Arcadia News

Vol. 22 No. 7 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | October 2014

ARCADIANEWS.COM / ARCADIAHO.ME

Trick or Treat, Arcadia! Samantha Bruning, Madison Peak, Carlie Peak and Serenity Bruning know a thing or two about making their own Halloween costumes. Find inspiration to create your own after reading our feature on homemade costumes in Arcadia on page 15.

OCTOBER IS BREAST CANCER AWARENESS MONTH

Prost! - ein Toast! Oktoberfest is here and we raise our glass to the line-up of festivities Phoenix has to offer.

Page 32

Arcadia News Book Club prepares to welcome author for Q&A at upcoming book club event.

Page 66

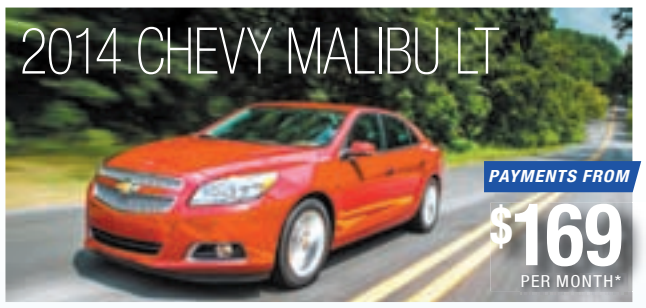
Courtesy CHEV.COM
EST 1955

THE #1 CHEVY DEALER IN THE WESTERN REGION

2014 CHEVY CRUZE LT

PAYMENTS FROM $159 PER MONTH*

2014 CHEVY MALIBU LT



PAYMENTS FROM $169 PER MONTH*

2014 CHEVY EQUINOX LS

PAYMENTS FROM $189 PER MONTH*

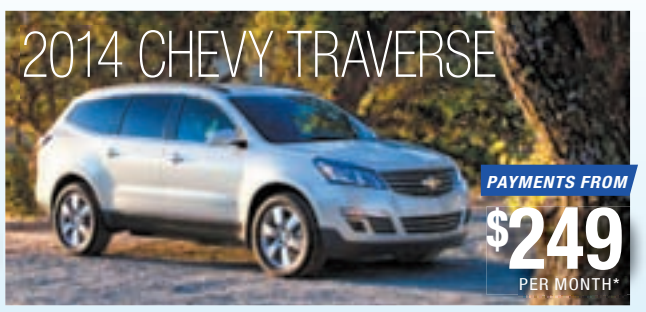
2014 CHEVY CAMARO LS

PAYMENTS FROM $199 PER MONTH*

2014 CHEVY IMPALA LS

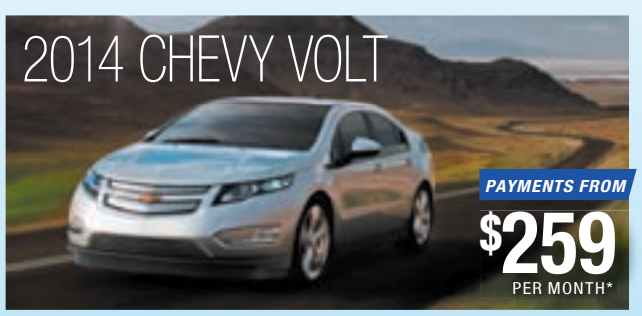
PAYMENTS FROM $259 PER MONTH*

2014 CHEVY TRAVERSE



PAYMENTS FROM $249 PER MONTH*

2014 CHEVY VOLT



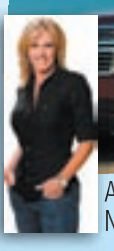
PAYMENTS FROM $259 PER MONTH*

2014 CHEVY SILVERADO 1500

PAYMENTS FROM $299 PER MONTH*

2015 CHEVY TAHOE LT 4X4

PAYMENTS FROM $599 PER MONTH*



ASK KARIE DOZER FROM KTAR JUST HOW GREAT THE NEW TAHOE IS!

DID YOU KNOW 2015 CHEVROLETS WILL HAVE WIFI?

Internet in your car? It's here! Chevrolet is leading the way with the most vehicles in its line up offering the available built-in OnStar 4G LTE Wi-Fi hotspot, allowing drivers the ability to seamlessly connect their smart devices and vehicles to the internet.

MORE POWERFUL CONNECTION THAN A SMARTPHONE.
The available OnStar 4G LTE Wi-Fi hotspot is the most powerful and reliable AT&T built-in data connection available from any car company. Which means you can easily connect on the go.

THE ULTIMATE WI-FI HOTSPOT
Whenever your vehicle is on, available OnStar 4G LTE Wi-Fi is too. It offers great signal quality and bandwidth for up to 7 devices.

FAST, EASY, RELIABLE
The available OnStar 4G LTE Wi-Fi hotspot provides a better in-vehicle experience than your smartphone. The stronger signal delivers a fast, reliable connection. It's automatically on after initial setup and ready to connect to your mobile devices.

SUPPORTING THE COMMUNITY SINCE 1955.

PROUD SPONSOR OF:
HOPI HAWKTION INAUGURAL ARCADIA FAMILY FUN RUN

Courtesy CHEV.COM

courtesychev.com

1233 E Camelback Rd, Phoenix
602.279.3232

866.906.0707
TO BOOK YOUR TEST DRIVE

*LOW MILE LEASE, WITH $2999 DOWN, TAX AND FEES ADDITIONAL PER MONTH, OAC. ** SEE DEALER FOR DETAILS ON 2014 TEST DRIVE – SOME RESTRICTIONS APPLY SEE DEALER FOR DETAILS.

ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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

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

Proofreader: *Shirley Bruns*
shirley@arcadianews.com

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

Designer: *Michele Morrett*
michele@arcadianews.com

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

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

Instagram

Arcadia News is published monthly by Arcadia News for residents of the Arcadia neighborhoods, and is available free of charge, limited to one copy per reader. Subscriptions $30 annually for Continental U.S. Contact office for details or go to arcadiadaily.com/subscriptions. Arcadia News is distributed only by Arcadia News' authorized distributors. No person may take more than one copy of each Arcadia News monthly issue, without prior written permission. Additional copies of the current issue of Arcadia News may be obtained from the Arcadia News office. All content is copyrighted (©2014) by Arcadia News. Contents in full or part may not be reproduced without the expressed written consent of the publisher. Opinions expressed by contributors are not necessarily the opinions of the publisher or its employees and does not constitute an endorsement of products or services. Readers are urged to verify any statements. Advertisers assume full liability and responsibility for all content of advertisements printed and for any claims arising from such advertising and represent that all licenses and consents and waivers have been obtained including from third parties having rights in text or graphics. The Advertiser and/or its agency agree to indemnify, defend and hold harmless Publisher for, from and against any loss, damage, claim, cost or expense relating to or resulting from Advertiser's advertisements, including from the unauthorized use of Advertiser of any name, photograph, sketch or words which may be protected by copyright or trademark law. Articles and photographs can be submitted, to be considered for use in future issues. Any unsolicited manuscripts or photographs cannot be returned. The publisher reserves the right to reject any advertisement which is not in keeping with the standards of this publication.

Current monthly circulation: 20,000.
Primary distribution by U.S. Postal Service.

Verifiable proof provided upon request via USPS and printing receipts, along with checkable references.

afcp · Arizona Press Club · NPPA National Association of Photoshop Professionals

Departments

14 Teachers We Love
30 Kids' Corner
37 Places We Liked
39 Veggie Beat
42 Cookbook
52 Where's the Neighbor?
54 Now What?
62 What's Happening?
64 Music Notes
65 Julie at the Movies
66 Book Club
67 Sports

HEALTH & WELLNESS Directory
Page 18

Articles

16 Ghostly Visits Haunt Hermosa
The rumor of Lon Megargee's ghost paying occasional visits to the Hermosa Inn adds spooky fun to one of Phoenix's most historical properties.

20 Wigged Out
Formed in 2012 this Phoenix-based nonprofit, run by four friends, helps women find beauty and strength after losing their hair to cancer.

22 Must-See Fall Events
Cooler temperatures bring a variety of cultural events to the Valley for children and adults.

62 Arcadia Homecoming Parade
The Fourth Annual AHS Homecoming Parade marched through the streets on September 19 with students, parents and other area schools cheering all along the way.

Cover Image:
Submitted by
Candice Bruning

Halloween is my favorite!

By Amanda Goossen

Editor's *Notes*

Halloween has always been my favorite holiday. Maybe it's because I have a giant sweet tooth. More than likely, it's the costumes.

I love to dress up! The first costume I ever remember wearing was one my parents made when I was 3 years old. I was a giant present with an oversized pink bow on the top of my head. My arms, legs and head stuck out of a meticulously wrapped box. I remember being in pain as the box rubbed my armpits and barely being able to walk. I was viciously uncomfortable, yet everyone kept saying how cute I looked with my delicate blond curls and rosy red cheeks. Plus I was carrying a plastic pumpkin full of candy and I kept getting more! At that moment, I was hooked on the spirit and fun of Halloween.

My dad has a talent that predates Pinterest and mom blogs. His creativity and skill with a paintbrush are out of this world. Growing up we never bought costumes. We used our imagination and my dad got down to business, usually working wonders with any size box he could find. We were dramatic and colorful; our costumes were fun and one of a kind. The tin man costume my dad created for my younger brother would be shared all over social media if it was done these days, but 15 years ago it was simply the hit of the school carnival. My sister as a clown when she was 5 years old is still one of the most impressive things I've ever seen.

I'm a sucker for homemade costumes and this month you'll find local residents who go big each year, using regular household items or recycled materials to design wondrous creations. I'm a bit old fashioned when it comes to holidays and seeing the cuties all done up as Einstein or a box of Dots makes my heart swell at the hard work by both the children and their parents.

In the spirit of Halloween, we also have a story this month on the rumors of ghosts at the Hermosa Inn. Does the spirit of original builder and owner Alonzo "Lon" Megargee walk the property and watch over his beloved estate, or is it all in fun?

And in honor of Breast Cancer Awareness month, *Arcadia News* is proud to put a spotlight on a local group of women who've created Wigged Out, a Phoenix-based nonprofit organization committed to giving all women affected by cancer access to high-quality wigs. The dedication and commitment of Wigged Out will take your breath away.

Trick or Treat Arcadia! Happy October!

OLIVERIO

Top 2% OF HOMESMART AGENTS

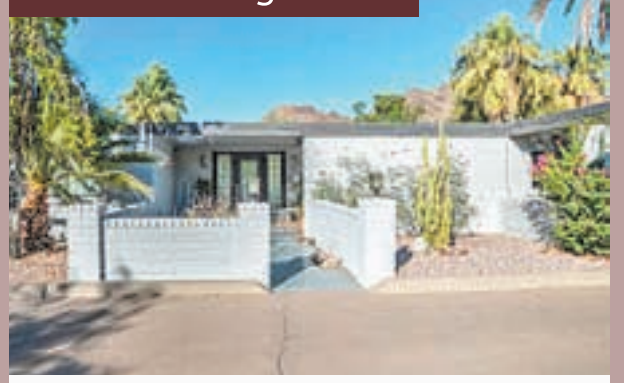
Of the 24 brokerages named in the Phoenix Business Journal article, Homesmart closed nearly 24% of the 81,812 homes bought and sold.

Experienced Team

Consistent Results

Homes for Sale in Arcadia, Scottsdale, Paradise Valley and Camelback Corridor

Sale Pending!



7511 N Tatum Blvd | $935,000
AL BEADLE HOME! A wonderfully updated home on one of the most prestigious golf courses around. 5 Bed, 4 Bath, 3,400 Sqft.

New Rental!

5103 E. Calle Del Norte | $3,475/Mo.
3 Bed, 2.75 Bath home with appx 3,000 Sqft additional 2,200 Sqft of Heated and cooled Flex Space area. Great rental!

Sold!

901 E Grandview | $315,000
Beautiful 4 bed, 3 bath custom home. Open kitchen with custom cabinets, granite counter tops and breakfast room. Vaulted ceilings. 2,400 Sqft.

Sold!

6124 E Delcoa | $615,000
3 Bed, 2.5 bath and approx 2,200 Sqft PLUS a fantastic 3 bed, 2 bath, 1,500 Sqft Guest House, For Sale or Lease. 1/2 Acre lush lot!

Reduced!

3612 E Pierson | $849,000
Gorgeous 5 Bed, 3.5 bath with approx 3,500 SqFt, total remodel all on a huge 16,000 sf lot! This is a must see and walking distance to all great Restaurants and shopping!

Sold!

4544 E Rockridge Rd | $1,200,000
ReBuilt in '92 w/ Stunning Pool Area/ Backyard, Gorgeous Neighborhood & Best Views of Camelback Mtn 5 Bed, 4 Bath & 4,000 Sqft

Steve & Inge Oliverio | 602-369-1028 | www.ArcadiaCamelbackHomes.com

HomeSmart

REALTOR®

EQUAL HOUSING OPPORTUNITY

CHICAGO TITLE AGENCY

look good. feel good. be happy.

FIRST CLASS FREE

PLUS TWO WEEKS OF UNLIMITED CLASSES FOR $30.

Offer valid for new clients only.

pivot pilates

Offering Pilates, Barre, Zumba, and Yoga.

www.PivotPilatesPhx.com ● info@pivotpilatesphx.com
480-216-3804 ● Located inside Bricks Studio

Visit us at LindstromAutoWash.com for the "Deal of the Month!"

PROFESSIONAL DETAIL SERVICES
Engine Cleaning • Dress (top only) • Express Shampoo • Express Wax • Leather Cleaning Conditioner • Complete Interior • Exterior Over Spray Removal

Lindstrom
Family Auto Wash
Your Neighborhood Car Wash
30th Street & Indian School Road • 602.957.8402

$2 OFF Regular Car Wash
Lindstrom Family Auto Wash
Not valid with any other offers. Must present coupon. Expires 10/31/14.
ARCADIA NEWS

15% OFF Any Detail Package
Lindstrom Family Auto Wash
Not valid with any other offers. Must present coupon. Expires 10/31/14.
ARCADIA NEWS

$3 OFF "The Works" Car Wash
Lindstrom Family Auto Wash
Not valid with any other offers. Must present coupon. Expires 10/31/14.
ARCADIA NEWS

Complete Residential & Commercial Plumbing

W.J. Maloney PLUMBING

Tap Into 50 Years of Experience!
Serving the Valley Since 1964

602.944.5516
wjmaloney.com

Arizona passes first trampoline park regulations

By Alexis Glascock

Legal Ease

In February 2012, 30-year-old Ty Thomasson broke his neck at a local trampoline park after diving into a foam pit. Thomasson, who was raised in Scottsdale and attended Chaparral High School, visited SkyPark on Indian School Road and 40th Street with his colleagues from work. His death sparked an examination by the Arizona legislature of the risks to children and adults visiting commercial trampoline parks with no safety regulations.

Across the nation, there has been a rapid rise in the number of trampoline parks, including nine that have opened in Arizona since 2010. Due to the infancy of this industry, there have been no laws in any state passed until April 2014, when Arizona's legislature took action to mandate regulations. Most patrons who enter a commercial trampoline park have an expectation that there are regulations requiring that the equipment meet industry safety standards. However, until Ty's Law was enacted this year, the only requirement to open a trampoline park was that the owner had to obtain a business license.

As a result of this horrific tragedy, the parents of Ty Thomasson, Maureen Kerley and Gary Thomasson, began a quest to protect children and adults from trampoline parks that did not comply with industry and manufacturer safety standards. They called upon State Representative Doug Coleman from Apache Junction to introduce legislation to provide basic protection to the public who patronize trampoline parks. Representative Coleman quickly discovered that there were a serious number of trampoline injuries requiring emergency room care annually.

The Consumer Product Safety Commission estimates that in 2000, there were 100,000 emergency room visits resulting from trampoline injuries. In 2010, the number reported was still staggeringly high at 92,200. In contrast to amusement rides, Representative Coleman discovered that there were no requirements that the trampoline parks comply with safety standards. He sought to pass a law to give the public some assurance that trampoline park equipment would meet safety standards. As a result of Representative Coleman's efforts, the Arizona Legislature passed the first law in the U.S. to set safety standards for trampoline parks. It is a law that also had strong support from the trampoline park owners in Arizona and nationally.

In developing the legislation, Representative Coleman also worked with the International Association of Trampoline Parks (IATP). In 2013, the ASTM International, formerly American Society for Testing and Materials, developed suggested industry standards with the participation of the IATP. ASTM International is the same organization that develops safety standards for all amusement rides in the U.S. The IATP worked with ASTM International because it wanted to eliminate bad operators who do not follow the safety standards. Poorly constructed equipment at trampoline parks causes serious or fatal injuries, like Thomasson, which makes the public fearful and results in a bad reputation for all trampoline parks. An IATP board member, Ed Reed, summarized the industry's recognition that legislation was needed when he stated, "We believe it protects patrons and the industry. Without it, we think our industry would be in trouble." The IATP has decided to use the Arizona legislation as a model for legislation in other states.

Under the new law, trampoline parks must comply with the following requirements: All parks shall register with the Arizona Department of Fire, Building and Life Safety (the Department) and give proof of a $1 million bodily injury insurance policy. The law also compels trampoline parks to report to the Department all serious injuries resulting in emergency medical calls. These are listed in a database kept by the Department and made available to the public. Individuals can now research the number of serious injuries at any trampoline park in Arizona. The law further mandates that the Department will make proof of insurance and inspection certificates accessible to the public. Finally, the Department can close any park that does not meet these standards.

In July, when Governor Brewer signed the bill codifying Ty's Law, the parents of Thomasson were present along with the family's trial attorney, Pat McGroder. McGroder stated that Ty's passing will be remembered because it gave rise to new regulations to protect children and adults at trampoline parks in Arizona. McGroder aptly noted, "His legacy is now marked in every trampoline park."

Alexis Glascock is Of Counsel, Government Affairs & Lobbying at Gallagher & Kennedy. For more information about Ms. Glascock, please visit www.gknet.com/attorneys/alexisglascock.

If you are **buying** or **selling** a home in Arcadia, **call Tommy!**

Casa Blanca Estates

5219 N Kasba Circle · $1,995,000
6 bedroom / 6 bathroom • 6,550 square feet

Charming Exeter Ranch

5625 E Exeter · Call for Pricing
5 bedroom / 5 bathroom • 5,400 square feet

Charming Arcadia Ranch

6243 E Monterosa · $1,895,000
6 bedroom / 4 bath • 4,593 square feet

Spacious Santa Barbara

6241 E Calle Del Norte · $1,595,000
6 bedroom / 5 bathroom • 4,800 square feet

Charming Arcadia Ranch

3111 N 53rd Street · $1,100,000
5 bedroom / 6 bathroom • 4,818 square feet

Charming Arcadia Ranch

5 Spur Circle · $450,000
3 bedroom / 2 bath • 1,713 square feet

Arcadia Charmer

4849 E Earll · $650,000
4 bedroom / 3 bath • 2,673 square feet

17,712 square foot lot

2536 N 57th Street · $495,000
3 bedroom / 2 bath • 1,491 square feet

Arcadia Ranch

4426 E Clarendon · $430,000
3 bedroom / 2 bath • 1,833 square feet

Arcadia Charmer

4344 E Clarendon · $595,000
4 bedroom / 3 bath • 2,605 square feet

TOMMY ATKINSON

West Usa Realty
Cell- 602-625-6020
tomatkinson1@msn.com
Fax- 480-275-7368

Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 8/31/2014)

Active Homes -	136 homes
Homes Sold -	163 homes
Average Sale Price -	$989,082
Average Sold $ Per SF -	$280
Average Days On Market -	119 days

- There is currently 5 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 20% this year. (based on 2013 sales results)
- Home prices have increased 14% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 6% this year. (based on 2013 sales results)
- Homes are taking 26% 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- 8/31/2014)

Active Homes -	82 Homes
Homes Sold -	132 Homes
Average Sale Price -	$441,761
Average Sold $ Per SF -	$208
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 8% 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

visit **TommyAtkinson.com**

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

HunterDouglas

SEASON OF STYLE event

SEPTEMBER 16 – DECEMBER 16, 2014

SAVE $100*
OR MORE WITH REBATES
on qualifying purchases of Hunter Douglas window fashions

It's time to decorate your windows for the holidays.
Save with mail-in rebates on a selection of stylish Hunter Douglas window fashions, September 16–December 16, 2014. Ask for details.

ARCADIA BLIND & SHUTTER
2921 N. 68th Street • 480-248-8047

*Manufacturer's mail-in rebate offer valid for qualifying purchases made 9/16/14–12/16/14 from participating dealers in the U.S. only. Rebate will be issued in the form of a prepaid reward card and mailed within 6 weeks of rebate claim receipt. Funds do not expire. Subject to applicable law, a $2.00 monthly fee will be assessed against card balance 7 months after card issuance and each month thereafter. Additional limitations apply. Ask participating dealer for details and rebate form. ©2014 Hunter Douglas. All rights reserved. All trademarks used herein are the property of Hunter Douglas.

Override: Ugly name, yet enormously powerful tool

By Kim Hartmann and Francesca Thomas

Arizona state law allows, one might even say expects, public school districts to seek additional funding for schools through a vote by the local community. Unlike the average state in our nation that contributes 44.4 percent of all public school funding, Arizona only provides about 36.6 percent of the funding for our public schools. This leaves the local community to support our schools to the tune of about 48.8 percent, or almost half of the entire education bill.

You may wonder why would the district use the word "override" to describe what is essential money built in to the education funding formula? In fact, the district doesn't choose it. "Override" is the label chosen by the state and county, which also chooses the ballot language and placement of the item on the ballot. Districts have absolutely no control over what to call these critical funding mechanisms.

So when you talk to people about the importance of passing the override, remind them our state funds base-level support for education at $3,200 to $2,600 less per student than the national average – and that the override grants essential funding, not an overage, to provide all our children with a well-rounded, high-quality education.

Furthermore, according to the research found in School District Expenditures Beyond the Equalization Base, written by Michael J. Hoffman, et al. in 2013, "Districts securing more resources through M&O overrides and bond referendums significantly outperformed those with less voter-authorized resources."

Overrides are really the legal way of supporting important community assets with local revenue for the benefit of both the students and our neighborhoods. "Override" is just the ugly name given to this powerful tool to transform our communities. So when you see this on the ballot in November, overlook the name and vote for the tool.

Kim Hartmann and Francesca Thomas are parents who reside in the Scottsdale Unified School District. Kim is from the Chaparral Learning Community. Francesca lives in Arcadia. Both are candidates for the two open seats on the SUSD Governing Board.

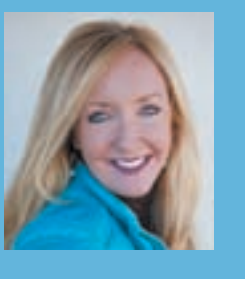
LIVE LOVE ARCADIA

Arcadia Living at its Best!
4121 North 51st Place

$1,825,000

Incredible family home located in one of Arcadia's most coveted neighborhoods. Gorgeous formal living room, Formal dining room and Gourmet kitchen. The great room floor plan allows the kitchen, breakfast room and family room to flow seamlessly together. Sumptuous master wing with private study, cozy built in bench and bookshelves. All of this on a magical 1/2 acre lot with mature trees, beautiful pool, outdoor BBQ and gas fire pit. Absolute must see!!!

Kelly Knapp
602.882.1332
HomeSmart Elite Group
kellyknapphomes@gmail.com
centralphoenixhomes.com
REALTOR. RENOVATOR. RESOURCE.



472 Doors Knocked.

64 Open Houses Completed.

3200 Personal Invites Mailed.

49 Pocket Listings Procured.

940 People Visited Open Houses.

ALL WHILE IT WAS 113° OUT

WHAT WERE YOU DOING THIS SUMMER?

HAVE A QUESTION FOR NORTH & CO.? ASK ONLINE USING #ASKNORTHANDCO.

NORTH&CO.

REAL ESTATE BY TRADE

480.463.4373 | NORTHANDCO.COM

A PRODUCT OF GREEN STREET real estate inc. EQUAL HOUSING OPPORTUNITY

PRIMARY RESIDENTIAL MORTGAGE, INC.

PRINCE OF PEACE
LUTHERAN CHURCH AND PRESCHOOL

Stop! Take a deep breath.
Sit down and rest...
in our incredibly comfortable pews!

Worship with us this Sunday!

Traditional Worship at 9:00 a.m. • Children's Ministry at 9:00 a.m.
"Come As You Are" Contemporary Worship at 10:30 a.m.

Craft, Book and Bake Bazaar
Saturday, October 25 in Gangsei Hall (gym)
8am - 2pm

Discover POP Preschool

- Ages 2-5
- Well-qualified, loving and experienced Teachers
- Christian curriculum and Chapel every Tuesday
- Enrichment classes including Spanish, Taekwondo, Art & Music
- A/C gymnasium that is used as our Summer Playground
- Flexible scheduling options, with half and full-day programs
- Excellent Pre-Kindergarten program using Creative Curriculum

3641 N. 56th Street, Phoenix • 480-945-9537 • www.popphoenix.org
Northeast corner of 56th St. and Indian School

Surprising cancer risks

By Dr. Stacy Gustin

Healthy *Tidbits*

October is Breast Cancer Awareness Month. Check out some risk factors of which you might not be aware:

Taller women have an increased risk of breast cancer. Data from seven studies found that women over 5 feet 3 inches have a slightly higher risk of breast cancer than women under that height.

This may be related to the growth spurt that tall women can have in their youth. Higher levels of hormones or other growth factors may cause growth spurts.

Although the chances of lowering your risk for breast cancer are modest, eating a diet high in fruits and vegetables may lower the risk of heart disease, stroke and other chronic diseases.

Women who regularly exercise may have a lower risk of breast cancer than inactive women. Regular exercise appears to lower the chances of breast cancer by about 10 to 20 percent. The benefit is seen most clearly in postmenopausal women. Walking 30 minutes a day may lower your risk by about 3 percent.

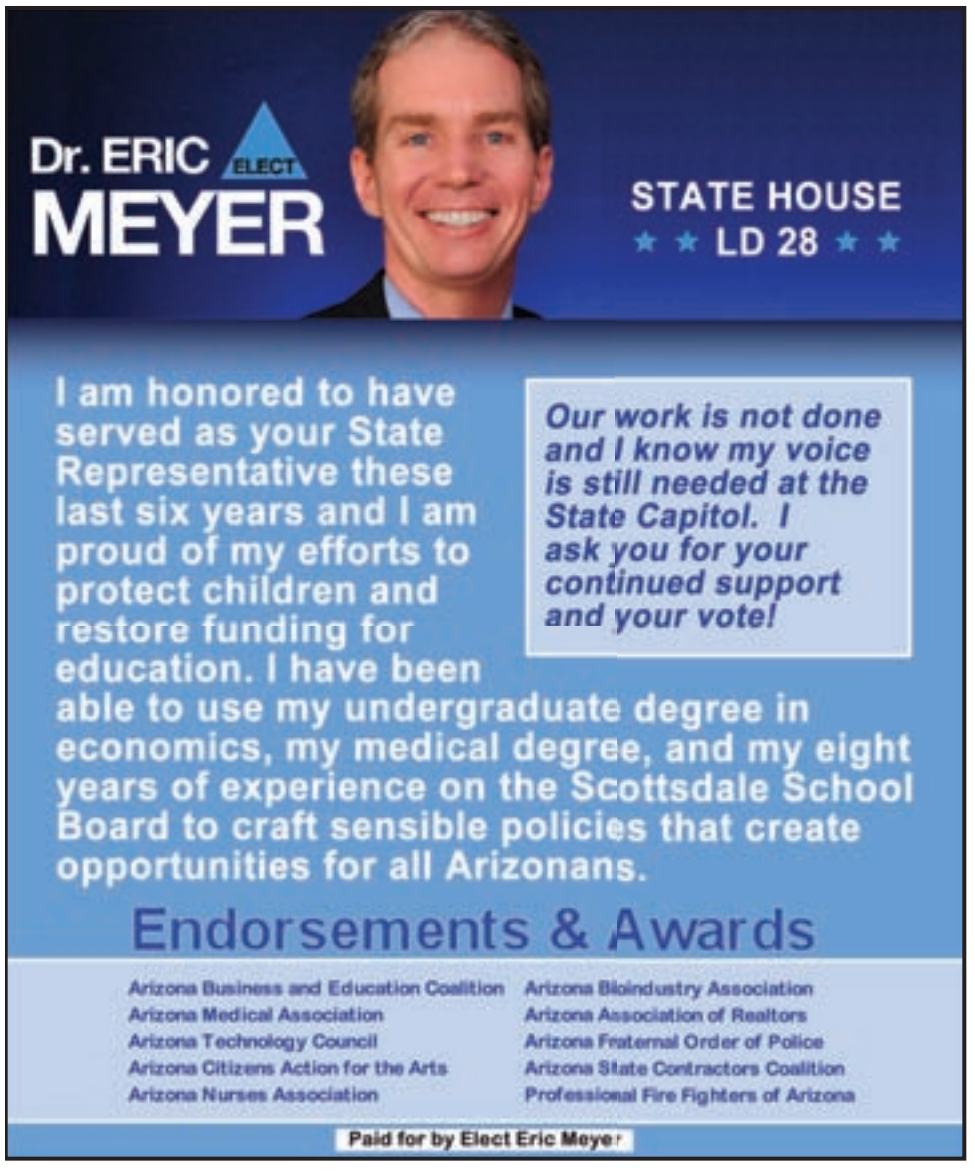
Premenopausal women who are overweight or obese have a 20 to 40 percent lower risk of breast cancer than those who are lean. Although being overweight or obese may lower the risk of breast cancer before menopause, weight gain should be avoided. Most instances of breast cancer occur after menopause, but you may carry any weight you gain before menopause into your postmenopausal years.

Postmenopausal women who are overweight or obese have a 30 to 60 percent higher risk of breast cancer than those who are lean.

Body shape may affect your chances of having breast cancer. Although findings are mixed, some show that women with extra weight around their middles (apple-shaped), versus their hips and thighs (pear-shaped), have a small to moderate increased risk of breast cancer.

Many studies show that drinking alcohol increases the risk of breast cancer. For each alcoholic drink consumed per day, the relative risk of breast cancer increased by about 7 percent. Women who had two to three alcoholic drinks per day had a 20 percent higher risk of breast cancer.

Stacy Gustin, D.O., practices family medicine at Scottsdale Healthcare Primary Care Arcadia 100, 4840 E. Indian School Suite 100, 480-882-7360.

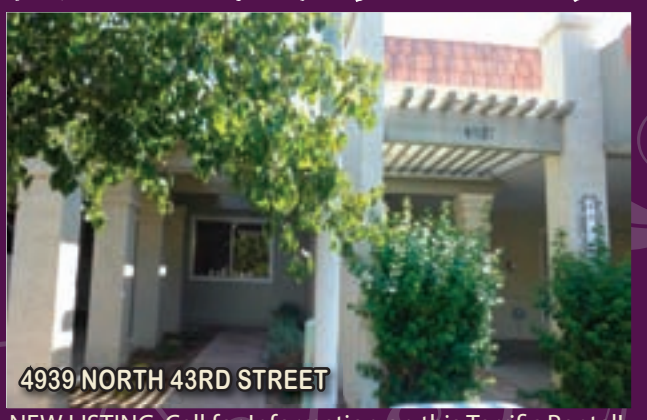


One Posh Place
Home Furnishings & Accessories

www.oneposhplace.com
Visit our Retail Showroom
Also offering Award Winning Interior Design by
Paige Bailey & Associates, Inc.
480-941-8954
9:30 – 5:30 Monday – Friday • 9:30 – 5:00 Saturday • 5625 East Indian School Road, Phoenix

No One Sells More Homes In Arcadia Than The Joffe Group

This Is A Perfect Rental In The Heart Of Arcadia. 4 Bedrooms, 3 Baths, More than 3,000 Square Feet And Absolutely Immaculate! $3,900 per month



NEW LISTING-Call for Information on this Terrific Rental! $1,500 per month

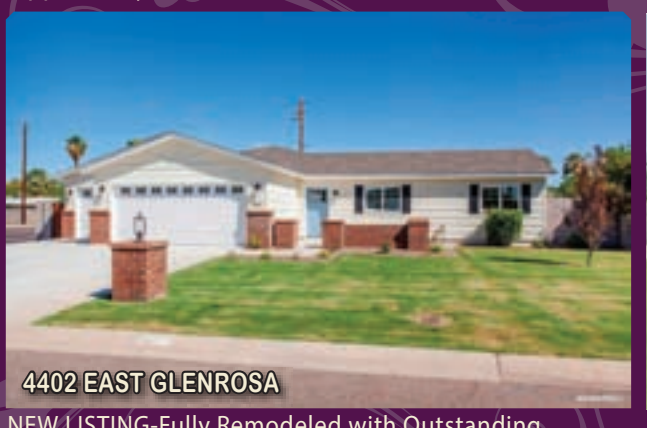
SALE PENDING-This Very Pretty Condo is Absolutely Immaculate with a Soft Color Palette and Terrific Floor Plan! $174,000.00

NEW LISTING -Lot For Sale $300,000

COMING SOON -Call for Information on this Great Opportunity! $345,000

SALE PENDING -Call for Details on this Fantastic Commercial Opportunity! $345,000

Another Fantastic Remodel with Beautiful Finishes! $379,000



NEW LISTING-Fully Remodeled with Outstanding Finishes and Magnificent Mountain Views! $549,000

This Beautifully Designed Home Has Been Perfectly Remodeled From The Inside Out! $699,000

Exceptional Gated Lot in Camelback Canyons! $799,000

NEW LISTING-This Beautiful Custom Home is Full of Unique Design Elements and Great Taste!$889,000!

NEW LISTING-This Fantastic Home has Thoughtful Design and Beautiful Finishes! $895,000!

This Brand New Arcadia Ranch Is Simply Fantastic. Built With Family In Mind, It's Designed to Perfection! $1,024,000

THE
JOFFE GROUP

Robert Joffe
602-989-8300
robert@thejoffegroup.com
TheJoffeGroup.com

BERKSHIRE HATHAWAY HomeServices
LUXURY Collection

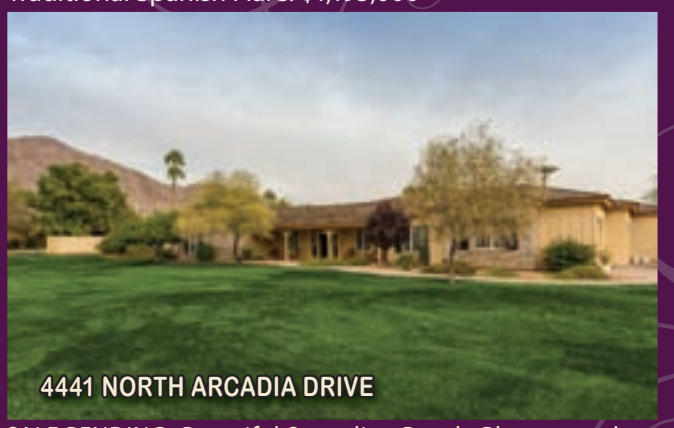
The Experts in Arcadia Real Estate

NEW LISTING-Entertain in Style in this Beautiful Home in Arcadia Estates! $1,095,000

NEW LISTING- Artfully Combines Southwest Style with a Traditional Spanish Flare! $1,195,000

NEW LISTING-Exudes Southwestern Charm and Loaded with Character! $1,329,000

NEW LISTING!- Remodeled From Wall to Wall with Outstanding Taste! $1,375,000!



