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January 2018

Happy Pets Palace Nurtures Animal Health Passion



By Linda Huss
Owner, Happy Pets Palace

Cassandra Balsley chose the animal care profession at age 15, and after graduating from Red Mountain High School, in 2014, Cassandra began working at Happy Pets Palace, a dog boarding and daycare center in Mesa.

During her job interview, Cassandra made it known that her goal was to become a veterinarian. She decided to major in Biological Sciences, at Arizona State University (ASU), where she earned a full scholarship, and attended the prestigious Barrett, The Honors College. She also continued working part time at Happy Pets Palace.

Throughout her studies, Cassandra's passion to improve animal health and animal care based on research and studies steadily increased. Her path started at a young age because her love for animals was all-consuming and brought her joy and happiness.

This past December, Cassandra graduated with a Bachelor of Science degree in biological sciences from ASU. She was awarded Summa Cum Laude honors with a 3.89 GPA. Cassandra is looking forward to entering vet school in the fall of 2018. It's wonderful when young adults recognize what makes them happiest and they follow a path incorporating those interests into their lives.

Cassandra has transitioned to a full-time employee and shift lead at Happy Pets, and her added responsibilities will be helpful toward her future vet career. She will be spending more time talking with dog owners, which will help her become more comfortable and develop a personable bedside manner. Cassandra also will be learning office skills and supervisory duties for her future role.

The benefits of working a job, which aligns with her veterinary career path, have included building friendships with other dog lovers, making great memories and traveling with co-workers. In 2017, Cassandra and Shannon, her co-worker, took a trip to Cambodia to work with elephants.

Co-worker Mia Powers, a shift lead with Happy Pets, enjoys working with Cassandra. "Cassandra has a friendly personality, and she's going places in this world," Mia said. "She has an amazing connection with animals, and they all adore her."

When Cassandra was 8 years old, she got her first dog, Shiloh, a yellow lab and Vizsla mix. That is a wonderful age to get a first dog because it helps teach responsibilities and creates a great bond. Shiloh is the dog who started Cassandra's love for animals and her passion to help and protect them.

Unfortunately, Shiloh developed cancer and passed away at the age of 10. Since his disease left unanswered questions, Cassandra will focus on cancer research in her vet studies. Her current dog, Daisy, is a Black Lab mix who has been a family pet for the past six years.

Choosing a profession requires careful consideration. Following your passions and doing what makes you happy will lead to career fulfillment. When you can identify something that brings you joy when you perform routine job tasks, it will help you stay on course. Surrounding yourself with like-minded people who share similar interests and values can be incredible because of the encouragement you'll receive and the natural friendships that can form.

Here at Happy Pets, we love having Cassandra on our team. She is helpful in so many ways, and we are thankful for having such a great employee for four years. When she goes to vet school in a few months, she will be missed, but we know there will be greatness in the next chapter of her life and for the pets she will be helping. ■

Happy Pets Palace is located at 1918 E. McKellips Road, on the northwest corner of McKellips and Gilbert roads. For more information about this award-winning dog boarding and doggy daycare facility, visit the website at HappyPetsPalace.com, or call (480) 207-1852.

COMMUNITY EVENTS ARE PUPPY-FRIENDLY

Submitted by Happy Pets Palace

Happy Pets Palace hosts free puppy socials every other Saturday, continuing in the New Year, beginning Jan. 13, from 10 to 11 a.m.

Puppy play sessions can begin when your puppy is 9 weeks old, or 7 days after your vet gives the first series vaccination for parvo/distemper. The puppy socials take place outside at Happy Pets Palace when weather permits.

Puppies are young and innocent. We want to help them gradually build confidence and accept new experiences without fear.

Puppies 16 weeks or younger are at the optimal age to be shaped and introduced to safe, new experiences. This will lead to a more well-balanced and receptive puppy.

Introduce your puppy to accept handling by having their mouth, ears, tail, feet and collar touched by a variety of people. When your dog is approached, you want him to be receptive. Training your dog to be social with people and dogs is a great thing to do at an early age. It makes going out in public a much more enjoyable experience.

Puppies need to learn how to calm down, and they need a settling period. Self-regulation helps to avoid over-arousal. High energy and high arousal in dog-dog

group play are closely linked to aggression, even with the best of friends. If your puppy doesn't learn to self-regulate at a young age, then his adult play style may be considered rude in the dog world, or worse, it may cause aggression during amped up play. Learning proper play etiquette is so important in socializing pups at a young age.

Dogs are pack animals and enjoy being around other dogs. They don't want to live a solitary life. They love having a purpose and going on adventures.

If your goal is for your puppy to have a full and enriched life, please let us help. There will be puppy-training tips, and to ensure good safe play styles, as well as socializing, trained staff will monitor play. There also will be occasional guest speakers discussing nutrition, exercise, photography tips and other fun topics.

Puppy socials at Happy Pets Palace are designed to monitor puppy introductions and gradually build experiences in a fun, happy and playful manner. Your puppy needs play session experiences while they are young. Our wisdom and experience will help pair up puppy play styles to be nicely matched for reciprocal play. We encourage healthy treats to guide puppies along and praise good choices. ■



Happy Pets Palace is an award-winning dog boarding facility, located at 1918 E. McKellips Road. We offer doggy daycare, puppy training, puppy socializing and overnight dog boarding. Learn more about our services at HappyPetsPalace.com.

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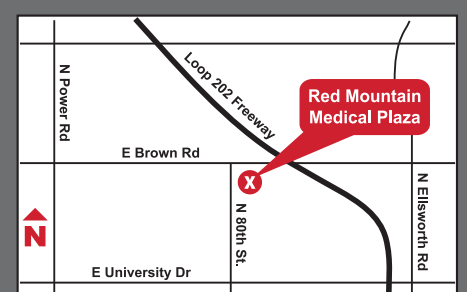
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info@rm-medicalplaza.com



UpClose

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E-mail: Publisher@PhillipsWest.com

(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey

Jamie Killin

COPY EDITOR

Sandra Van Dyke

DESIGN

LuckyYou! Creative, publication design

Erin Loukili, Jaclyn Threadgill

www.luckyyoucreative.com

Ramey Newell, website design

KeenGraphics.net

CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

www.UpCloseAZ.com

HEALTH

Learn about tennis elbow AND HOW TO TREAT IT

Submitted by Red Mountain Medical Plaza

Tennis elbow, also known as lateral epicondylitis, a painful condition of the forearm muscles that attach the outer part of the elbow, was once thought to be an inflammatory condition, but is now believed to be a chronic degeneration caused by repetitive overuse.

Overuse of the arm often leads to micro-tears in the tendons at their attachment to bone. While these micro-tears often heal, they sometimes form residual scar tissue that is weaker than the normal surrounding healthy tissue. This unhealthy tissue is the source of pain.

Symptoms often interfere with grip or repetitive motion activities. Besides pain, patients often describe a burning feeling that radiates up and down the arm. Tennis elbow is often found in athletes who play racquet sports. However, tennis elbow is more common in laborers, such as mechanics, painters, plumbers, carpenters, kitchen workers and typists.

Since tennis elbow is a soft tissue injury, it typically does not appear on an X-ray. Instead, the degenerative areas of the tendon will appear on an MRI, or an in-office ultrasound.

Depending on the degree of tissue damage and the length of time symptoms have been present, your doctor may recommend a number of treatments. Non-invasive treatments consist of anti-inflammatory medications, bracing, therapy and avoidance of aggravating activities.

Invasive treatments include cortisone injections, shock wave therapy and formal surgery. Although

Dr. Craig Weinstein

traditional open surgery is very effective in treating tennis elbow, an arthroscopic approach, which is a minimally invasive technique utilizing a small fiber optic camera, is becoming increasingly common.

A newer alternative involves the use of a special ultrasound device to break up the unhealthy tissue, removing it through a small incision in the skin. Early results mimic that of open surgery, but with far less postoperative pain and a quicker return to work and sports.

As a general rule, it takes twice as long for symptoms to resolve as they have been present. Thus, prompt evaluation and treatment by an orthopaedic surgeon is needed. When symptoms have been present for more than six months, surgery is more likely to be required.

