How much customer service plays into creating a good getaway experience. As avid travelers themselves, both Sue and Bruce understand both sides of planning a vacation and enjoying a vacation.

"Going to a travel agent allows you to sit down and talk about your wants, and how to make them fit into your budget," said Sue, who also is a Red Mountain Ranch resident.

Backed by Cruise Planners—American Express Travel, Red Mountain Travel has resources to find great deals on travel, whether it’s by sea or land. Their affiliation with American Express Travel has an added benefit for their clients. For example, they can offer exclusive American Express Travel benefits, as well as the opportunity to travel in style at the lowest prices available. You even can use your AMEX Platinum and Centurion card reward points toward your getaway.

"In all reality, tour companies, cruise lines and other travel-related organizations pay for the travel agent’s service," Sue stated. "Using a travel agent truly is a win-win situation for the customers. They get the perfect vacation at a great price, and the peace of mind knowing a professional has arranged their itinerary.”

With the holidays approaching at warp-speed, next year’s vacation may be the furthest thing from your mind. According to Sue, however, now is the time to start making plans for destinations, such as Alaska, Europe and the Mediterranean areas, for travel in 2014.

Red Mountain Travel caters to anyone who likes to travel, and they are eager to help their friends and neighbors in the Red Mountain and Northeast Mesa area create lifelong memories. Visit Red Mountain Travel at www.redmountaintravel.com, or call (480) 396-8084. Sue also can be reached via e-mail at smitchell@cruiseplanners.com.

EAGLE ELECTRICAL WON’T LET YOU Get Hung By Holiday Lights

By Kimberly Searles

While the holidays coming, expert electricians at Eagle Electrical can save you time and hassle when it comes to stringing up those holiday lights, and they can do it safely.

The extra lighting during the holidays can create strain on a home’s electrical system. That’s where Eagle Electrical’s expertise can do more than just string up lights.

“Every holiday season, we see many of those Christmas Vacation situations in which residents overload their home’s circuit, causing power outages or even fires,” said George Robbins, a licensed, bonded and insured electrician, with 22 years experience.

Eagle Electrical will make sure your home’s power grid can handle the extra duties for the duration of the holiday season, thus avoiding any unexpected power outages. Rather than adding extension cords all around your home, which is unsafe, Eagle Electrical can install electrical outlets under your home’s eave, or anywhere around your home where you might want to add decorations.

They even can make it easier for you to display your holiday cheer by installing an auto sensor for lights. “The auto sensors are great because you don’t have to lift a finger,” said George. “They’ll automatically turn on at night. Even better, you don’t have to worry about forgetting to turn them off in the morning. It’s already done.”

Because of the additional strain on the home’s circuits during this time of year, George recommends taking a moment to check all your smoke detectors, and change out all the batteries, especially for all those who enjoy live Christmas trees.

“It’s also a great time to look at the home’s main electrical panel, with the cooler weather,” George stated. “We can perform a safety check, clean out the dirt and debris from the summer, and do a tune-up to make sure your home is ready for additional use during the holidays.”

As a small, locally owned business, Eagle Electrical prides itself in creating long-lasting relationships with its customers. They are available to offer valuable advice regarding your home’s electrical needs—and maybe even which holiday lighting products work best and most cost effectively. Always up-to-date on the latest advancements, the expertise Eagle Electrical offers is second to none.

Let Eagle Electrical take the hassle out of hanging holiday lights this year. To make an appointment for a free estimate, call (480) 659-4942, or send an e-mail to george@EaglePA.com. You also can visit www.eagleplumbingandair.com.
Cosmos Salon & Day Spa
480-844-0707
2837 N. Power Road, Ste. 106, Mesa
www.CosmosSalonAndSpa.com
Look for us on Facebook

Happy Thanksgiving from Cosmos

Holidays are right around the corner, schedule your complimentary consultation today!
THE RIGHT HAIRSTYLES TURN HEADS
for Women of All Ages

By Dawn Abbey

Age may be just a number, but a hairstyle can determine whether or not a woman looks 50 going on 51, or 50 going on fabulous.

No one knows this better than Sandra Barbetta, co-owner with her husband, Cosmo, of Cosmos Salon and Day Spa. Sandra and Cosmo make regular appearances on the runway shows in New York and Europe to observe the latest trends in fashion, makeup, colorizing and, of course, hairstyling. Well-known around the Valley as stylist to local television news anchors and personalities, Sandra is a sought-after trends expert.

She offers these simple suggestions to help women look their best in their 20s, 30s, 40s and 50s, and uses celebrity hairstyle choices to illustrate. “Young women in their 20s love to express themselves through their hair,” Sandra stated. “For this on-the-go age group, hairstyles should transition easily from day to night. Long hair creates versatility, allowing them to play around with braids, a modified bun, a messy ponytail, peek-a-boo hair color and so much more,” she said. She points to Lauren Conrad as an example of the multiple looks to be achieved with longer hair. “Cosmos stylists can create these styles for proms and special events,” Sandra continued, “as well as show clients how to do their hair at home.”

As women approach their 30s, they want to convey confidence. “Young women in their 30s love to express themselves through their hair,” Sandra stated. “For this on-the-go age group, hairstyles should transition easily from day to night. Long hair creates versatility, allowing them to play around with braids, a modified bun, a messy ponytail, peek-a-boo hair color and so much more,” she said. She points to Lauren Conrad as an example of the multiple looks to be achieved with longer hair. “Cosmos stylists can create these styles for proms and special events,” Sandra continued, “as well as show clients how to do their hair at home.”

