

# Las Sendas Up Close

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December 2025

## Two Different Companies, Two Different Boating Options for Your Holiday Enjoyment



Dolly Steamboat

By Kimberly Alvarado

### THE DOLLY STEAMBOAT: A HOLIDAY ADVENTURE AND GIFT TO REMEMBER

Looking for a unique holiday outing or a memorable gift idea? A cruise aboard the Dolly Steamboat on Canyon Lake offers both.

Whether you are treating yourself, surprising loved ones, or planning a festive gathering, this experience combines breathtaking scenery, fascinating history, and unforgettable moments. It is the kind of gift that lingers in memory long after the wrapping paper is gone.

Canyon Lake is home to the Dolly Steamboat. President Theodore Roosevelt once declared that the Apache Trail and surrounding areas, “combine the grandeur of the Alps and the glory of the Rockies.”

Siblings Jeff Grimh and Cindi DeLoseur have proudly owned and operated the Dolly Steamboat since October 1987, now beginning their 38th year of business.

“Our goal is to offer guests an unforgettable experience of geological and natural wonders, as the captain recounts the legends and lore of the Superstition Mountains,” says Cindi.

Cruisers often spot bighorn sheep, bald eagles, and other wildlife during tours. Guests can choose from

Twilight Dinner Cruises (two hours), Nature Cruises (one and a half hours), Astronomy Cruises (two hours), and the annual Bighorn Sheep Cruise hosted by Arizona Game and Fish. Private charters, wedding cruises, and corporate events are also available.

Known as Arizona’s “Junior Grand Canyon,” the Dolly Steamboat is Coast Guard approved, with all staff trained in vessel emergency procedures. Visitors marvel as they travel along the historic Apache Trail — Arizona’s first designated historic highway — through the Tonto National Forest, where nature reveals one of its most awe-inspiring panoramas.



For more information, visit [dollysteamboat.com](http://dollysteamboat.com) or call (480) 827-9144 to make reservations.

### ALL ABOARD FOR HOLIDAY MAGIC ON THE DESERT BELLE

Get ready to kick off the festive season in style with a one-of-a-kind Christmas cruise on the Desert Belle on Saturday, Dec. 6 at 5 p.m.

Step onto the Desert Belle and enjoy front-row seats to the dazzling Parade of Lights on Saguaro Lake. As the Desert Belle leads the parade, you’ll be swept up in the holiday spirit with cheerful Christmas music, delicious drink specials, and sparkling views of the lights and Saguaro Lake.

John Waldron, managing director of the Desert Belle, promises, “A fun experience for everyone aboard.” Whether you’re celebrating with family or friends, this is the perfect way to make magical memories.

Surrounded by Arizona’s iconic multi-colored sandstone mountains, the Desert Belle cruises the waters of Saguaro Lake.

Besides the holiday event, guests can choose from a variety of excursions, including an 80-minute tour



Desert Belle

narrated by a U.S. Coast Guard certified captain who describes the history, geology, geography, and wildlife native to Arizona’s Sonoran Desert, almost all of which you see while you enjoy the sunshine and fresh air from the wide open-air upper deck of the Desert Belle.

Plan to see bald eagles, desert bighorn sheep, wild horses, deer, and bobcats, all of which are known to make Saguaro Lake their home.

The lower deck has an open-air front deck and an enclosed lower cabin, which is climate-controlled and handicap accessible. The cruise is perfect for guests of all ages with a gentle disembarking and graceful, relaxing tour cruising speeds. There are also two bathrooms on board for your comfort.

The onboard walk-up snack bar features water, soda, beer, wine, and cocktails for purchase. Visa, MasterCard, or American Express are accepted at the walk-up ticket booth and snack bar. Cash is not accepted. ■

Spots fill up fast — reserve yours today at [desertbelle.com](http://desertbelle.com) or call (480) 984-2425. Don’t miss out on this unforgettable holiday adventure!

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EDUCATION

# GROW TOMORROW'S LEADERS

## Nurture Soft Skills in Preschool and Early Grades

By Anjum Majeed, Ed.D., Founder/  
Superintendent, Self Development Preschool/  
Self Development Academy

In today's world, children need far more than strong academics to thrive. Employers consistently seek individuals who can communicate effectively, adapt to change, collaborate with others, and solve problems creatively. These "soft skills" might sound like qualities developed in adulthood, but the truth is that their foundation is laid much earlier, often long before a child enters high school or the workplace.

### THE POWER OF SOFT SKILLS

Soft skills shape the way children handle frustration, interact with classmates, and respond to new or unexpected situations. As adults, these same abilities become essential for navigating teams, projects, and challenges at work. Research and employer surveys repeatedly show that communication, teamwork, and emotional intelligence rank as highly as technical expertise. It's a powerful reminder: while academic learning is meaningful, a child's ability to relate to others and persevere through challenges plays a significant role in long-term success.

### EARLY CHILDHOOD: THE FIRST LEARNING LABORATORY

Young children learn about the world through play, conversation, and exploring whatever sparks their curiosity. These everyday moments, which often seem simple to adults, are full of opportunities to develop soft skills.

A preschooler describing a picture to a teacher is strength-



ening their communication skills. Two children building a block tower are practicing teamwork, negotiation, and even leadership. A child trying to fix a wobbly structure or resolve a disagreement with a friend is learning problem-solving and emotional regulation.

During these early years, children develop rapidly in terms of social, emotional, and cognitive growth. With gentle guidance and intentional support, this natural growth becomes a robust foundation for the skills they will rely on for years to come.

### EARLY ELEMENTARY: STRENGTHENING AND EXPANDING SKILLS

When children transition to kindergarten through third grade, their world expands. Routines become more structured, classrooms become more collaborative, and expectations grow. Classroom discussions teach children how to express ideas clearly and listen respectfully. Group activities help them practice cooperation, patience, and shared responsibility. Multi-step assignments, new technology, and changing routines help them develop flexibility, resilience, and problem-solving strategies.

Even simple experiences, such as meeting a substitute teacher, adjusting to a new seating chart, or learning with different partners, teach adaptability and build confidence. These skills not only strengthen academic growth but also promote emotional well-being.

### HOW SCHOOLS SUPPORT SOFT-SKILL DEVELOPMENT

At Self Development Academy (SDA), we intentionally weave soft-skill development into everyday learning. To support this commitment, social-emotional learning lessons help students understand their emotions, show empathy, and manage conflicts constructively. Classroom jobs and reflection routines build responsibility and



self-awareness. Group projects encourage communication and collaboration.

