Arcadia News

Vol. 22 No. 4 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | July 2014

ARCADIANEWS.COM / ARCADIAHO.ME



Lemonade stands are a beloved part of Arcadia history and every weekend little entrepreneurs can be found squeezing homegrown citrus and setting up shop. Catch a glimpse of Arcadia's kids at work on page 26.



Hit the open road this summer with Kids' Corner's road trip survival tips.

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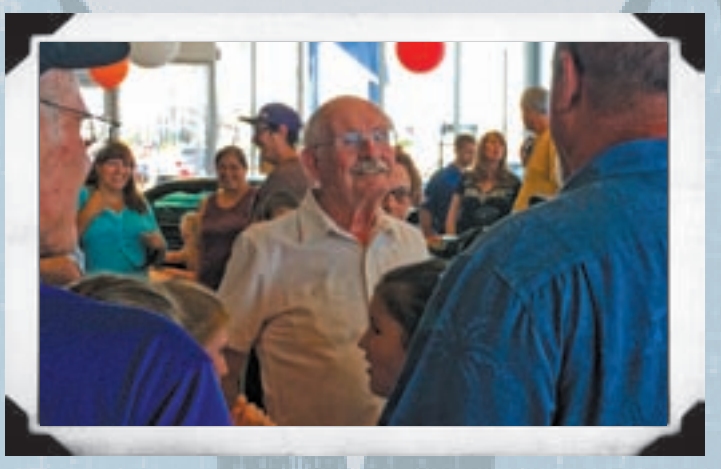
Our new retirement columnist shares ways to keep busy and have fun with the grandkids.

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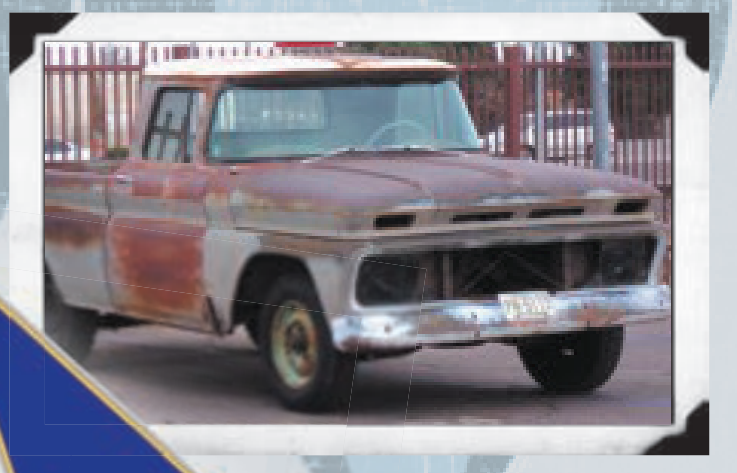
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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

Publisher: *Greg A. Bruns*
greg@arcadianews.com

Managing Editor: *Amanda Goossen*
editor@arcadianews.com

Proofreader: *Shirley Bruns*
shirley@arcadianews.com

Advertising Manager: *Donna Wirtel*
donna@arcadianews.com

Designer: *Michele Morrett*
michele@arcadianews.com

Office Manager: *Roni Mier*
roni@arcadianews.com

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

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See you at the Arcadia Parade! Registration starts at 7:30 a.m. Visit arcadiaparade.com for more.

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Cover Image:
By Nicholas Kulyniak,
NTK Photography

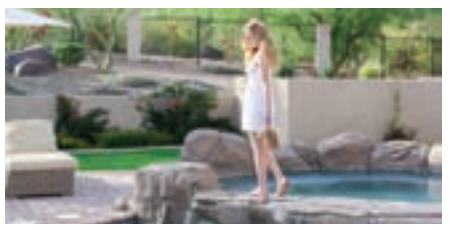


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Happy Birthday, America!!!

By Amanda Goossen

Editor's Notes



The Fourth of July has always been one of my favorite holidays.

When I was 6 years old my family lived in San Diego, which is to this day, my favorite place on Earth.

We lived in a house that according to my childish memory was the greatest, coolest house to ever exist. When I drove by years later, it didn't quite measure up to this description, but I tend to think that's because the years had caught up to it and not because my first grade memories have failed me.

Anyway, behind our home, there was an empty mountain with a long dirt road. Every Fourth of July my dad packed the Volvo station wagon full of my siblings and cousins (after a long afternoon of BBQ and swimming) and drove up that dirt road where we could see every firework show in the city. To me, at the ripe old age of 6, I knew without a doubt that this was the way America was supposed to celebrate her birthday!

Now, all these years later I still relish in the fireworks, family, food and fun! My family can be found in our red, white and blue, eating hot dogs and toasting the USA with our sparkling cider and champagne all afternoon. The flag is hung outside and fireworks are viewed from our driveway as the kids eat their rocket pops and wave sparklers in the air. Our pride for our country, our freedom, our life is apparent.

This month in *Arcadia News* we are thrilled to bring you all-American fun, in more ways than one.

Have you ever noticed that Arcadia has an abundance of lemonade stands? It seems like children from one end of the neighborhood to the other bring out the wagons, tables and citrus every weekend. Check out the creativity and cute faces on page 26.

On page 22 we have a variety of patriotic vacation spots and sites to see. The history and beauty of our country is on display and with our guide, you'll find out all you need to know.

This month you'll also notice a plethora of stories about the good deeds Arcadians are doing to help each other and the community, from a mom who has devoted her time to starting a charter school, to a group helping foster children see their siblings, and a family working to make their son's dream come true. What is more patriotic than working together to help thy neighbor?

Happy Fourth of July Arcadia and God Bless America!

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Kate Brophy McGee
Arizona House - District 28



I am honored to have served as your State Representative for the past four years. I stand up for you and work hard every day to build a stronger Arizona.

In 2012, I sponsored legislation for life-saving care to uninsured women diagnosed with breast or cervical cancer. Recently, I sponsored legislation overhauling Arizona's failed child safety system. Going forward we must focus on education funding while maintaining Arizona's economic growth and fiscal stability. I will continue to lead on these issues with constructive, effective leadership and the thoughtful decision-making you expect.

I ask for your continued support
and your vote on August 26th.

Connect with Kate! KateMcGeeAZ @KateMcGeeAZ

Learn more at: KateMcGee.com

Paid for by Kate Brophy McGee 2014



Steve & Inge

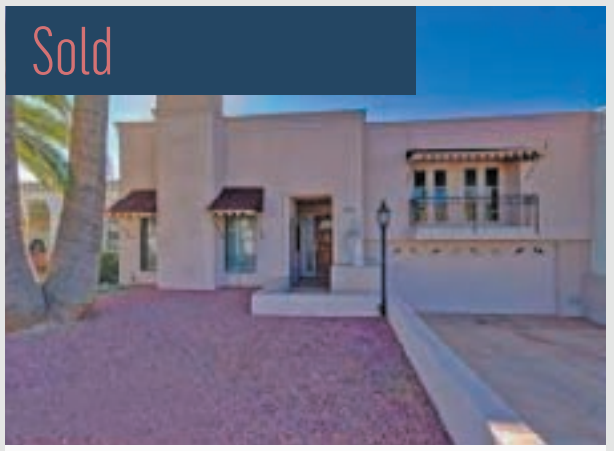
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What's Happening, Arcadia?

JULY 2014 EVENTS

Downtown Dinner & Hollywood Costume Tour

Pizza People Pub
1326 N. Central Ave.
July 2 – 6 p.m. – 8 p.m.

After tasting your way through Pizza People Pub's menu, you will head to the Phoenix Art Museum for a special tour of the Hollywood Costume Exhibit, showing over 100 costumes from Hollywood films over the past century.

localfirstaz.com/independents-week/events.php

Independents Week Pub Crawl

Phoenix Public Market Cafe
14 E. Pierce St.
July 3 – 8 p.m.

Join in the spirit with spirits and celebrate Arizona's "independents" with a pub crawl of Phoenix's Roosevelt Row on July 3rd. Participating bars are Short Leash Hot Dogs, Carly's Bistro, FilmBar, Bliss/ReBar and D'Local. Each bar will have a $4 drink special and attendees will be assigned challenges for prizes.

localfirstaz.com/independents-week/events.php

Light Up the Sky Celebration

Maryvale Baseball Park
3600 N. 51st Ave.
July 3 – 6:30 p.m.-9:30 p.m.

Families are welcome to Maryvale Baseball Park to celebrate the Fourth with their community. There will be games for kids, events and a fireworks finale.

phoenix.gov/parks/index.html

Arcadia 4th of July Parade

60th Street and Calle Tuberia
July 4 – 8 a.m.-9 a.m.

Join Arcadia in celebration of the 4th as it puts on its annual parade once again. Rain or shine, the community plans to honor its country, troops, community and families!

arcadiaparade.com/parade_info/about.htm

Fabulous Phoenix Fourth

Steele Indian School Park
300 E. Indian School Rd.
July 4 – 6 p.m.-9 p.m.

The Phoenix Parks and Recreation Department hosts fun events for families and friends to celebrate Independence Day.

phoenix.gov/parks/fabphx4.html

Build a Bug House

The Home Depot
3609 E. Thomas Rd.
July 5 – 9 a.m. – 12 p.m.

Come learn how to build bug house at The Home Depot's monthly, first Saturday kids' workshop for children ages 5 – 12. The children keep their craft, receive a certificate of achievement, a workshop apron, and a commemorative pin, while supplies last. Pre-register online.

workshops.homedepot.com/workshops/kids-workshops

For The People Presents American Made

Biltmore Fashion Park
2502 E. Camelback Rd.
July 6–July 15
Meet Local Artists July 6 – 12 p.m.-2 p.m.

Celebrate craftsmanship and creativity while enjoying designs from local and national artists.

shopbiltmore.com/events

Friday Night Movies

Madison Improvement Club
3802 E. Indian School Rd.
July 11 – 7:30 p.m. – 9:30 p.m.

A six-week Friday night movie series begins July 11, starting with Ferris Bueller.

themadisonphoenix.com

Night Golf

Palo Verde Golf Course
6215 N. 15th Ave.
July 12 – 7 p.m.-9:30 p.m.

Golfers can show off their skills on glow stick-lined courses. Sign up for a private event or a fundraiser.

phoenix.gov/recreation/rec/facilities/golf/golfcourses/paloverde9

Scottsdale Civil War Round Table

Civic Center Library Scottsdale
July 15 – 6:40 p.m.

Join the Round Table to listen to Civil War experts from around the country, as they speak about battlefield preservation and other topics.

downtownscottsdale.com/events

Home and Garden Show

University of Phoenix Stadium
1 Cardinals Dr., Glendale
July 18 – 20

The largest locally produced home show, is returning to the valley.

maricopacountyhomeshows.com

Winter in July

Phoenix Zoo
455 N. Galvin Parkway
July 19 – 7 a.m.-11 a.m.

Kids of all ages can cool off with the animals at the Phoenix Zoo with water play, large snow piles and frozen treats.

phoenixzoo.org/event-items/4th-zoo-ly

Teacher's Preview Day

Musical Instrument Museum
July 19, 27 – 12 p.m.-3 p.m.

Free for Arizona K-12 educators, administrators, principals, registered student teachers and homeschool educators. Enjoy refreshments, a live musical performance, gallery tours and school tour presentations.

mim.org/exhibits/all-events

Continued on page 46

President Obama expands student loan repayment

By Jonathan T. Hasebe

Legal *Ease*



In an effort to address the growing issue of student loan debt, on June 9, 2014, President Obama signed an executive order expanding a federal program to allow an estimated five million more borrowers to take advantage of a repayment program which caps payment of a borrower's student loans at ten percent of their income.

The figures for student loan debt continue to grow more shocking every year. Of the 20 million Americans that attend college every year, nearly 70 percent take out private or federal loans to help cover those costs. According to the Federal Reserve Board of New York, there are approximately 40 million Americans that have outstanding student loans totaling more than $1 trillion in outstanding student loan debt. On average, a Class of 2014 graduate has $33,000 in student loan debt, which is more than double the amount borrowers had to pay back 20 years ago, even after adjusting for inflation.

Student loan debt not only has a profound impact on the daily lives and spending habits of borrowers but on the nation's economy as a whole. In a recent survey by the American Student Alliance, 29 percent of respondents indicated that they are putting off marriage as a result of student loans. Sixty-three percent responded that student loan debt affected their ability to make large purchases, such as a car. Seventy-three percent stated they are delaying saving for retirement or other investments in order to pay down their debt. Seventy-five percent indicated that the debt has affected their decision or ability to purchase a home.

The main change in the June executive order signed by President Obama is that it allows borrowers of federal student loans who began borrowing before 2007 or stopped borrowing before 2011 to cap their repayments at 10 percent of their monthly discretionary income. The cap itself is nothing new—it was originally instituted in the Health Care and Education Reconciliation Act of 2010. However, prior to the President's June 9 Executive Order (which will go into effect in 2015) only certain borrowers of federal student loans could take advantage of the program. For the purpose of this cap, discretionary income is determined by subtracting 150 percent of the poverty level from an individual's total income. In 2014, the poverty level for a single person is $11,670. So, the payments for a graduate living alone would be capped at 10 percent of any income above $17,505.

While the expansion of the repayment program may be helpful in providing relief to some borrowers, questions remain about the systemic issues surrounding the student loan debt problem. Most importantly, the repayment plan does not address the rising cost of college tuition in this country which continues to outstrip inflation. Further, by capping repayment amounts, borrowers will be paying less on a monthly basis, but could be paying more over the long-term. Additionally, how will the cost of the program expansion be funded? Finally, will action be taken by Congress to address the ability of borrowers to refinance private loans into federal student loans?

Jonathan Hasebe is an associate at Gallagher & Kennedy. He practices in the areas of both general commercial litigation and transactional law. For more information about Mr. Hasebe, please visit www.gknet.com/attorneys/jonathanhasebe.

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Charming Lafayette Ranch

PENDING



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Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 5/31/2014)

Active Homes - 177 homes
Homes Sold - 91 homes
Average Sale Price - $898,866
Average Sold $ Per SF - $277
Average Days On Market - 107 days

- There is currently 7 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 28% this year. (based on 2013 sales results)
- Home prices have increased 5% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 5% this year. (based on 2013 sales results)
- Homes are taking 17% 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- 5/31/2014)

Active Homes - 82 Homes
Homes Sold - 82 Homes
Average Sale Price - $440,143
Average Sold $ Per SF - $205
Average Days On Market - 72 days

- There is currently 4 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 8% this year. (based on 2013 sales results)
- Home prices have increased 8% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 7% this year. (based on 2013 sales results)
- Homes are taking 8% more 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

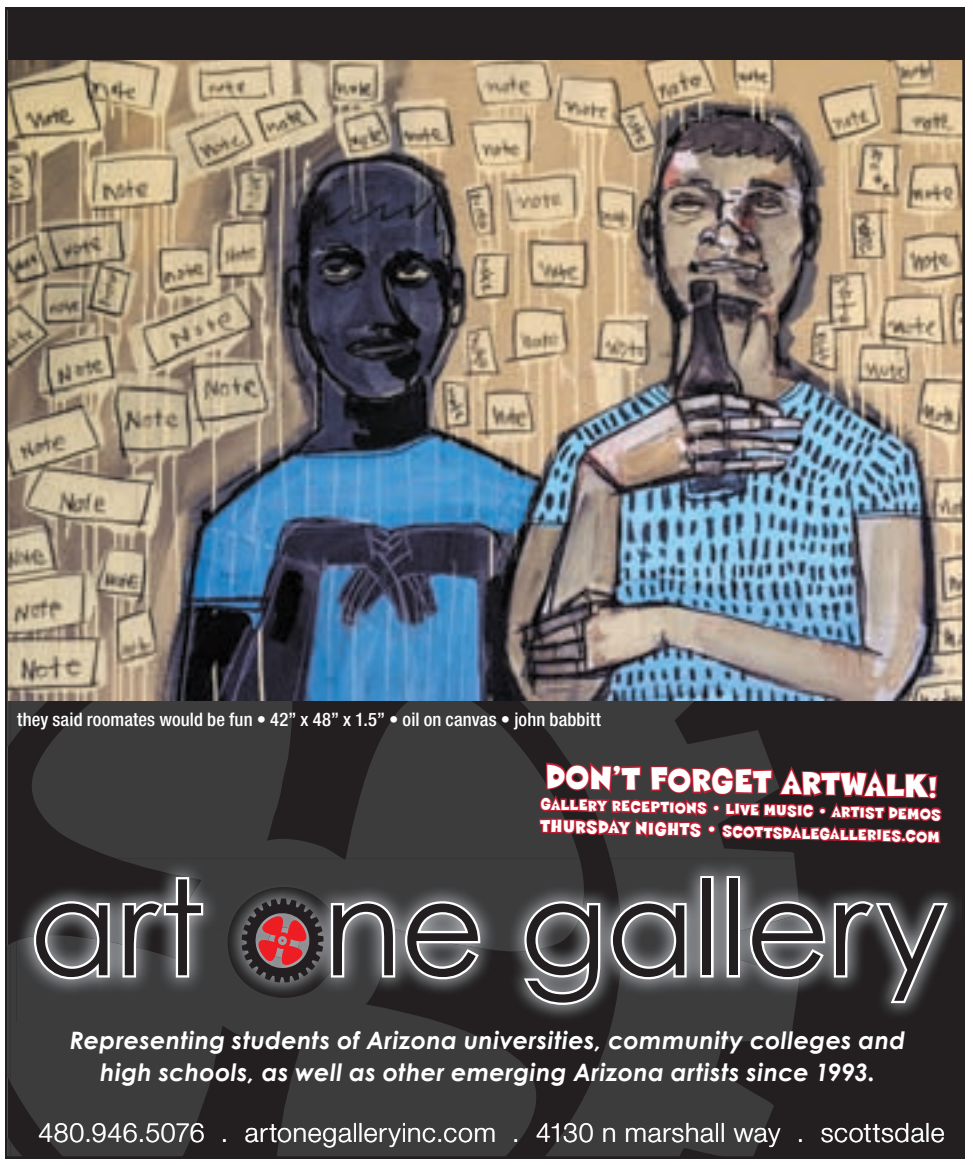
Homes Sold - 203 Homes
Average Sale Price - $265,505
Average Sold $ Per SF - $128
Average Days On Market -102 Days

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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Free MLS Access • Complete list of ALL Hopi properties for sale • Complete List of ALL Tavan properties for sale • Complete list of ALL Arcadia foreclosures



Oh no! Is it food poisoning?

By Jackie Doris, M.D.

Healthy *Tidbits*



You feel wretched — vomiting and nausea, diarrhea, headache, fever and chills, and weakness. The mere thought of food sets off another wave of misery.