At Sports and Orthopaedic Specialists at Red Mountain Medical Plaza, we treat a variety of orthopaedic and musculoskeletal conditions in addition to athletic injuries.

Sports and Orthopaedic Specialists is led by Dr. Craig Weinstein, a magna cum laude graduate of Columbia University, who received his Sports Medicine fellowship training at the world famous American Sports Medicine Institute, in Birmingham, Ala. However, Dr. Weinstein has his roots in Arizona, graduating from Saguaro High School, in Scottsdale.

Dr. Weinstein's specialties include shoulder, elbow, and knee issues, as well as athletic injuries in both adult and adolescent patients. He offers state-of-the-art joint preservation, as well as advanced treatment of injuries specific to throwing athletes. In addition, he offers extensive expertise in shoulder and knee replacement surgery, specializing in partial knee replacements.

Thank you for trusting us with your care. ■

For more information, or to make an appointment, call (480) 999-0049. Red Mountain Medical Plaza is located at 8035 E. Brown Road, Building 4.

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RELATIONSHIPS

Workshop Helps Create The Relationship You Desire

By Dr. Lisa Gold
Arizona Relationship
Institute

The holiday season brings families and friends together, and we are reminded of what matters most in life—our relationships.

Holiday music, plays and traditions celebrate the joys of love and connection. Both Christmas and Hanukkah celebrate the power of love to deliver people from darkness, bondage and suffering, and bring them into a life of light, peace and joy. It is in our connections with others that we are most powerful and experience the greatest joy.

The Arizona Relationship Institute was created with the goal of facilitating people's resilience through healing relationships. We focus on transforming people's lives by helping them exit those patterns contributing to frustration and suffering, and shifting into those new patterns maximizing their fulfillment and joy.

In addition to the counseling and integrated services, we now are offering Sue Johnson's relationship workshop entitled *Hold Me Tight*. This workshop is based on Dr. Johnson's book by the same title, and the principles of the model of therapy she developed—Emotionally Focused Therapy (EFT). All counseling provided at The Arizona Relationship Institute is based on this model of therapy.

To create greater access to these transformative principles and practices, we are providing this workshop as a resource for couples not needing therapy, but wanting to improve or strengthen their relationship. Couples who also are participating in therapy will see positive results more quickly, and shorten the time they need to spend in therapy.

We all are born with the innate need for love and the innate capacity to love. However, these innate needs and abilities are shaped (for better or worse) by our experiences in our relationships. Our experiences shape our percep-



Lisa Gold

tions of ourselves and of others, as well as our beliefs about what helps and what hurts our ability to create and sustain connections with others.

All of us have distorted perceptions of ourselves and others to varying degrees. We often misread and misunderstand what our partner is really wanting and needing, as well as what we are really wanting and needing.

The strategies we use will only be as effective in meeting a need to the extent that those strategies are based on an accurate assessment of that need. This is why partners who are struggling to get out of negative patterns are often unable to do so. The very things they are doing to solve the problem are actually creating or perpetuating the problem they are trying to solve. Their interaction becomes analogous to a Chinese finger trap—the more they try to get out, the more stuck they become.

The Hold Me Tight workshop is designed to assist couples in learning to exit whatever traps or blocks are preventing them from creating the relationship they desire. The format includes a combination of instruction from Dr. Gold designed to assist participants in expanding their ability to see themselves and each other with more clarity and compassion, and discussion between partners regarding how to effectively apply those principles to their relationship.

There is group discussion, but only on a voluntary basis. Your privacy and comfort level

will be respected. The emphasis is on assisting partners with applying the concepts to their specific relationship dynamics. EFT therapists will be available if participants would like their assistance with processing how to apply these principles to their own lives. ■

Come join us in an experience that promises to entertain you as it opens your mind to the possibilities of how great your relationship can be. If you are interested in attending, please contact The Arizona Relationship Institute. Call (480) 788-5069, or visit the website at azri.org. You also can send an email to ContactUs@azri.org.

*Singles are welcome, too. Feel free to bring a close friend to participate with you.



Welcome Back, Winter Visitors!

A Robin's Nest
Resale & Consignment Shop

If you love the hunt and are thrilled by the catch, do your retail shopping therapy at **A Robin's Nest**. You're sure to find many extraordinary things!

Are you cleaning out, organizing, and want to be free from clutter? Relieve stress and turn your treasures into cash by consigning with us!

A Robin's Nest Resale and Consignment Shop
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5253 E. Brown Road, Suite 101 • Mesa, AZ 85205
480-984-8485

Monday - Saturday
10 AM to 6 PM

What's in Store?
Upscale gently used furniture, home goods, small appliances, wall art, jewelry, antiques, collectibles and more.

For more information, visit RobinsNestResale.com or call Robin or Joshua @ 480-984-8485

10% Off One Item

facebook.com/RobinsNestResale

ARE MEDICARE PLAN CHANGES TOO CONFUSING?

Some Medicare plans are prone to change more than others each year. Let me help take some of the confusion out of choosing a plan for 2018 and beyond.

- Have you received a letter showing that your plan's rates have changed more than you would have liked?
- Would you like personalized help exploring your Medicare options?

You are not alone. This time of year is very confusing for most people that are on a Medicare plan.

Call me today for help navigating Annual Enrollment this year!

Lynne Jones
CELL:
480-212-2246

By calling this number, you will be connected to a licensed insurance agent.

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Free WiFi!

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LOCAL BUSINESS

Grand Opening Offers 20 Percent Off
TO EARLY SHOPPERS

By Dawn Abbey

The first 200 shoppers at the Sprouts Farmers Market Mesa-Recker store grand opening celebration on Wed., Jan. 10, will receive a coupon worth 20 percent off their purchase when the store, located at the northwest corner of Recker Road and Longbow Parkway, opens at 7 a.m.

"You'll receive a free reusable tote with your purchase, and there will be grand opening deals throughout the store all day long," said Sprouts spokesperson Kalia Pang. "Grab your reusable bags, prepare your shopping list, and get ready for incredible values on farm-fresh produce, natural and organic meats, barrels of bulk food and specially priced Sprouts Brand grocery items. We're making healthy living for less a staple in your community."

The new store also will offer a full-service deli, where you can grab a quick bite or try a freshly baked treat from the in-store bakery.

If you have a question about the natural meats, the trained butchers at

Sprouts can guide you through our Old Tyme Butcher Shop's meat and seafood counters, complete with homemade burgers and sausages, as well as custom-cut meat just the way you want it.

"We also offer specialty items, eclectic beer and wine, sensibly-priced supplements and thousands of gluten-free products," Kalia stated. "But if you're just looking for everyday groceries that are better for you—and your budget—we have those, too."

Sprouts also offers a Checkout Challenge rewards program on its mobile app, and shoppers can get additional discounts, as well as recipes and health tips, by signing up for Sprouts newsletters on Sprouts.com or liking them on Facebook. ■

The new Sprouts Farmers Market Recker-Mesa store, located at 5918 E. Longbow Parkway, will be open daily from 7 a.m. to 10 p.m. The store phone number will be (480) 401-3870. For more information about products, services or careers, visit Sprouts.com, or call (480) 814-8016 or (888) 5-SPROUT.



EDUCATION

Self Development Academies to Open
Additional Schools in the Valley

By Sami Majeed, J.D.

Due to heavy demand and nationally recognized success, Self Development Academy will open two new campuses in the Valley soon.

Self Development Academy is a top-performing charter school founded in the early 2000s by Dr. Anjum Majeed and Mr. Asif Majeed. For over a decade, Self Development Academy (SDA) has been a top-ranked charter school in Arizona. Self Development Academy currently ranks as the No. 1 kindergarten through grade 8 school in Mesa (Schooldigger.com, 2017).

We offer a strong, accelerated curriculum that teaches to each individual child's learning potential. To the staff at Self Development Academy, it is extremely important that we nurture budding talents and perfect the areas of growth of every single child. For, who knows, any child could be the next Hedy Lamarr, the inventor of wireless and a famous actress, I.M. Pei, architectural innovator, or comedian and *The Daily Show* contributor Hasan Minaj.

