

# Las Sendas Up Close

Bringing neighbors closer to their community

December 2018



## Orange Patch Too

### Brings Holiday Cheer with Gifts, Decor and Discounts

By Jamie Killin

This winter, holiday cheer abounds at Orange Patch Too—one of Mesa's most beloved, family-owned shops for more than 30 years.

Owners and sisters Michelle Smith and Katie Hunsaker are looking forward to sharing that cheer with the customers and community that have supported them for more than three decades. The pair will feature a fun atmosphere, great products and a festive lineup of events.

"We enjoy our customers," said Michelle. "We love our customers. They're just great people and they've been so supportive over all these 30 plus years. They're just

amazing customers that are more like friends. We're very grateful for them."

From last-minute holiday decor pieces, to the perfect gift or card, Orange Patch Too has everything you'll need for the perfect holiday season.

Shoppers can look forward to one-of-a-kind gifts that will be a hit with family members of all ages, such as candles, puzzles, home decor—even clothing and accessories. Plus, the Orange Patch Too staff is always happy to lend a helping hand to customers looking for the perfect present.

"We have a great selection of gifts for everyone you know, from family and neighbors, to friends of all ages," said Michelle.

Plus, this holiday season Orange Patch Too will be hosting several holiday events, where customers can get great deals. There's the Ho Ho Ho-liday Sale, Christmas Cash Sale, Santa's letters promotion and more.

To top off your holiday to-do list, Orange Patch Too also has beautiful decor that will set your home



apart, just in time for holiday parties and family events. Selections range from beautiful wall hangings, to unique ornaments and even new stockings.

Many Valley residents also know the shop got its start in the 1980s as a citrus farm, and customers still love the citrus today. During the holiday season, from early December until February, customers can even look forward to having hand-selected citrus delivered straight to their doors. ■

Orange Patch Too is located at 3825 E. McKellips Road. For more information, visit [orangepatchtoo.com](http://orangepatchtoo.com), or call (480) 832-0230. Store hours are 9 a.m. to 5 p.m., Monday through Saturday. Orange Patch Too is closed on Sunday.



## Nativity Bake Sale Offers Holiday Delights

Submitted by St. Ignatius Church

The Ladies Auxiliary of St. Ignatius Church is excited to announce the annual Nativity Bake Sale, taking place on Saturday, Dec. 9, from 9 a.m. to 2 p.m.

Featuring traditional Serbian, Czechoslovakian, Greek and Russian baked goods, holiday treats and specialty breads, the sale has sold out for the past three years.

A popular fund-raising event, the Ladies Auxiliary hosts the bake sale to raise funds toward building and community service projects.

The bake sale, open to the public, features several ethnic pastries, such as Serbian nut, prune, apricot and poppy seed rolls; Eastern European-style kolaches; Czechoslovakian cookies; Greek cookies; and Russian tea cakes.

In addition to cultural treats, the Ladies Auxiliary is known for its sweets options, including chocolate-covered peanut butter balls, homemade fudge, dipped marshmallows



and traditional holiday cookies. The treats can be purchased in dozens or in custom-made party trays.

Our holiday bread elves created a wide variety of specialty breads, from banana nut bread, to zucchini bread and everything in between.

You can see a complete list of options on our Facebook page, St. Ignatius Holiday Delights.

Advance orders are encouraged. Send in your order by email at [saintigholidaydelights@gmail.com](mailto:saintigholidaydelights@gmail.com) or through Facebook Direct Message.

It's not just food offerings. Members of the Ladies Auxiliary also have crafted holiday table runners, ornaments, placemats and a variety of other items that make perfect hostess gifts.

For information, please call Jill Benza at (480) 388-0378, or send an email to [saintigholidaydelights@gmail.com](mailto:saintigholidaydelights@gmail.com). ■

St. Ignatius, an English-speaking Eastern Orthodox Christian church, is part of the Antiochian Orthodox Church of North America. The church is located at 5515 E. Redmont Circle, between Recker and Higley roads, on the north side of Thomas Road.



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# RED MOUNTAIN

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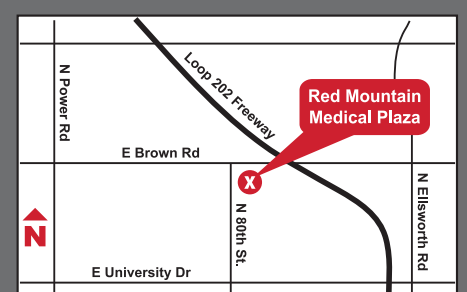
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# UpClose

PUBLICATIONS

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E-mail: [Publisher@PhillipsWest.com](mailto: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](http://www.luckyyoucreative.com)

Keen Visual Media, website design  
Ramey Newell  
[www.keenvisualmedia.com](http://www.keenvisualmedia.com)

## CONTRIBUTORS

John Karadsheh, Nancy Nemitz, Lorraine Ryall

[www.UpCloseAZ.com](http://www.UpCloseAZ.com)

## HEALTH

### Medicare Annual Enrollment CONCLUDES SOON



Submitted by Tapestry Insurance

With the Medicare Annual Enrollment period running from Oct. 15 through Dec. 7, this is the time you can change your prescription drug plans or Medicare Advantage plans if you have been previously enrolled in Medicare.

It is always a good idea to take a look at what is available for the next year. Drug plans often change formularies, costs or even preferred pharmacies. Just last week, I was visiting with a couple who both have a Medicare supplement plan and a prescription drug plan.

They had been on the same drug plan for the past eight years. In reviewing their current medications, we determined there was a different plan that could save them hundreds of dollars a year in costs. Because of plan changes, as well as health changes, it is a good idea to confirm you are on the right plan for your current needs.

Another question I often get is, "What do I need to do before I retire or turn 65 to ensure I am ready to enroll in Medicare?" If you are planning on retiring this next year, or you are turning 65, please give me a call to set up an appointment. I can walk you through the steps to enroll in Medicare, as well as help you choose a Medicare plan.

I live in East Mesa, and am willing to come to your home or meet you at a designated location. ■

If you would like help from a local agent, please contact Lynne Jones to set up an appointment. Call her at (480) 212-2246.



Lynne Jones

## COMMUNITY

### Join The UPS Store in OPERATION SANTA CLAUS

Submitted by The UPS Store

The UPS Store at Power and McDowell roads in the Albertsons shopping center will be participating in the 17th annual Operation Santa Claus Charity Drive.

Partnering with Sanderson Ford and ABC15, donations benefit local children's charities, Southwest Autism Research and Resource Center, Military Assistance

Mission, Special Olympics of Arizona and St. Mary's Food Bank Alliance.

New toys, children's clothing items, packaged food items or monetary donations will be accepted.

Through December 19, with every accepted donation, you will be entered into a weekly drawing to be one of 15 finalists to win your choice of a new Ford F-150 SuperCrew truck or Lincoln MKC crossover vehicle. All 15 finalists will also receive a \$100 Visa gift card. ■

Additional information can also be found at <https://givetotheclaus.com>. The UPS Store is located at 2733 N. Power Road, Suite 102, at the southeast corner of Power and McDowell roads. For more information, call (480) 641-1744, or email [store3690@theupsstore.com](mailto:store3690@theupsstore.com).



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**Zaina Rashid,**  
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DR. RASHID IS A MEMBER OF:  
American Academy of Dermatology  
American Osteopathic Association  
American Society of Mohs Surgery  
American Society for Laser Medicine and Surgery  
The American Academy of Cosmetic Surgery  
The American Society for Dermatologic Surgery

HEALTH

It's Prime Time for Outdoor Activities And Potential Resulting Injuries

By Darshan Dawson

The Arizona winter, with its glorious climate, is prime time for youth athletics and active adult activities.

More than 24 local hiking trails and no less than eight golf courses, youth and senior league sports, cycling and swimming, tennis and a smorgasbord of other outdoor activities available in the East Valley call to us get out and get active. But with that activity can come injuries, especially when we overdo it.

Craig H. Weinstein, MD, MPH, of Sports and Orthopaedic Specialists (SOS), with offices in East Mesa and Gilbert, advises, "To help prevent injuries, ease into your activity, and start slowly. Begin with a warm-up session and end with a cool-down period. Stretching before and after your activity helps to keep your body limber."

An Arizona resident since high school, Dr. Weinstein returned to Arizona after earning his degree and fellowship training to open his first practice in Downtown Mesa, later moving the practice to Gilbert. He has returned to East Mesa, opening a second location as a founding member of the Red Mountain Medical Plaza, pioneering an integrated, community-based medical care model referred to as a *medical mall*.

"The concept allows us to focus on patient experience by bringing together a community of different providers, such as primary care and specialists, as well as ancillary health services that patients require, including pharmacy, labs and physical therapy, all under one roof," Dr. Weinstein explained. "This is accomplished while preserving each individual's own practice identity, own procedures, own speciality and expertise versus a traditional speciality clinic that is owned and run by a big hospital or corporation."

The so-called *medical mall* is an idea whose time has come. There now are more than 50 such care models located throughout the United States. Attracting more medical providers to the Red Mountain area of the northeast corner



Craig H. Weinstein

of Mesa is the motivation behind Dr. Weinstein's interest in partnering with other medical professionals to bring the Red Mountain Medical Plaza to fruition.

"There now are 14 physicians and many more ancillary services all working here together," stated Kris Smith, one of the founding members. "All the doctor's staff members interact with each other, so we all know each other like one big family."

Dr. Weinstein brings to the East Valley specialization in the treatment of shoulder and elbow injuries from activities that involve repetitive motion. Such activities include pitching, throwing, swimming, weightlifting or racket sports, as well as knee and ankle injuries from hiking, running and high impact sports or just years of hard use.

He and his staff work with patients in a partnership to help restore health and mobility through state-of-the-art joint preservation and advanced treatment of athletic injuries in both adult and adolescent patients. "In our practice," stated Dr. Weinstein, "we explore all options when prescribing treatments, including exercise, medications, physical therapy, palliative care, and ambulatory support, such as braces and other rehabilitative therapies."

