Las Sendas Up Close
Bringing neighbors closer to their community • UpCloseAZ.com
November 2026

Enjoy the Holiday Season at the Las Sendas Golf Club

By Kimberly Alvarado

The holidays are a time for gathering around the table, reconnecting with loved ones, and celebrating the traditions, making this season so meaningful.

But with the joy of the holidays often comes a long list of preparations. This year, let The Vistas Pavilion at Las Sendas help make your celebrations a little easier. With Turkey Takeout, you can bring the warmth and comfort of a traditional holiday meal home without spending hours in the kitchen. Leave the details to our culinary team and spend more time enjoying the people who make the season special.

Our complete Thanksgiving dinner serves 8 to 10 people and costs $250 plus tax. The menu includes a 16-to-19-pound whole roasted turkey marinated with rosemary and thyme, served in its natural juices; Southwestern-style cornbread stuffing; roasted garlic mashed potatoes; fresh yams with pecan butter; green bean almondine with beurre noisette; traditional fresh-herb giblet gravy; whole cranberry relish; mixed greens with grape tomatoes, English cucumbers, shaved fennel, and cranberries; and artisan dinner rolls.



Pickup is from 10 a.m. to 1 p.m. To reserve your takeout meal, email cshaw@lassendas.com or call (480) 396-4000, ext. 222.

Prefer to leave the cooking, serving, and cleaning up to someone else this Thanksgiving? Gather family and friends and enjoy an elegant holiday meal on our Las Sendas patio from 3 to 7 p.m. on Thanksgiving Day.

Guests can choose from three thoughtfully prepared menu selections featuring beloved holiday classics, each elevated with a touch of culinary sophistication. As the sun sets over the Valley, live music from 4 to 8 p.m. will provide the perfect backdrop for a relaxed and memorable celebration. With every detail taken care of, you'll be free to savor the moment, enjoy great company, and focus on what matters most – giving thanks and creating lasting memories.

To make your reservations, email cshaw@lassendas.com or call (480) 396-4000, ext. 222.

STOCK YOUR CELLAR



The Stock Your Cellar Event will take place at The Vistas Pavilions on Nov. 21, from 3 to 5 p.m. Wine Club members receive early access from 2 to 3 p.m. Local wine experts will be pouring a wide range of varietals, helping you choose your favorites. Imagine having a variety of favorites to share with family and friends this holiday season.

GOLF CLUB MEMBERSHIP OPTIONS
SOMETHING FOR EVERYONE

There's never been a better time to become part of the Las Sendas Golf Club family. Whether you're looking for the simplicity of a Social Membership, the flexibility of a one-year trial, or the exceptional value of a Yearly Family Pass, membership options are designed to fit every lifestyle.

This month, we're shining the spotlight on one of our most popular offerings, the Yearly Family Pass.

YEARLY FAMILY PASS



For just $3,500 annually, families can enjoy unlimited golf throughout the year, along with a host of valuable benefits:

- Unlimited golf during Family Golf Access hours: November through April: After 3 p.m.; May through October: After 12 p.m. (For even more practice opportunities, add an Anytime Range Pass for only $500.)
- Includes spouse and up to two children under 18
- Golf cart privileges
- Driving range access
- **As an added bonus, new Yearly Family Pass members will receive $500 in gift cards**, including: $250 Pro Shop Gift Card and $250 Patio & Grille Gift Card

It's a fantastic way to enjoy more family time on the course while taking advantage of everything Las Sendas Golf Club has to offer.

THE PRO SHOP

The arrival of cooler temperatures brings a fresh selection of merchandise to The Pro Shop. Stop by and explore the latest arrivals from favorite brands such as Vuori and Johnnie-O, along with new seasonal apparel, accessories, and golf essentials.

Whether you're refreshing your own golf wardrobe or searching for the perfect holiday gift, you'll find plenty of stylish options as new inventory continues to arrive throughout the month.



Whether you've taken the summer off or are returning as one of our valued winter visitors, Director of Golf, Michael Field, is excited to welcome everyone back.

"We're looking forward to an outstanding season. The course is in excellent condition, and the cooler temperatures we've all been waiting for are finally here," said Michael.

With beautiful weather and excellent course conditions, it's shaping up to be a spectacular season at Las Sendas. "We look forward to seeing familiar faces back on the fairways," Michael added.

THE PATIO & GRILLE



November evenings are made for great music, delicious dining, and unforgettable Arizona sunsets. Join us at night from 5:30 to 8:30 p.m. for live entertainment on the patio.

This month's lineup includes acclaimed concert guitarist and recording artist Anthony Mazzella, solo pianist John Burak, and a talented roster of performers delivering everything from pop favorites and classic rock to smooth jazz standards and contemporary hits. Two local favorites, with additional entertainers, are sure to impress.

Whether you're winding down after a round of golf, meeting friends for dinner, or simply enjoying the view, The Patio & Grille is the perfect place to relax and soak in the sights and sounds of the season. ■

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EDUCATION

Raising Children with Love, Boundaries, and Compassion

By Dr. Anjum Majeed, Founder, Self Development Academy





As an educator, I have often been moved by the wonder in a young child's eyes when they discover something new. It reminds me of my own childhood curiosity, particularly when I first encountered verses from Kahlil Gibran's poem *On Children* in the opening pages of a book my mother had written:

Your children are not your children. […] And though they are with you, yet they belong not to you. […] You may give them your love but not your thoughts, For they have their own thoughts.

As a youngster, I wondered how children could possibly not belong to their parents. Years later, I began to appreciate Gibran's wisdom. We bring children into this world, love them deeply, and devote ourselves to their well-being, yet they are individuals with their own thoughts, aspirations, and futures. They are not extensions of ourselves, nor are they here to fulfill our unrealized dreams. Our responsibility is to nurture their potential and give them the values and confidence to find their own paths.

GENTLE PARENTING: EMPATHY WITH BOUNDARIES

Gibran's philosophy brings to mind the gentle parenting approach that has become popular in recent years. Its emphasis on empathy, respect, and loving relationships is important. Yet an important distinction is sometimes overlooked: respecting children's feelings does not mean accepting every behavior.

A child may become angry when another takes a toy. We should acknowledge that anger while making clear that hitting is unacceptable. A child may be disappointed when playtime ends but must still follow directions. Children need to understand that their feelings matter, but so do others' feelings and rights.

RESEARCH ON PARENTING: CLEAR EXPECTATIONS AND CONSISTENT GUIDANCE

Decades of research have found that children generally benefit from *authoritative parenting*, which combines warmth and responsiveness with clear expectations, reasonable boundaries, and consistent guidance. Unlike authoritarian parenting, it does not rely on fear or unquestioning obedience. At the same time, it maintains clear limits, unlike permissive parenting. Gentle parenting can embrace these principles, but problems arise when people mistake empathy for permissiveness.

Consequences should be reasonable, age-appropriate, and related to behavior. When a child hurts another, we can teach empathy and responsibility. Saying "I am sorry" is a beginning, but children must understand how their actions affect others and learn to make things right, whether by offering comfort, repairing harm, or showing greater kindness. Our goal is not to humiliate children, but to help them become caring, responsible individuals.

PREPARING CHILDREN FOR LIFE

As educators, we see these lessons every day. Children must learn to share, follow directions, accept corrections, and respect others. These are not merely classroom rules; they are essential life skills. When we shield children from disappointment or remove every obstacle, we may deprive them of opportunities to develop resilience and independence.

Above all, compassion is not simply something children receive. They must learn to extend it to others.

