

Las Sendas Up Close

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April 2026

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

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 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.

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.

Part of this education is done through community events, such as Cars, Coffee, and Craft, which takes place the last Saturday of each month, providing car enthusiasts an opportunity to gather and learn more about car 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.



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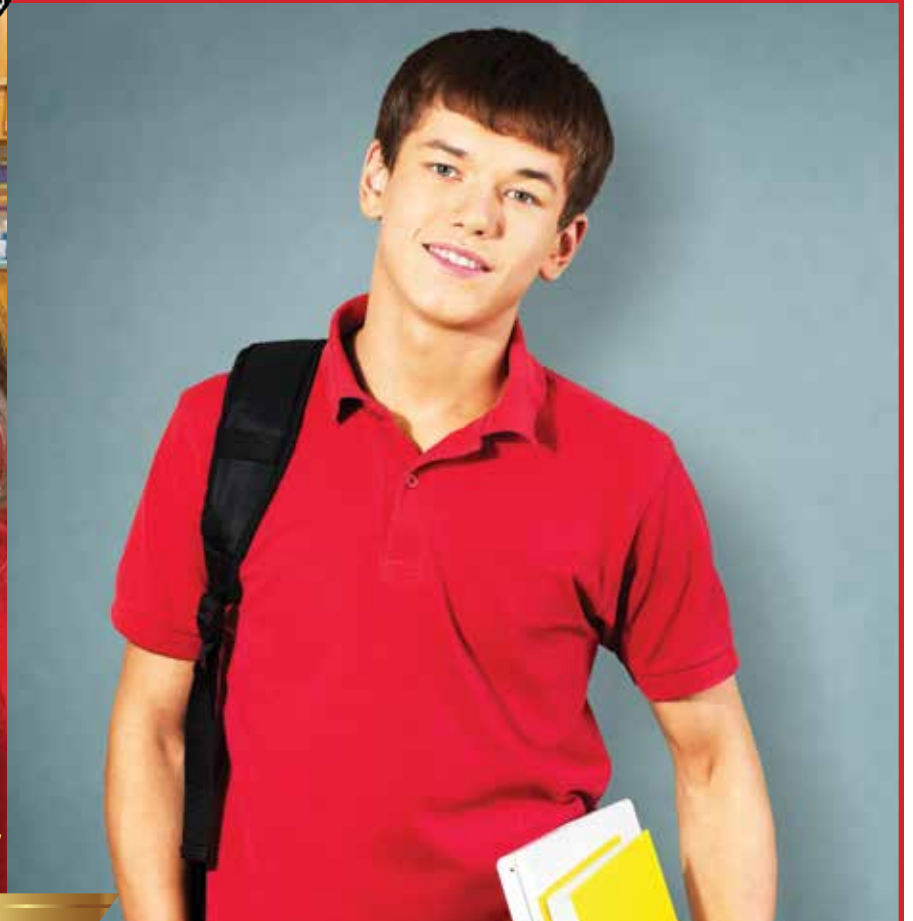
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EDUCATION

EXECUTIVE FUNCTION

The Hidden Key to Children’s Learning and Focus

By Dr. Anjum Majeed, Founder, Self Development Academy

A LESSON HIDDEN IN A REPORT CARD

When I was growing up, our elementary school ranked every student in the class. One year, the three of us siblings brought home our report cards on the same day. My older brother and I had respectable rankings, but our youngest brother, still in kindergarten, ran into the house beaming with pride.

“I ranked 26 out of 27 students!” he announced.

To him, the number 26 sounded far better than being ranked 2nd or 3rd in the class that his older siblings had received. Before we could say anything, my mother, a child psychologist, smiled and said, “Well then, this calls for a celebration.” Within minutes, we were walking to get ice cream.

Only years later did I understand what my mother had done. She protected something far more important than a number on a report card: a child’s confidence, motivation, and love of learning. Research shows these qualities build persistence, focus, and self-regulation, the skills known as executive functions that support long-term academic success.

WHAT IS EXECUTIVE FUNCTION?

Executive function refers to a group of mental skills that help children manage their thoughts, actions, and emotions in order to achieve goals. These abilities act as the brain’s management system, guiding how children focus attention, remember instructions, organize tasks, and respond to challenges. These skills are largely governed by the prefrontal cortex, a part of the



brain that develops gradually throughout childhood and adolescence. In school, executive functions help students follow directions, organize work, resist distractions, and approach problems thoughtfully.

THE THREE CORE COMPONENTS OF EXECUTIVE FUNCTION

Researchers identify three core executive processes that support learning and self-regulation: working memory, inhibitory control, and cognitive flexibility. These skills help students manage information, control behavior, and adapt to changing academic demands, and are strongly associated with success in subjects such as reading and mathematics (López-Jiménez, Marín-Marín, & Meersmans-Sánchez-Jofré, 2025).

Working memory allows students to hold and use information briefly, for example, when remembering instructions, solving multi-step math problems, or connecting ideas while reading. Inhibitory control helps children resist distractions and manage impulses so they can stay focused during lessons. Cognitive flexibility enables them to shift thinking, adjust strategies, and respond to new situations. Together, these skills form the foundation of self-regulation, a key ingredient for effective learning.

EXECUTIVE FUNCTION AND ACADEMIC SUCCESS

Research consistently shows that executive functions strongly predict academic performance, especially in the primary years. In mathematics, students use working memory to hold numbers and steps in mind, inhibitory control to avoid careless errors, and cognitive flexibility to adjust strategies. In reading, executive functions help students maintain meaning as they process new information; working memory supports comprehension, while inhibitory control helps filter distractions. Beyond specific subjects, executive functions help students follow instructions, complete assignments, manage time, and persist through challenges.

WHY SUSTAINED ATTENTION IS BECOMING HARDER

Children today struggle to maintain focus for extended periods. Modern life exposes them to constant streams of rapidly changing stimuli, especially through digital media. Frequent switching between activities makes it harder for the brain to practice sustained attention.

When attention is fragmented, children have fewer opportunities to develop the executive skills needed for deep concentration and complex thinking. The encouraging news is that executive functions are adaptable and can be strengthened with intentional support from schools and families.

WHAT PARENTS CAN DO AT HOME

Parents can support executive skills by establishing predictable routines for homework, meals, and bedtime, helping children build organization and time management. Encouraging children to think through problems independently also strengthens executive function. Instead of giving answers right away, parents can ask questions such as, “What do you think might work?” or “What should you try first?”

Board games, puzzles, and strategy games help children remember rules, control impulses, and adjust strategies, while sports and outdoor play strengthen attention and self-control. Most importantly, a supportive emotional environment helps children develop self-regulation.

BEYOND THE REPORT CARD: THE EXECUTIVE SKILLS THAT SHAPE A CHILD’S FUTURE

Years later, that same little boy who proudly announced he ranked 26 out of 27 students went on to attend a highly prestigious university and build a successful professional career. Today, one of his greatest passions is giving motivational speeches, encouraging young people to aim for the highest levels of education.

Looking back, my mother understood the most valuable gift we can give children is not a high rank on a report card, but the executive skills that help them keep striving long after the rankings are forgotten. ■



For more information about preschool through 12th grade, please contact Self Development Academy at (480) 641-2640 and Self Development Preschool at (480) 396-3522.

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LOCAL BUSINESS

The People You Meet Along the Way

By *Tim Beaubien, Hava Java Mesa*

My mother told me when I was quite young that, "If you have one good friend you're very lucky."

Then I was blessed, because Barb and I have several times fell into that slot. Many lifelong friends back in Michigan and many that we have met here in Arizona.

I've always enjoyed meeting and talking to people. Getting to know them, finding out about their families, their different personalities, and especially their careers and businesses. I'm fascinated by success stories at any level. It's not always financial success but also what success means to them. With that said, obviously I'm in the right business.

Coming up through the years, I have always wanted to surround myself with people that are smarter than me (if you're the smartest guy in the room, get a new room).

