Arcadia News

Vol. 22 No. 6 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | September 2014

ARCADIANEWS.COM / ARCADIAHO.ME



Arcadia residents Paul and Ethan Flatley took their first real dive in Cozumel Mexico this summer. Our readers share their summer adventures on page 18.



LOOK INSIDE!
Arcadia Home & Design
FALL ISSUE

Arcadia resident turns her love of crock-pot cooking into a successful home business.

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Fall means football and Arcadia High School is preparing for a winning season.

Page 55

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Cover Image:
Paul and Ethan Flatley in Cozumel





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Where has the time gone?

By Amanda Goossen

Editor's Notes



School has started. Summer vacations are now in the memory book. Where has 2014 gone?

As I prepared the bags of back-to-school supplies, stacking paper towels and boxes of 24-count crayons, I actually felt tears slowly gathering in my eyes.

This moment marked the end of summer and sand between our toes.

September, to me, means change. It's a new season and a time for renewal. Something about the official mark of back to school and new opportunities has always made me giddy. Sharp pencils and brand-new shoes inspire me!

Plus, my birthday is in September and this girl loves birthdays! All birthdays, not just my own. I love cake and presents and letting people know how much they're loved. My husband and I celebrate our anniversary this month as well. Gosh, September is a great time of year.

This month *Arcadia News* says good-bye to summer by paying homage to you and your summer vacation photos. We received an impressive amount of smiling faces this year. Our neighbors did everything from deep sea diving to volunteering in an orphanage in Tanzania.

Thank you for sending in your images!

The commitment you show to your community newspaper is what helps make the pages of *Arcadia News* vibrant and full of life.

Our schools and our students make news again as Ingleside Middle School improves their AIMS score after their first year with Principal Chad Caudle and St. Thomas the Apostle welcomes a new priest to the school and parish.

And don't forget to nominate the outstanding teacher in your life for the *Arcadia News* Teachers We Love award given out each month. Winning teachers receive a surprise visit from our staff, as well as a variety of exciting prizes from Fox Restaurant Concepts and Salon Sandoval. Their story will even appear in our publication.

Inside the paper this month you'll discover an extra treat from us, in the shape of a pullout magazine. We worked double time to bring you the September Edition of *Arcadia Home & Design*, which features El Chaparral, one of Arcadia's most impressive historical properties. The home, the property and the giant pigs roaming the front yard are a thing you cannot miss.

Have a great month Arcadia! And thank you for reading the *Arcadia News!*



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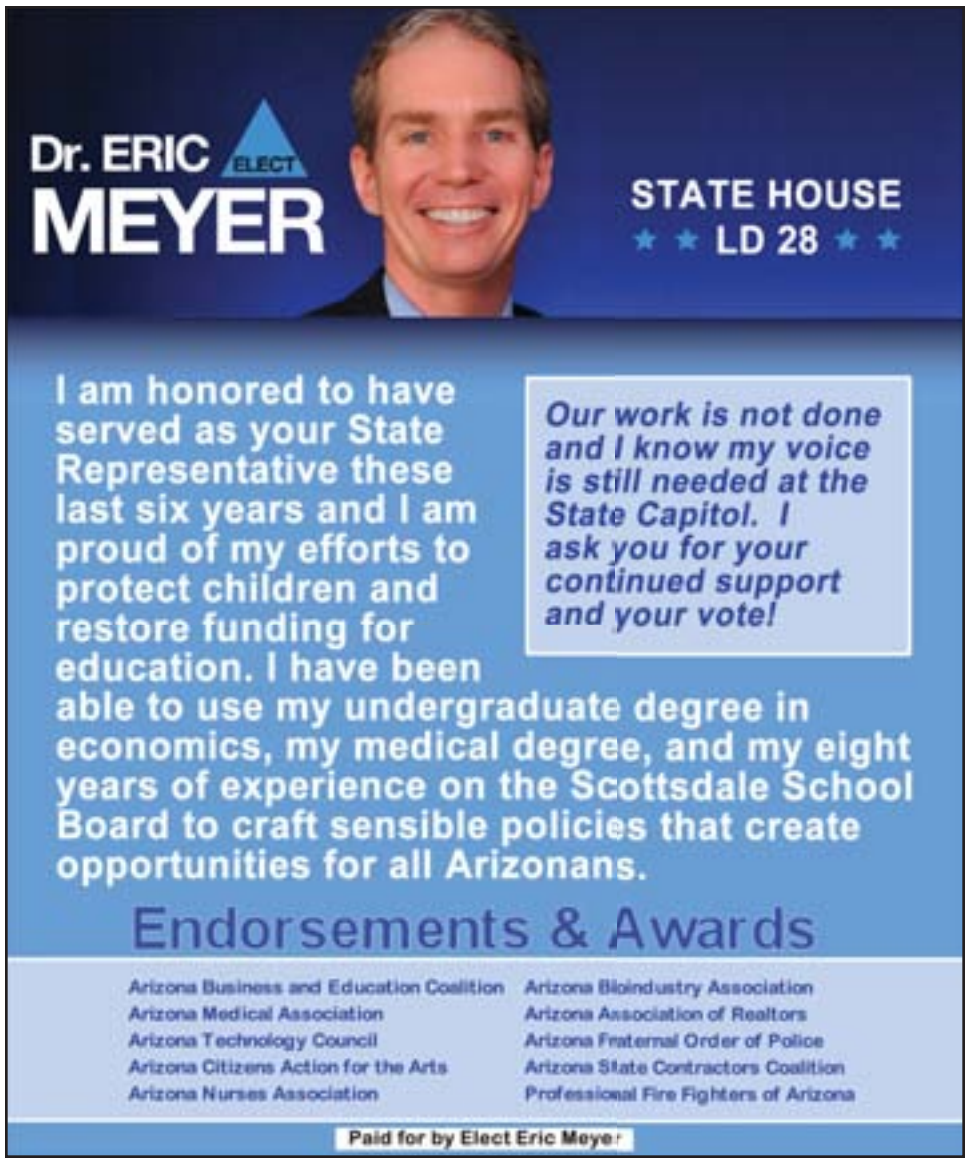
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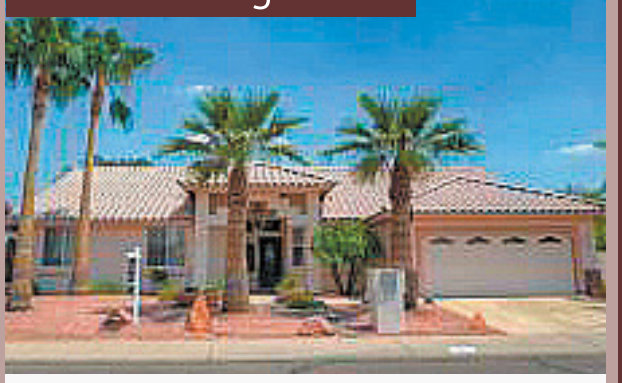
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Arizona proof-of-citizenship voting requirement clarified

By Tyler J. Carrell

Legal Ease



The avalanche of campaign signs, mailers and television advertisements, which began in early summer, marked the advent of the election season for most of us. The barrage of information will continue in the coming months, culminating with the general election on Tuesday, November 4, 2014. Americans know voting to be a privilege and responsibility, and recognize that the right to vote has a long and complicated history in our country. Issues surrounding a person's right to vote continue to pervade our politics, legislatures and courtrooms, with direct implications for this November's election.

In Arizona, legislation passed in the last decade and the simmering immigration issue has impacted the voting requirements for the 2014 election. Generally, to be a qualified voter in Arizona, a person must: (1) be a citizen of the United States; (2) be at least 18 years old on or before the date of the next regular general election following his or her registration; (3) be a resident of the state for the 29 days preceding the election, except as provided in A.R.S. §16-126; (4) be able to write his or her name or make his or her mark, unless prevented from doing so by physical disability; (5) not have been convicted of treason or a felony, unless civil rights have been restored; and (6) not have been adjudicated an incapacitated person as defined in A.R.S. §14-5101.

The first requirement, that a voter must be a U.S. citizen, has gotten particular attention over the past decade. In 2004, Arizona voters passed Proposition 200, which required every person who is registering to vote, or re-registering to vote in a different county to provide proof of citizenship. Acceptable forms of identification for proving citizenship can be found in A.R.S. §16-166, and include forms such as a birth certificate, driver's license or a Bureau of Indian Affairs Card Number.

But in 2006, two groups of plaintiffs, Gonzalez and Inter Tribal Council of Arizona (ITCA), filed separate lawsuits against the State of Arizona to prevent officials from requiring proof of citizenship. The cases were eventually consolidated, and in 2013, the U.S. Supreme Court affirmed the decision of the Ninth Circuit Court of Appeals and held that Arizona could not require information that is not required by the National Voter Registration Form ("Federal Form") itself, including proof of citizenship. Following this decision, the Federal District Court entered its final judgment and further specified that a person who submits a Federal Form and does not provide proof of citizenship or any other information required by state law is eligible to vote in elections for federal office.

For the November 2014 election, the bottom line is this: If you registered to vote using the Federal Form and did not provide proof of citizenship, you are eligible to vote for federal offices only, and will receive a ballot that only lists federal offices such as U.S. House of Representatives. These voters will not vote for state offices such as governor, secretary of state or state representative or for statewide propositions, school boards or county offices. Voters who registered using either the Federal Form or the State Form and provided proof of citizenship pursuant to Proposition 200 are considered a "Full Ballot Voter" and may cast his or her vote this November for any federal or state office or proposition appearing on the ballot.

This issue is far from over. In 2013, Arizona and Kansas sued the Elections Assistance Commission (EAC) to require the EAC to add the respective states' proof-of-citizenship requirement to the Federal Form instructions. On March 19, 2014, the Federal District Court ruled in favor of the states, but the case has been appealed. While the appeal is pending and until the EAC issues a state-specific instruction, the rules for this upcoming election remain in effect and Arizonans will just have to stay tuned.

For more information on voter registration requirements, please visit: azsos.gov/election.

Tyler J. Carrell is an associate at Gallagher & Kennedy, where he focuses his practice on commercial litigation, real estate transactions and bankruptcy. For more information about Mr. Carrell, please visit: gknet.com/attorneys/tylercarrell.

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Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 7/31/2014)

Active Homes -	134 homes
Homes Sold -	144 homes
Average Sale Price -	$914,205
Average Sold $ Per SF -	$276
Average Days On Market -	115 days

- There is currently 5 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 19% 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 5% 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- 7/31/2014)

Active Homes -	86 Homes
Homes Sold -	116 Homes
Average Sale Price -	$431,463
Average Sold $ Per SF -	$206
Average Days On Market -	72 days

- There is currently 5 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 8% this year. (based on 2013 sales results)
- Home prices have increased 6% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 8% this year. (based on 2013 sales results)
- Homes are taking 8% more time to sell this year. (based on 2013 sales results)

2013 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

2012 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	207 Homes
Average Sale Price -	$326,316
Average Sold $ Per SF -	$158
Average Days On Market -	66 Days

2011 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

2010 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	145 Homes
Average Sale Price -	$294,278
Average Sold $ Per SF -	$142
Average Days On Market -	140 Days

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Most satisfying part of job

By Steven Sarkis

Judge's Corner



When I tell people that I am a justice of the peace, many people often think that all I do each day is perform weddings. Let's just say that if I only performed weddings each day, my wife would likely not have to deal with an hour's worth of grumbling each night. I often joke, although it's quite true, that weddings are the only time people leave the courtroom happy.

The grumbling often comes from the wide range and sheer volume of cases that our court handles every day: misdemeanors, protective orders, traffic tickets, evictions, civil lawsuits and small claims cases, to name a few. And they come in droves. As a whole, the 26 justice courts in Maricopa County handle over 300,000 cases each year; whereas the higher courts in Arizona deal with much more serious litigation, multi-million dollar lawsuits, life sentences and even the death penalty, they handle a sliver of the volume we have in the justice courts, and rightfully so. I often try, but fail, to imagine the heavy burden placed upon our highest judges. But as they say, someone's gotta do it.

After I was elected in 2008, I finally got to put the brutal politics of the election behind me and focus on the job at hand. However, the learning curve was steep. I was quickly thrown into a maze of training programs for judges, legal terminology, case law, judicial ethics, running a court and the list continues. I don't remember much of my first few years in office, other than being nervous and overwhelmed a large portion of the time. Yet one thing I do remember vividly was the first four weddings I performed my first day.

In a matter of one day, in addition to all the other immediate changes that came as part of getting elected, I could suddenly perform weddings. I could suddenly put on a robe, or gown, as my Australian neighbor likes to call it, and marry people. How bizarre that was. It's still a little odd, being able to marry people, but it's undoubtedly the best part of my job. As we all know, getting to share that incredibly special moment with people on one of the biggest days of their lives is awesome. And being the one to actually perform the ceremony for them, even better.

I've done many weddings across the state. I've performed weddings at elegant and picturesque venues and I've done weddings in downright strange places. I once did a wedding inside a very small apartment in Tempe. The wedding party, consisting of the bride, groom and two witnesses, were all dressed in black and had their faces painted. On the wall were Insane Clown Posse posters. If you don't know who the Insane Clown Posse is, Google them. Needless to say, that day I likely broke the world record for the fastest wedding ceremony ever performed, all while making sure the exit was constantly within arm's reach.

Yet most of the marriages I've done have taken place inside the courthouse. Though I've lost track, I must have done well over 1,000 marriages since I did those first four on that fateful day. Though many things get monotonous over the years, performing a wedding and sharing that special time with people is truly something that never gets old. So, keep on getting married folks. It makes my, and most judges, days much brighter.

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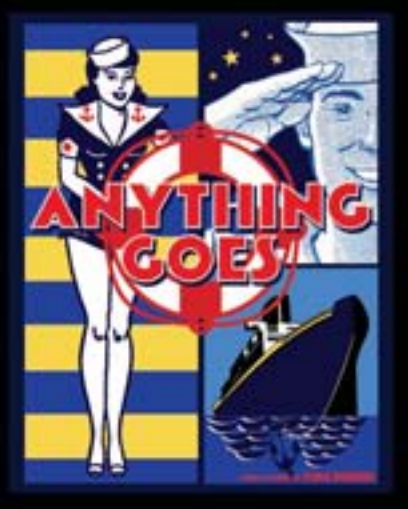
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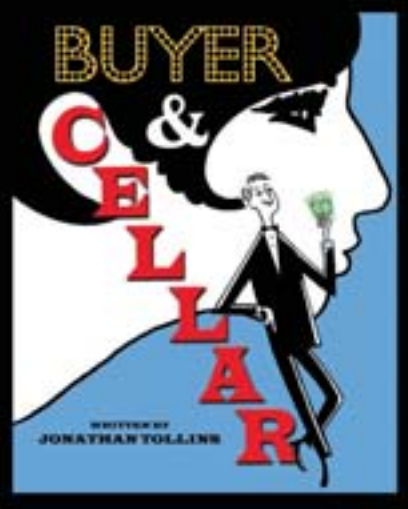
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Keeping your bones healthy

By Eric Goldberg, M.D., FACP

Healthy *Tidbits*



It's easy to take healthy bones for granted until there's a problem with them, such as osteoporosis. The disease causes bones to lose mass and deteriorate. Weakened and brittle bones put you at increased risk of fractures, especially in the hip, wrist and spine.

Osteoporosis happens when the creation of new bone doesn't keep up with the removal of old bone. The National Institutes of Health estimates that more than 40 million women and men have osteoporosis or are at high risk of developing it.

Risk factors include:

- Gender: Women develop the disease more often than men. Post-menopausal women have the greatest risk due to hormonal changes that can cause loss of bone mass.
- Age: Bones thin and weaken with age, and the older you are, the greater your risk.
- Ethnicity: Caucasian and Asian women have the highest risk.
- Calcium and vitamin D intake: If you don't get adequate calcium and vitamin D, you have a greater risk of developing osteoporosis.
- Medication use: Some medications, including corticosteroids such as prednisone, and medicines that battle depression and acid reflux, can lead to osteoporosis.
- Lifestyle: A sedentary lifestyle or extended bed rest may weaken bones.

The good news is that osteoporosis is preventable and treatable. Your doctor can help you determine if you're getting the right amount of calcium for your age and gender.

Your doctor also can determine if you need a DEXA bone mineral density test that can identify if you have osteoporosis and, if so, how advanced it is. A bone density test is recommended for women over 65 and men over 70.

Osteoporosis treatment includes a well-balanced diet to nourish bones, exercise to strengthen them and prescription medication to manage more serious cases. If you have concerns about your bone health, talk to your health care provider.

Eric Goldberg, M.D., is a physician at Scottsdale Healthcare Primary Care Arcadia 101, 4840 E. Indian School Rd., Suite 101, Phoenix, 480-882-7350.

