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December 2022

The Desert Belle Offers Family Fun for the Holidays

By Jamie Killin

This holiday season, families can enjoy the beauty of the Sonoran Desert with a serene cruise around Saguaro Lake on The Desert Belle, which offers a one-of-a-kind experience that is both informative and enjoyable for out-of-towners and locals alike.

The Desert Belle operates 700 cruises a year, offering several different cruise options including wine cruises and craft beer cruises. The Desert Belle also offers the top-rated 80-minute narrated cruise, which is led by a coastguard-certified



captain describing the history, geology, geography, and wildlife native to the Sonoran Desert.

Cruisers will see a variety of wildlife including bald eagles, wild horses, deer, bobcats, and even bighorn sheep, which are known to appear during the winter.

For those celebrating a special occasion, or wanting to gather family and friends, the Desert Belle also offers private charters — perfect for a memorable event.

"The Desert Belle has been operating for 58 years now and is the longest continuously running tour boat in Arizona," said president and co-owner David Smith.



"It's so well-loved, and we get the sweetest reviews. We love seeing people walk away saying, 'Not only did we have a great time, but we also really learned something.'"

Next door to the Desert Belle is the Saguaro Dockside, a docked boat that features a specialty gift shop and deck.

"We sell a lot of items that make perfect gifts for the holidays — amethyst, fine jewelry, clothing, and souvenirs," said David. "Then, guests can head upstairs for beer and wine on the view deck, which is quite nice."

Additionally, the Desert Belle offers gift cards that make for the perfect gift for the whole family. ■

For more information on the Desert Belle, or to purchase tickets, visit desertbelle.com. For more information on Saguaro Dockside, visit saguarodockside.com.



Gourmet Gelato & Coffee Hosts Grand Opening Event

By Dawn Abbey

Want a free scoop of gelato and a free small coffee? Well, Gourmet Gelato & Coffee wants to start the New Year off right by hosting a Grand Opening celebration on Monday, Jan. 2, and Tuesday, Jan. 3, offering these free treats.

Although they have been open since last August, owner Brian wanted to thank current gelato and coffee lovers and encourage those in the area who haven't tried them out to a free introduction. Brian suggests coming in early Monday to get your favorite flavor of gelato while supplies last.

Free small coffees will be served all day Tuesday. Choose House Blend, American style as well as favorites such as lattes, cappuccinos, and mochas with a variety of syrup flavors. Almond and oat milk mixtures are also offered.

In the meantime, if you just need a break during the holidays, relax with a coffee or gelato on their outdoor patio or comfy couches. There's also free Wi-Fi.

And if you're looking for something special for those holiday parties, Brian suggests gelato pies for dinner desserts, and parties. He

has created at least a half dozen special flavors that include the pie crust mixed right into the gelato flavor, similar to a Cookies & Cream style ice cream. He has created Pumpkin Spice, Caramel Green Apple, Key Lime, Banana Cream, Passion Fruit Cheesecake, and Peach Cobbler, with perhaps more to come.



"Party holders can special order any size cup or waffle cone cup packed with one or two flavors and have them delivered or picked up frozen. We are one of the few gelato shops that offer two of our 24 flavors in our smallest size cup."

Brian also suggests ordering gelato cups and waffle cones or cups for that birthday party or shower to make it a more special event.

"We successfully did a dinner party of 40 which was served in medium cups, and are currently working on a bridal shower. I would like people to know this can be made fresh, custom-ordered frozen, and it won't melt on the drive home," he said.

"For the lactose intolerant, we have several flavors of sorbet without dairy, such as Dark Chocolate and all our berry flavors such as Triple Berry. And diet-conscious gelato lovers will be happy to learn that gelato has about half the calories per serving of ice cream. It has less fat and more taste."

Party makers are welcome to come in and taste the flavors or give Brian a call to get more information.

Brian is proud to say that all his gelato is house-made and fresh. "I always loved gelato, and one day I decided that's what I wanted to do." Brian attended classes at Carpijani Frozen Dessert University, an international school training in the art of artisan gelato-making. He then studied for two years under a mentor. ■

Gourmet Gelato & Coffee is located in the shopping center on the southwest corner of Power and McDowell roads. For more information, call (480) 415-8429. You can also follow them on Instagram at [@gourmetgelato&coffee](https://www.instagram.com/gourmetgelato&coffee).



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EDUCATION

Technology and Academic Honesty at Self Development Academy

By Kirsten Lamb, Communications Coordinator, Self Development Academy

For all the benefits and pitfalls of living in the information age, the temptation and accessibility to plagiarize reigns at the top. With a world of knowledge at their fingertips, students can research topics like past generations could not. They can watch experts on videos, listen to interviews on podcasts, and read article upon article.

They can also claim ideas as their own, copy and paste words, and even find websites based on specific curriculum that post answers to entire assignments and tests.

Using technology wisely includes academic honesty that does not partake in cheating, plagiarism, or stealing ideas. As students grow and build upon their habits, now is the most important time to address integrity.

Beyond monitoring your students' computer time and class assignments, look out for these indicators that technology and academic honesty might be a real struggle.

PROCRASTINATION

Students who regularly put off work find themselves in a bind. With incomplete assignments or failing to study for a test, it is tempting to find a quick solution just a click away. In a world of instant gratification, putting in the work



to earn a grade seems laborious. Remember, a shoddy attempt to reword information still counts as plagiarism.

Coming up with original ideas, writing drafts and proofreading, and internalizing information takes time. Nothing of deep and lasting value comes quickly.

PERFECTION

Students who want to perform may decide that their best effort would go a lot further if they adopted someone else's words. Without making the ideas and argument their own, adopting other words really amounts to stealing. Many times, students do not realize that plagiarism is stealing when they're solely focused on performing well in class.

PEOPLE PLEASING

It is still academic dishonesty if your student is the one supplying the answers. When students want so badly to be accepted or make friends, providing other students with answers or completed assignments can seem like a helpful solution. Of course, it is not helpful in the long run, and it is cheating.

If you find yourself in a great learning opportunity with your student — to focus on technology and academic honesty — take these following steps to hone in.

HELP PLAN

Buy a student planner. Set alarms for study time and play time. Review homework. The only cure for procrastination is action, but that needs to ultimately fall on your student's shoulders. Investigate what internal motivations will not only help your student to complete assignments but to also learn the material and take ownership over the process.

ALLOW NATURAL CONSEQUENCES

If your child doesn't complete an assignment or study for a test, a poor grade is the appropriate consequence. Let her know you would prefer that over a dishonest A. If perfection and performance drive her, remind her that she won't master every skill, enjoy every class, or impress every teacher. Working hard and making herself proud matters most.

PRIZE CHARACTER

It can be easy for students and parents to get wrapped up in GPA numbers. But a grade your student earned on a test won't matter in 20 years; the habits they formed in the process will. Doing the right thing — whether that's avoiding the temptation to quickly copy and paste a few paragraphs from the internet or not e-mailing homework answers to a friend — will pay off more than the quick fix of cheating.