Teachers who emphasize growth, effort, and persistence help students learn that challenges are not setbacks; they are opportunities to build resilience and confidence. Schools should also highlight soft skills in student feedback, signaling to children and families that these abilities are essential components of success, not secondary extras.

### THE ROLE OF FAMILIES

Families play an equally important role. When parents encourage children to express their feelings, describe their thinking, or help them make small decisions, they build communication skills and confidence.

Everyday moments offer opportunities to learn, whether playing board games, completing chores, planning outings, or even navigating disagreements at home. Children watch how adults solve problems, communicate, and respond to stress. These daily interactions reinforce the same skills teachers work to develop in the classroom.

### A COMMUNITY INVESTMENT

When parents, educators, and communities collaborate to develop a child's soft skills in their early life, the benefits extend far beyond academic success. Children become better communicators, critical thinkers, compassionate individuals, and confident learners. By intentionally nurturing these skills in preschool and the early elementary years, we at SDA equip children with the tools they need not just to achieve academically but to thrive in relationships, in future workplaces, and in life. ■



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

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**LOCAL BUSINESS**

# REFLECTIONS OF THE SEASON

By **Tim Beaubien, Hava Java Mesa**

It's Nov. 8 and my next article is due on the 10th. Hey, I'm half a day ahead of my usual schedule (half day because it's 6 p.m.).

Anyway, I thought it would be a good time to write about the upcoming holidays. By the time you read this you will have given thanks and starting the end-of-year holiday scramble.

I could do the typical clichés – Be of good cheer, Deck the halls, Peace on earth, You better not pout, I'm telling you why, See ya next year... well you get the idea.

I thought it would be better to reflect back on this past year. I certainly hope your reflections all show a very good year past.

Barb and I have had a great year and are very thankful to be part of the community. We have great new friends. Hava Java is doing great, and we have our health. Our kids and friends all have their health as well. Although I did lose a close friend in a motorcycle accident, I think of Mike and his family often.

But life continues and I must concentrate on the positives. I think that is the true spirit of the season. Being thankful for the little everyday blessings and small positives. If you can do that, you'll find that you don't really need the big ones.

John Mayall wrote in his 1989 song, *I Can't Complain: It's how you look at it, your attitude.*

*You can't get through life without some gratitude. You can always make a list of what's going wrong, But your list of blessings will be twice as long!*

For those old school British blues fans out there – this quote portrays my thoughts for the season of the best this year. I think if we can move into the holidays with that message, your burdens will be lighter, your thoughts clearer, and holidays a bit more special.

So, going into this season, forget talking about politics at the holiday dinner table and feel blessed that you are with family and friends.

Forget about the interest rates and the news of the day. Forget about the things you wish would have happened this year and show gratitude for what did.

Think about the ones we lost and say a small prayer for them. And always remember, the lack of the negative constitutes the positive. Even the littlest of things can be a blessing (and believe me, they are). If you let these burdens go, your mind will

be clear. Then the holidays and life suddenly take on a greater meaning.

Barb and I truly hope that when you read this that your year has been a good one and that your holidays are memorable.

God Bless ■

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



Barb and Tim Beaubien



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# Music

at Hava Java Coffee House

For the complete event schedule check [havajavamesa.com](http://havajavamesa.com).

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THURSDAY, DECEMBER 18  
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**COMMUNITY**

# RED MOUNTAIN RANCH SOCIAL CLUB

## 2025-26 Season is Underway: Friends, Fun, Food

By Cathy Barthel  
Photos by David Bender

The 2025-26 season of the Red Mountain Ranch Social Club is off to a great start, filled with events that bring friends together, spark new connections, and celebrate our vibrant community.

### OCTOBERFEST BBQ & HALLOWEEN PARTY

We kicked things off in October when member and former Club President Allyn Bransby hosted the annual Octoberfest BBQ and Halloween Party — a fall favorite. This year's event was catered by Big Nate's BBQ and sweetened by Social Club Treasurer Jennifer Fortner's famous peach cobbler. Members arrived in creative Halloween costumes, and three were awarded Best Costume prizes.



### LADIES LUNCHEONS

A special shoutout goes to Marianne DePalma, who thoughtfully plans our Ladies Luncheons. She personally visits each restaurant before adding it to the schedule. This fall, members enjoyed gatherings at Toro by Chef Richard Sandoval in Scottsdale and The Vig in Mesa's Dana Park. December's luncheon is set for Lon's at the Hermosa Inn in Paradise Valley.

### REGULAR MONTHLY GATHERINGS

Members continue to enjoy monthly traditions like the Men's Breakfast (last Wednesday of each month at Sunnyside) and Game Night (first Thursday of each month), where Bingo and Bunco keep the competition friendly and fun.

### WINE TASTING ADVENTURE

On Nov. 5, members gathered for a private wine tasting at Total Wine in Mesa. "From Tip to Toe: A Wine Tour of Italy" took us from sparkling Proseccos and crisp Pinot Grigios to Sangiovese-based wines of Tuscany to rich Sicilian reds, paired with pizza and salad. It was an evening of great flavors and good company.

### THEATER NIGHT AT HALE

Later in the month, on Nov. 20, our members enjoyed the classic *Singing in the Rain* at the Hale Theatre. Many thanks to Ferne Zabezensky for coordinating tickets and continuing her long-time dedication to RMRSC events.

### LOOKING AHEAD - HOLIDAY FUN & MUST-SEE SPEAKERS IN OUR LINE UP

Our annual Holiday Party is set for Dec. 11 at the RMR Country Club, featuring a Holiday/Ugly Sweater theme — get ready to see some of the best looks in a future article!

Our next General Meeting will be on Jan. 8, marking the start of another exciting year of club camaraderie. Jerri Churchill, a 35-year veteran of the television industry and part-time Las Sendas resident, will share stories from her celebrated career. She's worked on over 160 episodes on shows like *Dancing with the Stars* and *American's Funniest Home Videos*.

On Feb. 12, we will learn from ASU's Professor Colleen Sheehan, also a Las Sendas resident. Professor Sheehan is considered one of our country's leading experts on James Madison. As we prepare to commemorate our country's 250th birthday, we will explore the origins of our nation during the American Revolution from her scholarly point of view.