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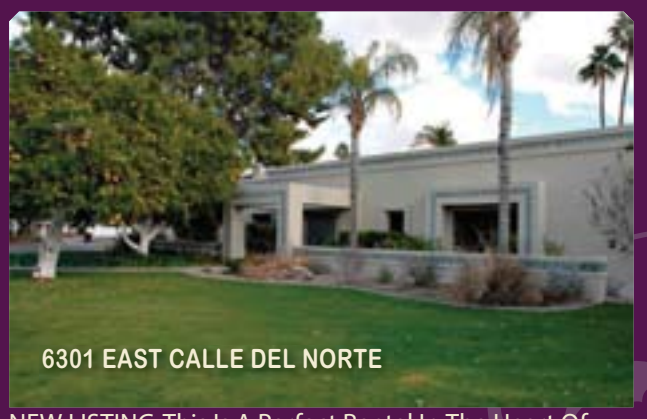
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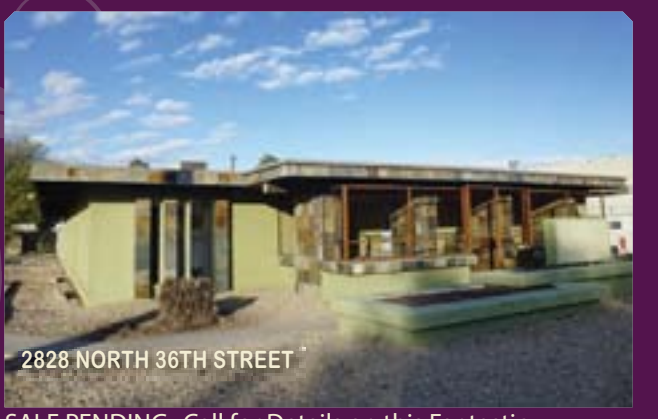
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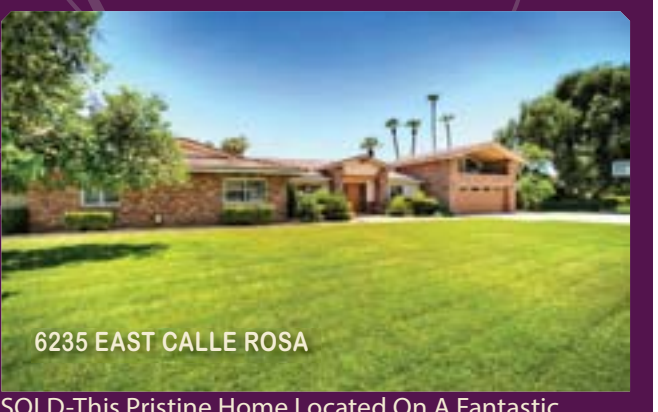
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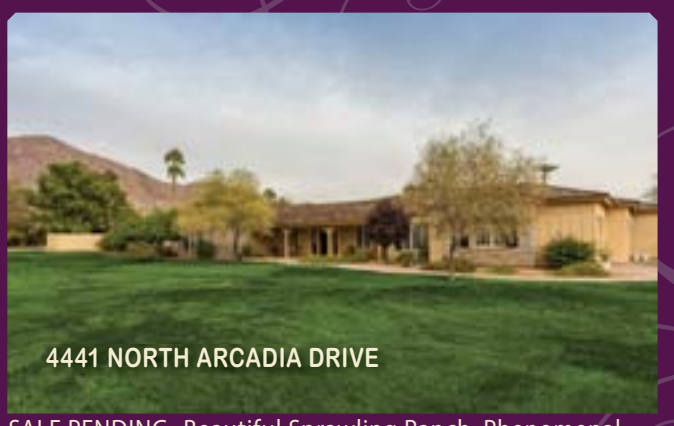
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Hanging proudly in the new preschool tower, the victory bell rings for a building long in the making.

New space for STCS youth

By Danika Worthington

The toll of the victory bell can be heard across St. Theresa Catholic School's campus. Although it previously rested in the courtyard, it now hangs high in the bell tower of the school's new preschool.

The roughly 10,000 square foot building is equipped with seven large classrooms flooded with natural light from large windows lining the walls, as well as sensor activated lights.

"It's not just a feel-good project, it's a new cornerstone," St. Theresa's new principal, Patrick Reardon said.

Pat Phillips, St. Theresa's recently appointed director of development, said the large windows are a major bonus of the building.

"The natural light in this building is magnificent," she said. "It's really motivating."

The building will house the extended-day room, which outstrips the size of the previous room in the old preschool building. It also allows St. Theresa to split the younger and older students so preschool kids can spend time before and after school around furniture their own size, said Cissy Wolf, director of preschool and extended care.

Additionally, Wolf said she will teach a new class for 2 1/2 year olds that will start this year in the new building.

The creation of the building has been roughly a 16-year journey as people revisited the project over time.

When the building was finally happening, Wolf recalls parents and staff going to celebrate. She gained everyone's attention and held up a photo of her daughter at 20 months old, taken after an initial planning meeting for the building.

"Here she is now," Wolf told the crowd with her now 16-year-old daughter standing by her side.

The most recent and final push for the building started about two years ago with a group of dedicated fathers who decided now was the time, Wolf said.

"We're going to do this," Wolf said describing the father's attitudes, "We're not taking no for an answer."

Phillips, Wolf and Reardon all described the project as parent driven with parish and community support.

The fathers, one of whom was president of the Dads' club, were integral in the fundraising process, Phillips said. A mother who works as an architect did intelligence work to scope out possible building designs, according to Wolf. Then people piled into a bus and went to look at examples from Christ Lutheran, St. Simon's and Jude, and St. Francis, Wolf stated.

"Theirs wasn't a newly invented wheel," Reardon said. "We took ideas from other schools."

The buildings previously on site were demolished last June by the fire department with help from students, Wolf explained. The previous preschool building has been kept and slightly renovated. The school is using it for storage but may convert it into space for dad's club and PTO meetings or even possibly a uniform exchange.

The new large rooms are being outfitted with equipment the school ordered through grants from First Things First. The state program focuses on many aspects of a child's learning, from social and emotional development to small and large motor skills. The school has new children-sized basketball hoops that can work inside or outside, painting easels, sand and water tables, mats and aquariums.

The playground area is adding rubber ground. Wolf said the school is also planning on putting in a garden eventually.

"When you do something like this, where you commit yourself to early education, you commit yourself to the future," Reardon said.

Behind the Business

By Samantha Bero

For 38 years Donley Air Conditioning and Plumbing has not only opened their doors to cool down customers with their air-conditioning services, they've also given back to the community.

Jim Donley started the business in 1976. His son, Mike Donley, worked with his father during high school and over summer vacation while studying at Northern Arizona University. In 1990 Mike Donley became president of the company and is going into his 25th year.

The Donleys have donated their time, resources and money to numerous charities and organizations. Some of the organizations include Crisis Nursery, a shelter for abused children, New Life Center, which is a shelter for those affected by domestic violence, and Boys Hope Girls Hope, which helps underprivileged children receive higher education.

The company has donated air-conditioning services to all three of the organizations. "Anytime they need something, they count on us," said Donley.

Another way the company has given back to the community is by participating in fun runs, "About 20 to 30 employees participated," said Donley.

While contributing to the community has aided their success, Donley says their employees play a large role as well, "We are blessed with a staff that has a low turnover and high caliber."



Donley Air Conditioning and Plumbing was handed down from father, Jim Donley to son, Mike.

They have been able to keep turnover low by putting each new employee through an extensive interview process. "My dad and I are involved," said Donley. Both Donleys interview each new employee over the phone and in person.

Some employees have been around since the business first started. "Twenty percent of our staff has worked for 20 years and 20 percent has worked for over 10 years," said Donley. "The customers know our employees," which Donley claims leads to "consistent service."

Donley's philosophy is to "give back."

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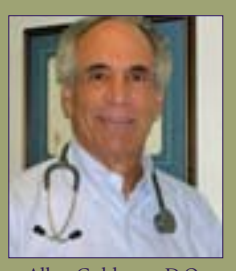
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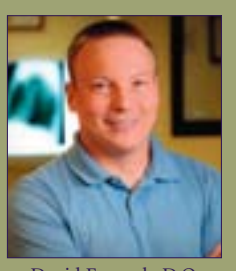
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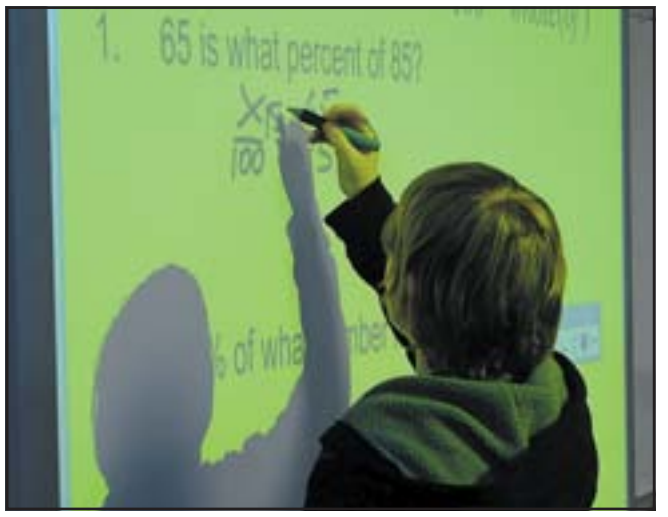
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Ingleside principal raises AIMS score after one year

By Sarah Stecko



The innovative math lab is just one of the tools Ingleside Middle School is using in its mission to improve its AIMS (Arizona Instrument to Measure Standards) rating. Since receiving the 21st Century Community Learning Center grant, the school is continuously planning new ways to boost its average and encourage its students to reach new potentials.

The first step was when the students and staff made performance on assessments a top priority, according to Principal Chad Caudle. Naturally, that led to creating AIMS Fame, an AIMS preparatory program in which over 200 students attend afterschool classes for six Fridays. Emphasis programs in math and reading are also held.

One successful idea Ingleside enacted is the Target Writing Books. These composition books are used in all classes and provoke students to enter vocabulary words and responses to more advanced prompts provided by the teacher. It enables the student to take the time to think critically while applying writing skills.

Another period of time dedicated to personal improvement is during the IMPACT Block, or 30-minute segment per week to target standards based on benchmark data. The continuous reinforcement assists in pushing every student closer to mastery, according to Caudle.

However, the school is not just focusing on students who are performing at or below average; the children performing at higher levels can challenge themselves with two new enrichment electives named math discovery and literary pursuit. Additionally, there is a new homework enrichment program called Challenge Choices.

"[Challenge Choices] promotes rigor by giving students the opportunity to explore content area topics beyond the classroom," Caudle said.

So why is this effort so important to Ingleside? Simply stated by Caudle, they want to be the best at everything they do. Standardized tests are the only way to numerically measure results of a student body in a way that can be compared.

These programs that have been enacted within the past year have proven to increase scores. The school's letter grade has risen to a "B." The goal is to collectively reach an "A" in 2015.

"We hope to expand our opportunities this year for students to receive intervention and enrichment," Caudle said.

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Mason enjoying the beach and protecting his cute little face from the sun in Carslbad.



Mark Hansen, Keely Hansen and daughter Maya visiting Mt. Hood.



Molly Kelly passing her diving test.



Beating the heat on Manhattan Beach with temps in the 70s.



Fun in the sun with the Nunez family.



Grant DuMars toasting to the first day of summer.

Summer Adventures

Thank you for all the amazing submissions. Here are a few of our favorites!



Acropolis in Athens – the Parthenon (Heidi and Jacob Staudenmaier.)



Evan spent a week at the Herpetological Society learning about reptiles.



Julie and Valerie Demetros with a Beefeater at the Tower of London.



The Beckis family in Cape Cod.



McKenzie Hoover on vacation in Newport Beach.



Woods grandchildren visiting the grave of their famous grandfather.



Hurni kids in Hawaii.

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Arcadia couple climbs Kilimanjaro, helps in orphanage

By Danika Worthington

Placing one foot in front of the other, the Hurnis made their way up the mountain in the dark hours of the morning while bundled against the cold.

"Let me get to the rock 12 feet ahead," they both chanted to themselves. Once they arrived at the rock, their mantra changed to, "Let me get to that switchback up ahead." The switchback was then replaced with a plateau. Seven hours later, the husband and wife duo summited Mount Kilimanjaro just after daybreak.

"Before you knew it, you were there," Joanne Hurni said. "All of a sudden I got a lot of energy when I was approaching the summit. "

Joanne Hurni and her husband, Roger climbed the mountain with a group of roughly 20 people as part of K2 Adventures, an organization that incorporates volunteerism with hiking in the countries of Tanzania, Nepal, Peru and Argentina.

The Hurnis spent roughly a week hiking through the mountain's five ecological zones: tropical jungle, savannah, desert, montane forests and alpine zone. The couple summited Tanzania's, Africa's and the world's highest freestanding mountain in the world, which rises 19,341 feet above sea level.

"Here's the thing I think is the real trick," Roger said. "It's stopping and picking your head up from looking at the ground and taking a look around once in a while and appreciating the uniqueness of the situation that you're in and the challenge that you're taking and the sheer beauty that is around you."



Roger Hurni takes a group photo with the children at an orphanage in Tanzania.





Once off the mountain, the two took showers – and what glorious showers they were. The next day, Joanne and Roger rested their hiking boots and hopped on a bus for a safari, Joanne said.

Both said the change from tents to hotel rooms and hiking to massages was lovely. Roger joked that Joanne and he can switch from granola to couture in a heartbeat.

Before the safari and climb, the Hurnis volunteered at an orphanage and

Continued on page 21

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Kilimanjaro

Continued from page 20

school supported by K2 Adventures. The Phoenix-based organization began working with the school five years ago, Roger said. At the time it was ranked 32 out of 38 schools in Tanzania. Since then, the school has moved to No.2, he said.

Kevin Cherilla, co-founder and owner of K2, said many of the kids at the orphanage are either blind or albino, both of which Roger described as taboo in Tanzanian culture. The orphanage incorporates several services including medical and dental.

"If people are going to go to a third-world country and go on an adventure," Cherilla said, "while they're doing all these wonderful things, why not do community service that ties in with whatever location they're in?"



Roger said his time at the orphanage had a large impact on him. It also was partly why the two did the trip. The couple has done previous trips with K2 in Peru and Chile, Joanne said. Roger, who is slightly more experienced with eight years of "serious" hiking under his belt, has also done K2 trips to Nepal to climb Mount Everest. On one of the Everest trips, Roger was a guide to assist a team of blind people who climbed the mountain.

"Being able to accomplish things that other people think are difficult is a big challenge for me," Roger said.

Tanzania is by no means the farthest place the couple has traveled. They have worked their way around the world and seen places ranging from small villages in Zimbabwe to Moscow, where their 7- and 8-year-old children were born. He said the places Joanne and he have visited gave him a deeper appreciation and understanding of the human condition.

"Just turning on a faucet after the hike was a treat," Roger said. "Eventually you forget how great the little things are."

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One of Fr. Kunkel's hobbies is photography. Here he captured his new parish, St. Thomas the Apostle.

New priest brings serious goals, lighthearted spirit

By Katie Mayer

"Now pray."

When Father Steve Kunkel utters these two words, the response is tender – his Australian Kelpie-mix rescue dog, Hope gently bows her head.

Wherever Kunkel goes, Hope generally trots along with him. And hope – the human kind – is also what Kunkel brings along with him to the Valley parishes he has served for the last 15 years.

At Mesa's Christ the King Catholic Church, Kunkel added in healing and reinvigorated hope by creating the St. Peregrine Shrine for people suffering from cancer.

Recently, he was appointed pastor of St. Thomas the Apostle Roman Catholic Parish as well as its elementary school.

"I hope that when people come here, they feel the love that God has for them," Kunkel said.

Kunkel, who goes by "Father Steve," "Father Kunkel," or even the humorous "Uncle Kunkel" became interested in the priesthood when he was just a child.

"As a child, I thought the priest was magic," Kunkel recalls with a laugh. "I thought he was like [the fictional wizard] Gandalf."

After graduating college, Kunkel obtained an internship as a computer programmer at a bank, and around that time, the young man realized he needed to give the priesthood a try or he may miss the opportunity.

"It was a very scary time to give up my work at the bank," Kunkel recalls.

But he made the leap anyway. Kunkel participated in a pastoral year, attended Saint Meinrad Seminary and School of Theology and then enrolled in the U.S. Army as a Chaplain.

About 15 years ago, Kunkel moved to Phoenix because the Valley needed priests and it allowed him to live closer to family members. Today, he appreciates the support of a large community of priests and enjoys the desert beauty.

"I fell in love with the desert," Kunkel said. "I had never seen a wide open space with all the colors."

Today, the energetic priest is still enamored with the landscape. In fact, among his favorite hobbies is photography and taking scenic shots of starry skies and desert rock formations.



Father Steven Kunkel / Photo by Katie Mayer

His other hobby is espresso, which he makes fresh from an imported Italian espresso machine. He also ties rosaries out of fabric and creates custom baptism candles out of recycled church candles.

"For me, it's important that my personality is approachable," Kunkel said.

In mass, the friendly priest often sings hymns, and has even added a hymn at the end of mass.

"He just has the purest heart and a beautiful innocence about him," said Bridgette Cosentino, parish manager at Christ the King Catholic Church, where Kunkel was previously pastor.

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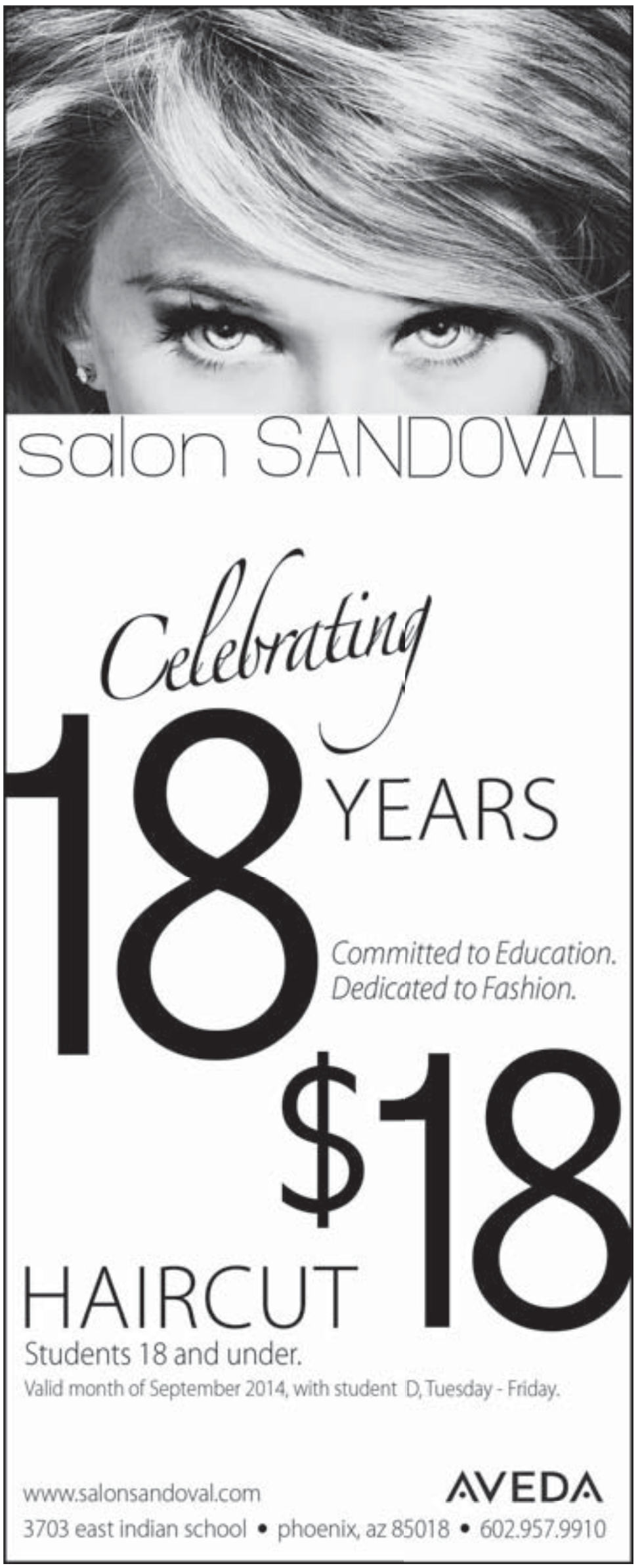


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Priest

Continued from page 22

Cosentino said it was extremely rare that anyone became upset with Kunkel at her parish, but when they did, the devout priest made it a priority to help people maintain their faith by personally inviting them to homemade meals or coffee.

