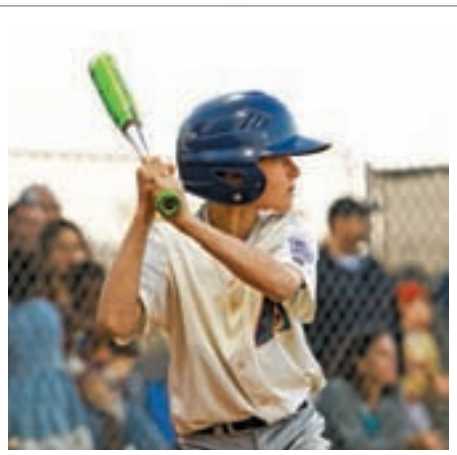
Arcadia News

Vol. 23 No. 3 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | June 2015

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Valley teens receive Abercrombie & Fitch Anti-Bullying Scholarship for their work on local campaigns.

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Find a great summer staycation with our guide to “Kid Tested, Mother Approved” resorts.



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*$219/ 36 MONTH. $2,709 DUE AT SIGNING FOR CURRENT GM LESSEES (AFTER ALL OFFERS). TAX, TITLE, LICENSE, DEALER FEES AND OPTIONAL EQUIPMENT EXTRA. MILEAGE CHARGE OF $0.25/MILE OVER 30,000 MILES.

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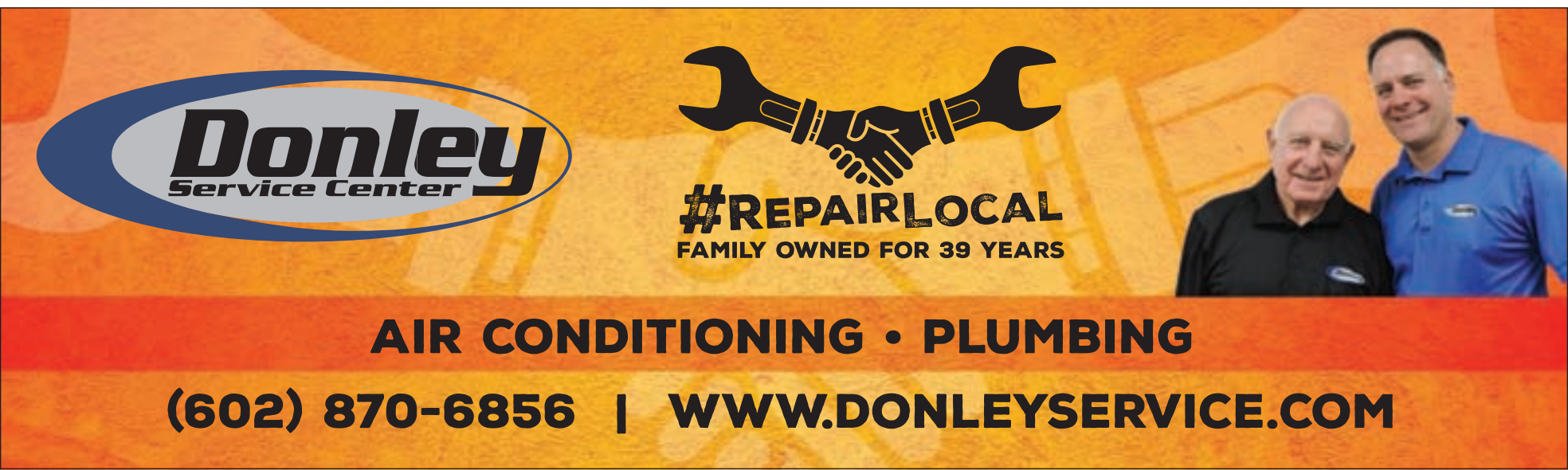
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Book Club celebrates 3 years

EDITOR'S NOTES

By Amanda Goossen



The school year may be coming to a close (or is long over, depending on where your kids go to school) but I have books on the brain.

There are so many exciting events surrounding the *Arcadia News* Book Club, I can't even contain myself.

On April 30, the *Arcadia News* Book Club celebrated three years.

For those of you who don't know the story, I'll bring you up to speed.

The *Arcadia News* Book Club was born out of my own desire for a book club. I had just moved to Phoenix and was looking for a group of women to connect with and a community to join.

When I couldn't find that group, I started my own. I thought there might just be other women out there looking for a similar group.

I started the group by recommending a book in the Book Club column each month and asking the community to meet me at a local coffee shop to talk about the book. The first month, eight women showed up. (One was my mom, another was a close friend…I was terrified we'd be the only three.)

The next month a few more joined and by the fourth month we had about 15. Three years later there are over 50 women on our email list and over 20 show up each month at the Saguaro Library, book in hand. Each month we host the author of our book in person or via Skype.

It's fascinating, always fun and an absolute bonding experience for the women that range from ages 30 to 79. We have regulars who attend each month, we have women who have lived in the neighborhood for five decades, and we welcome women quite often, who have just moved to town and are thrilled to know such a group exists.

We still haven't seen a guy show up yet… but each month I'm hopeful that one will have the courage!

Plus, *Arcadia News* raffles off books and other prizes to raise money at each meeting, which we donate to a local charity in the Book Club's name. As I count the earnings each month, my heart swells with pride.

It is my favorite day of every month!

On April 30, as I prepared for our third anniversary, I asked neighborhood restaurants to consider giving to our group. I thought an over-the-top celebration was in order.

I told owners of local eateries of the fundraising and the community we've built. I told them of my love for this incredible group. And boy, did they respond.

The Pie Snob donated four beautiful pies. Beckett's Table and Southern Rail donated red velvet cake bites and gift certificates to raffle off to raise extra money for our current charity. Nook donated gift certificates. LGO donated gift certificates. The Market by Jennifer's served up a feast of filet beef skewers, watermelon salad, chicken salad sandwiches, shrimp and cake pops.

It was a night to remember! And we brought our total funds for the past few months to $675. I was overjoyed to send that check to Teacher Keller at Prince of Peace to help support her cancer treatments.

And we have another exciting event we're preparing. On June 17 at 7 p.m., we meet author Susie Orman Schnall at Changing Hands Book Store in Phoenix for her book reading and signing. Susie, who was originally going to Skype with our group, has decided to fly in from New York instead.

I will moderate her book event, which starts at 7 p.m. If you'd like to attend, Susie's book publisher, Book Sparks, has also organized an *Arcadia News* dinner with the author, beginning at 5:30 p.m. For more information, or to attend, email Amanda@arcadianews.com.

As summer begins, I encourage you to find time to read, especially with your children! The local libraries have special programs and events for kids and the *Arcadia News* Book Club always welcomes new members.

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Five surprises for insurance companies in Arizona

LEGAL *EASE*

By Jennifer A. Cranston



Most insurance companies conduct business in multiple states (and sometimes countries). As a result, most keep track of the general do's and don'ts of insurance law. However, over the years, I have noticed a few unique aspects of Arizona insurance law – aimed at protecting the insured – that sometimes take insurance companies by surprise.

Here are my top five principles of Arizona law that may assist an insured individual in navigating the insurance claims process:

1. Continued obligation to pay defense costs – Most liability insurance policies state that the company's obligation to defend a lawsuit against its insured ends when the company pays its policy limits. The potential impact of this kind of provision allows the insurance company to pay all the policy limits to settle only a portion of a lawsuit and then leave the insured to defend himself against the rest of the claims or claimants. However, in Arizona, an insurance company must continue to pay defense costs until it obtains either a release of its insured individual's personal liability or a satisfaction of judgment on behalf of its insured.

2. Consequence of failure to offer uninsured and underinsured motorist coverage – By Arizona statute, when an insurance company offers automobile liability coverage to its insured, it must also offer uninsured and underinsured motorist coverage at the same limits. These coverages provide compensation to an insured if he is injured in an accident by another driver who does not have any insurance or whose insurance is insufficient to cover the insured person's damages. What many insurance companies don't realize is that, if the company fails to offer these coverages, then it may have to pay the full amount of liability coverage to its insured in the event that the insured is injured in an uninsured or underinsured auto accident.