LEARNING TO CARE FOR OTHERS

Parents, too, have feelings and vulnerabilities. We teach children empathy by acknowledging their emotions. We nurture compassion by helping them recognize and care about others' feelings, including our own, without expecting them to carry the burden of adult emotions.

Many years ago, when my son was about seven, we had planned for a trip to Disneyland in July. He had been eagerly looking forward to it. A week before our departure, my mother passed away. Overwhelmed by grief, I explained that we could no longer make the trip. Setting aside his disappointment, he came closer, wrapped his little arms around me in a comforting embrace, and whispered, "I'm so sorry, Mom. I miss Grandma too. Don't worry about Disneyland." ■

To learn more about Self Development Preschool, please contact (480) 396-3522. For the accelerated Kindergarten to High School program, call Self Development Academy at (480) 641-2640.

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LOCAL BUSINESS

I'm From the Paper Generation

By Tim Beaubien, Hava Java Mesa

On one of our weekly shopping trips I figured I should fill the tank as well. When finished that little message comes on the pump, "Would like a receipt?"

The answer is always yes. I don't always get a receipt, but I still want one. This everyday question started me thinking. That's how I get my story ideas. Just another random thought that blows through the empty spaces in my head.



Barb and Tim Beaubien

At Home Depot the self-checkout kiosk asks, "Would you like your receipt emailed?" Never! E-books, oh no! Must be a real paperback or hard cover. I need the weight of the book. Black ink on white paper. Airline boarding pass, yep paper. Unless no printer available, I'm not quite a caveman.

Now what do I do with all those paper receipts? Well, there is a special place on my desk that I stack them up. I use a small 30/60-degree angle tool that my father made as a young machinist for a paperweight. When that gets too high to manage, I place them, not so neatly, in a file. Never to be seen again. Then at the end of the year, they go in the trash. You see you must keep them, just in case you need them. Which in 50 years of adulthood has never happened. But old habits are hard to break.

Now Barb on the other hand has completely evolved. E-books, paperless billing, Pinterest instead of magazines, etc. Most all her information comes off her phone, when she can find it, that is.

For me, I still need the magazines and newspapers just like the one you're reading now. There is something about the feel of paper in my hands. That ink smudge that you leave when you take too long to turn the page. Even the sound it makes. When done reading for a while, I can stack them up on the coffee table to be revisited later. Right where I left off; but I never fold the corner. That would be unthinkable.

I'm happy to say that my daughter has been struck with the same affliction as myself. She actually has taken it to an extreme level. She organizes and runs the largest free book swap in Michigan. Bring books and take books, as many as you want. It's all free. Try that with your dumb old e-books! My son takes after his mother. Tech all they. Oh well.

Sorry, no big finish on this article or major thought-provoking point. Just so happy that these paper publications still exist. We need them. The community needs them.

If for no other reason to give businesses like mine to have an affordable way to reach our neighbors. Also, the younger generation needs to know how to operate a paper publication. We have already taken cursive away from them, let's try to keep them engaged with the real community. ■

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



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LOCAL BUSINESS

LEARN HOW TO COMBAT OSTEOPOROSIS THROUGH STRENGTH TRAINING

Submitted by The Exercise Coach®

One area which is of special concern to many of us is osteoporosis. This article aims to explain how improving muscle quality through strength training can improve your bone density and decrease your risk for developing osteoporosis.

OSTEOPOROSIS CAN LEAD TO BONE FRACTURES

Fluctuations in bone mineral density can be normal to some degree. The decreased production of sex hormones, age, and genetics can all be responsible for a low bone density score. Furthermore, people with lower muscular strength, lean mass, and sarcopenia (age-related loss of muscle mass), are associated with and are indicators of osteoporosis.

The concern, however, is not necessarily a lower bone mineral density but the increased risk for a fracture. The lifetime risk of any osteoporotic fracture is high and lies within the range of 40 to 50% in women and 13 to 22% for men. So, what are we going to do about it? Might I suggest improving your muscle quality?

THE MUSCLE QUALITY – BONE DENSITY CONNECTION

There are two ways in which improving muscle quality directly improves the health of the skeletal system and more importantly protects us from greater risk of fractures from osteoporosis.





INCREASED BONE MINERAL DENSITY

Stronger muscles yield greater structural support to the skeletal system as well as greater force absorption.

First, we have the direct, measurable effect strength training has on improving bone mineral density. We are talking specifically about improving your 'score' or the density of the bone on a bone mineral density test.

I think we can all agree that exercise improves bone mineral density. However, it goes back to what our definition of exercise is (see our definition of exercise in this article). All exercise is *not* created equal.

Exercise must force the body to make a positive adaptation. We at The Exercise Coach® define a positive adaptation to include increased bone mineral density.

So, what does work? Right Intensity Training™ of course! The reason is because there is meaningful demand being put on the muscles. We know that as muscles become stronger and capable of generating more force, the surrounding structures – *tendons, ligaments, and bone* – must also become stronger.

Exercise not only needs to induce positive adaptations but also ensures the body is not being put at risk for injury. We are looking for the sweet spot of exercise intensity that forces positive adaptations while protecting the body from any potential injury. This is where our trademarked Right Intensity Training™ is the ideal.

This leads right into the fact that stronger muscles result in stronger structural support for our bones. Remember, osteoporosis means that the loss of bone mineral density has resulted in an increased risk of fracture.

Furthermore, some may even argue that decreased bone mineral density is a natural part of aging that coincides with hormonal changes and it's inevitable. Do we just accept our fate and go quietly into the night if this is true? Of course not!

THE MUSCLE QUALITY – OSTEOPOROSIS CONNECTION

As muscle quality improves, several factors can lead to a decreased risk for fracture. First, think of the stronger the supporting musculature the more forced absorption your body can tolerate. We see this with the eccentric aspects of our training. Not only are we able to absorb more force, but the increased muscle quality also works as a force-dissipating agent to protect our bones.

To recap, walking, low to moderate intensity activity, and weight-bearing recreation do not and will not stimulate improvements in bone mineral density nor does it reduce your risk for osteoporotic fracture. Right Intensity Training™ and improved muscle quality is the only and best way to have a positive impact through exercise.

Good thing you know where to go for that!

Today, more than ever, we need to maintain our physical and mental health for our overall well-being. The workouts at The Exercise Coach® change everything for our clients. ■

See for yourself how you can improve your muscle quality using our unique hi-tech process, which helps our clients get the results that matter most to them at The Exercise Coach®. Visit exercisecoach.com/north-mesa or call (480) 716-6080 for two free sessions!

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EVENT

HOLIDAY BOUTIQUE offers a variety of handmade items

Submitted by the Crafty Ladies of Red Mountain United Methodist Church



The 21st Annual Holiday Boutique at Red Mountain United Methodist Church will take place on Friday, Nov. 6 and Saturday, Nov. 7 from 8 a.m. to 3 p.m. at 2936 N. Power Road in Mesa.

The "Crafty Ladies" of Red Mountain United Methodist Church work throughout the year on a variety of handmade items to offer at the boutique. A number of talented individuals in the congregation also donate handmade items for the event.

Some featured kitchen items include placemats, table runners, hot pads, towels, and microwave bowl holders. Home décor items, such as wreaths, wall hangings, gourd art, florals, and wood crafts, will be available. Our displays include purses, jewelry items, greeting cards, gifts for children, and even items for your furry friends

While "everything Christmas" will be available, the crafters have also created items for other holidays occurring during the year, as well as patriotic and southwestern décor.

In conjunction with the boutique, the Red Mountain United Women of Faith will be hosting their annual bake sale. And before you leave, you can browse their large selection of used jigsaw puzzles!

There is no admission fee for this event — just come and enjoy fun and fellowship while you shop.

