

ARCADIA NEWS

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AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

February 2014

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Twins Giada and Capri Panattoni show their excitement for Valentine's Day as they create crafts and pose in a heart-themed photo booth at The Shemer Art Center. Discover our Valentine's Day coverage starting on page 24.

As Arizona prepares to celebrate its 102nd birthday, we share the must-see spots of the Grand Canyon state.

Page 23

After 70 years of marriage, this fascinating couple tells their story of love and commitment.

Page 24

Is there a vegetarian in your life? Find out the best spots for a vegetarian themed Valentine's Day dinner.

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Cover Image:

Giovanni, Adone (mustache) and Capri Panattoni made good use of the photo props at our Valentine's Day craft party. Capri (right) and twin sister Giada are on the cover. Photo by Amanda Goossen.



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Filling the month of love with heart-warming stories

By Amanda Goossen



It's the official month of love...are you ready?? I know many of you have mixed feelings on February 14. Why do we need a reminder of the love we have...or don't have...you ask?

Well, I challenge you to look at it differently.

I once felt like you. While the girls were all giggling with adoration for the boy whose name they'd been doodling on their notebooks, I was the *friend* to every darn boy in school. I'd help them plan their dates and figure out their Valentine's Day plans with their crush.

I was the only girl I knew who didn't get asked to our prom and when my best friend took me to his, he ditched me after the dance to hang out with the girl he loved. I had never felt more like a pity date in my life.

I hated Valentine's Day. Who needed it! Blah.

But don't feel bad for me. Or the other girls who are living, or once lived my reality.

Sometimes it all works out in the end. I found my love story and Valentine's

Editor's Notes

Day no longer means roses and chocolates, but so much more.

To me, Valentine's Day is about all the love in my life. It's about my husband and our fairytale love story (ask me, I'll tell you sometime). He's kinda awesome, or as my 8-year-old daughter likes to say, "Daddy is awesome, funny and nice."

It's about my two kiddos and the memories we make each year, with heart shaped confetti all over the house and fancy desserts.

It's about the friends and family I try to show an extra sign of appreciation.

So this month, *Arcadia News* has decided to spotlight the positive side of February 14.

Check out Heather Kinkel's heart-shaped pizzas in the Kid's Corner. I just might steal this idea (page 26).

Read about an inspiring Arcadia couple who've made their love last over 70 years and are still smiling and laughing through each day (page 24).

We stocked this issue with positive, heart-warming stories to make the 'month of love' even more lovely.

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Feb 4-9

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www.asugammage.com

Phoenix Chinese Week 2014

Culture and Cuisine Festival
Margaret T. Hance Park East
1202 N Third Street
Feb 7-9

The annual festival attracts thousands of participants and features the arts, food, dance, entertainment, history and heritage of China.
www.phoenixchineseweek.org

61st Annual Parada del Sol Parade

Runs along Scottsdale Road between Oak Street and Indian School Road
Feb 8 - 10 am

This “world’s largest horse-drawn parade” features floats, horses and bands. The Trail’s End Celebration follows the parade in Old Town Scottsdale.
www.paradadelosol.us

24th Annual World Championship Hoop Dance Contest

Heard Museum
2301 N Central Avenue
Feb 8-9 - 10 am-5 pm

See stunning performances of the men and women vying for World Champion Hoop Dancer. The event combines artistry, athleticism and cultural traditions to create an exciting competition.
www.heard.org/hoop

Scottsdale Center for the Performing Arts-Sunday A’Fair

Scottsdale Civic Center Park
7380 E Second Street
Feb 9 and 16 - 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

59th Annual Scottsdale Arabian Horse Show

WestWorld
16601 N Pima Road
Feb 13-23

Exciting competitions, seminars, an international cuisine court and more than 300 vendor booths highlight this show, offering everything from jewelry, clothing and works of art.
www.scottsdalshow.com

Arizona Cocktail Week

Bars, lounges and restaurants throughout the state
Feb 14-21

A variety of events are slated including a bartending competition, statewide “Imbibe & Dine” specials, mixology seminars and tastings.
www.arizonacocktailweek.com

CASA Art Walk 2014

Franciscan Renewal Center
5802 E Lincoln Avenue
Feb 15 - 10 am-6 pm and
Feb 16 - 10 am-4 pm

The CASA welcomes everyone to this free family event. Meet the artists and see their work including paintings, sculpture, jewelry, photography and more.
www.thecasa.org

MicroDwell 2014

Shemer Art Center
5005 E Camelback Road
Feb 15 - Mar 23

MicroDwell showcases structures 600 square feet or less, self-contained, modular, and portable. The exhibition will also feature special events, lectures and demonstrations.
www.shemerartcenter.org

The Art of Ikebana

Saguaro Library
2808 N 46th Street
Feb 20 - 2 pm-3 pm

Linnea Storm will demonstrate Ikebana, the Japanese art of flower arranging. The program is sponsored by the Friends of the Phoenix Public Library, Saguaro chapter.
www.phoenixpubliclibrary.org

Once Upon a Mattress

Phoenix Center for the Arts
3rd Street Theater
1202 N Third Street
Feb 21-Mar 2

With tuneful, hilarious and romantic songs, this is a rollicking spin on the familiar classic, The Princess and the Pea.
www.cytphoenix.org

Copper Basin Bible Camp Dinner and Auction

Camelback Church of Christ
5225 E Camelback Road
Feb 22 - 5 pm

Enjoy silent auction bidding, a live auction and dinner at this fundraiser. Proceeds provide scholarships for campers and assist with expenses at Copper Basin Bible Camp in Prescott.
www.camelbackchurchofchrist.org

Condemnation comp not just for landowners

By Jennifer A. Cranston



In a prior column, I described principles of condemnation, also known as “eminent domain.”

Here’s a quick refresher: Under the laws of eminent domain, the government has the power to take (condemn) private property for public purposes. When it exercises this power, the government must pay “just compensation,” which is typically measured by the fair market value of the property taken.

We typically talk about the landowner’s right to compensation, but other parties may be entitled to payment as well.

For example, if there is a mortgage on the property, the bank may have a superior (i.e., better than the landowner’s) right to the compensation paid by the government. Similarly, the county in which the property is located is typically included as a defendant in condemnation lawsuits because the county is entitled to collect unpaid property taxes from the condemnation award.

If the property is leased, the tenant may have a right to be compensated as well. The terms of the lease usually govern the

Legal

Ease

respective rights of the landlord and tenant in the event of a condemnation. Even if the lease provides that the landlord is entitled to all of the compensation for the taking of the property, the government may still be required to reimburse the tenant for relocation expenses.

Other parties who may have a compensable interest in the condemned property include neighbors who use the property for access to their own property or those whose water or mineral rights will be impacted by the taking.

Thus, even though most condemnation cases focus on compensation for the landowner, it’s important to remember that the law also protects the rights of other parties who have an interest in the land.

Jennifer A. Cranston is a shareholder at Gallagher & Kennedy, P.A., where she focuses her practice on three primary areas: real estate disputes, including condemnation and valuation matters; insurance coverage analysis and bad faith litigation; and public utility regulation. For more information about Ms. Cranston, please go to www.gknet.com.

Hopi Elementary School Community Open House – grades K-5

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To have events considered for the Calendar, submit information to calendar@arcadianews.com by the 15th of the month prior to publication. Calendar listings may be edited and published by Arcadia News as space allows and at the discretion of the editorial team.

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Charming Exeter Ranch



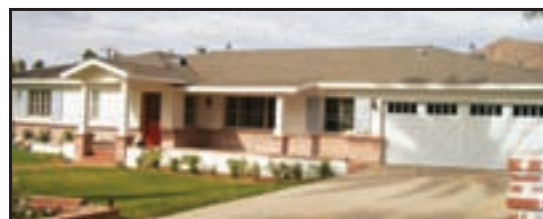
5625 E Exeter • \$2,100,000
5 bedroom / 5 bathroom • 5,400 square feet

Charming Ranch



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

Charming Arcadia Ranch



6152 E Calle Camelia • \$1,175,000
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5602 E Montecito • \$1,095,000
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3811 N 64th Street • \$799,000
4 bedroom / 3 bath • 2,889 square feet

Charming Red Brick Ranch



3132 E Coolidge • \$750,000
4 bedroom / 4 bath • 2,820 square feet

Turn Key Hopi School District



4007 E Heatherbrae • \$299,999
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13,471 sf subdividable lot



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Arcadia Real Estate Stats

2013 HOPI SCHOOL DISTRICT SALES RESULTS (1/1/2013- 12/31/2013)

Active Homes - 137 homes
Homes Sold - 305 homes
Average Sale Price - \$845,430
Average Sold \$ Per SF - \$262
Average Days On Market - 88 days
• There is currently 6 months of home inventory (based on 2012 sales results)
• 2013 home sales have increased 7% this year. (based on 2012 sales results)
• Home prices have increased 8% this year. (based on 2012 sales results)
• \$ Per Square Foot prices have increased 10% this year. (based on 2012 sales results)
• Homes are taking 13% 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 - \$635,344
Average Sold \$ Per SF - \$197
Average Days On Market - 124 Days

2010 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

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

2009 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

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

2013 TAVAN SCHOOL DISTRICT SALES RESULTS (1/1/2013- 12/31/2013)

Active Homes - 60 Homes
Homes Sold - 217 Homes
Average Sale Price - \$403,875
Average Sold \$ Per SF - \$189
Average Days On Market - 66 days
• There is currently 3 months of home inventory (based on 2012 sales results)
• 2013 home sales have increased 4% this year. (based on 2012 sales results)
• Home prices have increased 19% this year. (based on 2012 sales results)
• \$ Per Square Foot prices have increased 16% this year. (based on 2012 sales results)
• Homes are taking the same amount of time to sell. (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 - \$321,858
Average Sold \$ Per SF - \$154
Average Days On Market - 129 Days



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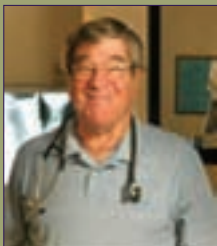
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Seven ways to improve your heart health

By John Woellner, M.D.



February is Heart Health Month. Follow these seven lifestyle guidelines, and you’ll be on the path to a healthier heart:

1. If you use tobacco, stop. Today. It’s a major risk factor for heart disease. Nicotine tightens blood vessels. If you smoke, carbon monoxide reduces oxygen in your blood and damages the blood vessel linings.
2. Control your blood pressure. Have it measured at least every two years at your doctor’s office. The ideal blood pressure reading is less than 120 systolic and 80 diastolic. Take blood pressure medication if your doctor prescribes it.
3. Check your cholesterol. Your LDL level should be below 130 milligrams per deciliter (mg/dL). If you have other heart disease risk factors, your target LDL may be below 100 mg/dL. If you’ve already had a heart attack or you have diabetes, your target LDL level is below 70 mg/dL. If your levels are too high, follow your doctor’s instructions, which may include taking statin medication.
4. Exercise. It helps you achieve and maintain a healthy weight. Exercise also

Healthy Tidbits

helps control diabetes and can help lower cholesterol levels and high blood pressure — risk factors for heart disease. Talk to your doctor before starting an exercise program. Shoot for 30 to 60 minutes of physical activity most days of the week.

5. Maintain a healthy weight. Being overweight increases your risk of heart disease. Lose weight if your waist measures more than 40 inches (for men) or more than 35 inches (for women). Individuals with this body shape are more likely to develop diabetes and heart disease.
6. Eat right. A heart-healthy diet encompasses fruits, vegetables and whole grains and is low in saturated fat, cholesterol and sodium. Eat one or two servings of fish a week.

7. Manage stress. Use techniques such as deep breathing and muscle relaxation to lower stress levels.

John Woellner, M.D., treats patients of all ages at Arcadia Family Clinic, 4131 N. 24th St., Suite B-102, Phoenix, 602-955-6632 or JCL.com/practices.

DUI numbers down in 2013

By Steven Sarkis



At the end of 2013, I wrote an article in the Arcadia News about the need to use alternative means of transportation such as cabs, buses and the Phoenix Metro light rail instead of drinking and driving. As such, I was pleasantly surprised to see that new data recently released from the Governor’s Office of Highway Safety stated that in 2013 the total number of DUIs in Arizona dropped for the first time in more than a decade.

Over the past decade or so, the number of DUIs annually in Arizona has been on a scary upward trend. For instance, in 2009 there were a total of 14,154 DUI arrests in our state. By 2012, this number had steadily reached its way to a daunting 32,171 DUI arrests, nearly doubling in just a few short years. Last year, the number fell to 29,163 DUI arrests.

As much as I’d like to take even a small chunk of credit for the fall in DUIs based on the article I wrote, and to somehow think I’m making even the smallest difference in the world, the applause goes to Arizona drivers. Maybe it’s the avalanche of DUI attorney advertisements on our TVs, computers, billboards, buses

Judge’s Corner

and much more, invading our lives with constant reminders about everything DUI. Or maybe it’s the thought of Sheriff Joe’s pink striped underwear and his five-star resort, otherwise known as tent city, haunting people in their dreams. No matter the reason, it seems very simply that drivers are getting smarter about the strict DUI laws in Arizona and taking action by using alternative means transportation after drinking.

Hats off to drivers in 2013 for bucking a decade-long trend of DUIs in Arizona and let’s keep this new trend going in the same direction, downward, for the next decade.

Steven Sarkis is the Justice of Peace for Arcadia Biltmore Justice Court.

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Teacher of the Month



Jillian Pond nominated her third grade teacher for the Arcadia News Teachers We Love Award because of the positive impact she made on her life two years ago.

Hopi student nominates her favorite teacher

By Kathleen Shipman

Fifth grader Jillian Pond has fond memories of her days in third grade at Hopi Elementary School, especially when it comes to her teacher Ms. Whitney Keeler. Although she has since moved on from her class, Jillian took the time to nominate Ms. Keeler for the Arcadia News Teachers We Love Award.

"She's not only a great teacher, but she was my best friend all year," said Jillian. "I came here not knowing anybody and she greeted me with a big smile."

