

Red Mountain Ranch Up Close

Bringing neighbors closer to their community

December 2016

Amberwood Homes Offers Three Custom Home Plans

By Jamie Killin

When it comes to custom homebuilding in the Valley, there's no one more experienced than Billy Johnson, master builder and founder of Amberwood Homes.

Amberwood Homes offers more than 30 years of Valley home building experience, including unprecedented quality, top-tier personalized customer service and three standard feature plans, which helps buyers begin the process of getting exactly what they want.

The plans include the Gold Plan, or the base plan, which aims to be conservative with the home's features in order to keep costs down without compromising quality. The Platinum Plan is the middle plan. This plan option offers the quality of the Gold Plan, along with the sophistication of the top-tier Diamond Plan, while still finding ways to minimize costs and maximize craftsmanship.

The top plan, Amberwood's most popular, is the Diamond Plan. The pinnacle of luxury, this selection offers a multitude of high-end options, including upgraded appliances and finishes, as well as higher ceilings.

"We started offering the three feature plans because homebuyers always asked what was standard. When it comes to custom homes, standard is really whatever you choose," Billy said.

At Amberwood Homes, even the standard plan is far from ordinary, delivering the highest quality home and personalized attention. "Our Gold Plan would far

exceed many other builders' standard plans," Billy said. Regardless of the plan chosen, the buyer can rest assured the craftsmanship of the home never will be compromised. "I'm building quality homes," Billy said. "I'm not focused on quantity."

In addition to Amberwood Homes' high quality standards, Billy sets a precedent when it comes to personalized attention and customer service. He meets with each of his clients before they make the decision to work together, and he remains involved and accessible throughout the process.

"If you can't get in touch with me, it's because you're not calling," he said. Billy gives out his personal cell phone number to allow clients to get in touch with him directly, and even gives tours of his own home. This focus on relationship building is why so many of his clients are repeat buyers.

While Amberwood's three plans offer homebuilders a starting point, they don't limit the client's creativity, or compromise the integrity of the custom home building process. "My goal is to create a home that's unique and attractive," Billy said. "We want to create a home the buyers can live in, and be happy with, for a long time." ■

For more information about Amberwood Homes' three standard feature homebuilding plans, visit amberwoodhomes.com, or call the office at (480) 832-8161.



Elegant Dinner and Auction Will Support Youth Program



Submitted by Love of Christ Lutheran Church

Love of Christ Lutheran Church Youth Program will host an elegant *Night in the Superstitions* fund-raising event at Superstition Manor, on Feb. 26, 2017, at 5 p.m.

The steak and shrimp dinner, with open bar and a live and online auction, will support the youth program at Love of Christ Lutheran Church. All proceeds will provide scholarships, so our youth can attend mission trips and camps.

The auction will include the opportunity to bid on items such as a trip to the Kentucky Derby, Diamondbacks tickets, a family boat ride, a balloon ride for two, an estate planning package, a pest control inspection, a corporate formation package and tickets to Arizona State University Gammage.

The youth program is blessed with more than 100 amazing youth in seventh through 12th grade who are involved in giving back to our community through numerous projects.

Just a few of the projects include packing overnight

bags for foster children, putting together packs for homeless people and sponsoring a child through World Vision. The students also pack meals for Feed My Starving Children, and build ramps and sheds for people on the Navajo Reservation.

Over the next two years, our youth have the opportunity to grow their faith by attending camps and serving through mission work. The *Night in the Superstitions* will make these opportunities a reality.

Next summer, our junior high school youth will attend camp in Prescott. We will return to the Navajo reservation to serve the children by running a Vacation Bible School program.

Our high school youth have the opportunity to attend the *Dream Big Western States Youth Gathering* in Thousand Oaks, California. Then, in 2018, Houston is having a gathering of 30,000 youth and adult leaders for a week of worship, faith formation and service.

If you are interested in helping to make the fund-raising event a success, consider a donation to the auction, sponsoring a corporate table at the event or buying tickets for a wonderful evening and the opportunity to bid on one of these great items.

Corporate table sponsorships include perks, such as an ad in the event program, wine bottles at your table, master of ceremonies recognition during the event and VIP guest treatment. Gold, silver and bronze levels of sponsorship are available. ■

For information on purchasing tickets, sponsoring a table or donating to the auction, please contact the youth program office at Love of Christ Lutheran Church at (480) 981-6199.



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Published by

Phillips West

Publishing | Design | Writing | Photography

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LOCAL BUSINESS

FLANCER'S NOW OFFERS A
Delicious Breakfast Menu

Submitted by Flancer's Gourmet Grub

After 16 years, Flancer's Gourmet Grub is thrilled to announce its Mesa and Gilbert locations are now offering a fantastically fresh and exciting breakfast menu.

"In order to keep with our truly homemade traditions, we are proud to offer some exciting items you may not be able to find anywhere close," said owner and founder Jeff Flancer. "We are taking the road less traveled, and we think you'll be glad we did."

How about enjoying a breakfast burrito on a freshly made, completely homemade tortilla? Can you top that? Well, yes you can. Top it with New Mexican red or green chile sauce. Jeff was a New Mexican in the 1990s, and had a café in Santa Fe for nine years.

One of the things he misses most is New Mexican red and green chile sauce. "We are buying our chile from Hatch, New Mexico," Jeff said. "Our red chile is special ordered for our use. I am so pleased we are able to get this quality product from the land of some of the best chiles on earth."

So, how about a twist on Eggs Benedict? Rather than have a ho hum thawed out English muffin, have Flancer's homemade freshly baked biscuit, topped with eggs and smothered with New Mexican red or green chile sauce.

Flancer's also has a chorizo hash breakfast, complete with eggs, potatoes and biscuit, as well avocado toast, with eggs, tomato and cheese on their homemade baguette bread.

In addition, offered are real homemade hash brown potatoes, which are steam cooked, seasoned and sautéed on the grill top to a crispy golden brown.

Also, for those in a hurry, grab an egg and cheese biscuit or a handheld breakfast burrito before your Friday morning commute. In fact, make it a weekly pilgrimage.

Flancer's Gourmet Grub is working diligently to have breakfast be great and be fast. "We are working hard to get

our average ticket time in six to eight minutes, some in less time, but with most breakfasts taking under 10 minutes," Jeff stated. "I am working hard with my chef and cooks to really produce a great product in a short time frame."

Perhaps the best thing is right now there is no wait for a table. So, stop waiting for a great breakfast. Your time is too important. Flancer's is looking forward to serving you your new favorite breakfast meal. ■

Breakfast hours at Flancer's are Friday through Sunday, from 8 a.m. to 11 a.m.

Flancer's Gourmet Grub has two locations in the East Valley. The Gilbert location is at 610 N. Gilbert Road. Call (480) 926-9077. The Mesa location is at 1902 N. Higley Road. Call (480) 396-0077.



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LOCAL BUSINESS

VISIT VAPE A HOOKAH for All Smoke & Vape Needs

By Jamie Killin

Vape A Hookah is offering East Mesa residents an unprecedented high-end shopping experience for their vape and smoke needs.

The family-owned shop, which opened a few months ago, is one of few in the area, and aims to offer guests a positive and unique experience.

“We wanted a high-end smoke and vape shop,” said Samir, the owner of Vape A Hookah. “We didn’t want to be like everyone else.”

In addition to its high-end atmosphere, the shop sets itself apart by offering vape supplies, as well as everything a smoke shop would provide, allowing customers to conveniently purchase both products in one place.

“It’s a place where people can come in and get everything they want,” he said.

The store also offers a variety of different products, including accessories.

“We have it all,” said Samir.

Vape A Hookah already has developed a solid base of repeat customers who appreciate the knowledge and the attention to customer service the shop offers.

Samir, who has a background in engineering, is able to explain to customers exactly how the products they’re interested in buying work. He also can offer recommendations to help identify what will work best.

“We really know what we’re talking about,” Samir said. “We pay attention to our customers and listen to what they want.” ■

Vape A Hookah is located at 1118 N. Recker Road, Suite 111, at the southwest corner of Recker and Brown roads. For more information, visit vapeahooka.com, or call (602) 774-4488.



NEW BUSINESS

Goodwill Opens New Mesa Store

Submitted by Lindsay Hansen

Goodwill of Central Arizona will open a new store in Mesa on Friday, Dec. 16, at 9 a.m.

The brand new 21,500-square-foot store will be located at 2665 N. Power Road. The first 150 people in line outside the store will receive a \$5 gift card good toward their next purchase.

