

Las Sendas Up Close

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February 2026

Love on the Water: Yak N Sup Unveils Valentine's Paddle & Picnic Packages at Canyon Lake

Submitted by Yak N Sup

This February, love comes with sunshine, sparkling water, and the most romantic paddle date in Arizona. Yak N Sup at Canyon Lake is launching its Valentine's Paddle & Picnic Packages, available Feb. 1 to 14 and it's the perfect blend of adventure, relaxation, and lakeside charm.

If you're ready to skip crowded restaurants and predictable date nights, this 2.5-hour lakeside experience might just become your new Valentine's tradition.

THE VALENTINE'S PADDLE & PICNIC PACKAGE

\$159 per couple. What's Included:

- 2.5-Hour Experience
- 1.5 hours paddling to and from Tortilla Creek Cove
- 1-hour private lakeside picnic
- Tandem Kayak or Tandem Paddleboard Rental
- Six Chocolate-Covered Strawberries
- One Bottle of Sparkling Water (served as two glasses)
- Playful Couples' Games
- Parking for One Vehicle in the Private Marina Lot

It's everything you need for a romantic, stress-free, outdoorsy Valentine's date that feels both elevated and effortless.

A DREAMY PADDLE INTO TORTILLA CREEK COVE

Every couple begins their experience with a relaxed paddle into Tortilla Creek Cove, one of Canyon Lake's most peaceful and picturesque spots. Known for gentle water, canyon reflections, and quiet alcoves, it's the ideal place for couples to share an hour on the water and enjoy a little desert serenity.

For Valentine's, Yak N Sup is offering tandem kayaks or tandem paddleboards only — because this experience is all about connection, teamwork, and shared adventure.

The paddle portion lasts approximately 1.5 hours, giving couples plenty of time to explore Tortilla Creek Cove before making their way back toward the marina.

A PRIVATE PICNIC WAITING ON THE SHORELINE

As couples begin their return from Tortilla Creek Cove, they're greeted by the highlight of the experience: A one-hour private, lakeside picnic set up on the beach exclusively for them.

- Each picnic features:
- Two glasses of sparkling water
 - Six hand-dipped chocolate-covered strawberries
 - Playful couples' games
 - Cozy blankets and romantic picnic décor
 - Reserved parking for one vehicle in the private marina lot

It's the perfect moment to unwind, reconnect, and enjoy the natural beauty surrounding Canyon Lake.

For guests wanting to elevate the romance even further, Yak N Sup offers premium add-ons:

- Charcuterie Board — \$40
- Fresh Bouquet of Flowers — \$40

WHY CANYON LAKE IS THE PERFECT VALENTINE'S SETTING

Canyon Lake is one of Arizona's most stunning natural gems — quiet winding coves, dramatic volcanic cliffs, wildlife sightings, and light bouncing off turquoise water. February brings cool, comfortable temperatures and calm mornings that make paddling smooth and serene.

Couples often say it feels like a mini-vacation right in the East Valley.



HOW TO BOOK

Packages run Feb. 1 to 14 and often sell out quickly — especially weekends.

Reserve your experience: www.yaknsup.com
Follow for updates & sneak peeks: @yaknsup
Location: Canyon Lake Marina

A VALENTINE'S DATE THAT MAKES A MEMORY

Whether you're a new couple, longtime partners, or looking for something creative and meaningful this year, Yak N Sup's Valentine's Paddle & Picnic is a romantic, nature-filled experience designed to bring people closer.

Because this Valentine's Day, the most beautiful love story might just be written on the water. ■

For more information, visit yaknsup.com, or call (480) 420-8144.



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Self Development Academy

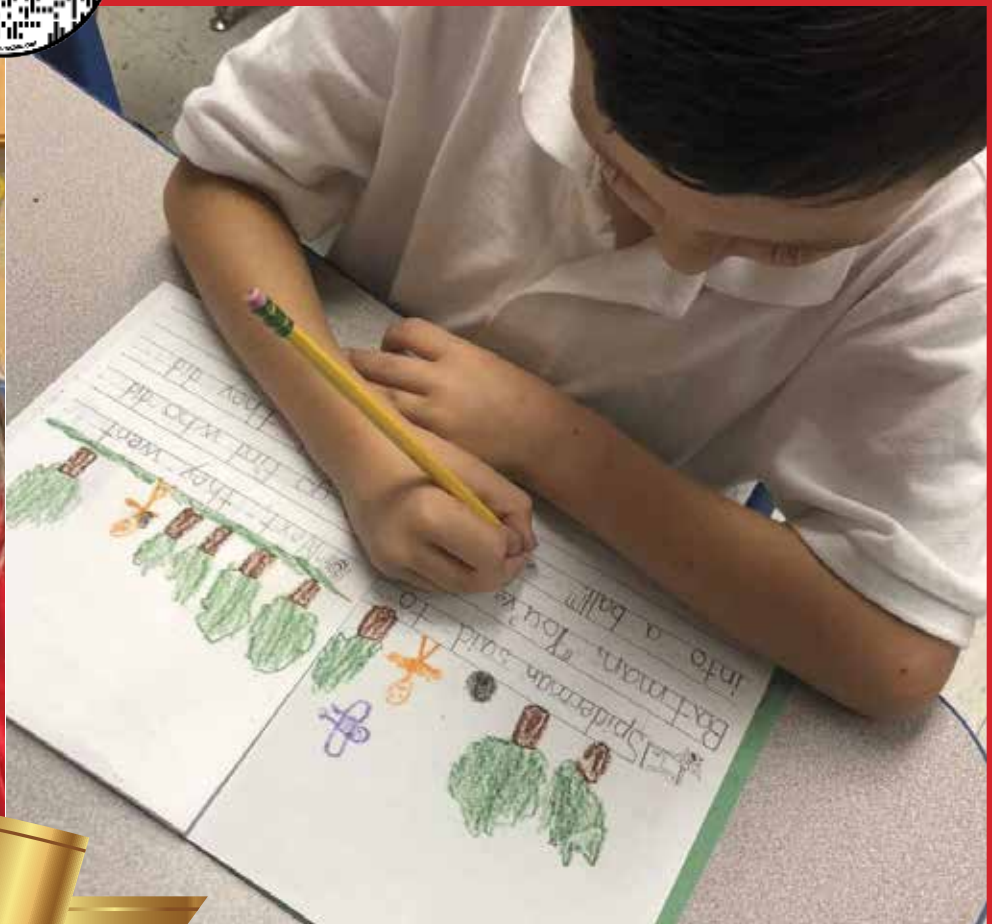
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EDUCATION

