Arcadia News

Vol. 22 No. 5 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | August 2014

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Joe Mettler is a staple of the community, keeping a watchful eye on our children as they head in and out of our local schools. To honor the man who stands proudly in front of our kids, AAA awarded Mettler with the 2014 Crossing Guard of the year award.

Arcadia News Places we love

LOOK INSIDE!

EXTRA DINING COVERAGE

The 2013-14 *Arcadia News* Teachers We Love were honored at our first annual luncheon at The Henry.

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The halls of AHS will have a new commander this year, as the students and staff welcome a new principal.

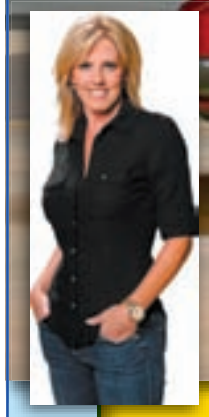
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49 Beloved Bookstore Opens
After 40 years in Tempe, Changing Hands Bookstore has brought their cherished concept to Phoenix and delivers impressive shelves of books to a community hungry for literature.



Cover Image:
By Nicholas Kulyniak,
NTK Photography



Summer break gone too fast

By Amanda Goossen

Editor's Notes



They say the older you get, the quicker time will pass. Boy, is that the truth.

How was your summer? Did your family head out of town, sweat the days away or a little bit of both? Are you ready for the kids to head back to school?

I have mixed feelings here. We had a great summer. I opted for a more carefree experience for my kids this year. Less planned and more flying by the seat of our pants. The entire school year is regulated by a strict calendar, something I debate constantly. I decided for the summer we would do away with all the "musts" and let the kids be kids.

And it worked!

As it turns out, the Goossen family is pretty good at being spontaneous.

We laughed. We learned. We spent a lot of time together. And with two kids ages six and eight I understand how precious this time has become. The conversations that happened this summer with my daughter astonished me. Without the pressures of looming homework and baseball practice, we spoke about life and music, books and writing. Friendship and love. The little girl who jibber jabbers all day long about this and that had insights and opinions, an intelligence with which I'm glad I got to spend unending time.

Not to say that the return of school has me totally devastated. Routines are important. Schedules are helpful and the minds of young kids need math, reading and social studies five days a week, nine and a half months a year.

Plus, a mother needs a moment of peace once in awhile and I don't know about you, but I'm ready for lunch with a friend or a date with my husband.

If you too are ready to raise a glass and toast the beginning of the school year, *Arcadia News* has you covered with our first special section based around Dining and Nightlife.

Learn about delicious restaurants and enjoy great recipes from both your neighbors and top chefs.

The *Arcadia News* staff and writers even got together to share a few of our favorite things to eat, both at home and around town.

In addition to the dining coverage, we've dug up news regarding the 2014-15 school year, administrative changes and exciting programs.

Cheers to a wonderful August 2014 and as always, thank you for reading the *Arcadia News*.



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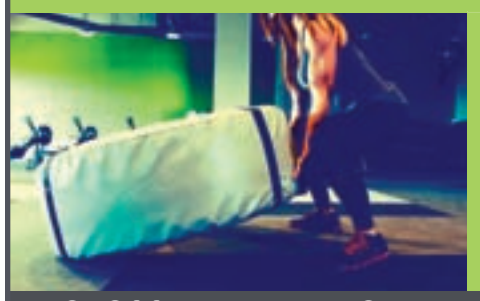
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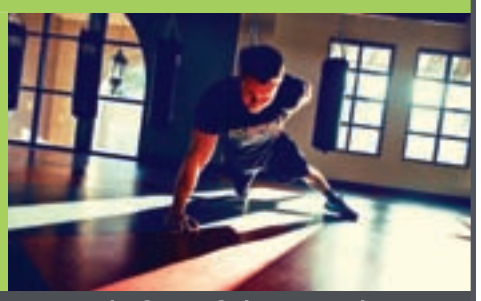
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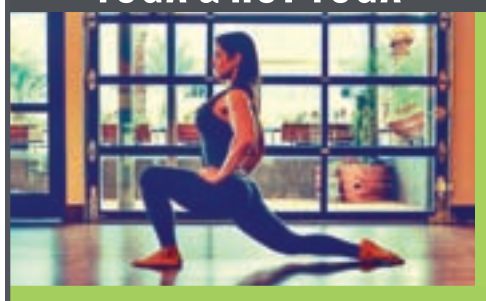


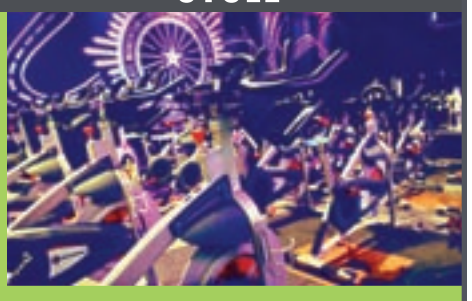


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New Listing!



901 E Grandview | $335,000
Beautiful 4 bed, 3 bath custom home. Open kitchen with custom cabinets, granite counter tops and breakfast room. Vaulted ceilings. 2,400 Sqft

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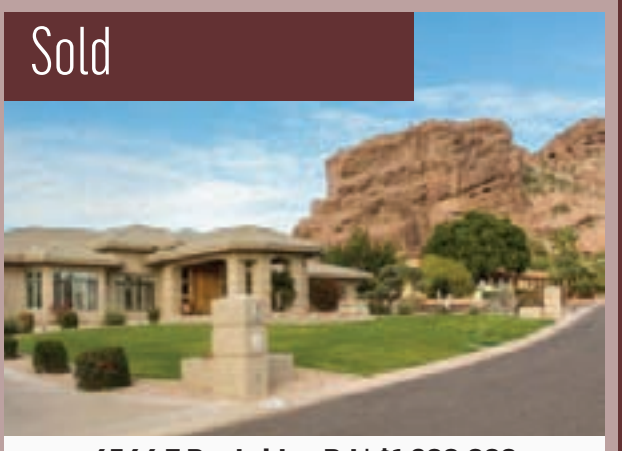
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Lesson learned from recent underinsured motorist case

By Jennifer A. Cranston

Legal Ease



Earlier this year, the Arizona Court of Appeals issued a decision that highlights two key issues for anyone purchasing automobile insurance: (1) the importance of uninsured and underinsured motorist coverage and (2) the complications associated with insurance coverage for adult family members living in the same home.

Beaver v. American Family

The facts of the case are simple. While riding her own motorcycle, Sally Ann Beaver was injured by another driver's negligence. The other driver's liability insurance was insufficient to compensate Beaver for her injuries. At the time of the accident, Beaver lived with her father. Because Beaver's auto insurance did not include underinsured motorist coverage, she sought coverage pursuant to the underinsured motorist provision of her father's family car policy. The father's insurer, American Family, denied coverage because the policy's definition of "relative" excluded family members who owned their own vehicle. The Court of Appeals upheld the policy provision and agreed with the trial court that Arizona public policy and statutory law did not require American Family to provide coverage to Beaver.

Uninsured and Underinsured Motorist Coverage

The first lesson highlighted by this case is the importance of uninsured and underinsured motorist insurance. Uninsured motorist insurance (UM) provides compensation when another driver who does not have any insurance injures you in an accident. Similarly, underinsured motorist insurance (UIM) will compensate you if the other driver has insufficient insurance to cover all of your damages.

Years ago, the Arizona legislature recognized the importance of this kind of insurance by enacting a statute requiring auto insurance companies to offer UM and UIM coverage to everyone they insure. The statute also requires that UM and UIM coverage is "portable," which means that if you purchase this kind of insurance, it will provide coverage regardless of which vehicle you happen to be driving or riding in at the time of the accident.

Given the high number of drivers in Arizona who are either uninsured or have only the minimum limits of liability insurance ($15,000 per person, $30,000 per accident), UM and UIM coverage is one of the most important protections you can buy for you and your family.

Who is a "relative" under your policy?

The second lesson is about communicating with your agent and reading the policy. As you'll recall, the policy at issue in the Beaver case was a family car policy. It's understandable that Beaver's father may have assumed it would provide coverage to the members of his household. However, given the current trend of adult children living at home, many insurance policies specifically exclude such coverage.

Therefore, if you want to buy insurance that will protect adult family members who live with you, it's critical that you (1) communicate this fact to your insurance agent and (2) double-check the policy once you receive it.

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

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Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 6/30/2014)

Active Homes - 155 homes
Homes Sold - 115 homes
Average Sale Price - $918,282
Average Sold $ Per SF - $275
Average Days On Market - 116 days

- There is currently 6 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 24% 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 4% this year. (based on 2013 sales results)
- Homes are taking 24% 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- 6/30/2014)

Active Homes - 83 Homes
Homes Sold - 97 Homes
Average Sale Price - $432,405
Average Sold $ Per SF - $204
Average Days On Market - 69 days

- There is currently 4 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 11% this year. (based on 2013 sales results)
- Home prices have increased 6% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 7% this year. (based on 2013 sales results)
- Homes are taking 4% 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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Is it a sprain or a break?

By Jeannine Hinds, M.D.

Healthy Tidbits



You tripped while walking the dog, and now your ankle hurts. A lot. How do you know if it's a sprain or a break?

If it's a sprain, you overextended or tore a ligament — the tough bands of fibrous tissue that connect one bone to another — while stressing the joint. You might have heard or felt a pop when you injured it. You're experiencing pain, swelling and bruising, and you have a limited ability to move your ankle.

Take a pain reliever such as ibuprofen (Advil) or acetaminophen (Tylenol). And try the RICE approach:

R: Rest. Stay off it.

I: Ice. Apply ice for 15-20 minutes several times a day for the first few days to reduce pain and swelling.

C: Compression. To reduce swelling, wrap an elastic bandage around your ankle, but not so tightly that you reduce circulation. Start wrapping at the end farthest from your heart. Loosen the wrap if the pain worsens, the area becomes numb or swelling starts below the wrapped area.

E: Elevation. Place your ankle above the level of your heart, especially at night. Gravity helps drain the fluid causing the swelling.

If it's a sprain, you should be able to walk on your ankle within a couple of days. Mild and moderate sprains usually heal in three to six weeks. If it's a severe sprain, you may need to see your doctor.

If you're unable to walk more than a few steps, you can't move your ankle or it's numb, see your doctor. An X-ray can rule out a fracture or other bone injury, and/or an MRI can help diagnose the extent of the injury.

If you broke your ankle, you'll have immediate, throbbing pain, swelling, tenderness and bruising. Your ankle might look deformed. Getting a shoe on or off will be an issue.

Treatments will vary. You may need to have it immobilized with a cast, or surgery might be necessary.

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

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Sovereign citizens dilemma

By Steven Sarkis

Judge's Corner



In 2012, the Atta family of Temecula, California, locked up their home and went on a long vacation. While they were away, a man named Victor Cheng moved into their home. As it turns out, Cheng was the previous owner of the property before he foreclosed on the home and it was later purchased by the Atta family. While the Attas were away, Cheng moved in, filed a fake deed with the county recorder and put the utilities back into his name. When the Attas finally returned home from vacation, the new occupant even tried to file an eviction case against them. Cheng was eventually charged with burglary, trespassing and filing false documents, but insisted in court that he could not be prosecuted for these crimes because the indictment spelled his name in all capital letters. The truth is indeed stranger than fiction.

Mr. Cheng is what's referred to as a "sovereign citizen." Though not very common, over the past six years as a justice of the peace I've seen a handful of these individuals each year. It usually takes a few moments before the realization sets in that I have one of these individuals in front of me. The realization usually dawns upon reading their lengthy legal documents and hearing them say strange things like, "the person you have listed in your case isn't me because my birth name is not spelled with all capital letters." It's usually downhill from there.

While most judges try to give people their day in court, if we gave most sovereign citizens their day in court it would literally be one full day in court. Disposing of these individuals can sometimes be pretty difficult because while they are usually not brilliant people, they are also not dumb. In fact, some of them are very articulate and well versed in the law, although generally not the same law that applies in our courts. Sovereign citizens generally believe in the Uniform Commercial Code, maritime law and the Bible. None of which actually apply to the laws in our courts.

In general, sovereign citizens, also known as 'organic citizens' do not believe that the government has any power over them, believe that they don't have to pay taxes, pay fines, tickets, or obey any laws. The FBI has referred to these sovereign citizens as "paper terrorists" due to the havoc they can wreak on a person's life. They often file false property liens, fake tax documents or ridiculous lawsuits, usually against the public employees who have done them wrong. As proof, on one occasion a few years ago I was sued personally for ten million dollars by a sovereign citizen who disagreed with my legal ruling, in which I simply found them guilty of speeding. You just can't make this stuff up.

Thanks for the Summertime Memories



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On June 9, 2014 *Arcadia News* held its first *Arcadia News* Teachers We Love award luncheon.

The event, held in a private dining room at The Henry, was a moment for the eight award-winning teachers to gather along with *Arcadia News'* Owner and Publisher Greg Bruns, Managing Editor Amanda Goossen and office manager Roni Mier for a delicious lunch. An array of gifts was given to each teacher as a thank you for all their hard work in their Arcadia area school.

This year, as we embark on another school year, remember to nominate your favorite teacher as an *Arcadia News* Teacher We Love.

A special thank you to Salon Sandoval and Fox Restaurant Concepts for all their support throughout the year! We couldn't do it without you.

Congrats again to our 2013-14 winners and thank you to the families who nominated teachers. Get your nominations in for 2014-15! The first award will be given in September.

Colette Jobin, Ingleside Middle School
Jenny Martin, Tavan Elementary School
Kathy Mason, ANLC
Kelly Schurman, St. Thomas the Apostle
Whitney Keeler, Hopi Elementary School
Sarah Irizarry, Biltmore Prep
Livia Rice, Hopi Elementary School
Zach Zipser, St. Thomas the Apostle

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Do you know a teacher who really makes a difference?

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OR, you can nominate a teacher online at www.arcadiadaily.com/teachers.pdf

Be sure to include details about why your teacher is great (more details = better chance of winning!)

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arcadiadaily.com/teachers.pdf

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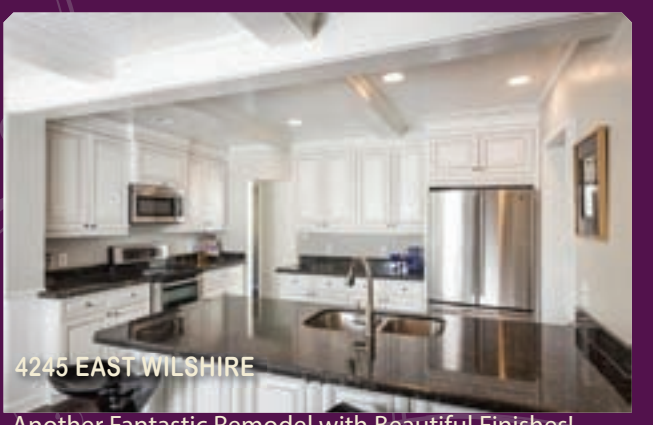
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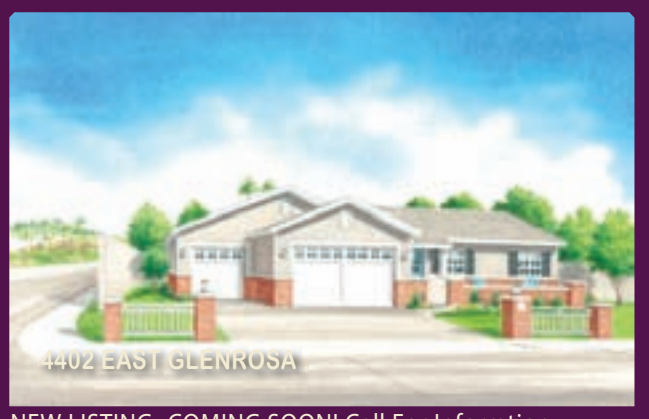
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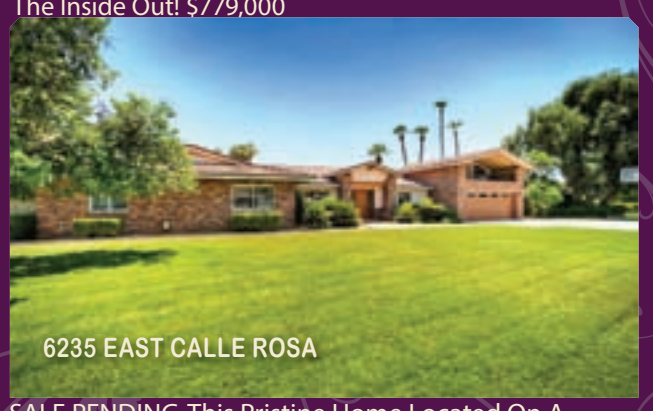
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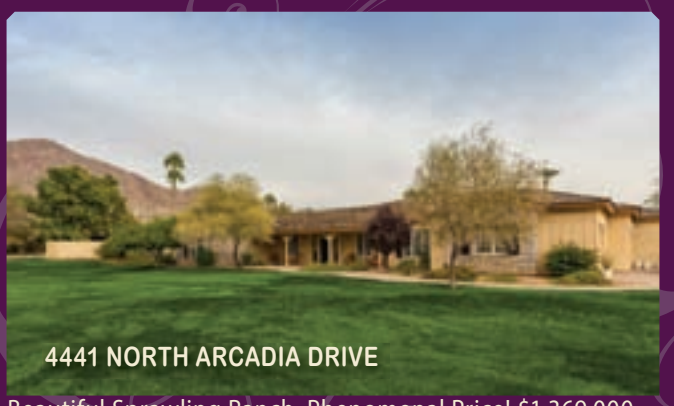


