Arcadia News

Vol. 20 No. 10 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | January 2013

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Cruising through the neighborhood, the McDonald family captured the spirit of our latest special section: Health & Fitness *(see pull-out inside).*

The Arcadia Osborn Neighborhood Association is back to help keep the area's needs in front of the City of Phoenix.

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A fund has been established at the local bank to assist a longtime neighborhood landscaper who lost his arm in a traffic accident.

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The life of this Arcadia artist changed in the 1960s with three boxes of red dye. She now works in a multitude of mediums.

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EVERYTHING IS GOING TO BE GOOD IN THE ‘HOOD

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Current monthly circulation: 20,000.
Primary distribution by U.S. Postal Service.

Verifiable proof provided upon request via USPS and printing receipts, along with checkable references.

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Cover Photo:
This shot of the McDonald family began as an online profile picture and ended up on the cover. *Photo: Larry Stone, 12 North Photography.*

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Don't think too much, you'll just end up with no space

By Dale Messmer

Editor's *Notes*

It's been mentioned often in this space – it's difficult to write something one day that won't be read until more than a week later. Such is the life of writing on a monthly deadline.

It's especially difficult at this time of year, though. I haven't wrapped packages. You've wrapped up the holidays.

I haven't even picked up my son at the airport yet – only three more days! – and your holidays are a memory. Unless you can't remember New Year's Eve, I guess.

So what shall we write about?

I can point out all the good stuff in this edition of the paper, as usual, but I'll let you find that out on your own this month.

I thought maybe I'd write about how much I hate telephones, but if you've ever tried to call me you already know that, and if you haven't, I figure you don't care.

Of course, writing about something you would care about takes a better writer than I, so forget that.

Thought I'd write about music. I envy people who get to write about music for a living, and one of the best parts of deadline is selecting the music that I'll listen to in order to survive the ordeal. Eric Clapton this month. Good jazz came in a close second.

Thought about writing a few words on last year's best emails from readers. Not the funniest or the most complimentary, but the best story ideas. Or maybe the nastiest, although thankfully I don't get many of those.

Thought about writing a little something to public-relations people who seem to think sending me a story idea 12 times is a good way to get it into the paper, but they wouldn't listen anyway. They'd just keep calling me.

Thought about New Year's resolutions until I looked it up and realized I wrote about that last year. Still don't make the things myself. Have you broken any of yours yet?

Then there was the idea of writing about baseball. January is the Sahara of the baseball season, but M.A. (my most loyal reader) says I write about baseball too much as it is.

All that thought, as you can see, took up most of my space. Now I only have three more lines to work with. One is to say thank you for reading the *Arcadia News*.

And anyone can write one sentence to finish up the first column of the year.

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Camelback Mountain area – 5319 E Rockridge Rd., Phoenix
$1,950,000 – 4 bedrooms, 4.5 bath – 5,303 sq ft – .9 Acre

Camelback Mountain area – 4414 E Vermont Ave, Phoenix
$489,000 – 3 bedrooms, 1.75 baths – 2,059 sq ft – 1/2 Acre

6938 E Oak St., Scottsdale – $195,500
3 bedrooms, 2 baths – 1,580 sq ft

South Mountain area – 8027 S. 29th Way, Phoenix, AZ
$475,000 – 5 bedrooms, 4 baths – 4,453 sq ft

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'Guardians' will maintain holiday spirit

Julie *@ the Movies*

Rise of the Guardians
Director: Peter Ramsey
Starring: Chris Pine, Alec Baldwin, Isla Fisher, Hugh Jackman and Jude Law

Thought the Boogeyman existed only in nightmares? Think again. This evil spirit, called Pitch Black (voiced by Law) for good reason, attacks the Earth, targeting its children. Luckily he's not the only legend that's real, and the Guardians are ready to do battle to protect kids all over the globe.

A team made up of Santa Claus (Baldwin), the Easter Bunny (Jackman), the mute Sandman and the Tooth Fairy (Fisher), the Guardians must welcome their newest member, Jack Frost (Pine). Though no one, including Frost, really knows why Jack was chosen, they're going to need all the help they can get if they're to defeat Pitch and save the children of the world.

While the general story is pretty straightforward, there are multiple smaller parts that make the movie better than your average save-the-world story. Without giving away spoilers, these subplots expand the main tale without overcomplicating it.

Instead of a complex plot dominating it, *Rise of the Guardians* lets its characters carry it, which is a good call. While Jack Frost is a typical free spirit, there is a humanizing touch to him that's necessary in all troublemakers if the audience is expected to like them.

Animated films have gone through many phases and trends, sometimes bordering on annoyingly fake or trying too hard to be real. Luckily this movie seems to have found a middle ground, playing on the skills of computer animation without throwing it in the audience's face.

After a while of watching, some will even forget it's animated at all. Not that it

Continued on page 8

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Arcadia Real **Estate** Stats

2012 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2012 – 11/30/2012)

Active Homes -	141 homes
Homes Sold -	253 homes
Average Sale Price -	$764,691
Average Sold $ Per SF -	$233
Average Days On Market -	99 days

- There is currently 7 months of home inventory (based on 2011 results)
- 2012 home sales have increased 5% this year (Based on 2011 sales results)
- Home prices have increased 17% this year. (Based on 2011 sales results)
- $ Per SF prices have increased 15% this year. (Based on 2011 sales results)
- Homes are taking 20% less time to sell this year. (Based on 2011 sales results)

2011 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

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

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

2012 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2012 – 11/30/2012)

Active Homes -	71 Homes
Homes Sold -	194 Homes
Average Sale Price -	$324,149
Average Sold $ Per SF -	$157
Average Days On Market -	68 days

- There is currently 4 months of home inventory (Based on 2011 sales results)
- 2012 total home sales have increased 3% this year. (Based on 2011 sales results)
- Home prices have increased 18% this year. (Based on 2011 sales results)
- $ Per SF prices have increased 18% this year. (Based on 2011 sales results)
- Homes are taking 33% less time to sell this year. (Based on 2011sales results)

2011 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

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

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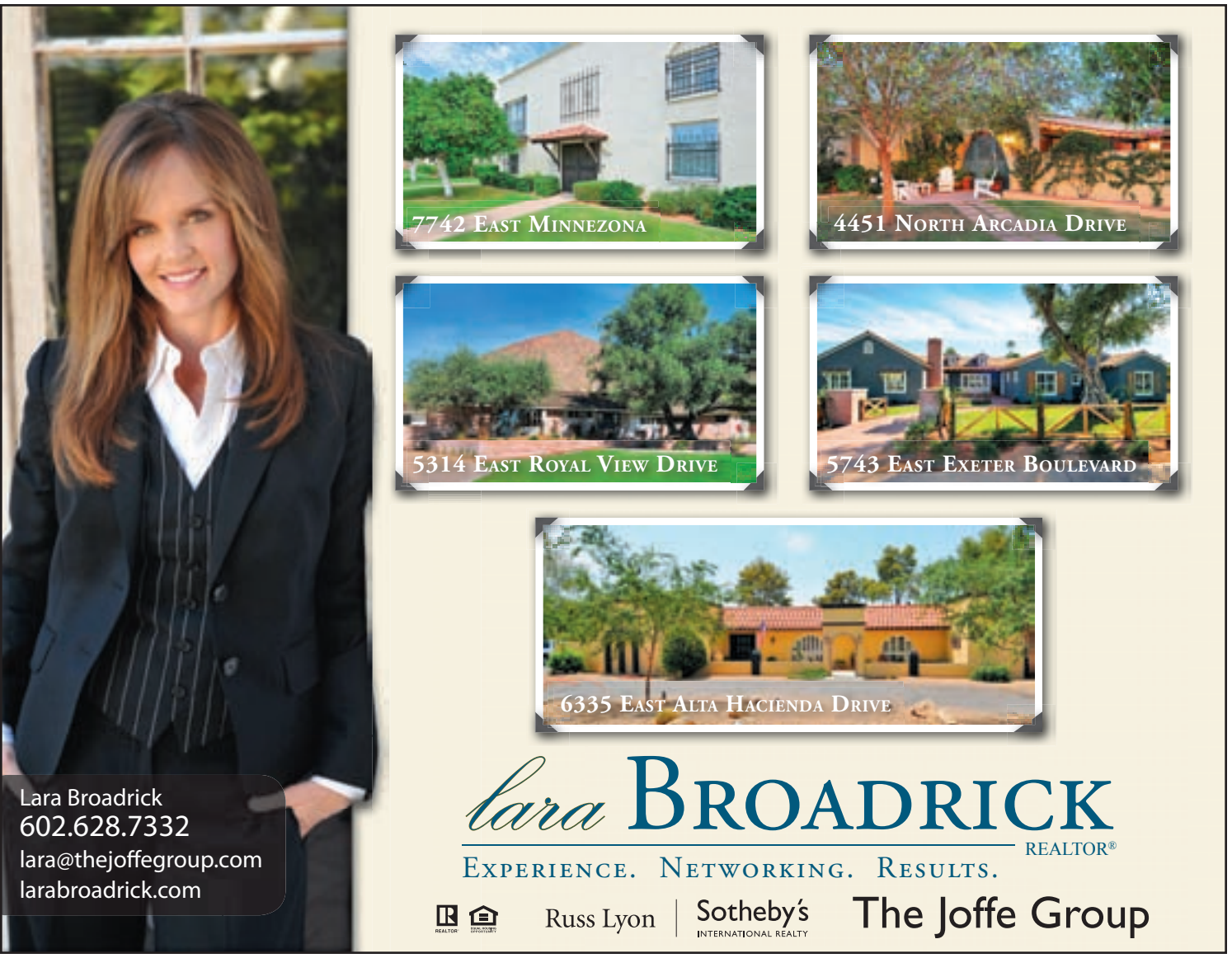

Community Happenings

Margaret Serna, principal at Tavan Elementary School, has been selected as a 2013 Rodel Exemplary Principal Finalist.

The Rodel Exemplary Principals are selected for their demonstrated ability to lead high-need schools to success by inspiring their staffs to develop a campus that is high achieving, safe, orderly and welcoming.

Tavan has seen continued academic achievement and growth, resulting in the school earning an "A" grade from the Arizona Department of Education.

The Rodel Exemplary Principal Award will be announced on January 5-6 at www.rodelaz.org.

Movies

Continued from page 6

looks like it could be live action, but the animation isn't the most important thing about the film.

It's a smart choice to keep the holiday spirits up, the adventure is great fun, and there's a theme everyone can relate to: the desire to be believed in.

Julie Demetros is a 17-year-old homeschooler from Arcadia who writes about movies and books at juileatthemovies.wordpress.com.

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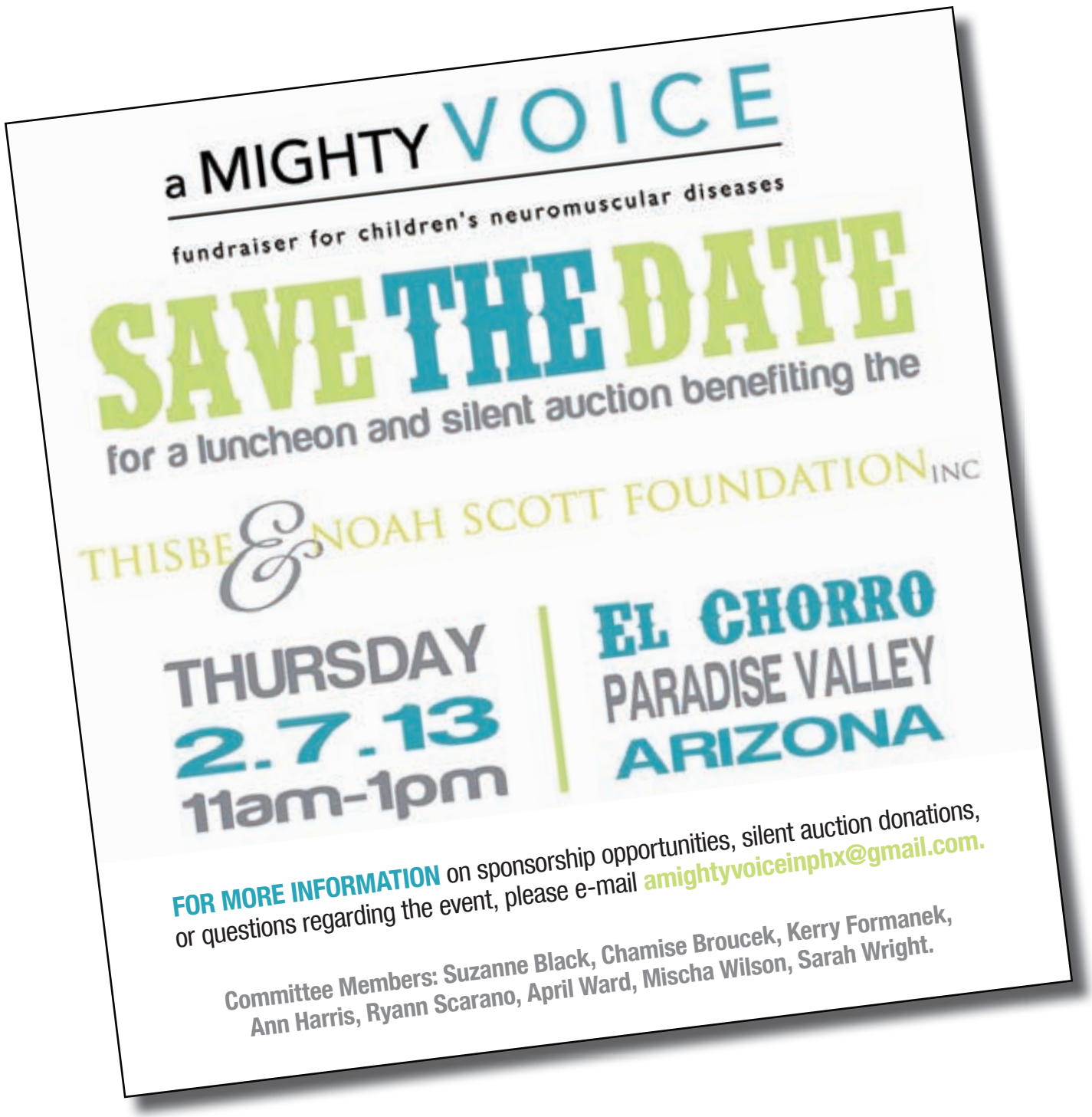

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STRAIGHT UP with a TWIST

By Greg A Bruns

Greg is on a writing assignment until July, 2013. This is one of his favorites and originally appeared in 2008.

I have the solution to both sides of the writer's strike going on right now. Being both a writer and a business owner who relies on writers, I would like to extend my arbitration talents to my brothers in "Da Wood."

For the writers:

First thing first: institute a name change from the WGA Strike to something a little more catchy—after all, you are supposed to be writers. No demands have ever been met by using lame-o acronyms. LOL.

How about calling it "The Four Cent Doctrine" or "Four Pennies—For Us" or "Less Than a Nickel, More Than Three Cents." Whatever you end up with, make it simple, make it fun and make it easy to chant when you're standing outside public venues, bitching.

That's it—that's all I have for you. Swap out the name of your movement and then just sit around and whine and complain and don't do a lick of work until you get your way or get fired.

For the studios and faceless corporations:

Speaking of getting fired—long before you studio execs hired The Donald to create the catchphrase "You're Fired," there was *The Ronald*, who handled a massive union strike all by himself. In two days.

This happened back in 1981 when PATCO (Professional Air Traffic Controllers Association) put forth their strike demands. These guys were looking for a lot more than four cents—they wanted a $10,000 annual pay increase for all ATCs (nearly 13,000 workers) and they wanted their work week shortened from a brutal, inhumane 40 hours down to 32 hours. They also wanted a major (and expensive) overhaul to the retirement program.

In case you're getting antsy from the lack of new material that usually crosses your desk, I submit to you a short, historically accurate script of these events.

FADE IN TO:
INT. DAY MEETING HALL
TITLE OVER: Monday, August 3, 1981: The PATCO union declares a strike after several failed negotiations for more money, shorter hours and better retirement packages.

F. LEE, a union lawyer, sweats profusely as he adjusts a microphone on a podium he is standing behind. An audience of reporters and cameramen fight for position to report on his announcement.

F. LEE
(clears throat)

The federal government and PATCO are unable to agree on terms. Effective immediately, all Air Traffic Controllers are on strike.

INT. DAY
WHITE HOUSE OVAL OFFICE
PRESIDENT RONALD REAGAN sits with staffers, watching the PATCO union press conference on television.

PRESIDENT REAGAN
(irritated)

Call a press conference immediately. Like half an hour ago. (pause) Why the hell are you still here?

An exasperated staff bolts from the office.

EXT. DAY
WHITE HOUSE ROSE GARDEN

PRESIDENT REAGAN
(speaking to press)

This strike is a peril to national safety. All air traffic controllers have 48 hours to return to work. Startiiiiiiinnnng NOW.

INT. DAY
WHITE HOUSE OVAL OFFICE
TITLE OVER: Tuesday, August 4, 1981.

PRESIDENT REAGAN
(on the phone with F. LEE)

Yep. We'll see you and all of the ATCs tomorrow morning—bright and early; like 5 a.m. Huh? No, there will be no demands met—as far as I'm concerned there's only ONE demand: that your ass is in the office tomorrow morning. *(leaning closer to phone cradle, itching to hang it up)* Well, you'll be *fired*, Lee—that's what. You'll ALL be fired. YEP! Coffee's on at four and every single ATC butt is in a seat by five!

(pause)

(sighs heavily, while cranking back head in an exaggerated open-mouthed stare at the ceiling)

(enunciating / almost singing next part)

FYYYYY— ERRD!

(drops phone onto cradle)

Jagoff.

INT. DAY
WHITE HOUSE OVAL OFFICE

A clock now appears above the president's press conference podium. It reads: 5:05 a.m.

PRESIDENT REAGAN
(smiling)

Effective five minutes ago, there are 11,500 air traffic controllers looking for work. And, just in case there's any confusion regarding this issue, I am instituting a *permanent, lifetime ban* on their rehiring by the FAA.

FADE OUT.

And that, dear studios and faceless corporations, is how a staunch Republican handles labor strikes. Just a hand in the face of the opposition—with the other hand pointing at the worker's desk. Think of this one as "Norma Rae" meets "Wall Street." The script is not yet optioned, as I'm waiting to see what happens with the Four Cent Doctrine to see what it is worth.

City can up trade dollars with Mexico

By Sal DiCiccio

"Texas exports roughly $79 billion worth of goods to Mexico; California exports about $38 billion similarly. Arizona exports less than $12 billion. The city of Phoenix needs to improve this number, enhance existing partnerships and nurture new growth prospects. We need to draw on our strengths and proximity to make Phoenix an international city, diverse in culture and economic opportunity."

Phoenix City Councilman, Michael Nowakowski

"We have an opportunity to increase trade with our biggest partner, improve employment here and in Mexico and make Phoenix much more of an international hub for goods, services and tourism. This is among the most effective jobs- and economic-development projects we could be doing now, and we need to do it."

Phoenix City Councilman, Sal DiCiccio

Phoenix has a great, under-tapped trade partner just south of Arizona. Councilman Michael Nowakowski and I are partnering to develop a plan to improve trade and business with Mexico. We recently assembled business leaders experienced in trade with Mexico, the state Chamber of Commerce, the Greater Phoenix Economic Council and representatives of the Sonoran government to kick off creating a plan.

We have asked Mayor Stanton to create an official city ad hoc committee to come up with a plan.

The opportunity is there. According to the U.S. Chamber of Commerce, Arizona's trade with Mexico runs about $11.9 billion, with Arizona exporting more than $5.74 billion to Mexico. Computers and electronics amount to about $1.2 billion.

A recent newspaper story noted Mexico is Arizona's top export market, and about 72 percent of Arizona's exports to Mexico last year went to Sonora. The story noted manufacturing is growing at plants in Sonora along the Arizona border, and that's not just clothing and basic manufacturing

Councilman Sal DiCiccio

– it's more electronics, aerospace and defense. About 40 percent of Mexican exports contain U.S. components, so that growth already is good for local business.

The committee would identify ways to improve our trade, manufacturing and tourism partnership with Mexico and search for mutual business opportunities.

Four preliminary ideas:

Create a direct trade office with a Mexican government official located in Phoenix City Hall, allowing Mexican entities to deal directly with Arizona businesses. This also allows individuals looking for trade and other information about Mexico, with Phoenix having a similar arrangement in Mexico. This is similar to the arrangement the state has at the Capitol where Sonora has an office, with Arizona having the same in Sonora.

Work on better use of magnet Foreign Trade Zone opportunities, perhaps around Goodyear airport and Sky Harbor.

Create a marketing campaign to promote and explain Mexico to Phoenix business and vice versa.

Create a health-care cluster either around Mayo or Park Central Mall, which would be able to take advantage of Banner and Dignity Health, which also could be marketed as an international destination.

We want to solicit more ideas so the committee can come to the city council with a specific and detailed plan of action. Most importantly, we want this to be a collaboration involving ideas from our city, the private sector and the government

Continued on page 12

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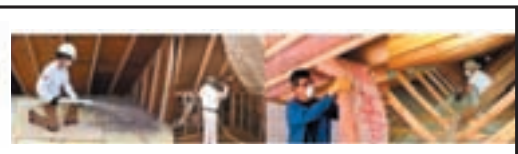

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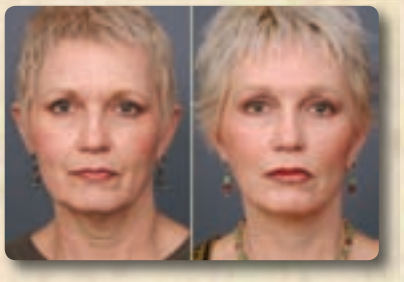

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Protection needs mean more orders

By Steven Sarkis

For many people, this time of year is the best time of year. The holidays, the New Year, traveling, time with family and friends, the great weather and so on.

Yet for some, it is quite the opposite. Each year around this time, the courts often see a rise in protective orders such as orders of protection and injunctions against harassment.

Maricopa County's 25 Justice Courts issue more than 7,000 protective orders each year. Handling these types of cases often is one of the most difficult tasks for a justice of the peace. As with many things judges do, issuing these protective orders does not get any easier through the years.