For Ms. Keeler, developing a close relationship with her students is an important part of teaching. You can tell how much love and compassion she has for her students by watching her interact with them. It's because of this special bond that students such as Jillian never forget Ms. Keeler.

"We always like to think of ourselves as a family," said Keeler. "I spend so much time with them that they end up being my best friends for a whole school year."

The students in Ms. Keeler's class develop a love for learning through her enthusiastic teaching style. Her belief in making education fun and enjoyable has an effect on the children, giving them the desire to want to come to school every day. The safe environment she provides in her classroom also contributes to her students' ability to learn without fear. This allows her third graders to think outside of the box.

"It's shocking. If you give them the chance they will come up with the most unbelievable thought provoking questions and answers," said Keeler. "Just because they're in third grade doesn't mean that they don't have wonderful ideas."

Building character is a theme that is focused upon in this third grade class. One of the lessons Ms. Keeler teaches her



Jillian's parents joined in to help award Miss Keeler.

kids is the importance of giving back to the community. Helping elderly neighbors, walking dogs, and volunteering in the Life Skills class at Hopi, are just a few of the projects that the students partake in.

The faculty at Hopi Elementary School also takes notice of Ms. Keeler's passion for teaching. The Administrative Secretary, who just so happens to be Ms. Keeler's Mom, can especially appreciate her daughter's exuberance for her job.

"It comes through that she has a great heart and is a positive thinker. It glows from inside of her," said Linda Keeler.

The long lasting impression Ms. Keeler has on her students is what makes her deserving of the Arcadia Teachers We Love Award. This is especially true for Jillian, who will never forget her days as a third grader in Ms. Keeler's class.

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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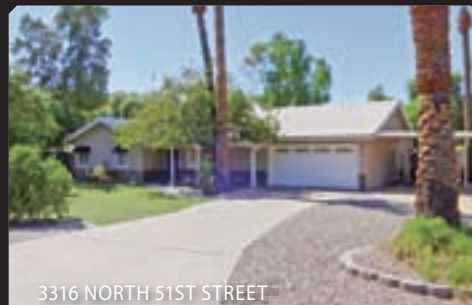
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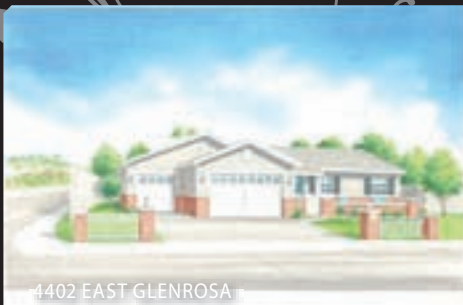
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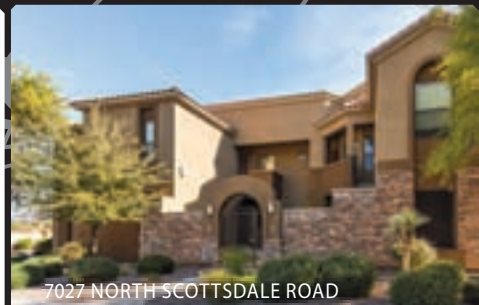
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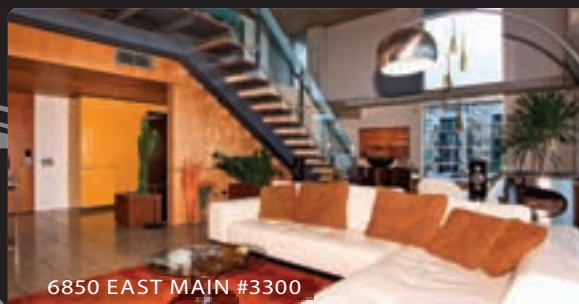
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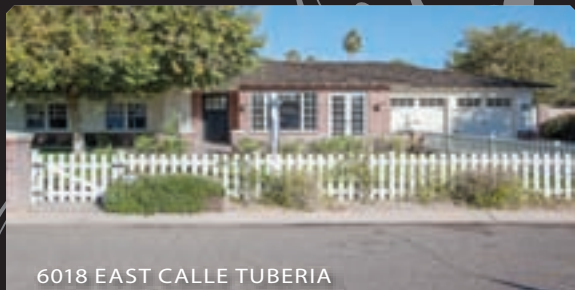
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Arcadia High School senior Karly McCauley was awarded the Scottsdale Active 20-30 Youth Leadership award on December 13, 2013.

AHS senior does it all and wins award for her effort

By Sarah Stecko

This year's Scottsdale Active 20-30 Youth Leadership Award was given to the first Arcadia recipient. Karly McCauley, an Arcadia High School senior, was recognized for her extensive contributions to the community she's called home since she was born.

Karly gave her acceptance speech at The Spirit of Community Leadership Awards Luncheon on December 13. Throughout her four years of high school, she has consistently been active both on and off the campus. She currently holds the title of Student Body President, as well as plays for the Varsity Soccer team. Karly is not only one of the founding members of the Student Advisory Board, but serves on the District-level as well.

However, her presence extends past the Arcadia community. She has volunteered over 200 hours of her time to the National Charity League. In addition, she is a dedicated volunteer in the Phoenix Sister Cities Youth Ambassador exchange program. The nonprofit organization selects students to send around the world for three weeks, to enhance their understanding of various cultures and customs. Her educational trip to France through the program is documented in her blog, www.karlydaisy.com.

Motivating Karly to remain active in the community is the positive impact she believes she helps create.

"The smiles, thank yous and gratefulness of those who are helped are more than enough to inspire me to return again and again," Karly said.

After she graduates from Arcadia High, an immediate goal is to enroll in college with a major in Mechanical Engineering, minor in Entrepreneurship and earn a certificate in International Relations. She also plans to continue her passion to serve in extracurricular activities such as student government.

A larger scale dream for Karly is to launch her own business. Her idea, Teen Scene, is a way to connect teens with their community to prevent them from engaging in negative behavior. Teen Scene's mission is to synchronize safe and age-appropriate events in collaboration with local businesses. The Youth Entrepreneur Academy, an organization in affiliation with the National Association of Women Business Owners (NAWBO), is aiding in its creation by providing resources, training and learning opportunities.

"Last but certainly not least, I hold a large goal near and dear to my heart: I want to journey to third world countries to promote gender equality and provide educational opportunities to women," Karly said.



Behind the Business

By Amanda Goossen

Dance Theatre West (DTW) is an Arcadia staple. Frances Cohen and Susie Silverman are the exuberant force behind it all.

Little girls grow to become young women while in the care of these two exceptional women. They learn to pirouette across the dance room, to point their toes and stand up straight. But more than that, girls grow up in the hands of these caring and incredibly talented women who have nothing but their best interest in mind.

“We learn just as much from them as they learn from us,” said Fran. “I love each and every one of these beautiful girls.”

The sincerity in Fran’s voice, the love in her eyes, shines as she talks of her life in dance.

“When I was a girl, I danced. I always danced,” said Fran.

Receiving a scholarship to the renowned Bennington College in Vermont, Francis Cohen would receive a top-notch dance education from a school known for being the first to include visual and performing arts in a liberal arts education. Its progressive attitude toward the arts was unique for its time.

One of the first institutions to foster modern dance in its infancy, Bennington College would give Fran an education in things few in the world were experiencing.

After receiving her degree, Fran would get married and move to Germany. After two years, she and her husband would settle in Tucson.

“It was 1955, I was eight months pregnant and telling my husband I didn’t know what I was going to do with my life,” said Fran. “He looked at me and said ‘start your own studio,’” said Fran.

The rest is history.
Fran’s studio, Kadimah Dancers would



Frances Cohen and Susie Silverman

become the first touring dance studio in Arizona.

Susie Silverman was 15 years old when her family moved from New York to Tucson. With her family’s economical status changing, Susie wasn’t sure her dance education would continue.

Fran, however, would offer her a scholarship. What neither of these women knew, however, is that this scholarship would become the catalyst for an eventual business, in an entirely new city.

Twenty-seven years ago, after spending decades apart, Susie and Fran would run into each other in Phoenix. A discussion, followed by some plans and an eventual handshake agreement, would put the plans for Dance Theatre West into motion.

“Our husbands, who are both lawyers were horrified,” said Susie. “They couldn’t believe we would build a company on a handshake.”

That handshake however would prove to be all they needed.

“We just work well together,” said Susie. “I like to do what she doesn’t like to do, if we disagree we talk about it. It just works.”

“Every year when we sign the lease for

this place,” said Fran, “ we look at each other and ask... ‘really, still?’”

But there’s no slowing down for these two.

“When you slow down, it’s all over,” said Fran.

And neither has any plans of doing that anytime soon.

Fran, other than teaching at DTW, is the Artistic Director for the Center Dance Ensemble, the resident dance company for the Herberger Theatre. She began Wolf Trap in Arizona, the placing of performing artists in Head Start classrooms in our state and has been the regional director for this program since 1986.

Susie, is director of the Dance Theatre West Classical Ballet Program and is the artistic director of Story Book Ballet Theater which collaborates in performance with Free Arts of AZ, Detour Company and Scottsdale Center for the Arts. She is the Dance Chair for the Greater Arizona Chapter of National Society of Arts and Letters and is a board member of Center Dance Ensemble.

Together these two collaborate to change the lives of young girls, or to at least to teach them to move their feet and

find the rhythm.

“We want to encourage kids to dance,” said Fran.

With all their effort, they most definitely will.

Dance Theater West is located at 3925 E. Indian School Rd., Phoenix, AZ 85018. For more information call 602-840-3883 or visit their website www.dancetheaterwest.com.

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Bucket list founder recognized for hard work and love



A Bucket List recipient attends a Cardinals game.

By Amanda Savage

Phoenician Kimberly Iverson flew to New York City in December to attend an event in the company of celebrities like Diane Keaton and Lea Michele. Not in vain, but to spread the awareness of what she refers to as “the forgotten generation.”

Iverson was one of 10 honorees selected out of 4,000 participants across the nation for L’Oreal Paris Eighth Annual Woman of Worth awards.

Iverson founded The Bucket List Foundation, a local non-profit that grants the wishes of terminally ill seniors.

“Every person has things they wish they could do,” says Iverson.

Iverson’s lifetime of experience with seniors, from interaction with her terminally ill grandfather to 20 years as a hospice care nurse, gave her a rare insight into the minds of terminally ill seniors.

In an interview with Iverson, she shared her grievance surrounding the idea that because someone is elderly and dying, they must have lived a full, fulfilled life.

A misconception that drove Iverson to start the Bucket List Foundation.

“I knew something needed to be done to offer them hope and quality of life,” Iverson told Arcadia News.

Hospice nurses are trained to never cross the boundary from professional to personal relationships. They are taught not to get attached.

Iverson struggled with the immunity to empathy she was taught to surround herself with. As a nurse she heard the mumbles and whispers of her dying patient’s last wishes daily. Instead of letting them slip into the air and float away as if unsaid, they began to weigh on her heart and mind.

Iverson recalls her interaction with an elderly man who “just wanted to go to a

movie again” as the final wish that would motivate her to break the rules and start acting. This man died before he was able to fulfill his last wish.

After this incident Kimberly started granting wishes. A rebel nurse with a cause, she began to bend the rules to bring smiles to the faces of, as she describes, a forgotten generation.

“I asked them: how can I help you live? I did not want to be the angel of death they saw me as.”

She formally organized her wish granting into a business two years ago, and managed to juggle her passion between being a full-time hospice nurse, mother of eight and wife.

The first wish granted by the Bucket List Foundation was the wish of a 53 year-old man named Kevin diagnosed with metastatic skin cancer. He wished to be removed from the trailer he could no longer afford into a home where he could be cared for.

The wish was granted when Golden Sun Housing in Peoria opened their doors and offered Kevin a free stay for his final months.

The Bucket List Foundation has granted 59 wishes to date.

“We have granted every eligible wish,” states Iverson. Eligible meaning the person was physically capable of completing the



Kimberly on an airport runway with a Bucket List recipient.

wish, over 50 and terminally ill.

Wishes come in all forms. From a woman who wanted to ride the light rail and have “a nice Italian dinner,” to a man who wanted to be reunited with his son in Dubai but couldn’t afford the airfare.

Although the most common wish is reuniting with family, Iverson explains that requests can be to see estranged family again or to be relocated to spend their last days surrounded by family.

The Bucket List Foundation has quickly gained national attention in its short life, and has grown faster than “we were ready for,” explains Iverson.

The foundation is 100% non-profit and Iverson says she has never paid herself. The foundation runs solely on Iverson and her husband, volunteers, donors and her children whenever they can.

“I’ve always tried to teach them (her children) that giving back is more important than getting,” says Iverson.

Iverson sees the organization growing to a national level in the near-future, with chapters that will eventually span coast-to-coast. Until then, she wants to focus on “doing it right” in Arizona.

The Bucket List Foundation is currently seeking volunteers and donors who have skills that can directly help make a wish come true. Please visit bucketlistfoundation.org or call the foundation at 480-779-0706 for more information.



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Arcadia Google group works together to change lives

By Jennifer Koeninger

Over the past 3 years, our neighborhood Google group, The Arcadiaparents (<http://groups.google.com/group/arcadiaparents>) has worked with the International Rescue Committee (IRC) on their annual Holiday Giving Campaign. Usually, we collect and deliver necessary items for refugee families and our group has been so generous in the past that the IRC has begun to hold back their most dire cases for us to handle.

This year was no exception. We were given three families, one of whom was in a very grave situation.

Desire', Mediatrice, and their father, Marcel, were brought to Phoenix with the help of the (IRC) in March of 2006. The children's mother had passed away while escaping their home country of Burundi. After enduring many hardships once arriving in the United States, the siblings got the worst news they could possibly receive.

On the night of November 18, they were told that their father was hit and killed by a car. The 15-year-old boy and his 20-year-old sister were left on their own.

