

# Las Sendas Up Close

Bringing neighbors closer to their community

December 2019

## Pacino's plans an unforgettable New Year's Eve event

By Dawn Abbey

Pacino's Real Italian Restaurant is the place to be this New Year's Eve, Tuesday, Dec. 31, from 8 p.m. to midnight.

Experience a whirlwind event of fantastic cuisine, an incredible music concert and a chance to win great prizes.

The evening starts off with a champagne toast and four-course meal: bacon-wrapped, stuffed shrimp appetizer; a simple salad with pine nuts, raisins and blue cheese crumbles; entrée choices of center-cut filet mignon or Norwegian salmon; and Bavarian cream puffs for dessert.

You even get to keep the Pacino's logo champagne glass and receive other party favors. A trivia contest offers prizes of \$500 worth of Johnny Cash memorabilia to the winners.

Next comes a rousing concert by The Mighty Cash Cats featuring Johnny Cash and Linda Ronstadt's *Silver Threads* tributes.

"The Mighty Cash Cats is one of the leading tribute bands in the country," said Pacino's owner Frank Spaccarelli, "and they will only be here for the one night. We are excited to have them performing for our guests. We've done a tribute band for the past few New Year's and it's always been a hit."

Frank noted the group's international acclaim, "Mighty Cash Cats is the USA's No. 1 Johnny Cash tribute, as close as you can get to the real thing." The *LA Weekly* and the *Los Angeles Times* both stated, "Silver Threads, the Linda Ronstadt Experience, a wonderful show. Leticia Blumette tears it up with her powerhouse voice."

"Critically acclaimed for their expert preservation of Johnny Cash's performances, The Mighty Cash Cats have awed audiences across the

country," stated the *San Diego Tribune*.

Reservations for the entire ultimate New Year's Eve concert and dinner are \$125 per person, plus tax and gratuity, and are non-refundable.

For those who prefer an earlier night, Pacino's is also offering New Year's Eve early bird three-course dinner specials from 4 to 7 p.m. All dinners include a champagne toast, Caesar salad, dessert and a choice of 12 entrées, ranging from \$31 to \$48. Diners can enjoy great food while listening to live music by The West Brothers duo.

Seating is limited, so call (480) 985-0114 to reserve your table today.

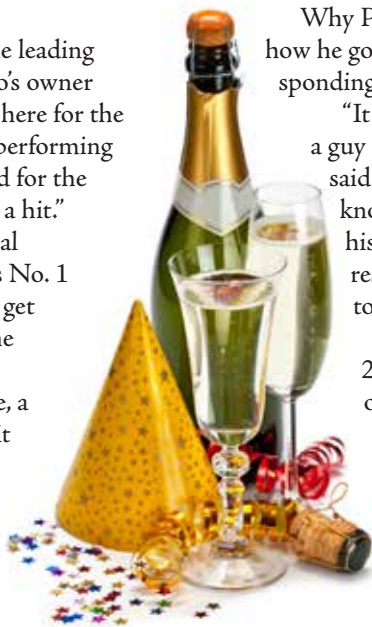
Whether you are a regular neighborhood patron or a first-time visitor, Pacino's promises your palate will be treated to some of the finest, authentic New York Italian cuisine and crafted libations.

Why Pacino's? Frank has quite a story to tell about how he got the name for his restaurant and its corresponding Al Pacino memorabilia décor.

"It all started years ago at a casino in Vegas, when a guy next to me said, 'Hey, Al Pacino's little brother,'" said Frank, who bears a resemblance to the well-known actor. "I've always admired Al Pacino and his movies, and I was looking for a name for my restaurant, so I picked Pacino's. My own name is too hard to spell," he said with a laugh.

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

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



## Children's Choir Brings Joy to the World with Holiday Performance

Submitted by Missy Gardiner

General Artistic Director, Sing School

Mesa's Sing School Children's Choir is excited to present their very first concert this holiday season, *Joy to the World*, on Friday, Dec. 6 at 6:30 p.m.

The performance will be held at the Love of Christ Lutheran Church, 1525 N. Power Road, Mesa.

While admission is free, the choir will be collecting donations of fast food gift cards from \$5 to \$15 to donate to the Sunshine Acres Children's Home in Mesa.

Conducted by Missy Gardiner, Aubree Fry and Jamie Law, Sing School is a choral and vocal arts education program for children ages 5 to 18 who love to sing – featuring four choirs of different age groups.

The choirs promote healthy vocal technique, sound musicianship, and performance skills, all in a fun, uplifting atmosphere. The directors are on a mission to enrich the lives of children and share the joy and unity choral singing fosters.

Aubree said, "How marvelous for your children to experience the camaraderie of singing together in a choir."

It's that camaraderie that motivates singing groups to



strengthen their communities – not only through music, but also through service. They learn to work together for the benefit of each other, their audiences, and other community members.

A member of both the National Association of Teachers of Singing and the American Choral Directors Association, Missy has a bachelor's degree in vocal

performance, and is currently pursuing a master's degree in music education.

Aubree has a bachelor's degree in choral music education and has taught general music and choir classes at elementary and junior high schools. Jamie holds a bachelor's degree in music education (emphasis in choral education) and substitute teaches in the arts departments at Heritage Academy in Mesa.

All three women have taught piano and voice lessons for several years and have also participated in many elite choirs themselves.

Sing School choirs include Do Re Minnows (grades K-2), Harmony Stars (grades 3-5), Octavo (grades 6-8), and the High Seas (grades 9-12). The choirs meet to rehearse Thursday afternoons at the Love of Christ Lutheran Church.

Registration is currently open for the Winter 2020 semester, with rehearsals running Jan. 16 through April 30, and a concert on May 1. Tuition is \$155 to \$185. ■

Learn more and register at [www.MySingSchool.com](http://www.MySingSchool.com), [Facebook.com/MySingSchool](https://www.facebook.com/MySingSchool), or [MelissaGardiner@MySingSchool.com](mailto:MelissaGardiner@MySingSchool.com).

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UpClose

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COMMUNITY

Holiday safety advice comes in handy

Submitted by Councilmember David Luna

The holiday season is just around the corner and what many don't realize is that the holiday times can put our families at a greater risk for fire and safety issues in the home.

The Mesa Fire and Medical Department shared with me the following tips to stay safe around the holidays.



KITCHEN SAFETY

Kitchen fires are the No. 1 cause of home fires according to the National Fire Protection Agency.

A few ways to reduce cooking risks is to stay in the kitchen while you are cooking over the stovetop. This allows you to keep an eye on the food and make sure it's not overflowing or burning.

When it comes to cooking a turkey or other items, stay in the home to monitor. Save the walk or shopping activities for after the meal, once the cooking appliances have been turned off.

Plan activities for children to keep them away from the kitchen while cooking. Dangling cords, hot plates, knives, and hot food that may splash are all hazards that can be easily avoided.

HOLIDAY DÉCOR

Follow all manufacturer directions. Replace any string lights that are worn or broken. Connect no more than three strands of mini lights together, or a maximum of 50 screw-in bulbs together so you don't overload a circuit. Use clips, instead of nails, to hang lights - as to not damage cords.

Ensure candles are placed far enough away from curtains, decorations, or where a child could possibly pull

down. When placing, keep in mind that they can pop or flare up from the melted wax.

Artificial, flame retardant trees and decorations can provide assurance in not having to worry about them drying out and becoming a fire hazard. For those who love a real tree, keep water in the stand and check daily to ensure freshness.

