Arcadia News

Vol. 22 No. 12 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | March 2015

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In the 2015 *Arcadia News* Summer Camp Guide we spotlight your pets! Discover the love on page 29.

PAGE 23

An expanded Kids' Corner means crafts and day trip fun for spring break or summer vacation.

PAGE 34

Find a Southwestern twist to a St. Patrick's Day staple in Arcadia's Cookbook.

PAGE 59

Coach TeKampe has a knack for coaching flag football with kindness and integrity.

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

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

Proofreader: *Shirley Bruns*
shirley@arcadianews.com

Copy Editor: *Chelsea K. Baxter*
chelsea@arcadianews.com

Designer: *Michele Morrett*
michele@arcadianews.com

Advertising: *Roni Mier*
roni@arcadianews.com

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

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MARCH

Arcadia News *Summer Camp coverage starts on page 20. Photo: Kathleen Shipman.*

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Cover Image:

They aren't puppies but the Liles family sent their pet pics in for our Puppy Love photo callout and we couldn't resist their cuteness.

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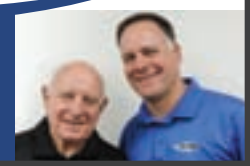

Finding my very own path

By Amanda Goossen

Editor's Notes

As I sit down to write this column, I have a happy heart. The Association of Free Community Papers notified me this morning that I was nominated for and won the annual National Rising Star in Journalism award. I'm still pretty stunned.

When I was a kid, I had notebooks and folders, journals and diaries all filled with stories. Words were a constant part of my life.

My grandmother was a fierce storyteller. The woman could talk and as the family historian (truly, she dedicated the last 20 years of her life to building a family tree), she would take any opportunity to tell you long, dramatic, incredible stories about the people who had come before us.

I still don't know how many of these stories were actually true. She was creative and imaginative and as an adult I now realize that many of the tales I was told were probably partly, if not mostly, fiction. But whatever the case, I knew in those moments that I loved hearing people's stories. I loved hearing where people came from and how they made their life happen.

I now know, I was born to discover people's stories and then share them with the world (or our little corner of the world).

But I'm also pretty practical. A life as a journalist or writer seemed a bit too big for a girl who also dreamed of being a mother. Again…I now know this is not the truth. But bear with me; I was a bit naïve.

When I applied to college at 17 years old, I remember sitting at the home computer in our family living room. My parents were watching the Nightly News and I was sitting, staring at the giant PC screen. My last application question glared back at me as if challenging me to just go for it.

To make my dream come true.

Not to chicken out.

Instead I asked my parents, "Um, what am I good at?"

"You like to read," I remember my mom saying.

"Great. I'll be a professional reader," I thought.

I sat there…full of teenage angst.

I typed: undeclared.

What followed were approximately five major changes within my first year of college.

Undeclared. English. Elementary Education. English. Secondary Education. English…There might have been a few others.

I ended up with an English degree. I thought I would become a teacher. It was something with which I knew I would be happy.

But two years into college, I met my prince charming. The day I walked across the stage to receive my spiffy new diploma I was five months pregnant. I spent the next seven years helping raise two beautiful little people, as a stay-at-home mom.

Three years into being a mom I began writing a bit, first on notebook paper. Then in my AOL email account. For my 26th birthday my husband surprised me with my very own shiny, white MacBook. Talk about a man who understands how to nourish a dream.

Soon I had a little freelance work. Which turned into more freelance work.

I was even a reviewer for *Publisher's Weekly*. (So I did become a professional reader. Who would have thought?)

Eventually I found *Arcadia News*.

But when I started writing a monthly Sweets & Treats article three years ago, I had no idea that life would take me here.

Somehow with a bit of hard work and a whole lot of persistence, my dream came true. It wasn't a conventional road, but I built my own path.

I get to write. I listen to people's stories. I get to share with the community.

And now, as an AFCP Rising Star, I can't wait to see what's next.

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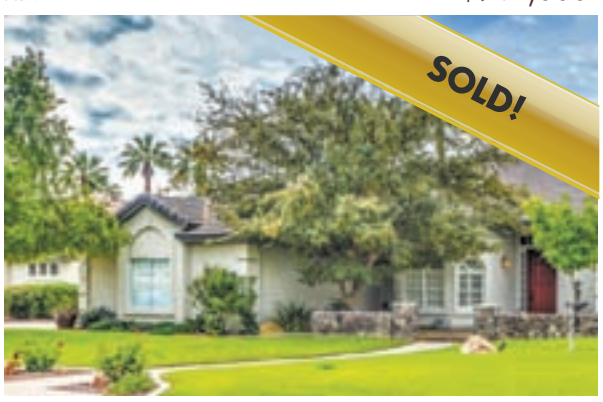

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The passing of a great lawyer and Phoenician

By Tyler J. Carrell

Legal Ease

Typically in this column, my attorney colleagues and I provide legal tips or general information about changes in Arizona law. This month, I want to share a story about an attorney and a family that impacted my life, and how the struggles they endured serve as a reminder of how precious life is.

In June 1999, I was preparing to begin high school, and like many 14 year olds, I had never had to confront anything particularly serious in life. But on June 14, 1999, Shannon Smith, my classmate and friend, was talking on a telephone in the backyard of her home when she was struck and killed by a stray bullet. She was killed by random gunfire and the shooter has never been found. Shannon's parents, Otis and Lory Smith, were devastated. Otis was an attorney and Lory was a local realtor who adopted Shannon as their only child.

Looking back, I'm not sure my classmates and I knew how to deal with the grief. For the first time in many of our lives, we felt powerless, confused and deeply sad. However, a group of us were also compelled to do something about this tragedy. At a community meeting, we decided to raise money in Shannon's honor. We believed a memorial would remind people of the shocking loss, and hopefully prevent such a terrible event from happening again.

Shannon's classmates, their families and many other community members helped organize events and solicit donations from local businesses. After months of waking up early on Saturday mornings, washing cars, talking to people in the community, and sending letters to everyone we could think of, nearly $20,000 was raised for Shannon's memorial.

Over the years on quiet nights, when I felt like clearing my head, I would often make my way to Madison Meadows school, walking in the near darkness towards the center of campus. Just past the baseball and softball fields, I'd see it. Today, if you walk through the campus, you'll see it too: a large memorial adorned with Shannon's name, made with melted metal from confiscated firearms, in the shape of her favorite flower, a sunflower.

We were not the only ones who took action. From a legal standpoint, shooting a gun into the air was, at the time, a misdemeanor in Arizona. Shannon's parents, with the help of former Mayor Phil Gordon, Maricopa County Attorney Rick Romley and others, helped enact "Shannon's Law," which made firing a gun in the air a felony. The law was passed in 2000.

In many ways, going through the aftermath of Shannon's death, seeing its effect on the community and witnessing the passage of Shannon's Law may have something to do with why I became a lawyer. Being a lawyer is a profession, and one that is ultimately built on serving your clients. Otis understood that being a lawyer means not only seeking justice and serving your clients, but also serving your community. When Shannon died, Otis and Lory could have spiraled into grief or could have lived quietly, trying to move on and heal. Instead, they sought to prevent other tragedies by reliving their own loss again and again in order to demonstrate the need to act.

This is not where the story ends, however. Otis and Lory, still filled with the love and desire to be parents, adopted two infant twins, Tyler and Travis, who are now 14 years old. Sadly, in 2008, Lory unexpectedly died of a heart attack, leaving Otis to take care of both boys. He eventually retired from the practice of law, and as he did with Shannon, helped the boys navigate their way through the Madison schools.

On January 28, 2015, Otis passed away due to complications surrounding treatment of abdominal cancer. Our community lost two great heroes in Lory and Otis, but more importantly, two boys lost their mother and father. As a new father myself, I find the Smith family's story heartbreaking and tragic. It is difficult to imagine how one family faced so much loss. Yet once again, our community has come together in this time of great need, and friends and family of Travis and Tyler have set up a college savings plan to support their future education. If you are interested in making a tax-deductible donation, please visit: http://go.fidelity.com/zq9b#sthash.z4FKV978.dpuf.

During his life, Otis was an exceptional member of the community, and someone who, with his wife by his side, never looked at the darkness of his suffering, but instead, always faced the light. I was blessed to know this family, and while the passing of Otis is tragic, I find some peace in knowing that he is reunited with Lory and his daughter, Shannon.

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

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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015- 1/31/2015)

Active Homes -	159 homes
Homes Sold -	17 homes
Average Sale Price -	$730,423
Average Sold $ Per SF -	$261
Average Days On Market -	117 days

- There is currently 8 months of home inventory (based on 2014 sales results)
- 2015 home sales have decreased 10% this year. (based on 2014 sales results)
- Home prices have decreased 27% this year. (based on 2014 sales results)
- $ Per Square Foot prices have decreased 8% this year. (based on 2014 sales results)
- Homes are taking 0% more time to sell this year. (based on 2014 sales results)

2014 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	225 homes
Average Sale Price -	$1,006,381
Average Sold $ Per SF -	$286
Average Days On Market -	119 days

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

2015 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2015- 1/31/2015)

Active Homes -	75 Homes
Homes Sold -	17 Homes
Average Sale Price -	$440,503
Average Sold $ Per SF -	$212
Average Days On Market -	94 days

- There is currently 4 months of home inventory (based on 2014 sales results)
- 2015 home sales have increased 0% this year. (based on 2014 sales results)
- Home prices have decreased 2% this year. (based on 2014 sales results)
- $ Per Square Foot prices have increased 1% this year. (based on 2014 sales results)
- Homes are taking 17% more time to sell this year. (based on 2014 sales results)

2014 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	199 Homes
Average Sale Price -	$451,117
Average Sold $ Per SF -	$208
Average Days On Market -	78 days

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

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The judge's dilemma

By Steven Sarkis

Judge's *Corner*

Once upon a time, about seven years ago, a bright-eyed 25-year-old justice of the peace took office in the Arcadia Biltmore Justice Court. "The law is black and white," he said to himself. "This shouldn't be too difficult," he mused. "Just open up these big law books, read the fine print, and voila, the answers will be waiting." Well, as they say, ignorance is bliss.

It's a strange job, being a judge. Especially in the justice courts, also known as the "people's court." Here we see many people try to represent themselves without attorneys against those with the means to hire attorneys.

After seven years and quite a few gray hairs later, the dilemma is often this: Should I, as a judge, do what's right, just and fair; thus becoming known as a renegade judge among those in the profession, mostly attorneys and other judges? Should I do what's right as far as morality, humanity and the golden rule are concerned; thus becoming known as the judge who doesn't follow the law? Should I do what's truly right and suffer the consequences? That being, among other things, disgruntled attorneys filing appeal, upon appeal, upon appeal, only to clog up my manager's desk so high with files that she wouldn't see the light of day until midsummer.

I've found that doing what's right and following the law are two very different things. As judges, many decisions we'd like to make would be grounded in fairness and true justice; however, they would not be grounded in the "law." As such, they would likely get appealed and overturned from a higher court. The cases would then get sent back to my court only to force me or another judge to rehear them from the beginning, ultimately giving me a track record, as far as public record is concerned, of poor decision making. This is yet another consequence, as such things certainly do not increase a judge's chances of reelection; therein lies part of the dilemma.

The law is written for attorneys, understood by attorneys and studied by attorneys. I don't mean this is a negative light; it's simply the truth. There is a reason attorneys go to school for three or more years to study this stuff and then have to pass a rigorous test to then practice law.

How is Joe the Plumber – who is getting evicted from his property because he refused to pay his rent, since his landlord wouldn't fix his heat in the winter or air conditioning in the summer – able to compete against an attorney? How is Joe able to take the time to read the law, understand the law and learn how to represent himself in court? How will he learn how to make objections, closing arguments and present evidence all while working a full-time job, supporting a family, being a husband, father and so on? The answer? He's not.

If he doesn't have the money to hire an attorney, well, chances are the case will not end favorably for him, regardless of the true merits of the case. This is the harsh truth, even though many don't like to say it.

Although judges are generally prohibited from giving legal advice, the best legal advice I can give is this, "Get an attorney!"

This way, at least the playing field is even. Without one, unless you are extremely prepared, highly motivated, or for some odd reason have made a hobby of reading the Arizona Residential Landlord Tenant Act or the Arizona Rules of Civil or Criminal Procedure in your spare time, the outcome is likely bleak.

The law says to treat everyone equally, but people don't come to court as equals. Some people come to court with law degrees, or no degrees of any kind. Some are old; some are young. Some are fluent in English; others are unable to speak any English. Some are rich and some are poor. Some are often outsmarted, out-financed and ultimately outdone.

In the end, a judge's dilemma is this: It's difficult to enforce laws that say everyone is equal when everyone is, in fact, not.

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

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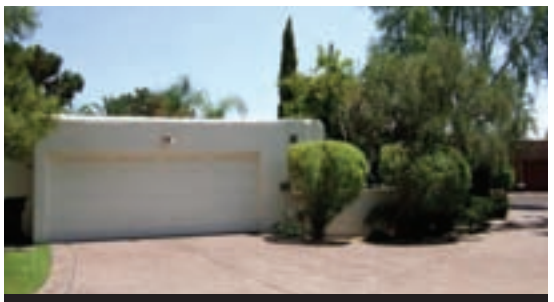

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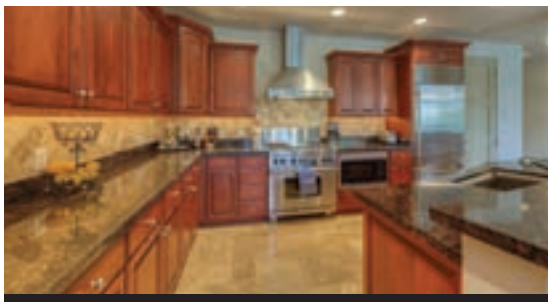

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BILTMORE

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$770,000
2,609 sq.ft. | 4 bed / 3 bath
Beautifully remodeled home in
the Biltmore Heights subdivision

BILTMORE

SOLD

2402 E Montebello Ave, Phoenix, 85016
$749,000
3,441 sq.ft. | 4 bed / 3 bath
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the Biltmore; beautiful backyard with pool

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It's time for a certain test

By Eric Goldberg, M.D.

Healthy *Tidbits*

OK, you're not real comfortable with the thought of having a colonoscopy. But are you comfortable with the thought of having a disease that's the second-leading cause of cancer death in the U.S.? Especially when that colonoscopy you didn't have could have helped avoid it?

Colon cancer is probably the most preventable cancer because it usually takes a long time to develop. A colonoscopy lets your doctor take a close look at the inside of your entire colon to find polyps or signs of cancer.

Polyps are small growths on the bowel wall that can become cancerous over time. They're found in approximately 30 percent of people older than age 50 and typically don't cause any symptoms. But polyps get bigger and can turn into cancer. While most polyps do not become cancerous, it can be difficult to tell which ones will lead to disease, so all are removed.

That means it's important to remove benign polyps, which often can be accomplished during a colonoscopy. By eliminating the polyps, you're helping eliminate the risk of cancer. If a small polyp is found, your doctor will remove it. If it's too large to be removed, or if you have an abnormality that looks like cancer, your doctor will do a biopsy, removing a small piece of it for testing in the lab. Lab results will determine if you need additional procedures or treatment.

You should have a screening colonoscopy starting at age 50. If you have a family history of colorectal cancer or polyps, have a colonoscopy starting 10 years younger than your relative was at diagnosis.

Newer bowel preparations for the outpatient procedure make it more comfortable than in the past. You'll be sedated to block both pain and memory of the procedure.

A colonoscopy takes about 30 minutes. If your doctor does not find anything amiss, you can go up to 10 years without another one. If something is discovered, you may need more frequent tests or treatments.

Eric Goldberg, M.D., is an internal medicine physician at Scottsdale Healthcare Primary Care Arcadia 101, Suite 101, Phoenix. Reach him at 480-882-7350.

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Updates from SUSD meeting

By Francesca Thomas

On February 10, the SUSD Governing Board had its monthly general meeting. The agenda, as well as links to each of the presentations and a video of the full proceedings, is available on the SUSD website: susd.org.

The bulk of the meeting was dedicated to board rules, revisions and adoptions, and the adoption of district goals. Here are some highlights:

- The board confirmed that members of the public are allowed to make comments at any general meeting, even if an item is pulled from the agenda by a board member. In fact, public comment at public board meetings is always welcome on any topic, whether on the agenda or not.
- The board also expanded its rules to include allowing both the board and the superintendent to participate in legislative action pertaining to school success.

The board had a lengthy discussion about its new goals for 2015-17, which falls under the large categories of academic achievement, fiscal responsibility, external communication, organizational health and school safety. The district plans to develop and publish for the community a visual diagram of the goals and measurements that will be available on the website, as well as provide quarterly updates to the board and to the public.

The board was advised that the auditor general released the new spending reports (Classroom Dollars) for each district. SUSD contested the auditor general's new classification system that does not recognize librarians, counselors, psychologists or some substitute teachers as classroom expenditures, even for the hours they are specifically working with children. The board was forewarned that the new categories would impact the calculated percentage of dollars in the classroom for 2014-15, despite the maintenance of teaching services for students.

In other district news, community members who are interested in the presentation on the elementary school master planning can find it on the SUSD website. The district is seeking input from the community on how to proceed regarding SUSD elementary school facilities. After viewing the presentation, community members are encouraged to complete an online survey.

The board will hold its next general meeting on March 24 at Coronado High School. The public is always invited to attend.

Francesca Thomas is an Arcadia mom who has volunteer in SUSD schools for 15 years, including time as the president and legislative liaison for Scottsdale Parent Council.

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$930,000 4569 East Lafayette
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$491,900 3417 East Roma Avenue
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Teachers We Love

Kim Sluyk was so impressed with her son's Montessori teacher last year, she recently nominated her for the Teachers We Love award.

Mindful in the classroom

By Christina Surrano

Arcadia schools are fortunate to have many talented and dedicated teachers. This month, Amanda Goossen, managing editor of *Arcadia News*, surprised Michele Brick of Arcadia Montessori in her classroom. Amanda presented Mrs. Brick with the Teachers We Love award. Her awed preschool students were able to share the moment.

Former student, Mason Sluyk and his mother, Kim nominated Mrs. Brick for the award. Kim said of Mrs. Brick, "She has a special way of managing a group of 3- to 5-year-old children. It really is quite amazing!"

After 26 years of teaching, driven by a calling she felt before she began her college education, it's easy to imagine that she has developed some fine-tuned skills. But there is something beyond what one might expect that she is able to bring to her class.

Most dedicated teachers want to instill a lifelong love of learning in their students. Mrs. Brick continues to set this example herself. Her interest in self-improvement through meditation and yoga, eventually led her to complete the training to become a yoga teacher at the Chopra Center University in Carlsbad, California.

The practice of breathing exercises, meditation and yoga are tools not only valued by spiritual gurus, but highly successful executives, entrepreneurs and athletes as well. Mrs. Brick's yoga instructor training involved all of these techniques, which can bring about better focus, performance and contentment. Her students benefit not only from her improved teaching that is the result of her personal yoga practice, but also from the yoga they get to do together in the classroom.