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Upside Down Homeowners STILL NEED SHORT SALES

By Lorraine Ryall, Realtor, CDPE, CSSN
Coldwell Banker Trails and Paths

Our market is turning around, home prices are on the rise, and, finally, we are seeing some equity building back up in our homes. However, not everyone is in the same boat, and, for many, it’s still going to be a long road before they break even, let alone build up equity. If you purchased at the peak or near the peak of the market, or took out a home equity line of credit equity. If you purchased at the peak or near the peak, it’s still going to be many, it’s still going to be.

Hardship—Maybe there has been a job loss or reduction in income, illness or medical expenses, or a separation or divorce. You may have had to find work in a different area or out of state, and now have to relocate. There are many reasons for a hardship, which can force a short sale to be an option.

Option Arm-Interest Only—Loan Modification. It may be you have an option arm loan about to adjust or an interest-only loan. The plan was to refinance in a few years into a fixed rate loan. However, when the market crashed, refinancing was no longer an option, and, if you still are upside down, probably isn’t an option today either. Maybe you tried a loan modification but were denied. After all, the percentage of successful loan modifications is extremely low. You just may be so upside down, and know hanging on and paying the higher mortgage payments is no longer the best option.

Whatever your reason, if you are upside down and need to get out from under the debt of your mortgage, a short sale maybe the best option. There is no cost to the homeowner to do a short sale, and there are many programs available whereby you actually get paid thousands of dollars by the bank to do a short sale.

Contact me today to find out more about the short sale and whether it is the right option for you. You can call my cell at (602) 571-6799, or send an e-mail to Lorraine@ArizonaShortSaleToday.com. Visit my Web site at www.ArizonaShortSaleToday.com.

Lorraine Ryall
Realtor CDPE, CSSN
Coldwell Banker Trails and Paths

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Dr. Derek Farnsworth, DMD
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Get the deficiency waived so you don’t owe the bank anything
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EMAIL Lorraine@ArizonaShortSaleToday.com

Lorraine Ryall Realtor CDPE, CSSN
Coldwell Banker Trails & Paths Premier Properties

For more information on short sales and foreclosures, visit www.ArizonaShortSaleToday.com

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MONDAY MADNESS!

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O’Neill’s Place Mesa
A Closer Look, Las Sendas Golf Club... is a monthly column written for the Up Close Publication by Las Sendas Golf Club. In this column, you will get an in-depth look at upcoming entertainment, dining and golf events. Our brand is our mission—to reach out to the community with entertainment, dining and golf events as your pathway to fun, recreation and a pleasurable lifestyle.

COMMUNITY PRIDE
Las Sendas Golf Club is proud to announce its new campaign called Wear Your Pride for Las Sendas. Residents and Golf Club Members. In our Golf Shop, we will begin carrying products, which are much more than golf attire. We will carry lifestyle wear, active wear and a significant selection of giftware and products—all with the Las Sendas logo.

To date, we have realized tremendous support from the community, including all our neighbors who may or may not be golfers. We would like to thank all those who have supported and enjoyed our restaurants, pro shop and golf course. Our goal is to get everyone in the spirit of community, and proudly display the Las Sendas logo on a sleeve, hat or maybe a wine glass. The Golf Shop is gearing up with a great selection of items. Please drop by, and take a look. We have Christmas gift ideas galore.

ENTERTAINMENT
A Closer Look, Las Sendas Golf Club... is pleased to present Andrew Johns on Thursday, Nov. 14, along with our amazing Chef’s Grand Buffet.

Andrew is a musician and comedian with just a few keyboards, drums, a ton of talent and a huge diverse repertoire. Andrew has been compared to the late entrepreneur Victor Borge, as he sometimes goofy nature and cerebral sense of humor can shine through, usually at the appropriate moments. He also can be described as a combination of Billy Joel and Elton John, with fabulous renditions of both artists, as well as many other popular pianists and soloists.

Andrew’s amazing vocal range allows him to tackle everything from light opera, including Les Miserables and Phantom of the Opera, all the way over to impersonating Louis Armstrong, Norah Jones, Macy Gray and Led Zeppelin.

With his vocal expertise, you will hear harmonies you’re not sure how or from where they are coming. Mostly, it’s thanks to his classical piano background and perfect pitch as a child, which has led to the amazing ability to mimic and cover so many genres and styles. Basically, if he’s heard it, he can play it.

The Chef’s Grand Buffet is from 6 to 8 p.m., and the show begins at 8 p.m. Tickets are $60 per person or a table of eight for $400. Only 200 tickets will be sold. To purchase tickets or a table, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com. Your evening includes a four-course dinner, including appetizers, salad, entrée and dessert with a champagne toast at midnight. You can dance the night away to our live entertainment, complete with great weather, it’s back on The Patio at Las Sendas, from Tuesday through Saturday. We have prepared a new fall and winter menu with amazing new items.

GOLF
Get a Membership at Las Sendas Golf Club
Golf is more than a game. It’s a lifestyle, and you can make it yours. When you become a member of Las Sendas Golf Club, you will experience one of the best in course challenges, membership benefits and social events. Our management and staff are committed to an exceptional membership experience.