SALE PENDING -Beautiful Sprawling Ranch, Phenomenal Price! $1,369,000

This Beautiful Soft Contemporary Home is Full of Incredible Design Elements! $1,375,000

SALE PENDING- This is a Spectacular Home on a Very Special Exeter Lot! $1,465,000

This Masterpiece, Sitting Atop Camelback Mountain, Perfectly Captures the Beauty of Arizona Living! Call for Pricing

NEW LISTING- SALE PENDING-This Very Charmign Horse Property has Load of Character! $1,495,000

This Phenomenal Sprawling Ranch Has Grand Rooms and Beautiful Finishes! $1,595,000

This Home Has A Gorgeous Open Floor Plan and Sunlight Shining Throughout Every Delightful Room! $1,579,000

NEW LISTING-This Delightful Arcadia Ranch Sits on an Exquisite Lot and is the Perfect Family Home! $1,795,000

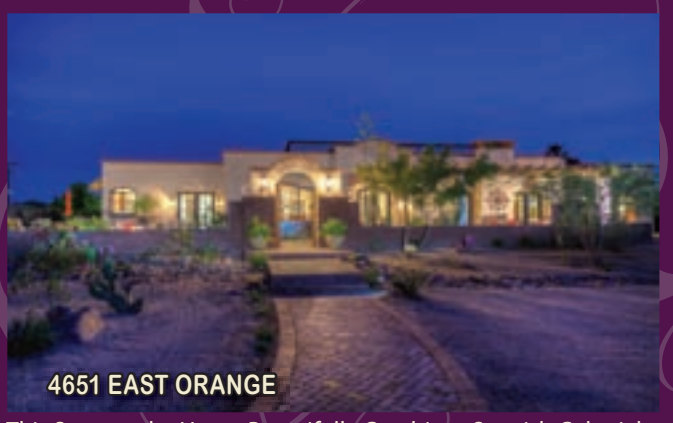
JUST SOLD-Call Today Your Home Can Be Next!

SALE PENDING - Call For Information!

SALE PENDING-Call For Information!

TheJoffeGroup.com 602-989-8300

SALE PENDING-Call for Details On This Phenomenal Property! $1,895,000



This Spectacular Home Beautifully Combines Spanish Colonial Style With a Gorgeous Santa Barbara Feel! $2,050,000

Elegantly Appointed and Beautifully Designed with Prestine Camelback Mountain Views! $2,095,000

This Is A Truly Special Find, Full of Unique Features, Unparalleled Character And Romantic Elegance! $2,195,000

NEW LISTING-This Gorgeous Home is as Luxurious as it is Comfortable! $2,199,000!

NEW LISTING-$2,395,000!

Divine Estate on a Private 2 Acre Parcel at the Base of Camelback Mountain! $2,625,000

This Privately Gated Estate Has Been Completely Remodeled With Exquisite Taste! $2,695,000

Another Brimley Development Lavish Custom Estate that Promises to be Absolutely Breathtaking! $2,899,000

Not a Detail Was Overlooked in this Ultra Polished Residence! $2,750,000

SALE PENDING-Exquisite Views Perched Atop Mummy Mountain! $2,995,000

This Brilliant Custom Estate is Truly Exquisite with Beautiful Design Elements Throughout Every Room! $3,495,000

BERKSHIRE HATHAWAY HomeServices
LUXURY Collection

THE JOFFE GROUP

The Experts in Arcadia Real Estate

Robert Joffe

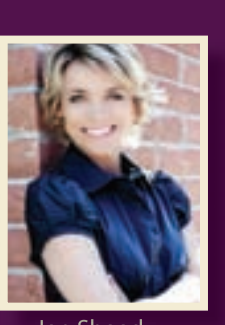
Bob Bullock

Jonathan Friedland

Karen Lafferty

Dallas Peagler

Chris Ritchie



Jen Sheedy

ROSSTEAM

NOVA HOME LOANS

Serving Arizona for over 34 years!

Why Top Agents In Our Market Trust Us:

In today's fast paced and ever changing real estate market you need a lender that is extremely well versed in all lending aspects, and who can guide you thru your options. Tom Ross and his team at NOVA® Homes Loans have the most up to date market knowledge and expertise to help you close on the home of your dreams!! If you want an expert in the mortgage industry, I would highly recommend Tom Ross for your next home purchase or refinance.

Rob Kukla, REALTOR®
DPR Realty LLC and Camelback Urban Development LLC

TOM ROSS

SENIOR LOAN OFFICER

602.791.5861

WWW.ASKTOMROSS.COM

NMLS# 179446 / BK0902429 / NOVA NMLS 3087

Teacher of the Month

Jamison and Josie Fox stand with their teacher, Mrs. Horton.

Dedication for 23 years

By Christina Surrano

Do you remember that special teacher who had that magical combination of qualities that made all of the difference in the world to you? You may not be able to put your finger on exactly what made them so powerful, but you felt it and it was a game changer.

Hopi Elementary School first-grade teacher, Nann Horton, has that magic. That's why the Fox family nominated her for the *Arcadia News* Teachers We Love award.

Mother Jennifer Fox and her two children Jamison and Josie surprised Mrs. Horton with three-dozen roses, each handed to her one-by-one by her adoring students as she was given the award.

Twenty two of Mrs. Horton's 23 years of teaching were with first grade. One has to wonder how she maintains her bright-eyed enthusiasm year after year.

"I absolutely love this grade," said Mrs. Horton with a big smile. "They love to learn and it's contagious. When I see a child who is having a hard time with something and all of the sudden it clicks with them, their eyes light up and they have a huge smile on their face, I would say those are some of the best teaching moments."

She not only keeps a fresh perspective about teaching, but about her student's individual development as well. It's hard to imagine that it is possible to teach an entire classroom of just under 30 first-graders in such a way that they feel valuable and recognized as individuals. But somehow, she does it.

"I talk to my kids and respect them as human beings. Even though they are 6 and 7 years old, they are still people," said Mrs. Horton.

Former student, Jamison Fox attests to that, saying, "She is nice, respectful and patient. She waits for you to get your work done and she does fun projects."

Current student Josie Fox adds, "She always has a smile on her face. And she's smart!"

Getting parents involved in the classroom, integrating technology and utilizing fun, interactive projects are also some of her strengths.

"I want to thank the Fox family for nominating me. I care about my families and I know they care about me but that was really something special and it meant so much to me."

Teachers chosen for the Arcadia News *Teachers We Love Award receive an Arcadia News tote and T-shirt, a $125.00 gift certificate from Salon Sandoval, a gift certificate for dinner for two at The Henry and an invitation to an end of the year luncheon for the year's winners at The Henry.*

SPORTS & COLLECTOR CAR CENTER

- FACTORY TRAINED TECHNICIANS USING STATE OF THE ART EQUIPMENT
- FAMILY OWNED & SERVING THE EAST VALLEY SINCE 1973
- SHUTTLE SERVICE, PICK UP & DELIVERY AVAILABLE

JAGUAR RANGE ROVER

- JAGUAR & RANGE ROVER EXPERTS
- HONOR MOST EXTENDED WARRANTIES
- ALL SERVICE GUARANTEED/ PARTS & LABOR

CALL TO SCHEDULE YOUR INSPECTION & SERVICE
480.968.5000 | WWW.SCCARCENTER.COM
Find us on Facebook

SERVICING YOUR CAR IS NOT OUR JOB, IT'S OUR PASSION

Trick or treat! Color and creativity illuminate the streets

By Heidi Jaenicke

Creative souls and innovative costumes resurrect the Halloween spirit throughout the Arcadia neighborhood.

"This year it was the 6 year old who decided she wanted to be a clown and then we thought, 'Hey let's try a circus theme,'" said Jenny Kelly of Arcadia.

"We decided to go for it," Kelly said. "I'm going to be the lion tamer, we have a clown, a trapeze artist and my husband has been growing a beard out since June so he's going to be the bearded lady."

The infamous fall holiday evokes a variety of emotions and spooky smiles, especially for the little ones.

"My daughter actually over the summer took a bunch of sewing classes and she knows how to sew now. She's helping me plan out her costume this year," said Julie Baird, also of Arcadia.

"Last year they really got excited by it and they were helping me cut out the quills [for the porcupine costume,]" said Baird. "When Halloween actually gets here they're like, 'This is the best costume ever!' That always makes you feel good."

"We had a good time walking around at night last year. I think there were a lot of factors that made it a great Halloween," said Kelly. "My youngest, Molly, was Alice and I made her a cute little dress. My son, at the time wanted to be the Cheshire cat and then with my twins, one was the White Rabbit and one was the Queen of Hearts."

Making your child's costume does involve a decent amount of labor and love, as Kelly learned one Halloween, before she owned a sewing machine and she had to do everything by hand.

"There was a lot of hot gluing that year," Kelly said.

Dealing with the pressure to compete with last year's design takes patience and planning ahead for busy parents who need time to prepare their costumes.

The Baird children are ready for Halloween with costumes made by their mom, Julie. Photo by NTK Photography.

"Usually I try and get them to pick [the costumes] out around August. My daughter was kind of difficult. She couldn't make up her mind, then she finally decided on the Pink Panther, so we're going kind of old school. My son has been talking for months that all he wants to be is a shark," said Baird.

Another challenge that arises for many when brainstorming for Halloween costumes is designing an outfit that is original.

Not only does making your own costume save you from the embarrassment of seeing someone else in the exact same get-up, but also it gives you a chance to play around with your artistic side.

"My daughter was Beaker from the Muppets and I think that one turned the most heads. When she was 9 years old she wanted to be Kelly Ripa. Then she wanted to be Jessie from Toy Story one year. It's just simple stuff we put together," said Arcadia resident Jillian Hagen. "We never wanted to go with something that was the typical costume. I'm more of a hands-on person so I wanted to create things."

The fashionable costumes throughout the Arcadia neighborhood unite families to celebrate the fall season with one another, enjoy their community and savor some delectable sweets.

Cataracts – Premium IOL's
Oculoplastics & Cornea – Glaucoma – Macular Degeneration
Diabetic Retinopathy – Routine Exam – Contact Lenses

7245 East Osborn Rd., #4
Scottsdale, Arizona 85251
480.994.5012
– (Optical Shop) –

300 East Osborn Rd., Suite 100
Phoenix, Arizona 85012
602.254.7255
– (Optical Shop) –

4915 E. Baseline Rd., Suite 114
Gilbert, Arizona 85234
480.830.0120

13555 W. McDowell Rd., Suite 102
Goodyear, Arizona 85395
623.209.0020

5620 W. Thunderbird Rd., #H-3
Glendale, Arizona 85306
602.547.2002

Serving the Valley for over 25 years!

BARTLETT TREE EXPERTS
SCIENTIFIC TREE CARE SINCE 1907

FREE soil test with contract of services

- Professional Pruning
- Prescription Fertilization
- Insect & Disease Management
- Hazard Tree Evaluations & Removals
- Citrus Specialist
- Aerial Lift
- Technical Support by our Research Laboratories
- Cabling & Bracing

480.820.3939

THREE I.S.A. CERTIFIED ARBORISTS ON STAFF & CREWS
Fully Insured / Licensed / Bonded Contractor - ROC # 251150

Providing Scientific Tree Care since 1907

Ghostly visits haunt the historical Hermosa Inn Resort

By Mallory Gleich

Many words can be used to describe Paradise Valley's Hermosa Inn Resort: traditional, peaceful, relaxing. One word, at first, is usually not associated with the hotel: haunted.

The Hermosa Inn started off as artist Lon Megargee's home and studio in 1936. A bachelor at the time, Megargee would often host parties where friends would come and stay for long periods. Megargee decided to turn "Casa Hermosa" into a guest ranch and even built secret tunnels so that guests could escape in case of trouble with the sheriff.

In 1941, Megargee sold the ranch to new owners who intended on using Casa Hermosa as their private residence. Much to the owners' surprise, guests continued to show up on the doorstep, intent on staying. Thus, The Hermosa Inn was born.

From then until the late 1980s, the Hermosa Inn continued to grow and flourish. Various owners added new additions and the property became a popular destination. In 1987, however, a fire damaged the original buildings, which were Megargee's home and studio.

In the early 1990s, the Inn underwent a complete restoration. The walls of the original building were saved and are still there today. Megargee's artwork is on display in this area, including one of his most famous works, "Last Drop from His Stetson." This piece was commissioned by the Stetson Hat Company and is printed on the inside of every Stetson hat.

Lon Megargee died in 1960, but it is rumored that his presence is still felt around the Hermosa Inn. There have been reports of lights shutting off and coming back on, candles falling out of their holders and doors closing.

According to Kendra Riley, who is the Director of Communications at the Hermosa Inn, room 107 is the most haunted. Riley stated that guests even request to not have that room due to the "ghostly" occurrences that have happened. Visitors have reported that they hear banging on the walls and people talking with no guests in the adjoining room.

The Hermosa Inn (top) was given life as an artist studio by Lon Megargee (bottom). Dead for half a century, some think Megargee still roams the property.

One guest, a reporter from Germany, claimed he saw a man observing him as he walked around the grounds one night.

"The guest told me about a very tall man in a crisp white shirt and slacks who looked like he belonged to the property. He stayed here and he was patrolling like it was his property," Riley said.

He stated that the man walked into room 107 and shut the door. There is no night watchman on the grounds of the Hermosa Inn.

Riley also shared that the television show Ghost Hunters did a segment on room 107 and claimed that they saw a smoky vision of a cowboy in the room. They also had a device that turned the energy of the vision into words. The words they heard were priest, bible and affair, but there is no record of a story involving those words.

Another story is told of a woman in a pink dress walking across the bridge near the pool area. The dress is said to be floor length and not from this time period. Guests have asked Riley about the woman, saying, "Who is the lady in the pink gown?" However, there are no stories or records connecting the woman to the Hermosa Inn.

Employees have also quit their jobs due to the ghostly activity at the Hermosa Inn. One maid resigned after having the doors shut on her multiple times while she was cleaning. Another maid left after seeing an apparition of a cowboy in a mirror. No one else was in the room. An employee that works the night shift has stopped working alone after reportedly seeing children playing in the parking lot around one in the morning. This employee has also seen the woman in the pink dress.

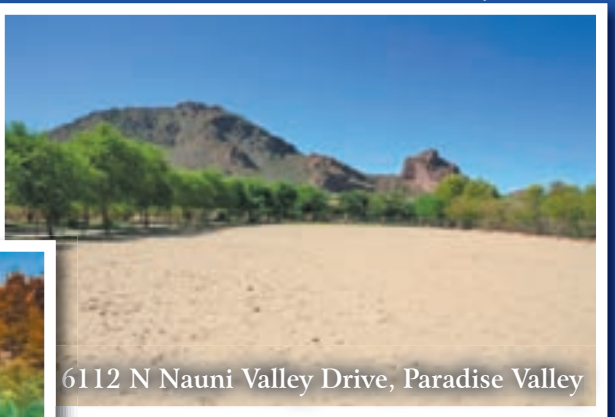
Although Lon Megargee has been dead for over 50 years, it certainly seems like his spirit lives on at the place he loved the most, what is known as The Hermosa Inn.

Is It Time To Make Your Move?

Biltmore Corridor Townhome

3 BR/3.5 BA ~ 2,275 sq ft ~ $549,000

Nauni Valley Ranch



Incredible 3 Acre Lot ~ $2,999,000

Arizona Country Club

4 BR/3.5 BA ~ 4,667 sq ft ~ $1,795,000

Entertain in Style

5 BR/4.5 BA ~ 4,960 sq ft ~ $1,625,000

Old Town Luxury Townhomes

Completion date 9/14 ~ Priced under $500,000

Spectacular Ahwatukee Estate

6 BR/8 BA ~ 8,500 sq ft ~ $2,495,000
As seen on 3TV's Good Morning Arizona Million-Dollar Homes segment.

Biltmore Corridor Charmer

3 BR/3 BA ~ 2,152 sq ft ~ $599,000

Wonderful Family Home

5 BR/5.5 BA ~ 5,812 sq ft ~ $1,950,000

THE BRUSKE TEAM

Jim Bruske
602.768.3772
Jim.Bruske@RussLyon.com

Susan Harris
480.577.6485
Susan.Harris@RussLyon.com

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

Russ Lyon | Sotheby's International Realty

7135 E Camelback Rd, Suite 360 Scottsdale AZ 85251

HEALTH & WELLNESS DIRECTORY

ARCADIA PHYSICIANS TRAVEL CLINIC

Arcadia Physicians Travel Clinic is here for all your foreign travel immunizations. We are experienced with all International Travel vaccinations that are required or recommended. Eileen Klecka, RN has a Certificate in Travel Health Medicine from the International Society of Travel Medicine and was recognized in Conde Nast as one of the top Travel Medicine Specialists in Arizona.

4350 E. CAMELBACK RD. #F-100 • 602.955.8700

THE SPA AT TALKING STICK RESORT

Retreat to a higher place at our luxurious Scottsdale Spa. The Spa at Talking Stick—a 13,000 square foot, open-air spa located on the 14th floor of our Scottsdale hotel—is the ultimate in world-class rejuvenation. With private rooms offering guests the best unparalleled views of the Valley and floor-to-ceiling windows that can be opened during spa treatments, there's simply no better place to relax and refresh. For more information call 480.850.4065 or visit **talkingstickresort.com**.

101 FWY. & INDIAN BEND RD. • 480.850.4065

PHOENIX ALLERGY & ASTHMA

At Phoenix Allergy and Asthma we specialize in the evaluation and treatment of adults and children with sinus allergies, chronic cough, food allergies, eczema and hives. We also offer conventional allergy shots and a rapid allergy shot process for patients and families with busy schedules. Michael Saavedra, MD is board certified in Allergy & Immunology and has been treating patients with allergies and asthma in the Valley since 2009. **phoenixallergyclinic.com**

4901 N. 44TH ST. #103 • 602.954.0405

GOOD NIGHT PEDIATRICS

Is your child sick but the doctor's office is closed? Don't make your child suffer any longer. Good Night Pediatrics is Arizona's ONLY all-night Urgent Care, just for kids. Open 5:00 p.m. to 5:00 a.m. every night of the year, including holidays. Every patient is seen by a Pediatrician. We treat newborns through 18-year-olds. X-ray & lab on-site. Most insurance accepted. AHCCCS providers. No appointment needed. Save time and money compared to an ER. Valleywide Locations. **GoodNightPeds.com**

3600 N. 3RD AVE. • 602.412.4033

ARIZONA EYE SPECIALISTS

Arizona Eye Specialists offer a full scope of ophthalmology care along with Medical and Surgical services in their five Valley locations. The doctors and staff of Arizona Eye Specialists are dedicated to helping our patients maintain and improve their vision through the latest technology and treatment regimens. If you would like more information please contact us at 480-994-5012. **arizonaeyes.com**

5 LOCATIONS TO SERVE YOU • 480.994.5012

CAMELBACK SPORTS THERAPY

Are you limiting your activities due to pain or muscle weakness? Our Physical Therapists combine expert therapy with cutting-edge alternative treatments to get our patients better, faster. Check out our website to see all the programs and innovative treatments we utilize to help our patients recover faster, including Dry Needling, Cupping and Kinesio taping. We offer FREE ache and pain assessments, accept most insurance and in many cases do not need a doctor's referral. **camelbacksportstherapy.com**

4455 E. CAMELBACK RD. #D-155 • 602.808.8989

DOCTORS EXPRESS

Doctors Express urgent care clinic bridges the gap between your general doctor and the emergency room. We serve patients that need affordable immediate medical attention because of an injury or illness. Our mission to provide personalized, one-on-one care to every patient. All of our patients are seen by an experienced medical provider, and the average wait time is usually around 15 to 25 minutes. Sports Physicals are available. **doctorsexpressphoenix.com**

3931 E. CAMELBACK RD. • 602.687.7858

DR. STACY GUSTIN, D.O.

As a fifth generation Arizonan, Dr. Gustin, who practices at Scottsdale Healthcare Primary Care Arcadia 100, has always loved science and figuring out how to make people well. She treats her patients the way she would want someone to take care of her own family member, with compassion, trust and empathy. Certified in Family Medicine by the American Board of Family Practice, Dr. Gustin has provided expert and compassionate care to area residents of all ages for more than five years. **PrimaryCareArcadia100.org**

4840 E. INDIAN SCHOOL RD. #100 • 480.882.7360

DR. ARCHIBECK, D.O.

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

4350 E. CAMELBACK RD. #F-100 • 602.955.8700

DR. TIFFANY PANKOW, M.D.

Dr. Pankow brings more than ten years of experience to Scottsdale Healthcare Primary Care Arcadia 101. She earned her medical degree from the University of Virginia School of Medicine and she completed her family medicine residency here in Phoenix at Banner Good Samaritan Medical Center. Dr. Pankow's clinical interests include adolescent medicine, women's health, weight management and preventive medicine. **PrimaryCareArcadia100.org**

4840 E. INDIAN SCHOOL RD. #101 • 480.882.7350

Arcadia News

DR. G. ROBERT MEGER

No matter what type of cosmetic surgery you are considering, the most important factor in the outcome is the surgeon you select. Dr. Robert Meger is a surgeon you can put your confidence in to hold the highest medical standards because of his extensive medical training and on-going medical memberships. Board Certified and a member of the American Society of Plastic Surgeons and the American Society for Aesthetic Plastic Surgery. **Drmeger.com**

3333 E. CAMELBACK RD. #140 • 602.957.6000

PIVOT PILATES

Pivot Pilates is a Pilates studio that offers classes, small group, and private training sessions. Our sessions incorporate elements of classical Pilates, barre conditioning, and strength training to tailor workouts. Pivot Pilates group classes and private Reformer Pilates sessions deliver quality instruction to meet each person's physical and aesthetic goals. We want to change the way people work out, and how they view themselves. We want our clients to look good, feel good, and most importantly be happy. **Pivotpilatesphx.com**

4550 E. INDIAN SCHOOL RD. • 480.216.3804

STI PHYSICAL THERAPY

STI Physical Therapy & Rehabilitation is committed to serving the community with high quality physical and occupational rehabilitation provided by dedicated, caring professionals who promote and contribute to the patient's achievement of optimal life function. Services include general orthopedic rehabilitation and hand therapy, industrial rehabilitation, sports performance and fitness, athletic training and spine rehabilitation. **Strengthtrainingrehab.com**

4840 E. INDIAN SCHOOL RD. #103 • 602.956.2850

CALVARY ADDICTION CENTER

Calvary Addiction Recovery Center's treatment program is for men and women, 18 years and older, who are struggling with substance abuse and problem gambling. Our program is designed for those in search of a Christian or spiritual 12-step program; those who struggle with relapse or dual diagnosis; and for individuals looking for a nurturing, safe environment to begin a new life in recovery.

WWW.CALVARYCENTER.COM • 1.866.76.SOBER

MARICOPA INTEGRATED HEALTH SYSTEM

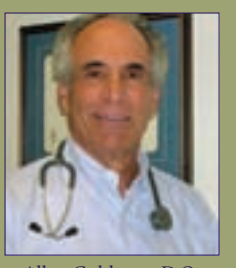
Maricopa Integrated Health System (MIHS) includes Maricopa Medical Center, the Arizona Burn Center, the Comprehensive Healthcare Center, the McDowell Healthcare Clinic, 11 community-oriented family health centers, and an attendant care program Maricopa Medical Center is a premier training center for the nation's physicians. Our medicine, surgery, pediatrics and ob/gyn programs, in particular, contribute to the body of knowledge of patient care. **Mihs.org**

1-866-749-2876 • 602-344-5011

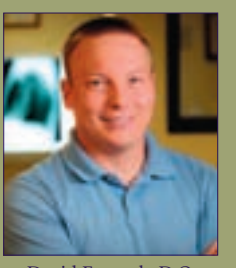
One appointment. Expert doctors. Convenient services.

Mark A. Wyse, M.D.

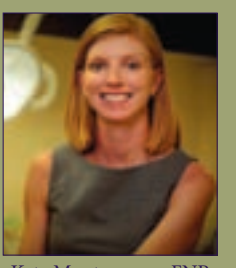
T.E. McCauley, M.D.



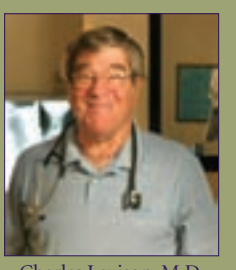
Allan Goldman, D.O.



David Francyk, D.O.



Kate Montgomery, FNP



Charles Levison, M.D.

David Anderson, O.D.
Optometrist

Andrew J. Racette, D.O.
Certified Dermatologist

James Leap, PA-C
Physician Assistant

Alisha Archibeck, D.O.

Jennifer Francyk, PA-C

Celebrating 45 years of family care

Because caring for your health has always been our passion, we've made the following services conveniently available in our office.

- Excellent care for all ages
- Same day appointments
- On-site clinical laboratory and X-rays
- Dermatology and Optometry services
- Botox and Obagi skin care now available

M-F 7 a.m. to 5 p.m.
and Saturday
7 a.m. to noon.

Family Practice Specialists

Our family caring for yours

4350 E. Camelback Rd., Ste F100 Phoenix, AZ 85018
602.955.8700 • **FPSAZ.com**

FPS is participating in a hepatitis B vaccine study. If you are between the ages of 18-70 and have never been vaccinated against or had the hepatitis B virus, give us a call for more information.

Wigged Out brings hope and hair to patients with illness

By Katie Mayer

When Patricia Heyl was diagnosed with breast cancer earlier this year, she knew receiving the lifesaving treatments she needed meant she would lose her hair.

"Going through treatment is the most defeminizing process there is," Heyl said. "You lose your hair and sometimes your nails turn black and there are so many aspects that are so humiliating."

But despite the side effects, 70-year-old Heyl said she didn't want to "closet" herself and hide away as she battled the disease.

And thanks to Phoenix-based nonprofit organization Wigged Out, she didn't have to.

Wigged Out provides residents dealing with hair loss caused by a medical condition the financial support to help them purchase high quality wigs, hairpieces and hair accessories. The organization also connects clients directly with wig boutiques and offers advice and support along the way.

Heyl applied to the Wigged Out program after her cancer clinic referred her, and within a week she was approved for a $200 scholarship toward the wig of her choice.

Heyl selected Arizona Wigs Boutique and, accompanied by her husband, picked out a wispy strawberry blond short synthetic wig.

"It looks so real," Heyl said. "I have been stopped in the grocery store by people who say 'I love your hair!' and that is such a perk up when you have none or very little."

The Wigged Out Team gathers around cancer survivor Chelsea Kunde when she was pregnant with her first child. From Left: Becca Margison, vice president; Katie Sarvas, president; Chelsea Kunde, co-founder; and Lindsey Dies, secretary. Photo credit Aaron Young Photography.

Founded in July 2012, Wigged Out was conceived by four women friends after one of them was diagnosed with Hodgkin's Lymphoma at the age of 26. The loss of her hair caused by treatments devastated cancer survivor, co-founder and board treasurer Chelsea Kunde and she felt overwhelmed by the high price of a quality wig.

That's when Kunde's friends stepped in to help. They conducted research, went shopping and ultimately selected a beautiful blond wig for their friend. From this experience, the idea for Wigged Out was born. Other co-founders include Katie Sarvas, president; Becca Margison, vice president; and Lindsey Dies, secretary.

"Based on our experience with helping Chelsea find her wig, we found how overwhelming and financially burdening it can be," said Katie Sarvas. "We aim to help relieve some of the stress and financial burden our applicants may already be feeling during treatment."

She added, "They may have sacrificed a wig since it can be an additional expense, but it's one small way we can help them feel a little more comfortable and like themselves."

Sisters Toni Zuba and Karen Schaffer co-own Classy Sisters Wigs in Phoenix. The store is one of the businesses that supplies wigs and other products to Wigged Out's clients, and Zuba said she and her sister work hard to help their customers select the best products.

"When you are dealing with hair loss, you have to be careful," Zuba said. "You want something that's going to look natural and be comfortable."

Zuba said that once a customer selects a wig, the wig will be cut and customized on the customer's head to "make it their own."

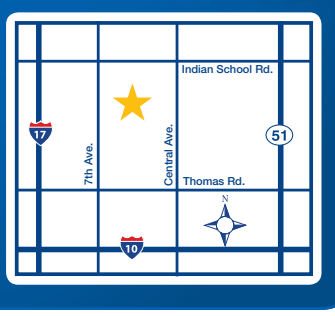
Continued on page 21

Good Night Pediatrics
All-Night Urgent Care for Kids

Arizona's Only All-Night Urgent Care for Kids

- Open 5pm - 5am every night of the year
- Treat newborns through 18-year-olds
- Every patient seen by a pediatrician
- X-ray and lab on-site
- Accept most insurance and all AHCCCS
- Discounts for cash payment
- No appointment needed

We Do Sports Physicals



3600 N. 3rd Ave, Phoenix
602-412-4033
Visit our website for additional locations:
www.GoodNightPeds.com

Get *relief* today.

Our Services Include:

Allergy Testing
Allergy Shots
Rapid Desensitization
Asthma Treatment
Eczema
Food Allergy
Hives/ Contact Dermatitis
Hay Fever
Chronic Cough
Watery, Itchy Eyes

Contact us at (602) 954-0405
to schedule your appointment *TODAY!*

Michael Saavedra, MD, FAAAAI
Board Certified in Allergy
& Immunology for both
children and adults.

Phoenix Allergy & Asthma
Adult and Pediatric Allergy and Asthma Care
4901 N. 44th St., Ste. 103 • Phoenix, AZ 85018
(602) 954-0405 • www.phoenixallergyclinic.com

Wigged

Continued from page 20

Team Chelsea running in the San Diego Rock 'n' Roll Marathon.

"People often think they are going to look like some Halloween wig or something their old great-grandmother had," Zuba said, "and they don't realize there are some really beautiful things out there."

Zuba estimates she has served about a dozen of the 45 women and children that Wigged Out has helped since its inception.

Sarvas said the organization will continue raising awareness in the community and fundraising to support their applicants. The board hopes to someday even expand Wigged Out into other states.

"Our goal is to bring more awareness to both our organization, as well as to how many women, men and children are suffering from different forms of medically-related hair loss," Sarvas said.

She added, "We would like people to understand that losing your hair, in a way, can make you feel like you've been stripped of your identity [and] losing your hair can make you look sick, even when you don't feel sick – and it is one more thing that is out of your control."

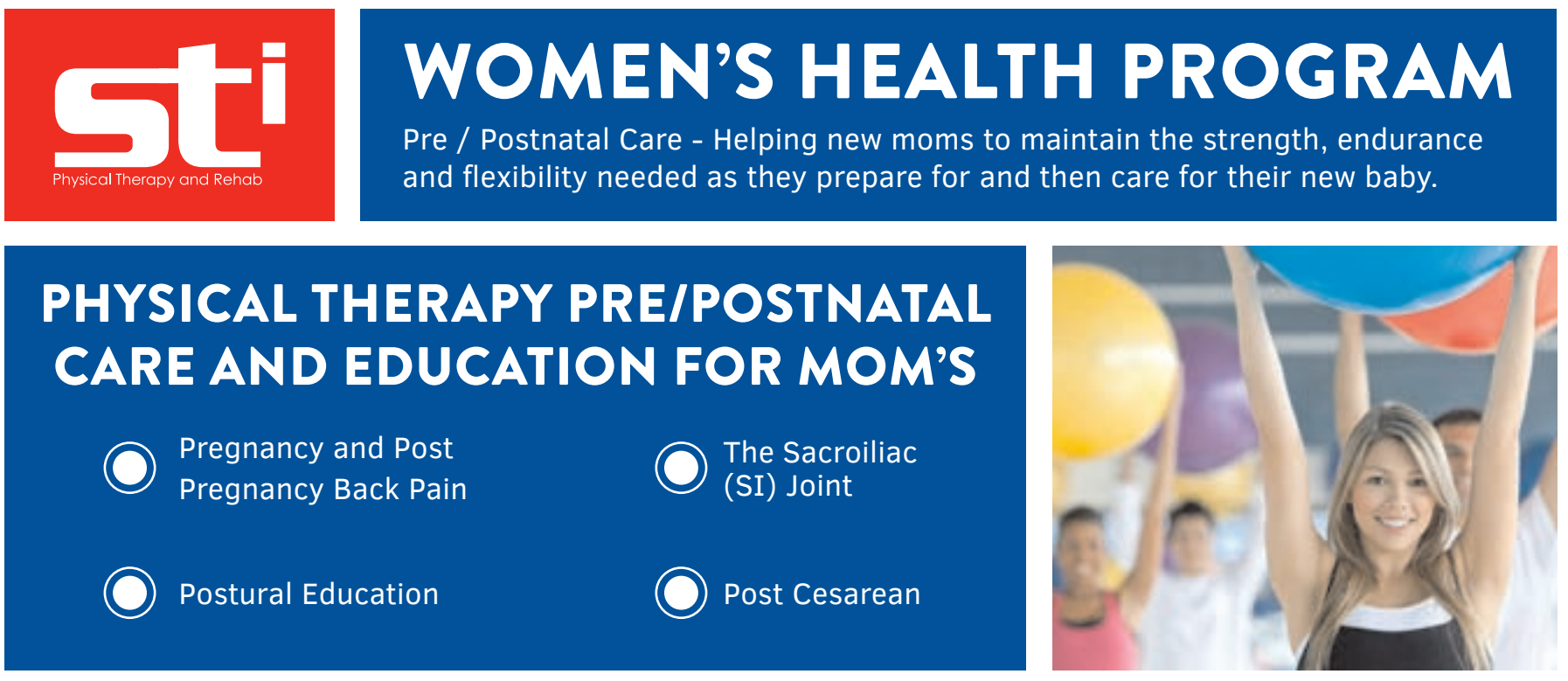
How to help:

Wigged Out relies on individual donors, corporate sponsors and grants to continue serving clients suffering from medical hair loss. The organization is holding a happy hour fundraiser at The Yard in central Phoenix from 5:30 - 8:30 p.m. on October 23. All proceeds will go toward purchasing wigs for clients. For more information visit www.wiggedoutinc.org.