Justice Steven Sarkis

The bottom line is that it's always sad to see an individual come into court requesting orders of protections against other family members or a spouse. But as judges we find solace in the hope we are protecting individuals from a situation that could potentially end very badly if left unchecked. Not to mention that it takes a brave soul to come into court to request such an order in the first place.

If you or someone you know is in need of a protective order to stop a potentially bad situation from getting worse, do not hesitate to contact the local justice, municipal, or superior court.

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

DiCiccio

Continued from page 11

of Mexico, primarily our closest trading partner from the state of Sonora.

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

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Tips on keeping this year's resolution to lose weight

By Sheetal Gosalia, D.O.

In January, sales of diet food and gym memberships soar as people begin to work toward their New Year's resolution to lose weight. Unfortunately, many give up their efforts after a month or two, discouraged by slow progress or overwhelmed by the task.

Here are some tips to help set you on the path to a long-term, successful weight-loss regimen.

Set realistic goals

One reason many people don't meet their weight loss goals is because they expect too much, too soon. It's important to set realistic expectations, such as a 1- to 2-pound weight loss per week. Over time, this small weekly weight loss can significantly improve your health.

Likewise, adding exercise to your schedule in smaller doses can help you ease into a more active life and set you up for success.

See a dietician

Any good weight-loss program includes a healthy diet. However, a lot of people don't know where to begin. A dietician can give you tips for making simple changes to the way you eat that can have a big impact on your waistline. Even one visit to a dietician can offer lasting benefits.

Seek support

Chances are one or more of your friends or family members also have resolved to lose weight in the New Year. It's a great idea to find a weight-loss partner so you can offer each other support and encouragement when you're facing challenges, and you can celebrate your successes together when you reach milestones.

You also can find great resources online, from healthy-recipe websites to online calorie-counting tools. Smartphones also offer a wide range of apps to assist you in your efforts. If you need a higher level of support, there are many effective weight-loss programs that can keep you motivated and on track as you work toward your goal weight.

Dr. Sheetal Gosalia

Be kind to yourself

Remember, you don't have to be perfect. There will be times when you indulge in a favorite meal or dessert, and that's OK. As long as you're making good choices the majority of the time, you'll continue to make your way toward reaching – and maintaining – a healthy weight.

Sheetal Gosalia, D.O., treats patients of all ages at Arcadia Family Clinic, 4131 N. 24th St., Suite B-102, Phoenix, 602-955-6632 or JCL.com/practices. When she's not caring for patients, Gosalia enjoys running, reading, art and travel.

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Insurance check good idea at the start of a new year

By Jennifer A. Cranston

At the start of a new year, many people take the opportunity to reflect on past experiences and set future goals.

As we evaluate where we are and where we're going, it's a good idea to analyze potential future problems and strategize ways to minimize their impact. Part of this process should be a review of your insurance.

Generally, insurance policies fall into two categories: first-party and third-party.

First-party insurance policies pay for injuries or losses suffered by you. Examples of first-party insurance policies are health-care insurance, life insurance and property insurance.

Third-party insurance is liability insurance under which the insurance company agrees to defend and indemnify

Continued on page 17

Jennifer Cranston

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Eagle Scout Blake Stephens and Eric Bodznick.

Community Happenings

Blake Stephens, Arcadia resident and a junior at Arcadia High School, has been awarded his Eagle Scout. He is a member of Boy Scout Troop 15 and has been active in scouting for 8 years. He built a riparian habitat at Arcadia High for his Eagle project. The pond, complete with a flowing waterfall, plant life and animal life, will serve the science classes at Arcadia. A total of 283 hours went into the project. He was assisted by his biology and biotechnology teacher Eric Bodznick.

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Cranston

Continued from page 14

you when another party makes a claim or files a lawsuit against you.

A simple way to distinguish between these two categories is to remember that first-party insurance applies when you are harmed and third-party insurance applies when you are accused of harming someone else.

Your insurance review should start with an analysis of the things you want to protect (such as real estate and personal property) as well as the risks you want to protect against (medical bills, lawsuits arising from car accidents or specific types of business activities, etc.).

The next step is to analyze how much coverage, in monetary terms, you think you will need.

On the first-party side, you should value your property (both its present value and how much it would cost to replace).

Analyzing the amount of coverage for third-party insurance is a little trickier because it's hard to foresee how much injury you might be accused of causing another person or company.

At this point, it's helpful to talk to your insurance agent or broker about what is covered under your current policies and whether they are sufficient to provide the protection you desire.

Remember, everyone has different levels of risk tolerance – some prefer to pay more for additional piece of mind and others hate the idea of overpaying for insurance they may never need. The goal is to find the right amount of insurance for your needs and comfort level.

Finally, insurance isn't perfect and may not cover every loss or claim. But if you take the opportunity to review your coverage now, you can be better prepared for what the future may bring and minimize surprises regarding what is and is not covered by your insurance policies.

Arcadia resident Jennifer A. Cranston is a shareholder at Gallagher & Kennedy, P.A. and the 2012 president of the Maricopa County Bar Association.

Community Happenings

Prince of Peace Lutheran Church will host the Asante Children's Choir from East Africa for a concert at 6 p.m. January 13 in the church sanctuary at 3641 N. 56th Street. Asante means "Thank You," and coming from an area plagued by years of devastating genocide and civil war, the choir members have overcome some of life's most difficult circumstances and take pride in expressing their gratitude through song and dance.

Admission is free. Donations for the choir will be taken. For more information, call 480-945-9537.

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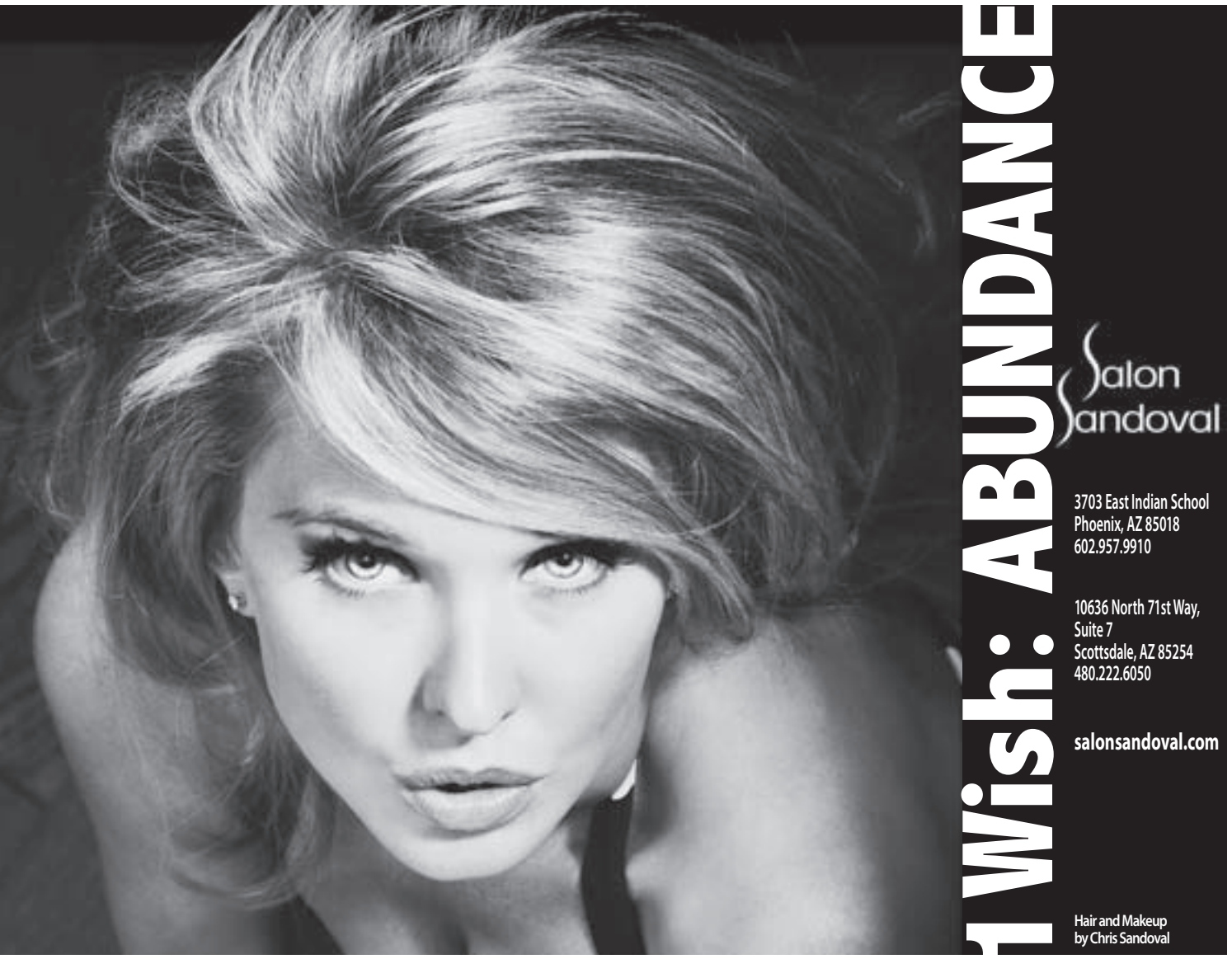

Association regroups its efforts

By Kyle Renick

The Arcadia Osborn Neighborhood Association is revitalizing after more than a decade-long hiatus.

Originally formed in 1998, the organization, which held its first meeting on Nov. 28 since reforming, is a group of volunteers from the Arcadia area who work to benefit their neighborhood.

The November meeting was used as a time for residents to vote for AONA officers, resulting in the election of Jay Swartz as president, John Schneeman as vice president, Chuck Saillant as treasurer and six other board members.

Neighbors decided to regroup after last year, when a part of the R&G (Republic & Gazette) Ranch on the corner of 48th Street and Indian School Road was to be redeveloped into a three-story office building, something that was "not congruent to the rest of the neighborhood," said Neal Haddad, AONA liaison to the city of Phoenix and a 15-year Arcadia resident.

"A few of us banded together and were able to come to a compromise with the city," Haddad said.

The group negotiated the size of the building to a smaller two-story building, something more similar to its surroundings.

The group's main goal now is to relay important quality-of-life information to residents, including details about zoning, crime and city services.

"Problems can develop quickly and we want to be able to communicate quickly," Haddad said, noting a lack of problems in the area was the group's original reason for dissolving more than 10 years ago.

Now, the group wants to focus mostly on keeping its residents informed.

Valerie Demetros, a 12-year resident of Arcadia who attended AONA's meeting, said she is hopeful for what the group can do for the neighborhood.

Continued on page 20

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Association

Continued from page 18

"We're not unlike any other neighborhood in the Valley. We have crime sprees," she said.

"But if you have a neighborhood association and you can have a meeting about it, you can change it."

AONA's boundaries are 40th to 56th streets and Indian School to Thomas roads, an area of about 2,000 homes and 6,000 residents.

"I'm always grateful that there are people who are willing to take the first step," Demetros said. "I want to live in an area where we have something like AONA."

Those wishing to receive information from AONA can join the email list by sending name, mailing address and phone number to aonainfo@gmail.com.

Community Happenings

The American Cancer Society is planning a Relay for Life in Arcadia in October 2013 and is looking for participants, sponsors and volunteers.

Those interested in getting involved in the longterm planning for the event can email organization contact Shelley Center at Shelley.Center@cancer.org.

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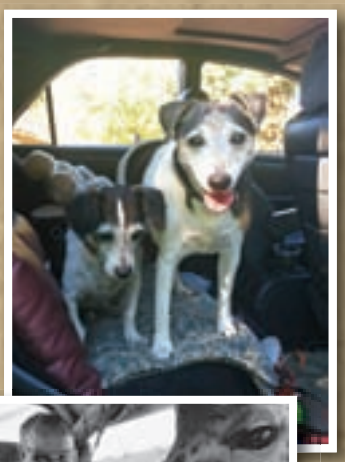

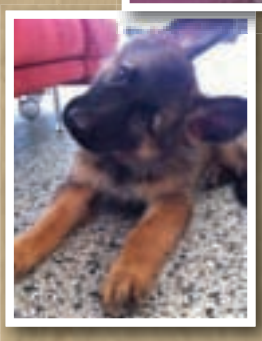

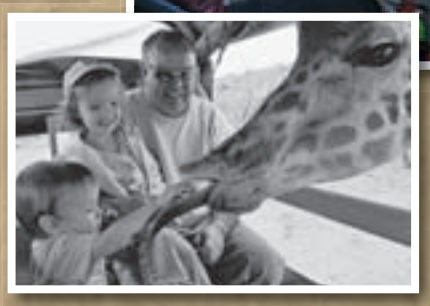

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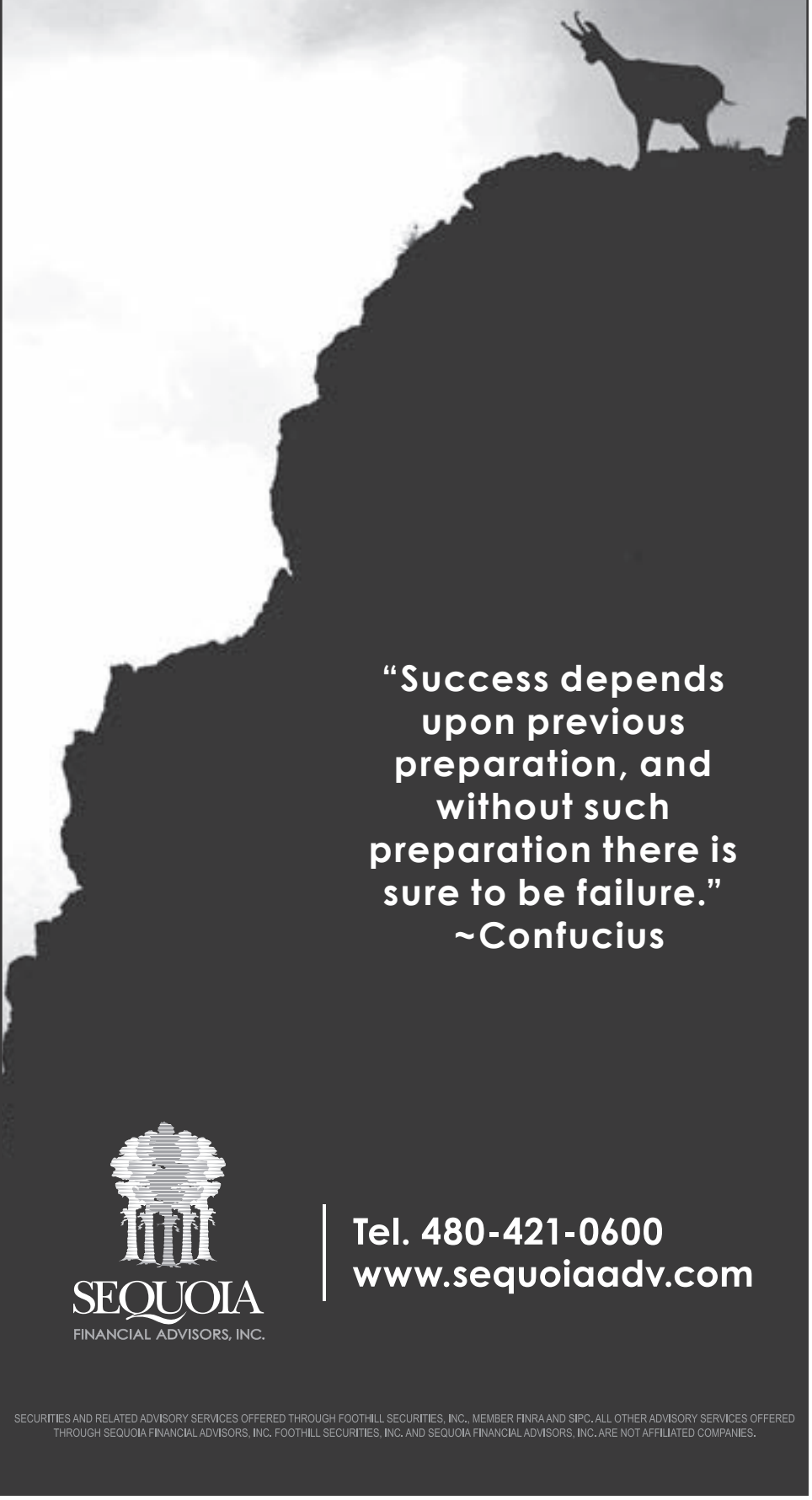

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It looks like a birdhouse but it's Little Free Library

Story and photos by Max McCauley

If you have been by Shepherd of the Hills Church on Lafayette just west of 56th Street, you might have seen a box on the front lawn that looks like a large birdhouse, but this one is filled with books.

The box is part of the new reading movement started by Todd Bol and Rick Brooks in Wisconsin in 2009. Little Free Libraries, as they are called, are packed with free books; the idea being a person will take a book and put another in its place.

About 3,000 Little Free Libraries are in all 50 states and in about 40 other countries.

Nola Enge, Jill Thomas and Bill Janiga brought the Little Free Library at Shepherd of the Hills to Arcadia.

That library gets a lot of traffic from the preschool, the church congregation and people who walk by on Lafayette.

Enge, director of The Hills preschool, said it is thrilling for her students to know their books are being enjoyed by little friends they haven't met.

The preschoolers are having fun noticing when people stop for a book, she said.

They see folks on bikes and in minivans with children just picked up at nearby Hopi Elementary, Arcadia Neighborhood Learning Center and Veritas Preparatory Academy. They see seniors walking by to drop a book.

Enge and Thomas discovered the Little Free Library while on separate vacations last summer.

Enge said she first saw a Little Free Library in her hometown of Madison, Wis. She said in Madison there are many libraries made from reclaimed wood from dairy barns.

Thomas first saw a Free Little Library in Detriot Lakes, Minn.

While still in Minnesota, Hart told Janiga about the libraries and they both decided to make one for Shepherd of the

Continued on page 27

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New York ballet school to hold auditions in Arcadia

By Audrey Luzader

The School of American Ballet will be in Phoenix in January to hold auditions for intermediate and advanced students for its summer course in New York.

Amy Bordy, director of public relations, recruiting and outreach, said the summer course is five weeks and offered only to new students not in the year-round program.

She said the school hopes to find students with potential to join the longer program.

Auditions will be Jan. 27 at Ballet Arizona, 3645 E. Indian School Road, 11 a.m. to 3 p.m. for dancers ages 10 to 18.

The School of American Ballet is the official school of New York City Ballet, Bordy said.

"It's the starting point for anyone who has that dream of becoming a professional dancer," she said.

"It's an excellent way to start that journey."

Students should arrive about an hour prior to their audition times to register.

The schedule is:

11 a.m.-noon for 10-11 year olds;

Noon-1:30 p.m. for 12-14 year olds;

1:30-3 p.m. for 15-18 year olds.

Students need to bring a copy of their birth certificates to the audition. Girls must bring toeshoes.

The objective of the summer course not only is to find potential students for the year-around program but to give students the opportunity to dance with the faculty, Bordy said.

Many faculty members have a background that includes professional careers in dancing, she said.

Bordy said the school recruits nationally and internationally with auditions in 19 cities in the U.S. and an audition each in Paris and Madrid.

"We get students who might drive from three to four hours away," she said.

About 2,000 people will audition, and the school accepts 200 students into the summer course, Bordy said.

Kay Mazzo, co-chairwoman of faculty and a teacher at the school who oversees the daily training of students, said applicants are judged on areas of flexibility and musicality.

She said energy and an interest for what they're doing really makes students stand out from others.

"You look at them and you know they're listening and trying their hardest," Mazzo said. "You know they're going to retain things."

No specific number per age group will be selected.

"We want to take every student we feel should be studying at our school," Mazzo said.

Bordy said the school has an extensive scholarship program that includes a $1.75 million budget for its year-round and summer programs.

She said about 30 merit scholarships are given out yearly.

The Phoenix auditions include tryouts for a two-week program the school will hold in Irvine, Calif. this summer.

Bordy said this day program is key to exposing students and building relationships with them at a young age. The California program is for ages 10 to 14.

Preregistration for the five-week course is available on SAB's website at SAB.org/summercourse. The application fee is $35.

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ARCADIA NEWS

Libraries

Continued from page 24

Hills along with Enge.

Janiga, a skilled woodworker, built the library from recycled materials. He said he expects it to last for generations because of the durability of the oak he used. He said he would be happy to work with other people on Little Free Libraries.

As well as helping make the Shepherd of the Hills Little Free Library, Thomas is constructing a Free Little Library of her own to put in her front yard. She said she is using an old pie safe she is "refurbishing."

Many times people will dedicate their Free Little Library to someone special, and Thomas has chosen to dedicate her Free Little Library to her grandmother, Carolee. Her name is on the pie safe. Because she lives near Arcadia High School, Thomas said she hopes students as well as people in the neighborhood will walk by and use her library.

More information on the libraries can be found at LittleFreeLibrary.org.

Max McCauley is a seventh-grader at Christ Lutheran School.

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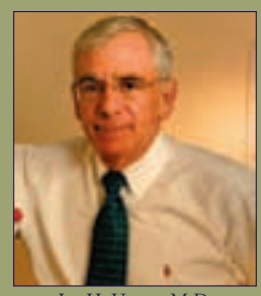
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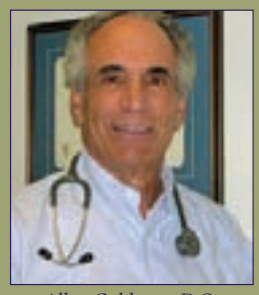
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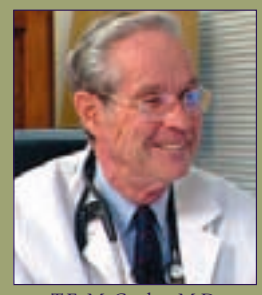
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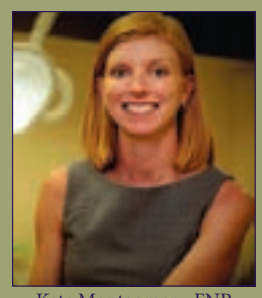
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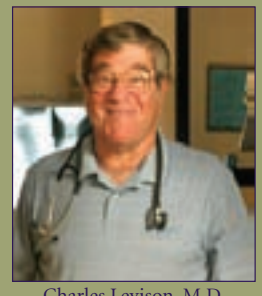
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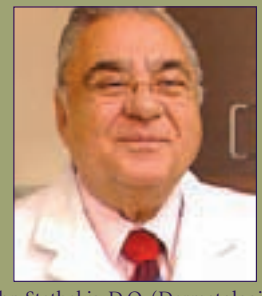
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Kelly and Bobby Schurman's travels have taken them many places, including Italy.

