Arcadia News

Vol. 22 No. 2 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | May 2014

ARCADIANEWS.COM / ARCADIAHO.ME

Gabriella Blue holds tight to her medal after she and her mom Adralyn finish the Arcadia Fun Run on April 13. For more information on the success of this year's run as well as to catch some of the runners in action visit page 16.

LOOK INSIDE!
Arcadia Home
SUMMER ISSUE

Giving their girls a lesson in friendship, St. Theresa moms create a third grade book club.

Page 21

Paper Clouds Apparel changes the life of many with special needs through art.

Page 40

Courtesy CHEVROLET
EST 1955

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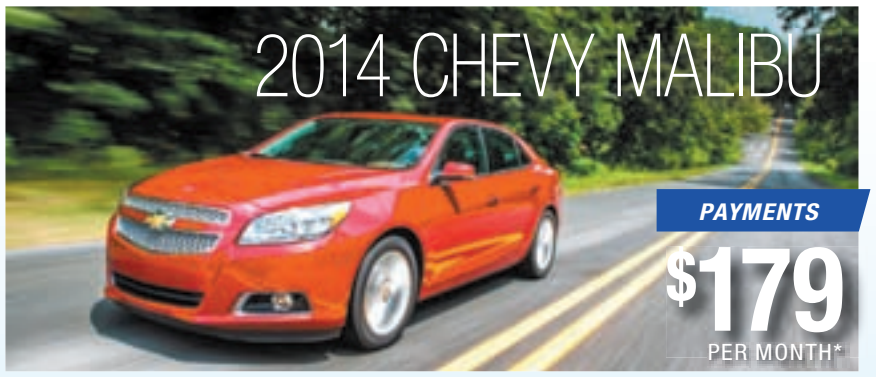

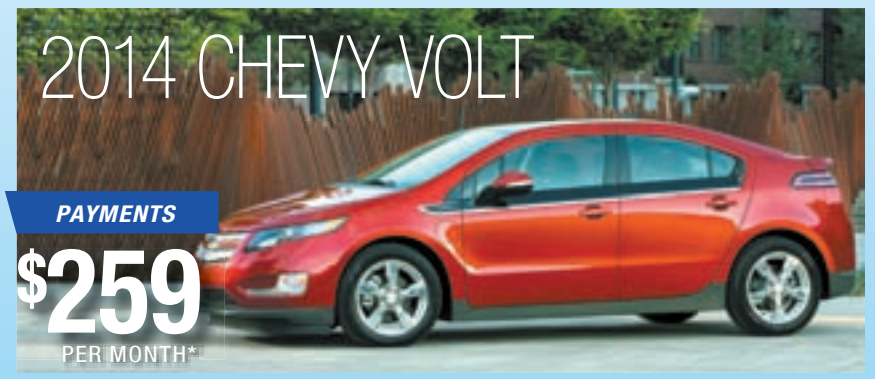

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Correction: Photo credit for photos on page 14 of the April 2014 issue of the *Arcadia News* goes to Craig Richardson.

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Arcadia News asked neighborhood children to explain why they love their mom. To 8-year-old Nate Fox, telling meant showing, through a fantastic hand-sketched comic book complete with his own super hero, Mega Mom.

21 St. Theresa Moms Give Back

When a group of moms of third-grade girls at St. Theresa Catholic School began to witness negativity amongst their girls, they decided to form a book club to teach their sweet girls the value of female friendship and support.

24 The Next Stroke

Abby Loel is a 14-year-old girl who grew up swimming at the Phoenix Swim Club. In her letter to the *Arcadia News*, Abby thanks the community and the club that taught her more than just a love for the water.

40 Paper Clouds

Children are known for hanging their artwork on the refrigerator door, but to Phoenix resident Robert Thornton some kids deserve a far more glorious place to exhibit their creativity.

Cover Image:
By Nicholas Thor Kulyniak, NTK Photography

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Let's look at a bit of history!

By Amanda Goossen

Editor's *Notes*

In 1908, the modern holiday of Mother's Day was born when Anna Jarvis held a memorial to honor her mother and her charity work.

In 1912, inspired to continue honoring her mother, Ms. Jarvis, who was apparently a very smart woman, trademarked the phrases "second Sunday in May" and "Mother's Day." She also created the Mother's Day International Association.

Anna then worked to bring "Mother's Day" to life for the entire country. She began to lobby business men and politicians, eventually making her way to President Taft.

In 1914, President Woodrow Wilson signed a bill to establish the first Mother's Day, officially making it a U.S. holiday.

Wow, what have you done for your mom lately!

AND file this under crazy but true:

In 1948, after seeing the way her sentimental holiday had been commercially corrupted, Jarvis admitted that she regretted ever starting the tradition. She was even arrested for disturbing the peace at an event when she became enraged at the white carnations (her mother's favorite flower) being sold for profit.

So this year, on the *second Sunday in May*, when you forget to buy a card, just blame it on Anna Jarvis. She wouldn't have approved anyway!

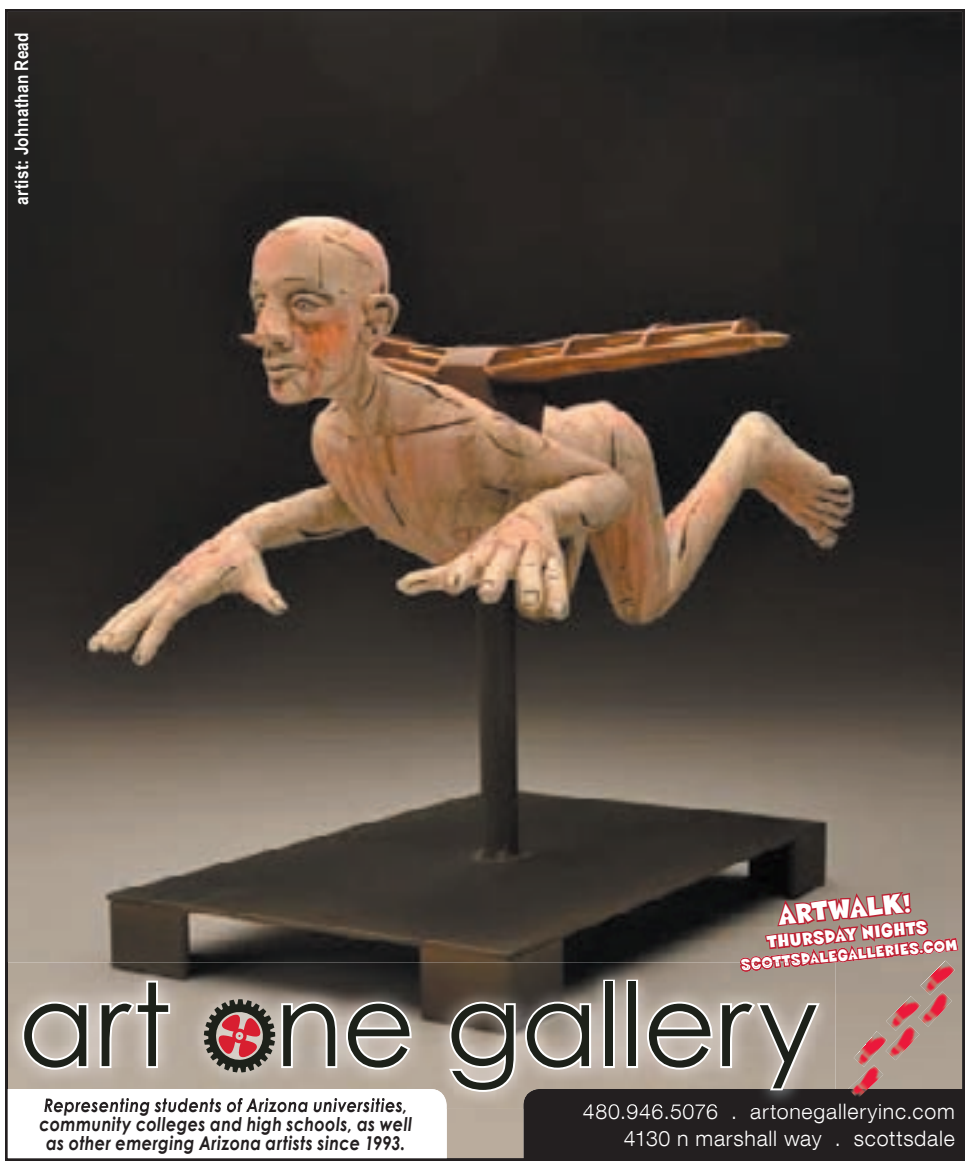
In all seriousness, *Arcadia News* fell upon quite possibly the most adorable way for an 8-year-old boy to show his mom he cares, when he sent us a 6-page comic book about Mega Mom! In his precious words and illustrations, Nate Fox brought to life all the life altering ways his mom comes to his rescue each and every day. Way to go Nate!

We also discovered an outstanding group of moms at St. Theresa Catholic School who have established a third-grade book club for their girls, to show female camaraderie and the importance of supporting, not bullying your fellow females.

And then there's Katie Cosmas, a mom who has worked tirelessly with her husband Mark to create the Arcadia Family Fun Run in honor of their daughter, Taylor Paige. Her commitment and hard work is a beautiful example to our community.

Whether you are a stay-at-home mom spending days with the kiddos, or a working mom trying to find balance in it all, Happy Mother's Day to you! It's a tough job, but one, I know, I wouldn't trade for anything else in the world.

Happy Mother's Day Arcadia! And thank you for reading the *Arcadia News*.



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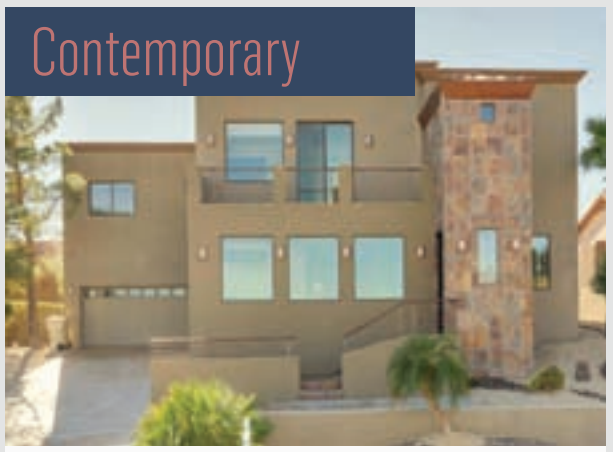

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What's Happening, Arcadia?

MAY 2014 EVENTS

Vintage Market
Westworld of Scottsdale
16601 N. Pima Rd.
May 3 – 10 a.m.-5 p.m.

The Junk in the Trunk Trio presents more than 100 vendors at this unique market where visitors are sure to find a variety of vintage items including clothing, furniture, jewelry and more.

junkinthetrunkvintagemarket.com

Sunday Evening Concerts
McCormick-Stillman Railroad Park
7301 E. Indian Bend Rd.
Sundays in May - 7:30 p.m.-9 p.m.

Bring a blanket or chair to hear a variety of favorite local bands. Train and carousel rides will be available for purchase throughout the concerts. Children under three ride free with a paying adult.

therailroadpark.com

Fridays in the Park at Civic Space
424 N. Central Ave.
May 9 and May 23 – 6 p.m.-10 p.m.

Enjoy a variety of entertainment including, movies, poetry, lectures, performances, visual arts and food trucks at Fridays at the Park.

phoenix.gov/parks/parks/civicprk.html

Schoolhouse Rock Live!
Tempe Center for the Arts Theater
700 W. Rio Salado Parkway
Weekends through May 25

Schoolhouse Rock explodes onto the Childsplay stage with songs you loved updated for a whole new generation.

childsplayaz.org

May Day
Heritage Square
115 N. 6th St.
May 10 – 10 a.m.-2 p.m.

Learn the history of May Day and celebrate around a maypole. Make your own May basket and paper flowers to take home. Look for the white tent.

phoenix.gov/parks/parks/heritagepk.html

The Night Run
Scottsdale Civic Center Plaza
Northeast Lawn
75th St. & Main St.
May 10 – 6 p.m.

Calling all night owls! This 5K and 10K run, walk, and wellness expo will benefit Workshops for Youth & Families, a Scottsdale nonprofit organization.

thenightrun.com

CLS Musical
Christ Church Lutheran
Community Life Center Gymnasium
3901 E. Indian School Rd.
May 16 – 7 p.m. and May 17 – 3 p.m

Enjoy this Alice in Wonderland musical performed by 6-8th grade CLS students.

clsphx.org

Culinary Caravan Carnivale
Morning Star at Arcadia
3200 E. Glenrosa Ave.
May 16 – 5 p.m.-9 p.m.

Experience gourmet street food, an auction and entertainment. All proceeds go to Justa Center, a non-profit resource center for homeless seniors. Tickets can be purchased at the door or online.

justacenter.org

International Museum Day
Pueblo Grande Museum
4619 E. Washington St.
May 17 – 9 a.m.-4 p.m.

In honor of International Museum Day Pueblo Grande Museum will offer free admission all day! Take free gallery tours and see artifact show-and-tell stations.

pueblogrande.com

Phoenix Pet Expo
Westworld of Scottsdale
16601 N. Pima Rd.
May 17 – 10 a.m.-6 p.m.

The Phoenix Pet Expo offers more than 200 exhibitors, pet products, discounted vaccinations, agility demos, rescue groups, a mega adoption event, entertainment and more.

phoenixpetexpo.com

The Three Billy Goats Gruff
The Great Arizona Puppet Theater
302 W. Latham St.
May 21 - June 15
Wed-Fri only at 10 a.m.
Sat 10 a.m. & 2 p.m., Sun 2 p.m.

Before the Goats Gruff can cross the bridge, they must outwit a hungry troll. Fun, excitement and audience participation. Recommended for preschool and up.

azpuppets.org

My Fair Lady
Symphony Hall
75 N. 2nd St.
May 30 - June 1

The Phoenix Symphony and Phoenix Theatre team up for their fourth collaboration. This semi-staged production will take you back to London and the shenanigans and the "loverly," Eliza Dootlittle.

phoenixsymphony.org

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.

Little known fact: fantasy sports illegal in Arizona

By Jonathan T. Hasebe

Legal *Ease*

As I type this article, I have a keen eye focused on the Yankees-Blue Jays game taking place across the country. Not because I'm a fan of either team (quite the opposite), but because I happen to have Edwin Encarnacion, the Blue Jays' clean-up hitter, on the roster of my fantasy baseball team. I, like millions of Americans, participate in the billion-dollar fantasy sports industry. For the uninitiated, fantasy sports are games where participants act as "managers" of a team and "draft" players at the beginning of each season to build a team that will compete against the teams of other managers. A team's success is determined on the statistics of the drafted players. Oftentimes, participants will pay a league entry fee at the beginning of each season, which will then be awarded to the winners of the league. What may surprise many Arizonans who also partake in a fantasy sports league is that doing so may be illegal under Arizona law.

On the federal level, there is no prohibition on the participation in fantasy sports. In 2006, President Bush signed the Unlawful Internet Gaming Enforcement Act (UIGEA). The main goal of this law was to prohibit banks from making transactions to online gambling sites, effectively halting the online poker industry. The law also included specific carve out language exempting fantasy sports from this prohibition.

While participation in fantasy sports is legal under federal law, Arizona is one of the few states in which participation in a paid fantasy sports league remains illegal. Under Chapter 33 of Title 13 of the Arizona Revised Statutes benefitting from a "game of chance" is prohibited by the statutes. At their core, winning a fantasy league still requires some element of chance. A fantasy manager can spend weeks preparing for a draft, run through numerous mock drafts, have what they believe to be a perfect draft, and then watch it all fall apart due to injuries (believe me, I know). Because there is some element to chance in winning a fantasy league, participation in a paid league falls under the definition of "gambling" according to Arizona law.

Earlier this year, Senate Bill 1468 was introduced to exempt "fantasy competitions" from the Arizona gambling statutes. Despite having widespread support in the Senate, the bill was ultimately killed in committee. Until a similar law is passed, the large number of Arizonans who participate in leagues with prizes or money at stake may potentially be putting themselves in jeopardy. While the enforcement of the gambling statutes is likely a low priority for the state (there have been no reported arrests against fantasy sports participants), Arizonans who do participate in such paid leagues should know that they are technically committing a Class 5 felony.

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

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Charming Red Brick Ranch

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Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 3/31/2014)

Active Homes - 182 homes
Homes Sold - 42 homes
Average Sale Price - $884,509
Average Sold $ Per SF - $283
Average Days On Market - 109 days

- There is currently 7 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 44% this year. (based on 2013 sales results)
- Home prices have increased 4% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 7% this year. (based on 2013 sales results)
- Homes are taking 19% more time to sell this year. (based on 2013 sales results)

2013 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 305 Homes
Average Sale Price - $845,430
Average Sold $ Per SF - $262
Average Days On Market -88 Days

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

2014 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 3/31/28/2014)

Active Homes - 77 Homes
Homes Sold - 48 Homes
Average Sale Price - $451,504
Average Sold $ Per SF - $207
Average Days On Market - 58 days

- There is currently 4 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 11% this year. (based on 2013 sales results)
- Home prices have increased 10% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 8% this year. (based on 2013 sales results)
- Homes are taking 12% less time to sell this year. (based on 2013 sales results)

2013 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold - 217 Homes
Average Sale Price - $403,875
Average Sold $ Per SF - $189
Average Days On Market -66 Days

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

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Blood pressure major factor in avoiding stroke

By Jeannine Hinds, M.D.

Healthy Tidbits

How important is it to control your blood pressure? Very.

High blood pressure, also known as hypertension, is the No. 1 preventable risk factor for stroke. Stroke is the No. 4 cause of death in the U.S. and a leading cause of severe, long-term disability.

If you have normal blood pressure (below 120/80 mm Hg), you have about half the risk of stroke of someone with high blood pressure. Visit your doctor to get a blood pressure reading. If it's not within recommended limits, listen to his/her advice on how to lower it.

It probably will follow closely with what the American Heart Association advises:

- 150 minutes of physical activity each week can drop your stroke risk as much as 35 percent
- Managing your weight: Aim for the ideal body mass index (BMI) — 25 or lower
- Don't smoke
- Eat a balanced diet
- Take prescribed high blood pressure medication

Risk factors you can change include not smoking, high blood pressure, lack of physical activity, diabetes and atrial fibrillation. That's when the upper chambers of the heart contract in an uncoordinated fashion and blood clots may form. This is linked to an increased incidence of stroke.

The most common kind of stroke — ischemic — can be treated with the clotbuster tPA. But only 1 to 2 percent of eligible patients, out of 750,000 patients annually, receive it. That's due to the less than three-hour window of opportunity to administer tPA and the lack of specialists who can quickly prescribe the drug.