You might have food poisoning. It's caused when you ingest food or water that contains bacteria, parasites, viruses or toxins made by these germs. The offending organism passes through the stomach into the intestine. There it attaches to the intestinal walls and starts to multiply. Some organisms stay there, some produce a toxin that's absorbed into the bloodstream, and others migrate to body tissues.

Most food poisoning cases are caused by common bacteria such as E. coli or staphylococcus. Other contaminants include listeria, salmonella, noroviruses, rotavirus, and clostridium botulinum. Symptoms can start anywhere from one hour to seven days, depending on the contaminant.

Foods can be contaminated when:

- Meat or poultry comes into contact with bacteria from an animal's intestines.
- Water used during growing or shipping vegetables and fruits contains animal or human waste.
- Food is handled improperly at groceries, restaurants or homes.

You can get food poisoning after you eat or drink:

- Food prepared by someone who didn't wash his/her hands properly.
- Undercooked meats or eggs.
- Food prepared with contaminated cooking tools.
- Raw fruits or vegetables that have not been washed well.
- Dairy products or food containing mayonnaise that have been unrefrigerated too long.
- Frozen or refrigerated foods stored at the wrong temperature or not properly reheated.
- Raw fish or oysters.
- Unpasteurized fruit juices, honey and dairy products.
- Untreated water.

See your doctor if:

- You can't keep water down — you may need intravenous fluids.
- Diarrhea has not improved or worsens in five days.
- You have bloody diarrhea.
- You have a fever above 101 degrees — 100.4 degrees for kids with diarrhea.

Jackie Doris, M.D., is a family practice physician at Arcadia Family Clinic, 4131 N. 24th St., Suite B102, Phoenix, 602-955-6632. JCL.com/practices.

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Reversal in marijuana law

By Steven Sarkis

Judge's *Corner*



Marijuana use is a hot topic across the nation, no pun intended. Nearly all states are wrestling with what to do about marijuana: legalize it, allow it for medical purposes, ban it, and everything in between. However, a recent Arizona Supreme Court ruling helped curb the growing problem of Arizona motorists being cited for driving under the influence of marijuana days or even weeks after last smoking.

A recent Arizona Supreme Court ruling reversed a previous Arizona Court of Appeals ruling (Yes, there are lots of different courts) which said authorities had the right to prosecute marijuana users for DUI even when there was no sign of impairment. In other words, under the previous ruling people could, and did, get cited for DUI, a misdemeanor that includes jail time and heavy fines, simply for having old, inactive, non-impairing marijuana metabolites in their blood. Many medicinal and recreational marijuana use advocates asserted that such penalties were roughly the equivalent of citing someone for driving under the influence of alcohol days or even weeks after having their last drink.

In its majority opinion, the Arizona Supreme Court ruling addressed this apparent paradox and stated that the prior interpretation of the law, "...leads to absurd results." The decision went on to say, "Most notably, this interpretation would create criminal liability regardless of how long the metabolite remains in the drivers system or whether it has any impairing effect." In a summation of its opinion, and probably the most critical sentence of the entire ruling, the High Court stated that, "Drivers cannot be convicted of the [DUI] offense based merely on the presence of a non-impairing metabolite that may reflect prior usage of marijuana."

While marijuana use is and will continue to be a sticky situation in the U.S. for years to come, the Arizona Supreme Court properly addressed one apparent anomaly that had the potential to wreak havoc on the criminal justice system in Arizona.

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

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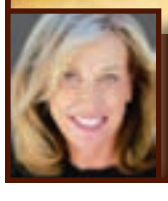




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Get to know the writers

How do you celebrate the 4th of July?



Kaley Kalil

"I've celebrated the 4th of July with friends here in Phoenix, with family over in California... but regardless of who I'm with or where I'm at, fireworks, good music, cold beverages and BBQ'ing near the water are a must!



Michelle Donati-Grayman

"The 4th of July is always spent with family. My dad fires up the BBQ in the afternoon, and in the evening, we all go watch fireworks together."



Amanda Savage

"I love to celebrate the 4th with close friends and family, near water and always with good beer."



Christina Surrano

"I'm a little odd when it comes to traditional holiday celebrations. I opt out. However, I will take time to feel gratitude for the independence and freedoms we are able to enjoy and why."



Katie Mayer

"My husband and I generally try to escape the heat for the 4th of July, and either head up north to the mountains or travel to the beach in California. No matter where we spend the holiday, we enjoy firing up the charcoal grill and barbecuing ribs, burgers and hot dogs."



Jean Hodgson

"This will be one of our first years to celebrate at home since July 4th has been a window of travel time for teachers. Ironically, in England it's observed in some places with traditional American food!"



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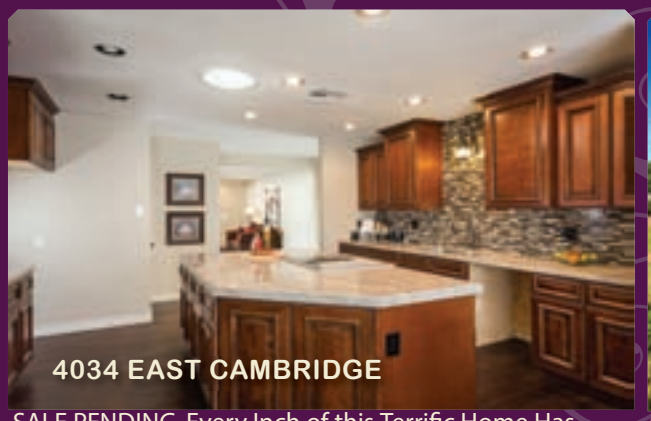
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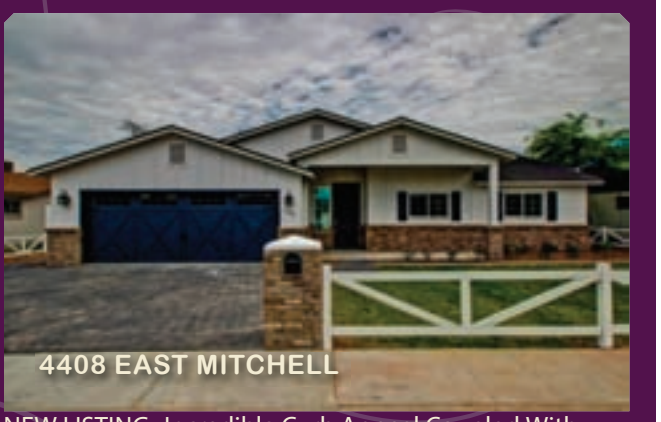
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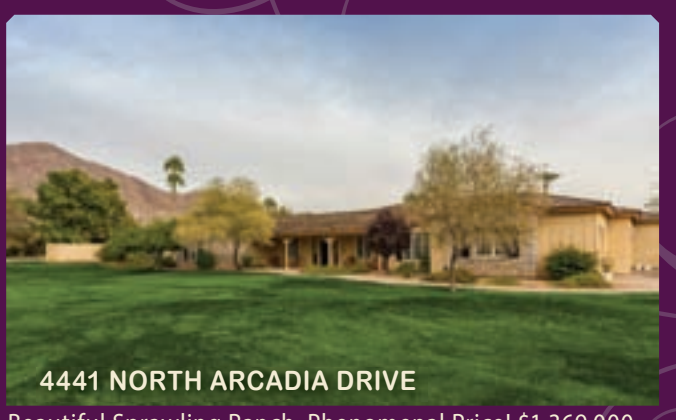
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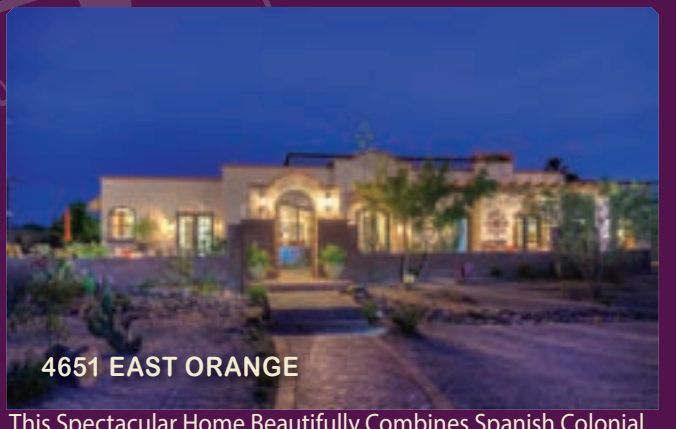
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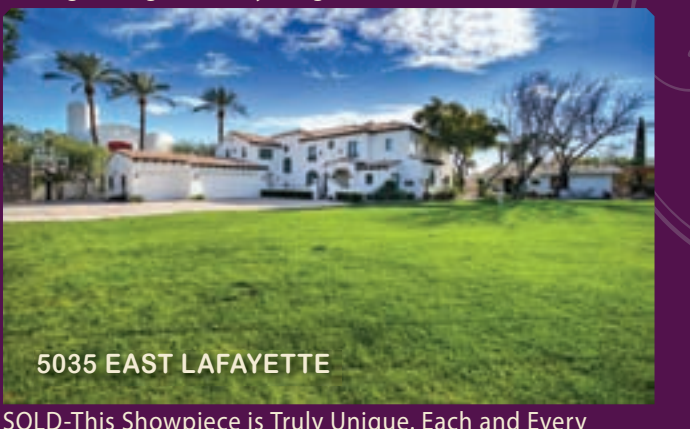
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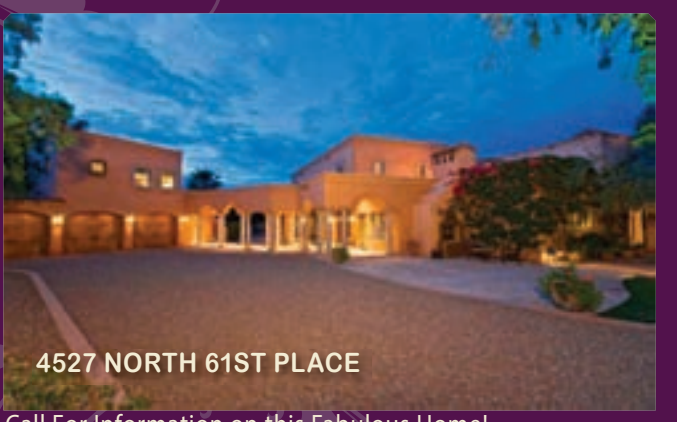
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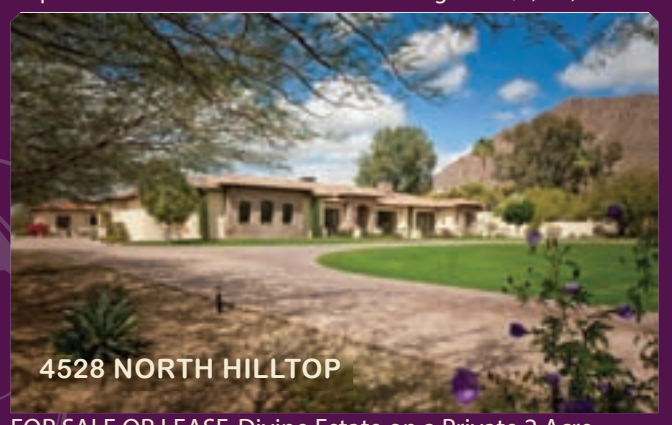
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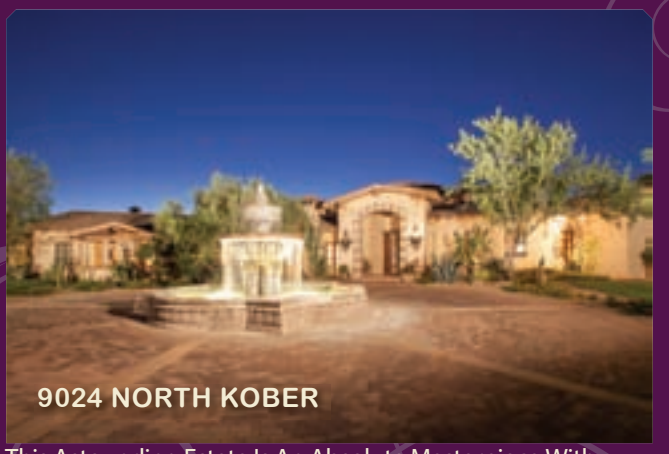
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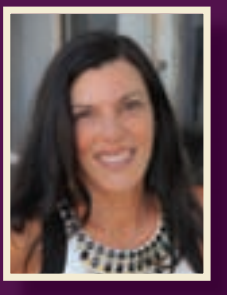
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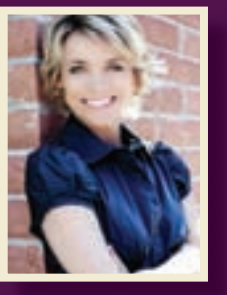
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Behind the Business

By Amanda Goossen

As their slogan goes, JT's Bar & Grill is "Arcadia's Friendly Neighborhood Dive Bar."

Now under new ownership, JT's, which has been a staple in Arcadia since November 1995, has become even more a part of the neighborhood.

In 1995, John Taylor moved to Phoenix after owning a large bar in Kansas City for many years. Hoping to semi-retire and own a small neighborhood place, Taylor purchased the spot that had once been Indian Bend Tavern.

JT's would go on to become the neighborhood bar. It was the place to grab a quick beer and a plate of wings.

For many it was the spot to relax after a hard day's work. This was the case for new owners and longtime best friends, Matt Fredrick and Sergio Ramos.

Matt and Sergio grew up across the street from each other in Arcadia. In 1993 and 1996, they graduated from Arcadia High School and went on to attend ASU.

During college, the best friends and roommates tended the bar at The Tee Pee restaurant, stopping many nights at JT's before heading home.

During college, the lifelong friends went from being roommates to neighbors, when Sergio bought the house across the street from the one Matt already owned and they had lived in together.



JT's Bar & Grill's new owners Matt Fredrick (left) and Sergio Ramos (right) sit with the namesake of their business, John Taylor.

The two men lived across the street from each other, in Arcadia, until 2007.

Soon after, although no longer neighbors, Sergio and Matt would become business partners with the man they'd seen a few nights a week, for years.

"JT approached us and said he wanted us to take over the bar someday," said Fredrick. "In 2007 we became silent partners."

Although both men have day jobs outside the food and beverage business, with Matt in commercial real estate and Sergio in medical distribution, they are dedicated to keeping this neighborhood bar a staple in the community.

In March 2014, Matt and Sergio took over full ownership and business operations of JT's Bar & Grill.

And although JT suffered a stroke a few years ago and is no longer involved in the business, that doesn't mean he isn't around.

"JT is still a fixture," said Fredrick. "He comes down and sits out front almost everyday."

The friends hired close friend Chuck Sanders to run the day-to-day operations. A friend since their days at Arcadia High, it only made sense to hire someone who knows the business just as well as he knows the owners.

Renovations of the bathrooms will take place this summer. Otherwise, the overall look and feel of JT's will stay the same.

"It's just so great to be a part of a place that regulars truly care about," said Ramos.

And now, these best friends from Arcadia own a piece of its history.

"We went to Arcadia High, Matt's wife went there and my wife was a teacher there for many years," said Ramos. "We love this neighborhood."

JT's Bar a& Grill is located at 4829 E. Indian School Rd. For more information go to: www.jtsarcadia.com.

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In their words, they appreciate the great treatment they receive when they are looking for a vehicle, and leave with the satisfaction of getting a terrific deal! John 'Fargo' Swenson , the Customer Service Director at Right was excited to be able to hand $10,000 in cash to these lucky people! "Dallace was just shaking as I handed him the cash. Scarlett his daughter was hoping to get a dollar or two earlier in the evening if they were the lucky winners…I convinced her she should get at least $100!! You can see her big smile in the picture as she holds her crisp $100 bill!"

The excitement of this event and the great enthusiasm by the customers leads Right Honda to believe they will hold this event again in the future! Make sure you get your name in the event box the next time around!

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Children explore the arts at Shemer summer camps



Art Classes at the Shemer Art Center provide a space for budding artists to create and learn. Photo provided by Shemer Art Center and Museum.

By Nicole Royse

This summer is the perfect time to reconnect with your inner artist or help your children explore the arts at the Shemer Art Center and Museum.

For over 30 years the Shemer has provided the Valley with amazing programs and arts. Founded in 1985 and run by the city of Phoenix until 2010, the Shemer has been in control of all operations for the past four years.

Shemer's focus is on giving the community "a unique and inviting atmosphere to enjoy and learn about visual art through exhibitions classes, and programs." Focusing on small intimate classes, unique courses, and an excellent roster of experienced teaching artists, the Shemer's mission is to be a "home for the arts" that nurtures creativity and imagination through art.

Throughout the year the center offers a variety of art classes and lectures for both children and adults.

This summer the Shemer is offering "artSpace – A place for You and Your Ideas!"

The art camp is designed for children ages 9 to 13 and will be held weekly, Monday through Friday from 10 a.m. until 3 p.m.

"Each class is designed to heighten the imaginations of our young artists through creative exploration in a variety of media including ceramics, painting, printmaking, jewelry making, duct tape art, kinetic sculpture, found objects and more. Students will be introduced to art from around the world," said Jocelyn Hanson, executive director of the Shemer Art Center.

This is a great opportunity to explore the arts in a small setting with each class limited to only 15 students.

Session II will be held July 7 to July 25.

The Shemer also offers adult art programs which last anywhere from one to four weeks with costs ranging from $40 to $110. The classes include equipment and tools with separate fees for basic supplies. This summer Shemer is featuring a variety of courses including drawing, painting, watercolor, mix-media, printmaking, ceramics and basic metal work.



The courses are taught by a group of artists including Elliott Everson, Sue Hunter, Allan Jones, Donna Stenger, Agustin Vargas, Amber Wanielista, John Erwin and Larry Nisula.

Throughout the year the Shemer Art Center and Museum holds lectures as well as an exhibition calendar highlighting local and national artists. The current art exhibition is "Through Each Other's Eyes Photography Retrospective" featuring a 77 print photography exhibition. Since 1988, 38 photo exchanges have occurred, providing images from around the globe. This exhibition is in its 25th year and is a celebration of this project and organization.

For more information visit Shemer Art Center & Museum: www.shemerartcenter.org/programming/youth-classes

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Local products go national after finding local success

By Sarah Stecko

A variety of Phoenix small businesses have recently gone from local to national. From creating reversible "everything" bags to employing moms part time, these entrepreneurs knew they had to do something innovative in order for their businesses to succeed.

Whether their big moment was a celebrity sporting their unique backpack design, or QVC discovering their symbolic necklaces at a national trade show and signing at contract with them, these business owners know they have to keep thinking outside the box to expand further. Though they admit they couldn't have done it alone, each of these four businesses have a unique success story, with the common factor being hard work and perseverance.

Trinity Cross Collection

When all odds seemed to be going against her, one mom started a business to help those struggling to regain hope. The Trinity Cross Collection was what she envisioned as a symbol of strength.

