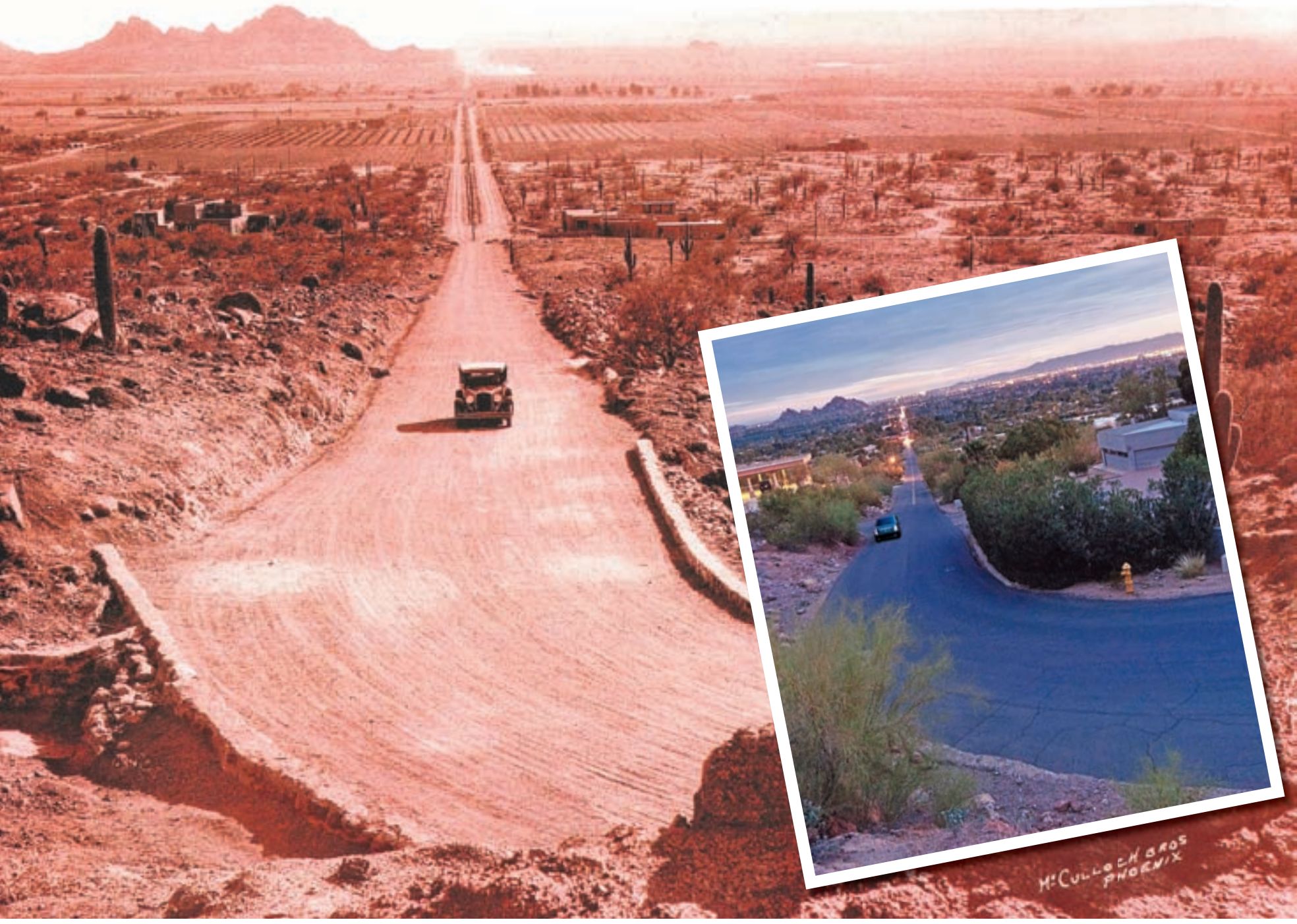
Arcadia News

Vol. 19 No. 11 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | February 2012

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100 YEARS OF CHANGE



As the State of Arizona celebrates its 100th birthday in February it's obvious from these photos that Arcadia isn't the same place. *See arcadiadaily.com for a look at the neighborhood's development.*

A first-person account of Arcadia families coming to the aid of a refugee family through a Google group.

Page 22

An Arcadia High School music program gets a rock-and-roll boost, as students help a famous rocker with his latest recording.

Page 42

"It's as simple as breathing." This coach takes the old adage to another level to help athletes reach their fullest potential and recover from injuries.

Page 50



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Publisher: *Greg A. Bruns*
greg@arcadianews.com

Managing Editor: *Dale Messmer*
editor@arcadianews.com

City Editor: *Christia Gibbons*
christia@arcadianews.com

Proofreader: *Shirley Bruns*
shirley@arcadianews.com

Graphic Design: *Jennifer J. Sand*
jennifer@arcadianews.com

Advertising Manager: *Donna Wirtel*
donna@arcadianews.com

Arcadia News
3850 East Indian School Road #1
Phoenix, AZ 85018
(602) 840-6379 • FAX (602) 840-6592
www.arcadiadaily.com

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afcp · International Academy of the Visual Arts · Arizona Press Club



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42 Rock and roles
Arcadia students take an active role in helping a rock star with his newest recording.



Cover Photo:
Much has changed in Arizona in its 100 years, and the same can be said of Arcadia. Photo: Arizona State Archives / Greg Bruns



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These Arcadians spot on with spotting folks in need

By Dale Messmer

She's a baby doll with a Barbie to your right, and while many folks talk about helping those in need, a Google group of Good Samaritans in the neighborhood did something about it.

Jennifer Koeninger shares a wonderful story about your neighbors banding together to assist the Kubandana family, a mother and her nine children who had arrived from the Congo in early December with little to live on, much less a doll to play with.

The story starts on page 22 and is as heartwarming as it is important. Please take the time to read it.

Maybe you'll even consider joining them. In a part of town with plenty, Arcadians have plenty to give.

Thanks, Jennifer, for sharing.

There's a lot more to read, of course. On the same page, Christina Sampson shows us the results of bright faces of children and paint. Some really cute kids.

I like cute kids, especially when other people get to put them to bed and discipline them when necessary.

Wayne Schutsky takes a look at one coach's effort to help athletes discipline themselves for better performance and healing. That story starts on page 50.

Editor's *Notes*



And Wayne has another good read on page 42 about a popular music program at Arcadia High and its role in helping a famous rock star with his latest recording.

No matter what you decide to read, thank you for spending some time this month with the *Arcadia News*.

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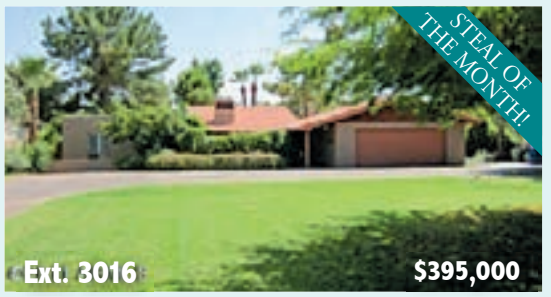
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This month's report from Councilman Sal DiCiccio

While Phoenix has most of the same challenges and opportunities in fighting through the recession and for significant reform as previously, a third of the city council has turned over, and some changes are evident.

Trends are evolving. Here are a few thumbnail sketches of issues we'll be engaged in this year:

Jobs creation task force

Probably the most significant development is the formation of an ad hoc task force with the goal to make Phoenix the very best place to do business in the country.

Councilman Tom Simplot and I have been asked to be co-chairmen, as we did a more limited effort two years ago.

This group, made up of more than 100 business and civic leaders, is working to get government out of the way of jobs creation by speeding up the permitting and inspections process and significantly lowering the government permission cost of starting or expanding a business.

It will allow for same-day permitting and reduced risk factors in starting a business. We hope to have that done in the spring.

Labor negotiations

Public unions have demanded pay raises, multiple increases in benefits and higher compensation for specific jobs and shifts and for greater ability to veto things they don't like. Negotiations have begun.

I believe that after a five-year run in the middle of the recession when employee compensation increased 23 percent, there should be no raises this contract.

I like Councilman Bill Gates' "buffet" recommendation that any conversation about increases should be done comparing it to restoring services, including senior centers, after-school programs, recreation, libraries, and the like. Also, we should look at lowering – or at least not raising – water and other fees.

City budget

The budget looks less fragile this year, with revenues climbing a bit, but nothing to spawn a parade. We're told Phoenix doesn't need to employ accounting gimmicks and sweeps this year nor implement major cuts.

Of course, that doesn't account for bringing back levels of services or new spending requests. And bond projects remain pushed back. We also have to make up for the end of the food tax, which was promised by the middle of next year.

The new council

While the new mayor and I disagree on some directions for the city, he is supportive of many reforms, including the jobs creation reform mentioned above and the overriding push to make Phoenix the best – not just "good" or "better" – at everything.

Also, several council members seem to have picked out areas they're going to focus on and explore them more deeply than previously, so that should give us broader and deeper vetting of issues than previously, when the staff was relied upon more heavily. Those areas included budgeting, procurement, spending, efficiency and transparency.

Redistricting

Phoenix is required to adjust council district boundaries following the 2010 Census to create districts of equal size.

The first requirement always is to protect minority voting patterns, and then to create districts of similar interest.

Continued on page 16



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Arcadia Real Estate Stats

2011 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2011 – 12/31/2011)

Active Homes -	116 Homes
Homes Sold -	238 Homes
Average Sale Price -	$635,344
Average Sold $ Per SF -	$197
Average Days On Market -	124 days

- There is currently 6.9 months of home inventory (based on 2010 results)
- 2011 home sales have increased 15%. (Based on 2010 sales results)
- Home prices have decreased 5% this year. (Based on 2010 sales results)
- $ Per SF prices have decreased 1.5% this year. (Based on 2010 sales results)
- Homes are taking 2% less time to sell this year. (Based on 2010 sales results)

2010 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	202 Homes
Average Sale Price -	$670,142
Average Sold $ Per SF -	$200
Average Days On Market -	156 Days

2009 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	140 Homes
Average Sale Price -	$754,006
Average Sold $ Per SF -	$239
Average Days On Market -	185 Days

2008 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	121 Homes
Average Sale Price -	$1,002,622
Average Sold $ Per SF -	$307
Average Days On Market -	133 Days

2007 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	151 Homes
Average Sale Price -	$1,079,446
Average Sold $ Per SF -	$361
Average Days On Market -	131 Days

2011 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2011 – 12/31/2011)

Active Homes -	68 Homes
Homes Sold -	203 Homes
Average Sale Price -	$265,505
Average Sold $ Per SF -	$128
Average Days On Market -	102 Days

- There is currently 5.6 months of home inventory (Based on 2010 sales results)
- 2011 total home sales have increased 28% this year. (Based on 2010 sales results)
- Home prices have decreased 9% this year. (Based on 2010 sales results)
- $ Per SF prices have decreased 9% this year. (Based on 2010 sales results)
- Homes are taking 27% less time to sell this year. (Based on 2010 sales results)

2010 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	145 Homes
Average Sale Price -	$294,278
Average Sold $ Per SF -	$142
Average Days On Market -	140 Days

2009 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	135 Homes
Average Sale Price -	$321,858
Average Sold $ Per SF -	$154
Average Days On Market -	129 Days

2008 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	107 Homes
Average Sale Price -	$412,687
Average Sold $ Per SF -	$203
Average Days On Market -	140 Days

2007 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	147 Homes
Average Sale Price -	$486,045
Average Sold $ Per SF -	$238
Average Days On Market -	113 Days

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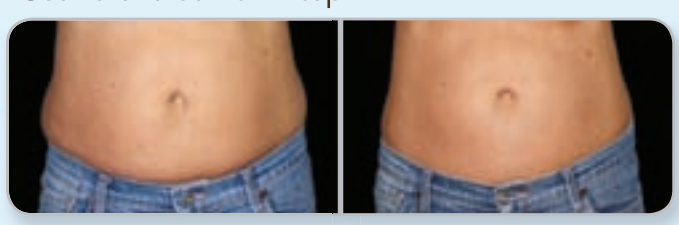
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Dr. John Woellner

Don't ignore symptoms of heart attack

By John Woellner, M.D.

Most heart attacks are not the dramatic clutching of the chest we see in movies.

Instead, the common symptoms are the following:

- **Chest discomfort** that lasts longer than a few minutes or goes away and comes back. It ranges from an uncomfortable pressure to squeezing to sharp pain.
- **Pain or discomfort** in one or both arms, the jaw, back or stomach.
- **Shortness of breath**.
- **Breaking out in a cold sweat**, nausea, vomiting or lightheadedness.

The most common symptom for men and women is chest pain, but women are more likely than men to experience the less common symptoms and to experience milder initial symptoms.

Both men and women, unfortunately, often dismiss the initial symptoms as well, thus the saying that denial is the first sign of a heart attack. Quick intervention by calling 9-1-1 will save your life.

Heart attacks kill six times more women than breast cancer, and, according to the American Heart Association, for those younger than 50, heart attacks are twice as fatal in women than in men. Eighty percent of women between the ages of 40 and 60 have at least one of the risk factors for heart disease, according to the National Heart Lung and Blood Institute.

When a heart attack happens, the blood flow to part of the heart is blocked. This kills part of the heart muscle supplied by that artery.

Treatment opens the blocked artery to restore blood flow. The quicker the treatment, the less damage to the heart and the better the outcome will be for the patient.

February is American Heart Month and

Continued on page 10

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What's a Domestic Partnership Agreement?

Domestic Partners is a term used today to refer to people who live together but who are not married. Today, many older adults live with a brother or a sister, and they would be considered Domestic Partners. Domestic Partners also include same sex couples or nonmarried, heterosexual couples.

Domestic Partners usually are very close to each other and know the wishes of the other. A Domestic Partnership Agreement or Property Agreement can set out the partners' desires about shared living expenses, property ownership and estate planning. Without a Domestic Partner Agreement, family members may get involved and try to prevent a partner from living in the other's home or using assets as the partners had desired. The Domestic Partner Agreement can put both partners at ease that their agreement to share expenses and care for each other is binding.

Domestic Partners can also confer legal rights on each other with powers of attorney for finances and health.

Contact
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(623) 815-7451

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Sharon's practice focuses on the preparation of wills, trusts and other estate planning documents, such as powers of attorney, domestic partnership agreements and premarital agreements, as well as trust administration, probate, creation of LLCs and business law.

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Heart

Continued from page 8

time to take control of your heart health.

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Your primary care physician can help you get on the right track with a diet and exercise program and can help you with strategies to quit smoking.

John Woellner, M.D., is a family medicine physician at Arcadia Family Clinic. He can be reached at 602-955-6632 or JCL.com/practices.

This month's report from Judge Sarkis

February is Child Safety Restraint Awareness month. As such, I wanted to discuss a disturbingly consistent trend that we see in the courts - individuals who not only fail to use their own seat belts, but also fail to properly secure their children inside their vehicles

In spite of the recently implemented Click it or Ticket campaign designed to enforce seat-belt use in Arizona, the local courts regularly see drivers in violation of the state's safety-belt requirements.