### ABOUT THE RED MOUNTAIN RANCH SOCIAL CLUB

Our mission is to promote the social and cultural growth of our members, offer educational opportunities, encourage health and wellness, and foster community involvement. ■

To join the fun, visit [RMRSC.com](http://RMRSC.com) to become a member. We invite you to join us for our 2026 season!

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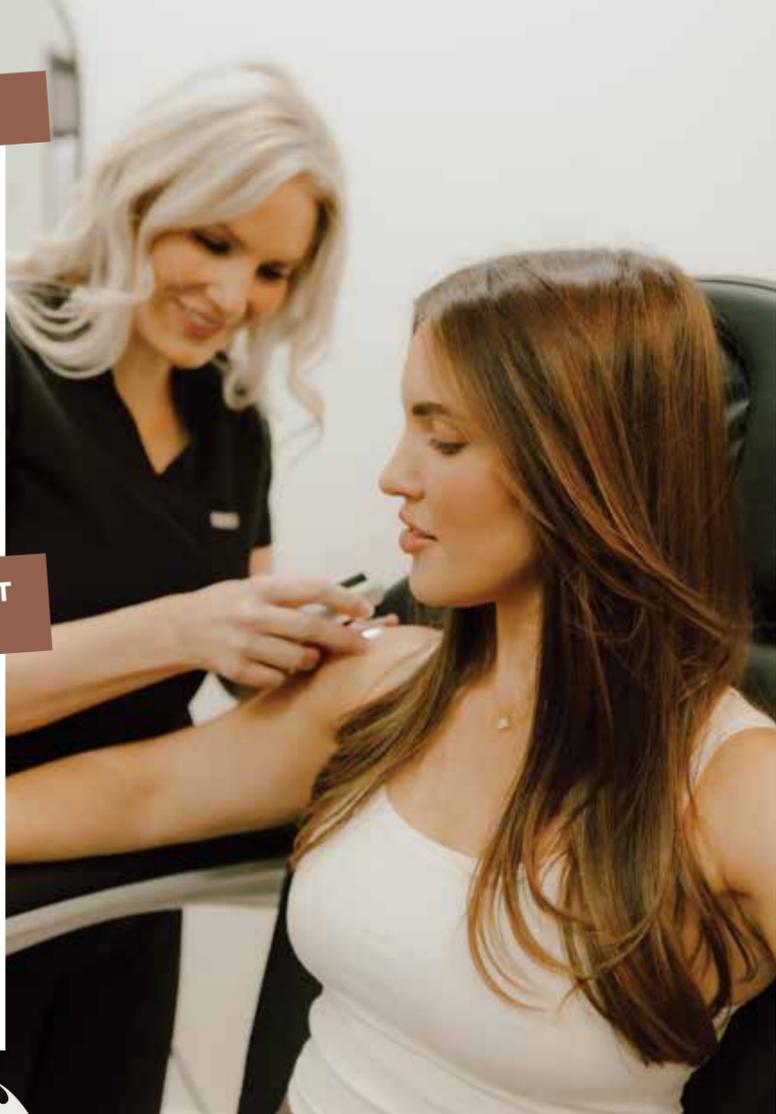
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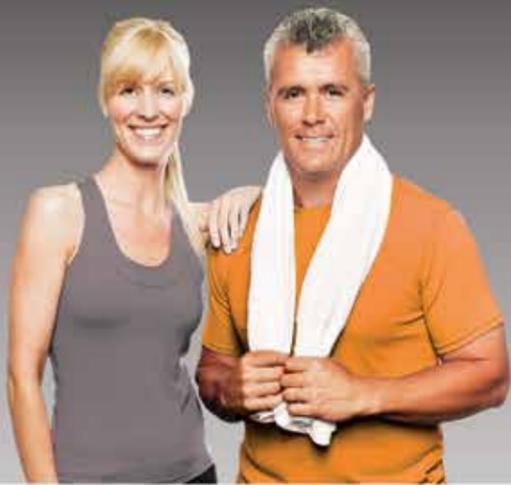
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Are you looking to create a new and beautiful tradition this holiday season? Make a reservation for an *Afternoon Tea* at The Vista Pavilions at Las Sendas.

This scrumptious event takes place on Dec. 21. Share time with friends and family while enjoying the traditional Afternoon Tea menu, including finger sandwiches, scones, and special Christmas treats, while sipping tea, from a selective variety. The venue overlooks the Las Sendas Golf Course, a beautiful backdrop to create special holiday memories. Reservations are being accepted now at (480) 396-4000 ext. 222 or email [cshaw@lassendas.com](mailto:cshaw@lassendas.com).

Who's ready to ring in the new year? You are cordially invited to this year's New Year's Eve Party at The Vistas Pavilion at Las Sendas. Enjoy live music provided by Dr. Mike Grams' Midnight Mesa Band, culinary delights with a seafood station, hors d'oeuvres, a chocolate fountain, and much more! The fun starts at 8 p.m.

and runs through 12:30 a.m. The cost is \$99 per person. Reservations must be made no later than Dec. 15. Call (480) 396-4000 ext. 222 or email [cshaw@lassendas.com](mailto:cshaw@lassendas.com).

### CELEBRATE THE HOLIDAYS AT THE PATIO & GRILLE

In addition to our nightly lineup of live entertainment at sunset, join us for unforgettable live music and festive dinners on both Christmas Eve and New Year's Eve.

- ♦ **Christmas Eve:** Enjoy the sounds of Singer-Songwriter, Jeordie Duo, from 3 to 7 p.m. while you dine.
- ♦ **New Year's Eve:** Experience the incredible guitarist, Anthony Mazzella, from 5:30 to 9:30 p.m.

Reservations are required for both holiday evenings, so be sure to secure your spot early. We look forward to welcoming you to a magical holiday celebration!



