

Las Sendas Up Close

Bringing neighbors closer to their community

December 2015

Cardiologist takes the time to really listen to patients

By Dawn Abbey

If one philosophy could sum up Las Sendas Cardiology, it would be the importance of spending time to actively listen to each patient.

Time is the one element often lacking in doctor-patient visits, Dr. Afroze Ahmad believes. She spends as much time as necessary with her patients to determine what really is happening with their symptoms and their concerns. "By really actively listening to what the patient is saying, you can find the clues to their health problems that are sometimes hidden," she said.

"Perhaps a person has leg pain, and attributes it to bumping his leg, or to overexertion while hiking or working," Dr. Ahmad said. "But if it's combined with shortness of breath, it could possibly also indicate a blood clot in the leg. That's where further follow-up with ultrasound can reveal a treatable problem that might prevent a stroke."

Las Sendas Cardiology offers state-of-the-art testing equipment, from 24-hour monitoring, ultrasound and stress-testing treadmills, to nuclear stress testing. "Most heart-related tests are non-invasive, so patients need not have anxiety about checking out concerning symptoms," Dr. Ahmad explained.

"We make ourselves accessible and approachable," the doctor continued. Office visits are offered at the convenience of her patients. Dr. Ahmad sets early morning and evening appointments when necessary. "We try to accommodate working people and students who can't always take time off," she said.



Dr. Afroze Ahmad

A concern coming to light recently in the media centers on the disturbing stories about young athletes expiring during sporting events. Although not all circumstances are heart related, Dr. Ahmad suggests young athletes should have an established sports physical performed by their primary care physician each year. "The doctor listens carefully to the heart sounds, and notes if the child is complaining of shortness of breath, gets tired easily, or has bluish-colored nails, indicating low oxygen," she explained.

If any of these symptoms are present, Dr. Ahmad encourages follow-up testing with ultrasound, EKG or other tests. "We also check on the child's family history, to see if heart issues are prevalent," she said.

"Generally, surgery poses risks to the heart, and the question repeatedly surfacing is whether the heart is capable of withstanding the rigors of surgical procedures," stated Dr. Ahmad. "This is especially important in cases of known heart disease, diabetes, established kidney disease and in individuals who are in a suboptimal physical condition, and do not engage in a programmed regular exercise plan."

Las Sendas Cardiology also offers cardiac risk assessment for patients undergoing surgery. After a complete evaluation of the patient, Dr. Ahmad communicates, in a timely manner, with both the surgeon and anesthesiologist regarding the heart risks, and how to minimize those

risks during and after surgery.

Dr. Ahmad strongly believes a high blood pressure reading should initially lead to investigation of causes for high blood pressure rather than initiation of blood pressure medications. For blood pressure control, she recommends cutting down on salt and alcohol, both of which can elevate the blood pressure. In young women, high blood pressures should always prompt investigation for underlying anemia.

"Some common drugs can aggravate blood pressure readings, including cold medications, Motrin, Aleve and Advil," said Dr. Ahmad. "So, time should be taken by the medical provider to find the reasons for your condition."

It may come as a surprise, but treatment of blood pressure is not a cookie-cutter approach, but involves different strokes for different folks.

Dr. Ahmad holds numerous board certifications, including the American Board of Internal Medicine, the American Board of Cardiovascular Disease, the National Board of Echocardiography and the American Society of Nuclear Medicine. ■

For more information, or to make an appointment, call (480) 361-9949. Las Sendas Cardiology is located at 3514 N. Power Road, Suite 107, at the southwest corner of Power and Thomas roads.



Come spend the holidays with the Life Balance Center

Submitted by Life Balance Center

The Life Balance Center (LBC) is excited to announce new events and offerings for the holiday season and the New Year.

Gift certificates for the LBC make the perfect gift for anyone. You choose the amount, and the recipient can use it toward any services offered at the center, including yoga classes, acupuncture, chiropractic treatment and massages, as well as counseling (couples and individuals).

Additional offerings include, but are not limited to, wellness workshops, hormone balancing, integrated treatment for weight loss, ADD/ADHD, intimacy enhancement, stress reduction and even belly dancing.

You can use the gift certificate toward our first Girls' Night Out event, on Dec. 9, from 6 to 9:30 p.m., complete with holiday shopping by CoCo Milano's, and live demonstrations from

some of our health practitioners.

Las Sendas Golf Club will cater food and wine. Special discounts will be offered, such as 50 percent off services and yoga packages. Prizes will be available only to those attending this exclusive holiday event. Gift certificates also will be available. The cost is \$45 per person. Call now to RSVP. Space is limited.

We will ring in the New Year with our *Hold Me Tight* relationship workshops. The workshops were developed by Dr. Sue Johnson, and based on her highly successful model of therapy, Emotionally Focused Therapy, and her book *Hold Me Tight*.

Dr. Lisa Gold, founder of the Life Balance Center, together with colleagues, will present these workshops, in two different formats, beginning January 2016. There will be an intensive one-and-a-half-day weekend course, or a six-week course,

meeting two hours per week.

This workshop is designed to affirm strengths in the relationship, address negative interaction patterns, understand each other's emotions, learn how to repair and forgive, enhance emotional and physical intimacy, and improve communication.

It is the Life Balance Center's mission to be an integrated wellness facility for the local community of Las Sendas and surrounding neighborhoods. "We are so blessed to have such amazing practitioners who all share the same passion and mission we do, and the ability to care for the holistic well-being of our clients," said Dr. Gold. "If you are a wellness practitioner and believe your services would be a good fit for our facility, we are always looking for quality professionals to join our practice."

The LBC also offers executive suite offices for lease to business professionals, and conference rooms, for large and small conferences, as well as virtual offices. ■

For more information about Life Balance Center, call (480) 788-5069, or visit the website at lifebalanceaz.com. The center is located at the entrance to the Las Sendas Golf Club, at 7565 E. Eagle Crest Drive, Suite 201.



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Cosmos

Turn to
page 3
to see what
Catherine
Anaya is up
to now!

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LOCAL BUSINESS

COSMOS, CHRISTMAS AND CATHERINE ANAYA

By Dawn Abbey

The season of holidays is upon us, and whether it be Christmas, New Year's, Rosh Hashanah, Kwanzaa, Winter Solstice, or just an opportunity to get together with family and friends for food, fun and togetherness, it beckons all to celebrate.

It's also the time of year for catching up on what old friends are doing. So, while styling a recent photo shoot with longtime friend and client Catherine Anaya, Sandra Barbetta asked her, "What is former CBS-5 News Anchor Catherine Anaya up to these days?"

Well known around the Valley for styling the hair of many local TV personalities and celebrities, Sandra, co-owner with husband, Cosmo, of Cosmos Salon and Day Spa, has continued her ties with Catherine in her new roles since she left her position at CBS.

As Catherine explained to Sandra, "It's a little of a lot and busier than ever." Catherine believes her primary job is that of wife, as well as CEO to her 12-year-old son, while her daughter is at her parents' alma mater, the University of Southern California (USC).

But while Catherine is retired from television news, she said she has definitely not retired from the work she is so passionate about. She started her own company, 4Hearts Media, which is the hub of all the things media she's been doing the past 25 years. She's also blogging at catherineanaya.com and on Facebook and Twitter.

Catherine also spends more time with her charitable work as the founder of The Sisterhood of Super Women; a newly-elected member of the Make-A-Wish Arizona board of directors; and the executive director of The Lats Legacy Foundation, which she helped her children establish in their father's memory.

The foundation, in collaboration with USC, has created The USC Lats Legacy Baseball Scholarship. Catherine said she and her children currently are fund raising to be able to award the first scholarship by the fall of 2016 at thelatslegacyfoundation.org.

HOLIDAY HAIRSTYLES AND GLOWING SKIN

While you're getting back together for the holidays

with your family and friends, Sandra and her spa team want to make it easy for everyone to look their best by creating exciting holiday packages for yourself, or to gift to a loved one at special discounted prices now through the end of January.

"While deciding what to wear to all those holiday parties, don't forget about how to wear your hair," said Sandra. "Have the Cosmos stylists help you pick the most fantastic hairstyles to go with your holiday attire. Updos with braid accents, high buns, and soft S waves are all popular this season," she said.

With the holiday glow from flickering candles, crackling fireplaces and colorful lights, wouldn't it be great to have your skin reflect that warm, healthy radiance? "Combining our effective microdermabrasion and enzyme treatments will remove the ravages of time and sun to reveal that holiday glow," said Sandra, "and it's only \$90. For an advanced treatment, our skin specialists will combine the microdermabrasion with a PCA peel to suit your skin's specific needs." Priced at \$99, it also includes an after-care kit.

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

For more information, appointments or gift certificates, call (480) 844-0707, or stop by the salon, located on the north-east corner of Power and McDowell roads.



