Arcadia News

Vol. 22 No. 10 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | January 2015

ARCADIANEWS.COM / ARCADIAHO.ME



Happy New Year, Arcadia! As the sun sets on 2014, we look forward to another beautiful year in the neighborhood.

The most recent facts on the David & Gladys Wright house, with thoughts from the neighborhood.

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Fresh and healthy meets grab-n-go at the new Juby True in Arcadia. Cold pressed juices and more await.

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Three senior athletes declare college commitments during Arcadia High's official Signing Day.

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Cover Image:

Arcadia resident Chelsey Broermann sent in her shot that told us the story about the payoff at the end of a hike up Camelback Mountain, aligning perfectly with our Health & Fitness Theme this month.







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Camelback feels like home

By Amanda Goossen

Editor's Notes



I'm a California girl. With blue eyes and long blond hair, I've always looked the part. My heart has strong ties to my San Diego homeland, but over time I've realized there is more to my connection with the city than just location.

My life began in sunny San Diego, with a tight-knit family full of aunts, uncles, cousins and grandparents. There are few moments I remember from my childhood that do not include my beautiful grandmother, my kind and gentle grandfather and my fun-loving cousin and best friend, Rhiannon. It was a time in life that Kodak would have plastered all over their commercials. Smiling faces, high-pitch laughter and sunshine was aplenty.

When I was 8 years old, my immediate family moved away to Las Vegas, leaving my beloved childhood behind for Sin City where we knew no one and nothing. Perfect little suburban housing complexes had just been built 20 minutes from the Las Vegas strip where every home looked the same: a depressing stucco beige. It was as if the master planners were trying to save all the color of the city for the bright blinking lights of the casinos.

We literally got lost in our own neighborhood multiple times, simply because everything was neutral. Nothing had character. Nothing looked like California.

I did eventually make great memories in Las Vegas. It was where I changed from a girl to a grown-up, made lifelong friends, learned about life, and met the man I love. But I always knew it was far from where I wanted to build my life.

California had never stopped calling my name.

I moved from Las Vegas to Los Angeles, the day my husband and I returned from our honeymoon. I was a girl with old-fashioned values after all, and only moved in with my man once my wedding band was tightly on my finger.

I soon realized, however that California was not the reason I loved California. My family was the reason. My memories were the reason. Blue skies and miles of beaches were great, but my roots, my people, they were what I needed; they were my missing piece.

Before long, any chance I got, I loaded up my '96 dark purple Honda Accord and raced to the city I loved, even for an afternoon. Taking the 405 southbound, I could be in San Diego from Los Angeles in less than two hours. I drove too fast and listened to music way too loud. I was 20 years old and living the dream. I was home and felt it in my soul.

Life in Los Angeles, with frequent trips to San Diego, is a time I treasure. I would spend the night on my cousin's couch or spend a day with my grandparents, taking them to lunch and picking up their simple needs at the grocery store.

I'm not sure I had ever been so happy in my life.

Until 2011. When life moved us to Phoenix, Arizona.

I thought I was going to die. Seriously. Leaving my home, to once again live in the dreaded desert. I was sick. I denied it. I refused to pack. But somehow the moving truck came anyway and off we went to Arizona.

And eventually, I would find my footing on a big beautiful mountain named Camelback.

I've never exercised. I'm awkward and uncoordinated. I've always felt one step behind and slightly ridiculous. My body would ache so badly the day after any attempt at physical fitness that I'd need days, even weeks to recover. It was as if I was allergic to exercise. Or maybe I was just a total wimp.

But somehow, the day I stepped onto the mountain in this city, I felt at home. With the dirt under my feet, the incline of the mountain, the tightening of my calves, it all felt like home to me in a way I had never imagined. I was content.

Looking out onto the city after reaching the second or third plateau, I felt my spirit awakening. I knew I no longer needed San Diego to be less than two hours away. I no longer desired the beach and salty air.

On Camelback, in Arizona, in life, I was home.

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5 Bd • 3.5 Ba • 3,504 sq ft 3612 E Pierson St • Phoenix

SOLD



SOLD! 5 Bd • 4 Ba • 3,408 sq ft
7511 N Tatum Blvd • Paradise Valley $920,000



SOLD! 3 Bd • 2 Ba • 2,376 sq ft
8 Biltmore Est 124 • Phoenix $949,900



SOLD! Represented the buyer. 4 Bd • 3 Ba • 2,581 sq ft
739 W Coronado Rd • Phoenix $615,000



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Body cameras: Not a cure, but a step in right direction

By Jonathan T. Hasebe

Legal *Ease*



In response to the deaths of Michael Brown in Ferguson, Missouri and Eric Garner in Staten Island, New York, there has been a nationwide outcry for the adoption of body camera technology by police departments. In a December 2014 Pew Research poll, 87 percent of respondents supported the idea of requiring police officers to wear body cameras to record interactions. The proposal received bipartisan support with 79 percent of Republicans, 90 percent of Democrats, and 88 percent of Independents backing the idea.

Test studies involving body cameras in the last few years seem to back up the idea that body cameras are beneficial to interactions between police on patrol and the public at large. In the city of Rialto, California, all 70 of the department's uniformed officers were equipped with body cameras beginning in February 2012. Rialto's adoption of the body cameras led to some encouraging findings: After the implementation of the program, public complaints against officers plunged 88 percent from the previous 12 months and officers' use of force fell by 60 percent.

In a similar study conducted in Mesa beginning in October 2012, two demographically similar groups of 50 officers participated in a body camera study with one of the groups wearing body cameras and the other control group going camera-less. The study found that the 50 officers assigned to wear body cameras had 40 percent fewer complaints and 75 percent fewer use of force complaints, as compared to the previous year. Eight months after the camera deployment, the officers without cameras had nearly three times as many complaints than those who wore the cameras.

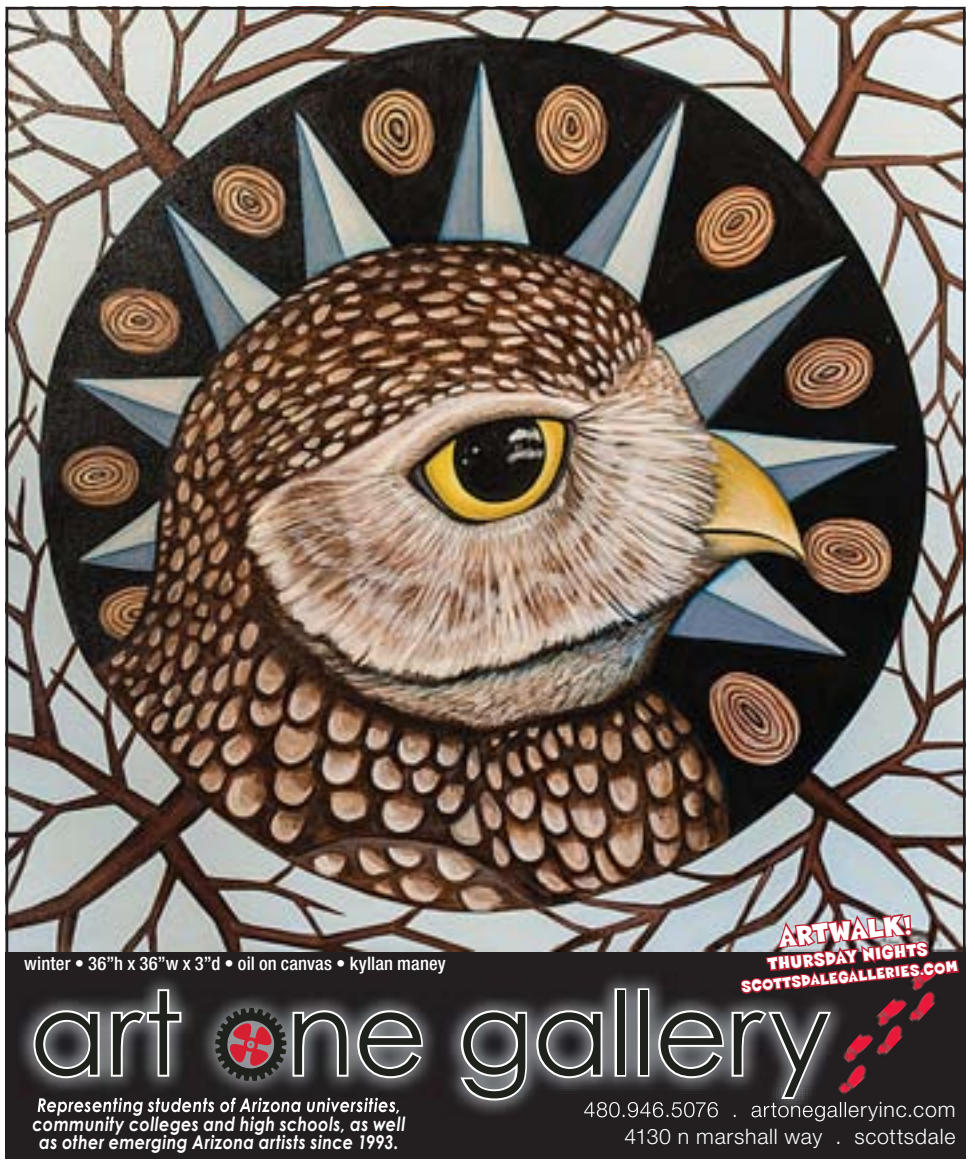
One obvious explanation for the drop in complaints against officers is that those who are being recorded (or who are doing the recording) tend to be more civil if they know their interaction will be documented on tape. Lieutenant Harold Rankin, who oversaw the body-worn camera program in Mesa, agreed with this finding and stated, "Anytime you know you're being recorded, it's going to have an impact on your behavior. When our officers encounter a confrontational situation, they'll tell the person that the camera is running. That's often enough to deescalate the situation."

Although not yet mandated state-wide among all law enforcement agencies, the Maricopa County Sheriff's Office may soon join the growing ranks of agencies adopting the body camera technology, which currently includes the Mesa, Chandler and Surprise police departments. In 2013, U.S. District Court Judge G. Murray Snow found that the MCSO had improperly profiled Latinos during their patrols. As a result, Judge Snow issued an order with the goal of preventing future discrimination. One of the suggested reforms ordered by Judge Snow was the use of camera technology on all patrol vehicles, although the order was recently amended to replace the term "in-vehicle" to "on-person."

The adoption of on-body cameras, like many new technologies adopted by law enforcement, will not come without some controversy. Some police officers may have hesitations at having their entire patrol filmed, arguing that it could hinder their investigative ability. Further, those who interact with police might have first-amendment concerns regarding an invasion of their right to privacy by having their conversations with police recorded. Additionally, the various agencies would need to iron out specific policies in regards to the use of the cameras (e.g., will the officers have the ability to turn the cameras on and off). Still, the cost savings associated with the reduction of complaints against officers as well as the ability to have an impartial, unbiased recording of police-citizen interactions would be a win-win for both police and the public. While not a panacea, the adoption of body cameras would be a positive move towards rebuilding the public's trust in law enforcement.

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

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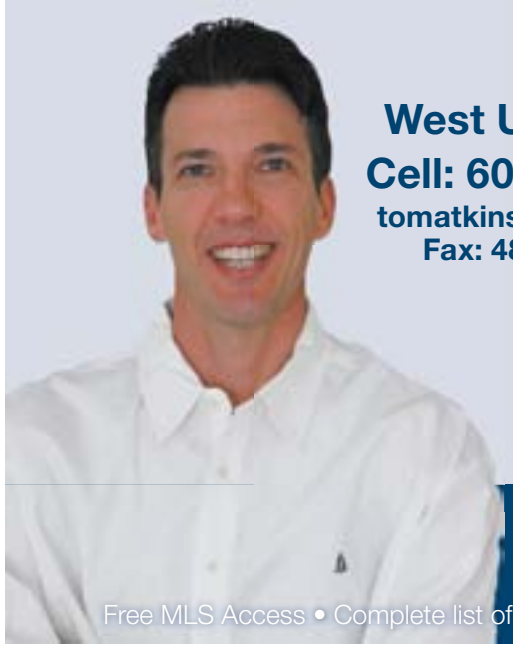
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Arcadia Real **Estate** Stats

2014 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2014- 11/30/2014)

Active Homes -	125 homes
Homes Sold -	210 homes
Average Sale Price -	$981,718
Average Sold $ Per SF -	$282
Average Days On Market -	119 days

- There is currently 5 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 25% this year. (based on 2013 sales results)
- Home prices have increased 13% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 7% 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- 11/30/2014)

Active Homes -	84 Homes
Homes Sold -	182 Homes
Average Sale Price -	$451,140
Average Sold $ Per SF -	$208
Average Days On Market -	80 days

- There is currently 4 months of home inventory (based on 2013 sales results)
- 2014 home sales have decreased 11% this year. (based on 2013 sales results)
- Home prices have increased 10% this year. (based on 2013 sales results)
- $ Per Square Foot prices have increased 9% this year. (based on 2013 sales results)
- Homes are taking 17% more time to sell this year. (based on 2013 sales results)

2013 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

2012 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

2011 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

2010 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

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Detecting cervical cancer

By Gautam Aggarwal, M.D.

Healthy *Tidbits*



More than 12,000 women get cervical cancer every year. The best way to find it early is to have a regular screening with a Pap test, which can be combined with a test for human papilloma virus (HPV). Cervical cancer is often caused by infection with HPV.

As much as 93 percent of cervical cancer could be prevented with proper screening and HPV vaccination.

With routine Pap testing in the U.S. over the last 50 years, precancerous lesions of the cervix often were found before progressing to invasive cancer. As a result, many women's lives have been saved, and their quality of life improved.

However, a recent report from the Centers for Disease Control and Prevention found that eight million women who should get Pap and other cervical cancer screening tests do not.

The American Cancer Society recommends that women take the following steps to find cervical cancer in pre-cancer or early cancer stages, allowing treatment to reduce the risk of advanced cervical cancer:

- Begin cervical cancer screening at age 21. Women 21 to 29 should have a Pap test every three years if results are normal. If abnormal, more testing may be advised. HPV testing should not be used for screening in this age group, but it may be used as a follow-up action for an abnormal Pap test.
- Get a Pap test combined with an HPV test every five years beginning at age 30 and continuing until age 65.
- Have a Pap test every three years – another reasonable option for women 30 to 65.
- Be screened more often if you have a high risk of cervical cancer because of a suppressed immune system, or because you were exposed to DES in utero.
- Stop screening with a Pap or HPV test if you've had a total hysterectomy, unless it was done to treat cervical pre-cancer or cancer. If your cervix was retained, continue cervical cancer screening according to the above guidelines.
- Don't be screened every year, regardless of your age, unless advised by your physician.
- Follow the above guidelines even if you've been vaccinated against HPV.