A hemorrhagic stroke is caused by a blood vessel that breaks and bleeds into the brain and has a higher mortality rate.

John C. Lincoln Hospitals are certified as Primary Stroke Centers by DNV Healthcare, showing they demonstrate better stroke care outcomes.

Learn more at a stroke screening from 8 a.m. to noon Thursday, May 8, at the Cowden Center, 9202 N. Second St., on the North Mountain Hospital campus. Register by calling 623-434-6265 or at RSVP@JCL.com.

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

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Homeowner fees add up

By Steven Sarkis

Judge's Corner

While the housing market in Phoenix appears to be stabilizing, the Arcadia Biltmore justice court is still seeing a large volume of cases involving property foreclosures and disgruntled homeowners associations, or HOA. In a nutshell, what happens is that the financially distressed homeowners who walked away from their homes and mortgages months or even years ago come to find out the hard way that their delinquent homeowners associations fees can still legally be collected long after they physically left the property.

Unfortunately for the ex-homeowners, within the fine print of the CC&Rs (aka the one-inch thick contract that the homeowner first signed when buying the house) were small clauses that entitles the HOA, until the foreclosure process is completely finalized, to collect ongoing assessments, costs, and attorney's fees should the case ever proceed to court. This is why it's always very important to read what you are signing. If I had a dollar for every time someone in court was genuinely surprised by the verbiage in the contract they'd signed I'd be generating a separate, rather substantial, side income.

Whether you or someone you know has foreclosed on a home with an HOA or is considering doing so, stay current on the fees and assessments until the foreclosure process is final. This will avoid the possibility of the scenario mentioned above and may hopefully soften the blow for many who are already facing hard times.

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

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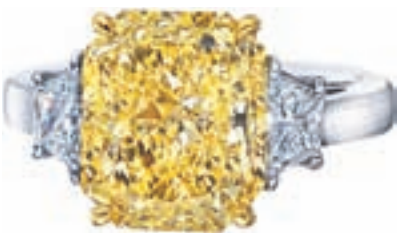

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Teacher of the Month

Social studies teacher provides inspiration to the students at St. Thomas

Austin (left) and Seth Eifler (right) stand proud with Mr. Zipser who inspires them to learn history with more than just textbooks.

By Kathleen Shipman

At St. Thomas the Apostle, middle school teacher Zach Zipser makes History come to life. With a belief in project based learning, Zipser has created a way for his students to push themselves to work above and beyond their limits. It is because of the enthusiasm he brings to the classroom that the students develop a genuine interest in the subject and ultimately a motivation to exceed their goals. For the Eifler family, nominating Zipser for the *Arcadia News* Teachers We Love Award was only fitting.

"Mr. Zipser inspires his students to do their very best and give it their all," said mother Lisa Eifler. "He also makes learning fun for his students and it shows."

Every day, the 6th, 7th, and 8th graders at St. Thomas look forward to attending Zipser's class. By taking the time to get to know the students individually, they are made to feel welcomed, confident, and free to learn in his classroom. Zipser keeps them entertained with his positive attitude and ability to make Social Studies enjoyable. His excitement for the subject is another reason why the students are so enthralled in his lessons.

"I love everything about History, it's my passion. It's our story of mankind and there's not a more fascinating story," said Zipser.

There is one activity in this Social Studies class that the students absolutely love. After each unit, they are required to do a "Knock Yourself Out" project, which is a factually based project demonstrating their knowledge on a topic. They are given the freedom of choice (with a few guidelines) to explore any relating area of the unit and present to the class their interpretations in any way they would like. Some past examples have included a replica of a Mayan temple, mosaics, quilts, and music performed live. Zipser has been floored by his student's intelligence and creative abilities.

"I like them to really dig deep in the information and critically think and analyze historical events," said Zipser. "The work I get is absolutely phenomenal."

Zipser is considered to be an incredible asset to the community of St. Thomas. His dedication to bringing life to learning has made a strong impact on the students, both inside and outside of the classroom. Lisa Eifler is very appreciative to have had Zipser as her sons' teacher. In fact, she sees him as a positive role model for all of the students at St. Thomas. It is for these reasons that Mr. Zipser is a very deserving recipient of the *Arcadia News* Teachers We Love Award.

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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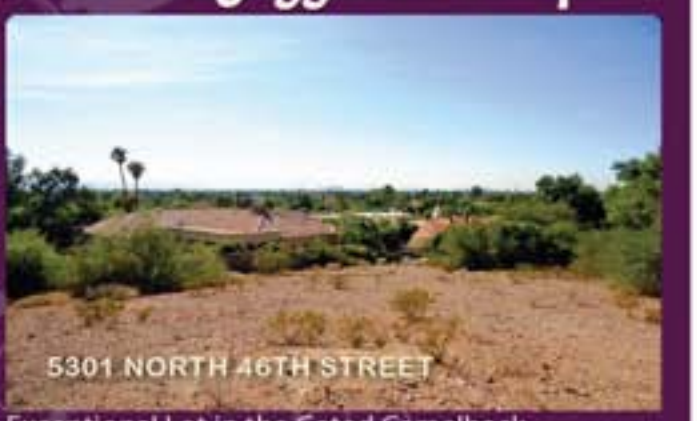

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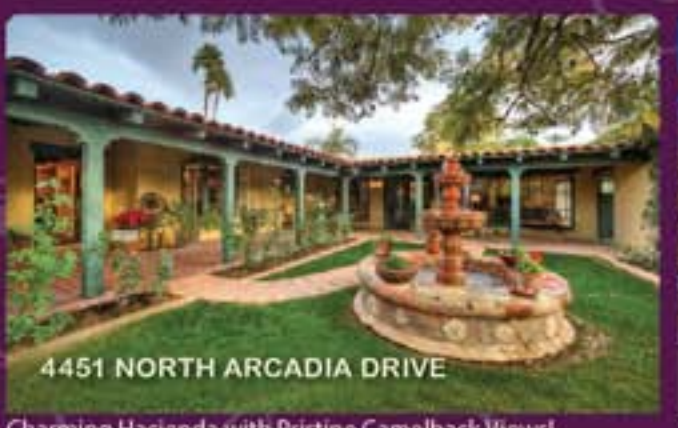

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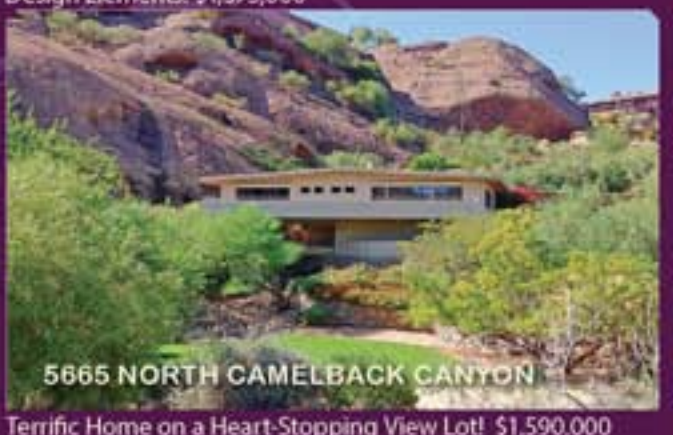

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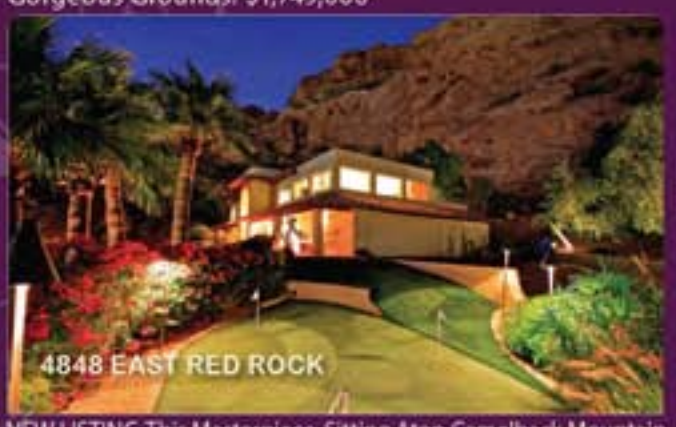

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Layers of protection a must for swimming pool owners

By Michelle Donati-Grayson

It's an unthinkable tragedy that occurs far too often in Arizona. A child slips out of sight for a few seconds. A pool is in the backyard. The result is heartbreaking.

Drowning is the leading cause of unintentional deaths across the country for children ages 5 and younger, according to the Consumer Product Safety Commission. The risk is especially high in Arizona, as our state ranks second in the nation for child drowning, according to Phoenix Children's Hospital.

The number of drowning incidents – or the number of calls the Phoenix Fire Department receives to report a downing or near drowning – has declined in Phoenix in recent years. In 2010, there were 52 drowning incidents involving children in Phoenix. That number dropped to 37 incidents in 2013.

Tragically though, fatalities haven't experienced the same decline. Phoenix Fire Captain Scott McDonald said that unlike other states, this is a year-round issue in Arizona.

"We preach the ABCs of drowning prevention – awareness, barriers and classes – throughout the year," McDonald said. "In Arcadia, we encourage people to have barriers, but nothing replaces supervision."

Per Arizona law, a pool enclosure is required at a residence with a swimming pool where one or more children younger than age 6 reside.

In addition to state law, each municipality has its own rules for pool owners. The City of Phoenix, for example, requires pools permitted after May 4, 1990, to have an inner yard barrier, such as a pool fence. The city also requires a barrier to be installed retroactively for single family pools if a child under age 6 moves into the home.

Other options, such as alarms on house doors and in-water pool alarms, are not mandated by the city, but encouraged, as they add additional layers of protection for children.

In addition to state and city requirements and safety recommendations, pool owners must make sure their pool is properly insured.

"Having a pool significantly increases your liability risk," said Brad Oltmans, vice president of insurance for AAA Arizona. "Just as layers of protection are needed for pool safety, they're also needed to address added liability."

Insurers often frown upon slides and may exclude diving boards, as they are viewed as posing additional risks. In addition, they won't insure a pool unless it meets code or city ordinance.

Most homeowner policies include a minimum of $100,000 worth of liability protection. Pool owners, however, may want to consider increasing that amount, according to the Insurance Information Institute.

As an insurance resource, AAA also advises pool owners to consider an umbrella policy. For a couple hundred dollars per year, homeowners can receive $1 million of liability protection over and above what they have on their home.

"Pool owners must be vigilant about water safety not only during the summer, but throughout the year," Oltmans said. "As a homeowner with a pool, you're responsible all the time."

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

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Behind the Business

By Amanda Goossen

Do you have junk in the trunk? Maybe in a certain room of your house or the garage? For Arcadia resident Coley Arnold and her business partner Lindsey Holt, the junk is a simple part of life. But to them, junk isn't just junk…it's a passion.

"I love seeing what can be done with something old, something someone else has thrown away," said Coley.

Coley and Lindsey met about five years ago, in a church group for young married couples. Coley had one child at the time and Lindsey was pregnant with her first. These twenty-somethings quickly bonded over their love for their husbands, family life and their intense joy over antiques.

"We both grew up going antique shopping," said Lindsey. "I would go shopping with my mom and Coley's family would often visit garage sales together."

When they first met, Lindsey was making barn wood signs and selling them on craigslist. Coley was using her craftiness to redo old antiques, enjoying the process of making the old, new again.

The women quickly came together, deciding to combine their efforts and create a booth at a local craft fair, selling their merchandise as Junk in the Trunk. When the event fell through, Lindsey and Coley decided to do it themselves.

"We used a friend's backyard in Paradise Valley and before we knew it 23 vendors had signed up," said Lindsey.

The women put in a lot of work, creating flyers and talking to local boutiques to get the word out.

"We really hit the pavement," said Coley.

Six hundred people showed up to the first event in 2011. The backyard was large

Coley Arnold and Lindsey Holt stand proud in front of their rapidly growing vintage market.

enough to facilitate the constant stream of people, but the long lines were just one of the things the women took in as modifications for the future.

"Central check-out did not work," said Coley, "We realized we would never do that again."

For two stay-at-home moms who had simply created their brand and event for fun, the success proved there was something more to what they were doing.

"Our husbands were so supportive," said Lindsey. "They kept saying we should do it, even when Coley and I didn't think it was possible or even had a chance of being successful."

In May 2012, Junk in the Trunk Vintage Market would find a home at West World in Scottsdale. That year they would set up in the parking lot with fifty-five vendors. 1,100 people showed up to shop.

"It became obvious that we filled a void in Phoenix and especially Scottsdale," said Lindsey.

Now, with two events each year, one in the spring and the other in the fall, Junk in the Trunk Vintage Market has become an event the city has come to love and expect.

In November 2012, the market moved inside at West World and has remained there since.

The next event will be May 3, 2014 and 173 vendors have signed up to participate. Items sold at the event range from vintage, handmade, and antique in a variety of styles such as industrial, shabby chic, repurposing, and baby items.

"The biggest thing we've learned throughout it all has been the importance of building relationships with our vendors," said Lindsey. "Nobody is competitive, there is great camaraderie."

And for these two moms, each with three children under six, life is busy but so exciting.

"We just can't believe where this has gone," said Coley. "And we couldn't have done it without the incredible support of our families.

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Arcadia families hit the streets to honor one of our own

By Amanda Goossen
Photo credit: Nicholas Thor Kulyniak

The Arcadia Family Fun Run honoring Taylor Cosmas, hit the streets on April 13. Bringing 764 runners and walkers to the neighborhood, The Fun Run was exactly what Taylor's parents had in mind when they created the event in memory of their baby girl.

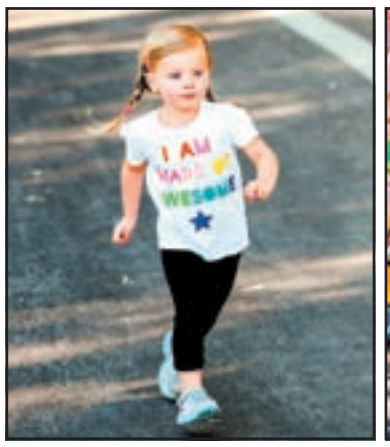
In April of 2010, at only 5 months old, Mark and Katie lost Taylor Paige to SIDS. Turning their heartache into a commitment, the couple has worked tirelessly to raise money for SIDS research.

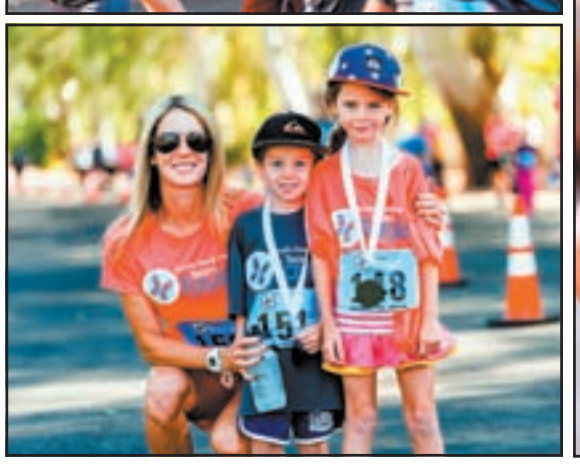
The Arcadia Family Fun Run, in only its second year, raised $91,661.

The funds will be donated to Dr. Hannah Kinney at Boston's Children's Hospital who will use 100% of the money raised in her research.

"We can't think of a better way to honor our daughter, Taylor, and all the other families and babies than to see the smiling faces of people crossing that finish line," said Mark Cosmas. "The community support has been nothing short of amazing. We wish we could individually thank every single person who showed up or donated. We smile, she smiles."

To learn more about the Arcadia Family Fun Run or Team Taylor, go to: teamtayloraz.com.





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Budding artist shows love for mom through comic books

By Amanda Goossen

Nate Fox is a creative kid. So when *Arcadia News* did a shout out for Mother's Day stories, there were no long paragraphs or simple quotes from this 8-year-old Biltmore Prep second grader.

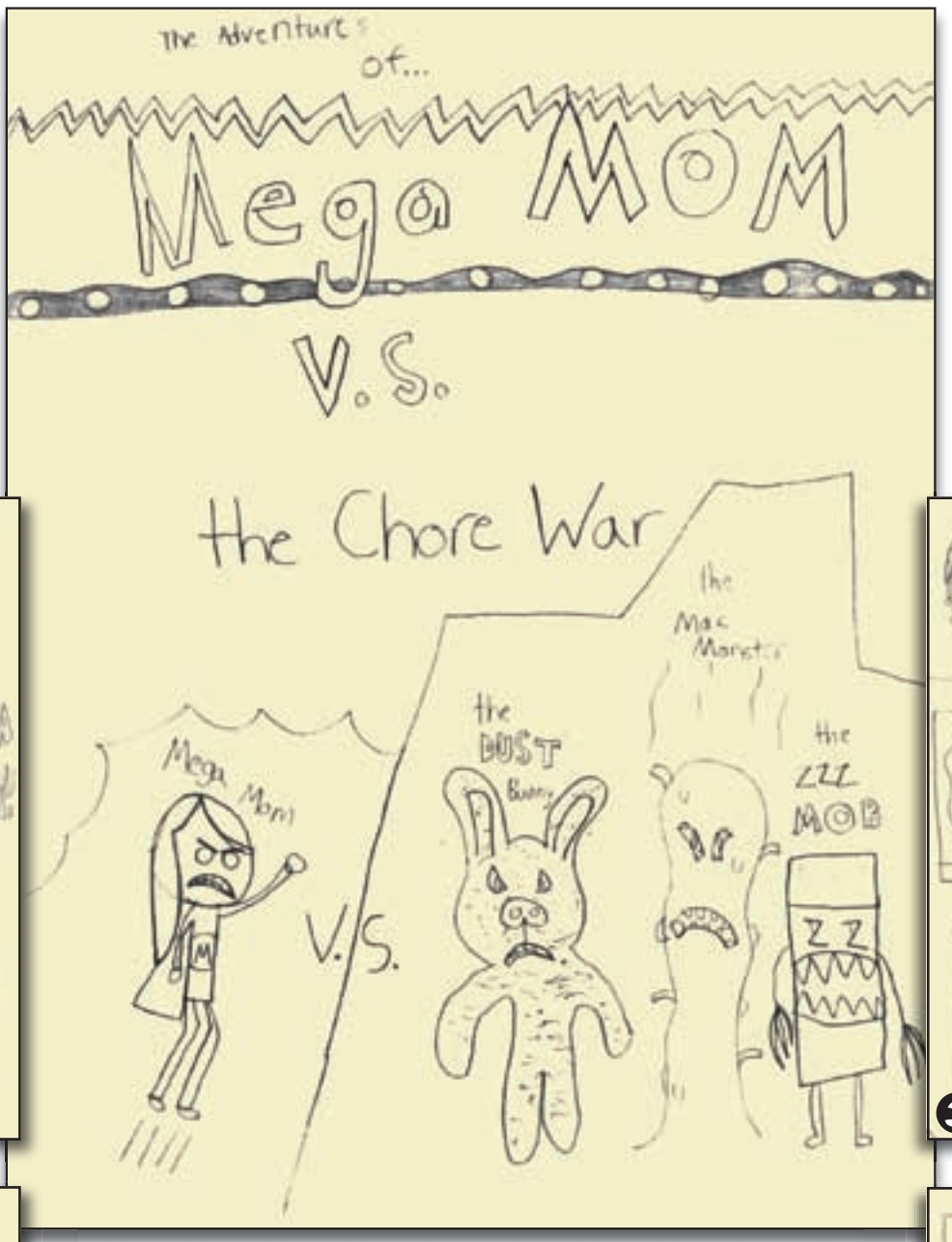
Instead, Nate sent *Arcadia News* a six-page comic book, with a hilarious and imaginative story about what makes his mom, Kathy Fox, Mega Mom!

