

Las Sendas Up Close

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November 2025

Celebrating Ten Years of Mesa Food Truck Fridays



By Natascha and John Karadsheh, Owners of KOR Properties

When we started KOR Properties, our vision extended beyond creating a real estate company. We wanted to help build and strengthen the community around us.

In 2015, we partnered with Las Sendas and launched Mesa Food Truck Fridays as a fun, welcoming way for neighbors to gather and connect on a regular basis. We believed then, as we do now, that a vibrant, connected community is one of the greatest contributors to lasting property value.

Mesa Food Truck Fridays debuted on Sept. 4, 2015, and it was an instant success with more than 2,000 people attending. Only five food trucks came out on that hot September evening, but they served every bit of food they had, and some even made extra runs to restock.

Guests happily waited in long lines, and a few even grabbed pizzas so they could still share a meal in the park with their neighbors. The event quickly became one of the East Valley's favorites, known for its beautiful venues, relaxed picnic vibe, live music, curated lineup of food trucks, and joyful sense of community.

Over the past decade, we have proudly continued as the presenting sponsor of Mesa Food Truck Fridays in Las Sendas. It has been such a joy to see how this event has helped our community grow.



LEFT TO RIGHT:
John Karadsheh,
Lorraine Ryall,
Ashlee Evans,
Natascha Karadsheh

We love watching kids run, play, and share ice cream with friends safely in their own neighborhood. We love how groups of friends have made Mesa Food Truck Fridays their tradition, gathering in their familiar circle of chairs to share dinner at nearly every event.

We love the spontaneous moments when people run into neighbors from school, church, the gym, the pickleball courts, or the trails. And of course, we love seeing the dogs enjoying the sights and smells and sometimes even discovering a stray french fry.

As we celebrate ten years of Mesa Food Truck Fridays, we want to thank you for being part of this incredible journey. Your support has shaped not only this event, but also our community, our city, and the memories we share together. ■

If you have not joined us before, come and see what makes Mesa Food Truck Fridays so special. Bring your picnic blanket, your favorite people, and your appetite, and spend an evening filled with live music, great food, and classic hometown fun.





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EDUCATION

Raising Digital Citizens: Helping Kids STAY SAFE, KIND, AND CONFIDENT ONLINE

By Dr. Anjum Majeed, Founder, Self Development Academy

Not too long ago, a fifth grader told me, “My friend posted my photo without asking, and now everyone saw it.”

It’s a small moment, but it captures a big truth about childhood today: our kids are growing up in a world where their lives and feelings can go viral. From group chats to gaming platforms, even elementary students are forming their identities online, often before they fully understand what that means.

As parents and educators, we can’t shield them from technology. But we can help them navigate it with awareness, empathy, and confidence. That’s the heart of what we call digital citizenship. Digital citizenship is teaching children how to be safe, kind, and responsible participants in the digital world.

RELATIONSHIP BETWEEN PRIVACY AND WELL-BEING

Digital life begins earlier than ever. Kids in grades three through eight communicate, share photos, and express themselves online daily. Behind the fun and connection, however, lie real pressures: comparison, oversharing, fear of missing out, and even cyberbullying. Research consistently links heavy digital exposure, especially unmonitored social media use, to higher anxiety and lower self-esteem among preteens.

However, there’s good news: when children are taught about privacy awareness and self-regulation, they develop a stronger sense



of emotional security. Understanding boundaries online parallels understanding boundaries in real life. As an educator and school leader, I have seen that digital privacy education isn’t just about protecting data; it’s about protecting dignity. When students know they have control over their information, they feel more confident, more respected, and more in control of their world.

TEACHING DIGITAL CITIZENSHIP AT HOME

Parents often ask, “Where do I even start?” Here are a few approaches families can use to help students develop digital responsibility.

