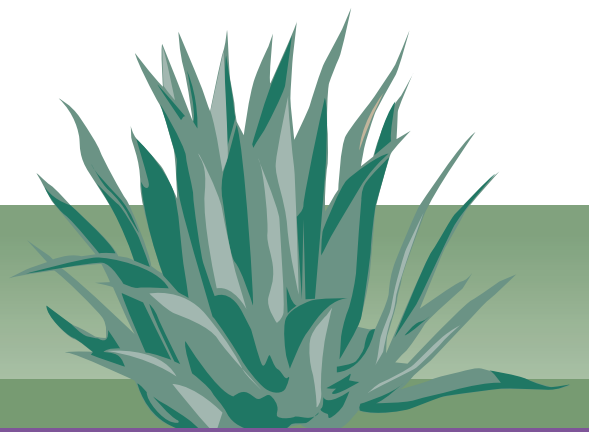


Mesa Uplands Up Close



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December 2013

MESA TEACHER REFLECTS ON Year of Recognition and Honor

By Sharon Wozny

For the past year, Nancie Lindblom has had the distinct honor of representing our state as Arizona's Teacher of the Year.

Skyline High School couldn't be prouder, especially her students who took ownership of the fact she was their teacher.

When she received this award, many people told her life, as she knew it, will never be the same. She didn't realize it at first, but a year later, Nancie honestly can say all those people were correct.

As the Teacher of the Year, she has had numerous opportunities to collaborate with the other 53 teachers. They attended Space Camp, at NASA, for a week. In addition, she has attended conferences in Washington, D.C., and New Jersey.

"I always thought of myself as a collaborative person," Nancie said. "This year has made me want to do more of that as a teacher."

She has had the honor of speaking all over the Valley, and has received an honorary doctorate from Northern Arizona University. "I want to be proactive as a teacher and leader in education," Nancie stated. "It was a big rush to be with so many talented and passionate teachers over the course of 2013. It has just inspired me to be a better teacher."

Nancie has learned a great deal through this experience. "My eyes were opened to all aspects of education," she said,



"along with the wonderful things teachers are doing in the classroom with social media and parent involvement." So inspired by how teachers were using technology, she came back and revamped some teaching strategies to make learning even more meaningful for her students.

"Being Teacher of the Year afforded me the opportunity to do some of the most incredible things I've ever done," Nancie proclaimed. "And I have done a lot of great things."

In the Oval Office, Nancie and her fellow Teacher of the Year winners enjoyed a one-on-one conversation with President Obama. This extraordinary event, taking place in

front of a picture of Abraham Lincoln, one of her favorite presidents, was truly special for Nancie. "It was a surreal experience," she admitted.

Following the Oval Office experience, Nancie and the other educators attended a ceremony in the White House Rose Garden.

Throughout this year, she has grown, and has learned many wonderful things. At the heart of it all, however, Nancie Lindblom is a teacher who loves being in the classroom. For that, we are grateful, as passionate teachers are needed in our schools, educating and inspiring their students. We cannot wait to see what the future holds for you, Nancie. ■

For more information, Nancie Lindblom can be reached at (480) 472-9514 or (480) 472-9400.

Ms. Vernetta Madsen Is A DEDICATED LEADER

By Jennifer Salvatori

Ms. Vernetta Madsen is a familiar face around the campuses of Self Development Preschool (SDP) and Self Development Charter School (SDCS), serving for the past 23 years as the director of SDP.

Over the past two decades, she has developed SDP into an outstanding early childhood development program, which is well known within the community. Ms. Madsen oversees a caring and dedicated staff, addressing the social, physical and cognitive needs of children ages 2 through 5.

SDP includes an Early Fives classroom. The children attending this program are well prepared for the kindergarten program at SDCS. "My children have attended Self Development Preschool for over nine years," said Mrs. Christina Harguess. "Ms. Madsen always has made my kids feel excited and comfortable to be at the preschool. They were both well prepared when they began kindergarten at SDCS due to the enriched curriculum at SDP."

Ms. Madsen is a member of the SDCS Administration Team, as well. In this role, she helps make important decisions regarding program development, including the school's



before/aftercare program and safety issues.

"Ms. Madsen works closely with the charter school to ensure the safety of all students," Mrs. Sherri Cote stated. "She is actively involved in many extracurricular activities, gives her time to help with student government fund-raisers, and volunteers to help with all activities inside and outside of school."

Ms. Madsen supervises the school's lunch recess program, too. For many years, she has led the school's Dance Club. Last year, the Dance Troop, a subgroup of the Dance Club, performed at two community events.

In addition to her roles at SDP and SDCS, Ms. Madsen serves as a liaison between the Parent Advisory Committee (PAC) and the schools. She, along with PAC members, is actively involved in the fund-raising efforts for each school. She heads the Fall Festival, the most successful fund-raiser for the schools. This fun community event has grown tremendously over the years. The Fall Festival, requiring months of planning, includes games for all ages, food vendors and a silent auction.

Proceeds from the Fall Festival and other fund-raising events have provided the schools with essential resources. One year, the school was able to purchase laptops from the Fall Festival proceeds. SDP and SDCS owe many, many thanks to Ms. Madsen. ■

If you have any questions regarding Self Development Preschool or Self Development Charter School, please call (480) 396-3522 and (480) 641-2640, respectively.

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Merry Christmas and
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BEAUTY

PUT YOUR BEST FACE FORWARD FOR HOLIDAY SEASON EVENTS

By Dawn Abbey

In this season of family gatherings and dazzling holiday parties, we all want to look fantastic, so put your best face forward by experiencing a relaxing facial or renewing peel.

