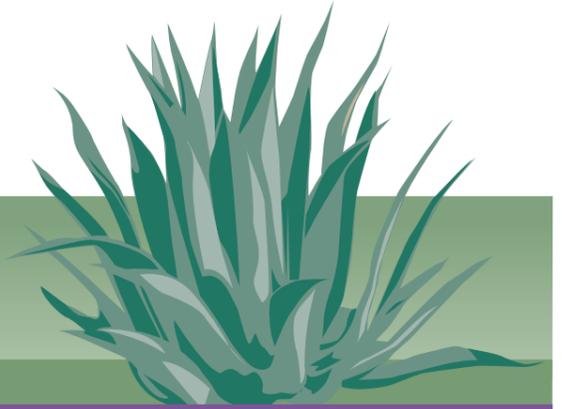


Northeast Mesa Up Close



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LightRenew Offers Accelerated Healing Through **DEEP TISSUE LASER THERAPY**

By Jamie Phillis

LightRenew is helping patients feel better this new year, faster with the help of cutting-edge class IV deep tissue laser therapy, which reduces inflammation, boosts blood flow, and helps patients heal – whether they’re suffering from chronic pain, recovering from surgery, or dealing with a recent injury.

To do this, LightRenew owner Dr. Jason Caldwell uses LightForce Therapy Lasers, which unlike widely available red-light devices or cold lasers that only reach the surface of the skin, penetrate deep into muscle and bone tissue at 980 nanometers or higher, triggering a process known as photobiomodulation.



Dr. Jason Caldwell



“Every professional sports team and Division I program in North America uses this laser for good reason,” Dr. Caldwell said. “It delivers 40 watts of energy per second to the area of concern, which allows the body to create new blood vessels – that’s the magic ingredient. Blood is the catalyst that brings all the nutrients your body needs to heal.”

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 the 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 10 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 in Mesa at 6025 E. McKellips Road, Suite 101, as well as several other locations across the Valley. ■

To learn more, visit lightrenew.com. To schedule a consultation, call Dr. Caldwell directly at (480) 370-0527.

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EDUCATION

World Day at Self Development Academy

A CELEBRATION OF CULTURE, LEARNING, AND COMMUNITY

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

World Day remains one of the most anticipated and meaningful traditions at the Self Development Academy (SDA). It is a powerful example of experiential and project-based learning in action. The event brings together students, families, and educators in a shared exploration of global cultures while reinforcing the values that define our learning community: curiosity, respect, and purposeful education.

This year, students in Kindergarten through Grade 7 explored countries from around the world, including Poland, Brazil, Germany, Italy, Mexico, China, Finland, Native American nations, Japan, and India. Through sustained, hands-on projects, students researched language, history, traditions, and daily life, transforming classrooms into immersive cultural learning environments.

This approach allowed students to move beyond surface-level facts and develop a deeper understanding of how culture shapes identity and community.

Students learned greetings and key phrases in the languages of their chosen countries, performed songs and dances, and welcomed visitors using culturally appropriate customs. Several wearing traditional attire further enriched the experience, helping



students appreciate cultural traditions while recognizing both differences and shared human values.

Families were invited to experience World Day as a "trip around the world," engaging directly with students as they explained their research and creative work. Parents contributed artifacts and mementos, strengthening the authenticity of the projects and reinforcing the partnership between home and school that is essential to meaningful, real-world learning.

One teacher reflected, "World Day allows students to take ownership of their learning. Through project-based work, they develop confidence, empathy, and a genuine respect for cultures beyond their own."

A distinctive feature of the annual celebration is the Grade 8 capstone project. The project added an inter-generational and reflective dimension to World Day. By interviewing parents and grandparents, students explored family histories, migration stories, and life experiences. These projects connected academic research with lived experience, helping students understand both the unique differences and common threads that unite families and cultures across the world.

A Grade 8 student shared, "Learning my family's story helped me see how our experiences are different, but also how much we share."

Throughout the day, students demonstrated strong communication and critical-thinking skills as they presented research, exhibited models such as the Leaning Tower of Pisa, and engaged visitors with confidence. These presentations reflected SDA's emphasis on project-based learning that builds not only academic knowledge, but also respect, collaboration, and thoughtful expression. Parents echoed this sentiment, with one noting, "World Day captures what makes SDA special. Students are deeply engaged, respectful of differences, and able to connect what they learn to the real world."

World Day is a collective effort made possible by dedicated teachers, engaged families, and students who approach learning with curiosity and purpose. It reflects SDA's mission to *be the best we can be, inspire others to become their best, and pursue rigorous learning with compassion, kindness, service, and the creation of knowledge.* Through experiential and project-based learning, students deepen academic understanding while developing empathy, cultural awareness, and respect for human values.

As we look ahead, we invite prospective families to learn more about SDA. A **Kindergarten and Grades 1-8 Information Night** will be held on **Jan. 8**, followed by a **Jan. 24 Open House** featuring hands-on activities and classroom experiences. During these events, we will also share our vision for a highly focused high school currently in development, designed to offer career pathways and the opportunity for students to earn an associate degree alongside their high school diplomas, regular and advanced studies diplomas. ■



Families interested in learning more about SDA or joining the SDA community are invited to contact the school at (480) 641-2640 to secure a space for your child.

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	<p>(480) 912-2500 <i>Queen Creek</i></p>	

LOCAL BUSINESS

Generational Divide sparks REFLECTIONS AT HAVA JAVA MESA

By **Tim Beaubien**, Hava Java Mesa

A curious thing happened about a month or so back. A good friend stopped into the coffee shop to visit and have a glass of wine. We sat and talked music and how our day was going thus far. It was getting to be closing time, so he had his last sip and started toward the exit. I followed him to the door, shook his hand and said, "By Dave, have a good night, be careful driving home."



Barb and Tim Beaubien

As I returned to the back counter to start the evening duties, our barista Winter says, "That was very wholesome of you." "What?," I replied, a little confused by that statement. She says the way you said goodbye to Dave. "We don't say goodbye like that," she said, "We say, Later or Catch Ya Later, or See Ya When I See Ya."

That started a thought process on the differences between our generations. That's how I get my ideas for these articles. Something happens or gets said and bam! My random mind is on a roll.

Anyway, I posed a question to a few friends, "What is there with our generation (us old guys) that we do or take for granted that you wish this younger generation would do or is missing?"

First, I went to Tony and Jony (daily visitors from Fountain Hills).

Tony: "I would like to see just general courtesy," he says. "We are missing that general politeness that we grew up with. You know, the kind that our mothers would have slapped us upside the head if we didn't show."

Jony: "Just smile more! Life is not as hard as you make it."

So now I go to Barb's sister Dee, retired Deputy Chief

of Police for Scottsdale.

"Handwritten notes. A simple thank you note. Handshakes. Face-to-face meetings, not virtual," she said.

Dr. Vicky from Philadelphia "Put that cell phone down and make eye contact. Smile when meeting someone and leave them feeling glad they met you."

My wife and partner Barb (the one that really runs Hava Java).

"We didn't have computers or cell phones. So, we had more patience since we had to wait for the mail or find a pay phone. We actually went outside to play with our friends, so we developed better social skills. We weren't glued to our electrical devices."