“We’re thrilled to be joining the Northeast Mesa community,” said Courtney Nelson, vice president of marketing and communications for Goodwill of Central Arizona. “Our research indicates a strong interest in Goodwill here, and we look forward to providing a convenient shopping and donating location. We hope many Northeast Mesa residents come out to the grand opening. There is always a plethora of treasures to be found at Goodwill.”

Donations and purchases at Goodwill help support their mission services. Goodwill provides no-cost resources to anyone in need of finding a job via their career centers, including job preparation services and access to hundreds of local hiring companies.

“With each new store opening, we hire 30 to 40 individuals,” said Courtney. “We need donation attendants, sale associates and retail merchandise processors. Hiring is underway now, and we encourage anyone interested to apply online at our website, goodwillaz.org.”

ABOUT GOODWILL

Founded in 1947, Goodwill of Central Arizona is one of the oldest nonprofit agencies in Arizona. With more than 70 locations, donating and shopping at Goodwill means you are fighting unemployment and promoting a sustainable environment. Last year, Goodwill helped place nearly 43,000 Arizonans in local jobs with more than 600 employers.

Each year, Goodwill diverts millions of pounds of material from going directly into Arizona landfills. It all adds up to one huge benefit—the betterment of our community. To learn more about our mission and services, visit goodwillaz.org. ■

RECIPE

Enjoy a Glass of Wassail WITH A SLICE OF PIE



Submitted by Piefection

Piefection is pleased to offer the following holiday favorite you and your family are sure to enjoy, especially with a slice of one of its fantastic pies.

WASSAIL

- 1 can frozen orange juice concentrate
- 1 gallon apple cider
- 1 64-ounce bottle of pineapple juice
- 1 cup sugar
- 2 teaspoons ground cinnamon
- 2 teaspoons whole cloves

Combine all of the ingredients in a large pot, along with an additional can of water once the orange juice concentrate is emptied from its container. Bring to a simmer. Simmer for about an hour. Strain to remove the cloves, if desired. Serve hot with a slice of pie. ■

For more information, call (480) 218-PIES (7437), or visit the website at piefectionaz.com. Piefection is located at 6731 E. Brown Road.

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COMMUNITY

Local UPS Store Participates in DONATION DRIVES

Submitted by The UPS Store

The UPS Store, at Power and McDowell roads, in the Albertson's Shopping Plaza, is collecting donations for Operation Santa Claus and Toys for Tots Literacy Program.

Your local The UPS Store is joining forces with ABC15 and Sanderson Ford and Lincoln to sponsor the 15th annual Operation Santa Claus donation drive. Collections are being accepted now through Dec. 17, and will benefit St. Mary's Food Bank, Southwest Autism Research and Resource Center, Military Assistance Mission and Ronald McDonald Charities of Greater Phoenix. Donations can include new, unwrapped toys, clothing items, packaged foods and monetary donations.

Launched in March 2008, the Toys for Tots Literacy Program offers the nation's most economically disadvantaged children the ability to compete academically and to

succeed in life. The program provides them direct access to books and educational resources, which enhance their ability to read and to communicate effectively.

All 100 percent of the proceeds go to support local children and literacy programs. Every dollar helps put a book into the hands of a local child in need.

During the holiday season, The UPS Store will be open extended hours, from 8:30 a.m. to 7:30 p.m., Monday through Friday; from 9 a.m. to 6 p.m., on Saturday; and from 10 a.m. to 5 p.m., on Sunday, through Dec. 23. The store will close early on Christmas Eve and New Year's Eve, and will be closed on Monday, Dec. 26. ■

The UPS Store is located in the Albertson's Shopping Plaza, at 2733 N. Power Road, Suite 102. For more information, call (480) 641-1744.



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Dr. Rashid is a board certified dermatologist, cosmetic and Mohs micrographic surgeon. She received her medical degree from Kansas City School of Medicine and Biosciences. She completed her internship at Oakwood Hospital in Trenton, Michigan and her residency at Midwestern University/Arizona Desert Dermatology Residency Program.

She has been published in numerous journals and received recognition for her volunteer work with the United Nations Health Mission and other various organizations within the state of Arizona.

*****Dr. Rashid is pleased to announce the recent merge with Advanced Dermatology - Dr. Michaud*****

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LOCAL BUSINESS

BE READY FOR THE MISTLETOE

By Dawn Abbey

With lights low and mistletoe dangling over your head, a gorgeous new shade of lipstick is a start when getting in the romantic holiday spirit, and fuller, softer lips, minus those pesky lip lines, help complete your best look.

“An amazing new lip filler from Allergan, trusted makers of Botox and Juvederm products, was recently approved by the FDA,” said Muschi Morga, spa director at Cosmos Salon and MedSpa. “Volbella was created specifically for lips and lip lines and is considered the most natural-looking enhancement created thus far. And, of course, we offer it at Cosmos just in time to work some holiday magic.”

Until now, Volbella only was available in Europe and Canada. Unfortunately, some of the older products caused uncomfortable temporary swelling and the unpleasant *trout pout* effect. Also, they tended only to last about six to nine months.

“Cosmos always wants to be on the cutting edge of medical aesthetics. So, as soon as Volbella arrived in town, we were selected for the pre-launch, which means we were one of the first to become familiar with the product’s properties,” Muschi said. “If anyone is reluctant to try a lip treatment because of those women proudly sporting a fish face, they can be assured Volbella, as well as other well-known lip fillers, will continue to be customized for each pair of lips. We are all unique, and lips come in all different shapes and sizes. There is no standard treatment at Cosmos.”

As with other fillers used at Cosmos, Volbella is a hyaluronic acid-based gel enhanced with painkilling lidocaine. According to Allergan, what makes Volbella unique is its patented Vycross technology, which, through more efficient cross-linking, creates a softer,



smoother gel, allowing for easier injection. Its lower hyaluronic acid concentration also means it is less hydrophilic (less likely to absorb water), resulting in greater lift capacity, reduced swelling and a more natural, longer-lasting result, the manufacturer further claims.

“A company-led study found more than 90 percent of test patients reported natural-looking lips, with more than 80 percent of them still satisfied with their results after one year,” Muschi related. “A year is an awesome length of time to retain lip fullness with a single treatment. While Volbella has not been out that long, we are liking what our clients do see and are maintaining.”

Volbella also works well to soften and smooth vertical lip creases (smoker’s lines). And the fact this formula is more like a silky serum makes it easier to inject and smoothly distribute.

“Again, one size does not fit all,” Muschi stated. “Please be sure to discuss what you wish to achieve with regard to your lips. Let our expert staff help you in determining if it is what you need. Often, we combine Volbella with a more hearty filler to provide additional support for the lips,” she continued. “Then, we add a syringe of Volbella like the icing on the cake. And no, it doesn’t hurt. Lidocaine and ice are amazing to ensure even the faint of heart can tolerate this quick and easy treatment.”

To get you ready for those holiday events, Cosmos is offering Volbella dermal filler for lips at only \$299 per syringe, a \$100 discount off the regular price. “We always offer complimentary consultations, so just call for an appointment or more information, and get ready to enjoy your holidays,” Muschi said. ■

For more information, call (480) 887-0671. Cosmos Salon and MedSpa is located at the northeast corner of Power and McDowell roads, in The Village at Las Sendas.

HEALTH

Good Sound Audiology AWARDS PRIZES

Submitted by Good Sound Audiology

Good Sound Audiology in Northeast Mesa recently hosted an appreciation event to reward the company’s loyal customers.



Dr. Tina Jessee with Mrs. and Mr. Barrientos

Attendees had the opportunity to tour the new office, meet the Good Sound Audiology staff and experience the latest in hearing technology, such as the Bluetooth hearing aid.

“We choose to only work with state-of-the-art technology,” said Good Sound Audiology owner, Dr. Tina Jessee.

Finding the right hearing aids, provided by the best doctors, can make all the difference in the lives of those who are hearing impaired.

“You should be able to expect better hearing,” Dr. Jessee said. “The hearing aids should be comfortable and look good, and you should be able to hear with background noise.”

The winners of the customer appreciation drawing included S. Freeman, who won the \$1,000 off prize, M. Forrester won \$500 off, and R. Barrientos won the free *Made for iPhone Hearing Aids (Halo)*, which he gifted to his wife.

