

# Las Sendas Up Close

VISIT  
OUR  
WEBSITE!  
UpCloseAZ.com

Bringing neighbors closer to their community • UpCloseAZ.com

December 2022

## The Desert Belle Offers Family Fun for the Holidays

By Jamie Killin

This holiday season, families can enjoy the beauty of the Sonoran Desert with a serene cruise around Saguaro Lake on The Desert Belle, which offers a one-of-a-kind experience that is both informative and enjoyable for out-of-towners and locals alike.

The Desert Belle operates 700 cruises a year, offering several different cruise options including wine cruises and craft beer cruises. The Desert Belle also offers the top-rated 80-minute narrated cruise, which is led by a coastguard-certified



captain describing the history, geology, geography, and wildlife native to the Sonoran Desert.

Cruisers will see a variety of wildlife including bald eagles, wild horses, deer, bobcats, and even bighorn sheep, which are known to appear during the winter.

For those celebrating a special occasion, or wanting to gather family and friends, the Desert Belle also offers private charters — perfect for a memorable event.

"The Desert Belle has been operating for 58 years now and is the longest continuously running tour boat in Arizona," said president and co-owner David Smith.

"It's so well-loved, and we get the sweetest reviews. We love seeing people walk away saying, 'Not only did we have a great time, but we also really learned something.'"

Next door to the Desert Belle is the Saguaro Dockside, a docked boat that features a specialty gift shop and deck.

"We sell a lot of items that make perfect gifts for the holidays — amethyst, fine jewelry, clothing, and souvenirs," said David. "Then, guests can head upstairs for beer and wine on the view deck, which is quite nice."

Additionally, the Desert Belle offers gift cards that make for the perfect gift for the whole family. ■

For more information on the Desert Belle, or to purchase tickets, visit [desertbelle.com](http://desertbelle.com). For more information on Saguaro Dockside, visit [saguarodockside.com](http://saguarodockside.com).



## Gourmet Gelato & Coffee Hosts Grand Opening Event

By Dawn Abbey

Want a free scoop of gelato and a free small coffee? Well, Gourmet Gelato & Coffee wants to start the New Year off right by hosting a Grand Opening celebration on Monday, Jan. 2, and Tuesday, Jan. 3, offering these free treats.

Although they have been open since last August, owner Brian wanted to thank current gelato and coffee lovers and encourage those in the area who haven't tried them out to a free introduction. Brian suggests coming in early Monday to get your favorite flavor of gelato while supplies last.

Free small coffees will be served all day Tuesday. Choose House Blend, American style as well as favorites such as lattes, cappuccinos, and mochas with a variety of syrup flavors. Almond and oat milk mixtures are also offered.

In the meantime, if you just need a break during the holidays, relax with a coffee or gelato on their outdoor patio or comfy couches. There's also free Wi-Fi.

And if you're looking for something special for those holiday parties, Brian suggests gelato pies for dinner desserts, and parties. He

has created at least a half dozen special flavors that include the pie crust mixed right into the gelato flavor, similar to a Cookies & Cream style ice cream. He has created Pumpkin Spice, Caramel Green Apple, Key Lime, Banana Cream, Passion Fruit Cheesecake, and Peach Cobbler, with perhaps more to come.



"Party holders can special order any size cup or waffle cone cup packed with one or two flavors and have them delivered or picked up frozen. We are one of the few gelato shops that offer two of our 24 flavors in our smallest size cup."

Brian also suggests ordering gelato cups and waffle cones or cups for that birthday party or shower to make it a more special event.

"We successfully did a dinner party of 40 which was served in medium cups, and are currently working on a bridal shower. I would like people to know this can be made fresh, custom-ordered frozen, and it won't melt on the drive home," he said.

"For the lactose intolerant, we have several flavors of sorbet without dairy, such as Dark Chocolate and all our berry flavors such as Triple Berry. And diet-conscious gelato lovers will be happy to learn that gelato has about half the calories per serving of ice cream. It has less fat and more taste."

Party makers are welcome to come in and taste the flavors or give Brian a call to get more information.

Brian is proud to say that all his gelato is house-made and fresh. "I always loved gelato, and one day I decided that's what I wanted to do." Brian attended classes at Carpijani Frozen Dessert University, an international school training in the art of artisan gelato-making. He then studied for two years under a mentor. ■

Gourmet Gelato & Coffee is located in the shopping center on the southwest corner of Power and McDowell roads. For more information, call (480) 415-8429. You can also follow them on Instagram at [@gourmetgelato&coffee](https://www.instagram.com/gourmetgelato&coffee).



Phillips West  
Publishing | Design | Writing | Photography



POSTAL PATRON  
ECRWSS

PRSR STD  
U.S. POSTAGE  
PAID  
PHOENIX, AZ  
PERMIT #4460

## In This Issue

Tech and Academic Honesty .....	2	Trending Hair Styles .....	9
Holiday Feasts at Sam & Luca.....	4	Hormone Pellets Therapy .....	10
Las Sendas Golf Club.....	5	Sustainable Investing.....	16
Friday Night Concert Series.....	6	New Year's Eve at Pacino's .....	17
Unusual Christmas Traditions.....	7	Service Directory.....	23



EDUCATION

Technology and Academic Honesty at Self Development Academy

By Kirsten Lamb, Communications Coordinator, Self Development Academy

For all the benefits and pitfalls of living in the information age, the temptation and accessibility to plagiarize reigns at the top. With a world of knowledge at their fingertips, students can research topics like past generations could not. They can watch experts on videos, listen to interviews on podcasts, and read article upon article.

They can also claim ideas as their own, copy and paste words, and even find websites based on specific curriculum that post answers to entire assignments and tests.

Using technology wisely includes academic honesty that does not partake in cheating, plagiarism, or stealing ideas. As students grow and build upon their habits, now is the most important time to address integrity.

Beyond monitoring your students' computer time and class assignments, look out for these indicators that technology and academic honesty might be a real struggle.

PROCRASTINATION

Students who regularly put off work find themselves in a bind. With incomplete assignments or failing to study for a test, it is tempting to find a quick solution just a click away. In a world of instant gratification, putting in the work



to earn a grade seems laborious. Remember, a shoddy attempt to reword information still counts as plagiarism.

Coming up with original ideas, writing drafts and proofreading, and internalizing information takes time. Nothing of deep and lasting value comes quickly.

PERFECTION

Students who want to perform may decide that their best effort would go a lot further if they adopted someone else's words. Without making the ideas and argument their own, adopting other words really amounts to stealing. Many times, students do not realize that plagiarism is stealing when they're solely focused on performing well in class.

PEOPLE PLEASING

It is still academic dishonesty if your student is the one supplying the answers. When students want so badly to be accepted or make friends, providing other students with answers or completed assignments can seem like a helpful solution. Of course, it is not helpful in the long run, and it is cheating.

If you find yourself in a great learning opportunity with your student — to focus on technology and academic honesty — take these following steps to hone in.

HELP PLAN

Buy a student planner. Set alarms for study time and play time. Review homework. The only cure for procrastination is action, but that needs to ultimately fall on your student's shoulders. Investigate what internal motivations will not only help your student to complete assignments but to also learn the material and take ownership over the process.

ALLOW NATURAL CONSEQUENCES

If your child doesn't complete an assignment or study for a test, a poor grade is the appropriate consequence. Let her know you would prefer that over a dishonest A. If perfection and performance drive her, remind her that she won't master every skill, enjoy every class, or impress every teacher. Working hard and making herself proud matters most.

PRIZE CHARACTER

It can be easy for students and parents to get wrapped up in GPA numbers. But a grade your student earned on a test won't matter in 20 years; the habits they formed in the process will. Doing the right thing — whether that's avoiding the temptation to quickly copy and paste a few paragraphs from the internet or not e-mailing homework answers to a friend — will pay off more than the quick fix of cheating.

If you're looking for a school that understands the challenges students face — like technology and academic honesty — check us out. Self Development Academy is recognized as one of the best K-8 charter schools nationwide. ■

Self Development Academy has campuses in Phoenix and Mesa. For more information, visit [selfdevelopmentacademy.com](http://selfdevelopmentacademy.com) or call (480) 641-2640.





**The Newest Technology in the East Valley for Anti-Wrinkle Treatment**



**sofwave**

**SPECIALIZING IN TREATMENTS FOR THE FOLLOWING CONDITIONS:**

- Skin Cancer
- Mohs Skin Cancer Surgery
- Acne
- Warts
- Toe Nail Fungus
- Psoriasis
- Moles
- Sun Damage
- Wrinkles
- Chemical Peels
- Botox
- Juvederm
- Rosacea
- Laser
- Platelet Rich Plasma

PRP Therapy in Hair Restoration & Collagen Rejuvenation

**HAVE TOENAIL FUNGUS?**  
*Treat it by laser!*



**BEFORE**

**AFTER**

Laser light heats evenly throughout the depth of effected nail and skin tissue, effectively weakening and killing parasitic fungi which have infected the patient's nail.

**NO SCARRING TREATMENT for SKIN CANCERS**

Every patient deserves a choice!

**SRT-Superficial Radiotherapy**

**There's a Non-Surgical Treatment for Skin Cancer!**

If you're diagnosed with non-melanoma skin cancer, and you don't want or can't tolerate surgery, SRT may be the perfect option. Safe, effective and cosmetically superior, SRT treats basal cell and squamous cell carcinoma with no pain, scarring or patient downtime. It can also treat keloids.

**NO CUTTING • NO PAIN  
NO DOWNTIME • NO SCARRING**

[www.sensushealthcare.com](http://www.sensushealthcare.com)

**Sensus** Superficial Radiotherapy

**10% OFF Cosmetic Services**  
(WITH THIS AD.)

**LA PEAU DERMATOLOGY**

5424 E. SOUTHERN AVE., SUITE 103, MESA, AZ 85206 | (480) 396-2300

**OPEN:** Monday - Friday 8 - 5 p.m. | Saturday 9 - 1 (once a month) Insurance Accepted





# Self Development Academy

PROUDLY SERVING THE MESA COMMUNITY FOR THREE DECADES



TEACH A LOVE FOR **DISCOVERY**



TEACH A LOVE FOR **LEARNING**



## ENROLL NOW 2023-2024

**Self Development Preschool and Self Development Academy** offer a rigorous private Pre-K and public in-person and online K-8 curriculum.

### Pre-K to 2nd Grade

An unparalleled Early Literacy Program where children are prepared for school success and beyond.

- **Early Literacy Reading Program**
- **Early Literacy Writing Program**
- **Early Literacy Mathematics Program**

Give your child a strong foundation skills in reading, writing, mathematics, science and note taking.

Self Development  
**ONLINE ACADEMY**  
open for K-8 enrollment



## KINDERGARTEN INFORMATION NIGHT DECEMBER 8 AT 6PM - MESA CAMPUS

### SELF DEVELOPMENT PRESCHOOL

(480) 396-3522  
1721 N. Greenfield Road  
Mesa, AZ 85205

### SELF DEVELOPMENT MESA

(480) 641-2640  
1709 N. Greenfield Road  
Mesa, AZ 85205

### SELF DEVELOPMENT PHOENIX

(602) 274-1910  
1515 E. Indian School Road  
Phoenix, AZ 85014

### SELF DEVELOPMENT ONLINE ACADEMY

(480) 641-2640  
1709 N. Greenfield Rd  
Mesa, AZ 85205

**WWW.SELFDEVELOPMENTACADEMY.COM**



LOCAL BUSINESS

# ENJOY HOLIDAY FEASTS at Sam & Luca Rustic Kitchen

By Dawn Abbey

Sam & Luca Rustic Kitchen is planning delectable holiday feasts for those with gourmet tastes or anyone who just wants to pass on cooking. Known for their fresh, made-from-scratch Italian cuisine, owner Dennis Shaw said they have put together menus of favorites especially made for the holiday season.

On Christmas Eve from 2 to 7 p.m., in addition to the regular menu, the restaurant is serving three special dinners:

- Short Rib atop Cheesy Orecchiette Pasta with Asiago and Fontina cheeses
- Pasta Trio of two each Mushroom, Spinach, and Butternut Squash Ravioli in a Butter-Sage sauce
- Chicken Martini — Parmesan Crusted Chicken Breast with Artichokes in a Lemon White Wine and Dry Vermouth Sauce and a side of Spaghetti Marinara

Check the website for menu updates and to make reservations. Sam & Luca will be closed Christmas Day.