OK, my turn.

"Barb and I attended our granddaughter's high school graduation party a few years back. There were about 10 or so friends all gathered in the family room sitting within two feet of each other. They corresponded with each other via text on their cell phones. They would occasionally make eye contact with each other, but the silence was deafening. This goes to Barb's and Vickie's point. Communicate with other humans for god's sake!"

"Also, Google may be handy and easy, but it teaches you nothing. It gives you the answer but rots your brain at the same time. Trust me, you will need problem solving skills."

OK, I know that we are showing our age here, but nothing said above is meant to be hurtful to anyone. It will only make you a better and more valuable person both personally and professionally. ■

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



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FRIDAY, JANUARY 9
6 to 9pm
Singer songwriter Scott Hallock and Beat Box Kent

FRIDAY, JANUARY 16
6 to 9pm
Rock / Jazz Fusion of Notes from Neptune

THURSDAY, JANUARY 22
5:30 to 9pm
Hava Java Open Mic by Brenda & Jack of Milon's Music

FRIDAY, JANUARY 23
6 to 9pm
Classic Rock from Brenda and the Big Bad Wolf

SATURDAY, JANUARY 24
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LOCAL BUSINESS

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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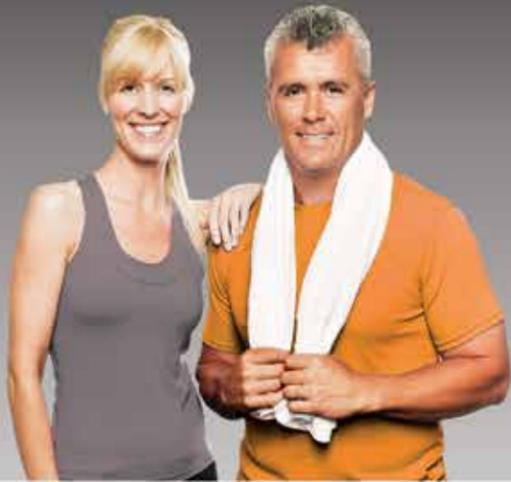
This treatment uses a specialized blade to gently exfoliate the skin, removing dead skin cells and fine vellus hair (peach fuzz) to reveal a smoother, brighter complexion.

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EDUCATION**GOLLADAY LEARNING CENTER****OFFERS A UNIQUE APPROACH TO EDUCATION**

Submitted by Golladay Learning Center

Most people in Mesa have never heard of Golladay Learning Center.

It doesn't have a giant campus or a marketing department. What it does have is something special: a place where children can find a different approach to education in a Christ-centered homeschool-style setting.

The students here are smiling, confident, and thriving in ways their parents once thought impossible. Once you learn their story, you realize there are kids in Mesa who need this school. And this school needs us.

Brian and Sheyda started this school through inspiration when they were having a difficult time finding a school for their two autistic children. After they began, other families wanted to join in. They were spiritually guided to model this school after the idea of individualized education, real-world preparedness, and a Christ-centered focus.

In a typical day, you could walk in and see children learning how to cook, trading in the stock market, working on a business plan, cutting hair, designing projects for 3D printing, laser engraving, coding video games, raising chickens, washing eggs, gardening, or reading books.

They might be working on math, reading, or writing, and they most definitely would have a project going on, such as building electric go-karts, pontoons, or a chicken coop. The ages range from kindergarten through high

school, providing a family-like setting where the older kids learn to teach and mentor the younger kids. The student body also has mixed abilities, such as autism.

Brian and Sheyda hire teachers and are teachers there themselves, but they do not run this school for a profit; they run it as a calling from God. Sheyda graduated from medical school but became a stay-at-home mom as their two first children were autistic. She has gone back to school to achieve her Montessori teaching certificate as well as a master's in education. Brian still works as a tax accountant with degrees in accounting and an MBA and is currently back in school working on a doctorate in educational leadership.

GLC believes no child should be denied education because of income, and so no families pay anything out of pocket. Instead, GLC partners with Arizona Tuition Connection, a nonprofit organization that provides children with scholarships funded by tax credit donations. GLC does not use the Arizona ESA voucher program.

By the grace of God, the children have been able to receive enough scholarships to cover GLC's expenses to stay open year after year since 2018. But to continue or even grow, they need your help. ■

These donations directly provide an education for these children. Thank you, Brian and Sheyda Golladay

HOW YOU CAN HELP AT ZERO COST

Arizona offers two tax-credit programs that allow you to help children with scholarships without spending anything extra; your money is just redirected toward this nonprofit instead of paying taxes, which you would need to pay anyway.

1. INDIVIDUAL TAX CREDITS

Any Arizona taxpayer can direct part of their state income tax dollar-for-dollar to Arizona Tuition Connection.

For the tax year 2025, an individual can donate \$1,535, and if married filing jointly the amount is \$3,062. (These do not supersede other tax credit donations, such as public school donations; you can do both.)

You can donate at arizonatuitionconnection.com.

Please recommend Golladay Learning Center on the donation form as a school that you are trying to help.

2. BUSINESS / CORPORATE TAX CREDITS

Businesses can also make tax credit donations and are not limited to any amount, except for the total Arizona amount of \$135 million. This supports low-income and special-needs students and results in a full corporate tax credit.

Steps for businesses to redirect their AZ tax dollars directly toward helping our students:

1. **Contact Tim Kuhn** and his team at Arizona Tuition Connection, Tim@arizonatuitionconnection.com.
2. Fill out the brief pledge form they provide you and recommend **Golladay Learning Center** school that you are trying to help.

Arizona Tuition Connection will be happy to answer your questions and guide you through the entire process, whether for individual or business donations.

GOLLADAY LEARNING CENTER**A DIFFERENT APPROACH TO EDUCATION****ON ANY GIVEN MORNING, KIDS MIGHT BE:**

- Trading in the stock market
- Building go-karts, pontoons, or other small engineering projects
- Cooking meals
- Designing objects for 3D printing and laser engraving
- Coding video games
- Cutting hair
- Researching mortgages and rental properties
- Gardening
- Raising chickens
- Starting small businesses

**Golladay Learning Center is a small, project-based school where students learn real-world skills.**

Students learn by doing — through hands-on, individualized instruction in a close-knit, multi-age environment that feels like a family. Many of our students have learning differences, including autism, and thrive here with personalized support.

We Need Community Support

GLC believes no child should be denied education because of income, and so families pay nothing out of pocket. Instead, GLC partners with Arizona Tuition Connection, a nonprofit organization that provides children with scholarships funded by tax credit donations.

These tax credits redirect the taxes you already owe — so helping a student costs you nothing extra. These donations are what keep this school open.

Scan this QR code to learn more about how you and/or your business can provide scholarships at no extra cost to you! Or visit arizonatuitionconnection.com. pages.co/golladay-learning-center/

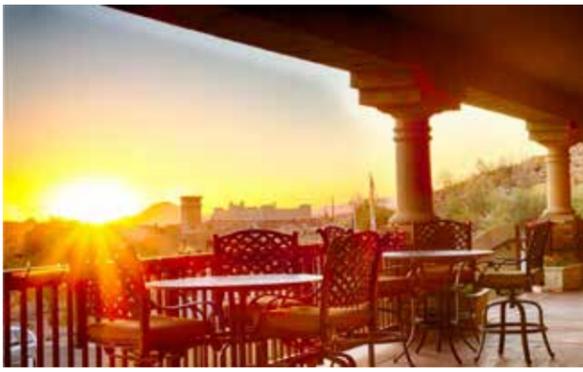




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THE PATIO & GRILLE

Looking for your new favorite place to relax this year?