Dr. Jessee, a Doctor of Audiology, has been practicing for 25 years. Joining her is Dr. Valarie Streich, also a Doctor of Audiology, boasting 15 years of experience.

“We hold the highest credentials possible, and we have a very high success rate,” said Dr. Jessee. ■

The new Good Sound Audiology location is at 6816 E. Brown Road, Suite 102. For more information, or to schedule an appointment, call (480) 634-6100. You also can visit goodsoundaudiology.com.

LOCAL BUSINESS

Prepare for the Holidays with Pro Clean Specialists

By Jamie Killin

When it comes to the busiest time of the year, when everyone’s focusing on their holiday plans and entertaining family and friends, it seems like the last thing anyone has time for is cleaning, despite all the holiday parties and festivities.

That’s where East Mesa-based cleaning company Pro Clean Specialists comes in. The company offers housekeeping services, as well as carpet cleaning and tile and grout cleaning to homes and businesses throughout the Valley.

Owner, Nesh Grubac, has 10 years of experience in



the industry, and has owned Pro Clean Specialists for two years.

“My staff has a lot of combined experience working with customers,” Nesh said. “We’ve found out what people don’t like and what they appreciate and do like.”

Pro Clean Specialists is a small company able to offer customers top-quality service and individualized attention.

Nesh recommends cleaning tile and grout once a year for all households, and having carpets cleaned every six to 12

months for residential homes with one to two people. Also recommended is carpet cleaning every six months for households with children and every three to six months for households with pets.

These top-quality cleaning services not only improve the look of the home, but they can improve the well-being of the residents, too.

Carpet cleaning services are able to pull nearly all allergens from the carpet, greatly improving the home’s air quality, as well as the health of those who suffer from allergies.

“We’re trained, certified technicians, using top-of-the-line equipment,” said Nesh. “You get what you pay for.” ■

For more information on Pro Clean Specialists, visit procleanspecialist.com, or call (480) 241-7513.

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THE VISTAS PAVILION

BUBBLES AND MORE BUBBLES!

Bring family and friends and join us for our Champagne and Sparkling Wine Reception and Dinner, with sparkling wines from Italy, Spain and France, paired with tray-passed appetizers and a four-course dinner on Dec. 10. The reception starts at 5 p.m., and dinner starts at 6 p.m. Call (480) 396-4000 for reservations.

March/April Wedding 2017 Special

The Vistas Pavilion is offering discounted ceremony and reception pricing for dates remaining in March and April 2017. For further details and package information, please call (480) 352-2614, or email tmcbean@lassendas.com.

Summer 2017 Wedding Special

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, August and the first two weeks in September 2017. The total cost is \$3,999 (does not include tax and gratuity) and includes the following items:

Ceremony

White garden chairs, wedding arch, setup and breakdown of the ceremony, gift table and lemonade station, champagne and fruit and cheese platter in Bridal Room.

Reception

An eight-hour venue booking, setup and breakdown of reception, tables, padded chairs, 12-by-12 dance floor, black or ivory tablecloths and napkins, votive candles on tables, complimentary cake cutting, bridal room, wedding coordinator and plated or buffet dinner.



WEDDINGS AT THE VISTAS PAVILION

What our Brides are telling us

Wedding Wire Reviews 5.0 / 5.0 for 2016

WeddingWire is the industry leader in local wedding venue reviews. Coupled with the most in-depth venue information, including more than 2.5 million business reviews, WeddingWire is the best place to search, compare and book more than 200,000 event merchants, from venues to photographers.

"We had a small wedding ceremony and cocktail reception at Las Sendas on Oct. 17, 2016. We were so happy with our choice. Las Sendas is absolutely beautiful! The sunsets are amazing! They were easy to work with from the beginning. I always received prompt responses to emails and phone calls. They double-checked all of the details to make the day run smoothly. They took such good care of us on the day of

the wedding. The staff was extremely professional and friendly. I actually felt like they were truly excited for us. The appetizers and drinks were great, and the setup for the ceremony and cocktail reception was beautiful. I highly recommend Las Sendas for your wedding."

"I dealt with the catering director who was awesome with making sure all questions and concerns I had were answered. The food was amazing and the location was great, allowing us to decorate before the party. All and all, my husband had a great time. All the staff members were great."

"The most beautiful venue with amazing spots for pictures! It's a golf course, but with the feel of a garden hidden in the mountains overlooking the Valley. Everyone was stunned by how pretty it was! We booked a *summer special* package and it was an incredible deal."



MEMBERSHIPS

Las Sendas Golf Club offers some of the lowest dues in the Valley.

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:

Social Membership—\$3,000

- Social Members pay just \$500 per year in dues and have full membership privileges.
- Receive 10 golf passes annually and 10 percent discount in Pro Shop and restaurants.
- Booking privileges on the Patio, tee times and access to our Members Lounge.
- Charging privileges, recorded handicap and access to our limo services.

Proxy Membership—No Initiation Fee, Full Membership Privileges (One-Available)

- Proxy Members pay just monthly dues and have full membership privileges.
- Unlimited golf and 10 percent discount in Pro Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues for a single person are \$603 per month and \$736 for a family.
- Seasonal dues are available for non-residents.

Non-Refundable Golf Membership \$15,000

- Members pay monthly dues and have full membership privileges.
- Unlimited golf and 10 percent discount in Pro Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues for a single person are \$383 per month and \$516 for a family.
- Seasonal dues are available for non-residents.

Fully Refundable Golf Membership \$45,000

- Canadian currency at par for initiation deposit, or:
- Receive \$10,000 in incentives (we will custom design to match your lifestyle).
- Members pay monthly dues and have full membership privileges.
- Unlimited golf and 10 percent discount in Pro Shop and restaurants.
- Use of practice facilities, lockers, club storage and participation in all member events.
- Monthly dues for a single person are \$383 per month and \$516 for a family.
- Seasonal dues are available for non-residents.

For all inquiries and questions, please contact Wayne McBean at Las Sendas Golf Club. Send an email to wmcbean@lassendas.com, or call his cell at (480) 323-9364.

A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

THE GOLF SHOP

Our course over seed is complete, and our fairways and greens are in excellent condition. We now are back on the course with power carts. Please observe our 90-degree rule. Our greens are fantastic. We have implemented a new program where we roll and cut our greens daily with walk-behind mowers. You will experience a true roll of the ball with a game-friendly speed.

GOLF SHOP

Fall and winter apparel is arriving daily, with amazing new brands, including Jamie Sadock and Dexim for women and Ping for men. Although we have new stock coming in, we still have some great discounts on our 2016 merchandise.

Our Christmas Sale starts on Dec. 10. Come check out The Pro Shop for everything on your golfers list. For that *hard to buy for person*, consider a gift certificate. We have a host of great gift ideas and stocking stuffers for under \$20.

The Pro Shop is open every day until 6 p.m., except on Christmas Day. Please stop by any time and say hello

to our friendly Golf Shop staff. The holiday season is fast approaching. You don't have to be a member to shop at Las Sendas Golf Club.

Our green fee rates drop between December 12 and 29—as low as \$29 after 2 p.m. Visit the Las Sendas Golf Club website at www.lassendas.com to book tee times online, or call the Golf Shop (480) 396-4000.

MALASKA GOLF ACADEMY

Whether you are a beginner or just looking to tune up your golf game, talk to one of our golf professionals about the Malaska Golf Academy. The Golf Academy has a number of excellent instructors suited to men, women and juniors and all levels of golf. Plan to purchase some lessons for that special holiday gift.

SPECIAL HOLIDAY GIFT OFFER
DAVID HUFFMAN (480) 677-1533

Purchase five lessons and get a free two-hour on-course playing lesson. This package will make a great holiday gift or amazing stocking stuffer!



THE PATIO AND THE GRILLE

HOLIDAY SEASON IS HERE!

The Patio is alive with entertainment seven nights a week. Come on out and enjoy the beautiful sunsets while dining and listening to your favorite tunes. Come and celebrate New Year's Eve with us. Dinner reservations are now available for the Grille and Patio, from 5 to 10 p.m.

Call (480) 396-4000 for reservations, or visit our website at www.lassendas.com.

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EVERY DAY FROM 3 to 6 P.M.

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\$2 off all wines by the glass.
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And don't forget Wine Down Wednesdays. 50 percent off bottles of wine under \$100 all day Wednesday.