If you'd rather dine at home on Christmas Eve, pre-order, for pick-up, a Family Box Dinner from \$65 to \$75 that feeds four to five. Choices offered are Spaghetti and Homemade Meatballs, Lasagna, or Chicken Parmesan. Each dinner includes a Caesar Salad and Bread.

Celebrate a New Year's Eve experience from 4 to 10 p.m. with a special three-course dinner for \$75 per person. Each dinner includes an entrée, your



choice of soup or salad, and dessert. Check the website or Open Table for the Prix Fixe menu and a full list of menu items, and to make reservations.

Sam & Luca also offers a private dining room that seats up to 20 guests with multiple menu options. Plan a family holiday or celebration with them. Also, since the restaurant doesn't open until 3 p.m. daily, it's a great spot for private holiday luncheons for gatherings of 30 to 60 people. Call for details.

Treat your friends and family to a wonderful dining experience by gifting them with a Sam & Luca gift card. For every \$100 gift card purchased, the buyer receives a \$20 gift card free. "Great dining for them and for you," said Dennis. ■

Sam & Luca Rustic Kitchen is located at 1959 S. Power Road on the northeast corner of Baseline Road. Hours are Monday to Thursday, 3-9 p.m., Friday and Saturday, 3-10 p.m. For information or reservations, visit [SamandLucaAZ.com](http://SamandLucaAZ.com) or call (480) 659-6716.



## UpClose PUBLICATIONS

Published by

*Phillips West*

Publishing | Design | Writing | Photography

Mesa, AZ 85215

© Copyright 2022 by Phillips West. All Rights Reserved.

E-mail: [Publisher@PhillipsWest.com](mailto:Publisher@PhillipsWest.com)

(480) 748-1127

### EDITOR-IN-CHIEF

Kim Phillips

### ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

### STAFF WRITERS

Dawn Abbey, Kimberly Alvarado  
Jamie Killin

### COPY EDITOR

Randall Clarke

### DESIGN

LuckyYou! Creative  
Erin Suwvan  
Jaclyn Threadgill  
[www.luckyyoucreative.com](http://www.luckyyoucreative.com)

### CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)

Happy Holidays!

For holiday parties of 20 or less,  
SAM & LUCA is the ideal venue!

PRIVATE DINING ROOM • SPECIAL HOLIDAY PARTY MENUS

# SAM & LUCA

Monday-Saturday:  
3pm-Close

[SAMANDLUCAAZ.COM](http://SAMANDLUCAAZ.COM) — 1959 S. POWER ROAD, MESA AZ 85206

[480] 659-6716 - ACCEPTING RESERVATIONS ON OPEN TABLE



BUY A \$100 GIFT CARD, RECEIVE A FREE \$20 GIFT CARD!

(11/1/22 - 12/24/22)

HunterDouglas

We will beat any  
competitors pricing  
on Hunter Douglas products

# 10% OFF

all custom drapery orders placed  
in the month of December



Happy  
Holidays  
to All Our Family and Friends



### WHO ARE WE?

We are friendly people in your neighborhood who have the knowledge and expertise to help you put it all together, from design to installation.

## Window to Design

Unique Custom Window Coverings

Custom Window Blinds and Drapery

1947 N. Lindsay Road #106, Mesa, AZ 85213

[www.windowtodesign.com](http://www.windowtodesign.com)

PLEASE CALL FOR AN APPOINTMENT

(480) 207-6450





# LAS SENDAS GOLF CLUB

**WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF**

## Holiday Fun and Events are Plentiful at Las Sendas Golf Club

By Kimberly Alvarado

There are plenty of activities and opportunities at the Las Sendas Golf Club this holiday season. Plan a visit or two to the Pro Shop and The Patio & Grille for festive gifts and to unwind after a long day.

### LAS SENDAS PRO SHOP

Do you have a few *hard-to-buy-for* names on your Christmas list? Look no further than the Pro Shop over at the Las Sendas Golf Club for some unique, high-styled gift options this year.

Besides the obvious golf attire for someone on your list who enjoys quality casual wear, they might appreciate the comfortable styles trending by *johnnie-O* or the ever-popular hats by *Vimbue*. Think relaxation with hand-poured Himalayan candles or massage help from the *Theragun*, designed to increase the body's range of motion, prevent muscle soreness, and help speed recovery.

The sun shines year-round here in our great state, so check out the line of *Maui Jim* sunglasses that have stand-out style and distinction for the outdoors person. Golfers, runners, and tennis players are a few of the athletes that will benefit from the *PolarizedPlus2* lens technology to eliminate glare and protect the eyes from harmful UV



rays. These glasses are selling quickly, so hurry over to the Pro Shop for the best selections.

If the shoe fits, the selection of *FootJoy* athletic shoes is prime this winter, and I can't think of anyone who wouldn't benefit from a fine pair from the premier series displayed at the shop.

Luckily there's a wealth of clothing and headwear options on the 40 percent off clearance rack too. And if that's not enough, check out the sterling-logoed *Moscow Mule* cups that are drink and display-worthy. The possibilities go on and on.

Shopping hours are sunrise to 5 p.m. Monday through Thursday and sunrise to 5:30 p.m. Friday, Saturday, and Sunday.

### THE PATIO & GRILLE AT LAS SENDAS

Only in Arizona can you experience outdoor living, dining, and entertainment at its finest during December. You are invited to share in the splendor, so bring a friend or two. Grab a reservation and come outdoors on the patio to enjoy live music.

There is a long line-up of entertainment on the calendar this month, including John Burak, The Piano Man, scheduled for Dec. 9. John is a solo pianist and singer covering folk-pop classics. His music pairs well with the backdrop of an Arizona sunset.

Patio dining is a favorite option for Christmas Eve and the professionals at The Patio & Grille are serving a spectacular Christmas Eve dinner from 3 to 7 p.m. Look for the Las Sendas Golf Club ad on the back page for menu and pricing, and remember, reservations are a must.



Also, Christmas Eve takeout is back to help save you the stress of cooking, but you'll need to plan ahead by emailing or calling to reserve this holiday meal for five to seven of your favorite people. Savor a Christmas Eve spread to remember by contacting Carla Shaw at [cshaw@lassendas.com](mailto:cshaw@lassendas.com) or calling (480) 396-4000 ext. 222 to reserve an impeccable meal.

The Patio & Grille at Las Sendas is planning a New Year's Eve party just for you. Enjoy the festivities including local live entertainment from The Maas Man Band, a special New Year's Eve menu, and memories made with neighbors and friends. See the Las Sendas Golf Club ad on the back page for more information.

Also, don't forget about Sunday brunch from 9 a.m. to 2:30 p.m.

### THE VISTAS PAVILION

At this time, as families are planning to gather for the holidays, The Vistas Pavilion at Las Sendas banquet team, affectionately known as *Pavilion Elves*, are busy preparing for an amazing holiday season. They are decking the halls and gearing up for an amazing schedule of holiday celebrations.

"We are so thankful for all of our customers and can't wait to be a part of your celebrations. Cheers from the banquet staff at The Vistas Pavilion at Las Sendas," said Carla Shaw, events and catering director.

"If you are looking for an amazing idea for a holiday gift, we have the perfect present — a January Wine Dinner featuring the Merryvale Winery. The winemaker, Andrew Wright, will be presenting the evening, so this is an amazing opportunity to learn about Merryvale Wines," Carla said.

The dinner is on Jan. 20 at 5:30 p.m. and it will be the first wine dinner of many for the year. To make reservations, call The Vistas Pavilion at (480) 396-4000 ext. 222 or by email at [cshaw@lassendas.com](mailto:cshaw@lassendas.com). ■



# Las Sendas Golf Club

### Non-Refundable Financed Membership

\$5,000 Initiation Fee + Yearly Dues (seasonal dues option available)  
Pay \$5,000 each year until \$35,000 paid in full

### 1-Year Trial Membership

\$5,000 Initiation Fee + Yearly Dues (seasonal dues option available)  
Non-refundable & fully transferable

### Junior Membership (under age 45)

\$5,000 Initiation Fee + Yearly Dues (seasonal dues option available)  
Fully transferable at age 50

### Fully Refundable Membership

\$60,000 Initiation Fee + Yearly Dues (seasonal dues option available)

### Non-Refundable Membership

\$30,000 Initiation Fee + Yearly Dues (seasonal dues option available)

### Proxy Membership

Zero Initiation Fee + Yearly Dues (seasonal dues option available)  
\$220 month to Proxy Owner, 2 year commitment

### Social Membership

\$2,000 Initiation Fee + \$600 Annually  
Receive 10 golf passes annually, 10% off at pro shop & restaurants

## Membership Privileges

Discounts in the restaurants and pro shop

Access to all member events

Priority tee time bookings

Unlimited practice facility

Locker room and club storage

Use your own cart or you can use one of our NEW 2022 CLUBCAR fleet carts

### CONTACT:

Wayne McBean • (480) 323-9364  
[wmcbean@lassendas.com](mailto:wmcbean@lassendas.com)

### Non-Member 12 Month Family Pass

NEW!

\$3,000 for the entire family

Play unlimited family golf - range and carts included

Restricted play after 3 pm (Winter) and 12 pm (Summer)

Max 4 family members, kids age 18 & under



**Las Sendas Golf Club**

7555 Eagle Crest Drive  
Mesa, AZ 85207



EVENT

# Red Mountain United Methodist Church Hosts FRIDAY NIGHT CONCERT SERIES

Submitted by Red Mountain United Methodist Church

Red Mountain United Methodist Church presents an exciting new concert series in 2023 to support the church's community outreach ministry, enrich the church's cultural life, and provide fundraising for church and youth programs.

The Friday Night Concert Series, presented in conjunction with JR McAlexander's Showtune Productions, will provide friends and families with a unique, child-friendly evening of entertainment.

The concert series consists of five separate events throughout January, February, and March 2023 and will take place at the Red Mountain United Methodist Church, 2936 N. Power Road, Mesa.

The exciting concerts that are scheduled include:

Friday, January 6, 7 p.m.  
LEGENDARY LADIES OF SOUL

From Gospel to Motown to Soul, enjoy the pop hits of such vocal icons as Etta James, Ella Fitzgerald, Tina Turner, Patti LaBelle, Aretha Franklin, Whitney Houston, and many more. Features three powerhouse singers and a live band. These ladies have played to standing ovations all over the state of Arizona.

Friday, January 20, 7 p.m.  
WALKIN' THE LINE

Direct from New York City, Scott Moreau starred as Johnny Cash in the National Tour and Las Vegas productions of the Broadway smash hit Million Dollar Quartet. Relive the amazing songs of Johnny Cash in this electrifying tribute to the Man in Black. Hear all of Johnny's biggest hits, like Folsom Prison Blues, Ring of Fire, Boy Named Sue, Walk the Line, and many more accompanied by a live country band.

Friday, February 3, 7 p.m.  
HOORAY FOR HOLLYWOOD

Get your ticket to Hollywood's greatest musical hits featuring cinema classics such as James Bond, A Star is Born, The Greatest Showman, La La Land, Titanic, Frozen, The Lion King, Moana, Flashdance, Dirty Dancing, Wizard of Oz, 9-5, Singing in the Rain, Stayin' Alive, Grease, and

more. The show features four powerhouse vocalists and a live band, singing the songs of Adele, Kenny Loggins, Lady Gaga, Patrick Swayze, Dolly Parton, Paul McCartney, Barbra Streisand, and many more. Get your popcorn, candy, and soda, and reminisce to the greatest films of all time.

Friday, March 3, 7 p.m.  
COUNTRY GALS

Celebrate the classic music of Country's greatest female icons from Patsy Cline, Tammy Wynette, Loretta Lynn, and Barbara Mandrel to Carrie Underwood, Reba, The Judds, Miranda Lambert, and many more. Country Gals stars three country singers who have appeared on stages around the world: Victoria Fairclough, Monica Heuser, and Emily Walter. The show also features a live country band.

Friday, March 24, 7 p.m.  
TED VIGIL AS JOHN DENVER

Awarded the Rising Legend Award by the National Traditional Country Music Association, Ted Vigil's John Denver Tribute from Olympia, Wash. recreates the popular 1970s folk singer's hits Rocky Mountain High, Take Me Home Country Roads, Thank God I'm A Country Boy, and many others.