Mediatrice immediately began to worry if she'd be able to keep her brother, whom she'd been raising since she was five years old. She was desperately afraid that, because she did not have a substantial income, her brother would be removed from her and placed in foster care.

What she didn't know was that the IRC had contacted me to request that the Arcadiaparents sponsor them for the holidays. Of course, we would be able to help but they needed so much more than toiletries and light bulbs. Unbeknownst to them, I contacted an organization called Boys Hope Girls Hope (BHGH) about Desi.

Boys Hope Girls Hope is a 25-year-old organization that provides financial, academic, and emotional support for children in situations of significant need. They give children the chance to attend some of the best grammar and high schools in the Valley. In addition to a community-based program whereby they offer everything from tuition assistance to uniforms and school supplies, they also have a residential program. This program would be perfect for Desi.

Once BHGH heard about this boy, they immediately sprang into action. Less than a week after burying their father, the brother and sister were surrounded by strangers who truly cared about their future. Not only would Desi not be placed in foster care, he would be able to live in a home where all of his needs would be met. He would receive counseling and tutoring, and would be surrounded by boys who would become like his brothers.

Desire' was accepted into the BHGH program on 12/22 and he moved into the Boys Hope House on January 5. He will

have to work harder than ever in order to rise to the rigorous standards of the program but he feels that he can do it. He will have so much support that I feel confident he will succeed.

For Mediatrice, this was the answer to her prayers. She went from having to make decisions like whether to use her last \$20 to buy herself a black dress or get her brother a haircut for their father's funeral, to knowing that she would no longer have to worry about being financially responsible for her brother. She would be able to return to college and, better yet, BHGH would work with her on getting tuition assistance.

There have been so many miracles surrounding this pair since they were referred to the Arcadiaparents Google Group. Scores of people were touched by Desi and Media's story and have gone to great lengths to make their lives easier. This community and BHGH have been truly amazing in their willingness to help two strangers and I am incredibly proud and touched to have been a part of this experience.

For more information on Boys Hope



Desire' and Mediatrice were given a second chance because of the kindness shown by the Arcadia Google Group.

Girls Hope, please find their information at www.bhghaz.org.

To join the Arcadiaparents Google Group, email jkoeninger@gmail.com.

Jennifer Koeninger is the founder of Arcadia Google Group. The group, made up of over 400 Arcadia neighbors, uses Google to form an old neighborhood feel via email and technology.



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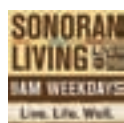
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Young entrepreneur returns with Underground Cellar



Jeff Shaw is an AHS grad and entrepreneur.

By Colton Gavin

Jeff Shaw is back. When Shaw was just 13 years old and going to Ingleside Middle School in Arcadia, he helped build the website highschoolhumor.com. At its peak the High School Humor had over half a million members. But when Jeff left for the University of Arizona and his co-founder left for Brown University, the website went defunct. While attending the University of Arizona Shaw was enrolled in the McGuire Entrepreneurship Program,

which taught him the fine art of business. There he would develop his “Produce and Execute” strategy. “Basically it means to have a clear business plan that you can pitch to someone during an elevator ride,” said Shaw. “Always have a product ready and always have a plan.” Now fourteen years after his first successful idea, Jeff Shaw is back with a new business, Underground Cellar (undergroundcellar.com). The purpose of Underground Cellar is to introduce customers to some of the finest wine in the country. Shaw explained that one of the biggest challenges facing the wine industry is having an overstock of wine. This overstock often results in leftover wine being sold at discounted prices online. “Discounts hurt the brand. What we do is the opposite,” Shaw said. “We try to create value through technology.” The system that Shaw uses is a point system where people accumulate points through various functions of the Underground Cellar website. People participate not only through making standard purchases but also by participating in the forums and other activities meant to strengthen and improve the community of wine connoisseurs. Once enough points are accumulated, the participant may be eligible for an

upgrade that will give access to the higher-class wines that would be otherwise too expensive. The customers can have their wine, and the integrity of winery brands remains intact. In order to build this business, Shaw worked with a variety of talent from around the world. With the guidance of Gary Spadafore, a certified wine educator, he built relationships with various wineries including the Iron Horse winery and Francis Ford Coppola’s vineyard. Shaw has 25 contracts with wineries to date. Despite the fact that this business is remaining strictly within the United States, Shaw has received support from angel investors from as far away as London and Hong Kong. After seeing his business pitch, which Shaw describes as “transparent and succinct,” he impressed a variety of entrepreneurs who see potential in his business. The process of building this system on the website has been intricate and has taken 18 months to complete. Since the website launched on September 12 it has taken over 8,000 members into its participation process and delivered over a thousand orders. Shaw has made sure all online presence of Underground Cellar is eye-catching and avoids the fluff he says is too often found in advertising on social media. Another free perk he’s using to entice his customers is the “Cloud Cellar” program which allows the customer to indefinitely store their order in the proper temperature until the exact time they want it shipped. Underground Cellar ensures that it arrives quickly in packaging that keeps it fresh. Shaw says that Underground Cellar made it a point to acquire the necessary permits to ship wine in all states, guaranteeing the customers’ service has minimal interruption. No winery can do business with Underground Cellar without having the proper legal credentials. Shaw’s efforts seem to be paying off. “We’ve been humbled by the outpouring of support. The numbers of signups and orders have exceeded our expectations and we’re more than on track for our future goals,” said Shaw.

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Harkins consolidates mall theaters for new megaplex



Harkins' two Fashion Square Theatres will become one in 2015.

By Katie Mayer

Scottsdale Fashion Square's Harkins Camelview 5 and Harkins Fashion Square 7 movie theatres will be replaced with a new luxurious 14-screen megaplex cinema, Harkins Theatres announced.

The new cinema called Camelview at Fashion Square will be developed as part of a mall expansion project scheduled for spring and will be located on the second level near Barney's New York.

Offering independent, foreign and art films as well as wide release movies, the new theatre will also feature plush lounge chairs with electronic recliners, reserved seating, wall-to-wall curved screens and state-of-the-art digital projection and 3D sound.

"This theatre will be a moviegoer's dream come true," said company owner Dan Harkins in a statement. "We intend to transplant the soul of our beloved Camelview into this amazing new cinema."

Harkins added, "Independent, foreign and art films are a part of our DNA and we are proud to be able to continue and expand Camelview's legacy to include even more films in a dazzling new venue."

The announcement from Harkins came after Camelview 5 moviegoers banded together to try to preserve their beloved theatre and its building for historic reasons. An online petition called at change.org called "Macerich: Don't demolish the Camelview Theatre" has more than 6,000 supporters, and continues to grow.

While Harkins said that the new megaplex will allow the theatre to show even more art, independent and foreign films, some Arcadia residents are disappointed that they will no longer be able to attend Camelview 5.

Emily Witwell, of Arcadia, said that she feels the megaplex will change the ambiance of the theatre, resulting in a less unique experience.

"When you have a separate theatre, the audience is separate, so you have a different feel," Witwell said.

"There are megaplexes all over the Valley," said Cindy Byers, of Scottsdale.

Lisa Marcarelli, who lives in Arcadia, said that she has seen movies at Camelview

and will likely not attend films at the new megaplex.

"I would pay extra for a little more of a unique experience," Marcarelli said.

In fact, Marcarelli has such a fondness for vintage theatres that she has traveled on multiple occasions to the Vintage Village Theatre in Coronado, Calif. The Vintage Village Theatre is a historic theatre that underwent a 10-year and more than \$3 million renovation that was completed in 2011.

"They could've really made Camelview a unique little gem," Marcarelli said.

Still, Mike Bowers, president of Harkins Theatres said in a statement that the new megaplex "will be unlike anything that exists in the marketplace today."

Also, Harkins moviegoers will still be able to view art and independent films at Harkins Valley Art in Tempe.

"Our new theatre will feature modern elegant finishes, unequalled amenities and state-of-the-art technology," Bowers said.

The new theatre's lobby will be a mixture of modern elegance and iconic elements. Also, the concessions menu will include gourmet menu items and an espresso bar.

Nearby, the Vérité Lounge will feature an indoor and outdoor rooftop terrace with a full bar serving a wide range of mixed cocktails, beer and wine.

According to Vice President of Development Scott Nelson of Macerich – the mall development company that owns Scottsdale Fashion Square – there will be an additional 50,000 square feet of retail space located below the new megaplex. Nelson said Macerich does not yet have plans for the locations of Camelview 5 and Harkins Fashion Square 7, which is located near the mall's food court.

"As plans unfold, we will be sharing our vision," Nelson said.

Macerich would not confirm any details regarding Harkins' lease agreement on either space.

Harkins said the company will continue to operate both movie theatres at Scottsdale Fashion Center until the new megaplex opens, likely in spring 2015.

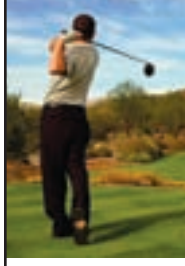
"Everything about this theatre will be the absolute best," Harkins said.



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Resident connects at TGen

By Colton Gavin

Erin Massey is a woman on the go. The Arcadia resident serves as vice president of development at the Translational Genomics Research Institute (TGen) in Phoenix.

TGen’s goal is to research treatments and cures for various diseases ranging from diabetes to cancer. One of the bigger hats Massey wears is cultivating relationships to help TGen reach its fundraising goals.

“We try to build connections with donors,” Massey said. “But we are also looking for volunteers.”

Massey said she connects with donors and volunteers through their own story of a disease whether it happened to them or a loved one. She recently returned from events in Atlanta to raise funds against pancreatic and adrenal cancers.

Hailing from Hillsborough, N.C. and growing up in Portland, Ore., Massey has been living in Arizona throughout her career. She studied communications and Spanish at the University of Arizona. While working as a fundraiser for Phoenix Children’s Hospital, she fell in love with helping patients.

After more than three years she went to TGen to continue fundraising to advance research against illnesses.

Massey’s work at TGen during the past 11 years has strengthened her Arizona roots.

“Our main mission comes from the fact we are a local institute,” Massey said. “We seek to benefit Arizona first and then spread the results to the rest of the nation.”

Her work has also attracted the admiration of both the public and her colleagues.

The audience at a seminar she was giving for Freeport-McMoRan Copper & Gold was twice as big as usual. Afterward she received an email from an attendee praising TGen’s “genome mapping” for the life of his wife.

Massey’s fundraising also helped establish a new research center in October. The TGen Center for Rare Childhood Disorders is a new research arm that will seek to pinpoint the causes of unusual and previously unidentified illnesses in children. The center will use the latest technology to map a patient’s genome to possibly unlock the secret of an illness.

Her colleagues are impressed by her commitment and amiability.

“The patient lies at the heart of all we do at TGen. Toward that end, I can think of no better ambassador to our patients, our donors, and our many supporters than Erin,” said Dr. Jeffrey Trent, TGen president and research director. “Her ability to connect with others and engage their support for our mission are hallmarks of her professional success at TGen.”



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Arizona's must-see spots

By Michelle Donati-Grayman

We live in a magnificently beautiful state with unique landscapes, terrific historical landmarks and a vibrant collection of cultures.

On February 14, Arizona will turn 102. To celebrate, AAA's travel experts put together an Arizona bucket list:

Take a tour of Taliesin West

Located on the southern slope of the McDowell Mountains, Frank Lloyd Wright began building Taliesin West in 1937. The masterpiece showcases Wright's ability to integrate indoor and outdoor spaces, and served as his winter home until his death in 1959. Guided tours are available almost every day of the year and range from one to three hours in length.

Saddle up at Whiskey Row

Named for the bars and saloons that used to line an entire block in downtown Prescott, Whiskey Row is one of most well-known landmarks in the Mile-High city. In 1900, the block was destroyed by fire. It was rebuilt and remains an integral part of Prescott today.

Hike Havasu Falls

Located near the isolated village of the Supai at the bottom of the Grand Canyon, Havasu Falls plunges nearly 100 feet into beautiful aqua pool surrounded by a sandy beach and cottonwood trees. The journey to the falls starts at the Hualapai Hilltop trailhead, which is a 5- to 6-hour drive from Phoenix, followed by a moderately difficult 10-mile hike. Havasu Falls isn't easy to get to, but talk to anyone who has been and they'll tell you it's worth the trek.

Spend the night at a historic hotel

There are a number of hotels across the state that offer a fascinating glimpse into Arizona's colorful past. The Hotel San Carlos started as the first Phoenix schoolhouse in 1874 before being transformed into a hotel in 1928. The Hassayampa Inn has been a Prescott landmark for more than eight decades. Its vintage elevator, which is still functional, is one of its most memorable features. The Hotel Monte Vista opened in downtown Flagstaff in 1927. A few of the hotel's most famous guests include Bob Hope, Bing Crosby, Debbie Reynolds, John Wayne and Clark Gable.

Explore Kartchner Cavern

Located near Benson, Kartchner Caverns is a live cave that contains stalagmites and stalactites fashioned by mineral deposits left by water that has been dripping



Havasupai Falls Photo by Stephanie Dembowski

underground for millions of years. Now a state park, various tours of the caverns are available. The park also features campgrounds, hiking trails, shaded picnic areas and a hummingbird garden.

Uncover the mystique of Mystery Castle

In 1930, Boyce Luther Gulley left his family behind in Seattle and moved to the outskirts of Phoenix, where he spent more than a decade building a castle for his beloved daughter, Mary Lou. Located near South Mountain Park, the castle consists of 18 rooms, 13 fireplaces and is furnished with eclectic antiques that range from an old car to recycled bricks. Gulley died before he could send for his family, but Mary Lou moved in to the castle as an adult. She conducted tours of the castle until she died in 2010. Today, friends continue the tradition, offering tours Thursdays through Sundays, October through June.

Go big or go home at the Grand Canyon

An Arizona bucket list isn't complete without the Grand Canyon. The Canyon attracts more than 5 million tourists every year from all over the world. Surprisingly, many Arizonans have never been. From its immense size to its inspiring landscapes, the Grand Canyon is something everyone—especially Arizonans—should experience. Be sure to add a stop to take in Sedona's world-famous red rocks.