"I'm just a mom — I had no intention of being in this industry," said Coleen Rossi, creator of the Trinity Cross Collection.

Rossi's inspiration to start her business came soon after her son, Brian had a heart attack. The 11 year-old suffered a brain injury due to the lack of oxygen and while he relearned to walk, Rossi was going through a divorce and the loss of her job. It broke her heart when her son told her, "God makes mistakes."

At that moment, Rossi turned away to cry so Brian wouldn't see. As she moved, the necklace she was wearing, shaped as a three-part cross, made a sound like dangling keys. She had obtained the patent to the necklace two years prior but only wore it now for comfort.

It was then, Rossi realized, that others could benefit from its comforting effect as well. At first she thought she'd only sell to friends. Not long after, however, a friend urged her to take it to a trade show in Los Angeles. Having no sales experience, Rossi confesses, she was scared out of her mind.

To her surprise, a Phoenix bank easily gave her a loan to assist with production costs. The trade show presented new opportunities immediately. Two licensing companies asked her to sign a contract with them and QVC ran a 6.5-minute segment on the crosses after discovering them there.

Today, Trinity Cross Collection has 43 retailers nationwide and five showrooms in Atlanta, Seattle, Denver, Dallas and Las Vegas. Humbly, Rossi admits she did not get here on her own; she had the support of friends, advisers and the bank.

"It's not just a story about Brian, but a story of hope," Rossi said.

Mad Pax

On October 10, 2010, a program on TV said, "Today is the day to start something you've been wanting to start." One woman, looking to innovate an everyday product, took the advice to heart.

MadPax Backpacks was born from business partners: "the mad scientist," being Tina Huber for her creative ideas, and "the man behind the curtain," being her business partner for handling production and logistics.

The owners have been friends since high school. One day when they were picking up their children from school, they noticed every backpack looked so boring.

"I think I have an idea, and you're just lunatic enough to help me turn it into something," Huber's partner said to her.

Upon seeing the model for a unique backpack, Huber's son boldly volunteered to try it out at school. The second-grader received an immense amount of attention; even the older kids were interested.

"He felt like a rock star!" Huber said about her little man.

To further this opportunity, they took the cushioned spiked and bubbled backpacks to the ABC Kids Expo in Las Vegas.

"We couldn't walk five steps without someone asking where they could get one of the backpacks," Huber said.

The brand first launched in January 2011 in Atlanta and eventually expanded to New York. Celebrities such as Britney Spears, Hugh Jackman and Jennifer Hudson began sporting and buying MadPax for their kids. Kendall Kardashian gave away the backpacks at her birthday party.

Today, MadPax has over 900 mid- to high-level boutique retailers nationwide, and also have distribution in Japan, New Zealand and other countries. Special locations that carry these backpacks are Universal Studios, The Museum of Science and Industry and various airport stores.

To Huber, they are only as good as their last design. She wants to be the "Pixar of backpacks," in the sense that they keep coming up with something new.

"As long as it's functional and the kids can express themselves, then I feel like we're doing our job," Huber said.

Mombomb

What is a mombomb?

Mombomb (mom bom) *n. a woman who is filled with energy and enthusiasm for all that she loves*, according to mombomb.com.

More specifically, it's the brand from which "Quit Blaming the Dog" candles and "Spray Them Away: Bullies and Mean Girls" body sprays, were born.

It takes a trio to create these novelty products: The light bulb, the Artist and the Comedian, otherwise known as Faye Tait, Jennifer Toolan and Susie Reis. They personally design each candle and body spray and produce them locally, with all materials being from the U.S.

Mombomb opened its boutique on October 13, 2007,

Continued on page 20



MadPax owner Tina Huber wears one of her unique backpacks.



Coleen Rossi started the Trinity Cross Collection after her family went through difficult times.



The owners of Mombomb, Susie Reis (the comedian), Jennifer Toolan (the artist) and Faye Tait (the light bulb).



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Local

Continued from page 18

with a mission to provide trendy clothing and accessories at affordable prices. Its goal to be child friendly is achieved with its children's play area stocked with toys, coloring materials and snacks. What really makes it stand apart is that it's staffed with part-time working moms.

"I was a stay-at-home mom and when my children were at school, I found myself wanting something meaningful to do with my time," said Tait. "Creating Mombomb was a dream come true."

On January 1, 2014, Mombomb added the Happy Home Collection with humorous sprays and artsy stationery. Some local stores carrying these products are Write-Ons, Etc., Hot Petunias Boutique and The Paper Place.

The trio of moms is taking steps to branch out, such as attending a Dallas Trade Show last month. Their main reason for wanting to go national is to make the Happy Home line accessible to all moms. To view the collection, visit: www.mombomb.com.



Marci McDonald is the creative mind behind Flipped Bird.

Flipped Bird

Flipped Bird reversible bags are everywhere you look these days. Creator, Marci McDonald called herself the "drug dealer of purses" because she began her business by selling her purses out of the trunk of her car.

Now, five years later, Flipped Bird has successfully gone national and has even dipped into the international market with four retailers in Japan. They have over 1,000 retailers nationwide.

McDonald prides the brand on having products made in America with the bags being manufactured in Phoenix. Though not a seamstress, McDonald designs all her products personally. She is also a strong salesperson with the mentality: "The world is our oyster."

According to McDonald, going national is a very long process. To get the ball rolling, she began going to local trunk shows. After friends advised to go national, she starting showing her pieces at a trade show called America's Mart in Atlanta.

For the third year now, Flipped Bird is showcased in trade shows twice a year. One of McDonald's secrets to success is to keep updating the line, especially around January. The line also plans to expand, as specialty cases have recently been added.

McDonald's inspiration arose from her Southern California roots. She would often vacation at Manhattan Beach and enjoyed its casual lifestyle. Around the time plastic bags were becoming outlawed, she got her idea for the cloth bag that can conveniently hold anything.

However, ECOBAGS was a major competitor in that market. So, she decided to create a bag that has two options — or two colors to match with your bathing suit, says McDonald.

"I never thought it would turn into a business like this," McDonald said.

From creating a custom stars and stripes bag for Disney World's Epcot Theme Park for this Fourth of July, to maintaining her persistence in New York, it is clear Flipped Bird is focused on growth. For upcoming promotions, check out www.flippedbird.com.



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Alisha Archibeck, D.O. lived in Texas and California before relocating to Phoenix. Dr. Archibeck has extensive experience in family practice medicine and also is a specialist in injectable facial aesthetic procedures. She has been a member of both the American College of Osteopathic Family Physicians and the American Osteopathic Association since 1998. **fpsaz.com**

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Patriotic points of interest bring national history to life



Pearl Harbor naval base is also a museum.



Kissing Statue at Midway is a symbol of WWII.



President Kennedy is buried in Arlington.



Mount Rushmore is the face of the nation.

By Michelle Donati-Grayman

Monuments, memorials and landmarks tell the story of America's past.

Most people learn about these places in a classroom, but nothing brings history to life like getting up close and personal with the places that make up the fabric of our country.

In honor of Independence Day, AAA travel experts have compiled a list of patriotic points of interest from AAA TourBook guides to incorporate into your next vacation.

Pearl Harbor (Hawaii)

The surprise attack on Pearl Harbor left over 2,400 Americans dead and another 1,200 wounded. It also precipitated the entry of the United States into World War II. Today, this still-active naval base is home to several museums and memorials including the Battleship Missouri Memorial, Pacific Aviation Museum, Pearl Harbor Memorial Museum, the USS Arizona Memorial and the USS Bowfin Submarine Museum and Park. Here, visitors can pay their respects to the fallen and all who fought and served in WWII. Admission to the Pacific National Monument and USS Arizona Memorial are free. Fees vary for other historic sites.

USS Midway (California)

Located in downtown San Diego at Navy Pier, the Midway was the longest-serving U.S. Navy carrier of the 20th century and largest ship in the world for 10 years. Today, the retired vessel is a museum with over 60 exhibits. In addition, 25 restored aircraft — from World War II to Desert Storm — are on display. The museum features videos, flight simulators and climb-aboard aircraft. Guided and self-guided tours cost $20 for adults and $10 for children. AAA members save $2 on admission prices.

Arlington National Cemetery (Virginia)

Arlington National Cemetery is made up of seemingly endless rows of simple, white headstones. Among those buried are President John F. Kennedy, first lady Jacqueline Kennedy Onassis, President William Howard Taft and Chief Justice Earl Warren. It is also home to the Tomb of the Unknown Soldier, the burial site for an unknown American soldier brought back from France after World War I, as well as unknown American military personnel from World War II and the Korean War. Specially selected members of the Army's 3rd U.S. Infantry Regiment guard the tomb 24 hours a day. Tours are $8.75 for adults and $4.50 for children.

Mount Rushmore (South Dakota)

Come face to face with George Washington, Thomas Jefferson, Theodore Roosevelt and Abraham Lincoln at this national memorial. Created under the direction of Gutzon Borglum, each face on Mount Rushmore is 60 feet high and carved with intricate detail and expression. The memorial represents the distinctive

Continued on page 23

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Patriotic

Continued from page 22

achievements of the United States during its first 150 years as personified by four great leaders. Washington represents the birth of our country, Jefferson represents growth, Lincoln represents preservation and Roosevelt represents development. The best views are available from the Grand View Terrace or along the Presidential Trail. There is no entrance fee, but parking costs $11 per vehicle.

Pikes Peak (Colorado)

Located west of Denver, the 14,110-foot summit of Pikes Peak is visible from a long distance on the Great Plains. The view inspired Katherine Lee Bates to write "America the Beautiful" in 1893. The summit can be reached by highway or cog railway. Pike National Forest has many developed campgrounds and ample opportunities for fishing and hiking. Scenic drives include the Rampart Range Road and the Pikes Peak Highway. It is free to enter the park.

Yellowstone (Wyoming, Montana and Idaho)

The Crow American Indians named this place "land of the burning ground." The Blackfeet called it "many smoke." Western explorers described fantastical scenes of "fire and brimstone." Folks back home didn't believe the tales until



Yellowstone National Park is atop a volcano.

artist Thomas Moran and photographer William Henry Jackson brought back proof in 1871 — giving birth to America's first national park. Covering 2.2 million acres in Wyoming, Montana and Idaho, three million people visit the national park each year to hike, fish and camp in the backcountry, and make the pilgrimage to see Old Faithful. The park sits atop one of the largest active volcanoes on earth, a "hot spot" that last erupted some 640,000 years ago. Entrance fees cost $25 per vehicle.

These are just a handful of places that played an integral role in shaping America into the great nation it is today — the full list stretches from sea to shining sea.

No matter your domestic vacation destination, pay homage to our country's past by adding a patriotic place to your next travel itinerary.

Michelle Donati-Grayman is an Arcadia resident who works for AAA Arizona.

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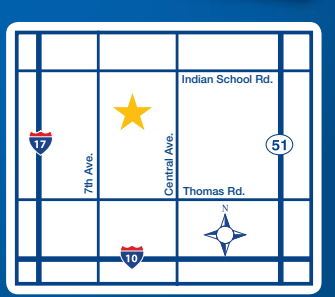
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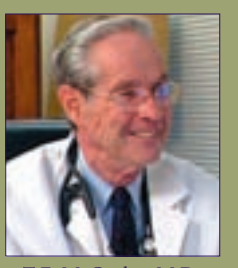
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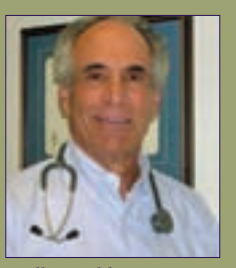


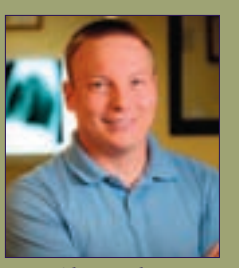
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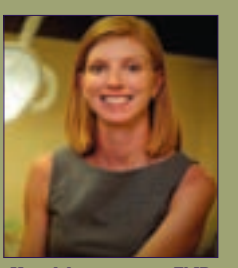
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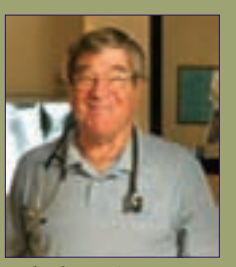

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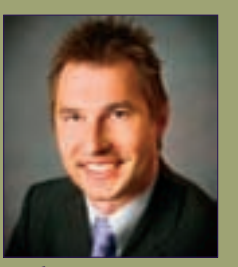

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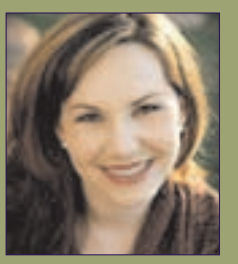

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Kids find summer fun in the most unexpected places



Peter Piper tours let kids in on the pizza action.



A candy factory tour is sweet summer fun!



One cool way to beat the heat is at the ice arena.



Pueblo Grande allows kids to dig the summer away.

By Christina Surrano

Escape the heat with the following activities for kids thooughout the valley:

Peter Piper Pizza Restaurant Tour

Behind-the-scene tours are available year-round at Peter Piper Pizza, but summertime is ideal, since the walk-in freezer is one of the stops along the way. Kids learned all about how Peter Piper makes their pizza, starting with cutting the cheese. Along the way we met the different team members and learned about their various job functions.

The children even got some hands-on time, choosing their own toppings and putting them on their personal pizzas. (Wisely, portions are controlled.) The tour was just the right amount of time and covered everything from the flour they use to make the dough to the temperature of the pizza oven. The visit was fun and educational for both kids and adults.

Tours start before 10 a.m., which worked out perfectly for our group. By the time the tour was over and the tokens ran dry and the kids' pizzas were ready. At the same time, the lunch buffet opened up ($5.99 for adults; $3.99 for children). Being the first one through the buffet line has huge perks when it comes to oven-fresh pizza.

The $2.99 tour lasts about 15 to 20 minutes, and includes a 7-inch pizza, small drink and 10 tokens per child. The information in this article is based on a visit to the Miller and McDowell restaurant, but Peter Piper Pizza has multiple locations and not all offer tours. Visit peterpiperpizza.com for more information.

Candy Factory Tour

The minute you step foot into Cerreta Candy Company in downtown Glendale, your nose will tell you that this is more than just a candy retail shop. Sweet, delicious candy is actually being made at the family founded and run business. You can take a free 30 minute tour to see and taste exactly what happens here. There is very little walking involved and no reservations are needed for groups less than 10.

After the tour, it may be possible to create your own chocolate "pizza" with melted chocolate and assorted toppings. You can take home your treat in a cute pizza box to chill before serving. There is a $10 charge for this activity.

If you happen to miss the tours, you can still see a virtual tour on TV monitors as well as the equipment and most likely, live candy production in the factory as the retail and production spaces are open to each other.

Tours take place Monday through Friday, 10 a.m. and 1 p.m. at 5345 W. Glendale Ave. Glendale, 623-930-9000.

Ice-Skate

At Arcadia Ice Arena, the floor is not the only thing that is frozen. It could easily be 1984, instead of 2014 because not much has changed about recreational

Continued on page 25

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Summer

Continued from page 24

ice-skating in the past several decades. It's still wholesome, sometimes awkward fun with just enough danger to keep it exciting. And where else in Arcadia can you get chilled to the bone in July?

Admission is $5.50 and skate rental is only $2.50. Check the website for changing public skate hours, www.arcadiaice.com. Arcadia Ice Arena is located at 3853 E. Thomas Rd., Phoenix, 602-957-9966.

Archaeology and History

Northeast of Sky Harbor Airport, near 44th Street on Washington, lies a 1,500 year old Hohokam archaeological site and museum. At Pueblo Grande Museum and Archaeological Park even if the heat keeps you from the two-thirds mile trail, you can still enjoy the three galleries featuring archaeology, southwest cultures and Arizona history. One gallery is devoted to children's hands-on activities.

Located at 4619 E. Washington St., Phoenix, 602-495-0900, the gallery is open Tuesday through Saturday from 9 a.m. to 4:45 p.m. (Ruin Trail closes at 4:30 p.m.).

The cost ranges from free with a paid adult to $6. Ages 17 & under are free on Sundays. Military discounts available Memorial Day (May 26, 2014) to Labor Day (Sept. 1, 2014).

3-D Astronomy Shows

Even if you don't understand what it means to have Definiti SkySkan Planetarium technology utilizing 4K projection systems that render Earth and space science themes in 3-D stereographic vision, you can still appreciate the experience of it. You can feel what it would be like to travel through space and hear about the latest exciting developments in astronomical science.

The Marston Exploration Theater Interdisciplinary Science and Technology Building IV at ASU Tempe, offers shows on Wednesdays at 7:30 p.m. and Saturdays at 1 p.m. and 3:30 p.m. The cost is $7.50 for general admission and $5.50 for students.

The theater is located at 1151 S. Forest Ave., Tempe, 480- 965-9011. Check the website for specific show description and directions, http://sese.asu.edu/marston.

Flashlight Tours

There is a second shift of desert inhabitants that comes to life after the sun goes down, particularly in the summertime. What could be more fun than listening to and searching for our nocturnal desert friends along a softly lit trail with a flashlight in hand?

The Desert Botanical Garden offers Flashlight tours Thursdays and Saturdays, May 24 through Aug. 30, from 7 p.m. to 9 p.m., at 1201 N. Galvin Parkway, Phoenix, 480-941-1225.

The cost ranges from free to $22. Don't forget to BYOF (bring your own flashlight). If you forget, flashlights are available for purchase in the gift shop.

LEGO™ Brick Art

Who does not love LEGO™ bricks? Come see what imaginative creations American Indian and other artists can create with the toy bricks at the Heard Museum's "BUILD!" exhibition, which was voted one of "10 must see exhibits this Summer" by USA Today. Visitors can also build their own brick art and learn more about native history, art and culture by exploring the internationally recognized collections.

Located at 2301 N. Central Ave., Phoenix, 602-252-8840, the Heard Museum is open Monday through Saturday, 9:30 a.m. until 5 p.m. and Sunday from 11 a.m. to 5 p.m. Check the website for special events including: LEGO™ brick "Build!" Block Parties Sundays in July 11 a.m. to 4 p.m. and Builder "Play" Days: Jul. 19, Sept. 6 from 11 a.m. to 3 p.m.

The cost ranges from free to $23. Admission is free on Sundays for all of July. All free or discounted fees do not include a $5 fee for the LEGO™ exhibit.