Tickets are available online at rmumc.com or showtuneproductions.com. You may also purchase tickets in person at the Red Mountain United Methodist Church office from 9 a.m. to 3 p.m. Monday through Thursday. Individual tickets are \$25 or subscriptions to all five performances are \$22 each. ■

Red Mountain United Methodist Church, located at 2936 N. Power Road in Mesa, is a welcoming, diverse, intergenerational community, transformed by God's grace, reaching out in mission.

SHOWTUNE PRODUCTIONS

Red Mountain United Methodist Church  
6th Annual Friday Night Concert Series

LEGENDARY LADIES OF SOUL  
Friday, January 6

WALKIN' THE LINE,  
The Johnny Cash Tribute  
Friday, January 20

HOORAY FOR HOLLYWOOD  
Friday, February 3

COUNTRY GALS  
Patsy Cline to Barbra Mandrell  
& Carrie Underwood to Miranda Lambert  
Friday, March 3

Ted Vigil as  
JOHN DENVER  
Friday, March 24

All shows at 7:00pm  
\$25/show Advance  
Tickets on sale at [www.rmumc.com](http://www.rmumc.com)  
Church Office M-Th 9:00am-2:00pm  
2936 North Power Road / Mesa / AZ / 85215



HOPING TO GIVE YOUR LOVED ONES AN "EXPERIENCE",  
RATHER THAN MORE STUFF THIS HOLIDAY SEASON?

# Why not try dance lessons?



**BENEFITS OF Dance**

Since 1947, our passion is helping to enrich lives – physically, mentally, emotionally and socially – through the positive, transforming power of dance. There are thousands of reasons why people start dance lessons... and once we show you how much fun ballroom dancing can be, we know you'll want to keep coming back. From wedding dance instruction, a new hobby or way to connect with your partner, physical and emotional health, improving your social life...

Our proven teaching method includes Private Lessons, Group Lessons and Practice Parties, to ensure you learn as much as possible, in the shortest amount of time, with the most retention... **and have the most FUN doing it!**

- PRIVATE LESSONS
- GROUP LESSONS
- PRACTICE PARTIES
- SALSA DANCING
- COUNTRY DANCING
- YOUR WEDDING DAY FIRST DANCE



**FRED ASTAIRE  
DANCE STUDIOS.**

**NEW STUDENT  
INTRO SPECIAL**

**2 LESSONS & 1 PARTY FOR \$99**

6655 E McDowell Road Suite 109,  
Mesa, AZ 85215 • (480) 618-6615



REAL ESTATE

Unusual Christmas Traditions from Around the World

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

Following my own 11 years of tradition of writing articles in this publication (I cannot believe it has been that long), there is no real estate talk in December but some fun Christmas traditions.

I want to thank everyone who reads my articles and all my amazing clients. Wishing you all a very Merry Christmas and Happy New Year.



PICKLE IN THE TREE — GERMANY



The Christmas tree tradition embraced around the world today is believed to have started in Germany back in the 16th century. One Christmas tradition in Germany is to hide a pickle somewhere within the branches of the tree, and give a gift to whichever child in the household finds it.

Some claim that the tradition may not be German after all. One legend says that the Christmas pickle originated in Spain when two young boys were held as prisoners inside a pickle barrel. The heroic Saint Nicholas rescued the boys and brought them back to life.

ROLLER SKATE MASS — VENEZUELA

In the Venezuelan capital of Caracas, swathes of city-dwellers make their way to mass on roller skates every year on Christmas morning. The tradition is now so well established that many of the city's streets are closed to traffic from 8 a.m. so that the skating congregation can get to church safely. It's even said that children will sleep with one lace from their skates tied around their toe, the other skate dangling from the window so that their friends can wake them up with a friendly tug on the lace.

BEFANA THE WITCH — ITALY



Forget Santa and Dec. 25 when in Italy, as all the action takes place on the eve of Jan. 5. According to folklore, an old woman named Befana visits all the children of Italy to fill their stockings with candy and leave them presents if they've been good. Just like Father Christmas, Befana enters through the chimney and is left treats by the children who live there — typically wine and local delicacies.

FRIED CATERPILLARS — SOUTH AFRICA



When you think of Christmas food, mince pies and turkey are often high on the list. In South Africa, however, it's the creepy crawlies that local children look forward to. Festive fried caterpillars may seem like one of the more unusual Christmas traditions, but these caterpillars aren't just the run-of-the-mill variety you find in the garden. The Pine Tree Emperor Moth, or Christmas caterpillar, is covered in very festive hues — giving all who swallow a little extra luck in the coming year.

THE ALTERNATIVE CHRISTMAS TREE — NEW ZEALAND



Thought all Christmas trees were created equal? Think again. The Kiwis are all about the Pohutukawa, a beautiful tree that is native to New Zealand with gnarled roots and bright crimson flowers. The first mention of the Pohutukawa tree came from Austrian geologist Ferdinand

von Hochstetter in 1867. He described locals decorating their churches and homes with the brightly-colored branches at Christmas.

Today, the Pohutukawa tree is a recognized symbol of Christmas around New Zealand and is featured on Christmas cards, decorations, and even in the Christmas carols that children sing at school.

THE YULE GOAT — SWEDEN



The Christmas tradition from Sweden may be the oldest still celebrated out of them all. The Yule Goat dates back to at least the 11th century, where there are mentions of a man-sized goat figure, led by Saint Nicholas, who had the power to control the devil. The Yule Goat has changed quite a bit throughout history. In the 17th century, it was popular for young men to dress as the goat creature and run around pulling pranks and demanding gifts. By the 19th century, the goat became the good guy — a giver of gifts. Instead of Father Christmas, men in the family would dress up as the goat and give gifts to the entire family.

Today, the man goat is no longer and the Yule Goat has taken its place in modern history as a traditional Christmas ornament on trees throughout Sweden. In the larger cities, giant versions of these goat ornaments are created out of straw and red ribbons. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 13 years, is an Associate Broker of KOR Properties, a Certified Negotiation Specialist, and is on the Professional Standards Board. You can reach Lorraine at (602) 571-6799.

# CONCIERGE REAL ESTATE

## Full Service from Start to Finish

IT DOESN'T COST ANY MORE  
SO WHY ACCEPT  
ANYTHING LESS?

- Provide you with a Personalized Home Value Report
- Free Home Staging
- Free Repair & Upgrade Consultation
- Provide Contractors if Needed
- Connect you with Moving Companies
- Help with Removal of Trash and Debris from Property
- A Team to be There for YOU Every Step of the Way

What's Your Home Worth?  
Scan Here for a FREE Personalized Report  
[www.InstantHomeValueAZ.com](http://www.InstantHomeValueAZ.com)

EXPERIENCE YOU CAN TRUST  
Over 14 Years of Real Estate Experience

**RANKED TOP 1%  
OF REALTORS IN MESA**

Home Safe Certified  
Certified Negotiation Expert  
A Local Resident Since 1998

## Lorraine Ryall

ASSOCIATE BROKER, CDPE, CSSN

[Lorraine@Homes2SellAZ.com](mailto:Lorraine@Homes2SellAZ.com) | 602.571.6799  
[WWW.HOMES2SELLAZ.COM](http://WWW.HOMES2SELLAZ.COM)

**Red Mountain Ranch**  
Corner Lot - \$489,000  
1842 sq ft, 3 Bed, 2 Bath

**Mountain Bridge**  
Highly Upgraded - \$1,590,000  
3719 sq ft, 4 Bed, 3.5 Bath

“Selling your home has to be one of the biggest financial decisions you will ever make and I decided I wanted to hire a true professional to handle it. We had lived in our home for 30 years and we were very unsure of its value. Lorraine insisted it was worth quite a bit more than what we thought and we decided that's why we hired her, for her expertise, so we went with her suggestion. She took total command at that point, arranged the open house, (by appt only), and advertised it heavily. She kept us informed every step of the way and got us the best price for our home. Lorraine made the process very easy and straightforward and with her excellent staff headed by Karen. We couldn't be more pleased by the outcome.” — David

www.UpCloseAZ.com









macdonaldorthodontics

🌲🌲🌲 *Greet the season with a* 🌲🌲🌲

**GREAT SMILE**

**Over 50 years of creating beautiful smiles**

Macdonald Orthodontics provides superior comprehensive care for children, teens and adults.



**invisalign**<sup>®</sup>  
PROVIDER

**MacdonaldOrtho.com**

*We are a Diamond Invisalign Provider*

**\$1,000**

**OFF**

**FULL TREATMENT**

*New Patients Only*

*Offer valid until 1/31/23. Cannot be combined with any other offer.*



LOCAL BUSINESS

# Trending Hair Styles are in FOR THIS HOLIDAY SEASON

By Kimberly Alvarado  
What's trending for holiday hair this year? We asked the professionals at Studio 480 The Salon for some tips and advice on what to ask for when getting your tresses in the most up-to-date holiday style for Christmas and New Year's gatherings.

"For cuts, we are experiencing a lot of requests for a shag, or wolf cut, which work well with almost every hair texture and length. Look for these trending styles to be exhibited on celebrities like Taylor Swift for shags, and Hailey Bieber for long bobs," say the stylists.

"When someone trusts us to update their current look this winter, we recommend lots of layers and feather bangs/curtain bangs. Think of Rachel from Friends, but with more modern bouncy layers," suggests the salon's diverse group of stylists.

Another option, "Winter hairstyles are veering toward big blowouts, loose curls,



and beach waves. And for the popular up-dos? A slick bun or ponytail with tendrils are the chic choice for Christmas party elegance," suggests Renee Hadyka, owner of Studio 480 The Salon.

Popular colors are trending copper or red just in time for Christmas, dark rich browns, and yes, many women are choosing to go natural/

grey. For those choosing the natural/grey path, facial highlights are recommended. The small pop of color adds to the sophistication of your acquired look.

When considering new trendy color options, be sure to consult with your favorite stylist at Studio 480 The Salon. The stylists can analyze your hair texture and type to make sure the new color will work well for you.

Be sure to stop by the salon this month to grab a greatly-priced holiday gift box set when scheduling your next appointment. Don't forget the small stocking stuffers available, including travel-size Hempz lotions, chapsticks, scrunchies, and brushes.

Where else, but your neighborhood Studio 480 The Salon, can you receive specialized services, great gifts, and be treated like family? ■

Follow the stylists on Studio 480's Instagram page, where you can see some of their work showcased. Studio 480 The Salon is located at 6655 E. McDowell Road, Suite 105, Mesa. For an appointment, call (480) 985-2369.



LOCAL BUSINESS

# Custom Bamboo Window Shades ARE A GREAT ADDITION TO YOUR HOME

Submitted by Window to Design

## PULL A ROOM TOGETHER WITH THESE EYE-CATCHING WINDOW TREATMENTS

Bamboo window shades are a great way to infuse texture and warmth —along with a natural, organic aesthetic — into a space. And they're extremely versatile, working well for a variety of design styles, from coastal and traditional to boho and Scandinavian.

Thinking about adding bamboo shades to your home? While you can find bamboo shades at your local big box store, you'll have a better experience if you opt for custom bamboo shades.

Custom-made shades are crafted to your window's specific measurements, meaning they'll fit your window perfectly.

## MATERIALS AND COLORS

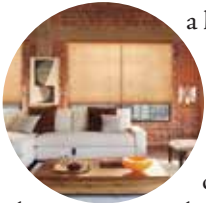
Many custom-made bamboo shades are referred to as *woven woods*. That's because these shades are crafted from bamboo mixed with other natural materials, such as grasses and reeds.

Unlike 100 percent bamboo shades, which are available in brown tones, you'll find that woven wood shades come in a wide variety of colors and textured fabrics, as well as more refined weaves.

You'll also find woven woods in different styles, including Roman, waterfall Roman, and vertical drapery, making them a great selection to complement any room in your home.

## ENHANCEMENTS AND SPECIALTY SHAPES

Traditional bamboo shades are made of



a loose weave which lets a lot of light into a room, while woven woods offer varying levels of privacy and light control. You can also add a liner with custom-made woven wood shades, for those rooms where you'd like less light-filtering and more privacy, such as a bedroom.

Want a little flair? Add an edge banding, which gives woven wood shades more definition and pop.