'Travel obsession' begins right after getting married

By Kaley Kalil

Kelly and Bobby Schurman have lived in Arcadia since July 2004, just six months after they were married. During the past eight years, they have traveled all over the country and throughout Asia, South America and Europe.

"Our travel obsession started immediately after we were married," Kelly said. "We began traveling monthly the month following our honeymoon."

Where's the *Neighbor?*

Having both grown up in Phoenix, Kelly and Bobby cherish fond, family memories of visiting Disneyland throughout their childhood. Now, they have annual park passes for Disneyland and Disneyworld.

Continued on page 29

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Key West remains one of the Schurman's favorite travel destination.

Neighbor

Continued from page 28

"We have taken dozens of weekend trips to Disneyland, and we have made traditions of spending Easter and New Year's Eve at Disneyworld."

Their most recent overseas trip was in June, when they took a cruise out of Ft. Lauderdale and sailed to Jamaica, Haiti and Cozumel. In Jamaica, they hiked up the Dunn's River Falls and on some beautiful trails. In Haiti, they spent time at the beach and hiked through the mountains in Labadee. In Cozumel, they took an underground tour in Playa del Carmen to the Rio Secreto.

"We hiked 100 feet below the ground, wearing special wetsuits and headlamps," Kelly said.

"This underground cave system was filled with stalactites and stalagmites and was unlike anything we had ever seen."

It's what happened on the boat, however, that was most memorable.

"Our ship's captain spotted a raft with five people inside that had been lost at sea for four straight days while fleeing from Cuba," Kelly said. "The raft was no bigger than a pool raft you would buy from Target. It was unbelievable. The rescue was successful and took several hours.

"Just an hour or so after that rescue, my husband and I were sitting on our balcony and saw another raft float right past us. We called the emergency number, made the report and our ship came to a halt again. It was quite an eventful day at sea."

Upon their return to Ft. Lauderdale, they rented a car and drove to Key West, where they enjoyed sunsets at Mallory Square.

"We love to cruise," Kelly said. "We have been on approximately 20 cruises since we have been married and we find that cruising is the most relaxing and easiest way to travel."

With quirky travel traditions such as seeing Jimmy Buffet in concert across the nation and packing their Travelocity roaming gnome along for every wild adventure they tackle, the couple knows how to have a good time just about anywhere.

"Whether it's getting last-minute tickets to a concert in Florida, hiking the Grand Canyon, or popping over to Disneyland or Disneyworld, we never hesitate to jump at any opportunity to travel," Kelly said.

So, how do these travel enthusiasts pick their next destination?

"*The Travel Channel* has been responsible for a majority of our vacations," Kelly said.

"We are *Travel Channel* fanatics and always watch the show for ideas for our next vacation. Key West remains one of our very favorite places to visit."

Other favorite destinations for the Schurmans include St. Maarten, Maui and Assisi, Italy. One day, they plan to cross Bora Bora and Germany's Oktoberfest off their wish list.

"We love to explore the world and gain new experiences," Kelly said.

"Traveling is so easy to do and is so rewarding. The stories and memories you come home with are priceless. The more we travel, the more we realize just how small the world can feel. We encourage everyone we know to be adventurous and travel."

Kelly is a kindergarten teacher at St. Thomas and Bobby is a business development manager at Honeywell.

Their next trip is planned for this month, when they will run half marathons at both Disneyland and Disneyworld. By completing both races in the same year, they will each earn Disney's Coast-to-Coast medal.

Traveled lately or know someone who has? Contact Kaley at kaley.kalil@gmail.com.

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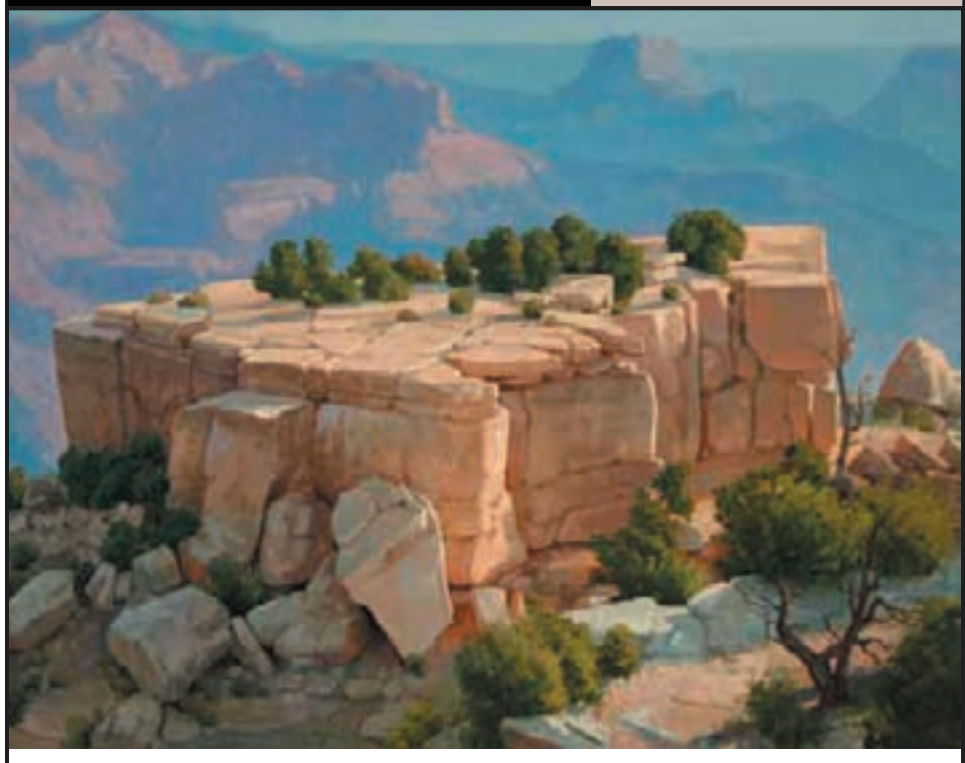

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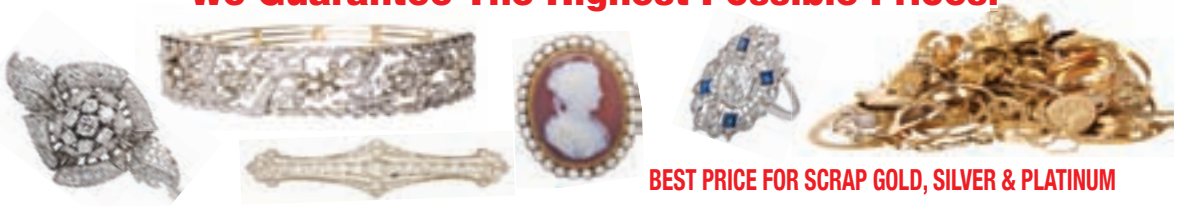

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Resolutions extend to travel, too

Travel *Tips*

By Kaley Kalil

It's a new year, it's a new you and there are oodles of new places waiting to be discovered by the new you. Next to working out and eating healthier, why not add traveling more to your 2013 New Year resolutions?

Here are a few ideas to make your travels this year your best yet.

Travel off the beaten path

Try visiting less crowded, more remote areas than Mission Beach in July. Venture somewhere you've never been, pack up the kids and create your own journey. Before the days of Lonely Planet travel guides and TripAdvisor.com, travel enthusiasts actually designed their own itineraries and drew out plans on maps.

Take a deep breath, turn your navigation system off, buy yourself an old-fashioned, paper map and attempt to reach the campgrounds without TomTom or Siri.

Who knows? Maybe you and the kids will stumble along some places worth exploring along the way.

Incorporate exercise into your vacations

Instead of following suit in this year's dieting craze, why not suit up, get out there and enjoy the great outdoors? Make 2013 the year you and the boys finally hike Yosemite National Park, or when you and your wife make the hike to Havasu Falls down in the Grand Canyon.

By including more hiking, walking and other outdoor activities throughout your trip, you'll not only feel and look great, but you'll most likely see and experience more as well. What's not to like about all that?

Be flexible

Instead of stressing over staying on schedule or fitting everything in, try to relax this year and be flexible with your travel plans. Welcome the element of surprise and don't be afraid to slow things down if the group is enjoying a particular activity or place and wishes to stay longer than you had originally planned.

Keeping an open mind and an adventurous attitude will result in the best possible trip for all.

Pack less

This is so much easier said than done, I know.

But, think about it. When was the last time you actually wore everything you packed in that big suitcase? Have you *ever* worn everything you packed in your suitcase? If you're like me (and most other travelers), the answer is, "never." Break the cycle.

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Restaurant group finds another winner in Federal Pizza

By Amanda Goossen

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Eleven years ago, Craig and Kris DeMarco and Lauren and Wyatt Bailey began what would become one of Phoenix's most beloved restaurant companies.

Upward Projects, in historically relevant buildings that house neighborhood restaurants the community would enjoy, has found a way to connect with people and feed them what they desire.

Their most recent project, Federal Pizza, follows in the footsteps of Windsor & Churn as well as Postino Central. Located in the old First Federal Savings and Loan building, Federal Pizza is a casual and comfortable spot for groups to gather and friends to chat. Like all of Upward Projects restaurants there is something inherently "hip" about the atmosphere.

Something that makes Federal Pizza different than its nearby siblings is the take-out window, which gives those craving pizza a choice to pick up their meal as well as their beer and wine.

The beer and bottled-wine lists developed by beverage director Brent Karlicek are seasonal and progressive with local and regional beers – with an emphasis on small-batch craft selections – on tap.

The pizza at Federal is most definitely something to write home about. A variety of out-of-this-world combinations such as the At Last (which features broccolini, roasted corn, Fresno chilies, basil and lemon) or the Sweet Potato (sweet potato, sage and ricotta) liven up a basic American staple. The Casanova (prosciutto, dates, ricotta, arugula and pecorino) as well as the Meatball round out a pizza menu nothing short of phenomenal.

With the masterful bread genius MJ Coe behind the pizza dough and flavor combinations, diners simply can't go wrong. For those who are a bit fearful, a list of ingredients is available to create your own masterpiece.

Take note of the appetizers and salads on the menu. Corn coins (corn on the cob with fennel, herbs and pecorino), the meatball trio, the Little Gem Caesar and the Federal Chop are all definite winners.

Not to mention the list of dessert options. Any place offering Bombolini, warm doughnuts with chocolate dipping sauce, to complete an already spectacular meal is top notch in my book.

Craig DeMarco and Upward Projects have done it again, using the concept to create a place where you want to be, with food you want to eat.

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Colin Kile's desire to eat better food, spurred by the documentary Food Inc., has led to his thriving business, Colin Kile Farms.

14-year-old farmer finds calling after documentary

By Amanda Goossen

Three years ago, Arcadia resident Colin Kile saw a movie that changed his life.

After watching *Food Inc*, a documentary examining the way food is grown and produced in the United States, Colin, who was 11 at the time, was horrified. He and his father, Don, made a promise to dramatically change the way they were eating.

"My dad and I made a pact that day. We decided to give up McDonald's, except the shakes because they are too good. And to eat as organically as possible," Colin said.

What came next, however, took Colin on a journey that would teach him far more than just dietary lessons. He started his own farm.

Continued on page 35

Arcadia's Cookbook

Grandmother's Lemon Poppy Seed Breakfast Cakes

(from Colin Kile Farms)

Cakes:

3 cups plus 3 tbsp. cake flour

1 tbsp. baking powder

½ tsp. baking soda

½ tsp. salt

2 tbsp. poppy seeds

10 tbsp. unsalted butter

1 cup plus 6 tbsp. sugar

2 large eggs at room temperature

1 ½ cups plain yogurt

1 tbsp. lemon zest

Filling:

8 oz. cream cheese at room temperature

1 tsp. vanilla extract

2 large egg whites, at room temperature

½ cup sugar

Preheat the oven to 350°.

Make the filling:

Beat the cream cheese and vanilla in a stand mixer with the paddle attachment on medium speed until smooth. Transfer to a bowl.

Clean the mixer. Add egg whites to the mixer and beat with whisk attachment on medium high speed until frothy. About 1 minute.

Gradually beat in the sugar, then increase the mixer speed to high and beat until shiny, stiff peaks form. About 3 minutes.

Add half of the cream cheese mixture and beat until just combined. Add remaining cream cheese mixture and beat until smooth.

Transfer the filling to a pastry bag fitted with a large round tip. Set aside.

Make the cakes:

Line the muffin pans with parchment paper liners. Sift the flour, baking soda, and baking powder and salt into a bowl. Whisk in the poppy seeds.

Clean out the mixer. Beat the butter and sugar with the paddle attachment on medium speed until fluffy. About 5 minutes. Beat in the eggs one at a time. Beat in the lemon zest until combined.

Add half the flour mixture and beat on low speed until almost combined, then add half the yogurt. Add the remaining flour mixture. Then beat in the remaining yogurt. Beat until just combined. Do not over mix.

Divide the batter among the prepared muffin cups. The cups should be about ¾ full. Insert the pastry tip half way into each and pipe about 1 tbsp. filling into the middle of the batter. Bake until a tooth pick inserted into the cake (not the filling) comes out clean. About 25 minutes.

Transfer pan to a cooling rack and let cool for 15 minutes, then remove the cakes to cool completely.

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For this baker, it's not just birthday cakes anymore

By Amanda Goossen

Sweet *Treats*

Fifteen years ago, after the birth of her first child, Kelly Garcia started baking.

"I wanted to bake my kid's birthday cakes," Kelly said.

Before long, friends and family members were asking her to make cakes for them as well. A small business was on its way.

"Over the years I thought my baking could turn into something more, but I was waiting for my three children to be in school full time."

So, three years ago with her children off to school each morning, Butter and Me was born. Working out of a commercial kitchen, filling orders for her farmers market booth as well as those who had heard of her by word of mouth, Kelly had become quite busy.

"I felt like we had a very organic growth," she said.

That steady growth has brought Butter and Me to open its doors in Old Town Scottsdale, 4014 N. Goldwater Blvd. In a simple and homey space with a large open kitchen, Kelly and her baking team create layers of pastry, butter cream and absolute decadence.

Kelly doesn't pretend to be a pastry chef. Armed with her grandmother's recipes, as well as a few ol' reliables she constantly adjusts and modifies, Kelly bakes up a storm in a small oven.

"We aren't trying to re-invent the wheel. I've used the same cake recipes for 15 years. I don't even know where they came from. I just play with them and have fun with flavors," Kelly said.

Butter and Me has an impressive lineup of treats ranging from coffee cake, quiche, whoopie pies, cookies, pop tarts, cupcakes and scones, each in a new flavor each day.

Cookie options range from chocolate molasses, chocolate chip sea salt, cranberry oatmeal with pecans, and shortbread (in a variety of flavors such as rosewater and rosemary). Pop tart flavors include apple cinnamon, cranberry, chocolate ganache and cinnamon.

Items and flavors change each day, depending on ingredient availability and the creativity of the kitchen. Special orders can be made and Kelly enjoys the challenge.

"We encourage customers to make special orders. I love having someone throw ideas at me and seeing what we can come up with," she said.

The apple cinnamon pop tart and chocolate chip sea salt cookies have become a regular part of my own diet. Together with a cup of coffee from the in-house coffee bar, Purpose Coffee and Tea, there is no better way to take a small break in the day.

The comfortable atmosphere, kind and lovable people and the desserts, which are absolutely unmatched in the area, make Butter and Me, the best bakery in town.

I promise.

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

Farm

Continued from page 34

"We started with one large garden box," he said. "But we realized how much space we had and I planted a few more. Before long I had six beds as well as various other spaces in the yard."

Colin's garden is now two large chicken coops, six large garden boxes as well as numerous herb containers and even fruit trees. His hard work is obvious, with well-manicured rows of vegetables growing strong.

"When it's time to harvest, I'll come out with a big bucket of water and put everything in it," Colin said. "I'll clean it and prepare it for my customers."

His customers are friends, family members and local residents who have come to hear about Colin's efforts and who now wait patiently for the Colin Kile Farms harvest time.

When his romaine, carrots or Brussels sprouts are ready, Colin sends out an email letting his customers (about 20 to 25 people) know what he has and how much it will cost.

At his last romaine lettuce harvest, local caterer Tracy Johnson bought almost his entire crop.

"It's funny," said Colin's dad, Don. "At the grocery store we see all these perfectly shaped vegetables. But here we've realized that only one-in-five carrots are shaped perfectly.

"Colin lets us eat the nonperfect carrots but saves the well-shaped produce for his business."

Colin's business doesn't stop there.

Last year, while baking his great-grandmother's beloved breakfast cakes using his eggs and produce from the farm, Colin had an idea.

Zucchini, lemon poppy seed, banana pecan, carrot and chocolate breakfast cakes, as well as cartons of eggs and homemade pesto, have all become part of Colin's business.

"I'm so proud of everything he's doing," Don said.

"Colin keeps his own books, files a tax return; it's a real business that he has to run.

"I got him started, but now he has to pay attention to cost and profit."

And this year, when Colin bought himself his own road bike with his earnings, he was able to see the rewards for all his hard work.

"It was pretty cool," Colin said.

More information is available at ColinKileFarms.com.

Dog day-care center offers place to play with 'friends'

By Kyle Renick

The dogs are barking about Paw Play, a doggie day care near 40th Street and Campbell Avenue, where owners can take their dogs to exercise and play for the day.

The 1,200-square-foot facility where chewy toys abound is owned and run by Barbara Carlson. She started the business more than nine years ago when she wanted a change from her career as a paralegal.

"I loved the idea of giving dogs a place to blow off steam and socialize," Carlson said.

She grew up around many animals and owns a 6-year-old Great Pyrenees/Golden Retriever mix named Lily.

Customers bring dogs in by appointment, which allows Carlson a chance to assess the dog and ensure it will fit in smoothly with the others, guaranteeing each dog has the best time.

The dogs "get into cliques," Carlson said, noting the dogs play with each other in groups and form relationships, much like in a day care for children.

Having no more than 15 dogs to 18 dogs in the day care at one time, Carlson said she takes each one on individual walks, though she makes sure no pet receives any special treatment over the others.

"I grow to love them all," she said.

The day care admits dogs of all breeds.

Carlson said she interviews the owners about the dog to learn of any trauma that may have occurred and could upset the balance of the day-care's atmosphere.

Barbara Carlson and one of her many day-care friends.

When a new dog joins the day care, Carlson takes it and individually introduces it to each of the others, creating a stress free and fun environment for all of them, even the shy ones.

"I love when I can get a timid dog to start having fun," she said.

Kurt and Tracy King have been clients of Carlson's since Paw Play's beginning, taking their two dogs every Wednesday.

"They know when it's Wednesday, and when we take them, they're so excited," said Kurt of Oliver and Filo.

The Kings started taking their dogs to Paw Play to keep them busy during the day while they worked.

Now when picked up from the day care, "they fall asleep on the way home," Kurt said. "It is money well spent."

The Kings no longer live in Arcadia, but still make the 45-minute drive from their home in Scottsdale to bring their dogs every Wednesday.

For more information about Paw Play, visit PawPlay.net.

Fund set up to assist landscaper

By Kyle Renick

Those wishing to donate to longtime Arcadia landscaper Ranferi Gonzales may do so through The Ranferi Gonzalez Benefit Fund at FirstBank, 7602 E. Indian School Road.

Gonzalez's left arm was severed in a car accident. The story was featured in last month's issue of the *Arcadia News*.

Arcadia resident Dave Murphy, who has been a longtime client of Gonzalez, worked with a friend at FirstBank to help set up an account where those wanting to help can donate money to help Gonzalez during his six-month hiatus from work.

"He's a really nice guy with a tragic story," Murphy said. "A lot of people would help if they only knew what happened."

Court Appointed Advocates help speak for children

By Brittany Elena Morris

When children are removed from their homes because of neglect or abuse, Arcadia resident Shannon Hennessey is a constant in the chaos.

Hennessey has been a volunteer Court Appointed Advocate for nine years.

"Everything is always changing in the court system," she said. "Your CASA does not."

CASA is a national program that allows judges to assign everyday people to represent children in court who have been removed by Child Protective Services. The volunteers fill out a lengthy application, are interviewed and take a polygraph test. Volunteers undergo more than 30 hours of training.

"You are the eyes and ears for the judge," Hennessey said.

A CASA volunteer has access to confidential information such as the child's medical records, the family's financial statements and court documents, said Katie Mayer, marketing and outreach specialist for CASA of Arizona.

Arizona has the highest number of children in foster care in the nation, and the CASA cases are usually the worst of those.

Case managers for social services, lawyers and individuals who play a role in a child's removal from home tend to carry heavy caseloads, with more than 50 children at once. They don't have nearly enough time to spend with each child one-on-one, Mayer said.

A CASA volunteer is almost always assigned to only one case. Hennessey has taken her child to McDonald's for weekly lunches in the past.

On these dates, the child has questions that weren't answered by social services when they were removed from their parent's care. More often than not the child simply wants to go home, Hennessey said.

"It can get pretty intense," she said. "You have to think what is in their best interest. If they want to go home it might not be the best for them and I have to write that."

Volunteers compile information from the documents they access as well as their interactions with their assigned child to prepare a report for the judge.

These reports are often the highest regarded by the judge, Mayer said, because they are an unbiased, more knowledgeable and personal account of the case.

Only one in nine children in CPS has an appointed CASA advocate.

For more information, visit AZCourts.gov/CASA.