3. Insurability of punitive damages – In a lawsuit, most damages are compensatory, meaning they are intended to compensate the plaintiff for damages he sustained. However, there are times when additional damages are available to a plaintiff – called punitive damages – which are intended to punish a defendant for extreme wrongdoing. In many states, if punitive damages are assessed against a defendant, then that defendant's insurance company is not required to pay those damages. However, in Arizona, unless the insurance policy expressly excludes coverage for punitive damages, the insurance company may have to pay the additional damages on behalf of its insured.

4. Enforcement of limitation of action clauses – Most insurance policies have a limitation of action clause, which basically sets a deadline for the insured to file suit against the company in the event that the insured disagrees with the insurance company's coverage decision. In Arizona, these time limitations are not always enforceable. If the insured files a lawsuit after the policy's limitation period has ended, the lawsuit may still proceed if the reason for the insured person's delay is attributable to the insurance company or if the delay did not prejudice the company's ability to defend the lawsuit.

5. Interest on first-party claims – First-party insurance provides coverage for injuries or losses suffered by the insured. Examples of first-party claims are claims for damage to property and uninsured or underinsured motorist claims. Under a little-known Arizona statute, if the insurance company does not pay these claims within 30 days after the insured submits an acceptable proof of loss, then the company has to pay interest for the time of the delay (unless the company has a good faith basis to deny the claim).

Please note the foregoing descriptions are general and may not apply in all cases. Each insurance claim should be evaluated on a case-by-case basis in light of its particular facts.

— Jennifer A. Cranston is a shareholder at Gallagher & Kennedy. She focuses her practice on three primary areas: real estate disputes, including condemnation and valuation matters; insurance coverage analysis and bad faith litigation; and public utility regulation. For more information about Ms. Cranston, please visit gknet.com.

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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-4/30/2015)

Active Homes -	182 homes
Homes Sold -	109 homes
Average Sale Price -	$941,398
Average Sold $ Per SF -	$291
Average Days On Market -	113 days

There is currently 10 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 29% this year. (based on 2014 sales results)
Home prices have decreased 6% this year. (based on 2014sales results)
$ Per Square Foot prices have decreased 1% this year. (based on 2014 sales results)
Homes are taking 5% 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
(1/1/2015-4/30/2015)

Active Homes -	106 Homes
Homes Sold -	55 Homes
Average Sale Price -	$462,446
Average Sold $ Per SF -	$211
Average Days On Market -	170 days

There is currently 6 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 increased 2% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 1% this year. (based on 2014 sales results)
Homes are taking 54% 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

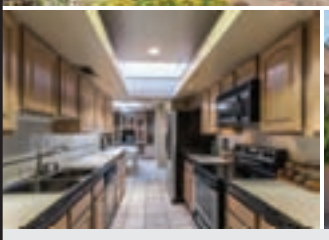
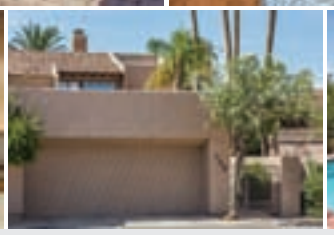
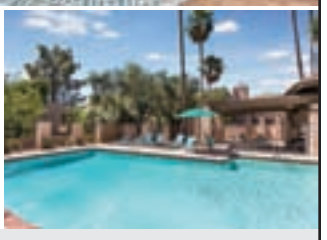
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SCHOOL BOARD

By Francesca Thomas



On Tuesday, May 12, 2015 the Scottsdale Unified School District Governing Board held its regular meeting. A complete video of the proceedings can be found on the website, susd.org.

The board heard recommendations from the budget committee and on the subject of the middle school planning guide. Also, action was taken to renew for one year the current assessment tool used by the district to measure student growth. Of particular interest was a presentation made on how the new dollars available through the renewal of the override will be spent.

The board made a point to publicly thank the community for voting yes on the Maintenance and Operations Override. According to SUSD CFO, Daniel O'Brien, the $10.8 million in new funds will be spent as follows:

- Free full-day kindergarten will be maintained: currently paid for with existing K- override
- Return of full specials (music, art, PE) to the elementary schools, and full-day Wednesdays: $1.8 million
- Return of band to elementary schools: $259,000
- Reduction of class size across all grades: $4.1 million
- Two percent salary increase for staff: $2.19 million
- Horizontal movement (salary increase) for qualifying teachers: $586,000
- Funding of the district self-insure trust for staff: $1.5 million
- Restoration of stipends for department chairs: $117,000
- Restoration of seven assistant principals: $552,000
- Restoration of one elementary principal: $93,000

These funds amount to slightly more ($11.2 million) than the new monies available through the renewal of the override, and the district will compensate for that in the final budget proposal. In total, 89 percent of all funds will be spent directly in the classroom.

The next regular board meeting will take place on June 9 at 5 p.m. at Coronado High School. On June 23, at 5 p.m. at Coronado, the board will vote on the final budget for 2015-16.

— Francesca Thomas is an Arcadia mom who has volunteered in SUSD schools for 15 years.

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Knowing the risk factors for prostate cancer

By Tiffany Pankow, M.D.

HEALTHY *TIDBITS*



Prostate cancer is the second most common cancer among men in the U.S. Factors that may boost a man's risk for the disease, according to the American Cancer Society, are:

Age – Prostate cancer is rare in men younger than 40, but the chance of having prostate cancer rises rapidly after age 50. About six in 10 cases are found in men over 65.

Race – Prostate cancer occurs more often in African-American and Caribbean men of African ancestry than in men of other races.

Geography – The disease is most common in North America, Australia and on Caribbean islands.

A family history of prostate cancer – Having a father or brother with prostate cancer more than doubles your risk.

Gene changes – Scientists have found several inherited gene mutations that seem to raise the risk of prostate cancer, but they probably account for only a small percentage of cases overall. Mutations of the BRCA1 or BRCA2 genes may increase prostate cancer risk in some men. Men with Lynch syndrome, a condition caused by inherited gene changes, have an increased risk for several cancers, including prostate cancer.

Diet – Men who eat a lot of red meat or high-fat dairy products appear to have a slightly higher chance of getting prostate cancer.

Obesity – Some studies have found that obese men have a lower risk of getting a less dangerous form of the disease, but a higher risk of getting a more aggressive form.

Remember, when cancer is found early, it may be easier to treat.

See your physician to discuss screening tests that could include a prostate-specific antigen (PSA), blood test and a digital rectal exam. PSA, a substance made mostly by the prostate, may be found in an increased amount in the blood of men with prostate cancer. However, PSA levels also may be high in men with an infection or inflammation of the prostate or those with an enlarged but noncancerous prostate.

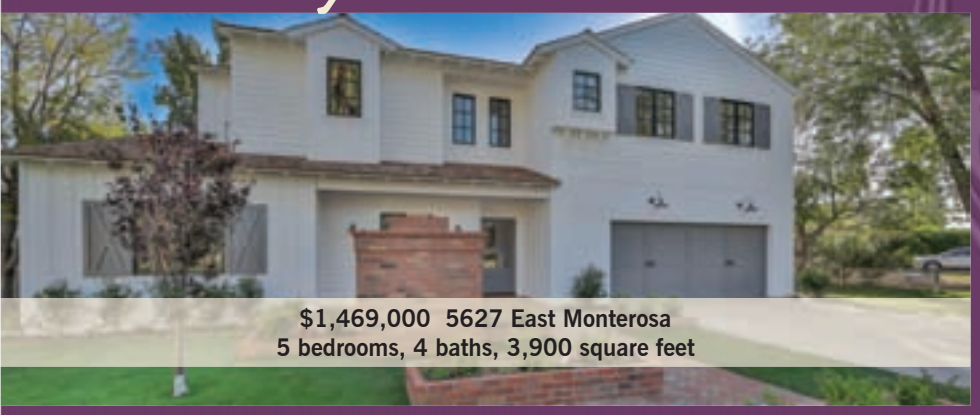
— Tiffany Pankow, M.D., is a primary care physician at HonorHealth Arcadia.