For help obtaining a wig, hairpiece or accessory:

Applicants can apply for assistance from Wigged Out by filling out an application at www.wiggedoutinc.org.

Classy Sisters Wigs is offering a special 25 percent off discount throughout the month of October for Breast Cancer Awareness month. For more information visit, classysisterswigs.com.



Must-see events bring culture and artistry to the Valley

By Alessandra Dagirmanjian

SCOTTSDALE MUSEUM OF CONTEMPORARY ART: *COVERT OPERATIONS*

SMoCA consistently presents its visitors with intellectually stimulating modern pieces. From September 28 to January 11, the museum will present Covert Operations, an exhibition featuring 13 visual artists, who dealt with the Cold War. Spanning the entire museum, the exhibition will explore Cold War themes, as they are related to effects of the September 11, 2001 terrorist attacks on today's world. SMoCA is thrilled to have such a large-scale exhibit for the first time since presenting James Turrell's "*Outlook Skyspace*."

In anticipation of Covert Operations, SMoCA will offer historical background for the Cold War through video and film screenings by Jenny Perlin and Kerry Tribe. Prologue will begin on September 2 as a foundation for the diverse themes of the exhibit.

PHOENIX ART MUSEUM PAOLO BRUSCKY: *ART IS OUR LAST HOPE*

From September 6 to December 28, the Phoenix Art Museum will feature approximately 20 pieces of mail art (also knows as postal art, an artistic movement centered around sending small scale works through the postal service) by Brazilian artist Paolo Bruscky. The exhibition will be a thought-provoking introduction to Bruscky's work depicting the idea that "art is our last hope," which aside from New York City, has not been surveyed in the United States.

"The idea of 'art is our last hope' is a central theme in the exhibition. It's this idea that under a dictatorship you have to question the role of art in society," said Curator Vanessa Davidson.

In addition to Bruscky's historical pieces from the 1970s, Davidson is excited to introduce mail art from contemporary artists around the world, reflecting on similar themes of social change and utopian vision.

CHILDSPLAY THEATER *CHARLOTTE'S WEB*

Starting September 7 and running through October 12, Childsplay Theater, a group of professional actors whose performances inspire young audiences, is bringing back its popular presentation of *Charlotte's Web*. Director Anthony Runfola hopes this presentation will influence its young audiences to practice kindness and compassion, as it did when Childsplay performed it seven years ago. This month's performances will retain the enduring themes of the classic children's tale, but with new designers and costumes, the set at Tempe Center for the Arts will seem fresh and exciting.

"We looked at photos of White's farm, as well as others in the northeast, as inspiration for the set. The New England area seems like a magical place when you grow up in Arizona and I think we've captured some of that magic in the world we are putting on stage," said Runfola.

sti Physical Therapy and Rehab

SERVICES PROVIDED BY STI

Pre & Post Operative Care

Post Motor Vehicle Accident Rehabilitation

Work Related Injuries

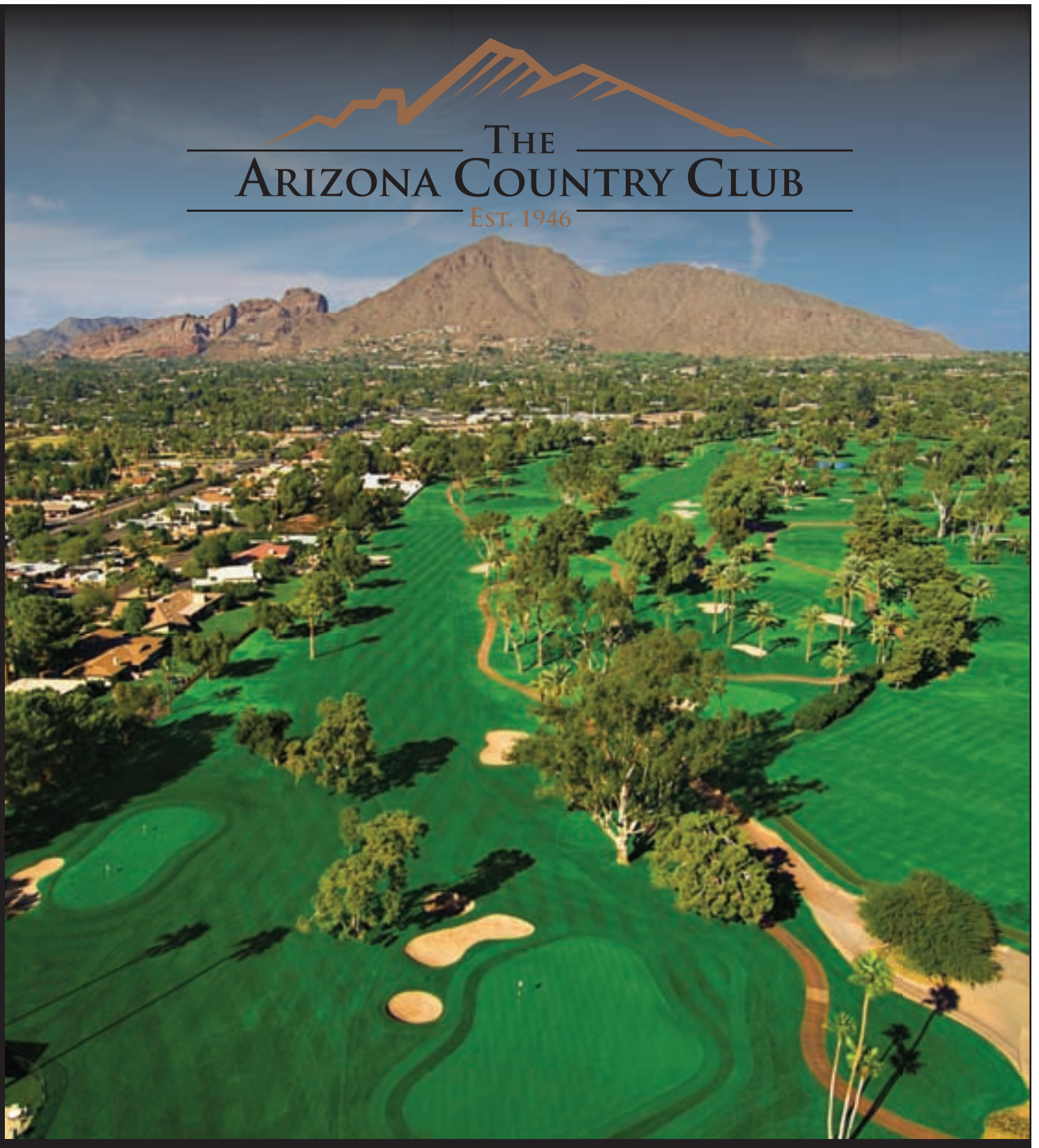
ASTYM Soft Tissue Technique

Kinesiotaping

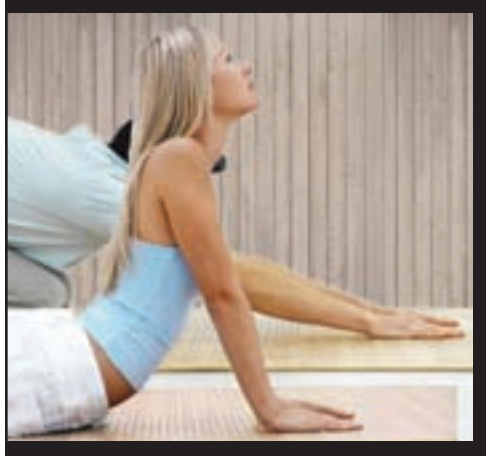
STI Physical Therapy | 4840 E. Indian School Suite 103 | Phone 602.956.2850 | Fax 602.956.2877

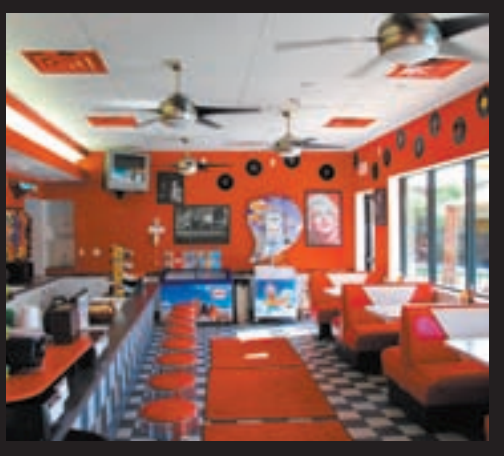
The Arizona Country Club

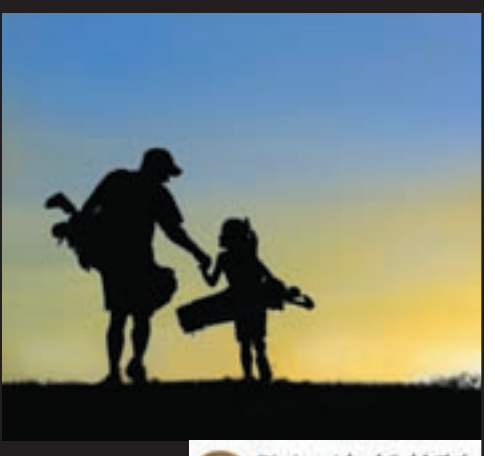
Est. 1946



BEST COUNTRY CLUB	BEST FAMILY CLUB	BEST WALKING COURSE	CLUBHOUSE OF THE YEAR
New Times-Best of Phoenix 2010 AVIDGOLFER Magazine 2010 - 2013	AVIDGOLFER Magazine 2010 - 2013	AVIDGOLFER Magazine 2010 - 2013	AVIDGOLFER Magazine 2011 Golf Inc. Magazine 2007







Distinguished Gold Club of the World

**** Membership at The Arizona Country Club is by invitation only. ****

For Membership Information, contact David Stocke at 480-889-1504 or membership@azcountryclub.com

WWW.AZCOUNTRYCLUB.COM • 5668 E. ORANGE BLOSSOM LANE, PHOENIX, AZ 85018

Need a Doctor?

We're here for you

Right around the corner, you'll find three primary care practices, giving you easy access to family medicine physicians and services. Whether you need to be seen right away for a cold or flu, or you want to schedule your regular checkup, we're nearby and ready to help.

Call today.

Arcadia Family Clinic
4131 N. 24th Street, Suite B102
602-955-6632

Primary Care Arcadia 100
4840 E. Indian School Road, Suite 100
480-882-7360

Primary Care Arcadia 101
4840 E. Indian School Road, Suite 101
480-882-7350

- Accepting new patients
- Same day appointments
- Most insurance plans accepted
- Extended office hours

SCOTTSDALE HEALTHCARE
Primary Care

John C. Lincoln
PHYSICIAN NETWORK

Affiliates of Scottsdale Lincoln Health Network

shc.org/primarycare JCL.com/practices

The artistic talents of three Arcadia sisters were selected for the citrus portion of the exhibit.

Sky Harbor's art exhibit celebrates Arizona's 7 C's

By Sarah Stecko

Phoenix Sky Harbor Airport is celebrating Arizona with "The 7 C's of Arizona" art exhibit that just went on display last month. Affectionately, it adds canyons and cacti to the state's Five C's: copper, cotton, cattle, climate and citrus. An Arcadia resident and her sisters' artwork were selected for the "citrus" section.

Michele MacCollum Govig and her sisters Lisa MacCollum and Lynn MacCollum Welch coordinated their special contributions to compose the work. All four of Michele's children attended Hopi Elementary School, and the high level of creativity seems to be hereditary in her family. Like her father and sisters, Michele has been making art all her life but she considers her best skills to be design sketches and sewing.

Despite her stylish talents, there was a time when Michele didn't consider herself an artist. When she decided to enroll at the Herberger Institute for Design and the Arts at Arizona State University, she had less than high expectations for the outcome of a painting and drawing class.

"No one was more surprised than I was when I discovered I could draw and paint," Michele said.

The sisters have their own artistic strengths to compliment each other in the exhibit. A few years ago, they blended their talents to convert original images to textiles and wallpapers. This idea to collaborate led to their company named ThreeMacStudio.

"The 7 C's of Arizona: Citrus" piece uses paper, textiles and fabric much like the others from the collection. The inspiration comes from growing up near citrus groves and the ballgown represents how fashion expresses personal stories in everyday items.

"It was very rewarding to see each of our creative talents come together," Michele said. "We are very proud of our exhibit and humbled to be included with the other artists."

The 7 C's of Arizona exhibit and their collection will be on display at Terminal 4 until February.

Christ Church Lutheran
LC-MS

MINISTRIES:
YOUTH
YOUNG ADULTS
SENIOR ADULTS
MEN'S AND WOMEN'S
FAMILIES & CHILDREN
MUSIC GROUPS FOR ALL AGES

SUPPORT GROUPS, INCLUDING:
CELEBRATE RECOVERY

In Christ We Grow
That Others May Know

Sunday Worship
8:00 & 10:45 A.M. –Traditional
8:30 & 10:30 A.M. –Contemporary
12:30 P.M. –Spanish Service
Wednesday Worship 7:00 P.M.
Saturday Worship 5:00 P.M.
Saturday Youth-Led Worship 6:00 P.M.
Sunday School / Bible Classes 9:40 A.M.
(Nursery Care At All A.M. Sunday Services)

visit our website
www.cclphoenix.org
e-mail us at
christchurch@cclphoenix.org

CHRIST LUTHERAN SCHOOL
PRESCHOOL - GRADE 8
(602) 957-7010

3901 E. Indian School Rd., Phoenix
(602) 955-4830

CUSTOM DESIGN & MANUFACTURING • FINE JEWELRY & GEMS • JEWELRY & WATCH REPAIR • APPRAISALS

We're fortunate to be in a business that's centered around celebrations, beauty, and creativity.

Taking a fresh approach to the traditional shopping experience, we find ways for you to be involved in creating your own unique piece.

We're proud to partner with some amazing fine jewelry brands and some fun fashion from up-and-coming designers.

Service and restoration are the cornerstone of our family business.

Redefining fine jewelry through innovation for three generations

NATIONAL LUXURY RETAILER *of the Year*

North Central
539 East Glendale Avenue
602.279.1300
/SchmittJewelers

Arcadia
4402 East Camelback Road
602.840.1144
/SchmittJewelersArcadia

SCHMITT
JEWELERS

SchmittJewelers.com

Member of The American Gem Society AGS

PAID ADVERTISEMENT

MorningStar—Called to Serve

by Angelica Galindo, MorningStar Senior Living

Resident Heroes

Rich and vibrant is the character of seniors—the wisest and most experienced among our population. The stories they have to share, and the lessons to be learned from them, are deeply significant. Only seniors can give the rest of us perspective by their personal vignettes of history.

It is MorningStar's high and chosen calling to give these Sages of Society all the dignity and respect they deserve. Ours is a calling begun in 2003 when Founder Ken Jaeger resolved to create his own brand of senior living—one defined by the human touch. Out of his convictions, Ken established three precepts for MorningStar: honor God; value all seniors; and invest generously in his team's ability to serve well.

Testify to Love

The staff in our Arcadia community take great joy in living out MorningStar's mission to "value all seniors as gifted and contributing individuals." In fact, we go far beyond: we purely love our residents.

From my own heart, I treat our residents as if they were my own grandparents.They encourage me to value life by their own example of enjoying each and every day to the full. The happiness I feel when I see them laughing and smiling is profound for me.

Assisted Living Coordinator Edwin Roldan's testimony is also illustrative. Edwin is the kind of "radically relational" personality we seek, someone who serves from a deep place. "I first began working with seniors in high school, thinking of it as just another job. Those three months turned into 6-1/2 years. I got that attached to the residents. Their stories teach me to live my own story better. Because of them, I'm more even-tempered, and I cherish life more."

And from Reflections Coordinator Durelle Wright: "Seniors remind us to enjoy simple things. They encourage me to sit a while, relax and connect, instead of always being on the go."

Our team members also feel privileged to be working in someone else's home. We know our residents are entrusting us to maintain their pride of ownership. That's why our common areas are always beautiful—and ready to receive callers. (So beautiful is Arcadia that our community ranked first in a national interior design competition.)

MorningStar is also home to the families of our residents, a place where they know they're welcome to settle back and stay a while.

Boutique Memory Care

Everything about Memory Care at MorningStar is personalized, made so by studying each resident's unique history, vocation, talents and preferences, then crafting a routine that is at once calming and engaging. That's the true definition of resident-directed care, keeping each person as much in control of his own life and decisions as possible.

On serving in our Memory Care neighborhood, one Arcadia care manager says: "It's not difficult to connect with residents if you see past the dementia, before the dementia, to who each was in years gone by. Only then can you know what they're thinking now, their frame of mind. Miss Betty was a nurse, so we can share a caregiving nature. Miss Donna loves to sing; so I just join right in."

Whatever the extent of memory loss, a person's essence remains. Perhaps hidden. But there. Our responsibility—our joy—at MorningStar is to find ways to connect with that essence. And draw it out.

The Stars are Always Out

We believe there's always reason to arise confident in the day and the promise it holds. To engage the day with mind, body and spirit. To continue learning and contributing. To shine.

So each day at MorningStar is filled with opportunities to ignite a plan that enhances health and wellness. Through WellStar, our signature wellness program, we offer activities that integrate different modalities and senses, feeding the whole body and brain.

We encourage residents to use their own talents and personalities to enrich our community. Sometimes we hit the road in the MorningStar bus and head for a new movie release, special interest destination, swimming at the rec center, or a scenic drive. The result? Reduced pain. Less reliance on medication. A marked difference in mood and physical well being.

Of course, true wellness is ultimately found, not in programming, but in the human touch (as Ken knew in 2003). Touch reminds us we're still here. It's the antidote to loneliness—for all of us.

Casting a New Light

Let's celebrate the marvelous times in which we live. Finally, as a society we can now offer our beloved seniors true homes—loving, comfortable, laughter-filled—in which to fully live their days, homes humming with activity and community.

"We have been treated wonderfully here, the staff giving us great respect and friendly courtesy." (MorningStar at Arcadia resident)

Welcome to MorningStar. Love is in the air.

Contact:
Angelica Galindo
MorningStar at Arcadia
480.300.4700
MorningStarSeniorLiving.com

The approach to effective complaining

By Michelle Donati-Grayman

We've all been there. From a rude employee to a service gone awry, bad service happens to the best of us.

It's never been easier to vent about these instances, especially given the ever-growing channels – such as Yelp, Facebook and Twitter – that are only a smartphone away.

However, before you broadcast your discontent to the world, you may first want to consider its effectiveness.

The Better Business Bureau is best known for its rating system. However, the agency also serves as an intermediary for complaints and business reviews – all invaluable consumer resources.

Felicia Thompson, vice president of communications for the Better Business Bureau of Central, Northern and Western Arizona, agrees that social media can be a powerful tool.

"It is a huge, impactful way people communicate these days," Thompson says. "Businesses should have a social media presence to allow for two-way communication with their customers."

However, she suggests giving businesses an opportunity to right their wrong before taking it there.

"Generally, businesses are good and want to take care of their customers," Thompson says. "The right person at the company might not be aware of your experience. We encourage customers to go straight to the business before turning to our office or social media."

Joe Ducey, a reporter with ABC-15 in Phoenix, has been a consumer reporter for more than 15 years. He is responsible for "Let Joe Know," a consumer report that airs on weekdays. Ducey receives more than 200 emails and calls each week from consumers seeking his help.

The majority of issues Ducey receives involves insurance, car repairs, Internet providers and employment. He believes these issues are the most common because they affect a majority of people.

The complaints Ducey receives get personal, fast – and that's where he finds consumers go wrong.

"The complaint is two pages long. It starts with past, unrelated issues and goes into a lengthy explanation of the inconvenience the issue has caused," Ducey says. "There is anger. There are jabs at the staff."

Ducey also advises consumers against taking to social media, at least initially, to start a complaint. Rather, he suggests consumers adhere to the following steps while focusing on the issue and solution:

1. Reach out to the owner and manager directly, unless you are too angry to do so.
2. If that doesn't work, put the complaint in writing and give the business a time period to solve the problem.
3. If that time passes, take it to the corporate level by sending a certified letter.
4. If that doesn't work, social media can become an option.

But even if you make it to the point of complaining on social media, Ducey cautions consumers to be careful when posting criticisms online.

"I've seen cases where the business is successful in going after the consumer for negative posts," Ducey says. "The goal should be letting other consumers know what happened to you, not take down the business any way you can. So, stick with the facts."

Member of International Society of Travel Medicine

ARCADIA PHYSICIANS TRAVEL CLINIC

Medical Director: David Francyk, D.O.
Eileen Klecka, R.N.

Flu Shots without preservatives available now!

- Certificate in Travel Health Medicine
- Recognized as one of Conde Traveler Magazine's Top U.S. Travel Health Specialists

Family Practice Specialists
4350 E. Camelback Rd., Suite F-100
Phoenix, AZ 85018
Phone: 602-955-8700
Website: www.travelshots.net
Email: travelshots@cox.net

We love our
neighborhood.

THE TEAM 4
ARCADIA REAL ESTATE

"Top 250 Teams in the Nation"
by The Wall Street Journal

REAL Trends
THE THOUSAND
AS ADVERTISED IN THE WALL STREET JOURNAL

480.287.5242 • TheTeam4Results.com

Lara Broadrick *Rebecca Clayton* *Shawna Warner* *Robin Orscheln*

Benefiting Phoenix Children's Hospital

Russ Lyon | Sotheby's INTERNATIONAL REALTY

Local family farm brings raw milk to Arcadia market

By Katie Mayer

Whenever Stephanie Kreun's oldest son consumed dairy, a peculiar rash – almost like abrasions – would spread across the back of his body.

As a mother, Kruen didn't want her child to experience the rashes, but found that it was difficult to eliminate all forms of dairy from his diet.

So she began searching for other options, and that's when she discovered raw milk.

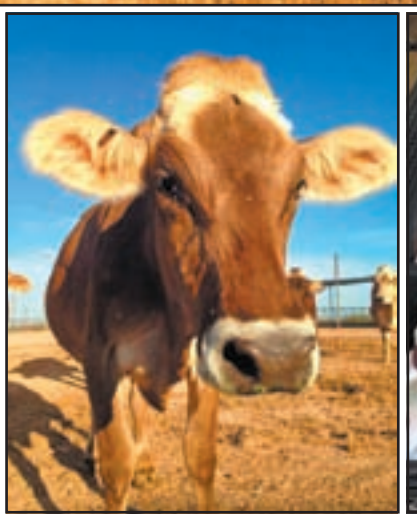
"I didn't think it was really fair that some of my children could have dairy and one couldn't, so I thought 'Well, let's give the raw a try.'" Kruen said.

Eight years later, the family is rash free and all of them enjoy the taste and benefits they say raw milk offers their family.

Raw milk is milk that has not been pasteurized or homogenized. Those who drink it say it tastes better and offers more health benefits than pasteurized or homogenized milk, but the FDA warns that raw milk can harbor dangerous microorganisms that can make people sick.

Some states do not allow raw milk to be sold on grocery shelves, but in Arizona it's legal. And due to increasing popularity and demand, the beverage is now available for purchase at La Grande Orange Grocery.

Jenifer Steele, who curates the gourmet foods offered at LGO said they began offering the product because people were requesting it.



"I had guests coming to me asking if we have heard of raw milk and have we heard of the farm," Steele said.

The farm is called Fond du Lac Farms and is owned and operated by Maricopa residents Dale and Marilyn Tuck, along with help from their daughter and son-in-law, Rick and Kristin Anglin. The startup farm, located near Casa Grande, south of Stanfield, delivered its first order of milk on July 19 to a Sprouts store and has already expanded to a number of Sprouts stores, as well as Food Conspiracy and Healthy Habit.

Tuck, a retired airline pilot, got into the raw milk dairy business in part because of his passion for healthy living – which developed after his daughter was diagnosed with a serious autoimmune disease – and also because he was looking for a new career in retirement and could tap the expertise of his fourth generation dairy farmer son-in-law.

"We built this dairy and it was designed from the ground up to be a raw milk dairy with the goal of producing, bottling and selling raw milk," Tuck said.

The dairy farm's herd of 26 Brown Swiss cows live in pens 10 times larger than those in conventional dairies and eat a non-GMO, naturally-grown barley diet, Tuck said. The cows are never given hormones and both cattle and milk are handled with special attention to cleanliness.

"You have to go through three different rooms and the clean room is the last room you go through before you even enter the tank room, where the milk is being bottled," Tuck said.

The facility tests its own milk at least twice per week to check for bacteria and the state inspector tests the milk as well. Tuck said the milk at his Grade A state-certified facility consistently tests at zero for dangerous bacteria.

"No milk is 100 percent safe, but I feel very confident that the raw milk produced at our dairy is no more or less dangerous than the pasteurized milk people are drinking," Tuck said. "Our milk has to meet or exceed the same standards that are set for pasteurized milk."

Personal trainer, private cook and fitness and nutrition writer Andrea Barkley, of Arcadia, regularly drinks the raw milk as part of her lifestyle of eating naturally. She also recommends that her clients try the milk, but said many of them assume it is illegal.

"I think the milk being at LGO will create more acceptance around it," Barkley said.

Fans of the milk say they do everything from drink the beverage plain, to make butter, ice cream and Kiefer out of it and even mix it in protein shakes.

"We just wish we could step up the awareness of the benefits of raw milk, and everybody in some way could benefit from drinking it," Tuck said.

But despite his love of the milk, Tuck said the experience of running the dairy has been a huge learning curve and has required a tremendous amount of work.

"We're getting into a rhythm and things are getting easier," Tuck said.

He is grateful for the support of his wife, who is the CFO; his daughter, who helps bottle the milk; and his son-in-law, who provides him with consulting. The teamwork frees up time for Tuck to focus mainly on delivering the product to the stores. Family friends have also helped the small business along the way.

"We have all given time to support it as a family," said Kristin Anglin. "It's been really amazing to just see it take off."

Tuck said his family's plan is to slowly grow the company to bring more of his product to the general public. For now, the farm is only milking 17 of its cows and using about three of its 30 acres.

"We are paying our bills, and we are not making a ton of money yet, but we are growing," Tuck said. "It has been amazing how quickly things have progressed."

Fond du Lac Farms' milk ranges from $6 to $7.50 per half gallon and can be purchased in stores or at the farm. The farm also offers tours to the public. For more information visit fonddulacfarms.com.

OUR PAYROLL SERVICE INVOICE
Start-Up Fee.....included
Tax Filing Fee.....included
New Hire Reporting Fee..included
Employee Set-Up Fee.....included
Direct Deposit Fee.....included
Online Services.....included
Are You Overpaying for Your Payroll Services?
Call for a Quote and Save!
Consolidated PERSONNEL SERVICES
Locally Owned for Over 20 Years!
(800) 339-3548
www.cpspeo.com
Let Us Simplify Your Business!

LIVE LOVE ARCADIA

LENNOX

TRUST.

IT'S MORE THAN A WORD TO US. IT'S OUR WORD TO YOU.

Let us earn your trust today — call SCOTTSDALE AIR.

RECEIVE UP TO A $1,700 REBATE*

with the purchase of a qualifying Lennox® home comfort system.

Scottsdale Air

(480) 945-7200

www.scottsdaleair.com

1121 N. Sickles Dr

Tempe, AZ 85281

ROC 101485 ROC 129482
OFFER EXPIRES 11/28/2014.
*System rebate offers range from $300 to $1,700. See your local Lennox dealer for details.
© 2014 Lennox Industries Inc. Lennox dealers include independently owned and operated businesses. One offer available per qualifying purchase.

Kid-friendly topiary craft with unlikely key component

Kids' Corner

By Lisa Weisenburger

Why is crafting with kids so enjoyable? They are unpredictable, messy and they usually come up with something crazy and unique. Often kids surprise you with their creations and when the project is completed, they are pretty darn proud of their brilliance.

Crafting with boys is all of the above, times 10! I like to think of this creative time as controlled chaos. Being prepared may be the Boy Scout motto, but it works in this situation too. My plan is to gather all the supplies, set aside a specific time when I am willing to give up the kitchen table for a few hours, or occasionally a few days, present the idea and perhaps some guidelines that will eliminate frustration, and get crafty!

Considering the season, I had to go with a pumpkin craft. But instead of surprising me with their creative genius, I treated them to a little kookiness of my own. Imagine the look on the sweet cherubs when they arrived at our crafting table playground and there was a pumpkin, a pot and a plunger. Whoa, back up! Yep, a plunger! Just this visual set off a round of giggles, jokes and a few clearly identifiable noises. I had stopped at the dollar store for most all of the supplies, pulled a dusty pumpkin out of the decorations closet and heated up the glue gun (low temp and lots of supervision, please). Once settled in, following step-by-step instructions ultimately led to a pretty awesome end result.

Our topiary has a righteous spot on the island in our kitchen, but we are already scheming about what a great gift this would be for the hostess of our neighborhood Halloween party, or how much Aunt Lora would appreciate it for her Thanksgiving table. Perhaps we should make a pair for the mantle? Although the plunger, pot and pumpkin are the perfect trio, what about a plunger covered in glitter, a bright red pail and a Styrofoam ball covered in red and white peppermints for the Christmas season? Oh, I can see the possibilities are truly endless. Get busy!

PUMPKIN TOPIARY

What you will need:

- Brand new plunger
- Floral foam for dry arrangements
- Clay pot or other weighty container
- Bag of sheet moss
- Craft pumpkin
- Collection of silk fall leaves, berries or flowers (You can get creative here. There are so many options.)
- Ribbon or raffia
- Glue gun with three or four glue sticks

The process:

1. Start by covering the rubber part of the plunger by gluing on the sheet moss.
2. Put the floral foam into the clay pot or container so that it is very snug and doesn't show above rim level.
3. With the moss-covered rubber end pointing up, push the handle of the plunger into the floral foam forming the stem or trunk of the topiary.
4. Center the craft pumpkin and glue it to the plunger.
5. Decorate with fall leaves, berries or whatever you've chosen.
6. Cover the foam in the pot with moss.
7. Finish by tying ribbon or raffia to the plunger handle just below the moss covered rubber part of the plunger under the pumpkin.

Complete Building and Design Services for All Residential Remodeling Projects

Free Estimates • Free Professional Designs

Room Additions • Guest Houses • Major Remodeling • City Ready Blueprints

20% OFF all windows and doors
with any size room addition

Bonded • Insured
Licensed
ROC #237983

ARCADIA DESIGN BUILD, LLC

Residential Remodeling General Contractor

Designing and building in Central Phoenix and Arcadia for over 20 years

7120 N. 12th Street
www.arcadiadb.com

602.577.5005

Editors Note: Last month we ran the recipe for Apple Pie Pops with our Kids' Corner column. The recipe was incorrect. The correct recipe is below.

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.

A Passion for Education. A Vision for the Future.

As parents and residents of the Scottsdale Unified School District, we we want and deserve a quality education for our children. We must ensure our schools have the tools and resources to create an exceptional learning environment for our kids.

This means we must constantly advocate for small class sizes so teachers can teach and students can learn. It means scrutinizing every aspect of the budget so we can balance the interests of taxpayers, parents and educators to make sure our children get the best our dollars can pay for. It also means making sure we attract, retain and reward the best teaching talent.

Pam Kirby has a track record of accomplishing these goals and making sure Scottsdale Unified School District is focused on results in the classroom. She has been a tireless advocate for fiscal responsibility and holding administration accountable for educational excellence and responsible use of our taxpayer dollars.

On November 4, cast a vote for educational excellence. Re-elect Pam Kirby to the Scottsdale Unified School District Governing Board.

PAM KIRBY
SCOTTSDALE SCHOOL BOARD
EDUCATIONAL EXCELLENCE

WWW.PAMKIRBY.NET

Paid for by Pam Kirby for SUSD Governing Board

Oktoberfest festivities can be found all over the valley

By Amanda Savage

Some of the Valley's most-loved fall events are the beer and brat-fueled festivals, known as Oktoberfest. Throughout the years, as populations and beer consciousness has grown in Phoenix, more beer events seem to appear each year. If you're looking to enjoy German food, a day out with the family or a night out with friends – there's something around town for everyone.

PHOENIX OKTOBERFEST
GO FOR THE CULTURAL EXPERIENCE
Margaret T. Hance Park, Phoenix
Saturday, Oct. 4
12-9 p.m.
oktoberfestphoenix.com

Put on by the Arizona Center for Germanic Cultures, this Oktoberfest suits those looking for a family friendly, cultural experience. Guests can enjoy traditional German beer and Bavarian food like roast chicken, pork, sausages, pretzels, sauerkraut, German apple strudel and more. German band Die Echten Waldbuam will provide music, and all are welcome to participate in the beer stein holding and Alphorn blowing competitions. Come dressed in your best lederhosen outfit for a chance to win the title of best dressed. Kids can enjoy free inflatables in the Kindervillage area throughout the day, until 6 p.m. People under 21 can enter free all day, single tickets are $5, family packs of four tickets are $15.

TEMPE OKTOBERFEST
GO FOR THE PARTY
Tempe Town Lake, Tempe
Friday-Sunday, Oct. 10-12
Times vary by day
tempeoktoberfest.com

One of the largest Valley Oktoberfests, this event is packed with food, entertainment and beer. Von Hanson's Meats & Spirits in Chandler will serve up traditional German food, while many other food vendors like Brown's Amusements Carnival Food, San Francisco Chocolate Factory, Arizona Roasting Company and CA Snowie (to name a few) offer alternative food options. When it comes to beer, this festival offers an extremely wide variety of domestic, craft and import brews from Belgium, to Czech, Spain and New Zealand. There is also a wine gardens option, which offers a variety of different drinks from the vine. Blues, country, rock and polka will be played all weekend from dozens of different bands. Aside from music, attendees can enjoy a run/walk, wiener dog races, carnival rides and games. A Kinderfest area for kids with crafts, games and rides will be available. Activities and attractions are accessible with a fee; entry to the event is free. All proceeds benefit Tempe Sister City Corporation, a Tempe nonprofit. With its proximity to ASU, this event tends to get rowdy rolling into the night hours. It's best to bring kids earlier in the day. Parking around Mill is tricky if you don't want to pay, but pretty simple if you're willing to spend $10 to $20 for parking garages and lots, which are all walking distance from Tempe Town Lake.

