers know they have options and aren't afraid to walk away from a deal if the inspection reveals too many issues or negotiations cannot be reached.

THE PROS OF A PRE-LISTING HOME INSPECTION PREVENT SURPRISES THAT COULD SCARE BUYERS AWAY

Buyers and their agents will meet their inspector at the end of the inspection for the review. Even if your home is in pristine condition an inspector will always find things wrong, it's their job and they will point out every issue, big or small. Even minor items can seem alarming in a report. If too many red flags show up — especially expensive ones — it may give the impression the home hasn't been well maintained, leading the buyer to walk away. By getting a home inspection before you list, you can address many of these issues ahead of time. This reduces



the chance of a buyer being overwhelmed by the inspection report and backing out of the deal.

AVOID DELAYS AND DEAL BREAKDOWNS

The standard inspection period is 10 days, followed by an additional 5 days for the seller and another 5 days for the buyer to negotiate (if needed). If no agreement is reached and the buyer cancels, they will receive their earnest money back. Now your home has been off the market for 2 to 3 weeks — and you're starting over.

Having a home inspection done up front means fewer surprises during escrow and smoother negotiations.

TIME TO SHOP FOR THE BEST REPAIR OPTIONS

A pre-listing inspection gives you time to get multiple bids, find the right contractors, and decide what's worth fixing. You're not under the pressure of escrow deadlines and can make smart financial decisions about repairs.

YOUR HOME WARRANTY MAY COVER REPAIRS

If you already have a home warranty, some of the repairs noted in the inspection might be covered. These claims can take time, especially if parts need to be ordered. By handling this before you list, you'll avoid delays once your home is under contract. Depending on the repairs, you may still be able to list the home while the work is being completed.

THE CONS OF A PRE-LISTING HOME INSPECTION NO TWO INSPECTORS ARE ALIKE

Even if you complete a home inspection and fix everything it uncovers, the buyer will still have their own inspection. While most of the items in each report will be similar, every inspector will find something different. So even though you have had an inspection and even if you fix

everything in that report, the chances are there will still be other items the buyer's inspector will find.

NO TWO BUYERS ARE ALIKE

What one buyer considers a major concern, another might see as no big deal. One may request a long list of repairs, while another may be satisfied with just a couple of minor fixes. You could end up spending money fixing things that your eventual buyer wouldn't have asked for.

YOU'LL HAVE TO DISCLOSE WHAT THE INSPECTION FINDS

When listing your home, you're required to complete the Seller's Property Disclosure Statement (SPDS), which includes any known issues — even those you've already repaired. A pre-listing inspection might reveal problems you weren't previously aware of, and legally, those now need to be disclosed.

GET FREE HOME WARRANTY COVERAGE WHILE YOUR HOME IS LISTED

Regardless if you do a home inspection or not, if you don't already have a home warranty, you can get a Seller's Coverage Home Warranty while your home is on the market. The warranty company I use offers seller's coverage at no charge unless you file a claim. That means if something like the AC or an appliance breaks down during the listing period, you may be covered — at no upfront cost. It's an added layer of protection and peace of mind during the selling process. Not all Realtors offer this, so make sure you check with your Realtor when you sign the listing agreement. ■

If you're thinking about selling and want to discuss whether a pre-listing inspection makes sense for your home, I'd be happy to help!

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REAL ESTATE

First-Time Homebuyers can make a plan

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

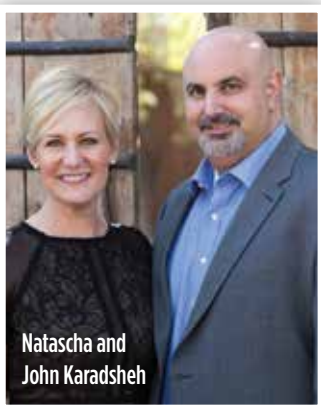
This time of year is a time of milestones: high school and college graduations, the start of internships and apprenticeships, first jobs and next jobs, and the beginning of military service.