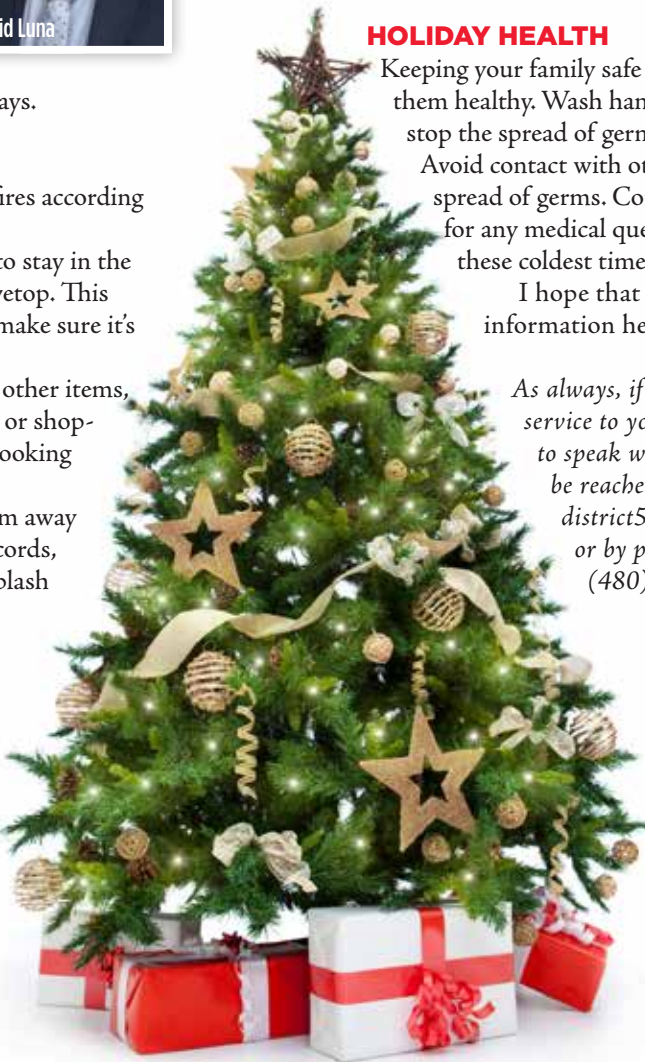
HOLIDAY HEALTH

Keeping your family safe includes keeping them healthy. Wash hands frequently to stop the spread of germs of colds and flu.

Avoid contact with others to stop the spread of germs. Contact your doctor for any medical questions during these coldest times of year.

I hope that you found this information helpful. ■

As always, if I can be of service to you, or if you wish to speak with me, I can be reached via email at district5@mesaaz.gov, or by phone at (480) 644-3771.



Happy Holidays

During this holiday season, we wish you all the best.



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FINANCES

Consider Some Year-end Investment TAX MOVES

Submitted by Brent D. Hoskinson and Linda Drake

Before 2019 winds down, you may want to consider some investment moves that could help when you file your taxes next year. For starters, you might add to your 401(k), if your employer permits it. The more pre-tax dollars you put in, the lower your taxable income. Also, consider putting more money into your IRA. With a traditional IRA, your contributions may be fully deductible, depending on your income.

Here's one more idea: If you itemize on your taxes, think about making gifts to charitable groups. If you donate investments that have gained value since you purchased them, you will generally be able to deduct the fair market value of the investment, and you can avoid paying capital gains taxes on the appreciation.

See your tax advisor and financial professional before making any of these moves. But if they make sense for you, put them to work—they could pay off when next April's tax deadline rolls around. ■

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



EDUCATION

POPULAR EMT PROGRAM Now Offered at MCC Red Mountain

Submitted by Mesa Community College

Mesa Community College is expanding its Emergency Medical Technician (EMT) Program with a twice-weekly class at its Red Mountain Campus, in addition to courses offered at Southern and Dobson and Downtown Center campuses. This popular MCC program leads Arizona in the number of EMT candidates it readies for the National Registry of Emergency Medical Technician (NREMT) certification and in the number of candidates passing the exam on their first attempt.

A NEW, STATE-OF-THE-ART FACILITY

Starting with the Spring 2020 semester in January, the MCC EMT program will be offered at the convenient Red Mountain Campus in Northeast Mesa, conveniently located at 7110 E. McKellips Road, minutes off Highway 202 near the Power Road exit.

"The new facility is based on the best aspects of the EMT classroom and hands-on experiences used on the other campuses," said Chris Burrows, EMT program director. "This expansion is part of MCC's effort to locate medical programs to a new, 1,646-square-foot facility being created by a renovation of the Acacia Village building on the Red Mountain Campus."

"Students especially appreciate that EMT teaching staff has had real-life experience working in the field," he went on to say. "The success of students in the MCC EMT program is the result of a rigorous training curriculum as well as students' trust in the highly experienced instructional staff to lead them in the right direction."

INSPIRING, WELL-PREPARED INSTRUCTORS

According to Mesa resident Carl Matthew (Matt) Knight, a current MCC student who completed the EMT program and EMT-Basic certification, "The MCC program is awesome, with its encouraging, no-nonsense instructors, who've worked in the field and always keep us interested and involved. The



program is interactive, well-led and student focused." Matt has been inspired to go on and take the more advanced pre-paramedic foundational courses and paramedic coursework, with his immediate goal to get a job as an emergency responder with a local fire department and longer-term objective to go to medical school. Emergency Medical Technicians provide transportation and emergency medical care outside the hospital environment for critical and emergency patients, or within the healthcare system as emergency room technicians. EMTs may continue their education to become firefighters, nurses, physician assistants, paramedics or medical doctors. For registration information about the EMT Program, contact Chris Burrows, EMT program director, at (480) 461-6309, or christopher.burrows@mesacc.edu.

MCC RED MOUNTAIN CAMPUS

The MCC Red Mountain Campus is known for its stunning desert environment, undergraduate research opportunities and STEM education. Transfer agreements with MCC's university partners can put students on the most direct path for those pursuing a bachelor's degree. At MCC, students pay 75 percent less than at most four-year institutions and save on free services that can quickly add up on other campuses, such as admission, parking, tutoring, placement testing, career advising, counseling and help finding a job. ■

Prepare for Your Career in Months, Not Years Register now for spring 2020. Classes begin in January.



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MESA COMMUNITY COLLEGE A MARICOPA COMMUNITY COLLEGE Red Mountain Campus



EDUCATION

Mesa Public Schools forms employee recruitment partnership

Story by Heidi Hurst  
Photo by Tim Hacker

In the summer of 2019, Arizona Superintendent of Public Instruction, Kathy Hoffman, approached Mesa Public Schools Superintendent, Ember Conley, with an idea: a pilot partnership between the district and the Arizona Department of Economic Security, or DES. The goal? To help alleviate a classified employee shortage.



“Running a successful school takes a team of talented professionals working alongside our educators, but many school districts have struggled to fill critical positions such as classroom aides, bus drivers, cafeteria workers and other paraprofessionals,” Kathy said. “These positions are needed to ensure student achievement and can help build a pipeline of future educators.”

In early September 2019, ARIZONA@WORK, the workforce development section of DES, held the first of several Mesa Public Schools job fairs. In many cases, applicants had not previously considered working at a school district, unaware of the range of opportunities, including trade and technical positions. More than 30 employees have been hired as a result of the partnership.

Kathy is thrilled with the results of the pilot partnership, and she looks forward to expanding the opportunity to districts throughout the state.

“The success of this partnership between Mesa Public Schools and Department of Economic Security provides a blueprint we can use to support the staffing needs of school districts across the state,” Kathy said. “I’m excited to see what we can accomplish on a wider scale.” ■

Learn more at [www.arizonaatwork.com](http://www.arizonaatwork.com), or by visiting [www.mpsaz.org/careers](http://www.mpsaz.org/careers).

EDUCATION

Mountain View Cross Country  
TEAMS RUN TO VICTORY

By Sara Anderson

After winning the City Championships on Oct. 24, the Mountain View Toros men’s cross country team ran to victory at the Sectional Championships on Nov. 6.

The Toro women, picked to place a distant third, exceeded expectations with a second-place Sectionals finish.

Team captain, Matt Judd, set a new personal record, running the 3.1-mile Sectionals course in 15 minutes 46 seconds, the fifth-fastest Mountain View race time in history. He placed first individually at City and third at Sectionals. Running close behind him for the team victory were his brother Josh Judd, Brady Eagar, Raul Reyna, Kevin DeGroff, Mark Anderson, and Addison Belnap. Raphael Miranda also ran with the varsity squad for the City Championship.

The Mountain View men’s team has won the City Championship 21 years in a row, but preseason rankings this year predicted them to place third in the city.

According to Coach Ronnie Buchanan, “The boys knew that they weren’t going into the City meet as No. 1 ranked, and they had to work diligently to improve through the season and execute good races in order to earn the school’s continued streak of City Championships.”

“The runners know that family and friends before them have carried on the legacy at Mountain View, and they want to be part of that tradition. Doing their very best and running for something bigger than themselves helps motivate them,” he concluded.