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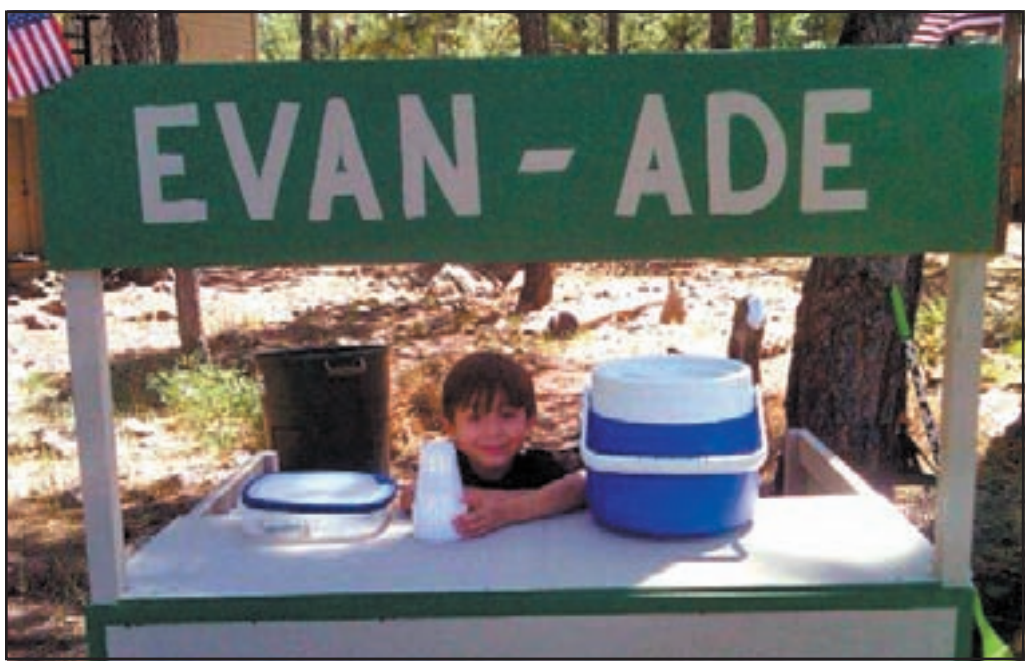




Willa and her neighbor Abby hosted their first stand this year! The goal was to raise enough money to buy a BFF necklace. They did it!



Left to Right: Braylen Rooney (7), Hayden Scovel (8), Garon Dreier (8) My son and his friends had a great idea a few months ago when we had plenty of oranges from our orange tree. He and his friends (with a little help from me) squeezed, by hand, dozens of oranges to make fresh squeezed OJ. After standing on our corner for a long time with no customers, they took their fresh-squeezed juice stand on the road, in a wagon to Arcadia Park.



Our friend John Vandevier and our son Evan built this lemonade stand together when Evan was 4. He wanted to raise money for his 5th birthday trip to Disneyland. Evan is now 8 and it has become a tradition to have the stand.

The lemonade stand is stationed outside our house in Flagstaff and has become quite famous. Anyone who golfs or walks the course knows about Evan-Ade.



Andrew, Carissa and Samuel Phillips worked hard to squeeze the Arizona lemons and then make lots and lots of delicious lemonade — two flavors in fact: mint lemonade and strawberry lemonade. Customers included a range of people, from the mailman and construction workers, to the next-door neighbor and friends and family.



Since we didn't have lemonade, our kids (from left to right) McKenzie Levitz (8), Ava Woodhead (8) and Carson Woodhead (6) sold crackers and water. They set up themselves and made $20 from our driveway.

Cool Lemonade Stands

In your words and your photos

A call for lemonade stand photos went out to Arcadia News Facebook Followers (www.facebook.com/arcadianews) and we were quickly deluged with some wonderful shots of our local road-side stand entrepreneurs. We wanted to share them all, but regret some were trimmed for space.



"Help Save Dogs" from left to right Sarah Brunst, Macy Bellamak and Alli Gooch.

Road trips survival kit means a break from technology

Kids' Corner

By Lisa Weisenburger

Who doesn't love a good old-fashioned road trip? I love the open road.

I love getting on the road early in the morning before the sun comes up and then watching how the changing light plays with the colors of the mountains or the fields. I also love driving at night. I could be hundreds of miles from home and know the stars in the sky are the same ones I can see from my porch in Arcadia, but somehow they're different ... a bit brighter and sparkly.

When I was young and traveled via the family wood-paneled station wagon with my parents, three siblings and one poodle-mutt mix, the early morning departure meant the night before straws were drawn to see who got to ride in the way back and who had to sit in the middle of the middle seat; travelling outfits and bags with books and road trip survival necessities were placed in our spots; dad packed the back of the car (and sometimes the roof) with mismatched suitcases; and mom supervised the whole operation.

Sleep was hard to come by the night before the family vacation but eventually we all drifted off and when mom said, "Time to get up, grab your pillow, and get in the car," all four of us kids piled in with pajamas on and went right back to sleep. I suppose my parents prayed we could get at least a hundred miles out of the way before they heard "I'm hungry," "I'm bored," or "I have to go to the bathroom."



Lisa's own memories of long road trips as a child inspired an all-in-one activity tray for kids.

Although there were six bodies crammed into one mid-sized station wagon for hours at a time, I have the best memories of these family road trips. It was definitely a highlight of my childhood. I'm not even sure the final destination measured up to all that forced quality time with the parents and siblings.

I want this for my kids. I crave it!

While I am generally a fan of technology and its efficiency and diversity, I fear that iPads, Kindles and laptops can occasionally encourage solitude and discourage self-discovery. The family road trip is all about bonding and getting along, entertaining each other, problem solving, and perfecting the best "sleeping while upright" technique. The bonus is the quirky slice of Americana you find along the way and of course grandma's house at the end of the road.

I proposed the idea of a blended road trip survival plan to my kids. Some technology, some old-fashioned fun. No road trip would be complete if you couldn't hear and sing along to the "Frozen" soundtrack at least a few times, right? For the old-fashioned fun I dug deep and created a cookie sheet car activity tray.

As it turns out, this is not an original idea and there are clever moms all over with similar variations of this theme, but I will share mine here. I started by covering the baking surface of a cookie sheet (with sides) with white contact paper. The shiny stuff is a little tricky to find these days but readily available online if you plan ahead. I then took a roll of self-adhesive magnetic tape and cut it in pieces to adhere to a couple divided plastic containers with lids from the dollar store. These containers became washable marker and crayon holders, bead kits and also served as individual snack trays.

The magnetic tape was also applied to the back of a pencil case.

I purchased magnetic chip clips from the dollar store, which came in handy for clipping bags to the side of the tray for easy access to game pieces and crackers.

I used colorful duct tape to tape a Velcro pocket folder to the back of the tray. This holds loose-leaf paper, flat coloring books, flash card decks and sketch pads. I learned that sliding the whole thing into a pillowcase when checking in to the hotel helped little hands be independent.

Tip: If you cannot find the shiny contact paper, you can use adhesive shelf paper, but then dry erase markers don't work. Washable markers will work though, and with a baby wipe or damp sponge, the surface can easily be cleared and recreated!



Cookie sheets can be repurposed as educational tools.

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Downtown cocktail parlor offers history with a twist

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By Amanda Savage

Downtown Phoenix has, without a doubt, been slowly developing a better entertainment and dining scene. The development of CityScape and smaller, local eateries are making the side streets that border downtown's skyscrapers home.

There still, however, aren't many places to order and enjoy unique craft cocktails. While there are a few cocktail lounges, most people expect more from a downtown area, which is why the new Bitter and Twisted Cocktail Parlor is welcome in this growing nightlife hub.

The name Bitter and Twisted has various meanings. One being that bitter and twisted represents a cocktail itself, but the location also has an ironic history, which gives further meaning. The cocktail lounge is located in the Luhrs Building, just below what used to be the prohibition offices. Local folklore claims that during the Prohibition, people attempted to access the building's plumbing from where the cocktail lounge sits today, to siphon liquor that was poured down the drains.







The concept comes from local cocktail scene maverick Ross Simon, who's the co-founder of Arizona Cocktail Week and has had his hands in developing cocktails for many local restaurants, bars and lounges.

The parlor is small, cozy and urban. It plays into the vintage style of what a city parlor would look like in the 1920s.

The food is one of a kind; it offers gastropub cuisine with an Asian and Mexican flare.

The menu is divided into six sections: snacks, seasonal, substance, small plates, sides and sweets.

Some of the menu's most interesting options include the Tsukemen Ramen, which is made with their own *tonkostu* sauce, a beaten egg, local grilled bacon, marinated mushrooms, pickled bamboo, tempura nori, chili and black garlic oil. The Baked Hangover is also delicious, and includes chelada-soaked noble bread, Bloody Mary pickles, ham, pepper jack, a sunny egg and local thick cut bacon.

I've found that most restaurants and bars that are concerned with serving quality cocktails tend to develop drink menus that offer the same bases. In Arizona you find a lot of vodka and tequila.

Bitter and Twisted offers literally pages of options in their cocktail menu. Anything you can think of, they can make. From gin to brandy, champagne and rum, to sweet, bitter and dry, there's something for everyone. The bar also offers booze to go, and has a happy hour with discounts on alcohol and food.

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Southern Rail breathes new life into Phoenix landmark

Places *We Liked*

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www.southernrailaz.com
602-200-0085







By Amanda Goossen

What is a beefeater?

Another word for the Yeomen Warders of Her Majesty's Palace, beefeaters are the ceremonial guardians of the Tower of London.

In Phoenix, however, from 1961 to 2006 Beef Eaters was a landmark restaurant in the heart of the valley. Known as an elegant space with delicious, hearty food, the restaurant was incredibly large with two connected rooms, a cocktail lounge, four private event rooms and a wine cellar table.

Everything about the restaurant was extraordinary.

Jay Newton, owner of Beef Eaters, was a man of details. He brought back items from London over the years to decorate the restaurant with and even used real silver at the table settings, which ended when forks and knives began disappearing.

Working long hours so often that he even had a cottage to sleep in on the property, Newton was known as much for his philanthropy as he was for his extreme dedication to his restaurant. Newton could be found on occasion, cooking early in the morning at Beef Eaters for the homeless men he had seen outside.

When Beef Eaters closed in 2006 it was an end of an era. And with a 17,881 square foot restaurant on the market rich with history, and a community concerned about the historical integrity of the building, the future of the space seemed impossible to imagine.

In June 2014 however, within the landmark building, The Newton was born.

In honor of Jay Newton, The Newton is a redeveloped original structure, housing Southern Rail, Changing Hands Bookstore, and Southwest Gardener (coming soon). In other words, Beef Eaters has been redesigned using many of the original pieces, to become something completely new, a complex for stores and restaurants.

Changing Hands Bookstore is stationed on the right side of the building.

In the front of the space, within the new construction is Southern Rail, a concept by Beckett's Table.

Beckett's Table has been an Arcadia favorite since opening in the fall of 2010. Owned by longtime friends Justin and Michelle Beckett and Scott and Katie Stephens, Beckett's Table is chef driven food, an extraordinary wine list and top-notch service in the middle of the neighborhood.

Southern Rail, their newest endeavor, is smart and creative. The food is both delicious and comforting.

Southern Rail is 100 percent new construction, simply added on to the existing structure. The dark ambiance of the original restaurant is now gone by using large windows and skylights throughout. Reclaimed wood can be found in a variety of locations within the restaurant. The red wood in the new wine cellar is authentic as well as the chandeliers, the wood in the deck and the original booths, which are now positioned for a comfortable dining experience, with new leather and cushions.

"In 2006 after Beef Eaters closed there was a large sale from the restaurant," said Justin Beckett. "A friend of mine had the small shields purchased from that sale. His dad was actually going to buy the huge shield everyone would recognize but couldn't carry it. What I would give for that now."

Those two smaller shields now hang above the bar at Southern Rail. It's another nod to the history of the space.

Outside the entryway, between the front doors of Changing Hands and Southern Rail, the Beef Eaters sign is now an imprint in the concrete.

Located alongside the light-rail, the restaurant is appropriately named.

The subtle railway-inspired touches, such as light fixtures similar to those inside European train stations, the design work on the community table that looks like an old-fashioned train ticket and the door to the wine cellar, which looks like the back of a caboose, tie the motif together without becoming too much.

The southern vibe is apparent but never overdone. The restaurant is rooted in the American South, with depth, soul and richness. The flavors are Southern inspired but not cliché.

As Chef Justin Beckett put it, "If you got on a train in the South and traveled west, our menu would cover the places you'd stop along the way. The Carolinas, New Orleans, Tennessee, Mississippi."

But it's definitely a lighter side of the South. Local vegetables are on display as well as beans and grains.

The New Orleans style "peel & eat" shrimp are barbequed to perfection and served in a slightly spicy, incredibly delicious sauce and paired with a small loaf of bread.

The chicken and "biscuit dumplings," the smoked chicken and andouille gumbo, and the cider brined pork loin are also popular choices.

Fried chicken is only on the menu as a Wednesday night special. It's so good, however, that each week it's practically flying out of the kitchen.

"We've had to prep twice as much as expected because we sell out so fast," said Beckett.

Nightly specials are offered, from slow and low pulled pork on Tuesdays to fried chicken on Wednesdays and meatloaf on Thursdays.

An All-American beverage program is an exciting part of the menu with the beers, wines and most spirits coming from the U.S.

"This entire project was just a can't-pass opportunity," said Beckett. "The combination of builders, businesses and people involved as well as the growing culinary scene in the area … it's exciting."

Southern Rail is open seven days a week, 5 p.m. to 10 p.m. Lunch and weekend brunch will begin in mid-July. For more information go to: southernrailaz.com.

For more information about The Newton, go to: thenewtonphx.com.



Culture, community, and quality cuisine at The Refuge

By Kathleen Shipman

With the stresses of everyday life, everyone needs a place to which they can escape. This is the concept of The Refuge in Phoenix, located at 4727 N. 7th Ave. in the Melrose District. A "coffee shop by day and wine bar by night," this little restaurant serves excellent cuisine to its customers all within a relaxing setting.

"We are focused on making good food with quality ingredients and having some fun at the same time," said Manager John Strawn.

In addition to having your taste buds tantalized at The Refuge, you will also receive satisfaction knowing that you are giving back to the community. The Refuge is a social enterprise, owned and operated by Catholic Charities. All proceeds go to aiding the less fortunate, which includes helping refugees from around the world relocate to Phoenix.

"People who are coming here, they are not just supporting the business, but all of the profits go back to our programs," said Steve Capobres, Vice President of Business Development at Catholic Charities.

Another way that the organization offers their support to the refugees is by showcasing their artwork and handmade crafts within the restaurant. All of these items are available for purchase, with a large portion of the money going directly to the artist, and the rest helping other social services.



The Refuge serves Catholic Charities' own Esperanza coffee as well as breakfast, lunch and dinner.

Purses, wallets and jewelry are just some of the eye-catching trinkets displayed at The Refuge. Original paintings are hung on the walls. Alongside each piece is a description of the artist, giving the customer some insight into their home country and also their life as a refugee.

"It gives us a chance to help tell the story of the people we work with, as well as creating a unique atmosphere that will hopefully differentiate us from other types of businesses like us," said Capobres.

The Refuge, which has only been open since October, is located directly next to the Catholic Charities corporate office. While customers have enjoyed hearing that the restaurant is a nonprofit business, it is the delectable food and drinks that keep them coming back to dine at The Refuge.

"Everything we make is homemade. We wanted to be known for the quality of what we are offering as much as anything," Capobres said.

In the morning they offer an expansive selection of breakfast items, perfectly paired with Catholic Charities' own Café Esperanza coffee. Their appetizers, sandwiches and salads are great for the later parts of the day.

According to Strawn, the Refuge Focaccia is one of their best-selling items. Tied for second are the Green Chili Pulled Pork Sandwich and the Cheddar and Goat Cheese Grilled Panini. (I must interject that their Veggie Wrap was to die for!)

The ambience of The Refuge provides a fine mixture of social tranquility. It is a great place to meet with coworkers for coffee, but also peaceful enough to sit quietly in a comfy chair with your laptop. They even have a business conference room that can be rented free of charge for meetings. It is big enough to seat 18 people, and comes with the use of a projector.

The evenings in The Refuge are all about unwinding. They offer a wide variety of wines and beers, including specialty selections. Discounted prices are available during their happy hour, which takes place daily from 3 p.m. to close. On the second and fourth Tuesday of every month, local talents provide live music at the restaurant.

The Refuge also has "Cultural Nights," when a refugee chef is brought in to prepare culinary dishes from their country. With the success so far, "Cultural Nights" will now be a regular event on their schedule.

If you would like to find out more about The Refuge, check out their website: www.therefugeaz.com.





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Getting to know your bartender... at the juice bar

Hey, *Bartender!*

By Amanda Savage

For our health issue, we decided to switch-up our monthly Get to Know Your Bartender and feature a familiar face behind one of our new favorite juice bars, Juicd Life at the Biltmore Fashion Park, which is opening a second location in Fashion Square the first of July!

Full name:
Tanner Pfaff

Position:
Nutritional Advisor at Juicd Life

Where was your first job?
My first job was at PacSun Clothing Store in Fashion Square Mall.

When did you get your start in the health/juice business?
I started juicing about 2 1/2 years ago with my dad, making the juices at home.

Where may have people seen you around town (where else have you worked)?
Fashion Square, Biltmore Fashion Park, Gainey Village, Chaparral High School, and Scottsdale Community College.

How do you spend your free time?



Tanner Pfaff helps run the juice bar at Juicd Life.

I enjoy spending my free time exercising, playing tennis, and helping my dad develop Juicd Life.

Guilty pleasure?
My biggest indulgence is buying too many clothes.

Fun fact people might not know about you?
I love to do magic tricks.

What is your favorite thing about being a "juicer?"
Sharing the benefits of juicing with strangers, and educating them on a healthier lifestyle.

Least favorite thing?
Working in the middle of the night ensuring our juices are fresh every day.

If you could only pick three things that embody a great juicer, what would they be?
1. Consistency
2. Knowledge
3. A passion for health

What's the oddest request you've ever gotten from a customer?
I had one lady ask me to juice a banana and put it in her drink.

It's a given that as a bartender you get hit on, but do you get hit on as a "juicer," what is the worst pick-up line you've ever heard?
Occasionally it happens. I had a girl say "Hey, I lost my phone number can I have yours?"

Where are some of your favorite local spots to hang out at (besides the spots you work of course)?
Old Town on the weekend.

What's your favorite juice from Juicd Life?
Our newest seasonal drink, "Boost."

What's a refreshing summer juice everyone should try?
Hydrate.
Ingredients: Watermelon, Lime, Mint.

It's your day off, you have nothing to do, money is not an object -- what would you be doing?
Buying my dream car, a Ferrari 458 Italia.

arcadiadaily.com



Vegans join in the celebrations during ice cream month

Veggie *Beat*

By Amanda Savage

July is National Ice Cream Month, so for this issue I saw it fitting to cover one thing anyone who gives up dairy misses — ice cream. Although I'm not completely vegan, I avoid dairy when I can.