Many of us progressed through these milestones in our early 20s and we also knew that homeownership was the next milestone on the list. However, over the past few years, things have changed for young buyers. The average age for a first-time home buyer has increased from age 30 in 2010 to 38 today.

We were each able to buy our first homes in our late twenties. Our homes were modest, but they got us into real estate and allowed us to trade up to a bigger home when we had a family.

But today it is harder to get that start. Since the pandemic, the younger generations have been significantly impacted by rising home prices, the dramatic increase in interest rates, and the increase in rental rates. In Arizona, the income needed to afford the average rent of \$1,853/month is \$74,101 per year. That is a 35.9% increase since 2020. The higher rents have made it harder for younger people to save, which has further compounded the challenges of achieving homeownership.

We are currently working with a first-time home buyer who has done all the right things. She has solid work experience, great credit, and has saved enough for a 3% down payment. She was recently prequalified for a \$400,000 purchase, which means she needs approximately \$18,000 for the down payment, prepaids, and closing costs, plus around another \$1,000 for home inspections and other related expenses.



Natascha and John Karadsheh

At an interest rate of 6.9%, her payment, including principal, interest, taxes, homeowners insurance, and mortgage insurance (required by the lender if putting less than 20% down), is about \$2,850 per month – not including any HOA fees. If rates dropped to 5% (or she had additional cash to buy down the rate), that payment would drop to \$2,375 per month.

The news is full of headlines that say, “Housing is Unaffordable,” but we have watched many first-time homebuyers make their first purchases. The secret to success for each of them has been forward planning and saving.

Homeownership remains an amazing pathway to building wealth. It allows for a stable housing payment (unlike rental rates), offers housing security, tax benefits, and provides an opportunity for equity growth.

How can you make a plan even if it is five years from now? Here are five steps you can start working on now:



- ♦ **Meet with a lender.**
Even if your first home purchase is years down the road, talk to a lender and figure out your path. Starting with the end in mind and finding out how much you need to save and earn to buy a home will help provide a pathway for you to achieve your homeownership goal.
- ♦ **Become financially literate.**
Listen to financial podcasts like the Money Guy or Dave Ramsey, understand your spending habits, pay down debt, and protect your credit. Buyers with lower debt to income ratios and higher credit scores get more favorable interest rates.
- ♦ **Share your goal with friends and family.**
Save your birthday money and pick up odd jobs to help you save money toward your goal. Even work on finding a friend who is willing to rent a room in the home you plan to buy one day. We are seeing many first-time homebuyers do this to help make owning a home more affordable.
- ♦ **Adjust your expectations.**
There are starter homes out there under \$400,000 – they may not be the cutest, the closest, or the most updated, but they will allow you to get your foot in the door. Fixing up a home adds value (sweat equity!) and will allow you to develop new skills, too!
- ♦ **Small steps yield big rewards.**
When you started high school or college, you did not get a degree on day one. It took years of chipping away at the credits to get your diploma. Affording your first home is similar. Saving \$300 per month for five years will get you to a down payment and you will be so proud of your hard work when you get there! ■

Parents and grandparents, we encourage you to share this information with your children and grandchildren. Also, share your own homeownership journey and what your successes have been in real estate. Seeing what you have accomplished will help your children and grandchildren understand that they can be successful, too!