Photo courtesy of Braut Haus

Continued on page 33

TRICK OR TREAT!
SCARY HEATING SYSTEMS GO!
RESIDENTIAL & COMMERCIAL
A/C • HEATING • LOW TEMP • ICE MACHINE & MORE!
REBATES & CREDITS AVAILABLE!
Family Owned & Operated
Licensed, Bonded & Insured
Service & Install on all Makes & Models
Free Estimates on New Equipment
AccuTemp
REFRIGERATION • AIR CONDITIONING • RESIDENTIAL • COMMERCIAL
FACTORY AUTHORIZED DEALER Carrier turn to the experts
3231 East Washington
602-957-3745
www.AccuTempAZ.com
INSTALL A NEW ENVIRONMENTALLY FRIENDLY A/C SYSTEM!
ACCUTEMP IS AN APS/SRP QUALIFIED CONTRACTOR
ROC Licenses: 80131, 80132, 80133
Bill Murley, President

CHRIST LUTHERAN SCHOOL
Christian Values. Quality Education.
Preschool through Grade 8
See and hear us in action at our Open House on November 7, from 9:00am – 2:00pm!
Religious Instruction • Strong Academics • Foreign Language • Cutting Edge Technology
Leadership Programs • PE and Interscholastic Sports • Instrumental and Vocal Music
"Arts Attack" Program • School Nurse • Bus Transportation Available
3901 East Indian School Road • 602-957-7010 • www.clsphx.org

Oktoberfest

Continued from page 32

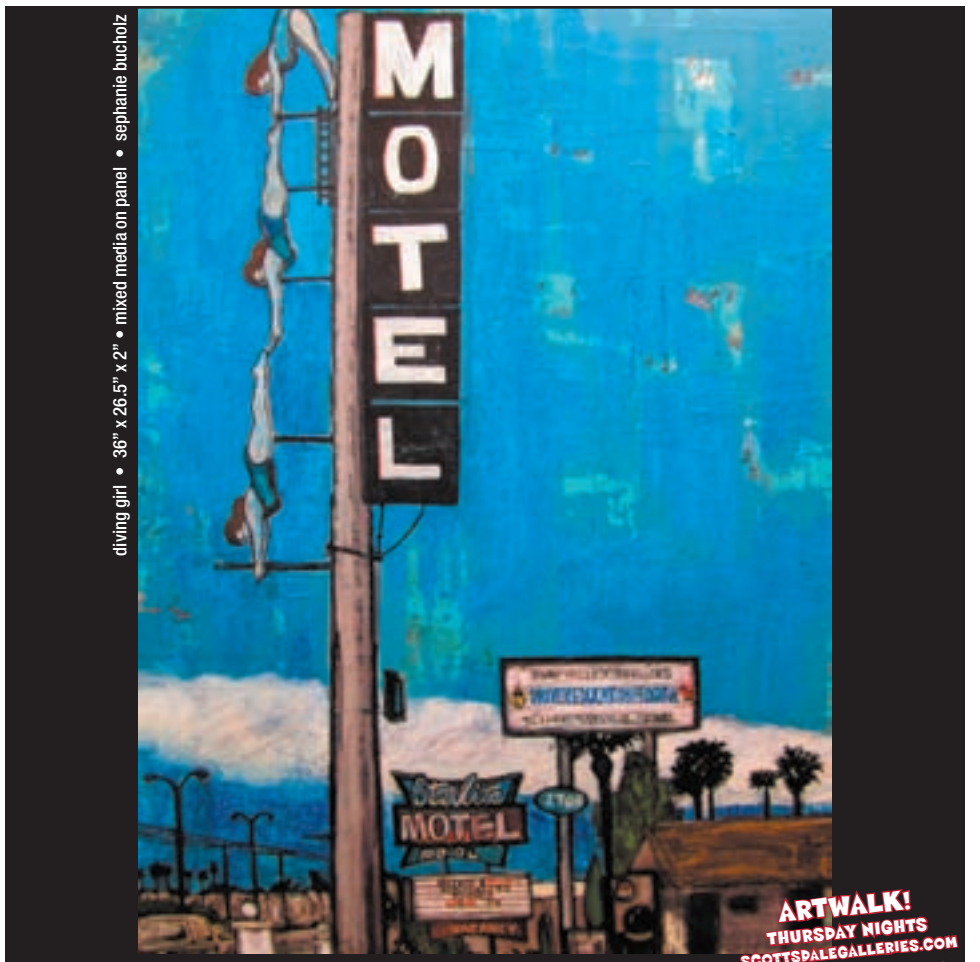
OCTOBERFEST AT SALT RIVER FIELDS
GO FOR A DAY OF DRINKING
Salt River Fields, Scottsdale
Saturday, Oct. 11
Doors open at 10 a.m.
saltriverfields.com

The Octoberfest at Salt River Fields carries a similar level of excitement as the Tempe Octoberfest, but on a less-crowded scale. The Wasted Grain and Uncle Bears are two of the bars that will be present at the event, with over 50 different alcohol options. Fudge, funnel cakes, Southwestern foods, barbecue, roasted corn, Philly cheesesteaks, fry bread, burgers and soft pretzels are some of the food that will be available. For little ones, a Kids Zone with child-friendly rides, face painters and inflatables is available at a cost. Adults can enjoy live music and take part in the cornhole, Volleyball or Dodge ball tournament, or participate in WODtoberFest. All ages are welcome, children 12 and under are free. General admission is $10. Beer Lovers admission (ticket with a souvenir mug) is $16 and VIP is $60.

BRAT HAUS OKTOBERFEST
GO FOR THE INTIMATE SETTING AND THE FOOD
Brat Haus, Scottsdale
Sept. 20-Oct. 5
Times vary by day
brathausaz.com

Brat Haus' Oktoberfest is a two-week event at the German restaurant and bar. Unlike the other festivities listed, this is a mellow, ongoing celebration that will feature special attractions throughout its duration that will benefit ALS Arizona. This Oktoberfest coincides with Munich's Oktoberfest. During the two-week party, Brat Haus will offer their regular menu, along with a German menu. (Options are available for people with dietary restrictions.) There will also be special activities; last year included a bratwurst eating contest, wiener dog fashion show, stein holding contest and beer dinner. Brat Haus will offer 28 beers on tap, and will prepare German favorites like sausage, mustards, sauerkraut and pretzels in-house. The bar and restaurant offers games and entertainment like giant Jenga, cornhole, darts and Ping-Pong. Parking is free, and while there is no entry fee, food averages about $10, and beers cost $6 each. There may be entry fees for special attractions. This event is dog friendly.

Remember to always bring cash to these Oktoberfest celebrations!



JIMMY VERCELLINO
MORTGAGE ORIGINATOR AND U.S.M.C. VET
NMLS #184169

- *Conventional*
- *Jumbo*
- *FHA*
- *VA Home Loans*

Jimmy lives in, and serves the Arcadia Neighborhood. He'll treat your family just like his own.

"As a U.S. Marine Corps Veteran, I was committed to serving our Country. Now I am committed to serving You!"

www.VALoansForVets.com
www.JimmyVercellino.com
Office: 602-908-5849
Email: jimmyv@fcbmtg.com

FIRST CHOICE LOAN SERVICES INC.

First Choice Loan Services Inc. is a wholly owned subsidiary of First Choice Bank (First Choice Bank NMLS # 177877, First Choice Loan Services Inc. NMLS # 210764) located at One Tower Center, Floor #18, East Brunswick, NJ 08816. First Choice Loan Services Inc. is registered or exempt from state licensing in the states it originates mortgage loans. Licensed by the NJ Department of Banking and Insurance. First Choice Loan Services Inc. is not an agency of the federal government and is not affiliated with your current lender. All loans are subject to credit approval. Programs, rates, terms and conditions are current, but are subject to change and may expire without notice. Other restrictions may apply. All applications must be submitted in writing. This advertisement is not a loan disclosure and all disclosures provided after applying should be reviewed carefully. This is not a commitment to provide a loan approval or a specific interest rate. 7702 E. Doubletree Ranch Road, Suite 220, Scottsdale, AZ 85258. 8.11.2014

SAINT THERESA CATHOLIC SCHOOL

Faith
Knowledge
Values

Success in high school begins with the formation of a strong developmental foundation in early childhood that continues through middle school. St. Theresa offers a rigorous curriculum that prepares students to assume responsible and productive roles in society while living out the values of the Gospel.

St. Theresa is accredited by Western Catholic Education Association

PLAN TO ATTEND A
PRESCHOOL INFORMATION DAY

Where: Saint Theresa Little Flower Preschool
Date: Friday October 17, 2014
Time: 8:15 sign-in
8:30 to 9:30 a.m.

Join us for an Information Day and tour our beautiful new 10,000-square-foot Early Childhood Center. While parents learn about the program, children are encouraged to visit the preschool classroom.

Fall enrollment is still open and full- and half-day programs are now forming. For more information or to schedule a personal tour, call 602-840-0010 Ext 200.

STATE OF ARIZONA LICENSED CHILD CARE CENTER CDC#14970

PRESCHOOL PROGRAM HIGHLIGHTS:

- Quality First provider
- Religion
- Language and literacy
- Mathematics
- Personal and social development
- Social studies
- Science
- Creative art experiences
- Spanish
- Music
- Physical education
- Visiting school library

SAINT THERESA CATHOLIC SCHOOL
602-840-0010 x200 5001 E. Thomas Rd., Phoenix, AZ 85018 www.stcs.us

Autumn drives are a leaf changing experience

By Michelle Donati-Grayman

From pumpkin spice lattes to football season, it's official: Autumn is upon us.

Each fall, trees across the United States, including Arizona, put on a brilliant show of color ranging from dazzling reds to brilliant oranges and vibrant yellows. This fall, why not embrace all that autumn has to offer by taking a scenic drive?

AAA Travel experts recommend the following three routes that offer some of the most beautiful fall scenery Arizona has to offer this time of year.

AROUND THE PEAKS LOOP

This scenic drive is located in the Coconino National Forest in the San Francisco Peaks. It winds through pine forests, aspen groves and around Arizona's highest mountain, Humphreys Peak. There are numerous spots to stop along the way that offer opportunities to hike, picnic, sightsee and set up camp. It takes about two hours to complete the loop, not including the drive time from Phoenix.

KAIBAB PLATEAU-NORTH RIM PARKWAY

This scenic byway offers stunning views of fall foliage, including ponderosa pine and quaking aspen. In fact, this drive has been described as "the most pleasant 44 miles in America," according to the U.S. Forest Service. It takes approximately three hours to complete this round-trip trek from the Kaibab Plateau Visitor Center to the North Rim of Grand Canyon National Park.

RIM ROAD/GENERAL CROOK TRAIL LOOP

The breathtaking drop-off of the Mogollon Rim is the highlight of this scenic drive. Panoramic views enable travelers to take in a plethora of fall colors in all their glory. It also provides plenty of opportunities to hike, bike and watch wildlife. The 54-mile loop starts at Clints Well, which is a two hour drive from Phoenix.

KNOW BEFORE YOU GO: FALL DRIVE TIPS

• Fall colors generally start to set in around mid-October and remnants can linger through mid-November.

• The U.S. Forest Service has a Fall Foliage Hotline (1-800-354-4595), complete with up-to-date information on regional leaf color predictions and foliage peaks.

• Have a solid set of directions for your fall drive. Build your itinerary, including all the stops you want to make along the way, with AAA's TripTik Travel Planner tool at AAA.com.

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

Walt Danley Realty

Representing Arizona's Finest Properties

Paradise Valley

This privately gated estate features elegant living spaces, a game room, wine cellar, craft room, exercise room, massage room, fountains, two elevators and a three stall barn with riding arena.

8BR | 10BA | 19,475 SF | $13,750,000
Libby Cohen 602.291.1446

Paradise Valley

Elegant yet designed for comfort, this Cameldale estate scales beautifully for intimate gatherings to large formal affairs. Features include a pool and two spas, lighted tennis court, & entertainer's patio spaces.

8BR | 9.5BA | 15,386 SF | $12,750,000
Catherine Jacobson 602.790.1992

Scottsdale

A rare find in the heart of Scottsdale! A walled and privately-gated 2.5 acre compound features two 1.25-acre lots nestled at the end of a long private drive and a 1,000 square foot guesthouse/studio.

3BR | 3BA | 4,316 SF | $1,875,000
Tom Snyder 480.991.2050

Paradise Valley

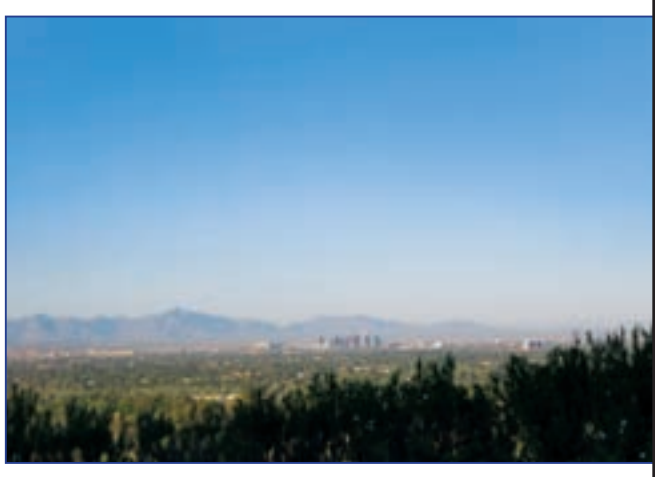
Located next to the Paradise Valley Country Club and with picture-perfect views of Mummy Mountain, this bright and spacious home is an incredible value. It is move-in ready or the perfect candidate for a cosmetic renovation.

5BR | 5.5BA | 6,898 SF | $1,850,000
Libby Cohen 602.291.1446

Phoenix

Designed by noted architect Nick Tsontakis, this custom contemporary is located in a secluded, gated community and expertly balances Old World tradition with cutting edge contemporary design.

4BR | 5BA | 4,795 SF | $1,500,000
Karen Pratte 602.228.4377



Phoenix

Breathtaking views to downtown, the Papagos and as far as the eye can see make this remarkable south facing lot the perfect place to build your dream home.

0.99 Acres | $965,000
Seth Solwa 602.710.9004

WALT DANLEY REALTY

480.991.2050

WaltDanley.com

EXCLUSIVE AFFILIATE OF CHRISTIE'S INTERNATIONAL REAL ESTATE

LUXURY PORTFOLIO INTERNATIONAL

Walt Danley

Sensuous salad debuts in Scottsdale Fashion Square

By Leona Meditz

Smack in the middle of Scottsdale Fashion Square's fast food court mecca, hidden in Juicd Life's kiosk refrigerator, is an $8.25, gluten free, antioxidant loaded, ayurvedic approved, full protein vegetarian meal worth enjoying. Healthy – yes! But sensuous?

Salad 150, named for the 150 different ingredients in it, is the brainchild of Lee Lewis who developed the recipe after a friend served him a similar chopped salad. Lee saw the need to help others improve their health and started seminars promoting alkaline water. Salad 150 became "spaghetti dinner" marketing that attracted people to these seminars. When more people asked for the salad than for the seminar – Lee knew he had a winner and Sensuous Salad was born.

Salad 150 is based on Dr. Hiromi Shinya's, The Enzyme Factor, diet which supports the idea of a miracle enzyme out of which all other needed enzymes are produced. Shinya, co-inventor of the colonoscopy, concludes cancer and other diseases occur when this key enzyme is depleted. His diet increases cancer remission and boasts zero percent cancer reoccurrence.

As the spokesperson for a naturopathic cancer clinic, Lewis had personally seen patient improvement using Shinya's diet along with alkaline water. So Lewis balanced over 100 raw fruits and vegetables coupled with brown rice and legumes creating a whole protein with all essential amino acids, to create a meal. He started a salad subscription program for cancer patients who didn't want to buy, wash, chop and blend 150 ingredients daily. He even washes the vegetables with high alkaline water killing disease-causing bacteria.

Salad 150 owner, Lee Lewis

With up to 1,000 vegetable choices, Lewis has plenty of ingredient options, even with the more common varieties. For example, there are five to 10 types of potatoes alone and 15 varieties of apples commonly available. Add more exotic veggies like Rutabaga, Parsnips and Rhubarb and it is easy to see the combinations are endless. Cancer patients might eat anything to get well, but Lewis wanted to expand this healthy meal to those not yet sick, and therefore prevent disease.

With our health care system struggling to help patients with chronic disease, Lewis' prevention vision is timely. He knew that to switch people from burgers and fries, the salad had to taste good without gluten, corn syrup, sugar or unhealthy fat. Unlike most salad dressings loaded with vegetable oil, Lewis uses extra virgin olive oil, tahini (ground sesame seed butter); raw organic unfiltered apple cider vinegar (mother), turmeric, cumin and pink Himalayan salt to help balance blood sugar.

Sensuous is defined as "gratifying the senses: having strong appeal." Lewis discovered that when raw fruits and veggies are cut into one-quarter-inch cubes, rather than tasting individual ingredients, all six flavors of the palate: sweet, salty, sour, bitter, pungent and astringent, explode in the mouth at once. Coupled with tongue-tingling textures and visually appealing technichrome jewel tones, the result? A satisfying meal that is, well, sensuous!

Royal name and retro fun for Scottsdale's latest hangout

Places *We Liked*

The King
6830 E. Fifth Ave.
480-947-3585
thekingbar.com

By Amanda Goossen

Frogger! Darts! Skee-Ball!

Pair these vintage games of arcade excitement with your favorite cocktail and you have Scottsdale's most recent bar, The King.

The Western, an old-fashioned honky-tonk with live music, closed its doors after only 18 months earlier this year and owner Tucker Woodbury, owner of The Vig and The Little Woody, was looking to alter the vibe to something the neighborhood could appreciate a bit more.

"I grew up in an era where everybody had a 'rec room' in their basement. Pinball machines, video games, dart boards, and I wanted to include a similar experience at The Little Woody. It didn't take us long to realize people are looking for more than just eating, drinking and conversation," said Woodbury. "Having additional space to work with at The King allowed us to take that rec room idea a bit further and the idea of an old school arcade inside a bar just made a lot of sense."

So far, it makes great sense to patrons. Locals are flocking to this laid-back venue with a royal name.

"It's a bit of a contradiction I guess, calling a little neighborhood 'dive,' The King. Although the name suggests something grand, there's really nothing fancy about it," said Woodbury.

He continued, "The place is all about fun and games, and the name allowed us a lot of latitude to just have fun."

And fun they've had. The King is decorated with chalkboard walls, which guests have tagged with names, slogans and portraits. Images of all different types of "kings" hang around the room. From Elvis, to Larry King and King Kong, it's an experience to just tour the space and pay witness to the large variety of kings made famous in the world.

Then, there are the games. The games you played as a kid, the ones you've longed for despite the technological advances of the 21st century, are now on full display in a super cool, ultra-friendly bar with Tito's vodka flowing and a paper burger menu laid out like a sushi menu, giving guests the option to mark what they want and hand it over to the bartender. At only $5 for a burger with the basic condiments, $.50 extra for fancy additions like pickled jalapenos and $1 for extra special things such as cheesy sauce or sloppy Joe, hungry game players can fill up on whatever taste strikes their fancy.

Just mark "King Me" on the burger menu and for an extra $5 you can have everything on it, creating an oversized masterpiece. Forget the arcade games, eating a "King Me" burger might be the evening's activity in itself.

For those looking for more of a snack, The King menu also has "build your own" fries, tots, or mac. Choose which of those three will be your base and then add to it a slew of condiments such as Sriracha, black beans, chorizo gravy, egg or even, once again, the "King Me."

Fried pickles, the king cobb salad and wings are also great options to feed your cravings as you battle your friends in foosball, Street Fighter II and Addams Family pinball.

Not looking to spend your evening vying for the title of video game master? Try the Back Bar Bingo, where guests can pay $1 for a mystery shot.

However you choose to spend your time inside The King, whether it be playing games, eating plates full of French fries and tots, or sipping on an ice-cold beer, its obvious that this new local hot spot has something for everyone.

"We just wanted to build a place where anyone can come relax and have a good time," said Woodbury.

TEE PEE
MEXICAN FOOD
PHOENIX
602-956-0178
4144 E. Indian School

Join us for Food, Football & Fun!
Watch ASU and U of A games on the PAC 12 network
Open 10am Sunday for NFL games
brunch available Saturday and Sunday

Fresh Seafood
FLOWN IN DAILY

"Top 5 Best New Restaurants"
-Phoenix Mag

LITTLE CLEO'S
Seafood ★ Legend
THE YARD
PHOENIX | ARIZONA
5632 North 7th St., Ste. 120 • (602) 680-4044 www.littlecleos.com

Professional musician and full time bartender tells all

Hey, *Bartender!*

By Amanda Savage

Full name: Nate Gullickson
Position: Bartender

Where was your first job?

My first "real" job was a summer job back when I was 15 years old. I had the opportunity to work at an apple orchard in a small town just outside the Minneapolis and St. Paul metropolitan area, where I grew up as a child. I loved it!

When did you get your start in the bar business?

Like some college students, I had a tendency to frequent a few local watering holes. When I decided I really enjoyed working in the industry, I applied for my first restaurant position. I was hired and the rest is history.

Where may have people seen you around town?

This is a great question! When I am not bartending at True Food Kitchen at the Biltmore location, [you can find me] touring as a professional musician. I have performed at many local venues such as Ak-Chin Pavilion in Phoenix, the Marquee Theater in Tempe and Joe's Grotto in north Phoenix.

Nate Gullickson

How do you spend your free time?

I really am just a homebody. When I am not working at True Food Kitchen or working on my music career, I spend time on the upkeep of my home and taking care of my five pets. I have two dogs, two parrots and a rescue cat. Most of them are named after famous musicians.

What's your guilty pleasure?

I'll have to come clean I guess! I cannot resist gummy candy. Yeah, yeah, I know they aren't the best thing health-wise for me, but that's why they are my GUILTY PLEASURE! Gummy bears, gummy worms, Sour Patch Kids – you name it, I want it.

What's a fact people might not know about you?

My initial move back in the mid '90s to the Phoenix area was to pursue my dream in becoming a professional golfer. I grew up on a golf course back in Minnesota and my lifelong dream was to play golf. However, when you can only play three to four months out of the year because of the weather, it takes a lot more work and commitment to compete with others that are able to play 12 months out of the year, like you can here in Arizona. I had a lot to learn when I moved here.

What is your favorite thing about being a bartender?

Plain and simple – our guests! The interaction I have with all the guests who frequent our Biltmore location is a job reward in itself. I have been with True Food Kitchen for six years now and the uniqueness of our guests is remarkable. I wake up everyday and enjoy what I do because I get to serve quality food to people who have become a part of the True Food Kitchen family, and they let me into their families. I wouldn't trade these experiences for anything.

If you could only pick three things that embody a great bartender, what would they be?

Being or becoming a great bartender is all about the personality. I've been doing this a while now and what I recommend is that you just need to be yourself. When people go out to eat or just want to sit back and enjoy a nice beverage, the last thing they really want to do is feel unappreciated or uncomfortable. One, be yourself! Two, truly care about the guest or guests sitting across from you at your bar and get to know who they are! Three, enjoy the atmosphere! Where else can you interact with so many different people, learn about them, and more importantly learn about yourself, while talking [with] your guests?

What's the oddest request you've ever gotten from a customer?

I have heard plenty of odd requests. From marrying their daughter, to watching their million-dollar homes while they are on vacation, to looking at their new tattoos – this is just the tip of the iceberg.

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's not the pick-up line that I tend to hear but it's the people talking after the fact who regretted not using the pick-up line. I can't count the number of times I have heard bar guests say, "If I only would've said hi or even talked to them." If you don't take the chance to talk to or "hit on" the person next to you, you might miss out on a great opportunity to get to know someone.

What's your go-to drink when you're out?

You can never go wrong with an old fashioned. It's not for every occasion, but it seems to just hit the spot when I want to relax and enjoy a special evening!

Where are some of your favorite local spots to hang out at (besides True Food, of course)?

If I'm not hanging out at one of the local live music venues in Phoenix, I really enjoy quality food along with great draft beers and great cocktails for my girlfriend. I've been known to hang out at Culinary Dropout in Scottsdale or my local Irish Pub in north Phoenix called The Dubliner Irish Pub & Restaurant.

What's your favorite cocktail from True Food?

Definitely the spontaneous happiness. We infuse a shochu liquor with fresh ginger and vanilla beans. Then we add St. Germain liqueur, fresh-squeezed lime juice and a touch of simple syrup to balance it out. It's garnished with a fresh lime and, voilá You have this amazing cocktail that just enlightens your mood – hence the name, spontaneous happiness.

LIVE LOVE ARCADIA

A vegan's guide to navigating Halloween candy

Veggie *Beat*

By Amanda Savage

Halloween is almost here – can you believe it? Before you know it you'll be with the extended family, around the dinner table celebrating the holidays.

Candy probably isn't something that first comes to mind when someone questions whether a product is vegan or not. Unfortunately though, animal ingredients pop up in many popular candy brands.

INGREDIENTS IN CANDY

Animal ingredients often sneak into candy, because companies are not required to list many animal derived ingredients specifically. Castoreum, for example, which is a flavoring extracted from the castor sac scent glands of the beaver, is grouped under general terms like "natural flavor or flavoring."

The FDA defines natural flavoring as "essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products or fermentation products thereof, whose significant function in food is flavoring rather than nutritional." You can find more information about natural flavorings at fda.gov.

Luckily, there are more direct animal ingredient listings in candy. Egg yolks are commonly found in taffy; milk is in most chocolates; animal shortening is in cookies and crackers; carmine (which we covered in August's column) is a red coloring derived from insects found in colored candies. It seems the ingredients list lays it out bluntly.

Although, there are two major animal ingredient offenders when it comes to candy:

Gelatin – Webster's New World College Dictionary defines gelatin as "the tasteless, odorless, brittle mixture of proteins extracted by boiling skin, bones, horns, etc." This is commonly found in gummy bears, Starburst, gummy worms, marshmallows and candy corn. Pectin is a common plant-based alternative.

Shellac and confectioner's glaze – "Shellac is the purified product of lac, the red, hardened secretion of the insect Laccifer (Tachardia) lacca Kerr," states drugs.com. Shellac is used in everything from furniture finish to vitamins and food. It promotes a shiny, hard surface. When it's added to foods, it carries many different names like confectioner's glaze or natural glaze.

Note that there are also many ingredients that can be plant or animal based, but they may not denote it on the label. It's safe to never assume, and to just get something else if you're unsure. Animal-Free is a free smartphone app and animal ingredient glossary, that makes searching for animal ingredients while you shop easy.

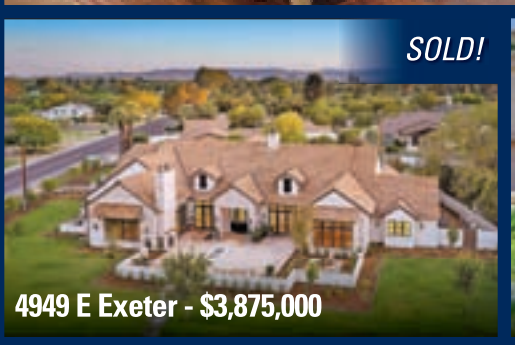
ACCIDENTALLY VEGAN CANDY

PETA, regardless if you believe in their message or not, has a lot of great resources for vegans. They have a guide called "I Can't Believe It's Vegan," that lists all different types of common foods that are accidentally vegan. Airheads taffy, Charms lollipops, Dots, Fruit By the Foot, Jolly Ranchers, Sour Patch Kids and Swedish Fish are among the dozens of candy options that are surprisingly vegan-friendly. Visit peta.org/living/food/accidentally-vegan/ for the complete list.

"HEALTHY" VEGAN CANDY

I traveled to Sprouts, Whole Foods and Trader Joes to see what kind of "healthy" candy options existed for vegans. I found that, by no surprise, that Whole Foods had the most to offer. YumEarth Sour Beans and Fruit Snacks, Panda Licorice, Annie's fruit snacks and 365 Fruit Strips were among my favorites from Whole Food's selection.

THE HENRY
THE GREATEST NEIGHBORHOOD RESTAURANT
OPEN DAILY AT 6:30AM - XV COFFEE BAR & LARDER
BRUNCH SAT & SUN 8AM – 3PM
HAPPY HOUR - WEEKDAYS 4PM - 6PM
4455 E Camelback Rd · Phoenix, Arizona 85018
602 429 8020 · TheHenryRestaurant.com



THE TEAM

4 ARCADIA REAL ESTATE

Russ Lyon | Sotheby's INTERNATIONAL REALTY

"Top 250 Teams in the Nation" — The Wall Street Journal

When buying or selling area real estate, know who's on your TEAM!

Lara.Broadrick@russlyon.com 602 628 7332
Rebecca.Clayton@russlyon.com 602 799 8229
Robin.Orscheln@russlyon.com 602 380 8735
Shawna.Warner@russlyon.com 602 743 7006

Benefiting Phoenix Children's Hospital

TheTeam4Results.com

Greek doughnuts are festival favorite for over 30 years

Arcadia's *Cookbook*

By Amanda Goossen

The 54th annual Greater Phoenix Greek Festival is this October and Arcadia residents are preparing to dazzle the community with their heritage and unique traditions.

On October 10, 11 and 12, the longest running, largest ethnic festival in the Valley will celebrate with Greek food, music, dancing, art and activities for children at the Holy Trinity Greek Orthodox Cathedral at 1973 E. Maryland in Phoenix.

Amongst the mass of people both attending and participating at the festival will be numerous families from Arcadia, including the Tsantilas, Stamis and Economopoulos families, who have worked hard at the same booth for over 30 years.

The patriarch of the Stamis family, Andy, along with his son Jonathan, his daughter Gerri Tsantilas and her husband,

Stacy Tsantilas, work with Christos and Dena Economopoulos to cook up one of the festival's most popular treats, Loukoumades.

Loukoumades are a Greek version of a doughnut. The small and sweet balls of dough are deep fried until golden and then soaked in, or drizzled with honey and sprinkled with cinnamon.

The two families cooking up these delicacies have worked for years to perfect their recipe and their intricate system of preparation.

Jonathan Stamis is now the doughboy, making buckets full of dough all weekend long.

Stacy Tsantilas is the fryer.

Andy has fine-tuned the recipe and keeps the Loukoumades machine running while the rest of the group works together to be sure the sweet treats are constantly available for the long line of fans.

"A crazy amount of people wait in line," said Gerri Tsantilas. "They stand and wait for us to dump the Loukoumades from the fryer. There is such a demand that sometimes we have a hard time keeping up."

With the Loukoumades machine, the speed is quickened. The machine, which looks like a large fryer with a mixer-type accessory attached, picks up the dough, breaks the dough into doughnut hole-sized pieces and then drops them into the fryer.

After five minutes, the workers check the balls of dough and turn them. They then let them cook for about another minute.

Syrup made of honey, lemon and cloves is then poured onto the treats and once they have a chance to soak, they are sprinkled with cinnamon.

The Loukoumades are always served warm and are often eaten by the handful.

And while this can be done without the machine, the complicated contraption helps make this much-desired dessert available to the masses who look forward to the treat at the festival.

To the families who have worked this booth for over three decades, it's their way of giving back to their church and to their community, in the best way they know how.

"When you come from a Greek family," said Gerri, "you cook, it's part of the culture."

For more information on the the 54th annual Greater Phoenix Greek Festival, go to: holytrinityphx.org

AWARD WINNING PASTRIES

MADE WITH LOCAL ORGANIC INGREDIENTS

JOIN US FOR BREAKFAST, LUNCH AND SOMETHING SWEET

ESSENCE BAKERY CAFE

3830 E Indian School Rd Phoenix AZ 85018
602-296-4958 • essencebakery.com

Best Catch in Town!

- Burgers, Dogs, Burritos!
- Scrumptious Fish & Chips!
- Fresh Breaded Onion Rings!
- Kid's Menus at Some Locations!
- Drive Thru/Take-Out Our Specialty!

WE'RE HAPPY TO SERVE YOU AT ANY OF OUR 8 CONVENIENT VALLEY LOCATIONS!

- 22 S. Mesa Dr, Mesa
- 1017 E. Apache Blvd, Tempe
- 1111 E. Buckeye Rd, Phoenix
- 2628 W. Van Buren, Phoenix
- 3920 S. Central Ave, Phoenix
- 4121 N. 44th St, Phoenix
  FAX: 602-952-9233
- 5516 W. Glendale Ave, Phoenix
- 9309 W. Van Buren, Tolleson

Pete's FISH & CHIPS INC.

Family Owned & Operated Since 1947

Need a menu? Visit our web site:
www.PETESFISHANDCHIPS.COM

GIVE YOURSELF A GAME 'BALL

OREGANO'S PIZZA BISTRO

OREGANOS.COM

By:
The Greater Phoenix Greek Festival

INGREDIENTS

LOUKOUMADES

- 2 packages dry yeast
- 4 cups lukewarm water, divided
- 2 teaspoons sugar, divided
- 4 cups all-purpose flour
- 1 teaspoon salt
- 1 1/2 tablespoons baking powder
- 1 teaspoon vanilla
- vegetable oil (for frying)

HONEY TOPPING

- 3 cups sugar
- 2 cups water
- 1 cinnamon stick
- A few whole cloves
- Orange and lemon slices
- 1/2 cup honey

PREPARATION

- Fill a large measuring cup with 1 cup warm water (120 degrees). In the cup, dissolve yeast packages and one teaspoon of sugar to activate the yeast. Mix. Cover with a plate and let rest until it doubles in size.
- In a large mixing bowl, combine the flour, salt, baking powder, vanilla, remaining 3 cups of warm water and dissolved yeast. Mix batter with electric mixer vigorously until batter is smooth.
- Cover batter with a folded cloth and leave in a warm place for approximately 1 1/2 hours and let the batter rise. Batter should double in size and have bubbles on the surface. (After 30 minutes stir down the batter and recover. Repeat the process after another 30 minutes.)
- Prepare honey. In a large pot, combine all ingredients except for the honey. Bring to a boil and cook for 15 minutes. Add honey, returning the mixture to a slight boil. Cool.
- In a large pot or deep fryer, heat oil to 350 degrees. If using a large pot, oil should be 2 inches deep.
- Dip a teaspoon in a glass of cold water and dip into batter. Utilize another small spoon to push the dough off the teaspoon and drop it in a small ball into the hot oil. (Drop 4 or 5 balls at a time, dipping spoons in cold water in between). They should float to the top right away. Turn each to brown evenly. Allow them to cook until golden brown. Remove each with a slotted spoon and drain on a paper towel.
- Place loukoumades on a plate and drizzle each with honey and cinnamon. Serve them hot and enjoy!

Local eateries score a touchdown with fan-tastic wings

By Amanda Goossen

Football season packs the bars and casual restaurants each fall with high-energy fans looking to cheer on their team. With many eager to enjoy finger food alongside their beer of choice, *Arcadia News* began thinking about local bar food. After asking around to friends and neighbors, chicken wings were the resounding favorite.

So we turned to Facebook for an unofficial vote and posted a question to our readers: Who has the best chicken wings in town?

The results were impressive. With 64 responses at the time of press, all but a few gave JT's Bar and Grill the prize.

Here is our rundown of the best wings in the 'hood.

JT'S BAR AND GRILL

Mention JT's and immediately someone in your vicinity will say, "Have you had the wings?"

I hadn't. And the overwhelming response of the fans was starting to get to me. How had I not tried something so beloved by so many people?

Not only did I try the wings last month, I devoured the wings. I tried every type and went back for seconds, thirds and fourths of each flavor variety. I went big and my life may never be the same.