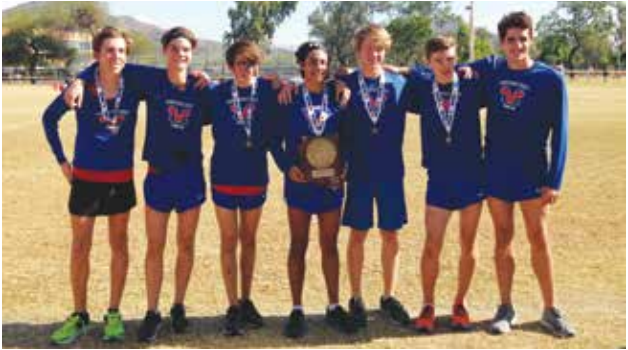
Anne Kocherhans led the young Toro women’s team at Sectionals, finishing in 19 minutes, 9 seconds, the 10th fastest time in Mountain View’s history. She was followed by Abigail Welch, Ryanna Petersen, Eliza Elcock, Avery Juvan, Lindsay Welch, and Tara Funk. They placed second at the Sectionals meet with 88 points, and all their runners finished within a minute and a half of each other.

Coach Russell McElhaney is enthusiastic about their performance and potential. “With only two seniors and 10 girls brand new to cross country, this year’s team was very young. Even so, there was really good team chemistry. The girls bought into the plan and saw outstanding growth, which continues—the team finished third in City, but just notched a second-place finish out of the whole Section. Next stop: State!”

The men’s team is also poised to continue to compete well. With almost all their runners returning next year, they look forward to another strong season in 2020. ■



Mountain View women’s team members after their Sectionals finish. (Front row, from left to right) Eliza Elcock, Ryanna Petersen, Anne Kocherhans, Lindsay Welch, Abby Welch, and Avery Juvan. (Back row) Tara Funk.



Mountain View men’s team members celebrate their Sectionals win. (From left to right) Josh Judd, Mark Anderson, Kevin DeGroff, Raul Reyna, Matt Judd, Brady Eagar, and Addison Belnap.

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### Banfi Italian Wine Dinner

Thursday, Dec. 12. Reception at 6:30 p.m. Dinner at 7 p.m. \$95 per person, plus tax and gratuity. Reservations required. Book online at [www.lassendas.com](http://www.lassendas.com), or by calling (480) 396-4000, Ext. 222.

The Vistas Pavilion invites wine lovers to a taste of Italy, including a special five-course dinner and wine pairing featuring Banfi Winery, one of North America's top wine importers for the last 30 years.

The pairing dinner will feature wines from three of the leading wineries in the Banfi collection, including Tuscany's most-honored vineyard estate, Castello Banfi, as well as Banfi Piemonte and Banfi Tuscany.

Castello Banfi vineyards estate has been named five-time International Winery of the Year and 13-time Italian Winery of the Year at the International Enological Concourse in Verona. *Wine Enthusiast Magazine* has named Castello Banfi its European Winery of the Year, and its Brunellos have consistently ranked in the annual top 10 pick by editors of *Wine Spectator*, whose readers have selected it as *Wine of the Year*.

### Banfi Italian Wine Dinner Menu

#### Reception

Gorgonzola, Shallots, Port Wine  
Honey-Glazed, Prosciutto-Wrapped Pear  
*Banfi Pinot Grigio San Angelo, 2017, Veneto*

#### First Course

Wilted Baby Organic Spinach, EVOO-Seared Halibut, Heirloom Tomatoes, Fig, Aged Balsamic Vinaigrette  
*La Pettegola Vermentino Toscana IGT, 2017, Maremma*

#### Second Course

Pancetta-Wrapped Pork Tenderloin over Roasted Peppers, Frissee, Grana Padano, Roasted Garlic Drizzle  
*Aska Bolgheri Rosso, 2016, Bolgheri*

#### Third Course

Grilled Veal Loin Medallion, Parmesan-Crusted Potato, Broccoli Rabe, Fennel, Cherry Relish  
*Banfi Brunello, 2012, Montalcino*

#### Dessert

Raspberry Cheesecake Mousse  
*Banfi Rosa Regale Brach, 2017, Acqui*

### SPECIAL EVENT VENUES

Still looking for that perfect place to host a last-minute corporate affair, Christmas party, holiday event or family gathering? The Vistas Pavilion has a few openings left in December, so call today to book your event. For more information, or to book an event, call (480) 396-4000, Ext. 227, or email [jessmiller@lassendas.com](mailto:jessmiller@lassendas.com).

## THE PATIO & THE GRILLE

### Christmas Eve Feast

Tuesday, Dec. 24, 4 to 7 p.m. \$55 per person, plus tax and gratuity.

### Christmas Eve Feast Menu

#### Soup or Salad

Sweet Potato Bisque or  
Spinach and Goat Cheese Salad - Spinach, Strawberries, Apricots, Goat Cheese, Candied Pecans, Raspberry Dressing

#### Choice of Entrée

Grilled Beef Tenderloin  
Au Gratin Potato, Asparagus, Truffle Sauce

#### Seared Halibut

Saffron, Risotto, Asparagus,  
Lemon Butter Sauce

#### Desserts

Holiday Yule Logs  
Eggnog Gelato

### New Year's Eve Bash

Tuesday, Dec. 31. Dinner, champagne, live music and more. \$75 per person, plus tax and gratuity. For information or dinner reservations, call (480) 396-4000, Ext. 210.

### New Year's Eve Bash Menu

#### First Course

Lobster Bisque or Butternut Squash Soup

#### Second Course

Strawberry Spinach Salad – Baby Spinach, Dried Cranberries, Apricots, Strawberries, Goat Cheese, Candied Walnuts, Raspberry Vinaigrette

#### Choice of Third Course

Grilled Beef Tenderloin  
Truffle Mashed Potatoes, Garlic Spinach, Red Wine Demi  
Add Lobster Tail with Béarnaise \$20

#### Seared Halibut

Lobster Mashed Potatoes, Asparagus, Béarnaise

#### Oven-Roasted Duck Breast

Sweet Potato Purée, Haricot Vert, Dried Fruit Chutney

#### Choice of Dessert

Prickly Pear Cheesecake or German Chocolate Cake

## CELEBRATE THE HOLIDAYS WITH THE GOLF SHOP'S BIGGEST SALE OF THE YEAR

Las Sendas Golf Shop has all things for the golfers in your family.

During our Christmas sale for the entire month of December, we are gifting our customers 20 percent off on all apparel and 10 percent off shoes and hats.

Want to make sure your gift is always in style? We carry all the latest fashions for men and women, including Tail, Jamie Sadock, JoFit, Annika, FootJoy, Under Armour, Greg Norman, Travis Mathew and Antigua.

We also have great gift ideas for under \$20, and if not sure what to choose, gift certificates are always available.

Las Sendas residents who want to play at Las Sendas can simply go to our website, [www.lassendas.com](http://www.lassendas.com), and scroll down to *Book a Tee Time*. From there you can choose the day you want to play and the rate you want to pay. There are always last-minute deals on the website and its free to book tee times.



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Your Community Connection  
By Tannis McBean


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LOCAL BUSINESS

## CLASS 101 EXPERTS Prepare Students for College

By Natalie Crimmins

Successful college applicants stand out among thousands of students. Do you know what their secret is? Most people don't. But good news! Mesa-Gilbert Class 101 is here to provide you expert support.

Throughout high school, Class 101's professional college advisors take an individualized approach to help students navigate the complicated college planning process.

Navigating the college admissions process is daunting. With more than 5,000 colleges in the United States to choose from and the drastic changes to the college admission process in the last 25 years, students and parents can find themselves drowning in information.

"Students must maintain high grades, participate in extracurriculars, take on leadership roles, prepare for the ACT and SAT, write essays, apply for colleges, and then try to choose the perfect college for them," said Shawn Coats, owner of Mesa-Gilbert Class 101. "Is it the university that offers the highest scholarship award, or the university where the student can continue their sport?" Shawn continued. "It depends and must be evaluated on an individual basis."

While many choose to stay in state, Mesa-Gilbert Class 101 wants students to have options, regularly helping them attend private schools for the same or less money than an in-state university. Class 101 college advisors help students find the university that will allow them to thrive.

Class 101, a national college planning franchise, is proud of its record over the past 21 years — nearly 95 percent of students who participated earned a four-

year degree at the university they enrolled in freshman year.

Mesa-Gilbert Class 101 advisors can guide students through their college applications and admissions essays, and help students find scholarships that help make their dream school attainable.