Real Estate

In Las Sendas

brought to you by: Las Sendas Area Market Report

KOR PROPERTIES

Sales for the Month of April 2025

Address	Square Feet	Community	Sold Price
2955 N Brighton	1,700	Desert Creek	\$462,000
2927 N Augustine	1,800	Desert Creek	\$483,900
2955 N Augustine	1,769	Desert Creek	\$505,400
3055 N Red Mountain #178	1,756	Ironwood Pass	\$525,000
2764 N Sterling St	2,126	Grayfox	\$540,000
3055 N Red Mountain #156	1,571	Ironwood Pass	\$580,000
7445 E Eagle Crest Dr #1081	1,762	Cachet	\$595,000
6822 E Portia St	2,475	Vintage Hills	\$610,000
3318 N Brighton	2,150	Tapestry Mountain	\$635,000
7414 E Oasis St	2,450	Silverhawke	\$655,000
3749 N Ladera Cir	2,352	Echo Canyon	\$700,000
3650 N Barron	2,731	Highlands	\$750,000
7358 E Red Hawk St	2,757	Boulder Mountain	\$755,000
6916 E Quince St	2,206	Sanctuary	\$760,000
4065 N Silver Ridge Cir	3,017	Legacy Hills	\$1,000,000
6907 E Teton Cir	4,300	Sonoran Hills Estates	\$1,155,000
7130 E Saddleback St #50	3,715	Golf Colony	\$1,450,000
3461 N Ladera Cir	3,456	Rock Canyon	\$1,550,000
7260 E Eagle Crest Dr #10	5,526	Black Rock	\$2,150,000
3257 N Piedra Cir	6,205	Rock Canyon	\$2,300,000
4335 N Morning Dove Cir	4,635	Hidden Canyon	\$2,675,000

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

Real Estate

In NE Mesa

brought to you by: NE Mesa Area Market Report

KOR PROPERTIES

Sales over \$865,000 for the Month of April 2025

Address	Square Feet	Community	Sold Price
6026 E Vermillion Cir	3,046	Red Mountain Ranch	\$870,000
2344 N Raven	3,116	Saguaro View Estates	\$875,000
5345 E McLellan Rd #98	3,005	Alta Mesa Estates	\$875,000
2020 E Norwood St	2,876	Groves of Hermosa Vista	\$876,875
3522 E Fountain St	3,404	Groves	\$887,000
8537 E Leland St	3,471	Mountain Bridge	\$900,000
8320 E Quill St	2,887	County Island	\$920,000
8052 E McDowell Rd	3,100	County Island	\$925,000
9331 E McLellan Rd	3,158	County Island	\$989,000
8446 E Laurel St	2,690	Mountain Bridge	\$1,025,000
8443 E Jensen St	3,360	Mountain Bridge	\$1,050,000
3355 E Jaeger Cir	3,833	Arboleda	\$1,100,000
4135 E Hale Cir	4,346	Estate Groves	\$1,150,000
5812 E Sanford St	2,357	Reserve at Red Rock	\$1,200,000
3527 E Indigo Cir	4,286	Arboleda	\$1,245,000
3326 E Ivyglen Cir	4,286	Arboleda	\$1,267,500
3520 E Pearl Cir	4,839	Montana Dorada	\$1,300,000
1655 N 92nd St	4,034	County Island	\$1,350,655
6827 E Ivyglen St	5,054	Annecy	\$1,599,999
2330 N Channing	4,062	Hermosa Estates	\$1,600,000
8147 E Redberry	3,733	County Island	\$1,725,000
1440 N 40th St #4	6,030	Centre Court	\$1,800,000
3756 E Mallory St	5,416	El Camino Dolce	\$1,900,000
2317 N Steele Cir	3,719	Mountain Bridge	\$1,900,000
2455 N Maple	7,105	Vista Estancia	\$2,000,000
3702 E Brown Rd	10,522	Oasis Citrus Groves	\$3,100,000
3818 E Brown Rd	8,460	Oasis Citrus Groves	\$3,460,000

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

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7357 E. Rochelle Circle \$1,185,000
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4066 E. Grandview St. \$1,145,000
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Red Mtn. Views



6912 E. Quill St. \$759,000
Turnkey Residence in Sanctuary

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6948 E. Quill St. \$745,000
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3881 E. Galveston - Gilbert \$575,000
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3313 N. 87th Street - Mesa \$399,999
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753 N. Port \$345,000
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Submitted by Okun Dentistry

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If you or your teen have been putting off wisdom teeth removal, now is the ideal time. Removing wisdom teeth can help prevent crowding, infections, jaw pain, and other dental issues that often arise as these third molars try to squeeze into place. And with summer break underway, there’s plenty of time for a smooth, stress-free recovery.