Membership at Las Sendas offers a friendly and unique golf club experience. Las Sendas is an 18-hole championship golf course designed by Robert Trent Jones, Jr. Las Sendas consistently is ranked as one of the top 10 most challenging golf courses in Arizona, and is recognized as Best Golf Course 2012 by New Times magazine. Member-only events include a three-day Ryder Cup tournament, putting our Canadian members against the Americas, a three-day member/guest tournament, as well as several other tournaments geared toward men’s, ladies’ and mixed couples events. Las Sendas offers a very social environment, along with world-class golf—an experience of which you want to be a part.

The following are benefits and services provided to our members at Las Sendas:

• Las Sendas offers a 100 percent fully refundable Deposit Initiation Fee.
• Unrestricted and unlimited play on our 18-hole championship golf course.
• Priority member tee time reservations.
• Member functions, including men’s and ladies’ leagues, golf tournaments, interclub competitions and social events.

To purchase tickets or a table, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com. Payment is required with reservation. Last year, this event sold out. So, do not delay!

The Vistas Pavilion is pleased to promote Holiday Party packages for both large and small companies. Book now, as we are filling up fast.

On Thursday, Dec. 5, we are running a special for smaller companies (less than 50 people). Your package includes a buffet dinner, band and dance floor in our amazing Vistas Pavilion. Your group will be seated in your own individual section. Host and cash bar options are available. Tickets are $50 per person. Please call Julielyn Russo, our Catering Director, for more information.

PACKAGES AND PROMOTIONS
Book Your Company Holiday Party

The Vistas Pavilion is pleased to promote Holiday Party packages for both large and small companies. Book now, as we are filling up fast.

On Thursday, Dec. 5, we are running a special for smaller companies (less than 50 people). Your package includes a buffet dinner, band and dance floor in our amazing Vistas Pavilion. Your group will be seated in your own individual section. Host and cash bar options are available. Tickets are $50 per person. Please call Julielyn Russo, our Catering Director, for more information.

**Dates are firm. Entertainment is subject to change.

DINING
Thanksgiving Dinner and Turkey Take Out

Plan for a relaxing, worry-free three-course Thanksgiving dinner at Bogey’s and The Grille at Las Sendas. Your menu includes a salad, entrée and dessert. Our Herb-Roasted Turkey, Sea Bass, Rack of Lamb and Prime Rib dinners are too die for! Join your friends from 3 to 7 p.m., on Thursday, Nov. 28. Reservations are required. Please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

We also have a Turkey Takeout package available, which includes a 16-pound roasted turkey, cornbread stuffing, giblet gravy, cranberry relish, buttered green beans, sweet corn, garlic mashers, salad and rolls. This amazing basket serves eight to 10 people at a cost of $95. To reserve your Turkey Takeout, call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com. Life just does not get any easier. Call early so you do not miss out!

New Year’s Eve Gala

Join us at The Vistas Pavilion for our New Year’s Eve Gala. Your evening includes a four-course dinner, including appetizers, salad, entrée and dessert with a champagne toast at midnight. You can dance the night away to our live entertainment by Soul Catcher. The cost is $90 per person. Reservations are required. Please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

Hold the Date**

Please hold the following dates in your calendar for our 2013-2014 LIVE... AT LAS SENDAS calendar of events:
• Jan. 16—A Night of Comedy
• Feb. 20—Dinner Theatre
• April 17—Dueling Pianos
• May 29—Show Band
• July 17—Dinner Theatre

*Dates are from. Entertainment is subject to change.

www.UpCloseAZ.com
The Vistas Pavilion at Las Sendas • 7555 E. Eagle Crest Drive • Mesa, AZ 85207

NOW BOOKING

Holiday Parties

Golf Tournaments
Wondering where to host your next company golf tournament, or where to host a pre-wedding golf event? Look no further than Las Sendas Golf Club. We have a number of golf tournament packages from which to choose, with a buffet breakfast, lunch and/or dinner. We have various options from which to choose, and work with you to custom design your golf event with hole prizes, skill prizes and fun tournament formats. Las Sendas has hosted tournaments for organizations throughout Scottsdale, Mesa and the Greater Phoenix area, including the Alice Cooper Solid Rock Foundation, the Phoenix Coyotes Alumni, the Youth Hockey League of Arizona, Boeing, the USMC, the Mesa Chamber of Commerce, as well as a multitude of charity organizations, companies and groups.

For more information, or to schedule your golf tournament, please call the Las Sendas Golf Shop at (480) 396-0400.

Golf Equipment
This month, we will be working with Ping and Bridgestone Golf to bring you golf club fitting and the first ever Las Sendas Golf Ball Fitting. Yea, you can be properly fit for your golf ball, as well as with the equipment you use. This is a perfect opportunity for a Christmas gift or two.

• Nov. 6—Bridgestone Golf Ball Fitting
• Nov. 20—Ping Golf Club Fitting

If you are unable to find what you are looking for in our Golf Shop, let us know. We are happy to do special orders wherever available. Be sure to visit us in the Golf Shop to purchase a raffle ticket for the hot new Taylor Made SLDR Driver.

A Night with Andrew Johns
Thursday, November 14th
The Vistas Pavilion
6pm–8pm Buffet Dinner
8pm–10pm Andrew Johns
Las Sendas Golf Club
7555 E. Eagle Crest Drive • Mesa, AZ 85207

Andrew Johns comes to us from Canada and is truly an amazing musician / comedian. He plays keyboards, a drum machine and brings enormous talent with a huge repertoire and diversity. Andrew has been compared to Victor Borge with his sometimes “goofy” nature and cerebral sense of humour. Andrew’s amazing vocal range allows him to tackle everything from light Operas including Les Miserable and Phantom all the way over to impersonating Louis Armstrong, Norah Jones, Macy Gray and Led Zeppelin.