If you're looking for a school that understands the challenges students face — like technology and academic honesty — check us out. Self Development Academy is recognized as one of the best K-8 charter schools nationwide. ■

Self Development Academy has campuses in Phoenix and Mesa. For more information, visit selfdevelopmentacademy.com or call (480) 641-2640.



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LOCAL BUSINESS

ENJOY HOLIDAY FEASTS at Sam & Luca Rustic Kitchen

By Dawn Abbey

Sam & Luca Rustic Kitchen is planning delectable holiday feasts for those with gourmet tastes or anyone who just wants to pass on cooking. Known for their fresh, made-from-scratch Italian cuisine, owner Dennis Shaw said they have put together menus of favorites especially made for the holiday season.

On Christmas Eve from 2 to 7 p.m., in addition to the regular menu, the restaurant is serving three special dinners:

- Short Rib atop Cheesy Orecchiette Pasta with Asiago and Fontina cheeses
- Pasta Trio of two each Mushroom, Spinach, and Butternut Squash Ravioli in a Butter-Sage sauce
- Chicken Martini — Parmesan Crusted Chicken Breast with Artichokes in a Lemon White Wine and Dry Vermouth Sauce and a side of Spaghetti Marinara

Check the website for menu updates and to make reservations. Sam & Luca will be closed Christmas Day.

If you'd rather dine at home on Christmas Eve, pre-order, for pick-up, a Family Box Dinner from \$65 to \$75 that feeds four to five. Choices offered are Spaghetti and Homemade Meatballs, Lasagna, or Chicken Parmesan. Each dinner includes a Caesar Salad and Bread.

Celebrate a New Year's Eve experience from 4 to 10 p.m. with a special three-course dinner for \$75 per person. Each dinner includes an entrée, your



choice of soup or salad, and dessert. Check the website or Open Table for the Prix Fixe menu and a full list of menu items, and to make reservations.

Sam & Luca also offers a private dining room that seats up to 20 guests with multiple menu options. Plan a family holiday or celebration with them. Also, since the restaurant doesn't open until 3 p.m. daily, it's a great spot for private holiday luncheons for gatherings of 30 to 60 people. Call for details.

Treat your friends and family to a wonderful dining experience by gifting them with a Sam & Luca gift card. For every \$100 gift card purchased, the buyer receives a \$20 gift card free. "Great dining for them and for you," said Dennis. ■

Sam & Luca Rustic Kitchen is located at 1959 S. Power Road on the northeast corner of Baseline Road. Hours are Monday to Thursday, 3-9 p.m., Friday and Saturday, 3-10 p.m. For information or reservations, visit SamandLucaAZ.com or call (480) 659-6716.



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(480) 748-1127

EDITOR-IN-CHIEF

Kim Phillips

ADVERTISING

Monica Adair (480) 772-1949

Kim Phillips (480) 748-1127

STAFF WRITERS

Dawn Abbey, Kimberly Alvarado
Jamie Killin

COPY EDITOR

Randall Clarke

DESIGN

LuckyYou! Creative
Erin Suwvan
Jaclyn Threadgill
www.luckyyoucreative.com

CONTRIBUTORS

John and Natascha Karadsheh, Lorraine Ryall

www.UpCloseAZ.com

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LAS SENDAS GOLF CLUB

WE ARE OPEN TO THE PUBLIC FOR DINING AND GOLF

Holiday Fun and Events are Plentiful at Las Sendas Golf Club

By Kimberly Alvarado

There are plenty of activities and opportunities at the Las Sendas Golf Club this holiday season. Plan a visit or two to the Pro Shop and The Patio & Grille for festive gifts and to unwind after a long day.

LAS SENDAS PRO SHOP

Do you have a few *hard-to-buy-for* names on your Christmas list? Look no further than the Pro Shop over at the Las Sendas Golf Club for some unique, high-styled gift options this year.

Besides the obvious golf attire for someone on your list who enjoys quality casual wear, they might appreciate the comfortable styles trending by *johnnie-O* or the ever-popular hats by *Vimbue*. Think relaxation with hand-poured Himalayan candles or massage help from the *Theragun*, designed to increase the body's range of motion, prevent muscle soreness, and help speed recovery.

The sun shines year-round here in our great state, so check out the line of *Maui Jim* sunglasses that have stand-out style and distinction for the outdoors person. Golfers, runners, and tennis players are a few of the athletes that will benefit from the *PolarizedPlus2*® lens technology to eliminate glare and protect the eyes from harmful UV



rays. These glasses are selling quickly, so hurry over to the Pro Shop for the best selections.

If the shoe fits, the selection of *FootJoy* athletic shoes is prime this winter, and I can't think of anyone who wouldn't benefit from a fine pair from the premier series displayed at the shop.

Luckily there's a wealth of clothing and headwear options on the 40 percent off clearance rack too. And if that's not enough, check out the sterling-logoed *Moscow Mule* cups that are drink and display-worthy. The possibilities go on and on.

Shopping hours are sunrise to 5 p.m. Monday through Thursday and sunrise to 5:30 p.m. Friday, Saturday, and Sunday.

THE PATIO & GRILLE AT LAS SENDAS

Only in Arizona can you experience outdoor living, dining, and entertainment at its finest during December. You are invited to share in the splendor, so bring a friend or two. Grab a reservation and come outdoors on the patio to enjoy live music.

There is a long line-up of entertainment on the calendar this month, including John Burak, The Piano Man, scheduled for Dec. 9. John is a solo pianist and singer covering folk-pop classics. His music pairs well with the backdrop of an Arizona sunset.

Patio dining is a favorite option for Christmas Eve and the professionals at The Patio & Grille are serving a spectacular Christmas Eve dinner from 3 to 7 p.m. Look for the Las Sendas Golf Club ad on the back page for menu and pricing, and remember, reservations are a must.



Also, Christmas Eve takeout is back to help save you the stress of cooking, but you'll need to plan ahead by emailing or calling to reserve this holiday meal for five to seven of your favorite people. Savor a Christmas Eve spread to remember by contacting Carla Shaw at cshaw@lassendas.com or calling (480) 396-4000 ext. 222 to reserve an impeccable meal.

The Patio & Grille at Las Sendas is planning a New Year's Eve party just for you. Enjoy the festivities including local live entertainment from The Maas Man Band, a special New Year's Eve menu, and memories made with neighbors and friends. See the Las Sendas Golf Club ad on the back page for more information.

Also, don't forget about Sunday brunch from 9 a.m. to 2:30 p.m.

THE VISTAS PAVILION

At this time, as families are planning to gather for the holidays, The Vistas Pavilion at Las Sendas banquet team, affectionately known as *Pavilion Elves*, are busy preparing for an amazing holiday season. They are decking the halls and gearing up for an amazing schedule of holiday celebrations.

"We are so thankful for all of our customers and can't wait to be a part of your celebrations. Cheers from the banquet staff at The Vistas Pavilion at Las Sendas," said Carla Shaw, events and catering director.