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## New Year's Eve Dinner & Live Music

**The Patio & Grille at Las Sendas**

5:30PM to 9:30PM • \$99 ++ PER PERSON  
For reservations, call: (602) 734-5524

### New Year's Eve Menu

<p style="text-align: center;"><b>STARTER</b></p> <p style="text-align: center;">Choice of soup: <b>Lobster Bisque or Tuscan Soup</b></p> <hr/> <p style="text-align: center;"><b>SECOND COURSE</b></p> <p style="text-align: center;"><b>Greek Salad</b> Romaine, Feta, Red Onion, Olives, Sun Dried Tomatoes, Balsamic Vinaigrette</p>	<p style="text-align: center;"><b>CHOICE OF THIRD COURSE</b></p> <p style="text-align: center;"><b>Smoked Prime Rib.</b> Rosemary Goat Cheese Mashed Potatoes, Haricot Vert</p> <p style="text-align: center;"><b>Blackberry Relish Pan Seared Duck.</b> Sweet Potato Mash, Mezquite Miso Honey Brussels Sprouts</p> <p style="text-align: center;"><b>8 oz Fillet.</b> Roasted Garlic Mashed Potatoes, Shiitake Mushrooms, Asparagus &amp; Veal Demi</p> <p style="text-align: center;"><b>8 oz Smoked Cold Water Lobster Tail.</b> Rosemary Lemon Garlic Butter Sauce, Garlic Mashed Potatoes, Asparagus</p> <p style="text-align: center;"><b>Smoked Pulled Pork Mac N Cheese.</b> Pappardelle, Smoked Pork, Green Chillies, Breadcrumbs.</p> <p style="text-align: center; font-size: small;">*Add on to any entrée an 8 oz Smoked Lobster tail for \$38</p> <hr/> <p style="text-align: center;"><b>DESSERT</b></p> <p style="text-align: center;"><b>New York Cheesecake or Key Lime Pie</b></p>
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Complimentary CHAMPAGNE TOAST Before or After Dinner!

**THE PATIO & GRILLE AT LAS SENDAS**  
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# Las Sendas

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

**LAS SENDAS GOLF CLUB • 7555 Eagle Crest Drive, Mesa, AZ 85207**

## 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

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\$10,000 Initiation Fee + Yearly Dues

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

#### Proxy Membership

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(2 Year Commitment) Deposit Required (Limited Availability)

#### Social Membership

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\$995

(Add spouse for \$500 if you are a Family pass holder or Social member.)

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REAL ESTATE

# SPOILING YOUR DOG THIS CHRISTMAS

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



Each December, I love keeping with my Christmas tradition of skipping real estate talk and sharing something fun instead. And before I dive in, I want to take a moment to thank all my amazing clients, past and present, and everyone who reads my articles. Your support means so much to me.

So, this year's fun article is all about our four-legged friends. If there's one member of the family who never complains about holiday chaos, never minds the extra wrapping paper on the floor, and never turns down a snack, it's the dog. With three dogs in our home, it's always been so much fun to include them in the Christmas festivities, so let's talk about the art of spoiling your dog at Christmas, because if anyone deserves a little holiday indulgence, it's the furry family member who loves you unconditionally all year long.

### DECK THE PAWS: TURN YOUR HOME INTO A DOGGY WONDERLAND

While many of us decorate with color-coordinated ornaments and Pinterest-worthy garlands, your dog has their own priorities: "Can I sniff it? Can I eat it? Can I knock it over?" Decorating with your dog in mind can add a whole new layer of festive fun.

Hang a special stocking just for them and fill it with toys, treats, and maybe a squeaky Santa that will mysteriously lose its squeaker by Dec. 26.

Add a little fashion statement with a Christmas bandana or a cozy holiday sweater. Just avoid anything too tight



or anything with dangling pieces — this is a celebration, not an emergency vet visit!

### SPOIL THEM WITH GIFTS THEY ACTUALLY CARE ABOUT

Sure, your dog would be happy with an empty water bottle wrapped in paper, but Christmas is the perfect excuse to go all out.

Here are some fan-favorite doggy gift ideas:

- **An extra-plush holiday bed.** Perfect for long winter naps and to keep them from claiming your freshly washed blankets.
- **A new puzzle toy.** Keep their brain busy while you wrap your gifts (or attempt to, while they "help").
- **Treats made just for Christmas.** Think dog-safe gingerbread biscuits or peanut-butter snowflakes.
- **A subscription treat box.** Because Christmas joy doesn't have to end in December.
- **A giant festive chew bone.** Just prepare yourself for the proud parade they'll do while carrying it around the house.

### BAKE THE TREATS, SKIP THE CALORIES (WELL... SOME OF THEM)

Christmas is basically a month-long buffet for humans, cookies, fudge, grandma's secret everything. And while your dog shouldn't join you in devouring sugar cookies and peppermint bark, you *can* whip up festive, dog-safe treats.

When you make some treats, make extra, put them in cute *Christmas tins* and bring them to holiday parties where you know the hosts are dog owners.

Try these easy homemade delights:

- **Sweet potato chewies.** Slice, bake, done. Your dog will think you're a culinary genius.
- **Pup-friendly peanut butter cookies.** Just peanut butter, oats, and a little water. Shape into stars or candy canes for bonus holiday points.
- **Frozen yogurt bites.** Greek yogurt, banana, and a sprinkle of cinnamon. A little messy, but incredibly dog-approved.

### LET THEM UNWRAP A GIFT

They love the crinkling sound. Add some beef jerky when wrapping it up and they'll know exactly which wrapped box is theirs.

### FINISH WITH A LITTLE EXTRA LOVE

At the end of the day, the best way to spoil your dog for Christmas isn't with toys or treats, it's with time, affection, and attention. Dogs live every day like it's Christmas morning because the joy of being with their favorite person never gets old. ■

### HOMEMADE PEANUT BUTTER AND PUMPKIN DOG TREATS

- 2 ½ cups whole wheat flour
- 2 large eggs
- ½ cup canned pumpkin
- 2 tablespoons peanut butter
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- 1 teaspoon water, or more if necessary (Optional)

Original recipe (1X) yields 25 servings

1. Gather all ingredients. Preheat the oven to 350 degrees F (175 degrees C).
2. Combine flour, eggs, pumpkin, peanut butter, salt, and cinnamon in a bowl; stir with a spatula until combined.
3. Transfer mixture to a work surface and work it with your hands until mixture starts to come together. Add 1 teaspoon water at a time (only if needed) to help make the dough workable, but don't add too much as it should be dry and stiff. Roll the dough to a thickness of 1/2 inch.
4. Cut into 1/2-inch pieces and transfer to a baking sheet.
5. Bake in the preheated oven until dog treats are golden brown and crunchy, about 40 minutes. Let cool before serving to your dog.

For more information about today's market conditions — or to learn how you can best position yourself as a buyer or seller — don't hesitate to reach out. I'm always here to help.

