Arcadia News

Vol. 21 No. 5 | AWARD WINNING NEIGHBORHOOD NEWS | August 2013

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CELEBRATING 21 Years

In the dog days of summer we're all looking for ways to stay cool! Get some ideas with this month's photo contest theme, "Water Water!" on page 21.

HEALTH & WELLNESS Page 29!

Camp Loomie Goomie isn't a summer destination for many kids but a hot spot for one family's vacation. Page 14

This Arcadia youth's healthy recipe for black bean burritos earned her a trip to the White House. Page 40

It's the sweet 16th meeting of the *Arcadia News* Book Club, and you are invited to join the ever-growing group. Page 58

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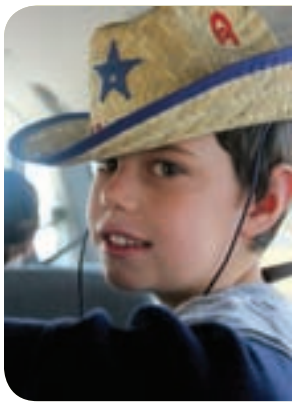

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Historic swimming pool has many people trying to save it from the wrecking ball.

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52 My Sister's Attic
New store and corporate headquarters open in the neighborhood.

Cover Photo:
One of our photo contest entries arrived right when we were looking for cover imagery... Miss Ava, your photo fit perfectly!
Photo: Jon O'Steen

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'The Sweetest Comeback in the History of Ever'

By Dale Messmer

It's being billed as The Sweetest Comeback in the History of Ever.

OK, that's advertising hyperbole, but it's a big deal.

Twinkies are back.

Even though I hadn't eaten one in years, I missed seeing Twinkies on the store shelf. Too much of lost childhood for me.

The new cakes, back after a bankruptcy-caused hiatus, are smaller by a smidge than the previous incarnation and have fewer calories because of it. They now are just 20 calories or so more than the average-sized apple, although I've never heard that one Hostess sponge cake a day will keep the doctor away.

And in a sacrifice for you, good reader, I can report that they taste the same as I remember. At least I think they do. Lost childhood also means foggy memory.

So get out there and support your Twinkie fix if you are so inclined. And if you can find them. It took four stops to find a store that still had a supply less than a week after the rollout in mid-July.

Guess there are a lot of folks with fond memories of Twinkies.

♦ ♦ ♦

Can you believe this month's meeting of the Arcadia News Book Club will be its 16th? Those 16 months certainly flew by, but I know that the group has a lot of fun.

Editor's Notes

So much so that the club has outgrown another venue and is moving to Saguaro Library.

One of the major differences between this and other book groups is the chance to meet the author each month via SKYPE. That alone makes it worth trying out if you're interested in joining a book club, and the new digs mean plenty of room for newcomers.

♦ ♦ ♦

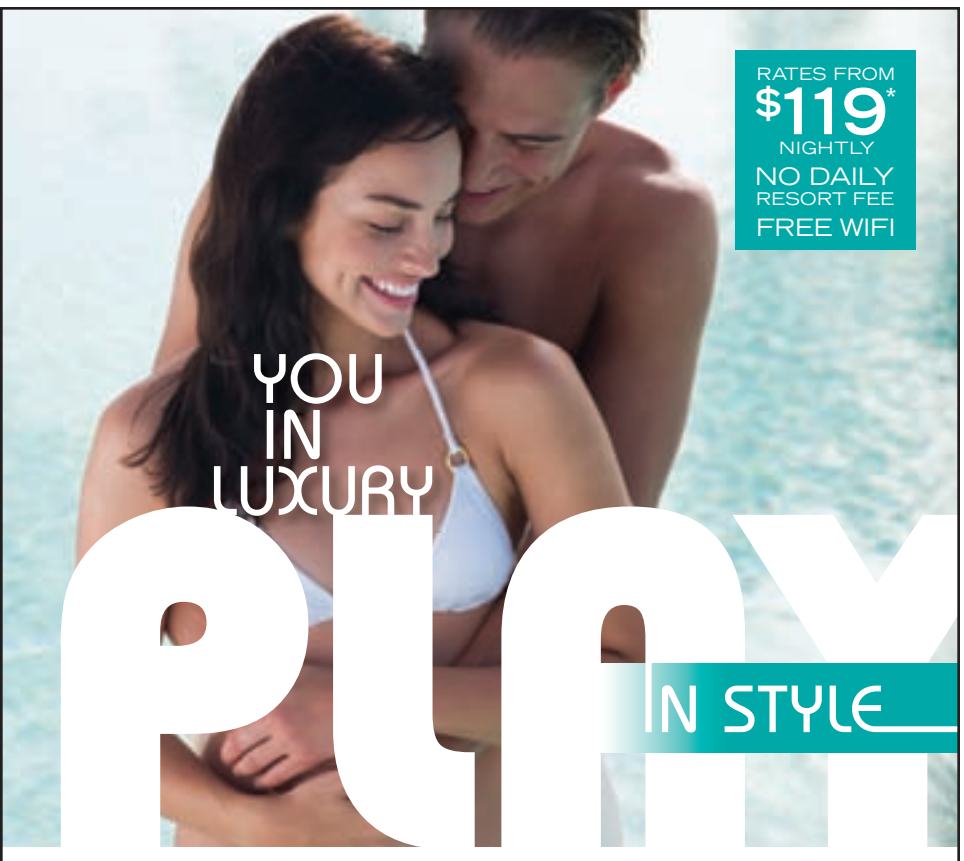
Speaking of reading ...

They call her Banana but it was a recipe for black bean burritos that earned her a trip to the White House. Her story is on page 40.

The fate of Phoenix's only 50-meter public swimming pool has been postponed in part to community efforts to save it. Page 46.

And there's a new My Sister's Attic, right here in Arcadia. So is the new corporate headquarters. Page 52.

Much more, too. Enjoy reading, and thanks for spending part of your month with the *Arcadia News*.



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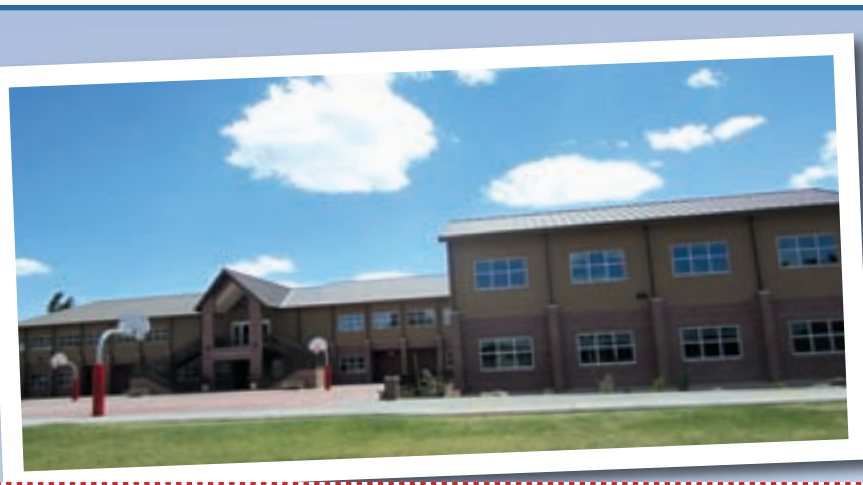

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There's much to like about 'Much Ado About Nothing'

Much Ado About Nothing
Director: Joss Whedon
Starring: Amy Acker, Alexis Denisof, Sean Maher, and Nathan Fillion

Joss Whedon's rendition of Shakespeare's play is funny, entertaining and beautifully filmed.

A modern take on the play *Much Ado About Nothing* takes place at the home of Messina's governor, Leonato (Clark Gregg). Residing with him are his daughter, Hero (Jillian Morgese), and his niece, Beatrice (Acker). Visiting Leonato are his friend Don Pedro (Reed Diamond), his officers Benedick (Denisof) and Claudio (Fran Kranz), his rebellious brother, Don John (Maher), and two of Don John's associates.

From there, it follows the typical formula of one of Shakespeare's romantic comedies: falling in love, battles of wit, misunderstandings, a bit of drama, and plenty of humor.

The list of reasons to see this film is endless, but here are the top eight:

1. Joss Whedon adapted the play for the screen and directed the movie. Whedon has cleverly edited the script, which usually becomes a roughly three-hour performance on stage, into an average-length film. Thanks to Whedon's skill in writing and

directing, the audience doesn't feel like they've missed anything.

2. It's a modern adaptation set in current times. Modernized Shakespeare plays have been done countless times, but this one stands out.

3. The setting for the entire movie was Joss Whedon's incredible home in Santa Monica, Calif. While this may only seem like a useless bit of trivia, it is actually Whedon's way of making filmgoers jealous. It's no wonder he chose to film it there, as it's a Spanish-style dream house.

4. Nathan Fillion as Dogberry. His character is arguably the most comical of all and although many famous actors have

Continued on page 25

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Arcadia Real **Estate** Stats

2013 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2013-6/30/2013)

Active Homes -	135 homes
Homes Sold -	167 homes
Average Sale Price -	$864,585
Average Sold $ Per SF -	$256
Average Days On Market -	93 days

- There is currently 6 months of home inventory (based on 2012 sales results)
- 2013 home sales have increased 15% this year. (based on 2012 sales results)
- Home prices have increased 10% this year. (based on 2012 sales results)
- $ Per Square Foot prices have increased 8% this year. (based on 2012 sales results)
- Homes are taking 8% less time to sell this year (based on 2012 sales results)

2012 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	107 Homes
Average Sale Price -	$777,607
Average Sold $ Per SF -	$235
Average Days On Market -	102 Days

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

2013 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2013-6/30/2013)

Active Homes -	90 Homes
Homes Sold -	119 Homes
Average Sale Price -	$401,020
Average Sold $ Per SF -	$184
Average Days On Market -	64 days

- There is currently 5 months of home inventory (based on 2012 sales results)
- 2013 home sales have increased 18% this year. (based on 2012 sales results)
- Home prices have increased 18% this year. (based on 2012 sales results)
- $ Per Square Foot prices have increased 14% this year. (based on 2012 sales results)
- Homes are taking 1% less time to sell this year (based on 2012 sales results)

2012 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	68 Homes
Average Sale Price -	$326,316
Average Sold $ Per SF -	$158
Average Days On Market -	66 Days

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

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Transition from Jail to Community aids system

By Steven Sarkis

Maricopa County is joining a growing national trend in the push to reduce recidivism in the criminal justice system. The term recidivism generally refers to individuals going to jail, getting released, going back to jail, getting released, and so on.

As part of the effort to decrease this problem, Maricopa County recently unveiled a program called Transition from Jail to Community.

The focus of this great program is to help low-risk inmates and offenders get reintegrated back into their communities sooner rather than later. Currently, even low-risk inmates often are held in custody for months awaiting a resolution of their case, not to mention wasting resources in jail such as housing and food that often end up getting footed by the taxpayers.

To avoid these problems, the program hopes to encourage the use of alternatives such as probation, community service or mental-health treatment that might be more effective than putting low-risk individuals in jail.

The program plans to tackle the high recidivism rates in Maricopa County by categorizing inmates in accordance with the severity of the crime they committed and the likelihood the inmate will find himself back in prison. Determining the likelihood of whether the inmate will return to prison is the tricky part and will be based on various factors such as age, age at first arrest and number of prior arrests.

Although the minor details will be figured out over time, the aim of the program is focused in the right direction. Give these low-risk individuals options other than jail, avoid having them clog a system designed for more serious criminals, and get them back into their communities as productive members.

This great program is yet another step in the right direction for the criminal justice system in Maricopa County and for Arizona as a whole.

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

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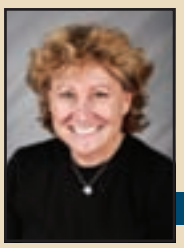

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STRAIGHT UP with a TWIST

[Greg is currently writing a book about the history of Arcadia, so we're printing some of his personal favorites until his return this fall. This column originally appeared in September, 2001.]
By Greg A. Bruns

While it is outlawed in America, cloning is just around the corner. There's a company in the Bahamas named Valiant Venture, Ltd. which will clone you for as low as $200K as soon as they get their laboratory set up in a place where cloning is legal (Transylvania?). As soon as I get that kind of cash, look out world—because here comes G2.

I like the idea of having a copy of me running around at my side, but there are an awful lot of people who think otherwise. Some think that a clone won't have a soul because it's not a product of God, technically speaking. I'm not trying to side with anyone here, but if this is the case, G2 is going to have his work cut out for him. I imagine a slack-jawed, gentle savage with a goofy grin, who frequently gets lost chasing butterflies—sort of like Lenny from "Of Mice and Men."

While this behavior may make us hard to tell apart, I've crafted a simple letter to assist my eccentric buddy.

Dear G2,

Tuck this note in your pocket and refer to it frequently to remind yourself of what your soulful counterpart has to say on the things you are about to live through.

First: don't touch anything until you're 22. Out of all the trouble I have found in my existence to date, 90% of the time it was because I touched something I shouldn't have. Keep your hands in your pockets at all times.

Also, it's going to be fairly obvious to everyone around that you're not "right." A soul-less creature is likely to have no more personality that a zombie straight out of George Romero's classic (and my all-time favorite zombie flick), *Dawn of the Dead*. Steer clear of the shopping malls, chief, 'cuz when those hippies and biker gangs flock to the malls, it's no-holds-barred, and in your catatonic state, you're facing certain pain. Do all your shopping on-line.

Tattoo this on your right palm: "Wipe drool." Nothing will bring attention to your different state than that "sniper's stare" that you will undoubtedly exhibit, except for the accompanying drool.

Answer every question asked of you with, *"What?"* This valuable trick was learned in my formative teen years and it affords you twice as long to think of an answer to *any* question, as the deliverer repeats their query.

For your 18th birthday, I'm going to give you a new car! Inside the glove box you'll find the title, so go ahead and sign that. You'll also find an "Organ Swapping Contract between G1 & G2." Sign that too.

On your 21st birthday, do not—repeat: DO NOT—drink 21 shots of "La Cucaracha" down at a Club Med in Mexico. La Cucaracha translates to cockroach in Spanish, amigo, and that's exactly what you'll feel like when you wake up the next day, I assure you. Your liver is of no use to either of us once you ram that much alcohol into it.

I'm going to be out and about a lot after you sign that contract on your 18th birthday, so don't stray far. I might need to exercise some of my "options" in the near future and you should be ready for harvesting.

Don't touch anything while I'm gone.

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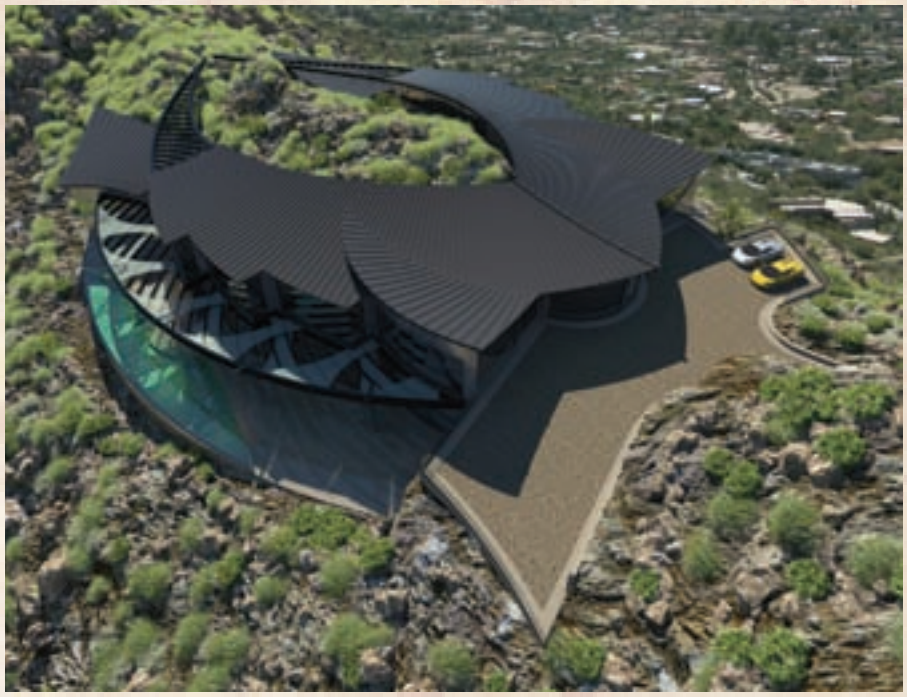

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Chicken pox can mean shingles, too

By Heather O'Toole, M.D.