WHY SMALL HIGH SCHOOLS MATTER

By Dr. Anjum Majeed, Founder, Self Development Academy

Last year, once again, a group of parents approached me with the same question: would we consider expanding to include a high school? In the past, my answer had always been no. I believed that a small school simply could not offer the breadth of academic and extra-curricular opportunities that larger high schools provide.

This time, however, I felt compelled to listen more carefully, not just to what parents were asking, but to why. I spent time reviewing the literature on small schools and their impact on students, particularly at the high school level. I am now convinced that small schools are not a limitation, but a powerful and often overlooked option.

Most parents want their children to be known. They want meaningful relationships with teachers, opportunities for students to develop their individual strengths, and a learning environment where every voice matters. They are seeking academic excellence, yes, but also schools that intentionally nurture leadership, character, and belonging.

Across educational research and practice, one question continues to surface: how does school size shape relationships, learning, and long-term outcomes?

BENEFITS OF SMALL SCHOOLS FOR HIGH SCHOOL STUDENTS

In *The Benefits of Small Schools* (Grauer, 2023), one of the most comprehensive literature reviews of school size, several consistent advantages of small schools emerged. These include safety, the teaching environment, academic performance, a sense of belonging, and curriculum design. Grauer defines small schools as those with fewer than 400 students. These key areas deserve careful consideration by both parents and educational leaders.

SAFETY: AN ETHICAL OBLIGATION

Decades of research link smaller school size with safer learning environments. Small schools consistently report fewer incidents of violence, vandalism, and serious behavioral issues, regardless of location or student demographics.

Safety concerns also extend beyond the campus itself. Long, unsupervised bus rides, common in large districts, can be a source of anxiety and conflict for students. Small schools naturally reduce these risks while fostering communities where students feel secure and supported. As educators and parents, prioritizing safety is not optional; it is an ethical responsibility.

TEACHING ENVIRONMENT

Smaller schools also create healthier professional environments for teachers. Teachers are better able to collaborate and respond to students as individuals. This kind of professional culture directly benefits students through more intentional instruction and stronger relationships.

ACADEMIC PERFORMANCE

Students in small schools consistently demonstrate strong academic outcomes. Studies show higher attendance, greater engagement, improved achievement, and stronger progression toward graduation. These students are also more likely to show indicators of college readiness. These outcomes are not accidental; they are closely tied to

sustained student-teacher relationships, clear expectations, and active learning practices.

A SENSE OF BELONGING AND INCLUSIVENESS

"I spent years where I did not have a meaningful conversation with a teacher." — Sal Khan of Khan Academy

Small schools excel at ensuring students are known and heard. Research shows stronger connections among students, teachers, and families, along with higher participation in academics, leadership, and extracurricular activities. Consistent advising and close relationships help students navigate high school with intention and confidence.

CURRICULUM AND LEARNING PATHWAYS

It is often assumed that larger schools offer more choice. Yet Slate and Jones remind us that, "Increasing school size, especially beyond 400 students, does not typically result in a large increase in curricular offerings." What truly matters is access. In small schools, more students can participate meaningfully across academic and extracurricular activities.

CONCLUSION

As Self Development Academy looks ahead, our plans for a high school are grounded in research, experience, and a proven record of success. Students would have access to multiple diploma pathways, dual enrollment opportunities, career pathways, contributing to original research, and meaningful community service. Thus, we are preparing strong candidates for competitive college programs and scholarships.

With our longstanding record as a high-performing "A" school, one of Arizona's top-ranked schools, and the No. 1 K-8 school in America (Niche.com, 2026), as we grow, our focus remains on what has always mattered most to us: strong relationships, academic rigor, and meaningful purpose. ■



To learn more about Self Development Academy and the vision for the high school, contact Self Development Academy at (480) 641-2640.





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LOCAL BUSINESS

So, What Do You Do for Fun?

By Tim Beaubien, Hava Java Mesa

Barb and I were talking to a very good customer and now friend, Dean.

Whenever he comes in, we talk about the goings-on with Hava Java and with his own business. I find it very interesting that even though we have two completely different businesses, how many issues and goals we have in common. All businesses have the exact same components to be successful. You must have a great product, sell it for a competitive price, and service that product to the best of your ability.

Anyway, the conversation turned to hobbies and he suddenly asked us, "So, what do you guys do for fun?"

Along that same line of thought, another very good friend (Heather) posed a question a few months ago, "If you could be doing anything you wanted, what would it be?"

Well, both questions stopped Barb and I and we must have looked like two deer in the headlights! We just looked at each other with this completely blank stare. Ahh fun? Do anything? Hey whoa whoa, what do you mean by that crack? Of course these were very simple questions, but the answers were not something that we could easily put into words at the time.

My answer will sound more like a typical cliché, but running this business, I find extremely fun. It's actually a dream come true for me. Barb and I have always been partners in life and business. So, this was a very natural step for us.