"We are incredibly proud of our students and their accomplishments during the 2018-2019 school year," boasted Shawn. "This year, we have two Obama Scholars attending Arizona State University on a full-ride, two National Merit Commended Scholars, two students earned Congressional Nominations to Military Academies, and one student was acknowledged by the College Board's National Hispanic Recognition Program."

Mesa-Gilbert Class 101 students will be attending schools all over the United States, including the University of California, Berkeley (on an Army ROTC scholarship), Loyola University Chicago, Barrett Honors College at Arizona State University and Saint Louis University, to name a few.

Mesa-Gilbert Class 101 offers complimentary consultations with professional college advisors. "While it's best to start early, we can help your high school freshman or senior," said Shawn. "Oftentimes we hear, 'I wish we would have met with you years ago. You would have saved me thousands of dollars.'" ■

For more information, or to schedule a free consultation, contact Shawn Coats at (602) 647-8347, via email at [scoats@class101.com](mailto:scoats@class101.com), or visit [www.class101.com/mesagilbert/](http://www.class101.com/mesagilbert/).



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EVENT

## ATTEND ETHNIC BAKED Goods and Craft Sale

Submitted by St. Ignatius Ladies Auxiliary

If you fondly remember your grandmother's baking at Christmas, you want to come to our bake sale.

Our Nativity Baked Goods and Craft Sale is Saturday, Dec. 7. Doors will be open from 8:30 a.m. to 1 p.m.

We will have a variety of ethnic baked goods, such as Serbian, Czechoslovakian, Greek and Russian holiday treats and specialty breads. We feature Serbian nut, prune, apricot and poppy seed rolls; Eastern European kolaches; Czechoslovakian and Greek cookies; and Russian Tea Cakes. And, don't forget our famous baklava.

In addition to cultural treats, the St. Ignatius Ladies Auxiliary is known for its sweet 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.

Also, visit our gift shop for handmade ornaments, table runners, lanyards, key chains, placemats, mug rugs and much more.

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

The sale is open to the public. For information, please call Jill Benza at (480) 388-0378, or email [saintigholidaydelights@gmail.com](mailto:saintigholidaydelights@gmail.com).





REAL ESTATE

Christmas Crackers are an English Christmas Tradition

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

It 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 to all my wonderful clients. Since it's the holiday season, there will be no real estate talk this month, well maybe just a little tid bit.

MARKET UPDATE

It's been a great year and has remained a very strong seller's market. Mesa's median sales price in November was \$270,500, which is an increase of 11.7 percent from January's median sales price of \$242,000. The shortage of supply continues while demand is increasing. As of Nov. 9, there were 850 active listings in Mesa compared to 1,312 at the same time last year, a decrease of 54 percent. With the continued imbalanced market and little sign of supply increasing substantially, we can expect continued upward moves in the sale price over the next six months and to remain in a strong seller's market. If you are thinking of selling and would like to find out the true market value of your home, or when would be the best time for you to list your home, please feel free to contact me to set up an appointment.

CHRISTMAS CRACKERS

Growing up in England, no matter where you went for Christmas dinner – friends, family, hotels, restaurants – the table setting would always include the traditional Christmas crackers. They have been a tradition for the English Christmas dinner since their inception. Even the royal family will have Christmas crackers adorning their Christmas dinner table. I wanted to carry on the tradition for my family here in America and I

used to have to get them shipped in from England, but now they can be found everywhere, from Costco, to World Market and Bed Bath and Beyond, as well as many other stores. So, what are they? Created by Tom Smith, in 1847, the crackers are cardboard tubes covered in brightly colored twisted paper. When the cracker is pulled by two people, each holding one end of the twisted paper, the friction creates a small pop. The cardboard tube contains a brightly colored paper hat (which I make everyone wear, whether they want to or not), a small gift and a motto or joke. It's a standing joke that the mottos or jokes are unfunny, corny and often well known, as the same jokes have been appearing in crackers for decades. Each person takes the end of the cracker and pulls. Or if there is a group around the table, everyone crosses their arms to pull all the crackers at once. Everyone holds their own cracker in their right hand and pulls their neighbor's cracker with their free left hand. The price you pay will depend on the gifts inside. They are usually inexpensive with little trinket gifts, but you can go all out and order extravagant or custom gifts. There are Christmas crackers that have games inside rather than gifts. We did these last year and had so much fun watching our little wind up snowmen race to the finish line. The Christmas cracker dates back to Victorian times, when in the early 1850s, London confectioner Tom Smith started adding a motto to his sugared almond bon-bons, which he sold wrapped in a twisted paper package. As many of his bon-bons were bought by men to give to women, many of the mottos were simple love poems. He was inspired to add the bang when he heard the crackle of a log he had just put on the fire. He decided to make a log-shaped package that would produce a surprise bang and inside would be an almond and a motto. Soon the sugared almond was replaced with a small gift. Originally sold as the Cosaque, it soon became known by the public as the cracker. The paper hat was added to the cracker in the early 1900s by his sons and by the end of the 1930s, the love poems had been replaced by jokes or limericks. The cracker was soon adopted as a traditional festive custom and today

virtually every English household has at least one box of crackers to pull over Christmas. Christmas crackers are a lot of fun the whole family will love. We pull our crackers as soon as we all sit at the table before we eat (watch out for flying gifts), and then go around the table telling the jokes throughout the meal. For us Brits, Christmas just isn't Christmas without them. So, next time you are at the store and see these brightly colored crackers, buy a box, and start a new family tradition. I would love to hear from anyone who tries them this year. Another family tradition is to make the breakfast casserole Christmas Eve, so it's ready to pop in the oven on Christmas morning and bake while we open presents. This is Rick's family's recipe that has been passed down and he is always the one to make it while I just sit and watch (now I know why I like Christmas so much).

RECIPE

Breakfast Casserole

- 1/2 pound sausage browned (we use hot Jimmy Dean to add some flavor)  
9 eggs—lightly beaten  
3 cups half and half (we use 1/2 skim milk and 1/2 half and half and can't tell the difference)  
1 teaspoon salt  
1 1/2 pounds cheddar cheese  
Butter  
10 slices bread, crusts removed—or enough to cover the bottom of the pan
- + Butter one side of the bread and put butter side down in 9-by-13 baking dish.  
+ Mix eggs and milk mixture, add salt.  
+ Layer sausage and cheese twice on top of bread. Then, pour eggs and milk mixture over. Top with a layer of cheese.  
+ Bake at 350 degrees for 1 hour.



Wishing you and your family a very Merry Christmas. ■

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## LOCAL BUSINESS

## KNOW BEFORE YOU THROW

By Jon Englund

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



Jon Englund and Donna Luger

As we prepare to *wrap up* 2019, we approach some of the most significant celebrated holidays of the year, Christmas and Hanukkah. Both have tangible, symbolic items used to express the holiday, many of which are favorites for collectors.

Christmas in particular is symbolized in many ways. Items such as Christmas tree decorations and Christmas themed porcelain villages are popular and sometimes passed down through generations. As such, some of these items may be vintage and have monetary value from that standpoint. Additionally, these items may hold nostalgic memories which can add emotional value, and that is extremely difficult to put a price on!

Here are some valuable Christmas collectibles that may surprise you:

A 1960s vintage 4-foot Evergleam aluminum Christmas tree manufactured by the Aluminum Specialty Company of

Manitowoc, Wis. It recently sold at auction for \$1,075.88. This was a rare blue-green color which added to the value. New in the early 1960s, it sold for around 10 dollars.

A rare, circa 1975 Christmas Elf mail truck store display manufactured by the David Hamberger Display Company of Brooklyn, N.Y. recently sold at auction for \$3,995. Hamberger Display was known for their fabulous animated retail store displays. If you are lucky enough to own one of their displays, you have a real treasure as few made it into private ownership.

A group of 32 vintage European Mercury glass Christmas ornaments sold at auction for \$511 after 46 bids. This type of ornament was also known as *silvered glass* and were handblown, double-walled glass ornaments that were filled with a silver liquid solution, usually mercury, then sealed. This type of ornament was very fragile, so intact examples in good condition are becoming more difficult to find.

So, here's wishing you and yours a very Happy Holiday Season filled with fortune and fond memories!

