

Las Sendas Up Close

Bringing neighbors closer to their community

November 2014

The Patio at Las Sendas Golf Club reopens and now accepts reservations



By Kim Phillips

After a long, hot summer, The Patio at Las Sendas Golf Club has reopened for breakfast, lunch and dinner, and currently is accepting reservations and offering live music seven nights a week.

A large, expanded menu awaits, and the favorite all-you-can-eat pasta buffet, on the patio, has returned on Sundays, from 5 to 8 p.m.

Beautiful sunsets, with outstanding views of the Valley, are something everybody should experience, while enjoying live entertainment starting at 6 p.m. nightly. Heaters are available on the patio to keep patrons warm and cozy.

On the weekends, Saturday and Sunday, newly expanded breakfast options will be served until noon. "We are excited about this season, with the ability now to make reservations and our new menu," said Dennis Shaw, food and beverage director at Las Sendas Golf Club. "We appreciate the community support."

According to Dennis, not only does the golf club have great offerings at The Patio and The Grille, but residents also should participate in the exciting activities held at

The Vistas Pavilion, with many social events, such as wine dinners, holiday parties and the popular Live at Las Sendas.

The fun continues at The Grille on Sundays, Mondays and Thursdays, with NFL Sunday Ticket. Sunday game specials include a Bloody Mary Bar, from 9 a.m. to 1 p.m. Breakfast specials and a Fourth Quarter Chef's Special also are available. Monday Night Football specials include \$10 buckets of beer. The Grille features 12 HD TV screens to enjoy every NFL game and watch your favorite teams.

For reservations, call (480) 396-4000, visit the website at www.lassendas.com, or go to opentable.com. The golf course and restaurants are open to the public. ■

For more information about Las Sendas Golf Club and this month's activities and events, go to pages 5 and 6 of this Up Close publication.

Hot Yoga Can Help Minimize HOLIDAY STRESS

Submitted by Hot Lotus Yoga

It's almost that time of year again—the holidays. While we all enjoy the food, the gifts, the family visits and the pumpkin lattes, the holidays can add a lot of stress to our lives. With all of the shopping, driving, planning and preparing, it's easy to feel a bit overwhelmed. While these types of stress are minor, they have a profound effect on our mental/physical health. They impede our ability to enjoy our daily lives and make the most of the holiday season.

One way to deal with this stress is to practice hot yoga at your neighborhood yoga studio, Hot Lotus Yoga. A hot yoga class is essentially a reset button for the body. It helps to decompress, de-stress, detoxify, and, of course, it burns a ton of calories from those lattes.

Here are just a few ways yoga will reset the body and mind:

Yoga helps the body to work more efficiently. When we become stressed, the body reacts as if in a fight or flight situation. The breath becomes shallow, and the muscles tense up in preparation to fight or run. This physical response is helpful in a life or death situation, but if there is no immediate threat, that energy is, instead, stored in the body. In yoga, we learn to breathe deeply, and to move in ways which release residual tension and stress. It also aids the immune system to fight off the cold virus currently going around.

Heat helps to burn away toxins and fat. When the body sweats a lot, it releases a ton of toxins and burns fat. It's normal for new students to lose weight within their first few weeks. The sweat also is great



for the skin because it clears out the pores. Many of the twisting poses also aid in digestion and organ detoxification, letting the body process foods more efficiently and absorb the necessary nutrients.

Yoga improves mental focus. Some yoga postures are difficult and uncomfortable. But if we can train ourselves to focus and breathe through uncomfortable poses on the mat, imagine how this can help us off the mat. Instead of shouting at the cars in traffic, we can re-wire our brains to breathe deeply instead.

So, the next time you find yourself yelling at another car in traffic or obsessing over your long shopping list, you may want to consider trying a heated yoga class. To see the quickest benefits, try two or three classes per week. As with any exercise, consult a physician before starting. Come hydrated to class and ready to feel your stresses melt away. ■

Join us at Hot Lotus Yoga. Our introductory offer is two weeks unlimited yoga for \$20. Classes are held seven days per week. Check out our class schedule at www.hotlotusyogastudio.com. We look forward to meeting you.

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HEALTH

CAN A VITAMIN BE BAD FOR YOUR HEART?

By *Dr. Afroze Ahmad*

History shows vastly different views regarding the benefits of niacin.

OLD IS GOLD

Ancient civilizations knew the addition of certain foods cured certain diseases. A case in point, Egyptians ate liver to treat night blindness. By the turn of this century, we had established that the term *certain foods* is called a vitamin, and night blindness was due to a deficiency of vitamin A. Liver was replete with it and, hence, was consumed to treat night blindness. Science continued to advance and reaffirm the old belief that lack of certain dietary ingredients causes diseases, and dietary supplementation of these ingredients, known as vitamins, cures these diseases and is generally safe and appropriate. Consuming vitamins, both naturally and packaged in pills, has been an accepted way of life for years and years.

THE DOCTOR IS ON THE BAND WAGON

Whether prescribed by our doctor or not, we self-medicate with vitamins, feed them to our loved ones, including children and elderly parents. So, one day, during a clinic visit, when our cardiologist is concerned about our cholesterol, and prescribes a vitamin to treat the abnormal cholesterol levels, it appears to be the most natural thing in the world. No eyebrows are raised. We complied with our doctor's instructions for many reasons. Familiar name, ease of availability and affordability rendered the use of niacin both attractive and reassuring. The medical community was happy with the lowering of bad cholesterol levels (LDL) and the increase in the levels of the good cholesterol (HDL) in response to niacin. Pharmaceutical companies were ecstatic, as annual niacin prescriptions, of close to \$1 billion, were written.



Dr. Ahmad

DARK SIDE OF NIACIN

However, a perfect storm was brewing. After close to half a century of singing praises of niacin, two studies, from Europe and China, came out with a vengeance against niacin, compelling doctors to view the dark side of niacin. The dark side of niacin thus revealed was not only severe and serious in its side effects, but also proved to be deadly in certain cases. A total of 50 percent of the diabetic population on niacin had uncontrolled blood sugars, resulting in increased risk for hospitalizations. Another 30 percent of the population prescribed niacin had become diabetics within three to four years of its use. Also noted, were other side effects, including gastric ulcers, requiring transfusions or, in some cases, bleeding to death.

THE EMPEROR AND HIS NEW CLOTHES

A billion dollars spent annually for a mere promise of benefit and favorable outcomes in heart-related diseases went down the drain. With no significant reduction in heart attacks, strokes or transient ischemic attacks (TIAs), also known as mini-strokes, the doctors cried foul to the routine use of niacin.

MORALE OF THE STORY

Now, it is the general consensus that routine use of niacin is both unacceptable and unsafe. However, for a certain patient population, where there is intolerance to other cholesterol lowering medications, the cardiologist may prescribe niacin.

Dr. Afroze Ahmad is a cardiologist who cares and listens. ■

Dr. Afroze Ahmad is a multiple board certified cardiologist practicing at Las Sendas Cardiology, located at 3514 N. Power Road, Suite 107. For information, or to make an appointment, please call (480) 361-9949.



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Cardiologist who cares.



- American Board of Internal Medicine
- American Board of Cardiovascular Disease
- National Board of Echocardiography
- American Society of Nuclear Cardiology

Imagine a doctor spending an hour with you on your first visit.

Dr. Ahmad is such a doctor. The wish list everyone asks for in a doctor is right here.



- Time. It's number one and we spend all the time required to understand your needs
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LOCAL BUSINESS

Professional pool service protects your investment

By Dawn Abbey

Other than your home or vehicle, a swimming pool probably is one of the largest investments you make, and like your car, you want a professional to take care of it.

“Having a regularly scheduled pool service tech check and service your pool can prevent expensive problems from developing,” said Chris Quam, owner of Arizona Pool Guy, Inc. “Our pool techs are well trained in water chemistry and mechanical repairs for all aspects of pool maintenance.”

Some pool owners may prefer to care for their pools themselves, but if they walk outside and discover their pool has turned bright green, the pool cleaner has stopped working, or a horrifying screech is coming from their pump, they may need professional help.

If you already have a relationship with a professional pool company, you shouldn't have such problems, but if something unexpected does happen, you can get help right away. You also can rely on your tech when you need repairs, remodeling or new equipment.

“Regular pool service is a must if you travel a lot or are a part-time resident. Having a trusted person check your pool area every week can relieve worries about storm damage, equipment failure, algae or other problems forming,” Chris said. “They also can suggest pool-saving devices, such as automatic water fill, a Smartphone app to monitor your pool from afar and other helpful technologies.”

So, what does pool service entail? Most residential pools need service once a week. Commercial pools and spas, like those in community centers, condos or mobile home parks, can require service as often as every day, depending on the size and usage of the pool.

“Most importantly, the chemicals are checked,” Chris explained. “Levels for parts per million of free chlorine and chlorine stabilizer, pH, and total alkalinity must be

within range or adjusted to meet Arizona Department of Health standards.”