The Patio & Grille is the kind of spot that makes evenings unforgettable. With its open-air seating and perfect vantage point, it's a wonderful place to watch the sun dip below the horizon while the sky fills with vibrant colors.

And as the sunset sets the mood, live entertainment takes the stage every evening, creating a lively yet relaxed atmosphere that keeps guests coming back.

Whether you're winding down after a long day or looking for a fun night out, this venue offers the perfect blend of natural beauty and local talent. The friendly staff thrives when neighbors gather, share experiences, and spend their evenings together at The Patio & Grille. Think of your visit as a place to celebrate connections and a talented variety of entertainment.

THE VISTAS PAVILION AT LAS SENDAS

It's 2026! What will this year bring forward for you? Las Sendas Golf Club Events and Catering Director Carla Shaw wants to know.

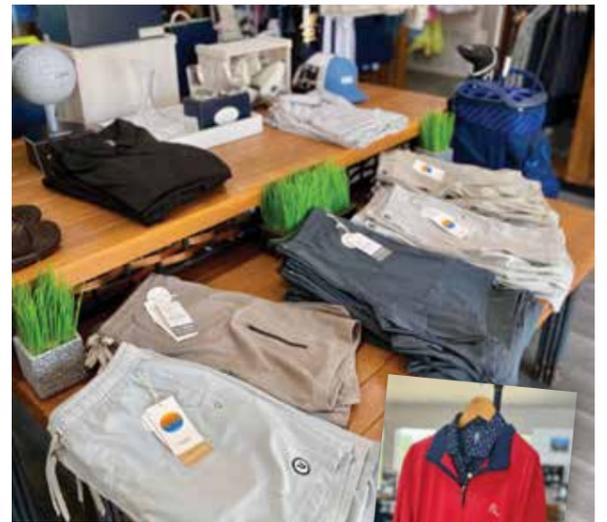
"What will you be celebrating in 2026? Will you be getting a new last name? Is this the year of a milestone birthday or graduation for someone close to you? Did you recently retire?"

The Vistas Pavilion at Las Sendas is the perfect Northeast Mesa location to welcome your guests while providing excellent service and culinary offerings for your upcoming celebration.

The Vistas Pavilion is centrally located in the beautiful Las Sendas community and is the perfect place for your special event. The venue offers amazing views from our floor-to-ceiling windows, overlooking the driving range and Phoenix Valley.

Sunsets add the magical ingredient to a spectacular start or ending of an amazing gathering. We are here to walk you through the process of all aspects of your special day. Call us and get the party started at The Vistas Pavilion at Las Sendas at (480) 396-4000 ext. 222 or send us an email at cshaw@lassendas.com.

Carla wishes, "you all a spectacular new year!"



THE PRO SHOP

The Pro Shop is the place to be as we kick off the new year!

Fresh merchandise has just arrived, so if you didn't quite get everything on your holiday wish list, now's the perfect time to stop by and see what's new.

From the latest gear to stylish apparel, there's something for everyone looking to start the year off right. And don't forget to mark your calendar — our special Martin Luther King Day sale is coming up, offering even more reasons to shop and save.

While you're here, be sure to check out our clearance rack, stocked with great apparel at discounts of up to 50 percent off. It's a fantastic opportunity to grab high-quality items at unbeatable prices. Whether you are upgrading your equipment, refreshing your wardrobe, or hunting for a bargain, The Pro Shop has you covered. ■

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



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

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

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

Non Refundable Membership

\$30,000 Initiation Fee + Yearly Dues

1 Year Trial Membership

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(Fully transferable towards non-refundable)

Junior Membership

Under age 45

\$10,000 Initiation Fee + Yearly Dues

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

Proxy Membership

\$220/Month + Yearly Dues

(2 Year Commitment)
 Deposit Required
 (Limited Availability)

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New Range Pass

\$995

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REAL ESTATE

You Don't Have to Do It Alone

A DIFFERENT WAY TO SELL YOUR HOME

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



For many homeowners, the idea of selling sounds simple in theory but overwhelming in reality. Decluttering, packing, repairs, staging, coordinating vendors, paperwork, timelines, it can feel like too much, especially if you've lived in your home for many years.

Last year, I worked with several sellers who felt overwhelmed when we first met, but one elderly couple in particular made me realize just how overwhelming the process can feel, and how important it is for homeowners to know that help is available.

They had lived in their home for decades and knew it was time for their next chapter, but the thought of everything that needed to be done stopped them in their tracks. Packing years of memories, deciding what to keep, managing repairs, and arranging an estate sale all felt paralyzing.

They told me they had wanted to sell for quite some time, but the sheer volume of "things to do" kept them from taking the first step. It had never even occurred to them that a Realtor could help with everything involved in preparing a home for sale.

That's where a concierge approach to real estate makes all the difference.

Instead of handing them a checklist and wishing them luck, we made a plan together. My team and I then took care of the details. Step by step, we walked through what needed to happen, and I explained that my role was to guide them through the process and handle as much as possible so they didn't have to.

We brought in help to pack and organize their belongings. We arranged an estate sale to thoughtfully handle the items they no longer needed.

My trusted pool professional and landscaper took care of the outdoor work, so the home looked its best. Repairs were coordinated, staging was done to showcase the home properly, and professional cleaners came in to ensure everything was spotless.

Schedules were managed, and every moving piece was handled with care. Within just two weeks, they were on a plane heading to another state to be with their family.

I'll never forget what they said to me afterward: "We wish we had done this five years ago. We had no idea someone could help with all of this."

That statement is the reason I do what I do. While I love selling homes, my true passion and joy come from knowing I truly helped my clients and seeing them happy, relieved, and ready for their next life adventure.



Many people believe selling a home means shouldering the entire burden themselves. They assume a Realtor's role begins and ends with listing the home and negotiating the sale. But for many sellers – especially those downsizing, relocating, or navigating a major life transition – the real challenge comes long before the home ever hits the market.

Concierge real estate service is about more than selling a house. It's about caring for the people inside it.

It means coordinating trusted professionals for packing, cleaning, repairs, landscaping, and staging. It means helping clients decide what to keep, what to donate, and how to handle the rest. It means managing timelines, details, and logistics so sellers can focus on what truly matters to them.

Over the years, I've worked with clients in many different situations. Some were busy professionals with limited time. Others were adult children helping parents through a transition. Some simply felt overwhelmed by the idea of doing everything on their own. While their circumstances differed, the relief they felt once they realized they had support was always the same.

If you're thinking about selling but feel stuck, uncertain, or overwhelmed, you don't need to have everything figured out before you start. You don't need a plan, a timeline, or a list of vendors. That's where I come in.

Sometimes the hardest part is simply realizing that help exists. Once that first conversation happens, what once felt overwhelming often becomes clear and manageable.

