

ARCADIA NEWS

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AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

April 2015

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Neighbors and friends pitch in to prep fresh meals from the Celle family garden. Story on page 24.

PAGE 10

Arcadia will hit the streets on April 19 for the third annual Family Fun Run.

PAGE 22

Inspire an educational Earth Day lesson with our Kids' Corner carton garden.





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Fresh salad and handmade ravioli are on the menu in Arcadia Cookbook.

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My poor little veggie garden

By Amanda Goossen

This morning I walked outside to my tiny backyard garden. In two raised beds and two medium-size pots I've planted a meager variety. Thyme, rosemary, basil, a couple different types of peppers and two tomato plants fill the space. I water, pluck browning leaves and pretend I know what the heck I'm doing.



But I don't.

I plant every year. And every year I have little success.

Last year I went big time. I filled every inch of the soil with all the food I wanted to eat, all the ingredients that I knew I should grow for our nightly meals rather than purchasing at the supermarket. I was sick of buying clear plastic containers of basil and thyme for \$3.99, only to use a few leaves and then watch the rest spoil before I could use it again.

Plus, I wanted to witness robust rows of greens and harvest a bounty I could carry in an oversized basket with pride. Smiling wide as I fed my family organic produce I planted and tended to myself.

Yes, I might be a bit delusional. I'm not a farmer. Far from it. And my garden is about 4 feet long by 2 feet wide. But hey, I've always been a bit eager and overly enthusiastic.

In the spring of 2014 I spent hours tending my garden. I had one lucky round of lettuce and a spattering of successful herbs. I think there were even three tomatoes that did okay, although a pesky pigeon made a meal out of two of them before I could pluck them from the vine.

This year, when I begged my husband to stop at the nursery between a laundry list of Saturday afternoon errands, he rolled his eyes.

"Oh, come on," I said. "The lettuce grew just fine last year."

I'm pretty sure I heard him laugh.

But I'm not easily denied.

We ended up at Singh Farms. (By the way, if you haven't been there, go! What a spot!) We walked the lush path from the entrance to the space where plants are sold. My kids' mouths hung open.

EDITOR'S NOTES

"Mom, look at the lettuce," said one.

"MOM! Do you see how big that plant is?"

What is it?" said the other.

I was growing annoyed.

When we arrived at the plants, I started filling trays with every vegetable I could get my hands on.

This was gonna be my year!

My husband took one look at the trays.

"Really?" he asked. "You need two of everything?"

"Yep. I know I've finally figured it out. This year I'm going to get this garden to grow," I said with totally false confidence.

And I slowly looked at what was about to cost me a small fortune.

I put back one of everything. And then a few others. And right before we paid, I decided maybe this year I'd go slowly. Perfect a couple things and then move on to more. Maybe buying more plants in the coming weeks would be a reward for not killing a hefty percentage of the veggies in my trays.

I ended up planting seven plants. Three weeks later all are alive. However, I had a close call with the cherry tomato plant last week.

Two weeks ago I signed up for a weekly vegetable delivery from a local farm. Fresh veggies delivered to Arcadia News each week. It's a mystery bag of seasonal produce that not only supports local farmers, but also gets my family eating a healthier variety of foods.

So, maybe I didn't get my dream garden, but somehow this feels like I got everything I was truly hoping for, and more!

To learn about the Gila Farm Cooperative or to sign up and pick up your weekly bag of veggies at Arcadia News, email Anna.Chotzen@Rescue.org.

To read about the many people in our community with the green thumb I can only dream of possessing, continue exploring this month's issue. It's packed with outdoor fun!



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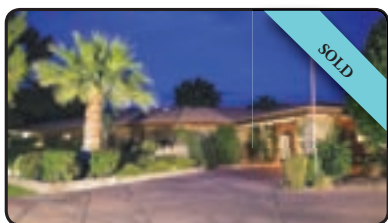
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Beer, Apple and a green light for Uber in Arizona

By Alexis Glascock

Beer, Apple and Uber are a few of the issues that the Arizona Legislature is grappling with this session. Beer involves the microbreweries' efforts to increase their production; Apple will receive tax incentives for its new data control center in Mesa; and Uber has the green light for now to continue providing a ride-sharing service.



Beer is among the most contentious issues facing the legislature this year. Craft breweries want to increase their production from 40,000 barrels per year without losing their restaurant and retail licenses. Under current law, a brewery cannot maintain a restaurant or shop once it crosses the current production threshold. Senator Kelli Ward introduced SB 1030 on behalf of microbreweries, such as Four Peaks in Tempe, to allow them to graduate from a microbrewery to a producer, and still maintain up to seven restaurants and retail locations.

Conversely, Senator Steve Smith introduced SB 1437 on behalf of the wholesalers and distributors to change the entire structure of microbrewery liquor licenses for any new licenses granted after July 2015. Senator Smith, who argued that his bill would level the playing field and make the law equal for all entities, decided to hold his bill in the Commerce and Workforce Development Committee without a vote, presumably because of the strong support for Senator Ward's bill.

Meanwhile, Senate President Andy Biggs may have reached an agreement between the two camps. At present, it appears that they have agreed to a compromise, which involves a new cumulative limit on microbrewery production of 200,000 barrels a year, regardless of the number of licenses held by a microbrewery company. So, the next time you order a beer, know that it is a spirited issue at the Capitol.

Another hot topic currently in the legislature surrounds Apple's plan for a new facility in Arizona that will manage the iCloud. Apple is housing a new data control center in the Mesa location of its former sapphire glass manufacturer, GT Advanced Technologies. Governor Doug Ducey announced in February that Apple is investing \$2 billion in a new data center that will also function as a command center for monitoring Apple's other data centers around the world. It is one of Apple's largest investments to date, as they expect to create

LEGAL EASE

600 engineering and construction jobs. Of those, 150 jobs are permanent positions at the Apple plant.

To facilitate Apple's success with this venture, the legislature passed a renewable energy tax credit and exemptions to cover the 1.3 million-square-foot data center. The bill is designed to expand an existing \$5 million sales tax credit that was passed in 2014 to include international operational centers that make a capital investment of

\$1.25 billion, which would include the

Apple facility. To obtain the sales tax credit, Apple will need to invest \$100 million in renewable energy facilities and utilize a portion of that energy to power its data center in Mesa. The bill

also exempts the new data center from paying sales tax on electricity or natural gas, which is a \$1.3 million dollar savings to Apple. However, the governor and legislature anticipate a much greater positive economic impact from the job growth and increased overall tax

revenue from building the facility. The bill passed the House and the Senate and was signed by the governor in March.

On another note, do not worry about deleting the Uber app from your phone. Ride-sharing companies like Uber and Lyft are not on the legislative radar this

session. Last session, Governor Brewer vetoed a law to establish a regulatory and insurance framework that would exempt Uber and Lyft from the laws that taxi companies follow, which subjected the ride-

sharing drivers to citations of up

to \$1,800. In contrast, Governor Ducey recently directed the Arizona Department of Weights and Measures to suspend all

enforcement against ride-sharing companies in the state, which effectively legalizes their services and

eliminates the stringent fines. Nevertheless, stakeholder meetings are taking place and the issue could return in the form of a bill to formalize the exemptions for ride-sharing services in a statute. Under the current scenario, ride-sharing apps continue to prevail.

— Alexis Glascock is Of Counsel, Government Affairs & Lobbying at Gallagher & Kennedy.

For more information about Ms. Glascock, please visit www.gknet.com.



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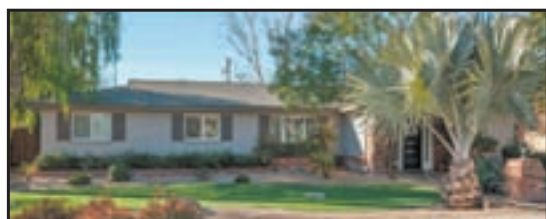
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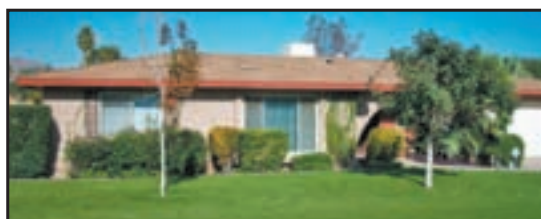
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Arcadia Real Estate Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2015- 2/28/2015)

Active Homes - 171 homes
Homes Sold - 46 homes
Average Sale Price - \$1,029,363
Average Sold \$ Per SF - \$300
Average Days On Market - 89 days

- There is currently 9 months of home inventory (based on 2014 sales results)
- 2015 home sales have increased 17% this year. (based on 2014 sales results)
- Home prices have increased 2% this year. (based on 2014 sales results)
- \$ Per Square Foot prices have increased 4% this year. (based on 2014 sales results)
- Homes are taking 25% less 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 - \$854,430
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- 2/28/2015)

Active Homes - 84 Homes
Homes Sold - 27 Homes
Average Sale Price - \$404,913
Average Sold \$ Per SF - \$205
Average Days On Market - 114 days

- There is currently 5 months of home inventory (based on 2014 sales results)
- 2015 home sales have decreased 23% this year. (based on 2014 sales results)
- Home prices have decreased 10% this year. (based on 2014 sales results)
- \$ Per Square Foot prices have decreased 1% this year. (based on 2014 sales results)
- Homes are taking 31 % more time to 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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Make tough decisions now

By Stacy Gustin, D.O.

You don't want to think about the possibility of something tragic happening to you or your loved ones. But it's important to be prepared by having advance directives. These are written, legal instructions about your preferences for medical care if you can't make decisions for yourself.



Advance directives guide your medical team if you're terminally ill or seriously injured, in a coma, in the late stages of dementia or near the end of life.

By having these documents ready and filed in the Arizona Advance Health Care Directive Registry at azsos.gov, you can get the care you want, avoid unnecessary suffering and ease the decision-making burden of your loved ones at a time of high stress or grief.

Here's a quick look at the documents:

Power of attorney – A medical or health care power of attorney advance directive names a person to make decisions for you when you cannot. This can be a spouse, relative or friend.

Living will – This spells out which medical treatments you would and would not want to be used to keep you alive. It also spells out your wishes for pain management and organ donation.

Talk to your doctor if you have questions about possible end-of-life decisions and

HEALTHY TIDBITS

include them in your living will. For example:

- Do you want doctors to restart your heart and do CPR?
- Do you want a ventilator to breathe for you?
- What about dialysis if your kidneys no longer work?
- Do you want antibiotics to treat an infection if you're near the end of life?

Do not resuscitate and do not intubate orders – These are prehospital Medical Care Directives – do not resuscitate (DNR) and do not intubate (DNI) orders.

After downloading and completing the forms, you can file them with the registry so they're accessible to Arizona health care providers in case of an emergency. If they're ever needed, Arizona health care providers can access them to determine your wishes.

Finally, talk with your family, close friends and physician about the documents and the decisions you have made. Consider giving them copies of the documents.

— Stacy Gustin, D.O., is a family medicine physician at Scottsdale Healthcare Primary Care Arcadia 100, Suite 100, Phoenix.

Reach her at 480-882-7360.

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PHOENIX COUNTRY CLUB

SEVENTH STREET & THOMAS ROAD

1899



For the third year of the Arcadia Family Fun Run, the goal is to have over 1,000 runners.

Arcadians to hit the streets for annual Family Fun Run

By Amanda Goossen

On April 19 at 8 a.m. Arcadia residents will hit the streets for a good cause.

The Arcadia Family Fun Run will once again take over the roads around 48th Street and Lafayette Boulevard in honor of Taylor Cosmas.

Mark Cosmas, owner and operator of iRun, an Arcadia full-service running, walking and hiking shoe store, has planned and prepared this run for the past three years as a commitment to his daughter.

In April of 2010, Taylor Paige Cosmas passed away of SIDS (Sudden Infant Death Syndrome) at only 5 months old. For Mark and Katie Cosmas, the only way to survive such pain was to try and make a difference.

Team Taylor, a running team dedicated to raising money for SIDS, was soon formed. In 2013, with the running team growing at an astounding rate, the Cosmas family decided to create an entire race in

honor of their daughter.

The first year raised over \$60,000.

In 2014, its second year, the race had 790 runners and raised over \$91,000 for SIDS research. The money was given to Dr. Hannah Kinney at Boston Children's Hospital, who uses 100 percent of the funds to research an end to the disorder.

The goal for the Arcadia Family Fun Run this year is to have over 1,000 runners, raising over \$100,000.

"I am very excited with all the momentum we have going and am ready to see this community take this event to the next level," said Mark Cosmas.

Race participants can walk, run and push strollers through the raceway. An after-race party will be held once again at OHSO Brewery, just off the finish line.

To register or find out more information about Team Taylor and the Arcadia Family Fun Run go to teamtayloraz.com.