Next, debris is removed and the skimmer baskets cleaned out. “You would be surprised at what we find in there sometimes—dead birds, mice, rabbits, scorpions, lizards and assorted bugs,” Chris explained. Pool sides, steps and ledges are brushed regularly to remove film the cleaner may have missed. As needed, the sand and diatomaceous earth filters are backwashed and DE replenished, and salt system electrodes are cleaned.

The pool tech makes sure everything mechanical is working properly—the pool pump, pool cleaner, filter pressure correct and pump basket clear, pool heaters and coolers, water features and lighting. Pool techs use their own tools, and all basic chemicals are included.

Additional tasks can be done for an extra fee, including arranging pool furniture or hosing pool decks and furniture, as well as draining and refilling pools periodically, (every two to three years), replacing sand in filters, cartridge filters cleaned or replaced, as well as repairs or adding new equipment.

Arizona Pool Guy, Inc. services many of your neighbors' homes and local commercial properties. Their votes awarded the company the 2014 Best of Mesa—Best Pool Company. ■

For a free quote on pool services, remodels, heaters or any pool service, call Chris Quam at (480) 699-0607.



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A Closer Look at

LAS SENDAS GOLF CLUB Features Entertainment, Dining & Golf

A Closer Look, Las Sendas Golf Club is a monthly column written for UpClose Publications 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 as your pathway to fun, recreation and a pleasurable lifestyle.

GOLF RATES

**November Green Fee Rates
Oct. 31 through Dec. 15**

- \$99 plus tax weekdays and \$109 plus tax weekends
- \$69 plus tax after 1:30 p.m.

Dec. 16 through Dec. 31

- \$89 plus tax weekdays and \$99 plus tax weekends
- \$59 plus tax after 1:30 p.m.

LAS SENDAS GOLF SHOP HOLIDAY SPECIALS

With the holidays right around the corner, we are eager to assist you with all of your holiday shopping needs. We have a wonderful, fun array of new gifts in the shop this year. Get the wine lover a bottle of wine and some new stem wear. Consider our selection of cozy blankets, beautiful prints, or even swim trunks and flip-flops. Also new this year, who wouldn't want a Las Sendas ornament? Sure

to be a hit at that annual Holiday Ornament Exchange.

As always, we encourage you to wear your Las Sendas Pride. This year, we have made it easy with hat and T-shirt combos, athletic gear, sweatshirts and more. For the golf enthusiast, we have some great deals on last season's equipment, and, of course, we always carry the latest and the greatest in what the top golf companies are offering.

WE WOULD LOVE TO HOST YOUR NEXT GOLF OUTING OR GOLF TOURNAMENT

Are you looking for a place to host your next company golf tournament, bachelor party golf outing, or maybe just a game with a bunch of buddies coming in town for the Super Bowl?

We would love to host your next event. We will customize your golf package to include whatever you may need, from scoring and special events, to box lunches, continental breakfast or full service dining. Let us do the work, so you can sit back, relax and enjoy your day. To get your event booked today, please call the Golf Shop at (480) 396-0440, and ask to speak to Jeff Anti.

FREE PING DEMO DAY

Wednesday, Nov. 12, 9 a.m. to 1 p.m.

Come check out the amazing new PING G-30s this November, when PING comes out to do a free demo day. Trust us when we say these clubs are awesome. You won't want to miss this opportunity to give them a try—for free.

DINING

**WEEKLY SPECIALS AT THE PATIO
AND THE GRILLE**

MONDAY

Monday Night Football
Buckets of Beer \$10

TUESDAY

\$19.95 Bottle of House Wine with Flatbread

WEDNESDAY

Wine Down Wednesday
Half Price Wine – most bottles

THURSDAY

\$19.95 Prime Rib, Mashed Potatoes, Vegetables
Add Glass of Wine \$3

Continued on page 6 >

LIVE... at Las Sendas Rock Lobster - 80's Retro



**Thursday
November 20th
The Vistas Pavilion**

**6 - 8 pm Buffet Dinner
8 - 10 pm Rock Lobster**

Las Sendas Golf Club
7555 E Eagle Crest Drive, Mesa
Arizona, 85207

Rock Lobster is the absolute best cover band in Arizona when it comes to playing the Ultimate in 80's Retro Music! This band plays songs from Billy Idol's White Wedding to Cyndi Lauper's Girl's Just Want to Have Fun! Bring your friends, come and join the fun, just maybe you'll get an invite to get on stage to rock out your best 80's dance!

With this band of highly talented musicians, you are always guaranteed to be on your feet at the BEGINNING of the night!

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
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Las Sendas Golf Club
The Vistas Pavilion

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The Vistas Pavilion
Las Sendas Golf Club
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Mesa, AZ 85207

2015
Happy New Year

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

FRIDAY

\$19.95 Chef's Market Fish Dinner

SATURDAY

\$14.95 Fried Chicken, Biscuit, Honey

SUNDAY

\$14.95/ Kids (6-12) \$8.95

All-You-Can-Eat Pasta Buffet Is Back



LIVE MUSIC AND NEW MENU

Join us for dinner and live music on The Patio at Las Sendas.

Feel free to visit our website for menu details. Our chef has created a number of truly amazing new items, including our Smoked Salmon Stuffed Avocado and our Trio of Spreadable Heaven.

NOVEMBER HAPPY HOUR

Happy Hour Daily 3 to 5 p.m.
Hours of Operation 6 a.m. to 9 p.m.

TURKEY TAKE-OUT

Reserve your Turkey Take-Out Dinner for only \$95, and take the stress out of Thanksgiving this year. All turkey dinners must be pre-ordered. A credit card number will be required at time of pre-order. All dinners must be picked up between 10 a.m. and 1 p.m. on Thanksgiving Day.

Turkey Take-Out Dinner for up to 10 includes:

- 16-pound Herb Roasted Turkey
- 2.5 pounds cornbread stuffing
- 1 quart giblet gravy
- 1 quart cranberry relish
- 2.5 pounds buttered green beans
- 1.5 pounds sweet corn
- 2.5 pounds garlic mashers
- Green salad
- Rolls

DINE WITH US FOR THANKSGIVING DINNER
Thursday, Nov. 27, 3 to 7 p.m.

Reservations are required. Please call Erica Pierson at (480) 396-4000, or send an email to epierson@lassendas.com.

\$38 for adults and \$15.95 for children ages 5 through 12. See our ad below for menu details.

NFL FOOTBALL
Sunday Game Specials

Start your Sunday football game with our Bloody Mary Bar, from 9 a.m. to 1 p.m. Choose from vodka or gin, juices, olives, celery and all the fixings you could imagine. Ask us about our Breakfast Special, our Bucket of Beer Special and our Fourth Quarter Chef's Special. Feel free to stay on after the game for our All-You-Can-Eat Sunday Pasta Buffet, for only \$14.95.

BREAKFAST

New at Las Sendas seven days a week—enjoy breakfast if you wake up early, or brunch if you sleep in late. Come in and try our new items. Start your day out right. Our menu has a Lighter Side and a Kids Corner.

CONSIDER ORDERING ONE OF OUR STAFF FAVORITES

Hole in One Egg Breakfast

Two eggs—any style, O'Brien potatoes, and toast with whipped butter. Choice of applewood smoked bacon, Jones All-Natural Turkey Sausage, or ham steak.

Waffle Breakfast Sandwich

Crispy heartland waffle, one egg over medium, bacon and cheddar cheese.

Skinny Frittata

Eggs, spinach, tomatoes, mushrooms, red onions, sliced fruit. Egg whites are available upon request.

Las Sendas Pillow Omelets

Three eggs whipped to fluffy perfection and O'Brien potatoes. Choice of two ingredients—cured ham, shredded cheese blend, mushrooms, red onion, bell peppers, tomatoes, applewood smoked bacon, sausage, chorizo, spinach and avocado.

THE VISTAS PAVILION

LIVE...at Las Sendas

Rock Lobster - 80s retro music

Thursday, Nov. 20
Chefs Grand Buffet—6 to 8 p.m.
Rock Lobster Show—8 to 10 p.m.

Rock Lobster is the absolute best cover band in Arizona when it comes to playing the ultimate in 80s retro music. This band plays songs from Billy Idol's *White Wedding*, to Cyndi Lauper's *Girl's Just Want to Have Fun*. Bring your friends, and join the fun. Just maybe you will get an invitation to get on stage to rock out your best 80s dance.

With this band of highly talented musicians, you always are guaranteed to be on your feet at the beginning of the night.

Tickets—\$60 per person, or buy a table of eight for \$400. Reserve early for preferred seating—eight per table. Tickets available at Las Sendas Golf Club.

Visit epierson@lassendas.com, or call (480) 396-4000.