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7252 NORTH BLACK ROCK TRAIL

SALE PENDING - Exquisite traditional home nestled in Clearwater Hills. Every inch is done with extraordinary taste. Dream kitchen with a butcher block island, the finest appliances and butler's pantry with glass fronts, family room with soaring ceilings, private office, huge playroom, spectacular living and dining room, enormous bedrooms each have own baths. Phenomenal master retreat with his and her closets and exquisite master bath. Stunning grounds with gorgeous pool, spa, covered patio, built-in BBQ and breathtaking mountain views! Dark wood floors, fabric wallpaper, custom moldings and ceiling details and more! $1,645,000. Call Robert 602-989-8300 or Chris 602-228-6296.

5316 EAST EXETER

EXQUISITE VIEWS - This stunning home sits on a fabulous lot on the highly coveted north side of Exeter Boulevard. You'll appreciate the drama and grandeur from the moment you enter. The pristine design elements include soaring ceilings, large rooms, magnificent picture windows overlooking the beautiful yard, fabulous fireplaces, a media room, a wine cellar and a gorgeous black and white island kitchen. The elegant master retreat has a big sitting area, its own fireplace and magnificent mountain views, and the backyard is simply delightful with a sparkling pool and spa, and enormous covered patios that make entertaining imperative. You must see the inside of this home to truly appreciate its character! $1,995,000. Call Robert 602-989-8300 or Chris 602-228-6296.

6411 NORTH 29TH STREET

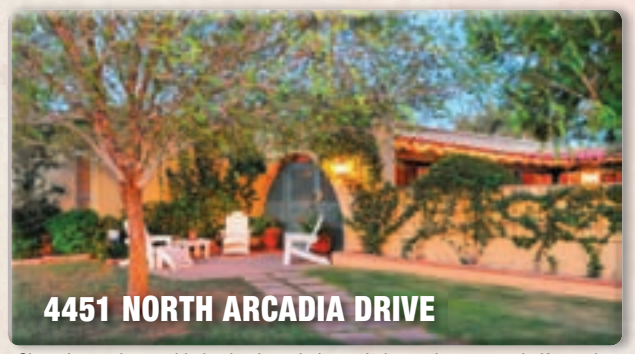
PRESTIGIOUS AZ BILTMORE - This is a fabulous home in the renowned Arizona Biltmore Estates and from the moment you enter the guarded gate, you'll experience the quality living that is only found in special places like this. The grand entrance sets the tone for this soft contemporary home with four terrific 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! $895,000. Call Robert 602-989-8300 or Chris 602-228-6296.

3131 NORTH 47TH STREET

FULLY REMODELED - This is a very pretty remodel in a great community! It has 4 bedrooms, 3 baths and 2,400 square feet of immaculate living space. The rooms are spacious and flow beautifully. The kitchen is terrific with granite countertops, a stone backsplash, classic dark cabinetry and stainless steel appliances and the spacious family room has a lovely fireplace. The backyard is peaceful and private and the community includes a pool, spa, sauna, and great clubhouse. This home is move in ready! $374,900. Call Robert 602-989-8300 Or Karen 602-628-3842.

6530 EAST LAFAYETTE

COMING SOON - This ultra charming home is awesome! It's as terrific on the inside as it is out! The white picket courtyard welcomes you to a great family home with very pretty rooms! Kitchen with gorgeous granite and contrasting colored glass front cabinetry, sub zero fridge/freezer and wine fridge. Family room has beautiful brick fireplace, cozy living room, great office, spectacular spa-like master retreat and totally cool master bath! Intimate garden courtyard off the master with mountain views and its own fireplace. Phenomenal back yard with huge covered patio, pool, spa, rock waterfall, gas fire pit and built-in bbq. This home is a total winner! Call Robert 602-989-8300 or Chris 602-228-6296.



4451 NORTH ARCADIA DRIVE

Charming and cozy this hacienda style home is located on over a half acre lot with beautiful views of Camelback mountain. Enter through a lovely courtyard with a water feature, fireplace and cover patio. This 3 bedroom home is warm and inviting with tile floors and wood beams throughout. The master bedroom is open and bright including a sitting area and fireplace. French doors open onto a large lush backyard with pool, out door entertaining area and mature landscape. The family room includes a wet bar, fireplace, and built-in book shelves, a great space to hang out with family and friends. This is truly a unique family home you will love to show. $1,399,000. Call Lara 602-628-7332.

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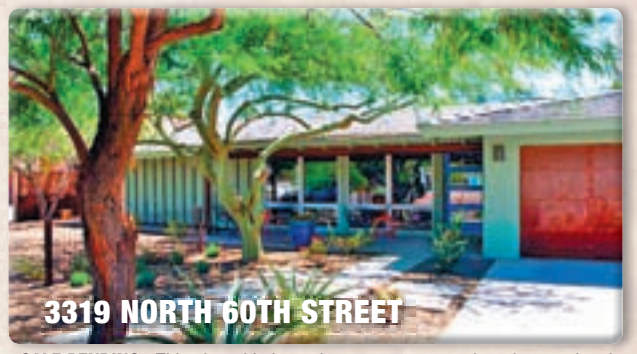
MAGNIFICENT CUSTOM - This spectacular custom home has phenomenal finishes at every turn. The island kitchen is a culinary dream with every amenity a seasoned chef would desire, the great room is stunning with a dramatic floor to ceiling stone fireplace, and the sun kissed dining room is picture perfect! The quality is evident in each room with solid crafted wood doors, exquisite millwork, custom ceiling beams and furniture grade cabinetry. Each bathroom is custom designed with travertine and granite and the media room will certainly impress. A great yard, gorgeous brick pavered patios, a fabulous pool and spa, and pristine mountain views are more of what this sensational home has to offer! $1,649,000. Call Robert 602-989-8300 or Chris 602-228-6296.

BEAUTIFULLY REMODELED - This home has been completely remodeled and has a fabulous soft contemporary feel. The beautiful kitchen has pristine marble countertops, a huge breakfast bar, stunning tile backsplash, stainless steel appliances and pretty white cabinetry. The great room is gorgeous, as is the dining room, and the media room is absolutely phenomenal. All of the bedrooms and bathrooms are simply perfect. The charm and character of this great home leads from the white picket fence outside to the gorgeous wood plank flooring inside and back out to the terrific covered patio and sparkling pool! $857,750. Call Robert 602-989-8300 or Robin 602-380-8735.

PHENOMENAL OPPORTUNITY - This is an amazing opportunity in the heart of Arcadia! As one of the last vacant lots available in the neighborhood, this is an extraordinary 37,000 square foot space with spectacular mountain views. Priced to sell, it's the perfect time to build your dream home before building costs begin to rise again! $815,000. Call Robert 602-989-8300 or Chris 602-228-6296 for more information.

FABULOUS LOT -This wonderful remodel sits on a beautiful lot with pristine views of Camelback Mountain. It's full of open sun filled spaces including a great family room and living room that share a dramatic slate fireplace as a focal point, a wonderful kitchen with a breakfast bar and granite countertops, large bedrooms, including a fantastic master suite, very pretty baths, incredible yard with an outdoor kitchen and fireplace set next to the sparkling pool and spa and the charming courtyard calls out for gatherings of family and friends. This is really a great home and it's priced to move! $829,000. Call Robert 602-989-8300 or Chris 602-228-6296.



SALE PENDING - This ultra chic home is contemporary style at its very best! From the moment you pull up the drive, you'll appreciate the attention to detail. As you enter, you'll be awe struck by the sleek design with a color palette that makes it very warm as well. Every inch of this home is completely custom, including the wood and cork flooring, Caesar stone and granite countertops, concrete, multiple fabulous tile and stone accents, and magnificent cabinetry! This gorgeous modern home has a fantastic feel and is truly something to see! Call Robert 602-989-8300 or Karen 602-628-3842.

NEW LISTING - Charming, Arcadia ranch that has been completely remodel!! This classic family home is located on over an acre lot with beautiful views of Camelback mountain. The floor plan is open and bright including wood floors, marble counter tops, a large kitchen with mud room, 4 bedrooms, a game room/den and a guest house. The great room is lovely including wood beams and a large fireplace. French doors that open onto a huge covered patio with a brick fireplace. This is truly a warm, welcoming family home. $1,850,000. Call Lara 602-628-7332.

SALE PENDING - This home, located in the heart of Central Phoenix, is full of artistic charm! The floor plan offers intimate vignettes and comfortable niches. The main residence has a great kitchen, family room, living room and huge master suite. In addition, the fantastic guest wing has its own kitchen, living room, bedroom and large bonus room that can easily be utilized as a playroom for small children or a place for teens. It's absolutely perfect for those who need a home office! The backyard is full of character with a green house, terrific patio for family gatherings or entertaining friends, and lush, mature landscape. Surrounded by beautiful historic residences, this home offers the ability to live true city life. Walk to restaurants, wine bars and amazing shopping! $379,000. Call Karen 602-628-3842.

SALE PENDING - This soft contemporary home is desert living as its meant to be. It has beautiful touches inside with a very charming custom kitchen with SubZero and Dacor appliances, a lovely dining room, two awesome family rooms with fireplaces, a great office and a big master suite fireplace and dual closets. The grounds are truly spectacular with pool, spa, a gas firepit, playground, a huge covered patio and sprawling lush desert landscape. Overlooking the gorgeous backyard is 1000 sq. ft. of finished space with bathroom, perfect for workshop, playroom, office or guest suite. Set on the prestigious south slope of Camelback Mt., this immaculate home is surrounded by exquisite views. $949,000. Lease for $3,900 per month. Call Robert 602-989-8300 or Chris 602-228-6296.

STUNNING REMODEL -This charming home has been completely remodeled with exquisite taste. The spectacular island kitchen is perfect for quaint family gatherings or large scale entertaining and has custom glass front cabinetry, honed granite countertops, subway tile and top of the line appliances. Each and every room is designed with a different expressive style and finishes including wainscoting, tongue and groove ceilings, built in cabinetry, furniture grade bathroom sinks, gorgeous lighting, exquisite wood floors, marble and custom tile add to the unparalleled character of the home. This home is a tasteful treasure! $1,199,000. Call Robert 602-989-8300 or Chris 602-228-6296.

COMING SOON - 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. This home is a dream inside and out and offers 7,500 square feet of glamour and charm! Call Robert 602-989-8300.

COMING SOON - This spectacular home exudes charm and character with gorgeous views of Praying Monk in a secluded yet convenient location. Every room flows beautifully making it perfect for entertaining and everyday living. Distressed wood floors give a rich, warm feeling throughout living room, dining room, family room and den. Exquisite kitchen with huge granite island, travertine, custom cabinets, Viking and SubZero appliances. Family room has beamed ceiling, wet bar, fireplace and furniture-grade cabinetry. Divine master suite is huge and all bedrooms have their own baths. Bonus room upstairs is ideal for a studio or office. The stunning grounds are truly breathtaking from the magnificent pool and spa to the fabulous Ramada. The outdoor kitchen and fireplace, along with the enormous yard and magnificent mountain views, make entertaining imperative. This is a wonderful, secluded estate property in a perfect location. Call for pricing. Robert 602-989-8300 or Chris 602-228-6296.

SALE PENDING - 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.

No Listing is Too Big or Too Small

Our Team Values Each of Our Buyers and Sellers Regardless of Price Range

NEW LISTING - Built in 2004, this home is full of gorgeous features. The dramatic kitchen has stunning custom cabinetry, granite countertops, stainless steel appliances and a breakfast bar. The fabulous master retreat has an amazing custom designed bath, and the spacious living room and family room are simply beautiful. The backyard is a perfect entertainment spot with an exquisite pool, big yard, large covered patio and above ground spa. This home is truly tasteful with charming curb appeal, perfect bedrooms and baths, a four-car garage, and is located in a terrific cul de sac! $949,000. Call Robert 602-989-8300 or Chris 602-228-6296.

NEW LISTING - Talk about an opportunity… this is it! Whether you want to live in this immaculate original that's in move-in condition, or create a more up to date dream home, either is possible. Sitting on a phenomenal lot with glorious mountain views on one of the most desirable streets in Arcadia, this home has so much potential. As is, the bedrooms and baths are great and the kitchen is in mint condition. Wood flooring graces the large rooms and the backyard is outstanding with a great pool, covered patio and lush grounds, including a beautiful rose garden. This terrific home and fantastic lot offer many options for all different types of buyer. $895,000. Call Robert 602-989-8300.

STUNNING HOME - This privately gated, 4,900 square feet home built in 2000 has everything a family desires. The Santa Barbara architecture lends itself to charm and a sensational floor plan featuring huge bright rooms. The Master bedroom suite includes a HUGE walk in closet, separate shower and tub, granite countertops and its own fireplace. Children's bedrooms are located off a common playroom/flexroom area and each include walk-in closets and separate private bathrooms. The kitchen opens to a large family with wonderful built-in cabinetry and bookshelves. $1,295,000. Call Rebecca 602-799-8229 or Robert 602-989-8300.

SOLD IN TWO DAYS - To call this home exquisite would actually be an understatement! Its awe-inspiring design is nothing shy of a dream that very few can even imagine. The custom quality is evident throughout every inch, and as you wander from room to room, you'll be more than impressed by the impeccable attention to detail. The chef's kitchen is spectacular, as is the great room with soaring ceilings and a magnificent floor to ceiling fireplace. There's a phenomenal media room and even a hair salon! A five star master retreat, gorgeous living room and two guesthouses add the home's elegance, and the grounds are not to be believed and truly resemble a resort oasis! This extraordinary home, located in one of the most prestigious areas of the Valley, is for the buyer who truly appreciates the finest. Whether you're entertaining on a grand scale or cooking for intimate family gatherings, there's no way not to love doing either in this flawless estate! Call Robert 602-989-8300 or Chris 602-228-6296.

ABSOLUTELY AMAZING INSIDE - This magnificent home has been fully remodeled with pristine design elements! From the moment you enter, you will be awestruck by its exquisite soft contemporary feel with natural light shining on every inch. The kids' wing is sensational with a fabulous playroom and office, and the adult wing has its own extraordinary feel with a family room and office as well. The sleek custom feel is inspired by colorful, yet comfortable finishes of honed granite, concrete and recycled glass countertops, modern custom lighting, terrazzo, concrete and cork flooring, caesar stone, custom tile, custom cabinetry and a magnificent stone fireplace. Not a detail was overlooked in this extraordinary home from the stunning kitchen and great room to the amazing master retreat. The home is zen inspired with many "green" elements and will certainly impress even the most discriminating buyer! Call Robert 602-989-8300.

OUTSTANDING DESIGN - 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, not a detail was missed from the top of the line appliances, custom ceiling design with multiple wood beam treatments, boutique granite, exquisite cabinetry, dramatic stone and tile, temperature controlled wine cellar, butler's pantry, and so much more! One easy word to describe this home is OUTSTANDING! $2,395,000. Call Robert 602-989-8300 or Chris 602-228-6296.

HUGE LOT - This immaculate home is located on a fabulous lot in a terrific cul de sac. Five large bedrooms, an open pretty kitchen with stainless appliances, double ovens and a sub zero fridge, big dining room and living room, charming family room with fireplace and lots of space for any size family. Sitting on an amazing three quarter of an acre lot with beautiful mountain views and adjacent to magnificent estates, this home can be incredible with just a little TLC! $985,000. Call Robert 602-989-8300 or Lara 602-628-7332.

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.

NEW LISTING - Beautiful custom Spanish Colonial home at Arizona Country Club! No detail has been overlooked from the floor plan to the top of the line finishes. Beautiful kitchen with large walnut island, surrounded by marble slab counters, 6 burner gas Wolf range and Sub Zero refrigerator and freezer. Spectacular design finishes throughout including custom tile work, hand forged iron accents, wood beams, custom designed baths, and a wonderful master retreat with stunning Camelback Mountain views! This is an exceptional home and property, and you won't find anything like it on the market today. $1,435,000. Call Shawna 602-743-7006 or Robert 602 -989-8300.

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4818 EAST CALLE DEL NORTE

NEW LISTING - This is a glorious hacienda with amazing character. The sun lit rooms have a magical quality with stone flooring, canterra accents and soaring ceilings. The picture windows stunningly frame the home's beautiful finishes, and the grounds are absolutely magnificent with lush gardens, a gorgeous pool and wonderful outdoor patio vignettes. There's even a second story veranda! With 5 bedrooms, 4 baths and nearly 4,000 square feet, this perfect family home is not to be missed! Call Robert 602-989-8300 $1,475,000. Call Robert 602-989-8300 or Robin 602-380-8735.

5035 EAST VALLE VISTA

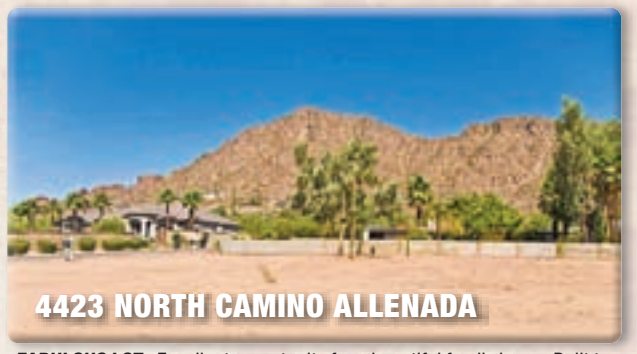
NEW LISTING - This spectacular home is nestled into the north slope of Camelback Mountain. The city and mountain views from every vantage point are simply breathtaking. Exquisite design elements begin at the gorgeous kitchen and continue throughout each room of the house. The negative edge infinite pool is something you'd expect to see in the movies, with views that go for miles! With its 5 bedrooms, 5 baths and nearly 5,500 square feet, and a 4-car garage, this home embraces the highest quality and drama that desert living offers! $1,995,000. Call Robert 602-989-8300 for more information.

5430 EAST CALLE REDONDA

SIMPLY BEAUTIFUL - This is a fantastic family home with thoughtful design and beautiful décor! The kitchen is terrific and the resort quality master retreat has scored concrete floors and a gorgeous bath. Dramatic living room and dining room, and stunning family room with a beautiful canterra stone fireplace. The home's tasteful elegance includes wood flooring, venetian plaster, elegant cabinetry and custom ceiling design. From the curb appeal to the terrific backyard, this home will definitely impress! Call Robert 602-989-8300 or Chris 602-228-6296.

5301 NORTH 46TH STREET

NEW LISTING - This is an exceptionally beautiful lot in the gated Camelback Canyon Community. It has stunning mountain views as well as breathtaking views of the city and downtown. It's nearly an acre, very private and simply magnificent. Build your dream on a lot that showcases Phoenix as it's meant to be! $825,000. Call Robert 602-989-8300 or Chris 602-228-6296.



4423 NORTH CAMINO ALLENADA

FABULOUS LOT - Excellent opportunity for a beautiful family home, Built to Suit or luxury Spec. This large Arcadia lot has full unobstructed Camelback Mountain views and is located in the heart of Arizonas MOST DESIRABLE neighborhood. Call Robin 602-380-8735 or Robert 602-989-8300.

3117 NORTH 44TH STREET

FOR LEASE - This is a fantastic opportunity to lease gorgeous vintage office space in a perfect location! Call Karen for details 602-628-3842.

4207 EAST SAINT JOSEPH WAY

PHENOMENAL DESIGN - This soft contemporary showpiece is truly exquisite! Every inch is custom designed and decorated with impeccable taste! The chef's kitchen is more than a dream with every imaginable amenity including a gaganau steamer, 2 barbecues, deep fryer, 2 glass burners, double dishwashers, double sinks, 2 instant hot taps, a sub zero refrigerator and freezer with 2 additional fridge drawer and warming drawer. The magnificent great room has breathtaking floor to ceiling picture windows, a phenomenal wet bar and dramatic ceiling detail, and the dining room is every bit as gorgeous. The extraordinary master retreat is serenely spa-like with a 6' round jetted tub with fiber optics lights, and a divine 7'x9' steam shower with 10 shower heads. $1,295,000. Call Robert 602-989-8300 or Chris 602-228-6296.

4160 NORTH 55TH PLACE

SALE PENDING - Whether a kid's birthday party or grand scale entertaining, this home is perfect for both and everything in between! The floor plan is fabulous and functional and each room has its own great feel! The gourmet island kitchen is phenomenal, the great room has a restaurant style bar, the study is incredible and the living room has a magnificent stone fireplace as its focal point. The first class finishes include granite, marble, pristine woodwork and cabinetry, butler's pantry, wood flooring, amazing lighting, wood beams, multiple fireplaces inside and out, five spectacular bedrooms, including a breath taking master, five terrific bathrooms and truly special grounds! At 6,530 square feet, this brand new custom home has it all from wall to wall, inside and out! Best of all, are the gorgeous mountain views! Call Robert 602-989-8300.

4422 NORTH 56TH STREET

OPEN WEEKENDS - Gorgeous extensively remodeled Arcadia home on almost an acre of sprawling lush resort style landscape...this property offers magnificent views of Camelback Mountain along with 5 bedrooms plus office, 5 baths, custom two way fireplace and a grand master suite with his and her closets. The chefs kitchen boasts granite, Viking appliances, double ovens and a cooktop island that is ideal for entertaining. The spacious patio offers luxurious outdoor living with its own outside kitchen, fireplace, beer tap, lap pool, fire pit. Arizona living at its best! Seperate guest bedroom with unbelievable views. $1,595,000. Call Robin 602-380-8735.

4631 NORTH ROYAL PALM CIRCLE

NEW LISTING - Amazing new build in the heart of Arcadia. Five bedrooms with separate guest quarters, natural hardwood flooring throughout, light and bright white kitchen boasting Subzero and Wolf appliances, marble countertops throughout, custom cabinetry, open floorplan, designer details throughout this wonderful family home. All will love this oversized corner lot that captures full Camelback Mountain Views. $1,595,000. Call Robin 602-380-8735.

6633 EAST EXETER

COMING SOON - Call Robert for details on this amazing home 602-989-8300.

5446 EAST LAFAYETTE

COMING SOON - Call for more information Robert 602-989-8300 or Chris 602-228-6296.

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January Book Club pick: 'Compulsively Mr. Darcy'

By Amanda Goossen

I hope one of your New Year's resolutions is to find time for a few more books. At a moment in time when electronic devices are eating up most of our time, an old-fashion book can take you back to a time when things were simple and your imagination designed the scenes you saw on paper.