Even more concerning are the numerous child-safety restraint violations.

Based upon the latest data available from the National Highway Traffic Safety Administration, motor vehicle crashes are the leading cause of death for children from 3 to 14 years old.

Research also has shown that child-safety seats reduce fatal injury by 71 percent for infants (younger than 1) and 54 percent for toddlers (1 to 4 years old).

Furthermore, research from the safety administration also has shown that lap/shoulder safety belts used by front-seat occupants reduce the risk of fatal injury by 45 percent and the risk of moderate-to

Continued on page 16



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Large lot in one of the most sought-after sections of McCormick Ranch. Charming one-owner home featuring high ceilings in the family room, galley kitchen with cheerful breakfast nook. The Master Bathroom has been expanded nicely with ample room. Didn't last long!

6230 E. AVALON DR.



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Loud & Clear falls short of heartstrings

Julie *@ the Movies*



Extremely Loud and Incredibly Close
Director: Stephen Daldry
Actors: Thomas Horn, Tom Hanks, Sandra Bullock and Max von Sydow

Despite its obvious goal of drowning its audience members in their own tears, *Extremely Loud and Incredibly Close* falls short instead earns sniffling at best.

Based on the novel by Jonathan Safran Foer, 11-year old Oskar Schell (Horn) is dealing with the death of his father (Hanks) in the World Trade Center attack of 9/11.

A year later Oskar still can't accept what's happened and has detached himself from his mother (Bullock). Desperately clinging to the memories of his father, he starts on an adventure searching for the lock that belongs to a key he found in his father's closet.

Along the way he recruits the strange elderly man (von Sydow) renting one of his grandmother's rooms. As the search continues, he starts to see the world in a different light and come to terms with loss.

Extremely Loud tries too hard to bring tears and loses some of the better parts of the story in the process. The first half of the movie is overrun with too many flashbacks of 9/11, which slows the process of the set-up for the rest of the movie. In turn, it seems that the rest of the story speeds up to the point where there seems to be no break in the emotionally intense scenes.

It feels as though as soon as one character finally stops crying, two more start for a different reason. While there are one or two rare moments that actually deserve a few tears, most seem forced and drawn out.

It would have been more touching to see more of the people Oskar met along the way and hear about some sweet memories from the many he met. Different approach, just as many tears.

The parts with the Renter are without a doubt the best of the movie, but there are too few.

As the Renter doesn't speak, Max von

Continued on page 16

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This month's report from local attorney Bob Jones

A frequent question: "How should my children be provided for in my estate plan?"

Many trusts are still drafted with provisions requiring outright or mandatory distributions to beneficiaries at certain ages. The language typically requires the trustee to distribute a third of the principal of the trust at say 30 years of age, half of the balance at 40 years of age, and the balance at 50 years of age.

The reasoning was that even if the child did not handle the first distribution well, he would learn from his mistakes and make better choices in the future. Experience tells us many times that is not the case.

This type of approach assumes that the beneficiary not only is able to handle the responsibility of managing assets but is also safe from creditors at the time of distribution. Generally, when the estate plan is drafted, the children are minors and there is no way to tell what the future has in store for them.

A better reasoned strategy is to hope for the best but plan for the worst.

Creating discretionary lifetime trusts for each beneficiary not only allows for asset management and distribution oversight but many times, and as importantly, provides full asset protection.

When considering the use of discretionary trusts, the focus is placed on who should be the trustee, and the standard that the trustee must apply when making distributions. The selection of trustee and successor trustee allows should be carefully considered.

The type of discretionary trust used depends upon many factors and can be drafted so as to allow for great flexibility, or be very rigid in its administration.

Before beginning the estate-planning process with your attorney, thought should be given not only to who will be in control of the trust and who are the beneficiaries, but what is the family philosophy regarding the sharing of wealth.

You may include precatory language in the trust document that expresses the desires and wishes of the trustor, which is more guidance rather than language that requires any mandatory action. The use of precatory language in the estate plan must be carefully drafted to clearly indicate that it is advisory and is to be interpreted as the hopes and desires of the trustor.

The trustee will then be able to have a clearer understanding of what the trustor intended when exercising discretion.

The time spent in arriving at a clear and carefully drafted discretionary trust will provide not only guidance, but protection for the child in the future.

Bob Jones is a 19-year Arcadia resident and shareholder at Gallagher & Kennedy.



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Dog yoga among events at third annual Dogathon

By Domenico Nicosia

More than 50 dogs all perfectly balanced on yoga mats in the downward facing dog position.

Well, maybe not quite, but dog yoga (or better known as doga) is one event likely to attract a crowd at the third annual Dogathon.

Located at Soleri Park, Waterfront and The Southbridge in Scottsdale, hundreds of pups and people will gather March 3.

Sponsored by Roket Pay, the free-admission event will host a variety of activities and booths dedicated to a good cause.

Any donations made in conjunction with Dogathon will benefit the American Society for the Prevention of Cruelty to Animals. This year's goal is to raise $5,000 to $10,000 for the nonprofit.

Food trucks, fashion accessories and music also will be on hand.

"We are trying to encourage local," said Stryker Lampe, founder and event chairman of Dogathon. "It is a good thing to show your child that you support local causes."

The headlining event is the charity parade in which registered participants can walk in the parade under a variety of categories including theme/costume, breed and fashion.

Participants will be able to get their makeup professionally done for free by Bobbi Brown at Nordstrom.

Also marching in the parade will be dogs available for adoption, another portion of the event to help raise rescue awareness. These animals will be given a full Ruff to Riches makeover by Scottsdale's Oh My Dog before walking in front of potential owners.

Dena Zell and Oh My Dog owner Jackie Bacha brought doga to Scottsdale.

Ten postures specially designed with the help of canine physical therapists are designed to stretch and massage dogs of any size to increase mobility. Free doga sessions are led at the W Scottsdale on the first Tuesday of the month.

"Dog yoga is great for older dogs and younger dogs that are active a lot," Bacha said.

Other activities include Putt for Pooches and dog-training classes.

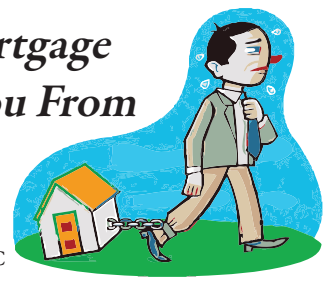
Winners of the parade categories will be entered in a raffle for a chance to win a grand prize of an iPad. Other prizes include a stay at the W Scottsdale.

Lampe said he expects the event to draw about 1,000 people.

"The location is beautiful," he said. "It is really in the epicenter of Scottsdale."

To register for the parade and donate to the American Society for the Prevention of Cruelty to Animals go to dogathon.com.

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IMAGE BY ED FLORES

DiCiccio

Continued from page 6

District 6, which includes Ahwatukee, Arcadia, Biltmore, East Camelback and North Central, probably will be the least affected.

It may change a bit at the edges, perhaps in North Phoenix and southeast of Arcadia, but probably will remain at its core Arcadia and East Camelback paired with Ahwatukee.

Phoenix City Councilman Sal DiCiccio represents District 6, which includes Ahwatukee, Arcadia, Biltmore, East Camelback and North Central. He can be reached at 602-262-7491.

Sarkis

Continued from page 10

critical injury by 50 percent.

Yet in spite of such alarming statistics, drivers still get cited into court on a regular basis for safety-belt violations.

It seems as though many drivers take for granted that getting behind the wheel on a daily basis is a dangerous venture. We tend to forget we are traveling at such high speeds, especially on the highways.

And though most of us are safe drivers, the possibility of a collision usually arises from the mistakes and poor driving of other individuals on the road, especially those under the influence of alcohol or drugs.

We should all try to remember that such a quick and simple measure of caution cannot only prevent injury in minor collisions, but possibly save a life.

Steven Sarkis is the justice of the peace for the Arcadia Biltmore Justice Court.

Movies

Continued from page 12

Sydow shows his character through actions and facial expressions. He does amazingly well, which makes it that much more of a shame he's not in it more.

As for Oskar, he has many quirks and fears, and often blurts things out without thinking. In some cases, this works for his character and makes him interesting to watch. In others, he is simply annoying.

Oskar is hard to empathize and connect with and seems like an outcast from the outcasts. He is a complex character and I don't envy the actor. However, Thomas Horn takes it in stride and says his lines as though they're his own thoughts and not words in a script. Sadly, that means any dislike towards his character may make the first impression that the actor himself isn't very good.

The story drags, and it feels as though four hours has gone by rather than a little more than two. *Extremely Loud and Incredibly Close* is only squeezing 2 ½ stars out of me and far fewer tears.

Julie Demetros is a 16-year-old homeschooler from Arcadia who writes about movies and books at http://julieatthemovies.wordpress.com

Stones aid Valentine's massage

By Dale Messmer

After 10 years as a therapist, Dominic Orlando is trying to bring the joy of a hot-stone massage from the spa into the home.

Orlando's invention, Sassis Stones, is a set of molded, crushed-stone-and-clay self-heating massage stones. The rechargeable lithium battery inside provides two hours of heat that can be incorporated into that Valentine's massage for your partner.

The two black, oval stones are ergonomically designed to fit into your palm. When rubbed on skin covered with oil, lotion or even over clothing, they glide along the body, loosening muscles with both pressure and heat.

The invention was one of necessity for Orlando to provide a better experience for his clients.

"I didn't like leaving my guest to get more hot stones," Orlando said. "It would be a better experience, I thought, if the stones stayed hot through the entire treatment.

"There was nothing on the market, so I came up with one on my own."

Sassi (pronounced "saw-see") means stones in Italian.

"So they are really stone stones," Orlando said.

They are really warm, too.

"You have to start out with long strokes until the body dissipates some of the heat," Orlando said. "They are very hot to the touch when they are first charged.

"They are meant to be used in motion, not to rest on the body."

Once they reach the right temperature, the stones make an amateur masseuse better at the job. And since they are heated on one side only, they make both the giver and receiver of the massage comfortable.

"Everyone wants their partner to feel better," Orlando said. "Massage is a great way to ensure that, and it's our hope the Sassi Stones enhance the experience.

"The heat helps to relax the muscles and enable your hands to better loosen those muscles. In combination, alternating hot stones and your hands make for a good massage."

Sassi Stones are easily cleaned with alcohol and a dry rag, so the masseuse can use traditional oil as well as lotion or cream. An anti-bacterial spray can be used to sanitize the stones.

Professional masseuses currently use Sassi Stones at the Joya Spa at the Montelucia in Paradise Valley – where Orlando has worked since the resort opened – and at the Ritz West in West Palm Beach, Fla., as well as at day spas throughout the country.

Joya was the first to use them and the first to make them available to the public in their boutique, Orlando said.

It was also the place where the elusive

Continued on page 21

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30 acts, 300 students are highlights at Hopi show

By Kortney Tenaglia

The Hopi Hawks of Hopi Elementary School will take center stage in the Arcadia High School auditorium Feb. 23 and Feb. 24 in their long-running variety show.

The event will showcase nearly 30 acts comprised of 300 students keeping to this year's theme "12 Months of Hopi," celebrating the lives and activities of Hopi Hawks.

"It's a fun show and a great opportunity for the Arcadia community to come together and highlight the children of Hopi," show director Josh Woodward said.

He and his wife Michele, like many involved in the community tradition, have roots and history with the show. They began their involvement six years ago when they were putting an act together for one of their children.

This year the couple has taken on the show's biggest role and joined the ranks of such show directors as Sheryl Cooper, Alice Cooper's wife.

"It's really just a labor of love and we were fortunate enough to be asked to run it," Josh Woodward said. "We're just having a blast this year."

The Hopi Elementary School variety show started in the early 1970s. The production gained more attention in the '90s when the Coopers were involved and has slowly grown into the large production it is today, Michele Woodward said.

In recent years the variety show has taken on different themes. Last year,

Continued on page 21



Arcadia High School wins University Cup from UofA

By Domenico Nicosia

The annual University Cup was awarded to Arcadia High School for the 2011-2012 academic year.

In 1929, the University of Arizona in Tucson established the award to recognize high schools who have taught successful students attending the university.

The award is based on the highest average GPA of current UA freshman that graduated from Arizona high schools, including all public and private schools.

Schools are either eligible for the President's Cup, University Cup or Arizona Cup based on the number of freshman at the UA. Arcadia alums had a grade point average of 3.339.

"This award speaks to the college preparedness of the freshman," said Judi Paffenbarger, Arcadia High School college and career center adviser.

Paffenbarger credited some of this success to the many AP and dual enrollment courses AHS offers.

The school also hosts workshops geared towards preparing students for college applications. Seminars focus on topics including essay writing. The school is visited by recruiters from more than 60 colleges.

After a high school has been selected for the University Cup, students then nominate the most impactful staff member for Counselor of the Year and Teacher of the Year awards.

Counselor Francine Aiello and teacher Bryce McKinney-Wain were selected this year.

McKinney-Wain has been an Arcadia High School teacher since 1984 and currently teaches newspaper and yearbook courses.

She said her most influential lessons as those about life through literature.

"I prefer the classics, but *Gatsby* is my favorite book," McKinney-Wain said.

"It's tempting them to fulfill their dreams."

The UA award is "quite an honor, but it is all about the great students we have here," McKinney-Wain said.

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Congratulations to Melissa Faulkner, this month's photo contest winner!



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February photo contest theme: *Love is...*







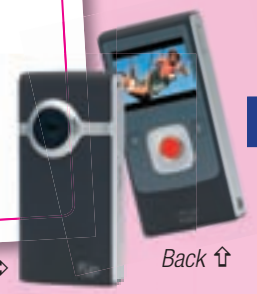
Honorable mention, from above: "Unconditional Love" by Beth and Shiraz Rehman, "Cousins" by Kathy Kallis and "Friends" by Mike Purcell.

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She is tireless and dedicated. The kids love her, the teachers respect her and the parents are grateful as their students make tremendous progress. For over 25 years at New Way, Barbara has helped hundreds of children become successful students and productive members of society.

Barbara makes a difference in her students' lives every day. Her incredible patience, kindness, and positive outlook are what encourage her students to achieve their literacy goals. She has a genuine passion for teaching and wants to see every one of her students use reading as their gateway to a successful life. Barbara runs the school Book Fair every year as well, and every student receives brand new book compliments of Barbara. Barbara's nurturing attitude, combined with her disciplined teaching style are what motivates students to be successful learners both in the classroom and in their personal lives.

Barbara wins a a gift certificate to Salon Sandoval for some well-deserved pampering.

Stones

Continued from page 17

perfect stone to serve as a mold was found.

"I was having trouble with the shape in the invention process," the Arcadia resident said. "I must have looked at a thousand stones, looking for the perfect one.

"Then one day at Joya, in a cupboard all by itself, there it was. The perfect stone."

Orlando was born and raised in Chicago and has worked at Caesars in Las Vegas, Canyon Ranch Venitas in Las Vegas and at Bacara in Santa Barbara, Calif.

He said he has found a home in Arcadia and Arizona.

"I love my spa and all of the Valley," he said.

The stones retail for $199.