New Year's Eve Gala

Celebrate the New Year at the Vistas Pavilion. Your evening includes dinner, dancing, party favors and a champagne toast, as well as live music. Reserve early.

Tickets are \$95 per person. Call Erica Pierson at (480) 396-4000, or send an email to epierson@lassendas.com. ■

LET LAS SENDAS GOLF CLUB DO THE WORK THIS THANKSGIVING DAY!
The choice is yours: Dine with us or pick up your fully prepared meal and enjoy it at home.

The Patio
at Las Sendas

Thanksgiving Dinner
Nov. 27, 2014 • 3pm-7pm

Thanksgiving Catering Special
Reserve your Turkey and take the stress out of Thanksgiving this year!

FIRST COURSE

Bogey's Salad
Mixed Greens - Dried Cranberries - Pumpkin Seeds - Grana Padano - Roasted Shallot Vin

Fall Squash Chowder
Bacon - Delicata Squash - Carnival Squash - Celery - Onions

Poached Pear & Endive Salad
Toasted Almonds - Goat Cheese - Spiced Cranberry Vin

SECOND COURSE

Sage Stuffed Turkey
Traditional Stuffing Rolled with Turkey Breast - Choice of Yukon Gold Mash or Sweet Potato Puree - Haricot Verts - Crispy Onions - Giblet Gravy - Star Anise Cranberry Sauce

Field & Stream
Lamb Tenderloin - Smoked Salmon Raviolis - Carrot Butter Sauce - English Pea Sauce - Crispy Leeks

Seared Sea Bass
Delicata Squash - Corn Veloute - Sautéed Pea Vines - Gooseberry Butter Sauce

Rosemary roasted Prime Rib with Garlic Butter
Fontina & Thyme Duchess Potatoes - Haricot Verts - Pan Au-Jus - Crispy Onions

THIRD COURSE

Pumpkin Pie w/Sage Merengue
Traditional Pumpkin Pie - Toasted Sage Infused Merengue - Berries - Cinnamon & Apple Sauce

Apple Crisp Brule
Crème Brule Flavored with Golden Delicious Apples - Berries - Brown Sugar Streusel

Chocolate Anejo Mousse
Xo Anejo Tequila - Café Tequila - Dueling Chocolate Mousse - Strawberry Chips



THANKSGIVING DINNER
FOR UP TO 10 INCLUDES:

- 16 lb Herb Roasted Turkey
 - 2.5 lbs of Cornbread Stuffing
 - 1 Quart of Giblet Gravy
 - 1 Quart of Cranberry Relish
 - 2.5 lbs of Buttered Green Beans
 - 1.5 lbs of Sweet Corn
 - 2.5 lbs of Garlic Mashers
 - Green Salad
 - Rolls
- \$95**

Reservations Required:

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\$38 Adults • \$15.95 Children 5-12

All Turkey Dinners must be pre-ordered. A credit card number will be required at time of pre-order. All dinners must be picked up between 10am and 1pm on Thanksgiving Day.

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ORGANIZING

Reduce Fear of Failure by Creating Habits

By Nancy Nemitz

Research shows there is something to be said for creating habits as a means of reducing the chance for failure in your life.

"The brain is always trying to automate things and to create habits, which it imbues with feelings of pleasure. Holding to the tried and true gives us a feeling of security, safety, and competence while, at the same time, reducing our fear of the future and of failure," wrote brain researcher Gerhard Roth, of the University of Bremen, in his book *Personality, Decision and Behavior*.



Nancy Nemitz

Putting things away in the same place lessens your anxiety because you know where to find what you are looking for when you need it again. It saves energy for more important decisions you need to make throughout the day.

I have a client who always eats the same thing for lunch Monday through Friday and when I asked him about it, he replied, "Having the same thing for lunch during the week reduces my stress because it's one less decision I have to make."

You probably wouldn't want to eat the same thing for lunch every day, but maybe there is another habit you can create to reduce your stress. Don't try to fix all your organizing problems at once. Create one routine today, and stick with it until it becomes a habit. It can be as simple as always putting your clothes in a dirty clothes hamper or tossing junk mail right away. ■

If you need help creating routines in your business or personal life, call Nancy Nemitz for a consultation at (480) 223-8939, or send an email to nancy@createthespace.com. Her company, Create the Space Professional Organizing, helps businesses become more efficient and productive.

EDUCATION

Opportunities abound through extracurricular activities



Story by Laurie Struna
Photo by Tim Hacker

Mesa Public Schools offers a variety of extracurricular academic activities in which students can participate throughout the year.

The teacher-sponsored activities are designed to supplement school curriculum, and provide additional opportunities for students to explore academic interests.

Students have fun digging deeper into their studies, and developing good character traits and leadership skills. Some students find their voices and break out of their shells. They make lifelong friends, and learn the art of networking. Ask students what their favorite part of the day is, and the answer will be participating in their favorite activities.

FROM THE STUDENT'S PERSPECTIVE

For two consecutive years, Tristan Covington, eighth-grade student at Stapley Junior High School, had qualified to compete in the Arizona State Geography Bee. He competed for the first time as a sixth-grade student, and advocated to bring the competition to his junior high school.

"I met with Mr. Erickson, the principal," Tristan said, "and inquired if our school could host the National Geographic Bee competition and he was receptive."

When asked how he prepares for the competition, Tristan had a smile and an answer. "The Bee has a lot of variation and covers every aspect of geography," he said. "I

study for the Bee by analyzing maps and atlases, reading various informative books on countries, taking prior National Geographic tests, playing geography games and researching on the Internet."

Tristan admits he loves to travel, and has had opportunities to see many places, including some foreign countries, with his family.

"Actually visiting places helps me to really learn my geography," he said.

WANTED—STUDENTS TO PARTICIPATE

To find out what activities are available through your school, consult the school website, sign up for school newsfeeds, or speak with your student's favorite teacher.

Here are a few upcoming activities:

The District Spelling Bee is open to fourth- through eighth-graders, and will be held on Saturday, Jan. 24, 2015, in the Franklin at Brimhall Junior High School auditorium. Check with your school for requirements to compete.

Schools registered to participate in the National Geographic Bee will hold their competitions between Nov. 3 of this year and Feb. 6 of next year. The state Bee will be held on March 27, 2015, at Arizona State University, in the Memorial Union.

Mesa Public Schools is, once again, sponsoring the Martin Luther King, Jr. Creative Writing, Art, Multimedia and Oratorical Contest. The art, writing and multimedia contest is for all grade levels, and the oratorical contest is open to fourth- through 12th-graders. ■

Voices 2015 is the annual district writing contest, sponsored by the Curriculum and Instruction Department. Students in grades kindergarten through 12, as well as all staff members, are invited to submit writing in a variety of categories. The deadline for submitting entries is Friday, Jan. 23, 2015.

For more information, please see www.mpsaz.org/bskills/secondary/write_sec/voices/.

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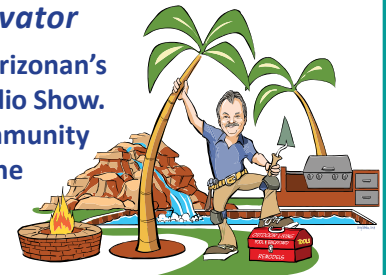
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Learn more and contribute online at mpsaz.org/eca or call **480-472-0133.**

LOCAL BUSINESS

Autumn leaves and winter ice prompt THIS SEASON'S HAIR COLOR TRENDS

By Dawn Abbey

This season's hottest and most sought after hair-color trends have been revealed by Sandra Barbeta, co-owner, with husband Cosmo, of Cosmos Salon and Day Spa.

Sandra, who is known for tending the tresses of many local anchorwomen and celebrities, is always on the cutting edge of hair fashion.

Whether you want a fresh new soft and professional look, or a totally trendy do, at Cosmos, you can explore the hair and beauty inspirations from around the world. "We showcase the latest looks in the street-style scene to keep you one step ahead of the fashion forefront," said Sandra. "Our cuts and hair colors link directly to the upcoming fashion trends. And the luxurious, celebrity-favorite hair product line Oribe helps us achieve these looks."

SANDRA'S HAIR COLOR FASHION FORECAST FOR FALL/WINTER 2014

According to Sandra, the crunch of crimson-colored leaves in the mountains, and the alluring spicy scents of autumn can only mean one thing. "Fall is definitely in the air," she said. "And with the change of seasons, comes the desire to change our hair color and cuts to fit the new season fashion trends."



Autumn redheads will be seen in a range of colors, from rose gold, to amber spice. "We're calling amber spice this fall's favorite hair color," Sandra stated. "It's perfect for light skin tones with peachy or golden undertones."

Darker and more intense shades of red velvet to plumberry, or a ruby red, with jets of violet, are a perfect match for cool or neutral skin tones capable of carrying off these rich colors.