Sandra Barbetta, co-owner with husband Cosmo, of Cosmos Salon and Day Spa, and her spa team have created an exciting array of holiday packages. They include treatments you can experience for yourself, or gift to a loved one at special discounted prices now through the end of January.

Pressed for time rushing around with holiday tasks, or getting ready for an event where you want to shine? Treat yourself to a **Holiday Bliss Facial**, Sandra suggests. It's a quick 45-minute experience designed to cleanse, exfoliate and hydrate your skin, leaving you with a holiday glow for only \$65.

Has your teen been invited to a special dance or party, and is agonizing over a breakout? Cosmos aestheticians offer a \$55 **Teen Clean Facial**, which treats the individual needs of teenage skin by cleansing, exfoliating and replenishing the facial skin, while targeting problematic areas with specialized products.

To really bring back luster and tightening to facial skin, Cosmos **Peel and Rejuvenate** gently removes dulling skin, followed by an application of rejuvenating serums for \$95.

"Party dresses often reveal a little more daring décolleté than we are used to wearing," said Cosmos aesthetician Margaret Midlick. "I don't usually push a product, but the whole staff has noticed amazing results from a new PCA product called Perfecting Neck and Décolleté. PCA products are only available through plastic surgeons and licensed skin care professionals who have been specially trained to use them," she explained. "PCA claims visible results in lifting and firming of skin on the neck and chest in as little as one to five weeks. So, come in and see us now, and you can certainly flaunt that new dress by Christmas and New Year's Eve."



Other holiday packages available are **Mistletoe Magic**—a haircut and style, with a classic manicure and pedicure for \$100, and **All I Want for Christmas**—a hydrating four-layer facial followed by a 60-minute Swedish massage for \$155.

"The four-layer facial is amazing," Margaret promised. "It's everyone's favorite. It starts off with a cleanser and exfoliation, then, we apply two moisturizing serums, one seaweed-based, and one with a vitamin complex. The next step is a cooling seaweed mask. The fourth step is a mineralized clay facial mask and moisturizing paraffin hand treatment that stay on while you relax and enjoy your massage."

According to Sandra, Cosmos also can assemble a variety of customized gift baskets. If you don't know what to choose, gift certificates are always a great idea. ■

For more information, appointments or gift certificates, call Cosmos Salon and Day Spa at (480) 844-0707, or stop by the salon at The Village at Las Sendas, on the northeast corner of Power and McDowell roads.

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Last year, your contributions helped keep our players on the field. Red Mountain High reached the pinnacle in athletic achievement by winning the AIA Director's Cup. The girls softball team won its fourth consecutive state championship, ranking them No. 1 in the state and nation. State championships at Mountain View High in girls pom and boys golf, as well as individual state championships at Westwood, Dobson and Mountain View in swim and wrestling, were possible because of your generous donations.

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- tutoring
- sports



To learn more and donate online, visit www.mpsaz.org/eca

HEALTH

Oral screening offered AT LAS SENDAS DENTAL HEALTH

Submitted by Dr. C. Martin Farnsworth, DMD

Every hour, one American dies from oral cancer, and the growing number of cases diagnosed are not caused from smoking or alcohol abuse. Oral cancer deaths are now higher than deaths from cervical, testicular, laryngeal or thyroid cancer. Research now shows the human papilloma virus, also referred to as HPV, is being linked to oral cancer at an alarming rate. Oral cancer is detectable and treatable if caught in the early stages. The bad news is, when most oral cancers are detected, it is in the later stages.

The survival rate jumps to 80 percent when oral cancer is caught early. Many avenues are now available to assist in

detecting oral cancer at the early stages. One of the newest technologies cleared by the Federal Drug Administration for assistance in detecting cancerous and precancerous lesions is the Velscope™ oral cancer screening system. This LED dental device is used to aid in the detection of precancerous and cancerous lesions. We are pleased to announce Las Sendas Dental Health now has the enhanced ability to detect oral cancer at the early stages by routinely offering the Velscope™ screening service to our patients. It is recommended this life-saving screening be performed once a year, as is the case with all other annual exams. This screening is quite simple and takes only a couple of minutes. It is completely painless.

We are even more excited to say we were able to detect an abnormal lesion on one of our own team members, which has been biopsy-confirmed to be benign. Yet, it is an abnormal condition we now will be able to watch annually for any changes. ■

To schedule an appointment for your life-saving oral cancer screening, call our office today at (480) 283-5854. You also can check out our Web site at www.lassendasdentalhealth.com. Las Sendas Dental Health is located at 2947 N. Power Road, Suite 103.





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LOCAL BUSINESS

Time flies with all the fun and food at O'Neill's Place



Submitted by O'Neill's Place

Well, the year sure has gone by fast, especially at O'Neill's Place.

Many of us have suffered through the grueling summer heat. We are now enjoying the beautiful weather of Arizona, as are our winter visitors all of whom O'Neill's Place would like to welcome back.

The O'Neill family and staff at O'Neill's Place thank all our patrons who supported us over the past year. We hope to continue providing a relaxing, comfortable environment where all can enjoy great food, libations and sports. We hope to offer even more improvements in 2014.

All winter long, we will be continuing our famous Monday Madness, the \$8 burger with a beer; Thursday is Monday; Fish Fry Friday; and, of course, Prime Rib Saturday, which is our delicious 12-ounce

Prime Rib, baked potato and fresh sautéed vegetable for \$15.

Naturally, O'Neill's will be showing all the NFL, NHL, NBA, and college games on its more than 40 TVs.

We are very proud to offer a Cheers type atmosphere, whereby patrons gather regularly to enjoy life and become friends. O'Neill's is where families spend time together, no matter what their ages. It's a place where patrons are on a first name basis with staff.

