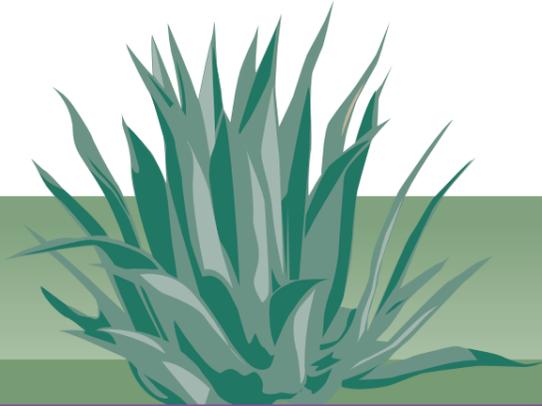


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Pacino's Italian Restaurant Celebrates 13 YEARS OF HEART, HERITAGE, AND COMMUNITY

By Kimberly Alvarado

Pacino's Italian Restaurant will mark a major milestone on Saturday, April 11, celebrating 13 years of serving the community with the same warmth, generosity, and old-world Italian spirit that inspired its beginning. And this year, the celebration is bigger and brighter than ever.

Guests can expect live music all day, face painting, a lively chicken-wing eating contest, free meatball appetizers, and a raffle for gift cards, as well as a '73 Chevy Cheyenne Pickup — a full day designed to bring people together in the way Pacino's does best.

But behind the festivities lies a story of family, resilience, and a deep commitment to giving back.

A LEGACY ROOTED IN FAMILY AND FOOD

When Pacino's celebrated its 10-year anniversary, owner Frank Spaccarelli reflected on the foundation that shaped both his life and his restaurant. His memories returned to Sundays after church — moments filled with a big pot of gravy, pasta, and meatballs. Those simple, joyful meals became the blueprint for many of Pacino's signature dishes today.

"It was happiness built on a foundation of food," Frank shared at the time. That sentiment still guides the restaurant's heart and soul.

A YEAR MARKED BY LOSS — AND STRENGTH

The 11-year anniversary carried a different tone. As the restaurant prepared to celebrate, Frank lost his father, Angelo Spaccarelli. The milestone became a moment of remembrance, honoring the man who helped shape Frank's values and work ethic.

"Life is significantly different now," Frank reflected. "Our instant gratification and fast-paced society have really diminished the memory of lessons in a simpler time."

Yet it was Angelo's legacy — faith, family, and perseverance — that carried Frank through that difficult season and continues to influence Pacino's today.



THIRTEEN YEARS STRONG: A CELEBRATION OF TRUST, CONSISTENCY, AND HEART

This year, the mood is triumphant. Pacino's 13th anniversary isn't just a celebration of longevity — it's a testament to the trust the community has placed in the restaurant and the unwavering heart Frank pours into his work.

He believes the secret to Pacino's success is simple: give back.

Frank actively supports the *Jack Sullivan Foundation* for autism awareness and provides monthly meals to the children at Sunshine Acres Children's Home. For him, it's more than charity, it's his purpose.

"I'm using my gift, that the Lord has given me," he says. "Loving on people, paying it forward, and praising HIM."

A FRESH LOOK, A FAMILIAR SOUL

In recent years, Pacino's has undergone a transformation of its own. The dining room now features an upscale, rustic Italian aesthetic, blending modern warmth with timeless

charm. Signature photos of Al Pacino remain proudly anchored on the walls, honoring the restaurant's roots while the remodeled dining room embraces its growth.

It's a space that feels both new and nostalgic; much like the journey Pacino's Italian Restaurant has taken over the past 13 years.

WHO SAYS 13 IS AN UNLUCKY NUMBER?

For Pacino's, 13 is a badge of honor — a symbol of resilience, community, and the enduring power of good food shared with good people.

On April 11, the doors will open not just for a celebration, but for a continuation of the story Frank began more than a decade ago: one built on family, faith, and the belief that a restaurant can be so much more than a place to eat. ■

Pacino's Italian Restaurant is located at 2831 N. Power Road, in Mesa, at The Village at Las Sendas. For more information, call (480) 985-0114, or visit pacinositalian.com.

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EDUCATION

SUCCESS IS INTENTIONAL

Designing Deeper Learning in Mathematics

By Dr. Anjum Majeed, Founder, Self Development Academy

A PRESCHOOL MOMENT THAT REVEALED A HABIT OF MIND

Several years ago, I had the privilege of spending an afternoon with a four-year-old preschooler. We played outside, read stories, and later, I noticed her drawing with unusual care, holding her pencil with intention and control. Curious, I asked whether she could write her numerals.

She confidently wrote 1, 2, 3, and 4. I gently paused her at the number four. I affirmed how well she had formed the first three numbers and then modeled a more standard way to write 4, first the "L," then the vertical line. She looked at me quietly, as if processing the information, and moved on.

About an hour later, I asked her to write the numbers again. She wrote 1, 2, and 3 easily. When she reached 4, she stopped, looked at me thoughtfully, and asked, "How did you show me to write the number?" I smiled and modeled it again.

What impressed me was not simply her ability, but her intentionality. She wanted to understand. She paused before proceeding. She cared about accuracy and meaning. Even at four years old, she demonstrated the habits that characterize deep learners.



DEEP LEARNING DOES NOT HAPPEN BY ACCIDENT

In mathematics education, success is not accidental. It is cultivated through purposeful design and consistent guidance. As Siregar, Fauzan, Yerizon, and Syafriandi (2025) explain, 21st-century mathematics education must move beyond mechanical procedures and memorization. Students must be guided toward conceptual understanding, critical thinking, and the ability to transfer knowledge across contexts.

When learning remains at a surface level, students may complete tasks without grasping the underlying ideas. Deep learning, however, invites students to connect concepts, reflect on their thinking, and apply understanding in new situations. Rooted in constructivist principles, this approach views knowledge as something students actively build through experience, dialogue, and reflection.



THREE INTERWOVEN PRINCIPLES OF DEEPER LEARNING

Siregar and colleagues (2025) identify three interconnected principles that shape deep mathematical learning: meaningful, mindful, and joyful learning.

- 1. Meaningful Learning.** Mathematics becomes powerful when students see its relevance. Learning must connect to authentic problems and real-life contexts. When students measure, model, analyze, and interpret situations that mirror their experiences, mathematics shifts from abstract symbols to purposeful tools. They begin to understand not only *how* to solve a problem, but *why* it matters.
- 2. Mindful Learning.** Students deepen their understanding when they become aware of their thinking. They ask, *Why does this strategy work? Is there another approach? What happens if conditions change?*

Reflection strengthens conceptual clarity and builds independence. Instead of simply following steps, students examine reasoning and make connections between ideas.

- 3. Joyful Learning.** Joyful learning is not about lowering standards. It is about creating an environment where students feel safe to explore, question, and learn from mistakes. A classroom culture that values dialogue, collaboration, and curiosity fosters motivation and sustained engagement. When challenges are balanced with support, students grow in confidence and resilience.

THE ROLE OF INTENTIONAL TEACHING

Deep learning requires intentional design; the teacher's key role shifts from delivering information to facilitating understanding. Instruction incorporates higher-order thinking. It combines open-ended questions, collaborative discussion, authentic tasks, and structured reflection.

Assessment, too, must look beyond final answers. It should value reasoning, process, and conceptual depth. As emphasized by Siregar et al. (2025), learning environments that promote exploration, dialogue, and reflective thinking are essential for cultivating lasting understanding.

When mathematics classrooms are intentionally designed around these principles, students do more than perform; they think critically, make connections, and apply what they learn in new situations.

A FULL-CIRCLE MOMENT

Recently, I learned that the preschooler, who once paused to ask, "How did you show me?" and is now a high school senior, has received early acceptance to the Massachusetts Institute of Technology (MIT) and plans to major in mathematics.

