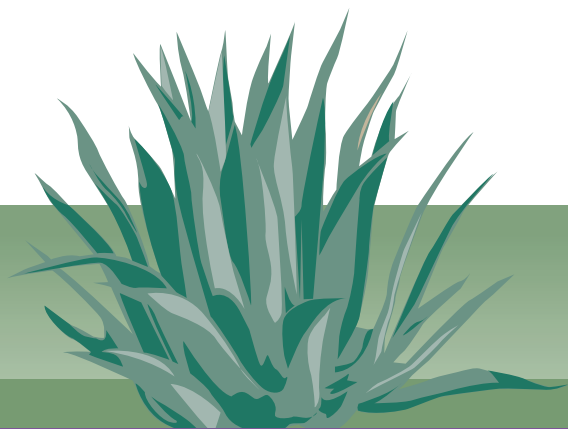


Mesa Uplands Up Close



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December 2017

Serving the communities of Red Mountain Ranch, Mountain Bridge, Boulder Mountain and surrounding areas

Zushi celebrates first Teppanyaki anniversary WITH LOWER PRICES AND MORE



By Dawn Abbey

It has been one year since Zushi restaurant owner Shawn Suh added Teppanyaki service to his popular Sushi and Asian Fusion cuisine.

At that time, Shawn was able to expand his restaurant when the tenant next door moved out, allowing him to acquire the 1,600-square-foot space to create a Teppanyaki dining area in his then 8-year-old establishment. "We had always wanted to do Teppanyaki service," Shawn said, "but the grills require a lot of space, so we were lucky to be able to expand last year."

While many people are curious to try Teppanyaki, they think it is very expensive. "To encourage our neighbors

to experience this time-honored Japanese specialty, we are celebrating our one-year anniversary by offering lower pricing on our Teppanyaki menu," Shawn stated.

Shawn has dropped the overall price of a Teppanyaki dinner by 20 percent. In addition, you can purchase one dinner and get another at half price. He also is serving Teppan Fried Rice, prepared fresh on the grill. While previously costing extra, it is now complimentary, as one of the rice options with the meal.

Teppanyaki dining is very popular on weekends and for special occasions, such as birthdays and anniversaries. Such dining also is ideal for a big family reunion, like during the New Year or Thanksgiving. *Teppan* means iron plate in Japanese, and *yaki* means grilled, broiled or fried. Hence, Teppanyaki service translates to foods artfully prepared with flair on a large hot iron grill in front of customers seated at tables surrounding the grill.

Shawn has also hired two more expert Teppanyaki chefs to serve the eight extra-large table grills that can seat up to 72 diners at once. "This way, we can accommodate larger parties of 10 to 20 without long waits for our customers."

Teppanyaki at Zushi will be the *very* best Shawn claims, because of his commitment to serve only the very highest quality ingredients. All Teppanyaki meals include the diner's choice of meat or seafood, a two-piece Shrimp Appetizer, Chicken Noodle Soup, House Salad, Fresh Assorted Grilled Vegetables and Specialty Fried Rice.

In addition to Teppanyaki, Zushi prepares 50 kinds of Sushi, a 30-item Chinese menu, as well as some of the most popular Asian menu favorites, such as Pad Thai and Korean BBQ short ribs.

Zushi also offers a full bar, with cocktails, wine and beer. Happy Hour is from open to 6 p.m. daily, and Reverse Happy Hour runs from 9 p.m. until close. The bar stays

open until midnight, from Thursday through Saturday.

Zushi not only has great food, but also has 11 TVs to watch your favorite team with friends. Diners can choose to watch inside or on the large patio area outside. ■

Zushi is located at 6727 E. McDowell Road, on the southwest corner of Powell and McDowell roads. Hours are Monday through Wednesday, 11 a.m. to 10 p.m.; Thursday and Friday, 11 a.m. to 11 p.m.; Saturday and Sunday, noon to 11 p.m. For more information, visit zushiaz.com, or call (480) 981-2727.



Delicious Bake Sale Delicacies Can Help Relieve Some Holiday Stress



Submitted by St. Ignatius Church

The Ladies Auxiliary of St. Ignatius Church is opening its annual bake sale to the public on Saturday, Dec. 9, from 10 a.m. to 2 p.m.

Homemade Eastern European delicacies, such as nut rolls, poppy seed rolls and apricot rolls, will be available. Our experienced bakers make both a Russian- and Serbian-style nut roll, just like grandma used to make. Stop by for a sample and a cup of coffee to determine which nut roll is your favorite.

Perhaps you are looking for something special and different to take to a holiday event. Our authentic homemade baklava is what you need. In addition, our bakers have been busy making all kinds of holiday treats, from chocolate covered peanut butter balls, to dipped pretzels and marshmallows, to your favorite cookies. At the bake sale, you can purchase custom-made party trays filled with holiday delights for your festivities, as well as individual dozens of cookies.

Our holiday bread elves have prepared a wide variety of specialty homemade breads. You can select from your

basic banana nut bread, to the exotic chocolate zucchini bread, and everything in between.

The St. Ignatius Ladies Auxiliary is holding this bake sale to supplement our building fund. We moved into our Northeast Mesa location five years ago, and have had the great opportunity to expand to accommodate our growth. Our church continues to grow as an English speaking Eastern Orthodox Christian Church, and is part of the Antiochian Orthodox Church of North America. Additionally, some of the money raised is used to fund community service projects. ■

We love visitors and hope our neighbors will stop by to visit and get to know us. For information regarding the bake sale, or if you have questions regarding the church, please contact Jill Benza at (480) 388-0378.

Visit the church at 5515 E. Redmont Circle, located between Recker and Higley roads, on the north side of Thomas Road.

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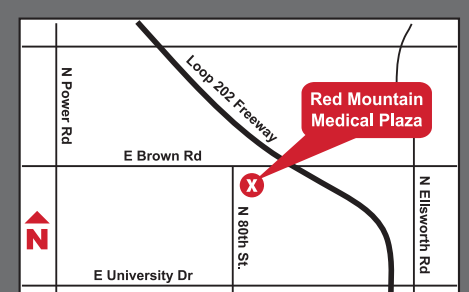
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HEALTH

Hypertension Has Many Contributing Factors and Complications

By Gautam Kedia, MD
Red Mountain Medical Plaza

Hypertension means high blood pressure, and in the United States, around 30 percent of the population has it.

All adults should have their blood pressure checked every one to two years.

Blood pressure readings consist of two numbers: the *systolic*, which is the top number, and the *diastolic*, which is the bottom number. It is measured in millimeters of mercury (mmHg).

Hypertension is defined as having either a systolic blood pressure more than 140 mmHg, or a diastolic blood pressure more than 90 mmHg. If a patient has elevated blood pressure on more than one office visit, it may need to be treated. Remember, though, it is quite common to have high blood pressure in the doctor's office, but then have normal pressures at home.

Many factors contribute to hypertension, including a family history of high blood pressure, excessive salt, caffeine or alcohol use, weight gain, physical inactivity, smoking or drug use and race (African Americans have higher rates of hypertension). The older you are, the more likely you will have hypertension that needs treatment.

Aside from these factors, kidney disease, hormone abnormalities, sleep apnea, vascular disease, a deficiency of Vitamin D and drug use can all increase the risk of hypertension.

It is important to treat hypertension to avoid many other health complications. The most common complication associated with hypertension is stroke, as well as intracerebral hemorrhage (bleeding in the brain).

Other complications include coronary heart disease, heart failure, arrhythmias, chronic kidney disease and vision problems. It can even contribute to trouble with memory or understanding concepts. If hypertension is treated appropriately, the risk of these complications can be significantly reduced.