Chef’s Grand Buffet
Cheese Board, Charcuterie, Carved Beef, Shellfish, Chicken, Sea Bass, Salads, Vegetables, Rice, Potatoes, Pasta, Petite Fours, Chocolate Mousse, Banana Bread Pudding.

Tickets $60 per person, buy a table of 8 for $400
Reserve early for preferred seating – 8 per table
Tickets available at Las Sendas Golf Club
egomez@lassendas.com / 480-396-4000

Las Sendas Golf Club • 7555 E. Eagle Crest Drive • Mesa, AZ 85207

Roasted Tomato Gazpacho
from Chef Jason

- 1/2 cup olive oil
- 1 quart tomato juice
- 3 cloves peeled garlic
- 1 jalapeño—seeded
- 1/2 red onion
- 1 cucumber
- 1 red bell pepper
- 1 zucchini
- 12 roma tomatoes
- 1/2 cup lime juice
- 1 ounce cilantro
- 1/2 cup lime juice
- 1 ounce cilantro

Roast roma tomatoes over a flame. Roast until skin gets blistered. In a blender, purée all ingredients, and slowly drizzle olive oil into mixture to emulsify. Salt and pepper to taste. Garnish with diced cucumbers and cilantro.

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

Christmas Grand Buffet
Cheese Board, Charcuterie, Carved Beef, Shellfish, Chicken, Sea Bass, Salads, Vegetables, Rice, Potatoes, Pasta, Petite Fours, Chocolate Mousse, Banana Bread Pudding

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Live...at Las Sendas
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6pm–8pm Buffet Dinner
8pm–10pm Andrew Johns
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Las Sendas Golf Club • 7555 E. Eagle Crest Drive • Mesa, AZ 85207

CHeF’S ReCIPe oF tHe montH
Roasted Tomato Gazpacho from Chef Jason
- 12 roma tomatoes
- 1 zucchini
- 1 red bell pepper
- 1 cucumber
- 1 jalapeño—seeded
- 1/2 red onion
- 3 cloves peeled garlic
- 1 quart tomato juice
- 1/2 cup olive oil
- 1/2 cup lime juice
- 1 ounce cilantro

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THE VISTAS PAVILION AT LAS SENDAS
NOW BOOKING

Holiday Parties

GROUPS 50 OR LESS
Thursday December 5th, 2013
• Chef’s Holiday Buffet
• Dance Floor and Live Band
• Holiday Parties for smaller businesses, shared venue event
• Each group has assigned section

GROUPS 50 OR MORE
Book now to get your preferred date
• Chefs Holiday Buffet or Plated Dinner Choices
• Pricing per person based on menu selection
• Host, cash, hourly beverage options

The Vistas Pavilion, Las Sendas Golf Club
7225 E. Eagle Crest Drive • Mesa, AZ 85207
info@lassendas.com
480-396-4000

RooTed tOmato GazPaCho
from Chef Jason
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- 1 zucchini
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- 1 cucumber
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- 1 zucchini
- 1 red bell pepper
- 1 cucumber
- 1 jalapeño—seeded
- 1/2 red onion
- 3 cloves peeled garlic
- 1 quart tomato juice
- 1/2 cup olive oil
- 1/2 cup lime juice
- 1 ounce cilantro

Roast roma tomatoes over a flame. Roast until skin gets blistered. In a blender, purée all ingredients, and slowly drizzle olive oil into mixture to emulsify. Salt and pepper to taste. Garnish with diced cucumbers and cilantro.

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**DINING**

**Flancer’s Announces Fifth Annual Dessert Baking Contest Winner**

By Dawn Abbey

The winner of Flancer’s Fifth Annual Dessert Baking Contest is Jesse Kolman.

Jesse won for his Chocolate Peanut Butter Pretzel Pie, a multi-layered creation in a crust made of a creamy peanut butter bottom layer and a chocolate pudding-like top layer, decorated with chocolate-covered mini pretzels and dark chocolate swirls.

Each year, the winner of the Dessert Baking Contest has the honor of having monies from the sale of the dessert at the restaurant donated to a favorite charity. “Jesse’s charity is No Kid Hungry,” said owner Jeff Flancer. “So, starting on Nov. 1, and running for a year, $1.50 from each dessert sold from Flancer’s Incredible Sandwiches and Pizzeria stores, in both Mesa and Gilbert, will be donated to No Kid Hungry. Diners get to enjoy a fantastic dessert, as well as support a worthy cause.”

Jesse also receives a trophy and a $100 gift certificate from Flancer’s.

This year’s runners-up were Bev Shimamoto, for her Lemon Bars; and Kelly Anderson, with her Dianne’s Pretzel Pie, a multi-layered creation in a crumb crust with a pretzel base, topped with chocolate caramel and sea salt sauce.

“All of this is only $26.50 per person,” said Jeff Flancer, owner of Flancer’s. “In addition, orders of six or more receive one free dinner. Order today, as we always sell out. Don’t forget to add fresh baked Flancer’s baguettes for only $2.50 each.”