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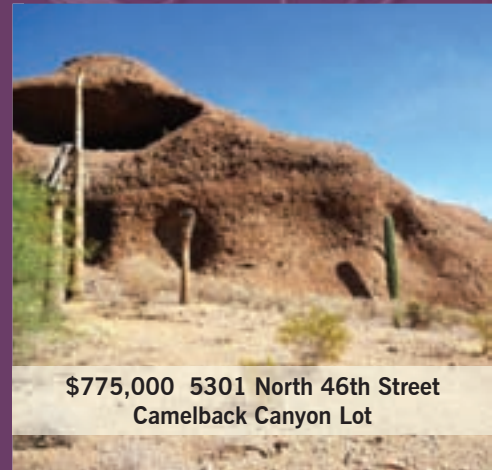
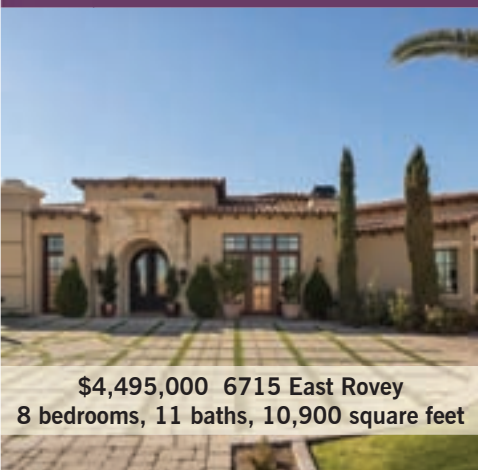
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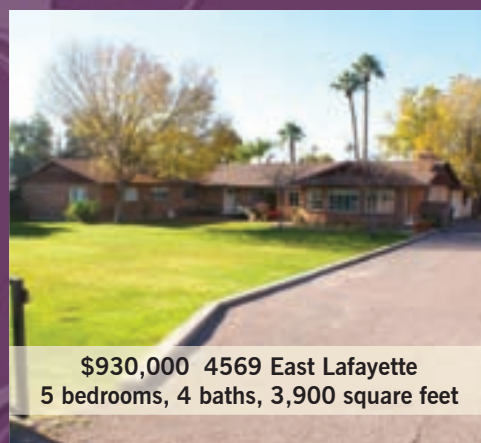


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\$1,295,000 4901 East Calle Ventura
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\$2,995,000 5739 North Casa Blanca
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\$659,000 4830 East Mulberry
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\$3,970,000 4715 North Launfal
6 bedrooms, 8 baths, 8,332 square feet



\$1,195,000 7720 East Solano
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NEW LISTING

\$2,900,000 6739 North 36th Street
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SALE PENDING

\$1,495,000 5021 East Exeter Boulevard
5 bedrooms, 5 baths, 5,200 square feet



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\$859,000 6614 East Lafayette
4 bedrooms, 3 baths, 2,243 square feet



COMING SOON

\$2,250,000 6239 East Calle Del Media
5 bedrooms, 4 baths, 4,512 square feet



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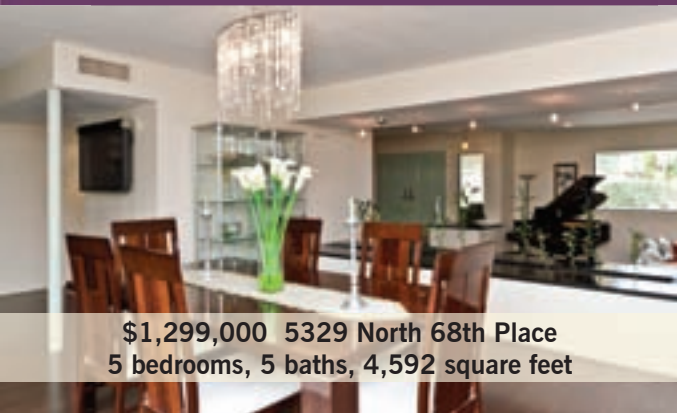
\$349,000 4055 East Campbell
3 bedrooms, 2 baths, 1,566 square feet



\$1,950,000 4316 North 40th Street
4 bedrooms, 5 baths, 6,881 square feet



\$3,250,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



\$1,299,000 5329 North 68th Place
5 bedrooms, 5 baths, 4,592 square feet

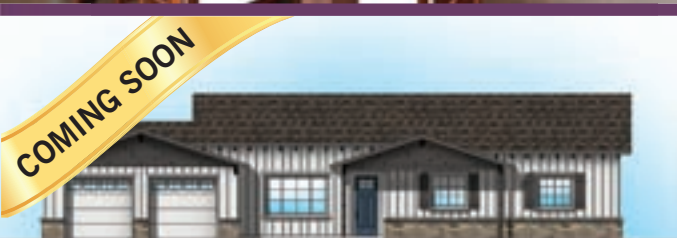


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\$995,000 4927 East Calle Ventura
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\$2,950,000 6609 North 31st Place
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\$1,450,000 6301 North 61st Place
4 bedrooms, 5 baths, 4,512 square feet



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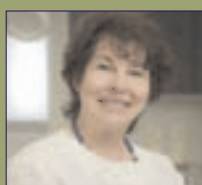

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Mrs. Owens taught for 20 years in Wisconsin public schools before moving to Arizona eight years ago and working in faith-based education.

Nurturing the mind, heart and spirit of every student

By Christina Surrano

JoAnne Owens' first introduction to her intended college major of journalism was a class about writing obituaries. She shared her reaction to it with a laugh and recalled her response: "Oh, I don't think this is for me."

She had taught Sunday school and had a wonderful mentor and teacher who gave her extra responsibilities and allowed her to gain the experience needed to make a confident commitment to choose teaching as a career.

After 20 years of teaching in public schools in her native state, Wisconsin, Mrs. Owens and her husband moved to the Valley of the Sun and she followed her heart. They both received their educations in parochial schools and service was an important part of Mrs. Owens' upbringing. It made sense for her to merge her teaching of academics with her faith and strong desire to give back to the community. That was eight years ago and she has taught first grade in a faith-based school ever since.

What she finds most important in teaching at Christ Lutheran School (CLS) is the sharing of "the love of God and the joy of knowing Jesus as your savior," while helping students progress through the year as confident readers, writers and mathematicians, all at their own individual level.

She also gives her students appropriate guidance for strong communication skills. She recognizes the power and importance of this critical skill and the influence of the changing modes of socialization in the digital age.

Melissa Eustice, an elementary school educator and mother of first-grade CLS student, Caitlin, nominated Mrs. Owens for the Arcadia News Teachers We Love award. Eustice was impressed by the academic

TEACHER OF THE MONTH

influence that Owens has on her students as well as her positive impact on their social and emotional well-being.

Eustice noted that Owens builds confidence through positive discipline and inspires students' excitement about learning through well-designed, inspiring lessons – some of which engage the entire family.

"Every weekend she sends home her personally created, themed book bags, full of fun literacy activities that students complete with their parents. Every month students work on a family project that is displayed in the classroom," Eustice shared.

Owens feels that learning is a joint venture between parent and child.

She said that when parents take part in literacy activities with their children, then students are better able to understand that reading can be entertaining for them.

"I think it's important that families have that time to sit down and learn about their child, just as I do, working with the kids every day," Owens said.

Melissa Eustice added, "All teachers teach, but Mrs. Owens teaches to make a difference in a child's life that will last forever."

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 fill out the form on page 18 or on arcadianews.com.

Friendship and family come first for Arcadia business

By Amanda Goossen

Three years ago when the King and Liles families decided to start a business, they had no idea it would result in an Arcadia-based real estate development company.

Austin King and Chris Liles both grew up in Phoenix. Their relationship was somewhat inherited when they met about 10 years ago. Their wives have been best friends since middle school.

"When we decided to start this company, our wives made it very clear that we are friends first," said Austin. "We know businesses come and go and hopefully this one won't. But if it does, our friendships are more important than some homes and work."

Austin and Chris first started working together three years ago, when flipping homes became popular. Chris had a background in contracting and Austin in real estate.

"I wasn't personally fulfilled as a realtor, I knew it wasn't my passion," said Austin.

The need for creativity and the desire to enjoy their professions brought the men together.

After six months of discussions at numerous family gatherings, Austin and Chris decided flipping homes was one way to combine their abilities and find fulfillment in their work.

Buying and flipping homes in Mesa and Glendale were successful endeavors, but the market was changing and the men knew they needed to create a plan and to establish proper branding.

Focusing on the neighborhood where they both lived with their growing families, the men decided to create an Arcadia-area business.

"When I was growing up in Northern Phoenix," said Chris, "I remember going to my friends' homes in Arcadia and going home and telling my parents that it reminded me of Leave It to Beaver."

Old-fashioned ideals, families spending time together in the



The King family, Austin (34), Oliver (2), Hazel (1), Suzanne (32), Lily (4), and Liles family, Fallon (32), Easton (1), Asher (5), Canon (3), Chris (32), Branson (7), make up Rafterhouse.

BEHIND THE BUSINESS

yard, post-war 1950s ranch homes, and maintaining the integrity of the neighborhood were all things that came together in their business plan.

Being part of the neighborhood means opportunities to give back. For example, at recent Rafterhouse Open House events there have been shoe donations and food drives.

When the company recently purchased a home, it was found that the previous owner was a hoarder. Rafterhouse decided to pay a group of Young Life teenagers trying to earn money for camp to clean out the home instead of hiring day laborers.

COMING SOON:

Next on the horizon for the young families behind Rafterhouse is an HGTV pilot. The men and their families are preparing a pilot show with the network about the delicate relationship of running a business with close friends.

The one episode pilot will air on HGTV this summer and will profile Arcadia, local businesses and the neighborhoods.

Keep a look out for more info at hgtv.com.

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WHAT'S HAPPENING, ARCADIA?

THURSDAY APRIL 2

Arizona Wine and Dine

5-8 p.m. at Scottsdale Quarter, 15037 N. Scottsdale Road, Scottsdale. Around 20 local restaurants and resorts come together to showcase specialties from their menus. These places include Different Pointe of View, T. Cooks, Prado and the Phoenician. This is a 21 and over event, and tickets are \$75 at the door, which includes all food and beverages. There will also be live entertainment and a silent auction. For more information, call 602-604-0729 or visit azwineanddine.com.

FRIDAY APRIL 3

Easter Brunch and Cottontail Tea

10 a.m. to 3 p.m. at the Ritz-Carlton, 2401 E. Camelback Road, Phoenix. The Ritz-Carlton of Phoenix is hosting Easter Brunch on Easter, Sunday, Apr. 5, as well as an afternoon tea event on Apr. 3 and 4. Children will enjoy hot cocoa and story time with Peter Cottontail while adults can enjoy spring tea as well as an array of finger sandwiches, scones and French pastries. Seating for the Cottontail Tea is available at noon and 3 p.m., and costs \$43 per person. Easter Brunch provides an extensive menu, including an omelet and waffle station. Brunch is \$90 for adults and \$45 for children up to age 12. These events are open to the public. For reservations and more information, call 602-522-6632.



Wingstock takes over Mesa on April 4.

SATURDAY APRIL 4

Wingstock

11 a.m. to 5 p.m. at the Mesa Amphitheatre, 263 N. Center St., Mesa. Wingstock is exactly what it sounds like: a chicken wing festival, fun for all ages. Valley restaurants come together to compete for the coveted

"Wingstock King of Wings" title. There is a kid's zone and if you come early (10:30 a.m.) there will be an Easter egg hunt. Live entertainment, food, beer and a chicken wing eating contest are just a few of the things Wingstock has to offer. Tickets are \$8 the day of the event, \$5 in advance. For more information, visit wingstockaz.com.



Food plus family fun at The Great AZ Picnic on April 11.



Man's best friend earns a seat at the table on April 11.

THURSDAY APRIL 9

Getting Fiscally Fit Presentation

5:30-7:30 p.m. at the Gladly Restaurant, 2201 E. Camelback Road, Phoenix. The YWCA Young Women's Forum presents an evening with Annie Groth from Mass Mutual. The presentation will highlight strategies and tools to become fiscally sound for the future. Appetizers will be served and registration covers a cocktail or soft drink. Admission is \$20. For more information, call 602-258-0990 or visit ywcaaz.org.

SATURDAY APRIL 11

Dine with Your Dog

5 p.m. at PERA Club, 1 E. Continental Dr., Tempe. The Phoenix Children's Hospital is throwing this fur-filled fundraiser benefiting the PetSmart Paws Can Heal program. Join them for a fun evening, including pet portraits, a Paws Can Heal showcase, an auction and plenty of other activities. A gourmet dinner will be served – one for you and one for your four-legged friend. Tickets are \$100 per person or \$175 per couple and are available online at dinewithyourdog.org. For more information, call 602-933-2625.

Great Arizona Picnic

12-9 p.m. on Apr. 11 and 12-6 p.m. on Apr. 12 at the Scottsdale Center for the Performing Arts, 7380 E. Second St., Scottsdale. Part of the Scottsdale Culinary Festival, the Great Arizona Picnic features 25 acres of gardens and fountains for guests to enjoy

TUESDAY APRIL 14

Spring Floral Series, Class One

7-9 p.m. at the 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. Cost is \$165 per person. Tickets are available online at pithmarrow.com.