Choose from mild, medium, hot, suicide, spicy, honey barbecue, teriyaki or the works! No matter which way you go, you score. The flavors are great but to me the winning element is the crispiness that somehow survives all that ooey-gooey sauce.

I go for spice and an abundance of flavor, so to me the works worked. And honey barbecue was the surprise hit with my guests.

THE VIG

What better place to hang on a Sunday afternoon, football fan or not, than The Vig? Relaxing, yet fun, this neighborhood hotspot is a crowd pleaser and on Sundays there is live music in the evening.

Although there are many items on The Vig menu that receive a high rating from the regulars, the chicken wings are at the top of the list. When I took one bite of the Thai sweet chili, I knew my waistline was in trouble. There was no way I could eat just one.

Choose from traditional, barbecue or Thai sweet chili and these scrumptious grilled wings will have you licking your fingers and asking for more.

OREGANO'S

Oregano's, the friendly neighborhood pizza joint, takes chicken wings in four different directions: wings of fire, Italian gold, garlic lime parmesan and barbecue.

(Top) JT's Bar and Grill has a variety of chicken wing flavors. (Right) Wings at The Vig.

Creativity and flavor put these wings on our list but the traditional side of me always goes for the barbecue. The sweet and savory punch of Oregano's own barbecue sauce is a tasty way to start a meal before devouring a giant pizza.

HONORABLE MENTIONS

Wally's, Loco Patron Scottsdale and Zipps.

ARCADIA COOKS

SLOW-COOKED BEEF ENCHILADAS

TRY IT OUT!

By Jenn Bare
Serves 8

INGREDIENTS

- 4 pounds boneless chuck roast
- 2 tablespoons oil
- 4 cups sliced onions
- 2 teaspoons salt
- 2 teaspoons black pepper
- 2 teaspoons cumin, ground
- 2-4 1/2 ounces canned peeled, diced green chilies
- 14 1/2 ounces canned peeled, diced tomatoes
- 8 large tortillas (10-12 inch size)
- 1 pound cheddar cheese, shredded
- 4 cups green or red enchilada sauce

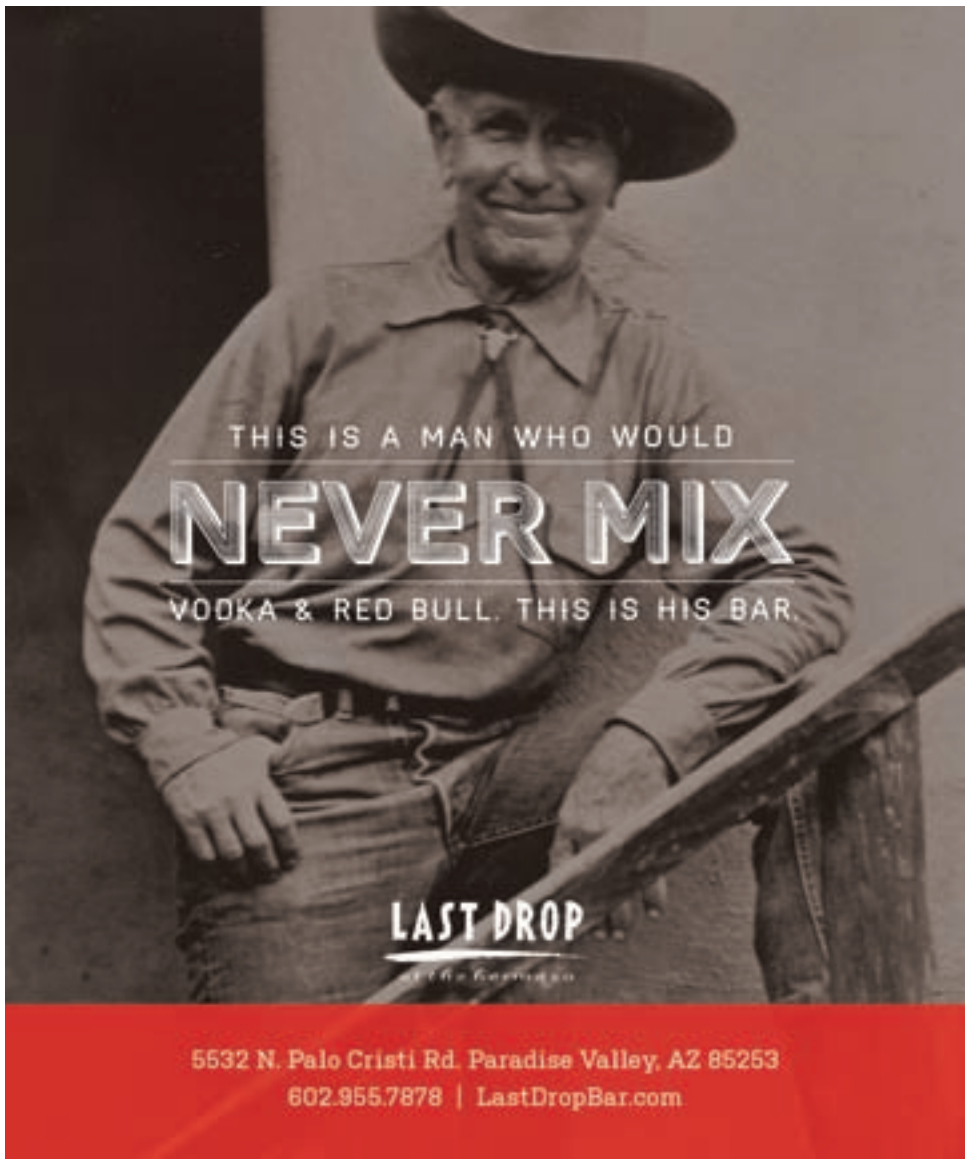
PREPARATION

- In a saucepan, brown roast on all sides in oil. Place roast in slow cooker.
- Add remaining ingredients except tortillas, cheese and sauce
- Cover. Cook on high for 4-5 hours.
- Shred meat with fork and return to slow cooker.

Serving suggestion: Warm tortillas in oven or between two damp paper towels in microwave. Heat enchilada sauce. Fill each tortilla with 3/4 cup beef mixture and 1/2 cup cheese. Roll up and serve with sauce.

Serve with sour cream and guacamole.

Variation: Use 2 pounds ground beef instead of chuck roast. Brown without oil in saucepan, along with chopped onions.



Your Dream Home Awaits

5161 E. Pasadena Avenue ***Offered at $1,550,000***

Voted Best Home on the Arcadia Camelback Tour, this spectacular estate is truly a dream home! Situated on nearly an acre at the base of Camelback Mountain with amazing views this beautiful 4,098 square foot, 5 bedroom, 4.5 bath estate with three car garage is located in the highly sought after neighborhood of Royal Palm Estates. It features a private gated entrance at the end of a cul-de-sac with a resort style pool and spa. An ideal home for entertaining, this large estate is move-in ready, features its very own private entrance to the Royal Palms Resort and has plenty of room to build a guest house. MLS 5108435. View more photos and drone video of this beautiful Arcadia estate at 5161.jebbert.com.

5119 N. 41st Street ***Offered at $948,000***

This is the quintessential classic Arcadia ranch style home! Situated on a very quiet cul-de-sac this 3,556 square foot, 4 bedroom + office/den, 2.75 bath home with 2 car garage sits on a 20,390 square foot lot and features a large lap pool and gorgeous views of Camelback Mountain. MLS 5106424. View more photos and drone video at 5119.jebbert.com.

4901 E. Calle Ventura ***Offered at $1,398,000***

New to Market. A beautifully remodeled residence located in the private and gated Arcadia Estates community. This 4,205 square foot 5 bedroom, 4 bath, 3 car garage home is the largest home in the highly coveted Arcadia Estates. Sitting on a 19,443 square foot lot, this home back up to over three acres of private park. Completed upgraded with new high-end stainless steel appliances, solid hard wood floors, granite counter tops and new interior and exterior paint with designer fixtures. A few minute walk to Hopi Elementary and Arcadia High School, shopping and dining. This is the best possible value for luxury living in Arcadia! Look for the properties website soon at 4901.jebbert.com.

HOMESMART

REALTOR® EQUAL HOUSING OPPORTUNITY

Jim Ebbert
480-298-4405
jimebbert@hotmail.com

Hopi learns about compost

By Christina Surrano

In an hour-long presentation last month, Hopi third-grade through fifth-grade students were educated about the important reasons behind the recently adopted lunch waste composting pilot.

J.D. Hill, co-founder of the local cooperating business, Recycled City, explained the importance of the soil cycle to the enthusiastic students who appeared to be genuinely excited about turning food back into dirt.

He explained that nutrients from the soil go into the plants, which create food, but only 60 percent of that food actually gets eaten. Ninety-five percent of that uneaten food is currently taken out of the nutrient cycle and ends up in landfills. However, all of that food waste could be composted and used to replenish the soil.

And that is exactly where the lunch food waste from every third Friday per month, for these select classes, will go. If the pilot is deemed successful, there is a possibility of expanding it to other grades and more days.

The compost will end up in the soil of Recycled City's community gardens located in a U.S. Department of Agriculture's designated food desert in downtown Phoenix.

According to the USDA, "Food deserts are defined as urban neighborhoods and rural towns without ready access to fresh, healthy and affordable food. Instead of supermarkets and grocery stores, these communities may have no food access or are served only by fast food restaurants and convenience stores that offer few healthy, affordable food options."

A large part of the greater purpose behind the efforts of J.D. and his partners is to empower people living in food deserts to create their own fresh, healthy food source.

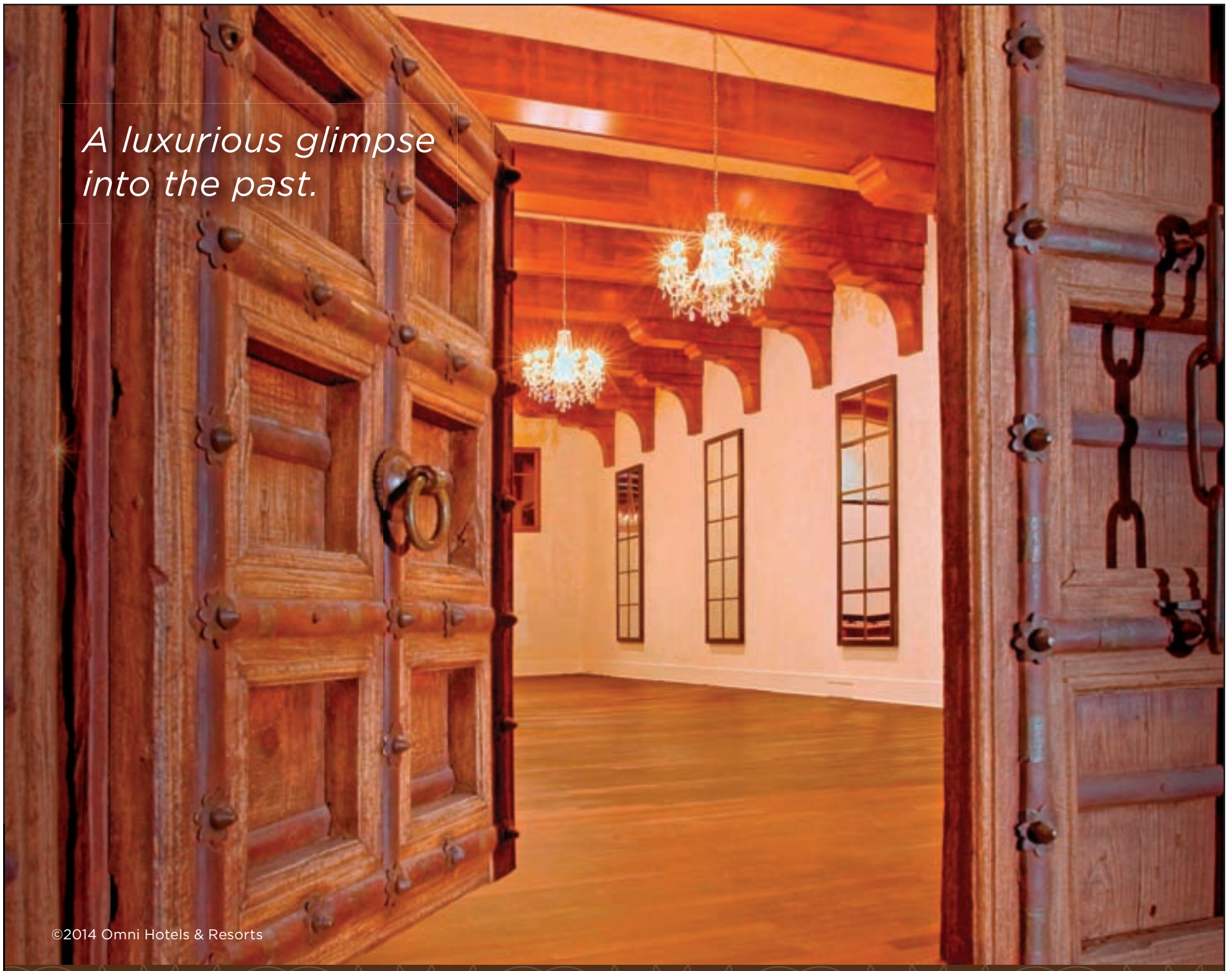
Because the students at Hopi have a better understanding of the program in which they are participating, they can feel proud about taking better care of the planet and others in the community by disposing of waste more responsibly.

NTK

PHOTOGRAPHY

Arcadia's Family Photographer

WWW.NTKPHOTOGRAPHY.COM
480.310.8956



©2014 Omni Hotels & Resorts

Take a worldly journey to Omni Scottsdale Resort & Spa at Montelucia, where a meticulous restoration is underway to further highlight some of our most storied features. Discover Spanish antiquities throughout the property from as early as the 16th century as you explore all the authentic details of our unique resort. Plus, enjoy new and reinstated traditions inspired by Spain's Andalusia region, including flamenco dancing, wine tasting, walking tours and an all-new menu at Prado restaurant. No passport required.

480-627-3200 • omnihotels.com/montelucia

OMNI® RESORTS
montelucia | scottsdale

Arcadia's professional storyteller shares her narratives

By Kindra Hall

Girl *Next Door*

I am a creature of habit.

In fact, I am more than just an accidental creature of habit. I love my habits. I live by them.

I can eat the pizzeria chopped salad at LGO every single day for six months and love every bite. I ride the same spin bike, at the same time, on the same mornings of every week and love it. And when Target stopped carrying the toothpaste I absolutely love, it took me a month to recover.

But most importantly, I love my coffee iced. Always. Whether it's 112-degree heat or Christmas morning, when it comes to my coffee there better be ice cubes in the glass and a solid layer of unmelted sugar at the bottom.

One of my fondest pre-parent memories is of my sweet husband, Michael, sneaking out to the neighborhood coffee shop just after sunrise and coming home with his hot coffee in one hand and my iced coffee in the other.

Yes, iced coffee is one of my most cherished habits. So you can imagine Michael's surprise one fall morning when, though I usually pretended to be sleeping when he snuck out of the house, I lifted my head off the pillow and asked if I could please have a hot coffee instead of my usual order. When he gave me a confused look I mumbled something about hot coffee and metabolism and went back to fake sleeping.

Michael returned shortly after and gave me my new order.

I took one sip.

Gross. It was too hot. It didn't have a crunchy sugar stockpile at the bottom. And actually, I really like straws.

Knowing I wouldn't be able to function without a proper amount of caffeine and knowing one sip wasn't going to cut it, I resolved to swing into the coffee shop on my way to the office to remedy the situation. No big deal, I thought. Lesson learned.

At approximately 8 a.m. that fateful morning, I walked into the bustling establishment filled with all the people of the neighborhood. I stepped up to the counter and nonchalantly asked for "the usual" from my favorite barista while waving across the room to my favorite attorney who was talking to my favorite real estate agent.

But when I turned back to the counter to hand over my $3.50, I was caught completely off guard. The barista was staring at me with an intense look on her face, a mixture of concern, confusion and speechlessness. I looked over my shoulder to see if a ghost or a man with a machete was standing behind me and

when I confirmed neither, I turned back to the gal behind the counter. She was still staring.

"Um. Is something wrong?" I asked.

"Oh, sorry! No." she said as she fumbled my clear plastic cup, snapping out of her trance.

I narrowed my eyes, suspicious. But with a growing line behind me, and not much time to spare, I decided to let it go. Just then, the barista spoke in a faux-casual tone, "Hey, Kindra. Um. So. Did you try a different drink or something this morning? I don't usually see you in here at this time." She held her breath as I rattled off something about hot coffee, metabolism and conspiracy. She only exhaled when I said, "Yeah, Michael thought it was weird too."

"Oh, thank GOD!"

The response was more dramatic than I expected. Judging by the sudden turning of heads in our direction, it was more dramatic than most of the patrons expected as well.

"I was so worried!" She shouted as the pace of her speech quickened. "Michael came in and got two hot coffees and I know you only drink iced coffee and I thought maybe he was bringing coffee to someone else! I thought maybe he was having an affair!"

The word affair echoed off the acoustically-advanced walls of the coffee shop as the entire place stopped. No whirring of blenders, no chatting of PTA moms, nothing. You could hear a stylus drop from across the room. Everyone – friends and strangers alike – stared at me, the wife whose husband may-or-may-not be having an affair based on the temperature of a beverage purchased earlier that morning.

"Um. No." I spoke slowly, still in shock. "I just wanted to try something new." And then, in a louder voice and rotating my head so everyone could hear, "Just wanted to try something new is all. No affairs. We're all good."

"Well, good!" The barista sighed. "Because I really like you guys."

I must say. It took me awhile to decide how I felt about what happened that morning. Part of me was a little upset. I mean, what if she really had discovered a horrible secret and then announced it to everyone north of Indian School Road?

But there was also a part of me who was relieved and a little grateful. It was comforting to know that, even where we least expect it, there are people in this community, more or less strangers, who care about us. People who are watching out for us. Our paths cross at random times and for random reasons, but still, there is that subtle sense that we're on the same team.

Now certainly, the barista could have expressed her caring in a different way, or at least in a whisper, but I appreciate knowing that the love, tactful or not, is there.

That incident was several years ago and much has changed. My favorite barista has moved on, Michael and I have had two children and lazy mornings of any kind are but a distant memory. But some things haven't changed – I still eat pizzeria chopped salads like it's my job, I still ride the same spin bike every morning, and I may never drink a cup of hot coffee again.

Because if I learned anything from that incident, as neurotic as my habits may be, I'm sticking to them – after all, my marriage depends on it.

Kindra Hall is an Arcadia resident, professional storyteller, and consultant. She helps companies and individuals craft effective stories.

SALE
FAN
SALE
FAN
SALE

FANTASTIC!

All Minka Aire Ceiling Fans NOW ON SALE

SALE
FAN
SALE
FAN
SALE

Hinkley's

Lighting Factory —Custom Lighting

HINKLEYSLIGHTING.COM

PHOENIX 4620 N. Central Avenue 602.279.6267

SCOTTSDALE 16049 N. Greenway Hayden Loop 480.948.8799

ENERGY STAR

Courtesy to the Trade

MARSHALL & SUSAN CHRISTY

Selling Arcadia & Surrounding Area Since 1984.

602.909.4208

Experience sets this award-winning team apart!

FEATURED PROPERTY

4002 E. ELM STREET, PHOENIX

IDEALLY SITUATED on EXCEPTIONALLY PRIVATE .41-ACRE CORNER LOT, this 4br/3ba, remodeled & upgraded in 2004, features 554-sq. ft. casita, sparkling pool, 3.5-car garage & more!

RECENTLY CLOSED by the Christys

3350 N. 60th St. • 4634 N. 42nd Pl. • 6175 N. Hogahn Dr. • 6109 E. Cambridge • 4117 E. Coolidge • 11154 E. Verbena • 4545 N. 42nd, #2 • 4097 E. Campbell • 4244 N. 35th Pl. • 8101 N. Central, #1 • 6506 N. 29th St. • 4010 E. Patricia Jane • 3846 E. Devonshire • 4017 E. Patricia Jane • 8713 E. Rancho Vista

CALL FOR UPCOMING LISTINGS!

Marshall and Susan CHRISTY
Client Focused. Results Driven.

REALTY EXECUTIVES

www.ChristyRealty.com

NOVA HOME LOANS

EMPIRE WEST TITLE AGENCY

Anne Kanelopoulos
Senior Loan Officer, NMLS#205733
BK 0902429 | NOVA NMLS#3087
Direct: 623.341.1395
Team Line: 480.382.2066
AnneK@novahomeloans.com
www.ateamloans.com

Steven Rust
Business Development Sales & Marketing
4808 North 22nd Street, Ste. 100
Phoenix, AZ 85016
Phone: 602.327.1525
srust@ewtaz.com
www.ewtaz.com

Driving alternative for ASU

By Sarah Stecko

Arizona State University is offering yet another alternative to driving your own car. It's not a shuttle bus or a taxi. Like Dorothy did with her red slippers, you "tap, tap, tap" an app on your phone and RubyRide will take you home.

"RubyRide is not competing against cab services like Uber or Lyft – it's competing with the car owner," said Elissa Villicaña, general manager and marketing director at RubyRide.

RubyRide has partnered with ASU to provide reliable and unlimited rides to anyone near the campuses who may benefit. This includes students, staff and alumni. Grand Canyon University is also in collaboration and the future plans are to include community colleges.

Other than eliminating the stress of purchasing a pricey parking pass or even finding a spot to park, its main purpose is to minimize traffic congestion and pollution. One RubyRide takes nine vehicles off the road, according to the RubyRide website.

Subscribers have the convenience of ordering a ride via the Internet or on their phone app. Reoccurring trips, such as those aligned with class schedules can be programmed so the passenger doesn't need to make a request each time.

It's available seven days a week from 6 a.m. to 3 a.m. With these hours, it's even open to drive the subscriber to tailgate parties and bars within a five-mile radius.

There are cars to accommodate up to four people and the largest seat seven. So, subscribers' friends can come along for the ride, too.

The cars are not currently bike-friendly. However, in the next stages that will unfold soon, installing bike racks will be considered.

A subscription for the semester, August 14-December 20, is about $1,200. One month is $299. A trial period of one week is also available for $90. And unlike a regular cab, tipping is not strongly pushed because each driver is paid an hourly rate.

Villicaña, a former ASU student and public transportation commuter to classes, says, "What's important to RubyRide is enabling a great student life experience."

GINGERBREAD OPEN HOUSE

FOR PRE-K, KINDERGARTEN & FIRST GRADE PROGRAMS
WEDNESDAY, DECEMBER 3, 9:00-11:00am

CAROLS AND CRAFTS

Parents and children are invited to:

- Meet the faculty
- Make new friends
- Learn about our academic, spiritual and differentiated learning curriculum
- See how faith and service inspires community responsibility and leadership
- Experience the multidisciplinary education students receive to meet the expectations of the 21st century
- Ask questions

Call today to reserve your space at the Open House. We look forward to meeting you!

SAINT THOMAS THE APOSTLE
ROMAN CATHOLIC SCHOOL

Mary Coffman, Principal • Fr. Steve Kunkel, Pastor
4510 N 24th Street, Phoenix 85016
602.954.9088 • www.staphx.org

SUSD's Quest for the Best

Former Vice President Dan Quayle was honored by the SUSD.

The 2014 Scottsdale Unified School District (SUSD) Foundation's Quest for the Best Gala, held September 6th at the Hyatt Regency Scottsdale Resort and Spa at Gainey Ranch not only recognized previous SUSD students, former Vice President Dan Quayle and Dr. Michele Mitchell, but it also recorded net proceeds of more than $50,000! As a result, Vice President Dan Quayle, best known for his career in public service and as the 44th vice president of the United States, joined Dr. Michele Mitchell, a two-time Olympic silver medalist in platform diving, as the 2014 inductees into the SUSD Foundation's Hall of Excellence.

Developed to showcase the great academic, athletic, scientific and artistic achievements of SUSD and its alumni, the event was developed to honor graduates each year who have excelled in their respective fields and whose achievements reflect admirably upon the district

"We are extremely appreciative of the opportunity we had to recognize Vice President Quayle and Dr. Michele Mitchell at our inaugural event," said SUSD Foundation Chair Price Nosky. "We also recognized two students, teachers and principals also excelling in political science and athletics. By honoring individuals from different fields each year, we will have the chance to showcase the diverse paths to greatness that can emerge from the educational and extracurricular activities that make the SUSD a destination school district," said Nosky.

The 2014 honorees for political science and leadership included Arisbeth Covarrubias, a student at Arcadia High School.

Helping Buyers and Sellers Find their Dream Home

I have lived in Arcadia for over 13 years and have longtime connections at Hopi, Ingleside, Arcadia High School, Arizona School for the Arts and Prince of Peace preschool and church. I live, breathe and run in Arcadia every day!

Emily Whitwell
480-216-1443
Emily.whitwell@bhhsaz.com
www.emilywhitwell.com

BERKSHIRE HATHAWAY HomeServices
LUXURY Collection

PAID ADVERTISEMENT PAID ADVERTISEMENT

Cox is first to offer Valley residents gigabit speeds – coming this fall

Gigabit speeds will soon be heading to Cox Arizona customers.

Cox Communications continues to lead the market with the introduction of 1G (gigabit), super-fast Internet speed coming to Valley residents beginning this fall. Construction has already begun across the Valley, and residents at Mark Taylor's new San Travesia luxury apartment complex in south Scottsdale will be the first customers able to download a movie in one second and 100 songs in three seconds with 1G Internet speeds from Cox in October.

"We are excited about our road map to offer gigabit speeds to all of our residential customers across Arizona," said Susan Anable, Cox Communications public affairs vice president in the Southwest region.

Offering these gigabit speeds involves optimizing equipment and upgrading Cox's network throughout the Valley. In the months to come, Cox will continue upgrading the network across the Valley until 1G is available to all residents in the Phoenix metropolitan area.

In the last 10 years, Cox has invested more than $15 billion in its communities through infrastructure upgrades to deliver video, phone and high-speed Internet service to homes and businesses in the company's service area.

"Thanks to our Arizona customers, Cox has been the largest Internet service provider in the state for more than 15 years. Millions of customers rely on the 3,200 Cox employees in Arizona each day for personal communications, commerce, education and entertainment," said Anable. "Cox takes their trust seriously, and we will continue our investment and delivery of the fastest Internet speeds in the market."

Local Arizona partners such as Scottsdale School District and TGen are already benefiting from gigabit speeds from Cox Business.

Introducing gigabit speeds to residential customers is a natural next step for Cox's continued push to deliver faster speeds to Arizona customers. Cox has increased the speeds of the most popular packages, making them 16 times faster in the past 13 years alone.

"Cox has consistently and aggressively increased its investment in its broadband network, powering economic growth and development for businesses, residents and our state overall. It is not a surprise to see that it is continuing this commitment to Arizona by expanding gigabit services to our residents," said Todd Sanders, president and CEO of the Greater Phoenix Chamber of Commerce. "Arizona is fortunate to have a committed partner like Cox to help us continue to grow and prosper."

Also coming this fall are Wi-Fi hot spots where Cox customers can tap into Wi-Fi in high-traffic public areas such as restaurants, malls, parks and sports arenas throughout the Phoenix Metro area. Additionally, through the company's partnerships with other cable companies, Cox customers can access 250,000 Wi-Fi hot spots across the country as they travel.

To learn more about Cox's gigabit speed, visit: www.Cox.com/GigLife.

ARCADIA Home & design

WANT TO PROMOTE YOUR BUSINESS TO ARCADIA HOMEOWNERS?

We invite you to be a part of a special pull-out section in the November issue of the Arcadia News featuring home-related editorial and a go-to guide for Arcadia's discriminating homeowners.

Enjoy savings up to 25% for home-related businesses!

ONLY $575 | 1/4 page ad at the 3x rate
1/2 price color discount

Hurry!
The deadline for the November issue is:
TUESDAY, OCTOBER 14TH AT NOON.

Contact Donna Wirtel at
donna@arcadianews.com for more information.

ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

Patrick Kitchens and his mother at Cannon Beach in Oregon.

Work takes local Arcadian all over the United States

Where's the *Neighbor?*

By Kaley Kalil

Patrick Kitchens, a proud Hoosier hailing from Bloomington, Indiana, has called the Arcadia area "home" for over two years now.

"Being from the Midwest, I grew up surrounded by trees, grass, agriculture, etc. I like that the Arcadia area is very green," Kitchens said.

Kitchens is a business development manager for ABB Group Solar, and generally travels two weeks out of each month to attend conferences and meet with customers. He enjoys getting out of Arizona and traveling to cities he has never visited.

"I also get to see my work colleagues that are located remotely when I travel that I don't see on a regular basis," he said.

However, Kitchens is not particularly fond of how business travel takes him out of his routine, making his healthy eating habits more difficult and falling behind on daily life errands all too easy.

Kitchens recently attended solar industry conferences in Boston and San Francisco.

In San Francisco, he enjoyed a run through Fisherman's Wharf and up Knob Hill, as well as gift shopping at a local gallery called Local Take.

"When I travel, I enjoy running through cities," Kitchens said.

"It allows me a quick look of the city and a way to experience it differently. Whenever I travel, especially on the coasts, I try to eat fresh and local. So, that usually translates into seafood."

Kitchens recommends Island Creek Oyster Bar in Boston and The House of Prime Rib in San Francisco.

With all of the travel he does for work, Kitchens does manage to squeeze in pleasure travel here and there. He

recently took a trip to Portland, Oregon to visit his mother and enjoyed a weekend with friends in Rocky Point, Mexico, where they attended a Roger Clyne and the Peacemakers concert.

"We also hung out at the Fish Market and drove up Competition Hill in my buddy's Jeep," Kitchens said.

"Rocky Point has a pretty relaxed vibe, and I enjoy that. I would absolutely go back to Mexico. Add one Roger Clyne concert at your own risk."

In Oregon, Kitchens and his mother enjoyed a day at beautiful Cannon Beach.

One destination high on this Hoosier's list is to visit Sequoia National Park in California, about a three and a half-hour drive east of Fresno.

"My all-time favorite, special place. It's been over 20 years since I have seen those trees," he added nostalgically.

Kitchens also plans to, one day, begin exploring the entire Mediterranean coast via multiple trips.

A piece of travel advice from this seasoned traveler?

"A wise man once told me to never leave home without my swim trunks. Ever. Words I live by to this day."

Traveled lately? Tell Kaley via email: kaley@arcadianews.com.

2013 TONY AWARD WINNER FOR BEST PLAY!

ARIZONA PREMIERE

VANYA and SONIA and MASHA and SPIKE

OCTOBER 9 – OCTOBER 26, 2014

by **Christopher Durang**
directed by **Joel Sass**

"THE THEATER ERUPTS IN BOOMING GUSTS OF LAUGHTER THAT PRACTICALLY SHAKE THE SEATS."

– Charles Isherwood, *The New York Times*

ARIZONA THEATRE COMPANY
THE STATE THEATRE

PERFORMING AT THE HERBERGER THEATER CENTER
ARIZONATHEATRE.ORG | 602-256-6995

CREDITS - Top: Suzanne Warmanen, Isabell Monk O'Connor and Charles Janasz. Right Bottom: Charles Janasz and Ali Rose Dachis. Photos by Joan Marcus.

Completed June 2014

SRJ BUILDING QUALITY HOMES
Designs for Comfortable Family Living

Unique Personal Details on All Projects

Coming Soon

Scott R. Jung, General Contractor
LICENSED - BONDED - INSURED ROC# 264168
3605 N. 44th St., Phoenix, AZ

SRJ Development

602.224.9899
SRJbuildsit@cox.net

Highclere Castle is only open to the public a limited amount of days each year.

UK trip to Downton Abbey

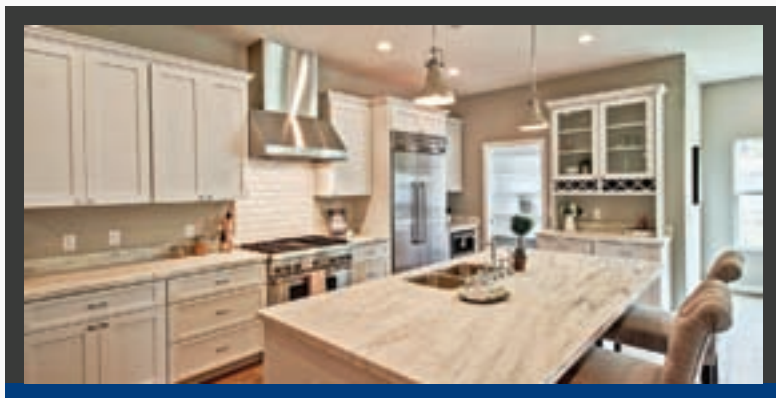
By Jean Hodgson

Retirement *Now what?*

If you are one of the many fans of the PBS series Downton Abbey, you will identify with our disappointment when the visit we had booked last summer to Highclere Castle, where the show is filmed, was cancelled. Not to be easily discouraged, as soon as the dates for a 2014 reservation became available, we again made the arrangements to include this tour as a final stop on a trip to the UK.

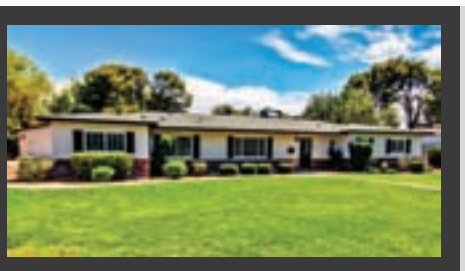
On August 15, just a few days away from our visit to this historic site, I was on a train reading an article in the Scottish

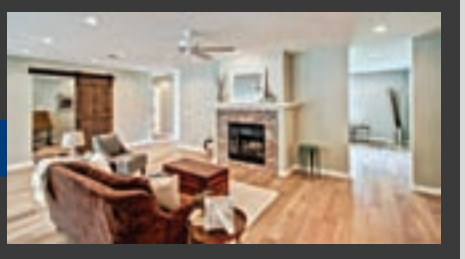
Continued on page 55

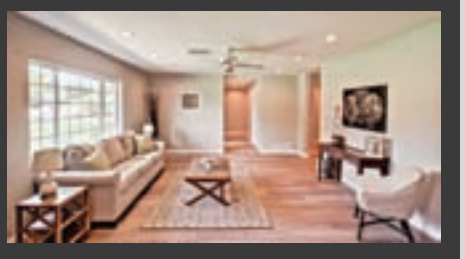


LUXURY REMODEL IN BILTMORE AREA!

1821 E ROSE LANE | $779,900
4 Bedrooms + Office | 3 Bathrooms | 3,216 Sq. Ft.
14,802 square foot lot, large outdoor patio, great room with fireplace, formal living room, and an amazing split floor plan. The home features Thermador commercial grade appliances, custom shaker cabinets with white marble countertops, high-end chrome fixtures, light oak hand-scraped engineered wood flooring, and more!