The *Crafters* donate their time, talents, and gifts. Proceeds from the Holiday Boutique are designated for the preschool and children and youth ministries of the church. ■

For more information, visit redmountainumc.com or call (480) 981-3833.

SPIRITUALITY



Sunrise and Sunset A Heavenly Metaphor

By Judy A. Knox

Usually in November I think about Thanksgiving and write about the importance of being thankful. In considering this year's article, I thought first about family, friends, good health, and other blessings in my personal life. Thanksgiving is definitely a season that reminds us to be thankful for these blessings. But wait — there's more! How about those glorious Arizona sunsets?

From a spot near my home, I can watch the colors change as they blaze across the western horizon. The psalmist David said, "They who dwell in the ends of the earth stand in awe of Your signs; You make the dawn and the sunset shout for joy" (Psalm 65: 8). Yes, sunrise and sunset happen regularly every day, which is amazing in itself, but then God also arranged atmospheric conditions to treat us to a beautiful display of vibrant color. He didn't need to do that. Those beautiful colors are a bonus.

Every day the sun comes up, and every evening it goes back down. No need to be sad when it sets or worry whether it will rise again in the morning. It will. Some days the sky may be covered in thick clouds hiding the sun from view, but we know it's shining even though we can't see it, and will continue to rise and set. We know we can count on it.

What an awesome reminder this is of God's faithfulness. Just as we can depend on the sun to rise, shine, set, and rise again, we can depend on God to do what His Word promises He will do. Like the sun shining behind the clouds, even in the darkest times He's there, working behind the scenes. God told Jeremiah the prophet, "I am watching over My Word to perform it" (Jeremiah 1:12). Our God is faithful, and He is actively engaged in bringing His Word to pass.

Some days things don't seem to work out the way we had hoped, and it may be difficult to see God at work in our lives. At such times, I may wonder, "Where is God in all this?" Of course, the answer is simple. He's right where He belongs. The problem is not with Him, but with my losing sight of him in some way. I have let clouds of doubt, fear, or other negative emotions block my view of God's grace and goodness.

The antidote is to open up the Bible and read what God says about who I am and what I have in Christ, who loved us so much that He gave his life for us (Romans 5:8) and then gave us every spiritual blessing. "Faith comes by hearing, and hearing by the Word of God" (Romans 10:17). When I refocus on the truth of God's Word, my faith is restored and the clouds of negative thinking soon clear. I can consider some of the Words God is hastening to perform, such as the assurance in Lamentations 3:22-24 that, "His mercies are new every morning."

Thankfulness is never out of season, and God's faithfulness is certainly something to be thankful for. Let every sunrise and sunset be a reminder that God is on the job! He is faithful. We can count on him. And next time you see a glorious sunset, remember that those amazing colors are just God's little extras, special messages to remind us of his love. ■

Judy A. Knox is the author of Dewdrops of Grace and A Widow's Might: The Secret of Finding Strength in God. For more information, visit judyaknox.com.





LOCAL BUSINESS

Ageless Recovery & Med Spa

A New Destination for Wellness, Recovery, and Beauty



By Natasha, Registered Nurse and Owner of Ageless Recovery & Med Spa

What if you could support your wellness, recovery, and natural beauty — all under one roof?

That's the vision behind Ageless Recovery & Med Spa, opening soon in East Mesa near Power and McDowell roads.

I'm Natasha, a registered nurse and owner of Ageless. I've been a nurse for 25 years, with an original background in oncology and emergency room nursing. Those experiences shaped my deep passion for preventative medicine and helping people take a proactive approach to their health and well-being.

After years of providing medical aesthetic treatments, I'm excited to expand into a welcoming destination where beauty, recovery, longevity, and preventative wellness come together.

Our new facility will offer wellness therapies designed to complement a healthy, active lifestyle:

- **Hyperbaric Oxygen Therapy (HBOT):** Relax in a pressurized chamber while breathing oxygen, supporting increased oxygen delivery to the body's tissues.
- **Whole-Body Cryotherapy:** Enjoy a brief cold-temperature session designed to support post-exercise recovery and temporarily relieve muscle soreness.
- **Full-Body Red & Green Light Therapy:** Experience a relaxing, noninvasive treatment using red and green light to support skin health and overall wellness.

Our goal is to create a comfortable space where you can invest in your health, confidence, and well-being at every stage of life. ■

We're opening soon. Optimize health. Enhance beauty. Live ageless. Join our exclusive grand-opening waitlist for updates, early membership access, and special founding-member offers: https://agelessrecovery.net/waitlist-grand-opening.

EVENT

Holiday Bake Sale & Christmas Market

FEATURES UNIQUE FAVORITES



Submitted by the Antiochian Women of Saint Ignatius

The Antiochian Women of Saint Ignatius invite one and all to our annual Holiday Delights Bake Sale and Christmas Market on Saturday, Dec. 5, from 9 a.m. to noon.

A variety of homemade baked goods will be available, including ethnic offerings such as Serbian nut rolls, Czech jam bars, Baklava, and Greek cookies. Our baking elves are also busy making holiday treats from chocolate covered peanut butter balls and dipped pretzels, to cinnamon rolls, specialty loaves, delightful sourdough, and an assortment of scrumptious cookies. New this year, we will also have a variety of community favorite vegan offerings.

Our crafting elves are preparing a variety of delights from handcrafted decor to boutique items, craft kits, ornaments, and more.

Take a break and check a few things off the holiday list – come find that something special to sweeten a holiday event, grab a ready-made teacher gift, or enjoy holiday delights just like Grandma used to make. Funds raised will be used to supplement our community service projects and local charity organizations. We are a growing English-speaking Eastern Orthodox Christian Church in the Antiochian Archdiocese of North America. We love visitors and hope our neighbors will stop by to visit and get to know us! ■

For information regarding Holiday Delights, please contact Rebecca Cook at (480) 686-2690. For more about the church, please visit our website at saintig.org or visit us at 2402 N. Usery Pass Road, in Mesa.

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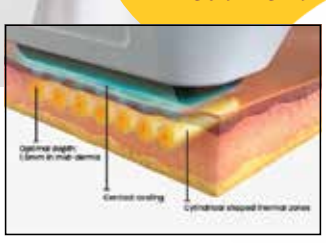
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REAL ESTATE

Rising Mortgage Rate Strategies for Buyers and Sellers

By Lorraine Ryall, Associate Broker, CDPE, CSSN, CNE Compass



Just when we were hoping mortgage rates would start heading in the right direction, they took another turn. After hovering in the mid-6% range in September, mortgage rates climbed into the mid-7% range in October, an increase of approximately one percentage in just a few weeks.

This sudden increase has impacted both buyers and sellers. However, the good news is that there are some creative strategies that can help navigate higher interest rates.

BUYERS: IS NOW A GOOD TIME TO BUY?

While interest rates are higher, waiting for them to come down may not necessarily be the best strategy. There is no guarantee rates will decrease anytime soon, and in fact, they could increase even further.

If you purchase a home today with a fixed-rate mortgage and interest rates continue to rise, you've already locked in your rate. However, if rates decrease, you can refinance at a lower rate.

The good news is we are in a buyers' market, which gives buyers greater negotiating power, not only on the purchase price but also on the terms.

Sometimes negotiating the terms of a purchase can save you considerably more than negotiating the price.

PRICE REDUCTION VERSUS SELLER CONCESSIONS

Let's say you're purchasing a home listed at $700,000.

OPTION A: NEGOTIATE THE PRICE

You offer $679,000, a $21,000 reduction. Assuming a 20% down payment, a 30-year conventional mortgage, and a 7.25% interest rate, your monthly principal and interest payment would decrease by approximately $121.

