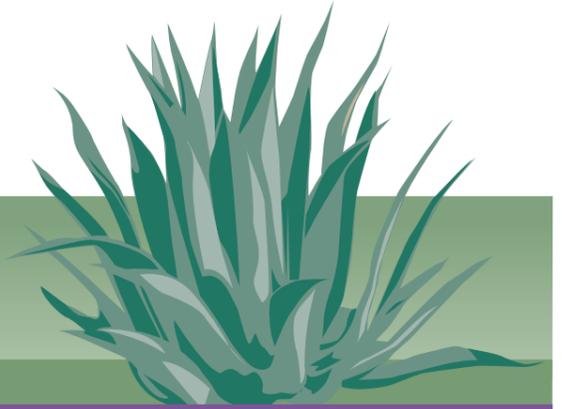


Northeast Mesa Up Close



Bringing neighbors closer to their community • UpCloseAZ.com November 2025
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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.

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**

This 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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(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

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VIDEO PRODUCER

Chase Balsley

CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

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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

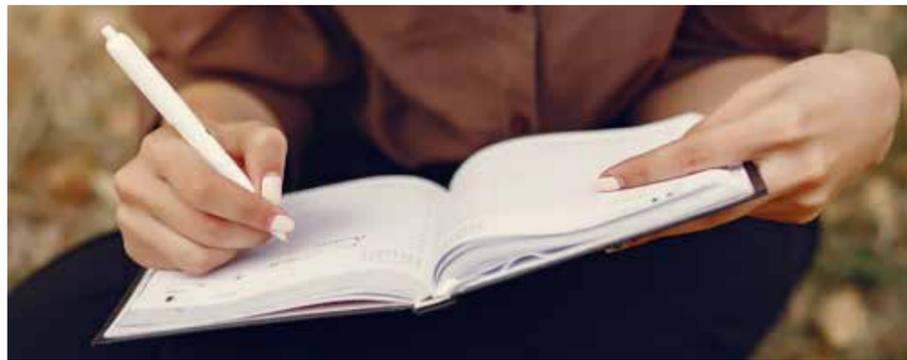
help you feel better mentally and physically. Stay hydrated, make healthy food choices, and exercise (which increases endorphins), all of which can improve your frame of mind.

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!

For more information about our therapies, please call us at (480) 992-4202 or go to primeiveastmesa.com to schedule an appointment for a free health evaluation. ■

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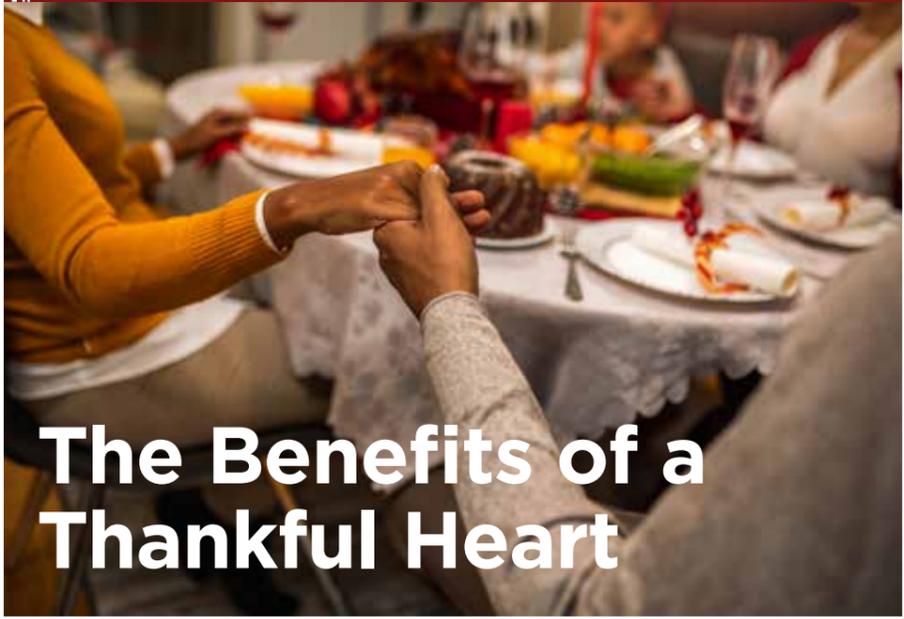
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SPIRITUALITY