These current leaders are masters in technology, architecture, art and civil engagement. Their success depends not just on a rigorous science and math background, but also a background steeped in tradition, a thirst for knowledge, viewing creativity as essential to science, and viewing art as essential to living well. So, at SDA, Lord Tennyson's poetry is as important as Nikolai Tesla's scientific contributions and the science of pixilation is as important as the history of pointillism.

We also believe children need time to explore the interests that are piqued



in their classrooms. Self-discovery is paramount for self-development. We encourage our students to take the time outside of school to learn on their own. Therefore, we limit the amount of homework to what is essential, and allow the children to use that time to perform experiments, visit museums, write symphonies and participate in other extra-curricular activities pursuing their interests and passions.

We invite you to visit our campus and see our halls that honor the Great Masters of Art, walk in on a science laboratory or peek in on our drum lab. Enrollment for the 2018-2019 school year is under way and spaces are limited. ■

To learn more about Self Development Academy, please join us on Thursday, Jan. 25, at 6:15 p.m., for a Middle School/High School Information Night. During the program, you will have a chance to not only meet the teachers, but also learn more about the curriculum and other programs. For more information regarding Self Development Academy, or to schedule a tour, please contact our Front Office at (480) 641-2640.



Self Development Academy
ACADEMIC EXCELLENCE AWARD • CHARTER SCHOOL OF THE YEAR



Now Enrolling
for the
Young Scholars
Gifted Program
(Grades 3-5)
...
Middle School-
High School
Information Night
Jan. 25 at 6:15 pm



Start right. Right from the start.

Because we can see the future.

SELF DEVELOPMENT PRESCHOOL (2-5 years old)
Using a well-planned thematic curriculum, the preschool prepares students for their elementary school success.

Students complete their kindergarten year reading fluently and solving mathematics problems at one to two grade levels ahead.



AS AN ACCELERATED, K-8 CHARTER SCHOOL, our goal is to inspire a passion for life-long learning. We provide nurturing, individualized learning strategies with new research-based and traditional learning methods.

ENROLL NOW FOR 2018-2019. Limited Space.

SELF DEVELOPMENT PRESCHOOL
(480) 396-3522
1721 N. Greenfield Road, Mesa, AZ 85205
www.SelfDevelopmentPreschool.com

SELF DEVELOPMENT ACADEMY
Grades K-8 (480) 641-2640
1709 N. Greenfield Road Mesa, AZ 85205
www.SelfDevelopmentAcademy.com

LOCAL BUSINESS

KNOW BEFORE YOU THROW

By Jon Englund
Downsizing? Determined to get rid of *stuff* no longer needed? Cleaning out a home or an estate? Stop! *Know Before You Throw.*



Donna Luger and Jon Englund

Hopefully the holidays were wonderful for you and yours, and everyone received a gift they dearly treasure. This month's story is about a gift that rocked the world of collecting, and one that turned out to be a treasure beyond belief.

The gift was given in 1984 by famed film star Paul Newman. The gift was a Rolex Daytona Cosmograph wristwatch. The lucky recipient of this gift was James Cox, who had been dating Paul's daughter, Nell, at the time, and her father thought highly of the young man. The watch originally had been a gift to Paul from his wife, Joanne Woodward, in honor of his passion for car racing. So, you might say he re-gifted it.

In 1984, he gave the watch to James, who wore the watch for some years not really having a sense of its potential worth. Sometime in the 1990s, he started to get a clue that he had a pretty iconic watch of substantial value. Then, on Oct. 26, 2017,

he sold the watch at auction for nearly \$18 million. This was the highest price ever for a watch sold at auction.

While most Daytona Rolex watches fetch nowhere near the price that Paul's did, due to lack of celebrity ownership and provenance, it's not to say they aren't worth a substantial amount of money. Other vintage Paul Newman-style Daytonas can sell for upward of \$200,000, while more current models of the watch can be had for \$8,000 to \$20,000, depending on condition and metal content.

So, while most of us missed out on Paul's generosity, some of us may have a collectible watch lying around that may have been passed down through our family. Rolex certainly is one of the most sought-after brands, but there are others of which to be aware, such as Patek-Philippe, Omega and Breitling, to name just a few.

Therefore, whether it's a vintage Paul Newman-model Rolex Daytona, or some long-forgotten jewelry squirreled away in the sock drawer, you just might be sitting on a small treasure trove and you don't even know it. As always, give me a call and *Know Before You Throw.*

Jon Englund 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 Jon directly at (480) 699-1567, or send an email to Jon@KnowBeforeYouThrow.INFO.



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SMILE!



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Tooth Whitening
WHITER TEETH IN UNDER ONE HOUR
In Office Whitening: \$400, PLUS take-home whitening trays: \$800 Value!

EMERGENCIES SEEN SAME DAY!

- Dentistry for the whole family
- Cerec "All Ceramic Crowns" - 1 appointment crowns available!
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- Root Canal Therapy
- Oral Surgery Including Wisdom Teeth
- Afraid of Dentists? Nitrous Oxide Sedation Available
- A Team of Professionals Here to Help You Smile

SPIRITUALITY

NEW YEAR BRINGS Promise of New Life

By Pastor Paul Frank
Hosanna Lutheran Church

We've celebrated the arrival of the New Year all around the world, but have you ever wondered why we so joyfully do so?

It's because we hope this New Year will be different. New Year's Eve brings anticipation and hopefulness. We hope for a better year, a better day, a fresh start, a new lease on life.

We hope that in this New Year politicians will work together for the common good of the people. We hope that race relations will be smoothed and friendly. We hope the economy will continue an upward journey. We hope the Cardinals will find that new franchise quarterback. OK, perhaps that one is just me.

In any case, the New Year brings a sense of excitement and anticipation as we all long for a fresh start, a do-over, a new beginning.

God knows more than anyone just how deeply we have longed for a new beginning. In fact, He is the one who brought that new beginning to you. God gives to you a fresh start, a new lease on life, which is His gift to you each and every day of the year.

When we find ourselves weighed down by the baggage of the years now past, weighed down by the bricks of guilt or shame, sorrow or grief, confusion or despair, fear or doubts, God places before us the same gift day in and day out—a new life. He gives you a new identity.

God does not call your name Shame, nor Broken, nor Hopeless nor Unwanted. Instead, God looks upon you and He sees a child of His family, His heart's true desire. And He longs to make you new. That is exactly what He does through Christ Jesus, our Savior, our Redeemer and our Friend.

We just celebrated His birth. Now, we celebrate, contemplate and appreciate His life. You see, Jesus lived the perfect life we never could live because we really are broken with this sinful nature within us.

He died to redeem you and set you free from the past. He rose up in new life to give that new life to you, too. He knows how we get weighed down in our sinfulness. But God said, "I make all things new." In fact, He said, "If anyone is in Christ, they are a new creation. The old has gone, the new has come." ■

Come explore this new life with us at Hosanna Lutheran Church, located at 9601 E. Brown Road.



You're invited to:
A Neighborhood Church
9601 E. Brown Rd.

Sunday Morning Services:
8:00 a.m. Traditional Service
9:30 a.m. Bible Studies
10:30 a.m. Contemporary Service
<http://www.hosanna-lcms.com/>



Little Palms
Preschool:
Preschool & Pre-K Classes
Before & After Hours Care
7:30 a.m. - 5:00 p.m.
School Office: 480.986.9436

His mercies are new each morning!

Shaping Lives in Christ
(480) 984-1414

Open mouth.
Unhinge jaw.
Repeat.



Our Bacon Cheddar CheeseBurger.
Homemade Bread, Gold Canyon Angus Chuck..UMMM

GILBERT/GUADALUPE
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Anything but expected

FLANCERS.COM



LAS SENDAS GOLF CLUB

Award Winning Dining, Fabulous Entertainment and World Class Golf



THE VISTAS PAVILION AT LAS SENDAS

Mark your calendar for exciting upcoming events in the New Year:

PAINT AND PINOTS, Sunday, Jan. 21 and Monday, Feb. 19

DUCKHORN WINE DINNER, Friday, Feb. 16



LET BRILLIANT SUNSET COLORS ILLUMINATE YOUR WEDDING VOWS

The Vistas Pavilion is offering a 2018 Summer Sunset Wedding Package for only \$5,999*. The package includes up to 100 guests for all weddings hosted in the months of June, July and August.