For more information, visit sassistones.com.

Hopi

Continued from page 18

the Hopi Hawks went global with "Hopi World Tour," in which acts celebrated songs, culture and dress throughout the world, Josh Woodward said.

This year's show will focus on the happenings and lives of the Hopi Hawks through singing, dancing and other musical acts.

"It's a fun way to celebrate what Hopi Hawks do throughout the entire year from January to December," Josh Woodward said.

It's not only the children of Arcadia and Hopi that come together with the variety show, Michele Woodward said.

The yearly event has given many Arcadia parents the chance to network and form friendships.

"It creates little communities within the community," she said.

Josh Woodward said Hopi is an instrumental part of the development of Arcadia's children and he and his wife feel honored to be a part of the variety show's lasting legacy and growing history.

"It's an amazing tradition and Michele and I are very fortunate to have even a small hand in it," he said.

Tickets for the variety show will go on sale to the public at Hopi Elementary School in the mornings the week of Feb. 20.

More information is available by calling the school at 480-484-2000.









The Kubandana family received much-needed assistance from the Arcadiaparents Google group.

Arcadians provide help for family

By Jennifer Koeninger

When the Arcadia parents Google group was started nearly three years ago, I thought it would simply be an information-sharing listserv for parents who live in and around Arcadia.

If someone needed a babysitter, an exterminator, or a podiatrist, the group would have you covered. If you wanted to buy, sell, or give something away? Check. I never envisioned that we, as a group, would change the lives of a family from the Congo, but we did.

At the beginning of November, a friend of mine called to ask if I wanted to help with the Holiday Giving Campaign for the International Rescue Committee (IRC), an aid organization that assists refugees who have come to the U.S.

She explained that we could sponsor a family that had recently arrived in Phoenix. "Say no more, I'm in," was my response.

Initially, I sent a message out to Arcadiaparents to see if anyone was interested. I received a few lukewarm responses. On Dec. 8, I received a family bio from the IRC and my jaw dropped -- 10 people!

Continued on page 23

Variety of faces and characters under all that paint





By Christina Sampson

Sheila Logan, a six-year Arcadia resident, is a travel agent who journeys into fantasy when it comes to her side job – face painting.

Her foray into painting faces started 10 years ago when she painted herself and her friends for a Halloween party.

"My friends and I, we decided we wanted to be painted up like leopards," Logan said. "So I talked my friend into it and painted her, and I got pretty good at it."

The side job part started in a similar fashion.

"It started at a friend's party when all the kid's wanted to get painted as Spiderman and princesses," Logan said.

Logan, who has a background in finance and accounting but has always been interested in arts, said she grabbed some readily available paint and went to it.

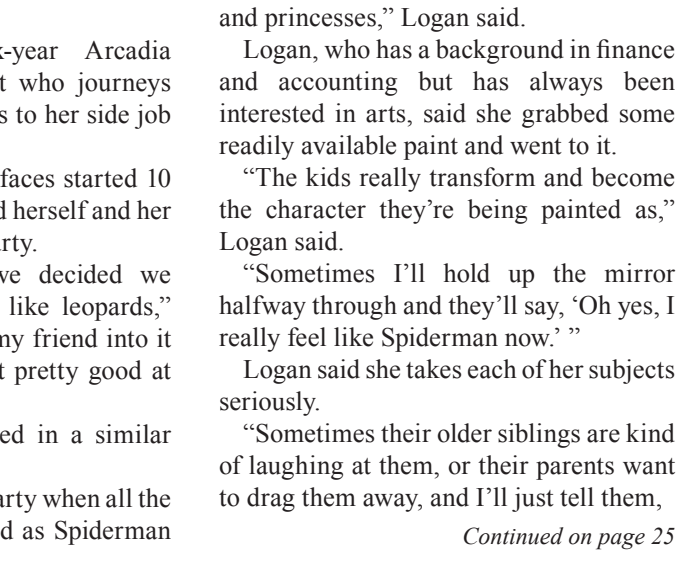
"The kids really transform and become the character they're being painted as," Logan said.

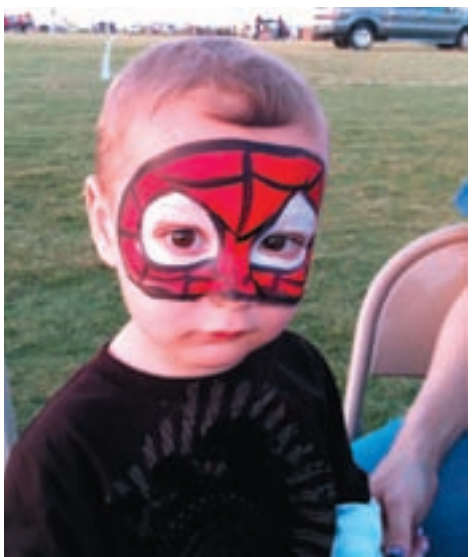
"Sometimes I'll hold up the mirror halfway through and they'll say, 'Oh yes, I really feel like Spiderman now.' "

Logan said she takes each of her subjects seriously.

"Sometimes their older siblings are kind of laughing at them, or their parents want to drag them away, and I'll just tell them,

Continued on page 25









Family

Continued from page 22

We were going to be sponsoring the Kubandana family: A mother and her nine children who had arrived from the Congo Dec. 7.

I held my breath and sent out the bio to the group.

I was not expecting any responses, and actually felt bad asking, so when I came home a few hours later and checked my email, I burst into tears - there were at least 10 messages from people asking what they could do to help.

Two weeks later, with my living room full of donations and an envelope full of cash and store gift cards, I went shopping to fulfill Mrs. Kubandana's very basic wish list: 10 blankets, diapers, an iron, body lotion, laundry detergent and shoes for each family member.

On the morning of Dec. 23, six or seven families went to the family's three-bedroom apartment (with 10 twin beds, two sofas, and a small table) on 15th Avenue with four carloads plus one trailer of wrapped presents and unwrapped necessities.

While the entire morning was wonderful and moving, some of my personal highlights were:

Watching the 8-year-old girl so excited to get a new "Easter dress" that she put it on right over her clothes.

Tracing the feet of each family member so that we could buy them shoes, which we did right after the delivery.

And seeing one of the girls totally fascinated by an hourglass in a board game.

As one mom put, "This is what America is all about," new beginnings - both for the Congolese family and for the Arcadiaparents group.

If you would like to learn more about the International Rescue Committee, please contact Phoenix@Rescue.org.

If you would like to become a member of the Arcadiaparents Google group, go to http://groups.google.com/group/arcadiaparents.

Jennifer Koeninger, her husband David and their sons Ryan, 8, and Ian, 6, moved to Arcadia from San Francisco three years ago.

Community Happenings

The work of Los Angeles based artist Alan Disparte will be on display at Modified Arts in downtown Phoenix through Feb. 18.

Desparte's paintings and videos evolve around the themes of industrialism, urban sprawl, organic matter and geometrics.

The gallery is open on first and third Fridays from 6 p.m.-9 p.m., Saturdays from 12 p.m.-4 p.m. or by appointment.

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Paint

Continued from page 22

'They don't understand that you turn into Spiderman, (or a princess or whatever) on the weekends,' " Logan said.

While she gets all kinds of requests, princesses, robots, and of course, Spiderman, remain consistently popular. Requests to be painted as video-game characters pop up on occasion, too.

"The face painting will follow the movies," Logan said, citing *Tron* and *The Terminator* as examples. "In video games, Mario is still popular, so I find I have to keep up with video-game characters."

In addition to birthday parties, Logan said she has practiced her craft at sporting events, the annual Spooktacular (where zombies, pumpkins, vampires and the like are popular), and air shows.

"If it's a sporting event they'll want the logo of the teams and things like that," Logan said.

The biggest challenge is needing to paint quickly, she said.

"I have to go really fast because the kids don't want to sit still that long and sometimes all their friends want to be right up next to them," Logan said. "I have to have a lot of chairs; it's like everyone wants to be first."

Logan estimated she can paint about 20 kids per hour.

She can be reached at 480-235-5868.

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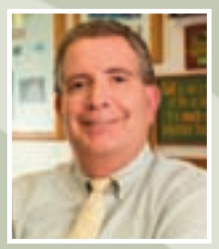

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Dancer tours Valley and the world

Where's the Neighbor?

By Kaley Kalil

Elisa Marie Reed, 26, has lived in Arcadia for almost 20 years and has been dancing for nine.

Reed first began dance lessons at the age of 9 at a local studio.

When that studio closed, she took a PE dance class at Arcadia High School for a semester.

It wasn't until she began her studies at Scottsdale Community College, however, that her love for dance really began to blossom.

"I had a hip-hop instructor named Angela Rosenkrans and she encouraged me to take a modern dance class," Reed said.

"I wasn't very interested because I had heard modern was all interpretive dance. You know, 'Pretend that you are a tree and one with the earth,' etc.

"She finally got me to go to one of her classes and I fell in love. I could not believe how physically demanding and expressive it was. I couldn't stop.

"I was bit by the dance bug."



Elisa Marie Reed

Reed auditioned and was accepted at Cornish College of the Arts in Seattle. After graduation, she moved to Chicago and danced with the Zephyr Dance Ensemble, then went to Indianapolis to do a work-study program with Dance Kaleidoscope.

She returned to Phoenix in mid-2010 and currently performs with Scorpius Dance Theatre and Altitude Aerials, both based out of Phoenix.

Continued on page 27







Reed and her friend James Marinaro pose in fornt of the Louvre.

Neighbor

Continued from page 26

Reed's Scorpius dance company performed in Whitby, England for the Bram Stoker Horror Film Festival this past October.

"I really enjoyed dancing for the Brits. I don't think they knew what was coming at them," Reed said.

"They are normally a ballet, opera and theater kind of crowd."

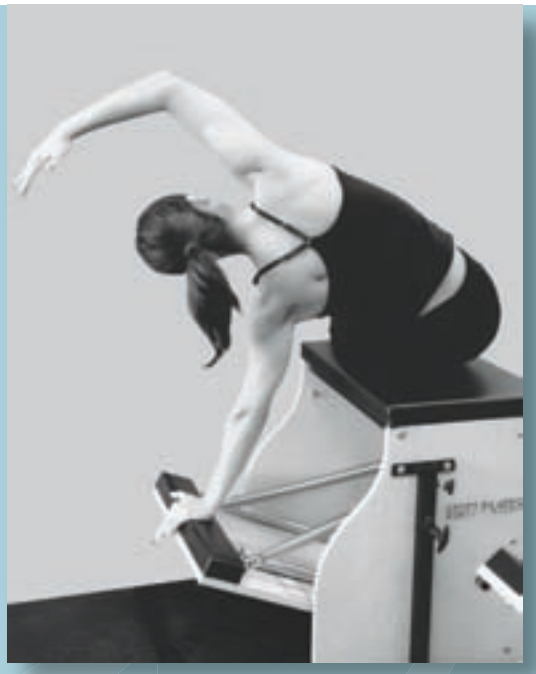
Reed was able to extend her dance trip abroad traveling to Paris and Amsterdam. She visited such famous sites as the Eiffel Tower, the Louvre, Notre Dame and Amsterdam's Heineken Brewery.

"Whitby is where Bram Stoker wrote 'Dracula'," Reed said. "I saw the abbey that inspired him to make the character.

"Whitby is a very cute fishing town with

Continued on page 28

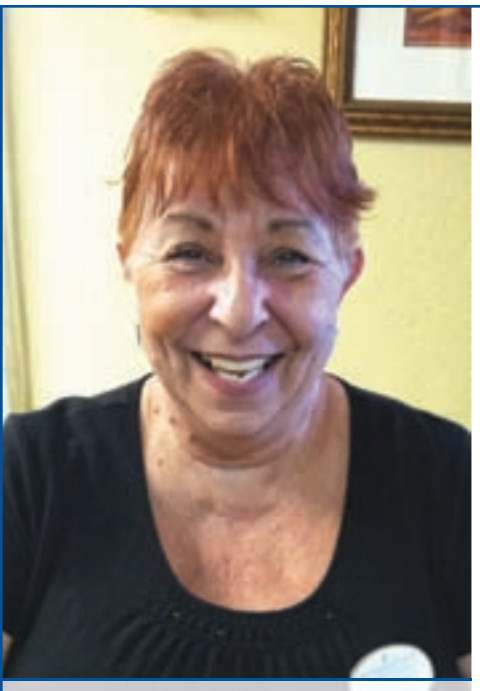
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Neighbor

Continued from page 27

this ancient abbey looming over it. I will never forget that place."

Reed's dance company also performs in regional events such as the Sedona Film Festival, the Orange Coast Invitational in California and the Choreography Under the Stars Festival in Palm Springs.

The company has two major productions a year. 2012 will bring Kick A** Dance Showcase May 3-5 and Lisa Starry's "A Vampire Tale" in October, both at Phoenix Little Theatre. The company will return to the UK for another production late October.

"Dance completes my life," Reed said. "I am constantly finding inspiration in new places and in people. I am very fortunate to have found dance."

Reed has traveled to England, the Netherlands, France, Germany, Switzerland, the Czech Republic and Italy. She has family in Cologne, Germany.

So far, she said France is her favorite country.

"Hands down. I love the French culture, and the mussels. Those people really know how to live their lives. Plus, they go to the south of France during the month of July. I am all for that."

In the future, Reed said she hopes to visit Australia.

"It's like the states, but on the other side of the world with a more dramatic landscape," she said.

Eventually, Reed said she would like to go to graduate school for dance and teach at a university.

For now, though, she said she is taking one rehearsal at a time and can be found at La Grande Orange, "behind the coffee bar slinging up tasty espresso beverages as a barista."

arcadiadaily.com

Souvenirs: memories, not baggage

Travel Tips

By Kaley Kalil

You never forget to pack your toothbrush and you always bring back souvenirs.

What happens, though, to those souvenirs after the vacation has ended and you're back at home? Do they wind up in a desk drawer or in next year's garage sale?

The purpose of souvenirs is to remember our travels after they're over, not to get bogged down by them while traveling.

I've done the whole backpacking thing where I picked up so many souvenirs along the way for people that I had to buy bags

Continued on page 29





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Travel Tips

Continued from page 28

to carry them all. It's silly, unnecessary, exhausting, and I don't recommend trying it.

Don't make the same mistakes I did. Here are some tips to help you pick out the perfect keepsake on your next vacation:

Bigger is not always better

It is, however, usually heavier.

And considering the likely fact that you'll have to drag your newfound treasure around for awhile, you could find yourself cursing at that authentic Korean kimchi pot well before you ever get it home.

Not to mention you'll need to keep your fingers crossed that it makes it there unscathed.

Remember: The bigger your stuff gets the less room you'll have in your bag, in the car, on the bus.

If you're traveling by plane, the extra baggage fees they'll hit you with could cost more than the item itself. If it's a large souvenir you've just got to have, I recommend shipping it home.

This way, your newest prized possession will meet you at the door and you won't have to deal with the stress of lugging it around for the rest of your trip.

Think ahead

You've managed to get along in life just fine so far, so are those Dutch wooden clogs really something you can't live without?