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EDUCATION

Self Development Preschool and Self Development ACADEMY ARE A WINNING COMBINATION



Submitted by Self Development Academy

If you are looking for a special and exceptional preschool or kindergarten experience for your child, look no further than Self Development Preschool (SDP) and Self Development Academy (SDA), offering unique and advanced educational programs in a nurturing environment.

SDP and SDA are well known in the local community and statewide for exceptional academic programs. SDP offers preschool programs to children ages 2 through 5, providing children with a strong early childhood foundation, and establishing a love of learning early on in their educational journeys.

The 2-year-old classroom introduces colors, shapes, numbers and letter recognition through stories, music, art and play. In the 3- to 5-year-old classrooms, the Arizona Kindergarten Academic Standards are used to guide curriculum goals and concept mastery. This advanced curriculum allows students to achieve phonemic and sight word awareness, a foundation for reading.

Mathematical basics, such as number recognition, large and small numbers concepts, as well as small number addition, are critical components of the kindergarten readiness program. Each day, the lessons are introduced at morning circle times, and are reiterated at center work timetables.

In addition to the core curriculum activities, SDP believes art, music and play are necessary for the total devel-

opment of a child. Art, music and movement are integrated into the program to add new and exciting variations to the children's daily activities. Preschoolers have the opportunity to perform and showcase their talents twice a year at the winter and spring programs.

The SDP curriculum is aligned with the kindergarten curriculum at SDA, and many preschoolers transition to SDA upon completing the early 5s preschool program at SDP. SDP successfully prepares children for a smooth transition to kindergarten at SDA. Also, the early 5s preschoolers are excited and feel at ease about attending kindergarten at SDA, since they are familiar with the campus and many staff and teachers.

The SDA kindergarten program continues the tradition of an accelerated curriculum. Beginning with the kindergarten year, students learn a minimum of one year ahead of Arizona State Academic Standards. The goals for the kindergarten year include mastery of phonics, reading fluency at or above the first-grade level, writing grammatically correct sentences, which includes authoring a story, and mathematical concepts, such as addition and subtraction.

In addition to an academically rigorous program, the kindergarten curriculum offers weekly art, music, physical education and technology classes. The children accomplish these goals through a multi-sensory instructional approach, which meets students' learning needs.

Visionary leaders, dedicated teachers and staff, as well as parent involvement, make the preschool and kindergarten programs shine. Many staff and teachers return year after year, and have been employed with the school since its inception. Several families also have been with the schools for two generations. This fact speaks to the quality of the programs offered at Self Development schools. ■

SDA currently is accepting enrollment applications for the 2016 – 2017 school year. A Kindergarten Information Night has been scheduled for Tuesday, Jan. 12, at 6:15 p.m., at SDA. For further information regarding enrollment, or to schedule a campus tour, please contact the front office at (480) 641-2640.

UpClose

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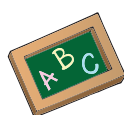


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EVENT

MESA COMMUNITY COLLEGE PRESENTS
Sun Valley Chorale Christmas Concert

Submitted by Frank Sargent

The Music Department at Mesa Community College (MCC)—Red Mountain is pleased to present the Sun Valley Chorale Christmas Concert, on Dec. 8, at 7:30 p.m., at the Saguaro Building RAP Center, room S140.

The chorale's concert repertoire will include everything from Alfred Burt carols, to *The Lamb* by John Tavener, to *The 12 Days of Christmas*, which was arranged for the King's Singers by Geoffrey Keating. The concert, featuring Michael Lewis and Gail Novak at the piano, also will include an audience sing-along of well-known songs of the season. To conclude the concert, the chorale will perform a group of Christmas carols arranged by Dan Forrest and Jack Schrader. There will be a reception to follow.

The concert is open to the public, with a suggested \$5 donation to the scholarship fund.

The Sun Valley Chorale, a community chorus offered as a class through Mesa Community College, is enjoying its eighth season at the Red Mountain campus. The chorale has been in existence for nearly 30 years, but has only been at the Red Mountain campus for the past seven years.



This group consists of members of the Mesa community from all walks of life and all ages, ranging from young college age students to senior citizens. They rehearse every Tuesday night during the MCC academic year, at 7:10 p.m. Enrollment is open to all in the community, and new members are most welcome. If you sang in your high school, college, or you sing in your church choir, the Sun Valley Chorale is a perfect outlet for displaying your talents.

Frank Sargent, a long-time resident of Red Mountain Ranch, conducts the Sun Valley Chorale. Frank taught in Gilbert Public Schools for 10 years before retiring in 2013. Before coming to Arizona, he taught in Texas for 30 years, with 21 of those years being at Highland Park High School, in Dallas, where he oversaw a choral program of 315 students.

Frank was well known in the professional music scene in North Texas, having conducted members from both the Dallas Opera Orchestra and Dallas Symphony Orchestra while he served as director of the Dallas Symphony Orchestra Chorus. He also has been the choral director in a number of churches for 35 years, and currently serves as the choir director at Apache Wells Community Church, in Mesa. He also has served in leadership capacities in both Texas and Arizona, having served on the board of the Arizona Choral Educators and as president of the Arizona Chapter of the American Choral Directors Association. ■

For more information regarding either the concert or membership, please contact the Mesa Community College Music Department office at (480) 461-7575.

EVENT

CHURCH FEATURES FRIDAY NIGHT CONCERT SERIES

Submitted by Marilyn Husted
Communications Committee

The Friday Night Concert Series, at Red Mountain United Methodist Church, continues Jan. 15 with the Tetra String Quartet.

"The main reasons for the concert series are to provide cultural diversity to the East Valley, to give an opportunity to the church to reach new people, and be a fund-raiser for our youth program and other great programs the church offers," said J.R. McAlexander, organist and keyboardist for the church.

J.R. owns Showtune Productions, a company providing musical entertainment at venues throughout the Southwest. After bringing the very successful Broadway Classics show to the church for the past two years, he suggested the church sponsor the Friday Night Concert Series.

"We are bringing in a wide variety of shows from Christian Rock, Gospel, Big Band, Bluegrass, Classical, Opera and Broadway music just in our first season," J.R. explained. "We are trying to appeal to all age groups, and all the shows are family friendly. The church has just installed a new lighting and upgraded sound system, making it an ideal place for concerts."

Concerts for 2016 are:
♦ **The Tetra String Quartet—Jan. 15**
These Arizona State University faculty members have performed this interactive concert worldwide, featuring popular Chamber music.



The Tetra String Quartet

- ♦ **It Had To Be You—Feb. 12**
New York City vocalist Mark DiConza, accompanied by a live band, sings the classic pop hits of Michael Bublé, Harry Connick Jr., Frank Sinatra and Tony Bennett.
- ♦ **Sonoran Dogs Bluegrass Band—March 4**
This popular Tucson-based group celebrates traditional and contemporary Bluegrass music.
- ♦ **Falling in Love With Love—April 8**
Phoenix natives Jordan and Kaitlynn Bluth celebrate their lives together through opera and musical theatre classics. ■

All performances begin at 7 p.m., in the worship center. Season tickets are available now. Tickets for the concert are only \$18 for adults and \$10 for children. Tickets are available at rmumc.com or at Red Mountain United Methodist Church, located at 2936 N. Power Road. For more information, call (480) 981-3833.



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Features Entertainment, Dining & Golf

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

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Summer Wedding Special June, July and August 2016

The Vistas Wedding Pavilion at Las Sendas is pleased to offer the following Summer Special Wedding Package for events booked and hosted in the months of June, July and August 2016. The total cost is \$4,500 (does not include tax and gratuity), and includes the following items:

Ceremony

- White garden chairs
- Unity table
- Gift table and limeade station
- Set up and teardown of the ceremony and reception space
- Champagne and fruit and cheese platter in Bridal Changing Room

Reception

- 8-hour venue rental
- White, black or ivory tablecloths
- White, black or ivory napkins
- Votive candles on tables
- Cordless microphone with sound system for speeches and toast
- Projector and screen for slideshow
- Complimentary cake cutting
- Free parking, event signage
- Agenda and floorplan
- Wedding Coordinator—will assist bride and groom with menu selections, ceremony and reception set-up details. The wedding coordinator will be single point

of contact and onsite coordinator during ceremony and reception.

Plated or Buffet Dinner Menu

- Includes two tray-passed hors d'oeuvres, rolls and butter, coffee and tea

For further information, and to book a site visit, please call Tannis McBean at (480) 352-2614, or email her at tmcbean@lassendas.com.



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Friday, Jan. 15, 2016

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6 p.m. Reception, 6:30 p.m. Dinner
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\$70 per person plus tax and gratuity
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\$89 plus tax Monday through Thursday
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Call the Golf Shop at (480) 396-0440 to book your time. As always, check our website at www.lassendas.com where we post our lowest rates first.

