

Las Sendas Up Close

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December 2023

Happy Holidays await with Quaint Old-World Charm AT SAM & LUCA'S RUSTIC KITCHEN

By Kimberly Alvarado

For pre-holiday preparations, there's a quaint spot on the patio, intended for you, at Sam & Luca's Rustic Kitchen.

Stop in after a holiday shopping outing to refresh your spirit and your gift list while enjoying a small bite and a cocktail. Special pricing is in effect each Monday through Thursday from 3 to 6 p.m. and every Friday from 3 to 5 p.m.

COME ON, GET HAPPY!

- **Gifts:** Look no further for a unique gift for that person who appreciates *great tastes* on your list this year. Sam & Luca's Rustic Kitchen is offering gift cards, with a freebie gift for you. Buy \$100 worth of gift cards and receive a free card valued at \$15. This offer is available through Dec. 24.
- **Parties:** If you're planning a holiday party this year, consider the banquet room at Sam & Luca's. Contact Dennis Shaw at (480) 659-6716 for more information. Your guests will love the quaint environment and, as a host, you'll love the absence of stress.
- **Celebrations:** Ring in the New Year in a sophisticated environment, set beneath dim lighting and comfortable seating arrangements. New Year's Eve at Sam & Luca's includes pampering by an attentive staff who



can help you make mouthwatering choices to enhance a four-course meal. Look to your server for selections that have helped put the small Italian restaurant on the neighborhood map's favorite list.

Choices for the evening will include Halibut, Osso Buco, Short Rib, Filet Mignon, Veal Marsala, and Cioppino. If you're looking for an atmosphere that promises elegant and old-world charm, Sam & Luca's Rustic Kitchen is a great option.

Reservations can be obtained through OpenTable, or by calling directly at (480) 659-6716.



GET ACQUAINTED WITH THE STAFF

The staff at Sam & Luca's Rustic Kitchen would like to thank each of their customers for their continued support throughout this year. To enable staff members to celebrate the holidays with their families and

loved ones, the restaurant will be closed on Christmas Day and New Year's Day, along with Jan. 2, 2024.

As the year 2023 closes from this year's calendar, it is fitting to recognize several of the staff members who have brought leadership to the restaurant, including executive chef Rosalio Tarin, Mark, and Jolyn. The knowledge of their industry and years of service have helped create the exceptional dining experiences that customers at Sam & Luca's Rustic Kitchen have grown to love. ■

Sam & Luca's Rustic Kitchen is located at 1959 S. Power Road in Mesa, at the northeast corner of Power and Baseline roads.

Las Sendas Golf Club offers holiday entertainment

Submitted by Las Sendas Golf Club

As the year closes, it is fitting to recognize *you*, as a member of the Las Sendas Golf Club, a visitor, or a lover of the game of golf.

Your contributions to the Las Sendas Golf Course, The Patio & Grille, and The Vistas Pavilion events are vital to the continued accomplishments of the Las Sendas community.

Look no further than the Pro Shop this season to check off the boxes of your gift list.

Engraved barware, Himalayan handmade candles, footwear by OluKai, and Johnnie-O casual wear are all among the gifts that are sure to please the most important people on this year's list. Stop by and browse through some of the most tasteful gifts imaginable.

Happy Shopping!



crafted Antipasti Platter, Salad, Roasted Herb Crusted Prime Rib, Boursin Whipped Potatoes, and Buttered Broccolini with Roasted Peppers.

Call (480) 396-4000, extension 222, or email Carla Shaw at cshaw@lassendas.com to place your order.

If you're planning a larger event or need more space than your home or office can handle, The Vistas Pavilion at Las Sendas is the perfect option for your holiday event. Spice up your holiday party.

For groups as small as 25 people, to as large as 250 guests, the full-service venue offers food, bar service, and most important, holiday cheer!

The entire staff is thankful for all their customers and wishes each of you a very Merry Christmas and a safe and Happy New Year.



THE PATIO & GRILLE LET US ENTERTAIN YOU

Entertainment is scheduled seven days a week at 5:30 p.m. on weekdays and 10 a.m. on Sundays for brunch. Come in for breakfast, or a relaxing break from holiday shopping.

Food and Beverage Director, Jose Martinez, shares his message of implemented advances that are underway at

The Patio & Grille.

"We continue to make improvements to enhance the overall experience in food and beverage at The Patio & Grille. We have rolled out a new breakfast menu, with the addition of some breakfast classics, that everyone seems to enjoy. We are now offering specialty coffee drinks such as espressos, lattes, cappuccinos, and more," Jose said. "Our new patio menu is also in place offering a nice variety of great dishes for everyone." ■



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Self Development Academy

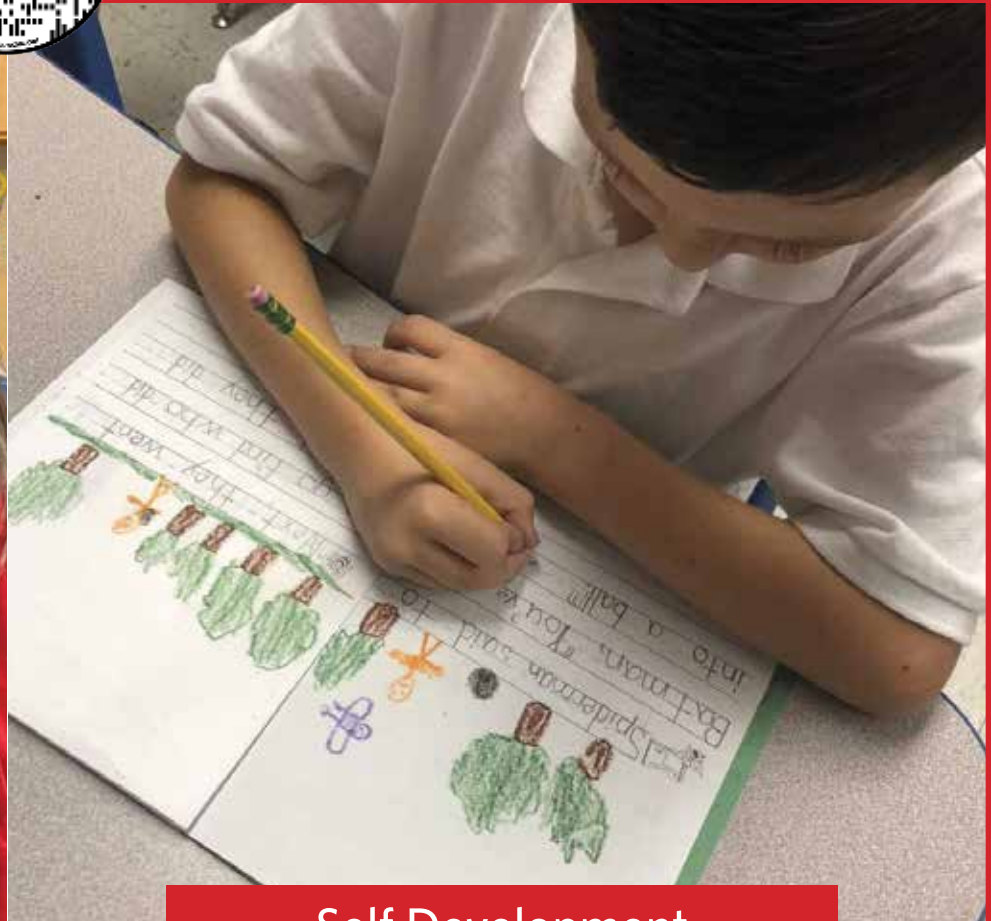
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- February 29- Developing a Love of Learning (ages 6 months-5 years)



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EDUCATION

Screen Time—Every Parent’s Dilemma

By Sami Majeed, JD, Self Development Academy

In the past several decades, we have witnessed the unimaginable growth of digital technology. Exacerbated by the pandemic, children’s screen time increased precipitously. Youngsters spend a considerable amount of time on social media, including *Snapchat*, *Instagram*, and *TikTok*. With the wide use of digital technology, it is becoming increasingly challenging to monitor and restrict young children’s use of screen time.