And how many magnets can your fridge hold?

Before dishing out the dough, I recommend asking yourself what you plan to do with your souvenir-to-be.

Will you set it on a bookshelf? Hang it on the wall? Stuff it in the closet, or shove it into a box?

If you don't have a place for it, you may want to put those bills back into your pocket and spend them on a churro down the street. Your taste buds will thank you and so will your closet.

Shop around

Don't throw yourself at the first souvenir shop you stumble upon. Wait until you've explored the area a bit before pulling out your wallet.

You'll save yourself not only money, but also the disappointment of buying something completely unoriginal and mass-produced in China.

Buy local

Purchase handmade products and souvenirs from locally owned shops when you can to support the local community. Quite often, you'll meet some pretty memorable characters and have a more personal experience than in larger stores or chains.

Continued on page 30



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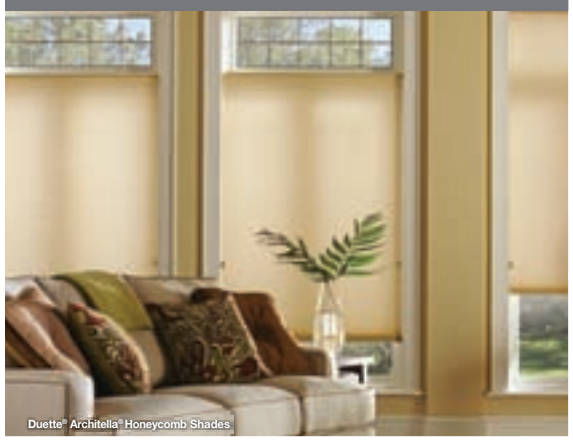
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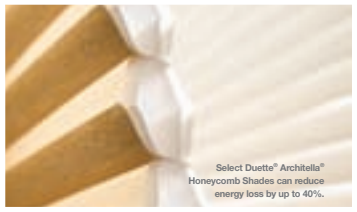


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Travel Tips

Continued from page 29

Take lots of pictures

My absolute favorite souvenir is, and always has been, photographs.

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That's my kind of souvenir.

Kaley Kalil is a 25-year-old traveler from Arcadia. Read about her adventures all over the world at www.kaleysworld.com.

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Event offers chance for donations

By Cortney Kaminski

The second annual 'Great Re-use-athon' will be 10 a.m.-2 p.m. February 25 at the Town and Country Shopping Center, 20th Street and Camelback.

The event is sponsored by the Arizona Chapter of the National Association of Professional Organizers.

Unwanted household items can be recycled, donated and reused, such as books, clothing, furniture and computers.

"People are invited to bring household items that they would normally take to ... charities," said Cynthia Rhys, communications manager for NAPO-AZ.

NAPO-AZ affiliate members Shred-It and Rubbish Works as well as Homeward Bound, a non-profit charity, will be accepting the donated materials and shredding materials.

Arizona Chapter members of NAPO also will be available throughout the event to assist as well as provide organizing tips and techniques to the public.

The City of Phoenix Recycling Information Trailer will be present to provide information.

More details are available at napo-az.com.

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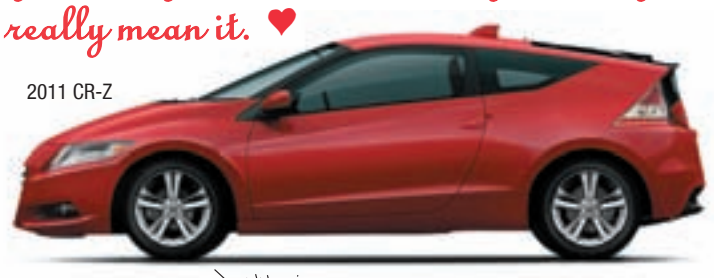
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Visually impaired readers assisted by this book club

By Christina Sampson

Through the Southern Arizona Council of the Blind, visually impaired readers from throughout the state finally have a book club to call their own.

"All the books are talking books," said Mitvi Tharin, president of book club. "The person who picked the book then goes around and asks everyone about it."

The club, which currently has 10 members, meets the second Saturday of the month at 1:30 p.m. in Tucson.

People are welcome to attend meetings via teleconference, which is exactly how Phoenix resident Barbara McDonald participates.

McDonald said calling in to be an active part of meetings was easy and enjoyable.

"It's a lot of fun," McDonald said. "Sometimes we actually don't like the book, sometimes we all like it, and sometimes it's just a diverse opinion."

"When they have food, such as at the Christmas party, and I can't participate in that part, that's tough," McDonald said. "I tell them I can smell it."

The idea for an accessible book club started about a year ago.

Tharin, who is visually impaired herself, said she wasn't a reader at the time, but wanted to help the club grow and get more members.

As the club grew, Tharin found herself enjoying books more.

"It's completely changed me," Tharin said. "I just started reading books and really enjoying books. And now I read all kinds of books, not just the book club ones."

Meetings are at the Southern Arizona Association for the Visually Impaired office in Tucson, 3767 E. Grant Road. All book lovers, visually impaired or not, are welcome.

More information about the book club is available at 520-290-4770.

Community Happenings

The work of Los Angeles based artist Alan Disparte will be on display at Modified Arts in downtown Phoenix through Feb. 18. Desparte's paintings and videos evolve around the themes of industrialism, urban sprawl, organic matter and geometrics.

The gallery is open on first and third Fridays from 6 p.m.-9 p.m., Saturdays from 12 p.m.-4 p.m. or by appointment. For further information call 480-823-8236.

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STRAIGHT UP with a TWIST

By Greg A. Bruns

Our move to Arizona from Indiana 33 years ago was a nervous event, as we would be the first of the Indiana Bruns clan to pack up our wagons and head west. I expected Arizona to look exactly like the landscape from Wile E. Coyote and Roadrunner cartoon, so my hopes were pinned on what kind of dirt bike or mini-bike I would be assigned upon arrival. I just assumed that all children were let loose in the desert to embark on their own ACME adventures in the wide-open pastel landscapes.

Upon arriving, some of us were a bit surprised to find the city to be just that: a city. No flat, barren plateaus or cloud-high spires with teetering slices of shale on top. No little bowls of bird seed (**FREE!**) in the middle of the highway and definitely no open roads of solitude for mini-bike romps.

It was pretty, although I didn't appreciate it at the time. It would take many years of exploring this vast state, and a degree in Geography to totally understand what we're dealing with here: one of the most unique states in the nation.

When I was in college years ago, I was on my way home from New York via Atlanta. I met a gentleman at JFK airport and we talked about our respective homes. When I explained I lived in Arizona he sneered and made a snide comment about the heat, closing out his argument with: "Sweaty, sticky and bored – what a great place to live."

When I told him I lived in Flagstaff and that it snows where I live, he didn't believe me. In fact, the more I tried to explain the concept of elevation and temperature variance, the angrier he seemed to get. When I told him Arizona had both desert and tundra, he became visibly upset, as if I had just stolen something from him; and I like to think I did, because I know he later found out I was right.

Since this all happened in the day before smart phones, there was no way to whip out the gadget of truth and blast him right between the eyes with both barrels of reason. He got off in Atlanta and I had to hope that someday he would watch *Jeopardy!* when Alex asks, "The annual snowfall of 100.3 inches ranks this northern Arizona city at number 8 in the top 10 snowiest cities in the nation."

What is Flagstaff, Alex?

"Correct!"

The aforementioned Geo degree means I am full of stuff like this, so here's some more interesting Arizona facts:

1. South Mountain Park is the largest city park in the world at 16,000+ acres.
2. The largest rose bush in the world is in Tombstone, a 120 year-old beauty that covers 8600 square feet.
3. The first barrel of tequila produced in the United States came from Nogales in 1936.
4. European settlers first pitched tents and decided to stay in Arizona down in Tubac, in 1752.
5. Marcos de Niza is believed to be the first European explorer to traipse through Arizona, looking for the mythical Seven Cities of Gold in 1539.
6. The Morenci Mine is the largest copper-producing mine in North America, and Arizona leads the nation in copper production.
7. Arizona is the only state that has all four of North America's deserts: Sonoran, Mohave, Chihuahuan and Great Basin.
8. The Arizona Cardinals are the oldest continuously run franchise in the National Football League, starting as the Chicago Cardinals in 1898.
9. There are 8 basic biomes (ecosystem / climates) in the world: Tundra, Coniferous Forest, Deciduous Forest, Desert, Grasslands, Chaparral, Mountains, and Rainforests. Arizona is the only state to have examples of all eight.
10. Phoenix has some humble roots, starting as a hay camp for Fort McDowell in 1866.
11. Arizona has more parks and national monuments than any other state, covering roughly 25% of the area.
12. President William Howard Taft was ready to declare Arizona the 48th state on February 12, 1912. Since that was Lincoln's birthday, and the 13th was considered superstitiously unfit, the 14th was chosen, forever branding the state with its identity as the "Valentine State."

Greg can be reached via e-mail: greg@arcadianews.com.

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Group providing hope for families 1 dinner at a time

By Heather Gross

Dining for Women is an organization helping women and children around the world one dinner at a time.

The group was started in 2003 by a woman named Marsha Wallace and has grown to more than 200 registered chapters around the world.

To raise money, each chapter holds a monthly dinner and takes donations.

The women dine potluck-style at a chapter member's house and then donate the money they would have spent eating out to the organization.

Eileen Brill Wagner, who is the Southwest regional leader for Dining for Women, currently is working to set up several new chapters in the Valley, to add to the existing seven.

Brill Wagner said she became involved after attending a national meeting and hearing women involved in the group speak.

"It was so inspiring to hear how a comparatively small amount of money could have such a vast impact," she said.

"There's names and there's faces and there's stories and you really can't get them out of your head," Brill Wagner said.

Cathy Kim, who was a member of the first Arizona chapter and then broke off to form her own, agreed Dining for Women is having an impact on the world.

"It doesn't take much to make a significant difference," Kim said. "We can't do a huge amount, but if we each do a small part, we can together make a big difference."

Kim said it is easy to join an existing chapter or start a new one.

Rita Dickinson, who founded the first Arizona chapter, said being a part of Dining for Women is rewarding.

"It's a great way to be a part of a larger effort to support women globally," she said.

Each month the national chapter chooses an international organization that deals with issues surrounding women and children – such as human trafficking, healthcare, micro-finance, and education for the program to sponsor.

This year Dining for Women will sponsor organizations including: Nepal Youth Foundation; Starfish One by One; Women's Earth Alliance; Afghan Friends Network; Children of Vietnam; Huru International; and Massai Girls Education Fund.

More information on Dining for Women is available online at diningforwomen.org, or e-mail Brill Wagner directly at brillcon@cox.net.

Community Happenings

The Hon Kachina Council has announced its call for nominations for the organization's 36th annual Hon Kachina Volunteer Awards.

Nominations can include a volunteer, high-school age or older, who has dedicated time, talent and passion to causes including health care, neighborhood revitalization, youth and senior activities, pets, the arts, education, food banks and nutrition services, justice or social services.

Up to seven recipients will be chosen from the nominations to be honored at the groups annual banquet.

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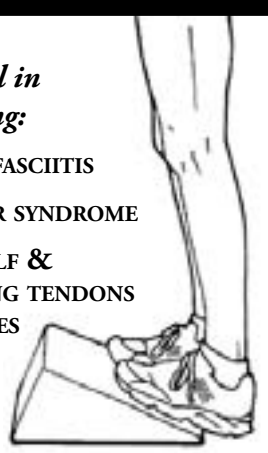
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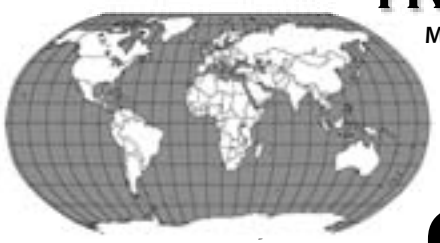
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Long wait proves worth it for first dinner visit to Taggia

By Gabe Bertaccini

Places *We Liked*

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I had been waiting a long time before visiting Taggia and, it turns out, dinner was worth the wait.

Formerly Claudio Urciuoli's right-hand man, chef James Siao and his team are turning out some wonderful country cooking in the city. You just have to find your way past the entrance of Scottsdale's FireSky Resort and Spa to reach Taggia.

No stranger to Taggia's kitchen, Siao worked his way up through the ranks, first as line cook and then taking on different roles until he was asked to head the kitchen in January 2009.

He launched his career at an early age, whetting his appetite for cooking in his family's Ohio restaurant.

Siao is dishing out in the kitchen, and that is how it should be.

Skill and passion are in the details, starting with the quality of the ingredients. Meals are served simply and plated with an artist's eye.

Despite its tagline, Taggia is not strictly Coastal Italian Cuisine, but rather a fairly authentic snapshot of what Italian cuisine is about.

The kitchen turns out some Apulia-accented antipasti and most especially pasta dishes.

At Taggia, Siao does the whole elegantissimo thing with an ambitious menu and polished and subtle cooking without forgetting the rustic cooking with grandmotherly pasta dishes and lusty antipasti, many of them from Apulia and Sicily in the south of Italy.

During one visit, appetizers include a beautiful hearty caponata with fresh burrata and grilled bread. There is a sumptuous pan-seared scallops with fried capers, brown butter and grapefruit dish. Brilliant.

Apulian cooks take great pride in their homemade pasta, and here it's all made from scratch and it's very, very good.

Hearty orecchiette (little ears) is doused with olive oil, peppery rapini and the housemade sausage. Butternut squash ravioli with brown butter and sage.

And potato gnocchi. Marvelous little bites blanketed in duck sugo and wild arugula. Stunning.

Pace yourself, though. There might be some pan-seared duck breast with soft polenta and fruit mostarda or, if you are lucky as I was, the chef is letting a perfectly cooked cotoletta alla Milanese out of the kitchen to your table.

The veal is as tender as I remember eating it when in Milan.

The arugula salad absolutely balances the dish. For the steak lovers, an all-natural strip loin with sweet onion agrodolce and potatoes.

Simple, delicious and to the point.

The wine list is impressive, with a vast selection of great Italian wines. I can't help but order my favorite Barbera, which I was surprised to find on the list.

In this neighborhood, Taggia is a gift.

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Super Bowl nuts will find Noble treat for the big game

By Amanda Goossen

Feb. 5 is Super Bowl Sunday and whether you're throwing the party or bringing a dish to your friend's soirée, Arcadia resident Libby Noble has the perfect snack to share with friends.

Twelve years ago, Libby's friend Janet gave her the recipe and she's been preparing it for holiday gifts ever since.

While everyone else is handing out their favorite cookies each Christmas, Noble can be found mixing up large batches of Sweet and Spicy Nuts to give to her friends and family.

"It's great to have something different," said Noble, who swears she's not a cook, yet her well-stocked kitchen and list of favorite recipes says differently.

As a mother of two daughters, Libby said she has watched her daughters grow up and in recent years has reprioritized her life.

With one daughter already in college and the other on her way next fall, she said she has pushed cooking to the side and gone after her passion: Art.

As a high school student in Minnesota, Libby said art was something she didn't do well.

