

ARCADIA NEWS

Vol. 21 No. 10

AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

January 2014

ARCADIANEWS.COM / ARCADIAHO.ME



The Arcadia Neighborhood Learning Center takes great pride in their extensive school gardens. Fifth graders Clara Wilbur, Cristin Chronister, and Claire Grimes tend to the vegetable garden they've helped plant and maintain during their years at ANLC.

Kindergarten teacher Mrs. Kelly Schurman is honored by The Mansour family who has taught 4 of their 6 kids.

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Oliver, the shorthaired pointer puppy, learns to behave with New Year's resolutions for pets.

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Arcadia High School gains a new sports team with the inaugural AHS lacrosse team.

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Publisher: Greg A. Bruns
greg@arcadianews.com

Managing Editor: Amanda Goossen
editor@arcadianews.com

Proofreader: Shirley Bruns
shirley@arcadianews.com

Advertising Manager: Donna Wirtel
donna@arcadianews.com

Designer: Michele Morrett
michele@arcadianews.com

Office Manager: Roni Mier
roni@arcadianews.com

Arcadia News
Arcadia Home & Design
3850 East Indian School Road #1
(602) 840-6379 • arcadiadaily.com



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Cover Image:

Three students at Arcadia Neighborhood Learning Center took a moment to show *Arcadia News* the school garden. Read about their Chef in the Kitchen program on page 20.



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Preschool Registration

for Fall 2014 begins on February 1 for New Families

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We strive to provide every child with a great preschool experience that includes:

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We welcome you to our school and invite you to call us at 480-947-5645 to schedule a tour during January or February.

Registration forms received in February have priority placement in our Fall 2014 Classes. Those received after February may go into a "Wait List" status.

Thank you for your interest and we look forward to meeting your family!

3641 N. 56th Street, Phoenix • 480-945-9537 • www.pophoenix.org
Northeast corner of 56th St. and Indian School

New Year's Resolutions? No way, not this gal!

By Amanda Goossen



For more years than I like to count, I've made New Year's Resolutions. We all do. We make a grand statement about what we'll do better this time, how we'll work harder, lose weight, do the one thing we've always promised to do yet know we have no intention of actually doing.

I was really good at this. The promise part. Not the follow through.

Then last year in preparation for our January 2013 Health and Wellness guide I decided to go all out. I planned 30 Days to Fit, the perfect way to get in shape, create a work out regime and finally, FINALLY, stop the yo-yo diets and lose 5 pounds, gain 10 pounds I've been dealing with my whole life.

Ugh!

The 30 Days to Fit ended and this girl, who had never stuck to consistent exercise in her life, got sick. Really sick! Then I gained back the weight I lost, plus some from being too exhausted from the last 30 days to lift a finger for the next 90.

I sat, I typed. I read lots of books and cooked delicious meals. But I didn't put on my tennis shoes even once.

Editor's Notes

By April, I was angry. I was 10 pounds heavier and ticked off at myself. Here I was again, facing a broken resolution and my jeans were too tight to even bend over, not to mention walk comfortably. And I love food. Really love food. I was in trouble.

Then one morning at the end of April 2013 I woke up and before driving my kids to school, I put on those tennis shoes. I didn't make myself a promise of losing so much weight or doing so many workouts within a certain amount of time. I just drove to Squaw Peak and started walking.

A funny thing happened after that. Without a resolution hanging over my head, I started to actually enjoy this thing called exercise. I started to do it more often.

On November 28, 2013, Thanksgiving Day, I ran my first 5K. Something I had always wanted to do but couldn't imagine possible. And I truly believe it's because I stopped beating myself up and instead, cheered myself on.

This year, I hope you too can lose the resolutions and accomplish the things you've always wanted!

Happy New Year Arcadia!

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What's Happening, Arcadia?

JANUARY 2014 EVENTS

Artisan Markets at Southbridge

Scottsdale Waterfront
7135 E Camelback Road
Sundays, 10 am-4 pm

This marketplace features Artisan Markets for artisan foods, fine arts, crafts, entertainment, kids' crafts and more.

www.scottsdaleaz.gov/Events

Scottsdale Wedding Walk

The Venue Scottsdale
7117 E 3rd Avenue
Jan 5 - 11 am-3 pm

Kicking off at The Venue Scottsdale and continuing through Old Town, this event helps couples plan their entire wedding in one day.

www.scottsdaleweddingwalk.com

Cinderella

The Great Arizona Puppet Theater
302 W Latham Street
Jan 8-26

The girl, the prince, the glass slipper! Lots of laughs and special effects make Cinderella an audience favorite.

www.azpuppets.org

24th Annual Celebration of Fine Art

SW corner of Hayden Road
and Loop 101
Jan 11-Mar 23 - 10 am-6 pm

This juried, invitational show and art sale features more than 40,000 square feet of working studios and the work of 100 artists.

www.celebrateart.com

Scottsdale Center for the Performing Arts- Sunday A'Pair

Scottsdale Civic Center Park
7380 E Second Street
Jan 12, 19, 26 - Noon-4 pm

Enjoy free outdoor concerts by the Valley's top musicians, along with a fine arts and crafts market and activities for children and families.

www.scottsdaleperformingarts.org

Laughter Yoga

Saguaro Library
2808 N 46th Street
Jan 16 - 2 pm-3 pm

Experience the Art of Laughter Yoga. Spend some time laughing for no reason and enjoy the rest of your day refreshed and revitalized.

www.phoenixpubliclibrary.org

Phoenix Writers Club

Bluewater Grill
1720 E Camelback Road
Jan 18 - 12-2 pm

Author Stella Pope Duarte will speak at the club's luncheon. RSVP by Jan 15. Email neellepub@aol.com for cost information and to RSVP. Include Phoenix Writers Club in the subject line.

Encore University Breakfast Speaker

Valley Presbyterian Church
6947 E McDonald Drive
Jan 18 - 8 am

Encore presents Dr. Zuhdi Jasser, who seeks to "counter political Islam and the ideology that fuels radical Islamists". He regularly briefs US Congressional anti-terror caucuses on political Islam.

www.encoreuniv.org

Open House

All Saints' Episcopal Day School
6300 North Central Avenue
Jan 22 - 9 am

Pre-K through eighth grade and all faiths welcome. Reservations are suggested, but not required.

www.aseds.org/admissions-process

Ain't Misbehavin'

Phoenix Theatre
100 E McDowell Road
Jan 22-Feb 16

Sometimes sassy, sometimes sultry, with moments of devastating beauty, it's a revue unlike any other.

www.phoenixtheatre.com

La Bohème-Arizona Opera

Phoenix Symphony Hall
75 N 2nd Street
Jan 24-26

Conductor Joel Revzen and director Candace Evans return to Arizona Opera to give life to Puccini's timeless story.

www.azopera.org

Arizona Sun Circuit Quarter Horse Show

WestWorld of Scottsdale
16601 N Pima Road
Jan 25-Feb 2 - 8 am-6 pm

See some of the nation's finest Quarter Horses compete in reining, working cow, cutting, and roping. Shop the vendor booths for clothes, souvenirs and gifts.

www.suncircuit.com

Haute Chocolate

Heard Museum - Steele Auditorium
2301 N Central Ave.
Jan 31 - 5:30 pm-8 pm

Enjoy chocolate tastings offered by local vendors and top resorts, live entertainment and a fashion show.

www.heard.org/chocolate/

Chihuly in the Garden Exhibition

Desert Botanical Garden
1201 N Galvin Parkway
Through May 18

Artist Dale Chihuly returns to the Desert Botanical Garden with a stunning exhibition of his extraordinary and vibrant works of art.

www.dbg.org

Starting a Business: One size doesn't fit all

By Jonathan Hasebe



For many entrepreneurs who want to start a business, one of the first questions they'll need to answer is what form the business should take.

In Arizona, business organizations primarily take one of two main forms: a "C" corporation, or a limited liability company ("LLC"). Other common forms include an "S" corporation or a limited partnership. Many entrepreneurs who are unaware of the different distinctions between the types of business entities may immediately gravitate towards a "C" corporation because it's a form that we often hear about in the news.

Still, for many small businesses an LLC might be better tailored for the owner's needs over a more rigid and formal "C" corporation. In general, a business owner should consider a number of factors when determining the structure of his/her business, including formation requirements, ownership, tax considerations, and management structure.

The formation of either a "C" corporation or an LLC is similar. When incorporating a business in Arizona, the incorporator will file Articles of Incorporation and a Certificate of Disclosure with the Arizona Corporation Commission ("ACC"). Bylaws will need to be drafted and adopted and a board of directors will need to be appointed. Additionally, within 60 days of their filing, the articles of incorporation must be published and an affidavit of publication should be filed with the ACC. Similarly, an LLC will need to file and publish its Articles of Organization.

The governing document of an LLC is called an Operating Agreement or Limited Liability Company Agreement.

The ownership of a corporation is similar to that of a limited liability company with a few key differences. Owners of a corporation in Arizona are called shareholders. A "C" corporation must have at least one shareholder but there is no upper limit on how many shareholders a "C" corporation may have. The shareholders hold capital stock in the corporation, which can be broken down into multiple classes with different rights and preferences. Although preferential distributions may be permitted for one class over another, distributions within each class of stock must be proportionate to the ownership.

As a corporation has shareholders, an LLC has members. Like a "C" corporation, an LLC must have at least one member. While it is permissible to classify membership interests into multiple classes with different rights and preferences like a corporation, it is also permissible to provide for different distribution rights

Legal Ease

within the same class of interests. As an example, an LLC may be owned on an equal 50/50 basis by two owners but provide in its operating agreement that one owner who does the lion's share of the work shall receive a higher portion of the profits.

One of the main considerations when deciding between an LLC or a corporation is tax implications. In a "C" corporation, the IRS taxes at both the corporate and shareholder level. However, only the salary paid to a shareholder-employee is subject to employment tax while all other income is not subject to employment tax. In contrast, income in an LLC is only taxed at the member level. However, all trade or business income of an LLC is considered self-employment income to the members and is subject to the self-employment tax.

In a corporation, the management of the entity is vested in a board of directors. The board of directors must designate day-to-day operations in officers, but certain major decisions need to be approved by the shareholders. In contrast, management of an LLC is vested in either the members or a delegated managing member. The manager can (but does not have to) delegate day to day operations to officers. Like a corporation, certain major decisions typically have to be approved by the members. The management structure of an LLC provides more flexibility as rights and responsibilities are laid out in the operating agreement. The flip side of this is that there is less case law regarding duties owed by managers and members in the LLC context versus the well-developed body of corporation case law which may provide less certainty in the enforceability of certain provisions in an LLC's operating agreement.

Overall, business owners should carefully weigh the pros and cons of each type of structure before deciding what form their entity should take. "C" corporations, "S" corporations, LLCs, and limited partnerships each have a unique nature which might fit well for one type of business but not for another.

Jonathan Hasebe, an associate at Gallagher & Kennedy, P.A., practices general commercial litigation as well as transactional law.

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Charming Ranch



6047 E Calle Del Norte • \$1,395,000
4 bedroom / 3 bathroom • 3,200 square feet

Camelback Mountain Estate



5028 N Camelhead • \$1,195,000
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5602 E Montecito • \$1,095,000
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Arcadia Real Estate Stats

2013 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2013- 11/30/2013)

Active Homes - 145 homes
Homes Sold - 284 homes
Average Sale Price - \$838,656
Average Sold \$ Per SF - \$261
Average Days On Market - 66 days
• There is currently 6 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 7% this year (based on 2012 sales results)
• \$ Per Square Foot prices have increased 12% this year (based on 2012 sales results)
• Homes are taking 15% less time to sell this year (based on 2012 sales results)

2012 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 282 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 - \$835,344
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 - \$754,000
Average Sold \$ Per SF - \$239
Average Days On Market - 185 Days

2013 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/1/2013- 11/30/2013)

Active Homes - 65 Homes
Homes Sold - 203 Homes
Average Sale Price - \$405,800
Average Sold \$ Per SF - \$168
Average Days On Market - 64 days
• There is currently 4 months of home inventory (based on 2012 sales results)
• 2013 home sales have increased 6% this year (based on 2012 sales results)
• Home prices have increased 16% this year (based on 2012 sales results)
• \$ Per Square Foot prices have increased 10% this year (based on 2012 sales results)
• Homes are taking 3% less time to sell this year (based on 2012 sales results)

2012 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 207 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 - \$321,658
Average Sold \$ Per SF - \$164
Average Days On Market - 129 Days

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Cionne McCarthy

REAL ESTATE HAS BEEN MY PASSION FOR OVER 32 YEARS

Arizona's Real Estate market has already made quite the dramatic recovery from the lows of our recent global economic troubles. Prices continue to climb and 2014 is shaping up to be a fabulous year for both Sellers and Buyers!

Whether you're thinking about putting your home on the market, or you're eager to take advantage of our historically low interest rates let me put my 32 years of experience to work for you. A house is most likely the largest investment you will ever make and the overall process has become more and more complicated with every passing year. You need a full time expert to help guide you every step of the way; someone who knows the market, the nuances, the players, the trends. Someone who will advise you of the things you didn't even know mattered; someone as invested in your home as you are and someone as **PROFESSIONAL** as **YOU** are!

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Important to I.D. strep

By Jackie L. Doris



'Tis the season for sore throats when the mere act of swallowing is a giant pain.

Because symptoms indicating strep throat also may be caused by a virus, it's important to see your doctor if your sore throat lasts more than 48 hours. He or she may do a throat culture to determine if the highly contagious group A streptococcus bacteria is causing the problem.

Symptoms of strep throat include: red, swollen tonsils, sometimes with white patches or streaks of pus; tiny red spots on the soft or hard palate; a fever higher than 101 F; swollen lymph glands; headache; rash; and fatigue. Younger children also can experience a stomachache and vomiting. Although kids between the ages of 5 and 15 are commonly affected, strep throat can occur in all age groups.

Left untreated, strep throat can sometimes lead to such serious complications as kidney inflammation, scarlet fever and rheumatic fever. Rheumatic fever from strep infection can occur as much as three weeks after symptoms first appear. Rheumatic fever can involve painful and inflamed joints, a rash and even damage to heart valves.

You might be surprised to learn that you can have the group A strep bacteria

Healthy Tidbits

without having a sore throat. This means you're a strep carrier, allowing you to pass the bacteria on to others without becoming sick yourself, a situation you should remedy with antibiotics.

A penicillin-based antibiotic is usually prescribed, but if you're allergic to it, your doctor will prescribe a different antibiotic. These drugs reduce how long your symptoms last and their severity. They also reduce the risk of complications and the likelihood of spreading strep to others. If you don't start feeling better in two days, you should call your physician.

Be sure to finish all your medication to avoid recurrences and serious complications such as rheumatic fever.

Jackie L. Doris, MD, treats patients of all ages at Arcadia Family Clinic, 4131 N. 24th St., Suite B-102, Phoenix, 602-955-6632, or JCL.com/practices.