WHY CHOOSE OKUN DENTISTRY FOR YOUR ORAL SURGERY?

Dr. Cynthia Colson and the experienced team at Okun Dentistry provide gentle, expert care in a warm and welcoming environment. Our practice specializes in wisdom teeth extractions using advanced techniques that prioritize comfort, safety, and fast healing. We understand that surgery can be intimidating, so we make it a priority to explain every step and ensure your peace of mind.

Dr. Cynthia Colson grew up in the Metro area, attending Camelback High School and ASU. She graduated from the University of Kentucky Dental School and completed her residency at Long Island Jewish Hospital in Long Island, New York.

She also attended an anesthesia fellowship program at the University of Illinois at Chicago and has traveled with

Dr. Cynthia Colson

Healing the Children, a non-profit organization, to Bucaramanga, Colombia, where she treated patients with cleft lip and palate deformities.

Whether your teen is getting ready for college or you’ve been meaning to get those wisdom teeth out for yourself, this is your opportunity to save money and prevent future dental issues.

Appointments are filling fast, so call us today to schedule your consultation and take advantage of this summer offer. Your future smile will thank you! ■

For more information on Okun Dentistry Mesa, call (480) 396-8684, or visit the website at okudentistry.com. The office is located at 7448 E. Main St. in Mesa. Let your smile shine all summer long!

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LASER VIDEO



DISCOVER ARIZONA

Treat Dad to a Baseball Game FOR FATHER’S DAY

By Kimberly Alvarado

TAKE HIM OUT TO THE BALLGAME

This month, skip the usual gifts and give Dad an unforgettable day at an Arizona Diamondbacks game. No need to travel far – just head to Chase Field for a classic ballpark experience. Everyone attending is in for a treat, with a day filled with great plays, stadium snacks, and quality time spent together.

What’s great about baseball? It’s more than just a sport; it’s a tradition. The game has served as a bridge between generations for long, long, well – for generations. Fathers often pass down their love of the game to their children through stories of legendary players and unforgettable moments. Grabbing a game on Father’s Day can be a way to honor this tradition, while celebrating the love of the game.

THE HOME TEAM

The Arizona Diamondbacks have been a staple to Phoenix, Ariz. since 1998. As of

the 2025 season, the team has maintained a competitive stance in the league, with a 19-18 record. Recent standout victories against teams like the New York Mets and Philadelphia Phillies have showcased their ability to bounce back and deliver thrilling games.

Before you ask your dad to reveal favorite baseball players and moments from his past, remind him of the talent-filled Diamondback roster, which includes players who have made significant contributions to the team’s recent success. Corbin Carroll, the team’s right fielder, has been a standout performer with a .297 batting average, 11 home runs, and 28 RBIs. Eugenio Suárez, playing third base, has also been a key player, contributing 10 home runs and 23 RBIs. Pitcher, Zac Gallen, has delivered crucial wins as well as many other players who have notable strengths, making them fan favorites.

This month, take the perfect opportunity to bond over America’s favorite pastime and create some new memories with Dad. This season is packed with exciting matchups, featuring both home and away games. Key games ahead could determine the team’s chances to make the playoffs. Wouldn’t it be great to be part of history in-the-making? ■

On Father’s Day, our very own Arizona Diamondbacks take on the San Diego Padres at Chase Field at 1:10 p.m. Be sure to check schedules online for alternative home games this month, and all summer long. It’s baseball season – celebrate!



SPIRITUALITY



By Judy A. Knox, Charis Christian Church

A large crowd followed Jesus as He preached near the shore of the Sea of Galilee. “We want to perform God’s works,” they said. “What should we do?” Jesus told them, “Believe in the One He has sent.”

They answered, “Show us a miraculous sign if You want us to believe in You. What can You do? After all, our ancestors ate manna while they journeyed through the wilderness! The Scriptures say that Moses gave them bread from heaven to eat.”