WHAT TOUCH-SCREEN TECHNOLOGY GETS WRONG

NONVERBAL COMMUNICATION

How many of us have texted jokes that fall flat? We all have experienced this, and we all know why — the text does not communicate emotions as well as our face does. Screentime cannot teach in-person nonverbal cues. Without exposure to in-person interaction, children lose not only the ability to *communicate* complex emotions but also the ability to *recognize* them. While emojis do a lot, they will never substitute for the many nuances of the human face.

SOCIALIZATION AND ISOLATION

It is best to think of social media platforms as what the schoolyard and the lunch tables functioned as for our



generation. Social media is a deep socialization force, a 24/7 popularity contest where no one, even influencers, feels like a winner. These social media platforms can exacerbate social isolation and lead to a false sense of failure. Spending more time on social media (two hours daily) leads to more social

DIGITAL DEVICES DO PROVIDE BENEFITS

isolation. We cull the best of us and post that for viewer-ship. Only we know the authentic true self, but we believe everyone else’s lie. While substituting text-based interaction for in-person is problematic, a modest amount of time spent on devices can have benefits. Parents of all incomes now have access to excellent learning apps. Preschoolers enjoy learning the alphabet, the letter sounds, and counting numbers by watching videos. Even though replacing sports with electronic games has correlated with a rise in obesity, digital devices help develop fine motor skills. These platforms can have a function we never had growing up. Youngsters can find opportunities to interact with like-minded friends with similar hobbies and interests. They can *FaceTime* their relatives, aunts, uncles, and grandparents. They interact with individuals and learn to read and understand others’ facial expressions and form a bond with them. Connecting with friends on social media gives youngsters a *sense of community*. More people can find unique social groups. People can feel seen and supported. Many share their struggles, and many more share inspirational quotes. There are innumerable ways screen-based technology can and has benefitted child development. Children also use technology to take courses, make academic gains, and

learn writing and communication skills. The use of technology brings a wealth of information to their fingertips.

HOW TO RESPONSIBLY PARENT SCREENTIME

I know what you are thinking — the good contradicts the bad. What to do? Well, a good metric is asking yourself if screen-based interaction is *substituting* something meaningful or essential. Is it skill avoidance? If you ask whether it is proper to use screens to get children from point A to point B, what are they missing out on? Do you find it essential that children notice the countryside or learn to navigate? Or are we asking a lot of children to do something we don’t do ourselves? By design, children’s minds crave stimulation. So, how do you set limits? First, be an active part of your child’s use of screens. Make conscious, intentional decisions about a child’s use. Don’t allow children under 18 months old to use screens. Select educational and high-quality programs and limit the screen time to one hour daily for children ages two to five. Second, to guide the effective use of screen time, parents should preview the programs, games, and apps and be involved with their children while they play games or use digital devices (Common Sense Media). Parents should coach children about advertisements and their influence. Parents should set clear parameters for children’s use of digital devices, including TV time, just before going to sleep. In-person interactions and spontaneous play should not be replaced by screen time. However, screen time can be beneficial in honing many skills for developing children. ■



To learn more about Self Development Preschool, please contact (480) 396-3522. For the accelerated K-8 program, Self Development Academy, please contact Self Development Academy at (480) 641-2640.

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LOCAL BUSINESS

The Optimal Exercise Program for Maximal Results in Minimal Time

Submitted by The Exercise Coach

There are many common misconceptions about exercise. Let's reveal the secret to how The Exercise Coach clients are getting maximal results from only a couple of 20-minute workouts each week. Learn the three most important aspects of exercise and why you need to think about exercise completely differently if you want to achieve the health and fitness results you want.

The way we exercise really matters because what's at stake is significant. Exercise is a strategy that people can use to improve their quality of life, so how you go about doing it matters. Many people avoid the gym because they are worried about getting hurt, it takes too long, or it is just plain boring. This makes sticking with an exercise program especially challenging, which is where The Exercise Coach comes in.

Effective personal strength training fundamentally changes what's required to get the results people want from exercise. It changes every system of the body for the better. There are a lot of different ways to exercise, but at The Exercise Coach, the evidence shows strength training is the superior method.

The real point of exercise is to stimulate the body's natural ability to adapt to stress. When we exercise, there is an exercise effect and the results we seek are adaptations produced by our bodies in response to the challenge of exercise.

If we don't exercise in a way appropriate for our goal, we may put in a lot of work and still not get the results we want. The optimal exercise approach focuses on safety, effectiveness, and efficiency. This is the best way to compare the different approaches and figure out what's appropriate for you.

The average amount of time it takes for your body to recover and become stronger is a couple of days, which is why The Exercise Coach employs intense periods of exercise a couple of times a week.



Studies have shown a single set of exercises at the right level of intensity is more effective than multiple sets. Exercising intensely for 20 minutes is sufficient to achieve results. The conventional wisdom of needing to exercise more doesn't bear out.

Why not spend as little time as possible to get the best results you are looking for? Optimizing exercise allows you to enjoy more of the good things in life.

Safety is essential for exercise. Many exercises can be fun, but if the focus is on results, it's better to avoid the risk. The biggest key to making exercise safe is being in control of the forces applied to the body. The key to reducing force in strength training is using slow-controlled movements instead of explosive movements.

There is research which shows high-intensity strength training is safe even for people with elevated blood pressure or other cardiovascular issues, and it even has beneficial health effects. Strength training at The Exercise Coach is a great way to engage in exercise and improve your health even if you have orthopedic or cardiovascular concerns.

The Exercise Coach can help you no matter where your current fitness level is. The coaches are very good at meeting people and tailoring a program to each person's situation. ■

See for yourself how you can improve your workout and muscle quality using our unique hi-tech process so you can get the results which matter most to you. Visit exercisecoach.com/north-mesa or call (480) 716-6080 for two free sessions.

UpClose

PUBLICATIONS

Published by

Phillips West

Publishing | Design | Writing | Photography

Mesa, AZ 85215

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Sylfirm X is suitable for all skin types and ages if you are in good health, have early signs of aging, have realistic expectations, and are looking to treat the following:

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LOCAL BUSINESS

Shave Years and Create Wealth

THE UNTAPPED POTENTIAL OF REFINANCING

Submitted by Michael Tranckino, Trusted Lending Center

Refinances still make up almost one-third of all mortgage transactions, even though rates have risen. You may be wondering how this can be?

Many consumers have amassed a large amount of debt, paying much higher rates of interest, thanks to the Fed hiking rates so aggressively. And many of those individuals are only making the minimum payments, with no path to paying off their debt. At the same time, most homeowners have record levels of equity in their homes.

Many homeowners are benefiting from a type of refinance where we pull that equity out of the home to pay off those debts, saving money on their overall monthly payments. Additionally, there are ways to gain equity at an accelerated pace and significantly shorten the length of your mortgage, by applying those savings as an additional payment each month.

It's about saving interest rather than having the lowest interest rate. As an example, if you have \$55,000 in high-interest debt and you pay that back over seven years you will have potentially paid back \$40,000 in interest alone.