Paul, Beth, Matthew, Gregory and Nicholas O'Neill wish you all a happy and safe holiday season, whether you are celebrating Christmas, Hanukkah, Kwanzaa, or whatever your chosen holiday. We also wish all a prosperous and Happy New Year! ■

Be safe and most importantly, enjoy time with your spouses, families, and friends. Enjoy time with them at O'Neill's Place.

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TRAILS AND PATHS





A Closer Look at

LAS SENDAS GOLF CLUB

Features Entertainment, Dining & Golf

This month, we have prepared a special holiday season version of a Closer Look at Las Sendas Golf Club, with holiday recipes and great gift ideas. Follow us monthly for news, updates, specials, promotions and great ideas in entertainment, dining and golf. We have three amazing restaurants from which to choose and a world-class, award-winning golf course, as well as a brand new 6,000-square-foot banquet facility for birthdays, weddings, corporate holiday parties and special occasions.

ENTERTAINMENT

LIVE...AT LAS SENDAS is pleased to present **Affinity** – Generations of Classic Rock

Considered the area's best show band, **Affinity** has been captivating audiences with its high-energy performances since the 1980s. Based in Phoenix/Scottsdale, **Affinity** has a long history of providing music and entertainment for major social events and corporate parties in Arizona and the Southwest.

Affinity has traveled nationally and internationally for concerts, corporate and social events of all kinds. They have shared the stage with Ray Charles, Michael Buble, The Beach Boys, Mel Torme, The Four Tops and Melissa Manchester. They also have entertained with Gladys Knight and The Pips, Dolly Parton, Glen Campbell, Barbara Mandrell, Steve Lawrence and Eydie Gorme, The Temptations, Dionne Warwick and Burt Bacharach and many, many others.

The Chef's Grand Buffet is from 6 to 8 p.m., and the show begins at 8 p.m. Tickets are \$60 per person, or a table of eight for \$400. Only 200 tickets will be sold. To purchase tickets or a table, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

Hold the Date**
Please hold the following dates in your calendar for our 2014 **LIVE... AT LAS SENDAS** calendar of events:

- Feb. 20
- April 17
- May 29
- July 17

****Dates are firm, entertainment subject to change.**

DINING

New Year's Eve Gala
Book your tickets now for an unforgettable evening of elegance on New Year's Eve, at The Vistas Pavilion. Your evening features a gourmet dinner, including an amazing appetizer, fabulous salad, gourmet entrée and delectable dessert, party favors and a celebration champagne toast at midnight.

You can dance the night away with the sound and energetic style of live entertainment by Soulcatcher, playing a mix of today's music and the classics. The cost is \$95 per person. For tickets, please call Erica at (480) 396-4000, or send an e-mail to egomez@lassendas.com.

Last year, this event sold out. So, do not delay!

| Weekly Specials at The Patio and The Grille | |
|---|---|
| Sunday | Chef Attended Pasta Bar—\$13.95 |
| Monday | House Fried Chicken—\$14.95 |
| Tuesday | Cioppino (Seafood Stew)—\$15.95 |
| Wednesday | Gold Canyon Angus Beef Meatloaf—\$14.95 |
| Thursday | Garlic Rosemary Prime Rib—\$19.95 |
| Friday | Blue Moon Battered Rockfish and Fries—\$13.95 |
| Saturday | Root Beer Braised Short Rib—\$15.95 |

Tuesday to Saturday Live Music on the Patio

The golf season is in full swing, and the snowbirds are back. Come by early to make sure you can get a table, or enjoy casual dining on our side patio couches and chairs.

GOLF SHOP

Happy Holidays
Come by the Las Sendas Golf Shop to get your holiday shopping done early this season. Complimentary gift-wrap will be available. We think you will be pleasantly surprised at some of the wonderful gifts available in the shop, from lifestyle wear, to wine glasses and tumblers.

Wear Your Pride Las Sendas
Be sure to come on over and check out the new look and feel of the Golf Shop. We made some nice improvements this fall to make it much more comfortable and appealing. We have new fun and creative items rolling in every day. And we always are looking for suggestions. So, if there is something

you would like to see, especially with the Las Sendas logo on it, please let us know, and we will look into carrying it. As our new motto goes, *Wear Your Pride in Las Sendas!*

Las Sendas Prints
These beautiful Las Sendas prints are available for purchase in the Golf Shop. We have many from which to choose, and, if you live on the course, you may just find your home depicted in one or two. It's the perfect piece to hang with pride. Also a wonderful gift idea!

Thursday Afternoon Ladies 9 and Wine Golf Group
In the past, you may recall hearing about the ladies afternoon 9 holes of golf and wine. Well, we're happy to tell you that, yes, it still is going on, and we would like to invite you to come on out and play. You do not need to be great at golf, you do not need to be a member of the golf club, and you don't even need to drink wine. You just need to enjoy beautiful lush green grass, being outdoors, and meeting other fun women who enjoy the same. Please call the Golf Shop at (480) 396-0440, and ask for Kim, or send an e-mail to kimsorkness@lassendas.com to get more details on the Thursday afternoon Ladies 9 and Wine Golf Group.



Golf Tips from Mike Malaska
In golf, we need to learn to take control of the things we actually have control over. One of those things is making sure we are aimed properly every time we make a swing. This not only is important on the golf course, but even more important while on the driving range. If you are not aimed correctly at your target, your swing will have to overcompensate to try and make the ball fly in the direction you want it to go.