FRIDAY APRIL 17

I Have a Voice Gala

6:30-10:30 p.m. at Windgate Ranch, 10095 E. Windgate Ranch Road, Scottsdale. Gigi's Playhouse, an educational center for individuals with Down syndrome, will host its annual gala to raise awareness for its outreach programs and to celebrate the opening of their newest center in Phoenix. The event will include raffles, silent and live auctions and food and drinks. Live music will be performed by One Drop reggae band. This event is open to the public. Tickets are \$60. For more information, call 480-451-7529.

SATURDAY APRIL 18

Great Southwest Cajun Fest

10 a.m. to 6 p.m. at Margaret T. Hance Park, 1202 N. Third St., Phoenix. Showcasing the heart and soul of New Orleans, the Great Southwest Cajun Fest will feature live music

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ARCADIA FAMILY 5K FUN RUN

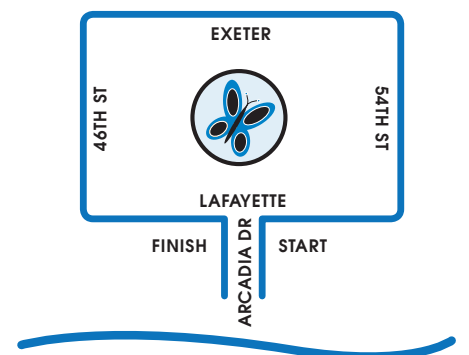
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Calendar

Continued from page 16

and great food paired with handcrafted beers. Performers include Big Bad Voodoo Daddy as well as the Bad Cactus Brass Band and local jazz artists. Food will be provided by the Angry Crab Shack and Raging Cajun BBQ. Within the festival will be themed areas such as Bourbon Street and the French Quarter, each with their own special activities; a crawfish eating competition, kids zone and Puppy Parade, just to name a few. General admission is \$10, and kids under 12 get in for free. VIP admission is \$65. For more information, call 602-276-2499.

Arizona Sports Fan Expo

9 a.m. to 7 p.m. at Westworld, 16601 N. Pima Road, Scottsdale. Every sports fan will have a blast at this all-day sports expo. See current and past celebrity athletes and mascots, memorabilia auctions, sports clinics, entertainment, contests, and autographs. There is something for everyone at the Arizona Sports Fan Expo. Advanced tickets are available online for \$8, \$12 at the door, and parking is \$5. For more information, call 602-493-2032.

TUESDAY APRIL 21

Komen CAN AZ 20th Annual Promise Breakfast

7:30-10 a.m. at the Arizona Biltmore Resort,



Country music group Gloriana will perform at the Sidewinder Country Music Festival on April 25.

2400 E. Missouri Ave., Phoenix. Join the Susan G. Komen Central and Northern Arizona's Komen CAN AZ for its 20th annual Promise Breakfast. This event will celebrate sponsors and donors as well as award annual grants. There will also be a silent auction. Come have breakfast and raise awareness for breast cancer. Tickets are \$50. For more information, visit komencanaz.org.

SATURDAY APRIL 25

Sidewinder Country Music Festival
Venue opens at noon at Westworld, 16601

N. Pima Road, Scottsdale. Westworld hosts this year's music festival with guests such as Gloriana, Vince Gill, Sara Evans, Brothers Osborne and the Josh Abbott band. This music festival has partnered with Phoenix Children's Hospital, Arizona State University and other groups to generate funds for the local community. The general admission for a two-day pass is \$99, with other options available, including a VIP package for \$279. General admission parking passes are \$20-35. For more information, visit sidewindermusicfest.com.



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Farm-to-table movement arrives at schools, restaurants

By Amanda Goossen

Robust vegetable gardens are popping up throughout the Valley, as the push for locally grown produce continues to be a popular choice with Phoenixians, as well as communities all over the United States.

More than just a food fad, the farm-to-table movement has changed the way we eat, purchase and prepare our food. Farm-to-table can be seen as not only a food movement but also as a nutrition movement.

In a study done by the Leopold Center for Sustainable Agriculture about 16 common fruits and vegetables, the average produce item travelled just under 1,500 miles before it was sold to a consumer. Additionally, 39 percent of fruits and 12 percent of vegetables were imported from other countries.

To keep food from spoiling, produce is picked before it has the chance to ripen. According to the United States Department of Agriculture, this method causes produce to lack the nutrients that would be present if it was allowed to ripen on the vine.

With this in mind, farm-to-table has caused a growing number of Americans to investigate what they put on the plate, to purchase food from local farmers markets, and to design and cultivate their own backyard garden.

Restaurants and schools are also getting involved, developing on-site gardens that provide produce with which to cook as well as educate.



Chef Charles Kassels (left) came on as chef of El Chorro in 2009, the same year the garden was built. (Middle) An Ingleside Middle School student works the booth at the Arcadia Farmers Market, selling the Garden Clubs produce. (Right) An Arcadia Neighborhood Learning Center student helps plant new seeds for the school garden.

The Arcadia Neighborhood Learning Center, a K-8 school in Arcadia, has spent the last three years developing their own garden, greenhouse and educational program based on their fruits and vegetables. Local chefs participate in cooking lessons once a month, using science, reading and math with large groups of students.

In 2014-15, Ingleside Middle School created an after-school garden class run by teachers

and volunteer gardener Barbara Halden. Barbara, responsible for building the Hopi Elementary School garden in past years, has now tackled the soil with middle school children, instructing them on the growth and harvesting process, as well as the distribution of their products.

"The kids sell their produce every month at the Arcadia Farmers' Market," said Halden. "The income goes back into the garden fund

for items needed in the garden. The students learn how to harvest, package and promote their veggies, herbs, seeds and flowers. We recently designed our own banner and paid with our earned money for the printing."

At area restaurants, chefs and owners are also bringing the farm closer to the table by building garden boxes above the ground with rows of herbs and vegetables. Citrus trees natural to the area are also part of some

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restaurant landscapes.

El Chorro in Phoenix was originally constructed as the Judson School for Girls by John C. Lincoln in 1934, but has been operated as a restaurant since 1937.

A garden was added to the property in 2009 when the restaurant underwent renovations.

“Our garden, or any garden for that matter, is a constant reminder of where food comes from,” said Chef Charles Kassels, who has been the chef at El Chorro since the reopening in 2009. “Food does not come from boxes. In its purest form, it comes from the earth. Our garden is also a calming space for me. I enjoy maintaining the garden and using its produce.”

Jewel’s Bakery and Cafe in Arcadia is a family run, gluten-free restaurant where finding the most fresh and locally sourced products is key to their business plan.

Recently adding their own garden, Jewel’s has found that it not only adds to the ambiance but also produces fresh ingredients used in many of the restaurant’s dishes.

With little space, the garden was created by Urban Gardens (also an Arcadia business) and hangs on a fence, surrounding the patio area.

“Our herbs are picked fresh for our recipes and also used in our cafe’s daily homemade infused water – such as mint and lemongrass,” said owner Julie Moreno.

One of the most well-known and visible restaurant gardens in Phoenix is the garden at The Parlor Pizzeria.

Built in the walkway to the entrance, patrons cannot miss the fresh chard, kale and herbs that fill the beds.

“Seven years ago when we were designing the space, the entry way came together with a landscape area right near the door,” said Aric Mei, owner of The Parlor. “I thought, ‘let’s do a seasonal menu and create an herb garden.’”

As The Parlor neared opening, the pressure and stress was intense.

“I began ending the crazy construction days with gardening,” said Aric. “It was cathartic.”

The Parlor had no idea, however, the impact their garden



Owner of The Parlor Pizzeria, Aric Mei, tends to the restaurant garden.



Owner and chef of Jewel's Bakery and Cafe, Julie Moreno.

would make on their community. Both on their staff, who all pitch in to tend to the needs of the ever-growing plants, as well as their patrons who talk about it and create their own.

“Dozens of our customers have been inspired to create their own gardens,” said Aric. “For me personally, it was a gateway drug.”

Aric recently purchased a .75 acre property in Arcadia and has developed an 800-square-foot plot in his backyard.

When it comes to Aric’s thoughts on restaurant gardens, he referenced a book by award-winning chef, Dan Barber.

For over a decade, Chef Dan Barber has investigated farming communities around the world. He’s come to the conclusion that American cuisine requires a radical transformation in order

to save our food, our land and our health.

Barber dares the public to “imagine a future for our national cuisine that is as sustainable as it is delicious.”

“To me, Barber’s book *The Third Plate* is a really important part of the future,” said Aric. “He asks ‘What’s the chef’s responsibility?’ I want my future to be involved in figuring that out.”

Read more about Aric Mei’s home garden on **page 16** of this month’s *Arcadia Home & Design*, included in this paper.

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Celebrate Earth Day: Give back with a carton garden

By Lisa Weisenburger

"Each generation takes the Earth as trustees." – J. Sterling Morton.

Every year for longer than most of our children – and some of us – have been alive, Americans have celebrated Arbor Day and Earth Day. These designated days were established to raise awareness, ignite energy and promote positive change toward our finite, ever-smaller planet.

According to the Arbor Day Foundation, Arbor Day was founded in Nebraska in 1872 by J. Sterling Morton. Morton and his family moved to Nebraska from Detroit in 1854. He and his wife were avid lovers of agriculture and nature. Morton and his fellow pioneers missed their trees, which were also needed for windbreaks, shade, fuel and building materials. In January of 1872, he proposed a tree-planting holiday. In April of that same year, it's said that over 1 million trees were planted, thus Arbor Day was born. This year, Arbor Day is April 24.

Earth Day is celebrating its 45th anniversary on April 22, 2015. The idea for Earth Day came to Wisconsin Senator Gaylord Nelson after witnessing the horrific results of a massive oil spill off the California coast in 1969. On April 22, 1970, over 20 million Americans took part in rallies and demonstrations in the streets, parks and auditoriums advocating for a healthy and sustainable environment in which to live and raise their families. Now the Earth Day initiative has spread to every proverbial corner of our planet, with the conversation increasingly leaning toward sustainability.

Keep the conversation alive.

To those who argue that the up-and-coming generations are well-informed about saving the planet and take more initiative than ever before, I respond with the fact that my grandmother hung out her laundry on the line every day, rather than turning on an energy guzzling dryer. Grandpa maintained the garden and went to the store only for milk and meat. He walked to that store, by the way.

Maybe we can all do more for the cause. During this month that celebrates Earth Day and Arbor Day, push yourself to go beyond putting your trash in the proper recycle bin.

It may be easier than you think to help save the planet this year:



KIDS CORNER

- Did you know that SRP will give you two free trees if you attend a Shade Tree Seminar provided by the Valley Permaculture Alliance? Details are available on savewithsrp.com.

- Did you know that as a thank you for joining the Arbor Day Foundation, they send you 10 trees? Memberships start at \$10.00. Visit arborday.org for information.

- Keep Phoenix Beautiful, an affiliate of Keep America Beautiful, is hosting Earth Day Phoenix on Saturday, April 25, 2015. Go to earthdayphoenix.org for details.

One of my favorite children's books on the subject is *This Tree Counts* by Alison Formento, illustrated by Sarah Snow. This is a story that not only teaches kids counting, but also about the natural habitat of 10 different living creatures. The old, giant oak tree in the book has a huggable purpose and tells the story if you listen closely. At the end, the children are inspired to plant 10 trees to keep the old oak company.

Earth Day, Arbor Day and *This Tree Counts* inspired the carton garden. This fun and simple activity helps kids start seeds for their garden.

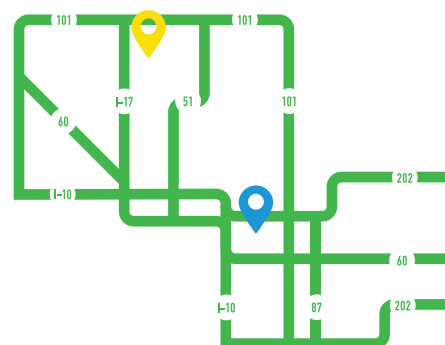
SUPPLIES

- egg carton
- seeds
- potting soil
- scissors

1. Plan ahead and save the cartons from all those Easter eggs to use for this project. I prefer using the pressed paper- or cardboard-type of egg carton. It just seems environmentally friendly. If using a foam-type of egg carton, you will need to poke a small hole in the bottom of each egg cup.
2. Fill each egg cup with potting soil. I start with damp to moist soil. Make a little depression in the soil on each cup.
3. You can start with vegetable, herb or flower seeds, but any will work. It's up to you and your little gardener (aka Earth saver) what type of seeds to plant. It is also fun to harvest your own seeds, such as those from cucumbers or peppers. Seed packets are not expensive and can be found at gardening centers and hardware stores for as little as three packets for \$1.
4. Once you have your seeds, put a few in each cup and gently cover with soil.
5. Carefully water the seeds. The pressed paper carton soaks up a lot of water. If you plan to keep the seeds inside the house until sprouts arrive, you may want to place the carton on a waterproof surface.
6. Place seeds in a sunny window and wait for the magic to happen!
7. When seeds have sprouted, you can transplant them into a pot or garden in two ways. If you're using the pulp-style egg carton, simply cut the egg cups apart so that sprouts are still in the cups, but each cup is now separate. You can then plant each cup directly into the soil. If you're using the foam cartons, you need to take the small plants out of the carton before transplanting them. You can then reuse the carton for more seeds.