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Arizona standdown for homeless vets

By Steven Sarkis



January is poverty awareness month and recent statistics from the U.S. Census Bureau list Arizona as the second worst state in the U.S. with regard to poverty second only to Mississippi. Even more concerning, the Department of Veterans Services estimated that 20 to 25 percent of the homeless population in Phoenix are military veterans. Thankfully, Arizona and Maricopa County in particular are doing a great deal in an effort to curb this problem and assist military veterans and their families.

One of our State's great annual programs is called Arizona StandDown for Homeless Veterans. Arizona StandDown, now in its thirteenth year, is Arizona's largest singular outreach event for homeless veterans. This event gives veterans access to over 70 service providers ready to assist in a wide variety of areas. The goal of the StandDown program is to cut the red tape that prevents individuals from moving forward in their lives and provide them with a new beginning so as to break the cycle of homelessness.

Maricopa County also has a Veterans Court, which will begin its first court

Judge's Corner

calendar later this month. Maricopa County Presiding Superior Court Judge Norman Davis eloquently summed up its purpose, "Veterans Court will not relieve a veteran from responsibility for a criminal action, but will better protect the community and honor the veterans' service by connecting them with services designed to reduce the rate of recidivism and strengthen the family dynamic."

Recently, Maricopa County also introduced a new website designed specifically for military veterans and their families. The website helps link veterans to a wide variety of resources and services from housing assistance and education resources that help them enroll in college to job training and even employment. There are also links to community support, state aid and federal assistance. In addition, the website provides links to help veterans find health services, crisis intervention and much more.

For more information, please visit ArizonaStandDown.org and Maricopa.gov/veterans

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

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5339 East Lafayette Boulevard, Phoenix

On over two private acres, this wonderful home has a koi pond, a swimming pool with rockslide and waterfall, a tennis court, a three story tree house, and a 15+ passenger train that encircles the property.

5BR | 5.5BA | 6,421SF | \$3,500,000

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Paradise Valley

This immaculate Christians-Built home has been meticulously maintained and updated to create the perfect place to relax and entertain.

5BR | 6BA | 8,265 SF | \$2,395,000

Libby Cohen 602.291.1446



Arcadia

Tucked away on a large corner lot, this home features gorgeous hardwood flooring and vaulted wood-beamed ceilings, and a luxurious master suite with a private patio.

4BR | 5.5BA | 5,330 SF | \$1,875,000

Libby Cohen 602.291.1446



Arcadia

Privately gated and in a premier Arcadia location, this home was custom built in 1996 and is an incredible value today with a gourmet kitchen, home office, gym, and private master suite.

5BR | 6BA | 5,206 SF | \$1,595,000

Libby Cohen 602.291.1446



Phoenix

Enjoy Camelback Mountain and lush fairway views from this beautiful home with a versatile floor plan located on the Arizona Country Club golf course.

4BR | 4.5BA | 4,964 SF | \$1,150,000

Libby Cohen 602.291.1446



Arcadia

Originally constructed around 1915, this fully restored and renovated Mexican colonial hacienda on one acre was chosen as the Heard Museum Designer home.

4BR | 4.5BA | 5,200 SF | \$2,665,000

Karen Ganz 602.469.6709



Casa Blanca

Warm and inviting, the open room concept floor plan maximizes spaces and includes updates in the kitchen, cork flooring, and custom marble.

2BR | 2.5BA | 1,744 | \$600,000

Raquel Barbey 602.526.4571



Casa Blanca

Immaculately maintained, the travertine flooring and neutral color palette throughout are an ideal backdrop for your personal touches.

2BR | 2.5BA | 1,857 SF | \$2,950/month

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Teacher of the Month



From left to right, St. Thomas the Apostle Principal Mrs. Mary Coffman smiles with Kindergarten teacher Mrs. Kelly Schurman and aide Mrs. Lynette Templeton.

Family gives thanks to outstanding teacher

By Kathleen Shipman

When Mrs. Kelly Schurman received the Arcadia News Teachers We Love Award, it was no surprise for the Mansour family, who had recommended her for this nomination.

Lauren is the fourth child of the Mansour kids to be in Schurman's Kindergarten class at St. Thomas the Apostle, which truly speaks volumes of her being an extraordinary teacher.

"She always has an excitement for teaching," said Theresa Mansour, the mother of six. "She loves what she does and she's so enthusiastic about it."

This Kindergarten teacher brings her passion for hands on learning to the classroom. Science is one of her favorite subjects where she likes to practice this technique.

"I enjoy subjects where you can get really hands on," said Schurman.

When the students in Schurman's class learn about apples, they don't just research them in a book. Instead, they weigh them, graph them, paint them, and much more. When they learn about the human body in her class, they do so by painting and labeling body parts on their shirts. These types of activities have instilled a love for learning in her students.

"It makes it so rewarding to know they're so appreciative and they love what they're learning. It just makes my job," said Schurman.

All four Mansour children agree that learning is made fun in Mrs. Schurman's class. The three oldest, Savannah 12, Michael 10, and Ashley 8, enthusiastically recall stories about their days in Kindergarten. Jelly beans, miniature bears, and coloring pages are just some of the memories they have.

"She's such a creative teacher," said Theresa. "She comes in with new ideas all



Mrs. Schurman gathers with the six Mansour children and their mother, Theresa.

of the time."

When Mrs. Schurman talks about the joy she receives from her job as a teacher, you can see it in her eyes and through her smile.

"I absolutely love St. Thomas; I love working here," Schurman said. "I love the staff I get to work with, the children that come through my room, and especially the parents. It's an entire package."

This is all great for the Mansour family, who has already planned on their two youngest members joining Mrs. Schurman's class in the future.

They can't imagine Kindergarten any other way.

Teachers chosen for the Arcadia News Teachers We Love award receive a \$125 gift certificate to Salon Sandoval, dinner for two at The Henry and an invitation to an end of the year luncheon for the year's winners.



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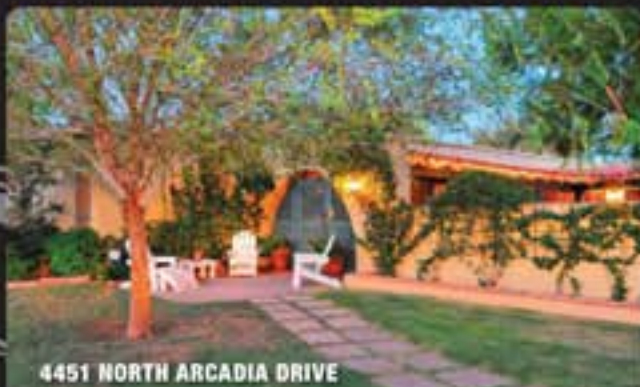
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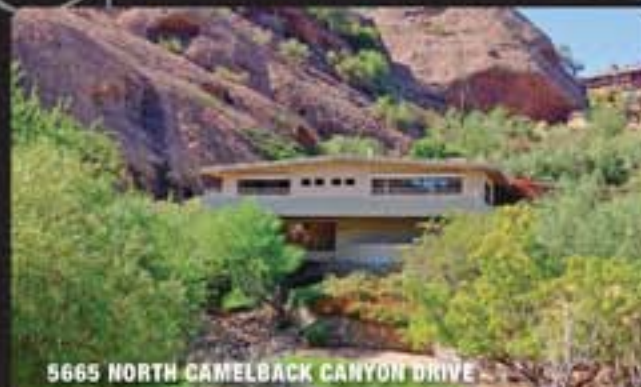
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Councilman plans to visit

By Sal DiCiccio



Expect to see me and people from my office showing up at businesses in and around Arcadia starting January.

We're working to get around to all the businesses in the district, or as many as we can possibly hit, and talking to them about what the city of Phoenix can do to help their businesses.

I and my staff have been to many networking gatherings, and we talk with Phoenix business people all the time. In my opinion, though, there has not been a sufficiently wide-ranging conversation between government and the folks most responsible for creating jobs, revenue and services in our community. We intend to fan out across the district to have that conversation.

When we ask that question one-on-one with Phoenix merchants – What is the city doing to help or hurt you? – we often hear about a headache getting a permit to expand, issues over a sign out front, a hassle over an unexpected payment. It runs the full gamut. Given the current state of the local economy, now is not the time for the city to be badgering the butcher and baker. Now is the time to help them succeed. How can municipal government do that, actually help, you might ask?

Mostly by lowering costs, getting things done faster and getting out of the way.

For example, we heard a lament about a restaurant owner who was trying to expand the outdoor seating area. On its face, it appeared like a marvelously greater use. The restaurant could do more business, creating more tax revenue and employment, and customers could better enjoy the weather we all live here for and a patio dining experience that people often tell us they love.

But the restaurant owner had been running into barrier after barrier, in her view, getting permission to make it happen. When that kind of thing happens, our staff will step in and see if there is a good reason holding it up, like an electrical safety issue, or it's just stuck in bureaucratic sludge. If it's the latter, we often can pry it loose, and that's one of the jobs of my office. If, however, that is a widespread and regular occurrence, it's not just her problem; it's the problem.

With this survey and our one-on-one conversations with business operators in your neighborhood and around the district, we expect to ferret out problems and develop a list of opportunities. We'll take that and incorporate it into the debate over how to restructure Phoenix to make it work better.

Phoenix City Councilman Sal DiCiccio represents District 6.

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Behind the Business

Refresh Glass
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By Colton Gavin

Ray DelMuro is mixing work with play. After years of working as an aeronautical engineer building airplane parts, he has now put his skills to a different use. He is the founder of Refresh Glass, a company that recycles used bottles and turns them into useful products such as drinking glasses, candelabras, or even decorations for the holiday season.

"I always loved artwork for its creative sentimental appeal," DelMuro said. "And I was an engineer because I loved creating efficiency. Refresh Glass is a meeting of the two. A uniting of emotion and utility."

After leaving his engineering job, DelMuro took a tour around the world to not only expand his horizons but to search for inspiration. He studied Spanish in Barcelona, walked the shores of Australia. He also spent time traveling across the United States, Canada, and Europe. He was both inspired by the art he saw and alarmed by a fact about America's glass consumption.

According to the Environmental Protection Agency two-thirds of all



Refresh Glass founder, Ray DelMuro

American wine bottles are not recycled and go to waste. According to DelMuro that statistic has remained steady over the years and he wanted to make an effort to reverse it by putting his engineering skills to good use.

Now, using left over wine bottles, DelMuro creates glass works of art.

"Only a small amount of our creations are decoration only. A vast majority of what we create can actually be used," DelMuro said. "It gives glass that would be wasted a whole new beginning."

To gather the resources necessary for his creations, DelMuro has built relationships with various restaurants and hotels, many in the Arcadia area, to regularly receive their empty bottles. In

the beginning DelMuro was collecting a few thousand bottles yearly. But his notoriety has expanded his annual collection to anywhere from 150,000 to 200,000 bottles.

His entrepreneurship has propelled him to leadership roles including as an education chair of the Mac6 Conscious Capitalism Arizona. His participation is designed to encourage others to find their own creative outlets that can improve Arizona's economy. Business is expected to improve with the redesign and re-launch of Refresh Glass' website this month.

Another creative option for customers is the refresh memories kit. Customers can request an empty box and fill it with the left over glass from an event such as a wedding. They can have it sent in to Refresh Glass and have it molded into an item of their choice with any set of words, phrases, or dates etched into the finished product.

"The way in which Refresh Glass engages the various communities is a way that makes everyone better off," said Kyle McIntosh, one of DelMuro's associates at Mac6. "His business ideology is to improve the lives of all stakeholders involved. Whether they are customers, employees, or a financier. That's why we call it conscious capitalism."

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Friendliest Airport in the Nation: Phoenix Sky Harbor



La Grande Orange is now at Sky Harbor.

By Katie Mayer

Peruse the latest art exhibit; sample food from some of the Valley's most popular restaurants; enjoy gift wrapping services around the holidays and spend some time on your tablet using a free Wi-Fi connection.

This may sound like a nice way to spend a weekend, but it's just part of the standard experience for the approximately 100,000 people who pass through Phoenix Sky Harbor Airport every day.

The airport which bills itself "America's Friendliest Airport" is not only in the midst of a large-scale construction overhaul to improve the airport as a whole, but officials are also paying attention to the details by adding amenities such as free water bottle filling stations and early bag check.

The airport's expanded dining options featuring local favorites such as Arcadia's La Grande Orange and Chelsea's Kitchen, among other Valley favorites such as Cowboy Ciao, Cartel Coffee Lab and Sauce recently earned the airport third place for Best Food and Beverage Program at a large airport in the 2013 Airports Council International Concessions Awards.

"This mix combines celebrated local Phoenix chef Silvana Salcido-Esparza and

noted coffee expert Jason Silberschlag with Phoenix entrepreneurs Sam Fox of Fox Restaurants and Bob Lynn of Chelsea's Kitchen and established local favorites such as El Bravo and Cowboy Ciao," said Terminal Concessions Manager Paula Kucharz.

"Our goal was to create a balance of local, regional and national brands," said Heather Lissner, spokeswoman for the airport. "Our regional and local brands are a reflection of the Southwest and allow our passengers to experience the local culture and cuisine. National brands provide a comfort level for those who don't know the area and are looking for something familiar."

Lissner said that safety and security are officials' top priority, but customer service

also tops the list.

"We are consistently looking for ways to offer new services to our customers," Lissner said.

Some improvements on the horizon include the Terminal 3 modernization program, which is going to improve and expand services in Terminal 3 and is scheduled for completion by 2020 and the ability for the PHX Sky Train to connect Terminal 4 with Terminals 3 and 2. The PHX Sky Train is a free automated train that currently transports travelers between the 44th Street and Washington Valley Metro LightRail, the East Economy parking area and Terminal 4.

Brian Chapman, owner of Arcadia travel agency Northbank Travel, has seen airports around the world during his nearly 20 years in the industry. He said that the most important thing for him when traveling through airports anywhere is to have a lot of options for things to do while waiting.

"It's no problem sitting down and people-watching, but after a while, that gets old," Chapman said. "You want to get up and walk around and stretch your legs."

Chapman said he enjoys visiting museums in airports, tasting regional foods abroad and would like to be able to get a massage between long international flights. Another amenity he would like to see at more airports is a nice place where economy class customers can spend some

time between flights and eat some high quality food.

"What I like about the restaurants in Terminal 4 is at least people who are waiting to pick people up can go to the airport and have a nice meal while they're waiting," Chapman said.

Jennifer Cole, chief financial officer for LGO Hospitality, said that having a La Grande Orange and Chelsea's Kitchen at the airport affirms her company's philosophy that people expect and deserve high quality ingredients in their meals.

"Travelers are demanding – as they should – that they get the same experience they get on the street," Cole said.

The company wasn't initially on board with the idea of opening locations at an airport, but has found that they are in fact able to deliver the same high quality food to customers and are now in discussions with three other airports across the country, said a spokeswoman.