My wife Barb being a great example! I'm the first one to tell you that I'm not that smart. But I have built a support structure of very smart people. It's funny, I look up to my buddy Otto, Otto looks up to his longtime friend Bob, and Bob looks up to Bruce. Surround yourself with Otto's, Bob's, and Bruce's. You will be amazed of where it takes you and above all, persevere. Ray Kroc was asked what makes a person successful? He said, "It's not intelligence; I've met a lot of intelligent derelicts, its perseverance.



Barb and Tim Beaubien

If you persevere you will succeed."

About a week ago some new friends stopped by the shop for a Wednesday night cocktail. They are quite young and she is retired and he is a commercial pilot. Of course, I had to ask, "How did you retire so young?" Turns out she was very successful in international business. I love these stories! Even better I understood most of what she said! Like I said, not that smart I am, not, well you know what I mean.

From this conversation I started thinking of how well I am placed. Barb and I have met high level businesspeople, entrepreneurs, artists, retired secret agents, ex-cops, and everyone in between. Each with a story that is fascinating.

However, some of the most interesting are the ones in their late 20s or early 30s. They are just starting to gather dreams. You can see it in their eyes. I can't wait to hear these stories.

I was also told very young, "Be nice to the people you meet on the way up; up might meet them again on the way down."

My old boss Jim (an extremely successful businessman) would stand in my office door and say, "Remember kid, we can all go back down in a heartbeat." ■

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



Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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EDUCATION

Applied Behavioral Health Sciences program at Mesa Community College responds to critical needs of patients and communities

Submitted by Mesa Community College

Mesa Community College (MCC) now offers courses in Applied Behavioral Health Sciences in response to Arizona's critical mental health workforce shortfall, and the urgent needs of patients and communities in which the college serves, through its Allied Health Department.

The recently launched, two-semester program offers a new Certificate of Completion (CCL) in Applied Behavioral Health, in addition to an abundance of health sciences programs at MCC, that, "will enable students to launch meaningful careers that positively impact lives and benefit the communities in which they will serve," said Michael Voss, MCC dean of instruction, Applied Sciences and Technology, Business and CIS (Computer Information Systems).

Courses build upon the nurse assisting program, equipping students with the techniques and skills needed to become behavioral health technicians and assistants and to care for patients with mental illnesses such as anxiety, mood, personality and psychotic disorders, and post-traumatic stress syndrome and behavioral issues. It is the first program of its kind within the Maricopa Community Colleges and in the state.



MCC added the program in response to a 2023 ranking by the nonprofit Mental Health America organization that lists Arizona at 49th in the nation for access to adult mental health care. Additionally, the U.S. Bureau of Statistics anticipates a 13 percent rise in psychiatric technician and aide jobs by 2033.

Class offerings in Fall 2026 include:

- Introduction to Behavioral Health and Social Services
- Professional Resiliency and Well-Being
- Trauma Informed Care and Recovery Treatment
- Cultural Competence in Behavioral Health
- Psychology and Culture

"Thanks to funding from the Arizona Health Care Cost Containment System, students train in a high-fidelity Behavioral Health Simulation Lab that mimics real-world care facilities," said Carol Achs, MCC dean of instruction, Mathematics/Computer Science, Sciences and Exercise Science.

Spaces include a day room for group sessions, child-friendly care areas, secluded one-on-one observation areas, and zones to minimize self-harm tendencies. Safety features include heavy, ligature-free furniture and magnet-release doors. In the Clinical Room, equipped with hospital-grade blood pressure monitors, beds, and lifelike mannequins, students learn to identify psychological and medical issues and determine and administer treatment.

"Here, students can not only develop essential clinical skills but also strengthen the empathy, communication, and teamwork that are vital in the behavioral health field," Carol specified.

Scholarships are available for students committed to working in the behavioral health field after graduation. ■

For more information, visit mesacc.edu.

LOCAL BUSINESS

Align Collective Brings a Community-Focused Pilates Experience to Mesa

By Jamie Phillis

Align Collective, a reformer Pilates studio in Mesa, opened its doors in November 2025 with a focus on creating more than just a place to work out. Founded by Karena Ellison, the studio was designed to offer a calm, welcoming environment where clients can reset, recharge, and feel connected to their community.

"I wanted to create a space of my own where everyone feels welcome and where diversity and inclusion truly matter," Karena said. "It's not just about the workout. It's about how people feel when they walk in."

Align Collective offers reformer Pilates, a low-impact style of exercise that builds strength, stability, and flexibility without placing excess strain on the joints.

"It's low impact, but it'll still have you shaking in the best way," Karena said.

Beyond the physical benefits, the studio emphasizes the importance of community. Karena said creating an environment where people feel comfortable and calm is her priority.

"When people feel welcomed, recognized, and comfortable walking in alone, that really makes a difference," she said.

The design and atmosphere of the studio also play a central role in the overall experience. With a clean, uplifting aesthetic Align Collective aims to provide a space where clients can step away from daily stress and focus on getting stronger.

"The vibe of the space matters more than people realize," Karena said. "When it's calm and put together, it just feels good to walk into. You can actually unplug for a bit and get out of your head."

Align Collective offers a variety of membership options designed to fit different schedules and experience levels, including monthly class packages, an unlimited membership, and drop-in options. ■

Align Collective is located at 1135 N. Recker Road, Suite 112, in Mesa. For more information, visit alignmesa.com.





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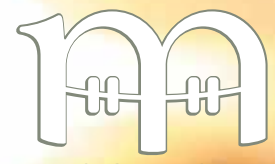
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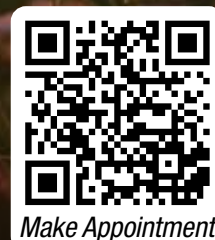
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Submitted by Golladay Learning Center

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

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2. BUSINESS / CORPORATE TAX CREDITS

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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/golladay-learning-center/



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- Comedian/Magician Murray SawChuck
- Sixwire

The night will also feature performances from our Solid Rock Teens, and live/silent auctions, benefiting Alice Cooper's Solid Rock Teen Centers' free fine arts programs for teens in Phoenix, Mesa, and Goodyear, Ariz. Tickets are available online at <https://alicecoopersolidrock.com/events/coopstock/>



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And if you're heading to the Coopstock Fundraising Bash, don't forget to stop by The Pro Shop first. The store is fully stocked with fresh threads and all your favorite gear — perfect for showing up in style.

THE PATIO & GRILLE

With gasoline prices rising as quickly as the outdoor temperatures, why not stay local and take advantage of some of the delicious specials over at The Grille this month?



Reverse happy hour, which takes place from 6 p.m. to close each day, offers more than a handful of delicious items for just \$10. Favorites include the smoked prime rib sliders, the small wedge salad, and the French onion dip. Add a discounted cocktail and you've got yourself a winning spring evening. And don't forget, live entertainment continues every evening to round out the experience. ■



Las Sendas GOLF CLUB

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CONTACT: Wayne McBean
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REAL ESTATE

The Change in Buyer's Agent Commission

WHAT BUYERS AND SELLERS NEED TO KNOW

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

There has been a change in how buyer's agent commissions are handled, and while you may have heard about it, many people are still unclear on what it actually means.



Lorraine Ryall

In 2024, the National Association of Realtors (NAR) reached a landmark legal settlement that changed how buyer's agent commissions are handled, with the new rules taking effect on Aug. 17, 2024.

While the intent was to increase transparency, it has also made it more difficult for Realtors to do our jobs. In my opinion, how much I get compensated should never come into play when negotiating for my clients, yet this new rule has now made it part of the negotiation process.

Because of this, it is more important than ever for buyers to understand what they are signing and to have a clear discussion with their agent about how commission will be handled. I'll cover this in more detail in the buyer section.

HOW IT USED TO WORK

Traditionally, when a seller listed their home, they agreed to pay a total commission (often around 5–6%), which was then split between the listing agent and the buyer's agent.

From the buyer's perspective, it often felt like their agent was "free," because the seller was paying the commission. However, that cost was typically built into the price of the home.