An easy way to train your eyes to properly aim is to put alignment sticks or golf clubs on the ground while you are practicing. Place two sticks parallel to each other, where one is aimed at the target, and the second one aligns your feet to give you a square stance. If you watch tour players while they are practicing, or on the range warming up before a tournament, almost every one of them has sticks on the ground, or a caddy behind them to make sure they are aimed correctly. Next time you are on the range, take a look to see how many amateurs have alignment tools on the ground, because there won't be very many. If the tour players are still training their eyes to aim correctly, then every amateur should be doing so, as well.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



HOLIDAY SEASON RECIPES AND GIFT IDEAS

Mason Jar Holiday Gifts

At the Las Sendas Banquet Pavilion, Chef Matt has many great ideas for making Christmas gifts in a mason jar, including delicious sand art brownies and Texas cornbread. But his Mexican Hot Chocolate and Spiced Pecans are just crazy good. You can top your jar with holiday fabrics, and add your own personal label and ribbon, to make a hostess gift or a present under the tree.

RECIPES OF THE MONTH

Mexican Hot Chocolate

In your handled mason jar, mix the following ingredients:

- 3 tablespoons cocoa powder
- 1/4 cup of sugar, mixed with a teaspoon of vanilla extract (or a scraped vanilla bean)
- 1/2 teaspoon of salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- A dash of cayenne or chili powder (optional)
- 1/2 cup chopped semisweet chocolate (or morsels)
- Approximately 1 cup large marshmallows. These will fill the space at the top of the jar.

Preparation

When it comes time to enjoy the cocoa (for one serving):
Set marshmallows aside. Put 1/4 of the mix in a mug. Warm a cup of milk. Pour just enough of the warm milk into the mug to make a paste with the mix. This will prevent clumping. Then, pour in the rest of the milk and stir. Add the marshmallows on top and enjoy. This can easily be made in whole batches, by dividing all of the mix between four mugs, and using 4 cups of milk.
*For dairy allergies, almond milk makes this drink quite delish.



Spiced Pecans

Ingredients

- 1 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon dried ground orange peel
- 1 pound pecan halves
- 4 tablespoons unsalted butter
- 1/4 cup packed light brown sugar
- 2 tablespoons packed dark brown sugar
- 2 tablespoons water

Directions

Line a half sheet pan with parchment paper and set aside.
Mix the salt, cumin, cayenne, cinnamon and orange peel together in a small bowl and set aside.
Place the nuts in a 10-inch cast iron skillet, and set over medium heat. Cook, stirring frequently, for 4 to 5 minutes until they just start to brown and smell toasted. Add the butter and stir until it melts. Add the spice mixture and stir to combine. Once combined, add both sugars and water, stirring until the mixture thickens and coats the nuts, approximately 2 to 3 minutes.
Transfer the nuts to the prepared sheet pan, and separate them with a fork or spatula. Allow the nuts to cool completely before transferring to an airtight container for storage.



NEW YEARS EVE GALA

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2014

Happy New Year

LIVE... AT LAS SENDAS

Generations of Classic Rock

Thursday, January 16th
The Vistas Pavilion
6pm-8pm
Buffet Dinner
8pm-10pm Affinity

Las Sendas Golf Club
7555 E. Eagle Crest Drive
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AFFINITY
Considered the area's best show band, Affinity has been captivating audiences with its high energy performances since the 1980's and has traveled nationally and internationally for concerts, corporate and social events of all kinds. They have shared the stage with Ray Charles, Michael Buble, The Beach Boys, Mel Torme, The Four Tops, Melissa Manchester, Gladys Knight and The Pips, Dolly Parton, Glen Campbell, Barbara Mandrell, Steve Lawrence & Eydie Gorme, The Temptations, Dionne Warwick & Burt Bacharach and many, many others.

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Cheese Board, Charcuterie, Carved Beef, Shellfish , Chicken, Sea Bass
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Chocolate Mousse, Banana Bread Pudding

Tickets \$60 per person, buy a table of 8 for \$400
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 2,308 square feet



VILLA TUSCANO

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LAS SENDAS TUSCAN

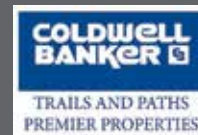
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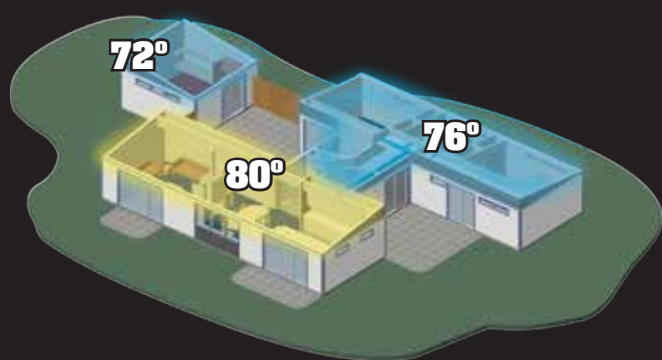
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HOLIDAY

Boxing Day Enjoys Rich English Holiday Tradition

By Lorraine Ryall, Realtor, (CDPE), CSSN
Coldwell Banker Trails and Paths Premier Properties

It's the holiday season, so no real estate talk this month. Instead, I have decided to share some English holiday traditions. Boxing Day is a day steeped in tradition in England, and was always my family's day to celebrate Christmas together. We would spend Christmas Day with our in-laws. On Boxing Day, our family would get together at my sister's house for leftover turkey, bubble and squeak, as well as mince pies. Not only was it a great way to use up all the Christmas dinner leftovers, but it made getting together with family and friends so much easier over Christmas, as you had two days to celebrate instead of just one.

WHEN IS BOXING DAY?

Boxing Day is the day after Christmas Day, and, like Christmas Day, it is a public holiday in England.

WHAT IS BOXING DAY?