SIGNATURE MENU ITEMS

Top menu picks from our staff and our customers are now signature items on our Fall and Winter Menu—a must try.
Grilled Double Cut Pork Chop with Apple Chutney, Sweet Potato and Charred Brussels Sprouts.
Coconut Shrimp with Coconut Black Rice, Curry Sauce and Crispy Rice Noodles.
Bison Meatloaf with Green Beans, Mashed Potato and Peppercorn Sauce.

HAPPY HOUR
at the Grille at Las Sendas



3-6PM DAILY

ALL NEW HAPPY HOUR
at the Grille
at Las Sendas

FEATURING

Short Rib Sliders
Brussel Sprouts
Charcouteie
Spanish Mussels
Pretzel Bites & Cheese Fondue

DRINK SPECIALS

Tres Amigos Margaritas \$2 OFF
Draft Beers \$1 OFF
All Wines by the Glass \$2 OFF
Specialty Cocktails \$3 OFF



Las Sendas Golf Club
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(480) 396-4000

Bubbles
Dinner

SATURDAY
DEC. 10TH

PASSED
Citrus, Cilantro Oysters on the Half Shell with Roasted Shallot
Mercat Cava
Cured Bresaola Wrapped Aged Petit Basque
Delamotte Brut Champagne

2ND COURSE
Amaranth Crusted Duck Breast, Broccoflower & Red Fresno
Beurre Blanc
Paul Bara Brut Rose Grand Cru Champagne

ENTRÉE
Sage Marinated Grilled Veal Loin, House Made Pasta, Porcini Mushrooms Caramelized Goat Cheese Crumbles
2002 Delamotte Blanc de Blancs Champagne

DESSERT
Raspberry Minted Panna Cotta
Belstar Rose Prosecco

1ST COURSE
Organic Baby Spinach, Frissee, Heirloom Tomatoes, Candied Almonds
Warm Crab Essence
Veuve Fourny Blanc de Blancs Champagne

Join us for
a night of
Champagne &
Sparkling Wines
from France,
Spain & Italy

Paired with Appetizers,
Entrees & Desserts
from Chef Alfred
Cancellieri

6 PM RECEPTION
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APPETIZERS
7PM DINNER

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REAL ESTATE

Traditional Christmas Stockings Have An Interesting History

By Lorraine Ryall
Realtor, CDPE, CSSN
KOR Properties

‘T is the season so be jolly, and, since it’s the holiday season, there will be no real estate talk this month.

This is not to say real estate isn’t jolly. We have had a good year, even with the slow time heading up to the election. We are still in a seller’s market, with supply at 73.8 and demand at 108 (based on the Cromford Report Index). Mesa’s median sales price for October was \$240,000, which is up 11.6 percent from October last year. Guess I just can’t not talk a little about real estate after all.

KOR Properties has started a new tradition this year, *Santa’s Helpers Stocking Project*, and we are teaming up with our clients, family members and friends to provide 150 stockings for Save the Family. We have had such a great response already. I am sure we are going to far exceed the 150 stockings and will be sharing any extras with other charity organizations. A big thank you to everyone for helping to make this possible and making this Christmas a little more special for these children. And on that note, what better topic for this month’s article?

THE ORIGIN OF THE CHRISTMAS STOCKING

In many countries around the world, including Germany, Great Britain, Canada and the United States, children hang stockings from the mantelpiece on Christmas Eve to be filled overnight with small gifts from Santa Claus. The precise origins of the tradition of Christmas stockings are not known, but there are a number of clues and theories. The practice of hanging stockings at Christmas, in the United States, dates from the early 19th century at least, and may have its origins in the time of Saint Nicholas, the fourth century Common Era.

Christmas stockings are mentioned in the 1823 poem *A Visit From St. Nicholas*, which famously begins ‘Twas the night before Christmas, so they already were a common



tradition in America by this time. According to one legend, Christmas stockings honor a charitable gift of the historical Saint Nicholas, a third and fourth century bishop in modern-day Turkey known for his anonymous gifts. The story tells of a poor widower with three daughters who had no chance of marriage, since they could not afford a dowry. Saint Nicholas left gold coins in the girls’ stockings as they hung over the chimney at night to dry. Saint Nicholas inherited significant wealth from his parents, and is believed to have made many anonymous gifts to the poor throughout his career as a bishop. He was later transformed by legend into the gift-giving Santa Claus, and Christmas stockings may pay homage to the gift giving of the real Saint Nicholas.

WHY PUT ORANGES IN STOCKING?

Another take on this tale says it was not gold coins Saint Nicholas dropped down the widower’s chimney, falling into the girls’ stockings. Instead, it actually was gold balls. These gold balls were equally valuable, of course, and still provided a hefty dowry for the daughters. This gives us the reason why today we often put oranges into stockings. The oranges represent the gold balls.

RECIPE

Here is a recipe I make at Christmas and throughout the year. It’s such an easy way to bake a variety of vegetables and I love the presentation.

Roasted Root Vegetables with Rosemary:

- Nonstick vegetable oil spray
- 1 pound red-skinned potatoes, unpeeled, scrubbed, cut into 1-inch pieces (I usually leave the potatoes out, as I make them on the side)
- 1 pound celery root (celeriac), peeled, cut into 1-inch pieces
- 1 pound rutabagas, peeled, cut into 1-inch pieces
- 1 pound carrots, peeled, cut into 1-inch pieces
- 1 pound parsnips, peeled, cut into 1-inch pieces
- 2 onions, cut into 1-inch pieces

- 2 leeks (white and pale green parts only), cut into 1-inch-thick rounds
- 2 tablespoons chopped fresh rosemary
- 1/2 cup olive oil
- 10 garlic cloves, peeled
- I also add brussel sprouts

Position one rack in bottom third of oven and one rack in center of oven. Preheat to 400 degrees. Spray two heavy large baking sheets with nonstick spray. Combine all ingredients except garlic in very large bowl. Toss to coat. Season generously with salt and pepper. Divide vegetable mixture between prepared sheets. Place one sheet on each oven rack. Roast 30 minutes, stirring occasionally. Reverse positions of baking sheets. Add five garlic cloves to each baking sheet.

Continue to roast until all vegetables are tender and brown in spots, stirring and turning vegetables occasionally, about 45 minutes longer. (Can be prepared four hours ahead. Let stand on baking sheets at room temperature. Reheat in 450 degree oven until heated through, about 15 minutes.)

Bon appétit.

I want to take this opportunity to thank everyone who reads my articles and to all my wonderful clients.

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

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



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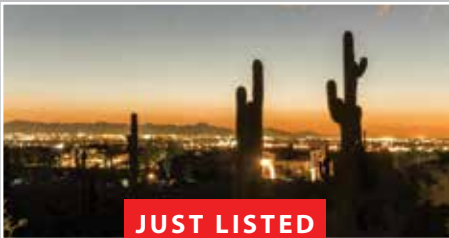
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- Bella

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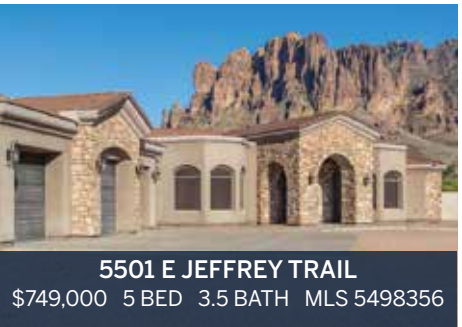
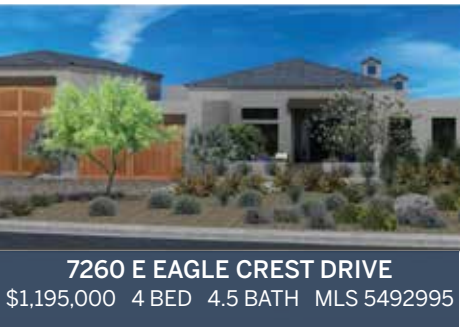


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Source of Info: ARMLS data compiled through BrokerMetrics ®: 1/1/2016 - 10/4/2016
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FINANCE

CHARITABLE GIVING IS WHERE HEAD AND HEART MEET

Submitted by Thrivent Financial

How can a person support organizations that help people in need? 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. The following tips, from Thrivent Financial, can help donors make the most of their charitable gifts.

- **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 support along the way. By fully planning a charitable gift, a person can ensure that both head and heart are satisfied. ■

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, Rick Aussprung and Colton Sheley, at 2941 N. Power Road, Suite 105. For more information, call (480) 396-5333.