Her journey is a reminder that success is intentional. Deep learning, nurtured thoughtfully and consistently over time, shapes not only academic achievement but a lifelong disposition toward inquiry, precision, and intellectual growth. ■



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LOCAL BUSINESS

The Movement You Need Is on Your Shoulder

By *Tim Beaubien, Hava Java Mesa*

So, about a week ago Barb and I were on our way home from closing the coffee shop and the song *Hey Jude* came on the radio. Now in case you didn't already know, I'm a pretty big Beatles fan.

The story behind *Hey Jude* is that Paul wrote it for then 5-year-old Julian Lennon when John was getting a divorce from Cynthia. He was having a hard time with the split of his parents. Having Yoko as a stepmom may have been a part of it, but anyway.

I still to this day remember exactly where I was when I first heard it. I am 11 years old, with my parents at my dad's cousin's house, in their basement watching the *Smothers Brother* comedy hour. At the end of the show, they announced that the Beatles contacted them with a film of *Hey Jude* and the following week will be *Revolution*. During *Hey Jude* the audience joins them on stage. Oh! So cool!

I was listening to an interview with Paul a few years ago about when he wrote it. He played a rough draft for John and when he got to the phrase "The Movement you Need is on Your Shoulder," he says to John, "I'm going to back and fix the line. John says, no, you're not, I know exactly what you mean. You leave that line alone." That story always stuck with me.

Remember, this was at the end of the musical magic that Beatles once shared. *Hey Jude* was released in August of 1968. By September of 1969 John had left the band and



Barb and Tim Beaubien

the official break up was April 10, 1970. But even in those last years, they must of still had mutual respect for each other.

Now I have listened to this song for 58 years. 58 years! Oh my god, I'm getting old! Anyway, the point is I never really knew what he meant until the other night. For some reason it just came to me (I probably had some minor issues on my mind from the day's events).

The movement you need is on your shoulder... I think means – You already have the answers to your problems or solutions to whatever you're going through. Look into yourself for the answers. Now I must admit that it helps when Paul McCartney writes a song about your issues.

At any given time, we are all going through something. As humans we seek help and advice from people around us. I know I tend to do this from anybody that will stand still long enough to listen to me. But at the end of the day, I know what I need to do. It may take me a while to get there, but the answer is already inside me.

I think this is true for just about everyone. You may think you don't know what to do, but you do if you take the time to look into yourself. Slow down and give yourself the chance to solve it.

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*.



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Why Hormones Matter More Than You Think

AND HOW BALANCED HORMONES SUPPORT LONG-TERM HEALTH

By *Gina Van Luven, Board-Certified Health Coach*

Hormones are often blamed when something feels “off” — fatigue, weight gain, mood swings, poor sleep, or low libido. But hormones are far more than a convenient scapegoat. They are master regulators, quietly directing how nearly every system in the body functions.

Estrogen, progesterone, testosterone, and DHEA play critical roles not only in reproductive health, but also in cardiovascular function, bone strength, metabolism, brain health, and even cancer risk. When these hormones are balanced, the body thrives. When they are not, the consequences can be far-reaching.

ESTROGEN: MORE THAN A REPRODUCTIVE HORMONE

Estrogen exists in several forms, most notably **estradiol** and **estriol**. Estradiol is the most potent estrogen during the reproductive years and is essential for maintaining bone density, protecting blood vessels, regulating cholesterol, and supporting cognitive function. Estriol, a weaker estrogen, becomes more dominant later in life and is thought to support vaginal and urinary tract health with a gentler systemic effect.

Clinical research has shown that estrogen deficiency, particularly after menopause, is associated with increased risks of osteoporosis and cardiovascular disease. Large observational studies, including data from the *Women’s Health Initiative (WHI) re-analyses*, suggest that when estrogen therapy is started closer to menopause and appropriately prescribed, it may offer cardiovascular and bone-protective benefits rather than harm.

PROGESTERONE: THE OFTEN-MISSING PIECE

Progesterone is essential for balancing estrogen’s effects. While estrogen stimulates tissue growth, progesterone helps regulate and stabilize that growth, particularly in the uterus and breasts. It also plays an important role in calming the nervous system, improving sleep quality, and supporting mood.

Low progesterone relative to estrogen — commonly referred to as estrogen dominance — has been associated with symptoms such as anxiety, insomnia, heavy or irregular periods, and increased endometrial risk. Research indicates that **bioidentical progesterone**, unlike some synthetic progestins, may have a more favorable safety profile, particularly regarding breast and cardiovascular health.

TESTOSTERONE: VITAL FOR BOTH WOMEN AND MEN

Testosterone is frequently misunderstood as a “male-only” hormone, but it is essential for women as well. In both sexes, testosterone supports lean muscle mass, bone density, energy, motivation, libido, and cognitive function.

Clinical studies show that declining testosterone levels are associated with increased fat mass, insulin resistance, fatigue, and reduced quality of life. In men, low testosterone has been linked to higher cardiovascular and all-cause mortality. In women, physiologic testosterone levels are associated with improved sexual function, mood, and musculoskeletal health.

DHEA: THE HORMONE OF RESILIENCE

DHEA (dehydroepiandrosterone) is produced by the adrenal glands and serves as a precursor to both estrogen and testosterone. Levels peak in early adulthood and decline steadily with age.

Research has linked adequate DHEA levels to improved immune function, bone density, mood, and stress resilience. Low DHEA has been associated with fatigue, depression, reduced libido, and accelerated aging. Some clinical trials suggest DHEA supplementation may support bone health and well-being in select populations, particularly older adults.

THE COST OF HORMONAL IMBALANCE

Hormonal imbalance doesn’t just cause annoying symptoms — over time, it may contribute to chronic disease. Imbalances have been associated with:

- Increased cardiovascular disease risk

- Accelerated bone loss and osteoporosis
- Metabolic dysfunction and weight gain
- Mood disorders and cognitive decline
- Sexual dysfunction and reduced vitality

These changes often occur gradually, which is why they are frequently dismissed as “normal aging.” But normal does not always mean optimal.

HOW BIOIDENTICAL HORMONE REPLACEMENT THERAPY (BHRT) CAN HELP

Bioidentical hormone replacement therapy uses hormones that are **chemically identical to those produced by the human body**. When prescribed based on individualized needs, BHRT aims to restore physiologic balance rather than simply mask symptoms.

Growing clinical evidence suggests that appropriately dosed and monitored hormone therapy may offer meaningful health benefits, including:

- Cardiovascular protection
- Bone health
- Cancer considerations
- Improved quality of life

It is important to note that outcomes depend heavily on **timing, formulation, dosage, and ongoing monitoring** — which is why individualized care is essential.

A THOUGHTFUL, PERSONALIZED APPROACH

BHRT can be life-saving. It is critical, however, to use a topical delivery system that is absent of synthetic carriers and ensure dosages are individualized based on symptoms and appropriate laboratory testing.

For more information about BHRT, please contact Prime IV Hydration & Wellness at the intersection of Power and McKellips roads to schedule a complimentary hormone discovery call. ■

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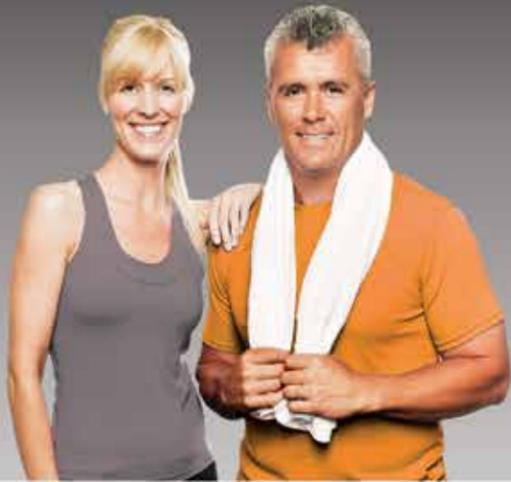
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HEALTHY AGING BEGINS WITH MUSCLES

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

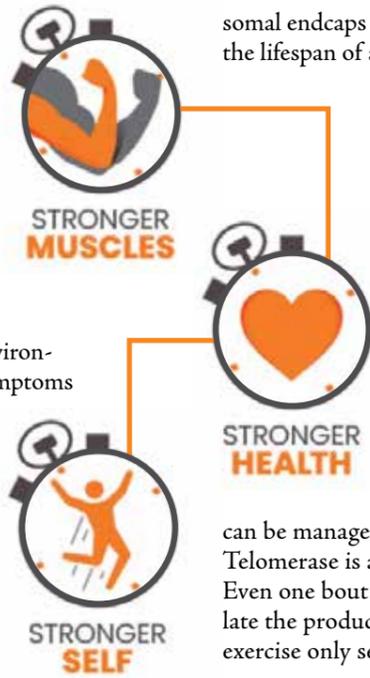
Without question, *the most powerful solution we have at our disposal in our battle with Father Time is strength training.* The results we need to age successfully are all about the pursuit and production of increased strength. The potential for strength training lies in its ability to rejuvenate and 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 & 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, 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, and proves to 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.