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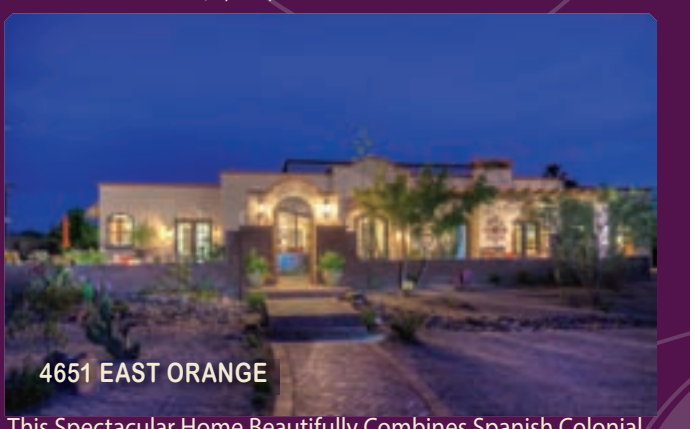
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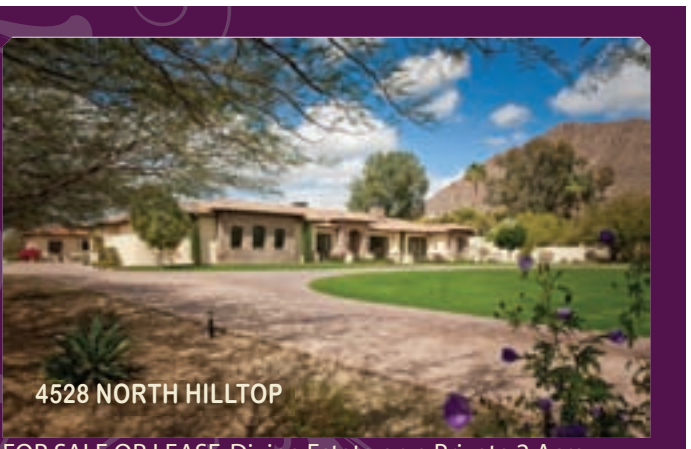
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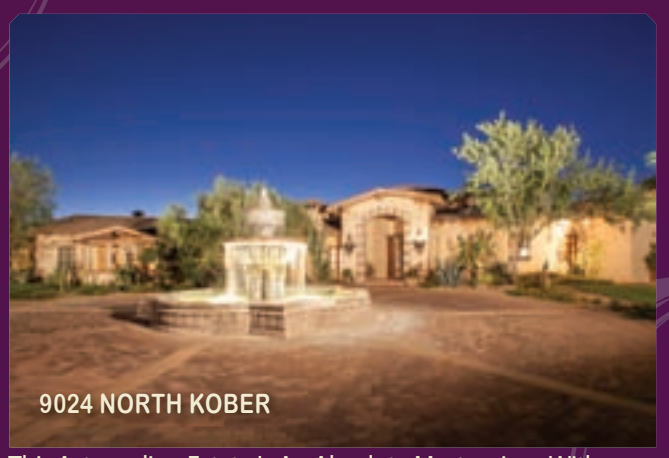
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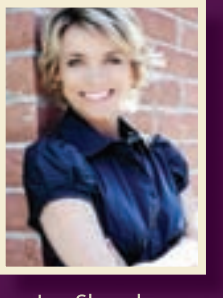
Karen Lafferty



Dallas Peagler



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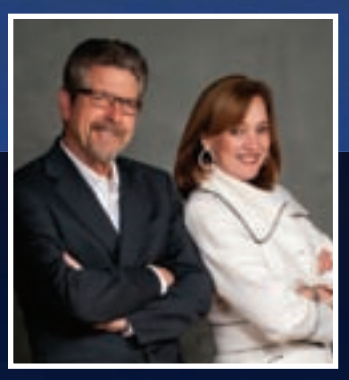
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Christ Lutheran School begins the 2014-15 school year with a new mascot. The mascot will be featured on new school spirit shirts and on athletic uniforms.

A roaring start to new year

By Amanda Goossen

Christ Lutheran School, in the heart of Arcadia, was established in 1955. Since then, there has only been one school mascot. CLS students and staff were the Crusaders.

Over time, however, the school simply stopped representing themselves that way.

"We asked the kids their thoughts and there was an overwhelming sense that they wanted something to root for," said Kim Walton, office manager at CLS.

Deciding on a new figure to represent the school was more difficult than expected. First, as part of the Catholic Youth Athletic Association, they had to determine which mascots were taken.

"Over the past three or four years we had toyed around with new ideas," said Walton.

Then they held a contest.

"We had things come up that were funny," said Walton. "More than once we heard The Mariners. It was just too funny because there is no water here."

The contest being far from fruitful, the administration decided to move on, believing the timing just wasn't right.

Then in the 2013-14 school year, after the new construction was finally complete, school leaders began wondering once again if finding representation for the school could be accomplished.

Christ Lutheran School, after much thought, would become the Lions.

"The kids voted and they wanted something that would scare the other schools," said Walton.

After determining the type of mascot, the school had to move on to the appearance. Would it be an image of the entire lion, of a head of the lion, would it be a mean lion or something the preschoolers would like as well?

"We're all really happy with how it turned out," said Walton. "We'll have a full roll out of the mascot as the new school year begins.

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Behind the Business

By Heidi Jaenicke

Talking about his grandchildren is one thing that makes Bob Hubbard's face instantly glow. The co-founder of Hubbard Family Swim School especially loves expressing how all of his family leads athletic lifestyles.

"They're active. These are not kids that are sitting on the couch," says Hubbard.

Together Bob and his wife Kathy have eight kids and 16 grandchildren all who make up the very large Hubbard family.

"Six of the grandkids live in Cincinnati and the rest are here and they're all fairly athletic. My grandkids do everything from swimming, to gymnastics, to hockey, to soccer," says Hubbard. "It's a compliment to what we do."

The two met in college while studying at Xavier University in Cincinnati and both grew up in very aquatic atmospheres. The Hubbards valued the importance of physical exercise and passed down their enthusiasm of sports to their children.

"Kathy was a collegiate swimmer. I was a good all around athlete but didn't play sports in college. We had one son who was a collegiate gymnast, one daughter who was a collegiate swimmer, two daughters who were collegiate soccer players and so we believe in multi-sport disciplines," says Hubbard.

Kathy was introduced to swimming as a teenager and continued to swim throughout her college career.

"She was a competitive swimmer; she was very good and swam the Olympic trials in 1968," says Hubbard. "She was an early female athlete in the pioneering days of women's sports."

Bob, a native New Yorker, spent his summers working as an ocean lifeguard starting at 15 years old.

"I learned to swim on the beach in Queens and Brooklyn and was an ocean swimmer. Eventually you begin to gain your confidence in the water," says Hubbard.



After having their first child, Bob and Kathy Hubbard were inspired to start the Hubbard Family Swim School. They are now parents to eight children and have 16 grandchildren.

The Hubbard's first born was introduced to water in the bathtub as an infant, after Kathy started reading international studies on the benefits of teaching children how to swim at a young age. This concept trickled down into the Hubbard Family Swimming School, where the business provides free swimming lessons for children 8 weeks through 5 months old.

The company now has a significant amount of family members working on staff but also has many non-related staff members. Bob tries to spread his family values into his work environment as he strives to treat everyone at work like a part of the family.

When describing his work environment at his business, Hubbard says, "We really work hard to make it a family atmosphere and it's reflected that our kids and grandkids kind of grew up here."

"We ask 'Did you treat the staff like a family member? The one you like!' It's a lot about communication and bringing your game everyday," says Hubbard. "Everybody who comes in, family or not, gets the responsibility they earned."

The Hubbards have a total of four swim schools, three of which are in Arizona and one in Ohio. During the summer the company also operates four summer camps throughout the valley, offering students the ability to participate in sports ranging from soccer, archery, basketball, baseball, field sports, volleyball and of course swimming.

To learn more about Hubbard Family Swim School, go to hubbardswim.com.

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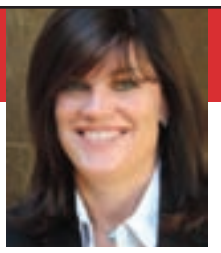
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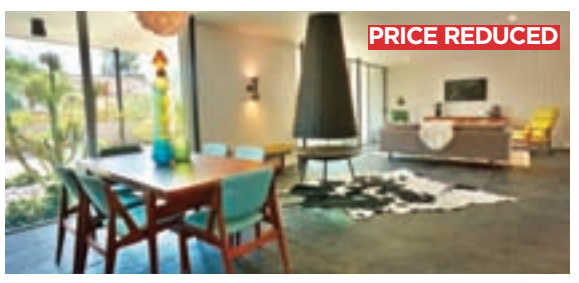
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Principal Patrick Reardon has a long history of working with Phoenix area Catholic schools.

New year, fresh leadership

By Alessandra Dagirmanjian

St. Theresa Catholic School will welcome Patrick Reardon to its team this upcoming school year as their new principal. Reardon previously worked as a teacher and department chairperson at Brophy College Preparatory for 12 years, and then as assistant principal at Seton Catholic High School in Chandler. For the past four years, he was principal at St. Thomas Aquinas Grade School in Avondale. Principal Reardon is excited about the opportunity to work at an established community like St. Theresa.

"I love the people here. This is just a fantastic school and community. I'm mostly looking forward to getting to know everybody, establishing myself in a leadership role and seeing what I can do to make it better," said Reardon.

Having grown up in the valley since 1959 and taught or acted as head of various establishments in Arizona, Reardon is familiar with the community surrounding St. Theresa. He has known some of the parish's members since he was a young adult and he even recognizes some of the parents at St. Theresa as students he taught years ago.

"St. Theresa has been a primary feeder into Brophy and Xavier. Being part of that extended community is a big part of the reason I'm here," said Reardon.

Reardon said he loves being able to work at a school like St. Theresa, where intellectual discussion is always open and sincere. He is most looking forward to working with the school's highly esteemed faculty in taking steps to improve things even further.

"This place does things very well. The education that's provided is outstanding. This is a blue ribbon school and the students that leave here get into honors programs wherever they go. They're well educated, and they're prepared as leaders. Through working with the staff, we will figure out what our priority is," said Reardon.

Parent and board member Kathleen Fern has gotten to know Reardon and is also excited for him to take on this leadership role in the fall.

"His reputation for academic excellence and strong leadership precedes him. At the initial 'meet and greet,' many of the dads were sharing stories of how he inspired them during their days at Brophy. Since I'm on the School Advisory Board, I have also had the opportunity to witness his respect for the faculty, insistence on educational rigor, increased communication with the parents and perhaps, most importantly, his love for children and learning," said Fern.

Reardon has already begun working with the staff at St. Theresa, and is glad to have transitioned into such a wonderful organization and community.





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Arcadia's own crossing guard earns A+ in school safety

By Michelle Donati-Grayman

As hundreds of Arcadia children head back to the classroom this month, school zone safety should be a high priority for everyone in our community.

If your child will walk or bike to school, safety advocate AAA encourages parents to remind students to walk only on sidewalks, cross only at crosswalks and avoid walking in front of or between parked cars. And, last but not least, always obey the school crossing guard.

Crossing guards are an integral part of our community, keeping children safe as they travel to and from school each day. Thankfully, Arcadia is home to one of the best crossing guards in the state.

Joe Mettler, or Mr. Joe, as he is endearingly called by students and parents, earned AAA's 2014 Crossing Guard of the Year award for Maricopa County. Mettler received the award last April for demonstrating the highest level of commitment, friendliness, professionalism and safety.

"When you think of a crossing guard, you may envision an individual who simply helps children cross from one side of the street to the other," said Rene Murphy, assistant principal at Hopi Elementary School. "However, when you think about Joe, you envision an individual who is vigilant about the safety of our students."

A native of Illinois, Mettler has called Arizona home for more than 25 years. After spending over a decade working at The Home Depot, Mettler's love for the outdoors and helping people inspired him to apply for a school crossing guard position. Since then, he's become a fixture at Hopi Elementary School and Ingleside Middle School. But his community involvement doesn't stop there. Mettler has volunteered for Arcadia Little League for 10 years, from maintaining fields to supervising the snack bar.

"Aside from their parents, I'm the first adult these kids see every morning," Mettler said. "I can make a difference on the outcome of their day. If they smile, I've done most of my job right there."

Mettler received more than 60 nominations from students, faculty, parents and community members, expressing gratitude for his dedication and service. Many were hand-drawn by students.







Joe Mettler is seen each morning and afternoon protecting the kids of Arcadia as they cross the street. Recently Mettler was honored by AAA with local kids even sketching their appreciation as nominations.

"My son rides his bike and I feel so comforted to know that Mr. Joe will make sure my son crosses in a safe and attentive manner," said Dina Musselmann in her nomination. "Frequently, he goes above and beyond his call of duty to assist students. He has helped my son with flat tires and derailed chains both before and after school."

In addition to earning the title, Mettler received a $500 Visa gift card, courtesy of AAA Insurance. As the new school year begins, Mettler's biggest piece of advice to Arcadians is to exercise extreme caution in and around school zones.

"Don't rush," Mettler said. "Take a few extra minutes to help make our students safer."

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



ABCs of Back-to-School Safety (Source: AAA Arizona)

Avoid distractions:
Taking your eyes off the road for just two seconds doubles your chances of crashing.

By the numbers:
Teach children important phone numbers and how to dial 911.

Chart your course:
Map out a route to school or the bus stop and walk it with your child beforehand. Choose a direct route with the fewest street crossings or with intersections that have crossing guards.

Don a helmet:
The proper use of a helmet can reduce a child's risk of head injury by 85 percent, according to the Insurance Institute for Highway Safety.

Exemplify safety
School zones are non-passing zones. Always stop for buses that are loading or unloading students. It is illegal to pass a school bus with flashing red lights.

Forego strangers:
Teach kids never to accept rides or gifts from strangers.

Grab a buddy:
Have kids walk to school with a relative, friend or neighbor.



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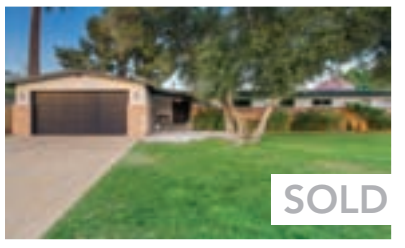
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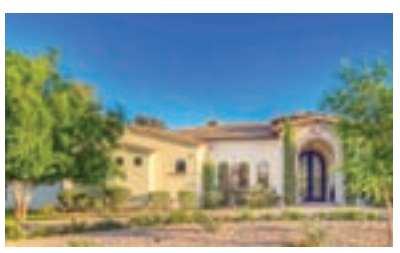
$775,000



4176 E MEDLOCK DR 85018

5 bed / 3bath / 2,975 sf / matte finish wood floor gourmet kitchen w/wine fridge / spectacular soft contemporary

$849,000



5801 E DONNA LN

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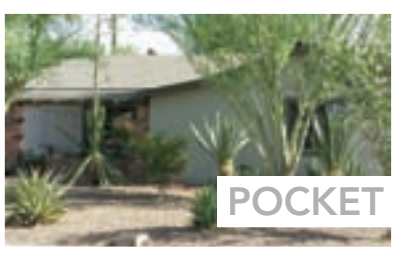
$3,250,000



6302 E. ALTA HACIENDA DR

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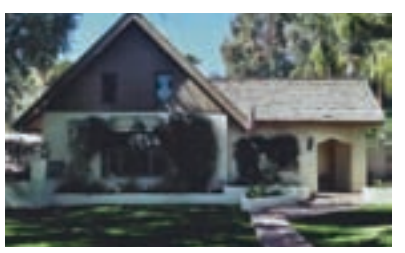
$1,750,000



3926 E MONTEROSA ST

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Your Experience Counts brings mentoring to students

By Alessandra Dagirmanjian

Hands On, a nonprofit in Arizona that works toward connecting volunteers with opportunities to serve their community, takes a unique approach toward improving education, with its program Your Experience Counts (YEC). Developed in 2009, YEC has brought 106 volunteer mentors to 20 Title I schools in several districts of Arizona — including three schools just south of Arcadia — where they act as assistants to teachers and mentors to students from third to sixth grade. YEC is different from many other educational programs though, because it focuses on attracting volunteers ages 50 and older to classrooms in the multiple school districts, in an effort to bring experience and professionalism to students from low-income families.