When asked what her teaching has taught her about herself, Mrs. Brick shared, "There really are no mistakes in life, there are only lessons. Things happen, you move on, they change you and you learn from your mistakes."

When parents ask her what they can do for their children at home, her advice is to let the children learn practical life lessons, involving them in what you, the parent, do. She adds that children also learn by example.

Mrs. Brick takes time on the playground with Mason, who is no longer in her class but still part of her day.

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

To nominate your teacher visit arcadianews.com.

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

Side project becomes successful TableGarden business

By Rachael Bouley

The story behind TableGarden, a local business that makes and sells raised gardening beds, began 2 1/2 years ago with a husband wanting to help out his wife. Robert Yen, a Phoenix-based lawyer, was not looking to establish a business, but rather find a solution for his wife, Li Yen. He had noticed that, as an avid gardener, she was constantly bending and kneeling while tending to their vegetable garden.

"As I watched her stooping down to plant, it struck me how awkward gardening can be, especially for people with a bad back, knees or physical limitations," Yen said.

When she expressed her desire for a raised garden bed, Yen set out to find one, to no avail.

"Not finding anything, my wife challenged me to make one. I like a challenge," Yen said.

Yen accepted the challenge, and despite little experience with designing and building, he drew up plans and went to a hardware store to gather supplies. He returned home and got to work on creating a mobile, raised gardening bed to make his wife's hobby easier.

This side project became an obsession for him, and he went above and beyond as he created 10 prototypes in an effort to find the most functional design. After he achieved the ideal table, he made several more for his house. His family members began asking him to create tables for them, and that's when he began to think about the numerous people who could benefit from the product.

"I enlisted the help of a childhood friend who is an architect and developer," Yen said. "Together we designed a table that was easier to build, ship and assemble."

Today, Yen and his business partner, Alan Tang, make each table from sustainable redwood and absorbent felt comprised of recycled water bottles. The design is patented, and they have created a KinderGarden for young children, so they can experience the joys of gardening, too.

Now, the Yen's front yard is complete with six TableGardens, full of delicious and healthy vegetables. Even the family dogs join in the gardening fun, waiting under the tables for treats in the form of small tomatoes.

For Yen, the best part of the business is getting to interact with customers who are excited about gardening and growing their own vegetables in a comfortable fashion. They all bond over a love of gardening and planting.

To find out more about TableGarden visit tablegarden.net.

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Young man thrives thanks to community

By Rachael Bouley

Where Are *They Now?*

It has only been a year since Desi Nduwayesu was placed in Boys Hope Girls Hope's Residential program, but his progress is remarkable, and it's all thanks to the Arcadia community that came together to support him and the organization.

A year ago, the future looked bleak for Desi, who was born in Burundi, Africa during a time of civil war. His family was forced to escape to a refugee camp in Tanzania, but his mother died when he was an infant. After moving to Arizona with his father and older sister, the family continued to struggle and he was in and out of foster care.

It was last year, after his father died in a car accident, that Desi was found through the Arcadia Parents Google group, during its holiday giving campaign for the International Rescue Committee. There were two families already selected, but at the last minute, he and his sister were added to the campaign. The Arcadia community came together to support the siblings.

"When I found out their whole background, I sat in front of the computer and cried," Jennifer Koeninger, who started the Google group, said. They immediately contacted BHGH in an effort to get Desi into the program. Within weeks, Desi was accepted and moved into a house.

Now, he is a student at Bourgade Catholic High School, and he celebrated his 17th birthday on February 15. When he moved into the house, Desi was at a fourth-grade level in all subject areas. After intensive tutoring, including 4-5 hour sessions each day throughout the summer, he has displayed his intelligence and determination, as he scores good grades in all of his classes.

He shares a close bond with the other six boys in the house, who all speak highly of "their brother Desi." He enjoys reading mystery books, playing sports – especially soccer – and talking with the other boys in the house. He says he wants to go to college, but he isn't sure what he would like to study yet.

He and his brothers follow a daily schedule that includes school, homework time and family dinner.

"They are capable and motivated kids who want to reach their full potential," Nicole Bidwill, volunteer executive director of Phoenix's BHGH, said.

Without the program, Desi could have ended up back in foster care, with little options for the future. Instead, he is thriving.

The success of the program depends on the kindness of the community.

"It's all private donations and volunteers," Nicole said. "Phoenix is one of the models. We are doing really well and we have a college graduation rate of 86 percent."

Volunteers donate food, tickets to activities and events, and transportation. All of this help, along with the organization's dedication to the kids throughout their high school and college careers, leads to second chances and brighter futures for Desi and all his brothers.

After a year, Desi is thriving in Boys Hope Girls Hope's Residential program.

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What's Happening, Arcadia?

Experience Lego Kids Fest.

Join in the festivities at the 57th Annual Indian Fair and Market.

SUN., MAR. 1

Lego Kids Fest

9 a.m. to 1:30 p.m. and 3-7:30 p.m. at the University of Phoenix Stadium, 1 Cardinals Drive, Glendale. The Lego Kids Fest is in town and March 1 is the last day to experience the awesome festivities! A complete list of activities can be found at legokidsfest.com, but to name a few: Lego model museum, Lego Disney princess, Lego superheroes, Challenge Zone, building areas and race ramps! There's something fun for the whole family! Ticket prices are as follows: $19.50 for kids and $22.50 for adults.

SUN., MAR. 4

Live Music with Cindy Weir and Carlos Toscana

10:30-11:30 a.m. at the Shemer Art Center, 5005 E. Camelback Road, Phoenix. With her acoustic guitar harmony and smooth vocals, it's a joy to listen to Cindy Weir. Join her and Carlos Toscana for this early morning concert. This is a free event. Visit shemerartcenter.org for more information.

SAT., MAR. 7

My Nana's Best Tasting Salsa Challenge

10 a.m. to 6 p.m., Mar. 7 and 8, at Steele Indian School Park, the northeast corner of Indian School Road and Central Avenue, Phoenix. Over 80 participants from bars and restaurants as well as individuals compete to win the best salsa at this culinary event. The event costs $15 at the gate, children 12 and under get in free. Visit salsachallenge.com for more information.

57th Annual Heard Museum Guild Indian Fair and Market

Mar. 7 and 8 at the Heard Museum, 2301 N. Central Ave., Phoenix. This cultural event showcases the talents of over 600 exceptional American Indian artists from all around the country. Visitors can view a multitude of different types of artwork, such as contemporary art, jewelry, pottery, weaving and basketry. There will also be live music, dance performances, art and cooking demonstrations. All proceeds go towards the museum's mission. Tickets are available online and cost $20 for the full day. Visit heard.org for more information.

FRI., MAR. 13

Scottsdale Arts Festival

10 a.m. to 6 p.m., Mar. 13-15, at the Scottsdale Center for the Performing Arts, 7380 E. Second St., Scottsdale. One of the top art festivals in the country, this three-day event showcases 200 artists from all over the country. The event also features live entertainment from local artists, art projects, activities for kids at Imagine Nation and a wine and beer garden for the adults. A single day pass is $8 and a two-day pass is $12. Kids 12 and under get in for free. Visit scottsdaleperformingarts.org for more information.

Pot of Gold Music Festival

Starting at 3 p.m. Mar. 13 and 17 and 12:30 p.m. Mar. 14 and 15 at Tempe Beach Park, 80 W. Rio Salado Parkway, Tempe. Thirty bands span four days during this pre-St. Patrick's Day musical festival. Performers such as Bastille, Fall Out Boy, Dirty Heads, Chevelle and Slightly Stoopid will take the stage at this local musical festival. Tickets are $49 per day. This event is all ages but the youngsters will need parental supervision. Make sure to pack sunscreen and leave early for parking. Visit potofgoldaz.com for more information.

SUN., MAR. 15

Mixology Class

2-4 p.m. at Last Drop at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. For $30, participants learn everything there is to know about tequila and tequila cocktails. Not only will there be time for a Q&A, but guests will also get to taste a couple of cocktails To reserve a spot, visit: hermosainn.com.

SAT., MAR. 21

Prince of Peace Street Fair Youth Fundraiser

5-7 p.m. at the Prince of Peace Lutheran Preschool, 3641 N. 56th St., Phoenix. Amazing food, music and fun! Held in the front parking lot at Prince of Peace. The band Raising Faith will be here to perform. There will be a silent auction for various items and a raffle for a big screen TV. Prince of Peace is raising funds for the youth to go to help revitalize the city of Detroit. Visit popphoenix.org for more information.

TUES., MAR. 24

Spring Floral Series Class One

7-9 p.m. at Camelback Flowershop, 4108 E. Indian School Road, Phoenix. Learn the basics of floral arrangements with Teresa Wilson, owner of Camelback Flowershop. Create your own floral masterpiece while enjoying light nibbles and glasses of wine along with a few other surprises. The cost is $165 per person. Tickets are available online at pithmarrow.com.

SAT., MAR. 28

Scottsdale Home & Travel Design Show

10 a.m. to 5 p.m. on Mar. 28 and 10 a.m. to 4 p.m. on Mar. 29 at WestWorld, 16601 N. Pima Road, Scottsdale. AZ Big Media debuts the first Scottsdale Home and Travel Showcase where hundreds of companies offer products and services for all of your home and travel needs. This event will promote Arizona's interior design industry with expos on home improvement and home enhancement projects as well as travel planners to help with your next vacation. The expo is open to the general public. Visit exposaz.com for more information.

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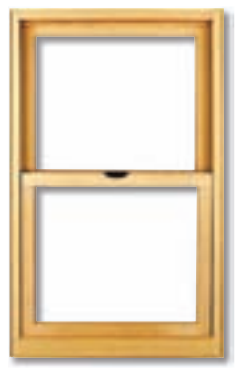

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Animal rescue camp introduces youth to exotic animals

By Katie Mayer

Making new friends at summer camp is fun – especially when they're *furry* friends.

At the Arizona Animal Welfare League and SPCA summer camp programs, youth get to pet and learn about more than 40 exotic animals ranging from snakes and lizards to chinchillas and rabbits to even frogs and tarantulas.

"We have everything from cute and fuzzy to creepy and crawly," said Michelle Ramos, director of education for the AAWL and SPCA.

The nonprofit organization offers nine weeks of summer camps each year for children ages 6 to 17. The littlest campers participate in activities such as making dog treats, arts and crafts and playing with puppies, while older campers learn veterinary medicine and animal husbandry. All of the youth learn about responsible pet ownership and receive wildlife education.

Kendra Wardon, 16, a student at the Arizona Agribusiness & Equine Center in Paradise Valley first attended camp when she was 7 years old and now volunteers there.

"I always loved animals and grew up with animals, but this was one of my first experiences with exotic animals," Wardon said.

Wardon said she someday hopes to work in veterinary sciences or to join the military and train K-9s.

Youths in various camp programs pet and play with animals. Photos submitted by the AAWL and SPCA.

"I definitely knew that I wanted to work with animals, but going to this camp really solidified it and gave me an end goal," Wardon said.

Ramos said about 75 percent of the camp activities are spent with animals. In the teen programs, campers can choose to focus on veterinary sciences, where they learn how to perform medical examinations on animals and even dissect animals, or animal husbandry, where they learn to care for animals, prepare their diets and maintain their habitats.

"We try to keep them interactive and fun," Ramos said. "We mesh crafts and games and mix those with other activities as well as downtime."

The AAWL and SPCA first launched camp programs in 2001 and they have grown significantly over the last few years. Today, the camps host an average of 700 kids each summer and the organization offers many other programs and camps throughout the year.

"We get a lot of students who return to us because they are excited and can't get enough of the animals," Ramos said.

One of those is 8-year-old Mesa resident Kyrsten Najera, who first started attending camps when she was 6.

"It's hard to find good camps that keep the children's interests," said Kyrsten's mom, Debbie Wood. "When we found this one, it just fit with what she enjoys doing and she is always doing something different each week."

The camp is also supporting a good cause. Fees collected for camp programs not only cover the cost of camp, but also help subsidize part of the animal shelter, Ramos said.

"It's teaching children and adults to protect the environment and to care for animals and advocate for animals," Ramos said. "It's teaching students empathy for the creatures around them."

At just 8 years old, camper Kyrsten has already taken that message to heart. She regularly researches animals available for adoption through the organization's website and educates her friends' families about their options.

"Two of her classmates have gotten animals from the organization due to Kyrsten telling their parents about them," Wood said. "This camp gives an awesome chance for children to be exposed to animals and learn about how to care for them and help them."

The AAWL and SPCA summer camps are five-day camps that run from 8 a.m. to 4 p.m. with the option of aftercare.

The camps are held at 15 N. 40th Place in Phoenix. For more information on the qualifications to attend and registration details, go to aawl.org.

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ALL SAINTS' EPISCOPAL DAY SCHOOL

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All Saints' Episcopal Day School offers a four-week summer camp experience for kids entering grades pre-K–9. There are a wide variety of classes; each class is one week in length. Offerings include Great Hikes, Robotics, Minecraft Coding, 3D Printing, Art, and much more! Enrollment at All Saints' is not necessary; students from all area schools are encouraged to join us June 1 - June 26, 2015. For more information please visit summer.aseds.org.

summer.aseds.org

SUMMER CAMPS AT CAMELBACK

A summer full of fun awaits your kids at Camelback! Offering five fun, educational, and enriching summer camps, your kids will gain life skills and pursue their interests in a safe, spiritually nourishing environment. Camps include Vacation Bible Camp (June 8-12), Sportball Multi-Sport Camp (June 8-12), Arts Camp (June 15-19 & July 20-24), String Quartet Camp (June 22-26), and Drama Camp (July 6-10). Camps available for ages 4 - 18. For more information, call (602) 955-6370 and visit www.camelbackbible.com/arcadianews. Online registration available.

camelbackbible.com/arcadianews

CCS SUMMER CUBS CAMP 2015 "CAMP DISCOVERY"

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Join us as we explore the world's diverse ecosystems one week at a time! 9:00 am – 2:00 pm daily. Week 1 – May 26-29 - Let's Discover the Ocean ($140); Week 2 – June 1-5 - Let's Discover the Rainforest ($175); Week 3 – June 8-12 - Let's Discover the Tundra ($175); Week 4 – June 15-19 - Let's Discover the Desert ($175). Preschool students ages 2-5 welcome; bring a friend! (602) 381-9906, info@ccsaz.org. Website: www.ccsaz.org/cubscamp2015.html

ccsaz.org

CHILDSPLAY ACADEMY

Kids can learn from the actors you see on the Childsplay stage! Youth ages 4-17 work with top local actors, directors, choreographers and professional teaching artists. Classes focus on age-appropriate topics, musical theatre, popular children's literature and more! All classes work on acting techniques and are a great way to gain skills while developing confidence, making friends and, most importantly, HAVING FUN! For more information, call 480-921-5751 or visit our website at childsplayaz.org.

childsplayaz.org

CLS/CCL SUMMER CAMP

CLS/CCL Summer Camps have something fun for every age – for 8 to 9 weeks starting June 1! Taught by our certified teaching staff. Enroll in Preschool Camp for children ages 3 – 5 (visit our website www.clsphx.org). Day Camp is also available for students in grades K – 8. For information, visit cclphoenix.org. Come for the week or drop in for the day! For more information, call 602-957-7010 or visit our website.

clsphx.org

DISCOVER SUMMER YOUTH CAMPS @GATEWAY

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GateWay Community College at 40th & Washington offers a variety of educational summer experiences for your children, ages 5 to 18. Children can explore a new skill, interest or career, and earn college credit in some camps – automotive, healthcare and industrial safety. Costs vary. Visit us online for an application and for a schedule at gatewaycc.edu/discover or call (602) 286-8672.

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Ultimate camp DIRECTORY OF LISTINGS

HUBBARD SPORTS CAMP

Hubbard Sports Camp, established in 1998, is a co-ed, multi-sport, summer day camp. Hubbard offers ten one-week sessions to campers 4-1/2 to 13 years old. Campers learn soccer, basketball, volleyball, baseball, archery, swimming and other field games. We work on building self-esteem and confidence. They leave with new skills, great friendships and awesome memories. Extended care is available. Our New Way Academy location, located at 5048 E. Oak St., serves the Arcadia/Biltmore area. For more information, call 602-971-4044 or visit hubbardsports.com.

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imaginethatsummercamp.com

LITTLE BIG MINDS PRESCHOOL

We don't teach Spanish. We teach in Spanish! Little Big Minds Preschool is offering a Spanish Immersion camp for children ages 3 to 6 from 9:00 a.m.–1:00 p.m. Weekly themes include Lego Lands, Mad Science, Flavors of the World and Water Fridays. Kids learn Spanish through play, music and movement, games, special events and crafts. Weekly enrollments from June 1 to July 24. No Spanish experience is necessary. Before and after care available. Call 602-910-4417 or visit littlebigmindspreschool.com.

littlebigmindspreschool.com

PARADISE VALLEY UNITED METHODIST CHURCH

"G-Force, God's Love in Action" Vacation Bible Camp, July 13-17, invites preschoolers - 6th graders to a weeklong adventure that includes crafts, music, recreation, science and storytelling, all in a safe, cool environment in the heart of Paradise Valley. The morning camp meets 9 am-12 noon, Monday-Friday, and costs just $35/student or $70/family! Optional extended day for 1st-6th graders costs $20 per day with early registration. Register by June 30 to avoid late fees. Visit our website at pvumc.org or call us at 602-840-8360.

pvumc.org

PHOENIX CENTER FOR THE ARTS CAMP

At Phoenix Center for the Arts Summer Camp, children receive full-day instruction in visual and performing arts from professional local artists. Campers are grouped by age; grades K-6. Your child will receive a well-rounded arts experience while engaging in music, dance, drama, and visual arts classes. Materials are all included! Family and friends are invited to the Center on the last day of camp for a fun performance and gallery-style show. Call 602-254-3100 or visit phoenixcenterforthearts.org.

phoenixcenterforthearts.org

PHOENIX COUNTRY DAY SCHOOL

Our 6-week program runs June 8-July 19 in two-week sessions for grades K-12. Through grade 8, students create their own half-day or full-day schedule with academic classes, and enrichment options in technology, music, sports, theater, and art. High school students register per class. Facilities include swimming pools, tennis courts, art studios, and computer labs. Full-service lunch and extended day available. View the full schedule and register online at pcds.org/summer. For more information call 602 955-8200.

pcds.org

PHOENIX THEATRE SUMMER CAMP

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PRINCE OF PEACE PRESCHOOL SUMMER CAMP

Summer Camp for Preschoolers ages 2-5 runs from June 1 - July 24. Your preschooler will enjoy a fun-filled summer of learning and playing with friends! We will have fun activities, including a petting zoo, the Arizona Puppet Theater, a snow day, building ice castles and more! We will also host great activities such as a Luau, a Patriotic Parade and Vacation Bible School. Weekly enrollment and flexible scheduling options give you added convenience in planning your summer. For more information, please call 480-947-5645 or visit poppreschool.com.

poppreschool.com

PRINCE OF PEACE VACATION BIBLE SCHOOL

Everest: Conquering Challenges with God's Mighty Power, June 8-12. Prince of Peace Lutheran Church VBS is open to kids age 5 through entering 5th grade and the cost is $60 for a week of fun. To register, call the church office at 480-945-9537 or online at popphoenix.org. We are located at 3641 N. 56th St. Phoenix, AZ 85018. Visit popphoenix.org for more information.

popphoenix.org

SCOTTSDALE ARTISTS' SCHOOL YOUTH ACADEMY - FINE ART CAMP

Scottsdale Artists' School Youth Academy presents the upcoming Summer Fine Art Program. Young artists will embark on a true artists' journey, exploring all stages of creating art. Students will learn fundamentals of art while having fun producing a variety of projects. Professional teaching artists serve as guides to a true studio art experience! Weekly camps are available May 26 – July 31 for ages 6-18. We are located at 3720 N. Marshall Way Scottsdale, AZ 85251. For more information call 480.990.1422 or visit scottsdaleartschool.org.

scottsdaleartschool.org

Meet me at the MIM

Kids' Corner

By Lisa Weisenburger

The Musical Instrument Museum was the destination for our musically themed day off of school.