One tool the doctor has pioneered over the past 10 years to successfully diagnosis sports injuries is musculoskeletal ultrasound. The use of ultrasound has greater

benefits as a diagnostic tool for joint and soft tissue injuries over a traditional MRI. Ultrasound is safe, cost-effective and fast, providing high-resolution real-time images of muscles and tendons.

Ultrasound also allows the patient to move during diagnostic testing, which facilitates a more precise identification of pain points, versus a traditional MRI, which requires the patient to remain motionless.

Many young-at-heart seniors experience knee pain as a result of injury or years of wear and tear, which could mean a knee replacement. "People come to my office because they are active and consider themselves athletes. They are looking for some other answers for their knee pain," Dr. Weinstein said. "When surgery is necessary, we use state-of-the-art techniques to allow for minimal pain and maximal recovery."

Setting SOS apart from other practices is the awareness of the impact of a total knee replacement on lifestyle and activities levels, with the ability to offer alternatives. As many as 70 percent of his patients who received knee replacements opted for a partial replacement, a treatment developed for individuals to preserve the activity levels they enjoy from an active lifestyle.

A less invasive and less complex surgical treatment, carrying with it shorter recovery time is a significant benefit of a partial knee replacement. Perhaps the most important benefit of a partial replacement over a total replacement is the higher level of mobility with fewer activity restrictions. ■

The Sports and Orthopaedic Specialists office is located in the Red Mountain Medical Plaza at 8035 E. Brown Road, Building 4, at the corner of Brown Road and 80th Street. Office hours are Fridays 9 a.m. to 2 p.m.

The Gilbert office is located at 3487 S. Mercy Road, between Woodside Court and Rome Street. Office hours are Monday through Thursday, 8 a.m. to 5 p.m., and Friday from 8 a.m. to 3 p.m. The Red Mountain Medical Plaza is open to the public. For more information about Sports and Orthopaedic Specialists, or to find a medical professional, visit the website at [rm-medicalplaza.com](http://rm-medicalplaza.com).



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**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!**

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EDUCATION

# Help Your Child Develop a Passion for Reading

*Submitted by Staff of Self Development Academy*  
**A**re you an avid reader? Did you love reading as a child? What did adults in your life do to inculcate such love for reading, which became a lifelong passion?

To develop a love for reading, you must surround yourself with books. From the day your child is born, read to him. Not only should you read to him, but also read with him, so he becomes accustom to seeing you read. Setting aside a specific time for reading, just before bedtime, sitting together on a couch, creates a lifetime of fond memories of reading together as a family.

Having books around the house, in every room, in the bathroom, on the kitchen table, sends the message to the children that books are important. In their rooms, have bookshelves full of books, attractively decorated and conspicuously placed. Books can be bought at bookstores, library sales or at second hand book stores.

Do also give your child a special book, a favorite childhood book of yours, or maybe a real leather-bound book

for keepsake, as a treasure. Let your children know that, indeed, he is fortunate to own books.

Discuss the content of the books you are reading, and help your child connect with the world around her and the places she has never visited. You can say, "Tell me something you read today that you liked." Imagine the conversation that might take place and the places it might take you.

Once you have created a setting for developing the passion for reading, how does your child become a good reader? Becoming a good reader is more than mastering the big words. Whether your student is just starting to recognize letters, or has been burying her nose in a book for years, we have an opportunity to develop strong readers in our students and in ourselves, and that might look different from what you expect.

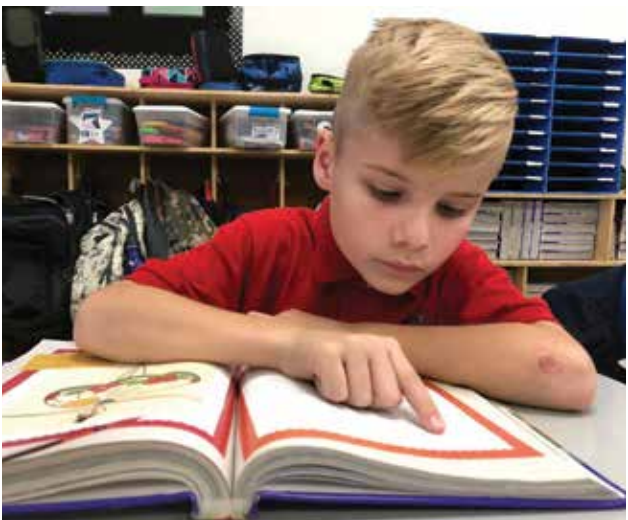
In short, being a good reader is being functionally literate, which means you can understand complex issues, abstract ideas and new information after reading about them.

According to Dr. Willingham, a University of Virginia professor and reading expert, reading comprehension depends on several things beyond vocabulary. Readers understand what they read if they already have a foundation of knowledge on the subject matter. Therefore, early education should spend less time on the mechanics of reading and more time on general information in areas like history and science.

At Self Development Academy, we are on the same page as Dr. Willingham, so to speak. Our mission is to raise up lifelong learners with a passion for gaining knowledge in subjects ranging from the arts, to computer programming, to science and mathematics.

As parents, you can help develop young reading minds in your children in several ways:

- **Be intentional about content.** On your next trip to the library or the bookshelf, help your student venture out past old favorites and into areas of non-fiction, biographies or history. Help your student find a book in which she is both interested and uninformed.
- **Consider non-reading activities as literacy boons.** Visiting museums, watching historical programs on



TV and listening to audio books or podcasts will expand minds and continue to build a larger foundation of knowledge, which will strengthen reading comprehension now and in the future.

• **Focus on the mind, not the letters.** Can your student correctly sound out antidisestablishmentarianism? Great. Does he know what it means and can he use it in a sentence? Even better. Do the words he reads inform him, help him to make thoughtful opinions, and contribute to the way he sees the world and interacts in it? These questions get to the heart of reading, more than any grade, standardized test or impressive vocabulary word.

Reading helps your children become successful in school and later in life, as they continuously acquire new information through reading. Reading allows you to see others' perspectives, as well as develop compassion and kindness.

Books are the quietest and most constant of friends; they are the most accessible and wisest of counselors and the most patient of teachers. – Charles W. Eliot ■

For more information about Self Development Academy and its reading program, please contact us at (480) 641-2640.





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FINANCES

The Trump Tax Plan Probably Will Affect You

Submitted by Toepel Company PC

You may have heard rumors by now about the new 2018 tax reform bill.

These new tax reform changes went into effect this past Jan. 1. According to the Ways and Means Committee in the House of Representatives, the stated purposes of the new law include:

- Simplifying the tax process
- Preserving the mortgage interest deduction
- Eliminating Obamacare's individual mandate penalty tax
- Increasing the standard deduction
- Providing more support to American families
- Providing relief for Americans with expensive medical bills
- Improving savings vehicles for education

This legislation could significantly alter your tax situation this year. Here is a summary of several changes that may affect you:

**Standard Deduction Increases.** No matter your filing status, the standard deduction increases in 2018.

- Single and Married Filing Separately: \$12,000
- Married Filing Jointly: \$24,000
- Head of Household: \$18,000

**Personal Exemption Eliminated.** Under the tax reform, taxpayers can no longer claim the \$4,050 personal exemption for each of their dependents.

**Child Tax Credit Rises.** The Child Tax Credit increases in value from \$1,000 to \$2,000. The tax reform bill also introduces a new \$500 credit for non-child dependents.

**State and Local Taxes Capped.** Taxpayers can deduct up to \$10,000 in state and local income taxes. Previously, there was no cap.



**ACA Individual Mandate Repealed.** Beginning in 2019, individuals who choose to go without health care coverage for the year will not have to pay tax penalties.

**Mortgage Interest Deduction Drops.** Individuals who purchase a home in 2018 can only deduct interest up to \$750,000 in mortgage debt (previously, \$1 million). The interest deduction on home equity loans is eliminated.

**Estate Tax.** The estate exemption doubles to \$11.2 million per individual and \$22.4 million per couple in 2018.

**Contribution Limits for Retirement Savings.** Employees who participate in certain retirement plans, such as 401(k), 403(b), 457 and Thrift Savings Plans can now contribute as much as \$18,500 this year. This is a \$500 increase over the 2017 limit.

**Savings in IRAs.** Savers who contribute to individual retirement accounts will have higher income ranges following cost-of-living adjustments. Note that the deduction phases out for individuals and their spouses who are covered by workplace retirement plans.

For single taxpayers, the limit will be \$63,000 to \$73,000.

For married couples, the phase-out range will vary depending on whether the IRA contributor is covered by a workplace retirement plan or not. When the spouse who is investing has access to an employer plan, the range is \$101,000 to \$121,000. For individuals who don't have a retirement plan but are married to someone who does, the phase-out has been raised to \$189,000 to \$199,000.

The phase-out was not adjusted for married individuals who file a separate return and who are covered by a workplace retirement plan. That range is \$0 to \$10,000.

**Contributions to Roth IRAs.** For individuals who are single or the heads of their households, the income phase-out has been raised to \$120,000 to \$135,000. For married couples who file jointly, the range climbs to



\$189,000 to \$199,000.

The phase-out was not adjusted for married individuals who file a separate return. That is \$0 to \$10,000.

**Lost Deductions.** The 2017 tax reform eliminated or restricted many itemized deductions beginning in 2018 (including unreimbursed business expenses) and raised the standard deduction. That means fewer taxpayers are likely to itemize.

**Bottom Line.** Taxes can get confusing quickly. This new tax law could potentially affect what you pay by thousands of dollars. You may want to consult your tax or financial advisors. ■

Paul Toepel is a CPA who has lived in Las Sendas for more than 17 years. His firm, Toepel Company PC, is a full-service, Mesa-based CPA firm offering a variety of services for more than 30 years.

These services include tax preparation and representation, accounting, fraud prevention and QuickBooks support. Their mission is, "To provide exceptional service, knowledge and experience, all while making you and your business successful."

For more information, call (480) 833-8300. Toepel Company is located at 2500 S. Power Road, Suite 129.