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Fresh fish and nautical inspiration found at new restaurant

By Amanda Goossen

Amongst the Phoenix food scene, chef and restaurateur Aaron May is a well-known name. His flagship restaurant Over Easy, however, might be more familiar to most Arcadians than the man himself.

Opening in 2008 at 40th Street just south of Indian School Road, Over Easy established a fanatical following before moving to 48th Street in 2011. May's M&M pancakes and other hearty diner food attracted Food Network's Guy Fieri and his show Diners, Drive-Ins and Dives in 2009, when Fieri said, "the chicken fried steak is dynamite!"

Originally from Chicago, Aaron May came to Arizona to attend the University of Arizona. With a passion for food and an unstoppable desire for creativity, Aaron left U of A to begin the culinary arts program at Scottsdale Community College at age 20. After graduation, Aaron moved to France where he spent a year attending Ecole Ritz Escoffier, increasing his knowledge and technique as a classically trained chef.

After France, Aaron secured positions working under celebrity chefs Douglas Rodriguez and Mario Batali in Scottsdale and New York.

In 2003 he returned to Scottsdale where a new collaboration began with local bartender, Quinn Goldsberry.

"I was a lowly cook and Quinn was a bartender," said May. "We shared the same affinity for good food and fun."

An immediate friendship and eventual partnership was formed.

Today, the men operate nine different restaurants. Yacht Club, in Arcadia, is the latest in their culinary designs.

In June 2014, Aaron took over the building La Fontanella called home for over 30 years. With heavy embroidered curtains and authentic Italian food, La Fontanella was such a familiar visual and staple of the community. The day the windows were shuttered, the community was surprised.

Aaron May knew it was the space he needed.

"When the space became available, we wanted it," said Aaron. "We love this area. We were excited to have neighbors such as the Little Woody, the Vig, Crudo and Essence Bakery. Being in the same community as these great spots was a no brainer."

Next came the concept for the restaurant. "We like to have fun with our concepts," said Aaron. "Quinn and I opened a lodge [The Lodge] in the middle of the desert... so why not a Yacht Club?"

Quinn Goldsberry is originally from Palo Alto and spent time in Seattle as well. California and the Pacific Northwest are part of his heart and soul.

"Quinn probably should have been a boatman," said May. "This restaurant encompasses his affinity for the coast."

Yacht Club has a large bar space with two dining rooms. White walls enclose the space with sailboat-inspired décor adorning the eating area. Large windows in the front and a few portholes are on the surrounding walls,

PLACES WE LIKE

making the space bright and inviting.

For the menu, Aaron wanted delicate fresh seafood to be the star. While there are menu items such as Crab Dip, Lobster Rolls Two Ways and even a Cheeseburger Deluxe, the simply prepared fish specials and seasonal oysters are a favorite of the chef.

"Who doesn't love to sit and sip great wine or rosé and eat oysters?" said Aaron.

The fish is flown in each day by Jet Fresh Seafood and with items such as Alaskan halibut coming into season and sea urchin on the horizon, this chef and restaurateur is a happy man.

"It's a myth that good seafood can't be found in the desert," said Aaron.

— Yacht Club is located at 4231 Indian School Road. For more information go to arcadiayachtclub.com.



Inside the Yacht Club patrons can find menu items such as Lobster Roll Two Ways, Oysters, and fresh fish.



PHOTO BY KING LAWRENCE

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Mary, Mary... How does your garden grow?

By Lisa Weisenburger

Mary Celle's garden grows with lots of love and little hands! When Mary is not working full time as a financial advisor with Edward Jones, she is hanging out with her husband and two children.

When Mary is spending time with her children, they are most often found outside in her garden or in the kitchen with chairs pulled up to the counter, all hands on deck.

"I always had a garden as a child. Growing up in Kentucky, in the foothills of the Appalachian Mountains, the garden was a simple part of my everyday life," says Mary.

Mary has lived in Phoenix, primarily in the Arcadia area, since 2001. For some, having a prolific garden in the desert may seem impossible. Mary makes it look easy. She plants produce she knows her family likes. In fact, Mary says they eat – or share with neighbors – 100 percent of what they grow.

Mary's garden is created primarily from seeds.

"Seeds are much more cost effective than purchasing the plants," said Mary.

She says it's gratifying for her kids to plant seeds, water them, watch them grow and harvest them when the plants are ready. When asked where she gets her seeds, Mary produced a dog-eared, sticky noted seed catalog from Baker Creek Heirloom Seed Co. in Missouri.

"Taylor and Luca love to go through the



Tiny hands roll out fresh pasta in the kitchen.

catalog and pick out seeds. I tend to go for things like purple cauliflower and green beans with reddish purple stripes. You can't find these in the typical grocery store," said Mary.

After following the family out to the garden to gather produce for the dinner salad, it was a joy to watch them go crazy pulling out carrots. Gardening must breed patience because Mary calmly coached her children on how to tell when the carrots are ready.

"Look for the ones that are poking their colorful heads out of the ground," Mary said.



The Celle garden has six kinds of lettuce and a slew of different vegetables.

ARCADIA COOKBOOK

"Just use your fingers to pinch off the lettuce leaves you want to eat – don't pull out the whole plant."

The colander filled quickly with lots of little hands to help.

Have you ever seen a red carrot the size of a 4-year-old's forearm? Check the Celle garden. Mary says her children would be thrilled if all she ever planted were carrots.

"They love carrots. All of them."

By that she means: There are no orange ones in the patch right now. Red, white and purple, but no orange.

Mary has six kinds of lettuce, as well as kale, celery, carrots, snap peas, snow peas, cauliflower, broccoli, radishes, beets, dill, parsley, thyme and that's just scratching the surface. She will soon have tomatoes as well. In addition, the Celle family also has fruit trees, including peach, apple, grapefruit, Valencia orange, lemon and lime.

With all this beautiful produce, it's a good thing Mary likes to cook. Often on the weekends Mary finds time to get a head start on the week's cooking. Many Sundays she makes a large dinner for her immediate and extended family with the plan to make enough to freeze.

A treat for her Sunday dinner is the kale and carrot raviolis she prepares with fresh produce from her garden. The garden salad is fresh and has homemade dressing made from her homegrown herbs.

The children participate in the preparation. Taylor loves putting the pasta through the pasta roller and then helping to spoon in the filling. Luca runs the carrot tops out to the composter. (If Mary's freezer wasn't already full, she would make vegetable stock with them.)

With the chair pulled up to the counter, even the neighbor kids get involved. Mary says, "This is very typical around here. I start with one or two and eventually have four or more kids lined up to take their turn in the kitchen."

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Salad Dressing

- 1/4 cup white wine vinegar
- 1/4 teaspoon salt
- 1/2 teaspoon sugar
- 2 teaspoons shallot, finely chopped
- 1/3 cup fresh herbs, chopped; I use dill, thyme and giant leaf parsley
- 3/4 cup extra-virgin olive oil
- fresh ground pepper

In a small bowl, mix ingredients together. Use dressing over a salad made from mixed greens, peas, shredded carrots, shredded radishes and herbs.



Ravioli Pasta

- 2 cups flour
- 1/2 teaspoon salt
- 1 tablespoon flour, plus extra for dusting pasta and surface
- 3 extra large eggs
- 1 tablespoon olive oil

In a bowl, mix dry ingredients. Make a well and put in wet ingredients. Stir. Wrap dough in plastic and let stand for 30 minutes at room temperature.

Cut dough in quarters and work with one quarter at a time. Keep the rest wrapped.

Flatten.

Fill with carrot and ricotta or kale and ricotta fillings (see below).

Cut.

Pinch pasta to make sure closure is tight. Rub a bit of water along the edges before pressing to help dough stick together.

Gently lower stuffed ravioli into bowling water and cook for 3-5 minutes.

Using a slotted spoon, lift the raviolis out of the water.

Douse with olive oil.

Add freshly ground pepper, salt and Parmesan cheese.

Carrot and Ricotta Filling

- 3 large carrots, chopped; I use red and white carrots
- 1 tablespoon olive oil
- 2 teaspoon unsalted butter
- 1 tablespoon shallot, minced
- 1 tablespoon heavy cream
- 1/2 cup ricotta cheese
- 6 tablespoons Parmigiano-Reggiano
- pinch ground nutmeg
- 1 large egg yolk
- freshly ground salt and pepper to taste

Heat oven to 400° F. In a bowl, coat chopped carrots in olive oil. Transfer carrots to a baking pan and roast until carrots are soft.

In a skillet, melt butter, add shallot and cook until softened.

In food processor combine cooked carrots, shallot and cream. Puree until smooth.

Transfer puree to a bowl and add ricotta, Parmigiano-Reggiano, nutmeg and egg yolk.

Mix well. Season with salt and pepper if needed.

Stuff pasta.



Kale and Ricotta Filling

- 6 tablespoons olive oil
- 2 garlic cloves, smashed
- 3/4 pound kale leaves, ribs removed and leaves cut into small pieces
- 1 1/2 cups ricotta cheese
- 3/4 cup Parmigiano-Reggiano
- 1/2 teaspoon lemon zest
- 1/8 teaspoon grated nutmeg

In a skillet, heat 3 tablespoons of the oil over medium heat. Add garlic and brown on both sides. Discard garlic.

Add kale to oil and cook until tender.

Drain greens, let cool, then place in a bowl.

In the same bowl, add the remaining ingredients. Mix well.

Stuff pasta.



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Fly and dine: Not your average balloon ride

By Mallory Gleich

Olivia Laux never dreamed that she would one day co-own an air balloon touring company. A graduate of Arizona State University, Laux was working as a metallurgical engineer in Globe when her growing relationship with Matt Cooley blossomed into something bigger. Much, much bigger.

Cooley was born in Lincoln, Nebraska and knew from the get-go that he was destined for something amazing. Laux, a local, grew up in Apache Junction and was studying chemical engineering when the two met in 2006.

"I moved to Tempe on a whim and met Olivia through a couch surfing website," said Cooley. "I typed 'outer space' into the search bar and her name came up."

Laux was a member of a star gazing group, and the two hit it off right away.

"Her entire profile was hilarious. She had turned six or so really generic required questions into an opportunity to express her big personal whimsy," said Cooley.

Within days, Laux and Cooley realized they lived just blocks from each other. They soon started hanging out, attending barbecues and going on hikes together.

Cooley was on the road again a few months later, this time ending up in Oregon, where he stayed for three years. Laux and Cooley



The dining portion of the ride includes food and drinks from local purveyors.



PHOTO BY MALLORY GLEICH

kept in touch and got together when Cooley was in town to visit. He ended up working for an ice cream shop, which he says gave him inspiration for what he does now.

The idea for Laux and Cooley's company, Float Balloon Tours, started with a balloon ride in 2008.

"I couldn't take my eyes off of the pilot's hands, counting the seconds between burns and what the balloon did," said Cooley. "I was totally taken by the experience, and I

knew ballooning would surface in my life again, I just didn't know when or how."

After living in Portland for a few years, Cooley ended up in Fairbanks, Alaska. He and Laux continued their courtship over the phone, which was when the concept for the balloon company started to take shape.

"The idea of starting a balloon ride company had been presented, but we just couldn't figure out how to bring creativity and innovation to something that has been

done in the same way for centuries," said Laux.

The two spent days and nights figuring out how each element of the balloon ride experience could be improved. They wanted everything to be perfect.

Cooley and Laux said they worked with professionals in other fields – such as chefs, florists and cocktail makers – to "explore ways that we could do their craft justice in our field." From those explorations came

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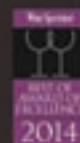
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Laux and Cooley came up with their business idea after a balloon ride together. PHOTO BY TYLER MEESTER

Float Balloon Tours.

“We’re sharing a part of Arizona that many, including locals, never get to see, so we wanted to bring a small part of everything we love about Phoenix into it,” said Laux and Cooley.

Float Balloon Tours provides sunrise and sunset rides. After the ride, travelers enjoy a gourmet meal from local chefs: Pizzeria Bianco, Cartel Coffee Lab, and Arizona Hops and Vines, to name a few.

Watching the balloon set-up is an experience in itself, but views of the Bradshaw Mountains, Lake Pleasant and the Sonoran Desert make Float Balloon Tours something guests will never forget, which is exactly what Cooley and Laux wanted.

“We’re having so much fun,” said Laux.

— For more information about Float Balloon Tours, visit floatballontours.com



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Seven reasons why you don't lose the extra pounds

By Andrea Barkley

As Valley temperatures begin to rise, many are looking for ways to lighten and tighten up in time for sundresses and swim trunks.

Yet, when it comes to embracing an active lifestyle, Arcadians fall seemingly well above average.