"If you are looking for an amazing idea for a holiday gift, we have the perfect present — a January Wine Dinner featuring the Merryvale Winery. The winemaker, Andrew Wright, will be presenting the evening, so this is an amazing opportunity to learn about Merryvale Wines," Carla said.

The dinner is on Jan. 20 at 5:30 p.m. and it will be the first wine dinner of many for the year. To make reservations, call The Vistas Pavilion at (480) 396-4000 ext. 222 or by email at cshaw@lassendas.com. ■

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EVENT

Red Mountain United Methodist Church Hosts FRIDAY NIGHT CONCERT SERIES

Submitted by Red Mountain United Methodist Church

Red Mountain United Methodist Church presents an exciting new concert series in 2023 to support the church's community outreach ministry, enrich the church's cultural life, and provide fundraising for church and youth programs.

The Friday Night Concert Series, presented in conjunction with JR McAlexander's Showtune Productions, will provide friends and families with a unique, child-friendly evening of entertainment.

The concert series consists of five separate events throughout January, February, and March 2023 and will take place at the Red Mountain United Methodist Church, 2936 N. Power Road, Mesa.

The exciting concerts that are scheduled include:

Friday, January 6, 7 p.m.
LEGENDARY LADIES OF SOUL

From Gospel to Motown to Soul, enjoy the pop hits of such vocal icons as Etta James, Ella Fitzgerald, Tina Turner, Patti LaBelle, Aretha Franklin, Whitney Houston, and many more. Features three powerhouse singers and a live band. These ladies have played to standing ovations all over the state of Arizona.

Friday, January 20, 7 p.m.
WALKIN' THE LINE

Direct from New York City, Scott Moreau starred as Johnny Cash in the National Tour and Las Vegas productions of the Broadway smash hit Million Dollar Quartet. Relive the amazing songs of Johnny Cash in this electrifying tribute to the Man in Black. Hear all of Johnny's biggest hits, like Folsom Prison Blues, Ring of Fire, Boy Named Sue, Walk the Line, and many more accompanied by a live country band.

Friday, February 3, 7 p.m.
HOORAY FOR HOLLYWOOD

Get your ticket to Hollywood's greatest musical hits featuring cinema classics such as James Bond, A Star is Born, The Greatest Showman, La La Land, Titanic, Frozen, The Lion King, Moana, Flashdance, Dirty Dancing, Wizard of Oz, 9-5, Singing in the Rain, Stayin' Alive, Grease, and

more. The show features four powerhouse vocalists and a live band, singing the songs of Adele, Kenny Loggins, Lady Gaga, Patrick Swayze, Dolly Parton, Paul McCartney, Barbra Streisand, and many more. Get your popcorn, candy, and soda, and reminisce to the greatest films of all time.

Friday, March 3, 7 p.m.
COUNTRY GALS

Celebrate the classic music of Country's greatest female icons from Patsy Cline, Tammy Wynette, Loretta Lynn, and Barbara Mandrel to Carrie Underwood, Reba, The Judds, Miranda Lambert, and many more. Country Gals stars three country singers who have appeared on stages around the world: Victoria Fairclough, Monica Heuser, and Emily Walter. The show also features a live country band.

Friday, March 24, 7 p.m.
TED VIGIL AS JOHN DENVER

Awarded the Rising Legend Award by the National Traditional Country Music Association, Ted Vigil's John Denver Tribute from Olympia, Wash. recreates the popular 1970s folk singer's hits Rocky Mountain High, Take Me Home Country Roads, Thank God I'm A Country Boy, and many others.

Tickets are available online at rmumc.com or showtuneproductions.com. You may also purchase tickets in person at the Red Mountain United Methodist Church office from 9 a.m. to 3 p.m. Monday through Thursday. Individual tickets are \$25 or subscriptions to all five performances are \$22 each. ■

Red Mountain United Methodist Church, located at 2936 N. Power Road in Mesa, is a welcoming, diverse, intergenerational community, transformed by God's grace, reaching out in mission.

SHOWTUNE PRODUCTIONS

Red Mountain United Methodist Church
6th Annual Friday Night Concert Series

LEGENDARY LADIES OF SOUL
Friday, January 6

WALKIN' THE LINE,
The Johnny Cash Tribute
Friday, January 20

HOORAY FOR HOLLYWOOD
Friday, February 3

COUNTRY GALS
Patsy Cline to Barbra Mandrell
& Carrie Underwood to Miranda Lambert
Friday, March 3

Ted Vigil as JOHN DENVER
Friday, March 24

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REAL ESTATE

Unusual Christmas Traditions from Around the World

By Lorraine Ryall
Associate Broker, CDPE,
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KOR Properties

Following my own 11 years of tradition of writing articles in this publication (I cannot believe it has been that long), there is no real estate talk in December but some fun Christmas traditions.

I want to thank everyone who reads my articles and all my amazing clients. Wishing you all a very Merry Christmas and Happy New Year.



PICKLE IN THE TREE — GERMANY



The Christmas tree tradition embraced around the world today is believed to have started in Germany back in the 16th century. One Christmas tradition in Germany is to hide a pickle somewhere within the branches of the tree, and give a gift to whichever child in the household finds it.

Some claim that the tradition may not be German after all. One legend says that the Christmas pickle originated in Spain when two young boys were held as prisoners inside a pickle barrel. The heroic Saint Nicholas rescued the boys and brought them back to life.

ROLLER SKATE MASS — VENEZUELA

In the Venezuelan capital of Caracas, swathes of city-dwellers make their way to mass on roller skates every year on Christmas morning. The tradition is now so well established that many of the city’s streets are closed to traffic from 8 a.m. so that the skating congregation can get to church safely. It’s even said that children will sleep with one lace from their skates tied around their toe, the other skate dangling from the window so that their friends can wake them up with a friendly tug on the lace.

BEFANA THE WITCH — ITALY



Forget Santa and Dec. 25 when in Italy, as all the action takes place on the eve of Jan. 5. According to folklore, an old woman named Befana visits all the children of Italy to fill their stockings with candy and leave them presents if they’ve been good. Just like Father Christmas, Befana enters through the chimney and is left treats by the children who live there — typically wine and local delicacies.

FRIED CATERPILLARS — SOUTH AFRICA



When you think of Christmas food, mince pies and turkey are often high on the list. In South Africa, however, it’s the creepy crawlies that local children look forward to. Festive fried caterpillars may seem like one of the more unusual Christmas traditions, but these caterpillars aren’t just the run-of-the-mill variety you find in the garden. The Pine Tree Emperor Moth, or Christmas caterpillar, is covered in very festive hues — giving all who swallow a little extra luck in the coming year.

THE ALTERNATIVE CHRISTMAS TREE — NEW ZEALAND



Thought all Christmas trees were created equal? Think again. The Kiwis are all about the Pohutukawa, a beautiful tree that is native to New Zealand with gnarled roots and bright crimson flowers. The first mention of the Pohutukawa tree came from Austrian geologist Ferdinand

von Hochstetter in 1867. He described locals decorating their churches and homes with the brightly-colored branches at Christmas.