Additional improvements planned for Phoenix Sky Harbor Airport are even more dining options and a recently-approved \$27 million project to renovate the International facilities in Terminal 4 with added stairs, two faster elevators, relocation of escalators, enlargement of baggage carousels and a new area to contain the line for secondary security screening.

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- ✓ 6. Sneak away to hit golf balls on lunch or after work
- ✓ 7. Plan next event at The Club!

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Hazard Pay: the unusual things insurance may cover

By Michelle Donati-Grayman

A spacecraft crashing into your home might seem far-fetched. But in the bizarre circumstance this sci-fi scenario comes to life, your insurance company would foot the bill for any damages. Who knew?

From dog bites to lightning strikes, all insurance carriers have a list of bizarre situations they cover. Insurance experts call them Named Perils.

"Insurance companies have a track record of things that happen," said John Candaso, insurance agent for AAA Arizona. "They use this record to assess potential perils based on their risk."

There are 16 named perils that are standard in homeowner policies across the United States, according to insurance source AAA. A few of the more unusual on the list include:

Lightning strikes. Homes partially or entirely destroyed by lightning-caused fire are not the only items that may be covered by your homeowner policy. Damaged electronic equipment such as computers, high-definition and plasma TVs and refrigerators could be covered, too.

- Spoiled food. In a power outage, the contents of your freezer and refrigerator could spoil. This may be covered by your homeowner policy.
- Spacecraft or airplane crashes into house. Although it seldom happens, airplanes occasionally crash into



homes. The damage done may be covered. And in the very rare chance that a spacecraft should ever hit your home, that may be covered, too.

- Exploding factories. Damage from explosions and fire can be caused by anything from a gas leak in your home to a local factory or a passing truck. Consequently, these may be covered under a fire loss on your policy.
- Volcano damage. Your homeowners policy may cover damage caused by a volcanic eruption. Damage to your home or car could include ash, dust or a lava flow, fire, or airborne shockwaves.

While the likelihood of one of these

situations happening is a long shot, there's another scenario much more common that consumers tend to overlook.

In 2012, dog bites and related claims accounted for more than one-third of all homeowner insurance-paid liability claims nationwide, according to the Insurance Information Institute (III).

While liability related to dog bites is covered in some instances, certain breeds

are often excluded.

"Whether your dog bites a visitor, or you have damage from lightning striking your car, the New Year is a perfect time to review your insurance policy," Candaso said. "You may be surprised at what you find."

Michelle Donati-Grayman is an Arcadia resident who works for AAA Arizona, a full-service insurance agency.



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The ANLC garden becomes classroom with local chefs



Chef Vincent Guerithault made strawberries with lavender and lemon tarts.

By Christina Surranio

Wouldn't it be great if award-winning chefs could come before our community's children and whip up delicious, healthy meals that children want to devour?

Sounds like a fantasy, right?

Not so. Just ask the students at the

Arcadia Neighborhood Learning Center.

For about 20 years, ANLC students have enjoyed produce from their evolving school garden, informally prepared from time to time by parent volunteers.

Then four years ago, garden coordinators, Ann Rodarte, Eleanor

Beger and then Vice Principal, Taylor Nelson ambitiously decided to kick it up a notch, reaching out to the generous Arcadia community, inviting local celebrity chefs like Charleen Badman, Mark Tarbell, Vincent Guerithault, Payton Curry, and Chris Bianco to do cooking demonstrations at the school.

The response was fantastic.

Not only did those well-respected chefs prepare food on campus but others did as well, such as Maya Daily of Maya's Farm, Traci Wilbur of Pie Snob and local fitness guru Julie Polawski.

Chef Charleen Badman of FnB Restaurant recounts that her invitation came in the form of a letter and a plant, personally delivered to her at her restaurant by Vice Principal Taylor Nelson.

The timing couldn't have been more perfect as Badman was looking for a children's community outreach opportunity.

Chef Badman was the first of the celeb chefs and continues to "trick" students into trying foods they say they won't, like spaghetti squash, cauliflower and rutabaga, as well as presenting foods that can double as tangible props, reinforcing classroom learning.

Chef Badman and her partner, Pavle Milic, have donated their time and ingredients along with some of their vendors like McClendon's Farms and the historic Hayden Flour Mill to provide over 1,200 complete lunches and many healthy snacks accompanied by cooking activities for the students.

When asked what keeps her involved, Badman, who reformed her own eating habits less than four years ago and now celebrates the weight loss of 125 pounds, says she wishes someone had taught her about healthy eating when she was a child.

Lecturing about positive ideals like eating local, organic, fresh and healthy

food doesn't usually translate into behavior without personal connection and practice. Getting the children involved in the process and connecting with healthy foods from seed to table translates into real choices.

Garden coordinator Ann Rodarte hasn't had children at ANLC in the past two years but returned to the garden this year to help reinvigorate the program because of her commitment to the cause and an appreciation for the strong community at the school.

The Chef in the Garden program and the garden itself did not sprout up overnight and without ample red tape to weed through, but with the persistence, dedication and nurturing of the ANLC volunteer community, staff and local chefs, the program is now feeding the minds and bodies of the students.



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Better Breathers brings support to Arcadians

By Danika Worthington

Arizona went from no American Lung Association support groups for people with lung diseases at the start of 2011 to over 20 in two years. In September, Arcadia joined the numbers with a club of its own.

Better Breathers is a free support group through American Lung Association that hosts meetings focused on educating people with chronic obstructive pulmonary disease. The club brings in speakers from various fields to talk about the issues people face with the disease.

Chronic obstructive pulmonary disease is an umbrella term used for chronic lung diseases that restrict airflow making it difficult to breathe, according to the World Health Organization.

"It seems to give them some comfort that there's other people out there that have similar problems," said Kathy Patterson, who runs the Arcadia and Sun City Better Breathers clubs as well as teaches respiratory care at Gateway Community College.

Patterson said she noticed there were no Better Breathers clubs in the Arcadia area. The new club has four members but hopes to grow, she said.

"I felt that there was a need for it," Patterson said. "I said, 'wow, these people out here have nothing.'"

In Arizona, 250,000 people have been diagnosed with chronic obstructive pulmonary disease, said Candace Alexander, program manager at the American Lung Association in Arizona. It is the third leading cause of death in the United States, she said.

The Arcadia group, which started in September, has monthly meetings housed in the lobby of Arizona Center for Chest Disease on 40th Street near Camelback Road, said Dr. Cameron Dick, physician at the center.

Patterson said she notices people change after becoming involved in the support group.

"They're more accepting of what's happening with them," Patterson said.

"They're more at ease with it. They're more willing to seek knowledge. They catch fire with others who are like, 'I'm not going to let this keep me down.'"

Dick also said these support groups are beneficial for patients with lung diseases, especially when it is difficult for some to get out of the house to go to stores or restaurants, he said.

"They basically become shut-ins because it's so hard to go out with oxygen (tanks)," Dick said.

In the past, there were more pulmonary rehab programs run by hospitals, Dick said. But when Medicare changed its coverage, people could not afford rehab and the programs closed, he said.

Better Breathers is free for people with chronic obstructive pulmonary disease and their loved ones, Alexander said.

"More often than not, people living with lung diseases are spending significant amounts of money on medication," Alexander said. "They also, more often than not, are living on a fixed income. We feel like it's a way of giving to a group of people that, for the most part, have worked all their lives and have given a significant amount of their efforts to their community," Alexander said.

There were other support organizations in Arizona prior to Better Breathers. The program in Sun City became a Better Breathers in 2011, but Patterson had been running it for 30 years.

Better Breathers started as a grassroots effort in the 1970s. Arizona had its first program in 2011. It now has 20 programs, ten of which are in Phoenix, Alexander said.

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Tough challenge returns

By Kathleen Shipman

Calling all fitness enthusiasts, dare devils, and those who are simply crazy enough to participate, as the premiere adventure challenge Tough Mudder returns to Arizona, April 5-6, 2014.

"Tough Mudder is for anyone 18 years and older who wants to challenge themselves physically and mentally," said Nolan Kombol, Head of Course Design.

Designed by British Special Forces, this worldwide team event is a 10-12 mile course made up of some of the most intense obstacles imaginable. Twelve foot walls, electricity, fire, ice water, and of course mud, are just some of the elements that have horrified Tough Mudder participants during past challenges. For this year's Tough Mudder, brand new additions have been made to the already diabolical event.

"The Arizona 2014 course will have at least five obstacles that were not part of the 2013 course," said Nolan. "Two of these will be Glory Blades and Just the Tip. The other three are still under development and won't be revealed until closer to the event. The course route will also be brand new."

Tough Mudder is far from a competition, but instead a way for individuals to test their strength and stamina through the workings of a team. Participants are encouraged to help one another throughout the intense challenge, while leaving no man behind is a core expectation.

The rewards for completing a Tough Mudder are immense. Besides receiving the iconic orange headband along with a well-deserved beer, a participant can expect to gain an overwhelming sense of triumph for their achievement.

Although there aren't specific physical fitness requirements for Tough Mudder, which also greatly encompasses your mind as well, all participants are expected to train hard in preparation for the event.

"On the courses, you'll see everyone from war veterans to personal trainers to pageant queens," said Nolan. "All of them have the same goal; to push their boundaries and earn that coveted orange headband."



The proceeds of the Tough Mudder challenges are donated to the Wounded Warrior Project. So far to date, Tough Mudder has contributed over 6 million dollars to this very worthy cause. The money is spent on combat stress recovery programs, adaptive sports programs, benefits counseling and employment services. Tough Mudder has also been very helpful to the veterans who actually participate in them.

"Wounded veterans see Tough Mudder as an opportunity to overcome literal and metaphorical obstacles, and we constantly hear from them how important Tough Mudder is to their recovery," Nolan said.

If you and your friends think you have what it takes to take on the upcoming 2014 Arizona Tough Mudder challenge, check out their website, <http://toughmudder.com>.



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Phoenix Public Library Helps Patrons Navigate Health Insurance Market

By Kathleen Shipman

With the Affordable Care Act (ACA) now in effect, many residents are required to find new health insurance or even have the ability to purchase it for the first time. As with any new program, there has been confusion on how to navigate through the government's website, the Health Insurance Marketplace. The Phoenix Public Library is offering patrons assistance in how to do so.

"We are supporting the Health Care initiative that the Federal Government enacted on October 1 by offering free healthcare workshops to the public," said Kathy Husser, Adult Services Coordinator of The Phoenix Public Library.

This program is available at all 17 library branches, while schedules and services may vary. Workshops are one of the options offered at some of the Phoenix libraries. In this group setting, a facilitator teaches people how to obtain their health insurance. Step by step, they are guided through the Health Insurance Marketplace website, which was created to lessen the stress of choosing the right insurance company.

The other option available to patrons

is one-on-one help. Arcadia's Saguaro branch provides this with the help of ACA navigator, Janet Viloria. She gives individual guidance in regards to the Health Insurance Marketplace website, either on personal lap tops or the designated workstation computers.

"We're encouraged by the response so far," said Theresa Shaw, Librarian at the Saguaro Library.

The ACA allows people who were unable to afford health insurance in the past, the power to do so at a much more affordable rate. Not every person has a computer in order to get this insurance, which is another reason Phoenix Libraries have made them accessible.

"Each has their own designated healthcare.gov computer," said Husser.

"The theory is that they will always have accessibility to the website if they need it."

Please check with your local Phoenix Public Library for a list of their schedules and services regarding this program, or call 602-262-4636 for more information.

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New Year's resolutions for better pet parenting



Oliver has turned his house upside down with puppy behavior.

By Michelle Donati-Grayman

Like many Arcadians, I have dogs. Three, to be exact.

I always thought I was a good dog mom, until Oliver came along. Oliver is our newest family member, a German shorthaired pointer puppy my spouse and I adopted last summer.

It's been years since we last experienced

puppyhood, and don't recall it being particularly difficult. We were wrong.

Oliver has eaten his way through anything that has crossed his path over the last seven months. The casualties range from dog beds, books and pool noodles to the backyard drip system and the leather couch.

What about dog toys, you wonder? Our house has become a graveyard for those. A toy that claimed to be "virtually indestructible" lasted a whopping 15 minutes. In its defense, that's about three times as long as most other toys have lasted.

How has this sweet, not-so-little-anymore puppy turned our house

upside down? I'm not sure, but the madness must end. That's why my resolution this year is to be a better pet parent.

To start this journey, I consulted Jade Whitney, canine behavior specialist and founder of Team Canine. Whitney trains dogs in Arcadia and across the Valley. But if you ask her, she'd tell you humans are the ones who actually need training.

After all, she says it's the canine guardian – not the canine – who needs to learn how to communicate and problem solve behaviors.

Whitney helped me identify the three common mistakes pet owners make and fixes for each.

MISTAKE #1 TOO MUCH FREEDOM

"Giving a dog free range to the entire house is a big mistake," Whitney said. "In doing so, you are unconsciously setting your dog up to fail."

If a dog is blowing it by having too much freedom, you must take away the freedom and only give enough for the dog to be successful, according to Whitney.

Crate training can help, but some aren't open to it. Whitney says pet owners often project their emotions on a dog. They think they wouldn't like it, so their pet won't either. However, she said the den-like atmosphere a crate creates gives a dog a sense of security.

MISTAKE #2 MISCOMMUNICATION

This may come as a surprise, but dogs don't speak English, Spanish, or in Oliver's case – German. Rather, they communicate by seeking reactions and responses from humans and adjust their behavior to get what they want. It's trial and error.

So when your dog misbehaves – like running out of the doggy door with your iPhone in his mouth – your response is critical. In fact, if you react the wrong way, you may be unintentionally reinforcing that behavior.

Rather than chasing or yelling at your dog, Whitney says to stay calm, correct the behavior nonverbally and then give the dog verbal praise when they stop said behavior. And only reward behavior you like.

MISTAKE #3 LACK OF EXERCISE

All dogs are unique, and while a daily walk may be suitable for some, others require more. In fact, certain high-energy breeds even may require a treadmill.

Exercise enables dogs to exert energy while providing mental and physical stimulation. Without it, they'll exert their energy elsewhere – and you probably won't like it.

While having access to a lush Arcadia backyard isn't enough, our community is fortunate to have access to the greenbelt and canal, which are ideal places for helping your dog exert energy.

The bottom line: Structure is key.

"Make sure you are clearly communicating what you are looking for," said Whitney. "Set up a foundation of rules so your dog can become a well-mannered member of your family."

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Arizona Autism United helps children and their parents



Greyson with two of his Habilitation Therapists, Nick Cuellar and Kristen Pope.

By Brandon Smith

When Jenna Gish's son was diagnosed with autism 4 years ago she was nervous, overwhelmed and unsure of how the diagnosis would affect her family. That is until she discovered Arizona Autism United, the missing piece to her family's new puzzle.