With a bit of research and a day of a lot of ice cream sampling, I narrowed down my top picks, from the grocery store to creameries near the neighborhood. Enjoy!

At The Store

It's easy to find Italian ice and a lot of different name-brand sorbets that are dairy-free. The tricky part is when you don't want sorbet, and want something that more closely mimics the creaminess of real ice cream. There are a lot of options out there, and although I have my favorites, it really comes down to individual palate preferences.

Dream makes an almond-based, vegan, sea salt caramel gelato of which I'm a big fan. Although, the flavor has a strong, almost coffee taste to it — I don't have a problem with it, since I love coffee. The consistency is smooth and creamy.

I also enjoy coconut milk-based faux cream. I feel like the coconut adds more creaminess, which is the biggest challenge with dairy-free ice cream. So Delicious makes an awesome mint chocolate chip that comes regular or with no sugar added.

Last, but definitely not least, I absolutely love Tofutti Cuties dairy-free ice cream sandwiches. Cuties come in a variety of flavors, but you typically only find vanilla, chocolate or mint chocolate chip at the average grocery store. They come freakishly close to tasting like the real thing, but warning, they are addictive. You may need a lock for your freezer. All of these can be found at your local Sprouts!



Dairy-free ice cream can be found in stores as well as many ice cream shops throughout Phoenix.

Going Out

I was surprised to find not one, but four locations in the area that served dairy-free ice cream. There are definitely more than that in the greater Phoenix metropolitan area, but we'll stick to ones that were only a 15 or so minute drive from the neighborhood.

Sweet Republic
www.sweetrepublic.com

Sweet Republic's Phoenix location is nestled at the northwest corner of Bethany Home Road and 16th Street in Uptown. They rotate between six vegan sorbet flavors, and are pretty good about bringing in new sorbet flavors with the ice cream flavors to keep it "fair." Their waffle cones aren't vegan, but they are "working on it," according to the cashier. The flavors are fresh, and the consistency is icy but smooth. I recommend their orange mimosa.

Snoh Ice Shavery
www.snoh-ice.com

Snoh Ice Shavery was definitely out of my comfort zone, and while it wasn't my favorite on the list, I understand that not everyone's palates are the same, and some people really seem to love this stuff. "Shaved Snow" is a flavored frozen treat from China that is basically delicately shaved ice that has a light, almost airy quality to it. Customers pick a flavor, toppings and glaze. Not all of their flavors are vegan, but their seasonal coconut flavor is. None of their glazes are vegan, but some of their toppings like lychee fruit and almonds are. If looking for something light and different, it's worth a try.

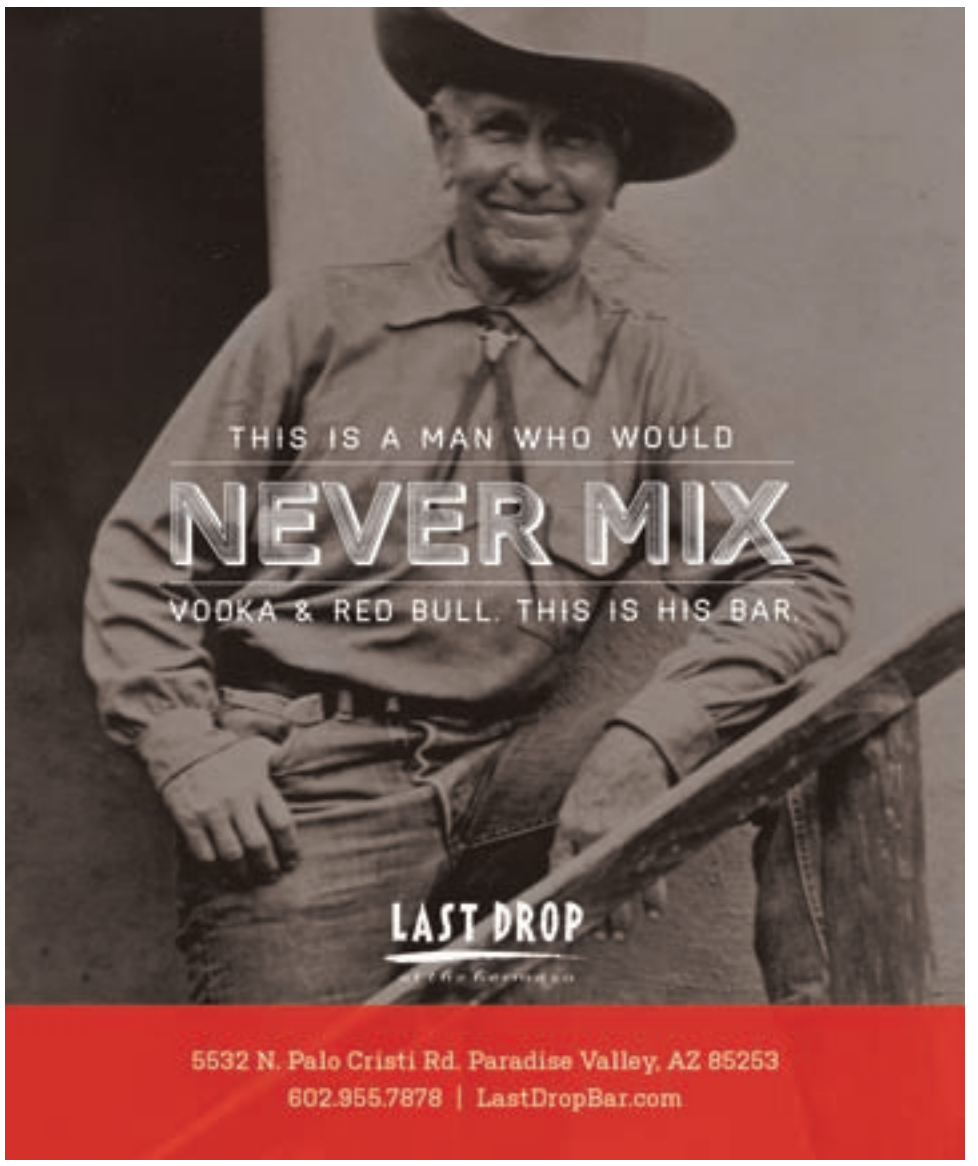
Melt
www.meltphx.com

Melt is a sister business to Jobot Coffee, a popular coffee and grub spot in downtown's artsy Roosevelt Row district. The owners of Jobot teamed up with Udder Delights to create a storefront for the farm's frozen creations. They offer a variety of rotating sorbets that are dairy free, but contain honey. I recommend their sweet and tart raspberry.

Nami
www.tsoynami.com

Nami's vegan ice cream options are the closest to the real thing as you're going to get: It's creamier and mimics ice cream more closely than a sorbet. While Nami offers many vegan sweets like doughnuts and cakes, their well known for their Tsoynamis, which are pretty much vegan Blizzards. (I covered this spot in our February issue, too.) Tsoynamis are packed with chunks of ingredients. I tried the "Better-Finger" flavor that had chunks of dark chocolate and mock Butterfinger bits that to me, taste better than the real thing.









































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Father-daughter cooking a priceless moment for family

Arcadia's *Cookbook*

By Amanda Goossen

Executive Chef Chris Mayo took the reigns at Arcadia-area restaurant, Central Bistro three months ago. Since then this longtime Phoenix resident has worked to adjust the menu and overall feel of the restaurant's culinary experience.

Chris spent the first part of his childhood in Boston but moved to Phoenix in 1992 at 12 years old. After high school, Chris earned his degree in fire science and seemed destined to be a fireman.

At 23, however, Chris caught the restaurant bug and began working in kitchens throughout Phoenix.

When considering culinary school, someone made a statement that stuck with Chris.

"They told me to not just go to school, make it a life experience," said Chris.

After debating metropolitan cities throughout the world, New York City won out. Knowing he wanted a background in French cooking, the French Culinary Institute became the place to educate Chris on the technique and knowledge for his future.

With his high school sweetheart, Kim, still in Phoenix, Chris returned home in 2004.

Chris then worked for T. Cook's at the Royal Palms, Estate House and J&G Steakhouse before going to Fox Restaurant Concepts.

In early 2014, Central Bistro came along.

Adjusting the menu at Central Bistro meant a significant move to lighten things up. Obvious changes can be seen with more vegetable driven starters and additional seafood main courses.

At home, with his wife Kim, and their four-year-old daughter Avery, his meal planning is similar to that of the restaurant.

"If I have two days off in one week, we make sure to cook as a family one of those days," said Chris.

The Mayos eat a lot of fish, light pasta dishes and chicken.

"We don't cook special meals for Avery," said Chris. "We have a rule that she has to try everything."

And the rule has worked. Avery enjoys calamari, linguine with clams and most types of fish.

"This is a cool time with Avery because she still thinks cooking is fun," said Chris. "I know she won't want to do these things with me forever."

Recently Avery has started to help salt and pepper the food and add the herbs.

"We keep it simple," said Chris. "But it's such a great moment for us."

Continued on page 37



Chef Chris Mayo brings his skills home to teach his daughter a thing or two in the kitchen.



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Cookbook

Continued from page 36



By Chef Chris Mayo
Serves 3

INGREDIENTS

- 1-4lb. chicken, back bone removed and split
- 4 artichokes
- 2 lbs. red bliss potatoes
- ½ cup extra virgin olive oil
- 10 parsley sprigs
- 1 small bunch thyme
- 1 rosemary sprig
- 6 cloves of garlic
- 2 lemons

PREPARATION

- Preheat your oven to 425 F.
- Season the chicken on both sides with salt and pepper. Heat a skillet with a small amount of olive oil and place the chicken in skin side down.
- With the skin side still down, place the skillet in the oven and roast the chicken. Do not flip, this creates a very crispy skin.
- Quarter the potatoes. Toss with olive oil, salt, pepper and rosemary. Roast the potatoes in the oven alongside the chicken. Both items should take about 25-30 minutes.
- Peel and quarter the artichokes. Sauté the artichokes in a small amount of oil. Season with salt.
- When the chicken is about four minutes from being cooked, add the thyme and garlic to the pan. Return to the oven to finish cooking.

Tips on perfect piña colada

By Amanda Savage



National Piña Colada Day is July 10. Dwayne Allen, co-owner and spirit program director of Rum Bar in downtown Phoenix offers his tips on what makes the perfect piña colada.

Rum Bar's cocktail menu consists of the classic rum-based cocktails: the daiquiri, mojito and of course, the piña colada.

Allen explains that a piña colada boils down to what happens when you put pineapple and coconut together.

Piña colada literally means "strained pineapple." The original recipe was basic, including only rum, pineapple, coconut and maybe a little sugar.

The Piña Colada Redux at Rum Bar takes the original recipe a bit further with nutmeg and a coconut liqueur. Allen explains that the nutmeg adds "deep-rooted spicy notes" while the coconut liqueur is made from dry coconut. They do a few "fancy things" to it and add rum. Adding this ingredient really concentrates the coconut flavor.

The drink itself is balanced: creamy, but not heavy. It's garnished with roasted shaved coconut that can be nibbled on to enhance the coconut flavor.

Although these ingredients enhance the classic cocktail, Allen expresses what the four essentials are for any good colada:

1. It shouldn't be premixed. Premixed drinks are always laced with preservatives, and artificial flavor coats the palate.
2. Use fresh pineapple juice. Rum Bar uses fresh pressed pineapple that they extract in house, which Allen says is an "integral part of a proper piña colada."
3. Include cream of coconut.
4. Use proper rum, white rum, not a dark rum. White rum is gentler than dark rum, and it's important that a person doesn't taste the rum when they drink a piña colada. Rum Bar uses a Matusalem Platino Cuban-style rum from the Dominican Republic.

For more information go to: www.thebreadfruit.com/rumbar.htm.





The heat is on: Summer takes a toll on nonprofit groups

By Michelle Donati-Grayman

Whether from work or school, summer is often synonymous with people taking a break. Unfortunately, that isn't the case for valley nonprofits.

Rather, summer is one of the most challenging times of year for charities that provide support services to Arizonans who need it the most. The Valley's brutal temperatures put food banks, shelters and animal welfare organizations to the test every summer.

Food Banks

St. Mary's Food Bank distributes as many as 40,000 emergency food boxes each month, a number that increases during the summer.

"Without a doubt, summer is the most difficult time of year for food banks," said Jerry Brown, director of public relations for St. Mary's Food Bank. "About 40 percent of our public donations come in November and December. The problem with that is we feed people 365 days a year."

During the summer, the number of people that donate to St. Mary's Food Bank goes down, while the number that needs food increases. This is in large part due to increased utility bills, which force families to pull from their food budgets to keep their homes cool.

Aside from food, the agency also wants more volunteers during the summer months. "We have to turn volunteers away in November and December," Brown said. "In June, July and August, we're hurting for volunteers to help us."

The food bank, which is one of the largest in the country, employs about 150 full-time employees. It relies heavily on volunteers to sort, pack and distribute food to its clients.

"There's no way we could do what we do without volunteers," Brown said. "Without them, we would need another 150 employees to do the work that our volunteers do every day."

Shelter Services

In addition to food, the need for shelter also increases during Arizona summers. Central Arizona Shelter Services (CASS) provides shelter and support services for individuals and families experiencing homelessness in Maricopa County.

The agency provides shelter for about 1,000 individuals and families per night. During extreme heat conditions, CASS can see up to an additional 200 people in need of shelter.

"By July, we have hot days and hot nights," said Lindsey Roberts, communications manager for CASS. "It makes sleeping on the concrete unbearable."

During the summer, the agency must come up with money to open additional beds as well as increased utility and medical costs to treat heat-related illness. It also desperately needs bottled water.

Roberts described it as shifting into summer survival mode.

"We have to shift our resources to provide these things for our clients," Roberts said. "For the homeless population, it can be a matter of life and death."



Chico is a playful Australian shepherd mix puppy looking for a forever home.

Homeless Pets

The need doesn't stop with homeless individuals. According to the Arizona Animal Welfare League (AAWL), summer also presents challenges for homeless pets.



Arcadia High School's National Honor Society assemble food boxes at St. Mary's Food Bank.



Local companies like White Water supply CASS with more than 26,000 bottles of water every year.

Both donations and volunteers tend to shrink during the summer months, according to Judith Gardner, president and CEO of the AAWL.

The AAWL provides shelter for about 300 dogs and cats per day in need of adoption. While outdoor activities are limited during the summer because of the elements, the agency relies on volunteers to play with and socialize animals through enrichment programs indoors.

Summer also increases the need of short-term foster homes to help get the Valley through each spring and summer's population boom of kittens.

The commitment is minimal, as volunteers are asked to take kittens in their homes for one to two weeks until they are 8 weeks old or weigh 2 pounds and can be placed for adoption.

Even though the AAWL found homes for more than 4,400 animals last year, the organization seeks forever homes for animals year-round.

"We never find a time that we're not full," Gardner said. "Summer is a great time to bring a new pet into your home."

St. Mary's Food Bank
Needs: Canned and nonperishable food items, volunteers, financial contributions
www.firstfoodbank.org

Central Arizona Shelter
Needs: Summer clothing, bottled water, financial contributions
www.cassaz.org

Arizona Animal Welfare
Needs: Volunteers, foster homes, forever homes, financial contributions.
www.aawl.org



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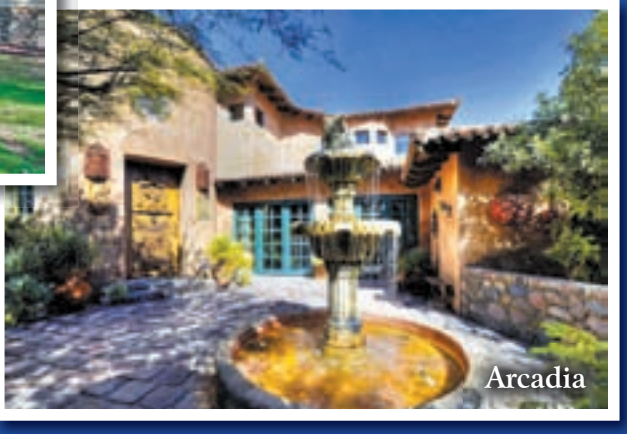
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Jim Bruske is a proud member of the Arizona Country Club and serves on the Membership Committee.



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Arcadia graduate enjoys first post-college job in China

Where's the *Neighbor?*

By Kaley Kalil

Brecken Byron, 23, returned home in late May after teaching English in Wenzhou, China for nine months.

Byron learned about the opportunity from her professor at Boise State University while preparing to graduate last year with a psychology degree.

Her first-ever trip to Asia, Byron taught EFL (English as a Foreign Language) to high school students in a coastal city of roughly four million people. Situated in a mountainous region by the sea about 200 miles south of Shanghai, Wenzhou translates to "a mild and pleasant land," known for its temperate summer and winter climates.

"I taught four classes a day, starting at 8 a.m. and finishing by 3 p.m. I had over 1,000 students, about 60 per class," Byron said.

Byron made a point of immersing herself as much as possible when it came to the local language, food and culture. She ate local food daily, mainly sticking to seafood and vegetables, and especially enjoyed a local dish of tomato and egg.

One of Byron's fondest memories is of her daily strolls through her favorite park near her school, which were "always a calming, yet still cultural experience."







(Above) Brecken Byron's first trip to Shanghai, posing at the Bund; (Top right) Being a foreigner in "small city China" gave Byron a bit of a celebrity status! (Bottom right) Panda loving in Chengdu, China.

Byron had "major reverse culture shock" upon her return to Phoenix in May.

"I forgot how big everything is here," she said.

While living in Wenzhou, Byron missed cheese and having a washing machine. Now that she's home, she misses the perspective she gained while living overseas.

"I was growing and changing daily in China," she said.

"I love being in a new city and getting a sense of the culture and people. I dislike all the planning it involves."

Although Byron would happily visit Wenzhou again in the future, she does not recommend it to tourists unable to speak basic Chinese.

She plans on keeping in touch with her Chinese and foreign friends she made while living there.

"I never felt unsafe in China," she added.

"It is much safer than America, and overall, I felt a sense of security at all times."

Byron has traveled throughout Europe and Southeast Asia and considers herself an adventurer.

"I love animals, zip-lining, hiking… you name it!" she said.

Her favorite country she has visited so far is Thailand.

"Two words: street food."

One day, Byron hopes to travel to Argentina.

"One state in the U.S. I would love to go to is Mississippi, for the sole reason that it was my dream when I was five because I liked how it was spelled," she said.

Byron is currently job searching and would love to live abroad again. South America is next on the list, as she is determined to travel south of Mexico.

Traveled lately? Email Kaley: kaley@arcadianews.com.