Selling your home doesn't have to be stressful. With the right support, it can be smooth, efficient, and even freeing.

And most importantly, you don't have to do it alone. ■

If you have any questions about selling your home, how to get started, or what concierge real estate truly means, please reach out anytime. I'm here to help.

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Red Mountain
Remodeled - Pool - \$665,000
1978 Sq. Ft. 3 Bed, 2 Bath

Las Sendas
Golf Course Lot - Stunning Views - \$995,000
3862 Sq. Ft. 5 Bed, 3 Bath

Las Sendas
Remodeled - Pool - \$639,000
1756 Sq. Ft. 3 Bed, 2 Bath

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EDUCATION

ARTIFICIAL INTELLIGENCE COURSES now available at Mesa Community College

Submitted by Mesa Community College

Two new Artificial Intelligence (AI) courses requiring no prerequisites will be offered during the 2026 Spring Semester at Mesa Community College (MCC) to address the increasing demand for such skills in today's job market in Arizona and across the country.

"These courses are new opportunities for students pursuing computer science, exploring AI, or simply curious about how these technologies are shaping our world," said Jeff Holden, MCC Computer Science faculty who will teach both courses. He added that AI skills are not limited to positions in technology but have a broader range in fields like healthcare, hospitality, and new media.

Introduction to Artificial Intelligence familiarizes students with numerous areas of AI and offers hands-on experience using a variety of AI tools. "While this is not a traditional computer science course, it is designed for students from all majors who wish to build a solid understanding and foundation in AI," explained Jeff.

"It is not just for computer science or engineering majors. This is a fantastic starting point for anyone curious about AI, data, or emerging technologies," he added. "I'm very excited about this course and hope it can help build momentum toward offering more advanced AI courses in the future."

Introduction to Artificial Intelligence also serves as an entry-level prerequisite for the new AI bachelor's degree now offered at Chandler-Gilbert Community College, MCC's sister college in the Maricopa County Community College District.

The second new course is **Introduction to Python Programming**, which builds foundational programming skills using Python, one of the most widely used languages in AI and data science. The course credit transfers to Arizona State University, a partner in MCC's university transfer program, as the direct equivalent of Introduction



to Java Programming. Jeff notes that his course gives students a strong and transferable starting point for programming and AI studies.

MCC's Computer Science Program provides strong mathematical foundations, algorithmic principles, and computer science theory, instructing students in how to write in many programming languages and computing environments. Students can earn an associate degree in science, emphasis in computer science, and a two-year program at MCC, preparing them to pursue bachelor's degrees at one of the college's transfer partner universities.

Career opportunities include application software developers, computer network architects, systems analysts, database administrators, and information security analysts, among many other professions.

Visit mesacc.edu for additional information and contact Jeff Holden with course-specific questions.

Mesa Community College (MCC), which recently celebrated its 60th anniversary during 2025, is nationally recognized for its excellence in university transfer, career and technical programs, civic engagement, and innovative education.

Serving more than 25,500 students annually, MCC offers a range of degree and certificate programs across its two campuses and additional locations. MCC students contribute more than 8,500 hours of community service annually. MCC serves as a key resource for education, workforce development, and lifelong learning.

The college enhances student success through Guided Pathways with Integrated Support Services. A Hispanic Serving Institution, nearly 50 percent of MCC students are first-generation college attendees, and it boasts the largest Indigenous student population among Maricopa County Community College District (MCCCD) colleges, supporting students from 22 Arizona tribes and additional out-of-state tribes.

Our award-winning faculty are committed to helping students achieve their goals through high-quality education, training, and undergraduate research opportunities. Located in the East Valley of Phoenix, Ariz., MCC is one of 10 MCCCD colleges. ■

Learn more at mesacc.edu/newsroom.
MCC is accredited by the Higher Learning Commission (HLC), hlcommission.org.



Northeast Mesa Real Estate MARKET REPORT

Sales for the Month of November 2025

PRESENTED BY
JOHN KARADISHEH

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
1240 N Bernard Cir	2,641	Ellsworth Heights	\$550,000
2450 E Adobe St	1,916	Mesa Estates	\$550,000
2560 E Fairfield St	1,980	Brownmore Estates	\$555,000
2433 E Enrose St	2,035	Mesa Estates	\$555,000
6023 E Scaffell Cir	2,314	Red Mountain Ranch	\$559,000
2505 E Lockwood St	2,406	Citrus Highlands	\$589,000
1758 N 74th Pl	2,801	Falcon Hill	\$600,000
2065 N Ashbrook	2,278	Southwest Groves	\$620,000
9053 E Hobart St	1,891	Sierra Heights	\$620,000
6512 E Virginia St	2,886	Summit	\$625,000
1441 N Orlando St	2,413	Valencia Park Estates	\$647,500
2013 E Lockwood St	2,694	Southwest Groves	\$650,000
8348 E Indigo St	1,994	Mountain Bridge	\$680,000
3948 N San Gabriel	2,575	Red Mountain Ranch	\$765,000
2863 E Mallory St	4,044	Vista Mesa	\$825,000
2831 E Odessa St	2,713	Lehi Crossing	\$840,000
9532 E Knoll Cir	2,410	Boulder Mountain	\$850,000

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
1426 N Vincent Cir	3,718	Saguaro Mountain	\$855,000
8703 E Nora St	2,780	Madrid	\$871,000
6460 E Trailridge Cir #8	3,149	Red Mountain Ranch	\$965,000
5860 E Sanford St	2,817	Reserve At Red Rock	\$1,020,000
5756 E Star Valley St	2,409	Reserve At Red Rock	\$1,039,970
4160 E Hale Cir	3,760	Estates Groves	\$1,050,000
4019 E Hackamore Cir	5,929	Estate Groves	\$1,050,000
7622 E Knoll St	3,712	Morada	\$1,075,000
3727 E Fargo St	3,899	Trovita Phase 1	\$1,200,000
2625 N 24th St #36	3,309	Estates At Northridge	\$1,250,000
8720 E Norcroft Cir	3,940	Madrid	\$1,325,000
3958 E Juniper Cir	3,799	Groves North	\$1,400,000
2121 N Orchard	4,264	Hermosa Groves South	\$1,520,000
4332 N Santiago Cir	5,781	Red Mountain Ranch	\$1,725,000
3314 E Kael St	4,566	Estates at 32nd Street	\$1,750,000
3306 E Jaeger Cir	7,654	Arboleda	\$2,125,000
3937 E Norcroft Cir	6,458	Rosewood Estates	\$2,300,000



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PROPERTIES



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2163 E. Mallory St. - Groves of Hermosa Vista \$1,300,000