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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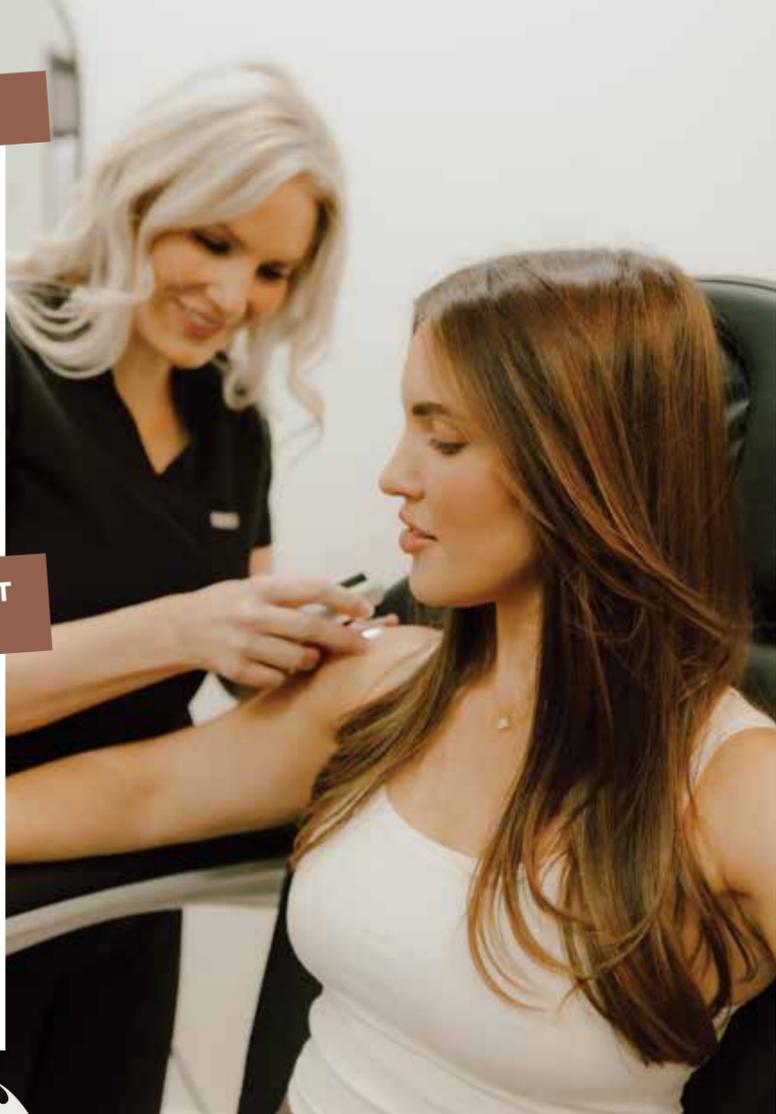
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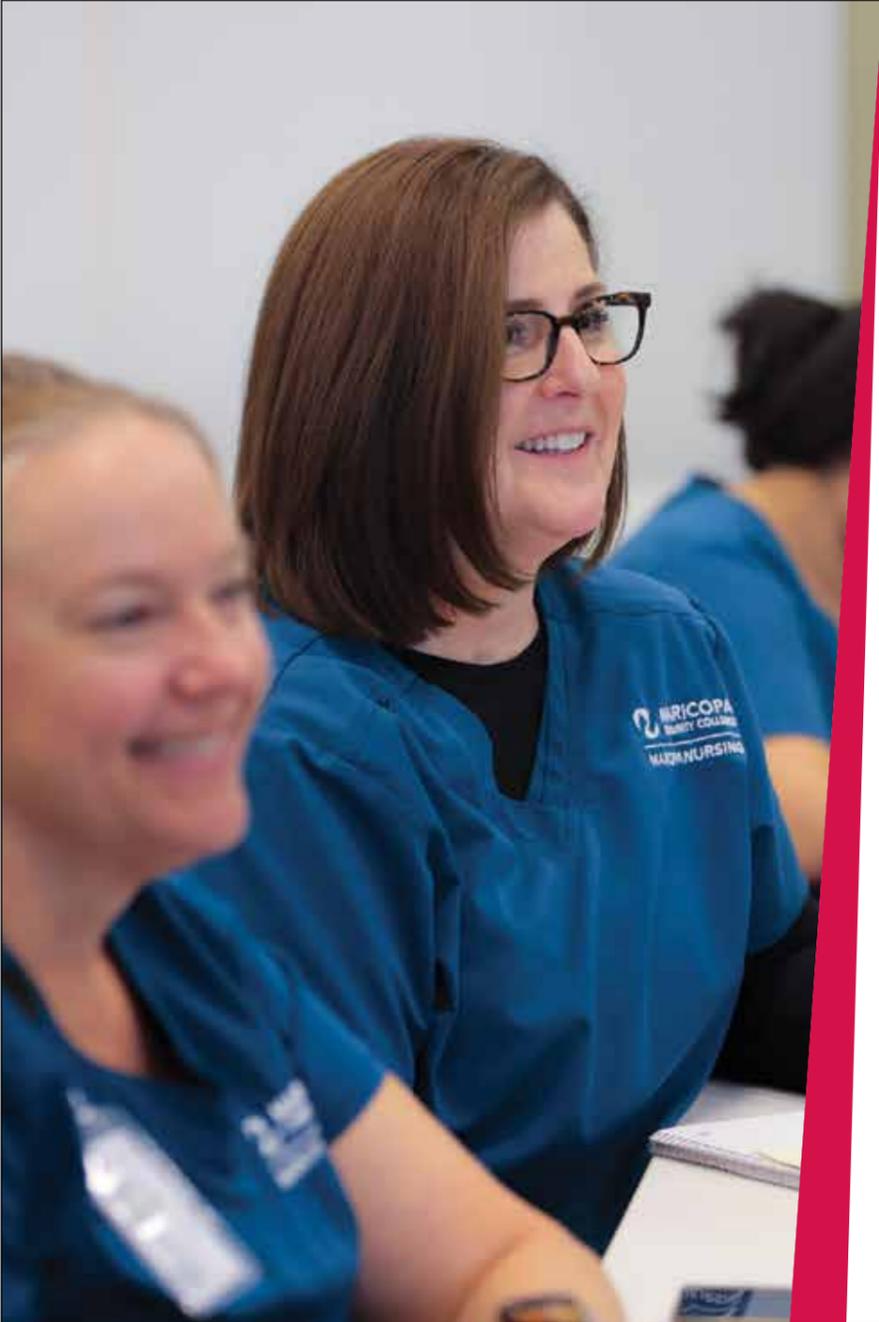
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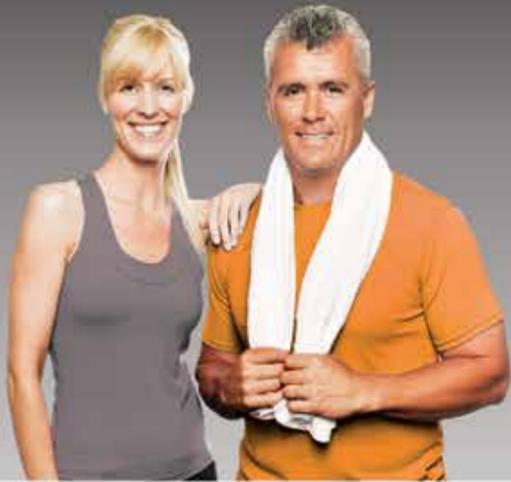
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The Pro Shop is extending normal business hours for a festive *Holiday Shop and Sip* event on Saturday, Nov. 29 from 5 to 8 p.m.