I won't pretend I'm against technology. I get to watch my niece and nephews grow up in pictures on Instagram; I've seen my writing dreams come true because of a blog I started four years ago; and my laptop computer is a not just a device, it's a companion.

But more than any of this, I love books. I respect books. I passionately pass on the word because I want everyone to feel what I feel for the stories, the words and the creativity each beautiful package can possess.

The *Arcadia News* Book Club will meet at Terra Java, 3619 E. Indian School Road, on 6 p.m. Jan. 31. As always we will enjoy appetizers, coffee, tea and a great conversation.

The book for the month will be *Compulsively Mr. Darcy* by Nina Benneton.

Nina is a Scottsdale resident and will spend the evening with us discussing the book and her writing.

If you'd like to attend the Arcadia News Book Club in January please email me: Amanda@arcadianews.com.

Book Club Choice
Compulsively Mr. Darcy
By Nina Benneton

Jane Austen's *Pride and Prejudice* is a beloved classic respected around the world. Adaptations of the novel have been a popular way for authors to re-tell the story in their own way, taking the characters and even some of the plot lines and recreating a world of their own.

In *Compulsively Mr. Darcy*, Nina Benneton does just that.

When the wealthy philanthropist Fitzwilliam Darcy and Dr. Elizabeth Bennet are thrown together in a hospital emergency room, a fun and enjoyable story unfolds.

Both riddled with romantic doubt, Darcy and Elizabeth have to decide whether their relationship can overcome all life throws at them.

Based on Jane Austen's characters, yet told in a modern and intricately woven new fashion, Benneton delivers just the book to start off your year.

Flight Behavior
By Barbara Kingsolver

In her 14th book, bestselling author Barbara Kingsolver once again presents a story readers will fall in love with.

arcadiadaily.com

Set in Appalachia, Kingsolver uses her knowledge of the area as well as environmental, economic and political issues to discuss the effects of climate change on our land, our world and our people.

Dellarobia Turnbow is a mother with young children, trapped in an unhappy and suffocating marriage.

Tied tightly to her husband's family and their sheep farm, Dellarobia dreams of a life all her own.

When unexplainable things begin happening to the land the family owns and a charismatic scientist comes to investigate, Dellarobia must examine her life, her future and her dreams.

Far more than just a novel of self-discovery, Kingsolver shares a story of very real current events and how we all choose to deal with such important issues.

Young Readers
Mal and Chad: Belly Flop
By Stephen McCranie

Who said comic books are just for dramatic superheroes?

In the lovable series *Mal and Chad*, young readers are presented with fun stories written and illustrated in a comic strip form. Mal, a bright and energetic young boy and his dog Chad embark on a series of adventures not only fun to read but entertaining and smart.

Young kids will get lost in the world of Mal and his talking dog as they take on elementary school together.

I Know a Librarian Who Chewed on a Word
By Laurie Lazzaro Knowlton, Illustrated by Herb Leonhard

Take the popular children's song, "I Know an Old Lady Who Swallowed a Fly," turn the old lady into a librarian and add bright and hilarious illustrations and you have *I Know a Librarian Who Chewed on a Word*, a terrific new look at an old classic.

When the whispers begin to spread that the librarian swallowed a word, the kids erupt in questions. What? Why? What else did she eat? A table, a cart, or maybe a shelf? And what was the word she so easily ate?

Kids will squeal with laughter as they witness how fast the word spreads and how silly it can all be.

Boxes of red dye change artist's life

By Ellen Kuni

Patsy Lowry said all it took was three boxes of red dye for her life to change in the late 1960s.

With no experience, Lowry took inspiration from the times and learned to tie-dye fabrics. As she dyed her fabrics, she said, she grew her career.

"I got written up in the *Washington Post*," Lowry said. "The article said, 'If Mrs. Nixon is looking for beautiful fabrics, she need look no further than her own administration. Patsy Lowry, wife of Ed Lowry in the Interior Department, has just gone to New York (to sell her fabrics.).' So, I went to the White House and I tie-dyed an American flag for Mrs. Nixon."

After spending 10 years selling hand-dyed gowns to Saks Fifth Avenue and Sakowitz in the designer salon, Lowry, 71, said she transitioned into canvas painting and other realms of the art world.

Lowry has exhibited at Paradise Valley Town Hall and is working on pieces for an exhibit at the Arizona Latino Arts and Cultural Center in downtown Phoenix for two weeks starting Jan. 3.

"I'm unusual as an artist because I work in numerous mediums," Lowry said. "I do headbands, purses, shoes, bronzes; I built a straw-bale chapel at the oldest Mexican land-grant ranch in Arizona. I do paintings, lithographs, anything but realism. I'm not interested in realism. I like fantasy. I deal with realism in my life. That's enough."

Lowry paints four to five times a week.

When she's painting, Lowry said it's a spiritual experience.

"I bring everything that I've ever seen, all that I am, everything I've ever experienced, all my perceptions, to the canvas or the pillow or the headband," Lowry said.

Patsy Lowry

An Arizona native who has lived here most of her life, Lowry said the state greatly inspires her.

"Arizona is my palette. I love the weather, I love the people, I love the architecture, I love the open spaces, the mountains, the skies, the sunset, the flowers."

Lowry said it's important for an artist to be educated to develop. She taught at Arcadia High School and the Judson Boarding School in Paradise Valley during the 1960s and '70s.

One of her former Judson students, Bay Haught, took Lowry's art class and ended up becoming an artist.

"I drew a picture of a tree and she could not get over it," Haught said. "I never had anybody go crazy over my art and she did. She really honed into me and helped me form a career path."

Haught went on to be a commercial artist, and after surviving breast cancer, she said she made a bucket list and decided to reconnect with Lowry.

After receiving a letter from Haught, Lowry invited her and her husband to Paradise Valley for a weekend visit. Haught, 59, made the journey from

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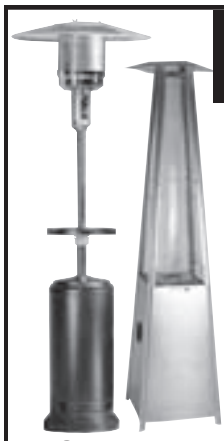

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Artist

Continued from page 43

Chappell Hill, Texas, and was thrilled with what awaited her in Arizona.

"It was just like meeting your cousin," Haught said. "Patsy and I just couldn't get enough of each other. We hung out in our jammies and she just hosted the most elegant party in her home. She happened to pull together 10 or 12 people who had something to do with Judson. We all remembered each other after 40 years. That was so special."

Lowry doesn't remember the tree Haught drew, but she knows what she would have said to keep her creating.

"One thing that I like to encourage people to do is to express whatever is inside of them, immediately," Lowry said. "It doesn't matter if it's great, because, what happens is, one day you wake up and that expression is gone."

Lowry signs all her art with the words "Skyline" or "Sky."

"Patsy's my name, Patsy Palmer was my maiden name, Patsy Lowry's my married name, but my art person is Skyline," Lowry said. "My art self. My inner expression."

2012 was another good year for music

By Craig Goossen

The notion there's no good music these days is crazy talk. Good music is bountiful and there's no better time in history to indulge. If you tend to struggle with how to discover and purchase new music, fret not, the variety of options at your fingertips is nothing short of amazing. The sea of music is vast so it's best if you jump right in and start swimming.

Last year was another great year of releases and this month's list is made up of my favorites, which dominated my turntable, CD player and iPod in 2012.

JUSTIN TOWNES EARLE
Nothing's Going To Change The Way You Feel About Me Now

It's simply a matter of time before this guy writes a hit song that will make everyone hum along. Earle's fine brand of American music is something to take notice of without hesitation.

JACK WHITE
Blunderbuss

Jack White's a Detroit tough guy, talented in a variety of creative arenas and quite possibly a modern musical genius.

TY SEGALL
Twins

The prolific garage rock wonder released his best work in 2011. Releasing three killer LPs last year with Twins being his finest achievement.

ALABAMA SHAKES
Boys & Girls

The debut LP from Alabama Shakes was heavily touted upon release and for good reason. Brittany Howard's soulful voice is raw power and the Shakes rootsy soul is right on the money.

The WALKMEN
Heaven

Maturing gracefully into a veteran band, The Walkmen created a cool-out classic that's loaded with some of the best songs they've ever recorded.

HERE WE GO MAGIC
A Different Ship

A spotless affair with producer Nigel Goodrich in the studio, perfectly presenting Luke Temple and his band's smooth chops on this gem of a release.

THE SHINS
Port Of Morrow

The fourth Shins release sports a new cast, aside from leader James Mercer. Port of Morrow displays Mercer's perfectly twisted pop over a batch of infectious songs.

EDWARD SHARPE AND THE MAGNETIC ZEROS
Self-Titled

Just when you thought you could tag this band, they follow up their smash debut with this special creation.

Alex Ebert and crew aren't the loose joyride you may have initially suspected. Ebert's a heavy talent that can pull off anything he desires.

DINOSAUR JR
I Bet The Sky

It's not often a classic band gets back together and pulls it off. Three releases deep into their comeback, Dinosaur Jr might be better than ever.

Los Angeles native Craig Goossen grew up in the night clubs, bars and record stores of the L.A. music scene.

Now an Arcadia resident, he finds enjoyment through his music collection and the venues and shops dispensing sounds in the Phoenix area.

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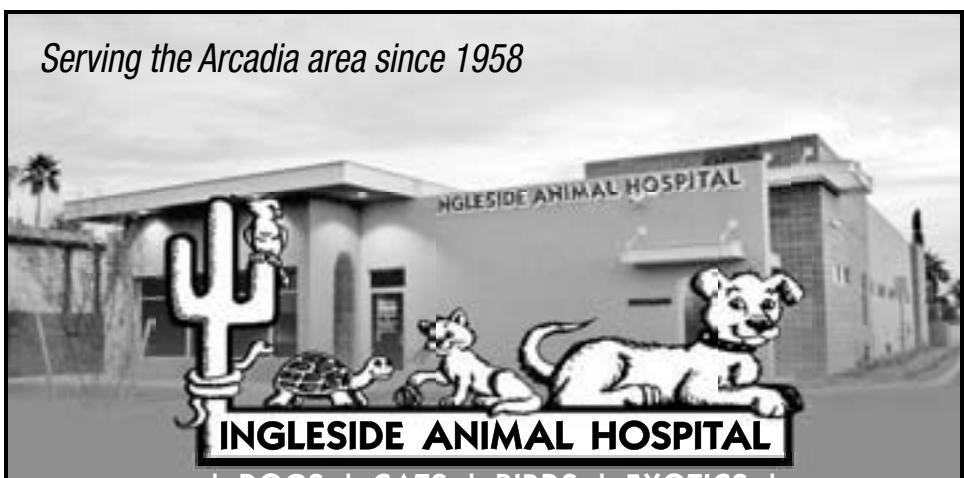

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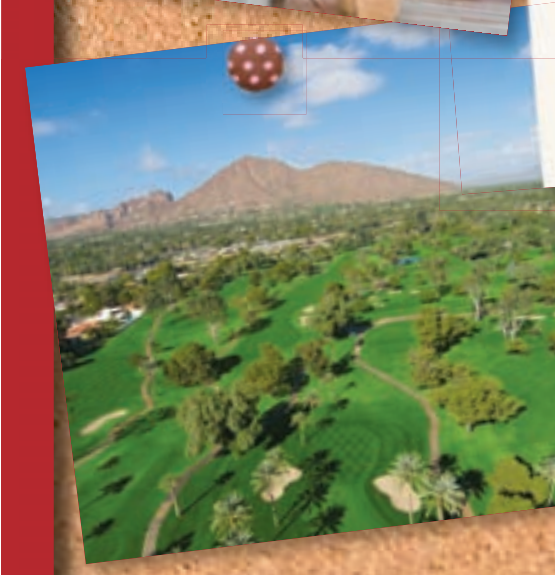
3. Spend more time with family
4. Meet new friends
5. Golf more! (get the kids lessons!)
6. Sneak away to hit golf balls on lunch or after work
7. Plan next event at The Club!



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Solution to family problem leads to growing business

By Cassandra Strauss

This family's business originated as a solution to a family problem.

"My father moved in with us (last) January and couldn't bend over to work the raised (garden) bed," said Alex Billingsley of Arcadia.

But Billingsley couldn't find any vertical gardening units on the market that fit his needs and were aesthetically pleasing.

So, he built one.

When he was installing his personal unit on the fence facing the street, cars would pull into the median in the middle of 44th Street and yell at him from their cars to ask where he bought the unit.

"Some more bold people knocked on my door, which I love, and asked where I got them," Billingsley said. "These random calls happen all the time."

By June, he had a provisional patent in place on the design concept and was creating units for friends and neighbors, and the family saw the potential for a start-up business.

Flower Street Urban Gardens was created at the Billingsley house on the corner of 44th Street and its namesake, Flower Street.

"This was not something I had planned," Billingsley said. "It completely started as an organic process of me wanting to create something beautiful for my backyard that was practical."

Although Billingsley came up with the concept, the whole family is involved. His wife Yvonne handles public and customer relations while son Ian helps with the construction and installation as well as contacting local farmers markets.

Flower Street Urban Gardens has sold more than 25 units. At $300 to $500 each, the units are pricier than a standard horizontal gardening setup. But customers say it's worth it.

"I have a bad back, and I thought, wow, not having to be bent over all the time would be really nice," said Gina Burton, an Arcadia Realtor who bought a mobile cart from Flower Street.

The units also save time and costs on water and soil. In the Valley, where the natural topsoil isn't suitable for gardening, a raised bed requires bags and bags of bought soil. Each Flower Street unit requires 6 cubic feet of soil and about 2 gallons of water every other day.

Burton said she hooked up a small soaker-hose irrigation system with a timer and moves the mobile unit depending on the sun.

Christine Fortman, co-owner of Berridge Nursery on Camelback Road, had seen vertical gardening units.

"Over the years we've tried upright gardening, and people loved all the other models, but now they want something new and different," Fortman said.

Berridge had two mobile carts on display during the fall and said customers were extremely interested.

"They say, 'I just drove up 44th Street and saw them, and now they're here,' " Fortman said. "The design works for a lot of our customers."

A focus of Flower Street is on sustainability and locality. Billingsley's brother, David, welds the brackets for the units. Arizona Bag, a Phoenix company, manufactures the plastic lining, and the wood is from a managed redwood forest. Father and son construct and install the units.

"Is it a good idea to be as self-sustaining as possible? Of course," Ian said.

More information is available at FlowerStreetUrbanGardens.com.

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A note from the publisher about the Wright home

By Greg A. Bruns

The interior of the David & Gladys Wright house as it was in 2008, appearing in the *Arcadia Home* 2008 Winter edition.

In case you didn't know, the Frank Lloyd Wright home – the hot topic of 2012 in our neighborhood – has been sold and will be taken care of properly in the form of historical preservation. From the *Arcadia News* and me, thank you to the many parties involved in the saving of the this iconic home in Arcadia.

There are many treasures in our neighborhood and in my opinion, this home is definitely one of them. However, the support from the people – from the neighborhood overall, is our most valuable asset.

Thank you to our Councilman, Sal DiCiccio and our former Councilman and now Mayor, Greg Stanton, and myriad others in the many different sectors of our government, who helped with the "red tape" and other aspects of the deal.

Thanks also to Robert Joffe, whose cell phone has been blowing up since October over this home. Robert did the deal as a courtesy "because it is the right thing to do" but I wonder if he had any idea what he was getting into with the national coverage of this home and the passion people have for (and against) it. Should just be another month or two of telling and re-telling the story and then maybe he can get back to his life.

Things like this give Arcadia the cool reputation it deserves and makes me proud to be a part of the community as both a businessman and a resident.

Greg A. Bruns
Publisher, *Arcadia News*

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Arcadia resident top salesperson 16 years in a row

By Greg A. Bruns

Long-time Arcadia resident **Tino Ferrulli** won "Salesperson of the Year" at **Phoenix Motor Company** in 2012 – which makes it 16 years in a row he has earned the distinction at Arizona's oldest Mercedes Benz dealer. Ferrulli – with 26 years of experience in the Valley – attributes some of his success to his "great clients and their referrals," but he also notes that it "stems from attitude-attitude-attitude." If you've ever met or spoken with Tino, you know that is an accurate statement.

Incidentally, the Scottsdale City Council recently approved **Phoenix Motor Company's** plans to move their operation to Scottsdale Road and Highland. There was an outpouring of community support for the new dealership, since PMC wasn't looking for anything in the form of tax breaks or zoning height exceptions.

Phoenix Motor Company, 225 W. Indian School Rd, Phoenix.

Sadly, **Pugzie's Sandwich Shop** (located at 21st Street and Highland Avenue) is now only a memory after 31 years. On the western end of our distribution area, Pugzie's had one of the very first *Arcadia News* distribution racks – joining our ranks in the mid 90s.

Business *Briefs*

We wish Lynn Pugliano and her sister Lisa Pugliano-Wright well in their retirement.

The Arcadia Commons center at 42nd Street and Indian School Road has been exploding with activity and cool new businesses. Although you'd never know it from their road signage, which hasn't been updated since Bush was in office. Here are some of the latest tidbits from the Arcadia Commons:

New kid on the block **Milagro Grill** won several awards at the Arizona Taco Festival last fall, which is pretty amazing, considering they just launched. Milagro won awards for their beef, pork and chicken tacos.

Milagro Grill, 4280 E. Indian School Rd., milagrogrillaz.com, 602-773-5844.

A few doors down from Milagro you'll find **The Green Gurl**, a new neighborhood boutique that offers a selection of items from around the world. They feature recycled and repurposed art as well as clothing and bags.

The Green Gurl, 4280 E. Indian School Rd., 602-956-0464.

Sweet tooth neighbors will appreciate the new **Nothing Bundt Cakes**, which just opened in December back in the corner of the center, where 2 Be Fit used to be. Those familiar with the brand have nothing *bundt* delicious things to say about the place.

Nothing Bundt Cakes, 4290 E. Indian School Rd., 602-954-4041.

Camelback Mountain Toastmaster Club is in a new home. They will have an Open House there on January 28 from 6:30 – 8:00 p.m. They will be meeting now at the Franciscan Renewal Center (SR Luca room) at 5802 E. Lincoln Road. The two speeches to be shared will be centered on the theme of cheese and chocolate!

http://1410528.toastmastersclubs.org or call Stephen at 602-920-4288.

The latest fitness studio to open up in the 'hood is **Orangetheory Fitness,** a unique concept that has recently hit the Valley. Orangetheory Fitness is a group-training class that combines cardio and strength training to burn through 900 calories in 60 minutes, which leads to the "Orange Effect."

The Orange Effect is based on the idea of excess post-exercise oxygen consumption (EPOC)—aka your metabolism. According to their web site, the result is more energy, visible toning and extra calorie burn for up to 36 hours post-workout.

Orangetheory Fitness, 5109 N. 44th Street, #D401, orangetheoryfitness.com, 602-955-1798.

Continuing with the theme of new construction and the proliferation of new businesses opening all around, there's a bevy of activity at the **Town & Country Center**. What's new? For those that are looking for a shopping adventure (read: thrill of the hunt), there's **Nordstrom Rack**. **Whole Foods**, along with **Bianco's Pizza**, **Dunkin' Donuts**, and **Potbelly Sandwich Works** will bring the "foodies" out. With a variety of projects in the works, opening dates are always changing.

The Shops at Town & Country, SE corner 20th Street & Camelback Rd., townandcountryshops.com.

The **Arcadia Barber Shop** is now open at 3635 E. Indian School Rd. You may remember that the space was previously named **Sal's Barber Shop**.

Central Bistro has opened the doors of their upscale, neighborhood restaurant. Initial reports from the *Arcadia News* include the words "must" and "go."

Central Bistro, 3160 E. Camelback Rd. (in the old Zen32 space) centralbistroaz.com.

Pig & Pickle is a new spot, formerly Atlas Bistro, that the chef pair Keenan Bosworth and Joshua Riesner have opened in Scottsdale at 2922 N. Hayden Road. *Pigandpickle.com.*

Business news to share? Send business briefs to: business@arcadianews.com. Business briefs are printed every other month.