What's Hot in Equipment?

One of the latest trends in golf equipment is the adjustable putter. For those of you who love to tweak your equipment until it is just right, an adjustable putter should be on your wish list. Depending on the brand, you can adjust putter length, face weight, counterbalance, and head weight. Manufacturers have made it super easy, sometimes with a simple turn of the dial. If you are trying to find something

for that hard-to-shop-for person, and if that person plays golf, this might be the ticket.

Holiday Shopping

Keep it simple this year, and stay close to home for all your holiday shopping. Also, remember you do not need to play golf to find great gifts in our Golf Shop. With today's trends in fashion, much of our apparel can be worn on the golf course, as leisurewear, and in the office. We also carry an assortment of items, such as blankets, stemware and our famous Las Sendas Private Label wines. One of the best gifts for the golf fanatic is a Bushnell rangefinder, which measures yardage, both to the pin crystals and to any object on the golf course.

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Gift certificates always are available, and make a fantastic gift, especially for the person who has everything. You just simply select a dollar amount, and we issue you an elegant gift certificate valid for golf, merchandise or food and beverage. Stop in the golf shop to get your gift certificate today, or call us at (480) 396-4000. We will be happy to mail it to you.

Raffle

Stop in the Golf Shop to purchase your raffle tickets to win awesome prizes. You do not have to play to participate. Prizes include a Scotty Cameron putter, Taylor Made golf bag, Ping golf bag, golf ball dozens and more.

THE PATIO AND THE GRILLE

New Daily Specials

MON.	Fried Chicken, Mashed Potatoes and Mushroom Ragu	\$15.95
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WED.	Wine Down Wednesday	Half Price Wine Bottles less than \$100
THU.	Prime Rib—10-ounce Mashed Potatoes, Vegetables Add Glass of Wine for \$3	\$17.95
FRI.	Chef's Fish Special	Market Price
SAT.	Tender Beef Brisket, Roasted Potatoes and Summer Vegetables	\$14.95
SUN.	Pasta Buffet—All you can eat!	\$15.95 Kids (6–12) \$8.95

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Our famous Patio at Las Sendas has expanded due to popularity and numerous requests to have a cocktail and enjoy our evening sunsets and amazing Phoenix Valley views. We have added a third casual lounge patio to our existing two-tiered structure. We have relocated our live music, and added an outside service bar. We now are able to seat more than 200 guests.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

So far, feedback has been outstanding. Numerous local guests, members and tourists have enjoyed the stunning views and a cocktail on our new Patio. This one is a home run.

THE MALASKA GOLF ACADEMY AT LAS SENDAS GOLF CLUB



The highly acclaimed Mike Malaska, 2011 PGA National Teacher of the Year, has created the Malaska Golf Academy (MGA) with a team of certified PGA and LPGA instruction professionals. We are a relationship-driven golf academy, providing the highest level of instruction to clients throughout the Mesa, Scottsdale and Greater Phoenix areas. We offer:

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- Corporate and Private Events

MGA's Mission Statement: "To help each student reach their potential in the game through the use of the best technology and information at our disposal. We want to allow players to enjoy the process of learning about both the game and themselves."

The Malaska golf instructors include David Huffman, Ashley Malaska Moss, James Contreras and Tracy Berman. They all are excited to help you improve your golf game this season. Check out the website for more details and contact information at www.lassendas.com.

Mention this article, and receive 20 percent off your next lesson or instructional package.

MEMBERSHIPS

Las Sendas welcomes Bruce and Barb Stewart and family, from Alberta, Canada, to our membership family.

The new season is upon us, and members' events are in full swing. December brings the Ladies Team home, playing against Encanterra, and the Desert Team playing at Arizona Country Club. The men have their two-day member/member tournament on Dec. 4 and 5. The month wraps up with the Santa Claus couples tourney and dinner.

Membership at Las Sendas brings many opportunities to participate in fun and challenging events. Contact us to learn about all our activities related to golf leagues and tournaments, as well as social events throughout the year.

Las Sendas Golf Club Membership Opportunities

All of our membership programs are open to residents of Las Sendas, Red Mountain, Mountain Bridge and surrounding areas. We have a fun and diverse membership hailing from all over North America. It's fun, challenging and social. Our facilities continually are gaining national acclaim. Our offerings are:

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Check out www.lassendas.com under Membership Programs for a comparison chart of membership options.

For more information, contact Wayne Crandall at (480) 396-4000, or send an email to wcrandall@lassendas.com. ■



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REAL ESTATE

Traditional Christmas Foods of England Taste Good Here, Too

By Lorraine Ryall, Realtor
CDPE, CSSN
KOR Properties

Following in my tradition for the Christmas articles, I like to bring something from England to share.

There are many English traditions at Christmas, such as the Christmas Cracker, as well as many traditional foods. This year, I want to share one of the desserts we always have for Christmas dinner—mince pies.

Mince pies, like Christmas pudding, were originally filled with meat, such as lamb. Today, however, they don't have any meat. Instead, they are a dessert filled with a dried fruit mix. They were first made in an oval shape to represent the manger that Jesus slept in as a baby, with the top representing his swaddling clothes.

A custom from the middle ages says that if you eat a mince pie on every day from Christmas to Twelfth Night (Jan. 6), you will have happiness for the next 12 months.

Here is a recipe to make them from scratch, but you can purchase the mince filling online. If you are like me, and always run out of time to make them yourself, you can go to World Market, and buy them already made. I like mine served warm with heavy cream or ice cream.

HOMEMADE MINCEMEAT

- 4 tablespoons (55 grams) butter
- 1 cup (240 ml) unsweetened apple juice
- 2 large apples, peeled, cored, and grated
- 1/2 cup (90 grams) dark raisins
- 1/2 cup (90 grams) golden raisins
- 1/2 cup (70 grams) dried currants
- 1/2 cup (75 grams) dried cranberries or cherries
- 1/2 cup (100 grams) dried figs (or prunes or dates), chopped
- 3/4 cup (120 grams) candied mixed peel
- 1/2 cup (100 grams) candied red cherries, chopped
- Zest and juice of one orange or lemon



- 2/3 cup (140 grams) packed dark brown sugar
- 1/3 cup (80 ml) dark or light rum
- 1/3 cup (80 ml) brandy or cognac
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon freshly ground nutmeg
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground cloves
- 1/4 teaspoon salt

Place all the ingredients in a large dutch oven, and bring to a boil over medium high heat, stirring often. Then, reduce the heat to medium-low and simmer the mincemeat, stirring often, for about 30 minutes, or until the liquid is almost evaporated. Remove from heat and, if desired, stir in 2 to 4 tablespoons of rum or brandy. Let the mincemeat cool completely, then transfer to a covered container, and place in the refrigerator, at least overnight, before using. It can be stored in the refrigerator for up to a month.

Note: If storing longer than a week, stir in a little rum or brandy every week to keep it from drying out and to preserve the mincemeat. Otherwise, it may not keep a month.

Makes about 4 cups (1 liter) of mincemeat.

PASTRY

- 375 grams plain flour
 - 260 grams unsalted butter, softened
 - 125 grams caster sugar, plus extra for sprinkling
 - 1 large egg, plus 1 beaten egg for glazing
- Heat oven to 220C/200C fan/gas 7 (425/400°F). Roll out the pastry to 3mm thick.

Using a round cutter (about 10cm) cut out 16 bases. Place them into muffin trays. Put 1 1/2 tablespoons mincemeat mixture into each. Brush the edge of each pie with a little beaten egg. Re-roll out the pastry to cut 7cm lids, and press them on top to seal. Glaze with the rest of the egg, sprinkle with caster sugar, then make a small cut in the tops.

Bake mince pies for 15 to 20 minutes or until golden brown. Leave to cool before releasing them from the muffin trays and dusting with icing sugar. Serve.

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

Lorraine Ryall is a Multi-Million Dollar producer for the past seven years. You can reach Lorraine at (602) 571-6799, send an email to Lorraine@Homes2SellAZ.com, or visit her website at Homes2SellAZ.com.



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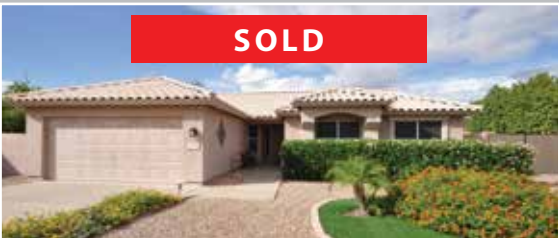
Lorraine is a true expert in the real estate field. She instantly made us feel comfortable that she could get the job done and was very proactive and thorough from start to finish. Our house sold for full-price in four days and the entire process was seamless. We would recommend Lorraine to anyone we know!