"My mom plans the best birthday parties ever, she drives me to my activities all week and on the weekends and we have so much fun together," said Nate.

His comic book illustrates this, showing his mom using her mommy super powers to fight the dust bunnies, battle the dirt at bath time and make him his favorite meals.

As any mom would know, this is an extra precious honor because Nate has recognized all the things most moms do every day.

For Nate, his love of drawing, creating characters in his handmade comic books and being on the stage in both theatrical performances and when practicing his love of ventriloquism, showing his mom his love through his artistic passions just made sense.



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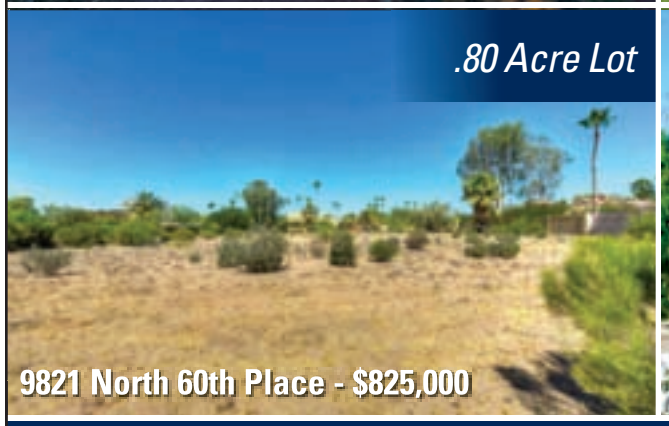

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Musical passion leads lawyer to follow family tradition

By Kathleen Shipman

Area resident, Ryan Opel has a fond memory of being four years old, when his mother first asked if he wanted to play the violin. His response was, "Like grandma?"

It was only destiny that Opel would develop the same passion for music for which his grandmother had. Now a lawyer, Opel dedicates his legal talents to the Phoenix Symphony, where his grandmother played as a violinist many years before. Recently elected as the Vice Chair of Nominating and Governance, Opel's hope is to spread his love of the musical arts to future generations.

He may not have chosen a career path of playing the violin professionally, but for Opel music has been the guiding force in his life. It was while playing the violin at Wake Forest University in North Carolina that Opel met his future wife Dawn. She too was a musician and also his standing partner in the symphony.

"Music is not just something that is personally important to me," said Opel. "It has created this incredible relationship with my wife."

After college, Opel decided to pursue another dream of his, which was to practice law. It was during Opel's first year as a lawyer still in North Carolina, that a great mentor taught him the importance of giving back to his community. When given a chance to write the bylaws for the Winston-Salem Symphony, he saw it as a great opportunity to intertwine music into his profession.

Ryan Opel will soon play in the Phoenix Symphony just like his grandmother, Josephine K. Davis did, over 60 years ago.

"I chose at that point that my way of giving back and being involved in my community was going to be through the arts," he said. "There was something that was just really exciting to me. To be able to use my professional training to give back to an art form that was so foundational in my life was beyond meaningful."

Although he had only ever lived in Illinois and North Carolina, Opel's family history is deeply embedded in the Phoenix area. In fact, when his wife Dawn was asked to relocate to begin a teaching career at ASU, they decided it was fate.

"It's been like this unbelievable sort of homecoming for us, even though we haven't lived here a day in our lives," said Opel. "We felt so lucky that Dawn had this opportunity. It gave us an excuse to come home."

Opel right away began practicing law at Gallagher and Kennedy in Phoenix. With the law firm also encouraging their lawyers to give back to the community, he once again discovered musical venues which allowed him to do so. Not only did he begin performing work for the Arizona Music Festival, but he also received an invitation from the Phoenix Symphony. For Opel, being able to donate his skills to a place that had such historical value to his family was indescribable. His grandmother, Josephine K. Davis, had played the violin in the 2nd and 3rd seasons of the Phoenix Symphony, and now he too would make an impact there.

Opel is now able to combine his knowledge of the law with the art of music. He has found satisfaction in being part of an organization that offers such great educational programming to children, especially now being a father himself. For Opel, music has been so positively influential in his life, that he believes it is his obligation to provide the same gift to the younger generations.

"It is my responsibility after being so benefited by music to give back," said Opel. "We are equipping kids with the grit and with the life skills, whether they ever step into Symphony Hall as an adult, or whether they ever play a musical instrument. Music has the power to really change their lives and then the ripple effect of changing lives around them."

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Friendship lessons at STCS

By Sarah Stecko

Third-grade girls at St. Theresa gather to learn from the most important women in their lives.

According to the popular book, *"Lean In: Women, Work and the Will to Lead"* by Sheryl Sandberg, women are more empowered than ever but need to utilize their opportunities to their full potential. A group of moms from St. Theresa's Catholic School (STCS) in Phoenix strongly believe girls need to be taught this from a young age. Learning these values is something these girls can really appreciate this Mother's Day.

The key to success for men or women is having a healthy support system. Three moms of STCS volunteer for a book club for their third-grade daughters to learn the important values, such as supporting each other and anti-bullying. The moms involved are Lourdes Smith, Kim McMullen, Chrissy Ryan and the others contribute by donating lunch to the meetings. There are 10-13 girls who attend each month since its formation last October.

The idea sprung from Lourdes Smith while in her own book club last August, after celebrating its 10-year anniversary. Her friends in the group had all attended Xavier College Preparatory in Phoenix with her, so she wanted to give her daughter that same sense of life-long connection.

"As I was sitting in our book club, the thought came to me, how cool if Gracie had something like this with her friends from school—and maybe they could continue throughout their life," said Smith.

Prior to getting approved by STCS as a proper school activity, Smith researched books that were considered at average third grade reading level. She decided on books with central themes of women unity, friendship and anti-bullying. The titles also enable the girls to take Accelerated Reading tests on the books.

"As I pitched the idea to the school, I thought, how great if we can address some of the issues that our girls would face in third grade and as they get older," Smith said.

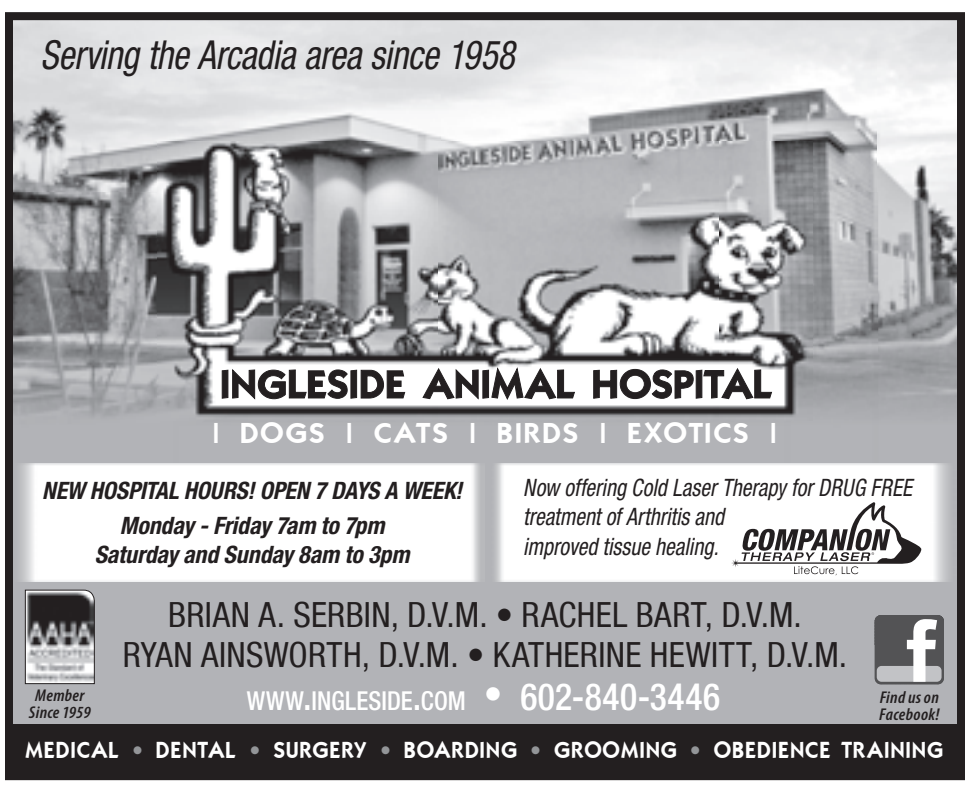
Past experience of working as a mental health counselor in public schools helped lead Smith to her realization that bullying is still very real amongst adolescents. She also observed these situations occurring as early as kindergarten. The definition of bullying needs to be recognized as verbal and emotional abuse, not only physical.

"As a woman, it breaks my heart that girls can be the worst toward other girls," Smith said.

More than just a book club, the monthly meetings aim to make reading more enjoyable, improve communication of thoughts and promote relationship building in a healthy way, according to Smith.

Some examples of books they've discussed already are: *Freckle Juice* by Judy Blume, *Jake Drake, Bully Buster* by Andrew Clements and *The Hundred Dresses* by Eleanor Este.

Every girl in the third grade at STCS is welcome to attend the book club.



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Coast-to-coast relay race to support Marathon victims

By Sarah Stecko

Last April 15, an unfathomable event occurred in Boston that changed the lives of many nationwide.

And as America has proven before, after a terrorist attack, our nation comes together to show support for the victims of that city.

The Boston Marathon bombings of 2013 were unlike any attack. No one would have predicted it, but in times of crisis, the United States comes together. One Run for Boston (ORFB) was created to help support those who were affected by the Boston bombing of that fateful day.

ORFB is a coast-to-coast relay race beginning in Los Angeles and spanning across the nation to the original Boston marathon location. According to the ORFB website, there were 2,000 runners involved in the first race to aid in raising a goal of $1 million to care for the tragedy's victims. Arizona was one of the states involved for the second time this past March 16 to April 13.

Bryan Wilcox, a native of Arizona ran in the two relays that have been held so far. Evidently, the high school track star began running again later in life upon learning of the local group, Phoenix FIT, from a previous article in the *Arcadia News*.

Wilcox had a few friends who were running the marathon that day in Boston. Fortunately they were not injured, but nevertheless it was a traumatic experience. The passionate runner chose to use his hobby to help a cause.

"I have had my family members come to a race to support me and wait at the finish line and I can't imagine such a horrific tragedy happening to someone close to me who came to support my participation," said Wilcox.

Phoenix was the second city out of nine on the journey across the map. The run had 46 stages, or groups, which runners could sign up to be in. Up to 25 runners could apply in the individual stages. The final stage of the state is referred to as a group stage and it could have any where from 100 to 1,000 applicants. The group stage was held at Papago Park in Phoenix.

Pledges and donations raised benefit the One Fund Boston. Runners are encouraged to set a fundraising goal of $250 each, but will not be held responsible if it is not reached.

"I think it's important to support the victims because many of the people who survived will need a lifetime of expensive medical care, and for no reason than they came out to enjoy a race," said Wilcox. "It was a senseless act of domestic terrorism and I believe as Americans, we need to band together to help each other through the aftermath."

For more information go to: www.onerunforboston.org.

(Top) Arizona native Bryan Wilcox poses with his local relay team to raise money for One for Boston. (Bottom Right) A car has been signed by all CA and AZ participants.

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LETTER TO THE EDITOR FROM ABBY LOEL

What's next for the Phoenix Swim Club?

Yes, it is true that MOST great things must come to an end.

Not this great thing though.

The facility of the Phoenix Swim Club has been demolished, but that doesn't mean that PSC is closing. It is a very big loss for the state of Arizona to lose such a wonderful swim facility. However, I assure you that we aren't losing our wonderful team.

My name is Abby Loel and I've been swimming at the Phoenix Swim Club for ten years. For me, being a part of the Phoenix Swim Club is a great honor.

"Imagine that you train in the same beautiful outdoor facility for years. The same 50m pool where former Olympians have trained, shed sweat and tears, and hosted countless championship swim meets. And then, one day, you learn it's being sold to a housing development," said Splash magazine writer, Mike Gustanfson.

Yes, it is sad to be leaving my second home but we are getting ready to dive in to a new home this fall.

Before it was the Phoenix Swim Club it was the Phoenician Swim Club. Prior to that it was Madison Vista Public School. The Pool opened in 1988. This happened in big part due to Charles Keating, Gary Hall Sr. and family members. They built the pool and ran it in the early years. Gary Hall Jr., an Olympian who has won 10 Olympic medals — five gold, two silver, three bronze — in three Olympic Games from 1996 to 2000 said that the PSC was one of the reasons that he started swimming competitively.

Just after the 2000 Olympics the Phoenix Swim Club facility was sold to Brophy College Prep. Then PSC changed its name to BEST (Brophy East Swim Team). In 2009 BEST was changed back to Phoenix Swim Club when it was no longer sponsored by Brophy, and became a non-profit organization.

Many other Olympians and elite swimmers have trained or competed at our pool: Anthony Ervin, and Roland Shoeman, who still swims for PSC and is training for his fifth Olympics. Also, Misty Hyman, Jessica Hardy, Dana Vollmer, Klete and Kayln Keller.

When an elite swimmer comes to PSC they sign a map of the world that covers an entire wall. It is known as "The Wall of Fame." The swimmers sign their names on their home country. When I walk into the room with the wall I am overwhelmed with history.

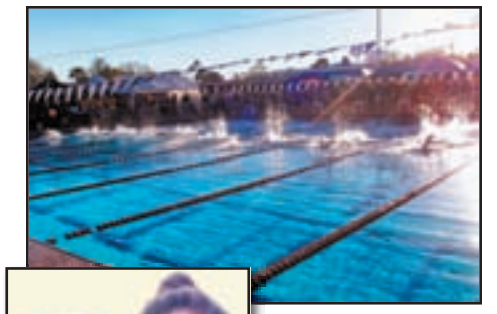
Although we can't bring the wall to our new home, we will create a new history.

Phoenix Swim Club does an amazing amount of community outreach. PSC hosts the only Special Olympics swim team in Phoenix. Grand Canyon University, Hubbard Swim School, and many public high schools practice at Phoenix and a variety of swim lessons take place at the pool. Sharing this wonderful pool with others has been a great experience.

Sometimes when we hear sad stories we want to cry. Hearing that our pool will be torn down and built into houses really makes me want to cry.

Phoenix Swim Club head coach Garrett McCaffrey said "This kind of transition is never easy, but thanks to all the work by our board of directors and the patience of our membership, Phoenix Swim Club is coming out of this in a wonderful position for success."

I am very grateful we have a new home to move into, even though we have to move out of the old. Our team will make new memories, and we will definitely laugh together! So many people have tried to save our pool and I want to thank everyone who has helped along the way. We are so blessed to have so many coaches, board members, and our most organized office manager,



meet organizer, and one of the nicest people I've ever met, Sandy Lee. Everyone has been very patient in waiting for an answer to, "Where will we go?", "What will happen to Phoenix?"

We will merge with Arizona Marlins Swim Club under our team name, Phoenix Swim Club; we are so lucky to be able to keep our team open. We owe so much thanks to all those at PCDS, and Arizona Marlins; they've been so generous in welcoming our team. Phoenix Swim Club is so excited to get started at our new facility. It is going to be so beautiful; we have so much to look forward to.

At the new facility, located at Phoenix Country Day School, we will have state of the art equipment, two new pools, a diving well, a new weight room, and much more.

Also I want to thank Brophy for letting us use their world famous pool for this long. It was a great privilege to swim at Dottie Boreyko Brophy Sports campus. Even though it will be a big transition, it will be a wonderful change.

Swimming at the PSC facility pool has honestly changed my life; I have made lifelong friends. I will NEVER forget this pool. It's like moving away from your best friend.

I don't know what I would do if I couldn't be a part of the Phoenix Swim Club. Everyone at Phoenix has touched my life in some way. Every minute of the 6,600 hours I have spent at the pool has been worth it.

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Teacher appreciation gifts

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Kids' Corner

By Heather Kinkel

May 6 is National Teacher Day, and many schools celebrate their teaching staff either on that date or, as it is at my kids' school, with an entire week dedicated to honoring their teachers.

Laura Ingalls Wilder, who is one of my favorite authors and was a teacher as well, said of being a teacher, "We are doing something worthwhile, for in raising the standard of our children's lives we are raising the standard for homes of the future, and our work goes on and on, raising the standard of the community and of future generations."

I don't take the sacrifices that my children's teachers make lightly. These men and women teach when they don't feel well, when they have a sick kid or spouse at home, and even when they just plain don't feel like it.

Teachers have one of the most important jobs in the world, raising, teaching and guiding the next generation. With the mediocre salary and long hours, May 6 is a great day to take a moment to honor them.

During teacher appreciation week, I usually have my kids write notes to their teachers a few days of the week, and we make fun gifts to give out each day.

This project is an easy way to give your child's teacher a real treat!

MATERIALS

Drink carrier
I got this cardboard one at a fast food restaurant – they were happy to donate!

Starbucks re-usable cup
I also added a gift card inside the cup

Teacher's favorite juice
Water bottle with Crystal Light drink mixes

Fun paper scraps and decorative tape to embellish the gift with.