Jon Englund has more than 32 years of experience in appraising and liquidating personal property, jewelry, art, collectibles, antiques, furniture, printed items and more, as well as more than 17 years of experience in real estate. Jon, a Midwest transplant, 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 Jon direct at (480) 650-1422, or email [Jon@KnowBeforeYouThrow.INFO](mailto:Jon@KnowBeforeYouThrow.INFO).



## St. Ignatius Nativity Bake Sale December 7, 2019 8:30 am - 1:00 pm

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EDUCATION

Thoughtful, Conscientious Middle Schoolers? It's Possible!

By Sami Majeed, J.D., Chief of Schools  
Self Development Academy

As parents of middle school age students, you know well that your children learn angles, algebra, and vectors by day; and display anger, aggression, and victimization at night.

This is a time of contrasts. However, we can make this period go much more smoothly.

Here are the facts: your preteen and teenager's brain has not developed the thinking, rational part of their brain yet and worse, their emotional part is not well connected with what rational part there is.

Yet, there is hope. Teaching critical thinking can help expedite the development of the rational part. Empathy can ensure your teenager continues appreciating you as a source of support.

Up until now, you have spent 10 plus years of your life loving, cleaning up after, fawning, and cherishing your children. You have loved them profoundly and wildly. While they never know the depths to which you adore them, it really does not matter, because you would do it anyway. And then comes puberty and—without warning or a grace period—those times are replaced by unpredictable, often ungrateful and reckless teenage behavior that seems almost willfully irrational. You are heartbroken. What happened?

It probably does not help to say that you went through this yourself. I did too. I know this to be true because humans by design must go through this. You see the brain develops slowly and, shall we say, inconveniently.

The first parts of the brain to develop are the ones essential for existence: the areas that automate breathing, heart rate, etc. The next area to develop is the region called the limbic system. This region is also referred to as the lizard brain because it is the part of the brain that cannot think the way humans do.

The last part of the brain to develop is the frontal lobe. When humans become teenagers, their frontal lobe is only about 80 percent developed. The remaining 20 percent will complete by the time they are 20 years old. Worse yet, the connections between the neurons are not developed. So, while the frontal lobe may be 80 percent developed, the



connections to the lizard brain may remain few.

Fortunately, the brain is pliable and responsive. Despite teenagers' underdeveloped rational portion of their brain, with concerted effort, the rational portion can actually grow and improve!

How so? By participating in critical thinking. Parents and teachers should engage with teenagers in critical thinking often. Critical thinking is a type of analytical thinking which involves understanding not only what is going on but why it is so. It is more than remembering and repeating. It is examining, evaluating, problem-solving, taking apart and putting back together.

Parents can do this with their teenagers by getting them to think about the cause and effect of future events. You can ask them:

- How are things related?
- What do you think that person was thinking?
- What if you do X, what would happen? What if you did Y?
- What is your goal? What would be helpful behaviors? What would be unhelpful behaviors and why? That last question is very important!

What do you think things are like from this person's point of view? How would you describe your perspective to someone else?

Ask these questions when there is nothing at stake; when you and your teenager are not arguing about using

the car or buying those designer jeans. Basically, have this conversation at a time when the situation does not evoke strong emotions. It is also important to be empathetic during your discussions. Remember, you are dealing with teenagers and their underdeveloped brains.

Parenting at this stage is different than parenting younger children. Teenagers are beginning to become independent, and your job at this stage is to teach them how to do so. It is similar to teaching a child to ride a bike. They are going to fall. They are going to make mistakes, crash, and hurt themselves. They are not going to know what they are doing nor even how to fix it. However, they will eventually get it. Until then, you will keep them going forward helping them with one hand, partly to let them know you are there and partly to steady them. Eventually though, you will have to let go, and things will be different for the rest of their lives.

Programs like Self Development Academy are helpful too. Self Development Academy recognizes that teenagers can improve their critical thinking by teaching them. The program starts in kindergarten, teaching logic and reasoning early on, to give children and teenagers a jump start. In middle school, teenagers learn errors in thinking (fallacies), formal logic (which is not taught until college) and philosophy.

A recent research study showed that nearly half of the millennials and teenagers received an 'F' in critical thinking. While neurological development is to blame, we can still accelerate the process of developing critical thinking. Parents and schools can engage teenagers in critical thinking tasks and assignments in low stakes settings. We can be patient and empathetic, understanding that millions of years of biological development have put our patience at a disadvantage. It is an uphill battle, but we can chip away at the mountain and turn Everest into a field where everyone can stand on equal footing. ■

Self Development Academy is now enrolling K-8 for the school year 2020-2021. For more information about programs at Self Development Academy and the location of each of the four campuses, please call (480) 641-2640.

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### Las Sendas Area Market Report

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2965 N. Sonoran Hills	1,700	Desert Creek	\$295,000
7445 E. Eagle Crest Dr. #1056	1,659	Cachet	\$298,000
7251 E. Norwood St.	1,372	Windsong	\$299,900
2956 N. Brighton	2,023	Desert Creek	\$305,000
3055 N. Red Mountain #158	2,150	Ironwood Pass	\$341,000
7462 E. Oasis Cir.	1,821	Silverhawke	\$342,500
6832 E. Pearl St.	1,774	Vintage Hills	\$355,000
7250 E. Norland St.	2,475	Trailridge	\$380,000
7261 E. Nathan St.	2,835	Trailridge	\$408,000
7252 E. Nance St.	2,835	Trailridge	\$415,000
3055 N. Red Mountain #219	2,451	Ironwood Pass	\$420,000
7442 E. Nance St.	2,512	Grayfox	\$428,000
8032 E. Sandia Cir.	2,226	Echo Canyon	\$434,000
7445 E. Eagle Crest Dr. #1041	2,448	Cachet	\$445,000
3824 N. Ladera Cir.	2,105	Echo Canyon	\$445,000
7762 E. Russell Cir.	2,413	Grayhawk	\$457,000
7442 E. Norwood St.	2,680	Grayfox	\$459,900
3430 N. Mountain Ridge #62	2,827	Sonoran Heights	\$480,000
3732 N. Ladera Cir.	2,226	Echo Canyon	\$486,500
7512 E. Torrey Point Cir.	2,523	Pinnacle Point	\$507,000
3443 N. Boulder Canyon Cir.	4,255	Tapestry Mountain	\$605,000
7260 E. Eagle Crest Dr. #14	2,785	Black Rock	\$670,000
8329 E. Echo Canyon Cir.	6,588	Walking Stick	\$1,175,000

Information gathered from the Arizona Regional Multiple Listing Service is deemed reliable, but not guaranteed.  
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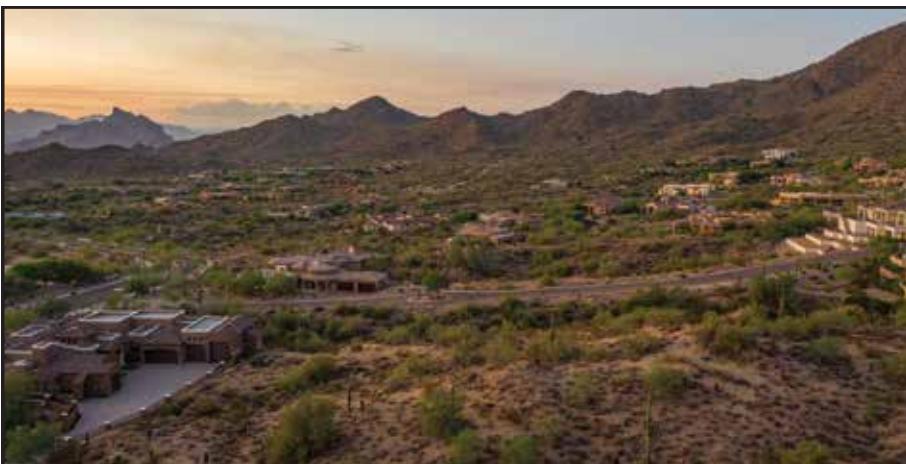
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**|| SPIRITUALITY**

**Love of Christ Lutheran Church will host exciting musical venues for the holiday season**

**Submitted by Love of Christ Lutheran Church**

**L**ove of Christ Lutheran Church, under the musical direction of Jung Csuy, will host a variety of musical venues for the upcoming holiday season, including a live jazz concert, a Christmas cantata and an international three tenors concert.