Although medications are commonly used, improving

lifestyle factors can reduce blood pressure. It is important to reduce salt intake, lose weight for obese individuals, increase the proportion of fruits and vegetables, exercise on a regular basis and minimize stress. Limiting alcohol intake and stopping smoking also can be beneficial. In addition to these measures, there are many different medications that can be used, and your doctor will help you determine the best individual choice for you. It is common to often need more than one medication to achieve desired goals for blood pressure.

All adults should monitor their blood pressure at least every two years, and it should be checked in both arms. If your blood pressure is coming close to 140/90, you should consult your physician.

DR. GAUTAM KEDIA BIO

Board certified in echocardiography, nuclear cardiology and cardiac CT angiography, Gautam Kedia, MD, is a cardiologist specializing in diagnostic and preventative cardiology. Dr. Kedia treats patients with a wide range of acute and chronic heart diseases, which include congestive heart failure, coronary artery disease, arrhythmias and heart valve disease. He also works with patients to identify and modify other factors that put them at higher risk for heart disease, using traditional risk factors, as well as contemporary cardiac imaging and lab technology. He also specialized in treatment of venous reflux disease.

Dr. Kedia, an Arizona native, completed medical school at the University of Arizona, in Tucson. He was then accepted to an internal medicine internship and residency at Cedars-Sinai Medical Center in Los Angeles, Calif., which he completed in 2008. Dr. Kedia went on to participate in a cardiovascular disease fellowship also at Cedars-Sinai Medical Center and the Greater Los Angeles VA Medical Center, where he served as chief fellow from 2010 to 2011.

Dr. Kedia is an active participant in hospital cardiology committees and meetings. In his free time, he enjoys sports, reading and spending time with his wife, two daughters and his parents. ■

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HEALTH

Choose the Right Medicare Option

With the Help of a Skilled Agent

Submitted by
Tapestry Insurance

There are some big changes in Medicare insurance this year. Being able to choose the right plan to fit individual needs can be overwhelming. Lynne Jones is a licensed and trained Medicare agent who stays informed so she can help her clients pick the plans that are right for them.



Lynne Jones

With so many options in plans, doctor networks, costs and benefits, it makes sense to have an agent helping to make the Medicare decision. "It's important to have as much knowledge as possible when making medical decisions," Lynne said. "Why not have someone local who can help you make the best possible decision?"

Lynne is able to meet one-on-one with her clients, either at their home or a public location. "By meeting with them individually, I feel like I can really understand their needs and what is most important to each person," she said confidently. "I'm an independent agent, so I am able to present more than just one insurance option."

When not doing Medicare, Lynne helps her husband, Michael, in his video production business. They have lived in Red Mountain Ranch for almost 21 years. "I love this community and always feel so proud to be a part of such a wonderful part of the Valley," Lynne stated. ■

For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246.

EDUCATION

New Frontiers Offers Educational And Social OPPORTUNITIES

Submitted by New Frontiers for Lifelong Learning
New Frontiers for Lifelong Learning (NFLL), a peer-led, self-directed organization of more than 400 members operating under the sponsorship of Mesa Community College (MCC), may be just what you are seeking.

Educational and social opportunities happen by joining interactive groups. Many classes meet one time for two and one-half to three hours. There are no tests, grades or credits.

Other social opportunities, such as luncheons, tours, traveling, concerts, board and card games and theater productions, can be enjoyed. Volunteer opportunities are available on the MCC campus and in the community. As an NFLL member, you are given an MCC student ID card, which gives you discounts on campus and in the community.

An open house for learning about NFLL will take place on Friday, Jan. 12, 2018, from 1 to 3 p.m., in the Community Room (M200), located on the second floor of the Mesquite Building, at Red Mountain Community College, 7110 E. McKellips Road.

Classes meet at MCC campuses at Southern Avenue and Dobson Road; McKellips and Power roads; Mesa Active Adult Centers, at 247 N. MacDonald St. and at 7550 E. Adobe Road, as well as other locations.

Fees are \$80 a year or \$60 for each semester. After enrolling at the open house, members can register for as many classes as their schedules will allow. Registration begins online on Jan. 16, 2018. ■

For more information, visit newfrontiers.mesacc.edu, or call (480) 461-7497.



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EDUCATION

New Programs Help Prepare Students for High School and Beyond

By Jennifer Salvatori, M.A. Ed.

Self Development Academy (SDA), a public charter school serving students from kindergarten through grade 8, is known in the local community and statewide for its outstanding academic programs.

Now in its 18th year, SDA consistently has been

ranked among the top elementary and junior high schools in the state. The success of SDA students is due to a visionary leader, Dr. Anjum Majeed, as well as dedicated faculty and staff, supportive parents and hardworking, diligent students.

At SDA, the students learn a minimum of one grade level ahead of the Arizona state educational standards. Beginning with the kindergarten year, students are academically challenged, and high academic expectations are established, all within a nurturing environment.

SDA elementary school students obtain a solid foundation in language arts, mathematics, science and social studies. Students are taught at the mastery level, and the curriculum emphasizes higher level thinking skills, such as critical thinking and problem solving.

By the time SDA students reach middle school, many are prepared to enroll in Algebra I, Advanced Literature and Advanced Science. During middle school, students have the opportunity to complete Pre-Algebra, Algebra I, Geometry and Algebra II. Students also can complete Advanced Literature and Science, including Biology, Chemistry and Physics, as well as Technology. Many of these courses are not offered until high school.



Students completing eighth grade at SDA are enrolled in Honors and Advanced Placement courses upon entering high school. Additionally, many students receive high school credit for courses completed at SDA. This level of coursework enhances their grade point averages, and makes them highly competitive students when applying to colleges and universities.

The 2017-2018 school year marks the introduction of several new programs and electives, including Science, Technology, Engineering, Arts and Mathematics, or STEAM, and Voyagers. STEAM includes projects incorporating science, technology, engineering, arts and mathematics. For example, one project involves students writing and illustrating a story about the moon, combining science, writing and art.

Voyagers provides students with an opportunity to complete an independent project over the course of the school year. Students must submit a proposal detailing the project. Once approved, students are assigned to collaborate with a middle school faculty member to complete the

project. A presentation is the final stage of the project. The projects require time management, critical thinking, writing and communication skills.

Other middle school electives include *Scratch*, which is an introduction to computer programming, class plays, journalism, Latin and Spanish. During the class plays, students have an opportunity to write and direct plays, create set designs and make costumes. If students complete two years of Spanish, they may be able to obtain credit for the first year of high school foreign language.

In addition to electives, Miss Meyer started the first SDA Science Olympiad. Science Olympiad is a competition involving all science, technology, engineering and mathematics areas. Through Science Olympiad, students prepare for various competitions. Events range from building contraptions and completing experiments, to knowledge-based testing.

During the invitational held in November, many SDA student teams placed among the top 10 schools. Two students, Trenton and Caelan, took sixth place in the hovercraft competition. The students had to build a hovercraft while applying specific guidelines. The movement of the hovercraft was measured and compared with the other competitors.

Another pair of students, Sebastian and Adriana, placed second in the Fast Facts competition. The invitational competition level was an amazing experience. Students are looking forward to two upcoming competitions. Other clubs offered to middle school students include sports, dance, tutoring and choir. ■

Enroll now. Limited spaces are available for the 2018 – 2019 school year. For more information regarding SDA, or to arrange a tour, please contact the Front Office at (480) 641-2640.