WHAT HAS CHANGED

The new rules have introduced three major changes that impact both buyers and sellers:

1. Buyer's Agent Commission Is No Longer Pre-Set by the Seller

- Sellers are no longer required to offer compensation to the buyer's agent when listing their home.

- The buyer's agent commission is no longer automatically included in the listing.
- Compensation is now negotiated separately.

2. Buyers Must Sign a Written Agreement with Their Agent

One of the most significant changes from the settlement is the requirement for buyers to sign a Buyer Broker Agreement before viewing any property. This agreement outlines the terms and responsibilities between the buyer and their agent, including:

- The agreed-upon compensation amount (usually a percentage of the sale price).
- The responsibilities of both parties.
- The duration of the agreement.

This new agreement makes the buyer responsible for compensating their agent.

WHAT THIS MEANS FOR BUYERS

By signing the Buyer Broker Agreement that outlines how their agent will be compensated, buyers are agreeing, upfront, to a specific compensation structure with their agent.

The reality is that most buyers are not planning (or able) to pay their agent's compensation out of pocket. Because of this, the buyer's agent's compensation is still being negotiated as part of the offer, with the expectation that the seller will cover it.

WHAT WE'RE SEEING RIGHT NOW

Since the rule changes took effect in August 2024, sellers are still willing to pay the buyer's agent compensation – at least for now. In most cases:

- Sellers are still willing to offer compensation to the buyer's agent.
- That compensation is negotiated as part of the purchase contract.
- It becomes just one more term alongside price, repairs, and closing costs.

However, where things can become more complex is when there is a gap between what the buyer agreed to pay their agent and what the seller is willing to offer.

WHEN THERE'S A COMPENSATION GAP - POTENTIAL OUT-OF-POCKET COSTS

Let's say a buyer signs a Buyer Representation Agreement agreeing to pay their agent 3%.

The buyer makes an offer and asks the seller to cover that 3%, but the seller counters and agrees to pay only 2.5%.

At that point, the buyer is still contractually obligated to their agent for the full 3%.

This is where understanding your agreement upfront is critical.

WHAT ARE THE OPTIONS?

If there is a shortfall between what the seller offers and what the buyer agreed to, there are a few possible options:

1. Renegotiate with the Seller

The buyer can counter and request that the seller cover the full agreed-upon compensation.

2. Agent Adjusts Their Compensation

In some cases, the agent may agree to accept a reduced commission to keep the deal together.

3. Buyer Covers the Difference

The buyer agrees to pay the gap out of pocket (in this example, the 0.5%).

4. Walk Away from the Transaction

If the terms no longer make sense financially, the buyer may decide not to move forward and continue their home search.

WHY THIS CONVERSATION MATTERS EARLY

This is one of the most important conversations buyers should have with their agent before signing any agreement.

Understanding:

- What compensation is being agreed to
- Whether the agent is flexible if there is a shortfall
- How that situation would be handled

In the current market, where sellers are still offering buyer's agent compensation, that expense is typically factored into the home's asking price. ■

If you're thinking about buying or selling and want to better understand how buyer's agent compensation works in today's market, please don't hesitate to reach out.

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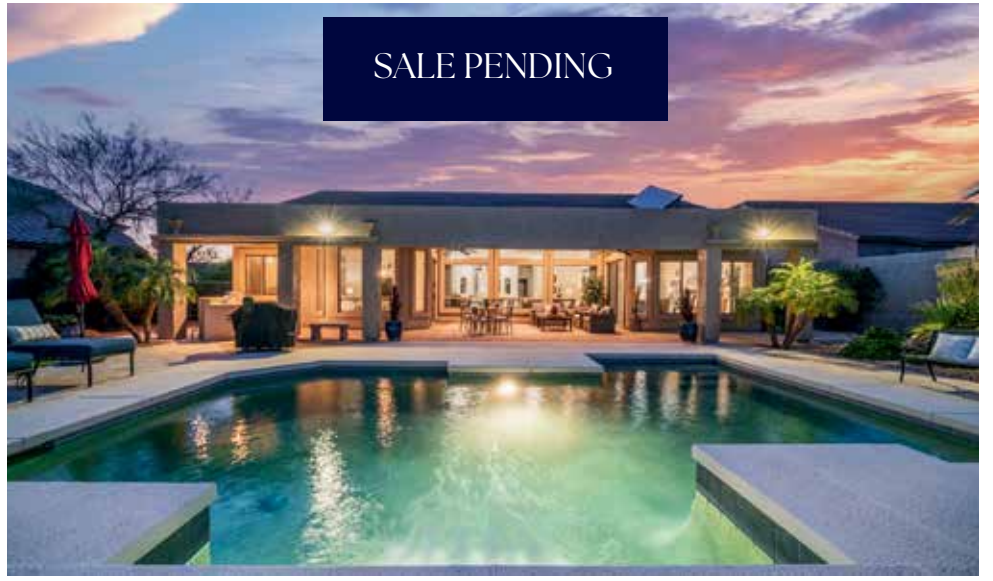
CUSTOMER TESTIMONIAL



“My wife and I live on the East Coast. We were looking for a vacation home (to eventually retire) in Arizona. We spent a weekend with Lorraine jumping from Scottsdale to all the surrounding cities. Throughout the process, Lorraine helped us fine-tune the location along with our list of high priorities we wanted in the property. Lorraine continued communications with us for months as we were back on the East Coast. Even with the time difference, it was easy to communicate with Lorraine. For months, Lorraine would go to listings for us. She would provide great photos, videos, and explain how the property ranked against our priority list. When she did find the "perfect" property for us, she immediately said to get out to Arizona ASAP. The next morning, I was on a flight. Needless to say, Lorraine nailed it. The house was exactly what we were looking for. Throughout the negotiation process, along with the home inspection, Lorraine was an absolute professional. Do yourself a favor and use Lorraine and you can sit back and relax. Thanks Lorraine - you are the best.” –Eric



MOUNTAIN BRIDGE - 2219 N Estates Circle- \$1,395,000
3317 Sq Ft 4 BR / 4.5 BA , Resort Backyard



SALE PENDING

LAS SENDAS - 3813 N Morning Dove Circle- \$850,000
2827 Sq Ft 3 BR/2.5 BA, Pool



LAS SENDAS - 3846 N Desert oasis Circle- \$974,995
3862 Sq Ft 4 BR / 3 BA Golf Course and City Light Views,



SKKY MOUNTAIN ESTATES - 6446 E Trailridge Circle #73, \$1,050,000
2941 Sq Ft 3 BR/3.5 BA, Golf Course and City Light Views



HERMOSA ESTATES - 8334 E Laurel Cicle - \$1,050,000
2989 Sq Ft 3BR / 3.5 BA Mountain Views, Room for RV Garage



RESERVE AT RED ROCK - 5928 E Sierra Morena St- \$1,095,000
3615 Sq Ft 5 BR/ 4.5 BA, Backs to Park, Mountain Views



EASTMARK- 10064 E Satelitte Dr- \$699,000
2475 Sq Ft 3 BR / 2.5 BA, Remodeled



SOLD IN 5 DAYS!

RED MOUNTAIN RANCH - 4026 N Katmai - \$1,300,000
3502 Sq Ft 3 BR/3 BA, Panoramic Views



Lorraine Ryall
ASSOCIATE BROKER, CDPE, CSSN



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COMMUNITY

Las Sendas professional news writer **PUBLISHES A MEANINGFUL STORY**

By *Jamie Phillis*

Las Sendas resident Kimberly Alvarado, a long-time professional news writer, had always wanted to challenge herself by writing a book. Then, when her family experienced a life-altering tragedy, that goal took on new meaning, and she realized this was the story she needed to tell.