Upcoming Events at Love of Christ Lutheran Church – All are open to the public:

- ♦ **Live Jazz Concert: Friday, Dec. 6 at 6 p.m.** Jazz, Dinner and Silent Auction \$20.00. Featuring live jazz from local professional musicians. Serving Chicken Coq au Vin, herb-roasted potatoes, pear and walnut salad, dessert.
- ♦ **Christmas Cantata: Sunday, Dec. 15 at 9 a.m. and 10:45 a.m.** Over 80 intergenerational voices, two bell choirs, professionally trained soloists, professional full orchestra and a contemporary band. Arrive early for best seats. Free will offering.
- ♦ **International Three Tenors Concert: Saturday, Jan. 11, 2020 at 7 p.m.** Presented by Phoenix Opera \$20.00.

Featuring Johnny Huerta, Guillermo Ontiveros, Robert Erlichman. Songs range in style from operetta to Mexican Ranchera. Lianne Norman Brooks will join them as a guest soprano. Light refreshments will be sold.

- ♦ **Sock Hop and Retro Style Dinner: Friday, Feb. 14, 2020 at 6 p.m.** \$20.00. Dance music from the 50s provided by the Rockin' Baby Boomers. Dinner will be Sloppy Joes, salad and root beer floats served in red baskets lined with paper. Special wooden dance floor. Hula hoop contest with prizes. Come in costume if you can – poodle skirts, saddle shoes, white T-shirts, sneakers.
- ♦ **Community Youth Talent Show: Friday, March 13, 2020 at 7 p.m.** \$5.00. For grades 1 to 12. Song, dance, comedy, musical instrument, magic show, etc. Free to performers. Prizes: 1st place \$200; 2nd place \$150; 3rd place \$100. Performances must be no longer than four minutes maximum. All music, costumes, etc. provided by performer. Schedule auditions by contacting music director Jung Csuy at [jungmusic@locic.org](mailto:jungmusic@locic.org), or call her at (480) 832-2449. Light refreshments will be sold. No cost to performers; attendees' tickets are \$5.00 per person. ■



Love of Christ Lutheran Church is located at 1525 N. Power Road in Mesa. For more information, call (480) 981-6199, or visit the website at [www.loveofchristchurch.net](http://www.loveofchristchurch.net).

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**MESA AZ**

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EVENT

# Wild Old West Dinner Show and Gunfight RETURNS FOR ANOTHER SEASON

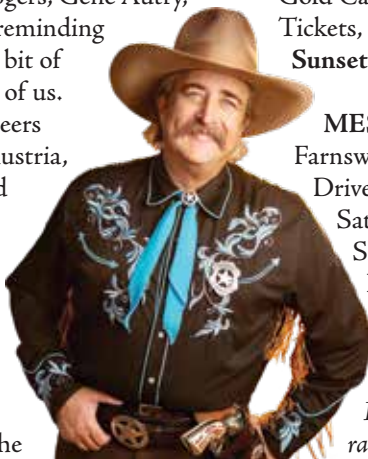
*Submitted by Pioneer Pepper*  
Saddle up and ride back into the nostalgic era of the singing cowboys. The Wild Old West is coming back to life in two locations this season!

The Wild Old West Stage Show, Gourmet Buffet, and Gunfight will be in Gold Canyon and the Wild Old West Dinner and Show is returning to Farnsworth Hall for another season in Mesa. The stage shows star 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.

An exciting addition this season is the Wild West antics of the gunslingin' DesperateOddToes at the Gold Canyon shows.

Performing such nostalgic songs as *Tumbling Tumble Weeds*, *Cool Water*, *Ghost Riders in the Sky*, 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 all of us.

The Sunset Pioneers have entertained in Austria, England, Canada, and across the United States. They performed for the *Little House On The Prairie* TV show reunion, the Western Film Festival, the National Festival of the



West, and in Hollywood, at the legendary House of Blues on Sunset Boulevard. They have filmed with the BBC-TV for the TV series *Only In America* and with the *Midwest Country TV Show* on RFD-TV Network. Pioneer Pepper and The Sunset Pioneers have been named Fender Artists, and are the official town balladeers of Gilbert, Ariz. They also have been hailed *Top Personalities of the Year* by the *Arizona Republic* newspaper and featured on ESPN *Monday Night Football*. Their album, *Wagon Load Of Western Songs*, was nominated Album of the Year by the Academy of Western Artists for the Will Rogers Award, and three of their album covers were painted by artist Jack Sorenson, the No. 1 western-selling artist in America. A spectacular evening of Wild West music, food and fun awaits. Don't miss these shows!

**GOLD CANYON — Dinner Show and Gunfight**  
Fridays — The Ballroom at Gold Canyon Golf Resort, 6100 S. Kings Ranch Road, Gold Canyon, AZ, 85218. Reservations, Tickets, and Details Online: [SunsetPioneers.com/goldcanyon](http://SunsetPioneers.com/goldcanyon)

**MESA — Dinner and Show**  
Farnsworth Hall, 6159 E. University Drive, Mesa, AZ, 85218  
Saturdays and Sundays — Different Shows. Reservations, Tickets, and Details Online: [SunsetPioneers.com/farnsworth](http://SunsetPioneers.com/farnsworth) ■

For more information, or group rates, call (480) 986-6340.

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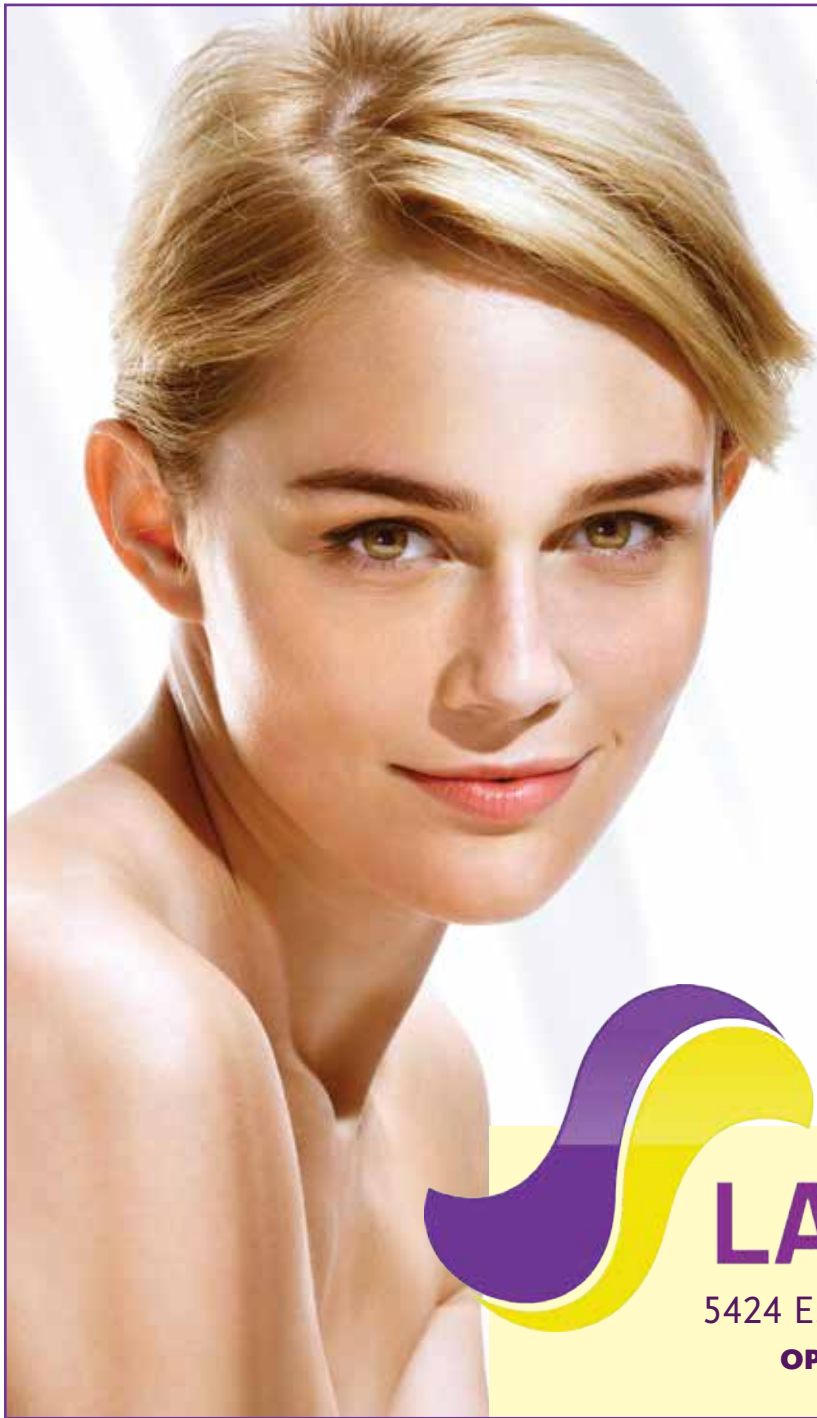
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HEALTH

LAS SENDAS RESIDENT AND ASU STUDENT  
Creates Community Health App

Submitted by Kyle Markell

Technology is more prominent than ever in our day-to-day lives and, because of that, we tend to be lazier.