If you are doing a potluck with your loved ones, and need a side dish, Jeff suggests asking for a quote on single items.

Pick-up of your gourmet Thanksgiving dinner is on Saturday, Nov. 9, provides entertainment for the whole family.

**Flancer’s Gourmet Thanksgiving Dinner Goes Easy and Tasty**

**By Dawn Abbey**

If you want something really special for Thanksgiving dinner, but don’t have the time, energy or expertise to cook it, just call Flancer’s Incredible Sandwiches and Pizzeria to order a delicious, complete gourmet meal.

Flancer’s Gourmet Thanksgiving Dinner To Go begins with roasted butternut squash soup garnished with pumpkin seed pesto cream.

Slow-roasted real breast of turkey, with savory natural old-fashioned gravy is the main course, accompanied by fresh sage, apple and sausage stuffing, jalapeño cheddar mashed potato pie, roasted root vegetables with balsamic glaze, and fresh cranberry and orange relish.

Dessert is a unique pumpkin bread pudding dressed with chocolate caramel and sea salt sauce. “Not everyone knows we do gourmet catering, too,” said Jeff Flancer, owner of Flancer’s. “In addition, orders of six or more receive one free dinner. Order today, as we always sell out. Don’t forget to add fresh baked Flancer’s baguettes for only $2.50 each.”

To order, call Flancer’s in Mesa, (480) 396-0077, located at 1902 N. Higley Road, or Gilbert, (480) 926-9077, located at 610 N. Gilbert Road.

**What’s My Home Worth? Get an Instant Home Value Report**

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**COMMUNITY**

**MAKE A DIFFERENCE and Have a Good Time**

By AnnElise Makin

The popular Red Mountain Ranch Country Club Tennis and Golf Hit for the Cure Fund-raisers, set for Nov. 8 and 9, provides entertainment for the whole family.

Bounce houses and other activities offer fun for the kids. Activities will fill up the day on Saturday. Come for a good time, visit with good people, and try your luck at tennis or golf.

Friday, Nov. 8

7 to 9 p.m.—Kickoff party, with hors d’oeuvres and bean bag tournament

Saturday, Nov. 9

7:30 a.m.—Tennis registration and check-in

8 a.m.—Tennis tournaments begin

11 a.m.—Golf registration and check-in

11 a.m. to 1 p.m.—BBQ lunch available for purchase

12:30 p.m.—Golf tournament begins

5 p.m.—Celebration banquet for all participants, with live auction and live band

Tennis—$60 per person

Fees include your choice of one or two events of men’s, ladies or mixed doubles. Also includes kick-off party, awards banquet and donation to Relay for Life.

Contact Ray K., Director of Tennis.

Call (480) 981-8172, or send an e-mail to ray@rmrc.com.

Golf—$95 per person

Fee includes 18 Hole Scramble Event, including cart, kick-off party, awards banquet and donation to Relay for Life.

Contact Scott Banker, Director of Golf.

Call (480) 981-6581, extension 115, or send an e-mail to sbanker@rmrc.com.

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• High Standards with Teacher Support

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True Essence Salon’s Holiday Gala IS A FUN NIGHT OUT

By Dawn Abbey

W  une tastings, fabulous hors d’oeuvres and gifts are all part of a gala holiday Client Appreciation Night Party at True Essence Salon and Spa, on Wednesday, Nov. 20, from 5 to 8 pm.

“It’s our way to show our appreciation to our loyal clients, and those who would like to become clients,” said owner Maytee Green. “Guests also will be eligible to win drawings for gifts, such as Aveda product baskets, and other surprise items provided by local businesses.

For that night only, all Aveda products in the store will be available at a 20 percent discount. “This is really a big deal, because Aveda never discounts its products unless they are being discontinued,” Maytee explained. “So, True Essence is offering this discount for our clients only, to show how much we appreciate them.”

Additionally, any of the ever-popular Aveda holiday gift sets purchased during the evening will include a True Essence Try Something New holiday gift certificate worth $15. The certificate can be applied toward any salon service of $30 or more. A customer has never before experienced.

Attendees also can experience a little pampering. Relaxation stations will be set up throughout the shop to perform complimentary mini-spa specialties, such as moisturizing hand-relief treatments, neck treatments and reflexology, said Maytee. “And our entire staff will be on hand to offer free personalized consultations on hair, makeup and skin-care services and products.”

True Essence is the only Aveda Concept Salon in Mesa, where Aveda’s natural, botanical-based hair, skincare and makeup is available. Aveda, with 7,000 salons and spas worldwide, has been an international leader in the use of plants and natural sustainable products and processes in their lines since 1978. According to their Web site, aveda.com.

Guests planning to attend the Client Appreciation Night Party are requested to RSVP by Saturday, Nov. 16, to info@trueessencem.com. Guests also can RSVP by calling (480) 396-3112, extension 2, or by visiting the salon, located at 2910 N. Power Road, next to Bashas’.

By Kim Phillips

R ed Mountain Ranch resident Art Cecala celebrated Columbus Day last month with several of his closest friends, while raising money for a charity he founded, Golden Gates of America.

The charity, established more than six years ago, benefits learning-challenged students who need positive intervention to help them succeed in school. “As many as 95 percent of these students will fail in life,” said Art. “There are problems, which need to be addressed.”

Art started Golden Gates of America to bridge the opportunities for schools and children. “Somebody has to step up and help these kids,” said Art, “and that’s what we intend to do.”