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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/golladay-learning-center/





LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF

Join Las Sendas Golf Club for wine, golf and dining

THE PATIO & GRILLE

The Patio & Grille is excited to offer a memorable dining experience this spring. Join us for our special St. Patrick's Day dinner, featuring all your favorite traditional Irish dishes, starting at 5 p.m.



Reservations are highly recommended to ensure your spot. Each evening throughout the spring, enjoy live music beginning at 5:30 p.m., adding a lively atmosphere to your meal.

Looking ahead, make plans to celebrate Easter with our delightful Easter Brunch at The Patio & Grille, perfect for gathering with friends and family. The holiday menu is made up of a trio of mouth-watering selections.

THE PRO SHOP

With prime course conditions, longer days, and great twilight rates, March is the perfect time to get out and enjoy the greens. While you are here, do not miss our St. Patrick's Day sale, where you can enjoy 25% off all apparel and footwear from Friday, March 13 through Tuesday, March 17. Vuori® athletic wear for both men



and women continue to be a neighborhood favorite and now is a wonderful time to refresh your look.

Tennis and Pickleball players will also find plenty to love. Explore new pieces to elevate your game, and be sure to browse the clearance racks, where select items are 50% off regular prices.

THE VISTAS PAVILION AT LAS SENDAS

"The grass is green, the temperatures are wonderful, and it's the perfect time to celebrate with family and friends," says Director of Events and Catering, Carla Shaw.

"We always look forward to planning, preparing, and executing our Easter Grand Buffet. Make your reservation for Easter Brunch - Easter Sunday, April 5, from 9 a.m. to 1 p.m."

The cost is \$79 per adult, and \$21 per child (ages 5-11), plus tax and gratuity. Children under five can eat for free.

This year the Grand Buffet features assorted breakfast pastries, antipasti and cheese display, seafood (chilled shrimp, crab claws, and oysters on the half shell with mignonette and cocktail sauce), an omelet station (made to order), bacon and sausage, vanilla French toast with maple syrup, garden salad with tomatoes, carrots, celery, croutons, ranch and balsamic vinaigrette dressing, assorted dinner rolls with whipped butter, a chef's carving station (carved ham with pineapple glaze, herb roasted turkey with cranberry orange chutney, smoked brisket with prickly pear BBQ sauce), glazed carrots, scalloped potatoes, Kim's corn pudding, a chocolate fountain with fresh fruit, carrot cake, and cookies for dessert.

The incredibly special kid's buffet will include fruit salad,



scrambled eggs, bacon, macaroni and cheese, chicken fingers, tater tots, and assorted cookies. Call us at (480) 396-4000 ext. 222 or email cshaw@lassendas.com.

Attention all graduates: Once you have ordered your cap and gown, call The Vistas Pavilion at Las Sendas to plan your graduation party. The Vistas Pavilion is the perfect location for your amazing celebration. Our venue can accommodate parties as small as 25 and as large as 250.

We have a contemporary dance floor, tables, chairs, and state-of-the-art AV system. Our venue offers floor to ceiling windows to enjoy incredible sunsets and the twinkling lights of the Phoenix Valley.

Celebrate an epic accomplishment at The Vistas Pavilion at Las Sendas. ■



Las Sendas GOLF CLUB

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



CONTACT: Wayne McBean
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wmcbean@lassendas.com

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

2026 Golf Membership Options

Yearly Family Pass

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

November thru April after 3:00pm,
May thru October after 12:00pm

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

Non Refundable Membership

\$30,000 Initiation Fee + Yearly Dues

1 Year Trial Membership

\$5,000 Initiation Fee + Yearly Dues

(Fully transferable towards non-refundable)

Junior Membership

Under age 45

\$10,000 Initiation Fee + Yearly Dues

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

New Range Pass

\$995

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

Social Membership

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

Las Sendas is going PRIVATE at 350 memberships sold!

Membership Privileges

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Access to all Member Events

Priority Tee Time Bookings

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Locker Room and Club Storage

Use your own Cart or you can use one of our Yamaha Carts

REAL ESTATE

Don't Just List Your Home - SELL IT!

Top Five Things to Do to Get Your Home SOLD!

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



Lorraine Ryall

If you've ever looked at homes for sale, either online or in person, you will know exactly what I'm talking about in this article. It always amazes me why some sellers, and more importantly their Realtors, list a home with little to no effort to prepare it for sale.

Buyers walk into homes where the blinds are closed, the lights are off, and the house feels dark and uninviting. Rooms are crammed with oversized furniture, and there are personal items and knickknacks everywhere.

This is exactly why I always offer to help my sellers organize and stage their home before it hits the market. I've only had one seller ever object to this complimentary service. The husband didn't want me to touch anything, his argument was that buyers were coming to see his house, not his things. As I explained to him, most buyers are visual. What they see, and more importantly how they feel the moment they walk in, makes all the difference. If a home is light, bright, and feels spacious and welcoming as they step through the front door, they immediately start forming a positive emotional connection.

But if they open the door to a dark, cluttered, closed-in space, that negative impression can happen just as quickly, and it's much harder to overcome.

If the rooms feel spacious, buyers can more easily visualize where their own furniture would go and begin to emotionally connect with the home. It's like when you walk into a model home. Even if the floorplan isn't your favorite, chances are you still love the home because of how beautifully it is decorated and presented.

You can have two identical homes, and buyers will pay more for the one that has been properly prepared and staged for sale. It will also sell much faster, instead of sitting on the market with repeated price reductions.

It can feel overwhelming to get your home ready to sell, but it doesn't have to be. Here are five simple steps to help you prepare your home for a successful sale.

1. CHOOSE A TOP LOCAL REALTOR WHO SPECIALIZES IN PREPARING HOMES FOR SALE

While some agents may simply take photos and put your home on the market as-is, the right Realtor will walk through your home with you, offer specific recommendations, and help you present it in the best possible light to attract buyers and maximize value.

2. DECIDE WHETHER UPGRADES ARE WORTH IT BEFORE LISTING

This is one of the most common questions I'm asked when I first meet with homeowners, and there isn't a one-size-fits-all answer. It depends on several factors, including how quickly you want to sell and whether your priority is a fair price or achieving the absolute highest price possible. Together, we look at which improvements will give you the best return on investment and are most likely to be recouped at closing.

In many cases, major upgrades aren't necessary, but freshening your home with new paint, replacing outdated light fixtures, and staging your home can make all the difference.

3. PAINT, CLEAN, AND MAKE MINOR REPAIRS

Some of the best money you can spend before listing your home is on a deep cleaning, minor repairs, and fresh

paint if needed. Just cleaning and updating wall colors can completely transform a home from dated, dark, or neglected into one that feels warm, bright, and inviting.

4. DECLUTTER AND ORGANIZE YOUR HOME

Buyers want as much space as they can afford, both living space and storage. Decluttering and organizing your home will instantly make it look and feel larger, lighter, and more inviting. A well-organized home allows buyers to clearly see the space it offers instead of trying to look past all the clutter.

5. BOOST YOUR CURB APPEAL — FIRST IMPRESSIONS MATTER

Curb appeal sets the tone for everything that follows. Buyers begin forming opinions about a home within seconds of arriving, often before they even get out of the car. A well-maintained exterior signals that the home has been cared for, while a neglected exterior can immediately raise concerns about what might be wrong inside.