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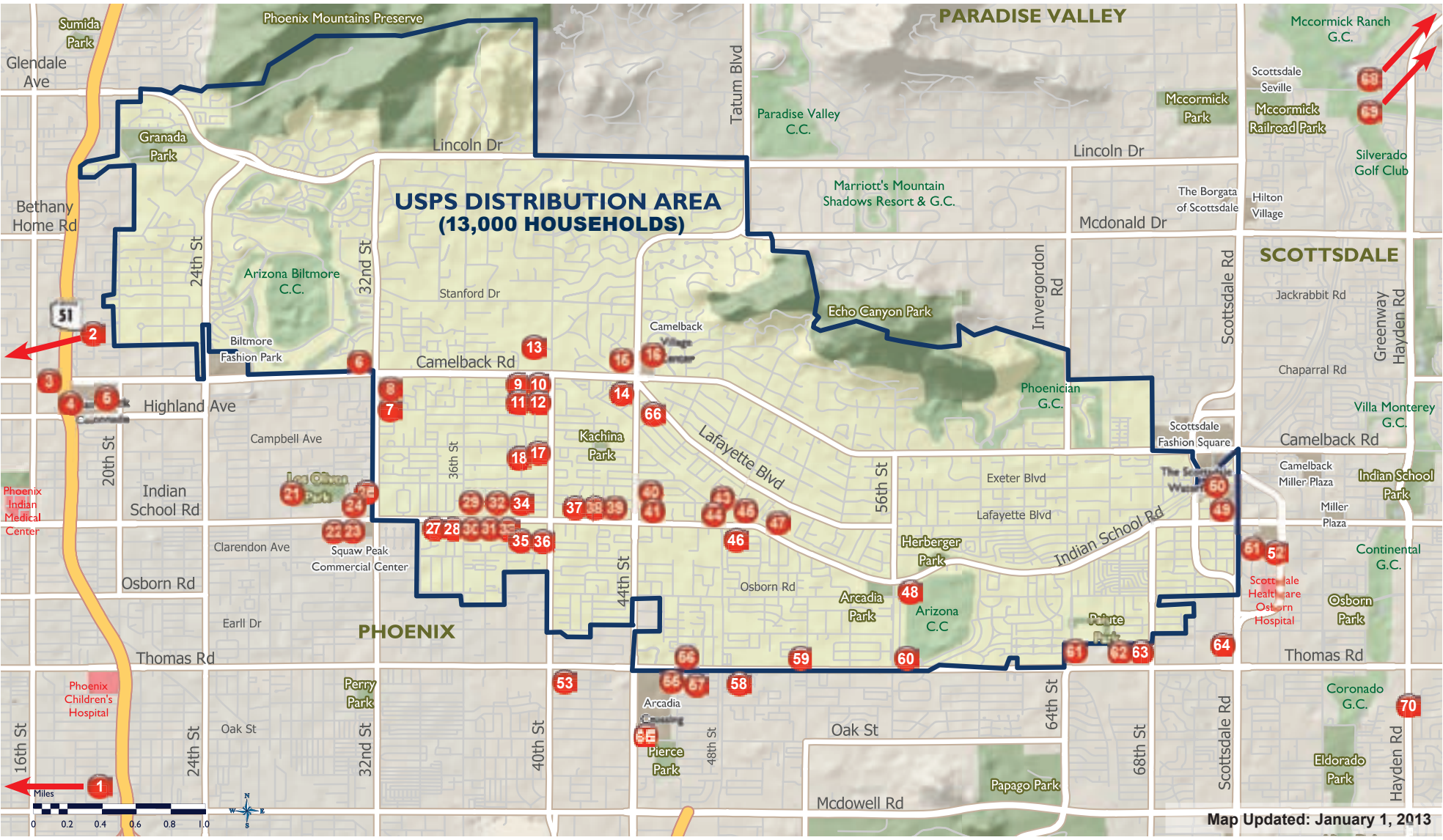

Map Updated: January 1, 2013

NOT ON THIS MAP: Arcadia News Office Outdoor Rack *(24 hours/day)* • 3850 E Indian School Rd • *(NW corner 39th St & Indian School)*

1) **Phoenix Public Library (Main)**
1221 N. Central Ave, 85004

2) **Hinkley's Lighting**
4620 N Central Ave, 85012

3) **Duck & Decanter**
1651 E Camelback Rd, 85016

4) **Phoenix Century Branch Library**
1750 E Highland Ave, 85016

5) **Miracle Mile Deli**
1949 E Camelback Rd, 85016

6) **Biltmore Mailboxes**
3104 E Camelback Rd, 85016

*7) **Sportsman's Fine Wines & Spirits**
3205 E Camelback Rd, 85018

8) **UPS Store**
3219 E Camelback Rd, 85018

9) **Water Connection**
3929 E Camelback Rd, 85018

10) **Fresh N' Easy Market**
3933 E Camelback Rd., 85018

11) **Taco del Mar**
3945 E Camelback Rd, 85018

12) **Baskin Robbins**
3953 E Camelback Rd, 85018

13) **Croque Sandwiches**
5060 N 40th St #110, 85018

14) **Carmel's Coffee**
4225 E Camelback Rd, 85018

15) **Arcadia Physicians**
4350 E Camelback Rd #F-100, 85018

16) **Camelback Village Pharmacy**
4416 E Camelback Rd, 85018

17) **Arcadia Cleaners**
4522 N 40th St, 85018

18) **Postino**
3939 E Campbell Ave, 85018

21) **Devonshire Senior Center**
2802 E Devonshire Ave, 85016

22) **Lindstrom Auto Wash**
3003 E Indian School Rd, 85018

23) **Food City**
3131 E Indian School Rd, 85016

24) **Bertha's Café**
3134 E Indian School Rd, 85018

25) **Frank's Pizza & Wings**
3168 E Indian School Rd, 85018

27) **Lasting Impressions**
3545 E Indian School Rd, 85018

28) **Antique Gatherings**
3601 E Indian School Rd, 85018

29) **AVIS Lube**
3620 E Indian School Rd, 85018

30) **Terra Java**
3619 E Indian School Rd, 85018

31) **Acacia Café**
3701 E Indian School Rd, 85018

32) **Bosa Donuts**
3722 E Indian School Rd, 85018

33) **Chicago Hamburger Co**
3749 E Indian School Rd, 85018

*34) **The Madison Improvement Club**
3802 E Indian School Rd, 85018

35) **Cornerstone Gifts**
3923 E Indian School Rd, 85018

36) **Coffee Lady**
3933 E Indian School Rd, 85018

37) **A to Z Equipment Rental & Sales**
4050 E Indian School Rd, 85018

38) **Tee Pee Mexican Food**
4144 E Indian School Rd, 85018

*39) **Milagro Grill**
4280 E Indian School Rd, 85018

40) **Pete's Fish & Chips**
4121 N 44th St, 85018

41) **Arcadia Hand Wash**
4402 E Indian School Rd, 85018

43) **Black Cat Coffee House**
4730 E Indian School Rd, 85018

44) **Arcadia Urgent Care**
4730 E Indian School Rd, 85018

45) **STI Physical Therapy & Rehab**
4840 E Indian School Rd, 85018

46) **Arcadia Tavern**
4801 E Indian School Rd, 85018

47) **O.H.S.O. nanoBrewery**
4900 E Indian School Rd, 85018

48) **56th Street Deli**
5619 E Indian School Rd, 85018

49) **Art One Gallery**
4120 N Marshall Way, 85251

50) **Philadelphia Sandwich Co**
4225 N Craftsman Ct, 85251

51) **Saba's Western Wear**
7254 E Main St, 85251

52) **Scottsdale Public Library**
3839 N Drinkwater Blvd, 85251

53) **Simonize Car Wash & Quik Lube**
4119 E Thomas Rd, 85018

55) **Watch'Save Jewelers**
4501 E Thomas Rd, 85018

56) **AKF Black Belt Academy**
4041 E Thomas Rd, #108 85018

57) **Cutter's Cottage**
4607 E Thomas Rd, 85018

58) **Ingleside Animal Hospital**
4855 E Thomas Rd, 85018

*59) **Arnie's Health Food**
5128 E Thomas Rd, 85018

60) **Ranch House Grill**
5618 E Thomas Rd, 85018

61) **Sycamore Apartments**
6599 E Thomas Rd, 85251

62) **Pizza Re**
2902 N 68th St, #110 85251

63) **Echo Coffee**
2902 N 68th St, #135 85251

64) **Prestige Car Wash**
3006 N. Scottsdale Rd, 85251

65) **Arcadia Chiropractic**
2303 N 44th St, 85008

66) **Phoenix Allergy & Asthma**
4901 N 44th St, 85018

68) **AZ Car Wash**
8999 E Via Linda, 85258

69) **Mustang Library**
10101 N 90th St, 85258

70) **Harper's Nursery**
2529 N Hayden Rd, 85257

* Recently added

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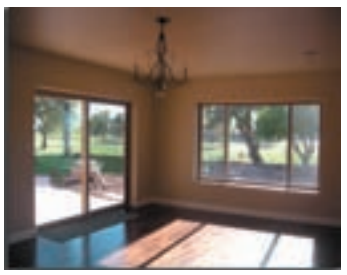

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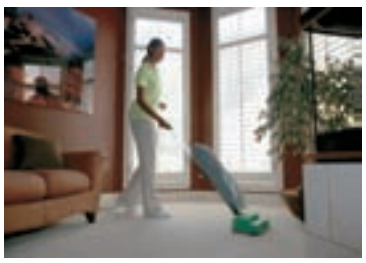

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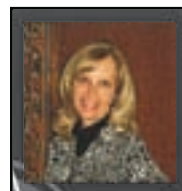

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4219 N 62nd St • $1,249,000

JUST LISTED - Smack in the middle of Arcadia, this warm and inviting residence is nothing short of wonderful. 4200 spacious sqftg with 5 bedrooms (2 master suites), 3 renovated baths, quaint formal and casual living areas, master den and cozy office area. Finishes include hardwood floors, Carerra marble, french doors, huge closets, numerous built ins and more. All set on a oversized 18,000 sqft lot with a grassy yard and pool.

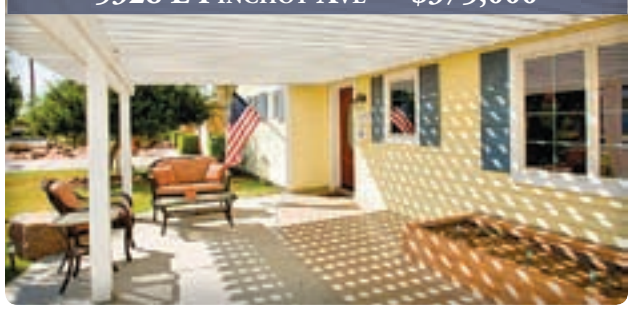
3420 E Glenrosa • $279,900

JUST LISTED - A breath of fresh air! Walls have been taken down to create the open and spacious great room. Remodeled kitchen with beautiful cabinetry, granite counters, butcher block island and newer appliances. Enclosed laundry room, updated baths, 20x20 tile flooring and designer paint both inside and out. All set on an oversized lot. Move-in ready. Don't wait!

7441 N Las Brisas Ln • $995,000

JUST REDUCED - Truly one of the most spectacular view lots in all of Paradise Valley. Overlooking several holes of Paradise Valley Country Club, offering panoramic city lights and Camelback Mountain views. Located on one of PV's best streets, surrounded by $6 million plus homes, this 1.4 acre site offers unlimited potential to build the estate of your dreams. Huge building envelop!! Plans have been started....this is a truly special lot!

5328 E Pinchot Ave • $375,000

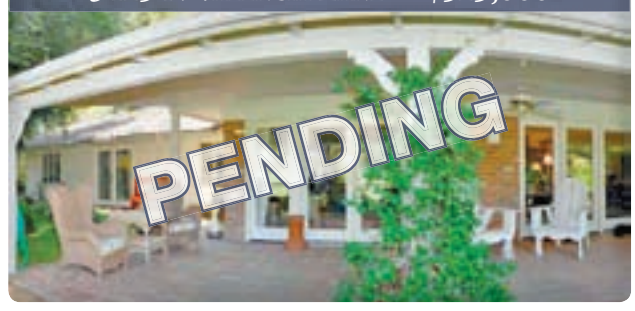


Wow! Priced at just $167/foot this home is an incredible opportunity. 4 beds and 3 baths or 4th bedroom split makes a great home office. Charming house with Anderson windows, wood floors, gorgeous white kitchen with slab counters. Master addition with double sinks, shower and large tub. Formal living room, cozy family room and an awesome game room with fireplace opens to the back. Killer backyard oasis with beautiful pool and a great cabana area with built in bar. Top notch neighborhood which is close to everything Arcadia has to offer. Call Kelly Knapp at 602-882-1332 for more information.

3307 E Medlock Dr • $619,000

Unlike any property you have seen in Biltmore Heights! This highly renovated 3 bedroom plus office/den home as had no expense spared or any detail missed. Beautiful travertine flooring graces all of the major living areas and upgraded carpet in the 3 bedrooms. Custom cabinetry in the kitchen with granite slab counters & stainless appliances. Huge master suite with vaulted ceilings, massive closet a bath that will leave you speechless; dual sinks, and a $30,000 steam/shower! New roof, Dual Paned windows and doors, frosted glass interior paneled doors and dual zoned a/c's are just to name a few. The outdoor areas are resort worthy with large BBQ area, pool with spillway/firepits and more. All this AND a over sized 3 car (2 car tandem) garage. This home is a winner and must be seen to believe!

3425 N Valencia Lane • $525,000



Set on a double lot in the 17th fairway at the Arizona Country Club, this English garden proplerty has all of the bones and structure to be fabulous… It just needs major TLC to be brought back to good working order. 4 bedroom and an office or 5 bedrooms, Saltillo flooring, fully remodeled kitchen, French windows and doors in every room. Brick and toile walls, numerous built-ins, formal and casual living areas, huge master suite with fireplace and bear claw foot soaking tub, white picket fence and potting house. This home could be fabulous once again, it just needs love again.

5951 E Lafayette • $1,250,000

Traditional yet Swanky…This Arcadia Ranch set on a beautiful and lush .6 acre piece of property will surely blow you away! This great 4400sqft family home offers a 2/2/1 bedroom split; 5 spacious bedrooms with walk in closets, plus a den/office, 2 fireplaces, wet bar & entertainment room and a detached 1 bedroom guest casita. Features such as travertine & hardwood flooring, Sea grass walls, designer paint tones, Anderson windows, skylights, custom window seats/built-ins in all bedrooms & more. The lively kitchen has a Subzero fridge/freezer, top of the line SS appliances, granite counters all of which open to the large eating area and awesome family room with a wall of French doors viewing out to the backyard. Modern & Very Open, yet Intimate and Inviting. Truly Magazine Worthy!

840 W Palo Verde Ln • $515,000

Don't miss this beautiful 4 bedroom/3.5 bath remodel with chef's kitchen, formal dining & living, family room & den/office on a large grassy corner lot. Custom cabinets are found throughout with fabulous neutral toned slab granite. A full renovation in 2006 including: Bella Woods, Santos Mahogany flooring, plantation shutters, French doors, beautifully tiled baths, ceiling fans, security system & H2O softener. Top of the line stainless appliances, lots of cabinets with built-ins & a large island. Master has wetbar w refrigerator, walk-in closet, separate shower/tub & lighted make-up mirrors. Smart wire system for internet/phone/TV. Outside-insulated wood overlay garage doors, custom gates, BBQ & flood/sprinkler irrigation. This one is a winner and will sell F A S T!!

4019 E San Miguel • $829,000

Totally rebuilt in 2001, this 3164 sqft, 3 bedroom plus office home will simply take your breath away. Chefs dream kitchen with / 6 burner cook top, stainless appliances, 2 sinks, warming drawer and huge walk in pantry. Custom Alder cabinets, Hand scraped hardwood floors, Great room floor plan with a formal dining area. Large Master retreat with tumbled marble walk-in showers and rain shower head. Nothing but the finest in finishes including Grohe fixtures, vessel sinks, solid core doors, numerous flagstone walkways and quaint patios, Pebble Tec saltwater pool and more. This home is a 10+!

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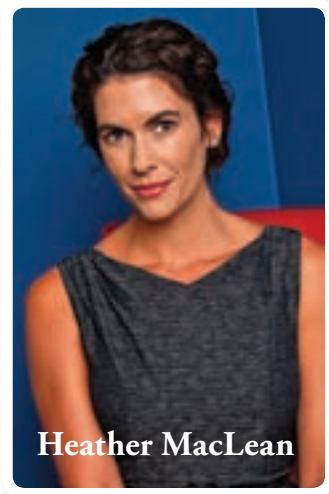
Heather MacLean

4546 N 52nd Place • $535,000

Incredible home in the heart of Arcadia at coveted La Montana. These units never come on the market and this one is a real treasure and it's loaded with charm! Large rooms with high wood beamed ceilings. Incredible living room with stone fireplace and access to beautiful courtyard. Gate to side street Rubicon for terrific guest access. Wonderful master suite with huge bath and his/her closets. Upstairs den with fireplace and fantastic second bedroom. Eat in kitchen with island and gorgeous formal dining room. Downstairs office which can double as additional bedroom. Wood floors and the list goes on. Best location in town. Absolute must see! Call Kelly Knapp for details 602-882-1332.

5307 E Calle Redonda • $665,000

Come live in one of Arcadia's best family neighborhoods and let the kids walk or ride to Hopi! Awesome 4 bed/3 bath home with a split master floor plan. The large master has terrific bath with separate tub/shower and HUGE walk in closet. Beautiful remodeled kitchen overlooks the expanded dining room with gorgeous Anderson doors to the back yard. Huge elm trees shade the AMAZING roof top deck with views in all directions. Fantastic opportunity to move right in or add your own personal touch. Sellers would love to lease back for 1-2 years. Absolute must see. Call Kelly Knapp at 602-882-1332 for more information.

4536 E Calle Tuberia • $650,000

Incredible opportunity in the heart of Arcadia. Nearly 2500' with 4 bedrooms, huge living, family and dining room, firplace and an amazing gourmet kitchen which has been completely remodeled. Huge 15,000' lot with a pool and tons of room to expand. Fantasic home loaded with charm.....these opportunities rarely come along.....come get this one while it's still available! $650,000 Call Kelly Knapp 602-882-1332.

5115 E Flower Street • $399,000

Fantastic 4 bedroom, 3 bath home set on a quite south Arcadia street. This home boosts a soft contemporary flair with beautiful natural light found in each and every room, including upgraded flooring, hardware and lighting. Cozy fireplace in the 4th bedroom/playroom and great storage is in each room! Exterior have nice covered patio and a updated swimming pool, new roof in 2012 and dual paned windows are just a few of the new touches. Great north south lot with a 2 ½ car garage. This one will not last!

3932 E Glenrosa • $249,000

Great house. Great neighborhood. Great street! This is a super turnkey, clean as a button home. As you enter your will see the brand new neutral carpeting and freshly painted designer 2 tone paint. The kitchen will be sure to please with stark white cabinets, black granite counter tops and updated stainless appliances. The 2 bathrooms have been updated to today's wants and are neutral enough o appeal to anyone's tastes. Large covered patio overlooking the lush irrigated lot with original citrus trees. Walking distance to LGO, Updated Roof and A/C, this is a great home!

4008 N 45th Place • $353,000

Coveted Haver non-MLS home sold before it hit the market! 1500' of unbelievable charm. 3 bedrooms, 2 baths with wood beamed ceilings in every room. Gorgeous backyard with pool. Mid-century modern at its best. These rarely come on the market. Truly a one of a kind. Call Kelly Knapp for details. 602-882-1332

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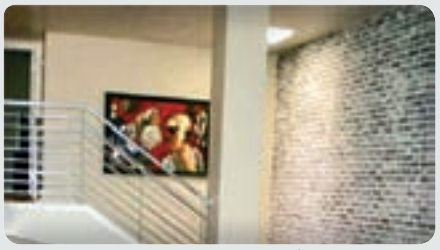


4432 E Camelback Rd #118 • $2,800/mo.

Contemporary NYC-style townhome in the Village at Camelback Mountain! 2,855 sqft, high ceilings, mezzanine with hardwood floors, two patios, two decks, updated & upgraded throughout! Cultured brick art wall. Unlike any rental you will see...perfect in every way! Community pool & tennis. The finest manned guard gate in town. Walk to the Village Heath Club, Desert Market & More!!

5302 E Palomino Rd • $3,695/mo.

This is a terrific rental in an absolutely perfect and beautiful location! It's immaculate with 3 bedrooms, 3 bathrooms and 3,000 square feet of spacious living spacE White kitchen, wood flooring, granite, big family room, lovely dining room and a grand living room with a floor to ceiling brick fireplacE Great swimming pool with a diving board and phenomenal Camelback Mountain views! This is a rental that is ready to go for the family wanting privacy and space!

4932 N 42nd Way • $1,350/mo.

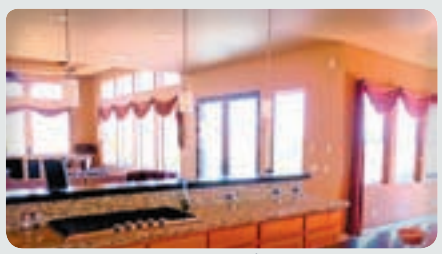
Beautiful 1628 sqft, 3 bedroom, 2 bathroom patio home located in the heart of Arcadia. This property is turn key; updated kitchen with painted cabinets and new stainless appliances, Fresh paint and carpet, updated baths, huge vaulted ceiling and Spanish charm throughout. Property is located close to shopping, restaurants, schools, minutes to the airport. Community has a pool and is located close to the canal for exercising. This is a great find!

7508 E Earll Drive • $1695/mo.

Tastefully and beautifully maintained home in the Villas at Vista Verde! This 3 bedroom, 2.5 bath is very spacious. Tile floors, Pergo floors and an immaculate kitchen. Vaulted ceiling in the family room provides for a wide, open feel. Gas fireplace, built-in entertainment shelves, formal dining area and downstairs master featuring a separate exit. Great location in the heart of Scottsdale!!

5654 E Mesquite Lane • $4,500/mo.

Magnificent setting on Camelback Mountain with incredible views of the Phoenician Golf Course and the entire Valley. Utterly charming home with large rooms, fireplaces, sweeping walkways and more. Split master and office with 4 kids bedrooms in separate wing. Incredibly private at the end of quiet cul de sac. Fantastic kitchen with wrap around deck and panoramic views. Very California feeling with long walkway to front door and endless trees and grass. Your clients will want to buy rather than rent. A must see. Owner will also entertain a long term lease.



6530 N 36th Street • $8,000/month

This 4 bedroom home has been appointed down to every detail by a professional interior designer. NOT a typical furnished rental, this is a primary residence that is being offered available for the very first time. Sweeping views that are rarely matched, at any price point, from each and every room. Master retreat with huge roof top deck, cozy fireplace, wetbar area and separate tub/walk in shower. Chefs dream kitchen, numerous tiered outdoor living spaces, pool/spa, BBQ area. Beautiful!

3421 N 28th Street • $1,495/mo.

Nestled in the back of a private gated subdivision in the middle of it all, this townhome is turnkey and clean as can be! Beautiful kitchen with granite counters, maple cabinets and stainless appliances that opens to the elegant great room with French paned windows. Spacious master retreat with French doors going to a private patio, large master bath and huge walk-in closet. The other 2 guest rooms are spacious and share a updated guest bath. Inside laundry with full size washer and dryer and a garage so clean you could eat off the floor! This is a pristine property.

4201 E Camelback Rd #24 • $925/mo.

Wonderful villa green condo in the heart of Phoenix in premium shape. Upper level, 2 bdrm, 2bth, w/covered patio w/eastern exposure to the lush, green grounds and pool courtyard. Perfect location - does not back to Camelback or the canal w/privacy galore. Room for an eat-in kitchen and all appliances stay. Well maintained unit w/1 covered carport. 5 miles to ASU, 5 miles to Bank One Ballpark, 5 miles to Scottsdale corridor, minutes to the Biltmore and airport.

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All Saints' Episcopal Day School cordially invites past and present families, alumni, faculty, and staff to our 50th Anniversary Celebration Weekend!