Debbie Georgianni, who is the region's community relations representative and an announcer for Immaculate Heart Radio and used to work with Kunkel, said the priest is kind, genuine and loving.

"He is also funny and has a great voice," Georgianni said.

Kunkel said he is always amazed at the support he receives from the community and appreciates the opportunity to "become in mass the role of Jesus."

"It's a grave responsibility and an honor to play that instrument of God's healing," Kunkel said. "And whenever I celebrate the mass, it's such an honor that the Lord is letting me do this."

He added, "I don't deserve this, but God allows me to do this."

During his first mass at St. Thomas the Apostle, Kunkel captured the attention of parents when – instead of focusing on himself – he took time out to recognize one of the altar servers, who was serving for the first time and was feeling nervous. He asked the parishioners for a round of applause on behalf of the youth.

"I wanted him to feel honored and thanked him publically," Kunkel said.

Kunkel said he frequently recognizes the "very pure faith and vibrancy" he sees in youth at the school and parish.

"I hope the children here will feel the love that God has for them," Kunkel said.

Still, the friendly priest jokes that it is his dog Hope who often captures the most attention.

"The kids will say hi to her and ignore me," he said with a chuckle. "They ask where Hope is if I don't have her with me."

In fact, Hope, he said, will appear in this year's school talent competition.

But on a more serious note, Kunkel said he has a number of goals in his new role. He hopes to continue developing the St. Thomas the Apostle Institute, which is an innovative adult learning center at the church, which offers Catholic theology classes.

Additionally, he hopes to be able to invite those who are struggling with cancer to the Saint Peregrine Shrine.

He also takes regular pilgrimages around the world, where he shoots beautiful photos to give to attendees or enlarge for sale in the parish store.

"He is a very good person inside," Georgianni said. "I oftentimes just look up into the heavens and say 'Thank you God. Please continue to bless him.'"

Cosentino added, "I'm just thankful … God continues to protect him, so that he can be a charity for all."



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National service dog month celebrates canine heroes

By Amanda Savage

September is National Service Dog Month. A canine's companionship, trainability and sense of smell have motivated their use in the workforce.

There are dogs used in pest control services that sniff out bedbugs, even some used in medical research that can detect diseases like cancer. In Phoenix we have common police dogs, search and rescue dogs and therapy dogs.

To salute the dogs who work to help us, we met with a few local working dogs, to learn more about the training and lifestyle of dogs in service to humans.

You won't find any dogs on Wall Street giving investment advice, or in a business trying to make a living. But where you will find them, is working in roles that help us.

SEARCH AND RESCUE
THE HEROES

Circumstances surrounding search and rescue are a reality in which many humans couldn't imagine working. Search and rescue dogs look for people, both living and deceased.

Arizona Service Dogs is a nonprofit that certifies service dogs who work for local police and fire departments, as well as the Federal Emergency Management Agency (FEMA) Urban Search and Rescue Division. These dogs are on call, and have to be ready to travel around the valley and country at a moment's notice. The dogs traveled to Washington to uncover the remains of missing victims of the mudslides this past March, and were successful.

Most of the rescue dogs are Labrador retrievers. The breed is naturally athletic, playful and truly loves – retrieving.

The dogs all come from different places. Some come from breeders, others are "washed up" trial dogs whose owners no longer want them, although the group tries to scout potential talent from local shelters and animal control.

Phoenix Fire dispatcher Dana Medlin is the handler of Labs, Hoss (an 8-year-old black Lab male) and Rainey (a 2-year-old black Lab female) and explains that dogs have "the instinct and drive" needed for the job.

Dogs have to be at least 18-months-old to even test, and training to meet minimum training requirements takes about two years.

"We want them way better than the minimum requirements," explains Medlin.

Once a dog passes the certification, life is non-stop training.

"I sat down to watch a movie with my family, and there were 12 tennis balls in my lap by the time the hour was over," says Medlin. These dogs are always on the move. His backyard is a dog training ground, equipped with tunnels and an eight-foot ladder for the dog to climb.

The dogs travel with their handlers to work, they play and exercise at home, and are on call 24/7, 365 days a year. Three days each week, the dogs attend training sessions at the Special Operations Training Academy, where pretend victims are hidden in piles of rubble.

In real-life situations, search grounds are often very dangerous, after a building collapse, for example, the rubble is covered in concrete, glass, metal, electrical wiring, gas leaks, etc.



Barney with his owner Nicole Bidwill.

The length of service depends on the dog. They love what they do, so usually their career ends when their body starts to lag behind their drive.

THERAPY DOGS
GENTLE GIANTS

Therapy dogs possess a natural love of being around people.

Nicole Bidwill got Barney, the St. Bernard, with the intention of having a regular pet. She started taking Barney to obedience school, and was approached by the trainer, who mentioned that Barney possessed a "very special personality" and that Bidwill should consider having him be a therapy dog. This personality is "loving, calm and interested in people," says Bidwill.

Curious, Bidwill did her research and decided to get Barney certified. He was only one year old when he got his certification, which took a few weeks. Therapy dogs must have all of their basic obedience skills mastered, and be observed in the hospital under certain scenarios (that most dogs would react to) like loud voices, wheelchairs and being around patients.

Barney spends most of his time at Phoenix Children's Hospital. He's the only St. Bernard on the team, and although his breed isn't the most common type of dog in the field, their breed is commonly gentle, friendly, obedient and willing to please. St. Bernard dogs have also been used as rescue dogs in very cold places as early as the 17th century.

"He was bred originally to help people, and I think he still has that instinct," says Bidwill.

Barney keeps very busy throughout the year. He goes to Phoenix Children's

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Dogs

Continued from page 26

Hospital a few times each week. He arrives usually to a list of patients to see, where he and Bidwill are escorted room-to-room. Sometimes the patients want Barney on the bed; some want him at their bedside or to sit in the hallway with him. Sometimes doctors request him when they have trouble getting patients out of bed because Barney has a way of getting kids motivated when adults sometimes can't. Bidwill says that Barney understands when patients are ill, and that he approaches some delicately.

"He can sense that they are in a lot of pain," says Bidwill.

Barney also makes monthly visits to Circle the City, a medical respite center.

During football season, Barney does community outreach with the Cardinals Football Club, which means a monthly stop at the Ronald McDonald House and many other events.

Barney has been on the job of helping others for three years, and while it's hard to say how long an average career span is for a therapy dog, for Barney, Bidwill explains, "as long as Barney enjoys it, we will keep doing it."

POLICE DOGS

THE TOUGH GUYS

Drugs, criminals, high-speed chases, gunfire – most dogs aren't cut out for work like this.

The ones that are, are cut from an elite cloth.

Austin is a purebred Belgian Malinois who is originally from Europe. He belonged to a private breeder who uses dogs for trials and competitions. These dogs are bred to harness certain characteristics, personalities and drives that translate to police work. A trainer from California, who supplies potential police dogs, travels to Europe to purchase the dogs. He saw the hard-to-miss drive in Austin, and brought him back to the U.S. for further training.

The Scottsdale Police Department, along with other fire and police departments travel to meet this dog trainer when they need a new dog on the force. By the time the departments meet, and analyze the dogs, they are two to three years old, and have been learning commands since they were pups.

Austin's human partner and handler, Tony Wells, traveled to California to Adlerhorst International, Inc., a K-9 training facility, for a six-week program where he learned how to handle and work with Austin on the job.

For police dogs, it's all about drive. Wells explains that they look for "play drive, prey drive and defense" in dogs. Play means a dog's drive to have and find toys. Prey mean how much they want to hunt and search, which is used when looking for suspects. Does he want to go out continuously? Lastly, "Defense drive: how much does he want to protect himself verses defend himself?" explains Wells. "We look for a happy medium of all three drives."



Police dogs go through constant and rigorous training.

After training is complete, and the dogs are certified by the National Police Canine Association for patrol and narcotic use, they head to local departments as the new guys, and take part in five more weeks of training, in narcotics. These dogs are trained in all circumstances before they get into the patrol car for their first real day on the job: They practice in dark buildings, with gunshots and in simulations that prepare them for real-life police work.

The Scottsdale Police Department named Austin after Bill Austin, from the 99.9 KEZ Beth and Bill show, because Bill's nonprofit Spirit and Word donated the dog to the department.

Austin is a dual-purpose dog. Meaning he can search and bite, and also sniff out drugs. Some dogs are used for one or the other.

The police force uses positive reinforcement for training, which boils down to, if you do what we ask you to, you get a toy. Wells uses a specific toy that signals to Austin that he is supposed to look for drugs, and a separate toy to signal they are searching for a person.

Austin works the night shift, from 6 a.m. to 4 p.m. He is all muscle and energy, not a guy you want to rub the wrong way. His favorite thing to do is hunt for bad guys. He lights up whenever someone puts on his training bite sleeve.

Austin will work until his body is unable to perform as well as the younger dogs, which is usually around 9 to 10 years old. At this time the handlers have the option to take in their partners, which Wells says happens most of the time.

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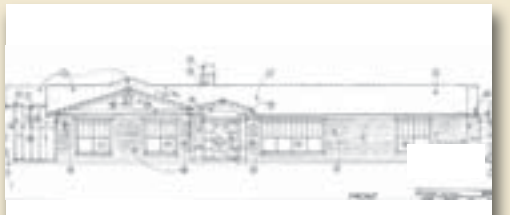


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Encourage autumn's arrival with sweet apple pie pops

Kids' Corner

By Lisa Weisenburger

It seems when September in Phoenix rolls around, we find ourselves begging for fall and trying with our own might to make the change in the weather happen. If we think about it hard enough, dream about it often enough, put cider on the stove and pumpkins on our patios, then we just may get our reward of a balmy day or a changing leaf fluttering to the sidewalk. Kids have long been back to school, pumpkins begin to appear in the grocery store, the aisles of every department store are filled with skeletons and masks but it is still over 100 degrees most afternoons here in the 'hood.

Thank goodness for the school teachers. They help further the far off fall feeling by celebrating Johnny Appleseed's birthday, apple stamp painting, apple tasting graphs of the kids favorite kinds and even making homemade applesauce with the students. Thank you also to the local grocer whom has replaced the fancy summer peach and nectarine displays with 10 types of apples, all in different colors. Let's just say, around here, fall or autumn is a state of mind.

Nothing says fall better than a buttery double-crusted classic apple pie. Kids and adults love the tart and sweet juxtaposition, especially if it's warm with a dollop of simple vanilla ice cream. In my own experience, it's tricky to give control of slicing and dicing and "cutting in butter" over to my sweet little helper, but every mom knows any time your precious little ones say, "Can I help?" you really have to let them.

Apple pie pops offer the same fabulous taste sensations that a classic pie does, but somehow everything tastes better on a stick and they are kid friendly. I have even been known to make pie pops with prepared store-bought crusts and canned filling because they are done in approximately 15 minutes and the kids have so much fun cutting out the dough in their favorite shape, filling them with long handled teaspoons, and using the fork to crimp the edge. Finally, enjoying the finished product, which is perfectly portioned to their size. What's not to love?





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Kids Corner

Continued from page 28

ARCADIA COOKS

APPLE PIE POPS

TRY IT OUT!



By Lisa Weisenburger
Serves 10-12

INGREDIENTS

- Use your favorite pie crust recipe or a store-bought crust works too!
- 2 large granny smith apples, diced 1/4 to 1/2 inch
- 2 tablespoons brown sugar
- 2 tablespoons white sugar
- 1 tablespoon flour
- 1 teaspoon cinnamon
- 1 tablespoon lemon juice
- 1 egg white plus 1 teaspoon water
- cinnamon sugar
- butter, melted
- 10-12 Popsicle or lollipop sticks

PREPARATION

- Preheat oven to 375 F.
- Prepare pie crust.
- In a medium bowl, add finely diced apples, white sugar, brown sugar, flour, cinnamon and lemon juice. Stir to combine. Set aside.
- Flour a work surface and roll dough out until it is 1/4 to 1/8 inch thick.
- Use a small cookie cutter to cut out 10 to 12 circles.
- Line a baking pan with parchment paper. Place half of the circles on the lined baking pan.
- Insert a Popsicle or lollipop stick firmly into the center of the circles.
- Place a dollop of the apple mixture in the center of the dough circle. You may have extra filling.
- Stretch out a dough circle for the top crust so that it overlaps the bottom circle slightly.
- Use a fork to create a ribbed edge, sealing the pie pop firmly. You may need to add extra dough at the base of the stick to ensure a firm hold.
- Mix egg white and water together. Brush the pie pops lightly with egg white mixture and sprinkle with cinnamon sugar.
- Cut a few vent holes in the top crust.
- Bake for 12-15 minutes or until golden.
- Remove from oven and lightly brush with butter.
- Let cool completely before handling.

Additional options:

Try these with any of your favorite pie fillings, fresh or canned.

Eliminate the stick and wrap one up for your lunch box or coffee treat at work.

Slip a cellophane bag over a pop and tie it with a ribbon; it makes a great gift or party favor.

Decadence and class on display at the Second Story

Places *We Liked*

Second Story Liquor Bar
4166 N. Scottsdale Rd.
secondstoryliquorbar.com
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By Amanda Goossen

They call it the restaurant in the sky.

Second Story Liquor Bar arrived in Old Town Scottsdale this past April, bringing with it swanky new digs.

Towering above his Gelato Spot Caffé, owner Tommy Plato brings the same attention to detail and expertise to his new upstairs eatery, as he has to make the downstairs creamery a success.

Upon arrival, guests may do a double take as beautiful girls wearing pearls and red lipstick greet them. Matching lace dresses finish the look and it seems as if they are straight out of another era. As the hostess leads the guest up the stairs and into the Second Story, it seems as if at any moment Don Draper will turn the corner and Mad Men will commence a scene.

A team of waitresses all adorned in similar black lace and long white pearls, with sleek hairstyles and an elegance that cannot be described, work the room. The bartenders stand proudly behind the bar waiting for a drink request, dressed in black and a loose tie.

For a moment it appears that the restaurant is the set of a movie with 1960s Hollywood glamour beautifully on display. It's a bit of class and elegance that Plato was going for, requiring that his staff be properly dressed and committed to his dream.

Plato spent three years planning and fine-tuning his vision for Second Story Liquor Bar. Beyond the concept, Plato knew he needed an all-star cast to pull off his idea.

His first move was hiring a team of collaborators. Bar Man John Christie was recruited for his knowledge and experience in the city. Plato immediately knew they had good chemistry.









Photos courtesy of Debby Wolvos, DW Photography.

"I just knew we'd work well together. I hired him and it was months before he even made me a drink," said Plato.

Executive Chef Josh Bracher was the third part of their team, hired for his 14 years of cooking experience, most recently at Posh Restaurant and Capital Grille. Plato interviewed 72 chefs for the job, but something about Bracher caught his attention.

"Bracher is incredibly talented," said Plato. "I like to say he's like the indie band before they got popular."

Plato knew Bracher and Christie were the men for his team because of the obvious passion in everything they do.

"We are all creative people who can't stay doing the same thing for very long. We are constantly thinking of new ways to do things."

Which explains the menu.

"After the first week of trying out the menu, Christie was leaving, turned around to us and jokingly said, 'see you next week for Episode Two,'" said Plato. "It was a joke but it stuck. So now every six weeks we change the menu."

The food, the cocktails and the menu design are altered for each Episode. Plato, Christie and Bracher collaborate, ensuring a harmonious mix. A select few menu items and cocktails continue with each Episode and are simply adjusted seasonally with seasonings or accompaniments.

The Second Story menu is an accomplished blend of international ingredients with modern favorites.

"Each time we change things we say to each other 'this is the mindset, this is where we're going with it' and then we all play off each other's ideas," said Christie.

For Plato, he wants Second Story Liquor Bar to be unique and ever changing.

"There's only a handful of unique experiences, I want us to be one of them," said Plato.

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Grab-and-go meal planning for the vegan on the move

Veggie *Beat*

By Amanda Savage

One of the biggest hassles of being a vegan or vegetarian, is finding food, and preparing meals that are easy to take on the go. Vegetables and fruits – especially if you buy organic – go bad fast, and aren't always convenient.

This month I'd like to share what I eat during the busy workweek as a vegetarian and aspiring vegan on the go.