OPTION B: ASK FOR SELLER CONCESSIONS

Instead of reducing the price, you offer the full $700,000 but ask the seller to contribute $21,000 toward your closing costs and other eligible expenses.

This is called a seller concession, and it can be a powerful negotiating tool.

These funds can help cover closing costs, prepaid expenses, and mortgage rate buydowns, allowing buyers to keep more money in their pockets.

A RATE BUYDOWN?

What is a mortgage rate buydown? A permanent rate buydown allows buyers to pay an upfront fee, called discount points, to secure a lower interest rate for the life of the loan.

As a general guideline, one discount point costs 1% of the loan amount and may reduce the interest rate by approximately 0.25%, although the actual reduction varies.

For example, on a $560,000 mortgage, one point would cost $5,600. If that reduced your rate from 7.25% to 7%, you could save approximately $103 per month on principal and interest.

When you negotiate sellers' concessions, these funds may be used to buy down your rate, so the seller is paying for your rate buydown.

TEMPORARY RATE BUYDOWNS: ANOTHER GREAT OPTION

Some lenders are currently offering promotional one-year temporary rate buydowns at no cost to buyers or sellers. However, check with your lender, as some may offset the cost with a slightly higher interest rate. While Realtors cannot provide mortgage advice, we can connect you with trusted lenders offering these programs.



With a 1-0 buydown at NO COST to the buyer or seller – If your mortgage rate is 7.25%, your payment would be calculated at:

Year 1: 6.25%. **Year 2 onward:** 7.25%

This can provide significant savings during that first year of approximately $372 a month.

With a 2-1 temporary rate buydown – This does come with an upfront cost, but the good news is that you can negotiate for the seller to cover some or all of this expense through seller concessions, potentially saving you thousands of dollars during the first two years of your mortgage.

Using the same 7.25% mortgage rate:

Year 1: 5.25%. **Year 2:** 6.25%. **Year 3 onward:** 7.25%

Saving approximately $728 a month for the first year and $372 a month in the second year.

This allows buyers to ease into their mortgage payments while freeing up money for furnishings, improvements, or those unexpected expenses that come with homeownership.

Remember, these reductions are temporary. Buyers must qualify and should be comfortable making the final payment even if refinancing never becomes an option.

SELLERS: GET CREATIVE INSTEAD OF JUST REDUCING YOUR PRICE

When the market becomes more challenging, sellers need to think differently.

Reducing your asking price by $5,000 or $10,000 may not make much difference to a buyer's monthly mortgage payment. However, offering that same amount toward closing costs or a rate buydown could be considerably more attractive.

A buyer struggling with upfront closing expenses may find a $10,000 concession far more beneficial than a $10,000 price reduction.

Offering concessions may help attract more buyers.

Knowing how to negotiate can make all the difference! ■

Whether you're buying or selling, understanding your options in today's market is key. If you have any questions or would like to explore the best strategies for your situation, please don't hesitate to reach out. I'm always happy to help!

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If Mary Poppins traded her umbrella for a real estate license, she would be Lorraine Ryall. Moving can be an absolute whirlwind of stress, but Lorraine swoops in with her cheerful British charm, incredible market expertise, and an uncanny ability to make the entire process feel like a walk in the park.

Just like the iconic nanny, she is fiercely organized, exceptionally capable, and always seems to pull the perfect solution out of her carpet bag of tricks—whether it is finding a last-minute contractor or navigating complex paperwork. She handles every single detail with absolute grace and precision, leaving no stone unturned to ensure her clients are completely taken care of.

What truly sets Lorraine apart is the joy and calm she brings to what is usually a high-stress experience.





FEATURED LISTING





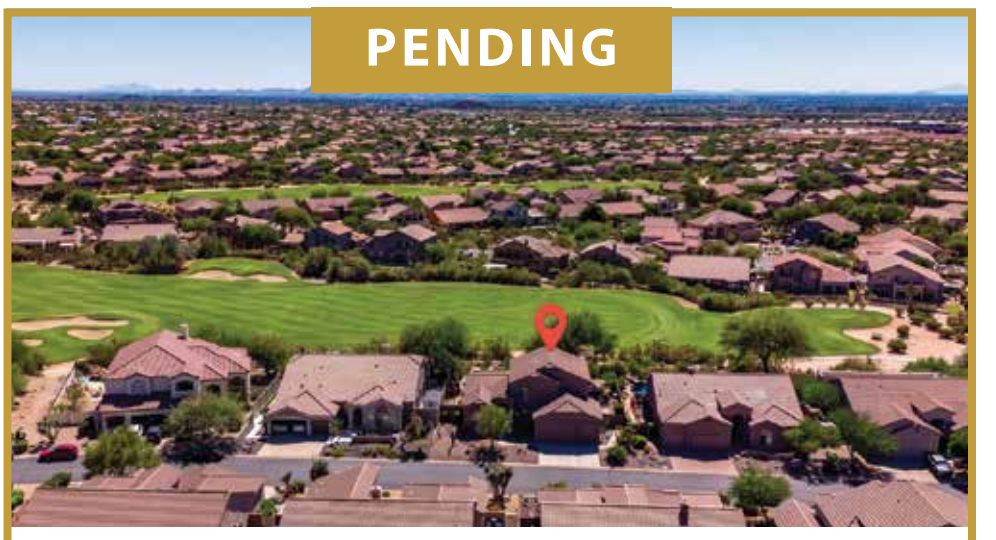
SKY MOUNTAIN ESTATES - 6446 E Trailridge Circle Unit 55 - $1,350,000
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PENDING



LAS SENDAS - 7349 E Red Hawk St - $1,095,000
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NEW LISTING



LAS SENDAS - 7026 E Regina St - $629,000
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RESERVE RED ROCK - 5928 E Sierra Morena St - $969,000
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REAL ESTATE

DREAMING OF WINTERS IN ARIZONA?

Six Things to Know Before Buying a Winter Home

By John and Natascha Karadsheh, KOR Properties


Natascha and John Karadsheh

Every year around this time, we welcome friends, neighbors, and clients back to Arizona for the winter. And who can blame them? While much of the country is preparing for snow and freezing temperatures, we are looking forward to sunny afternoons, desert hikes, golf and pickleball under the blue skies, outdoor dining, and some of the best winter weather in the country. It's why 400,000 seasonal snowbirds come back to the Valley of the Sun each season!

For many winter visitors, owning a home in Arizona is a dream. Having a place of your own to enjoy the season, welcoming family and friends, and embracing the Arizona lifestyle is a wonderful thing.

But buying a winter home comes with some unique considerations. Here are six things we encourage buyers to think about before making the leap:

1. FIND THE RIGHT COMMUNITY AND LIFESTYLE

Arizona offers an incredible variety of communities. From active golf communities and quiet desert neighborhoods to vibrant city condos and tranquil palm tree-lined estates – the Valley of the Sun truly has it all. When you start to think about purchasing a winter home, take your time to explore different areas, and think about how you want to spend your winters here. Do you enjoy golf, pickleball, hiking, or an active social calendar? Is proximity to restaurants, shopping, sporting events, or the airport important? A beautiful home is important, but finding the right community can make all the difference.

2. WORK WITH A LOCAL AGENT WHO REALLY KNOWS THE AREA

Metro Phoenix has more than five million residents and is also geographically vast. Consequently, neighborhoods that look similar online can offer very different lifestyles and long-term value. Choosing an experienced local agent who will help you understand the communities, HOA structures, amenities, and nuances that make each neighborhood unique is important. Your realtor will also be a resource for you for repair people, amenities, community information, and may even help you to meet new friends and neighbors.

