

Las Sendas Up Close

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October 2025

Milano's Pizzeria Celebrates a FLAVORFUL ANNIVERSARY



By Kimberly Alvarado

For nearly a quarter of a century, Milano's Pizzeria has been a beloved neighborhood staple—where the bold flavors of Italy meet the sun-kissed spirit of Greece. This cozy, family-friendly spot has been serving up fresh, flavorful dishes that transport diners straight to the Mediterranean, no passport required.

Tucked into the heart of the community, Milano's is more than just a pizzeria—it's a celebration of culinary heritage. From hand-tossed pizzas and creamy pastas to Blazin' Saganaki and lemony hummus platters, every bite is crafted with care and authenticity. Imported olives, olive oils, and sauces elevate each dish, making it clear that quality is at the heart of everything they do.

The atmosphere is clean and welcoming, perfect for families looking to share a meal, laugh a little, and linger long after dessert. And when the weekend rolls around, Milano's turns up the charm with live music every Saturday evening. From October through May, guests can enjoy entertainment from 6 to 8 p.m., adding a festive flair to their dining experience.

Lunch at Milano's is a treat, with a wide variety of options starting at just \$9. Whether you're craving a classic slice, a crisp salad, or one of their popular Mediterranean bowls, there's something to satisfy every appetite.

Looking to unwind after a long day? The bar at Milano's offers a vibrant happy hour that goes beyond the ordinary. Indulge in jalapeño ravioli, a savory meatball trio, hummus, or gyro fries—all paired with craft cocktails and imported wines. It's the perfect setting to catch up with friends or bring the whole crew for a flavorful night out.

"And for sports fans, Milano's has you covered," says owner Mike Bipar. "With NFL season in full swing, it's the ideal spot to catch the game with friends. Enjoy \$3 draft beers during the action and cheer on your team in a lively, welcoming environment."

As Milano's Pizzeria celebrates its 24th anniversary, it's clear that this local gem isn't just about great food, it's about community, connection, and creating memories around the table. Whether you're a long-time regular or a first-time visitor, there's never been a better time to stop by and taste the tradition.

Here's to 24 years of flavor—and many more to come! ■

Milano's Pizzeria is located at 4545 E. McKellips Road, Suite 103, in Mesa. For more information, call (480) 325-1600 or visit milanospizzamesa.com.



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FOR MORE THAN THREE AND A HALF DECADES, SELF DEVELOPMENT PRESCHOOL HAS COMBINED TRADITION AND INNOVATION TO PREPARE CHILDREN FOR LIFELONG LEARNING

By Dr. Anjum Majeed, Self Development Academy

In the world of early childhood education, there are many preschools, but few that become true institutions. Self Development Preschool (SDP), established in Mesa in 1988, is one of those rare places where teachers remain for decades, families return generation after generation, and children grow in an environment that is as joyful as it is enriching. With a remarkably high teacher retention rate and a curriculum designed to spark curiosity, creativity, and resilience, the school has become a trusted home for learning that lasts a lifetime.

A CULTURE OF STABILITY AND CARE

What makes this preschool so unique is the stability it offers. Teachers here don't just see their work as a job—they see it as a calling. Many have stayed long enough to watch their students' children walk through the doors.

As one longtime teacher shared, "When you teach in a place where your colleagues feel like family and your students feel like your own, leaving is not in your mind." This sense of commitment is rare, but it builds a culture of trust and continuity that reassures both parents and children.



A CURRICULUM THAT CONNECTS THE DOTS

At the heart of the school's philosophy is a curriculum that is both vertically and horizontally aligned. This means children revisit important concepts over time while also experiencing how different subjects connect.

From learning the principles of heavy and light, sink and float, to exploring color and emotion through the paintings of Van Gogh, every activity builds on the last. Children move seamlessly from music and movement into math and geometry, from art into science, always discovering how ideas weave together.

Parents notice the difference. One mother, now a grandmother, explained, "My son came here, and now my grandson is here. The curriculum hasn't stayed the same; it has grown richer, deeper, and more exciting. The values are the same. That's why families like ours keep coming back."

MUSIC, MOVEMENT, AND THE ARTS

Children are naturally curious, and SDP channels that curiosity through music, movement, and art. The sounds of classical music fill the classrooms during nap time, while children explore rhythm, melody, and dance during physical activity. In the art gallery, they study the works of master artists, sparking not only creativity but also cultural appreciation.

As one parent described, "My son came home talking about Van Gogh as if he were an old friend. The way the school connects art to feelings and imagination is incredible."

THE STEM ROOM: A LABORATORY FOR DISCOVERY

In the STEM room, learning becomes hands-on. Children experiment with simple machines, test out levers and pulleys, explore early geometry, and discover mathematical



patterns through play. It's a space where children are encouraged to ask, "what if" and to learn by trial and error—an essential step in building problem-solving skills and confidence.

THE LITERACY IMMERSION ROOM: STORIES THAT TEACH LIFE LESSONS

One of the most magical features of the school is its literacy immersion room, located in the elementary school next door and open to children ages three through eight. The room is unlike any other—it transforms with changing backdrops that bring classical tales and folktales to life.

Currently, the space is themed around *Where the Wild Things Are* and *The Stone Soup*. Children don crowns and act out Maurice Sendak's story, learning about imagination, emotions, and resilience as they journey with Max and then return "home" again. In the *Stone Soup* setting, they gather around a symbolic pot, role-play as villagers, and discuss themes of cooperation, generosity, and community strength.

These experiences go beyond literacy. They teach resilience—the ability to face challenges, work together, and find solutions. "The story comes alive for them," a teacher noted. "They aren't just reading about resilience; they're practicing it."

A TRADITION THAT SPANS GENERATIONS

Perhaps the most powerful testament to the school's impact is the way families return. Parents who once learned here now bring their children, creating a legacy of trust. This generational commitment has built something that few schools can claim: a community with roots, loyalty, and pride.

"When I walk my son into the same halls where I once sang songs and painted pictures, it feels like coming home," one parent said with a smile. ■



For more information, call Self Development Preschool at (480) 396-3522 and Self Development Academy at (480) 641-2640.



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LOCAL BUSINESS

Accumulated Experiences

By **Tim Beaubien, Hava Java Mesa**

No matter how hard we try to deny it, we are a product of our accumulated experiences.

This summer I have been going back to Michigan every month to finish a long-term project. We have had a new tack room on the list of things to finish for a couple of years now and I finally said, it's time to get this one off the list. It's been in the in the stud wall stages for about three years, so this was the summer to finish it and give the boarders a proper place for their horse tack.

To date I have done all the hands-on work at the farm. From fence post, new stalls to wash racks, and electrical, it's been me. For almost 10 years now. I don't consider myself a carpenter or even all that smart. I'm more of a measure once and cut twice carpenter. Sometimes I cut it twice and it's still too short. But if I study something long enough, I can figure it out.