Her favorite thing, though, was the upstairs art room; it was the place she said she most belonged. In college she majored in fine art, but when her father questioned her direction and future, Libby said she gave up on art as a career.

Continued on page 38

Arcadia's *Cookbook*

Sweet and Spicy Nuts

2 cups unsalted pecan halves (or almonds)

1 - 1/2 tbsp. unsalted butter

2 tbsp. firmly packed brown sugar

1 -1/2 tbsp. granulated sugar

1/2 tsp. cayenne pepper

1/2 tsp. freshly ground pepper

1 tsp. salt

In a medium size skillet, cook the nuts over medium heat in the butter one-two minutes.

In a separate bowl, stir together the sugars, peppers and salt, and sprinkle the mixture over the nuts.

Continue to cook about four minutes while stirring constantly, toggling between medium low and medium heat to avoid burning the sugar or nuts. The sugar should be melted and brown.

Transfer the nuts to a cool countertop, drizzling excess melted sugar over the nuts, and allow to cool. Break the nuts apart.

Keep in an airtight container.



Nuts for the Super Bowl? Libby Noble has just the snack for your party. Photos by Amanda Goossen.





Dessert traces its history to variety of Italian regions

By Gabe Bertaccini

From the Academia Barilla website (academiabarilla.com), the story and recipe of one of my favorite desserts:

"Without a doubt, tiramisù is the spoon-eaten dessert most loved by the Italians.

"For this reason, many different regions claim to have invented it, each one with its own legend to back it up.

"Even if this creamy dessert probably derives from some traditional recipes that were modified over time, one of the most widespread legends suggests that a primitive version of this dessert was created at the end of the 17th century in Siena.

"According to the same story, the Grand Duke of Tuscany, Cosimo II de' Medici, was in town for a couple of days to attend the city's famous horse race, the Palio.

"To honor his presence, the pastry chefs of Siena got together to invent a new dessert using the most decadent ingredients for the grand duke was known to be a real food lover.

"The dessert, which in honor of Cosimo II was called the 'soup of the duke,' was such a huge success among the Florentine nobles they decided to introduce it to the court, a sort of nursery of intellectuals and artists, who in turn helped to spread the dessert throughout the rest of Italy.

"Tiramisù finally reached Venice where, according to the legend, it was considered a powerful aphrodisiac by the courtesans. It was here in the city of Giacomo Casanova the dessert was given its current name, which means 'pick me up' in English."

Tiramisù

4 egg yolks

2 egg whites

5 oz. sugar

1 lb. mascarpone cheese

16 ladyfinger cookies

1 cup coffee

2 tbsp. cocoa powder

Separate the egg yolks from the whites one at a time by pouring the whites into a cup and transferring the yolks from one part of the broken shell to the other.

Beat the yolks and the sugar together for a couple of minutes with a whisk or mixer until frothy. At that point, fold in the mascarpone and mix until you have a soft, smooth cream.

Then whip two egg whites, using an electric whisk or by hand, until soft peaks have formed.

Then gently fold the whipped egg whites into the mascarpone and egg cream. Carefully mix everything together with a spoon, stirring from the bottom up.

Once the mascarpone cream is ready, you can begin to assemble your tiramisù.

Tiramisù can be prepared in different ways, from a single mold to individual portions.

When preparing one single tiramisù, begin by lining a dish or small cake pan with the ladyfingers dipped in the espresso for not more than a second.

Once the pan is filled with cookies, cover them with half the mascarpone cream. Level the cream using a spatula and dust with cocoa powder.

Then add another layer of espresso-soaked cookies on top. Cover with the remaining cream, level it off and dust generously with the cocoa powder.

Place the pan in the refrigerator for at least three hours before serving cold.

If you prefer to serve the tiramisu pre-portioned, you can use cups or martini glasses.

Use four ladyfingers for each portion, dipping them, one at a time, in the espresso and arranging them vertically in the cup. One end of the cookie should be at the base and the other should poke out of the top.

Fill the cup with a couple of spoonfuls of mascarpone cream, evenly distributing it across entire cup. Tap the base of the cup on the palm of your hand to help level out the cream.

Dust the cup with a generous amount of cocoa powder and let set in the refrigerator for two-three hours before serving.

Serves 4.

Cafeteria staff works for nutrition

By Amanda Goossen

The children at St. Thomas the Apostle Catholic School in Phoenix are given a gift every day.

As they walk into the school cafeteria, they are greeted by Lori Kroener and her staff, who have been running the kitchen for 18 years.

The hard-working group of eight serves 350 students and 30 staff members each day, striving to make a difference in the lives of everyone they feed.

"Children with adequate nutrition are able to better focus on learning," Kroener said. "We encourage children to establish healthy eating behaviors, which hopefully will be maintained throughout their lives."

She said she plans the menu with help from the National School Lunch Program and uses computer software to conduct a nutrient analysis of the menu.

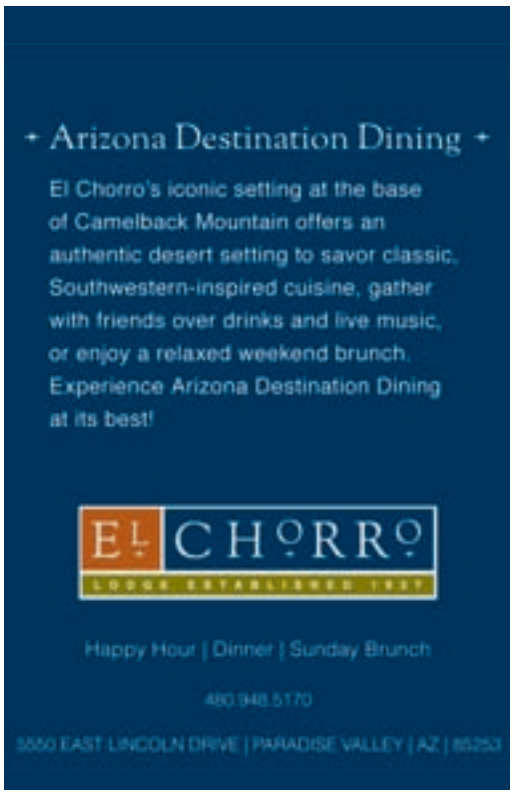
Beyond software and analytics, though, are the men and women chopping fresh

Continued on page 39

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Cookbook

Continued from page 36

Years later as an architect and commercial real estate agent, Libby said she debated whether she could stick with it for the long run.

Five years ago, picking up a paintbrush and regaining the joy she felt as a high school student in art class, changed her life forever.

Libby said she began painting still life and figurative work; eventually painting so much she needed a studio outside her home.

The studio led to an art exhibit, where she sold a large number of paintings and even produced commissioned work for clients.

Even as Libby speaks of her lack of ability in the kitchen, she mentions her favorite things to prepare for her family. Her talent with a canvas and paintbrush translates to the kitchen, even if she gives herself little credit.

After visiting her daughter who was studying in Morocco, Libby said she fell in love with Moroccan cooking and spices.

She learned to cook in a tagine, a North African pot formed entirely of heavy clay of two parts, a flat and circular base and a large cone shaped cover that fits over the base during cooking.

The tagine is ideal for cooking meats, couscous and a variety of African seasoning. Its design is made to purposely transport condensation to the base, leading to moist, flavorful meals made entirely in one large pot.

Apples, pears, prunes, dates, olives, lamb, chicken and spices such as cumin, turmeric, paprika and cinnamon are staples of the cuisine.

Libby said her Sweet and Spicy nuts have been her go-to creation for years because of the simple, guaranteed recipe.

"I give my father-in-law a large container each Christmas, thinking it will last him months. But he eats them all in no time," Noble said.

"They would be great for Super Bowl," Noble said. "Men love them."

Libby and her husband Dean, an architect who owns Suite 6 Architecture and Planning, have lived in Arcadia since 1988. Libby continues to work in commercial real estate.

You can see her artwork at elizabethnobleart.com.

Community *Happenings*

The Friends of Crisis Nursery's "We Are Family" benefit will be March 17 at the Arizona Biltmore. Crisis Nursery is the Valley's longest-serving children's shelter. The event begins at 6 p.m. with cocktails and a silent auction. After the dinner, there will be a live auction and disco review. Tickets are $325 per person, $650 per couple. Sponsorships begin at $3,500. Call 480-861-0425 for more information.

Cafeteria

Continued from page 37

fruit, slicing vegetables and cooking a warm, wholesome meal each day.

The food is not brought in from an outside company; the people who love the kids and want the best for them cook the meals, Kroener said.

"St. Thomas the Apostle is a great community. I have a terrific staff that cares about the students and works hard to make the lunch experience happy and healthy each day," she said.

Add to the staff, the four parents volunteering each day.

"We are lucky to have many great parent volunteers who so generously give of their time for lunch duty," Kroener said.

The fruit bar is a student favorite.

Giant orange slices, strawberries and pears, which were washed and sliced that morning, are scooped onto plates as the children smile.

The vegetable garden outside the school-cafeteria door is a major part of the St. Thomas experience.

"The fifth-grade students take care of the garden and we use vegetables for the salad bar and herbs for cooking," Kroener said.

Her crew is committed, she said, to following the school's wellness policy that mandates promoting "children's health, well-being and the ability to learn by supporting healthy eating and physical activities."

The school follows guidelines, which comply with the Maricopa County health code and with the U.S. Department of Agriculture guidelines, as well as Arizona nutritional standards.

Gretchen Schilder is the school's Café Baker and bakes brownies and bread for the kids on a regular basis. Anna Tigue, the cook, can be seen constantly removing food from the oven, making sure each child has a hot meal.

"I'm a caterer" Tigue said.

Chris Angulo, Joann Arvizu, Carlos Burgos and Sonny Tempelton lay out a spread comparable to a restaurant.

Amanda Goossen is one of St. Thomas' volunteer cafeteria parents. Her 6-year-old daughter Sophia is in kindergarten.

Community Happenings

The fifth annual Singleton Moms "Lean on Me" 5k benefit walk will be March 4. The fundraiser helps support single parents with cancer and their minor children in Maricopa County. Activities include entertainment, complimentary refreshments and t-shirts for all participants, and prizes for top fundraisers. Registration opens at 8 a.m. with a 9 a.m. start at the Pera Club, 1 E. Continental Drive, Tempe.

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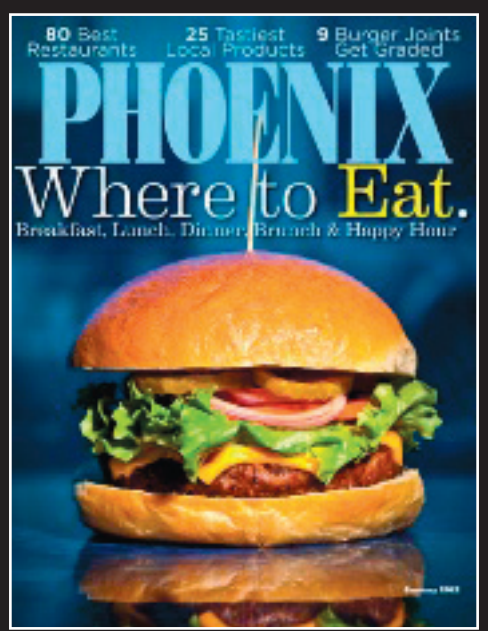
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Valley offers variety of treats for Valentine's Day



By Amanda Goossen

February means chocolate. It's the month for indulging in the most rich, creamy and extravagant chocolates the world has to offer. Thankfully, Phoenix has plenty to share.

Sweet Treats



Baker's Daughter

The store (8847 N. 7th Ave.) absolutely sucked me in with its story and kept me interested with the amazing gifts.

After studying chocolate in Switzerland, Christine Francoises Boerner returned to Phoenix and opened her chocolate shop right next door to Karl's Quality Bakery, her father's bakery, where she had spent most her life, growing up and learning to cook.

Walking around these two adjoined shops, you can't help smiling at the daughter mixing chocolate, next door to her 70-year-old father who is still making pastries one by one. And constantly walking around, cleaning, organizing and helping out is Christine's mother.

This family is as good as gold, creating outrageously gratifying treats for everyone in the neighborhood.

Peek into The Baker's Daughter this month and discover a breathtaking chocolate rose, a chocolate dipped strawberry or adorable heart-shaped cookie.

For the women in your life fill a one dozen box for about $17 with roasted raspberry, chai tea, mocha, mint or caramel sea salt truffles. For the men, thrill them with Triple Sec, Absinth, classic dark or honey-aged bourbon truffles.

And for those few, who despise the holiday of love, treat them with a Gun Powder Truffle, composed with a bit of gunpowder cooked right into the chocolate, perfect to enjoy as they curse cupid's arrow.

Barb's Bakery

If you are cooking a homemade meal

Continued on page 41











Photos by Amanda Goossen

Sweets

Continued from page 40

for your sweetheart, the perfect dessert to end your night is the chocolate petit four from Barb's Bakery (2929 N. 24th St.). A miniature cake coated in rich chocolate, the petit four is filled with a moist chocolate cake and gorgeous whipped butter cream.

Served with a double espresso or exotic after-dinner liqueur, this treat will perfectly cap off your Valentine's meal.

Julia Baker Confections

The factory (7440 E. Karen Drive, No. 500, Scottsdale) is the perfect choice for anyone wanting to taste a bit of heaven.

Luscious and smooth, the chocolate is deliciously creamy; the truffle simply out of this world.

The French Caramel Truffle, coated in crunchy toffee pieces, breaks open to release a buttery rich caramel. The Passion Fruit and Raspberry chocolates are each lightly flavored, adding a lovely hint of fruit without overpowering the chocolate. The Red Velvet Cake Balls are a marvelous guilty pleasure you will want to eat again and again.

Julia Baker Confections are just as beautiful to the eye as they are to the mouth. The design and color palette add a playful look, and the Red Hat Box chocolate box makes for a dazzling presentation any woman would adore.

Julia Baker Confections can be ordered at juliabakerconfections.com, (480-699-4017), or picked up at the factory on Karen Drive or at a local AJ's Fine Foods, as well as Whole Foods.

For Valentine's Day, Julia Baker will be running three specials: The Red Hat Box $80 (regularly $140), the 16-piece oval $42 (regularly $50) and the 18-piece window box $42 (regularly $45).

JJ Brownies

And last, but not least, if you're looking to hand out extravagant flavors to your housekeeper, child's teacher or neighbor down the street, order a Sweet Dreams Brownie from JJ Brownies (jjsbrownies.com).

Layers of chocolate that feel more like fudge than the brownie your momma made, this tremendous treat is covered in a rich chocolate butter cream and packaged individually to easily hand out to the ones you love, like and appreciate.

Amanda Goossen is the stay-at-home mom of a 4 and 6 year old, and creator of www.litfestmagazine.com. She's searching the Valley for the best sweets to share with Arcadia News *readers.*



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Old School meets music instruction in show production

By Wayne Schutsky

The students in Arcadia High School's CMAS program received a surprising gift last semester when rock n' roll guitarist Nils Lofgren allowed the class to help him promote his new album, *Old School*.