Every couple who chooses The Vistas Pavilion for their special day will not only have the best wedding venue in the area, but also will have expert assistance in all aspects of their experience. Our day of the event coordinator will help you select menus, arrange the details of the ceremony and reception and coordinate the rehearsal and rehearsal dinner.

Couples can say their vows in the Pavilion with its breathtaking views, or select an outdoor garden location. Either way, our staff does the complete setup and breakdown of the ceremony site, including white garden chairs and a wedding arch. A unity table, registration, gift and sign-in tables are also included. Guests can also refresh themselves at the lemonade station.

Before the ceremony, the bride and attendants can prepare in the Bridal Room, equipped with dress hooks and makeup stations, while they enjoy champagne, as well as a fruit and cheese platter.

Our expert banquet staff will take care of all the setup and breakdown of the reception, including tables and padded chairs, dinnerware, flatware and glasses, black or ivory tablecloths and napkins, votive candles on tables and your choice of three beautifully designed in-house centerpieces.

Reception amenities also include a 15 by 15 dance floor, head table, sweetheart table/bridal table, cordless microphone with sound system for indoor speeches and toast, a projector and screen for slideshows, DJ table, event signage, floor plan and agenda. All guests receive complimentary parking.

To top it off, the Vistas gourmet chefs will prepare two tempting tray-passed appetizers and a delicious plated dinner of your choosing for your guests, including rolls and butter, and coffee and tea.

The table for your wedding cake includes a six-inch round cake topper and cupcakes on a stand. Cake cutting by our staff is complimentary.

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.

LAS SENDAS PATIO AND THE GRILLE

**Make this Valentine's Day a night to remember
with incredible views on The Patio**

VALENTINE'S DAY SWEETHEART DINNER

Enjoy a four-course prix fixe menu. Receive a rose for your love. Enjoy live entertainment. Reserve now at \$130 per couple. Reserve also at \$65 per person.

HAPPY HOUR WITH A SUNSET VIEW

As always, Happy Hour runs from 3 to 5 p.m. nightly.
Enjoy live entertainment seven nights a week.



A CLOSER LOOK AT LAS SENDAS GOLF CLUB (CONTINUED)



NEW AND EXCITING MEMBERSHIPS AT LAS SENDAS GOLF CLUB

We are very excited to be able to offer new and exciting membership opportunities that will fit anyone's lifestyle.

We have memberships starting from \$0 down, to a new One-Year Trial Membership that allows a person or family to try out Las Sendas Golf Club before making the decision of purchasing a Regular Membership.

The new Junior Membership offers anyone under the age of 45 to join for only \$2,500, and then upgrade to a Regular Membership at age 50.

We also have brought back our \$10,000 Incentive Package for any new member who purchases our \$45,000 Fully Refundable Membership. This incentive is applied toward dues and cart fees that equates to approximately two years of free golf. What are you waiting for... free golf!

Call now. We have a membership plan for every player and every family. At Las Sendas, we are focused on being the No.1 community golf course with a world-class facility for every level of golfer.

2018 MEMBERSHIP PROGRAMS

- \$45,000 Refundable Membership (\$10,000 Incentive Package)
- \$15,000 Non-Refundable Membership
- \$5,000 New Trial Membership (One-Year Period)
- \$2,500 New Under Age 45 Junior Membership
- \$0 Down Proxy Membership (Only Two Available)

**These membership options are subject to change without notice, so don't wait.*

For more information, contact Wayne McBean
Email: wmcbean@lassendas.com
Phone: (480) 396-4000, Ext. 201, Cell: (480) 323-9364

LAS SENDAS GOLF SHOP
Happy New Year, everyone! Welcome to 2018!

The Golf Shop at Las Sendas is still stocked from Christmas, and our new fashions for 2018 are arriving all month. Take advantage of our great in-shop sale through January on all women's and men's apparel.

PXG is doing a Fitting and Demo Day here on Wednesday, Jan. 31, from 9 a.m. to noon. It is free to attend, but please call the Golf Shop to book an appointment. Ping and Callaway also will be doing fitting and demo days here in the next few weeks. The events are free, and all the new clubs will be available to try out. Stay tuned for precise dates and times. We will meet or beat any price on golf equipment.

Las Sendas Golf Club is a proud supporter of PGA Tour winner Charlie Belgian, who will be making his 2018 PGA Tour debut on Jan. 18, in La Quinta, Calif., and then playing in the Waste Management Phoenix Open, Feb.1 through 4. Charlie is a resident of Las Sendas and a member of our club. Good luck, Charlie, from all your friends at Las Sendas Golf Club.

Golf Rates for January

Check out lassendas.com, and scroll down to *Book a Tee Time*, where you can pick the day you want to play and the rate you want to play. Nobody beats our twilight rates.

For more information, contact Rick Crowson at rcrowson@lassendas.com, or call the Golf Shop at (480) 396-4000, ext. 1.



Enjoy an Evening of
paint & pinots
WITH Reagan Guzman
A Painting Lesson & Glass of Wine-
Each attendee will take home their own creation!
Feb. 21st & Mar. 18th
5-7 pm
\$50 per person
(Includes all taxes and service charges.)
RESERVATIONS: jessmiller@lassendas.com
480-396-4000 ext. 227

Valentine's DINNER
AN EVENING OF ROMANCE AND DINING
Enjoy a Romantic 4-Course Prix Fix Menu.
Your evening comes complete with a long-stem rose and city light views!
Wednesday, February 14th, 2018
The Patio at Las Sendas | \$130 Per Couple
(plus tax and gratuity)
LIVE ENTERTAINMENT!
For reservations or more information
events@lassendas.com or 602-734-5524
www.lassendas.com

Thinking of Selling Your Home in 2018

A Guide to Selling Your Home—Part 1

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



You may have heard it's a sellers' market and we are coming into Arizona's high selling season. If you have been thinking about selling, this may be the perfect time to sell your home and cash in on a hot market or make a change. But there are many things to do before you make it to closing day and it can be difficult to know where to start.

I just went through the selling process myself a couple months ago and over the next three months, I am going to lay out a step-by-step plan to help guide you through the selling process, from how to get your home ready to sell, to finding the right Realtor, and how to make your home shine above the rest of the homes for sale.

HOW MUCH IS MY HOME WORTH?

When you are thinking about selling your home, the first thing you want to know is how much your home is worth. You may want to jump on Zillow or other real estate sites, which may be great to get a really rough idea of your home's value, but I urge you to get a market analysis from a local Realtor instead.

While Zillow will instantly give you a Zestimate, their values often are way off, as they can only look at statistics, usually use a larger area to pull those statistics from and the data can be outdated. Our neighborhoods are very different in East Mesa, and the values are skewed when the data is pulled from other neighborhoods.

There are many other factors that affect your home's

value that the computer cannot calculate, for example, what upgrades you have, if you have a pool, location, views, golf course lots, single-story versus two-story homes and many more, all these make a big difference in your home's value.

If you do want to go online to get a quick value, you can get an accurate home estimate at InstantHomeValueAZ.com, which takes you to my website, and I will personally run the report for you. However, the only way to get the true market value of your home is to schedule an appointment for a free home valuation.

GETTING YOUR HOME ORGANIZED

Getting organized is one of the top 10 New Year's resolutions. If you are planning on selling your home, it is also one of the best ways of getting your home ready to list. Buyers want as much space as they can afford, whether it's living space or storage space. Decluttering opens your home, and will make it look and feel more spacious. A well-organized home lets the buyer see the space it has to offer without trying to look past all the clutter.

Go through your home room by room, and try to see it for the first time through the buyer's eyes. Does the room feel open and spacious? Instead, is it cluttered with knick-knacks and cramped with all the furniture? Taking a large chair out of a small room can change the entire feel of the room and open it up. Taking all the knick-knacks off the mantel will draw the buyer's eye to the decorative stonework around the fireplace rather than to the knick-knacks on top.