Arizona Autism United, located off Washington Street and 48th Street in Phoenix, is a nonprofit organization providing services to children with autism spectrum disorders in Arizona. What truly sets AZA apart from other autism habilitation centers across the country is the "Human Services Co-op" model they have built their organization around.

Unlike other centers, AZA does not rely on a board of directors to solely make decisions for the organization. Within the "Human Services Co-op" model,

the families that receive their services govern the organization. When a family registers with AZA they become members of the co-op and have the ability to vote on important issues. In other words, the families become the board of directors.

"To really understand Autism the way that we do, you have to live it," Gish, a Field Staff Liaison with AZA said, "when we have parents sitting on the board and their children are receiving services, you have a very vested interest."

Families registered with AZA have opportunities to attend meetings and vote on things like budget allocations and new programs, participate in surveys, and voice any general opinions they might have to the executive board members.

"This way everyone gets to feel like they are in control because they are in control; they all have a say because this affects all

our families and it affects our lives on an everyday basis," Gish said.

According to Gish, one example of a beneficial change brought about through the voices of AZA families was the addition of a monthly support group for families with autistic children to attend. The families felt the support group was necessary because parents with autistic children face many challenges other parents might take for granted and often don't have a supportive environment they can talk about what is going on at home.

Stacy Strombeck-Goodrich, a mother of 2 autistic children and active member of the AZA Community believes the best thing about AZA is their concern for the quality of life for the child and the family as a whole.

"It's not about 'fixing' our kids because our kids don't need to be 'fixed'. It's just about making our lives easier," Strombeck-Goodrich said.

When Strombeck-Goodrich's first son was diagnosed, she feared her child would never be able to leave the house because of his condition. According to Strombeck-

Goodrich, the impact on her children's behavior and communication skills after working with the habilitation therapists at AZA have been very positive and have helped the whole family understand their new sense of normal.

Through habilitation and support from AZA, Strombeck-Goodrich's children's speech and behavior have improved to the point that she can now take her kids out to dinner and to the movies, two things viewed as big steps for those affected by autism.

Both Gish and Strombeck-Goodrich became involved with autism awareness and advocacy after first being introduced to AZA. Both claimed to know almost nothing about autism before their children's diagnosis, but now have a better understanding for what their children are going through.

AZA stresses parent involvement, according to Gish. The community of people that stand behind AZA all have one common thing they all share and that is the love for their child and their desire to give them the best life possible.

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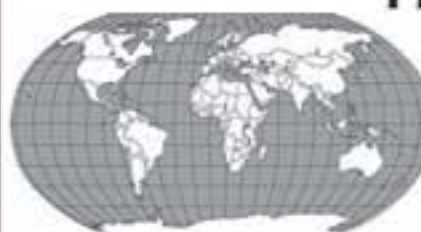
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New machine helps the fight against cancer

By Tyler O'Tremba

Arizona Center for Cancer Care opened a new facility on the Scottsdale Healthcare Osborn Campus.

This facility is home to an exciting new machine, the Varian iX Linear Accelerator, said Dr. Luci Chen, a radiation oncologist at the AZCCC.

"The machine allows us to deliver intensity modulated radiation therapy that can deliver treatments in a few minutes instead of 45 minutes to an hour," said Chen.

Dr. Diane Racine, a Scottsdale Healthcare medical staff member said the machine would help give higher doses of radiation to tumors.

"This will create fewer complications and less immediate and long term side effects," Racine said.

Chen said, "At this facility we will work with other neurosurgeons in the area, and help treat small areas of cancer on the brain."

The director of oncology for Scottsdale Healthcare, Lindsay Thomas said, "Our goal was to bring the best physicians together to give the best care to patients."

"We have a neuro-oncology clinic every Wednesday with our surgeons and we are increasing the presence of neurology here



Dr. Luci Chen stands with the new Varian iX

with other doctors," Chen said.

With the iX Linear Accelerator and the RapidArc Stereotactic Radiosurgery, Chen said treatment would be more efficient.

"It's about speed and precision with cancer, and the machines at this facility help us fight it faster and better," said Chen.

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Grid bikes moving forward

By Katie Mayer

A new way to travel around town will arrive in Phoenix this spring, and officials believe it will be a healthy addition to Valley's public transportation system.

Known locally as Grid Bikes, the bike-sharing program is a partnership between the City of Phoenix and private company CycleHop, and will offer residents and visitors the opportunity to rent a bike and return it at another bike-sharing location.

The first phase of the program will include approximately 500 bikes along Phoenix's METRO Light Rail, said Matthew Heil, spokesman for the City of Phoenix Street Transportation Department. Officials are currently evaluating 60 potential locations to place the bike racks, but they do not yet know if any of these locations will be in Arcadia. Later phases of the program will make the bikes available in Tempe and Mesa.

"This becomes a natural extension to transit," said John Romero, CycleHop's director of operations.

The bikes are bright green and will allow users to make reservations, purchase day passes or longer-term memberships at kiosks online or through smartphone apps. The bikes themselves will be equipped with solar-powered, GPS-enabled locks and can be parked at any of the special kiosks or traditional bike racks.

The City of Phoenix is not paying any money to implement the Grid Bikes program, officials said, and Cycle Hop is planning to profit by renting the bikes, and also through selling advertising space on bike racks and the bicycles themselves.

Arcadia resident Jennifer Chang said that she likes the idea of the Grid Bikes program because it encourages people to be healthy.

"Any way to get people out of their cars and exercising is good," Chang said. "I think a lot of the younger people would use this."

However, a number of Arcadia moms said they could not imagine using the Grid Bikes program, because it would be too



difficult with young children.

"I have five kids, so I'm never going to take five children on it," said Niki Johnson.

The bikes are designed for one to three-mile rides and are not created for child seats or towing children, Romero said.

The Bike Share program with CycleHop has already launched in Buffalo, New York and Hoboken, New Jersey, with programs in the works for two cities in Florida and in Atlanta.

"The bikes coming to Phoenix are the third generation bike, so they took all the field test info from the last implementation and it's an improved machine," Romero said.

To prepare for a more bike-friendly environment, Phoenix officials have begun working on a 20-year bicycle master plan. The plan will define the type of bicycle infrastructure investments that must be made, identify transportation corridors and propose other changes necessary to make a safer and more supportive environment for bicyclists, officials said.

"The bikes add a layer of enrichment to the experience of just living in the metro area," Romero said. "It changes the perception of our city as a forward-thinking city about options for residents other than vehicles and being a car-centric environment that we've been for so many years."

Visit them online at, go to gridbikes.com.

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Fox Restaurants gives Arcadia newest creative concept



The Henry and XV Coffee mark the 15th concept for Fox.

By Amanda Goossen

For Sam Fox and Fox Restaurant Concepts, The Henry is a milestone. The fifteenth concept in a series of highly successful restaurants in the Phoenix and surrounding areas, this, the most recent, seems destined to be the crème de la crème.

"When it's all said and done," said Sam Fox. "The Henry has the potential to be my favorite."

Last year when Fox Restaurant Concepts moved their office building from Scottsdale, which was located directly over their Sauce and Olive and Ivy Restaurants, they knew they wanted to again, be closely connected to their eateries.

"Every day we would have coffee at Olive and Ivy, lunch at Sauce and happy hour or dinner at Culinary Dropout," said Fox. "It's important to us to be in our restaurants and with our customers. We want to stay connected."

When they outgrew their office space, a building on Camelback in Arcadia seemed to be a perfect fit. The only problem, a restaurant was missing from the equation.

The plans would have to be drawn up.

The Henry, situated directly underneath the beautiful and ultra modern offices of Fox Restaurant Concepts, is made specifically as if an extension of owner and CEO Sam Fox's

Places We Liked

The Henry
4455 E Camelback Road
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living room.

Comfortable yet cool, The Henry is modern but somehow feels to be set in a large historical building in Boston rather than a corporate office building in Arcadia. The view of Camelback Mountain from the spacious patio, however, is a quick reminder to locals that we are in fact, home.

The Henry is Fox Restaurant Concepts' home base and the food, design, and vibe truly overflow with greatness. No detail was too small, no idea left off the obviously thorough plans.

The first thing any visitor will notice when arriving at The Henry is that not only is there one concept, there are two.

XV Coffee Bar and Larder (open daily from 6:30 a.m. – close) is located at the entrance of The Henry, serving breakfast, coffee, and pastries all day long. Designed with a sliding glass window for outside ordering and a fully stocked grab and go

refrigerator of freshly pressed juices and take-out orders, XV (named because The Henry is FRC's fifteenth concept) is a welcome arrival to this hustle and bustle business corridor of our community.

Not only are the pastries a true treat, but the coffee is a proprietary blend made specifically for The Henry. And the specialty coffees are rich, flavorful and unique to XV.

Chef Christopher Wolven, an Arizona native with an extensive and varied culinary background, masterfully crafted the menu at The Henry. Working in Phoenix and Scottsdale after high school, Wolven worked his way up the culinary ladder eventually taking a coveted role, working for locally famed chef Michael de Maria at Michael's at the Citadel.

Moving to Telluride, CO would prove a smart move for Wolven, where he embraced community-style dinners made with fresh foods he shopped for at his local Farmers' Market.

Continued on page 31



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Henry

Continued from page 30

From there, Wolven would work in New York, Chicago and California before settling in at Cyrus, a Michelin two-starred restaurant in Napa Valley and then eventually to the Restaurant at Meadowood, a Michelin three-starred restaurant in Napa Valley where he spent a year planting, harvesting, cooking and simply enjoying his culinary role.

In 2012 when Wolven decided to move back to Phoenix, Fox Restaurant Concepts immediately knew they had to have him. Without a restaurant to house him, the company hired him knowing they couldn't pass up such an impressive talent.

Working at Arrogant Butcher and eventually Culinary Dropout at the Yard, Wolven would soon be given the coveted Executive Chef position at The Henry.

"We knew he was the man for the job," said Fox.

The menu boasts a variety of options, which seem both elegant and comforting. Fresh vegetables are an obvious key ingredient in almost every dish and keen labeling lets diners know that many plates are completely vegetarian or gluten-free.

One cannot go wrong with the decadent Brie Toast, adorned with roasted pear, pomegranate and hazelnuts for an appetizer. The Grilled and Chilled Shrimp are also a promising choice and the Matzah Ball Soup, not a typical menu item is designed from a family recipe and is a solid order.

Salads such as the Kale and Apple with Clementine bacon, Amish cheddar and almonds will impress salad lovers, while the Warm Salmon salad with grilled mushrooms, roasted Brussels, white beans, cauliflower and smoked onion vinaigrette was so mouth watering good that I was sad when it was over. The salmon was cooked so perfectly, the vegetables done so right I felt the love and care put into the preparations of my plate.

Sandwiches and entrees vary from a corned beef and caramelized onion C.B. & Rye, to the Chevy Chase, a NY Steak and burnt onion creation on a Parmesan roll.

The Wild Mushroom Tortelli with butternut squash and Parmesan had me thinking about it repeatedly for days after my first bite and the Crispy Half Chicken with two picnic sides (think smashed garlic potatoes, French fries, kale & apple slaw and mac & cheese) is a welcome dish in a city where I personally feel we need more roasted chicken.

The Henry is open for lunch and dinner Monday through Friday at 11 a.m. and for breakfast, lunch and dinner starting at 8 a.m. on Saturday and Sunday.

A combination of all things Arcadia loves, from great food and coffee to a comfortable, cool atmosphere that feels like home and a wide open space for friends and family to gather, the most recent concept by Fox was obviously meticulously planned for our beloved community.

Z'Tejas CEO opens taco and tequileria

By Amanda Savage

In medieval times a guild was an organization of people with similar interests. It was the epicenter for the community, organized by enlightened people and merchants.

That's the idea behind Taco Guild. To bring locals, foodies and drinkers together to enjoy the very best of what their community has to offer.

Taco Guild's parent company, Z'Tejas, is a long standing Scottsdale-based success story — of over two decades. But CEO Steven Micheletti told *Arcadia News* that he started playing with the idea of a farm-to-table concept, with smaller menus about two years ago.

"I am a bartender at heart, I wanted to do a fun bar (too). So we started talking about how to merge farm-to-table with a bar concept."

Nestled in Phoenix's urban Midtown, Micheletti decided to create the bar and restaurant out of an abandoned church — whose origin predates Arizona Statehood (late 1800s). Micheletti explains that he wanted to choose something that had "been part of the community for an extended time."

Taco Guild lives and breathes local, from its location to the provenance of its ingredients. Under the direction of Guild Master and Director of Operations Mathew Janiec (with Z'Tejas for over 13 years), Taco Guild's menu is a simple,

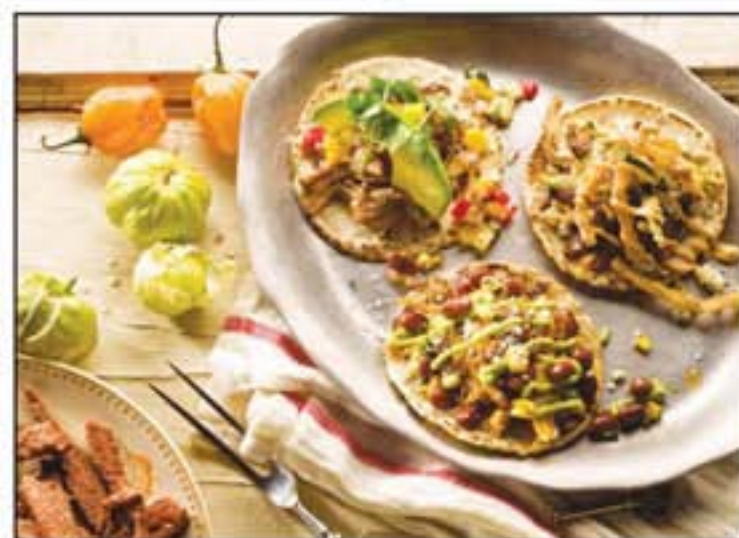
fresh concept.

The menu offers appetizers made to share, like four different types of guacamole, as well as Queso and Chorizo Albondigas.

Tacos are the highlight of the food menu and are divided into new and old world. Old world showcases traditional flavors like braised chicken, pork and roasted vegetables. While the new world menu offers items like Thai Snapper and Peking Duck. There are also revolving daily tacos and an unlisted brunch taco served with scrambled eggs, jalapeno and bacon.

Each taco is prepared with a made-to-order tortilla and chips and salsa. Taco Guild uses a rice oil in food preparation making gluten-free and vegan options available.

For every three tacos a complimentary side is offered, like Crispy Poblano Onion Straws or Sofrito Red Beans. The menu also offers salads like the Grilled Romaine, which is a textured and flavorful salad and a build your own burrito.