- **Talk early and often.** Treat online life like any other part of growing up. Ask your child, “What’s the best part of being online? What is confusing?” Listen to what they have to say.
- **Model what you teach.** Let your kids see you pause before posting or putting your phone away at dinner. Children learn digital habits by watching ours.
- **Make privacy a family value.** Review app settings together. Talk about what “sharing” really means, both emotionally and technically.
- **Encourage empathy.** Before posting, ask: “Would I be okay if someone shared this about me?” That single question can prevent a lot of hurt.
- **Celebrate good choices.** When your child demonstrates thoughtfulness or restraint online, acknowledge it and praise it, just as you would for their academic or athletic success.

These simple routines not only build safer online behavior but also foster deeper trust between parents and children.

HOW SCHOOLS CAN HELP

Schools play a vital role as well. Many are now integrating short, age-appropriate discussions that help students think critically about online behavior. In these lessons, children



practice empathy, analyze media, and learn to pause before reacting or sharing their thoughts. When parents and schools work together, children receive consistent messages about respect, responsibility, and reflection, three skills that support both digital wellness and emotional health. As educators, we must model the same balance we seek to teach. Technology can be an excellent tool for creativity, collaboration, and connection when guided by clear values and caring adults.

THE BIGGER PICTURE: RAISING EMPOWERED DIGITAL HUMANS

Digital citizenship isn’t just about avoiding harm. It’s about preparing students to thrive — to use technology thoughtfully, ethically, and with purpose. We are not raising “screen users.” We are raising citizens of classrooms, communities, and the online world. Teaching children privacy and kindness online provides them with the same foundation we want for them everywhere: integrity, empathy, and confidence in who they are. When young people understand that their words and clicks carry weight, they begin to move through the world, both real and virtual, with more compassion and self-respect. That’s not just digital literacy. That’s emotional literacy for the 21st century. ■

Anjum Majeed is an educator, school leader, and advocate for student well-being and lifelong learning. Her mission is to help every child believe in themselves, thrive in school, and be ready to face the world with confidence, compassion, and curiosity. To learn more about Self Development Academy, call (480) 641-2640.







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LOCAL BUSINESS

Empathy for a Stranger

By Tim Beaubien, Hava Java Mesa

His title should have been more of a question. Can you have empathy for a stranger?

But first, let's back up. A couple weeks ago Barb asked, "What are you going to write about this month?"

"You should make it something funny," she continued. "Your last few articles have been pretty serious."

Well, it really doesn't work like that. I'm not that talented. As I've stated before, I really never know what I'm going to write about. More often than not it's the 9th of the month and it's due on the 10th. Something will happen and an idea gets stuck in my head.

Around the same time, a customer tells me he likes my articles and then he asks if I use AI to write them. "AI," I said, "Do I look smart enough to use AI," I replied!

I can't even spell it! No, these articles are the miscellaneous ramblings of my disturbed mind. Furthermore, once an idea pops into this head, I have to write it in order to move on to the next.

With that said, I was making one of my monthly return flights back to Mesa from Michigan last September. Waiting patiently to board the plane, I could not help but notice an elderly gentleman, I would guess about mid-80s, sitting in a wheelchair, also waiting to be loaded onto the plane (to be loaded on the plane!).

He was talking rather loudly while sitting there. Basically, to anyone within ear shot. Actually, everyone in the gate area could hear him. Most tried very hard not to make eye contact or rolled their eyes in disapproval. He had basic questions, "How are you today? Where in Arizona do you live? What's your dog's name?" I must admit, I also paid little attention.



Barb and Tim Beaubien

I thought how lucky he is to be one of the first loaded on the plane. I finally made it to my seat; he was three rows ahead of me.

Once in the air and when the seat belt sign went off, I could hear him start up again. He had the aisle seat and a middle-aged lady at the window. He tried to make conversation as she buried her face in a book.

So, to the other side of the aisle, he shifted his attention. I couldn't help but notice at that point, *He Had Very Kind Eyes!* Then I thought, I was able to walk on the plane with no assistance, but he needs to be loaded on and off. How did that make him feel? That could be me at some time.

The flight staff were all very nice, always stopping to answer or engage with him. His attempt to engage with people around him was nothing more than a lonely person saying, "Hey, I'm an interesting guy if you give me chance." All he really wanted was some human contact and maybe to say, "Don't judge me by my age and handicap. I'm so much more." So now, the question to myself was, could I show a little empathy?