Remove most of your photos. I am not a believer that all photos need to be removed. You want it to look clean and tidy, but not sterile. Having some family photos shows it is a family home with happy memories. If you have a wall with a bunch of pictures on it, take down all but a couple of them, and don't forget to patch up the holes left behind.

The kitchen—This is the best room to declutter, as it is one of the top rooms that makes the buying decision. You want to show off how much workspace there is and how much storage it has, with all the cabinets. Put away

any small appliances, such as coffee makers, toaster ovens and blenders, etc. Pack away any saucepans or serving dishes you haven't used in the past six months and probably won't use in the next few months.

Arrange what you have in your cabinets and drawers so it all looks neat and organized with plenty of room. Go through your pantry and pack away any non-perishable goods you won't use in the next few months. Neatly stack what is left, and turn all the labels facing out. Trust me, buyers will open cupboard doors and drawers to see inside, especially in the kitchen.

SHOULD I DO ANY UPGRADES BEFORE I SELL MY HOME?

This is one of the top questions I am asked when I meet the homeowner the first time. The answer depends on so many factors. For example, how quickly do you want to sell? Are we in a buyers' or sellers' market? Do you want a good price for your home as it is or the highest price you can get if you do some upgrades?

Then, we will go over which upgrades get you the best bang for your buck where you will be able to recoup the investment from the sale. Kitchen and bathroom remodels should get you 100 percent return on your investment if they are done right. Sometimes, upgrades are not the way to go, but freshening the home with new paint, changing out some old light fixtures and staging the home can make all the difference. Having a free market analysis of your home will answer these and many more questions.

If you are thinking of selling and want to know how much your home is worth, if you should do any upgrades, or if you have any questions, please contact me directly to set up a free no obligation consultation, or visit InstantHomeValueAZ.com.■

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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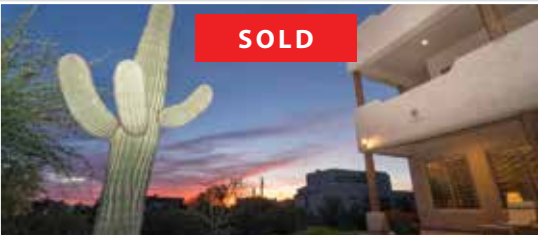
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My husband and I worked with Lorraine Ryall to sell our home. It was a very positive experience and I would recommend Lorraine to any Buyer or Seller who is looking for a true Real Estate professional who not only possesses a vast amount of industry knowledge but also the people skills to successfully manage the transaction. —Andrew and Christi

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REAL ESTATE

Many Factors Influence the Housing Market a Decade Later

By John Karadsheh

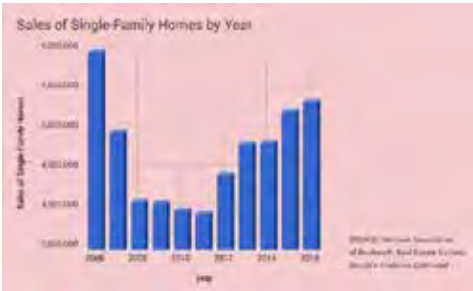
It is hard to believe it already has been 10 years since the start of the national real estate crash that led to the Great Recession.

It was a crazy ride down to the abyss and an even more interesting climb back to a normal market. We all know things are better, but where are we really?



John Karadsheh

builders to increase the price of entry into new housing. So, even though construction is booming, it is not enough to meet demand and will continue to drive price increases across the board.



THE BUYERS ARE BACK

First of all, both locally and nationally, housing demand is up. At long last, first-time homebuyers are entering the market in droves. Millennials made up 52 percent of home shoppers in the spring, and their demand is only expected to increase. One reason for that market activity is simply that millennials are working. Employment in the 25 to 34 age group is at 79 percent and is finally back up to 2006 levels.

Many of those first-time homebuyers should have purchased years ago, but the economy limited their ability to do so. Other natural market movement, such as upsizing, downsizing, corporate relocation and household division (divorce, adult kids moving out) also has returned with a burst of activity.

SOLD IN 24 HOURS

In some sense, our normal market conditions were paused for the last decade, and now we have suddenly awakened to a new reality. Our population has increased, and with it, housing demand has increased, as well. However, the amount of new inventory required to meet the demand simply was never constructed. Even though we have been aware of the looming low inventory issue for years, it is now a reality. In the market segment below \$275,000, homes often sell in a day at list price or over.

New single-family permits are up 12 percent already this year, but they are just half of what they were at the peak. Nationally, we still are below normal construction levels, with only 0.7 single-family household starts per household formation (at the peak, it was 1.4). Raw land also is more expensive, making it necessary for home-

SO, HOW ROBUST IS THE MARKET?

Good old-fashioned supply and demand has led 31 of the 50 largest U.S. metropolitan areas back to pre-recession price levels. Nationwide, realtor.com data shows that listing prices have been up by double digits for the majority of 2017. In Maricopa County, single-family home sales are up 18 percent year over year (Sept. 2016 through Sept. 2017). While it may feel like a frenzy in segments of the market, according to the *Cromford Report*, just 14 percent of homes in Maricopa County have sold over list price this year as compared to 39 percent in 2005. This is a great indicator that our market is stable and not unnaturally inflated.

“As we compare today’s market dynamics to those of a decade ago, it’s important to remember rising prices didn’t cause the housing crash,” said Danielle Hale, chief economist for realtor.com. “It was rising prices stoked by subprime and low-documentation mortgages, as well as people looking for short-term gains—versus today’s truer market vitality—that created the environment for the crash.”

DON'T LET THE MARKET ACTIVITY SCARE YOU

The recession left an indelible imprint on housing consumers. So, it is no surprise that we regularly get asked if today’s activity is just a precursor to tomorrow’s crash. In addition to having a valid supply of real buyers (and not just speculators), we have much stricter lending regulations as a result of the Dodd-Frank Act. Lenders now have to show that a borrower can repay their loan. As a result, the median 2017 home loan FICO score was 734, significantly up from 700 in 2006. The low end of the range has pulled up, as well. In 2017, the lower 10 percent of borrowers

have had an average FICO of 649, up from 602 in 2006. The stricter lending standards, as well as rising prices, have also kept home flippers in check.

WHAT ELSE IS DRIVING THE HOUSING MARKET?

Locally, the answer is growth. We are the fastest growing county in the country, with a growing workforce in diverse industries (not just construction). We have low unemployment of just 3.9 percent in Maricopa County compared to 10.1 percent in 2010. Compared to many other metro markets (Seattle, San Francisco, Denver), our housing is also more affordable. Nationally, the rising stock market and stronger economy is helping boost consumer confidence.

So, 10 years later, we can say confidently the housing market is back but better than before. Our local growth is being built on diversified industries, our housing growth is the result of real demand, and our lending practices are better designed to make sure the foreclosure mess stays in history books. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 15 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 is a boutique real estate brokerage serving the Valley of the Sun and the creator and founding sponsor of Mesa Food Truck Fridays.

Real Estate In Las Sendas
brought to you by: Las Sendas Area Market Report
KOR PROPERTIES
MLS
Sales for the Month of November 2017
John Karadsheh

Address	Square Feet	Community	Sold Price
7321 E. Mills St.	1,605	Windsong	\$238,000
7445 E. Eagle Crest Dr. #2113	1,795	Cachet	\$245,000
7445 E. Eagle Crest Dr. #1077	1,388	Cachet	\$250,000
7252 E. Norwood St.	1,856	Windsong	\$258,000
2623 N. Augustine	1,856	Windsong	\$268,000
7207 E. Norland St.	1,774	Trailridge	\$318,000
6933 E. Scarlett Cir.	1,926	Cobblestone	\$328,000
3639 N. Sonoran Hills	1,926	Cobblestone	\$340,000
7604 E. Roland Cir.	2,739	Rolling Hills	\$408,000
3847 N. Desert Oasis Cir.	2,786	Canyon Creek	\$415,000
3555 N. Paseo Del Sol	1,571	Rolling Hills	\$421,000
7541 E. Orion Cir.	2,732	The Terraces	\$421,000
7432 E. Orion Cir.	2,732	The Terraces	\$425,000
3659 N. Tuscany Cir.	2,732	Highlands	\$430,000
3060 N. Ridgecrest #117	2,732	Desert Vistas	\$430,000
3060 N. Ridgecrest #73	3,426	Desert Vistas	\$460,000
7417 E. Sugarloaf St.	2,757	The Preserve	\$535,000
3430 N. Mountain Ridge #15	4,275	Sonoran Heights	\$599,900
7130 E. Saddleback St. #57	3,410	Golf Colony	\$675,000
3528 N. Boulder Canyon St.	3,739	Mountain Village	\$735,000
7030 E. Sierra Morena Cir.	3,739	Mountain Village	\$735,000
4330 N. Brighton Cir.	6,133	Summit	\$1,299,000

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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Christina Ovando, Owner/REALTOR®



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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.