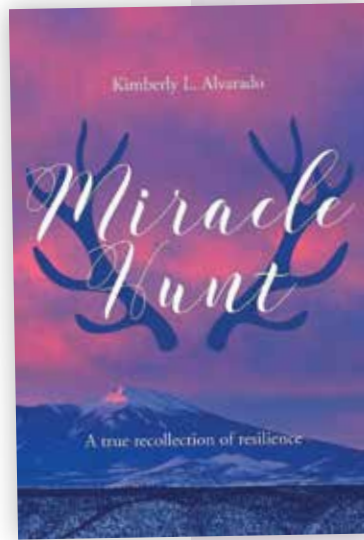
Miracle Hunt is a personal account of resilience, recovery, and the power of community. Originally published in 2018, the book follows Kim's family in the aftermath of a devastating accident involving her cousins, when a hunting incident left one critically injured and fighting for his life.

It traces the emotional and physical road to recovery through firsthand accounts, interviews, and extensive research. The book is about survival as well as how people show up in life's most difficult moments.

"What carried us through wasn't just hope, but the unwavering support of family, friends, and an entire community that refused to let us walk through the darkness alone," Kim said. "Their kindness, their presence, and their willingness to show up in both the hardest and the quietest moments made all the difference."

While the story itself is extraordinary, its message is one many readers find relatable. In a time when connection can feel increasingly distant, *Miracle Hunt* serves as a reminder of the importance of human kindness, and the role community plays in healing.

Kim was reminded of this message when the book recently found new momentum within her community.



Kimberly Alvarado

After gifting a copy to a friend during the holidays, Kim was surprised when it sparked the idea for a *Meet the Author* gathering, bringing together dozens of women to purchase and celebrate the book.

"I had kind of brushed the book to the side and thought it was time to start something new," she said. "But seeing that kind of response and support again, it just gave me chills. It mirrored the support my family received when the accident happened, and it felt like this story was meant to be told again."

For Kim, the renewed interest has also served as encouragement to continue writing and sharing new stories.

"I think my purpose is to just keep writing," she said. "I always look forward to telling stories, and sometimes those readers come up in the most unexpected ways." ■

To purchase *Miracle Hunt*, email Kim directly at kimberly.alvarado1@gmail.com, visit Amazon, or buy through Kindle Direct.



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LOCAL BUSINESS

Paddle Into Golden Hour at Canyon Lake with Yak N Sup

Submitted by Yak N Sup

As the Arizona desert begins to warm up and the days grow longer, there's no better way to experience Canyon Lake than from the water during sunset. This spring, Yak N Sup at Canyon Lake invites locals and visitors to trade crowded trails for a peaceful paddle across one of Arizona's most scenic lakes.

Starting April 2, Yak N Sup launches their popular *Sunset Paddle* experiences every Thursday, Friday, and Saturday from 4:30 to 6:30 p.m. These evening paddles are perfect for anyone looking to unwind, explore hidden coves, and experience the magic of Canyon Lake as the sun sets behind the Superstition Mountains.

Picture yourself gliding across calm water while the desert sky turns shades of orange, pink, and gold. Towering canyon walls reflect the fading light, wildlife begins to stir, and the energy of the day fades into a

peaceful desert evening. It's the perfect outing for couples, families, and anyone wanting to reconnect with nature.

Yak N Sup provides everything you need for a hassle-free adventure, including high-quality kayaks or paddleboards, paddles, and life jackets, along with friendly dockside guidance from their team before you head out on the water.

A TOTALLY RAD NIGHT ON THE WATER - 80S FULL MOON GLOW PADDLE

The adventure continues after sunset with Yak N Sup's first *Full Moon Glow Paddle* of the season on Friday, April 4 from 6 to 8:30 p.m. — and this one comes with an *80s theme*.

Guests are encouraged to embrace the vibe with neon colors, retro outfits, and throwback energy as they paddle Canyon Lake under the rising moon. With glowing lanterns lighting the water and 80s music setting the mood, the lake transforms into a fun and unforgettable nighttime experience.



Whether you come dressed in leg warmers, bright windbreakers, or just ready to enjoy the glow of the moon and the water, this event promises great vibes, music, and a unique way to experience Canyon Lake after dark.

Full Moon events are always a favorite among guests and tend to sell out quickly, so early reservations are recommended.

PERFECT FOR LOCALS AND VISITORS

Whether you're planning a date night, family outing, or evening adventure with friends, Yak N Sup's sunset and moonlight paddles offer a memorable way to experience the beauty of Canyon Lake.

With easy dockside launching at Canyon Lake Marina, guests spend more time paddling and less time dealing with logistics.

RESERVE YOUR SPOT

Spaces for both the Sunset Paddles and the Full Moon Glow Paddle are limited.

Reserve online today at: www.yaknsup.com. ■

Come see why Yak N Sup is quickly becoming one of Arizona's favorite ways to experience Canyon Lake — where every paddle leads to a new view, a new memory, and a little more desert magic.



Pacino's

ITALIAN GRILL & BAR

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Wine Dinner

Meiomi wine dinner is slated for Wednesday, April 22 at 5:30 p.m.

Five courses and five wine tastings

All this and an education for just \$65 per person
Nonrefundable reservation required.

PACINO'S CELEBRATES

13 years

AND WHO SAYS 13 ISN'T A LUCKY NUMBER

A tradition of ours is to give back to the community for the loyal support over the years.

Saturday, April 11th

IS THE BIG DAY

Live music from 12 to 3 p.m. and 6 to 9 p.m. by Crystal Haze

FREE APPETIZERS ALL DAY!

Face painting, Wing eating contest and a Silent auction **as we raise \$\$\$ for the Jack Sullivan Foundation for autism.** Two 1K gift cards and some cool stuff. Jack is making a rosary, gorgeous cross, and much more. Let's open our hearts and our pocketbooks for this worthy foundation.

Easter Sunday

GRAND BRUNCH BUFFET

Featuring the likes of hand carved prime rib, shrimp cocktail, crab legs, tilapia piccata, chicken marsala, sausage, peppers & onions, mac & cheese, lasagna, charcuterie board, smoked salmon toast, mozzarella caprese, roasted brussels, praline French toast, biscuits and gravy, baked strata, scrambled eggs, bacon, sausage, corned beef hash, assorted bagels, muffins, cinnamon rolls, mini cannoli's, and omelet's to order. **\$39.99**

Live Music FROM 10:30 A.M. TO 1:30 P.M.

Last but not least, **SOME FUN FOR THE KIDDOS**
Easter eggs will be hidden all over the restaurant and patio and all have a surprise in them

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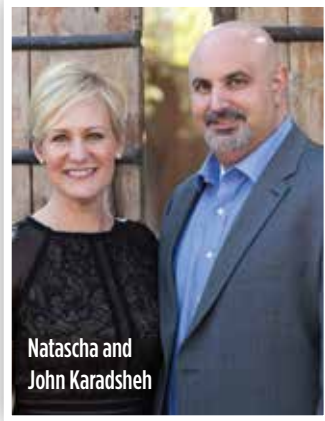
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REAL ESTATE

Did You Miss the Bottom of the Real Estate Market?

By John and Natascha Karadsheb, KOR Properties



Without much warning, 2026 began with surprising momentum in the local real estate market. Buyer activity has strengthened and we are seeing a welcome increase in overall market movement.

Buyers have reentered the market with both conviction and liquidity. Many of our recent listings have gone under contract within days of being listed and a few have even received multiple offers, something we have not seen in recent years.

WHAT MAKES THIS SHIFT EVEN MORE NOTABLE IS SUPPLY

While buyer activity has increased, the number of truly well positioned homes has not kept pace. On paper there may be plenty of inventory, but much of it simply does not meet what buyers are looking for today. When a home is well priced, well presented, and located in a desirable area, buyers are moving quickly.

In 2026 we are also seeing buyers become more decisive. Rather than waiting for perfection, many are willing to look past a few minor imperfections when the overall opportunity feels right.

SO, WHAT IS DRIVING THE CHANGE?

First, market psychology. When markets shift, it often takes months for the underlying data to filter through to consumers. Many buyers now believe the most favorable pricing window of this cycle may have already passed. The sense that this may be the last good opportunity is motivating buyers to take action.