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|| SPIRITUALITY

Trip to Bethlehem Offers Insight As to Birth of Our Savior

By Pastor Paul Frank
Hosanna Lutheran Church

A few years ago, I went to Bethlehem, the real McCoy Bethlehem, in Israel. I hoped for a sweet quiet contemplative moment in the Church of the Nativity, built over the cave where the stable was and where Jesus was born so long ago. I was hoping for peaceful rest, stars in the sky, cattle lowing, sheep grazing, maybe even an angel choir to sing for me. Yeah, well...

Bethlehem is crazy busy, hustle bustle, with armed Palestinian guards at the razor wire gate, 10,000 people crammed in trying to get through long lines, elbowing each other as they each try to get into the small space where the birth place is found. It's tense, hot, noisy, overcrowded, and it's just not the experience I had hoped to have.

In the middle of the crowd, however, as our tour group felt frustrated, I said to my fellow travelers, "Isn't it amazing that all these people still are coming here to remember and celebrate the birth of our savior? Wouldn't it be sad if we were here all alone?" Then, we suddenly realized, this was more like the experience Mary and Joseph had when they went to Bethlehem, too.

The streets were filled with tired, grumpy travelers. Homes were crowded. The markets were packed as everyone took care of guests in town for the census. There was no guest room for them. Just a stable out back for some privacy while that young mom gave birth to her peasant child, who

really is the King of all Creation. Christ had come into the chaos, the mess, the tensions and the weariness we all feel in life. Christ came as that sweet child, meek and mild, the babe wrapped up in swaddling cloths and lying in a manger. Christ had come, God in flesh and blood, to live as we could not, then, to die and rise for us, so we could live as His new creations. He came to redeem us so we could all live in the peace and comfort, quiet and joy I had hoped to find in Bethlehem. He gives us those gifts here and now, every day, and on Christmas Eve, in a wonderful candle light service. ■

Come experience that Christmas peace for all mankind of which the angels sang. Come join us on Christmas Eve, at 7 p.m., and on Christmas Morning, at 9 a.m., at Hosanna. We will sing praise to the one who is God's Peace on Earth.
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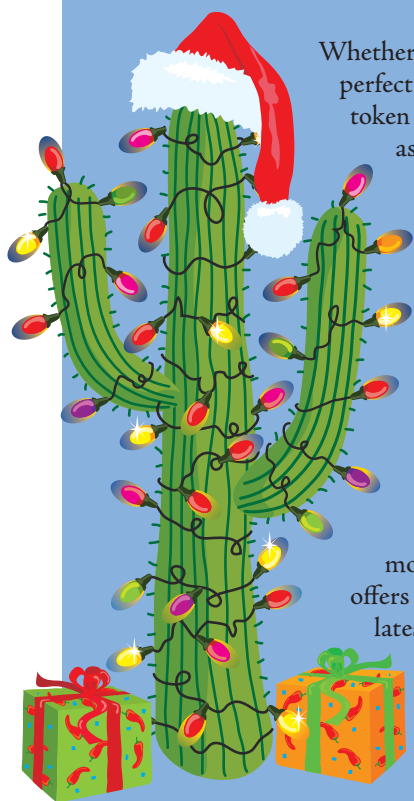
Ping, FootJoy, Under Armour, Greg Norman, Travis Mathew, Antigua, Level Wear and Oakley.

Want an exclusive Las Sendas presence at your party or event? Las Sendas Private Label Signature Wines are it.

How fun and impressive to have a selection of wines from your own Las Sendas label set out on the holiday bar service. Or give it as a gift with local flavor to those out-of-town guests.

"It is an exclusive blend that is only available through Las Sendas, but that doesn't mean you can't get it," said Director of Food and Beverage Dennis Shaw.

"Las Sendas bottled wines can be purchased by members, as well as the public, at the Las Sendas Golf Shop," he continued. "For the holidays, the Golf Shop is offering deep discounts on our wines. Usually priced at \$18 per bottle, all are on special for \$14.95 per bottle during the month of December," Dennis further stated. "Buy a case of wine, mix and match if you like, for \$156 per case. That's only \$13 per bottle for Private Label Wines. It's a really good value for the wine."



HISTORY OF LAS SENDAS PRIVATE LABEL SIGNATURE WINES

Bottled exclusively for Las Sendas in Napa, Calif., from grapes sourced in California, the Las Sendas Private Label Signature Wines line presents two popular reds, Cabernet Sauvignon and Merlot, and two white varieties, Pinot Grigio and Chardonnay.

Rutherford Wine Company of California, which specializes in exclusive private-label branding for high-end hotels, resorts, restaurants and clubs, like Las Sendas Golf Club, creates the blends.

"We had always wanted to have our own signature wines to serve as our house wine. So, about three years ago, Executive Director/Managing Partner Lloyd McBean engaged the renowned Rutherford wine-making team to create our brand," Dennis said. "Our wines are blended and bottled

upon request throughout the year."

If you are dining at The Patio and Grille, you can try a glass for \$6.50, or a bottle for the table at \$24. "It's the most popular and requested wine with our guests," Dennis revealed. "We offer it as the house wine for all our catered events. We go through about 700 to 800 cases a year."

So, whether you want to toast with it or present it as a gift, think about Las Sendas wines for your holiday gatherings and Las Sendas gifts for everyone.

And don't forget holiday gift cards. Get a gift for them and receive one for yourself. Purchase \$100 in food and beverage gift certificates through Dec. 31, at The Patio and Grille, and receive a free \$20 gift certificate for you.



THE VISTAS PAVILION AT LAS SENDAS 2018 SUMMER SUNSET WEDDING PACKAGE \$5,999 FOR UP TO 100 GUESTS

The Vistas Pavilion at Las Sendas is happy to announce a Summer Sunset Special Wedding Package for all weddings hosted in the months of June, July and August. ***Only \$5,999.**

Ceremony

- White garden chairs, wedding arch.
- Set up and break down of the ceremony area.
- Unity table, registration table.
- Gift table, sign-in table and lemonade station.
- Bridal Room with dress hooks, makeup stations.
- Champagne, and fruit and cheese platter in Bridal Room.
- Day of Event Coordinator—will assist bride and groom with menu selections, ceremony and reception set-up details, and ceremony rehearsal.

Reception

- Eight-hour venue booking.
- Set up and breakdown of reception—includes all dinnerware, flatware and glasses.
- Tables, padded chairs, 15 by 15 dance floor, head table and sweetheart table/bridal table.
- Black or ivory tablecloths and napkins, votive candles on tables, choice of three in-house centerpieces.
- Expert banquet staff.
- Cordless microphone with sound system for indoor speeches and toast.
- Projector and screen for slideshow.
- DJ table and cake table.
- Complimentary cake cutting.

Free parking, event signage, floorplan and agenda.

Plated Dinner

- Includes rolls and butter, coffee and tea.
- Two tray-passed appetizers.
- Six-inch round wedding cake topper and cupcakes included with stand.

For more information, please contact Director of Catering and Events Jessie Miller at (330) 396-0099, or send an email to jessmiller@lassendas.com.

**Price does not include tax or service charges. Additional fees may apply. A 20 percent service charge and applicable sales tax will be added to all food and beverage invoices. Prices are subject to change and are guaranteed 90 days prior to the event.*



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)

LAS SENDAS GOLF SHOP

Looking for the best deal on golf?
For the best rate to play golf, please go to lassendas.com, and scroll down to Book A Tee Time. You also can call the Golf Shop at (480) 396-4000, ext. 1.