I have tried to visit this museum since it opened, but until now I haven't been able to convince my offspring that this is a fascinating place to while away the day. Let me say this: It was awesome! The museum is truly a global collection of fascinating instruments. Many of the instruments – there are over 6,000 of them – we have never seen before, and even if we did happen upon them, we probably would be surprised that making music was their primary function.

The MIM has musical instrument collections from over 200 countries and territories. The audio devices that are included in the admission price allowed us to hear many of the instruments as well as watch video of the instruments being played in their original environments.

The clearly state-of-the-art technology used at the MIM is pretty interesting juxtaposed with the ancient instruments.

The docents at the MIM were friendly and incredibly knowledgeable about each of the galleries they were tasked with staffing. Hoping to keep the kids engrossed in the experience so I could wander and read myself, I asked the docents one

or two questions about their space that the kids could answer through touring and listening. We created a modified scavenger hunt that was spontaneous and educational.

Can you find the drum that is over 4,000 years old in the special exhibition, "Beyond the Beat: Drums of the World"?

There is a drum made out of a human skull, so from what is the drum face made? The answer: specially cured human skin!

You may expect to find the Beatles represented at the MIM. Maybe even Elvis Presley. Would you expect to find Taylor Swift at the MIM? The Artists Gallery features concert outfits, videos from past performances, and of course noteworthy musicians' instruments.

Here's one: How did Doug "Cosmo" Clifford – the drummer from Creedence Clearwater Revival – change the foot pedal of the drum to withstand his intense concert performances without breaking?

The Experience Gallery was the last gallery we visited, completely on purpose. The entire family can make some noise! This gallery is loud. I loved that the sounds coming from this room were that of experimentation, trial and error, practicing rhythm and the giggling joy that comes from striking the huge gong.

Give yourself some time to visit this treasure of a museum. We were there for about 2 1/2 hours and could have stayed at least another hour. One last thing, if you've lived in Arizona or the Southwest for any length of time, don't skip through the first part of the United States and Canada geographical gallery. We were surprised to learn how much our region has contributed to the musical instrument scene.

RATTLE THE DRUM

What you will need:

- packing or masking tape
- unsharpened pencil
- 2 small paper plates or a plastic container with a lid
- hot glue
- 14- to 20-inch string
- 2 beads
- stapler
- markers, stickers or decorative paper

The process:

- Securely tape the pencil to the inside of one paper plate. If you're using a plastic container, pierce a small hole in the side of the container and slide the pencil in, secure with hot glue.
- Thread one end of the string through one bead and tie. Repeat with the other end of the string, securing the second bead.
- Lay the string across the center of the other paper plate, securing it with tape or staples. If using a container, lay the string across the middle of the opening and secure it by putting on the lid.Staple or tape the second paper plate to the first. Tightly secure the pencil too, creating the drum. If using a container, tape around the circumference of the container, securing the beads.
- Decorate your drum with stickers, markers or decorative paper.
- You are ready to make some noise!

2013 azcentral's pick as "One of the Top 10 camps that cater to kids in the Phoenix area."

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Tallyho to Taliesin West

Kids' Corner

By Lisa Weisenburger

You don't have to be an architect, designer or even a Frank Lloyd Wright enthusiast to appreciate Taliesin West. We ventured out to the foot of the McDowell Mountains on an unusual rainy and misty Saturday morning. Visiting Taliesin West had long been on my to-do list and with all the kids home and no games or scheduled activities, this was the day to check it off the list.

It can be tricky to find something for everyone with the age range of my kids, but the Insights Tour, which is offered at several times on most days, came pretty darn close. That being said, this historical site and the utopian community that was created here is better suited to the understanding of older kids. Little ones (say 5 and under) would be bored.

We spent 1 1/2 hours with a knowledgeable guide and learned about Wright's winter home, how and why he and his apprentices created this incredible landmark, and about the Frank Lloyd Wright School of Architecture that still exists today. The Cabaret Theater and Music Pavilion were highlights for us, and visiting Wright's living quarters and office made the whole experience feel especially personal. The Chinese sculpture markers gave the youngest member of our group

something to look for, and the "cool" room gave cause for thought as to the possibility of living in the desert without air conditioning. Incomprehensible, especially if you're 7.

Taliesin West is fascinating. The only way to see this landmark is via guided tour, tickets to which you are encouraged to purchase online. There are student, military and senior discounts and occasionally there is a 50 percent discount for Arizona residents if you mention this at the time of booking. Taliesin West offers summer camps and classes for kids, too. Information about dates and tuition is available online at www.franklloydwright.org.

Recently, a group of 10 buildings designed by Wright, including Taliesin West, were nominated to the United Nations Educational Scientific and Cultural Organization World Heritage List.

On display now in the Pavilion at Taliesin West is a Lego sculpture containing more than 180,000 Lego bricks in 11 colors and 120 different shapes. The model measures 8 feet by 4 feet and is made entirely of standard Lego parts. Adam Reed Tucker is the architectural Lego artist who uses Legos to create models of famous structures. This latest Lego brick model of Taliesin West is his largest so far and will be on display until the end of April.

BUILD IT FOR THE BIRDS

What you will need:

- 52 Popsicle sticks
- white school glue or heavy duty glue stick
- outdoor paint
- 2 long pieces of twine
- 1 bag of birdseed

The process:

- Line up 12 popsicle sticks. Glue 2 sticks across them, towards the bottom of both sides. Turn it over. Do a second row of Popsicle sticks going in the opposite direction to strengthen the base.
- Place two sticks on opposite sides of the base and apply glue. On the other sides that you didn't place a stick, glue down 2 more Popsicle sticks, so that they are on top of the corners of the first two sticks. Continue alternating Popsicle sticks around the outside until you have 6 rows, gluing each stick down as you go. Let dry.
- Let the kids paint their bird feeder, and set aside to dry.
- Attach the twine around the underside of the bird feeder and secure with glue.
- Thread the cord underneath the top round of Popsicle sticks on two sides and again, secure with glue on the opposite underside.
- Pour in birdseed and enjoy!

Birdfeeder found on Tonya Staab's blog, Create-Celebrate-Explore: tonyastaab.com/2011/06/x-treme-bird-feeders.html

Trip to Walnut Canyon National Monument

Kids' Corner

By Lisa Weisenburger

I love Arizona for so many reasons. I am a native and enjoy exploring many of the nooks and crannies of our great state and, yes, I almost always drag my kids into my wanderlust! With spring break and summer vacations approaching, keep Arizona in mind – especially for a day trip. At the top of my favorites list is a visit to Walnut Canyon National Monument. This national park is a short distance from Flagstaff, off Interstate 40. It's perfect for a summer day trip from Phoenix.

Woodrow Wilson named Walnut Canyon a national monument in 1915 to preserve the ancient cliff dwellings that fill the impressive formations along the canyon walls. Start your excursion at the Visitor Center. We picked up the Junior Ranger booklets from the friendly staff and set off on our adventure. The boys were initially motivated by the proverbial dangling carrot of the Junior Ranger Badge that awaited them when the exploration was finished, but quickly became entranced by the story of the dwellings and the ancient people that once inhabited them.

There are two trails to hike: the less strenuous Rim Trail and the more difficult Island Trail. From the Rim Trail's two overlooks we saw an ancient pueblo and pithouse and the land where the Sinaguan

people grew their crops. This trail is only 0.7 miles and an easy self-guided experience. The Island Trail descends past 25 dwellings and offers a close up view of where the ancient people lived. The different animal habitats and plant life vary greatly between the sunny side and the shaded sides of the canyon. It's fascinating. Be prepared, the Island Trail has a lot of steps, but plenty of places to rest along the way. Plus, it's a decent thigh workout on the way back to the top! The one mile trail is designated as strenuous but it didn't seem that bad.

This past December, the National Parks Service kicked off a yearlong celebration to honor the 100-year anniversary of Walnut Canyon's National Monument designation. There is a calendar full of special programs and tours for this centennial celebration. There is a $5 entrance fee good for up to seven days and kids under 16 are free. Don't forget your camera and your binoculars.

HERE'S A BONUS FOR YOU:

March is Arizona Archaeology and Heritage Awareness Month. Many of the area's archaeologists are on hand to answer questions, lead walks and talks, and provide interesting activities for the kids. If you decide to turn your day trip into a weekend, you won't be disappointed by the other national park in the area, Sunset Crater.

DAY TRIP MEMORY JAR

What you will need:

- Mason jar or recycled jar with lid in the size of your choice
- trinkets and treasures from your travels
- card, tag or sticker
- twine

The process:

Really, there are no directions. Fill the jar with your travel treasures. Write on the tag, card or sticker the destination you traveled to and the date. It's fun to have your child write one sentence in their own handwriting and in their own words that describes their adventure. Tuck it in the jar or tie it on with twine.

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Pack a snack for summer field trip fun

Kids' Corner

By Lisa Weisenburger

WALNUT FIG BARS

Nature food
inspired by
Walnut Canyon
National Monument

INGREDIENTS

- 1 cup raw walnuts, chopped
- 1/2 cup dried cranberries
- 1 1/2 cups dried figs, coarsely chopped
- 2 tablespoons flour (if I had whole-grain flour I would use it here)
- 1 cup old-fashioned oats
- 1/4 teaspoon sea salt
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger
- 1 cup flaked unsweetened coconut
- 1 teaspoon pure vanilla extract
- 1/4 cup honey
- 2 large eggs

PREPARATION

Heat oven to 350° F. Line an 8-by-8-inch baking pan with parchment paper, across the bottom and both sides. In a food processor, add half the walnuts and half of each dried fruit. Then add flour, oats, salt, cinnamon and ginger. Blend all ingredients. Transfer the mixture to a large bowl and mix in the remaining walnuts, dried fruit and coconut. Use your hands! In a separate bowl, whisk the vanilla, honey and eggs together. Then, add it to the fruit mixture. Blend well and spread into the pan, packing it down with your fingers to even it out. Bake until golden brown, about 35-40 minutes. Remove from the oven. Using the edges of the parchment paper, lift the bars from the pan and transfer to a wire rack to cool. When cooled, use a sharp knife to cut into 12 pieces. Store in an airtight container at room temperature for up to 3 days. Recipe adapted from Ellie Krieger's Fig and Walnut Energy Bars.

CHOCOLATE OREO COOKIE CUPCAKES

Architectural food
inspired by
Taliesin West

INGREDIENTS

- 2 large eggs
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup all-purpose flour
- 1/2 cup unsweetened cocoa powder
- 1/2 teaspoon baking powder
- pinch of salt
- 1/2 cup milk
- 12 Oreos or chocolate sandwich cookies, crushed to medium fine. (Top with Vanilla Buttercream, see below)

PREPARATION

Heat oven to 350° F. Line 12 cupcake cups with paper baking cups. Set aside. In mixing bowl add the eggs, sugar, vanilla and vegetable oil. Using a medium-high speed beat for 1-2 minutes, or until well mixed. In a small bowl, combine the flour, cocoa powder, baking powder and salt. Alternately, add the flour mixture with the milk to the butter mixture and beat until blended. Stir in the crushed Oreos. Divide the batter evenly among the prepared cupcake cups, filling each cup 1/2 to 2/3 full. Bake for 18-20 minutes or until a toothpick inserted in the center comes out clean. Remove from the oven and cool completely on a wire rack.

VANILLA BUTTERCREAM

INGREDIENTS

- 1 cup butter, room temperature
- 1 to 2 teaspoons pure vanilla extract
- 3 cups powdered sugar
- 1 to 2 tablespoons heavy cream, optional
- Additional crushed Oreos for topping

PREPARATION

In a mixing bowl add the butter, then the vanilla and beat on low speed until light and fluffy, about 3 to 5 minutes. Gently beat in the powdered sugar, a little at a time. When all the sugar is added, increase the mixer's speed to medium high and beat for 2 to 3 more minutes. If you think your frosting is too thick, add a few drops of heavy cream until you reach desired consistency. Spoon the frosting into a piping bag fitted with a frosting tip or use a baggie with the corner cut off. Cut the cupcakes in half and begin your build! Starting with the bottom half of the cupcake, pipe in a mound of butter cream. Top with the top of the cupcake and another layer of buttercream. Sprinkle Oreo cookie crumbs on top. Presto! If Frank Lloyd Wright could see you now, he'd be impressed with your design skills.

CHICKEN SALAD FINGER SANDWICHES

Musical food
inspired by the MIM

INGREDIENTS

- 4 cups cooked chicken, cubed or chopped
- 1 stalk of celery, chopped in small pieces
- 1/4 onion or scallions, finely chopped
- 1/2 cup green grapes, halved
- 1/2 cup mayonnaise
- 1/2 cup Greek yogurt
- 2 tablespoons finely chopped fresh herbs such as dill and/or parsley
- salt and pepper, to taste
- white bread
- pumpernickel or dark rye bread

PREPARATION

Toss all ingredients, except the breads, together. Cover and refrigerate for several hours to allow the flavors to blend. If you're in a hurry, don't worry. I never seem to have time, but trust me the leftovers are fab! Make several sandwiches using the white bread. Cut off the crusts, and cut the sandwich into three long strips. Place the finger sandwiches on a long platter to resemble white piano keys. Cut the crusts off a slice of dark bread and cut it into narrow strips just as you did with the white bread. Then, cut them in half cross wise to resemble the black piano keys. Place on top of the white keys using the correct spacing.

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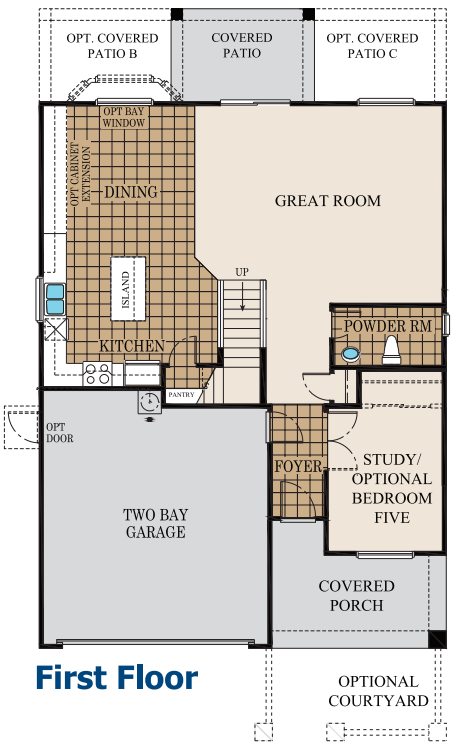

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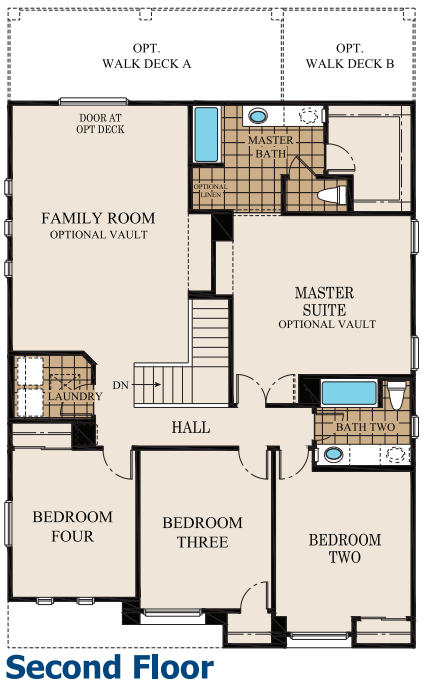

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Future Forward brings comfort of home to learning

By Mallory Gleich

From the outside, it looks like a normal business building, but when you walk through the doors of Future Forward, it looks anything but. There's an aquarium full of creatures straight out of Finding Nemo, plush carpet that reminds you of home and – the best part – a tree house built right into the main room.

Future Forward is a learning annex for children ages 3 to 18 that provides program enrichment and tutoring, language and speech therapy, and an academic readiness program built to further kids' love for learning and education.

Lee Edwards, the director of Future Forward, has had a passion for education for a long time. Edwards came to Arizona after teaching at a private school in New York City. Once here, he taught at Phoenix Country Day School for 24 years, while also providing private tutoring.

"I started private tutoring so that I could support my family while being able to stay at home," said Edwards. Although she is a Virginia native, Edwards has lived in Arizona for 25 years.

The owners of Future Forward, who wish to remain anonymous, approached Edwards and asked her to become a part of their educational family. Edwards readily accepted.

"This is the best job ever. It's like being at home and having your dog with you, and you're helping people…It's just a fun place," said Edwards.

A treehouse gives kids a magical place to learn.

Betty Lou hangs out at Future Forward and keeps the kids company.

The dog Edwards spoke of is Betty Lou, a Shih Tzu who has become a sort of mascot for the kids that attend Future Forward. Another learning practice: The kids gain experience in caring for an animal.

Betty Lou was a gift from the kids at Future Forward. I also have four other dogs at home," said Edwards with a smile.

Just by looking at Edwards, you can tell that she clearly enjoys being a part of the Future Forward family.