Whether you're a native or new to the desert, it's never too late to start your Arizona bucket list and explore everything that has made Arizona what it is over the last century.

Happy birthday, Arizona – 102 never looked better!

Michelle Donati-Grayman is an Arcadia resident who works for AAA Arizona. As a travel resource, AAA is the largest leisure travel agency in North America.

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Happy Valentine's Day to Arcadia's longtime marriage



Arnie and Muriel Cole as newlyweds over 70 years ago.

By Amanda Goossen

To Arnie and Muriel Cole, life means being together. And it has for over 70 years.

"Family is family," said Muriel. "If life isn't the way you want it, you deal with it. You fix it. Divorce was never an option."

Celebrating their 70th wedding anniversary in June 2013, the pair understands a few things about love and what it takes to make a marriage work.

Arnie and Muriel met while at Billings High School in Montana. They were unlikely high school sweethearts.

"He grew up on the south side of the tracks and I was on the north side," said Muriel. "He was truly from the wrong side of the tracks."

Arnie joined the Navy in 1943. Leaving high school early (his school gave the boys their diplomas early if they enlisted. He was one of seven young men to sign up), he would say goodbye to Muriel to attend boot camp.

While on leave, months later, the two would get married in June of 1943.

Arnie would eventually become a Marine, redoing boot camp and entering WWII. He was 18 years old.

On the 31st day in Iwo Jima, Arnie would be shot and toe-tagged dead, but was not buried at sea like many others because of his ranking as a Corpsman and a Marine. After being discovered alive he would be transported to Guam, and then to a San Diego hospital for two years.

Muriel, who had just finished a year of cadet nurse training, would leave Montana and her education, to be by her husband's side.

It was slow progress for Arnie, who would lose one lung and several ribs.

After recovering, doctors would recommend a move to Arizona where Arnie's newly developed asthma would fair better in the dry desert landscape.

Arcadia is where the Coles would build their life.

After attending ASU and becoming



a cost engineer for Bechtel Corporation for two years, Arnie would start a fruit stand on 48th St. and Thomas. When the land sold, they would move to 52nd and Thomas and Arnie's Health Foods would become the first health food store in Phoenix.

"We started as a fruit stand but Muriel kept saying I had a huge space in the back and should carry vitamins," said Arnie.

Muriel would work at the store whenever

Continued on page 25



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Arnie and Muriel hit their 50th anniversary (above) and kept going.



Almost 70 years later, they still got “it” at their 69th anniversary in 2012.

Marriage

Continued from page 24

necessary, as well as care for their three young children, Arnold Thomas, Judy and Susan.

She was also incredibly active in local and social events such as the 50/50 Dance Club, the Squaw Peak Phoenix Bowling League for 48 years, and in her 50s and 60s she raced sand rail cars in the desert.

The key to a 70-year marriage, you ask? “A man has to shut up and stay out of the way,” said Arnie, cracking a smile.

“Not true,” Muriel laughs. “He would never shut up.”

As the obviously still smitten couple

look at each other, Muriel adds, “He was always a great husband and dad. He was street smart and strict with the kids because he was a wild child and knew things about life.

I don’t know what I would have done without him. I was so straight laced... sometimes thinking about it sickens me. I wouldn’t have known how to handle things with the kids without him.”

Muriel looks up and continues, “sometimes opposites attract. Things weren’t always easy. But they just worked.”

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Love month...and the importance of a cookie cutter



Kid's Corner mom, Heather Kinkel, shows how Valentine's Day can be special for the kids too.

Kids

Corner

By Heather Kinkel

Every February, I pull out this heart-shaped cookie cutter.

I've owned this cookie cutter for the better part of my eleven parenting years, and love getting it out each season.

It sits on my cutting board (my main

kitchen warrior), waiting for me... waiting for the random toast cut-out or sandwich shape. This small but mighty little kitchen tool reminds me to throw in a little something special for my kids – to mark their memories with the season.

I'm not a huge fan of Valentine's Day. I don't have anything against it, exactly, it's just not my favorite. As a mom of three little ones, it's hard to celebrate something

that lands on a school night five years in a row.

I did learn early on, however, that just because I can't have a champagne dinner out with my love, it doesn't mean Valentine's Day (or night! or month!) can't be special for our entire family.

A few years ago we started Valentine's Day traditions in our house that we continue each year. I stop by a local bakery (usually LGO) for cupcakes and a few fun trinkets for the kids and then work on making a fun little love bag for them from Mommy and Daddy.

For dinner we make little heart shaped pizzas. Some years I let the kids decorate their own, other years I quickly just do them all the same. This year I decided to send my little loves a message... They truly are my favorites.

Enjoy this season of love with the ones you love, readers. It doesn't have to be extravagant – a note, a word, a treat – sometimes less is truly more.



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Cut pizza crusts into heart shapes.
Top with pizza sauce, cheese and toppings. Bake at 400 degrees for 8 to 10 minutes. Enjoy!

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Madison School District will be hosting Kindergarten Roundup on February 6, 2014 from 6 – 7 p.m. at all Madison elementary schools.

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Valentine for a vegetarian

By Amanda Savage

It's Valentine's Day, you're in love with a vegetarian or vegan, now what? For regular eaters out there, finding a nice restaurant to take your vegetarian to can be tricky. When you think of "nice" restaurants, traditionally steakhouses and seafood spots first jump to mind. But what is a "nice" meal for a vegetarian? A fancy salad?

Luckily, there a few local spots meat-to-veg and veg-to-veg relationships can find harmony at this Valentine's Day, and still feel included in the romance.

**Geordie's at
The Wrigley Mansion
2501 E Telawa Trail
(602) 955-4079**

Along with jazz music and dancing, on Valentine's Day Geordie's offers their entire a la carte menu along with a special four-course menu. Both have vegetarian options, and the chefs are happy to alter some of those to be made vegan. The kitchen is prepared to make vegan dishes. I would suggest calling and speaking with the chef about food preferences to see if there's something they can make for you.

On the regular menu vegetarian options include: Bruschetta, Ricotta and Crostini, Gnudi, Ravioli, Mushroom and onion Soup, salads, vegetarian pasta, risotto, potato dishes, vegetable dishes, and macaroni and cheese.

Veggie Beat

The four-course menu offers one vegetarian option for each course: Bruschetta, Caesar Salad made without anchovies, Vegetarian Pasta and Chocolate Mousse Cake or Zeppole's.

The Mansion offers over 600 wine selections and many vegan wine options.

**St. Francis
111 E Camelback Rd
(602) 200-8111**

St. Francis' offers French-bistro classics in a modern ambiance. Its hidden gem quality adds a layer of romance - a perfect spot for a surprise dinner. While Valentine's Day-specific specials have not been specified, the regular menu offers vegan and vegetarian options in almost every section. For vegans, there are homemade (baked daily) baguettes, the Forbidden Rice Bowl and market vegetable flatbread. Vegetarians can indulge in a pumpkin soup made with pomegranate, cinnamon crème fraîche, toasted pepitas, orange zest and sage, baked goat cheeses and desserts.

**Lon's at the Hermosa
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Lon's garden-to-plate style dining

Continued on page 29



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Valentine dessert ideas for all the people in your life



Churn is a terrific casual spot for a Valentine's Day dessert date.

By Amanda Savage

For the Chocolate Obsessed Julia Baker Confections Biltmore Fashion Park (602) 845-4440

Julia Baker Confections is a perfect spot to pick up a box of chocolates or to take a date for drinks and dessert. The storefront at the Biltmore serves as a retail store for all of Julia's creations and a sort of bar - coffee shop hybrid. Women love it for the chocolates, wine and champagne all wrapped up in a pink, European-inspired atmosphere. Men be warned, this place is extremely girly. But a nice dinner, followed up with a stroll through the Biltmore and a stop at Julia's is pretty close to the perfect date.

Romantic Date Night Crudo 3603 E Indian School Rd (602) 358-8666

Crudo's warm, intimate environment makes it a perfect date spot. This local favorite serves up mouth-watering desserts by Tracy Dempsey's Originals. Dempsey is a local dessert guru who crafts desserts for local restaurants. Crudo offers three Dempsey's Originals: Fossil

Creek Chevre Mousse with Hazelnut Biscotti Streusel and Blueberry Compote, Chocolate Espresso Budino with Salted Caramel Crema and Milano Cookie and Cherry and Chevre Strudel with White Chocolate, Crème Fraiche, Almonds. Pair dessert with one of Crudo's famous handcrafted cocktails, like the 1951 and Triple Lindy.

Casual Dessert Spot Churn 5223 N Central Ave (602) 279-8024

For couples with little ones as well as younger couples, Valentine's Day may not be the candle lit, romantic affair that's seen on movies and T.V. But don't be quick to write off casual as meaning anything less than how you dress, because Churn serves up some of the best ice cream in the Valley.

"Churn is a great casual dessert spot because of the friendly, throw-back atmosphere coupled with an amazing dessert selection. It will remind you of your first date!" notes Executive Pastry Chef, Monica Castillo.

She also mentions that you should try the Strawberry Shortcake Sundae.



Nami serves up healthy dessert options.

The "Healthy" Spot Nami 2014 N 7th St (602) 258-6264

The words "dessert" and "healthy" seem a bit ironic to put together, but if it ever made sense to put them together, Nami would be the spot.

Nami serves up dairy-free and gluten-free strawberry cheesecake, brownies, cupcakes and their famous Nami tSoynami (pretty much a more-delicious, dairy-free Blizzard).

A tSoynami starts as a soft serve, soy based ice cream, then has special ingredients mixed in to form creations like "Cookies 'n' Cream," made with Newman's Chocolate O's and organic chocolate and "Fluffernutterin," made with organic peanut butter, banana,



Raspberry Chiffon Pie from the Pie Snob.



Decadent desserts at Julia Baker Confections.

Continued on page 29

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Desserts

Continued from page 28

ricemellow fluff and toasted marshmallow flavor. There are 17 original tSoynami creations along with 7 fruit-flavored options.

Pastry Lovers Urban Cookies 4711 N Seventh St (602) 451-4335

Urban Cookies is a family-owned bakery that has perfected the art of pastries. If your Valentine has a weak spot for pastries - cookies, cupcakes, brownies, donuts - nothing will say I love you more than a box of baked goodness from Urban Cookies. Urban's baked goods are made-from-scratch, organic and comprised of local ingredients, and their Ollie Cake cupcakes won Food Network's Cupcake Wars (yep, they're that good). Try their classic snickerdoodle and dark chocolate walnut (made with coconut and oats) cookies and their brown velvet (red velvet without the dye) and peanut butter cupcakes.

Take It To Go - Pie Snob 4220 E Turney (480) 635-2425

Pie Snob is the perfect spot to grab a dessert to take home after dinner, or the perfect addition to a dinner you prepare at home. The homemade, family recipe pies are a local favorite. Owner of Pie Snob, Traci Wilbur recommends the Raspberry Chiffon Pie, "because it features all the colors of Valentines Day: fresh red raspberries on the bottom, pink raspberry chiffon in the middle and white whipped cream on top!"

Wilbur also notes that the Lemon Tart is in season and that her Mississippi Mud Pie and Chocolate Tart are chocolate sublime. Traci is also offering Arcadia News Readers \$5 off when you mention this story.

Vegetarian

Continued from page 27

experience and its intimate ambiance make it a perfect place to take the vegetarian in your life.

On Valentine's Day they will offer their full-menu along with a three course Sweethearts Menu.

Although their 2014 Valentine's Day menu has not been finalized, last year's menu, along with the options on their regular menu, offer vegetarian starters, soups, salads and sides, although no vegetarian entree options.

Not to be discouraged, with a fresh garden on-site, Executive Chef James Ducas says that the kitchen staff is able and happy to alter regular items to make them vegan and vegetarian.

"It's actually a great way to work one-on-one with our culinary team in creating something specific to your tastes," said Ducas.

There are many vegan wine options available in Lon's 1000+ collection. Bill Parker, Beverage Manager, notes that local favorite Arizona Stronghold is both vegan and delicious.

Christopher's 2502 E Camelback Rd #102 (602) 522-2344

Christopher's offers a contemporary, casual but elegant dining experience that mirrors the American Contemporary French style of food. Christopher's casual sophistication makes it a perfect spot for date night.

The dinner menu offers vegetarian first plates, salads, pizzas, sides and desserts. While there are no vegan options on the menu, Executive Chef Christopher Gross notes that he and his staff "will always accommodate our guest's special requests."

Vegetarians can start with the four cheeses with honey combo and order the beet salad and wild mushrooms, shallots and arugula wood fire pizza.



Caprese Salad at Lon's at the Hermosa

True Food Kitchen 2502 E Camelback Rd #135 (602) 774-3488

For those of you who are still going strong with your New Year's diet resolutions, True Food is a healthy, and delicious option for vegans and vegetarians.

The regular menu will be offered on Valentine's Day and is packed with vegan and vegetarian options.

Vegans and vegetarians have options for starters, entrees and salads like their shiitake and tofu lettuce cups, edamame dumplings, teriyaki brown rice bowl and a variety of salads.

Instead of suggestions on what to order (it's pretty much all good), Chef Michael Stebner decided to offer a few vegetarian romance tips:

"Tofu helps a man avoid prostate issues which tend to slow things down."

"Incorporate ginger into your diet for its anti-inflammatory properties which help to increase blood flow, if you know what I mean."

"Overall vegetarians are 90 percent less likely to be overweight and in better physical condition than meat eaters, which leads to more energy for the one you love."



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Ingo’s opens after months of neighborhood curiosity

By Amanda Goossen

Ingo’s. It’s the silver circular building on the corner of Campbell and 40th Street that had our community in a frenzy for months.

“What will it be,” we asked to no one in particular.

“Tacos?”

“A drycleaner?”

“A casual food stand?”

I heard it all. I know you did too. The construction of an architecturally odd looking building on a small corner had gossip flowing.

And then we discovered, as they hung the signs and shared the menu, that Arcadia had been granted a cool little tasty burger shop.