-Bob and Anne

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HEALTH

ACUPUNCTURE COMES TO East Valley Salon and Spa

Submitted by Distinctive Salon and Spa

Distinctive Salon and Spa is a wonderful new gem to be discovered, if you have not done so already.

The newly renovated East Valley location is at 2910 N. Power Road, Suite 101, next to Bashas'. This locally owned business has been open for seven years in the Biltmore area, and we are so thankful to have such a focus on total holistic beauty, health and wellness in our area.

Jason Caldwell, DOM, AP, LMT, joins us all the way from Florida to provide specialized treatments in wellness.

Jason graduated with his master's degree from the Florida College of Integrative Medicine in herbal internal medicines, acupuncture and homeopathy. He completed his intern studies at the Kunming Hospital in Southern China, and classical studies of the Shang Han Lan through Dr. Hui.

He is versatile in Classical Chinese Medicine, with Western medical approaches for LightForce EXP laser treatments and common pathological ailments. Prior to graduate school, Jason has been involved in core bodywork through massage therapy and myopractics.

Given his extensive experience and expertise, Jason will add significantly to the wide array of holistic services offered at Distinctive Salon and Spa. Among the many types of treatment he will provide, Jason will offer acupuncture to guests wishing to experience the relief of chronic pain.

Acupuncture, regarded as

comparatively noninvasive and reasonably safe, involves the insertion of needles in various places on the body as a means of stimulating acu-points. This form of treatment is a widely practiced form of alternative medicine. For many people, acupuncture replaces over-the-counter pain relievers.

In a research study involving 30 to 40 people worldwide, it was determined approximately half of those treated with acupuncture reported improvement in chronic pain levels.

Jason will work with those Distinctive Salon and Spa guests wishing to ease chronic pain in its many forms, including migraines and arthritis, as well as back, neck and shoulder pain.

Distinctive Salon and Spa combines acupuncture and many other valuable services with Aveda spa rituals to make the guest feel as though it is a day of pampering and stimulus for the body. You must experience the difference at this Aveda Concepts Salon and Spa. The focus on educating, motivating and rejuvenating the guest leave you ready to make your distinction in the world. ■

For more information, or to make an appointment, call (480) 396-3112. Distinctive Salon and Spa is located at 2910 N. Power Road, Suite 101, next to Bashas'.



Jason Caldwell

COMMUNITY

Red Mountain Ranch Social Club HONORS VETERANS

Submitted by Kay Campbell

The many veterans who are members of the Red Mountain Ranch Social Club, as well as guests who are veterans, were honored and treated to a lunch in observance of Veterans Day.

CLUB MEMBER HIGHLIGHTED

Club member Bill Keller is a Purple Heart recipient. A Marine Corps Search and Rescue helicopter pilot during the Vietnam War, he rescued downed pilots. In March 1966, Bill was diverted from recovering downed pilots to rescue Special Forces personnel fighting in the A Shau Valley, on the west side of Vietnam. Bill's H-34 helicopter was shot down. Later, another pilot, also flying an H-34 helicopter, rescued Bill.

Bill said he had many jobs as an H-34 pilot. Those jobs included transporting troops into difficult locations, delivering supplies and executing medical evacuations.

GIFTS FOR OUR VETERANS

Each of our veterans received a hand-crafted card with a beautifully written poem by Don Coombs. In addition, a photograph was taken of our heroes. Everyone present enjoyed a tasty lunch and special time with our veterans.



CLUB MEMBERS THANK OUR VETERANS

*All across America,
people debate politics,
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ranks.
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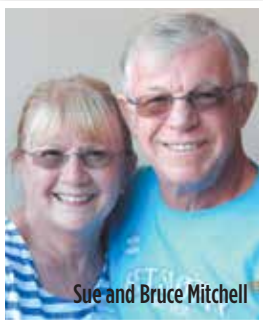
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TRAVEL

GET THE BEST DEAL ON YOUR CRUISE

Submitted by **Bruce and Sue Mitchell**
Cruise Planners

Red Mountain Travel offers the following important questions and answers you should consider to assure the best deal on your cruise



SHOULD I WAIT TO BOOK MY CRUISE?

Well, that depends on you. Do you have the luxury of traveling at the last minute? If not, contact your local cruise agent, and book well in advance. This will assure you the best cabin at the best rate available. This doesn't mean the cruise rate won't change. However, you can ask your agent to check to see if you qualify for a lesser rate. Sometimes, promotions are directed to certain clientele. More importantly, if you want a certain cabin, reserve it as soon as possible to avoid being disappointed.

HOW DO I KNOW IF I AM DEALING WITH A GOOD AGENT?

Check out the company with which you are dealing. Try using one with a good reputation, or select the company that touts being a top producer with the cruise line of your choice. This typically means there is buying power, and the company will have special pricing or amenities available. Ask the agent if the company has ever sailed with the cruise line in which you are interested, or if it has had special training. You need to feel comfortable dealing with the agent.

WHEN IS THE BEST TIME TO TRAVEL?

If you are traveling to any exotic port, there usually are softer booking periods in which pricing can be hundreds of dollars lower. For example, if you are sailing to Alaska, book in May or September, and your savings will be substantial. The Caribbean is dirt cheap in the fall. So inexpensive, it's almost free. Well, maybe not, but it can be less than \$100 dollars per day, which

is cheaper than staying home. Again, choose a reputable, knowledgeable agent who can guide you to these savings. Sometimes, being flexible is key to saving money.

HOW DO I FIND THE BEST CRUISE DEALS?

Ask if your travel agent sends out weekly specials. Most competent agents send out a weekly email promotion. This will give you a heads up when there are special cruise deals. In other words, agents regularly have access to cruise line promotions. They include shipboard credit, cabin category upgrades, reduced payment deposits, coupon booklets for onboard savings and even free gratuities. You will miss the deal, however, if you don't know about it.

Most importantly, make sure your agent asks you questions to help determine if you are sailing on an appropriate cruise for you. For example, if you want peace and quiet, you do not want to be on a cruise catering to spring breakers.

Next month, watch for our review of Norwegian Cruise Line's newest ship the Norwegian Escape. We are sailing on her maiden voyage from Southampton, England, to Miami. ■

If you haven't cruised in a while, or would like to know what some of the specials cruise lines currently are offering, contact Sue or Bruce Mitchell, your Cruise Planners travel specialists, of Red Mountain Travel. Visit the website at redmountaintravel.com. You also can send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.



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EDUCATION

Conversation highlights teaching approach of this exceptional educator

Story by Laurie Struna
Photo by Tim Hacker

Tom Mitchell, a Language Arts and English teacher at Mesa Academy for Advanced Studies, is a natural educator.

Tom started teaching 50 years ago, instructing formal swimming lessons at age 10. He's been an educator with Mesa Public Schools for 17 years.

Q: What do you love about your profession?

Tom: My students. I love the look in my students' eyes when they get it, or when they are listened to with appreciation. I enjoy watching them grow into young adults who make their parents and teachers proud. I marvel at their unabashed enthusiasm for life, idealism and for hard questions. I love knowing they will touch their part of the world with mercy and justice.

Q: What is your favorite part of the school day?

Tom: Holy buckets. That's like asking the old woman in the shoe which of her children was her favorite. It's the fact every period I get to greet students at the door. It's also the honest revelations in their journals, too, or their discussions during seminars.

Q: How do you reach your students?

Tom: Every student who comes into my room gets a handshake—every day. It is my way of telling them I'm thrilled they are here, and thrilled we get to spend



time together. I listen carefully when they speak, and read honestly what they write. I demand they be their best selves in my room because that's what I'm striving to give them—my best self.

Q: What are your favorite childhood memories?

Tom: Of a teacher who said, "I believe in you." He then proved it every day of the school year by demanding my best effort. Also my dog, Licorice, being so excited to see me that her tail would wag itself around and around until she was turning in a giant circle.

Q: What is the best advice you received and from whom?

Tom: My best advice came from many people and is distilled into this: "You deserve to be the best you; so does your world." ■

For more information about all Mesa Public Schools, please visit mpsaz.org.

EDUCATION

Red Mountain High School WELDING TEACHER IS HONORED

Submitted by Al Bielsky

Red Mountain High School teacher Dan Hurst has a passion for welding, and recently he was honored for his exuberance with a Certificate of Appreciation, from the Mesa Masonic Lodge, at the group's Teacher Recognition Night.

"I have been a welder all my life," said Dan. "It started when I was 8 years old, with my father teaching me." His experience is extensive.

Many of his 35 years of welding experience include working on planes for the U.S. Air Force, along with commercial and cargo planes, as an employee of an aerospace company at Phoenix Sky Harbor International Airport.