Former teacher and program manager, Michael Beardslee, trains YEC mentors for three days and pairs them with their classrooms. He first reaches out to superintendents and principals, who decide whether their schools can effectively use the program and then works with teachers to determine what aspects of students' education they wish to improve upon, so he can provide them with suitable volunteers. Beardslee has found that YEC's focus on retired adults as volunteers has led to the program's success. Since volunteers are excited about the opportunity to work with young children, and are usually



YEC volunteer Bonnie with a student eager to learn.

free during school hours, they are able to bring both passion and focus to their teaching. Beardslee said that students and volunteers are able to connect with each other, because the students are excited to interact with adults who have interesting professional backgrounds.

"Some of these children need healthy adults in their lives that are setting a positive example, affirming them and calling out their strengths. We call it academic mentoring, because we realize that the relationship (between the student and the volunteer) is the most important part," said Beardslee.

Beardslee said volunteers enjoy being part of YEC because they have the opportunity to act as role models to young children, and share their experience. He has even had volunteers working with the same teacher for seven years. Teachers have acknowledged the success of the program, because they find that the individual attention the mentors can provide their children is invaluable.

"I have a student in my classroom who has always struggled with reading comprehension. Part of the problem is a lack of focus and engagement. Having the YEC member sitting by him during direct instruction, teamwork and independent practice greatly encouraged him to stay focused and participate," said a third grade teacher from Mesa.

YEC hopes to gain even more volunteers to continue serving its various school districts. Mentors do not need teaching experience to participate; instead, YEC asks that volunteers are willing to share their knowledge and act as caring mentors to young children.

To find out more about YEC and how you can help, go to: yourexperiencecounts.org.

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Math lab inspires learning

By Sarah Stecko

Ingleside Middle School has created a futuristic math center to reach one of their top goals: Improve the students' performance in math.

"We have to get the kids more interested in math and make them more engaged," said Chad Caudle, principal.

According to Caudle, making a difference in the middle-schoolers' lives was the inspiration for expanding on the math lab last March. Some of the technological additions include a Smart Board, or an interactive whiteboard and two flat screen TVs with Apple TV, so students can contribute to math-related games and trivia via iPads.



Ingleside students engage in various math manipulatives or games to help grasp concepts.

All of the latest technology, also including the class set of iPads, laptops and other math manipulatives that enable hands-on learning, was purchased without using any money from the school budget. The $20,000-$25,000 innovation was funded by three grants, Parent Teacher Organization (PTO) donations and fundraisers.

Ingleside already has found many uses for the math lab, such as creating the Math Discovery elective that students can choose as one of their two math electives per semester. Moreover, there will be open-lab hours during lunch, similar to the previously used "Math Masters Program," where students use the district's program called "Success Maker" to practice skills. Those who spend a substantial amount of time doing these personalized lessons are awarded the chance to play dodgeball with the principal.

Teachers can also benefit by signing their classes up for lab time and checking out materials. The walls of the room are almost completely lined with whiteboards, which allows for 30 students at once to write comfortably at the board.

"We want to be a model for other schools, and other teachers can come use the new technology and applications," Caudle said. "Our goal is to support the whole district and eventually partner with universities and community colleges."

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The names of the new admin team, from left to right, are: Asst. Principal Cher Fesenmaier (new this year), Principal Nathan Slater (new this year), Asst. Principal John Andrews, Asst. Principal Kevin Mooney.

New principal for Arcadia

By Danika Worthington

Freshmen won't be the only newcomers on Arcadia High School's campus come Aug. 6. The school will also welcome its new principal, Nathan Slater.

"Arcadia is, in my opinion, a fantastic school with fantastic students, staff and parental involvement," Slater said. "It's rated high in the state. For me to be part of this excellent school leaves me very excited."

Slater will say goodbye to Saguaro High School where he worked as athletic director for three years. Prior to Saguaro, he worked at his alma mater, Coronado High School, for 17 years.

"Anytime you leave some place that you love, it's sad," Slater said. "But I'm excited about the opportunity."

When he found out he got the job, Slater said he was eager to tackle the challenge of principal.

"I gave my kids a big hug," Slater said. "They're a huge part of my life."

Slater has had his hands in almost every aspect of a school. Besides 13 years as athletic director, Slater's curriculum vita also includes curriculum master and assistant principal in various roles, including education services.

PTA President Carole Haig, who was a part of the selection committee, said Slater's experience ranging from teacher to administrator made him a great fit.

"He understands very much that the students are the main focus," Haig said. "It's all going to be centered around the students."

Haig said Slater's 27 years of experience with the district as a student and employee made him a prime candidate. After graduating from Coronado, Slater attended the University of Arizona before returning to the district.

These days, Slater's two children are enrolled in the district, Haig said.

"As he lives and breathes, he is a product of SUSD," Haig said.

Assistant Principal and Athletic Director Kevin Mooney repeated similar sentiments as Haig regarding Slater's experience. Mooney worked with Slater as fellow athletic directors for eight years.

"I have great respect for the previous principals," Mooney said. "But it's always nice to get someone new in to maybe just make some changes and a few improvements. I think it's going to be a great year."

Mooney said Slater has done a good job at meeting the staff and explaining his expectations. He said Slater will be a good fit with the staff as well as the students.

"The Arcadia students are wonderful," Mooney said. "I think they will be happy to work with someone who is as energetic and engaged as Mr. Slater is."

Haig said only a few parents have been able to meet Slater since his appointment was decided in late June. But she said those who have met the new principal have said they are enthusiastic about him.

Although Slater has already been sitting in the principal's seat over the summer, his primary focus has been getting systems in place.

Once the school year starts, he said his main goal will be to listen to all the stakeholders, including the students, parents and teachers, and respond accordingly.

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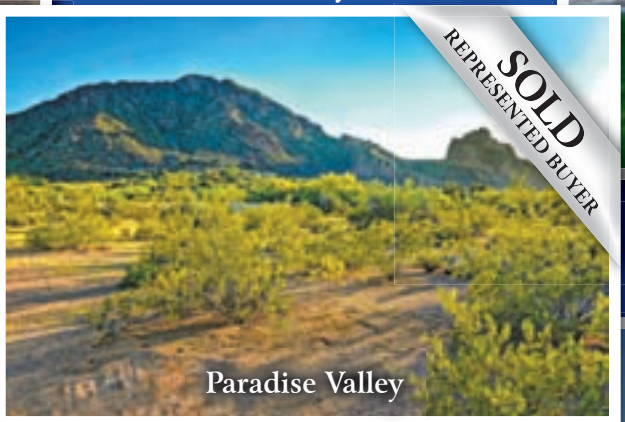
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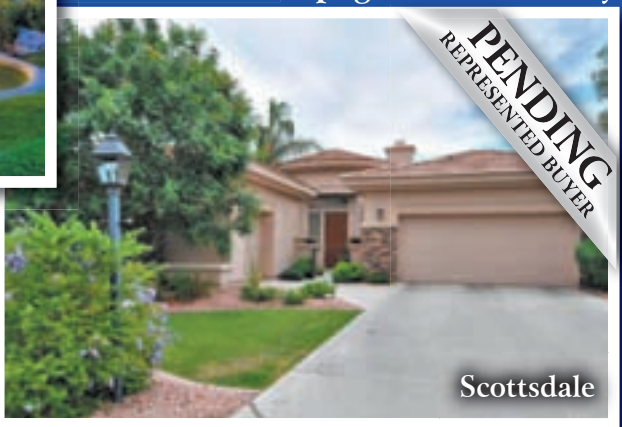
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School lunch – not just a turkey sandwich anymore

Kids' Corner

By Lisa Weisenburger



August means back to school and back to the store to buy school supplies. I love shopping for school supplies! However, there is always just a little dread when the fun turns the corner to the lunch box aisle. *So many choices.*

The decision seems so big. This choice needs to have the staying power to last an entire school year. I know why so many of us grew up with brown paper bags: disposable, non-distinct and relatively cheap. Boring!

It's the age of being smarter and healthier, not to mention wiser. A typical school day means most kids have over three hours of brainpower to expend after lunch. The perfect home-packed lunch is healthy, tasty, quick to prepare and cost effective.

I knew about bento boxes before I knew their name. The first one I saw was an antique from Japan that I discovered in an antique store many years ago. The concept was neat and tidy, and actually a beautiful way to take a homemade lunch to work. This specific bento box was also expensive and did not come home with me, but the concept stuck.

After a little time spent looking, I discovered I had containers in fun colors already in the food storage drawer.

To create a creative bento box style lunch, try these simple ideas:

The salad

Shred a piece of leftover chicken on top of baby spinach. Toss some diced fresh fruit on top with a few raw almonds. Put in a packet of soy sauce that you saved from Chinese take-out night and you have created an Asian chicken salad. I haven't seen that on the typical cafeteria menu. Delish!

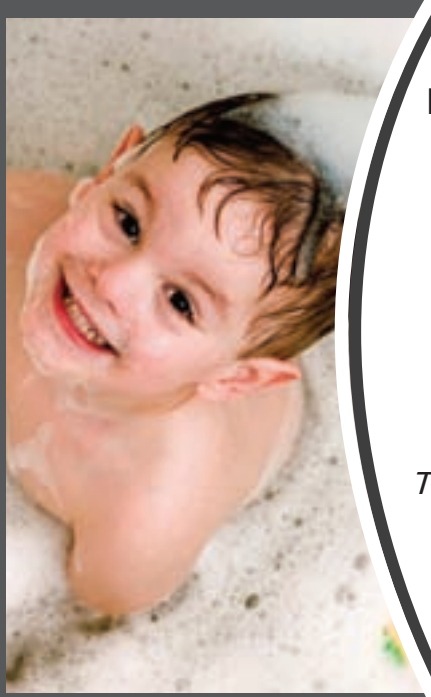
The wrap

Use tortillas to make a wrap with deli meat, cream cheese and spinach. (I defer to spinach because it doesn't wilt or brown near as quickly as lettuce.)

The side dish

My kids love peanut butter and green apples. Easy enough. However, I was noticed them coming home in the lunch container uneaten because they had turned brown and were not appealing. I tried tossing them lightly in lemon juice but the kids didn't like the taste with peanut butter. Finally, I tried cutting the apple with the apple slicer, putting it back together and securing it with a rubber band. Presto, perfection!

Sliced hard-boiled eggs and sliced tomatoes layered onto whole grain crackers means I have my own lunchable without all the preservatives and extra sodium. *And* I have given my kids permission to play with their food!



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Places *We Liked*

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By Amanda Goossen

When restaurateur German Osio (Local Bistro and Central Bistro) had an idea for a brand new restaurant concept, he knew he needed just the right chef to bring the idea to fruition. Enter "Top Chef Masters" star Chef Herb Wilson.

Chef Wilson isn't new to the game. Originally from New York, Wilson spent most of his career working in New York City restaurants before heading to Sushi Samba in Las Vegas.

Sushi Samba, with restaurants in six cities worldwide, combines the flavors of Japan, Brazil and Peru to establish a unique menu and beverage program.

Such a restaurant was the perfect place to find a chef for Osio's new Sumo Maya.

After visiting a food truck in Los Angeles, Osio had an idea he couldn't get out of his mind, the fusion of two very distinct cultures: Asian and Latin cuisine.

Originally slated to open in early 2014, the complexity of the restaurant and its kitchen would push back the date multiple times. The result, however, was worth the wait.

Featuring massive wood-fired grills, multiple Chinese woks, a Spanish plancha griddle and a spinning vertical broiler (think: Greek gyros or Latin American al pastor meats), as well as a 24 foot-tall hand-carved tree in the center of the room crafted by world-renowned arborist artisans Naturemaker, all surrounded by bright white and neon colors, Sumo Maya is a grand and vibrant space.

"There's nothing else like it in Phoenix," said Wilson.

Penning a menu to live up to Osio's vision was a complex process. A two page, multiple-section layout gives patrons the chance to travel through different regions of the world in a single evening.

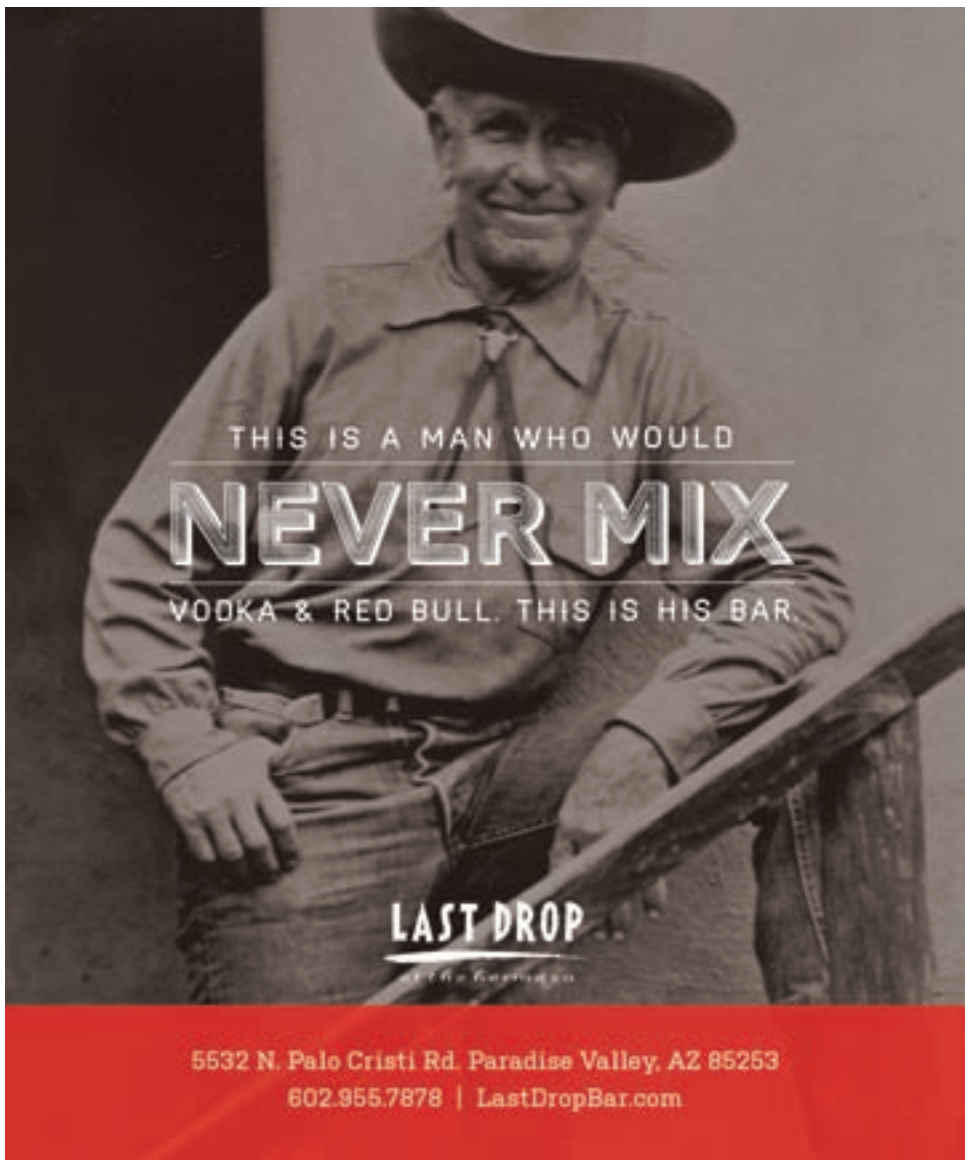
The 11 areas of the menu are: starts (salsas & guacamoles), ensaladas, sopas y mas, sushi, ceviches, golden & crispy, masa y tortillas, rice, noodles y mas, wood burning grill and vegetables.

Small plates are another part of the Sumo Maya concept. Ordering multiple dishes and sharing with the table is the ideal way to enjoy the dining experience.