Residents are often seen walking their dogs, pedaling their beach cruisers and embarking on hikes and regular runs.

Add the new yoga, spin, Pilates and other boutique fitness studios popping up around town, and the message is clear: We are an active bunch!

With all this activity and mindfulness toward fitness, why are so many struggling to shed a few stubborn pounds?

In my years of experience as a personal trainer and nutrition coach, here are the top seven reasons you're not losing weight:

1. You're not eating enough – The old adage of calories in, calories out holds some truth; however, it is easy to eat too few calories, causing your metabolism to slow in an effort to preserve energy and keep your vital systems running.

Plus, real food is surprisingly low in calories. While enjoying a big salad drizzled with balsamic vinegar and topped with fish is a completely nutritious choice, an active individual will need more food throughout the day to make up the calorie deficit.

2. You're not eating enough carbs – Lowering the amount of carbohydrate intake is a popular approach to weight loss, and for good reason. If you're overweight and leading a near sedentary lifestyle, it makes sense that your body requires less fuel.

But, if you're strength training, bike riding, practicing yoga, playing with the kids and running a business, you've got to fuel up with carbohydrates.

Try eating carbs at each meal that will fuel your active lifestyle and make you feel energized, like sweet potatoes, butternut squash, fruit and quinoa.

3. You're not balancing your macronutrients – Whether you're following a Paleo, vegan or vegetarian diet, it's imperative to balance your ratio of proteins, fats and carbohydrates – otherwise known as macronutrients – for the day.

Macronutrients are good for you, but they need to be eaten in the right proportion.

You can do a quick Internet search for a macronutrient calculator and begin tracking your intake on a simple app like My Fitness Pal.

4. It's time to mix up your workout – The body is efficient at adapting to repeat performances, so if you've been cycling the same workouts, creating variety in your fitness routine may be the spark your metabolism needs.



Andrea Barkley uses protein shakes as part of her diet.

FOOD WISE

Try lifting heavier weight, performing compound exercises that work multiple muscles at once, or swapping a few long cardio sessions for high intensity intervals.

5. You aren't sleeping enough – Lack of sleep not only causes brain fog, it can cause cravings for excess carbohydrates, fat and sugar.

Inadequate sleeps also creates a rise in the stress hormone cortisol, which has been linked to belly fat.

Climb in bed as early as possible, leaving sleep-disrupting phones and tablets out of the room.

Instead, try reading under the covers with ambient light to help lull you into an earlier and longer night of rest.

6. You need to have more fun – A great way to counteract stress hormones like cortisol and epinephrine is to add a big dose of laughter and fun into your life.

Engaging in activities that bring you joy increases healthy hormones like endorphins that can strengthen immunity and overall health.

So, as important as it is to schedule a meeting and your workout, you must also schedule some regular fun.

7. You don't actually need to lose weight – This is my favorite reason of all! When was the last time you looked at your body and just loved it in all its glory, despite your perception of its imperfections?

In today's heavily photo edited world, we've lost sight of what a real body actually looks like.

So, if you feel healthy, eat nutritious foods, exercise, sleep well and have fun, take a moment of gratitude for your body and love it just the way it is.

— Andrea Barkley is an Arcadia resident, trainer, private cook and writer.



At Prince of Peace, volunteers packed meals of rice, soy and oatmeal for Food for Kidz.

Over 60K meals assembled

By Heidi Staudenmaier

More than 300 volunteers from the Arcadia neighborhood and beyond converged on the Prince of Peace Lutheran Church gymnasium (located on the corner of Indian School and 56th Street) on Saturday, February 28, to volunteer at the Arcadia Cares: Food for Kidz Packathon. More than 62,000 meals were packed for distribution to hungry children and their families in the area and internationally.

Volunteers packed meals in assembly lines for one-hour shifts or longer. The packathon ran from 9 a.m. to 2 p.m. People from age 3 to over 80 came to help. Neighborhood groups including Boy Scouts Troop 6; Daisy and Brownie troops; religious, school and business organizations; sports teams; families; and others in the area lent a hand.

The Arcadia Cares committee initially hoped to secure between 150-200 volunteers to make the event successful. However, people poured into the gym on the morning of the event and the final count was over 300 participants. The individuals at each station assembled the various ingredients into an industrial grade plastic bag, which was then sealed and loaded into a box.

The goal was 30,000 meals, but the count after the event revealed 62,708 meals packed in sealed bags, more than doubling the goal. The meals were placed into boxes, dated (they have a shelf life of three years), and shipped off by semitruck. Of the meals packed, 80 percent were donated to Valley View Community Food Bank for local distribution to shelters and other needy venues. The Food for Kidz organization will ship the other 20 percent to Nicaragua.

"Few things are worse than not having enough food to eat," said Steve Crofton, a member of the Arcadia Cares committee. "The neighborhood came together for the very worthy cause of fighting hunger and showed that Arcadia really cares about helping others."

The Food for Kidz model provides individually packed, highly nutritious and filling meals that include rice, soy, vitamins and dehydrated vegetables. The meals are reconstituted with water. In addition to the rice and soy based meals, volunteers also

packaged meals with instant oatmeal and other ingredients for a healthy breakfast. Each meal provides a day's worth of vitamins and nutrients to enable children to grow up strong and fight off diseases and sickness. The Arcadia volunteers put together 31,968 rice and soy meals and 30,740 oatmeal meals. To put this number into perspective, enough meals were packed to feed each spectator in a 60,000-seat NFL stadium.

Ingredients for each meal cost 15 cents. Or, put another way, a \$15 donation paid for 100 meals. One packed box contains 216 meals, which will feed a child for seven months at a cost of \$32.40. All donations received before and during the event were used directly to pay for ingredients.

Prince of Peace Lutheran Church Pastor Rick Sherrill served as the master of ceremonies for the event, by directing volunteers to their stations, encouraging their efforts, and announcing the meal tally after each shift to loud cheers from the participants. It truly was a neighborhood-wide event and plans are already underway to replicate the day, but the committee intends for it to be bigger and better next year. Inspired by the successful initial effort, Pastor Rick said, "This was a true community effort. It made my heart sing to see so many different people from a wide variety of community groups working alongside each other to fight hunger."

Critical to the event were the boys of Troop 6 who helped with the heavy lifting jobs, as well as the many Prince of Peace church members who organized and implemented the event.

Food for Kidz started its volunteer efforts in Minnesota over 10 years ago and has helped coordinate packathon events in various locales, shipping millions of packaged meals around the world to hungry people. The organization provided all of the ingredients, equipment, supplies and on-site staff to assist with the Arcadia Cares event.

"This is what Prince of Peace is all about," Pastor Rick said, "bringing the community together in a spirit of joy and cooperation to serve others."

Tracey Zemer

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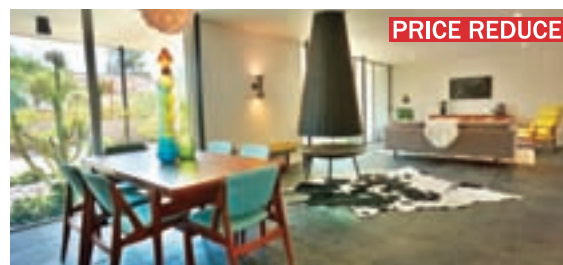
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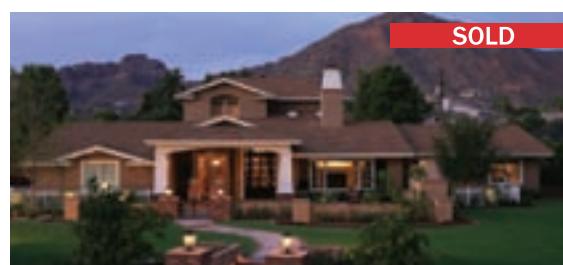
\$725,000
7133 N 40th Street
Paradise Valley
(desert lot)



\$975,000
5302 E Doubletree
Ranch Rd, PV
(Al Beadle)



\$1,450,000
5735 N Harding Dr
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On the course at ACC!



5968 E Orange Blossom - \$2,450,000



New Listing!

330 W Orangewood - \$649,000



New Listing!

3330 N 60th Street - \$1,390,000



REDUCED!

3612 N 51st Place - \$765,000



New Listing!

3411 Valencia - \$1,385,000



New Listing!

3108 N Marigold - \$650,000
or lease \$3,500/mo



10452 N 48th Place - \$765,000



5515 E Camelhill - \$895,000



5132 N 42nd Place - \$899,000



REDUCED!

4423 N Camino Allenada - \$795,000



Pending

3429 E Coolidge St - \$649,000



REDUCED!

6215 E Exeter Blvd - \$3,075,000



4216 E Clarendon - \$745,000



On the course at ACC!

5818 E Orange Blossom - \$1,695,000



SOLD!

4726 E Mariposa - \$925,000



3614 N 47th - \$459,000



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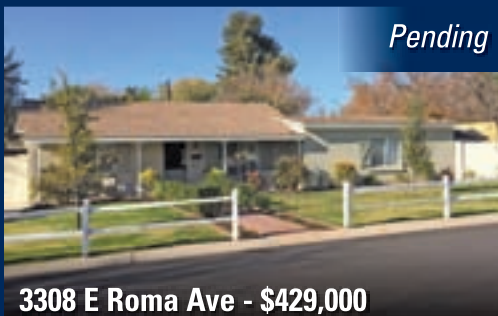
SOLD

5120 E Exeter Blvd - \$2,775,000



SOLD

4415 N 61st St - \$1,370,000



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6400 E Joshua Tree Lane - \$2,655,000



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The very first best friend

By Kindra Hall

About two months before my first child – a boy – was born, some friends held a beautiful baby shower in my honor. It was filled with smiles and gifts and friends and cupcakes: all of my favorite things.

After the oohs and aahs and games – that always sound more fun when you read about them on the Internet – were complete, I couldn't wait to get home to my husband, Michael, to show him all of the wonderful things my wonderful friends had picked out for our sure-to-be-wonderful son.

Michael and I sat on the floor in the nursery while, one by one, I held up each gift and made him ooh and aah over it just as I had an hour earlier. Clever devices to help baby sleep, clever devices to make bath time more pleasant, clever little outfits to ensure our son would be the best looking boy on the block. While revisiting each gift, I got more excited at the thought of using it; each gift made the whole concept of having a baby more real.

And then one outfit stopped the gift parade in its tracks. One little onesie. One tiny, newborn outfit brought a whole new level to the "reality" of it all.

Michael watched as I pulled a small, gray outfit from the pile. It was small and precious and simply said: Mommy's Best Friend.

I began to coo over it – like I had with all the others – when I noticed a strange look on Michael's face; one I didn't

GIRL NEXT DOOR

recognize. Not quite disappointment, and not just sadness, but rather a unique combination of both. The only way to describe it was...hurt.

As I tilted my head and crumpled my eyebrows in confusion, Michael spoke. Quietly. Sadly. Hurt.

"But I'm your best friend," he said.

Looking back, those are perhaps some of the most important words Michael has ever uttered.

In those first few months of my son's life, I spent almost every waking hour – and many not-nearly-as-awake-as-I-should-be-if-I'm-handling-an-infant hours – with the little man.

During the day, while Michael was at work, my son and I had a lot of quality time together. We played "try to pee on mom" and "look how long I am when I stretch" on the changing table. We sprawled out in the living room – he on a colorful mat of sea creatures and me on the wood floor that desperately needed to be cleaned. I rolled him onto his belly and he complained about how heavy his head was. We had picnics on a blanket in the backyard – where I sincerely hoped no one peered over the fence to see the source of his meals. We read *Gossie the Gosling*. We read *Goodnight*



The onesie that changed everything.

Moon. We read them both again. We played with finger puppets where I created controversial plot lines so I could be entertained as well.

We chitchatted. I said, "I love you." He responded with, "A goo a goo a goo," which I was pretty sure meant he was a genius. We smiled and giggled and smiled and giggled and repeated until his smiles needed to be recharged by a nap, then some food, and then it started all over again.

Under 12 pounds and entirely captivating, it was so easy to get totally caught up in him – in every smile, in every sigh, in every goo and gurgle. It will always be easy to get lost in the love I have for that little man.

So easy...and kind of dangerous.

That afternoon after the baby shower, after I finished showing Michael the rest of the gifts, he left the nursery to work in the yard a bit (male-nesting) while I spent some time alone. I put the gifts from the shower in their well-organized-pre-baby places. I took the tags off all the clothes and prepared them for their fragrance-free trip to the washing machine – all the clothes except for one small, simple gray onesie.

I stood there in the silent nursery for a moment, holding the onesie and considering what its small, embroidered message was really saying.

That soon there would be another man in my life.

Although it had been fourth grade when I last worried about "best friend" status – after exchanging half of the heart from a "best friends" necklace – I stared at the small outfit in my hand and wondered: Was Michael right to be worried? Could I really be carrying not just a son, but also a new best friend?

Standing there, I replayed the image of the look on Michael's face: hurt. And I made a decision.

While I love my son desperately, he is my son.