There are many theories as to the origin of Boxing Day. However, one most Brits will agree upon is, traditionally, it was the day to open the Christmas Box. A Christmas Box was made of wood or clay, and people would place money or gifts inside. The Christmas Box was used in many ways.



TO PROTECT SHIPS

During the age of great exploration, when great sailing ships were setting off to discover new land, a Christmas Box was used for good luck. It was a small container placed on each ship while it was still in port. A priest placed it there, and to ensure a safe return, crewmen would drop money into the box. It was then sealed up and kept onboard for the entire voyage.

If the ship came home safely, the box was handed over to the priest in exchange for the saying of a Mass of thanks for the success of the voyage. The priest would keep the box sealed until Christmas when he would open it to share the contents with the poor.

TO HELP THE POOR

An alms box was placed in every church on Christmas Day, into which worshippers placed a gift for the poor of the parish. These boxes were opened the day after Christmas.

THE SERVANTS' CHRISTMAS DAY

Servants were required to serve their masters on Christmas Day, and took the following day off to visit their families. As they prepared to leave, their master would present them with Christmas Boxes.

Happy Holidays! ■

Contact Lorraine Ryall via cell at (602) 571-6799. Send an e-mail to Lorraine@Homes2SellAZ.com, or visit the Web site at www.Homes2SellAZ.com.

EVENT

Las Sendas Golf Club Hosts Tournament TO SUPPORT SPECIAL CAMP

Submitted by Arizona Camp Sunrise and Sidekicks

Las Sendas Golf Club will host a golf tournament, on Dec. 7, in support of Arizona Camp Sunrise and Sidekicks, a medically staffed summer camp for children who have or have had cancer.

The golf tournament hopes to raise funds for this worthwhile cause. The entrance fee is \$150 per golfer. Sponsors and donors are needed and welcome.

Volunteers in charge of this event are Lori Limberg and Meghan Remington. For more information about the golf tournament, visit the Web site at www.azcampsunrise.org.

The American Cancer Society (ACS) founded Arizona Camp Sunrise in 1983 to provide an exciting summer camp experience to children with cancer while tending to their unique medical needs.

The ACS recently announced the discontinuation of funding for



childhood cancer support programs, such as Arizona Camp Sunrise. In response, the team, composed entirely of volunteer camp counselors and directors, came together to form its own 501(c)3 non-profit organization. The Southwest Kids' Cancer Foundation continues to raise funds in an effort to offer these services to the children who need them.

Many volunteer staff members have been involved with Arizona Camp Sunrise for decades, and many are former campers.

The Arizona Camp Sunrise leadership team includes Melissa Lee, camp director. Send an e-mail to just_mtastic@sbcglobal.net. Another member of the leadership team is Erin Vosseller, assistant camp director. Send an e-mail to erin.vosseller@summitschoolaz.org.

For more information about Arizona Camp Sunrise and Sidekicks, contact Matthew Feller at (480) 228-6407. Matthew began at Camp Sunrise Sidekicks, the sibling camp, at the age of 8. He now serves as the volunteer program director for the camps.



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HEALTH

THERE IS CONFUSION ABOUT GOOD FAT AND BAD FAT

By Dr. Afroze Ahmad
Las Sendas Cardiology, PC

So, what is all this hoopla about trans fats?

Some people believe the jury is still out as to whether trans fats are the bad fats or not. Once upon a time, trans fats were, indeed, considered to be a good thing. Why? Because trans fats not only prolong the shelf life of a product, but the fact is these products also taste good. These positives are translated into enjoying your favorite food for a very long time. These products include everything from an Oreo cookie to a frozen TV dinner.

Enjoying your favorite food without it going stale on you for a prolonged period of time is where the party ends. Once the trans fats enter our digestive tract, it is no longer pretty or rosy.

DEFINITION OF TRANS FATS

Trans fat is generally any type of fat that is solid at room temperature. There are both naturally occurring trans fats and artificial trans fats. The naturally occurring trans fat in animal sources includes beef, lamb, ice cream, yogurt and butter.

However, the most common type of trans fat is the artificial type. Generally, these artificial trans fats are your regular vegetable oils. So, these vegetable oils, which are essentially liquid at room temperature, undergo a process whereby they receive a hydrogen atom. This hydrogen atom causes hydrogenation of the vegetable oil, and thus the oil saturates and solidifies.



DANGER OF TRANS FATS

Similar to saturated fats, these trans fats raise the bad cholesterol, or the LDL. Unlike the saturated fats, the trans fats also have the tendency to lower the good cholesterol, which also is called the HDL. As we know, the bad cholesterol gets deposited into the arteries like gunk in your kitchen sink drainpipe. It is this depositing of fats and cholesterol, which increases the risk of heart attack, stroke or even fatal heart attack.

BIG BROTHER AND TRANS FATS IS A GOOD THING

The concern for trans fats creating havoc in arteries has not been lost on our government. The Food and Drug Administration has been imposing rules and restrictions on not only how much saturated fat we can consume as individuals, but also on how much trans fat should be part

of the total saturated fat.

The recommendation is we should only consume 7 percent of our calories from saturated fat, and it should include 0 percent from trans fat. Yes, 0 percent from trans fat. It started with New York City restaurants, and now the ban is universal for the entire food industry to completely eliminate trans fat.

NOT ALL NEWS IS BAD NEWS

What about fast food? McDonald's Web site does declare trans fat is not a component of their food products. There are manufacturers selling cookies and other pre-cooked foods, and declaring their products are trans fat free. So, you may have to pay a little more for a trans fat free product.

RULE OF READING FOOD LABELS

Any food label stating 0 trans fat may still contain trans fat up to 0.5 grams. The Food and Drug Administration allows this leniency to the food manufacturing industry.