"Our salted caramel look entails ribbons of caramel highlights frolicking hand in hand with a rich mocha," said Sandra. "This creates a new twist on the Ombre technique, resulting in a rich, dimensional hair color. Simply irresistible chocolate hair colors are all the rage," she continued. "Whether it's warm milk chocolate, with soft copper highlights, or a chocolate truffle, focusing on cool brown shades, to add dimension, there's a shade just right for you."

As for black, black currant hair color makes its debut last, Sandra exclaimed. "This purplely-black hair color complements cool brunettes looking to add a little or a lot of violet slashes of color," Sandra stated.

Hair styles also are changing with the season. "Hordes of celebrities are trading in their long locks for a short, icy blonde crop called platinum blonde," Sandra said. "Next up favorite is cool breeze blonde. Outstanding for its ashy tones, cool blonde hair is a breeze for fall.

The pairing of dark ash and clear blonde is a popular hair color trend for blondes."

While you're sitting fireside warming your dialing fingers, call for your appointment at Cosmos. "Or stop in and let our trendy hair team create a new fall look just for you," Sandra said. "We give complimentary consultations any time. We are packed with passion about our work." ■

To make an appointment, or to obtain more information, call (480) 844-0707. Cosmos Salon and Day Spa is located at the northeast corner of Power and McDowell roads, in The Village at Las Sendas.

LOCAL BUSINESS

Real Estate Office Offers Extended Services

Coldwell Banker Trails and Paths real estate office is open every weekend, from 11 a.m. to 3 p.m.

Realtors are available to help you who are curious about your investment.

Professionals will also offer information about homes for sale in the area, and can even help you preview a property.

Realtors can discuss buying or selling homes, or any other real estate needs or questions you may have.

Everyone in attendance can register for a grand prize drawing, at the end of the month, for a \$100 gift certificate to the Las Sendas Golf Course. Additional discount coupons from local businesses will be available, too.

Coldwell Banker Trails and Paths will celebrate *Customer Appreciation Day* on Nov. 5, from 3 to 6 p.m. This will be a great time for friends, customers and winter visitors to stop by to visit. Refreshments will be served.

SPECIAL HOLIDAY EVENT

Coldwell Banker Trails and Paths will host *Pictures with Santa*, on Dec. 6, from 11 a.m. to 2 p.m.

Bring your kids and your camera for this visit with Santa. If you prefer, the staff will take a picture and email it to you. In the past, this has been a huge success for everyone involved. ■

The office of Coldwell Banker Trails and Paths is located at 2913 N. Power Road, Suite 101, Mesa. For more information, call (480) 355-4700, or visit online at www.TrailsandPaths.com.



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LOCAL BUSINESS

Pet Sitting Service Provides Peace of Mind for Valued Clients

By Dawn Dubelbeis

The holidays are right around the corner, which means travel for many people, and the proper care of their furry family members.

Especially around the hectic holiday time, it's difficult for friends and family to commit to helping provide pet care multiple times a day. Consider in-home pet sitting, offered by Critter Caretakers Pet Sitting, *Where Your Pets Are Like Family*.

This spring, the *East Valley Tribune* recognized Critter Caretakers as the *Best of Pet Sitting Service*. Owner Dawn Dubelbeis is very proud of winning this award because it is a result of the company's clients showing their satisfaction in voting for them. She recognizes valued clients show their confidence in Dawn and her team in handing over everything precious to them—their home and privacy, and, most importantly, their beloved pets.



Critter Caretakers takes this responsibility very seriously. Many clients said they don't travel much because they do not feel comfortable leaving their pets with just anyone. However, after they try Dawn's in-home service, they begin to travel more frequently because they finally have a team of trust-

worthy pet lovers to care for their babies.

Dawn's philosophy always has been service based on the quality of care, not on time spent. This is how Critter Caretakers is different. If you have more energetic dogs, Dawn's team will be sure to spend the time needed to burn off that energy. Is yours a shy pet needing to be talked to softly and *won over*? The team will take the time to do that, too—without watching a clock. Since the sitters specialize in rescues and shy pets, they are naturals at this.

There is another reason to consider an in-home pet sitter. If you have pets with separation anxiety, or who are used to you being home all the time and getting lots of attention, in-home pet care is great. The service provides lots of one-on-one attention for your furry family members.

Offering customizable service options from which to choose, sitters can do daily visits, overnight care, and even offer live-in care, an especially popular option with Critter Caretakers' clients. This is the ultimate in pet care, offering continuity of routine for the client's fur-kids, and home security, as well. In addition, the sitter watching over your home is bonded and has been through a background check. ■

Critter Caretakers is filling quickly for the holidays. For more information, and to see the exceptional reviews, please visit the website at www.crittercaretakers.com. You also can call (480) 553-0105, and follow them at www.facebook.com/CritterCaretakersPetSitting.

EVENT

Holiday Boutique Offers Something for Everyone

Submitted by Red Mountain United Methodist Church

Red Mountain United Methodist Church presents the ninth annual *Holiday Boutique*, on Friday and Saturday, Nov. 7 and 8, from 8 a.m. to 3 p.m., in Madsen Hall.

Help children laugh. Picture the looks of concentration on their faces as they take on new challenges, learn new skills and broaden their worlds. Know you are a part of bringing our Mesa community together one child, one family, at a time. Contribute to our better future by investing in a child.

And come fill up your own well at the *Holiday Boutique*, brought to you by the Red Mountain Crafters. Enter a room of stunning beauty, see tables filled with enough eye candy to overwhelm you, and know that every single penny of profit made goes to benefit children in our preschool and children's ministries

programs. Last year's proceeds funded scholarships, purchased educational supplies, and fed some little stomachs, too.

The number of crafters, all volunteers,

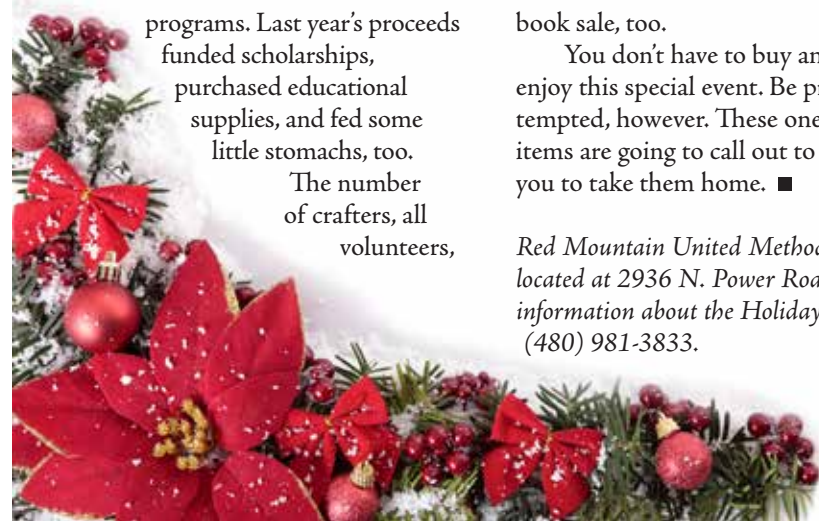
has grown this year, with talent from the Mesa community, adding many new projects, which you won't want to miss. Focusing on Arizona natural art, using gourds, cacti and cotton, the crafty ladies and men bring you work worthy of a Sedona art studio, and offered at prices you can afford.

From needle art and quilting, purses and jewelry, to cards and Christmas ornaments, the colorful array will, at the very least, give you an experience of viewing pleasure you won't forget. Choose from a selection of more than 150 placemat collections, refresh your florals, or grab one of the hand-painted and handcrafted lighted landscape pieces before they are gone.

Plan to stay for a while. Plan to sit and visit with the ladies who are there just for you, to welcome you and to get to know you. Sample the delicious culinary delights from the bake sale. And browse the used book sale, too.

You don't have to buy anything to enjoy this special event. Be prepared to be tempted, however. These one-of-a-kind items are going to call out to you—begging you to take them home. ■

Red Mountain United Methodist Church is located at 2936 N. Power Road. For more information about the Holiday Boutique, call (480) 981-3833.





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REAL ESTATE

Upgrading your backyard can add value to your home

By John Karadsheh

At long last, the weather is cooling, which means it is time for outdoor dining and entertaining.

Over the last year, I have found buyers are placing more and more priority on upgraded backyards and outdoor living spaces. In many cases, the yard has been the deciding factor in which house they choose to purchase.

Years ago, an upgraded yard was a decked pool, some curbing, gravel and a built-in barbeque. Not today. Buyers are interested in a resort feel, with landscaping that is lush but still desert friendly. There is a lot of interest in extended patios for ample outdoor seating and heating/cooling systems, to make those outdoor living spaces comfortable year round. We also are seeing a lot of interest in focal point fireplaces, TVs and outdoor cooking spaces, complete with sinks, mini refrigerators and pizza ovens.