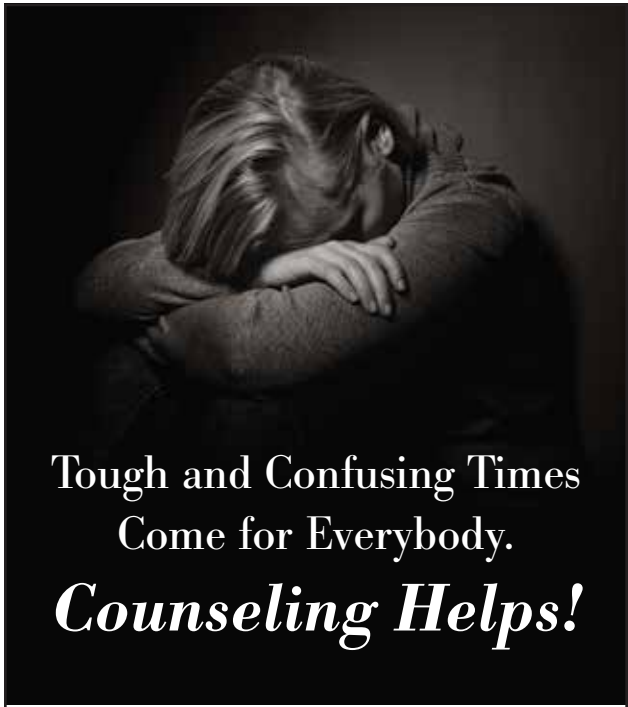
Another bonus of custom-made woven woods is that they're available for specialty shapes, such as angled and bay windows, as well as sliding glass and patio doors.

## CONTROL OPTIONS

You can choose from a host of manual options for opening and closing custom-made woven wood shades, from simply pulling up and pushing down on the bottom rail to wand control (for vertical drapery styles).

You can also add some smarts to your shades, for added comfort and convenience. Opt for automated shades, and you can easily control your shades with a remote, tap on your mobile device, automatically through set schedules you create — or even with your voice (when integrated with another smart-home system). ■

If you are considering home renovations or remodeling, make sure to visit Window to Design online at [windowtodesign.com](http://windowtodesign.com) to schedule a preliminary one-hour consultation, free of charge, or call Linda Palm at (480) 207-6450. Graciela Coronado can be reached directly at (480) 993-9090, or email at [sales@360designaz.com](mailto:sales@360designaz.com).



Tough and Confusing Times  
Come for Everybody.  
**Counseling Helps!**



**SCENARIO  
COUNSELING**

We specialize in the 16-30 year old population wanting to take the next step in life, but struggling to do so.

**Kevin Glen, MSC, LPC**  
LICENSED PROFESSIONAL COUNSELOR  
**480-878-2116**  
[scenariocounseling.com](http://scenariocounseling.com)  
2929 N. Power Road Suite #101



**Give yourself  
a little gift  
this holiday season!**



**GET AMAZING RESULTS!**  
Organic Brazilian Blowout w/Essential Oils! • \$160

BEFORE

AFTER

**PRP Microneedling or injections \$300**

**Micro Needling & Chemical Peel \$199**

**480-295-1570**  
[WWW.TNKCLINICALSPA.COM](http://WWW.TNKCLINICALSPA.COM)

**Big Savings On Your  
Holiday Gift List  
BOGO 50% OFF  
RETAIL!**

(Excludes holiday box sets.)  
Expires 12/24/22



**STUDIO 480  
THE SALON**

Haircuts • Coloring/Highlights • Straightening/Perms • Waxing  
Mon., Fri., Sat. 9-5 • Tue., Wed., Thu. 9-7

**CALL FOR AN APPOINTMENT!**  
6655 East McDowell Road, Suite 105,  
Mesa, Arizona 85215  
(SW corner of McDowell & Power Roads - behind Barro's Pizza)

**(480) 985-2369**

Follow us on Instagram or Facebook for upcoming events, specials and chances to win product!





*Bio-identical Hormones Replacement Pellet Therapy*



- ✓ Decrease brain fog
- ✓ Improve energy
- ✓ Improve bone mass
- ✓ Boost sexual interest



**Make an appointment today!**

**Mesa Naturopathic, PLLC**  
Laura Markison, NMD



**1955 N. Val Vista Drive, Suite 103**  
**Mesa, AZ 85213 • (480) 306-8111**

HEALTH

# Why Choose Hormone Pellets Therapy?

GET RID OF THE GRUMPYS AND GET YOUR *HAPPY* BACK

By **Laura Markison, NMD, Mesa Naturopathic**

Symptoms of testosterone deficiency for both men and women are weight gain and insulin resistance, memory loss and brain fog, loss of muscle tone, body aches, sexual dysfunction including low libido, lack of mental motivation, and even depression.

Symptoms of estrogen deficiency in women are depression, anxiety, weight gain, hot flashes, night sweats, vaginal dryness, and pain. Generally, hormone deficiency makes men and women feel grumpy *all the time*.

At Mesa Naturopathic, hormone deficiencies are checked along with general health markers at your first appointment with a blood test — we offer cash pricing and take insurance for the lab tests. Then a discussion will happen on the different types of hormone replacement. For my female patients, I usually start them off on hormone cream so they can get used to the increase in hormones. Males can start immediately with pellets if they want. Choices for men are injectable, gel, or pellet testosterone.

So why choose pellets? They are the most consistent way to keep hormone levels balanced. Hormone creams can take a month or more to get optimal hormone levels due to having to be absorbed through the skin. Absorption issues include too much sweating, not applying it correctly, or skin absorption not being optimal.

Injectables for men can give them a feeling of being on a roller coaster during the week with high levels of testosterone surging at the beginning days of the injection and then sudden drops in levels at the end of seven days. To combat this, I usually have my men do two half-dose injections a week.

This brings in the issue of some men not wanting to do injections at all. Gel testosterone can be transferred to loved ones and must be applied every day. Our busy lives can distract us from using our hormones as directed and thus not



Dr. Laura Markison

getting the full benefit from these types of hormone therapies.

This is where pellets win every time. Pellets are small, rice-shaped, and inserted into the gluteal/hip area every three to four months. The pellets are inserted in the superficial fat just below the skin. The skin is numbed, a small incision is made, and then the pellets are inserted with a unique Pellecome device that was invented to place the pellets perfectly flat and even. The small incision is taped, and the wound is usually healed within three to five days.

Personally, I have received hormone pellet therapy myself for over 10 years. I became weary of putting creams on every day. The convenience of pellets is once they are in, you can go about your life without thinking about applying or injecting anything. Hormone levels improve in two weeks and are optimal within six weeks. Then the levels stay steady for about three more months. Once the levels start to come down, more are inserted so there isn't this *bottoming-out* surge of symptoms. Blood levels are checked before each additional insertion appointment.

Contraindications for estrogen hormone therapy for women include a history of breast or uterine cancer or clotting issues. Contraindications for testosterone replacement therapy are high-risk cardiovascular issues, history of clotting disorders, and prostate cancer. (Though testosterone is cardioprotective, it helps prevent type 2 diabetes, and protects men from aggressive prostate cancer.)

Also, testosterone can *build blood*, creating excess red blood cells, hemoglobin, and hematocrit, mostly in men. These levels must be checked every three to four months to prevent *thick blood*, which can lead to complications. In the event there is an increase in these blood cells, a pint of blood will be donated. This is healthy to do anyway — donating a pint of blood activates bone marrow and new, healthy red blood cells are made.

So why not get rid of the *grumpys* and get your *happy* back? Call for a free 15-minute consultation to see if hormone replacement therapy is right for you. ■

For more information, contact Mesa Naturopathic at (480) 306-8111 or visit [mesadr.com](http://mesadr.com).

# INSTANT LUXURY FOR YOUR OUTDOOR LIVING



**PREMIER PATIO**  
• WROUGHT IRON FURNITURE •  
sunbrella®

Custom order your patio furniture, or purchase from our Showroom, for immediate delivery!

Call or Email Today!  
**480-350-7141**

**5307 S. Power Road, Mesa AZ 85212**

(South of Ray, on east side of Power Road, in front of Goodwill)

**PremierPatioAZ.com**



We make custom Sunbrella replacement cushions!  
All Shapes & Sizes! – Hundreds of Fabric Choices!

Powder-Coated Frame Colors, too!  
All at NO EXTRA CHARGE!

**VISIT OUR SHOWROOM TODAY! 10% OFF IN-STOCK FURNITURE**



## COMMUNITY

## How to Keep Pets Safe This Holiday Season

The holidays are upon us, which means there will be a lot of holiday cheer, family, friends, food, and chaos. While participating in holiday fun, make sure your pets are safe by following these tips.

## AVOID PET PARTY DANGERS

As much as you love to gather with family and loved ones this holiday season, your pet might not be as thrilled. If your pet tends to be scared of strangers or loud noises, make sure to keep your pet away from the party. For example, you could create a comfortable and safe environment for them in a separate room.

Similarly, make sure decorations are pet-friendly and out of their reach. The last thing you want during a festive party is for your pet to be knocking over Christmas ornaments, candles, and other breakable decorations.

Lastly, if you do choose to keep your pets around for the duration of the party, make sure you keep an eye on them while guests come and go. You don't want them to get loose outside by accident.

distress. Even when you cut up your Christmas ham or turkey, it's recommended that you should not give your pet any fatty meat and skin because they are difficult for pets to digest.

Take your pet to the vet immediately if they do digest any food that is dangerous to them. At the very least, contact the pet poison helpline to make sure your furry friend is okay.

## CONSIDER PET INSURANCE

The holidays are a crazy time. As hard as you try to keep your pet safe throughout the season, accidents and injuries can happen. Make sure your pet will be protected from possible encounters with dangerous holiday decorations, poisonous food, and the unimaginable by getting pet insurance this winter.

Pet insurance will help cover expensive vet bills from both regularly scheduled and unexpected trips to the vet while letting your pet get all the care they need. After all, having to decide what to do if you can't afford a vet is one of the most stressful decisions you

can make. Therefore, be prepared ahead with pet insurance.

As fun as the holidays are for both you and your pet, there are always dangers that can arise. Keep a close eye on your furry friends throughout the festivities and celebration, so the fun doesn't have to stop because of an injury! ■



## AVOID HAZARDOUS FOODS

Holiday fun encompasses eating all kinds of delicious food. However, there are different foods pets should avoid. Keep chocolate and caffeine away from your pet, as it's extremely toxic for them. In addition, make sure you avoid giving your pet nuts or any milk products, as they can cause intense intestinal

\$200 OFF

A NEW WATER SOFTENER

PLUS a Years Worth of Salt!

12 Bags of Salt at the time of installation  
*(Additional cost for piping a loop)*

Limited Time Offer! Call Today!

[www.victoryplumbingarizona.com](http://www.victoryplumbingarizona.com)

VICTORY PLUMBING

480.855.7731



**A COLLEGE EDUCATION**  
AS UNIQUE AS  
**ME!**

**SMALLER  
CLASS SIZES**

**MCC GAVE ME A  
NEW CAREER PATH**

**HYBRID  
CLASS  
OPTIONS**

**REGISTER  
NOW**  
for  
**Spring  
2023  
Classes**

**Red Mountain Campus**

7110 East McKellips Road  
Mesa, AZ 85207  
480-654-7200  
[mesacc.edu](http://mesacc.edu)

The Maricopa County Community College District (MCCCD) is an EEO/AA institution and an equal opportunity employer of protected veterans and individuals with disabilities. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, age, or national origin. A lack of English language skills will not be a barrier to admission and participation in the career and technical education programs of the District.

The Maricopa County Community College District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs or activities. For Title IX/504 concerns, call the following number to reach the appointed coordinator: (480) 731-8499. For additional information, as well as a listing of all coordinators within the Maricopa College system, visit <http://www.maricopa.edu/non-discrimination>.



**MESA  
COMMUNITY COLLEGE**

A **MARICOPA** COMMUNITY COLLEGE  
*Red Mountain Campus*



REAL ESTATE

How to Get the Most Enjoyment from  
YOUR HOME THIS HOLIDAY SEASON

By John and Natascha Karadsheh, Designated Broker, Associate Broker, and Owners, KOR Properties

Christmas is a great time of year to make extra efforts to enjoy your home throughout the holiday season and into the new year. Here are some ideas for your home that will lift your spirits and maybe even improve its overall value to you or a potential buyer.

Thank you to all we had the opportunity to interact with over the past year and we wish everyone a Merry Christmas and Happy New Year.

TAKE TIME TO DECORATE

When we moved into our neighborhood 18 years ago, everyone decorated for Christmas. Now, fewer and fewer homes put up lights. We think it is time to change the trend back and make our neighborhoods look festive again!



Natascha and John Karadsheh



MAKE IT COZY

Add dimmers, burn candles, or use twinkle lights to create a cozy ambiance in your home every evening. It will very simply add a little luxury to your life.