So, when I started to build the new lockers for the tack room, it took about a full day of sketching and thinking. I bought the amount of wood I figured on and had just (3) 2 x 4's left over. Just as calculated. Then my daughter says to me, "It always amazes me how you can get it so close." Then it hit me, I am a product of my lifelong experiences.

A quick history lesson. I left my family business back in 1984. I felt stagnant. So, I took a job with a new start-up company called Knight Industries. I knew the owner for many years, and he left his family business as well to start his own business. I was his first shop employee, a welder fabricator. I worked for Jim and his partner Mike for 28 years.

It did not always seem like it but looking back, this was some of the best times of my life and some of the most informative. They refined my shop skills, and I watched and learned everything I could about business. I apply these same skills and lessons today at Hava Java today.



Barb and Tim Beaubien

I remember a job that Jim gave me. He had purchased a new CNC Strippit machine. This was a several hundred-thousand-dollar machine. It was so big that it needed its own cement foundation poured with a custom steel mounting structure that had multiple anchor points. Once this structure was set in the foundation and cement poured around it, it better be correct.

You see you only had one shot and had to be right. I tack welded the structure and went to it to ask Jim to check it with me before fully welding it. He looked at me and said, "No. This is what I pay you for. Make sure it's right." You have to understand, Jim always had an open door to ask any question you had. But he was telling me that he had confidence in me. However, "Did I sweat when the riggers placed that machine on its new foundation?" You bet I did! But it lined up perfectly.

I later became a division manager for now Knight Global. It is now one of the largest companies in its field. A multi-million-dollar company. I like to think that I was a small part of it. And the lessons I learned over those 28 years are irreplaceable. They made me the person that I am.

Of course there are many other examples of lessons along the way. I've always had friends that were much smarter than me. I learned from each and every one of them.

I stated in last month's article that if you're lucky you will work with the absolute best in a field. I have been blessed many times this way, and Jim and Mike are just one example of the best.

So, this month's thought is you may think that your current experiences are not getting you anywhere... but trust me. All the stuff you go through will add up, and if you let them, they will make you a better person. It just takes time. ■

Please like and follow us on our new Facebook page – Hava Java Mesa-Beans, Beer, Wine, Music.

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EVENT

Red Mountain United Methodist Church will host a PUMPKIN PATCH

Submitted by Red Mountain United Methodist Church

Red Mountain United Methodist Church will host a pumpkin patch from Oct. 17 to Oct. 31 at 2936 N. Power Road in Mesa, at the east parking lot.

The pumpkin patch will be open Monday to Friday from 11:30 a.m. to 7 p.m., and Saturday and Sunday from 10 a.m. to 6 p.m.

Choose your pumpkin from a wide selection of shapes and sizes that are perfect for decorating, carving, and baking. Price will be based on size of your pumpkin.

An adventure for all ages – come to the east front parking lot of Red Mountain United Methodist Church to enjoy a relaxed, friendly environment for finding the perfect pumpkin. See you there – get ready for October fun! ■

For more information, visit RedmountainUMC.com.




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EVENT

Local Church to host **HOLIDAY BOUTIQUE**

Submitted by Red Mountain United Methodist Church

Red Mountain United Methodist Church presents the 20th annual Holiday Boutique on Friday, Nov. 7 and Saturday, Nov. 8 from 8 a.m. to 3 p.m., at 2936 North Power Road, in Mesa.

The Red Mountain Crafters have been working throughout the year to bring you brand new and returning quality items, all handmade, that have made this one of the most successful boutiques in East Mesa.

Displays include useful items for the house, including quilts, placemats, table runners, hot pads, towels, and microwave bowl holders, wreaths, wall hangings, florals, gourd art, and wood crafts.

Handmade jewelry, greeting cards, and unique art projects are featured throughout. Our children's area features baby clothing, toys, stuffed animals, and cloth books. Our *furry friends* have their own section too, including toys, leashes, and beds.

As an added treat, the Red Mountain United Women of Faith will be hosting their annual bake sale. And on your way in or out, browse their large selection of used puzzles.

The Red Mountain Crafters donate their time, talents, and supplies. Proceeds from the Holiday Boutique are dedicated to children and youth ministries. Please join us for this special annual event! ■

For more information, visit RedmountainUMC.com.



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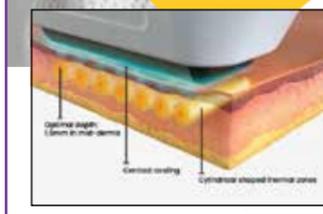
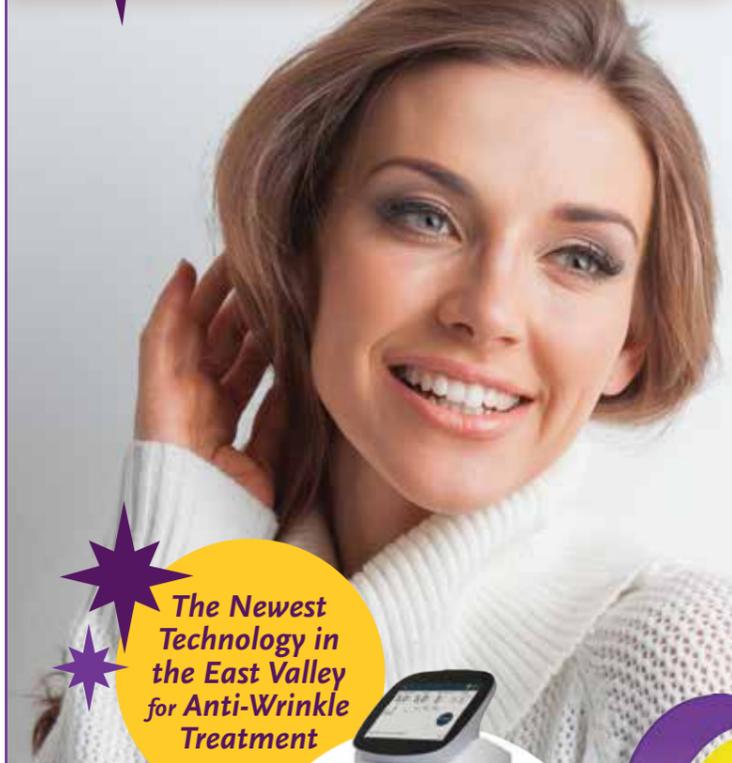
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LOCAL BUSINESS

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Submitted by *The Exercise Coach*®

WHAT DO WE WANT FROM EXERCISE?

For many years the idea of exercise has been shaped around the notion that if we just “get moving” we can burn calories, improve cardiovascular health, and tone muscles.

The prescription has been the same for decades: eat less, move more, and exercise for at least 45 to 60 minutes four to seven days a week. There’s just one problem – it doesn’t work!

If you gauge the effectiveness of these recommendations by seeing people exercise more than ever before, and our nation’s obsession with dieting is greater than ever before, with \$2.6 billion dollars per year spent by Americans on gym memberships and personal training, the bottom line is: obesity, type II diabetes, and inflammatory-related conditions, remain.

DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING A DIFFERENT RESULT

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- Our body’s ability to deal with inflammation
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With the shift to cooler days and longer evenings, The Pro Shop announces the arrival of our latest collection of apparel to suit the season. Browse top brands like Vuori, Maui Jim, Johnnie-O, and Adidas. Whether you're an avid golfer or simply seeking comfort and style for everyday activities, our shelves are stocked with fresh selections designed to embrace fall.

This season, leisure wear takes center stage with our new arrivals. Discover soft, warm pullovers, stylish jackets, and eye and footwear that transition effortlessly from brisk mornings on the course to relaxing afternoons at home. The newest selections bridge classic golf looks with modern comfort, making every piece a staple for the cooler months ahead. Whether you frequent the course or simply want to refresh your wardrobe, the relaxed leisure wear selections make The Pro Shop your destination for quality, style, and comfort.

GET READY FOR THE HOLIDAYS

The holidays are just around the corner, and there's no better time to plan thoughtful gestures for friends, family, and colleagues. At The Pro Shop, we make gifting effortless with our selection of gift cards — perfect for any recipient and customizable to any amount.

THE PATIO & GRILLE

Live music returns each Friday, beginning Oct. 3, at The Patio & Grille.

THE VISTAS PAVILION

"Fall is coming our way, and we are celebrating the season with a Prisoner Wine Dinner on Halloween Night starting at 6 p.m. We are curating a specialized menu just for the occasion. Reservations are now available for booking. Call (480) 396-4000 ext. 222 or send me an email at cshaw@lassendas.com," said Events and Catering Director, Carla Shaw.

WINE CLUB

It's time to start thinking about the holidays and getting prepared to entertain family and friends. Stock up on one of the biggest essentials — wine. Our *Stock Your Cellar* event is on Saturday, Nov. 8, from 2 to 4 p.m. — (Early Access for **Wine Club Members** is at 1 p.m.)

What is the Wine Club? Red or white? Sweet or dry? Cabernet Sauvignon or Merlot? Wine enthusiasts face many tough decisions, but deciding to join our Wine Club is easy. If you regularly attend Las Sendas Golf Club's wine dinners and want *wholesale plus 5 percent*

pricing on wine bottle purchases, then this program is for you! Wine Club members gain access to multiple benefits, including:

- **Wholesale plus 5 percent pricing on wine purchases:** That's right, just tell us what wine you're looking to purchase. We'll check with our distributors and add 5 percent to our wholesale cost. That means huge savings compared to online, grocery, or restaurant prices. (Please note that wine purchases must be for personal/at-home use.)
- **10 percent discount is available at wine dinners:** You'll receive a 10 percent discount on your admission to Las Sendas Golf Club's wine dinners. If you and your spouse attend all nine wine dinners per year, you'll save \$225!
- **Special reservation opportunities:** Be the first to make reservations for wine dinners, Easter brunch, Mother's Day brunch, and other popular events at The Vistas Pavilion.
- **Early access to "Stock Your Cellar" events:** Enjoy early admittance and stock up on top wines at exceptional pricing before non-members arrive. Join today by calling (480) 396-4000 ext. 222 or by email at cshaw@lassendas.com. ■



Las Sendas GOLF CLUB

Share your love for the game with the people you love most with **The Yearly Family Pass!**



CONTACT: Wayne McBean
(480) 396-4000 Ext. 201
wmcbean@lassendas.com

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2025 Golf Membership Options

Yearly Family Pass

\$3,000 Unlimited Family Golf (with restrictions)

November thru April after 3:00pm, May thru October after 12:00pm
Includes Spouse, 2 kids under 18, carts, range and golf

Non Refundable Membership

\$30,000 Initiation Fee + Yearly Dues

1 Year Trial Membership

\$5,000 Initiation Fee + Yearly Dues

(Fully transferable towards non-refundable)

Junior Membership

Under age 45

\$10,000 Initiation Fee + Yearly Dues

(2k yearly towards non-refundable until 30k is paid or Age 50)

Proxy Membership

\$220/Month + Yearly Dues

(2 Year Commitment) Deposit Required (Limited Availability)

Social Membership

\$2,000 Initiation Fee + Yearly Fee of \$1,200

Receive 8 Winter golf Passes, 8 Summer Passes, 10% OFF Pro Shop & Restaurants

New Range Pass

\$1,200 Unlimited Range Only

(Can be added to Social Membership or Family Pass)

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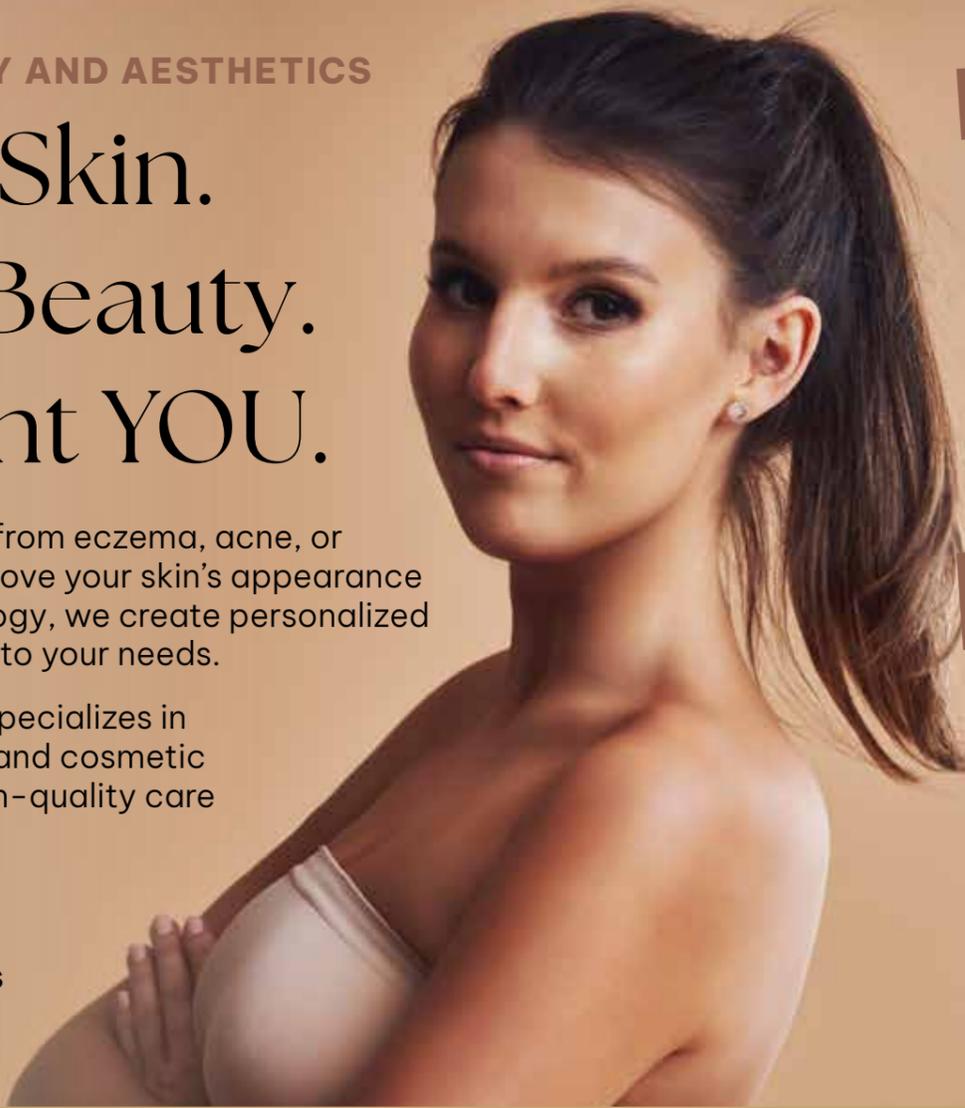
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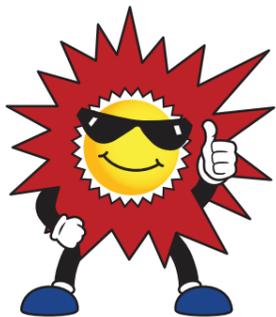