EVERY VEGAN NEEDS A STASH

For starters – if you're a busy student, or working a 9-to-5 job, it's important to have a stash of healthy snacks with you at all times. Lunches and money can be forgotten and unexpected meetings happen, and it's hard to find a quality, vegan snack at a corner store or pharmacy. I keep a drawer at my work desk packed with essentials like instant oatmeal with flax packets, dry roasted almonds, green tea, Nugo protein bars, almond butter, sea salt, a kitchen knife, coffee mug and bowl. Obviously, some of this does not translate to a backpack practically, such as a jar of almond butter or kitchen knife, but they do make individual serving size packets of almond butter (in the section jars are sold at Whole Foods and Sprouts). All of these items can be stored sans refrigerator, contain protein (except the green tea and kitchen utensils) and give you energy!

PERISHABLE GRAB-AND-GO SNACKS

My whole philosophy with snacking is to choose snacks that aren't empty calories. Popcorn, crackers and other common snack food is vegetarian and vegan, but doesn't really serve any nutritional purpose. I try to munch on fruits and veggies like frozen edamame, baby carrots or bell peppers and hummus, celery and almond butter, apples, mangos, avocados, bananas and bottled fresh-pressed juices.

HEARTY MEALS

I usually try to make my lunch food for the week on Sundays, so that during the week I don't really have to do any cooking. Working this way gives me extra time during the week, and is one less mess I have to clean up in the kitchen. These are my common go-to meals that are hearty, packed with vitamins and protein, and stay good in the fridge for a few days. They are also easy to make, and cost effective.

CHOPPED SALAD

The great thing about a chopped salad is you can interchange ingredients to keep it new and interesting. I model the structure of my salads after Cowboy Ciao's famous Stetson chopped salad, in that it's all about the toppings. I love chickpeas, butternut squash, avocado and onions, topped with a sprinkle of shaved almonds over arugula or kale with lemon juice and olive oil. Another option is black beans, avocado, corn nuts and onion over arugula and topped with cilantro and salsa. I find that the key is, no matter what the ingredients, it's important to have textures that balance each other out: juicy, crunchy and soft, over greens, with some type of dressing.

CHILI

Chili is great. My easy vegan chili is a good choice because you just toss all of the ingredients in a pot over the stove or the crockpot and let it do its thing. I start with an optional item: Yves mock hamburger meat. I add three cans of beans; two cans of kidney beans and one can of black beans. Next comes a can of tomato paste, two cans of diced tomatoes and green chilies, one can of corn, with garlic, scallions and cilantro. (I like a hearty chili.) Then I mix in black pepper, brown sugar, cumin and chili powder, and taste it every now and then to see if I want to add anything else. This makes more than enough for the week.

MOCK CHICKEN YASSA

You will be shocked by how much flavor comes out of this vegan dish! If you're looking to go an untraditional route, this African-inspired dish is relatively easy, fresh and different. I buy Quorn mock chicken breast, which comes in a bag with four frozen breasts (they sell this brand at Safeway). Start by cutting up about two white onions. Then squeeze lemon or lime juice (taste preference) of four lemons or limes into a small bowl, and mix in about one tablespoon of mustard (or more if you love mustard, like me) and sprinkle in some black pepper, creating a marinade. Dump it over the mock chicken and sliced onions in a separate bowl, and let it sit in the fridge for a few hours. This will also thaw out the frozen mock chicken.

Around the time that the mock chicken and onions are done soaking in the marinade, start cooking up veggies, stir-fry style with peanut oil. The traditional recipe mainly calls for garlic only here, but I found it turned out delicious with potatoes, carrots and peppers too.

In a separate pan fry up the onions and mock chicken that are marinated with peanut oil until they are lightly browned. Once everything is cooked, toss it all into a pot with about one cup of water and two vegetable bouillon cubes, add cut hot peppers and let it simmer for about 30 minutes.

Once you're done, you'll have enough food for about four meals, and you can add rice to the finished product for an even more filling dish.

ZUCCHINI NOODLES WITH VEGAN ALFREDO SAUCE

Zucchini noodles are an easy and health-conscious alternative to traditional pasta. One zucchini makes about one serving of noodles, maybe two depending on the size of the zucchini. Simply cut the zucchini in half, through the circumference and slide it back and forth over the wide holes of a cheese grater. This cuts the vegetable into the noodles. Place the noodles in a bowl and set aside.

Next, dice garlic and cook it until it's brown in a nonstick pan over the stove with olive oil. Once it starts browning, turn down the heat to a low simmer and add a package of Tofutti cream cheese. Slowly mix it in with the oil and garlic, add black pepper and any other spice you want (maybe chili flakes or oregano). It takes about five minutes to melt into a creamy sauce.

In a separate pan, drizzle just a bit of olive oil over the zucchini noodles, and cook them on medium heat until they soften. If you're making them in bulk for the week, you may want to take them out when they are just a bit harder than the consistency you want, because they soften a bit while they sit and when they're heated again. There's really no right consistency, it's all about preference, but they cook fast, and can turn into mush if you leave them in too long.



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Chef turned mixologist brings culinary knowledge to bar

Hey, *Bartender!*

By Amanda Savage

Full name:
Brian Goodwin

Position:
Bar Manager, The Gladly

Where was your first job?
I worked as a dishwasher at Angels Bistro in Boise, Idaho when I was 15.

When did you get your start in the bar business?
I worked as a barback in a very busy restaurant and bar in San Antonio, Texas.

Where may people have seen you around town (where else have you worked)?
I worked as a chef after attending culinary school at Scottsdale Culinary Institute [now known as the Le Cordon Bleu College of Culinary Arts in Scottsdale]. After attending CSI I worked as a chef at Furio in Old Town Scottsdale, as well as Different Pointe of View. I started bartending again at Furio and helped open the W Hotel and Beckett's Table. I have continued to stay in the front of the house since then.


Brian Goodwin

How do you spend your free time?
I enjoy time outdoors. I'm currently looking into fly-fishing classes.

What's your favorite cocktail from The Gladly?
The Thai margarita. It is a wonderful twist on a classic margarita with galangal and kaffir lime simple. Just a touch of tamarind reduction lends great balance to the finished drink.

Where are some of your favorite local spots to hang out at (besides the spots you work of course)?
Our sister restaurant Citizen Public House, EVO and The Beverly.

What's your go-to drink when you're out?
I like to explore new drink menus. Outside of that I really enjoy simplicity. Fortaleza or Jameson on the rocks.

Fun fact people might not know about you?
I worked on a rough neck boat on the Mississippi River for a while before I moved here.

Guilty pleasure?
I still love to cook. I have been experimenting with my smoker and dehydrator at home.

What is your favorite thing about being a bartender?
Being able to read a guest and know what drink is going to best fit their palate.

Least favorite thing?
Sometimes work is your only social life.

If you could only pick three things that embody a great bartender what would they be?
Researching cocktails past and present, balance of flavor, always be an entertainer, the bar is just a big stage.

It's a given that as a bartender you get hit on, or see others get hit on, what is the worst pick-up line you've ever heard?
It does happen. More recently one guest asked if they could take one of my bartenders to Spain to bartend for their running of the bulls trip. Odd request but a compliment that they wanted the whole package not just a few drink recipes.

What's a refreshing drink everyone should try?
I love a summer punch. You can batch a good amount so you're not running back to the kitchen interrupting pool time. This recipe is for one cocktail.

SUMMER PUNCH
Servings: 1
1 ounce vodka
¾ ounce Aquavit
1 ounce fresh water melon juice
½ ounce fresh lemon juice
1 basil leaf (garnish)
Soda water

Shake all ingredients together and strain over ice.

Top with soda water and garnish with a basil leaf.

It's your day off, you have nothing to do, money is not an object — what would you be doing?
Spending time with my family and friends at our cabin in Idaho. Food, drinks and the lake – it's heaven on earth.

























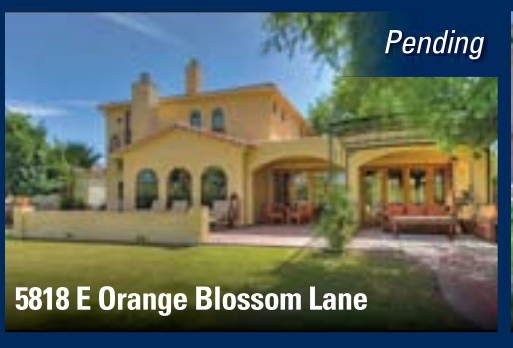










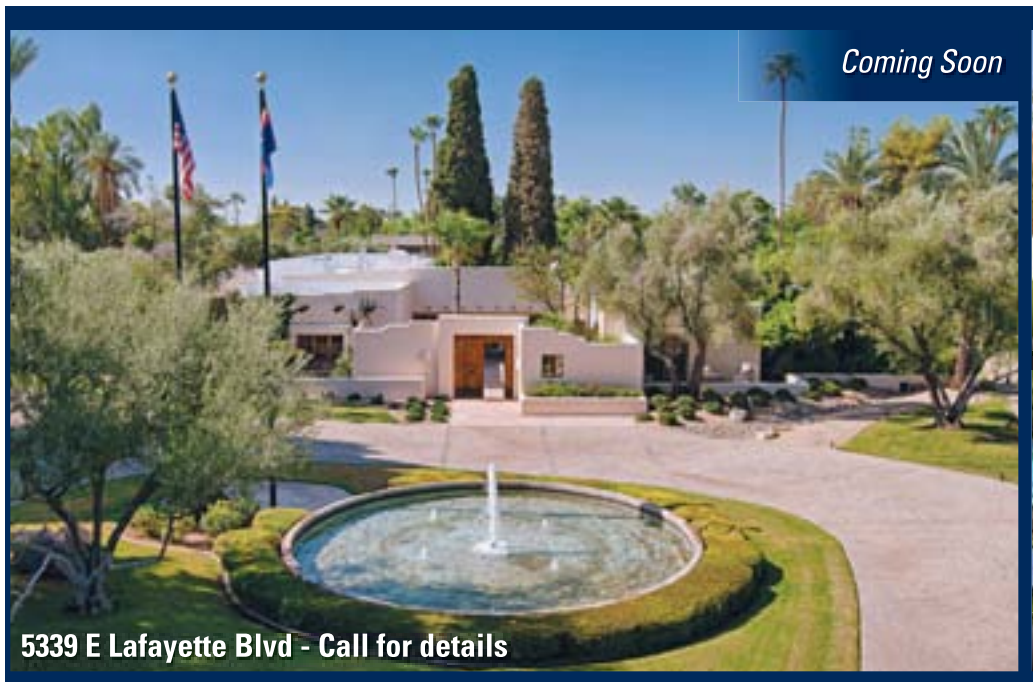


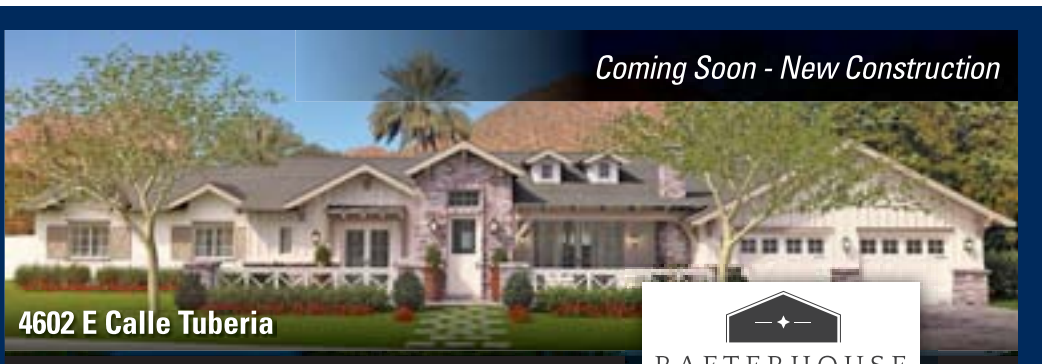


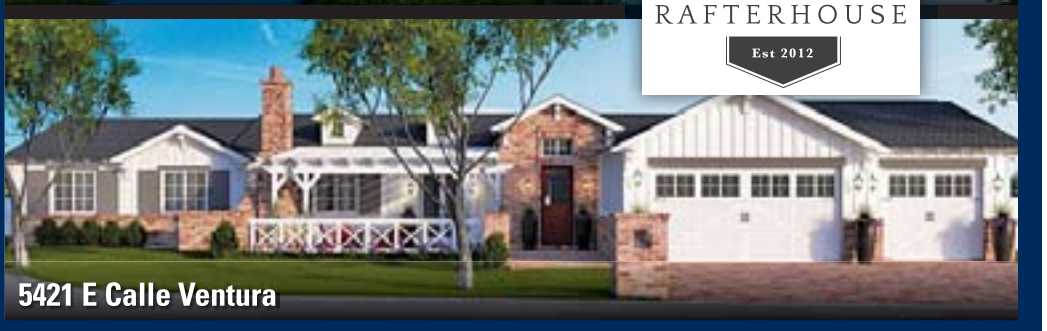
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4 ARCADIA REAL ESTATE



























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Local mom turns crockpot cooking into full-time career

Arcadia's *Cookbook*

By Amanda Goossen
Photography by NTK Photography











For Arcadia resident Jenn Bare, it was a sudden change of plans on the long Labor Day weekend 2011 that would inspire an at-home business.

"We were supposed to spend the weekend with friends and they cancelled," said Jenn. "It was too hot to go outside and do anything so we decided to brainstorm a business."

The week before the fateful holiday weekend, Jenn had started a Facebook page called Crockpot Girl to inspire others with her recipes. Watching how quickly people were responding sparked an idea for both she and her husband.

As Jenn puts it, her husband Aaron is a serial entrepreneur.

"Aaron really kept me motivated and his wheelhouse is in the digital world. He was excited and saw the vision," said Jenn.

So the Bare's spent the weekend creating the website Get Crocked and set up the social media. Jenn put many of her recipes in a self-published e-book titled Get Crocked and they worked hard to get noticed.

Three years later, the Crockpot Girl Facebook page has 1.4 million followers and the app for Android and iPhone was the No. 1 app in the Food & Drink categories for 15 weeks.

The Labor Day weekend celebrated behind a computer was definitely well spent.

To Jenn, getting to do what she loves makes all the hard work worth it.

"I've always been a foodie and when we first got married I was trying to get serious about cooking," said Jenn. "I was finishing my MBA in international business and in our busy lifestyle the crock-pot was the way to go."

She began preparing the basics and eventually Jenn tried creating new recipes or tried turning family favorites into recipes that would work using this one-pot, slow-cooking method.

She was inspired by the success.

After turning her Facebook page into a full-fledged business, Jenn's mother-in-law, Marsha Bare got involved as well.

"There was such an interest from people that Jenn didn't have time to do it all on her own so I started helping with recipe testing and social media," said Marsha.

"We make it a point to be very engaged with our followers and respond to their comments and emails," said Jenn. "I think that's one reason it has grown."

The feedback is one of Jenn's favorite parts of the job.

"I'll get emails from people saying 'thank you so much, you're helping my family have more time to eat together or to save on groceries,'" said Jen. "The kind words make it all so worth it."

The success of Get Crocked did not go unnoticed. In April 2014, Crock-Pot, the brand that inspired Jenn's business, contacted the Bare family.

"Crock-Pot saw the website and liked the community I had built as well as how I had used their product," said Jenn. "They asked me to be their official brand ambassador."

As brand ambassador, Jenn does videos for Crock-Pot and traveled this past summer to the Boca Raton headquarters to do cooking demonstrations for 50 employees of the company. In the fall, which is the season for the slow-cooking method, Jenn will make appearances for the company.

And when Crock-Pot has a new product, Jenn does exclusive giveaways on her website and Facebook page and announces the new items.

Jenn, once a global business manager traveling back and forth to the Philippines, was able to commit to Get Crocked full time this year and sees it as such a blessing.

"I have the best of both worlds," said Jenn. "I get to stay home with my kids, use my business degree and manage my own business."



ARCADIA COOKS

BAKED ZITI

TRY IT OUT!

By Jenn Bare
Serves 8



INGREDIENTS

- 1 pound 93% lean ground beef
- 1 medium onion, chopped
- 2 teaspoons Italian Seasoning
- 1/2 teaspoon salt
- 2 cups shredded mozzarella
- 64 ounces of spaghetti sauce (any kind)
- 15 ounces ricotta cheese
- 1 cup grated Parmesan cheese
- 1 egg
- 16 ounces uncooked ziti noodles

PREPARATION

- In a large skillet, cook ground beef and onion. Crumble the beef as you cook it, until it's no longer pink.
- Mix in Italian Seasoning, salt and the sauce. Set aside.
- In a separate bowl, combine 1 cup of the mozzarella cheese, all the ricotta and all of the Parmesan cheese with 1 egg. (The egg isn't a must if you don't have any, although it will make the cheese creamier and easier to spread.)
- Spray your 6-quart slow cooker with nonstick spray or use a slow cooker liner. (Trust me!)
- Layer ingredients.

  Layer 1: Pour in 2 1/2 cups of sauce and meat mix and spread evenly.

  Layer 2: Sprinkle 2 cups of ziti noodles (uncooked) over the sauce mix.

  Layer 3: Add half of the cheese mixture – drop in balls then carefully spread over noodles.

  Layer 4: Pour in 2 1/2 cups of sauce and meat mix and spread evenly.

  Layer 5: Sprinkle the rest of the ziti noodles over the sauce mix.

  Layer 6: Add the other half of the cheese mixture. Again, drop in balls then carefully spread over noodles.

  Layer 7: Pour in the remaining sauce and meat mix and be sure to cover all the ingredients.
- Cover and crock on low for 4 hours.
- About 10 minutes before serving, sprinkle with the remaining mozzarella cheese. Serve after the cheese is melted.

TIP: The key is making sure you have enough sauce. If you are short, cut the recipe in half. Without enough sauce, this dish will be too dry!



Fall festivals take over the Valley from food to live music

By Amanda Savage

Beautiful fall weather is around the corner! This means a slew of local festivals are heading to parks, stadiums and blocks around the Valley. Music, food, art and family-fun centric festivals give everyone something to get excited about this fall. Here's a guide to what's happening around town.