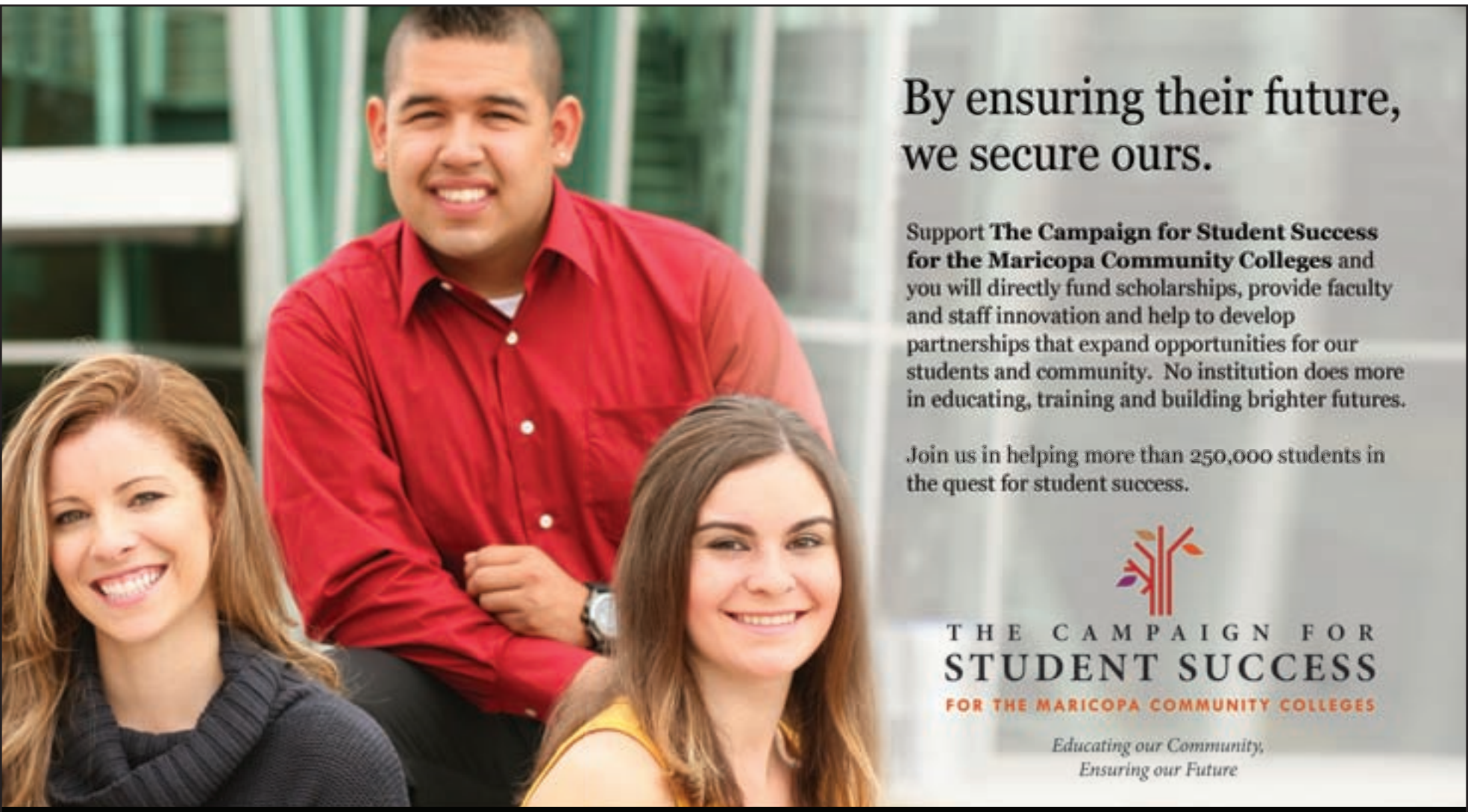
"One of my favorite quotes is this: 'It takes a big heart to shape little minds,'" said Edwards.

The kids at Future Forward have become part of her heart.

Opened on Labor Day of last year, Future Forward's concept is to provide tutoring and after school activities to kids in an environment that's similar to the comfort of their own home. The goal, along with education, is flexibility for the families that utilize the programs.

Along with the core programs, the business also provides what they call special programs. These include SAT prep courses, spring break and summer camps, and "Mom's Morning Out," where mothers can drop off their kids for a few hours for educational activities while they take care of "mommy stuff."

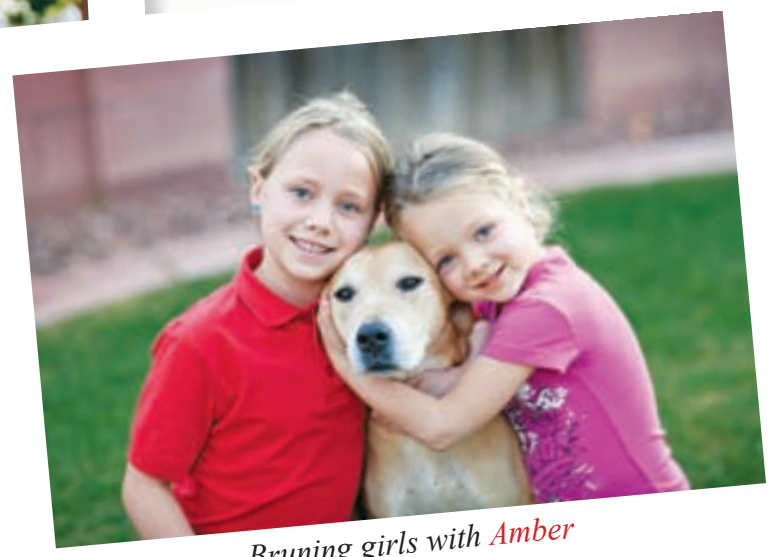
Future Forward is located at 3610 N. 44th St. Suite 210. For more information visit futureforwardkids.com.



Puppy Love

Recently *Arcadia News* asked the community for their favorite photos with their pets. These are a few of our favorites.

Cannon Liles (3) and Tweety



Bruning girls with Amber

Evan Hill with Stella

Cranford family

Jaclyn and Lily Reid, with their little pupster Charlie

Cinnaree Hill with Cooper

Sweet General. He was a gorgeous dog and adorable puppy! — Jennifer Kelly

Aslan was a 4 month old kitten when adopted from the Humane Society's Campus for Compassion. The family immediately fell in love with him, and he immediately fell in love with their 3 year old chihuahua mix, Ponyo! They romp as if they came from the same litter and snuggle just as fiercely! — Tara Bills

Nonprofit program uses the arts as therapy for children

By Michelle Donati-Grayman

For more than two decades, Free Arts for Abused Children of Arizona has been using creative arts to heal abused, neglected and homeless children in Arizona.

The organization was founded by Art Therapist Margaret Beresford in 1993. She saw the program in California and decided to bring it to Arizona. Beresford gathered friends who were passionate about the arts and children, and the nonprofit grew from there.

Today, Free Arts uses dance, theater, music, spoken word and other art mediums to help children express themselves, according to Katia Brown Howard, director of development for Free Arts for Abused Children of Arizona.

The arts can help children find a stronger voice, she said. This is true even for children who don't like to say much at all.

"If speaking aloud isn't a strong point, painting or music allows expression without words," Howard said.

The agency partners with group homes, treatment centers and shelters in Maricopa County. The agency serves children from as young as 3 years old to late teens that have aged out of the system, yet continue to stay involved with the organization. The agency served 7,000 children last year and has served 80,000 since its inception. The majority of these children – more than 80 percent – come from foster care.

Lamonte McVuffie, 17, became involved with Free Arts two years ago when he was living in a group home. He said the agency has made a profound difference in his life.

"It taught me value," said McVuffie. "To value what I am and what I create in life, because that's what people are going to remember me by."

According to the American Art Therapy Association, artistic self-expression helps people to become more physically, mentally and emotionally healthy, reduce stress and handle life adjustments.

"It's therapeutic because it allows children to focus on something that's not their life," Howard said. "Not a lot of our kids have that opportunity in the situation they're in."

To continue serving Arizona's most vulnerable children, Free Arts has two major needs: donors and volunteers.

Free Arts holds several fundraising events throughout the year, including an upcoming art auction. The event will be held March 8 at Neiman Marcus at Scottsdale Fashion Square. It will feature Ed Mell, a Phoenix native and internationally renowned artist. More than 40 art pieces will be auctioned at the event, including a piece by Mell. Tickets are $75 per person and are available at freeartsaz.org.

Handmade wind bells at Cosanti can be purchased in their gift shop as part of Free Arts' ongoing fundraising.

From being an office volunteer for a single day to spending 8 to 16 weeks as a weekly program mentor, there's no shortage of volunteer opportunities at Free Arts. The agency hosts volunteer orientation meetings at 6 p.m. on Mondays and 9 a.m. on Wednesdays for those interested in getting involved. The agency currently has more than 500 volunteers, but can always use more.

"We never run out of opportunities to serve kids," Howard said. "Our need is to find adult volunteers to help."

McVuffie is now a freshman at Grand Canyon University and serves as a Free Arts mentor.

"My mentor wasn't getting paid. They came because they wanted to," said McVuffie. "When I left to start college, I went back to become a mentor because I wanted to do the same thing my mentor did for me."

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Walt Danley

Longtime dream becomes reality with new restaurant

Places *We Love*

Adela's Italian
4041 E. Thomas Road
602-955-0588
adelasitalian.com

By Amanda Goossen

Over 30 years ago when Pedro Delgado was a cook in an Orange County, California restaurant, he made a promise he'll never forget.

Working the line at Luigi's D'Italia in Anaheim, Pedro was a young immigrant from Guerrero, Mexico. This job changed his life.

Luigi, himself, taught Pedro to cook. He educated him on Italian recipes, guided him through technique and mentored Pedro on not only cooking, but also life.

Pedro was only 17 years old.

A young man with a grateful heart, Pedro told Luigi that if he ever had a daughter he would name her after Luigi's mom, Adela, to honor the man who didn't just give him a job, but taught him a trade.

"I also told Luigi that if I ever opened my own restaurant, I would name the restaurant Adela as well," said Pedro.

Three decades later, in a city in the desert, Pedro's promise materialized.

"Opening my own restaurant was my big dream for the past 20 years," said Pedro. "On New Year's Eve 2013 I asked myself what I wanted my resolution to be. I asked myself what I really wanted for my life in the new year."

Telling himself that 2014 was finally the year, Pedro began mentioning it to friends and family members.

"I guess once you start telling people, things start to actually happen," said Pedro. "You have to follow through."

Adela's Italian Restaurant opened on October 27, 2014. The new restaurant took the place that once housed Olympic Flame in the 40 Palms Plaza on Thomas Road and 40th Street.

A family-run operation, son Jaime works alongside his father in the day-to-day operations, with Pedro's daughter, wife and nephew pitching in to help as well.

The décor is simple, with checkered table clothes and a Venetian-inspired mural covering one wall.

The menu is a complete array of Italian favorites. Pedro promises to use only the best ingredients possible and at the most affordable prices.

(Left) Pedro and Jaime Delgado work together to run their new casual Italian eatery. (Right) Adela's homemade Tiramisu.

He wants to satisfy the neighborhood's craving for delicious bowls of pasta and meats, without breaking the bank. He wants his menu to offer selections without being overwhelming.

"Our menu is made up of all the things people know and like," said Jaime, Pedro's son. "You can open the menu and immediately know what you want."

With offerings such as Osso Buco served over fettuccini, Linguini with Fresh Clams and Chicken Marsala, Pedro's technique and knowledge is obvious.

"I don't focus as much on the decoration, it's just not my thing," said Pedro. "I just focus on making really delicious food."

The homemade bread served when I sat down proved not only the talent in the kitchen, but the dedication to quality.

The Fettuccine Della Casa, pasta served with bacon, peas, mushrooms and a delicate cream sauce was top-notch. The sauce was rich and flavorful, while the pasta, bacon and vegetables were cooked to a perfect al dente.

And for dessert, the homemade tiramisu was light and fluffy with a decadent coffee essence, capping off a surprisingly superb meal.

Vegan shepherd's pie

Festive food options for vegans on St. Patrick's Day

By Amanda Savage

Veggie *Beat*

When you think of Irish food, something vegan or vegetarian doesn't typically come to mind. Meats and dark beers are usually no-nos when it comes to eating animal-free foods.

Although, it may be surprising that there are easy ways to take part in festive eating and drinking on St. Patrick's Day, without compromising your vegan or vegetarian values. Since St. Patrick's Day falls on a Tuesday, and not everyone is into the busy bar scene of this holiday, this article will offer food and drink options for both going out around town and staying in for the evening.

A NIGHT ON THE TOWN

Cornish Pasty Co. has the most options for meat-free Irish dining in town. They offer a full menu or vegetarian pasties, and have daily special vegan pasty options. If you're feeling really festive, opt for their Veggie Cottage Pie pasty.

If you're going out for drinks, there are a decent amount of vegan-friendly beers available. As I wrote in last year's column, most stouts, like Guinness are not vegan-friendly. Vegan dark beer options include: Alaskan Smoked and Baltic Porter, Sierra Nevada Porter and Stout, Wasatch Polygamy Porter, Squatters Captain Bastard's Oatmeal Stout, and Lagunitas Imperial Stout.

A big bar tradition is to serve green dyed light beer on St. Patrick's Day, fortunately most of the standard light beers like Bud Light, Coors Light and Miller Light are all vegan-friendly. Most bars will opt for one of these brands for their green beer base, but be sure to ask before you order.

Not many Irish beer brands are vegan, although one that's easy to find is George Killian's Irish Red.

If liquor is more of your thing, most name-brand Irish whiskies like Jameson are vegan-friendly.

STAYING AT HOME

If the busy bars aren't your thing, a subtle way to acknowledge the festive spirit of St. Patrick's Day is with a relaxing night and a home-cooked meal. One surprising vegan or vegetarian Irish food option is shepherd's pie.

Making a vegetarian version of shepherd's pie is pretty simple. Follow an original recipe, and substitute the meat and other animal-derived ingredients with nonmeat products.

Specifically, the meat filling typically calls for ground lamb or beef, Worcestershire sauce and chicken broth – which are all not vegetarian. Fortunately, there are easy-to-find substitutes for all of these. First, Boca's Ground Crumbles or Yves Meatless Ground are at grocery stores around town like Safeway, Sprouts and Whole Foods. Boca's product is frozen, so it needs to be thawed out prior to mixing it into the recipe. I suggest tossing the grounds lightly with olive oil upon thawing them, to give them a good consistency. Yves' product is not frozen, and can literally be dumped into the recipe upon opening the package. Traditional Worcestershire sauce typically contains anchovies, but brands like Annie's Naturals make vegan substitutes. Chicken broth can be easily replaced with vegetable broth, without compromising a lot of flavor.

To make shepherd's pie vegan, the potato topping requires substitutes for egg and butter. Original Earth Balance is my go-to for dairy-free butter. For the egg, substitute a quarter block of silken tofu, or any other brand, and you've successfully altered the original recipe into a vegan one.

Pair your meal with a vegan-friendly stout.

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Corned beef brisket with a Southwestern Jameson glaze

Arcadia's *Cookbook*

By Lisa Weisenburger

How does an Irish American girl married to a replanted Irishman from Crosshaven Ireland, now an Arcadian, turn an Irish staple into something that tastes local?

Add chili peppers, of course!

Carolyn Hassett is originally from New York. She was raised in a strong Irish Catholic family and grew up with corned beef as a staple at the family dinner table. Carolyn credits her sister for creating this recipe over 10 years ago.

"My sister graduated from culinary school. She's the cook in the family," said Carolyn.

The Irish influence is strong at the Hassett home. Her Irish flag was prominently placed on the counter as she cooked. A Celtic cross graced the corner of their kitchen. Besides the corned beef, the clearly Irish presence was Granny Hassett. Carolyn's mother-in-law was visiting from Ireland. She makes an annual trip to Arizona and stays for about a month. She brings with her both a strong Irish brogue and a clear sense of family for her grandson.

When asked what she thought of the Jameson Glazed Corned Beef, she replied with smiling eyes, "It's not how I do it, but oh, it's very good."

"Corned beef is simply a brined beef brisket. Brisket is the large chest muscle of the animal, making it heavily exercised, tough, but a really flavorful piece of meat," said Carolyn. "It definitely requires low and slow cooking."

Carolyn prefers to cook her corned beef in a slow cooker on low for 5 or 6 hours. However it can be submerged in water with brining spices, the fat side up in a large pot. Simmer it over a low heat until the beef is fork tender.

"Once cooked, let it cool enough so that the fat can be trimmed. The fat will be soft and easy to remove," said Carolyn.

She cautions that a 4-pound beef brisket will reduce to about 2 pounds after being cooked and trimmed.

What sets Carolyn's corned beef apart is her Jameson glaze. When asked why she uses Jameson in her glaze, Carolyn's answer was quick and to the point.

"Why would I use anything but an Irish whiskey?" asked Carolyn.

It's the red pepper flakes that give this recipe a Southwestern twist. Served with potatoes, carrots and cabbage (which just happen to be the colors of the Irish flag) the Hassett family spends St. Patrick's Day dining on a Southwest version of an Irish staple.

It's a melting pot of flavor and tradition.

JAMESON GLAZED CORNED BEEF

Makes approximately
2 pounds of corned beef

INGREDIENTS

- 1 4-pound corned beef brisket
- 1/4 cup Jameson Irish whiskey (she admits to maybe a splash more than that on occasion)
- 1/4 cup ketchup
- 1/4 cup apple cider vinegar
- 2 tablespoons brown sugar
- 2 tablespoons soy sauce
- 1 teaspoon dry mustard
- 1/2 teaspoon ground ginger
- 1/4 to 1/2 teaspoon red pepper flakes

PREPARATION

Heat the oven to 450 F. Line a baking sheet with foil topped with a rack coated with nonstick cooking spray. Transfer the cooked corned beef to the rack. In a saucepan, whisk together all of the remaining ingredients and bring to a boil until thickened, approximately 3-4 minutes. Spoon or brush the glaze over the beef. Roast the beef for about 10 minutes, or until the glaze is dark and sticky. Remove from the oven and let the meat rest for 15 minutes before serving. Serve with potatoes, carrots and cabbage.

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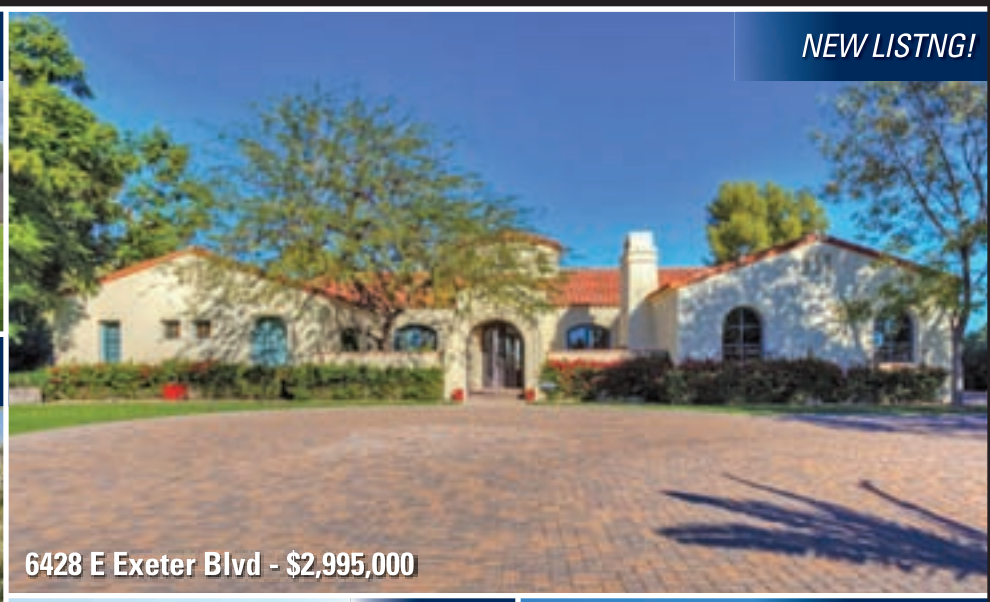

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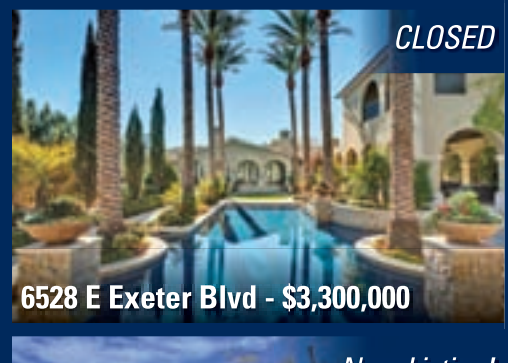

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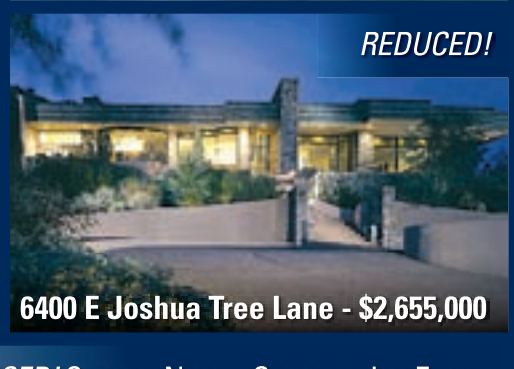

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Hal and Bryn Rathvon plan to get a six-pack to your doorstep in less than 30 minutes.