Friday, March 8
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Saturday, March 9
50th Anniversary Gala
6 p.m. at All Saints'

Sunday, March 10
Family Picnic
Following Morning Church Services at All Saints'

For more information and to RSVP please visit our website at www.aseds.org/50Years

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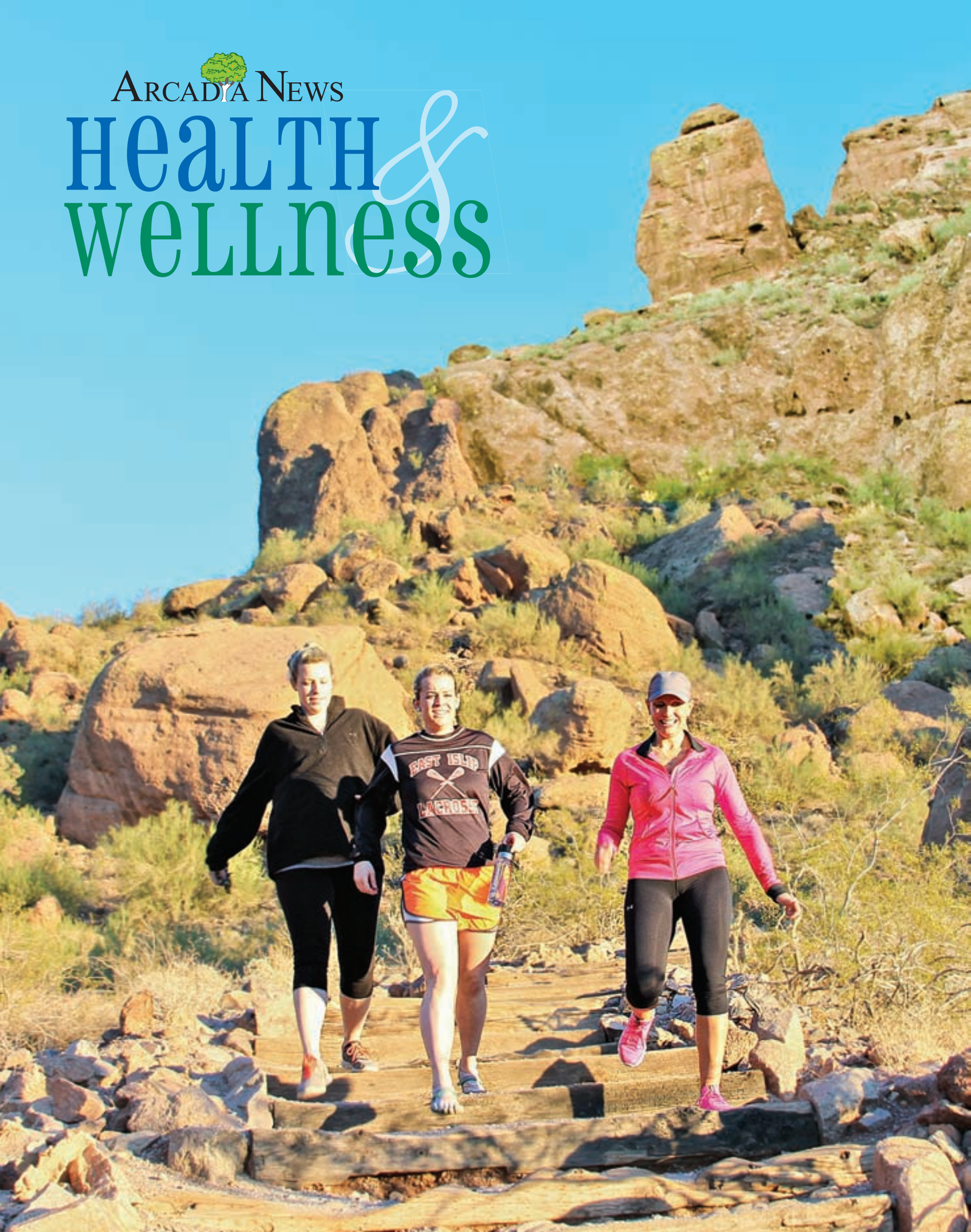
ARCADIA NEWS

HEALTH & WELLNESS



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January 26, 2013
9am-Noon

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Tribe Multisport Tri Team Meeting & Run
Interested in learning more about triathlon? Join us! Professional Triathlete & Ironman Champion Jozsef Major & Professional Triathlete and USAT Certified Coach Amy Kloner will conduct a basic run clinic.
Cost: FREE

Friday, January 11
3:30pm-5:30pm
Girls on the Run Clinic for the entire family!
Enjoy a huge selection of shoes at 50% off, Run Clinic, 2mile Run on the Greenbelt and BBQ.
http://www.gotrmc.org/
Cost: FREE

Saturday, January 12
7:00am-4:30pm
Jobing.com Women's Cycling Team Clinic
http://www.azwomenracing.com/
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ARCADIA NEWS

HEALTH & WELLNESS

JANUARY 2013

Arcadia News
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Phoenix AZ 85018
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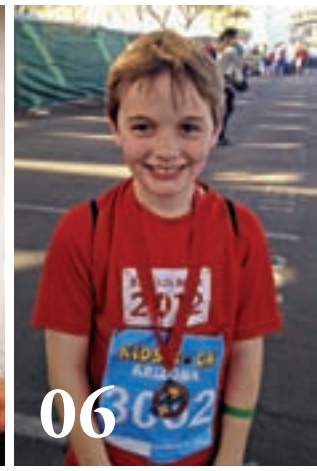

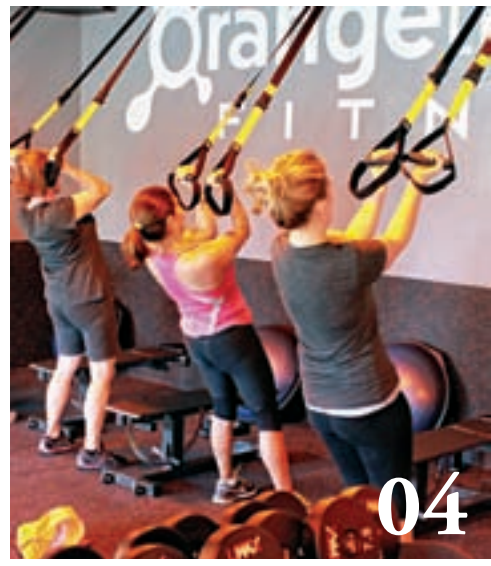

Editor's Note

I've never been one for resolutions. Last year, however, I decided to go all out. I made big proclamations about all I would do to make it the best year yet; taking up new hobbies, reading the books I'd never attempted and losing a few bad habits. I even made a list on oversized, thick paper to hang in my office.

And then, in a blink of an eye, the year was over. Christmas was here again, presents were wrapped and I was designing our holiday menu. My list, completely untouched, was hidden in shame in my office closet.

Somehow though, I can say that 2013 will be different. I feel that in all we've seen, felt and discovered over the past year(s), more of my friends, family and even myself understand that we have to find some space to grow, adjust and achieve. We owe it to ourselves, our children and the world.

To help us Arcadians start the year off with a bang, we've developed a series of Special Sections for you to learn more about homes, health and our neighborhood in 2013. This month, in our inaugural Arcadia News Health and Wellness edition, we bring you information about finding the right workout, recipes for healthier eating, and a calendar of events to help you get your body moving.

I hope you enjoy our Arcadia News Special Sections. If you have thoughts or ideas for future issues please let us know, Amanda@arcadianews.com.

See you soon!
Amanda Goossen

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30 Days to Fit

by Amanda Goossen

I'm uncoordinated, inflexible and I can't walk and chew gum at the same time. Other than one year when I was twenty-one years old, I've never had a workout routine or been able to commit myself to moving my body more than cleaning my house or chasing after two kids under the age of four.

Last month however, I realized my kids were no longer under the age of four. They're in school full time and I no longer have an excuse for why my running shoes are still in the box and my yoga pants are only worn when I drive the kids to school in comfort. I turned thirty this year and as one amazing decade came to an end, I knew the next would require a little more fitness and a lot less whining about my jeans being a bit too tight.

So, I decided to embark on a challenge. Let's just call it 30 Days to Fit.

I won't lie. 30 Days to Fit didn't mean thirty straight days of workouts. It meant experiencing as much exercise, in completely different arenas, within a thirty-day period, as I could. I took classes more than once, had to take unexpected breaks and realized I had muscles I never knew existed. I was sore, wanted to give up and even got terribly sick right in the middle of it.

But I did it and it was truly life changing.

Kalologie 360 Spa

6107 North Scottsdale Road #103
Scottsdale, AZ 85250

Having not used my muscles in quite some time I decided a massage would get me off to a great start. Maybe it was necessary, maybe I was just giving myself a bit of pampering before such a challenge. Or maybe I was stalling. Whatever it was, the women at Kalologie 360 Spa in Scottsdale made me feel better than I could have ever expected. The shoulders that had been up to my ears in tension for years felt new again and I was ready.

Private Training at The Village

4444 East Camelback Road
Phoenix, Arizona 85018

A private training session was just what the doctor ordered. For someone who feels awkward lifting weights and even stretching, it's nice to have a teacher leaning over your shoulder and correcting your form. Iris Gordon at the Village showed me the ropes.

After going through my health and fitness history, Iris planned my training session and explained a few things about my 30 Days to Fit experiment.

"It's good to have short and long term goals," said Iris. "Also, make sure to drink plenty of water and take vitamin C. A workout regime like this can be a bit of a shock to the system."

After warming up on the elliptical I was ready to rock. Iris set me up with numerous weight routines, a series of lunges and had me run the stairs to the facility. After an hour I was exhausted. But I also felt invigorated. Iris' intricate attention to detail was terrific, making sure my knees and hips were aligned properly when doing lunges and my arms were in the correct form for lifting weights. I knew she'd set me up for success.

The Bikram Yoga Institute

7620 East Indian School Road
Scottsdale, AZ 85251

I've been intrigued yet terrified of Bikram Yoga for years. The ultra fit bodies leaving the building, plus rumors of an excessively hot room have scared this fitness newbie into hiding. But this time, I was doing it.

Andrea L. Griego, has taught Phoenix and Scottsdale residents at the Bikram Yoga Institute for over a decade. Her gym, tucked just outside Old Town Scottsdale, is a sanctuary. Within minutes of being in Andrea's care, I was in love. The heat was no longer a problem. The poses, not so odd. With an enthusiastic voice and an encouraging tone, Andrea proved that my fears were absolutely unwarranted. The toxins were gone, my muscles were warm, my mind was clear. I had found comfort and serenity. Bikram ROCKS!

Pure Barre

4219 East Indian School Road #101
Phoenix, AZ 85018

I was intimated from the start. Most of the women were dressed in specific gear and looked ready to compete. I sat in the room not at all prepared. As the class began full speed, I was wondering what I was doing. Quickly however, it became more fun than I expected. The music, the fabulous teacher and the quick moments were enough to bring a smile to my face. The movements didn't come easy but I knew if I came back a few times I'd soon be an old pro. Maybe I'd even become the ballerina I'd always wanted to be. If so, Pure Barre would get all the credit.

Zumba at the Village

4444 East Camelback Road
Phoenix, Arizona 85018

My two left feet had never been so obvious and the room covered in mirrors showed off my ridiculousness for all to see. I learned quickly, however, that no one cared. No one was looking at me and absolutely no one was laughing. Plus I was working up quite a sweat just shaking my hips.

Although my first class was more difficult than I'd imagined, I knew with a small commitment I'd feel more in tune with the moves and the music. It was tough, but the absolute joy every other student was experiencing encouraged my soul.

Yoga and BodyRolling at Metta Yoga

3742 East Indian School Road
Phoenix, AZ 85018

Yoga and BodyRolling with Kat Myers is a unique and tranquil experience. Focused on a connection with your center and energy movement through the body, Kat works with therapeutic poses, tools and breathing to help soothe the mind and body. Her technique and tone take each participant to another realm of relaxation.

Group Fitness Class at Results Only

3627 E Indian School Rd Suite 103
Phoenix, AZ 85010

Owner and trainer Bobby Kelly is in one word, exceptional. A genuine guy with a joyous smile, Bobby quickly becomes your buddy. His friendship however comes with a promise. Bobby will take care of you, watch out for you and will absolutely not let you take the easy way out. Results Only is a place you want to go, full of people you want to know and the workout is tailored to your needs, even in a group atmosphere.

As Bobby said, "Bad moods stay outside. Culture is a huge part of this gym, you're joining a family."

Results Only is stellar.

Personal Class at The Pilates Body

4422 East Indian School, Suite 103
Phoenix, Arizona 85018

Lisa Bettini Moro, owner and instructor at The Pilates Body in Arcadia, walked me through a personal Pilates class with incredible precision. The movements were tough and not always natural, but with Lisa's instruction I soon found myself falling into comfortable

positions and stretches without being forced. My body seemed to be embracing the movements rather than rejecting them.

Pilates is a body conditioning routine that can help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. Created by Joseph Pilates in the early 20th century as an exercise to strengthen the mind and body, Pilates seeks to develop controlled movement from a strong core and uses a range of machines to guide and train the body.

With Lisa's expertise I went from feeling awkward to confident within one short hour. And with students who range from mid-twenties to 78 years old, Pilates is most definitely for everyone.

Orange Theory Fitness

5109 N. 44th Street, D401
Phoenix, AZ 85018

New to Arcadia, Orange Theory Fitness is a group-training program, which includes cardio intervals, weight training, rowing, and suspension straps to create a fun and motivating experience. Using a heart monitor, each participant can view their progress on a large screen and ramp up their effort when necessary.

I personally felt the pressure as my tired legs failed me and I became the most underperforming participant on the heart monitor board. I pushed myself a bit more to rise above, yet felt a pang of dissatisfaction as the others continued to beat me. I promised myself I'd work harder to get in shape.

Spin Class at The Madison Improvement Club

3802 East Indian School Road
Phoenix, AZ 85018

At the Madison Improvement Club, a spin class is actually called "A Party on a Bike." I wasn't sure this party was right for me and entered with extreme trepidation.

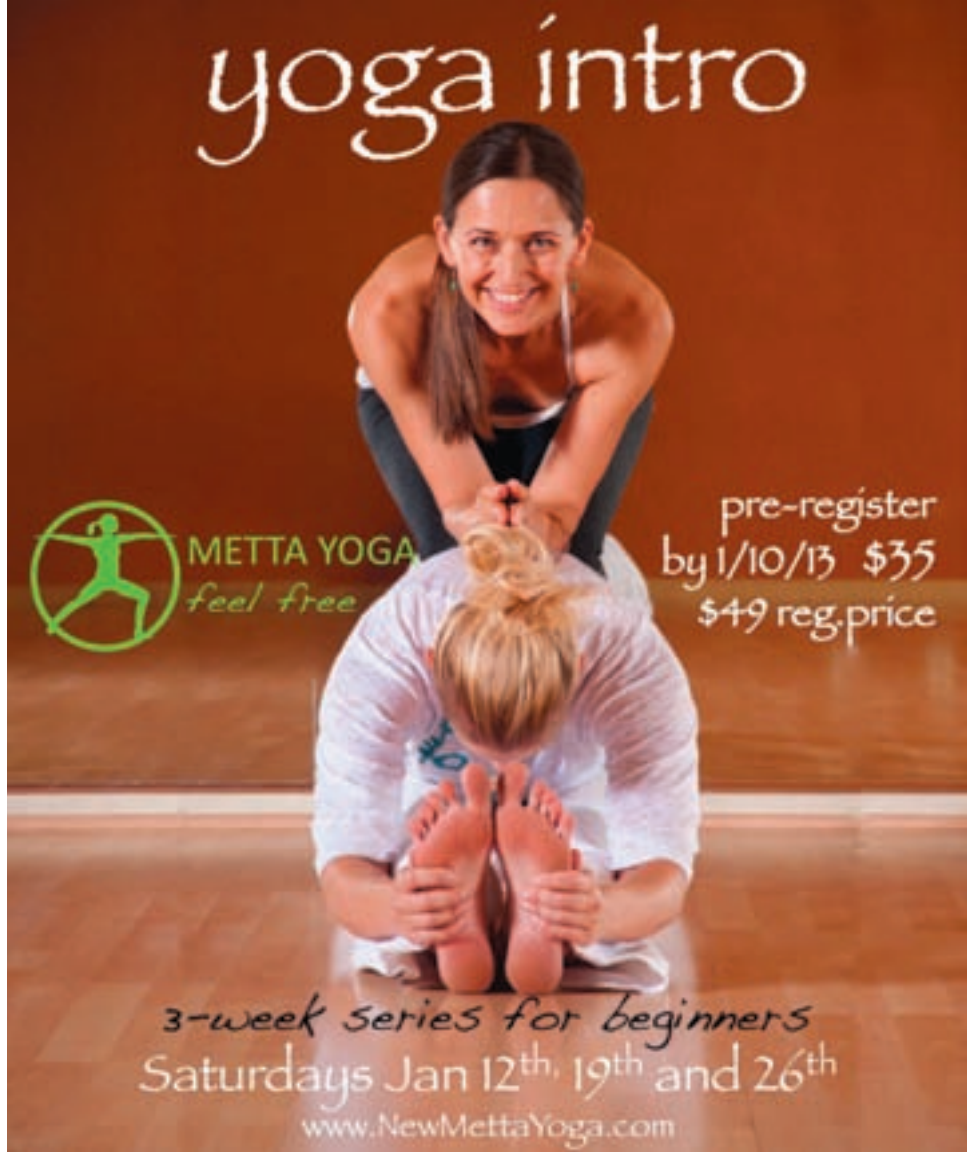
I boarded the bike and wondered what I was doing to myself. When the party started, however, I was pleasantly surprised.

The spin room at The Madison Improvement Club was lit with black lights. The room came alive in a neon glow and with a perfect DJ mix matched to your ride, you can't help but get your legs moving.

The instructors at The Madison Improvement Club have been chosen by owner Andrew Varela as the best he's ever seen and after one class I trust his judgment. Stephanie Schwartz who had my class flyin' high had fantastic energy and made us work for every minute of the hour. She is a huge part of why I'll definitely be back.

At the end of my 30 Days to Fit I learned invaluable information that will change my perspective about fitness for the rest of my life. I was stunned at the high level of participation at each class I attended. I was thrilled to learn that I actually enjoy working out as long as it was something I felt comfortable doing. And most importantly, I learned that the single most important factor in finding the right class was to find the right teacher. While many people can teach, I believe only a few select individuals have the gift to do it well.

In 2013 I'll be wearing my running shoes and yoga pants for all the right reasons. My fitness challenge has only just begun.



ROCK 'N' ROLL:

The STA Run Club Prepares for KIDS ROCK Arizona

Arcadia resident Andrew Heard is an ultrarunner. With a background in racing half and whole marathons, he now runs 50 to 100 mile races. And for the past eight years he's been sharing his knowledge and experience with St. Thomas the Apostle Catholic School and the children of the STA Run Club.

The STA Run Club began over ten years ago when Catherine Wyman was looking to get children involved with the PF Chang's Rock and Roll Marathon. On the Saturday before the annual marathon, kindergarteners through sixth graders run their race, completing 1.2 miles in the Phoenix Children's Hospital Kids Rock marathon. Prior to the event the children must run 25 miles and complete a running form proving their effort. Catherine Wyman started the STA Run Club to help the children with this goal.

When Catherine's two oldest children aged out of the race, Andrew volunteered. On Tuesday and Thursday mornings for approximately twelve weeks prior to the race, children gather on the St. Thomas field to practice. Each morning they run a mile, filling up their marathon sheet under Andrew's guidance.

At the end of their practice, which lasts from 7:15 a.m. to 7:45 a.m., Andrew talks to the runners about nutrition, the importance of good footwear or breathing techniques. He uses his time not only to teach about running but about the other aspects of the sport.

"This is a record year for us," said Karen Heard, Andrew's wife, who helps with the logistics and communication of the STA Run Club.

"We've had an average of about 25 kids each year," said Karen. "This year we have 37."

"The students range from Pre-K to 6th grade. The one Pre-K student might be too young for the actual race this year but he's determined to keep up with his older brother."

The commitment and determination seen not only on the faces of the runners but in their stance and ability is obvious. More than half of the STA team are returning runners who take pride in what they are trying to accomplish.

"Race day is fun for the kids. They get to go to the expo on Friday, the day before the race, and pick up their number. They get the same experience any marathon runner would have," said Karen.

At the end of the race, MOJO Yogurt waits at the finish line, ready to congratulate the kids for a job well done.

"It's a casual environment. Kids and parents, kids and siblings, they all run together. It's a great time," said Karen.

This year the Phoenix Children's Hospital Kids Rock marathon will be held on January 19 at Tempe Beach Park. The race begins at 9:00 a.m.

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In my Previous Life...
BOBBY KELLY

By Lizzie Henson

Local resident Bobby Kelly can be found in his Arcadia and Central Phoenix gyms, training 142 clients to reach their fitness goals, seven days a week. Working to specifically design workout regiments for individual clients, within a group atmosphere, Bobby gets to know his clients and understand where they're coming from.

"We have a female MMA fighter and a 72-year-old woman in the same class. We specialize in people who are passionate about life and what they want," said Bobby.

Maybe that's because Bobby is just as passionate as his clients.

Bobby Kelly, although now a beloved Phoenix trainer, hasn't always been the owner of a popular Phoenix gym.

In Bobby's previous life, he was the personal trainer to the President of the United States.

In 2001, while working in his gym in Washington D.C., Bobby began training Dorothy Bush Koch, sister of George W. Bush. When Dorothy lost 80lbs, her brother was curious to how she accomplished such a goal.

Bobby, while running his gym in D.C., began making CDs for his clients who had extremely busy schedules. His CDs had his voice recorded over music, talking to his clients. His voice would instruct and encourage as only Bobby can.

After September 11, 2001, President George W. Bush could no longer run outside the White House as he had once enjoyed. He was looking for a way to stay fit without getting stuck in a rut. With a busy travel routine and a hectic lifestyle, a regular trainer was out of the question. That's where Bobby Kelly came in.

Bobby created unique and specific personal training CDs for the 43rd President of the United States. He trained him remotely for four years, between 2001 and 2005, keeping him in shape with his passion, his voice and his masterful routines.