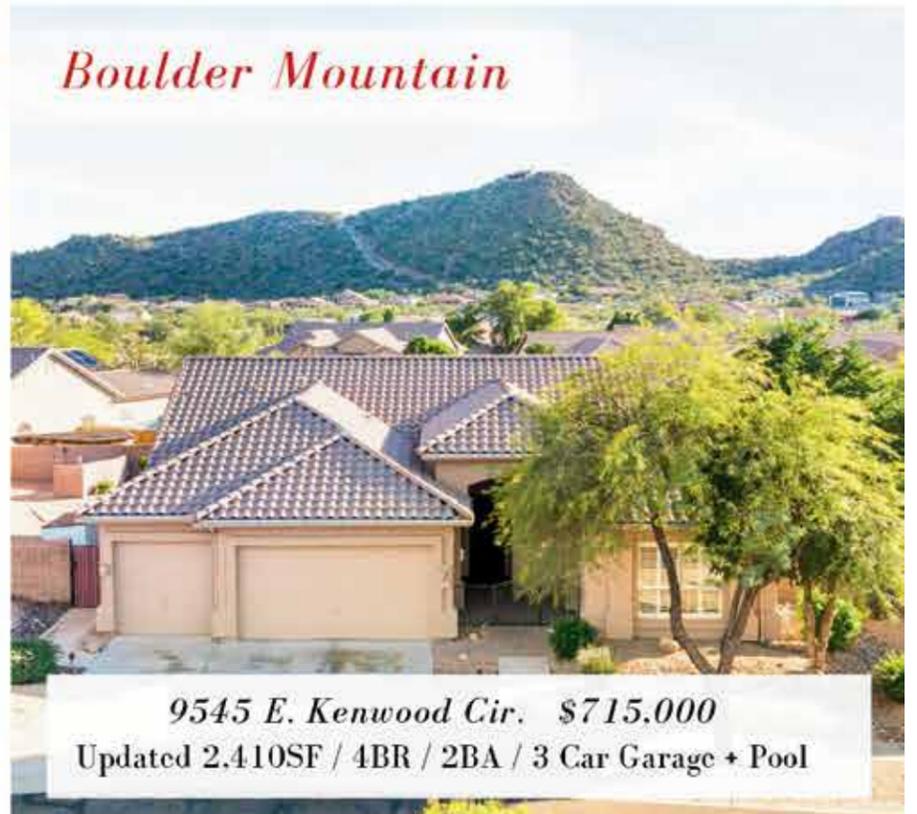
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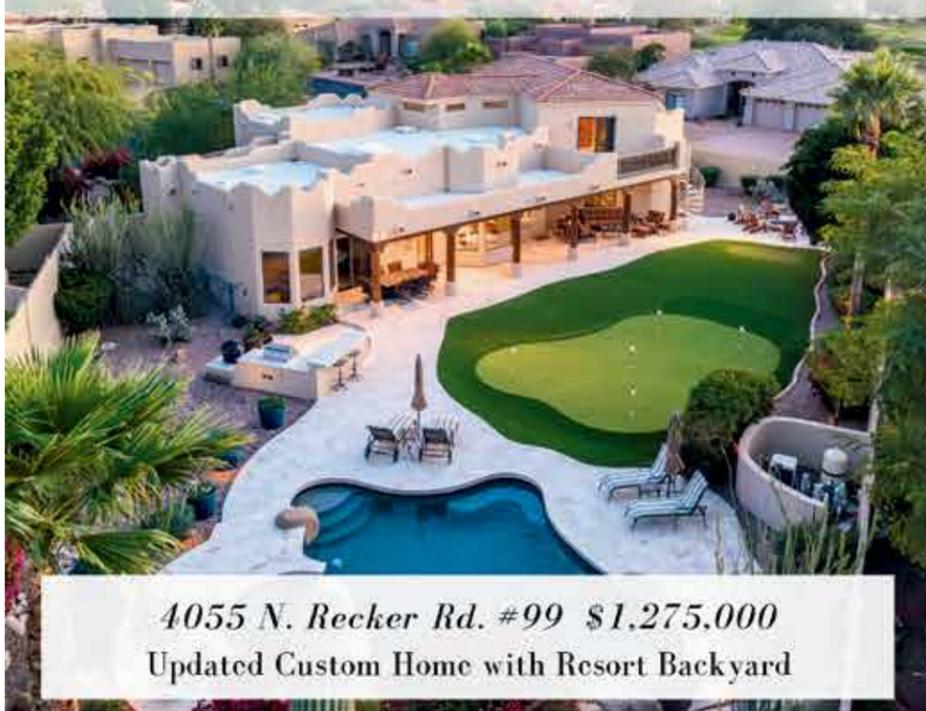
**1241 N. 102nd St. - Mesa \$1,250,000
4 BR / 3 BA / 3,386 SF / Heated Pool + 50' RV Garage!**

Boulder Mountain



**9545 E. Kenwood Cir. \$715,000
Updated 2,410SF / 4BR / 2BA / 3 Car Garage + Pool**

Coming Soon - Red Mountain Ranch



**4055 N. Recker Rd. #99 \$1,275,000
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Power Ranch



**4707 E. Thunderheart Trail #103 \$365,000
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LOCAL BUSINESS

New Year, New Beauty at Lash Envy Studios

By Kimberly Alvarado

The start of a new year is the perfect time to refresh your look, and Lash Envy Studios is making it easier than ever to step into 2026 with confidence. Known for their artistry and dedication to enhancing natural beauty, Lash Envy Studios is rolling out exciting new offerings that clients won't want to miss.

Owner, Michelle Burgher, invites new clients into the studios, with a special offer. "New clients receive \$20 off their first set of lashes or a facial, making it the ideal opportunity to experience the studio's signature services," she said. If you've been curious about lash extensions or pampering, now is the time to book your pampering session.

INTRODUCING SKIN SCRIPT RX
Lash Envy Studios is proud to introduce a new line of locally owned skincare products:



Skin Script RX. This collection includes brightening cleansers, vitamin C serums, and nourishing moisturizers designed to keep your skin glowing and healthy. With products crafted to complement professional treatments, Skin Script RX makes it easy to maintain radiant skin at home.

More Beauty Essentials are also being introduced in the new year. The studio is also expanding its offerings with lash growth serums to help clients achieve fuller, healthier lashes naturally. For those who love makeup, Lash Envy now carries cosmetics safe for lash extensions, ensuring you can enhance your look without compromising the longevity of your lashes.

PLAN AHEAD

Appointments at Lash Envy Studios are in high demand, so clients are encouraged to book at least two weeks in advance to secure their preferred time. With a team of four lash artists at the Las Sendas location and six artists at Dana Park, the studios are well-staffed to provide personalized care and flawless results.

Whether you're treating yourself to a fresh set of lashes, indulging in a facial, or upgrading your skincare routine, Lash Envy Studios is ready to help you shine in the new year. With exclusive discounts, new product lines, and expert artists, 2026 is the year to elevate your beauty game. ■

Give the studio a call at (480) 431-1848, or visit 6727 E. McDowell Road, Suite 106, in Mesa, at the southwest corner of Power and McDowell roads.

SPIRITUALITY



FALLING FROM GRACE

By Judy A. Knox

Do you, like me, begin on January first with a New Year's Resolution, then usually find yourself failing to follow through after a few days or weeks?

The whole idea of a fresh start is so appealing. Why, then, is it so hard to stick with that commitment? Resolving to eat less sugar, get more exercise, watch less TV, read the Bible more – whatever – I start out great, but eventually find myself slipping back into the old behavior pattern. How discouraging.

One morning, disappointed again in my lack of follow-through on the latest "self-improvement plan," I came upon this very familiar, but momentarily forgotten, verse: "...He who began a good work in you is able to accomplish it until the day of Christ Jesus" (Philippians 1:6). I realized that instead of letting the Holy Spirit work in me, I had been trying to perfect myself through my own efforts. This verse woke me up, and I turned my need for changes over to God.