ABOUT THRIVENT FINANCIAL

Thrivent Financial is a financial services organization, which helps Christians be wise with money and live generously. As a membership organization, it offers its nearly 2.4 million member-owners a broad range of products, services and guidance from financial representatives nationwide. For more than a century, it has helped members make wise money choices reflective of their values, while providing them opportunities to demonstrate their generosity where they live, work and worship. For more information, visit Thrivent.com/why. You also can find us on Facebook and Twitter.

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EVENT

Senior Project Supports Pit Bulls

By Winter Ruljancich

As a senior at Arizona Agribusiness and Equine Center (AAEC)—Red Mountain High School, I am preparing for my senior project, which is Supporting the Pit Bulls.

I will be holding an adoption day at the AAEC—Red Mountain campus on Dec. 9, just in time for Christmas. This event is for people interested in learning more, overcoming their fear, and/or wanting to adopt a pit bull.

Because pit bulls often are abused and abandoned, my goal is to educate people who fear the breed, and to get as many of these dogs adopted as possible.

I am working with Arf-Anage Dog Rescue, whose mission statement is, "We are a dog rescue committed to finding furever homes for non-breed specific dogs and puppies." ■

Anyone with questions can call Winter Ruljancich at (602) 332-8214. If interested in the Arf-Anage Dog Rescue separate from this senior project event, contact Cathy Roe at cathyroe@peoplepc.com.





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LOCAL BUSINESS

DOGS HAVE FIVE LOVE LANGUAGES

By Amanda Yantos, Pet Blogger
dogmomdays.com

While you may have heard about the five love languages in various facets of human life, they can also relate to our canine companions.

At Happy Pets Palace and Playground, the pet care specialists take into account the languages of love when caring for the pups staying at the boarding facility and those coming in for doggy daycare. Each dog speaks a different combination of the love languages.

So, what are the five love languages, and how does Happy Pets Palace fulfill them for the dogs?

Let's start with *words of affirmation*. Just as humans like to be praised and complimented, it's the same for dogs. Well, maybe not the compliment part, but dogs react positively to praise and words of excitement. Dogs know when their people are happy and proud of them—they hear it in our tones of voice. Often, dogs will respond back with the wag of a tail or a happy bark.

Dogs get lonely without interaction just like humans can, and that's where our next language comes into play—*quality time*. Dogs need human interaction. They need their family to mentally stimulate them with playtime, walks or snuggling on the couch.

Don't you like spending quality time with your significant other? Well, your dog needs quality time, too. Happy Pets Palace fulfills quality time with follow the leader, obedience games or throwing a ball. Some dogs need humans, while others are happy to look and see that we are still around.

Receiving gifts is next on our list of love languages. We all like gifts, but no one is more grateful for a treat or new toy than your dog. At Happy Pets Palace, there are toys and balls for the dogs, as long as resource guarding isn't a problem. Healthy treats also are handed out—with parental consent.

Acts of service works both ways in terms of the dog or human form of this particular love language. Staff at Happy Pets Palace provides service by reading to the dogs, playing with bubbles or giving them nice brushings. With

that being said, our dogs want to serve us, too. Performing tricks or tasks for humans can help a dog to feel valued.

For some people, *physical touch* may be the most important love language, and it can be the same for dogs. Hugs and cuddling reduce stress and blood pressure. So, grab your dog close and get in a good snuggle. Many dogs at Happy Pets Palace love being pet or hugged, while others love to give the staff plenty of kisses.

Everyone at Happy Pets Palace makes it a point to observe the language(s) each individual dog prefers because the combinations of the love languages are unique to each dog. Outside of the award-winning boarding facility, it's a great idea to be mindful of the specific love language to which your dog responds most frequently. Once again, words of affirmation, quality time, receiving gifts, as well as acts of service and physical touch are the five languages of love.

Does your dog need more mental and physical stimulation? Bring your dog to Happy Pets Palace, where each pet care specialist will treat your dog as family and work to fulfill each of the love languages. ■

Happy Pets Palace is located at 1908 E. McKellips Road, on the northwest corner of McKellips and Gilbert roads. For more information, call (480) 207-1852, or take a virtual tour via the live webcams at happypetspalace.com.



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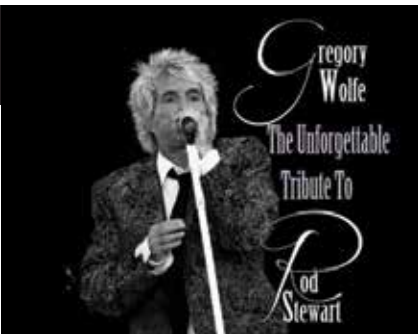
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LOCAL BUSINESS

Eliminate the odor coming from your vehicle's vents

Submitted by H and I Automotive

Living here in the Valley, your vehicle's AC system gets used almost year round, and over time you may have noticed the air coming from your vents has a foul odor. The main cause of this is the bacteria building up on the evaporator core due to the moisture in the system. The evaporator is located inside of the dash and looks like a radiator, but it has refrigerant passing through it instead of engine coolant. While you may not realize it, your AC system not only cools the air coming into your vehicle, but it also removes moisture. This is why your AC compressor comes on when you also are using the defroster setting. When the air moves across your evaporator core that is being cooled by the refrigerant, the air cools and the moisture is removed. This is why, when it is very humid, you see the water dripping under your vehicle when the AC is on.

When your system is turned off, the evaporator still is wet from the moisture, and bacteria starts to form. Now, when the air moves across the evaporator, the smell comes with it and into the cabin of your vehicle. Most vehicles are equipped with a cabin air filter. Regular changes of this filter will help lessen the odor but will not eliminate it.



The filter is mainly there to filter out dust and debris, but a charcoal infused filter will help with odor control.

To eliminate the issue, strong disinfecting foam needs to be applied to the evaporator to kill the fungi. The foam is injected into the evaporator housing and it penetrates into the fins of the evaporator. The foam kills the bacteria and will leave it smelling fresh. This should be an annual service, along with changing the cabin filter.

To help your evaporator stay cleaner longer, use your climate control in fresh air mode and not recirculation. Heavy use of recycled air causes a higher level of bacteria to form. You have either a fresh or recycled setting on the climate control unit, or you may have a Max AC setting. Use the fresh air or Non-Max AC option. Turn off the AC unit a few minutes before turning off the car. This will allow the evaporator to dry faster. Keep your cabin filter clean to allow maximum air flow.

As the case is with most maintenance items on your vehicle, the more proactive you are with your preventive maintenance, the fewer issues you will have with that system.

For more information, call H and I Automotive at (480) 985-9279. We are a full service professional automotive service center, serving our East Valley neighbors since 2009. Find us online at handiautomotive.com or on Facebook and Google+.



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Red Mountain Ranch Area Market Report
Sales for the Month of October 2016



| Address | Square Feet | Sold Price |
|-----------------------------|-------------|------------|
| 457 N. Signal Cir. | 1,521 | \$236,900 |
| 3547 N. Tirol Cir. | 1,502 | \$237,000 |
| 6503 E. Raftriver St. | 2,445 | \$279,500 |
| 6539 E. Saddleback St. | 2,445 | \$286,000 |
| 3537 N. San Gabriel Cir. | 1,872 | \$290,000 |
| 6644 E. Redmont Dr. | 1,730 | \$310,000 |
| 6446 E. Trailridge Cir. #7 | 2,593 | \$345,000 |
| 3419 N. Platina St. | 2,783 | \$350,000 |
| 6008 E. Trailridge Cir. | 3,808 | \$419,000 |
| 6446 E. Trailridge Cir. #19 | 3,243 | \$430,000 |

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
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LOCAL BUSINESS

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Submitted by No Snow Stand Up Paddleboard

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You can meet us at the shop, or order over the phone or online. Free local delivery is available. Call (480) 807-6787, or send an email to nosnowsup@gmail.com. You also can visit our website at nosnowsup.com. No Snow Stand Up Paddleboard is located on the northwest corner of Power and Thomas roads, in the Sahara Professional Plaza, at 3654 N. Power Road, Suite 104.