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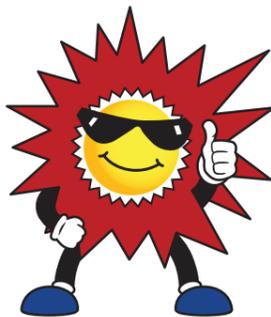
A/C
Blowing
Hot Air?



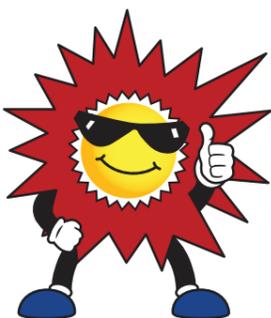
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REAL ESTATE

Thinking About Going Solar?

SOME THINGS YOU NEED TO KNOW

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



I'm currently helping a family sell their late father's home, which has a 24-year solar lease. The gentleman was 90 when the solar company sold him a 25-year lease, which in my opinion, should be illegal and is certainly unethical. He passed away just a few months later. Selling a home with a solar lease can be complicated, and situations like this make it even more challenging. That's why I wanted to share some key information about solar and solar leases.

WHY SOLAR CAN BE A GOOD THING BETTER FOR THE ENVIRONMENT

Arizona has more sunny days than almost anywhere, making us prime candidates for solar. It's renewable, clean energy that doesn't burn fossil fuels or emit greenhouse gases.

SAVES ON UTILITY BILLS

Energy costs keep going up, especially here in Arizona with our growing population and businesses moving in. The cost of your solar system stays the same, so as utility rates rise, your monthly savings grow.

THINGS YOU NEED TO BE AWARE OF MISLEADING INFORMATION

The first thing to remember is that the person who comes to your home is a salesperson working for the solar company. Don't just take their word. Do your own research and meet with at least two or three companies before signing anything.

DOES SOLAR INCREASE YOUR HOME'S VALUE?

Most solar companies will tell you it increases your home's value and refers to surveys claiming at least 4%. I

asked several appraisers how they value solar and if they agreed with that claim. Every one of them said the same thing - NO.

If the system is leased or financed, it adds no value at all. Only fully owned solar is considered, and while that can add a few thousand dollars, it's nowhere near 4%. So don't let "added home value" be a deciding factor. You may get a higher price, but it will be a fraction of what you paid for the system.

SYSTEM SIZE AND YOUR USAGE

I decided to meet with a couple of solar companies and after meeting with the first company, I was ready to sign. Then I met with the second company and realized how different proposals could be, not just in price, but in the type of system and the projected savings. One proposal only covered 40% of my usage while the other covered 80%. Usage estimates even varied by 8%, which made a big difference in both system size and savings.

Always get written proposals from at least two companies so you can compare numbers side by side to decide which is the best system, price, and savings for you.

GET A ROOF INSPECTION

One of the first things to check before installing solar is your roof. While solar companies inspect your roof, their goal is to sell you a system, not point out problems. It's always best to get an independent roof inspection, and most roofing companies will do it for free. The last thing you

want is to discover roof issues after installation and end up paying to remove and reinstall the panels for roof repairs.

OWNED, FINANCED, OR LEASED OWNED

Paying upfront is the best option. You'll save the most money over time, own the system outright, and enjoy a boost in your home's value. This also makes selling your home much easier.

FINANCED

Any remaining balance must be paid off at closing so the solar company can remove the lien on your home. Appraisers don't typically add value for financed solar, but your agent can show that it will be paid at closing, and sometimes an adjustment can be made.

LEASED

The toughest option when selling. Many buyers don't want to take on a lease, especially if there are a lot of years left. If they do, they must qualify with the solar company to assume the lease, which increases their debt-to-income ratio and can even prevent them qualifying for the loan.

If the leasing company goes out of business: You could still be responsible for lease payments if a third party owns the contract, but you lose the service, warranty, and maintenance support, leaving you with the extra costs of maintaining the system.

To summarize - Solar can be a good investment to save on utility bills long term, just be sure you do your research to choose the right system and the right company. ■

If you'd like more information about buying or selling a home with solar, please don't hesitate to contact me.



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Las Sendas
Cul-de-sac Lot - Pool - Views \$750,000
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Remodeled - \$385,000
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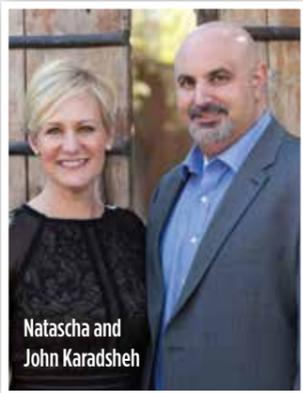
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REAL ESTATE

Real Estate Market Starts to Pivot

By John and Natascha Karadsheb, KOR Properties

The best way to describe the real estate market of the past few months was anemic. Inventory was high, rates were high, and demand was historically low. However, after Labor Day, we felt a significant pivot that will benefit both buyers and sellers.



Natascha and John Karadsheb

In early September, there was strong confidence brewing that the Fed would drop rates and, on Sept. 17, the Fed finally issued their first rate cut of the year. Mortgage rates led the Fed cuts and dropped to year lows. In fact, at the time this article was written, mortgage rates had already dropped half a point. Secondly, inventory also started to come down, not because properties sold, but rather because many sellers removed their homes from the market because they were not selling.

After a long market slump, it definitely feels like we have passed the bottom and things are improving. A few weeks ago, showing values increased and we once again saw multiple offers on several properties. The local *Cromford Market Index* is also showing that real estate confidence has consistently increased week after week since the end of July.



SO, WHAT DOES THIS ALL MEAN FOR BUYERS AND SELLERS?