More than $500 was raised on Saturday, Oct. 12, during the fund-raising event, which included a bocce ball tournament, a corn hole game, appetizers, cocktails and dinner.

“The event was fabulous,” Art recalled. He said local Italian restaurant Roma Caffè catered the event, and there were no complaints. “The food was marvelous, and the camaraderie was exceptional,” he commented.

Around 87 people, from Mesa, Chicago, California and New Mexico, attended the celebration at Art’s Red Mountain Ranch residence. “We have to get people to understand what we do,” Art emphasized. “We have some prominent people already helping.”

For more information about Golden Gates of America, visit the Web at www.GGOA.org, call (480) 654-4444, or send an e-mail to aacecala@yahoo.com.

E D U C A T I O N

EVENT RAISES FUNDS FOR Learning-Challenged Students

Some of the problems Art says need to be addressed include attention deficit disorder and dyslexia. He intends to provide local schools with funds for special programs. “The schools delegate with parent participation,” he explained.

Art wants to bring awareness to his cause, helping learning-challenged students succeed, and he is asking for the public’s participation in his charity, Golden Gates of America.

“Learning-challenged students learn differently, and just need a little help,” Art observed, as he disclosed his own difficulties with dyslexia as one reason he decided to implement the charity.

“Many of these students are very smart, and have above average intelligence,” Art said. “If we can learn to recognize these students, then we can implement programs to help their education, and bring a smile to everybody’s face.”

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Nov. 28, 2013 • 3pm-7pm

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Crispy Pork Belly & Heirloom Tomato With Watercress & Smoked Paprika Vinaigrette

SECOND COURSE

New Zealand Rack of Lamb With Sweet Pot Coins and Tendrils with Pomegranate Molasses & Lamb Jus. or

Thyme-Roasted Turkey With Bread and Thyme Meat Bruschetta Sage Stuffing, Puree Dose of Yukon Gold and Garnet Yarn and Haricot Verts with Crispy Onions Giblet Gravy & Savory Cranberry Sauce or

Seared Sea Bass With Bungeni Lambi, Buttered Squash, Corn, Baby Fennel and Meyer Lemon Truffle Emulsion or

Buck Salt-Roasted Prime Rib with Rosemary Garlic Crust With Blue Cheese Yukon Gold Mashed and Haricot Verts with Crispy Onions

DESSERT

Pumpkin Cheesecake With Fresh Berries & Cinnamon Whipped Cream or

Graham Smith Apple Crisp With Brown Sugar Streusel & Caramel Sauce or

Chocolate Lava Cake With Blood Orange Gelato and Berry Coulis or

Candied Ginger Carrot Cake With Carrot Créme Anglaise

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Charter School Develops

FORMULA FOR STUDENTS’ SUCCESS

Submitted by Self Development Charter School

The mission of Self Development Charter School (SDCS) is to strive for excellence in education by providing students with an outstanding educational foundation and developing lifelong learners. In addition to an award-winning curriculum, the school has instituted a Formula for Students’ Success. Achieving the school’s mission and students’ success requires the collaborative efforts of administration, faculty, parents and students. The following are some of SDCS’s programs, which support students’ success:

Student and Parent Commitment Agreement

The Student and Parent Commitment Agreement is a contract between the parent, student and school. The agreement clearly outlines the school’s expectations regarding classwork, homework, assignments and grading. This form is distributed, reviewed and signed by the parent and student during Back-to-School-Night festivities to start the school year off on the right foot.

School-Wide Behavior Plan—Three Rs: Respect, Responsibility and Readiness

SDCS’s curriculum focuses on developing good citizens, as well as students, with an excellent academic foundation. Each classroom displays the School-Wide Behavior Plan, outlining the three Rs: Respect, Responsibility and Readiness. Teachers model and install these values within the classroom from the first day of school.

Parents as Partners

Parents as Partners is one of the school’s reading programs, which encourages reading outside of the classroom, as well as parent involvement. Parents are urged to read with their children on a daily basis. Parents and students who commit to reading a minimum of four nights a week for 15 minutes receive a Parents as Partners Certificate at the end of the year. Many students participate in this program.

Classics Program

Beginning in grade two, students have the opportunity to participate in the Classics Program. Classics (abridged versions) are available for students to read throughout the school year. The classics include The Call of the Wild, 20,000 Leagues Under the Sea, The Wizard of Oz, Little Women and Swann Family Robinson. The program requires a book report and presentation, too. The program reinforces the importance of practicing reading, report writing and public speaking. Students who complete the requirements receive a special trophy at the end of the school year.

Math Facts

Math Facts is an important part of the Self Development Charter School (SDCS) curriculum and homework. Parents are encouraged to help their students memorize Math Facts. Students’ mastery of Math Facts, which includes accuracy and speed, is critical to students’ success with higher level math concepts. The goal is for students to recall the answer to each Math Fact correctly within two seconds. Students who achieve this goal free the capacity of their working brains for critical thinking, including higher level math concepts. Weekly assessments and school-wide competitions are part of the curriculum to monitor students’ progress and promote excitement about learning these facts.

The above just a few of the programs SDCS promotes as part of the school’s Formula for Students’ Success. If you would like to learn more about SDCS, please contact the front office to schedule a tour. Call (480) 641-2640.

Real Estate

In Red Mountain Ranch

Red Mountain Ranch Area Market Report
Sales for the Month of September 2013

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<th>Square Feet</th>
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</table>

NO DISTRESSED SALES IN SEPTEMBER!