BRING IN THE GREENS

Trim some greens from your yard, pick up some leftover branches from the Christmas tree lot, grab a fresh wreath from Trader Joe's, or add a pot of fresh herbs to your counter. Greenery makes a house feel more alive!

PLAY MUSICAL ROOMS

Try changing up your spaces to make sure you are fully utilizing your home. Never use your formal dining room? Make it a great den or office. Not sure what to do with a spare bedroom? Take on a one-room challenge and create space for a new hobby. As we evolve, our homes should evolve, too!

SEASON IT UP

Select three central spaces in your home to style each season (for example an entry table, mantle, and kitchen island). Create a simple seasonal vignette for each of these areas. It

will help you appreciate the seasons and give you something to smile about when you walk through your house.

TAKE OUT THE TRASH

Unburden your house from excess stuff, dead plants, stuffed closets, and dated decor. Keep editing until it feels fresh and new again.

FILL THE HOUSE WITH GOOD VIBES

Give your home life with music, good lighting, friends, laughter, and delicious kitchen aromas. Sorry, fluorescent lighting, blaring TV news, and stale fast-food smells are not going to do it.

EXPRESS GRATITUDE

Thank your house for providing shelter and safety to your family. As we look across the country and the world, we know that just having a roof over our heads is the greatest blessing. Appreciate and take care of your home in a way those who are without wish they could. ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun.

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 20 years. He is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), and serves on the Arizona Regional MLS (ARMLS) Rules & Policies Committee, ARMLS Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha is a Multi-Million Dollar Producer and Accredited Buyers Representative (ABR). She is the Founder of Mesa Food Truck Fridays, a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, and on the Board of Directors of the Greater Phoenix Economic Council.

Real Estate In Las Sendas  
brought to you by: Las Sendas Area Market Report  
Sales for the Month of October 2022  
KOR PROPERTIES  
MLS  
John Karadsheh

Address	Square Feet	Community	Sold Price
7210 E Northridge St	1,372	Windsong	\$410,000
2926 N Athena	1,706	Desert Creek	\$455,000
2929 N Athena	1,706	Desert Creek	\$465,000
7238 E Tyndall St	1,756	Las Sendas	\$645,000
3836 N Barron	2,226	Highlands	\$670,000
3444 N Tuscany Cir	2,451	Rolling Hills	\$721,500
7925 E Sierra Morena Cir	3,236	Eaglefeather	\$813,000
3522 N Boulder Canyon St	3,024	Mountain Village	\$975,000
7535 E Tasman Cir	3,842	Pinnacle Point	\$1,220,000
7637 E Summit Trail St	3,900	Hidden Canyon	\$1,732,000
3565 N Crystal Peak Cir	4,687	Granite Mountain	\$1,900,000
4208 N Via Cobre Cir	5,415	Copper Canyon	\$2,375,000

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

The Leader in Full Service, High-Tech Dentistry  
Providing the Most Comprehensive Care  
in Implant and Cosmetic Restorations

LAS SENDAS DENTAL HEALTH  
Has Dr. Farnsworth designed your new smile?  
Let the leader in cosmetic and implant restorations make you feel confident in your smile again.  
"I didn't want to wait a year or more for beautiful new teeth! Las Sendas made it happen in one day."  
Call now to schedule a FREE Cosmetic and Implant Consultation, X-Rays, Pictures, Models Included and Radiograph Scan (\$700 value)

Dr. C. Martin Farnsworth, DMD  
Dr. Derek Farnsworth, DMD  
2947 North Power Road Suite 103, Mesa  
We accept most insurance plans, credit cards, & E-Z payment plans, o.a.c.  
Now Certified Invisalign® Providers  
CALL TODAY!  
(480) 283-5854  
WWW.LASSENDASDENTALHEALTH.COM

- WE SEE EMERGENCIES
- Dentistry for the whole family
  - Hours Available Monday thru Friday
  - Offering Cerec Crowns, the World's Most Accurate CAD-CAM Restorations
  - Cosmetic Smile Enhancements Veneers & Porcelain Crowns
  - Implants - Placement & Crowns
  - Root Canal Therapy
  - Oral Surgery Including Wisdom Teeth
  - Afraid of Dentists? Nitrous Oxide Sedation Available
  - A Team of Professionals Here to Help You Smile

ZOOM! WHITER TEETH IN UNDER ONE HOUR  
Tooth Whitening In Office Whitening, PLUS take-home whitening trays!



**KOR**  
PROPERTIES

REAL ESTATE EXPERTS  
SINCE 1972

John Karadsheh, ABR, CRS Owner/Designated Broker  
Natascha Ovando-Karadsheh, Owner/Associate Broker  
Christina Ovando, Owner/REALTOR Emeritus®



**KORproperties.com | 480.568.8680**



**LISTED BY: JOHN KARADSHEH**

LAS SENDAS LUXURY CUSTOM ESTATE  
8,397 SF / 5 BR + OFFICE + CASITA/ 8 BA  
BASEMENT WITH HOME THEATER & GAME RM  
\$3,495,000



**LISTED BY: SHEIROL JOHNSON**

CUSTOM NEW BUILD IN CRISMON PEAKS  
2,902 SF / 4 BR / 2.5 BA  
OVER 1 ACRE LOT / NO HOA  
\$984,000



**LISTED BY: NATASCHA KARADSHEH**

SONORAN HEIGHTS @ LAS SENDAS  
3,655 SF / 5 BR / 3 BA  
GOLF COURSE LOT  
\$885,000



OWNER / AGENT

**LISTED BY: HEATHER MALDONADO**

IRONWOOD PASS @ LAS SENDAS  
1,571 SF / 3 BR / 2 BA  
FULL CUSTOM REMODEL  
\$650,000



**LISTED BY: JOHN KARADSHEH**

SUMMIT  
2,082 SF / 3 BR+BONUS ROOM / 2 BA  
NO HOA IN NE MESA  
\$539,000



**LISTED BY: LORRAINE RYALL**

RED MOUNTAIN RANCH  
1,842 SF / 3 BR / 2 BA  
ELEGANTLY REMODELED & PRIME CORNER LOT  
\$519,000



**LISTED BY: JOHN KARADSHEH**

SANDS ESTATES HISTORIC DISTRICT  
2,466 SF / 3 BR / 2 BA  
ORIGINAL OWNER HOME  
\$450,000



**LISTED BY: JOHN KARADSHEH**

FOUNTAIN HILLS  
1.02 ACRE CUSTOM HOME LOT  
NO HOA! BREATHTAKING VIEWS!  
\$309,000



**LISTED BY: JOHN KARADSHEH**

FOR LEASE IN RED MOUNTAIN RANCH  
1,700 SF / 3 BR / 2 BA  
UPDATED AND MOVE IN READY  
\$2,800 / MONTH

We care about our community,  
and we care about you.

VALLEY REAL ESTATE EXPERTS SINCE 1972



**KOR Properties is your trusted source for real estate expertise and advice.**



Shop Saturday 10-5 Mon - Fri 10-4

# Shop Smarter

The looks you want at prices you can afford!



Brand name clothes at a fraction of retail prices. Plus, consign your gently worn clothes and earn money too!

Call and ask us how you can consign today!

**Sweet REPEATS**  
Clothing Consignment Shop


6039 E University - Mesa • 480.275.2480  
www.SweetRepeatsMesa.com

Pick Up Extra Copies of

# UpClose

PUBLICATIONS

at The UPS Store



SE CORNER OF POWER & MCDOWELL  
2733 N. Power Road  
(NEXT TO ALBERTSONS)  
Mesa AZ 85215

HEALTH

What If Innovation Made Optimal Aging Easier?

MUSCLE DETERIORATION IS THE ENEMY OF HEALTHY AGING





STRONGER MUSCLES



STRONGER HEALTH



STRONGER SELF

Submitted by The Exercise Coach

It is well established that after the age of 30, adults typically lose up to eight percent of their muscle per decade. This weakening is known as *sarcopenia*, and it leads to a significant reduction in strength, mobility, metabolism, and bone density. These functional losses decrease quality of life and accelerate aging.

Science has revealed that using a specific type of muscle fiber unlocks *strength that changes everything*.

Mere activity is not enough to reverse sarcopenia. Meaningful muscular loading is required to stimulate the muscle fibers lost with age. Targeting this particular muscle tissue through brief and focused resistance training not only reverses muscle loss but stimulates whole-body strength and health enhancement.

See for yourself how you can reverse sarcopenia using our unique hi-tech process that helps our clients get the results that matter most to them. ■


For information regarding The Exercise Coach, visit [exercisecoach.com/north-mesa](http://exercisecoach.com/north-mesa) or call (480) 716-6080 for two free sessions.

**Zaina Rashid,**  
D.O., F.A.A.D., F.A.O.C.D.


DR. RASHID IS A MEMBER OF:

- American Academy of Dermatology
- American Osteopathic Association
- American Society of Mohs Surgery
- American Society for Laser Medicine and Surgery
- The American Academy of Cosmetic Surgery
- The American Society for Dermatologic Surgery

**HAVE TOENAIL FUNGUS?**  
*Treat it by laser!*



BEFORE



AFTER

No pills needed! Reduce liver risk. Laser treatments are used to effectively rid the toenails of fungus.

# Newest Technology in the East Valley for Anti-Wrinkle Treatment!

**Clinically proven technology** - A multi-center clinical studies evaluated the clinical effects of Sofwave's ultrasound technology on facial wrinkles and necklines, 88% of patients were marked as improved or significantly improved 12 weeks after a single treatment

**Safe and effective, no side effects** - Proprietary Intense Ultrasound Beam™ (IUB) technology with integrated cooling, enables treatment at the optimal depth in the mid-dermis, while ensuring no damage to the epidermis or to the underlying structures beneath the dermis

**Non-invasive, no downtime** - Ultrasound energy precisely passes through the skin's surface, heating the mid-dermal tissue at just the right depth and temperature to rejuvenate collagen fibres and improve the overall appearance of aging skin. Patients can get right back to normal life immediately following treatment

**Fast 30 - 40 min treatment** - This quick full face and neck treatment is more comfortable, easy to perform and can actually be done during a lunch break

**Treats all skin types** - Darker skin types are more susceptible to burns with laser and light-based therapies. With Ultrasound, the treatment is safe and effective regardless of the patient's skin type


**High patient satisfaction** - In a multi-centre clinical study, 72% of the patients were satisfied with their results and rated them as improved to very much improved

**HOW DOES SOFWAVE WORK?**

The ideal depth for treating wrinkles is 1.5mm in the mid-dermis. Our unique, Intense Ultrasound Beam™ (IUB) technology generates heat at this exact depth in the mid-dermis. Additionally, there is an integrated cooling mechanism that protects the uppermost skin layer from burning.

The impacted treatment zones stimulate a healing response, called neo-collagenases, which increases and regenerates the collagen in the skin, leading to the reduction in fine lines and wrinkles.





# LA PEAU DERMATOLOGY

5424 E. SOUTHERN AVE., SUITE 103, MESA, AZ 85206 | (480) 396-2300

OPEN: Monday - Friday 8 - 5 p.m. | Saturday 9 - 1 (once a month) Insurance Accepted



# Give yourself the gift of health

OUR GIFT TO YOU IS THE BEST DEAL OF THE YEAR



4711 E. Falcon Dr  
Suite 122  
Mesa, AZ 85215  
480.716.6080

**The  
Exercise  
Coach.**

For more locations  
or franchise info visit  
[www.exercisecoach.com](http://www.exercisecoach.com)

**DON'T WAIT  
UNTIL THE NEW  
YEAR, GET FIT IN  
JUST 20 MINUTES,  
TWICE A WEEK**



First time clients only. One promotion per person.

**GET 2 FREE SESSIONS  
PLUS UP TO \$100 OFF YOUR FIRST  
MONTH'S TRAINING**



It's Going to Get

**NIPPY**

You'll Have to Put **SOCKS**  
On with Your  
Flip Flops!



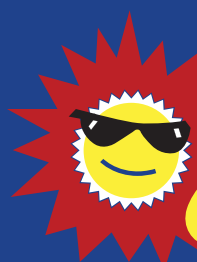
**Be Ready for the Chill**

**\$50 OFF REPAIR\***

**\$40 OFF DELUXE HEATING SYSTEM  
INSPECTION & CLEANING\*\***



For **FAST  
SERVICE**  
Call...