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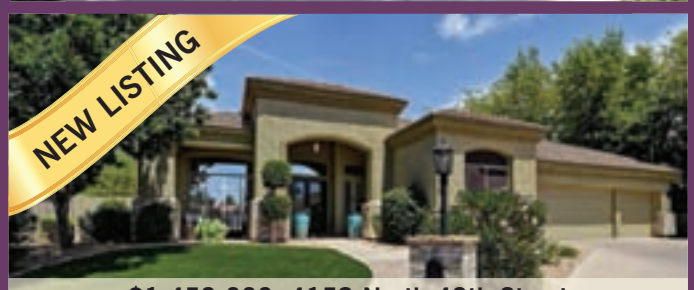
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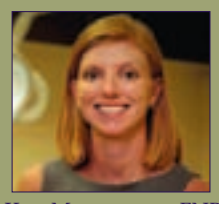
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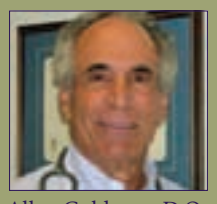


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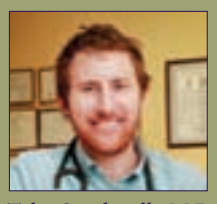

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Trusting in our teacher's hands

By Christina Surrano



Mrs. Bosworth with the Broucek girls. PHOTO BY AMANDA GOOSSEN

This month, *Arcadia News* is honored to recognize second-grade teacher, Allison Bosworth. Like so many of our excellent teachers, Mrs. Bosworth takes this responsibility to heart.

"My goal has always been to be the kind of teacher I'd want my daughter to have," she said.

She recalls the power of a comment from Mrs. Gookin, her freshman English teacher at Arcadia High School.

Gookin said, "Allison, you're a really good writer."

"That was all it took for me to start trying harder and I began to see myself as a good student," Bosworth shared.

Nominating parent, Chamise Broucek, whose children, Will (eighth-grade), Ellie (fourth-grade) and Mollie (second-grade), have all had the pleasure of Mrs. Bosworth's tutelage, said, "Her attention to the kids – and really playing to their strengths – is amazing!"

She adds that Mrs. Bosworth even checks in on former students' progress throughout their time at Hopi.

Bosworth's family is from Chicago, but came here when she was an infant. She and her sister are both products of Hopi, Ingleside Middle School and Arcadia High School. She is raising her own family here in the Arcadia neighborhood, where her sister and parents still live.

"My dad loves taking credit for initiating my career as a teacher," Bosworth shared as she recalled what inspired her choice.

She was a senior in high school, attending church one Sunday, when her dad volunteered her to fill in for a preschool teacher who was ill.

"My dad really didn't ask me if I wanted to do it, he just told me it was happening," she remembered. "An hour later, I was hooked…So yes, 'Thank you, Dad.'"

According to Broucek, one of the funny stories Bosworth shares with parents on Back to School Night is one of her dad peeking through the window of her classroom when she was first teaching, 15 years ago.

With supportive parents like that, it's no wonder Mrs. Bosworth is so invested in the welfare of all her students.

TEACHERS *WE LOVE*

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.*

Teachers We Love returns September 2015. To nominate the teacher you love, go to arcadianews.com.

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AHS senior earns *Arcadia News* Scholarship

By Katlyn Ewens

Ten years ago, *Arcadia News* owner and publisher, Greg Bruns, created an annual scholarship to encourage Arcadia High School seniors to pursue their passion for writing. This year, that scholarship was awarded to Rae Aaron.

"We started [the *Arcadia News* Scholarship] because I thought it was important for the paper to have a stronger connection with the students in our area, especially those that apply themselves to journalism or media in some segment at Arcadia High," Bruns said. "It's really hard to find younger people that are going into journalism or writing. We wanted to encourage young journalists and writers to move on with their craft."

Arcadia High School selects the candidates and then sends the names of eligible students to *Arcadia News* for the final decision.

Aaron's love for writing started in the seventh-grade, when she started writing articles for local magazines, newspapers and her school's website.

"My favorite part of journalism is conducting interviews, because I have been lucky to meet so many interesting people and can learn something really cool while getting great content for an article," Aaron said. "I also love sitting down and crafting the article, because writing is such an art, and it requires so much focus and dedication."

Aaron wrote and edited for Arcadia High School's newspaper and website, *The Arcadian* and ahsnews.com. She has also had articles published in *Arcadia News*. She is dedicated and punctual, which she showed through her work with *Arcadia News*.



Rae Aaron was a writer and editor with the Arcadia High School newspaper. PHOTO BY NATASHA WILSON

Rae has big plans for the future, both near and far. She will attend Middlebury College in Vermont, where she hopes to study international politics and economics. They do not have a major in journalism there, but she plans to get involved with the school newspaper. She said writing will always be the emphasis of her studies and that's part of why she chose one of the oldest liberal arts schools in the country.

Next stop will hopefully be New York.

"My dream job would either be a *New York Times* journalist based in New York or Moscow or to own my own bipartisan political magazine," Aaron said. "I also love New York City and think it would be cool to work on Wall Street since I'm interested in business, especially because there aren't enough women in that industry."

Aaron graduated from Arcadia High School on May 21 and will be Vermont-bound in the fall. *Arcadia News* wishes her the best of luck with her future endeavors!

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WHAT'S HAPPENING, *ARCADIA?*


Retro Recreation takes place on Wednesdays at The Duce.


Flashlight Tours at DBG.


Join in the fun at Mighty Mud Mania.

WEDNESDAY JUNE 3

Retro Recreation – Throwback Wednesday

4 p.m. to 12 a.m. at The Duce, 525 S. Central Ave., Phoenix. Take it back to the olden days with this 21 and over event, which boasts all things vintage, with Ping-Pong, classic movies and beanbags – all while enjoying a delicious cocktail. This is an ongoing event every Wednesday, and the best part is, there's no cover. For more information, call 602-866-3823 or visit theducephx.com.

SATURDAY JUNE 6

Mighty Mud Mania

7:30 a.m. to 1 p.m. at Chaparral Park, 5401 N. Hayden Road, Scottsdale. Mighty Mud Mania is the ultimate mud obstacle course to beat the summer heat. Obstacle courses are available for different age groups, with an extreme mud course for people 13 and older. The event is $10, but free for kids under 17. Proceeds support youth programs in Scottsdale. Wear closed-toed shoes and clothes that you don't mind getting dirty. There will be other activities available for those who don't want to get muddy and food vendors set up for all to enjoy. For more information, call 480-312-0221 or visit scottsdaleaz.gov/mightymudmania.

SUNDAY JUNE 7

Arizona Bridal Show

9 a.m. to 3 p.m. at the Phoenix Convention Center, 33 S. Third St., Phoenix. Plan the wedding of your dreams at the Arizona Bridal Show. Tickets are $12 at the door. The show will have exhibitions ranging from bachelor parties to honeymoons and everything in between. There will be wedding cake samples, previews of the top wedding venues in Arizona, as well as wedding DJs and bands. For more information or to buy tickets, visit arizonabridalshow.com.

Hair Wars

6 p.m. at Talking Stick Resort and Casino, 9800 E. Indian Bend Road, Scottsdale. Fashion, makeup and hair design come together in this one-of-a-kind runway show. The Valley's best salons battle it out in a fierce competition to see who's got the best style. After the runway show, a panel will judge the salons and the best hair wins. Tickets range from $20 to $75. This is a 21 and older event. For more information, call 480-850-7734 or visit talkingstickresort.com/supreme-salon-tour.aspx.

SATURDAY JUNE 13

Garden Flashlight Tours

7-9 p.m. at the Desert Botanical Garden, 1201 N. Galvin Parkway, Phoenix. This ongoing event happens Thursday and Saturday nights at the Desert Botanical Gardens. Bring your family and a flashlight and discover what there is to see and hear in the desert at night. Discovery stations are set up along the trail, with exhibits like the Tarantula and Scorpion Station. This is an event for all ages. Admission is $22 for adults and $10 for kids. For more information, call 480-941-1225 or visit dbg.org.

FRIDAY JUNE 19

Father's Day Drams for Dad

6 p.m. at The Westin Kierland Resort and Spa, 6902 E. Greenway Parkway, Scottsdale. Treat dad to a different kind of Father's Day with this special event held at the Scotch Library in The Westin Kierland Resort. Guests can try four different types of whiskey and learn about different aspects of scotch drinking from expert Scotch Ambassadors. Dads who bring in an old tie can trade it in for a goodie bag. In addition to scotch samplings, there will be light fare to enjoy. Reservations are $60 per person. For more information, call 480-624-1202 or visit kierlandresort.com.

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Arcadia High School seniors were nationally recognized for their anti-bullying campaign.