If you are currently paying a monthly mortgage insurance premium, you may also be able to remove that from your monthly obligations with a refinance.

There is no need to start your mortgage over at 30 years either; you can set your mortgage term to match the remaining years on your current mortgage.

Call me today to review your current debt situation and see if I can help. ■



Don't wait. Contact Trusted Lending Center today and embark on a journey toward financial freedom. For more information on Trusted

Lending Center, visit trustedlendingcenter.com or call (480) 400-9884.

Total Debt Amount: \$359,000		Blended Rate: 6.033%	Total Monthly Payment: \$2,496
Debt Name	Debt Balance	Interest Rate	Min Monthly Payment (Optional)
Current Mortgage	\$300,000	3.5%	\$1,476
Credit Card #1	\$26,000	18%	\$420
Credit Card #2	\$21,000	20%	\$360
Credit Card #3	\$12,000	19%	\$240

LOCAL BUSINESS

Evenings at Hava Java Mesa

Enjoy Wine, Beer, or Just Relax



By Tim Beaubien, Hava Java Mesa

One of the best-kept secrets about Hava Java Mesa is that along with our fresh-ground signature coffee drinks, we also offer a great selection of wine, craft beer, charcuterie boards, and tasty snacks.

I can't tell how many times Barb and I have had a regular morning customer tell us, "I didn't know you guys have beer and wine." They just don't go past the coffee counter in the morning to see what else we offer. Hava Java Mesa has had craft beer and wine since day one, four years ago.

We are not a dinner place, but if you're looking for a great after-dinner venue to relax to music and enjoy a spirited coffee drink, beer on tap, and some nice wines to go with our charcuterie boards, then stop in at Hava Java Mesa.

We offer 17 taps of craft and popular beers, select bottled beers, a great selection of red and white wines at a great price per glass (between \$7 and \$11), along with our spirited coffee drinks. You can always find your perfect way to relax from the events of the day.

You can choose from one of the indoor lounge areas, the long community table, or our heated outdoor back patio to have a private conversation or meet up with a group of friends. Our customers consider Hava Java Mesa as their second living room.

Maybe you still have some remote work that needs to be finished without the commotion of your regular evening routine. We have convenient power plugs located throughout the coffee house. So, no matter where you like to sit you never have to worry about your device running out of power.

We have our full menu and snacks available all evening to accompany your choice of beverage. ■

Hava Java Mesa is located at the northeast corner of Power and McDowell roads in The Village at Las Sendas, 2849 N. Power Road, Suite 103, in Mesa.



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*By Judy A. Knox, Charis
Christian Church*

However, their parents and I always tried to emphasize the spiritual significance of the holiday as well. Attending Christmas church services and reading the Christmas story from the Bible were always part of our traditional family celebration. Before passing out the presents, we reminded them (and ourselves) that we were exchanging gifts because God

Our Christmas play, Do We Still Remember? is all about this dual aspect of Christmas. Come join us for one of our performances on Dec. 1, 2, 8, and 9 at Charis Christian Church, 4811 E. Julep St., Unit 101, Mesa. Tickets are \$5. Reserve yours today by calling (602) 339-2443.


LOCAL BUSINESS

*Submitted by LaRee E. Johnson,
CEO, Elysian Fields*

All items in our shop are 100 percent natural, baked fresh daily, and meticulously and lovingly made by our own hands, in small batches through unique, alchemical methods inspired by our explorations. Many of the elements are picked with care from our very own happy and healthy plants.



*Elysian Fields is located at
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LOCAL BUSINESS

Integrity Health Center offers TREATMENTS FOR NEUROPATHY

By Mark Moran

The debilitating pain, numbness, stinging, tingling, and weakness caused by peripheral neuropathy can do more than keep you awake at night. It can be debilitating, even life changing. The hallmark symptoms usually show up in the hands and feet and are often hard to treat on a permanent basis.

The peripheral nervous system sends signals from the spinal cord, or the central nervous system, to the rest of the body through your sensory nerves. When those pathways become damaged or interrupted, it can result in symptoms associated with peripheral neuropathy.

According to the Mayo Clinic, the condition can be the result of traumatic injuries, infections, metabolic problems, inherited causes, and exposure to toxins. One of the most common causes of neuropathy is diabetes.

Now, Integrity Health Center, an East Valley practice, is treating this debilitating condition without the use of drugs or surgery, and the center is offering a free seminar to learn more. In the seminar, presented by Dr. Aaron Shapiro, DC, you will learn why currently available treatments don't work, the underlying causes of peripheral neuropathy, and the key to preventing the condition.

Dr. Shapiro will also teach you how peripheral neuropathy is diagnosed, and when the condition can be successfully treated using a technology developed by NASA, utilizing advanced diagnostic testing to help see if your condition is treatable.

Dr. Shapiro says he will teach, "a simple home therapy that is used by some of the largest specialty hospitals in the country to treat certain types of neuropathies."

The seminar is scheduled for Tuesday, Dec. 12 at 11:30 a.m. at the Integrity Neuropathy Center located at 1122 S. Greenfield Road, Suite 102, in Mesa. Dr. Shapiro will even serve you lunch but asks you to RSVP by Dec. 11 to reserve space. The seminar is limited to just 15 people.



Integrity Chiropractic Health Center is also offering a \$49 introductory special to those who want to learn more about the benefits of the Gonstead System of chiropractic, which focuses on being as specific as possible with the examination and treatment of the patient. This unique approach addresses only the patient's root problems and, thus, gives the body a better opportunity to heal.

"I've had fibromyalgia for 22 years and have been to many medical doctors. I have tried many kinds of medications, and therapy and exercise, which made it worse," said one of Integrity's patients, Sandra, in a testimonial. "This program has helped me to relax, sleep better, feel less pain, and my tinnitus is gone from my ears. The constipation that I experienced has improved so much with the adjustments and the use of magnesium from Dr. Shapiro."

Another patient, Scott, said he was considering back surgery but gave Integrity a try as a last resort. "I was considering invasive laser surgery on my back. A friend insisted that I consult with Dr. Shapiro first," Scott wrote in a testimonial. "After one adjustment I was amazed at the difference I felt! I slept through the night and had immediate results. After completing my care plan, my pain went from a nine to almost none."

Integrity Chiropractic Health Center also does chiropractic for kids and invites the whole family to see if the Gonstead System is right for you.

"As Gonstead chiropractors, we take pride in offering the most complete chiropractic resource in the East Valley," the doctors say. "Our willingness to volunteer information and explain every chiropractic procedure in advance is appreciated by our patients." ■

Integrity Chiropractic Health Center is located at 1122 S. Greenfield Road, Suite 102, in Mesa. You can reach the office at (480) 820-9147.

FINANCES

A key element OF INVESTING

Submitted by Brent D. Hoskinson and Linda Drake

We've reached the end of another year — so it's appropriate to reflect on the nature of time and how it affects us. And time certainly is a key element in the pursuit of your financial goals.

As an investor, time can be your greatest ally — when you invest for the long term, you could achieve an impressive cumulative growth in value, though there are no guarantees.

But you also need to consider time in other ways. For example, each year, you should check your progress toward various financial goals. If you're falling behind, you may need to adjust your investment mix — or the goals themselves.

You also need to consider time in choosing your investment strategies. For longer-term goals, such as retirement, you'll need to consider owning a reasonable number of growth-oriented investments. But for shorter-term goals, such as a wedding or vacation, you may want to look at investments with fewer fluctuations in value.

Here's one more point to keep in mind: Over time, your risk tolerance may change, so you may need to adjust your investment approach and expectations.