I now wanted to make contact with him. Why was he traveling alone? Was he returning to Ariz. after visiting his family in Michigan? Was he a veteran? I could only assume he was a widower. But what was his life about, what stories could he tell?

Unfortunately, every time I thought I would start a conversation, the seat belt sign came on. Then not long after, we started our descent into Mesa. Once on the ground and at the gate, the rush to be the first to stand in the aisle began. I missed my opportunity. But now at least I have empathy for anyone with kind eyes! ■

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

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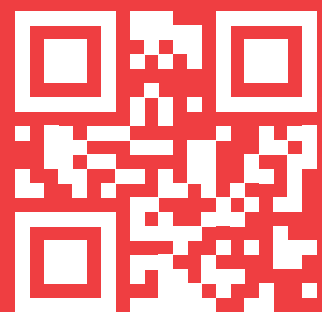
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LOCAL BUSINESS

The Glow of Gratitude

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

I'm sure you've met people who exude a certain glow. You can just tell they love life, even when thrown a curve ball. So, how can you create the glow of gratitude in yourself?

A good place to start being in gratitude is to keep a daily journal of everything you are thankful for. I like to do this when I wake up in the morning and before I go to bed at night. Sometimes, when things aren't going well, it can be difficult to see the light. But, even in the direst of situations, there is always something to be grateful for. It could be a family member, friend, pet, job, home, bed, food, clothing, or the beating of your heart. Making a list helps us tune into what is good in our life instead of focusing on the not-so-good. And the more you practice, the more natural it will become.

When your nutrient or hydration levels are low, you may find it more difficult to practice gratitude because your body is out of balance. Restoring nutritional balance and hydration can

help you feel better mentally and physically. Stay hydrated, make healthy food choices, and exercise (which increases endorphins), all of which can improve your frame of mind.

If you find that you are depleted, consider IV or injection therapy, which can hydrate you and help optimize your nutrient levels. At Prime IV, we also offer bioidentical hormone therapy, which can help stabilize mood.

With practice, you can create the beautiful glow of gratitude within yourself and, hopefully, it will positively affect others. I wish you and your family many blessings for a wonderful Holiday Season. May the glow of gratitude adorn you!

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SPIRITUALITY

The Benefits of a Thankful Heart

By Judy A. Knox

When November comes around, one of the first things that comes to mind is Thanksgiving Day and its traditions. For each of us, these traditions vary, but the common theme is taking time to give thanks for our many blessings.

However, Thanksgiving is way more than a holiday, going beyond turkeys and pilgrims, family gatherings and football games. It's an attitude that should be in our hearts every day of the year. The Bible is full of reminders of this. We're directed to, "Give thanks to the Lord for He is good" Psalms 107:1, and "Devote yourselves to prayer with an alert mind and a thankful heart" Colossians 4:2 (NLT). In Romans 1:21-22 Paul describes the fate of, "sinful, wicked people who knew God but wouldn't worship him or give him thanks... Claiming to be wise, they became utter fools." We don't want to fall into that trap!

One scripture reminding us to be thankful is sometimes misunderstood. 1 Thessalonians 5:13 says, "Be thankful in all circumstances." If we don't read this carefully, we may think we're supposed to thank God FOR all things, but it actually says IN all things. We're not to be thankful FOR bad things that come into our lives, but when we experience them, we can thank God that we know they're not FROM Him, but we're trusting him to help us THROUGH them.

God is not mad at us or punishing us. Jesus took care of that on the cross. But we're cheating ourselves out of enjoying God's blessings if we don't recognize and thank Him for them.

The more we look for God's goodness in our everyday circumstances, the more joy we'll experience. "A cheerful heart is good medicine" (Proverbs 17:22). As we continue to maintain a thankful heart, the nicer we will become to be around. ■

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THE PATIO & GRILLE

Starting Nov. 1, The Patio & Grille comes alive every evening with the rhythm of live music under the desert sky. As the sun dips below the horizon, painting the Mesa skyline, you are invited to settle into the laid-back charm. Pick any evening, for an experience of good vibes, great tunes, and even better company among your favorite friends. Whether you're winding down after a long day at work, or kicking off a night out, the nightly performances will set the perfect tone for an unforgettable evening.