Taco Guild offers an extensive tequila menu. Bound between a leather cover and a piece of wood the menu is packed with pages of information about the origins and distilling process of different tequilas. The restaurant and bar also serves-up local brews from Cartel, Four Peaks, San Tan and other local breweries. And offered is a mezcal and tequila centric drink menu. Try the fresh and fruity Erbe Hancock and the La Flaca.

Taco Guild is located at 546 E. Osborn Rd., on the northwest corner of Osborn and 7th St. in the Old School plaza next to Starbucks. Taco Guild is open Monday through Thursday 11 a.m. – 11 p.m., Friday and Saturday 11 a.m. – 12 a.m. and Sunday 11 a.m. – 9 p.m.



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Breakfast spot brings retro vibe, scrumptious pancakes

By Amanda Goossen

After 17 years in Phoenix, David Birzon, was looking for a change. The former president of Paradise Bakery not only had sights set on a change of scenery but on working with a new small business.

After moving to Colorado, Birzon wanted to work with a business he believed in. Something unique. And after looking all over the United States, it was a company in his own state that showed the promise he desired.

Snooze was the concept, the company, the creativity he was looking for.

"No one has done anything different with breakfast for 30 years," said David Birzon, president of Snooze. "I thought, this is so clever."

Meeting Snooze founder Jon Schlege and his brother (CFO), Adam Schlege was all the confirmation Birzon would need. Now as CEO, Birzon is working toward bringing the company to a broader audience.

Snooze was founded in Colorado in 2006. San Diego would soon become home to this quirky joint as well. But Birzon knew Phoenix was the place where

Snooze

2045 E Camelback Rd
snoozeeatery.com 480-725-8000

Snooze could truly flourish.

"David really brought to light what an incredible, artsy, independent and culinary-driven city Phoenix is," Adam Schlegel said. "Innovative mixologists, artisan bakeries, farm-to-table restaurants, light rail transportation, and young, tight-knit communities committed to building their neighborhood – it felt fun, familiar, and like home."

It's as if Snooze and the city of Phoenix were simply made for each other.

"Phoenix is such a great city," said Birzon. "We see Snooze as a community gathering spot which is perfect for this city."

Another focus for this sweet and savory breakfast haven, is charity.

Before the restaurant opened in the Town and Country shopping center in November there were four days of soft openings with funds going to a different

group each day. \$16,000 was raised before the doors even opened to the public.

Snooze heavily integrates with charities in its daily business as well, giving back 1% of sales annually and plans to partner with charities such as Not My Kid and St. Mary's Food Bank, the oldest food bank in the world.

The goodwill at Snooze, however, is only the beginning of its greatness.

The colors, the style, the coolness of the interior will draw you inside.

"We like to say we're part Jetsons, part Happy Days, part Flintstones," said Birzon.

The retro vibe and large circular booths make you want to have breakfast with your ten closest friends...and stay all afternoon.

And with the heaping plates of Snooze-style breakfast, you'll desperately hope for the chance to stay far longer than socially acceptable.

Pancakes are sort of a thing here with Pineapple Upside Down, Sweet Potato, Carrot Cake and Blueberry Danish being the real deal. Each is packed with a punch of flavor. Choose the Pancake Flight and you'll find yourself leaning over a platter of your three favorite choices and a fork full of fluffy goodness.

Eggs Benedict are another Snooze staple and six different versions guarantee something for everyone.

The Ham Benedict III is the classic, evolved with their signature English muffin topped with shaved hickory smoked ham, poached eggs and smoked cheddar hollandaise.

The Chilaquiles Benedict is flavorful barbacoa beef over a stack of ranchero sauced tortillas and melted cheese, poached eggs and cream cheese hollandaise, pico de gallo and cotija cheese.

The Upstream Benny is absolutely decadent with Honey Smoked Salmon tossed with cucumber and corn salsa



The Pineapple Upside Down Cake

and served over jalapeno-cream cheese spoonbread, topped with poached eggs and cream cheese hollandaise.

And that's just the beginning.

The bar just might be the crowning achievement in a place where choosing the best part of the experience is far from simple.

From a Mimosa with Pama Pomegranate Liqueur and Champagne topped with orange juice to a Bloody Mary with Odwalla Carrot Juice and a Hound Dog with Citrus vodka, grapefruit juice and a touch of raspberry liqueur, the mixologists obviously know what they're doing behind the bar.

If a typical breakfast beverage is more your style, there are plenty of well-crafted lattes, herbal teas and a really good cup of coffee.

Run, don't walk, to my favorite new place to indulge. You might just see me there!

Snooze is open daily from 6:30 a.m. – 2:30 p.m., serving breakfast all day.

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Daughter inspires mother's bakery and business



Julie Moreno proudly presents her Gluten-free cupcakes at her new Arcadia bakery and cafe.

By Danika Worthington

When Julie Moreno's daughter Sophia was 9, she started complaining of stomach pain. The next morning Sophia was doubled over in pain and Julie took her to the emergency room.

Doctors wanted to remove Sophia's appendix but Julie, skeptical of the diagnosis, asked them to run more tests.

Sophia Moreno was diagnosed with celiac disease, a condition where gluten damages the lining of the small intestine and prevents the body from absorbing some nutrients.

"That's sort of why we started this whole thing in the first place," said Justine Hankerson, Sophia's sister and chef.

Roughly 3 years later in mid December 2013, the family opened Jewel's Bakery and Café in Arcadia.

Jewel's serves gluten-free breakfast and lunch options with items such as omelets, flatbreads, sandwiches and salads all made from scratch. The bakery has a variety of items including cinnamon rolls and donuts. Vegan options are also available.

"Instead of just offering gluten-free dishes, the restaurant is completely gluten-free to avoid cross-contamination, especially in the bakery," said Julie Moreno, owner and one of the bakers at the café.

"If you're going to do gluten-free, to do it the right way, you have to go 100 percent," Julie said.

"Cross-contamination of food with gluten and without gluten at restaurants is something people with celiac disease have to be careful about," said Ruth Arieli, member of the Phoenix chapter of the Celiac Disease Foundation.

Arieli, whose husband had celiac disease, said when a restaurant is not completely gluten-free, it's easy for waiters or staff to not understand the importance of keeping gluten and non-

gluten foods separate.

"For example, if a salad comes with croutons, employees may just take the croutons off and bring back the original salad," Arieli said. "At that point, the salad is already contaminated and dangerous for someone with celiac disease."

"You can't become complacent," Arieli said. "You could be mistaken."

Julie said the healthiness and tastiness of fresh gluten-free food is a bonus for the café.

"Being able to buy (gluten-free) things that are fresh baked with no preservatives is hard," Julie said. "We can offer super fresh things to people. You can actually eat a sandwich that wasn't frozen."

Although this is the first restaurant the Moreno family has owned, it's not their first experience baking gluten-free, Hankerson said.

When Sophia was diagnosed with celiac disease, the family started to cook gluten-free.

"I just loved to bake and cook all my life," Julie said, "I had to find a new way to do it."

The family began to sell their baked goods at farmer's markets two and a half years ago.

Now Hankerson, 22, will be taking that experience coupled with roughly six years of working in restaurants, to be the chef of Jewel's Bakery and Café.

Julie Moreno said the family did well selling at farmer's markets but eventually outgrew their working space.

"We just had a huge demand and I had three bakers that were working out of my house full time," Julie Moreno said.

Jewel's Bakery and Café is open seven days a week from 6:30 a.m. to 3 p.m. It is located on Thomas Road near 40th Street.

"We put our heart and soul into it," Hankerson said. "It's what we're all about. It's what we want to do everyday."

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Home juicing offers economical alternative to trend

Arcadia's Cookbook

By Heather Kinkel

Last summer, Lance and Susan Rauhoff noticed a growing trend in Arcadia: delicious handmade juices and juice bars.

Fresh and healthy ingredients plus amazing taste had them hooked immediately. The \$7 price tag on each bottle, however, quickly put the brakes on their new indulgence.

Lance, a pastor at Living Streams Arcadia, and Susan, also on staff at Living Streams Arcadia, decided to invest in a juicer. They calculated the cost, and found that the cost of juicing their own drinks at home would average \$1.50 per 12 oz. juice.

After a little bit of trial and error – not to



Lance and Susan Rauhoff prepare a fresh fruit and vegetable juice.



grapefruit through the juicer, but it MUST be peeled," adds Susan, "otherwise the juice is extremely bitter."

Their two sons, Will (10) and Charlie (8) aren't huge fans of mom and dad's favorite green juice combination, but anytime they juice fruit, they love it!

Lance and Susan juice at least 2 to 3 times per week, shopping at Costco and the Arcadia Farmer's Market, and store the juice in the refrigerator.

"It's important to squeeze a little fresh lime into your finished juice before you store it in the fridge, that will keep your juice fresh for at least 2 days," Susan said.

"I drink a 12-ounce drink almost every morning," said Lance. "I've actually lost about 30 pounds since September by just incorporating one of these juices as a meal each day."

THE RAUHOFF'S FAVORITE FRUIT AND VEGETABLE COMBINATION:

Kale	Apple
Spinach	Pineapple
Cucumber	Ginger
Carrot	

Squeeze of fresh lime before storing. Add as much or as little of each ingredient, alter according to personal taste!

mention 3 machines later – they now have a great home juicing system that works for their family.

"Years ago, we had a Jack LaLanne juicer, but the Breville has just turned out to be a better machine," Susan says.

Their current make and model, the Breville Juice Fountain Elite is quite the machine.

Made almost entirely out of stainless steel, it's heavy, sturdy and can juice just about anything they put in it.

This juicer even has an environmentally conscious feature: the pulp container (where the peel / waste of the fruits and veggies goes) has the option of a compostable bag liner.

Lance and Susan have found that skipping the compost step works great for their yard.

"We love the pulp from our juicing," Lance says, "after every batch of juice we just sprinkle all of it in our garden and flower beds. We've seen a huge difference in our plants, it's like instant fertilizer."

The Rauhoffs don't follow a specific recipe, but have found certain fruit and vegetable combinations they love.

They've also found certain fruits and veggies they don't enjoy in their juice. For example: beets, unpeeled citrus, and red bell pepper.

"You can add a quick squeeze of lime at the end, or even put a whole orange or

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Vegetarian? What to eat?

By Amanda Savage

If you are currently a vegetarian, have been, are considering making the transition, or are a friend or relative of a veg – chances are you've heard this question.

What Can You Eat? is a new monthly column designed to help meat-free diets find great dining options in Phoenix.

I've been a vegetarian living in Phoenix for nine years and am currently making a slow transition to a vegan lifestyle. I chose to be a vegetarian for my reasons, but I'm aware that not everyone chooses a meat-free lifestyle for the same reason. Whether you're a vegetarian for your health, religion, you want to lose weight, are an environmentalist or animal lover – none of that matters here.

I think being vegetarian isn't about whether you eat eggs or not, or who does it better, it's about making a choice based on your individual beliefs and following through with it the best you can.

My goal is to help other veggies and friends of veggies in the area find dining options that everyone can enjoy. I don't want you stuck asking your server a million questions or feeling uncomfortable because you're not sure if the place your friends picked will have options for you.

Going out should be fun and easy.

Each month I will feature a location or specific food option (like nachos) and list the best tasting vegetarian and vegan options in the area.



This month I ventured out to Taco Guild (see the profile on page 31), and to my pleasant surprise there were great-tasting vegetarian and vegan options.

Taco Guild uses a rice oil with their food, which is great news for Mexican and southwest food lovers whose options are limited due to the use of lard as a cooking agent.

Their tortillas and chips are fresh and completely vegan.

Start with chips, salsa and guacamole. Then order the grilled seasoned vegetable tacos. The tacos are packed with fire roasted vegetables and vegan jalapeno hummus and topped with feta cheese. Ask for no cheese to make them completely vegan.

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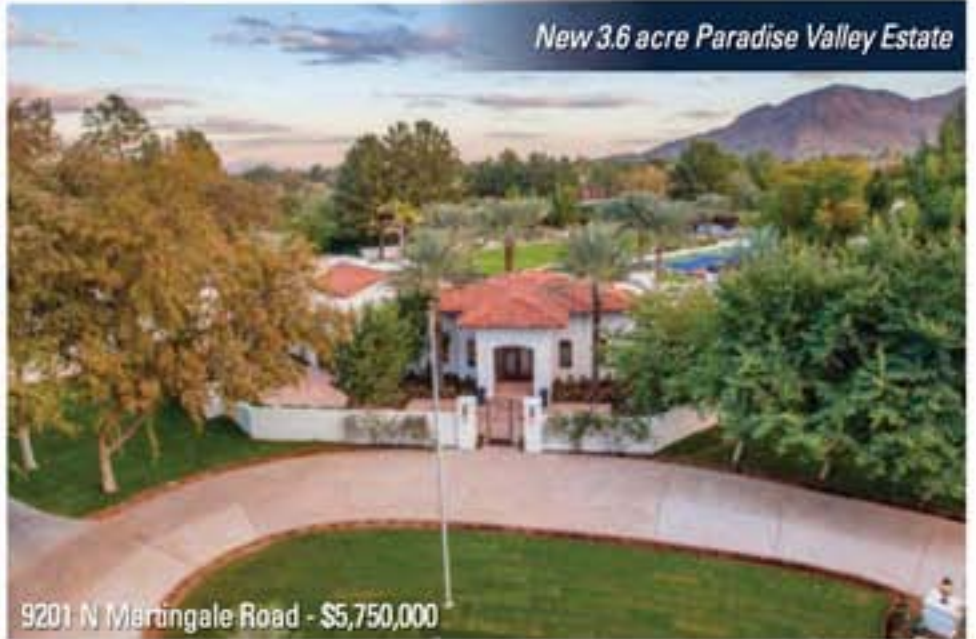
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Local chef shares his favorite go-to meals

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Chef Chris Newstrom of Joyride Central shares his Top 5 Favorite Go-To Meals.

Whole Roasted Chicken with Smoked Paprika and Jasmine Rice

"This is my favorite because roasting a whole chicken keeps it juicy, and you get to enjoy both white and dark meat. It also makes great leftovers."



Beet Salad, one of Chef Chris Newstrom's Top 5 Go-To Meals.

Beet Salad

"When I feel like making something light and healthy, I whip up a light salad featuring anything that's in season and in my refrigerator. Right now, beets are fresh, so they create great salads this time of year."

Honey Crunchy Peanut Butter, Organic Strawberry Jam and Poor Bros Jalapeno Chips

"This one may sound odd, but it's delicious. You get creamy & sweet, coupled with crunchy & spicy."

Risotto

"I love making risotto because it's so flexible. You can change it depending on your cravings and the season. My current favorite is wild mushroom & herbed chicken."

Seasonal Veggie Stir-fry

"This is perfect when you want something healthy. I load up on my favorite seasonal veggies at the grocery store for a fresh & healthy meal."