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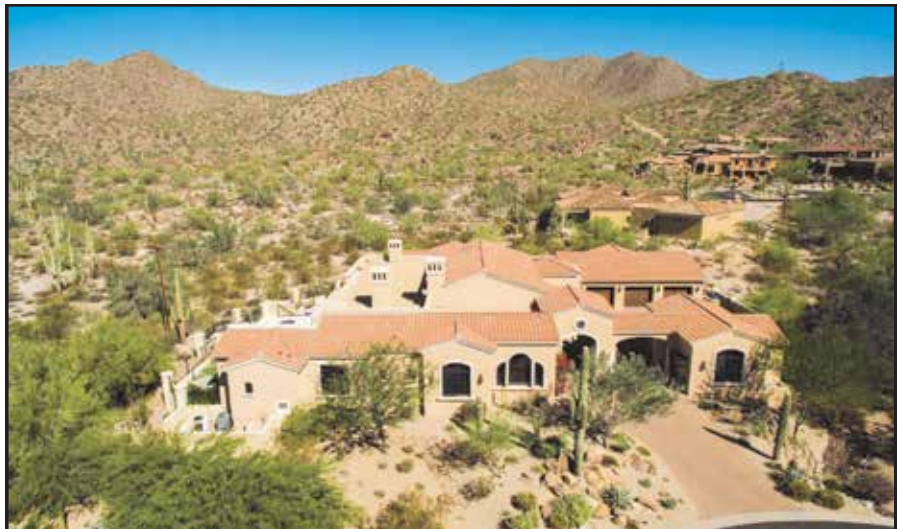
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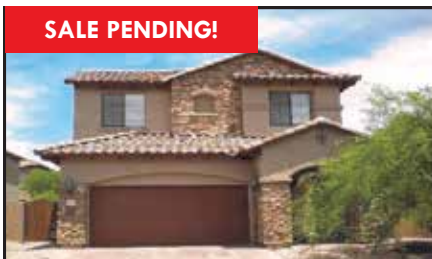


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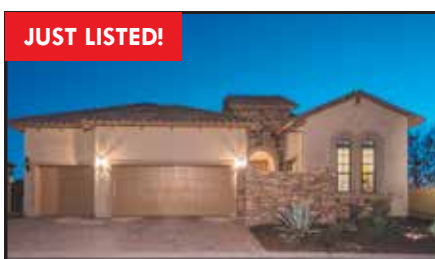
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TRAVEL

10 Reasons Why You Still NEED A TRAVEL AGENT

Submitted by Sue and Bruce Mitchell, Cruise Planners

In the age of online booking sites, using a travel agent may feel like going the way of the dinosaur, but agents are more useful than simply selling trips to Disney World and cruises.

Many agents still provide services or have knowledge you can't find online. In addition, sometimes, especially in times of crisis, working with a real live person is just plain superior. Here are 10 reasons why they still are useful:

THEY ARE EDUCATED AND HAVE PERSONAL EXPERIENCE

Simply put, they know more than you. They can give you insider tips and advice, using their education and personal experience to guide your vacation decisions. They have access to personal feedback from hundreds of clients, and their own personal travel agent network.

THEY HAVE CLOUT

Many travel agents develop personal relationships with individuals at the companies they sell. They may leverage these relationships to get you things you can't get on your own.

THE FIXER

In addition to getting you more on any trip, they can step in and fix things when your trip goes awry.

COST SAVINGS

The best travel agents have access to benefits that can save you a lot of money and provide you with a better experience.



Sue and Bruce Mitchell

TIME SAVINGS

Instead of searching blindly on the Internet for hours, you can have an expert do the research for you, with your personal needs in mind. There usually is no additional cost to you.

SAFETY NET

If anything goes wrong on your trip, you can rely on them to assist you. They also will assist you in purchasing insurance to cover any unforeseen issues.

ON THE CUTTING EDGE

They are on the cutting edge of everything new. They subscribe to travel papers, which tell them what is new first.

YOU PAY THE SAME ANYWAY

Cruises and tours are parity priced. What this means is the cost is the same whether you use an agent or do it yourself. In fact, sometimes the price can be lower using an agent. There also may be added perks.

YOU GET MATCHED RIGHT

If you call the cruise line direct, they will not match their product to your family. Travel agents are trained to ask the correct questions and pick the best choice for you.

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A good agent is like a good mechanic. Once you find them, you will never want to give them up. You should be prepared to ask them questions about their ability just like you would when choosing a mechanic or a doctor. ■

Please contact Sue or Bruce Mitchell, your Cruise Planners travel specialists, if you have any questions about travel. Visit our website at redmountaintravel.com. You also may send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.

ORGANIZING

SIMPLE STEPS CAN HELP YOU Stay Organized

By Nancy Nemitz

Here are five simple steps you can take today to get organized, which will, in turn, reduce your stress.

Use containers. Any time you have a lot of small items scattered under your sinks, in your cabinets and in drawers, things will get disorganized in a hurry.

Store items you use often at a height you can reach easily. Any time you have to get out a stool or ladder to put something away, you will put it on the shelf in front of you.

Refrain from bringing into the house those things you don't want.

Avoid continually shuffling things around to avoid making tough decisions.

Take a few more seconds to put something away rather than setting it down where it doesn't belong. ■



Nancy Nemitz

Nancy Nemitz has been helping clients get organized since 2004. She specializes in workspace optimization. Check out her website at createthespace.com to see what she is about.



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EDUCATION

Self Development Academy Honors Parent Serving Our Country

Submitted by Self Development Academy

This past November, Self Development Academy (SDA) honored Major Jon Norman of the United States Air Force.

Major Norman, a SDA parent, has served our country in the United States Air Force since 2003. On Oct. 9, Major Norman, serving as aircraft commander, completed a combat air-to-air refueling mission supporting aircraft in active combat as he flew over Iraq aboard PYTHON 05, a KC-135 Stratotanker.

During the flight, Major Norman, along with two other members of the United States Air Force, dedicated an American flag to SDA. The flag is a symbol of the military's dedication and commitment to protecting our country's liberties and freedoms. Now, the school proudly displays the flag in the Front Office.

As the school community came together in a school-wide assembly to thank Major Norman and recognize all active service men and women and veterans, there was an overwhelming sense of pride.

During the assembly, student government officers led the school in reciting the Pledge of Allegiance, and faculty member Mrs. Tici Smith sang the National Anthem. The significance of the mission and flag were shared with the entire school community.

Following the assembly, several students asked for Major Norman's autograph and asked to speak with him. Other students shared about their family

members' military service experiences, as well. As we celebrated Veterans Day, SDA remembered and thanked all active service men and women and veterans.

Self Development Academy is a kindergarten through grade eight public charter school located in Mesa. The school offers an award-winning academic program and consistently has been ranked among Arizona's top schools. ■

Enrollment for the 2017-2018 school year has begun. For more information and/or to schedule a tour, please contact the front office at (480) 641-2640.



REAL ESTATE

THERE ARE SEVERAL REASONS WHY WE ARE BULLISH ON REAL ESTATE

By John Karadsheh

Today, there are a number of reasons to be excited about the direction real estate is taking in our state.

Here are five reasons to be optimistic.



1 Up in the Right Direction. We expect Arizona will see continued increases in jobs, wages and population growth, along with industry growth in the finance, data management, health care, construction and service sectors.

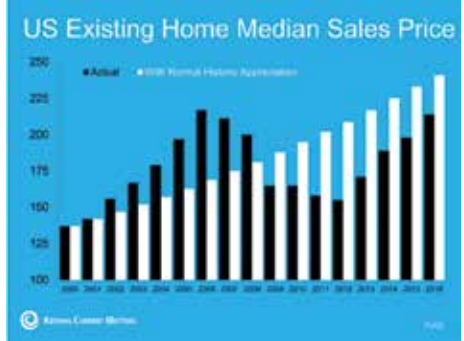
2 From Rent to Own. The average rent on a Valley apartment is up almost 8 percent from last year. We believe continued low interest rates and eased Federal Housing Administration condo regulations will drive more renters toward homeownership.

3 If You Build It... In October, the Homebuilders Association of Central Arizona reported there was a 12 percent increase to single-family building permits issued in the Greater Phoenix area from January through September. Single-family home construction remains a major economic driver in our community via both construction jobs and the service sector businesses, which ultimately follow newly created communities.

4 Bubble? With increasing home prices nationally, it's easy to see why some people may think we are heading for another housing bubble. However, when you take a closer look, home prices actually are below where they should be (even accounting for normal appreciation).

5 The Cubs Won! This is great for Mesa, the spring home of the World Series Champion Chicago Cubs. We expect to see another year of record breaking attendance at Spring Training games and more Chicagoans looking to relocate or find a second home here in Mesa. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 14 years, and is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS). In 2014, John was voted the No. 1 Real Estate Agent in Arizona by Ranking Arizona. You can reach John at (480) 568-8684, or visit his website at KORproperties.com. KOR Properties also is the creator and one of the founding sponsors of Mesa Food Truck Fridays.