Emphasis on the cool, the little and the tasty.

“The owner of LGO lives in Santa Monica,” said Executive Chef Dom Ruggiero. “There’s a spot there called the Apple Pan. It was the inspiration.

The Apple Pan is a part of Los Angeles history and is home to arguably the best burger in the large metropolitan city. Opening in 1947, this small restaurant with only one u-shaped counter surrounding the food preparation area, has been serving up burgers and pie to locals and tourists for generations.

As a side note, I will admit I’ve been there more times than I can count and upon sitting down at the Ingo’s counter, I

Places We Liked

Ingo’s Tasty Food
4502 N 40th Street
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(602) 795-2884

immediately said out loud, even though I was dining alone “Apple Pan.”

The difference between Ingo’s and its Los Angeles inspiration is that Ingo’s has aspirations to serve more than just delicious burgers.

“We don’t want to just be a burger shop,” said Chef Dom. “We want to be a gourmet food shop, which is why we include things like the Ahi tuna, the egg salad and our Post-It note specials.”

The front patio, home to a dozen tables and twinkly lights for those beautiful Arcadia evenings we all love so much, is also a departure from the Apple Pan.

The menu at Ingo’s is currently a variety of burgers, with a kale and quinoa salad and heirloom brown rice bowl thrown in for those who want a lighter or meatless option.

The entire menu is designed with high quality and detail in mind.

“We serve our burgers medium pink because the beef is such high quality grass fed beef,” said Chef Dom. “The beef is from Wisconsin, from the Strauss Family.”



(Top) Ingo’s Cheeseburger, (Middle) Shattered Potato Chips, (Bottom) Egg Salad

The Paris Texas Burger is served with apple bbq sauce, la quercia pancetta, sharp cheddar, lettuce, and dill pickles, creating a masterful flavor profile. The pancetta is so crispy and delicious, that you’ll think you’ve died and gone to bacon heaven.

The egg salad is the anomaly on the list. Only served from 11 a.m. to noon, this unique version of egg salad is all the talk amongst recent visitors. Instead of diced hardboiled egg in a bath of mayonnaise, Ingo’s Egg Salad is a warm medium boiled egg with la quercia pancetta, anchovies and/or peppadews (sweet piquanté peppers) served on an LGO English muffin.

And the French fries. Or shall I say potato chips. Well, let’s call them what they’ve so perfectly branded them: Shattered Potato Chips.

These little beauties are a basket of goodness. One whole potato is baked, then sliced super thin to-order and thrown into the fryer. A sort of potato chip/French fry hybrid, this delicacy is served up with lebni (instead of ketchup), a Lebanese accompaniment similar to Greek yogurt, seasoned with a variety of spices, herbs, salt and pepper.

And if that isn’t enough, Kimber Stonehouse, the LGO wine curator and Ingo’s beer and wine list curator has promised a series of beers and wine to match every flavor on the menu.

With three beers on tap (Stone IPA, Black Market Hefeweizen and North Coast Brewing Scrimshaw Pilsner) there is a beer to satisfy every palate. Seven different wines, ranging from a blush sangria to a Luli Chardonnay and a German Villa Wolf Dry Reisling, as well as a pinot noir and cabernet Sauvignon Blanc will cure those wine cravings

and perfectly pair with the burgers, salad and even the egg salad.

Housemade lemonade, cold brewed iced tea and coke with pure cane sugar are terrific refreshment choices as well.

With a bike rack out front, Ingo’s is poised to become the next great Arcadia hangout! I’ll see you there!!

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Whole grains and holistic living for Arcadia native



Arcadia's Cookbook

By Heather Kinkel

Aaryn Green is one of those naturally beautiful, gentle and kind souls that are sometimes hard to find. Entering her mother's kitchen, she has a fresh, warm presence that makes you want to pull up a chair, have a cup of hot tea, and talk about life. Her energy is inspiring, and it's hard not to get caught up

in her passion for a healthy and clean life. Aaryn was born and raised in Arcadia. She and her husband Mike, and their two sons Phoenix (6) and Lincoln (1), still call Arcadia home. Mike is a banker, and Aaryn is the owner of Elephant Road, an eco-friendly boutique baby store. After a few minutes of chatting with Aaryn, her balanced personality and warmth are apparent. A former dancer, she hopes to encourage moms to not only live their lives in a natural, clean and comprehensive way, but to also raise their babies in the same vein. "Mike and I were raised in a very like-minded way. Very holistic," Aaryn said. According to New Holistic Living, holistic living means to balance your life in all areas - health, relationships, spirituality, and finances - to achieve a happier, healthier, and more fulfilling lifestyle. Mike is the son of a mid-wife, and Aaryn is the oldest of five sisters. Aaryn and her sisters are still close. "We really all are still very holistic," said Aaryn. "Even if we ever strayed from that way, we always came back to it." Aaryn's mom, Jill Green, is the owner of Sweet Life Garden, and although Aaryn has her own little garden and a yard full of citrus trees, mom's garden is still home base. "We call it Green Park. It's very communal," said Aaryn of her parent's amazing land and homesteading. The grandkids and their mothers can be found playing out front at "Green Park" - gathering eggs from the chickens, milking goats, or gleaning from the garden. When it came to sharing a recipe, it was a no-brainer for Aaryn. She feeds her family many meals that include whole grains

AARYN'S HOMEMADE CHICKEN BROTH

One whole, cooked chicken (rotisserie is a great option!)

Celery	Garlic
Carrot	Parsley
Onion	Salt/Pepper

Remove all meat from the chicken. Place chicken carcass, vegetables and spices in crockpot, cover with water and cook overnight. In the morning, strain the liquid.

Pour broth into jars or containers and store in refrigerator for 5 days, or freeze for longer storage.

QUINOA MAC & CHEESE

- 1 1/2 cups quinoa
- 3 cups chicken broth
- A good pinch of salt
- Veggies of your choice
- 2 cloves garlic, minced
- Half an onion, diced
- A few grinds of seasoning salt
- 2 large eggs
- 1 cup soy milk or non-fat milk
- Dash of Worcestershire sauce
- Dash of hot sauce
- Red pepper flakes to taste
- 1 1/2 cups grated sharp Cheddar cheese
- Crushed Red Pepper, Panko breadcrumbs for topping
- Toppings (optional)- salsa, hot sauce, sour cream, scallions

Preheat oven to 350 F. Coat 13x9 inch dish (or 8 individual ramekins) with cooking spray.

Cook quinoa in chicken broth with pinch of salt, to packaged instructions until fully cooked. (About 15 minutes).

Lightly sauté any vegetables you would like in this dish with onions & garlic. Season to taste with salt & pepper.

Whisk together eggs, milk, Worcestershire sauce, hot sauce, red pepper flakes, in large bowl. Fold in quinoa mixture and half of the cheese. Stir very well and let some of the cheese melt.

Transfer to prepared baking dish and top with remaining cheese. If using Panko Crumbs or breadcrumbs add now, and bake 30-35 minutes, until bread crumbs and cheese are browned.

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Jennifer brings longtime catering business to Arcadia



Mini Beef Wellington

By Colton Gavin

A local business is strengthening its roots in Arcadia.

Jennifer's Catering has served the Valley for the past 16 years. Now Jennifer Russo-Fitzgerald is trying something a little different, establishing The Market by Jennifer's at 3603 E. Indian School Road, Suite A.

"This is where I've raised my children and I love it here. I knew I wanted to set up

The Market By Jennifer's
3603 E Indian School Road #A
themarketbyjennifers.com
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shop here," Russo-Fitzgerald said.

The Market will focus on "regional American food" adapted to local tastes. Her chefs will take such favorites as Beef Wellington, crab cakes, tenderloins, Angus steaks, and traditional hamburgers and will develop delicious plates using the highest quality ingredients. Seasonal menus will be designed based on fresh ingredients.

Jennifer's is also offering a variety of cocktails, takeout meals and grab-and-go options. Among these take-home concepts, Russo-Fitzgerald will promote themed bags. For instance, if someone needs to increase their protein intake they can order a "protein bag," or a "health bag," which will include the leanest protein and veggies.

Russo-Fitzgerald's passion for food began early. At 16 she learned to cook from her mother and grandmother. Her grandmother hailed from Italy and Russo-Fitzgerald was impressed by the confections she learned. She soon sought to build upon these skills.

After spending two years at the

California Culinary School, Russo-Fitzgerald started her catering service in 1997.

Although she graduated from culinary school over a decade ago, Russo-Fitzgerald says she's still learning ways to hone her skills.

"I'm humbled every time I work around other chefs," Russo-Fitzgerald said. "And I'm always looking for new things to try."

One of the talents she'll be working with is her new executive chef, Matt McLinn.

Chef Matt McLinn graduated from the California Culinary Academy in San Francisco. After graduation the chef trained alongside James Beard award-winners Chef Christopher Gross and Chef Vincent Guerithault in Phoenix before spending a summer cooking his way through Europe. McLinn would eventually help to open Pinot Hollywood, an award-winning restaurant in Los Angeles.

McLinn built his reputation in Phoenix by working at such restaurants as The Grind in Arcadia, BLT Steak in Scottsdale's Camelback Inn, as well as in his own Scottsdale restaurant, Méthode Bistro.

With McLinn's experience and training, alongside Jennifer Russo-Fitzgerald's own experience and dream for the market, The Market by Jennifer's has immense potential.



(Top) Pretzels and (Bottom) Angus sliders

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Asian and Italian Top 5 eats



Chef Nam said the Galbi ribs are one of the best things he's ever eaten.

TOP 5 with...

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Chef Andrew Nam of Stingray Sushi shares the *Top 5 Best Things I Ever Ate*.

Ja Jang Myun

A Korean Chinese dish which consists of pork, onion and zucchini with black bean sauce over noodles.

Galbi

Korean short ribs marinated in a sweet soy glaze, and then grilled. This is amazing for any barbecue get together. It also goes great with Korean Soju!

Pho

Vietnamese noodle soup comes with a variety of ingredients to add to the soup, but it's at its peak when you add sriracha and pickled onions!

Dukboki

Korean rice cake with Korean pepper sauce is the perfect drinking companion when out having fun with friends!

Lou Malnati's Pizza

Chicago's best deep dish pizza! Look for it next time you're in the city.

GALBI RIBS

- 3lb. short ribs, butterflied

Marinade:

- 2/3 cup sweet soy base sauce
- 1 small apple, grated (skin on)
- 1 Tbsp. garlic, minced or garlic paste
- 1/2 cup green onion, minced
- 2 Tbsp. dark sesame oil
- 3/4 tsp. ground black pepper

Place the ribs in a large plastic bag with zipper top.

Combine marinade ingredients. Pour over beef.

Close the plastic bag and carefully turn the meat around in the sauce.

Compress the bag slightly to release the air. Distribute the sauce evenly in the bag.

Place the bag on a baking sheet, lying flat and place in the refrigerator for at least 5 hours or preferably overnight.

Prepare your gas or charcoal grill.

Remove the meat from refrigerator 20 minutes before cooking. Pour marinade into small saucepan and bring to a boil. Simmer for 5 to 10 minutes.

Lay the ribs flat on the preheated grill. Brush with the boiled marinade and cook the beef until it is done to your liking. Turn and brush the beef every few minutes to grill on all sides.



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

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(Left to right) Jesse Hansen, Justin Beckett, Danielle Leoni, Gio Osso and Matt Carter.

Local culinary scene given spotlight with Ripe Awards

By Danika Worthington

Three Arcadia chefs were among the five recipients of the 2014 Ripe Award in recognition of their contribution to the Valley's culinary scene.

The RIPE award, an annual spotlight of local chefs, started last year. Acknowledging five chefs each year who are elevating the Phoenix culinary scene with their diversity and roots within the local culture, the award is bringing attention to some of our city's most exciting tastemakers.

The Phoenix Art Museum's Men's Arts Council sponsored the award and hosted a food and wine tasting event at the museum on January 23, said Ty Largo, spokesman with the Ripe Awards.

Award recipients were chefs Justin Beckett from Beckett's table, Danielle Leoni from Breadfruit, Jesse Hansen from Proof, Gio Osso from Virtù and Matt Carter from Zinc Bistro, the Mission, the House Brasserie and Zinc Brasserie.

The council partnered with the Arizona Republic's dining team to choose the chefs, each organization contributing two judges, Largo said.

"The art museum is known for celebrating all different mediums of art," Largo said.

Each chef contributed food to the tasting event, Beckett said. His team contributed recipes from his new American South restaurant, Southern Rail, which will be opening near Camelback Road and Third Avenue in 2014.

Largo said the award started because the Valley's culinary scene was starting to gain some national attention.

"It's about claiming all of that buzz and momentum and putting a name to it," Largo said.

Beckett said the award shows the nation that the Valley's culinary scene is starting to group together.

Beckett said that over the past 15 years, the culinary scene has grown and is "poised to explode over the national scene."

One of last year's winners, Chef Bernie Kantak with Citizen Public House, said the scene is growing but still in its "infancy."

"I think a lot of chefs really have to show a lot of restraint in what we do," Kantak said. "I don't think there's a whole lot of places where a chef is doing what they're truly passionate about."

But Kantak said the recognition was welcomed, especially when chefs work seven days a week for 365 days a year.

"Sometimes it's almost a little bit of a thankless job," Kantak said.

Beckett said the award not only gave him recognition, but also his hardworking staff.

Largo said the recipients represented the future of the culinary scene in the Valley.

"(Recipients are) the next generation who are going to build upon that amazing foundation legends have already built for us," Largo said.

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After moving and traveling, Arcadian happy to be home



Estevez Martinez snowboarding at the top of Mary Jane/Winter Park Mountain in CO.

Where's the Neighbor?

By Kaley Kalil

The snowbirds aren't the only ones soaking up Phoenix's warm winter sun this season. Estevez Martinez, 26, is happy to be living back in the Valley of the Sun after moving to Denver, CO two and a half years ago.