Beet Salad Plate

2 cups mixed greens
1.5 oz. lime vinaigrette
12-15 leaves purslane
1/2 cup roasted peeled beets
8-9 pieces, marinated papaya
1/4 avocado (cut in 12 pieces)
2 tsp. pepitas, toasted
2 Tbs. sheeps milk cheese
13 leaves cilantro
2 tsp. thinly sliced scallions
Fresh cracked pepper to garnish

- Place greens and beets in a clean bowl. Drizzle most of the dressing over beets, and then over greens.
- Add purslane, cilantro, and 1/2 of scallions.
- Toss to combine.
- Stack greens up in the center of the plate as high as possible.
- Lay beets around the greens.
- Lay papaya, and avocado around greens.
- Sprinkle goat cheese around the plate.
- Garnish in this order: pepitas, cilantro, scallions, and cracked pepper.

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Getting the kids back on track after the holiday season



By Heather Kinkel

Well, the holidays are over. Although they were surely filled with joy, peace and love, they were most likely also filled with late nights, junk food, and lack of routine!

The kids are headed back to school and we all want to motivate them just a bit to get back to reality. There's plenty



In the Arcadia News Kids Corner, local mom Heather Kinkel shows how to liven up the everyday.

of excitement in seeing friends back in the classroom and sharing their new toys. However, there is most likely a little less excitement when it comes to getting up

early each morning and (most dreadful of all) homework.

It's a tough job for everyone involved, but a little something out of the ordinary in your kiddos' lunchbox might be just the thing to brighten their day on those first few days back!

Here's a fun little craft that can be done on the last few days of winter break that

mom, dads and kids will all enjoy. Make these fun clothespins and stash them in your school lunch drawer as a surprise to the kids' lunch packaging and a way to encourage healthy eating.

Snack Pins

Clothespins
Craft Glue
Decorative Items: glitter, googly eyes, felt balls...really whatever you have on hand.

Method:

- Spread a little glue on the flat side of the clothespin, then pat glitter or place decorative items on top.
- Allow 30 minutes to dry. Clip onto a snack bag or a note from mom or dad!

Healthy Snack Ideas

Cheese and Grapes
Pretzels and Blueberries
Popcorn and Clementines

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Studying in Argentina educates on more than business



Arcadia resident James Robson recently completed a study abroad program in Argentina.

Where's the Neighbor?

By Kaley Kalil

25 year old, James Robson recently completed a study abroad program with the Thunderbird School of Global Management in Argentina.

An Arcadia resident for almost 10 years, Robson traveled to Buenos Aires with other students from his program from

mid-June to late August, this past summer.

"We traveled to Argentina primarily to study business and Spanish, though we also went down with the intention of truly understanding Latin America as a whole by exploring the various countries in the area," Robson said.

Robson stayed with a host mother in the country's capital and largest city, Buenos Aires, where he attended classes almost every day. His classes often included tours

of local businesses and lectures given by Thunderbird graduates now working in the Buenos Aires area.

Robson thoroughly enjoyed living with a host mother and would highly recommend it to anyone studying abroad.

"It gives you a unique perspective on the country, as well as their perspective on how they see the rest of the world and life in general," he said.

"It's fun learning how to adjust to their ways of life, eating the food that they cook, helping them cook and, if you're lucky, meeting their extended family members."

Robson enjoyed sampling the local cuisine throughout his trip, especially the Chicken Milanese – lightly breaded, pan-fried and flattened chicken breasts.

"We ate tons of meat that seemed cleaner and more flavorful than most meats in the U.S.," Robson said.

"One of the greatest snacks were the empanadas," he added.

Empanadas are crescent-shaped pastries filled with anything from meat or seafood to cheese, vegetables or fruit. Robson also enjoyed the local Malbec wines, which came from the Mendoza province of Argentina.

Robson, whom had previously done a semester abroad in Spain when getting his undergraduate degree, has been speaking Spanish for much of his life. He learned through taking Spanish classes in school, living with people who spoke the language

fluently and by conversing with Spanish-speaking workers in the construction industry where he worked when he was young.

Despite his intense class schedule, Robson made time to visit well-known sites and partake in local activities while living in Buenos Aires.

"I would highly recommend going to the Teatro Colón (Colón Theatre, Buenos Aires' main opera house). It is stunning. The architecture is amazing and it is actually fun and cool to go see a show or the orchestra there," Robson said.

Other favorite activities of his included wine tasting in Mendoza and playing polo (a sport resembling field hockey, played on horseback with a long mallet).

While studying in Buenos Aires, Robson also traveled to Uruguay, Chile, Brazil and other parts of Argentina such as Mendoza.

When asked what type of a traveler he is, Robson responded, "I am an adventurer who is looking to learn everything I can about the country that I am in."

"I want to go to as many places as possible and experience as many things as possible. But, above all else, I want to experience the people – meet and spend time with them. You can go all over the world and do a lot of fun and exciting things, but what will stick with you the most are the people you meet and the fun times you had hanging out with them."

This Month's Theme: SCENIC SHOTS

Winning Entry
by Melissa Faulkner



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snapped
reflective waters
in Finland.



Runner Up
Lou Parker
shares a photo
of a Phoenix
autumn sunset.



Runner Up
Jennifer Turelli
captured the
Laramie,
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Christ Lutheran School has just finished construction on its fourth building – in 5 years.

CLS expansion ongoing

By Sarah Stecko

Families will be shocked to see how massive the Christ Lutheran School (CLS) complex has recently grown. Most of its facilities are not even visible from Indian School Road.

Due to the prediction that student population will increase at Christ Lutheran School (CLS), a new facility was built to accommodate over 550 students. The increase is projected to happen in 2-3 years so CLS proactively created more space to prevent overcrowding.

Cheryl Ehlers, Principal of CLS, says this expansion will allow it to take in more students, but still maintain its low student-to-teacher ratio.

"There have been plans and dreams for new facilities for many years, shared by our church and school community," Ehlers said.

CLS has been one of the primary ministries of the Christ Church Lutheran since 1955. To recently renovate, it strategically constructed additions in a three-phase program. The first phase began Fall 2009 with a two-story classroom building that houses 16 classrooms of preschool-3rd grade. The next phase happened in Spring 2013 with a 9-classroom facility because CLS was growing from having two classes per grade, to three. The final phase was

completed recently and the new building opened its doors Monday, December 2, 2013.

The new building is named EMC for its multi-purpose use as an Educational Meeting Center. It features six junior high classrooms, including a science lab, as well as a large meeting room, two conference rooms and a kitchenette. It also has a large music room that is used for extended care purposes in the afternoons. The construction of it required tearing down certain classrooms to remodel. The demolition began when school ended May 2013.

"We often joke that the students are hardly loaded into their cars and buses before the demolition crews drive in to begin the third project," Ehlers said.

The first project took over a year to complete, while the second and third took about 4-5 months each. Ehlers commends the faculty in their efforts with moving and packing to prepare for the additions.

Donations that helped fund the projects were received from members of the church's congregation and school families, former and current.

"Every one is excited, we tried to make it fun and God certainly blessed us with givers and a growing school population," Ehlers said.



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Mayor Lane, Councilman DiCiccio and others gather to celebrate Ingleside's new campus.

Ingleside cuts ribbon to commemorate change

Cheers rang out as Llana Ballew, President of Ingleside's Student Council, cut the ribbon to celebrate the opening of the new middle school campus. On Friday,

December 6, 2013 Ingleside students and teachers finally got to celebrate the completion of their new campus as Scottsdale Mayor, W.J. "Jim" Lane spoke and took a tour. Councilman Sal DiCiccio, SUSD School Superintendent David J. Peterson and Ingleside Principal Chad Caudle also spoke.

When asked his first impressions,

Mayor Lane said, "phenomenal change!"

For everyone associated with Ingleside, the new campus is exciting. Over the past year and a half students and staff have endured construction chaos as the school went from drab to fab!

The new campus boasts increased learning space, state of the art technology, revamped common areas and a long awaited parking lot. Before his tour the Mayor shared a few words of advice for students.

Continued on page 48



Join Us and Make a Difference!

Arcadia News and Perennials have teamed up to help the kids and families at **Los Niños Hospital** in Phoenix. Los Niños is a non-emergency, 15-bed, family oriented hospital, specializing in acute and sub-acute care for infants, children and teens.

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Ingleside

Continued from page 46

"It is important for kids to know that their performance (in school) will help enhance their future and help them move out into the world," said Lane.

He also spoke about improvements in education that he would like to see for Scottsdale students. These included "a matrix of performance at all levels, enhanced teaching and education made available for all children to move forward."

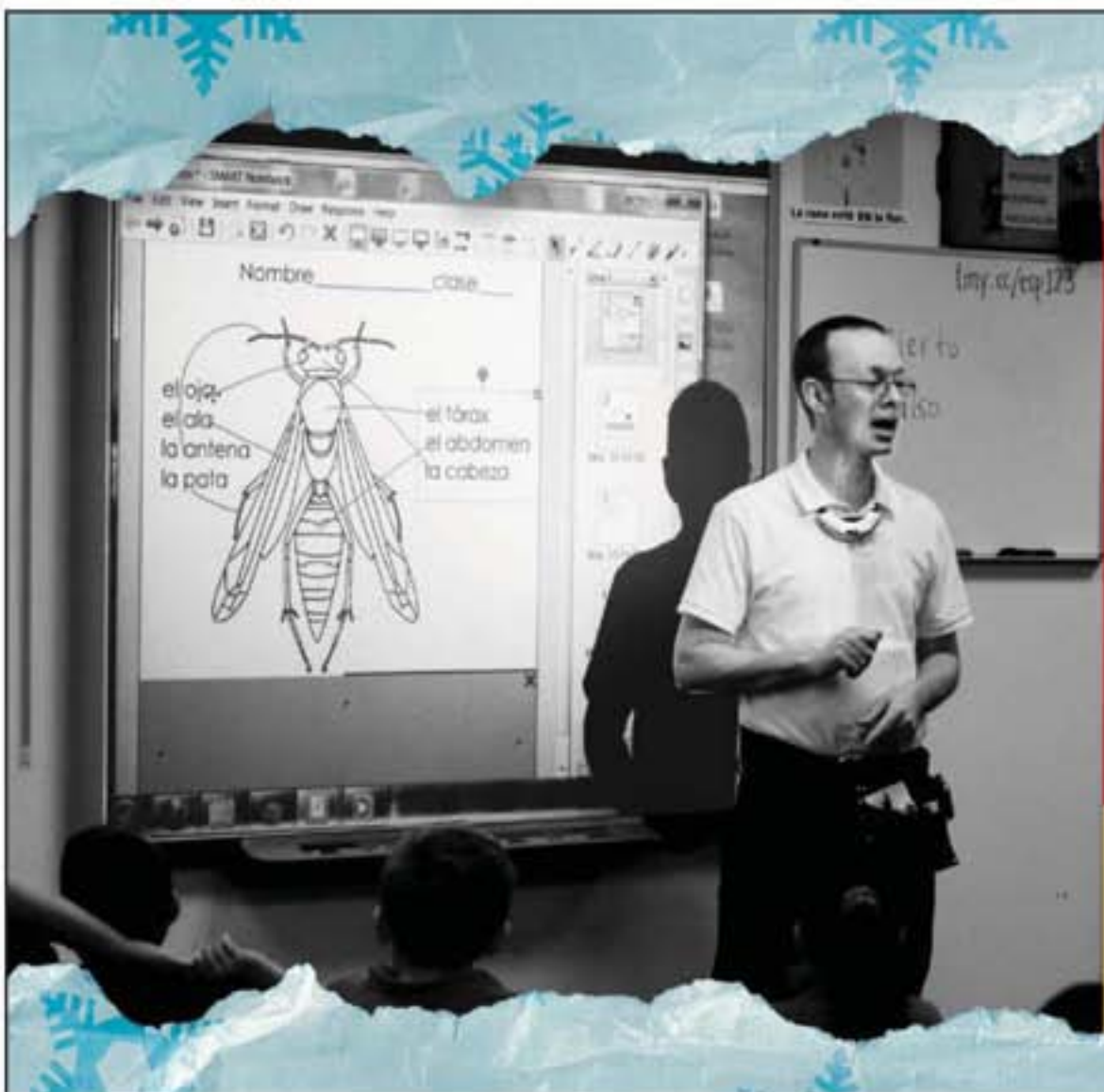
A performance by the Ingleside spirit line and a small reception concluded the ceremony. When asked what she thought of the new Ingleside Middle School campus Ingleside PTO President, Sue Tessmer, summed up the feelings of many in the community.

"I love it!" Tessmer said, "The school has come a long way. I wouldn't want my kids anywhere else!"

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Knowledge inspires E-book

By Colton Gavin

Sean Preuss is concerned about your health. So concerned, in fact, he's devoted his life to studying how lifestyle can improve health.

This year he's written the first in what he hopes to be a series of books: "The Heart Healthy Lifestyle: The Prevention and Treatment of Type 2 Diabetes."

Sean became preoccupied with personal health at a young age.

"I was borderline obese, and I secretly wanted to impress girls," Preuss said. "But over time I found health and nutrition even more important than impressing others."

Preuss first began working out when he was 12 and began pursuing a career as a personal trainer at 18. Over time he met many people who suffered from chronic pain, and it made him realize that while exercise is important, other factors needed to be taken into account.

He began doing research and observing behaviors and eating habits to record the effects those actions had on physical activity.

He would also take note of their effects on circumstances involving illnesses. While the new book focuses on diabetes, Preuss has a variety of strategies to overcome the difficulties of osteoarthritis, heart disease, and other ailments.

"My goal is to add years to people's lives so they can see their next generation grow up," Preuss said. "My work is unique

because it's research based and proven from personal practice."

Preuss prides himself on the flexibility of his strategies. He encourages his clients to only work at a pace where they are comfortable.

In 2007 he had the opportunity to spend a few months helping noted PBS journalist Bill Moyers get into shape.

Preuss said his strategy suited Moyers and earned him praise as one of the finest health experts Moyers had ever worked with.

As for the future books in his prospective series, Preuss is still doing research. Among the issues he's most focused on is emphasizing that weight is not the most reliable marker of health.

While originally from New York, Preuss has been living in the Arcadia area since 2007 and earned his master's in exercise and health sciences from Arizona State University.

He said he loves what he does and seeks to continue building strong relationships with his clients. One of his satisfied clients is his own book editor and fellow Arcadian, Valerie Demetros.

"I sit behind a desk all day and I kind of like that," Demetros said. "But I look forward to working with Sean, and it motivates me to get up out of that chair and work out more than my typing fingers. For someone to do that, they must be good."



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Eagle Scout project to benefit Shemer Art Center



Jacob stands in front of a citrus tree currently at the Shemer.

By Kathleen Shipman

When 8th grader Jacob Staudenmaier wanted to advance from Boy Scout to Eagle Scout, he was required to create a service project in order to do so. The Shemer Art Center became the perfect setting for this project. Being an art lover himself, this Ingleside Middle School student researched the iconic museum and found that their existing orchard was in need of some work.