I know what you're thinking, that's work, not fun. It's great that you enjoy your work, but what about real fun? OK, I get it.



Barb and Tim Beaubien

For me it's working on cars and motorcycles. Taking something that is rough and bringing it back to life or making it into something really cool. That's one, the other is just spending time with old and new friends enjoying some good food and good wine. Wine is really the most important part. I just love talking and sipping on some good wine.

The last one for me is being back in Michigan and working around the horses. There is a very basic feeling about working on something not for profit but to make horses' lives better. You're tired at the end of the day, but you made a difference. That's my fun and that's what I want to be doing. My god, I just realized that I'm a lucky guy!

For Barb the answers are bit more difficult. I know that being with our friends old and new puts a big smile on her face. She also enjoys reading, making crafts, sewing, and being creative.

Now if she could be doing anything she wanted, it would be travelling with friends to any place with water. She says, reading a book by the water and maybe someday living by the water. Not that she doesn't like the desert, this was always where she wanted to be. It took us 40 years to get here and she truly loves it. But she has a love for the water. We are still working on this one.

So, I guess, we are having fun and doing what we want. Now I pose those questions for you. What do you do for fun? If you could be doing anything, what would that be?

Remember: Lifestyle is a choice and life is what happens while you're busy making other plans. ■

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



Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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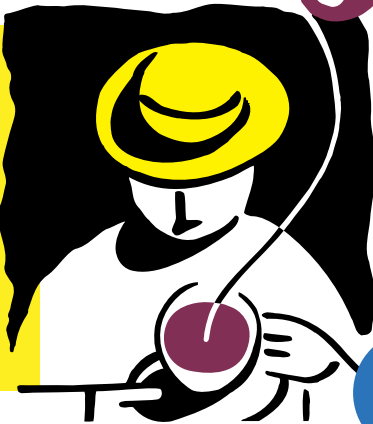
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Singer songwriter Scott Hallock and Beat Box Kent

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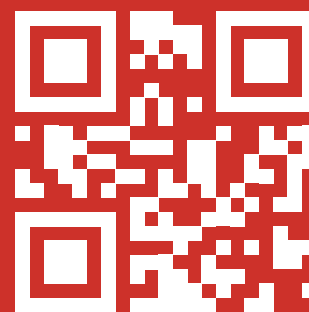
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Submitted by Linda Drake, Edward Jones Financial Advisor

If you're a local business owner, you're likely juggling growth, expenses, and your team's needs, all while planning for your own future. A workplace retirement plan may be able to help with all of that, directly and indirectly.

For the business, employer contributions are tax-deductible, and as a participant in your company plan, your pretax salary deferrals are excluded from income taxes. Many plans even offer Roth options for tax-free withdrawals later. Your local business may also qualify for federal tax credits to offset startup and administrative costs, along with other expenses.

A retirement plan also can reduce risk. If you have your own net worth tied up in the business, your retirement may depend on a future sale. Building personal assets now adds flexibility and security.

And in today's competitive labor market, strong benefits help attract and keep great employees.

Not sure where to start? A qualified financial advisor can guide you through options and help align your plan with your goals. ■

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SPIRITUALITY



By Judy A. Knox

Around Valentine's Day we hear a lot of talk about love. My initial thought was to write about the fluttery feelings I received from my first Valentine card from a boy I really liked. I was in junior high school.

However, that was not true love. That came later when I met the boy who would become my husband for 51 years, and those feelings grew into a genuine love that deepened with time. That's a nice story. In the *Song of Solomon* in the Old Testament, the bride says her lover's kisses are better than wine.

The Bible is God's love letter to us. His words are His kisses, bringing contentment, peace, joy, and much more. And unlike physical wine, we can't ever drink too much. Whether we're drinking in a whole chapter or slowly sipping on one verse, there's no cost. Now that's love. ■

LOCAL BUSINESS

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Submitted by Lash Envy Studios

Fall in love with your look this February at our salon with exclusive Valentine-inspired specials designed to help you look and feel your best — plus the exciting introduction of hair restoration with Jet Plasma, a cutting-edge treatment that supports healthier-looking hair and scalp rejuvenation.



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For the ultimate self-care experience, indulge in our "Be Mine Valentine" facial for \$119, featuring cleansing, steaming, microdermabrasion, customized serums, and a soothing massage to reveal a radiant, healthy glow.

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LOCAL BUSINESS

What are the Biggest Reasons People Can't Stick to the Traditional Exercise Programs?

Submitted by The Exercise Coach®

Nearly 85 percent of the population is not engaging in meaningful and regular exercise. If this describes you, you are not alone – in fact, you are in the majority!

Conventional exercise guidelines have failed for most people. Why can't people seem to follow traditional exercise guidelines? Well, there are some good reasons for that, and a solution to overcome these obstacles.

Below are the top five reasons why people can't begin or stick with the average fitness program and why those barriers don't exist at The Exercise Coach®.

The top five reasons people don't start or stick with exercising begin with not having enough time. The next biggest reason is a lack of motivation. The third biggest reason is some people just don't like exercise. The fourth reason is



STRONGER MUSCLES

work getting in the way. The fifth most common reason for people avoiding exercise is that they feel too old.

Almost everyone can identify with one of these barriers, however, The Exercise Coach® offers a guide and coach to help you reach results in a reasonable amount of time. Seeing progress is a huge component of maintaining motivation. With data and tracking, The Exercise Coach® offers a private and intimate program involving one-on-one coaching, with an understanding of what each individual needs to achieve their fitness goals.

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“The Serenity Garden Ceremony area is quiet, private, peaceful, and beautiful. White chairs and a wedding arch are included in our ceremonies. Once the *I Do*’s have been exchanged, it is just steps away from our large patio that wraps around two sides of the Pavilion, offering amazing sunset views. The perfect place to get the party started with cocktail hour,” she adds.