If you've ever had chicken pox, you're at risk of developing a painful skin disease called shingles.

That's because after you recover from chicken pox, the herpes zoster virus that caused it remains dormant in your body for the rest of your life. The virus can reactivate years later to cause shingles, which is most common in individuals age 60 and older. The Centers for Disease Control and Prevention reports there are an estimated one million cases annually in the United States.

Shingles erupts as a painful rash on the face or body, typically just on one side. In the days before the rash develops, individuals with shingles may feel tingling, pain and itching on the site where the rash will appear. Later, the rash forms blisters that scab over before clearing up. Shingles sufferers also may experience headaches, fever and chills and stomach distress.

If you have a compromised immune system, you're at risk of complications from shingles. Complications can include more widespread rashes, secondary infections and even hearing or vision loss, depending on the area of the body affected.

Continued on page 18

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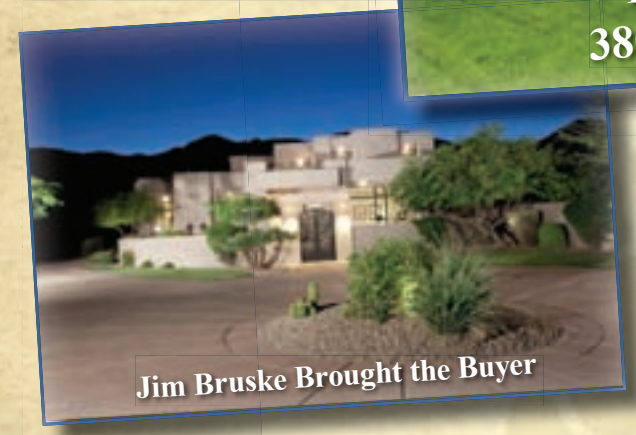

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Camp Loomie Goomie: A grandparents' summer gift

By Amanda Goossen

Just like all kids, Arcadia residents Mia, Jack, Peter and Ellie McLaughlin look forward to summer vacation each year. It means free time, swimming and a variety of adventures with friends and cousins. It also means Camp Loomie Goomie.

Maybe the best camp in all of Phoenix is most definitely one you've never heard of, and one that can't be found in fliers and advertisements.

Camp Loomie Goomie is the passion project of devoted grandparents Pete and Chris Lumianski. Each summer, this high-energy pair devotes five days to their eight grandchildren, putting on a well organized and detailed summer camp, complete with the morning pledge, camp T-shirt and evening taps.

Pete and Chris spent decades in the Navy, constantly moving around the country with their three daughters. Once retirement came, they settled in Phoenix, and before long each of their three daughters followed.

"I call it the bungee affect," Pete said. "The further they go, the stronger the pull is to come back."

Then 15 years ago, when their oldest grandchild Alexis was just 5, Pete had an idea to create a summer camp in the living room.

"I grew up in mid-Michigan. We lived in a farmhouse and each summer my parents were literally trying to get rid of my sister and I. I went to Mystic Lake Camp in Northern Michigan, an all boys YMCA camp, three separate summers and it made quite the impression on me. I wanted my grandkids to experience the same fun."

Continued on page 15

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Camp Loomie Goomie campers end the week with a smile.

Camp

Continued from page 14

With Alexis, Camp Loomie Goomie was born. The name came from Pete's nickname "Loomie" by friends (from his last name Lumianski) and a play-on-words.

The first time, Alexis spent the night in a tent in her grandparent's living room; they took field trips to the library and did arts and crafts. Four years ago, Camp Loomie Goomie was reinstated for the younger grandchildren, including the Arcadia contingent.

Alexis, 20, and brother Carson, 13, are now camp counselors. Reese, 8, Riley, 8, and the grandkids from Arcadia, Mia 9, Jack, 7, Peter, 6, and Ellie, 3, are the campers who embark on the weeklong trip.

"Our house is too small for eight kids for an entire week. So we decided to travel," Chris said.

They've been to Flagstaff, San Diego and this year Tucson.

This year, they piled into a 12-passenger van. The drive to Tucson would only take a few hours and the three-bedroom timeshare

Continued on page 16

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Camp

Continued from page 15

was ready and waiting. The bunks were prepared (complete with bunk numbers), the T-shirts, activity bags and crafts were ready. The menu and tight schedule was organized to perfection. This year's theme, Western, would begin with a special CD of songs in the car and cowboy hats for all.

"We prepare activities for the car and everyone has assigned seats," Chris said. "We coordinate a behavior system with earning and losing pennies. This year, however, everyone was so good we had to put an end to it or we would have owed each child a couple hundred dollars."

Prior to camp, parents receive a camp letter with the camp philosophy, a checklist and schedule. Each child receives a menu of food choices and a research project to complete before camp based on one of the locations campers will visit.

"The kids are each assigned a report before camp. Then when we visit the location or item they researched, they read it to the group," Pete said.

In Tucson, activities included a hike in the Catalina Mountain, a visit to the Queen Mine, the Pima Air Museum, the Boneyard (which is home to more than 4,000 military planes stored in the desert), Colossal Cave and horseback riding.

The kids each start with Goomies (paper stars) that can be used to buy things at the camp store (a suitcase full of treats).

Jack was in charge of the flag this year, raising it each morning and bringing it down each night. Mia did the evening news, discussing the day's events and interviewing the campers on their experience. The children each wore a button all week with their camp name; this year Jack was Ace, Mia was Alice, Ellie was JoJa (supposed to be Georgia, but she couldn't quite pronounce it), Peter was Woody, Reese was Sally and Riley went by Bo.

"The kids are so fun," Pete said. "It's a challenge to get to know them, but if you pay attention to them, really pay attention, it's so much fun. And watching them all together, I can see them down the road in 20 years, still together."

The camp has many rules and a strict schedule but there is one rule that must be followed above all else: Fun.

"Our list of rules begins and ends with fun. It's why we do it and I think the kids really do enjoy it," Pete said.

And within the hundreds of pictures Pete and Chris took during the trip, there is a video of the children eating breakfast. The six youngest kids are eating cereal and out of nowhere they break into song.

"You are my sunshine," they sing, "my only sunshine. You make me happy, when skies are gray."

They smile, they sing and they perform hand movements to go along with the lyrics.

Fun has been achieved.

Camp Loomie Goomie campers enter the Queen Mine.

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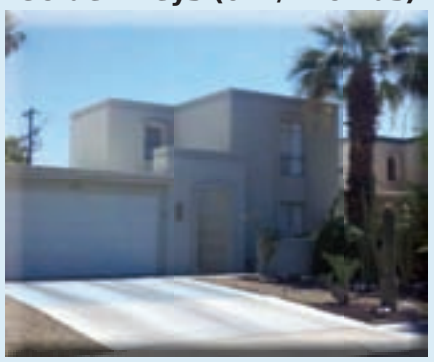

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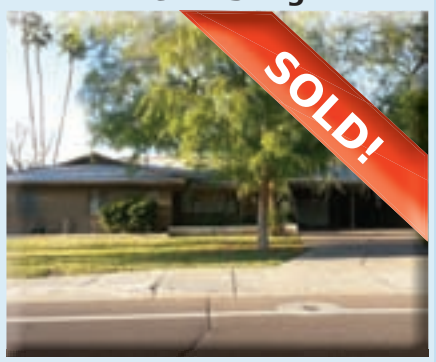

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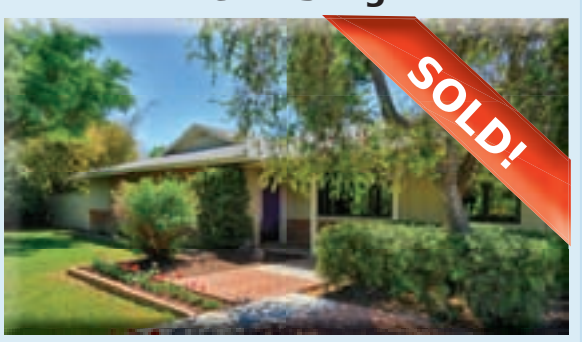

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Shingles

Continued from page 12

If you suspect you have shingles, see your health-care provider. He or she can prescribe antiviral medications that may reduce the severity of the outbreak and hasten healing.

Fortunately, a shingles vaccine is widely available at doctors' offices and pharmacies. It's recommended that individuals age 60 and older get the vaccine, even if they do not remember having chicken pox. While the vaccine is not a guarantee against developing shingles, clinical trials have shown it may reduce your risk of shingles by more than 50 percent.

If you have severe allergies or a weakened immune system, please consult with your health-care provider to ensure the shingles vaccine is safe for you.

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The story of Wilhelm began back in 1889, when a family from Peoria, Illinois found a new home in the desert of Peoria, Arizona. The original shop was opened as a blacksmith business by Milt "Tuck" Blackwell, and the operation served pioneer families. Milt eventually sold his business to the Jennings brothers, who served the community for many years, and sold the shop to Joe Wilhelm in 1928.

That original Wilhelm Automotive still operates in the very spot in historic downtown Peoria, Arizona today.
In 1928, the shop was opened as Wilhelm Garage, and Joe continued the tradition of providing farmers in Peoria a place to repair their farm equipment. During the early 40s, Joe built cotton wagons to support the war effort, and a welding shop in full production in 1945 produced thousands of wagons for hauling cotton.

The business expanded over the next two decades, supported by the farming community and newly sprouted Sun City community nearby.

It was in 1979 that Joe sold the business to the Gyder family, who still own and operate the shop today. For a few years, Joe continued to provide guidance to the family including Charley, Mary and their five sons.

It didn't take long for the business to begin to grow, and by the late 80s, another shop opened in the city of Litchfield Park in the southwest valley. Since that time, growth has been steady and five more stores — including the newest location at 52nd Street and Thomas, have opened.

But even as the business grew, Wilhelm never lost sight of their focus on family and community.

"The people that work for us, live in the communities around our stores and the customers who support us — they are the reason we have been successful for 85 years," said Wilhelm Automotive President Chris Garman.

That philosophy has driven a spirit of 'giving back' that drives Wilhelm to reach out to the community in a variety of ways—whether it is giving internships at their shops to area high school seniors, or by repairing a car at no cost to a single mom in desperate need of a working vehicle. They also support a variety of local non profits including arts organizations, area schools and groups like Empty Bowl pet food pantry that provide pet food to pets of families in need.

But Wilhelm customers don't just feel good about the work done outside the shop; their service is backed up by a guarantee to fix the problem right, the first time. Wilhelm technicians are ASE certified and many are master technicians. They also work with most after-market warranties.

"It doesn't matter what else you do to make a customer happy, if you don't fix their car right, you won't keep their business. We will put the effort in to diagnose the problem the first time and fix it," said Garman.

Wilhelm is a full service automotive repair shop and techs are trained to fix nearly any make and model of car. The customer waiting areas are a comfortable, homey environment that offers free hot coffee and Wi-Fi access while you wait. Or, take advantage of their free shuttle service which will pick up and drop off your car at your home or office.

Wilhelm Automotive's philosophy is to keep a happy customer for life. As Garman notes, "You don't get to be the oldest automotive repair shop in Arizona unless you have customers that trust the work you do 100 percent," Garman said.

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U.S. Supreme Court sides with owners of property

By Jennifer A. Cranston

Earlier this summer, the U.S. Supreme Court issued a decision confirming a property owner's constitutional right to develop land free from government extortion.

The case – Koontz v. St. Johns River Water Management District – arose from a landowner's attempt to develop 3.7 acres near Orlando, Fla.

The local land-use agency agreed to issue the necessary permit for development only if Koontz agreed to certain conditions the agency said were necessary to address environmental issues related to the development.

The options offered by the government agency were: Develop only 1 acre and dedicate the rest of the land to the government, or pay for improvements to government-owned land located several miles away.

Koontz refused both options and filed suit against the government. More than 10 years later, that lawsuit made its way to the U.S. Supreme Court.

The court held Koontz could challenge the government's conditions to the permit on constitutional grounds even though

1) no permit was actually issued and

2) one of the options was only a "monetary exaction" (i.e., the owner could develop the full 3.7 acres if he paid for improvements to the government's nearby land).

So, some of you may be wondering why this ruling is significant. The answer is because it imposes additional limitations on what the government can demand from landowners in exchange for granting land-use permits.

For years, the law has been clear that the government couldn't force a developer to dedicate land in exchange for a permit to build unless there was a direct and proportional connection between the dedication and the harm that would be caused by the development.

An example of a legitimate condition under this test is when a new development will increase traffic and the government requires a dedication of land to widen the road in front of the development.

However, some government agencies tried to get around this requirement by demanding money (called a "monetary exaction") instead of land.

Courts have been split over whether a monetary exaction has to meet the same constitutional standards as a land-dedication requirement.

Continued on page 28

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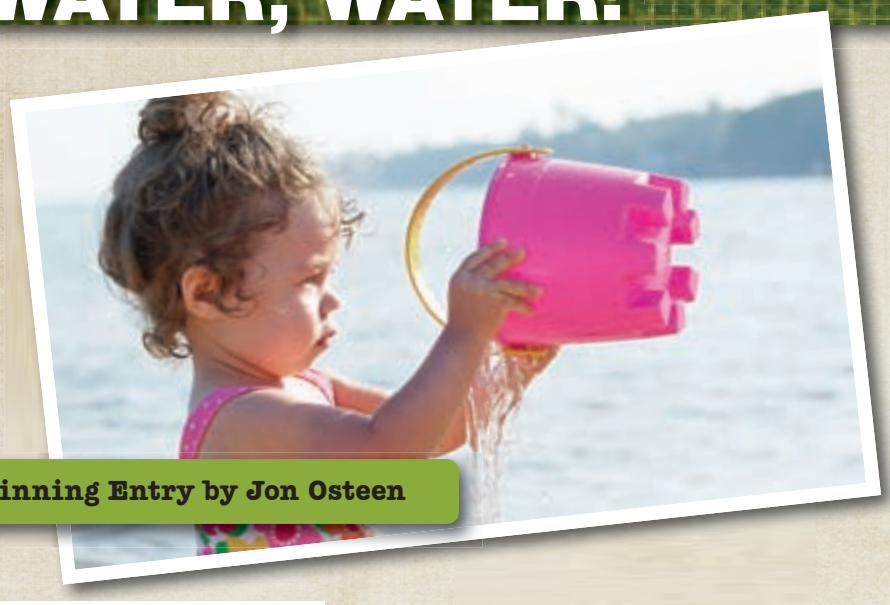
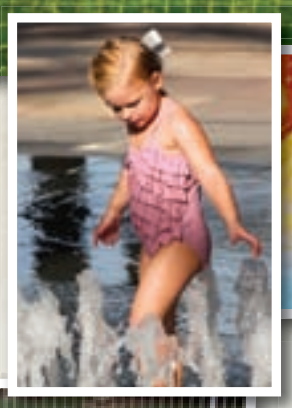
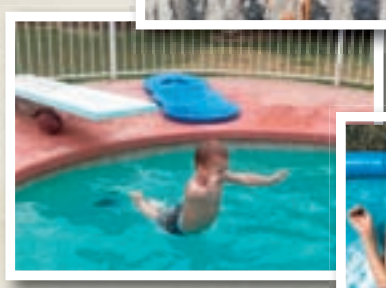
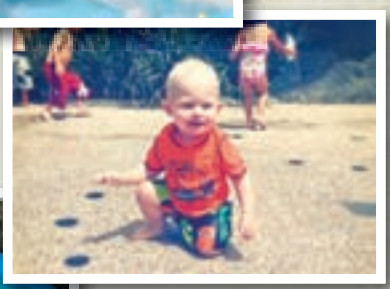


Winning Entry by Jon Osteen







Runners Up (Clockwise from top left): Denise Gehrke, Alan Bass, Jenni Lewis, Bryce Grove, Matt Lampe.

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Parties continue to work on swimming pool solution

By Danika Worthington

The planning and zoning process that will decide the fate of Phoenix's only 50-meter public swimming pool has been postponed in part to community and a councilman's efforts.