"I have always wanted to move out of Phoenix to get that experience, and Denver was always a place that I wanted to go," Martinez said. Martinez, an Account Executive in Denver for ARAMARK, was recently granted a transfer from the work apparel/uniform sales company to move back to Arizona. "For those that have never been to Denver, they are missing out on one of the

best cities in the States," he said. Captivated by the amount of young professionals he met there from all over the country, Martinez was able to cross paths with a lot of fun and interesting people in the city that became his home away from home 900 miles away. He grew especially fond of the plethora of city parks and breweries, "great local food, unbelievable biking and the best concert venue in the country." "The only true outdoor activity that is above and beyond Arizona is skiing/snowboarding. The mountains up there are pretty amazing," he added. Martinez and his girlfriend, Alicia, a Colorado native, traveled to Spain in July. They spent time in the well-known cities of Madrid, San Sebastian and Barcelona. In Madrid, they visited the Museo Reina Sofia (Queen Sofia Museum) and the Prado Museum. They enjoyed a bus tour in Barcelona, where they saw beautiful cathedrals, Gaudi's famous and architecturally groundbreaking buildings, and venues from the 1992 Summer Olympics. "San Sebastian is the best coastal city/beach town that I have ever been to in my life," Martinez said. "The old architecture throughout the city is absolutely beautiful. The food and wine were the best I have ever had. The beaches were perfect. Crystal clear water, warm soft sand and surrounding scenery



La Sagrada Familia Church in Barcelona

that can't be put into words. The only thing I didn't like about San Sebastian was leaving San Sebastian," he raved. In all three cities, Martinez loved the array of tapas he found beautifully presented and served to him at every restaurant. Had time permitted, Martinez would

Continued on page 40

This Month's Theme:
PHOTOG'S CHOICE

Winning Entry
by Mike Purcell

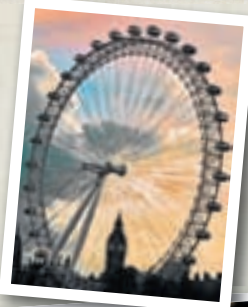


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Estevez Martinez sitting on the boardwalk with his girlfriend, Alicia Schaefer, at one of San Sebastian's many beaches in Spain.

Neighbor

Continued from page 38

have liked to travel across the Strait of Gibraltar from Europe to Africa to visit Morocco at its northernmost tip.

During his time in Phoenix before possibly moving back to Denver in the future, Martinez hopes to make it up to Sedona for some hiking and mountain biking.

"I definitely enjoy traveling," he said.

"I have found that when you travel, you learn more about yourself and others. I have grown to appreciate many different cultures and people. I would definitely recommend people travel to both Denver and Spain at some point in their life."

In the summer of 2015, Martinez plans to travel to Thailand. For now, you can bump into him at all of the great shops, restaurants and bars he's been missing in the Arcadia area.

Traveled Lately? Email Kaley: kaley@arcadianews.com

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Arcadia High School honored as a “No Place for Hate”



Left to right: Elena Pierson, Chase Harris, and Arisbeth Couarrubias stand up for the AHS NO HATE program.

By Kathleen Shipman

Ever since the students of Arcadia High School began their quest to resolve bullying, they have in fact made their

campus a kinder place. Through the passion and commitment of the Arcadia Student Advisory Board (ASAB), the school has recently been designated as a “No Place for Hate” school.

The Anti-Defamation League is presenting this remarkable distinction to Arcadia High School.

“We are very proud to be honored with something so incredibly positive,” said Shannon Paloma, ASAB Advisor.

For the ASAB, it was important to make Arcadia a safe environment where every student could be heard. Instead of being discriminated against for differences, they wanted the students to be respected for their individualities.

“One of our main goals has been to have a voice for those who can’t stand up for themselves,” said Junior Arisbeth Couarrubias. “We want to bring the school together as one and be united.”

The participants of the ASAB all believe that bullying is a result of a lack of kindness, which is prevalent in schools today. Together they have come up with a unique and optimistic approach to the issue. Their solution has been to address

the source directly and spread kindness around Arcadia.

“The foundation to end bullying is with kindness,” said Junior Elena Pierson. “Instead of having the negative connotation with Bully Week, we decided to change it to a Kindness Week.”

During Kindness Week at Arcadia High School, activities involving the entire student body and faculty took place. One day the students all decorated the teachers’ doors with kind words of appreciation. Another day, each and every student in the school received an anonymous note with a positive message inside. This activity was particularly impactful on the students, who went to their social media sites to show their gratitude.

“All of the positive feedback makes us feel like we are doing the right thing,” said Senior Chase Harris.

Cultural Awareness Week, the school wide watching of the movie “Bully,” and the thumb signing of a “No Bully Pledge” are just some of the other activities that the ASAB organized.

“The Arcadia Student Advisory Board has worked so hard to really make an impact on the school and the community,” said Lisa Moore, ASAB Advisor. “The activities have made a difference on campus.”

The hope for everyone at Arcadia High School is that other establishments will soon follow in their footsteps.



The students have a little fun and show their enthusiasm for the cause.

“We plan on sharing our success with other schools in the hopes that we can be part of a larger movement to make every school campus a kinder one,” said Kevin Mooney, Assistant Principal of Student Services.

The many efforts of everyone at Arcadia have proven that they are truly deserving of being a “No Place for Hate” school. The official presentation ceremony will take place on February 21.

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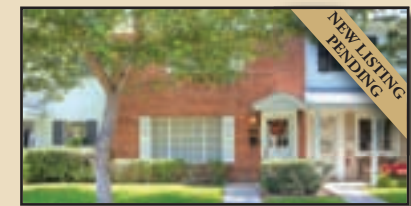
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Refugee

Continued from page 42

and provided translation services among teachers and parents.

Aden said many of the students' challenges are not due to cultural differences, but he still helps the teachers and administrators understand some of the students' traditions. For example, the refugees practice Islam, so the women and girls wear a Hijab and refrain from eating pork. Aden said that many of them, like him, also prefer to eat with their hands.

"When I come to help them, they are relieved and so thankful. The parents offer me lunch and food and say 'What would we do without you?'" Aden said.

Although it's a large responsibility, Aden said he enjoys helping the students with their education. Outside of work, he enjoys spending time with his wife Sahruja, daughter Asnino, 5, and 10-month-old son Sameer. He also loves wrestling and singing Somali music.

Aden's music is so well-known he has built a part-time career as a wedding singer for Somali weddings locally and throughout the country. He even has his own YouTube channel featuring his music. In April 2012, Aden officially became a U.S. citizen, and joined more than 30 new citizens from 15 countries in the 20th annual We are the World Concert and Naturalization Ceremony, which happened to be held at Tavan Elementary

School.

"The principal said 'One of our own is becoming a citizen today,'" Aden said. "I was getting some goose bumps there."

Aden was asked to speak, but said he declined because he was worried he would become too emotional.

"I'm not afraid of singing in public," Aden said, "but I kind of get emotional with talking and sharing my story."

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Hopi "Rock of Ages" Show

It's time for the annual Hopi Variety Show.

The community is invited to join the 2014 Hopi MCs and over 300 students as they perform in Hopi's Rock of Ages.

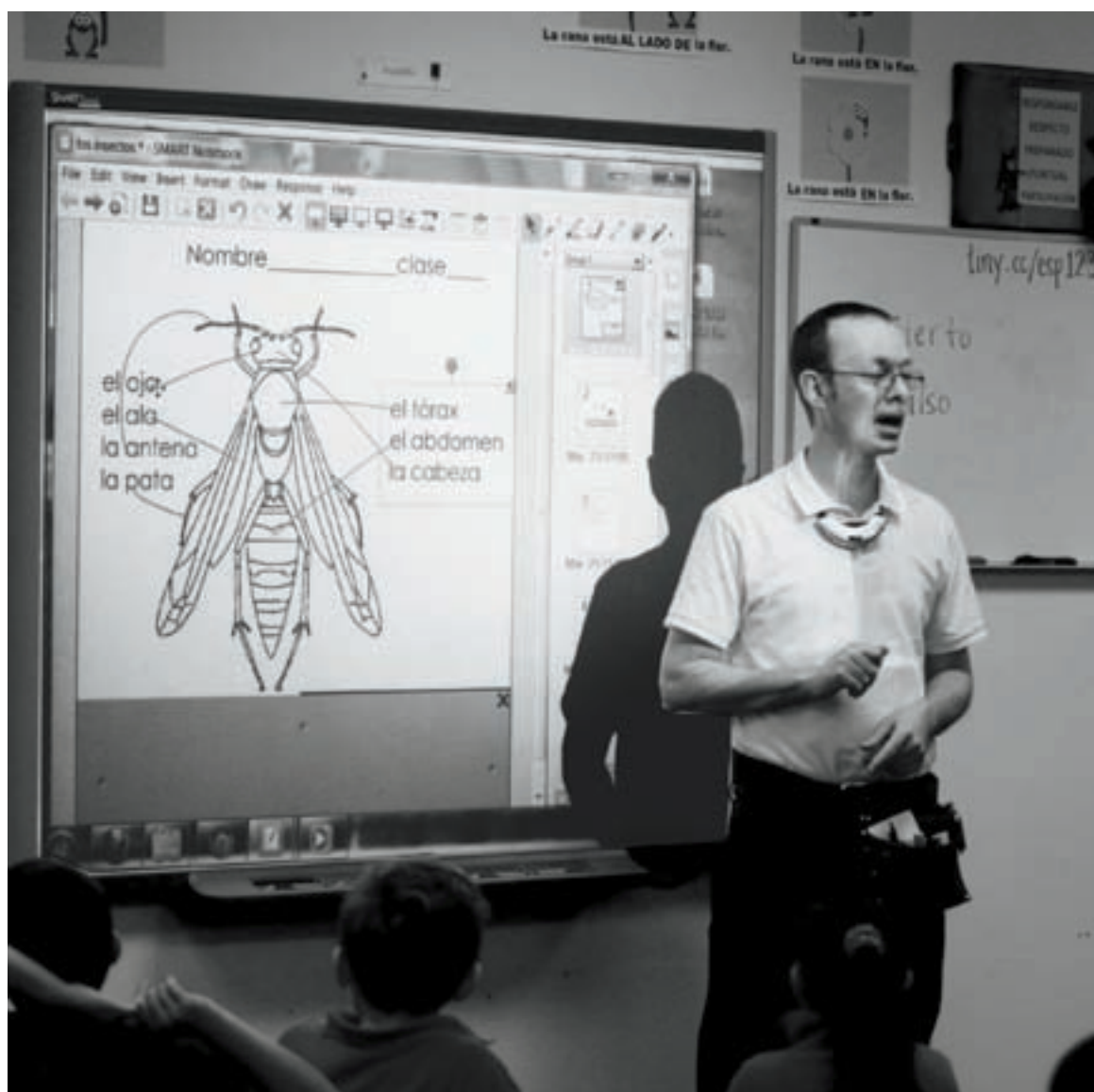
This year Hopi Hawks will be showing how they "Rock" by doing a variety of acts. Students will sing, act, dance, and perform as we go through the "Ages."

The show will be at Arcadia High School on February 20 and 21 at 6 p.m.

Tickets are \$10. To purchase tickets please contact hopivarietyshow@gmail.com.

This years Hopi Emcees are:

Top Row: Finn Rewinkel, Tommy Logan, Lindsey Jones, Avery Durbin
Middle: Ryan Hook, Jonathan Schulman, Crew Edwards, Sam Coles
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Gardens, murals, and community...PHX Renews

By Nicole Royse

Driving down Central Avenue and Indian School Road you may have noticed new beautiful murals and gardens at the historic Steele Indian School Park.

These murals and gardens are a part of the PHX Renews project, which focuses on reimagining a community space and temporarily transforming it into a multi-use public space for the next three years. PHX Renews was generously funded from grants from the Steele Foundation and Wells Fargo & Co.

PHX Renews project is a partnership between the owners of the property, Barron Collier Companies, the nonprofit Keep Phoenix Beautiful, and the city of Phoenix.

Keep Phoenix Beautiful is committed to “recycling initiatives and education, litter reduction, beautification, and community improvement activities” and is an affiliate of Keep America Beautiful. This project is part of the Mayor Stanton initiative, aiming to turn vacant properties in Phoenix into usable functional land.

This includes Reimagine Phoenix, a “citywide effort to inspire residents and businesses to rethink the role of trash in our lives.”

The Steele Indian School Park project has transformed over 15 acres of vacant land into community gardens, outdoor education,



and art displays. The intriguing murals on display were created by local artists brought together by artist and activist Hugo Medina, who asked artists to paint 80 wooden panels during last year’s Phoenix Festival of the Arts. The result was 160 eight-by-four-foot panels creating a gigantic 1,280-foot-long mural.

“I was working on the longest mural for the Phoenix Festival of the Arts and I still had no place to display the mural once it was finished,” said Hugo Medina. “The city contacted me and asked if I would like to hang them at the PHX Renews site.”

Medina curated the placing of the panels throughout the PHX Renews site including along the fence.

“I’m thrilled with the opportunity to do more similar projects in the future, for example, whenever they get a new storage container, I will enlist organizations or groups to add some color to the container,” said Medina.

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Bill Murley, President

Non-profit uses the arts to help heal hearts and minds



A Free Arts volunteer paints with a young artist.

By Michelle Donati-Grayman

For more than two decades, Free Arts for Abused Children of Arizona has been using creative arts to heal abused, neglected and homeless children in Arizona.

The organization was founded by art therapist Margaret Beresford in 1993. She saw the program in California and decided to bring it to Arizona. Beresford gathered friends who were passionate about the arts and children, and the nonprofit grew from there.

Today, Free Arts uses dance, theater, music, spoken word and other art mediums to help children express themselves, according to Katia Brown Howard, director of development for Free Arts for Abused Children of Arizona.

The arts can help children find a stronger voice, she said. This is true even for children who don’t like to say much at all.

“If speaking aloud isn’t a strong point, painting or music allows expression without words,” Howard said.