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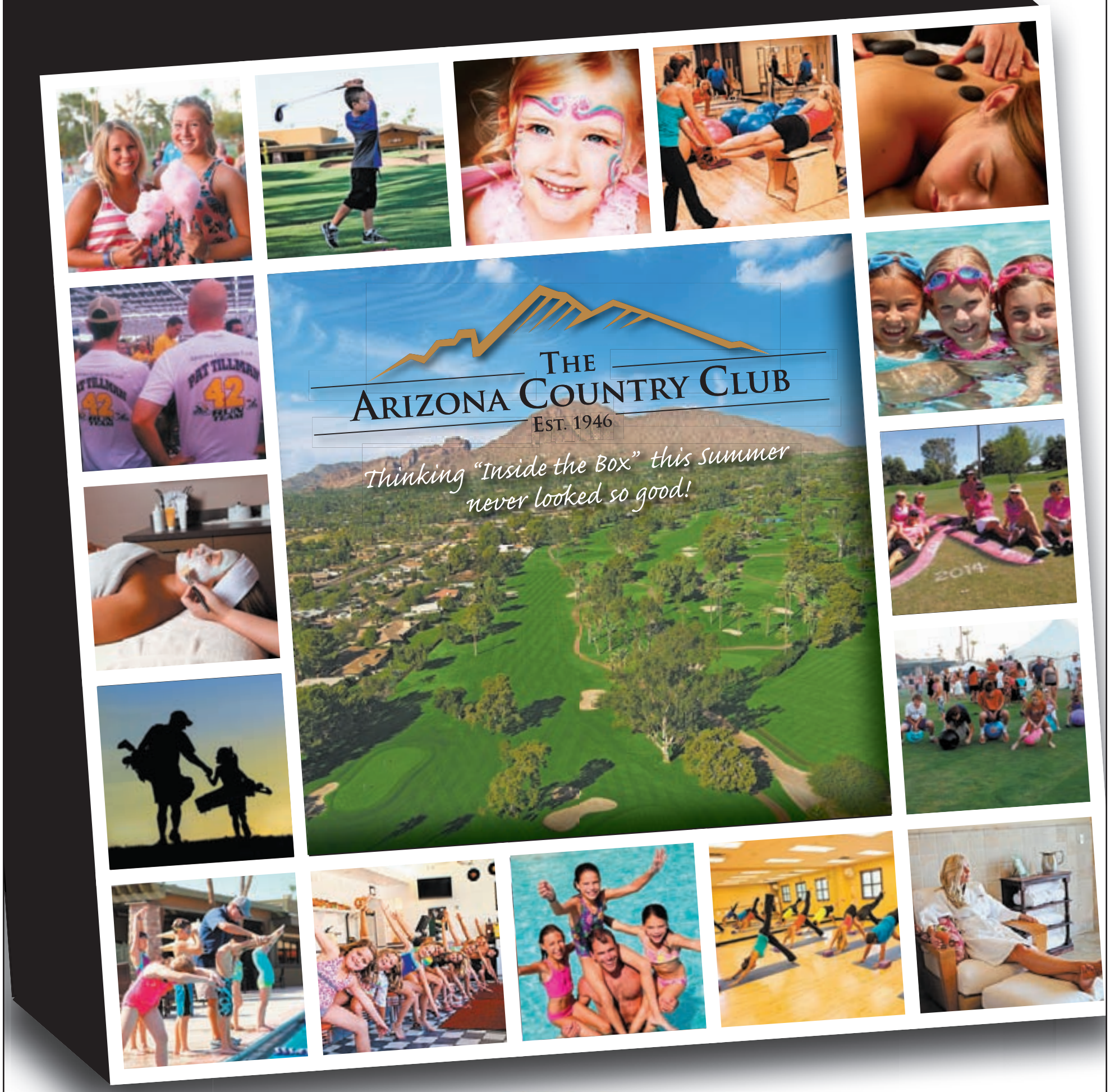
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Create summer memories and have fun with grandkids

By Jean Hodgson

Do you have grandchildren or other young friends who are out of school in July and available for some fun activities? Luckily we have loads of things to choose from in the Arcadia area that don't require much physical activity, are mostly out of our Arizona summer heat, and are free or nearly free.

Kids of all ages enjoy the excitement of the airport, and the perfect way to get to Terminal Four is by the Sky Train. You connect from the 44th Street/ Washington Light Rail station for your impressive view of the planes and the city below. The Sky Train is free and runs every five minutes.

How about a hands-on project with something a child can take home as a reminder of your time together? Maybe you're not very crafty yourself, but that's not a problem. Michaels has an in-store kids' craft summer program called "Passport to Imagination" that meets 10 a.m. until noon every Monday, Wednesday and Friday through August 1. The cost is $2 per workshop and it's for children 5 to 12.

Home Depot (36th Street and Thomas) also provides a free hands-on workshop for that same age group the first Saturday of every month. The July 5 workshop, entitled "Build a Bug House," is from 9 a.m. until noon. Besides the craft to take home, kids get a certificate of achievement and a workshop apron.

Retirement *Now what?*

A snack to go along with a craft sounds like a winning combination. Wildflower Bread Company serves a complimentary cookie and milk to accompany their activity on Wednesday afternoons from 3:30 to 4:00.

Do you have an aspiring cook who would like a Williams-Sonoma Junior Chef Class? These free events are Saturday mornings starting at 9:30 and look like a skill that the rest of the family could benefit from as the young chef then continues to practice at home. As with all of these workshops, see the details in the stores or visit the websites of these businesses.

Attention all animal lovers — the pet stores in our area welcome visitors, and you can watch a huge variety of birds, fish and other small animals and learn about their habits and personalities. You can also observe the pet grooming service and dog training classes by checking the schedules posted in the stores. (WARNING: If you visit the pet adoption area, you will be severely tempted to take a new member of your family home with you!)

The Phoenix Public Library always has a summer reading program to motivate readers of all ages. In addition, their free presentations rotate among all the branch locations. Here are some sample titles from their colorful flyer and their website: "Dinosaurs Exposed," "Reptile Adventure," "Craig Davis Magic & Juggling Show," "The Great Arizona Puppet Theater," and "Worm Drive the Musical." While you're there, also check out the Culture Pass, which enables you to visit valley attractions for free. Details can be found at the libraries website: actlaz.org.

The summer is all about creating memories. Be sure to take your camera so you can revisit special time spent together.



(Left) Lizzie Lizard is Matthew Hodgson's new best friend ; (Right) Luke Hodgson and Grandpa Jim build a new riding lawn mower; (Bottom) Aspiring chef Claire Hodgson.





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Coach Smith congratulates his Arcadia Minors Gold Dbacks on a great season!

Arcadia family keeps fundraising dream alive for their son

By Sarah Stecko

On April 18, 2014, at only 20 years-old, Arcadia resident Kyle Claffey lost his four-year fight with brain cancer. And now, the Claffey family is dedicated to fulfilling his last wish.

The Claffey family runs the Grey Matter Foundation (GMF), which Kyle had envisioned to raise awareness and funds for brain tumor research at the Barrow Neurological Institute in Phoenix. The GMF Bicycle Shop, a large piece of the foundation, celebrated their grand opening on May 31 after months of hard work and dedication from both Kyle and his family.

The bicycle shop services and sells new and used bicycles, and although it has some new items, focuses on donated bicycles that can be refurbished and sold.

The landlord donated the space for the bicycle shop to the Claffeys for three years.

After Kyle's passing, his fraternal twin David took on the responsibility of president and owner of the full-service bike shop.

David and Kyle had been avid bike riders since they were about 10 years old. In June 2013, Kyle was part of an eight-man team for Race Across America (RAAM 2013) from California to Maryland. David plans to ride next year's race, on the bike Kyle used.

Coincidentally, Barrow Neurological Institute opened their new facility at St. Joseph's Hospital and Medical Center the same day Kyle passed away. A portion of the proceeds from GMF bike shop will go to fund brain tumor research at this center.



Kyle Claffey and his brother (not pictured) frequently competed in bicycle events, such as The Ride Across America.

"You hear about the American Cancer Society and breast cancer, but there's a lot of people [brain cancer] has happened to," said Mike, father and active member of the bike shop.



GMF Bicycle Shop has already received many donated bikes.

Kyle was diagnosed with brain cancer at age 17. Four years later, David recalls the memory vividly. Their father, Mike took the twins to a bike show in Las Vegas the weekend before it happened. The next morning at Arcadia High School, in the middle of math class, Kyle suffered a seizure.

"I was in my dive class and I kept feeling my phone go off in my pocket. I had no idea what it was," David said.

The ambulance arrived and took Kyle to St. Joseph's Hospital and Medical Center in Phoenix. The family had no previous history of similar medical issues. David justified that it could be sleep deprivation or dehydration from their weekend. Still, the hospital referred Kyle to a neurologist.

Before his appointment, Kyle had another seizure. The Magnetic Resonance Imaging (MRI) found a golf-ball sized mass on the back right side of his brain. It was removed in about four and a half hours, but there was bad news: It was malignant.

From then on, Kyle was in and out of surgical rooms until his very last day. The family didn't hold a funeral, but rather a Celebration of Life for him at the bike shop on May 17. Over 300 people attended, so they had to clear the bikes out of the shop for more room.

"Everyone knew Kyle. Not just of him. They knew him," Mike said.

David couldn't think of just one word to describe his brother, but the words active, outgoing and vibrant all come to mind.

Donations in the form of money or bikes and accessories are graciously accepted at 5836 N. 16th St. in Phoenix, or on the website: www.gmfbikeshop.org.

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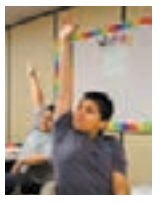
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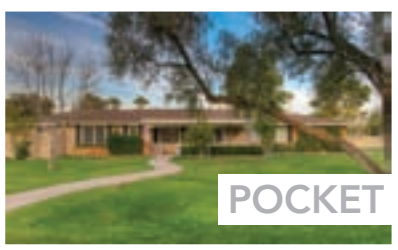
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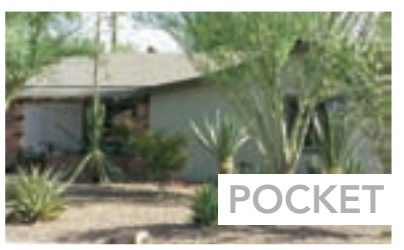
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What's Happening, Arcadia?

JULY 2014 EVENTS

Slammin' in Suburbia: A Creative Expression and Spoken Word Workshop

Scottsdale Museum of Contemporary Art
July 19 – 1 p.m.

A creative expression and spoken word workshop, this event is a truly artistic experience. Join "Phonetic Spit" for spoken word poetry and a tour of SMOCA's exhibition, Bill Owens: Suburbia.

smoca.org/event/slammin-suburbia-creative-expression-spoken-word-workshop

Phoenix Writers Club

Bluewater Grill
1720 E. Camelback Rd.
July 19 – 12 p.m.-2 p.m.

Join Phoenix Writers Club for lunch and member stories. Members and the public are welcome. For cost info and to RSVP by July 16, send an email with "Phoenix Writers Club" in the subject line to: Juneneeliepubl@aol.com.

Diamondbacks Star Wars Day

Chase Fields
401 E. Jefferson St.
July 20 – 1:10 p.m.

May the Force Be With You, as we once-again salute Luke, Leia, and the whole Star Wars crew. Each ticket package will include a custom Josh Collmenter Star Wars Bobblehead. All fans dressed in character will be brought onto the field for a pre-game parade.

arizona.diamondbacks.mlb.com/ari/ticketing/special_events.jsp#starwars

Family Day at the MIM

Musical Instrument Museum
July 26 – 9 a.m.-5 p.m.

Children can explore their musical talents with instruments, hands-on activities, comic videos and more. Kids and families from everywhere are welcome to join the fun!

mim.org/exhibits/all-events

Individualocracy: Urban Sprawl in Phoenix

Scottsdale Museum of Contemporary Art
July 31 – 7 p.m.

Learn more about how and why people choose to live in Phoenix with architect Matthew Salenger and professors John Risseuuw and Dan Mayer at this free event.

smoca.org/event/individualocracy-urban-sprawl-phoenix

Arcadia News Book Club

Saguaro Library
2808 N. 46th St.
July 31 – 6:30 p.m.

The Arcadia News Book Club meets at the Saguaro Library to discuss the book of the month as well as to Skype with the author. For more information, email amanda@arcadianews.com.

Target Free Summer Sundays

Heard Museum
July 1 – 29 – 11 a.m.-5 p.m.

The Heard Museum is able to offer free admission to visitors each Sunday this month with the support of Target.

heard.org/events/festivalsevents.html

Farmer's Market

Old Town First Street and Brown Avenue
Every Saturday 8 a.m.

Get seasonal specialties from local growers and specialty food producers. Well-mannered pets are welcome!

downtownscottsdale.com/events

Food Truck Caravan

Fifth Avenue and Goldwater Boulevard
Every Saturday 6:30 p.m.

Come taste a wide range of food from around the world as five to eight trucks out of 30 in the valley gather, connecting cultures and traditions.

downtownscottsdale.com/events

Summer Concert Series

Kierland Commons
15205 N. Kierland Blvd.
Every Saturday 7 p.m.-9 p.m.

Come out for this free concert series featuring a different group each Saturday. Space is first come, first serve and guests are welcome to bring chairs and blankets.

kierlandcommons.com/Events/SummerConcert_2014

ArtWalk

Main Street
Every Thursday 7 p.m.

Come downtown for a free artwalk along Main Street. Free trolleys and horse-drawn carriage rides are available to take you through the town as you explore restaurants and museums.

downtownscottsdale.com/events

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.



Arizona opens first autism charter school this fall

By Alessandra Dagirmanjian

Arizona takes a step forward in education for students with special needs as the state's first autism charter school for elementary students opens this fall. The community of volunteers and organizers dedicated to the construction of Arizona Autism Charter School (AZACS) celebrated its opening with a ribbon cutting and playground unveiling on April 30. AZACS will open its doors to 90 students from kindergarten to fourth grade this coming August.

AZACS stands out as the first approved tuition-free school in Arizona centered on educating students with autism and related disorders. Diana Díaz-Harrison founded AZACS in an effort to better educate children with autism like her son. She first noticed Arizona's need for this kind of specialized education when enrolling him in kindergarten.

"I didn't really feel like the staff in public schools had adequate training to help him learn," said Díaz-Harrison.

A former teacher with a Master of Education, Díaz-Harrison worked at Southwest Autism Research and Resource Center, where she gained the skills and knowledge to bring together a group of professionals in the community to start a school. With small class sizes and a student-to-staff ratio of three-to-one, AZACS hopes to give students individual attention to allow them to reach their full potential.

"It's a focused approach with individualized attention and that's really what students with autism need to make progress, because they have serious deficits in language and communication as well as social interaction," said Díaz-Harrison.

AZACS is founded on a method of education endorsed by the American Academy of Pediatrics as well as the Surgeon General called Applied Behavior Analysis or ABA Strategies. A board-certified analyst will work with the highly trained teachers at AZACS to ensure that the strategies are used correctly and effectively every day. Díaz-Harrison stressed the ability of such strategies to recognize and record the advancement of students at AZACS.

"It's data driven so that every day, students are making progress that is measurable," said Díaz-Harrison.

The charter school has already enrolled enough students for the fall to reach full capacity with a wait list for additional students. Local parents have fully embraced the opening of the school and are excited for the opportunities it offers their children.

"My son was recently asked to leave his school due to his autism and the school's lack of knowledge and tools to support him. I was greatly relieved to find the Arizona Autism Charter School, because the ABA curriculum and additional therapies they will provide are exactly what my son needs for the best chance to succees in his education and life," said Carineh, mother of a six-year-old child with autism.

Both private donors and volunteer contractors have supported the opening of the school as well. Díaz-Harrison feels positively about AZACS and is already planning for the future.

"We're central right now, but there's a lot of need in the West Valley. Our goal would be to open another site once we get this one up and running as efficiently as possible."

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Keeping connections alive for siblings in foster care

By Christina Surrano

What are your plans for the summer? Will you be spending time with your family?

In spite of efforts to keep them together, about 7,500 of the 10,000 children with siblings placed in foster care in Arizona are separated from one or more of their siblings. The pain of this additional loss to an already traumatized child can be acute.

Conversely, one can imagine that the positive impact of maintaining a lifelong relationship with a sibling, someone who shares the same history, can be profound, particularly in a life filled with challenges, change and uncertainty.

For that reason, native Phoenician JoAnne Chiariello, director of family support services at Aid to Adoption of Special Kids (AASK), has devoted years to creating a sustainable foster siblings program within the nonprofit support organization. She and the team at AASK launched their siblings program about a year ago.

The program currently includes bimonthly, but eventually monthly, two-hour-long activities such as bowling, trips to the Arizona Science Center and similar activities. This July will be the very first weeklong siblings event for AASK.

According to Chiariello, far more siblings will be able to participate in the camp than in the bimonthly activities. Transportation for the siblings, who may live at opposite ends of the sprawling greater Phoenix area, has proved to be the biggest challenge for the short, two-hour-long events. But for the camp activities, that will not be an issue.



AASK siblings, Sierra and Amelia

Located in Payson, the camp is a cooperative endeavor with ASU, their College of Social Work and a nonprofit organization which manages Camp Tontozona. Ninety campers will be guided by 42 counselors (mostly ASU social work students) and seven staff members through activities which most of the campers have never before experienced such as kayaking, rappelling, horseback riding, photography, orienteering and a hike to a large swimming hole.

Inspiration for the AASK siblings program and summer camp comes from a similar nonprofit program offered in other states and Australia called Camp to Belong whose curriculum Chiariello assisted in developing about 13 years ago. She is still involved in the lives of some of those siblings and can see firsthand the impact.

Chiariello shared, "One year, one little girl said, 'You know, I get one hour a month with my siblings. That's 12 hours a year. At camp, I've had an opportunity to have an entire week. How many years would it take me to get that much time with my brothers?'"

Chiariello continued, "It's really powerful when the kids talk about it and you hear it from their perspective and what it means to them. You see it in their faces; you see it in how they play."

Chiariello has spent 20 years in social work and you can hear in her voice no superficial bubbling optimism of blissful ignorance. But what is apparent from her work and the genuine smile that peeks in and out during conversation is that hope and love remain.

Thanks to the dedication, vision and kindness of AASK and those who support it, 90 siblings in foster care will enjoy a magical week this July.

For more information about AASK, visit www.aask-az.org.

For more information on child welfare, visit www.childwelfare.gov.

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AHS students travel overseas in sister cities program

By Christina Surrano

Living in a foreign city, navigating life in another language, eating unfamiliar foods and living with a host family might seem intimidating to some, but not to five area high school students participating in the Phoenix Sister Cities Youth Ambassador Exchange Program.