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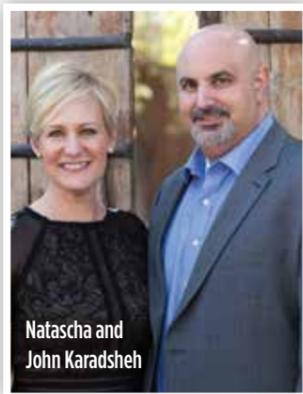
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Mountain Views - Pool - \$775,000  
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REAL ESTATE

# Why Dinner Parties are Trending and Chores are the New Therapy

By John and Natascha Karadsheb, KOR Properties



While we are in the business of helping people buy and sell real estate, we also just love the concept of "home." The enjoyment of real estate is always the end goal of our work, and the holiday season is the perfect time for us all to appreciate our spaces and fill them with friends, family, and new memories.

This year we have seen a resurgence in the appreciation of home, and it is no coincidence that this has occurred in tandem with the renaissance of Martha Stewart. From the explosive rise of "Martha Stewart aesthetic," searches on Pinterest, to a renewed enthusiasm for gardening, cooking, cleaning, and entertaining, people are gravitating back toward the comforts of home. It is less about a trend and more about finding comfort and security.

### THE THERAPY OF CHORES

Have you ever come across a reel on your social media feed that shows someone cleaning their house? That is because #CleanTok, a popular subcommunity on TikTok focused on cleaning, organizing, and home care, has grown into a massive trend with billions of views. As it turns out, cleaning is actually good for your mental health. Studies show that a clean and organized environment fosters a sense of control and reduces stress and anxiety. Chore charts are the new puzzles, so grab a microfiber cloth and a sheet of gold star stickers and get ready for 2026!

### MAKING HOME PERSONAL

When we think of a perfect home many of us picture a model home: clean, neutral, and perfectly decorated. But, a house becomes a home when it reflects your life. We are seeing a return to an era of decorating with family photographs, heirlooms, travel mementos, and handmade items. People once again want their homes to feel authentic, personal, and full of their memories. The holidays are the perfect time to bring that personalization into your space, from vintage decor to family recipes, it is a great time to lean into a little nostalgia.

### THE HOSTING HOBBY

I am not sure when it happened, but at some point people stopped entertaining at home. Maybe we got busy. Maybe it was the pandemic. Maybe it was because of Martha Stewart's high standards. Regardless of the reason, dinner parties are finally back and the younger

generations have embraced entertaining with renewed interest. From game nights to Friendsgivings to themed parties and cookbook clubs, making memories around the table is a status symbol again. If you haven't hosted in a while – leave perfection behind and just invite people over for pizza and wine. Keep it simple and work your way up!

### IT'S THE LITTLE THINGS

Small personal touches add both character and life to our spaces. The simple act of placing a vase of fresh flowers on your desk, lighting candles at the end of the day, cooking to a great playlist, or opening the windows in the morning can shift the entire feeling of your home. The little joys don't cost a thing but represent an active practice of living intentionally and they greatly enhance our daily life.

We love what we do because we know just how important it is to create a space that feels right and if it took Martha's renaissance to make it trendy again – then we'll take it!

So this holiday season, we hope you enjoy your home with family and friends and savor all the little moments that make even the small moments special. Happy Holidays from our family to yours! ■



As longtime Northeast Mesa residents and trusted local real estate experts for over 20 years, we serve our neighbors with personalized guidance, strategic insight, and exceptional local market knowledge. Real estate is not just our business it's our legacy and we're ready to get to work to help you achieve your goals with confidence.

Call us today at (602) 615-0843 for a complimentary consultation and learn more about us on our website at [MesaLuxuryHomesAZ.com](http://MesaLuxuryHomesAZ.com). We look forward to working with you! – John and Natascha Karadsheb

Las Sendas Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales for the Month of October 2025			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7445 E Eagle Crest Dr #1145	1,388	Cachet	\$485,000
6941 E Snowdon St	1,911	Cobblestone	\$500,000
3544 N Paseo Del Sol	1,756	Rolling Hills	\$510,000
3055 N Red Mtn #77	1,571	Ironwood Pass	\$520,000
7232 E Nance St	1,926	Trailridge	\$539,900
7445 E Eagle Crest Dr #1015	1,834	Cachet	\$542,000
7437 E Nora St	2,126	Grayfox	\$570,000
3060 N Ridgecrest #84	2,731	Desert Vistas	\$705,000
3805 N Barron	2,105	Highlands	\$800,000
3518 N Shadow Trail	4,264	Granite Mountain	\$1,575,000

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](http://www.KORproperties.com)



Northeast Mesa Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales over \$900,000 for the Month of October 2025			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
4136 E Greenway Cir	3,660	Estate Groves	\$910,000
4055 N Recker Rd #71	3,509	Red Mountain Ranch	\$925,000
3713 E Ellis St	3,384	Trovita Estates	\$925,000
2530 E Quenton St	2,688	Grove at Lehi	\$979,000
8138 E Jacaranda St	2,638	Monteluna	\$1,000,000
2439 N Atwood	2,993	Madrid	\$1,035,000
3011 N Gilbert Rd	3,530	County Island	\$1,075,000
3817 E Fountain St	3,899	Trovita Norte	\$1,087,679
3908 E Elmwood St	3,915	Trovita Estates	\$1,100,000
8021 E Jasmine St	3,177	Monteluna	\$1,100,000
2325 E Glencove Cir	6,093	Miller Heights	\$1,200,000
8725 E Menlo Cir	4,213	Madrid	\$1,250,000
2918 N 90th St	4,690	County Island	\$1,300,000
2222 N Val Vista Dr #3	4,289	Avalon Grove	\$1,335,000
3950 E McLellan Rd #14	3,327	Crossroads Estates	\$1,400,000
3410 E Inglewood Cir	6,026	Arboleda	\$1,451,500
2041 N Orchard	3,655	Hermosa Groves South	\$1,640,000
3523 E Presidio Cir	7,708	Montana Dorada	\$2,125,000
3446 E Knoll St	6,703	Hermosa Groves South	\$2,350,000
4037 E Minton Cir	5,247	Estates at Hermosa Ranch	\$2,775,000

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](http://www.KORproperties.com)