"I feel that small plates is the direction restaurants are going," said Wilson. "People want to have fun and dining out is the new form of entertainment."

Veteran Cocktail Master Bill DeGroot's beverage program adds to the lively action. Ten hand-crafted cocktails, 85 tequilas, a robust selection of wines, frozen cocktails, sangrias, Bellinis, a full sake menu, draft and bottled beer, plus draft liquor – Patron, Tito's and Momokawa sake – take the entire experience up a notch.

To find out more about Sumo Maya or to take a look at the menu, go to: www.sumomaya.com.





Decadent dining, casual atmosphere

Places *We Liked*

The Market by Jennifer's
3603 E. Indian School Road
themarketbyjennifers.com
602-626-5050

By Amanda Goossen

The Market by Jennifer's opened in January 2014. A concept by Chef Jennifer Russo-Fitzgerald of Jennifer's Catering, The Market was seen as an extension of the owner's 16-year experience as a local caterer.

Russo-Fitzgerald started working in kitchens at 16. It was her passion.

"My great-grandmother came here from Italy and didn't speak a word of English," said Russo-Fitzgerald. "But she was always cooking."

It was how she embraced her great-grandchildren while in the kitchen that had the biggest impact.

"She always let us get right in there," said Russo-Fitzgerald. "I was fascinated by it all."

Russo-Fitzgerald's mother was cooking fresh and healthy meals before it became a trend.

"She was ahead of her time," said this proud daughter and great-granddaughter.

After graduating from culinary school, Russo-Fitzgerald worked with Chef Vincent Guerithault at Vincent's on Camelback and was the sous-chef at Tarbell's. A knee injury, however, would make working the line almost unbearable.

"I just couldn't do the nightly line cooking," said Russo-Fitzgerald. "So I started catering."

While the work was slow at first, things sped up simply by recommendations. And after 16 years of hard work and success, it was time to expand the brand.

"The idea was originally to be all to-go meals. I wanted to make it possible to take away meals which we'd been doing for years," said Russo-Fitzgerald.

The concept began to change when Chef Matt McLinn came on board.

McLinn was the executive chef and general manager at The Grind and also helped open BLT Steak at Scottsdale's Camelback Inn in 2009.

The Market by Jennifer's now contains a terrific to-go case, with items such as spicy salmon, enchiladas, free-range chicken and watermelon with feta. Ranging from $8-$12 the price is right for an individual portion of a gourmet meal.

The restaurant portion of The Market has taken the past seven months to shape. Now, they think they've got it.

"We started with just beer, now we have a full bar. We've added live music twice a week and a few themed nights a week. On Wino Wednesdays we have wine paired with appetizers, and a little education," said Russo-Fitzgerald.



The menu has changed as well, but only slightly. A seasonal menu allows The Market to adjust the food depending on the fruits and vegetables available at the time.

The roasted chicken, for example, is always on the menu but the elements of the dish will change as the seasons come and go.

Three separate menus for brunch, lunch and dinner bring slight differences to what you can order.

The nosh boards, which serve two, are a way to share a taste with friends. Choose from the fondue cheese board, the farmstead cheese board or the charcuterie and your dining experience will begin with bites of hearty flavor.

The ravioli. The decadent bowl of mini ravioli in an herbed broth, surrounded by corn and a tender roasted pork. Must I say anymore?

And the grilled yellowfin tuna served atop a niçoise salad brings a burst of flavors as you sample the soft boiled eggs and green beans combined with a white balsamic vinaigrette.

Having the best possible products at a fair price point was the main focus when establishing the menu. Providing something approachable was also important.

"We have girls in here right after yoga and also couples right before the symphony in the evening. The ambiance allows for a different feel from day to night, especially with the chandeliers and the open doors," said Russo-Fitzgerald.



Community raves about burgers and tacos at The Stand

Places *We Liked*

The Stand
3538 E. Indian School Road
thestandbnt.com
602-314-5259

By Katie Mayer

If a hamburger is America's staple sandwich, the taco just might be the Mexican equivalent.

Both have tasty meat and crispy vegetables encased in an easy-to-hold starchy exterior. They're popular, affordable and delicious – so why not serve them together?

The Stand Burgers & Tacos is a casual restaurant in Arcadia near Indian School Road and 36th Street. Here guests enjoy the American classic and a unique twist on the Mexican favorite. The meals can even be paired with sides called "stand-ins" such as Mexican street corn and hand-cut french fries.

And if that isn't mouthwatering enough, guests can wash it all down with a fresh-squeezed lemonade fancied up with fresh fruit puree, or a variety of milkshakes, including exotic flavors like Dulce de leche or chocolate chili. The restaurant also serves up Mexican Coke in bottles, as well as regular soda fountain beverages.

The motto here is "Hecho in Arcadia" or "Made in Arcadia," which reflects the tradition of preparing food locally and made to order.

Owner and founder Eva Hofstedt, whose mother is of Mexican heritage and whose father is Russian Jewish, wanted to blend her culture into her unique, but simple menu.

"I wanted to do something pretty authentic Mexican, but very American. So it just kind of came out of that," Hofstedt said. "I wanted to come up with something that could appeal to just about anybody."

Keeping the prices affordable was another priority. For under $3 customers can choose from a selection of tacos, including a warm corn tortilla filled with braised short rib, pickled red cabbage, Cotija Queso Fresco, diced onion and fresh cilantro. A double burger with lettuce, tomato, onion, dill pickle and Stand sauce costs $4.95. The eatery also has a drive-through.

"Not everybody has the discretionary income to go out and drop 55 bucks on a meal for their family of four," Hofstedt said. "I thought to myself, 'I want to do something in this price point that is really fresh."



Eva Hofstedt was inspired by her own heritage to created The Stand Burger & Tacos.

The idea is clearly working, as The Stand Burgers and Tacos has been open since Jan. 28, 2012 and is staying so busy that Hofstedt is working on plans to expand. She is not ready to announce details yet.

Customer Lauren Miller, of Mesa, recently dined on a short rib taco at The Stand and called it delicious.

"It has a bunch of flavor," Miller said. "Nothing here is bland."

Elliot Fuller, 35, of Tolleson called the restaurant "one of the best burger joints in town" for its fresh food, friendly staff and tasty burgers.

"It's a cool atmosphere and I think it's got some staying power," Fuller added.

Hofstedt, who lives in Arcadia and is mom to 13-year-old Harrison and 9-year-old Olivia, often works 12-18 hours per day ensuring the food is fresh and tasty, while overseeing her team of 32 employees.

The busy mom and business owner comes from a restaurant-owner family. Her grandmother, Olivia Garcia, whose home-cooked Mexican food was popular with neighbors, started a little valley food stand along with Hofstedt's grandfather, Julio Garcia. Hofstedt's parents, Richard and Maria Lipson expanded the restaurant nationally into the well-known chain called Garcia's Mexican Restaurant.

Hofstedt named her restaurant The Stand in honor of her grandmother's original little food stand.

"My whole venture is a tribute to my grandmother," Hofstedt said. "Everything I've learned about how to put flavor profiles together has come from my mother and her."

"Everything that's interesting about my dishes is because of how I experienced my own food and my own home life."

Hofstedt said she has learned a lot through her upbringing, but that she conceived, developed and financed her business completely on her own.

"When I decided to do my own project, I took all of the information I've learned over the years – and saw why sometimes it was successful and why it wasn't successful – and I just sort of applied what it was that was already available to me," Hofstedt said.

The restaurant's location, which was formerly occupied by Maui Dogs, was the right price and although it was less than 1,300 square feet, including the covered patio area, Hofstedt said she knew it would be a great fit for her simple, but high quality menu.

She added a fresh coat of paint, furnished the eatery with wooden tables and aluminum chairs along with some booths and hired a team of young and energetic staff members.

She has since evolved her menu and made small changes to accommodate the needs and desires of customers. For example, the restaurant offers every item on the menu in a gluten-free option.

Hofstedt said she is grateful for her customers' feedback and will continue to evolve and innovate.

"I just really want to say thank you to my customers for sticking with me and giving me a chance," Hofstedt said. "Hopefully I will continue to earn the business of people in Arcadia because I truly love this area."

For more information on The Stand Burgers & Tacos, visit: thestandbnt.com.

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Gelato Spot owner Tommy Plato dishing out Justin Beckett's ice cream flavor at last year's competition.

The battle for supremacy continues at Gelato Wars

By Sarah Stecko

Gelato Spot is hosting its second annual Gelato Wars competition this month, but changing it up a bit from last year. The customers will decide the winning flavor again, from all three of its stores, including the location on Camelback Road in Arcadia. However, unlike last year when customers had the whole summer to find their favorite, now the competition will only last one month.

A decade ago, owner Tommy Plato opened the Arcadia Gelato Spot at just 20 years old. According to Plato, his inspiration came from his dad, who always wanted to open an ice cream shop. Plato is passionate about quality and enjoys having a unique menu of flavors, which constantly changes. Therefore, before Gelato Spot Café's inception, Plato did his research by studying gelato masters up close — in Northern Italy.

"To me, it's more than just ice cream — it's more like an identity or personality," Plato said.

The Gelato Wars contest will run from Aug. 1-31 and features 10 local chefs with a challenge of creating a one-of-a-kind gelato concoction. The flavor most ordered by customers from the three locations combined is the winner. The winning chef is awarded a custom-molded gelato cone trophy, as well as a $5,000 check to present to the Make-A-Wish Arizona Foundation.

"The idea is to support up-and-coming chefs," Plato said.

The 2013 winner was Tracey Dempsey of Tracey Dempsey Originals, the only female chef. The goal of raising $5,000 was exceeded by over $800 and that portion of the proceeds went to benefit the Phoenix Children's Hospital. This year, five chefs are returning, including Scott Holmes of Little Miss BBQ, and the other five are new.

Some of the new flavors entered in Gelato Wars are honey almond biscotti by Gio Osso of Virtù, cherry white chocolate with stracciatella by Josh Hebert of Posh Improvisational Cuisine and caramelized cashew with sage brown butter by Josh Bracher of the Second Story Liquor Bar.

Plato also owns The Second Story, which opened in March 2014.



Peanut butter jelly gelato by James Fox of Bootleggers.

"I'm really looking forward to (this year's Gelato Wars), because I like to see what people will like," Plato said. "It's very unpredictable."

LIVE LOVE ARCADIA

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Some Arcadia food faves from the *Arcadia News* crew

Greg Bruns
OWNER AND PUBLISHER

Gluten-free and Omega-3 are now part of my dietary requirements, a decree handed down from my doctor. I've deliberately avoided these things in the past, as I associate "healthy" with boring. I'll take a stab at living longer, though, so I found a couple items that are now my favorites that work well for take-out and fulfill doctor's orders.

The salmon entrée at Nook is outstanding. One of the sides with the meal is cauliflower mash (potato/carb substitute). It's hard to find this evil vegetable in a form that doesn't trigger my gag reflex, but Nook has cracked the code.

I also love the Spicy Salmon Nabemono (Japanese for cooking pot, a single-pot meal) at Flower Child, the new Fox restaurant at 44th and Camelback. This spicy little bowl of goodness includes miso, daikon, roasted mushrooms, sweet potato, spinach and broccoli, all in a tasty broth.

Roni Mier
OFFICE MANAGER

Love, love, love s.e.e.d.'s Santa Maria sandwich! The turkey, Brie, mango jalapeño jam plus all the other goodies make this an amazingly delicious treat.

Michele Morrett
DESIGNER

Egg salad sandwich from Essence Bakery. Eggs, Bacon, Avocado, Toasted Roll... I couldn't ask for anything more! Delicious.

Katie Mayer
WRITER

My favorite uniquely Arcadia food item is a truly traditional French croissant from Essence bakery. (I discovered this while writing a story about them and keep coming back for more.)

I'm half Italian, so my favorite summer dish is a fresh caprese salad. I use juicy tomatoes and basil from my garden, along with fresh mozzarella, a high quality extra virgin olive oil and sea salt. Finally, I drizzle a bit of balsamic vinegar over the top and chill it in the refrigerator before enjoying. On special occasions, I'll pair my salad with a glass of Chianti.

Julie Demetros
JULIE AT THE MOVIES

My favorite thing to eat is pasta. My mom always makes the best kinds of pasta, with tomato sauce or with veggies and Parmesan or otherwise, and I was lucky enough to learn how to cook from her.

Amanda Goossen
MANAGING EDITOR

If I was going to eat one dish for dinner every night for the rest of my life, it would be the cast-iron petite chicken at Beckett's Table. Served with bacon biscuit stuffing which somehow stays perfectly crispy even after having a flavorful chicken pan jus and the chicken placed on top. This plate is mere perfection. Robust flavor and top-notch ingredients make this my go-to meal on all occasions.

Other faves: The wildflower coffee at The Henry and the chicken chop salad alongside the Diavolo pizza at Nook.

Kaley Kalil
TRAVEL WRITER

My favorite food is, and always has been, macaroni and cheese. Fancied up at a restaurant, plain Jane with just a dash of pepper or straight out of the box, I've always got room for my mac! Seconds please!

Michelle Donati-Grayman
WRITER

I enjoy a home-cooked meal, but I must admit, dining out is one of my not-so-guilty pleasures. For breakfast or brunch, I'm obsessed with the breakfast tacos and trying the pancake of the day at Snooze.

For lunch, the warm roasted mushroom salad at Flower Child is my current favorite. For dinner, the patata pizza (minus the bacon) at North is hard to beat. And let's not forget dessert. I'll never pass up a cupcake (especially red velvet) from LGO!

Christina Surrano
WRITER

My favorite Arcadia food is the posole at the Vig. You can easily make a meal out of a bowl or even a cup of this ultra rich and smoky red chili version of the Mexican soup. Favorite? Yes, it's that good.

Jean Hodgson
NOW WHAT?

An idea for great things found in Arcadia is the $5 hamburger special on Monday nights at The Vig. The special pricing for the "Arcadia burger" starts at 6:00 p.m. and comes with fries. It is outstanding.

Shirley Bruns
PROOFREADER

Chopped salad with chicken from Bertha's Café or the spin chick salad from Madison Improvement Club.

Amanda Savage
VEGGIE BEAT

I love food so it's extremely hard to choose! I love the mock barbecue chicken sandwich from Green, Gardein, wings from the Yardhouse and ice cream from Sub Zero!

ARCADIA NEWS
Places we love

Nick Smith
SPORTS WRITER

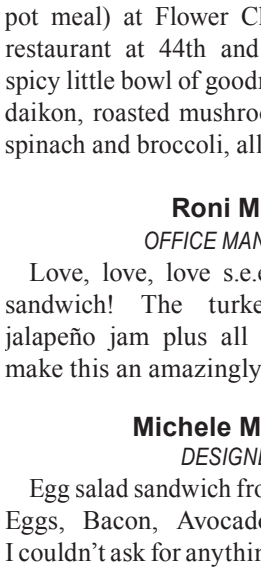
The ribs at Citizen Public House are my favorite meal!

Donna Wirtel
ADVERTISING DIRECTOR

I'm a huge fan of the raw fish at Crudo, in particular the butterfish. Sumptuous fish topped with crunchy lardons, sweet tomato and peppery arugula. Yum!

Lisa Weisenburger
KIDS' CORNER

My favorite foods are seasonal and change with the weather. In the summer, I love watermelon lime granita sweetened with a little pineapple juice. Easy to make and so deliciously refreshing!



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The vegan's survival guide to a night out on the town

Veggie *Beat*

By Amanda Savage

If you're out and about at a busy bar or restaurant, or invited to a last minute happy hour after work, you don't always have the convenience of Googling a bar or restaurant's alcohol menu – so what's a vegan to do.

If you have access to the Internet, www.barnivore.com is a vegan godsend. It's a vegan directory of all wine, beer and liquor, and tells you if something is vegan or not, and why.

Developers associated with Barnivore, developed a free and paid version of an Android app called VegeTripple, and also created two paid iOS apps called Vegan Alcohol Guide and Vegaholic. I haven't used them, but I love Barnivore. I use a free app called Veggie Brews. There are other apps available.

If neither of these options is available, and you don't want to be the guy or gal frustrating the bartender or server with a million questions (that they probably don't know the answer to), this is a basic field guide to ordering drinks safely as a vegan out for a night on the town.

Sorry, No Creamy Drinks

This seems like a no-brainer but is easy to overlook when you're out with friends. This includes drinks like piña coladas and White Russians.



If looking to prepare a vegan margarita it's best to skip the mix and make it with fresh, all-natural ingredients.

Dodge Wine, Beer And Champagne

The process of creating wine, beer and champagne often includes animal derived ingredients. It's easiest just to avoid these if you aren't already familiar with the brands available to you.