In Galatians 3:2-3 Paul spoke very severely to the believers when he saw them trying to fix themselves by their own efforts. "You foolish Galatians... Having begun by the Spirit are you now being perfected by the flesh?" The issue for the Galatian Christians was circumcision and following certain Jewish laws, but we 21st

century Christians have our own ways of trying to perfect ourselves "by the flesh," and they are equally ineffective.

But here's the good news. Falling from grace does not mean falling into sin, or failing to meet our self-imposed goals for improving ourselves. No. It means trying to change ourselves through our own efforts, instead of relying on God's grace and the power of the Holy Spirit. Paul told the Galatians, "You have been severed from Christ, you who are seeking to be justified by law; you have fallen from grace" (Galatians 5:4). In another letter he writes, "Just as you received Christ Jesus as Lord, so walk in Him" (Colossians 2:6).

Think about this. How did we receive Him? By grace, through faith (Ephesians 2:8). Could we save ourselves? No. Nor can we truly change ourselves. When we start thinking we can, we're taking the first step down that slippery slope from grace to works.

On the other hand, when we allow God to change our heart, over time we will notice our attitudes and behavior changing almost effortlessly. We will be walking in grace, not falling from it. ■

Maybe the best resolution for 2026 would be to allow God to change us from the inside out, the same way He saved us – by grace through faith.

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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

It's a New Year, and we have a new name! We're starting the year with a fresh identity: the Red Mountain Community Social Club (RMSCC). In 2025, our club applied for 501(c)(3) status, and as part of this new chapter, we've adopted a change to our name to better reflect our membership outside of Red Mountain Ranch. This new name expands our reach and fosters a sense of inclusivity with the surrounding neighborhood.

UGLY SWEATER PARTY

Our Dec. 11 holiday party at Red Mountain Ranch Country Club (RMRCC) was full of color, conversation, and some truly creative ugly sweaters. Guests enjoyed dinner, games, and a sweater-themed version of The 12 Days of Christmas. A warm thanks to Ferne Zabezensky and her team for the thoughtful planning that made the evening one of our best.

MUST-SEE GUEST SPEAKERS

We're thrilled to kick off the year with an exciting lineup of back-to-back speakers who both have residences in Las Sendas.

- **JANUARY 8:**
Join us for an entertaining talk with **Jerri Churchill**, a seasoned television stage manager and assistant director. With over 30 years of experience, she's worked on beloved TV shows like *America's Funniest Home Videos*. Jerri has dedicated her career to making TV magic happen!
- **FEBRUARY 12:**
Our social club presents ASU Professor **Colleen Sheehan**, a leading scholar on James Madison and our Founding Fathers. Professor Sheehan will lead a conversation about our country's early days and the relevance of the Declaration of Independence and Constitution today. This is timely as our nation celebrates 250 years as a strong democracy. Don't miss this opportunity!

We meet at RMRCC the second Thursday of the month over the winter/spring season at 9:30 a.m. Residents of our surrounding community are invited to attend and consider membership.

WE LIKE TO CELEBRATE

Social Club members teamed up with RMRCC members to ring in the New Year with appetizers, cocktails, music, and dancing in the Overlook Room at the golf club. In early January, we will enjoy Wine Time at D'Vine Bistro & Wine Bar, and on Jan. 30, we're heading to the Silver Star for the Born to Be Wild Rock & Roll Musical Review. Tickets are available on our website, visit RMRSC.com.

ABOUT US

The Red Mountain Community Social Club brings neighbors together through social events, educational talks, cultural programs, and activities that support connection and wellness. ■

To join the fun, visit RMRSC.com. We'd love to welcome you to our 2026 season.



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LOCAL BUSINESS

HEALTHY AGING BEGINS WITH MUSCLES

Submitted by *The Exercise Coach*®

While one's definition or perception of aging may differ, we all can agree, things change within our body and it's not usually for the best.

No one wants to lose energy, deal with the risks, complications, and symptoms of heart disease, speed up their biological clock, brace for loss of memory, or grab their back every time they bend over.

While there are no doubt genetic and environmental factors that play a role, most of the symptoms that accompany aging can be slowed and even reversed. There does exist a solution.

STRENGTH TRAINING THE ANTI-AGING SECRET

Without question, *the most powerful solution we have at our disposal in our battle with Father Time is strength training.*

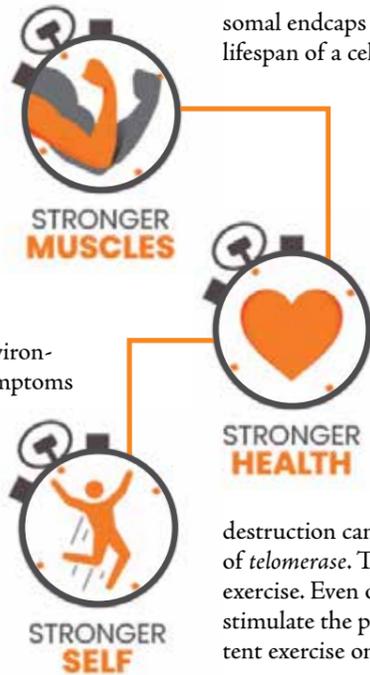
The results we need to age successfully are all about the pursuit and production of increased strength. The potential for strength training lies in its ability to rejuvenate and rebuild bigger and more powerful muscle fibers known as Type II or fast twitch muscle. *The amazing thing is that this potential can be unleashed with very brief (20 minutes), infrequent (2 times a week), and most importantly, very safe (customized technology) way.*

HOW DOES STRENGTH TRAINING IMPACT AGING?

- Cellular Health (How scientists measure aging)
- Biomarker Health (How doctors monitor health)
- Functional Health (How aging makes us feel)

CELLULAR HEALTH

Cellular health has been linked to mitochondrial health (the powerhouses of cells) and telomere length (chromo-



somal endcaps the length of which can determine the lifespan of a cell or organism).

While we can't exactly see what's going on beneath the surface, research has shown that mitochondria, the energy generating mechanisms in cells, will not only jump start and increase energy production but also reverse the very genetic profile of our DNA with meaningful exercise.

Furthermore, telomere length has been theorized to actually determine the biological lifespan of an organism. Telomeres split, shorten, and weaken as we age as the result of several factors.

The prevention of telomere destruction can be managed with the production of telomerase. Telomerase is a byproduct of meaningful exercise. Even one bout of higher effort exercise will stimulate the production of telomerase while consistent exercise only serves to amplify the effect.

BIOMARKER HEALTH

Insulin resistance is a major predictor of the effects of aging. When that becomes an issue (and it does due to a combination of excess carbohydrates and lack of meaningful exercise), a host of more ailments such as weight gain, high blood pressure, triglycerides/LDL, pre- and Type II diabetes, and more can occur. These symptoms are all a function of processes in the body going bad. However, they are all reversible.

By partnering the powerful combination of whole food nutrition with strength training and insulin resistance can be reversed. Strength training not only stimulates greater glucose metabolism during and right after a workout but triggers an adaptive response for more muscle and thus greater metabolic potential for the next workout. This compounding effect leads to improved insulin sensitivity due to the improvements in muscle strength.