Today, the Pohutukawa tree is a recognized symbol of Christmas around New Zealand and is featured on Christmas cards, decorations, and even in the Christmas carols that children sing at school.

THE YULE GOAT — SWEDEN



The Christmas tradition from Sweden may be the oldest still celebrated out of them all. The Yule Goat dates back to at least the 11th century, where there are mentions of a man-sized goat figure, led by Saint Nicholas, who had the power to control the devil.

The Yule Goat has changed quite a bit throughout history. In

the 17th century, it was popular for young men to dress as the goat creature and run around pulling pranks and demanding gifts. By the 19th century, the goat became the good guy — a giver of gifts. Instead of Father Christmas, men in the family would dress up as the goat and give gifts to the entire family.

Today, the man goat is no longer and the Yule Goat has taken its place in modern history as a traditional Christmas ornament on trees throughout Sweden. In the larger cities, giant versions of these goat ornaments are created out of straw and red ribbons. ■

Lorraine is a Multi-Million Dollar producing agent, has been a full-time Realtor for over 13 years, is an Associate Broker of KOR Properties, a Certified Negotiation Specialist, and is on the Professional Standards Board. You can reach Lorraine at (602) 571-6799.

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Submitted by Stretch Zone Longbow

Old weather got your joints feeling achy? Did your oldest just come back from their first semester in college? You are not the only one feeling nerves from the forceful nature that winter brings to the human body.

Do you wake up feeling aggravated, tight, and tense, your body reacting and trying to compensate by shivering, thus causing more aches? What about the backache from hunching over trying to stay warm? A sweater will not give you the solution you need, but Stretch Zone Longbow will.

Parents who have adult children coming back for the holidays need to stay ready and mobile. Also, those about to enter their careers need to know how important it is to stay mobile throughout the entirety of their lives. There is no better formula to show this to the newer generation other than walking the walk.

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Stretch Zone is located in the Longbow shopping plaza at 3204 N. Recker Road, Suite 104, Mesa. We accept HSA and FSA insurance. Call today at (480) 590-1133.



LOCAL BUSINESS

YEAR-END ACCOUNTING
Checklist for Your Small Business

By Rebecca Sloan,
BexBooks LLC

Y

ear-end is here but don't panic, you've got this. Make next year your best year yet by finishing 2022 with confidence. 2023 is going to be amazing.

To help you out a little, here is a quick checklist to help keep you on track for a successful end to 2022.



Rebecca Sloan

Review Your 2022 Profit and Loss Statement: How did your small business do this year? Be sure to acknowledge and celebrate your successes. This is the reason you are in business — to fulfill a needed service or product *and* make a profit providing financial freedom for yourself and your family.

Gather and Organize Financial Documents: Be sure to gather and organize bank statements, loan statements, receipts, mileage/vehicle usage, and other needed financial documents.

Reconcile Accounts: You need to reconcile your credit cards, inventory, accounts receivable, accounts payable, and loans. Do it yourself or hire a bookkeeper to manage these tasks.

Verify Employee Data: Update any address changes prior to W-2 mailing. Also, review any retirement plans, health insurance policies, sick and vacation policies, etc.

Prep for 1099s: Send out W9s to verify contractor information such as names, addresses, and ID numbers. Begin prepping 1099s for any vendors or contractors you paid \$600 or more this year.

Set Financial Goals for 2023: What does 2023 hold in store for you? What are your big picture goals and how can they be broken down into smaller, more easily attainable tasks?

Contact your Accountant: Schedule a meeting with a competent bookkeeper or tax accountant to go over your small business finances. ■

If you would like more information regarding the accounting/bookkeeping services that BexBooks LLC provides, please reach out to Rebecca at (480) 322-4027.



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LOCAL BUSINESS

Trending Hair Styles are in FOR THIS HOLIDAY SEASON

By Kimberly Alvarado
What's trending for holiday hair this year? We asked the professionals at Studio 480 The Salon for some tips and advice on what to ask for when getting your tresses in the most up-to-date holiday style for Christmas and New Year's gatherings.

"For cuts, we are experiencing a lot of requests for a shag, or wolf cut, which work well with almost every hair texture and length. Look for these trending styles to be exhibited on celebrities like Taylor Swift for shags, and Hailey Bieber for long bobs," say the stylists.

"When someone trusts us to update their current look this winter, we recommend lots of layers and feather bangs/curtain bangs. Think of Rachel from Friends, but with more modern bouncy layers," suggests the salon's diverse group of stylists.

Another option, "Winter hairstyles are veering toward big blowouts, loose curls,



and beach waves. And for the popular up-dos? A slick bun or ponytail with tendrils are the chic choice for Christmas party elegance," suggests Renee Hadyka, owner of Studio 480 The Salon.

Popular colors are trending copper or red just in time for Christmas, dark rich browns, and yes, many women are choosing to go natural/

grey. For those choosing the natural/grey path, facial highlights are recommended. The small pop of color adds to the sophistication of your acquired look.

When considering new trendy color options, be sure to consult with your favorite stylist at Studio 480 The Salon. The stylists can analyze your hair texture and type to make sure the new color will work well for you.

Be sure to stop by the salon this month to grab a greatly-priced holiday gift box set when scheduling your next appointment. Don't forget the small stocking stuffers available, including travel-size Hempz lotions, chapsticks, scrunchies, and brushes.

Where else, but your neighborhood Studio 480 The Salon, can you receive specialized services, great gifts, and be treated like family? ■

Follow the stylists on Studio 480's Instagram page, where you can see some of their work showcased. Studio 480 The Salon is located at 6655 E. McDowell Road, Suite 105, Mesa. For an appointment, call (480) 985-2369.



LOCAL BUSINESS

Custom Bamboo Window Shades ARE A GREAT ADDITION TO YOUR HOME

Submitted by Window to Design

PULL A ROOM TOGETHER WITH THESE EYE-CATCHING WINDOW TREATMENTS

Bamboo window shades are a great way to infuse texture and warmth —along with a natural, organic aesthetic — into a space. And they're extremely versatile, working well for a variety of design styles, from coastal and traditional to boho and Scandinavian.

Thinking about adding bamboo shades to your home? While you can find bamboo shades at your local big box store, you'll have a better experience if you opt for custom bamboo shades.

Custom-made shades are crafted to your window's specific measurements, meaning they'll fit your window perfectly.

MATERIALS AND COLORS

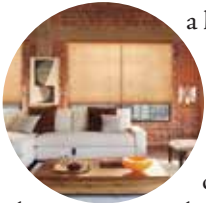
Many custom-made bamboo shades are referred to as *woven woods*. That's because these shades are crafted from bamboo mixed with other natural materials, such as grasses and reeds.

Unlike 100 percent bamboo shades, which are available in brown tones, you'll find that woven wood shades come in a wide variety of colors and textured fabrics, as well as more refined weaves.

You'll also find woven woods in different styles, including Roman, waterfall Roman, and vertical drapery, making them a great selection to complement any room in your home.