**John's**  
HEATING • COOLING

(480) 648-2502  
[JustCallJohns.com](http://JustCallJohns.com)

\*\*Cannot be combined with other offers or be applied to previous purchases. Expires 1-15-23. \*Valid on minimum purchase of \$250. Cannot be combined with other offers. Expires 1-15-23. Lic #ROC 084417 © MORE 2022 All Rights Reserved.



FINANCES

What to know about sustainable investing

Submitted by Linda Drake and Brent D. Hoskinson

You may have heard about sustainable investing. But if you're not familiar with it, you may have some questions: *What does it involve? Is it right for me? Can I follow a sustainable investing strategy and still get the portfolio performance I need to reach my goals?*

Sustainable investing can be defined in different ways, with different terminologies. However, one way to look at a sustainable approach is by thinking of it as investing in a socially conscious way which may involve two broad categories: environmental, social and governance (ESG) investing and values-based investing.

As its name suggests, ESG investing incorporates a broad range of environmental, social and governance risks and opportunities, along with traditional financial measures, when making investment decisions. This approach may have a neutral impact on performance because it maintains a focus on managing risk, traditional fundamental analysis, and diversification. Here's a quick look at the ESG elements:

- *Environmental* – Companies may work to reduce carbon emissions, invest in renewable energy, decrease pollution, and conserve water resources.
- *Social* – A business may promote gender and pay equality within its workforce and maintain positive labor relations and safe working conditions for employees.



- *Governance* – Companies distinguished by good governance may institute strong ethics policies, provide transparent financial reporting, and set policies to ensure it has an independent, objective board of directors.

You can pursue an ESG investing approach through individual stocks, mutual funds, or exchange-traded funds (ETFs), which hold a variety of investments similar to mutual funds, but are generally passively managed – that is, they do little or no trading.

Now, let's move on to values-based investing. When you follow a values-based approach, you can focus on specific themes where you may choose to include or exclude certain types of investments that align with your personal values.

So, you could refrain from investing in segments of the market, such as tobacco or firearms, or in companies that engage in certain business practices, such as animal testing. On the other hand, you could actively seek out investments that align with your values.

One potential limitation of values-based investing is that it may decrease the diversification of your portfolio and lead to materially lower returns due to narrowly focused investments, prioritization of non-financial goals and too many exclusions.

Ultimately, if you choose to include a sustainable investing approach, you will want – as you do in any investing scenario – to choose those investments that are suitable for your goals, risk tolerance and time horizon. ■

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, Member SIPC*

LOCAL BUSINESS

Turn to a Senior Placement Advisor FOR GUIDANCE ON ELDERLY SUPPORT AND SERVICES

Submitted by Wright Way Senior Placement LLC

We make many decisions in our lives that require the advice of educated professionals.

This is to enhance the outcomes of our choices and, as a result, enhance our quality of life. We often wouldn't consider buying a home without a professional realtor's guidance.

The same should apply to a Senior Placement Advisor when seeking the most suitable options for senior living. Not all assisted living facilities are equal.

Helping your elderly loved one with any aspect of aging is best accomplished by turning to professionals. Senior Placement Advisors (SPAs) are specialists who apply multidisciplinary knowledge to identify the most appropriate options and solutions for seniors based on their needs and best interests.

SPAs understand the challenges many seniors face in the United States. They understand the health, social, and financial issues and how these factors affect seniors' lives.

There are SPAs all over the country; each advisor can be well-versed in how their expertise can assist you with senior care. Local advisors, for instance, know the resources available in their communities. If a client needs help finding an assisted living facility, they can help tour and review communities that may perfectly fit your loved one's needs. Many SPAs will also meet with family members and assess the current situation to help narrow down their options.

The Wright Way Senior Placement team has the credentials, passion, and



real-life experience to help you and your loved ones through this challenging time. Wright Way Senior Placement was founded by Tiffany Wright, who is also president of the National Placement & Referral Alliance of Phoenix, Ariz. (PASRS), the Trade Association of Placement Agents.

By partnering with the NPRA, the PASRS chapter strives to cultivate professionalism, fairness, and the development of the senior placement and referral industry. This is done through collective initiatives to serve seniors better.

With over 30 years of experience in healthcare, Tiffany specializes in the elderly. In addition to helping her own family, she has helped thousands of other families find support and services. Tiffany and her team at Wright Way Senior Placement will guide you every step of the way through all the senior living options and resources. ■

*To get personalized advice about senior living options for you or your loved ones, contact Tiffany Wright at (602) 350-7069, email [info@wrightwaysp.com](mailto:info@wrightwaysp.com), or visit [wrightwaysp.com](http://wrightwaysp.com).*

# ARE MEDICARE PLAN CHANGES TOO CONFUSING?


Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2023 and beyond.

- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?

You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

**Lynne Jones**  
CELL:  
**480-212-2246**



By calling this number, you will be connected to a licensed insurance agent.

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.



> [edwardjones.com](http://edwardjones.com) | Member SIPC



## Celebrate the Season


Enjoy the holiday season with friends and family!



**Linda Drake, AAMS®**  
Financial Advisor  
3654 N. Power Road Suite 169  
Mesa, AZ 85215  
480-985-2651



**Brent D. Hoskinson, AAMS®**  
Financial Advisor  
2941 N. Power Road Suite 103  
Mesa, AZ 85215  
480-985-3115



**T&T**  
AIRPORT SERVICE

Do you really want to ride with someone you don't know?


For just a few more dollars, ride with a professional driver.

PRIVATE CAR • FLAT RATES • RESERVATIONS

WE DON'T LOSE CUSTOMERS!

**480.832.3483**  
OVER 20 YEARS OF SERVICE

\*Call for Details.



**UpClose**  
PUBLICATIONS

**Check out our Web site!**

Read articles online, download PDFs, and more!

**[www.UpCloseAZ.com](http://www.UpCloseAZ.com)**



## LOCAL BUSINESS

# Celebrate the New Year at Pacino's Italian Grill & Bar

By Kim Phillips

Come relax, have fun, and wind down at Pacino's Grill & Bar to celebrate the new year.

"End the new year on a positive note," said neighborhood icon Frank Spacarelli, owner of Pacino's in Northeast Mesa. "Let loose and enjoy the moment."

The atmosphere at Pacino's will emanate Vegas style, with a live *Beatlemania* show, featuring 4 Lads from Liverpool, one of the best band impersonators straight from Los Angeles. "These guys are pros," said Frank. "One of the best."

The New Year's Eve event will include your choice of two shows. The early bird show, from 5 to 7:30 p.m., includes a 3-course dinner, champagne toast, and a 1-hour set from the 4 Lads from Liverpool.

Or ring in the New Year, from 8 p.m. to midnight, with a 4-course dinner, champagne toast, souvenir Pacino's glass, and two 45-minute plus sets.

Nonrefundable reservations are required as seating is limited to 70 guests per show.

"We are also giving away over \$1,000 in Beatle memorabilia," Frank commented. "We just have a lot of fun doing what we do."

On Friday, Dec. 16, Frank will be celebrating his 69th birthday with four country artists performing at Pacino's. "Thank you for your support," he emphasized. "I am humbled and blessed from the community."

He is especially thankful for those who came to the rescue during the pandemic and supported the Italian



restaurant. "This has been an amazing journey," he said. "I have been given a gift to do. It's a personalized business."

In addition to the New Year's Eve festivities, Pacino's will be featuring a Christmas Eve *Feast of the Seven Fishes*, complete with seven different fish dishes and, as an added treat, Anne Schermerhorn, a runner-up to Pacino's *Got Talent Show*, will sing Christmas carols and dinner music from 4 to 7 p.m.

On Sunday, Dec. 4, Pacino's will host a lovely matinee show and lunch, *Christmas with Elvis*, at 1 p.m. for \$40.

"These events provide me the opportunity to show my gratitude, passion, and love for people," Frank gushed. ■

For more information, and for reservations, call (480) 985-0114, visit the website [pacinositalian.com](http://pacinositalian.com), or follow them on Facebook: [MesaPacinos](https://www.facebook.com/MesaPacinos). The restaurant is located in *The Village at Las Sendas*, at 2831 N. Power Road, Mesa.

**USERY MOUNTAIN SHOOTING RANGE**  
 OPEN 7 DAYS A WEEK, 7AM - 5PM  
 480-984-9610 [RSSCAZ.COM](http://RSSCAZ.COM)

**3960 N. Usery Pass Road, in Northeast Mesa**  
 7 miles north of Highway 60 (Ellsworth Road Exit)

Usery Mountain Shooting Range would like to wish you and your family a

**MERRY CHRISTMAS AND A HAPPY NEW YEAR!**

RIO SALADO SPORTSMAN'S CLUB



Russ  
Lyon

Sotheby's  
INTERNATIONAL REALTY

*Bringing Out the Best In Every Home*



Offering experienced local market expertise with the world's most distinguished luxury real estate brand for optimal results in ALL PRICE POINTS.

**CONTACT ME FOR A CONFIDENTIAL CONSULTATION-**

**Christine Anthony, Realtor®**  
 480-200-0972  
[canthonyre@gmail.com](mailto:canthonyre@gmail.com)

'Live' search for homes at:  
[CHRISTINEANTHONYHOMES.COM](http://CHRISTINEANTHONYHOMES.COM)



CHRISTINE ANTHONY  
HOMES



FREE! Service



WRIGHT WAY

SENIOR PLACEMENT, LLC

If you have questions about senior living..

**WE HAVE ANSWERS!**

Get personalized advice from one of our experienced advisors about senior living options for you or your loved ones.

**What We Offer?**

INDEPENDENT LIVING - ASSISTED LIVING - MEMORY CARE - GROUP HOMES - RESPITE CARE - ADULT DAYCARE - TRANSPORTATION OPTIONS - FINANCIAL OPTIONS - HOME CARE - HOME HEALTH - SKILLED NURSING & REHABILITATION - HOSPICE - MEDICAID - ELDER LAW ATTORNEYS - GERIATRIC CARE MANAGERS - REAL ESTATE AGENTS - ESTATE SALE PLANNERS - MOVING ASSISTANCE

CALL TODAY

**602.350.7069**

Tiffany Wright



SENIOR CARE PROFESSIONAL, CEO

**info@wrightwaysp.com**

WWW.WrightWaySP.COM

EDUCATION

# Nurture young learners during the holidays

Story by Laurie Struna  
Photos by Tim Hacker (below) and Samantha Chow (right)

The hustle and bustle of the holiday season is upon us. This busy time of year provides students and their families the opportunity to take a well-deserved break from regular routines. It's also important to keep students' brains active and alert so they are ready to return to school picking up where they left off.

Lisa Bullock-Grotting, director of early learning at Mesa Public Schools, says learning is ongoing and never stops. It's especially important during the holidays to keep students' minds engaged in activities that make them think. Research supports early literacy experiences as key to academic achievement, higher graduation rates, enhanced productivity in adult life, and a lifelong love of learning.

"Children have such a great capacity to learn when they are little; they absorb everything," Lisa shares. "Their young minds are like sponges, which is the reason it's important to make learning fun, during the holidays and all year long."



Looking for ways to engage your young learner? Here are a few tips from Lisa.

- Read aloud to your child every day. Reading and talking to your child creates a bond, models the love of reading, and stimulates and strengthens their language and literacy skills.
- Get out and explore. Whether going to the park, taking a day trip for a family hike, or going to the zoo, there are many things to explore in nature and a variety of ways to keep busy and engaged.
- Go on a scavenger hunt. Children love to find things and having a list with pictures and words will keep them interested and busy for hours.
- Start a collection. Little ones enjoy looking for rocks, leaves, pebbles, and flowers.
- Bake sugar cookies. Use a variety of cookie cutters and decorate them using fun-colored glitter and icing.
- Narrate your adventures in the store or car and talk about what your child is doing.
- Assign age-appropriate responsibilities such as watering the plants, picking up toys, making their bed and pulling weeds.
- Do arts and crafts. Construct holiday decorations or cards using a variety of tools like chalk, pens, and crayons. ■

For more information regarding early learning programs, please visit [mpsaz.org/earlylearning](https://mpsaz.org/earlylearning).

# Use your ECA to make a difference!

Support our students and keep your tax dollars close to home

Take advantage of Mesa Public Schools' Extracurricular Activity (ECA) state tax credit program. It's available to all eligible Arizona taxpayers\* and allows for a dollar-for-dollar reduction in state income tax owed. A win for students — a win for you.