CMAS, which stands for Contemporary Music and Sound, allows students to study music technology and gain professional music production skills.

Lofgren -- known from his days playing with such rock stars as Bruce Springsteen and his E-Street Band and Neil Young -- has been making music professionally since he was 17. In addition to the work he has done with others during the past 40 years, Lofgren is an accomplished solo musician.

He first became associated with the CMAS program at Arcadia High School a little less than two years ago through a student's friend of a friend of a friend, CMAS instructor Richard Maxwell said.

The musician, who lives in Scottsdale, ended up coming to Arcadia to do an interview with a student-run program.

"He goes way over, above and beyond," Maxwell said. "You start to feel guilty."

Following the scripted interview, the CMAS students were given a chance to ask questions. He ended up staying much longer than his scheduled 90 minutes.

"It reminded me of something I never really lost sight of," Lofgren said. "The excitement and enthusiasm I have for learning is what got me going."

Not intimidated by his fame, the students asked technical questions related to the musical craft.

"I think Nils was surprised by the depth of the questions," Maxwell said. "Here were these kids at the high school level and they moved right past the celebrity

Continued on page 44



Nils Lofgren performs at Arcadia High School in conjunction with the school's CMAS program.

Students get to do it all helping Lofgren with music

By Wayne Schutsky

Arcadia High students set up equipment, instruments and worked the soundboards for professional musician Nils Lofgren at an impromptu rock show at the school late last year.

They functioned as a real crew because, for all intents and purposes, they were putting on a real show with a real rock n' roll star.

"They did everything," Lofgren said. "It was a big adventure."

Lofgren said he treated the students like he would any crew working any show.

The crew and the artist have to work together to find what they can do with the tools they have available, he said. Every show provides a new set of surprises and challenges.

"I told them that you have to prioritize what you can get done and what you can't," Lofgren said.

Like any other show, the crew ran into some technical problems, but the students were efficient in correcting the errors and keeping the performance on track, Lofgren said.

The benefits of working with a professional like Lofgren extend beyond the performances and videos, though, CMAS instructor Richard Maxwell said.

"As a program, we are close to the real world, but it is still a learning exercise,"

Continued on page 43

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Lofgren

Continued from page 42

Maxwell said. "With Nils involved, it pushes that dynamic because it is a chance to prove we are legit, but it is also a chance to fail."

The students and Maxwell were not the only beneficiaries of the collaboration.

"I showed them all that I've learned, and I still have a lot more to learn, but they were grateful for that," Lofgren said.

"I am grateful for their professionalism," he said, "and I am proud of all of the work they did."

Maxwell and Lofgren gave the students direction and helped them find solutions. The students, however, sorted through wires, messed with sound levels and eventually were able to achieve the desired results.

"He didn't baby them," Maxwell said. "Ironically, he pushed them further."

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CMAS

Continued from page 42

and into the meat of the job."

Then, Lofgren contacted Maxwell in early 2011 to ask if the CMAS program wanted to participate in some aspects of the new album he was working on.

"I had to get up, because I fell over," Maxwell said.

Maxwell and Lofgren stayed in touch until *Old School* neared completion. Then, in mid-October Lofgren began showing up in the classroom periodically to meet the kids and get a feel for the class, Maxwell said.

As part of the promotion for *Old School*, the CMAS students created videos for the songs *Dream Big* and *Miss You Ray* with Lofgren.

The music video for *Miss You Ray* allowed the students to help create a story-lined video for a song. The students participated in almost every aspect of the video's creation, including filming, producing and mixing.

Lofgren described the video for *Dream Big* as a "rockumentary" of sorts. Lofgren sings and performs on a number of instruments, including a full-sized harp his wife bought for him.

Instead of developing a scripted traditional video for the song, the students documented the work that went into preparing and performing such an eclectic song.

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The learning experience didn't stop there.

The original plan called for the class to film Lofgren performing *Dream Big* in the high school's auditorium. The production occurred prior to a planned CMAS musical performance on Dec. 8.

The show, Arcadia High School Presents Songwriters Night, was set to include music by Arcadia students and the band Halocene. Halocene front woman, Addie Nicole, is a CMAS alum.

While filming on stage for the video, Lofgren suggested that he perform *Dream Big* and another song for the audience, Maxwell said. That way, the students could see the reaction of a live audience.

"It (Lofgren's suggestion) was remarkable," Maxwell said.

"It is the type of the thing that is always in the back of your mind - you'd be foolish not to hope - but it would probably never happen."

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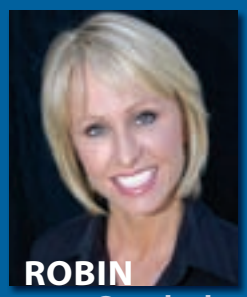
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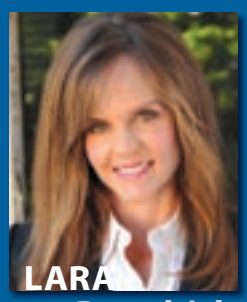
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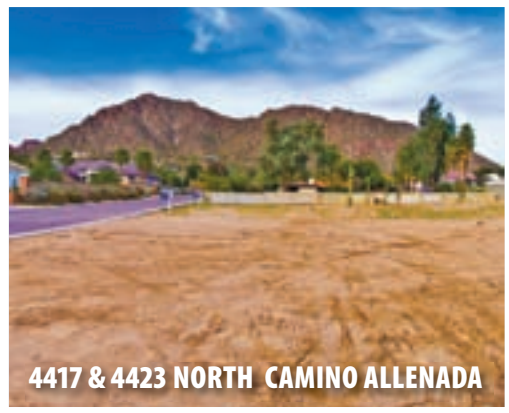
MAGICAL VIEWS - This whimsical hillside estate gleams with dramatic design elements. Its colorful contemporary style works in perfect unison with the extraordinary city and mountain views. The spacious island kitchen is beautiful as is the grand living room, ultra cool family room and totally hip dining room. This home has so many special features from the custom ceilings to the gorgeous flooring, and every room has its own amazing individual personality. The glamorous multi level exterior perfectly showcases the fabulous pool and spa, magnificent entertaining patios and truly the most exquisite views imaginable from every vantage point! $1,495,000. Call Robert 602-989-8300 or Chris 602-228-6296.



NEW LISTING - Completely re-built in 2003, this very special home exudes integrity, history and craftsmanship. Floors are reclaimed hickory, roof tiles were taken off of 100 year old homes in small towns across Nicaragua. Each tile was hand packed and shipped to Long Beach then trucked to Phoenix specifically for this residence. The sprawling green landscape sets stage for the priceless unobstructed views of Camelback Mountain. A true gem that exudes quality, warmth, charm and personality. Four bedrooms with en suite bathrooms making this a wonderful home for any family with a taste for quality. $1,495,000. Call Robin 602-380-8735.



NEW LISTING - This classic Arizona Ranch has the most exquisite mountain views one can possibly fathom! The traditional design is so very pretty with huge sun filled rooms, and custom interior wood and brick detail add to the homes terrific personality. Sitting on almost an acre with nearly 4,500 square feet and surrounded by magnificent homes, this is a phenomenal opportunity. Live in it just as it is or take advantage of its enormous potential! $895,000. Call Robert 602-989-8300 or Rebecca 602-799-8229.



FABULOUS LOTS - Two excellent opportunities for a beautiful family home. Built-to-suit or high-end spec. This large Arcadia lot has full, unobstructed Camelback Mountain views and is located in the heart of Arizona's best neighborhood. $825,000. Call Robert 602-989-8300 or Robin 602-380-8735.



NEW LISTING - Updated, charming ranch home on a great family street. $235,000. Call Karen for details! 602-628-3842.



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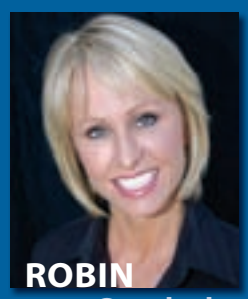
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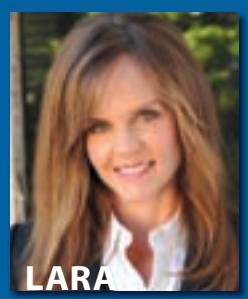
REBECCA Clayton



ROBIN Orscheln



KAREN Lafferty



LARA Broadrick



SHAWNA Warner



CHRIS Ritchie



ROBERT Joffe



4075 NORTH JOKAKE

COMING SOON - This brand new spec home is under construction and absolutely exquisite! With 5 bedrooms and 6 baths, it will have every imaginable amenity from the chef's kitchen to the gorgeous grounds. It's being built with extreme quality and pristine design. Sitting on a beautiful ¾ acre lot with great mountain views, this home will combine the highly coveted Arcadia charm with ultimate sophistication! Call Robert for information and pricing 602-989-8300.



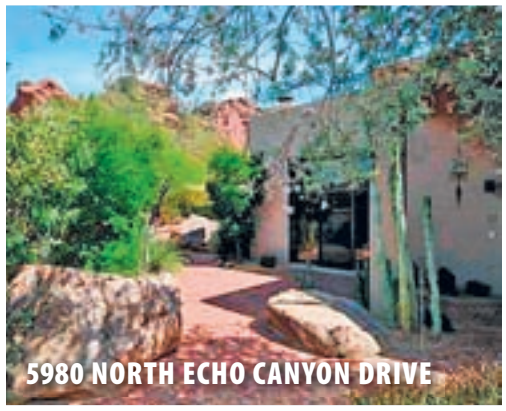
5923 EAST EXETER

INCREDIBLE LOT - This fantastic lot is surrounded by the most exquisite homes in Arcadia and will soon become the next one to add to that prestigious list. It's more than half an acre with spectacular views and perfect placement on Exeter! Build your dream or check out the approved plans that are ready and available upon request. $799,000. Call Robert 602-989-8300.



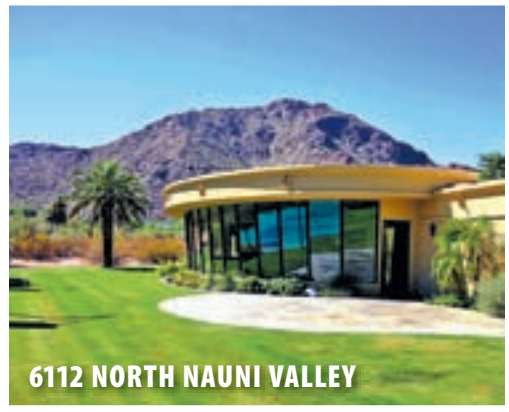
4227 NORTH JOKAKE

SALE PENDING - Completely remodeled Arcadia Ranch on nearly 1/2 acre of lush green landscape with Camelback mountain views. 4 bedrooms, 4 bathrooms, French doors, hardwood flooring throughout. The Restoration Hardware motif picture perfect! $1,425,000. Call Robin 602-380-8735



5980 NORTH ECHO CANYON DRIVE

FABULOUS OPPORTUNITY - Situated in the beautiful gated community of Echo Canyon at Tatum and McDonald. This beautiful home is absolutely immaculate and captures the true spirit of Southwest living! Each room is filled with sunlight and the open floor plan truly shines. The spacious island kitchen is delightful and the charming breakfast room has its own brick fireplace. Three bedrooms including a grand master suite, five bathrooms, a large living room and dining room, a very nice office, plenty of built-in cabinetry and storage space, and lots of windows. The pristine landscape frames the outdoor living spaces beautifully and the mountain views are truly awe inspiring. $829,000. Call Rebecca 602-799-8229 or Robert 602-989-8300.



6112 NORTH NAUNI VALLEY

HORSE LOVER'S DREAM - Perfect for the horse lover or someone who just appreciates the very best! This is truly an opportunity like no other, with six acres of the most prime real estate available in Arizona!! There's an absolutely gorgeous 3,000 square foot home that was been built with the finest quality and adorns custom features at every turn. It will eventually make an exquisite guest house as a counterpart to the home that will be built on the property. The pristine air conditioned horse stables, as well as a fabulous corral and turn out, are perfect for the horses to play and there are exquisite mountain views from every inch of the property! This grand ranch is waiting for the lucky owner to build whatever the imagination can handle! $5,995,000 Call Robert 602-989-8300 or Rebecca 602-799-8229.



4474 EAST VALLEY VISTA

INCREDIBLE OPPORTUNITY - This is a pristine 2.2 acre custom lot nestled in the very special Paradise Valley Sanctuary. It has spectacular views of Camelback Mountain and so much open space from the neighboring lot that it leaves you thinking it's more like 5 acres than 2. This is an extraordinary setting for a private compound! You truly must walk this lot to understand the amazing potential, exquisite views and complete privacy. Plans are available for an 11,000 square foot custom build-to-suit French Chateau. The highly motivated seller has reduced the property $1,000,000 from its original list price! $1,395,000. Call Robert 602-989-8300.



5337 EAST CALLE DEL MEDIO

HUGE LOT - This Arcadia home is located on a 38,000 square foot lot with great views of Camelback Mountain. The home is updated with an open floor plan and lots of natural light, including 4 bedrooms with walk in closets, beautiful wood flooring throughout, top of the line appliances and granite counter tops. The master suite has a private patio and the master bathroom is modern and sleek. Lots of space to add on or just to keep as a large yard. Over sized 2 car garage with extra storage. $1,095,000. Call Lara 602-628-7332.



6311 EAST REDWING

FANTASTIC OPPORTUNITY - on as fine a lot as you'll find! It has absolutely pristine views of Camelback and Mummy Mountain and sits on more than an acre in a wonderful neighborhood. The home is great as is, or can be turned into whatever you can imagine it to be. With four bedrooms, three baths, a very nice pool and nearly 3,000 square feet, it's loaded with character and country charm. The sprawling lot offers numerous options since it's surrounded by multi-million dollar estates! $699,000. Call Robert 602-989-8300.



8136 NORTH MOHAVE

REMODEL OPPORTUNITY - This is a fantastic option for a remodel in the heart of Paradise Valley. With magnificent 360- degree views and sitting more than an acre lot, it is the perfect chance to buy right and create anything you can dream of. Call today for more information! Call Robert 602-989-8300 or Chris 602-228-6296.

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STUNNING ESTATE - This expansive manor is so much more than words can convey! Each of the exquisite rooms will take your breath away including an unbelievable movie theater, amazing game room, health club caliber exercise room, glorious kitchen and a master retreat that will blow your mind! The awe inspiring grounds encompass nearly 2.5 acres and not only include a pool, spa and outdoor kitchen, but also a full air conditioned barn and riding arena! Certainly not a footnote is the multiple meticulous air conditioned garages that can house up to 13 cars!! This is truly high end living at its best with finishes of the finest quality from dramatic canterra fireplaces, phenomenal lighting, elegant cabinetry and grand scale decor at every turn. If entertaining is your delight, mountain views are your desire and magnificent taste suits your palette, this home is for you! Call Robert for pricing and information 602-989-8300.