ENHANCEMENTS AND SPECIALTY SHAPES

Traditional bamboo shades are made of



a loose weave which lets a lot of light into a room, while woven woods offer varying levels of privacy and light control. You can also add a liner with custom-made woven wood shades, for those rooms where you'd like less light-filtering and more privacy, such as a bedroom.

Want a little flair? Add an edge banding, which gives woven wood shades more definition and pop.

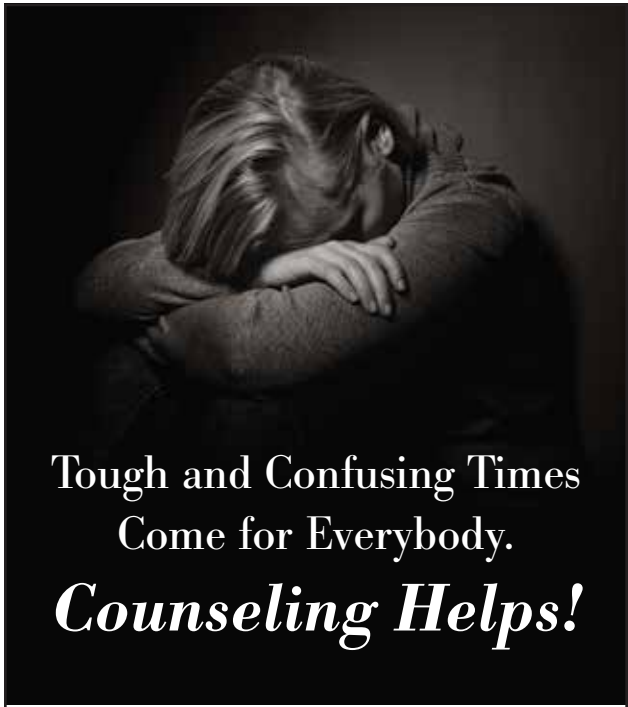
Another bonus of custom-made woven woods is that they're available for specialty shapes, such as angled and bay windows, as well as sliding glass and patio doors.

CONTROL OPTIONS

You can choose from a host of manual options for opening and closing custom-made woven wood shades, from simply pulling up and pushing down on the bottom rail to wand control (for vertical drapery styles).

You can also add some smarts to your shades, for added comfort and convenience. Opt for automated shades, and you can easily control your shades with a remote, tap on your mobile device, automatically through set schedules you create — or even with your voice (when integrated with another smart-home system). ■

If you are considering home renovations or remodeling, make sure to visit Window to Design online at windowtodesign.com to schedule a preliminary one-hour consultation, free of charge, or call Linda Palm at (480) 207-6450. Graciela Coronado can be reached directly at (480) 993-9090, or email at sales@360designaz.com.



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HEALTH

Why Choose Hormone Pellets Therapy?

GET RID OF THE GRUMPYS AND GET YOUR *HAPPY* BACK

By **Laura Markison, NMD, Mesa Naturopathic**

Symptoms of testosterone deficiency for both men and women are weight gain and insulin resistance, memory loss and brain fog, loss of muscle tone, body aches, sexual dysfunction including low libido, lack of mental motivation, and even depression.

Symptoms of estrogen deficiency in women are depression, anxiety, weight gain, hot flashes, night sweats, vaginal dryness, and pain. Generally, hormone deficiency makes men and women feel grumpy *all the time*.

At Mesa Naturopathic, hormone deficiencies are checked along with general health markers at your first appointment with a blood test — we offer cash pricing and take insurance for the lab tests. Then a discussion will happen on the different types of hormone replacement. For my female patients, I usually start them off on hormone cream so they can get used to the increase in hormones. Males can start immediately with pellets if they want. Choices for men are injectable, gel, or pellet testosterone.

So why choose pellets? They are the most consistent way to keep hormone levels balanced. Hormone creams can take a month or more to get optimal hormone levels due to having to be absorbed through the skin. Absorption issues include too much sweating, not applying it correctly, or skin absorption not being optimal.

Injectables for men can give them a feeling of being on a roller coaster during the week with high levels of testosterone surging at the beginning days of the injection and then sudden drops in levels at the end of seven days. To combat this, I usually have my men do two half-dose injections a week.

This brings in the issue of some men not wanting to do injections at all. Gel testosterone can be transferred to loved ones and must be applied every day. Our busy lives can distract us from using our hormones as directed and thus not



Dr. Laura Markison

getting the full benefit from these types of hormone therapies.

This is where pellets win every time. Pellets are small, rice-shaped, and inserted into the gluteal/hip area every three to four months. The pellets are inserted in the superficial fat just below the skin. The skin is numbed, a small incision is made, and then the pellets are inserted with a unique Pellecome device that was invented to place the pellets perfectly flat and even. The small incision is taped, and the wound is usually healed within three to five days.

Personally, I have received hormone pellet therapy myself for over 10 years. I became weary of putting creams on every day. The convenience of pellets is once they are in, you can go about your life without thinking about applying or injecting anything. Hormone levels improve in two weeks and are optimal within six weeks. Then the levels stay steady for about three more months. Once the levels start to come down, more are inserted so there isn't this *bottoming-out* surge of symptoms. Blood levels are checked before each additional insertion appointment.

Contraindications for estrogen hormone therapy for women include a history of breast or uterine cancer or clotting issues. Contraindications for testosterone replacement therapy are high-risk cardiovascular issues, history of clotting disorders, and prostate cancer. (Though testosterone is cardioprotective, it helps prevent type 2 diabetes, and protects men from aggressive prostate cancer.)

Also, testosterone can *build blood*, creating excess red blood cells, hemoglobin, and hematocrit, mostly in men. These levels must be checked every three to four months to prevent *thick blood*, which can lead to complications. In the event there is an increase in these blood cells, a pint of blood will be donated. This is healthy to do anyway — donating a pint of blood activates bone marrow and new, healthy red blood cells are made.

So why not get rid of the *grumpys* and get your *happy* back? Call for a free 15-minute consultation to see if hormone replacement therapy is right for you. ■

For more information, contact Mesa Naturopathic at (480) 306-8111 or visit mesadr.com.

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COMMUNITY

How to Keep Pets Safe This Holiday Season

The holidays are upon us, which means there will be a lot of holiday cheer, family, friends, food, and chaos. While participating in holiday fun, make sure your pets are safe by following these tips.

AVOID PET PARTY DANGERS

As much as you love to gather with family and loved ones this holiday season, your pet might not be as thrilled. If your pet tends to be scared of strangers or loud noises, make sure to keep your pet away from the party. For example, you could create a comfortable and safe environment for them in a separate room.

Similarly, make sure decorations are pet-friendly and out of their reach. The last thing you want during a festive party is for your pet to be knocking over Christmas ornaments, candles, and other breakable decorations.

Lastly, if you do choose to keep your pets around for the duration of the party, make sure you keep an eye on them while guests come and go. You don't want them to get loose outside by accident.