Dan has been a teacher at Red Mountain High School for three years now, and while not a novice at instruction, he was new to teaching at the high school level. "Dan is a natural educator," announced a speaker/presenter at the Masonic Lodge event. "He has taken a welding program in need of rehabilitation, and elevated it to one of the most respected in the state," he continued.

"Dan's students are achieving unprecedented certifications, and finding themselves placed in prestigious intern-

ships," the night's presenter said. "Most telling has been the fact the numbers within the program have grown to the point there is a waiting list for students eager to enter the program."

Knowing what it takes to be a welder in the real world, Dan said his goal is to create "...well-rounded students who know the industry standards, and represent themselves as the skilled professionals they are."



Bringing in industry experts to teach is just another way Mesa Public Schools is meeting the needs of its diverse population, while giving every student a chance to shine and find his niche. With Dan Hurst at the helm, watch out. It will be a ride! "Welding has been really good to me," said Dan. "Now, it's my time to give back to the community." ■

For more information on the welding classes, contact Dan Hurst at Red Mountain High School at mpsaz.org.



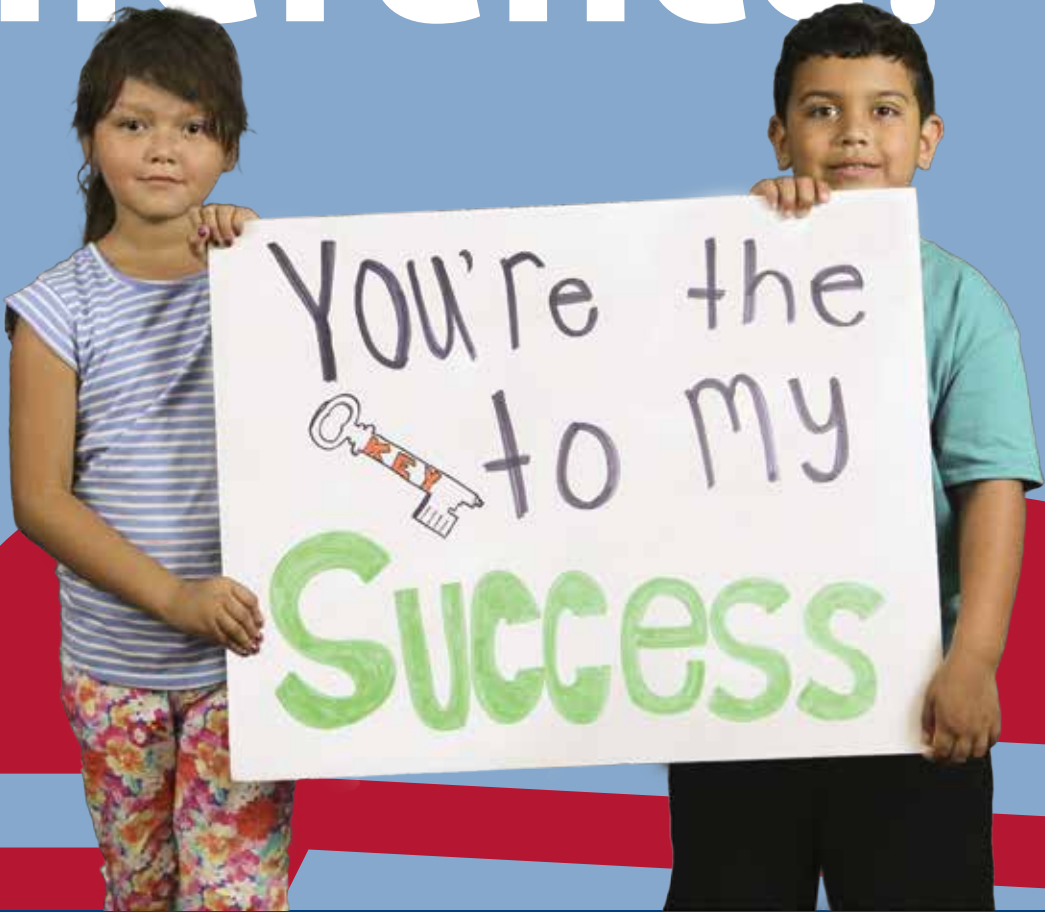
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Submitted by H and I Automotive
When keeping your vehicle's brake and suspension components in good repair, your car will be safer to drive.

Most owners are good at keeping their braking systems up to par due to the fact worn out brakes give you audible signals, such as squealing or grinding. Unfortunately, when it comes to suspension issues, the driver may not even be aware of them. This is especially true with worn out struts and shocks.

First, let's cover what your struts and shocks actually do. If your answer is, "They stop your vehicle from bouncing," you are only 30 percent correct. Struts and shocks serve three purposes, ride comfort, provide downward pressure to keep the tires in contact with the road, and control the movement of your suspension during maneuvers.

So, to simplify, struts and shocks help the driver control the vehicle and provide a comfortable ride. Because struts and

shocks lose their functionality slowly over a long period of time, the driver is unaware of any issue.

When your struts and shocks start to weaken, your stopping distances will increase, and the vehicle will not respond as fast to driver input when making sudden changes in direction. So, when you need to make that sudden stop, having good struts and shocks can be the difference between hitting the vehicle in front or stopping in time.

Also, when it comes time to avoid that piece of debris in the road, well maintained struts and shocks will allow you to dodge around it and return to your previous path with much less effort.

It is very important to have your struts and shocks inspected at least once a year. A qualified technician can spot signs of potential problems, such as fluid leakage or worn parts. Manufacturers advise that when your vehicle reaches 50,000 miles, your struts and shocks have already become compromised. It is recommended to have them replaced before 100,000 miles. Replacing your worn struts and shocks will give your car a like new feel and improve its safety. ■

H and I Automotive, located at 5338 E. Main St., will inspect your struts and shocks during every visit. We have been serving the East Valley since 2009, and have two Automotive Service Excellence certified master technicians on staff. We provide complete automotive care and repair. Please call us at (480) 985-9279, or visit us online at handiautomotive.com.



Real Estate In Las Sendas

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Sales for the Month of October 2015



Address	Square Feet	Community	Sold Price
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3460 N. Stone Gully St.	1,821	Grayhawk	\$294,500
2423 N. Raven Cir.	2,219	Grayfox	\$309,000
2737 N. Raven	1,926	Trailridge	\$327,000
7532 E. Wolf Canyon Cir.	2,451	Mountain Gate	\$333,000
3060 N. Ridgcrest #202	2,732	Desert Vistas	\$380,000
7961 E. Sierra Morena Cir.	2,814	Eaglefeather	\$431,500
3703 N. Paseo Del Sol	2,649	Highlands	\$470,000
7352 E. Sayan St.	4,275	Boulder Mountain	\$485,000
4030 N. Silver Ridge Cir.	3,135	Legacy Hills	\$525,000
3430 N. Mountain Ridge #29	3,330	Sonoran Heights	\$610,000
4006 N. Pinnacle Hills Cir.	3,610	Pinnacle Hills	\$669,000
8226 E. Vista Canyon Cir.	4,420	Pinnacle Ridge	\$1,075,000

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

LOCAL BUSINESS

Remodeling Is Made Easy with Cabinet Solutions USA

By Jamie Killin
Whether you're looking to remodel your kitchen or bathroom, or you need cabinets in another area of your home, the process can be overwhelming.

Scottsdale-based Cabinet Solutions USA is an easy solution. The company offers homeowners and contractors a wide variety of high-quality cabinets for any room—all of which are made in North America by American-owned companies. There even are some pre-assembled cabinets ready to take home, eliminating the hassle of having to wait four to six weeks for delivery.

Since Cabinet Solutions USA is a subsidiary of Affinity Kitchens, they have fantastic partnerships with many different companies. This helps them to keep prices low.

"We are able to provide something very unique and innovative at competitive pricing," said owner Stephen Klassen.

Included in this low price are great quality pieces, with many products even including lifetime warranties.

Additionally, Cabinet Solutions USA offers access to certified, professional designers who can help homeowners put together the perfect space with their new cabinets.

"This service really sets us apart," said Stephen.

Those who want something personalized or unique also have the option of creating custom cabinets, which can be produced in as little as three weeks. Designers help homeowners create cabinets to perfectly fit their space and

personal style.

With the help of a seasoned designer, customers pick out their cabinets. Cabinet Solutions USA can then put them in touch with a contractor. This is an invaluable service for those customers uncomfortable with installing the cabinets themselves.

"We have great relationships with many licensed contractors," Stephen said. "We certainly help out along the way."

In addition to serving customers by providing affordable, high-quality cabinets and professional design services, Cabinet Solutions USA makes it a priority to give back to the community.