Strong curb appeal also attracts more buyers in the first place. Online photos of the front of the home are usually the first image buyers see, and that image can determine whether they schedule a showing or scroll past the listing entirely. Simple improvements can make a big impact – fresh landscaping, trimmed shrubs, new stone, clean walkways, and a tidy entryway.

You never have a second chance to make a first impression.

If you're thinking about selling and would like advice on whether major upgrades or simple repairs make the most sense, or if you'd like help preparing your home, including complimentary staging before you list, please don't hesitate to contact me directly to schedule a free, no-obligation consultation. I would love to help you. ■

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Lorraine Ryall

ASSOCIATE BROKER, CDPE, CSSN



Lorraine@RyallRealEstate.com | 602.571.6799
WWW.RYALLREALESTATE.COM



REAL CUSTOMER TESTIMONIAL

"Selling a home is one of the most stressful things a person can go through. It isn't just about paperwork and prices; it's about saying goodbye to a chapter of your life. For us, the process felt overwhelming, and at times, the weight of the move felt like it was too much to carry.

Then we met Lorraine.

From our very first meeting, we knew we weren't just "another listing" to her. She looked at our home and saw the years of memories we'd built, and she treated our transition with a level of grace and empathy that I didn't know existed in this industry.

There were moments when the stress of the market and the logistics of moving kept us up at night, but Lorraine and her incredible team were always there. She has this rare ability to be a fierce, professional advocate in negotiations while being a calm, steady hand for her clients to hold when things feel chaotic.

Her team is the gold standard. They were professional, proactive, and handled every single detail before we even had to ask. Because of them, we didn't just sell a house—we closed a chapter with our dignity and peace of mind intact.

I'm writing this because I truly don't know how we would have made it through this without her. If you are looking for a realtor who is a master of her craft but also a person of immense heart and integrity, look no further.

Lorraine doesn't just sell houses; she takes care of people. We are forever grateful." –Cory



LAS SENDAS - \$985,000
Golf Course and City Light Views,
3862 SQ FT / 4 BR / 3 BA



MOUNTAIN BRIDGE - \$1,349,900
¾ Acre Lot, Room for RV Garage
4403 SQ FT / 5 BR / 4.5 BA

SALE PENDING



MOUNTAIN BRIDGE - \$1,450,000
Views, Over \$200,000 in Upgrades
5,235 SQ FT / 6 BR / 6.5 BA

SALE PENDING



RED MOUNTAIN RANCH - \$875,000
Lush Backyard with Pool and Spa,
2620 SQ FT / 3BR / 2BA

SALE PENDING



LAS SENDAS - \$1,075,000
Mountain and Golf Course Views
4275 SQ FT / 5 BR / 4 BA

SALE PENDING



LAS SENDAS - \$775,000
Large Cul-de-sac Lot, View Deck
2729 SQ FT / 3 BR / 3 BA



Lorraine Ryall

ASSOCIATE BROKER, CDPE, CSSN



Lorraine@RyallRealEstate.com | 602-571-6799



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EVENT

Local service club expresses GRATITUDE FOR GENEROSITY



Submitted by Connie Little, Mahnah Club
Just late last year, on Dec. 13, East Valley Free Will Baptist Church, located at 2160 N. Power Road, in Mesa, played host to a wonderful event, *Christmas of Hope*.

This program was initially started by a ministry, *From the Ashes We Rise*, and allowed more than 400 people to have a little extra Christmas.

"We served everyone lunch, we had the parents shop for gifts for their children, and the children shop for gifts for their parents," said Connie Little, a member of the Mahnah Club.

And of course, Santa was there for some great photo ops, too. Mesa police were there, an antique fire truck

arrived, as well as a sleigh decked out for the holidays. Other features included a race car, face painting, story time, and more.

After all of the festivities, each family went home with a complete Christmas dinner. All of the toys, gifts, and food were donated by some very giving people in the Valley, who wanted to show a little Christmas cheer to those in need.

"Thank you all for your generosity," said Connie, "as well as all the great women from the Mahnah Club who participated." ■

For more information about the Mahnah Club, visit mahnahclub.org.





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WE'VE MOVED!

LOCAL BUSINESS

Ace's Auto Elite Sets a New Standard in European and Exotic Automotive Care

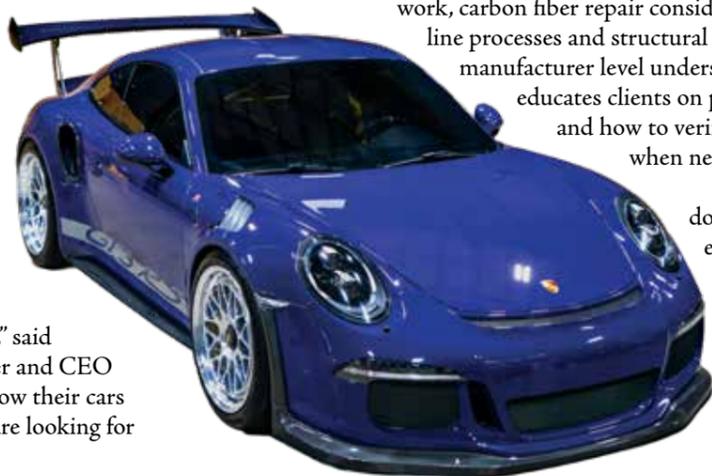


competence, transparency, and peace of mind.”
 For many luxury vehicle owners, dealership service has long been considered the default. However, dealership pricing, long wait times, and impersonal service have created demand for a smarter alternative. Ace's Auto Elite offers dealership level expertise, often at significantly lower cost, while providing more personal and attentive experience.
 Their technicians are highly experienced in European and exotic platforms, with diagnostic tools, engineering understanding, and repair precision these vehicles demand. From routine maintenance and advanced diagnostics to structural repairs, paint correction, ceramic coating, paint protection film, and performance upgrades, every vehicle is treated with intention.



By Jamie Phillis

In a community where excellence is expected and craftsmanship matters, Ace's Auto Elite is now delivering luxury automotive service to the East Valley. Conveniently located near Falcon Field and serving many of the East Valley's most distinguished neighborhoods, Ace's Auto Elite specializes in European and exotic vehicles including Porsche, Ferrari, Lamborghini, Audi, BMW, Mercedes-Benz, McLaren, and other high-performance marques. But what truly sets the shop apart is not just the cars they service. It is the experience they deliver.
 “Most of our clients are not looking for the cheapest option,” said Ace's Auto Elite founder and CEO James Huard. “They know their cars are an investment and are looking for



clients who prefer not to wait are provided black car transportation back to their home or office. Communication is clear, documentation is thorough, and vehicles are handled as long term assets, not transactions.
 The shop's capabilities extend well beyond oil changes and brake services. Ace's Auto Elite performs high level performance upgrades, alignment tuning, suspension work, carbon fiber repair considerations, advanced paint line processes and structural repairs that require manufacturer level understanding. The team also educates clients on proper repair standards and how to verify OEM certified facilities when necessary.

ownership through educational sessions.
 “We're excited to build a community in Mesa and want to be an ecosystem of knowledge for people who own these cars,” said James. “Ace's Auto Elite is a great place to bring your kids and see cool cars. We've been car enthusiasts since we were little kids, so we love seeing families out here.”
 As this local car community continues to grow, Ace's Auto Elite has become a trusted name among enthusiasts and discerning owners who value expertise, discretion, and results.
 In a market where reputation travels quickly, their growth has been driven largely by word of mouth and referrals from clients who recognize the difference. For those who expect more from their automotive service provider, Ace's Auto Elite delivers, closer to home, with greater transparency, and at a value that makes sense. ■

Ace's Auto Elite is located at 1711 N. Quail in Mesa. For more information, visit acesautoelite.com or follow on Instagram and Facebook @AcesAutoElite. TikTok and YouTube are launching soon.

The Lord's Prayer

Our Father who art in heaven,
 hallowed be Thy name:
 Thy kingdom come; Thy will be done
 on earth as it is in heaven.