ALL THAT GLITTERS IS NOT GOLD

So, the next time you reach out for the mouthwatering blueberry muffin, think twice and read thrice as to what it contains. As we all know, healthy dietary habits and food generally are more expensive. Nevertheless, there are options available to us. Eat fruits and raw vegetables as snacks, and you will significantly reduce the consumption of trans fat. ■

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



Real Estate In Mesa Uplands

brought to you by: Mesa Uplands Area Market Report



Sales over \$250,000 for the Month of October 2013



| Address | Square Feet | Community | Sold Price | Short Sale or REO* |
|---------------------------|-------------|-------------------------|------------|--------------------|
| 6408 E. Preston St. | 2,017 | Ridgeview | \$250,000 | |
| 2955 E. Fairfield St. | 2,436 | Mountain View Highlands | \$255,000 | |
| 2706 E. Northridge St. | 2,350 | Pacific Palms | \$259,000 | |
| 2666 E. Menlo St. | 2,341 | Hermosa Vista Estates | \$260,000 | |
| 6543 E. Rochelle Cir. | 2,112 | Summit | \$265,000 | |
| 9341 E. Princess Dr. | 2,084 | Sierra Estates | \$266,000 | |
| 5238 E. Hannibal St. | 2,397 | Alta Mesa | \$270,000 | |
| 2821 E. Fairfield St. | 2,130 | Mountain View Highlands | \$279,900 | |
| 6501 E. Rustic Dr. | 2,649 | Skyway Village | \$282,000 | |
| 6435 E. Melrose St. | 2,240 | Villa Royale | \$285,000 | |
| 9324 E. Grandview St. | 2,081 | Sierra Estates | \$288,200 | |
| 9822 E. Greenway St. | 1,809 | Saguaro Mountain | \$300,000 | |
| 2918 E. Fountain St. | 2,612 | Mountain View Highlands | \$303,000 | |
| 1465 N. 72nd St. | 2,001 | Red Mountain Manor | \$310,000 | |
| 8546 E. Glencove St. | 2,152 | Signal Heights | \$318,000 | |
| 6202 E. McKellips Rd. #47 | 1,633 | Tuscany Villas | \$332,000 | |
| 1061 N. Alba | 2,945 | Mountain View Highlands | \$339,000 | |
| 8342 E. Ingram St. | 1,994 | Mountain Bridge | \$340,000 | |
| 9363 E. Hillview Cir. | 2,752 | Sierra Estates | \$350,000 | |
| 8603 E. Glencove St. | 4,002 | Grandview Estates | \$374,900 | |
| 2026 N. Almond Grove | 3,029 | Regency at Garden Grove | \$375,000 | |
| 4233 E. Hackamore St. | 3,251 | Valencia Park Estates | \$382,000 | |
| 9438 E. Nance St. | 2,766 | Boulder Mountain | \$395,000 | |
| 2036 E. Calle Maderas St. | 3,220 | Las Maderas | \$399,900 | X |
| 9456 E. Northridge St. | 2,766 | Boulder Mountain | \$407,000 | |
| 3423 E. Adobe St. | 3,086 | The Groves | \$417,500 | |
| 3302 N. 90th Pl. | 3,500 | County Island | \$425,000 | |
| 4012 E. Glencove St. | 3,927 | Estate Groves | \$470,000 | |
| 3650 E. McDowell Rd. | 4,258 | County Island | \$493,000 | |
| 2313 E. Huber St. | 5,034 | Miller Heights | \$507,500 | |
| 2930 N. 89th Pl. | 3,061 | County Island | \$510,000 | |
| 7135 E. Ingram St. | 3,329 | Annecy | \$520,000 | |
| 2830 N. 88th Pl. | 3,939 | County Island | \$650,000 | |
| 3552 E. Jaeger Cir. | 4,736 | Arboleda | \$700,000 | |

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REAL ESTATE

BUYING A HOME IN MESA

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By John Karadsheh

If you have looked around Mesa lately, it is evident that change is afoot. From the new Cubs stadium finishing up at Dobson and the 202, to the recent announcement that Apple is coming to Mesa, there is a lot going on in our city.

Just a few years ago, the recession hit Mesa hard. Businesses shuttered, the Cubs threatened to leave, and neighborhoods were full of foreclosures and short sales. During that critical time, under the stellar direction of Mayor Scott Smith and his hardworking economic development team, Mesa sought out new opportunities, and implemented a plan for a stronger city.



John Karadsheh

BRIGHT SPOTS IN MESA

Entertainment and Tourism

The Cubs will begin the 2014 Spring Training Season in their amazing new 15,000-seat stadium, featuring state-of-the-art training facilities. Additionally, the Oakland Athletics signed a 20-year deal to stay in Mesa, and will move to a renovated Hohokam Stadium. Spring Training in Mesa will be better than ever. The Mesa Arts Center also has continued to expand its offerings of world-class entertainment...and we can't forget about all the great golf courses.

Higher Education

Since January 2012, Mesa has announced that Benedictine University, Westminster College,



Wilkes University and Albright College will all be opening in the city. Additionally, this summer, Grand Canyon University announced it would be building a \$150 million satellite campus, at Eastmark, by the Gateway Airport. Arizona State University Polytechnic at Gateway currently educates more than 10,000 students, and steadily is growing, while Mesa Community College serves more than 25,000 at its campuses.



Aviation

The Phoenix-Mesa Gateway Airport is among the fastest growing hub airports in the country. In 2012, it serviced more than 1.3 million passengers, a rapid growth from the only 350,000 passengers serviced in 2008. Gateway hosts more than 40 companies, and recently was reported to contribute more than \$1.3 billion annually to the Arizona economy. Mesa's Falcon Field Airport, the fifth busiest general aviation airport in the United States, hosts more than 100 companies, and contributes more than \$2 billion to the local economy. The city also remains home to many aerospace companies, including Boeing, MD Helicopters and Cessna.