Gautam Aggarwal, M.D., is a family practitioner at Arcadia Family Clinic, 4131 N. 24th St., Suite B102. Reach him at 602-955-6632 or at JCL.com.

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BILTMORE

ACTIVE

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6,110 sq.ft. | 4 bed / 5.5 bath
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Backs to hole 9 on the Adobe Course



BILTMORE

SOLD

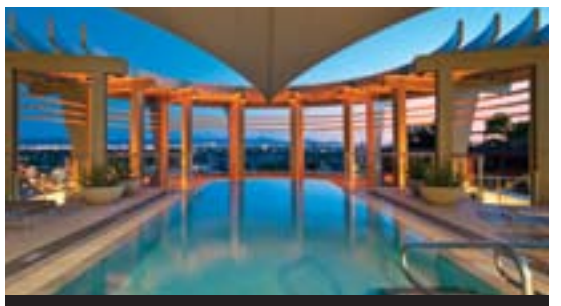
2422 E San Miguel, Phoenix, 85016
$1,400,000
4,127 sq.ft. | 4 bed / 3.5 bath
Breathtaking French country home in the Taliverde community of the Arizona Biltmore



BILTMORE

ACTIVE

3326 E Medlock Dr, Phoenix, 85018
$839,000
2,609 sq.ft. | 4 bed / 3 bath
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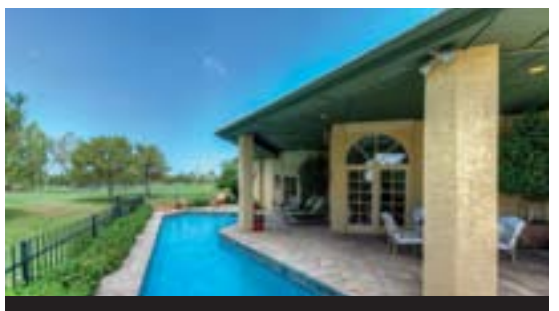
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$750,000
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BILTMORE

ACTIVE

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BILTMORE

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$745,000
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Biltmore Shores home located on hole 1 of the Adobe Course



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SOLD

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1,888 sq.ft. | 3 bed / 2 bath
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Tucker Blalock

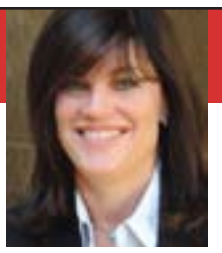
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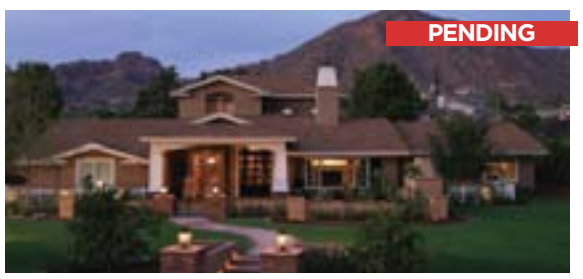
$725,000
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Paradise Valley
(desert lot)



$999,000
5302 E Doubletree
Ranch Rd, PV
(Al Beadle)



$369,000
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Where Are *They Now?*

By Amanda Goossen

Each month *Arcadia News* features a variety of personal interest stories and features on new companies. Have you ever wondered what happens to these people and how their story continues? This month we begin a new series of articles, spotlighting where life has taken some of our favorite people of the past.



Kim Hanna prepares to film her weekly segment on Great Food, Good Neighbors on AZTV-7.

In the summer of 2013 Kim Hanna was featured in a story about her blog Campingforfoodies.com.

Working on a blog, which brought together her two passions, camping and cooking, Hanna had spent a year cataloging her favorite fireside recipes, which were a far cry from burgers and potato salad. Hoping to eventually inspire other campers to get gourmet, Hanna's blog was doing well but her day job was still her main focus.

Although she was working full time for the City of Scottsdale in economic development, Hanna had high hopes for Camping for Foodies and when *Arcadia News* featured her story, her enthusiasm was contagious.

Taking the leap of faith, Hanna chased her dream not long after being featured in our paper. She quit her job and began the necessary efforts needed to take her blog to the next level. Now, her passion has paid off, taking her from behind the computer to being in front of television cameras.

Hanna is currently on AZTV-7 (Cox 13) on Saturdays at 11:30 a.m.; the show is called Great Food, Good Neighbors.

"It's a fun show where I inspire people to ditch the hotdogs and beans from their camp menus. I teach viewers how to easily cook gourmet at the campsite in the Camping for Foodies segment."

In addition to Hanna's segment, the show goes behind the scenes at two local restaurants with co-hosts Tray Goodman and Lisa Acquafredda. Every 30-minute show celebrates Arizona in a unique way.

"I have another TV project I am doing for the City of Scottsdale called *Flavors of Scottsdale* where we showcase Scottsdale's diversity through food," said Hanna. "I interview chefs and owners of ethnic restaurants and get their stories about their families, culture and food while highlighting cool restaurants in downtown Scottsdale."

In addition to the television endeavors, Hanna is still plugging away on her blog.

"I am really excited about our upcoming new product line on the website! We have designed a super cool cocktail shaker, jigger and muddler set which is something I use all the time on my camping trips," said Hanna.

"Another product we are bringing to [the] market is an awesome hammock with an ergonomically designed bag to keep essentials like magazines, sunglasses, drinks, you name it."

When asked what she likes best about her new career, Hanna added with enthusiasm, "Creativity! I always knew I was a creative person and that I really enjoyed the creative process but it was something I had to fit in between the commitments associated with a regular type of job. Now I get to be creative all of the time and I just love that!"

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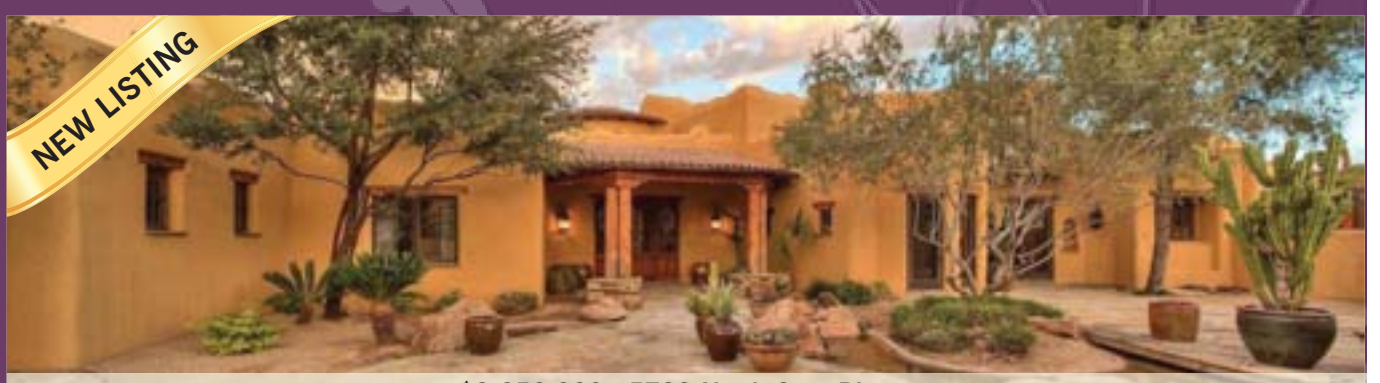
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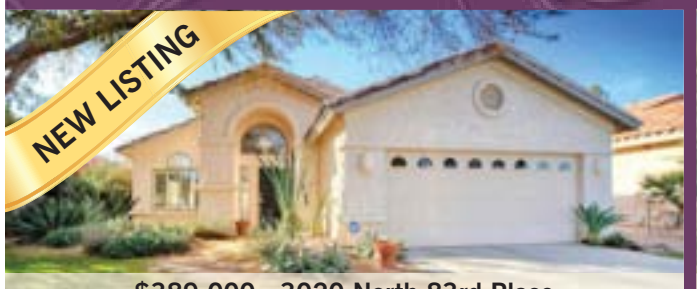
$2,625,000 4528 North Hilltop Road
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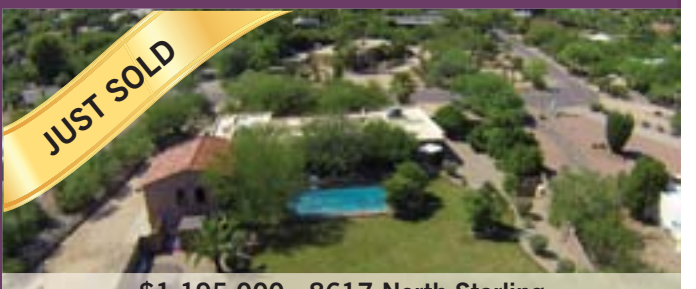
$1,059,000 4927 East Calle Ventura
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Teacher of the Month



Veritas Prep. teacher Mrs. Farmer began her teaching career when she home schooled her own children.

Passion leads to a career

By Christina Surrano

This month's *Arcadia News* Teachers We Love award goes to a teacher whose destiny in education unfolded as a natural progression. Cindy Farmer, dean of girls and sixth-grade English literature and composition teacher of six years, currently at Veritas Preparatory Academy, began by teaching her own children.

When Cindy Farmer made the statement that she believes learning is a shared project best done as a community, she was not just paying lip service. Farmer has dedicated the past 10 years to being an active member of the Great Hearts Classical Education community. She home-schooled her children until about junior high and when they started school outside the home, her personal dedication to their education continued. She became a volunteer: Parent Organization president and speech and debate team coach.

When all of her children were in school outside of the home, her involvement in education took a professional turn. She was offered a position as an assistant, which quickly led to a position as a teacher, assistant headmaster and now dean of girls at Veritas. During all six of the years she has held professional positions with the Great Hearts schools. She has taught literature, for which she holds a profound love.

"Teaching is an extension of what I have been doing. I'm dedicated to my children's education. I love teaching. I love literature, and now I [teach] for more children than just mine," Farmer shared.

Former student, Kylie Carwitz and her mother nominated Mrs. Farmer for the award. Kylie's mother, Debbie, who is also a teacher, noticed how the interest that Farmer took in her students as people, not just as students, influenced their attitude toward the subject being taught, creating enthusiasm that was not there before. She describes Farmer's passion for teaching literature as infectious and feels that she delves deeply into exploration while still making the concepts digestible for her students.

Farmer hopes her students take away the ability, "to be bold, unafraid to ask questions, look higher and deeper, unafraid to pursue what makes things hard or simple but still worthy."

Teachers chosen for the Arcadia News *Teachers We Love Award receive a $125 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 at The Henry.*



Behind the Business

By Mallory Gleich

If you're looking for Beth Goldwater, owner of Bertha's Café in Arcadia, chances are you'll find her in the kitchen cooking up a batch of cupcakes. Currently, she's working on carrot cake cupcakes for a guest. You can see the passion in her eyes as she mixes the batter and adds the eggs, a dusting of flour coating her hands and arms.

Goldwater has always been passionate about cooking, even at an early age.

"I was the one with the Easy Bake Oven. I had a little kid's cookbook with easy recipes that a kid could do, pancakes and stuff like that. I mean, I always baked as a young kid, but I never thought that it was a career choice," said Goldwater.

At the beginning of her college career, Goldwater went to Arizona State University for architecture. It wasn't until she visited her brother in Chicago that Goldwater realized that being in the service industry was her calling.

When she was 21, she got her first restaurant job at a small café in Chicago, where she worked learning customer service and customer experience. When she returned to Phoenix, she decided to pursue a restaurant career and got a job working as a pastry chef.

"I had absolutely no experience with pastries, but they hired me as their pastry person. They were like, 'Oh, you know how to bake?'" said Goldwater. This would be her first experience as a pastry chef.

At this point, Goldwater had moved to Tucson and started school at the University of Arizona.

"It was a lot easier to adjust down there. I moved in with my twin sister and started pursuing my education in restaurant management," said Goldwater.

She continued her education at U of A for a bit longer, but ended up graduating from Northern Arizona University, which has an extended program for restaurant management.

Originally, Goldwater wanted to open up her own bakery, but then decided a full-menu café was the better option.

The first Bertha's Café was located at 40th Street and Thomas Road but was eventually moved to its current location. The café has been there for five years.





A childhood disciple of the Easy-Bake Oven movement, Beth Goldwater discovered her passion for baking early on.

"A lot of my inspiration for the café comes from back East," said Goldwater, who is originally from New York.

So how did the name "Bertha" come about?

"I think it was a typo that happened, but my sister told everyone to call me Bertha and that became my nickname all throughout high school," said Goldwater. Apparently the name has stuck!

Bertha's Café is located on Indian School Road and is open Monday through Friday from 7:30 a.m. to 3:30 p.m. and on the weekends from 8 a.m. to 2:30 p.m.

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Historic overlay postponed to settle differences, city says

By Danika Worthington

The Phoenix City Council voted to grant continuance on the issue of historic preservation overlay for the David and Gladys Wright house, giving the owner and neighbors time to settle differences.

"Nothing is going to happen in the city unless the neighbors are okay with it," said Councilman Sal DiCiccio in the meeting. "So giving them plenty of time to work an agreement with the neighbors I think is positive."

A historic overlay would not change the original zoning, but add zoning on top of the property that would include it on the Phoenix Historic Property Register, said Michelle Dodds, historical preservation officer.

The historic overlay process was initiated in June 2012 in an effort to halt the owner at the time from demolishing the property, Dodds said. The continuance delays the historic overlay decision until October 21, 2015.

Although the paperwork has not been filed, new owner Zach Rawling plans to open the house on Exeter Boulevard and Rubicon Avenue to the public.

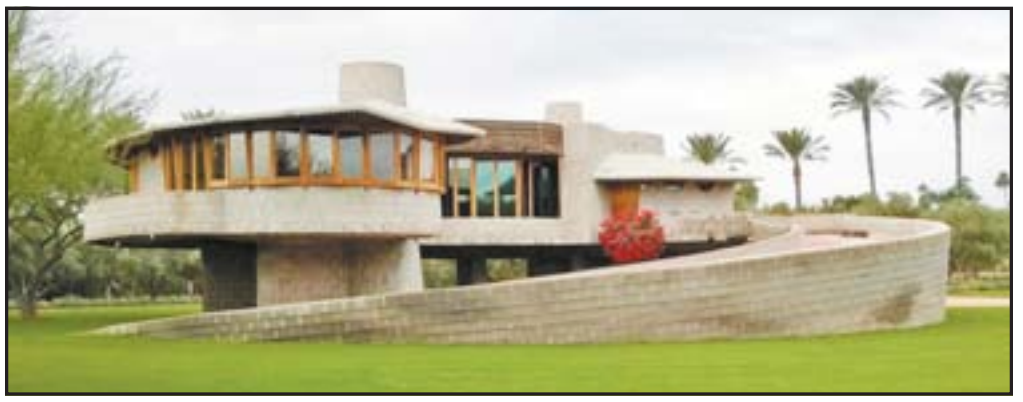
"[Rawling] doesn't want us to designate it as a landmark until we're also ready to designate the zoning to open it to the public," Dodds said.