"We believe very strongly in being good stewards in the community," said Stephen.

This includes giving back to charities, such as Jared Allen's Homes for Wounded Warriors, Habitat for Humanity Central Arizona, Opportunity International and the Phoenix Rescue Mission.

Cabinet Solutions USA also works with Stardust Building Supplies, a non-profit discount building materials warehouse, to recycle cabinets. These recycled cabinets can either be installed in new Habitat for Humanity homes or sold, with the profits being donated back to Habitat for Humanity.

"One of the cool parts of remodeling your home these days is it doesn't mean you're filling up a garbage site," Stephen said of the recycling program. ■

Cabinet Solutions USA's showroom is located at 7848 E. Redfield Road, Suite 15, in Scottsdale. For more information, call (480) 348-9711, or visit cabinetsolutionsusa.com.



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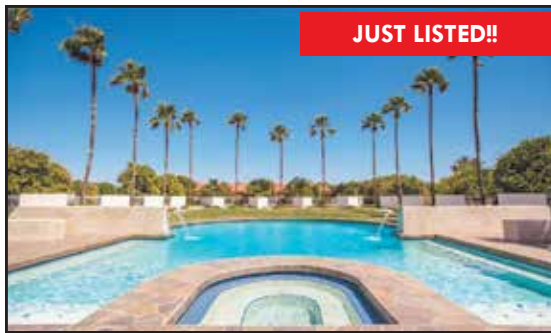
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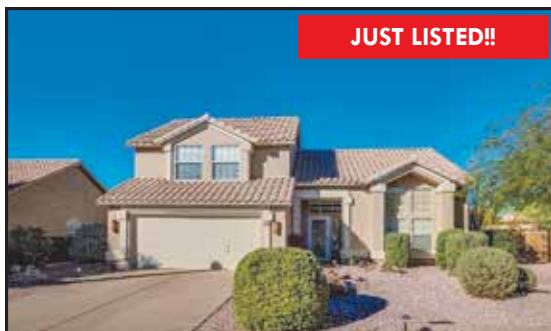


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HEALTH

THERE ARE REASONS YOU FEEL Awful During Allergy Season

By Stuart H. Agren, MD
If you ever have wondered how some people can skate through spring and fall in high health while you are miserable with each new pollen onslaught, some of the credit may go to your parents.

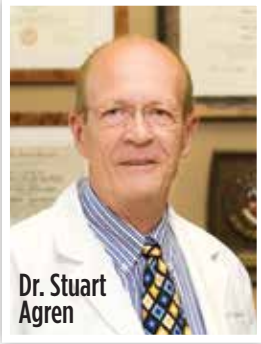
Statistics show that if you have one allergic parent, you have a 50 percent chance of developing allergies. If both of your parents are allergic, your chances rise to 75 percent. Allergies can surface at any age, ranging from infancy to the senior years, and play out through an internal allergy war.

THE ALLERGY WAR

The body is naturally hard-wired to fight off germs. That's how you stay healthy. But allergies occur when your immune system gets confused and mistakes harmless allergens in the environment (pollen, pet dander, mold, etc.) for germs, which must be obliterated.

Perhaps you have encountered these pollens before without incident, but for some reason, your immune system may suddenly decide to flag the allergens as enemies. In response, white blood cells in your body release an explosion of chemicals (such as histamine) into your body. These chemicals cause swelling and inflammation—the common denominators of most allergic misery.

If you have a stuffed-up nose, you know firsthand the effect of swelling of your nose lining. If you have had the tight feeling of asthma in your chest, you know all about swelling of the airway lining. If you have had hives, you have seen and felt the result of inflammation of the skin.



Dr. Stuart Agren

ALLERGY SHOTS VERSUS ALLERGY DROPS

The good news is even if you inherited your allergies, you do not need to be stuck with them. While pills, inhalers and topical creams can take the edge off of various allergy symptoms, a treatment known as allergy immunotherapy has been shown to alter the underlying allergic disease. In essence, it teaches your immune system to stop overreacting to allergens in the environment.

Immunotherapy previously was available only through shots, but it is now available through oral drops, which dissolve under the tongue and absorb into the bloodstream. The drops are safer than shots, so they can be dosed at home rather than under direct medical supervision. This often makes them a better choice for young children and people who don't have time to go to the doctor for allergy shots.

If allergies are cutting into your quality of life, talk to a physician to find out if you are a candidate for allergy immunotherapy. ■

Stuart H. Agren, MD, opened the Family Allergy Clinic in the East Valley in 1985. He has helped more than 15,000 patients overcome food and pollen allergies. Peers recently chose him as a Phoenix Magazine Top Doc. For more information, or to make an appointment, call (480) 827-9945. You also can visit FamilyAllergyClinic.com.



HEALTH

Learn about the latest in hearing aid technology WHILE ENJOYING LUNCH

Submitted by Good Sound Audiology

Dr. Tina Jessee, of Good Sound Audiology, will conduct a public seminar, on Dec. 9, from 11:30 a.m. to 1 p.m., to showcase the latest hearing aid technology, and to help patients understand the myths and misconceptions surrounding hearing loss and the available corrective options.

This seminar, including lunch, will take place at the Red Mountain Multigenerational Center, at 7550 E. Adobe Road. The seminar is open to the public. Due to limited seating, RSVPs are required. Call (480) 634-6100.

"This often is the time of year when you notice mumbling or difficulty hearing specific sounds because more people and family members are around for the holidays," noted Dr. Jessee. This free seminar is designed to educate people to the Truth About Hearing Aids, including the latest in Bluetooth technology, and how you can hear better in background noise. Hearing your family this holiday season is the focus of the event.



ABOUT GOOD SOUND AUDIOLOGY

Tina Jessee, AuD, of Good Sound Audiology, is a licensed dispensing audiologist in private practice in Mesa. Good Sound Audiology has a variety of services, including hearing evaluations for all ages; hearing aids, fittings, and complete hearing aid services; assistive listening devices; and custom ear molds for hearing aids, iPods or Bluetooth. Good Sound Audiology has three locations to serve patients. Offices are in Gilbert, Sun Lakes and Mesa. If you are unable to attend the seminar, please call (480) 634-6100 to schedule a personal consultation with Dr. Jessee. ■

Confused about hearing aids?

- Why do hearing aids cost so much?
- How can a hearing aid be "invisible?"
- I don't get all of this bluetooth stuff.
- What's the difference between digital and wireless?

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LOCAL BUSINESS

Poppy's Home Décor HAS SOMETHING FOR EVERYONE

Submitted by Poppy's Home Décor

Whether you are redecorating your home, going out for a tasty lunch, or shopping for that special gift, Poppy's Home Décor is the place to go.

Everything in Poppy's is pretty to look at or just makes you feel good. The space is filled with lovely and unique furniture, wall art, as well as fantastic, wonderfully designed florals. There also are elegant or whimsical home accents, lighting, accessories, rugs, one-of-a-kind gifts and jewelry. If Poppy's doesn't have what you want, you can order it from the store's vast collection of catalogs.

Poppy's specializes in interior design, and has one of the best interior designers in Arizona, namely, the extraordinarily talented, highly creative, vivacious Susan Haviland. Susan not only is the interior designer and the buyer for Poppy's, but she also is the owner. As an award-winning interior designer, Susan's most important goal is for you to love your home. She will come to your home for a design consultation at a nominal fee to achieve that goal.

Poppy's Home Décor design center is a marvelous, always expanding resource for anything you could possibly want or need for your home. Poppy's also has a very talented crew of artisans who can make and do anything for your home, such as create and install beautiful window coverings designed specifically for you, and design and make bedding and custom headboards. No job is too large or too small. Poppy's

has muralists, painters and wallpaper hangers, as well as tiling specialists, floor installers and electricians. Any home artisan or worker you might need, Poppy's can provide.

Holiday magic is found in store with an exquisite display of beautifully decorated Christmas trees. In-home tree decorating service is also available, but is booking out very quickly, as the holidays are fast approaching.

Floral designs, faux and fresh, are readily available, as Poppy's has a talented array of floral designers on staff who specialize in one-of-a-kind floral arrangements, which also can be custom made for your décor. A full service florist is available to provide fresh flowers for any and all occasions.

Having a party? Let Poppy's Picadilly Square cater it for you. Anything from the menu is provided, or special dishes are prepared for your event. Party platters, dessert

trays or gift baskets are available.

Poppy's offers workshops, classes and demonstrations. One of Poppy's most popular events is the Designer Diva's night. Designers demonstrate how to make all kinds of beautiful and unique floral designs. Favorite things are shared, and the interior designer will impart ideas on current trends and tips for the home. There are door prizes and giveaways. The highly enjoyable and informative Designer Diva's evening, which includes dinner and dessert, is always a great girls' night out. ■

For more information, call (480) 325-4900. Poppy's Home Décor is located at 7143 E. Southern Ave., Suite 107, just east of Power Road.