3. PAY ATTENTION TO LOT ORIENTATION AND SUN EXPOSURE

This is something buyers from colder climates don't always consider, but in Arizona, lot orientation can make an enormous difference in enjoyment and value. A south-facing backyard can offer wonderful winter sunshine, while north-facing patios tend to be cooler and more shaded. West-facing yards may have spectacular sunsets but can also experience intense afternoon heat in the summer. Understanding how sun exposure affects your outdoor enjoyment, energy efficiency, and future resale appeal is especially important in our desert climate.

4. UNDERSTAND THE YEAR-ROUND MAINTENANCE AND TRUE COST OF OWNERSHIP

If you are only here for part of the year, consider how much maintenance you're willing to manage from a distance. Some communities include landscaping, exterior maintenance, and even roof repairs, while others leave nearly everything to the homeowner. Arizona summers can be tough on an unattended home, with extreme heat, monsoon storms, irrigation leaks, and pool or mechanical failures. Understanding what your exposures are on the front end is something you may want to consider. Beyond the purchase price, also consider property taxes, insurance, utilities, HOA fees, landscaping, pool service, regular property checks, and the cost of club memberships. Understanding the full cost of ownership will help you budget accordingly and enjoy your Arizona home with greater peace of mind.

5. PRIORITIZE THE FEATURES THAT MATTER MOST

One of the greatest joys of wintering in Arizona is enjoying the outdoors every day. A sunny patio, beautiful mountain views, gorgeous sunsets, a heated pool, and community activities can add so much to your experience. Before you buy, think about how you'll actually use your home. Will you be entertaining friends or welcoming family for the holidays? Do you need extra bedrooms, a home office, or storage for belongings? Make sure you choose a home that will support how you want to live in the winter months.

6. DON'T IGNORE THE RESALE SIDE OF THE EQUATION

We represent many winter visitors as buyers, but we also represent many as sellers. When you are buying your winter home make sure you are considering the future sale of your property. What will the home look like in 5 to 10 years? How much maintenance will be required down the road to make it sellable? Is the community well-maintained or on the decline? These are all factors to consider when purchasing your winter home.

There really is something special about spending the winter in Arizona. People started wintering in the Valley in the late 1800s and there is a rich tradition here that has drawn sunseekers for generations. ■

As local experts in Northeast Mesa, we have helped hundreds of clients find their perfect winter spot right here in the Valley. We understand the complexity, always provide candid advice, understand the nuances, and take a personal interest in helping our clients find their perfect place! Give us a call today and let us help you find your place in the sun!

Las Sendas Real Estate MARKET REPORT



PRESENTED BY JOHN KARADSHEH

KOR PROPERTIES

Sales for the Month of September 2026

ADDRESS	SQ FT	COMMUNITY	SOLD PRICE
2945 N Sonoran Hills	1,740	Desert Creek	$418,000
7521 E Oasis Cir	1,794	Silverhawke	$595,000
7445 E Eagle Crest Dr #1097	2,460	Cachet	$565,000
3055 N Red Mountain #74	1,756	Ironwood Pass	$675,000
3060 N Ridgecrest #76	2,732	Desert Vistas	$715,000
3017 N Sawyer	2,732	The Terraces	$730,000
3060 N Ridgecrest #145	2,226	Desert Vistas	$870,000
7963 E Sugarloaf Cir	2,664	Whispering Ridge	$890,000
3632 N Eagle Canyon	2,757	Boulder Canyon	$960,000
7664 E Torrey Point Cir	2,814	Pinnacle Point	$1,125,000
6952 E Trailridge Cir	3,433	Sonoran Hills Estates	$1,160,000
7619 E Tasman Cir	4,275	Pinnacle Point	$1,100,000

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

LOCAL BUSINESS

A Thanksgiving Message from A Plus Home Watch of Arizona

Because peace of mind is something to be thankful for.

As the holiday season arrives and families gather near and far, many homeowners begin traveling — sometimes for a couple months, sometimes for the entire season. While you're making memories around the Thanksgiving table, your home still deserves attention, care, and a reliable presence.

That's where **A Plus Home Watch of Arizona** comes in. Our services are designed specifically for homes left unoccupied during travel, seasonal transitions, or extended time away.

WHY HOMEOWNERS RELY ON A PLUS HOME WATCH

Thanksgiving marks the beginning of a busy season — travel increases, deliveries stack up, and homes sit empty. A Plus Home Watch of Arizona helps reduce the chance of unexpected issues.

Homeowners appreciate:

- Early detection of concerns before they grow into costly problems
- Customized checklists based on your priorities and your property's needs
- Immediate communication if something requires attention
- A consistent presence at your home during your absence

From checking for visible signs of leaks or irregularities to confirming that key systems appear to be functioning normally, our visits help keep your home running smoothly while you focus on what truly matters.

5 LESSONS HOMEOWNERS LEARN WHEN HIRING THE RIGHT HOME WATCH SERVICE

Hiring a professional Home Watch service teaches homeowners valuable truths about caring for a vacant property:

1. **Not all services are equal** — choosing a vetted, reputable company matters.
2. **Home Watch is not security or housesitting** — it's a professional inspection service with purpose and accountability.
3. **Early detection saves money** — small issues grow quickly when no one is home.
4. **A reliable presence brings peace of mind** — knowing someone is physically checking your home makes all the difference.
5. **Ethics and professionalism matter** — your home deserves someone who treats it with care, respect, and responsibility.

THIS THANKSGIVING, GIVE YOURSELF THE GIFT OF PEACE OF MIND

The holidays are meant for gratitude, connection, and rest — not worrying about what might be happening back home. While you enjoy family gatherings, travel plans, or quiet moments of reflection, A Plus Home Watch of Arizona will be keeping watch.

Your home deserves attentive care. You deserve a holiday season filled with comfort and ease. ■

For more information, call (480) 253-7665 or email jill@aplus-homewatch.com.

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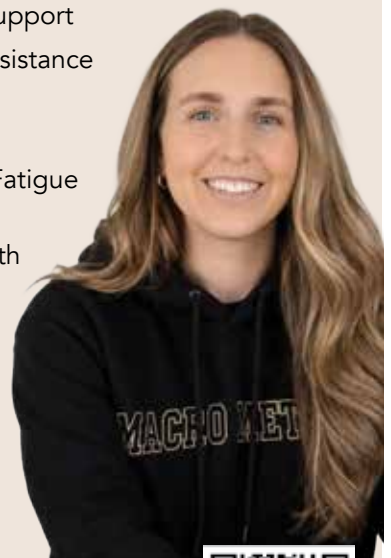
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LOCAL BUSINESS

The Benefits of Massage
Self-Care is Not Selfish

By Deanna Bourn, LMT


Deanna Bourn

When I began writing this article, so many things came to mind about the benefits of receiving a massage from me — who I am, what I do, and the training and 15 years of experience I bring to my work. Yet, as I tried to put it all into words, nothing seemed to capture what I truly wanted to share.

So today, while working with my client, Grace, I asked, "Grace, why is it you come to me regularly?"

She said, "Because you are caring. I can relax here. I can breathe here. You listen to me. I know you understand where my pain is. It's hard when people don't acknowledge your pain or say it's all in your head. You don't do that. You ask questions and really listen."

It made me realize that my technical skills may be what first brought Grace through my door, but the care and compassion I give her is what keeps bringing her back.

Stress often causes us to tighten our shoulders, clench our jaws, and hold tension in our backs and necks. Massage can help relieve muscle tension, reduce stress, ease certain types of pain, and promote relaxation. It gives us time to slow down, breathe deeply, and reconnect with our bodies.