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Whether you're inside or out – come for the flavors of a special menu or a sunset and stay for the soundtrack.

THE VISTAS PAVILION AT LAS SENDAS

Events and Catering Director Carla Shaw is in full Thanksgiving prep mode, rallying her team to make sure your Thanksgiving holiday is a memorable one. Here's her message from behind the scenes of the process:

"With the holiday season quickly approaching, The

Vistas Pavilion at Las Sendas is preparing to start roasting turkeys well into the midnight hour on Thanksgiving Eve to make your holiday dinner effortless.

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By Kimberly Alvarado

Sometimes it's a hiking trail, a mountain destination, or a local place to unwind. This month, I've got a unique holiday experience, sure to put you on Santa's "favorites list."

GIVE THE GIFT OF SMOKE, SIZZLE, AND FLAVOR THIS HOLIDAY SEASON

Looking for a holiday gift that's unforgettable, hands-on, and delicious? Treat your loved ones to an experience they'll savor long after the holidays are gone — Phoenix BBQ and Grilling School's immersive barbecue mastery class. Whether it's for your foodie friend, grill-loving sibling, or that hard-to-shop-for husband or relative, this is the ultimate present that brings people together over fire and flavor.

WHAT'S COOKING?

This six-hour BBQ experience is more than just a class — it's a culinary adventure. Participants will explore the secrets of smoking and grilling on top-tier pellet grills like Traeger, Louisiana, and Kamado. Indoors or outdoors depending on the season, each session welcomes 14 to 24 guests and runs Friday through Sunday for maximum flexibility. And yes, BYOB is encouraged! Participants need to merely bring their high-energy, a cooler full of favorite beverages, and a will to learn new techniques to upgrade your backyard barbecues all year long.

CHOOSE YOUR EXPERIENCE

- **Solo Session:** One-on-one guidance to master the grill and elevate your technique.
- **Duo Session:** Share the heat with a friend or partner and learn together in a fun, flavorful setting.

WHY IT'S THE PERFECT GIFT

- This class is led by seasoned pros with 20 plus years of BBQ expertise. Participants will pick up 'tricks of the trade' to impress chefs, friends, and family.
- The course covers everything from beginner basics to advanced smoking methods. All food, seasonings, tools, and supplies included.
- Small group sizes ensure personalized attention. Feel free to ask questions.
- The course builds confidence and culinary skills in a relaxed, engaging environment.

Have you recently thought about getting into the latest smoking technology trend? This course is a great beginning. Smokers and cooking tools are available for purchase on-site. So, skip the usual gifts and give one that smokes the competition this year. Whether it's for a holiday, birthday, or just because, this BBQ class is a sizzling surprise to its recipients. ■

For more information, call (480) 285-7661 or visit phoenixbbqandgrillingschool.com. The school is located at 100 W. Hoover Ave., Suite 3, Mesa, 85210.



LOCAL BUSINESS

MYOKINES MUSCLE'S SECRET MEDICINE

Submitted by The Exercise Coach®
WHAT ARE MYOKINES?
Think of your muscles as a pharmacy. Each time they contract, they release powerful messengers called myokines. These molecules circulate throughout your body, improving health, fighting disease, and slowing decline. Muscle is the pharmacy. Myokines are the medicine. Strength training is the delivery system.

- WHY MYOKINES MATTER**
The science is clear: Resistance training is one of the most effective ways to release myokines. These molecules do far more than build muscle.
- **Metabolic regulators.** Myokines like IL-6, IL-15, and irisin enhance glucose control, fat metabolism, and insulin sensitivity — helping fight and prevent type-2 diabetes.
 - **Anti-inflammatory power.** Exercise-released IL-6 triggers anti-inflammatory pathways, lowering harmful systemic inflammation and supporting recovery.
 - **Brain and cognition.** Myokines such as BDNF (brain-derived neurotrophic factor) and CTSB improve memory, mood, and learning while protecting against cognitive decline.
 - **Immune defense.** Research suggests myokines strengthen immune signaling and may even play a role in cancer protection.