Second, lifestyle and taxes. A colder winter in other parts of the country has accelerated decisions among buyers

who were already considering Arizona. Rather than waiting for another season, many are choosing to move forward now. Higher income and property taxes in other states also continue to make Arizona an attractive alternative.

Third, market stability. The stock market has performed well, interest rates have stabilized (and are expected to trend downward over time), and housing prices have held relatively firm. Together, these factors have helped restore confidence for many buyers and sellers who have been considering a move.

So, did you miss the bottom of the market? Yes, but the encouraging news is that meaningful opportunities still exist. The market is stable and strengthening, which means more opportunities lie ahead and we still have room for value growth.

For buyers, preparation and readiness matter more than ever. For sellers, homes that are priced thoughtfully and presented well are being rewarded with strong interest and quick results.

For many people, the real question is not whether the market is moving, but what the right timing looks like for their own plans.

Today's market is incredibly nuanced, and our perspectives come from working in the local market every day. If you are looking for an edge, we would be glad to share what we are seeing and where the opportunities may lie. If real estate is on your mind, now or in the future, please don't

hesitate to reach out. We always welcome the conversation. As always, we are grateful for the trust our clients and neighbors place in us and for the opportunity to continue serving our community. ■

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.



Las Sendas Real Estate MARKET REPORT
PRESENTED BY JOHN KARADSHEH
Sales for the Month of February 2026

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
7227 E Northridge St	1,605	Windsong	\$410,000
7445 E Eagle Crest Dr #1048	1,311	Cachet	\$445,000
7445 E Eagle Crest Dr #1129	1,696	Cachet	\$489,000
3055 N Red Mountain 148	1,756	Ironwood Pass	\$500,000
3662 N Desert Oasis	1,571	Shadow Canyon	\$525,000
3654 N Desert Oasis	1,698	Shadow Canyon	\$570,000
7342 E Norwood St	2,512	Grayfox	\$630,000
3645 N Morning Dove	2,452	Shadow Canyon	\$650,000
6919 E Russell St	2,039	Sanctuary	\$680,000
3606 N Desert Oasis	1,756	Shadow Canyon	\$689,900
4265 N Staryy Pass	1,812	Mountain Gate	\$698,000
3835 N Stone Point Cir	3,330	Echo Canyon	\$1,140,000
6910 E Saddleback Cir	3,960	Sonoran Hills Estates	\$1,255,000
3744 N Rowen St	3,582	The Preserve	\$1,500,000
8461 E Red Hawk Cir	4,715	Granite Mountain	\$1,825,000
4317 N Brighton Cir	5,714	Summit	\$1,850,000
7429 E Forest Trail Cir	3,823	Eagle Canyon	\$2,950,000

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



Northeast Mesa Real Estate MARKET REPORT
PRESENTED BY JOHN KARADSHEH
Sales over \$720,000 for the Month of February 2026

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
8724 E Hillview St	2,862	Grandview Estates	\$728,000
2066 N Canelo Hills	1,741	Mountain Bridge	\$749,900
1912 N Woodruff	2,146	Mountain Bridge	\$750,000
1525 N 25th St	2,709	Chateau Darnett	\$770,000
2511 E Presidio St	2,462	Grove At Lehi	\$798,000
2113 N Trowbridge St	2,065	Mountain Bridge	\$810,000
4230 E Fountain St	3,740	Mahogany	\$820,000
9915 E Jensen St	2,578	Whisper Mountain	\$845,000
4055 N Recker Rd #50	2,620	Red Mountain Ranch	\$846,250
1127 N Quinn St	2,463	Estates At Valencia	\$875,000
7560 E Leland Cir	4,632	Saguaro Vista Estates	\$975,000
3540 E Menlo Cir	3,568	Hermosa Groves North	\$975,000
2541 E Presidio St	3,612	Grove At Lehi	\$991,642
2523 E Presidio St	3,177	Grove At Lehi	\$1,059,900
8540 E McDowell Rd #55	4,218	Thunder Mountain	\$1,100,000
6917 E Ingram Cir	3,396	Annecy	\$1,100,000
9628 E Inglewood Cir	3,200	Whisper Mountain	\$1,100,000
3816 E Minton Pl	4,358	El Camino Dolce	\$1,160,000
3121 E Gary St	3,923	Mesa Northgrove	\$1,215,000
3702 E Fountain St	4,055	Trovita	\$1,350,000
3819 E Ivyglen St	4,157	Groves North	\$1,375,000
3753 E Fairbrook St	3,995	Trovita	\$1,380,000
2625 N 24th St 15	5,204	Estates At Northridge	\$1,550,000
8304 E Quill St	3,681	County Island	\$1,575,000
3950 E McLellan Rd #3	4,917	Crossroads Estates	\$1,590,000

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PROPERTIES



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3217 N. PIEDRA CIRCLE - LAS SENDAS \$1,600,000
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Sold by: John & Natascha Karadsheh 602-909-4995

SOLD IN 6 DAYS!



4055 N. Recker #99 - Red Mtn Ranch \$1,250,000
3,613 SF/ 5BR + 4 BA / Resort Backyard

SOLD OVER LIST PRICE!



2427 N. Atwood - Madrid \$1,200,000
Multiple Offers Received!

PENDING!



2754 N. Augustine - Las Sendas \$610,000
2,475 SF / 4BR + 3 BA - Updated with Sunset Views

PENDING!



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



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LOCAL BUSINESS

Time to Spring Clean Your Body

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

It's that time of year again! The human body is bombarded with toxins every day. Whether it is pollution exposure, consuming processed foods, or using personal care products with harmful chemicals, your body can get overloaded with toxic build-up. Just like regular oil changes help keep your vehicle running efficiently, detoxifying (cleansing) your body can help you run efficiently.

Consuming dark, leafy greens and sprouted foods can help detoxify your body. Greens provide chlorophyll, and sprouted foods provide additional benefits because they contain more nutrients. Broccoli sprouts, for example, contain 20 to 50 times more sulforaphane (a cancer fighting compound) than mature broccoli. Bulking up your diet with these foods can help cleanse and balance your body, providing better health and vitality.



Your liver takes the brunt of detoxification. It filters your blood, neutralizing toxins before they can pass through the rest of your body. It also helps break down fats and helps maintain blood sugar stability. As great as this all sounds, the liver can get overwhelmed by the amount of modern-day toxins we are exposed to daily. Over time, this burden can negatively impact your health.

Glutathione, for example, is a master antioxidant produced in the liver that tends to get depleted with age and toxic overload. Supplementing with glutathione can help your liver detoxify and repair.

At Prime IV Hydration & Wellness, we offer glutathione as well as acetylcysteine, which helps the body produce glutathione. You can get much higher doses via injection or IV versus oral supplementation.

For information on IV or injection therapy, please call us at (480) 992-4202 or go to primeiveastmesa.com. ■

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



SPIRITUALITY

Bread, Wine, and Busyness

“Go, eat your bread with joy, and drink your wine with a merry heart; for God has already accepted your works.” (Ecclesiastes 9:7)

By Judy A. Knox

I recently found myself feeling like I was falling short of God's expectations. I imagine you've felt that way before, too. Buried under calendars, lists, and random slips of paper with reminders on them, I tried to plan, prioritize, and organize. Like a gerbil on a wheel, I was busy doing, doing, but not getting anywhere, and certainly not enjoying it very much. I didn't have the "peace of God that passes all understanding" (Philippians 4:6-7) that lets us know our life is in line with God's plan.

Without realizing it, I had slipped into a mode of trying to earn God's approval and wondering why life felt so overwhelming and unrewarding. I was praying for direction and clarity but forgetting one vitally important part of prayer — listening! I was distracted by all the to-dos, and to-remembers. God was speaking to me, but I was drowning out His voice with busyness.

Then one morning this verse about the bread and wine caught my attention. I knew immediately that it was the answer to my prayers. God was not telling me to eat all those carbs I was trying to avoid, or to sit around drinking wine and ignoring my responsibilities, but He was reminding me that He wasn't evaluating me according to all the things I was doing or not doing. I had His approval.