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# LAS SENDAS GOLF CLUB

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## CELEBRATE THE SEASON IN NEW SURROUNDINGS AT THE PATIO AND THE GRILLE

By Dawn Abbey

**T**is the season of giving, and Las Sendas Golf Club has created a wonderful gift for all—The Patio and The Grille has just undergone a complete renovation, creating new and exciting spaces for dining and entertainment, all furnished with brand new tables, chairs and decor just in time for the holiday season.

Everyone is invited to spend some holiday time in these beautiful new surroundings. “Whatever your mood, there’s a section designed just for you,” said Director of Food and Beverage Dennis Shaw. “And remember, we’re always open to the public. If you’re not up for dinner, just come by and enjoy a drink on The Patio at sunset.”

Want a cup of holiday cheer? Want to relax with friends or catch up on the games? Enter through the front door into Bogey’s Lounge, formerly the steak house and members’ event venue, that has been totally transformed into a comfy sports bar lounge. You’ll be welcomed into upholstered chairs and a padded banquet for relaxed seating at tables focused toward several big-screen TVs. In addition to your favorite libations, a limited bar menu is available.

The wall that formerly separated Bogey’s from the main bar is gone, but the sports lounge area now seems even more secluded and cozier than before. It also provides a separation from the animated activities of the lounge so as not to spill over into the dining area.

Too tired to cook, but want a fine dining experience, date night or family meal together? Enter in the side door and be greeted by a host who will escort you to the right for a table at the wine bar, or to the left for your choice of dining indoors in the completely remodeled dining room. You also can be escorted outdoors to The Patio, with its new pergola cover, shades and cooling fans for summer, as well as heaters and fire pits for those cooler nights.

Maybe you’d just like to kick back after a hectic day of shopping malls and crazy traffic. Enjoy a drink and some small plates on The Patio while watching the sunset. The lower level patio is now set up with tables surrounding fire pits and an entertainment stage for nightly live music. Happy Hour still is on from 3 to 5 p.m., with discounts on drinks and bar food.

The new furnishings are not only beautiful, but they also offer a lot of flexibility by utilizing a



number of small square tables that can be an intimate seating for a couple or two. These tables also can be pushed together easily to seat larger parties without the need for big tables.

Not only are the surroundings new and exciting, but Dennis also promises many new options with the lunch and dinner menus. “In addition to our well-loved burgers, sandwiches, entrées and small plates, we are introducing some more fine dining options, like Grilled Caribbean Shrimp in Beer Butter Broth, Roasted Beet Cerviche, Short Ribs or Seared Tuna with Sugarashi,” he said. “We’ve tried to create an amazing location that has a little something for everyone. So, come over and check us out during this holiday season.”

*The Patio and The Grille are located at Las Sendas Golf Club, 7555 E. Eagle Crest Drive. For reservations, call (480) 396-4000, or go to [lassendas.com](http://lassendas.com) or [OpenTable.com](http://OpenTable.com).*



### THE VISTAS PAVILION

#### SAVE DURING OUR WINTER PROMOTION

Take advantage of our Winter Promotion and receive 10 percent off venue fees for booking an event this January or February 2019. Just mention that you saw this notice in your *Up Close* neighborhood newspaper to receive your discount.

The Vistas Pavilion is the perfect venue for all events—winter parties, corporate team-building, meeting spaces, weddings, bridal showers, baby showers, celebration of life, bar and bat mitzvahs, weddings, celebration luncheons and more.

Plan an evening event, and you and your guests can experience a beautiful winter night from The Vistas Pavilion balcony while the sun sets in the West and the Valley lights begin to sparkle below. Enjoy great food and wines, too, along with the breathtaking views.

Mention that you saw this notice, and receive 10 percent off your venue fee during the months of January and February. We are excited to celebrate with you, so give us a call today. We are available seven days a week for private tours of the property and venues.

The Vistas Pavilion currently is booking for spring weddings, private events, celebrations and venue spaces.

*For event bookings or questions regarding events, please contact Jess Miller at (480) 396-4000, ext. 227, or call her cell at (330) 396-0099. You also can send an email to [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com).*



### LAS SENDAS GOLF SHOP

#### OUR BIGGEST SALE OF THE YEAR... CHRISTMAS IN DECEMBER

Our Christmas Sale is on for the entire month of December. Fill Santa’s bag with **20 percent off all men’s and women’s apparel**. Choose from all the latest fashions by designers Tail, Jamie Sadock, JoFit, Annika, Ping, FootJoy, Under Armour, Greg Norman, Travis Mathew, Antigua, Level Wear and Oakley.



Las Sendas Golf Shop has all things for the golfer in your family, with many great gift ideas for under \$20. Gift certificates are always available.

Save big on Las Sendas Private Label wines for those holiday gatherings. **All wines are on special for \$14.95 per bottle during December.** Stock up on Cabernet Sauvignon, Merlot, Chardonnay and Pinot Grigio. Buy a case of wine, and mix and match if you like, for \$156 per case. That’s only \$13 per bottle for outstanding private label wines.

Merry Christmas to all Las Sendas residents from your Golf Shop Team—Rick, Diane, Nick, James and Nolan



### FAMILY FUN AT LSGC AFFORDABLE GOLF FOR THE ENTIRE FAMILY

Las Sendas Golf Club understands that the reason many young families do not join golf clubs is because it is too expensive. Young children can play only a few holes, and maybe your spouse doesn’t play enough golf to justify paying dues.

We often hear comments like, “My kids lose interest after a few holes, and it makes no sense when they are too young.” We also hear, “Sometimes, my wife only plays a couple times a month, so it doesn’t justify the cost to join.”

Well, now Las Sendas Golf Club has the answer. Children ages 14 and younger, as well as your spouse, can play free golf after 3 p.m., seven days a week, and after noontime in the summer months. All principle members are available to take advantage of this amazing offer. Please contact Wayne McBean for membership information on how to sign up for the Family Membership.

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For all membership inquiries, contact Wayne McBean at (480) 396-4000, ext. 201, or send an email to [wmcbean@lassendas.com](mailto:wmcbean@lassendas.com).

EDUCATION

ECA CONTRIBUTIONS PROVIDE transformative student opportunities



Story by Laurie Struna  
Photo submitted by Mesa Public Schools

College tours provide a valuable opportunity for high school students to plan their futures. However, the cost of travel can be prohibitive to many families. This October, Mesa High School teacher Jenny Brierton was able to take her students on a four-state college tour, thanks to extracurricular activity (ECA) tax credit contributions from the community.

Jenny is a coordinator for Mesa High School's Advancement Via Individual Determination (AVID) program. AVID is a college readiness program designed to prepare students for life after high school, and one important component is to help students overcome obstacles and achieve success. With a cost of \$675 per student, the college tour was a hardship for many of Jenny's students. Luckily, ECA monies were available to fund 90 percent of the trip.

Jenny accompanied 48 students and four chaperones on the seven-school college tour, where they participated in team-building experiences and a visit to

the North Rim of the Grand Canyon.

"Having the opportunity to experience college programs in person is a game changer," Jenny shared. "It is the place where our students will call home during their college years. They need to feel comfortable, so they can continue to learn, grow and contribute as members of the community."

Senior Yamiletzy Moreno shares that the AVID trip helped her select the college she will attend next fall. Without ECA, she wouldn't have been able to experience what her future may hold.

"I made a lot of great friends on this trip and created unforgettable memories," Yamiletzy said. "The most important part is that I got into one of the best business schools in Colorado, and I can't wait to attend The University of Northern Colorado."

The ECA tax credit program is an easy way to help Mesa's students while enjoying a dollar-for-dollar credit. Each year, eligible Arizona taxpayers may donate up to \$200, or \$400, if filing jointly, to extracurricular programs. Eligible taxpayers will receive the money back as a credit when filing their state taxes.

"Every dollar counts when it comes to ECA monies," said Carol Alexander, supervisor of student activities. "If a community member would like to contribute, but doesn't have a specific student or school in mind, we can direct funds toward the schools that need it most."

For more information or to contribute online, visit [mpsaz.org/eca](https://mpsaz.org/eca). Mesa residents are invited to call (480) 472-0133 with questions or to contribute via phone.

COMMUNITY

Mesa Art League Presents Show at ASU Gammage

Submitted by Patricia Book

More than 25 artists from Mesa Art League (MAL) will show and sell their artwork at Arizona State University (ASU) Gammage Auditorium, from Dec. 19 through Jan. 28.

Theatregoers attending the December and January shows will have an opportunity to view or purchase a variety of art, which will include about 50 works that are oils, acrylics, watercolor or mixed media.

Mesa Art League members are happy to display their work during the busy December schedule at ASU Gammage, which will include the 2018 *K-Love Christmas* and *Manheim Steamroller Christmas*, two very popular musicals. During January, theatregoers can attend *Hello Dolly* and *Silent Voice: Lovestate*, as well as view the MAL artwork.

"We are happy to have another show at Gammage," said President of MAL Loralee Stickel-Harris. "Many of the works we have seen in our art league recently are very exciting and of high quality. The opportunity to have another exhibition at ASU Gammage is a privilege for our members."


"The historic hall, built by Frank Lloyd Wright, is always a wonderful venue for our artists," stated Patricia Book, a graduate of ASU and member of MAL. "I look forward to revisiting ASU Gammage, which I found so exciting as a student at ASU."

The exhibit will be open to the general public for tours on Mondays at 1 p.m., at 2 p.m. or at 3 p.m. Please meet at the Box Office. For scheduling tours, or



any other special requests, contact ASU Gammage at (480) 965-6912. Please note, tours will not be offered on Dec. 24 or Dec. 31, when ASU Gammage is closed for the holidays. ■

The ASU Gammage Auditorium is located on the Tempe campus of the university, at Mill Avenue and Apache Boulevard, at 1200 S. Forest Ave. For tickets, call the Box Office at (480) 965-3434.