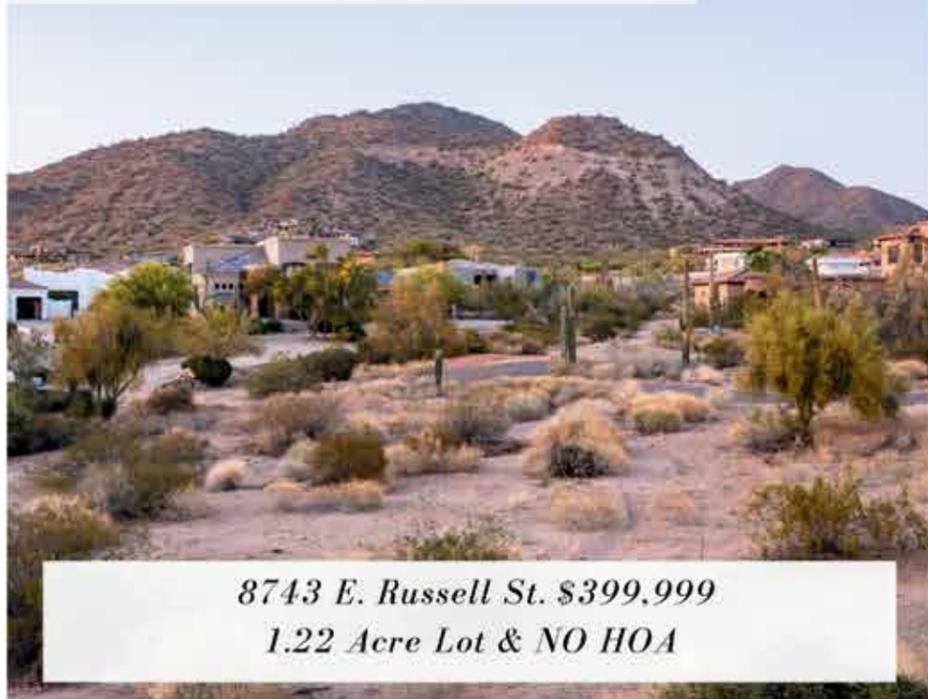
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EVENT

# LAS SENDAS HOLIDAY BOUTIQUE celebrates the season

**Submitted by Las Sendas Holiday Vendors Club**  
 The Las Sendas Holiday Vendors Club will host a holiday boutique on Sunday, Dec. 7 from 11 a.m. to 2 p.m. at the Las Sendas Trailhead Members Club, 7900 E. Eagle Crest Drive, in Mesa.

Step into the season of holiday and joy with Las Sendas community vendors showcasing their unique, handcrafted products and services at the 6th annual holiday boutique, where residents can find great holiday gifts for family, friends, and loved ones.

Discover unique, handcrafted gifts from local artists and small businesses — perfect for everyone on your holiday list.

From cozy knits and festive décor to homemade treats and one-of-a-kind treasures, you'll find something special around every corner. More than 30 local vendors will be on hand to meet and interact with community members to provide information on their products while displaying their creations for sale.

Shoppers will find jewelry, candles, baked goods, leather goods, iron works, knitted décor, artisan mustard, wood crafts, kitchen accessories, and other great one-of-a-kind local goods.

Please visit the annual holiday boutique and support your community and your neighbors. ■

For information on becoming a local vendor, please contact Jodie Tristano by email at [jodiecatinthehat@gmail.com](mailto:jodiecatinthehat@gmail.com).



LOCAL BUSINESS

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Submitted by *The Exercise Coach*®

## INTRODUCING COACH-ASSISTED STRETCHING AT THE EXERCISE COACH

At The Exercise Coach®, we believe *Strength Changes Everything*. But strength alone isn't the full story. To truly transform the way you age, your muscles also need to move freely, your joints need to function comfortably, and your body needs to let go of built-up tension.

That's why we've added Coach-Assisted Stretching — a powerful, science-backed way to improve mobility, restore comfort, and help your strength training work even better.

## WHY STRETCHING MATTERS NOW MORE THAN EVER

Modern life isn't kind to your body. Sitting too much. Poor posture. Repetitive motion. Over time, this builds up tension in your muscles and connective tissue that limits movement, causes discomfort, and slows recovery.

But stretching the right way — intentionally, safely, and systematically — can reverse that. And the best results happen with a coach, not alone.

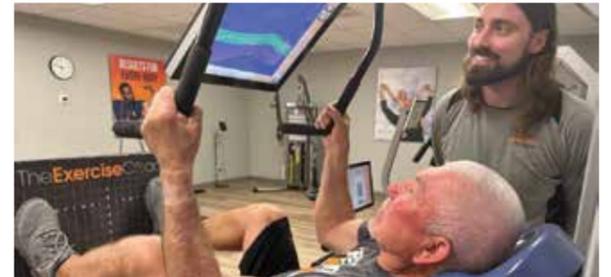
## THE EXERCISE COACH STRETCHING SYSTEM

Here's how Coach-Assisted Stretching works:

- **Isolate the Muscle** – We guide you into safe positions to target key areas of tension.
- **Activate the Muscle** – Gentle muscle contractions signal your nervous system to relax.
- **Lengthen the Muscle** – We assist you in controlled, comfortable stretches using PNF (Proprioceptive Neuromuscular Facilitation), proven to improve flexibility and function.

We focus on mobility, not circus-level flexibility. That means:

- Releasing tension that steals comfort
- Improving joint function for smoother movement
- Enhancing recovery from life and workouts
- Boosting performance in every session



## WHAT YOU'LL FEEL

- **Right away:** Less stiffness. More freedom. Deep relaxation
- **Over time:** Improved posture. Better workouts. Fewer aches. More vitality

## WHY IT WORKS BETTER WITH US

Coach-Assisted Stretching at The Exercise Coach isn't random. It's personalized, science-based, and integrated into your health span. Just like our strength training, it's short, focused, and remarkably effective — because your time and results matter.

## A SMARTER WAY TO STRETCH

- **More than flexibility** – It's about movement freedom and functional health.
- **More than relaxation** – It's recovery that powers your next breakthrough.
- **More than comfort** – It's a strategy to move, live, and feel younger.

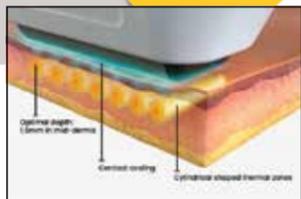
It's not just about flexibility. It's also about better movement ability and comfort. Add stretching to your strength. Reclaim your range. Because strong muscles deserve freedom to move. ■

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 [www.exercisecoach.com/north-mesa](http://www.exercisecoach.com/north-mesa)

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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.