Mad Decent Block Party
Rawhide
Sept. 12
maddecent.com

Dance music record label Mad Decent (owned by Diplo) brings its international traveling festival to Phoenix for the first time. Performances include Dillon Francis, Big Gigantic, Diplo and more. This is an 18 and up event. General admission tickets are $50, VIP are $75. Bus passes are available that transport attendees from ASU to the party for $20. The show starts at 6 p.m.

Fall Arizona Restaurant Week
Sept. 19-28
Locations vary
arizonarestaurantweek.com

Fall restaurant week is back! Enjoy special dinner menus at Phoenix's culinary hot spots. Dinner prices vary between restaurants. Check restaurant week's website for participating restaurants, dinner menus and prices.

Summer Ends Music Festival
Sept. 26-28
Tempe Town Lake
summerendsmusicfestival.info

An eclectic mix of musicians and entertainers including: Lindsey Stirling, Taking Back Sunday, Foster the People, Capital Cities and many more take over Tempe Town Lake for an end-of-summer celebration. Single day tickets are $65; a three-day pass is $150. The show starts around 4:30 p.m. on Friday and 3 p.m. Saturday and Sunday.

Oktoberfests Galore!

(Stay tuned for an Oktoberfest guide in our October issue!)

Pumpkin and Chili Party
Oct. 2-Nov. 2
Schnepf Farms
schnepffarms.com

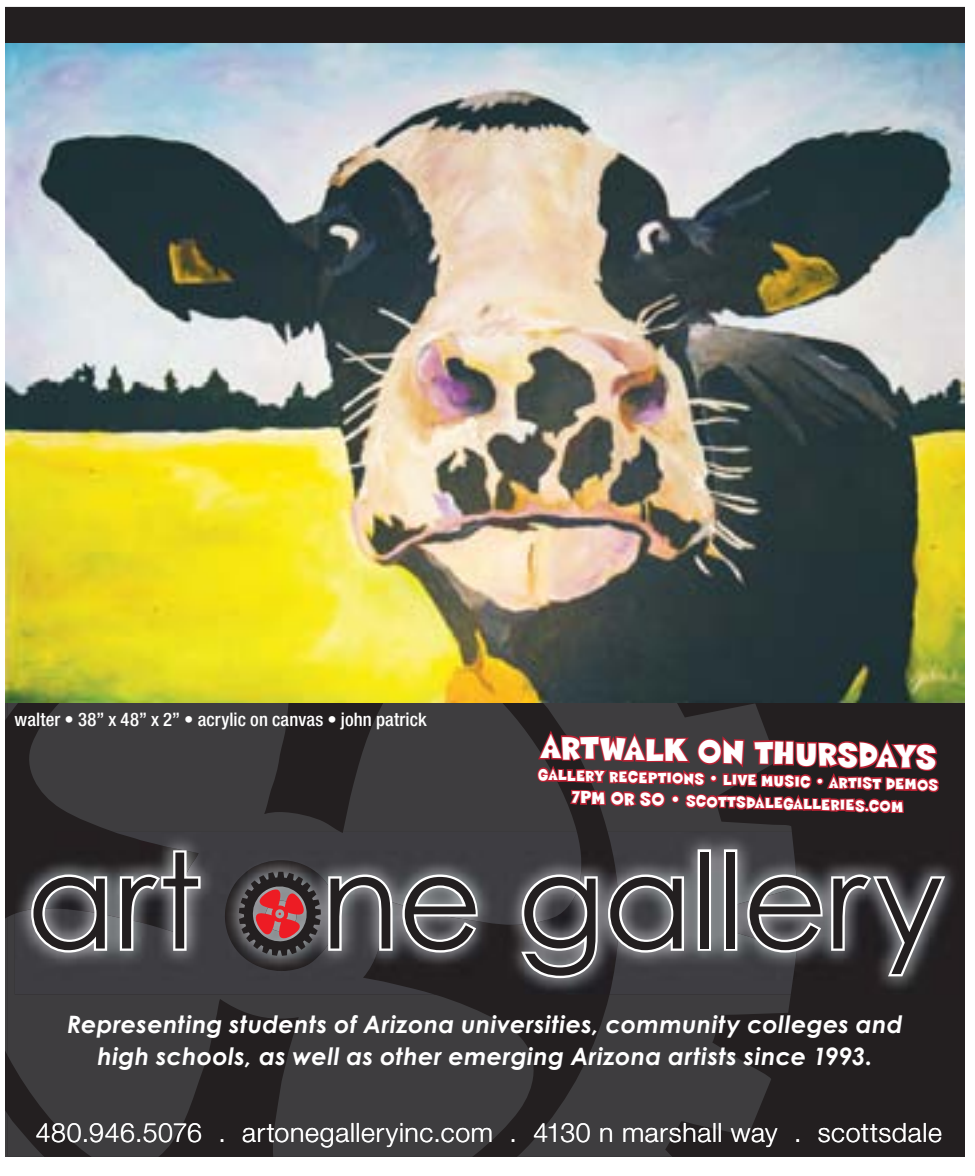
Sunset Magazine has recognized this month-long party as the best fall family event in the Valley. Schnepf Farms, located in Queen Creek, is a day trip worth taking, and turns all of your country-in-the-fall day dreams to reality with hay rides, carnival rides, a pumpkin patch, petting zoo, corn mazes, pig races and much more. The event takes place every Thursday through Sunday until November, from 10 a.m. to 9 p.m. Thursdays and Sundays, and 10 a.m. to 10 p.m. Friday and Saturdays. See website for prices.

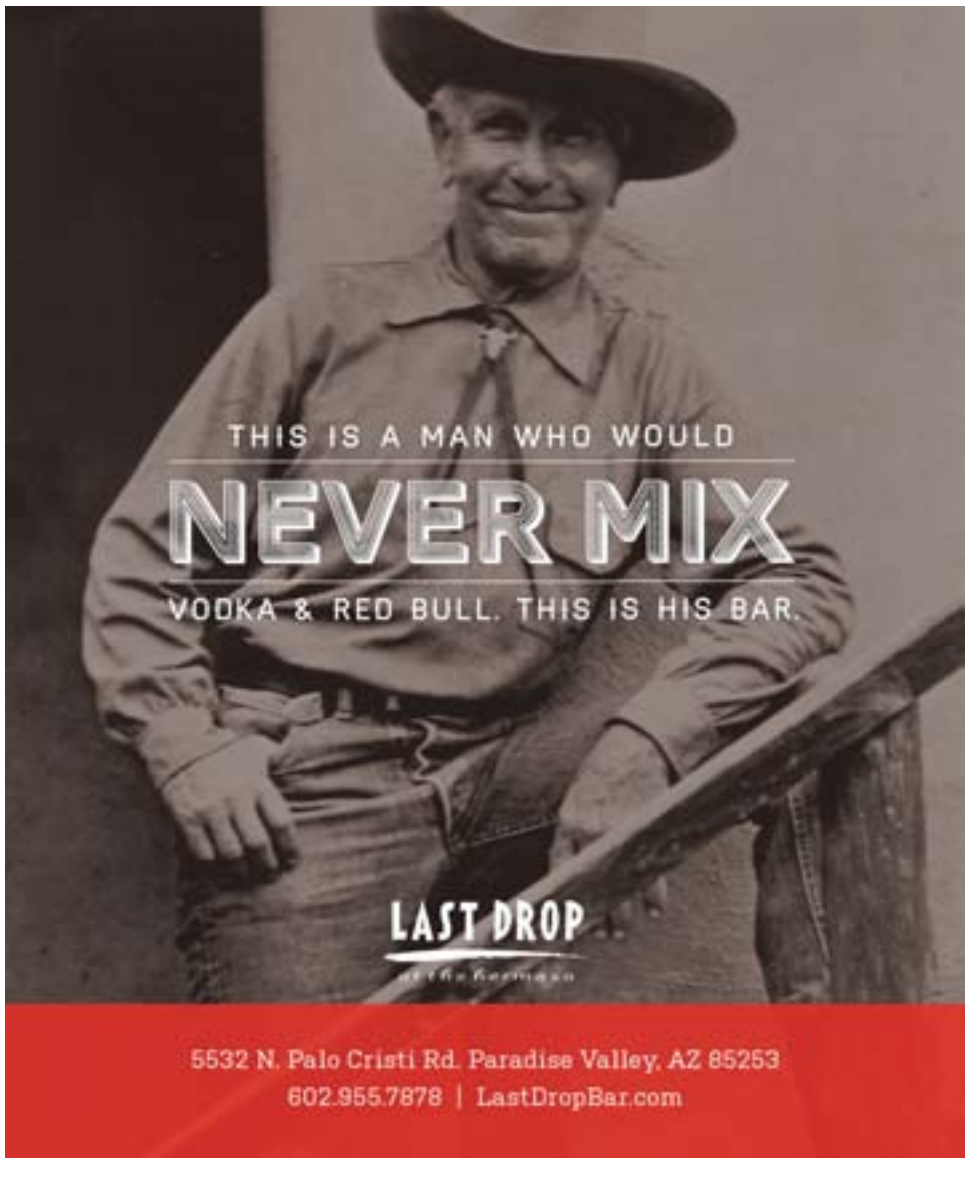
Continued on page 39











Festivals

Continued from page 38

The Arizona State Fair
Oct. 10-Nov. 2
azstatefair.com

A Valley tradition, the Arizona State Fair needs little explanation or introduction. Rides, concerts, food and other attractions highlight this month long celebration. This year's concert performers include Sublime with Rome, Wiz Khalifa and many more. Concert prices vary. Kids under 5 years old get in free. Adults are $10; kids (ages 5-13) and seniors (over age 55) get in for $5.

Arizona Taco Festival
Oct.18 and 19
Salt River Fields
aztacofestival.com

The Valley's annual gathering of tequila and tacos is back! Enjoy music, tastes of food from local valley eateries, a tequila expo, contests, free goodies, music and entertainment. Tickets vary from $12-$100.

Balloon Spooktacular
Oct. 24 and 25
Salt River Fields
srfballoonfestivals.com

This Valley favorite returns for its fourth year and offers a haunted house, family fun. General admission is $10. Children are $5 (ages 3-12) and children under 2 years old are free. Haunted house entry is $8, hot air balloon rides for adults are $25, and children 10 years old and under ride for $15. The event is from 5-10 p.m.

Herberger Theater Festival of the Arts
Nov. 1
Herberger Theater
herbergertheater.org

This fifth annual festival celebrates Phoenix art with dance, music, food, visual art, pet adoptions and children's activities. This year, the event will have an '80s theme, in recognition of Herberger Theater's 25th anniversary. Entry is $5. Children 12 years old and younger get in free.

Arizona Wine Growers 6th Annual Festival at the Farm
Nov. 14 and 15
The Farm at South Mountain
azwinefestivalatthefarm.com

Enjoy samples of the best picks from Arizona wineries. This celebration starts with a Grand Tasting at Quiessence on Friday, followed by the wine festival on Saturday. Tickets to the Grand Tasting are $75; tickets to the festival are $65. Designated driver tickets for Saturday are $45.

The 46th Annual Tempe Festival of the Arts
Dec. 5-7
Mill Avenue District
tempefestivalofthearts.com

This popular semiannual festival showcases art and food from artisans from all over the country, although most are from Arizona and other parts of the West and Southwest. The event is from 10 a.m. to 5:30 p.m. each day. Admission is free.



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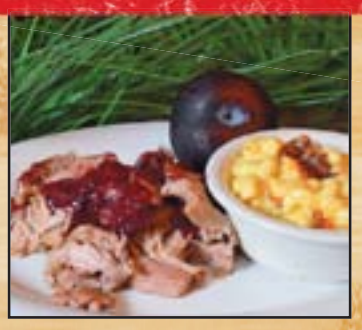
Stone fruit on the grill creates sweet and savory flavors

By Mark Hittle of Bobby-Q's



Now is a great time of year to experiment on the grill. During the summer, certain ingredients are available at their prime, like stone fruit such as plums, peaches, nectarines and cherries. At Bobby-Q's we throw our smoky meats and sweet corn on the grill for a nice charred finish, and always jump at the opportunity to have fun on the grill, especially with fruit and other unconventional grilled produce. Experiment with grilled stone fruits for a subtle savoriness and undeniable sweetness that also adds a nice pop of color to any dish.

PLUM BBQ



INGREDIENTS

- 4 cups plums, washed, pitted, chopped
- 3/4 cup sugar
- 1/4 cup balsamic vinegar
- 1 1/2 teaspoons mustard
- 1 1/2 teaspoons fresh ginger, grated
- 1 1/2 teaspoons allspice
- 1/4 cup onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 garlic clove, minced
- 1/2 jalapeno, finely chopped
- 1 teaspoon salt

PREPARATION

Place all ingredients into a heavy stockpot and cook over medium-low heat. As the plums warm and release their juices, stir well.

Cover and simmer for an hour, stirring the mixture periodically. The plums, onions and red bell pepper bits will soften and meld into a thick barbecue sauce. Mix rotisserie chicken, or pulled pork into this sauce.

GRILLED PLUOT PIE



INGREDIENTS

- 6 pluots
- 1/2 cup sugar
- 2 1/2 tablespoons flour
- 2 teaspoons cinnamon

PREPARATION

Cut 6 pluots in 3/4 inch slices and grill until browned on both sides.

Mix sugar, flour and cinnamon together, and add pluots.

Using a pre-made pie crust, place mixture inside and top with a criss cross of dough then brush with a mixture of egg and half and half. Sprinkle with sugar.

Put in the freezer for 30 minutes, then bake at 350 F for 45 minutes.

GRILLED PEACH SANGRIA



INGREDIENTS

- 1 cup sugar
- 2/3 cup hot water
- 750 liter Chardonnay (1 bottle)
- 1/4 cup Brandy
- 1/4 cup Triple Sec
- 1/2 cup fresh organic orange juice
- 1/2 cup Peach Schnapps
- 1 cup cold soda water
- 6 Peaches

PREPARATION

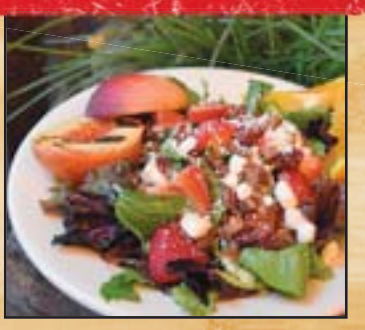
Start off by mixing 1 cup sugar, and 2/3 cups of hot water into a pan and dissolve.

Next mix all other ingredients in the sugar mixture. Add cold soda water last.

Cut peaches in half, Grill on both sides, and cool.

Cut peach halves in half (making quarters) and place two in each glass.

GRILLED NECTARINE SALAD
WITH STRAWBERRY VINAIGRETTE



SALAD INGREDIENTS

- 4 ounces lettuce mix
- 3 ounces strawberry vinaigrette
- 1 tablespoon candied pecans
- 1/2 tablespooon dried cranberries
- 1 tablespoon feta cheese
- 3 grilled nectarines (cut in half, grill and cool)

SALAD INGREDIENTS

- 2 cups olive oil
- 1/2 cup red wine vinegar
- 1/4 cup brown sugar
- 1 teaspoon chopped garlic
- dash salt and pepper
- 1 cup fresh strawberries cut in quarters







Here's what a client of Susan's has to say...

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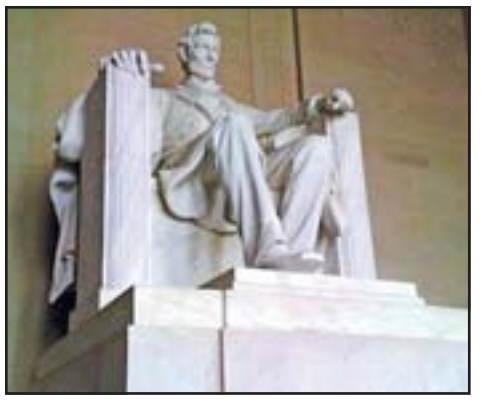
From toddler to teen, fall break fun for the entire family



The San Diego Zoo



Colorado



Washington D.C.



Cruise vacation

By Michelle Donati-Grayman

In a few short weeks, schools will be dismissed for fall break, presenting families the perfect opportunity to take a quick getaway.

"People tend to travel less in the fall compared to other times of year," said Amy Moreno, senior travel manager for AAA Arizona. "As a result, these trips tend to be less busy and less expensive compared to other times of year, which is win-win for travelers."

To help inspire travel creativity, AAA Travel experts have compiled a list of destinations and attractions for families, based on the age of the children.

BABIES, TODDLERS AND PRESCHOOLERS

Families with young children need look no further than a road trip to San Diego. The year-round destination is home to a number of stroller-friendly attractions, such as the San Diego Zoo, that are sure to entertain little ones.

If you are up for trying something new, consider visiting the historic mining town of Julian, which is located about 45 minutes northeast of San Diego. Julian is home to more than 10 apple orchards. Several orchards offer "U Pick" days, where for about $10 you can "pick a peck" of your own apples and take them with you to enjoy.

SCHOOL-AGE CHILDREN

Kids in elementary school and middle school seem to have endless amounts of energy. As such, families with children in this range should consider an active-lifestyle trip. These small group trips range from 10-16 people and are designed based on the interest and abilities of your family. An active-lifestyle trip to Colorado, for example, may include activities such as hiking and rafting.

If you're limited to only a couple of days or want to stay in state, head north to explore the largest lava cave in Arizona. The volcanic cave, which is located about 45 minutes northwest of Flagstaff, is said to have formed more than 700,000 years ago. Be sure to pack a headlamp, flashlight and a sweater, as the mile-deep cave is dark and chilly, averaging 40 degrees year-round. It's also important to note that the terrain can be steep, narrow and rocky. As such, a hard hat is recommended to protect you from bumping your head.

TEENAGERS

Got teens? Consider an American history-themed vacation to our nation's capital. Fall is one of the best times of year to visit Washington, D.C., as it offers fewer crowds, beautiful fall foliage and brisk, fall temperatures. Plus, most of the monuments and museums are free.