Of the 80 applicants who applied for the program, 23 were selected, and five of those are from Arcadia. They are Henry V. Mackey, 17, of Arcadia High School traveling to Catania, Italy; Rae Aaron, 17, of Arcadia High School traveling to Hermosillo, Mexico; Elena Pierson, 17, of Arcadia High School traveling to Himeji, Japan; Ari Bradshaw, 16, of Phoenix Country Day School traveling to Prague, Czech Republic; and Emily Rauch, 18, of Arcadia High School traveling to Taipei, Taiwan.

This year's program sent the students to nine of Phoenix's 10 sister cities around the globe, where they stayed with host families. The students will then return home and open their homes to their host family's son or daughter when they come to Phoenix in late July.

"There is only so much you can learn from books and shows to really understand someone's walk of life," Pierson said. "This program helps you learn about teenagers around the world, and gathering that and taking it to heart can help you go a long way."

To qualify for the program, high school sophomores and juniors have to go through an application and selection process. The students are selected on the basis of their communication skills, maturity, flexibility, leadership and self-confidence, said Misty Cisneros-Contreras, youth and education program manager for Phoenix Sister Cities. The students then attend a series of meetings to prepare them for their trip.

The students do not get to choose which city they will visit. During the trip, they have a fairly structured agenda of sightseeing, learning and meeting the mayors of the Sister Cities, Cisneros-Contreras said. When their counterparts come to stay in the U.S. homes, they will also get to experience many uniquely Arizona experiences, such as visiting the Grand Canyon and attending a Diamondbacks game. The visitors even take a trip to Disneyland.



(From left to right) Elena Pierson (AHS Junior), Henry Mackey (AHS Junior), Emily Rauch (AHS Junior), Ari Bradshaw (PCDS Sophomore), and Rae Aaron, me, (AHS Junior).

Bradshaw, who was assigned Prague, Czech Republic, said he was happy with the decision. He studied the language in preparation for the trip.

"I've always loved Eastern European culture," Bradshaw said.

Cisneros-Contreras said that the students are excited to travel, but that oftentimes they are most excited for the part of the experience when their host family's son or daughter comes to the United States.

"I'm excited to brag about how cool my city is and show off everything we have to offer," said Mackey. "I'm really looking forward to the son of my host family's expression after a really hot day and jumping into the pool."

Mackey's mother, Laura Mackey said she is excited about her son's opportunity.

"He is an only child, so it's really great for him to be able to grow this way and have these experiences before he goes to college," she said.

Pierson's mother, Margaret Pierson is also excited and looks forward to the lessons her daughter will learn.

"I want her to realize that the world is not as big as it may seem," she said.

Rauch said she is hoping to learn from the experience and also test herself.

"I'm hoping to gain new experiences, and having to do new things and seeing how I adapt to new situations and being placed in different cultures," Rauch said.

Program executive director, Paula West said the experience is "life changing" and that it not only opens students' minds to new cultures, but also prepares them for today's global society.

The nonprofit program, created in 1972, is funded through private donations and students' families. Phoenix Sister Cities funds half of the airfare between Phoenix and the selected sister city through private funds, while the remaining half is the responsibility of the youth ambassadors and their families.

The purpose of the partnerships between Phoenix and its Sister Cities is to offer a forum for fostering and encouraging mutual understanding, friendship and peace through cultural, social, educational and economic exchanges between the people of Phoenix and the people of the Sister Cities.

Aaron, who was assigned to Hermosillo, Mexico said she understands the importance of her trip.

"I'm hoping to establish a relationship that will last, not just between the other student and me, but between our two communities, my family and her family that will help to ease tensions and break stereotypes," Aaron said. "It seems kind of crazy to think you can make a difference as a high school student traveling to another country, but I hope I can learn a lot and share it with my community."





Arcadian Cottage creates furniture with old-world flair

By Agnel Philip

A Washington, D.C. native, 46-year-old Chris McGean, came to Arizona to start a new career: antique-style furniture making.

"I've always had an interest in furniture, especially antique furniture," McGean said. "Mostly because that was furniture typically made by hand. From an early age, I've appreciated that skill."

He moved to the valley in 1999, after a stint in the family business in Hawaii, to turn his passion of woodworking and furniture making into a career. Now, his company called Arcadian Cottage ships to states all over the U.S. and countries all over the world including Australia, Canada and England.

McGean has no formal training in furniture making. In fact, part of what drew him to Arizona was an apprenticeship with a local antique restorer named Wesley Matlosz.



"I had inquired with him whether or not he would need somebody to basically work under him," McGean said. "And he gladly accepted my offer."

Soon McGean was making his own custom pieces for wholesale.

McGean said all of his pieces are handmade. Arcadian Cottage is famous for its tables, which range in size from four to 14 feet long. The main dining table at the Pizzeria Bianco in the Town & Country shopping center was custom made by McGean.

Other furniture pieces include cabinetry and accents, McGean said. Some pieces are made with reclaimed wood that is more than 150 years old.

Arcadian Cottage is run primarily through its website and an Etsy page started in 2011. His work is sometimes featured at wholesales, McGean said.

McGean said he is looking into opening up a physical store in either downtown Phoenix or Arcadia by 2015.

Joining McGean at Arcadian Cottage is his girlfriend, Heather MacDonald, who is involved in both the furniture making and financial side of the business.

"When I met Chris, we had a good connection of love of things old," MacDonald, 40, said. "So, with his work, he kind of recreates furniture to give it that old-world look."

MacDonald, who was introduced to antiques by her mother when she was younger, said she works full time in Banner Health's research department, and is thus confined timewise to building small pieces. However, McGean said she has an aptitude and passion for furniture building.

"She got the woodworking bug in her," McGean said. "Actually, I've been quite amazed at how she's taken to learning the different tools and such in the shop and creating her own things. She's a quick learner."

McGean, who lives just south of Arcadia, said he considers this area his home.

"Arcadia is kind of our stomping grounds for everything," he said. "We feel that it's our neighborhood."



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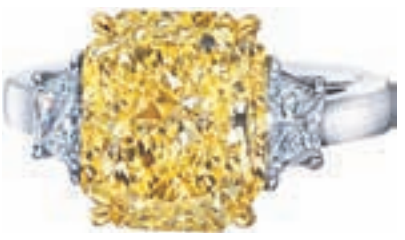
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Celiac diagnosis generates blog and book

By Danica Worthington

Is the gluten-free diet becoming just another fad like the Atkins diet?

For Erica Dermer, author of *Celiac and the Beast*, removing gluten from her diet is not just a trend — it's a necessary dietary change.

Dermer, an Arcadia resident, began raising awareness by writing a blog called "Celiac and the Beast" and later expanded on it in her book with the same title in October 2013. Her sarcasm and humorous tone place a personality on the subject, so non-celiacs can better understand the challenges.

"If someone goes into a restaurant and orders a gluten-free pasta dish, and then a regular brownie for dessert—the restaurant might think everyone on a gluten-free diet is faking it," she said.

To Dermer, it seems people are opting to eat gluten-free because they think they'll shed a lot of weight, "but if they're eating gluten-free muffins, cupcakes and bagels they won't lose weight."

The diagnosis of celiac disease is often misconstrued. There are over 300 different symptoms to having gluten intolerance. Some common indications are mouth ulcers, stiff joints, nausea and feeling full due to a slow digestive tract.

Dermer was misdiagnosed several times before doctors realized what it was. Different doctors initially concluded she had an ulcer, H. pylori infection or gastro paresis. She always tested negative for celiac disease.



After her diagnosis, Erica Dermer began educating others.

According to Dermer, she wasn't eating enough gluten to show up on diagnostic tests. "I know it sounds crazy to keep yourself sick so you can get diagnosed, but that's why I tell people to not go gluten free until they've been tested."

In 2008, Dermer didn't know much about the disease until she found out she had it. "No one really talked about it as much as we do now, and there weren't as many options available to us in the grocery store," she said.

A seldom-known fact about the disease is that for the most sensitive, even applying lipstick can present a risk. Her blog emphasizes the importance of using non-gluten lip balm, lotion and other skin products because the body absorbs it.

Even today, it's rare to find a 100 percent gluten-free restaurant, but there are some. Dermer frequents Jewel's Bakery and Cafe on East Thomas Road. Other safe establishments are The Stand, Chelsea's Kitchen, La Grande Orange (LGO) and Pita Jungle.

"Being on a 100 percent gluten-free diet is incredibly challenging, and if I didn't have to be on it, I wouldn't be!" Dermer said. "But for a celiac, there's no other choice."

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5 MOST IMPORTANT Estate Planning Documents

by Sharon Ravenscroft, Esq.

Estate planning documents protect families when there is illness or death and in regard to finances and health. Here are the five most important estate planning documents:

1 **Last Will and Testament** provides a simple way to authorize the person to take care of children's living arrangements called the guardian and sets out how assets are to be distributed.

2 **The Revocable Trust** agreement allows you to choose the person you want to over see your assets for your children in the way you want it distributed. Otherwise, the court has to be involved which will limit how it is used and disperse it all out when the child reaches 18.

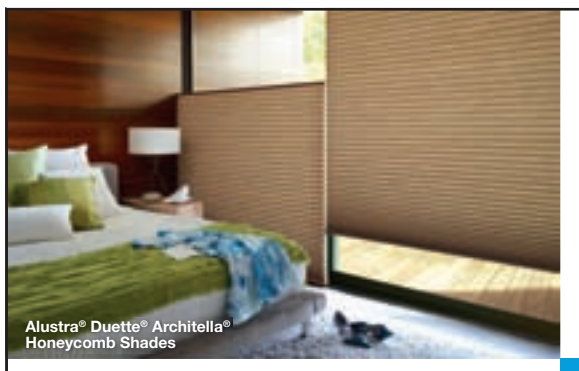
3 **Durable power of attorney** authorizes a person to handle your finances and business decisions without court involvement. Without a power of attorney for finances, if a person becomes incapacitated, a spouse has no legal authority to handle 401ks, IRAs or other financial decisions. A financial power of attorney is "durable" if it remains in effect even if the person writing it becomes incapacitated.

4 **Health care power of attorney** designates your choice of who will assist and oversee health care. You can avoid court involvement for any health care, whether medial or mental health care, such as when Alzheimer's or brain injury occurs.

5 **Health care declaration,** often called a living will, this allows you to direct what sort of end of life medical care you will allow.

Sharon Ravenscroft, Esq.
The Cavanagh Law Firm, PA
Phoenix and Sun City offices
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Disney's latest look at Sleeping Beauty underwhelming



Julie *@ the Movies*

Maleficent

Director:
Robert Stromberg

Starring:
Angelina Jolie, Elle Fanning and Sharlto Copley

By Julie Demetros

Films like *Maleficent* start out with a wealth of potential, but are judged on how well they make use of it. Unfortunately, this retelling of the classic fairytale, "Sleeping Beauty," misses the mark too often to be appreciated at face value.

Most people have already heard the story of Sleeping Beauty, but not many have heard the one that starts before Princess Aurora was even born. This is the tale of Maleficent.

As a child, Maleficent (later portrayed by Jolie) lived peacefully in the moor amongst her fellow fairies as well as many other magical creatures. She grows up to be the most powerful protector of her and her kind's home, so when an army invades the land she rises to meet them. Though she emerges victorious, Maleficent suffers a horrendous betrayal in retaliation that turns her warm heart cold. Consumed with rage and set on revenge, she faces the king's successor (Copley) and curses his newborn daughter, Aurora (later portrayed by Fanning). However, things never seem to go quite as planned in Maleficent's life, and it is no different when it comes to the young princess.

While the concept of the movie, making it darker and arguably even commenting on today's society as a whole, all sound fantastic, the writing doesn't do the idea justice.

It starts off with an overview of Maleficent's past leading up to her punishment of the king by cursing his daughter, which is actually depicted rather well with great visuals to help along the story.

This is something that many similar movies have done to set up the story, especially fairytales. The difference between those and *Maleficent* is that the others tend to finish telling the backstory and dive into the dialogue and action, taking us into that world instead of keeping us out.

Yet there doesn't appear to be much of a difference in how Maleficent's background is shown and how much of the remaining story is told. There is an excessive amount of voice-over explaining what happens, and not nearly enough scenes simply showing it.

The writing of the characters aside from Maleficent is another fault of the film. Aurora is a simple character, and so is the king in his own way. The audience isn't given the chance to get to know anyone aside from Maleficent, with perhaps the exception of her right-hand man.

Diaval, the raven she saved and turns human at will, is the only character given anywhere near as much attention as the dark fairy, simply because he is nearly always at her side. It's as though everyone aside from the title character is only in the movie as a moving prop for her to interact with, but they don't have much of a personality of their own.

This isn't to say there isn't anything good about *Maleficent*. As said before, the beginning sequence about her past is done well and the darker notes are hit without fail. Without giving anything away, there is one part in the end that was a pleasant surprise, as well.

Entertaining enough to kill an hour and a half, but not enough to spend the money to go to a theater, *Maleficent* is much better in theory than in practice and only gets two stars from me.

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

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Book Club is the perfect place to discover new titles

Book *Club*

By Amanda Goossen

Summer reading! How big is the stack of books you're hoping to get through before Labor Day?

Or, perhaps you only have one or two that you're determined to read.

Are you straddled with a couple best sellers everyone's been talking about but you haven't had a chance to pick up? I know I am. It's so much fun to finally read a book that's been a topic of conversation and then decide for yourself if it's worth all the chatter.

There is no better place to talk about the overhyped memoirs, the page-turning suspense novels and the sentimental love stories than at a book club. If you don't already belong to one, consider joining one of *Arcadia News* Book Club's monthly meetings.

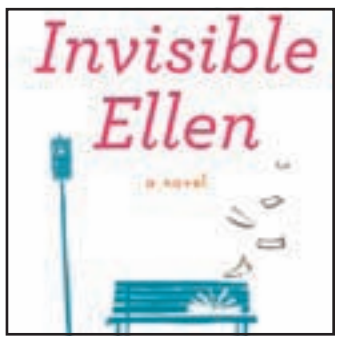
This month the *Arcadia News* Book Club will meet at the Saguaro Library on July 31 at 6:30 p.m. We will discuss *Somewhere in France* by Jennifer Robson and take part in a Skype conversation with the author. Refreshments will be served and we will raffle off an assortment of prizes. Raffle tickets are $5 and the funds raised will go to the *Arcadia News* Assisting Neighbors program.

Email Amanda@arcadianews.com if you'd like more information or to RSVP to the event.









BOOK OF THE MONTH

SOMEWHERE IN FRANCE
By Jennifer Robson

Prepare to be swept away by the beauty and love within the pages of Jennifer Robson's novel, *Somewhere in France: A Novel of the Great War.*

Lady Elizabeth Neville-Ashford doesn't see herself as a modern woman, she just prefers to read and travel to sitting within the walls of her family's grand estates. Her wish, however, to give support to the war in 1914 is entirely against the rather rigid expectations of her mother, who enforces the rules of aristocratic British society.

Lady Elizabeth, or Lilly as she becomes known, would rather die than live a life of lavish confinement and high tea and severs ties with her parents, running away to London with only a suitcase in hand and the address of her former teacher.

Eventually deciding to join the newly formed Women's Army Auxiliary Corps as an ambulance driver, Lilly finds herself living a dream of helping others while experiencing adventure and camaraderie. Love, it seems, is also on the horizon.

After running into Robert Fraser, her brother's best friend who also happens to be a handsome Scottish surgeon, a connection is formed. Their relationship will have to find a way to grow as the Great War intensifies, since both Lilly and Robert are too close to the front line.

Somewhere in France is a gorgeous novel with intense characters, vivid description and the story of love between friends, family and especially Lilly and Robert that will hit readers at their core.

Amanda Goossen is the Editor of Arcadia News and began the Arcadia News Book Club two years ago. A former book reviewer for Publishers Weekly, Amanda can always be found with her nose in a book.

SCHOOL AGE BOOKS

By Dan Wirtel

REBOOT
By Amy Tintera

Reboot by Amy Tintera tells the story of a 17-year-old girl named Wren who died of multiple gunshot wounds. Now though, she is a Reboot, which means she came back to life stronger, faster and able to heal quicker than a normal human. The longer a human stays dead before they reboot, the less emotional they become and because Wren was "dead" for 178 minutes, she is one of the deadliest of the Reboots.

Wren meets a Reboot named Callum who was dead for only 22 minutes, making him practically human and he quickly helps change Wren's thinking toward the world.

This book is a real page-turner and you'll want to find out what happens in the sequel "Rebel."

TALKER 25
By Joshua McCune

In *Talker 25* by Joshua McCune, dragons have come to Earth and no one really knows how or why. People live in fear, fencing in sleeping dragons to protect themselves. Not all humans, however, are scared of dragons. In fact some humans live with the dragons and ride on their backs. These humans are called Farmboys or Farmgirls and are considered traitors, hated by other humans.

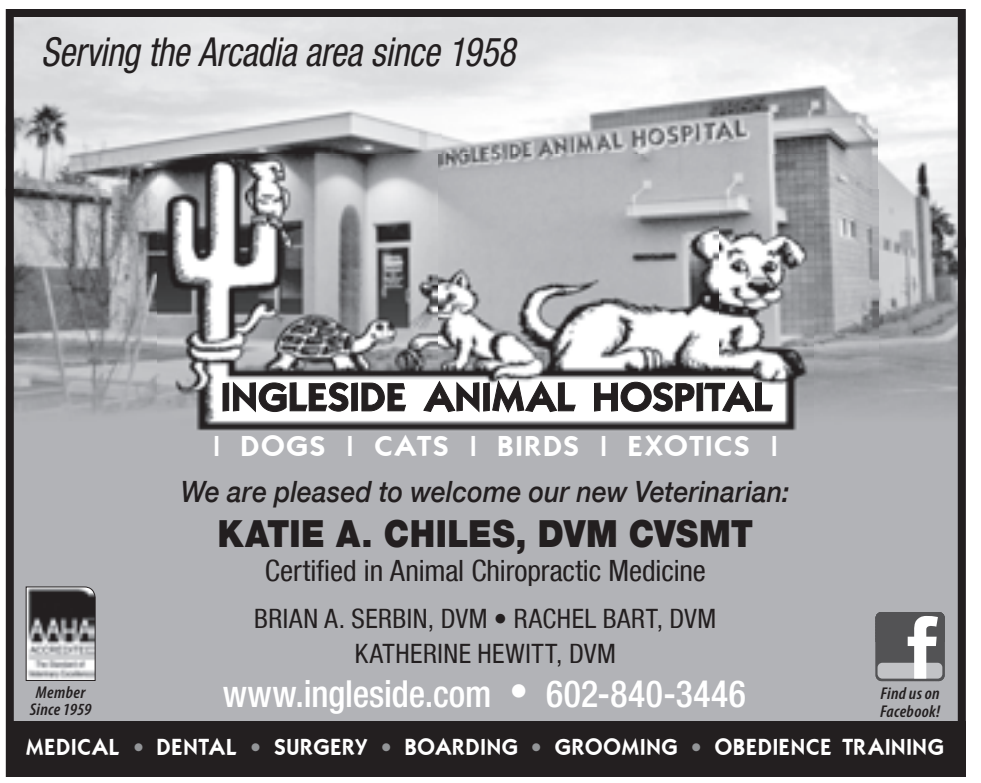
Melissa Callahan hates dragons but when Melissa meets a dragon called Old Man everything in her life begins to change. She's captured by the military and sent to a secret base in Antarctica. There she will face many challenges and make friends with some other prisoners. She is not Melissa anymore, though; she is Talker 25.