When you invest, your biggest consideration may be time — so use it wisely. ■

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



Linda Drake



Brent Hoskinson

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LOCAL BUSINESS

THE DOLLY STEAMBOAT OFFERS Festive Fun for the Whole Family



By Jamie Killin

As the holiday season approaches, the Dolly Steamboat — which has been cruising through Canyon Lake for four decades — offers the perfect way to enjoy the season and the beauty of the Arizona desert with family and friends.

The steamboat is festively decorated for the holidays and offers private charters that serve as a fantastic venue for corporate and family holiday parties. As well, its regularly programmed cruises provide a unique and memorable activity for families spending time together during the holiday season.

Out-of-town visitors and locals alike will be amazed by the beauty of Canyon Lake, which is known as the junior Grand Canyon with cliffs close to 1,000 feet high on both sides. You will also learn more about the area’s history and wildlife during the expertly narrated cruise.

“During the cruise, we’ll see a lot of bighorn sheep, bald eagles, deer, and other wildlife as well as flora and fauna, which



the captain narrates and points out while also sharing the history of the area,” said Jan Johnson, office manager for the Dolly Steamboat. “Canyon Lake is home to Skeleton Cave, which is one of the sites of the Apache Wars, so there’s a lot of history.”

The most popular cruise option is the *Scenic Nature Cruise* on Canyon Lake, which spans six miles during a 90-minute ride.

Guests can also dine on the Dolly Steamboat during the extended 2 1/2-hour twilight dinner cruise, which takes place on weekend evenings. The dinner cruise offers delicious meal options including baron of beef and champagne chicken as well as a vegetarian option.

Both make great options for a special day out with the entire family. Additionally, a ticket for a Dolly Steamboat cruise makes for a great holiday gift for any family member.

“We’ve had everyone from three-week-old infants on the cruises to up to people 100 years old,” said Jan. “It’s great for all ages.”

Cruises book up quickly, so calling ahead to make a reservation is highly encouraged, especially during the busy winter months. ■

For more information on the Dolly Steamboat, visit dollysteamboat.com. To make a reservation, call (480) 827-9144. The Dolly Steamboat meet up location is located near the Canyon Lake Marina, at 16802 AZ-88, Tortilla Flat, AZ, 85117.

LOCAL BUSINESS

Desert Belle offers a unique CRUISE EXPERIENCE ON SAGUARO LAKE

By Mark Moran

The thought of going on a cruise often brings to mind the open ocean, clear blue water as far as the eye can see, and international ports of call. But one of the best, most affordable, and convenient cruises is right here in the East Valley, and you don’t have to pack a bag to head out on the water.

Surrounded by Arizona’s iconic multi-colored sandstone mountains, the Desert Belle cruises the waters of Saguaro Lake.

Choose from a variety of excursions, including an 80-minute tour narrated by a U.S. Coast Guard certified captain who describes the history, geology, geography, and wildlife native to Arizona’s Sonoran Desert, almost all of which you see while you enjoy the sunshine and fresh air from the wide open-air upper deck of the Desert Belle.

Plan to see bald eagles, desert bighorn sheep, wild horses, deer, and bobcats, all of which are known to make Saguaro Lake their home.

The lower deck has an open-air front deck and an enclosed lower cabin, which is climate-controlled and handicap accessible. The cruise is perfect for guests of all ages with a gentle disembarking and graceful, relaxing tour cruising speeds. There are also two bathrooms onboard for your comfort.

The onboard walk-up snack bar features water, soda, beer, wine, and cocktails for purchase. Visa, MasterCard, or American Express are accepted at the walk-up ticket booth and snack bar. Cash is not accepted.

The narrated tour is \$26 for people 13 and older and the kids can cruise for just \$17.



MUSIC IS A COMMON THEME ON DESERT BELLE’S EXCURSIONS

There is a live music tour offered every weekend featuring some of the most talented musicians in Arizona. Featuring pop, jazz, and classic rock, the music tours are among the most popular options, and these cruises sell out quickly.

The Desert Belle is rapidly approaching its 60th year in operation. Originally launched in 1964, the excursion company caters to residents and out-of-town guests who don’t typically think of the desert as a place to take a cruise.

“One of the best tours we took while visiting Phoenix,” Christina F. from Chicago wrote in a passenger testimonial. “My sister even said that she enjoyed this tour more than our visit to the Grand Canyon! The views on this tour are amazing. Our tour guide was Captain John, and he was fantastic. He did a great job of explaining the history of the lake, Arizona, and the animals that live there.” ■

You can book your tour online for a Desert Belle excursion at desertbelle.com. The Desert Belle is located lakeside at 14011 Bush Hwy. in Mesa. You can also call (480) 984-2425 for more information.

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REAL ESTATE

The British Tradition of the Christmas Message

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

It's the season to be jolly, and my favorite time of the year. I want to take this opportunity to thank everyone who reads my articles and all my wonderful clients. Since it's the holiday season, there will only be a quick update on the real estate market and then some fun facts about some English traditions.



tradition was started in 1932 by King George V, when he delivered the first address over the radio in 1932. George V's first message was written by English writer Rudyard Kipling and transmitted live from a studio that was created for him at Sandringham estate. The tradition carried on, and in 1957, the Queen gave the first televised Christmas speech. The message typically combines a chronicle of that year's major events, with specific focus on the Commonwealth of Nations, and with the sovereign's own personal milestones and feelings on Christmas. Last year, King Charles II gave the annual Christmas address, his first since ascending the throne after the Queen's death on Sept. 8, 2022. It was the most watched address by a monarch on record.

Some 10.6 million tuned in for the eight-minute broadcast, which was the most watched program on Dec. 25. The King addressed the nation from St George's Chapel at Windsor Castle, where the service for his mother was held earlier this year.

CHRISTMAS CARDS

The custom of sending Christmas cards was started in the UK in 1843 by Sire Henry Cole. He was a senior civil servant (government worker) who had helped set up the new Public Record Office (now called the Post Office). Sir Henry had the idea of Christmas cards with his friend John Worsley, who was an artist. They designed the first card and sold them for 1 shilling.

RECIPE - BREAKFAST CASSEROLE

A family tradition that was started here in the U.S. with my husband is to make the breakfast casserole on Christmas Eve. Then we just pop it in the oven on Christmas morning to bake while we open presents. This is Rick's family's recipe that has been passed down and the best part of all is that Rick always makes it.

Wishing you and your family a very Merry Christmas and a Happy New Year. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 14 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.



BREAKFAST CASSEROLE

- ½ lb. sausage browned (we use hot Jimmy Dean to add some flavor)
- 9 eggs — lightly beaten
- 3 cups half and half (we use equal portions of skimmed milk and half and half and can't tell the difference)
- 1 tsp salt
- 1 ½ lbs. cheddar cheese
- Butter
- 10 slices bread, crusts removed or enough to cover the bottom of the pan

Butter one side of the bread and put butter side down in a 9 x13 baking dish.
Mix eggs and milk mixture, add salt.
Layer sausage and cheese twice on top of bread then pour eggs and milk mixture over. Top with a layer of cheese.
Bake at 350 degrees for one hour.

THE ROYAL CHRISTMAS MESSAGE



Growing up in England we would always stop whatever we were doing to watch the Queen's Christmas message and I love the fact that it is as popular today as it was back then.