The house is the third most recognized Frank Lloyd Wright building in the nation, making it a point of pride for Phoenix, said Dennis Newcombe with Beus Gilbert PLLC, the law firm representing the owner.

"With this additional time, we hope to have a good majority, if not all, the issues worked out," Newcombe said.

According to Newcombe, Rawling, who lives in Las Vegas, grew up in Arcadia and his mother would show him Frank Lloyd Wright houses.

He bought three adjacent properties, which will eventually be torn down to provide open spaces around the house, as it was initially designed, as well as potential meeting spaces. Grass and non-fruit bearing olive trees were added. The olive trees will be an attempt to replicate the citrus trees on the grounds when the house was built in the '50s, Newcombe said.



The decision on the historic overlay of the David and Gladys Wright House has been postponed until October, 2015.

Rawling hopes to build an underground education center and meeting space with potential for gatherings, poetry readings and archival space, Newcombe said.

Paul Gilbert, Rawling's lawyer, said the underground education center would also include lectures for children.

"[The education center is] bringing into fruition Frank Lloyd's vision of bringing together all of the arts," Gilbert said.

Gilbert said they would try weddings on a trial basis to see how they affect the neighborhood. They would also be limited to 10 to 12 weddings a year.

Newcombe said the key part of the project is its educational component, which would teach people, children especially, both the architecture of Frank Lloyd Wright as well as the arts in general. Gilbert also emphasized the importance of education to the project.

The entrance would be through the parking lot of the Camelback Church of Christ, with whom they have leased parking spaces. There will not be a public entrance from Exeter or Rubicon to prevent overflow into the neighborhood.

Additionally, the Church will only have a limited number of spaces so there will not be a large number of people flooding the area.

Gilbert said some neighbors are concerned about the commercialization of the neighborhood. He said the city decided to preserve the building so it would be open to the public.

Newcombe said the firm has not filed an application for rezoning, which would be necessary to open the property to the public, only paperwork for a historic overlay. He also said the house has been stabilized, putting a hold to any further deterioration.

Newcombe said they are hoping to work with the neighbors, but as of now, Rawling does not have any back up plans if he were not to get the permits.

"We haven't gotten to the point of what ifs," Newcombe said.

Neighbors have suggested that Rawling continue with his vision, but move the house to city-owned land in another area of Arcadia so as not to disturb the neighborhood.

"The location is just as critical as the house, in some ways almost equal," Newcombe said.

The house was designed around the views of Papago Mountain as well as the head of Camelback Mountain, he said.

"It's like a tree," Newcombe added. "It's grown into its space."

Gilbert said the house is too deteriorated for it to survive moving. Additionally, it was designed around the space and moving it would remove the point of historical preservation.

Three community members spoke at the meeting in favor of the continuance, simultaneously expressing concern for what Rawling has planned for the home.

During the meeting, 39-year Arcadia resident Paul Barnes said, "I hope that the additional time will allow the current owner of the David and Gladys Wright house to rethink his plans and bring them back in conformity with what was originally envisioned when Arcadia leaders enthusiastically endorsed this rezoning to a historic preservation landmark."

Barnes continued, "Unfortunately, this owner appears to be in pursuance of grandiose plans that will allow uses of the scope far beyond what was originally contemplated. This will lead to an end result that is totally unsatisfactory to the Arcadia residents. I'm even hearing some saying they wish the city would just have allowed the previous owners to tear the darn house down."

Jennifer Sheedy, long time Arcadia resident and local realtor, told the council the historic overlay goes "hand in hand" with potential zoning for a Planned Unit Development, which would allow Rawling to open the house to the public.

"People work really hard and take on a lot of personal responsibility and make sacrifices to move into the neighborhood," she added.

Sheedy has met with the owner at the property twice to talk about his plans. She said she is concerned about the potential attraction's effect on exposure, traffic and noise.

Although the entrance to the house would be off Camelback Road, Sheedy said there is no way of preventing people from going through the neighborhood.

She also said the noise, especially from potential weddings, could be disturbing.

James Warne handed the council a packet of information, including more than 100 signatures of people against the proposed changes for the Wright house.

"A native Arizonan, I longed to live in the Arcadia area because of what it was, or is, depending on the outcome of the concerns of a great number of families living in the immediate area and extended area of Arcadia," Warne said.

Warne said he and many others do not want any commercial development, public or private, in the neighborhood. He also expressed concern about Rawling's plans to make the home an international tourist destination.

Gilbert said they plan to start a major neighborhood outreach, including flyers, attending neighborhood meetings, and offering tours to neighbors.

"We will be working with the neighbors closely," he said. "We want to be a good neighbor."



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Arcadia's citrus gleaning

By Heidi Jaenicke

Arcadia's abundance of citrus gives those in need access to fresh produce, thanks to generous residents and several diligent Valley organizations.

Citrus gleaning is necessary, especially for those who cannot get outdoors and prune their own trees. When too many fruits pile up in a yard it attracts roof rats, a common pest that loves to snack on rotten oranges, grapefruit, lemons, limes and other seasonal fruits.

This is the 14th consecutive year that the Arcadia Citrus Program will hold their Super Citrus Saturdays.

The citrus collection service takes place every Saturday from 8 a.m. to noon between January 24 and March 28 at the Scottsdale Elks Lodge, located at 6398 E. Oak St.

Originally started in 1999 as a Boy Scouts of America service project, the Arcadia Citrus Program distributes local produce to food banks, Native American tribes, senior centers, local churches and the Maricopa County Sheriff's Office jail system.

Organizations that help gather produce include the St. Mary's Food Bank, Arcadia Water Company, Sun Growers Juicing, North Phoenix Baptist Church and Bashas'.

Due to the high demand in citrus gleaning needs, the registration for the program is limited to area codes 85018, 85251, 85351, 85373, 85374 and 85375. The last day to enroll for gleaning services was on December 19, 2014. If you missed the deadline, there's still an opportunity for you to donate your produce. If you want to assist those in the Arcadia neighborhood, elderly residents can always benefit from an extra helping hand.

Arcadia Water Company can assist elderly residents with registering for citrus gleaning online to help ease the process of picking and donating produce.

"We have a partner agreement with St. Mary's Food Bank and Sun Grower, who's a juicer," says Gayle Staffler, office manager for Arcadia Water Company. "This is the picking program we promote."

"If [people] are not computer literate, they have the option of calling me up and I'll do the sign up for them," says Staffler.

"I don't want anybody to miss out that actually wants to take part in it," says Staffler.

The Grand Canyon State is known for having ideal weather for growing citrus. By promoting events like these, residents can support their local economy and provide nourishing produce to those who are unable to feed their families.

For more information about this program, contact the St. Mary's Food Bank at citrus@firstfoodbank.org. You may also contact roof rat expert and citrus gleaning expert, Barry Paceley at 602-273-0435.



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Finding the keys to health and wellness in the new year

By Mallory Gleich

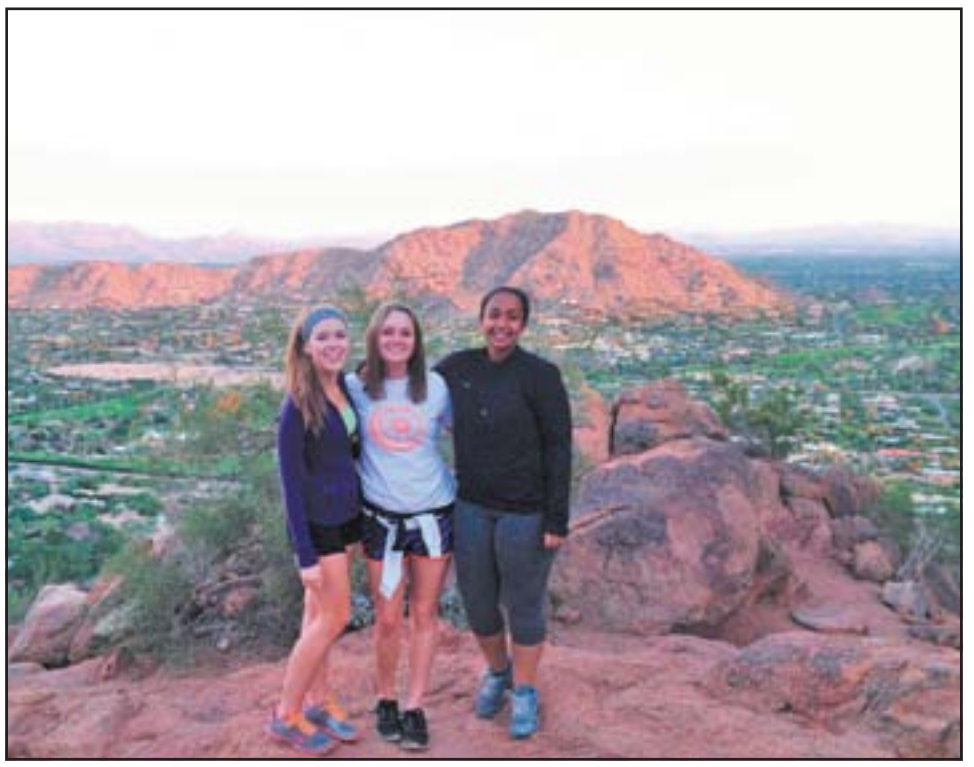
A new year brings new dreams, hopes and challenges. A New Year's tradition is to make resolutions, a goal or challenge you would like to accomplish within the coming days, weeks or months. One of the most popular resolutions is to get fit and get healthy. In keeping with the spirit of resolutions, here are some tips on how you can improve your health and wellness in 2015.

"There is more of a spike in fitness memberships at the beginning of the year because it gives people a sort of set time to begin their fitness goals," said Jonell DeVencenty, a trainer from Orangetheory Fitness in Arcadia. "It gives them the extra push to start fresh for the new year."

One of the hardest parts of staying on track with a fitness goal is having the motivation to actually go to the gym or sign up for classes.

"Depending on your goals, the best way to stay on track is to make a plan. Instead of making just one goal for the year, set a three month, six month and one year goal for yourself," said DeVencenty. By making smaller goals, it will be easier to keep your goals in sight.

DeVencenty said that her best tip for staying motivated with a fitness goal is to take it one day at a time. Make smaller changes in your diet and fitness routine so that you won't get overwhelmed and lose sight of your main goal.



(From right to left) Luwam Berhane, Emily Westfall, Annabelle Toney standing atop Camelback Mountain.

Another tough problem in keeping with New Year's fitness goals is keeping up with a healthy diet.

Andrea Barkley, a personal trainer and private cook in the Arcadia area, says that adding more healthy fats to a diet is a great way to eat right. Things such as homemade broths, coconut oil, wild-caught fish, and raw milk are examples of healthy fats.

"An ideal meal plan is full of whole, real food and super low amounts of processed foods. Avoid foods from a package that has ingredients you can't pronounce," said Barkley.

Barkley also suggests cutting certain things from your diet to maintain healthy eating. Artificial sweeteners, 100 calorie snack packs and protein bars are three things that are misconstrued as healthy when they really aren't.

"For snacks, I recommend a bit of real chocolate or raw cheese. Limit whole grains to a tiny part of your diet. Also, carbs are not bad for you! Stick to fruits, sweet potatoes and butternut squash," said Barkley.

Along with diet and exercise, it is also important to find wellness within yourself. Life can get pretty stressful at times, so it's important to find ways to maintain a balance in your lifestyle.

Sheryl McCormick, who is the spa director at the Phoenician Wellness Center in Scottsdale, says that she uses yoga and meditating to help lower her stress levels.

"I just recently started meditating, and I've already noticed a change in my mood and attitude," said McCormick. "I do yoga three times a week and meditate for 10 minutes using an app on my phone. It's a great way to relax and turn your brain off for a little bit."

Along with yoga and meditation, there are a few other ways to lower your stress levels and find inner peace within yourself. Getting a massage, hiking your favorite mountain, or even taking a half-hour nap can help relieve some stress from your hectic schedule.

"Be selfish and take some time out for yourself. You'll be happy and more productive that way," said McCormick.

Health and wellness are two important factors in living a happy and healthy lifestyle. Eat well, stay well, live well and best wishes for a fantastic new year!

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Capturing the good memories in 2015 with a memory jar

By Larissa Garza

New Year's has become synonymous with innovation and change ever since Emperor Julius Caesar first decided to implement January 1 as the start of the new Roman calendar. Since then, countries throughout the world have created their own traditions to celebrate a new year.

Across the globe people ring in the new year with one thing in common and that's the opportunity for a new beginning. The concept of a fresh start is enlightening for anyone who's looking ahead and ready to embrace the upcoming calendar year.

MEMORY JAR

This year say hello to the new year, the new you and the new adventures of 2015 that have yet to be pursued by creating a memory jar.

All you need is a pen, paper and a creative mind that's ready to jot down all the memories of 2015. Designing a memory jar is an excellent way to cherish the noteworthy moments that happen everyday in our lives.

Whenever something memorable happens – no matter how little or large the occasion is – write it down and insert the paper into the memory jar.

Who knows what could end up in the bottom of the container at the end of 2015? The memory jar can house the entire family's different versions of "memories to remember." You can include the dates of your loved one's birthday party, when



you moved into your first home or even the funny joke you heard the cashier say in the checkout lane.

The whole purpose of the jar is to commemorate the moments that made the year one to remember. The memory jar can turn into an entertaining game when you gather your friends and family around on New Year's Eve to read all the one-of-a-kind memories created throughout the months.

INSPIRATION BOARD

Crafting a goal board is another way to sustain a productive start to the new year. The best way to get started on those ambitious goals is by literally piecing them together. Assembling a collage for 2015 will be the first step you'll take towards bringing those dreams to life.

However you decide to kick-start the new year, it's essential to realize being honest with yourself is the only way to truly accomplish any resolution. Taking time to craft projects such as a memory jar or a goal board allows you to analyze yourself.

COMMUNITY

Embracing the new season of your life can be as simple as taking a stroll outside and getting to know your community.