We added a message that said:
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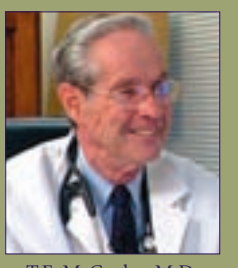
Mark A. Wyse, M.D.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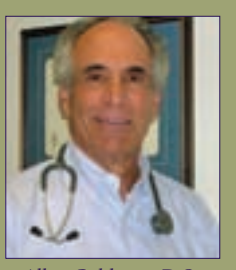
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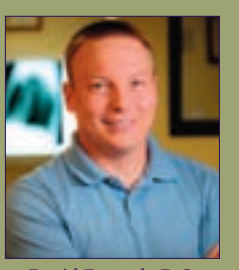
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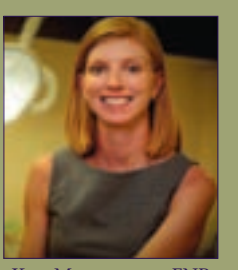
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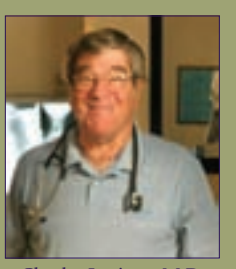
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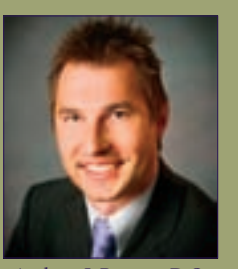
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Golfers toss their clubs and use their feet in new sport

By Danika Worthington

A new sport will be invading Arizona golf courses, bringing its argyle sock and Scottish hat-wearing players with it.

It's called FootGolf. Simply put, it's just like golf. Except instead of a small golf ball, a player uses a sizably larger soccer ball. And instead of a club, a player swings with their foot.

"It's a lot of fun," said Kelly Woods, director of FootGolf Arizona. "I really think it's going to take off."

The sport, which originated in Europe, came to America in 2009, Woods said. The American FootGolf League was created in 2011 and has close to 100 courses in about 30 states.

But Arizona, the state with the most golf courses per capita west of the Mississippi River, was not one of those states - until Woods decided to change that.

She opened the FootGolf Arizona chapter of the American FootGolf League in 2013 and worked with Shalimar Country Club to open Arizona's first FootGolf course in May 2014.

Long time golfers of Shalimar should refrain from throwing their clubs in horror, Woods said. FootGolfers use their own tee, greens, flags and holes, which are much larger to fit soccer balls. And players assuredly will not be wearing cleats on the green – only turf shoes.

FootGolfers share the same fairway, but every two holes of FootGolf is equivalent to one traditional golf hole. Shalimar will have 18 holes total, she said. The new sport has a quicker pace but the two FootGolf holes to one traditional golf hole ratio allows for traditional golfers and FootGolfers to intermix without interfering with each other's play, Woods said.

"There's a fear factor for golfers, especially the old timers who've been at the same course lots of years," Woods said. "Change is not easy for anybody."

Tyler Gustafson, head golf professional at Shalimar, said he initially thought the concept was odd when his employer sent him to California to check out the sport about 4 months ago. But after playing, he said he thought it was fun.

"At first people might turn their heads, but as soon as you try it, it's a lot of fun," Gustafson said. "You can't deny how fun it is."

He said some golfers have asked what the big holes were. He said people's reactions ranged depending on how the sport was explained. If the person is enthusiastic about FootGolf, typically the golfer is too.

Gustafson said the sport will bring new people of all ages to the course. He said some people don't know what to do on a golf course and FootGolf can help "ease" their way onto the golf course.

Woods also said the sport brings many new people to golf courses, including women and minorities. She said the sport is for everybody, especially families. Although, more soccer players than golf players pick up the sport.

Roberto Balestrini, founder of the American FootGolf League, said FootGolf will bring new people, especially children, to the courses, many of which were hit hard during the economic downturn.

"Kids ask to go to basketball or baseball games," Balestrini said. "But they don't say, 'Dad, dad, take me to a golf tournament.'"

People can be intimidated by golf, Balestrini said, but FootGolf is a good way to introduce them to the courses and rules of the game. Players may switch over to golf, he said. At the very least, he added, people playing FootGolf will bring an added source of revenue to courses.

FootGolf has been added to the course at Shalimar Country Club.

The American FootGolf League is creating the U.S. Youth FootGolf program in the summer. In September, the league will have a grand tour in New Jersey and California. In 2015, AFGL plans to have the U.S. National FootGolf Tournament for juniors, men, women and seniors, he said.

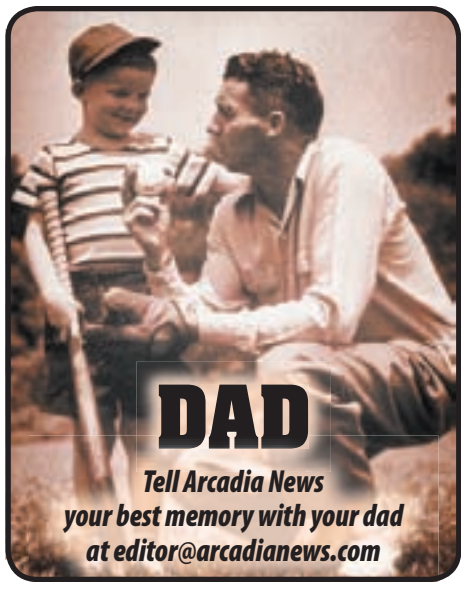
Balestrini said the game is fun and requires players to read the course far more than they would when passing a ball in soccer.

"When you get into the fairway, and you have that fairway just for you … It is like a dream come true," he said.

But not everyone wanted to be a part of the dream. Woods spoke with different golf courses about adding the sport and not all were as enthused, she said.

"Some were an absolute no," Woods said. "They couldn't see it, couldn't visualize it."

But Shalimar, which is family owned, got on the idea quickly, she said. People who come to Shalimar will be given a quick demo to learn the basics of the sport.



Steakhouse experts bring new modern eatery to Arcadia

Places *We Liked*

Steak 44
5101 N. 44th St.
www.steak44.com
602-271-4400

By Amanda Goossen

The typical steakhouse has a look. A feel. A vibe. It's the place you go to enjoy an extraordinary steak in a dimly lit, large room of leather booths and well-dressed waiters.

In my mind I think martinis and bulbous glasses of deep red wines. And I think quiet and formal.

But the new Steak 44, from Jeffrey Mastro, Michael Mastro, Dennis Mastro and Scott Troilo, the owners of the popular Dominick's Steakhouse at the Scottsdale Quarter, alters that view and stereotype profoundly.

The Mastro family is known for their steaks. The family founded the highly successful Mastro's Steakhouse in Scottsdale in 1999 and went on to open Mastro's City Hall and Mastro's Ocean Club. After establishing the restaurants in California, Las Vegas and Arizona, the Mastros sold their 10-unit restaurant group to Landry's Inc. in 2007.

The restaurateurs, however, couldn't stay away from what they knew and in 2011 opened Dominick's Steakhouse at Scottsdale Quarter.

And just over a year ago, when the historic Cork 'N Cleaver site became available after calling 44th St. home for over 35 years, the Mastros jumped at the chance to enter Arcadia.

"After opening Dominick's we knew we wanted another steakhouse," said Jeff Mastro. "We knew we wanted a younger and more modern look at a steakhouse and we knew we wanted this area."

And in Arcadia's new hotspot, they've done just that.

The contemporary décor, with gray and metallic accents highlighting a variety of rooms and seating options, is attractive and hip.

The choice of a private booth where you can watch the action in the kitchen through a glass window, when a curtain is pulled back, or a table in a well-lit space with a patio and fireplace, gives diners the ability to choose the way they want to dine.

Tables that overlook the ultra-cool bar allow guests to be part of the party, while not feeling like they're eating dinner in the bar.

And four private dining rooms, which can easily change into dining space if needed, allows for large parties and private events.

Exposed speakers and a music coordinator help to infuse music into the space, bringing hits from the 70s, 80s and today. The tunes play at the perfect volume to get the party started without feeling like you're being served a gourmet meal in a nightclub.

"With Steak 44 we wanted a modern, new era of the steakhouse," said Jeff Mastro. "And I think we've achieved that."

Changing the vibe of the place does not mean altering the quality of the food.

Executive Chef Geoff Baumberger promises not to sway from what the Mastro family has always done best. Only the best prime steaks and chops are offered, in a range of sizes to please everyone. Delicious side dishes enough to feed two or three people allow for a family style experience and the chance for everyone to try a few bites. The Steakhouse Stuffing, the Corn Crème Bruleé, Hand Cut Fries, Crispy Asparagus Fries and Dominick's Potatoes are just a few of the outrageously satisfying sides that can be shared amongst your guests.

And while you may automatically think steak when arriving, the gorgeous fresh seafood will have you contemplating your order. The Raw Bar, on display through the glass kitchen, is stunning. Flown in daily for the ultimate in quality, the seafood is quite impressive.

To continue the new contemporary vibe, Steak 44 has added a few fun elements to the menu as well.

In the appetizer section, fried deviled eggs steal the show. Like nothing I've ever tasted before, the crunch is outstanding and the flavor out of this world. Think the best deviled egg you've ever had, fried to perfection.

For dessert, there's no run of the mill options. A Red Velvet Bread Pudding is warm and sinfully delicious and the S'mores in a Jar offers up the favorite campfire treat in a trendy mason jar, bruleéd at the table for everyone's entertainment.

"People have come to expect great things from the Mastro family and at Steak 44 we're excited to build on that," said Chef Geoff Baumberger.

And build on it, they did.

To me, Steak 44 takes everything that you love about a perfect steakhouse dining experience and makes it exceptionally better. I can honestly say I enjoyed one of the best meals of my life. From service, to atmosphere and perfect plates of food, I was in dining heaven.

Chef Geoff Baumberger joins restaurateur Jeff Mastro.

Flower Child brings food revolution to the neighborhood

Places *We Liked*

Flower Child
5013 N. 44th St.
www.foxrc.com
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By Amanda Goossen
Food photo credit: David Fox

Are you ready for a food revolution? Arcadia's newest restaurant, Flower Child, promises to shake things up and with owner and restaurateur Sam Fox, anything is possible.

In recent months, the corner of 44th St. and Camelback has been booming with new and exciting restaurants. Amongst a group of innovative concepts, Flower Child becomes part of the city, with high expectations and a successful Arizona restaurant company behind them.

Their decision to be a revolution… Smart!

But what does a food revolution truly mean to Flower Child, a Fox Concepts Restaurant?

It means changing how we eat. Or maybe just being a restaurant that promises to meet us, the customers, with what we want and truly eat in 2014.

Let's face it. The world has changed. Most are no longer eating TV dinners on television trays as they were in the 1950s. Few still boil broccoli, ridding it of its flavor and consistency. And giant portions are a thing of the past.

People are eating healthy. My friends aren't afraid to admit they like kale and enjoy quinoa. A large part of our community owns a juicer, creating large glasses of green juice from spinach, lemon, ginger and whatever else is in the fridge crisper drawer.

Fox Concepts knows this. And has decided to create a restaurant that fits our style.

The Flying Avocado Wrap. Revolution never looked so good!

"We think Flower Child will fill the void for so many people," said Sam Fox. "We want to compliment the need for healthy and quick eating."

Although Fox Restaurant Concepts has a healthy restaurant in their repertoire with True Food Kitchen, Flower Child stays clear of stealing items from the menu or simply replicating ideas.

Flower Child has its own identity.

Fox says this quick, casual and healthy restaurant will never serve anything but the highest quality, sustainable proteins. The restaurant is void of fats, unless they are good fats. There are no refined sugars in the entire restaurant. And most produce is organic and GMO free.

The menu is rich with organic, vegetarian, gluten-free, and vegan options.

But you'd never know it. Flavor is never lost when creating these options, it's actually heightened with the use of seasoning, quality and craftsmanship.

"Everything in this restaurant has a purpose," said Fox. " It's a different health experience than salads."

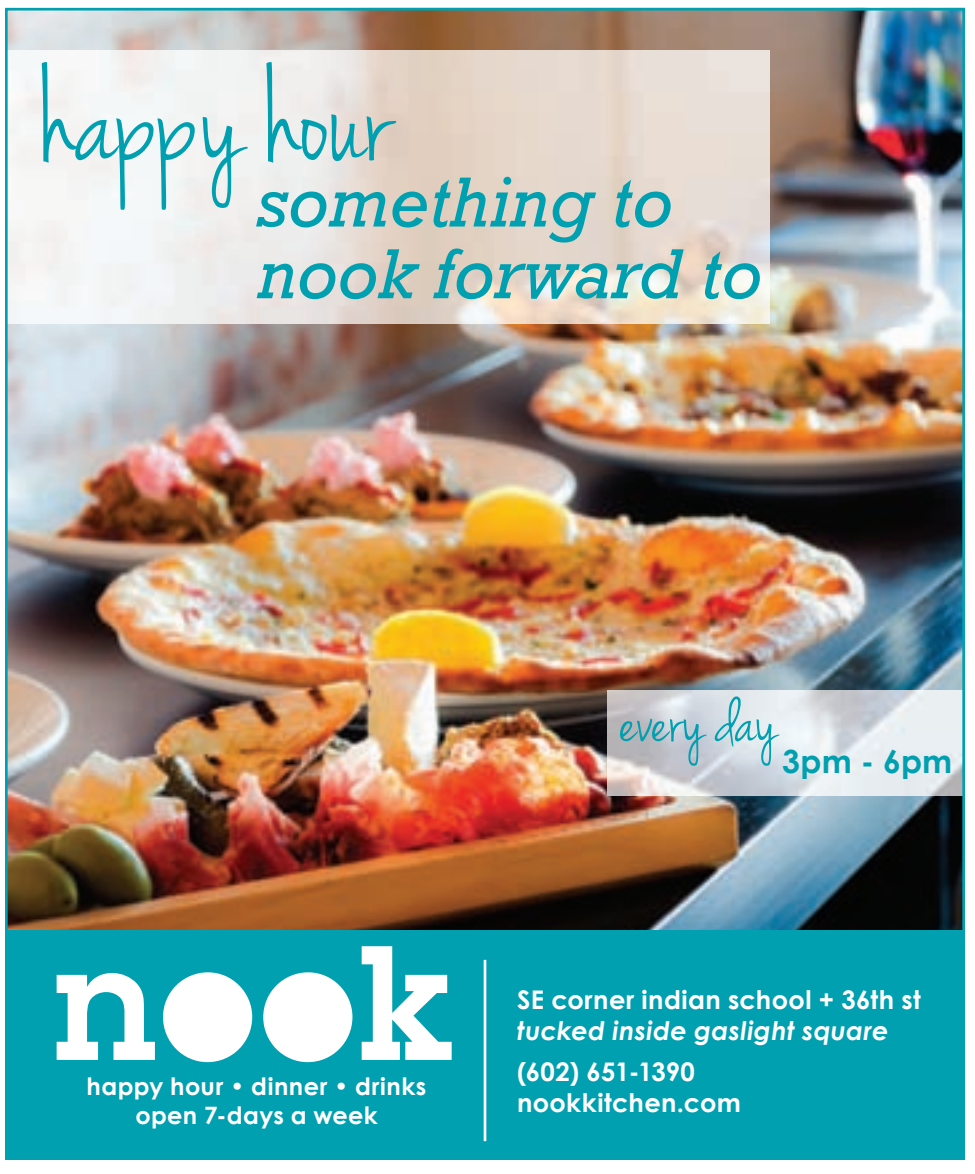
The revolution is a promise to change the way we eat out. To make healthy, quick options available all the time (or at least during restaurant hours of operation).

The menu is masterfully designed to meet those needs. The restaurant menu, set up in a fast casual environment allows you to call the shots.

Choose from salad options, which are a long way from mixed greens and vinaigrette. Flower Child salads range from the Asian Avocado to the Fruit Stand and the incredibly satisfying Thai Buckwheat Noodle. Each plate offers a variety of unusual ingredients that go so beautifully together you'll wonder why you've never had them before, like strawberries, blueberries and fennel with chai seed. Yum!

An innovative aspect of the menu is the Mix 'n Match, where sixteen sides and four proteins can be switched around to create your perfect plate. At a reasonable price, the variety is fun to choose from, guaranteeing that almost no plate will look the same. Protein options are grass fed steak, all natural chicken, sustainable salmon and organic tofu. A few of the vegetables and grains are red chili glazed sweet potatoes, sautéed dark greens, Indian spiced cauliflower, snap pea soba noodles and gluten-free macaroni

Continued on page 29



Flower Child

Continued from page 28

and cheese.

Whole grain wraps, which are wrapped in an incredibly thin whole wheat, flax seed wrap are tightly packed with decadence. The spices and flavor combinations are superb. For a sensational handheld feast, go with The Rebel. A manlier version of the wrap, it's packed with grass-fed beef, charred onion, horseradish yogurt and arugula. It's a hearty meal, however you won't feel overstuffed after eating.

Kids eat with health in mind at Flower Child as well. Similar to the adult Mix 'n Match menu, the kids menu is a variety of protein items with savory sides that keep nutrition in mind. At my house, kids eat what the parents eat. Flower Child hits this theory square on the head.

A hidden gem, which will soon be all the rage, is the Kombucha on tap. The only restaurant in the valley with Kombucha on tap, Flower Child has a version of the 2,000-year-old Elixir that will please the masses.

The ancient Chinese called Kombucha the "Immortal Heath Elixir" as it became known to prevent and fight cancer, arthritis and other degenerative diseases. Kombucha is made from fermented tea and has a slightly sweet yet sour taste. Incredibly refreshing, I feel I could drink glass after glass, day after day. And with the added health benefits, maybe I will.

Last but not least, if you don't have time to sit and hang amongst the potting shed inspired décor, Flower Child has an absolutely wonderful take-out menu. As parents rush from work to home or the little league game down the block, most will agree that making dinner tends to take a back seat in the priority department. When the only option is a drive-thru most parents and even singles understand, the outlook is bleak.

Flower Child hopes to remove the worry, giving families an option to order proteins and sides according to the amount of people you'll be feeding. Placed in large containers and weighed to make sure you have enough, someone smart and truly concerned about the customers created this menu.

I can't wait to park in the take-out parking space and have Flower Child make dinner, more than one night a week.

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What up, Dog?

Historic hotspot revived with stylish menu make-over

Places *We Liked*

Pink Pony
3831 N Scottsdale Rd.
www.pinkponyscottsdale.com
480-945-6697

By Amanda Savage

Old Town Scottsdale's veteran restaurant Pink Pony underwent a major modernization this year, from the aesthetic, logo, menu and staff – the Pink Pony has managed to balance the new era of Arizona culinary, with the nostalgia of the Old West.

"They (the owners) are looking for a fresh modern take on the Pink Pony," said General Manager, Patrick Cawthorne, who came on board with the restaurant in November, "they don't necessarily want to rewrite the history, but move forward in a new direction that still honors what the Pink Pony was in its heyday."

The restaurant was completely gutted, until all that remained were the beams holding the roof up and the concrete floors. Literally, every part of the restaurant is new.

Walking-up to the new Pink Pony, you would never guess that the restaurant outstood Scottsdale's ever changing restaurant landscape for over 60 years.