Transportation

Mesa's great access to transportation, the Loop 202 and the U.S. 60, provide easy access to all areas of the Valley. Mesa residents also are within 20 minutes

of both Phoenix Sky Harbor International Airport and Phoenix-Mesa Gateway Airport. The light rail expansion, when completed, will service almost 10,000 weekly riders.

Apple

Of course, Apple will be great for Mesa and Arizona. But even better, is the fact this facility brings some of the company's previously outsourced production back to the United States.

All of this positive growth for Mesa is paired with strong economic growth predicted for Arizona on the whole. According to an August report, by Moody's Analytics, Arizona is expected to have the fastest job growth in the country, at 3 percent annually over the next five years.

What does this mean for real estate? Economic growth brings jobs, jobs bring people, and people need housing. While the real estate inventory is beginning to increase, analysts still are predicting home prices will continue to climb 9 to 12 percent annually, through 2014.

So, with great growth and development, strong city leadership, low property taxes, a broad selection of homes, great entertainment options, a growing number of restaurants, and easy access to all areas of the Phoenix metro area, Mesa will be the gem of the next decade, and one of the best places to invest and live in the Valley of the Sun. ■

John Karadsheh is a licensed REALTOR® with Coldwell Banker, Trails and Paths Premier Properties. He also is an Associate Broker, Accredited Buyers Representative, a Certified Residential Specialist, and was voted in the Top Five Residential Real Estate Agents in Arizona for 2012 and 2013 by Ranking Arizona, the Best of Arizona Business. You can contact John with any of your real estate questions. Call him at (602) 615-0843, or go to his Web site at www.BuyAndSellAZ.com.

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LOCAL BUSINESS

The UPS Store Participates IN CHARITY DRIVE

Submitted by The UPS Store

Once again, your local The UPS Store will participate in the annual Operation Santa Claus charity drive, along with Sanderson Ford and ABC 15. Donations will support Southwest Autism Research and Resource Center, Military Assistance Mission, St. Mary's Food Bank and Ronald McDonald House Charities. The UPS Stores will collect food, new clothes and toys, as well as monetary donations in hopes of surpassing the goal of collecting \$1 million in total value. The UPS Stores also are matching the first \$10,000 in donations made in the stores. The UPS Store, at Power and McDowell roads, in the Albertsons

Plaza, will offer \$2 off UPS shipping for a donation to Operation Santa Claus. (Limit one per shipment. Some restrictions apply.) The UPS Store also is your one-stop shop for all your holiday packaging and shipping needs. The Pack n' Ship guarantee is exclusive to The UPS Stores, ensuring your packages get to their destinations safely when packed by certified packing experts. Ask your The UPS Store sales associate for more details. And don't forget the fact The UPS Store also can print your holiday newsletters, cards, announcements and more. ■ Stop by your local The UPS Store location, at Power and McDowell roads, or visit the Web site at www.theupsstorelocal.com/3690.



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LOCAL BUSINESS

ITS TIME TO BE PASSIONATE ABOUT TRAVEL AGAIN

Submitted by Terra Travel

The post-Sept. 11 world for the travel and tourism industry was a difficult one, with the aftermath of this tragic event leading people to believe the industry had permanently collapsed. While travel slowed considerably, the public's desire to travel did not. Today, that love affair lives on. Not only do people desire to travel more, they feel it is their right to do so. And they are. In droves. This increase, coupled with a demand for more personalized, advocacy-style service and the retirement of thousands of baby boomers, dictates a pressing need to develop the next generation of travel consultants. **The problem**—After 9/11, many long-established travel programs were forced to close, while community colleges found their offerings whittled down to nearly nothing. Today, even the best host agencies find it difficult to provide consultants with the necessary training. **The solution**—A select few industry agencies are picking up the slack, including Terra Travel. President and Owner Paul Seiferth recognized this need, and is meeting it head-on. He and Academy Director Beth Johnson will be providing comprehensive and industry-specific training for new and seasoned travel consultants with the opening of the new Terra Travel Academy. Open to a limited, select group of students, Terra Travel Academy will start its first eight-week course (two nights per

week) on Jan. 6, 2014. Participants will study everything from tours, cruises and luxury travel, to international geography and self-promotion. Are you retired, a high school grad, or seeking a more rewarding (and fun) career? Whether you are new to the industry, or would like a refresher course, which includes the needs of today's traveler, you don't want to miss out. It's an exciting time to be part of the travel industry. Won't you join us? ■ For more information, contact Terra Travel Academy Director Beth Johnson at (480) 544-5414, or President and Owner Paul Seiferth at (480) 820-0701.








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EDUCATION

Mesa Public Schools teachers touch lives

Story by Rachel Wendt
Photos by Erin Martinelli-O'Shea

Teachers from Mesa Public Schools touch the lives of more than 63,000 students in 82 schools every day. They encourage students to strive for excellence, to become well-rounded individuals and make a difference in the world. Ask educators why they chose teaching as a profession, and they will reveal not for fame and glory, but for the opportunity to motivate each student.

CELEBRATING TEACHERS OF THE YEAR

Mesa Public Schools teachers are recognized by professional organizations and revered by the local business community. Here is a snapshot of teacher accolades for their contributions to education. Nancie Lindblom, 2012 Arizona Teacher of the Year, inspires her Skyline High School Advanced Placement students daily by bringing United States history to life. Amanda Grimes, the Bioscience Educator of the Year award recipient, applies scientific concepts to open up a world of possibilities to her Biotechnology Academy students at Mesa High School.