Now is the time to join Las Sendas Golf Club with exciting Membership Options for all
Las Sendas is the perfect course for the entire family. We offer great packages for individuals or entire families. Enjoy everything from Men's and Women's Night to Couple's and Member Tournaments. With your member discount, enjoy sitting on The Patio with breathtaking views of the Valley, or sit inside at The Grille, watching one of our 12 TVs with more of a lounge-style menu. This year, The Patio at Las Sendas was voted Top 75 Al Fresco Restaurants in America, and our golf course is the highest ranked golf course in the East Valley by GolfNow.

MEMBERSHIP PRIVILEGES

- Advanced Tee Time Booking, Golf Shop and Restaurant Discounts
- Access to All Member Events, Patio Reservations
- Locker Rooms, Club Storage, Unlimited Range Access
- Guest Rates and much more

Social Membership—\$3,000
Receive 10 golf passes each year for only \$500 annually. You are invited to all social events at Las Sendas



Golf Club. Receive 10 percent discounts on all meals and drinks at The Patio or The Grille. Receive priority reservation and booking privileges.

Proxy Membership—\$0
You want to play Las Sendas as a member but don't want to put down \$45,000? We have an option for you and your entire family. It's called a Proxy Membership. Enjoy all the amenities of a full \$45,000 membership by playing on someone else's membership. A Proxy Membership is a great way to feel out your new club. Playing on a Proxy Membership allows you to feel your way around the club, experience member events, golfing and dining, so you can make the decision down the road if Las Sendas Golf Club is a place you want to call home.

And when you are ready, upgrade to our: Fully Refundable Golf Membership—\$45,000 or Non-Refundable Golf Membership—\$15,000
We have one of the lowest membership dues rates in the Valley.

- Yearly dues \$550/November through April and \$240/May through October
- Seasonal monthly dues \$550/November through April

(2018 Season Rates)

Please contact Wayne McBean at wmcbean@lassendas.com, or call (480) 323-9364.

VOLUNTEERS STILL NEEDED

WANT TO PLAY FREE GOLF?



Las Sendas Golf Club is still looking for volunteers to join our team. Player assistant, starter and range attendant positions are available now. If you have some experience in any of the above positions and want to play free golf, please contact Colton Hopwood at chopwood@lassendas.com, or Rick Crowson at rcrowson@lassendas.com, for further information. ■



MERRY CHRISTMAS to all Members and Residents of Las Sendas!

Rick Crowson
Director of Golf

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WITH Reagan Guzman

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RESERVATIONS: jessmiller@lassendas.com
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REAL ESTATE

English Tradition of Christmas Crackers Ensures Fun and Laughter

By Lorraine Ryall
Associate Broker, CDPE,
CSSN
KOR Properties

To everyone who reads my articles, and those of you who have offered great feedback or contacted me to help you buy or sell your home, I want to take this opportunity to thank all of you.

Most of the time, I have no idea what I am going to write about from one month to the next, but something always comes up that I feel would be great to share. If there are any subjects you would like discussed, or information you would like, please let me know.

QUICK MARKET UPDATE

The holiday season typically sees a slowdown in sales, with less demand. What makes this year different from previous years, however, is the lack of inventory. We still are in a very strong seller's market, with far less inventory than demand. We have 63 days of inventory compared to 83 days this time last year, which is a 32 percent decrease. Yet sales are up 4.5 percent. With stronger demand and less inventory, you can expect to see multiple offers on homes and prices continue to increase even over the slower holiday season and into the spring of 2018.

The Mesa median sales price has dropped from \$250,000, in September, to \$248,000, in October, which is expected as we head into the holidays. November prices usually go down slightly, as well. This year, though, the price



Lorraine Ryall

has increased in the first two weeks of November, which is more support that this season could be stronger than normal. As of October, the median sales price has increased 6.8 percent from the beginning of the year.

With such a strong seller's market, buyers had better brace themselves for what could be one of our best spring selling seasons in a decade.

A CHRISTMAS TRADITION—CHRISTMAS CRACKERS

'Tis the season to be jolly, and my favorite time of the year.

One English Christmas tradition, which has been around for more than 165 years, is the Christmas crackers. Being from England myself, I've never had a Christmas without them.

So, what are they? Created by Tom Smith, in 1847, the crackers are cardboard tubes covered in brightly colored twisted paper. When the cracker is pulled by two people, each holding one end of the twisted paper, the friction creates a small pop, which is produced by a narrow strip of chemically treated paper. The cardboard tube contains a brightly colored paper hat (which I make everyone wear, whether they want to or not), a small gift and a motto or joke.

Christmas crackers have been a tradition for the English Christmas dinner since their inception. Even the royal family will have Christmas crackers adorning their Christmas dinner table. When I came to America, I had to carry on this English tradition with my family here. Back then (pre-Amazon), I used to have to get them shipped in from England, but now they can be found everywhere, Costco, World Market, Bed Bath and Beyond just to mention a few and of course, Amazon.

The price you pay will depend on the gifts inside. They usually are inexpensive, but you can get expensive ones, with elaborate gifts inside, or you even can make your own, using a toilet paper tube and colored paper. Then, you can put your own gifts inside, and even make them specific for each guest, if you are that adventurous.

Christmas crackers are a lot of fun and something the whole family will love. They spruce up any table with their bright Christmas colors and festive designs. We pull our crackers as soon as we all sit at the table before we eat (watch out

for flying gifts). Throughout the meal, we go around the table telling the jokes which can be so corny you can't help but laugh. For us Britts, Christmas just isn't Christmas without them.

So, next time you are at the store and see these brightly colored crackers, buy a box, and start a new family tradition. I would love to hear from anyone who tries them this year.

Another family tradition is to make the breakfast casserole on Christmas Eve so it's ready to pop into the oven on Christmas morning and bake while we open presents. This is Rick's family's recipe that has been passed down, and he is always the one to make it while I just sit and watch. Now I know why I like Christmas so much.

RECIPE

Breakfast Casserole

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



- Butter one side of the bread and put butter side down in 9-by-13 baking dish.
- Mix eggs and milk mixture, add salt.
- Layer sausage and cheese twice on top of bread. Then, pour eggs and milk mixture over. Top with a layer of cheese.
- Bake at 350 degrees for 1 hour.

Wishing you and your family a very Merry Christmas. ■

Lorraine Ryall has been a Multi-Million Dollar producer for the past nine years. If you are thinking of buying or selling and would like more information or a market analysis, please contact her at Lorraine@Homes2SellAZ.com, or call (602) 571-6799. Visit her website at Homes2SellAZ.com.



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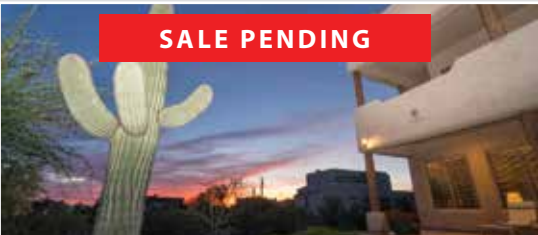
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EVENT

Small Town Christmas Season COMES ALIVE IN WILLIAMS



By Ashley Breinholt

If you have been dreaming of a white, small town Christmas, all bundled up in your hat and mittens, sipping hot chocolate and enjoying the beautiful sights of twinkling Christmas lights, look no further than Williams, Ariz.

This cozy town, located just 35 miles west of Flagstaff, is the perfect place to experience all of the charm and character of a small town while up in the beautiful snow-covered mountains.

The Christmas season kicked off with the Christmas parade and tree lighting. On the Saturday after Thanksgiving, Nov. 25, the town hosted a parade to kick off the season, and at the end of the parade, the town Christmas tree was lit.