AWE INSPIRING - This exquisite estate captures true southwest style! The custom finishes are too numerous to list as dramatic design elements encompass every inch of this magnificent home. From the chef's kitchen to the full theatre, you'll stroll through each room in amazement as this kind of attention to detail is rarely seen! Sitting in one of the most spectacular spots in the Valley, the city views take you as far as the eyes can see, and it's situated perfectly to accentuate the glorious mountain views as well. This special home is not only grand and elegant; it's also warm and inviting and has every possible amenity from the infinite pool and spa to the beautiful wine cellar and gorgeous guest house. This beautiful place is for someone lucky enough to live the Arizona lifestyle as it's meant to be! $2,449,000. Call Robert 602-989-8300 or Chris 602-228-6296.



NEW LISTING - This custom Mediterranean estate with finishes that take quality to a new level! Custom ceilings, phenomenal woodwoork, magnificent wood beams with iron accents and dramatic architectural elements! Showpiece island kitchen and master suite will impress the most discriminating buyer. The guest house rivals most main homes and the grounds are filled with the same quality finishes from the walkways to the patios and from the pool to the views! Wine cellar, wet bar, wood flooring, granite, marble, iron, canterra stone, custom designed cabinetry, fireplaces, detached office, incredible beds and baths and a full basement are more of what this Europoean dream offers its lucky owner! $2,895,000. Call Robert 602-989-8300 or Chris 602-228-6296.



NEW LISTING - This exquisite French chateau will be built by one of the most distinctive builders in Arizona. No detail with be left to the imagination as every inch will be finished with finest quality and taste. At nearly 6,500 square feet with 4 bedrooms, a large bonus room, fabulous built out basement, wine cellar, theatre, exercise room, 5 car garage and a guest house. This is a fabulous opportunity for someone who wants to build a home with every imaginable amenity, the perfect address and truly awe inspiring design. It'll be the envy of the neighborhood! $3,165,000. Call Robert 602-989-8300.



NEW LISTING - This gorgeous home sits at the end of a cul-de-sac on Pinnacle Peak golf course. The mature landscape and lush open space compliment a newly built custom pool/spa and a beautifully landscaped backyard... great for entertaining! The kitchen has been completely remodeled with gorgeous custom cabinets, stainless steel appliances, and granite counter tops. The open floor plan with structural beamed ceilings and flagstone floors offer a unique and warm feel throughout along with the well-appointed windows that capture the soft natural light and surrounding nature. $825,000. Call Robin 602-380-8735.



BEAUTIFUL RANCH - This is a terrific classic Arcadia ranch with a fantastic floor plan that includes 7 bedrooms! The fantastic island kitchen is the home's focal point and a great gathering place as well, with a breakfast bar and breakfast room. The huge great room and beautiful dining room are perfect for entertaining and there's even a mother in law's suite and separate guest suite with its own entrance. Gorgeous dark wood flooring adds warmth and character to the inside and the outside is amazing with an enormous yard, magnificent pool and spa with beautiful rock water features, multiple patios, a built in barbecue and glorious Camelback Mountain views! Call Robert 602-989-8300 or Lara 602-628-7332.



NEW LISTING - For details and pricing information call Robert 602-989-8300 or Karen 602-628-3842.



VINTAGE ARIZONA - This is a terrific southwestern hacienda! Design elements from the knotty wood cabinetry, adobe fireplace and gorgeous Saltillo flooring perfectly embody this beautiful setting. The island kitchen is spacious and inviting, the great room is filled with warmth and includes a built in bar, fireplace and custom seating and the dining room is truly breathtaking. The billiards room is just the beginning of why this home is primed for large scale entertaining and once you see the grounds you'll understand the many more reasons why entertaining is a must from the magnificent covered patio, built-in barbecue, gorgeous pool and spa, full size sport court, huge yard and glorious mountain views! Call Robert 602-989-8300 or Rebecca 602-799-8229.



FABULOUS HOME - A beautiful gated entry leads to a sprawling ranch with soaring ceilings and grand rooms. Chef's kitchen with honed granite, Wolf and Sub Zero appliances, double ovens and wine refrigerator. More than 5,200 square feet, 5 bedrooms, 6 baths, travertine, granite custom built-ins, full basement with huge family room, exercise room, gorgeous master suite with fireplace, huge backyard with pool, fountain, raised deck and large patio. This phenomenal home has beautiful finishes and is perfect for the family of any size! $1,695,000. Call Robert 602-989-8300 or Lara 602-628-7332.



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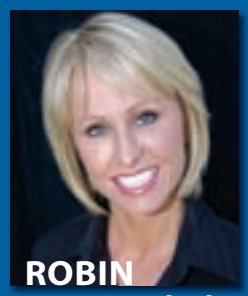
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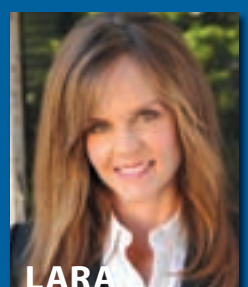
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ROBIN Orscheln



KAREN Lafferty



LARA Broadrick



SHAWNA Warner



CHRIS Ritchie



ROBERT Joffe



5316 EAST VALLE VISTA ROAD

LUXURIOUS ESTATE - This pristine hillside estate is not only luxurious, but truly livable! From the time you enter, you will envision the entertaining possibilities as well as the memories that can be created here. The island kitchen, enormous living room and dining room all have glorious views from every vantage point. The elevator takes you to the lower level that could double as a movie set with original casino flooring, a full kitchen and wet bar, incredible theatre, fitness area and a game room that is so spectacular you won't want to leave! With a location that is simply unparalleled, the outside is just as dramatic with a fabulous pool and spa, multiple decks and patios and city views that go as far as the eye can take you. $3,495,000 Call Robert 602-989-8300 or Chris 602-228-6296.



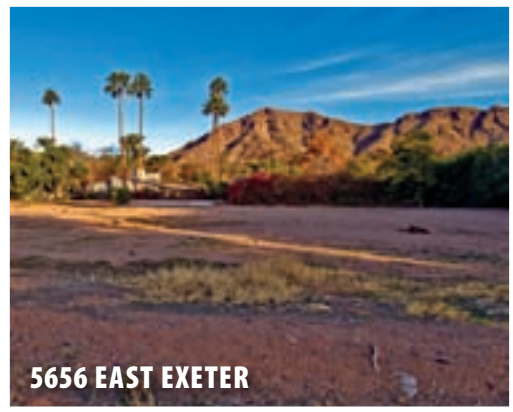
4201 NORTH 63RD PLACE

COMING SOON - From the time you enter, you'll be taken by this beautifully designed custom retreat. If you enjoy the exquisite warmth and extraordinary charm of The Royal Palms Resort, then you will be awestruck by this 5 bedroom, 6 bathroom home with 5,900 square feet of gorgeous finishes. For more information call Robert 602-989-8300 or Robin 602-380-8735.



5210 EAST VIA LOS CABALLOS

NEW LISTING - This magnificent Paradise Valley home is full of style and grace! It's designed to perfection from the courtyard entry to the breathtaking grounds. The butcher block island kitchen is a chef's dream with double dishwashers, double ovens and every imaginable amenity. The great room is simple perfection as is the magnificent dining room framed by a backdrop of the glorious back yard with a sparkling pool and spa. The master retreat is exquisite with a morning bar, his and hers water closets, its own office and laundry and a dreamy bath. The detached guest casita is perfect and private and every inch of this home is designed with family in mind whether it is for entertaining or simple gatherings around one of the opulent fireplaces. The many custom finishes include cherry wood flooring, travertine, granite, dramatic custom lighting and cabinetry, butler's pantry, multiple chic outdoor vignettes and surprising elegant touches at every turn. $2,795,000. Call Robert 602-989-8300.



5656 EAST EXETER

DREAM LOT! - This is the only lot left on the highly coveted Exeter Boulevard. It sits on the north side of the street with pristine mountain views and a perfect building envelope, this ¾-acre lot is an amazing opportunity to build your dream home at a dream address! $1,100,000. Call Robert 602-989-8300.



4237 EAST HAZELWOOD

DESIGNED TO PERFECTION - This home is decorated to perfection and couples a wonderful Sante Fe feel with a terrific color palette and exciting style! You'll be impressed by the pristine design as each room has its own custom touches and distinct personality. The gorgeous kitchen has stainless steel appliances, custom cabinetry and granite countertops, the family room exudes warmth, the grand living room has an exquisite stone fireplace, and the dining room is just another great space! The finishes are fabulous including wood beams, scored concrete flooring, granite, travertine, slate, flagstone, alder wood doors, three fireplaces and the list goes on! The outside offers fantastic entertainment options with a magnificent covered patio, gorgeous pool, spectacular fountain and simply glorious mountain views! This home is truly beautiful! $795,000. Call Robert 602-989-8300 or Karen 602-628-3842.



4211 EAST CLAREMONT

ABSOLUTELY EXCEPTIONAL - This exceptional home abounds in all the finer amenities. Completely remodeled making this the nicest home on the market under $2M. Truly one of the nicest kitchens you will ever see!! Warmth and character throughout. A wonderful split floorplan with a spacious home office and a detached two room guest house. Over sized 4+ car garage. All the finishes you expect to see: tumbled travertine, distressed hardwood, granite, canterra fireplaces, Subzero, Viking, etc. Mature desert landscaping with minimal maintenance! Located in a small gated community of Clearview Edition on an extremely private lot. Easy to show. (5155 SF Main/660 SF Guesthouse). Call Robert 602-989-8300.

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EXQUISITE DESIGN - This custom Mediterranean estate is more than a dream! You'll notice from first glance that the finishes take quality to a new level. The thoughtful design includes custom ceilings, phenomenal woodwork from trim to walls, magnificent lighting, gorgeous flooring and simply mind blowing architectural elements! The island kitchen is more than a show piece, as is the master suite! Beyond that, the gorgeous living room, regal dining room and spectacular media room are sure to impress the most discriminating buyer. The guest house rivals most main homes and the grounds are filled with the same quality from the patios to the pool and spa with breathtaking water features and glorious mountain views! A wine cellar, wet bar, granite, marble, iron, canterra stone, furniture grade built-in cabinetry, multiple fireplaces, magnificent bedrooms and gorgeous bathrooms are just more of what this European dream home has to offer! $2,395,000. Call Robert 602-989-8300 or Shawna 602-743-7006.



TRULY EXQUISITE - This elegant home for the truly lucky! It's full of everything beautiful and everything special! Each room has its own breathtaking quality with truly inspired design and décor. This chic European custom home is created with the highest quality craftsmanship and not a single detail is missing. It easily parallels the finest homes you'll find in the entire country and the grounds are simply unbelievable. Any homeowner will pinch themselves if lucky enough to live in this one! $3,395,000. Call Robert 602-989-8300 or Lara 602-628-7332.



ARCADIA'S BEST - This sprawling Arcadia ranch is absolutely fantastic! The massive horse property is nearly 2 acres and includes 2 homes! The long gracious drive leads to the main house that screams for family gatherings for generations to come. The beautiful kitchen has a butcher block island, 3 dishwashers, 2 ovens, 2 warming drawers and 6 commercial grade refrigerators! The warmth of the home shines throughout every room including the great family room, huge living room and dining room, and terrific master suite which is only one of 6 bedrooms in the main house. The gorgeous pool is surrounded by a phenomenal brick deck and huge entertaining patio with an outdoor kitchen. The second home is perfect for guests, a mother-in-law, or even a rental with 2 bedrooms, 2 baths, a beautiful great room and a terrific kitchen. The address is perfect, the grounds are pristine and the character and charm are unparalleled in this market! This rare find is truly something to be seen! Call Robert 602-989-8300 or Rebecca 602-799-8229.



PHENOMENAL VIEWS - This breathtaking lot sits perched atop Mummy Mountain. Truly the best location in Arizona! It's ready for the buyer who wants only the best. With exquisite 360 degree views that reach as far as the eye can see, one can simply envision enjoying gorgeous Arizona evenings overlooking our beautiful city. This location offers an unparalleled lifestyle and encompasses 8 ¾ acres of land with a 10,000 square foot pad ready for some lucky owner to build their ultimate dream home! $2,995,000 Call Robert 602-989-8300.



EXQUISITE CUSTOM - This exquisite custom home is thoughtfully built with the finest quality design and finishes. The fabulous exterior includes canterra and wood details rarely seen and the interior is every bit as impressive. The gracious entry leads to a regal dining room and magnificent great room that are so architecturally interesting you'll hurry to see what's around the corner. The upscale dream kitchen will satisfy the most discriminating of chefs, and all of the bedrooms are simple perfection including a master retreat that most only dream of. The amazing master bath has his and hers sinks, water closets and huge wardrobes and the fully finished basement is home to a phenomenal media room! Built by an award-winning builder for his family! $2,295,000. Call Robert 602-989-8300 or Chris 602-228-6296.



GRAND ELEGANCE - This is a fabulous home in the renowned Arizona Biltmore Estates and from the moment you enter the guarded gate, you'll experience the quality living that is only found in special places like this. The grand entrance sets the tone for this soft contemporary home with four terrific bedrooms, all decorated to perfection, and 5 beautiful baths. The gorgeous island kitchen is large enough for grand scale entertaining, the great room is exquisite and the living room and dining room are truly elegant! The dramatic design elements include soaring ceilings, an extraordinary custom fireplace, wet bar, a beautiful loft, art niches, granite, flagstone, a heated pool and spa, and pristine mountain views. This home is the epitome of true style and taste! $950,000. Call Robert 602-989-8300 or Chris 602-228-6296.



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Tori Wright (34) and Andrea Goulette fight for a loose ball during the third annual Lady Titan WInter Hoops Classic at Titan Hall. Arcadia went undeafeted in the holiday tournament to win the championship, and continued its winning ways throughout the New Year. Photo by Dale Messmer.

Breathing techniques helping athletes reach potential

By Wayne Schutsky

A relatively new Arcadia resident is taking a unique approach to athletic coaching, using breathing and mental preparation to prepare his clients for competition.

Al Fuentes, who has lived in the community for about a year, runs Mental Champ Performance Coaching Services, an endeavor he began in 2007. Through his business, Fuentes provides mental coaching for people in all walks of life, from business to athletics.

In the athletic field, Fuentes has helped athletes focus their mind, heal injuries quickly and focus all of their energy on being successful, he said.

"The fundamental thing it teaches people, or athletes, is how to be self-empowered," Fuentes said.

While the business respects clients anonymity, a few of the athletes helped by Fuentes' program have spoken out about its benefits. Some of these clients include Arizona State University NCAA wrestling champion Anthony Robles, Arizona State University women's basketball player Dymond Simon and UFC fighter Kyle Kingsbury.

Unlike traditional athletic mental coaching, Mental Champ takes a performance-based approach to solving an athlete's problems.

"Working with athletes is so unique because athletes are all about results, period," said Fuentes. "They know how to work to get results, and the problem with traditional mental coaching, whether it be sports psychology or counseling, is that there is no tangible result."

Instead of just teaching athletes to express their feelings and think positively, Fuentes developed a breathing system that couples physical performance and positive thinking.

"Being an ex-athlete myself, I knew that the only way to effectively work with athletes was to give them a pathway through the physical body to regulate the mental, or chemical, body," he said.

Fuentes graduated from the University of Finley in 1998, where he was a two-time all-American wrestler and a pole-vaulter.