The agency partners with group homes, treatment centers and shelters in Maricopa County. The agency serves children from

as young as 3 years old to late teens that have aged out of the system, yet continue to stay involved with the organization. The agency served 7,000 children last year and has served 80,000 since its inception. The majority of these children – more than 80 percent – come from foster care.

Lamonte McVuffie, 17, became involved with Free Arts two years ago when he was living in a group home. He said the agency has made a profound difference in his life.

“It taught me value,” said McVuffie. “To value what I am and what I create in life, because that’s what people are going to remember me by.”

According to the American Art Therapy Association, artistic self-expression helps people to become more physically, mentally and emotionally healthy, reduce stress and handle life adjustments.

“It’s therapeutic because it allows children to focus on something that’s not their life,” Howard said. “Not a lot of our kids have that opportunity in the situation they’re in.”

To continue serving Arizona’s most vulnerable children, Free Arts has two major needs: donors and volunteers.

Free Arts holds several fundraising events throughout the year, including an upcoming art auction. The event will be held March 8 at Neiman Marcus at Scottsdale Fashion Square. It will feature Ed Mell, a Phoenix native and internationally renowned artist. More than 40 art pieces will be auctioned at the event, including a piece by Mell. Tickets are

\$75 per person and are available at freeartsaz.org.

From being an office volunteer for a single day to spending eight to 16 weeks as a weekly program mentor, there’s no shortage of volunteer opportunities at Free Arts. The agency hosts volunteer orientation meetings at 6 p.m. Mondays and 9 a.m. Wednesdays for those interested in getting involved. The agency currently has more than 500 volunteers, but can always use more.

“We never run out of opportunities to serve kids,” Howard said. “Our need is to find adult volunteers to help.”

McVuffie is now a freshman at Grand Canyon University and serves as a Free Arts mentor.

“My mentor wasn’t getting paid. They came because they wanted to,” said McVuffie. “When I left to start college, I went back to become a mentor because I wanted to do the same thing my mentor did for me.”



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ARCADIA NEWS

Students' musical production of Shattered hits stage



AHS musicians prepare the music for Shattered.

By Kathleen Shipman

Arcadia High School's recent performance of the musical *Shattered* was unlike any other. The reason being, *Shattered* is a completely authentic production written entirely by AHS students.

While most high schools purchase the script of a popular musical, the students of Arcadia High School created their own, along with the music, choreography, and everything else involved with a successful production.

Their instructors, Richard Fairchild and Richard Maxwell, oversaw the students and the production.

“There’s a sort of approach in education that students can’t do these things,”

said Music Department Instructor, Mr. Maxwell. "I think it actually comes out as a challenge."

Shattered was developed through the collaboration of Arcadia's Theater Department and the Contemporary Music Sound Department (CMSD). The concept of the musical revolves around bullying, an issue that the students of Arcadia are known to be passionate about. The decision was to bring in

relevant themes to show a realistic view on the topic.

"The girl is bullied at school and can't even escape it at home because of texting and Facebook," said Junior Mia Reza. "She just isn't welcome anywhere."

In order to create a musical from scratch, the students found that teamwork was the key essential. The script and music for *Shattered* was a culmination of all of the students' ideas. While the Theater Department wrote the script, CMSD worked on the music, both sharing their progress each step of the way.

“We’ve had this kind of relationship where there’s a lot of back and forth,” said Theater Instructor Mr. Fairchild. “It’s a lot of fun.”

Other aspects of Shattered required

just as much group effort. From the sets to the choreography, the Arcadia students worked together to complete every task.

“It’s a lot of leaning on everyone,” said Junior Jade Lara.

Although Mr. Fairchild and Mr. Maxwell knew there would be a lot of work involved, they had confidence in their students' abilities. The dedication and hard work of the students left them

utterly impressed.

"It's been really fun to see all of the students so involved. They make it happen," said Maxwell. "It makes it really easy to want to come to work every day."

Shattered is obviously an experience they won't soon forget.

“This has been the most fun I’ve had in high school,” said Senior Coltin Anderson.

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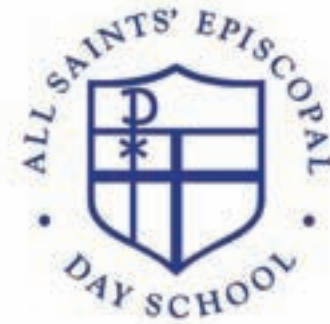
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Arizona's Ear Candy connects nationally

By Amanda Savage

In October 2013 Arizona Ear Candy Charity, a non-profit that donates music instruments to public schools, announced it merged with Little Kids Rock, a national non-profit that provides free instruments, music lessons and teacher training to public schools. Founder of Ear Candy, Nate Anderson is now Little Kids Rock West Coast Director, based in San Francisco.

Over the course of six years Ear Candy impacted over 60,000 under-served youth by providing used, quality instruments to public schools in need.

Founded in 2002, Little Kids Rock trains teachers on how to teach modern music programs, both in-class and after school to youths in public schools. Currently the charity has over 1,200 programs nationwide and is expected to impact over 120,000 kids in 2014.

Ear Candy founder, Nate Anderson, explains the merger between the two charities was initially prompted by Anderson, as a partnership, and that it was Little Kids Rock who introduced the idea of a merger.

Anderson was at the National Association of Music Merchants when he expressed his vision to bring Ear Candy to a national level to multiple charities. Little Kids Rock appealed to Anderson in three main ways. First and foremost was the “shared aligned vision to help as many



Ear Candy has provided used instruments to more than 60,000 students.

kids as possible,” explains Anderson. The second, was that upon merging, Anderson would still have an influential voice in key decision making with the organization.

“I didn’t build this for six years just to give it up,” explains Anderson.

Last, he genuinely liked the people.

Currently Little Kids Rock has no programs in Arizona, although Anderson says that Little Kids Rock would like to bring music programs and instrument donation programs to Arizona within the

2014 - 2015 school year.

“We are 100% reliable on funding in Arizona to make this happen,” explains Anderson. Little Kids Rock is currently meeting with foundations and individual donors who contributed to the success of Ear Candy for donations.

Currently the former Director of Operations of Ear Candy is running a separate, smaller instrument donation program in Arizona.

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Once just a dream, BiblioTrucka moves closer to reality

By Sarah Stecko

Three Arizona State University (ASU) students recognized the need for libraries in some communities, as well as the rising food truck trend in the Phoenix area. They decided to draw a connection between the two and created BiblioTrucka. The new concept, “BiblioTrucka” derived its name from the Spanish term: biblioteca, which translates to “library.”

Students Alex Miller, Jasmine Clarke-Telfer and Elijah Allan are the founders of the plan to convert retired food trucks to upgraded mobile libraries. The trio plans to focus strongly on being more modern by incorporating e-readers and other computer technology.

“The students we are looking to serve may not have access to technology at home and we recognize that technology plays an integral role in standardized testing,” the group said.

The trio’s motive was initially to fulfill their Changemaking in Education course offered by ASU’s Barrett Honor’s College, Mary Lou Fulton Teachers College and Teach for America. However, the dream seemed to evolve into a more obtainable goal when the group submitted their idea for the ASU Innovation Challenge grant. The details of the project can be viewed at <http://bibliotrucka.com>.

One of their business goals is to build a partnership with NFL Youth Education Town (YET), a chain of educational and recreational centers in the United States providing afterschool activities in underprivileged areas, because they lack a library. This would provide benefits to low-income families of the community and help in teaching literacy to the youth at the same time.

Elijah, a conservation biology and ecology major with a minor in American Indian Studies, is from Shonto and Toligai on the Navajo Nation. He understands the importance of reading to learn the language. He says his Navajo leaders have always said, “education is the ladder.”

“By providing another resource for learning, I am helping my Native people as well as other Native people to strengthen their families, people and communities,” Elijah said.

Another major step the team wants to take is to partner with the



Elijah Allan works at a school in need of the books he hopes BiblioTrucka can provide.

Phoenix Public Libraries and Friends of the Phoenix Public Library. These outlets are where they have plotted to receive their inventory. An estimated 300-500 books can be stored in BiblioTrucka. Also, they wish to use the same software for a book catalog system to prevent damage or loss.

Alternatively, the group wants to raise additional funds to cover the start up costs. The current cost estimate is that it will be \$10,000 to purchase a truck and construct it into a mobile library.

Future plans for expansion would begin in the valley and reach out to the Navajo Nation reservation. According to Alex, Jasmine and Elijah BiblioTrucka plans to eventually extend its services nationwide.

Editor’s note: Photos of the trucks are not available because plans for BiblioTrucka are still in the early stages.

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BiblioTrucka visits a school in need.

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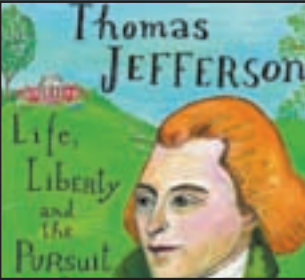
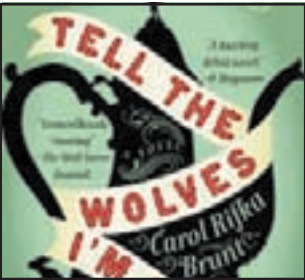


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Scouring bookstore shelves pays off with intensity



Book Club

By Amanda Goossen

Joy, my friends, is finding a book you absolutely cannot put down. The book that makes you think of the characters and what they might be doing when you've reluctantly put it away to cook dinner. Book lovers know what I mean. It's the book that you love to read and are devastated when it ends, the one you add to the list of the best things you've ever read, even though the list is so incredibly long you can't even remember what's on it half the time.

Yes, those books are pure joy. And I just found one!

As a book reviewer, books arrive on my desk on a daily basis. It's quite the gift to a girl who grew up sitting in the library aisles, fingers gliding along the bindings, searching for something new to discover.

But sometimes, as a diehard reader, I still shop the stores and search the libraries in search of the next great book to dive into. And yes, I did say stores and libraries, I don't prefer Amazon for books, I want to feel it, hold its weight, debate on whether it's worth reading as I toss it from left hand to right, back and forth.

And sometimes, when I shop these stores and I read the back of every book, study the authors three sentence biography and photo and examine the cover image, I find a gift. Sometimes I find something I'm so glad I spent hours to stumble upon.

This time it was *The Kitchen House* by Kathleen Grissom.

Join the Arcadia News Book Club at 7 p.m. on February 27 at the Saguaro Library. We will discuss *The Kitchen House* as we also chat via speakerphone

with the author, Kathleen Grissom. Refreshments will be offered and \$5 raffle tickets will be sold for a large gift basket, with all proceeds benefitting the Los Niños Hospital.

If you'd like to RSVP or find out further information about our community book club, email Amanda@arcadianews.com.

THE KITCHEN HOUSE
By Kathleen Grissom

Orphaned while on a ship from Ireland, just before the turn of the nineteenth century, young Lavinia is taken in by a wealthy plantation owner and put in the care of Bella, a young black slave and his illegitimate daughter, in the kitchen house.

After a difficult transition, Lavinia warms up to her new life and soon finds a place amongst the slaves, most particularly within the kitchen.

But years later, the lone white girl within the disgusting and devastating confines of slavery, Lavinia must learn that she doesn't quite belong with the only family she's ever known. Accepted in to the big house, she straddles the line between white and black, owner and slave, learning lessons about life, loyalty and love, through painstaking mistakes and irreversible decisions.

The Kitchen House, although slow starting because of the long list of characters who have to be sorted out, picks up after a few short chapters and takes off with great speed.

Changing back and forth between Lavinia's point and view and Bella's, the reader is given a special glimpse into the feelings, motives and activities of the master, his slaves and the girl stuck in between.

This novel is beautifully written,

tragically sad and still heartwarming full of love.

I didn't choose this book with Black History Month in mind but sometimes things happen for a reason. *The Kitchen House* is an outstanding work of fiction by a debut author.

TELL THE WOLVES I'M HOME
By Carol Rifka Brunt

June Elbus doesn't feel like she belongs anywhere. It's 1987 and she is 14 years old. Life is tough.

June's uncle is the renowned painter, Finn Weiss. He is the only person June feels comfortable with and their quirky relationship suits them both beautifully. But when Finn starts getting sick, June knows her time with her uncle is coming to an end. And then it happens, Finn Weiss dies of AIDS.

Not only is June traumatized by the loss of her beloved uncle and friend, but losing him to AIDS in 1987 brings with it an entirely new layer of grief. Her mother's refusal to discuss it, coupled with her intense hatred for the man she swears 'killed her brother,' brings confusion and turmoil to an already lost 14 year old girl.

But when a strange man delivers a gift to the her front door, which turns out to be the teapot from which Finn and June drank their Sunday tea, June begins to realize that there is someone else in the world who misses her uncle as much as she does. And he might be the one person she's been brainwashed to hate.

A stunning story about love, loss and self-discovery, this truly remarkable novel digs in to what it means to feel completely misunderstood and breaks it open, raw for everyone to see. With her story, author Carol Rifka Brunt shows that sometimes

we all just need someone who understands how we feel.

I AM AMELIA EARHART
By Brad Meltzer

I am Amelia Earhart is one of the first non-fiction picture books in the new series *Ordinary People Change the World*.

Three years ago after shopping for his young daughter and seeing nothing but princesses, author Brad Meltzer, decided there were better role models for his child. As host of the History Channel show *Decoded*, Meltzer knew exactly where to find such inspiration.

Illustrated by Christopher Eliopoulos, each book in the series features creative illustrations of a person who changed the world; with a biography told in a way young readers can understand and appreciate.

Also look for *I am Abraham Lincoln*, the other book in the series launched last month.

THOMAS JEFFERSON:
LIFE, LIBERTY, AND THE
PURSUIT OF EVERYTHING
By Maira Kalman

Thomas Jefferson may be known for writing the Declaration of Independence, but there was even more that made up the life of our third president. *Thomas Jefferson: Life, Liberty and the Pursuit of Everything* digs in to the life of the man who was known for his varied interests, his enormous flaws and his monumental part in some of histories greatest accomplishments.