Susan Haviland

HEALTH

THE WRIGHT SMILE IS FOR YOU



Dr. Wright

Submitted by Wright Orthodontics

Wright Orthodontics, with five locations in the East and West valleys, provides treatments for adults, teens and children, while featuring the latest in orthodontic care.

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Dr. Wright, a native of Arizona, has been serving the East Valley with superior orthodontic care since 2005. He completed his undergraduate studies at Brigham Young University. After graduating, Dr. Wright attended the University of Maryland, earning a doctor of dental surgery degree. From there, he obtained a certificate of advanced graduate studies in orthodontics and dentofacial orthopedics, from Jacksonville University Dental School of Orthodontics. ■

For more information about Wright Orthodontics, visit our website at Wrightortho.com. For a complimentary consultation to any of our offices, call (480) 835-0567.

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LOCAL BUSINESS

TRY SALTWATER POOL SYSTEMS MADE IN THE USA

By Dawn Abbey
The idea of sanitizing your pool without the chemical residuals of chlorine or bromine is a popular one for a lot of pool owners.

“Saltwater pool systems are energy efficient, give the water a soft feel, don’t irritate skin or eyes, and greatly reduce pool chemical costs,” said Chris Quam, owner of Arizona Pool Guy Inc.

“Unfortunately, we’ve found that a lot of saltwater pool systems don’t really work very well or require a lot of maintenance,” Chris stated. “The electrodes tend to get calcium and mineral buildup, stop producing chlorine, and have to be cleaned often with acid. Not a fun job.”

“We’ve been impressed by a saltwater pool chlorine generating system that is almost entirely self-cleaning, reasonably priced, and we feel confident in recommending it to our customers,” he said. “It has many features other units don’t, and it’s made in the USA by a local company.”

Chris explained how a saltwater pool system works.



Chris Quam

Initially, you add regular salt to your pool. As the pool water is pumped through the system, electrolytic cells convert the salt to free chlorine. After the chlorine sanitizes the water, it recombines back into salt, and starts the cycle over again. The salt keeps recycling, so very little is used, and rarely needs to be added.

Since salt is a natural product, it is more environmentally friendly, and is a safer alternative to liquid chlorine or tabs. Your pool water will feel softer, and it won’t irritate your skin and eyes, turn your hair green or fade your swimsuit.

The main reason we like this unit is because once it is installed (and it definitely needs to be done by a qualified professional), there is hardly any maintenance. The inline flow sensor, the power pack/control center and the cell.

Best of all, the electrolysis cell is in a see-through housing, so you can tell if it is operating or when it has calcium buildup forming and needs to be cleaned. Most systems don’t, so you have to open them up to check. Because the cell reverses polarity every six hours, most calcium buildup is dislodged. “How often it needs to be cleaned will depend on the hardness of your water,” Chris said.

If buildup does occur, you or your pool service tech can turn off the system, and then knock off the scale with the special stick provided. No need to use the acid/water solution required by most other salt systems, which is cumbersome, and can negatively impact the longevity of the cell.

“If you are considering a saltwater system for your pool, give us a call at (480) 699-0607, and we’ll give you all the information,” said Chris. ■

Arizona Pool Guy Inc., voted the Best Pool Company for Best of Mesa 2014, is licensed, bonded and insured, ROC #243628.



COMMUNITY

STUDENTS NEED YOUR HELP WITH FOOD DRIVE

Submitted by Mathnasium of Mesa
Mathnasium of Mesa is joining all Mathnasium centers in the area to participate in a food drive, from now through Dec. 17, to benefit St. Vincent De Paul.

The goal of the food drive is to collect 100 cans of non-perishable food per center. With a total of 10 Mathnasiums in the area, the food drive will result in 1,000 cans of food for those less fortunate in the community.

“This is a great cause,” said Mathnasium of Mesa owner Karen Jackson. “Come help the community and our students.”

Mathnasiums students receive two stamps for every can of food they donate, while non-members receive one free homework help session.

Anyone wishing to help the students accomplish their goal for the food drive is encouraged to contribute canned goods. Please bring them to the drop-off location, at Mathnasium of Mesa, 2836 N. Power Road, at the northwest corner of Power and McDowell roads, in the Bashas’ Complex, next to Orange Theory. ■

For more information about Mathnasium of Mesa or the food drive, call (480) 325-6284. You also can send Karen Jackson an email at mesa@mathnasium.com.





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College Park | E Baseline Rd & S Rural Rd | Tempe | 480.897.9790
Squaw Peak Plaza | N 16th St & E Glendale Ave | Phoenix | 602.277.5669
Via Linda | E Via Linda & N 90th St | Scottsdale | 480.292.8318
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The UPS Store

Submitted by Thrivent Financial

If you're like me, you may have a hard time deciding how to give. Some may choose to give their time and abilities through volunteer service, while still others provide financial support. Charitable giving provides an opportunity to engage both head and heart in making a difference.

- **Choose a reputable organization.**

Never give to an organization without first knowing its purpose and effectiveness. The Philanthropic Advisory Service of Better Business Bureaus and National Charities Information Bureaus can help.

- **Budget for donations.**

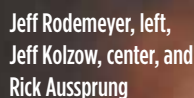
Systematic gifts spread throughout the year may help donors give more than if they give a one-time gift based on their financial leftovers.

- **Keep good records.**

To deduct donations for tax purposes, people must keep appropriate records of their contributions. The type and value of one's gift may require specific forms of acknowledgement from the recipient organization. For details, see Internal Revenue Service (IRS) Publication 526.

- **Take advantage of tax benefits.**

For a charitable donation to be tax-deductible, the charity must be recognized by the IRS as a qualified organization.



- **Give generously and wisely.**

From wills, living trusts, charitable gift annuities, endowments and mini-foundations, to gifts of appreciated stock, retirement funds or real estate, there are many vehicles through which individuals can make charitable gifts. Special care should be used to determine which option meets one's financial circumstances. Gifting some assets to IRS-recognized charities may potentially reduce capital gains tax. Life insurance also may be an excellent option to magnify a gift.

- **Consult with experts.**

Always consult a financial, legal and/or tax professional before putting a gifting plan into action.

When moved to make a difference, donors should remember there are many options for making a financial gift. Just be sure to explore the options, and enlist appropriate

Thrivent Financial prepared this column for the use of your local representatives. ■

Thrivent Financial is represented in the Red Mountain area by Red Mountain Group, which includes Jeff Kolzow, Jeff Rodemeyer and Rick Aussprung, at 2941 N. Power Road, Suite 105. For more information, call (480) 396-5333.

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HEALTH

LAS SENDAS DENTAL HEALTH

TREATS SLEEP APNEA

Submitted by Las Sendas Dental Health

Sleep apnea is a condition whereby a person's breathing is closed off for a period of time during sleep, sometimes occurring as many as 100 times in a night.

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

An 18-month study involves sleep apnea patients at the South Texas Veterans Health Care System. An oral appliance, called the Thornton Adjustable Positioner (TAP), is used to treat those suffering from moderate to severe sleep apnea.

According to Dr. Paul McLornan, at the University of Texas Health Science Center at San Antonio, many patients with moderate to severe sleep apnea were not adhering to standard treatment with continuous positive airway pressure (CPAP) machines. Many factors, including the noise, cumbersome attachments, bloody noses and the lack of flexibility of different sleeping positions prevent many people from using their CPAP machine.

Dr. McLornan's study proves the TAP device, which is smaller and fits in a patient's mouth, is now an option for patients with mild, moderate and now even severe sleep apnea. He states it was previously thought treatment for patients suffering from severe sleep apnea was limited to the use of the CPAP or surgery. This study adds to the body of medical and dental research literature by showing oral appliances can be effective in treating people with severe sleep apnea.

The device is less cumbersome and better tolerated by patients. It is also much less invasive and costly than the CPAP or surgery. Patients in the study were fitted with the TAP appliance, and given a tiny key, which fits in the front of the device.



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

The patients are then evaluated using standard sleep studies to determine whether or not their sleep had, indeed, improved. It was found patients improved significantly using the TAP. (Source: Mission, University of Texas Health Science Center, San Antonio, Spring 2009) ■

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

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REAL ESTATE

Here Are Eight Reasons to List Your Home in December

By John Karadsheh

It must sound crazy, but there are some great reasons to list your home during the holidays.