COMING SOON

3610 E MEADOWBROOK AVENUE | $849,900
4 Bedrooms | 2.75 Bathrooms | 3,020 Square Feet

COMING SOON

5431 E ROCKRIDGE ROAD | CALL FOR PRICING
Acre+ Lot | 4 Bedrooms | 4,242 Square Feet

PATRICK BURCH | 602.430.2032 | PATRICK@GORILLACAPITAL.COM | GORILLACAPITAL.COM

GORILLA CAPITAL

Gorilla Capital purchases properties with cash, requiring no concessions, inspections, or repairs, and then renovates them into remarkable homes. If you or someone you know is interested in Gorilla Capital and what we can do for you, contact Patrick today!

BUY remodel SELL

Abbey

Continued from page 54

edition of the *Daily Express* that began with these words, "Downton Abbey's fifth series gets off to a dramatic start when a bedroom fire threatens to burn down television's most popular stately home." Oh, no. Was another cancellation in our future?

Spoiler alert: The show does not go up in smoke.

Even though American viewers do not see the new season until January, it airs in the United Kingdom beginning the middle of September. This fifth season is set in 1924, the Roaring '20s, and begins with the 34th wedding anniversary of Lord and Lady Grantham. One reviewer said the fourth season was too dark for many fans, so this one will be lighter with more laughs. A word of advice: stay away from the Internet if you don't want to know ahead of time what happens. But be assured that scenes that include fire are filmed at a movie set and not at Highclere.

Our experience visiting Highclere was well worth the wait, and you don't have to be a fan of the television series to appreciate this magnificent family home that is often described as "the finest occupied Victorian mansion in England." It is the home of the 8th Earl and Countess of Carnarvon and has been the seat of the Carnarvon family for over 300 years. A tour guide explained that now the family actually lives nearby on the estate because Highclere has become a business. On the limited days when the castle is open to the public, as many as 1,500 visitors tour the home and gardens. The income from this, as well as the television series and special events, helps support this vast estate.

We began our visit by walking through the home, which guests can do at their own pace. Staff members were located in the main rooms to give brief presentations and answer questions. Family photos of the Carnarvon family throughout the house added a personal touch. Signs in some of the rooms identified how they are used in filming Downton Abbey episodes.

The television series doesn't prepare a tourist for the other two features of this visit. Highclere Park and Gardens have existed since medieval times, and landscape architects have created a breathtaking outdoor experience that visitors are free to explore.

The other major attraction to this site is the Egyptian Exhibition. It was the 5th Earl, with his colleague Howard Carter, who discovered the Tomb of Tutankhamun in 1922. Authentic artifacts and reproductions, as well as the interesting history of the excavation, are housed in the lower level of the home, and are definitely a highlight for visitors.

Sometimes when you visit a historic location, you feel like you are stepping into a movie set – and in this case it was literally true. I know that our Sunday nights in January watching a favorite program will never be quite the same experience. We may be sitting in our living room, but part of us will be at Highclere!

Christa and Jean ready for the season premier in January.

Address Books Air Fresheners Alarms & Protective Devices Albums Antenna Accessories Antibacterial Products Antimicrobial Enhanced Products Apothecary Jars Aprons Arm Bands Art Supplies Ashtrays Auto Accessories Auto Dash Accessories Auto Dealer Awards Badges Balloons Bandages Bandanas Banners Bar Supplies Barrettes Bathroom Accessories Beauty Products Bibs Bicycles Binder Accessories Binders Binoculars Blackboards Blankets Boards Book Covers Book Ends Book Lights Book Racks Bookmarks Books Boomerangs Boots Bottle Holders Bottles Bowls Boxer Shorts Boxes Bracelets Breath Fresheners Briefcases Brushes Business Card Holders Business Cards Calculators Calendars Cameras Camping Canopies & Awnings Cans Canteens Cap & Hat Accessories Caps & Hats Caps - Bottles & Cans Carabiners Carafe Sets Carafes Cards Carriers - Misc. Carts Carving Sets Cases Cassette Players Catalogs & Catalog Sheets Certificate Holders Certificates Chairs Chalk Champagne Charts Checkbook Covers Cheering Accessories Chewing Gum Chimes Christmas Decorations Cigar & Cigarette Accessories Cigarette Holders Cleaners Clipboards Clipholes Clippers Clips Clocks Clothing Clover Specialties Coasters Cocktail Mixers & Shakers Coffee Coffee Pots Coin Holders Coin Purses Coins, Tokens & Medallions Coloring Books & Sets Combs Compact Disc Players Compact Disc Specialties Compact Discs Compacts Compasses Computer Accessories Computer Software Cookie Jars Cookies Corkscrews Cosmetic Bags Costume Jewelry Crayons Credit Card Holders Crowns Cups Curtains/Draperies/Shades Cushions Custom Made Products Cutters Cutting Boards Data Banks Date Books Decals Decanter Sets Decanters Decorations Desk Pad Backs Desk Pad Base Accessories Desk Pad Sets Desk Pads Desk Sets Diaries/Journals Diary & Phone Index Books Dice Dictionaries Dictionary Stands Disc Golf Discs Display Boards Display Stands Dog Tags Dolls Domes Doorstops Drawer Liners Drawing Instruments Drink Stirrers & Sticks Duffel Bags Dustpans Ear Plugs Earmuffs Easels Electric Outlet Protectors Electric Shavers Electronic Devices Embedded Specialties-Custom Made Embedments & Embedment Accessories Environmentally Friendly Products Erasers Exercise & Fitness Extension Cords Eyeglass Accessories Eyeglasses - D Fans Fasteners Fax Machines & Equipment Figurines Files Fire Extinguishers Fireplace Accessories Flag Accessories Flags Flashlights Flying Saucers & Discs Flyswatters Foam Novelties Folders Food & Beverages Foods Fruits Funeral Director Products Funnels Furniture Game Parts Games Garment Bags Garters Gauges Gavels Gift Baskets Gift Cards Gift Collections Gift Wrap Glasses - Drinking Globes Gloves Glow Products Goggles Golf Accessories Golf Bags Golf Balls Golf Clubs Golf Putters Golf Tees Gravy Boats Greeting Cards Grills Grippers Grocery Aids Gun Accessories Guns Miscellaneous Hair Accessories Hair Brushes Hair Care Halloween Decorations Hammocks Handkerchiefs Handles Hardware Tools Headbands Headphones Health Products Heat Transfers Heaters Holders Holograms Holsters Hooks Horseshoes Hose Specialties Hoses Hotel Amenities House Amenities Humidifiers & Dehumidifiers Humidors Ice Buckets Ice Cube Trays Ice Picks & Crushers Ice Scrapers ID Holders Incense & Incense Burners Index Guides Inflatables Inflators Ink Insect Repellents Ironing Accessories Jackets Jars Jewelry Jewelry Boxes Jugs Kaleidoscopes Key Cases Key Holders Key Reels Kites Kitchen Accessories Kites Kits Knives Labels Laminating Machines & Supplies Lamps Lanterns Lanyards Lapel Pins Lawn & Garden Accessories Leis Lenticular Letter Openers Letters, Numerals & Symbols Library Sets License Plate Frames Light Bulbs Lighters Lights Lint Removers Lip Balm Lipsticks & Lipstick Holders Liquid Motion Products Luggage Luggage Tags Lunch Boxes/Kits Magnets Magnifiers Mail Boxes Manicure Tools Maps & Atlases Marbles Highlighters Markers - Misc Masks Massagers Match-Folder Specialties Matches Mats Mats Measuring Devices Measuring Spoons Medals Medical Information Products Megaphones Membership Memo Pad & Paper Holders Memo Pads & Cubes Menus & Menu Covers Messenger Bags Miniatures & Replicas Mirrors Mitts Mobiles Money Money Clips Money Converters Mouse Pads Movie/Cardboard Products Mugs Mugs & Steins Music Boxes Musical Specialties Nameplates Napkin Rings & Holders Napkins Necklaces Nets Newsletters Newspaper Specialties Noisemakers Novelties-Adult Office Supplies Openers Organizers Ornaments Packaging Pads Page Protectors Paint Pajamas Palms PDAs Pamphlets Paper Specialties Paperweights Parking Permits Party Favors Patches Pedometers Pen & Pencil Accessories Pen & Pencil Holders Pen & Pencil Sets Pencil Cases & Boxes Pencils Pens Pepper Mills & Pepper Mill Sets Performance Apparel Pet Accessories Photo Cards Photographic Accessories Physical & Therapeutic Pillows Pins Pitchers Sets Pitchers Place Mats Planters Plants Plaque Accessories Plates Playing Cards Pocket Protectors Pocket Secretaries Pointers Poker Chips Polishers & Dusters Portfolios Post Cards Pot Holders Potpourri & Sachets Pouches Printing Prisms Promotion Protectors Puzzles Radios Recorders Recycled Products Recycling Refrigerator Magnets Rubber Stamps Rugs Rulers Safety Products Salad Sets Salt & Pepper Shakers Scales Scarves Scissors & Shears Scoops Scrapers Scratch Off Ca

BRANDING & PROMOTING YOUR BUSINESS STARTS HERE

Imprint your name and logo on promotional items.

Spread the word and expand your brand.

Thousands of items and options.

Grow your business!

Jade Promotions, LLC

800-887-5275 • http://jadepromo.net

Call for a free catalog or see options online!

ARCADIA NEWS TEACHERS we love

Do you know a teacher who really makes a difference?

It's easy to recognize and nominate your favorite teacher for Teachers We Love! Just fill out this form and mail, fax or drop it by our office.

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

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

Teacher/Administrator Name: _____

School Name: _____

Your Name: _____

Your Email Address: _____

Your Phone Number: _____

How does this person make a difference? _____

Send Entries to:

Teachers We Love

c/o Arcadia News
3850 E. Indian School Rd., Phx, AZ 85018
or fill out a nomination form online at:
arcadiadaily.com/teachers.pdf

Winning teachers will receive special gift certificates to Fox Restaurants and Salon Sandoval!

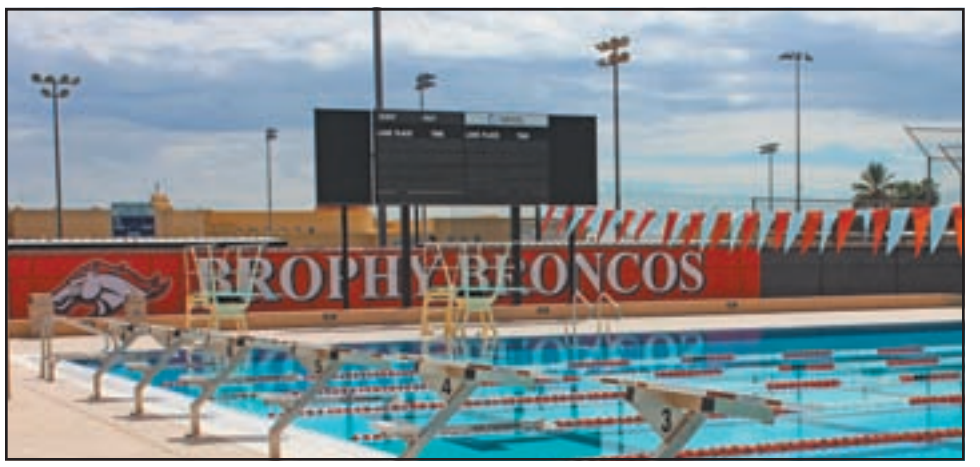
THE HENRY — Salon Sandoval

It's here! The all-new 2015 GLA250 4MATIC® makes every trip an adventure with this muscular and versatile compact SUV. With advanced aerodynamics, striking design details and an exceptional starting price of $33,300*, it is everything you want and more. A modern four-cylinder engine with turbocharging and direct injection, as well as an ECO start/stop function are all standard, which makes for superior efficiency. This is a vehicle you *must* test drive. Call me today.

**MSRP excludes all options, taxes, title, registration, transportation charge and dealer prep.*

Tino Ferrulli

Mercedes-Benz
TeamTinoFerrulli
480-748-4810
teamtino@mb-scottsdale.com
Mercedes-Benz of Scottsdale
4725 North Scottsdale Road • Scottsdale, AZ 85251



Olympic-size pool at Brophy

By Kassidy McDonald

The beginning of August marked Brophy College Preparatory bringing their pool back to campus after 15 years, just in time for the start of a new swim season. The Olympic-sized swimming pool opened on August 11, 2014 and is located at Brophy's campus on Seventh Street and East Highland Avenue.

With over 808,000 gallons of water, the construction of the pool was no small feat with the design process beginning well over a year ago and construction breaking ground five months before its completion. The final piece was added to the pool on July 7, a 160,000-pound bulkhead installation. The bulkhead is a platform in the middle of the pool set up to configure the pool to make it Olympic size or fit it for dive meets. The swim area is 7 feet 6 inches deep and features two diving boards and a pool house, which include brand new locker rooms, storage, offices and a classroom.

Up until this year, Brophy and Xavier College Preparatory used the Phoenix Swim Club on 28th Street and Campbell for working out and practice. Brophy has invited their sister school, Xavier to work out with them, and Camelback and Central high schools to use the facility as well.

Brophy swim coach Pat O'Neill stated, "I'm very excited to start practice with our amazing new swim facility and we are working hard to have a successful season." The Brophy swim team has won the state championship for the 25th time in a row and 35 times over all.

According to Brophy's athletic page, the pool is just one completed phase in the bigger picture to revamp their athletic facilities. With the completion of the pool, renovation of the Brophy football and soccer field, there are still plans in place to remodel the basketball, wrestling and weight room.

If you would like to donate to Brophy's sport facilities go to brophyprep.org.

CA$H FOR CARS
ALL Cars/Trucks WANTED!
Running or Not!
Damaged/Wrecked...OK!
FREE pick-up and towing!
Sell your car in 60 seconds!
CALL NOW FOR A FREE GUARANTEED OFFER!
1-888-524-9668
www.cashforcar.com

Teacher awarded funding

By Sarah Stecko

Teachers aiming to obtain a higher education have been applying for the James Madison Memorial Fellowship Foundation scholarship since the 1980s. Last April, one deserving teacher and longtime Arcadia resident, was awarded $24,000 to further her education.

Karin Nelson Cummings, who formerly taught at Arcadia High School and now teaches at Sunnyslope High School in Glendale, is the 2014 representative for Arizona and will be granted the stipend for graduate study. Cummings had applied for the fellowship previously and was runner-up twice. She says third time was the charm.

"It's a real honor to receive this award," Cummings said. "I am just thrilled."

Cummings currently teaches subjects in the social studies department to seniors, especially honors and AP-level classes. She also teaches classes offered for college credit, to further encourage higher education.

"My students are very excited for me [continuing my education]," Cummings said. She tells them, "I'm just like you are!"

The purpose of the award is that the recipient gains a deeper understanding of constitutional government, which they then transmit to their students, according to the James Madison Foundation website.

Former Arcadia High Teacher, Karin Nelson Cummings.

Per the scholarship, Cummings elected to complete the American history and government study master's program at Kaplan Career Institute, which includes 32 credits. She has already taken two courses this past summer at the university just outside of Cleveland. Her plan is to finish in three years by taking online courses during the school year, one per semester.

Cummings admits it was a very competitive fellowship to land, but she always tells her students they'll succeed as long as they put forth the effort.

For more information on the James Madison Memorial Fellowship Foundation, visit: jamesmadison.com.

SOFT CONTEMPORARY IN THE HEART OF ARCADIA

One of a kind open floor plan lends itself to comfortable family living and elegant entertaining. 5875 sq ft, 5 Bedrooms, 4.5 Baths, Library, Exercise Room, Basement and game room. Family room has full bar for the most discriminating entertainers! Soaring windows in Living and Family room showcase the amazing backyard. Chef's kitchen includes New SubZero Refrigerator, 2 Dishwashers, New Dacor Double Ovens and Range. Oversized pool, Manicured gardens, outdoor kitchen, Ramada for dining and built in fireplace make this backyard come alive for parties! Maintained to perfection, this home is perfectly sited on lot with views of Camelback Mountain! Offered at $1,659,000.

TOP 5% OF ALL COLDWELL BANKER AGENTS NATIONWIDE

Recently Sold/Brought the Buyer:

6944 E Earll • 6242 E Lafayette • 6100 N 54th Place
10202 N 109th Way • 7321 E Sierra Vista
5635 E Lincoln Dr • 5128 E Calle Del Sol
4130 N Paradise Way • 4430 N 35th St
5028 N 34th St • 6847 E Lafayette
6408 N 27th St • 1040 E Osborn...To list a few.

DEBBIE FRAZELLE, ABR

602.954.6888 Office • 602.399.8540 Cell • 3113 East Lincoln Drive
bestarizonahomeinfo.com • dfrazelle@cox.net

COLDWELL BANKER

6326 E. Avalon

Golden Keys... Near 61st & Thomas. 2 Bd., 2 Ba., + Den. – 2300 Sq. Ft., Single Level Townhome
$315,000

5929 E. Indian School

IN ESCROW!

Arizona Country Club... looking onto the 15th Green and across the Golf Course. 1/2 Acre + Lot. Ideal for remodel or build your dream home. **$699,000**

6952 E. Lafayette Blv

SOLD!

Villa d'Este Community... 2 Bd., 2 Ba., 2200 Sq. Ft. Townhome – Original Owner/Condition
$365,000

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

"It is very difficult to understand the meaning of full service representation until you have lived it as I have. Susan is on top of absolutely everything imaginable so that you don't have to. This allows for you to spend your time elsewhere, stress free of real estate transactions. Again, you must experience it to understand the difference between Susan and all of the others. After Susan, the others appear clone like, humdrum and very commonplace or average at best.

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

COLDWELL BANKER
RESIDENTIAL BROKERAGE

We can sell your home too...

Susan Tibbets
Associate Broker, REALTOR® SFR Certified
Office: 602.463.7000
E-mail: susantibbets@gmail.com
Web: www.ArcadiaHomes.com

SOLD!

YOUR PERFECT PARTNERS
SUSAN TIBBETS & COLDWELL BANKER

St. Theresa teacher mothers more than just her students

By Danika Worthington

Teresa Marquez was best friends with her sister who was two years her senior. She was there when her sister's three children were born. She taught at the kids' school.

Marquez didn't think anything of it when her sister made a common request between family members.

"My sister told me a long time ago," Marquez recalls, "'If anything ever happens to me, I want you to have my kids, you make sure you raise them because they're closest to you,'" she said.

Unfortunately, Marquez was put in this once hypothetical position seven years ago this December when her sister and best friend unexpectedly died.

The three children, at the time in third, sixth and eighth grades, did not have anyone to take care of them. So Marquez adopted her niece and nephews.

"Because [Marquez and the kids] were always so close, as sad as it was, we definitely went through the grieving process with my sister," Marquez said. "Luckily because we had that bond, it was a very smooth transition that way."

Marquez relied on her faith to get her and her family through the loss of her sister. At the time, she taught at Our Lady of Perpetual Health, Glendale where Andrew, Lisa and David went to school.

She said the school community provided emotional support for the grieving family. They wrote notes and the pastor held a prayer service the day her sister died.

Teresa Marquez talks to a few of her kindergarten students. Photo by Man in the Moon Studios.

These days Andrew is 20, Lisa is 18 and David is 16. Marquez, who has been teaching for 16 years, moved to St. Theresa and started her first year at the school as a Kindergarten teacher.

Faith still plays a large role in her life and is part of the reason she teaches at Catholic schools. She said she enjoys laying the moral groundwork for children and teaching them how to pray.

"One of the biggest things I enjoy is seeing the spark in their eyes when they have an 'aha!' moment," Marquez said.

St. Theresa's principal, Patrick Reardon, said Marquez is a great teacher as well as colleague. Reardon counts Marquez as one of the few within his inner circle whom he can turn to for advice or to test an idea.

"If you meet her, if you start getting to know her, you see she is a very calm, collected, has-it-together person," Reardon said. "When you get to know her, you find out that comes from faith."

Reardon has known Marquez for a little more than four years. In fact, she was his first hire as principal of St. Aquinas. At the time, Reardon had not known about Marquez's children. But when he found out, he was not surprised.

"That tells you something about her in that it's not something she leads with," Reardon said. "It's an exceptional thing that she did but she doesn't talk about it."

Valerie Cowan worked with Marquez at St. Aquinas and has known her for four years now. She said Marquez is nurturing and generous, which appears obvious when she interacts with her students by giving them hugs and big smiles.

"I don't think she could have gotten through what she did without her faith," Cowan said. "[It] continues to provide her strength."

Cowan described Marquez as an inspiration.

"When I have difficult things, I look at her and think, 'If [Marquez] did it, I can do it too," she said.

Alongside St. Theresa, Marquez is also teaching at Estrella Mountain Community College. Additionally, she is working toward her second master's degree in educational leadership. Her next career goal is principal.

Marquez already has a master's degree in elementary education with a reading specialization from ASU. While a bachelor's student at ASU, she graduated with a dual certification in special education and elementary education.

Local story performer tells tales of women of the past

By Heidi Jaenicke

Keeping history alive through interactive storytelling is something Dorothy Daniels Anderson has developed a knack for over the years. Anderson currently participates in the storytelling of historical events that occurred for women in the Grand Canyon State.

"Thousands of years ago when we were just these little clans and tribes you always had the leader who was often the strongest person. But you also had someone else in the tribe who was very important and that was the storyteller," said Anderson.

Dressing up in character of the women she's telling a story about is one of the quirky elements Anderson incorporates into her performances. By doing this she creates a whimsical atmosphere while sharing sometimes painful stories of women of the past.

Storytelling has long been a part of society; unfortunately this trade doesn't always receive the attention it deserves.

"People began to realize, 'hey we have lost an art form and we need to get it back'," said Anderson, "Now people all over are using it. Corporations are using storytelling to try to explain how the corporate world lives, people in the medical field are using storytelling to help their patients and I'm using it in a historical manner."

Anderson has had the opportunity to visit all seven continents collecting items from around the world and has decorated her house with a variety of souvenirs ranging from artwork to handmade jewelry.

"When I write and research stories they're always involved with where my curiosity takes me. I love going to other places and I'm a very curious person," said Anderson.

Anderson told three of her original works at the National Storytelling Association Conference which was held in Arizona for the first time this past July.

The NSA hosted the meeting and is a group that encourages networking within the writing, storytelling and publishing community. It was at this workshop that Anderson was able to give life in the form of storytelling to influential Arizona women.

The "Women Who Came to Arizona" was the name of the collection of stories Anderson told at the conference after being chosen to speak at a fringe by NSA.

"It's the organization of storytellers primarily in the United States, but we also have members from Canada and all over the world," said Mark Goldman the National Storytelling Association Liaison. "It's a premier organization that storytellers join and network through. We have a conference every year."

"It's important for the wider national community of storytellers to know about Arizona artists and writers," said Liz Warren, South Mountain Storytelling Institute Director.

Arcadia resident Dorothy Daniels Anderson is helping keep history alive through interactive storytelling.

"When I'm doing Arizona stories, which is basically what I'm best known for, I love to go to the place where the story took place and I just try to envision it as it was in the olden days," said Anderson.

Anderson lives in the Arcadia neighborhood and is taking more time to focus on her writing. She hopes to publish her next assortment of works in the near future.

All Saints' Episcopal Day School

Join us for an Open House

November 12 | December 10 | January 14

With 16 students to a class, your child will benefit even more from our experienced and specialized faculty.

- Multi-sensory language arts and reading instruction
- Math in Focus® : Singapore Math
- iPads for instructional technology
- Science class taught in a specially equipped science labs
- P.E. in the gymnasium
- Dedicated art studios
- Spanish language learning
- Music classes and performances
- Small group instruction and individual attention

Members of the All Saints' Class of 2014 and their Pre-Kindergarten Picture

Aspirational · Soul · Exploratory · Dynamic · Self-Discovery

All Faiths Welcome • Pre-K through Eighth Grade • Financial Aid Available

6300 North Central Avenue | Phoenix, Arizona 85012 | 602.274.4866 | **www.aseds.org** | **www.facebook.com/PhoenixASEDS**

Thunderbirds donate to SpoFit to bring sports to all kids

By Danika Worthington

Morgan Codrington was a very engaged child who was known as a chatterbox. But as the years passed, the Vermont native began to grow more withdrawn.

"When she grew older, she realized she was in a wheelchair and others weren't," Morgan's father Craig Codrington said.

The Vermont winters were beginning to make it harder and harder for Morgan, who has spina bifida, to move around and hang with friends, Craig said.

But then one particular issue of Mobility Magazine landed on their doorstep and changed everything. The magazine featured a gym called Virginia G. Piper Sports & Fitness Center for Persons with Disabilities located in a far away desert state.

The Arizona adaptive facility had many bragging points including universal exercise equipment, a pool with an elevator and a lift, as well as a rock wall.

The family moved to Arizona this past year and became involved with the gym, which is owned and operated by Arizona Bridge to Independent Living, Craig said.

When the family heard about a free clinic put on by Max in Motion where kids learn to play basketball and soccer at the gym, they enrolled 7-year-old Morgan.

At first she was nervous, but Craig said that was to be expected.

"If we tell her she's going to a new restaurant, she's nervous," he said.

She attended the clinic with 10-15 other kids and their families.

"She felt like she was flying, she was going so fast," Craig commented. "Once she gets comfortable, she has to reel it back a little bit."

As the kids grew more confident with the sport wheelchairs, Craig said they began to mimic the older kids and adults by crashing into each other.

Loren Worthington, communications and marketing manager for SpoFit, recalled Morgan and her family. He remembered that she played both sports while her parents actively participated from the sidelines by returning balls.

"The reaction of the kids is great," Worthington said. "Then there is the reaction of the parents which will choke you up."

For many parents, the clinic was the first time they saw their children participating in competitive sports, Worthington explained.

Photo courtesy of Loren Worthington.

Craig said he was overjoyed when he saw Morgan flying around so quickly. He said his mother-in-law was crying while his wife, an Arizona native, was on the verge of tears.

Craig said Morgan loved it. She hasn't quit talking about it and signed up for the next clinic. He said SpoFit has brought Morgan out of her shell.

"She's right back to where she was," he said. "You can't shut her up."

SpoFit, which opened 2 1/2 years ago with help from the city of Phoenix, has only been able to offer the basketball and soccer youth programs recently. The gym worked with Max in Motion, an organization that sponsors youth athletes to play competitive sports, to create a free adaptive sports program.

But the gym did not have any chairs. Anyone who wanted to play had to supply his or her own.

"What we learned when opening the center was that there were more people who wanted to learn the sport or play that sport than had the powered wheelchairs, especially kids," Worthington said. "We had kids watching who wanted to play."

So the sports facility applied for grants. Thunderbird Charities donated $25,000 that was used to buy 10 chairs in May and another 10 chairs arrived in August from United Health Care, Worthington said.

Some of the chairs are universal sports chairs while others, which are motorized with bumpers, are specific to soccer.

The gym's collection of chairs also allows siblings, both those with disabilities and those who are able-bodied, to play alongside each other, another important aspect for parents, Worthington said.

"We still won't have enough," Worthington said. "We have to have as many different sizes and dimensions as possible."

It is important for SpoFit that anyone who is interested has the possibility to use the facility, and not just those who have disabilities, Worthington said. The gym wants able-bodied friends and family members to come along, which is why the gym's equipment is universal, not handicap specific.

For example, Worthington pointed out a man who had swung a bench away from a machine so he could wheel close and use the weights from his chair. Another person could come up after, Worthington said, swing the bench in front, and use the same machine.

The atmosphere of the gym is friendly. Worthington shared personal greetings with several members while showcasing the fitness center's track, pool and courts.

Katie Milner, an outpatient physical therapist at St Joseph's Hospital and Medical Center, said she recommends the gym to many patients.

She said St. Joseph staff accompanies patients to the gym to show them how to continue their plan of care after they finish their time at the hospital.

"There's really no other gym like it," she said. "The atmosphere is always positive. Everyone is encouraging one another."

Milner, who specializes with spinal injuries, said many people feel self-conscious when they first go back to a gym with either braces on or while in a chair.

"People don't feel like they are being judged because everyone there has something going on," she said. "It's so important because lots of people are afraid they will be judged so they don't get out and get active."

Note: Writer Danika Worthington is of no relation to Loren Worthington.

Arcadia brothers motivated to create pottery for peace

By Kassidy McDonald

Arcadia high school graduates Nick (21) and Will Thomas (19) have a passion for pottery and through it have been able to create their own business by selling their creations and joining forces with the Potters for Peace organization.

Will and Nick sparked their love of pottery through Arcadia's 3D Art program with Mr. Heinemann, throwing pieces on the wheel and firing them on campus. After honing in their pottery skills, Nick and Will started selling their pieces to a local Phoenix florist, at local art shows and at the Franciscan Renewal Center (The Casa). They can make anything from bowls, plates, vases, cups and most of their creations are all thrown on the wheel.

The two also got involved in a non-profit organization called Potters for Peace. It's a program that works in third world countries, training the people there how to make money through selling their pieces and using the clay and pottery as a filtering device to make clean water. Potters for Peace offers opportunities to volunteer in these rural countries, donate to the cause and join their brigades to visit the countries they are assisting.

While Nick and Will aren't directly involved in teaching how to make the pottery, they are able to use their skills to donate to the cause.

"The first thing we did was donate money to the charity and later we started giving the money from our profits of selling pottery to Potters for Peace," said Will.

Nick said the two felt strongly about the charity because, "It's a big issue that people face in poorer areas and we thought it really coincided with what we were doing."

While both boys are now in college they are still able to practice their pottery. They have a wheel of their own in their home and use their connections with the 3D art program to fire at Arcadia. Nick, who attends Occidental College belongs to the ceramic studio and Will, who is minoring in art looks forward to being able to make his pottery at Santa Clara University.

The brothers now sell their pieces by word of mouth and make individual pieces by request via email at nthomas@oxy.edu.

Finding Senior Housing can be complex, but it doesn't have to be.

"You can trust *A Place for Mom* to help you."
– Joan Lunden

a place for mom

(800) 217-3942

A Place for Mom is the nation's largest senior living referral information service. We do not own, operate, endorse or recommend any senior living community. We are paid by partner communities, so our services are completely free to families.

Melissa C. Campbell
Managing Director—
Wealth Management
Wealth Advisor

Kirk W. Diller
Senior Vice President
Wealth Advisor

Shawn D. Olson
Managing Director—
Wealth Management
Wealth Advisor

Olson Campbell Diller Group
at Morgan Stanley
14850 N. Scottsdale Road, 6th Floor
Scottsdale, AZ 85254
480-922-7800
melissa.campbell@morganstanley.com
www.morganstanleyFA.com/olsoncampbelldiller

Preserving and Enhancing Wealth

Those individuals who have the skills and determination to create significant wealth are not necessarily well prepared to manage it. There are highly complex and time-consuming financial planning, asset management and other issues to consider. These are matters that successful people often don't have the time, inclination or specialized knowledge to address. The Olson Campbell Diller Group at Morgan Stanley serves as financial advisors to many such individuals and their families.

With the market hitting new highs, now is a good time to have a financial professional evaluate your portfolio to help you avoid overpriced assets and minimize losses in down markets.

For a complimentary review of your portfolio, please call us to arrange a meeting.

Morgan Stanley

© 2013 Morgan Stanley Smith Barney LLC. Member SIPC.

CRC766749 12/13 NY CS 7757822

What's Happening, Arcadia?

OCTOBER 2014 EVENTS

Arabian National Breeder Finals Horse Show

Oct. 1-4
16601 N. Pima Rd.

The Arabian horse show will take place at WestWorld in Scottsdale. It will showcase the best breed of Arabian houses and feature competitions among the horses for prize money. The evening is free and open to the public. It will include a shopping expo as well.

scottsdaleshow.com

Phoenix Fashion Week at Talking Stick Resort

Oct. 2-4
9800 E. Indian Bend Rd.

Phoenix Fashion Week will showcase new designs for the fall. It also raises funds for "Don't be a Chump! Check for a Lump!" The designers will be announced in September and admission ranges from $40 to $175.

phoenixfashionweek.com

Tango Night in Phoenix

8-10 p.m., Oct. 3
513 E. Roosevelt St.

Free tango class and partner dancing taught by Simon. This event is hosted by Fifth Row Dance Studio.

events.downtownphoenix.com

Old World Oktoberfest

12-9 p.m., Oct. 4
1134 N. Central Ave.

Celebrate German culture in downtown Phoenix with beer, food and dancing. The evening will feature a dancing and costume competition as well as competitions and activities for the kids.

oktoberfestphoenix.com

Tour De Fat

11 a.m., Oct. 4
Tempe Beach Park
54 W. Rio Salado Parkway

The Tour De Fat will be launched on Tempe Beach Park and is held in order to promote biking instead of driving. The event will feature a parade of bikers, costume competition, music and dance contest.

newbelgium.com

Scottsdale International Film Festival

6:00 p.m., Oct. 9
Virginia G. Piper Theater
7380 E. Second St.

The 14th annual Scottsdale Film Festival is held at Scottsdale Center for the Performing Arts. The opening night is October 9 and there will be showings running until October 13.

tourdescottsdale.net

MIM Fest: Global Music Festival

Oct. 1-31
1201 N. Galvin Parkway

This festival will display traditions, music and dances from around the world. There will be dancers, food and activities for kids.

phoenixpride.org

Rainbow Festival

10 a.m. to 6 p.m., Oct. 18-19
115 N. Sixth St.

The Rainbow Festival is a free event that celebrates the LGBTQ community. It will have food, artists and entertainment.

phoenixpride.org

Boo at the Zoo

9 a.m. to 5 p.m., Oct. 20-26
455 N. Galvin Parkway

Boo at the Zoo will include pumpkin patches, scavenger hunts, mazes and many other events!

phoenixzoo.org

The Great Pumpkin Festival

8:30 a.m. to 12 p.m., Thursday and Friday
8:30 a.m. to 3 p.m., Saturday and Sunday
Oct. 23-26
1201 N. Galvin Parkway

The Desert Botanical Garden's annual pumpkin festival includes a pumpkin patch, crafts, hayride and country entertainment.

dbg.org

Howl-O-Ween at the zoo

6:30-9:30 p.m., Oct. 24-25
455 N. Galvin Parkway

Howl-O-Ween at the zoo is an event at the Phoenix Zoo. They will have activities set up that include a magic show, haunted trail, trick-or-treating, DJ and animal encounters.

phoenixzoo.org

Downtown Phoenix Zombie Walk

2-11 p.m., Oct. 25
Heritage & Science Park
115 N. Sixth St.

Zombie walk is a free event hosted by Downtown Phoenix, which has vendors, music and activities. Thousands of people walk through the streets dressed as zombies in the sixth annual zombie walk.

downtownphoenix.com

Autumnfest

Oct. 25-26
41703 N. Gavilan Peak Parkway

Autumnfest is a family-friendly event, which will have crafts, carnival rides, a pumpkin patch and music.

phoenix.eventful.com

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.