If you’ve not yet had the chance to tour the venue, you owe it to yourself to take a look. Once inside, oversized windows and elevation give you the perfect view of the driving range, spectacular sunsets, and sparkling city lights. Inside, the venue has space for as few as 25 guests to as many as 200.

Chef Ramon is on-site to prepare a delicious meal, with flavors to delight you and your guests. After dinner, dance the night away on a new dance floor, perfect for you and your guests.

The Vistas Pavilion at Las Sendas is the ultimate location for all your wedding activities. Engagement parties, bridal showers, rehearsal dinners, and of course, *The Big Day*.

Call Carla to view the stunning venue at (480) 396-4000 ext. 222 or email her at cshaw@lassendas.com.

THE PRO SHOP

The Pro Shop is gearing up for one of the most exciting stretches of the season, and it’s the perfect time to stop in and see what’s new. Just in time for the Waste Management Open, the shop is fully stocked with fresh, color-themed merchandise inspired by the event’s signature palette. Green and yellow gear is front and center, making it easy to show your tournament spirit whether you’re heading to the course or cheering from the sidelines.

February is the busiest month of the year on the course, and tee times fill up quickly. Booking early ensures

you won’t miss out on prime playing windows during this high-energy season.

For those who love squeezing in a round after school or the workday, you’ll appreciate special sunset pricing available throughout February. This option makes it easy to enjoy nine holes in the late afternoon without committing to a full day on the course. The oncoming warmer temperatures make those sunset rounds even more appealing, offering comfortable conditions and beautiful views as the day winds down.

Whether you’re gearing up for tournament week, refreshing your golf wardrobe, or planning your next tee time, The Pro Shop has everything you need to make the most of the season.

THE PATIO & GRILLE

Love is in the air this month over at The Las Sendas Patio & Grille. Look no further for a local night of romance and celebration with a four-course meal of choice especially designed for St. Valentine’s Day.

A romantic atmosphere fills The Las Sendas Patio & Grille this month, making it the perfect spot for an unforgettable Valentine’s celebration. Guests can enjoy an evening of live music paired with a four-course dinner crafted especially for the holiday, offering thoughtfully curated choices for every palate.

This annual experience is a favorite among locals, and seating fills quickly. Reservations are required, so securing your table early ensures you won’t miss out on one of the area’s most beloved Valentine’s events. ■

See this month’s ad on the back page for details.



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

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Includes Spouse, 2 kids under 18, carts, range and golf

Non Refundable Membership

\$30,000 Initiation Fee + Yearly Dues

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\$10,000 Initiation Fee + Yearly Dues
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New Range Pass

\$995
(Add spouse for \$500 if you are a Family pass holder or Social member.)

Social Membership

\$2,000 Initiation Fee + Yearly Fee of \$1,400

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

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REAL ESTATE

Why Choosing the Right Real Estate Agent MATTERS MORE THAN YOU THINK

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

Buying or selling a home is one of the biggest financial and emotional decisions most people will ever make. There are a lot of moving parts involved, far more than most homeowners realize.

Many people think all real estate agents are essentially the same, or that the job is simply putting a sign in the yard or unlocking doors for showings. The truth is, the agent you choose can directly impact your price, your timeline, your stress level, and sometimes whether the deal even makes it to the closing table.

What most people don't see is everything that happens behind the scenes. In many cases, clients aren't aware of the issues that come up because it's our job as your Realtor to handle them quietly and efficiently.

We're there to anticipate problems, negotiate on your behalf, keep everyone on track, and make sure deadlines are met and everyone does what they're supposed to do. The sign of a good Realtor isn't that they don't do anything, it's that they do so much behind the scenes that their client isn't even aware of it, all to ensure a successful and smooth closing.

Most buyers begin their home search online, scrolling through homes on Zillow, Realtor.com, and other popular websites. When they're ready to take the next step, they reach out to a Realtor, sometimes by clicking "Contact Agent" on a listing, other times through a referral from a friend or family member. For many buyers, that decision happens quickly, without much thought given to how critical the choice of agent truly is.

Sellers, on the other hand, often focus on preparing their home for the market. They organize, declutter, make



repairs, and work hard to present their home in the best possible light.

While all of that is important, one key decision is often overlooked: choosing the right Realtor to represent them.

The agent you select plays a major role in how smoothly the process goes, and how successful the sale ultimately is.

As a Realtor for more than 17 years, I am still shocked at some of the Realtors I encounter, their lack of knowledge, professionalism, and agents putting their own interests ahead of their clients. In just the past couple of months, I've been involved in several transactions that nearly fell apart, and not because of the buyer or seller but because of their Realtor.

That's why I wanted to write this article, to make sure buyers and sellers understand how important it is to work with the right agent, so you don't end up with someone who could jeopardize your transaction.

In one transaction, I represented the buyer, and the seller's agent was extremely difficult to communicate with,

often going for days without acknowledging emails or text messages. What should have been a straightforward process quickly became unnecessarily complicated and unpleasant for everyone involved.

Routine issues weren't addressed in a timely manner, deadlines were put at risk, and confusion began to build between all parties. Eventually, their broker had to step in just to make sure the necessary steps were completed so the transaction could move forward. The deal did close, but not without added stress, delays, and risk that could have been completely avoided.

In another transaction, I represented the seller, and the buyer's agent was very inexperienced. Because of that, they did not advise their client properly, particularly when it came to understanding the inspection period, what it meant, and how to move forward with repair requests. As a result, demands became unreasonable and unacceptable, timeframes had to be extended, and the transaction nearly fell apart during the inspection contingency.

In both of these cases, it wasn't the buyer or the seller who created the problems, it was their agent. The wrong agent nearly cost them their deal.

Choosing the right real estate agent isn't just important, it's critical.