One 2015 community event that brings together Arizonans is the Verizon Super Bowl Center. This free event draws in the crowds and builds up the anticipation of Super Bowl XLIX. Centered in downtown Phoenix, this 12-block gathering runs Wednesday, January 28 to Sunday, February 1 from 12-10 p.m. each day.

OUTDOORS

If sporting events don't make you want to breathe in some fresh air, why not visit one of the biggest light shows in the country? The Phoenix Zoo illuminates the beginning of the new year with "Zoo Lights" until January 11. This event offers families the chance to savor the winter weather and the outdoors at the same time.

Whether you're out and about screaming the clock countdown with friends, or taking in some relaxation time with your loved ones, the new year is meant to be cherished. Take a break from the hustle and bustle of life and allow yourself to enjoy every moment you make in 2015.



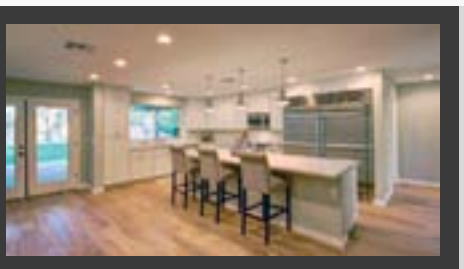


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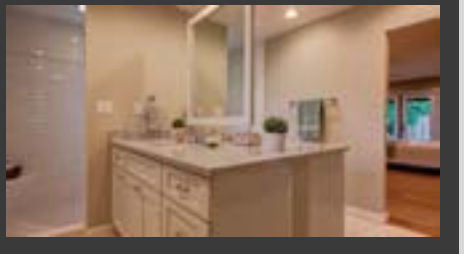
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BUY remodel SELL

Yoga studio inspires two young employees to get creative

By Amanda Goossen

For three local women, the simple need for a headband has brought them together.

Brittany Garcia and Karah Eaton started jobs the same week at the Madison Improvement Club in Arcadia, training together for weeks before the popular yoga and spin studio would open to the public.

The women were fast friends despite their differences. Brittany was a 22-year-old Arizona native and ASU student, while Karah was a 30-year-old Arizona newbie after spending the last eight years in Los Angeles.

Before long, Brittany and Karah would discover the one thing they definitely had in common. They shared the same birthday on May 23.

While working at the Madison Improvement Club, the women discovered guests regularly asked them both the same question.

"Guests kept coming out of the yoga or spin rooms and asking if we sold headbands," said Brittany.

While the Madison does sell clothing, headbands were not originally on the product shelves. The women began discussing ways to solve this sudden demand.

"We bought some fabric," said Brittany, "and did some sewing by hand."

For Karah, who had learned to sew at age 9, the process was simple. Brittany decided to take a few sewing classes.



Brittany Garcia, Mary Swanson and Karah Eaton are the owners behind 5two3, a new local fashion line.

"Karah and I were both using sewing machines. For every five she would make, I would make one."

Taking classes with an 8-year-old girl at Sewing Nuts in Scottsdale, Brittany's first class project required her to make a pillowcase.

Soon the women kept up with the demand for headbands, making themselves proud and Madison guests happy.

Their shared birthday inspired their business name. May 23 became 5two3.

Co-owner of the Madison Improvement Club, Mary Swanson was suddenly aware of the small business putting boho-chic headbands on her shelves and on the heads of her clients.

Mary, a social entrepreneur by trade, saw potential not only in the business but also in the women who had so passionately put it together.

The three women talked, learned from each other and began to form plans for the future. Now they are all business partners in a company creating more than just fashionable headbands. They also produce other comfortable, yet hip attire, such as pants, rompers, vests and scarves.

A business completely separate from the Madison Improvement Club, the women have set up shop in a centrally located boutique in Old Town Scottsdale. They've started online sales as well as wholesale to area shops, including the Madison. The storefront is currently only open on Saturdays, making it a great destination for weekend shopping.

As for the women who started the small business, their dream is to keep it locally made, continue its growth and to "dress happy."

"Mary's motto is think big," said Brittany.

Together, each with their separate skills, the team develops designs (Karah); establishes the social media, website, online ordering and sales (Brittany); and organizes the business strategies and scaling (Mary).

"Our roles somehow developed organically," said Mary.

In 2015, 5two3 hopes to grow the clothing line, with their same mindset of locally made, vibrant, comfortable clothing to fit any body type.

"Recently we styled a friend for a photo shoot and she said, 'You made me feel so badass,'" said Karah. "That's exactly what we want."

For more information on 5two3 go to: 5two3.com.





Arcadia News

Health & Fitness



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Arcadia News

Health & Fitness

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Tyler Southwell, M.D. received his B.S. in biological sciences and biochemistry and attended medical school at Wayne State University School of Medicine in Detroit. Along the way he found himself training to be a surgeon. Dr. Southwell's main ethos is that patients deserve respect. He believes that treatment options should be a shared decision between a patient and physician. **fpsaz.com**

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Improving choreography practice is one of the benefits of adding iPads to physical education.

St. Theresa embraces tech

By Larissa Garza

St. Theresa Catholic School's physical education program is now using iPads to bring together math, technology and physical activity.

Coach Kathy Putta is in charge of the program and this is the first year that she has utilized iPads in her physical education classes.

"It's really fun to see how it shifts the way they look at things," said Coach Kathy.

Some of the activities for which the students can use the iPads include: recording videos of choreography to teach the class, scanning QR codes to find an activity, scavenger hunts and even timing activities.

Coach Kathy said that it has changed how the students interact and it helps the students teach one another.

"The girls have to choreograph a dance and teach it to the class and they get graded on how well it goes. When they record themselves, they can see if they are in sync or not, rather than just being told," said the coach.

Coach Kathy said that since there was an extra set of iPads, she wanted to find a way to integrate them into her class.

"I found ideas on Twitter. It's easy. I can pull up videos of activities and they can see examples from multiple views and it's much clearer to the students."

The P.E. department, along with the science department at St. Theresa's are working on a grant to get heart monitors for the students. This will allow students and teachers to observe the students' heart rates.

"No one will know who each individual is on the monitor, so it does not discourage students. That way they keep getting better and better," said Coach Kathy.

The goal of this grant is to see if physical activity can increase cognitive functioning in students. This will be measured by memory tests before and after physical activity and the numbers will be tracked for a few weeks.

"It would be a great opportunity for the students."



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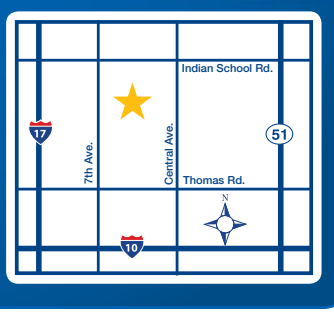
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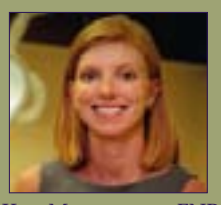
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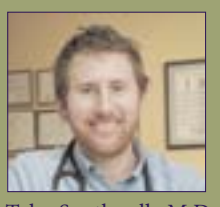

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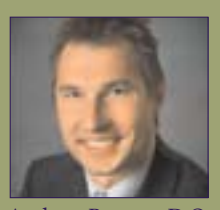

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Waltz, tango, foxtrot? TLC to air local docuseries

By Michelle Donati-Grayman

There's a dancer in all of us. Some reserve their talents for weddings and bat mitzvahs, while others, like Paradise Valley resident Linda Pope, turn their passion for it into a TV show.

A ballroom dance aficionado, Pope conceptualized a docuseries about the highly competitive world of amateur ballroom dancing. She shared her idea with Simon Fuller of American Idol and So You Think You Can Dance after being introduced to the television producer by a friend. Together, the pair successfully pitched Ballroom Blitz to the TLC network.

"The American public has proved they love ballroom dance shows like Dancing With The Stars," Pope said. "Ballroom Blitz has glitz, glamour and drama and we know people are just going to love it."

Each episode of the six-part series features three passionate dancers paired with a professional dancer to compete in national competitions held across the country.

Scottsdale resident Jan Montague was featured in the fourth episode of the series.

Montague grew up watching Come Dancing, a British ballroom dancing television show, which was introduced as Dancing with the Stars in the United States in 2005.

"I watched it, but I never thought I'd do it," Montague said.

That changed nearly a decade ago when a friend told Montague she was taking ballroom lessons. Montague decided to join her.

She danced for several years until a foot injury required surgery. Pope approached her to compete on the show while Montague was recovering.


Paradise Valley resident Linda Pope with her dance partner Igor.

"I was hoping I could get my foot well enough to perform," Montague said. "It was a personal challenge."

It took Montague six weeks to prepare for the competition. She and her dance partner, Igor from Imperial Dance Studio in Scottsdale, competed against 30 couples. The two advanced to the finals before taking the top prize at their competition.

"It was the most elating thing to win," Montague said. "The judge said he's never seen anyone more happy."

In addition to bragging rights, Montague won $300 for taking first place, which she said would cover a couple of dance lessons.

Montague was one of several local residents who appeared on the show. Others included Carrie Schnepf, Rose Dimov, Jim Garnick and Olivia Pena Anderson.

Ballroom Blitz aired in late November on TLC. Visit facebook.com/BallroomBlitzFans to learn more about the series.

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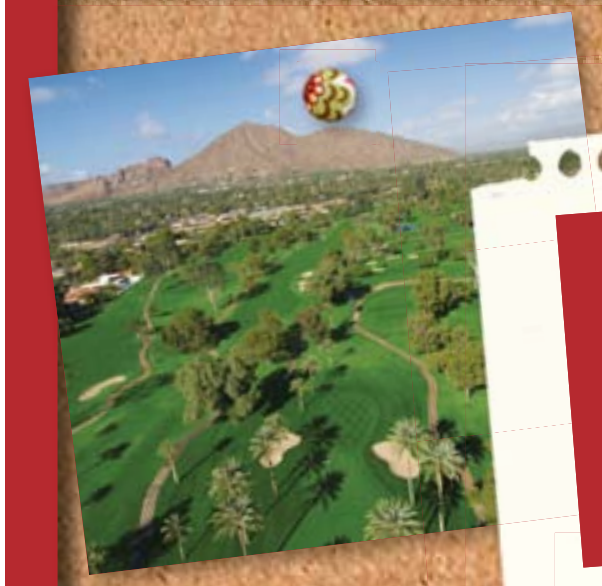


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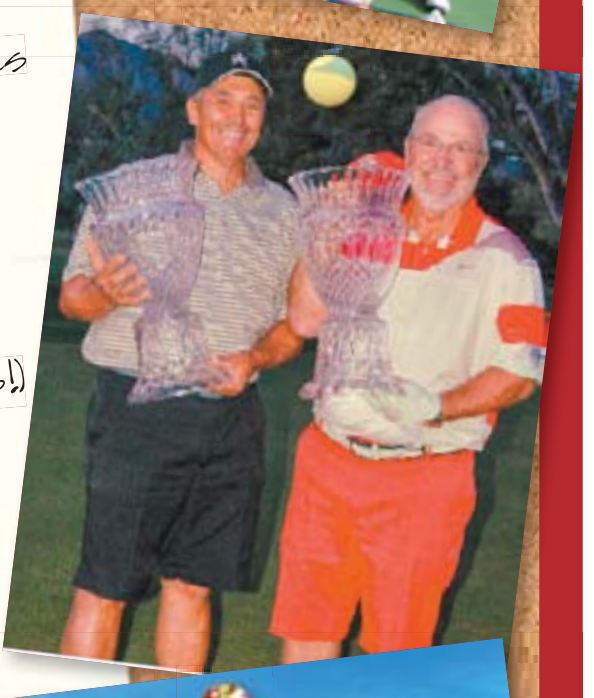


New Year's Resolutions



1. Work out and take fitness classes
2. Eat healthier
3. Spend more time with family
4. Meet new friends
5. Golf more! (get the kids lessons!)
6. Sneak away to hit balls on lunch or after work
7. Plan next event at The Club!









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In its first year, the Ingleside Garden Club is tending to their garden and selling their harvest.

Garden interest growing

By Amanda Goossen

This school year Ingleside Middle School was awarded the talents of one of Arcadia's most well-known and beloved gardeners, Barbara Halden.

Halden is responsible for helping many in the community. She gave Hopi Elementary School the knowledge to create a garden and physically participated in every phase of the construction, education and longevity of the garden.

At Ingleside, Halden worked to establish not only a school garden but an after school garden club where students participate in planting seasonal crops, flowers and herbs, learn to cook with their harvest and collect seeds from the garden plants.

"Ms. Leonard [the school PE teacher] and I received a grant from the Western Growers Foundation for the garden and nutrition education," said Halden. "Ms. Leonard writes a cookbook with her students and comes out to help with planting in the garden."

In addition to planting, harvesting and cooking, the students will also sell many of their items at the Arcadia Farmers' Market one Sunday morning a month.

The Arcadia Farmers' Market was started two years ago with the schools in mind, giving a portion of the proceeds back to neighborhood schools.

In December, the Ingleside Garden Club participated in their first farmers' market.

"Our students had a lot of fun talking to our customers and explaining what they were selling," said Halden. "They had to decide about the prices of the product and make sure they exchanged the right amount of money with the customers. There was ample time to walk around and visit with the other vendors and exchange information, and even sample some of the other great products at the market."

The goal for the Ingleside Garden Club is to sell produce and other products at least once a month at the Arcadia Market. Students will continue to learn about what is involved in running a market and continue hands-on garden work, cooking and nutrition classes.