Homecoming parade runs through the neighborhood

By Kassidy McDonald

September 19 marked Arcadia High School's fourth annual homecoming parade, the final event leading up to the end of Arcadia High School's homecoming week of festivities. The parade started at Shemer Art Center and Museum and made its way down Arcadia Drive and ended at Hopi Elementary School.

Many groups were represented, such as Arcadia's clubs, theater program, student government, football team and spirit line. The parade is set up as a way to bring the Arcadia community, as well as the feeder elementary schools, together.

Arcadia's new principal, Nathan Slater said, "This is my first year at Arcadia, so I'm excited to experience the parade. We have a great school, great community, wonderful students and an amazing staff. I'm thrilled to be here."

The parade was coordinated and put together by Arcadia's service learning class, which promotes community outreach and volunteer service. The students in service learning worked to get elementary schools involved in the parade as well as 39 clubs and various programs. Tavan, Ingleside, ANLC and Hopi elementary schools participated in the parade as a way for the kids to get a glimpse into their lives as future Titans and show spirit for the community.

Student Body President, Elena Pierson stated, "The parade is an awesome way to get the community together and everyone is able to get involved by helping out, participating in the parade and building the floats. We get to announce the homecoming royalty during the parade and it's a great way to get the Titan spirit up."

The theme for this year's homecoming was "State of Emergency." The freshmen dressed as criminals, the sophomores as police, juniors were firemen and seniors were armed forces. The student government helped coordinate building the homecoming parade floats for each class, with each float correlating to the theme for each class. It becomes a friendly rivalry every year to see which class will come out on top and claim the best float. The students worked after school the week before homecoming to build the floats and gather materials.

The parade was another success and many Arcadia residents, parents and children came out to watch the celebration. Arcadia students celebrated the end of their homecoming week with the homecoming game after the parade, followed by the dance on September 20.

CHANA CARRO
BEHAVIORAL HEALTH PSYCHIATRIC SOCIAL WORKER

SHE KNOWS IT TAKES A FAMILY TO CARE FOR FAMILY

COUNT ON US TO CARE

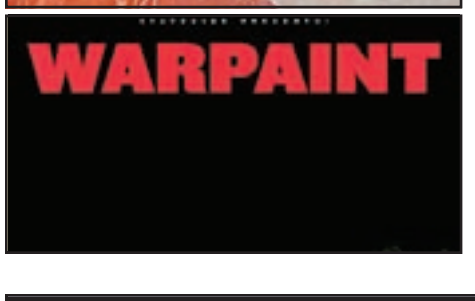
"I've been helping families for 25 years and I love my profession. I'm proud of the work that we do at MIHS."

At Maricopa Integrated Health System, every patient who walks through our doors is family. So when loved ones are diagnosed with a serious mental illness, MIHS' Behavioral Health Center is there for families across Maricopa County during a time of stress and need. At MIHS, we treat you and your loved ones with dignity and respect because that's how we treat family.

MIHS
MARICOPA INTEGRATED HEALTH SYSTEM
Maricopa County Special Health Care District

CONNECT WITH CHANA'S STORY AT MIHS.ORG/CARE

Music is not merely an indulgence, it is a necessity



Music Notes

By Craig Goossen

There are a few things in life I can live without, but music is not one of them. I eat, sleep and drink it. I rarely indulge for simple diversionary enjoyment, but mostly to survive. I'm devoted to hard work, family and friends, but it would be missing an essential ingredient without the soundtrack. I don't recall a time in my life when music didn't mean something to me, something important, something true. I recall hearing David Bowie through the headphones my uncle laid upon my ears when I was probably too young, or my childhood home with the family turntable cranking out all the great releases of the '70s and buying my first LP when I was 7 years old. The music's never stopped for me and it never will; should you ever be around me you'll know this to be the truth. Dig into these selected tracks for this month's mix and maybe you'll be motivated to get out and enjoy yourself.

ALAN PARSONS PROJECT

I WOULDN'T WANT TO BE LIKE YOU

(1977)

A band that was successfully at the forefront of bridging prog rock with radio-friendly jams, the Alan Parsons Project was led by producer Alan Parsons and composer Eric Woolfson, both accomplished professionals before running off a string of hits through the mid-70s and early '80s.

The Alan Parsons Project will perform on Sunday, October 5 at Celebrity Theatre, 440 N. 32nd St. in Phoenix. Tickets start at $35.

BELLE AND SEBASTIAN

DRESS UP IN YOU

(2006)

Glasgow's dreamy pop collective will play in Phoenix for the first time in their nearly 20-year career. The show will take place downtown at the Civic Space Park, which has the makings for an unbelievable midweek evening in the cool desert night.

Belle and Sebastian will perform on Wednesday, October 8 at Civic Space Park, 444 N. Central Ave. in downtown Phoenix. Tickets start at $32.

BLACK JOE LEWIS

SKULLDIGGIN

(2013)

This funky, soul outfit from Austin, Texas will blow the roof off of the Rhythm Room and you'd be a fool not to be there to witness the awesome power of Black Joe Lewis and the Honey Bears.

Black Joe Lewis will perform on Monday, October 13 at the Rhythm Room, 1019 E. Indian School Rd. in Phoenix. Tickets are $16 and the show is 21 and over.

RAY LAMONTAGNE

LAVENDAR

(2014)

If you're familiar with this singer-songwriter and his past releases, he's no doubt left an indelible mark on your consciousness. Dark, moody and beautifully woven tunes sung by a soulful cat who steps out a bit further on his latest release Supernova, his fifth album, expertly produced by Black Key, Dan Auerbach. This is another can't-miss midweek adventure for music lovers.

Ray LaMontagne will perform on Wednesday, October 22 at Comerica Theater, 400 W. Washington St. in downtown Phoenix. Tickets start at $30.

WARPAINT

DISCO/VERY

(2014)

This gig by Los Angeles band Warpaint has the makings to be an unforgettable warehouse party. This all-ages show downtown at The Pressroom is a great way to start the weekend.

Warpaint will perform on Friday, October 24 at The Pressroom, 441 W. Madison St. in downtown Phoenix. Tickets are $22 and the show is all ages.

All acts are subject to change. Check with the venue prior to attending.

DUI CLASSES ONLINE!

HOME • OFFICE • TRAVEL
ANYWHERE YOU CAN
"LOG ON!"

ONLINE SERVICES:
MVD • SR-22
ALCOHOL SCREENINGS,
EDUCATION & TREATMENT

ARIZONA'S FIRST
ONLINE DUI SERVICES

WOW! ONLINE DUI SERVICES!

Compare our rates. CALL US LAST!

480.429.9044

STI Scottsdale Treatment

SCOTTSDALETREATMENT.COM

3200 N Hayden Rd ~ Suite 170 - Just South of Osborn Rd

New film based on children's book touts moral message

Julie *@ the Movies*

By Julie Demetros

The Boxtrolls is an imaginative new animated film, but it misses the mark in some aspects.

Based on the book *Here Be Monsters!* by Alan Snow, the movie follows Eggs (voiced by Wright) who is not an ordinary boy, although neither is he truly a Boxtroll. The Boxtrolls took him in when he was just a baby, gave him a home in their underground cavern, fed him and taught him skills like music and mechanics. As he grew older, he had to watch as the humans from the town above ground took his Boxtroll family away bit by bit.

The perpetrators, Archibald Snatcher (Kingsley) and his three goons, are determined to rid the town of every last Boxtroll. In the town, Boxtrolls have the misguided reputation of being horrid little monsters who did things like kidnap and eat children. In reality, they're friendly creatures who like tinkering with mechanical things and can fix or build just about anything; however, they were driven into hiding by humans like Snatcher and are forced to steal scraps in the night.

When Eggs' closest friend, the Boxtroll who raised him like a father, is taken, Eggs decides it's the last member of his family that Snatcher will kidnap. He sets off to stop Snatcher and save any Boxtrolls still alive, with the aid of a girl named Winnie (Fanning) who is largely ignored by her own father. Together, Eggs and Winnie attempt to put an end to Snatcher's schemes and show the townspeople the truth about the Boxtrolls.

The story of the film is sweet, the morale being that people aren't made by their situation or place in society but by their actions and decisions. People are in charge of who they are and who they will be. It's wrong to try to tell people who or what they should be; with the apparent exception of those who dress too far out of what society thinks is "normal."

A boy wearing a box is cute and touching, while a man disguising himself as a woman to get closer to the inner circle of people he wants to be part of, is a laughing stock. The characters in the movie don't act like anything is wrong with all the men in the town constantly hitting on and making advances toward a woman who is supposedly there only to perform in a musical. Instead, the characters are turned into victims when it's revealed the person they've been objectifying is actually a man dressed as a woman. Many people will take offense to the running joke that's made of the dress-wearing man, and it sends mixed messages to the impressionable children in the audience. It's a shame the gag was put in the film, especially considering it's rather pointless to the story and wasn't included in the original book.

Useless additions aside, the rest of the movie is genuinely good fun and easy to enjoy. The cast is a wonderful mix of actors such as Jared Harris, Richard Ayoade, Tracy Morgan, Simon Pegg and Nick Frost. The animation is stunning, and it's one of the few animated films that's actually a joy to watch in 3-D.

It's flawed but still entertaining, given that the audience understands the questionability of the "joke" that comes in the form of Miss Frou Frou. I can give *The Boxtrolls* no more than three stars, though with a slight alteration that wouldn't change anything important, it could've easily received four stars.

Author to speak at upcoming *Arcadia News* book club

Book *Club*

BOOK OF THE MONTH

Defector in Our Midst

BY TOM FITZGERALD

By Amanda Goossen

Defector in Our Midst, an exciting new political thriller by local resident Tom Fitzgerald, will have readers on the edge of their seat as they follow CIA agent and top terrorism expert Myk McGrath.

Trained by his mother to be aware of his surroundings, shoot a gun and get a good read on people, Agent McGrath has never understood his mother's agenda regarding his upbringing. With many parts of her past buried in a shroud of secrecy, he has chosen, for the most part, to let things go and move on with his life.

As the country's most respected agent, McGrath is chosen to search for a group of terrorists who have somehow outsmarted the government and sneaked into the United States. With their agenda of destruction well known, McGrath has limited time, resources and friends he can trust in his race to save the people he has sworn to protect.

And in the midst of it all, the secrets of his family history begin to come to light.

A powerful and well-written drama, *Defector in our Midst* is a radiant read by a debut author, destined to be a best-seller.

On October 30 Tom Fitzgerald will join the *Arcadia News* Book Club at the Saguaro Library at 6:30 p.m. for an evening of Q&A.

If you'd like to attend, please email Amanda@arcadianews.com.

Arcadia News was recently given the chance to chat with Tom Fitzgerald, where he answered a few questions about the writing process and his future as a novelist.

AN: Writing *Defector in Our Midst* was not your first career. Can you share a bit about what led to writing your first book?

TF: My first career was that of an accountant. After graduating from ASU with an accounting degree I went to work for a company in downtown Phoenix. I remember after working for six months I would go home and bang by head against the wall while ranting, "Accounting? What in the world were you thinking, Tom?" I left the accounting world and eventually got into the homebuilding industry and started my own luxury homebuilding company. I had been wanting to write a novel and would get various ideas, but nothing that really moved me until my family vacation to Washington D.C. We visited the National Holocaust Museum and I came across a display on Lidice, Czechoslovakia and I was really moved. I told my family to move on through the museum without me. I continued to read about Lidice. It was the spark I needed to get to work on my first novel. My main character has deep roots to Lidice.

AN: Have you always been a writer? As a child scribbling in notepads and writing short stories? Or was this a new venture?

TF: I have always enjoyed writing, but this is definitely a new venture. I feel very fortunate to have found something that I am passionate about and I am especially thankful for the tremendous feedback from those who have read the novel and want to know when the second is coming. I guess that's the best validation of all.

AN: Were you surprised at what it takes to get a novel published?

TF: I was very surprised at how difficult it is to get published. It made me appreciate the hard work and tenacity of those authors who I enjoy reading.

AN: In *Defector in Our Midst* we see politics, the CIA and terrorism. Was the research and learning process intense?

TF: I absolutely loved the research process for *Defector in Our Midst.* There was a lot of fascinating history and facts that I came across during my research. As I write the second novel, I continually come across intriguing events that I knew nothing about. I am always moved when I come across the many stories about the brave men and women who serve in the armed forces.

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?

TF: I thought I knew the directions of the characters and plot, but that is something that definitely evolves and changes with time. As I continued to write, there were many things in *Defector in Our Midst* that began to grow and take on new life. It is the fun and creative part of writing that I enjoy the most.

AN: Will Myk McGrath be a reoccurring character? What do you see in store for him?

TF: Myk McGrath is most definitely a reoccurring character. I am about 30 percent into the follow-up novel and I can tell you that we will find out a lot more about Myk and his ties to the past. As Myk attempts to foil the next plot against the United States, we will journey with him and uncover more about his history.

SCHOOL AGE BOOKS

By Dan Wirtel

FORGET ME

BY K.A. HARRINGTON

Morgon's boyfriend, Flynn, died right after they had a fight. But Morgon knows someone murdered him, because she saw Flynn get hit by a black SUV. Trying to forget him and prove to her friends she is moving on, Morgon was going to upload her only picture of Flynn and a note saying goodbye on FriendShare. But when the social website recognizes the face, it asks her if she wants to tag the picture with Evan Murphy. Perplexed, she goes to his profile and finds someone who looks exactly like Flynn. Now seriously confused, she has a goal to find out if Evan is Flynn and has been lying to her since they met, or if there is something else hidden in their similarities.

THE EYE OF MINDS

BY JAMES DASHNER

A newly released virtual reality game called The VirtNet, gives players the chance at a "new life." There are rules though, and when these rules are broken, reality and virtuality combine to produce nightmares. Someone begins breaking these rules and is actually killing people in real life. In a desperate search, the government and game producers need to find this hacker and stop him, but the only way to catch a hacker is to use another hacker, before it's too late.

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

Kate Brophy McGee
Arizona House - District 28

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

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

I ask for your continued support
and your vote on November 4th.

Connect with Kate! KateMcGeeAZ @KateMcGeeAZ

Learn more at: KateMcGee.com

Paid for by Kate Brophy McGee 2014

As AHS team improves, players look toward lofty goals

By Nicholas Smith
Photo by NTK Photography

As the Arcadia High School football program continues to rise in both talent and importance within the state, coaches, school officials and even the players themselves have taken on the responsibility of heightening fan interest. Devon Ferguson, one of the captains for the team, has taken on the responsibility of rallying support from the community.

"We captains have really tried to stir up interest," he said. "And the fans have absolutely responded. They've come out for every game this year and they are going to be traveling for the away games too."

A three-sport athlete who competes in football, basketball and track for Arcadia, Devon had never played tackle football until his freshman year in high school.

"That was the first time," he said. "But it's absolutely my favorite sport. I loved it freshman year and then Coach Abt pulled me up to varsity during my sophomore season."

Devon may have been new to the game as a freshman, but there was never any doubt in his mind as to what position he wanted to play.

"I wanted to be a wide receiver because of Larry Fitzgerald," he said. "It's a natural fit too, I'm fast with long arms."

Last year during his junior season, Devon was a huge part of the offensive success of the Titans. He ended the season with 533 receiving yards, and also returned another

Devon Furgeson (#3) is one of the captains of the Arcadia football team.

274 yards on kick returns. But the 5-5 win-loss record didn't exactly meet Devon's and the other players' expectations.

"That's going to change this year," Devon said. "We're going to be doing some damage in the playoffs."

To make those changes, Devon and his teammates have set personal and team goals to reach during the season.

"Personally, I want to have 100 yards receiving and a touchdown per game," he said. "As a team, we don't want to give up a single touchdown for the first three games, and we also want to average 40 a game. We're pretty specific with our goals."

Devon is also sending highlight films to schools and reaching out to coaches via email to try and achieve another goal: a place on a college football roster.

Going forward, the players will reach for those goals with the support of the community behind them, something the players are thrilled to have.

"I absolutely love everything about playing football here," Devon said. "The fans are behind us and this is the year for us."

GO!
FIGHT!
WIN!
Titans Football in October
See schedule on page 68

KACHINA
Quality Dry Cleaning
Home & Office
Pickup & Delivery Available
Arcadia Family
Owned & Operated Since 1959
3926 E. Indian School Road
602-955-5540

DISCOVER SOMETHING *Extraordinary*
OCTOBER 24, 2014
We invite parents of children entering kindergarten for the 2015 – 2016 school year to join us for our "Discover Madison" tour to learn more about what our schools and programs can offer you and your child. For more information or to RSVP, please visit: *madisonaz.org/tour-kinder*
The tour will begin at 9 a.m. and conclude approximately 12 p.m. Lunch will be served. We look forward to seeing you!
MADISON
OUTSTANDING SCHOOLS SINCE 1890
Extraordinary Learning for All
LEARN MORE ONLINE AT MADISONAZ.ORG/TOUR-KINDER

Madison No. 1	Madison Camelview	Madison Simis	Madison Rose Lane	Madison Park	Madison Meadows	Madison Heights	Madison Traditional
Grades 5 – 8	Preschool – 4	Preschool – 4	Preschool – 4	Grades 5 – 8	Grades 5 – 8	Preschool – 4	Preschool – 8
5525 N. 16th St.	2002 E. Campbell Ave.	7302 N. 10th St.	1155 E. Rose Lane	1431 E. Campbell Ave.	225 W. Ocotillo Rd.	7150 N. 22nd St.	925 E. Maryland Ave.
Phoenix, AZ 85016	Phoenix, AZ 85016	Phoenix, AZ 85020	Phoenix, AZ 85014	Phoenix, AZ 85014	Phoenix, AZ 85013	Phoenix, AZ 85020	Phoenix, AZ 85014
602.664.7100	602.664.7200	602.664.7300	602.664.7400	602.664.7500	602.664.7600	602.664.7800	602.745.4000

Record breaking breaststroke is just the beginning

By Nicholas Smith

Sitting outside Arcadia High School, Matt Anderson took a minute to pause when asked what he will miss once the year ends and his career as a high school swimmer comes to an end.

"Oh man," he said. "I'd say I'll miss the team atmosphere most. There are real advantages that high school swimming has over club swimming."

Matt, a senior, has been on the Titan's swim team every year he has been in high school. He was a huge part of the team's success last year, coming in second for the state 200 medley, and breaking the state record for the 100-meter breaststroke, his best event. But he is convinced that this season will be his best at Arcadia.

"I want to scare people this year," he said. "I'm not sure people realize how far we've come this past year. How hard guys have worked, how much guys have improved, the new additions we have to the team. We're definitely going to shock some teams."

A swimmer since the age of 5, Matt has swam for both school and club teams since a young age. Most of the year is spent swimming club, as swimmers are

with their high school program for three months out of the year. Matt has loved swimming on both squads.

"I've been swimming with the same club team since I was 5, the Arizona Marlins," said Matt. "Some people jump around from club team to team, but I've been lucky to have good experiences with my coaches. I've really connected with them and seen good results."

At the same time, Matt also says he has loved swimming at Arcadia. He noted club can tend to lean to an individualistic side, whereas at Arcadia there is much more of an emphasis on the team. The 60-person unit has athletes who swam club for years and those who only swim at the high school level.

"I'm very proud of the team and how we hold our own," he said. "As a club kid, you get an opportunity to help out the guys who just swim for high school. The opportunity to help teach is a pretty awesome one."

Although in the middle of the season, Matt has already begun the search for a college to call home next fall. He will swim at the next level and says the intensity of the recruiting process is just now starting to hit.

"Several months ago I was sending out my times to coaches, trying to get attention," he said. "In some of the bigger competitions, coaches were able to see my results and that definitely got me some recognition. But recruiting is just starting to take off now."

Matt has begun visiting colleges and will continue to do so over the coming months. The NCAA allows swimmers to take five official college visits. Matt will visit Wisconsin, the University of Arizona and Stanford. He is also considering adding a fourth team.

"It's exciting for sure," he said. "It's a lot to think about but it's nice to get some recognition for all the hard work."

The primary goals for Matt this season were all about the team. But when pressed for an individual goal, it came back to 55.44. That is the current state record for the 100 meter breaststroke and Matt is determined that the state record be a different number next year.

"Breaking the record last year was great," he said. "But I'm looking to definitely come back and set something that might stay standing for awhile after I'm gone."

Like us on facebook

ARCADIA HIGH SCHOOL FOOTBALL SCHEDULE

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

10/2*	Home vs. Valley
10/10	@Chaparral
10/17	@Notre Dame Prep
10/24	Home vs. Independence (Senior Night)
10/31	Home vs. Cactus Shadows

THE BEST DEFENSE IS A PACKED HOUSE

SUN DEVIL LAW NUMBER 169

VS.

10.18.14 | MAROON MONSOON | 480-727-0000

Volleyball aims to improve

By Nicholas Smith

Volleyball and softball are heavily played sports in Heather Broermann's family. She has two older sisters and all three girls spent their childhood playing both sports. Upon reaching high school, the two older girls decided to leave volleyball behind to focus on softball full time. When it came Heather's time to pick a main sport, she decided to go her own way.

"I guess I just wanted to do my own thing," she said. "I loved volleyball and wanted to be different."

Heather began playing volleyball in the fifth grade, playing for years on both school and club teams. Last year as a junior, she was pulled up to the varsity team and spent the season working to adjust to the higher level of play.

"It was pretty difficult. The pace really speeds up," she said. "You move so much quicker between rallies. But the girls and coaches were very patient and willing to work with me and that helped a lot."

The team is looking to improve little by little this season. Heather believes that the closeness of the group is a big advantage for the team.

"We grew a lot as a team last year," she said. "We didn't have the best record but we became very close and we want to improve as both a team and as individuals. You have to be a family and be willing to work with each other on and off the court."

The team camaraderie was what Heather listed when asked about her favorite aspect of volleyball.

This is Heather Broermann's last season at AHS.

"I just love being on a team," she said. "We all have different skills and always help each other."

Another positive for the Titans is their coaching staff, in particular Coach Josh Olshan, whom Heather credits as a selfless instructor who is a huge part of the team's success.

"Coach Olshan has been with Arcadia for I believe 16 years," she said. "He isn't looking to build himself up and then leave for another program. He wants to be our coach and cares about our school. He's all about building the program."

What's the height to tee up?

By Tina Tombs

A common question that I often get during a session is: What is the right height to tee up your ball? It turns out there is actually more than one right way to do it. Have you ever noticed how some golfers tee their ball up low, some tee it up high, and some tee it up in the middle? The right height all depends on preference and circumstance.

When to tee it up low:

Teeing the ball up low (when the top of the ball is even with the top of the club) works best when you're hitting hybrid clubs, hitting a wood or hitting into a strong wind. The low height of the tee will lower the launch angle and help your shot stay out of the breeze – maximizing roll and distance. Teeing it low can also help prevent you from "skying" the ball.

When to tee it up in the middle:

Teeing the ball up in the middle (with half of the ball above the top of the club) works best when you are teeing off with fairway woods in normal conditions. This will ensure the optimal launch rate, minimize spin and maximize carry and overall distance.

Golf *Tips*

When to tee it up high:

Teeing the ball up high (when the bottom of the ball is even with the top of the club) works best when you are hitting one of today's big 460cc drivers in normal playing conditions. Studies have shown that this tee height consistently delivers maximum distance and accuracy for players of all skill levels. Just be sure that the bottom of the ball is even with the top of the driver. Also, swing to make contact with the ball and not with the tee. Visually this helps keep the swing shallow and provides more accuracy and distance with your new driver.

While you might not think about the height of your tee very often it can actually have a big impact on the distance and accuracy of your tee shots. Be sure to experiment with these different tee heights next time you hit the driving range. Find out how they work for you before trying them in a big money game on the course!

Tina Tombs is the 2014 LPGA Central Section Teacher of the Year and Director of Instruction and an LPGA Tour Professional. Contact her at tina@tinatombsgolf.com.

2015 D-BACKS
SEASON TICKETS
BUY OR
RENEW TODAY!
2015 D-BACKS SEASON TICKET PLANS
FULL-SEASON PLAN
Get the same seat for all 81 home games at the lowest price available.
HALF-SEASON PLAN
Pick an every-other-game format that's right for your schedule.
SERIES PLAN
Catch a Tuesday and Friday game from each series plus Opening Day.
WEEKEND PLAN
Enjoy Saturday and Sunday games plus Opening Day.
TM
dbacks.com/tickets
602.462.4600
presented by
GILARIVER
CASINOS

HOME SERVICES

a directory of local providers

Roofing

Arcadia Roofing

Focus on Quality
Honest and Trustworthy
Professional service
Family operated company
25 years of roofing experience

602.840.ROOF (7663)
www.arcadiaroofingaz.com

Home Remodeling

Make Your Dream Home A Reality Today.

We are a full service general contractor specializing in the Arcadia area. From a kitchen or bathroom remodel to whole house tear-out and room additions, we are ***THE*** professional choice for home remodeling. Check out our website for some amazing before and after pictures!

General Restoration, LLC
ROC #234754

480.274.6004
www.GeneralR.com • Info@GeneralR.com

Home Remodeling

REMODEL EXPERTS, LLC
"Our name says it all"

40 years of EXPERIENCE.
Licensed, Bonded, Insured. NKBA Member.
A+ BBB Rating. Green Builder.
Additions, Kitchen & Bath Specialists.

REMODEL EXPERTS
ROC #257705, #247691

602.708.0877
Steven Ditter • Steven97@cox.net
www.remodelexpertsaz.com

Masonry

Looking for Experienced Masonry Services?
Look no more!

We specialize in:
- Remodels and complete new builds
- Structural and Architectural masonry and concrete
- Demolition and hauling of concrete and masonry

EXPERIENCED MASON IN ARCADIA SINCE 1998.
LICENSE # 172071

Father & Son Masonry, Inc.

602.725.5169 CALL US OR EMAIL BLUEPRINTS TO:
davidcfandsmasonry@hotmail.com

Locksmith - Cameras - Virtual Security

State of the Art Services in Residential and Commercial Security

• Skilled Locksmiths and Low Voltage Technicians
• Re-keys • Camera Systems • Access Control

Feel Safe When At Home Or Away.

CALL FOR YOUR FREE ESTIMATE TODAY

QUALITY SERVICE WITH A NAME YOU CAN TRUST

ISG
INTERSTATE SECURITY GROUP

480.600.8680
Interstate Security Group

Moving Services

Our Team is able to handle any type of home or business move.

- Packing and unpacking
- Piano moves
- Flexible and helpful
- Trained, licensed, insured
- Polite, caring and professional
- Boxes and packing supplies

TWO MEN AND A TRUCK®
7039 E. 6th Street
Scottsdale, AZ 85251

TWO MEN AND A TRUCK®
"Moves Who Care."

480.991.1805
www.twomenscottsdale.com

Handyman

Creating a New Home at the Same Address!

Painting • Concrete/Patios/Sidewalks
Toilet Install and Repair • Garbage Disposal Replacement and Repair • Window Coverings • Picture/Artwork Hanging
Ceiling Fan Install and Repair • Faucet Install and Repair • Drywall Repair
AND MUCH, MUCH MORE!

Commercial ROC #271739 • Residential ROC #271740

Tim the Tool Man
Quality Repair, Remodel & Building Performance

602.694.0999
www.timthetoolman.biz

Landscaping

We do it all!

Complete residential and commercial landscape maintenance.
Monthly service and one-time cleanup.
Sprinkler repair, troubleshooting, and diagnostic... and much more! Reliable services - we show up!
We're experienced and knowledgeable.

Call now. Estimates are free.

Bryce Hull ~ Landscape Specialist
bryce@greensgonewild.com

Greens Gone Wild

602.432.9471
www.greensgonewild.com

ARCADIA NEWS

REMODELING - ROOM ADDITIONS

Arcadia Design Build has been designing and remodeling homes in Arcadia and North Central Phoenix for over 20 years.

- Free professional designs
- Free estimates
- Quality construction

Call now for a free blueprint with any room addition

ARCADIA DESIGN BUILD, LLC
Licensed, Bonded & Insured ROC #237983

602.577.5005
michael@arcadiadb.com • www.arcadiadb.com
7120 N 12th Street • Phoenix AZ 85020
BBB A+

HOME DESIGNER - BLUEPRINTS

Accurate Estimating was formed in 1994 to service general contractors and homeowners with the following services:

- Site evaluation and As-builts
- Professional designs
- City-ready blueprints
- Construction Estimating
- Obtain city permits, variances and alley abandonments

Call now for your free evaluation!

Accurate Estimating Services, LLC.

602.577.5005
accurest@cox.net • 4520 E Indian School Road
BBB A+

MAID SERVICE

We don't cut corners — We clean them.

- Arcadia-owned and operated
- Satisfaction guaranteed
- Background-checked
- Drug-screened teams
- Equipment, supplies provided
- Free in-home estimates

Mention this ad for **$30 OFF!** your first cleaning of 3+ hours

merry maids
Relax. It's Done.

602.265.0533
www.merrymaids.com

THIS SPACE AVAILABLE

RATES are as low as $145 per month.

Reach 50,000 potential customers in Arcadia, Biltmore and Paradise Valley area. This is a prime opportunity to pick up a premium space in the Arcadia News Home Services Guide. Arcadia News readers are loyal to local businesses but they need to see your ad to find you!

HURRY - these spaces don't come up often!

Contact Shirley for details: shirley@arcadianews.com or 602-840-6379

NATIONAL CLASSIFIEDS • OCTOBER 2014

ADOPTION
PREGNANT? CONSIDERING ADOPTION? Talk with caring adoption expert. Choose from families Nationwide. LIVING EXPENSES PAID. Call 24/7 Abby's One True Gift Adoptions 866-413-6296 Void In Illinois/New Mexico/Indiana.

APARTMENTS FOR RENT
RETIREMENT APARTMENTS, ALL INCLUSIVE. Meals, transportation, activities daily. Short Leases. Monthly specials! Call (866) 338-2607.

AUTOS WANTED
CARS/TRUCKS WANTED! Top $$$$$ PAID! Running or Not, All Years, Makes, Models. Free Towing! We Ore Local! 7 Days/Week. Call Toll Free: 1-888-416-2330.

GET CASH TODAY for any car/truck. I will buy your car today. Any Condition. Call 1-800-864-5796 or www.carbuyguy.com.

DRIVERS/DELIVERY
Attn: Drivers Quality Home Time! Now hiring in Your Area Avg. $1000/weekly. BCBS, 401K, Pet & Rider CDL-A Req (855) 969-5301 www.ad-drivers.com.

FOR SALE
GET HELP NOW! One Button Senior Medical Alert. Falls, Fires & Emergencies happen. 24/7 Protection. As Low As $0.50/day. Call NOW 1-888-495-6199.

HEALTH & FITNESS
VIAGRA 100MG and CIALIS 20mg! 40 Pills + 10 FREE. SPECIAL $99.00 100% guaranteed. FREE Shipping! 24/7 CALL NOW! 1-888-223-8818.

U.S. PRESCRIPTION Alternatives/ Zanax/ Somanex/ Fastin/ Benzadrine/ Phentrazine/ Viagra/. No Prescription Needed. Free Discreet Shipping. Order Now Toll Free 1-866-611-6889.

Viagra 100mg or CIALIS 20mg 40 tabs + 10 FREE! All for $99 including Shipping! Discreet, Fast Shipping. 1-888-836-0780.

Viagra 100MG and Cialis 20MG! 40 Pills +4/free for only $99.00. #1 male enhancement. Discreet Shipping. Save $500. Buy The Blue Pill Now! 1-888-797-9029.

VIAGRA 100MG, 40pills+/4 free, only $99.00. Save Big Now, Discreet shipping. Call 1-800-375-3305.

HELP WANTED
AVON - Earn Extra $$$ Sell from home, work, online. For Information Call: 1-800-796-2622 or email AvonDetails@aol.com (ISR) Se Habla Espanol.

HELP WANTED Earn Extra Income Assembling CD Cases From Home. Call our Live Operators Now! No experience necessary. 1-800-267-3944 Ext 2870 www.easywork-greatpay.com.

Start Immediately! Great money from home with our FREE mailer program. LIVE operators available now! 866-780-0580 ext.110 or visit www.pacificbrochures.com.

Help Wanted - Drivers Frac Sand Owner Operators Needed Immediately in Texas! Requires tractor, blower, pneumatic trailer. Sting Services Pays 80%...Unlimited Work, 817-980-5648 and 817-412-8650.

MISCELLANEOUS
AIRLINE MANUFACTURING CAREERS Start Here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 888-686-1704.

Bundle & Save on your TV, Internet, Phone!!! Call Bundle Deals NOW Compare all Companies, Packages and Prices! Call 1-888-986-3957 TODAY!

CASH PAID- UP TO $25/BOX for unexpired, sealed DIABETIC TEST STRIPS! 1 DAY PAYMENT & PREPAID shipping. BEST PRICES! Call 1-888-776-7771. www.Cash4DiabeticSupplies.com.

GET LIGHTNING FAST High Speed Internet: AT&T U-Verse® plans starting at $14.95/mo. Bundle & Save Internet+Phone+TV. Call to check availability in your area! Limited Offer. 1-800-919-0548.

Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: Call 1-877-737-9447 18+.

SUPPORT our service members, veterans and their families in their time of need. For more information visit the Fisher House website at www.fisherhouse.org.

Viagra 100MG and Cialis 20mg! 40 pills + 4/FREE for only $99.00 #1 Male Enhancement, Discreet Shipping. Save $500! Buy The Blue Pill! 1-800-213-6202.

CASH FOR CARS: All Cars/Trucks Wanted. Running or Not! Top Dollar Paid. We Come To You! Any Make/Model. Call For Instant Offer: 1-800-864-5960.

DIRECTV, Internet, & Phone From $69.99/mo + Free 3 Months: HBO® Starz® SHOWTIME® CINEMAX®+ FREE GENIE 4 Room Upgrade + NFL SUNDAY TICKET! Limited offer. Call Now 888-248-5961.

OLD GUITAR'S, MANDOLIN'S & BANJO'S WANTED! Paying TOP CASH for 1920's thru 1980's models - Gibson, Martin, Fender, Gretsch, Rickenbacker & many more. 1-800-401-0440.

MOTORCYCLES/WANTED TO BUY
WANTED JAPANESE MOTORCYCLES 1967-1982 ONLY KAWASAKI Z1-900, KZ900, KZ1000, Z1R, KZ1000MKII, W1-650, H1-500, H2-750, S1-250, S2-350, S3-400 Suzuki, GS400, GT380, Honda CB750 (1969-1976) CASH. 1-800-772-1142, 1-310-721-0726 usa@classicrunners.com.