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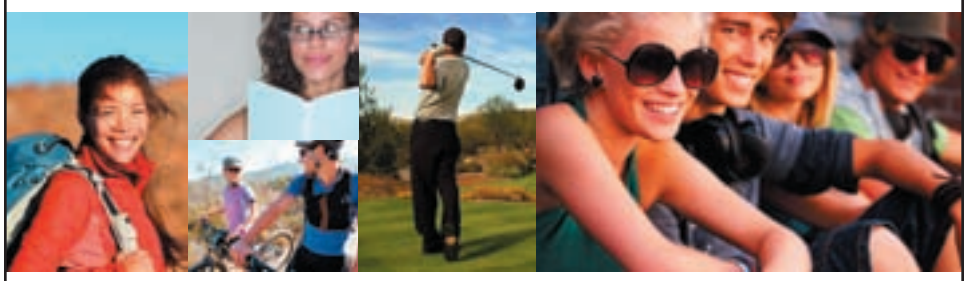

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Arcadia Family Clinic provides comprehensive health care services to patients of all ages. Our physicians work with an entire network of health care providers and specialist physicians to provide care to you and your family. The Network is comprised of two hospitals, multiple physician practices and community outreach programs.

4131 North 24th St. Ste. B102 • 602.955.6632

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3802 E. Indian School Rd. • 602.296.7118

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4730 E. Indian School Rd. Ste. 125 • 602.368.5330

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Dermatique is a cosmetic and surgical dermatology practice in Scottsdale, Arizona, headed by nationally accredited W. Patrick Davey, MD, MBA, FACP. We specialize in dermatology, Mohs micrographic surgery, dermatologic surgery and non-invasive cosmetic procedures. We look forward to ensuring you achieve optimal skin health. dermatiquemd.com

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7624 E. Indian School Rd. Ste. 101 • 480.421.9442

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Marvin C. Schneider, M.D.

Dr. Schneider has been voted Top Doc of Arizona several times in his career and has vast experience in family medicine. Passionate about all facets of Family Practice, Dr. Schneider has enjoyed treating multiple generations of families. In addition to having served as Chief of Staff at Humana Hospital, Dr. Schneider has been past president of both the Maricopa County Academy of Family Practice and Arizona Academy of Family Physicians.

5060 N. 40th St. Ste. 108 • 602.845.1670

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5206 N. Scottsdale Rd. • 480.948.5605

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www.CodePinkBootCamp.com • 888.949.7465

Metta Yoga

Metta Yoga is a trusted community of loving kindness. Feel free to introduce your friend or family member to the healing waters of yoga: our intro to yoga series starts in January. Or try one of our many other class experiences offered at our Arcadia Studio and the Phoenician Resort. www.newmettayoga.com.

3742 E. Indian School Rd. • 602.522.0662

Arcadia Physicians Travel Clinic

Arcadia Physicians Travel Clinic is here for all your foreign travel immunizations. We are experienced with all International Travel vaccinations that are required or recommended. Eileen Klecka, RN has a Certificate in Travel Health Medicine from the International Society of Travel Medicine and was recognized in Conde Nast as one of the top Travel Medicine Specialists in Arizona.

4350 E. Camelback Rd. Ste. F-100 • 602.955.8700

Oral and Facial Surgeons of Arizona

Dr. J. Gregory Sabol, Dr. John M. Gillis and Dr. Michael W. Golding, DDS practice the full scope of oral and maxillofacial surgery at their offices in Phoenix and Tempe. Specialties include wisdom tooth removal, patient anesthesia, corrective jaw surgery, surgery for the treatment of obstructive sleep apnea, cosmetic eye procedures and dental implant placement. Dr. Sabol holds both a Doctor of Dental Surgery and a Doctor of Medicine and both doctors act as a Diplomates of the National Dental Board of Anesthesia.

4202 N. 32nd St. Ste. A • 602.957.0332

Camelback Pediatrics

We have six physicians at our practice who are all board certified by the American Board of Pediatrics. For more information visit our website www.camelbackpediatrics.com or call 602.840.3120.

4350 E. Camelback Rd. Ste. G100 • 602.840.3120

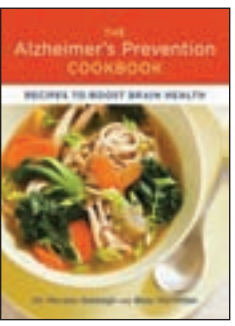
Health & Wellness

If you are interested in featuring your business in our April Health and Wellness Directory, contact Donna Wirtel.
donna@arcadianews.com.

DEADLINE: MARCH 15, NOON

The Alzheimer's Prevention Cookbook

Chef and Author Beau McMillan sits down with the Arcadia News.



Chef Beau MacMillan spends his life preparing stunning plates of mouth-watering food for guests at elements restaurant at The Sanctuary Resort at Camelback Mountain. Using local, organic produce, sustainable seafood and hormone-free meats, Chef Beau offers upscale award-winning American cuisine with Asian accents.

Although his days and nights are spent creating innovative meals at elements, Chef Beau is also known for his frequent appearances on the Food Network. A regular star of the network, he's won Iron Chef America, as well as appeared on Chopped, Worst Cooks in America and The Best Thing I Ever Ate.

Most recently, Chef Beau has co-authored his first cookbook, The Alzheimer's Prevention Cookbook with Dr. Marwan Sabbagh, a geriatric neurologist, dementia specialist and the director of the Banner-Sun Health Research Institute, one of the world's most prominent Alzheimer's disease research institutions.

I recently sat down with Chef Beau to discuss his work with Dr. Marwan Sabbagh and the Alzheimer's Prevention Cookbook.

Arcadia News (AN): Chef, what brought you to this project?

Chef Beau (CB) : Local television host Pat McMahon brought his friend, Dr. Marwan Sabbagh, to dinner at elements. He spoke to me about his third book and how this time he wanted to add the food and recipe aspect to the book. He really wanted to step outside the box with the recipes and I was excited to be a part of it.

The doctor provided ingredients and information about antioxidants, fats, etc. to give me a starting point. My goal was to then create sleek, stylish and approachable recipes.

AN: Did you take anything from elements for the cookbook?

CB: Diet and nutrition give the body what it needs to thrive. I took what I see from the restaurant, such as the fact that many people tend to eat healthier at breakfast and lunch, and based recipes on this knowledge. You will see juices, smoothies, yogurt and egg dishes in the book. The Banana, Granola and Yogurt Parfait will soon be on the menu at Sanctuary as well as the Breakfast Fried Rice with Scrambled Eggs because I think they will work perfectly with what we do at the restaurant.

AN: Can you share with our readers, one key ingredient to add to their diet in 2013 to help with brain health?

CB: Turmeric. There are so many great aspects of this spice. India takes in the largest amount of turmeric in the world and has the lowest percentage of Alzheimer's. Spices have an unbelievable amount of antioxidant, something incredibly important to our bodies. Cloves, cinnamon, thyme, oregano and rosemary are all excellent additions to our diet. For home cooks, spices are intimidating but they don't need to be. Just play with them. They add a whole new dimension to your cooking.

AN: What should we all change about our diet in 2013?

CB: Everyone should be getting good calories in the morning. Protein driven plates, good eggs, light swiss cheese, vegetables. Find a good juicer and juice. Stick to what you like when juicing and slowly add different things. The pallet is a working muscle, help it develop. Carrots and ginger are excellent additions to a juice because they taste great and have immense heath benefits.

AN: Can you share something you learned while creating this cookbook?

CB: When I agreed to work on this book I told Dr. Sabbagh, "You want me to write a healthy cookbook and I'm a big guy? I have to makes changes."

I went on a healthy diet. From August to December I lost 70 pounds. I learned that when I eat bad food, it feels good when I'm eating it but afterward I feel terrible. Now, I know there's no better feeling than eating well. I feel great after I eat.

AN: What are your favorite recipes from The Alzheimer's Prevention Cookbook?

CB: The Brain-Boosting Buckwheat Noodle Bowl, The Banana, Granola and Yogurt Parfait, The Breakfast Fried Rice, Kale Blueberry and Pomegranate Salad and the Curried Quinoa with Green Onions and Basil.

I wanted to create recipes for people that would look and sound enticing, to give them the confidence to actually execute them.

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RESOLUTION RECIPES

New Year's Resolutions are in full gear and there's no better way to keep the "Lose 10 Pounds" promise than to change a few things about your diet. Local restaurants have come to your rescue, offering up a few of their favorite healthy recipes that you can make yourself, at home.

Forbidden Rice Bowl

Forbidden Rice Bowl Plate Up

St. Francis Restaurant
111 E. Camelback Road
Phoenix, AZ 85012

Ingredients:
1 cup Forbidden Black Rice, steamed
1 oz. Beets, roasted
1 ½ oz. Turnips, blanched
2 Baby Carrots
2 oz. Broccoli
1 oz. Brussels Sprouts
½ oz. Baby Bok Choy
2 oz. Celery Root
4 oz. Spicy Vinaigrette
2 oz. Nage (a flavored liquid used for poaching delicate foods)

Garnish:
1 Campari Tomato, quartered
½ oz. Radish Sprouts
Any other fresh herbs from farms

Procedure:
Add black rice to sauté pan with 2 oz of Spicy Vinaigrette, 2 oz Nage, and salt and pepper and cook down until almost dry.
Add mixed vegetable kit to a sauté pan with 2 oz. of spicy vinaigrette, just warm until vegetables are hot.
Serve immediately so vegetables don't discolor. Keep it fresh, hot and vibrant.
Put black rice in the middle of a stadium bowl. Place vegetables on top. Garnish with tomatoes/sprouts/herbs.

Black Eye Pea Hummus

Black Eye Pea Hummus

Del Frisco's Grille
2425 E. Camelback Road #110
Phoenix, AZ 85016

Black-Eyed Pea Mixture:
1 pound Black eye peas
6 Garlic cloves
1 Celery stalk
1 Tbsp Salt, kosher
1.5 gallons of Water
2 Bay Leaves

Soak the black eye peas overnight before bed in cold water and cover.
Break off garlic cloves and take the skin off.
Cut the celery stalk into 2 inch pieces.
Bring water to a boil in a sauce pot. When the water comes to a boil add the kosher salt and the remaining ingredients.

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Add all the ingredients and reduce heat to a simmer and cook for 1- 1 ½ hours or until peas are tender.
Drain the water and discard the bay leaves. Keep the garlic cloves and celery.
Spread on a baking sheet and cool.

Hummus:
Cooled Black eye pea mixture
1/3 cup Extra virgin oil
1 medium Lemon
¼ tsp Celery salt
2 Tbsp Chopped Flat head parsley
½ tsp Cumin

Take a lemon and roll with palm of hand to loosen up the juices. Cut in half and squeeze into a mixing bowl. Make sure to fork out the seeds.
Take the parsley off the stem and chop. Add all the remaining ingredients and mix to incorporate all ingredients.
Place the mixture in a food processor or a blender to blend all the ingredients.
When the mixture is smooth and to desired consistency taste. If may need more celery salt and oil if too thick. Serve with pita bread, bagel chips, toasted baguettes, assorted crackers, etc.

Young Fennel Salad with Juniper & Grilled Striped Bass Tomato "Vierge"

J&G Steakhouse
6000 E. Camelback Road
Scottsdale, AZ 85251

Fennel Salad:
2 pc of fennel
1 tsp of juniper berries chopped fine
3 Tbsp of fresh lemon juice
6 Tbsp of good extra virgin olive oil
Salt/pepper

Pick the green top from the fennel, wash, dry and reserve.
Slice the bulb on a Japanese mandolin or by hand very thin add the lemon, olive oil juniper and seasoning, reserve.

Striped Bass Marinate:
1 pc of Thai chili pepper sliced thin
6 pc of garlic cloves sliced thin
1 pc of lemongrass smashed and chopped fine
½ cup of extra virgin olive oil
1 pc of lime sliced thin
4 pc of striped bass of 6 oz

In a flat pan pour the olive oil and all the ingredients except the lime. Cover the bass on both sides and put two slices of lime on each side. Let marinate for an hour.

Tomato "vierge":
10 pc of red beefsteak tomatoes ripe
1 cup of chopped shallots
1 cup of extra virgin olive oil
4 Tbsp of basil chiffonade
3 Tbsp of fresh lemon juice
Salt/pepper

In a bowl combine the shallots and olive oil, salt and pepper and cook for 10 minutes in the microwave until very soft.
Blanch the tomatoes, peeled, seeded and diced small.
In a pan pour the shallot add the tomatoes and cook for 2 minutes, season again and add the lemon juice and basil.

To serve:
Grill the bass on medium heat until cooked. Spread the tomato on the plate and put the fish on it. Serve the fennel salad on the side.

Don't Act Your Age

Don't ACT Your Age

s.e.e.d. Café at the Madison Improvement Club
3802 E. Indian School Road
Phoenix, AZ 85018

1 cup Cottage Cheese
2 Tbsp. chopped chives
salt & pepper
1 avocado, diced
1 heirloom tomato, diced
1 hot-house cucumber, diced
2 Tbsp Basil, chiffonade
lime juice
salt & pepper
1 whole-wheat tortilla
¼ cup baby arugula
¼ chive cottage cheese
1 cup avocado salad

In a small mixing bowl combine the cottage cheese and chives and season to taste with salt & pepper.
In a second mixing bowl, combine the avocado, tomato, cucumber, basil, and season to taste with lime juice and salt and pepper.
In the whole-wheat tortilla, place the baby arugula in the center of the tortilla, followed by the cottage cheese mixture, and then the avocado salad. Fold sides of tortilla in and roll into a wrap.

Do you have recipes to share? E-mail amanda@arcadianews.com to share your healthy recipes for an upcoming issue.

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FEATURED HIKE

by Mark Cosmas

PEMBERTON TRAIL

McDowell Mountain Regional Park
Fountain Hills

Mileage	15.3 Mile Loop
Elevation Gain	800 Ft.
Difficulty Rating	★★★☆☆
Terrain Rating	★★☆☆☆
Scenic Rating	★★★☆☆

A runners dream in the desert, Pemberton Trail is relatively smooth. Two-thirds single track and one-third jeep trail, this trail can be run in two directions to vary the experience. It starts at an elevation of around 1900 feet and steadily rises 800 feet before gently descending back down over somewhat undulating terrain. You will see Four Peaks, the Rim, Weaver's Needle and the Superstitions.

GETTING TO THE TRAILHEAD

Head east on Shea Blvd. and turn north into Fountain Hills, exiting the back side for about 4 miles until you come to the McDowell Mountain Regional Park entrance. There's a $6 fee per vehicle. Take the Pemberton loop turnoff and park near restrooms at the bottom. The trailhead is located at the north end of the parking lot.

calendar of local events

Tues, January 1: 9th Annual New Year's Day 5K & 1 Mile Fun Run/Walk (Phoenix Zoo). To register, visit www.allarizonarunningevents.com.

Sun, January 6: The Graffiti Run Phoenix, AZ (Peoria). This colorful 5K asks that you wear all white attire. You'll take off from the starting line like a pristine canvas, and return as a beautiful, jogging piece of art! Throughout the course you encounter "Graffiti Zones" where you will be doused with COLOR! For more information visit www.thegraffitirun.com.

Sat, January 12: Awesome 80s Run! (Peoria). Wear your best 80s get-up for this 5K run. There will be a pre-race warm-up dance, a live 80s cover band, contest for best dressed and more! For more information visit www.awesome80srun.com.

Sat, January 19: Phoenix Children's Hospital Kids Rock (Phoenix). This is a non-competitive, non-timed one-mile fun run for children in grades K – 6. For more information visit www.ingkidsrock.competitor.com.

Sun, January 20: P.F. Chang's Rock & Roll Arizona Marathon & Half Marathon (Phoenix) To register, visit http://runrocknroll.competitor.com/arizona/register.

Sat, January 26: Scavenger Dash 2013 (Phoenix). What is a Scavenger Dash? It's an urban adventure where teams of two solve twelve clues, scavenge items, take photos and complete fun challenges... all while discovering the city in a whole different way. Everyone is invited to participate. For more information visit www.scavengerdash.com.

Sat, January 26: City Challenge Urban Race, 5K and Half Marathon Run Walk (Scottsdale). You'll need to think on your feet and use your brain to solve puzzles, riddles and games from a cluesheet to find 12 destinations. Run with a partner as a team or compete as an individual. The race is custom built based on the history, landmarks and unique features of Scottsdale. For more information visit http://www.hegnessevents.com.

Sat, February 9: 3rd Annual PV Schools Community 5K (Scottsdale). For more information visit www.allarizonarunningevents.com.

Sun, February 17: IMS Arizona Marathon; Full, Half, 5K and Fit Kids (Buckeye). Visit www.thearizonamarathon.com for more information.

Sat, February 23: Great Urban Race (Tempe). Teams of two to four participants solve twelve clues and participate in exciting mental and physical challenges while discovering Tempe and racing for cash prizes. For more information visit www.greaturbanrace.com.

Sat, March 2: Phoenix Marathon, Half Marathon, 10K and Kids 1K (Mesa). Visit www.thephoenixmarathon.com for more information.

Sat, March 2: Run for Ryan House Half Marathon, 10K & 5K at DC Ranch (Scottsdale). Visit www.ryanhouse.org for more info.

Sat, March 9: Race to Fight Children's Cancer (Phoenix). Visit www.runtofightcancer.com for more information.

Sat, March 16: Walk Like MADD 5K Walk (Phoenix Zoo). Visit www.walklikemadd.com for more information.

Sun, March 10: The Urban Bike Adventure Phoenix (Phoenix). Teams of two and three participants compete in a bike race featuring challenges and obstacles along the way. For more information visit www.urbanbikeadventure.com.

Sat, March 23: The Neon Run 5K (Chandler). This nighttime 5K is less about speed and more about the experience. You will be running through glow zones that will consist of neon glowing water, laser lighting, fog, and music, all leading you back to the Neon Festival filled with live performers, dancing and more. Visit www.neonnightrun.com for more information.

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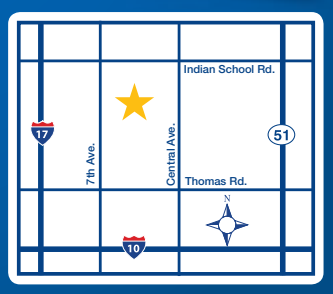

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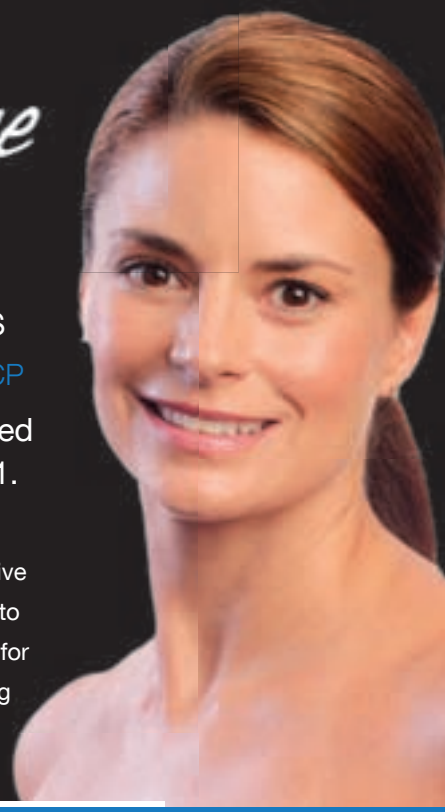

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NEW YEAR'S RESOLUTIONS ARE FOR PEOPLE WHO HAVE NO INTENTION OF SUCCEEDING.
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Bobby

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Last year I wrote about the 72% of people who make New Year's Resolutions that give up within the first 6 months of the year and the 40% who don't even make it through the first four weeks.
If you are astounded by those numbers take a moment and look at your circle of influence.
What is a circle of influence?
It is the 5 people you spend the most amount of time with on a regular basis.
Why is this important? Studies show that you are exactly in the middle of those 5 people.
What does that mean?

- 2 friends will be smarter than you and 2 will not.
- 2 will make more money and 2 will make less.
- 2 will be more fit than you and 2 will be less fit.
- 2 will have more motivation and 2 will have less. Get it?

The people you spend the most time with are crucial to the success you have in your career, relationships and even your health.
This begs the question… who do you spend your time with? Is it with healthy, fit and motivated people or do you spend time with people who blame others for their problems and complain about their lives?
It makes sense if you have struggled with fat loss, your circle of influence has too. If you've struggled with your job and making more money, odds are so have they.
If you think long and hard you can see that your immediate friends and family can either be part of your problem or your solution.
If you want to be successful you better surround yourself with like minded people.
So this New Year's when you are determined to become a more resolute individual, what will you think about? I will tell you my secret weapon in a minute but for now try this list:

- How will my exercise habits change from last year?
- What changes will I make in my eating?
- Can I make adjustments to how I spend my free time?
- What are the top 5 things I will accomplish in 2013?

What is OUR Secret Weapon?
This year don't commit to anything but the number of workouts performed for the year. There are 365 days. How many days will I work out? If you commit to 3x a week that's only 156 workouts. Reasonable right? Most of you know you need help from a Pro so this year work with the Pros who get Results for their clients. Call 602.944.0747. or email us at www.ResultsOnly.com to guarantee your success this year.

RESULTS ONLY
Fitness and Catalyst Coaching

7030 N. 7th Street, Phoenix, AZ 85253 tel:602.944.0747
3627 E. Indian School Rd., Suite 103, Phoenix, AZ 85018
www.ResultsOnly.com

Listen to what our clients say about our program...

As a Podiatrist /Surgeon in Central Phoenix I found myself working long hours in my practice and on my feet doing surgeries for hours on end. That lead to very unhealthy eating habits and little time for exercise. Bobby was a coach for both my sons and I saw what a great influence he was on them, so I thought I'd try Results Only and I am glad I did. I have completely changed my physical life around. I have lost 33 lbs. and have gone from a size 36 to a 30! I was going through my closet recently and came across an old jacket. I once completely filled it out! Today I am so much happier to be more fit as a surgeon and a healthier role model to my children and patients.

~*Steve Geller*
www.desertfootsurgeons.com

Get *hooked.*

Om up.

Chow down.

Ride on.

First class FREE!

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