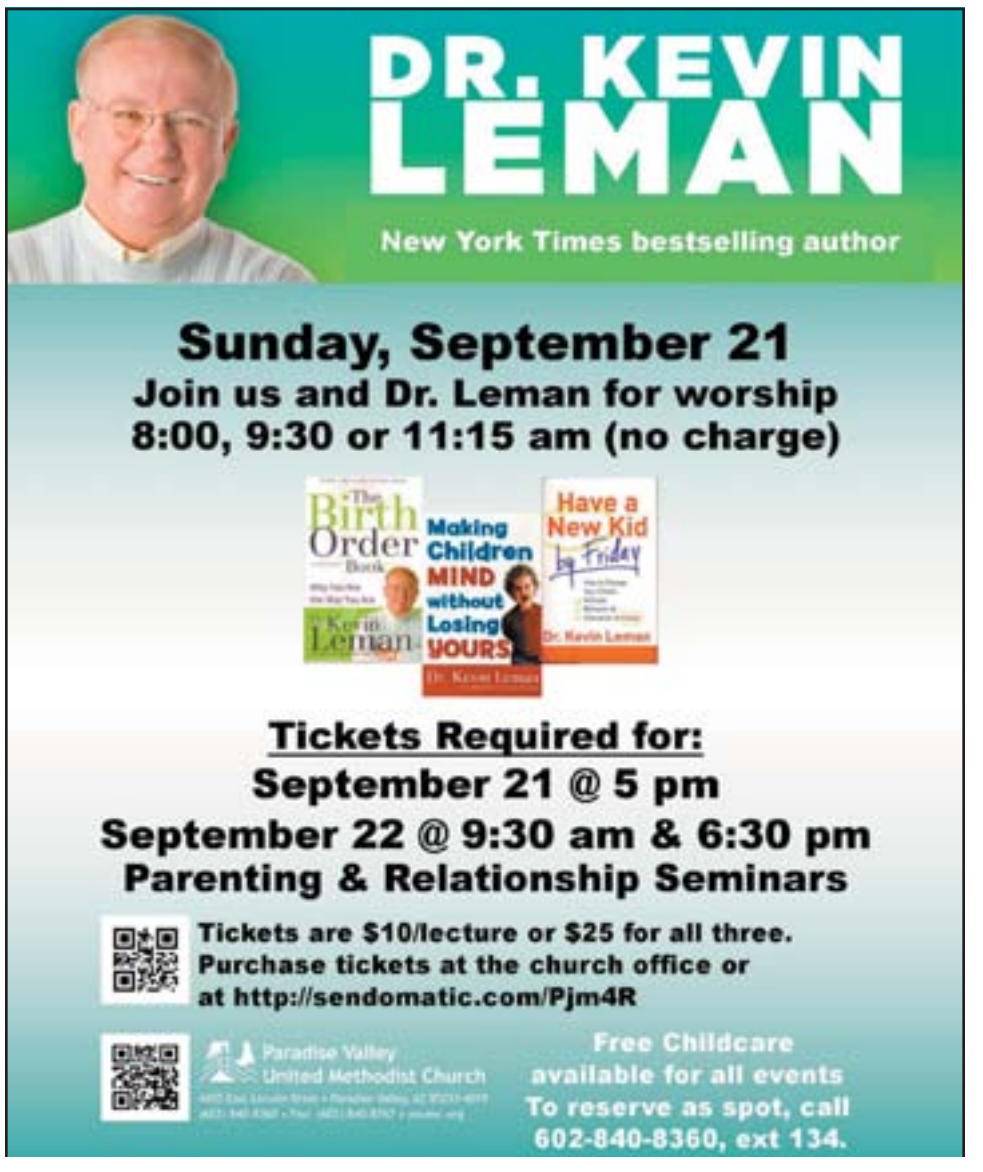
Another destination for families with teens to consider is San Francisco. The city is rich in art, culture, food and history, with attractions such as Alcatraz, Ghirardelli chocolate factory, Union Square and more.

SEVERAL AGE GROUPS

If the age range of children in your household spans a variety of categories, consider a cruise. According to AAA Travel experts, fall is a great time for families to set sail. Activities aboard the ship are designed to entertain a variety of ages.

"Whether you stick to familiar places or opt to try something new, fall break trips are a great way to create new family memories that will last a lifetime," Moreno said.





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Arcadia News columnist takes a trip across the country

Where's the *Neighbor?*

By Kaley Kalil

Amanda Savage, a local marketing professional and columnist for *Arcadia News*, recently ventured cross-country in her Smart car to attend a four-day music festival in Manchester, Tennessee.

A total of eight days and roughly 1,700 miles each way carried Savage and her boyfriend, Jon Vishnevsky, through Nashville, Albuquerque, Little Rock and Memphis, finally landing in Manchester for the Bonnaroo Music Festival.

"It's one of the country's largest music festivals and was definitely an experience," Savage said.

"There were cars from all over the country, [but] we were the only Arizona plates we found. People traveled [from] as far as Australia to attend it."

Savage and Vishnevsky enjoyed a Q&A session with the Farley Brothers, as well as performances by Elton John and Jack White.

"I loved the energy at Bonnaroo; everyone was friendly and positive. It was like a little utopia," she said.

Although the festival was the main reason for their journey, they enjoyed several stops along the way. These included drinks on Oklahoma City's Bricktown Citywalk, a stroll down Memphis' famous Beale Street, and a visit to the city's Lorraine Motel, where Martin Luther King, Jr. was assassinated.



Amanda and her boyfriend, Jon, drove her Smart car through the southern part of the United States.

"Driving a Smart car through rural Arkansas was definitely something that got some looks," Savage said.

"We hit some storms, and the idea of being in a Smart car when a tornado hit was not comforting."

On the return trip home, they enjoyed the beautiful drive through Missouri and Arkansas. They visited the Ozarks and the Mark Twain National Forest, and stayed at one of America's most haunted hotels – the 1886 Crescent Hotel in Eureka Springs, Arkansas.

Over an extended Fourth of July weekend, they ventured to Lake Powell in Page, Arizona for a camping trip, where Savage enjoyed a guided kayak tour from the lake into world-renowned Antelope Canyon.

"Just the solitude on the water surrounded by so much natural beauty was really great," she said.

They also squeezed in a consecutive trip to Zion National Park near Springdale, Utah, about a two-hour drive from Lake Powell. Here, they hiked The Narrows – a picturesque gorge in the upper portion of Zion Canyon 16 miles long and up to 2,000 feet deep, carved by the Virgin River.

"It's a pretty intimidating hike, because if it rains, and there are flash floods, there isn't anywhere for people to escape to and you can pretty much die," Savage said.

At times, she chose to swim through the river's deeper depths rather than hike over loose rocks in the shallow areas.

"Definitely buy or rent a walking stick, and pick shoes that are durable and can get wet," she advised.

Savage hopes to visit New York City in the near future to enjoy its food, culture, entertainment and history.

"Nature is kind of my escape. The smell of Zion was crisp, clean air and it was quiet, with the sound of running water everywhere we went. I don't do a lot of camping in Phoenix, although I would like to explore Northern Arizona more. Havasupai Falls is on my list for next year's adventures," she said.

This month, Savage will visit family in Ohio.

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

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Volunteering with the kids

By Jean Hodgson

Retirement *Now what?*

Fall is the time when there is a natural association of volunteering with the start of the new school year. Is there a better way to invest in the future than by helping children learn?

Probably the most obvious way to do this is by spending time one-on-one or in a small group setting working on basic academic skills and providing individual attention and encouragement. You may think that you need prior teaching experience to do this, but training, materials and support are provided for volunteer tutors.

Maybe you would prefer to help a school by using your experiences in another way. One principal I asked about this said the list of opportunities has lots of options: helping with clubs and fundraisers, supervising lunchtime and field trips, planning special projects and assisting with office tasks.

You may also be asking, "Where do I even start to make a connection with a school that can use my desire to give back?" Besides directly contacting a local school, a nonprofit organization can help find the right volunteer match for you. One such organization, Experience Matters serves as a liaison between needs in schools and the interests and skills of adult volunteers. Visit their website: experiencemattersaz.org.

Your career might have given you the perfect preparation for a specific service to a school. Do you have a flair for drama? The Screen Actors Guild Foundation sponsors a program called BookPALS with the goal of inspiring kids to love reading. Volunteers engage students' interest by creatively presenting and reading books to them. Their related program, PencilPALS, also incorporates writing to improve literacy. Learn more at: bookpals.net.

Retired engineers can assist students with bringing the importance of math, science, technology and engineering to life in a hands-on glider project called AWIM (A World In Motion). Over a period of ten weeks, students work with volunteer engineers and their teachers to design, build and finally fly their own unique creations. Details are available from the Society of Automotive Engineers: awim.org.

Often it takes some research and experimentation to discover the right match for your interests and the desire to volunteer in a meaningful way, but one thing you can be assured of – you will also benefit from the satisfaction of the time and effort you invest.

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Local artist turns trash to treasure for art and education

By Christina Surrano

After working as a resident art teacher in public schools, local ceramic and weaving artist, Sherrie Zeitlin became frustrated by the lack of funds and materials provided to art teachers. To keep the arts in the community, she opened The Art Resource Center (ARC) in a 430 square-foot space in Phoenix 10 years ago. This was made possible with her own funds along with personal and donated materials. ARC now resides in a 2,000 square-foot space in Tempe and provides materials for organizations across the valley at no charge.

"Two weeks ago, I had two (new hire) teachers come in. They have an empty room, no money and no supplies," reported Zeitlin.

ARC relies solely on cash and material donations as well as a couple of volunteers to keep the doors open. When valuable goods are donated which cannot be utilized by the beneficiaries, Zeitlin posts them on the company Facebook page and sells them to help pay ARC's rent.

When asked why ARC does not charge a small fee for membership or materials for financial sustainability, Zeitlin replied, "Always free, always will be, for all sorts of reasons."

Professional artists, art students or other individuals not in service of a nonprofit are welcome to peruse her materials also. Such individuals are invited to make a small donation for materials taken.



Sherrie Zeitlin, is filling a need by providing free art materials to the nonprofit community.

Patrons visiting ARC are greeted in the front of the space by a plethora of art pieces, creatively fashioned from cast offs, such as Victorian style doll furniture made from soda cans, cardboard box loom weavings and a fish sculpture made from a skateboard. One of Zeitlin's own, a large sculptural weaving of repurposed material, adorns a wall as well.

Posted on the Facebook page are types of predictable and not-so-predictable materials most in demand. Even highly unusual donations like electric guitar parts, skylights and photo slides have been received with gratitude. When in doubt, a potential donor can always call and ask before throwing an item away.

The creative ways in which Zeitlin uses the materials are delightful and she occasionally teaches classes at the center on various techniques such as box loom weaving and how to fashion rings from old telephone wire.

For more information on the The Art Resource Center go to www.artresourcecenter.org.





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Handbags healing hearts

By Christina Surrano



Ready to let go of that pair of shoes that are so cute, but have been collecting dust and migrating further and further back in your closet? How about that handbag that seemed like a really good idea at the time, but has seen more action in the department store than with you?

Flo's on 7th, Florence Crittenton's upscale resale store, is now accepting donations of new and like-new designer, vintage, casual and dressy shoes and handbags for their big one-day shopping event to benefit Crittenton's life-changing programs.

Florence Crittenton of Arizona is a nonprofit organization, which has been serving the needs of at-risk girls and young women for 118 years. It's one of many centers across the country founded by Charles Crittenton, following the loss of his own daughter due to scarlet fever. The center offers services to empower young women ages 10 to 21 who are facing issues such as abuse, neglect, teen pregnancy, and behavioral or mental health problems. They also offer community-based services for youth and families as well as the charter high school, Girls Leadership Academy of Arizona.

Your tax-deductible donations can be dropped off at the store, located at 4116 N. Seventh Avenue in Phoenix or any Valley Sleep America before September 8. Flo's will gladly accept donations at any time, but before September 8 is encouraged.

Co-founder and president of Sleep America Charities, Debbie Gaby is chairing the event, which takes place on Saturday, September 27 from 10 a.m. to 6 p.m. and will feature items sold at incredibly low prices as well as a raffle drawing.

Last year, designer brands such as Jimmy Choo, Louis Vuitton, Coach and Prada were scooped up by excited shoppers, including CEO of Florence Crittendon, Dr. Kellie Warren. She confessed, "I donated items, but I also shopped. There were some beautiful things."

Shoppers who wish to get a jump on the sale can show up early for the second annual Diva Dash Games, sponsored by Picnic Specialties, at 8 a.m. with registration starting at 7:15. For $25 per person, patrons can assemble a team of four or more and compete in relay events, in heels, like book balancing, egg-in-spoon and tricycle races. Both men and women are welcome to participate. Last year's winner of the highest heels race was actually a man.

Diva Dash participation is optional. Included in the $25 fee is admission to the 9 a.m. VIP shopping hour, a raffle ticket and a canvas tote, which provides 20 percent off future purchases at Flo's for an entire year.

Last year the event raised about $20,000 to benefit those served by the organization.

Dr. Warren shared the mission of Florence Crittenton, which drew her affectionate devotion and said, "Safety, hope and opportunity for girls, young women and children and their empowerment is so important."

Supporting Heels for Healing, whether as a donor, consumer or both, is an opportunity to not only aid in a worthy cause but acquire some designer accessories along the way.

Rates are still low—now is a good time to consider a new mortgage.

Yes, rates are edging up. But they're still low. Which means that now is still a good time to consider a mortgage for a new home—or to simply refinance. There are many options out there and it may seem overwhelming. Call me today and I'd be happy to help find the mortgage that's right for you!

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Celebrate recovery dinner

By Sarah Stecko

The Christ Church Lutheran in Phoenix provides a weekly dinner and spiritual service helping anyone who needs support in breaking a harmful habit. Many times it's the homeless who come seeking the assistance, but that's only about a quarter of who they're helping.

For the past eight years, the church has been hosting the Celebrate Recovery (CR) outreach and it's not just a mission for the homeless – anyone wishing to change their life is welcome. Other attendees include business and medical professionals, congregation members and "unchurched" people.

"CR is open to those struggling with hurts, habits and hang-ups," said founding Ministry Leader Trish Karpurk.

Every Thursday, about 30 volunteers from the church help make CR possible. They aid by serving as kitchen staff, drivers, musicians, nursery workers, kids' leaders and set-up crew members. The event schedule begins with dinner at 5:45 p.m., followed by a large meeting to praise and worship with testimonies and teachings at 6:30. The evening concludes with issue-specific groups at 7:30.

The people coming to CR benefit, of course, from a free meal. However, Karpurk believes the real reason they keep coming is for the spiritual impact in their lives. The spiritual healing



discussion takes place after dinner.

"They are loved here – no matter what they look like or what they're struggling with," Karpurk said. "They know they can find hope and answers for their deepest questions."

CR has affected many lives, in many different ways. Its goal is to provide support to broken families and individuals struggling with addiction and pain. Some may not realize that unhealthy addictions are not limited to alcohol and drugs, but can be food, perfectionism, fear and more.

"These people who are healed become the hand that reaches out to others in pain. And they come and Christ frees them through this program, too," Karpurk said.

For more information: cclphoenix.org.



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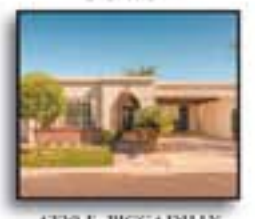
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What's Happening, Arcadia?

SEPTEMBER 2014 EVENTS

National Theatre Live: Medea

2 p.m., Sept. 7
Phoenix Art Museum
1625 N. Central Ave.

Enjoy a showing of Euripides's classic Greek Tragedy directed by Carrie Cracknell.

phxart.org

Fall Mothers Who Write Workshop

6 p.m., Sept. 11-Nov. 20
Scottsdale Museum of Contemporary Art
7374 E. Second St.

If you're a mom who loves to write, join this workshop taught by Amy Silverman from Phoenix New Times and Deborah Sussman from ASU Herberger Institute for Design and the Arts.

smoca.org

Annual Chile Pepper Festival

5-11 p.m., Sept. 27
721 N. Central Ave.

The third annual Chili Pepper Festival will have live music and great food, ranging from mild to extremely spicy, as local chefs compete to create the best chili pepper-infused dish.

chilepepperfest.com

Constitution Fair

6-9:30 p.m., Sept. 20
Gilbert Town Square Civic Center
1040 S. Gilbert Rd., Gilbert, AZ

Celebrate the United States and its founding documents with games, music, activities, food and entertainment! Suggested donation is $5 per person.

constitutionweekusa.com

Brazilian Day Arizona

12-6 p.m., Sept. 6
Virginia G. Piper Theater
7380 E. Second St.

Enjoy a screening House, M.D. episode "Cane and Able," while eating dinner from local food trucks. After the episode, Dr. Catherine Seiler, scientific liaison at ASU's Biodesign Institute, and a second medical research expert will speak.

scottsdaleperformingarts.org

Baby Bear Goes to School

10 a.m., Wednesday-Friday
10 a.m. and 2 p.m., Saturday
2 p.m., Sunday
Sept. 17-Oct. 5
Great Arizona Puppet Theater
302 W. Latham St.

This show is perfect for students from preschool to second grade, who are gearing up to go to school.

azpuppets.org

Arizona Restaurant Week

Sept. 19-28
Various Participating Restaurants

Taste some of the finest cuisine in the Valley without emptying your wallet, as chefs from about 100 different restaurants offer prix fixe three-course meals during Arizona Restaurant Week.

arizonarestaurantweek.com

Monarch and Milkweed Saturdays

9:30 a.m. to 12:30 p.m., Sept. 27-Nov. 8
Desert Botanical Garden
1201 N. Galvin Parkway

Check out the new Mariposa Monarch Butterfly exhibit, while learning about monarch life cycle patterns and butterfly conservation efforts.

dbg.org

Experience Italy

10 a.m. to 5 p.m., Sept. 7
Musical Instrument Museum
4725 E. Mayo Boulevard

Check out performances from the Arizona Opera singers and the Tetra String Quartet, while enjoying an Italian-style menu from Café Allegro.

mim.org

Sounds of New Orleans

7:30 p.m., Sept. 26-27 and 2 p.m., Sept. 28
Symphony Hall
75 N. Second St.