The theme of bread and wine runs throughout the Bible and has many meanings. In this case, I saw it as a metaphor for His goodness. God was saying, "Stop trying to earn what I have already given you. Forget the guilt. Enjoy the rewards." He was reminding me that His approval was not based on anything I was doing, but on what Jesus had already done on the cross. "He made Him who knew no sin to be sin for us, that we could become the righteousness of God in Him" (2 Corinthians 5:21). Because I had accepted His sacrifice as payment for my sins, my works should be a result of His love for me, not a way to earn it. But I had let this wonderful truth get lost in the shuffle.

What a relief! This is so encouraging. We don't have to earn His approval. He has already accepted our works if we have accepted His forgiveness.

We are His children. Instead of doing things for God, He wants us to let Him do things in and through us. Our Father is interested in us as human beings, not human doings.

I thanked Him for putting my "works" into proper perspective and asked Him to show me His plan for my life, day by day. This is a better way to live! I'm still busy, but I'm not so stressed. I still have my calendar, lists, and slips of paper, but I am no longer a slave to them. They are here to serve me. I am learning to listen more carefully for God's direction instead of just jumping into things. To quote one of my favorite teachers, "I haven't arrived, but I've left!" And I know I'm on the right track. I'm receiving the rewards with joy and a merry heart. ■



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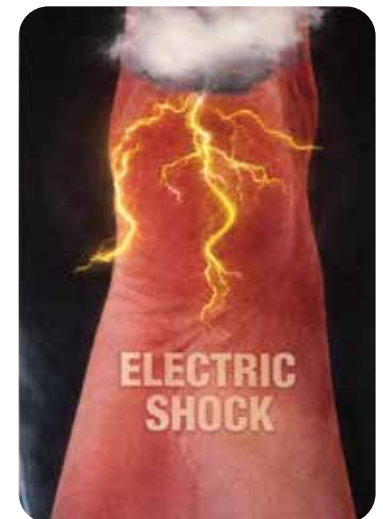
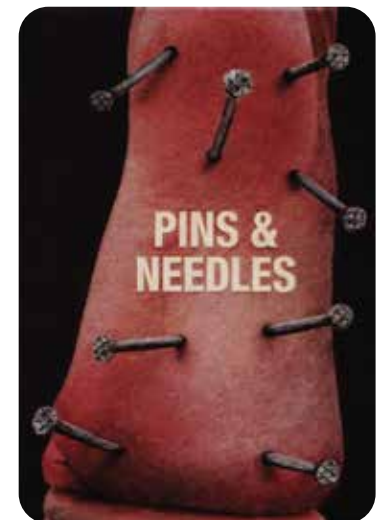
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LOCAL BUSINESS

The Gilly Indoor Golf Club OFFERS AN INDOOR GOLFER'S RETREAT



By Sally Nania

Mesa, a suburb of Phoenix with admittedly less nightlife activity, has a reputation for rolling up the carpet sometime after 10 p.m.

We're decidedly interested in getting the most out of our day, and yet, there is more to Mesa than appears on the surface. While we have a plethora of eateries and a variety of shopping options, entertainment choices for anytime of day or night are less plentiful.

Enter The Gilly Indoor Golf Club, located at 5761 E. Brown Road. It is a storefront in a strip mall and has an unassuming sign on the glass windows. It is a "members only" club, however one is invited to sample the club and all its amenities for a free hour in order to experience all it offers to potential and current members. One only needs to scan the code displayed on the window (or use the website) to secure an access code, which will enable one to open the door and enter into an indoor golfer's retreat.

There are three bays with Trackman® simulators and a separate putting area. A player can select from a wide list of golf courses and even play a game with a partner or a complete foursome in their private bay. This is a place for golfers who take their craft seriously, and yet, it is also a place for one to "get their feet wet." The simulator gives feedback for the player; displaying club head speed, distance, and where the ball makes contact with the club head.

Lessons are available, scheduled with one of their

two instructors. Parties can also be arranged here, with a maximum of 20 to 25 guests, who are invited to experience the amenities. This is a strictly "bring your own" venue, so you need to come prepared with your own golf clubs and golf balls. The good news here is that you won't lose them in the rough or water hazards.

Non-alcoholic beverages and snacks are available through vending machines, but as this is a 24-hour location (yes! you read that correctly; open 24 hours!), it is completely self-service. One can also bring their own beverages and food, so there are no requirements to purchase only the vending machine fare.

Members enjoy access anytime via their specific access code, and there are two membership levels available. Membership is on a month-to-month basis with no contract requirements. Age restrictions require no one under 16 is permitted without an adult. The basic membership is \$199 per month. The premium membership offers more tee time options and up to 4 free guests.

Mesa has many golf courses, but when it gets hot here, playing an indoor course virtually can keep you on your game and certainly more comfortable. I encourage you to give it a try. Your free session awaits! ■

For more information, visit TheGillyGolf.com. For a one-time, FREE 90-minute session, call or text Rob at (480) 364-9742, or email him at rob@thegillygolf.com.

FINANCIAL FOCUS

FOUR STAGES OF raising confident, money smart kids

Submitted by Linda Drake, Edward Jones Financial Advisor



Teaching good money habits starts early and grows through every stage of life.

With very young children, begin simply. Three jars labeled "Spend," "Save," and "Share" can help them understand what money is and learn that saving for something special takes patience.

With tweens — or children between 9 and 12 — offer bigger ideas. They can earn money through chores or small jobs to connect effort with reward and a sense of ownership. Opening a basic savings account can also help build their confidence.


For high schoolers and young adults, budgeting becomes essential. Tracking what comes in and goes out through an app or spreadsheet helps them stay aware, and learning how credit works can offer benefits down the road.

In their early working years, paying themselves first and building good saving habits set the foundation for longterm financial freedom.

When you start strong and stay consistent, money becomes a tool that helps your children support the lives they want. ■

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

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COMMUNITY

Red Mountain Community Social Club is in full bloom

By Cathy Barthel, Photos by David Bender

Spring has sprung, and our social club is in full bloom. This season has been filled with engaging speakers, lively events, and a strong sense of community. Our membership continues to grow as more neighbors discover what a special place this is to make new friends and feel connected.

A LITTLE FRIENDLY COMPETITION: CHILI COOK-OFF



Social Club members volunteered as greeters at the Red Mountain Ranch Chili Cook-Off, welcoming more than 275 attendees to the event. Twenty-eight cooks brought their best chili recipes to share, creating a wide range of flavors for guests to enjoy.

Attendees sampled the chilis and cast their votes for the spiciest entry, the most original recipe, and the best overall flavor. A Grand Champion was also selected by a special panel of judges. Contestants competed in two divisions: home-cooked and restaurant fare, making for a fun and flavorful afternoon enjoyed by all.

A FESTIVE EVENING: ST. PATRICK'S DAY CELEBRATION



Social Club members took over the patio at RMRCC for a lively St. Patrick's Day celebration. With warm spring weather and plenty of Arizona sunshine, the patio was the perfect setting to gather with friends and neighbors. Guests enjoyed live music, traditional Irish fare, and plenty of conviviality. As the evening unfolded and a beautiful desert sunset lit the sky, the patio buzzed with laughter, good food, and great company.

UPCOMING EVENTS & ACTIVITIES

- **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

MEN'S BREAKFAST: SOLVING THE WORLD'S PROBLEMS, ONE CUP OF COFFEE AT A TIME

Our gentlemen gather on the last Wednesday of each month for breakfast at Sunnyside Breakfast Lounge. It's a relaxing time to connect, share stories, and start the day with good company. Some say the world's problems get solved here... or at least discussed over a cup of Joe.



LEARN SOMETHING NEW: OUR SPEAKER SERIES

At our General Meetings, held at Red Mountain Ranch Country Club on the second Thursday of each month, members enjoy informative and entertaining presentations from a variety of guest speakers. This season we learned about the Make-A-Wish program, heard valuable insights from local realtors, and honored our veterans. A longtime television professional shared behind-the-scenes stories from her 30-year career, and a Las Sendas neighbor and ASU professor spoke about our Founding Fathers.