"The current soil is hurting the trees and killing them. My project will not only save the orchard and help out Shemer, it will also help preserve the agricultural history of Phoenix," said Jacob.

The Shemer Art Center is a non-profit museum that prides itself on being a "home for the arts." They offer art programs, classes, and exhibits to the community.

Shemer itself is a preserved part of history as it's one of Arcadia's first original structures.

Through donations, Jacob is planning on replenishing the Shemer's orchard with organic granite compost, as well as replacing the dead trees with new ones. Creative signage will be placed around the orchard explaining the history of Arcadia, where citrus and agriculture stand as important elements to the neighborhood's past. The opportunity to buy one of these trees as a memorial will also be made available.

"Someone could dedicate a cause, a person, or something that

is dear to their heart," said Jacob. "They would buy the plaque, and it would be at Shemer forever."

The staff at The Shemer Art Center has been thrilled to have Jacob's Eagle Project brought to their location.

"We couldn't be happier," said Jocelyn Hanson, Executive Director at Shemer. "We don't have the money to really enhance the grounds like we would want to. The plan he designed, it will keep on giving as people purchase trees."

Landscaping architect at Shemer, Michael Dollin has been working closely with Jacob throughout the entire project, and had also assisted him in coming up with the idea for renovating the orchard.

"He's been such a great instructor for Jacob. Jacob has been learning a lot about the outdoors and design from him," said Jocelyn.

The residents of Arcadia have been very supportive participants in the project. Many generous donations have been made to aid in Jacob's quest for the orchard's revival.

"It's amazing how much support I've had on my Eagle Scout Project. It's so heartwarming to see that everyone supports me and I'm able to get my fundraising done," said Jacob.

Jacob has also received a lot of encouragement from his Boy Scout Troop 6, who has volunteered to help plant the trees in the orchard.

"Jacob's idea is good because it will be a great way for him and the Troop to give back to the neighborhood," said fellow Scout, Max McCauley.

Other volunteers are needed for the planting of the citrus trees. The project will take place on Saturday, January 25 from 8 a.m. - 12 p.m., at the Shemer Art Center



Jacob shows one of the many plans he's developed with landscape architect Michael Dollin.

located at 5005 E. Camelback Rd. People are asked to bring their rakes, shovels, and gloves. Breakfast, lunch, and drinks will be provided.





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Event planning mom uses expertise for younger clients



Andrea Tyler Evans stands with the costumes she handmade for her events.

By Amanda Goossen

Phoenix resident and mother of two, Andrea Tyler Evans, has been planning events since 1996.

Working on events such as the Heart Ball and the gala opening of Bank One Ballpark (Chase Field) in celebration of The Symphony's 50th Anniversary gave Andrea the experience and confidence to develop her own company in 2003, Events by Andrea.

Then after ten years of planning, prepping and masterfully developing parties and events city wide for charities and corporations such as BlueShield of Arizona, The Nature Conservancy, First Things First, Phoenix Indian Center and

the Arizona Foundation for Women, Andrea knew her life was about to change.

With two young children, Thomas (7) and Ellie (3), Andrea was brainstorming ways to put her party planning expertise to work while still

allowing her to spend quality time with her children.

How, was the question?

Then, when Thomas was turning 5 years old, Andrea was preparing the plans for his birthday party. With a group of boys who idolized superheroes, this crafty mom decided that a party at Pump It Up required extra special party favors. She immediately got to work making over 30 capes. Red and blue went to the boys while the girls gained their super powers while adorned in pink and purple.

Each cape had the first letter of the child's name sewn on the back.

The capes were a massive success. So much so that months later while at a barbeque with friends and family, a 5

year old went running across the backyard wearing his cape.

"The capes really lasted and the kids loved them," said Andrea. "It was really fun to see."

Suddenly a plan began to take root.

"It was hard to do the events I was used to," said Andrea. "So I was thinking of things I could do that involved my kids."

Over a year and a half in the making,

Mobile Make-Believe would begin to come to life.

The summer of 2013 would be spent at Andrea's parents house in California, just south of San Jose. Staying there for two months, Andrea and her mom would sew, design and craft the creations that the Chief Make-Believer had been dreaming up for 18 months.

Continued on page 54



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Fresh look at old records

By Sarah Stecko

Who says no one buys records any more?

Dan Spurr, a local record enthusiast, runs bi-annual garage sales of records in his front yard at the southwest corner of 52nd Street and Avalon Drive in Phoenix. The general contractor has held sales for over 35 years and currently has 10,000-12,000 in inventory.

"I started off as a collector myself, but then I realized I needed to make money to pay for my hobby," Spurr said.

Naturally, being a collector for 10 years prior to becoming a dealer led Spurr to appreciate all genres of music. Through studying the demand of his customers, he carries rock music from the 50s-80s, R & B, soul, comedy, classical, rockabilly, blues, country and jazz records. The genres that are currently best sellers are blues and jazz.

He markets all Elvis and Beatles records in a separate section so they're easier to find for fans.

"Records are becoming more popular again," Spurr said. "They really never died for me."

Spurr first held sales at his home in Scottsdale for five years, and now continues to host them at his current home. He has an extensive customer base of over 125 repeat clients at this location.

To advertise, he mainly relies on word-



Dan Spurr stands with his vast record collection at his recent sale, which he holds twice a year.

of-mouth, Craigslist postings and calling his regular customers personally. He sells about 300-500 records per sale weekend.

Spurr has accepted trades, however it's not often he finds a record he doesn't already have.

His strategy when hunting for records to add to his sales are to pick unusual titles that no local store has. He searches every weekend for additions to his stock. Quality is a deciding factor in his purchases. He is very particular on the condition of the vinyl on the records.

"I do it for the interactions," Spurr said about his garage sales. "I love being able to talk to other collectors all day."

He says the best feeling in the world is being able to sell someone a record that they've been trying to find for 10 or 15 years.

Mom

Continued from page 52

The end result would be clotheslines full and plastic tubs overflowing with Andrea Tyler Evans' passion: capes, princess dresses adorned with stones and sequins, shields, swords and beautiful crowns, along with party favor rings, eye patches and more.

Mobile Make-Believe is a children's party company.

Chief Make-Believer Andrea arrives at the party with costumes in hand. With princess, pirate, knights and superhero

options available, Andrea brings everything the children need to dive in to a day of fantasy fun.

And although the days of gowns, galas and high society have been sidelined for princess parties and cupcakes, this mother of two wouldn't have it any other way.

"It's so much fun," Andrea said with a smile.

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Short stories share author's self-reflection and humor

By Katie Mayer



When Arcadia resident Kindra Hall's husband forgot her birthday one year, she dramatically explained to him that birthdays are important, and he should make her feel

special.

So when her birthday approached the following year, Hall thought she would make gift-buying easy for her husband and showed him the cocktail dress she wanted.

On her birthday, Hall and her husband spent the whole day celebrating and enjoying special activities — but at the end of it all — she didn't receive the dress.

"Of course I threw a fit because I really thought he was going to get it for me," Hall said.

When she confronted her husband about the dress, he was confused.

"He said 'I'm sorry, I thought I was supposed to make you feel special,'" Hall said.

Then, she thought about his words.

"Here's this man that made me feel special all day and I'm going to give him

hell for it?" Hall said. "It was just at that moment when I realized what birthdays should be about."

This lesson is one of many that Hall shares in her book "Otherwise Untold: A Collection of Stories Most People Would Keep to Themselves," which was published in May. In an open and honest voice, Hall takes her readers through a series of incidents in her life ranging from "a raging battle with the offering basket at church to a second honeymoon that was entirely sexless."

The stories are infused with the energetic 32-year-old blonde's signature sense of self-deprecating humor and often lead to self-reflection. Hall wrote the stories on a blog she created in her mid-twenties after moving to the Valley from New Mexico. The blog posts were edited down to a sampling of stories and published as a book.

"The stories, I would say, all have an uplifting feel," said Hall. "It's like really small moments and seeing the humor and what they mean in the bigger picture."

Hall, who teaches spin classes at Studio 360 in Arcadia, said she's been a storyteller since 5th grade when she captivated her classmates with a children's story. Since then, she has continued to share stories with groups as small as her spin classes all the way up to crowds of thousands.

"Spin class passes by so fast because Kindra is so entertaining and such high

energy," said Laura Bill, an Arcadia resident who has read Hall's book and attends her spin classes.

Bill said that she enjoyed reading Hall's book so much that she gave it to her mother and her 14-year-old daughter.

"There's something in there for everybody," Bill said.

Hall says that people often compare her writing style to a family-friendly, cleaned up version of the celebrity Chelsea Handler. But Mark and Chrissy Donnelly, who co-authored a number of "Chicken Soup for the Soul" books, describe Hall's style as a modern take on Erma Bombeck.

"Kindra has a way of sharing stories of her life in a humorous way that strikes a universal cord in everyone who reads them," Mark Donnelly said.

The Donnellys have served as informal mentors to Hall, ever since she met them through her spin class. Before they became highly successful authors, the Donnellys were fortunate to have mentors supporting them. When Hall approached them for advice, they were happy to help.

"It's really fun to see the various authors taking off," Chrissy Donnelly said. "We

think the world of her, and she's hugely talented."

In addition to promoting her book, Hall is currently launching her consulting business where she helps companies and nonprofit organizations tell their own stories.

"I help them find and connect with personal narratives that make people say 'I care about that person, or that brand, and I want to be with them.'"

Hall is writing training manuals to support her clients but said she someday plans to publish more stories from her original blog.

Despite her busy schedule, Hall still finds time to relax with her husband Michael and their two children Arn, 2, and Aune, 1. She said the family enjoys nightly walks around the block where the kids "say goodnight to Mr. Sun" and Hall and her husband spend time catching up on their days.

"I think people think they need to live these really big lives," Hall said. "But our lives can have small meaningful moments, and with a little perspective, they mean something."

For more, visit kindrahall.com.

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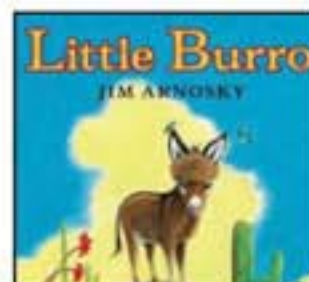
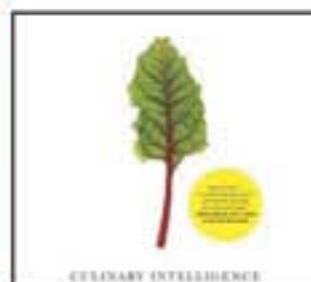
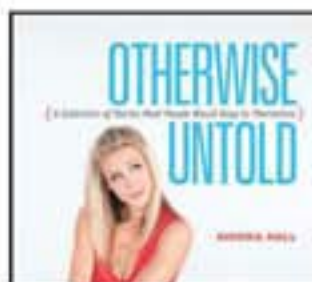
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Author to speak at Arcadia News Book Club in January



Book Club

By Amanda Goossen

It's a brand new year and the Arcadia News Book Club is excited for what's in store.

The past year and a half has brought exciting moments for our reading group. We've watched our group grow from 8 to 28, we've moved to a larger space, twice, and we've had the pleasure of sitting down to skype with the author of the month 18 times. Yes, 18. Even I can't believe it.

Last January we had a local author visit our group to chat with us in person about her novel, the writing process and life in our neighborhood. It's a meeting our group talks about often and remembers with great joy.

And now, this year, because I love tradition, I've invited another local author to speak to our group. Her book is hilarious, insightful and real. She's a fascinating gal and rather fun to talk to (we spoke with her on page... as well) and I just know she'll make a fun addition to our January 2014 meeting.

Join the Arcadia News Book Club at the Saguaro Library on January 30 at 7 p.m. We will talk to Kindra Hall, author of *Otherwise Untold: A Collection of Stories Most People Would Keep to Themselves*.

Email Amanda@arcadianews.com to RSVP or for more information. We hold a pot luck each January and are looking forward to a night of fun.

OTHERWISE UNTOLD: A COLLECTION OF STORIES MOST PEOPLE WOULD KEEP TO THEMSELVES By Kindra Hall

When Kindra was a little girl, she knew she was storyteller. She felt it in her bones. Yet the desire for stability steered her in another direction. One that made more sense.

Years later, however, after finding the financially sound career with a big fancy title, Kindra knew she was going in the wrong direction. This was not her path. To really truly be happy, she would have to build an entirely new path and go after her dreams.

Otherwise Untold: A Collection of Stories Most People Would Keep to Themselves is a collection of events in Kindra's life. Things that have shaped her, changed her and some things, just too hilarious not to share. I must say I laughed out loud and even once had tears streaming down my cheeks as I read her words and realized I wasn't alone in a thought, a memory or a life altering moment.

Kindra is honest, something I wholeheartedly respect and enjoy...and she also happens to be a very good writer.

This story cannot be missed.

FOODIE TOP 100 RESTAURANTS WORLDWIDE By Glam Media

Selected by the world's top food critics and Glam Media's foodie editors, *Foodie Top 100 Restaurants Worldwide* is a

fascinating collection of blurbs about restaurants and menus as well as tips from the critics that I could read all day long.

A terrific coffee table book or conversation starter, this bright orange handbook packs a giant punch of information that will be loved by the die hard foodie in your life as well as the most casual of diners.

After picking up this fun little book I immediately felt the need to get on a plane to Australia or even just to Los Angeles and savor the bites, which helped position these eateries on such a list.

CULINARY INTELLIGENCE: THE ART OF EATING HEALTHY AND REALLY WELL By Peter Kaminsky

For 20 years, Peter Kaminsky was a food critic and New York Times Columnist.

But he was also an overweight chef, about to change his life.

When told he had to lose weight and eat healthier or suffer the severe consequences, Kaminsky knew he was in for a complete overhaul of his life.

Written in Kaminsky's typical tone, this book makes you feel like you're his very best friend just having a regular conversation, yet that best friend happens to be with one of the most respected writers and critics in the world of food.

LITTLE BURRO By Jan Arnosky

Little Burro has a life she loves. She does the same thing every day, in the same

place, in the life she loves.

Then one day, Little Burro's band of burros wants to go to the lake. But Little Burro won't have it, she isn't leaving the place she loves and the things she knows. She is comfortable just where she is.

Little Burro is the perfect book for young readers unsure of trying something new. Precious illustrations and sweet phrases make this a book you and your children will reach for often.

MADLINE AND THE OLD HOUSE IN PARIS By John Bemelmans

Madeline has been a childhood favorite for generations. Now with help of John Bemelmans Marciano, grandson of original author Ludwig Bemelmans, the stories continue.

Madeline and the Old House in Paris is the fourth Madeline book written and illustrated by John, who has promised to keep the children's character true to his grandfather's work, yet with his own unique stamp.

BITS AND PIECES By Judy Schachner

From the bestselling author of *Skippyjon* Jones comes the adorable new children's book, *bits & pieces*.