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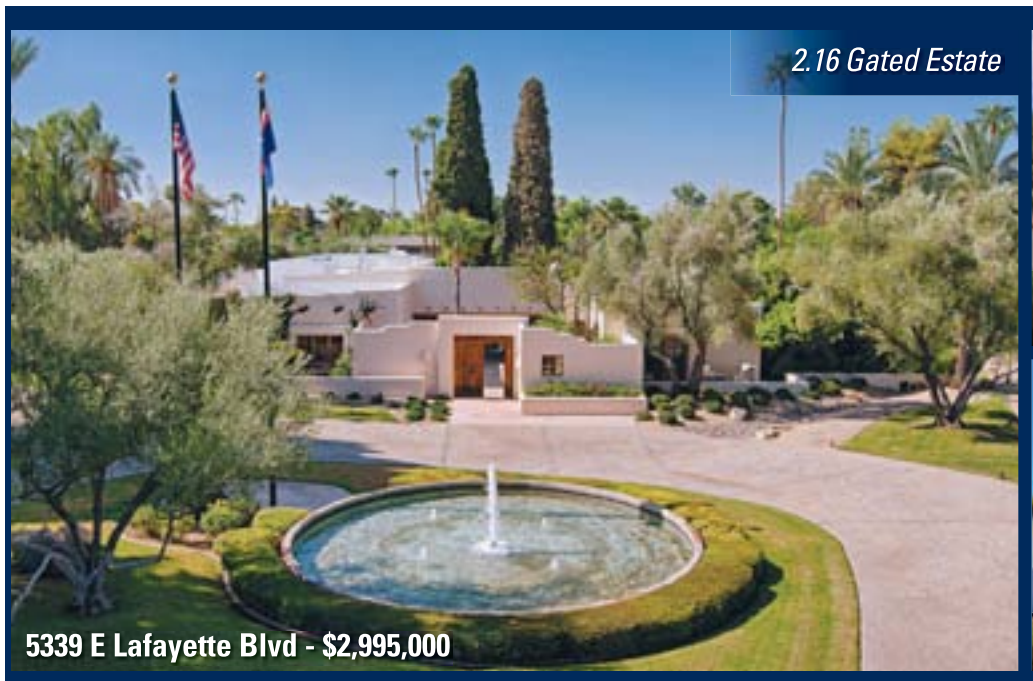




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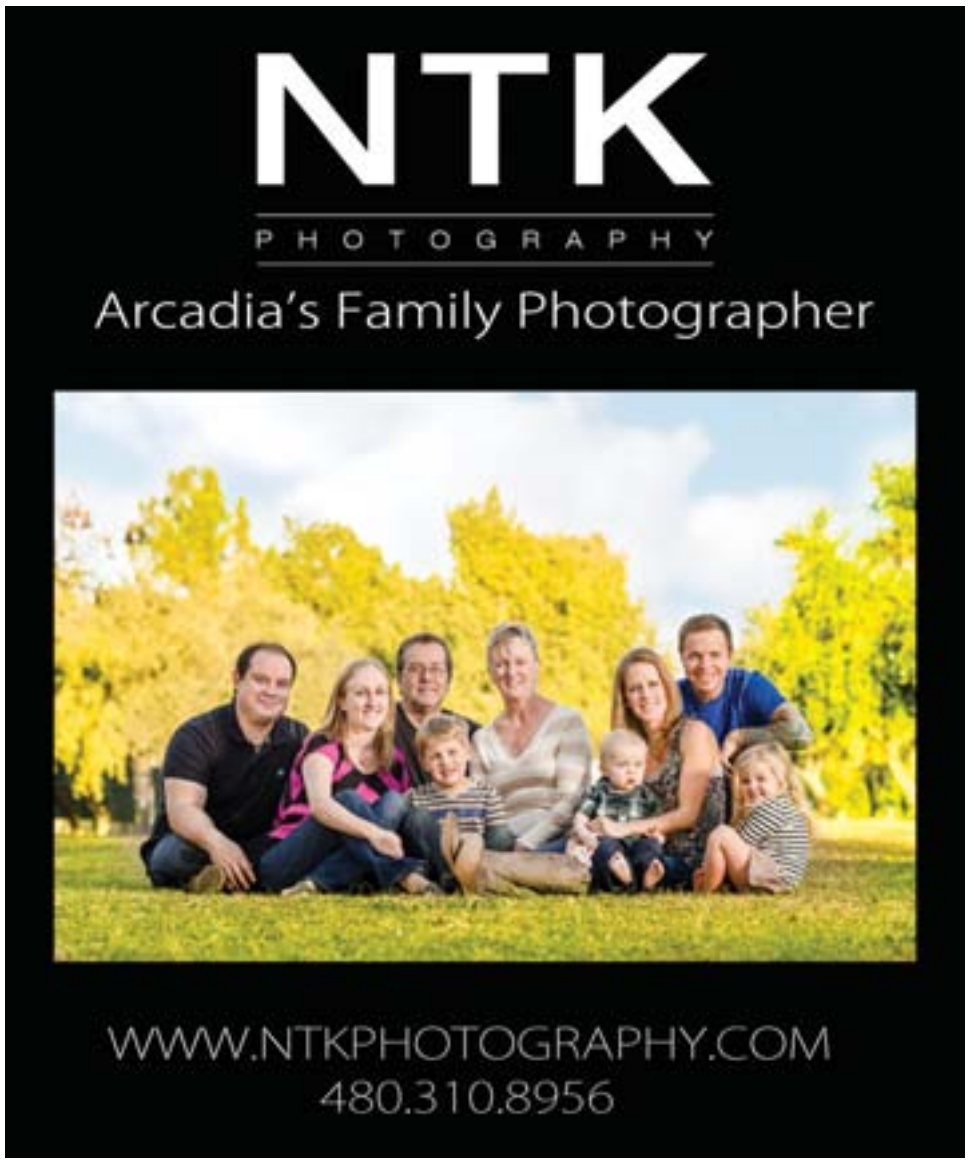
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New Year's resolutions versus go get 'em goals

Kids' Corner



By Lisa Weisenburger

I recently read a statistic that, while not necessarily surprising, was a bit hard to swallow. Forbes magazine quoted research from the University of Scranton that stated just 8 percent of people achieve their New Year's resolutions. That means 92 percent of us don't. I don't know whether the people in the study referred to kids, teenagers, adults or all of the above. Regardless, we have to do better people!

My approach to 2015 will focus not on resolutions but on goals. Setting an attainable goal sounds so much more fun than creating a resolution. A resolution in my mind is what not to do. For example, "We resolve to never eat fried foods." For 2015 we plan to say, "We will only eat fried foods once a month."

For my kids to be successful and not be part of the 92 percent, we need a solid plan and the goals have to be SMART: specific, measurable, action oriented, realistic and timely. The old familiar resolution of "We will exercise more as a family," for 2015 will be "We will ride our bikes together in our beautiful Arcadia neighborhood two times a week and hike the 32nd Street trailhead twice a month as a family."

You get the idea. Specific, measurable, action oriented, realistic and timely.

This goal setting and planning needs visual aids. We like lists and charts and Post-it notes in our house. We like technology, too, but sometimes there is nothing better than chalk and a swatch of chalkboard paint. For our 2015 goals, we decided to make mini books, one for each family goal. Not being savvy at scrapbooking, I stumbled upon this clever use of coffee sleeves as mini books and I love it! They are quick and easy to make as well as recycled and repurposed. Check out the Fiskarscraft's YouTube video for a simple tutorial on how to make these mini books.



Fear not diehard fans, new name, location for Carmel's

By Kassidy McDonald



This home on 44th Street will soon be Charlie Fine.

On Sunday, November 9 the locally owned and operated Carmel's Coffee and Bakery on 42nd Street and Camelback Road closed its well-known shop. The shop owned by Patrick Flanigan was named after his late mother, Carmel. Best known for its local coffee, home-style breakfast and lunch menu, and the ambiance that comes with an eatery contained in a 1940s vintage house, the shop which was once awarded the "Best New Restaurants" title by *Phoenix Magazine* has bigger plans in store.

Carmel's former location was torn down, along with the other restaurants and shops such as Havana Café and Camelback Flowers in Camelback Court. Bill Levine from Levine Investments Limited Partnership bought the .9 acre of land in January 2014 for $2,720,037. LGO hospitality has plans to open a new restaurant in the demolished Camelback Court location; construction has yet to start.

Carmel's is moving half a block away, south of Camelback on the west side of the street to 4730 N. 44th St. The location is being remodeled from an Arcadia home on 44th Street to a neighborhood restaurant. The new restaurant will be named Charlie Fine. It will serve the same breakfast menu offered at Carmel's, but will expand to include a lunch, dinner and alcohol menu as well.

According to Debi Bridges from Bridges Media Group, who is handling public relations for Charlie Fine, "Patrick Flanigan, owner of Carmel's Coffee, is excited to open up Charlie Fine which will offer a larger location and full menu, expanding to more than just breakfast and coffee."

Bridges also stated that Charlie Fine is expected to open in the beginning of February. There will be events to kick off the grand opening. Follow Carmel's on Facebook at facebook.com/CarmelsCoffee to find more information and upcoming news about the opening of Charlie Fine.

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Juice lovers unite at convenient new Arcadia grab-n-go

Places *We Liked*

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By Amanda Goossen

Dark green, crisp organic kale, spicy ginger root, and bunches of vibrant fresh carrots fill bins and baskets inside a kitchen built for a king. Every item is weighed to ensure quality and consistency, fruits and vegetables are scrubbed clean and prepared for their specific role. Cold-pressed juice is being prepared and this work is serious business.

The spot, which just opened on the corner of a long-standing neighborhood shopping center, is Juby True, the latest Arcadia eatery from Fox Restaurant Concepts.

Unlike other Fox restaurants, however, Juby True is a small grab-and-go concept, created to cater to the busy lifestyle so many of us lead. Fresh juices, snacks and salads are prime for the picking, as if awaiting our fingers to pluck them from their ready-made orchard.

All fresh, healthy and made with dietary restraints, dietary needs and recent culinary desires in mind, Juby True combines everything the current culture loves, with the convenience of, well, a convenience store.

And as the sister restaurant to Fox's True Food Kitchen, patrons can expect high quality ingredients served in a palate-pleasing package.

So, what is cold-pressed juicing and why is it all the rage?

Cold-press juicing includes the low pressure, slow grinding of fruits and vegetables into a pulp, separating the fibers in order to easily release the juices. The pulp is still full of juices and when pushed through finely woven separators and pressed, the juice is squeezed out.

The juice never undergoes any extreme conditions such as high speed blades or heat, therefore it is never damaged. Home juicers often use these methods that can damage, making it necessary to drink immediately. Cold-pressed juice, on the other hand, will keep without preservatives and holds its full nutritional value for at least 72 hours. Nutrients, amino acids and enzymes are all intact.

Combine this method of cold-pressed juicing with highly skilled culinary experts such as the team at Juby True and Fox Restaurant Concepts and flavorful concoctions fill $9 canisters. Try two of my favorites, the Kale-Aid with celery, apple, kale, cucumber, lemon and ginger or the Little Miss Sunshine with pineapple, pear, ginger and mint. Each bottle lists the ingredients as well as the reasons it's beneficial, such as "digestive support, clear skin and anti-inflammatory."

"We want layers of flavor," said brand chef for True Food Kitchen, Arik Markus. "We have vegetable-driven juices, great for people who get sugar spikes. We use things such as Himalayan salt, chia seeds and cayenne to enrich the flavor profile and mineral content."

Try the Juice Boosts or the 1-ounce shots. Maybe an Almond Mylk Blend or a Hydrator. The full menu can be found at jubytrue.com with explanations on each item. Reading the choices along with their specific details is both informational and entertaining, with a funny first-person point of view used to interpret it all.

For a snack, try the Organic Superfood Popcorn. A bag of air-popped popcorn with coconut oil, red palm oil, hemp seed and cumin, this popcorn is something you can munch on all afternoon and never feel guilty.

The salads are crave-worthy. Portioned into proper lunch-size meals, choose from a Tuscan Kale Quinoa salad to an Asian Soba Noodle and everything in between. Each salad is served with a side of dressing and when you check out at the counter, the helpful staff never forgets to ask if you need a fork and napkin.

My Juby True bag, on each visit, leaves full. My heart happy. My appetite ready and ravenous.





Adjusting eating habits might be easier than you expect

Veggie *Beat*

By Amanda Savage

The Veggie Beat is officially one year old! Thank you to all of the readers for a successful year! I look forward to sharing more tips and making more local discoveries in 2015!

Usa.gov reports that losing weight, getting fit and eating healthy food all fall under the top 10 most popular New Year's resolutions. If I've done my job at all with this column, some of you may be considering cutting out meat or other animal byproducts at the start of the new year.

This may be harder or easier for some of you, depending on the status of your current eating habits, but regardless, a little help can't hurt. Here are some of my do's and don'ts to accomplishing animal-free living in 2015!



Veggie columnist Amanda Savage.

DON'T: SEE IT AS ANOTHER "DIET"

We've all heard magazines and diet books explain that a successful transition into a different lifestyle is a lifestyle change, not a temporary change that will eventually divert itself back to the eating and exercise habits you had in the first place. Understand that seriously becoming vegan or vegetarian is a commitment. Be ready to let go of some of the habits you currently have, and embrace change as a positive thing.

DO: DO IT FOR THE RIGHT REASONS

People are always stunned by how long it has been since I've regularly eaten meat. They always say, "It seems like it would be so hard." It is hard, when your heart isn't in it. I personally do not crave meat anymore because I'm 110 percent invested in the values of why I choose to live this way. Don't do it because it's trendy, do it because you really believe in it, then it's cake.

DON'T: SET UNREALISTIC EXPECTATIONS

If you are a steak and potatoes kind of person, whose diet is largely made up of red meat or fast food, chances are, giving meat up cold turkey isn't going to work for you. Don't adopt the unrealistic idea that after midnight on New Year's Eve you will be able to completely switch your lifestyle to kale, quinoa and tofu. Instead, map out a plan to gradually cut meat and other animal-based ingredients out of your diet.

DO: SET MILESTONES, AND REWARD YOURSELF

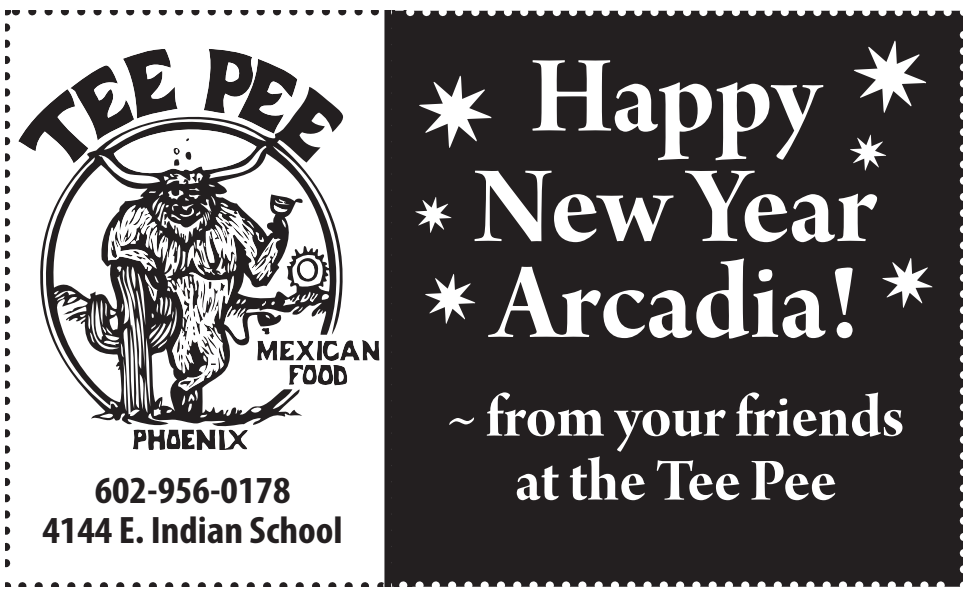
Once you map out your gradual plan to discontinue your current eating habits, set milestones and goals along the way. Since you're slowly dumping foods, your milestones will seem more attainable, making it more likely for you to reach your goals. You don't want to set goals that are too high, and run the risk of getting too discouraged when you don't meet them.