Phoenix Swim Club, 2902 E. Campbell Ave., is the home to athletes, neighbors, high school swim teams, Southwest Airlines water-safety training, Special Olympics and more, said Tricia Schafer, Preserving Community Aquatics board member.

Brophy College Preparatory, which took ownership of the historic swim club in 1999, plans to sell the property to Ryland Homes, a housing developer.

The Phoenix Swim Club would close in March, according to an economic impact analysis created by Phoenix Community Aquatics.

Future meetings regarding the planning and zoning for the property will occur Sept. 10 with the Camelback East Village Planning Committee, Oct. 8 with the Phoenix Planning Commission and Nov. 6 with the City Council.

Preserving Community Aquatics formed in March in response to the possible closure of the swim club with hopes of maintaining recreational use of the pool regardless of its owner, Schafer said.

"It's not like this is just wasted land that needs to be developed in some respect," Schafer said.

"This is an asset. This is an asset that has been here for 25 years and at least the portion of the property that has the pool should be preserved so that the community can benefit from it."

At a public meeting in mid-February, residents objected to the removal of the pool.

The initial planning and zoning process was postponed for six months.

By the beginning of June, Preserving Community Aquatics had acquired 1,100 hard-copy and 1,950 online signatures on a petition to keep the recreational use of the facility.

Councilman Sal DiCiccio has been working with community members and the aquatics group.

"The goal has always been to preserve the aquatic center the way it is," DiCiccio said.

Multiple people are invested in the future of the property, including neighbors, athletes, Brophy and Ryland Homes, Schafer said.

But each group has different end goals,

Continued on page 25

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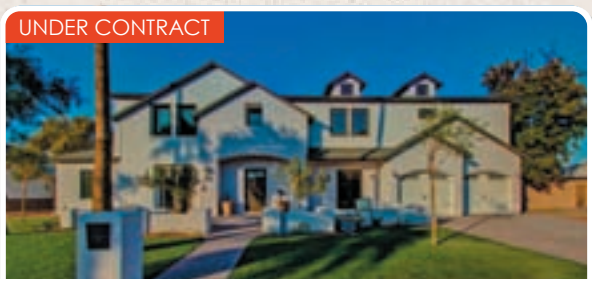
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Alli Webb founded Drybar in 2010 after spending 15 years as a professional stylist. She attended the Art Institute of Fort Lauderdale and began her career in fashion in New York City in the early '90s working for designer Nicole Miller. In 1996, Alli left fashion retailing to pursue her true passion – hairstyling.

After training at the Toni & Guy Academy, Alli sharpened her skills as an assistant to celebrity stylist John Sahag, famous for his signature dry-cut technique. Having struggled with her own extremely curly hair, Alli was always in search of a great blowout but was often disappointed with the two available options – an overpriced blowout at a traditional salon or a less-than-desirable experience at a discount chain.

After leaving the professional hair workforce in 2005 to start a family, she decided to find a way to continue pursuing the creative side of hairstyling at a new-mom pace. Alli began offering weekly in-home blowout services for friends, but her little side business quic grew into more than a p rt-ti gig. The business explod d s by referrals fro loyal c which led Webb to expand her obile physical lo atio T opened in the hood of Los was an ov r Drybar h 8 locatio les, New Y k, co, San ington, D the bu ess office a Dr hiri g and t r 1,500 and l Dryb and secon litt le Tusti with below Coop D styli can act a onlin o at fully nixa neces variet there our partne labsli than entire the p T be us fo th do ea caught wi have them too

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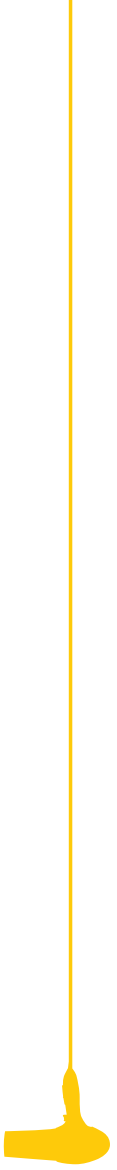

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Anjenet Fisher

Cruise offers adventure, even if it was too short

By Kaley Kalil

Anjenet Fisher moved to the Arcadia area from Gilbert almost two years ago to be closer to her boyfriend Mike Kalil.

"I love the wonderful views of Camelback Mountain, excellent restaurants and family-oriented atmosphere," Fisher said.

In May, she and Kalil took a three-day Carnival cruise to Catalina Island and Encinitas in California.

"It offered great pricing, lack of planning on our behalf and, most of all, attractive locations," Fisher said.

Where's the *Neighbor?*

"I liked the adventure of being at sea and all the inclusive accommodations and activities. I didn't like being seasick the first day, even though I took Dramamine, or the long opening orientation the first day."

Continued on page 35

Celebrating 20 Years!

1993 600SL Convertible

When I started at Phoenix Motor Company, the Suns had just lost to Michael Jordan and the Chicago Bulls in the NBA Finals. The hot model that year was the 600SL Convertible with its class leading style. Gasoline was $1.16 a gallon. But the most notable event that year was you. Without your confidence and trust in me, I may have been doing something else after that first year.

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Movies

Continued from page 6

taken on the job before, he brings new life to it.

5. Amy Acker, in one of the lead roles as Beatrice, is clever and beguiling. Anyone who says Shakespeare's women can only swoon over men hasn't seen Acker's Beatrice verbally sparring with Benedick. She is in love with him; the film is a romance after all. Yet she also has a mind of her own and isn't easily swept off her feet.

6. Whedon's casting is exceptional. Alexis Denisof is witty and charming as Benedick, Clark Gregg manages to turn an usually amusing scene darker with emotion, and Sean Maher's Don John is a truly intimidating character. None of the actors fall short in their respective parts.

7. It's filmed in black and white. It may seem pointless, but it actually improves the visual aspect. This movie is mild on the senses, with minimal noise and little crowd on-screen. Colorless film adds to the effect.

8. Whedon once again proves he not only knows how to direct and adapt a screenplay, he realizes how important music is to a movie. In this production, the music amplifies the emotion of each scene perfectly. It features Shakespeare's original lyrics, and changes the audience's mood whether from the background or as the only audio of the moment.

Overall, this new *Much Ado About Nothing* is a great show for fans of Shakespeare, Joss Whedon, or even those who have yet to experience either, receiving a definite 4 ½ stars. Unfortunately, it isn't in many theaters around town, so some searching may be required. If it can't be found nearby, definitely rent the DVD.

Julie Demetros is a 17-year-old Arcadia resident who writes about movies and books at julieatthemovies.wordpress.com.

Pool

Continued from page 22

DiCiccio said, making it difficult to find one plan that works for everyone.

Brophy, which is losing money on the property, and Ryland Homes have been receptive to community members and athletes, both DiCiccio and Schafer said.

Preserving Community Aquatics met with an attorney as a liaison between Brophy and Ryland Homes in July to discuss the organization's concerns about the facility.

Brophy officials were out of town and not available for comment.

Possible outcomes with the Phoenix Swim Club include Brophy maintaining ownership allowing the club to remain; Ryland Homes building 35 two-story homes on the property; Ryland Homes developing the property but maintaining the pool; or another entity purchasing the property.

Schafer said all parties involved need to proceed carefully and not rush the process.

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El Dorado wineries offer different taste of California

Travel Tips

By Kaley Kalil

It's August in Phoenix. That means you've probably surrendered to these scorching hot temps and are now scrambling your eggs on the sidewalk to counter those painfully high A/C bills.

If you haven't already used your vacation time to hit up Mission Beach (or even if you have), have you thought of cooling off and wetting your lips over in California wine country?

I'm not talking about Napa or even Sonoma. How about some chill time in El Dorado wine country?

Renowned for making vibrant, flavorful wines, El Dorado wine country is located in the Sierra Foothills of California about an hour from Sacramento or southern Lake Tahoe.

Although round-trip flights to Sacramento may cost around $150 more than to San Diego, you could save $2,000 to $5,000 from that peak-season beach house rental for the week.

Think of all the wine you could buy with that money.

Here are two El Dorado wineries that stood out when I visited the area in June:

Miraflores Winery/ Alvarez Vineyards

I felt relaxed the moment I stepped out of the car at Miraflores. Perched on its own little hilltop overlooking 40 acres of estate vineyards, the atmosphere of this lovely winery was peaceful, the staff was warm and hospitable and the wine tastings aplenty, not to mention excellent.

The Mourvèdre was simply fantastic – it was my single favorite wine from three different vineyards. There were also four futures offered, from which I thoroughly enjoyed the Tempranillo and the Malbec.

The proprietor himself, Victor, joined us at the barrel tastings and continued to give our group an unsolicited, private tour of the tasting room, as well as pulled various unmarked bottles out from behind the bar for us to try.

We soon came to find that our generous host, Dr. Victor Alvarez, is a practicing pathologist in Yuma and spends his weekends at the winery. I believe it was my father's cowboy hat that first caught his eye when we brought a bit of Arizona through those NorCal doors.

Between its simple, elegant atmosphere, the first-rate wines and the uncommonly gracious host, I could have easily spent all day at Miraflores.

Learn more at www.mirafloreswinery.com.

Narrow Gate Vineyards

I felt exhilarated entering through the big, heavy door into this dimly lighted cellar.

Standing at the bar and requesting tastings from a single bartender created a quiet, intimate setting.

I enjoyed the Petite Cuvee and the Grenache, although it was the Chocolate Splash that stole the show. This seriously delectable dessert wine is the owner's special blend of six ports infused with chocolate. You absolutely should not leave Narrow Gate until you've tried it.

As I left the cellar with the lingering taste of velvety chocolate wine on my lips, that first step out into the blinding sunlight made me feel as if I had just left some secret, underground speakeasy. I wanted more.

Visit www.narrowgatevineyards.com if you do, too.

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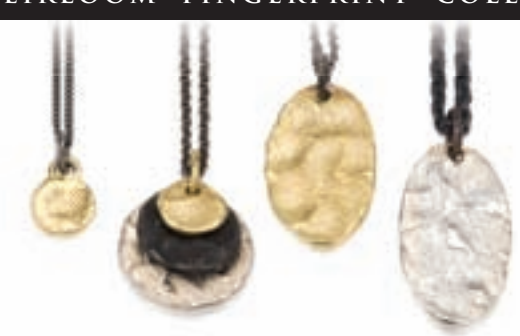

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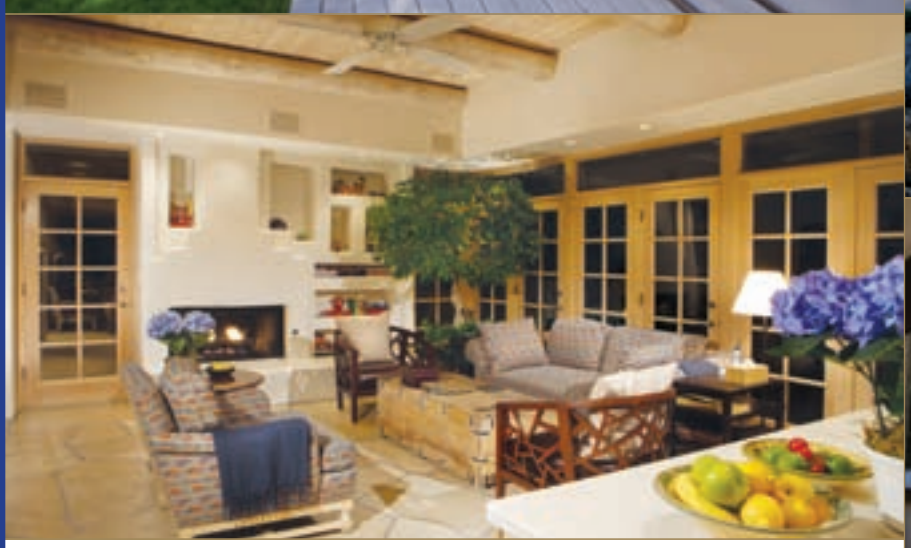

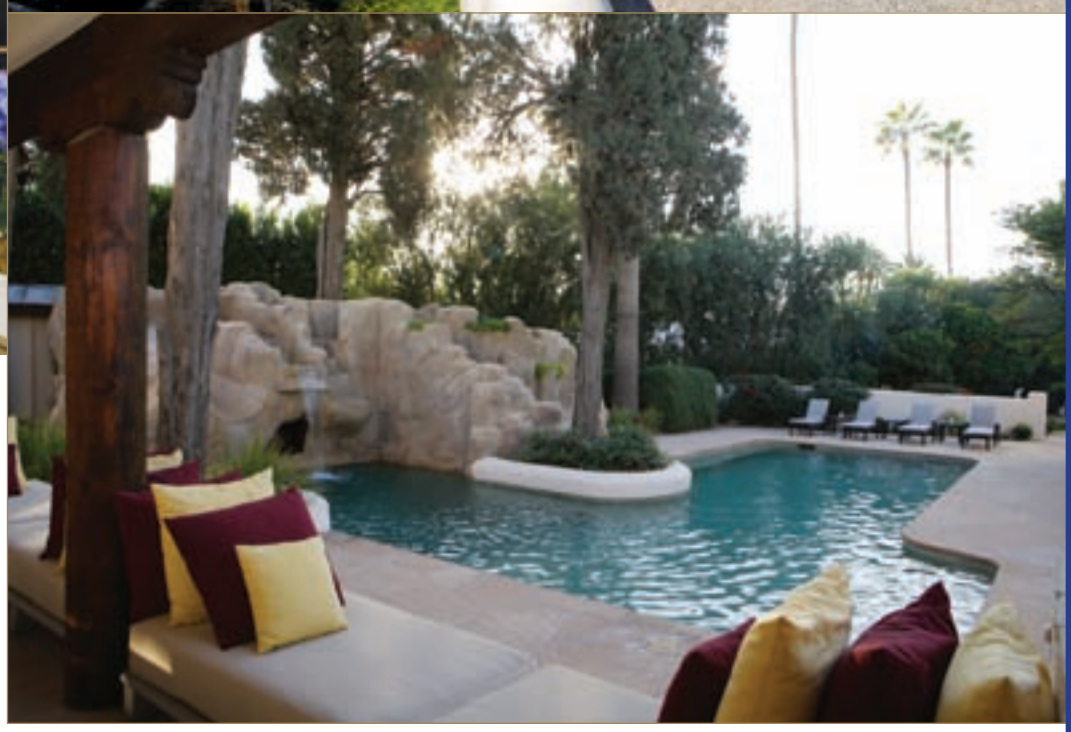

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Quartet competes for title

By Cristina Peralta

Vocal Edition, the reigning 2013 Arizona Quartet Champions of the Barbershop Harmony Society, have returned from their latest international competition at the Air Canada Centre in Toronto, where they sang alongside 49 of the world's best quartets for the International Gold.

The four-part harmony group placed 31st out of 49 of the world's top-selected quartets, competing from the Far Western District that includes quartets from Arizona, Nevada and California.

The group performed a two-song set of "Beautiful Dreamer" and "Driving Me Crazy."

"There's a lot of the same stuff being judged that you see on 'American Idol' or 'America's Got Talent,'" said Arcadian Eric Bjornsen, the group's tenor. "They are very big on presentation and quality as a whole."

This year's champions were the quartet Masterpiece, a group based out of the Los Angeles area and also a part of the Far Western District.

More information is available at vocaleditionquartet.com.

Court

Continued from page 21

The U.S. Supreme Court's decision in Koontz finally decided this issue in favor of developers.

The court explained that developers seeking permits are especially vulnerable to "extortionate demands for money" by the government.

Now, all government agencies (including state and local agencies here in Arizona) will have to carefully consider the amount and justification for any monetary conditions they try to impose on developers.

Otherwise, they may be sued by developers alleging unconstitutional extortion based on the Koontz decision.

Arcadia resident Jennifer A. Cranston is a shareholder at Gallagher & Kennedy, P.A. For more information go to www.gknet.com.

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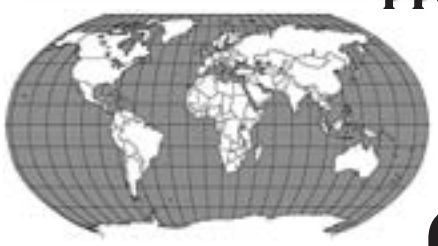

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Arcadia News
Health & Wellness Guide
August 2013

Teachers work toward health and wellness in our schools

By Amanda Goossen

Teachers in Arcadia are working to make a physical and environmental difference, one child and activity at a time.