Donate today at [mpsaz.org/eca](https://mpsaz.org/eca)



\*Please consult your tax adviser



[mpsaz.org](https://mpsaz.org) |   @mpsaz @mpsenespanol

[www.UpCloseAZ.com](https://www.UpCloseAZ.com)



# Ho, Ho, Ho! Save Some Dough!

# \$1,000 OFF

## FULL BRACES OR INVISALIGN



Jack G. Wright DDS CAGS  
Specialist in Orthodontics

Most Insurance Accepted  
Financing Available

# WRIGHT

## Orthodontics

### SANTAN VALLEY

36413 N. Gantzel Rd.  
SE of Banner Ironwood Hospital  
**480-284-8824**

### EAST MESA

1118 N. Val Vista Rd.  
SW Corner of Brown  
& Val Vista  
**480-969-1514**

### MESA

453 W. 5th St.  
Country Club  
& University  
**480-835-0567**

### CHANDLER

4055 W. Chandler Blvd.,  
Suite 1 Just west of  
Chandler Fashion Mall  
**480-753-6300**

\* One coupon per person after usual and customary fees. Some restrictions apply, see office for complete details. New patients only. Must present coupon at initial consultation. Expires 2-28-23.

**WrightOrtho.com**  
Orthodontics for Children & Adults



# Pacino's

## ITALIAN GRILL & BAR

REAL ITALIAN BY REAL ITALIANS



## CHRISTMAS WITH ELVIS

*A lovely matinee show*

**Sunday, December 4**  
**1 pm lunch and show \$40**

## Christmas Eve

### Feast of the 7 Fishes

*A family tradition  
as we serve up some  
7 different fish dishes*

ADDED TREAT: We have Anne Schermerhorn, our runner up to Pacino's got talent show, singing Christmas carols and dinner music from 4 to 7 pm

## New Year's Eve

### GRAND CÉLEBRATION

A CUSTOM OF PACINO'S TO END THE YEAR WITH A BANG

### 4 LADS FROM LIVERPOOL

*Direct from LA*

### THE MOST SOUGHT-AFTER TRIBUTE TO THE BEATLES

We are having an early bird 3-course dinner and champagne toast from 5 to 7:30 pm and ringing in the New Year show from 8 pm to midnight with a 4-course dinner, champagne toast and souvenir Pacino glass.

**NONREFUNDABLE RESERVATIONS AS SEATING IS LIMITED TO 70 GUESTS PER SHOW**

Early show is one 1 hour set and late show two 45 minute plus sets.  
We are also giving away over 1K in Beatle memorabilia



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

Located at The Village at Las Sendas,  
Behind CVS at Power and McDowell Roads

**DOORDASH**

Facebook.com/MesaPacinos • www.pacinositalian.com • mesapacinos@aol.com



Over 50

Up Close

Bringing active adults closer to their community

December 2022

HEALTH

Over 50

Dental, Dental, Dental

Submitted by Tapestry Insurance  
There are over 80 Medicare Advantage and Part D prescription plans available in Arizona for 2023. With so many choices, it is hard to know which is best for you.



Lynne Jones

One thing to be aware of is that many plans will include a dental benefit this coming year. In the past, dental benefits have been available but only through dentists that are part of an HMO network. It has been hard to find a dentist that participates within the HMO network. Several of the plans for 2023 are switching to PPO dental, which many dentists accept. This is great news for beneficiaries. Also, many of the plans offer quite a bit of dental coverage through the PPO network, many with \$2,500 or more. If you want to know if your plan offers dental coverage, feel free to give me a call and I can check for you. If you are interested in dental coverage but your plan does

not offer it, we can certainly take a look at other options. For people on supplemental insurance with Original Medicare, there are some dental plans available next year that could be a good option for you. Dental has always been a challenge for Medicare beneficiaries and it is nice to see some options becoming available. Several companies are planning on introducing affordable dental coverage beginning the first of next year. If you are interested, please reach out to me. ■ For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246 or email [jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com).



COMMUNITY

Over 50

Arizona Lecture Series Highlights Culture and History

By Sally Marks  
The Apache Junction Unified School District Community Services Office is hosting its 2023 season of the Arizona Lecture Series beginning Jan. 9, 2023. If you are interested in learning more about the culture and history of Arizona and the United States, be sure to attend.



Ken Sorenson

January lectures include:  
• John F. Kennedy presented by Ken Sorenson on Jan. 9  
• John Dillinger Public Enemy No. 1 presented by Bill Harrison on Jan. 16  
• Desert Dwellers presented by Wild Man Phil Rakoci on Jan. 23  
• Unconditional Surrender: A Visit with Ulysses S. Grant presented by Pete Grady on Jan. 30  
Lectures continue every Monday through March 27 at the Performing Arts Center, 2525 S. Ironwood Road in Apache Junction. To view information on February and March lectures, visit [www.ajusd.org/page/12135](http://www.ajusd.org/page/12135). All lectures start at 7 p.m. and doors open at 6 p.m. Tickets are \$5 per person, or season tickets are \$50 for all 12 lectures.

Season tickets are available to purchase online at [az-apachejunction-lite.intouchrecepting.com/azlectureseries](http://az-apachejunction-lite.intouchrecepting.com/azlectureseries) or in person at the Apache Junction Unified School District Office, 1575 W. Southern Ave. until Jan. 9. ■ For more information about the series, brochures are available at the AJUSD office or contact Sally Marks at [Sally.Marks@goaj.org](mailto:Sally.Marks@goaj.org).

**Help Eagle Pathway continue to serve our community by donating at**  
**[www.eaglepathway.org](http://www.eaglepathway.org)**  
Your donation helps us provide food, clothing, resources, classes, and household items to youth and single mothers who have experienced foster care or homelessness.

The State of Arizona allows you to claim tax credits for donations to non-profit organizations that support vulnerable population communities in our state. When you donate up to \$400 (single filer) and \$800 (joint filer)

Donations are tax deductible.  
We are a AZ qualifying tax credit 501c3 organization.  
QCO#21980 Tax Id#47-5047173  
480-630-6113 or 916-380-1032

Experience the Magnificent Beauty of Water in the Desert

**Cruise Saguaro Lake on The Desert Belle!**

DESERT BELLE TOUR BOAT PRESENTS **LIVE MUSIC CRUISES**

DEC. 21  
**MUSIC CRUISES**  
DEPART AT 2:00PM  
**Pete Pancrazi**

DEC. 2, 10, 16, & 24  
**Ian Eric**

DEC. 3 & 9  
**Jonny Splash**

DEC. 4, 11 & 18  
**Scott Hallock**

DEC. 7, 14, 28, & 31  
**Eric Miller**

DEC. 17 & 30  
**Dave Clark**

TICKETS: \$25  
Cruises last 80 minutes!

DAILY NARRATED TOUR CRUISES 12PM  
WINE ON WEDNESDAY & CRAFT BEER FRIDAY CRUISES 2PM  
SATURDAY & SUNDAY CRUISES 2PM

480-984-2425  
[WWW.DESERTBELLE.COM](http://WWW.DESERTBELLE.COM)

**BOOK YOUR CRUISE TODAY!**





WELCOME TO  
*Luxury Senior Living*  
IN THE BEAUTIFUL  
LAS SENDAS NEIGHBORHOOD!



**CALL FOR  
YOUR TOUR  
TODAY!**

or visit us at  
[canyonwindsretirement.com](http://canyonwindsretirement.com)

*Canyon Winds*  
Retirement Community

**JOIN US FOR ONE OF OUR FUN AND  
EDUCATIONAL MONTHLY EVENTS!**



**Canyon Winds  
Assisted Living & Memory Care**

7311 East Oasis Street, Mesa, AZ 85207  
**480-948-0600**

**Canyon Winds  
Independent Living**

2851 N. Boulder Canyon, Mesa, AZ 85207  
**480-948-0700**

*Upcoming Events*

**Canyon Winds Annual  
Christmas Bazaar**

Hosted at our Assisted Living Community  
**12/03/2022 @ 10 am—3pm**

**Pie and Learn**

Hosted at our Independent Living Community  
**12/07/2022 @ 1:30pm - 3pm**

**GUEST SPEAKER: Officer Dawn Blake**  
**TOPIC: The Police and Your Community**

**Whether it's Independent  
living, Assisted living or  
Memory Care, Canyon Winds is  
luxury senior living at its finest!**

Whatever stage of life you're in,  
you'll enjoy all the amenities that  
Canyon Winds has to offer!

Beautiful spacious floor plans

Utilities, cable and wifi included

Fitness room, theatre room, chapel,  
billiards, salon and pool/spa

Chef prepared meals

Housekeeping and laundry service

Engaging and fun activities

24-hour care staff and med management  
(assisted living / memory care)

Emergency call pendant

Family owned and operated in Arizona



CLASSIFIEDS

HOME SERVICES

**APT LANDSCAPE MAINTENANCE** Monthly or Biweekly Land-  
scape Maintenance, Lawn, Irrigation and Sprinkler Repair,  
Full Yard Clean Ups, Fertilization, Trees, Removals etc. *Fully  
Insured, Bonded Workers Comp* **FREE ESTIMATES** Mention  
this Ad and Receive 15% OFF! Commercial and Residential.  
We Accept Credit Cards. Please Call **(480) 354-5802**.


**MARK'S HOME IMPROVEMENTS AND REPAIRS**  
Specializing in Cabinetry, touch up, repair, rollout drawers,  
soft close hinges and glides. Plumbing, electrical, paint, drywall,  
lights, fans, smoke detectors, etc... 30+ years experience.  
Call/Text Mark Griffin **480-980-1445**

**MESA HOME MAINTENANCE AND REPAIR** Plumbing,  
electric, irrigation, garage doors, water heaters, tile and drywall  
repairs, carpentry, handyman lists, and other services. All work  
guaranteed. Sean Sornberger **(480) 699-7990**

**LADY BLUES HOME CLEANING AND HOUSE SITTING SERVICE**  
One person service. Estimates by phone. 18 years experience. Very  
well trusted with lots of references. Denise Ross **480-296-6752**

**DALE'S HAULING AND JUNK REMOVAL.** Serving Mesa and the  
East Valley. Ready to clean out your garage, attic, rental property,  
etc? Retired veteran with truck and trailer. Free estimates. Call/  
Text Dale **602-329-6887**.

**DUMPING DAVE** - We haul it All. Yard debris, junk, appliances,  
furniture, cleanouts. Whatever you need cleaned up and hauled  
away. I am a 6th grade Mesa teacher working my 2nd job.  
Dave **480-360-JUNK (5865)**

**ALL PRO TREE SERVICE and LANDSCAPE**  
**SERVICE.** Tree Trimming, Removals, Stump Grinding,  **ALUPRO**  
Bushes, Shrubs, Yard Clean Ups, Landscaping,  
and Deep Root Fertilization, Etc. **FREE ESTIMATES.** Very  
Professional, INSURED & BONDED. Mention this ad and receive  
15% OFF! We accept credit cards. Please call **(480) 354-5802**

HOME SERVICES

**NEED A HANDYMAN?** Do you have odd jobs that need done by a  
dependable, experienced, honest, and friendly guy? Specializing  
in home inspections! Plumbing, electrical, lights, fans, tile and  
drywall repair. Call Jim with your list! **602-576-2493**

HELP WANTED

**NEEDED - PART TIME RETAIL CLERK FOR OUR GIFT SHOP AT**  
**SAGUARO LAKE.** (Saguarodockside.com) Very flexible hours.  
Work 1 to 3 days a week. 5-hour shift or 7-hour shift. \$15 Hour  
+ tips and commissions. Beautiful atmosphere, Fun job. Email  
**Karenberk420@gmail.com** or call **602-578-5574** if interested.

**PHILLIPS WEST IS SEEKING A FREELANCE WRITER** to  
write stories for the Up Close community publications.  
Email **publisher@phillipswest.com**.

SPECIALTY SERVICES

**GIVE THE GIFT OF MUSIC** to your child!  
Professional music instruction for Viola, Violin,  
& Piano. Contact Joy Robbins at **(480) 205-1886**.  
Located in the Las Sendas area!



**"KNOW BEFORE YOU THROW"** the potential value of your  
stuff. I have 32+ years of experience in appraising and liquidating  
estates and fine jewelry. Consult with me, Jon Englund,  
**(480) 650-1422**, or email to **Jon@KnowBeforeYouThrow.INFO**

FOR RENT

**EXECUTIVE OFFICE SPACE:** Available immediately \$399!  
Utilities and high-speed internet included. Why work from home?  
**(480) 510-0453**



**Carnation Home Cleaning**  
RELIABLY, CONSISTENTLY, CLEAN.

A premium home cleaning  
service for those who  
demand consistency, quality,  
and have an appreciation  
for the details.