Guests are greeted with a large, open outdoor patio (that was not there before the change), which creates a welcoming airiness.

The inside is dimly lit with a cozy/casual, but fashionable ambiance. By the design alone, it's clear that bringing a youthful creativity to the restaurant, without forgetting where it came from, was a major goal in the redesign. Vaulted ceilings and the open kitchen provide guests with a view of the wood fire grill, enhancing the intimate, comfortable environment. Modern artwork and photos from Old Town in the 50s decorates the walls while clean, fine-edged cut wood, steel and stone used throughout the restaurant captures a modern edge.

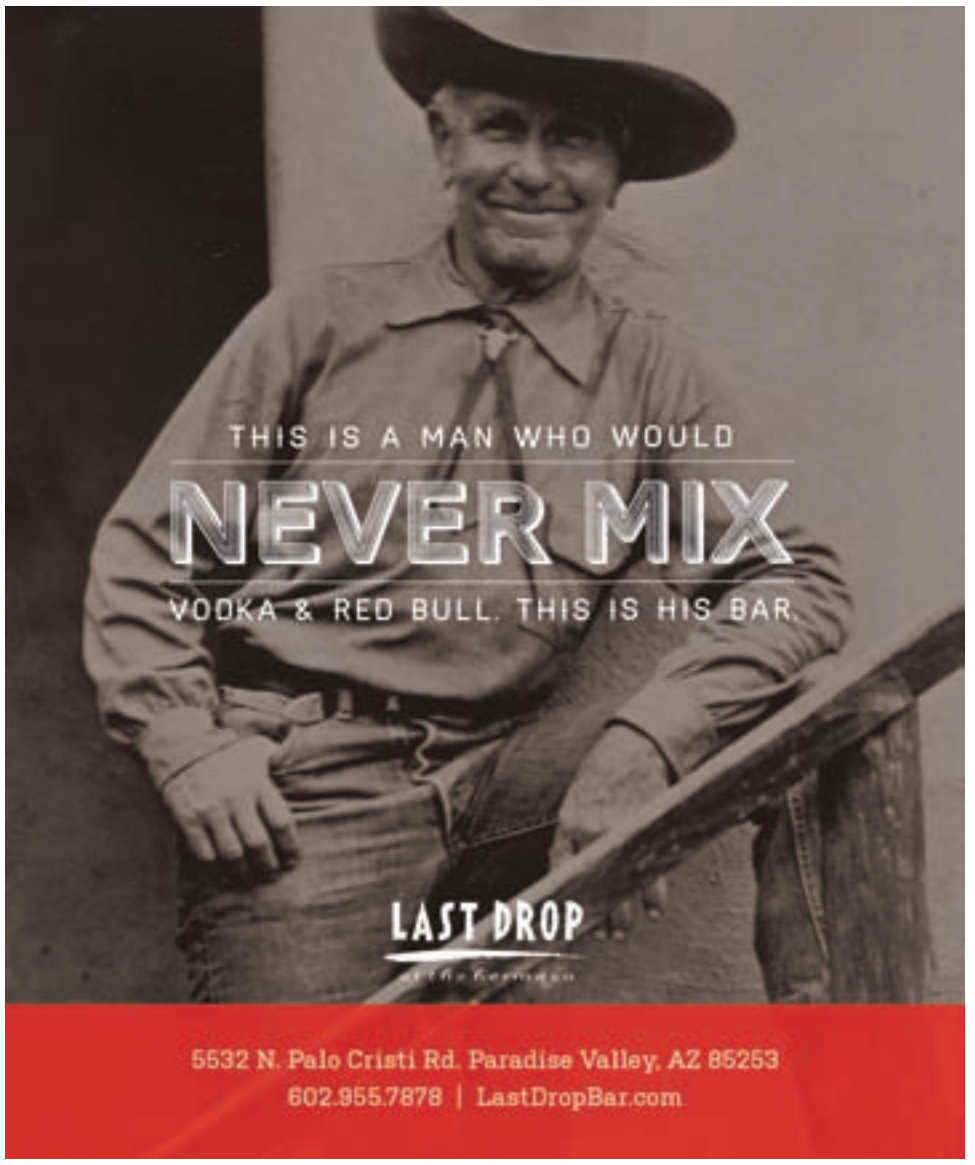
Kale and Brussels Sprouts Salad

"I love the openness of it; I like that they decided to keep the old beams in the building, which keeps a bit of a rustic-ness to it, but it still has an open modern feel, " says Cawthorne.

The reinvented menu screams contemporary cowboy, with modern takes on classic comfort-food. "There's incredible history here," said Chef Fawcett in a press release, "old fans will be impressed with the changes and a whole new generation of diners will love it for the first time."

The new generation will especially like that the menu offers many meat-free, gluten-free and fish-based options for those with dietary restrictions, and that local ingredients are sourced whenever

Continued on page 31



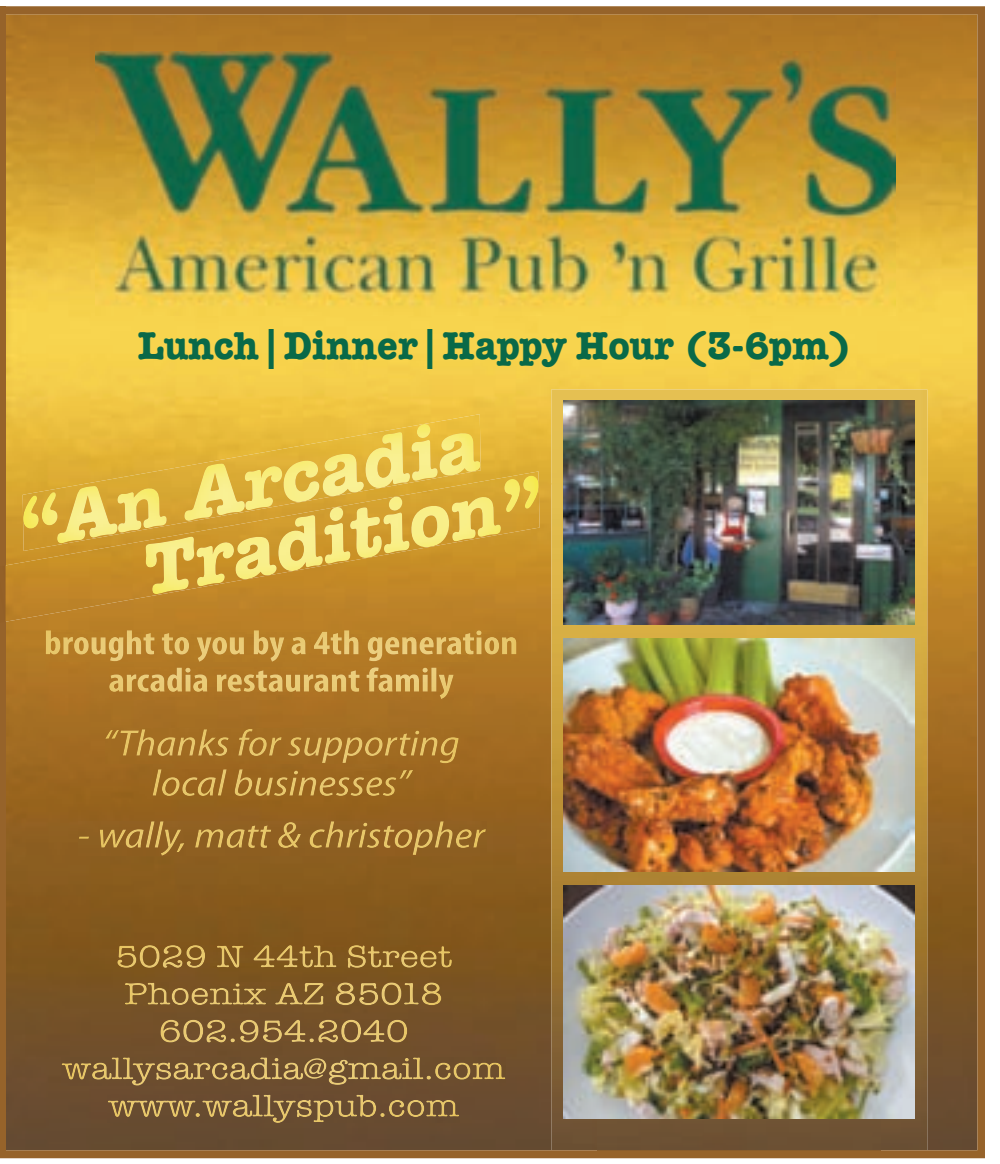
Pink Pony

Continued from page 30

possible. Five sections make up the simple, one page dinner menu: appetizers and soups, wood-fired pizzas, supper and sides. Start with the slow-roasted pork belly or pretzels with beer cheddar fondue. For a lighter bite try the Kale and Brussels Sprouts Salad, a delicate mix of kale, brussels sprouts, bacon, Manchego cheese and golden raisins, tossed in sherry-bacon vinaigrette. Crispy Chicken Thighs with fingerling potatoes and country gravy, and the Hand-Rolled Spinach and Kale Ravioli with almonds, roasted red peppers ricotta, white wine and butter highlight the supper options, while sides range from things like Green Chile-Cheddar Grits, Cheese 'N Mac and Garlic Mashed Potatoes.

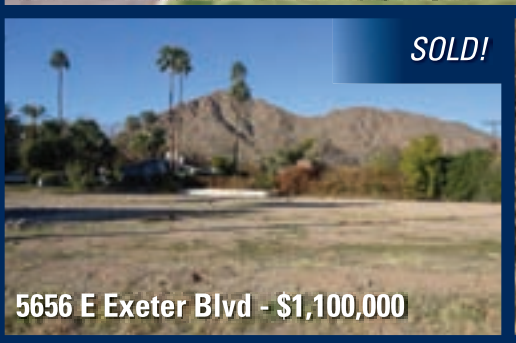
Along with the other changes, Pink Pony has experienced a cocktail revolution. They've adapted hand-crafted and boutique liquor practices, making it a contender in the growing local cocktail scene. The drink menu is complete with infused liquors, mules, house cocktails, draft beer and an extensive wine and champagne list. While their cocktail menu offers a lot of tequila, rum and vodka based options there are gin and bourbon options too.

Chef Fawcett is the man behind the food at the newly remodeled Pink Pony.



THE TEAM

4 ARCADIA REAL ESTATE



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Getting to know your bartender, one question at a time

Hey, *Bartender!*

By Amanda Savage

Full name:
Julie Hillebrand

Position:
Resident Mixologist, J&G Steakhouse

Years at J&G:
I have been here since pre-opening in November 2008, and so has a lot of our staff including Executive Chef Jacques Qualin, which is pretty rare in the restaurant industry.

Where was your first job?
A family-owned restaurant back in the Detroit area where I grew up called Old Mexico. They had such incredibly good food. I still miss it.

When did you get your start in the bar business?
At Old Mexico, as soon as I turned 18 they started training me at the bar.

How do you spend your free time?
The majority of my free time is devoted to my adorable 5-month-old daughter, Isabella. I take a lot of pictures and videos of her, read the occasional magazine article, and like to experiment with new cocktails or cooking recipes from time to time.

Julie Hillebrand

Guilty pleasure?
Brunch with Isabella and whomever else wants to join the party.

Fun fact people might not know about you?
I'm secretly in love with Edward Cullen (Robert Pattinson) from the Twilight movies.

What is your favorite thing about being a bartender?
I have a few. One is figuring out how to most efficiently execute large cocktail orders so that everything is cold and not improperly diluted. I also really love creating new cocktails on the fly.

If you could only pick three things that embody a great bartender, what would they be?
Number one is hospitality. We're in the business of making people happy. Efficiency and intelligence are my next picks. You have to be efficient in a busy bar. The intelligence helps bartenders pick out the right wine or cocktail, etc. for each guest and then have good conversations with them.

What's the oddest request you've ever gotten from a customer?
I've had a few bar guests insist we had X on our menu awhile back, and asking whether they could get it again, even though we never had that item on our menu. I just apologize and try to suggest something from our menu that I hope will make them happy.

It's a given that as a bartender you get hit on, or see others get hit on, what is the worst pick-up line you've ever heard?
Unfortunately, I don't have a good answer. I've had a few people tell me I'm pretty. Nothing too weird.

What's your go-to drink when you're out?
I love a well-crafted French 75 cocktail, Nolet's Gin with soda and a lemon peel, or a glass of Ruinart Champagne.

Where are some of your favorite local spots to hang out at (besides J&G of course)?
I don't get out much, but I love Crudo and Micah Olson behind the bar there. Other places I enjoy are The Henry and Pita Jungle. I live in Arcadia and don't venture too far from home.

What's your favorite cocktail or wine at J&G?
I love the Hemingway Daiquiri because it's fresh, citrusy and not too sweet. Some of my other favorites are a Dark & Stormy and The Sazerac.

It's your day off, you have nothing to do, money is not an object — what would you be doing?
I'd hop on the next flight to Germany. You'd find me exploring Köln (Cologne) and watching the ships sail up and down the Rhein River.

Vegetarian barbeque all the rage at local eateries

Veggie *Beat*

By Amanda Savage

It's National Barbecue Month! While Barbecue traditionally encompasses meat, vegetarians like barbecue too!

How, you ask? Barbecue sauce in itself can be cooked with just about anything. Bryan's BBQ in Cave Creek takes it a step further and offers a pulled squash sandwich, as a substitute for the staple pulled-pork and Pomegranate Cafe in Chandler has been known to serve Tempeh "ribs" smothered in barbeque sauce as a special – so the idea isn't too far-fetched.

While the Phoenix Market for vegetarian barbeque is definitely in the minority, there are a few local spots that offer a vegetarian alternative to traditional barbeque.

Secret BBQ Chicken Sandwich Green

If you try anything on this list, try this sandwich. The vegans at Green make an amazing espresso barbecue sauce. The sauce is a harmonizing balance between tangy, sweet and roasted flavors – the sauce makes this sandwich. Topped with caramelized onions and peppers on mock chicken patties and vegan mayo, this sandwich will change the way you think about vegan food. I find a lot of mock meat sandwiched to be somewhat dry, but the barbecue sauce and the oil-based vegan mayo really bring juiciness to the sandwich. If I absolutely had to make one complaint, it would be that the bun is a little too soft for all the toppings. It absorbs the sauces fairly quickly and can get messy. But what would barbecue be without a little mess, right? I pair this with the tahini cole slaw, which is really light on sauce. The cilantro, scallions and crunch of the cabbage and peanuts really create a cool contrast to the sandwich. – Green New American Vegetarian 2022 N. 7th St., Phoenix.

BBQ Tofu Salad Original Chop Shop

The Chop Shop's alternative to the BBQ Chicken salad is the calorie conscious option on this list. Simply ask for the BBQ chicken salad, sub tofu. The Chop Shop lightly fries basic firm tofu to give it a gentle crisp on the outside and a soft inside. The salad comes with a sweet barbeque sauce, and a chipotle-ranch dressing that blend into a creamy, sweet dressing with a gentle kick of chipotle. Cheddar, corn nuts, green onion and diced tomatoes add texture to the salad, most notably, the roasted flavor and crunch of the corn nuts brings a robust texture to the salad. The portion size will fill you up, and while the sauce is cream based it's not so heavy that it will make you feel heavy. If you really want to get in the summer spirit, pair it with their homemade lemonade. It's light, and fresh tasting, but a word of warning – this drink is an eye-opener! It's super tart, sweet and flavorful. Original Chop Shop, 7158 E. 5th Ave., Scottsdale.

Gardein BBQ Chicken Salad Yard House

This is not your dieter's salad. This salad has more toppings and ingredients on it than lettuce: it's hearty, packed with flavor and served in very large portion sizes. Citrus barbecue sauce and a spicy chipotle ranch dressing are tossed with lettuce, fresh corn shaved off the cob, pinto beans, cilantro, pasilla, juicy diced tomatoes and cheddar cheese; then topped with avocado slices, crispy onion straws, crunchy tortilla strips, and grilled mock chicken. This salad is more on the spicy side when compared to the salad from the Chop Shop, and the barbeque sauce specifically has more tang and zest than the sweeter, milder barbeque sauce from the Chop Shop. You literally discover a new flavor in almost every bite. All the different flavors and textures make this a bright and colorful dish. The menu offers a Regular and Large portion size. The regular looks like a large, and the large is big enough for two people to share. Yard House Scottsdale, 7014 E. Camelback Rd., Scottsdale.

O.H.S.O. BBQ Burger O.H.S.O. Eatery and Nano Brewery

I order a vegetarian alternative to the regular barbeque burger. Just ask to substitute the meat patty for their veggie patty, and to hold the bacon. The bean and grain based veggie patty is topped with American cheese, onion straws, lettuce, tomato, O.H.S.O.'s Tangy Q Sauce between two, square shaped sweet buns. O.H.S.O.'s barbecue sauce is sweet and tangy with no spice. This entree is great for people who love barbeque but aren't necessarily fans of the spicy flavors it's often paired with.

The sweet bun is the perfect match for the barbeque burger. It's lightly grilled on the inside and has a tougher outer skin that protects a soft, moist inside, really holding everything in there. O.H.S.O. does a great job of giving the veggie patty that off-the-grill roasted flavor that so many veggie burgers lack, while the onion straws bring balance and texture to the softer ingredients on the burger. Upgrade to the sweet potato fries for your side! – O.H.S.O. Eatery and Nano Brewery, 4900 E. Indian School Rd., Phoenix.

BBQ Tofu Salad - Original Chop Shop

O.H.S.O. BBQ Burger - O.H.S.O. Eatery and Nano Brewery

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2013

Family bonds over homemade meals and funniest videos

Arcadia's *Cookbook*

By Heather Kinkel

Kanah Waltman is a self-proclaimed "Senior Domestic Manager."

With 3 small children, 9 chickens and a sweet golden retriever named Jessie, it's hard not to understand when she says she's always got a baby on her hip and a dog at her heels.

Kanah is originally from Alpine, Arizona – about 90 miles east of Show Low. She attended NAU and after receiving her degree in Parks and Recreation Management, she took her first job in Iowa.

Burgers on the grill at home: tastier and less expensive.

"After my summer job ended in Iowa, I decided that I really didn't want to spend a winter there," Kanah said of deciding to move back to sunny Arizona.

She met her husband, Todd, in Tempe and they were married 12 years ago after a whirlwind courtship. Now the parents of three children – Joshua (9), Jude (6) and Joy (17 months), Kanah is busier than ever as a stay-at-home mom. After living in South Phoenix, the Waltmans moved to Arcadia 4 years ago so that they could be closer to Christ Lutheran School where their children attend school.

There is rarely a dull moment at the Waltman home. Each of the kids is very active and enjoy their own interests: Joshua is a budding artist, Jude loves to skateboard, and sweet baby Joy is a busy toddler – rarely leaving her mommy's side!