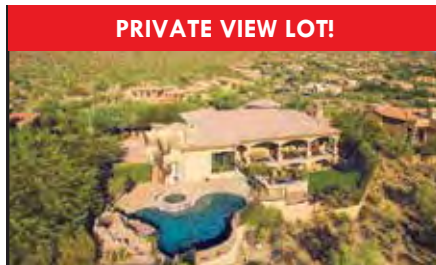
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\$1,695,000



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UNDER CONTRACT!

SCOTTSDALE ADOBE RANCH
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HEALTH

Medicare recipients may qualify for help with prescription costs

Submitted by Tapestry Insurance

Thousands of Medicare beneficiaries in Maricopa County currently qualify for extra help in paying for their prescription drug costs.

Many Medicare members are not aware of the federal subsidy program that may help pay for prescription drug costs. Some of these programs even may help pay for Medicare Part B costs and premiums. There are two programs available.

The first is called Low Income Subsidy (LIS). This program helps Medicare-eligible consumers save money on their prescription drug costs, including assistance with monthly plan premiums, annual deductibles and copayments.

The monthly income limit to qualify for this program is \$1,507.50, with total assets of less than \$13,820. For married couples, the monthly income limit is \$2,030 and assets of less than \$27,600.

Some Medicare members who qualify for LIS also may qualify for the Medicare Savings Program. If you qualify, the state also may pay all or part of your monthly Part B premiums, coinsurance, deductible and copayments. ■

If you think you may qualify, or you know someone who might benefit from this assistance, please call Licensed Sales Representative Lynne Jones at (480) 212-2246. Lynne can answer your questions and even assist you in filling out the application.



Lynne Jones

HEALTH

Moms can achieve fitness goals WITH THIS UNIQUE PROGRAM

By Ashley Breinholt

With the start of the New Year, many have a fitness goal in mind.

They head to the nearest fitness center and enroll, buy new workout clothes, and tell themselves they are going to exercise consistently. However, those goals tend to fizzle out quickly unless a support system will hold you accountable and make meeting your fitness goals something to which you look forward.

For moms, finding that group that makes you want to never miss a workout can be difficult. There are so many other distractions happening all around them on a daily basis, and most days, it can seem like there are not enough hours to get everything done. I have found a solution.

Fit4Mom is a fitness program catering to moms and moms-to-be. At their classes, moms are able to bring their children along in a stroller, so you don't miss a moment with them. You don't have to worry about gym daycares or extra fees.

Multiple class types are offered, such as Fit4Baby, a prenatal aerobics class; Stroller Strides, an aerobics-style class that includes power walking, strength training and songs to keep your little workout buddies happy; and Stroller Barre, a class combining moves from Pilates, ballet, yoga and stroller-based exercises that help strengthen and lengthen muscles.

There also is a mom-only option boot camp-style class called Body Back. In this class, moms can get an intense workout and work toward their fitness goals.

While Fit4Mom offers an assortment of classes, the program also helps to build a community of moms who are there to support and build up one another. They do this through playgroups, mom's nights out, family activities, coffee dates and other casual meet ups. These activities help the moms bond and develop friendships. Exercising with your friends is much more fun, and once you have friends in your fitness classes, you are more inclined to attend.

The closest Fit4Mom location to my area is Fit4Mom Queen Creek. They offer classes in several different locations and at different times. So, I always can find a class that works for my schedule.

I talked with Jamie, the owner of Fit4Mom Queen Creek. She has been running this location for just more than four years. She got started with Fit4Mom because after having her second child, she wanted something different than what was offered around her.

This mom didn't want to leave her child in a gym daycare, and she felt like her community needed Fit4Mom. So, Jamie opened her franchise for moms like her. She hopes that the moms who join her Fit4Mom group gain strength, friendships and a place they belong, as well as friendships for their children and an extended family. ■

If you want to learn more about this fun group of moms, check out queencreek.fit4mom.com. Jamie would love to have you try out a class and help you meet your fitness goals.



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COMMUNITY

Resident's Fine Art Exhibit Brings Community Together

By Pat Favier, Secretary
Red Mountain Ranch Social Club

David Bransby's Fine Art Exhibition, held this past November, was an inspired cultural and social event for the Red Mountain Ranch community.

Held at the Red Mountain Ranch Country Club, the exhibition showcased 50 paintings of Southwest landscapes and several photographs of wild horses by a local resident.

David recently retired and moved to Red Mountain Ranch, following 30 years as a professor of bioenergy at Auburn University, in Alabama. He started painting again following his professional work hiatus.

A native of South Africa, David says the Arizona landscape inspires him with its beauty and similarity to South Africa. This exhibition featured a remarkable collection of his prolific work since his recent retirement.

Upon entering the room, guests reacted with "Wow." Immediately facing the door was a large painting (24 inches by 36 inches) titled *Sunset on the Water*, depicting a glorious Arizona sunset over the ponds along Power Road adjacent to the Red Mountain Ranch entrance. With its oranges, apricots, blues and purples, it certainly lit up the room. This painting, along with several others, sold that evening.

The collection was comprised of paintings ranging in size from small (8 inches by 10 inches) individual botanicals, to several large (24 inches by 36 inches) landscape scenes of nearby Red Mountain, the McDowell mountains during a monsoon and pure desert.

David's painting technique uses acrylics and a palette

knife to apply the paint, with some limited brushwork mainly for skies. This technique gives the paintings their unique visual texture. Because of David's agricultural background, the landscapes are authentic representations with species of vegetation easily recognizable.

With David's lifelong interest in photography (mainly wildlife in South Africa), and his immersion in travel around the state and Southwest for subjects, many of his landscape paintings are well-known landmarks. Represented in this collection were examples of Red Mountain, the Tonto National Forest, Sedona, Payson and Lake Tahoe.



Approximately 100 people attended the event, where a convivial ambiance encouraged social interaction. Guests sat and visited at several tables tucked into a cozy corner. The

spacious presentation of subtly lit artwork, hung on panels in the middle of the room, facilitated a meander of viewing and conversation. All this was accomplished while sipping a glass of wine or favorite cocktail in a gracious setting. The evening proved to be truly enjoyable.

We're looking forward to another exhibition in the spring. So, watch for the invitation and announcement. You don't want to miss this cultural and social event. ■

The Social Club meets on the second Thursday of each month, except December, at 9:30 a.m., at the Red Mountain Ranch clubhouse to hear interesting speakers and presentations. We also have many social events, such as the spring and fall cocktail parties and trips to see plays, etc. You are invited to attend our meetings as our guest. You do not have to be a member to attend.



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editorial on
page 4!

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LOCAL BUSINESS

Celebrate the New Year with Teppanyaki at Zushi

By Dawn Abbey

Celebrate the New Year at Zushi, as owner Shawn Suh observes the one-year anniversary of adding Teppanyaki service to the restaurant's popular menu of Sushi and Asian Fusion cuisine with lower pricing and exciting offers. "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.

Shawn has hired expert Teppanyaki chefs to serve the eight extra-large table grills, which 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," he said.

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.



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LOCAL BUSINESS

LA PEAU OFFERS AESTHETIC Treatments for the New Year

Submitted by La Peau Dermatology

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, and she encourages everyone to manage their New Year health goals by scheduling an appointment to evaluate their skin needs.

In addition to services for those seeking cosmetic procedures to achieve a youthful appearance, patients with acne, eczema, psoriasis, shingles, carcinoma and melanoma can 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.