DON'T: SATISFY YOUR CRAVINGS WITH EMPTY CALORIES AND CARBS

A lot of new vegetarians will attempt to satisfy their meat cravings with foods like pasta, chips, pizza and other high-calorie, "empty" foods. While there is nothing wrong with these foods, they don't replace the nutrients you'll lack from taking meat and other animal byproducts out of your diet. It's easy to gain weight and become lethargic and sick when you don't do your homework and look for food satisfaction in the wrong places.

DO: OPEN YOURSELF UP TO NEW SOURCES OF NUTRIENTS

There is a whole world of food out there of which a lot of people never scratch the surface. Becoming a vegan or vegetarian is the perfect opportunity to step out of your food comfort zone and explore. Completely dump any preconceived notions you have about vegetables, and start to view them through a creative lens. Experiment with recipes like cauliflower pizza crust, spaghetti squash pasta and baked sweet potato fries for plant-based, nutritionally rich meals.









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Healthier spirits for 2015

By Amanda Goossen

Arizona Cocktail Week returns this February, kicking off once again by the all-day, all-night Cocktail Carnival at the Hotel Valley Ho on Saturday, February 14, 2015. This poolside shindig will showcase dozens of vendor booths, carnival games, circus performers, live performances from up-and-coming local bands and countless cocktail tastings.

Along with exciting events at local restaurants and bars throughout the week, Arizona's most spirited week will also feature an expanded lineup of both nationally renowned and locally grown mixologists leading interactive tastings and educational seminars.

And on February 16, hosted at the Bitter & Twisted Cocktail Parlour in downtown Phoenix, the much-anticipated Last Slinger Standing competition will pit the competition's top five Arizona bartenders (chosen in the preliminary rounds in October) against the best from Colorado and Nevada.

Arcadia News is thrilled to have three cocktail recipes this month from three of the Arizona finalists. In honor of any healthy eating resolutions you may make this New Year's, these recipes highlight healthier drinking with fresh fruit juices, natural sweeteners and even Kombucha.



BERRY TASTY

By Timothy Lafever Jr.
Barman - Bitter & Twisted Cocktail Parlour

- 1 ounce Tito's Handmade Vodka
- 1 ounce Veev Acai Liqueur
- 1 ounce Pom Blueberry Pomegranate
- 3/4 ounce fresh lime juice
- 1 bar spoon pure cane sugar (2:1)
- 3 drops SweetLeaf Natural Coconut Sweetener
- 2 basil leaves

Combine ingredients into shaker, shake and double strain into a coupe glass.



GOOD VIBRATIONS

By Joshua James
Owner and Beverage Director - The Clever Koi

- 2 ounces Smith & Cross Jamaican Rum
- 3 ounces Kombucha Gingerade
- 1 ounce turmeric, cayenne pepper and local honey syrup (see below)
- 3/4 ounce lemon juice

Turmeric and Cayenne Syrup
- 1 cup local honey
- 1/2 cup water
- 1 tablespoon fresh grated turmeric
- 1 teaspoon cayenne pepper

In a saucepan, mix all the ingredients and bring to a simmer. (Do not boil the mixture). Then, let the contents cool. Using a fine strainer, run the contents through to remove any of the larger remains. Bottle and keep refrigerated up to two weeks.



LAFAYETTE PRESERVE

By Brian Goodwin
Bar Manager - The Gladly

- 1 1/2 ounces Nolet's Finest Gin
- 1 1/2 ounces Black Sphinx date and ginger shrub
- 1 ounce fresh lemon juice
- 1 egg white
- 1 mint sprig

Black Sphinx Date and Ginger Shrub
- 8 ounces Black Sphinx Dates
- 4 ounces fresh ginger
- 3/4 cup apple cider vinegar
- 1/2 cup Demerara sugar

Remove seeds from dates. Lightly poach dates in vinegar until soft. In a food processor, add sugar and pulse while hot until dates are finely chopped. Thoroughly wash ginger. On medium side of a box grater, grate ginger. Add ginger to date mix and cool.

For the cocktail, in a mixing tin, add the egg white and shake vigorously. Add ice and the rest of the ingredients. Shake hard for 6 seconds. Double strain (to get the fine bits) into a coupe and garnish with expressed mint.



Joshua James can be found most nights of the week manning the bar at The Clever Koi.

Hey, *Bartender!*

By Amanda Savage

Full name: Joshua James
Position: Bar Manager and Owner at The Clever Koi

Where was your first job?

My first hospitality position was at the Hilton Squaw Peak in room service. I was 16 years old and was given a cherry red golf cart that topped out at 30 mph – not the smartest move on their part.

When did you get your start in the bar business?

My first position behind a bar was at AZ/88 in Scottsdale. I worked for the company for over six years.

Where may have people seen you around town?

It's a pretty safe bet that you can find me at The Clever Koi any day or night of the week. If not, I frequent Whole Foods and sometimes can be found occupying a barstool at the Swizzle Inn.

How do you spend your free time?

My free time is usually spent with family and loved ones. Come Sunday, I love to hang out with my girlfriend at home with our dog and cat. Maybe get a late brunch or early dinner.

What's your guilty pleasure?

Third Eye Blind. I can't help myself.

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

I love design; it's why I went to school.

What is your favorite thing about being a bartender?

The interaction with guests would probably be my favorite thing. I have – to this day – many great friends that I have met bartending over the years. It's a very personal job, which allows you to learn a lot about your clientele.

What about your least favorite?

This is somewhat of a catch 22, but your guests can also be your worst nightmare. It doesn't happen very often, but sometimes people can be hard to deal with.

Pick three things that embody a great bartender.

Personality, work ethic and humility.

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

Just recently, a guest wanted a draft beer with a one-quarter cup of dried red chili flakes in it. Seemed odd, but I did it anyways. He really enjoyed it, so who am I to judge?

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

Generally, gin or whiskey on the rocks. If I am feeling adventurous, I love a great Sazerac.

Where are some of your favorite local spots to hang out at?

Bar Crudo, the Swizzle and AZ/88 if I am in Scottsdale.

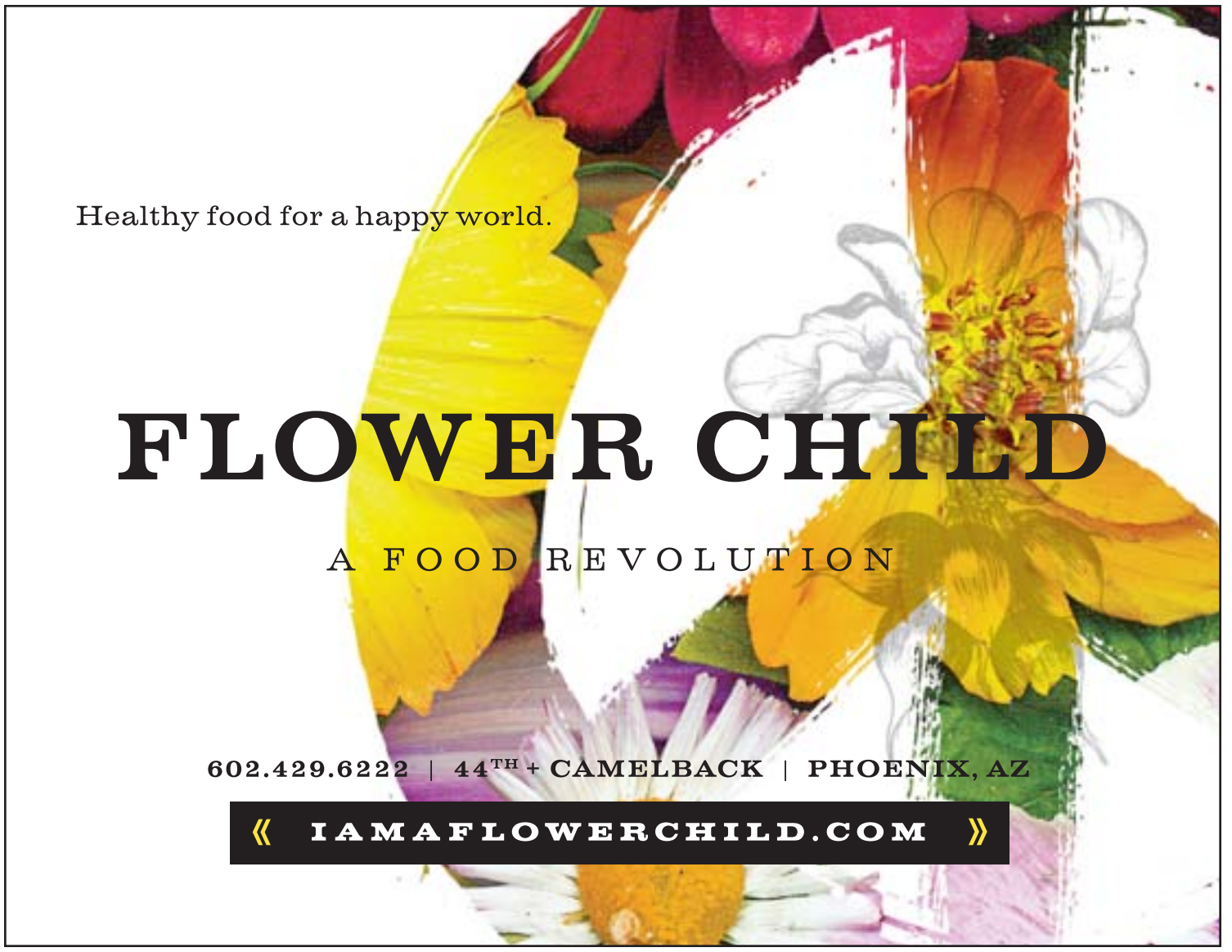
What's your favorite cocktail?

Right now I am really loving the Make The Beast of Two Backs. It has mescal, Amontillado Sherry, Korean pear, gomme, lemon and mole bitters. It's a great wintertime cocktail.

It's your day off, you have nothing to do, money is not an object – what would you be doing?

I would be getting on a private plane and flying to San Sebastian in Spain. It's heaven on Earth.





“A spoonful of sugar” brings two Arcadia kids on stage

By Amanda Goossen

In 1934 Mary Poppins famously arrived at the Banks’ residence, Number 17 Cherry Tree Lane in London, to care for the children.

In this case, however, she landed at the Phoenix Theatre in 2014 to give two Arcadia kids their first role on a major stage.

Mary Poppins, made popular by Walt Disney, Julie Andrews and Dick Van Dyke in 1964, was originally a series of eight children’s books by P.L. Travers, published from 1934 to 1988.

With her whimsical ways and magic carpet bag, Mary Poppins takes the children on a series of adventures with chimney sweeps and store shop owners, eventually guiding the Banks children through childhood, teaching moral lessons along the way.

While the major motion picture by Disney varied from the books, the spirit remained the same and the musical film brought an entirely new audience to the beloved childhood character. In 2004, Disney Theatrical produced a stage production also titled Mary Poppins in the West End theatre in London. The production eventually headed to Broadway in 2006 where it remained until closing in 2013.

And then, after several national and international tours, the Phoenix Theatre was the first regional theater to produce the show locally beginning on November 19 and running until January 4, 2015.



Isaac and Katherine are two of the actors who played Michael and Jane Banks in Mary Poppins at The Phoenix Theatre in 2014.

With 27 actors, including two Arcadia children as Jane and Michael Banks, this production of Mary Poppins was a proud moment for the local theater celebrating its 95th season.

“My goal with Mary Poppins was to make the ordinary seem extraordinary. This show is all about the power of imagination and allowing yourself to see through the eyes of a child,” said Michael Barnard, producing artistic director and director of Mary Poppins.

Katherine Brown, a 12-year-old Arcadia sixth-grader, played Jane. Bitten by the acting bug at just 3 years old after seeing a production with her mom at Desert Stages, Katherine has worked with children’s theaters like Greasepaint and the Valley Youth Theatre. Last year, she even worked with Southwest Shakespeare Company on their version of A Christmas Carol.

“When I heard about the auditions for Mary Poppins, I jumped at the chance to play the spunky, fun girl known as Jane Banks,” said Katherine.

“I had never seen the play before, but I’ve always loved the movie,” said Katherine. “As soon as I got the role, I read the first and second books in the Mary Poppins series, and they helped me get a feel of who Jane was and where all her actions come from.”

Eight-year-old Isaac Speyer has lived his entire life in Arcadia, moving to his neighborhood at just six months old. Having a constant interest in movies, Isaac remembers making up stories to act out when he was only 3 years old.

“Then when I was 5, I saw my friends perform in Annie with Art and Sol and I knew that I wanted to do it too,” said Isaac.

Since then, Isaac has performed in four Art and Sol productions, including Willy Wonka Jr. as Augustus Gloop. He has also gone to Phoenix Theatre Summer Camp over the past two summers.

“I learned about the auditions for Mary Poppins from summer camp at Phoenix Theatre. Marylou, the camp director, mentioned to my parents that it might be a good experience for me to audition,” said Isaac. “I had to perform a one-minute monologue and sing parts of two songs.”

Being on stage, in such a large show, was an invaluable experience for both young Arcadians.

“It was incredible to work with some of the most talented actors and actresses in the Valley!” said Katherine. “I also loved watching the show come together. Every single member of the cast played a huge role in ‘getting this puppy on its feet,’ as our director, Michael, would say.”

Isaac explained, “I love rehearsals. Even when I’m tired, I always look forward to rehearsals.

“And then once the show is up and running, I’m happy every day that I’m performing. I loved being on stage and entertaining the audience. I also loved it when I’d see people after the show and they’d tell me that they liked it,” said Isaac.

For more information on the upcoming season at Phoenix Theatre go to: phoenixtheatre.com.







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Zumba class wake-up call

Girl *Next Door*

By Kindra Hall

I was mysteriously losing weight.

Not much, just five pounds or so.

And at first, I thought God had finally answered my lifelong prayer—to be one of those girls who was skinny without effort. Sure he had blessed me with great hair, but with the introduction of hair extensions everyone could have great hair. The magical disappearance of five pounds seemed only fair and I was pleased God had done the right thing.

A week later I learned I was pregnant.