Arizona native, Reta Yanik, teaches agricultural science at Westwood High School to more than 150 students. From animal science to biotechnology classes, this 2013 Arizona Agriculture Teacher of the Year is dedicated to her student's desire to learn about agriculture. Recognizing the importance of developing complex problem-solving skills, Arizona Science Teacher of the Year, Erik Von Burg, implemented the Gateway to Technology middle school engineering program to prepare his Carson Junior High School students for future careers.

COMMUNITY SUPPORT

The business community acknowledges exceptionally talented teachers in a variety of ways. Our Arizona Cardinals selected Wendy Lathrope, special education kindergarten and first-grade teacher, as an Arizona Cardinals MVP in the Classroom. The Sousa Elementary School teacher received an Arizona Cardinals Jersey, a \$500 DonorsChose.org gift card, and was honored during pregame festivities. Office Max estimates teachers spend \$1,000 on classroom supplies every year, and they provide support to teachers through the A Day Made Better campaign. A total

of three Mesa Public Schools teachers were awarded the Office Max prize. Bethany Tanner, fourth-grade teacher at Stevenson Elementary School; Elaine Neely-Veatch, fifth-grade teacher at Longfellow Elementary School; and Carol Woods, second-grade teacher at Entz Elementary School, were all surprised with a certificate of appreciation and classroom supplies and equipment valued at \$1,000. Horne Kia named Gretchen Rodeffer, Red Mountain Ranch Elementary School first-grade teacher, a Horne's Hero for making a difference in education. She was showcased in a testimonial video celebrating her merit on Horne Kia's and Arizona State (ASU) University Athletics Web sites. Gretchen will be presented with tickets for her class to an ASU baseball game, where she will be honored. In addition, she is in the running for the grand prize—a one-year lease on a 2014 Horne Kia. The outpouring of teacher recognition for a job well done is always appreciated. At the end of the day, however, teachers will tell you it's about the connection with their students and families, and making a difference in their lives. "I live for when students have one of those aha moments when they finally understand a concept," said Kelvin Einspahr, math teacher at Red Mountain High School. ■



Erik Von Burg



Reta Yanik



Amanda Grimes



Nancie Lindblom



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LOCAL BUSINESS

GIVE A GIFT THE ENTIRE FAMILY CAN ENJOY

By Dawn Abbey

Nowadays, major gift giving primarily centers on personal electronics—smartphones, tablets, gaming and others.

With the exception of family TV night or shared video games, however, most electronic entertainment has the effect of separating family members off to various parts of the house to pursue their favorite electronic activities.

“If you want to bring the family back together, why not give them a fun-filled location to share—the backyard pool,” said Chris Quam, owner of Arizona Pool Guy, Inc. “And the best way to do that is to add a heater to your pool. With our beautiful winter weather, pool fun can be enjoyed all year round, and it’s really affordable,” he continued. “With an energy-efficient heat pump pool heater, it could cost less each month than your cable or smartphone bill to heat a pool.”

Chris suggests thinking of your backyard as an extension of your home, like another family room. “Sometimes we forget about our outdoor area,” he stated, “and, as the kids say, ‘It’s bor-r-ring.’ With a heated pool and a few makeover ideas, you can make your backyard the center of family activities. A pool can be enjoyed by all ages, and it’s great exercise, too. Even though my own daughters are several years apart, the one activity they like doing together when they get home from school is playing in their nice, warm pool.”

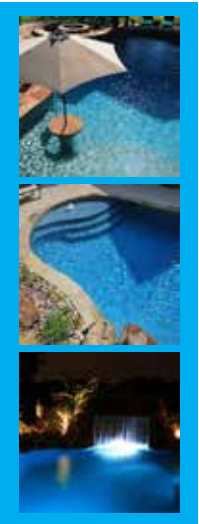
Your heat pump, like the heat

pump that heats and cools your home, also can be configured as a cooler for your pool, too. “So, next July, when everyone else is swimming in bath water,” Chris said, “your pool will be 10 degrees cooler.”

If it’s been many years since your pool was installed, it could use refinishing. With one of the new pebble finishes, some dramatic lighting and water features, together with attractive new decking, the whole area takes on an exciting feeling.

According to Chris, makeovers should take in family dynamics. If you have younger children, a water slide, volleyball net or waterfalls add to the fun. For teens and adults, a cozy fire pit, neon lighting, in-pool umbrellas and an outdoor barbeque/kitchen area make a great party atmosphere. Not only can you enjoy using it, but it adds value to your home. So, this year, give a gift the whole family can enjoy together.

“We have a team of craftsmen who can design and build your backyard playland to your individual specifications,” said Chris. “Give us a call, and we’ll come out and give you some great ideas and free estimates. We are running a special on pool heaters through January, and we’ll even include a free solar pool cover to save you more money.” ■



To contact Chris about a pool heater, or for information on any pool service, installation or repair, call (480) 699-0607. Arizona Pool Guy, Inc. is licensed, bonded and insured, ROC #243628.

LOCAL BUSINESS

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



By Kimberly Searles

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

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

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

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

They even can make it easier for you to display your holiday cheer by installing an auto sensor for lights.

“The auto sensors are great because you don’t have to lift a finger,” said George. “They’ll automatically turn on

at night. Even better, you don’t have to worry about forgetting to turn them off in the morning. It’s already done.”

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

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

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

Let Eagle Electrical take the hassle out of hanging holiday lights this year. To make an appointment for a free estimate, call (480) 659-4942, or send an e-mail to george@EaglePAE.com. You also can visit www.eagleplumbingandair.com.

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