Give us this day our daily bread;
 and forgive us our trespasses
 as we forgive those who trespass
 against us; and lead us not into
 temptation; but deliver us from evil;
 for Thine is the kingdom and
 the power and the glory forever.

Amen

Pacino's
 ITALIAN GRILL & BAR
 REAL ITALIAN BY REAL ITALIANS

Pacino's celebrates a family tradition on St. Patrick's Day, Tuesday, March 17

We are honoring our uncle George O'Keeke, the happy go lucky Irishman who was larger than life in more ways than one.

Uncle became part of our family by marrying into the Spaccarelli family back in 1950. We loved the change of pace he brought to the dinner table.

So here we are, some 76 years later, serving up uncle's favorites like corn beef and cabbage, shepherd's pie, key lime pie, and of course truly uncle's favorite, Guinness beer.

A 3-course meal for just \$30 per person

We have added our touch by having Frank Mackey on bagpipes and classic rock music. **Come dressed in green and make a fashion statement!**

2831 N. Power Road, Suite 104 (480) 985-0114

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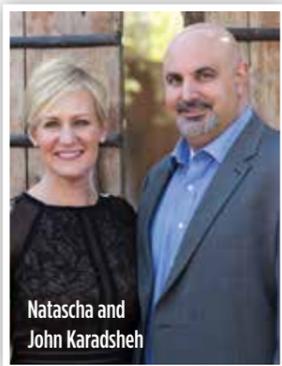
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REAL ESTATE

Protect yourself from property scams

By John and Natascha Karadsheb, KOR Properties

We first published this article two years ago and again last year, but we just heard that yet another property scam occurred in Las Sendas. We have updated this article and are republishing to try and generate more awareness of deed fraud. We strongly encourage you to share this information with friends and neighbors - especially those living out of state who may not even be aware of the severity of this issue.



Natascha and John Karadsheb

Scammers predominantly target vacant land, vacant properties, properties owned in LLCs, out-of-state homeowners, homes with recently deceased owners, investment properties, and homes that are owned free and clear. They like to prey on properties that have absentee owners so their schemes can go undetected.

PROTECTING YOUR PROPERTY

If you own property here or out of state, be vigilant! The first and easiest thing to do is to set a Google Alert for your property address and the name of the property owner. Additionally, regularly Google search your address, search your property address on Zillow (and look at the history to see if it has been listed), and scan other third-party sites to see if it is listed for sale. Visit your property or ask your neighbors to watch for any unusual activity on the property – and make sure they have your contact info.

We also recommend that you check the county assessor's site at mccassessor.maricopa.gov and the county treasurer's site at treasurer.maricopa.gov to confirm you are still the owner on record and your mailing address is correct. You can also set up a title alert to be notified when a document is recorded associated with your name at recorder.maricopa.gov/recording/title-alert.html. However, just signing up for this alert is not enough because you will only be notified after something has been recorded and it does not prevent recordation.

SUGGESTIONS FOR BUYERS

If you are a buyer who is interested in purchasing property here or elsewhere, be aware of these red flags: the "seller" won't provide detailed property information, the price is too good to be true, or the seller is in a hurry to

close. Never wire funds directly to a seller and be sure to have your own professional real estate representation. Just because a property is "for sale by owner" does not mean you can't have a Realtor representing you. Let your Realtor speak with the seller (experienced agents have spidey senses!), hire a reputable title company, choose a very experienced title agent, and finally, buy title insurance. One of the title companies we work with has told us they have stopped several fraudulent sales in the past few months by just being aware and noticing that something felt "off" with the documentation, so be sure to have people you trust on your team!

Again, please share this information with your friends and neighbors so we can all stay aware and protect our community. We have personally seen Las Sendas properties fraudulently listed on national sites (just found one last week) and we have received many calls from scammers over the past few years asking us to list properties that don't belong to them. We always do what we can to alert the actual owner of a property – but if the information in the tax record is not correct, it is not always possible. If you have any questions or notice something suspicious, please don't hesitate to give us a call! ■

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 Karadsheb 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-Karadsheb 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.



According to an article published in the *Phoenix Business Journal* in December 2025, over \$50 million in land scams occurred in Arizona in 2024. Over the past few years, property fraud has increased dramatically both nationally and right here in our community and it is only becoming more prevalent.

WHAT IS DEED FRAUD?

The most common property fraud is called deed theft. How does it work? Scammers impersonate the legal owner of the property, list the property, sell the property, and pocket the proceeds – all without the true owner's knowledge. The title is then legally transferred to the buyer, and the rightful owner of the property loses their property without any knowledge of what has occurred. The loss of the asset can be financially devastating and trying to regain ownership is a long and challenging legal process.

Some scammers will fraudulently list a property with a real estate agent (tricking them into believing they are the rightful owners) while others just list the property "by owner" on a national website. They typically list the property below market value to encourage a quick sale. The fraudulent sellers typically present themselves as out-of-state owners and usually only communicate via What's App, email, or text. They use fake emails and signature blocks to perpetuate their scams and often use an out-of-state power of attorney to forge identity documents and deeds. They so effectively impersonate the rightful owners that they are able to scam buyers, agents, and title companies.



Northeast Mesa Real Estate MARKET REPORT

Sales for the Month of January 2026



PRESENTED BY
JOHN KARADSHEH

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE	ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
2407 E Encanto St	3,102	Prince Estates	\$552,000	2453 N Travis	2,151	Boulder Mountain	\$802,500
2542 E Nora St	2,350	Pacific Palms	\$605,000	4055 N Recker Rd #62	2,757	Red Mountain Ranch	\$820,000
2660 E Fountain St	2,730	Meadowvale	\$605,000	2114 N Canelo Hls	2,206	Mountain Bridge	\$840,000
6708 E Venue St	2,616	Red Mountain Ranch	\$615,000	4055 N Recker Rd #75	3,130	Red Mountain Ranch	\$890,000
2223 N Azurite	2,154	Boulder Mountain	\$620,000	4525 E Fountain St	2,696	Estates at Valencia	\$930,000
2851 N Ricardo	2,700	Regency at Ridgeview Estates	\$640,000	8607 E Lockwood St	3,234	Mountain Bridge	\$999,000
1309 N Amandes	2,388	Whisper View	\$672,500	9710 E Inglewood Cir	3,182	Whisper Mountain	\$1,000,000
2654 E Kenwood St	2,171	Rancho De Arboleda	\$675,000	5817 E Sanford St	2,718	Reserve at Red Rock	\$1,040,000
3035 E Quenton St	2,781	Lehi Crossing	\$690,000	3559 E Pearl Cir	3,218	Montana Dorada	\$1,050,000
8605 E Hannibal St	2,862	Grandview Estates	\$740,000	9845 E Inglewood St	4,289	Whisper Mountain	\$1,050,000
1925 N Woodruf	1,987	Mountain Bridge	\$740,000	3508 E Encanto St	4,246	Thayer Estates	\$1,250,000
1840 N Rowen Cir	2,145	Falcon Hill	\$749,000	2163 E Mallory St	3,936	Groves of Hermosa Vista	\$1,250,000
2650 N Hawes Rd	2,294	Valley View	\$755,000	3751 E Minton Pl	3,903	El Camino Dolce	\$1,250,000
6525 E Orion St	2,968	Regency At Ridgeview Estates	\$756,000	3732 E Nance Cir	4,291	Ladyhawke Estates	\$1,400,000
6343 E Odessa St	2,722	Mesa Desert Heights	\$800,000	3233 E Indigo Cir	4,172	Arboleda	\$1,513,000
3039 E Hope St	4,497	Mesa Northgrove	\$800,000	4222 E McLellan Cir #13	4,172	Park Avenue	\$1,655,000
				3305 E Kenwood St	3,726	Estates at 32nd Street	\$1,880,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheb, ABR, CRS, DESIGNATED BROKER KOR Properties www.KORproperties.com



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PROPERTIES

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3217 N. PIEDRA CIRCLE - LAS SENDAS \$1,625,000
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Presented by: John & Natascha Karadsheh 602-909-4995



SOLD IN 3 DAYS!