The day before, they had watched Jesus, with only five loaves of bread and two fish, feed more than five thousand people, and there were 12 baskets full of leftovers. They had followed Him to the other side of the sea. Now they were asking Him for a sign. Just in case He didn’t get what they had in mind they reminded Him (hint, hint) that Moses gave their fathers manna to eat in the desert!

As Jesus pointed out, they even got that wrong. It was God, not Moses, who had provided the manna. These people were not truly looking for a sign to prove the spiritual reality of who Jesus was. They were hoping for another free meal! Jesus told them He was the true bread come down from heaven, but they could only

understand bread in the physical sense and could not perceive the truth of what He was telling them.

Before becoming too critical of these people’s short-sightedness, we should examine our own hearts. When we go before God, do we seek provision for our daily needs, or a relationship with God our Provider? Are we looking for healing, or quality time with God the Healer? Are we looking for peace in our lives, or do we truly desire to know the Prince of Peace?

It is easy to let our prayers become a grocery list of wants and wishes instead of an opportunity to enjoy the presence of God. The Creator of the universe invites us to enjoy intimate fellowship with Him, but sometimes we are more focused on what we want Him to do for us. Just like the people in Jesus’ day, we seek after the gifts instead of the Giver. And yet, He who does not look upon the outward appearance but looks upon our heart assures us that when we seek His Kingdom and His righteousness first, everything we need will be added to us (John 6:33). ■

If you would like to hear good Bible teaching that emphasizes the importance of having a relationship with God, come visit us at Charis Christian Church, 4811 E. Julep St., Suite 101, in Mesa.

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Sat. June 7	4PM	Dave Clark
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Weds. June 11	2PM	Pete Pancrazi
Fri. June 13	2PM	Ian Eric
Sat. June 14	4PM	Scott Hallock
Sun. June 15	10AM	Eric Miller
Weds. June 18	2PM	Ian Eric
Fri. June 20	2PM	Dave Clark
Sat. June 21	4PM	Kristy Dee Swan
Sun. June 22	10AM	Eric Miller
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LOCAL BUSINESS

Xoxo Charcuterie Mesa is a
one stop solution for great events

Submitted by Xoxo Charcuterie Mesa

Xoxo Charcuterie Mesa is your one stop solution to hosting great events of all kinds.

With Father's Day and July 4th coming up soon, a board from Xoxo can take your get-togethers to a whole new level. With all ingredients being cool and fresh, the fruits and vegetables on the boards are the perfect complement to the Arizona heat.

If you plan to attend graduation parties in June, a charcuterie board would make a very special gift for the host and hostess, as well as the graduate. If you are hosting the party, surprise the graduate with a unique assortment of their favorites.

To keep the boards cool for outdoor gatherings, keep them in the shade, of course, but also rest them on a bed of ice with plastic under them to prevent water from seeping into the wood board. That way you can slowly enjoy them on the patio during a cookout.

The boards have an artistic flair and are beautiful as well as delicious; they make gatherings special. The boards are made-to-order, with all ingredients hand sliced on site. The ingredients are individually hand-picked to assure freshness and quality with emphasis on seasonal availability.

Xoxo Charcuterie Mesa has several offerings beyond the traditional charcuterie board, such as fruit boards, crudites, sandwich boards, dessert boards, and more. A visit to the website is a must to truly understand the variety of offerings available to enhance your next event.