Right now, we are in a sweet spot for buyers. Buyers can still be aggressive on some properties, and the lower rates are making it possible for buyers to qualify for a bit more house or enjoy a lower payment. If rates continue to drop, even more buyers will come to market, but then there will be less leverage for the buyers in the pool. As this typically works, consumer confidence drives more consumer confidence – and suddenly no one wants to miss out.

Many sellers suffered from fatigue this year as homes took longer to sell and buyers had more negotiation power. However, if you have been trying to sell, don't despair! The rate drop should get more buyers off the fence, expand the pool of active buyers, and get homes moving again. For sellers who dial in their homes and price correctly, there is an even greater opportunity for success. The details definitely matter in this market.

But whether you are buying or selling, the key is to be prepared and ready for the opportunities that are coming your way. While historically in the Phoenix market the back half of the year is not as strong for real estate sales as the first half of the year, it looks like we may buck the curve this year.

We have so many positive indicators that it is only a matter of time before the market heats up again. More millionaires are moving to the Valley of the Sun than to any other market.

Mesa was just ranked one of the top 10 best cities to live in nationwide, and the Phoenix Metro area is among the top 10 cities nationwide for economic growth. The growth is here, the foundation is solid, and the proof is here. ■

Whether you are buying or selling, the key is to be prepared, educated, and ready for the opportunities that are coming your way. We would love to help you build a strategy for success, so call us today for your complimentary consultation at (602) 615-0843. We have decades of experience and insight to answer your questions!

COMMUNITY

Red Mountain Ranch GARAGE SALE COMING SOON

By Cathy Barthel
Photo by David Bender

Mark your calendars – Our most anticipated community event is coming this November. The Red Mountain Ranch Social Club is hosting its annual Garage Sale on Friday and Saturday, Nov. 7 and 8. Shoppers from around the area are welcome to explore the neighborhood and find great bargains!



Residents will find this the perfect way to kick off the holiday season by clearing out closets, decluttering garages, and turning unused items into cash, all while enjoying community fellowship.

Residents of Red Mountain Ranch, Shadow Canyon, and Summit Park can participate in our sale for a nominal participation fee of \$15. This fee includes:

- HOA-approved Garage Sale Event (the ONLY one!)
- Banners at Red Mountain Ranch and Shadow Canyon Entrances
- Signs with QR-coded maps around the neighborhood
- Digital and Social Media Advertising
- Your home listed on Interactive Map (must be registered by Oct. 30 to be on the map)
- Extra Important - includes liability insurance coverage for you and your shoppers

Register online at RMRSC.COM/GARAGE-SALE or click on this QR code. Final registration deadline is Nov. 6 at 1 p.m. Once registered, check your inbox for a confirmation and full instructions from garagesale@rmrsc.com. ■

For any questions regarding the garage sale, please contact Garage Sale Coordinator, Vianey Serna Yurkovich, at (602) 710-0527.

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Las Sendas Real Estate

MARKET REPORT

PRESENTED BY JOHN KARADSHEH

Sales for the Month of August 2025

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
445 E Eagle Crest Dr #1111	1,311	Cachet	\$382,000
2742 N Augustine	2,475	Trailridge	\$550,000
6936 E Snowdon St	1,911	Cobblestone	\$555,000
7735 E Russell Cir	2,250	Grayhawk	\$630,000
7354 E Norwood St	2,680	Grayfox	\$660,000
3812 N Barron	2,732	Highlands	\$740,000
3060 N Ridgecrest #178	2,732	Desert Vistas	\$746,500
7661 E Sayan St	2,226	The Highlands	\$799,000
7841 E Stonecliff Cir	3,024	Stonecliff	\$975,000
4113 N Goldcliff Cir	3,902	Granite Preserve	\$1,100,000
6929 E Trailridge Cir	4,055	Sonoran Hills Estates	\$1,100,000
2238 N 83rd Cir	5,000	Hermosa Estates	\$2,025,000

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

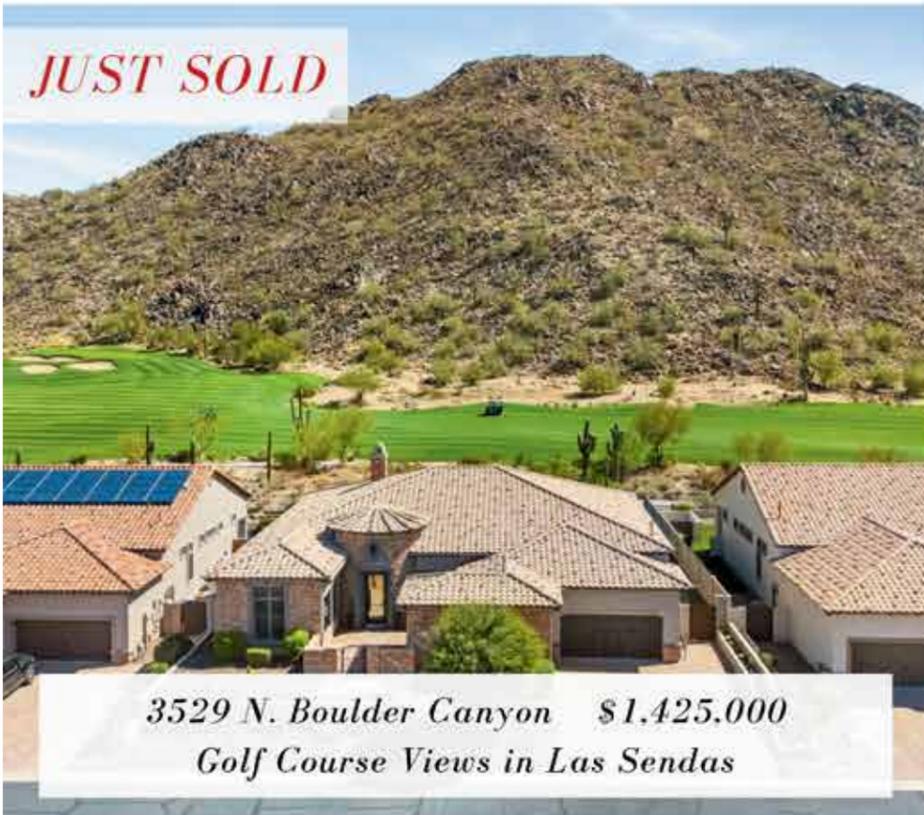
KOR
PROPERTIES

SOLD IN 2 DAYS!