Michael – my biggest fan, best critic and husband – will always be my best friend. My son needs that relationship, the one between his father and I, to remain strong far more than he needs a half-a-heart necklace from me.

While it won't always be easy, while sometimes the Kindra-Michael relationship will risk getting lost in the shuffle of parenthood, I must do whatever I can to let Michael know: He is the greatest best friend I have ever known. As for the little gray onesie, it's tucked safely away in the back of a dresser drawer as a silent reminder. A reminder of the love I have for the man, Michael, who had my heart first.



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By Kaley Kalil

• **Bring a portable humidifier** – A good night's sleep is crucial. Our bodies are more prone to illness when traveling because we're exposed to more germs, and without proper sleep your chances of getting sick increase exponentially. A travel humidifier can be calming and healing, as well as create a type of white noise to help you block out unfamiliar sounds. Humidifiers are a great way to counter dry climates, keep your nasal passages clear while traveling to locations that may cause allergies, and even provide indoor heating and cooling.

• **Arrange fresh flowers** – It's amazing what fresh flowers can do. A simple flower arrangement can help bring peace and tranquility to your temporary home away from home. The fresh, floral scent will cover up the unfamiliar smells of your new surroundings, as well as give you a homemade focal point that's uniquely yours. Unpack your suitcase – Unpack your suitcase as soon as you check in to your hotel, even

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Longtime book club: So many great books, so little time

By Jean Hodgson

My living room was crowded with women on March 2. It was National Read Across America Day and also the birthday of Theodore Seuss Geisel (aka Dr. Seuss), but that wasn't the reason for the gathering. This is what we do the first Monday evening of every month, and what we have been doing since 1999 – meeting to discuss an interesting book and share insights from our common love of reading. That night we talked about *Orphan Train* by Christina Baker Kline, but over the years we have read and discussed more than 180 books!

I asked these friends to look over that extensive list and identify some books that had a strong personal connection for them because of their life experiences. This was a daunting task as we have read so many outstanding books, but here are some insights from my “panel of experts” that might resonate with you as well.

Sarah's Key (Tatiana De Rosnay) – It enlightened me on a holocaust that I never knew about in Paris. It tugs at the heart in a poignant story about a sister's grief and guilt.

The Master Butcher's Singing Club (Louise Erdrich) – As the daughter of a master butcher in post-World War II Germany, I practically grew up with the Fleischer Gesangsverein Berlin,



Jean's book club has met for over 15 years and has read nearly 200 books.

Gruppe Spandau.” I felt as if I personally knew Fedelis Waldvogel. The book certainly brought back some wonderful memories for me.

People of the Book (Geraldine Brooks) and ***The Book Thief*** (Marcus Zusak) – Reading books written about books shows us what people have gone through to preserve a historical book and keep others from being destroyed.

Hotel on the Corner of Bitter and Sweet (Jamie Ford) – I could identify with the evacuation of the Japanese families from the west coast during WWII. I grew up in southern Idaho where some of the relocation camps were



located, and I remember as a child knowing a Japanese family who stayed in that area after the war and worked on my uncle's farm.

These is My Words (Nancy Turner) – Since I'm a history person, I love anything in that genre, especially those about Arizona as I'm born and raised here.



Gift from the Sea (Ann Morrow Lindbergh) – I had read this when my children were young and made notes in it. It was motivational to me at the time. When rereading it as an older empty-nester, it brought me much reflection and retrospective insight.



The Faustball Tunnel (John Moore) – Four members of our book club live in

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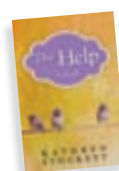
a residential area that was a German prisoner of war camp in WWII. This book was about its history, with pictures, newspaper clippings, military documents, maps and personal interviews with survivors who tried to escape. It answered many questions about the area we live in and the artifacts we've found.



Cutting for Stone (Abraham Verghese) – I knew nothing of Ethiopia, so part of the joy of this book was learning some of the rich and long history of the people of this country. Coming from a nursing and medical background, I could relate to the hospital setting and the struggle to give care in a poor facility.



The Help (Kathryn Stockett) – My husband and I spent the summer of 1964 in Tallahassee while he attended Florida A&M. We witnessed the turmoil in the South and experienced the discrimination as it is vividly portrayed in this book.



One book club member added this comment, “My favorite book is the last one I read and that keeps me going back for more. So many books, so little time.”

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Annual Arizona Gives Day makes giving back a priority

By Michelle Donati-Grayman

Henry David Thoreau, American poet and philosopher, said, "Not only must we be good, but we must also be good for something."

Arizona is home to more than 20,000 nonprofits that strive to bring good to our state. The work that these agencies do is made possible, in large part, through charitable contributions and corporate philanthropy.

That's where Arizona Gives Day steps in to help. Held each April since 2012, Arizona Gives Day is a 24-hour online giving experience that encourages Arizonans to donate to their favorite – or a new – nonprofit cause. This year, the statewide day of giving falls on April 7. Spring is a critical fundraising time for nonprofits because it occurs after the traditional holiday giving season, a time when many nonprofits find that resources are decreasing, according to Patrick McWhortor, president and CEO of the Alliance of Arizona Nonprofits.

"It's a way to amplify the voice of nonprofits during a time of year when they often don't get as much attention," McWhortor said. "It's a day to come together and make giving back a priority."

Beginning at midnight on April 7, Arizonans can visit azgives.org and pledge their financial support to the nonprofit of their choice. The donation will go directly to their chosen organization.

One of the 700 nonprofits participating in Arizona Gives Day this year is Support My Club, a Valley nonprofit that works with 53 Valley high schools that have over 260 clubs and teams. Based in Arcadia, the agency fulfills the needs of high school students in the areas of academics, activities, arts and athletics.

"We are thrilled to be participating again this year," said Heidi Rodriguez, development and operations manager for Support My Club. "The funds from Arizona Gives Day help us continue our program to help high school clubs and teams."

This year, Arizona Gives Day is challenging Arizonans to collectively surpass the \$1.5 million raised last year.

"We want to step up the game of the philanthropy in Arizona," McWhortor said.

Arizona Gives Day is presented by FirstBank and hosted by the Alliance of Arizona Nonprofits and the Arizona Grantmakers Forum.

"It's a way to amplify the voice of nonprofits during a time of year when they often don't get as much attention."

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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

2015 Home & Design Guide Themes

JUNE - YOUR INNER SANCTUARY
Ad space and design 5/15 @ Noon
Print-ready art due 5/18 @ 5 p.m.

OCTOBER - ART & FURNITURE
Ad space and design 9/14 @ Noon
Print-ready art due 9/17 @ 5 p.m.

AUGUST - CONSTRUCTION & REMODEL
Ad space and design 7/14 @ Noon
Print-ready art due 7/17 @ 5 p.m.

DECEMBER - DESIGN & DECOR
Ad space and design 11/13 @ Noon
Print-ready art due 11/17 @ 5 p.m.

Contact Roni Mier at 602-840-6379 or
roni@arcadianews.com for more information.

ARCADIA NEWS

PANDA preps for fundraiser

By Rachael Bouley

Local organization PANDA, People Acting Now Discover Answers, held a gelato social on Sunday, February 22, to celebrate its efforts and bring members and their families together to prepare for their main fundraising event in April.

PANDA works to raise funds for the Steele Children's Research Center at the University of Arizona. Last year, the Steele Children's Translational Research Center opened in Arcadia, giving presence to the center in the Phoenix area and making it easier for local families to participate in research studies. On Sunday, it served as the perfect location for a fun day of Frost Gelato, pictures and special speakers. The children who are modeling in PANDA's 16th annual Children Helping Children Fashion Show and Luncheon fundraiser on April 25 attended the event with their families.

"The fashion show is the main fundraiser that we do," said Sarah Smith, PANDA member. In this year's show, more than 50 children will take the stage at The Phoenician and share styles from local boutiques. There will also be a silent auction with nearly 150 packages, donated by community businesses.

On Sunday, the young models had their photos taken and heard from PANDA members on the importance of their participation and how they can be a friend to someone who is sick with cancer or other



Children were surprised by a visit from a furry friend.

difficult diseases. The kids were especially excited when a panda bear dropped by to pose for photos and give out hugs and high-fives.

Dr. Faye Ghishan, the director of the Steele Research Center, was on hand to speak with parents and children, and emphasize that their efforts can make a huge difference.

"Without the PANDAs, nothing would happen," Dr. Ghishan said.

Every year, the PANDAs focus their fundraising project on research for a particular disease. This year, funds will support research in pediatric cancer, specifically in methods of preventing relapses. The goal is to develop new therapies and implement new treatments that will give children a better chance to beat cancer permanently.

Since the group began, PANDA has raised over \$5.25 million to fund medical research for a number of devastating childhood diseases at the Steele Research Center. This year, they hope to raise enough funds to break their previous records.



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Friday, April 3, 12 p.m. & 7 p.m. : Good Friday Worship

Saturday, April 4, 9 a.m. - 11 a.m.
Easter Fun-Day for Kids and Families (Egg Hunt, Crafts, Treats and More)

Sunday, April 5, 7 a.m.
Easter Sunrise Prayer Service on top of Camelback Mountain!

Sunday, April 5, 9 a.m. & 10:30 a.m.
Easter Celebrations at Church

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Focus on science, tech, engineering, math for females

By Jessica Morrison

Since the 1990s, the number of women graduating with engineering degrees has decreased by half, from 36 percent to 18 percent, said Suzanne Fallender, director of Intel's Global Girls and Women Initiative. Fallender moderated the Girls Engineering Change panel at the Women Investing in Women Summit at ASU on February 20, where women who mentor girls in an effort to get them involved in science, technology, engineering and mathematics fields (STEM) discussed ways in which parents and the community can help girls become interested in STEM earlier in their education.

"I really think parents need to show kids what it means to be an engineer, even if they don't understand it themselves. Just knowing that this is a career path is really important," said Bianca Bracht, a Duke University biomedical engineering student.

Oftentimes, kids imagine STEM as involving a white male in a white coat, said Bracht.

"These images are engrained," said Jeanine Bashir, research and innovation program manager, for the Girl Scouts Arizona Cactus Pine Council. Bashir works with different STEM partners across the state, including partnering with ASU's STEM Innovation Task Force, and mentoring youth in the community.

The panel at ASU discussed how parents could enable school-age girls to learn about STEM, and encourage them to participate in activities that are offered in the community, through Girl Scouts, and programs such as CompuGirls.

Rebecca Beucher became involved in CompuGirls in 2014, while working on her master's degree at the University of Colorado Literacy School of Education. Beucher said she was always advised to move toward literacy in college, as well as in her early career as an English literature teacher at the secondary education level.

Beucher said she started to realize the importance of technology literacy. She also said she saw that technology brought into the classroom wasn't being used in innovative ways. Instead, it was mainly used only for word processing.

Beucher said CompuGirls, a program offered in some schools in the Greater Phoenix area, is grounded in social justice as much as technology. The program's courses include digital storytelling, coding through the program Scratch, interacting in a virtual world and designing avatars. Beucher said CompuGirls is expanding around the country, working with girls that are statistically underrepresented, and with Girl Scouts of Arizona to improve girls' literacy in technology.

Melina Smith and Bracht, both biomedical engineering seniors at Duke, also spoke at the panel. Smith and Bracht helped bring Girls Engineering Change (GEC) to nonprofit status recently. Their friend, Christine Schindler, came up with the idea to get more girls interested in engineering, and applied to the Clinton Global Initiative, which

"I really think parents need to show kids what it means to be an engineer, even if they don't understand it themselves."

— Bianca Bracht, a Duke University biomedical engineering student

recognized her idea two years ago.

Smith said that girls often shy away from STEM because in early math classes, students work individually, with less communication between others during those courses.

"It's geared towards men in the sense that in math and science classes, you're pretty much on your own; girls thrive more in a community, and that would be an important thing to introduce in the beginning: that engineering is team-based."

GEC mentors middle school-age girls, and involves them in hands-on projects. Recently, the students made solar phone chargers using soldering irons, which Smith said most students do not get to use until midway through an engineering degree. The phone chargers were then utilized in disaster relief.

"Girls are just as ambitious as men are, and a study was done and discovered that we are more ambitious when we are doing something to help others."

"Our goal is to open girls' minds to the fact that engineering is a possibility, just like English is a possibility. A good thing for parents to do is to have an open mind and a can-do attitude," Smith said.

Girl Scout Research Institute published tips for adults to help encourage girls in STEM. These tips included the following:

- Talk to girls as if they are interested in STEM, because research shows they are.
- Encourage girls to ask questions about the world and participate in experiments to

foster their STEM skills.

- Expose girls to experts and mentors in STEM fields.
- Parents need to educate themselves about STEM opportunities.

"Encouraging your daughters to go into a STEM field is something that is really important, and is a conversation that I don't know that a lot of parents feel comfortable having with their children. I highly encourage it," said Megan Greenwood, an audience member, and industrial engineer. She said there is a lot of conflicting information on STEM, and she wants schools to find a way to send a unified message to students.