This extended holiday shopping event is the perfect opportunity to discover your favorite brands, including Vuori and Rhoback, while enjoying a relaxed and lively atmosphere.

Whether you're looking for stylish apparel or the perfect gift, you'll find an exciting selection of items such as barware, custom candles, and other unique gifts to make your holiday shopping truly special.

While you browse, sip on complimentary drinks and catch the excitement of football games playing throughout the shop. Don't miss your chance to participate in fantastic giveaways that will add even more cheer to the night. Bring your friends and family for an evening of shopping, sipping, and sports, as it's the ideal way to kick off the holiday season and find something memorable for everyone on your list.

If by slim chance you don't find the perfect gift, grab a gift card and check that special someone off your list.



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.

Indoors you'll find a reverse happy hour from 6 p.m. to close, seven days a week! Sip on wine and ice-cold beer, savor sliders stacked with bold flavor, dig into a crispy wedge salad, or share a plate of loaded nachos. All of these items have special pricing during happy hours, but must be enjoyed inside The Grille.

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.

Our turkey takeout erases all the work of preparing a Thanksgiving meal. Your pre-ordered meal will include one 16 to 19-pound turkey, slow roasted in rosemary and thyme spices. The next step is to marinate the turkey in its natural juice. Delicious side dishes include a southwestern style cornbread stuffing, garlic mashed potatoes, fresh yams, smothered in pecan butter, Green Bean Almondine Beurre Noisette, fresh herb traditional giblet gravy, whole cranberry relish, mixed greens salad with grape tomatoes, English cucumbers, shaved fennel, and cranberries, and artisan dinner rolls."



Pickup times are scheduled from 10 a.m. to 1 p.m. on Thanksgiving Day. "Call us today to make your reservation," Carla said. "We sell out every year, so call early, we're ready to take your order at (480) 396-4000, ext. 222 or email at cshaw@lassendas.com. Bon Appetit!"

MARK YOUR CALENDAR FOR THE STOCK YOUR CELLAR EVENT

Don't forget to stop by and taste some amazing wines at our *Stock Your Cellar* event on Saturday, Nov. 8, here at The Vistas Pavilion at Las Sendas. This is a *free tasting* – open to the public from 2 to 4 p.m. (Early access at 1 p.m. to Las Sendas Wine Club Members).

This is the perfect time to get "stocked up" for the holiday season. Special event pricing for *all* wines is available at the tasting.

Let us know you're coming so we have plenty of glasses available. Call (480) 396-4000, ext. 222. ■

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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2026 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 \$1,400

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)