The Queen's Christmas message – now the King's Christmas message – is always one of the most-watched programs on TV on Christmas Day. The

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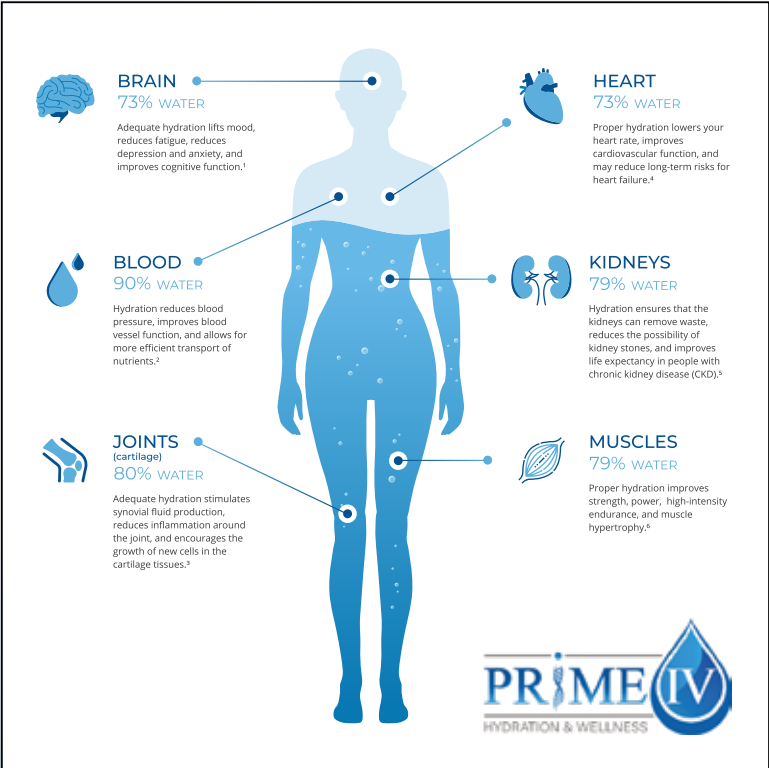
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“ We had the wonderful opportunity of working with Lorraine to purchase our home in Las Sendas. We were impressed with how well she knew the community there and her willingness to help in any way possible. We knew it was as important to her as it was to us that we found the right home. When we found the home that we were interested in she negotiated a great price for us. Lorraine has been so helpful every step of the way. Buying a home with Lorraine was a pleasure and stress-free. Once we closed on our home her involvement did not end there. She has helped us get utilities set up, find handymen and has answered so many questions that we have had. We will forever be grateful that she was our realtor. ” – John

LOCAL BUSINESS



Optimize Your Immune System



By **Gina Van Loven**, Board-Certified Health Coach and Owner of Prime IV Hydration & Wellness, Red Mountain

It is no secret that it is your immune system that fights off pathogens. The process is fairly simple yet can quickly go awry if your immune system isn't functioning optimally. Think of a human army. If the enemy suddenly shows up and your army is asleep, you need to be able to quickly wake them up. But what if you couldn't wake them all? Or, what if they were awake but very sluggish? The answer is they can't effectively do their job, which is to fight off the enemy.

So how do you optimize your internal army? There are three main factors: nutrition, toxicity, and stress.

NUTRITION

Nutrition seems like a no-brainer but is far more complicated. With modern-day food depleted of nutrients due to soil depletion and time-to-table, it is nearly impossible to meet daily nutritional needs without supplementation. However, with oral supplementation, you will only receive 10 to 20 percent of what is actually in the bottle due to the type of ingredients used, as well as the digestive process. With intravenous (IV) therapy, however, all the nutrients are delivered to your bloodstream. A healthy diet is important. But

supplementing will help to optimize your immune system. According to the Harvard School of Public Health, "A deficiency of single nutrients can alter the body's immune response." The primary nutrients needed for optimal immune response are zinc, selenium, iron, copper, folic acid, and vitamins A, B6, C, D, and E.

TOXICITY

Toxicity occurs through what we consume — air, water, and food. Toxins always have been and will be part of our environment. Fortunately, our lungs, liver, kidneys, and skin help protect us and filter toxic substances. Unfortunately, there is an overwhelming amount circulating in our modern world.

Our liver takes the brunt of the burden of detoxification, which is why it is helpful to take supplements that support the liver, like milk thistle, dandelion, and glutathione, which is a master antioxidant. Another great supplement for liver support is acetylcysteine, which is often purchased in the form of NAC (N-acetylcysteine). A natural antioxidant found in onions, NAC is a precursor to the aforementioned glutathione, which will help support your liver and optimize immune function.

STRESS

Stress is another factor that can weaken the immune system. Too much can reduce the number of white blood cells needed to destroy pathogens. Adaptogenic herbs like ashwagandha, ginseng, and holy basil, and mushrooms like cordyceps, lion's mane, and reishi, among others, can help the body manage stress. Taking action is simple. Pick one to two ways you can optimize your immune system and start today. ■

Discover what a properly re-hydrated body can do for you. Prime IV Hydration & Wellness, Red Mountain is located at 2025 N. Power Road, Suite 106, in Mesa. You can reach the office at (480) 992-4202 or visit their website at www.primeivhydration.com/locations/arizona/northeast-mesa-85215.

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REAL ESTATE

Six Reasons Why December is a Great Month to Buy a House

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

When John first started in real estate over 21 years ago,



he sold his very first house on Christmas Eve. While many people are busy with the holidays, buyers and investors who have time to hunt for houses in December are often able to find a deal.

While we have known this from our personal experience over the decades, we were excited to see a recent study proving our point. According to ATOMM, a real estate data company, five of the best days to buy a house each year fall in December.

After analyzing 10 years of national real estate purchase data, ATOMM found that Dec. 5, 12, 19, 24, and 26 are the days when buyers consistently get the best deals on homes.

WHY IS DECEMBER SUCH A GREAT MONTH TO BUY A HOUSE?

- 1. Many sellers take their listings off the market for the holidays, so those homes that are still for sale often have more motivated sellers.
- 2. Many buyers are busy with holiday activities and travel, and they suspend their home search until after the new year. With fewer buyers in the market, those buyers who are still active often have less competition and more opportunities.

- 3. Sellers often want to wrap up real estate deals by year-end and are sometimes more open to negotiating in December — especially if their home has been on the market for a while.
- 4. Tax benefits/consequences may motivate both buyers and sellers to close on a property before the end of the year.
- 5. For buyers looking for a winter home, December is a great time to purchase to enjoy for spring season. There is also less competition for winter homes in December than there is in the spring.
- 6. Lastly, you can get a great feel for a neighborhood simply by seeing who decorates for the holiday season.



On behalf of our family and KOR Properties, we want to wish you and your loved ones the happiest holiday season. We are grateful for this amazing community, thankful for your continued referrals, and hopeful for peace and prosperity for all in 2024. ■

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 21 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.