REAL ESTATE FOR SALE
20 Acres/West Texas $15,900 $0 Down ONLY $119/mo. No Qualifying-Owner Financing Money Back Guarantee Beautiful Mountain View 1-877-284-2072 www.TexasLandBuys.com.

WANTED TO BUY
Want to purchase minerals and other oil/gas interests. Send details to: PO Box 13557, Denver, CO 80201.

Cash for unexpired DIABETIC TEST STRIPS! Free Shipping, Best Prices & 24 hr payment! Call 1-855-440-4001 www.TestStripSearch.com.

SOUTHWEST ASSOCIATION OF NEWSPAPERS

AUTOS WANTED
WE BUY CARS! Running or Not. Any Make, Model or Year. Call today for an INSTANT OFFER. Free Towing/Pickup. Top Dollar. We're Local! 1-800-844-3595.

HEALTH & BEAUTY
Canada Drug Center is your choice for safe and affordable medications. Our licensed Canadian mail order pharmacy will provide you with savings of up to 75 percent on all your medication needs. Call today 1-800-356-4170 for $10.00 off your first prescription and free shipping.

HELP WANTED
AIRLINE CAREERS start here – Get FAA approved Aviation Mechanic training. Financial aid for qualified students. Job placement assistance. Get started by calling AIM now 888-216-1687.

MISCELLANEOUS
DISH TV Retailer. Starting at $19.99/month (for 12 mos.) & High Speed Internet starting at $14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-341-7308.

MAKE A CONNECTION Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-877-909-2569.

DIRECTV starting at $24.95/mo. Free 3-Months of HBO, Starz, SHOWTIME & CINEMAX FREE RECEIVER Upgrade! 2014 NFL Sunday Ticket Included with Select Packages. Some exclusions apply - Call for details 1-800-647-1163.

CADNET

ADOPTION
UNIQUE ADOPTIONS, Let us help! Personalized adoption plans. Financial assistance, housing, relocation and more. You deserve the best. Call us first! 1-888-637-8200 24 hours hotline.

AUTOMOTIVE
Need Car Insurance Now? Lowest Down Payment - Canceled? State Letter? Accidents? Tickets? DUI? Instant Coverage! INSUREDIRECT.COM Toll-Free 1-800-231-3603.

AUTOS WANTED
TOP CASH FOR CARS, Any Car/Truck, Running or Not. Call for INSTANT offer: 1-800-454-6951.

EDUCATION
Employers need work-at-home Medical Transcriptionists! Get the online training you need to fill these positions with Career Step's employer-trusted program. Train at home to work at home! Visit CareerStep.com/news to start training for your work-at-home career today.

FINANCIAL
Delete Bad Credit in 30-days! Raise your credit score! Results Guaranteed! Free To Start 866-838-5065.

HEALTH & FITNESS
VIAGRA 100MG and CIALIS 20mg! 50 Pills $99.00 FREE Shipping! 100% guaranteed. CALL NOW! 1-866-312-6061.

MISCELLANEOUS
Make a Connection. Real People, Flirty Chat. Meet singles right now! Call LiveLinks. Try it FREE. Call NOW: 1-888-909-9905 18+.

DISH TV Starting at $19.99/month (for 12 mos.) SAVE! Regular Price $32.99 Ask About FREE SAME DAY Installation! CALL Now! 877-477-9659.

CASH FOR CARS, Any Make or Model! Free Towing. Sell it TODAY. Instant offer: 1-800-864-5784.

!!OLD GUITARS WANTED!! Gibson, Martin, Fender, Gretsch. 1930-1980. Top Dollar paid!! Call Toll Free 1-866-433-8277

CANADA DRUG CENTER. Safe and affordable medications. Save up to 90% on your medication needs. Call 1-800-734-5139 ($25.00 off your first prescription and free shipping.)

AIRLINE CAREERS begin here - Get trained as FAA certified Aviation Technician. Financial aid for qualified students. Job placement assistance. Call Aviation Institute of Maintenance 866-453-6204.

DISH TV Retailer. Starting at $19.99/month (for 12 mos.) & High Speed Internet starting at $14.95/month (where available.) SAVE! Ask About SAME DAY Installation! CALL Now! 1-800-615-4064 .

MAKE $2,000-$12,000 MONTHLY With our Teambuild. We're Already Earning. You Can Earn Daily, Change Your Life Now... 1-919-809-0503; http://easyrotator.com/62342/.

TRACTOR JIM, 67, author, inventor, heads across Texas, October, 1,300 mi. Issues challenge to science world: "God's Gift vs. current Theories of Everything (T.O.E.)". www.GodsAmazingAnswer.com; bakj334u@yahoo.com.

WANTED TO BUY
Wants to purchase minerals and other oil and gas interests. Send details to P.O. Box 13557 Denver, CO 80201.

CASH PAID- up to $25/Box for unexpired, sealed DIABETIC TEST STRIPS. 1-DAYPAYMENT.1-800-371-1136.

Reader Advisory: The National Trade Association we belong to has purchased the above classifieds. Determining the value of their service or product is advised by this publication. In order to avoid misunderstandings, some advertisers do not offer employment but rather supply the readers with manuals, directories and other materials designed to help their clients establish mail order selling and other businesses at home. Under NO circumstance should you send any money in advance or give the client your checking, license ID, or credit card numbers. Also beware of ads that claim to guarantee loans regardless of credit and note that if a credit repair company does business only over the phone it is illegal to request any money before delivering its service. All funds are based in US dollars. Toll free numbers may or may not reach Canada.

Appraisers/Estate Sales
BRADBURY APPRAISALS INC. Barbara June Bradbury, ASA and ISA Accredited Member BBB; 38 years experience. Trusts, insurance, divorce, inventories, collections, IRS, storage, remodel donations moving. Household furnishings, antiques, office, tools and shop shop equipment. For appointment, call 480-947-2378

Car Pool (School) Wanted:
NEED CAR POOL TO/FROM Arcadia and Xavier or Brophy. I will pick up your student to transport to school if you can pick up mine in the afternoon to bring home. Call Bob at 602-463-2710 or warneka@cox.net.

Cleaning Services
ARIZONA PRIDE CLEANING LLC Residential, window, commercial cleaning services. 20 years experience. Bonded / insured. Free estimates. 623-329-0325. Ask for Patricia or e-mail: arizonapride.cleaning@aol.com.

HOUSECLEANING - 20 YRS. experience. References available. Call Xiomara at 602-750-8017. If no answer, leave a message. (I'm probably cleaning someone's house!)

HOUSECLEANING SERVICES Excellent references and dependable experience in area. Call Emma at 602-478-9603.

Electrical
WARNER ELECTRIC SERVICE Corp. Service / Remodel / Construction / Licensed; Bonded; Insured. ROC 187308/ROC 187309 Clean, professional, reasonable. Lifetime workmanship guarantee. Call Dave anytime at 623-512-8209.

Event/Party Decorations
BLOOMIN BALLOONS Balloon decorating for all occasions: Birthday parties; Holiday events; Weddings; Anniversary; Grand Openings; Baby Showers; Prom; Sweet 16; Graduation; Corporate Events; Bouquet Delivery. Call Gloria at 480-285-6063 or email: gloria@bloomin-balloons.com http://www.bloomin-balloons.com/

PUMPKINS ARE COMING! First Christian Church, Scottsdale - 7405 E. McDonald Dr. Come to the "Pumpkin Patch" and pick your pumpkin from October 12 through October 26. Call 480-948-5636 for more information. All profits go to help community's needs.

Furniture Clean/Repair
LEATHER FURNITURE CARE Your leather looking shabby? Cat/dog scratches? Fading? Ink? It can look new again. Free estimates. Udder Finery Leather Works. Since 1970. 602-248-7862

Handyman/Painting Carpentry/Home Improv.
ARCADIA HANDYMAN - Arcadia homeowner doing quality work for you. No job too small and we'll be on time. Call Mike 602-908-8896. Not a licensed contractor.

LAMBROS MAINTENANCE Tom Lambros - specializing in painting. 30 years experience. License#160358. Bonded. Free Estimates. Ahwatukee Painter of the Year 2009. 480-220-7892. tom.lambros@gmail.com.

Health/Medical
ALLERGIES & FOOD SENSITIVITIES Would you like to be free of your allergies, food and chemical sensitivities? Without drugs or shots? We would welcome your visit to a doctor with 25 years of experience and 16,000 sessions with great results. We're nearby, just off of Hayden Rd. Visit our web site for treatment details and fee options, or call us at 602-327-2758. www.AllergyFreedomNow.com.

Help Wanted
ADMINISTRATIVE ASSISTANT Duties include: scheduling travel and expense reporting. Coordination of offsite meetings, i.e., booking rooms, developing agendas. Send your résumé and salary expectations to: sonllyn1@gmail.com.

Instruction / Gift Ideas
PIANO LESSONS IN THE PRIVACY of your home. Ages five to adult, beginners welcome. Call Tamera at 602-330-8780. mail@newmusicteacher.com, www.pianowaterhole.com.

RISKTAKERS TOASTMASTERS Club. Improve your speaking and presentation skills in a fun and supportive environment. 602-852-3793. Thursdays at 11:30 a.m., 24th St. and Camelback. http://risktakers.toastmastersclubs.org/

Landscaping/Tree Care
ALL AREAS OF THE VALLEY Landscape maintenance. Trees, shrubs, weeds, irrigation, clean-ups and hauls. Call Mike at Marianscape LLC. 602-686-0498.

AN ARCADIA AREA SPECIALIST since 1984.Experts in landscape maintenance (residential and commercial). Excellent customer service. Free estimates. Call now! Ersland Touch Landscape, LLC. 602-273-1633. www.erslandtouch.com.

ANY-AREA UNLIMITED — total yard cleanup and tree trimming. We do everything: weeds, trimming, pruning, removal and hauling— everything! You name it; we do it! Call Vuna now. 480-600-7357. Same day service.

LICENSED LANDSCAPE Contractor. Tree trimming and removal. Sprinkler repair and install; citrus tree expert health care; lawn doctor. Lic., Bonded, Insured. ROC 1768-9. 602-579-4982 organiclandscapeservice.com.

SERVICES: LANDSCAPE PLANS, construction drawings, HOA submittals, plant and tree layout, hourly consulting, residential and commercial projects welcome. 602-697-3720. www.mburtondesign.com.

Locksmith
LOCKSMITH - RESIDENTIAL and commercial service. Have you moved into a new house or condo recently? Who else has your key? Rekey the same locks for security. Affordable service. Licensed and insured. Install new locks / Free security assessment. Locksquad 602-448-2437

Moving Companies
BULWARK MOVING Free estimates. Residential and commercial. No hidden charges. Licensed, bonded, and insured. 602-454-2267. www.bulwarkmoving.com

TWO MEN AND A TRUCK Free estimates, homes, apts. and business. We do it all: packing, loading / unloading. Licensed, bonded and insured. 602-287-0068 or 480-991-1805. www.twomenandatruck.com

Pet Care
ANIMAL HOUSE CARE — Caring for your pets in their home. Mature, responsible animal lovers. We'll mother them while you're away. References available. 602-840-6580 or c: 480-678-7614 Gail and Marian.

ARCADIA PET SITTING ... Loving and responsible care for your pets and home. Insured and Bonded. References available. 602-574-4528. Ask for Wendi. www.arcadiapetsitting.com.

MARCY'S PET/HOUSE SITTING I will lovingly care for your pet in your home. Experienced, caring and energetic. Canine/feline CPR, miscellaneous errands. Impeccable references. Call 480-242-6066.

Real Estate: Rent/Lease
DUPLEX HOUSE FOR RENT Near Glenrosa and 28th Street - unfurnished, A/C, one bdrm, carport. No pets. Non-smoker. 602-952-1977.

Real Estate: Sale
ARCADIA DOLL HOUSE ON nostalgic street with large lot, great potential and views of Camelback Mtn. 5434 E. Flower. www.azdp.net Pamela Hopkins, Broker, Az. Distinguished Properties 602-793-1300.

ARCADIA OFFICE BLDG. FOR Sale/Lease. 4634 N. 44th St. 1,800 SF completely renovated. $495K or $2,995 per month. Steve 602-524-1400.

PRIVATE BUNGALOW IN THE date palm grove on 44th St. Completely renovated with granite counter tops, Bosch appliances, Jacuzzi tub and separate shower. Lots of wood and stone fireplace gives a cabin like feel to this very special one of a kind home. Call for a private showing. www.azdp.net. Pamela Hopkins, Broker/owner Az Distinguished Properties 602-793-1300.

Travel
ENOS KING-LEWIS II, AGENT Fun Trips - Prosperity - Wellness www.Enos4Prosperity.com enos4homes@hotmail.com 1-800-824-1450 (call 24/7)

Tutoring
MATH TUTORING. Grades 6-12. Your home or mine, Arcadia neighborhood. Private, individualized sessions. Help with homework, prepare for classroom tests. SAT/ACT prep. Sally Jacobs PhD, 20+ years teaching. Call 602-663-0319 or email: ArcadiaMathChamps@gmail.com.

TUTORING AND SAT PREP Tutoring grades K-12 diagnostic testing - Individualized programs - Reading - Math - Writing -Group SAT prep courses. Certified teacher over 20 years experience. Linda Edgar ledgar@cox.net 602-795-6312

APPRAISERS

APPRAISALS BY BRADBURY, INC

APPRAISALS FOR ALL PURPOSES
INCLUDING I.R.S.
• Probate • Estate • Donations • Antiques • Insurance
• Collections • Office & Household Furniture
• Divorce • Inventories • Moving-Shipping Claims

Barbara June Bradbury BBB ACCREDITED BUSINESS

480-947-2378

AUTO

CALL US AT 602.955.5725

montz AUTO RENDITIONS

"The Ultimate In VW Service"

VOLKSWAGEN SPECIALISTS
SERVICE • PARTS • HIGH PERFORMANCE
2926 N. 34th Place • Phoenix, Arizona 85018
www.montzauto.com

CALL US AT 602.955.5725

BEAUTY/HEALTH

BUSINESS SERVICES

AFFORDABLE PAYROLL SOLUTIONS

DARE TO COMPARE!!

602-316-3596

JODY BIRK

affordablepayrollsolutions1@gmail.com
www.affordablepayroll.solutions

CLEANING

B&B Window Cleaning
480-423-5980

Power washing, Commercial/residential
Email: bbwindowcleaning@cox.net
bbwindowcleaning.com

A+ We have an A+ rating with the BBB and we're PROUD!

Find us on Facebook

14 years of service

BENNETT'S CARPET & UPHOLSTERY CLEANING

Tile And Grout Cleaning

We use Hypo-allergenic and Green Seal Certified cleaning products
No perfumes • No solvents • No VOCs • No phosphates

- Prompt Service
- Area Rugs
- Truck Mounted Equipment
- No Residue
- Carpet Repairs
- Natural Odor Removal
- Pet Stain Removal

Bennett's Carpet & Upholstery Cleaning

Family Owned & Operated Since 1974

Valleywide • www.bennettscarpetcleaningaz.com

480-994-4988

PROFESSIONAL WINDOW CLEANING

RESIDENTIAL & COMMERCIAL WINDOW CLEANING SPECIALISTS!

(480) 839-1707

Submit This Ad With Full Service Window Cleaning and Get:
$30.00 OFF SERVICE & FREE MIRROR CLEANING!

Schedule ONLINE: www.GetMyWindowsClean.com

COMPUTER

The Computer Handyman, Inc.

Doug Arfa

Mailing Address
21001 N. Tatum Blvd.
1630-498 Phoenix, AZ. 85050
480-342-8398
602-989-1321
Dougphx@yahoo.com
www.thecomputerhandyman.com

ELECTRICAL

CONTRACTORS
LICENSE 15422

Since 1946

DYER ELECTRIC CO.

ELECTRICAL WIRING AND REPAIRING
2135 EAST INDIAN SCHOOL ROAD
PHOENIX, ARIZONA 85016

VICTOR DYER

OFFICE (602) 955-3770
24 HOUR SERVICE

• $50.00 Panel inspections & tune up •

ELECTRICAL • HOME • SERVICES

• Roger Heaster •

22 yrs. Master Electrician in The Valley of the Sun

Cell • 602-732-8877 Ph. • 602-256-6571

FLOORING

floor RENDITIONS

FREE ESTIMATES
Next Day Install Available
We can bring samples to you & beat any price!

Carpet $1.65 Per Sq. Ft. (Inc. FREE Install, Pad & Carpet Removal)
Laminate $2.75 Per Sq. Ft. (Inc. Install, Underlayment & Carpet removal)
Wood $4.99 Per Sq. Ft. (Inc. Install, Glue & Carpet Removal)
Tile 18" or 20" $3.65 (Inc. Install & Carpet Removal)

602-237-6797

Showroom located at 4601 E. Bell Rd. Phoenix, AZ 85032
Lic. Bonded & Ins. ROC 238942 • Financing Available
Min. Sq. Ft. purchase required for sale prices • Limited time offer

Make an impression on 50,000 of your closest neighbors.

You've got a few options for submitting your card:

1. Stop by our offices with a hard copy of your business card or simply drop one in the mail: 3850 E. Indian School Road, Suite 1, Phoenix, AZ 85018
2. Send an electronic file of your card to shirley@arcadianews.com. A high-resolution PDF is the preferred format and many business card suppliers provide this service at no charge.
3. MAKE YOUR OWN BUSINESS CARD using one of the many FREE online resources available. The following list of websites will allow you to create one-of-a-kind business cards in a snap.
   www.businesscardland.com • www.bizcardcreator.com
   www.businesscardstar.com • www.businesscardsabc.com/freemaker/

ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

Place your business card in the Arcadia News Classifieds and watch business grow!

Business card examples created at www.businesscardland.com.

FLOORING

Scott Borgerson
Proud father of Matthew & Ava

SCOTT'S CUSTOM FLOORING

TRAVERTINE
LAMINATE
GRANITE
CARPET
WOOD
TILE

Installation provided by SCF LLC

2539 E. Indian School ROC#237947K8
Phoenix, AZ 85016
www.scottscustomflooring.net

Office: 602-508-0015
Fax: 602-508-0018
Cell: 602-679-9595

FURNITURE

Made in America
Solid Hardwood Furniture

The Maple House
Since 1959
www.MapleHouseFurniture.com

2831 E. Indian School Rd
Phoenix, AZ 85016
602.955.9030

GARDENING

Table Garden
www.tablegarden.net

Available in white fir, redwood or western red cedar
starting at $139

(480) 747-0518

HANDYMAN

Your Honey-Do Handyman

General Repair & Maintenance

Electrical • Fan Installations • Plumbing • Carpentry
Home Entertainment Hookups

Ron Miner
480-233-1834 or 480-736-1599
Not a Licensed Contractor

HOME DÉCOR

CUSTOM MURALS*MODERN FAUX*

FREE ESTIMATES

ASHLEY DRYDEN

505*660*0645

VISIT: ADRYDEN.COM

HOME IMPROVEMENT

AZ STUDS
CARPENTRY & REMODELING INC.

Building and remodeling in Arcadia for over 15 years

Bonded/Insured
Commercial and Residential

480.421.0111

ROC Lic. #145413
AZStudsCarpentry.com

BLOCK WALLS

BRICK • STUCCO • CONCRETE
FLAGSTONE • PAVERS • MAILBOXES
STONE • DRIVEWAYS • BBQS
BEEHIVES • FIREPITS • TILE

Satisfaction guaranteed

Not A Licensed Contractor
Affordable Rates

Call Arturo Bonilla
602-475-7486

Father & Son Masonry, Inc.

SPECIALIZE IN NEW AND HOME ADDITION MASONRY & CONCRETE

602.323.9690
602.323.9692 Fax
602.725.5169 Cell

David Carrillo
davidcfandsmasonry@hotmail.com
ROC 172071

General Restoration, LLC
Kitchen & Bathroom Remodeling

Phone: 480-274-6004
Web: www.GeneralR.com
Email: Info@GeneralR.com
ROC# 234754

Full Service General Contractor
Custom Cabinetry – Granite – House Painting

HERITAGE HOME REPAIR, LLC
VETERAN OWNED AND OPERATED

SANDRA MORT
602.568.6681

ROC#290631
LICENSED - BONDED - INSURED

WWW.HERITAGEHOMEREPAIR.NET
SANDY.HERITAGEHOMEREPAIR@YAHOO.COM

FREE
Kitchen designs with local custom designers. Bring photographs or a plan of your kitchen.

Free Hors d' Oeuvres and Wine for your enjoyment.

Space is limited. Please call for reservations

4561 North 22nd Street Suite 220
Phoenix, AZ 85016

NUHOUSE
NUHOME

480-861-9398 Mon.- Sat.

Morgan House

RED RAM REMODELING
30+ years experience 40+ year Arcadia Resident
ROC Lic #128969

- Room Additions
- Carport Enclosures
- Patios-Kitchens-Baths
- All Brands of Windows & Doors
- Maintenance Free Sidings & Trim

CALL FOR FREE ESTIMATE
602-867-1253
redramremodeling.com

Side Job
GARAGE DOORS & OPENERS
custom gates • security doors
sales • service • repair • installation

Chris Honack
602.399.4156 East Valley
623.262.7615 West Valley
602.271.9882 Fax

ROC # 271218
chris@sidejobgaragedoors.com
www.sidejobgaragedoors.com

WESSEL AND BAKER CONTRACTING

Remodeling and Repair Contractor
Carpentry - Patios - Doors/Windows
Concrete - Masonry - Stucco
Licensed and Bonded
ROC #201515

Contact us for a free estimate at
(480) 217-9663
or WesselandBaker@gmail.com

LAWN/TREE CARE

AAA TROY'S TREE SERVICE

Tree trimming, Removals
Sprinkler Repairs, Installation
Landscaping & Yard Cleanups

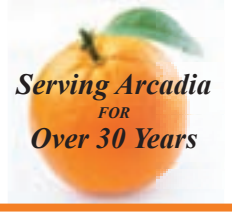
FREE ESTIMATES
Licensed. Insured

PHONE: 480-994-1500

Citrus Care

27% Off Services for New Customers

602-840-0601



Serving Arcadia FOR Over 30 Years

Deep Root Fertilization
$18 - $27 per tree
Disease Treatment
Trimming
Tree Painting
Maintenance Plans
Free Estimates

FLEMING

SPRINKLER/LANDSCAPE

INSTALLATION-REPAIRS
DESIGN/BUILD • LIGHTING
LICENSED • BONDED • INSURED

602-292-5657

Doug Fleming, Owner ROC # 098462

KEVENS LANDSCAPE CO.

Landscape Yard Maintenance

623-535-7654
Kevenslandscape.com

LAWN/TREE CARE

MARIANSCAPE

Michael A. Mariani,
Owner
(623)581-0903
(602)686-0498

Residential & Commercial Landscaping

Mike Macchiaroli Tree Company
Certified Arborist
Licensed • Insured

- Precision Removals
- Deep Root Fertilizing
- Micro Injections
- Artistic Trimming
- Palms
- Free Estimates

46 Years Experience
Best Service and Price in the Valley!
(602) 509-2773
BBB ACCREDITED BUSINESS
PHOENIXTREEREMOVALSERVICE.COM

Quandt Landscaping
Landscaping Installations & Makeovers
Call for a free estimate!
602-481-8571
ROC#180193

- Outdoor Lighting
- Brickwork
- Saltillo Tile
- Sprinklers
- Gravel · Sod
- Shrubs · Trees

Serving AZ Since 1996

Ryan's Removals
Oleander Removal
Oleander, Tree and Stump Removal
Dirt • Concrete • Hauling • Trenching • Delivery
Laser Leveling • Lot Clearing
Insured - Bonded
Call for free esitmate
602-451-6120
ryansremoval@gmail.com • oleanderremoval.com

SNAPPY LAWN SERVICE, INC.
For all your lawn service needs.
TIME FOR WINTER LAWN OVERSEEDING
THATCHING • VERTICUTTING
CALL FOR A FREE ESTIMATE
SERVING ARIZONA FOR 41 YEARS
602-275-2745
LICENSE # ROC 236598

SPRINKLER REPAIR

- Update Existing Systems
- Timers - Valves
- Drip Systems
- Leak Specialist

FREE Estimates - 25 years experience
Steve 602-702-7465
Not a licensed contractor

LIFE COACH

MILLIE HUDSON LIFE COACHING
MILLIE HUDSON MC, BCC
5333 N. 7th St. C226
Phoenix, AZ 85014
P. 602-279-5300
F. 602-266-1867
milliehudsonmcbcc@gmail.com
COACHING SKILLS
Adults, Adolescents, Couples, Transitions, Divorce, Parenting, ADD/ADHD, Emotional Intelligence, Assertiveness Skills

---

MOVING

BULWARK MOVING
602-454-2267
BULWARKMOVING.COM
"EXCEEDING EXPECTATIONS"
Licensed – Bonded – Insured
3621 E. Superior Ave., #102 Phoenix, Arizona 85040

TWO MEN AND A TRUCK.
"Movers Who Care."
Home/Business/Packing
We Sell Boxes & Moving Supplies Too!
Free Estimates • Insured & Bonded
We ♥ Referrals
480-991-1805
7039 E 6th St. #101 • Scottsdale AZ 85251
www.twomenandatruck.com

ORGANIZING

BE ORGANIZED. BE HAPPY.
An organized home is a happy home.
Dependable-Divas.com
Professional Organizing since 2006
480.518.7992
de-clutter | organize | simplify

PAINTING

Picture Perfect Painting LLC
Repaint Specialist
.Interior
.Exterior
.Commercial
.Residential
.Drywall Repairs
.Stucco Repairs
.20 Years Experience
JON SEARCY
602-410-5050
jonsearcypainting@gmail.com
www.pictureperfectpaintaz.com
Licensed, Bonded, Insured
ROC# 285136

PET CARE

Judy's Dog Sitting & Training
home: 602-522-9777 **cell:** 602-692-6110
Round-the-clock care in my clean, safe home
House Training
Obedience Training
Professional Grooming
Puppy problems? Don't complain...TRAIN!
Catering to the small dog.
Bonded, insured, references.

PLUMBING

Bird Dog Plumbing
Specializing in customer satisfaction!
– Courteous and Prompt –
Free Estimates!!
Don Kimpton
602.509.1796
ROC 285365
Licensed
Bonded
Insured

COBRA
ROOTER & PLUMBING SERVICE
Residential & Commercial • Since 1983
480-897-9211
LOW RATES ON EMERGENCY SERVICE 24/7
Sewer • Drain • Water Softeners • Camera Locating Equipment
QUICK, HONEST, DEPENDABLE SERVICE...ALWAYS!
- LOCALLY OWNED AND OPERATED -

---

24 Hour Emergency Service
Free Estimates
ROC #275157
PlumbNOW LLC
Gary Kelliher
General Manager
480.299.1105
plumbnow2011@yahoo.com
www.iplumbnow.com
Licensed • Bonded • Insured

REAL ESTATE

BUYERS
Get CASH Back
SELLERS
List on MLS for 1%
AZParadiseRealty.com
(602)290-4458

"I sincerely hope we can get acquainted someday!"
PamPeacock.com
Pam Peacock
Arcadia's Favorite Realtor®
602-952-8550
Home Smart • Associate Broker
PamPeacock@aol.com • www.PamPeacock.com
Superior Real Estate Services Since 1980

WEDDING SERVICES

Cathy Rise, Minister
renew your Vows
or first-time weddings
Choose a traditional ceremony, or
make yours a customized event
email: CathyHere@aol.com
(602) 327-2708
Weddings & Renewals

The MacLean Team Properties

58 E. Biltmore Estates Drive, Phoenix 85016 - $1,950,000
Incredible golf course estate placed on the Arizona Biltmore Circle. Built in 1984, 3,845 sq ft, 4 bedroom property is gated and beautiful!

4716 N. Dromedary, Phoenix 85018 - $899,000
4 Bedroom, 3 bath, 3,496 sq ft. Incredible opportunity on one of Arcadia's most coveted streets!!

5555 E. Rockridge Road, Phoenix 85018 - $1,449,000
Beautiful 4 Bedroom, 3 Bath, 3032 sq ft, 41,818 sq ft lot Camelback Mountain home with stunning views of downtown Phoenix and Camelback Mountain itself.

3318 E. Montecito, Phoenix 85020 - $499,000
3 Bedroom, 3Bath, 1790 sq ft, 9252 sq ft lot. Completely remodeled home done to perfection! Travertine flooring thoughout the living areas.

3186 E. Stella Lane, Phoenix 85016 - $724,900
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.

8 Biltmore Estates, Phoenix 85016 - $949,900
3 Bedroom, 2.5 Bath, 2446 sq ft, Biltmore Estates newest luxury condos is located on Adobe golf course. This particular residence has the most premium view of the golf course w/ 10' ceilings.

Our Buyers Are Waiting!

We are working with a number of buyers looking from $1,000,000 to $3,000,000.
If you are considering selling, please contact us...We might already have your buyer!

Recently Closed Properties By The MacLean Team!

3307 E. Medlock Drive SOLD
3425 N. Valencia Lane SOLD
4211 E. Whitton Ave 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
3700 E. Camino Sin Nombre SOLD
4242 E. Amelia SOLD
6305 N. 30th Court SOLD
3021 E. Rose Lane SOLD
5748 N. 41st Place SOLD
4232 E. Whitton Ave SOLD
4036 E. Weldon Ave SOLD
5140 E. Pinchot SOLD
6176 N. 28th Place SOLD
4614 E. Lafayette Blvd 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
3050 E. San Miguel LEASED
4519 E. Weldon Ave LEASED
3045 E. Claremont Ave LEASED
3318 E. Montecito LEASED
3015 E. Montecito LEASED
3419 N. 63rd Place LEASED*
2244 E. Ocotillo Rd LEASED*
3833 N. 33rd Street LEASED
3232 E. Hazelwood LEASED
4605 E. Palo Verde Drive LEASED*

*Listed/Closed more than once!

602.214.5169 • areasuccess.com

The MacLean Team Properties

3052 E. Stella Lane, Phoenix 85016 - $499,900
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 - $474,900
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!

2201 E. Ocotillo Road, Phoenix 85016 - $449,000
3 Bedroom, 3 Bath, 2374 sq ft, 9875 sq ft lot. Graciously set bordering the Granda Park preserve with no neighbors on one side or behind, this home has been renovated with Magazine worthy style!

3427 E. Mariposa St, Phoenix 85018 - $529,900
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!

1333 E. Nicolet, Phoenix 85020 - $449,000
Set on the largest lot in the subdivision with views! This 3 bed plus pool house/2 bath/2027sqft home has been renovated perfectly and is turn key!

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.

The MacLean Team

WE ARE THE NEIGHBORHOOD

Heather MacLean

Looking To Sell Or Lease A Property In Arcadia/Camelback Corridor?

The MacLean Team is #1 for successfully listing and leasing properties within the neighborhood.
Call us to find out why!

Awards

#1 REAL ESTATE AGENT REALTY EXECUTIVES 2012

CHAIRMAN'S AWARD REALTY EXECUTIVES

REALTY EXECUTIVES

As Featured In

Business Journal BOOK OF LISTS TOP 10 · Los Angeles Times · The New York Times · THE ARIZONA REPUBLIC

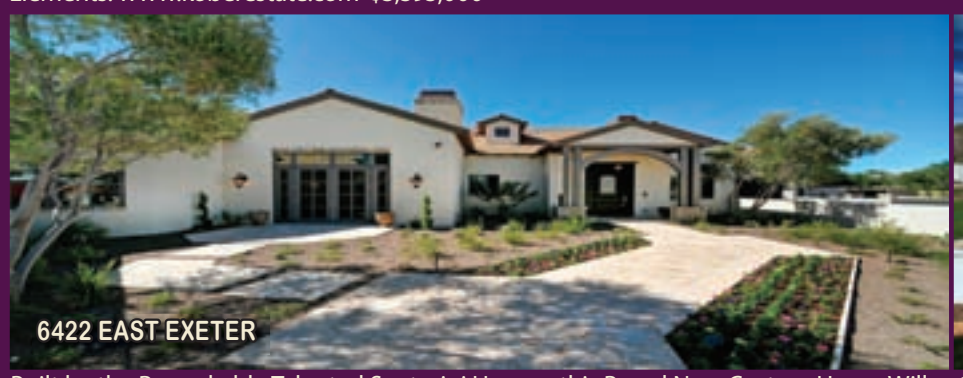
602.214.5169 • areasuccess.com

REALTOR

Arcadia's Number One Real Estate Source

This Astounding Estate Is An Absolute Masterpiece With Awe Inspiring Design Elements! www.koberestate.com $3,595,000

NEW LISTING-Absolutely Exquisite with Stunning Architecture and Magnificent Craftsmanship! $3,595,000



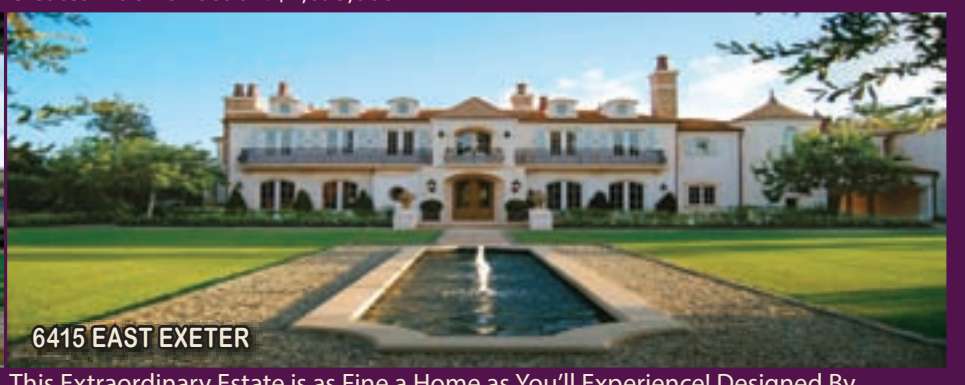
Built by the Remarkably Talented Santorini Homes, this Brand New Custom Home Will Impress Even the Most Astute Buyer! $3,695,000

SOLD– This Brand New Home is Truly Exquisite and Designed to Absolute Perfection! $3,695,000

This Grand Estate Will Leave You in Awe. Every Inch is Elegantly Designed With Impeccable Taste! $3,395,000.

NEW LISTING–Stunning Old World Design Combined with Modern Amenities Creates True Perfection! $4,095,000

NEW LISTING–Without Exaggeration this Divine Home Will Take Your Breath Away! $4,495,000



This Extraordinary Estate is as Fine a Home as You'll Experience! Designed By Candelaria and Built by Nance Construction $7,995,000

This Grand Manor is so Much More Than Mere Words Can Convey! $25,000,000

THE
JOFFE GROUP

BERKSHIRE HATHAWAY HomeServices
LUXURY Collection

Robert Joffe
602-989-8300
robert@thejoffegroup.com
TheJoffeGroup.com

The Experts in Arcadia Real Estate