Told through imaginative and colorful illustrations and an entertaining voice, this is a terrific book.

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Step out for diverse lineup of music playing in February



Music

Notes

By Craig Goossen

A variety of cool acts are making their way through Phoenix in February and this month's music mix highlights a few I'm excited to see. Other notable acts playing the valley this month include Shearwater, Mayer Hawthorne, White Denim, Panic At The Disco, Dr. Dog and Miley Cyrus. Whoever says there's nothing to do in this town is presumably a person that never goes out when the sun goes down.

PIXIES
Gauge Away
(1989)

Start your week off right with a gig featuring the iconic 90s band. It'll set a proper tone for the remainder of your week, plus it's an all ages event and you can bond as a family on a school night.

The Pixies perform on Monday, February 24 at Comerica Theater, 400 West Washington Street in Downtown Phoenix. Tickets start at \$47 and the show is all ages.

JON RAUHOUSE
Old School
(2013)

I'm not familiar with the venue, nor am I positive of all the particulars. What I do know is that Jon Rauhouse is a state treasure and when he plays in any capacity I'm putting it

on my list of things to do.

Jon Rauhouse performs on Tuesday, February 11 at Professional Musicians of Arizona Hall, 1202 East Oak Street in Phoenix.

CROOKS ON TAPE
The Regoments
(2013)

Featuring members of the great band Brainiac and the band that followed upon the death of singer Tim Taylor, Enon. Proper words to describe this bands' sound fail me, but pull this track up and it'll give you insight to what's luring me to Pub Rock on a Saturday night.

Crooks on Tape perform on Saturday, February 8 at Pub Rock, 805 East Roosevelt Street in Scottsdale. Tickets are \$10 in advance and the show is 21 and over.

YUCK
Somewhere
(2013)

This English rock band created quite the stir with their killer debut back in 2011 but then they lost a key member and caught some heat with the release of the follow up, 2013's Glow & Behold. The mixed reviews of their sophomore release tends to gripe on the clean new sound, lacking the crunch of the debut, but this juicy track illustrates a band's evolution that will have the Crescent swaying.

Yuck performs on Monday, February 3 at the Crescent Ballroom, 308 North 2nd

Avenue in Downtown Phoenix. Tickets are \$12 and the show is 16 and older.

THE DEVIL MAKES THREE
Hand Back Down
(2013)

This California band plays what some call Americana, others Country and many Bluegrass and everything in between. If any of these adjectives describing musical genres is in your wheelhouse, make it over to the Crescent and dig on these folks.

The Devil Makes Three performs on Sunday, February 16 at the Crescent Ballroom, 308 North 2nd Avenue in Downtown Phoenix. Tickets are \$20 and the show is 16 and older.

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Saving Mr. Banks an enjoyable film despite inaccuracies

Julie @ the Movies

Saving Mr. Banks

Director:
John Lee Hancock

Starring:
Emma Thompson, Tom Hanks, Annie Rose Buckley, Colin Farrell, and Paul Giamatti

Brimming with emotional scenes, Saving Mr. Banks is not entirely accurate but that doesn't make it a bad film.

Saving Mr. Banks is a dramatization of the production of Disney's Mary Poppins. P.L. Travers (Thompson), author of the books that inspired the classic Disney movie, is reluctant to hand over the film rights to Walt Disney (Hanks). Hoping to get her approval to make the film, Walt invites her to leave England and come watch some of the production process, hoping to get her approval. During her stay in America, there are flashbacks to her childhood in Australia.

As a child, Travers spent much of her time with her father (Farrell). Her life in Australia is where much of the inspiration for Mary Poppins came from. From the moment her driver (Giamatti) picks her up at the airport in America, Travers seems disappointed already, but



Walt is determined to change her mind about him and the movie he wants to create.

Going into the film, emphasis must be put on the word "dramatization," as it

is based rather loosely in the facts. The movie adds drama and emotion where, in reality, it hadn't been, in order to make it more interesting to watch. It's tailored to fit with the story that most audiences want to see, with a slow build, an emotional twist, a change of heart, and a happy ending.

Saving Mr. Banks is an example of how the true story can be distorted in order to make what the industry believes to be a more marketable film. In order to like the movie, it must be understood that, while it is inspired by reality, it is a work of fiction.

In the film, Mrs. Travers tells the driver, Ralph, that he's the only American she likes. The audience may also feel this way, as he gives off the most genuine feeling of all the characters, with the exception perhaps of Mrs. Travers. The times Giamatti is onscreen are the most entertaining to watch.

Hanks does well enough depicting Walt Disney, though it feels like his role in the film is smaller than it ought to be. Or perhaps it isn't that there isn't enough of Tom Hanks, but that he is so present in the film that it's hard to see Walt behind him.

Thompson is one of the main reasons the movie didn't completely flop, carrying the film with an elegance that makes the experience enjoyable. With another in her place as Mrs. Travers, the film might not have succeeded in saving anything.

The film is a likeable one, with witty dialogue and some lines from Mary Poppins thrown in the mix. It's fun for those who are fond of the musical to revisit the catchy tunes for probably the first time in a while. The parts of the story that are dramatized tend to lean too heavily on the cliché side, and the film is definitely a work of Disney. However, anyone who is able to look past the inaccuracies will probably enjoy watching it.

It isn't the most memorable movie of the year, but Saving Mr. Banks is a nice way to kill a couple of hours, and Thompson and Giamatti deserve 3 stars for keeping it above the water.

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

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It is not often that I write this type of letter, but, I would stake my own reputation on the ethics, sensitivity and honesty of Susan Tibbets. So much that she will list another home for me in the next couple of weeks. Respectfully submitted," — T. Keck



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Football to basketball, this athlete really excels

By Nicholas Smith

We've heard this story before. A young athlete who plays a sport well decides to change to a different sport, and excels at that one too. In this case, a young girl decided to change things up, and is now a star guard in basketball. No big deal right? But what if the sport she changed from was football? What if the position she played was quarterback?

Maybe you haven't heard this story after all.

Tori Wright moved to Arcadia before her sophomore year, from Dalton, Ohio, a town she promises “you haven’t heard of.”

She played quarterback for her school football team while living in Dalton, a team on which she was the only female member.

“It could be hard sometimes,” she said. “But the guys were pretty nice. Especially the receivers. They had to be nice if they wanted to get the ball.”

Tori also played basketball while living in Ohio and began playing the sport full



time when she moved to Arcadia. She plays point guard and shooting guard and is a senior on this year's team. The team doesn't have a ton of height, but what some might call a disadvantage, Tori says has

Continued on page 55

AHS soccer captain explains team's success



By Nicholas Smith

Missy Dominick has always been an athlete. She juggled three different sports while growing up.

"I played gymnastics, softball, and soccer," she said. "In the end I was just more of a team sports person."

Now as a senior, she is the captain of the school soccer team. What she loves about her current sport is how complex it can be.

"Soccer is a sport that looks simple when you're watching it," she said. "But when you're the one playing there is so much

action. It really makes you have to think while you're playing."

Missy has years of playing experience on club teams, which has made her the player she is this season. Her teams have always been extremely competitive.

“My team plays in a national league,” she explained. “Meaning we play 52 of the best teams across the country. The talent of our opponents has really helped me become a better player.”

Continued on page 55



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Drill aids distance control

By Tina Tombs



Are you having trouble getting your first putt close to the hole? This speed putting practice drill will help to improve your distance control when you putt.

Goal is to improve your speed on putts between 10-40 feet.

Items needed:

- 8 needlepoint needles
- 4 pieces of string, each 10 feet in length

Take 2 needlepoint needles and attach one string to them, repeat, making 4 sets of 10-foot string lines.

Measure from the edge of the green 10 feet, 20 feet, 30 feet and 40 feet markers and insert the markers at each measurement.

Putt 4 balls from each marker to the edge of the green. Do this 3 to 4 times every time you practice.

The goal is to have the ball stop at the edge of the green. The reason I chose the edge of the green is to focus on the speed and distance of the putt.

You can vary your practice session by

putting with your right hand one time through and then the next time only with your left hand. On the third try, close your eyes and on the fourth try, look at the edge of the green.

After a few practice sessions you will begin to notice a different sensation and become more aware of the speed for each distance. The final result will hopefully be a lower score with fewer putts!

Hit Them High and Let Them Fly!!

Tina Tombs is the Arizona Biltmore Golf Club Director of Instruction and an LPGA tour professional, Tina@tinatombsgolf.com.



Tina models her speed putting drill.

Soccer captain seeks improvement this season

By Nicholas Smith

For the captain of Arcadia High School's boy's soccer team, the sport can absolutely be described as a family affair.

Lorenzo Belhassen grew up with a father who played soccer in France and an older brother who played the sport as well.

"I've been playing soccer for as long as I can remember," he said. "I liked it since I first started and haven't stopped since."

Lorenzo began playing on a club soccer team when he was 8 years old. He notes that his club teams have been very competitive, which prepared him to make the varsity team at Arcadia as a freshman.

"The thing I like the most about soccer is probably the creativity," he said. "It allows you to be creative, while at the same time it's still a very technical sport."

Last year's team didn't make the playoffs, but Lorenzo noted that this year's team has the potential to improve.

"We have a few new faces to soccer this year," he said. "But I definitely think we have a chance to be a very good team."

The team's goals this year are to show

improvement, while still having a good time playing.

"That's what I really want for myself and the team," Lorenzo said. "Just to be able to play the game and have fun."

Lorenzo will sometimes attend the practice and work out with the girl's soccer team, just to get more of the sport he loves. So it comes as no surprise that he might not be willing to give up the sport he loves when he goes to college. He's considering playing the sport at Chapman University, as well as other schools in California.

"I'm from Arizona," he said. "I can't give up the warm weather."

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Basketball

Continued from page 53

actually turned into a positive.

“Because we aren’t really a tall team, we have to put real emphasis on being quick,” she said. “It’s also made us focus a lot on defense. We know what we’re good at, and we focus on that.”

This year’s team is a tight knit group, a trait that Tori says has helped them on the court.

“The chemistry on this team is unlike any I’ve ever seen,” she said. “We know each other so well and that really gives us an advantage when we play other teams.” She highlighted one play in particular from earlier this season that showed what she means.

“There was a play where I was running down the court and threw this behind the back pass,” she said. “I couldn’t even see if there was anyone where I was throwing the ball. But sure enough, my teammate was already there to catch it. We just know where everyone else is always going to be on the court.”

Tori may be taking a break from sports next year, as she is looking to possibly major in Psychology when she goes to college. Although not an Arizona native, she’s looking at Northern Arizona or University of Arizona as a possible college destination.

“I’ve grown fond of this area,” she said. “I’ll be sticking around for a while.”

Soccer

Continued from page 53

Missy explains that she plays pretty much every position except for keeper on this year’s Arcadia High School team, a team whose potential she believes to be limitless. Last season, the team had a great year, including winning the preseason Horizon tournament, before finally going down in the quarterfinals of the playoffs. Missy expects this team to finish even better.

“I truly believe we can top what we did last year,” she said. “We lost some key seniors from last year, but we also gained some top notch midfielders who are freshmen.”

She believes the team benefits greatly from their positions style of play.

“I feel like a lot of high school teams play a direct style, where the center just launches the ball forward and hopes someone can finish,” she said. “Our style involves much more passing oriented. I feel like it’s easier, fun, and more effective to play position style.”

Missy plans to play soccer in college, and her prospective schools include the University of Pennsylvania and the University of Chicago. But she has unfinished work to finish at Arcadia before she leaves.

“Every person says that their goal is to win state,” she said. “But I honestly think it’s within our reach. That’s our goal and I truly think we are capable of pulling it off.”

Team unity is focus for basketball team

By Nicholas Smith

Playing a sport with hundreds of people watching you may seem nerve wracking to most of us. But it doesn’t faze Connor Nichols, a 6’ 5” junior who plays shooting guard for Arcadia High School’s basketball team.

“It’s like being in a zone,” he said. “Five minutes before the game starts everything just sort of shuts off. Unless you hit a really big shot, you don’t even notice the crowd. It’s like nothing is there for that hour or two except for the basketball court.”

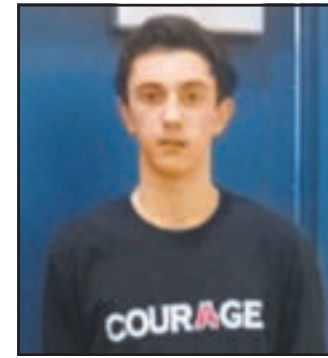
The game has been in Connor’s life since he was young. His father played basketball for Montana University, and that influence had a great effect on Connor’s choice of sport.

“I played baseball and other sports when I was younger,” he said. “But basketball just got to me.”

Last year Connor played on the varsity team as a sophomore.

“To be honest, we struggled at times last year,” he explained. “We had graduated 11 seniors the year before, so it was obviously going to be a rebuilding year.”

But the team ended up surprising many, nearly making it to the playoffs.



“To be in the playoff hunt all the way to the end was a really big deal for us,” Connor said. “I was really proud of how we fought.”

This year, the team is aiming at much higher goals. They are currently ranked in the top 12, with their goal being to reach the top 8, in order to have at least two home games in

the playoffs.

“We have a lot more talent and experience this year, as opposed to last,” Connor explained. “I really think we have a chance to do some real damage in the playoffs this year.”

Connor heavily emphasized the team unity when he explained the strengths of the team.

“I love the guys on the team,” he said. “We’re all friends beyond basketball, we hang out after school and off the court all the time. The closeness of the team this year has really helped us.”

Connor’s eventual goal is to be able to play basketball in college.

“That’s absolutely something I’m shooting for,” he said. “I’d love to be able to follow my dad’s footsteps and play for a big sky school. Who knows, maybe I’ll even play at Montana.”



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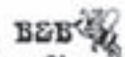
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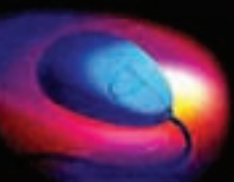
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