This tribute to Louis Armstrong includes songs like "St. Louis Blues" and "Sweet Georgia Brown" performed by trumpeter and singer Byron Stripling.

tickets.phoenixsymphony.org

Birds 'n Beer

6:30 p.m., Sept. 18
Rio Salado Audubon Center
3131 S. Central Ave.

Enjoy a Four Peaks brew while watching a presentation on wildlife and meeting conservation professionals.

riosalado.audubon.org

Pop-Up: Workshop with Rossitza Tordorova

10 a.m. to 3 p.m., Sept. 6-7
Shemer Art Center
5005 E. Camelback Rd.

Learn about the world of two-dimensional art and create amazing pop-ups from paper in a two-day intensive workshop with book artist Rossi Todorova.

shemerartcenter.org

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



Richard Maxwell is the creator of Arcadia High Schools successful CMAS program.

Grammy Foundation honors local high school teacher

By Alessandra Dagirmanjian

As the creator and facilitator of the Contemporary Music and Sound program at Arcadia High School, Richard Maxwell has given his students the unique opportunity to experiment with modern instruments and recording technology. In acknowledgement of his success with this innovative approach to music education, Maxwell has recently been nominated, and announced as a quarterfinalist for the 2015 Grammy Music Educator Award, presented by the Grammy Foundation. The Foundation's committee selects 222 quarterfinalists from over 7,000 initial nominations each year. Maxwell is one of only two music educators from Arizona still in consideration for the award, the other nominee being his former student.

With a Bachelor of Music, and a Master of Music in Conducting as well as Composition and Theory, Maxwell has a diverse musical background. Prior to his career as a teacher, he both toured as a member of several bands and conducted classical symphony orchestras. After conducting for several years, though, Maxwell decided to apply his musical talents elsewhere, eventually arriving at education as a formal profession. Maxwell has now reached his 16th year teaching music at Arcadia High, where he directed band and strings students for nine years, ultimately transitioning to teaching more modern forms of music and developing CMAS.

For Maxwell, being a quarterfinalist both recognizes and supports the innovative education he has granted students, who are interested in contemporary music.

"[The award] validates, to some extent, this experiment of CMAS. Knowing that there are people out there completely unaffiliated with it, that are looking at what we're doing; that's pretty cool," said Maxwell.

Through CMAS, Maxwell teaches students how to independently work with recording and sound technology, and also find and develop their own voice through music. He especially enjoys seeing his students take pride in their work during performances.

"There's nothing like watching somebody create something of their own. The sense of accomplishment for them is just overwhelming," said Maxwell.

Maxwell believes his success so far in the award process is directly related to the confidence his students at CMAS have gained through their dedication to the program, and that the recognition might give them even more confidence in their own musical endeavors. CMAS students find that the positive growth of both the program and their own musical skills is due in large part to Maxwell's encouragement and support. One student explained how he gave her the tools to further pursue her artistic niche.

"A lot of the members of my band weren't in my class so he helped me pick out the people I needed and then he let us practice at lunch. He also critiqued us on what we needed to work on, which really helps in our future performances."

The Grammy Foundation will announce its finalists in September, and the winner in January. For now, though, Maxwell hopes his being a quarterfinalist might allow CMAS greater exposure, so that he can help other local teachers develop similar programs in the future.

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Big names in both country and rock 'n' roll hit the city











Music *Notes*

By Craig Goossen

The music scene in Phoenix is always active and is certainly something that can regularly be counted on to exceed our expectations. The consistency of local acts playing in our clubs to national acts rolling through our various venues, month after month, I marvel at the action. We're awfully lucky folks, so let's not take it for granted. Get out and enjoy a show this month.

BLAKE SHELTON
TEN TIMES CRAZIER
(2013)

The biggest country star in our prime outdoor venue with nighttime temperatures that should finally be in a comfortable range has this night set up to be a great party. Shelton's support on this tour is Neal McCoy and The Band Perry, so arrive early and get your fill.

Blake Shelton performs on Friday, September 5 at Ak-Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $38.25.

JOAN JETT & THE BLACKHEARTS
DIFFERENT
(2013)

Jett formed her first band, The Runaways, in 1975 at the age of 17 and by 23 she had a smash hit with "I Love Rock 'n' Roll." This woman has never stopped and she'll hit the stage at Wild Horse Pass with a head full of steam, invigorated with new music and a back catalogue, this is sure to inspire more than just Weird Al Yankovic.

Joan Jett will perform on Friday, September 19 at Wild Horse Pass Casino, 5550 West Wild Horse Pass in Chandler. Tickets start at $59.

KING TUFF
SUN MEDALLION
(2013)

The King Tuff has just released his third LP and the goods are getting better and better. If you caught his show last year with Wavves, you'll already know this show is a must see and if you didn't, do yourself a favor and start the weekend off with some Tuff rock 'n' roll.

King Tuff performs on Friday, September 26 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $15 and the show is 16 and over.

THE REPLACEMENTS
CAN'T HARDLY WAIT
(1987)

The Mats (as their longtime fans may affectionately refer to them) are one of the all-time greats of their era. A hot mess of raw nerves and real talent, their live shows were legendary, albeit notorious. Dissolved by the early '90s and simmering all too silently ever since, original members Tommy Stinson and leader Paul Westerberg have revived the band, hit the road and the reviews have been stellar. They'll be topping the bill on the Saturday night slot of the Summer Ends Music Festival taking place at Tempe Beach Park. Other notable acts performing on the three-day festival, which starts on Friday and runs through Sunday, will be Descendants, Violent Femmes, Capital Cities, O.A.R, Foster the People and many more.

The Replacements perform on Saturday, September 27 at Tempe Beach Park, 620 N. Mill Ave. in Tempe.

EAGLES
LIFE IN THE FAST LANE
(1976)

The Eagles can be a polarizing band. If you're one of the folks that aren't into their peaceful, easy feelings, you'll need to step aside for the fans that can't get enough. Although this is technically an October show, it's on the first, so good planning is a must.

Eagles will perform on Wednesday, October 1 at Jobing Arena, 9400 W. Maryland Ave. in Glendale. Tickets start at $43.50.

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Marvel hits big with Galaxy

Julie *@ the Movies*

By Julie Demetros

This new Marvel movie is a fantastic start for a new movie franchise. Based on the comics of the same name, *Guardians of the Galaxy* is a great introduction to Marvel films for new audiences and a fun addition to the collection of the fans with more experience.

Peter Quill (Pratt), looking forward to the time he is better known as Star-Lord, is a thief working for the man who supposedly rescued him from his original home planet, our own Earth. When his latest job goes sour due to elements he did not foresee, Quill is dragged into a battle of revenge and destruction, and now he faces a mess bigger than his own. Thrown in with him are some unlikely allies of sorts: Gamora (Saldana), an assassin sent to retrieve the same mysterious object Quill is after; Rocket (voiced by Cooper) and Groot (voiced by Diesel), two bounty hunters after the money on Quill's head; and Drax the Destroyer (Bautista), who is on a mission for the head of the one who murdered his family. The group's main threat takes the form of Ronan the Accuser (Pace), who killed Drax's family years ago and sent Gamora in the first place. It is a fight Quill is determined he and the patchwork team can win, so long as he still has the portable cassette player from his childhood.

One reason I love these five guardians is that all of them are different species from each other, and two of them do not look remotely humanoid. Rocket was made as a genetic experiment and takes the shape of a talking raccoon, and Groot is a type of plant being in the form like that of a tree whose vocabulary is limited to "I am Groot." It is wonderful to see a group of heroes, who are meant to represent and save the many worlds in the galaxy, not made up mostly of humans. Tied into this, various species are seen on their home planets instead of being brought to Earth, and very little of the film takes place on our own planet. While some might be afraid this would make the movie



harder to relate to and empathize with, it does a stellar job at "humanizing" the other species and their worlds, so that the audience feels for each of the protagonists, regardless of appearance.

The script is cleverly written, with well-timed jokes to break the tension and intelligence clear in the main characters' dialogue. The story is busy enough to keep an audience's attention, but not to the point of causing confusion and annoyance. The star actors, Pratt, Saldana, Diesel, Cooper and Bautista, fall into their roles with ease to bring each of their characters to life.

While it may not be flawless, and some critics may write it off as simply another action hero movie, I think it is more than that, and it certainly is wildly entertaining. Viewers and critics shouldn't forget that these superhero Marvel films originated from classic superhero comic books and graphic novels. A movie about a superhero can only be so good when it aggressively tries to deny being a superhero movie.

All the hype around *Guardians of the Galaxy* raised my expectations and hopes for the film, and I give it four stars for exceeding them all.

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Interview with first time author reveals path to success

Book *Club*

BOOK OF THE MONTH

Reconstructing Amelia

BY KIMBERLY MCCREIGHT

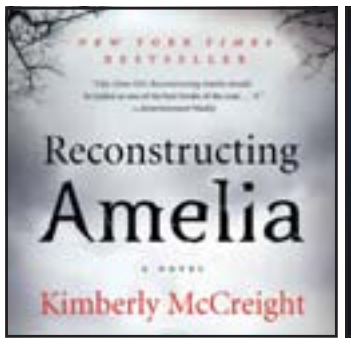
In September the *Arcadia News* Book Club is reading *Reconstructing Amelia* by Kimberly McCreight. An edge-of-your-seat thriller encompassing the mysterious death of a well-respected teenage girl at a prestigious private school in New York, this novel will keep readers guessing as a mother fights to discover how the little girl she knew so well was caught up in a world of secrets and despair.

The *Arcadia News* Book Club will meet on September 18 at 6:30 p.m. at the Saguaro Library. We are honored to have Kimberly McCreight as our very special guest via Skype that evening. If you'd like to attend, email amanda@arcadianews.com.

Arcadia News also had the recent pleasure of interviewing McCreight about her work and her life as a writer.

AN: Was Reconstructing Amelia the first book you've written?
KM: Reconstructing Amelia is my first published novel, but not the first novel I completed. It was actually my fifth, which is either a lesson in persistence or insanity or – more likely – a bit of both.

AN: Have you always been a writer? As a child? In a profession?
KM: I always wanted to be a writer, but wanting to be a writer and having the courage to do so were very different things for me. When I was younger, I simply wasn't ready to weather the setbacks that come along with putting your work out into the world, but I always wrote for myself. And I was always, always a writer at heart.





Ultimately, though, it became clear to me that writing was what I wanted to devote my life to and that I needed to give it a try (and another try and another try) as a profession. And I'm so glad that I did. I couldn't be happier having the opportunity to do this.

AN: Were you surprised at what it takes to get a novel published?
KM: I had an idea how difficult it might be, which explains my reticence to pursue publication initially. Now, if you had told me just how many unpublished books I would end up writing or how close I would come for how many long years – I'm not sure I would have believed you.

AN: Reconstructing Amelia is about a mother's relationship with her daughter as well as her daughter's relationships with the world. As a mother of two daughters what were you able to bring to this novel and what has this novel taught you about your girls?
KM: My girls are younger than Amelia and the book was very much about my fears for them as they grow older. To that extent, when I was writing as Kate, it wasn't such a leap to put myself in her shoes. Also, much of what Kate struggles with – juggling work and home life, for instance – are certainly things I struggle with every day. I've probably told my girls "just one second" when they are about to tell me something five times already today. Having children, it was also frighteningly easy to imagine the grief their loss might cause. I don't know that writing the book taught me anything about my daughters per se, but it reminds me every day to listen close and to know that – despite how hard I try – there will still be things they don't share because they aren't ready. Because that's the nature of motherhood and daughterhood: Accept that you do not and will not know everything. It's the second you start believing you do that you're really in trouble.

Also, my daughters will obviously never have cell phones.

I'm kidding, of course. But don't tell them that.

AN: Without giving anything away, did you always know the direction of the characters and the plot or did it change as you were writing?
KM: I knew how the central mystery (what happened to Amelia) was solved, but not all of the details between here and there. Those were filled in over time as I worked and reworked the story and many of those details changed. Most characters stayed along a similar vein through revisions though there were some changes.

AN: Mean Girls is unfortunately not only a movie, but also a fact of life. Were you able to bring your own high school and college experiences to this novel?
KM: Luckily, I was never the victim of bullying. There was the odd incident here and there – but nothing severe or pervasive. But I was always a bit of an outsider in high school like Amelia, hanging out with my one best friend. I can imagine the allure of finally being invited "inside."

AN: What do you have on the horizon?
KM: I am just finishing up work on my next book *Where They Found Her*, out this April from HarperCollins. It's a similar mystery with a strong emotional undercurrent and I'm just so excited about it. *Where They Found Her* is about how the family we come from can define the family we go on to have. And how, despite our best efforts, history catches up to all of us. After that I have a YA trilogy, The Outliers, coming out from Harper Teen in winter 2016. I can't wait for that too!

SCHOOL AGE BOOKS

By Dan Wirtel

THE CABINET OF CURIOSITIES

BY STEFAN BACHMANN

For those who love scary stories, The *Cabinet of Curiosities* has 36 tales by Stefan Bachmann as well as three other authors. The tales are creepy but also interesting and exciting. Each has its own unique storyline and can be read once or even over again many times without being boring, but you just might want to leave the light on when you're reading.

THEODORE BOONE: THE ACCUSED

BY JOHN GRISHAM

The Accused is the third book in a series about a 13-year-old boy named Theodore Boone who wants to be a famous lawyer. In the first book, *Kid Lawyer*, Theodore was able to put the guilty Peter Duffy on trail. In the second book, *The Abduction*, his best friend disappears in the middle of the night. And now, Theodore's locker has been broken, bike vandalized and his window hit with rocks. He was even accused of stealing from a computer store. With all of these problems, Theodore has to prove he is innocent and find the true culprit.

Dan Wirtel is an avid reader and a sophomore at Valley Lutheran High School.

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In coach's second full season, Arcadia has high hopes

By Nicholas Smith
Photo by NTK Photography



The Arcadia Titans are looking to be a team on the rise this season when it comes to football. The varsity team had a 5-5 season last year in Lenny Abt's second year as the team's head coach. However Abt considers last year to be his first official season in many ways, because his first year at Arcadia began with a rocky start. Previous head coach Jim Ellison resigned days before the start of practice, leaving the job of interim head coach to Lenny Abt.

"It was a complete surprise," Abt said, a year ago. "The hard part was that it was so close to the start of the season. My goal was primarily to keep the team focused."

With the team thrown into confusion weeks before the start of the 2012 season, Arcadia finished 4-6. Last season was the first year Abt had complete control from beginning to the end. He is frank about the season being littered with missed opportunities.

"Last year was a growing year for us, really getting the kids to be familiar with the offense," said Abt. "There were positives, but we need to learn how to finish games. In all but two games, we were leading going into the fourth quarter. We let some games slip from our grasp."

The themes for this season will be players continuing to perfect the offense, "a hybrid version of a wing T and the spread," as well as learning to close out opponents when given the opportunity. The latter point was the milestone of last season, from which Coach Abt hopes the team will learn.

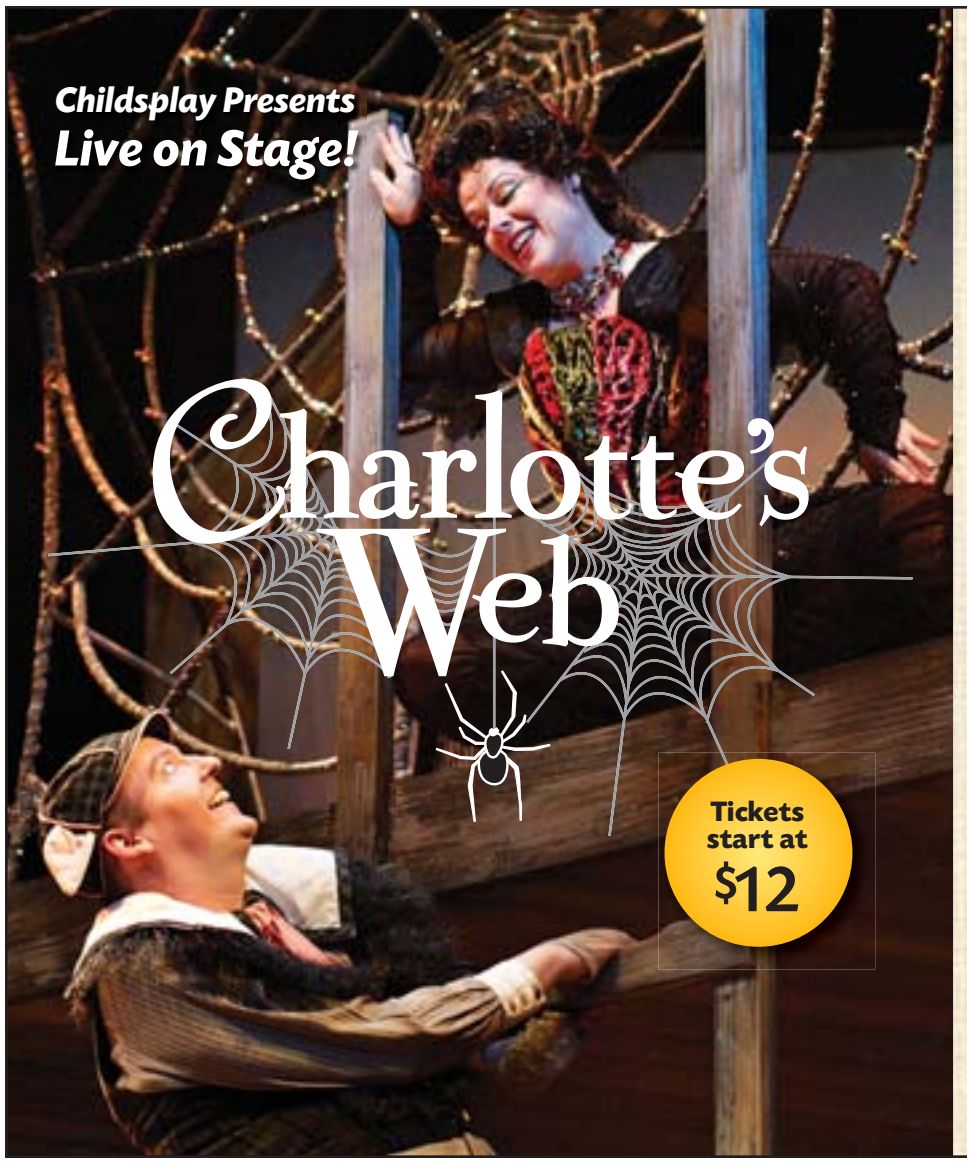
"We missed some chances last season, but it was a great growing experience for the whole team," he said. "For the players, but also for myself and my staff as coaches. We are trying to make finishing games a main priority at camp."