For the Waltmans, the weekends are all about family. Saturdays call for working on the yard, they enjoy being together as a family and family hikes are a must. Every Sunday night, the Waltmans can be found giggling on the couch, watching

Continued on page 37

by Kanah Waltman

INGREDIENTS

- 2 lbs. 80/20 ground beef
- 1 cup shredded marble cheese
- 1/2 cup Worcestershire sauce
- 1 Tbsp. onion powder
- 1 tsp. garlic powder
- 16 mini slider-style hamburger buns

PREPARATION

Combine beef, cheese, Worcestershire and seasonings and mash into slider size (3" across) patties.

Grill over medium high heat, 3 minutes on each side or under desired doneness is reached.

by Kanah Waltman

INGREDIENTS

- 3 cups ice
- 1 cup evaporated milk
- 1/2 cup chocolate syrup
- 1/2 tsp. Vanilla extract
- Whipped cream and chocolate shavings (optional, but delicious)

PREPARATION

Blend in blender until smooth.

Pour into serving glasses, and top with whip cream, chocolate shavings and a fun straw.

Cookbook

Continued from page 36

America's Funniest Home Videos.

"We are homebodies. I think that's what happens when you grow up rural like I did. I grew up with no mall, no movie theater – I learned to entertain myself and that's something I want for my kids," said Kanah.

As a family that centers their activities around the home, Kanah makes dinner most nights of the week, and she rarely follows a recipe. In order to keep things interesting, Kanah has definitely found the knack when it comes to knocking off her family's favorite restaurant meals.

Kanah (below) and Todd Waltman's household includes three young children, nine chickens and one dog.

"I'm frugal! I got sick of going out for cheap hot dogs and burgers and spending $45 when I know I can totally make something just as delicious at home," said Kanah.

Kanah, who "mans" the grill at the Waltman home, has replicated delicious restaurant quality sliders with shredded cheese and added Worcestershire sauce as the secret. She also likes to keep meals fresh and always adds fruits and veggies to her meals when she can.

"Berries are easy. My kids love fruit, and I always sweeten them just a bit with a little agave," said Kanah.

The frozen "hot" chocolate? A special treat that is not to be missed, and one that Kanah doesn't mind serving up to her active, hungry crew.

Mother's Day brunch idea

By Chef Matt Carter of The House Brassiere, The Mission and Zinc Bistro

ARCADIA COOKS

SCRAMBLED EGGS, ASPARAGUS & GRIDDLED BREAD

TRY IT OUT!

by Chef Matt Carter

(Serves 4)

INGREDIENTS

- 8 whole eggs
- 1 Tbsp. mascarpone or cream cheese
- 1 Tbsp. ricotta
- 2-4 oz. butter
- 12-16 pencil asparagus
- 1 tsp. garlic puree
- 3-4 oz. extra-virgin olive oil
- 1 oz. cracked black pepper
- 1-4 oz. or larger chunk of parmesan
- 1 loaf Ciabatta bread
- 4-8 slices prosciutto

PREPARATION

With a whisk or small hand blender, combine eggs and half of the mascarpone and ricotta.

With a small spoon, add the rest of the ricotta and mascarpone in small dollops. Season with salt and pepper.

Fill a medium saucepot with water, add salt until it tastes like the ocean, and bring to a boil. Blanch asparagus for 30-40 seconds, shock in ice water.

Slice Ciabatta, drizzle with half of the olive oil, season with salt. In a small sauté pan or griddle, toast both sides of Ciabatta.

In another small sauté pan, heat olive oil and garlic, add asparagus and cook for a minute or until done.

Heat a seasoned pan to med-low, add the butter. When butter is melted add the egg mix. Stir with a rubber spatula or wooden spoon until eggs are just cooked, NO COLOR on the eggs. The eggs will continue to cook outside of the pan so pull from heat a little runnier than desired. Place eggs on plate, garnish with asparagus, cracked black pepper, Ciabatta and prosciutto. Using a micro plane or fine grater, shave parmesan over the eggs, finish with extra-virgin olive oil.

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Must see: Uncover hidden gem at LGO's Tasting Room

By Michelle Donati-Grayson

Nestled in one of Arcadia's most beloved pizzerias is one of our community's best-kept secrets.

The Tasting Room at La Grande Orange has been open only five months, yet despite the droves of people who frequent the 12-year-old restaurant, many Arcadians haven't yet experienced the eatery's newest addition.

LGO's newest concept is that of a winery or brewery. The intimate space, which seats about 25, serves as a bar for the pizzeria. It is available for lunch seating during the week and also offers open seating and LGO's full menu when dinner service begins daily at 4 p.m.

Kimber Stonehouse is the wine curator for Tasting Room. Much like a curator selects art for a gallery, Stonehouse selects all of the wine and beer that is offered in the Tasting Room. Her selections are based on price, quality, flavor and value, as well as if something is missing from the shelf.

The Tasting Room offers eight wines and eight beers on tap. It also offers three wines by the glass as well as handcrafted cocktails. Wine and beer range from $6 to $13 per glass and change seasonally. Current beers range from Four Peaks Arizona Peach Ale to a German hefeweizen. Wines vary from California Cabernet Sauvignon to an Italian Pinot Grigio. LGO's signature growlers, which hold 2 liters of fresh beer, are available for $12. Re-filling a growler ranges from $12 to $30.

Wine on tap is a relatively new trend. Each keg holds 26 bottles of wine, which is a space saver for bars with limited space, like the Tasting Room. Perhaps the biggest benefit of this trend is that it offers wine at cellar temperatures. This is important as most people drink their reds too warm and their whites too cold, Stonehouse says. Reds are best between 55 and 60 degrees, while whites should be consumed between 40 and 44 degrees.

The Tasting Room lives up to its name by offering weekly, midweek wine tasting events. The two-hour events are an informal "flow-through" type tasting that includes three to four samples of wine. Some weeks, a single winery is highlighted, while other weeks showcase a portfolio of winemakers. Best of all, the tasting events are complimentary and are open to the public. Reservations aren't required. Plus, guests save 10 percent on featured wines they purchase after the tastings.

Stonehouse says she waits until there's someone cool in town – such as the vineyard owner – to do the tasting. If a winemaker attends, for example, they may pour or help pour as well as talk about the wine. Events might expand in the future to include beer tastings. The room also is available to rent for private parties.

Upcoming tastings are sent to LGO email subscribers and are also listed on its website lagrandeorangegrocery.com. Information on upcoming events also can be obtained by liking LGO's Facebook page.

In addition to the wine offered in the Tasting Room, the grocery at LGO carries 300 different wines. They also have a new program in which they will special order any wine they do not stock at guests' requests. Stonehouse hopes that when someone buys a bottle of wine from LGO and takes it home, it over delivers what they paid for it.

"Wine doesn't have to be expensive to be enjoyed," Stonehouse says. "There's great wine at every price range; you just have to find it."

Whether you buy from the grocery, pizzeria or Tasting Room, one thing you won't see with wine at LGO is a restaurant's traditional 200 to 300 percent markup. Wine that costs $10 or $15 won't be marked up to $50. Likewise, a $50 bottle of wine will be just that, $50.

The reason is simple, Stonehouse says."We want to sell wine. It's easier and saves our guests money."

IF YOU GO: Park in the LGO's secret, self-parking lot at 4530 N. 40th St. (40 St. and Meadowbrook Ave.). The lot is about 500 feet away from LGO's front door.

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Arcadian loves to travel but always enjoys coming home

Where's the *Neighbor?*

By Kaley Kalil

Mark Williams, originally from Laveen, AZ, has lived in the Arcadia area for 13 years.

"I am proud to say that I am one of those rare third generation Phoenicians," Williams said.

In late January, Williams attended the Sundance Film Festival in Park City, Utah, along with a large group of friends.

"We enjoyed the festival, as well as skiing in Deer Valley," he said.

While skiing Empire's black diamond "Solace" run, Williams had an accident.

"I took a gnarly fall, tearing my ACLs in both knees. I always wondered what it would be like to be this guy," he said, pointing to a photo of himself being dragged down the mountain in a stretcher.

"Now, I know."

Williams, along with his business partner and longtime friend, Chris Haver, run a local investment firm called Haver Williams.Δ The firm focuses on procuring opportunities within the sustainable energy, technology, finance and real estate sectors.

"I am very fortunate that my work takes me all over the world," Williams said.

"After spending a few days in meetings in New York last September, Chris Haver and I flew to Cape Cod to visit with some wonderful friends and enjoy the Cape for a weekend."

Chris Haver, Francois Chateau, Mark Williams at a business dinner in Paris.

From Massachusetts, the two flew to Istanbul, Turkey to attend a business meeting. After a couple of days there, they flew to France the following afternoon for a dinner meeting in Paris. The next day, they were off to Dublin for a few days to meet their new Irish business partner, Donal O'Flynn.

"How Irish is that name?" Williams playfully asked.

"This being my first time in Ireland, Donal drove me out into the countryside one afternoon to visit small, immaculate villages and their bustling pubs. God bless Guinness," he said.

From Dublin, they flew to London for a couple more days and a couple more business meetings, as well as to enjoy dinner with one of Williams' best friends who had moved there from Phoenix a few years ago.

"I absolutely love what I do, so my work and personal time more or less blend together," he said.

Williams now has friends and business associates in almost every country he visits.

"It's part of the reason I enjoy my work so much," he said.

When asked what type of a traveler he is, Williams responded, "I would have to say an adventurer."

"I mean, I can kick it on a beach in Croatia or Greece with the best of them, but one way or another, it all turns out to be an adventure."

Mark WIlliams and his new Irish business partner, Donal O'Flynn, at a small village pub in Dublin.

Mark and friends in Cape Cod, Mass.

Williams has traveled extensively through Europe, Southeast Asia and South America.

He's currently planning a trip to Australia and New Zealand in 2015. This July, he will visit Rome, Barcelona, Paris, Dublin and possibly Sweden for more business meetings.

Despite Williams' love for travel adventure and international gallivanting, he always enjoys returning home.

"In my opinion, Arcadia provides its residents with a true sense of place and community," he said.

Traveled Lately?

Email Kaley: kaley@arcadianews.com

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T-shirt company inspired by art raises money and hope

By Katie Mayer

It hung on the refrigerator door at his parents' house – a child's drawing of a cartoon character.

To many, it likely looked like a typical piece of children's art, but to Phoenix resident Robert Thornton, it was the inspiration that changed his life.

After an injury ended his professional baseball career, Thornton felt lost and depressed. But on a trip to visit his family in northern California, he saw the sketch hanging on his parents' refrigerator.

"It was a drawing from a little girl and it just mesmerized me," Thornton said. "It was from a special needs child that rides on the bus my mom drives."

The following morning, Thornton woke up and realized the image would look interesting on a T-shirt, and others agreed.

Today, that simple idea has turned into a thriving business that is changing the lives of special needs and seriously ill adults and children locally and across the country.

In 2009, Thornton founded Paper Clouds Apparel, a company which takes the art created by special needs individuals and places them onto limited edition high-quality T-shirts – and in some cases hats and tote bags – which the public can buy.

The T-shirts cost about $23 to $28 dollars and half of all net proceeds are given to organizations or individuals in need. The company also employs special needs individuals to help wrap and package T-shirts.

Paper Clouds Apparel is changing the lives of special needs and seriously ill individuals all over the country.

Thornton, 36, also works full-time as a bartender at Postino on Central Avenue, and often clocks an average of 90 hours per week operating his home-based business and bartending. His startup received a boost when he was accepted into Phoenix business incubator SEED SPOT, which nurtures businesses that make a social impact.

"I want to help as many people as I can," Thornton said. "It's a completely grassroots guerilla campaign, but I know the money is helping change lives."

The way Paper Clouds Apparel's unique business model works is that every two weeks, the company partners with new artists and new organizations who will benefit from the T-shirts sold. For two weeks, the company holds a campaign to sell as many T-shirts as possible using largely word-of-mouth and social media outreach.

Once the campaign ends, the T-shirts are purchased and printed locally, then distributed to customers and the designated organization receives money from half of the net profits.

Last year, Paper Clouds Apparel raised nearly $22,000, and this year had raised $6,197 by early April. The proceeds went to organizations and individuals in need locally and across the country.

One participant, located near Boston, was Allyson Nyman and her son Logan Nyman, who is 18 and has several challenges, such as developmental delays and verbal apraxia, which means he has trouble communicating what he wants correctly and consistently.

For their first campaign last summer, a picture of a horse Logan drew when he was 12 was printed on t-shirts that raised money for a therapeutic horseback riding ranch.

Founder of Paper Cloud Apparel, Robert Thornton created the business after being inspired by a child's drawing.

"Our first campaign was extremely meaningful to us. We are an art-loving family, but my son Logan always resisted, often refusing to even hold a crayon," Nyman said. "I tried for years, and he simply would not or could not tolerate it."

Continued on page 42

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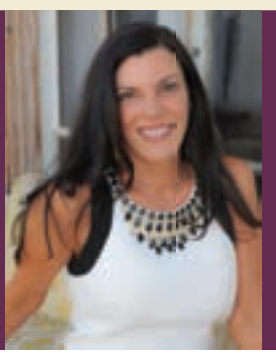

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T-Shirt

Continued from page 40

Nyman said one day while cleaning Logan's room, she discovered a scrap of white lined notebook paper with a drawing of a simple horse figure.

"I sat on the edge of his bed and just sobbed," Nyman said. "That horse became such a big deal to me, that I had it tattooed onto my forearm."

For that reason, Nyman selected the horse to print onto Thornton's T-shirts. The campaign was a huge success and gave Logan a confidence boost to see something he drew featured on shirts so many people were wearing.

"Society treats those with special needs like they're not full members of the community and can't contribute," Thornton said, "but they are talented, they do have skills and they can contribute."

Other organizations Paper Clouds Apparel has partnered with include Icing Smiles, Tempe-based The Centers for Habilitation and the National Down Syndrome society, among many others.

Thornton said he will continue to develop campaigns and offer fresh T-shirts every two weeks. He said he will also continue to do whatever it takes to foster his growing business and touch more lives. In the near future, Paper Clouds Apparel plans to launch a new Web site and offer customizable T-shirts.

"Being an entrepreneur…you suffer those moments of doubt where you think 'Is this going to take off?' or 'Am I doing this right?'" Thornton said. "It seems like when I have these doubting moments, I'll receive an e-mail from a parent telling me how this campaign has changed their household."

He added, "That's the part where it's like every bit of doubt that you had in your head completely leaves and I'm looking for things to do to make it even better."

For more information on Paper Clouds Apparel, visit papercloudsapparel.com.

Paper Clouds Apparel employs special needs teens and adults to help package t-shirts.

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Longtime Arcadian enters retirement, shares experiences

Retirement *Now what?*

By Jean Hodgson

From the time most of us are young children, our time is structured by the routines of school. The bell signals the start and end of the day in class, the dates of official breaks determine our celebration of holidays and a brief respite from routine, and the yearly calendar gives us a summer for travel — and sleeping in.

That pattern typically ends with graduation and the start of a career. But what about those of us who never really finish school, but just go from one side of the desk to the other as we spend our professional lives as teachers? The bells and the calendars continue to rule our schedules until our careers take a different direction or draw to a close.

This is where my husband and I find ourselves after both being educators for well over forty years — we are "graduating" into retirement. And so now, after all these years, we ask ourselves "What's next?" As a high school English teacher and lifelong bibliophile, it is not surprising that my stash of books waiting to be read is quite extensive. But now it also includes books about finding your path in retirement and financial questions relative to retirement, as well as various articles from AARP.

While these resources are definitely reliable and informative, I think my most valuable insights have come from asking advice from other recently retired teachers. One friend told me her philosophy was to not get involved with anything new for a full year so she could get caught up on things that had been neglected at home. That didn't sound like a good fit for me, particularly since my teaching has already been part-time the past several years.

Another teacher said she was involved with so many things she was way busier than she ever was before retirement. That sounded like going to the other extreme and defeating the purpose of a change of pace.

The balance I was looking for came from a friend who is in her third year of retirement and loving it. She feels you should regard it as a window of time doing the things you love but haven't had time for, learning something new, and finding ways to still use your teaching skills and other strengths.

We've been residents of the Arcadia area since 1969, but now I'm now looking at it from a slightly different perspective and seeing it as a place with abundant resources for an active retirement. We raised our children here and always appreciated the family friendly activities and restaurants, good schools and churches, and convenient shopping. As I look around at our community I'm confident we'll discover many answers to the "What's next?" question that we can share. I'm excited that some of the sharing will be in a regular column relating to retirement in the *Arcadia News*.

Jean Hodgson prepares to leave longtime career as educator and begin new role as Arcadia News columnist.

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Local coaches win awards

By Amanda Goossen

Recently, two area coaches received two prestigious awards.

Troy Gerlach, head baseball coach at Arcadia High School, was named Coach of the Year and recognized with a Youth Sports Award at the 44th Arizona Sports Hall of Fame Induction Ceremony.

The winner of the 9th annual Spirit of Cotton Award was Robert Koehne, head coach of the Valley Lutheran High School boys' varsity basketball team in Phoenix. Phoenix Suns Charities honored Coach Koehne at a Suns game at US Airways Center.

Koehne has over 17 years of experience coaching basketball on the high school level and has led his programs to numerous winning seasons. His accolades include 2010 1A State Championship Runners-Up and a state tournament appearance all four years as head coach at Valley Lutheran High School.

The Spirit of Cotton Award, named in memory of former Suns' head coach, Cotton Fitzsimmons, who passed away in July 2004, honors a high school coach in Arizona who consistently demonstrates the best qualities of a coach, educator, mentor and community leader.

As part of the award, Coach Koehne will receive a commemorative plaque and custom ring designed by Coffin & Trout Fine Jewelers. In addition, Phoenix Suns Charities will make a grant of $10,000 to Valley Lutheran High School's athletic department.

Valley Lutheran High School basketball coach Robert Koehne (above, left) received the (9th Annual) Spirit of Cotton Award. Last month, Arcadia High School baseball coach Troy Gerlach (second from right) received the Youth Sports Award 2014, Coach of the Year.