Valley teens earn $10K with their fight against bullying

By Shelby Slaughter

Valley teens Arisbeth Covarrubias and Elena Pierson, along with only eight other teens in the country, recently received some exciting news.

Both Covarrubias and Pierson were awarded the Abercrombie & Fitch Anti-Bullying Scholarship. The girls, who are both 18, each received a $10,000 scholarship.

"Together we have created a now annual Arcadia tradition, Kindness Week," said Pierson. "This past summer I traveled to Japan through Phoenix Sister Cities. While I was there, I spoke on the importance of kindness to my Japanese high school and passed out buttons with messages of kindness to the entire class."

Kindness Week had a purpose of empowering young minds to take a stand against the hate in the world and sign a pledge to stop negative slurs. The girls also asked their entire high school to write kindness grams, otherwise known as "nice notes." The notes were then given out randomly to other students. The two young women worked alongside school administrators to air various public service announcements as well as film a documentary called *Bully* and an MTV episode of *If You Really Knew Me.*

Along with their growing list of accomplishments, their movement also reaches the local middle schools.

"We have worked at middle school leadership camps and have taught a class at Arcadia's feeder school, [Arcadia Neighborhood Learning Center], about the importance of kindness," Pierson said.

Both teens are passionate about preventing bullying.

"After coming back from Unitown [a diversity camp] in 2012 three other students and I created the Arcadia Student Advisory Board," Covarrubias said when speaking about what first sparked her interest in the anti-bully campaigns.

The girls believe that bullying is exceedingly prominent in today's age and therefore want to see the campaigns continue.

"When you think of bullying, the first image that comes to mind may be a kid being harassed for lunch money, or someone getting called names on the playground, but bullying has definitely evolved," Pierson explained.

Pierson went on to say that she feels as though bullying doesn't stop at school because it can continue on social media and act in a "behind-the-scenes kind of way."

After graduation, Covarrubias plans to attend Northern Arizona University to study International Affairs. Pierson will venture off to Washington D.C. and study at the American University and is torn between the choice of broadcast journalism or film.

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Eighth-graders at Ingleside take a trip to the Grand Canyon

By Rachael Bouley

A new tradition was born for Ingleside Middle School on Friday, April 24, when eighth-graders took a class excursion to the Grand Canyon, where they floated down the Colorado River with geologists.

Casey Nosky, a third-grade teacher at Kiva Elementary School and a parent of an eighth-grader at Ingleside, was the main organizer behind the trip. Kiva Elementary used to have a sixth-grade trip, and Casey saw what an amazing experience it was for the kids. Years ago, Ingleside also had a trip, this one for the eighth-graders, but the tradition was lost.

At the beginning of the school year, Casey went to the principal of Ingleside, Chad Caudle, and encouraged him to bring back the eighth-grade trip.

With the support and encouragement of the administration and teachers, Casey began planning the adventure. She met with eighth-grade teachers to get their input on length and location. To make it easier and less expensive, they agreed on a day trip within Arizona.

"It was important to me that it was something that the teachers wanted, and that it becomes a tradition for the school," Casey said.

Around midnight on the day of the trip, 135 eighth-graders and 14 chaperones traveled by bus to Page, Arizona, where they had breakfast and began their adventure. They were able to apply what they learned in their classes as they floated down the Colorado River, through the Grand Canyon, with geologists for three hours. They then visited ancient civilization ruins and craters, before making their way to Northern Arizona University, where they got a taste of the college life with dinner in the dining hall. It was 21 hours of fun, friends, learning and making memories.



Ingleside Middle School eighth-graders floated down the Colorado River, through the Grand Canyon on a recent school trip.

Nearly half of the eighth-grade population went on the trip, and next year, they hope to have more students attend. While the cost of the trip was $235 dollars, a lot of it was covered through tax credit funds and donations.

"A lot of students went on scholarship," Casey said. "It was really important to myself, the administration and the teachers that the children would be able to attend, regardless of finances."

The support of the community made the trip possible, and it was a huge success.

"Chipotle and the Arcadia Tavern were both very generous with a fundraiser dinner that we did for the trip," Casey said. "We are very excited for the trip to continue and become a tradition."

For the students, the trip allowed them to see the natural beauty and wonder of the Grand Canyon from a different perspective. The waiting list for river floats is long, but the students had a special opportunity to go on an adventure with their peers.

"It was such a positive thing for the kids to see things in our own state that they might never see," Casey said.



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Teacher nominated for Grammy

By Josh Cutlip

Arcadia High School music teacher and recent Grammy Awards finalist, Richard Maxwell, has brought a whole new meaning to the words "music education."

It was only one year ago that Maxwell learned he was a quarter finalist to win an award for his development with the Contemporary Music and Sound program at Arcadia. The Grammy Foundation began granting an award that recognized music education and its importance to the music industry three years ago; this was something that Maxwell had heard about but had never given much thought. Last year however, a group of Arcadia parents nominated Maxwell for the award after CMAS started to grow.

After being nominated, Maxwell filled out a questionnaire explaining what CMAS was all about, and he thought it was a good idea to add a link to the CMAS website.

"I think the reason that I then made it to the next stage was because of that link, because it did show the kind of uniqueness that I do."

"Uniqueness" is putting it mildly. Maxwell started at Arcadia 16 years ago with band and orchestra, but made early plans for CMAS.

"The first nine [years] I sort of built what would become CMAS, and I also ran the band and orchestra," said Maxwell.

He started his first CMAS class as somewhat of an experiment, but eventually dropped band and orchestra all together in order to give his full attention to the thriving program.

"It was just a matter of [band and orchestra] got to be too much."

He said he misses teaching those classes; however, the success of CMAS helps him feel OK with his decision.

CMAS used to be more of an instructional music class where students started out with the basics on how to play an instrument, but now it engages students on day one, and encourages them to be outgoing with their music.

"That is ultimately what we are trying to do…have a fully functional record label and production company," he said. "Now the idea is, you come in and even from day one, we're going to start you creating something – even if you've never touched an instrument before – you're going to create something."

Although Maxwell didn't win the Grammy award, as one of 10 finalists, he is still happy with how the program has progressed and the notoriety it has gained.

"The one thing that it's done more than anything else is it has given proof of concept to what we're doing with CMAS," he said. "This has been a major accomplishment as far as I'm concerned."

Maxwell hopes to implement more documentation into the program to show just how much one student can learn with four years in CMAS.



(Top) Richard Maxwell works with a student to learn sound engineering. (Middle and bottom) CMAS students perform.

"I want to get a lot more into video, and documenting what happens. Right now, we do these shows and they're amazing...but we don't do a very good job of documenting, 'How did you get there?'"

What's in store for next year?

"Actually, I've already been selected again for next year's award," said Maxwell.

He recalled one of his favorite memories from this past year that demonstrates the growth from the CMAS program. A CMAS band was performing at an all-school assembly, but they did not have their usual assistance from the Technical Theater program, which meant no light show.

"In the middle of their song, with no lighting production of any kind…all of a sudden the bleachers start to clear. [The students] started coming down on to the gym floor and they were dancing around, and it turned into this legitimate concert moment," Maxwell said. "And here's the amazing thing, the kids finish the song and everybody on the floor – I'm talking hundreds and hundreds of students – they all just stop, and then they go back and sit in the bleachers…It was a huge sign of respect for these kids that their music could matter that much."

The CMAS program has grown from their basic concerts, or Songwriter Night, to playing at halftime at the home football games, to most recently writing and performing their own musicals in conjunction with Technical Theater.

Richard Maxwell may not have won the Grammy award for musical education, but with the way CMAS continues to succeed, he wouldn't have it any other way.

Representatives of the Grammy Foundation honored Richard Maxwell as one of the finalists for the award on Friday, May 15 at the CMAS Songwriter Night in the Arcadia Auditorium.



Congratulations graduates
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From the *Arcadia News* team.

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Legacy continues as Halden sets sights on new school garden

By Josh Cutlip

Local mother, Barbara Halden, is trying to build an interactive garden at Arcadia High School after her two gardens at Ingleside Middle School and Hopi Elementary School have shown great success with the student population.

Barbara and her family moved to Arizona about seven years ago, and she got the idea to start a garden at Hopi after seeing the school lunches.

"When my kids were ready to start school here I looked at the lunch, and I didn't like the lunch. I talked to the cafeteria people and said, 'How can we change the lunch?'" Barbara said.