LightRenew has a location at 6025 E. McKellips Rd. Suite 101, Mesa, AZ 85215 as well as several other locations across the Valley. To learn more, visit [www.LightRenew.com](http://www.LightRenew.com). To schedule a consultation, call Dr. Caldwell directly at (480) 370-0527.

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**FINANCES**

# Is this a good year for tax-loss harvesting?

Submitted by Linda Drake, Edward Jones Financial Advisor



Looking to make your portfolio more tax-efficient? Tax-loss harvesting might be worth a look.

It's a strategy where you sell investments that have dropped in value to offset gains elsewhere – potentially lowering your tax bill and boosting long-term returns.

2025 could be a good year to consider it. Market volatility has created more chances to realize losses, and upcoming tax law changes may make timing especially important.

But this strategy isn't for everyone. It works best if you have taxable accounts, capital gains, and a long-term outlook.

And you'll need to follow IRS rules, like the wash-sale rule, which limits when you can buy back the same, or substantially identical, investment.

Sometimes, holding onto an investment and letting it grow over time may outweigh the benefit of lowering your capital gains tax this year.

Before making moves, talk to your financial advisor and tax professional to decide if tax-loss harvesting is right for you. ■

*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*

*Edward Jones, its employees, and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.*

**SPIRITUALITY**



# Christmas — Traditions or Truth?

By Judy A. Knox

Many people fear that we're losing "the true meaning of Christmas." And yes, too much emphasis on baking, shopping, and decorating can distract us from remembering why we're doing it. But when it comes to the spiritual side of things, what is the true meaning?

Many of our ideas about that first Christmas are not accurate. They don't come from reading the Bible, but are traditions passed down through centuries from people who had no access to the Bible, perpetuated by beautiful pictures on Christmas cards and the words of our favorite carols.

For example, look at "We Three Kings." Is this carol accurate? The true story is found in Matthew 2:1-12. Although they were from the East, the Bible doesn't say how many there were. Most scholars believe there were more than three. Nor were they kings; they were astrologers. And they didn't come to the manger to visit the baby Jesus. They visited him later, possibly as much as two years later, in a house (Matthew 2:11). He was a young child, not an infant. This is only one song that deviates in several ways from the biblical account.

When we read the Christmas story in the Bible, we don't usually read or hear the whole account. The story

is disjointed and not chronological because the different parts are in two different books, written by two different authors. For it to make sense, the logical order is as follows: Luke 1:5-66, Matthew 1:18-25, Luke 1:57-80, Luke 2:1-40, and Matthew 2:1-23.

I don't want to sound like some sort of Christmas accuracy police, but I do recommend reading the true story in God's Word, in proper order, and paying attention to all the details. The true story is even more amazing than our traditional versions. Reading it this way gives us a clearer picture of all the circumstances that came together in that one event to fulfill many Old Testament prophecies regarding the Messiah's birth.

Should we throw out the decorations, the gifts, or the jolly old man in the red suit? Of course not. These add fun and excitement to our celebrations. And let's not silence the carols whose details may deviate a bit, or a lot, from the true facts. They add to the sense of wonder and amazement as we reflect on the meaning of it all.

However, let's remember the main point, that Jesus was born as a human being and later shed His blood on the cross to save us from our sins. Although our ways of celebrating may differ, we are all celebrating the same thing: the true meaning of Christmas. ■



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LOCAL BUSINESS

Ten Tips to Stay Fit and Fabulous for the Holidays

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

I like to run this article every year because it seems to affect most of us. With all the holiday festivities comes a lot of extra food, sugar, and alcohol, and less time for physical activity, making it challenging to maintain your weight and health. Sugar and alcohol suppress your immune system by making white blood cells (your fighters) sluggish and unable to do their job. It's like having an army with no weapons.

No need to worry, though, because I have the following 10 tips to help you make better choices and up your game this Holiday Season:

- 1. Eat a healthy snack or meal prior to going to a party.** Most party food isn't exactly healthy. Eating something healthy prior provides much-needed nutrition and helps fill you up, so that you are less inclined to overindulge in unhealthy food.
- 2. Drink a full glass of water before every alcoholic beverage.** Alcohol dehydrates the body, creating cravings for sugar. Drinking water in between alcoholic beverages helps you stay hydrated and slows the pace of alcohol consumption.
- 3. Put smaller portions on your plate.** It may not seem like a lot when you first start; but, by choosing only a tablespoon or even teaspoon of each dish, you'll end up with exactly what you need without overindulging. This way, you get to try everything without going overboard. Be sure to use this same concept with your sweets!
- 4. Pace yourself.** Instead of scarfing down everything on your plate as quickly as possible, take the time to savor each selection. Also, wait at least 10 minutes before going back for more. This allows your body time to send a message to your brain that you've been eating and helps curb your appetite.
- 5. Get moving.** Be sure to get some sort of physical activity daily. You don't have to spend an hour at the gym. Simply go for a quick walk, do some jumping jacks, or take a few trips up and down the stairs.

Physical activity helps boost your metabolism and burn those extra calories.

- 6. Manage stress.** This can be challenging during this busy time of year. But excess stress has a negative impact on immune function. Try taking a minute several times a day to do some deep breathing that can help your nervous system to reset.
- 7. Optimize your vitamin D.** First, get tested! Optimal levels are between 60-80 ng/ml. If you are lower than 60, consider taking a D3 (cholecalciferol) with K2 (MK-7) supplement. D3 helps regulate immune function and fight infection. K2 helps move calcium to your bones versus staying in the arteries where it can cause damage.
- 8. Increase your vitamin C.** This antioxidant plays a key role in both your adaptive and innate immune system by stimulating white blood cells, which are your body's army against foreign invaders. Vitamin C has been shown to both prevent and shorten duration of the cold and flu.
- 9. Start taking zinc.** This essential mineral aids in the development of immune cells like T-cells and macrophages, strengthening your internal army.
- 10. Consider adding these other nutrients.** Acetylcysteine to support lymphocyte production, glutathione to help protect cells and regulate inflammation, and vitamin B6, which helps your body produce antibodies.

The holidays don't have to be your nemesis when it comes to your health and well-being. With a little bit of strategy, you can take control of your choices and stay fit and fabulous this Holiday Season!

For information about how you can get higher doses of the aforementioned nutrients via IV or injection therapy, please call us at (480) 992-4202 or go to [primeivestmesa.com](http://primeivestmesa.com). These methods bypass digestion and delivery nutrients right to your bloodstream where they can be best utilized. ■

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\*See office for complete details. Some restrictions apply.