So, where do you begin with a backyard remodel? I recently had the opportunity to visit Imagine Backyard Living, a new backyard design store in North Scottsdale. The showroom really was impressive, and offered a multitude of vignettes, showcasing all the latest backyard trends and technologies. They offer great backyard design services onsite, and even have financing available for backyard remodels. My favorite gadget was an amazing misting fan capable of dropping the patio temperature by 25 degrees. It is already on my Christmas wish list.

So, what is the return on investment on a backyard redo? Appraisers don't necessarily add value for outdoor living rooms, however, buyers surely do. If you are planning on selling your home in the next few years, a backyard refresh is always a great idea to improve its marketability. Do your research and talk to the experts. Then, make sure you get at least a season or two after



completion to enjoy it yourself.

Imagine Backyard Living is located at 15551 N. Greenway-Hayden Loop, in Scottsdale. Visit the website at imaginebackyard.com. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths. He also is an Associate Broker, Accredited Buyers Representative and a Certified Residential Specialist. He was the No. 1 residential real estate agent in Arizona by Ranking Arizona, the Best of Arizona Business. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his website at www.BuyAndSellAZ.com.

HEALTH

New screening offered at Las Sendas Dental Health

Submitted by Dr. C. Martin Farnsworth, DMD

Every hour, one American dies from oral cancer, and the growing number of cases diagnosed are not caused from smoking or alcohol abuse.

Oral cancer deaths are now higher than deaths from cervical, testicular, laryngeal or thyroid cancer. Research now shows the human papilloma virus, also referred to as HPV, is being linked to oral cancer at an alarming rate. Oral cancer is detectable and treatable if caught in the early stages. The bad news is, when most oral cancers are detected, it is in the later stages.

The survival rate jumps to 80 percent when oral cancer is caught early. Many avenues are now available to assist in detecting oral cancer at the early stages. One of the newest technologies cleared by the Federal Drug Administration for assistance in detecting cancerous and precancerous lesions is the Velscope™ oral cancer screening system. This LED dental device is used to aid in the detection of precancerous and cancerous lesions.

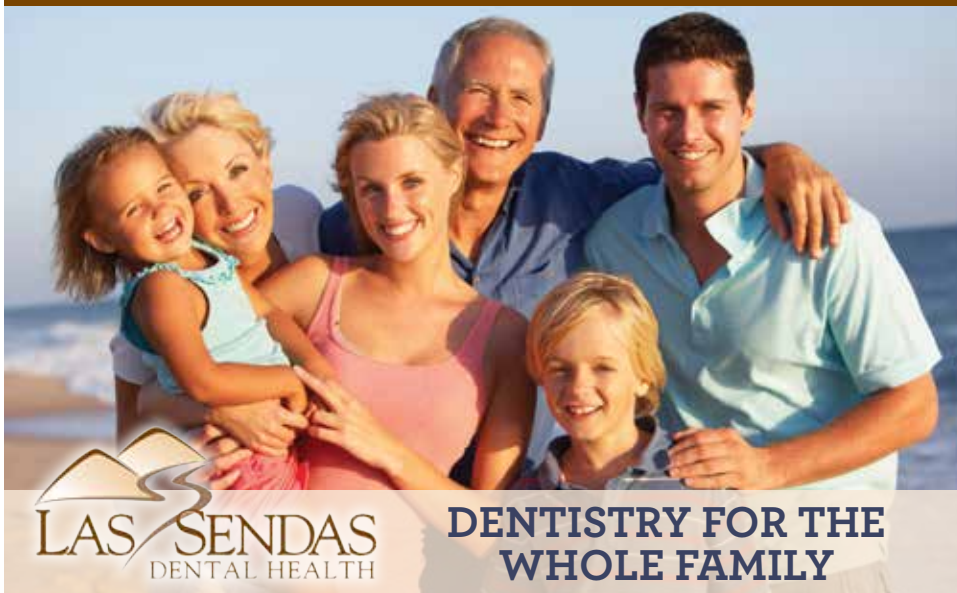
We are pleased to announce Las Sendas Dental Health now has the enhanced ability to detect oral cancer at the early stages by routinely offering the Velscope™ screening service to our patients. It is recommended this life-saving screening be performed once a year, as is the case with all other annual exams. This screening is quite simple and takes only a couple of minutes. It is completely painless.

To schedule an appointment for your life-saving oral cancer screening, call our office today at (480) 283-5854. You also can check out our website at www.lassendasdentalhealth.com. ■



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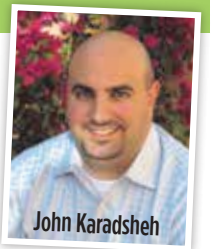
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Las Sendas Area Market Report

Sales for the Month of September 2014



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3055 N. Red Mountain #137	1,571	Ironwood Pass	\$269,000
6949 E. Pearl St.	1,911	Vintage Hills	\$275,000
7307 E. Tyndall St.	2,451	Featherwind	\$280,000
6840 E. Portia St.	1,911	Vintage Hills	\$305,000
2704 N. Sterling St.	2,512	Grayfox	\$307,500
7756 E. Sugarloaf Cir.	2,732	The Highlands	\$330,000
4041 N. Starry Pass Cir.	2,314	Pinnacle Point	\$374,000
3505 N. Stone Gully	2,732	Grayhawk	\$395,000
7357 E. Rochelle Cir.	3,654	Sonoran Heights	\$400,000
3607 N. Sonoran Heights	3,841	Boulder Mountain	\$406,000
3254 N. Ladera Cir.	4,602	Rock Canyon II	\$850,000
4337 N. Deserts Gate Cir.	4,337	Hidden Canyon	\$1,019,500

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed. Sales Information Provided By John Karadsheh, ABR, CRS, ASSOCIATE BROKER, Coldwell Banker Trails & Paths Premier Properties. www.BuyAndSellAZ.com

EDUCATION

THIS MATH TUTORING SERVICE EQUALS SUCCESS

By Dawn Abbey & Paul O'Neill

$-3(-2n-1) - (-5m+7) - 3(5m+7n-3) = ?$
The answer is ... I have no idea!

That is what many parents are saying when their children come home from school and take out their math homework. Well, parents, the answer to the question is simple—Mathnasium. We make math make sense.

With today's aggressive approach to learning, and math being a priority, extra support from outside the school system often is the solution. Karen and Brad Jackson, local residents in our community, realized this, and recently have purchased Mathnasium, a math learning and tutoring service, specializing in working with our children on an individual basis and, most importantly, at their pace. The students do not feel overwhelmed or pressured, and, ultimately, advance their skills to succeed.

Karen, Brad, and their two boys, Kaiden, 13 and Karter, 10, have lived in our East Mesa community for more than 10 years. And like many families here, they participate in many activities, such as baseball, soccer and local school events. They have seen the changes, which have taken place in our school systems, and realize the importance of a strong mathematical education, along with the need for some extra help for all our children.

Mathnasium helps students to bridge the gap between traditional and newer math programs in use. Students may have transitioned from public, to private, to charter schools over time, and had to learn different ways to do math in each environment. That's what makes Mathnasium's individualized learning plan so beneficial.

"We became huge fans of Mathnasium over the last two years watching our own two sons advance their math skills with the program's after-school tutoring," said Karen.

"Kaiden was always good at math, but now he excels in the advanced classes. Karter always struggled, but with the help of Mathnasium, he now has an A grade."

Mathnasium's success comes from its individualized learning plans. Before students start the program, they take tests, which are run through Mathnasium's exclusive computerized analysis.

When students first start the program, they are given a comprehensive oral and written evaluation "It focuses on the gaps in each student's knowledge—the concepts they haven't learned," stated Karen. "Math is cumulative. So, if you miss parts of it, it's hard to advance to the more difficult concepts. If you'd don't get Algebra I, you won't be able to do Algebra II, and so on."

Other tutoring services can help students get through tonight's homework. "Our primary goal is to uncover and directly address gaps that are the underlying causes of your child's current difficulties in school," Karen explained.

"The best way to see if we are a good fit for your child is to visit the center, meet our instructors, and get a better understanding of your child's specific math needs through an assessment," Karen suggested. "This allows parents to see where their student both excels and may need help, without any commitment to join our program. Don't wait for the next progress report or report card with a low grade," she continued. "Set your child up for success now."

If the numbers don't add up, call (480) 325-MATH. We make math make sense. ■

Mathnasium is located at 1152 N. Power Road, Suite 103, on the southwest corner of Power and Brown roads. Hours are Monday through Thursday, from 3 to 7 p.m., and Saturday, from 11 a.m. to 2 p.m.

For a complete list of programs, visit mathnasium.com/mesa, or call (480) 325-MATH (6284).



Brad and Karen Jackson



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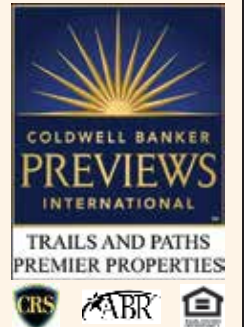
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LOCAL BUSINESS

Lexus salesperson offers quality service

By Kim Phillips

L as Sendas resident Zach Link is pleased to welcome winter visitors to Superstition Springs Lexus for sales and repairs.