She figured the best way to address the unhealthy menu was to demonstrate how fresh produce affects a community.

"We have vegetables; we have herbs; we have flowers that are really important," Barbara said.

Even though Barbara can't serve her produce in the cafeteria, the nutrition department encouraged her to show them her vegetables and educate them on what to order to help make school lunches healthier.

After successfully incorporating gardens at both schools into the students' everyday activities, Barbara now wants to build one at Arcadia High School. The garden would be used in conjunction with science classes to learn about genetics and nutrition. She said many of the student athletes have shown interest in gaining knowledge about nutrition and healthy living,



Barbara Halden is the driving force behind gardens in three local schools. PHOTO BY AMANDA GOOSSEN

"All the athletes are really interested in, 'What do I need to do to be fit and competitive?'" said Barbara.

The garden at Arcadia will be different from those at Hopi and Ingleside. It will be made out of block instead of materials that deteriorate easily, thus ensuring longevity. Halden also said the garden will match the architecture of the school in a complementary way, making it look like an original piece of the campus.

The one thing hindering this project is funding.

"I do need money for this," said Halden. "We need to raise about $33,000 to actually build it."

Scottsdale Unified School District Superintendent Dr. David Peterson is helping to fund the first phase of the garden, which would include a potting bench, irrigation and two large plant beds for crop testing within the science department. Barbara hopes Eagle Scouts and other volunteers will help with tasks like filling the beds with soil and landscaping, which will be adaptable to the desert in order to save on water.

"To really get it all going, I need the community to step up and help us fund this garden," Barbara said. "They can write a check to Arcadia High School with 'Garden Club' in the memo."

Some local businesses like On Site Landscaping are making generous donations in order to help create this garden, but the long list of Gardening Club members is still looking for the full funding.

"We are trying to get the cost down a little bit by talking to the suppliers," Barbara said.

The gardens at Hopi and Ingleside have proven beneficial to the children in more ways than one.

The students at Ingleside have learned a little about economics by selling their produce to the Arcadia Farmers Market, and Barbara said the garden teaches children about nutrition and economics – it even provides a new environment for the language arts class.

Barbara hopes to get the Arcadia High School fine arts programs, along with the rest of the school, involved in the garden's development. She'd like them to help by making stepping stones or planter pots. She believes that the project will quickly become self-sustaining with all the active clubs and charitable people at the school.

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Arcadia News takes on Savannah

By Amanda Goossen

On April 8 *Arcadia News* packed our bags and headed to the South.

To Savannah, Georgia to be exact.

Owner and Publisher Greg Bruns and I decided a change of scenery was in order. Too much time sitting in front of the computer, proofing the paper, and remembering where to put a comma, had us feeling a bit burnt.

Plus, the Association of Free Community Papers was holding its yearly convention and their 2015 Best of the Best AFCP Awards. We were ready to learn, network and see the sights. We were also hopeful we'd win an award or two.

While in Savannah we experienced everything the town had to offer. We witnessed a citywide ghost tour company that gave the tourists a ride around in a hearse.

We walked steps along the river that have remained unchanged for over a century. The signs warn those who descend to be careful, they are steep and uneven.

They aren't kidding. The angle and height is almost funny.

The roads and pathways are cobblestone in most places. The riverfront is gorgeous with large ferries taking tourists up and down the historical waterway. Cargo ships haul goods into the port.

Pirates were apparently once a problem. Every gift shop in town has pirates displayed on T-shirts and coffee mugs.

Greg and his wife, Jennifer, enjoyed dinner at Savannah's famous Pirate House one evening. One of the oldest structures in the city, the Pirate House was built in 1734 as an inn for seafarers but quickly became a meeting point for the bloodthirsty pirates who stopped in the city for a night's rest, or to simply wreck havoc on the locals.

Underground tunnels are spread out throughout the city. Some belonged to the Underground Railroad as passageways and hideouts, others are cloaked in mystery and myth. Some were sealed off with rumors of yellow fever victims once hidden away and buried from the public.

The historical significance of pirates, ghosts and mysterious passageways were absolutely everywhere, making me wonder where all the famous Georgia peaches were hiding. I had to search far and wide for one souvenir bearing a giant round peach.

We made sure to stop at the famous Leopold's Ice Cream, which has been dishing out their homemade ice cream since 1919. After Greg, Jennifer and I waited in line for over an hour in the sun, we decided two scoops were in order and my goodness, were they good.

Our greatest day of the trip, however, didn't arrive while we were touring the streets, but rather as we sat side by side in a large banquet room at the Marriott. The Best of the Best awards were announced at 8 a.m. and Greg and I were bright eyed and filled with coffee, ready to hear the announcements.

The *Arcadia News* name was announced again and again. We were honored with 12 AFCP awards (see the full list on page 25). Our writers won, our designers won, even our favorite photo from last year won honorable mention. We couldn't have been more proud!

On the flight home two days later, we felt inspired, refreshed and excited to bring the awards back to the community.

Without the neighborhood, without the people, without the connections our community is blessed to have, the *Arcadia News* could not exist.

The *Arcadia News* is truly *your* neighborhood paper. We treasure each of you that make it possible.













Braving the steep and risky historic steps, Arcadia News *ventured into Savannah in the pursuit of Leopold's "world-famous ice cream". Born in 1733, Savannah is the oldest city in Georgia.*

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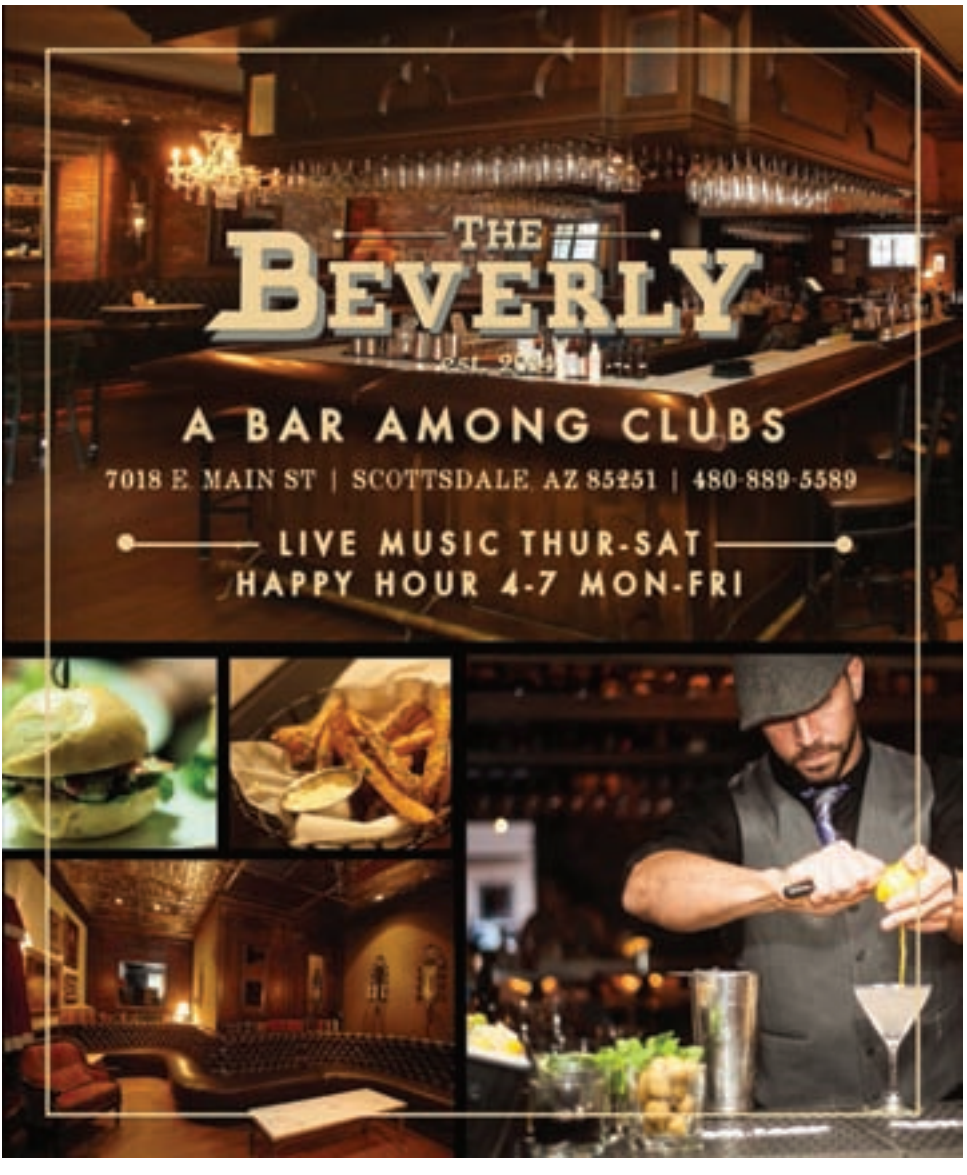