Beer me! New delivery service comes to Arcadia

By Michelle Donati-Grayman

The beauty of delivery service is that it can save time – or even the day – in a pinch. Don't have time to grocery shop? Safeway delivers. Forget to thaw out dinner? Order a pizza. Run out of beer or wine? Call Arcadia Premium.

That's right. You can now add beer and wine to the list of things you can have delivered to your front door, thanks to Arcadia resident Hal Rathvon.

The idea came to Rathvon and his wife, Bryn, on vacation last summer.

"You can get everything else delivered to your front door," Rathvon said. "We said, 'Why not beer and wine?'"

After researching the legalities and obtaining a liquor license, Rathvon decided to bring the couple's idea to life in late January, leaving behind a 10-year career in finance and engineering.

Arcadia Premium is located at 5618 E. Thomas Road. Customers can make purchases inside the store, place an order curbside or place an order online for delivery. Delivery times vary, but generally average 15 to 30 minutes.

"Delivery is easy and makes so much sense," Rathvon said. "We wanted to put this service at people's fingertips."

The menu features 70 beer options and 40 varieties of wine. Beer options range from domestic brews to craft beers, including local favorites like Four Peaks Brewing Company and San Tan Brewery. Prices range from $2 for a 16-ounce can of Bud Light to $22 for a 24-pack of Coronitas. Wine prices start around $9 and stretch to $34 per bottle. The company charges a flat $5 delivery fee and there is no minimum order. Tax is included in all prices.

Athena Jeffrey recently tried Arcadia Premium for the first time after reading about the service online.

"I mentioned the service to my husband on Friday night when we were watching TV and he said we should order something," Jeffrey said. "We thought it'd be nice to support a new local business. We will definitely use it again."

Arcadia Premium opens at 5 p.m. and can accept orders as late as 1:30 a.m.

Rathvon says they'll release a smartphone app sometime this month. For more information: arcadiapremium.com.

Parking horses at the bar

Hey, *Bartender!*

By Amanda Savage

Full name: Randall Adam Morris
Position: Day Bartender at Seamus McCaffrey's Irish Pub

Where was your first job?
Cincinnati, Ohio. I developed pictures for a microbiologist who happened to be my father.

When did you get your start in the bar business?
After serving in the military from 1992-1995, I got a bar-backing job. Within two weeks of that, I started pouring beers.

Where may have people seen you around town?
Stoudemire's, Johnny's Uptown and The Melting Pot.

How do you spend your free time?
Reading, golf and exercise.

What's your guilty pleasure?
Chocolate milkshakes.

What's a fact people might not know about you?
I almost died at age 2 of Appendicitis.

What is your favorite thing about being a bartender?
The connections you make.

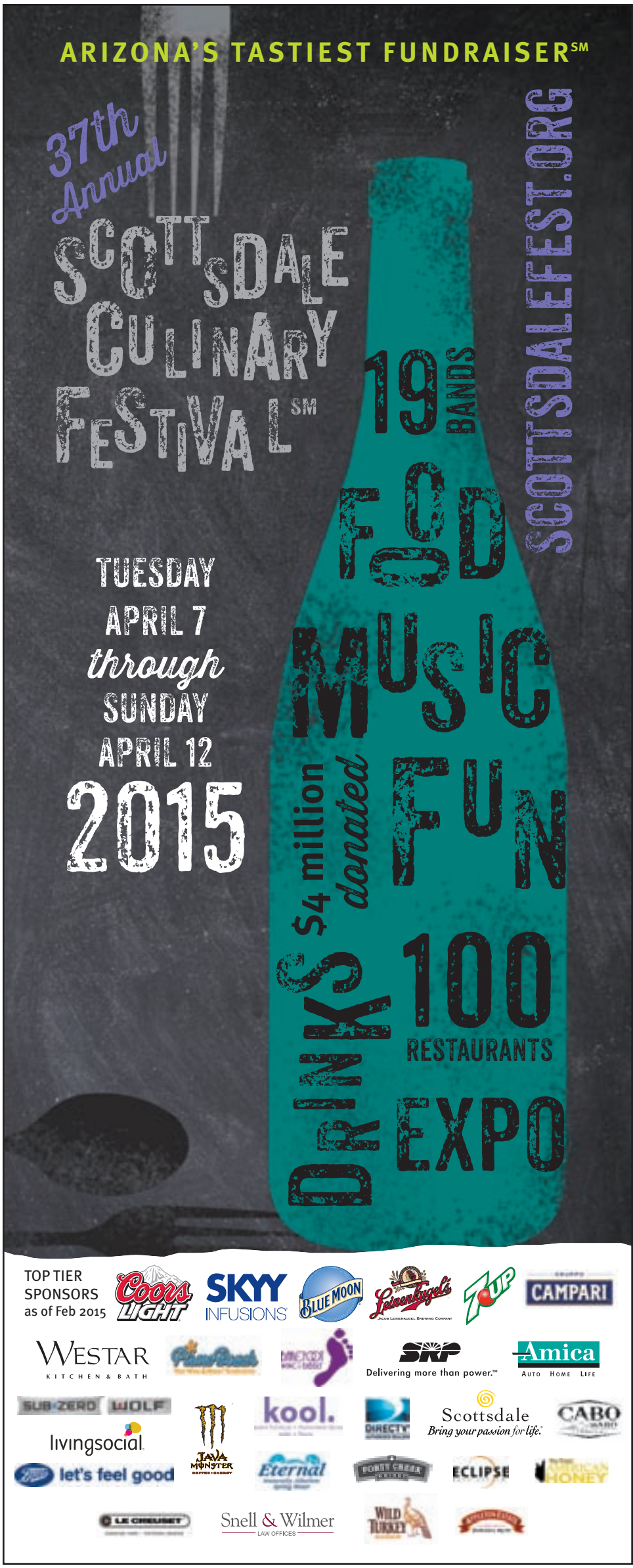
If you could only pick three things that embody a great bartender, what would they be?
Personality, empathy and personality.

What's the oddest request you've ever gotten from a customer?
I had a guy come to the bar one day and say, "Hey man, do you know where I can park my horse." Turns out the guy is Doc Mishler, and I had to accommodate three horses right outside (in downtown).

What's your go-to drink when you're out?
Right now, a Dublin donkey. Which is basically a Moscow mule, with Irish whiskey instead of vodka.

What are your favorite local places to frequent?
The Rose & Crown Pub, Crescent Ballroom, really anything downtown. There's a place for everyone here.

What's your favorite cocktail from your place of work?
Off the menu, probably the Johnny Appleseed, or my Dublin donkey.



Arizona universities promise not to raise tuition in 2015

By Jessica Morrison

Arizona State University President Michael M. Crow said there would be no tuition increases this year, during a presentation at the Arizona State Capitol on Thursday, January 29.

"We didn't raise tuition last year, and we won't raise it this year," said Crow.

Arizona Board of Regents President Eileen Klein, University of Arizona President Ann Weaver Hart, and recently appointed Northern Arizona University President Rita Cheng also made presentations about their goals and priorities for their respective organizations. The presentations were made during an Arizona House of Representatives Committee on Rules hearing on government and higher education, which met to amend two House bills that require ABOR to submit to the Legislature an annual performance-based funding model along with the budget for each university.

"Never has the landscape been more competitive, and never has there been this level of public debate around the value proposition of higher education," said Klein.

The state currently has 144,000 state university students between the three state universities, with an overall budget of $4.5 billion, said Klein.

"It's a very significant enterprise, and the responsibilities associated with it are likewise," said Klein.

Each university now has an individual business plan, so that they understand how they are going to achieve their goals and what resources they will need over time, Klein said.

"We hold our universities to strict account against their peers," said Klein.

During his presentation, Crow proposed many strategies to running Arizona State University more cost-effectively, such as eliminating government-mandated defined benefit pension plans for employees.

"You all are allowing us to be as innovative as we possibly can, but we are still prescribed and limited by older historical models," said Crow, speaking directly to the legislators. "You all require us to have defined benefit retirement plans. We don't want them. It's too expensive."

During their presentations, Hart and Cheng did not rule out the possibility of tuition increases in the near future.

University of Arizona currently guarantees students that over a four-year period, their tuition will not change, said Hart. However, should a student take longer than four years to graduate, they face the possibility of tuition increases. Hart said that students at U of A who complete their degree in four years ultimately pay 50 percent less in tuition fees, compared to those who graduate in six years, due to tuition increases over time. U of A has raised tuition every year since 2007, said Hart.

At NAU, Cheng said that students currently pay a flat tuition rate of $5,000 per year for an unlimited amount of credits. Cheng said that due to budget cuts, that could change. In order to deal with budget issues, NAU has recently closed extended campus sites and changed the faculty composition from a higher percentage of tenured research professors to a higher percentage of non-tenured faculty focused solely on teaching, "which does pose challenges in attracting more external research dollars to the university and to the state," said Cheng.

"We are constantly changing and improving. We, as a university, are prepared to be measured by our performance," said Cheng.

Rep. Bob Robson, R-District 18, told students at ASU Monday that due to Arizona's budget deficit, government funding would be cut significantly to state universities. HB 2364 requires each university to collaborate yearly with ABOR to adopt and periodically update the performance-based funding model to be used to prepare the universities' yearly budgets. The performance-based funding model is to be based on the growth in degrees, completed student credit hours, and externally funded research and public service spending. HB 2206 intended to change the date that the full-time student enrollment is calculated, however that was struck down to remain at day 21 in the semester, rather than the proposed day 45.

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Local film stars shine at national student competition

By Katlyn Ewens

It all started with a made up animal and some fate at a summer art program.

Five years ago three middle-schoolers met at an art camp at Scottsdale Artists' School. Allison Gooch, sophomore at Arcadia High School, Jacob Staudenmaier, freshman at Arcadia High School, and Joshua Babu, freshman at Notre Dame High School, were at the same place at the same time.

"I was sitting at a table by myself and in came Jake. I had never met him before, but he sits down right next to me and we strike up a conversation," Joshua said. "Soon, the same happened with Alli, and from there our friendship began."

At their first encounter, Jacob told the group about a time when he played "Animal," a verbal memory game, and created a Babushka. Allison and Joshua thought this was hilarious and they started doodling images, bringing this creature to life. Little did they know, that day they created the logo for their soon-to-be production company, Babushka Productions.

Last year the team competed in the 10th anniversary 48-hour film making challenge sponsored by the Almost Famous Film Festival. This competition brought 61 contestants from all over Arizona and even parts of Southern California, 49 of which met the submission deadline.

Arcadia kids have come together to create Babushka Productions.

Babushka Productions entered #Selfie, a suspense film that relied almost solely on texting dialogue. Out of the 49 qualifying contestants, their film finished in the top 20 and was shown on an AMC Theatres' big screen in downtown Phoenix. Not only did they have a strong finish, they were the youngest group to make the top 20 in the history of the competition.

The group grew closer and started socializing with each other's friends. That is how Dallas Greene, a freshman at Arcadia, joined the team.

All four of them went on to compete in the National High School Competition hosted by The American Bar Association. This submission requirement for the competition was a film portraying the history of the Magna Carta, which is celebrating its 800th anniversary this year.

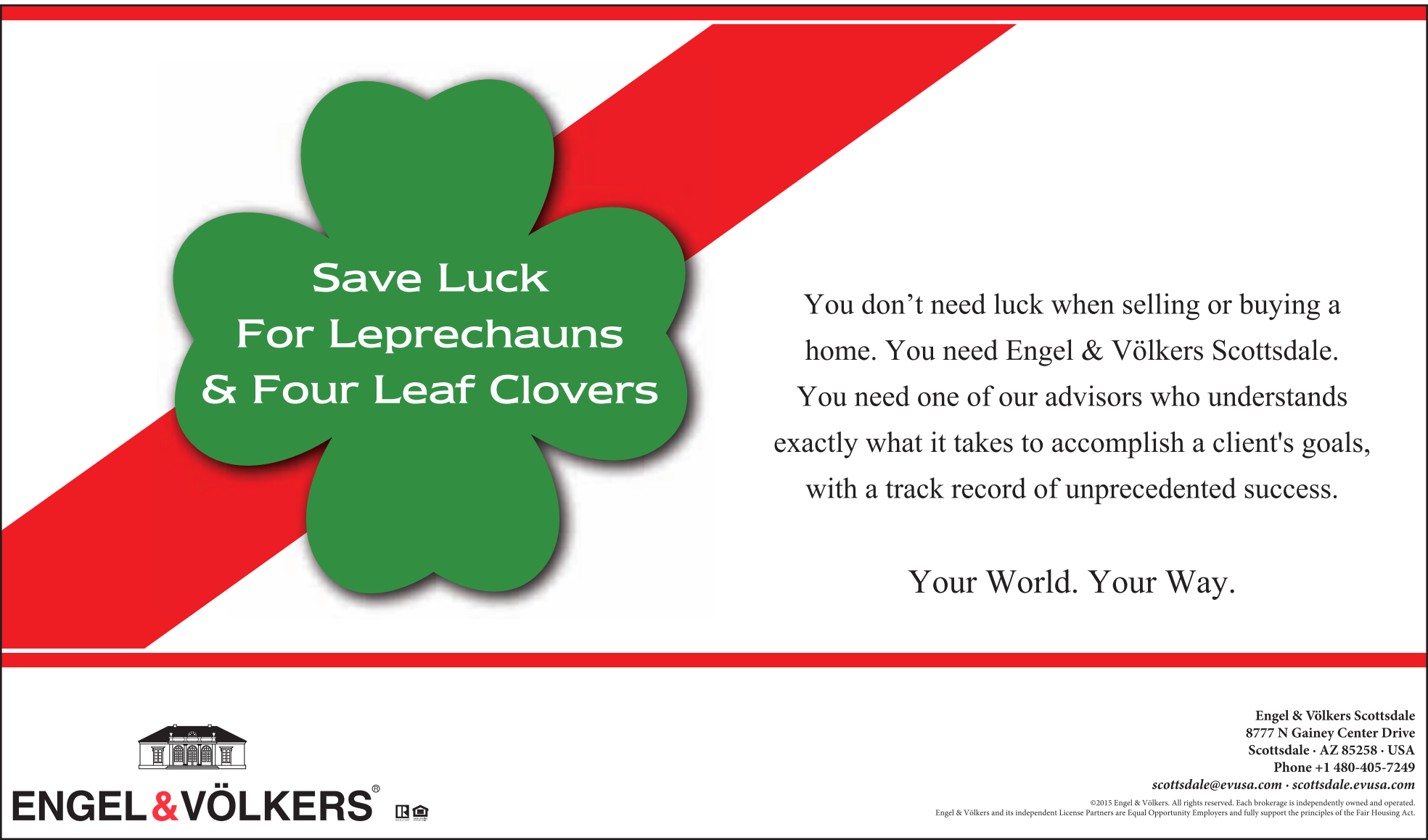
Babushka Productions went a little out of their comfort zone with the Magna Carta project, but enjoyed the challenges it brought.

"We [Babushka Productions] usually do horror movies or comedies, but we decided the Magna Carta project was going to need to be more of a documentary style," Jacob said. "That was something we had never tried before, so it was pretty fun doing something different."

These challenges clearly did not affect the team because the film they submitted, "The Great Charter" finished in the top three and is still in the running to be the national winner, which will be announced this month. They all learned a lot from this experience and patiently await the results.

"With every film I produce, I always learn something new." Allison said. "I had never done a true documentary style film, so it was really cool to get a taste of documentary filmmaking."

The team will go another 48 sleepless hours as they compete in the same film competition they dominated last year. This will be Dallas' first with the team.



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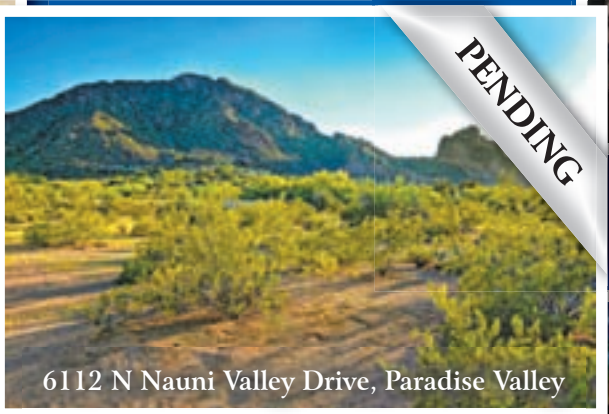

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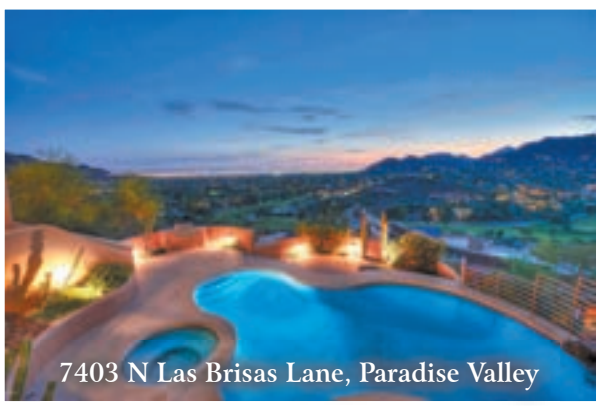

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City's oldest theater has tradition of community support

By Mallory Gleich

When you think of the name Steven Spielberg, the first thing that comes to mind is probably classics like *E.T.* and *Jaws*. What you might not have known, however, is that Spielberg went to Arcadia High School and got his start at a community theater that is now known as the Phoenix Theatre.

Opened in 1920, the Phoenix Theatre started out in an old carriage house as a community theater called Phoenix Little Theatre. Spielberg premiered his first film, *Firelight*, here. This bred another success of his: what people know as *Close Encounters of the Third Kind*.

The Phoenix Theatre is the oldest and largest theater company in Arizona.

Phoenix Theatre is known as a producing house in that they build their own sets, hire actors and produce their costumes; everything is done within the walls of the theater. For upcoming shows with auditions starting in April, over 700 people come to audition.