Looking to keep your tax dollars close to home? Take advantage of **Mesa Public Schools' ECA state tax credit program**. It's available to all Arizona taxpayers\* and allows for a dollar-for-dollar reduction in state income tax owed. **A win for students - a win for you.**

**Mesa Public Schools—the best place to learn.**

\*Please consult your tax adviser.



REAL ESTATE

The Christmas Holiday is Steeped in History

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



‘T is the season to be jolly, and my favorite time of the year. I want to take this opportunity to thank everyone who reads my articles and especially those of you who have become my clients and friends over the past years.

THE HISTORY OF CHRISTMAS

In early Christianity, the birth of Jesus was not celebrated until the fourth century. Pope Julius I chose Dec. 25 in an effort to adopt and absorb the traditions of the pagan Saturnalia festival.

First called the Feast of the Nativity, the custom spread to Egypt by 432 and to England by the end of the sixth century. Today, in the Greek and Russian orthodox churches, Christmas is celebrated 13 days after Dec. 25, referred to as the Epiphany or Three Kings Day, believed to be when the three wise men found Jesus in the manger.

On Christmas, believers attended church. They then celebrated raucously in a drunken, carnival-like atmosphere similar to today’s Mardi Gras.

**AN OUTLAW CHRISTMAS**

In the early 17th century, religious reform changed the way Christmas was celebrated in Europe. In 1645, when Oliver Cromwell and his Puritan forces took over England, they vowed to rid England of decadence and, as part of their effort, cancelled Christmas. By popular demand, Charles II was restored to the throne and, with him, came the return of the popular holiday.

The pilgrims coming to America in 1620 were more orthodox in their Puritan

beliefs than Cromwell. Therefore, Christmas was not a holiday in early America. From 1659 to 1681, Christmas actually was outlawed in Boston. Anyone exhibiting the Christmas spirit was fined five shillings.

After the American Revolution, English customs fell out of favor, including Christmas. In fact, Christmas wasn’t declared a federal holiday until June 26, 1870.

It wasn’t until the 19th century that Americans began to embrace Christmas. Americans reinvented Christmas, changing it from a raucous carnival holiday, to a family-centered day of peace and nostalgia.

A CHRISTMAS CAROL

Around this time, English author Charles Dickens created the classic holiday tale *A Christmas Carol*. The story’s message—the importance of charity and goodwill toward all humankind—struck a powerful chord in the United States and England. Members of Victorian society understood the benefits of celebrating the holiday.

The family also was becoming more sensitive to the emotional needs of children during the early 1800s. Christmas provided families with a day to lavish attention—and gifts—on their children without appearing to spoil them.

As Americans began to embrace Christmas as a perfect family holiday, old customs were unearthed. People looked toward recent immigrants and Catholic and Episcopalian churches to see how the day should be celebrated. In the next 100 years, Americans built a Christmas tradition all their own, which included pieces of many other customs, including decorating trees, sending holiday cards and giving gifts.

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



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



RECIPE: CROCK POT CHICKEN CHILI

**Ingredients**

2 tablespoons olive oil  
2.5 pounds boneless, skinless chicken breasts cut into bite size pieces  
1 small onion diced  
½ cup diced green pepper  
½ cup diced red pepper  
1 tablespoon minced garlic  
14.5 ounce can Hunts Fire-roasted Diced Tomatoes  
2 cans cannellini beans, undrained  
1 can black beans, drain and rinsed  
1 2-ounce can diced chile peppers  
2 teaspoons cumin  
1 ½ teaspoons dried oregano  
1 ½ teaspoons chili powder  
1 teaspoon black pepper  
½ teaspoon salt (adjust as needed)  
1 ½ cans of water  
shredded cheese (optional)  
sour cream (optional)

**Directions**

- Heat the olive oil in a skillet, and sauté the chicken for about 5 minutes.
- Add the onion, green peppers and garlic to the skillet.
- Toss well and sauté for 1 to 2 minutes.
- Pour the contents of the skillet into a 6-quart crockpot.
- Add the next 10 ingredients to the crockpot, stir well.
- Cook for 4 hours on high.
- To thicken: After 3 hours of cooking, mix cool water and cornstarch and add to the crockpot.
- Stir, cover, and cook for the remaining hour or until the chicken is cooked through.

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—Mike and Cindy

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**LOCAL BUSINESS**

## KNOW BEFORE YOU THROW

**By Jon Englund**

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



Jon Englund and Donna Luger

A few months ago, I invited you to tell me about your collections. Well, this month's collector is enamored with Persian rugs. You might say she rolled out the red carpet for me with her collection. (Sorry, but I just couldn't pass that up.)

What people call *Persian* rugs often refers to a broad range of hand-knotted rugs from the Middle East and the Orient. These areas of the world have a long history of rug weaving, with many displaying bold colors and patterns unique to their village or nomadic tribe. An authentic *Persian* rug would be one woven in the country of Iran.

Rug weaving dates back thousands of years. But given the fragile, organic nature of the materials used, and the fact that these rugs generally saw a great deal of use, few survive that are more than a couple of hundred years old.

Many factors impact value, including region of origin, condition, design and knots per square inch, to name a few. Some of the regions that produced desired fine rugs are Tabriz, Kashan, Isfahan, Nain and Qom. While some of these rugs can cost tens of thousands of dollars, lesser grade rugs can be purchased for a few hundred dollars. These affordable rugs are quite beautiful and complementary to many different styles of furniture, allowing for the enjoyment of these lovely, handcrafted works of art for our floors.

The collection that inspired this month's article was a variety of colors and bold patterns, which complemented her furniture quite nicely. We actually sold this collector's home a few weeks ago, so you can view all of her rugs by visiting SunlandLiving.com online and clicking on the (photo) Gallery.

Thank you so much for sharing your area of collecting with me. Please let me know about your interesting collection, as I would love the opportunity to feature it in an upcoming article.

Send me an email at Jon@KnowBeforeYouThrow.INFO, or give me a call at (480) 699-1567 (a landline, so no text) and let me know *what's in your closet*. Hopefully, I can feature your collection in the coming months. ■



Jon Englund has more than 30 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 15 years of experience in real estate. A Midwest transplant, Jon trained at New York University in appraisal studies.

Donna Luger has assisted during that time, and is a veteran Associate Broker and Realtor with HomeSmart Realty—Elite Group.

For more information, call (480) 699-1567. You also can send an email to Jon@KnowBeforeYouThrow.INFO.



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**LOCAL BUSINESS**

## Executive Suites Offer Great Value, Better Work Environment for Productive New Year



The space offers networking opportunities and access to amenities, such as board rooms, a game room, community kitchen, receptionist services, furnished offices and much more for a competitive, inclusive price.

Right now, the newly opened executive suites offer availability in some of its most coveted spaces. Choices include offices with direct access from outside the building, large enough areas for teams of up to 30 or more and prime positioning with floor-to-ceiling windows.

"As we're bringing in our first tenants, we're getting great feedback on the space and the competitive all-inclusive pricing," said Dennis. "Now is an especially great time to move, with the start of the New Year and our availability in the best spaces."

Tenants also have the option to move into a fully furnished executive suite or set of cubicles, making moving offices or opening a new office easier than ever.

Suites average 10 feet by 13 feet, with floor-to-ceiling windows and high-quality finishes in a modern, contemporary space. Plus, offices can be enclosed and locked separately for security and peace of mind.

In addition to Red Mountain Executive Suites' amenities and flexibility, it provides a prime location in the heart of East Mesa, near Las Sendas and Red Mountain Ranch, close to restaurants, shopping and the Red Mountain Freeway. ■

Red Mountain Executive Suites is located at 3514 N. Power Road, Suite 115. For more information, or to schedule a tour, call (480) 455-1411.

**By Jamie Killin**

**W**ith the New Year around the corner, ways to maximize productivity, save money and make positive workplace changes are top of mind, and finding an exceptional co-working space is a great way for many businesses to start 2019 strong.

Red Mountain Executive Suites is offering small Mesa businesses a modern, upscale new space in which to work. The environment is perfect for the solo entrepreneur ready to advance past his in-home business, or for a small company looking for all the amenities of a large office without the hefty price tag or wasted space.

"I used to work from home, and people would always think working from home was so convenient," said owner Dennis Seifert. "But, in reality, it's not, especially when you have young kids and distractions. It's much easier to be efficient in a dedicated work space, especially when you have access to the amenities we have here, like the high-speed Internet, free printing and community board room."

COMMUNITY

Lots of Holiday Entertainment Events Are Planned for District 5

Submitted by Vice Mayor and Councilmember David Luna

This December, Mesa will end the year with a festive bang.

Holiday happenings, downtown festivals and creative workshops are bound to keep residents and visitors entertained through the rest of 2018.

Put on your candy cane pajamas and hop on the Polar Express Light Rail car to visit Mesa's annual Merry Main Street, which runs through Jan. 4. Start with ice skating at the Winter Wonderland outdoor ice rink at Mesa's City Plaza, and then grab a treat and some cocoa from Jack Frost's Food Truck Forest in Pioneer Park.

The local shops in Downtown Mesa also will be bustling, offering the chance to snag last-minute gifts for your friends and family. Take out-of-town guests to visit the four-story tall Christmas tree in the center of it all, and if you run into Santa on Friday or Saturday, be sure to snag a sELFie with him at one of the many photo stations.

Add the i.d.e.a. Museum and Arizona Museum of Natural History to your list, and visit on Museum Discover Day, Friday, Dec. 14, from 6 to 10 p.m. Both museums will offer free admission during this short time period, and they are the perfect spots to pick up last-minute gifts for the budding scientist or curious artist.

The festivities continue at the Mesa Arts Center (MAC), with a full entertainment lineup. December performances kick off with Trey Anastasio on Dec. 3, and the fun continues with Sing!—An Irish



David Luna

Christmas on Dec. 5. On Dec. 9, *The Best Christmas Pageant Ever, The Musical* will show before a magical concert by Salt River Brass' Holiday Pops.

Dave Santa Koz and Friends also will be returning to MAC on Dec. 15, followed by several performances of *The Nutcracker* by Ballet Etudes, a performance of *All Is Calm: the Christmas Truce of 1914* on

Dec. 18, Jason Mraz and Toca Rivera on Dec. 21 and Home Free on New Year's Eve.