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Summer program offers much more than entertainment

By Christina Surrano

Shy, 12-year-old Elva Blanks did not want to attend a weeklong summer youth leadership program, but was carted off by her mother anyway. After all, sometimes parents do know best. Even though Elva loved it by the end of the day, like a typical preteen, she certainly wasn't going to tell her mother that she was right.

At the end of the week, she asked to be signed up for the next session. This happened for many sessions thereafter. She eventually applied to be a peer leader, co-facilitating the program she came to adore, Workshops for Youth and Families (WYF).

That was almost 30 years ago. Today Arcadia mom, Dr. Alva Blanks, is a psychologist and serves as vice president on the board of directors for the nonprofit organization.

All three of her children participate in the program. She can recall the many times she filled up her vehicle with Arcadia kids and carted them off to WYF, which is now located at the facility of The Homestead Community Ranch Center at DC Ranch in Scottsdale.

When asked who she thinks should attend WYF, she replied, "I really feel like it should be mandatory for all kids. My kids go

because I feel like it prepares them for life."

She says that kids today face a lot of the same issues of previous generations, but are bombarded by the pressures with a greater frequency due to increased information accessibility and social media.

"There is so much pressure to fit in and these kids are so hard on themselves," said Blanks. "I feel like [WYF] is almost an inoculation shot to give kids confidence to not feel like they have to buy in to everything that makes them feel bad about themselves... that they can be who they are and that that's enough."

The program is for kids ages 9-19, divided up by developmental stages: 9-12, 13-15 and 15-19. According to Blanks, it was designed for kids dealing with normal teenage issues and addresses the appropriate needs of each developmental stage.

Well-trained, slightly older peer leaders who are also former WYF students, lead the program. This is a highly effective way to teach skills to young people because at this stage of development, most are more receptive to peer influence than to the influence of adults.

They also role-play and practice skills, which Blanks feels is a critical component to the effectiveness of the education.

"The part of the brain that works on social skills is the limbic system and it's paired with emotion. The way to train kids in the skills is to experience them. There is neurological and psychological evidence to support that."

A few of the other skills taught at WYF focus on gratitude, being fully present,

forgiveness of others and oneself, setting healthy limits, and respect.

Arcadia resident, Ally Bolden, age 11, has attended WYF with her friends and truly enjoys it, "It helps with the drama."

She said to others who are considering WYF, "You make lots of friends and it's really fun."

Ally's mother, Diane Bolden, is a published author and executive leadership coach with over 20 years of consulting experience.

When asked what she thinks kids get from WYF, she replied, "They are learning how to rise above the fray and not succumb to their emotions when they feel panicked, hurt or frustrated and how to deal constructively with the things that everybody is challenged with in everyday life."

"I work with executives all of the time on some of the same skills that these kids are learning in Workshop, and oftentimes, these are the skills that make or break leaders," she said. "I just don't think most teachers have the luxury of including them in their curriculum and it's really wonderful that these kids have an opportunity to be exposed to that at such an early age. It truly is the foundation of exceptional leadership both now and throughout their lives."

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Jose Antonio Vargas films portion of MTV film at Arcadia High

By Jessica Morrison

This past February, Pulitzer Prize-winning journalist, Jose Antonio Vargas, visited Arcadia High School along with an MTV film crew to record a portion of a new film about race relations in America.

Kevin Mooney, vice principal of Arcadia High School, said that 56 students were selected to meet with Vargas in an hour-long group interview for the film, which has yet to be released.

Vargas came out as an undocumented alien last July when he released the film "Documented," which aired on CNN June 29, 2014. According to "Documented," Vargas was sent to live with his grandparents in the U.S. by his mother, and never acquired the permit to continue to live permanently in America.

Mooney said he realized the opportunity for the students, and said he went to work pulling the necessary strings to make the interview happen, despite opposition from the community about the students' imminent interview with Vargas.

"This is a very important dialogue that's happening in this country now on race relations and the changing demographics of race in America. The film is going to be made one way or another, why wouldn't I want our students to be a part of that national dialogue?" said Mooney.

Mooney asked the school's teachers to select thoughtful and respectful students to



Lewam Berhane, Natalie Kanter, Kevin Mooney, Louis Aaron outside Arcadia HS.

be included in the film.

Natalie Kanter, 17, was among the students selected, along with Louis Aaron, 15, and Lewam Berhane, 16.

Kanter said that Vargas opened the interview with the statement, "We don't talk about race enough," and opened a question-driven dialogue with the students.

"He was definitely trying to draw out something different, not just the generalized

answer with his questions," she said.

The students discussed the fact that special scholarships are awarded to minorities based upon their race, and Vargas wanted to know their opinions on that issue.

"Before this I thought everyone was the same in America, but I kind of learned from other perspectives that's not necessarily true, and that there's a reason for these special scholarships. Colleges will accept the person

of color because they want diversity," said Aaron. "Not only do I have more opportunities than people of color, but diversity is more important," he said.

Aaron said that due to this experience, he now has more empathy.

While Kanter and Aaron are both white, Berhane is African-American, and was raised in the U.S. by her parents who emigrated to the U.S. from Africa.

"I thought everyone knew it was happening still," Berhane said, about racism.

Berhane told Vargas during the interview about an experience she had while in a store last year, when she and her brother, Ian, 13, were told to wait outside by the white store clerk. While they were doing so, the store clerk allowed a group of white boys into the store without rebuke.

Kanter said she was surprised by Berhane's story.

"It brought to light that I should think about this more," she said. "It's more of a serious issue than I previously thought. We need to recognize this is happening before we can move on."

Aaron said that he has had new realizations about diversity since Vargas' visit.

"I think it's really important to have leaders from different backgrounds," he said.

"If everyone who is a leader has the same view, that's the direction our country will take, so that's why it's important to have diversity."

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Carnegie Hall for All Saints'

By Katlyn Ewens

On February 15, All Saints' Episcopal Day School students traveled to New York City to perform at Carnegie Hall. The group was invited by Sara Bong, Vice President/Director of Program Development at MidAmerica Productions.

The performance has made an everlasting impact on the students.

"I am so glad we could be a part of the performance at Carnegie Hall; it's an experience I'll never forget," said Channing Kehoe, sixth-grade student at All Saints' Episcopal Day School. "We had the opportunity to combine our talents with other youth choirs, which helped us become a better choir and we were able to improve ourselves from the experience."

The students were not the only ones that learned something during this trip. The choir director, Scott Youngs, collaborated with other conductors that worked with the group.

"It was a pleasure to watch another conductor work with our kids," Youngs said. "It gives me a chance to step back, see how they respond and consider how successful our systems are."

Scott Youngs said he was fortunate enough to grow up in Tucson during a time when music played a large role in the public education system. He started with the Tucson Boys Chorus and later studied in France and Switzerland. He has been all over the world and brings a positive energy to All Saints' with the goal of educating, inspiring, training and fulfilling an appreciation of music and art.

He said he was very pleased with his group's performance on their trip.

"I am always thrilled by our students' performances," Youngs said. "The work they have put into their rehearsals shows them in their best light, and they always come alive with a special energy when onstage. Being onstage in Carnegie Hall brought out their very best."

The group was in New York for about a week in which they participated in a cross-cultural event with choirs from the United States and China. The choral performance took place during Chinese New Year and was an opportunity for these students to meet others with similar interests from around the world.

"Carnegie Hall is amazing; the acoustics are really good and the sound is great," said



A student braves the New York weather to perform at Carnegie Hall.

Andrew Chong, a sixth-grader at All Saints' Episcopal Day School. "It was really neat to meet new kids who are just like me. They are talented and can give advice [about performing and singing]. I made a lot of new friends."

The choristers travel out of state every couple of years. Their next performance will be on Easter morning at All Saints' with brass and professional choir at 9 a.m.

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Students participate in leadership training

By Rachael Bouley

On Saturday, February 21, five Arcadia High School students and one of their teachers, Sara Teller, had the opportunity to participate in a leadership development workshop presented by Kevin Black, founder of Executive Command and a veteran Army officer. Since retiring from the Army, Black has led these workshops in an effort to educate people on the skills they need to be effective leaders.

Students spent the day competing in teams on computers. They were responsible for tasks such as building nations, establishing economies and assembling spies and armies in an effort to defeat the other team. Through this hands-on experience, students learned to lead and communicate, think and plan strategically, manage resources and function successfully under pressure.

Senior business executives have also participated in this workshop, and the reactions of the adults and students are very similar. Despite the age difference, during their first games, both executives and students are often overwhelmed and caught off guard with the constant flurry of activity on their computer screens. The games can be stressful and chaotic, with unexpected setbacks and distractions. On Saturday, each game lasted anywhere from 45 minutes to two hours, and required students to put their minds to work.

"Thinking leads to communication, which



Participants collaborate with others to develop real world skills.

leads to planning, which leads to execution," Black said. "The real value is actual experimental learning."

The key is for students to take the lessons that they learned and apply them to their experiences in everyday life, including in school and at work.

"You can apply this to the real world so easily. Planning is crucial. If you want to be a leader, you have to act like one, not be told you're one," J.P. Marciel, a community college volunteer, said.

After the positive feedback from Saturday's event, Black has organized a

four-day pilot program at Arcadia High School to allow students more time to get involved in the games, and to think deeper about how they can apply the lessons to their own lives.

"If it's a success, this is something that I will hopefully introduce to many schools in Arcadia and Phoenix to give these kids a real leadership education," Black said.

Black hopes to continue educating and training future leaders by offering summer camps that give participants the chance to immerse themselves in the lessons, five days a week.

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Open Doors series: An inside look at local professionals

By Mallory Gleich

Think back to your high school days. How many of us knew what we wanted to do as soon as we graduated?

Well, thanks to Arcadia High School Parent Teacher Organization volunteer, Amanda McCauley, students had the opportunity to peek into the lives of some of Arcadia's local professionals and learn the skills needed for those professions.

Two years ago, McCauley had the idea of enlightening students about the many careers available to them. This year, she was able to put the Open Doors speaker series together.

"The program was born out of the idea that kids usually know what their own parents do for a living, but might not have a lot of insight or access to professionals in other careers," said McCauley.

For the first series, seven professionals came to Arcadia High and spoke about their careers.

"They provided invaluable information students don't learn in the classroom," said McCauley. "Each speaker approached the presentation differently, but all shared unique nuggets of information about specific careers."

Monica Merritt, the school's college and career advisor, said, "Open Doors has been a great enrichment opportunity for Arcadia students. Students have been able to meet



Local professionals gathered to present career experience and knowledge. PHOTO BY SARANDON RABOIN

current professionals, learn more about different career paths, and most importantly, ask questions of knowledgeable people in the field."

The series started on January 29 and ran until March 5. The first speaker was Judy Walden, who is a business leadership and life coach. Brian Pierce, an entrepreneur and restaurant owner, came second. Then came Randy Gibb, who is the dean of Grand Canyon University's College of Business. Next was Dr. Pete Mitchell, an orthopedic surgeon.

"My presentation explained the different types of careers in medicine and the

competitive fields there are to go into," said Mitchell of his presentations.

He also gave a broad overview of the requirements to work in the medical field.

Mitchell said he wanted to show the kids that medical careers can be rewarding.

"The field is always challenging and always changing, which is a good thing," said Mitchell.

The last two presenters were Eric Weber, who is a pharmacist in the area, and Amanda Goossen, who is the managing editor of *Arcadia News*.

Arcadia High School has an altered schedule on Thursdays, what they like to call

T.H.R.I.V.E.S. time. The acronym stands for "Titans Have Routine Interventions Varied for Every Student."

During T.H.R.I.V.E.S. time, students are released 40 minutes early to get extra help from teachers, make up tests or attend enrichment programs. The Open Doors Speaker Series fit perfectly within this schedule as an enrichment program offered to all students.

"Each speaker has come with a passion for what they do and that has shown me to follow what I am passionate about and not do something based on how much you are paid," said Kara Woodard, who is a junior at Arcadia.

Woodard, who plans on attending college and graduate school before becoming a physical medicine and rehabilitation specialist, said she enjoyed learning about the day-to-day lives of the professionals and how flexible or demanding their schedules can be.

"I love learning about different fields of work and it was interesting to find out how the basics of everything comes down to what you love to do," said Woodard.

With the success of the Open Doors speaker series, Arcadia High School plans to utilize the program in the future so that students continue to have exposure to experts in various career fields.

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High power usage a result of constant music rotation

By Craig Goossen

We periodically get a notice in our mailbox from the power company at our Arcadia home. It's a colorful chart illustrating our home's power usage in relation to what the rest of the neighborhood is using. The letter gently urges us to reduce the amount of power we're currently using and work to get more in step with our neighbors who may or may not be living by candlelight.

The home I live in is not wasteful in any fashion, but the chart did make it look like ZooLights is plugged into our pad, so I decided to exercise my due diligence and see where I could make a difference.

MUSIC NOTES

I spent a few weekend hours heeding the power company's advice: checking every plug; looking behind doors; examining the kitchen, bathroom, bedrooms – everywhere. I witnessed no gross misconduct as everything we use has purpose, with no intention of wasting power.