**(480) 924-2096**  
**www.CarnationHome**  
**CleaningInc.com**

All quotes given by phone  
or website.



Is your winter pool cold?  
Is your summer pool hot?

**SWIM YEAR ROUND  
WITH A POOL  
HEAT PUMP**

**LOWEST INSTALLED PRICE IN THE VALLEY!**

<b>HEAT ONLY SPECIAL</b> <b>ONLY \$5,995</b>	<b>HEAT/COOL SPECIAL</b> <b>ONLY \$6,495</b>
---	---

**PRICE INCLUDES: DELIVERY • INSTALLATION\* • START-UP**  
\*Installation includes (1) 50 amp breaker / hookup and plumbing. Includes 50 ft of electrical run, FREE standard pool cover.

**REMODEL SPECIAL**  
**ONLY \$9,245\***  
**PRICE INCLUDES:**  
MINI PEBBLE INTERIOR, NEW WATERLINE TILE,  
250 FT ACRYLIC DECK RE-SURFACE,  
\*based on 80R perimeter play pool.



**SWIM YEAR ROUND!**

**Arizona Pool Guy, Inc. • 480-699-0607**

SERVICE DIRECTORY

**AFFORDABLE PEST  
MANAGEMENT**  
for your home or business  
is just one phone call away!

**Wave the bugs  
goodbye!**

Family-owned and operated **480-759-5700**  
**customerservice@wavepestsservices.com • wavepestservices.com**



**WAVE**  
PEST SERVICES

**YOUR COMMUNITY DEALER & SERVICES CO.**

**Diamondback Air Inc.**  
Home Services

**HEATING OR AIR  
CONDITIONING**  
TUNE-UP & INSPECTION

**\$69** ALL MAKES  
AND MODELS!

**Financing  
Available  
OAC!**

Bonded, Insured:  
License #177520

**Jeh@Dbackair.com**

**Dbackair.com (602) 920-1600**

**FREE**  
**ESTIMATES  
ON NEW  
SYSTEMS!**



# SERVICE DIRECTORY

## PEACE OF MIND FOR ABSENTEE HOME OWNERS



Weekly, Bi-weekly or Monthly  
Visits to Your Property

Professional Reporting  
w/Photos

**CALL TODAY!**  
**602-828-0718**

Fulfills homeowner's insurance requirements  
for Canadian & American home owners.  
FULLY ACCREDITED, ASSURED & BONDED



**BRADS@SASQ-WATCHSERVICES.COM**

**SCORPIONS - BLACK WIDOWS  
TICKS - TERMITES - ANTS**  
Licensed - Bonded - Insured



**A-1 PEST  
CONTROL. LLC**

Valley Wide Service  
Family owned & operated  
for over 33 years

**Leo Renello**  
**480-981-0666**

Mesa, AZ 85207  
Board Certified Entomologist

**A/C GUYS CHARGE  
TOO MUCH!**

Affordable Air-Conditioning Services

**TRANE Brand 3-Ton 14 SEER  
AC Units \$5,995 - INSTALLED!!**

Over 1,000 Five-Star Reviews!



**\$49 Seasonal  
A/C Tune-up**

FREE Service Calls  
FREE Diagnostic w/ Repair  
Lifetime Warranty

**PlumbSmart**  
Bonded/Insured • ROC #289252

**(480) 470-7771**

*Learn to Manage  
Your Own Psychology!*

**Anxiety & Fear  
Sadness & Stress Reduction  
Aloneness & Isolation  
Addiction Crisis Prevention**

Dr. Patrick J. Hart, Psy.D.  
**206-547-HELP • 206-769-STOP**  
Individualized Options for Change  
**www.TheHartCenter.com**

**MY CHAUFFEUR**

*Dirk is Still Driving!*  
A.O.T.

TO EITHER  
AIRPORT -

**\$44!**

**CALL OR TEXT**  
**480-512-9757**

**My1Chauffeur@Gmail.Com**



**Gourmet**  
GELATO & COFFEE

**ITALIAN GELATO**  
Lots of freshly made flavors!  
Delicious AND 1/2 the fat of ice cream!!!

Try our great selection of  
**HOT & ICED COFFEES!**

**Free WIFI!**

**GRAND OPENING FUN!!!**

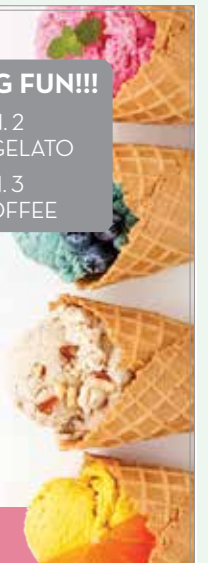
MONDAY, JAN. 2  
FREE SCOOP OF GELATO

TUESDAY, JAN. 3  
FREE CUP OF COFFEE

**INDOOR/OUTDOOR  
SEATING**

**HOURS:**  
SUN - THURS, 7AM - 9PM  
FRI - SAT, 7AM - 10PM

SW corner of Power & McDowell  
**6727 E. McDowell Ste. 105**



**@GOURMETGELATOANDCOFFEE**

**BexBooks LLC**

Accounting Consulting and Bookkeeping

Controller Services, Monthly  
Bookkeeping/Cleanup  
Financial Statement Preparation,  
Payroll Processing  
QuickBooks Online

**Rebecca Sloan**  
**480-322-4027**



Have you been putting home  
repairs off for a while?

**480 Handyman**  
Services can tackle those for you!

**Call Mike Leonard today!**

Leaks • Painting/Trim Work • Replacing Toilets/Sinks  
Doors/Cupboard Repair • Windows & Screen Repairs  
Lighting • Most Home Repairs



I even  
wash  
windows!

**480-226-3986**  
**480Handyman.com**

**Need Rust  
Repair? CALL  
WELDWORX!**



GATES • RAILINGS • FENCES • MORE!  
**We Can Fix It!**

WE ALSO DO NEW INSTALLS AND CUSTOM METAL WORK!  
CALL TODAY FOR A  
**FREE ESTIMATE! 480-612-5108**

**SSWELDWORX@GMAIL.COM**

**ALL PRO**  
TREE SERVICE LLC  
www.allprotrees.com • dennis@allprotrees.com

**15% OFF**

Call today for a FREE ESTIMATE  
and get 15% OFF with this ad!  
Offer has no cash value and may not be combined  
with any other offer, discount, coupon or promotion.

**480-354-5802**  
TREE SERVICES  
LANDSCAPE SERVICES  
Fully Insured/Bonded

**HOLE IN THE WALL?  
GIVE US A CALL!**

**PATCHMASTER™**  
THE DRYWALL REPAIR SPECIALISTS

**480-770-4552**  
**PATCHMASTER.COM**

Lic # 321495 Bonded & Insured

- ✓ MOVING ACCIDENT?
- ✓ PLUMBER/ELECTRICIAN LEFT HOLES?
- ✓ BUYING/SELLING A HOME?
- ✓ CEILING DAMAGE?
- ✓ DAMAGE FROM RENTERS?
- ✓ DENTS AND SCRATCHES?

**NO PROBLEM!**

**NOW IS THE TIME  
TO TRIM YOUR TREES**  
**480-216-0751**

**New Heights  
Tree Service**  
Fully Insured!

Call today  
for a free  
estimate!

**www.newheights-tree.com**

**NEED TO GET RID OF SOME JUNK?**

Storage Units • Rental Properties  
Garage Clean Outs • Yard Debris  
AND SO MUCH MORE!

**www.DalesHauling.com**  
Serving Mesa & Surrounding Cities and Communities

**CALL OR TEXT FOR A  
FREE ESTIMATE! 602-329-6887**

**DISCOUNTS TO VETS AND SENIORS!**  
Owned & operated by a retired vet.



It's all Black & White with

**ZIPPY ZEBRA**  
PLUMBING

Specializing in residential service  
plumbing for over two decades. From  
water softeners and water heaters to  
gas lines and drain lines....we do it all!

**480-820-6595**

Veterans and First Responders  
receive a 10% discount.

**LICENSE • BONDED • INSURED**





# New Year's Eve Dinner & Live Music

The Patio & Grille at Las Sendas

\$99 ++ PER PERSON For reservations, call: (602) 734-5524

## New Year's Eve Menu

### STARTER

Choice of **Lobster Bisque** or **Roasted Butternut Squash soup**.

### SECOND COURSE

**Summer Kale Salad**  
Baby Kale, Watermelon, Pear, Berries, Blue Cheese, Cilantro, Mint, Basil, Candied Walnuts & Honey Lime Dressing

### CHOICE OF THIRD COURSE

**Smoked Prime Rib**, Roasted Garlic Mashed Potatoes and Seasonal Vegetables. Served with Creamy Horseradish Sauce and Au Jus.

**Chilean Sea Bass** Topped with a White Wine Green Sauce, Roasted Garlic Mashed Potatoes and Seasonal Vegetables.

**Smoked Duck** Served over Risotto with Seasonal Vegetables. Finished with an Orange Liquor Glaze.

**8 OZ Fillet** with Wild Mushroom Glaze, Roasted Garlic Mashed Potatoes and Seasonal Vegetables.

**Two 5 OZ Smoked Cold Water Lobsters** with Rosemary Lemon Garlic Butter Sauce, Served with Risotto and Seasonal Vegetables.

Add on to any entrée a 5oz **Lobster tail** for \$35

### DESSERT

**Pineapple Upside Down Cake** or **Chocolate Cake**



**THE PATIO & GRILLE AT LAS SENDAS**  
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207 • LASSENDAS.COM



# THE GRILLE AT LAS SENDAS

NOW OFFERING

## Sunday Brunch!

9am - 2pm EVERY SUNDAY



**Signature Bloody Marys and Specialty Mimosas!**

**Fun For The Whole Family**  
(Check out our Kid's Menu!)

**Special Brunch Menu and Stunning Views**

**New to Menu!**  
Chilaquiles  
Breakfast Enchiladas  
Steak & Eggs

*For Reservations:* **(602) 734-5524**  
7555 E. EAGLE CREST DRIVE, MESA, AZ 85207  
[WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)

# ENJOY A STRESS FREE CHRISTMAS EVE DINNER!

THE CHOICE IS YOURS: Dine with us or pick up your fully prepared meal and enjoy it at home!

## CHRISTMAS EVE TAKE-OUT

**Complete Christmas Eve Dinner**  
**\$350 + tax • Serves 5-7**

Starters- Antipasti Platter, Charcuterie and Imported Cheeses

Green Salad, Roasted Fennel, Pine Nuts, Tomatoes, White Balsamic Vinaigrette

Roasted Herb Crusted Prime Rib 6-7 lbs., Au Jus and Horseradish Cream

Boursin Whipped Potatoes

Buttered Broccolini with Roasted Peppers

**RESERVE YOUR TAKE-OUT MEAL SOON!**  
**480-396-4000; 222 • [cshaw@lassendas.com](mailto:cshaw@lassendas.com)**

**PICK-UP: 3-5 PM AT THE VISTAS PAVILION AT LAS SENDAS**

## CHRISTMAS EVE DINNER

**ON THE PATIO AT LAS SENDAS**

**Saturday, December 24, 3-7 pm on The Patio**  
**Reservations: 602-734-5524**

### STARTER

CHOICE OF CREAMY POTATO SOUP or CLAM CHOWDER: \$8/cup, \$12/Bowl

### CHOICE OF

**SLICED HONEY GLAZED HAM: \$35/plate**  
Honey Glazed Ham sliced and served with a side of buttered baby carrots, mashed Yukon potatoes and green beans.

**SLICED PRIME RIB: \$45/plate**  
16oz portion of roasted prime rib served over rosemary mashed potatoes and seasonal vegetables.

**LEMON PEPPER SALMON: \$45/plate**  
Crispy coated lemon pepper salmon served with goat cheese, rosemary mashed potatoes, roasted Brussels sprouts, with bacon and balsamic glaze.

### DESSERT

YOUR CHOICE OF APPLE PIE, PEACH COBBLER OR NEW YORK STYLE CHEESECAKE \$10

**7555 E. EAGLE CREST DRIVE, MESA, AZ 85207 • [WWW.LASSENDAS.COM](http://WWW.LASSENDAS.COM)**