6910 E. Saddleback Circle - Las Sendas \$1,255,000
Remodeled Beauty with Sunset & Red Mountain Views

SOLD IN 7 DAYS!



4317 N. Brighton Circle - Las Sendas \$1,850,000
Updated Custom with Full Casita & Mountain Views!

MOUNTAIN VIEWS!



2427 N. Atwood - Madrid \$1,195,000
3,711 SF / 5BR + Heated Pool and Spa

9 CAR GARAGE!



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



Experience You Can Depend On

JOHN KARADSHEH ABR, CRS, Designated Broker/Owner
NATASCHA OVANDO-KARADSHEH ABR, Assoc. Broker/ Owner

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All quotes given by phone or website.

LOCAL BUSINESS

Spring Break at Canyon Lake with Yak N Sup



Submitted by Yak N Sup

Spring break in Arizona doesn't have to mean crowds and chaos. At Canyon Lake, spring is all about sunshine, calm water, and unforgettable views — and Yak N Sup is right in the middle of it.

Located along the historic Apache Trail, Canyon Lake is one of the most scenic spots in the state. Spring brings mild temperatures, blooming desert landscapes, and perfect conditions for kayaking and paddleboarding.

A BETTER WAY TO SPEND SPRING BREAK

Instead of busy resorts and packed pools, visitors can get out on the water and explore Canyon Lake's quiet coves — many of which are only accessible by kayak or paddleboard. It's peaceful, fun, and a great way to experience Arizona's natural beauty up close.

MORE THAN JUST RENTALS

Yak N Sup isn't just about handing over equipment. Their team helps guests choose the right kayak or paddleboard and offers paddle route recommendations based on how long you want to be out and what kind of experience you're looking for — relaxed, scenic, or adventurous.

Guests can paddle on their own or join guided

experiences that highlight the lake's views, wildlife, and hidden corners.

PERFECT FOR EVERYONE

Spring break paddlers include families, couples, friend groups, and first timers. Whether you're visiting from out of town or enjoying a local staycation, Canyon Lake offers a fun, easy way to unplug and enjoy the outdoors.

WHY CANYON LAKE IN SPRING?

- Comfortable spring temperatures
- Calm water conditions
- Fewer crowds than summer
- Incredible canyon and desert views

PLAN YOUR VISIT

Yak N Sup is located directly on the water at Canyon Lake, making it easy to arrive and start your adventure. ■

Spring break at Canyon Lake is about slowing down, getting outside, and making memories on the water — and Yak N Sup offers the perfect way to experience it. Yak N Sup is located at the Canyon Lake Marina in Apache Junction. Follow on social media @yaknsup or visit yaknsup.com.

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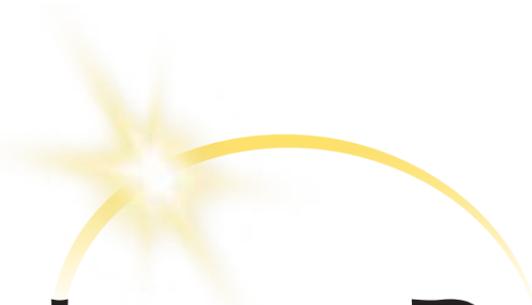
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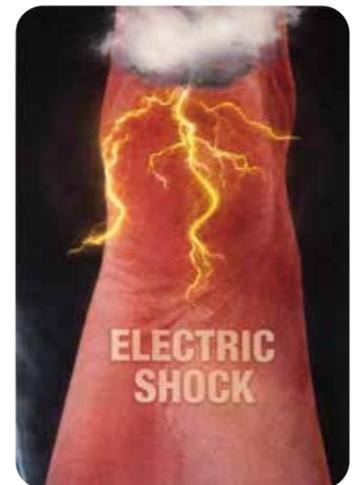
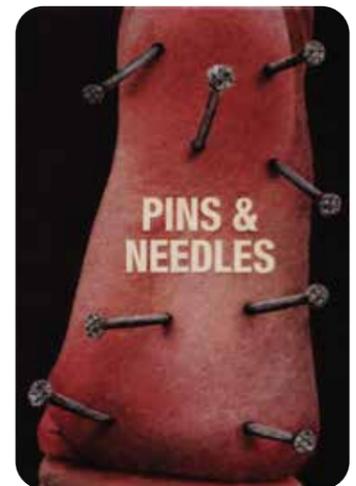
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COMMUNITY

Red Mountain Community Social Club invites new members

By Cathy Barthel
Photos By David Bender

As we move through the winter season, we've been entertained and inspired by engaging guest speakers at our monthly meetings. We warmly invite all members of our community to join us on the second Thursday of each month at Red Mountain Ranch Country Club (RMRCC). It's a wonderful opportunity to experience our social club and consider membership.

UPCOMING GUEST SPEAKERS

- **March 12:** Frank Weinberg of Weinberg Landscaping will share expert insight on personalized desert landscape design for Mesa homeowners.
- **April 9:** Councilmember Alicia Goforth (District 5) will provide updates on Falcon Field and other issues impacting our neighborhoods.
- **May 14:** Environmental engineer Heather McGraw will discuss water sustainability, Arizona water resources, and conservation efforts.

EVENTS & ACTIVITIES

January wrapped up with dinner and a show at the Silver Star, featuring the high-energy performance *Born To Be Wild* by their talented house band.



On Valentine's Day, Mic Bagby hosted A Chocolate Faire, a longtime club favorite. Guests raved about the sweet treats — especially her famous chocolate martinis! Later in the month, we partnered with RMRCC for the Chili Cook-Off. Car enthusiasts enjoyed a private tour of the Alan Travis vintage car collection in North Scottsdale, and we closed the month with a charming performance of *Guys & Dolls* at the Hale Theatre.



Our newest activity, Wine Time at D'Vine (D'Vine Bistro & Wine Bar) has quickly become a member favorite! Held on the first Thursday of each month, it features Happy Hour specials and a relaxed social atmosphere. Simply use your club membership to reserve a table.



UPCOMING EVENTS & ACTIVITIES

- **March 11:** Flower Arranging with Mary Knight
- **March 13:** A St. Patrick's Day Cross-Over Party with RMRCC
- **March 26:** Picnic in the Park at Red Mountain Ranch Park
- **April 9:** The play *She Loves Me* at the Hale Theatre
- **April 17:** Spring Party at Katrina Shadkhost & Bob Tavassoli's
- **May 2:** Kentucky Derby Party at Ferne Zabezensky's
- **Ladies Luncheons: (3rd Tuesday of each month)**
March 17: Pinyon (coastal Mediterranean), Scottsdale
April 21: French Toast Cafe, Mesa ■



The Red Mountain Ranch Community Social Club fosters a sense of community among its neighbors by organizing various social events, engaging in entertaining and informative talks, and providing cultural programs and activities. These initiatives create opportunities for individuals to connect, build friendships, and strengthen their relationships. Membership is open to everyone for a nominal fee. To join our club, please visit RMRSC.com.

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EDUCATION

Mesa Community College to award inaugural A-Mark Student Journalism Award

Submitted by Mesa Community College, Student Journalists, *The Mesa Legend*

Mesa Community College has partnered with the A-Mark Foundation and the Maricopa Community Colleges Foundation to award an inaugural A-Mark Student Journalism Award, a \$5,000 grant for a graduating student journalist who works with *The Mesa Legend*, the college's student-run newspaper.

The A-Mark Student Journalism Award is intended to be an annual grant presented to one student at each participating community college. The program, established in 2025, is currently administered by 10 community colleges nationwide and is expected to expand to more than 30 institutions in the coming years. MCC's first awardee will be announced in April 2026, in advance of May graduation.

Endowed by its founder, Steven C. Markoff, the A-Mark Foundation is a nonpartisan 501(c)(3) nonprofit incorporated in 1997. As an organization, the group believes that a healthy and free media is the foundation of democracy. The organization's mission statement reflects this core belief: *Making focused grants to organizations that offer awards to promote and encourage journalism and investigative reporting.*

"I was excited to work with MCC because of my personal connection to the college," said Tracey DeFrancesco, chief operating officer of the A-Mark Foundation. "Both of my parents taught at MCC for many years."