Ordering is easy and convenient through the website with pick-up or

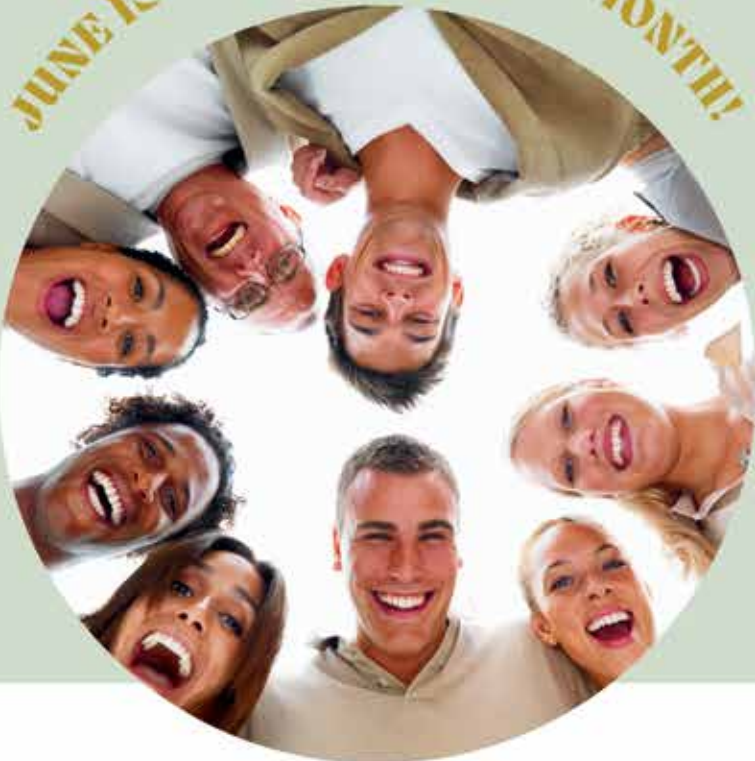


delivery, and Xoxo Charcuterie Mesa will happily walk through their offerings with you to find the right fit for your event and vision. Call or text (480) 331-9861 for a consultation.


A unique offering of Xoxo Charcuterie Mesa is their workshop. The workshop is a 45-minute guided class that guides you in building your own creation. Classes can be held at their store or at the location of your choosing. The workshops provide great gatherings with friends or a fun team-building experience. ■


Xoxo Charcuterie Mesa is located at 2823 N. Power Road, Suite 105, in Mesa. They offer pick-up or delivery by appointment. Visit their website at xoxocharcuterie.com. Follow them on Instagram @xoxo.charcuterie.mesa.

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Over 50 Up Close

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HEALTH

Over 50

When is the Right Time to Sign Up for Medicare?

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

One of the biggest challenges in facing retirement is medical insurance.



Retirement is a wonderful time to do the things you have always wanted to do. Travel, spend more time with family and friends, and even take up new hobbies and interests.

But it is also a time where income and expenses need to be managed more closely, and planning is essential to an enjoyable life.

Medicare is a wonderful option for most people and allows retirees to get the health care they need. However, everyone has a unique scenario.

I recently met with a gentleman who was turning 65 and had enrolled in Medicare. We talked about what type of secondary coverage would fit his needs, and he picked a supplement plan. However, about two weeks later he called me to apologize because he found he could

stay on his wife's employer insurance and save the cost of Medicare part B and the supplement. He had assumed he had to enroll in Medicare when he turned 65.

This led me to wonder how many people also may be unclear about this. The rule with Medicare is that if you have credible coverage from an employer or a spouse's employer, you can delay enrollment without penalty until you lose that coverage.

Either you or your spouse must be employed and receiving coverage to be covered by this exception. There are many rules and exceptions when it comes to Medicare.

Please feel free to reach out to me with any questions. I am happy to help you work through your unique situation and find the solution that works best for you.

Please remember, you can make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

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

SPIRITUALITY

Over 50

Bethlehem Lutheran Church hosts Quilter Ministry

Submitted by **Arlene Jacobsen**

My name is Arlene Jacobsen. I am a co-chair, along with Kim Vogt, of the Bethlehem Lutheran Church Quilter Ministry.

I've been a member for 10 years. When I joined, there were five women, most of whom were winter visitors. At that time, we quilted from October through April. Now we have nine members, and we quilt year-round! We meet every Tuesday from nine in the morning until noon.