There are three different theaters within the Phoenix Theatre: The Mainstage Theatre, The Hormel Black Box Theatre, and The Judith Hardes Theatre.

With each of these theaters, the Phoenix Theatre helps other community theaters in the area by providing space for them to premiere their shows. The Phoenix Theatre helps with marketing and production to support the other theaters.

Phoenix Theatre is a nonprofit organization that not only provides fantastic shows, but is also a helping hand in supporting the local community.

The theater has an educational outreach program that works with a couple of different companies. One of these is the Southwest Autism Research and Resource Center. The theater provides research center families and students with theater classes and participation in Phoenix Theatre's summer camps.

The theater also participates in the Partners That Heal program, where a team of actors visit the Phoenix Children's Hospital and help children in various wards ease their stresses. The actors provide games and presentations that help lessen anxiety for children who will receive treatments and operations.

The theater does a production for Arizona State University students attending the School of Music. The students learn from the professional actors at Phoenix Theatre and put on their own production at ASU.

For the younger community, the Phoenix Theatre provides field trips and discount prices for Title I schools. Last year, the theater gave $20,000 in scholarships for over 50 students to attend theater camp during the summer.

The Phoenix Theatre has a number of different sponsors, one of which is Jamie Hormel, a namesake for one of the three theaters. The theater also holds a fundraising gala and has a variety of corporate sponsors.

For the 2015 season, the theater has a number of shows planned, including *Anything Goes, The Up Side of Down, Christmas 2.0*, and *Buyer and Cellar*.

The Phoenix Theatre is located at 100 E. McDowell Road in Phoenix. For more information, visit phoenixtheatre.com or call 602-254-2151.

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Photo by: Anthony Zeh • John Babbitt (left) & Kraig Foote (right)

Thank you John Babbitt, for 10 wonderful years!
You will be missed but never forgotten...*
– Kraig Foote, Art One Gallery, Inc.

*A 10-year manager with Art One, John is embarking on a 3-year journey to circumnavigate the globe via sailboat. Working together with two other talented artists (a writer and a cinematographer), the crew will document their monumental trip, titled Art & Anchor.

Their mission: journey around the globe, collaborating with artists from port-to-port, promoting healthy and creative living via unique projects. Through their actions, they hope to inspire their generation to keep creating and explore the arts.

During ArtWalk on Thursday, March 12, Art One will host "Tacos & Tequila" - a fundraiser to benefit the Art & Anchor kickstarter campaign.

Discover more about John's project: artanchor.wordpress.com
Support the project's kickstarter campaign: http://kck.st/1KjjzJK

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New routine for retired dog

By Jessica Morrison

Aldo, a 10-year-old recently retired police K-9 dog, is heard sniffing before he is seen entering the room at Sky Harbor Airport for his moment in the spotlight. The leashed German shepherd enters with his human counterpart, Phoenix Police Explosive Detection Officer Melina Walker, in tow. Aldo quickly circles the room, sniffing the tables, chairs and windows, demonstrating his former duties as an explosive detection K-9.

Aldo's job at the airport consisted of sniffing unattended bags, vehicles and in rare instances, planes that had been threatened with bombs. When he finishes sniffing, he is always tossed a Kong-brand dog toy, his reward for a job well-done.

Acting Deputy Aviation Director Julie Rodriguez said that German shepherds are the most commonly used K-9s because of their "amazing abilities to smell." She said Aldo is being retired due to his arthritis, which hinders his ability to get in and out of airport police trucks.

"He still can do the job and he's eager to do the job, but we opted to not just stick him on medication and keep him going, [but instead] to retire him," Walker said.

After Aldo officially retired on December 10, 2014, Walker was able to purchase him from the TSA for $1, making him her pet.

K-9 dogs that live with their human partners are restricted to their own rooms and a fenced area in the backyard while in the home, Walker said.

Three months before Aldo retired, Walker began to slowly integrate him into other areas of the house. He is now a normal dog at Walker's home, where he lives with three small dogs and Walker's new K-9 partner, a 2-year-old German shepherd named Uno.

"He's just so funny. He loves to play; he loves being at the airport," Walker said. "Aldo wants to come to work. He hears my uniform pants when I walk and thinks he is coming to work. He starts howling and yipping when he realizes he's not coming with me."

When Aldo finishes whining, Walker said he often jumps into the pool.

The explosive detection K-9s at Sky Harbor are owned by the TSA, and the Phoenix Police Department supplies the officers to handle the dogs, said Phoenix Police K-9 Officer Derek Stephenson, who works at Sky Harbor with Walker. Walker said the dogs usually selected for detection are nonaggressive German shepherds, which are bred overseas.

Stephenson said there are currently eight K-9 teams in explosive detection at Sky Harbor. He said the increased presence of the teams is not only due to 9/11, but also because of the city's growth and expansion.

After 9/11, the TSA expanded the K-9 programs at U.S. airports, Nico Melendez, spokesman for the TSA, said.

"There was a very small K-9 presence at airports. After the TSA came in, we grew the K-9 presence, from basically nothing to now over 1,000 dogs."

"The most impactful thing that I've seen with our dogs is the response the dogs receive from passengers when they see them in the airports. The passengers seem reassured, and kids are happy to see the dogs," Melendez said.

The expansion of the K-9 program over the last 13 years has been a demonstration of our commitment to keeping dogs in airports. It really speaks to their capabilities, said Melendez. "Having a K-9 in an airport is not just about finding a bomb, it has served as a deterrent to keep people from bringing bombs into an airport."

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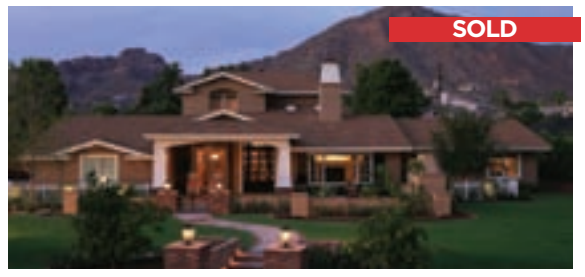

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A toddler, a swingset and so much more to the story

By Kindra Hall

Every once in a while a particular photo graces my news feed; a photo I dread. It's the photo of a friend's toddler with a broken appendage. The caption is always a nonchalant, "Well, that just happened" quip. Like the breaking of a bone is no big deal. But as the parent of a couple toddlers myself, I now learned there is more (much more) to the story.

That being said…

It was a few days before Christmas. We decided that a swingset would be the perfect gift for our son, 3 1/2, and daughter, 2. We looked online and ordered the best one we could find. Of course, since it was a few days before Christmas, there was no amount of Santa-magic (or Amazon Prime) that would get it to our house before December 25, so instead we printed a photo of said swingset and hung it on the window that overlooked the space where their castle would eventually inhabit. Thoroughly distracted with various Frozen figurines, they appeared to be OK with the delay.

There was a significant delay; which is why you're reading a story about a Christmas gift in March.

Several weeks passed without any sign of a swingset arrival. Meanwhile, friends visited and the kids would ask if the guests wanted to see the new swingset. Visitors were slightly confused when the kids took them by the hand, walked them to the kitchen and pointed to a sheet of paper taped to the window with a photo of a swingset on it.

Finally the swingset arrived in several large, extremely ominous, packages. Michael and I took one look at the boxes and immediately Googled, "swingset assembly person." Two weeks, several hundred dollars and one afternoon later, the swingset was complete! I arrived home from work that afternoon, greeted by my sweet husband, a glass of red wine and the sound of my children's laughter as they explored the nooks and crannies of their (February) Christmas gift.

For 40 whole minutes they played. Forty, beautiful, carefree minutes. Then, during minute 41, it happened. Our bold

Girl *Next Door*

2-year-old little girl slipped; a simple slip down two rungs of the ladder. I watched it happen: nothing huge, or obviously traumatic. It was just a few rungs – just a couple feet. But when she landed on the soft, deep-green winter grass, I heard a cry I hadn't before known. Not a scream as I would have imagined, not a dramatic wail, but rather a consistent whimper. It was in that moment I knew. This was the beginning (or at least the middle) of my broken-bone story.

Michael took our baby girl to urgent care and I spent a distracted evening with our son, awaiting my baby's return.

Verdict: fractured tibia. Treatment: splinted above her thigh for four days, a cast for four weeks, a boot for four more, and (only) a 10 percent chance of development challenges due to growth plate damage.

My husband sent me a photo of our tired toddler as they left the capable hands of the urgent care physicians. I posted it on Facebook with the nonchalant caption, "Any ideas for keeping a 2 year old off her feet are welcome," and texts to friends included the nonchalant hashtag, #swingsetforsale. Looking back in those first hazy moments, I am certain my friends secretly knew there was much more to the story…And there was.

The truth is, I've held a certain suspicion that I haven't come to fully appreciate – or at least understand – my daughter. She's a tough one. While my mild-mannered son never threw a tantrum, my ferocious daughter had bruises all along her forehead from hitting her head against the tile floor. Like the lyrics of a Katy Perry song, she's hot and cold, yes and no, and not afraid to roar when necessary. Then there's the fact that she's in constant competition for attention with her slightly older brother. When he was born I couldn't take my eyes off him, and I didn't have to. Baby two never has that luxury…at least not until they break a bone.

In the first vulnerable days following those 40 infamous minutes, my daughter

Kindra's ferocious little girl and her sparkly pink cast.

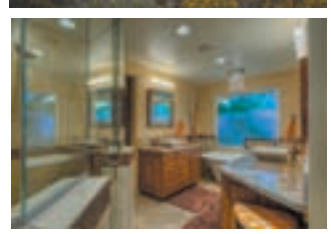
was never out of my sight. The boys went to the office and preschool (presumably two different places) and the girls stayed home. With all eyes on her, she showed me her impressive command of the English language, her ability to color intently within the lines and her desire to properly name the various hues of pink. We went to the zoo and stared at the mama chimp clutching her new baby.

"Look! That's Mama. And that's me!" my sweet girl shouted, feeling the protective love between mother and child through the zoo glass.

We had tea parties with Ariel and Elsa dolls while I wore a crown and my daughter wore a doctor coat. In those first few afternoons, as I laid my sweet girl down for her naps, I felt like I finally had confirmation that there is always more to the story…and what a gift that more can be. For me, a broken leg meant a new love for a girl I finally got to know – my girl.

By the time you read this story, the pink cast will be gone (and the swingset may or may not still be in the backyard) and life will have, more or less, returned to normal.

While I am certain we will face greater challenges than this, my hope is to always remember how important the rest of the story can be.



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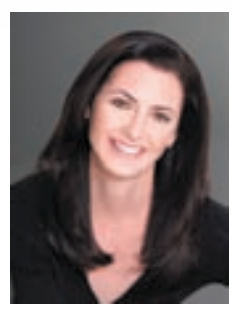

Hillary Gurley

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Arcadia dad helps local families plan Disney vacations

Where's the *Neighbor?*

By Kaley Kalil

Alex Cenac and his family moved to Arcadia 1 1/2 years ago from northern Phoenix to be closer to his wife's office and their children's school.

Originally from Louisiana, Alex and his wife, Monique, have five daughters, between the ages of 4 months and 11 years old.

When the Cenacs first moved to Phoenix in 2008, Alex became a stay-at-home dad.

"As a hobby, I was helping friends and family plan their trips to Walt Disney World and Disneyland. So, a few years into it, I figured it would be smart to turn my hobby into a job as an independent travel planner," Alex said.

In the past two years, Alex has assisted hundreds of families in planning their vacations to Disney parks, resorts and cruises. In order to better serve his diverse client base, he frequently completes first-hand research by traveling to the very places he recommends.

In December, Alex was happy to perform such research, visiting four Disney parks in Orlando, staying at three Disney World resorts, and checking out the new Wizarding World of Harry Potter expansion at Universal Studios, Florida.

"Early December is a great time to visit the Orlando area, since the crowd levels are low and all of the parks are decorated for Christmas," he said.

In fact, Alex spent 27 of last year's 365 days in Orlando, visiting Disney World and Universal Studios.

"Walt Disney World is the same size as San Francisco and roughly twice the size as Manhattan in terms of acreage. There are four theme parks, two water parks, Downtown Disney, 27 resorts (30,000 rooms), four golf courses, two mini-golf courses and countless restaurants. I've been to Walt Disney World over a dozen times, and there are still many things that I have never experienced," he said.

Two of Alex's four Disney World trips last year were with his family.

He and his daughter Genevieve, 4, enjoyed Epcot's Flower and Garden Festival and the Star Wars character meals at Disney's Hollywood Studios.

"My wife and I dined together at Victoria & Albert's at Disney's Grand Floridian Resort & Spa, a AAA Five Diamond award-winning restaurant. It was one of our top five dining experiences ever!" he said.

A quick travel tip from Alex: Loews Royal Pacific Resort is located at Universal Studios Florida, adjacent to Universal's Islands of Adventure (a short boat ride or walk from Universal City Walk). By staying at this resort, guests are entitled to one-hour early entry into one of the Universal theme parks to experience certain attractions, including the Wizarding World of Harry Potter. Resort guests are also given free Universal Express Passes, which gives pass holders front-of-the-line privileges – a value of $30-$80 per guest.

When asked to compare Disneyland and Walt Disney World, Alex's standard response is, "Disneyland is a better theme park, but Walt Disney World is a better vacation."

Have questions about attractions in the Orlando area? Contact your neighbor, Alex, at alex.cenac@mei-travel.com.

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

Alex and his daughters at Walt Disney World in Orlando.

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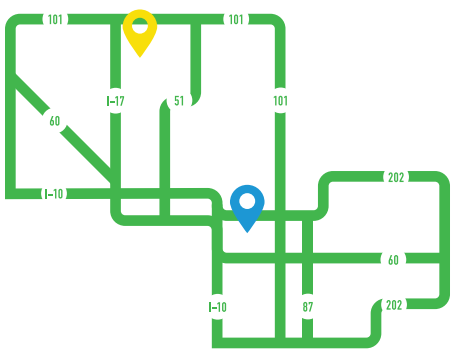

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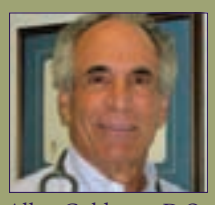
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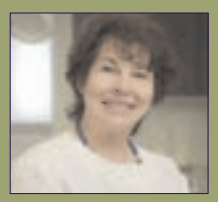
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For Jean, fitness and fellowship is a winning combination.

Three lessons in fitness

Retirement *Now what?*

By Jean Hodgson

If you had told me years ago that there would come a day when I was writing something about physical fitness, I would have rolled my eyes. I was the elementary school student who hoped the teacher wouldn't make me play in the kickball game at recess so that, instead, I could read the next chapter in my book. I was the high school teen who was into music and the Future Teachers Club and never considered wearing an athletic uniform. I was the college freshman who checked out the minimum requirement for the mandatory PE course.

Later on in life, the daily activities of my family and career kept me on the move physically; however, it wasn't until a friend urged me to join her for a new neighborhood aerobics class that I was introduced to the benefits of planned physical activity.

Lesson one: It's never too late to begin! Senior adults, especially, are encouraged

Continued on page 49

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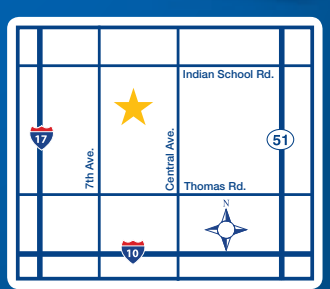

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Now What

Continued from page 48

to check with their doctor to be sure their exercise plan is appropriate for their individual needs and abilities. Most tips will include the ideas of starting slowly if your activity level has been low, incorporating stretching and having variety so you stay engaged. Fall prevention through balance exercises and core strengthening is a huge priority for older adults.

Exercise for many of us does not mean running a marathon or an intense, strenuous workout at a gym. My college roommate tells me about her daily routine of walking in her house in the fierce winter weather in Idaho, but we are blessed with so many days when walking outside is an option.

My membership at Curves has been the perfect match for me for many years now. As an incentive to keep participating, every 100 times you check in, you receive a purple shirt with the number of workouts you've completed. I may proudly wear my "500" T-shirt, but as I look around at other women, some significantly older than I am and sporting numbers of 1,000 and above, I am inspired to keep going with something that I am certain contributes to the quality of my life.

The added benefit of socialization continues to be a motivator for this nonathletic member. An exercise buddy or the stimulation of a group activity can help fill a need that goes beyond physical fitness.

Canine and senior both benefit from exercise.

Lesson two: Find an activity that is right for you!

The Arcadia area has an abundance of options for older adults who want to be part of a structured program. Fitness centers include classes specifically designated for seniors, and the trainers I spoke with about their programs explained that most include adaptations for various levels and limitations. If you explore this idea, be sure to inquire about wellness programs that are included in your insurance plan.

The yearly recreation pass at Devonshire Senior Center is $20 for residents and includes use of their fitness center, daily indoor walking from 8-9 a.m. and afternoon dances twice a month. The five-week winter session has no less than 17 exercise classes such as yoga, tai chi, aerobics, Zumba, and stretch and flexing. The adjoining Los Olivos Park has a walking path for some sunshine and fresh air, and optional stretching equipment with instructions for use along the route.

None of us want to lose our ability to execute and enjoy everyday activities as we age. We don't want to experience the health issues that can often be prevented or lessened by successful exercise choices. Which leads me to the next lesson.

Lesson three: Start moving for a healthier you.

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Brian Cheney's passion is in teaching his love of tennis to students of all ages.

Coach celebrates 39 years

By Kassidy McDonald

Tennis has been a part of 67-year-old Brian Cheney's life for as long as he can remember.

"I don't remember a time when tennis wasn't a part of my life. My mom hung a tennis ball with fishing line above my crib, that's always been a bit of a running joke in our family," said Brian.

Cheney comes from a long line of tennis players dating back to his grandmother May Bundy, who came across from England in 1889 to Pasadena, California and was the first American to win the Wimbledon Tennis Championship. Both Cheney's mother and grandmother have been inducted into the International Tennis Hall of Fame.

At age 7, Cheney played in his first tournament and by the time he graduated from the University of Arizona he was a three-time All-American. In the summer before going into the Air Force, Cheney had the honor of being a Junior Davis Cup coach. He coached promising young players for seven intense weeks. Some of his students included former World No. 1 tennis player Jimmy Connors, Professional Grand Prix Tennis player Steve Krulevitz

Continued on page 52

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Coach

Continued from page 50

and professional players Woody Blocher, Roscoe Tanner and Harold Solomon.

When Cheney got out of the Air Force, he was introduced to his mentor, longtime friend and tennis professional Fred Earle. Earle taught Cheney how to teach tennis and how to be a supportive coach. Earle taught tennis until he was 92 and Cheney hopes he can teach just as long.

Cheney said, "I want to do what I'm passionate about for as long as I can."

In 1976, Cheney started teaching tennis at Camelback Village Racquet & Health Club. He recalled how wonderful it was to watch The Village progress from a little club into the multilocation, well-established company that it is now.

Cheney has won countless titles and has won world championships, but he says that one of the highlights was when he was ranked number one for 30-and-over and number one for 40-and-over in the same year. Cheney still competes to this day, on an International Cup team for seniors and has gained a spot on the competitive team over 23 times.