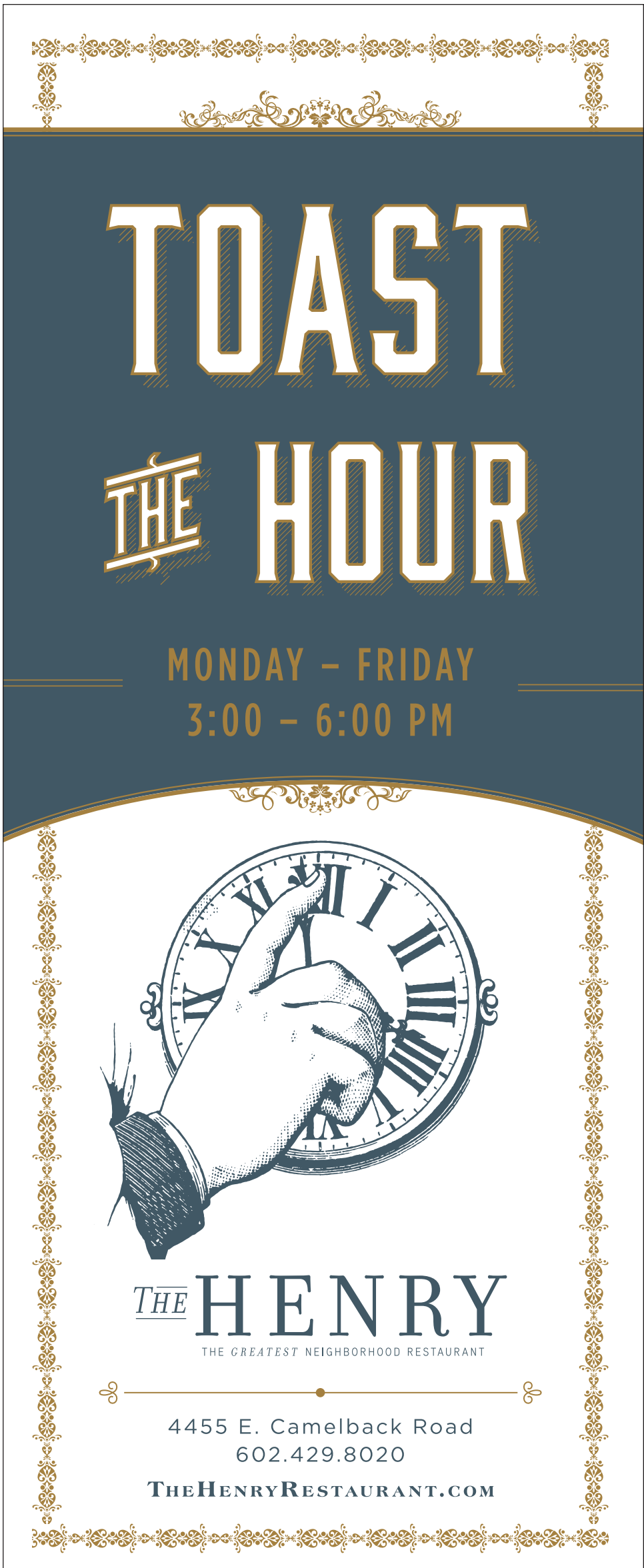


Amanda Goossen was presented with the Rising Star Award.

2015 BEST OF THE BEST AFCP AWARDS

- **Best Original Photography, Color** – Honorable Mention – Katie Mayer
- **Best Original Writing, Column (written to entertain)** – Third Place – Kindra Hall
- **Best Community Service, Editorial** – Second Place – Kathleen Shipman, Christina Surrano, Amanda Goossen
- **Best Single Ad, Agency, Black and White** – First Place – Salon Sandoval
- **Best Single Ad, Agency, Color** – Second Place – BiteMeAz.org
- **Best Single Ad Color** – First Place – Art One, Greg Bruns
- **Best In-Paper Special Section** – Second Place – *Arcadia Home & Design*
- **Best Feature Article Layout** – First Place – *Arcadia Home & Design*
- **Community Service, Graphics** – Second Place – Teachers We Love Award Form
- **Sales and Promotion** – First Place – *Arcadia News* Media Kit
- **General Excellence for a Paper with over 26% Editorial** – Third Place – *Arcadia News*
- **Rising Star in Journalism** – Amanda Goossen





Legendary local restaurants still pleasing patrons

By Amanda Goossen

As Phoenix begins to make a name for itself among the culinary elite cities of the world, let's look back on the originals, the restaurants that have stood the test of time.

Rustler's Rooste
8383 S. 48th St.
602-431-6474
rustlersrooste.com

Founded in 1971, Rustler's Rooste remains family owned and operated after four decades. Set atop the foothills of South Mountain, legend says the space was once a hideout for cattle rustlers.

Built by Gene Jarzab and Hank Beben in 1971, the restaurant burnt down in 1984 but reopened only three weeks later.

Rumored to be haunted by the original owners, the family believes Gene and Hank linger around their restaurant to ensure things never change.

Steaks are served alongside a phenomenal view of the city of Phoenix, while country western musicians play their tunes and a strolling musician entertains the crowds. The sawdust-covered floor completes the fun, Old West atmosphere.

Tee Pee Mexican Restaurant
4144 E. Indian School Road
602-956-0178
teepeemexicanfood.com

Family owned since it opened in 1958, Tee Pee Mexican Restaurant began with Tony and Anna Duran. Anna did the cooking while Tony tended the bar, creating a system that made them one of Arcadia's most well-known restaurants.

In the late 1970s the Duran's daughter, Kathy, took over the day-to-day at Tee Pee, along with her husband, Zip. A variety of family members continue to work at the restaurant, with nieces, nephews and longtime employees making up the staff.

Such a staple in the neighborhood, their authentic Mexican food has been served to President George W. Bush, John McCain, ZZ Top and David Spade, just to name a few.

Pete's Fish and Chips
4121 N. 44th St.
602-840-0630
petesfishandchips.com

The story of Pete's Fish and Chips begins in the jungles of the South Pacific.

Peter McLane Grant Jr. was a World War II Patrol Torpedo Boat Skipper whose life



dramatically changed when he contracted malaria, dysentery and rheumatic fever. After receiving a military medical discharge, his hometown doctors in Indiana told him his only hope for a full recovery was to move to a hot, dry climate.

Moving to Phoenix, on Christmas Day 1946, Peter and his wife had only $900 in hand.

Instead of showing up for a position as history teacher at a Phoenix elementary school, Pete rented a piece of land and set about building a small wooden shack, where he dreamed of creating a fish and chips restaurant like those he'd seen during his deployment in Europe.

On the first day, Pete made $12. One year later, Pete's Fish and Chips had expanded to three stores. In 2015, there are eight locations around Phoenix and surrounding cities.

Tragedy struck, however, when in 1987 Pete Grant was shot and killed in his apartment during a burglary. He was 72. His killer was later arrested and sentenced to life in prison.

With their father's death, two of Pete's four daughters, Kathy Adams and Pat Foster, took over the operations and decided to stick to his business philosophy. They have changed nothing about the business their father created in 1947, with the eight family-owned and operated stores still serving his fried fish, fries and Pete's Special Sauce.

Pink Pony
3831 N. Scottsdale Road
480-945-6697
pinkponyscottsdale.com

Pink Pony Steak House opened in its original location on Scottsdale Road and Main Street in 1947, although at the time it was known as Pings (for owner Ping Bell).

Ping's partner, Claudia Ogden, bought Ping's share of the restaurant in 1949 and Ogden consulted with artist and friend Lew Davis on a name change. Together they came up with Pink Pony, along with the pony logo still used today.