1. People who are shopping for homes in December are more motivated.
2. According to Realtor.com, Internet searches for real estate surge during the holidays. Even if buyers don't physically go out and look at houses in December, the data tells us they definitely are spending a lot of time searching for real estate online during the holidays, in preparation for the spring buying season.
3. Typically, there are fewer houses from which to choose during the holidays, and less competition is always a good thing for sellers.
4. Houses show better when decorated for the holidays. Just don't overdo it, and let us photograph the house before you decorate.
5. Buyers often have vacation time, especially between the Christmas and New Year holidays, giving them extra time to look at homes.
6. Visitors come to town to gather with family and enjoy great local activities, such as the Fiesta Bowl. After a few days of enjoying the beautiful weather, they very often become spontaneous buyers.
7. Some buyers must purchase by the end of the year for tax reasons (again, more motivated shoppers).
8. January is a natural time for people to begin new jobs. It also is the beginning of the second semester of school for kids. Consequently, individuals and families look at the end of December and beginning of January as an ideal time to make a move.

If you are thinking of selling in 2016, the peak season for buyers in the Valley is from January to June. Call me any time for a complimentary market analysis. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 12 years. You can reach John at (480) 568-8684, or visit his website at KORproperties.com.

LOCAL BUSINESS

These Gourmet Pies MAKE TASTY HOLIDAY GIFTS

Submitted by Piefection

We all seem to be busy during the holiday season, but perhaps not as busy as Cheryl Standage, owner of Piefection.

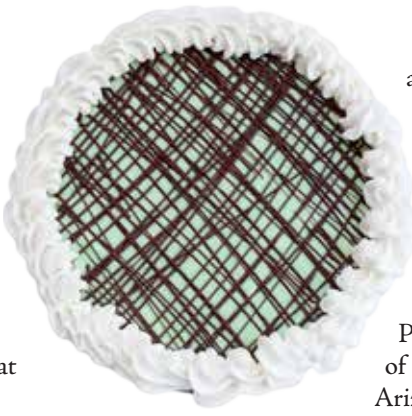
The gourmet pie bakery, located at the southwest corner of Power and Brown roads, is enjoying another busy holiday season. "We love it," said Cheryl. "We see more orders come in every year, because people are finding what a great gift pie can be for everyone."

So, to whom does one gift pie? "There's a pie for everyone on your list," Cheryl promised. "We have more than 50 varieties of scratch-made pie from which to choose."

When asked who customers buy for, the answer is as varied as the pies themselves. "We have people gift pie to their neighbors, teachers, hairdressers, babysitters, housekeepers, you name it," Cheryl said. "And they all love it because there's a variety for everyone. Chocolate lovers want Chocolate Silk or Chocolate Cream," she continued. "There's cheesecake, fruit pies, and three really popular pumpkin varieties, and for people who don't like sweets, there are pot pies and quiche."

According to Cheryl, pie has become very popular for corporate gifting. "Businesses give us a list of clients, employees, patients or prospective clients," she said, "and they tell us what kind of pies they'd like. Then, we get a pie to everyone on that list. We've had great feedback from everyone, and they come back each year."

The success of corporate gifting is due, in part, to the offer of shipping and delivery. "We have shipped pie all over the U.S. and even to Japan and Chile, and the customers said it arrived in perfect condition," Cheryl said. Piefection also offers local delivery for a fee.



It's no surprise orders are flowing in, as Piefection was named Mesa's Best Bakery for the second year in a row. "It's an honor," Cheryl said of the accolade. "Mesa has been so good to us."

Mesa has been good for Piefection, and Piefection has been good for Mesa. You will agree when your neighbor brings over a sweet Country Apple Pie. And you will put a smile on the faces of your associates when you hand them an Arizona Orange Pie. If the variety seems daunting, they also offer gift cards. Make the holiday merrier for everyone by giving the gift of pie. ■

Piefection, located at 6731 E. Brown Road, Suite 104, is accepting Christmas orders through Dec. 21. Orders can be placed in the store, online at piefectionaz.com, or by phone at (480) 218-PIES (7437).



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Submitted by Frank Spaccrelli

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"We also will have live entertainment by Brothers West, from 5 to 7:30 p.m.," Frank said. "So, what are you waiting for? Pacino's is the happening spot for New Year's Eve and all of 2016." ■

Pacino's is located in The Village at Las Sendas, at 2831 N. Power Road. For information or take-out orders, call (480) 985-0114. Hours are 11 a.m. to 9 p.m., from Sunday through Thursday, and 11 a.m. to close, on Friday and Saturday. Visit them online at pacinosaz.com and at facebook.com/pacinosrealitalian.



By Jamie Killin

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EDUCATION

MCC at Red Mountain celebrates COMPLETION OF FINAL PHASE OF CIENEGA

Submitted by Dawn Zimmer

Those interested in desert preservation recently came together to celebrate completion of the final phase of the cienega at Mesa Community College (MCC) at Red Mountain, located at 1710 E. McKellips Road.

The fourth and final phase of the MCC cienega was the installation of educational signage. The signs were funded through a \$54,736 Heritage Grant from the Arizona Game and Fish Department to educate and alert visitors of the sensitive nature of the cienega, and provide information on the importance and natural history of desert wetlands and the species living within this unique habitat.

"These signs represent not only the completion of a six-year journey to providing our students and public with a top-notch exhibit and reserve, but also the commitment of the Red Mountain team to MCC's mission," said Andrew Holycross, MCC Biology Faculty.

MCC Life Science Department Chair Andy Baldwin said, "Finding a cienega while hiking in nature is truly like finding a gem in the desert. This reconstructed oasis at MCC Red Mountain has been years in the works, and just recently has it all finally come together into one most impressive outdoor display."

"Red Mountain's cienega has native plants and

animals, including several endangered species, some of which are already reproducing," he continued. "The new signage explains the importance and functions of cienegas, all of which can and will be incorporated into classroom curricula. I encourage everyone to go check it out. Once people realize the beauty of the campus, they often never look anywhere else for classes."

The first phase of the cienega project was the installation of a wetland surrounded by native vegetation in the central courtyard of the campus. This phase was complete in April 2010, with the introduction of longfin dace fish to the pond. The cienega uses reclaimed water from rooftops, and is supplemented by city water. A large underground reservoir moderates daily and seasonal temperature fluctuations. Water is cleansed using an advanced biofiltering system.

Phase two, completed in 2012, involved the installation of a gated three-foot barrier fence to protect cienega wildlife. Tortoises were introduced in October of the same year.

Phase three involved the introduction of populations of endangered wildlife in cooperation with Arizona Game and Fish Department; the United States Department of the Interior Fish and Wildlife Service; and the Phoenix Zoo. Endangered desert pupfish were introduced in November 2014 and are thriving.

MCC at Red Mountain received a 2014 Founders Conservation Award, from the North American Native Plant Society, recognizing its extraordinary contributions to the conservation, protection or restoration of the natural heritage/native flora of North America.

Mesa Community College is nationally recognized for its service-learning, civic engagement and innovative educational programs, which include university transfer, career and technical, workforce development, and lifelong learning. Host to 40,000 students annually, MCC offers more than 195 degrees and certificate programs at its two campuses and additional locations.

MCC's student body hails predominantly from the East Valley of Phoenix, and includes veteran, American Indian and international students who enrich the learning experience. Award-winning faculty are dedicated to student success, providing the education and training, which empowers MCC students to compete locally and globally. Celebrating its 50th anniversary this year, MCC is one of 10 colleges comprising the Maricopa County Community College District. The district also includes the Maricopa Corporate College and two skill centers. ■

For additional information about Mesa Community College, visit mesacc.edu.



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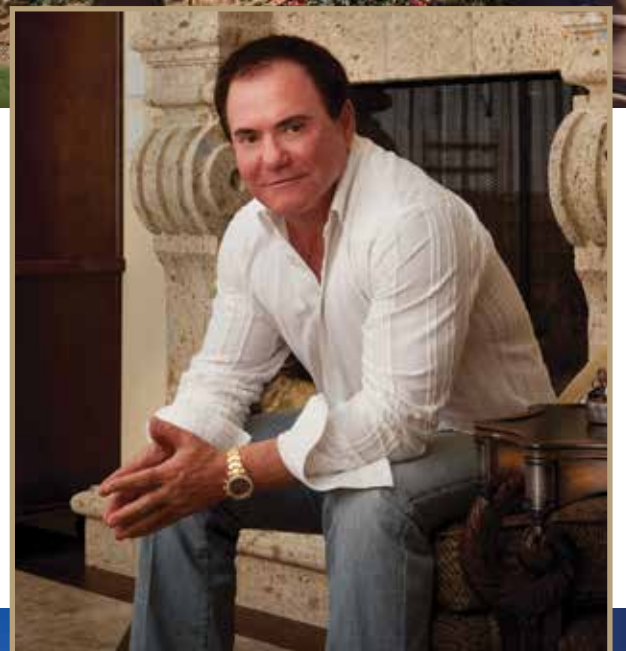
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