AVOID HAZARDOUS FOODS

Holiday fun encompasses eating all kinds of delicious food. However, there are different foods pets should avoid. Keep chocolate and caffeine away from your pet, as it's extremely toxic for them. In addition, make sure you avoid giving your pet nuts or any milk products, as they can cause intense intestinal

distress. Even when you cut up your Christmas ham or turkey, it's recommended that you should not give your pet any fatty meat and skin because they are difficult for pets to digest.

Take your pet to the vet immediately if they do digest any food that is dangerous to them. At the very least, contact the pet poison helpline to make sure your furry friend is okay.

CONSIDER PET INSURANCE

The holidays are a crazy time. As hard as you try to keep your pet safe throughout the season, accidents and injuries can happen. Make sure your pet will be protected from possible encounters with dangerous holiday decorations, poisonous food, and the unimaginable by getting pet insurance this winter.

Pet insurance will help cover expensive vet bills from both regularly scheduled and unexpected trips to the vet while letting your pet get all the care they need. After all, having to decide what to do if you can't afford a vet is one of the most stressful decisions you

can make. Therefore, be prepared ahead with pet insurance.

As fun as the holidays are for both you and your pet, there are always dangers that can arise. Keep a close eye on your furry friends throughout the festivities and celebration, so the fun doesn't have to stop because of an injury! ■



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REAL ESTATE

How to Get the Most Enjoyment from YOUR HOME THIS HOLIDAY SEASON

By John and Natascha Karadsheh, Designated Broker, Associate Broker, and Owners, KOR Properties

Christmas is a great time of year to make extra efforts to enjoy your home throughout the holiday season and into the new year. Here are some ideas for your home that will lift your spirits and maybe even improve its overall value to you or a potential buyer.

Thank you to all we had the opportunity to interact with over the past year and we wish everyone a Merry Christmas and Happy New Year.

TAKE TIME TO DECORATE

When we moved into our neighborhood 18 years ago, everyone decorated for Christmas. Now, fewer and fewer homes put up lights. We think it is time to change the trend back and make our neighborhoods look festive again!



Natascha and John Karadsheh



MAKE IT COZY

Add dimmers, burn candles, or use twinkle lights to create a cozy ambiance in your home every evening. It will very simply add a little luxury to your life.

BRING IN THE GREENS

Trim some greens from your yard, pick up some leftover branches from the Christmas tree lot, grab a fresh wreath from Trader Joe's, or add a pot of fresh herbs to your counter. Greenery makes a house feel more alive!

PLAY MUSICAL ROOMS

Try changing up your spaces to make sure you are fully utilizing your home. Never use your formal dining room? Make it a great den or office. Not sure what to do with a spare bedroom? Take on a one-room challenge and create space for a new hobby. As we evolve, our homes should evolve, too!

SEASON IT UP

Select three central spaces in your home to style each season (for example an entry table, mantle, and kitchen island). Create a simple seasonal vignette for each of these areas. It

will help you appreciate the seasons and give you something to smile about when you walk through your house.

TAKE OUT THE TRASH

Unburden your house from excess stuff, dead plants, stuffed closets, and dated decor. Keep editing until it feels fresh and new again.

FILL THE HOUSE WITH GOOD VIBES

Give your home life with music, good lighting, friends, laughter, and delicious kitchen aromas. Sorry, fluorescent lighting, blaring TV news, and stale fast-food smells are not going to do it.

EXPRESS GRATITUDE

Thank your house for providing shelter and safety to your family. As we look across the country and the world, we know that just having a roof over our heads is the greatest blessing. Appreciate and take care of your home in a way those who are without wish they could. ■

John and Natascha Karadsheh are co-owners of KOR Properties, a boutique real estate brokerage serving the Valley of the Sun.

John is the Designated Broker of KOR Properties and has been a Multi-Million Dollar producing agent for over 20 years. He is an Accredited Buyers Representative (ABR) and Certified Residential Specialist (CRS), and serves on the Arizona Regional MLS (ARMLS) Rules & Policies Committee, ARMLS Appeals Committee, and the West and Southeast Realtors of the Valley Professional Standards Committee.

Natascha is a Multi-Million Dollar Producer and Accredited Buyers Representative (ABR). She is the Founder of Mesa Food Truck Fridays, a Member and Past-Chair of the City of Mesa Economic Development Advisory Board, and on the Board of Directors of the Greater Phoenix Economic Council.

Real Estate In The Groves brought to you by: Groves Area Market Report Sales over \$500,000 for the Month of October 2022 KOR PROPERTIES MLS John Karadsheh

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5640 E Encanto St	1,759	Alta Mesa	\$535,000
5940 E Fountain Cir	2,265	Alta Mesa	\$535,000
848 N 54th Cir	2,432	Silverado	\$540,000
841 N 54th Cir	2,003	Silverado	\$540,000
5121 E Grandview St	2,545	Higley Heights	\$545,000
5651 E Fairfield St	2,003	Silverado	\$545,000
5852 E Jasmine St	1,749	Silverado	\$550,000
2655 E Hale St	2,298	Chateau D Arnett	\$570,000
1535 N 26th St	2,424	Chateau D Arnett	\$575,000
3015 E Nora St	2,133	Rancho De Arboleda	\$600,000
2131 N Higley Rd	2,140	Apache Wells	\$650,000
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1133 N Los Alamos	2,915	Mountain View Highlands	\$730,000
1446 N Robin Ln	3,728	Mesa Northgrove	\$760,000
2210 E Hale St	3,143	Miller Heights	\$785,000
2264 N Ashbrook Cir	2,089	Southwest Groves	\$800,000
2721 E Orion St	2,479	Lehi Crossing Phases	\$800,000
3950 E McLellan Rd #10	2,227	Crossroads Estates	\$800,000
3854 E Elmwood St	3,181	Trovita Estates	\$830,000
3534 E Fountain St	3,216	Groves	\$916,000
3508 E Encanto St	4,246	Thayer Estates	\$950,000
3149 E Ellis St	4,308	Groves	\$1,065,000
3740 E Northridge Cir	4,149	Ladyhawke Estates	\$1,265,000
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STRONGER HEALTH



STRONGER SELF

Submitted by The Exercise Coach

It is well established that after the age of 30, adults typically lose up to eight percent of their muscle per decade. This weakening is known as *sarcopenia*, and it leads to a significant reduction in strength, mobility, metabolism, and bone density. These functional losses decrease quality of life and accelerate aging.

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Mere activity is not enough to reverse sarcopenia. Meaningful muscular loading is required to stimulate the muscle fibers lost with age. Targeting this particular muscle tissue through brief and focused resistance training not only reverses muscle loss but stimulates whole-body strength and health enhancement.


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For information regarding The Exercise Coach, visit exercisecoach.com/north-mesa or call (480) 716-6080 for two free sessions.


Zaina Rashid,
D.O., F.A.A.D., F.A.O.C.D.

DR. RASHID IS A MEMBER OF:
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FINANCES

What to know about sustainable investing

Submitted by Linda Drake and Brent D. Hoskinson

You may have heard about sustainable investing. But if you're not familiar with it, you may have some questions: *What does it involve? Is it right for me? Can I follow a sustainable investing strategy and still get the portfolio performance I need to reach my goals?*

Sustainable investing can be defined in different ways, with different terminologies. However, one way to look at a sustainable approach is by thinking of it as investing in a socially conscious way which may involve two broad categories: environmental, social and governance (ESG) investing and values-based investing.