FUNCTIONAL HEALTH

To most people, however, aging and its effects influence the way we feel and think. We don't need a science textbook or a Ph.D. to recognize the older we get the slower, heavier, lazier we feel. Heck, those signs of aching joints and brain fog could be small blimps on the radar or a wake-up call.

While we acknowledge 'slowing down' is part of life, what many don't understand is the direct correlation that exists between how we feel (the slowing of our metabolism, loss of mental sharpness and mobility) with the loss of muscle mass.

While we start losing muscle mass in our 30s, it accelerates over time if nothing is done about it. While aging and inactivity are mostly blamed, it is truly the lack of deeper and more meaningful muscle fiber stimulation that is responsible for how we feel.

The most common correlation associated with aging is the loss of muscle and strength, which affects our metabolism, bones, and mental acuity. In fact, greater muscle strength has been linked not only to reduced mortality but also faster metabolisms and improved cognitive function as well.

STRENGTH CHANGES EVERYTHING

Strength training means slowing and reversing the aging process at the cellular and genetic level, increase your energy, protect against the effects of aging, improve insulin resistance (the kindling for all sorts of diseases), reduce mortality, and improve brain function.

Exercise can reverse your biological age by nearly a decade, give you more energy, maintain a healthy lifestyle, help you avoid aches and pains, and protect your brain and cognitive ability. ■

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LOCAL BUSINESS

Live the Life You Want at Acoya Mesa by Cogir



Submitted by Acoya Mesa by Cogir

At Acoya Mesa by Cogir, senior living isn't a chapter of slowing down — it's a lifestyle of connection, purpose, and joy.

Nestled in the heart of Mesa, Ariz., Acoya Mesa blends the comfort of home with the vibrancy of a resort, offering Independent Living, Assisted Living, and Memory Care — all designed to elevate daily life with engagement, ease, and meaningful experiences.

What truly sets Acoya Mesa apart is the community itself. Residents and families bring contagious warmth to the campus, creating a welcoming environment where creativity, conversation, and new friendships flourish.

From lively art classes and themed dinners to music nights, social gatherings, and resident-led programs, every day presents new opportunities to connect and celebrate life together.

Acoya Mesa's holistic philosophy extends well beyond activities. Here, independence is supported — not replaced — by thoughtful design and personalized care.

Spacious apartment homes include full kitchens or kitchenettes, private baths with easy-access showers, and modern conveniences such as in-unit washers and dryers.

Resort-style features enhance daily living, including restaurant-style dining, a café/bistro/pub, private dining spaces, a fitness studio, and a full-service salon and barber-shop. With housekeeping, transportation, onsite nurse

support, and 24-hour staff, comfort and peace of mind are built into every detail.

For those seeking extra support, Acoya Mesa's Assisted Living program delivers high-quality care in a way that feels empowering — not limiting. Residents maintain their independence while receiving the guidance they need to pursue their passions with confidence.

In Memory Care, the community's Revere approach focuses on relationship-based care, honoring each resident's story while creating moments of connection, joy, and dignity.

One of the highlights of life at Acoya Mesa is the emphasis on wellness — both physical and emotional. Programs like Forever Fit, social outings, line dancing, art workshops, and enriching community events encourage residents to stay engaged, active, and inspired.

The campus is intentionally crafted to nurture connection, offering group spaces such as walking paths, game rooms, a movie theater, and outdoor gathering areas perfect for sun-soaked mornings or relaxed evenings with friends.

Acoya Mesa by Cogir invites seniors and families to experience a new kind of retirement living — one where comfort meets community, and every day is something worth celebrating. ■

For more information, call (623) 278-3147, or visit online at cogirusa.com. The community is located at 6502 E. Brown Road, Mesa AZ 85205.

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Over 50 Up Close

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HEALTH Over 50

Annual Enrollment is over, now what?

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

It has been a busy October to December for those who have Medicare or who help people with Medicare.



An agent can also help you with other enrollment periods.

Many people qualify for additional enrollments throughout the year. If you find you need to look into other options, please call your agent to see if you may have an additional enrollment period.

As always, please call me to make an appointment if you are about to enter the Medicare world or have questions about your situation. I would love to be your guide. ■

Please call *Lynne Jones, licensed sales representative, at (480) 212-2246 or email me at jonesdvp@yahoo.com.*

There have been so many commercials, flyers in the mail, and even unwanted phone calls. In addition, confusing messages about what you may or may not qualify for. Also, many Advantage plans changed for 2026 and some even left the market completely.

I spent a large amount of time helping people make sense of it all. Medicare itself only made one major change, but the ripple effect was tremendous. Many of the major insurance companies made big changes to their Advantage plans, to their drug plans, and even to their name.

Why should something so important to seniors seem to get more and more complicated? As I often write, it is so important to have a local agent who can help you make sense of what is going on.



ARE MEDICARE PLAN CHANGES TOO CONFUSING?

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

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

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

Call me today for help navigating Annual Enrollment this year!

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

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

FINANCES Over 50

New Year's Financial Resolutions: Making Them Stick

Submitted by *Linda Drake, Edward Jones Financial Advisor*



Millions of Americans set money-related resolutions each January, such as saving more or reducing debt.

But too many resolutions fade quickly. A 2023 Forbes Health poll found that over half of people give up on their resolutions by April.

The issue isn't necessarily motivation. It could be execution.

HERE ARE SOME THINGS TO CONSIDER

- Vague goals like "save more" often fail. Instead, set specific, measurable targets like, "Save \$100 a month."
- You might also focus on just one or

two priorities: building an emergency fund, increasing retirement plan contributions, or paying down debt.

- Then, track your progress regularly and break big goals into small steps. Each win builds momentum to reach the next goal.

- Finally, find an accountability partner or work with a financial advisor to stay on track.

The new year offers a fresh start. With clear goals, a realistic plan, and the support you need, 2026 could be the year your financial resolutions finally stick. ■

This content was provided by *Edward Jones* for use by *Linda Drake, your Edward Jones financial advisor, at (480) 985-2651.*

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LOCAL BUSINESS

The Right Way to Lose Weight

By *Gina Van Luven, Board-Certified Health Coach and Owner of Prime IV Hydration & Wellness – Red Mountain Gateway*

The right way to lose weight is different for everyone, which is why some weight loss programs work for some and not others. Should you fast or not? Are carbs good or bad for you? How about the keto or carnivore diet? Even the idea of "calories in needs to equal or be less than calories out" is misleading. This is because the concept does not allow for the 'quality' of the calories.

For example, if you have an apple and a donut, each containing 100 calories, the apple is full of nutrients and fiber. Whereas the donut is void of fiber and nutrients. Your body will burn more calories digesting the apple, yet you (or your app) will not account for this.

Conversely, because the donut is void of nutrition and fiber, you may think, "I only had 100 calories," yet your body didn't use up those calories during consumption and may have, instead, stored the calories as fat. Diet-induced thermogenesis also plays a part in that your body will burn more calories processing your breakfast than your dinner. Additionally, certain oils, like soybean oil, can cause weight retention, nullifying the calories in, calories out theory.