Zach Link

Zach is a top salesperson at Superstition Springs Lexus, and is very comfortable with helping others.

"I have been in sales for more than 25 years," said the Lexus executive consultant. "According to JD Powers and Associates, luxury brands, Lexus is ranked one or two with customer satisfaction," Zach affirmed. "This is really impressive. Lexus is always at the top for quality and reliability."

Zach said, "Most importantly, is the cost of ownership." He emphasized Lexus is "significantly better."

In addition, Zach pointed out, he is very honest. "My ethics and integrity are very strong," he said. "I treat every client as though they were a guest in my home."

Zach says he truly aims to serve his customer's needs. "They can rely on me to be their go to guy now and in the future, for Lexus or non-Lexus vehicles."

The Lexus representative said he is looking to build a lasting relationship with his clients. "When you walk into the dealership, you want to talk to me."

Since the age of 21, Zach has been involved with business, helping his mother run a respected antique dealership in Colorado, which was featured in *TIME* magazine.

Superstition Springs Lexus has positive reviews on dealerrater.com, according to Zach. "We will give a client a \$500 referral fee for sending us a new customer, or we can donate to a charity of their choice," Zach said. ■

For more information about Superstition Springs Lexus and to contact Zach Link, call (480) 845-8700, or email zlink@sslexus.com. The dealership is located at 6206 E. Test Drive, Mesa, 85206.

LOCAL BUSINESS

Bring Color to Your Home for the Holidays

Submitted by Poppy's Home Décor

As November falls upon us, we think of many things, including changes in the weather, memories of family, Thanksgiving dinner, and the holiday season just around the corner.

Thanksgiving is such a wonderful time to enjoy all the fall colors. Orange is my favorite color, and I love the fall season.

When we realize how important color is, and how it affects our entire family, hopefully, we will provide a positive environment for them.

Our homes are our havens. We go to work. We are busy, and probably stressed with pressures and deadlines. Our kids go to school and come home with homework and emotions from dealing with their friends.

Let your friends and family know you care, and they are loved. Take some time to be proactive by bringing color in your home. Have a fun color splash on or at your front door or entrances. A few ideas are wreaths, baskets and letters.

Plan today for one thing you can do for the Thanksgiving table. It might be a napkin holder or personalized nameplate. It might be a beautiful cornucopia centerpiece. There are lots of possibilities. Get creative. Get inspired. Try something new. Come into Poppy's Home

Décor, take a class, and let your creative juices flow. ■



Poppy's Home Décor is located at 7143 E. Southern Ave. Store hours are Monday through Saturday, from 10 a.m. to 6 p.m. You also can visit the website at www.poppyshomedecoraz.com, or call (480) 325-4900.

RECIPE

Pecan Pie Bars Are Sure TO BE A TASTY HIT

Submitted by PIEfection

The following recipe makes delicious cookie bars. They will be a great choice for holiday entertaining.

INGREDIENTS

- | | |
|---------------------------------|----------------------------------|
| 2 cups flour | 1 cup light corn syrup |
| 1/2 cup sugar | 1/2 cup butter |
| 1/8 teaspoon salt | 4 large eggs, lightly beaten |
| 3/4 cup butter | 2 1/2 cups finely chopped pecans |
| 1 cup firmly packed brown sugar | 1 teaspoon vanilla extract |

Preheat oven to 350°. Combine first 3 ingredients in large bowl; cut in 3/4 cup butter thoroughly with a pastry blender until mixture resembles fine crumbs. Press mixture evenly into a greased 13-x-9 pan. Bake for 17 to 20 minutes or until lightly browned.

DIRECTIONS

Combine brown sugar, corn syrup and 1/2 cup butter in a saucepan. Bring to a boil over medium heat, stirring gently. Remove from heat. Stir 1/4 of hot mixture into beaten eggs, and add to remaining hot mixture. Stir in pecans and vanilla. Pour filling over hot crust. Bake for about 25 minutes or until set. (Jiggle pan, and if the filling doesn't move, they are done.) Cool completely in pan on a wire rack. Cut into bars. ■

PIEfection is located near the southwest corner of Power and Brown roads, at 6731 E. Brown Road. To place an order, call (480) 218-PIES (7437). You also can place an order online at www.piefectionaz.com. Store hours are 10 a.m. to 6:30 p.m., Monday through Saturday. The bakery is closed on Sunday.



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LOCAL BUSINESS

Local Handyman Welcomes Seasonal Residents Back to the Neighborhood



By Jamie Killin

Red Mountain Ranch resident Mike Leonard, of 480 Handyman Services, is happy to welcome seasonal residents back to the neighborhood.

Mike not only provides regular handyman services, but he also watches customers' homes while they are away to make sure everything is running correctly. He flushes the toilets, runs the water, and makes sure there are no leaks.

"I want to thank those who allow me to take care of their homes," he said.

For each home he watches, Mike also inspects for storm damage, giving residents peace of mind in knowing they will not be returning home to any unresolved destruction.

If there is any damage, he will contact the resident, send photos of the problem, and provide an estimate for any repairs.

Mike goes above and beyond to establish a relationship with his neighbors. "I look forward to working with my neighbors, and creating a trust for not only the year-round residents," he said, "but also those part-time residents who will have the added security of knowing and trusting someone in the neighborhood is caring for their homes while they

are away for the season."

Mike, who founded his business 10 years ago in Upstate New York, has been a resident of Red Mountain Ranch for two years. "I work all over the neighborhood," he said.

After watching others work on his home, and thinking he might be able to do the same work himself, Mike began his career as a handyman.

Eventually, he began remodeling kitchens, finishing basements, building decks, and doing repairs as a side business with a friend.

Today, Mike is open to doing just about any type of job, from washing windows, to repairing flooring. His favorite jobs include working on trim and painting.

"If I can't do it, I'll find you someone who can," he said.

Mike offers quick response times and a variety of services. So, if you are in need of repairs, or help around the house, contact him for a free estimate. ■

Call or text Mike at (480) 226-3986. You also can send an email to 480Handyman@gmail.com, or visit www.480Handyman.com. Mike's 480 Handyman Services is insured and registered with the State of Arizona.

LOCAL BUSINESS

Studio 480 the Salon NOW OPEN IN THE EAST VALLEY

By Jamie Killin

Renee Hadyka invites the community to visit Studio 480 the Salon, her full service salon, located on the southwest corner of Power and McDowell roads.

Experience and a friendly atmosphere are the guiding principles of Studio 480, opened to continue the legacy of Renee's parents. They had owned another salon in the area before deciding to retire as business owners.

Renee, an Arizona State University (ASU) graduate and stylist for 11 years, stepped in after talking to her mother. She decided, however, to put her own twist on the family business.

"I wanted to modernize it," Renee said.

From that decision, Studio 480 was born.

Renee's mother, Irene Ulman, a hairdresser for more than 50 years, continues to work in the new salon as a stylist.

The salon, which opened in July, offers quality products and a variety of salon services, from perms, to highlights, as well as nail services.

"We're really a well-rounded neighborhood salon," Renee said. "We specialize in all ages."

Studio 480 prides itself on being a down-to-earth salon, offering a warm and welcoming family environment.

"When a client walks in the front door, it's like Cheers," said Renee. "We are close friends."

The salon not only offers a feeling of community, but owners Renee and her husband David also are actively involved in bettering East Mesa and the Valley.



Renee has volunteered by cutting hair for Sunshine Acres Children's Home residents for seven years. She also serves on the advisory board, for the School of Cosmetology, at East Valley Institute of Technology. In addition, she has provided wigs and makeup for ASU Gammage Broadway performances for more than 10 years.

"I'm really invested in this community," Renee said.

David remains actively involved in the community by working for Mesa Public Schools.

To learn more about Studio 480 the Salon, attend the open house on Nov. 15, from noon to 5 p.m., at 6655 E. McDowell Road, Suite 105.

"Anyone from the community can come by," said Renee. "There will be food, drink, prizes and fun for the entire family."

Studio 480 the Salon will also be accepting canned and non-perishable food items at the open house to donate to Sunshine Acres. For every item donated, up to 10, the salon will give \$1 off a future hair service. ■

For more information about Studio 480 the Salon, or to make an appointment, call (480) 985-2369.

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EVENT

Dance Studio Offers Holiday Entertainment for the Family

Submitted by Campbell's Dance Studio

Campbell's Dance Studio is in the midst of rehearsals for the 45th performance of *The Nutcracker*, an annual tradition for many families in the community.

The cast of dancers and actors is 100 strong, with most members ranging in age from 4 to 18. This year's performance promises new twists and turns compared to years past. There are new professional stage sets, complete with hand-painted scenery. The beautiful costumes and props add to the liveliness of the plot in Tchaikovsky's *The Nutcracker*.