Cheney said, "There are a number of students that I've taught who now have me coaching their own kids. It's a great location, it's a great club and it's always been a family club. It doesn't seem possible that 38 1/2 years have already gone by."

On Friday, January 30, 2015 the Camelback Village Health Club commemorated Cheney's lifelong pursuit of the love of tennis as they celebrated his 39 years of being tennis director and announced his title change to tennis pro emeritus. Cheney participated in a passing of the torch ceremony to Will White as the new tennis director.

Cheney stated, "Will is a very accomplished tennis professional and has some great ideas and things he is going to implement, and I can't wait to see how the program grows."

Cheney will continue to teach at The Village for as long as his body will allow him.

Cheney also says that he is proud to have his wife Anne's support through all of these years and he's glad that he is able to share his love of tennis with his five kids, four of which reside in Arizona.

Cheney says, "You have to enjoy tennis. You better like what you do if you're spending 70 hours per week at the club. It's delightful to help people improve their game and get to teach a sport you've been passionate about your whole life."

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Finding the gym just for you

By Jessica Morrison

If you made fitness resolutions for 2015, and haven't followed through, or are just looking for new ways to get fit, check out these unique local gyms. It's easy to get bored, injured or not achieve your desired goals at a traditional gym. At these three unique and local gyms, clients are always under the guidance of a trainer to help them learn good form, prevent injuries and get the results they want.

ORANGETHEORY FITNESS
5109 N. 44th St.

At Orangetheory, clients wear a heart-rate monitor during workouts to track their progress. "Your results are almost guaranteed as long as you hit the right zones," said Jonell Devencenty, a trainer and manager.

Each workout is 60 minutes, and designed to keep clients in the fat-burning zone for 25-30 minutes, and in the anaerobic zone for 12-20 minutes.

"The 'sweet-spot' anaerobic zone is where you get kind of uncomfortable, your heart rate gets higher than you're used to, and we push you past your limits. By going past your limits, your body basically goes into after-burn, so you keep burning calories after the workout," said Devencenty.

"It's a total-body workout. It hits all aspects of fitness: There's cardio interval training, which is very efficient for fat burning; the rower for power work; TRX for core; weights and Bosu," said Devon McCole, an OTF trainer.

Mandy McMullen has gone to OTF three times a week for a year. "I like that you have to put your name down for a certain time, so it holds you accountable. It keeps me motivated and it keeps me going."

FIELDFIT
4848 E. Cactus Rd.

As an ex-professional athlete, FieldFit's Ryan Buch wants to keep the people in his gym from getting injured. Buch and co-owner Drew Beuerlein both played professional baseball. At FieldFit, which opened January 24, ex-professional athletes coach all the classes.

"Watching your friends pitch on TV while you're getting sent home because you're hurt, was a feeling I didn't want anyone else to have to go through. When my career ended, I wanted to make a place where I could keep kids on the field and keep people healthy in their everyday lives," said Buch, who explained he was prone to injuries during his six-year baseball career.

"The goal is to get you out in 30 minutes. It's group personal training; we focus on form and technique. The workout is based around the core," said Beuerlein.

"I'm super busy and run my own business, so I love that I can come any time and get a quick 30-minute workout," said Cynthia Sassi, a FieldFit client.

FieldFit is staffed with ex-professional athletes as trainers and instructors.

FITREPUBLIC
7135 E. Camelback Rd.

At FitRepublic, a multi-studio gym, clients are citizens, and staff members are ambassadors, said FitRepublic Ambassador Meghan Doherty.

There are five workout rooms, and a full-service café, said Tiffney Buchholz, FitRepublic ambassador. The club has two yoga rooms: one heated and one not, a cross-fit room, cycle and multi-fit room offering various high-intensity, interval-training classes.

"I'm not really a gym person, but I went to a yoga class with a friend there, and I fell in love with the facility. The classes are amazing and the juices and smoothies are awesome," said Chelsea Mongeon, a FitRepublic citizen.

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Be a part of *Arcadia Home & Design*, a special pull-out section in the April edition of *Arcadia News*. This go-to guide features captivating stories about families, homeowners and their homes in Arcadia.

ARCADIA Home & design

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ARCADIA NEWS

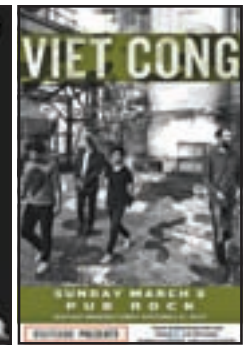
Big month in entertainment

Music Notes

By Craig Goossen

March is a month that marks perfection for our city. The weather, spring training baseball and the general hustle and bustle of the peak of our season have the city bursting at the seams with energy. The city is firing on all cylinders. It's churning momentum from the world-class events earlier in the year and jam-packed with endless options. March is the ideal time to be adventurous with your entertainment choices, so indulge in our city at its most lush state and the payoff will certainly be grand.

The music mix below highlights acts a bit off the beaten path, but gigs worthy of putting in your calendar as a focal point of the evening or the exclamation point on your fun-filled day. Take a listen and you may find a track that gets you over to one of these music venues to enjoy a concert in the beauty of our city on a perfect March night.



MARCO BENEVENTO
AT THE SHOW
(2014)

The New Jersey born pianist, and a New York City jazz veteran with extensive experimental rock scene credibility has just released his most exciting work: Swift. The album title, a nod to producer Richard Swift, is a grooved out party record that's poised to play out perfectly on the tight floor of the Rhythm Room on Indian School Road.

Benevento will perform on Wednesday, March 4 at the Rhythm Room, 1019 E. Indian School Road in Phoenix. The show is for guests 21 and older and tickets are $12.

VIET CONG
CONTINENTAL SHELF
(2015)

The hype machine's in full effect for this Canadian band, and they couldn't be more deserving of the love. Pub Rock is a venue already weird in the best of ways and seeing Viet Cong there will definitely take the weirdness up quite a few notches.

Viet Cong will perform on Sunday, March 8 at Pub Rock, 8005 E. Roosevelt St. in Scottsdale. All ages are welcome and tickets are $12.

DESTRUCTION UNIT
BLAME
(2013)

This is an Arizona band with an international reach that stretches deep into the underground. Spoiler alert: Destruction Unit is not a pop band.

Destruction Unit will perform on Thursday, March 19 at Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. The show is for people 16 and older and tickets are $12.

LA LUZ
CALL ME IN THE DAY
(2013)

These young women from Seattle will roll through Phoenix, hit the stage just west of Arcadia on Indian School Road and make you a fan forever. A great ticket that will feature La Luz's hazy pop gems and a fully stacked bill which also features Dent May and The Love Me Nots.

La Luz will perform on Monday, March 23 at the Rhythm Room, 1019 E. Indian School Road in Phoenix. The show is for all ages and tickets are $12.

LUKE SWEENEY
SYMPATHY FOR THE NIGHT
(2014)

This is a midweek sleeper of a show and a tremendous excuse to get downtown and enjoy the city and all its attractions. Last Exit Live is a tiny joint on Central Avenue, just a short jump from great eateries and cocktail parlors downtown. Blue Hound, The Duce and Bitter & Twisted are just a few of the worthy options in the neighborhood.

Luke Sweeney will perform on Wednesday, March 25 at Last Exit Live, 717 S. Central Ave. in downtown Phoenix. The show is for guests 21 and older and tickets are $10.

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

McFarland, USA a hit with moviegoers of all age groups

At *the Movies*

By Steven and Dan Wirtel

Father and son review film, giving multi-generational perspective

McFarland, USA (PG)

Release date: February 20

STEVE'S REVIEW

McFarland, USA is about an unlikely coach and an even more unlikely group of kids forming a cross-country team in 1987. Disney produced the movie, but this is a layered story within a story that is more nuanced than a typical Disney film. It is like *Chariots of Fire* meets *The Mighty Ducks*. Several major themes are intertwined: the immigrant experience, redemption, triumph of the underdog and cultural assimilation. If you like running, this movie is like an easy middle distance tempo run.

There are certainly better movies about the immigrants' experience and working under inhumane conditions to create a better future for their children (e.g., *A Better Life*), but this is Disney. The edges have been softened. Still, I wouldn't miss the movie simply because it was partially sanitized. This is a movie worth sharing with your loved ones.

I have to admit, I did find it a little difficult to believe Kevin Costner's portrayal of Coach White. I am biased (and showing my age), but Costner's body of work challenges the notion that he could ever fit into this tiny, poor Hispanic community. Costner is the only marquee actor in the film. The film could have done well without Costner, and perhaps have even been enhanced, if the actor playing Coach White had been a relative unknown to bolster the overlooked, underdog ethos of the film.

Yes, the movie is formulaic and the ending is predictable. Yes, the movie leans hard on the trope of the immigrant trying to get ahead, but that shouldn't keep you away from this film.

If you come in with the right expectations and an open mind, this film will sneak up and beguile you with its optimism and positive message. And by the way, I don't recall a single swear word, act of violence, drinking or drug use in the entire film.

Perhaps the most uplifting element of the film is the epilogue. All seven members of that first cross-country team went on to college, the first in each of their families, and several of the members came back to coach at McFarland High School.

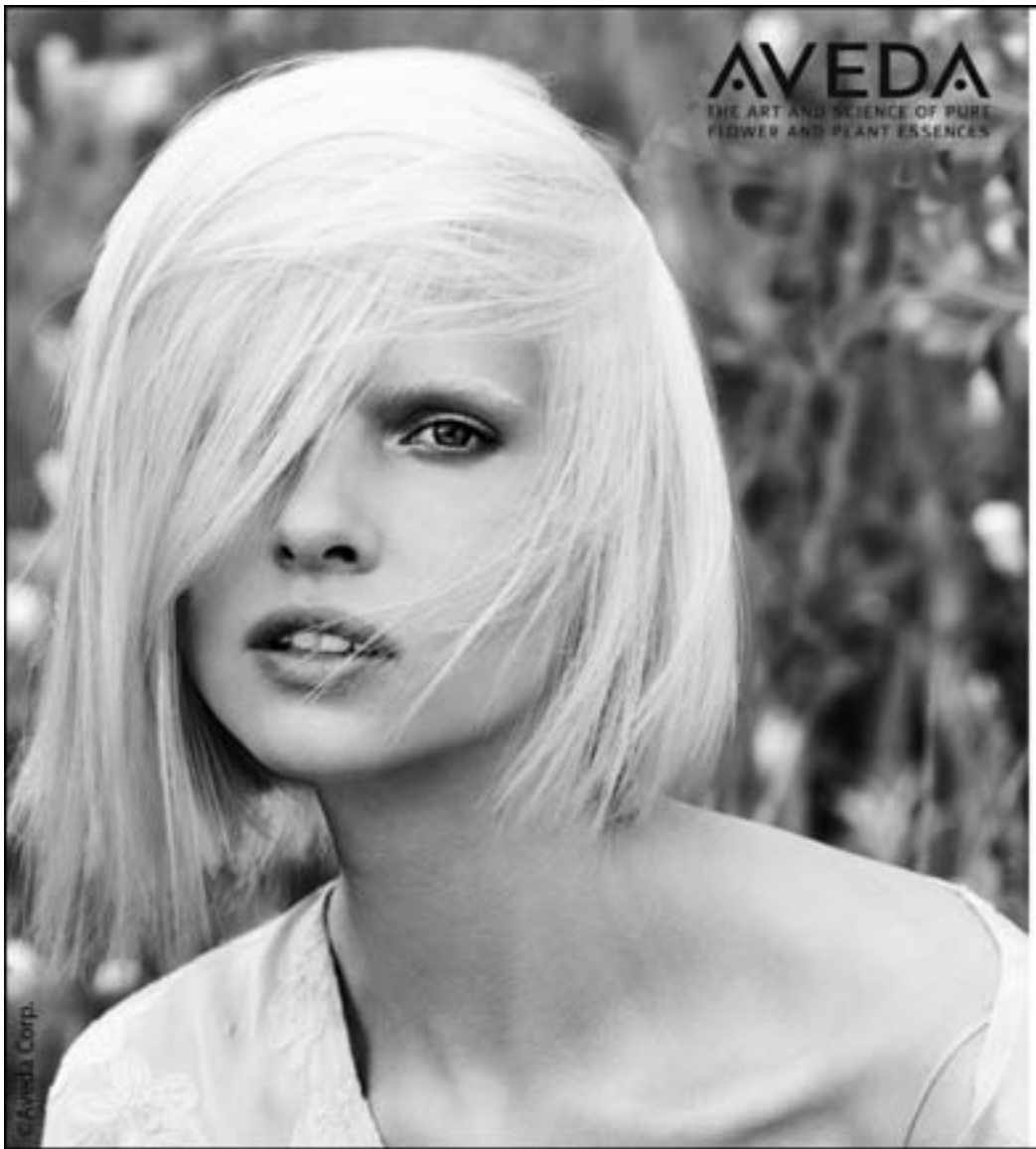
Coach White went on to build a legacy of cross-country teams until he retired in 2003.

DAN'S REVIEW

McFarland, USA, starring Kevin Costner, is a true story about Coach Jim White and how he helped change the lives of seven young men, and how those young men and their families changed his life. In 1987, Coach White was fired as a football coach in Boise, Idaho and moved his family to the only place that offered him another coaching job: McFarland, California. The majority of the people living in McFarland are Hispanic families whose primary source of income is obtained from crop picking.

Jim White's family initially feels out of place in McFarland. However, as the year unfolds, Coach White instills a sense of pride and confidence in seven young men as he coaches them in cross-country. In turn, the young men and their families show him the real meaning of family. By the end of 1987, lives were changed and they accomplished more than they thought possible.

I felt the movie was a realistic portrayal of a cross-country team facing a challenging season. Sure, the movie felt predictable at times, but overall the message was positive and upbeat. Kevin Costner did a good job in his portrayal of Coach White and it was encouraging to see that all of his team members went to college. All in all, if you like sports movies, or if you are a runner, I recommend *McFarland, USA*.



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Author plans a date with the *Arcadia News* Book Club

Book *Club*

BOOK OF THE MONTH

New Uses for Old Boyfriends

BY BETH KENDRICK

BOOK CLUB MEETING

MARCH 26, 6:30 P.M.

SAGUARO LIBRARY

By Amanda Goossen

In her 15th novel, author Beth Kendrick presents readers with an entertaining and emotional story of renewal, love and the path to success.

New Uses for Old Boyfriends opens as Lila Alders packs her overpriced Cadillac Escalade and flees her life of luxury, heading to her hometown with a bruised heart and empty bank account. Her husband's sudden epiphany that his love for her has run dry, topped with her cancelled TV show, has put an end to the life she knows, giving her one choice: She must return to the tiny seaside town where she grew up, and start a brand new life.

On March 26, *Arcadia News* will have the honor of hosting author Beth Kendrick at our book club at the Saguaro Library at 6:30 p.m. Our discussion with this successful and funny author promises a night that cannot be missed.

Beth Kendrick

We'd love to have you join us. For more information or to RSVP, email amanda@arcadianews.com

Recently, *Arcadia News* had the chance to ask Kendrick a few introductory questions:

AN: Can you tell us a bit about your path to becoming an author?
BK: I love to read and always dreamed of becoming a writer, but I knew the odds were stacked against me so I tried to pursue more of a "practical" career path. (Spoiler alert: It didn't take!) I was 22 and living in Los Angeles when I was invited as a "plus one" to a wedding where the bride was a successful romance novelist. Well, the second I heard that, I had to go. So I RSVP'd, sidled up to the bar at the reception, waited until the bride and all her author friends uncorked the good champagne, and then peppered them with endless questions about writing, editing and landing an agent. Next thing you know, I had joined a critique group and was knee-deep in the manuscript that would eventually become *My Favorite Mistake*. Ten years and 15 books later… I'm still going.

AN: How has your life changed since that first book?
BK: When I started out, I found writing to be a bit isolating and lonely, but over the years, I've become part of a community. I have an amazing editor I've worked with for eight years, and I adore my critique partners and beta readers. My writer friends are brilliant, hilarious and supportive, and they've been there with me every step of the journey. Writing opened the door for some of the most important relationships in my life.

AN: Do you approach writing differently now than with book number one?
BK: I strive to improve with every book. Overall, I'd say I'm less afraid. I used to cripple myself with perfectionism and it hindered my work. I was terrified of making mistakes (now I know I can fix them in subsequent drafts) and of criticism (now I accept the fact that I can't please everybody). I write books that are true to my characters and my voice, I let bad things happen to good characters, and I have faith in my process, even though I do not 100 percent understand how it works.

AN: Beth Kendrick novels are based on love and relationships (both successful and not). Are you a relationship expert?
BK: I am definitely *not* a relationship expert, but I am fascinated by relationships in all forms – romances, friendships, families, even the bonds between pets and owners. I always want to know more about what draws people together and pushes them apart. Human connection is such an intriguing blend of science and serendipity.

AN: Do you celebrate on the day your books are published? How?
BK: When *New Uses for Old Boyfriends* came out a few weeks ago, I shared a bottle of lovely red wine with a writer friend. I try to give myself a day to savor that tingly, freshly published feeling, and then it's back to the keyboard. The next book is always calling!

AN: Where do you see yourself in 10 years?
BK: I'll still be writing in some capacity, I'm sure – I'm a lifer. I'll still have my writing community and we'll still be drinking red wine and laughing together. And I'll still have too many dogs!

AN: If you were not an author, what would have been career choice No. 2?
BK: One of the best things about writing is that it's allowed me to explore other careers as part of my research. I've shadowed a dog trainer (for *The Lucky Dog Matchmaking Service*), a fashion designer (for *Fashionably Late*), a flight attendant (for *Cure for the Common Breakup*), and a jewelry designer (for the manuscript I'm writing now). As much as I enjoy being a "career voyeur," I haven't found anything that hooks me quite like writing. Fiction: It's addictive.

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Flag football coach possesses a unique coaching style

By Nicholas Smith

Moments from childhood sporting events seem to stay with us in a unique way as we age. Personally, I've always been able to recall specific moments from my youth sports career, even as other memories from the same time period begin to blur. I can't remember what I packed for lunch any day of third grade. But I do remember one baseball game from that year. I stood at second base, hands on my knees, staring at the ground and trying to block out the sound of a grown man cursing. I remember pretending not to hear, acting like it wasn't a big deal and, most of all, trying to avoid all eye contact with the third baseman. You don't want to look at the kid whose dad is yelling at 8-year-olds.

I'd like to say this was the only time I had to deal with an adult being out of control when I played sports as a kid, but it is sadly not the case. I watched coaches kick a dugout's chain-link fence in a rage after a young child missed a sign. I sat next to teammates of mine who were in tears because they had been forgotten and didn't get to play a single minute of a game.

All those memories make what I watched on Saturday both unique and impressive. Around lunchtime, I walked down to Tavan Elementary School, where several flag football teams from the Gridiron Flag Football league were playing. All ages of elementary school kids were playing and it was particularly entertaining to watch 5-year-olds try to run with footballs that were nearly as big as their entire torsos.

Coach TeKampe focuses on accentuating the positive attributes of these young players.