You don't have to wait until stress overwhelms you, tension builds up, or pain starts interfering with your everyday life to take care of yourself.

You deserve to feel good before you reach your breaking point. Self-care isn't selfish, and taking care of yourself shouldn't have to wait until something hurts.

But massage is about more than muscles. It's also about feeling safe, respected, and heard. Sometimes, people need someone who acknowledges their discomfort instead of dismissing it. A caring touch, thoughtful questions, and a listening ear can make a meaningful difference.

My training and experience matter, of course, but so do the care and compassion I bring to every session. Thank you, Grace, for expressing just how much that can mean.

I'd like to help you feel better, too. Call me for an assessment, and let's put together a personalized plan that helps with your overall sense of well-being. ■

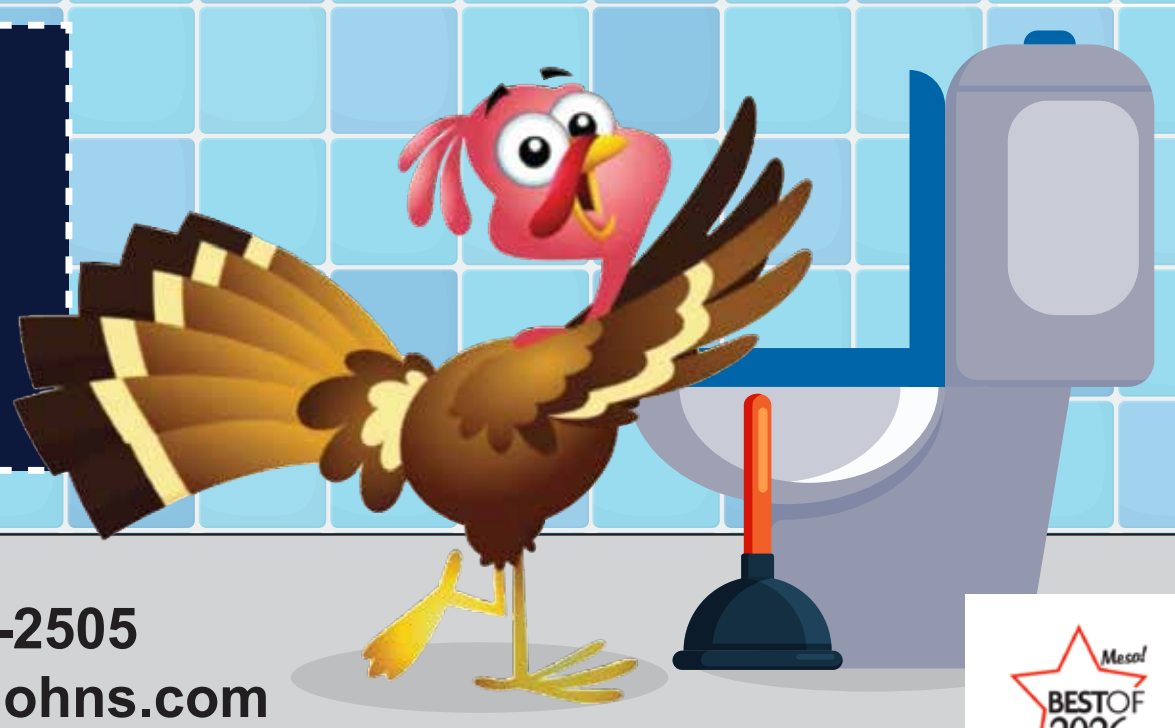
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EDUCATION

Mesa Community College Delivers Exceptional Academics, Affordability, and Relevance in Today's Job Market









Submitted by Mesa Community College

While some may question the cost and relevance of earning a degree from traditional, four-year colleges and universities in an evolving job market, community colleges continue to educate nearly 44% of all undergraduates in the United States, offering extensive options for affordable, industry-relevant degrees and certifications.

Mesa Community College (MCC) delivers exceptional value to students and the local community it serves, fostering lasting social, economic, and lifestyle benefits. Through numerous programs in which students can obtain certifications, transfers to Arizona's state universities, and new, four-year degrees, MCC opens doors to opportunity for more students than any other sector of higher education.

Students who have studied at MCC and entered the Maricopa County workforce receive higher earnings than those who have not pursued higher education. According to the U.S. Department of Education College Scoreboard, the median earnings of MCC graduates four years after graduation is $68,596. The average MCC graduate earning an associate degree will have an increase in earnings of $9,700 annually compared to those with a high school diploma or equivalent working in Arizona, based on a 2025 *Lightcast Economic Impact Study*.

Communities and counties rely on MCC to develop talent, create workforce-ready employees, and expand economic opportunities. MCC is one of the primary sources of higher education to Maricopa County residents and a strong supplier of trained workers to local industries, enhancing overall productivity of the workforce.

Supporting a variety of industries in Maricopa County, MCC serves county businesses and benefits society as a whole from an expanded economy and improved quality of life. Benefits created by MCC extend to state and local governments through increased tax revenues and public sector savings.

Opportunities offered to students by MCC include:

- **Career and Technical Education:** Prepares students for workforce-ready job opportunities, integrating traditional academic learning with career-focused study and real-world experience.
- **University Transfer Programs:** MCC partners with all state universities (Arizona State University, Northern Arizona University, and University of Arizona) to offer degree and certificate pathways so students can easily transfer. Among bachelor's degree recipients at these schools, 15% started as transfer students from MCC.
- **Four-year Bachelor's Degree Programs:** For those preferring four-year degree programs representing value and convenience, MCC also offers two bachelor's degrees – Bachelor of Applied Science, Data Analytics and Programming; and Bachelor of Arts in Early Childhood Education – Dual Language. MCC will offer a Bachelor of Science in Exercise Science with emphases in Fitness and Human Performance and Pre-Physical Therapy beginning Fall 2027. ■

Registration for MCC's Spring 2027 semester is underway. Explore your options and request information specific to your needs at mesacc.edu/future-students.



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incarizona.com

COMMUNITY

Red Mountain Community Social Club
OFFERS FELLOWSHIP AND SOME UPCOMING FREE FUN

By Cathy Barthel
Photos by David Bender

STRENGTHENING OUR COMMUNITY THROUGH PARTNERSHIPS



Working together to maximize shared resources, support community events, and strengthen the future of Red Mountain Ranch… ARMR and RMCSC: Where Three Pillars Come Together

This past year, Red Mountain Community Social Club (RMCSC) teamed up with Advance Red Mountain Ranch (ARMR) to serve as greeters at ARMR neighborhood events. ARMR, a 501(c)(3), was founded after residents joined forces to push back on unwanted development and keep our neighborhood the way we love it.

This November, ARMR will once again sponsor Red Mountain Community Day along with Red Mountain Ranch Owners Association (RMROA) and the Red Mountain Ranch Country Club (RMRCC). Look for our RMCSC volunteers, who will be on hand to welcome attendees and manage the Kids Zone alongside representatives from Mesa's idea Museum.

COMMUNITY DAY, NOV. 14: FREE FOOD AND FUN

If you've ever wondered what makes Red Mountain Ranch special, come see it in action on Saturday, Nov. 14 from noon to 4 p.m. at the RMRCC.

With a street fair vibe, wander through 30 kiosks showcasing local craftsmen and vendors. Spin the Wheel at the Fat Cats exhibit.

Enter the raffle — last year we gave away $3,000 in prizes! Receive one free ticket when you get your name tag.

Fill a plate with free hamburgers, hot dogs, brats, or pizza.

You'll meet representatives from your favorite restaurants, like Red White & Brew, Pacino's, D'Vine Wine Bar & Bistro, and Board & Batten.