Membership Privileges

Discounts in the Restaurants and Pro Shop

Access to all Member Events

Priority Tee Time Bookings

Unlimited Practice Facility

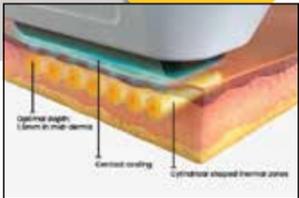
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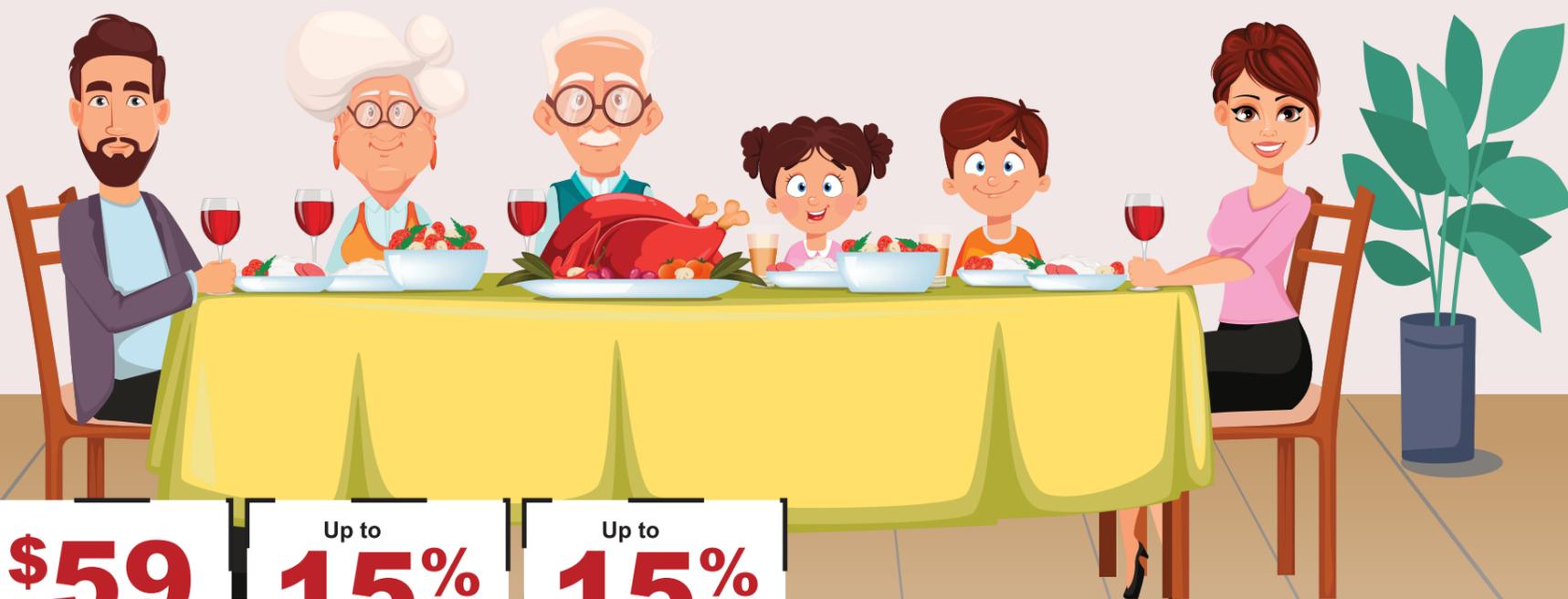
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DISCOVER ARIZONA

Experience an Arizona adventure with Phoenix BBQ and Grilling School

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. ■

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.

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.

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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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EDUCATION

Mesa Community College invites the community to its 60TH ANNIVERSARY FINALE

Submitted by Mesa Community College

Throughout 2025, Mesa Community College celebrated its 60th anniversary, marking six decades of student success, academic growth, and positive community impact with a new website featuring historical information, and special events for students, staff, faculty, and the community.

Commemorating the end of its anniversary year, MCC is hosting 60th Anniversary Finales simultaneously on both of its campuses from 11 a.m. to 1 p.m. on Wednesday, Dec. 3. The event at the Southern and Dobson Campus, located at 1833 W. Southern Ave., will be held between the MCC Theatre and the Art Gallery; and the coinciding event at the Red Mountain Campus will be held at 7110 E. McKellips Road, on the Saguaro Building patio.

Free and open to the public, the events will feature interactive art; an Alumni Zone and Memory Wall; complimentary food, and celebration treats. The Red Mountain Campus finale will include a car show.