For Mary Kay Notsch, after-school-care instructor and recess supervisor at Christ Lutheran School in Arcadia, physical fitness is a must for her students.

As a result of running a monthly parent-student kickball game, Notsch found that bringing kids and their parents together for physical activities did more than just introduce exercise and sportsmanship to the players.

"The kids love it because they get to spend time with their parents, and the parents enjoy the games because they're with their kids and they also get to meet the other parents and talk to the teachers," said Notsch.

Each month a different grade, kindergarten through fifth, takes the field at recess. The children play against their parents and the teachers help serve lunch and make an event of it.

"My favorite," said Notsch, "was when one parent said, 'Oh, I just love this, it's hilarious.' "

Kickball games aren't the only way Notsch gets the kids moving. Using parent volunteers, Notsch sets up stations with hula hoops, jumping jacks and other activities. Working on the playground, she has learned the potential of small rewards.

"The kids know I have stickers and other very small rewards. After they've walked a certain amount of laps or gone through the stations we set up, they can earn a prize," Notsch said.

Mrs. Shelly Rose, a fifth grade teacher at Tavan Elementary School, is adamant about keeping her kids healthy.

Throughout the summer Rose sends regular emails to her incoming fifth graders which list a physical activity for the day, an academic achievement for the day and a random act of kindness.

Rose lives near Tavan and is often seen riding her bike throughout the neighborhood.

"The kids will tell me they saw me riding," said Rose. "I like to be a good example."

Last year, Rose participated in the Tough Mudder, known to be "probably the toughest event on the planet" according to their website. An extremely difficult race that includes a series of obstacles meant to challenge physically, mentally and emotionally, the Tough Mudder is only completed by 78% of entrants.

"The kids were really impressed," Rose said.

Each year Rose is one of four fifth grade teachers and numerous parent volunteers to take Tavan's fifth grade students to Prescott for their annual outdoor education trip. Within this excursion, students work with a search and rescue team, go hiking and strengthen team building skills and academics.

"We show the kids that some things are mental," said Rose. "If you think you can do 15 pushups, you can do 15 pushups."

Mrs. Robin Perko is a second grade teacher at St. Thomas the Apostle Catholic School, but her day doesn't start in the classroom. Perko's day starts with a 5:45 a.m. spin class, which she teaches, at The Village Health Club in Phoenix.

"I started teaching workout classes in Flagstaff when I was in college," Perko said. "In 1995, I began teaching spin and just fell in love with it."

Inside her classroom, Perko uses numerous techniques to keep the kids from simply sitting at their desks.

"Getting the body moving gets the brain going," said Perko. "And I know I wouldn't want to sit still in a chair that long."

The students enjoy many fitness-like activities.

"We do math with jumping jacks, Perko-pushups, calisthenics and meditation," Perko explains. "We do mental math workouts with subtraction and multiplication."

And the kids have even responded to a little yoga, learning to stand on one foot and balance.

"It's important to be cognitive, awake and alive in the classroom," said Perko.

Five years ago, the busy second grade teacher took on another program at St. Thomas, which means a lot to her. Running The Green Team, Perko works with a group of kids to keep the campus clean and committed to recycling.

They've recently been working with Terra-Cycle and according to Perko, "it's made a huge difference." Terra-Cycle is a highly awarded, international upcycling and recycling company that collects difficult-to-recycle packaging and products and repurposes the material into affordable, innovative products.

Lays potato chip bags and Capri-Sun juice pouches are two of the items Terra-Cycle collects. Schools earn points depending on the amount of items recycled.

"Using our points we've bought school supplies for kids in need, water for families without clean drinking water and made it possible to preserve a mile of wildlife land," said Perko.

Trash-free Tuesdays, Picnic for the Planet (an E-Drive), and composting are other ways The Green Team work to make St. Thomas a better place.

"We try to show the kids that faith and stewardship have so much to do with caring for our planet," said Perko. "It's been a terrific lesson for the kids."

Mrs. Perko's Green Team prepares recycling bins for the St. Thomas the Apostle carnival.

Mrs. Rose motivates her 5th grade students from Tavan Elementary School to do push-ups.

A dad from Christ Lutheran boots the ball at the monthly parent-student kickball game put together by Mrs. Notsch.

Arcadia mom makes dinner simple with meal planning

By Amanda Goossen

The Kinkel family is in a constant state of motion.

Clayton (10), Kyle (7) and Scout (4) juggle school and activities, while parents Mike and Heather coordinate busy work schedules. In the past year, Heather's photography business has taken off, adding an exciting yet challenging element to their calendar.

"We rarely eat out," said Heather. "Friday nights at Tee Pee are a tradition. Other than that, most nights we're home, eating a home cooked meal."

To achieve such a feat, Heather admits it takes a lot of planning and organization. Every Sunday, Heather takes the family's upcoming weekly schedule into account.

"If I know I have a photo shoot one evening, I plan a Crockpot meal or something simple my husband and kids can put together," Heather said.

She then pulls out her list of meals. Organized by type of meal (meat, chicken, pasta, etc.), side dish or vegetable, Heather determines the menu for the week.

"I shop Sunday afternoon or Monday morning for the entire week," said Heather. "I rarely go back throughout the week for anything more than maybe extra fruit."

Trying to get her kids familiar with eating salad, Heather prepares the side dish three to four nights a week to go with their dinner.

Mother of three, Heather Kinkel, prepares an easy weeknight meal.

"Sometimes friends will ask how I get my kids to eat salad," said Heather. "The thing is, they each have their favorite part. One likes just the avocado, one eats all the veggies while the other eats the lettuce."

Spicy sausage and spinach orecchiette is a staple in the Kinkel home.

"It's simple, has a little spice and the kids eat it up," said Heather.

Served with watermelon and grilled corn, this summer meal is easy to get on the table and beloved by the whole family.

Heather's Meal Planning Lists

Chicken:
Grilled Chicken & Salad
Rotisserie Chicken & Salad
Chicken Wild Rice soup
Chicken Enchiladas
Tequila Lime Chicken (Pioneer Woman)
Poppy Seed Chicken
Chicken Fettuccini Alfredo
Crockpot Chicken
Chicken & Artichokes with Mashed Potatoes

Beef:
Beef Stroganoff
Homemade Spaghetti
Tacos
Taco Salad
Smoked Mozzarella Meatballs with Noodles & Sauce (Giada De Laurentiis recipe)
Burgers & Fries
Green Chili (Crockpot)
Lasagna
Sausage Egg Rolls

Fish:
Salmon from Costco
Crab Cakes from Costco
Grilled Halibut
Grilled Tilapia
Shrimp Tacos

Meatless:
Bean & Cheese Burritos
Boboli Pizza
Broccoli Cheddar Soup
Fried Egg sandwiches (bacon optional)

Sides:
Green Salad
Kale Salad
Caesar Salad
Coleslaw
Brown Rice
Baked Sweet Potatoes
Edamame

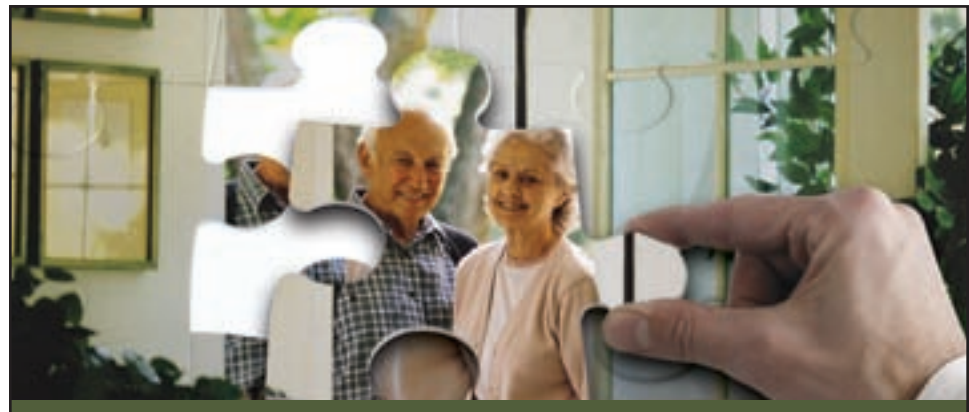
SPICY SAUSAGE AND SPINACH ORECCHIETTE

THE INGREDIENTS:

3 large links chicken sausage
¾ cup white wine
1/2 cup heavy cream
9 oz bag of baby spinach
3 oz Parmesan
1 lb orecchiette pasta

THE HOW TO:

1. Put all of that spinach in a large bowl
2. Boil water and cook pasta according to package directions
3. Remove sausage from casing and brown until cooked through
4. Deglaze the pan white wine
5. Allow the wine to cook down, about two minutes
6. Add cream and parmesan
7. When pasta is cooked, drain and put in bowl, right on top of the spinach
8. Allow spinach to wilt a bit, add sausage sauce
9. Stir it up and enjoy!



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Valley moms stay in shape with little ones in tow

By Andrea Barkley

Staying in shape can be a struggle for the average person—but for moms—the challenge is even greater. Coordinating child care, or even having the energy for a workout, can put a damper on the most dedicated mom's fitness efforts.

So this fall, with older children going back to school, Arcadia moms look for creative ways to exercise.

Although most nearby gyms provide child care, many moms don't feel comfortable leaving their children with strangers. And, in a mother's time-starved world, some prefer the accountability and intensity of working with a personal trainer instead of by themselves at home or in the gym—even with their little ones in tow.

"Incorporating my kiddos into my workout is so much fun. They have a blast. I get a tough workout in while spending quality time with my kids," said Stephanie Verdoorn of Paradise Valley, mom of Megan, 3, and Daniel, 5. "It's a fun way to pass on my passion for a healthy lifestyle by sweating and laughing shoulder to shoulder with them."

Many personal trainers will happily incorporate little ones into the workout. Exercises can include squats while holding the baby for extra weight, bicep curling and then shoulder pressing them into the air. Other examples are planks, primal crawls and brief sprints with a child piggyback.

Andrea Barkley trains local mom, Kathy McElvogue.

Other moms even use technology to get their workouts in with their kids. With the popularity of Skype and Facetime, moms can welcome personal trainers into their homes on a flexible schedule. Kids and babies can be a part of the workout, or simply be taking a nap, or playing with toys.

"Working with my trainer on Skype is like having her walk through the front door," said Lisa Kok, mom of three young children. "The intensity is all there but I don't have to pack up three kids."

"Sometimes I'll be chest pressing my son while he laughs and giggles, and then maybe he'll lose interest and go play," said Kok. "Either way I'm able to get my time in and my kids see that health and fitness is a priority."

Andrea Barkley is a Certified Personal Trainer working with Phoenix residents to help discover their best self, one bicep curl at a time.

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Neighbor

Continued from page 24

On the first day of the cruise, the two spent time relaxing, unpacking, exploring the ship and making friends with their dining-table mates.

Upon docking at Catalina Island on the second day, Fisher and Kalil rented a golf cart and spent two hours touring the island on their own, taking plenty of photos along the way.

They also did some shopping and enjoyed some local seafood and wine. When they returned to the ship, Fisher and Kalil browsed the art gallery and tried their luck at guessing the price of a painting for a contest.

"I ended up guessing correctly and won two paintings and a bottle of champagne," Fisher said.

"Then, we continued our night with our new friends at dinner before our group went on to a comedy club afterwards with some late night dancing that ended sometime in the morning."

On the third day, Fisher and Kalil tiredly ventured to Encinitas to see La Bufadora, a large, natural blowhole that spouts up seawater as the result of air being trapped underneath. They joined the locals in eating different kinds of tacos and sipping coconut water.

They later enjoyed some miniature golf and an art auction for their last afternoon on the ship before heading to dinner.

"A couple at our table got engaged, so we all celebrated with champagne," Fisher said.

"Then, Mike and I sat on the deck looking out at sea while we enjoyed our bottle of champagne we had won and said 'goodbye' to the sea."

Fisher said she would recommend the cruise.

"But it goes by fast and you don't have a lot of time in each port," she said. "I'd prefer a longer cruise next time."

Fisher and Kalil said they wished they had zip-lined in either Catalina or Encinitas, spent more time in the city of Encinitas and likely would plan a water activity in either port their next go-around.

One thing they were completely satisfied with was the food offered onboard.

"One favorite was the chicken tenders for both of us," Fisher said.

"My favorite dish was the duck I had one night for dinner, and Mike's was the endless fresh seafood dishes he consumed in bulk."

They're hoping to plan a trip solely to Catalina Island in the near future.

"It was beautiful and romantic," Fisher said.

Fisher and Kalil also are planning a Grand Canyon Railway trip for Mike's birthday in a few months.

Mike Kalil is Arcadia News writer Kaley Kalil's twin brother.

Traveled lately? Contact Kaley at kaley.kalil@gmail.com.

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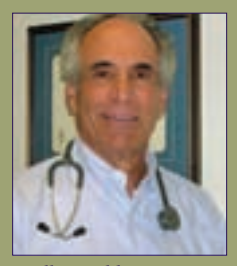
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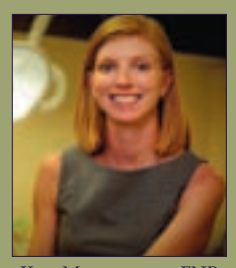
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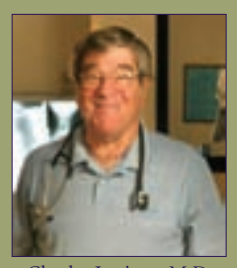
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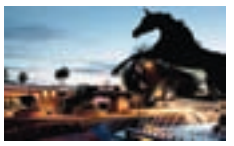

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Downtown Phoenix Public Market Café has big-city feel

By Amanda Goossen

Last year, when the Phoenix Public Market closed its doors, die-hard fans wondered what would become of this popular corner and gathering spot in downtown Phoenix.

The perfect locale for such events as Food Truck Fridays and the Saturday Open Air Market, it seemed that downtown not only was losing a great restaurant and market, but a cultural haven.

In May, however, the team responsible for St. Francis restaurant (Aaron Chamberlin, David Chamberlain and Amy Del Real), decided to breathe new life into the location. Deciding to keep the name and work in conjunction with the landlord to continue use of the outdoor space for regular popular events, the team worked to create a new look and feel.

Phoenix Public Market has added 'Café to its name, changed the food and the agenda to become a casual meeting place with great food, coffee and take-away meals in a comfortable, hip atmosphere suited to the area.

"Aaron Chamberlain wanted to help with the growth of this downtown community," said manager Amy Del Real. "He grew up here, but has lived in New York and San Francisco and has taken a lot of his inspiration from those locations and their own outdoor markets."

Phoenix Public Market Café is now home to a beautiful coffee bar, not only

Places *We Liked*

PHOENIX PUBLIC MARKET CAFÉ

14 E. Pierce Street, Phoenix
602-253-2700 • phxpublicmarket.com

serving up delicious Cartel Coffee, but designed with diner-like bar stools and flat screen televisions. Serving local wine and beer, the space offers superb daily happy-hour specials, making it the ultimate stop-off any night of the week.

Using local purveyors such as Crow's Dairy, Hayden Flour Mill and Bianco's tomatoes, as well as hosting a small

Aaron Chamberlin is part of the group that brought back the Phoenix Public Market.

market area that sells products from area companies like Maya's Flowers, Refresh Glass Project, Dapper and Dash and Millie's Caramels, Phoenix Public Market is the go-to spot to support local businesses.

Breakfast, lunch and dinner are served in style with delicious plates of The Devil's Mess (eggs, farm vegetables, Schreiner's chorizo and chiles), frittata (farmer's market vegetables, arugula and pesto), steel cut oats risotto, the AZ Burger (green chile, lettuce, cheddar, house dressing), The Chopped Mediterranean (greens, garbanzo beans, shaved red onion, olives,

Crow's Dairy feta, sherry vinaigrette), Pork Chile Verde Pot Pie (house-baked in a flaky crust) and rotisserie chicken (slowly cooked over a hardwood fire), along with a variety of other options.