Vegan lifestyle advocate Alicia Silverstone notes on her blog, The Kind Life, that Domaine Ste. Michelle, Korbel and Veuve Clicquot are popular vegan brands of champagne.

Some vegan wines include Kendall Jackson white wines and Chateau Ste. Michelle Riesling. They are sold at many restaurants and bars. We covered vegan beer in our March issue!

Be Picky With Flavored Vodka

When it comes to plain old vodka, you're safe with almost any brand. Although flavored vodka can get tricky. For example, Barnovire marks Smirnoiff's Fluffed Marshmallow as vegan, although Iced Cake and Root Beer can't be certified.

So, if you don't have a way to look up vodka when you're out, note that: Three Olives, Absolut, Grey Goose, Skyy and Van Gogh are all safe flavored and unflavored.

Avoid Anything Red

Red coloring in foods like candy, syrups and maraschino cherries often includes the ingredient cochineal extract, which is also called carmine, a dye extracted from a crimson-colored, scaly cochineal insect. The FDA defines it as: "The color additive cochineal extract is the concentrated solution obtained after removing the alcohol from an aqueous-alcoholic extract of cochineal (Dactylopius coccus costa (Coccus cacti L.)). The coloring principle is chiefly carminic acid." In 2009 the FDA made it the law to list the ingredient on labels, so it's fairly easy to find out if a product contains it or not.

Stay Clear Of Sugary Drinks

The sugar refining process that makes raw sugar pure white, involves bone char, specifically in the decolorization process. Most products that include processed sugar, are not truly vegan. While there are vegan, and organic juices, syrups and mixes out there, they more than likely won't be found at the average bar. Avoid mixes, and high-sugar drinks like daiquiris and margaritas. Instead, try a "skinny" margarita with lime juice, tequila and water, with a pinch of plant-based sweetener like Truvia. Malibu, Midori and Amaretto (original) are sweeter liquors that are vegan. Fireball Whiskey is not vegan due to its use of processed sugar.

Bloody Marys Aren't Vegan

Bloodys contain Worcestershire sauce, which contains anchovies.

The Purer, The Better!

Dirty martinis, gin and tonic (most gin is vegan!), sugar free Red Bull and vodka – simple tends to be better for vegans.





Pouring bubbles in Old Town Scottsdale

Hey, *Bartender!*

By Amanda Savage



Full name:
Jessyca Hatch

Position:
Bartender at International Champagne Bar & Ultra Lounge

Where was your first job?
My first job was at a church daycare.

When did you get your start in the bar business?
I started working at Devil's Martini, as a cocktail waitress when I was 21.

Where may people have seen you around town (where else have you worked)?
I worked at a few bars around town: Devil's Martini, Sandbar, Bungalow and a few more.

How do you spend your free time?
Free time, what's that?

What's your favorite cocktail from International Champagne Bar & Ultra Lounge?
Champagne!

Where are some of your favorite local spots to hang out at (besides the spots you work of course)?
The Lodge, Loco Parton, Staxx and Juan Jaime's.

What's your go-to drink when you're out?
Don Julio Añejo Tequila

Fun fact people might not know about you?
I'm quite the handywoman.

Guilty pleasure?
I love CAKE!

What is your favorite thing about being a bartender?
You get to meet a lot of interesting people, and see a lot of interesting things behind the bar. And the money is not half bad!

Least favorite thing?
Late nights: You don't get a normal sleeping schedule. That would be the hardest thing, but you get lots of naps.

If you could only pick three things that embody a great bartender what would they be?
You need to be able to multitask, have customer service skills and drink knowledge.

What's a refreshing summer drink everyone should try? (Please include a recipe.)
MOSCOW MULE
2 ounces vodka
3 ounces ginger beer
Juice of ½ a lime

It's your day off, you have nothing to do, money is not an object — what would you be doing?
A day at the spa would be great; a day to just relax.

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Traditional dish feeds the soul as well as the stomach

Arcadia's *Cookbook*



Tamale making is more than cooking, for Arcadia resident, Jessica Pethtel. It's an art.

By Amanda Goossen

Jessica Pethtel grew up with her hands wrist deep in bowls of masa de maíz.

Tamale making isn't just something Jessica is good at; it's the foundation in which her life was built.

Standing in her grandmother's kitchen as a child, creating a platter of tamales required an assembly line of family members. Done the traditional way, making tamales is a minimum two-day process and Jessica's entire family would turn out to get it done.

"Everyone eventually ended up with their own version of my grandmother's tamales," said Jessica. "And each person is very proud of their recipe."

Jessica is a third generation Phoenician, explaining that her family lived here "even before Arizona was Arizona."

Her mother, Gloria M. Martinez, was the oldest of 10 children, making family gatherings a boisterous affair.

The matriarch of the family, Jessica's nana, ran a catering company and eventually a Mexican restaurant in downtown Phoenix. Sally Gano's Mexican restaurant was once in the spot that Carly's Bistro now calls home, on Roosevelt and Second Streets.

Jessica worked for her grandmother when she was just 11 years old, helping the rest of the family bring their classic dishes to the table. Her uncles ran the bar, her aunts worked in the kitchen and Jessica's mom was focused on how everything looked.

"It was so much fun," said Jessica. "One of the best times of my life."

For this proud daughter and granddaughter, the memories from 20 years in the family catering and restaurant business are mostly positive, but there was one drawback.

"I hated wearing the Mexican dresses," Jessica laughs. "It was the '80s and I wanted to be Cindy Lauper. Those dresses clashed with being cool."

In 1999 Jessica would make a drastic change in her life, moving away from her family to Costa Mesa. For three years, this Phoenician would find a new home in California.

"I never thought I'd move back," said Jessica.

But family calls. When her mother was diagnosed with Alzheimer's disease, the ties that bind called her home.

"You could say I left California kicking and screaming," said Jessica. "But nothing will ever replace that time I had with my mom. It means the world to me."

Jessica hadn't made her tamales for a couple of years. But once reunited with her mom, tamale making became a connection that couldn't be denied.

"She was in early stages of her sickness and it brought back so many memories for her," said Jessica. "We would listen to music and sing really loudly, off-key. I treasure those times and that relationship with my mom."

Tamales are personal for Jessica.

"After my mom passed, I didn't make them for a long time."

But now with two young daughters of her own, she understands the way to pass on her heritage to her girls.

"My mom used to say all sorts of sayings. So many that my siblings and I numbered them and would make fun," said Jessica. "She would look at me, a stubborn kid who thought I knew everything and say one of her quotes in Spanish, half the time they just seemed to make no sense."

As Jessica thinks about her mom and the life she now lives with her own husband and two girls, one quote rings so true.

"My mom would look at me in my teenage toughness and just say, 'Oh honey, where you're going, I'm already coming back from.'"

Continued on page 37



Continued from page 36

ARCADIA COOKS

JESSICA'S AWESOME TAMALES

TRY IT OUT!

By Jessica Pethtel
Serves 12-16



INGREDIENTS

Red Chili

- 1 bag red chili pods
- 4 pounds pork butt
- 2 large onions (one whole, one finely diced)
- 3 tablespoons oil
- 4 tablespoons flour
- 1 tablespoon chopped garlic
- 1 teaspoon cumin
- 1 teaspoon salt

Masa

- 5-pound package of Mama Lola's masa
- 2 1/2-pound package of lard
- 1 teaspoon baking powder
- 1 to 1 1/2 cups pork broth
- 1 package cornhusks
- Two 14 1/2 ounce cans medium pitted olives
- wax paper

PREPARATION

- Fill a large pot with water (approximately 8 cups) and boil chili pods on medium heat for 3 hours, until soft. In another large pot over medium heat, boil pork butt with one whole onion, in water, for 5 to 6 hours.
- Save the broth from both pots.
- Cube your pork and set aside.
- In a blender, add cooked chili pods and 1 1/2 cups of broth. Alternate broth when blending, first with chili pod broth, second with pork broth and so on, about 1/2 cup at a time.
- Strain chili and set aside.
- In a large pot over medium heat, add oil and flour to make a roux. Brown until it has a nutty smell and becomes gravy-like. Then add the strained chili sauce, cubed pork, finely diced onion, chopped garlic, cumin and salt. Cover the pot and cook again over medium-low heat for another 2 hours. Adjust the salt to taste after the first hour.
- In a large mixing bowl add the packages of masa and lard. Add the baking powder and approximately 1 cup of pork broth. Add approximately 5 teaspoons chili sauce (after it's been cooked as referenced above) with no meat. Mix by hand until completely smooth. There should not be any lumps.
- Let the wrapping begin! Soak cornhusks in water until soft. Then spread each one with masa, 2 teaspoons of red chili and an olive. Wrap in another cornhusk and then in wax paper.
- In a pot, steam the wrapped tamales. Stand them up in the pot with chili side face up and steam for approximately 1 1/2 hours.
- Turn the stove off and let them sit for another half hour before eating.



Dine with your dog at many of the Valley's best eateries

By Amanda Savage

You know that look. When you're about to head out for a bite, and your pup flashes you the big, doe eyes that beg, "Please don't go."

"Why not take the dog?" you ask yourself. Then the next question is "where?" Most people have their go-to spot, but sometimes variety is necessary.

Luckily, many local restaurants allow dogs on patios.

But before we discuss that, let's talk law. In order for a patio to allow dogs, the restaurant must receive a Dog Friendly Patio Permit. This permit requires that a restaurant meet 10 qualifications regarding items such as: patio location, patio accessibility, food handling, cleanliness and more. This comes directly from the Maricopa County Environmental Health Code, Chapter VIII, Section 2, Regulation 4. Anyone can view the document at maricopa.gov.

As said before, a lot of the area's favorite patios accommodate dogs. This list includes local establishments that go above and beyond to make four-legged family members feel welcome and comfortable.

Morning Squeeze

MORNINGSQUEEZE.COM

Located in Old Town Scottsdale, Morning Squeeze offers a full dog menu! The breakfast and lunch spot offers healthy and not-so healthy options such as protein shakes, pancakes, burgers, beer and more. The "Tail Waggers" menu offers a chow hound scramble, pup cakes and doggy biscuits and gravy.

O.H.S.O.

OHSOBREWERY.COM

A local favorite and no-brainer. O.H.S.O. is all about dogs. There are painted doggy footprints on the floor that lead guests from the main entry to the back patio, where guests will find a full doggy station with bowls and a water fountain. O.H.S.O. also makes homemade, free dog treats!

Duck and Decanter

DUCKANDDECANTER.COM

Long-time favorite sandwich spot, Duck and Decanter, has three locations, with the Camelback location offering a large, covered patio space for dogs and humans. Near the entry of the deli, guests will find a dog station with bowls, water and treats.

Breadcrafters

BREADCRAFTERS.COM

About a 15-minute drive north of Arcadia, Breadcrafters is a popular dog patio spot. While humans dine on French toast and eggs for breakfast, or soup, salad and sandwiches for lunch, pups can enjoy a patio with an outdoor cooling unit, misters, treats and water bowls.



Potatoes shows his excitement for brunch with his owner.

Hula's Modern Tiki

HULASMODERNTIKI.COM

Uptown's favorite island getaway is a place you can enjoy island-inspired brunch, lunch and dinner classics. The patio is also dog friendly and always offers water bowls for dogs. Sometimes there are dog treats, it just depends on if someone had the time for a treat-run. Call ahead to make sure!

La Grande Orange Grocery

LAGRANDEORANGEGROCERY.COM

One of Arcadia's busiest eateries is vegan, vegetarian, gluten and canine friendly. While pet parents enjoy breakfast, lunch, dinner or just cocktails, they can also purchase treats available for sale for their pups. Additionally, the eatery always offers water bowls for pets. As mentioned, this place gets busy, and loud! Make sure doggies are comfortable in these kinds of environments before bringing them with you.

Duke's Sports Bar & Grill

DUKESSPORTSBAR.COM

This is the perfect spot for the sports fan who doesn't want to leave their dog at home. Located in south Scottsdale, Duke's welcomes leashed dogs with water bowls and treats. For humans, Duke's offers your standard bar breakfast, lunch and dinner, complete with burgers, sandwiches, wings and eggs.

Aunt Chiladas

AUNTCHILADAS.COM

Located not far from the rim of Squaw Peak, just north of Lincoln Drive and 16th Street, Aunt Chiladas offers Mexican food and a designated patio, right along "Bocce Ball Beach" for guests with pets. They used to offer treats, but currently don't. However, they always offer water bowls.

Randy's Restaurant

RANDYSRESTAURANTAZ.COM

Randy's is a locally owned hidden gem in Scottsdale that serves traditional American breakfast, lunch and dinner. Their home-cooked feeling is enhanced when dogs join to dine on the patio. Randy's offers shade, water bowls and treats for its furry guests.

Honorable Mentions

The Garage, Capital Grille, Orange Table, Postinos and Milagro Grill.

Dining rules are subject to change. Please check with each location before visiting with your pet.





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Tomatoes, versatile in cooking and perfect summer food

By Chris Newstrom from Upward Projects



HEIRLOOM PIZZA
WITH RICOTTA AND WHITE ANCHOVY

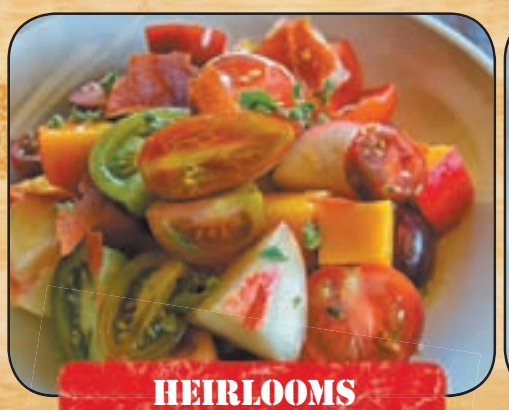
INGREDIENTS

- 1 pizza dough
- ¾ cup mozzarella and cheddar cheese blend
- 2 medium heirloom tomatoes, sliced ¼-inch thick
- 4 tablespoons ricotta cheese
- 10-12 white anchovies
- Arugula for garnish

PREPARATION

Roll out pizza dough on pan. Arrange the next four ingredients on the pizza as desired.

Bake according to dough directions. Remove from oven, garnish with arugula.



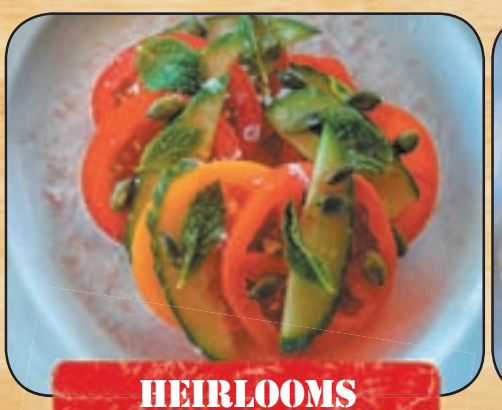
HEIRLOOMS
WITH STONE FRUIT AND PROSCIUTTO

INGREDIENTS

- 1 pint mixed heirloom tomatoes - cut in halves and quarters
- 1 white peach, cut in 1-inch chunks
- 1 yellow peach, cut in 1-inch chunks
- 1 large mango, cut in chunks
- 4 tablespoons white wine vinaigrette
- 2 ounces prosciutto, slow cooked and crumbled over the top
- ½ teaspoon fresh marjoram sprinkle

PREPARATION

Combine tomatoes and stone fruits in a medium size bowl. Pour vinaigrette over the top and mix gently. Sprinkle on crumbled prosciutto and marjoram.



HEIRLOOMS
WITH WATERMELON VINAIGRETTE

INGREDIENTS

Watermelon Vinaigrette

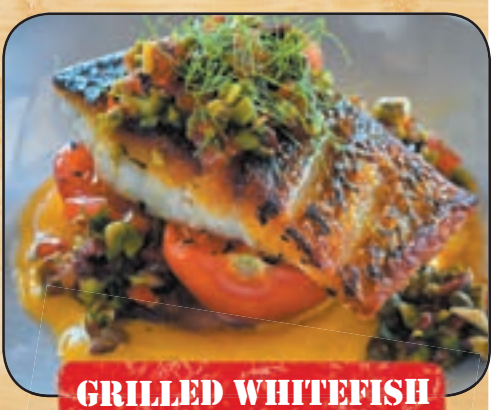
- 1 cup watermelon puree
- ½ cup red wine vinegar
- 1 teaspoon sugar
- Pinch of salt

- 1 heirloom tomato sliced 1/4-inch thick
- 5 cucumber slices in 1/16-inch half moons or coins
- 5 torn pieces of mint leaves
- 1 tablespoon watermelon vinaigrette
- Sprinkle coarse sea salt, approx. 1/4-1/2 teaspoon
- 10 salted pepitas

PREPARATION

To make the vinaigrette: Combine all ingredients and mix well. Store in a squeeze bottle.