Planned to reflect, celebrate, and ignite the future, the events will recall MCC's growth and achievements over six decades. A most notable comparison – the first graduating class in 1968 totaled just 253 students, while the 2025 graduation celebrated 3,734 students. Other significant milestones include:

- **1960s:** MCC opened in 1963 as an extension campus of Phoenix College. Construction for the new, 120-acre campus at Dobson and Southern roads started in 1965 and opened in 1966 with 2,053 students.
- **1970s:** MCC athletic teams earned 13 national championships between 1970 and 1977.
- **1980s:** Construction was completed on the Health Improvement Center, built by MCC coaches and employees on evenings and weekends and without tax or government dollars.
- **1990s:** The 60-foot-high Alumni Clock Tower, a campus landmark, is designed, built, and dedicated.
- **2000s:** Red Mountain Campus Phase I construction began. The cienega in the center of campus was completed in 2015 and serves as a learning laboratory and home to endangered species.
- **2010s:** An Arizona General Education Curriculum Z Degree, a lower cost alternative to student education embracing online education and no-cost online textbooks, was introduced.
- **2020s:** Mesa College Promise, providing two years of fully funded tuition and fees to MCC, begins accepting applications from Mesa residents graduating high school, later expanding to include adult learners 24 years and older. ■

Learn about MCC's most recent accomplishments at mesacc.edu/report and recent announcements and upcoming events at mesacc.edu/news.



LOCAL BUSINESS

Fox Dermatology Offers Comprehensive Care for the Whole Family

By Jamie Phillis

Fox Dermatology & Aesthetics is bringing a full spectrum of skin care to Mesa, from medical treatments and preventative screenings to advanced aesthetic services.

"We're proud to serve as a resource for the entire family," said Fox Dermatology founder Carlie Fox, PA-C. "Whether it's a teenager struggling with acne or an adult coming in for their routine skin cancer screening, we're here to help everyone stay healthy and feel their best."

Carlie, a Mesa-native, opened Fox Dermatology in June after more than a decade of practicing dermatology in Gilbert. The practice treats a variety of conditions including eczema, psoriasis, and rashes, which can negatively impact a patient's quality of life, but are often ignored.

"Patients don't realize how many effective treatment options are available now to address things like eczema, psoriasis – even dry skin," said Carlie. "In the winter we'll see people – especially those in healthcare or nail techs – who wash their hands so much that they experience such extreme dry skin their knuckles are bleeding. They don't think to see a dermatologist, but there are things we can do to treat these conditions and bring relief."

Similarly, Carlie shared that 40% of women over the age of 40 still have acne, which can be effectively treated to improve not only the appearance of the skin, but



also the patient's mental health and overall confidence.

In addition to addressing current skin concerns, Carlie recommends adults proactively begin skin cancer screenings as early as age 18, particularly those with a history of frequent sunburns or tanning bed use. For those with a family history of multiple skin cancers or melanoma, Carlie has even begun screenings for children as young as 12. If specialty skin cancer surgery is required, Fox Dermatology also offers in-office Mohs surgery with Dr. Ryan Jackson.

The practice also offers several popular cosmetic services including Botox, filler, microneedling, advanced facials, and chemical peels. For a limited time, the team is offering complimentary cosmetic consultations, perfect for identifying a treatment before Thanksgiving and Christmas gatherings.

Carlie and the Fox Dermatology team can also make customized recommendations on their favorite skin care products and sunscreen, many of which are carried in the office.

Fox Dermatology currently has same-week appointments and accepts most major insurance plans, including Blue Cross Blue Shield, Humana, Banner, and Aetna. ■

Fox Dermatology & Aesthetics is located at 3514 N. Power Road, Suite 123, in Mesa. To learn more or schedule a consultation, visit foxderm.com or call (480) 319-9500.