Throughout the winter season, visitors can enjoy carriage rides around town. The carriages are decorated with lights and have blankets for riders to stay cozy. Drive through the town by carriage or by car. See all of the beautiful decorations and lights. Williams loves to light up the holiday season.

This beautiful town is home to the Grand Canyon Railway, which offers train rides up to the Grand Canyon, and during this time of year, the magical Polar Express ride. If you want to experience the story of this magical train ride, which takes children to the North Pole on

Christmas Eve, this ride is for you.

The Polar Express, in Williams, is the No. 1 Polar Express experience in the United States. Last year, more than 101,000 people rode the Polar Express. The train and depot are full of characters you will remember from the story, including the hobo and the know-it-all boy.

Arrive bundled in your pajamas at the twinkling depot, full of Christmas lights. Mingle with characters and guests as you wait to board the train. Each night, 2,600 guests will board the 1923 Harriman-style cars, built by the Pullman Company for an old-fashion flair.

There also are two Americans with Disabilities Act, or ADA, accessible cars, so no one will be left out of this unique holiday experience.

The train departs at either 5:30 p.m. or 7:30 p.m., for a special one-hour train ride. You will meet elves, dance and sing along to Christmas music, listen to the Polar Express story being read over the speakers, and enjoy hot chocolate and cookies served by chefs, just like in the story.

The train will make a stop at Santa's Village. There, Santa will come on board and visit every child on the train, delivering Christmas wishes and a special gift. When you return to the depot, Mrs. Claus will be there to take pictures with the kids and Santa. There also are fun train tables to play with and crafts to be done. The Polar Express runs from Nov. 10 through Jan. 6.

If you journey up closer to Christmas, you can catch the Community Nativity Pageant, on Friday, Dec. 22. It's a beautiful way to celebrate the holiday. Churches in the area work together for this live production, where community members act out the roles of Joseph, Mary, angels, shepherds and wise men.

During the pageant, the audience will enjoy music and the reading of the Christmas story. It is the perfect prelude to Christmas Day to help remind us about the reason for the season. ■

For more information on the Polar Express, visit thetrain.com.

EVENT

Concert Presents HOLIDAY CLASSICS

Submitted by Scottsdale Philharmonic

The Scottsdale Philharmonic will perform traditional holiday classical pieces in a special Dec. 10 holiday concert hosted by the Scottsdale Center for the Performing Arts.

Tickets for the holiday concert are \$5 to \$10 and are available at tickets.scottsdalearts.org, or by calling (480) 499-TKTS.

"Music is an important part of the holidays for many people," said Joy Partridge, president and co-founder of the Scottsdale Philharmonic. "People of all ages will recognize these pieces and enjoy this performance."

"We have more than 120 volunteers, which includes 75 professional musicians, dedicated board members and volunteers who share their time and talent for each concert," Joy explained. "Dates for our free concerts in 2018, held at the Scottsdale Bible Church, are listed on our website, scottsdalephilharmonic.com."

ABOUT THE SCOTTSDALE PHILHARMONIC

Founded in 2012, the Scottsdale Philharmonic is a non-profit, with a mission statement to bring free classical concerts to the community. The organization is funded by donations from patrons, grants and sponsors. More than 75 professional musicians continue to volunteer their time and talent for each of the performances. ■

For more information, visit scottsdalephilharmonic.com, or call (480) 951-6077.

Scottsdale Center for the Performing Arts is located at 7380 East 2nd St.



Real Estate

In Mesa Uplands

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Mesa Uplands Area Market Report

KOR PROPERTIES

MLS

Sales over \$305,000 for the Month of October 2017

John Karadsheh

Address	Square Feet	Community	Sold Price
3916 N. Sapphire St.	1,936	Red Mountain Ranch	\$305,000
1740 N. Makalu Cir.	1,638	Mountain Bridge	\$315,000
6201 E. Preston St.	2,108	Ridgeview	\$318,500
1630 N. Luther	1,753	Mountain Bridge	\$329,000
4039 N. Ranier	1,943	Red Mountain Ranch	\$329,900
2453 N. Saffron	2,384	Villa Royale	\$334,900
9131 E. Hobart St.	2,293	Sierra Heights	\$335,000
8716 E. Hillview St.	2,862	Grandview Estates	\$345,000
2024 N. 88th St.	1,806	Mountain Bridge	\$349,900
6341 E. Player Cir.	2,814	Painted Mountain	\$365,000
7031 E. Mallory St.	1,814	Saguaro Estates	\$390,000
6529 E. Oasis St.	2,691	Regency at Ridgeview Estates	\$395,000
1709 N. Channing	1,994	Mountain Bridge	\$412,000
1419 N. Drexel Cir.	2,938	Saguaro Mountain	\$425,000
6302 E. Hermosa Vista Dr.	2,552	Tara Vista	\$425,000
7516 E. Hermosa Vista Dr.	2,617	County Island	\$459,900
6446 E. Trailridge Cir. #39	3,351	Red Mountain Ranch	\$460,000
7840 E. Leland Cir.	3,400	Esates at Desert Shadows	\$475,000
9813 E. Glencove St.	2,748	Saguaro Mountain	\$475,000
6446 E. Trailridge Cir. #46	3,131	Red Mountain Ranch	\$500,000
2110 N. Calvin Cir.	4,057	Esates at Desert Shadows	\$505,000
2304 N. Estates Cir.	3,208	Mountain Bridge	\$557,234
8154 E. Kael St.	3,469	Esates at Desert Shadows	\$580,000
4055 N. Recker Rd #1	4,403	Red Mountain Ranch	\$645,000
8519 E. June St.	4,344	Mountain Bridge	\$650,000
8418 E. Jensen St.	3,177	Mountain Bridge	\$675,000
8825 E. Palm Ln.	4,580	County Island	\$770,000

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

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I have worked with John numerous times both as the seller and as the buyer and he is an exceptional agent. He is very professional and so easy to work with. John goes above and beyond to make sure that his clients are receiving the best service possible. — Nanci A.

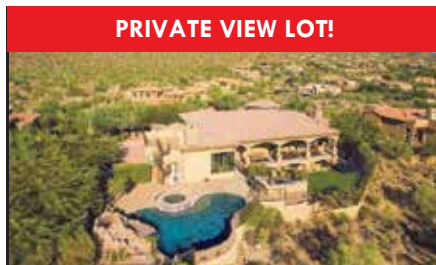
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LOCAL BUSINESS

Make Sure Your Family Is Safe From Furnace-Related Risks

By C. Andrew John

While I'm pretty sure you've heard about the dangers of carbon monoxide (CO) and how it relates to gas furnaces, you may not realize it's not just gas furnaces that can pose a risk.



C. Andrew John

Additional sources of CO include blocked flues and chimneys and burning fuel in unventilated spaces (for example, using a barbecue inside a garage), as well as faulty or blocked car exhausts, to name a few.

Since HVAC is my specialty, I wanted to make you aware of some misconceptions people have specifically related to furnace safety.

- 1. Assuming because a furnace is working and generating heat, it is safe to operate.
- 2. Assuming the typical carbon monoxide detector you can pick up at home improvement stores is all the protection you need to keep you and your family safe.
- 3. Assuming if you have your furnace inspected every few years, it is safe to operate.

SO, HOW DO YOU PROTECT YOUR FAMILY?

First—Every home (even if you don't have a gas furnace) should have a low-level carbon monoxide detector. The CO detectors available in the big box stores provide only a minimal amount of protection. They don't alarm you until after unsafe

levels are present and those unsafe levels have to have been that way for some time. Second—Don't neglect your furnace. Have it professionally checked each year by qualified technicians. Don't just take my word for it.