But what caught my eye was the behavior of the Buffalo Bills' coach. The team was made up of 7- and 8-year-olds. Even a distracted fan could not have missed Pete TeKampe, with his blue Bills shirt and dark sunglasses. He was the loudest person on the field, pacing up and down the sidelines, never still for an instant. Not uncommon behavior from a youth coach.

Then the team came off the field for a water break and I walked closer to hear what TeKampe was saying. As the players huddled together sipping water, TeKampe squatted down to their level and loudly called out each player individually, in order to talk about what they were doing well. Each boy got his moment of glory, while the rest of the players got to hear what he was bringing to the team.

When the boys went back onto the field, TeKampe went with them, standing behind his offense as they ran plays. When they scored a touchdown, he yelled with joy and high-fived his boys. When a catch was dropped, he clapped his hands in encouragement and patted the kids on the head. When the defense was on the field, he walked with them up the field from the sideline, shouting encouragement the whole time. He was with them every step of the way, a constant source of optimism and reassurance.

Upon talking with parents of Bills players, it was evident that this was not an unusual occurrence. Multiple parents referred me to the emails TeKampe sends to parents for the kids after practices and games. In it he goes over what the team needs to improve upon and what they did well that week. Then he lists each player and writes a small paragraph about how he is excelling and what he specifically does to help the team.

"We've been in leagues where people yell and can be real jerks," said Andy Mellen, whose son, Luke, plays for TeKampe. "He has such a passion for each and every kid who is out there."

Elvis Scaramella, whose son, Carlo, is also on the Bills, agrees with Mellen. He noted that what I was seeing on the sideline was just another week for TeKampe.

"He's like this all the time," said Scaramella. "He's really great about how much he focuses on every kid."

The team responded to their coaching as the game when on, encouraging each other and celebrating each successful play. When the score was over, the Bills had won a nail-biter, 33-31. I left the field that day feeling both happy and hopeful for those 7- and 8 year-old boys. They are coached the way every kid in youth sports should be.

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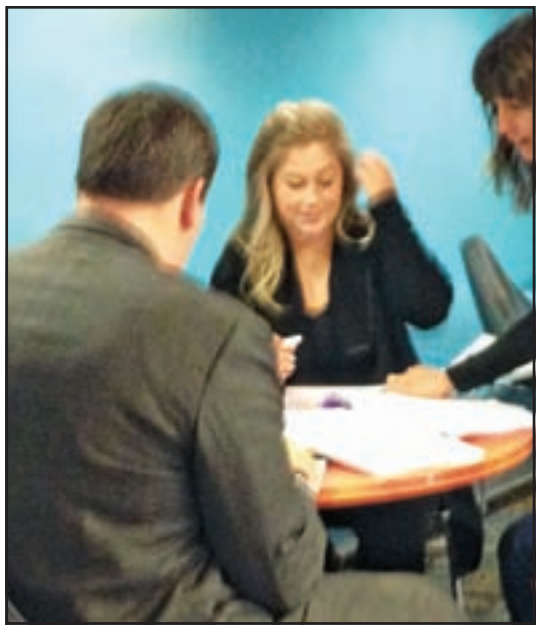
Athletes support kids at Phoenix Children's Hospital

By Nicholas Smith

The biggest moment of Super Bowl week is supposed to be the game itself. But for a group of children, the highlight of the week may have come a few days earlier.

On Wednesday, January 28, kids from the Phoenix Children's Hospital got to spend the morning visiting with some of their favorite athletes and sports personalities. The event was sponsored by The Topps Company and took place in the hospital's Child Life Zone.

"We opened The Zone in March of 2013," said Julie Schwarz, the Zone program coordinator for Phoenix Children's. "It was a gift from Teammates for Kids, which is Garth Brooks and Troy Aikman's foundation."



(Left) Former Olympian Shawn Johnson colors with kids. (Middle) A group photo of the athletes and kids. (Right) Andre Ellington signs a jersey for a fan.

The Child Life Zone was filled to the brim with people on the morning of the event. More than a dozen athletes attended, including former Olympic gymnast Shawn Johnson, Arizona Cardinals running back Andre Ellington, Cardinals quarterback Logan Thomas, and ESPN personalities Trey Wingo and Mark Schlereth.

"You want to make sure that you take the time to appreciate those who are not doing as well as you are," said Wingo. "Anything that helps make a kid's day is great. And if me showing up does that somehow, I am more than happy to do it."

The kids spent the morning hanging out with the athletes like they were old friends. Some sat at a table coloring with Johnson, others at a long table across the room where they got cards and jerseys signed by their favorite players. Plus, there were games everywhere. The kids and the athletes played air hockey, foosball and pool. The Super Bowl even got played out in advance in a video game, causing Schlereth to tell the kids who were playing that he needed to start taking notes for Sunday.

"Meeting the kids," said Johnson, when asked what her favorite part of an event like this was. "The whole purpose of coming is to help put a smile on the kids' faces."

The athletes may have been as excited to meet the kids as the kids were to meet them. Each athlete spoke about how important it was to come to events where they can help make kids happy. Most were no strangers to coming to see children who are in need.

"We used to visit children's hospitals all the time at Clemson," said Ellington. "This means a lot to guys like us."

Others, like Logan Thomas, hope to continue to be involved with helping children even after their careers end.

"Giving back to kids is kind of where my heart has been," said Thomas. "Obviously they're going through some things that most of us can't even imagine. They're warriors, man."

The event ended with a group picture and multiple athletes said that they hoped the event would be able to take place again.

"It's just great to get to meet the athletes and see their compassion," said Buddy Padilla, a patient who is also a member of the Children's Advisory Board. "You can really see how much they care when they take the time out of their day to spend it with us."

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Versatile player at Arcadia

By Nicholas Smith

Ariana Abalos enjoys the team aspect of softball.

Ariana Abalos doesn't have a true position on the Arcadia high school softball team. She's a utility player, someone who plays multiple positions in different games. Basically, she's good enough to play anywhere on the diamond.

"I play at third base a lot," said Abalos, who is a sophomore at Arcadia. "I've also played a good amount of [shortstop]. I can really play wherever they want me."

Abalos started playing softball when she was 6 years old. Her older brother was playing baseball at the time and Ariana wanted to try her hand at a similar sport. She played volleyball growing up as well.

"I love the team aspect of softball: how it feels after you win as a team," she said. "You worked your butt off and now you get to celebrate."

As a freshman, Abalos made the varsity team. The team played well and finished with a winning record but didn't get into the playoffs because of a lack of power points.

"You get a certain amount of power points depending on the record of the opponent you play," explained Abalos. "The better your opponent, the more points you'll get. So there were teams with worse records than us who made the playoffs."

The team is determined to not let that happen again this year. Abalos says that the team is aiming high on their goals for this season.

"I'll honestly be surprised if we don't go undefeated in the regular season," she said. "We want to have as good a regular season as we possibly can and then go as far as we possibly can in the playoffs."

Although she is willing to play any position the team needs her to, Abalos didn't hesitate for a minute when asked which position she enjoys the most.

"I like third base the most," she said. "When playing shortstop or second and a ball is hit to you, you have too much time to think. I don't like that. I like to just react. And because the balls come to third faster and harder, reacting is all you have time to do."

Abalos enjoys math the most out of all her classes and is a solid A's and B's student. She is hoping that her softball talents can one day take her to a big-time school to play.

"I would love to get a full ride scholarship to a Division I school," she said. "Anybody that would take me, I'd love it."

Ball to club position vital

By Tina Tombs

Golf *Tips*

From the distance it flies to the direction it travels, where your ball contacts the face of your club plays a major role in every shot you hit. In fact, missing the sweet spot by even a few millimeters can have dramatic (and sometimes disastrous) results.

If you want to add more consistency to your game, making solid contact and hitting the ball in the middle of the clubface is a must.

Next time you're at the driving range, try this simple drill and you'll strike the sweet spot more often.

Spray white foot powder on your clubface. Next, line up a ball in your hitting area of the clubface.

Position your club directly behind the ball. Hit some balls and see where you are making contact on the face of the club.

When you feel like your contact is better, try this advanced drill:

- Push two white tees into the ground – one on either side of your club.
- Try hitting the ball without your club touching either of the tees.

If this is too difficult, move the tees farther apart until you are able to successfully complete the drill a few times.

Once you get the hang of it, you can slowly move the tees in and narrow the gap through which your club has to pass.

If this is too easy, stagger the tees so that the tee closest to your feet is out in front of the ball and the tee farthest from your feet is behind the ball. This encourages you to swing your club between the two tees. It also encourages you to swing on a good swing path, which creates more solid contact with the ball.

Don't worry about the direction the ball is traveling when you're doing this drill – just focus on making solid contact with the center of the clubface. Do this for a few minutes each time you're at the driving range to hone your ball striking and improve your consistency.

Tina Tombs is the 2014 LPGA Central Section Teacher of the Year and Director of Instruction and an LPGA Tour Professional. Contact her at tina@tinatombsgolf.com.

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APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6 SF 7:10	7 SF 6:40	8 SF 6:40	9	10 LA 6:40	11 LA 5:10
12 LA 1:10	13 SD 7:10	14 SD 7:10	15 SD TBD	16 SF 7:15	17 SF 7:15	18 SF 6:05
19 SF 1:05	20	21 TEX 6:40	22 TEX 6:40	23	24 PIT 6:40	25 PIT 5:10
26 PIT 1:10	27 COL 6:40	28 COL 6:40	29 COL 6:40	30		

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
					1 LA 7:10	2 LA 6:10
3 LA 1:10	4 COL 5:40	5 COL 5:40	6 COL 12:10	7 SD 6:40	8 SD 6:40	9 SD 5:10
10 SD 1:10	11 WAS 6:40	12 WAS 6:40	13 WAS 12:40	14	15 PHI 4:05	16 PHI 4:05
17 PHI 10:35	18 MIA 4:10	19 MIA 4:10	20 MIA 4:10	21 MIA 9:10	22 CHI 6:40	23 CHI 7:10
24 CHI 1:10	25 STL 1:15	26 STL 5:15	27 STL 5:15	28	29 MIL 5:10	30 MIL 1:10
31 MIL 11:10						

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
	1 ATL 6:40	2 ATL 6:40	3 ATL 12:40	4 NYM 6:40	5 NYM 6:40	6 NYM 7:10
7 NYM 1:10	8 LA 7:10	9 LA 7:10	10 LA 7:10	11	12 SF 7:15	13 SF 4:15
14 SF 1:05	15 LAA 7:05	16 LAA 7:05	17 LAA 6:40	18 LAA 12:40	19 SD 6:40	20 SD 7:10
21 SD 1:10	22	23 COL 5:40	24 COL 5:40	25 COL 12:10	26 SD 7:10	27 SD 7:10
28 SD 1:10	29 LA 6:40	30 LA 6:40				

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 LA 6:40	2 COL 6:40	3 COL 6:40	4 COL 7:10
5 COL 1:10	6	7 TEX 5:05	8 TEX 5:05	9	10 NYM 4:10	11 NYM 1:10
12 NYM 10:10	13	14	15	16	17 SF 6:40	18 SF 5:10
19 SF 1:10	20 MIA 6:40	21 MIA 6:40	22 MIA 6:40	23 MIL 6:40	24 MIL 6:40	25 MIL 5:10
26 MIL 1:10	27 SEA 7:10	28 SEA 7:10	29 SEA 12:40	30	31 HOU 5:10	

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
						1 HOU 4:10
2 HOU 11:10	3 WAS 4:05	4 WAS 4:05	5 WAS 4:05	6 WAS 1:05	7 CIN 6:40	8 CIN 5:10
9 CIN 1:10	10 PHI 6:40	11 PHI 6:40	12 PHI 12:40	13	14 ATL 4:35	15 ATL 4:10
16 ATL 10:35	17 PIT 4:05	18 PIT 4:05	19 PIT 4:05	20 CIN 4:10	21 CIN 4:10	22 CIN 4:10
23 CIN 10:10	24 STL 6:40	25 STL 6:40	26 STL 6:40	27 STL 6:40	28 OAK 6:40	29 OAK 5:10
30 OAK 1:10	31 COL 5:40					

SEPT // OCT

SUN	MON	TUE	WED	THU	FRI	SAT
		1 COL 5:40	2 COL 5:40	3	4 CHI 11:20	5 CHI 11:20
6 CHI 11:20	7 SF 1:10	8 SF 6:40	9 SF 6:40	10	11 LA 6:40	12 LA 5:10
13 LA 1:10	14 SD 6:40	15 SD 6:40	16 SD 6:40	17	18 SF 7:15	19 SF 1:05
20 SF 1:05	21 LA 7:10	22 LA 7:10	23 LA 7:10	24 LA TBD	25 SD 7:10	26 SD 5:40
27 SD 1:10	28	29 COL 6:40	30 COL 6:40	1 COL 6:40	2 HOU 6:40	3 HOU 5:10
4 HOU 1:10						

HOME | AWAY *Schedule is subject to change.*

APR
- 6 D-backs Opening Day Street Festival
  D-backs 2015 Magnet Schedule
  courtesy of Pepsi // 40,000
- 10 Fireworks Night *
- 11 D-backs Hello Kitty Bobblehead
  10,000
- 12 Los D-backs Fiesta de la Familia Street Festival
  presented by Fry's Food Stores
- 21 Jackie Robinson Day
- 24 Country Night **
  presented by Wyndham Vacation Ownership
  Fireworks Night *
- 25 Paul Goldschmidt Cap
  courtesy of Sanderson Ford // 20,000
- 26 Los D-backs Fiesta de la Familia Street Festival
  presented by Fry's Food Stores

MAY
- 7 Throwback Thursdays***
- 8 Fireworks Night *
- 9 Josh Collmenter Bobblehead
  courtesy of Arizona Sports 98.7 FM // 20,000
- 10 Mother's Day
  Ladies' Soft-style T-shirt
  courtesy of Fry's Food Stores // 10,000 moms
- 22 Superheroes Night **
  Fireworks Night *
- 23 Outdoor Recreation Night **
  MLB Network Bag
  courtesy of MLB Network // 20,000
- 24 D-backs Fedora
  courtesy of Gila River Casinos // 20,000

JUNE
- 4 Throwback Thursdays***
- 5 Fireworks Night *
- 6 Tony La Russa Bobblehead
  courtesy of Chevrolet // 20,000
  Bark at the Park
  presented by AvoDerm and Nylabone
  visit dbacks.com/barkatthepark for more details
- 18 Throwback Thursdays***
- 19 Fireworks Night *
- 20 Native American Recognition Day
  D-backs Backpack
  presented by Gila River Casinos // 20,000
- 21 Father's Day

JULY
- 2 Throwback Thursdays***
- 4 Fourth of July Fireworks Spectacular *
- 17 Fireworks Night *
- 18 Star Wars Night
  A.J. Pollock Star Wars Bobblehead
  presented by Cox Communications // 20,000
- 19 D-backs Fun Socks
  10,000
- 23 Throwback Thursdays***
- 24 Fireworks Night *
- 25 Randy Johnson Hall of Fame Bobblehead
  25,000
- 26 Baxter's Birthday Celebration
  D-backs Insulated Lunch Bag
  courtesy of Arizona Milk Producers // 5,000 kids

AUG
- 7 Fireworks Night *
- 8 Randy Johnson No. 51 Retirement
  Randy Johnson Commemorative T-shirt
  presented by Fry's Food Stores // 50,000
- 9 Alumni Day
  presented by Sanderson Ford
- 27 Throwback Thursdays***
- 28 Faith and Family Night
  visit dbacks.com/faith for more details
  Fireworks Night *

SEPT
- 11 Fireworks Night *
- 12 D-backs Beer Stein
  courtesy of Budweiser // 10,000 21+

OCT
- 1 Throwback Thursdays***
- 2 Fireworks Night *
- 3 Hispanic Heritage Day
  presented by Budweiser
  Hispanic Heritage Day Street Festival
  presented by APS

** Fireworks presented by Gila River Casinos*
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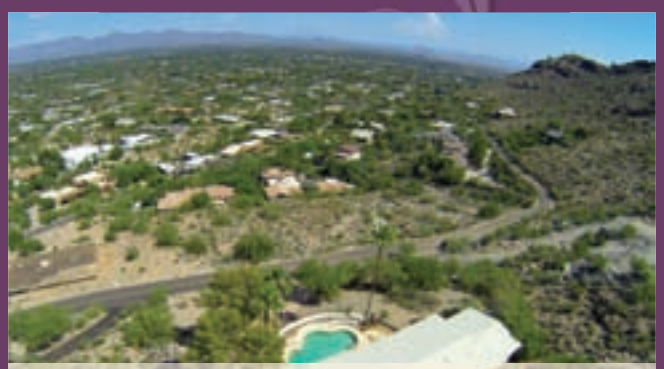

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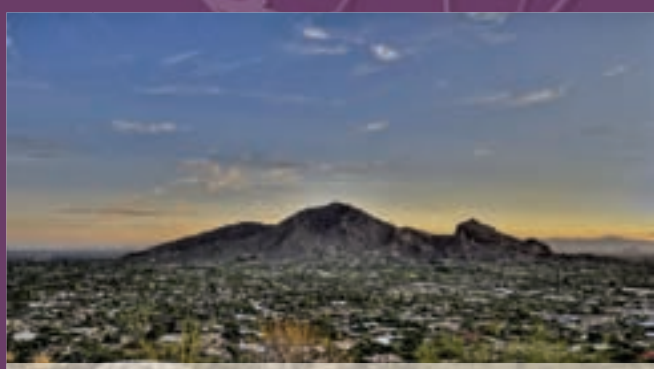

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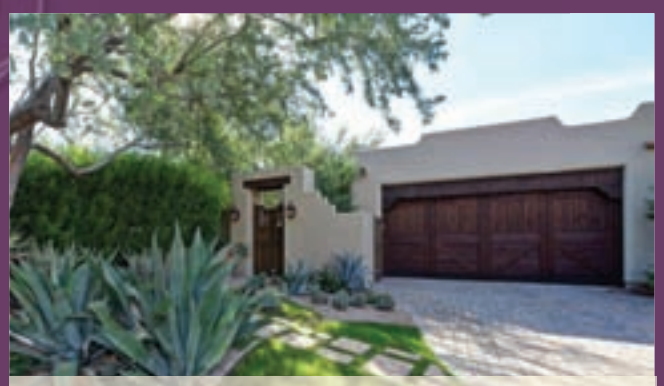

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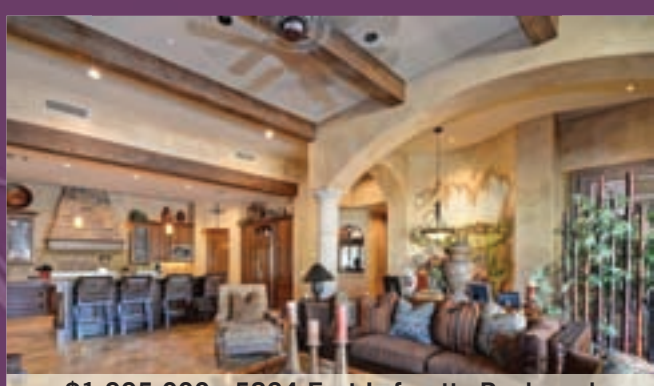

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