The seating area of the Phoenix Public Market is adorned with large farmhouse tables, rustic lighting and an open ceiling. An extra space is home to comfortable bench seating and white fluffy pillows.

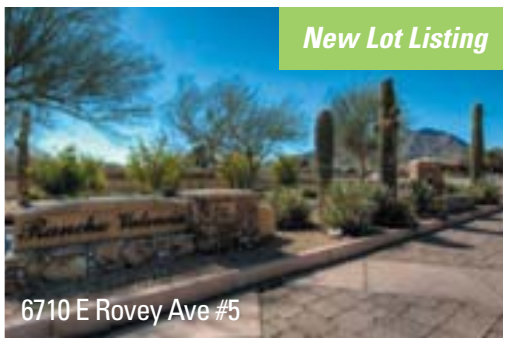
On my most recent visit, the space was filled with hungry lunchtime locals, as well as dedicated students and a group of men looking to grab a good cup of coffee and a great plate of eggs.

"Everything is built to be done quickly. We want to be a place you can stop by for lunchtime or on your way home. We want to make it easy," Amy said.

The grab-and-go salads are a terrific choice. The fresh squeezed juices are an outstanding way to start your day, and the rotisserie meats are absolutely unprecedented in this city.

A pastry team bakes each evening, developing intense flavor in even the most ordinary. For example, the Blondie isn't your typical Blondie, but drizzled with caramel and rosemary. It's a stunning addition to an already delectable treat.

Overall, the Phoenix Public Market is a smaller version of the big city outdoor markets reminiscent of Los Angeles, San Francisco and New York.



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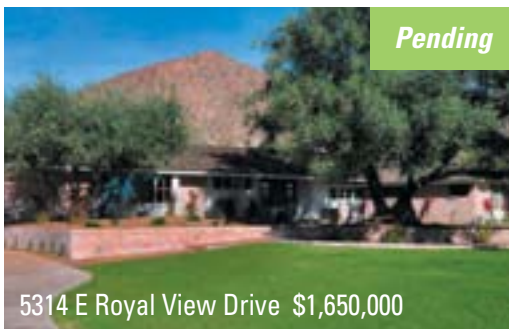
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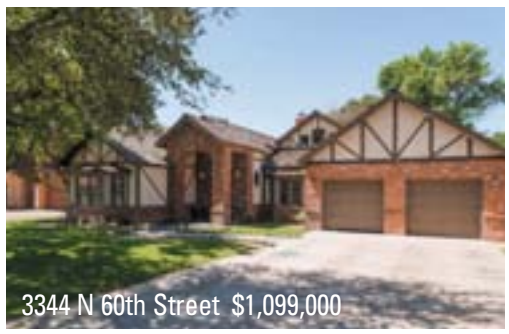
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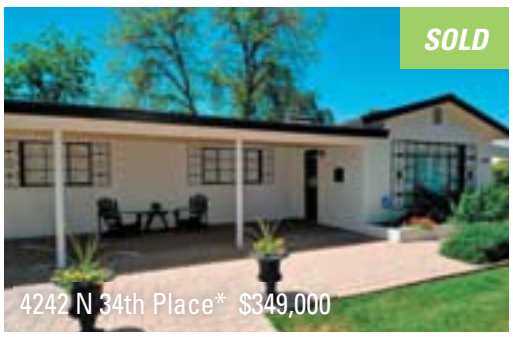
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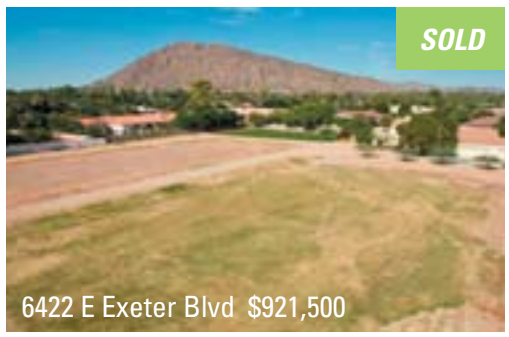
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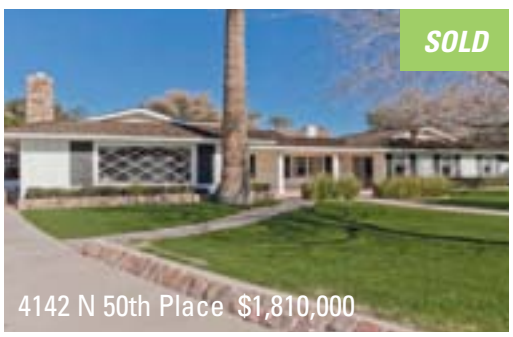
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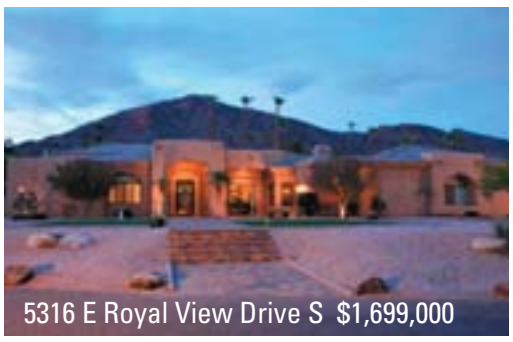
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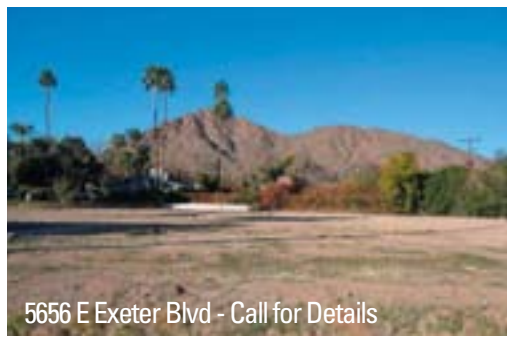
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Backyard garden yields ingredients for pasta salad

By Amanda Goossen

For Arcadia resident Susan Hambright, a backyard garden was a dream come true. Susan made the switch from meat eater to vegetarian more than 20 years ago, opting for a diet better for her heart and body.

"My family has a history of high cholesterol, high blood pressure and heart problems," she said. "On top of it, I always had a hard time digesting red meat. Eventually giving it up completely seemed like the best choice for me."

She didn't go cold turkey. Starting with red meat, she eventually decided to give up poultry, as well. Fish, however, is still a large part of her diet.

And last year when her husband decided to build a large vegetable and herb garden, Susan saw a majority of her diet growing beautifully in her own backyard.

Squash, eggplant, spinach, kale, romaine and Swiss chard fill a large garden box. Tomatoes of every type, color and size have completely taken over a corner of the patio, and an herb box is overflowing with basil, thyme, chives, rosemary and oregano.

"There have been nights when we've eaten meals made completely from items we've picked from our yard," Susan said.

Recently when zucchini, tomatoes and basil began taking over the garden, Susan said she knew she had to create meals based around these ingredients.

"I've made pasta salad for years, but had grown tired of the same basic recipe I'd always used," she said. "This variation really shows off the flavors of our garden."

The finished product was one of beautiful colors and subtle, delicious flavor. While Susan enjoyed it in a larger portion as a meal, her husband Keven (the meat eater) found it to be a terrific side dish.

And a few tips Susan has learned along the way:

"The quality of the pasta makes all the difference. And a good extra-virgin olive oil is mandatory for the right flavor. And with fresh veggies, you can't go wrong."

Susan Hambright is Amanda Goossen's mother.

Arcadia's Cookbook

Garden Fresh Pasta Salad

8 oz. Galbani Mozzarella Fresca

½ cup fresh basil

1 zucchini

10 oz. De Cecco Brand Penne Pasta

2 medium tomatoes

Extra-virgin olive oil

Salt and pepper

Cook pasta according to package directions. Toss lightly with olive oil to prevent pasta from sticking together. Set aside to cool.

Slice mozzarella into bite-sized pieces (approximately ¾-inch squares). Cut tomatoes and zucchini into similar sized pieces. Set tomatoes and mozzarella aside.

Put zucchini into a small pot of water, cook on high until water comes to a boil. Remove from heat, drain water and immediately run cold water over zucchini to stop from cooking any further.

Once zucchini and pasta are cool, place pasta, tomatoes, cheese and zucchini in a large bowl. Drizzle with olive oil and add salt and pepper to taste.

'Banana' wins White House visit with recipe for burrito

By Danika Worthington

When most kids would be grabbing a candy bar, Alexandra Nickle goes for a mango.

Her diet not only keeps her healthy, but also took her to Washington, D.C.

Ten-year-old Alexandra attended the second Kids' State Dinner at the White House in July after winning the Healthy Lunchtime Challenge for Arizona.

The website Epicurious, Michelle Obama and her Let's Move! initiative, the U.S. Department of Education and the U.S. Department of Agriculture hosted the dinner for the 54 winners of the contest from throughout the country and U.S. territories.

"(Winning) was a really big surprise because I thought that more kids would have more practice and stuff than I did," said Alexandra, a Hopi Elementary School student who will be attending All Saints' Episcopal Day School in the fall.

To compete, Alexandra had to submit an original recipe that is healthy, affordable and tasty.

Her recipe – Banana's Black Bean Burrito.

Despite the name, the recipe does not contain bananas.

"Banana is her nickname," Alexandra's mother Lauren Nickle said. "So it's actually Banana apostrophe 's' Black Bean Burritos."

Alexandra with Sam Kass, executive director of Let's Move! and senior policy advisor on nutrition, at the Kids' State Dinner at the White House.

The dish is made from homemade refried black beans and mango sauce. Mother and daughter created the recipe together, Nickle said.

Continued on page 42

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White House

Continued from page 40

"I threw out a bunch of ideas," mom said. "She shot down most of my ideas.

"She kept saying kids weren't going to eat that."

After throwing together food from around the house, the two submitted the recipe to Epicurious. Banana's Black Bean Burrito was judged by a panel of representatives from Let's Move!, Epicurious, the USDA, the department of education, children and D.C. Central Kitchen.

As part of the trip, Alexandra saw Julia Child's kitchen, toured the White House gardens and participated in a Miracle Grow donation activity with the other recipe winners.

"I think it's really cool that I get to go to Washington, D.C. and I also think I'm really proud of myself for representing Arizona," Alexandra said.

Nickle said she also is excited her daughter represented Arizona.

"It supports Michelle Obama's Let's Move! program, which we're huge fans of," she said. "I think this is hitting at a pretty pivotal age reinforcing everything my husband and I have been trying to ingrain into our kids, just eating healthy, exercising."

Alexandra tends to eat healthy and is a hiker, swimmer and golfer, Nickle said.

"(Alexandra's family) would be the poster child for that organization because that is just who they are," Alexandra's grandmother Mena Hughes said.

Alexandra and her mother discovered the Healthy Lunchtime Challenge after Hughes read about it.

"Because Alexandra likes to cook, unlike her grandmother, I thought it would be really something that she would like to do," Hughes said.

Nickle said her daughter likes to experiment.

"She's very artistic, very creative so she doesn't even want a recipe, she just wants to go in there and start mixing ingredients," Nickle said.

Alexandra said one of her favorite dishes is pizza burritos. She's also created dog treats for the family's two silver labs, Echo and Cholla.

"I don't think we ever really thought about winning, just entering was its own award," Hughes said.

Community Happenings

The Shemer Arts Center is looking for volunteers to help with marketing, fundraising, setting up classrooms and staffing events.

Other needs include cataloging new exhibitions, helping with installations, answering phones and updating student and artist lists.

Find out about opportunities at the center, which is at 5005 E. Camelback Road, by calling 602-262-4727 or visiting shemerartcenter.org.

Hunt is on for top ice cream spots to cool down summer

By Amanda Goossen

"I scream. You scream. We all scream for ice cream!" Especially in Phoenix; especially in August.

I recently set out on a mission we'll call The Great Arcadia News Ice Cream Hunt.

Two weeks of tasting, tasting and more tasting. Devouring every flavor and variation of the summer favorite and coming to one conclusion: Phoenix has some awesome ice cream.

As my 7-year-old daughter put it, "I love when your job makes us eat ice cream mom, it's the best."

Me too, baby girl, me too.

Our faves in no particular order:

Sweet Treats

Petersen's Ice Cream

7150 E. 5th Ave. • Scottsdale

Hidden in Old Town Scottsdale, this is one of my favorite new spots.

Petersen's has been dishing out their homemade ice cream for more than 90 years. In 1919, Hans Petersen, a Danish immigrant, arrived in Chicago armed with his training as a confectioner and a recipe.

Within his first year in America, Petersen opened an ice cream shop in downtown Oak Park.

It was an instant success.

Petersen opened an ice cream production plant in 1925 and began manufacturing his original recipe.

Eventually his ice cream would become one of the most popular ice creams in the country, distributed to shops, hotels and restaurants.

In 2012, after 93 years in Illinois, Petersen's opened its second ice cream parlor in the heart of Old Town Scottsdale.

Complete with an old-fashioned counter and dozens of homemade flavors, as well as coffee, root beer floats, malts and milkshakes, this is a must-see and taste.

The old-fashioned counter at Petersen's Ice Cream in Old Town Scottsdale.

Churn

5223 N. Central Ave. • Phoenix

All-natural ice cream made completely on-site, Churn is a diamond in the rough.

Homemade pretzel cones are the delicacy in this adorable shop that looks like a childhood dream. Nostalgic candy, throwback trinkets and toys and a bold color pallet make Churn a place you can stop in and stay awhile.

Ice cream flavors range from the best banana, butter pecan and peanut butter you've ever had to Churn originals such as Grape Bubblegum, Caramel Cashew, Cherry Pie and Coconut Lime Sorbet (to name a few).

The featured Churn flavors are something to savor, come back for and enjoy again and again … and again and again and again.

Continued on page 44

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Sweets

Continued from page 43

Udder Delights

5th Avenue and Goldwater • Scottsdale
Saturdays, 7:30-11:30 p.m.

An ice cream shop born from Superstition Farms' very own cows, Udder Delights is a beloved Gilbert ice cream shop. And now, a little closer to home, Arcadians can enjoy this one-of-a-kind ice cream. Every Saturday night when the Superstition Farms' food truck visits Old Town Scottsdale at the weekly Food Truck Caravan, it brings the delightfully creamy and rich flavors nearly to Arcadia's doorstep.

Winner of the New Times "Best Milkshake" award, Udder Delights has skills beyond the farm, magically developing delicious cupfuls with flavors like Key Lime Pie, Potato Chip, Salty Chocolate Covered Pretzel, Butterfinger and Cookie Monster. Run, don't walk. You don't want to miss one spoonful.

The Pink Spot

49 W. Thomas Road • Phoenix

Bright pink and cheerful, The Pink Spot in Phoenix is not only a great place to hang out with coffee and a book for a few hours, it's also home to quite possibly the best ice cream in all the city. Gourmet flavors, paired with super premium 16 percent butterfat, The Pink Spot's ice cream is outrageously creamy and extravagant.

Local ice cream maker Karen's Kreamery delivers the goods to The Pink Spot each week. Karen's Kreamery began as Karen's dream more than two decades ago when, as a single mother, she wanted more time at home with her children. Now, 13 years later, Karen supplies award-winning ice cream to a variety of Valley locations.

Karen's ice cream is safe in the hands of The Pink Spot, which creates not only oversized scoops in a cup or cone, but a variety of treats, including the ice cream taco and the chocolate chip ice cream cookie sandwiches.

No matter where your order takes you, The Pink Spot will leave your sweet tooth highly satisfied.

The chocolate chip ice cream cookie sandwich is a popular treat at The Pink Spot in central Phoenix.

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Food tax elimination just a part of overall picture

By Sal DiCiccio

Let me outline why I care so much about fiscal accountability and why eliminating the food tax is part of a bigger picture.

The Food Tax for Pay Raise scheme is wrong and must end. The council will be revisiting the issue in September for a possible October vote.

$137 million in pay raises were doled out since the food tax was forced on the public. According to staff, 350 police officers could have been hired with just the pay raises in the 2013 budget alone. It's not fair to hardworking taxpayers, and they deserve better.

Eliminating the food tax is important, but is part of a bigger plan getting our city ready to compete in a global market. My four-part plan is about reforms focused on job creation, fiscal accountability and preparing Phoenix for the new economy.