To plate: Lay tomatoes down first, then cucumbers, mint, watermelon vinaigrette, sea salt and pepitas.



GRILLED WHITEFISH
WITH CHARRED TOMATO VINAIGRETTE

INGREDIENTS

- 1 medium sized tomato, charred on the grill
- 1 - 5 to 7 ounce piece of white fish, grilled or sautéed
- 2 tablespoons charred tomato vinaigrette

Charred Tomato Vinaigrette

- 1 tablespoon minced shallots
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- ¼ cup red wine vinegar
- 1 tablespoon lemon juice
- 1 teaspoon kosher salt
- 6 turns fresh cracked pepper
- 1 - 10 ounce pack Bombello orange grape tomatoes - grilled or roasted, just until the skin blisters
- ¾ cup extra virgin olive oil

PREPARATION

Combine above ingredients in a blender and blend until smooth and slowly drizzle in the olive oil. Check seasoning.

Kate Brophy McGee

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and your vote on August 26th.

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Street food event in Old Town celebrates one year

By Alessandra Dagirmanjian

Scottsdale's Food Truck Caravan celebrated its one-year anniversary last month. For the past year, this event has brought together local food trucks for Street Food Saturdays from 6:30-10:30 p.m. in downtown Scottsdale.

The Food Truck Caravan has added a wonderful outdoor dining experience to the corner of Fifth Avenue and Goldwater Boulevard, with a wide range of cuisine, live music, private tent options and much-needed misters. The caravan features over 35 food trucks from the valley, with about eight to 10 trucks present each weekend. Two of these, Udder Delights and The Grilled Cheese Truck, are at the Caravan every weekend, while favorites such as Frank, Sweet Magnolia Smokehouse, LLC and Grilled Addiction come out at least twice every month.

The Food Truck Caravan is run by a team of food and planning experts, spearheaded by Scottsdale resident and Event Coordinator Lori Baker, who partnered with local dairy farmer, Casey Stechnij to organize the event. By bringing together small-business owners in downtown Scottsdale, the caravan has become an important catalyst for the local economy, especially since the city has never before allowed trucks on this private property.



"It's pretty historic that we got to set a trend to bring food trucks here to Scottsdale," said Baker.

The caravan focuses on bringing culture and conversation to its community as well as attracting young people downtown. With communal picnic benches and a casual ambiance, guests can explore each truck and discover new cuisines, while also meeting other locals and visitors.

"We want to bring street food to the local community and the best way to do it is through events. We're part of a bigger project to help revitalize downtown Scottsdale and we've already proven through statistics and matrixes of local businesses, whose sales increased during our event, that it works," said Baker.

Truck owners agree that the caravan offers an excellent opportunity for them to showcase their distinctive menus, while taking part in the supportive network of local food trucks.

"Scottsdale is very lucky to have a unique foodie experience and the rotation of the trucks is always fresh. What is cool about the trucks is that we're a community and we all know each other, because it's a very small market as far as the amount of trucks out there. Scottsdale is one of those places where we can come out and have a good time and be food truckers," said Jason from Saffron JAK Pizzas.

As the only reoccurring event of its kind in Scottsdale, the caravan has gained momentum in the food truck community, especially on Instagram, where it has a following of food trucks from all over the world. The caravan has also expanded from Saturday evenings, now bringing their delicious cuisine to private events, such as weddings and parties, as well as fundraisers and corporate events. Still, Saturday evenings in downtown Scottsdale remain a great way to experience the caravan and take part in the regrowth of the community. What better way to enjoy a summer night in Scottsdale, than with great food, live music and friends?

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Three months, three trips, an abundance of memories

Where's the *Neighbor?*

By Kaley Kalil

Shelbi LaNue may be a Phoenix native and an Arcadia local of five years, but she's also a seasoned traveler.

LaNue recently acquired a yoga certification and is preparing to launch a wellness vacation business with a focus on creating meaningful experiences while utilizing her lifelong connection with yoga and holistic healing.

"I'm looking forward to working on my own project, especially one that allows me to travel lots and escape the brutal summers of the Valley," LaNue said.

LaNue has enjoyed quite a few meaningful experiences herself already this summer.

She kicked off her summer travel in May with a month in West Palm Beach, Florida.

"I have traveled back to Florida for summers since my childhood and am so grateful to be able to continue the tradition," she said.

Before the month was up, she found herself Europe-bound on a more than welcome impromptu adventure with her aunt Monique and uncle Vic.

"A simple trip to catch up with friends and family in Florida turned into a spontaneous trip to Italy," LaNue said.





An impromptu trip to Italy led Shelbi LaNue to her now-favorite spot in Europe: the Amalfi coast.

LaNue and her aunt and uncle stayed in the presidential suite at the Grand Hotel de la Minerve in Rome, as well as enjoyed private tours of the Colosseum and the Vatican.

"May is a great month to travel in Europe as the summer heat and crowds have yet to arrive," she said.

"The Amalfi Coast is the most beautiful part of Europe that I have discovered. We stopped in a small town named Positano for several days and stayed at the breathtaking Il San Pietro di Positano Hotel. My favorite memories from the trip all include an incredible bottle of wine, handcrafted cheese and, of course, gelato."

In early June, LaNue traveled to Hawaii with her mom and aunt to attend her sister's graduation at Hawaii Pacific University. They enjoyed two weeks at the iconic beachfront Ilikai Hotel in Waikiki, Honolulu, and rented a large passenger van to explore several of the countless beaches the island has to offer.

"Hawaii is where I fell in love with sushi many years ago," she said, "So I always make it a point to get plenty while I'm there. It pairs nicely with the common drink of fresh fruit-infused sake that can be found at any sushi hut."

LaNue particularly appreciated the "beautiful flower-drenched commencement ceremony" at the university.

While she has dubbed San Diego as her favorite spot, LaNue does admit to missing Phoenix's "amazing sunsets" when she's away.

"I love travel because it fosters growth and exploration in life, two enriching concepts that can easily disappear in the daily grind," she said.

One day, LaNue hopes to travel to Peru to hike up Machu Picchu.

She plans to return to Italy in the next few months to visit new friends and further explore the coast.

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

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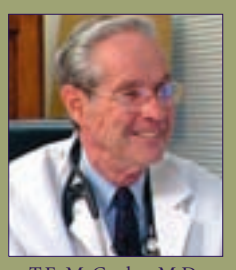
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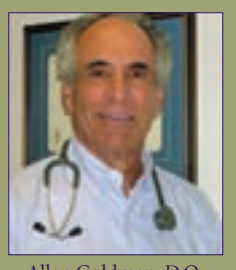
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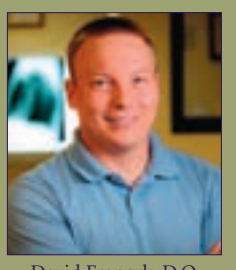
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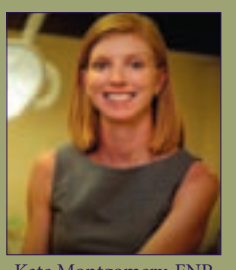
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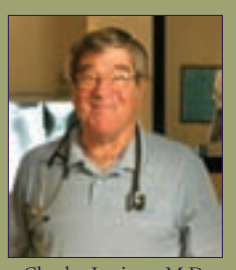

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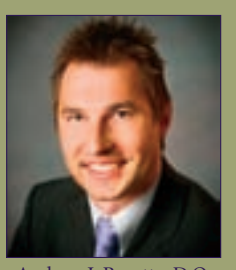

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A quick way to slow down

Retirement *Now what?*

By Jean Hodgson

When you ask someone about the most unique trip they have ever taken, they often name an unusual or exotic destination. But my husband and I would immediately identify not the location, but the means of transportation - a narrow boat on a canal! This experience of peaceful and memorable travel was shared with good friends one week in June several summers ago.

In 1790 the British Parliament authorized building 36 canals to serve as commercial waterways. Over the years as their use for this purpose diminished, approximately 2,000 miles of these canals have been restored and converted primarily for tourist destinations. However, many people still live on the narrow boats for part of the year, if not year-round.

The concept of a "narrow" boat must be taken quite literally as the canals are typically about 20 feet wide and 5 feet deep. So our boat, Bronwyn, was 56 feet long and 7 feet wide, but she had a kitchen, two bedrooms, two baths and also a 100-gallon water tank.

This part of our trip officially started at Evesham, a town on the River Avon in England. The company that rented the boat provided instruction books and detailed maps, some orientation and a brief supervised practice in operating the boat - and then we were on our own to be the captain and the crew. These boats are maneuvered by a tiller, and passengers are not only responsible for steering but also for lowering and raising the boat through sets of locks. Yes, this is definitely an active vacation, with manageable tasks that must be taken into consideration when deciding if this adventure is a good match for you.

However, we found the experience to be well worth the effort in every way. The speed limit on the canals is 4 mph and you are often traveling even slower than that. One guidebook said, "Canals are the quickest way to slow down." You can walk along the towpath beside the water or sit onboard and enjoy the meadows, farmland, towns and villages you pass through - while also in the company of the ducks, geese and swans that call these waterways their home.


Opening a lock for the canal boat to pass through.

Breakfast was onboard, but our guidebook gave the information we needed to stop at great spots along the way for other meals in villages and pubs and also to plan where to moor at night. A highlight for this British Literature teacher was mooring a couple nights in the Canal Basin Marina in Stratford-upon-Avon. Imagine waking up in the center of Shakespeare's hometown right by the statue of Hamlet, visiting his burial place in Holy Trinity Church, and then attending a performance of The Taming of the Shrew at the Royal Shakespeare Theatre!

After leaving the town of Stratford, we left the Avon River and continued on to soak up the atmosphere on the Stratford Canal. Bronwyn was only rented for a week, so we had to plan carefully for our spot to reverse our route and return to Evesham for the welcome back dinner.

Nearly perfect weather (not always the case in the United Kingdom) and compatible travel companions created a treasured memory of peace and beauty!

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Golfing days, party nights

By Samantha Bero



Topgolf, a new driving range in Scottsdale, has been open for less than a month and is already attracting everyone from all walks of life.

Topgolf "is not just a regular driving range," according to Topgolf's marketing manager Joe Bowie. Topgolf is different from a typical driving range based on their "technology and full service." Players can choose from seven different competitive games and Topgolf offers a full-service menu and three bars for customers. Each golf ball is micro-chipped so players can track where and how far their ball goes.

On July 4 Kristen Brown, 28, and Ann Marben, 28, visited Topgolf for a second time. "It's a nice atmosphere," said Brown. "It's similar to bowling where you can sit and hang out." They both enjoy the food and drinks.

Both Brown and Marben have visited Topgolf during the day but they are both looking forward to going to Topgolf Nights, which are Thursday-Saturday nights. Topgolf Nights is open to the 21 and over crowd and offers three bars, live music on the rooftop and games such as cornhole, Jenga, darts and more.

Topgolf is also family friendly. Kids of all ages are welcome. The Summer Academy has kicked off Monday for kids ages 6-12. "Kids love coming here," said Bowie.

Marben and Brown both own golf clubs but do not golf often. "You don't have to own clubs or be good at golf to come," said Marben.

There are currently 12 other Topgolf locations throughout the U.S. and eight more locations in the works, including one in Gilbert. "The markets, demographics, sports fans and avid golfers" were the reason the company chose Scottsdale as their newest target market.

The driving range sits on 65,000 square feet with three levels of playing bays. The facility can hold 600 players at once. For more information visit: topgolf.com.



Beloved bookstore opens thanks to community support

By Katie Mayer

It was the early '70s and Gayle Shanks, Bob Sommer and Tom Brodersen did what a lot of young adults do – they dreamed.

The group volunteered at a Phoenix alternative school and often followed up their shifts with long talks on the porch, discussing life and their futures.

"Several of us dreamed of a bookstore where people could gather and talk about ideas and books," Shanks said.

In 1974, the group opened the doors to their store – as well as their dream – in downtown Tempe with a small retail space called Changing Hands Bookstore.

Today, the store, now located in south Tempe, has garnered a large and loyal following that enjoys the carefully selected books and community atmosphere unique to Changing Hands Bookstore.

So when that loyal following asked for a location closer to home, the owners listened.

"We've been asked for years to come to Phoenix," Shanks said. "My sense is that the traffic has gotten worse. A lot of customers who used to come on a biweekly basis have said it's too much trouble."

On May 30, current owners Shanks and Sommer, now married, and business partner Cindy Dach opened a second location in Phoenix near Camelback Road and Third Avenue in the former Beef Eaters Restaurant at the complex known as The Newton.



After forty years of success in Tempe, Changing Hands Bookstore has opened a new store in Phoenix. Photo credit: Andrew Pielage

With the help of an Indiegogo fundraising initiative and a witty video featuring a puppet version of Moby-Dick and a Frankenstein figurine called "Frank 'N Moby Build a Bookstore," the community donated more than $91,000 to help bring the bookstore into their community. The owners also had to make a massive investment into the new location, which cost about $1 million to create.

"We give a tremendous amount of our energy and time to social service agencies, schools, arts organizations, programs and people doing good work in our city, and it comes back to us tenfold," Shanks said. "I am so grateful for this."

The new location is 6,000 square feet of bright, open space, featuring a bar with wine, beer, coffee and light fare. Behind the bar is a large entertainment area, shared by all of the tenants at the Newton for hosting events. Owners hope the location will be a gathering place for the community, and will also provide ample space for book signings and other events.

On a recent evening around happy hour, the store was dotted with a diverse mixture of families looking for books, young couples enjoying beer, a group of women meeting after work for wine and the usual book shoppers quietly reading in aisles.

Area resident Courtney Sargent said she often walks or bikes to the new Changing Hands Bookstore to enjoy its cold brew coffee in the mornings or a cold beer after work.

"It's a good community space for the neighborhood," Sargent said.

Laura Gill, of Phoenix, recently stopped by the store with her two young children and said she has been a customer for a decade.

"I really like the selection of books," Gill said. "They do a really good job weeding out fluff."

Longtime Changing Hands Bookstore customer Chris Ayers, 35, who lives blocks away from the new location, said he donated $50 to the Indiegogo campaign because he believes the bookstore revitalizes the community, provides a great space for gathering and offers a locally-owned option for book shoppers.

"When I was in high school or college, I didn't have regular access to the Internet, so going to a bookstore for hours at a time was how I found out about the world," Ayers said. "Just browsing and getting lost. … That's part of what I love."

Shanks said that she has found "great joy and adventure" in books and reading since she was a child.

"Books change our lives," Shanks said. "But even beyond the books, I think people need places to gather, to talk, to think, to share their experiences as human beings."

She added, "Independent bookstores are places that are this very thing, and Changing Hands' whole reason for being beyond the books is about community, ideas and changing the world one reader at a time."

For more: changinghands.com.

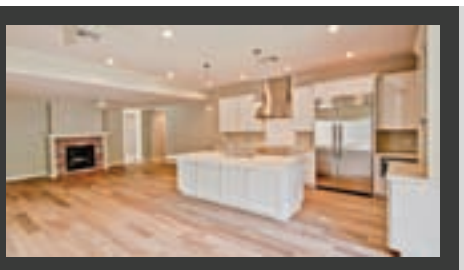


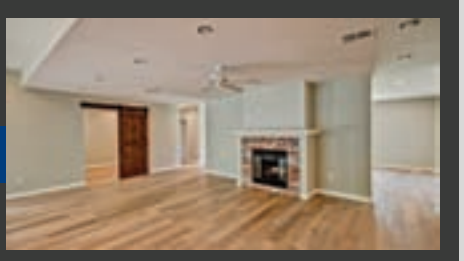
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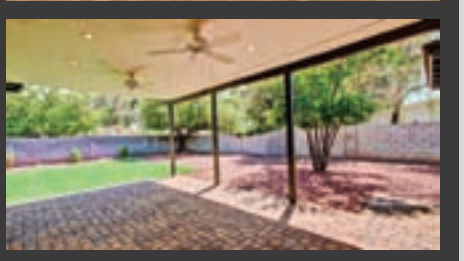
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It takes a million – minutes, that is

By Michelle Donati-Grayman

During my elementary school years, my grandmother took my sisters and I once a week to visit Saguaro Library. There, I met characters such as Amelia Bedelia and Ramona Quimby who helped cultivate my imagination and develop a lifelong love of learning.

Because of my upbringing, I naively assumed most children experienced something similar. However, after receiving an email from Valley of the Sun United Way's Women's Leadership Council last year, I realized I was wrong.