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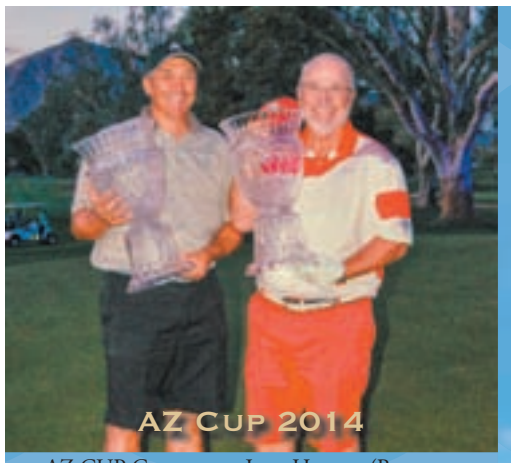

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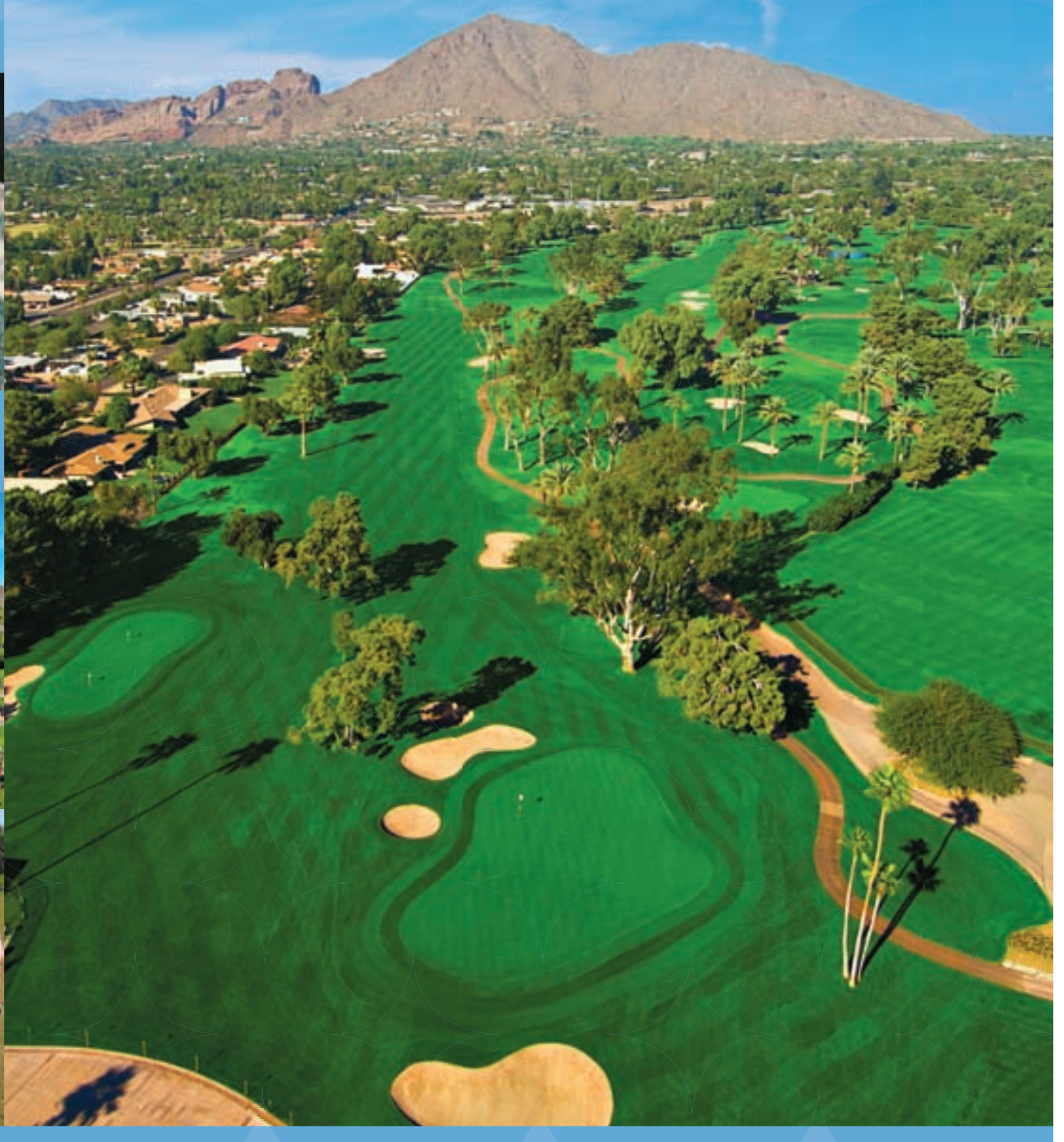

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Giving student receives service award and scholarship

By Agnel Philip

A 13-year-old St. Theresa Catholic School student showed a dedication to service by working more than 200 service hours during a two-year span. He was rewarded for it with a scholarship that will help him attend one of the top Catholic high schools in the Valley.

Sebastian Sandoval, an 8th grader from Goodyear who will be attending Brophy College Preparatory in the fall, received the Christian Service Award, which will award him $2,000 a year in scholarships.

Sebastian received the Christina Service Award from Bishop Thomas Olmsted of the Catholic Church.

"You're not doing service just for yourself, you're doing it to serve others," he said.

Sandoval worked 235.5 hours between August of 2011 and August of 2013, according to his family.

Sandoval believes in the power of service and said students must go above and beyond school requirements for service.

"Some kids just do service to get the requirements," he said. "I just think they should do a little bit more."

His mother, Mariana Sandoval, said service activities are emphasized in their family.

"He's always volunteering to help people and to serve," she said.

St. Theresa's principal, Maureen Fyan, spoke highly of Sandoval's contributions to the school and his work in service.

"He's the spirit plug that gets to all [of the other students] and says, 'C'mon let's get behind this,'" Fyan said.

One service experience stands out to Sandoval above the rest. He recalled a time working at André House of Hospitality, where his family routinely volunteers.

One day, while he was working his normal shift in the basement, he was called upstairs to run an errand. There he met and assisted an older man who needed some help finding clothing.

But, he could not find the correct size for the man. Finally, after finding the correct size, Sandoval gave it to the man and was warmed at the impact it made on him.

"When I handed it to him, his facial expression just made me feel kind of proud," he said. "It made a difference with him."

Brophy, which emphasizes service in its curriculum, will be a good fit for Sandoval's interests, his mother said.

"Because of his personality, I think he will always be involved in some type of service," she said. "I'm sure he'll find some way to serve. That's just how Sebastian is."

Sandoval said he wants to become a mechanical engineer. He said he plans to use his skills to help those in his community.

"I'll try to use what I know how to do and help serve others," he said. "Let's say, in my community, that someone's having problems with something or they need something fixed, I'll probably help them out with no charge or anything at all. Just doing it for them because I like to help out a lot."

Sebastian Sandoval worked 235.5 service hours in two years.

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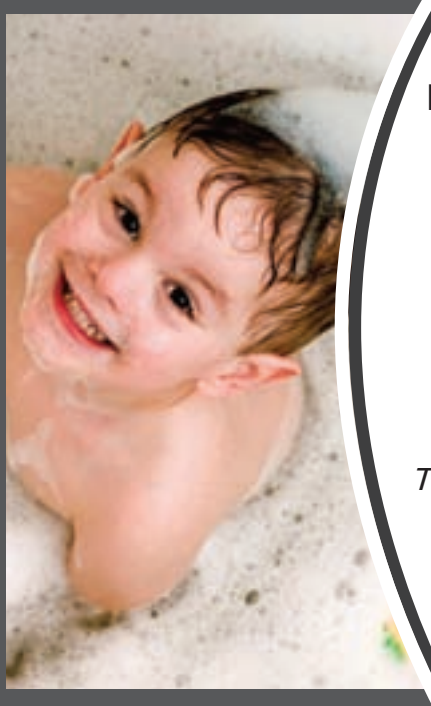

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Eagle scout project creates peaceful place for Ingleside

By Kathleen Shipman

Before Max McCauley graduates from the 8th grade, he will first complete an Eagle Scout Project that will give back to Ingleside Middle School. Alongside his mentor Barbara Halden, McCauley has been organizing the creation of a garden area in the school's courtyard. This project will not only allow him to advance in ranking as a scout, but also provide a peaceful haven for the future generations of Ingleside.

Max McCauley

"I was so happy when he said he needed an Eagle Project," said Halden, who is a biologist. "I really liked the idea because it is his last year here. It's something he can create and bring his kids back to."

The location of the garden is currently an empty plot of dirt surrounded by a gate. After the Eagle Project takes place on May 10, it will contain seven raised garden beds, seating areas, and also a memorial tree, which will all be purchased through donations. The inclusion of the tree was especially important to McCauley, as it will provide remembrance to a student who passed away years before.

"A tree was planted several years ago in his honor, but it was cut down recently during the rebuilding of Ingleside Middle School," he said. "It will be nice to honor the family's wishes with a new 'memory tree' in the garden."

In addition to the garden area, two 25 foot planters that also sit in the school's courtyard will be prepared for vegetables. McCauley and his volunteers will plant sweet potatoes during the project, which will keep the soil rich for a variety of planting in the fall. The hope is that by growing vegetables within the planters, students can be educated on both nutrition and agriculture.

"Science classes will probably use the garden the most because having a garden provides a unique, hands-on opportunity to teach kids about plants and earth sciences," said McCauley. "Another benefit of the garden is to give kids a peaceful place to go."

McCauley has received a lot of support from the Arcadia community in regards to his Eagle Project. Donations of supplies have been made by local businesses in the area, while others have contributed money towards the building of the garden. The PTO has also been very generous in their assistance by providing funds. Another great supporter has been the Scottsdale Unified School District.

"The School District has been really helpful. They are so supportive in all of the garden projects we are doing," said Halden. "It's just great to have the community and everybody helping together."

There will be many volunteers at Ingleside on May 10, when the construction of the garden takes place. Even McCauley's fellow scouts in Boy Scout Troop 6 are expected to be there. The end result will be very rewarding for this middle school student, who will finally get to see his Eagle Project come to life. McCauley is very grateful for all of the support he has received, especially from Halden.

"Ms. Halden has been a great mentor," he said. "It's been all about breaking this project up into little parts, and she has been there helping me do that. It's been great."

Achieving the ranking of an Eagle Scout will be quite the honor for McCauley. Although there has been a lot of work in organizing the creation of the garden, he views it as a wonderful learning experience, as well as his way to give back to the community. Even after McCauley graduates from the 8th grade in May, he will forever be remembered at Ingleside Middle School through this incredible gift he is providing.

Max with his mentor Barbara Halden, who has developed gardens for numerous Arcadia schools.

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Tavan students look toward their future via career day

By Christina Surrano

Tavan Elementary School holds a Career Fair for its students.

Where do young people today find their focus, ambition, and fuel to do what does not come easily? How can we guide them to find their best place in life? And most importantly, how do we get them to believe in the possibilities?

On April 17, members of the community gave of their time to educate and inspire 150 Tavan students, in pursuit of their career goals. About 40 different jobs were represented in booths set up all over campus.

Professionals displayed tools of the trade, examples of the work, and eye-catching visual aids. Some even brought engaging hands-on activities and shared lessons learned from personal experiences. Students with clipboards and prepared questions mingled with the volunteers and took notes.

Maria Hase, the Language Pathologist and Ana McCrory, a Bilingual Speech Pathologist with the strong support of the rest of the Tavan staff and community members, piloted the event two years ago.

McCrory explained that, "The emphasis is for us to get the kids thinking about school, about their future, (and) about all kinds of different things they can do, and to stay in school."

To create involvement from the students, some had to write invitations to the representatives and prepare their own résumés and open-ended questions. They created signage with relevant artwork for the event, requiring research. And pupils were observed properly introducing themselves to the professionals, using eye contact, handshakes and other important verbal and nonverbal business etiquette.

Tavan students were required to prepare meaningful questions and to be fully engaged when communicating with the professionals on Career Day.

The professionals shared personal stories emphasizing curiosity, passion, and integrity, all made possible by education, as the forces behind their success.

Biologist Jordan Yaron from ASU's Biodesign Institute told one student, while showing a video of white blood cells engulfing bacteria, "I was always curious about the world around me and in class, I was always raising my hand and asking questions, all the time, and at some point, I asked a question that no one knew the answer to… This job allows me to ask questions that no one has ever asked before and to be the first person ever to know the answer to this question."

James Moore of ER2, a company that recycles electronics said that curiosity is also what he hopes the students take away from the experience. "Find a new way of doing things," Moore encouraged, "I didn't know I wanted to be in this (new) industry until I found it."

The students were obviously intrigued, showing excitement and asking insightful questions.

"I loved everything," said one student. "Every single job is super cool."

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Julie *@ the Movies*

By Julie Demetros

Mother's Day is coming up! It's time to celebrate all those wonderful mothers, grandmothers, and mothering figures in our lives that support and love us all year long. So on Mother's Day, why not settle in with a snack and watch a film or two together?

Some of my mom's favorite movies include *The Princess Bride, The Count of Monte Cristo, Shaun of the Dead,* and *Gosford Park*. Then again, my mother has a pretty eclectic taste in movies. For some more tame suggestions, here's a list of movies that have terrific mothers in them:

EASY A (2010)

When false rumors start spreading around high school about her, Olive Penderghast turns the situation around to her advantage. However, things start getting out of hand and she does her best to tell the real story of what happened, to clean up the mess.

The mom: Rosemary Penderghast is a mild-mannered, positive mother to Olive. She isn't ignorant to the rumors spreading about her daughter, but trusts Olive to be able to handle the situation and leaves an open offer for help on the table should she need it.

EDWARD SCISSORHANDS (1990)

A mad scientist passes away, leaving the man he'd created unfinished. The man, having to live with scissors instead of hands, keeps to himself in the house he was made in, until a local Avon saleswoman knocks on his door.

The mom: Peg Boggs is, above all things, a kind-hearted woman. After her initial shock at seeing the sharp blades in place of Edward's fingers, she feels sympathetic and wants to help him. Peg believes that a bit of compassion can fix anything, and that sort of thinking can get people hurt.

MY BIG FAT GREEK WEDDING (2002)

Toula Portokalos has a lot of expectations to live up to from her extensive, Greek family, and she doesn't appear to be meeting them so far. It certainly doesn't help her situation when she falls for a man who isn't Greek, and she tries to get her family to accept him.

The mom: Maria Portokalos, Toula's mother, might struggle at first with her daughter's choice in men. However, that doesn't stop her from loving Toula, and supporting her despite the protests of Toula's father. "The man is the head," Maria told her daughter, "but the woman is the neck. And she can turn the head any way she wants."

THE HARRY POTTER FILMS (2001-2011)

The famous series about the "boy who lived," Harry Potter, chronicles Harry's adventures through a world of magic with the help of his two best friends, Ron Weasley and Hermoine Granger.

The mom: Molly Weasley, mother of seven, immediately accepts Harry as an unofficial member of her family. She's kind and loving, but anyone who messes with her family may not live to regret it very long.

LITTLE MISS SUNSHINE (2006)

When little Olive Hoover gets into a beauty pageant for young girls, her dysfunctional family piles into their old VW bus to drive her to it. On the way, her parents, half-brother, uncle, and grandfather must deal with their differences in order to make Olive's dream come true. (Rated R)

The mom: Sheryl Hoover is the definition of a hard-working mother. Raising two kids, with one taking a vow of silence until he can get into the Air Force Academy, is difficult enough without her husband and his dad constantly fighting, and adding her brother to the mix only makes things worse. Still, they are her family, so she tries her best to keep them together.

THE INCREDIBLES (2004)

Bob Parr, aka Mr. Incredible, is a supposedly retired superhero with a wife and two kids. When he starts doing undercover work behind his family's back, he gets in a little over his head, and his family has to get involved to help him out of trouble.

The mom: Helen Parr, Bob's wife and retired superhero herself, is a super mom in more ways than one. Wrangling kids is, after all, a lot harder to do when one of them can run at impossibly high speeds and another can turn invisible whenever she wants.

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

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Mothers and daughters gather monthly to enjoy books

Book *Club*

By Amanda Goossen

It's May! And with May comes Mother's Day, an important day to our *Arcadia News* Book Club.

The *Arcadia News* Book Club has been running for just over two years now and over this time we've realized a sweet fact about our little literary group. Reading is a mother-daughter type of thing.

Over the past two years we've grown from 8 participants to a fluctuating gang of twenty-five. The first meeting in April 2012 had two sets of mothers and daughters (one was me and my mom).

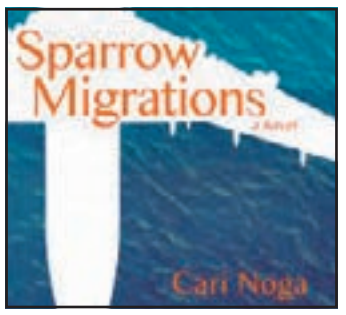
Now, each month we have seven to eight sets of fabulous women, who happen to share the same DNA.

They range from a young and stylish personal trainer with her equally as adorable mom, to a woman who has come to every meeting and then six months ago convinced her daughter to start attending. The amazing thing, her daughter drives over 30 minutes each way to be there.

"I love doing anything with my daughter and we share a love of books so your neat book club is a natural for us," said Penny, a loyal book club attendee.

Whether you have a daughter, a neighbor or a friend to bring along or you want to come stag, the *Arcadia News* Book Club is the place to be each month. Join us at 6:30 p.m. on May 29 for the next meeting. We'll discuss *Sparrow Migration* by Cari Noga and enjoy refreshments as well as a twenty-minute Skype session with the author.

To attend email Amanda@arcadianews.com and let me know you'll be with us!



BOOK OF THE MONTH

SPARROW MIGRATION
By Cari Noga

On January 15, 2009, the world watched in amazement as Capt. Chesley B. "Sully" Sullenberger and crew navigated an Airbus A320-214 commercial airplane on to the Hudson River, after it took off from LaGuardia Airport in New York City and struck a flock of Canadian Geese, losing engine power. "The Miracle on the Hudson" became a miracle nobody could believe, with Capt. Sully honored as a national hero.

But what about the people involved? Author Cari Noga dares to take an event seen by the world over and over again and put a fictional spin on the simple people, the ones surrounding the miracle, the ones no one would ever think of.

There's the autistic boy on a riverboat with his family, who becomes obsessed with the birds he saw flying near the plane, a young couple aboard the plane who are stuck in a difficult stage of fertility issues and the preacher's wife, hiding a secret that dares to be exposed by the crash.

The fictional characters sit beautifully amongst the backdrop of January 15, woven with great writing and intense emotion throughout a day this country will never forget.

Noga's writing is superb, her storyline and characters impossible to put down.

SCHOOL AGE BOOKS

By Dan Wirtel

THE FORBIDDEN LIBRARY
By Django Wexler

The Forbidden Library is about a young girl named Alice, whose father died in a shipwreck. She is adopted by an uncle she never knew she had, an old man who appears to have many secrets.

One of Uncle Geryon's secrets is he has an almost endless library that Alice cannot enter. When Alice meets a sarcastic talking cat who is apparently a guardian of the library, he takes her into the library and opens her up to a magical and mysterious world going inside books, fighting small birdlike creatures, finding a boy who isn't supposed to be there and becoming the one thing her father didn't want her to be, a reader.