Apparently sudden (albeit, brief), unexplained weight loss is an early sign.

Shoot.

I was still hopeful. I had a plan. I was going to be one of those women who gained only the minimal amount of weight necessary for growing a human. I wanted to be an optical illusion - if you saw me from the back you would think, "Wow, look at that cute little thing." And if you saw me from the side you would think, "Whoa... that thing is about to give birth to a perfect basketball and then go to a model's birthday party..." or something.

Sadly, my plan failed. At 40 weeks I walked (waddled) into triage, stood on the scale, and found myself face to face with a digital number reading just shy of 200 pounds. Just to be clear...I am 5 feet 4 inches tall.

New plan.

I was going to be one of those women who lost her pregnancy weight so fast one might almost wonder if it were ever there in the first place. Upon returning home from the hospital—now with a baby—I walked immediately to the scale. I was quite certain I would see a number somewhere in the low 170s... I mean, after all, I had just given birth! Surely the calories I burned during delivery equaled 25 pounds. Not to mention the child that was no longer in my belly.

I tapped the scale with my toe and the zero appeared on the screen at my feet, beckoning to me. I took a deep, confident breath, and stepped on the metal platform which revealed an impressive weight loss of …

Eight. pounds.

Eight pounds?!

My son alone weighed 7 pounds 5 ounces. I barely lost the weight of the human that had just come out of me. I didn't panic. Right away… But after two months, little effort on my part, and 50 pounds to go, I reluctantly ventured to a place I'd never been before.

Zumba class.

In preparation, I put on my best Zumba outfit (a pair of maternity shorts over sheer maternity leggings, a pink maternity tank top and three sports bras), and stood in front of the mirror that hung on the back of my bedroom door.



Author and storyteller Kindra Hall remembers the battle to get her body back after pregnancy.

A mirror that said to me, "Yeah. You look good."

A mirror that, for the record, lies.

I got to Zumba and when the music began, I started to dance. I watched the cute instructor and copied her every move and in my head, we were twins. She shook her shoulders; I shook mine. She circled her hips; I circled mine. She stepped forward four paces and made it look sexy; I did the exact same thing.

Fifty pounds to go? Puh. Who cares? I still got it.

I was pretty sure I didn't have to stop eating peanut butter for breakfast, pizza for lunch, and Rubio's world famous fish tacos for dinner, with a side of homemade chocolate cake for dessert (or whenever). I knew that eventually I would lose more weight and that I might even get within 15 pounds of my goal, but what was the rush? I just had a baby. I had earned the right to relax a little. Earned the right to carry a little guilt-free baby weight. Right?

Class was going great – I was totally dominating on my first try. Zumba queen, that's me. It wasn't until 20 minutes in when I noticed something in the mirror. A girl. In the back row. In a hot pink tank top. Stomping around like some sort of... beast. She tried to snap her hips, but the sharpness was muddled. She tried to shake and shimmy but it just looked wrong. As if she knew she was being watched, the girl released her ponytail from the top of her head and shook her mighty hair free. But not even her hair could save her. The girl was a mess.

Uncomfortable. Uncoordinated.

Unhappy.

It was only then, in the bright lights and from the back row, that I realized it. The girl in the mirror was me.

I was scared. Terrified.

It couldn't be me. It must be an optical illusion or something.

In that moment, I doubted if I could ever return to the woman I once was – a woman I never used to appreciate and now could only dream of being. That woman in the mirror couldn't be me. If it was, it couldn't stay me.

I got home that night and threw out all our peanut butter and the half-eaten chocolate cake on the kitchen counter. On Thursday I went to spin class (where we exercised in the dark), and didn't look back until all 50 pounds (65 total) were gone. All of it. Inch by inch, pound by pound. Gone.

There is, of course, more to the story. There were more ups, many downs and another baby too.

But I will say this: Sure. It would have been nice to be one of those women who didn't gain any more weight than was absolutely necessary to birth a child, but I guess I needed something more. I needed the challenge. I needed the adversity. I needed to be scared skinny in order to, for the first time in my life, look in mirrors of all kinds and truly love the body I have – and since it wasn't effortless, the body I earned.



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Canada calling – coffee, border towns and zombies

Where's the *Neighbor?*

By Kaley Kalil

This fall, Arcadia residents Fae and Bill Sowders traveled to Vancouver, Canada, to attend a work colleague's retirement party. A flight into Seattle and a rental car took them across the border into Canada.

"We made a day of [the drive] and stopped in small towns along the way to check out food and local shops," Fae said.

One particular town they fancied was Port Townsend, "It was great for wine, food and local shopping," Fae added.

In addition to attending their colleague's retirement party in Vancouver, the Sowders sauntered through Stanley Park and around its encompassing stone seawall. They toured the Vancouver Olympic Village, walked along English Bay, gazed out at seaplanes coming and going and enjoyed shopping downtown.

In Seattle, they explored the famous Pike Place Market and its Beecher's Handmade Cheese shop. They visited the original Starbucks (opened in 1971), admired the Seattle Great Wheel (a giant Ferris wheel at Pier 57 on Elliot Bay), and gazed out at the Space Needle (an observation tower in Seattle that has become a landmark of the Pacific Northwest).

Although Bill travels to Canada often for work, this was Fae's first trip to both Seattle and Vancouver.

"It was so green and beautiful… My favorite was Seattle. I loved Pike Marketplace; it was candy for my senses – flowers, coffee, flying fish, mac 'n' cheese, waterfront views… I did not want to leave," she said.

"It is one of my favorite cities and I wanted to show Fae Vancouver and Seattle. The fall is a perfect time of year to visit the Northwest," Bill said.

Fae, an immigration attorney who grew up on the El Paso-Juárez border, frequently crossed into Juárez for dining, fun and service projects.

"There is a huge difference between the two borders," she said comparatively about her hometown and the northwestern U.S.-Canada border.

"The border between the twin cities of El Paso and Juárez can be described as grey, concrete, tall fences, chaotic with pedestrians crossing and peddlers begging."

"In contrast, the Canadian border was green, well manicured, fenceless, sterile and not chaotic. There was quite a difference between the two."

One day, while the Sowders were taking a stroll near the Vancouver Art Museum, they stumbled across Vancouver's Annual Zombie Run.

"Hundreds of zombies transcend onto the streets of Vancouver to roam around the city and ham it up for the cameras. It was eye-popping!" Fae said.

The Sowders stayed at the Four Seasons Hotel in downtown Vancouver throughout their trip, and would highly recommend this hotel to other travelers.

"We love adventures," Fae said.

"We love to see and experience new things together. We have been to many places and countries together and hope to go to many more. One of our favorite adventures was going to China on our honeymoon, and Havasupai with both our children and dearest friends. We are looking forward to many more adventures near and far."

Next up on the Sowders' travel list is a family vacation to Washington, D.C. in the spring. They will take their three daughters with them: Mia, 11, Riley, 10 and Quinn, 8.

"Bill and I met while we were going to law school [there] together," Fae said.

"We are excited to go back to see the city, our school and to show the girls."

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Bulky hearing aids no longer the answer to hearing loss

Retirement *Now what?*

By Jean Hodgson

Three old guys are out walking.

The first one says, "Windy, isn't it?"

The second one says, "No, it's Thursday!"

The third one says, "So am I. Let's go get a beer."

Cute interchange? Funny story? If you are a person who suffers from hearing loss, maybe it's not so amusing.

Nearly 20 years ago, I was convinced that I had an ear infection or maybe just an abundance of earwax. Certain voices were hard to hear accurately. I found myself regularly asking for a comment to be repeated. Not a good thing for a classroom teacher. I was caught totally off guard when my self-diagnosis was replaced by a referral to an audiologist who confirmed my moderate, but permanent, hearing loss.

The day I wore my first hearing aid, however, was even more surprising. What was that suddden loud noise in the car? The turn signal that had become a muffled ticking? One stop on the way home was at the public library that featured an indoor waterfall. I found myself almost unable to move away from the beauty of the sound of that water splashing over the rocks. For me, that was just the beginning of a transformation in communication and general quality of life.

So many people are reluctant to have their hearing evaluated – even when they suspect



Jean Hodgson's first trip to an audiologist was a very positive experience.

some loss – and continue to live unnecessarily with this handicap. Fortunately for me, my need for assistance was discovered at a fairly young age and when a delay would surely have affected my career. However, often this problem is associated with aging. It's easy to shy away from getting help because of that stigma as well as a general lack of current information.

Hearing aids were once bulky and very obvious, so people dreaded wearing them for cosmetic reasons. Now you have to look more than once to even detect that they are being used. The advances in technology in this field of medicine are amazing. Every time I have replaced my aids or even had a regular reevaluation, I have witnessed the progression in the scope and quality of available help. Every individual's need is different, and an audiologist's specialty is finding a match with all the newest options.

Dr. Ron Miller of Southwest Hearing Center explains, "It's your brain that hears, not your ears. Current technology is emphasizing the way your ears and your brain work together as a system." The brain uses our ears to orient itself, recognize and make sense of sounds, focus on what sounds are important and separate relevant sounds from competing noise.

Besides the obvious need to hear, we all have to be able to communicate with other people and be safe as we hear sounds in our environment. Have you ever considered the impact of withdrawing from social situations because hearing is so stressful? And what about the fatigue that is the result of working so hard to hear all day, every day?

Here's a great resolution: If you have any doubts about your ears, make this new year an even better one by hearing all 2015 will bring!





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Ellis Island comes to Hopi

By Christina Surrano
Photo by NTK Photography

Imagine for a moment what the reality of arrival to Ellis Island was like in the 1900s. The third-grade teachers at Hopi Elementary School wanted to recreate that reality with an interactive experience that was a culmination of the students' thematic lessons and heritage studies. They worked as a team to design a grade-wide Ellis Island Day.

Students were instructed to collect information beforehand about their own family heritage, and then reenacted what their family's immigration process may have been like. They had stories of where they were from, what their lives had been like before, and reasons for coming to America.

Costumed students, carrying passports and bags of sparse belongings, stood in lines for processing through five differently themed classrooms: passports, interview, medical, baggage and transportation. Costumed parent volunteers, who played the parts of immigration officials, sternly questioned the students.

Students were asked not only facts about their heritage, geography and language, but also what they were going to do for a living, where they were going to live and how they were going to get there. Some immigrants had items confiscated, were detained and even deported. A few immigrants also experienced the occasional arbitrary name change by officials.

The time spent waiting was also spent learning as students had to answer questions in an informational packet they were given. They were asked to document their feelings as well. Some were angry about having items confiscated and found the officials to be gruff, but believed that to be an authentic part of the ordeal.

While waiting in line in the interview room, reenacting immigrant Ben Rush shared with *Arcadia News* that his family came to Ellis Island from Hungary in 1931, "Right when Hitler took power. They knew that they needed to catch a boat outta there, so…caught one. Bam. Out!"

As Ben was asked more questions by *Arcadia News*, he finally had enough and said, "Just to tell you, I'm really savin' up my strength for this [interview]. I don't want to get detained."

Students will follow up this exciting interactive event with a discussion, which they do daily in support of each topic within the cultural thematic unit. Strict protocol on student involvement and how points and counterpoints are raised and supported are taught and followed.

Students, parents and teachers shared positive reactions to Ellis Island Day, which may be adopted as an annual event.



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"The Marsh Partners represented us on our dream home in Arcadia. Being that we wanted to sell our other home prior to closing on the newly built home, they assisted us through all of the moving parts of such a transaction. We wholeheartedly recommend them." *Geoff and Juli Ogilvy*

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BOOK OF THE MONTH

Lies You Wanted to Hear

BY JAMES WHITFIELD THOMSON

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By Amanda Goossen

Lies You Wanted to Hear by James Whitfield Thomson is a story of love, marriage, and the lies some tell themselves – and the ones they love – to make a relationship last.

Matt and Lucy met on a blind date. From opposite ends of the spectrum, both in experience and personality, nothing should have brought them together. But as sometimes happens, opposites attract. Matt was immediately intrigued by Lucy's wild and mysterious ways, while Matt's down-to-earth, good-guy lifestyle offered a certain stability Lucy had never known.

Five years later, the very things that had brought them together were now ripping them apart. With two young children to care for and a marriage to protect, Lucy was pulling away while Matt found a way to continually fight for what they had.

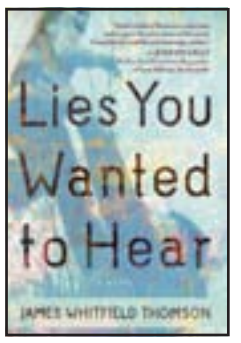
Heart-wrenchingly honest, *Lies You Wanted to Hear* is not only a story of marriage and personal growth, it poses important questions about love, lust, and the lies we admit to and those we pretend aren't there.

Arcadia News recently had the honor of interviewing author James Whitfield Thomson about his book and his life of writing. We will continue a conversation with Mr. Thomson at our January Book Club meeting with a 30-minute Skype session.

AN: Your life is one with many accomplishments, yet you always strived to write a book. Can you explain, after so many years, how you finally started this lifelong dream?

JT: I grew up in a typical American family with a mother, father, sister and brother, but by the time I was 46, I was the only one still living. This had a huge impact on me. Also, around that time I read an article in which elderly people (people who are the age I am now) were asked what they would do differently if they could live their lives over again. The vast majority of respondents said that if they had the chance they would take more risks. For me, that risk was devoting myself to writing. Not simply doing it as a hobby as I had been for several years, but "all in," as they say in poker. I left a fulfilling career in business to pursue my dream. That, in retrospect,





was not a wise financial decision, but I have no regrets. A trunk full of gold couldn't buy the fulfillment I've gotten from writing.

AN: *Lies You Wanted to Hear* has had incredibly positive feedback, how do you celebrate such accolades?

JT: I celebrate with gratitude. It's wonderful to go to readings and book clubs and have readers tell me how much the novel moved them and how realistic they find the characters to be. Elizabeth goes to most of these events with me, and we come home glowing. But one has to keep the accolades in perspective. A few months ago I got two reviews on the same day on GoodReads.com: one star, "Couldn't finish it" and five stars, "Couldn't put it down." That's all you need to know about literary criticism in seven words.

AN: What is your advice to a young writer starting out, who has the same, nagging feeling that they are meant to write?

JT: Don't think about writing, WRITE. The best piece of advice I ever got came from my mentor, Andre Dubus, Jr., one of the best short story writers of the 20th century. Andre said, "All you can ever do is write the next line." That means you can write while you're sitting on a bus or waiting to pick up your kids after a soccer game or standing in line at the DMV. Find something that grabs hold of you and see where it takes you. Don't be afraid to get started. Don't worry if it sounds amateurish. Writing is a craft; the more you do it, the better you get. The important thing is just to keep going. Hemingway told George Plimpton in an interview that he had written something like 37 drafts of the first chapter of For Whom the Bell Tolls. Plimpton, somewhat aghast, said, "What were you doing?" Hemingway replied, "Trying to get the words right."