In March we heard from a local landscape architect, and we look forward to a visit from Councilwoman Alicia GoForth on April 9. Our season concludes May 14 with a presentation on water sustainability and conservation efforts.

COME JOIN US

Our meetings are open to the community, and it's a great way to check out our club and learn more about the benefits of membership. ■

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.



Find out **what's inside**

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- What it offers: Reliable childcare featuring a mix of academic support and enrichment activities like engineering, science, virtual reality and athletics.

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LOCAL BUSINESS

Experience Inspired Living at Acoya Mesa by Cogir

Submitted by Acoya Mesa by Cogir
At Acoya Mesa by Cogir, senior living is far from slowing down — it's about embracing a vibrant, fulfilling lifestyle. Located in the heart of Mesa, Ariz., Acoya Mesa combines the warmth of home with the energy of a resort-style community. Offering Independent Living, Assisted Living, and Memory Care, every aspect is thoughtfully designed to support connection, comfort, and meaningful daily experiences.

What makes Acoya Mesa truly special is its people. Residents and families create a welcoming atmosphere filled with creativity, laughter, and lasting friendships. From engaging art classes and themed dinners to live music, social events, and resident-led activities, each day brings new opportunities to gather, grow, and celebrate together.

The community's approach extends well beyond a busy calendar of events. Independence is encouraged and supported through intentional design and attentive, personalized services. Spacious apartment homes feature full kitchens or kitchenettes, private bathrooms with easy-access showers, and modern

conveniences such as in-unit washers and dryers. Amenities elevate daily living with restaurant-style dining, a café and bistro pub, private dining areas, a fitness studio, salon and barbershop services, house-keeping, transportation, on-site nursing support, and 24-hour team members dedicated to peace of mind.

For those who need additional assistance, the Assisted Living program provides compassionate, individualized care that empowers residents to maintain their autonomy while receiving the support they need. In Memory Care, the community's Revere philosophy centers on relationship-based care, honoring each person's life story while fostering moments of joy, dignity, and meaningful engagement.

Well-being is a cornerstone of life at Acoya Mesa. Opportunities for physical activity, social connection, and creative expression are woven into everyday life through programs like Forever Fit, group outings, line dancing, art workshops, and community celebrations. The thoughtfully designed campus includes walking paths, inviting gathering spaces, game rooms, a movie theater, and outdoor areas perfect for enjoying Arizona's sunshine with friends.

Acoya Mesa by Cogir welcomes seniors and families to discover a refreshing approach to retirement living — where comfort meets connection, and each day offers something to look forward to. ■

For more information, call (623) 278-3147 or visit <https://cogirusa.com/communities/acoya-mesa>. Acoya Mesa is located at 6502 E. Brown Road, Mesa, AZ 85205.



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LOCAL BUSINESS

WHAT IS EXERCISE?

Submitted by The Exercise Coach®

Most people think exercise is activity—Walking more. Logging steps. Burning calories. Sweating longer.

That belief is understandable. It's also why exercise fails most people.

When exercise is defined as activity, success depends on time, motivation, enjoyment, coordination, joint tolerance, and a body already capable of handling repeated stress. For many people, those conditions are difficult—or impossible—to sustain long term.

At The Exercise Coach®, we define exercise differently. **Exercise is not activity. Exercise is activation.**



ACTIVITY VS. EXERCISE: THE CRITICAL DIFFERENCE

Activity is movement. Exercise is a biological signal.

- Activity asks: "How much did I do?"
- Exercise asks: "Did my body have to adapt?"

The human body does not change simply because it moves. It changes when its adaptive systems are intentionally challenged at sufficient intensity to require a response.

- When this happens:
- Resources are mobilized
 - Systems communicate
 - Structural and metabolic adaptations occur
- That is exercise.

WHERE REAL EXERCISE HAPPENS

Every improvement we hope to make—Cardiovascular, Skeletal, Neuromuscular, Metabolic, Endocrine—is ultimately

mediated through skeletal muscle.

Skeletal muscle is not just for movement. It plays a central role in:

- Regulating metabolic health and glucose control
- Modulating systemic inflammation
- Preserving functional capacity with age
- Supporting cardiovascular health

If muscle is not challenged to adapt, it declines over time — and the systems it supports decline with it.

This is not philosophy. It is physiology.

The Exercise Coach® approach is about muscle activation and tailors the exercise to the person's unique situation. Some of the main obstacles preventing people from doing what they need to do are

having the time and being concerned with safety. Many people live with some sort of pain, so they want to avoid exercise that they believe will exacerbate their condition. This is especially true for people over the age of 40.

Meeting people where they are is at the core of The Exercise Coach® and without that first step, some may never make fitness a part of their life. Learn what's holding you back from making strength training a regular part of your life and why The Exercise Coach® paradigm may be right for you no matter how old you are or what fitness level you bring to the table. ■

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EVENT

Pacino's Italian Restaurant CELEBRATES ANNIVERSARY

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 oldworld 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 chickenwing 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.

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." ■

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.



REAL ESTATE

The Two Things Every Home Seller Must Get Right

By Kris Miller, Real Estate Agent/Consultant with CITIEA

When homeowners think about selling their home, they often focus on the timing of their move, where they will go next, or how quickly the sale might happen. But after many years of working with buyers and sellers, I've found that two factors consistently determine whether a home sells smoothly — or struggles to attract interest.

Those two things are pricing and preparation.

While there are many moving parts in a real estate transaction, these two elements have the greatest influence on how buyers respond once the home enters the market.

LISTEN TO THE MARKET

The real estate market communicates clearly through data. Comparable sales, current listings, and buyer activity all reveal where a home should realistically be positioned.

When a home is priced within the range where buyers are already searching, it naturally attracts attention. Buyers looking in that price range will see the home online and schedule showings.

But when a home is priced outside the market, buyers usually reject it immediately. That rejection isn't something sellers hear directly — it simply shows up in the activity level.

Common signs include:

- Few showing requests
- Limited inquiries from agents
- Plenty of online views but little in-person traffic
- More days on the market

When this happens, it often isn't because buyers dislike the home. Instead, it means the price doesn't match what buyers expect at that level.



PREPARATION MATTERS

Pricing gets buyers through the door. Preparation is what helps them imagine living there.

Today's buyers often review dozens of listings online before choosing which homes to visit. Properties that look clean, bright, and welcoming tend to rise to the top of their list.

Fortunately, preparation usually doesn't require a major remodel. Some of the most effective steps are simple:

- Decluttering rooms
- Completing small repairs
- Improving lighting
- Deep cleaning
- Making outdoor spaces feel inviting

These changes help buyers focus on the home itself instead of distractions.

THE FIRST WEEK IS CRITICAL

Another thing many sellers don't realize is how important the first week on the market can be.

Active buyers are constantly watching for new listings. When a home launches well — priced correctly and presented beautifully — it often generates strong early interest.

That early activity can lead to more showings and stronger offers.

But when a home enters the market overpriced or poorly prepared, the most important window of attention may pass quietly.

A STRATEGIC APPROACH

Selling a home successfully rarely happens by accident. The best results usually come from thoughtful preparation, accurate pricing, and a clear strategy.

When those pieces come together, buyers notice the home sooner, respond more positively, and are more likely to move forward.

As I often tell my clients: Results aren't random — they're strategic! ■

Call Kris Miller, real estate advisor, The Miller Group, at (480) 236-6181.

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Over 50 Up Close

Bringing active adults closer to their community April 2026

HEALTH *Over 50*

Medicare offers several plans to choose from

By **Lynne Jones**,
Tapestry Insurance

Which Medicare plan is right for me?

White or wheat? Checkers or chess? Walk or ride? These choices are easy.

Picking the right Medicare plan? That can be hard. Do you want Original Medicare (Parts A and B)?

Should you add prescription drug coverage (Part D)? What about Medigap insurance? Or is Medicare Advantage (Part C) — which combines Parts A, B, and D — better for you?