Fuentes uses the breathing system, which he developed in the mid-1990s while working in suicide prevention and peer and teen counseling during and after college, to help athletes overcome a variety of problems.

"They come to me for many reasons, like they are having fears about performing, about coming back after an injury, about competing with all of the other kids," Fuentes said. "They come to me because they are having trouble with the adjustment from college to pros, just a lot of different reasons."

Fuentes helps athletes through the use of a patterned breathing method that utilizes different ways of breathing to achieve specific results. Because emotions are amorphous and hard to nail down, Mental Champ gives athletes a physical way to control their mental state in order to enhance their athletic performance, Fuentes said.

The system starts out with learning how to focus breathing in a way that allows an athlete to harness all of the benefits that

Continued on page 52



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Arcadia ATHLETE of the MONTH

Congratulations Juliette Ochoa!



Juliette Ochoa is a dancer on her way to stardom! She was one of two girls who danced the role of Clara in Ballet Arizona's production of The Nutcracker at Symphony Hall. This is the second year Juliette has been chosen to play this role.

Juliette is in the 7th grade at Veritas Preparatory School and is an excellent student. She works really hard to balance her school work and her dance. (She has dance classes nearly every day after school for several hours.) She is elegant, graceful, a leader and always a pleasure to be around with her beautiful smile. She endures many hours of perfecting pointe as she loves being in ballet. She is an athlete with her dance and a wonderful student as well.

Thank you to Dorcas Guest-Nelson for nominating Juliette.

Do you know an Arcadia athlete who deserves to be recognized by the community?

Fill out a Nomination Form at Arcadia Sports & Fitness or www.arcadiadaily.com/athlete.pdf, or drop us a line at athlete@arcadianews.com.

HURRY!
WE WILL BE CHOOSING ANOTHER WINNER ON FEBRUARY 16TH!

Fuentes

Continued from page 50

controlled breathing can offer. While all human beings breathe unconsciously to survive, the conscious manipulation of breathing has many positive effects, especially for athletes, Fuentes said.

"Right now, we breathe without thinking about it, and breathing just means that we're alive, which is great," Fuentes joked. "But we do it without paying attention to it, and the problem with that is we don't have a foundation or a point we can call our zoned-in point, which means we have nothing to turn to when we get stressed during a performance."

The system begins moves from foundational breathing to more specific breathing patterns for specific situations, for example preparation breathing, performance breathing and recovery breathing, to help athletes maximize their potential in every situation.

Each type of breathing is different and targets a different area of need for the athlete.

In a testimonial for Mental Champ, Robles - the ASU wrestler born with one leg who defeated defending champion Matt McDonough from Iowa to claim a national championship in 2011 - gives the program and Fuentes credit for helping him overcome issues on and off of the mat.

"Working with Al has been great; not just in my wrestling, but in my life," Robles said in the video. "He helped me get everything in perspective and it brought me to a whole other level and I couldn't have become a national champion without his help."

Mental Champ works with athletes to clear their minds. Because of the chaos and internal worry they face, many of the athletes who come to Fuentes have trouble performing, he said. They are looking for a way to quell the worries or frustrations they are experiencing.

"They can talk about their problems until they are blue in the face," Fuentes said. "Logically they want to let go of it, and logically they don't want to feel the way they do, but they have no real tools to change how they feel."

After meeting with athletes, Fuentes introduces the system to help calm what he calls the "mental or emotional body." After that, he takes on the more daunting challenge of trying to change the way the athlete thinks in order to create a more positive environment for success.

"And that is where the second part of what I do is really even more unique," Fuentes said. "Because you take the breathing and, now that I can get you into this really centered state, we couple it with visualization."

The visualization learned at Mental Champ is unique, Fuentes said.

According to the coach, this sort of visualization utilizes the breathing techniques in order to harness the power of the mind and put the body into an energy generating state similar to that experienced during sleep. This state allows athletes to compete at their highest level during the entirety of a performance or a competition.

"Part of my thing was looking at the fact that we can generate energy while we sleep," he said.

"So we can probably do it during the day, we just don't know how."

The connection between the breathing exercises and visualization is key to reaching full athletic potential in the Mental Champ system. Through his system, Fuentes claims athletes can train their muscles and senses to react quicker.

"Those are things that are profoundly important to your effectiveness," Fuentes said.

Fuentes compares this state to when certain athletes seem to be "in the zone" for a few minutes or a few games throughout the course of a season.

However, with Mental Champs, athletes can make getting in the zone a repeatable action, he said.

In addition to overcoming mental obstacles, Mental Champ can help athletes recover quickly from physical injuries by tapping into the body's ability to heal, Fuentes said.

In a testimonial for Mental Champ, Kingsbury credits Fuentes with helping him fight through a separated rib he suffered eight days prior to UFC 104.

"Al came out to LA with me for UFC 104, and we sat in the room and we went through the breathing technique, and we got in a comfortable place and focused a lot of our energy on the rib," said Kingsbury in the video.

"Anytime there was any attention brought to that rib it brought me to a very relaxed place."

Kingsbury credits Fuentes with helping him withstand several rib shots in the middle of the fight en route to his victory over Razak Al-Hassan.

Fuentes also related a 2009 story about former ASU pitcher Josh Spence, whose rapid recovery from a finger injury at the end of the season allowed him to pitch a complete game against Clemson on June 9 that sent ASU to the College World Series.

Spence tore a muscle in his hand with about a month left in the season and was given a recovery timetable of three months, Fuentes said.

Fuentes sat Spence down and asked him to make a commitment. Spence agreed, and Fuentes changed his mental, nutritional and health lifestyle in order to quicken the healing process.

Within a month, Spence returned to the mound and, a few weeks after that, pitched the complete game against Clemson.

While Fuentes does take some credit for the unique system he has developed, he also acknowledges that the fundamental basics of what he teaches have always existed.

"So it's not really me, it's the techniques that I've developed and created that are really a culmination of a lot of other things that I've just put together," Fuentes said. "My personal philosophy is that I don't feel that we create anything, I think it is just all around us, because the more I share what I do with people, the more I hear other people doing similar things."

By working with young athletes, Fuentes is attempting to help them avoid mistakes he made as a young man.

"Being an athlete myself, I had a lot of self-sabotage and I fell short of my dreams and goals," Fuentes said. "And my whole quest has been to understand not only the why for me but how I can help others not do the same things I did."

Fuentes' system may seem quirky or unorthodox, but the results are hard to argue with. Athletes and coaches from all walks of life are speaking out on behalf of the sports guru, who is breathing new life into athletic mental training.

"For me, it was all in the mind and what I mentally prevented myself from," said Fuentes.

"My system is really simple, yet a profound system in its results."





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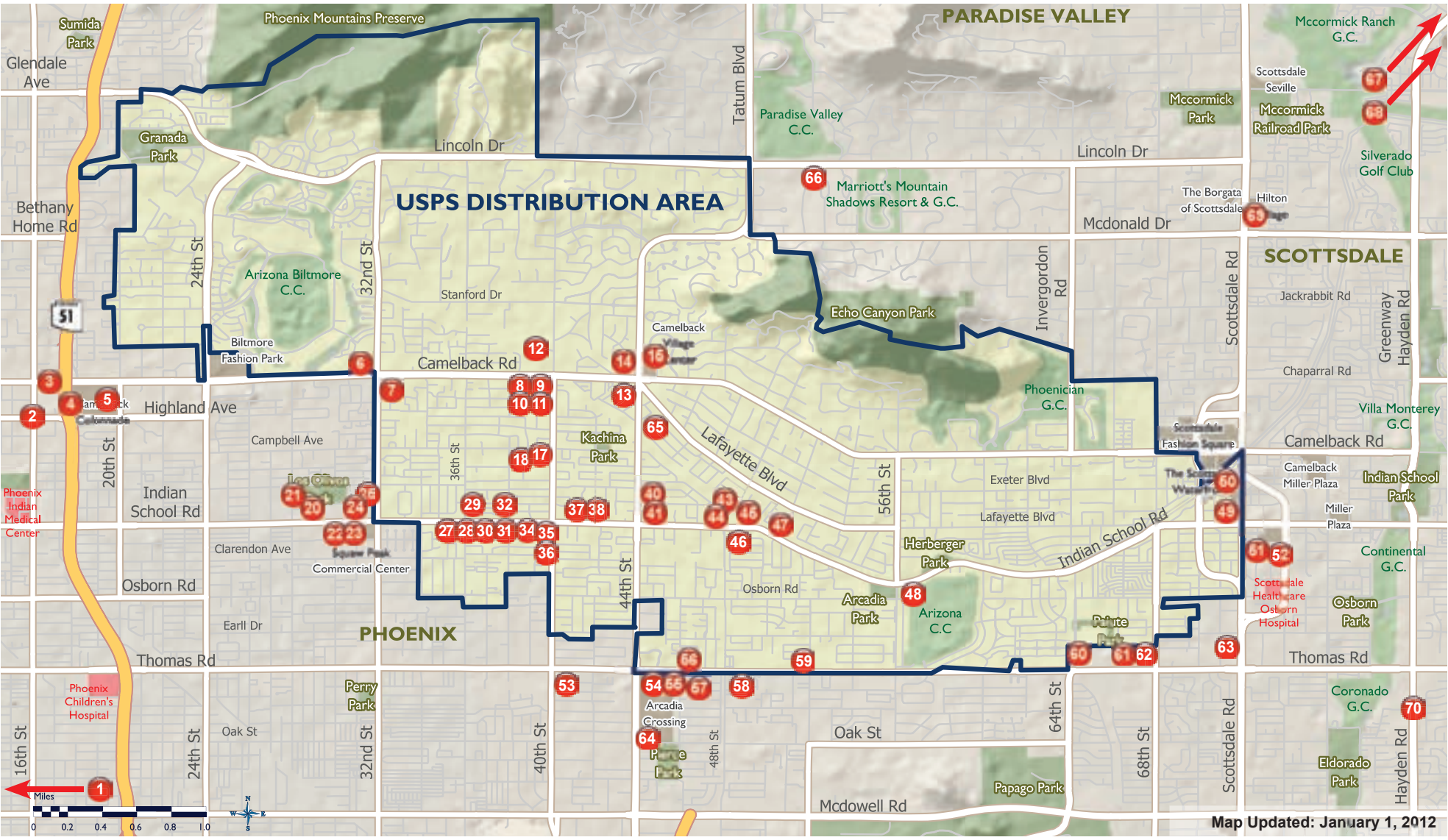
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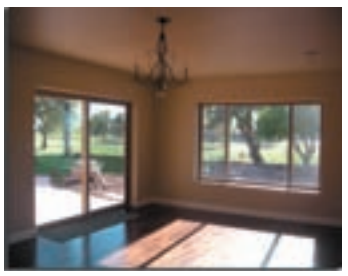
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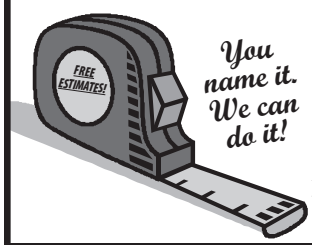
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4839 E. Horseshoe Road • $2,395,000

Spectacular 2.33-acre estate (101,361 s.f.) nestled in on a quiet heart of Paradise Valley street. With 5 bedrooms, 6.5 baths, 6700 square feet and a large detached guest/pool house, this residence will appeal to the most discriminating of tastes. A full transformation has gone into making this property fabulous; brand new gourmet kitchen with state of the art appliances and 1500+ bottle wine cellar; each guest suite has private bath and private patio; walls of glass surround each and every room allowing for endless indoor/outdoor entertainment; huge theatre room, tennis court, this is the quintessential Paradise Valley estate. See it again for the first time, you will not be disappointed!



4141 E Lakeside Drive • $1,895,000

Spectacular 5 bedroom 6000+ square foot hillside home with mountain view in guard gated Clearwater Hills. Custom finishes throughout. Travertine and wood flooring, granite, stainless steel, top of the line appliances, gas cooktop, exquisite alder cabinetry, entertainers backyard with heated pool and spa, barbecue, multi-room audio system, 3 car garage + 2 carport, fantastic mountain views and considerable privacy. Very livable floor plan and shows beautifully!



3558 W. Diana • $499,000

5 bedroom 3.5 bath. Extensively remodeled ranch style home in 2007. Seller added over 1300 sq ft. Great curb appeal w/paver patio. Very open floorplan. Gourmet kitchen with large island, granite countertops and custom cabinetry



4533 E. Pescar Drive • $1,050,000

Welcome to this 3300 sqft stunning home in Paradise Valley remodeled to perfection with dramatic views of Camelback Mountain. Home has open floor plan with large family room off the eat in kitchen which includes a double oven, Thermador gas cooktop, granite countertops and travertine backsplash. There is an additional flex room presently used as children's play room.



7214 E. Royal Palm Road • $699,000

Gorgeous 5 bedroom, 3 bath family home, 4107 sq ft. Tile and wood floors throughout. Large eat in kitchen with island and breakfast room overlooks the huge backyard and opens to family room with a stone fireplace. Formal dining room, vaulted ceilings and many windows compliment this open floor plan. Master bedroom suite has cozy fireplace, French doors lead out to patio, dual sinks, separate bath and shower. Backyard oasis has an amazing pool with water features, spa, built in grill, firepit and basketball court.

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Heather MacLean



Kelly Knapp
Realtor



3240 E. Stanford • $1,195,000

A truly gorgeous privately gated property in a perfect location! 4 bedrooms plus an office in the main house with a 1 bedroom detached guest house that is approximately 350 sq ft. This rambling ranch was a top to bottom renovation. Chef's dream kitchen with Slab Granite, Viking and Sub Zero appliances, huge island, separate bar, custom cabinetry and breakfast room. Stone floors throughout, new baths, windows and doors. Formal dining room, stone walls and fireplace in the family room, new windows and doors. Large en suite master has spa bath with double sinks, separate bath and shower. All this and more is set on 1.6 lush acres with pool and mountain views in every direction. Traditional and casual living all under one roof.



7161 E. Rancho Vista Drive #7005 • $1,449,000

Unlike any condo in the Optima that you will see! This stunning penthouse loft is a combination of 2 units and has 4 beautiful terraces with 180 degree views of McDowell Mountains, Camelback Mountain, and the Superstition Mountains. This property has had over $500,000 in upgrades after it was purchased for $2,000,000! Nothing was left undone, no stone unturned, only the finest of finishes have been used throughout! Spacious bedrooms, awesome media room and views from every room. Award winning Optima Camelview features lush garden landscaping, water features, 24,000 Sq Ft health club, dog park, convenience store, outdoor pools and spas.

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Presentation Option I	Presentation Option II
5:30 PM, Cafeteria	6:30 PM, Cafeteria

All community members who are interested in learning more about **Archway Classical Academy | Veritas**, a **Great Hearts** academy, are invited to attend this open house. There will be brief comments from the school's Headmaster, a Great Hearts Academies representative, and members of the Archway Veritas Parent Organization. The community will also have the opportunity to tour the school, view classrooms, and hear from teachers. Two presentation options will be offered for your convenience. We hope you can attend!

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