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 photosensitive 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.

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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

Resolve to take better care of your car

Submitted by H and I Automotive and Detailing
Happy New Year! With the start of every New Year, we all resolve to improve certain aspects of our lives, and we want to encourage you to make proper vehicle care one of them.

There are many aspects to keeping your car in top shape. These include proper maintenance, timely repairs and, of course, cleanliness. H and I Automotive and Detailing will assist you with every part.

Firstly, our maintenance program makes it easy to stay current on all your preventive services. We will recommend the proper services at the correct mileage intervals to not only keep your car at peak performance, but also lessen the chance of a costly breakdown.

We will even provide you with a lifetime protection plan on the components maintained by us. Simply stated, if a part fails that is covered under our protection plan while you are performing your maintenance within our set guidelines, the repair will be performed at no charge to you.

Secondly, your vehicle will receive a digital courtesy inspection every time you come in for service. This inspection will provide you with a detailed report of the complete condition of your vehicle. Most importantly, it will help pinpoint areas of concern before they evolve into a major problem. Correcting an issue when it is first discovered will alleviate the added expense a total failure may cause.

We also will recommend additional repairs to be completed in conjunction with your current service to prevent a future problem. This will keep your vehicle safe and reliable and give you the flexibility to budget for needed services.

Lastly, we can make your car the envy of your friends and family by providing you with detail services that are second to none. Our polishing and paint correction techniques can work wonders on your damaged and faded finish. Interior cleaning services range from a standard vacuum, to a deep cleaning of carpets and seats.

To top it all off, we can seal in your showroom shine with our ceramic coating application. Ceramic coating provides a layer of protection to your vehicle's finish that is much harder than the clear coat. It is chip and scratch



resistant, protects your vehicle's finish from the elements and locks in your showroom shine for years.

So, if you are ready to experience what it is like to have a true partner in caring for your vehicle, come visit us at H and I Automotive and Detailing. We know you will not find a better source to provide you with the latest and overall best solutions in vehicle care and maintenance. Our knowledgeable and friendly staff is waiting to assist you in any way possible. ■

Please call H and I Automotive and Detailing at (480) 985-9279 with any questions or to obtain an estimate. 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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EDUCATION

IT'S FULL STEAM AHEAD for Red Mountain High School welders

Story and photo by Laurie Struna

Red Mountain High School welding students joined forces with Mesa's Save Our Train committee and community volunteers for a once-in-a-lifetime learning opportunity—to restore Pioneer Park's Engine No. 2355.

Teacher Dan Hurst seized the opportunity to make Mesa's history come alive for his students, bridging lessons in history, welding and service learning.

"Having grown up in Mesa, the old steam engine is reminiscent of a time when orange blossoms scented the entire state, temperatures weren't as hot, and the clear blue sky was endless," Dan said. "The engine is an iconic piece of history."

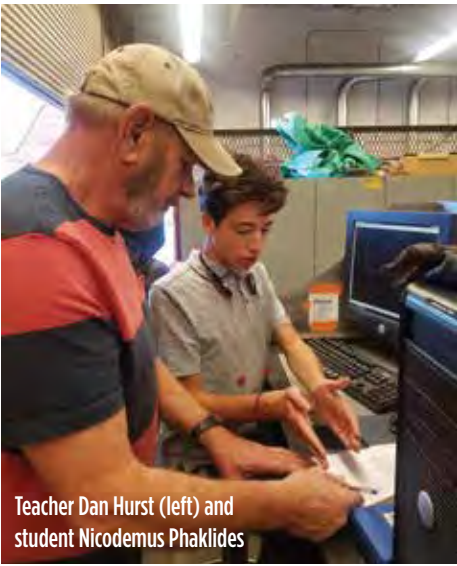
A BLAST FROM THE PAST

Southern Pacific Railroad donated the treasured Baldwin-built 1912 locomotive to the city 60 years ago. Battling age and harsh Arizona summers, the train deteriorated, leaving its future uncertain. It was placed behind wrought iron fencing in 1993 and nearly sold for scrap metal in 2008.

Nearly a decade ago, the committee rallied to raise the funds needed to save the train, coinciding with the 2012 voter-approved revitalization of Pioneer Park. The Mesa exhibit is one of two T-31 engines that survived destruction.

Senior welding student Nicodemus Phaklides shares that the locomotive project provided a first-class hands-on environment to showcase his talents and skills in a meaningful way.

"Rehabilitating a piece of history, and giving new life to the historic engine was no small undertaking," he stated.



Teacher Dan Hurst (left) and student Nicodemus Phaklides

"The train holds important memories for Mr. Hurst, and he's shared a lot of fun stories about it in class, including a possible first kiss by the train."

STUDENTS COLLABORATE WITH COMMUNITY VOLUNTEERS

After a specialty crew completed the abatement work, removing asbestos and lead paint, Red Mountain High School's welders joined forces with volunteers for the nearly yearlong project. Students researched, problem solved and manufactured parts so another generation will have the opportunity to enjoy No. 2355.

Caleb Berkshire grew up watching his dad weld, and the freshman says his family is proud of his and his peers' work on the train.

"During the week in the Red Mountain shop, we cut metal like butter to produce replacement parts for the train," Caleb said. "On Saturdays, welding teams load the rig and head to the train to work on site."

The revitalized train features an elevated platform, new lighting, stairs leading to the cab and a raised walkway ideal for selfies, along with a restored bell, whistle and front and rear headlamps.

"It's not every day students get the opportunity to go out and weld on crazy heavy metal," said junior Hayden Atwater. "It's been a really cool project."

The Pioneer Park train's grand unveiling is set for this spring. ■

Welding is one of several programs of study offered through the Mesa Public Schools Career and Technical Education department. Learn more at mpsaz.org/cte.

LOCAL BUSINESS

Pet Spa Introduces Team Awesome

Submitted by Gucci Pooch Pet Spa

Gucci Pooch Pet Spa and Team Awesome are ready to give your furry family member some prime pampering for the New Year.

Since opening last spring, on the southeast corner of McKellips and Recker roads, owner Lisa Montoya has been scouting the Valley for the very best grooming talent to join in her quest to establish the premier salon tailored to the discerning pet parent. With her search a success, she has assembled an awesome group of very special people who love pets as much as she does.

Members of Team Awesome at Gucci Pooch Pet Spa are:

- Sean Conan, formerly with Pet Planet, is a very esteemed stylist, and has been grooming in the East Valley since 1994.
- Stephanie Schultes, owner of Grooming on Broadway, and previous owner of the current Gucci Pooch location, known from 2000 to 2014 as Red Mountain Pet Grooming, returns to her former salon. She is another seasoned stylist, and fellow members of Team Awesome are excited to be working with her.
- Aubrie, who has been with Lisa for the past four years, rounds out the truly kind and highly skilled group of grooming stylists.

Each member of Team Awesome grooms all breeds of cats and dogs. ■

For more information, call Gucci Pooch Pet Spa at (480) 335-4736. You also are welcome to stop by the salon, located at 6017 E. McKellips Road, Suite 107.





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LOCAL BUSINESS

Travel Like a Local in Alaska

Submitted by Sue and Bruce Mitchell, Cruise Planners

Instead of standing out like a tourist with a camera and fanny pack, we are lending our expertise to those traveling to Alaska on how to blend in like a local and experience the culture of the state.

To get the best glimpse of the character of Alaska, we suggest the following tips.



Sue and Bruce Mitchell

DRESS THE PART

If you get off your cruise ship wearing high heels and a designer handbag, you will stand out in Alaska. Comfortable layering is key. Also, waterproof is a plus, especially for glacier hiking.

In summer, there actually are warm days where you can dress in T-shirts, rainy days when you will need a raincoat and chillier days when you will need to bundle up. So, layers will help you enjoy no matter the weather. Alaskans dress practically with fleece, rubber boots, jeans and layered options. Dressing like a local will make you not only fit in, but you also will have the gear you need to stay warm and dry.

KNOW WHAT TO ORDER

If you are looking for a fancy meal, save it until you get back on board the ship. Alaska is known for its deep-sea fishing of king salmon, halibut, cod and crabbing. You will never get fresher seafood than in Alaska. Order Dungeness crab or Alaskan king crab. For a lighter meal, try a halibut slider or prawns. Some local specialties are reindeer sausage.