THE CONSUMER PRODUCT SAFETY COMMISSION ADVISES

"Consumers should not service their own appliances, but have a qualified plumbing, heating contractor or gas company technician perform an inspection every year."

THE CENTERS FOR DISEASE CONTROL (CDC) HAS ISSUED THIS WARNING

"Recommended strategies to prevent CO poisoning from your home appliances include having your heating system, water heater and other gas, oil or coal burning appliances serviced by a qualified technician every year and installing a battery-operated CO detector in your home."

I could go on with more citations regarding the role of maintenance in furnace safety, but you get the point. The expert opinion is that gas furnaces need to be checked annually by a qualified professional. In addition to safety, it is also important to maintain the efficiency of the system.

If you have a gas furnace and haven't had it maintained and checked for safety this year, don't wait. ■

For more information, or to schedule an appointment, call John's Refrigeration at (480) 648-2505, or go to JustCallJohns.com.

EVENT

Local church brings CHRISTMAS TO LIFE

Submitted by St. Luke Lutheran Church

St. Luke Lutheran Church, in Mesa, continues its tradition of bringing the ancient city to life with the 12th annual *A Night in Bethlehem*, on Friday, Dec. 15, from 6 to 8:30 p.m.

A Night in Bethlehem is a live re-creation of the first-century village on the night Jesus Christ was born. The congregation will transform the parking lot and campus into an event that will have visitors feeling like they have time travelled back more than 2,000 years.

"With all the glitter and hype of the Christmas season, this evening offers a needed change of pace and focus. We want the people and families in our community to have fun together, while experiencing the sights and sounds of that first Christmas, in Bethlehem," said Pastor Luke Hennings.

All ages are invited to wander through the village and visit woodworking, weaving and leather making, as well as spice and pottery shops. Shopkeepers will be on hand to provide information about their ancient crafts and assist with the hands-on activities.

Village visitors can make and bake bread in the bakery or stroll through the manger where they will find Mary, Joseph and the baby Jesus, along with shepherds and the always popular live stable animals.

Festive music, refreshments and photo opportunities will be a part of the overall atmosphere portraying everyday life many, many years ago in the small town historically famous for the miracle birth that occurred there.



"This is a labor of love by the members of St. Luke," said lead organizer Don Smith, who has been involved with *A Night in Bethlehem* since its inception. "Hundreds of volunteer hours are dedicated annually to the planning and execution of this event."

Admission and all activities are free to the public, and no donations will be accepted. The congregation provides funding for this authentic experience. "This is our gift to the community," said Pastor Hennings. "We hope momentarily slipping away from the hustle and bustle of decorating, baking and shopping will provide the opportunity to reflect on the true meaning of Christmas."

Parking also is free, and outfitted Roman soldiers will be on hand to direct visitors into the city. ■

For more information, call (480) 969-4414. You also can visit the website at stlukemesa.com. St. Luke Lutheran Church is located at 807 N. Stapley Drive.

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LOCAL BUSINESS

Doctor Pool offers exceptional winter pool services

By Kim Phillips

Doctor Pool owner James Deremiah is ready to heal your sick pool and keep your pool healthy. “We treat customers the way we would want to be treated ourselves,” commented James recently while describing his successful pool maintenance business. “We’re honest. We have pride in our service and the company in general.”

Doctor Pool has been servicing the Valley since 1986, and includes such services as tile cleaning, glass beading, sand changes, filter cleans, acid washing and cool deck repairs, as well as heat pump and gas heater installations and repairs.

Currently, the company is offering winter season services, with discounts if you mention their advertising, and two weeks of free pool service if you refer a friend or neighbor.

James, a Red Mountain Ranch resident, said one of the best attributes of Doctor Pool is the company’s great customer service, which includes free online customer account access at doctorpool.net.

Customers can access their account through the online portal to review notes about pool issues and current chemical readings. They can even pay their individual bills online.

“Our office staff will contact you right away with ongoing issues or repairs needed on your pool,” said James. “Pools can still turn green in the wintertime,” he added.

Doctor Pool’s pricing is competitive compared to other pool maintenance services. “We are fair and balanced,” emphasized James.

The company’s pool technicians have been working with James for years, he said. “I’ve never had an issue. I trust all my guys.”

For winterizing your pool, James recommends acid washing, and the cleaning of pool drains, calcium buildup and sand filters. “This also is a good time to upgrade your

heat pump and do some remodeling, including upgrading and redoing the pool surface and decking,” he said. “We offer great customer service from the start,” James further commented. From signing up the account, to meeting the technician, to discussing and evaluating the pool, James said customers can expect to be treated with the utmost respect. “We will dedicate all our time to building a long-lasting relationship,” said James. “This is the keystone to our success.” ■

For more information, call (480) 343-5308, or visit the website at doctorpool.net. Mention this story or advertisement in Up Close, and receive a 15 percent discount on winter services. Doctor Pool is located at 6312 E. Main St., Mesa AZ 85205.





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COMMUNITY

District 5 Vice Mayor and Councilmember
UPDATES CONSTITUENTS
ON IMPORTANT ISSUES

By Vice Mayor David Luna

With greetings to neighbors, I want to assure you that one of my priorities is to encourage development and job opportunities in the City of Mesa and District 5.

Most recently, there has been an uptick in development in and around the Falcon Field District, including Longbow. As a result, I want to give everyone an update.



David Luna

business development, employment and unique opportunities.

NEW AND FUTURE
DEVELOPMENT UPDATE

Opus Development has begun construction on approximately 150,000 square feet of industrial space on Higley Road across from Boeing. The completion for this project is expected sometime in

March of 2018.

The East Group has started their development for a 96,000-square-foot building on Greenfield Road, between McDowell Road and Virginia Street, in the Falcon Field Business Center.

Three buildings at Higley Road and Indigo Street, named as the Falcon Commerce Park, also are ready to start construction for a 125,000-square-foot space.

A 90,000-square-foot industrial building is planned, with building permits already approved, for Virginia Street and Greenfield Road.

Serving as your vice mayor and councilmember for District 5 is one of my greatest privileges. I will continue to work on business attraction to expand opportunities in District 5. I also want to extend my gratitude to those residents who continue to be engaged and who forward their expectations to me directly. ■

If there is something you would like to have answered, or you would like to reach me, please contact my office at (480) 644-3771, or send an email to District5@mesaaz.gov.

Longbow Marketplace
Phase 1 Update

With much anticipation and excitement, Sprouts Farmers Market is slated to be open in early January of 2018. This new flagship store, located south of the 202 and North Recker Road, will offer an array of amenities along with providing fresh fruits, vegetables and, of course, high-quality food products. Retail buildings in the shopping center also will be available to businesses eager to be part of this new and exciting development.

Falcon Field District Update

As many of you have noticed, the Falcon Field District has been rebranded with new blue signage. Residents and employees will find these blue signs along key intersections. In addition, expect to see two monument signs, wraps and banners in the spring of 2018. This new signage is the result of recommendations by the Falcon Field Strategic Plan and the City's effort to attract

LOCAL BUSINESS

Add Holiday Cheer
with Lightin' Up!

By Jamie Killin

Nothing brings cheer quite like holiday decorations and lights, but climbing up to the top of the house to install lights can be difficult and time consuming.

That's where Lightin' Up! comes in. Owner Jonathon Schultz, who inherited the business from his father, has been installing holiday lights since he was 5 years old, and still serves some of the same customers today—16 years later.

"I have one customer who was a first-year customer, and I've been hanging his lights since I was 5 years old," said Jonathon. "He actually has pictures of me testing lights in his driveway when I was knee-high to a grasshopper."