Our women provide names of needy families they have adopted for Christmas. We provide a quilt for each family member. We also donate quilts to Sunshine Acres

Children's Home, Lutheran Social Services, and the Child Crisis Center.

In order to make the quilts, we depend on private donations and proceeds from our twice-per-year quilt sales. This helps us buy batting, thread, and other materials.

Quilting, for us, is a labor of love, which allows us to provide much needed help to as many as possible.

Blessings. ■

Bethlehem Lutheran Church is located at 2745 N. 32nd St. in Mesa. For more information, call (480) 599-4147, visit blcmesa.org, or email pastorbrian@blcmesa.org. "We are a home to share God's love and grace."



ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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

Call me today for help navigating Annual Enrollment this year!

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

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.

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LOCAL BUSINESS

FRANK'S LANDSCAPE DESIGNS OFFERS WATER SMART PLANS

By Frank Weinberg, Landscape Designer
Landscape Designer, Frank Weinberg, with his independent landscape design company, offers water smart plans with affordable prices, exclusively in the Mesa area.

With more than 52 years of experience, Frank has seen it all. He was an educator, a consultant, a company man, and is a friend to Mesa.

A landscape designer, in the eyes of Frank, tries to bring out the exterior of your home to meet the wishes and needs of the homeowner. This is also paired with a reasonable budget for the installation of such landscape and hardscape, as well as a focus on being water smart. It means designing something that will enhance your home economically and bring pleasure in living in your created environment.

With Frank's landscape designs, you will get a very dedicated and individualized experience. Frank does the designing right on location, with measuring wheel, pencil, and large paper.

He looks at the neighborhood of the home, in order to inspire a design that will not feel out of place and gives a great look.

The needs of the homeowner will also be integrated into the plan – a play area for younger couples raising children, a location for outdoor cooking, a pool/spa, even areas for plants and trees. These are just a few elements Frank can design for you.

Xeriscaping is a popular term used for low-water usage of yards. Frank can do this too. He can design with drought-resistant plants and help eliminate areas of grass lawns and replace them with artificial turf, which is an excellent option for homeowners looking to reduce their water usage, thus reducing water bills.

As a designer, Frank does not provide designs or suggestions based on what he wants to sell. He is a one-man band that creates personalized designs in which homeowners can then bid out to landscape construction companies for the installation.

This way you are in control of choice of installers. Remember to plan with a smart plan. ■

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



FINANCES

Questions to Ask Your FINANCIAL ADVISOR

Submitted by Linda Drake, Edward Jones Financial Advisor

You should always be able to ask as many questions as you'd like when working with your financial advisor. So, before your annual review, think carefully about what you'd like to ask.

Here are a few suggestions:

- First, ask if your goals are still realistic. For example, are you still on track toward retiring at a particular age? If not, you may need to adjust your investment strategy.
- Also, if you find yourself feeling nervous or uncomfortable about your investment results, you might want to ask if your investment mix is still appropriate for your risk tolerance. Maybe it's time to rebalance your portfolio.
- Here's another possible question: Ask if changes in your life — such as marriage, remarriage, loss of a spouse, new children or grandchildren — will affect the way you invest or the goals you've set.
- Finally, ask how you should respond to external changes such as higher interest rates, stock market fluctuations, or changes in tax laws.

A financial professional can provide you with valuable guidance — so take advantage of it by asking the right questions. ■

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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LOCAL BUSINESS

Falcon Field requires driver training for airfield vehicles

By Mark Moran

Mesa's historic Falcon Field Airport has launched a program designed to minimize the potential for accidents between passenger vehicles on the tarmacs and airplanes traveling on the taxiways.

Despite how it might look if you've ever been over to watch planes taking off and landing from one of two observation areas just below the tower, and notice the fuel trucks, support vehicles, and passenger cars buzzing around, know that there is some rhyme and reason to what vehicles are allowed on the airfield, who can be driving them, where they can travel, and when. The airport is ramping up the guidelines still further.

Falcon Field's new Airfield Driver Training Program will teach 2,000 tenants, contractors, sub-tenants, and other employees the critical skills necessary to keep the airport operating safely and efficiently.