The restaurant ended up in the hands of

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bartender Charlie Briley in 1950 after he and Ogden worked out a lease-to-buy option.

In 1970 the restaurant moved to its current location on Scottsdale Road.

The restaurant stayed in the Briley family until it closed in 2009, when it was then purchased by longtime Pink Pony patron Tim Smith and renovated to meet current restaurant styles and food trends.

Pink Pony's success for over five decades was thanks to the nearby spring training venues. In the 1950s, pitcher Dizzy Dean regularly frequented the venue and raved about it to fans, as well as the press, and Pink Pony became the place to be during spring baseball.

Known as the official spring training "watering hole" with deals signed, contracts discussed and relationships established, stars such as Ty Cobb, Ted Williams, Rogers Hornsby, Jimmy Foxx, Joe DiMaggio and Billy Martin were regularly seen hanging out between games.

Pink Pony was added to Scottsdale's historic register in 2004 and has undergone many changes in the past few years. In 2013 a complete renovation was done of the interior, while menu changes have been a regular occurrence in the past two years as the owners try to establish a more modern connection to the community.



Sugar Bowl
4005 N. Scottsdale Road
480-946-0051
sugarbowlscottsdale.com

Sugar Bowl, Scottsdale's legendary ice cream parlor, opened on Christmas Eve 1958.

Jack Huntress retired as a Chrysler service representative and moved his family from Detroit to Paradise Valley in 1958 – a post World War II era Valley trend for people looking for a desert landscape and lifestyle.

Huntress and a partner opened the Sugar Bowl after Jack overheard a man at a restaurant mention that children did not belong in a restaurant that served alcohol. He patterned it after an old-fashioned ice cream parlor in the San Francisco Hotel.

A family spot beloved by area residents, the Sugar Bowl found even greater success once cartoonist Bill Keane, who had visited the ice cream parlor with his own family, began using it as the backdrop for many of his famous Family Circus cartoon strips.

In 1985, Carroll Huntress, Jack's nephew, purchased the restaurant from his uncle, after working there for four years. Today, he is still the owner, with much of the staff still being Huntress family members.





Durant's
2611 N. Central Ave.
602-264-5967
durantsaz.com

Phoenix locals have walked through Durant's, *Goodfellas* style – through the kitchen – for over 60 years. Red leather booths, waiters in tuxedos and giant steaks are a part of the legend. The gangster roots are the aspects of the history that become a little mythological.

Rumors have flown for decades. Is it the atmosphere that hints at New York mobster connections, or is there really something to these assumptions?

The truth is, there is a connection. Jack Durant worked as a pit boss at the Flamingo Hotel in Las Vegas in the 1940s. His boss was none other than the infamous Bugsy Siegel.

Durant's was a favorite of politicians, celebrities (hello, Marilyn Monroe) and even Bugsy himself.

Durant died in 1987. Without any heirs the restaurant went to his longtime silent partner, Jack McElroy. McElroy's daughter-in-law, Carol, still runs the restaurant, which has remained almost unchanged in appearance and menu, for six decades.

Tom's Tavern & 1929 Grill
2 N. Central Ave.
602-257-1688
tomstavernphoenix.com

In 1929, on Adam's Street in downtown Phoenix, Tom Higley opened Tom's Tavern as a burger and gin joint in place of the city morgue and an old pipe shop. Known for its eight pool tables and dark, smoke-filled atmosphere, Tom's was a gathering spot for politicians, lawyers and businessmen.

According to a longtime employee named Leroy, who worked at Tom's from 1943-1977, "More cases were decided at Tom's than in the courthouse."

In 1977, however, with downtown Phoenix beginning to take a downward turn, Tom's





was torn down.

In 1988 the tavern was re-established at One Renaissance Square, in a newer, renovated area of downtown. Longtime menu staples such as the chili and spaghetti red, returned on the menu.

In 2011, the Bidwill family, owners of the Arizona Cardinals, purchased the restaurant and Tom's went through further renovations. Although pool tables and smoke-filled air are no longer part of the landscape, Tom's Tavern remains a downtown gathering spot.



Homebrewed stout and chocolate make an amazing cake combo

ARCADIA COOKBOOK

By Lisa Weisenburger

There's nothing like a cold beer on a hot June day. Arcadia resident Bobby Schurman would say there's nothing like a cold *home brewed* beer on a hot June day, or on a breezy fall day, or on a cold winter evening.

About 10 years ago, Bobby wandered into a homebrew store in Flagstaff while visiting a friend from college and bought a starter kit to make his own beer. It was the early years of a now multimillion dollar industry in our country, and the beginning of a hobby that has turned into a passion for Bobby, his wife, Kelly, and their group of homebrew friends.

Fans of homebrew can appreciate the complexity of the process far more than those of us who skip to the end and enjoy the finished product. Observing all the steps and stages of this art, which according to Bobby usually takes up to a month from start to finish, has fostered a new respect for the contents of the perfectly shaped beer glass.

"I have really enjoyed trying new recipes. Sometimes they are great and sometimes they are not so great," says the member of the Arizona Society of Homebrewers with four-time award-winning brews.

Homebrewing, like any true love, takes time and commitment. To start a batch requires two to four hours on the first brew day. This requires the malted barley to soak in hot water to release the malt sugars. The malt sugar solution is boiled with hops for the seasoning. Bobby points to a large pot that is heating on the stove.

Here is where Kelly adds her editorial, "The base of the turkey fryer, placed outside, makes a great choice for boiling when the smell that will inevitably fill the kitchen is not ideal." She and Bobby then share a look that has also stood the test of time and commitment.

The mixture then has to cool and yeast is added to begin fermentation, a minimum of two weeks. When the fermentation is complete, the solution, or at this point it can be called beer, is bottled or placed in a keg, under pressure, with a little bit of sugar so it can carbonate. The carbonation phase can take over two weeks. Throughout it all, there are temperatures that need to be taken, towels to drape, and a tremendous amount of new vocabulary to learn. For example, wort, which is what brewers call the sweet, amber liquid extracted from malted barley that the yeast later ferments into beer.

Home brewing is neither for the impatient nor for the non-present.

"We've had to beer-sit before. This is really a thing and happens when a friend starts the beer making process and gets called out of town during a critical point like bottling," Kelly says.



Bobby Schurman enjoys a homebrewed beer. PHOTO BY NTK PHOTOGRAPHY

Bobby adds, "We stick together and support each other, because in the end, there's beer to share!"

The production of making beer appears to be in three primary parts: brew day, fermentation and bottling.

Bobby says, "The color of the bottle matters. Green and clear bottles allow UV light to affect the taste of the beer. This is called skunking." According to Bobby, "Brown glass bottles are the best. And actually, an aluminum can or aluminum bottle is superior because it does not allow any loss of oxygen."

Each batch typically yields 5 gallons of beer, or two cases. One favorite anecdote shared by this beer-loving guy is about the "bomber."

"The bomber goes back and forth between friends. It is filled and sent over to the next guy to taste and enjoy. The bomber is never brought back empty. It is filled with the next batch of homebrew and shared when it is returned."

Bobby and Kelly have become beer aficionados. When they are not brewing their own batch of Angry Wife – Bobby's creation – or Whitehouse Honey Ale – the Whitehouse kitchen released this recipe, which is a favorite of President Obama – they have sought out and sampled beers from all over the world on their travels. They are already planning breweries to visit on their upcoming trip to Brussels. Bobby says he and Kelly enjoy the local Arcadia spots for beer selection when they are in town and not brewing their own. The Vig and The Tasting Room are two favorites.

"We hit the Attic whenever we can, especially when they are doing a favorite Tap Takeover," said Bobby.

If you don't know what that is, check out the Attic on Facebook: facebook.com/theattic4247.

"Whole Foods on Camelback actually has a great selection of rare beers. They have 30 to 40 handles to choose from," says Bobby.

Seeking and finding is half the fun with craft beers and microbreweries. Bobby references an app on his iPhone: Tap Hunter. Check it out.

As if brewing beer wasn't enough, Bobby also loves to bake. Baking was a huge part of growing up for Bobby. Barb, from the long-standing Phoenix tradition known as Barb's Bakery, was Bobby's grandmother.