Campbell's version of this holiday classic is complete with dancing dolls, Mother Ginger on stilts, leaping and spinning ballerinas, and gymnastic tumbling throughout, by the Russian dancers and jesters. Tina McCarey is the director this year, with national and international choreographers staging the play.

This ballet is the perfect first ballet for anyone, or the perfect addition to your family's holiday traditions. The timeless plot and the energy of this ballet will keep even the pickiest audience member entertained.

The Nutcracker is a fairy tale about the magic and beauty of Christmas, and the ways love can transform fantasy into reality. The story begins at a party, where children Clara and Fritz are dancing with their friends and family. They are excited by the arrival of their godfather, Herr Drosselmeyer, who brings with him



two life-size dancing dolls. Then, he gives Clara and Fritz their Christmas gifts.

Clara receives a Nutcracker doll. She is delighted, but Fritz snatches the doll and breaks it. Her godfather repairs the Nutcracker. The children leave the party. Clara comes back after everyone is gone to check on her Nutcracker doll.

The Christmas tree begins to grow as Clara watches in amazement. Mice fill the room, led by the Mouse King. The Nutcracker rushes to save Clara from the Mouse King in a sword dueling fight. A large cannon even goes off. The Nutcracker turns into a

prince, and takes Clara on a journey never to be forgotten. At the end of the journey, Clara awakens from her dream. She is lying under the Christmas tree next to her beloved Nutcracker.

Campbell's production is professional and uplifting, just like their school of dance, which has been in business for 45 years. Every child is treated with respect and receives not only the best possible training, but also is surrounded by positive experiences, which promote the building of self-esteem. ■

The Nutcracker will be performed at Mountain View High School, located at 2700 E. Brown Road, on Dec. 6, at 2 p.m. and at 7 p.m. Tickets go on sale on Nov. 3, at 4 p.m., at Campbell's Dance Studio, located at 2820 E. University Drive, Suite 106. Call (480) 830-3450, or purchase tickets at the door on the evening of the performance. Priced at \$12 each, tickets are assigned seating.

EDUCATION

School Food Pantry Plays Role in Building Healthy MINDS AND BODIES

By Sharon Wozny

For three years, Stevenson Elementary School has been providing for their community outside of the regular school day.



Under the leadership of Family Support Specialist Christine Tarango, the Stallion community has a food pantry in the cafeteria. Once a month, in conjunction with a grant from Target, and a partnership with United Food Bank, Stevenson families are able to come to the school, from 4:30 to 6 p.m., and choose about 30 pounds of food from a market-style format.

"The families are lining up when school is dismissed in order to receive this service," Principal Kathy Ray stated. Stevenson loves how this brings their community together.

Each student in the family, not the parent, chooses all the food from the selections of fresh fruit and veggies, canned goods, protein items and healthy snacks. At the end of the line, Principal Ray is waiting to thank them for being a part of this community-building service. In addition, each child receives a voucher, for a gallon of milk, from Bashas' food stores or Food City. As one kindergarten teacher said, "Mrs. Ray, this is better than trick or treating."

Maintaining healthy bodies and minds is essential to learning. The food pantry is another way Stevenson Elementary School is making sure their families receive what they need to succeed in school. ■

For more information about Stevenson Elementary School, or the food pantry, call (480) 472-9000.



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LOCAL BUSINESS

INTELLECTUAL PROPERTY Requires Insurance Coverage

Submitted by Bechtold and Madden Law, PLLC



Jennifer L. Madden, Esq.

Every business owner understands the importance of insurance.

Insuring your building, your inventory and your employees all has become a necessary expense intrinsic to owning your own business in today's world. So, insuring your property is not a new concept to most business owners.

But what about insuring your intellectual property? What is intellectual property, and how do you protect it?

Intellectual property traditionally has covered four things. They are patents, copyrights, trade secrets and trademarks. Patents protect inventions. Copyrights protect works of authorship, such as books and movies. Trade secrets protect, you guessed it, secrets, specifically those which can make money for your business. Trademarks protect source identifiers, such as business logos.

Trademark law was established to protect consumers from confusion as to which company produced what product. Consequently, trademark laws protect the goodwill of the business. What is goodwill, and why is it important? Your goodwill

can best be described as your reputation—how your customers, suppliers and the rest of the business community views your business and your product.

So, how do you protect it? Not with traditional insurance like the policies you have for your building and employees, but through enforcement of your legal rights. Those legal rights may be acquired through simply using your product in business, or through a complex government administrative procedure.

The reality is most business owners do not understand what rights they have. That is where Bechtold and Madden Law, PLLC comes in. We provide each client with the information needed to make the right business decision for the company. This is about your bottom line, and making your business a long-term success. ■

For more information about insuring intellectual property or other insurance matters, call Bechtold and Madden Law at (602) 730-8999.



LOCAL BUSINESS

NEW OFFICE BUILDING Offers Unique Views and Amenities

By Lisa Gold

A new office building in Mesa is taking the concept of office suites to a new level.

The Las Sendas Office Building executive suites, complete with spectacular panoramic views of the McDowell Mountains and the scenic Las Sendas desert landscapes, will be available for occupancy December 2014.

Located next to the Las Sendas Golf Course and Bogey's, these suites offer a receptionist, the use of the conference room and kitchen, phone, high speed Internet, and wireless Internet with your signed lease. Virtual office services also are available, including receptionist, office address, mail receipt, and use of the conference room.

For an additional per-service fee, the lessee can choose from scheduling, bookkeeping, payment processing, billing and social media marketing to meet their office needs.

The Las Sendas Office Building also features The Life Balance Center, an onsite integrated wellness center created by Dr. Lisa Gold. As an added bonus, the

center offers yoga (private sessions and classes), massage, personal training and chiropractic care.

Start your day with a yoga class before work, have a massage at lunch, or end your day with a personal training session—all without leaving your office building. Other options include beginning your day with an early game of golf, going for a hike at lunch, and ending your day with happy hour or dinner at The Patio or The Grille at the Las Sendas Golf Club. These are just a few of the ways you can plan your day when your office is at the Las Sendas Office Building.

Currently, only four offices are available. You can choose from two units with scenic views and two interior offices. Don't miss this opportunity to bring your business to the only office building in the area with simply stunning views and an impressive array of amenities.

For more information about leasing a suite in the Las Sendas Office Building, or the Life Balance Center, send an email to dr.gold@azreli.com, or call (602) 550-9393.



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As an added bonus, you can also enjoy yoga (private sessions and classes), massage, personal training and chiropractic care all onsite through The Life Balance Center. The Life Balance Center, created by Dr. Lisa Gold, is an integrated wellness center onsite at The Las Sendas Office Building.

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COMMUNITY

CHURCH'S FALL PROGRAMS SERVE COMMUNITY

Submitted by Love of Christ Lutheran Church

While summer-time temperatures haven't dropped, Love of Christ Lutheran Church (LOC) in east Mesa is looking to a full fall schedule of programming to serve the community, ranging from helping starving children to philharmonic concerts.



"When school returns, it starts getting busy here at our church," said Senior Pastor Don Liles. "This is the eighth year we will have participated in packaging meals for the international program *Feed My Starving Children*. This is open to the community. Anyone who would like to volunteer to package meals should register on our church website. We prepare the packets in mid-November."

In addition to helping hungry children, the church will be holding a musical special for the Christmas season. "Hard to believe that we think about Christmas now, but we are looking for those who have a great voice to sing with us in our mass choir for the Christmas Cantata," said Pastor Don.

Another very popular event is the craft fair, to be held this year on Nov. 15. In years past, more than 40 vendors have participated in displaying their wares. "Here again, while the program date is much later, we are looking for anyone as a vendor who would like to participate. They should get in touch with Dianne Oien now in our church office," said Pastor Don. "Our doors are open to everyone who would care to participate. It is a wide-open invitation."

Love of Christ Lutheran Church is located at 1525 N. Power Road in Mesa, between McKellips and Brown roads. Their telephone number is (480) 981-6199, and the website address is www.loveofchristchurch.net.

LOCAL BUSINESS

EXPERT DECORATING Brings Individual Style to Your Home

Submitted by CoCo Milano's

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CoCo Milano's is located in The Village at Las Sendas, at 2837 N. Power Road. For more information about the interior design services, events or private parties, call (480) 641-2626. Visit the website at www.cocomilanos.com, or send an e-mail to info@cocomilanos.com.



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LOCAL BUSINESS

LEARN WHAT YOUR VEHICLE IS TRYING TO TELL YOU

Submitted by H and I Automotive

While today's vehicles have multiple built-in warning devices, they are only helpful if you know what they mean, and take corrective action when they appear.