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.

Sales Information Provided By John Karadsheh, ABIR, CRS, ASSOCIATE BROKER, Coldwell Banker Trails & Paths Premier Properties. www.BuyAndSellAZ.com

COMMUNITY

SOCIAL CLUB VETERANS
Meeting Features Air Force Security Specialist

By Jay Williamson, Social Club Publicity

The Red Mountain Ranch Social Club will meet on Thursday, Nov. 14, at 9:30 a.m., at the Country Club to honor our members and all veterans. Our speaker for the morning will be Tom Campbell. A retired Air Force Chief Master Sergeant and Senior Security Specialist, Tom enlisted in the Air Force in 1966. He retired in 1990 after serving 24 years as a security policeman.

Tom was stationed at Cans Ranch Bay and Da Nang air bases while in Vietnam, and later traveled worldwide in support of presidential and other special air missions. He worked at the Hanford Nuclear Reservation, in Washington State, from 1990 to April 2010, and was responsible for physical security at the Plutonium Finishing Plant.

Tom is a member of the Air Force Association, the Air Force Security Forces Association, the American Legion and the Grand Collectors Association. An amateur military historian, he volunteers at the PIMA Air Museum, and has an extensive collection of U.S. military firearms dating from 1884 to 1954.

Tom plays guitar and sings. He enjoys camping, as well as state-side and world-wide travel with his wife. He also likes visiting his children and grandchildren in three other states.

In honor of their service, the Social Club Treasury will pay for the Social Club veterans’ lunch.

We invite you to come to this meeting as our guest. You do not have to be a member to attend.

Red Mountain Ranch Up Close November 2013

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The Eisenhower Center for Innovation is located at 848 grade 12, are welcome to play for the Heat during their winter. The passing of the bond election made this possible, along with the support of the district, in terms of additional contracts and support staff.

The Center for Innovation is set apart from other elementary schools. The campus has a full-time art teacher and two full-time educational technology specialists who help with the technology. The students are part of the iPad Initiative, which means their learning is happening on iPads, along with Apple TV, in the classrooms. In addition, every intermediate student is required to play an instrument. Media arts classes, computer programming, along with critical and scientific thinking, is at the core of the student's learning.

Tracy Yslas, the center's principal, has a working relationship with her feeder schools. This will provide smooth transitions for her students, and guarantee their success in the future. Eventually, the Center for Innovation wants to reach the level of individualized learning whereby the strengths and interests of each student will morph into project-based learning. The objective is to reach the technical and creative side of their students. Family involvement is a critical aspect to improve the learning will be at its best for their students. “We want to constantly are open to modifications and adjustments, along with teachers who review data, share ideas, and constantly are open to modifications and adjustments. When your school’s philosophy is wholeheartedly. Her experience is vast, including being a principal in Mesa and Pendergrass, along with working at the district level in various departments. There is growth and we help all to succeed.

When your school’s philosophy is Every child is ours, and we help all to succeed, wonderful things are bound to happen. Communication is a key component. Therefore, when there exists a common language within the school, along with teachers who review data, share ideas, and constantly are open to modifications and adjustments, learning will be at its best for their students.” We want to be partners with the parents, and have our parents feel they can be involved in school. Principle Yslas stated, “We want them to be empowered to participate and be advocates for their children.”

The Eisenhower Center for Innovation is located at 848 N. Mesa Drive. For more information, contact Tracy Yslas at (480) 472-5200. Visit the Web site at www.mpsaz.org.
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REAL ESTATE AND THE MEDIA
Can Tell Conflicting Stories

By John Karadsheh

Every day people ask me, “Is now a good time to buy?” “Is now a good time to sell?” “Is it good to do this?” “Is it good to do that?” The answer to those questions always is, “It depends.”

Unless you are an investor looking for short-term gains or monthly cash flow, a house always has been a place to call home, not only an investment.

Over the long term, we all want to see appreciation on our homes, and over time, history has shown that occurs.

Yet, when we are trying to gauge our real estate decisions, we often look to the media for answers. At any given time, you can pick up a newspaper or magazine, or visit a Web site and get conflicting information. Data almost always can be manipulated and interpreted to show whatever trend the analyst is trying to convey. Are we in a bubble? Is there shadow inventory? Are interest rates going up or down?

Below is a sampling of some of the mixed headlines from the last few years:

**Real Estate Values**
- May 8, 2012: Phoenix home prices predicted to fall 11 percent this year. Phoenix Business Journal

**Housing Bubble**
- April 30, 2013: Boost in home prices doesn’t equal bubble. cnbc.com
- May 29, 2013: Real estate euphoria: Is America in a new housing bubble? YahooNews.com
- June 7, 2013: No U.S. housing bubble. The Economist
- September 10, 2013: We’re in another housing bubble! YahooNews.com
- September 23, 2013: Experts: We are not in a housing bubble. HousingWire.com

**Jobs and the Economy**
- July 8, 2013: Phoenix No. 1 for economic growth, Tucson second. Brokings.com

**Interest Rates**
- October 1, 2013: Mortgage rates rise for the first time in three weeks. U.S. Finance Post

So, what do you do as a consumer, do about all of this misleading information? You can analyze it as much as you want, but at the end of the day, you need to decide what your real estate goals are. You can try to time the market, but homes are not stocks. Those values don’t change dramatically on a day-to-day basis.