If you find yourself wanting more, save room in your schedule for Mesa Arts Festival, on Dec. 8 and 9. The festival will offer activities for the family, artist demonstrations, live entertainment and culinary delights to enjoy.

It has been a pleasure to serve as your vice mayor and councilman this year. I want to wish you and your family best wishes for a merry holiday season and throughout the coming year. ■

With any questions or concerns you may have for District 5, I am available via email at District5@MesaAZ.gov or via phone at (480) 644-3771.



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LOCAL BUSINESS

Barber Shop Offers Lifetime of Experience AND OLD-FASHIONED SERVICE

By Jamie Killin

Teodora Gale found her passion as a barber when she was just a teenager, cutting the hair of her nine brothers while she was growing up. While cutting hair continued to be a hobby, it was when she moved to the United States from Mexico with her four sons that she became a licensed hair stylist in 2005. After nearly 15 years of cutting hair professionally, she has opened her own barber shop—T and Joe’s, with her eldest son, Joe. T and Joe’s, which opened its doors earlier this year, specializes in giving customers a traditional barber shop experience, complete with top-of-the-line service.

“I want it to be an enjoyable environment for anyone who enters my business,” said Teodora. “It’s an old-fashioned barber shop with hot towels, and we massage the shoulders and the hair.”

The family-owned barber shop ensures every customer leaves feeling his best by providing ear and nose trimming services that go beyond the standard haircut. Teodora has created an environment that is welcoming and comfortable for all guests, too, with the look of a traditional barber shop, quiet old-fashioned music and a spotless space. “I want to do the best for people and have a very clean place,” she said. During her years of working in barber shops across the Valley, Teodora chose to open her shop in North Mesa because of the fantastic clientele she found here, sharing that people in this area had been kinder than anywhere else. “I really love the people in this area,” Teodora said. “It’s where I’ve opened my business because the people are so kind. As many as 99.9 percent of people have been so kind to my son and me.” ■ T and Joe’s Barber Shop is located at 1118 N. Recker Road, Suite 104. To learn more, or to schedule an appointment, call (480) 830-0690.



Real Estate In Las Sendas

brought to you by: Las Sendas Area Market Report



Sales for the Month of October 2018



Address	Square Feet	Community	Sold Price
7445 E. Eagle Crest Dr., #2107	1,795	Cachet	\$279,000
7445 E. Eagle Crest Dr., #1006	1,652	Cachet	\$311,000
7445 E. Eagle Crest Dr., #1087	1,652	Cachet	\$335,000
2754 N. Augustine	2,475	Trailridge	\$342,000
3415 N. Sonoran Hills	1,911	Stoneledge	\$357,000
2745 N. Sterling	2,512	Grayfox	\$360,000
3656 N. Sonoran Hills	1,911	Cobblestone	\$370,000
4115 N. Boulder Canyon	2,451	Featherwind	\$372,500
3519 N. Sonoran Hills	2,476	Stoneledge	\$374,000
2622 N. Sterling	1,762	Grayfox	\$378,000
3055 N. Red Mountain Rd., #152	2,451	Ironwood Pass	\$398,000
3657 N. Paseo Del Sol	2,226	Highlands	\$409,500
3912 N. El Sereno	3,426	Whispering Ridge	\$455,000
6942 E. Teton Cir.	3,330	Sonoran Hills	\$515,000
4113 N. El Sereno Cir.	3,017	Legacy Hills	\$540,000
8925 E. Rosedale Cir.	4,565	Estates	\$991,096
7260 E. Eagle Crest Dr., #10	5,513	La Atalaya	\$1,132,500

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

HEALTH

Maximize Enjoyment of Recreational Activities and Limit Risk of Injury

By Garrett Johnson, PT, DPT Spooner Physical Therapy

Recreation and exercise play an important role in our lives. They add enjoyment and provide significant health benefits, including improved energy and stamina, improved mood and attention, and a decreased risk of a variety of illnesses, such as heart disease, diabetes and obesity. Along with these positive aspects, there always is the chance that you could sustain an injury, and chronic pain can limit your enjoyment of these activities. Whether your preferred recreation involves swinging a club or racket, walking, swimming or riding, mobility through a variety of body regions and joints is necessary to complete these activities. A lack of mobility in one area can have significant effects on pain symptoms in another area. For example, if you have ever felt pain in your back after a round of golf, have you considered that your hips may be the cause? A lack of mobility in the hips will require you to use your back more for your swing, which can result in your back becoming overworked and sore. The same can be said for many limitations. Pain in one area can lead to pain in other areas and can decrease your ability to participate or even stop you from the activities you enjoy. Pain with recreation also can translate into discomfort when trying to do other daily activities, such as walking, driving, working or taking care of the house or yard. In order to complete activities you enjoy and reduce the risk of injury, you



can implement various practices, including completing an active warmup before starting your recreational activity, working with a sports trainer on proper technique, or seeing a physical therapist. Physical therapists are movement specialists who work specifically on improving your mobility in order to reduce pain and get you back to the activities you love. While it is important to maintain an active lifestyle, it also is important to ensure your activities are completed in a safe manner that limit painful symptoms and enhance your continued participation and enjoyment. ■ Spooner Physical Therapy, in North Mesa, is located at 6824 E. Brown Road. To learn more, call (480) 924-5514, or visit spoonerpt.com/locations/north-mesa.

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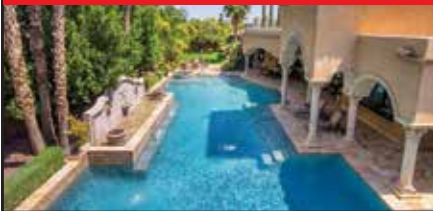
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EDUCATION

# AREA HIGH SCHOOL HOSTS Speech and Debate Tournament



By Sara Anderson

The Mountain View High School Speech and Debate Team hosted the 27th annual Toro Country Classic this past November. According to Mountain View's coach Meg Howell-Haymaker, this annual competitive speech and debate tournament drew 721 students. Approximately 150 coaches, judges and volunteers, from 47 schools in New Mexico and Flagstaff, also took part, as well as local schools in Gilbert, Mesa, Tempe, Chandler, Phoenix and Ahwatukee. In two days of intense competition, students competed in a variety of events, including extemporaneous speaking about current events, presentation of an original oratory, humorous or dramatic interpretation (acting), duet acting and team, individual or legislative debate. Depending on the style of debate, teams tackled the issues of price controls on the pharmaceutical industry, national immigration policy, whether humans are primarily motivated by self-interest, or if the people's right to know about a candidate for public office outweighs individual privacy. First held during the 1991-1992 school year, the Toro Country Classic has tripled in size since Speech and Debate coach Meg Howell-Haymaker started it. To

keep the whole production running smoothly this year, the Mountain View team members were on their feet collecting ballots from judges, taking them to be tabulated, posting results, cleaning the competition rooms, staffing the snack bar, and working in the judges' and coaches' hospitality room. It added up to two long days for the Mountain View team, with lots of work and lots of excitement. Senior Izzy Boker's favorite part was posting the names of students who advanced to semi-final and final rounds. "It's the most anticipated part of the tournament," Izzy said. "It's really cool to watch hundreds of kids' reactions as you drop the posters for semis and finals." For sophomore Aubrey Zink, working at the tournament was exhausting, especially "...running around campus late at night to collect ballots," she admitted. "But handing out awards and seeing the competitors' reactions at the end of the tournament was worth the work." Although the Mountain View Speech and Debate Team did not compete at the Toro Country Classic, the event is the team's most important fund-raising event. The team will use the funds raised for paying entry fees, travel expenses and supplies for Toro speakers and debaters who qualify for this year's National Tournament, which will be held in Dallas, Texas, in June 2019. Since the team was formed in 1983, Mountain View has sent more than 180 students to the National Speech and Debate National Tournament. In the 2017-2018 school year, the Toros sent two students to the National Tournament. Those students are Max Gau, in United States Extemporaneous Speaking and James Driscoll, in World Schools Debate. This year, the national qualifying tournament will be held at the end of March 2019. At that tournament, unlike the Toro Country Classic, the Mountain View Speech and Debate Team plans to compete. ■

For more information about Mesa Public Schools, please visit [mpsaz.org](http://mpsaz.org).

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LOCAL BUSINESS

Pacino's Italian Restaurant WILL HOST A GRAND New Year's Eve celebration

By Kim Phillips

Pacino's Italian Grill and Bar will host a grand New Year's Eve celebration, featuring the country's most popular Beatles Tribute Band, 4 Lads from Liverpool, on Monday, Dec. 31 from 7:45 p.m. until midnight.

The evening begins with a fabulous five-course dinner, including an appetizer, salad, entrée and dessert. Also included is a champagne toast and party favors with an engraved Pacino's champagne glass.

Everything is included for the price of \$110 per person, plus tax and gratuity. Seating is limited, so reservations are encouraged. Call (480) 985-0114 to reserve your table today.

Whether you are a regular neighborhood patron or a first-time visitor, Pacino's promises your palate will be treated to some of the finest, authentic New York Italian cuisine and pizza pies.

Pacino's is a family-style restaurant offering exceptional value to its guests through the many dishes of southern and northern Italian cuisine. Owner Frank Spaccarelli crafted the Pacino concept with a singular vision: Incorporating wow factor, generous meal portions and making you feel like you're right at home.

Located in The Village at Las Sendas, 2831 N. Power Road, at the northeast corner of Power and McDowell roads, Pacino's Italian Grill and Bar is Northeast Mesa's home for classic and contemporary Italian cuisine and pizza. ■

For more information, call (480) 985-0114, or visit the website at [pacinositalian.com](http://pacinositalian.com).



EVENT

Scottsdale Philharmonic to Perform Holiday Classics

Submitted by Laurie W. Anderson

The Scottsdale Philharmonic will perform traditional holiday classical pieces in a special Dec. 9 Holiday Concert hosted by Scottsdale Arts at the Scottsdale Center for the Performing Arts, 7380 East 2nd St., Scottsdale, 85251.