GUARDIAN (THE SEQUEL TO PROXY)
By Alex London

A new world has been established because of a former proxy named Syd, the new symbol of the Revolution. Syd's bodyguard, Liam, is trained to kill anything in order to protect Syd against their many enemies.

The most worrisome enemy of the Revolution, however, may actually be a disease caused by the lack of technology within the new world.

The only way to stop the disease is to reboot the Machine and go back to the old ways, where Syd was a slave. Will Syd go back to the old ways and become a slave again or will he sacrifice everyone for his fear of the past?

NOW & FOREVER
By Susane Colasanti

Sterling is in love with a very talented songwriter, guitarist and singer, Ethan. He always told Sterling he'd become a famous singer and he's promised to stay with her forever.

But what happens when Ethan does in fact become famous overnight? Sterling is now walking on red carpets and attending all his concerts around the world. Will he keep his promise or will the promise of forever finally be broken?

Dan Wirtel is an avid reader and a freshman at Valley Lutheran High School. When he is not reading a good book, he is a multi-sport athlete at VLHS.

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ARCADIA NEWS

Scottsdale venue brings us exciting sounds this month

Music Notes

By Craig Goossen

Has anyone noticed that The Western in Scottsdale has totally stepped it up in the concert department? When it first opened last year, The Western was committed to live music, but lately the quality of acts hitting its stage are nothing short of stellar.

This column often urges you to seek musical pleasures in downtown Phoenix and that plea will not cease, but for those of you looking to stay closer to home The Western in Scottsdale is a place you need to put on your radar. This month's suggested music mix highlights two bands that will take the stage at this cool Scottsdale honky-tonk, but as the venue proudly advertises, there's live music five nights a week. For many reasons, I've never left The Western without a smile on my face, but knowing I'm so close to home is certainly one that makes that smile shine the brightest. Taxi, bike or safely ride over to this gem in our neighborhood. It's a music lover's haven with a terrific and amply stocked bar.

MIRROR TRAVEL: MEXICO (2013)

A band from Austin, TX who gathered some serious mojo, toured extensively with many cool folks, changed their name and has continued to hit the road playing their hip tunes, never looking back. The show is free and it's always cool to spend a Wednesday at the Western.

Mirror Travel performs on Wednesday, May 7 at The Western, 6830 E. 5th Ave. in Scottsdale. The show is 21 and older and the show is FREE.

TIM McGRAW: WHEN THE STARS GO BLUE (2006)

Big country acts playing in Phoenix is rarely a bad call and this show is a surefire safe bet. The selected track is a cover from a few years back, but you should also seek the original version by the great Ryan Adams.

Tim McGraw performs on Friday, May 16 at Ak Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $40

DAMIEN JURADO: SILVER TIMOTHY (2014)

Jurado, a somewhat eccentric musician whose music has taken a really great turn since teaming with the multi-talented musician/producer Richard Swift is coming to town to tour his latest gem.

Damien Jurado performs on Saturday, May 17 at Crescent Ballroom, 308 N. 2nd St. in downtown Phoenix. Tickets are $16 and the show is 21 and older.

PETER MURPHY: ALL NIGHT LONG (1988)

The legendary front man from Bauhaus has enjoyed a steady solo career and will visit Phoenix on the heels of his latest release, Lion. This track goes back to one of his earliest solo releases, the classic Love Hysteria.

Peter Murphy performs on Friday, May 23 at Crescent Ballroom, 308 N. 2nd St. in downtown Phoenix. Tickets are $20 and the show is 21 and older.

DAX RIGGS: YOU WERE BORN TO BE MY GALLOWS (2010)

Possessing one of the great voices that not enough folks seem to know about yet, Dax Riggs couldn't be visiting a more perfect venue for our listening pleasure. Get to the Western for a proper mid week session.

Dax Riggs performs on Wednesday, May 28 at The Western, 6830 E. 5th Ave. in Scottsdale. Tickets are $18 and the show is 21 and older.

All events, show times and venues are subject to change. Check with the venue prior or the event to confirm details.

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Arcadia graduates help MCC win National Championship

By Nicholas Smith

When Kylie Herd saw she had not made the cut for the 7th grade basketball team, she immediately went home after school to share the bad news with her dad, Norm.

"She was crushed," Norm said. "But I encouraged her to go back to the coach and just volunteer to help the team in any way she could. A player ended up getting injured, and Kylie got to play after all."

That kind of determination has helped Herd achieve some remarkable accomplishments during her career. She won a starting position on the Mesa Community College team as a freshman and the team just capped off its season by winning the NJCAA Division II National Championship.

Kylie is a graduate of Arcadia High School. She played on the varsity team from her sophomore season on, and led her team as far as the second round of the state playoffs.

But the path to MCC wasn't always a clear cut one. In fact, Kylie thought about leaving basketball behind after high school during her junior year.

"I was just tired of it," she said. "It was year around, with school and the club team. But eventually I had a realization that I could use this to go to school for free."

Kylie opted to stay closer to home, attending Mesa Community College. Part of the draw was that she would immediately have a friend on the team. Megan Gillespie is also a graduate of Arcadia, graduating the year before Kylie. She attended the University of Arizona as a full time student for a year, before deciding she wanted to play basketball again and transferring to MCC.

Kylie Herd plays for Mesa Community College, which just won the NJCAA Division II National Championship in March.

"Megan and I are great friends," Kylie said. "We played together in school and our club team, so we have a chemistry that's really unique."

The season started with the competition for the final starter position. Four of the five starters returned, meaning there was one spot up for grabs. Kylie eventually won the job as a freshman. Her season went on without a hitch, until she sprained her ankle and went to see a doctor.

"I had issues throughout high school with sprained ankles and had sprained my right one in practice before the year," she said. "When it happened again during the year, I went to the doctor, and that was when I found out it was a chip fracture."

The bad news was mitigated by a silver lining: the doctors said Kylie would not need surgery. She was out over 4 weeks but got to return in time for the team to head to the national tournament.

"It was such a great season," Kylie said. "Megan had played more of a perimeter forward in high school but the coaches asked her to move into more of a post role with me this year. She did a great job with the transition."

In the national tournament, the team upset the highly favored North Iowa Area Community College before defeating Highland College 82-72 to win the National Championship. It was especially sweet considering the team had lost the championship game the year before.

"I can't even explain the feeling when we won," Kylie said. "I think we were just in shock. It was absolutely amazing."

Kylie may not have even been the most excited member of her family. Her dad huddled around his computer to watch the game on the live stream and said he couldn't have been more thrilled when MCC won.

"I couldn't be more proud of her," Norm said. "I don't know how other people's kids are but I have zero complaints about mine."

Both Kylie and Megan are planning on returning to MCC for next season to try and defend their title.

2 girls + 3 sports = busy

By Nicholas Smith

Tess and Sofie are competitive, but also each other's #1 fans.

Few citizens of Arcadia are as busy as twin sisters Tess and Sofie Dewulf. The senior students at Arcadia High School never take a season off, playing three different sports during the school year.

"We run cross country in the fall," said Tess. "During the winter we play soccer and then run track in the spring."

The girls have been playing soccer for years, and were confident that they would be playing the sport when they got to Arcadia. Tess plays defense and Sofie is a mid-fielder.

"We had always played soccer so we knew we'd play that," said Sofie. "We did track a little bit in junior high. Freshman year I decided to try cross country and I did it by myself. Then Tess decided to join me the next year."

The girls couldn't say for sure what their favorite sport was, but admitted to liking different things about each one.

"What I enjoy about soccer is that it's a team sport," said Sofie. "It's fun when we get to run together in a relay in track but those are always more individual sports."

"I would agree with Sofie," said Tess. "It's great to push yourself as an individual but we also really love team sports."

The twins have of course been best friends all their lives and still today are each other's biggest cheerleaders in their sports.

"We both have always been very competitive," Sofie said. "But it's never against each other, or in a bad way. We just want the other one to do well!"

The girls may be facing their biggest challenge yet in the fall. Tess will be entering the nursing program at the University of Michigan, the University that her older sister attended and where her brother is currently a student. Sofie, however, will probably be attending a school in a different area, although she has still not finalized her decision.

"It will be really difficult," Sofie said. "But our parents have always done a great job at raising us not only as twins, but as individuals too. We are trying not to think of it in a negative sense."

"We will definitely miss each other," said Tess. "But we think this is a great opportunity to have a unique experience and be our own people."

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All-City awards go to six Arcadia athletes

By Nicholas Smith

On March 24, at Chaparral Suites in Scottsdale, six students from Arcadia High School were honored as All-City Athletes for the 2013-2014 school year. The group featured three students from the girls soccer team, seniors Marissa Dominick and Kate Staudenmaier, along with junior Megan Hawkins. The girls team played well all year long before bowing out in the first round of the playoffs.

"It was disappointing," Dominick said. We played Saguaro in Tucson and they just had a center forward that we couldn't keep up with."

The two seniors are already lining up their plans for the fall. Dominick will continue to play soccer in college, although she is still deciding where that will be. Staudenmaier, who was also named to The Arizona Republic's All-Arizona Girls Soccer Team, will be attending the University of Denver. Hawkins plans to head to Grand Canyon University, but not before coming back next year for her senior season.

The boys soccer team had a player honored at the dinner as well. Lorenzo Belhassen finished his senior season this year and earlier this spring signed his letter of intent to continue playing the sport at Chapman University.

Athletic Directors and coaches nominate All City Award winners.

Completing the Arcadia High six were a pair of junior basketball players. Andrea Goulette starred for the girls team this season, averaging 11.4 points per game along with 2 assists per contest. Boys star Connor Nichols was also honored at the dinner. The boys team made the playoffs and won their first round matchup, before heading to Lake Havasu for the second round.

"I've never seen that many people at a game before," said Nichols. "It seemed like the whole town was there."

The team won that game, before finally losing in overtime of their 3rd round matchup.

All six athletes have bright futures ahead of them, on and off the sports field.

"I enjoyed the awards ceremony," said Nichols. "It gave me a chance to measure myself against the best in the city."

Golf Tip: The knock down

By Tina Tombs

"When it's windy, swing easy."

I hope you are all enjoying this great weather we're having this spring here in Phoenix. If you are a visitor or permanent resident of Arizona, we want to keep this weather a secret!

Have you noticed that it's been a bit breezy, sometimes even windy and gusty while you are out on the links? One shot that I am finding we need right now on the course is the knock down shot! Well, this is the shot you need to use when playing into the wind or when there's a crosswind. When it's windy, swing easy to keep the ball low. Slow swing speeds will keep the ball low under the wind.

Set up and Execution:

- Take plenty of clubs, maybe 1-2 extra clubs
- Grip down for more control
- Ball position is more centered or slightly back of center
- Shaft lean is forward of the ball, where the butt end of the grip is pointing (toward the forward hip)
- Weight is left and length of your swing is 3/4 with a low finish.

Enjoy playing with this new shot!

Tina Tombs is the Director of Instruction at the Arizona Biltmore Golf Club and an LPGA Tour Professional. You can contact her at Tina@tinatombsgolf.com.

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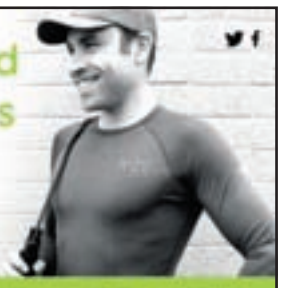

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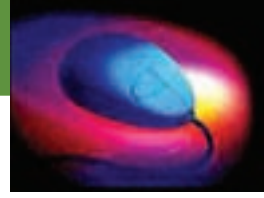

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4605 E. Palo Verde Drive Phoenix 85018 - $6,295/mo.
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4027 E. Avalon Drive Phoenix 85018 - $305,000
Set on a Lower Arcadia street, this 1,850 sqft 3 bedroom/ 2 bath has new carpet and is freshly painted.

3509 N. 34th Place - $299,000
Charming 3 bedroom/2 renovated bathroom home with cozy fireplace, 1,400 sqft set on a huge lot in the coveted Pomelo Park!

4409 N. 56th Street Phoenix 85018 - $825,000
Tucked in a quiet 1/2 acre cul de sac. This 3,150 sqft family home boasts 3 in-suite bedrooms plus split guest quarters!

6109 N. Paradise View Drive Paradise Valley 85253 - $2,295,000
Sweeping city views, 5200 sqft, 4 bedroom warm and inviting contemporary home. Fully renovated and spectacular.

6325 E. Alta Hacienda Drive Scottsdale 85251 - $1,695,000
Privately gated ¾ acre estate, Property boasts grand living of 6,103 Sq Ft, 4 bedroom, 3 ½ bath, formal & casual living area with new travertine and new upgrades!

Our Buyers Are Waiting!

We are working with a number of buyers looking from $250,000 to $2,500,000 and wanting to be in or around the Arcadia area. If you are considering selling, please contact me! Your home may be the perfect match!

Recently Closed Properties By The MacLean Team!

3307 E. Medlock Drive SOLD
3425 N. Valencia Lane SOLD
4211 E. Whitton Ave SOLD
3514 N. Carhill SOLD
4519 E. Weldon Ave SOLD
3420 E. Glenrosa SOLD
3135 N. 48th Street SOLD
3816 N. 54th Court SOLD
4353 E. Palo Verde SOLD
5250 N. 37th Place SOLD
4451 E. Campbell SOLD

6269 N. 31st Place SOLD3700 E. Camino Sin Nombre SOLD
4242 E. Amelia SOLD
6305 N. 30th Court SOLD
3021 E. Rose Lane SOLD
4839 E. Horseshoe Road SOLD
5748 N. 41st Place SOLD
4232 E. Whitton Ave SOLD
4036 E. Weldon Ave SOLD
4617 N. 8th Place SOLD
4021 E. Avalon SOLD

3002 N. 47th Street SOLD
5511 N. 32nd Street SOLD
6310 E. Lafayette Blvd SOLD
4932 N. 42nd Way SOLD
5225 E. Whitton Ave SOLD
8 Biltmore Estates #124 SOLD
5101 N. Casa Blanca Dr #332 SOLD
4027 E. Avalon Dr SOLD
4413 E. Hubbell #87 SOLD*
8 Biltmore Estates #124 SOLD
5101 N. Casa Blanca Dr #332 SOLD

3050 E. San Miguel LEASED
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3045 E. Claremont Ave LEASED
3318 E. Montecito LEASED
3015 E. Montecito LEASED
3419 N. 63rd Place LEASED
5100 N. Miller Rd #22 LEASED
3419 N. 63rd Place LEASED*
2244 E. Ocotillo Rd LEASED*
4438 E. Camelback Rd #143 LEASED*
3833 N. 33rd Street LEASED

*Listed/Closed more than once!

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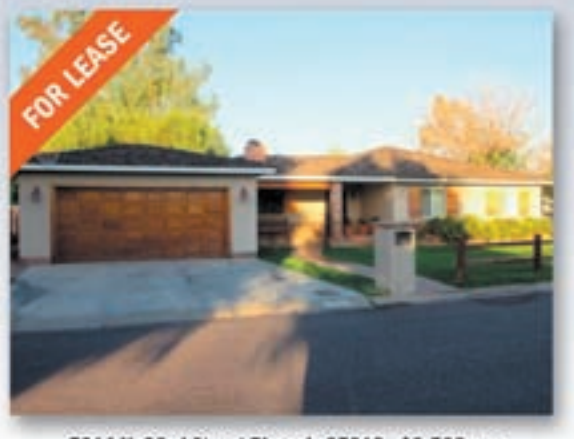
The MacLean Team Properties

3027 E. Rose Lane Phoenix 85016 - $329,900
Fabulous opportunity to own a 2 bed/2 bath remodeled Golf Course condo in the Private guard-gated Biltmore Courts.

4150 N. 35th Place - $399,000
Designer paint and detailed touches around every corner of this 4 bedroom, 2.5 bathroom, 2,114 sq ft gem! Huge master suite, vaulted ceilings, hardwood floors and more!



5214 N. 33rd Street Phoenix 85018 - $2,500 mo.
Set in the highly desirable Biltmore Heights! This lovely 2400 sqft, 3 bedroom plus office home has had walls opened up to allow for large, great room feel. Charming and move in ready!

8918 N. 80th Place - $670,000
Beautifully renovated McCormick Ranch retreat. Fantastic neighborhood nestled between McCormick Ranch Golf Course. Excellent Location!

7035 N. 23rd Way Phoenix 85020 - $4,795/mo.
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3232 E. Hazelwood Street Phoenix 85018 - $3,495/mo.
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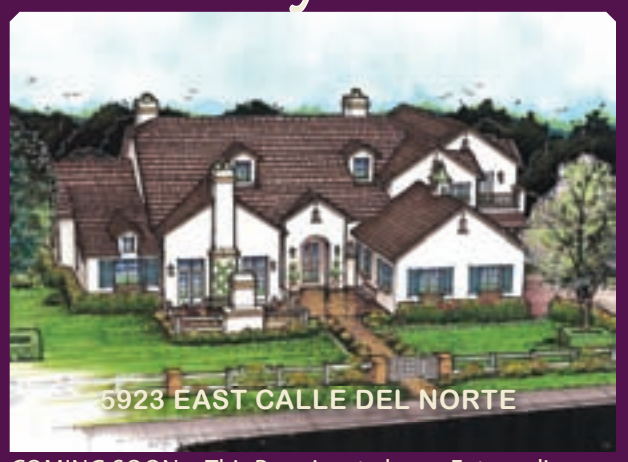

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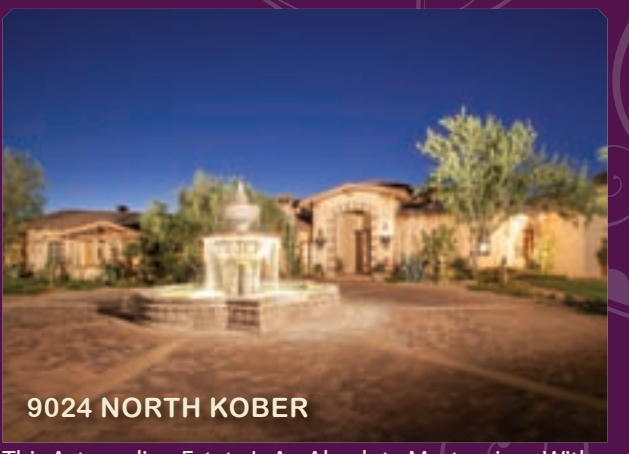

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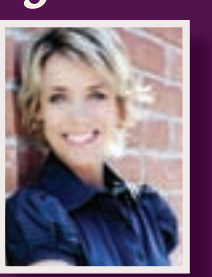
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