Exposure to books is critical to a child's academic success. In fact, third grade marks a milestone when children shift from learning to read and begin reading to learn. Students who haven't mastered reading by then often struggle in the classroom and are at risk of dropping out of school.



To address this issue, VSUW's Women's Leadership Council launched the Million Minutes Challenge in May 2013. The goal was ambitious yet simple: Recruit volunteers to log one million minutes of reading to school-age children in the valley to spark awareness and improve literacy skills.

"This effort really opened the door to the general public being aware of the importance of reading even one time a week to a child," said Brooke Toles-Johnson, Read-On Manager at Valley of the Sun United Way.

Over the past year, more than 1,000 readers – including several Arcadians – rose to the challenge, exceeding the goal by logging more than 7 million minutes of reading to more than 14,000 valley children.

UMOM New Day Centers is Arizona's largest homeless shelter for families. For more than 14 years, the agency has hosted Read to Me, a weekly event that provides an opportunity for community volunteers to read to the children who live at the shelter.

The nonprofit experienced a spike in the number of community volunteers during the challenge, according to Aly Wood, volunteer coordinator at UMOM.

"We had more volunteers coming to the program who were eager to read and spend one-on-one time with our children," Wood said. "We had several volunteers who were introduced to UMOM and Read to Me because of our involvement in the Million Minutes Challenge."

The Million Minutes Challenge may be over, but there is still work to do.

"We will continue to work with our communities, partnering organizations and volunteers together in the work of increasing literacy rates of children in Arizona," Toles-Johnson said.

There are several ways to get involved, for more information, visit them online: umom.org/get-involved.

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SUNDAY HOME GAMES KIDS RUN THE BASES FOR PHOENIX CHILDREN'S HOSPITAL					1 FIREWORKS* NIGHT	D-BACKS ZOMBIE BOBBLEHEAD
3	4	5	6	7	8 80s NIGHT	9
10	11	12	13	14	15	16
17	18	19	20	21	22 FIREWORKS* NIGHT	23 POSTGAME CONCERT FEATURING THIRD DAY
24	25	26	27	28	29 Safelite AutoGlass Classic TV NIGHT	ALUMNI NIGHT 2014 BOB BRENLY BOBBLEHEAD
31						

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What's Happening, Arcadia?

AUGUST 2014 EVENTS

Gelato Wars

Aug. 1-31
The Gelato Spot (all three locations)
3164 E. Camelback Road

Check out the winning flavors from the gelato chef battle held every day this month.

gelatospot.com

Garden Flashlight Tours

7 p.m. to 9 p.m., Now-Aug. 30
Desert Botanical Garden
1201 N. Galvin Parkway

Haven't been out to The Desert Botanical Garden at night yet? Come to one of their summer night tours this month and bring a flashlight!

dbg.org/events-exhibitions

Adult's Night Out

5:30-9 p.m., Aug. 1
Arizona Science Center
600 E. Washington St.

Anyone 18 or older is welcome to the Arizona Science Center for special ticketed events, Dorrance Planetarium events, an award-winning lecture series and free access to all four floors of the center.

azscience.org/who_are_you/adults_night_out_event

Mission Not-So Impossible

12-1 p.m., Every Saturday through Aug. 15
Pueblo Grande Museum and Archeological Park
4619 E. Washington St.

Check out this free lecture series on sustainable desert landscaping and gardening, covering topics such as tips for home gardeners, native plants of the Sonoran Desert and Arizona Native growing practices.

visitphoenix.com/events/event-results/event-details/index.aspx?eventSourceId=24826

Phoenix Cooks

Aug. 30
Westin Kierland Resort
6902 E. Greenway Parkway

Check out the valley's best chefs as they gather to make great food and provide an amazing culinary experience. Tickets go on sale July 21.

event.phoenixcooks.com

Fridays in the Park

7-10 p.m., Aug. 8 and Aug. 22
Civic Space Park
424 N. Central Ave.

Enjoy live concert performances, entertainment, movies, food trucks, art exhibitions and more inside the air-conditioned AEE Building.

facebook.com/civicspace

Hands-On Heritage House

10 a.m. to 4 p.m., Wednesday-Saturday
12-4 p.m., Sundays
Stevens-Haustgen House
113 N. Sixth St.

See a new exhibit, Victorian Secrets, A Glimpse at the Unmentionable, inside the Stevens-Haustgen House. Provided with regular Rosson House Museum tour admission.

rossonhousemuseum.org

Wednesday Wind Ups

11 a.m. to 1 p.m., Wednesdays Aug. 6-27
AEE Building
424 N. Central Ave.

Civic Space Park, Roosevelt Row, Best of Show and Fair Trade Café will host this free weekly event with food trucks, café salads and sandwiches, drinks, music and more. Check out background movie clips, games, lifestyle community information and guest yoga and Zumba instructors.

West Side Story

Aug. 8-24
Herberger Theater Center
222 E. Monroe St.

See the Herberger's website for show times and ticket prices.

herbergertheater.org/west_side_story

Phoenix DinoCon

2:30 p.m., Aug. 2
Phoenix Center for the Arts
1202 N. Third St.

This dinosaur party gives families and dinosaur lovers the chance to meet dinosaur experts, do crafts, and purchase art and products from local artists. Stop by if you like *Jurassic Park, Godzilla*, or any other dinosaur-related culture.

phoenixcenterforthearts.org/events/phoenix-dinocon

Yoga/Meditation Program

1:15-2 p.m., Aug. 12
Herberger Theater
222 E. Monroe St.

Check out this free arts education and outreach program!

events.downtownphoenix.com/go/2743--yoga-meditation-program/16563

Catch a Rising Star Summer Concert Series

7:30 p.m., Aug. 8
The Nash
110 E. Roosevelt St. Suite 110

See this performance by Aubrey and Dalton, members of the Tucson Jazz Institute, an award-winning community jazz program.

events.downtownphoenix.com/go/2700--aubrey-martin-and-dalton-danks-catch-a-rising-star-summer-concert-series/16249

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.

Saguaro Library celebrates

By Sarah Stecko



For 50 years, Saguaro Library continuously adapted to meet the needs of its community.

The Saguaro Library in Phoenix celebrates its anniversary Saturday, Sept. 6 and it's not just any celebration either, it's for its milestone 50th anniversary. The planned events taking place at the library are designed to excite all ages.

One of the events included, "An Imaginary Trip Through the Americas," is a live music presentation representing the culture of Latin America. The music will be sung in four different languages led by Brazilian-born, Carmen de Novais.

"This performance is much more than music because it offers an artistic atmosphere conducive to multicultural understanding, which has proven to be an effective educational experience," said Branch Manager Theresa Shaw.

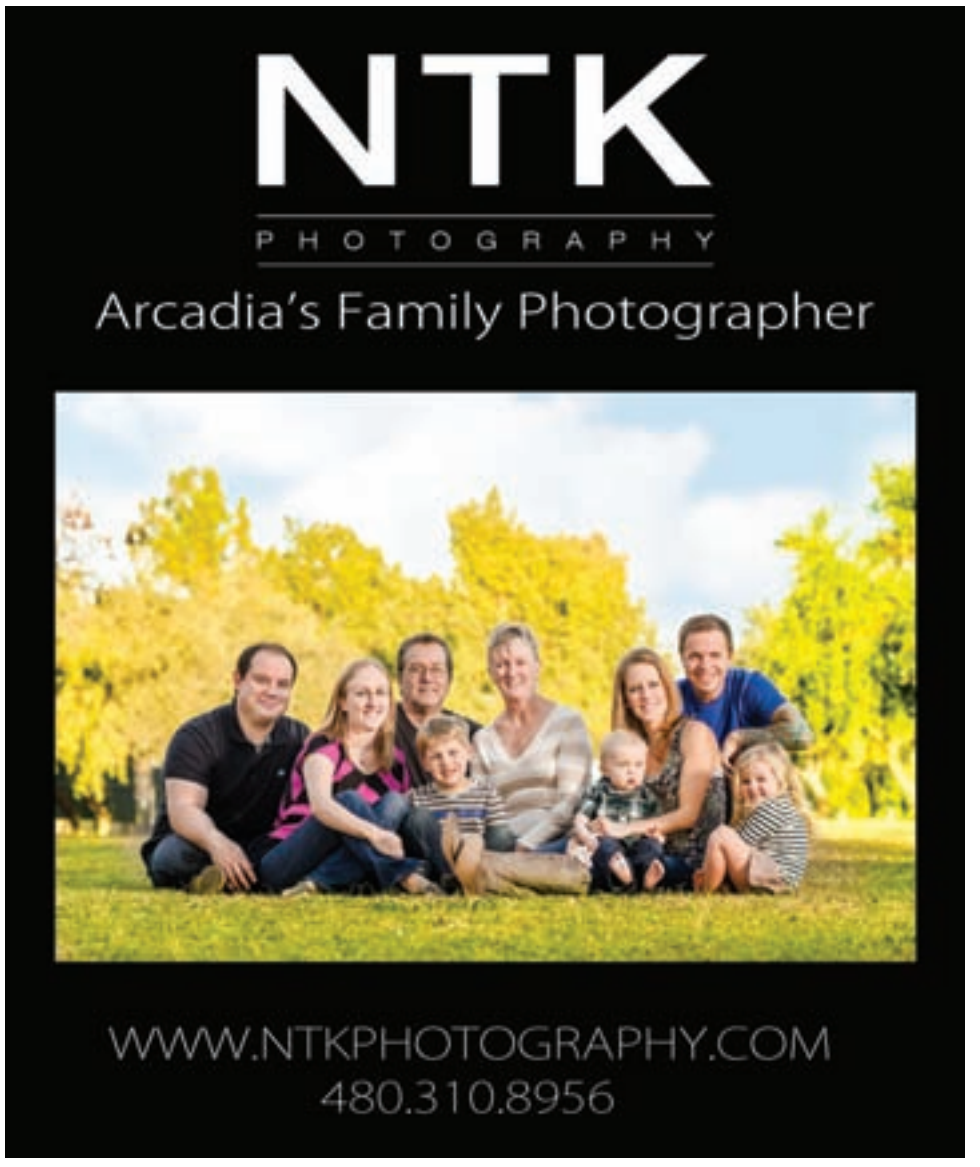
After the library's cake cutting ceremony with District 8 Councilwoman Kate Gallego, there will be a presentation commemorating another 50th anniversary: The Beatles arrival in America. Musician, Dulais Rhys, Ph.D, will run the program and the audience is encouraged to sing along. The final event is a classical story telling by Arizona Rick, "the balloon-making cowboy."

The half-century of providing library services to the community has seen many renovations. Saguaro Library has witnessed the community grow and prides itself on its willingness to adapt, according to Shaw.

"Gone are the heavy wooden shelving, tile floors, card catalog, magazine files and shushing librarians," Shaw said.

Now, there is a more modern look with almost 30 computers and a reactivation of activities for everyone. However, the greatest feature comes from the diversity the community brings — from adults who reminisce on spending summers at the library as children, to new customers who arrived to the country as refugees, according to Shaw.

"I like that Saguaro Library is nestled on a quiet street," Shaw said. "It retains a neighborhood feel, while providing the services of a large urban library system."



Summer movie classics



By Julie Demetros

Summer will soon come to a close, time to leave the pool and go back to school. For one last goodbye to summer vacation, why not celebrate with a movie night? Check out these summer classics and end the season on a high note.

The Parent Trap (1961 and 1998)

The 1961 original, starring Haley Mills, will always be a classic summer movie. The story is about twins Susan and Sharon who meet for the first time at summer camp and decide to switch places to try to get their divorced parents back together. Hilarity and mishaps ensue, and the film is fun for the whole family.

The more recent 1998 remake, starring Lindsay Lohan as the twin sisters, is still considered a great movie, even if it is not as good as the first. Revisit Lohan's sweet and innocent years as the cute child star with this summer movie.

Julie *@ the Movies*

Addams Family Values (1993)

When a new baby, Pubert, joins the Addams family, his older siblings Wednesday and Pugsley are sent to summer camp to avoid the problems of sibling rivalry. Meanwhile, a nanny is hired to help take care of Pubert, though she ends up having her eye on Uncle Fester as well. Fearing the worst for Uncle Fester, the rest of the family tries to rescue him from the possible gold digger.

The famed Addams family is portrayed by Anjelica Huston, Raul Julia, Christopher Lloyd, Christina Ricci, Carol Kane and Jimmy Workman. This classic is for those who enjoy a little Gothic horror-movie-type flare to their summer comedies.

Jaws (1975)

Nothing says summer break like a gigantic great white shark terrorizing Amity. The beachgoers just came out to have a good time, but now an enormous creature is attacking them. Luckily, Roy Scheider, Robert Shaw and Richard Dreyfuss are there to save everyone from the great white.

Rear Window (1954)

We all could use a little Hitchcock suspense in our lives, and this film has the added bonus of being set during a hot summer in New York. James Stewart stars as L.B. "Jeff" Jefferies, a professional photographer confined to a wheelchair for a broken leg and forced to stay in his apartment when he would rather be just about anywhere else. With nothing to do except people-watch through his window, he starts getting to know his neighbors better than he ever really wanted. When he starts suspecting one of them murdered his wife, he enlists the help of his friend, played by Grace Kelly, and his nurse, portrayed by Thelma Ritter, to help him prove it and catch the killer.

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Words written for young readers find an adult audience

Book *Club*

By Amanda Goossen

In honor of students returning to the classroom, this month's book selections all fall within the young readers category. Partly, this decision was based on the consideration of the time of year, but also because I recently discovered a sweet yet startling look at the middle school experience. Something I feel important for kids to read and parents to remember.

I was tipped off regarding this book by a mommy blogger. I follow an abundance of mommy bloggers within the wonderful world of social media and if you don't, I highly recommend it. You'll be amazed at what mothers are doing these days, from running their own home businesses while also carrying around their three young children, to spreading prolific words of encouragement to the other mommies out there who are going through the same crazy days, events and terrible twos. I'm so glad to be raising children at this moment in time; a time when mothers are doing less shaming (even though those obnoxious souls are still out there) and more encouraging. It's what we need to survive! I've always heard it takes a village to raise kids. I believe, however, it takes a village to be a mom. The support, the love, the connections are required to survive. Today we can have those things just by owning a smart phone.

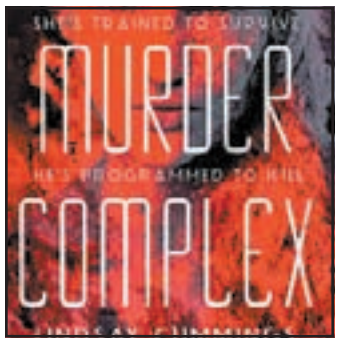
Back to the point: one awesome mommy blogger recently mentioned reading *Wonder* by R.J. Palacio. Her words, as I remember were, "if you haven't read it, you must. It's a lesson in kindness."

I rarely give in to a challenge. Plus I have a long history of not reading the hot new book. Mostly because I'm stubborn, but also because I hate to be let down.

This time was different. The very next day I marched out my front door and bought the bright blue book. And I read it in less than 24 hours, unable to leave the unimaginable world of Auggie.







The *Arcadia News* Book Club will meet on Aug. 28 at 6:30 p.m. We will discuss Wonder by R.J. Palacio as well as enjoy refreshments and our monthly raffle of books and prizes. Raffle tickets are five dollars and benefit the *Arcadia News* Assisting Neighbors charity of the month.

We are excited to have a new location for our book club. Email amanda@arcadianews.com for location information.

BOOK OF THE MONTH

WONDER
By R.J. Palacio

When readers meet fifth grader August (Auggie) Pullman they are immediately notified of his facial deformities. He was born with multiple vision and physical handicaps making it a struggle for the public to even look at him. Being sheltered by his well meaning parents and his sister Via though has made life somewhat easy so far.

When his mother decides its time to go to a regular school, Auggie is terrified and puts up a fight. His fear is slightly dimmed by curiousity after a school tour and before long August is headed to the fifth grade.

What comes next is a series of mean kids, kindhearted souls and a variety of social experiments affecting sweet Auggie, his family and his peers.

Wonder by R. J. Palacio is a lesson in life, decency and the strength to do what's right, even when nobody else is choosing that path. Bravo to this author for getting the middle school experience right and daring us all to take the kinder path in life.

SCHOOL AGE BOOKS

By Dan Wirtel

SAY WHAT YOU WILL
By Cammie McGovern

Say What You Will is a story about a crippled girl named Amy who is a senior in high school and later goes onto college. Amy has cerebral palsy and can't walk, talk or control one of her arms. Amy and her parents try to overcome her serious problems by getting Amy a voice box.