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Northeast Mesa Real Estate MARKET REPORT

PRESENTED BY JOHN KARADSHEH



Sales over \$630,000 for the Month of September 2025

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
1062 N Robin Ln	2,485	Mountain View Highlands	\$640,000
8116 E Plymouth	2,046	County Island	\$649,000
7730 E Culver St	1,966	County Island	\$674,500
9713 E El Paso St	1,744	County Island	\$675,000
2217 E Hackamore St	2,820	Miller Heights	\$695,000
3119 E Menlo St	3,338	Vista Mesa	\$710,000
4010 E Grandview St	2,871	Estate Groves	\$712,000
7015 E Granada St	3,173	Alta Mira Estates	\$725,000
9607 E McKellips Rd	1,806	County Island	\$775,000
2149 E Hermosa Vista Dr	3,242	Citrus del Ray	\$789,900
2741 E Odessa St	2,878	Lehi Crossing	\$800,000
6448 E Odessa St	2,737	Trigram Estates	\$830,000
4146 N Lomond	2,607	Red Mountain Ranch	\$840,000
2043 E Quartz St	3,295	North Country Acres	\$845,000
851 N Citrus Cove	2,868	Groves	\$860,000
1747 N 94th St	2,204	County Island	\$875,000
1829 N Atwood	3,015	Mountain Bridge	\$910,000
2929 E Hackamore St	3,806	Mesa Northgrove	\$980,000
5765 E Sanford St	2,950	Reserve at Red Rock	\$1,090,000
5759 E Sanford St	3,207	Reserve at Red Rock	\$1,139,970
8149 E Jaeger St	2,758	Monteluna	\$1,185,000
7030 E Ingram St	3,461	Anney	\$1,240,000
8540 E McDowell Rd #102	4,591	Thunder Mountain	\$1,257,750
2663 N Keesha	3,760	Madrid	\$1,344,800
3323 N 81st St	3,487	County Island	\$1,550,000
3943 E Laurel St	5,535	Spyglass Estates	\$1,632,000
4024 E Minton Cir	6,247	Estates at Hermosa Ranch	\$2,850,000

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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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 — where modern care meets indulgent comfort. Your dental health is essential, but how you feel during your visit matters just as much.



Dr. Breanna Embree

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



- 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! ■

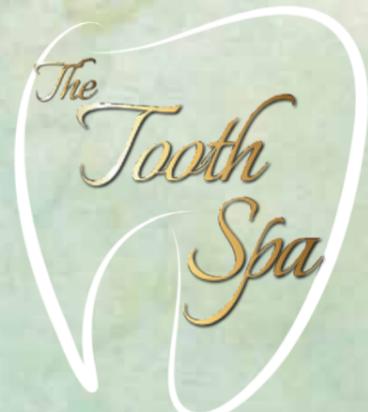
Call or text today — and April will be happy to assist you! (480) 641-4567. Prefer online? You can book your visit in just a few clicks at aztoothspa.com.



BEEN A WHILE SINCE YOUR LAST DENTAL VISIT?

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DR. BREANNA EMBREE, DDS



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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."

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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

The 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

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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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 @4PM	Moon Dog
Sat. 29th @4PM	Kristy Dee Swan
Sun. 30th @4PM	Jonny Splash

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WWW.DESERTBELLE.COM




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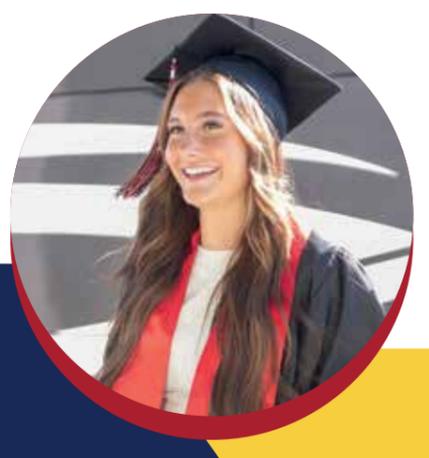
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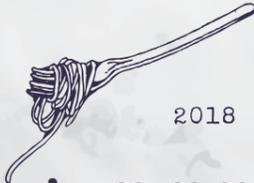
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Over 50 Up Close

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.



ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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

Call me today for help navigating Annual Enrollment this year!

Lynne Jones
CELL:
480-212-2246



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

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

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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.



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PUBLIC TOURS \$10
Friday, Dec. 5 from 4-8 pm
Saturday, Dec. 6 from 9-4 pm

FOR MORE INFORMATION AND TO PURCHASE TICKETS, SCAN THIS CODE OR VISIT:

www.christmasideahouse.org

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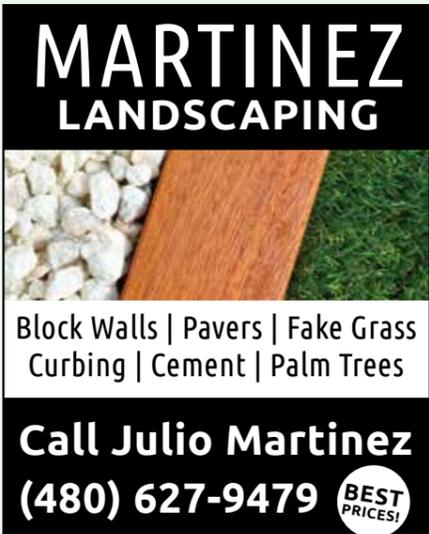
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LIVE MUSIC



**EVENINGS
IN NOVEMBER**

EVERY MONDAY
Matt French (singer songwriter)

EVERY TUESDAY
Eric Miller (Spanish Guitar)

WEDNESDAYS (Nov 5 & 19)
Anthony Mazzella (guitar virtuoso)

WEDNESDAYS (Nov 12 & 26)
Matt French (singer songwriter)

EVERY THURSDAY
Taide Pineda (singer songwriter)

EVERY SATURDAY
Scott Hallock (classic rock)

SUNDAY EVENINGS

NOVEMBER 2
Jeordie (singer songwriter)

NOVEMBER 9
Michael Spero (singer songwriter)

NOVEMBER 16
Anthony Mazzella (guitar virtuoso)

NOVEMBER 23
Chris Counelis (saxophone)

NOVEMBER 30
Anthony Mazzella (guitar virtuoso)

CALL FOR RESERVATIONS 602-734-5524
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LET LAS SENDAS GOLF CLUB DO THE WORK THIS THANKSGIVING DAY!

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or pick up your
fully prepared
meal and enjoy
it at home.

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\$250, plus tax
Serves 8-10**

Rosemary, Thyme Marinated
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In Its Natural Juice

Southwestern Style Cornbread Stuffing

Roasted Garlic Mash Potatoes

Fresh Yams Smothered In Pecan Butter

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Fresh Herb Traditional Giblet Gravy

Whole Cranberry Relish

Mixed Greens

Grape Tomatoes, English Cucumbers,
Shaved Fennel, Cranberries

Artisan Dinner Rolls

**To Reserve Your Take Out Meal,
Email: CSHAW@LASSENDAS.COM
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**THANKSGIVING DINNER
on the PATIO at LAS SENDAS**

Thursday, November 27th, 3-7pm on The Patio.

\$75 per person (plus tax and gratuity)
Kids 12 & Under - \$30 (plus tax and gratuity)
Reservations: 602-734-5524

STARTERS

Choice of Soup or Salad
Chicken Pot Pie Soup
Blue Cheese & Pear Salad

ENTREES

Smoked Turkey Breast: Rosemary Mashed Potatoes,
Stuffing, Turkey Gravy, Haricot Vert, Cranberry Chutney

Las Sendas Prime Rib: Au Jus, Mashed Potatoes,
Roasted Brussels Sprouts, Creamy Horseradish

Herbed Grilled Salmon Pasta: Pappardelle Noodles,
Jalapeno & Cilantro Sauce, Grana Padano Cheese

DESSERTS

Apple Cobbler
Creme Brulée