Tickets for the Holiday Concert, from 4 to 6 p.m., are \$5 to \$10 and are available at [ScottsdaleArts.org](http://ScottsdaleArts.org), or call (480) 499-TKTS (8587).

"Music is an important part of the holidays for many people," says Joy Partridge, president and co-founder of the Scottsdale Philharmonic. "People of all ages will recognize and enjoy these pieces such as *Sleigh Ride* and the *Nutcracker Overture*."

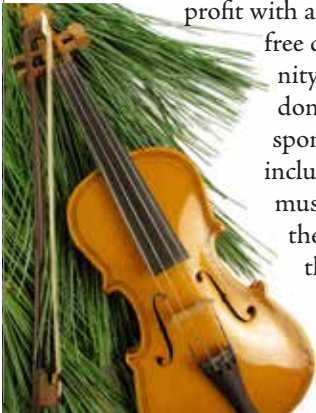
"Our mission has grown," continues Joy. "The Scottsdale Philharmonic has formed a Scottsdale Philharmonic Youth Orchestra, premiering in 2019, for all high school students in the Valley. We are also working to create an Annual Scottsdale Children's Concert to introduce all third graders to classical music. Last spring, we provided four music camp scholarships to underprivileged youth."

Sign up for email notifications for all the concerts at [ScottsdalePhilharmonic.com](http://ScottsdalePhilharmonic.com).

ABOUT THE SCOTTSDALE PHILHARMONIC

Founded in 2012, the Scottsdale Philharmonic is a non-profit with a mission statement of bringing free classical concerts to the community. The organization is funded by donations from patrons, grants and sponsors. About 120 volunteers, including over 75 professional musicians, continue to volunteer their time and talent for each of the performances. ■

For more information, visit [scottsdalephilharmonic.com](http://scottsdalephilharmonic.com), or call (480) 951-6077.



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LOCAL BUSINESS

Local Company Makes Auto Glass Replacement  
FUN, EASY AND AFFORDABLE



By Jamie Killin

Any vehicle owner knows there are few things more stressful than an auto-mobile repair, and while many people rush through the process in an effort to check another item off their to-do list, Advantage Auto Glass has a different approach. When you have your auto glass repaired or replaced at Advanced Auto Glass, not only is the process fast, easy and affordable, it also is fun and relaxing. So, instead of seeing auto glass repair as another inconvenience, it becomes an enjoyable way to take time for yourself in a movie theater setting, with leather reclining chairs, complimentary snacks and Wi-Fi. There's even a cash grab money machine, which means you'll actually leave your appointment with more money than when you started. "Everyone calling us is calling with a repair issue that also is a safety issue," said owner Jeremy Solheim. "It is inconvenient and unplanned. Our goal is to have our customers feel better about their day, not just feel better about getting the repair work handled."

Throughout the process, Advantage Auto Glass makes the customer a priority by offering the best in customer service, making insurance claims easy and fast and accepting all insurance providers. Plus, the repairs are top-notch, with only the best quality craftsmanship and glass. They'll even tint your glass, too. All of these features contribute to the five-star reviews and glowing customer feedback for Advantage Auto Glass. Those who may not have the time to take advantage of the onsite amenities of Advantage Auto Glass can opt to have their services done at home or work. These customers still enjoy the staff's friendliness, professionalism, efficiency and high-quality work. "They did an excellent job, did everything right with no problems," said customer Josh Johnson. "Kevin told me how the process works and was helpful. The installation did not take very long at all, and there were no surprises. I recommend anyone who needs a windshield replaced to go through Advantage Auto Glass." Customer Brian Madsen agreed. "Advantage Auto Glass replaced my windshield and did such a great job. There is no clue that the windshield was ever replaced," he said. "I actually enjoyed this windshield replacement experience! Friendly staff, snacks, beverages and a movie. Advantage Auto Glass has new lifetime family customers." ■

Advantage Auto Glass is located at 1810 N. Rosemont, Suite 103. For more information, visit [advautoglass.com](http://advautoglass.com), or call (480) 892-7633.

EVENT

Disneyland's Official Big Band  
WILL PERFORM NOSTALGIC ENSEMBLE

Submitted by Chuck Cuffaro,  
GCAC Publicity

Back for an evening of fabulous and nostalgic entertainment, come the Side Street Strutters big band along with sultry and soulful vocalist, Meloney Collins. As part of the Canyon Sounds Performance Series sponsored by the Gold Canyon Arts Council, the event will be held on Friday, Jan. 18 at 7:30 p.m. at Gold Canyon United Methodist Church, 6640 S. Kings Ranch Road, Gold Canyon, 85118. Every band member is a superb musician and their latest show, Vinyl Jazz – A Century Celebration, is a potpourri of classic swing, jazz, and pop songs like Mood Indigo, At Last, Jumpin' At The Woodside, and Stardust, melodies that shaped our musical history. Starting in 1983 as a talented musical ensemble at Arizona State University, their initial artistic focus centered on the traditions of early New Orleans jazz. Over three decades later, the Side Street Strutters are Disneyland's official big band and have expanded their musical palette to encompass a century of classic American music. Their musical virtuosity and orchestrations have earned them national and international acclaim. They are winners of the Breda International Jazz Competition and recipients of the International Association of Jazz Educators Outstanding Musicianship Award. They

play worldwide at European and jazz festivals, appear on television, and have 12 CD recordings. You may purchase advance adult tickets for \$25, and student tickets for \$5 on the website, [goldcanyonarts.org](http://goldcanyonarts.org), or go to ticket outlets at Canyon Rose Storage, 6405 S. Kings Ranch Road, 85118 or at the AJ Chamber of Commerce on the Apache Trail. Tickets at the door are \$30.



The Gold Canyon Arts Council, a non-profit organization, promotes the performing and visual arts, and funds student arts education through tutorials, workshops, and master classes provided by all of our performing artists. We are supported in part by grants from the Arizona Commission on the Arts, WESTAF, the National Endowment for the Arts, local corporations, and businesses. ■ For more information, email [charlescuffaro@gmail.com](mailto:charlescuffaro@gmail.com), call (513) 608-0719, or visit [goldcanyonarts.org](http://goldcanyonarts.org).



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# SANTA'S HELPERS STOCKING PROJECT

## Brings Christmas to Children in Foster Care

By John Karadsheh,  
Designated Broker,  
KOR Properties

Currently, there are almost 18,000 children in foster care in Arizona and another 160,000 children living in kinship throughout the state.

KOR Properties, in partnership with local charity Helen's Hope Chest, is stuffing Christmas stockings to make the season a little brighter for foster children this holiday season. Last year, our KOR Properties Family helped us donate more than 200 stockings. We hope you will join us again this year to help make this Christmas season a little brighter for all the kids in our community.

### HOW TO BE A SANTA'S HELPER

It's easy. Get a stocking and stuff it full.

Stocking items should be new and unwrapped. Target and Michael's have great stocking stuffers in their dollar sections. They sell out quickly, so stock up early. The dollar stores have stockings, stuffed animals and fun little toys, too.

### Recommended items

- Cuddly stuffed animal—one per stocking, please.
- Full-size candy bar—nut free is best.
- Bouncy balls (3 inches or larger) or small football.
- Card games, such as Uno, Spot It, Old Maid.
- Fun pens and markers.
- Small coloring books, joke books or puzzle books.
- Small notebooks or stickers.
- Silly Putty, Matchbox cars or LEGO minifigures.
- Fun toothbrush.
- Flashlight or clip-on book light—include batteries, please.
- Fuzzy socks or mittens.



John Karadsheh

### Stocking Drop-Off Dates

- Monday, Dec. 3, from 9:30 a.m. to 4 p.m.
- Tuesday, Dec. 4, from 9 a.m. to noon.

### Stocking Drop-Off Location

KOR Properties Office  
4320 E. Brown Road, Suite 106

You also can send an email to NataschaK@KORproperties.com to submit a personalized pick-up request. ■

John Karadsheh is the Designated Broker for KOR Properties. He has been a Multi-Million Dollar producing agent for more than 16 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.



John and Natascha Karadsheh



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LOCAL BUSINESS

# Sam and Luca Rustic Kitchen

offers authentic Italian food and ambiance



By Kim Phillips

Mesa's newest and authentic Italian restaurant, Sam and Luca Rustic Kitchen, recently opened at the northeast corner of Power and Baseline roads, featuring nightly specials, wines on tap and a classic, modern atmosphere with an outside bar.

"Our first time trying this new Mesa restaurant and it was wonderful. The atmosphere is cozy, warm, inviting and moody with just a hint of swank. The music choice, Frank Sinatra, was spot on for the quaint, rustic Italian feel," said Sloan D., a Mesa resident on Yelp reviews.

Just an easy, short drive off Highway 60 and Power Road, Sam and Luca is open nightly from 3 p.m. to close, with happy hour from 3 to 6 p.m. Happy hour specials, Monday to Friday, include \$4 beers, \$5 draft wines and \$5 wells.

According to Zane, a favorite bartender at the restaurant, the calamari, rustic board and bruschetta are some of the most-ordered appetizers, with happy hour pricing starting at \$6.

Patrons enjoy the outside patio dining area, and the variety of menu options, such as the Grilled Shrimp Risotto or The Mix Grill, both gluten-free choices.

"Just what we needed, local and far above average Italian restaurant in the neighborhood. The decor is stunning, clean, crisp lines. Comfortable seating. Open kitchen and a nice private party room. The service and wine lists are both over the top. The food was so good, soup fresh and homemade," commented Mesa resident Audrie O. on Yelp.

Sam and Luca has feature nights, such as:

- ♦ **Mondays** – Monday Wine Down – 50% off all Bottled Wines
- ♦ **Tuesdays** – Homemade Lasagna and Salad for \$17
- ♦ **Wednesdays** – Spaghetti and Meatballs and a Salad for \$15

Sam and Luca has opened to positive reviews, earning a 4.5 star rating on Yelp. Several new patrons have expressed their genuine opinions.