Amy's parents are super protective and form a club that is intended to help Amy make friends. One of the teens who joins the club is Matthew, who has problems of his own. Matthew is OCD so his problems are more mental than physical, but he denies that he has OCD and tries to help Amy. Amy was also trying to help Matthew through his problems and eventually they become friends. Amy and Matthew learn along the way that it's better to learn to manage the problems they are faced with in life.

THE MURDER COMPLEX
By Lindsay Cummings

Have you ever wondered why you've killed innocent people but can't remember the reason the murders happened in the first place? Hopefully not. But Zephyr, otherwise known as Patient Zero, has killed innocent people and is responsible for cleaning up dead bodies on the street. While he does not have control over his body, he always feels guilty and sad for the killings.

Meadow is a 15 year old who has been trained by her father to "kill or be killed." The story is told between alternating viewpoints and is filled with twists and turns as well as the relationship between Zephyr and Meadow.

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

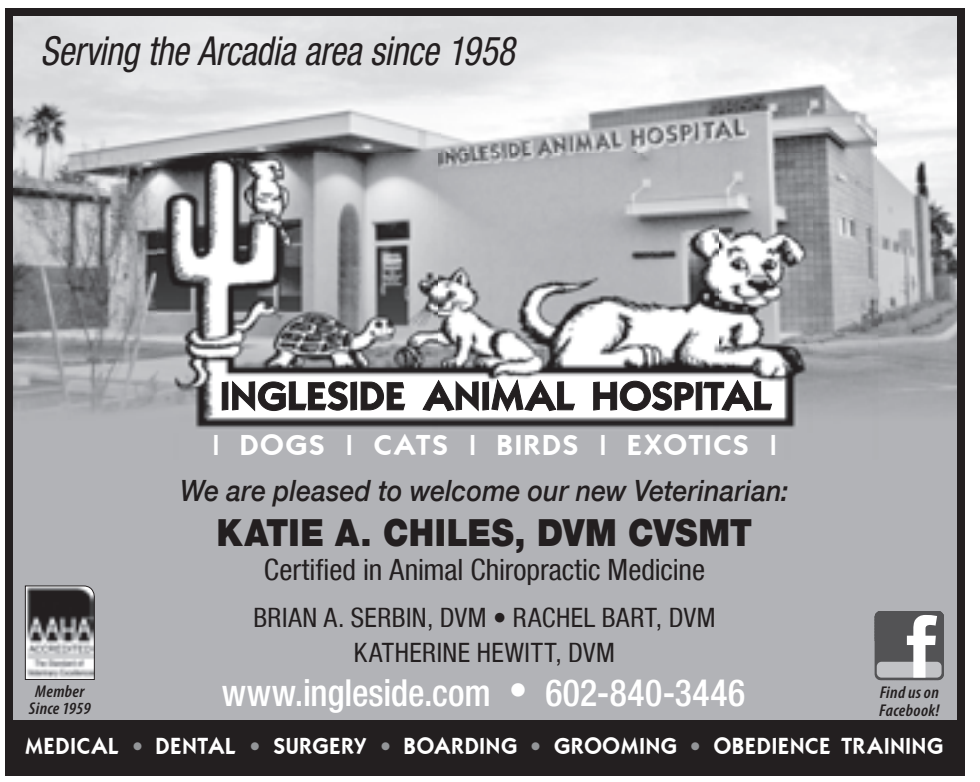
LOCAL AUTHOR EVENTS

J. A. Jance signs copies of *Remains of Innocence*
7 p.m. to 8:30 p.m., Aug. 4
Poisoned Pen
4014 North Goldwater Blvd. Suite 101
poisonedpenevents.com

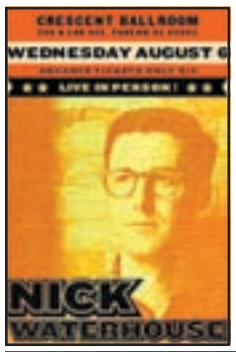
Tom Fitzgerald signs copies of *Defector in our Midst*
7 p.m., Aug. 5
Changing Hands Bookstore (Tempe)
6428 South McClintock Dr.
changinghands.com

Lowis Lowry: *The Giver* (Teen Event)
3 p.m., Aug. 16
Changing Hands Bookstore (Tempe)
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Music *Notes*

By Craig Goossen

I recently installed record players into each of my kid's bedrooms. It's been fulfilling to see them take genuine interest into these cumbersome platters of wax. I spy with pride as they pull the black licorice vinyl from the sleeve, place the platter on the turntable and meticulously position the needle on the record. While the record rotates and blasts from the speakers, I watch them hold the album covers, studying the artwork and other varieties contained on the front and back jacket.

I went out and bought them a few used LPs to get them started. Thumbing through the racks at the Record Room on Scottsdale Road with thoughtful calculation I purchased each child five records that I determined would best initiate their interest and hopefully spark the burning desire for more. Our home is filled with music, all types of music with few, if any boundaries of style and genre. The sounds blast from breakfast to bedtime and much space in our home is devoted to this ever-growing endeavor, making it hard for my kids to avoid exposure to this addictive passion and love for the art of music. I hope my kids can gain as much joy from music and their budding collections as I've had from mine.

As is the custom, below is a suggested music mix, containing acts that are coming to Phoenix. Although I do love records, I also indulge heavily into the digital age and all its splendor of instant access. Hopefully these monthly mixes inspire the spark to investigate further and find something you like, or reacquaint yourself with something you haven't listened to in a while. Discovery of a great song has the power to change your life. I'm positive of this notion and can prove with the necessary testimonials, so don't dare challenge me.

NICK WATERHOUSE: IT'S NO. 3 (2014)

Waterhouse's solo debut from 2012, "Time's All Gone" was one of the finer gems released that year and his recent follow up "Holly" keeps the cool grooves coming. This show at the Crescent should be swinging with the classic sounds that Nick Waterhouse can bring in spades.

Nick Waterhouse will perform on Wednesday, Aug. 6 at The Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $15 and the show is 21 and over.

PAUL McCARTNEY w/NIRVANA: CUT ME SOME SLACK (2013)

It's often been mentioned in this column that when legends come to town it's our duty to bear witness, and who's bigger than a Beatle? We're lucky to have him in town and touring again as it was only a few months ago he was stricken with a virus that sidelined him for several months. He's back on the road, playing three-hour gigs and rocking out at 72 years old.

Paul McCartney will perform on Tuesday, Aug. 12 at U.S. Airways Center, 201 E. Jefferson St. in downtown Phoenix. Tickets start at $29.50.

JOHN LEGEND: OPEN YOUR EYES (2013)

This selected track should energize you to get out with someone you love and head to Comerica Theater Sunday evening to see John Legend. He's an infinitely cool and talented singer-songwriter whose humble nature makes it hard not to root for him.

John Legend will perform on Sunday, Aug. 17 at Comerica Theater, 400 W. Washington St. in downtown Phoenix. Tickets start at $45.

RECKLESS KELLY: THE GIRL I KNEW (2013)

It's not often a country western show rolls into the Crescent Ballroom, so for all you folks who like to roll with the twang, get downtown and enjoy this rising band from Texas and enjoy this venue, one of the finer in this city, or any.

Reckless Kelly performs on Wednesday, Aug. 20 at The Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $24 and the show is 21 and over.

WARM SODA: STRANGER TO ME (2014)

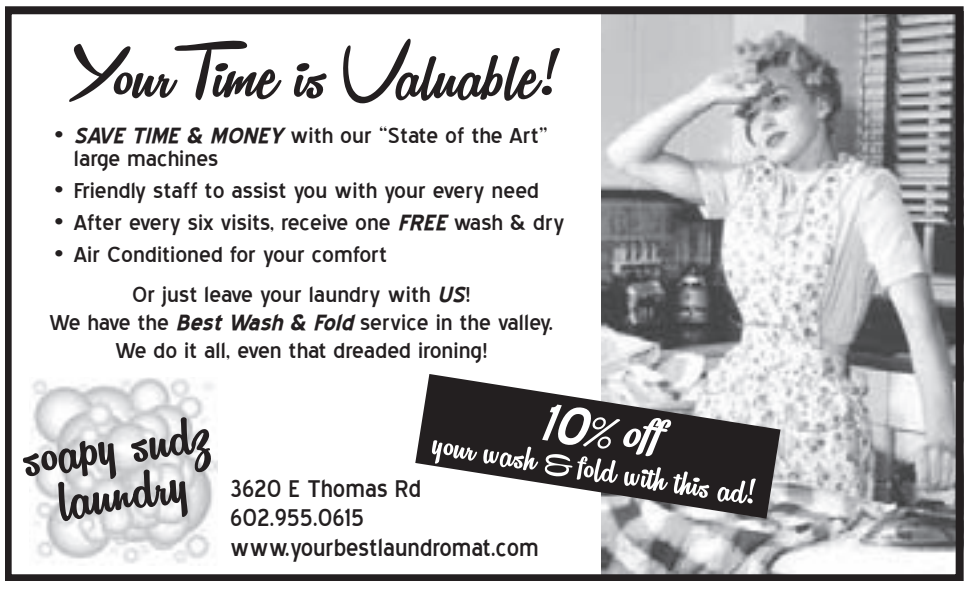
Warm Soda plays killer psychedelic pop tunes that will no doubt sound unbelievable in this little warehouse on South Central Avenue in downtown Phoenix. This show may be the underground sleeper of the long hot summer. Front man, Matthew Melton is a garage band veteran and owner/operator of Fuzz City Recording Studio and Record Label in Oakland, CA and he definitely knows how to lay it down.

Warm Soda performs on Wednesday, Aug. 27 at Last Exit Live, 717 S. Central Ave. in downtown Phoenix. Tickets are $12 and the show is 21 and over.

LIVE LOVE ARCADIA







Boys & Girls Clubs make safety number one concern

By Nicholas Smith





The Boys & Girls Clubs of Greater Scottsdale are currently registering children for their annual football program. The league begins in August and Sheila Scott helps run things as the club's sports, fitness and recreation director.

"I've been working with the Boys & Girls Club for over 10 years," she said. "I absolutely love what I do."

The league consists of three different divisions, ranging from the second to the eighth grade, and each has its own unique set of rules and challenges.

"Our rookie division is second- through fourth-graders, and they only play flag football," said Scott. "Our cadet league, made up of fifth- through sixth-graders, is where tackle begins. Then we have seventh- and eighth-graders in our pro division, and the goal there is to prepare them for high school football."

The Boys & Girls program is different than other youth football leagues. As opposed to a win-at-all-cost approach, the focus is on teaching the kids the game, sportsmanship and teamwork.

"Every kid gets to play in our league, which is extremely important," said Scott. "The goal is for the kids to have fun, first and foremost. The leagues become more competitive the older the children get."

Many of the coaches are former players, and love the opportunity to prepare kids for the high school game.

"We've had many of them turn down offers to coach on high school teams," she said. "They really enjoy getting to teach the game to the kids."

The league has not been immune to the effects of the concussion issue that has plagued the reputation of the game in the last few years.

"We used to have players on a waiting list," Scott said. "But the concussion talk has scared parents. Last year we had 88 players, down from well over 200."

The Boys & Girls program is going to great lengths to ensure player safety for the kids. The rookie division no longer tackles, playing strictly flag football for the first time this year. All staff and coaches must be certified in the National Federation of State High School Associations concussion course, and the program is offering free baseline concussion testing to all players. Practices have been reduced to two nights a week for an hour and a half each, along with a two hour practice on Saturday, in order to decrease injury risk.

"If we suspect a concussion, that's it," said Scott. "You can't play until you take and pass an exam. We are extremely serious about this and the safety of the kids comes first."

Practices start on Aug. 30 and are open to children from 7 to 13 years of age. The fee is $150 plus a $25 membership fee. Pads and helmets come with registration.

"We're excited for the season to start," said Scott. "It's a great way for kids to learn both values and football."

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Keeping your nerves in check at first shot

By Tina Tombs



Many golfers share a common fear. Those first-tee jitters get the best of us, from the most skilled professionals in the world, to beginner players.

Why is one shot such a big deal when you are going to hit several more throughout the day? I think there are a lot of reasons, but it's often explained that fear is due to the unknown, a big factor on the first tee.

Players Fear the First Tee for Different Reasons

I think the fear is different for different players. Beginners often fear they will whiff the ball, pop it up, top it or hit some sort of embarrassing shot. A more seasoned player often fears a bit of the same, but more so that they may knock the ball out of bounds or into trouble, causing them a high number on the first hole.

Whatever the reason for your first-tee jitters, there are steps you can take to tone it down.

1. Remember it's only one shot. It's easy to lose perspective, but for many golfers they are going to hit at least 90 shots
and this is only one. If you've warmed up properly on the driving range and putting green, you've done all that you can do. It's now one shot at a time.
2. Realize nobody cares, but you. I know, it's easy to get caught up in what others think, but in the long run no one is concerned with what you shoot or how you play.
3. Make sure to obtain and maintain a proper pre-shot routine. Your routine gets you in a rhythm. It helps to get you in a mental zone. If it's consistent, chances are your swing and results are going to be consistent, cutting down on missed hits. Focusing on your routine and your target gets your focus off of yourself and your nerves.
4. Take a deep breath. Deep breathing from your diaphragm (stomach area) will help to slow your heart rate and calm your nerves. When we get excited we tend to breathe faster and take short breaths from our chest, only continuing to keep you amped. Start the deep breaths while others are teeing off, before you step up to the first tee. Then go through your routine and take a long deep breath right before you bring the club back to swing.

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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Weightlifting coach discovers promising young athlete

By Nicholas Smith

Mark House knew early on that he was coaching an exceptional athlete in Tyera Zweygard.

"From the first time she picked up a weight, I could tell," said House. "You could just tell that this was a different kind of athlete."

House should know — he's coached all kinds of athletes. The Arcadia resident has been involved in the sport of weightlifting since his college days. His father-in-law was an international coach and his wife competed on a national level in the mid-90s.

Now he coaches about a dozen athletes, most of them around high school age. Some view weightlifting as their primary sport, but some use it to help them in other areas of athletics.

"The kids I train do a variety of sports: baseball, football, volleyball," he said. "I have someone who wants to be an Olympic lifter, another kid who wants to go to the naval academy, and we're preparing him for the physical test. A week from today I'll begin training my daughter's volleyball team. It's all over the place."

Zweygard had never done weightlifting before training with House. She was dating his son and became interested in the training he did with his dad. Immediately, House sensed he had a superb athlete.



Tyera Zweygard became interested in weight training after watching her boyfriend lift.

"She was unbelievably strong right from the start," he said. "It's a very complex series of movements to get the bar overhead in about three-tenths of a second, and she was picking things up very quickly. Tyera is easy to coach."

House decided to enter Zweygard into a competition fairly quickly, just to get an idea of where she was. Her first competition was in October, around six weeks after she had started training. She put up 96 kilos (about 211 pounds), a remarkable number for how little experience she had. Zweygard continued to raise her weight at subsequent competitions, getting to 118 kilos and then 128.

In June of this year, USA Weightlifting held its National Youth Weightlifting Championships in Port Orange, Florida. Zweygard lifted 77 kilos overhead in the clean and jerk to win the bronze medal for that event. She placed fourth overall, an accomplishment her coach called "absolutely remarkable."

"I was thrilled for her," House said. "Our next step is to get her to start competing on an international stage."

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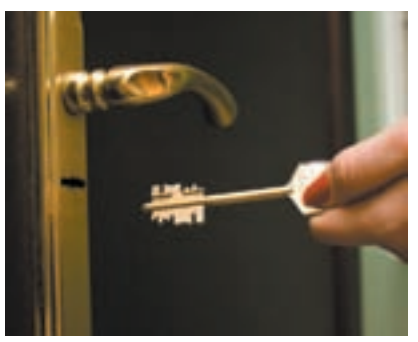
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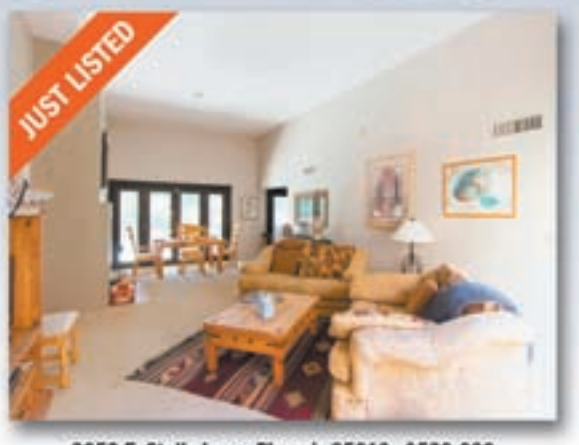
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