8041 E. Teton Circle - Las Sendas \$924,000
Turnkey 3 Bedroom 2.5 Bathroom with Pool in Stonecliff
Presented by: John & Natascha Karadsheh 602-615-0843



JUST SOLD



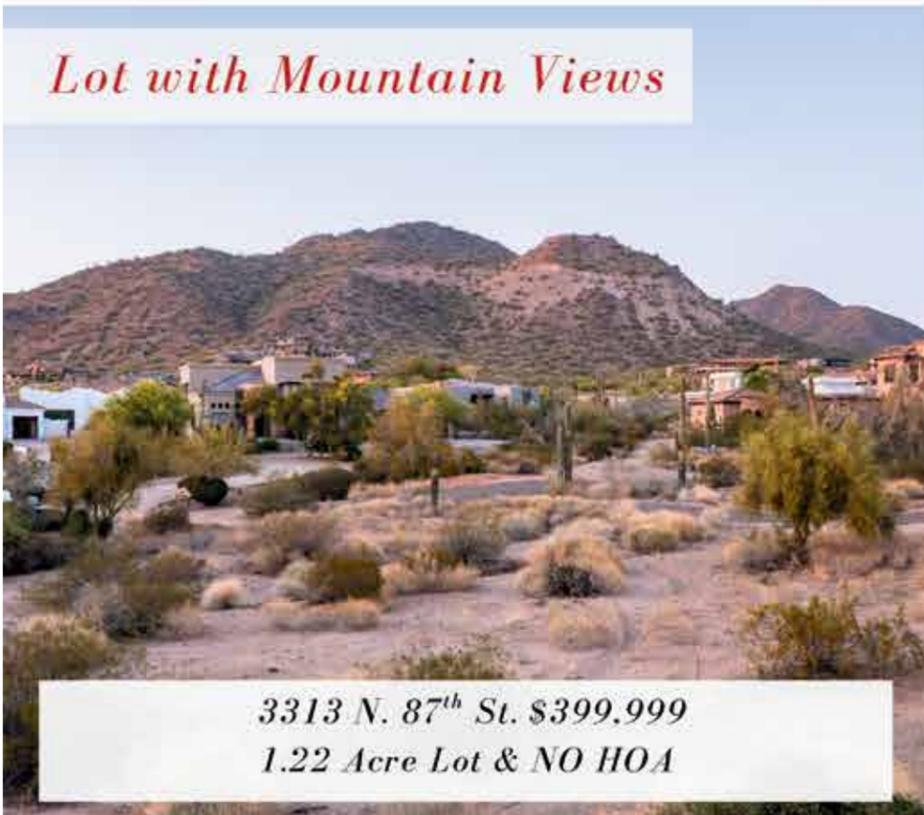
3529 N. Boulder Canyon \$1,425,000
Golf Course Views in Las Sendas

Golf Course Lot



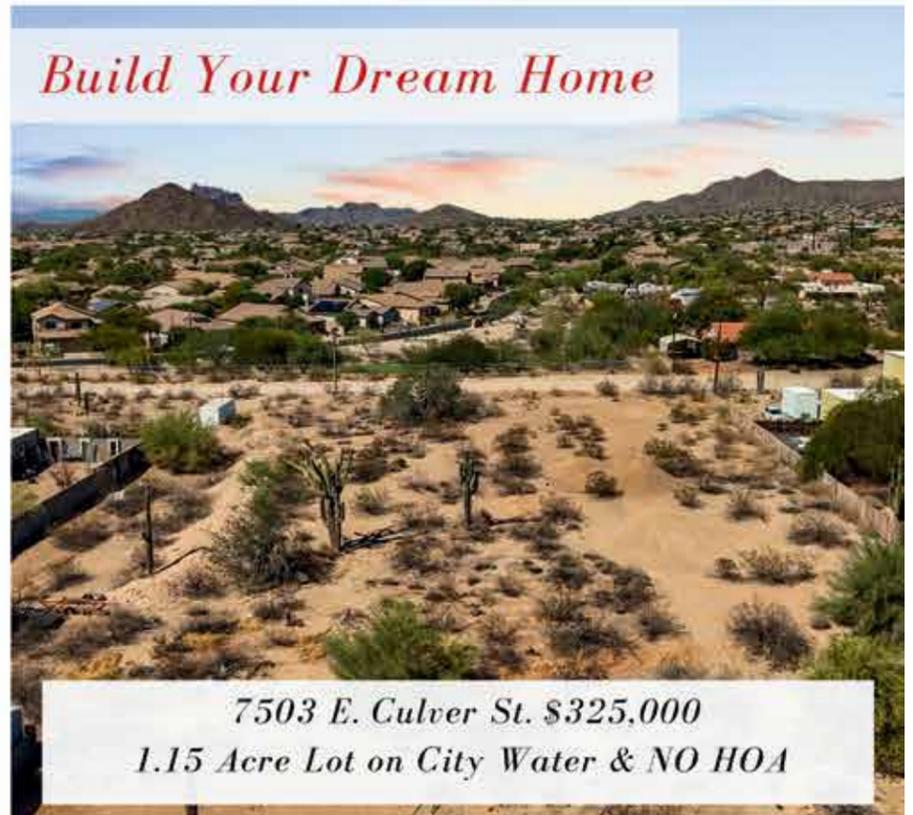
5345 E. McLellan Rd #59 \$825,000
Custom Home in Alta Mesa Estates

Lot with Mountain Views



3313 N. 87th St. \$399,999
1.22 Acre Lot & NO HOA

Build Your Dream Home



7503 E. Culver St. \$325,000
1.15 Acre Lot on City Water & NO HOA



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LOCAL BUSINESS

La Peau Dermatology Combines LASER AND ULTRASOUND TECHNOLOGY FOR SKIN REJUVENATION

By Jamie Phillis

La Peau Dermatology is bringing a new level of skin rejuvenation to patients this fall with a treatment that combines the power of two advanced technologies: the Erbium laser and SoftWave ultrasound. Together, these therapies work inside and out to refresh and restore the skin for a smoother, tighter, and more youthful look.

"The ultrasound penetrates deep beneath the surface to stimulate collagen production, while the Erbium laser resurfaces the outer layers of the skin," said board certified dermatologist at La Peau Dermatology, Dr. Zaina Rashid. "It's a sandwiching effect that allows us to treat multiple layers for maximum benefit."

Unlike single treatments that only target one layer of the skin, this innovative treatment has a dual effect. The SoftWave ultrasound technology penetrates deeper layers of the skin, while the Erbium laser resurfaces the outer layers of the skin for a smoother, more radiant look. After the treatment, patients can look forward to noticeable improvements in fine lines, pigmentation, overall texture, and skin laxity.



"For patients who want to achieve tighter, more even skin, without going through surgery, this combination can achieve significant results," said Dr. Rashid.

Fall also marks an ideal time for these treatments as patients are spending less time in the sun and can more easily protect their skin after treatment with sunscreen and wide-brimmed hats.

For those concerned with upper eyelid sagging, La Peau Dermatology also offers a laser treatment option that gently tightens the area without surgery, providing

a gradual, natural-looking improvement for those seeking an alternative to blepharoplasty.

Dr. Rashid puts together individualized treatments plans for each patient and closely monitors their healing process to ensure optimal results and comprehensive treatment. ■

To celebrate the season, La Peau Dermatology is offering 10% off cosmetic treatments through the end of October. For more information or to schedule an appointment, call (480) 396-2300.