According to the U.S. Bureau of Labor Statistics, about 4,100 press-related job openings are projected annually nationwide.

"By investing in MCC's Journalism program, the A-Mark Foundation directly contributes to the advancement of responsible journalism. As information moves faster and across more

platforms than ever before, the need for well-prepared journalists has never been greater," said MCC President Dr. Richard Daniel. "Mesa Community College is committed to developing professionals who can responsibly gather, evaluate, and communicate information in service to their communities."

"MCC's Associate of Applied Science in Journalism and New Media Studies places a strong emphasis on news judgment, ethics, and real-world reporting," said Nadine 'NAR' Arroyo Rodriguez, MCC Journalism and New Media Studies program director.

"Students gain practical experience by working with professionals, including the college's media relations team,

as they develop skills essential for university-level training and news reporting internships," Nadine continued.

"By supporting students who demonstrate strong potential but face financial barriers, this award allows them to concentrate on building professional skills as they prepare for their career in journalism. This is more than a scholarship — it's an investment in the future of our students, our program, our profession, and the democratic values that journalism upholds."

A-Mark also provides an annual \$500 grant to participating colleges to support journalism programs and student media outlets. This year the funds will subsidize wages of *The Mesa Legend* student editorial team, which publishes bi-weekly online.

Founded in 1963, *The Mesa Legend* provides hands-on reporting experience for student journalists. It is the only student newspaper of its kind at the community college level in the Phoenix area.

MCC is the only college within the Maricopa County Community College District offering an Associate of Applied Science in Journalism and New Media Studies and an Associate of Applied Science in Public Relations.

Learn more about these programs and the career opportunities available to individuals earning these degrees at mesacc.edu/programs/journalism. ■

Note: The MCC News Writing class contributed to the development of this news release.

The Maricopa Community Colleges Foundation, with its donors and partners, supports the Maricopa County Community College District, its students, faculty, and staff, through scholarships, programs, equipment, and financial and human capital. Visit mcccdf.org to learn more.



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FINANCES

INTERNATIONAL WOMEN'S DAY Thriving after gray divorce

Submitted by Linda Drake,
Edward Jones Financial
Advisor



March 8 is International Women's Day, a time to celebrate everything women have achieved and to honor their strength and resilience. It's also a chance to have honest conversations about real-life challenges many women face.

One of these is the growing trend of divorce among those ages 50 and older, often called "gray divorce." While finding yourself in this situation can feel overwhelming, it also can be an opportunity to reclaim your independence and create a life that reflects your dreams and values.

Today, one-third (36%) of divorcing adults are 50 or older (The Journals of Gerontology, 2022) and 77% of women who experienced gray divorce remain single 10 years after divorce ("Repartnering following gray divorce," 2019). While that might sound surprising, many women view this as a time to focus on goals, dreams, and well-being without compromise.

Of course, there are financial realities to consider. Women older than 50 often experience a 45% drop in their standard of living after divorce (compared to 21% for men), and household income can fall by 23% to 40% in the first year ("The Economic Consequences of Gray Divorce for Women and Men," 2020). So, building financial confidence isn't just important; it's empowering.

If you are 50 or older and recently divorced, take the following steps with your financial advisor. You don't have to do it all at once; small steps can help lead to greater financial security over time.

- ♦ **Find a financial advisor who truly listens.** If you've ever felt unheard or dismissed, don't settle. Your future deserves someone who respects your voice.
- ♦ **Get clear on your finances.** List your assets, debts,

income, and expenses to understand your financial situation — the first step toward taking control.

- ♦ **Create a flexible plan.** Include your current needs, short-term goals, and retirement aspirations. Instead of feeling intimidated, you can let a financial advisor help make this simple and manageable.
- ♦ **Learn about money.** Read, attend workshops, and join online communities focused on women and finance. Every bit of knowledge adds confidence.
- ♦ **Build an emergency fund.** Work toward having three to six months of living expenses in a low-risk, liquid account. This may take gradual, consistent contributions, but ultimately, this cushion can help provide a sense of security as you navigate your new circumstances.
- ♦ **Review insurance and your employer benefits.** Make sure your medical insurance coverage is adequate. Consider long-term care insurance to help preserve your retirement assets.
- ♦ **Estate planning.** Work with an attorney to review beneficiary designations on bank and brokerage accounts while updating your will, powers of attorney and, as needed, a revocable living trust.
- ♦ **Social Security.** If you were married 10 years or longer, understand your rights to Social Security benefits from your ex-spouse.

Rather than being the end, gray divorce can represent a new chapter. This International Women's Day, celebrate your resilience and your potential. The future is yours to shape, and it can be as bold, bright, and fulfilling as you want it to be. ■

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Festa di San Giuseppe
(St. Joseph's Day Celebration)

Mass presided by
Bishop Peter Bui

All Saints Catholic Church is hosting Fest di San Giuseppe
(St. Joseph's Day Celebration)

Thursday, March 19, 2026 6:00PM

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Sun. Mar. 8th	Scott Hallock
Weds. Mar. 11th	Pete Pancrazi
Fri. Mar. 13th	Moon Dog
Sat. Mar. 14th	Dave Clark
Sun. Mar. 15th	Jonny Splash
Mon. Mar. 16th	Eric Miller
Tues. Mar. 17th	Moon Dog
Weds. Mar. 18th	Dave Clark
Thurs. Mar. 19th	Kristy Dee Swan
Fri. Mar. 20th	Ian Eric
Sat. Mar. 21st	Eric Miller
Sun. Mar. 22nd	Scott Hallock
Mon. Mar. 23rd	Dave Clark
Tues. Mar. 24th	Jonny Splash
Weds. Mar. 25th	Pete Pancrazi
Thurs. Mar. 26th	Kristy Dee Swan
Fri. Mar. 27th	Moon Dog
Sat. Mar. 28th	Eric Miller
Sun. Mar. 29th	Scott Hallock

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REAL ESTATE

BEYOND THE HEADLINES

What Our Local Housing Market Is Really Showing

By Kris Miller, Realtor, 72Sold Certified, CITIEA



We often hear the housing market described in extremes. It's either "on fire" or "crashing."

Headlines focus on interest rates, price swings, and bold predictions.

But housing markets are not one-size-fits-all. Every region has sub-markets. Every city has price ranges that behave differently. Even within the same zip code, one neighborhood can remain steady while another adjusts.

That's why broad national commentary rarely tells the full story.

What matters most is what applies locally — in our neighborhoods, at our price points, and within our specific housing mix.

A MARKET MOVING TOWARD BALANCE

Across many established neighborhoods in our area, what we're seeing is not frenzy, and it's not collapse. It's balance returning.

After several years of rapid acceleration — where homes sold quickly and competition was intense — conditions are shifting toward something more sustainable. Days on market have lengthened compared to peak activity. Buyers are taking time to evaluate options more carefully.

Sellers who price thoughtfully from the start are attracting attention. Properties priced based on yesterday's momentum often sit longer and require adjustment.

That isn't weakness. It's normalization.

In a balanced market, pricing discipline matters. Buyer's today are informed and selective. They are no longer competing aggressively for every property. Homes that reflect current market value move.

Those that rely on hope or peak-era comparisons tend to linger.

Healthy markets don't eliminate negotiation — they encourage it. Inspections, appraisals, and concessions function as intended. Transactions close because both parties feel informed and prepared.

That's what stability looks like.

NOT EVERY MARKET BEHAVES THE SAME

It's easy to absorb national narratives about inventory increases or price corrections. But those headlines often blend very different regions into a single storyline.

Markets driven by rapid new construction or heavy investor activity may experience sharper swings.

Areas with established neighborhoods, long-term homeowners, and strong equity positions often move differently.

Local supply matters. Local demand matters. Local pricing trends matter.

When evaluated through a local lens, what we're seeing is adjustment — not upheaval.

ADJUSTMENT IS NOT A CRASH

The word "crash" implies rapid price erosion, distressed inventory flooding the market, and widespread forced selling.

That is not what defines our current environment. Instead, what we are witnessing is recalibration.