Tap your toes to live entertainment, kick up your heels with line dancing, cool off in the newly renovated country club pool, or sidle up to the cash bar; find lots of shady places to sit and catch up with neighbors.

The morning starts with a kids' pickleball tournament wrapping up at noon — then local pros will take the court for an exhibition and clinic you won't want to miss.

The Mesa Fire Department will be on hand with their hook and ladder truck — a favorite stop for kids and grown-ups alike.

Keep an eye on the sky for the Mesa Police Department's aviation helicopter — it's scheduled for a flyover.







UPCOMING ARMR EVENTS THIS SEASON AT RMRCC:

Look for Social Club members and their smiling faces to welcome you — we serve as the official greeters at ARMR events!

- **Holiday Golf Cart Parade:** Dec. 14, 2026
- **The Chili Cook Off:** Jan. 24, 2027
- **The Happy Appy:** Feb. 21, 2027
- **St. Paddy's Day Celebration:** March 17, 2027
- **Summer Luau:** April/May TBD

COMING IN NOVEMBER FOR RMCSC MEMBERS:

- **Wine Time:** D'Vine Bistro, Nov. 5, 4 p.m.
- **Salute to our Veterans:** RMRCC, Nov. 12, 9:30 a.m.
- **Hale Theater – Annie:** Nov. 13, 4 p.m.
- **Community Day:** RMRCC, Nov. 14, Noon to 4 p.m.
- **Ladies Lunch:** American Way BBQ, Nov. 16, Noon
- **Men's Breakfast:** RMRCC, Nov. 25, 9 a.m.

SAVE THE DATE:

Our annual Holiday Party, this year with a Nutcracker theme, will be held at RMRCC on Dec. 10; time TBA.

THERE'S NO BETTER TIME TO JOIN?

Our season is in full swing, with plenty of opportunities to connect, learn, volunteer, and enjoy good food, good company, and great fellowship. Living in RMR is not a requirement to join; membership is open to our Mesa East Valley neighbors — simply visit RMCSC.org to get started. ■

mesa PUBLIC SCHOOLS
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Enjoy free or discounted admission to plays, concerts, musical theater and sports!

Free for residents age 55 and older who live within MPS boundaries. Their spouses are eligible regardless of age.

Scan the QR code or call Mesa Public Schools at 480-472-0200 for more information.



mpsaz.org | @mpsaz | mpsaztv

LOCAL BUSINESS

My #1 Chauffeur Is Back for the Fall Season



Winter visitors, welcome back to Arizona.

The fall season is here, and Dirk Van Leenen, owner of My #1 Chauffeur, is delighted to announce that he is back and ready to welcome his winter visitors once again!

Dirk is looking forward to reconnecting with his regular customers and welcoming familiar faces back for another wonderful season in the Valley of the Sun.

Whether you are arriving at Phoenix Sky Harbor International Airport for your winter stay or heading back to the airport when it is time to leave, My #1 Chauffeur is here to make your airport transportation comfortable, convenient, and worry-free.

Why deal with the stress of driving, parking, or arranging last-minute transportation? Let Dirk take care of the drive so you can sit back, relax, and enjoy a smooth ride to or from the airport.

Dirk believes in providing friendly, dependable, and personalized service, and he truly appreciates the trust and loyalty of his returning customers. He looks forward to seeing familiar faces and helping make your travels to and from Phoenix as pleasant as possible. ■

Returning to Arizona this season? Contact Dirk at (480) 512-9757 to arrange your airport transportation in advance.







Over 50 Up Close
Bringing active adults closer to their community
November 2026

HEALTH Over 50

It's Medicare Annual Enrollment – Help!

By Lynne Jones, Tapestry Insurance


Lynne Jones

Right now, we are in Medicare Annual Enrollment and there are so many commercials, advertisements, and mailers that all the plans and options available are starting to look like a foreign language.

Even after extensive research, making a decision can be daunting.

Fortunately, you don't have to make sense of it all on your own. I am a licensed and trained Medicare health plan agent and have worked for the past 13 years to become knowledgeable about Medicare health plans.

I attend seminars and train to stay up-to-date on the latest information. It's complicated and there's so many moving parts, so I always think to myself, 'Why would you ever tackle this on your own?'

I make appointments with clients so together, we can identify what is needed and provide information to ensure everybody fully understands all the options available. Once I help someone enroll in a plan, then I become their agent and can continue to work with them each year.

During the annual Medicare enrollment period, I speak with my clients to confirm they have been satisfied with their plan or help them choose a new plan.

As a Medicare health plan agent, I am paid by insurance companies, so my clients don't pay any out-of-pocket fees for my help. I don't pressure anyone; just simply provide information, present options, and let them choose what is best for their situation.

Someone asked me which plan is "best." Quite honestly, it depends on what is best for each individual.

If you would like help looking over your options or if you are turning 65 in the next year, please feel free to call or email me to arrange an appointment. ■

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

EDUCATION Over 50

MPS Gold Card Opens the Door to Student Talent and School Spirit

Submitted by Mesa Public Schools





Friday night athletics, live music, theater productions, and student performances are happening throughout Mesa Public Schools, and more community members are discovering they don't need to have a student enrolled to be part of the experience.

The MPS Gold Card invites eligible Mesa residents to come back to their neighborhood schools as audience members, fans, and supporters. Available for free to residents age 55 and older who live within MPS boundaries, the card provides free or discounted admission to many MPS plays, concerts, musical theater productions, and athletic events. Spouses of eligible residents may also receive a card, regardless of age.

This November is a great example of what Gold Card holders can experience. Student productions include *The Best Christmas Pageant Ever* at Mesa High School and *Fantastic Mr. Fox* at Mountain View High School, along with concerts, athletic competitions, and other events happening across the district.

With so much happening, MPS has made it easier to decide what to see next. Residents can visit mpsaz.org/gold-card to find upcoming performing arts events and links to high school athletics schedules throughout the year. ■

Gold Cards can be requested online or picked up at the MPS District Office, 549 N. Stapley Drive, Building 2 lobby. In a hurry? Call (480) 472-0074, and district staff can have a card ready for pickup.

For our 55+ Mesa residents, the MPS Gold Card offers more than admission to an event. It's an invitation to support the next generation of Mesa students and stay connected to the schools at the heart of the community.

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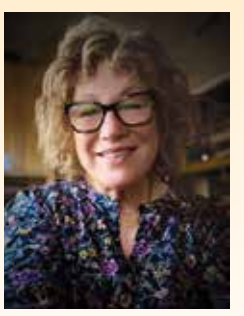
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Turning 65 or plans changing?

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.

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- **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
480-212-2246
jonesdvp@yahoo.com

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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LAST MONTH: Wild Burros. **THIS MONTH:** Camels.

BEYOND THE CACTUS

Unexpected Arizona – hiding in plain sight

Camels Roamed Arizona

WAIT… WHAT???

Yes. Camels. In Arizona. And the story gets even stranger.

Last month, Beyond the Cactus took us down the road with Arizona's wild burros. This month, we're sticking with four legs, but going considerably taller.

Camels. In Arizona.

And no, this isn't one of those Old West stories that became a little more colorful every time somebody told it.

Long before Arizona became a state, camels really were crossing our desert.

Even more surprising? **The United States government brought them here.**

SOMEONE ACTUALLY THOUGHT CAMELS WERE A GOOD IDEA

When you think about it, they were.

In the 1850s, crossing the Southwest meant enormous distances, brutal temperatures and long stretches without dependable water. The government wondered if there might be an animal better suited to desert travel than horses and mules. Enter the camel.