"My first visit. I was very pleased. The prices are reasonable. The atmosphere fantastic: rustic, elegant, classic, modern. The food is beyond exceptional. As well, the service. Great for a date or hang time with the girls. There's even a flat screen at the quaint bar if you want to watch sports. The clams and mussels appetizer is a must," posted Monica T. of Mesa.

So, if you are searching for a new, authentic, romantic Italian restaurant in Mesa, go no further than Sam and Luca Rustic Kitchen. Reservations are accepted on OpenTable.com, or on the website at SamandLucaAZ.com. Holiday party reservations are available. ■

For more information, call (480) 659-6716, or visit the website at SamandLucaAZ.com.

The restaurant is located at 1959 S. Power Road, in the Fry's shopping center.



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EDUCATION

# Medical and Science Careers Flourish At MCC Red Mountain Campus

Submitted by Mesa Community College

With health care occupations among the fastest growing, most rewarding and best paying careers, Mesa Community College (MCC) Red Mountain (RM) Campus offers highly rated and extremely affordable educational opportunities to achieve careers in health care, medicine and other STEM fields.

Some courses put students on track for transferring to universities for advanced degrees. Others can help prepare for a desirable job in less than a year.

Located on 98 acres of vibrant Sonoran Desert, in Northeast Mesa, Mother Nature serves as an inspiring learning habitat. Globally renowned faculty, small class sizes and technologically advanced facilities reflect the ambiance and quality of a small liberal arts college but with the affordability of a community college.

Acclaimed research by distinguished faculty allows students to participate in undergraduate research projects. Such participation, in turn, means expanding their education resumes and introducing them to valuable contacts in the fields in which they aspire to work.

Students excel on the national stage. MCC graduate Jacob Sorenson was among just 75 students in the entire United States to receive a Jack Kent Cooke Foundation undergraduate scholarship two years ago. This past year, Jacob, now at the University of Arizona College of Medicine, and MCC alumnus Fernanda Silva Celaya, at the University

of California at Los Angeles School of Dentistry, were among 53 students in the entire nation to receive graduate scholarships from the foundation.

MCC transfer agreements with Arizona State University, Northern Arizona University, University of Arizona and more than 45 additional universities allow students to move seamlessly to four-year programs. They also can begin college at MCC and stay on the RM Campus to earn Bachelor of Science degrees, thanks to an MCC and Grand Canyon University partnership.

Students in the Dental Hygiene program earn an associate in applied science degree and then take the exams necessary to obtain a Dental Hygiene license. Over the past decade, the MCC students' pass rate for the licensure exams has been 100 percent.

Coming this Fall 2019 Semester, the college's Certified Nursing Assistant program is moving into redesigned, state-of-the-art classrooms and labs on the Red Mountain Campus. The eight-week course is offered twice a semester. ■

*MCC's low tuition rates and wealth of financial aid opportunities help make it possible to earn the quality and affordable qualifications needed for an in-demand career. Visit the Enrollment Center in the Mesquite building or go to mesacc.edu/red-mountain.*



SPIRITUALITY

# Focus On The True Meaning Of Christmas



By Pastor Paul Frank  
Hosanna Lutheran Church

My Christmas movie marathon has begun. There are certain things I love to watch every year, including *Elf*, *Polar Express*, *Miracle on 34th Street*, *White Christmas*, *A Christmas Story* and *Christmas Vacation*. In addition, there are TV specials, you know, *Rudolph*, *The Grinch* and my favorite, *A Charlie Brown Christmas*.

I relate to Charlie Brown sometimes, as he tries to rediscover what Christmas is really all about. But that true meaning of Christmas gets lost in the shuffle, in the hustle bustle, and in the desire just for presents he experiences in so many people. They all lose sight of the true meaning of Christmas. We can, too.

December itself always is a bit of a marathon here at Hosanna Lutheran Church and Little Palms Preschool, as well. It's a fun but busy season. And if your life is a little too hectic, running you ragged, or if you find yourself and family losing sight of the real reason for this holiday season, I invite you to come join us at Hosanna Lutheran Church. We have many fun events, which will focus on the real meaning of Christmas.

December includes the regular Sunday services at 8 and 10:30 a.m. each week, with

Sunday school at 9:30 a.m. The Christmas Cantata will be held on Dec. 8, at 4 p.m. and on Dec. 9, at 10:30 a.m. It is an awesome musical presentation of the Christmas message. Mid-week Advent services are offered at 10:30 a.m. and 6:30 p.m. on the Wednesdays leading up to Christmas.

We'll enjoy the Cookie Shoppe on Dec. 22, from 9 a.m. to noon. The Christmas Eve children and family service is on Dec. 24, at 5 p.m. and the Candle Light service is at 8 p.m. that evening. On Christmas morning, we celebrate the birth of Jesus at 9 a.m.

Back in the *Charlie Brown Christmas* special, Linus finally gets it right. He picks up the story in Luke 2, "And there were shepherds in the fields keeping watch over their flocks by night when behold, an angel appeared to them and they were terrified. But the angel said unto them, "Behold, do not be afraid, I bring you good news of great joy that will be for all the world. Tonight in the city of David a Savior has been born to you, and he is Christ the Lord." That's what Christmas is really all about, Charlie Brown. Come to Hosanna and we will focus on this great gift together. ■

*Hosanna Lutheran Church is located at 9601 E. Brown Road. Check out our website at hosanna-lcms.com.*

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FINANCES

# Time for New Year's FINANCIAL RESOLUTIONS

Submitted by Brent D. Hoskinson and Linda Drake

We've reached the end of another year – which means it's just about time for some New Year's resolutions. Would you like to study a new language, take up a musical instrument or visit the gym more often? All these are worthy goals, of course, but why not also add some financial resolutions?

HERE ARE SOME IDEAS TO THINK ABOUT:

- **Increase contributions to your employer-sponsored retirement plan.** For 2018, you can contribute up to \$18,500 (or \$24,500 if you're 50 or older) to your 401(k) or similar plan, such as a 403(b), for employees of public schools and some nonprofit groups, or a 457(b) plan, for employees of local governments. It's usually a good idea to contribute as much as you can afford to your employer's plan, as your contributions may lower your taxable income, while your earnings can grow tax-deferred. At a minimum, put in enough to earn your employer's matching contribution, if one is offered.
- **Try to max out on your IRA.** Even if you have a 401(k) or similar plan, you can probably still invest in an IRA. For 2018, you can contribute up to \$5,500 to a traditional or Roth IRA, or \$6,500 if you're 50 or older. (Income restrictions apply to Roth IRAs.) Contributions to a traditional IRA may be tax-deductible, depending on your income, and your earnings can grow tax-deferred. Roth IRA contributions are not deductible, but earnings can grow tax-free, provided you don't start taking withdrawals until you are 59-1/2 and you've have had your account at least five years. You can put virtually any investment in an IRA, so it can expand your options beyond those offered in your 401(k) or similar plan.

- **Build an emergency fund.** Try to build an emergency fund containing three to six months' worth of living expenses, with the money held in a low-risk, liquid account. This fund can help you avoid dipping into your long-term investments to pay for unexpected costs, such as a new furnace or a major car repair.
- **Control your debts.** It's never easy, but do what you can to keep your debts under control. The less you have to spend on debt payments, the more you can invest for your future.
- **Don't overreact to changes in the financial markets.** We've had a long run of rising stock prices – but it won't last forever. If we experience a sharp market downturn in 2018, don't overreact by taking a time out from investing. Market drops are a normal feature of the investment landscape, and you may ultimately gain an advantage by buying new shares when their prices are down.
- **Review your goals and risk tolerance.** At least once in 2018, take some time to review your short- and long-term financial goals and try to determine, possibly with the help of a financial professional, if your investment portfolio is still appropriate for these goals. At the same time, you'll want to re-evaluate your risk tolerance to ensure you're not taking too much risk – or possibly too little risk – with your investments.

Do your best to stick with these resolutions throughout the coming year. At a minimum, they can help you improve your investment habits – and they may improve your financial picture far beyond 2018. ■

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.

EVENT

## Wild Old West Dinner And Show FEATURES MUSIC AND FUN

Submitted by Pioneer Pepper

Saddle up and ride back into the nostalgic era of the singing cowboys at the Wild Old West Dinner and Show, returning to Farnsworth Hall for another season of Wild West music, food and fun.

The dinner and show take place on Saturdays this year on Dec. 1, and Jan. 5, Feb. 9 and March 9, 2019. Dinner for all shows is at 6 p.m., and the show is at 7 p.m., at 6159 E. University Drive in Mesa.

The show features the internationally acclaimed singing cowboy Pioneer Pepper with The Sunset Pioneers and dazzling showgirls. This multi-talented cowboy singing and dancing group keeps the Old West alive with their attention grabbing mixture of traditional cowboy music, comedy and choreography.

Performing such nostalgic songs as *Tumbling Tumble Weeds*, *Cool Water*, *Ghost Riders* and *Back in the Saddle Again*, this notable troupe takes you back to the days of Roy Rogers, Gene Autry and Marty Robbins, reminding audiences that a little bit of cowboy lives on in us all.

The Sunset Pioneers are international entertainers and have been to Austria, England, Canada and across the United States. They performed for the *Little House on the Prairie* TV show reunion at the Western Film Festival, filmed with the BBC-TV for the TV series *Only in America* and with the *Midwest Country TV Show*, on RFD-TV Network.

They performed in Hollywood at the legendary House of Blues on Sunset Boulevard, and have been named Fender Artists. As the official town balladeers of Gilbert, Arizona,

they were hailed Top Personalities of the Year by the *Arizona Republic* newspaper.

The Academy of Western Artists nominated their album, *Wagon Load of Western Songs*, for the Album of the Year and the esteemed Will Rogers Award. Pioneer Pepper and The Sunset Pioneers recently were featured on ESPN Monday Night Football, representing the sights and sounds of Arizona.