In a healthy market, you should see appreciation, but remember, real estate has and always will be meant to be a long-term investment and not a liquid asset. The best thing to do when trying to make a decision is to consult a qualified and experienced REALTOR® to help you navigate the entire transaction.

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyer’s Representative and a Certified Residential Specialist. He was voted in the Top Five Residential Real Estate Agents in Arizona for 2012 and 2013 by Ranking Arizona, the Best of Arizona Business. You can contact John with any of your real estate questions, Call him at (602) 615-6884, or go to his Web site at www.BuyAndSellAZ.com.
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SLEEP APNEA IS A CONDITION WHEREBY A PERSON'S BREATHING IS STOPPED FOR A PERIOD OF TIME DURING SLEEP, OCCASIONALLY OCCURRING AS MANY AS 100 TIMES IN A NIGHT.

Sleep apnea can increase chances for heart disease, high blood pressure, sexual dysfunction, depression, learning or memory loss and stroke. Many times, the person suffering from sleep apnea may not be aware of the condition. Often, the spouse initially notices the problem.

An 18-month study involving sleep apnea patients at the South Texas Veterans Health Care System. An oral appliance, called the Thornton Adjustable Positioner (TAP), is used to treat those suffering from moderate to severe sleep apnea. According to Dr. Paul McLornan, at the University of Texas Health Science Center at San Antonio, many patients with moderate to severe sleep apnea were not adhering to standard treatment with continuous positive airway pressure (CPAP) machines.

Many factors, including the noise, cumbersome attachments, bloody noses and the lack of flexibility of different sleeping positions prevent many people from using their CPAP machine.

Dr. McLornan’s study proves the TAP device, which is smaller and fits in a patient’s mouth, is now an option for patients with mild, moderate and now even severe sleep apnea. The device is less cumbersome and better tolerated by patients. It is also much less invasive and costly than the CPAP or surgery. Patients in the study were fitted with the TAP appliance, and given a tiny key, which fits in the front of the device.

The patient was instructed to wear the appliance every night, inserting and turning the key the standard sleeping position. By turning the key, the patient pulls the lower jaw forward, creating an open airway in the throat. Patients then informed researchers when they reached a comfortable point in the adjustments, and when they felt they were able to sleep without snoring or gasping.

The patients are then evaluated using standard sleep studies to determine whether or not their sleep had, indeed, improved. It was found patients improved significantly using the TAP.

Dr. C. Martin Farnsworth, of Las Sendas Dental Health, has been successfully using the TAP device to treat patients with sleep apnea since 2001. If you or your significant other suffers from snoring or gasping while sleeping, the cause may be sleep apnea.

Please call for an evaluation. Let us help you find a way to improve your health, and get a full night of restful sleep again. For an appointment to evaluate your options, please call (480) 283-5584.

Submitted by Las Sendas Dental Health

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Winter is the Best Time for Pool Maintenance

By Dawn Abbey

Pools, decks and pool equipment take a beating all summer long, enduring from heavy use, dust storms, algae problems and the Arizona heat.

“If you have a heating system for your pool, you can still be swimming right now,” said Chris Quam, owner of Arizona Pool Guy, Inc. “We install the most economical heat-pump systems, as well as other heater types, but whether you heat your pool or not, winter is the best season to take care of regular maintenance issues.”

“Most people don’t realize that pools should be drained and refilled with fresh water every two to three years. As pool water evaporates, it concentrates hard water mineral build up on tile and pipes. That, mixed with chemical and organic byproducts, also makes your skin feel dry,” Chris explained. “If you’re buying a home with a pool, you definitely want to start out with fresh, clean water. And, of course, call us if your pool turns green.”

Because of Arizona’s heat and sun, it’s risky to empty a pool in the summer because it can damage the exposed plaster, so now is the best time to do it, said Chris. “We use a quick turn-around to pump out the used water, quickly refill with fresh water, and test the chemical balance.”

As for plaster, most pools need a total re-plastering every 10 to 15 years or so, Chris stated. Nowadays, pools owners are opting to upgrade their pools with one of the new pebble finishes, available in natural stone looks or with dramatic color combinations from greens to lavenders, mixed with glass beads or abalone shell pieces. Add a natural stone waterfall and decorative decking features and your home has its own backyard oasis, Chris said.

You can also consider adding a spa, a gazebo, a fire pit, or the most popular of all these days, an outdoor kitchen. Winter is such a great outdoor time here, you want to make the most of your home’s outside areas, suggested Chris. “Our design planners can assist you in putting together a backyard area that’s just perfect for your family’s lifestyle. And, of course, we install new pools, and alternative chlorine systems, too.”

It’s important to remember to clean your filter systems. Sand filters should have a complete sand replacement every 5 to 7 years. Diatomaceous earth filter grids and cartridge filters need replacement every 3 to 4 years, and both need cleaning at least once a year.

“If your pool pump is older, replacing your existing pump with a variable speed pool pump can reduce pool energy costs by up to 80 percent and save up to $400 per year, according to the Arizona Public Service Web site. APS offers rebates of $200 for qualifying equipment and Salt River Project offers up to $150. “We are certified variable speed pump installers and provide the paperwork to get homeowners their rebates,” said Chris. For information on any pool service, installation or repair, contact Chris at (480) 699-0607. Arizona Pool Guy, Inc. is licensed, bonded and insured, ROC #243628.

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