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COMMUNITY

Social Club Pays Tribute to Active Military and Veterans



Submitted by Pat Favier, Secretary, Red Mountain Ranch Social Club

When we hear on television or read in the newspaper the governor has called out the National Guard, we wonder the reason for this action. Perhaps a levee has broken, or a riot has broken out too intense for the police to control. Yes, these are reasons to rely on the National Guard, but... On Thursday, Nov. 10, the Social Club of Red Mountain Ranch invited three members of the Arizona National Guard to its annual Veterans Day Celebration to speak to the larger work of the guard. The three guardsmen were Colonel Scott Kahldon, with 30 years active and guard service; Lieutenant Colonel Kristofer Bast, 21 years of National Guard duty; and Sergeant Major Graydon Griffin, who has served 22 years with the guard. Combined, these men served in overseas deployments to Saudi Arabia, Kuwait, South Korea, Central America, Europe, Iraq, Kazakhstan and Afghanistan. Obviously, these locations are far afield from Arizona or any of our other United States. The purpose of the National Guard is to support—to make things happen and meet

standards. The National Guard is comprised of members of our own communities who represent backgrounds of experience, expertise and training, which they then transfer to these support situations. When working in these foreign countries, our speakers often aided in the reconstruction of lands after years of warfare by rebuilding the infrastructure, as well as roads and bridges. They also established communication services, setting up a 911 line for emergency purposes and helped a country go from a draft-based army to full volunteer military. The guard also built towns from which armies could base. Another aspect of the National Guard is Defense Support for Civil Authority. This support would entail working in flood areas, after hurricanes or tornadoes, in civil disturbances or when other resources have been exhausted during times of crisis. The Arizona Guard also supports our state agencies in policing our border. The essence of the National Guard is support. As citizens of Arizona and the nation, we are grateful to them and their families for that support. This meeting of the social club also honored its own veterans who served in all branches of the military. ■

If you would like more information about the Red Mountain Ranch Social Club, come to a meeting on the second Thursday of each month at the Red Mountain Ranch Country Club, at 9:30 a.m. For more information, visit our website at rmrsc.com.

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon England

Determining how to get rid of stuff you no longer need? Cleaning out a home or an estate? Stop! Know Before You Throw. Oh the weather outside is frightful... Ah, it's that time of year again when our thoughts turn to holiday parties and gift giving. While the weather is really not that frightful, the specter of holiday gift shopping has some of us shuddering in our boots. Last month, I talked about ways to find secret money hidden in our homes. Namely, items we no longer need or use but still have value to someone. Such items can be sold to generate some extra holiday



cash. One of the best ways is by scouring the dresser drawers for broken, outdated and unwanted fine jewelry items. You always get the most bang for your buck with those items, and many of you who called last month enjoyed that windfall. Another option is to pass on or re-gift those items, which may no longer be important

to you, but may have meaning to your recipient. You have probably had a friend or relative, maybe one of your kids, say, "I really like that antique do-dad you got from Grandma, and I would love to have it someday." Well, maybe that someday is this holiday season. Maybe you have some gift cards you aren't getting around to using. They might be a welcomed gift to someone. To be safe, check with the retailer to make sure they are still good, so you aren't giving a dud gift. If you have questions about the laws governing retailers expiration dates on those gift cards, you can visit consumer.ftc.gov/articles/0182-gift-cards for additional information. Just remember the old adage—One man's trash is another man's treasure. Here's wishing you and yours a very Happy Holiday Season. ■

Jon England has more than 25 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more. A Midwest transplant, Jon trained at New York University in appraisal studies. For more information, call (480) 699-1567. You also can send an email to Jon@KnowBeforeYouThrow.INFO.



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EDUCATION

Masons honor beloved MESA TEACHERS



Story by Laurie Struna
Photos by Tim Hacker

Mesa's Oriental 20 Masonic Lodge celebrated education week by honoring the teachers of Mesa Public Schools for their contributions to education.

A total of 19 teachers received awards for their dedication to education, and three retiring teachers were awarded lifetime achievement awards. Honorees and guests were treated to a reception and awards presentation.

"We host this evening because it is a way for our organization to honor the hard work of people who have dedicated their lives to a truly noble profession," said Cosmo Magliozzi, charter member. "They have one of the most important jobs in the world."

MEET THE TEACHERS

Jennifer Welch is a first-grade teacher at O'Conner Elementary School. For 44 years, she has integrated new teaching strategies with traditional methods. This has helped thousands of students to blossom and develop a love for learning.

"I am just thrilled to be honored with a Lifetime



Achievement award," Jennifer shared. "The best part of teaching is watching my students' progress and celebrating their accomplishments."

THE ROAD TO SUCCESS

Tammy Selke is a respected teacher leader, department chair and student advocate at Taylor Junior High School. She didn't always know she wanted to be an educator. Then, on her drive to work one day, she saw a sign about a need for teachers.

"I was a legal assistant barely making minimum wage, commuting two and a half hours a day, when I saw that bulletin board," Tammy said. "I pulled off the highway, enrolled in school and started the next day."

The English language arts teacher says teachers spend long nights grading papers, but it's all worth it in the end.

"I have worked in a variety of fields that lined my pocketbook, but teaching makes my heart full," Tammy shared.

To see all of the recipients, visit Facebook.com/mpsaz. ■

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

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COMMUNITY

CELEBRATE AND WORSHIP During Christmas Season

Submitted by
Hosanna Lutheran Church

Everyone is welcome to join Hosanna Lutheran Church for the many celebrations and worship services this Christmas season.

A neighborhood church, Hosanna Lutheran Church is a family of faith working to create a big impact in our neighborhood. We reach up, reach out, and we love our neighborhood.

The season schedule lines up like this:

DAILY (FOR THE LITTLE ONES):

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WEEKLY

Join us for Sunday church services and Bible studies. We offer an 8 a.m. Liturgical Service (traditional) and a 10:30 a.m. Contemporary Service. Between those services, at 9:30, enjoy Crosswalk, our Sunday school and Bible studies.

Wednesday, Dec. 7, 14 and 21, Advent Services—We offer two Advent services each Wednesday. The morning service is at 10:30 a.m., with a free meal to follow. The evening service begins at 6:30 p.m., preceded by a complimentary dinner, which is served by our youth group, from 5:30 to 6:20 p.m.

SPECIAL EVENTS

Saturday, Dec. 10, Christmas Luncheon—Our Lutheran Woman's



Missionary League will enjoy its annual Christmas Luncheon at 11 a.m. Ladies, mark your calendars and bring a friend to the Upper Room of our Learning Center.

Saturday, Dec. 10 and Sunday, Dec. 11—Our

Christmas Cantata this year is Season of Wonders ... Celebrating the Miracle of Christmas, by Joseph M. Martin. Join us for this beautiful musical presentation of the Christmas message on Saturday, Dec. 10, at 4 p.m., or on Sunday, Dec. 11, at 10:30 a.m.

Hosanna's Cookies and Craft Shoppe will take place on Saturday, Dec. 17, from 9 a.m. to noon. All types and price ranges of crafts will be available. Cookies are available for \$8 a box, and half of the craft sales will be donated to Haiti Relief Fund. There still is room for crafters or bakers. Hope to see you there.

Christmas Eve—We have two spectacular Christmas Eve services just around the corner. Enjoy our 5 p.m. Family Worship, as the children present the message of Christmas. The 9 p.m. Candlelight Service will feature a beautiful service, with all the great hymns, as well as candlelight. We would love to celebrate Christmas with you.

Christmas Day—Join us to celebrate the birth of our Savior in a single service on Christmas morning, at 9 a.m. ■

For more information about these celebrations, call (480) 984-1414. Hosanna Lutheran Church is located at 9601 E. Brown Road, in Mesa.

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10:30 a.m. Contemporary

Christmas Eve

5:00 p.m. Family Service

9:00 p.m. Candlelight

Christmas Day

9:00 a.m. Family Service

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HEALTH

HEART DISEASE CAN AFFECT WOMEN

By Dr. Afroze Ahmad
Tina Hawkins was working full time and looking forward to an early retirement in four years at the age of 61.



Happily married to Mark, her husband of 37 years, she believed her three grandchildren were a blessing and could not be more grateful for the support of two loving daughters. In essence, she was living the good life. This all changed one day while walking with her grandchildren at the Phoenix Zoo.