When it comes time to buy or sell a home, take a little extra time choosing the person who will guide you through the process. Ask questions, look at experience, and pay attention to communication and professionalism.

A good Realtor doesn't just help you buy or sell a home; they protect your interests, reduce your stress, and help ensure the process goes as smoothly as possible. In a transaction where so much is at stake, having the right agent by your side can truly make all the difference. ■

Please don't hesitate to reach out if you have any questions or would like more information about buying or selling a home.



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Mountain Views - \$750,000
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Las Sendas
Golf Course Lot - Stunning Views - \$990,000
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REAL ESTATE

2026 Real Estate Outlook

By John and Natascha Karadsheh, KOR Properties

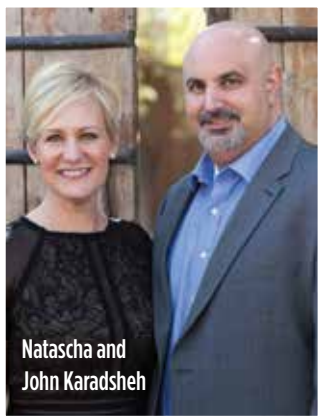
Happy New Year! A fresh year on the horizon means it is time for our annual real estate predictions. Since the dramatic rate jumps of 2022, the real estate market has been a bit of a roller coaster, with both buyers and sellers unsure of their footing. We believe that 2026 will be the beginning of a more predictable and balanced phase for real estate with greater rate stability, modest price growth, a rebound in sales (more buyer activity), and improved affordability.

A SWEET SPOT FOR BUYERS

If you have been looking for your dream home, the stars may finally align in 2026. Rates are expected to remain relatively stable, and we may see some movement below the 6% range by mid-year. Many listings were pulled off the market last year as properties failed to sell, so we anticipate that many of those homes will return to the market, along with new inventory. There should finally be more choices for buyers in 2026, and this increased selection, combined with more favorable rates, will help motivate buyers to move forward. New tax policy may also benefit buyers, with larger refunds that could help support home purchases, though we likely won't see the impact of those refunds until late spring.

SELLERS WILL SELL

We anticipate a significant uptick in inventory in Q1, which means sellers will need to stay competitive to get their homes sold. Buyers will be returning to the market, but not as rapidly as sellers will be listing, so homes will need to be well prepared and priced correctly. Clean,



decluttered, and thoughtfully updated homes will move the fastest, as buyers remain savvy and focused on value. The good news is that as buyer activity increases, overall market confidence should grow, helping to support property values. If you are considering selling, we encourage you to reach out early so we can help you prioritize improvements and maximize your return on investment.

WE'RE NOT MOVING!

If you are happy in your home, or married to a low interest rate, it is wise to stay on top of general maintenance, improve major systems as needed, and tackle remodeling projects over time. Declining interest rates will make home equity lines more attractive, helping homeowners finance improvements. One day, you may decide to sell, and the work you do each year will yield meaningful value in the long run. In the meantime, you may as well enjoy that new kitchen now!

VALLEY GROWTH

Arizona's population and employment growth are expected to continue, driven by ongoing business expansion and lifestyle-driven migration. Our job market remains strong and diversified, which should support long-term property values. Pinal County is also poised for growth, offering increased affordability and additional opportunities for buyers seeking value within the greater Phoenix metro area.

With decades of experience in the Valley, we have helped our clients navigate every kind of market and we know how to help our clients get the best results. Whether you are thinking about buying, selling, or just want to understand your options, we are always happy to help. Reach out anytime to John at (602) 615-0843 or Natascha at (602) 909-4995. ■

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

John Karadsheh is the Designated Broker and Owner of KOR Properties and has been a Multi-Million Dollar producing agent for over 23 years. He is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), and serves on the Arizona Regional MLS (ARMLS) Rules & Policies Committee, ARMLS Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha Ovando-Karadsheh is an Associate Broker, Co-Owner of KOR Properties, a Multi-Million Dollar Producer for over a decade, Accredited Buyers Representative (ABR) and Certified Real Estate Negotiation Expert (RENE). She is a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, member of the Board of Directors of the Greater Phoenix Economic Council, and serves on the Salt River Project Customer Utility Panel.



Las Sendas Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales for the Month of December 2025			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
2947 N Sonoran Hls	2,087	Desert Creek	\$490,000
3055 N Red Mtn #184	2,150	Ironwood Pass	\$520,000
3558 N Sonoran Hls	1,910	Stoneledge	\$626,850
7258 E Norland St	2,835	Trailridge	\$630,000
3055 N Red Mountain #98	2,450	Ironwood Pass	\$640,000
7252 E Nance St	2,836	Trailridge	\$660,000
3060 N Ridgecrest #200	2,226	Grayhawk	\$685,000
6915 E Quince St	2,206	Sanctuary	\$730,000
8056 E Sandia Cir	2,386	Echo Canyon	\$750,000
3859 N El Sereno St	2,732	Whispering Ridge	\$792,000
8034 E Sugarloaf Cir	2,952	Stonecliff	\$844,400
6928 E Trailridge Cir	2,757	Sonoran Hills Estates	\$860,000
3864 N Stone Point Cir	4,359	Echo Canyon	\$1,100,000
6904 E Trailridge Cir	4,055	Sonoran Hills Estates	\$1,175,000
4207 N Arboles Cir	4,071	Granite Preserve	\$1,384,000