Lightin' Up! offers all kinds of holiday décor services, from putting up lights, to installing holiday décor, and even decorating the Christmas tree. Jonathon not only installs the decorations and lighting, he makes sure they stay beautiful for his customers all season long.

"My favorite part is seeing the satisfaction on the customer's face and being

able to go drive by the customer's house, because I usually drive by the house once or twice a week to make sure everything's still working, and I like to see the good job I did," said Jonathon.

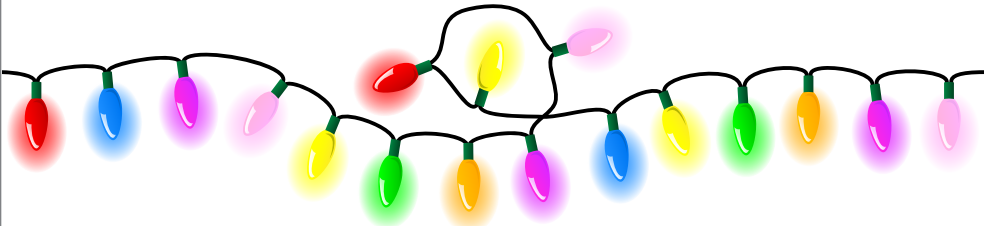
He uses his expertise to work with his customers to create their perfect décor scheme. He either is working with their lights, by purchasing the lights for the customer, or even accompanying the customer to the store to pick out the lights together.

"They rely on me every year," Jonathon said. "Most of my customers are returning customers, and they rely on me to come back every year. When I see them, it's like seeing an old friend I haven't seen in a year."

For Jonathon, the most important part of his job is making sure his customers get exactly what they want, and he is happy to go above and beyond to make it possible.

"My name is important to me, but what's more important to me is making sure the customer is happy," he said. ■

To learn more about Lightin' Up!, call Jonathon Schultz at (480) 327-8563.



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HEALTH

La Peau Offers Non-Invasive Options FOR SKIN CANCER PATIENTS

By Darshan Dawson

The East Valley is fortunate to be home to a top-ranked dermatologist and Mohs surgeon, Dr. Zaina Rashid, DO, FACOD, FAAD.

Dr. Rashid has built La Peau Dermatology, a state-of-the-art center for the diagnosis and treatment of patients with a range of skin conditions.

Translated from the French, La Peau means *the skin*. Dr. Rashid's La Peau Dermatology is all about the skin. In addition to services for those seeking cosmetic procedures to achieve a youthful appearance, patients with acne, eczema, psoriasis, shingles, carcinoma and melanoma find solutions for treatment and management. Her practice helps patients heal and feel beautiful.

Early in her career, Dr. Rashid became passionate about finding and eliminating skin cancer. "If the cancer is caught early enough, I can save someone's life," she said. "I like that."

Living in the Valley of the Sun, Arizonans need to be especially vigilant. Whether you are in the Valley during the heat of summer, or in the mountains skiing, sunburn is a significant risk for the development of skin cancer.

Nearly 3.5 million Americans are diagnosed with non-melanoma skin cancer each year. "For people with basal cell or squamous cell cancers, there are many options, including non-invasive treatments that not only are exceptionally effective, but also eliminate the risks that can be associated with surgery," Dr. Rashid stated.

Because of the many benefits for patients, Dr. Rashid has added Superficial Radiation Therapy (SRT) to her practice. "It is one of the safest



Dr. Zaina Rashid

and most effective alternative therapies available for treatment of non-melanoma skin cancers," she explained. "It is totally non-invasive. This procedure results in a very high cure rate with no pain, no incisions, no scarring and no downtime."

SRT delivers a carefully calibrated dose of UV radiation aimed very precisely at cancer cells. The radiant light waves penetrate only five millimeters below the skin. As the radiation passes through the diseased tissue, it destroys abnormal cells, leaving little to no damage to normal cells.

At La Peau, spotting and destroying pre-cancerous lesions can be accomplished by using blue light. This therapy utilizes a light-sensitizing chemical solution applied to the skin area in need of treatment. The photo-sensitive solution is absorbed into the skin. When exposed to a blue light with a specific wavelength, the solution generates a reaction that destroys the potentially precancerous or cancerous skin cells.

In addition to being the preferred choice for patients with all stages of skin cancer, La Peau Dermatology employs the most advanced aesthetic treatments for those wanting to appear more youthful.

For more than 20 years, Platelet Rich Plasma (PRP) has been successfully used to slow facial aging. It also has proved effective in re-growing hair. Many men and women seeking to smooth facial skin for a fresh, rested look choose La Peau for both Botox and cosmetic fillers to treat dynamic and static wrinkles. La Peau

Dermatology is offering 35 percent off your next Botox treatment for those bringing in the La Peau advertisement found in your Up Close community paper. ■

Dr. Zaina Rashid's La Peau Dermatology is located at 5424 E. Southern Ave., Suite 103. To make an appointment, call (480) 401-5966. For general inquiries, call (480) 396-2300.



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LOCAL BUSINESS

Repositioning Cruises Offer Unique Opportunities

Submitted by Sue and Bruce Mitchell

When talking with clients or friends about a transatlantic or transpacific cruise, I have heard numerous comments, such as, "I will be bored. What do I do all day?" I will get cabin fever not seeing land for days on end."

It has not been that long since only the wealthy travelled to Europe by way of transatlantic cruising. Cruise ships use this as a way of repositioning their ships from either the warm waters of the Caribbean, to the Mediterranean or the European shores. Another relocation each fall is Alaska to the Far East, California or the Panama Canal. Sometimes, cruise lines use this option to deliver a new ship to their new port destination.

I haven't covered all the options, but it gives you some ideas of what may be available for your next dream voyage. Our first repositioning cruise was with Carnival Cruise Line, from Los Angeles to Sydney, Australia. The second was on the inaugural cruise of Norwegian Cruise Line's (NCL) Escape, from Southampton, United Kingdom, to Miami. Our third, in May, was from Miami to Copenhagen, Denmark.

This fall, we will be doing another transatlantic crossing on NCL's Getaway, from Copenhagen, back to Miami. Prior to that cruise, we will be spending eight days on the same ship, visiting the beautiful European cities on the Baltic Sea, including Warnemunde, Germany; Tallinn, Estonia; St. Petersburg, Russia; Stockholm, Sweden; and Helsinki, Finland.

Repositioning cruises have an abundance of things to do daily, including a full casino, daily bridge, knitting and crocheting, trivia, putting contests, first-run movies, sports, no-excuses deck walking, or if you choose, sitting back and enjoying uninterrupted ocean vistas from lounge chairs positioned around the ship for your enjoyment. You even can lose yourself in a good book.



Sue and Bruce Mitchell

The pool deck chairs and hot tubs also are popular places to work on your tan or just relax. Of course, your friendly bartender is close by to help keep you hydrated.

The average length of a repositioning cruise is 14 days. Generally, the cruise will make a few stops on the way to its destination, so you are seldom more than six or eight days between ports.

Internet is available on all ships. However, you can expect some interruptions in service when they are between satellites.

Even though it is a longer cruise, you will have a different show every night. On some days, they may have matinee performances. Daily activities can range from juggling lessons and cooking demonstrations, to dance lessons, language lessons and multiple types of trivia.

Also, because you have multiple days at sea, you have a better chance to meet new friends and find out all about your favorite bartenders and waiters.

Even though there are a few ships with self-service laundries, the ones that don't usually offer specials, so you can bring home clean clothes.