"The squeezing sensation in my right shoulder came suddenly and barely lasted for a few seconds, so I dismissed it as a cramp," Tina said. The squeeze returned while in line waiting for the train. "I had an explanation for it," she said. "My youngest grandchild, Aaron, had just pulled my hand, and I thought that was the reason for the squeeze."

In the next several months, the right shoulder squeezing sensation would return periodically, both at rest and upon exertion. "Surprisingly, each time, I had an explanation for it," Tina admitted. "I would say to myself, 'I slept the wrong way, I carried the heavy grocery bag, or my youngest daughter should buy a better car seat'" Tina recalled.

By this time, Tina's husband, Mark, was getting a little concerned with her symptoms. He encouraged her to see her primary care physician. "Initially, I declined, but Mark insisted, and, as such, I had no choice but to set up an appointment with my doctor," Tina admitted. "My doctor did an EKG and reassured me that these are muscle twinges and I am OK."

However, the right shoulder squeeze was recurrent. "By now, it was waking me up at night," Tina said. "One night, the right shoulder squeeze sensation occurred twice and lasted a bit longer. This prompted Mark and me to

report to the emergency room. The emergency room doctor also did an EKG and tested my blood looking for enzymes present when someone is having a heart attack. All tests came out negative and normal. I was, again, sent home reassured."

Little did Tina know these emergency room visits at night would become quite frequent, but would not yield any results except false reassurances. During one of these visits, the emergency room physician actually became angry and frustrated and told Tina heart pain does not occur in the right shoulder, and she should stop worrying about it.

"The persistent nature of the squeezing sensation in my right shoulder and lack of answers or solutions by my doctors prompted me to seek a cardiologist," Tina said. "My cardiologist took a complete history and performed an EKG and stress test. Although, I passed the stress test, my symptoms persisted. My cardiologist did not give up. She recommended some additional tests. I eventually was diagnosed with very tiny and narrow wire-like tubes supplying oxygen to my heart."

Tina's cardiologist explained to her how the oxygen being supplied to her heart by these small tubes is both inadequate and sub-optimal and thereby causing her pain.

"Finally, I had a name and term for my sufferings. I had Microvascular Coronary Artery Disease," Tina said. "My cardiologist explained I would benefit from long-term use of medications and lifestyle changes."

Just like women differ from men in several ways, including thinking, behavior, response to alcohol, etc., women also have different presentations of heart attack. The dramatic sign of clutching the chest is often lacking. Women may have symptoms of anxiety, palpitations, jaw pain, neck pain, shoulder blade pain, arm pain or shoulder pain like Tina. Sometimes, there is no pain but only shortness of breath or unexplained sweating or fatigue.

Also, just because the discomfort or sensation is not in the left chest it does not preclude or eliminate the heart as a cause of symptoms. With that in mind, as a cardiolo-

gist, it is recommended patients like Tina avoid ignoring symptoms. Instead, openly discuss concerns with your doctor, who may be able to risk stratify you in terms of your heart. So, keep listening to your heart.

Happy Holidays! ■

The above article is based on actual conversations between Dr. Ahmad and her patient. The name and age have been changed to keep the patient's identity confidential.
A multiple board certified cardiologist, Dr. Afroze Ahmad is a cardiologist who cares and listens.
For information, or to make an appointment, please call (480) 361-9949. Las Sendas Cardiology is located at 3514 N. Power Road, Suite 107.



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By Dawn Abbey

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LOCAL BUSINESS

Tips Prove Helpful for Alzheimer’s Caregiving During the Holidays

Submitted by Home Care Assistance

Caring for a loved one with Alzheimer’s disease or another form of dementia can be stressful, especially during the holiday season, which is one of the busiest times of the year.

More than half (55 percent) of family caregivers report feeling overwhelmed with caregiving in addition to holiday errands, work and other social responsibilities. To this end, we participated as the featured guest in a discussion on *Alzheimer’s Caregiving During the Holidays*, which was led by the Alzheimer’s Association.

Below is an overview of the discussion’s highlights, featuring tips on how to navigate the holiday season when caring for a loved one with Alzheimer’s in question and answer form.

Q: What are the best ways to involve those living with dementia in holiday preparation?
Try breaking down tasks into simple steps. For example, involve them in gift wrapping by asking them to hand you presents or tape ends. One step won’t be as overwhelming as the whole task.

Simple, repetitive tasks can be calming. Involve the person with dementia by having him fold napkins, shell peas or paint do-it-yourself holiday décor.

Play holiday music while you bake, decorate the house or do other holiday preparations with your loved one.

Q: What are some gift ideas to give the caregivers you know?
A gift certificate to a spa is a nice way to encourage the caregiver to take a break and pamper herself. A Marriott gift certificate, for example, can be used for spa services or a nice dinner out.

A useful gift, like paying for groceries to be delivered or a ready-cooked meal, can be both helpful and thoughtful. Safety or assistive devices, which will help care for their loved one, such as door alarms, also can be beneficial.

Offering to help so the caregiver can take a break and go shop or see a movie can mean a lot. If you can’t help yourself, hiring respite care for the caregiver is a good way to give a needed break.

Q: How can family caregivers of those living with dementia finish holiday errands or take a break?
Respite care is temporary care for a loved one, and it allows the family caregiver a much needed break. She can take this time to run holiday errands or spend time with friends.

Additional help, whether from a family member or hired caregiver, can greatly reduce stress. You don’t have to feel guilty leaving a loved one alone. Home care services like ours can be contract-free and temporary.

Remember, if you are stressed, the person with Alzheimer’s can sense this and become anxious, as well. It is good to plan ahead to avoid anxiety.

Q: What should you do when someone with dementia is feeling overwhelmed during the holiday season?
Designate a quiet, safe space away from the business of a holiday gathering. This room shouldn’t have a TV or any sound. You may even prepare a sanctuary with activities they enjoy. Adult coloring books can often be calming, too.

Don’t push limits. Plan on staying for one hour or two, and inform the host in advance. Too much stimulation can be overwhelming.

Try to prevent overstimulation by ensuring proper seating where the person with Alzheimer’s is most comfortable. In addition, remember to accommodate your loved one’s specific nutritional needs.

Q: How can people engage their loved one living with dementia in family traditions during the holidays?
The most important thing is to talk to the person before. Some wish to be very involved, while others prefer quiet activities.

Don’t talk about them as though they are not there. Engage the person and use nonverbal cues to convey what you mean.

Pass down family traditions to connect the generations. If the person with Alzheimer’s wants to, encourage him to share the stories behind the tradition.

The person with Alzheimer’s may not remember Christmas, but will remember the joy of the season.



Your presence is enough. So, hold hands and enjoy your time together.

Q: How can families bring children and people living with dementia together successfully?
Offer specific examples to younger children, such as Grandma may not be able to dance much. This will help them know what to expect. Explaining Alzheimer’s or dementia may be difficult. So, by offering examples, children can understand more easily.

Share updates with all family members in advance so they are prepared. Send them an email beforehand informing them your loved one has Alzheimer’s, what may have changed since the last time they all were together, and what to expect.

Bring children and people living with dementia together by bringing out scrapbooks and hosting a *story time*. Younger children and toddlers will love this.

Involve younger, tech-savvy kids by asking them to take pictures or record the event. The person with Alzheimer’s may enjoy these later.

We hope these useful tips help you and your loved ones enjoy a wonderful holiday season.

Caregivers at Home Care Assistance are available for daily and hourly respite care to help you during the holiday season and care for your loved one’s needs. ■

Contact Amanda Butas, your Mesa client care manager, at (480) 699-4899 to see how our caregivers can help your loved one thrive. You also can visit us at our new office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.

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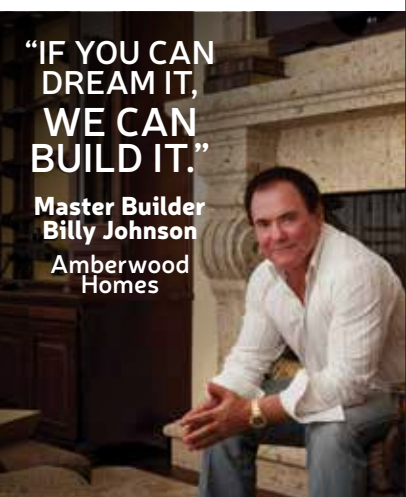
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