A light that comes on in your dashboard is not always bad news. Sometimes, it is just a visual reminder to perform routine maintenance. It can even just mean it is time to air up your tires. The color of the light signifies its level of importance. Amber means it needs to be checked soon, and red light indicates a condition whereby the vehicle may be unsafe to drive, or continued use will cause additional damage. A flashing light also is a higher priority than a steady one.

The most common light you will see is your preventative maintenance indicator. This can take the form of a wrench, or, in most cases, the words *maintenance required* will appear. Keep in mind this indicator is set on a timer. If the shop that performed your last service forgot to reset it, the light may come on prematurely. You can use your service label on the windshield to verify your last service interval.

With the weather now cooling off, you may see your *low tire* indicator coming on, especially in the morning. Tire pressure changes about one pound for every six degrees of temperature change. If your tires were inflated to 32 psi when it was 105 degrees, that same tire will read only 26 psi at a temperature of 65 degrees. This is why it is very common for the tire pressure light to come on at this time of year, or some of you may have experienced the light during our last few rainstorms.

The *check engine* lights can come on for a multitude of reasons. This light also can be in the form of an engine symbol, or sometimes it will say *service engine*. All three indicate emissions or engine performance concerns. It is common practice to ignore this light when there are no symptoms in conjunction with its appear-



ance. We recommend, at least, having the computer scanned for the failure code, to avoid a more costly repair in the future. If the light is flashing, immediate attention may be required.

You have two brake system lights. The red light comes on when there is an issue with the mechanical portion of your braking system. The ABS light comes on when there is an electronic issue with the braking system. Any brake warning light should be addressed immediately to avoid an unsafe condition. If you believe the brake light is on due to low fluid level, please have the system inspected. This could be a symptom of worn brakes or a leak in the hydraulic system.

Other systems, which commonly use visual indicators, are traction, stability, suspension and airbag controls. Although, most of the time, these are not a high priority, you do need to keep in mind these systems will be inoperative until repairs are made. ■

H and I Automotive is equipped to assist you with all of your vehicle needs. We are located at 5338 E. Main St., Suite #4 (just east of Higley Road). Please feel free to stop by with any questions, or call us at (480/) 985-9279. Visit online at www.handiautomotive.com and www.facebook.com/pages/H-I--automotive. See our ad in this Up Close newspaper.

COMMUNITY

Community Garage Sale

RIGHT AROUND THE CORNER

Submitted by Red Mountain Ranch Social Club

The Red Mountain Ranch Garage Sale will be held this year on Friday and Saturday, Nov. 7 and 8, at the intersections of Thomas and Rafriver roads, and Recker and Thomas roads.


Mark this day on your calendar if you would like to buy items for 75 to 90 percent off.

Retail store prices are too high for your budget? Thrift store prices are too expensive for what you get? Looking for gifts and don't have much money? Do you love to find bargains?


Do we have a solution for you! Come to the annual Red Mountain Ranch Community Garage Sale, and find what you need at great prices. Come early to get the best bargains. It is your chance for one-stop shopping, with participating homes close by. You will not need to drive many miles from house to house.

This is one of the largest community garage sales held in the Phoenix area, and the Red Mountain Ranch Social Club once again will sponsor the event. Last year, 182 homes participated. This sale has been held for a number of years as a service to the community, and always draws a huge crowd. ■








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REAL ESTATE

Know What is Going on in Your Neighborhood Right Now

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

We all know about social media, and most of us use it to stay in touch with family and friends on Facebook, or to get great ideas on Pinterest, just to mention a few.



Businesses are using social media to stay in touch with their clients or market their companies and services. Many communities will have their own Facebook page where you can find out more information about that community and its scheduled events. If you are anything like me, you always plan to look on Facebook, log on to the site to check things out, but just never seem to get around to doing so.

The other problem with just having these sites is the fact they are not designed to be any kind of a discussion forum, where homeowners can find out about everything going on in the neighborhood, especially from other neighbors. If something happens in your neighborhood, someone, somewhere usually sees it or knows about it.

So, how can they let everyone else in the neighborhood know about it right away? This is where the social network site nextdoor.com enters the picture.

ABOUT NEXTDOOR

Nextdoor is the private social network for your neighborhood. There are social networks for many important parts of our lives, but there wasn't any social network for our lives closest to home—until now.

Studies show 29 percent of Americans know only a few of their neighbors, and 28 percent know none of their neighbors by name. Nextdoor found people were feeling disconnected from their communities, and made it their mission to help bring a sense of community back to the neighborhood. In fact, there are 44,000 neighborhoods across the U.S. using Nextdoor. Only neighborhood residents can join.

Nextdoor allows neighbors to create a private website

for their neighborhood. On Nextdoor, members can:

- Share local recommendations (plumbers, auto mechanics and babysitters, etc.).
- Sell or give away household items.
- Publicize local events.
- Exchange information about crime and safety issues.
- Discuss community issues.
- Find neighbors in the directory.
- View a neighborhood map.
- Ask for advice.
- Residents can choose to view and respond to updates via email or directly on the website.

When I first signed up on the site, about eight months ago, I would read some of the posts and respond, occasionally ask for or offer advice or recommendations, and that was pretty much it. It wasn't until something happened in our neighborhood, really sparking my interest that I realized what a wonderful site this is.

A neighbor posted some information on the site informing everyone of a particular situation of which most of us were totally unaware. Once the first post was out there, it snowballed into hundreds of posts and comments from many of our neighbors.

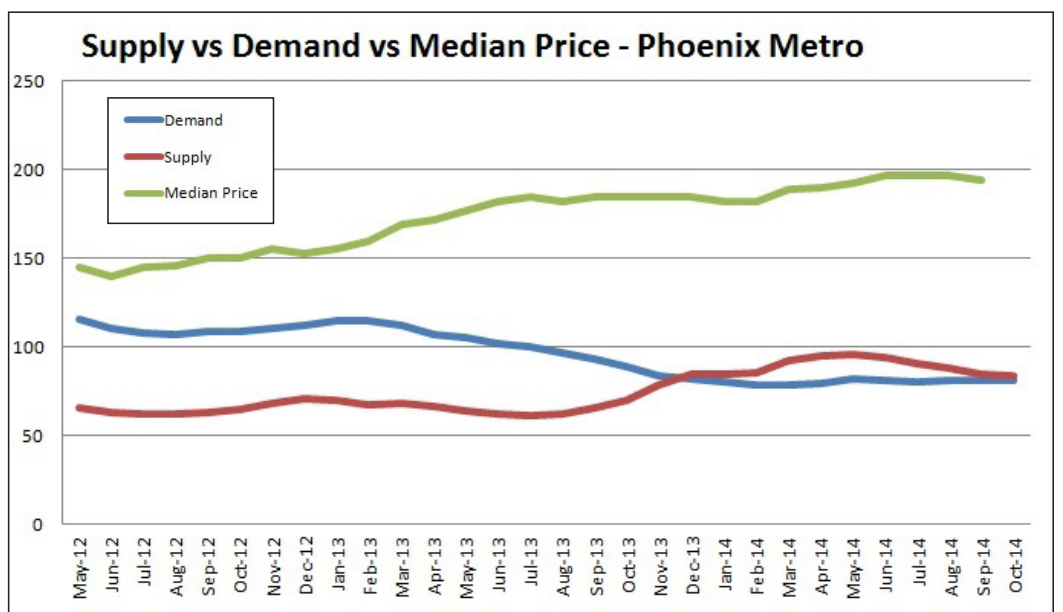
Without this site, I certainly would not have been aware of the situation, and neither would all the other neighbors. It was a great resource for getting the information out there, and for everyone to read about it, post their

own responses, ask questions, and be able to debate the topic freely, quickly and easily. I was able to be a part of a conversation with so many neighbors I didn't know and probably would never have met.

Nextdoor is, by far, the best social network site out there for staying informed about what is really going on in your neighborhood. You can be as active as you like, get involved and participate, or never post. Just log on to read what it going on in your neighborhood, all from the luxury of your home.

Neighbor-to-neighbor conversation is powerful, and I encourage every neighbor to join. Communities become stronger and safer with every person who joins. ■

Lorraine Ryall is a multimillion-dollar producer and recipient of the Coldwell Banker International President's Circle Award. For more information, call (602) 571-6799, or visit her website at www.Homes2SellAZ.com.





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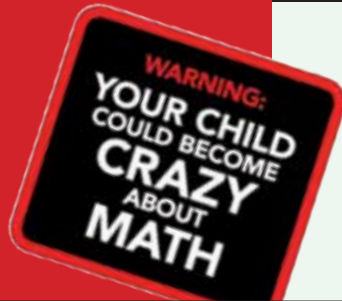
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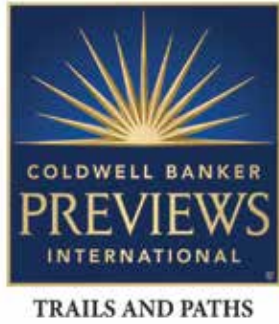
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