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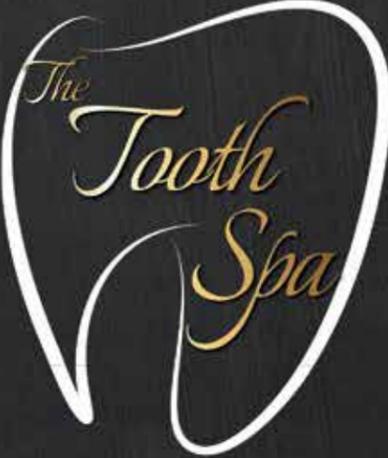
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LOCAL BUSINESS

Elysian Fields Bakery Brings Handmade Pastries and High Tea to Northeast Mesa

By Jamie Phillis

Elysian Fields Artisan Bakery & Dainties is a family-owned and operated European patisserie known for its variety of fresh, made-from-scratch pastries, that are baked fresh daily using all-natural, high-quality ingredients and never from a mix or synthetic substitutes.



bakery, guests will have their pick from a variety of American classics like chocolate chip cookies and cupcakes, alongside traditional European items such as croissants, tiramisu, cannolis, and more. Plus, first-time visitors receive a complimentary specialty shortbread cookie of their choice.

What visitors might not realize is that the multi-generational family are also avid gardeners and have used their love of flowers and gardening to inspire their creations – distilling their own extracts used in their confections, as well as in creating handmade perfumes and beeswax candles.

In addition to its regular assortment of treats, the bakery also offers custom orders including cakes, cupcakes, pastries, dessert tables, and more. They've brought their customer's ideas to life by creating everything from elegant wedding cakes to a fully edible Dungeons & Dragons board.

"We're here to make people smile and help make them feel special – whether they're ordering something custom for themselves, or a loved one," said LaRee. "Everyone has ideas that are unique to them, whether it's a flavor combination or design, and we do our best to bake well-balanced, tasty, and beautiful confections that are sure to delight even the most particular critics." ■

Elysian Fields Artisan Bakery is located at 6727 E. McDowell Road, Suite 104, in Mesa. For more information, or to make a reservation for tea, visit elysianfieldsmagic.com.

The tasty treats offered at Elysian Fields are made even better when enjoyed during the bakery's High Tea service.

"Stepping into the bakery and trying one of the treats creates a sweet moment in your day, and the high tea is an opportunity to make the most of that experience," said owner LaRee Johnson.

True to their European heritage, Elysian Fields embraces high tea as a beloved tradition. Customers can choose between two options, Afternoon Tea, featuring more savory options such as finger sandwiches, English scones with clotted cream, and pastries, and Cream Tea, which is more focused on sweets.

When enjoying tea, many guests choose to dress up to their preferred level of fancifulness and are served on the patio with fine china and beautifully arranged trays – making it a perfect way to enjoy time with your favorite people. The High Teas are also very popular for special occasions, and especially during the upcoming holiday season, when guests may be in town.

At tea, or during a quick visit to the



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LOCAL BUSINESS

Master's Music Academy Offers Elite Piano Training for Adults

By Jamie Phillis

Master's Music Academy has a 25-year legacy of developing musicians with elite-level piano lessons. Founded by Ashley Lane, M. Mus., the academy is known for its professional-level approach to adult piano education, offering a fun and effective learning environment that provides community and fulfillment.

Ashley, a past president of the Arizona State Music Teacher's Association who will be inducted into the Steinway Teaching Artist Hall of Fame this month, began performing professionally at just 15-years-old. With a father who possessed a Mozartian-level musical mind and a mother who was a professor of applied linguistics, Ashley grew up immersed in both music and rigorous study, which has informed her teaching approach and allowed her to develop her one-of-a-kind WholeMusic™ curriculum.

Ashley was inspired to start her adults-only training program after recognizing the gap in the market for successful adults who wanted to learn piano at a high level. She was approached by a corporate professional who wanted to be able to perform piano by the time he retired in ten years. He went on to become a longtime student, training with her until he passed 16 years later.

Students at Master's Music Academy are matched into one of four cohorts based on their skill level, musical background, and stage of life. The small groups not only learn during their own lessons, but also attend group lessons, sit in on each other's sessions, share performance videos, and celebrate their progress at an annual gala.

"Collaborating with other students is really important," Ashley said. "It's how we train professional musicians, and even though none of my current students want to become professionals, they're intelligent, successful people who want the most impact for their time and money, so to get the best outcomes I include a social component."

The onboarding process begins with a questionnaire on the Master's Music Academy website followed by an



in-person interview where Ashley shares the program's goals and curriculum. If it feels like the right fit, students start with completing one unit, which includes four lessons. With only 24 time slots available each week, Ashley's able to ensure the program is an elite, interactive experience.

"Students have told me over and over again that they never imagined they could do the things they're doing musically," Ashley said. "Many of them seek out training to help maintain their brain health, but they gain so much more. They build a community, learn how to sing, and even learn to understand the algorithms and the formulas behind the musical sounds they've been listening to their whole life."

Additionally, Master's Music Academy recently completed a studio redesign at its East Mesa location, which features instruction on a century-old Steinway piano, providing students an opportunity to learn on one of the top musical instruments available. ■

To learn more or inquire about enrollment, visit mastersmusicacademy.com.

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Weds. 22nd @2PM	Eric Miller
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- Roll the account over to an individual retirement account (IRA).
- Cash it out, which is subject to potential tax consequences.

We can talk through your financial goals and find the option that works best for you.



Linda Drake,
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FINANCES

When investing, one of the best ABILITIES IS DURABILITY

Submitted by *Linda Drake, Edward Jones Financial Advisor*

You've probably heard about investors who got in on the "ground floor" of a company that grew to be a huge success.

But successful investing isn't about luck or genius. Instead, it's about building durability.

Here are some suggestions:

- First, think long-term. Most investors make their money over time, not overnight. You'll want a well-diversified portfolio of quality investments and plan to own them for the long term.
- Next, invest in quality. For stocks, quality is often measured by the steadiness of earnings and dividend growth over time. For bonds, one measure is an investment-grade credit rating with a relatively low risk of default.
- And finally, build a long-term strategy to provide a roadmap for your investment choices. You may want to make changes periodically, but do it for the right reasons, like changing goals or tolerance for risk.
- But overall, follow a durable strategy personalized for your life. ■



Linda Drake

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

EVENT

The Mahnah Club will host **FALL LUNCHEON AT THE VISTAS PAVILION**

Submitted by *The Mahnah Club*

The Mahnah Club of the East Valley will be hosting their Fall Luncheon on Saturday, Nov. 1 at The Vistas Pavilion at Las Sendas.

The occasion will be a fun social event with great food, entertainment, raffle baskets, auctions, and door prizes, with all the proceeds going directly to the children and families of the organizations we support, such as Save The Family, A New Leaf, and Child Crisis Arizona.

We are excited to share that last year we were able to give to our charities approximately \$85,000. Along with that we awarded 29 scholarships to deserving individuals.