IMMERSE YOURSELF IN THE OUTDOORS

There are few places with such natural beauty. You may want to glimpse an amazing view of Denali, the tallest

mountain in North America, visit a glacier or watch whales play. Denali National Park lets you look out for the big five—moose, caribou, wolves, Dall sheep and bears.

KNOW WHEN TO GO

The travel window for Alaska is condensed, with the months from May through September. Kids are out of school, making it a great family destination. Also, during the summer months, the sun is up in Alaska for most of the day and night, only setting for a few hours, which adds to the mystique.

EMBRACE THE CULTURE

There is a rich Native American culture in Alaska, and many traditions and values still are very much a part of the lives of Alaskans. Whether it is tribal rituals or the amazing art, the rich and historic culture is unique and impressive. Make sure you check out the totem poles.

SEE ALASKA BY LAND AND SEA

Many travelers visit Alaska for a cruise, but we also recommend adding a few days for a land tour of the interior. Check out Denali National Park. To get there, many travelers fly or sail into Seward and take a glass-domed rail car, with huge landscape views, to Anchorage. It's a beautiful ride and a great way to see the countryside, spot animals and travel through the terrain quickly.

DECIDE HOW TO GET THERE

Cruising is a great way to see the Land of the Midnight Sun, allowing you to see multiple ports day after day to see as much of this beautiful land as possible. Every traveler's needs are unique, and there are different cruise lines to satisfy those travel needs. Are you looking to travel with the entire family with on-board activities to keep everyone entertained? Looking for an upscale and chic

Alaskan vacation? No matter how you want to see the Last Frontier, your travel agent can help you with a cruise line that suits your travel desires.

UNDERSTAND THE GEOGRAPHY

There are a few major cruise ports that sail to Alaska. They are San Francisco, Seattle, Seward and Vancouver. Also, some cruises are round trip, while others take you through the entire Inside Passage, and you disembark and fly home from a different city than you started. Talk to your travel professional to find out which embarkation port and route would be best for you. ■

Join in on the fun this travel season and head up to the Great White North. A trip to Alaska is a one-of-a-kind experience, and there is a cruise option for all types of travelers. If you want to combine a cruise and land vacation in Alaska, or you have other travel-related questions, contact Sue or Bruce Mitchell, your Cruise Planners land and sea travel specialists. Visit our website at redmountaintravel.com. You may also send an email to smitchell@cruiseplanners.com, or call (480) 396-8084.



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LOCAL BUSINESS

Discover the Secret to Living a Long Life

Submitted by Home Care Assistance

With many theories on why some people live to an extraordinary age and why they do so in remarkably good health, maybe we should look at the oldest people alive and see if we can find the secret to long life.

When asked the secret to her longevity, Julia Child, famous chef and cookbook author, said, "...red meat and gin." She *only* lived to 91. Goldie Michelson, of Worcester, Mass., who lived to be 113, claimed her longevity was due to "...morning walks and chocolate." Jeanne Calment, of Arles, France, ate two pounds of chocolate every week. She also smoked cigarettes for 100 years, and drank alcohol until she was 121. Jeanne took up fencing at 85 and rode a bicycle until she was 100 years old. She lived to be 122.

Then there's Emma Morano, of Verbania, Italy, who still was cooking her own pasta until a few years before she died at the age of 117. Her secret is raw eggs and no husband. It is a fact that most supercentenarians (the name for those who live more than 11 decades) are women.

There certainly is evidence that healthy longevity may be a result of healthy living and lifestyle, but recent research is delving into other factors, like a person's DNA and genetic sequencing. Just as some people have a genetic disposition for certain illnesses, perhaps certain genomes are more likely to promote long life.

THE REAL SECRET TO A LONG LIFE

Most studies on longevity have yielded few clues to healthy aging. Lifestyle and luck seem to factor heavily into why people live into their 90s and 100s. Their genetic advantage may be that they have inherited fewer DNA variations, which create a risk for heart disease, Alzheimer's and other afflictions.

Fueled by genomics, more scientific research is now being done to determine if the *secret* to a long life lurks in our DNA. Scientists suggest that supercentenarians may possess genetic code that protects them from aging. The effort to unravel that code has been hindered by the



difficulty in collecting DNA samples from these marvels of longevity. The biggest problem is there aren't that many of them. In fact, of the 70,000 or so Americans who live to be 100, only about two dozen are still living at 110.

James Clement, a lawyer, entrepreneur and *citizen scientist* has launched a research effort that involves getting DNA samples from the world's oldest people. He has collected DNA samples from supercentenarians in 14 states and seven countries over the last six years. Researchers feel that despite the limited number of supercentenarian genomes to study, they may be able to identify the *secret sauce* of their longevity with methods used to research the genetic basis for other rare conditions.

LIVING A LONG AND HEALTHY LIFE

While driven to determine what genetic proclivities ensure a long life, James Clement and his team are just as

concerned about a *healthy* long life. Why live a long time, if you aren't happy, healthy and mobile?

In addition to genetic mapping, they hope their research will provide insights into how to repair the damage that causes aging, as well as to prevent and turn back aging.

HOW TO LIVE A LONG LIFE

Existing research supports the value of keeping both your mind and body active as you age. Also important are proper diet and nutrition, exercise and other healthy habits. Staying socially engaged is another aspect of healthy aging.

At Home Care Assistance, our care philosophy seeks to optimize the wellness of seniors and bring energy, independence and joy into this special phase of life. Our programs define our approach to in-home senior care. The Cognitive Therapeutics Method is a complement to our Balanced Care Method and is another multi-pronged approach to healthy aging, specifically focused on the brain. At Home Care Assistance, we believe in extending healthy years, and we work 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. Our trained caregivers can provide support to fit your schedule and provide you with peace of mind. We understand aging, and we can help your loved one age in a healthy manner. Caregivers at Home Care Assistance are available for daily and hourly respite care for your loved one to help you protect your health and focus on yourself. ■

Contact Amanda Butas, a 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 office next to Bed Bath and Beyond, located on Power and McKellips roads, at 2031 N. Power Road, Suite 103.




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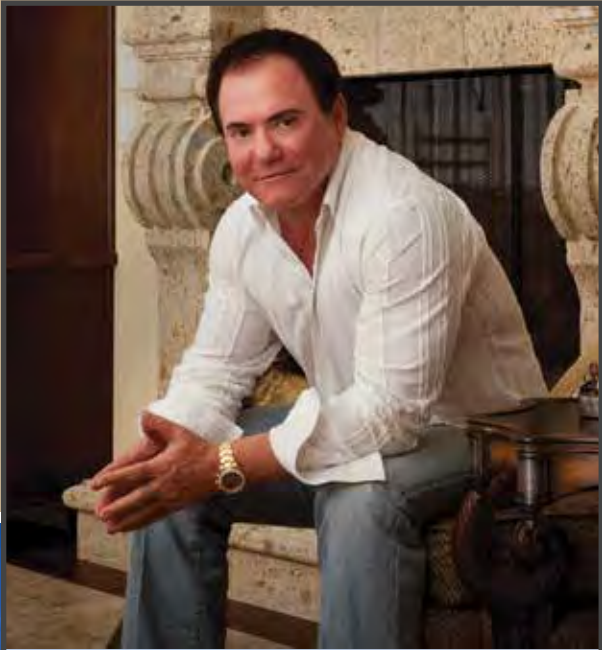


AMBERWOOD
H O M E S



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



**"IF YOU CAN DREAM IT,
WE CAN BUILD IT."**
Master Builder Billy Johnson
Amberwood Homes



THE VALLEY'S PREMIER CUSTOM HOME BUILDER

With 30 years of luxury custom home building experience in the Valley of the Sun, Amberwood Homes has built a solid reputation as one of the best custom home builders in Arizona, offering exceptional quality, innovative ideas, and a commitment to project details that is unparalleled. We believe that first and foremost, it is important to have an honest and collaborative relationship with our clients. From the first meeting through to the final walkthrough, we make you our priority.

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