# Over 50 Up Close

Bringing active adults closer to their community December 2025

**HEALTH** *Over 50*

## Please Beware of Scammers

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



Yesterday I got a call from a man who had seen my business card at his mother's home.

He was suspicious that I was trying to change his mother's Medicare plan. As we talked, I made clear that I was not out to switch her plan but had helped her over many years to ensure she was in the correct plan for her needs.

I was glad that she had someone like him to watch out for her. There are so many scams via email and phone that happen to deceive and trick people.

During the Medicare Annual Enrollment, the commercials, advertisements, mailers, and even phone calls make it difficult to know which plan to choose, or whether you should make a change.

Fortunately, you don't have to make sense of it all on your own. Please contact a local agent, someone who will work with you each year to make sure you are on the right plan for you.

Calling the 800 number on the TV or responding to a phone call is not the way to get the best help. Having someone

local, someone who can sit with you and help you make the best choice is always the best way.

As a Medicare health plan agent, I am paid by 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 arrange an appointment. ■

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



**EVENT** *Over 50*

## 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](http://saintig.org) or visit us at 2402 N. Usery Pass Road in Mesa.

## ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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

Call me today for help navigating Annual Enrollment this year!

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

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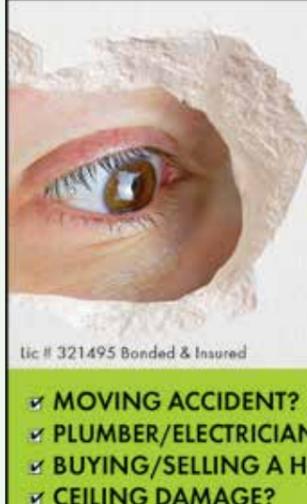


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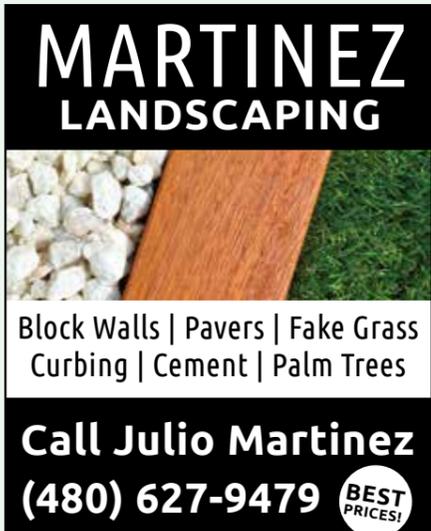
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 JOIN US!  
 Astronomy Cruises with Dr. Sky  
 Last Saturday of Each Month!

## Christmas Afternoon Tea

at The Vistas Pavilion at Las Sendas  
7555 E. Eagle Crest Drive, Mesa, AZ 85207  
December 21<sup>st</sup> 2025, 1:00pm-3:00pm  
Reservations Required  
\$50.00 Per person plus tax and service charge  
480.396.4000 ext 222 or email - [cshaw@lassendas.com](mailto:cshaw@lassendas.com)

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Savories  
House Made Tea Sandwiches:  
Brie and Cranberry Sandwich  
Smoked Salmon and Cream Cheese Sandwich  
Chicken and Stuffing Sandwich

Scones  
Plain and Orange and Cranberry with  
Strawberry Jam, Whipped Mascarpone, and  
Whipped Butter

Sweets  
Gingerbread Cookies  
Mint Chocolate Brownies  
Mini Christmas Cakes

**THE VISTAS PAVILION AT LAS SENDAS**

# NEW YEAR'S EVE PARTY

Celebrate the New Beginning with  
Dr. Mike Grams' Mesa Midnight Band,  
Two Drink Tickets, and Culinary Delights  
Including Seafood Station, Charcuterie Station,  
Hor D'oeuvres Station and Chocolate Fountain  
with Fresh Fruit

(EVENT DETAILS)  
**12.31.2025**

**8 PM - 12:30 AM**

7555 E. EAGLE CREST DRIVE, MESA, AZ 85207

**\$99.00 PER PERSON**

**MAKE YOUR RESERVATION BY 12.15.2025**

[WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)  
[CSHAW@LASSENDAS.COM](mailto:CSHAW@LASSENDAS.COM)  
480.396.4000 EXT 222

## ENJOY A STRESS FREE CHRISTMAS EVE DINNER!

THE CHOICE IS YOURS: Dine with us or pick up your fully prepared meal and enjoy it at home!

### CHRISTMAS EVE TAKE-OUT

**Complete Christmas Eve Dinner**  
**\$350 + tax • Serves 5-7**

Starters- Antipasti Platter, Charcuterie and Imported Cheeses

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Green Salad, Roasted Fennel, Pine Nuts, Tomatoes, White Balsamic Vinaigrette

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Roasted Herb Crusted Prime Rib 6-7 lbs., Au Jus and Horseradish Cream

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Boursin Whipped Potatoes

---

Buttered Broccolini with Roasted Peppers

**RESERVE YOUR TAKE-OUT MEAL SOON!**  
**480-396-4000; 222 • [cshaw@lassendas.com](mailto:cshaw@lassendas.com)**

**PICK-UP: 3-5 PM, DECEMBER 24,**  
**AT THE VISTAS PAVILION AT LAS SENDAS**

### CHRISTMAS EVE DINNER ON THE PATIO AT LAS SENDAS

**Wednesday, December 24, 3-7pm on The Patio**  
**Reservations: 602-734-5524**  
**\$75 - Adults • \$30 - Children (12 & under)**

**STARTER**

Your Choice of CREAMY POTATO SOUP or CLAM CHOWDER

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**ENTRÉE**

Your Choice of  
**HONEY GLAZED HAM**  
Served with Mashed Potatoes, Buttered Baby Carrots & Haricot Vert.

**SMOKED PRIME RIB**  
16 oz Cut Served with Rosemary Mashed Potatoes & Seasonal Vegetables.

**LEMON PEPPER SALMON**  
Crispy Lemon Pepper Coated Salmon Served with Goat Cheese, Rosemary Mashed Potatoes, Roasted Brussel Sprouts with Bacon, Balsamic Reduction.

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**DESSERT**

Your Choice of APPLE PIE or NY STYLE CHEESECAKE

**7555 E. EAGLE CREST DRIVE, MESA, AZ 85207 • [WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)**