"This program represents our dedication to continuous improvement and our responsibility to the community we serve. It underscores our commitment to foster a safe and secure environment for all airport users," said Airport Director Corinne Nystrom.

Corinne added Falcon Field is voluntarily taking advantage of the program, which was designed by the Federal Aviation Administration. The program is designed to ensure people driving on the airfield help the driver to see and hear what is happening when airplanes are taxiing, taking off, and landing on one of the airports two runways.



"By proactively addressing potential risks like runway incursions, this program helps ensure that everyone accessing the airfield is well-prepared to operate safely and efficiently," Airport Projects and Operations Manager Mark Gibbs said. "It's a vital step in preserving Falcon Field Airport's reputation for excellence and safety, while reinforcing our dedication to the operational integrity of the airfield."

Access credentials are only granted to people with a legitimate need to be on the airfield. Falcon Field employees will be the first group of drivers to take the course.

They will learn the importance of paying attention to signage on the airfield, knowing where helicopter landing and takeoff areas are, runway edges and centerline mark-

ings, and what to do if the standard airfield lights fail, among a host of other critical things, according to the FAA's *Guide to Ground Vehicle Operations*.

Airfield drivers are required to take the course annually. The Airfield Driver Training Program fits with Falcon Field's larger, community-oriented *Fly Friendly* voluntary noise abatement initiative.

In addition to promoting safety, the driver safety and education program seeks to ease noise-related concerns for surrounding communities and foster a stronger, positive connection between the aviation community and local area citizens. ■

For more information, visit falconfieldairport.com.

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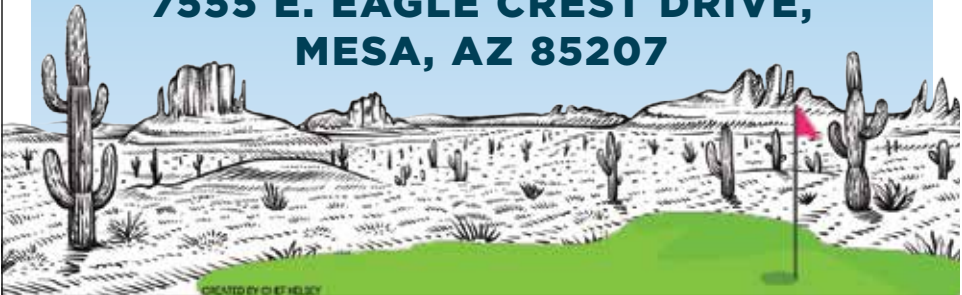
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Guacamole & Chips **\$10**
Homemade Chicken
Tenders & Fries **\$10**
Nachos **\$10**

DRINKS

Conundrum Red Blend,
Conundrum White Blend,
or Daou Rose **\$7.25 (6 oz)**
\$9.75 (9 oz)
\$2.00 OFF 14 oz. Draft Beer
Watermelon Mocktail **\$5.50**
Fresh Watermelon
Margaritas **\$7.00**
Red Sangria **\$8.00**

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\$79
PER PERSON*

INCLUDES

- 6 Hour Access to Venue
- Setup and Take Down of Ceremony and Reception
- Day of Wedding Vendor Coordinator
- Access to Bridal Get-Ready Room
- Serenity Garden Ceremony:
Including Lemonade and Water Station
- Unity Table, Registration Table,
Gift Table, Sign In Table
- Pavilion Reception:
Including Tables, Padded Chairs,
Head Table or Sweethearts
Table. with Black, White or Ivory
House Linen, Choice of In-House
Centerpieces
- 15x15 Dance Floor
- Choice of Two Tray Passed
Hors D'oeuvres, Plated Dinner
(Summer Menu Provided)
- Champagne Toast - Cheers!
- Up To 100 Guests

*A 24% Service Charge and Applicable Sales Tax Will be Added to All Pricing. Some Restrictions Apply.