We no longer must leave the house to get dinner, watch movies, or go shopping.

Over 75 percent of the population in America does not exercise enough. Are you part of that 75 percent? I know I am, and that's why I am making a change.

Not many people know that the lack of exercise can lead to the onset of not only diabetes and heart disease, but also certain cancers.

My name is Kyle Markell and I am a Las Sendas resident attending Arizona State University. Along with some of my colleagues from school, I have created WeFit, a community health app. Our mission is to make engaging in your health, wellness, and fitness journey much more exciting and social.

On the WeFit app, users can do many different things, but we have four core features that are sure to help along your health journey.

First, on the home screen labeled

under posts, users can create picture or video posts with tags, such as fitness, outdoors, recipes, motivation and more. These posts can be filtered by location, tags, age, gender, etc.

Second, users can post and attend local healthy activities like hikes and yoga. This is a great feature for folks looking to be more physically active with their neighbors and community alike.

Third, users can join or create support groups for any mental or physical health issues/conditions they are passionate about. Users can give support, get support, and ask questions on the question board. The best part about this feature is that you can finally post anonymously about your health, preserving your privacy.

Finally, users can chat with local licensed health professionals for free.

WeFit is different from all other health apps, taking the exciting aspect of social media and merging it with the importance of community in health.

WeFit will be available on the App Store in the middle of December. However, you can sign up now on our website at [www.wefit.us](http://www.wefit.us). WeFit is completely free for the non-health professional user, and we stand firmly by this.

We are very passionate about changing the culture of health, starting with our very own community. Your support will help us tremendously, and we look forward to seeing all of the new faces on our platform in the middle of December. ■

For further information, you can contact me, Kyle Markell, at (480) 220-3115, or at [kyle@wefit.us](mailto:kyle@wefit.us).



SPIRITUALITY

The meaning of Christmas  
DESERVES TO BE CELEBRATED



was busy with meals to cook, visits to have, and the census taking place. The people were just too busy to stop and see the miracle in the manger.

Are you too busy still? This Christmas

By Pastor Paul Frank  
Hosanna Lutheran Church

Perhaps it's taboo, but I've rewritten a favorite Christmas hymn.

You've heard, "Oh, Little Town of Bethlehem, how still we see thee lie."

A number of us folks from Hosanna got to visit Bethlehem and the Holy Land back in October and now we sing, "Oh Crazy Town of Bethlehem, your traffic makes me cry."

Bethlehem today is 25,000 hustling bustling people, an ancient city with many modern amenities. You can see the Church of the Nativity built over the cave, which was the stable where Jesus was born. Then go down the street to Kentucky Fried Chicken for lunch. It's a crazy busy town and most of the residents there don't really think very much about the miracle from heaven which took place there.

The long-promised Messiah sent from heaven was born there, God himself in flesh and blood. Heaven literally touched the Earth right there in that place and most of the people are way too busy to give it a second thought.

That was the case even on the night of Jesus' birth. Travelers were in town; family reunions were taking place. The market

season don't overload your schedule and miss the miracle again. Place a stopping point or two on your calendar and make sure that you take pause to give thanks for the greatest gift this world has ever known.

Come join us at Hosanna Lutheran Church for Christmas Eve and Christmas Day services. Christmas Eve is at 5 p.m., when the children tell us the story again, the miracle of heaven presented by voices so cute you can hardly stand it. Then at 8 p.m., the Christmas Eve Candlelight will share again the good news of great joy that really is for all the people.

And Christmas morning at 9 a.m., well, "Hark! The Herald Angels Sing, Glory to the Newborn King!" Join us for these celebrations.

Even before those days arrive, take some time on Sunday mornings and hear the promises made and fulfilled. Midweek Advent services on Wednesday evenings also share the story. A beautiful Christmas Cantata on Dec. 14 and 15 shares the story in spectacular music.

Merry Christmas! ■

Don't race on past the miracle of Christmas. Find some more information on all these celebrations at [www.hosanna-lcms.com](http://www.hosanna-lcms.com).



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Over 50 Up Close

Bringing active adults closer to their community

December 2019

HEALTH

Over 50

# Medicare Annual Enrollment IS ALMOST OVER

Submitted by Tapestry Insurance

The Medicare Annual Enrollment period is from Oct. 15 to Dec. 7.

It has been a very interesting year with many new options available. My name is Lynne Jones and I can walk you through the steps to enroll in Medicare as well as help you pick a Medicare plan.

I have spent quite a bit of time meeting with people to determine if they are on the right plan. Often people ask what the “best” plan is. The interesting thing is there is not a “best” plan, but there is always a plan that works the best for you. Questions like “What are your medical needs?” or “Do you have a doctor that is very important for you to see?” or “Do you plan to travel this coming year?” are all important in determining what plan is best for you. It is always advisable to sit with an agent who can help guide you to your best plan.



Lynne Jones

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 are turning 65, please give me a call to set up an appointment. I live in East Mesa and am willing to come to your home, or meet with you elsewhere to help with the next steps. ■

If you would like help from a local agent, please call Lynne Jones at (480) 212-2246, or email [jonesdvp@yahoo.com](mailto:jonesdvp@yahoo.com) to set up an appointment.



EVENT

Over 50

# Canyon Winds Retirement Community to host holiday boutique



Marlys C.

By Kim Phillips

Canyon Winds Retirement Community will host a holiday boutique on Saturday, Dec. 7 from 11 a.m. to 4 p.m. at 7311 E. Oasis St. in Mesa.

Come and get a jumpstart on your Christmas shopping, stated the friendly staff at Canyon Winds.

The holiday event will feature boutique clothing, a bake sale, jewelry, crafts, candles, refreshments and much more.

Recently, the retirement community hosted an open house, to the delight of residents.



“I feel safe and secure here,” said Marlys C., who lost her husband just four months before. “The staff here are so supportive,” she continued. “I just wouldn’t want to be any other place.” ■

For more information on Canyon Winds Retirement Community, call (480) 948-0600, or visit the website at [www.CanyonWindsRetirement.com](http://www.CanyonWindsRetirement.com).

## 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 2019 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:  
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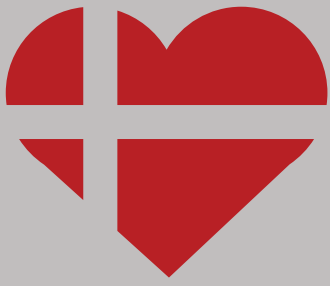
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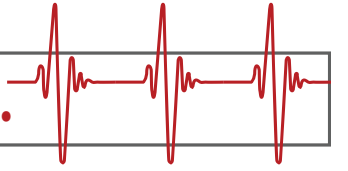
# Southwest

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Angie Aguilar

It is with tremendous excitement we at Southwest Cardiovascular Associates (SWCVA) announce the ground-breaking of our new hybrid cardiovascular ambulatory surgical and endovascular center. This will be a new facility in addition to our current office which incorporates 2 high-volume office based vascular suites. This ultramodern, state of the art, 13,500 square foot interventional procedural facility will be located in Mesa, at the corner of Sossaman and Broadway Road, and will incorporate 2 large surgical operating rooms equipped with ceiling mounted Philips Allura Xper FD20 interventional fluoroscopic C-arms, associated multi-directional tables, and high resolution floating multi-screen monitor bays, as well as 6 beds of preoperative prep and 8 beds of recovery areas for these high tech procedural rooms.