- **Effort-driven.** It doesn't require marathon workouts. The right level of effort is what unlocks the medicine.
- **Safe and sustainable.** With Exerbotics, resistance is precisely controlled and joint-friendly, so every fitness level benefits.
- **Consistent activation.** The Exercise Coach protocols ensure myokines are released in every session, with no wasted effort.

- WHAT MYOKINES DO FOR YOU**
When you train your muscles to release myokines, you unlock a cascade of benefits:
- **Metabolic protection.** Better blood sugar regulation and fat balance.
 - **Lower inflammation.** Healthier heart, joints, and circulation.
 - **Cognitive resilience.** Sharper thinking, stronger memory, elevated mood.
 - **Immune strength.** Improved defense and systemic resilience.
 - **Age resistance.** Myokines counter muscle loss (sarcopenia) and drive healthier aging.

If you want to protect your health, sharpen your mind, and fight aging at the cellular level — don't just exercise. Strength train and release the myokines. The body's most powerful medicine is already inside you. Strength training unlocks it. ■

Make TODAY the day to start on that road to better health and fitness! Let our caring and knowledgeable Certified Coaches get you started! Call, text, or visit us online for your complimentary Initial Consultation and 2 FREE Sessions! (480) 716-6080 or exercisecoach.com/north-mesa.

WHY STRENGTH TRAINING IS THE DELIVERY SYSTEM
Unlike casual activity or steady-state cardio, evidence-based resistance training provides the targeted stimulus to maximize myokine release.

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REALTOR

KOR

PROPERTIES

UNDER CONTRACT

Madrid

Remodeled - Views - Basement - \$1,350,000
3940 Sq Ft, 5 Bed, 3.5 Bath

UNDER CONTRACT

Las Sendas

Cul-de-sac Lot - Pool - Views \$750,000
2252 Sq Ft, 3 Bed, 2 Bath

Red Mountain Ranch

Panoramic Views - \$1,775,000
5781 Sq. Ft. 4 Bed, 5 Bath

Las Sendas

Mountain Views - Pool - \$775,000
2386 Sq. Ft. 3 Bed, 3.5 Bath

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LOCAL BUSINESS

Welcome to The Tooth Spa with Experienced Dental Care Reimagined

Submitted by The Tooth Spa

The Tooth Spa is elevating the dental experience to something extraordinary — where modern care meets indulgent comfort. Your dental health is essential, but how you feel during your visit matters just as much.

IT'S MORE THAN A DENTAL VISIT, IT'S SELF-CARE

Leave stress and anxiety behind as you step into a serene, spa-inspired space designed to soothe your senses and prioritize your well-being. With advanced technology, personalized attention, and elegant amenities, your dental visit becomes a moment of calm — and something you will genuinely look forward to.

A SPA-LIKE DENTAL EXPERIENCE IN NORTHEAST MESA

Located in Ridgeview Plaza at the northwest corner of Power and McDowell roads, The Tooth Spa pampers you with complimentary comfort amenities such as:

- Soft blankets and pillows
- Dimmed lighting
- Hot towel refreshers



Dr. Breanna Embree



- Relax VR — a one-of-a-kind immersive experience that uses virtual reality, calming music, and essential oil scents to transport you to a peaceful place during treatment

COMPREHENSIVE SERVICES WITH A PERSONAL TOUCH

Whether you need a routine check-up or a complete smile makeover, The Tooth Spa offers a wide range of services:

- Preventative care & cleanings
- Cosmetic dentistry
- Teeth whitening
- Clear aligners (Invisalign-style)

PROUDLY SERVING THE COMMUNITY WITH EXCELLENCE AND CARE

As a locally owned and operated practice, The Tooth Spa is proud to support the friendly Northeast Mesa community. The hospitable and experienced team is committed to delivering outstanding dental care with love, honesty, and integrity.