Northeast Mesa Real Estate MARKET REPORT			
PRESENTED BY JOHN KARADSHEH			
Sales over \$749,000 for the Month of December 2025			
ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
6302 E Hermosa Vista Dr	2,888	Tara Vista	\$749,900
6513 E Oasis St	2,691	Regency at Ridgeview Estates	\$755,000
2353 E Brown Rd	3,036	County Island	\$755,000
9010 E Kenwood St	1,871	Mountain Bridge	\$765,000
2928 E Palm St	2,807	Lehi Crossing	\$799,000
1820 N Avoca Cir	2,962	Moondance	\$800,000
7420 E Mallory St	3,000	County Island	\$810,000
6834 E Culver St	3,800	Sonora	\$850,000
6460 E Trailridge Cir #6	2,823	Red Mountain Ranch	\$855,000
4518 E Fountain St	2,696	Estates at Valencia	\$860,000
9047 E Indigo St	3,329	Mountain Bridge	\$875,000
2127 E Laurel St	4,668	Citrus del Ray	\$1,000,000
8055 E Jaeger St	2,511	Monteluna	\$1,075,000
4064 E Hale Cir	5,903	Estates Groves	\$1,100,000
9137 E Odessa St	3,307	County Island	\$1,137,200
7301 E Hermosa Vista Dr	4,281	County Island	\$1,165,000
2538 E Preston St	4,219	Grove at Lehi	\$1,166,187
3026 E Backus Rd	2,747	County Island	\$1,300,000
2052 N Steele Cir	3,204	Mountain Bridge	\$1,335,000
2625 N 24th St #13	4,686	Estates at Northridge	\$1,449,000
1330 N 40th St #1	5,240	Citrus Greens	\$1,480,000
2625 N 24th St #3	4,334	Estates at Northridge	\$1,525,658
3109 N Orchard	3,766	Montana Dorada	\$1,550,000
3949 E Norcroft Cir	6,947	Rosewood Estates	\$2,200,000
8125 E Redberry	4,401	County Island	\$2,250,000
3752 E Julep St	4,651	Estates At Mandarin Grove	\$2,650,000
3211 E Hope Cir	5,755	Legacy	\$3,370,000

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3,386 SF / Heated Pool/Mtn Views + 3 Car Garage + 50' RV GARAGE!

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JUST LISTED



4055 N. Recker Rd. #99 Red Mtn Ranch \$1,275,000
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JUST LISTED



4317 N. Brighton Circle - Las Sendas \$1,895,000
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2427 N. Atwood - Madrid
3,711 SF, 5BR + Resort Backyard with Mtn. Views

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2163 E. Mallory St. \$1,250,000
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EDUCATION

New high school choices coming to MESA PUBLIC SCHOOLS

Submitted by Mesa Public Schools
The Mesa Public Schools Governing Board has approved two new high school options that will expand school choice and provide families additional options within the district beginning with the 2026–27 school year.

One of the approved additions is Franklin High School, which builds on the district's successful Franklin model known for academic rigor, accelerated learning, and strong family engagement. The small-school high school will focus on honors classes, accelerated coursework, and a strong academic culture designed to support high-achieving students.

The new school extends the Franklin experience through graduation, creating a seamless K–12 pathway within Mesa Public Schools. Franklin High School will be located at the current Franklin Junior High/Franklin Accelerated Academy, Brimhall Campus.

"I couldn't be more thrilled to open Franklin High School next year and continue to build on a tradition of excellence," said incoming principal Jeffrey



Abrams. "We're launching a close-knit learning community where every student is known, every passion is fueled, and every voice truly matters."

The Governing Board also approved Shepherd College Prep, which will launch on the current Shepherd Junior High campus. The college-preparatory program will serve students in grades 7–9 during its first year, with plans to expand through grade 12. The model emphasizes academic excellence, college readiness, and strong mentorship, while allowing students to remain connected with the same teachers and peers throughout their junior high and high school years.

Shepherd College Prep will continue its strong emphasis on performing arts, a tradition established at the junior high level.

"I am very excited to welcome our first class of freshmen, the class of 2030," said incoming principal Jill Benza. "We have such a strong community at Shepherd, and I look forward to seeing that grow as we expand our grade levels." ■

Enrollment and applications are now open for Franklin High School, Shepherd College Prep, and all Mesa Public Schools campuses at insidemps.com.



LOCAL BUSINESS

I Can Do That in My Sleep

HOLISTIC MYOFUNCTIONAL THERAPY FOR CHILDREN AND ADULTS

Submitted by Muscles in Harmony

At Muscles in Harmony, we provide holistic myofunctional therapy focused on restoring balance and proper function to the muscles of the face, mouth, and airway.

Our therapy supports both children and adults who may be experiencing challenges related to sleep apnea, airway concerns, tongue thrust, swallowing disorders, non-nutritive sucking habits, and other oral muscle dysfunctions that can impact daily life.

Studies show that the muscles of the tongue and airway play a key role in maintaining an open airway during sleep, and weakness or improper function can contribute to disrupted breathing and poor sleep quality.

Orofacial myofunctional therapy addresses these concerns by gently retraining the muscle patterns involved in breathing, swallowing, chewing, and tongue posture.

When these muscles function properly, patients may experience improved

sleep quality, healthier breathing patterns, improved oral development, and long-term functional stability.

We take a personalized, family-centered, and gentle approach, creating individualized therapy plans that meet each patient where they are. Our sessions are educational and supportive, helping patients build lifelong habits that promote better sleep, improved function, and overall wellness. We also collaborate with families and other healthcare providers to support comprehensive, whole-body care.

Whether you are a parent noticing mouth breathing or oral habits in your child, or an adult seeking support for sleep or airway-related concerns, Muscles in Harmony is here to help.

Now accepting new patients and referrals. ■

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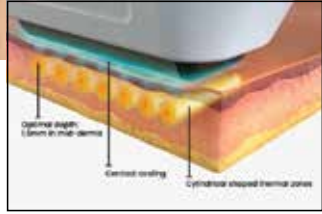
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The treatments have been shown to significantly reduce recovery time from injuries or surgery. In one case, Dr. Caldwell treated an airline pilot who broke her ankle, and after just a few weeks of intensive treatment, she was cleared by her surgeon 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. To schedule a consultation, call Dr. Caldwell directly at (480) 370-0527.