As its name suggests, ESG investing incorporates a broad range of environmental, social and governance risks and opportunities, along with traditional financial measures, when making investment decisions. This approach may have a neutral impact on performance because it maintains a focus on managing risk, traditional fundamental analysis, and diversification. Here's a quick look at the ESG elements:

- *Environmental* – Companies may work to reduce carbon emissions, invest in renewable energy, decrease pollution, and conserve water resources.
- *Social* – A business may promote gender and pay equality within its workforce and maintain positive labor relations and safe working conditions for employees.



- *Governance* – Companies distinguished by good governance may institute strong ethics policies, provide transparent financial reporting, and set policies to ensure it has an independent, objective board of directors.

You can pursue an ESG investing approach through individual stocks, mutual funds, or exchange-traded funds (ETFs), which hold a variety of investments similar to mutual funds, but are generally passively managed – that is, they do little or no trading.

Now, let's move on to values-based investing. When you follow a values-based approach, you can focus on specific themes where you may choose to include or exclude certain types of investments that align with your personal values.

So, you could refrain from investing in segments of the market, such as tobacco or firearms, or in companies that engage in certain business practices, such as animal testing. On the other hand, you could actively seek out investments that align with your values.

One potential limitation of values-based investing is that it may decrease the diversification of your portfolio and lead to materially lower returns due to narrowly focused investments, prioritization of non-financial goals and too many exclusions.

Ultimately, if you choose to include a sustainable investing approach, you will want – as you do in any investing scenario – to choose those investments that are suitable for your goals, risk tolerance and time horizon. ■

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

LOCAL BUSINESS

Turn to a Senior Placement Advisor FOR GUIDANCE ON ELDERLY SUPPORT AND SERVICES

Submitted by Wright Way Senior Placement LLC

We make many decisions in our lives that require the advice of educated professionals.

This is to enhance the outcomes of our choices and, as a result, enhance our quality of life. We often wouldn't consider buying a home without a professional realtor's guidance.

The same should apply to a Senior Placement Advisor when seeking the most suitable options for senior living. Not all assisted living facilities are equal.

Helping your elderly loved one with any aspect of aging is best accomplished by turning to professionals. Senior Placement Advisors (SPAs) are specialists who apply multidisciplinary knowledge to identify the most appropriate options and solutions for seniors based on their needs and best interests.

SPAs understand the challenges many seniors face in the United States. They understand the health, social, and financial issues and how these factors affect seniors' lives.

There are SPAs all over the country; each advisor can be well-versed in how their expertise can assist you with senior care. Local advisors, for instance, know the resources available in their communities. If a client needs help finding an assisted living facility, they can help tour and review communities that may perfectly fit your loved one's needs. Many SPAs will also meet with family members and assess the current situation to help narrow down their options.

The Wright Way Senior Placement team has the credentials, passion, and



real-life experience to help you and your loved ones through this challenging time. Wright Way Senior Placement was founded by Tiffany Wright, who is also president of the National Placement & Referral Alliance of Phoenix, Ariz. (PASRS), the Trade Association of Placement Agents.

By partnering with the NPRA, the PASRS chapter strives to cultivate professionalism, fairness, and the development of the senior placement and referral industry. This is done through collective initiatives to serve seniors better.

With over 30 years of experience in healthcare, Tiffany specializes in the elderly. In addition to helping her own family, she has helped thousands of other families find support and services. Tiffany and her team at Wright Way Senior Placement will guide you every step of the way through all the senior living options and resources. ■

To get personalized advice about senior living options for you or your loved ones, contact Tiffany Wright at (602) 350-7069, email info@wrightwaysp.com, or visit wrightwaysp.com.

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- 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.

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

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all your options.



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LOCAL BUSINESS

Celebrate the New Year at Pacino's Italian Grill & Bar

By Kim Phillips

Come relax, have fun, and wind down at Pacino's Grill & Bar to celebrate the new year.

"End the new year on a positive note," said neighborhood icon Frank Spacarelli, owner of Pacino's in Northeast Mesa. "Let loose and enjoy the moment."

The atmosphere at Pacino's will emanate Vegas style, with a live *Beatlemania* show, featuring 4 Lads from Liverpool, one of the best band impersonators straight from Los Angeles. "These guys are pros," said Frank. "One of the best."

The New Year's Eve event will include your choice of two shows. The early bird show, from 5 to 7:30 p.m., includes a 3-course dinner, champagne toast, and a 1-hour set from the 4 Lads from Liverpool.

Or ring in the New Year, from 8 p.m. to midnight, with a 4-course dinner, champagne toast, souvenir Pacino's glass, and two 45-minute plus sets.

Nonrefundable reservations are required as seating is limited to 70 guests per show.

"We are also giving away over \$1,000 in Beatle memorabilia," Frank commented. "We just have a lot of fun doing what we do."

On Friday, Dec. 16, Frank will be celebrating his 69th birthday with four country artists performing at Pacino's. "Thank you for your support," he emphasized. "I am humbled and blessed from the community."

He is especially thankful for those who came to the rescue during the pandemic and supported the Italian



restaurant. "This has been an amazing journey," he said. "I have been given a gift to do. It's a personalized business."

In addition to the New Year's Eve festivities, Pacino's will be featuring a Christmas Eve *Feast of the Seven Fishes*, complete with seven different fish dishes and, as an added treat, Anne Schermerhorn, a runner-up to Pacino's *Got Talent Show*, will sing Christmas carols and dinner music from 4 to 7 p.m.

On Sunday, Dec. 4, Pacino's will host a lovely matinee show and lunch, *Christmas with Elvis*, at 1 p.m. for \$40.

"These events provide me the opportunity to show my gratitude, passion, and love for people," Frank gushed. ■

For more information, and for reservations, call (480) 985-0114, visit the website pacinositalian.com, or follow them on Facebook: [MesaPacinos](https://www.facebook.com/MesaPacinos). The restaurant is located in *The Village at Las Sendas*, at 2831 N. Power Road, Mesa.

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EDUCATION

Nurture young learners during the holidays

Story by Laurie Struna
Photos by Tim Hacker (below) and Samantha Chow (right)

The hustle and bustle of the holiday season is upon us. This busy time of year provides students and their families the opportunity to take a well-deserved break from regular routines. It's also important to keep students' brains active and alert so they are ready to return to school picking up where they left off.

Lisa Bullock-Grotting, director of early learning at Mesa Public Schools, says learning is ongoing and never stops. It's especially important during the holidays to keep students' minds engaged in activities that make them think. Research supports early literacy experiences as key to academic achievement, higher graduation rates, enhanced productivity in adult life, and a lifelong love of learning.

"Children have such a great capacity to learn when they are little; they absorb everything," Lisa shares. "Their young minds are like sponges, which is the reason it's important to make learning fun, during the holidays and all year long."