Dr. Breanna Embree blends clinical excellence with genuine compassion, offering a caring approach to personalized dental care. With a heartfelt appreciation for the close knit community, Dr. Bre treasures the meaningful relationships she forms with each patient— and considers it a true privilege to be part of their wellness journey.

BOOK YOUR FIRST APPOINTMENT TODAY

Whether you are new to the area or just ready for a better dental experience, we invite you to discover The Tooth Spa difference. Patients of all ages are welcome — and scheduling is easy. Pamper your smile today! ■

Call or text today — and April will be happy to assist you! (480) 641-4567. Prefer online? You can book your visit in just a few clicks at aztoothspa.com.



BEEN A WHILE SINCE YOUR LAST DENTAL VISIT?

NO JUDGEMENT HERE. WHETHER IT'S BEEN MONTHS OR YEARS, WE'RE HERE WITH GENTLE, COMPASSIONATE CARE TO HELP YOU GET BACK ON TRACK.

GIVE THANKS TO YOUR PEARLY WHITES & SCHEDULE A CHECK UP NOW!



DR. BREANNA EMBREE, DDS



aztoothspa.com

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THE TREATMENTS HAVE BEEN SHOWN TO SIGNIFICANTLY REDUCE RECOVERY TIME FROM INJURIES OR SURGERY. IN ONE CASE, DR. CALDWELL TREATED AN AIRLINE PILOT WHO BROKE HER ANKLE, AND AFTER JUST A FEW WEEKS OF INTENSIVE TREATMENT, SHE WAS CLEARED BY HER SURGEON TO RETURN TO WORK FOUR MONTHS AHEAD OF SCHEDULE.

"MY PATIENTS FEEL A DIFFERENCE AFTER THE FIRST TREATMENT, EVEN ADULTS IN THEIR 50S, 60S, 70S, OR BEYOND," HE SAID. "I EXPLAIN IT LIKE WATERING A PLANT - YOU NEED WATER TO CARRY NUTRIENTS DOWN TO THE ROOTS, OR THE PLANT STARTS TO DIE. IN THE BODY, BLOOD FLOW IS WHAT DELIVERS OXYGEN AND NUTRIENTS TO MUSCLES, NERVES, AND BONE TISSUE. WITHOUT IT, TISSUE BREAKS DOWN."

WHILE TRADITIONAL HEALING PROTOCOLS CAN REQUIRE MONTHS OF COMMITMENT, LIGHTRENEW'S TREATMENTS ARE AFFORDABLE AND FAST - WITH A TYPICAL TREATMENT LASTING JUST 10 MINUTES AND OFTEN REQUIRING ONLY FIVE TO TEN VISITS. FOR CHILDREN, WHO ARE PRONE TO FAST HEALING, RECOVERY CAN HAPPEN WITH A SINGLE TREATMENT. FOR THE BEST OUTCOME, EACH PATIENT RECEIVES A CUSTOMIZED TREATMENT PLAN FROM DR. CALDWELL DURING THEIR CONSULTATION.

IN ADDITION TO INJURY AND SURGICAL RECOVERY, LIGHTRENEW TREATMENTS ARE ALSO USED TO SUPPORT STEM CELL THERAPIES AND RELIEVE CHEMOTHERAPY-RELATED SIDE EFFECTS. TO FURTHER PROMOTE HEALING, DR. CALDWELL UTILIZES HYPERBARIC OXYGEN THERAPY CHAMBERS FOR SOME PATIENTS.

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EVENT

Holiday Bake Sale & Christmas Market

PROMISE SPECIAL DELIGHTS

Submitted by The Antiochian Women of Saint Ignatius

T

he Antiochian Women of Saint Ignatius invite one and all to our annual Holiday Delights Bake Sale and Christmas Market on Saturday, Dec. 6, from 9 a.m. to 12:30 p.m.