AN: How did the story come to you? Was it the book you always thought you'd write?

JT: In 1998, I read an article about a man who kidnapped his kids and got away with it for 18 years. It was a big story in the Boston Globe for several months. I didn't particularly care for the man depicted in the articles, but the concept intrigued me. I knew that the book I wanted to write would not hold my interest if either the mother or the father were a monster. The question I asked myself was, "What could make a good man do such a terrible thing?" I saved all the newspaper articles, but then I didn't look at them when I started writing in earnest. I didn't want the true story to get in the way of my imagination, so I didn't reread the articles until I had finished the book. While there were plenty of surprises and disappointments for me in the writing process, the novel came out much as I hoped it would.

AN: The back of the book mentions *Lies You Wanted to Hear* explores the way good people talk themselves into doing seemingly unthinkable things." What are your thoughts on good people doing bad things? What makes a person good? Are their actions a separate part of who they are?

JT: Tough questions. I subscribe to the notion that you are what you do. I assume everyone has lots of unkind, if not evil, thoughts, but those don't count in my ledger. As for *Lies*, I prefer to let the reader decide whose actions are more reprehensible... Both Matt and Lucy tell a lot of lies, but which one lies more to himself?

AN: One dream you had was to write a book. What is an item on your bucket list you hope to cross off soon?

JT: I would like to visit Vietnam. I was there on a supply ship in 1969 and 1970 (never in any danger) and I would like to go back. Friends who have been there have all come back saying what a beautiful, welcoming country it is.

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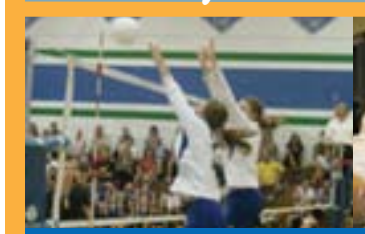
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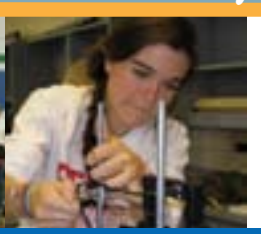
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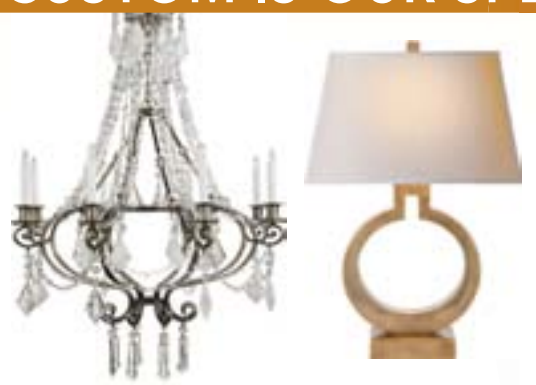
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Monthly music guide suggests bands and their music

Music *Notes*

By Craig Goossen

It's a new year and the only time in the calendar I don't mind taking a quick look back. Not for long of course. But before embarking on the New Year and fresh start, it doesn't hurt to take a peak in the rearview mirror before putting the foot on the gas.

With that in mind, a quick toast to all the great venues in town that support live music in Phoenix. We're lucky to have them, so don't be bashful about poking your head into these spots in 2015. It's also important to thank the independent record stores in our city; there are more of them than you think and my favorites are Stinkweeds, Record Room and Revolver. All three shops are high quality, well stocked, friendly and knowledgeable joints so make sure to give them some love this year. Finally, I have a terrible time picking favorites because there's so much music that I enjoy year after year, but if it's absolutely necessary to list my favorite records of 2014, here they are:

1. Ryan Adams: Ryan Adams (Pax-AM)
2. Ty Segall: Manipulator (Drag City)
3. Sharon Jones & The Dap-Kings: Give the People What They Want (Daptone)
4. Black Lips: Underneath the Rainbow (Vice)
5. King Tuff: Black Moon Spell (Sup Pop)

Now that the glimpse over the shoulder is over, it's time to look forward and January brings a lot to be excited about in Phoenix.

We strive every month to provide you with calculated suggestions to shows that are coming to town and then select a track from the bands, which then culminates in a compilation mix. The idea is for you to have a guide every month and the tracks allow you to investigate a band if you're unfamiliar. I'm wishing the power of suggestion is strong and hope to see you at a show or 10 this year.

THE DICTATORS:
NEXT BIG THING
(1975)

The Dictators sprung out of NYC in the early '70s. They were on the forefront of the punk movement and although they didn't receive the recognition of a band like the Ramones, their influence cannot be overlooked. Seeing them in a bar, for free, requires little to no effort in the decision making process.

The Dictators will perform on Friday, January 9 at Yucca Tap Room, 29 W. Southern Ave. in Tempe. The show is 21 and over and admission is free.

THE ENGLISH BEAT:
CAN'T GET USED TO LOSING YOU
(1980)

A new venue in Scottsdale is great news for Arcadia residents. A short distance from our homes is a state-of-the-art venue that kicks off this month with a fun calendar. Going to see this band from the '80s, that literally has not stopped touring since their inception, should be a great night out at a local venue. Check out Livewire and see a professional party band, then spill out to the top-notch hangouts right outside Livewire's doors. No doubt this will be an enjoyable Saturday night excursion in Old Town.

The English Beat will perform on Saturday, January 10 at Livewire, 7320 E. Indian Plaza in Old Town Scottsdale. Tickets are $23 and the show is 18 and older.

NICK MANSON:
DESERT AIR
(2011)

We've never mentioned jazz in this section and we've held off far too long because there's a great venue in downtown Phoenix that we need to make certain to support. The Nash is owned by a nonprofit organization and serves our community the real goods as it relates to jazz. Places like this cannot be overlooked and this night is a great start as Nick Manson is a prime-time keyboard man.



Nick Manson will perform on Friday, January 16 at The Nash, 110 E. Roosevelt St. in downtown Phoenix.

DAVE AND PHIL ALVIN:
KEY TO THE HIGHWAY
(2014)

The brothers Alvin, launched their band The Blasters in the early days of the Los Angeles punk scene. Although they were a classic roots rock band, their American music somehow fit in perfectly. The brothers had a falling out in the '80s and Phil moved on with The Blasters without his brother Dave. They have recently reconciled and from that long overdue reunion came the album, Common Ground: The Songs of Big Bill Broonzy (2014). It's not surprising the LP is pure gold, with Phil's signature vocals and Dave's expert guitar playing complimenting these great songs.

Dave and Phil Alvin will perform on Wednesday, January 28 at The Rhythm Room, 1019 E. Indian School Road in Phoenix. Tickets start at $20 and the show is 21 and older.

All acts are subject to change. Check with the venue prior to attending.





Theaters make way for abundance of blockbuster films

Julie *@ the Movies*

By Julie Demetros

Time to say farewell to 2014, and greet the New Year with eager thoughts of the future! Along with the hope-filled 2015 comes a new batch of movies waiting to excite and entertain.

JURASSIC WORLD

Set 22 years after the events of 1993's Jurassic Park, Isla Nublar is now home for the fully functioning dinosaur theme park, Jurassic World. However, after 10 years of operation, visitor numbers are declining. In an attempt to keep the show running, a new attraction is created, but it backfires horribly. Chris Pratt stars along with Bryce Dallas Howard, Judy Greer, Jake Johnson and Vincent D'Onofrio.

THE WOMAN IN BLACK 2: ANGEL OF DEATH

This sequel to the first film that starred Daniel Radcliffe takes place 40 years later, during World War II. When a group of kids is evacuated, they take up sanctuary in Eel Marsh House, disturbing the house's sinister resident.

MORTDECAI

Johnny Depp is Charles Mortdecai, an art dealer who is on the hunt for a stolen painting. Rumors say the painting may be connected to a lost bank account that's supposedly filled with Nazi gold. Alongside Depp are actors such as Aubrey Plaza, Paul Bettany, Gwyneth Paltrow and Ewan McGregor.

CHAPPIE

Being kidnapped by a pair of criminals during birth can land a guy in a pretty strange situation. Such is the life of Chappie, who is raised as the son in a dysfunctional family. Chappie is a prodigy, preternaturally gifted, and he also happens to be a robot. The cast includes Hugh Jackman, Sigourney Weaver, Dev Patel and Sharlto Copley as Chappie.

INSURGENT

The sequel to the book-turned-movie Divergent follows Tris Prior as she battles inner demons and war looms over the growing conflict between the different factions. Tris faces many challenges in her future, while grappling with haunting questions of grief and forgiveness, identity and loyalty, politics and love. Things are shifting and changing, for the better or for the worse. Shailene Woodley stars as Tris Prior.

STAR WARS EPISODE VII: THE FORCE AWAKENS

This long-awaited continuation of the Star Wars saga takes place 30 years after Episode VI: Return of the Jedi. Carrie Fisher, Mark Hamill, Harrison Ford and more return to continue what they started years ago.

AVENGERS: AGE OF ULTRON

Finally, the sequel comes to the well-received Avengers movie of 2012. Tony Stark, eager about a dormant peacekeeping program, tries to jumpstart it but things go horribly wrong. Our heroes return to stop the villainous Ultron. Aaron Taylor-Johnson and Elizabeth Olsen join the cast of Robert Downey Jr., Chris Evans, Mark Ruffalo, Chris Hemsworth, Scarlett Johansson, Jeremy Renner and Idris Elba in this heroic sequel.

INSIDE OUT

This animated film is told from the perspective of the emotions of a little girl, featuring feelings such as Joy, Disgust, Fear, Sadness and Anger. Voices of the movie include Amy Poehler, Diane Lane, Mindy Kaling, Bill Hader and Phyllis Smith.

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Get a grip! Make it tacky



By Tina Tombs

Golf *Tips*

This month I'd like to start by saying a few words about how the winter temperature changes affect the golf ball. Then I'll give advice on evaluating your grips and how they can impact your performance.

Have you noticed that your golf ball is not going as far as it use to? Well, part of the reason for this is the dramatic climate changes from evening to the middle of the day. Notice the temperature change from early morning rounds to afternoon rounds. The ball flies further and rolls more in the afternoon and later in the day than it does in the early mornings. Additionally, the golf ball is also being compressed, so you may want to add a club or two during those times of day to offset the temperature change.

On to grips!

Do your grips feel hard and not as tacky as they use to feel? Are they slipping out of your hands? Do they feel big or too small? Well, there are many elements that you should consider when evaluating your grips, and each one can have a major effect on your performance. Here are a few pointers:

First, your grips should have a tacky or sticky feel to them. If you play two to three times a week you should be replacing your grips every season. If you play more, think about changing your grips more often.

Second, it is important to clean your grips on a monthly basis using warm, soapy water and a nylon brush. This will get the oil and dirt from your hands out of the grips, returning them to a like-new condition. Keeping your grips in good condition will help you swing looser and hit more consistent shots.

Next, the size of grip that you select can really make a difference in how you hit the ball. Larger grips promote less wrist action while smaller grips let your wrists move more freely. Larger grips can also be great for players who struggle with arthritis or other pain in their hands or wrists.

Finally, different grips are made out of different materials, and they can affect performance. Many of today's grips are made with multiple types of rubber, which can help absorb vibration while remaining soft to the touch. There are also grips with a material called cord built into them. This material can really be a benefit for players who struggle with perspiration in their hands, and also those who play in rainy climates.

Talk to your local pro and take a close look at your grips.

Tina was just selected as The LPGA 2014 Central Section Teacher of the Year and LPGA 2014 National Teacher of the Year. You can contact her at tina@tinatombsgolf.com.



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College commitment letters signed at Arcadia High

By Nicholas Smith
Photo by NTK Photography



Being honored at a signing day event would be a fantastic moment for any high school athlete. Getting to do it with one of your best friends is even better.

Matt Anderson and Josh Arndt met in preschool and have been lifelong friends ever since. The two seniors were both part of a National Signing Day ceremony that took place at Arcadia High School on Friday, December 5, 2014.

"He's a great friend," said Arndt when asked about Anderson. "We've known each other since we were around 2 years old. It was a really awesome thing to get to sign together that day."

Arndt is a third baseman on the baseball team and will attend Cornell next fall. Anderson, who set a state record for the 100-meter breaststroke his junior and senior year, is heading off to Stanford. Emma Schlenker was also honored at the ceremony. She is a swimmer and will continue her career at Simpson College in Indianola, Iowa.

The ceremony took place in front of the school cafeteria at lunchtime so that fellow students could be present. Family and friends were on hand, along with Arcadia's assistant principal and athletic director Kevin Mooney, who spoke about the success the students had in high school, both on and off the field.

"I thought the whole event was fantastic," said Arndt. "It was a cool thing that Mr. Mooney said what he did about us students."

"It's really cool that they put something like this on for us," said Anderson.

Both Anderson and Arndt said that they chose their schools based on the combination of a competitive sports program and excellent academics. Anderson said that he was blown away by the campus experience at Stanford during his visit, noting that the school gives student athletes the tools to thrive both in and out of the classroom. Arndt said that he chose Cornell because he wanted a school with a competitive baseball team that would also push him in his chosen major.

"I'm going to be an engineering major and they have eight engineers on the baseball team," said Arndt. "So it'll be nice to have that mentorship already when I come in."

The boys admitted that the end of this chapter of their lives is bittersweet. They both said that they appreciated the opportunities Arcadia provided to them and loved the people they had met during their high school experience.

"If I could describe my time here at Arcadia in two words, they would be 'well spent,'" said Anderson. "I had a blast and I feel like the school did a great job preparing me to be where I am now."





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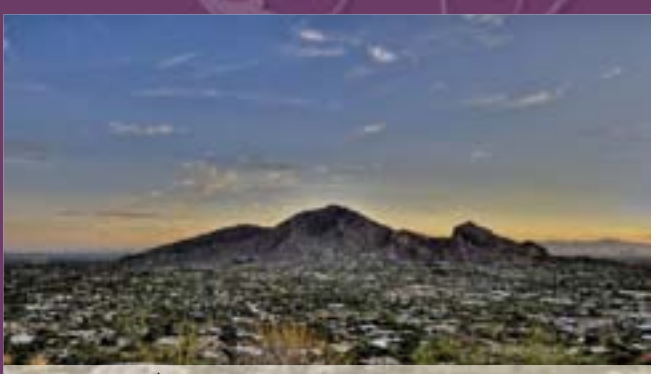
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