Pricing aligns more closely with condition and location. Buyers are cautious about financing and long-term affordability. Sellers understand that preparation and realistic pricing matter. Negotiation feels balanced rather than one-sided.

These are characteristics of a market-finding equilibrium after an unusually accelerated period — not signs of collapse.

Balance may not generate dramatic headlines, but it does generate confidence.

BUYERS AND SELLERS MOVE TOGETHER

One important reality in any housing market is that buyers and sellers exist in a dynamic relationship. Their behavior influences one another more than headlines ever will.

When sellers understand current conditions and prices appropriately, they attract serious buyers. When buyers understand the market and structure thoughtful offers, they increase their chances of success. When both sides approach the process informed, then realistic transactions move forward in a way that benefits everyone involved.

Pricing right is not about testing the market — it's about reading it. Making an offer is not about winning at any cost — it's about presenting terms that reflect both value and current conditions.

When buyers and sellers recognize that they are responding to the same market forces — not competing against each other — outcomes tend to feel fair and sustainable.

LOOKING LOCALLY, NOT LOUDLY

The housing market will always move in cycles. Interest rates will fluctuate. Inventory will expand and contract. Media narratives will shift tone.

But what matters most is how a local market behaves within those cycles.

Right now, what we are seeing locally is not instability. It is balance returning after a period of extraordinary speed. Expectations are aligning more realistically.

Decisions are being made with perspective instead of pressure. Healthy markets are not dramatic. They are dependable. And dependable markets allow neighborhoods to grow thoughtfully, invest confidently, and remain strong over time.

If you would like a more personalized look at how current conditions apply specifically to your home or neighborhood, I welcome the conversation. ■

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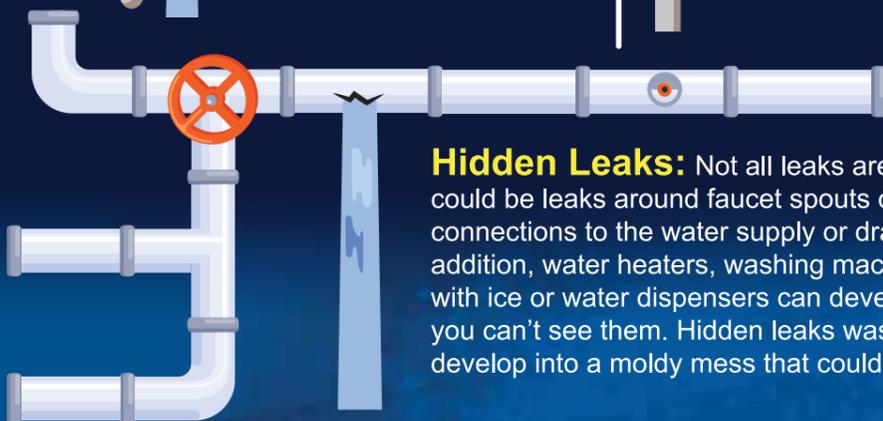
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Over 50 Up Close

Bringing active adults closer to their community March 2026

HEALTH *Over 50*

Medicare offers three main enrollment periods

By **Lynne Jones**,
Tapestry Insurance



There are several enrollment periods for Medicare and this can be confusing for people.

There are three main enrollments: SEP, AEP, and OEP. I will provide some clarification on all three.

- **SEP - Special Enrollment Period.** This is an enrollment period that applies specifically to a situation. For example, when you turn 65 or leave employer coverage you have a SEP. This enrollment applies individually and for individual circumstances. The time-frame depends on the specific event.
- **AEP - Annual Enrollment Period.** The annual enrollment is every year from Oct. 15 to Dec. 7. It is the annual window for anyone with Medicare to change Advantage or Part D plans. You can make as many changes as needed; the last one stands.
- **OEP - Open Enrollment Period.** This enrollment period is for only those already in a Medicare Advantage plan and it is from January to March of each year. Customers can switch to a different Medicare Advantage plan or drop it

to return to Original Medicare (with/without Part D). *Limit: Only one plan change allowed during this period.*

We are currently in OEP. So why would you want to switch to a different Medicare Advantage plan? Perhaps you failed to make a change to your Advantage plan during AEP or perhaps you did make a change and now are unhappy with the choice you made.

You have a one-time opportunity to make a switch before you are locked in for the year.

I hope this helps you understand a little more about the options available to you. The terms and names are confusing (no one consulted me on this) but I am here to help make some sense out of things. If you would like to confirm that you are on the correct plan or have questions about your plan, please feel free to call me.

If you are turning 65 this year, it is not too early to start to understand the rules and facts of Medicare. I can help you understand the rules of the road. ■

Call Lynne Jones, a licensed salesperson, at (480) 212-2246 or email me at lynnejones17@gmail.com.

LOCAL BUSINESS *Over 50*

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.



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.

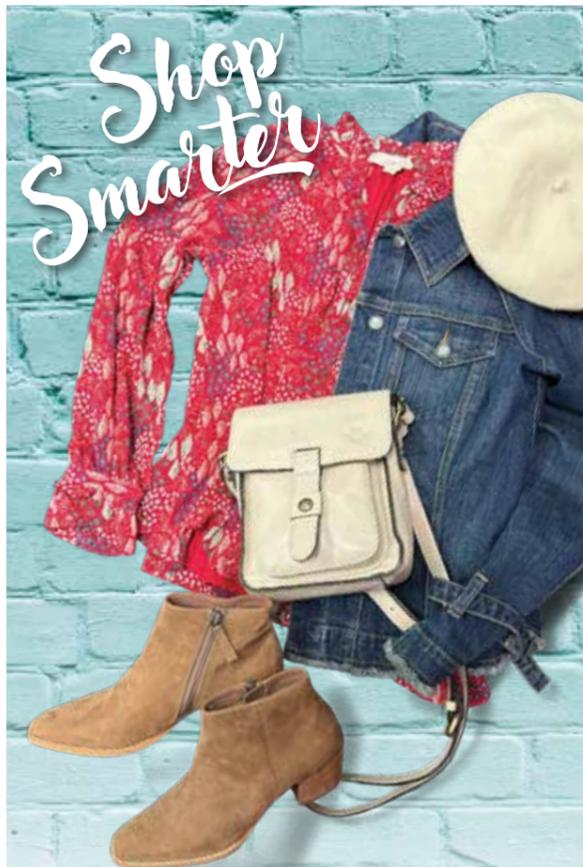
Call me today for help navigating Annual Enrollment this year!

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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.



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Easter Brunch

THE VISTAS PAVILION AT LAS SENDAS

Easter Sunday, April 5th, 2026
9:00am - 1:00pm

\$79 per Adult & \$21 per Child (ages 5-11) (plus Tax and Gratuity) Under 5 Free

GRAND BUFFET Assorted Breakfast Pastries, Antipasti & Cheese Display, Seafood Display (Chilled Shrimp, Crab Claws and Oysters on the Half Shell with Mignonette and Cocktail Sauce), Omelet Station (Omelets Made to Order), Bacon and Sausage, Vanilla French Toast with Maple Syrup, Garden Salad with Tomatoes, Carrots, Celery, Croutons, Ranch and Balsamic Vinaigrette Dressing, Assorted Dinner Rolls with Whipped Butter, Chef's Carving Station (Carved Ham with Pineapple Glaze, Herb Roasted Turkey with Cranberry Orange Chutney, Smoked Brisket with Prickly Pear BBQ Sauce) Glazed Carrots, Scalloped Potatoes, Kim's Corn Pudding, Chocolate Fountain with Fresh Fruit, Carrot Cake, and Cookies for Dessert.

KID'S BUFFET Fruit Salad, Scrambled Eggs, Bacon, Macaroni & Cheese, Chicken Fingers, Tater Tots and Assorted Cookies

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Easter Sunday, April 5th, 2026
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PISTACHIO CRUSTED SALMON \$35
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Corned Beef, Sauer Croute, Swiss Cheese, Pickle, Thousand Island Dressing on a Toasted Marble Rye Bread

IRISH POUTINE \$16
(Available 11am - Close at The Grille)
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