A variety of homemade baked goods will be available, including ethnic offerings such as Serbian nut rolls, Czech jam bars, Baklava, and Greek cookies. Our baking elves are also busy making holiday treats from chocolate covered peanut butter balls and dipped pretzels, to cinnamon rolls, specialty loaves, delightful sourdough, and an assortment of scrumptious cookies. Our crafting elves are preparing a variety of delights from handcrafted decor to boutique items, craft kits, ornaments, and more.

So, give your elves a break and come join us to find that something special to sweeten a holiday event, grab a ready-made teacher gift, or enjoy holiday delights just like grandma used to make.

Funds raised will be used to supplement our community service projects, with half of the proceeds this year being donated in loving memory of Jill Benza to a cause dear to her heart.

Since moving to our current location five years ago, we have continued to grow as an English-speaking Eastern Orthodox Christian Church in the Antiochian Archdiocese of North America. We love visitors and hope our neighbors will stop by to visit and get to know us! ■



For more information, please visit our website at saintig.org or visit us at 2402 N. Usery Pass Road in Mesa.

EVENT

Local Church to host

HOLIDAY BOUTIQUE

Submitted by Red Mountain United Methodist Church

R

ed 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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Sun. 2nd @4PM Dave Clark

Weds. 5th @2PM Moon Dog

Fri. 7th @2PM Ian Eric

Sat. 8th @4PM Eric Miller

Sun. 9th @4PM Moon Dog

Weds. 12th @2PM Pete Pancrazi

Fri. 14th @2PM Ian Eric

Sat. 15th @4PM Eric Miller

Sun. 16th @4PM Scott Hallock

Weds. 19th @2PM Jonny Splash

Fri. 21st @2PM Scott Hallock

Sat. 22nd @4PM Eric Miller

Sun. 23rd @4PM Ian Eric

Weds. 26th @2PM Dave Clark

Fri. 28th @2PM Moon Dog

(Note: Later than usual because it's Thanksgiving weekend!)

Sat. 29th @4PM Kristy Dee Swan

Sun. 30th @4PM Jonny Splash

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Over 50 Up Close

Bringing active adults closer to their community

November 2025

HEALTH

Over 50

Taking the Guesswork Out of Medicare Annual Enrollment

By Lynne Jones, Licensed Sales Representative, Tapestry Insurance



During the Medicare annual enrollment there are so many commercials, advertisements, and mailers that all the plans and options available might start to look like a foreign language. Even after extensive research, making a decision can be daunting. Fortunately, you don't have to make sense of it all on your own. I am a licensed and trained Medicare health plan agent and have worked for the past six years to become knowledgeable about Medicare health plans. I attend seminars and trainings to stay up-to-date on the latest information. It's complicated and there's so many moving parts, so I always think to myself, "Why would you ever tackle this on your own?" I make appointments with clients so together we can identify what is needed

and provide information to ensure my clients fully understand all of the options available. Once I help someone enroll in a plan, then I become their agent and can continue to work with them each year. During the annual Medicare enrollment period, I speak with my clients to confirm they have been satisfied with their plan or help them choose a new plan. As a Medicare health plan agent, I am paid by the insurance companies, so my clients don't pay any out-of-pocket fees for my help. I don't pressure anyone, just simply provide information, present options, and let them choose what is best for their situation. Someone asked me which plan is "best." Quite honestly, it depends on what is best for each individual. If you would like help looking over your options or if you are turning 65 in the next year, please feel free to call or email me to set up an appointment. ■

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

EVENT

Over 50

The Favorite Christmas Idea House Comes to Town

Submitted by The Desert Club of Mesa

The Desert Club of Mesa is proud to present our 67th Christmas Idea House, from Thursday, Dec. 4 to Saturday, Dec. 6. Each year, a home in the East Valley is loaned to the Desert Club for the first weekend in December. Desert Club members adorn the residence with exquisite holiday decorations and then provide a magical, distinctive boutique-style shopping opportunity for attendees. The "house with a heart" began 67 years ago, however, Desert Club was founded in 1946. The club is an all-volunteer women's service organization who offers scholarships to East Valley students, and community