If this is something you have always wanted to do, please give me a call or shoot me an email, and we can discuss what cruise would be the best for you. Until next time, bon voyage. ■

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.



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LOCAL BUSINESS

Singing Makes Kids SMARTER

By Marilee Tange, Vocal Coach, Songwriter, Producer

You probably know that singing with children in their early years helps them grow developmentally and aids in speech, but studies also show singing on a consistent basis can make them better students.

According to research reported in the journal *Nature*, learning to sing can promote structural changes in the brain. After studying songbirds, they found that 24 hours after the birds learned a new song, those cells in their brains related to learning became bigger. Human brains experience the same kind of brain changes as the birds. Singing actually has an impact on the right temporal lobe of our brains.

The earlier kids get involved with singing, the better. Singing also relieves anxiety, lowers stress levels, evokes joy and lessens the feeling of depression. Research also shows kids involved in music programs score higher on tests.

So, why in the world are we allowing so many public schools to remove the music programs?

Wouldn't it be beneficial to have choir available for every grade level? ■



Marilee Tange

For more information, please go to MTsMusicHouse.com, or call (818) 292-2937.

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LOCAL BUSINESS

YOUR CHOICE OF WORDS Can Impact How Long You Live

Submitted by Home Care Assistance

Watch your words because according to new research on how language and a positive mindset can improve brain health, our choice of words can impact how well we age and how well we recover from illness.

While positive thinking and visualization have been touted as valuable practices for many years, there is even more evidence that using the right words at the right time is yet another way to improve our longevity.

HOW POSITIVE LANGUAGE IMPROVES BRAIN HEALTH

The adage, you bring about what you talk about, is not new. For example, if you think you're going to fail, you are more likely to do so. The power of optimism and positive thinking is well documented, particularly when it comes to pursuing goals. New research indicates positive language, the words we use, can make for a better mindset and outlook that can keep our brains and bodies healthier and promote a more positive aging experience.

Due to a series of six studies conducted at Stanford University, researchers now better understand the interplay between optimism and physical health. They recognize the importance of words in shaping a patient's outlook toward the future.

THE SCIENCE BEHIND HOPE AND OPTIMISM

According to the new studies, understanding how people view the world can help define

the best path to recovery. An initiator is a person who focuses on how he will act regardless of the situation. A responder is a person who focuses on how he will react to situations he encounters. In our culture, we tend to be more optimistic if we approach a crisis as an initiator. In other cultures, seeing themselves as more interdependent, people are more optimistic as responders.

The goal is to help steer patients toward the mindset that will benefit them most. Family members and health care professionals can influence mindset by helping patients frame and visualize their recovery processes.

If people have a positive outlook on life, they seem more likely to take care of themselves. They're likely to watch their diet and exercise more. They take their vaccinations and don't miss medical checkups. Additionally, if an individual carries a positive outlook on aging, it can have a significant impact on his long-term brain health.

At Home Care Assistance, we believe in working with our clients to help them achieve health and meaningfulness in longevity. Call us if you need support caring for a loved one suffering from dementia or any other cognitive decline. ■

Contact Amanda Butas, certified dementia practitioner and 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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- WEEKEND INTERIOR PAINTING AND DECORATING**
Specializing in holiday decorating, accent walls, hanging pictures, installing drapes, moving furniture. No job too small. Cash is king. Not a licensed contractor. **Call or text (480) 553-1489**

SPECIALTY SERVICES

AIRPORT TRANSFERS "SPECIAL AUTUMN RATES \$20.00 OFF ON ROUND-TRIPS" FOR YOU. Full service and "legal" Sedans/SUVs, don't be fooled by going in a vehicle that does not have the required insurance, your safety is at stake. Full service since 1995 and winners of Best of Phoenix award in 2014 and 2015. **602-481-0894 or www.swsedan.net**

SPECIALTY SERVICES

- PROFESSIONAL TUTORING.** Individualized, at-home instruction. Multiple K-12 subjects including Math, Reading, Writing. College entrance test preparation. Assistance for home-schooling, behavioral, special education concerns.
Philip N. Swanson, Ph.D., 480-677-9459.
- "KNOW BEFORE YOU THROW"** the potential value of your stuff. I have 25+ years of experience in appraising and liquidating estates. Consult with me, Jon Englund, **(480) 699-1567**, or email to Jon@KnowBeforeYouThrow.INFO
- VOICE LESSONS AND UKULELE CLASSES** for elementary, middle school, high school and college students. Recreational and Pro lessons available for up and coming artists. **Please visit www.MTsMusicHouse.com or call 818-292-2937.**
- LOVE ALL PETS** - Pet Sitting and Care in your home for long/short-term and last-minute care, (all references are local). **Heather at 949-290-6055 or hdebrosse@yahoo.com and www.eastvalleyloveallpets.com**

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VACATION RENTAL
Furnished Ocean View Vacation Rental in San Diego, California
Looking for a vacation spot in San Diego? Look no further. This one or two bedroom, two bath unit is a 3-minute walk to the sand in beautiful Pacific Beach. Here are some other highlights:

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- Fully furnished with full kitchen & high speed internet
- Heated pool and hot tub
- Did I mention that it's a 3-minute walk to the beach?
- Weekly Rates Starting at: \$1,040 (no extra charges)

Contact Art Bennett for more details: **Art.Bennett@sbcglobal.net (713) 247-9507**

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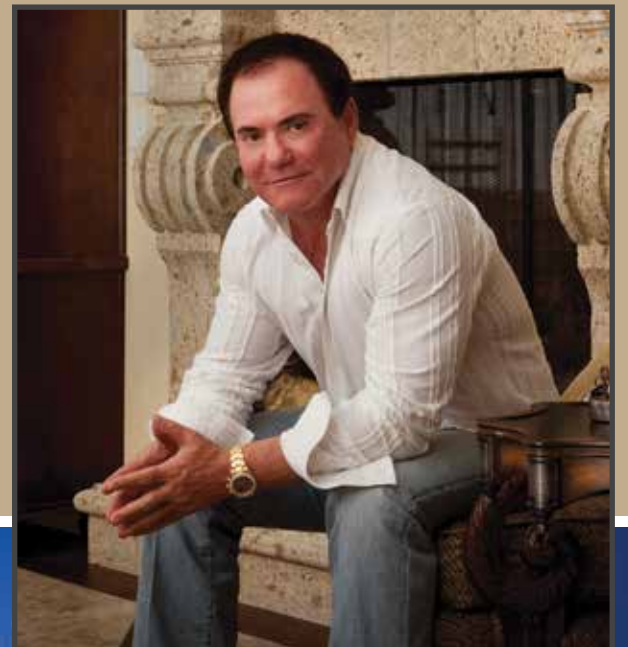


AMBERWOOD
H O M E S



My husband and I moved into our new Amberwood home back in 2005 and have been living here ever since. As you may expect, building a home during the peak of the market was a bit of a challenge. There were additional obstacles and extended delays in construction. However, any concerns that arose through the building process, Billy Johnson made certain they were addressed. Knowing that the owner of Amberwood took pride in his customers' satisfaction and stayed involved in our purchase meant a lot to us throughout the building process and gave us a greater sense of peace. I don't know many home builders who take such measures.

Just recently we hired a company to conduct an energy audit on our home. This process helps homeowners determine where their home is lacking in energy efficiency. We are pleased to say that there weren't many changes recommended and that we actually came away with a near perfect report. It's great to know that our home of 10 years has held up to the ever changing energy efficient world we live in. We have a beautiful home in a lovely community built by Amberwood. - Mr. and Mrs. Guthrie



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**Master Builder Billy Johnson
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