Tink is a bit of an odd cat. But as odd as he is, he knows his family loves him.

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Make a commitment to seeing music in the New Year



Music Notes

By Craig Goossen

The New Year inevitably ushers in gallant attempts to make changes, adjustments and personal commitments in hopes of making our lives better. Fitness and diet are the typical top choices and you can't pass blame on a person for trying, but if you're looking for a resolution to stick this year I have a suggestion. Put more music in your life.

Whether you choose to go to a concert, play an instrument or put a couple green bills in the jukebox at your neighborhood hang, get more music in your life. Music is good for the soul and undoubtedly will make your life better and vastly more enjoyable. If my out of the box suggestion seems less appealing to your decision to cut calories or break a more frequent sweat in 2014, I understand, but take a listen to this month's selected tracks. Something may strike a cord inside of you, motivating you to take the leap and attend a show in January.

LYMBYC SYSTYM Downtime (2014)

Lymbyc System is a duo of brothers from Tempe. Masters of instrumental upbeat ambient grooves and headlining a stacked bill at the Crescent Ballroom, so take a taxi, get downtown early and stay late.

Lymbyc Systym performs on Saturday,

January 4 at Crescent Ballroom, 308 N. 2nd Street in Downtown Phoenix. Tickets are \$12 and the show is 21 and over.

PICKWICK: Lady Luck (2013)

The Seattle band runs through Phoenix to take the stage at Crescent Ballroom to show off their mixed bag release Can't Talk Medicine from 2013. The LP is a bona fide crowd pleaser and this show should be good fun on a Tuesday.

Pickwick performs on Tuesday, January 14 at Crescent Ballroom, 308 N. 2nd Street in Downtown Phoenix. Tickets are \$15 and the show is 21 and over.

HOT TUNA Goodbye To The Blues (2011)

Hot Tuna is a band consisting of two members of Jefferson Airplane who formed in the early 70s as a side project. They're coming to Phoenix in January and bringing with them the legendary Leon Russell who has joined the tour for a few select dates. Hot Tuna's last LP and first studio release in over 20 years was recorded at Levon Helms studio in Woodstock and exhibits all the magic you could hope for from a quality band like these vets.

Hot Tuna performs on Friday, January 24 at Talking Stick Resort, 9800 East Indian Bend Road in Scottsdale. Tickets start at \$20 and the show is 21 and over.

SKINNY PUPPY: Wornin' (2013)

The veteran Canadian industrial act invades the Marquee with their unique, dark sounds.

Skinny Puppy performs on Monday, January 25 at Marquee Theatre, 730 North Mill Avenue in Tempe. Tickets are \$30.

MUTUAL BENEFIT Strong Swimmer (2013)

Driven by singer songwriter Jordan Lee, Mutual Benefit just released its debut LP, Love's Crushing Diamond. Heavy accolades from the music press have elevated awareness about this band and the Rhythm Room is a fitting venue for us to make our own evaluation.

Mutual Benefit performs on Wednesday, January 29 at Rhythm Room, 1019 East Indian School in Phoenix. Tickets are \$12 and the show is 21 and over.

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Frozen filled with catchy songs, interesting characters

Julie @ the Movies

Frozen

Directors:

Chris Buck, Jennifer Lee

Starring:

Kristen Bell, Idina Menzel, Jonathan Groff and Josh Gad

Frozen is an entertaining, animated, holiday movie for the family to see together.

The movie focuses on two sisters, Anna (Bell) and Elsa (Menzel), who were close as children but were separated when young Elsa's frosty magic accidentally hurt Anna.

The incident changed the dynamic of life in the castle. Anna's memories were altered so she couldn't remember Elsa's abilities, and Elsa was kept hidden away from everyone, including her sister, so she couldn't hurt anyone else.

The rest of their lives are spent with walls and closed doors between them and the rest of the world, until the day of Elsa's coronation as queen. Yet when that ends badly in an icy display of Elsa's powers, she runs from the accusations of being a monster, ignoring her sister's pleas to stay. Plunging the summer into a second winter, Elsa builds herself an ice castle where she's planned to stay the



rest of her life.

Anna, however, is not so willing to give up on Elsa. Joined on the way by Kristoff (Groff), his reindeer, and a talking snowman (Gad), she sets off in

an attempt to get Elsa back.

In Frozen, there is no clear-cut antagonist for most of the film. Elsa isn't the bad guy. She doesn't actually become a villain either, despite the way the commercials make it seem. It's more like Beauty and the Beast in the way that the Beast wasn't perfect, but filling the role of the antagonist was essentially the village people who wanted to take him down.

After the set-up and the start of events that lead to Elsa's self-banishment, the story makes a few wrong turns. There are many directions the film could have gone after the scene of Elsa's coronation, and it simply chose the lesser of them.

There is a twist in the end, but it falls short of the expectations the rest of the film set.

As for the characters, they are an interesting cast, with most being very likeable.

Anna is the excitable and determined protagonist, somewhat typical of these types of stories but she doesn't come off as too unoriginal or boring. Elsa is slightly more complicated due to living her whole life trying to hide her emotions, and it would have benefited the movie to explore her character in more depth. Kristoff is somewhere between the standard lead male and something different, being a loner outside of his trusty reindeer, Olaf, the snowman, is supposed to be the main source of comedic relief of the film, but his jokes aren't all that funny and seem forced. Aside from the strange snowman, the main characters of the film are well-crafted and carry the film well.

The music from the film is catchy and fun, my favorite being Elsa's solo number. Menzel's award-winning voice is stellar, and Bell carries a sweet-sounding tune as well.

Though it didn't hit all the high notes it could have, Frozen is fun and kids will enjoy it, earning 3 out of 4 stars.

Julie Demetrios is an Arcadia resident who writes about movies and books at julieatthemovies.wordpress.com.

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Donovan Arthur kicks one of many extra points that propelled the Firebirds into the championships.

Firebirds take-off to the national championships

By Nicholas Smith

The Scottsdale Firebirds football team, made up of 7th and 8th grade boys between the ages of 12-14, are the number 2 ranked team in the nation, and just won the Arizona State Championship in November. Next, they head to Florida for the American Youth Football League National Championships.

"It's such a great experience for the

boys," said Kate Arthur, mother to Donovan, one of the Firebirds, "It's a wonderful opportunity for them to compete with the best of the best."

Kate's son, Donovan, has a very unique story. He was adopted three years ago, from an orphanage in the Ukraine. The first sport Donovan played upon coming to Arizona was soccer. But after watching football, he decided he wanted to try a new

sport. He's been on the Firebirds for two years and the 14 year old is a kicker and receiver.

"He loves playing on the team," Arthur said. "He loves the team camaraderie and the competition."

The team is coached by Matt Berens, an attorney in Scottsdale who volunteers his time every year to lead the team. He had two sons who played for state championship teams at Brophy College Prep.

"The coaching staff is amazing," Arthur said. "The players are phenomenal. It's a team effort. If you don't have every aspect of your team covered, you won't win at this level."

A helpful part of the team's success appears to be the familiarity of the players with one another. There are several age groups and weight classes, so the boys stay Firebirds as they progress. Many of the players have been playing together for multiple years.

The team is undefeated so far this season, and after winning the State championship, were ranked high enough to qualify for the National Playoffs. They won two dramatic games in order to advance to the championship.

Donovan's old soccer skills came in handy, as his

kicks ended up making the difference.

"Even under pressure, Donovan kicked perfectly every time," his proud mother said. "The Firebirds would've lost both games if not for the extra points."

Now the team faces one final test, a team from Texas that has won the national championship two years in a row. It's a tough challenge but one that Donovan and his Firebird teammates seem to be ready to meet.

"No other AZ team has claimed this victory," Arthur said. "The boys are so excited, honored, and focused."



The Firebirds pause in their celebrations for a team photo.



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Finding your ideal backswing



By Tina Tombs

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I have a simple little exercise to help you find your ideal backswing length.

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2. When you kneel down it allows you to get a full hip turn, full shoulder turn, and full arm swing and then you simply swing to the top of your golf swing from there.

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The Inaugural Arcadia High School Lacrosse team.

Birth of the Arcadia High School Lacrosse Team

By Nicholas Smith

Lacrosse is the fastest growing sport in the nation, and the Arcadia community is not exempt from this fact. Many youth leagues have begun to sprout up around the area and now Arcadia High School is joining the trend. The school now has a club lacrosse team that will begin its first season this spring.

The team began practicing during November and is coached by Steven Wise. Prior lacrosse experience is not a requirement for the players, and in fact,

much of the team is playing the sport for the first time. But whether they are first timers or experienced lacrosse players, the kids are usually coming from athletic backgrounds.

"Most of the boys are already athletes," Kathy Sandler, mother of one of the players said. "They've been playing football or baseball and now are trying lacrosse."

Kathy's son Nicholas is a freshman, and one of the team members who has played before.

"He started last year," she said. "He's a pretty athletic kid and here was a sport that

had elements of football and hockey. What kid wouldn't want to do that?"

The team will start as a JV this season, with hopes of moving up to a varsity squad in a few seasons. The games will begin in early March.

One of the issues with being a club team is that the school doesn't provide any funds, the facilities to practice on, or equipment. But what seems like a potential burden has actually turned into a blessing in disguise for the families.

"We've taken a fun approach to fundraising," Sandler said. "It's brought the families closer working on this together."

The families have made a conscious effort to involve the Arcadia community. They are a 501(c)3, donations are tax deductible, and scholarships are offered for players.

"Lacrosse is an expensive sport to play," Sandler said. "We don't ever want the cost to preclude someone from participating."

Fundraising has allowed the team to have some fun memories already.

"We're trying to include the Arcadia community by including local businesses," Sandler said. "We had our first meeting at the Vig, and they donated 15% of the meal proceeds to Arcadia lacrosse. We also had a meeting at the Western in Old Town."

The community building events will continue as the season draws near. On March 1 the team will be hosting an opening day carnival that welcomes everyone from the Arcadia area. The team's first game will be in the morning and the carnival will follow afterward, complete with face

painting, contests, and barbeque.

"We know that our sons will be playing together for up to four years," Sandler said. "So our goal is to go out of the way to make it as fun an experience as possible."

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Boring to brilliant – The path for AHS student golfer



Jeremy Bernick once looked at golf as a boring activity with his dad but is now one of the best high school golfers in the state.

By Nicholas Smith

Most seniors in high school would be pleased to be playing varsity golf, winning awards, and being the number one player on their team. So it's safe to say that Jeremy Bernick is ahead of the curve. The sophomore at Arcadia High School is currently in the middle of doing things that most upperclassmen are never able to accomplish.

"I feel like I've just found my niche," Jeremy said. "I've really grown to love the sport."

It wasn't always that way, as Jeremy originally found the sport to be boring.

"My dad and older brother played golf for a long time," he said. "They're both very good and I just never thought golf was interesting at all. It's kind of funny that it turned out to be my sport."

He began playing around 11 years old and over time, slowly began to develop an appreciation of the game. Eventually he phased out other sports and began to concentrate solely on golf. That concentration led to him making the varsity team as a freshman in high school.

"At the start of the season, I was the 13th man on the team," he remembered. "The last man. I made it my goal to move up."

He did much more than that. Jeremy worked his way up to 6th on the team by the end of the season. He also qualified for the state tournament, the only freshman on the team to receive that honor.

This season he started out 4 of 8 students on the team and had another fantastic season. He ended up with 7 individual qualifying rounds, including two individual medalist awards, meaning he had the lowest score in that event. He finished with an average match score of 38 for every 9 holes.

"This was a transition year for us," he said. "Last year we had 6 seniors, so we were left with a lot of younger guys."

The team wasn't expecting much, according to Jeremy, but still ended up 9th out of 16 at the State Championships.

"That was a huge deal for us," Jeremy noted.

Jeremy finished 52nd out of 120 at State individually and ended the year as the number 1 player on the team.

Jeremy was quick to note that he has more goals to be accomplished.

"I'd like to lower my average score to 37," he said. "I'd also like for us to qualify as a team at State, and for me to finish in the top

25 of the state tournament."

He also has aspirations for after high school and they show just how far his appreciation for the game has come since being a bored 11 year old.

"I love science and I'd love to study it in school," he said. "I'm hoping that my ability to play golf will provide a foundation to get into a better academic school. It's a really nice thing that the sport can provide for me."

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Once reluctant, swimmer breaks own record

By Nicholas Smith

56.39. That was the time that Matt Anderson was contemplating in the days before this year's State meet. It was the Arizona high school record for the 100 meter breaststroke and Matt thought he had a shot at beating it.

"I remember thinking earlier in the week that I might have a shot at it," he said. "There was one night in particular where it really hit me that this could be within my reach."

If anyone had seen Matt when he first started swimming at five years old, they

may not have believed he'd ever get to this point.

"My older brother Nathan got involved in it, so my parents made me do it too," he reflected. "I absolutely hated it. I used to cry before every single practice."

Matt eventually came around to the sport and continued swimming with his club team.

"What I enjoy about it is the competition," he said. "I also like that because the sport can be measured by 100ths of a second, you really can see improvement. Everything you put into

it is what you will end up getting out of it."

This year Matt is a junior at Arcadia High and on the varsity swim team for the third year. The team was very young, having very few seniors on the squad.

"We had mostly juniors and sophomores on the team," Matt said. "This was our first year in division one, and I was very proud of what we did as a whole."

At State, Matt raced individually in the 200 medley, ending up second. But the climactic moment of the season came as he attempted to chase down the record for the 100 meter breaststroke. Matt's confidence in his ability to have a shot at the record was well placed, as he ended up with a 55.94 in the prelims. Then in the finals, Matt broke his own record and won the race with a time of 55.44.

Although Matt was excited to break the record, he didn't list the accomplishment as his favorite part of the season. Instead, he spoke of how impressed he was with how far his team had come. He named Sam Beaulieu, Abe Golding, and Evan Berghoff as teammates that he was very proud of.

"I was very impressed by those guys," he said. "They showed so much improvement over the year."



Matt has another year of high school swimming coming up and he too will have to show improvement. After all, there's a new time to beat if he wants to break the 100 meter breaststroke again.

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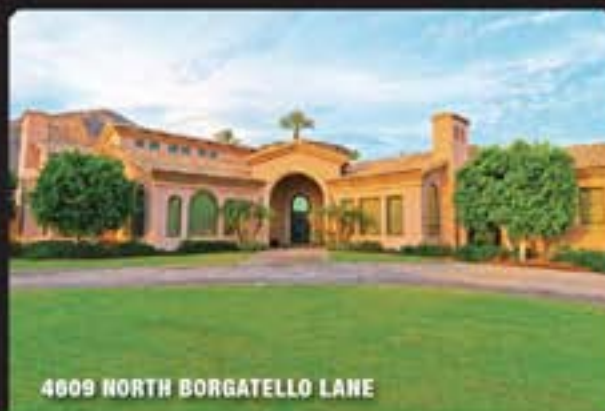
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