We will utilize the Philips Volcano intravascular ultrasound (IVUS) units, the Philips Spectranetics pulsed photoablation excimer laser, and Medtronic's full spectrum of atherectomy, stenting, and angioplasty instruments and devices, which encompasses the precision we demand to support this new strata of high quality, affordable procedural services offered to our patients in this modern cardiovascular interventional facility. The office-clinic side of the hybrid facility will incorporate 8-10 consultation rooms in addition to administration offices, as well as ultrasound and cardiac testing rooms with stress treadmill testing and nuclear camera rooms for post stress cardiac motion/function imaging. **Southwest Cardiovascular Interventional Center** will be equipped with this high-tech laser and mechanical atherectomy technology to allow us to perform the most progressive cardiovascular and interventional procedures on our patients originating from both the East Valley and afar. The surgical center, procedural and imaging machinery will be provided and supported by the most up-to-date Philips fluoroscopy and ultrasound equipment obtainable in the marketplace today.

The prime focus of this hybrid cardiovascular ambulatory surgical center will be to provide outpatient medical procedural services, focused on vascular, cardiology, electrophysiology, and radiology specialty treatments. The most novel of which will be the pioneering integration of outpatient cardiac catheterization and elective coronary stenting and angioplasty through our experienced and skilled interventional cardiologists. We are incredibly enthusiastic to soon offer outpatient cardiac catheterization procedures to the greater Phoenix community, now free of an in-hospital requirement, in a more personable, affordable, comfortable, and painless environment, which is the preferred structure set to become the new standard across the nation for delivering these procedures. We are proud to be one of the first cardiovascular brand centers having been designed and developed to provide this level of sophistication to these specific outpatient services for both Private and Medicare insured cardiac patients in this part of the state contributing to this national medical service transition now occurring across the country. Our facilities will mirror that which is typically experienced in the Cardiac Cath Labs in hospitals but will be offered in a more affordable and available outpatient structure to make it much easier, accessible, and efficient for our patients and their families.

We maintain our position, as a medical service 'company'. We continue to grow with the consciousness of our responsibility to our patients and each other, as well as understanding our future growth and the added responsibilities and continued knowledge required of us regarding compliance and government regulations.

Ambulatory surgical centers are an extremely effective environment for performing hospital type procedures in a regulated, policy driven, standardized, high quality, affordable, and more comfortable and relaxed outpatient setting, and that is our main patient relation focus in developing this center. We continue to strive ahead of the pack with this venture and set the footprint for the new paradigm in outpatient interventional procedural centers, leading the charge in developing what the future of medicine will look like, today. We look forward to you coming for a visit during our grand opening in the fall of 2020.

Charles Jost, MD., Principal SWCVA/Aloha Cardiology  
Michael Barry DO., Interventional Cardiologist  
Nachiket Patel, MD., Interventional Cardiologist  
Kirk Minkus, MD., Interventional Radiologist/Vascular Specialist  
Michelle Gentsch, FNP.  
Carey Baugh, FNP.  
Debra Scott, CEO SWCVA/Aloha Cardiology  
Angie Aguilar, Strategic Marketing and Development



Charles M.T. Jost, MD.



Michael D. Barry, DO.



Nachiket Patel, MD.



Kirk D. Minkus, MD.



Michelle Gentsch, FNP



Carey Baugh, FNP



COMMUNITY

Over 50

Social Club Kicks up Their Heels



Submitted by Robin Hagenstad  
RMR Social Club Secretary

The Red Mountain Ranch Social Club members kicked off the fall season by kicking up their heels to the music of the big bands of the 1940s.

The group hosted a cocktail party with dinner and dancing on Oct. 24. The marvelous evening was held in the Overlook Ballroom at the Red Mountain Ranch Country Club.

To match the *Big Band Era* theme for the party, the attendees dressed in evening attire reminiscent of the 1940s. A delicious dinner of fried chicken, scalloped potatoes, green beans with bacon and peach cobbler was prepared by Sedale Jones, head chef at Red Mountain Ranch Country Club.

A committee led by Karla Lockwood, Allyn Bransby and Mic Bagby did phenomenal planning of every detail by researching the era to assure that as people entered the party, they felt transported into a fabulous 1940s nightclub. Using decor and thousands of tiny glimmering lights, they transformed the ballroom into a glamorous setting that represented this period in history.

A rousing trivia game with questions focused on the 1940s proved to be an exciting mixer for the group. Following the excellent dinner, attendees danced to the

big band musical classics of Glen Miller, Benny Goodman and Tommy Dorsey.

On Nov. 14, the Social Club honored their members who are veterans. The speaker for the special program was Col. Bernard Kenan of the honorable Order of Kentucky Colonels and honorable Aide De-Camp to the governor of the commonwealth of Kentucky.

Col. Kenan delivered a fascinating presentation regarding his personal journey from military life to civilian life, sharing his experiences and what actions he took to make his post military life rewarding and successful.

On Nov. 3, the Social Club hosted an information booth at *Community Day 'Octoberfest'*, which was developed and coordinated by the Advance Red Mountain Ranch team.

The Social Club members range in age from 30s to 90s, which gives an opportunity for people from seven different decades to enjoy each other's company. Members can meet new friends and learn from each other while engaging in the numerous activities and events organized by the Social Club. Members do not need to live in Red Mountain Ranch in order to belong to the Social Club. Membership dues are only \$12 a year. ■

For more information regarding the Red Mountain Ranch Social Club, go to the website [www.rmrcs.com](http://www.rmrcs.com).



LOCAL BUSINESS

Over 50

Shovel hits the ground for surgery center



Submitted by Southwest  
Cardiovascular Associates

Southwest Cardiovascular Interventional Center, founded by Dr. Charles Jost, principal of Southwest Cardiovascular Associates, is pleased to announce the City of Mesa will soon have the most progressive and uniquely designed cardiovascular ambulatory surgery center of its kind.

"We are redesigning outpatient healthcare. Personalizing healthcare has always been our model," said Dr. Jost.

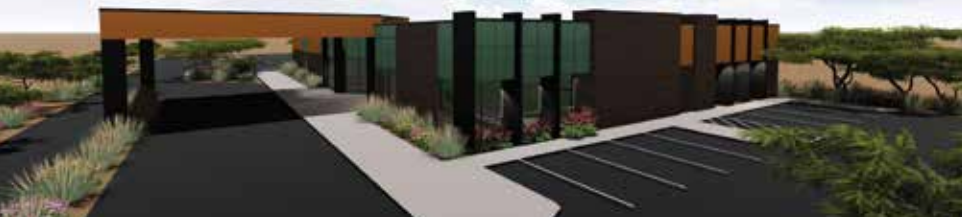
"Southwest Cardiovascular Interventional Center will be unique as a model, equipped with not only state-of-the-art equipment, but by the vast experience of our interventionalists, who

are recognized in our shared community," he said.

"Our ambulatory surgery center will be led by principles, Medicare accreditation, and national accreditation to exceed the standards of healthcare," Dr. Jost continued. "We strive to not only meet the expectations of our beloved patients and their families, but to elevate healthcare to a much higher level, as we are all truly allies in this healthcare delivery together."

This new state-of-the-art center will open late fall of 2020. The center is located at 7529 E. Broadway Road in Mesa. ■

For more information, please call SWCVA at (480) 945-4343, or visit the website for details at [www.swcva.com](http://www.swcva.com).



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### SECOND COURSE

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Strawberries, Goat Cheese,  
Candied Walnuts, Raspberry  
Vinaigrette

### CHOICE OF THIRD COURSE

Grilled Beef Tenderloin  
Truffle Mashed, Garlic Spinach,  
Red Wine Demi  
Add Lobster Tail \$20

Seared Halibut  
Lobster Mashed Potatoes,  
Asparagus, Bearnaise

Oven Roasted Duck Breast  
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Honey Glazed Prosciutto Wrapped Pear	Heirloom Tomatoes, Fig, Aged Balsamic Vinaigrette	Frissee, Grana Padano, Roasted Garlic Drizzle	Broccoli Rabe, Fennel, Cherry Relish	<i>Banfi Rosa Regale Brach, 2017, Acqui</i>
<i>Banfi Pinot Grigio San Angelo, 2017, Veneto</i>	<i>La Pettegola Vermentino Toscana IGT, 2018, Maremma</i>	<i>Aska Bolgheri Rosso, 2016, Bolgheri</i>	<i>Banfi Brunello, 2012, Montalcino</i>	

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