LOCAL BUSINESS

CRAFTING THE PERFECT RETREAT Mastering the Art of Decor for Your Short-Term Vacation Rental

Submitted by Brandon Balsley, Grand Welcome, East Valley of the Sun

- The best decor and style for a short-term vacation rental creates a welcoming and comfortable atmosphere while appealing to many guests. Here are some guidelines to consider:
- **Neutral Color Palette:** Opt for neutral tones like whites, grays, and beige for walls and larger furniture pieces. This creates a versatile and timeless backdrop.
 - **Comfortable Furnishings:** Choose comfortable and durable furniture, including sofas, chairs, and beds.
 - **Functionality:** Prioritize functional furniture that serves a purpose. For example, consider a sofa bed for additional sleeping space or a dining table with seating for the maximum number of guests.
 - **Durability:** Select furnishings and materials that can withstand regular use.
 - **Local Touches:** Add a few subtle local touches to reflect the character of the area. This could be artwork, decorative items, or color schemes inspired by the local culture.
 - **Art and Decor:** Choose artwork and decor that is tasteful and appealing to a wide audience.
 - **Versatility:** Aim for a versatile style that can cater to different preferences.
 - **Storage Solutions:** Provide ample storage for guests to unpack and feel at home. This can include dressers, closets, and storage bins.
 - **Good Lighting:** Ensure adequate and well-placed lighting throughout the property. This includes ambient lighting, task lighting, and accent lighting to create a comfortable and inviting atmosphere.
 - **Easy Maintenance:** Choose materials that are easy to clean and maintain.
 - **Tech-Friendly Features:** Incorporate technology where it enhances the guest experience, such as smart thermostats, keyless entry systems, and high-speed Wi-Fi.
 - **Minimal Clutter:** Avoid excessive decorations and clutter.

Remember the key is to create a space that feels like a home away from home for guests. ■

Contact Brandon Balsley at (480) 933-8874 or email Brandon.Balsley@grandwelcome.com for more information on available services. Also, check out the website: eastvalleyazrentals.com.

Real Estate In Las Sendas

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Sales for the Month of October 2023

KOR PROPERTIES

ARMLS

John Karadsheh

Address	Square Feet	Community	Sold Price
2623 N Augustine	1,856	Windsong	\$430,000
3432 N Tuscany Cir	2,451	Rolling Hills	\$725,000
3813 N Cirrus Cir	2,242	Echo Canyon	\$785,000
3430 N Mountain Ridge #47	4,055	Sonoran Heights	\$815,000
8035 E Teton Cir	3,000	Stonecliff	\$890,000
7130 E Saddleback St #11	3,847	Golf Colony	\$907,750
7825 E Stone Cliff Cir	3,024	Stonecliff	\$931,435
7260 E Eagle Crest Dr #37	4,769	Black Rock	\$1,325,000
7260 E Eagle Crest Dr #27	3,835	Black Rock	\$1,400,000
4211 N El Sereno Cir	6,055	Copper Canyon	\$2,880,000
3646 N Julian Peak Cir	7,505	Mountain Estates	\$3,275,000
8458 E Vista Canyon Cir	8,534	Diamond Point	\$6,000,000

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

Real Estate In NE Mesa

brought to you by: NE Mesa Area Market Report

Sales over \$585,000 for the Month of October 2023

KOR PROPERTIES

ARMLS

John Karadsheh

Address	Square Feet	Community	Sold Price
1646 N Avoca St	2,222	Stoneridge	\$587,000
6737 E Elmwood St	2,479	Torino Village	\$611,000
1732 N Trowbridge	1,842	Mountain Bridge	\$615,000
6128 E Camelot Dr	2,962	Camelot Golf Club Estates	\$660,000
2951 E Hope St	2,547	Mesa Northgrove	\$685,000
3163 E Fox St	2,738	Groves	\$700,000
2143 N Rosburg Dr	1,992	Apache Wells	\$710,000
2257 N 77th Pl	1,950	County Island	\$715,000
4334 E Elmwood St	2,404	Summit At Montecito	\$725,000
2035 E Inca St	3,366	Hy-Den	\$740,000
1739 N Channing	1,994	Mountain Bridge	\$770,000
8058 E Jasmine St	2,612	Monteluna	\$784,698
2519 E Menlo St	3,670	Hermosa Del Sol Estates	\$860,000
2434 E Jasmine Cir	4,188	El Rancho De Caballo	\$960,000
1811 N Hillridge St	3,177	Monteluna	\$1,060,567
3921 E Fairfield Cir	4,446	Triana	\$1,260,000
6446 E Trailridge Cir #69	5,079	Red Mountain Ranch	\$1,325,000
2116 N 32nd Pl	3,726	Estates At 32nd Street	\$1,500,000
8335 E Regina Cir	4,176	County Island	\$1,995,000
4134 E Northridge Cir	5,245	Estates On Mcdowell	\$2,350,000

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By Kathleen Gould and Madalyn Johnson, SW Herb Shop & Gathering Place

Now more than ever before, we are understanding the truth of the idea of vibrations. Our frequency and vibration create our health and well-being or lack of health and well-being.

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Wild or organic herbs are definitely *high-vibe foods*. Not only are these herbs loaded with vitamins, minerals, trace minerals, free radical scavengers, and antioxidants but they are living beings with high-energy vibes that they freely share with us all of the time. Taking these simple yet profound herbs into our bodies daily is one of the simplest ways to help raise your vibration physically, mentally, emotionally, and spiritually.

Herbalists have always taught their students that when they go out into nature to collect their medicines, they should go out with good thoughts and good intentions, and thoughts of gratitude knowing

that the plants want to help heal and keep us healthy (ask and it is given). Also, approach the plants with the same respect that you would any other living being, honoring and appreciating their gifts.

Drinking high-quality herbal teas is one of the simplest and time-honored ways to take these healing, high-vibrational plants into our bodies. The traditional dosage for maintaining health using herbs is to drink a quart of tea a day. Those quart-size sports pitchers many of us carry are the perfect way to get that daily dosage. Make a gallon-size pot of tea once a week, store it in a pitcher in your refrigerator, then each day fill up your sport pitcher, and viola! It is that simple.

Fear is a very low vibration that depletes our energy and can create physical, emotional, mental, and spiritual illness. Drinking high-vibe herbal teas is a great way to get yourself empowered to move out of fear and back into the vibration of love and gratitude. There is a planet full of amazing healing plants to choose from and this time of year is a great time to start.

If you aren't sure where to start, start with just one herb — chamomile flowers. Great for your nervous system and digestion, and can help prepare you for a good night's sleep — for moms, dads, and all the kids. ■



SW Herb Shop & Gathering Place is located at 148 N. Center St. in Mesa. Store hours are 11 a.m. to 5 p.m. Tuesday through Friday, 10 a.m. to 3 p.m. on Saturday, closed Sunday and Monday. Visit SWHerb.com or call (480) 694-9931. Madalyn Johnson can also be reached at (602) 920-8973.

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Submitted by Mesa Community College

New healthcare certificates and degrees at the Mesa Community College Red Mountain Campus are expanding opportunities in the Health Sciences Division, including careers in Dental Hygiene and Nurse Assisting. Patient Care Technician and Behavioral Health



provides immediate employment possibilities and is the first step on pathways to nursing and health-related degrees. “The Nurse Assisting, LPN, and several other new programs can help students be successful, especially when entering the RN program,” Kathleen explains. “There are so many tasks to learn as well as academic and science knowledge. Starting slowly with

the basics makes it less overwhelming. The Patient Care Technician course that meets once a week for eight weeks teaches procedures and tasks needed to become Patient Care Assistants — also very much in demand at hospitals.”

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If you have questions about the health care programs, please contact Dean Mary Boyce at mary.boyce@mesacc.edu or Kathleen Mead at kathleen.mead@mesacc.edu.

As the Red Mountain campus grows its Allied Health Department, it continues its 20-plus-year legacy of providing the East Valley convenient, affordable, quality classes in English, science, math, history, languages, and community fitness. ■

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EVENT

Come fly on a helicopter and enjoy learning history



Submitted by Dave Sale

The Army Aviation Heritage Foundation proudly invites you to come out and join in the fun on Saturday, Dec. 16 from 10 a.m. to 1 p.m. at the Falcon Field Terminal Building, located at 4800 E. Falcon Drive in Mesa.