Earlier this year, Pioneer Pepper proudly released *Old Hymns of the Cowboys*, his fifth album, and was honored to have the album cover painted by Jack Sorenson, the No. 1 selling Western artist in America.

Tickets for the dinner and show are only \$28. Just the show tickets are \$20.

For reservations, information and tickets, go online to [SunsetPioneers.com](http://SunsetPioneers.com), or call (480) 986-6340. You also can purchase tickets at the Dreamland Villa Community Office, 320 N. 55th Place.

Enjoy the greatest, funniest, bestest, Old West dinner show around! ■

Farnsworth Hall is located at  
6159 E. University Drive.  
For more information, call (480)  
832-3461.



# WILD OLD WEST

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RESERVATIONS, INFORMATION, TICKETS AVAILABLE, ONLINE OR CALL  
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FINANCES

Why Is Choosing a Beneficiary Important?

Submitted by Matt Watson  
State Farm

Certain accounts ask you to name a beneficiary, such as life insurance policies, pension plans, and retirement accounts. Upon your death, proceeds from these accounts will typically go directly to the beneficiaries and bypass probate, the slow and expensive legal process of distributing your assets after you pass, which helps your beneficiaries avoid some red tape.



WHAT TO CONSIDER WHEN CHOOSING A BENEFICIARY

Choosing a beneficiary is a very personal decision, and different for everyone. In some cases, people want to use a death benefit to protect their loved ones, and others might see it more as a financial transaction. Here are some tips to keep in mind when you are selecting your beneficiary.

**Insurable Interest.** The person or entity named as a beneficiary has to have an insurable interest in the insured person. While the insured generally has the right to name any beneficiary, there must still be a legitimate financial interest between the parties. In most cases, beneficiaries rely on the insured for financial support, such as the spouse or dependent children, so there is an apparent financial interest and purpose of insurance between the parties.

**Age.** Most insurance companies, pension plans, and retirement accounts will not pay benefits to someone under age 18. A better option is to create a trust for the minor and name a trustee to manage the account until the child reaches the age you specify in the trust.

**Ability to manage money.** If your beneficiary is not able to manage money, name a trustee to invest and disburse funds on his or her behalf.

**Contingency.** Name a secondary beneficiary so that if your first beneficiary dies before you, the account proceeds pass

directly to the secondary beneficiary without probate.

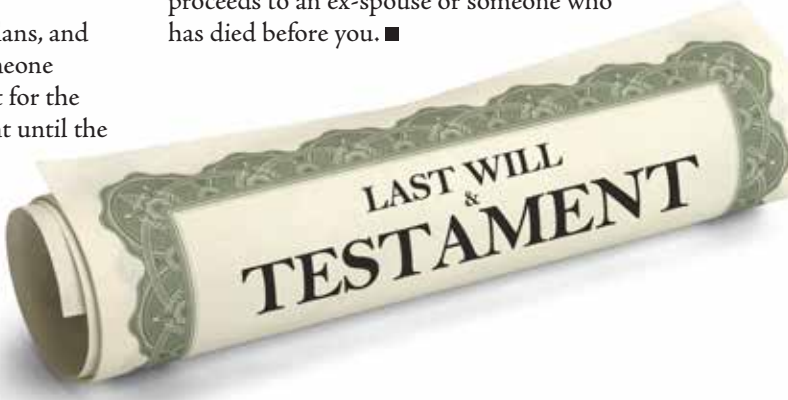
**Options.** Your beneficiary can be a spouse, child, or other individual(s); a trust; a charity or organization. If you don't specify a beneficiary, your assets will go into your estate and be distributed according to your will.

**Consistency.** If you have a will, it typically does not override the beneficiary designations on your life insurance policy or retirement account. For example, if you name your daughter beneficiary of your IRA, but your son is named as beneficiary of your IRA in your will, your daughter's beneficiary designation will take precedence and she will receive the asset. Be sure you are consistent when selecting beneficiaries in both your financial plans and estate plan. Consult an attorney to provide legal guidance for these types of issues.

DON'T 'SET IT AND FORGET IT'

Regardless of what you've specified in your will, assets that have beneficiary designations will pass based on those designations, and not how they're set out in your will. It's rarely recommended to name your estate as a beneficiary, since doing so means those assets may be subject to probate.

Because so many things change throughout life, review your beneficiary designations every few years—and always after a life event such as a marriage, the birth of a child, adoption, divorce, remarriage, or death—to make sure they're current. Otherwise, you may risk leaving the proceeds to an ex-spouse or someone who has died before you. ■



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LOCAL BUSINESS

Choose From the Top Gifts for Seniors with Alzheimer's

Submitted by Home Care Assistance

Do you have that hard-to-shop-for person in your family? The following are gift ideas for someone with Alzheimer's or dementia. You're bound to find a gift your loved one will love, no matter the stage of the disease.

GIFTS FOR SENIORS WITH ALZHEIMER'S: EARLY STAGE

- ♦ **Family photo albums**—These help to save memories and can lead to some interesting conversations.
- ♦ **Day clock**—The best clock will have a large LED display. This shows the current time, day of the week, date and AM/PM.
- ♦ **Simple board game**—Complex games will confuse a senior with Alzheimer's or dementia. They also can be frustrating for you to explain. Keep your choice of games easier and familiar. Think of Snakes and Ladders, Checkers or Dominoes.
- ♦ **Shoes with Velcro straps**—You might think tying your shoes is easy. Seniors with Alzheimer's or another form of dementia can forget the steps involved and lack the finger dexterity required. Velcro straps on shoes can be easily tightened or loosened by caregivers and seniors.
- ♦ **Bouquet of flowers**—Fresh flowers can brighten up a senior's long-term care center room.
- ♦ **Back scrubbing brush**—This makes baths or showers easier.
- ♦ **Key bracelet**—Tuck a set of keys inside the bracelet for safekeeping. Engrave the outside with your loved one's name and your contact phone number.
- ♦ **Drawings from grandchildren**—Invite youngsters to draw, color or paint a picture. Display the pictures on a wall of your parent's room.

GIFTS FOR SENIORS WITH ALZHEIMER'S: MID STAGE

- ♦ **Coloring books**—Holding crayons will help a senior maintain fine motor skills.
- ♦ **Puzzles**—Bigger puzzle pieces will be better for older hands to handle and manipulate.

- ♦ **Automatic pill dispenser**—Prescribed pills can be easily forgotten. A pill dispenser can help with medication management. Caregivers can load up a pill dispenser and set the alarm. When the alarm sounds, the senior will be reminded to take the pills.
- ♦ **Medic Alert bracelet (or necklace)**—This isn't a fashionable accessory. Engrave the bracelet with a senior's medical condition. In the case of an emergency, medical responders will know what to do.
- ♦ **Concert tickets**—Music can help you connect with your loved one. One year, I was struggling to find a Christmas present for my father. Dad's Alzheimer's was advancing and I couldn't think of any appropriate gift. I decided to treat Dad to a Christmas concert, but had no idea of how he would respond. Judging by his broad smile while the music played, I had found a perfect gift for him.
- ♦ **Bath soaps, lotions and fragrances**—Dry skin is a problem for seniors. Choose a lotion in her favorite scent.
- ♦ **Larger print books**—Larger print can be much easier for older eyes to read. You can read and enjoy the stories together.
- ♦ **Your company**—I've recommended this before, but it bears repeating. It is a simple thing to do and can be very appreciated.

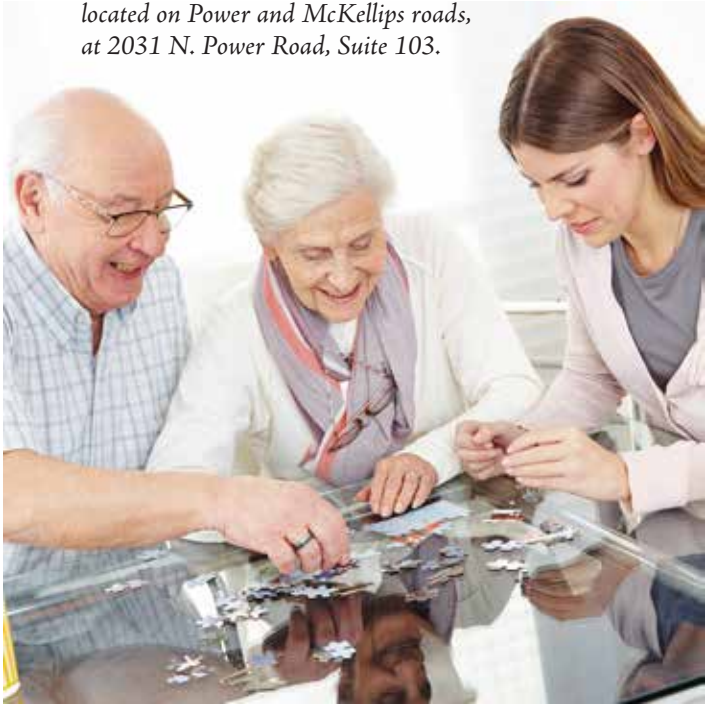
GIFTS FOR SENIORS WITH ALZHEIMER'S: LATE STAGE

- ♦ **Weighted laptop pad**—Place this pad on a senior's lap to help reduce anxiety and promote relaxation. These pads are portable. Bring the pad along to use in the car or while waiting in a doctor's office.
- ♦ **Watercolor kit**—It can be difficult to communicate during late-stage dementia. Your loved one and others may not be able to express themselves with words, but they often can communicate well through art.
- ♦ **Terry cloth bathrobe**—These are warm and fuzzy and the perfect thing to slip into after bathing.

- ♦ **Slippers**—Look for a pair of slippers with non-slip soles.
- ♦ **Blanket or duvet**—As with a laptop pad, look for a heavier blanket. When covering the senior, this can be more calming.
- ♦ **Small portable stereo**—Insert a compact disc of nostalgic songs, and watch the reaction. Music is a powerful stimulant for seniors with Alzheimer's or other dementias. Include headphones so as not to disturb other residents or care home staff. ■

Call us if you need support caring for a loved one. 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.

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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