Sometimes, it might feel like a roll of the dice! Before you get lost, take a step back. You want to pick a plan right for you. So, think about what your life will look like after 65.

You can start by asking some questions to figure out your next move.

- **Will I be on a fixed income?** Original Medicare with a supplement has a monthly premium, while Medicare Advantage has copays.



Lynne Jones

- **Do I want to see a specific doctor?** Original Medicare with a Supplement allows you to go anywhere in the US, while Medicare Advantage requires in-network doctors.
- **Is dental, vision, and hearing an important part of my needs?** Original Medicare with a Supplement usually does not cover these things, but most Medicare Advantage plans do.
- **Do I plan to travel?** Medicare Supplements usually cover foreign travel; Medicare Advantage covers emergency visits.
- **What if I don't know what I want?**

I get it, it is hard to decide, especially when your needs may change as you get older. That is why it is a good idea to speak with a licensed insurance agent like me. You can 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.

Call / text or email me to help navigate your Medicare choices.

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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.

LOCAL BUSINESS *Over 50*

Frank's Landscape Designs Offers Water Smart Plans

Submitted by **Frank Weinberg**,
Landscape Designer

Frank Weinberg, with his independent landscape design company, does just that and more, with affordable prices exclusively in the Mesa area.

With more than 52 years of experience, Frank has seen it all. He was an educator, a consultant, a company man, and is a friend to Mesa.

A landscape designer, in the eyes of Frank, tries to bring out the exterior of your home to meet the wishes and needs of the homeowner. This is also paired with a reasonable budget for the installation of such landscape and hardscape, as well as a focus on being water smart.

It means designing something that will enhance your home economically and bring pleasure in living in your created environment.

With Frank's landscape designs, you will get a very dedicated and individualized experience. Frank does the designing right on location, with measuring wheel, pencil, and large paper. He looks at the neighbor-



hood of the home, in order to inspire a design that will not feel out of place, and gives a great look to one's home.

The needs of the homeowner will also be integrated into the plan. A play area for younger couples raising children, a location for outdoor cooking, a pool/spa, even areas for plants and trees. These are just a few elements Frank can design for you.

Xeriscaping is a popular term used for low water usage of yards. Frank can do this too, by designing with drought-resistant plants, and eliminating areas of grass lawns and replacing them with artificial turf. He offers excellent options for homeowners looking to reduce their water usage, thus reducing water bills.

As a designer, Frank does not provide designs or suggestions based on what he wants to sell. He is a one-man band that creates personalized designs in which homeowners can then bid out to landscape construction companies for the installation. This way you are in control of choice of installers.

Remember to plan with a smart plan, Frank emphasized. ■

If you would like to chat with Frank about your landscape design needs, call (480) 236-0383.

NEED HELP WITH MEDICARE?
Turning 65 or plans changing?

Medicare Advantage plans change every year. Medicare Supplement rates increase yearly. Medicare is just plain confusing. Let me help take some of the confusion out of picking and choosing a plan that is right for you.

- Would you like personalized help exploring your Medicare options?
- Are you trying to decide when is the right time to enroll in Medicare?
- Are you turning 65 or losing your Employee insurance?

Call / text or email me to help navigate your Medicare choices.

Lynne Jones
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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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85215 Single Family Market Snapshot

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- ✓ Avg. Days on Market: 76
- ✓ Active Listings (Jan.): 82

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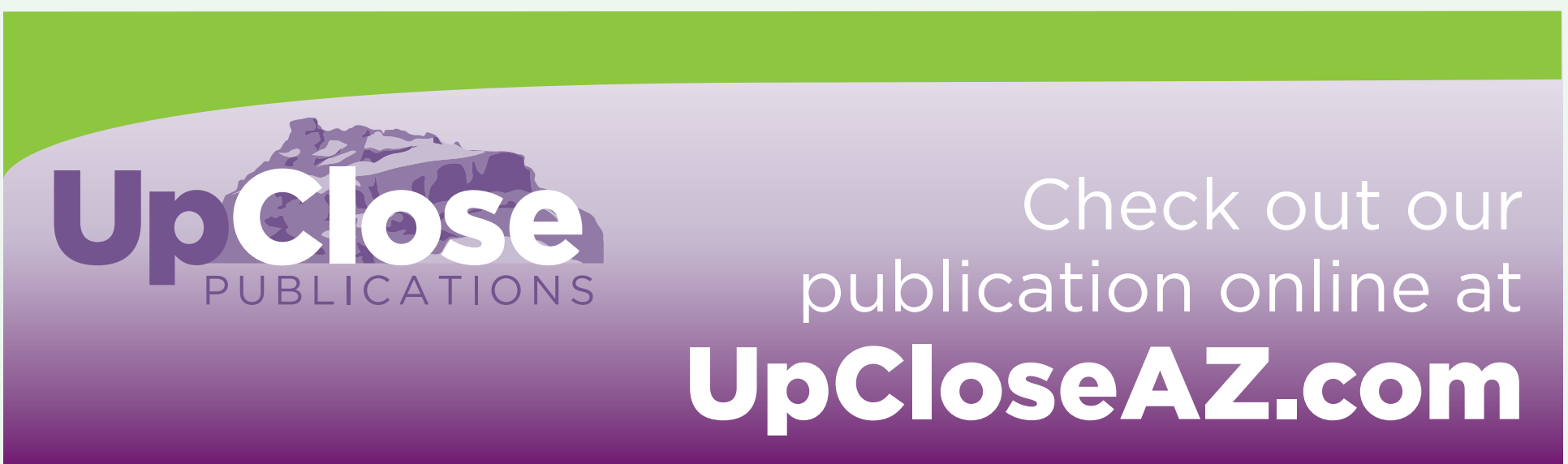
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APRIL 18TH, 2026

3:00PM - 5:00PM

(WINE CLUB MEMBERS HAVE EARLY ACCESS FROM 2:00PM - 3:00PM)

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Mother's day
BRUNCH

THE VISTAS PAVILION AT LAS SENDAS
MOTHER'S DAY SUNDAY MAY 10TH, 2026 - 9:00 AM - 1:30 PM
\$79.00 FOR ADULTS (PLUS TAX AND GRATUITY)
\$19.00 FOR CHILDREN 5-11 (UNDER 5 FREE) PLUS TAX & GRATUITY
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Antipasti and Cheese Display	Scrambled Eggs
Seafood Display	Bacon
Chilled Shrimp, Crab Claws, Oysters on the Half Shell with Mignonette and Cocktail Sauce	Macaroni & Cheese
Omelet Station	Chicken Fingers
Eggs and Omelets Made to Order	Tater Tots
Breakfast Potatoes, Bacon and Sausage	Assorted Cookies
Waffles with Maple Syrup	
Garden Salad with Tomatoes, Carrots, Celery, Croutons, Ranch & Balsamic Vinaigrette Dressing	
Chef Carving Stations	
Carved New York Steak with thyme Demi Glaze and Creamy Horseradish	
Honey Baked Ham	
Fried Chicken	
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EVERY TUESDAY Eric Miller (Spanish Guitar)	SATURDAY, APRIL 4 Jeordie (Singer Songwriter)	SATURDAY, APRIL 18 Christopher Robin (Singer Songwriter)
EVERY THURSDAY Taide Pineda (Singer Songwriter)	SUNDAY, APRIL 5 (BRUNCH & DINNER) Anthony Mazzella (Guitar Virtuoso)	SUNDAY, APRIL 19 Anthony Mazzella (Guitar Virtuoso)
EVERY FRIDAY John Burak	WEDNESDAY, APRIL 8 Michael Spero (Singer Songwriter)	WEDNESDAY, APRIL 22 Jeordie (Singer Songwriter)
SUNDAY BRUNCH (EXCLUDING MAR. 5TH) Rachelle Romeo (Saxophone)	SATURDAY, APRIL 11 TBA	SATURDAY, APRIL 25 Walt Richardson
	SUNDAY, APRIL 12 Lacey Rashea	SUNDAY, APRIL 26 Rachelle Romeo (Saxophone)
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