Fiscal accountability reform

Working with Councilmen Bill Gates and Jim Waring, we stopped water/sewer increase two years in a row and no property tax rate or fee increases in more than three years.

But it's more than just saying no. Government by nature is a monopoly with little concern for the price of services and cost of goods resulting in lower productivity and efficiency. Stopping tax and fee increases changed our culture and how we operate.

Phoenix is now more efficient, productive and more sensitive to the cost of goods we purchase. Raising taxes and fees (water, sewer, property tax and fee increases) is no longer the first choice. The food tax is next. These reforms forced us to look internally for efficiencies, which cut more than $79 million in government waste.

Job creation reform

Working with Councilmen Tom Simplot, Michael Nowakowski and Thelda Williams, we streamlined and cut red tape making Phoenix the best in the nation to start and expand a business. The model I helped create starts jobs today. Other national competitive cities still take months.

Our model gets permits out in a day or less, a 24-hour turn around for inspections and gets site plans approved in one, five and 21 days depending on the complexity. It treats all business the same.

The result? People get hired today, money gets circulated in our economy faster and people are less dependent on government for survival. The picture again is bigger. To thrive in this global economy and compete in this global market we must be faster, smarter and better than our competitors around the world.

Transparency reform

Working with Councilwoman Williams, we created the first zero-based budget. The great recession taught us we must be better prepared for future crises. Phoenix is the first in the nation to adopt a budgeting process allowing us to see future economic problems on the horizon.

Reform of all operations

We have made significant strides preparing us for the new economy, but we must do better. The last reform is the reform of everything we do. We are only as good as our weakest link. Every time we pick up the phone and every operation we perform must be completed with the goal of being the best.

Phoenix City Councilman Sal DiCiccio represents District 6. He can be reached at 602-262-7491.

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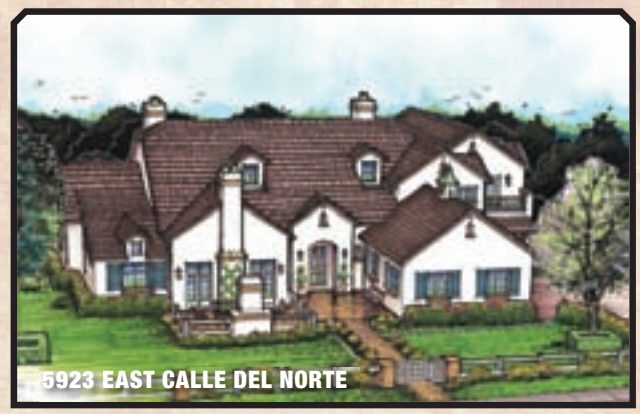

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Possible zoning change concerns homeowners

By Sarah Blais

Neighbors in the 44th Street and Indian School Road area are concerned about a rezoning case they say will bring more intense zoning to the northwest corner.

During a rezoning hearing July 9, owners of the plaza at that corner discussed the proposed move of a Massage Envy into the former Chase Bank building. A massage parlor requires C2 zoning; the plaza is currently zoned C1.

C1 is a zoning classification for light, neighborhood-type retail and customer-service businesses. C2 is mainly for commercial use and often busier than a C1 business.

Members of the Arcadia Osborn Neighborhood Association are concerned a change to C2 would allow businesses like adult shops, smoke shops, pawn shops and gun stores to move in.

"I just don't think they were prepared in terms of bigger picture for all the neighborhood people," said Jay Schwartz, the group's president. "There were a lot of questions concerning zoning issues and regulations."

The neighborhood association backs Massage Envy coming to the corner, but with a different designation that would preserve the existing zoning – day spa instead of massage parlor.

"Then Massage Envy would be able to occupy the location, the zoning would not have to change and our neighborhood would be protected," according to fact sheet prepared by the neighborhood association.

The zoning case will again be discussed at 6 p.m., Aug. 6, Camelback East Village Planning Committee, Devonshire Senior Center, 2802 Devonshire Ave.; 6 p.m., Aug. 13, Phoenix Planning Commission, Phoenix City Council Chambers, 200 W. Jefferson St., and 3 p.m., Sept. 18, City Council ratification, Phoenix City Council Chambers.

Shopping spree for kids

By Alison Bailin Batz

On July 12, more than 90 Arcadia-area Boys & Girls Clubs of Greater Scottsdale members joined 180 total children at Kohl's in Desert Ridge for a back-to-school shopping spree, courtesy of the organization's 30 Days of Shopping initiative.

And that's just the beginning.

"In an effort to prevent children in the area from starting school behind their peers, we've partnered with the Boys & Girls Clubs of Greater Scottsdale and aim to help a total of 1,000 in-need youth shop for back-to-school items over the next 30 days," said local civic leader Ellie Ziegler, who with her husband Michael is sponsoring the program.

"All children, regardless of socio-economic factors, deserve the opportunity to start the school year off on a positive note and on an even playing field," she said.

"Research has shown that kids starting school without the needed supplies or clothing perform behind their more affluent peers."

During the kick-off event, which also included a surprise visit from former Arizona Cardinal and one-time club kid Mark May, and continuing through August, selected youth from the clubs will each receive $100 Kohl's gift cards to pick out clothing and other needed items for the new school year.

Continued on page 53

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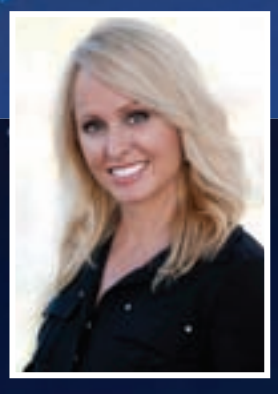

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My Sister's Attic, corporate offices open in Arcadia

By Katie Mayer

The three Valley sisters who own My Sister's Closet, My Sister's Attic and Well Suited upscale consignment stores have opened a new store in Arcadia in the 4,500-square-foot space formerly owned by Fannin Interiors.

The new store – My Sister's Attic – is near the southeast corner of Indian School Road and 44th Street and features a bright contemporary showroom filled with furniture, wall art, lighting and a variety of home décor items.

The store opened its doors June 8 and is also the new corporate headquarters of Eco-Chic Consignments, Inc., the parent company owned by sisters Tess Loo and Ann and Jenny Siner.

"We've always been in shopping centers, so this is the first standalone store," said co-founder Jenny Siner.

"And who doesn't love Arcadia? Arcadia is a true neighborhood with vested residents that take a lot of pride in the community."

Siner has lived in Arcadia 15 years and said the company's former headquarters was just a few doors down from the new location.

"Where I lived in Colorado, it was a true neighborhood and I liked that, so that's why I chose Arcadia when I moved to Arizona," Siner said.

Store manager Ryan Portillo said the store already has attracted shoppers from

Continued on page 56

Ryan Portillo and Jenny Siner. Photo by Katie Mayer.

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Shopping

Continued from page 50

The events also will include helping members at the club's Peach Springs Branch, which are located on the Hualapai Indian Community, who will shop at the Kohl's Flagstaff.

"Volunteers from organizations such as Kohl's, Scottsdale Active 20-30 Club and Valley of the Sun Active 20-30 Club have participated in this important community event for more than 10 years," said Steve Davidson of the Boys & Girls Clubs of Greater Scottsdale.

"This year, to have one couple step up and ensure so many club members get what they need for the new school year is truly inspiring."

More information is available at www.bgcs.org.

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Attorney back to his roots in his backyard garden

By Danika Worthington

Arcadia attorney Jake Curtis is fruitful in both the courtroom and his backyard. The partner with Burch & Cracchiolo is a successful gardener.

Curtis has seven raised beds where he grows a variety of vegetables and fruits ranging from lettuce to pumpkins, he said.

He began his garden before it became a popular thing to do in Arizona, said Scott Zwillinger, a friend and former colleague.

"We teased him a little bit about it, but then we went back there and saw what he had going on and it was quite impressive," Zwillinger said.

It is no surprise, though, that Curtis is proficient at gardening. He has been doing it all his life.

While growing up in Iowa, Curtis said he lived near his grandparents and his grandfather had a garden of decorative plants.

"When I was young he saw me as a free source of labor so he basically made me take care of his garden," Curtis said. "I got maybe a little bit, like a quarter an hour."

When he was young, Curtis said he was frustrated with the task, but now enjoys gardening.

A benefit to a backyard garden is the

Continued on page 57

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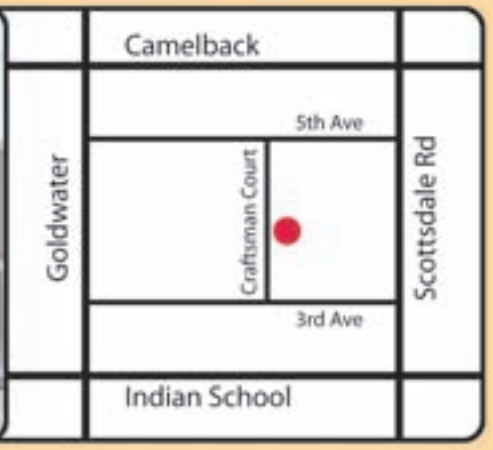

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Store opens

Continued from page 52

Arcadia and surrounding communities looking for high end contemporary furniture at affordable prices.

He said the store is different from many other consignment shops throughout the Valley in that it's open, airy and bright, so customers can more closely inspect furniture before buying it.

Shopper Gera King, 59, of Phoenix, who also consigns her items at My Sister's Attic, said she recently brought an area rug to consign at the new store and her item sold in three days. King said she also purchased a few home accessories during her visit.

"I think that they have nice quality at a good price," King said. "I've been to various My Sister's Closet stores, but this was my first time ever bringing in a rug."

Another shopper, Sharon Winter, 55, of Paradise Valley, recently stopped in the store for the first time because she had some extra time on her way to the airport and had driven past the new location multiple times.

"You never know what you're going to find," Winter said.

"I like consignment stores because it's not like they have the same thing every time."

Siner and Portillo said currently shoppers are interested in mid-century modern furniture and contemporary items. And the most popular item for shoppers is artwork.

In addition to the new Arcadia Store, My Sister's Attic has two locations in Scottsdale and one in Chandler.

Siner said each store has a different feel depending upon the type of furniture local residents like to buy and sell.

For example, the Desert Village at Pinnacle Peak store tends to carry Western items, and the Chandler store often carries larger pieces of furniture.

The new store is open 9 a.m. to 7 p.m. Monday to Friday, 9 a.m. to 6 a.m. on Saturdays and 10 a.m. to 6 p.m. on Sundays.

In mid-August, the store will hold its summer clearance sale, offering 30 percent to 70 percent off of select items.

Other stores in the Eco-Chic Consignments family include My Sister's Closet, which is a high-end designer women's consignment clothing store and Well Suited, which is the men's clothing equivalent.

Founded more than 20 years ago, the company has grown into a more than $23 million business with 12 locations in Arizona and California.

For more information visit www.mysisterscloset.com.

Heard to host author of book about Fred Harvey

By Danika Worthington

The Heard Museum will host journalist Stephen Fried noon Aug. 8 as he talks about his book Appetite for America that tells the story of the Fred Harvey Company, the founder of the first U.S. restaurant and hotel chain.

His free presentation will focus on railroads and include new information about the Harvey Girls with the first picture to be found of the man who invented the Harvey Girls.

The lecture will share ways the audience can witness Harvey history through day trips, or the "Tour de Fred," Fried said.

"Arizona is one of the best states to talk about Fred Harvey because the Grand Canyon, (which) opened after the Fred Harvey Company had already been around for almost 30 years, became the biggest thing in the Fred Harvey system very quickly," he said.

Arizona has a strong history with the Fred Harvey Company besides the Grand Canyon, including the La Posada hotel in Winslow, which Fried described as a "living museum to Fred Harvey" and the largest Harvey Girl group.

In 1978, the Heard Museum received 2,500 objects of 19th century Native American art collected by the Fred Harvey Company, said Diana Pardue, museum curator.

"We've always been interested in the Harvey story as it pertains to Native American art and artists and how the Harvey Company enticed travelers West using Native American images of people, or art, and sort of romanticized the Southwest and the West for travel on the train," she said.

The Harvey Company created the business practices that shaped modern practices, Pardue said.

"Today we associate chains usually with things that aren't as good as what local people would do," Fried said. "But in those days, what the Fred Harvey chain was about was a chain that actually brought things to town (from) all over the Midwest and West that never would have otherwise been (available)."

Besides the book, Fried also has a blog about Harvey and the Harvey Girls cookbook called One Nation Under Fred and can be found at stephenfried.com.

"The Southwest and the Kansas City area are places where you can never have enough conversations about Fred Harvey, the Harvey Girls and the railroads," Fried said.

Garden

Continued from page 54

easy access to fresh produce, Curtis' wife Mary said.

However, continual access to fresh produce can have its downside. It is now painfully obvious when a restaurant's produce is not fresh, Jake Curtis said.

"I know what a fresh tomato tastes like and once you know that, it's hard to eat a nonfresh tomato," he said.

Curtis shares his hobby with his children, 4-year-old Audrey and 2-year-old Max.

The children help with planting and maintaining the garden then watch as the produce is cooked and put on their plates, their mother said.

"He created this little wonderland in the backyard for them and (it's) very hands-on as far as learning about how to grow your own food and a respect for natural resources," she said.

Curtis said he appreciates the opportunity to spend time with his children.

"As a practical matter … they're a hindrance," he said "They are throwing rocks, they're throwing dirt on the ground, pulling plants out and I got to watch them.

"I wouldn't consider them helpful, but I'm not in a hurry when I'm out there."

Before returning home to garden, Curtis works as a partner and trial lawyer focusing on business and corporate law.

Being a lawyer was not always in the plan.

After graduating from UC Berkeley in 1994, Curtis said he discovered there is little one can do with an English major. Instead, he threw his major aside and became a landscaper in Santa Barbara with a friend he used to mow lawns with in Iowa.

After two years, Curtis said he realized his body would not always hold up to the rocks and dirt so he decided to go back to school.

"I really went to law school for a lack of a better thing to do," he said.

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Terraces expansion gets assistance from resident

By Megan Keitel

The Terraces, a continuing-care retirement community, is beginning a $1.2 million campus transformation project with help from one of its residents.

Gene Buchli, who turned 84 in July, is a retired architect who has lived at the Terraces of Phoenix for eight years.

He first approached The Terraces' vice president of operations in 2006 to do something with a nearby vacant lot, maybe landscape it or use it for some activities.

Buchli said he saw an empty piece of land and thought, "What can we do with it?"

The vice president asked him to "think bigger."

Buchli began designing an activities building for the lot. "It started as a 30-foot by 30-foot room, like a classroom."

The project evolved over time to its current campus transformation project, reconstructing the existing space to include a large multipurpose room and enhancements to the campus' bistro and fitness areas

"Gene initially drove the idea of creating a centered spot on campus and reconfiguring the current space rather than have residents go to the other side of the campus for activates," Terraces Executive Director Tom Dorough said.

The Terraces of Phoenix broke ground on the project July 1. Buchli acts as the liaison between residents and architects on the project, telling the architects what residents are looking for and reporting to the residents the project's progress.

"From a resident's perspective, (Gene) has been able to give input we wouldn't have thought of," Dorough said.

The new design will accommodate the overflowing and overcrowded exercise classes.

Buchli began thinking about a career in architecture in high school when his counselors saw his ability in art and engineering.

A Connecticut native, he wanted to go to Yale, a school with one of the best architecture programs but "it was 1948 and a lot of veterans were coming back and going to school, so programs were very full," Buchli said.

At the suggestion of a counselor he studied engineering for two years at the University of Connecticut and then architecture for four years at Yale.

Buchli moved from Washington, D.C. to Phoenix in 1959 where he started his own architectural business.

"The city was growing rapidity," Buchli said. "It was just bonkers."

At the time there was just one high-rise on North Central Avenue.

Buchli designed mostly commercial buildings, churches and schools, retiring in 1994.

"It's good to be back in the saddle," he said. "It's like mental therapy."

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'Aviator's Wife' selected for sweet 16th Book Club

By Amanda Goossen

The Arcadia News Book Club is the place to be. August not only will be our 16th meeting, but will mark the 14th time we've had the honor of hosting a SKYPE session with an author.