“We will have our US Army AH-1F Cobra Black Pearl and our UH-1H Iroquois, better known as the Huey, on site and available for helicopter rides,” said Dave Sale, a representative for the event.



“We will also have on hand former US Army pilots and crew members, and several retired Vietnam and Desert Storm veterans to answer your questions and talk about the great service these Vietnam aircraft have given to their country.”

Dave said, “All of the pilots and aircrew members are former US Army veterans, and many served during the Vietnam War as well as other conflicts. This is a great experience to fly and ask questions to soldiers who flew these aircraft in combat.”

The cost for Huey rides is \$110, for veterans is \$100. Cobra rides are \$625.

Payment is accepted as cash or credit on site or prepay online at <http://armyav.org>. ■

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Weds. 6th - PETE PANCRAZI	Fri. 22nd - IAN ERIC
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Sat. 9th - ERIC MILLER	Sun. 24th - IAN ERIC
Sun. 10th - DAVE CLARK	Weds. 27th - PETE PANCRAZI
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REAL ESTATE

A Nod to Our Arizona Snowbirds

A Billion Reasons To Be Thankful for Our Winter Visitors and Second Home Buyers

By Jennifer Sturgeon,
Russ Lyon Sotheby's
International Realty

When it comes to the holiday season, there may be no better time to visit the Grand Canyon State and invest in Northeast Mesa.

Our winter visitors, or *snowbirds* as we like to call them, come from all over the United States and Canada too. The warm temperatures, sunny skies, golfing (more than 300 golf courses), shopping, healthcare, entertainment, and overall real estate affordability make Arizona a top destination for our winter visitors and our second-home buyers.

It's estimated every year that our Canadian friends and snowbird visitors bring more than \$1.4 billion to the Arizona economy, according to the Canada Arizona Business Council. The Grand Canyon state sees about 975,000 Canadian visitors each year. About 100,000 of them are residential tourists or snowbirds and on average, they spend \$3,500 per month, according to the Canadian Snowbird Association.



It's not just Canada, hundreds of thousands of visitors travel from various parts of the United States, including the Midwest every year, making a tremendous economic impact on the 48th state. This beautiful upswing in new cash hitting the market can also be felt in the Valley's real estate market when these seasonal visitors often invest in a second home.

According to second home co-ownership site Pacaso, Maricopa County ranked No. 1 on the list for the *Top Second Home Destinations* followed by counties in South Carolina and Florida. Yes, we finally beat Florida on a list!

Taking a deeper look into Northeast Mesa's Las Sendas community, the contributions of snowbirds continue at an impressive rate. According to *The Cromford Report* in the 85207 zip code in 2023, there were 17.6 percent second home purchasers in Q1, 16.4 percent in Q2, and 6.9 percent in Q3. Current Q4 data will be out shortly. Traditionally snowbird and second home purchasers are more active in Q1 and Q4, when the temperatures are favorable in Arizona.

Overall recent trends and sales in Las Sendas also indicate the market is moving in a more upward direction than this time last year. Further proof — Arizona's luxury leader Russ Lyon Sotheby's International Realty also recently represented the seller of the highest-priced home to close in Mesa's history at \$6 million last month. Indeed 2023 has been a record year.

With a stronger stock market, the *Case-Shiller U.S. National Home Price NSA Index* is also indicating that house prices have been climbing over the past several months. We are also now seeing the first signs that demand is also starting to recover, thanks to lower mortgage rates that finally began to drop in November and continue to fall this December. While the rates are still not optimal for some, those with cash and those second-home purchasers, who don't have to rely on financing, will continue to buy up the available inventory. Northeast Mesa's average price per square foot is



also higher this year than this time last year, adding to a stronger overall real estate market.

Finally, as we move further into the holiday season, supply typically weakens, which means now may be the best time to sell. The snowbirds are coming and so is the most beautiful time of the year. ■

Since the early 2000s, Jennifer Sturgeon has called the Valley and its beautiful scenery home. As a former Emmy Award Winning Television News Reporter, Jennifer has grown a network of influential media contacts, friends, and clients. A resident of Northeast Mesa, Jennifer covers a tremendous amount of terrain every day servicing clients. When she's not personally showcasing properties on television or in person, Jennifer is also proud to lead Russ Lyon Sotheby's International Realty public relations team in promoting all the brokerage's fine properties and family of agents and owners.

Jennifer can be reached at (480) 495-3806 or by email at jennifer.sturgeon@russlyon.com. License # SA658842000.



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EDUCATION

Help Your Children Maintain a Love of Learning During the Holidays

By Laurie Struna
Photos by Tim Hacker

Amidst the holiday hustle, finding balance between relaxation and keeping young minds active can be challenging. Lise Bullock-Grotting, director of Early Learning at Mesa Public Schools, shares that there are a variety of ways to keep young learners' brains active and alert so they are ready to return to school after the holiday break.

Lise shares that learning is ongoing and never stops. It's especially important during the holidays to keep students' minds engaged in activities that make them think. "Children have a great capacity to learn when they are little; they absorb everything," Lise 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."

Children's brains grow the fastest during the first five years of their lives, and they are built to learn new things. Research shows that every time we learn something new, our brains make new physical connections between the brain cells, or neurons, in our brains.

Looking for ways to engage your young learner? Here are a few tips from Lise:

- ♦ **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.

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HEALTH

Over 50

Manage Your Stress and Boost Your Immune System

By Dr. Jordan Trapp, Naturopathic Medical Centers

The holiday season is a time of joy, celebration, and togetherness. However, it can also be a time when our immune systems face unique challenges that we would not face in our normal day-to-day lives. Colder weather, increased social interactions, travel, and overindulgence can all take a toll on our health.

In this article, we will explore effective strategies to keep your stress under control and your immune system in top shape during the holiday season, so you can truly enjoy the festivities without worrying about falling ill.

First, let's discuss how stress can impact our immune system.

Stress can lead to the release of stress hormones, such as cortisol, which in turn suppress the immune response. This suppression weakens the body's ability to fend off infections and diseases, making us more susceptible to illnesses.

Additionally, stress can exacerbate inflammatory processes in the body, further compromising the immune system's efficiency. It's a vicious cycle — stress weakens defenses, and a weakened immune system invites more stress. Finding effective stress management strategies is not just about maintaining mental well-being; it's a crucial step in preventing illness.

As a naturopathic doctor, my approach to managing holiday stress is rooted in the balance of mind and body. Firstly, incorporating mindfulness practices into daily routines can be a powerful ally. I encourage my patients to engage in deep-breathing exercises, meditation, or gentle yoga to help alleviate the mental strain that accompanies

holiday preparations.

In addition to mindfulness, I emphasize the importance of nourishing the body with nutritious foods, relaxing herbals, and immune support. The holiday season often tempts us with sugary treats and other indulgences, but maintaining a balanced and nutritious diet is crucial for stress resilience throughout this holiday season.

We must also recognize the importance of immune-boosting supplements like vitamin D, vitamin C, garlic, and others, in getting us through these colder seasons, and definitely don't forget our unique Immunity IV before you travel, if you feel run down, or before gathering together.

The holiday season should be a time of happiness and celebration, not illness and fatigue. By following these tips and prioritizing your immune health, you can enjoy all the wonderful aspects of the holidays while staying strong and healthy.

Naturopathic Medical Centers has you covered with supplements, tinctures, and IVs to support your adrenals to better deal with the holiday stress and to keep your immune system running strong. Stay warm, stay hydrated, and stay well during this festive season, and you'll be able to create beautiful holiday memories without the worry of falling ill. ■

Naturopathic Medical Centers is now accepting new patients at our Mesa location at 3654 N. Power Road. Call (480) 590-0272 now to schedule a complimentary meet and greet with one of our doctors to better understand how we can help you on your journey of health and wellness. To learn more, visit wvncaz.com.