The one thing that was a constant in the home and most certainly the obvious contributor to our higher-than-average usage was...the music. The guilty culprit was the sound system.

Every room is connected to the main stereo so that I can operate the music library from my laptop. The front room, the bedroom and poolside all have the ability to boom in unison with a variety of Apple airports plugged in throughout the home. The home is also equipped with several turntables. You won't enter my house without music playing; that's how it goes. Everything's better when music is playing. Even as I write this, Sarah Vaughn is weeping softly through the speakers, confirming my assertion.

The mix of songs below includes tracks from bands that are performing in our city this month. As always, I urge you to investigate, then get out and see a concert.



ALABAMA SHAKES: BE MINE (2012)

Although they've just released the follow-up to their classic debut, I went back to their last LP for this great song. Opening for them at The Marquee will be Los Angeles band, the Allah-Lahs, making the show a double bill.

Alabama Shakes will perform on Wednesday, April 8 at The Marquee Theatre, 730 N. Mill Ave. in Tempe. Tickets are \$35.



THE WAR ON DRUGS: UNDER THE PRESSURE (2014)

The Pressroom – a big, cool warehouse in downtown Phoenix – will be the perfect venue for the dreamy jams of The War on Drugs.

The War on Drugs performs Thursday, April 9 at The Pressroom, 441 W. Madison St. in downtown Phoenix. Tickets are \$23 and the show is open to all ages.



FATHER JOHN MISTY: WHEN YOU'RE SMILING & ASTRIDE ME (2015)

Josh Tillman, aka Father John Misty, just released his second song, the follow-up to his excellent 2012 debut, Fear Fun. The latest release, I Love You, Honeybear is as good as – if not better than – his first. This show should be a packed house, so get your tickets early.

Father John Misty performs on Monday, April 20 at The Marquee Theatre, 730 N. Mill Ave. in Tempe. Tickets are \$24.



SLEATER-KINNEY: NO CITIES TO LOVE (2015)

The band's first LP and tour in 10 years and they've come back firing on all cylinders. Don't miss this powerful trio kick out the jams at The Marquee.

Sleater-Kinney will perform on Wednesday, April 29 at The Marquee Theatre, 730 N. Mill Ave. in Tempe. Tickets are \$30.

Continued on next page



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Continued from music notes

ERIC BURDON and THE ANIMALS:
IT'S MY LIFE (1965)

Eric Burdon, whether with the legendary Animals or the funky War, is a one-of-a-kind treasure. You have to think he'll pull out all the hits on the stage at the recently opened Livewire in the heart of Old Town.

Eric Burdon and The Animals will perform on Friday, May 1 at Livewire, 7340 E. Indian Plaza in Old Town Scottsdale. Tickets are \$35 and the show is for guests 18 years of age and older.

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



WILD TALES (R)

Released: 2014, Drama/Thriller

Run time: 122 minutes

AT THE MOVIES

By Steve Wirtel

Let's start with some pertinent information about Wild Tales:

- It is a foreign film (from Argentina).
- It is subtitled.
- It was nominated for an Academy Award in the foreign language film category.

These factors may have some of you crossing this film off your viewing list. Please don't. Wild Tales is not to be missed. The movie is comprised of six short stories, each one more outlandish than the previous. I was on the edge of my seat for the entire two hours. I laughed. I was horrified. I was appalled.

Wild Tales is like an amusement park ride that is simultaneously thrilling and nauseating. It tests the limits that hold together a civil society.

Imagine Quentin Tarantino and Stephen King collaborating on a movie and you begin to get the picture. This is shock and awe at its best (and most depraved). It deals with revenge, road rage, infidelity, cover up and reaching your wit's end.

From the first story, the audience is hurled into a parallel universe where anything is possible and nothing is predictable. Five of the six tales begin innocently enough. Just normal people in normal situations: flying on a plane, eating in a restaurant, stopping for errands on the

way home from work, driving down the highway or attending a wedding. We can relate. Then, a catalyzing event occurs, causing things to go terribly wrong. Ultimately, people take actions into their own hands that cross the line between civility and barbarism. The sixth tale deals with the corruption of wealth. This piece is cringe-worthy, and makes you ask: Would anyone really do that?

The movie explores the way we treat one another. It seems to say: If we treated each other with civility and dignity, none of these tragedies would occur. It shows what people will do when pushed to their limit; when they let their emotions eclipse their judgment.

If you've ever felt betrayed, been mistreated by a government bureaucrat or longed to seek revenge for past misdeeds, then you'll find something in this film to entertain you. This film is a guilty pleasure. The movie gives us a chance to vicariously observe others dealing with difficult situations in the way we might like to, but are prevented from doing so by moral and legal codes of behavior.

If you like movies that are unpredictable, unsettling and shocking, then Wild Tales is for you. If you prefer films with uplifting messaging and nice, tidy endings then perhaps you should skip this one. I am clearly in the former camp.

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TJ: With as much humility, grace and thanks as you can possibly muster – throw in a couple of nice dinners, a bottle of champagne or two – and then get back to Earth buddy; you’ve got work to do.

Arcadia basketball rolls to first ever state title game

By Nicholas Smith

The Arcadia boys basketball team went on a run for the ages during the state playoffs this year. Ranked as the number 10 seed going into the Division II state playoffs, the Titans were considered a good team, but mostly an afterthought in terms of the championship contenders. Stephen Danford's team shocked the state by running through a series of favored teams, rolling all the way to the state championship game, where highly favored Gilbert Christian needed an overtime period to finally bring down Arcadia.

"It's the biggest run I've ever been on," said Danford, who was recently named Division II Coach of the Year by the Arizona Basketball Coaches Association. "I've literally never been part of a group that was so resilient."

The team had a successful summer before starting the season, with six seniors returning from the previous year's team. Danford believes that the team is still working toward their goal of becoming a year-in-and-year-out contender. Therefore, the state title game was a goal, but not an expectation. Arcadia had never made it to the final four of the Division II playoffs.

"When I took over here three years ago," said Danford, "the goal was to re-establish the Arcadia basketball brand back in the neighborhood. It takes time. While you want to win state every year, we didn't assume we would. So the last few games of the tournament were great because we had nothing to lose. There was no pressure on us."

Danford noted that the seniors played a significant role in the team's incredible run, with Avonte Nelms, Patrick Stafford, Connor Nichols and Jesus Bojorquez among those who stepped up to lead the team. Another asset to the Titans was the huge support of the Arcadia community during the playoff run.

"The amount of support was overwhelming," said Danford. "I didn't realize how big the crowds were until I saw pictures of the final games. We had over two full sections at the championship game. The community really rallied around us and



Titans were ranked number one and worked their way to the championship game, thanks to the efforts of players like Matt Burton (right).



carried us through some rough spots in games."

The team beat Cactus Shadows before heading down to Yuma for the next playoff game against Gila Ridge. The team had to make the exhausting three-hour drive for the game and Danford admits that he was nervous about the contest. But the team, and the community, responded in a big way.

"We ended up playing one of the best games we played all season," said Danford. "Especially on defense. We also ended up having 75-100 people at the Yuma game, which was a real surprise. That's a very long drive for people to make."

Next up was Cholla, a team that was expected by most to beat Arcadia. The Titans won and advanced to the final four. That was when Danford and the boys truly knew that something extraordinary was happening.

"I remember thinking if we can get past Cholla, that we would have a shot at going all the way," said Danford.

LOCAL SPORTS

In the semifinal game, Arcadia defeated Nogales to reach the state championship match. The moment seemed impossible only months earlier, and Danford had trouble putting into words what the moment was like.

"It was indescribable," said Danford. "I didn't know whether to jump up and down or to run and hug guys. I honestly can say I know now what Jim Valvano felt like at the 1983 NCAA Tournament."

The championship game took place against Gilbert Christian, a team with several Division I college prospects. Arcadia played valiantly and took the game into overtime, but ended up on the short

end of a 55-52 score.

"I just told them to keep their heads up," said Danford. "We gave them everything they could handle. A different bounce here or a different call there, and it could have been a different outcome. We earned a lot of respect around the state."

The perception of Arcadia as a basketball power may very well change after this remarkable run. Danford said they still have work to do, but he believes this year's team took a big step in the right direction for the program.

"I love these guys," said Danford. "I'll always remember this group fondly and I'm very grateful for their hard work and for the group of friends and families around us."

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Grid Iron looks to provide competition and fun for kids

By Nicholas Smith

The typical atmosphere at a Grid Iron Flag Football game in Arcadia is similar to that of a party. The fields at Tavan Elementary, where the games are played, usually have multiple competitions going at once, with upbeat music playing over loudspeakers and children and adults yelling encouragement.

"The whole goal is for the kids to have fun," said Katrina Alfaro. "We want to deliver a positive youth sports experience with better coaching and player development, while keeping families excited about youth sports."

Alfaro and her husband, David, are at the head of Grid Iron Flag Football in Arcadia. Under the umbrella of One Sports Nation, they launched the first season for the flag football league, on January 10. The league had 17 teams, and each one wore the uniform of an actual NFL team.

"My husband and I have been involved in youth sports for a long time," said Alfaro. "We have two sons who are 11 and 5, and we have been involved in all of their teams. We love kids and sports, so this really combines our true passions."

One of the most important aspects of the league to the Alfaros is the idea of encouraging words from everyone during the games. Yelling and cursing are not tolerated and Katrina reminds the parents and kids of that over a loudspeaker every hour.

"Sports get competitive and sometimes



parents say things that they don't mean," said Alfaro. "You can't stop everything from happening, but we like to remind everyone often. We compete in this league but we also keep it fun."

The Grid Iron league has real kickoffs and real punts during games. The Alfaros believe that special teams are an important part of the game, no matter the age group or the type of football being played.

"Special teams is a huge part of football," said Alfaro. "It brings a whole different aspect to the game and we think it's important for kids to learn the fundamentals at a young age."

The winter football season ended for Grid Iron on February 28, but running a sports league has just begun for the Alfaros. One Sports Nation gives them the ability to offer spring and fall football seasons, as well as

basketball, soccer and baseball leagues. Alfaro is hopeful that indoor basketball will be next up for Arcadia.

"We want this to be less cutthroat than other leagues," said Alfaro. "But at the same time, we still want the kids to compete. It's about being a personable league and building relationships with all the families who participate."

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Third baseman determined to finish career strong

By Nicholas Smith

Josh Arndt can see his baseball career at Arcadia winding to a close. The Titan third baseman is playing in his senior season, with a collegiate career at Cornell waiting for him in the fall. But before he heads east, he is hoping to go out as a winner.

"We want to win the state championship," said Arndt. "We have a more experienced team than we did last year and I think we have some good opportunities for growth this season."

Arndt has been playing baseball for nearly his whole life. He played the sport, along with basketball and football, while in elementary and junior high school. Arndt credits his dad, who played baseball at a junior college in California, for sparking his interest in the game.

"I remember when I was really little," said Arndt. "My dad was the driving force in getting me out to play and practice. Now I feel like it's come full circle and I'm the one dragging him out to throw me batting practice."

When he started his freshman year at Arcadia, Arndt played all three sports for the school. But youth sports are different than they were years ago and young athletes are pushed to focus on one sport earlier than they have been in the past.

"So many sports are year-around now," said Arndt. "They have showcases during the offseason for football and baseball, so you want to attend those if you want to play in college. It's just hard to juggle multiple sports."

Basketball was cut after freshman year, and football finished after his sophomore year. He chose baseball, he said, because he thought it gave him a good chance at playing in college. He also loves the unique aspects of the game.



Outgoing Arcadia High senior, Josh Arndt recently signed his commitment to play baseball at Cornell University.

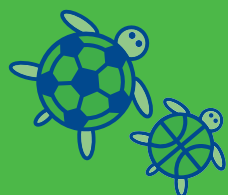
"In baseball, if you fail seven out of 10 times, you can [still] be a hall of famer," said Arndt. "No other sport deals with failure so much and I think it brings about a mental toughness."

A state title may be the goal, but Arndt is also hoping to enjoy the ride during his final spring at Arcadia. It is already different, because without playing two other sports, he will get to spend some quality time with the family. His brother Mitchell, a junior varsity player, has been called up for some tournament games on varsity.

"It's been really cool," said Arndt. "We have a good relationship and it's been fun driving to games with him. I know I can always get an honest opinion from him."

Mitchell can play a variety of positions on the diamond, but Arndt thinks he will end up in a familiar spot on varsity: third base, the spot Josh has held down for the last few seasons.

"I think he's going to be real good," said Arndt. "He may get to take my spot at some point when I'm gone. That would be cool."



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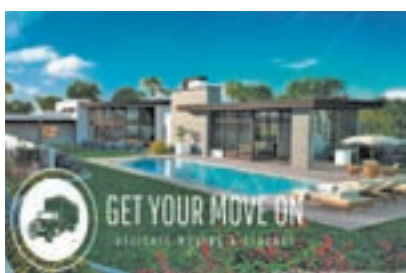
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