As we reflect on our 72-year journey of volunteering, fundraising, and community service, we are humbled by the unwavering support from our community. This year our theme is *Better Together*, as we all know that we are better together when we work as a team.

The Mahnah Club is much more than just fundraising. We are a group of women who care about the community and each other. A sisterhood if you like, who wants to help others and have for decades.

The luncheon will take place from 11 a.m. to 2 p.m. on Saturday, Nov. 1 at The Vistas Pavilion at Las Sendas, located at 7555 E. Eagle Crest Drive, in Mesa. ■

Tickets are \$85 and are available on our website — mahnahclub.org. You can also go to our website for more information. We hope to see you there.



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Over 50 Up Close

Bringing active adults closer to their community October 2025

HEALTH Over 50

Doing Good Things

By Lynne Jones, Licensed Sales Representative, Tapestry Insurance



Hi friends, I hope you are all finally enjoying the cooler weather. A few days ago, my husband and I took a walk down Power Road.

I noticed some trash along the way and on our way back to our home, we got a bag and picked up what we could. Our neighborhoods are so beautiful from Red Mountain Ranch, Las Sendas, Thunder Mountain, Mountain Bridge, and many more. It was so nice to walk and see the beauty of where we live.

This got me thinking about doing nice things for ourselves. Particularly playing tennis, golf, pickleball, and going to the gym. Taking good care of ourselves is so important, especially as we get older.

As you hear and see many advertisements about Medicare, the No. 1 thing I would like to recommend is talking to an agent. Make sure that you find someone who will take the time to explain to you what the new plans are all about.

Also, someone who will listen to your needs and particular situation. You will

start seeing the endless stream of Medicare commercials on network TV. Please proceed with caution.

If you have a trusted Medicare agent, please turn to them for advice and help. I believe strongly that meeting or talking with someone locally is always better than a stranger on an 800 line.

As a local agent I am required to pass certification tests and attend new product rollouts that will help me to help you. If you don't have an agent but would like to confirm your plan, please reach out to me.

As always, please call me to 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.



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!

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

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

LOCAL BUSINESS Over 50

What are Peptides and Why are they Important?

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



You have likely heard of the term "peptides." But do you really know what they are and what they do in the human body?

Peptides are short chains of amino acids that serve as instructions for your body. They can manage hormone production, support metabolism, promote collagen production, enhance cellular growth and repair, regulate blood sugar and immune function, enhance physical and cognitive performance, aid digestion, and regulate sleep.

Peptides are found naturally in foods high in protein, such as meat, fish, eggs, and dairy. Plant-based sources include soy, legumes, nuts, and seeds. Bone broth and animal-derived gelatin are packed with collagen peptides. The human body also naturally produces them, depending upon factors such as age, diet, and health conditions.

Age and impaired digestion can impact the body's ability to digest them, as well as the ability to produce them. Therefore, administering peptides via

injection or transdermal application can significantly improve specific bodily functions.

Preclinical studies have shown that BPC-157 may be beneficial for wound healing, orthopedic injuries, inflammatory bowel disease, stroke, neurodegenerative diseases, and liver and kidney protection.

While oral peptide supplements may offer some benefit, impaired digestion may be counterproductive. Therefore, injections and transdermal applications are ideal, as they deliver the peptides into the bloodstream, where they can be utilized.

At Prime IV Hydration and Wellness, we offer dissolvable peptide strips you place on your inner cheek, which allows direct, rapid absorption of the peptides into the bloodstream.

We offer a complimentary Wellness Strategy Session for anyone interested in peptides or any of our other products or services. ■

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

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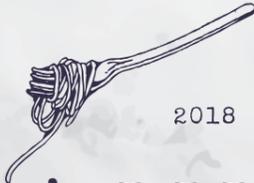
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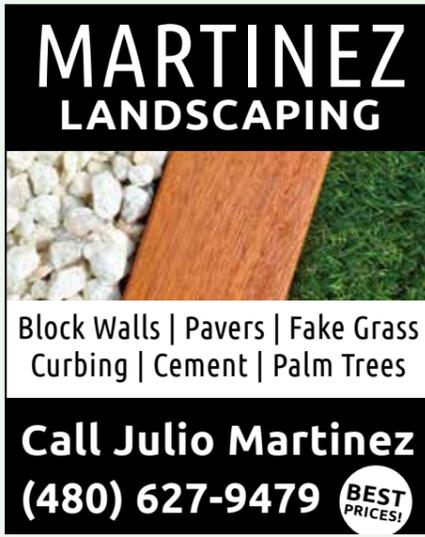
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Jon Burak
will kick the season off
Oct. 3rd,
6pm - 9pm

PLUS!
New Fall Menu
Coming Soon!

CALL FOR RESERVATIONS 602-734-5524
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207

The Prisoner
WINE CO.

WINE DINNER AT THE VISTAS PAVILION AT LAS SENDAS

YOU ARE "WANTED" AT THE VISTAS PAVILION AT LAS SENDAS FOR OUR 4-COURSE WINE DINNER FEATURING THE PRISONER WINES. THE REWARD IS AN EVENING OF WINE, FOOD AND FANTASTIC FLAVORS. CALL 480.396.4000 EXT 222 OR EMAIL AT CSHAW@LASSENDAS.COM TO MAKE YOUR RESERVATION



THE EVENING BEGINS AT 6:00PM
FRIDAY, OCTOBER 31ST, 2025
\$125.00+ PER PERSON
7555 E. EAGLE CREST DRIVE,
MESA, AZ 85207



THE VISTAS PAVILION AT LAS SENDAS

Stock Your Cellar Event

NOVEMBER 8TH, 2025
2:00PM - 4:00PM

(WINE CLUB MEMBERS HAVE EARLY ACCESS AT 1:00PM)

CALLING ALL WINE LOVERS

It's time to get ready for fall and there is no better way than to sample and purchase fine wines at an industry discount. Join us at The Vistas Pavilion at Las Sendas for our Stock Your Cellar Event.

Local wine experts will be pouring a wide range of varietals. Orders placed during the tasting will be available for pick up at a later date, please allow up to one week for your order to arrive.

CALL FOR MORE INFORMATION! 480.396.4000 ext 222
7555 E. Eagle Crest Drive, Mesa AZ 85207



PASTA SUNDAYS

Spaghetti Noodles
Penne

CHOICE OF SAUCES
Roasted Garlic Alfredo
Las Sendas Marinara
Clarified Butter

\$17

ADD PROTEIN

Chicken \$7 • Shrimp \$12
Steak \$12 • Meatballs \$8
Italian Sausage \$6

EXTRAS \$1

Black Olives • Heirloom Tomatoes
Red Onion • Basil • Mushrooms
Garlic • Red Bell Peppers

CALL FOR RESERVATIONS!
602-734-5524

The Patio & Grille
7555 E. Eagle Crest Drive
Mesa, Az 85207

WWW.LASSENDAS.COM