The 30-minute SKYPE sessions with the author of the month are, however, only part of the reason our monthly book club is so special. The Arcadia residents who gather each month are a priceless piece of the puzzle. If you haven't made it to a meeting, this is your chance. Our ever-growing group would love to welcome you into the fold.

Our book selection for August is *The Aviator's Wife* by Melanie Benjamin. The Arcadia News Book Club will meet 7 p.m. Aug. 29 at the Saguaro Library, 2808 N. 46th St. This new location promises to be a great spot for our meetings.

BOOK CLUB SELECTION
The Aviator's Wife
By Melanie Benjamin

Everyone knows the Lindberghs. Or at least they think they do.

In this captivating historical fiction novel by Melanie Benjamin, readers get an up-close and personal view into the lives of America's first royal couple, Charles and Anne Lindbergh.

Told from Anne's perspective, readers are taken on a ride through history, following the story of how the couple met, came to marry and became the "first couple of the sky."

Sometimes heartbreaking, always insightful, Benjamin's novel is entertaining and educational, a terrific look into the life of the first man to pilot a solo flight across the Atlantic, making it from New York to Paris overnight. Charles Lindbergh, however, was not always perfect and *The Aviator's Wife* goes inside the emotional baggage that comes with such lofty historical achievements.

This novel is truly one of a kind. Put it at the top of your reading list.

Big Girl Panties
By Stephanie Evanovich

Holly's life hasn't been easy. And now at 32 she's a grieving young widow, carrying 30 pounds of extra weight and even more in emotional baggage. She is, in her own words, a "hot mess."

A chance meeting with a handsome personal trainer to the stars suddenly spins Holly's life upside down, taking her down a life-changing new path and proving she may deserve far more than she ever expected.

Funny, smart and sometimes silly, *Big Girl Panties* is the perfect book to read by the pool, laughing and smiling as you turn each page.

GREAT BACK-TO -SCHOOL CHOICES FOR KIDS
Princess Posey and the New First Grader
By Stephanie Greene
Ages 5-8 years

There's a new girl in school, and first grade will never be the same. Posey and her best friends do everything together. Grace, however, begins to join their afternoon fun and ruins everything. What's a princess to do?

Mysteries According to Humphrey
By Betty G. Birney
Ages 7-9 years

Mrs. Brisbane is missing and Humphrey is set to investigate his most serious mystery yet. Using his Sherlock Holmes knowledge, Humphrey begins gathering clues to find out where the teacher has gone and why a substitute teacher has come to take the place of the pupils' beloved Mrs. Brisbane.

Obi: Gerbil on a School Trip
By Michael Delaney
Ages 8-12 years

Obi the gerbil has gone to school as a stowaway in Rachel's backpack. She's determined to find out if she's Rachel's favorite pet, but soon her adventurous ways have set Obi on an expedition she wasn't quite ready for – the classroom.

Who Was Christopher Columbus?
By Bonnie Bader
Illustrated by Nancy Harrison
Ages 8-12 years

Christopher Columbus may have discovered America, but who was the man behind the large ship and memorable hat. Readers will enjoy learning what it took to embark on the most famous ocean voyage history books have ever known.

What Was Pearl Harbor?
By Patricia Brennan Demuth
Illustrated by John Mantha
Ages 8-12 years

Using easy to understand narrative, *What Was Pearl Harbor?* details the tragic events of Dec. 7, 1941 when Japanese war planes appeared out of nowhere to bomb the American military base in Hawaii. A must-read.

Who Is Bob Dylan?
By Jim O'Connor
Illustrated by John O'Brien
Ages 8-12 years

In the past five decades, the American singer and songwriter Bob Dylan has not only inspired musicians, but has changed the scope of American music. In this fascinating, yet simple book, young readers and music lovers will learn about the man who's made it all happen.

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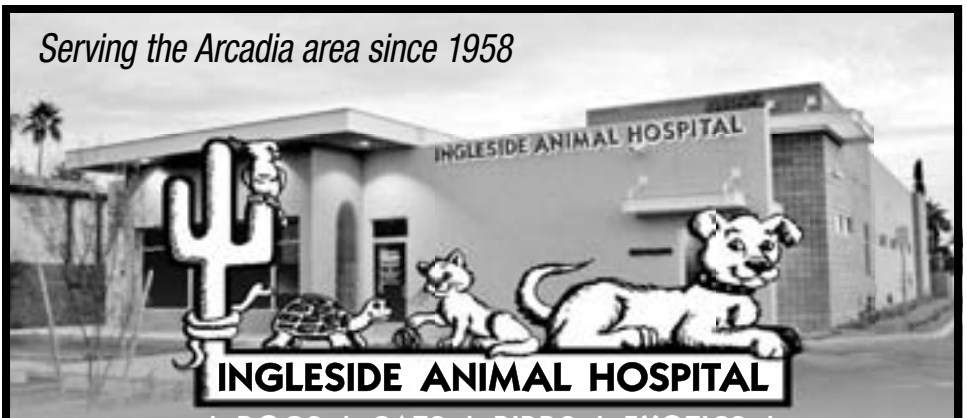

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Early exposure to music brings lifelong enjoyment

By Craig Goossen

When I was a young boy I tagged along with my dad as he ran an errand for work. A boxing promoter by trade, he needed to go to a venue to pick up tickets for his upcoming event. I remember walking into the club, packed, smoky and filled with music. Nobody bothered to notice a child in their midst, but I noticed everything.

John Entwistle, bass player of The Who, was on stage sliding his fingers up the neck of his instrument, an image I'll never forget. People of Arcadia, I urge you to expose your children to the art of music.

Get them a turntable, take them to the record store, teach them how to care for that vinyl and maybe slip them into a show and let them experience the power, energy and soul of live music. It will enrich their lives, and hopefully give them something to pass on to their children.

LOS LOBOS
Angels With Dirty Faces (1992)

The East Los Angeles band's been playing its very own rock-n-roll for nearly 40 years and there's no end in sight. Los Lobos will be joining Los Lonely Boys and the terrific Alejandro Escovedo, so get there early.

Los Lobos performs Aug. 3 at Talking Stick Resort & Casino, 9800 E. Indian Bend Road in Scottsdale. Tickets start at $40; 21 and older.

SEBADOH
On Fire (1996)

Lou Barlow and crew are back after a bit of a hiatus. Barlow, fresh off a rejuvenated tour with his other band Dinosaur Jr and recording a new batch of Sebadoh songs, should have the makings for a hot night at the Crescent.

Sebadoh performs Aug. 9 at Crescent Ballroom, 308 N. 2nd Ave. Tickets are $17; 21 and older.

LYLE LOVETT
Brown Eyed Handsome Man (2012)

Lyle Lovett and His Large Band bring their special brand of American music to the Ikeda Theater. The selected track is a countrified cover of a Chuck Berry tune from Lovett's last LP, *Release Me*.

Lyle Lovett performs Aug. 15 at Mesa Arts Center, One East Main Street in Mesa.

Tickets start at $43.

KURT VILE
KV Crimes (2013)

Kurt Vile never disappoints and only gets better with each new release and his latest, *Walking on a Pretty Daze,* is a sparkling affair. Vile's intricate guitar work and cool drawl are on full display on this cut.

Vile performs Aug. 24 at the Crescent Ballroom, 308 N. 2nd Ave. Tickets are $18; 16 years and older.

BLACK SABBATH
Loner (2013)

Ozzy has nine lives and thankfully he's survived long enough to get the band back together in time to tour their Rick Rubin produced LP, *13*.

Black Sabbath performs Aug. 30 at US Airways Center, 201 E. Jefferson St. Tickets start at $44.75.

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 and father of two, he finds enjoyment through his music collection and the venues and shops dispensing sounds in the Phoenix area.

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377

Organization planning AHS football tailgate parties

By Danika Worthington

Come football season, an Arcadia intersection will be covered with red and blue as Arcadia High School fans rally before the game.

Classroom Teachers Assistance Fund and Arcadia YoungLife are combining efforts to host tailgate parties for Arcadia football home games at the Lafayette Street and Arcadia Road intersection starting Sept 6.

YoungLife is a nationwide Christian organization that focuses on a teenager's high school experience, according to a press release.

Classroom Teachers Assistance Fund is a metro Phoenix organization that reimburses public school teachers for out-of-pocket school expenses.

"This is an opportunity to bring families and younger siblings and even alumni back to participate, YoungLife alumni, as well as Arcadia alumni, to participate in a couple hours of good family, alcohol-free, controlled, managed fun prior to the game," said Don Kile, founder and president of Classroom Teachers Assistance Fund, who devised the idea.

The tailgates will be in Kile's front yard and attendees can walk or drive to the game, he said.

Arcadia High School senior and YoungLife member Will McClelland, 17, said he will likely attend the tailgates with his mother and younger brother.

"I think it's a good idea; just anything to get more kids out to the games," McClelland said. "I know all the football players really appreciate it when we have a big fan base, a big student section."

Besides gathering community members together, the series also will raise money for both YoungLife and the Classroom Teachers Assistance Fund.

The tailgate parties will be funded through donations.

Kile said his family has been involved in YoungLife for 65 years. Kile, his father and his daughter Kennedy, who graduated from Arcadia this year, were all involved in YoungLife. He expects his son, who will be starting Arcadia in the fall, also will be a part of YoungLife.

"I'm close to the YoungLife organization," Kile said. "I understand their funding requirements and (as) competition for nonprofit contribution and donation dollars heats up in the world, there are organizations that need the additional fundraising."

Arcadia YoungLife Direct Missions head Kathy Mason said she was thankful for the tailgate series. The Arcadia group is known for never refusing to let someone attend an event, like a camping trip, because of financial reasons, Mason said.

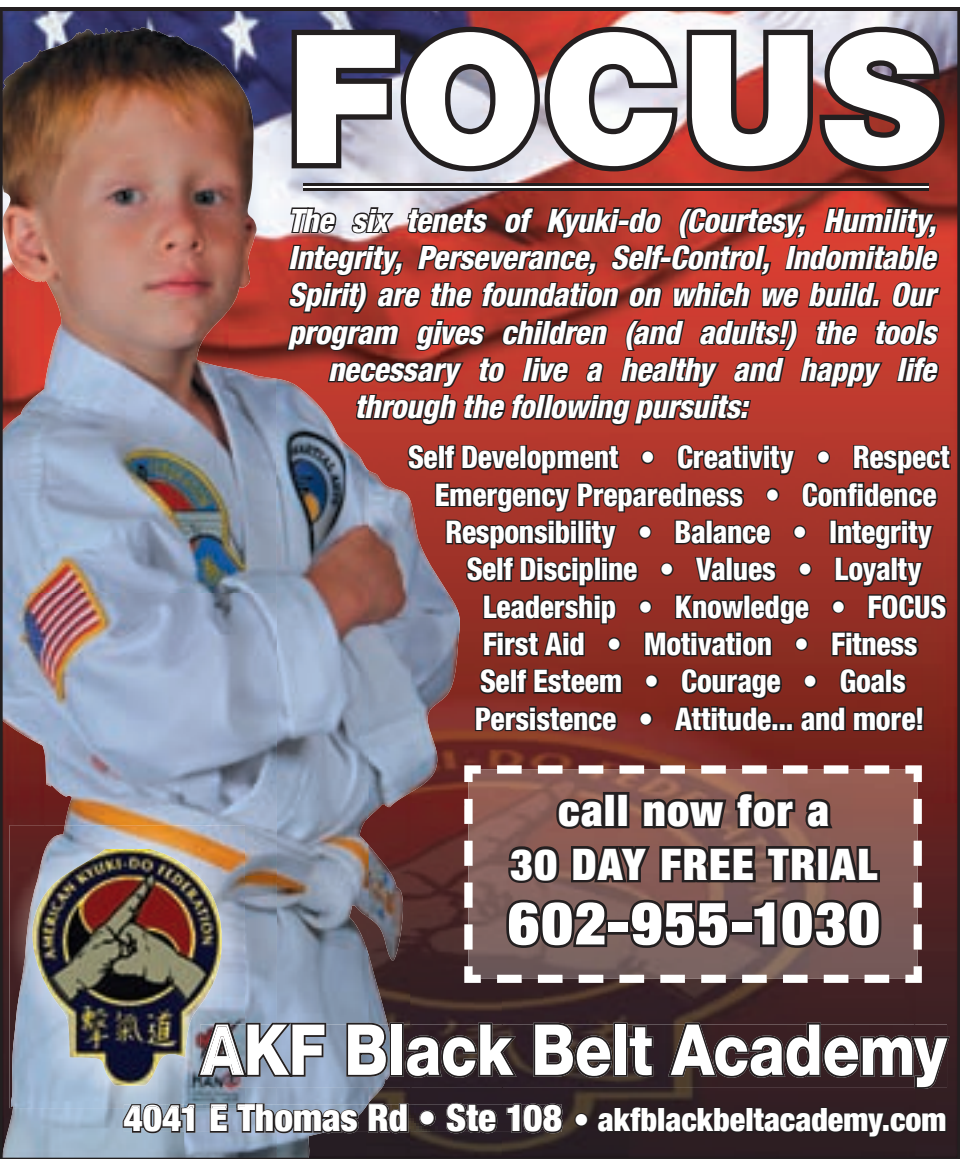
YoungLife members host garage sales and car washes throughout the year to accomplish this, Mason said.

Arcadia junior Hanna Collins, 16, said she was excited for the series and YoungLife's involvement.

"(YoungLife is) something that people know they are always welcome to come to. It's something that's actually not segregated like most things at Arcadia are," Collins said.

Although Arcadia High School hosted barbecues or tailgates before home games, Collins said sometimes events were planned at the last minute.

"The idea about high school activities being the center of kids' life and then football being the ideal nucleus around all of that is really a great place for these kids to come together," Kile said.



Arcadia Titans Varsity 2013 football schedule

August 30	at Copper Canyon
September 6	vs. Shadow Mountain
September 12	vs. Camelback
September 20	at Maricopa
September 27	vs. North Canyon (Homecoming)
October 4	at Paradise Valley
October 11	vs. Chaparral
October 18	vs. Notre Dame (Senior Night)
October 25	at Independence
November 1	at Cactus Shadows

MATCHUPS THIS MONTH

TB	NYM	BAL	SD	SF
AUG. 6-7	AUG. 9-11	AUG. 12-14	AUG. 26-28	AUG. 30-SEPT. 1

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FIRST PITCH AT 5:10PM
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ARCADIA NEWS

new!

Kids Corner

i LOVE Summer Break

BECAUSE...

You get to be with your family and friends and go to camps.

– Jack, *Age 7*

You go to camps, go bowling, play sports, play Wii and watch movies.

– Peter, *Age 6*

You get to spend time at home, go swimming and have sleepovers.

– Mia, *Age 9*

I like to jump in the pool.

– Ellie, *Age 3*

I got to go to Canada for the first time!

– Riley, *Age 8*

Summer camp, Coronado and candy!

– Mia, *Age 9*

I get to be with my family.

– Quinn, *Age 7*

We get to go to the beach and boogey board!

– Regan, *Age 7*

Lunchbox Notes

Let your little man or little lady know that while you're apart during the day you're still thinking about them...

After School Snack IDEAS

popcorn snack mix

Ingredients
- Popcorn
- Goldfish Crackers
- M&Ms
- Pretzel sticks

Directions
Combine the ingredients in the ratio you desire. Keep in large, sealed container for a quick everyday snack.

granola apple moons

Ingredients
- 1 Apple
- ¼ cup Mini Chocolate Chips
- ½ cup Granola
- 1 cup Peanut Butter

Directions
Slice apple. Spread peanut butter on each apple slice, sprinkle with granola and chocolate chips.

"create-your-own" cheese & cracker tray

Ingredients
- Cheddar Cheese, sliced and cut into shapes
- Thinly Sliced Salami
- Ritz Crackers
- Grapes

Directions
Add all ingredients to a child friendly plate and enjoy!

Homework Headquarters

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Aug 10, 6pm - 9pm
Admission is $6 for all Phoenix Zoo members, $8 for non-members, and children under two are free

$10 Tuesdays at the Phoenix Zoo
Each Tuesday during June, July and August

Lego Club - Saguaro Library
Aug 7, 4:30pm - 5:30pm
Ages 7-11
Lego Club meets on the 1st and 3rd Wednesday of every month.