INVISIBLE ELLEN
By Shari Shattuck

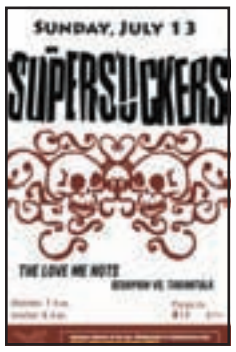
Ellen has been trying to make herself invisible to other people since she was young. When a blind girl named Temerity is about to be mugged, Ellen chooses to save her. Because of Ellen's courage a new friendship is born between Temerity and Ellen. In this small but meaningful friendship there is humor and many surprises.

Dan Wirtel is an avid reader and a sophmore 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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Large events and intimate shows headed to the Valley











Music Notes

By Craig Goossen

The temperature's rising, but it's the shows that are heating up the most. Huge acts will be rolling through Phoenix in July with some of the highlights being Kiss and Def Leppard at Ak-Chin Pavilion on Jul. 9, Boz Scaggs at Talking Stick Resort on Jul. 10, Mayhem Festival Jul. 11 at Ak-Chin Pavilion, Steely Dan Jul. 15 at Comerica Theater, Motley Crue and Alice Cooper Jul. 19 at Ak-Chin Pavilion and Lady Gaga on Jul. 30 at U.S. Airways Center. This month's music mix highlights several of the more intimate shows in our area along with a marquee attraction country show.

SUPERSUCKERS: NEVER LET ME DOWN AGAIN (2014)

Rooted in Arizona and most definitely an all-American rock 'n' roll band of the highest order, Supersuckers have been pumping out real rock and, at times, country western classics since the early 90s. With their latest release they prove to be in perfect form to rip up the Rhythm Room. The selected track from their latest release should get your juices flowing and is of all things, a Depeche Mode cover. It'll be a stacked bill on the 13th, as The Love Me Nots and Scorpion vs. Tarantula are scheduled to open up, so take the easy ride down Indian School and catch this show.

Supersuckers perform on Sunday, Jul. 13 at the Rhythm Room, 1019 E. Indian School Rd. in Phoenix. Tickets are $15 and the show is 21 and over.

NATURAL CHILD: OUT IN THE COUNTRY (2014)

This is a high quality Nashville garage band that's stepped it up big with their sound for their latest release on the red-hot Burger Records label. It's a fuller sound, but still steeped in the cool laid-back sounds they've been putting out since their debut. The show will be a can't miss and it's all happening for free, courtesy of Yucca Tap Room.

Natural Child performs on Monday, Jul. 21 at Yucca Tap Room, 29 W. Southern Ave. in Tempe. Tickets are free and the show is 21 and over.

THE STOOGES BRASS BAND: WIND IT UP (2003)

Accomplished, exciting and downright funky, there's a brass band coming to our city from New Orleans and I can't urge you enough to be at the Rhythm Room to celebrate. Stooges Brass Band has built a well-earned reputation for being one of the great live shows roaming our fine earth.

Stooges Brass Band performs on Wednesday, Jul. 23 at the Rhythm Room, 1019 E. Indian School Rd. in Phoenix. Tickets are $14 and the show is 21 and over.

DIERKS BENTLEY: FIVE (2014)

No nudging will be necessary to get you out to see Dierks, but this will serve as a courteous reminder that he's coming to town.

Dierks Bentley performs on Saturday, Jul. 26 at Ak-Chin Pavilion, 2121 N. 83 Ave. in Phoenix. Tickets start at $38.25.

RICH ROBINSON: DOWN THE ROAD (2014)

A founding member of the Black Crows and emerging as a formidable solo artist, guitarist Rich Robinson lays down some killer grooves on his latest, Ceaseless Sight. The featured track will give you an idea of how great it will sound in the Rhythm Room that night.

Rich Robinson performs on Sunday, Jul. 27 at the Rhythm Room, 1019 E. Indian School Rd. in Phoenix. Tickets are $25 and the show is 21 and over.

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







Youth sets lofty goal and accomplishes Alcatraz Swim

By Nicholas Smith

The moment had arrived. Over seven months of training had led Jason Teetsel to this. He stared down at the choppy water before him and felt a wave of nerves sweep over him. Behind him was Alcatraz, the famous prison in San Francisco. In front of him, a mile and a half away, was the safety of the shore.

Jason's journey to Alcatraz had begun on a baseball diamond almost a year earlier. While playing for his little league team, Jason heard his teammate, Devin Esser, talk about a swim he had recently done. Devin had been training for the last year to complete the one and a half mile swim from Alcatraz to the shore in Aquatic Cove. The story made an impact on Jason, who was impressed by his friend's adventure. But there was a difference between the two boys. Devin was a competitive swimmer who had been competing for years. Jason had taken little more than a few swim lessons.

Still, the idea of doing the swim stuck with Jason, and he began to talk about it frequently with his mom, Claudia.

"I remember telling Jason that he could do this, too," she said. "But I explained to him that this wasn't going to be easy. It was going to take time and commitment."

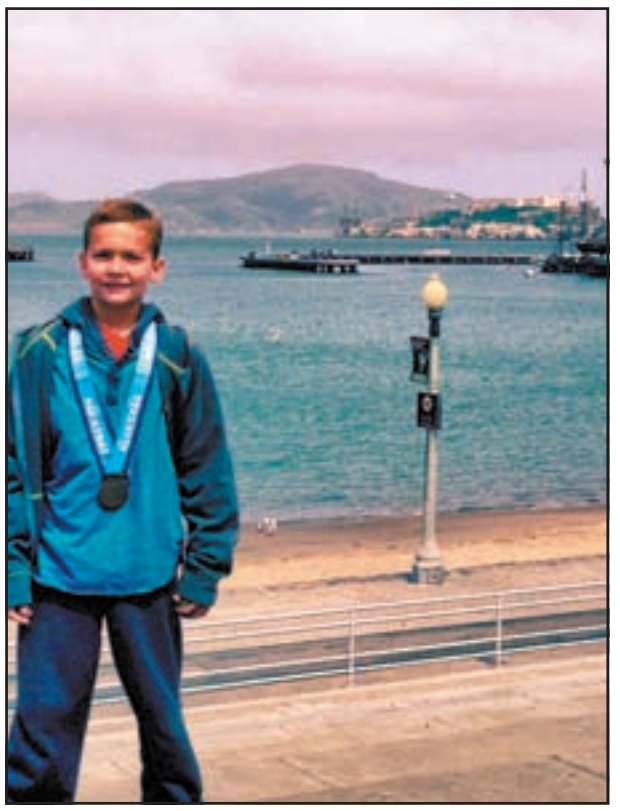
Jason was not deterred by his lack of swimming experience or the idea of putting in long hours of practice, and he excitedly began training for the swim during September of last year. He trained with Devin, who would be doing this swim a second time, and with two other Arcadia neighbors, Sarah Wright and her daughter, Lauren. Lauren is a seventh-grader at Veritas.

"The kids trained for months and months to do this swim," said Claudia. "They would swim two to three times a week for distance in the pool."

The most difficult part of the training came during the winter months, when the kids were taken to Bartlett Lake. They practiced swimming in the lake for the sole purpose of getting used to the cold. By November, everyone wore wetsuits, as the water temperature dropped into the low 50s.

Through it all, Jason worked and worked to improve his swimming skills. Week after week, he continued to practice for the big day. Although just 10 years old, he never seemed to lose sight of his goal.

"Sometimes practice got a little annoying," he said. "But doing the race sounded really cool."





Jason Teetsel completed the mile and a half swim to Alcatraz.

On Thursday, Apr. 10, Jason made the trip to San Francisco. Friends and family had spent the final few weeks wishing him well and giving him advice. One friend of the family told him to make sure he paused during the swim to take in the unique view he was sure to have.

Friday morning dawned and the swimmers headed to Alcatraz. The water was very choppy, and some would say it was the toughest water conditions the swim had experienced in eight years. It was then that Jason finally began to feel nervous. After all the hours, weeks and months of training and thinking for the race, the four Arcadia natives were ready for their big moment.

"Right before I jumped off I got really, really nervous," Jason admitted.

Although Jason was understandably feeling the nerves, they were probably nothing compared to what his mother was feeling.

"I was absolutely nervous," she said. "It was hard to think about my son being out there all on his own."

Claudia received reassurance moments before the race began, when Jason was paired with his "swim angel."

"There are these older swimmers who live in San Francisco who do this race all the time," said Claudia. "They will be swim buddies for the kids during the race, just to keep an eye on them and make sure they're doing okay."

One of the older men came up to Claudia and let her know that he would be swimming next to Jason during the race.

"That helped me," she said. "Just to know someone would be looking out for him."

The moment was finally at hand and the swimmers were given the go-ahead. Jason jumped into the water and began his journey.

The water that he felt was a chilly 58 degrees, cold enough to send most people running for their towels. But having been toughened up by hours in Bartlett Lake's sub-55-degree temperatures, Jason was able to swim through the frigid waters.

The hours of swimming over the last seven months would come in handy, as Jason began to make good time on his way to Aquatic Cove. But the choppy water wasn't easy to navigate.

"I swallowed some water," he remembered. "I felt a little sick."

Continued on page 57

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Alcatraz

Continued from page 56

Halfway through the race, he suddenly remembered the advice of his friend and stopped racing. He treaded water and took a look around at the view that few people get to experience. Behind him was Alcatraz. To his side he could see both the Bay and the Golden Gate Bridge.

"I'm glad he did that," his mom said. "It'll be a nice memory for him to have."

By the homestretch, Jason was feeling nauseated from all the water he had swallowed. But the months of training paid off, as he finished the race in one hour and five minutes.

Claudia was there at the end to greet him.

"I bawled my eyes out when I saw him at the end," she said. "I was so proud of all his hard work."

Jason wrapped up his weekend after the Alcatraz swim. Devin, along with Sarah and Lauren, swam the Golden Gate swim the next day.

Although it was a great accomplishment, Jason announced an early retirement from his adventurous swims.

"I felt really, really good when I finished," he said. "But I don't think I'll do it again. I think I'm done."

As a 10 year old who just swam one and a half miles on his own, few would argue that Jason has more than earned some well-deserved rest.

Hit a consistently good shot on sidehill lie

Golf *Tips*

By Tina Tombs



Last month we discussed hitting on an uneven lie. A lesson on the art of a consistently good sidehill lie shot comes next.

Ball Above Your Feet:

1. Choke up on the club because the ball is closer to you on this lie.
2. Aim to the right of the target and move the ball position back in your stance to make solid contact with the ball.
3. A shorter swing with the concentration on your balance is more effective on a sidehill lie.
4. To stay in balance during the swing, check that your weight stays in your toes throughout the swing so you don't fall away from the hill while you're in motion.

Ball Below Your Feet:

1. Use the full length of the club because the ball is further away from you on this lie.
2. Aim to the left of the target and move the ball position more to the middle of your stance to make solid contact with the ball.
3. A shorter swing with concentration on your balance is especially important on this sidehill lie.
4. Keep your weight on your heels and maintain your knee flex (this lowers your center) throughout your swing. This will help keep you in balance throughout your swing so you don't fall down during your swing.

A practice swing is recommended as a balance check with all uneven lies. The ball above your feet will tend to go left and travel at a lower trajectory. The ball below your feet will tend to go right and travel higher than normal.

Remember these few tips and you will have success on the course!

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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Coach and track team win championship after 30 years

By Nicholas Smith

Sometimes the smallest decisions in life can end up having a much larger impact. This is the case when it comes to the career of Arcadia High School track coach, Rob Reniewicki.

A Phoenix native and a graduate of the University of Arizona, Reniewicki was offered the exact same job by two different high schools. Both Arcadia High School and Saguaro High offered him a job teaching chemistry and coaching the track and field team.

"Same exact job," Reniewicki reflected. "To be honest, I decided to take the Arcadia job mostly because it was closer to my house."

Few would say that was a bad decision. Next season will be Reniewicki's 30th at the school. Although he has coached many memorable and talented teams, Arcadia had never won a track and field state championship during his tenure. But Reniewicki says that isn't his foremost goal in the first place.

"Obviously you want to do your best," he said. "But the goal really is to find the right place on the team for each kid to excel."

Reniewicki and his coaching staff will usually try athletes in a variety of events during their freshman season and the practice can continue when the students are sophomores. By the time they are juniors, the coaches hope to have found them the event at which they can succeed best.

"Sometimes you get a kid who wants to be a sprinter," said Reniewicki. "But then you'll see him long jump and you'll say holy cow! This is where he needs to be!"

This year's Arcadia boys track and field team was stocked with talent. The coaches knew this team had a shot at being Arcadia's first state champions, but they knew that talent isn't a guarantee to always win.

"We had a team last year that I think was more talented than this year's team," Reniewicki said. "We finished fourth at state."

This year's team only won one event all season. But their sole win was the one that mattered the most. The team gathered enough points during the season to qualify for state, and once they were there, the team stepped up huge.

Senior Tim Duckworth led the way, scoring in four different events. He won the pole vault, finished second in high jump, fourth in long jump, and fifth in the hurdles. The Arcadia team scored 49 points the day of the state meet; 24 of them came from Duckworth.

Aiding Duckworth were his teammates, who stepped up in their respective events. Will McClelland finished second in the half mile and was part of the 4 x 800 meters relay. His relay team members were Ethan Woodward, Agazi Yohannes and coach Reniewicki's son, John, who also came in fifth and sixth in the two mile and mile races respectively. Junior A.J. Bates also brought home points with a sixth place finish in the 300 meter hurtles.





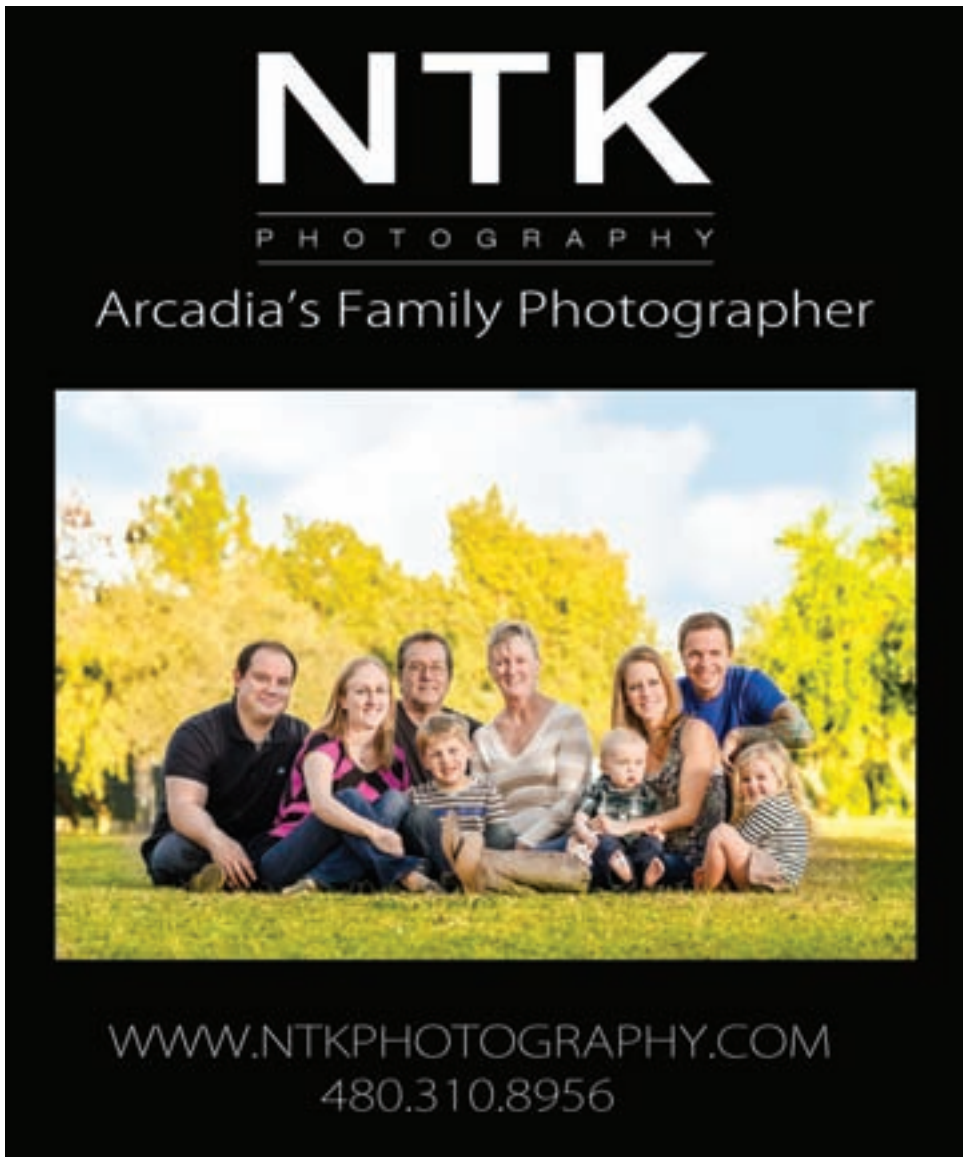
(Top) Coach Reniewicki with his son, John and daughter, Megan. (Bottom) Left to right: John Reniewicki, Tim Duckworth and Ethan Woodward hoist the State Championship trophy.

It was more than enough to bring home Arcadia's first boys track and field championship. Reniewicki didn't believe it until it officially ended.

"I told my wife it was such a relief," he said. "We had two whole days of being nervous and strange things happen in high school sports. Kids trip and fall, get bumped. Things don't always go as planned."

Coach Reniewicki plans to fly past year 30 at Arcadia, stating he hopes to stay on at least a few more years. He also made sure to give out praise to his assistant coaches.

"Without those guys, none of this happens." he said. "They deserve as much credit as anyone."





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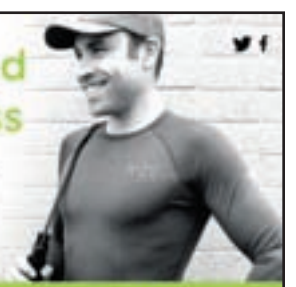
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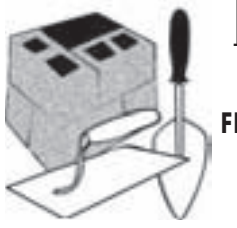
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