

Online Forums

More discussion can be found online at arizona.newsazp.com

Visit the North Valley home page and click on "Public Forum" to see what others in the community are talking about, or to join the discussion. These are hometown sites dedicated to free speech with civility, so no personal attacks or profanities, please. Excerpts are published in the newspaper as space permits.

A sampling of what's online:

Public forums

Restored World War II recordings share Arizona stories

3 in running for seat on Paradise Valley council

Union at Biltmore brings communal feel to fashion park

Scottsdale council winners talk initial focus for terms

Permanent housing may end cycle of homelessness

Local Voices Community Columnists Online Blogs

Check out our community columnists at arizona.newsazp.com! Visit our home page and click on "blogs" to read what our bloggers are saying – and to respond and join the discussion. We invite you, too, to become a community blogger. E-mail the editor for additional information on how to sign up to become a blogger.

arizona.newsazp.com

The five steps to staying positive during the holiday season

By Nassim Sana

Special to the Independent

Now that the holiday season is upon us it is even more important to stay in a positive space and capture the essence of the holidays. I have lived in the Valley of the Sun for the past 26 years, and each year I notice people struggling to stay positive during the most important part of the year.

I'm sharing with you five tips, not just for the holidays, but also to help carry you into the New Year on a positive note.

In my opinion, it's easy to trap one's mind and think negatively.

Then this becomes a vicious cycle, and we continue to justify those thoughts.

At that point even more things begin to go wrong. Now, one can't just think positive thoughts and expect everything to work out like magic, right? The key is all in the action steps we can take.

According to Dr. Joe Dispenza, "Thoughts are the language of the brain, and feelings are the

GUEST Commentary

Nassim Sana



language of the body. So the moment you begin to feel the way you think, because the brain is in constant communication with your body, you begin to think the way you feel, which makes more chemicals for you to feel the way you think, and then you think the way you feel, and then you feel the way you think, and then you think the way you feel. Now, the redundancy of that cycle, over time, creates what I call a state of being. And a state of being is when your mind and body are working together, or your thoughts and feelings are aligned to a concept. So thoughts are the language of the brain, and feelings are the language of the body."

CORRECTIONS

A photograph of members of the Smith College Club of Phoenix that appeared on Page 4 of last week's Independent incorrectly identified the contact for the club. For additional information, contact Holly Ladd at hollyladd65@gmail.com.

We apologize for the mistake and any confusion it may have caused.

The *Town of Paradise Valley Independent* strives for accuracy and is pledged to bring errors that have appeared in our newspaper to the attention of our readers.

In addition, we offer a "right of reply" to the people about whom we write. Readers who disagree with the content of a news story or the way it was handled or edited are welcome to respond with a letter to the editor or guest commentary and all such letters will be given priority over other submissions.

We invite readers to call our newsroom at 623-445-2777 to report an error. Readers may also e-mail their comments to pvalleynews@newsazp.com.

Now here are the five tips to help you stay more positive during the holidays:

■ When we wake up in the morning it's important to create your day. Take a few minutes to say to yourself what you are grateful for, smell the coffee, enjoy the sunrise and be open to possibilities that you can create.

■ While you are creating new possibilities for yourself, think of how productive you want your day to look like. Visualize that path

and don't allow the little things to bring you down. Remember that mistakes happen, don't dwell on them. Recognize the mistake, and make a more positive choice next time.

■ At mid-day check in with yourself, and put yourself back on track. The key here is to have more balance in your day.

■ One very important tip is don't neglect self-care; when it's

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At Your Service

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To submit News

Submission: The Independent welcomes submissions from its readers. Items can be emailed to pvalleynews@newsazp.com or posted online.

Old Articles: Previously published articles are available at arizona.newsazp.com; click on "Archives."

To Become a Blogger: Community columnists are welcome at arizona.newsazp.com. Visit our online site and follow the simple sign-up process.

Celebration ads and press releases: Special announcements can be placed online and published in either a "Celebrations" ad or a specifically worded "Publish Your News" ad. Visit arizona.newsazp.com and click on "Celebrations."

Obituaries: The newspaper charges a nominal fee to publish an obituary. Send information to azobits@newsazp.com.

To place a classified ad

Online: Readers can place their advertisements to appear online or in one of 10 weekly print publications by visiting arizona.newsazp.com and clicking on "Classifieds." Ads appear online for free (400 words, four photos for four weeks). There is a nominal charge to have your ad appear in the newspaper. The deadline to have your ad appear in the newspaper is noon Friday prior to publication.

Email: iniclassads@newsazp.com
Telephone: (623) 445-2700
Fax: (623) 445-2720

To place a retail advertisement

The deadline to place a retail business advertisement is noon Friday for the following Wednesday's publication. Detailed information on rates, distribution area and more can be found at arizona.newsazp.com.

Email: needs@newsazp.com
Telephone: (623) 445-2777

Billing department: azbilling@newsazp.com

Preprint inserts: The Independent provides targeted distribution for those who prefer to reach specific neighborhoods, the entire city or multiple communities throughout the Valley. Contact the office for printing and insertion rates.

Online Advertising

The Independent provides numerous online advertising opportunities at arizona.newsazp.com. For rates, email needs@newsazp.com.

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We Pledge ...

- To operate this newspaper as a public trust
- To help our community become a better place to live and work, through our dedication to conscientious journalism.
- To provide the information citizens need to make their own intelligent decisions about public issues.
- To report the news with honesty, accuracy, purposeful neutrality, fairness, objectivity, fearlessness and compassion.
- To use our opinion pages to facilitate community debate, not to dominate it with our own opinions.
- To disclose our own conflicts of interest or potential conflicts to our readers.
- To correct our errors and to give each correction the prominence it deserves.
- To provide a right to reply to those we write about.
- To treat people with courtesy, respect and compassion.

For More Information, See the at Your Service Box elsewhere in the paper.



Our Purpose...

The Independent is published by Independent Newspapers of Arizona. Independent is owned by a unique trust that enables this newspaper to pursue a mission of journalistic service to the citizens of the community. Since no dividends are paid, the company is able to thrive on profit margins below industry standards. All after-tax surpluses are reinvested in Independent's mission of journalistic service, commitment to the ideals of the First Amendment of the U.S. Constitution, and support of the community's deliberation of public issues.

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