GLP-1 weight loss products like Semaglutide and Tirzepatide work for most people by reducing cravings and increasing satiety. However, they come with side effects and are short-term solutions that should be backed by healthy eating and lifestyle habits.

The right way to lose weight and keep it off is to slowly incorporate healthy eating and lifestyle habits that are right for you, versus suddenly switching to a completely different program. For example, if you typically eat a carb-loaded breakfast, try having half your normal breakfast and adding an egg with some greens. If you like your sweets in the evening, try cutting your portion in half and adding a handful of nuts and/or fruit. Slowly incorporating new habits keeps you from feeling deprived and allows your mind to more easily accept change.

If you normally don't have breakfast, try a handful of nuts or pieces of fruit. I realize fasting is the latest craze and 'can be' beneficial in certain situations. However, there are two issues with this: 1) If you surpass your fat burning stage, you will burn muscle and 2) if you are only eating one meal a day or none at all, you could severely deplete your nutrients, which could lead to health issues. Skipping breakfast can cause low energy, impair cognitive function, and increase hunger and cravings, which may cause you to eat more later in the day. When you deprive yourself of calories, your body may respond more like a pack rat and store your next meal versus utilizing it.



It is easy to follow the intermittent fasting 16/8 rule and maintain healthy nutrition levels. If your last meal of the day is at 6 p.m. and you break your fast ("breakfast") at 10 a.m., you've met the criteria. Additionally, eating small meals more frequently over your 8-hour eating period, versus two to three larger meals, can help reset your metabolism.

If you are fasting long-term, consider IV therapy to increase your nutrient levels and maintain your health and well-being. You may also consider working with a naturopathic doctor, functional medical doctor, or health coach to create a customized plan that fits with your genetics and personal needs.

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

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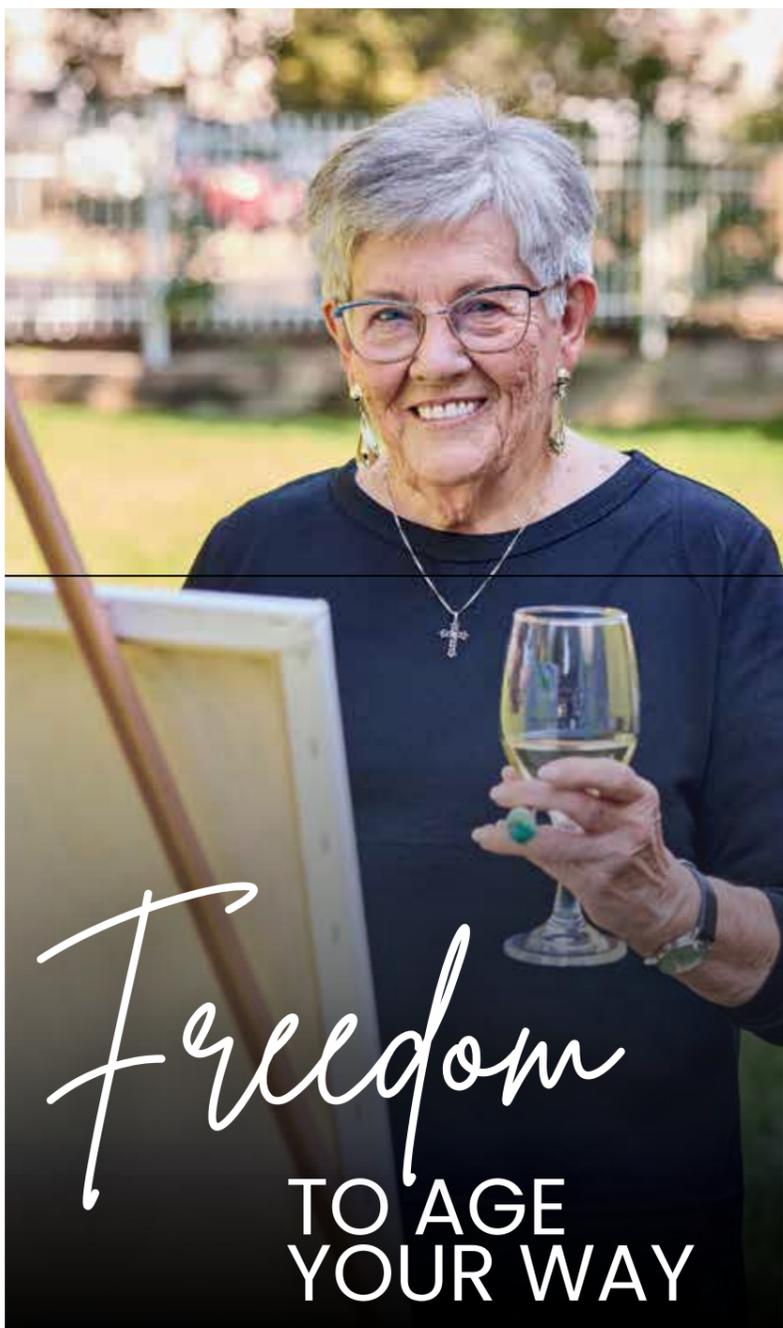
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LIVE MUSIC

EVENINGS IN JANUARY

EVERY MONDAY Matt French (singer songwriter)	SUNDAY, JANUARY 4 Anthony Mazzella (Guitar Virtuoso)	SUNDAY, JANUARY 18 Chris Counelis (Saxophone)
EVERY TUESDAY Eric Miller (Spanish Guitar)	WEDNESDAY, JANUARY 7 Jeordie (Singer Songwriter)	WEDNESDAY, JANUARY 21 Jeordie (Singer Songwriter)
EVERY THURSDAY Taide Pineda (singer songwriter)	SUNDAY, JANUARY 11 Rachelle Romeo (Saxophone)	SATURDAY, JANUARY 24 Rachelle Romeo (Saxophone)
EVERY FRIDAY John Burak (Piano Man)	WEDNESDAY, JANUARY 14 Michael Spero (Singer Songwriter)	SUNDAY, JANUARY 25 Christopher Robin (Singer Songwriter)
EVERY SATURDAY (EXCLUDING JAN. 24TH) Scott Hallock (classic rock)		WEDNESDAY, JANUARY 28 Michael Spero (Singer Songwriter)

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MENU

STARTER
Lobster Bisque or Cream of Vegetable & Mushroom

SALAD
Strawberry Citrus Salad

CHOICE OF ENTRÉE
Beef Wellington
Beef Tenderloin, Puff Pastry, Duxelles, Prosciutto De Parma, Garlic Mash, Carrots, Veal Demi

Pork Confit
Parsnip Puree, Crispy Tobacco Onions, Wild Berry Sauce, Haricot Vert

Stuffed Chicken
Skin On Chicken Breast, Wild Mushrooms, Oaxaca Cheese, Spinach, White Wine Sauce, Buttery Herb Rice, Asparagus

Pan Seared Salmon
Creamy Risotto, Sweet Soy & Ginger Sauce

DESSERT
Red Velvet or Chocolate Tort

SATURDAY, FEBRUARY 14, 2026

A ROMANTIC VALENTINE'S DINNER

with Live Music Starting at 5PM!

\$99++ PER PERSON

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THE PATIO & GRILLE AT LAS SENDAS
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