In 1855, Congress appropriated $30,000 to test camels for military transportation. The animals were brought from overseas to Texas along with experienced handlers, including a man named **Hadji Ali**.

American soldiers had trouble pronouncing his name, and Hadji Ali soon became **Hi Jolly**.

HERE'S THE SURPRISING PART: IT WORKED

In 1857, explorer Edward Fitzgerald Beale took 25 camels along while surveying a wagon road across the Southwest.

The camels carried heavy loads, traveled long distances and handled the dry terrain remarkably well. Beale became a believer.

Then came the Civil War. Priorities changed, the experiment ended and the government's camels were eventually sold or dispersed.

That could have been the end of the story. It wasn't.

CAMELS CLOSER TO HOME

Years later, camels were showing up in other parts of Arizona Territory, including surprisingly close to today's East Valley.

Historical accounts tell of camels being used in **1876 to haul ore from the Silver King Mine**, east of what is now Apache Junction near present-day Superior, toward the Gila River and Yuma.

The next time you're driving east from Mesa toward the Superstitions, picture a very different scene on that desert landscape: **a pack train of camels hauling Arizona silver**.

Not exactly the Arizona history most of us learned in school.

Hi Jolly also stayed in the Southwest. He eventually settled in Quartzsite after working as a camel driver, scout and miner. He died there in **1902**, and today his grave is marked by a pyramid-shaped monument topped with a metal camel.

It's still there.

But Arizona's camels left behind more than a monument. They also left us a mystery.

THE RED GHOST

By the 1880s, stories were circulating around Arizona Territory about a frightening creature roaming the desert.

It was enormous. It was reddish. And apparently, it was a camel.

People called it **the Red Ghost**.

Settlers told stories of frightening encounters with the animal. It was blamed for terrorizing livestock and, in one particularly dark version of the story, the death of a woman.

Then came the detail that turned the Red Ghost into legend.

People claimed there was a **human body strapped to its back**.

Or at least something that appeared to be one.

Over the years, the stories grew. Eventually, accounts said the mysterious animal was killed and identified as a large feral camel.

Was there really a body strapped to its back? Was the Red Ghost responsible for everything attributed to it?

That's where documented history gives way to Arizona folklore.



What makes the legend so intriguing is that **a camel wandering through the Arizona desert wasn't unbelievable at all**.

Camels really had been brought to the Southwest. Some were sold into private hands. Others escaped or were released, and reports of free-roaming camels continued for years.

So somewhere underneath the legend of the Red Ghost may have been something very real.

A camel loose in Arizona and one very good story that got better every time someone told it.

ONLY IN ARIZONA

Today, it's hard to imagine looking toward the Superstitions and seeing a camel moving across the desert.

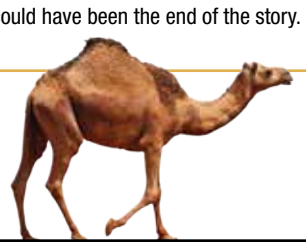
But once upon a time, camels really were part of Arizona's landscape. They crossed the territory, carried supplies, hauled silver and left behind stories strange enough that we're still talking about them nearly 150 years later.

Last month, burros.

This month, camels.

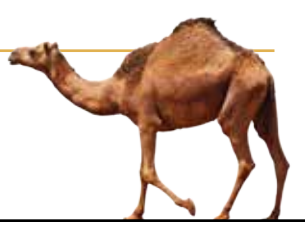
Just when you think you know Arizona, another story comes walking out of the desert.

Until next time, there's always something more to discover **Beyond the Cactus**.



WHY *BEYOND THE CACTUS?* Arizona is full of stories hiding in plain sight. Each month, I'll go looking or another one. Know an unusual Arizona place, fact, or mystery I should explore? Send it my way — it may become a future column.

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- Foot sugar scrubs with hot towels
- Reasonable rates
- Aromatherapy included in every session
- No tipping!

Deanna Bourn, LMT
deannabourn.massagetherapy.com
480-421-8230
Call or text to set an appointment

Free hot stone enhancement with your first session (a $15 value)

The Vistas Pavilion at Las Sendas

STOCK YOUR CELLAR EVENT

Calling all Wine Lovers - It's time to get ready for spring and there is no better way than to sample and purchase fine wines at an industry discount.

Join us on November 21st, 2026 from 3:00pm - 5:00pm **(Wine Club Members have early access from 2:00pm to 3:00pm)** at The Vistas Pavilion at Las Sendas for our ***Stock Your Cellar Event***.

Local wine experts will be pouring a wide range of varietals. Orders placed during the tasting will be available for pick up at a later date, please allow up to 1 week for your order to arrive.

7555 E. Eagle Crest Drive, Mesa AZ 85207
480.396.4000 ext 222



Las Sendas Golf Club

November 2026

Live Music 5:30 to 8:30

AT THE GRILLE & PATIO

SUN	MON	TUE	WED	THU	FRI	SAT
1 Anthony Mazzella	2 Matt French	3 Eric Miller	4 Christopher Robin	5 John Burak	6 Walt Richardson	7 Anthony Mazzella
8 Taide Pineda	9 Matt French	10 Eric Miller	11 Todd Nighswonger	12 John Burak	13 Anthony Mazzella	14 Jeordie
15 Scott Hallock	16 Matt French	17 Rick Cucuzza	18 Todd Nighswonger	19 John Burak	20 Anthony Mazzella	21 Michael Spero
22 TBD	23 Matt French	24 Eric Miller	25 Taide Pineda	Thanksgiving Day	27 Anthony Mazzella	28 Walt Richardson
29 Rachelle Romero	30 Matt French	31				

CALL FOR RESERVATIONS 602-734-5524
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207



LAS SENDAS GOLF CLUB

Thanksgiving Day

Thursday, November 26th

Dinner On the Patio 3:00pm to 7:00pm • Live Music 4:00pm to 8:00pm

TAKE OUT

Complete Thanksgiving Dinner
$250, plus tax • Serves 8-10

Rosemary, Thyme Marinated
Roasted Whole Turkey 16-19 Lbs.
In Its Natural Juice

Southwestern Style Cornbread Stuffing

Roasted Garlic Mash Potatoes

Fresh Yams Smothered In Pecan Butter

Green Bean Almondine Beurre Noisette

Fresh Herb Traditional Giblet Gravy

Whole Cranberry Relish

Mixed Greens

Grape Tomatoes, English Cucumbers,
Shaved Fennel, Cranberries

Artisan Dinner Rolls

TO RESERVE YOUR TAKE OUT MEAL:
Email: cshaw@lassendas.com
or call 480-396-4000;222

ON THE PATIO

Adults - $75 per person (plus tax and gratuity)
Kids (12 & Under) - $35 (plus tax and gratuity)

STARTERS

SOUP OR SALAD

ROASTED BUTTERNUT SOUP

HOUSE SALAD
with Ranch Dressing

DESSERTS

CARROT CAKE

KEY LIME PIE

ENTREES

SMOKED TURKEY BREAST
with Rosemary Mashed Potatoes, Stuffing, Turkey Gravy, Haricot Vert, & Cranberry Chutney

LAS SENDAS PRIME RIB
with Au Juice, Mashed Potatoes, Roasted Brussel Sprouts, & Creamy Horseradish

PAN-SEARED MISO SALMON
with Herbed Rice & Asparagus

Gather: Give Thanks.
Make Memories.
Celebrate Thanksgiving with Family, Friends, & Beautiful Views at Las Sendas.

Call for Reservation: 602-734-5524

Las Sendas Golf Club 7555 E. Eagle Crest Drive, Mesa, AZ 85207 | 480-396-4000 | www.lassendas.com