WWE Monday Night RAW
Aug 26, 4:30pm
US Airways Center

Botanical Gardens Flashlight Tours
7pm - 9pm, Thursdays and Saturdays through Aug 31
Included with membership or paid Garden admission.

The Princess, the Unicorn, and the Smelly Foot Troll
The Great Arizona Puppet Theatre
Aug 14 - Sept 8, Wed-Fri only at 10am, Sat 10am & 2pm, Sun 2pm

Cinderella
Desert Stages Theatre
Aug 23 - Sept 22
Fridays & Saturdays at 7:30pm, Saturdays & Sundays at 1pm & 3pm

Kids Eat Free at Central Bistro
Everyday from 3-7pm
For every adult entree ordered, a child gets their meal for free

The Art of Video Games
The Phoenix Art Museum
June 16 - Sept 29
$6 ages 6-17, under 6 free. Free to all 3-9pm Wednesday

Sesame Street Presents: The Body
Arizona Science Center
June 29 - Sept 2
10am - 5pm Daily

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aibh
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Celebrate your loved ones in support of breast cancer. All Pink Honor Lights will glow throughout October in recognition of Breast Cancer Awareness Month. When you honor someone with a pink light, they will also receive a personalized Tribute Card.

AIBH is a non-profit organization whose mission is to give all women diagnosed with breast cancer a second opinion about their treatment options—**completely free of charge.** The proceeds raised from The Pink Light District initiative directly supports AIBH patients and program services.

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VINTAGE PHOTOGRAPHS AND STORIES OF ARCADIA!

Photo reprinted with permission from *Greencastle-Antrim Revisited,* by Bonnie A. Shockey and Kenneth B. Shockey with the Allison-Antrim Museum

If a picture is worth a thousand words, then a book coming out about Arcadia should be priceless. With a little help from Arcadia residents, the book surely will be. Arcadia resident and *Arcadia News* publisher Greg Bruns is currently compiling a photographic history of Arcadia and is looking for your help.

Do you have archives of old photographs or vintage postcards of the area? Are you knowledgeable about your local history? Would you like to help preserve Arcadia's unique history?

HELP KEEP LOCAL HISTORY ALIVE!

To share your photographs and stories, please contact Greg by e-mail: **greg@arcadianews.com** or through the *Arcadia News* office: **602-840-6379**

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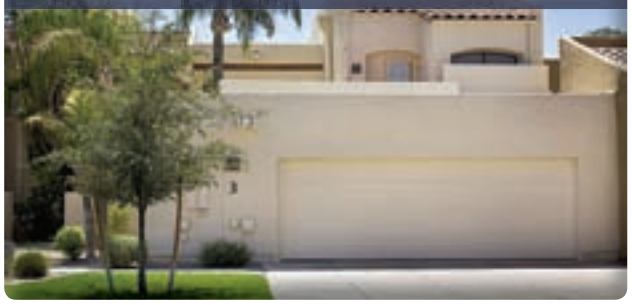
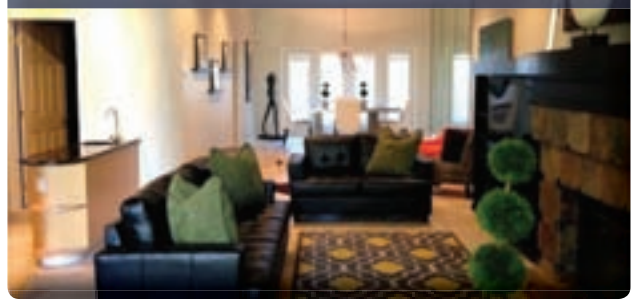
2626 E Arizona Biltmore Cir #3 • $489,000



GATED COMMUNITY - Coveted guard gated Biltmore Square community. This 3 bedroom 2.5 bath, 2,668 sq ft patio home with a private pool has been updated and shows beautifully. Gorgeous eat in kitchen with stainless steel appliances, slab granite, breakfast bar and built in desk. Vaulted tongue and groove ceilings in living room with fireplace and a wall of French doors. Wide plank wooden floors and tile in all the right places. Master bedroom suite has access to the patio and pool. HOA includes front landscaping.

4545 N 52nd Place • $524,900



JUST REDUCED - This beautiful gated townhouse has it all and then some!! This 2,938 sq ft home has been completely redone to fit your needs. Travertine Flooring and upgraded carpet throughout home. granite countertops, maple cabinets, Bosch dishwasher, Kohler sinks and faucets. All matching GE appliances, wooden shutters, dramatic souring ceilings, tons of natural light. This is truly turn key! Master suite downstairs with loft and 2 guestrooms up. This is a secluded twelve home gated neighborhood with community pool area.

4409 N 56th Street • $875,000

JUST LISTED - Tucked in a quiet cul-de-sac smack in the middle of Arcadia, this 3163 sq ft, 25,152 sq ft lot, 4 bedroom plus guest quarters and 4.5 bath home has it all! Remodeled kitchen and baths, ample storage, hardwood floors, formal and casual living area, large lush lot with pool, parking for 3 cars and more!

7441 N Las Brisas Ln • $949,000

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!

4455 E Calle Del Norte • $949,000

POCKET LISTING - Rarely does an Arcadia Charmer come on the market for sale, such as this home! 2,529 sq ft, 18,970 sq ft lot, 3 bed/2 bath home on a quiet cul-de-sac. Entertain on the extended front patio with a spectacular view of Camelback Mountain! Beautiful art lighting, lots of windows, custom drapery, hardwood and travertine flooring, built-in cabinetry, cozy fireplace! Stainless steel appliances in the eat-in kitchen. Master bedroom has custom drapery and master bath is completely updated with custom designer options. The huge, almost 1/2 acre backyard has putting green, basketball court, energy saving north/south exposure, and an adorable patio with huge shade trees and custom landscaping. Fabulous!

3021 E Rose Lane • $360,000

SOLD - Fabulous 2 Bedroom, 2 Bath condo totally remodeled with designer finishes and located on the Biltmore Links golf course. This 1,470 sq ft home features include, beautiful ebonized hardwood floors, marble floors in entry, kitchen, and bathrooms, new stainless appliances, granite countertops throughout, new cabinets and hardware, lifted ceilings. Buyer brought by Amy Owens.

4036 E Weldon Ave • $395,000

SOLD - Nestled in a quaint neighborhood, this 1600+/- sq ft, 3 bedroom plus office, 1 3/4 bath home is set on 1/4 acre lot with large charming patio, huge grassy yard and even a chicken coop! New Roof, designer paint tones, wood flooring, renovated kitchen with cherry cabinets/granite and stainless appliances and updated baths. This will not last long! Buyer brought by Amy Owens.

6305 N 30th Court • $479,000

SOLD - Situated on Arizona Biltmore Golf Course, this wonderful 1,945 sq ft, 3 bedroom (or 2, plus den) two bath home is also located in a guard gated community. Large master bedroom with built-ins, remodeled master bath and walk in closet. This would make a great primary residence or 2nd home!

6269 N 31st Pl • $739,900

SOLD - One of the highest, most sought after lots in Biltmore Greens. With 2,444 sq ft and a 7,980 sq ft lot, this captivating home will leave you speechless from the moment your walk under the most beautiful Mesquite tree to the front door. Lovely split floor plan with soaring log/beam ceilings, massive view windows to allow the outdoors in, rich dark hardwood floors in all of the living areas and custom details everywhere you look.

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4021 E Avalon Drive • $389,000

JUST LISTED - This one won't last long! Remodeled 1800 sq ft home with a 9,649 sq ft lot and 3 bd plus detached guest casita. Wood flooring throughout the living areas, fireplace in the living room and remodeled open kitchen featuring stainless appliances, granite counters, center island w/breakfast bar. Open floor plan makes for comfortable living. Lush green landscape in both front and back yards, quiet street, exterior storage shed. Entertain inside or out! Pristinely maintained home in the perfect location and neighborhood that everyone wants to be in!

5250 N 37th Pl • $650,000

SOLD - This outstanding 3/4 acre home has been owned by the same family for generations! Tucked at the end of a quiet cul-de-sac street this awesome property has all of the classic charm of days gone by with million dollar+ homes of today, surrounding it. 2200 sq ft, 3 bedroom and 2 bath. This home is what people dream about looking to create their own canvas.

4353 E Palo Verde • $660,000

SOLD - This classic mid-century modern home is located in a wonderful neighborhood. With 2200 sq ft, 3 bedrooms and 2.5 baths, it has been beautifully remodeled with rich cherry hardwood floors, dream chef's kitchen with Dacor appliance, slab granite and 6 top gas burner, new cabinetry throughout, floor to ceiling windows with "to die for" mountain views, 700 bottle wine room, 1 fireplace in living room and firepit outside. Spacious master bedroom, spa like bath. All of the traditional Mid Century lines have been maintained and it is beautiful! Great outdoor kitchen and much, much more!

5748 N 41st Pl • $919,000

SOLD - Perfectly balanced modern Arcadia ranch home set on a beautiful large corner lot that has been redone for the most discriminating of tastes. Once inside this 3511 sq ft home you will find 4 spacious bedrooms plus a split office. Perfected amenities that include a 1500-bottle wine cellar, new kitchen w/Wolf & Miele appliances and endless custom cabinetry, large mud room and laundry room, 3-car garage.

3700 E Camino Sin Nombre • $1,495,000

SOLD - Set on nearly 2 flat acres of prime Paradise Valley land with Mountain views in every direction, this 4100 sq ft home is truly the entertainers dream. Arizona ranch charm oozes from this property boasting hardwood flooring, tea stained cabinets, stone fireplace, renovated baths and numerous built in niches. Once outside you will find fabulous Cantina, walking paths, golf chipping area, 3 car garage and more!

4839 E Horseshoe Rd • $1,750,000

SOLD - If you are looking for a spectacular 2.33 acre estate nestled in on a quiet heart of Paradise Valley street, for a price that is less than replacement value...You have found your home! This 6800 sq ft, 5 bedroom with all in suite bath, executive residence will appeal to the most discriminating of tastes. Refurbished chef's kitchen with state of the art appliances and 1500+ bottle wine cellar. Each guest suite has private bath and private patio.

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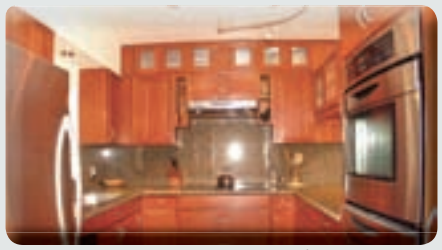


7209 E McDonald Drive #40 • $1,995/mo.

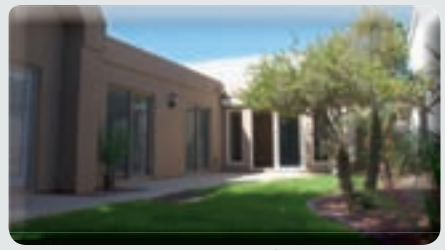
JUST LISTED - In the heart of Scottsdale, this 2 bedroom / 2 bath 1800 sq ft home is situated in a private gated community. Home features 2 master suites, with one located on the first floor. The great room has 12" Saltillo tile while each master has Brazilian cherry wood floors. Two large brick patios surrounded by lush greenery provide privacy.

6218 N 30th Place • $1,750/mo.

JUST REDUCED - Truly the quintessential Hacienda tucked in the coveted gated community of The Arizona Biltmore. From the moment you step foot into this one of a kind designer created condo, you will feel as if you just checked into a luxury resort in the Mexican Riviera. Custom furnishings, Mexican antiques, timeless pieces of art, herringbone brick ceilings, intimate fireplace and more. This amazing 2 story property with 1,488 sq ft of living space has 2 bedrooms and laundry upstairs and all of the living areas downstairs. All of the traditional touches that you would expect to see in a magazine. Mountain views, ample outdoor living areas and more.Not your average furnished rental...there is not another one out there that is even similar!

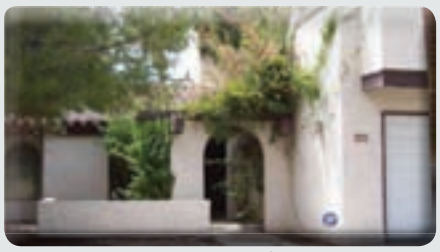
3021 E Rose Lane • $2,200/mo.

JUST LISTED - Beautiful Biltmore Courts 2 Bedroom, 2 Bath condo. Remodeled with fine finishes. Conveniently located on the Biltmore Links golf course. Featuring beautiful ebonized hardwood floors, marble floors in entry, kitchen, and bathrooms, new stainless appliances, granite countertops throughout, new cabinets and hardware, lifted ceilings with recessed lighting, new wood staircase and sculptured banister, plantation shutters at all windows and French doors, and all new bathroom and kitchen fixtures.



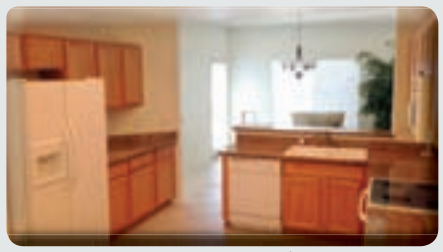
6305 N 30th Court • $2,595/mo.

JUST LISTED - This wonderful 3 bedroom, 2 bath home is situated on a golf course. Home has a large living room with a high vaulted ceiling and charming fireplace. Atrium is all tiled with a beautiful water feature. There is a new Arizona room opening to the dining and living room...perfect for entertaining! 2 car garage with a lot of built-in storage and work area.



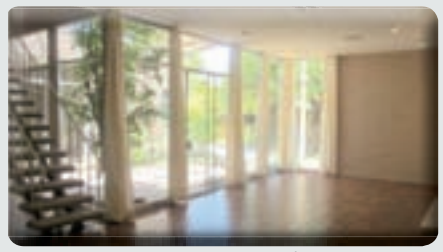
2636 N 54th Place • $1,695/mo.

JUST LISTED - Almost like a new home! 2,083 sq ft and a 7,248 sq ft lot. Vaulted ceilings, totally remodeled kitchenand updated baths, brand new carpet and designer tone paint throughout. Neutral tile throughout the entire downstairs. 3 bedrooms (including master) upstairs with a additional bedroom down. Master retreat has private balcony with mountain views! This home was built in the late 1970's, so it is NOT your typical ranch style home!! Pool with low maintenance backyard and small play area. Super location!



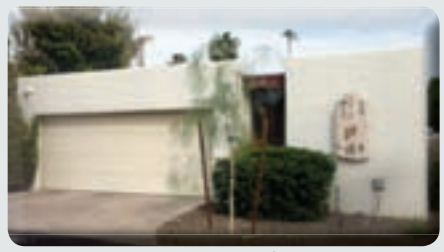
4301 N 21st Street #62 • $1,595/mo.

Gated community adjacent to Biltmore & Camelback corridor nightlife and fine dining. Spacious 2 bedrooms with walk-in closets and 2.5 baths. Sharp townhouse with 1,789 sq ft of living space, built in 2000 features an eat-in kitchen with oven/range, built-in microwave, pantry and formal dining room. First floor offers convenient tile floors and great room with soaring ceilings, fireplace, backyard views. Convenient laundry room with washer/dryer is next to door leading to two car garage. North/South exposure and backyard is adjacent to the community greenbelt. Community pool/spa nearby.



5664 N Scottsdale Road • $2,695/mo.

JUST LISTED -New York City Charm is found thru out this private Scottsdale North property. This 2,479 sq ft home is situated on an interior lot. This 3 bedroom, 3 bath home, boasts nothing but quality and character throughout. Brick floors, floor to ceiling windows and walls of glass allowing the outside to come in! Granite counters and stainless appliances, 2 car garage and more. Scottsdale and Mcdonald Rd location. . .This is one that will go fast!!



4818 E. Earll Drive • $1,695/mo.

JUST LISTED - This is a fantastic opportunity to live in the neighborhood that everyone is wanting to be in! This home is located on a quiet cul-de-sac and offers plenty of living space. This 1,929 sq ft home has large open living area with vaulted ceilings, formal dining area and breakfast room, den that looks out to the courtyard entry and plenty of windows that provide natural light in every room. Wood flooring throughout the living areas with carpeted bedrooms. Views of the green common areas, community pool.

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