grants benefitting women and children in the local area. To date, nearly \$3 million has contributed to more than 800 academic scholarships and hundreds of community grants over the years. This year's theme is "Merry, Merry Mistletoe" and the home is located in Pegasus Airpark in Queen Creek. Event parking and shuttle service will be at the Horseshoe Park and Equestrian Center, located at 20464 E. Riggs Road in Queen Creek. The event kicks off with a ticketed Holiday Gala on Thursday, Dec. 4 from 5:30 to 8 p.m. (\$95), a Yuletide Brunch on Friday, Dec. 5 with seatings at 9 a.m. and 10:30 a.m. (special ticketed event-\$70), and then open to the public for shopping on Friday, Dec. 5 from 4 to 8 p.m., and Saturday, Dec. 6 from 9 a.m. to 4 p.m. (\$10). Please join us for this annual holiday tradition, and purchase those unique, handmade items, holiday décor, and delectable gourmet goodies. ■

To purchase tickets, you can go to christmasideahouse.org or scan this QR code for more information.



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REAL ESTATE

The Seven Deadly Sins of COMMON SELLER MISTAKES

By Kris Miller, Realtor, 72Sold Certified, CITIEA

Selling your home isn't just about finding a buyer — it's about protecting your equity. Too often, sellers unknowingly give away thousands by making preventable mistakes. Here's what the most common slip-ups really cost — and how to avoid them.



1. OVERPRICING THE HOME

Costs \$10,000–\$30,000 (Conservative). Overpricing is one of the costliest errors. An overpriced home lingers, racks up days on market, and eventually forces painful price cuts. Instead of gaining leverage, sellers end up chasing the market down — often losing tens of thousands. Homes priced correctly from the start tend to sell faster and spark multiple offers, even in today's market.

2. POOR LISTING PHOTOS

Costs \$5,000–\$15,000. Buyers shop online first. If your photos don't wow them, they won't even book a showing. Professional photography generates more clicks and faster sales — often for thousands more. And always check what's in the frame: cluttered counters, open toilet lids, or bad lighting can quietly kill buyer interest.

3. NEGLECTING CURB APPEAL

Costs \$2,000–\$10,000. First impressions happen in seconds. A patchy lawn, weeds, chipped paint, or a tired front door drag down perceived value. A few hundred dollars in landscaping, paint, and lighting updates can protect thousands in your final sale price.

4. ODORS (PETS, SMOKE, MUSTY AIR)

Costs \$5,000–\$20,000. Even if a home looks perfect, one whiff of pet odor or smoke can make buyers turn

around. Appraisers note that strong odors can cut value by 5 to 10%. Deep cleaning carpets, vents, and pet areas — plus keeping scents fresh and neutral preserves equity.

5. SKIPPING STAGING AND DECLUTTERING

Costs \$10,000–\$25,000. Staged homes sell faster and for more. NAR reports that 82% of buyers' agents said staging made it easier for clients to visualize the property. Even simple steps — decluttering, neutral décor, and rearranging furniture — make a home look brighter, larger, and more valuable.

6. HIDING REPAIRS

Costs \$2,500–\$15,000. Trying to cover up problems almost always backfires. Buyers either demand steep credits or walk away. Sellers who invest a few thousand in repairs often recoup far more. HomeLight research shows pre-listing repairs average a \$10K plus return.

7. FSBO (FOR SALE BY OWNER)

Costs \$55,000 on average. According to NAR, the median FSBO home sold for \$380,000 in 2024, compared to \$435,000 for agent-assisted sales — a \$55,000 gap. And remember: not all agents are equal. The right one ensures top-notch marketing, sharp negotiation, and proactive communication that maximizes your equity.

BOTTOM LINE

These mistakes are common — but avoidable. By pricing right, presenting well, fixing issues, and choosing the right agent, you can protect every dollar of equity and walk away with thousands more. In today's market, preparation isn't just smart — it's profit. ■

For more information, contact Kris Miller at (480) 236-6181 or visit [SellOnceProfitTwice.com](https://www.SellOnceProfitTwice.com).



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