In terms of the play on the field, Abt wants the team to be full of kids who work hard every play and who will do anything for each other. The team is returning five starters on the offensive side, and the defense is loaded with eight returning starters. Filling in the remaining starter spots and the crucial backup roles will be athletes who have now had two full seasons to get a grasp on the systems that Abt and his staff have implemented.

"Ideally, we want to try to have an even balance between the run and the passing game," Abt said. "Both the offense and defense will thrive if we have good athletes who are going to bust their butts, play real hard and commit."

Coach Abt says the team is not circling any particular contest on the calendar, but

Continued on page 56



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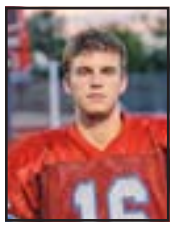
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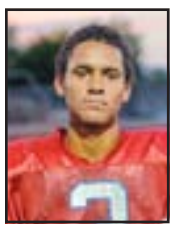
Players to watch this year

By Nicholas Smith
Photo by NTK Photography



Jake Sheedy, quarterback

"Obviously the quarterback is going to be a huge part of our success," said Coach Lenny Abt. Arcadia's signal caller for 2014 will be senior Jake Sheedy, who spent last year backing up starter Pete Campbell. "Sheedy saw some action last season, which will help him," said Abt.



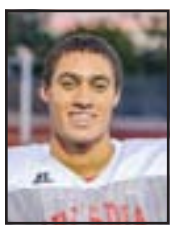
Devon Ferguson, wide reciever and defensive back

Ferguson spent time on both sides of the ball last season. On offense, he averaged a total of 533 receiving yards, with a 70-yard reception during the team's win over Independence. Including his 274 yards on kick returns, Ferguson ended the season with an astonishing 807 all-purpose yards. On defense, he averaged 2.1 tackles a game as a defensive back, and recovered a fumble.



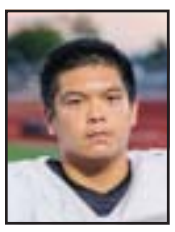
David Hubbard, running back and defensive back

The senior spent time helping out last year's starting running back Semisi Pulu. He ended up with 319 yards on the ground and scored six touchdowns, including three during a breakout performance against Shadow Mountain. He was also helpful in the receiving game, gathering in 23 receptions for 305 yards.



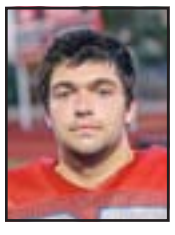
A.J. Bates, running back and safety

A.J. Bates was a factor on both the ground and in the air for Arcadia last season. He rushed for 343 yards in 2013, with his best game being a 79-yard two-touchdown performance against Independence. He also brought in 20 passes for 194 total yards receiving.



Elijah Salcedo, running back and linebacker

The haul for Elijah Salcedo last season was 394 rushing yards and five touchdowns. Salcedo is the fourth returning Arcadia player with over 400 total yards last season. Having an excess of returning playmakers will be huge for the Titans this coming season.



Dylan Turelli, linebacker

Dylan Turelli ended the season with 44 total tackles to go along with three interceptions. The linebacker was a sophomore last season; meaning Arcadia can look forward to having two more seasons with Turelli.

Football

Continued from page 55

is instead taking it one game at a time. He admits this sounds cliché, but there is a reason for his answer.

"Honestly, looking ahead is how you let games slip away, and that's something we're trying to fix from last year," he said. "For us to be able to hold on to leads and finish games, we literally have to focus on every possession."

Abt seems to love the Arcadia area, saying that he and the team feel supported by the local community. This is part of why he is focused on more than just the coming football season. Abt has made sure the local football teams for younger children are running the same offense that the Titans are, setting the building blocks for future success.

"The goal can't be just to get back to the playoffs for one season, although that certainly is a short-term goal," he said. "We want to build a long-term winner, and that starts with focusing on every level of football in the Arcadia area. Our goal isn't just to win, but to consistently keep that winning going."

ARCADIA HIGH SCHOOL FOOTBALL SCHEDULE

All games start at 7 p.m. on Fridays, unless otherwise noted by *

9/5	@Shadow Mountain	10/10	@Chaparral
9/12	@Camelback	10/17	@Notre Dame Prep
9/19	Home vs. Maricopa (Homecoming)	10/24	Home vs. Independence (Senior Night)
9/26	@North Canyon	10/31	Home vs. Cactus Shadows
10/2*	Home vs. Valley		

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Second summer of success for Arcadia little league team

By Nicholas Smith
Photo by NTK Photography

Last season, the 8 and 9-year-old little league team from Arcadia, under Coach Jeff Wasson, ended up winning the St. Agnes 2013 Summer Little League Championship. Although it was an incredible accomplishment, it was only the beginning of the team's run of success.

The team, now 9 and 10 year olds, ended up winning their district this season, becoming the first Arcadia team to do so.

"There are 13 to 14 districts in the state, with 6-12 leagues per district," explained Dave Davis, President of the Arcadia Little League, whose son, Mason, plays on the 9-10 team. "At the end of the season we have all-star teams begin practicing for two to three weeks to play in a district tournament. Then the winners go on to the state tournament."

Arcadia is still up and coming in terms of youth baseball in the state and it hasn't had a plethora of little league teams advancing to the state tournament. This year was different. Both teams ages 9-10 and 10-11 won their district championships and advanced to the state tournament.

"The boys come from multiple schools and different grades, but have truly jelled as a team to support each other and lift each other up," said Tiffany Pankow, whose son, Nathan, plays on the 9-10 team. "They really shared a common goal working very hard together on the field, but still getting the chance to have lots of fun and still be boys."

The 9-10 year olds didn't stop their run once they got to the state tournament either. The team continued to win game after game, which was both a blessing and curse for their parents.

"The parents were so excited, but some families had scheduled vacations, assuming the team would be out by a certain point in the tournament," Davis said. "You'd see parents during games calling to cancel reservations. It was funny to see."

"The parents have definitely bonded over the shared experience," said Pankow. "Lots of hours in the stands cheering together, sharing nerves for our boys, traveling together, arranging carpools and meals, and of course analyzing the games together, has created an amazing sense of community."

The team eventually lost in the semifinals to a team out of Tucson, who then won the championship. To Davis, these were probably the two best teams in the tournament.

"I honestly think whoever won that game was going to win the whole thing," he said.

"I couldn't be prouder of the effort, dedication and poise our boys showed this summer," said Pankow. "Practicing



in the middle of the day with 110 plus temperature to be prepared for game conditions, the willingness to sacrifice planned vacations, and learning to overcome obstacles to come together as a team was impressive. It has been a great journey and truly a joy to watch how these boys have grown both as players and as young men.

The success of these two teams has seemed to signal a change in the baseball culture in Arcadia. Once an area with little baseball success, the community seems to be becoming more serious now when it comes to the game.

"We can definitely see a higher level of commitment," said Davis. "You have more kids playing on club teams, as well as their little league teams. Also more kids are playing in the summer than in years past."

The new attention to baseball, combined with the talent in the Valley, could make Arcadia a formidable baseball area for years to come. Skilled coaches also match the commitment of the players and their families.

"Our coaches Jeff Wasson, Jack Krawczyk and Blake Edwards have been tremendous in teaching these boys the fundamentals of baseball, the commitment of teamwork and the joy of competition, while balancing the drive for success with the reality that these are young boys who will make mistakes," said Pankow. "They have all been particularly focused on protecting young arms to ensure long-term success and health, providing a positive atmosphere and helping to avoid baseball burnout."

High aspirations, which once seemed unreachable, now seem much more likely. Including what would be the ultimate goal.

"Jeff Wasson has a plan for the future," said Davis. "The goal is to get an Arcadia team to Williamsport, to play in the Little League World Series. That's the hope for a future Arcadia team."

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Got it! Lost it? Get it back!



By Tina Tombs

Golf is a fickle game. One day we play great and the next it can be gone. Our feel and rhythm vanishes without a trace, the club feels heavy and our distance is gone. If this sounds familiar, don't worry! It's a problem even the very best players can have. Anything can set it off from bad weather, rushing to the first tee, a bad night's sleep, playing with a long hitter, anything.

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- **Take your mind off hitting the ball.** Think of taking a fluid swing. Take practice swings with your eyes closed. Feel the weight of the club head and sense rhythm and balance.
- **Take an extra club on the golf course.** Force yourself to take a 7 iron in a situation that you would normally take an 8 iron. Wing three quarters pace until you start to hit the ball solidly again.
- **Write down your most successful swing keys when you are playing well.** Then you can refer back to them the next time your swing varies.

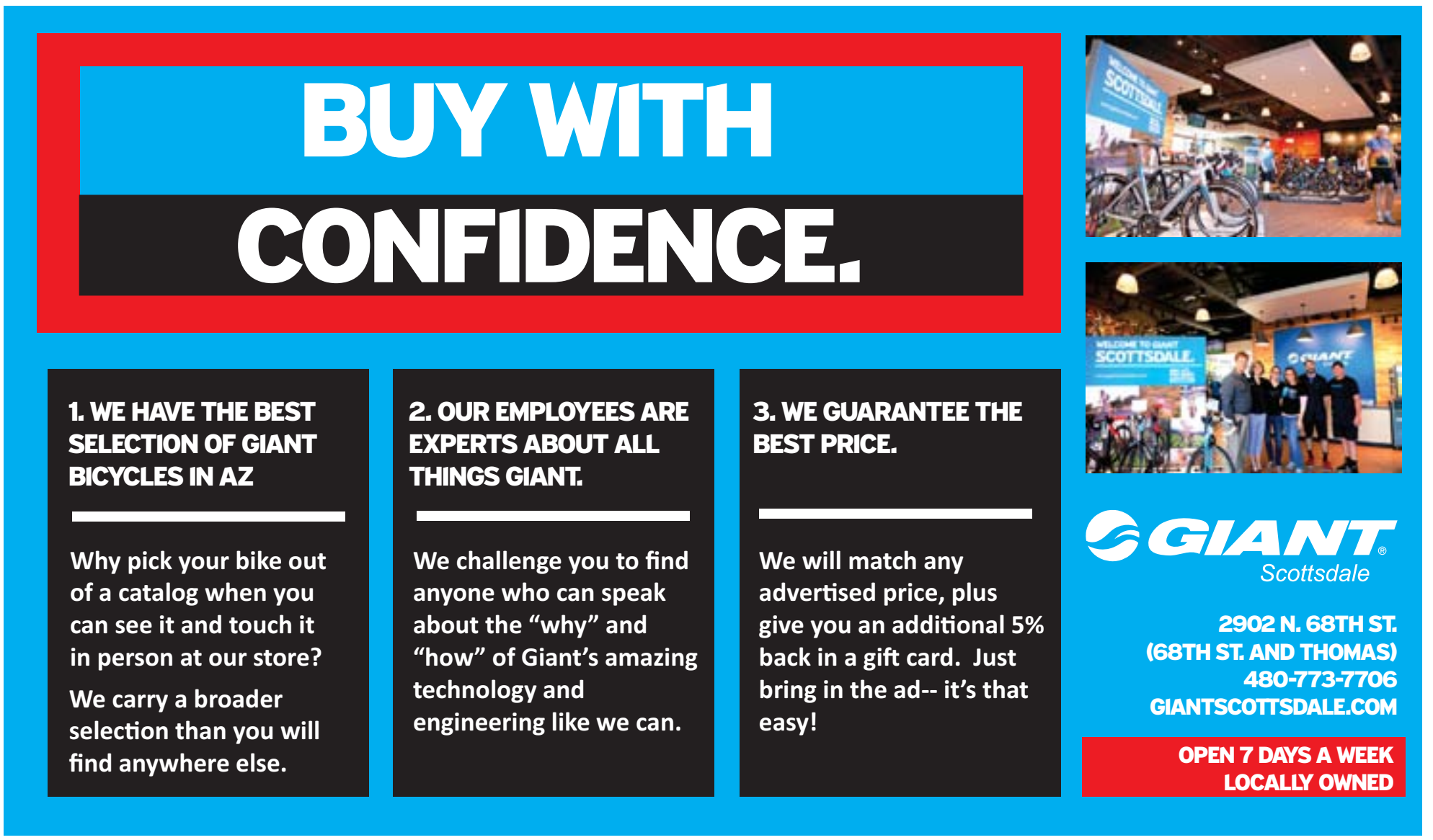
Tina Tombs is the Director of Instruction at the Arizona Biltmore Golf Club and an LPGA Tour Professional. You can contact her at Tina@tinatombsgolf.com.

Golf *Tips*









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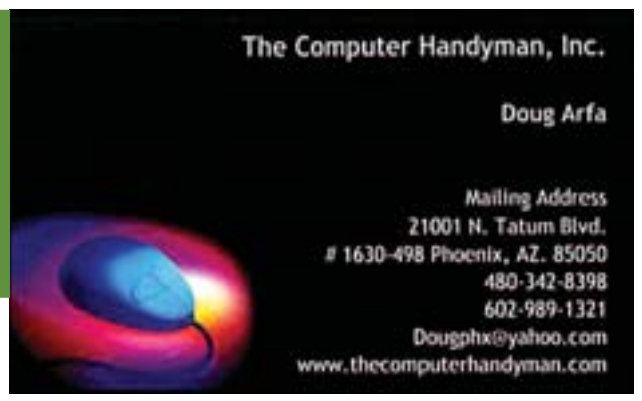
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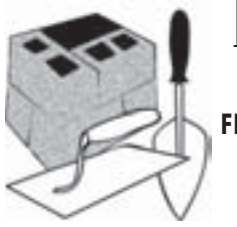
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The MacLean Team Properties



58 E. Biltmore Estates Drive, Phoenix 85016 - $1,950,000
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1114 W. Seldon Lane, Phoenix 85021 - $899,000
Tuscan style 5 bedroom, 5 bath spacious 4,645 sq ft home on a 15,000 sq ft lot. Nestled in newer 6 home private gated community. Intricate wood work and details are found in each and every space.



4614 E. Lafayette Blvd, Phoenix 85018 - $1,295,000
Perfectly placed on a superior private 24,111 sq ft lot and renovated with The Arizona Inn as the influence. 4,306 sq ft, 4 bedroom, beamed ceilings and incredible views of Camelback Mtn!



7035 N. 23rd Way, Phoenix 85020 - $949,000
Breathtaking house...Breathtaking views...3 bedrooms plus office & bonus room, 4,154 sq ft. This luxury long-term rental is truly for the most discerning tenant!



3186 E. Stella Lane, Phoenix 85016 - $749,000
Tucked at the end of a quiet cul de sac and siding the private reserve.2,800 sq ft, 2 master suites and an office. Formal and casual living areas and beautiful trim work throughout.



3602 E. Coolidge Street, Phoenix 85018 - $739,000
This beautiful 3,235 sq ft home smack in the middle of the Camelback Corridor has 5 bedrooms, 3 baths, and a detached guest house with 1 bed & 1 bath.

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

8918 N. 80th Place SOLD
3700 E. Camino Sin Nombre SOLD
4242 E. Amelia SOLD
6305 N. 30th Court SOLD
3021 E. Rose Lane SOLD
4839 E. Horseshoe Road SOLD
5748 N. 41st Place SOLD
4232 E. Whitton Ave SOLD
4036 E. Weldon Ave SOLD
4617 N. 8th Place SOLD

4021 E. Avalon SOLD
4409 N. 56th Street SOLD
3002 N. 47th Street SOLD
5511 N. 32nd Street SOLD
6310 E. Lafayette Blvd SOLD
4932 N. 42nd Way SOLD
5225 E. Whitton Ave SOLD
8 Biltmore Estates #124 SOLD
5101 N. Casa Blanca Dr #332 SOLD
4027 E. Avalon Dr SOLD

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3318 E. Montecito LEASED
3015 E. Montecito LEASED
3419 N. 63rd Place LEASED*
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The MacLean Team Properties



3052 E. Stella Lane, Phoenix 85016 - $519,000
Set on the Biltmore Golf Course, this 1,500 sqft, 2 master suites plus an office, is the perfect primary or second home. Updated with pool and spa.



3051 E. Marlette, Phoenix 85016 - $499,000
One of, if not THE greatest lots in the coveted gated subdivision of Biltmore Colony. 1,888 sqft, vaulted ceilings, 2 master suites and an office/guest room. Truly a gem!



6176 N. 28th Place, Phoenix 85016 - $499,000
This gated golf course property is your opportunity to be the least expensive home On an amazing street! 1,800 sqft, 3 bedroom and soaring ceilings.



3427 E. Mariposa St, Phoenix 85018 - COMING SOON - Call for Price
This is the one you have been waiting for! Walls have been taken down and concrete floors fill this 2000+/- soft open floorplan home. Warm contemporary design with 3 bedrooms and 2 1/2 baths, botanical backyard with pool and a quiet cul-de-sac street!



1811 E. Aurelius Ave, Phoenix 85020 - $2,495/mo.
Clean. Classic. Soft contemporary. This opened up 2,148 sq ft home is sleek and sophisticated. Renovated kitchen and baths, formal and casual living areas. Spa styled backyard with pool.



5140 E. Pinchot, Phoenix 85018 - $299,900
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