HEALTH

Over 50

Did I Choose the Right Medicare Plan?

By Lynne Jones, Tapestry Insurance

With all of the commercials and all of the advertisements over the past two months, many people felt like they needed to make a change with their Medicare plans.

During Annual Enrollment, I spend quite a bit of time with people checking to see if they are on the best plan for them. Often, after a lot of comparisons, we find that they are already on the plan that will work best for them.

There are often many positives and some negatives about each plan, and finding the right balance is the key to feeling satisfied with your Medicare plan choice.

If you did not get the opportunity to have someone personally talk with you and walk you through your choices, it may not be too late. There are other enrollment times that may provide you with another option to check your plan. Having someone provide guidance to help you understand the options can be advantageous and I am happy to help you.

If you are about to retire or are turning 65 in the next six months and would like to explore your options, please call me to set an appointment. If you have a plan and are not sure it is the right one for you, we can talk. Please reach out to me either by phone or via email. ■

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LOCAL BUSINESS

ELECTRIC DEMAND CONTROL

Shaping the Future of Energy Consumption

Submitted by Inergy Systems, Scottsdale

As the global energy landscape undergoes rapid transformation, electric demand control is emerging as a crucial strategy to ensure stability, efficiency, and sustainability in electricity systems. By effectively managing and adjusting energy consumption patterns, demand control optimizes grid performance, decreases costs, and reduces environmental footprints.

Electric demand control is often referred to as *demand response*, for electric utility-driven actions, and *load control* for homeowner-driven actions. Both involve mechanisms that modify consumer power.

Strategies have been developed to facilitate electric demand control:

1. Time-Based Rates and Pricing

Both SRP and APS have variable pricing models that charge consumers differently based on the time of day. By setting higher prices during peak demand hours and lower prices during off-peak times, consumers are incentivized to shift their energy-intensive activities accordingly. This includes Time-of-Use (TOU) and Time-of-Use with Demand Charge (TOU-D).

2. Direct Load Management Rates

Here the homeowner has to manage their On-Peak Demand with a system that defers energy for specific devices in their home —like air conditioners, water heaters, or electric dryers. These systems may have been installed as part of their solar system, or maybe just a demand management system (without solar) that maximizes the savings that a Demand (TOU-D) electric rate provides.



3. Incentive-Based Programs

Consumers are offered financial incentives to reduce their consumption during critical periods. For instance, a utility might offer rebates to businesses that agree to cut down their operations during peak hours.

The two major utilities in the Valley, SRP and APS, both offer residential rates based on Time-of-Use with Demand Charge. These rates offer significantly reduced usage charges where the per kWh rates are 60 to 70 percent lower than the Time-of-Use rates. These rates are available to all homeowners but are only truly effective when combined with demand management technology to control the larger loads, such as HVAC, water heater, dryer, etc.

BENEFITS OF ELECTRIC DEMAND CONTROL

- **Grid Reliability:** By alleviating stress during peak periods, demand control reduces the risk of blackouts and ensures a consistent power supply.
- **Economic Efficiency:** Reducing peak demand diminishes the need for costly infrastructure investments, like building new power plants or transmission lines.

Consumers also benefit from potential cost savings, especially if they can adjust their consumption based on variable pricing.

- **Environmental Benefits:** By reducing the reliance on on-peak plants, which often burn fossil fuels, demand control contributes to lower greenhouse gas emissions and decreased pollution.
- **Integration of Renewables:** Renewable sources, such as solar and wind, can be unpredictable. Demand control can complement these sources by adjusting consumption based on their production, making it easier to integrate them into the grid.

THE PATH FORWARD

The effectiveness of electric demand control hinges on the adoption of advanced technologies, smart grid infrastructure, and effective communication channels between utilities and consumers. As the global push for sustainability intensifies, and as decentralized renewable energy sources become more prevalent, the role of demand control will only grow in significance.

Harnessing the potential of electric demand control requires a collaborative approach involving policymakers, utility companies, tech developers, and consumers. By fostering an environment of innovation and incentivizing best practices, the future of energy consumption can be shaped to be more sustainable, resilient, and efficient. ■

Inergy Systems, based in Scottsdale, has worked closely with both SRP and APS and are considered the leader in demand control technology in the Valley. Tens of thousands of homes are already realizing significant energy savings with our technology installed. Contact us at (480) 426-8321 to learn more.

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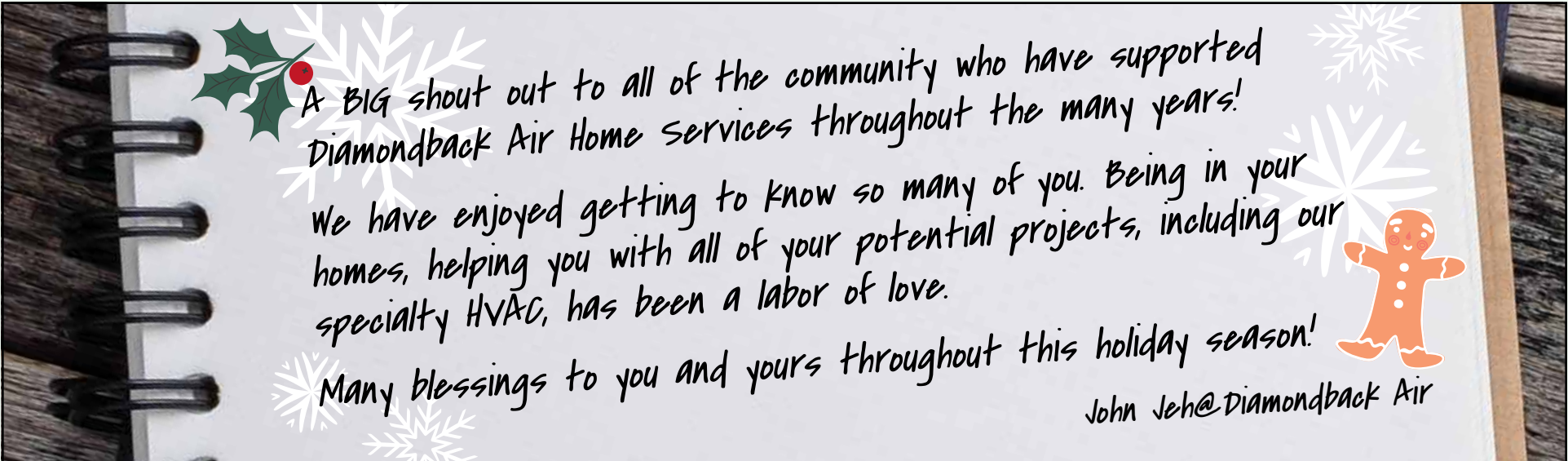


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We have enjoyed getting to know so many of you. Being in your homes, helping you with all of your potential projects, including our specialty HVAC, has been a labor of love.

Many blessings to you and yours throughout this holiday season!

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New Year's Eve Menu

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SECOND COURSE

Butternut Squash Salad:
Mixed Greens, Goat Cheese,
Roasted Butternut Squash, Candied
Walnuts, Craisins, Apple Cider
Vinaigrette

CHOICE OF THIRD COURSE:

Smoked Prime Rib:
Rosemary Goat Cheese Mashed
Potatoes, Haricot Vert

Blackberry Relish Pan Seared Duck:
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8oz Fillet
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