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COMMUNITY

Red Mountain Community Social Club
CELEBRATES THE NEW YEAR

By Cathy Barthel
Photos By David Bender

Our logo has been updated to reflect our new name. Look for changes to our website during 2026. In the meantime, visit rmrsc.com to join our club and begin the fun.



COMMUNITY DAY AT RED MOUNTAIN RANCH

To commence the year, our social club participated in the inaugural Red Mountain Ranch Community Day, which was held on Jan. 10 at the Red Mountain Ranch Country Club (RMRCC). The event was sponsored by RMCSC, Advance Red Mountain Ranch (ARMR), RMRCC, and RMR HOA, which featured complimentary food and beverages, as well as musical entertainment and recreational activities. ARMR, also a 501(c)(3) organization, contributed to the event's funding.

In addition to serving food, our social club members staffed two booths, where attendees were greeted, provided name tags, and were informed about our club's activities and opportunities for involvement.



UP NEXT: CHILI COOK-OFF... ARE YOU READY TO EAT OR COMPETE?

All area neighbors are invited to attend the next planned community event on Sunday, Feb. 22. The event will take place in the Overlook Room at Red Mountain Ranch Country Club, sponsored by RMCSC and ARMR.

The Chili Cook-Off, held from 2 to 4 p.m., will feature live music, a cash bar, and complimentary chili sampling. Those interested in making chili or attending the event are encouraged to RSVP by contacting D2Doyle@gmail.com.

- UPCOMING EVENTS & ACTIVITIES
- Feb. 14: Mic Bagby's annual Valentine's Day Party, a club favorite!
 - Feb. 19: Alan Travis 1812-1915 Transportation Collection tour and garage viewing
 - Feb. 26: Guys & Dolls at the Hale Theatre
 - March 11: Flower arranging with Mary Knight
 - March 19: Wine and bruschetta at D'vine
 - March 26: Picnic in the Park at Red Mountain Ranch Park
- 2026 SPEAKER SERIES
- Feb. 12: ASU Professor Colleen Sheehan, a leading scholar on James Madison and our Founding Fathers, will discuss life in our country's early days, 250 years ago.
 - March 12: Frank Weinberg, a landscape designer, educator, consultant, and friend to Mesa, will present designs prioritizing water conservation and affordability.

Neighborhood residents are invited to attend as guests at our General Meetings, which are held on the second Thursday of each month from 9:30 to 11:00 a.m. at Red Mountain Ranch Country Club. These meetings feature a speaker and a brief business discussion.

Members rang in the New Year at a cross-over party with RMRCC members at the clubhouse.



The Red Mountain Community Social Club brings neighbors together through social events, educational talks, cultural programs, and activities that support connection and wellness. Membership is open to everyone for a nominal annual fee. ■

To join our club, visit rmrsc.com. We'd love to welcome you to our 2026 season.

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REAL ESTATE

Why the 72SOLD Pricing Model INCREASES THE ODDS OF A BETTER SALE RESULT

By Kris Miller, Realtor, 72Sold Certified, CITIEA

When homeowners think about selling, price is usually the first — and sometimes the only — thing they focus on.

But in today's market, the final sales result is shaped less by the initial list price used in traditional listings and more by how a home is presented and the strategy used to market it to buyers.

In conventional real estate, pricing typically follows a familiar pattern. An agent reviews recent comparable sales, recommends a number, and the home is listed with the expectation that buyers will respond over time.

If interest is strong, the price holds. If not, price adjustments follow. While common, this approach relies heavily on prediction — and predictions don't always reflect how buyers actually behave.

The 72SOLD pricing model was designed to address that disconnect. Rather than asking sellers to guess the "right" price upfront, the model focuses on capturing buyer attention early, when interest is naturally highest.



Buyers are encouraged to respond within a defined timeframe, producing meaningful market feedback quickly. Instead of letting price be shaped by weeks of exposure, value is influenced by real buyer action early in the process. That difference matters because buyers don't make decisions in isolation. Their confidence is influenced by timing, availability, and visible demand.

When buyers see a home attracting attention early, they tend to act more decisively. That decisiveness often leads to stronger offers and cleaner terms — factors that directly affect a seller's final result.

For homeowners, the benefits are practical. Early buyer response provides clarity instead of guesswork. Momentum is preserved, reducing the risk that a home appears overlooked or stale. And expectations around timing and decision-making are established upfront, creating a more predictable experience from start to finish. The impact of this pricing difference is measurable.

According to an independent analysis of more than 100,000 MLS-verified home sales, the 11,816 sellers who used the 72SOLD pricing approach achieved a median sale price 5.8 percent higher than comparable homes sold using conventional methods in our local markets.

The difference wasn't market conditions — it was how the sale was structured. Results aren't accidental. They're shaped by timing, planning, and an understanding of buyer behavior.

If you'd like to understand how these strategies might apply to your home, I'm always happy to talk it through. I'm Kris Miller, a local 72SOLD-certified neighbor and agent. ■

You can call or text me at (480) 236-6181, visit [TheMillerGroup.homes](#) to watch a short video explaining the 72SOLD approach, or go to [SellOnceProfitTwice.com](#) to learn more about the Homes2X option.

Each offers a different path, designed to help homeowners make informed, confident decisions.

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



Edward Jones

> [edwardjones.com](#) | Member SIPC



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Over 50 Up Close

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HEALTH

Over 50

With Medicare, Everyone's Situation is Unique

By Lynne Jones, Licensed Sales Representative, Tapestry Insurance

I just had a phone call from someone who is 67, still working and covered by her employer insurance plan. A friend told her that she was going to incur a lifetime penalty because she did not enroll in Medicare at age 65. She was upset and confused.