Looking for ways to engage your young learner? Here are a few tips from Lisa.

- Read aloud to your child every day. Reading and talking to your child creates a bond, models the love of reading, and stimulates and strengthens their language and literacy skills.
- Get out and explore. Whether going to the park, taking a day trip for a family hike, or going to the zoo, there are many things to explore in nature and a variety of ways to keep busy and engaged.
- Go on a scavenger hunt. Children love to find things and having a list with pictures and words will keep them interested and busy for hours.
- Start a collection. Little ones enjoy looking for rocks, leaves, pebbles, and flowers.
- Bake sugar cookies. Use a variety of cookie cutters and decorate them using fun-colored glitter and icing.
- Narrate your adventures in the store or car and talk about what your child is doing.
- Assign age-appropriate responsibilities such as watering the plants, picking up toys, making their bed and pulling weeds.
- Do arts and crafts. Construct holiday decorations or cards using a variety of tools like chalk, pens, and crayons. ■

For more information regarding early learning programs, please visit mpsaz.org/earlylearning.

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Up Close

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December 2022

HEALTH

Over 50

Dental, Dental, Dental

Submitted by Tapestry Insurance
There are over 80 Medicare Advantage and Part D prescription plans available in Arizona for 2023. With so many choices, it is hard to know which is best for you.



Lynne Jones

One thing to be aware of is that many plans will include a dental benefit this coming year. In the past, dental benefits have been available but only through dentists that are part of an HMO network. It has been hard to find a dentist that participates within the HMO network. Several of the plans for 2023 are switching to PPO dental, which many dentists accept. This is great news for beneficiaries. Also, many of the plans offer quite a bit of dental coverage through the PPO network, many with \$2,500 or more. If you want to know if your plan offers dental coverage, feel free to give me a call and I can check for you. If you are interested in dental coverage but your plan does

not offer it, we can certainly take a look at other options. For people on supplemental insurance with Original Medicare, there are some dental plans available next year that could be a good option for you. Dental has always been a challenge for Medicare beneficiaries and it is nice to see some options becoming available. Several companies are planning on introducing affordable dental coverage beginning the first of next year. If you are interested, please reach out to me. ■ For help with your Medicare insurance needs, please contact Lynne Jones at (480) 212-2246 or email jonesdvp@yahoo.com.



COMMUNITY

Over 50

Arizona Lecture Series Highlights Culture and History

By Sally Marks
The Apache Junction Unified School District Community Services Office is hosting its 2023 season of the Arizona Lecture Series beginning Jan. 9, 2023. If you are interested in learning more about the culture and history of Arizona and the United States, be sure to attend.



Ken Sorenson

January lectures include:
• John F. Kennedy presented by Ken Sorenson on Jan. 9
• John Dillinger Public Enemy No. 1 presented by Bill Harrison on Jan. 16
• Desert Dwellers presented by Wild Man Phil Rakoci on Jan. 23
• Unconditional Surrender: A Visit with Ulysses S. Grant presented by Pete Grady on Jan. 30
Lectures continue every Monday through March 27 at the Performing Arts Center, 2525 S. Ironwood Road in Apache Junction. To view information on February and March lectures, visit www.ajusd.org/page/12135. All lectures start at 7 p.m. and doors open at 6 p.m. Tickets are \$5 per person, or season tickets are \$50 for all 12 lectures.

Season tickets are available to purchase online at az-apachejunction-lite.intouchrecepting.com/azlectureseries or in person at the Apache Junction Unified School District Office, 1575 W. Southern Ave. until Jan. 9. ■ For more information about the series, brochures are available at the AJUSD office or contact Sally Marks at Sally.Marks@goaj.org.

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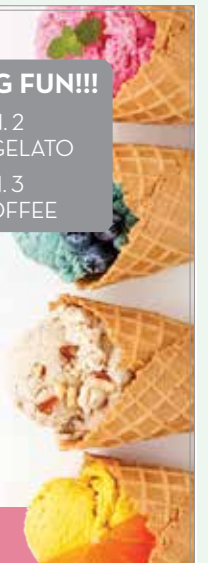
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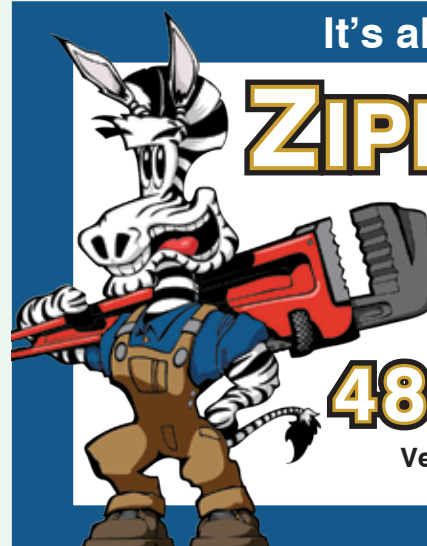
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New Year's Eve Menu

STARTER

Choice of **Lobster Bisque** or **Roasted Butternut Squash soup**.

SECOND COURSE

Summer Kale Salad
Baby Kale, Watermelon, Pear, Berries, Blue Cheese, Cilantro, Mint, Basil, Candied Walnuts & Honey Lime Dressing

CHOICE OF THIRD COURSE

Smoked Prime Rib, Roasted Garlic Mashed Potatoes and Seasonal Vegetables. Served with Creamy Horseradish Sauce and Au Jus.

Chilean Sea Bass Topped with a White Wine Green Sauce, Roasted Garlic Mashed Potatoes and Seasonal Vegetables.

Smoked Duck Served over Risotto with Seasonal Vegetables. Finished with an Orange Liquor Glaze.

8 OZ Fillet with Wild Mushroom Glaze, Roasted Garlic Mashed Potatoes and Seasonal Vegetables.

Two 5 OZ Smoked Cold Water Lobsters with Rosemary Lemon Garlic Butter Sauce, Served with Risotto and Seasonal Vegetables.

Add on to any entrée a 5oz **Lobster tail** for \$35

DESSERT

Pineapple Upside Down Cake or **Chocolate Cake**



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Saturday, December 24, 3-7 pm on The Patio
Reservations: 602-734-5524

STARTER

CHOICE OF CREAMY POTATO SOUP or CLAM CHOWDER: \$8/cup, \$12/Bowl

CHOICE OF

SLICED HONEY GLAZED HAM: \$35/plate
Honey Glazed Ham sliced and served with a side of buttered baby carrots, mashed Yukon potatoes and green beans.

SLICED PRIME RIB: \$45/plate
16oz portion of roasted prime rib served over rosemary mashed potatoes and seasonal vegetables.

LEMON PEPPER SALMON: \$45/plate
Crispy coated lemon pepper salmon served with goat cheese, rosemary mashed potatoes, roasted Brussels sprouts, with bacon and balsamic glaze.

DESSERT

YOUR CHOICE OF APPLE PIE, PEACH COBBLER OR NEW YORK STYLE CHEESECAKE \$10

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