I was able to assure her that she would not have a penalty because she has had credible coverage from age 65. But the call led me to think and consequently write about the fact that there is a lot of information, rules, and policies about Medicare.

While it is true that there are penalties for not enrolling in Medicare at age 65, the penalties only apply if you do not have credible coverage and if you are not currently working or have a spouse that is working.

This is a common theme with Medicare. There are many rules and many exceptions to the rules. Everyone's situation is different.



Another call I had was from a gal who was on Medicare disability and was trying to determine whether to stay on her husband's employer's plan or enroll in a Medicare plan. After several questions, we determined that staying on her husband's plan for the next couple of years was the best choice for her. Again, each situation is different.

When someone calls me, I first ask a series of questions, "How old are you? What is your current coverage? When do you plan to retire? Are you covered under your or your spouse's employee insurance plan? Will that plan continue once you turn 65?"

These questions can help determine the best course of action for you as you think about retirement and Medicare.

If you are trying to make Medicare decisions, please feel free to call me and talk about your options. I am always willing to walk through your choices and help you feel confident about your decisions. ■

Please call Lynne Jones, licensed sales representative, at (480) 212-2246 or email me at lynnejones17@gmail.com. I would be happy to answer any questions you have about Medicare plans.

LOCAL BUSINESS

Over 50

What is Niagen and Why is it Important?

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

Niagen is a member of the B-vitamin family and a brand name for nicotinamide riboside or "NR." It is a precursor to Nicotinamide adenine dinucleotide (NAD), which is a coenzyme found in all living cells that plays an important role in DNA repair, brain health, energy production, metabolism, and heart health.

Oh, and let's not forget beautiful skin! NAD protects against aging by supporting energy production in skin cells and reducing free radicals that may damage skin cells.

NAD levels decline with age, leading to age-related health issues like fatigue and cognitive decline. And negative lifestyle habits, like lack of exercise and a processed food diet, can further deplete NAD. Therefore, supplementing with NAD may help slow the aging process and protect against diseases.

The issue with taking NAD as a supplement, however, is the body's inability to deliver into your cells, where

it can be utilized. It will circulate in your blood stream and needs enzymes to break down the NAD into smaller particles so it can be absorbed and then rebuild within the cell.

Niagen, however, is already broken down. Therefore, once it is in your bloodstream, it can easily be absorbed by the cells and utilized to make NAD. And in the form of injections or IVs, you can receive a greater amount of Niagen and bypass digestion, which can limit absorption. Niagen can be easily added to your favorite IV cocktail.

For more information about Niagen or NAD+ therapy, please call us at (480) 992-4202 or go to primeiveast-mesa.com to schedule an appointment for a complimentary health evaluation. ■

Prime IV Hydration & Wellness – Red Mountain Gateway is located at 2025 N. Power Road in Suite 106.



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- 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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LOCAL BUSINESS

Imagine your Backyard Dreams THEN PLAN WITH A PLAN

By Frank Weinberg, Landscape Designer

Your lifestyles often determine what your backyard landscape plan should be, according to Frank, a semi-retired landscape designer living in Northeast Mesa.

Some homeowners want to view a beautiful plant palette with minimal maintenance, and do not use their backyard for family activities.

Other homeowners have specific needs for their backyard use. They may want a backyard for family activities and desire a play area, grass, or an artificial lawn for children or pets. Maybe an outdoor cooking area, pool and spa area, or a putting green, just to mention a few choices.

Whether you just want an extended patio with a gazebo and bar area, there's an endless menu of hardscape features that can be incorporated into your dream plan. Of course, much depends on what exists in your backyard and what your budget can allow.

If you would like to make your backyard dreams come true, whether you have a newly built home or live in an older home, remember to, "Plan with a plan," states Frank. ■

Call Frank at (480) 236-0383 to help with planning your dream front or backyard.



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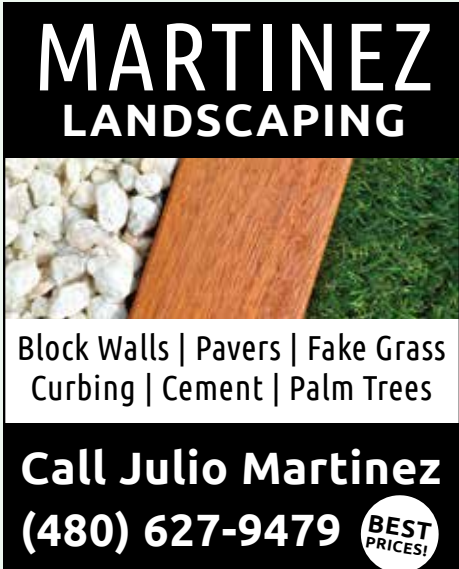
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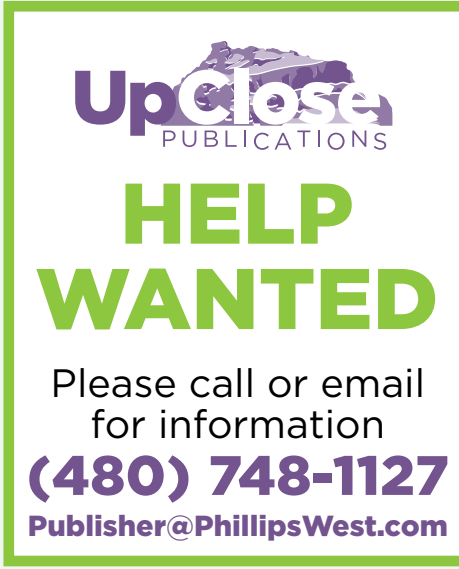
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