Referring to this month's Cookbook recipe, Bobby said, "Stout and chocolate is an amazing combination." Bobby uses his own stout in the following recipe, which he adapted from a *Bon Appétit* recipe that was published back in 2002. His grandmother would be proud!

CHOCOLATE STOUT CAKE

Cake

- 2 cups stout
- 2 cups (4 sticks) unsalted butter
- 1 1/2 cups unsweetened cocoa powder (preferably Dutch-process)
- 4 cups all-purpose flour
- 4 cups sugar
- 1 tablespoon baking soda
- 1 1/2 teaspoons salt
- 4 large eggs
- 1 1/3 cups sour cream

Icing

- 2 cups whipping cream
- 1 pound bittersweet (not unsweetened) or semisweet chocolate, chopped

For cake:

Heat oven to 350 F. Butter three 8-inch round cake pans with 2-inch-high sides. Line with parchment paper. Butter paper. In a heavy large saucepan, bring 2 cups stout and 2 cups butter to a simmer over medium heat. Add cocoa powder and whisk until mixture is smooth. Cool slightly.

In a large bowl, whisk flour, sugar, baking soda and salt to blend. Using an electric mixer and another large bowl, beat eggs and sour cream to blend. Add stout-chocolate mixture to egg mixture and beat just to combine. Add flour mixture and beat briefly on slow speed. Using a rubber spatula, fold batter until completely combined. Divide batter equally among prepared pans. Bake cakes until tester inserted into center of cakes comes out clean, about 35 minutes. Transfer cakes to rack; cool 10 minutes. Turn cakes out onto rack and cool completely.

For icing:

In a heavy medium saucepan, bring cream to a simmer. Remove from heat. Add chopped chocolate and whisk until melted and smooth. Refrigerate until icing is spreadable, stirring frequently, about 2 hours.

Place one cake layer on a plate. Spread 2/3 cup icing over the cake. Top with second cake layer and spread 2/3 cup icing. Top with third cake layer. Spread remaining icing over the top and sides of cake.

(Recipe from Bon Appétit September 2002 Barrington Brewery, Great Barrington, Massachusetts)



How to satisfy your sweet tooth without added sugar

By Andrea Barkley



FOOD *WISE*

Do you have a sweet tooth?

If you're anything like me, you do. Even personal trainers aren't immune to cookie and frozen yogurt cravings. In fact, I crave a little something sweet after every meal!

Unfortunately, we all know that sugar comes with a generous side of negative effects like insulin spikes, joint pain, hyperactivity, fatigue, depression and even more sugar cravings!

With gorgeous macaroons and even gluten-free, vegan cookies at every trendy eatery, what's a health-conscious sugar lover to do?

Here are a few ways to satisfy your pesky sweet tooth.

Stevia

If you've got a sweet tooth, stevia – a natural derivative from the stevia plant in the Himalayas – is the way to go. Approximately 1,000 times sweeter than sugar, one teensy scoop (1/324 teaspoon) can add the sweetness you crave to your favorite foods.

Add stevia in place of sugar or artificial sweeteners to coffee, unsweetened Greek yogurt, protein shakes, and other treats that call for sugar and you can shave hundreds of calories with an all-natural herb.

I love to whip pure coconut cream with a little stevia to dip my fruit in, top my coffee with, or even just eat with a spoon.

I like Trader Joe's little jar of organic stevia. It runs about $13 and will last at least a year.

Fruit

Most sweet treats are sorely lacking in fiber, which is why you can eat an entire organic, gluten-free, vegan cupcake and not feel satisfied.

Whole fruit is the answer to this conundrum, and the trick is to serve it beautifully. Try preparing papaya, mango (I love semi-frozen), berries, watermelon or any decadent fruit in a beautiful bowl and enjoy with sparkling water in a wine glass.

Another fun way to prepare fruit that will slay your sweet tooth is to sauté a sliced apple, cup of berries, or banana in a little coconut oil with a tiny pinch of salt, cinnamon, and if needed, a scoop of stevia. This quick trick is reminiscent of pie filling without the sugar bomb.

For a crunchy texture, add a sprinkle of your favorite chopped nuts on top.

Low glycemic load carbohydrates

If you're constantly craving sugar, you may not be eating enough carbs at mealtime. Try adding a serving of sweet potatoes, butternut squash or quinoa to your plate. You may just be so satisfied that you won't look for extra sugar after eating.

Protein shakes

If ice cream or frozen yogurt is what your sweet tooth desires, a creamy protein shake will totally hit the spot. Try blending a scoop of soy-free, organic, vanilla protein powder with a banana; a tablespoon of unsweetened cocoa powder; and a teaspoon of nut butter with ice and water for a healthy, protein-rich dessert.

Fat

Once the redheaded stepchild of dieters, fat has been debunked as a food villain. In fact, fat has been proven to be critical to joint health, nerve function, heart health, memory and more.

Healthy fats also help your body to absorb carbohydrates and protein and keep you feeling full for longer.

Look for coconut oil, butter from grass-fed cows, ghee (clarified butter) and olive oil for added fats. Eggs, red meat and even the skin from a roasted chicken from pastured sources are excellent options for nutritious fat.

Exercise

Sugar can be an addictive comfort food that releases short bursts of euphoria. Since exercise offers the same euphoric result, plus a host of other benefits, there's no reason to not hit the gym to curb a craving. Or, a quick 60 seconds of jump rope just might do the trick.

Coffee, tea and spritzers

To satisfy my sweet tooth, I'll turn to a quality tea, an iced, organic coffee or Americano with a little unsweetened nut milk and stevia, or I'll make my own spritzer. Try one serving of sparkling water with a squeeze of Arizona's finest citrus in a gorgeous glass.

Time and moderation

Try waiting for a period of time and decide if the coveted sugary treat is really worth it. You might be surprised to find the craving has passed. If the hankering is still lingering, just go for it. Enjoy. Stressing can be counterproductive to your health. Keep in mind, your next meal is the perfect time to get back on your healthy eating track.








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Imagination Destination takes a trip to Africa!

By Lisa Weisenburger

KIDS *CORNER*

This summer we are heading to Africa! Our little safari of the mind started with my 7-year-old son and I gathering everything from around the house that had anything remotely to do with Africa.



Our tour through this large continent with its varied people, countries and topographical interests started with a map. There are tons of online interactive resources – a few being National Geographic and PBS – that we enjoyed experiencing together. The interactive maps were educational and we will challenge ourselves to learn five facts about 10 African countries this summer *and* be able to locate them on the map.



Enhancing our tour through Africa, we placed on the "summer shelf" of our bookcase all of the titles that we collected. One favorite is *Anansi the Spider: A Tale from the Ashanti* by Gerald McDermott. Amazon.com summarizes, "Anansi the Spider is one of the great folk heroes of the world. He is a rogue, a mischief maker and a wise, lovable creature who triumphs over larger foes." Our collection includes *Bringing the Rain to Kapiti Plain* by Verna Aardema, *Treasure Hunters: Danger Down the Nile* by James Patterson, *Meet Me at the Moon* by Gianna Marino, and *The Boy Who Harnessed the Wind* by Bryan Mealer.

When you look through your collection of DVDs, you may be surprised at the oldies but goodies you have lying around just waiting for a 110-degree day when you must stay inside and watch a movie to dodge the heat. Stick to the Africa theme and pull out these favorites: *Madagascar, Madagascar 2, Madagascar 3* (And, guess what? *Madagascar 4* will be out in 2018!), *The Lion King, Out of Africa, Duma,* and *Invictus. Invictus* is rated PG-13, so save it for a double-feature night after the littles hit the sack! We also found *Tarzan, George of the Jungle, Mighty Joe Young, The Prince of Egypt,* and *Sahara.*

Don't forget the field trip! Every good lesson ends with a culminating experience that ties the entire unit together. The Phoenix Zoo has its very own Africa Trail that is the perfect capper for the Africa Imagination Destination. Beginning June 1 through August 31, the zoo is open from 7 a.m. to 2 p.m. so get an early start. Check livingsocial.com or dealchicken.com for discount coupons, especially if you plan a limited visit.

For the over achiever out there, take a day trip and head up to Out of Africa Wildlife Park in Camp Verde. The park's website has extensive details. Tickets can be purchased online, there are discount offers on their website and you can get a free visit during your birthday month! The park offers overnight camps, photography workshops, an interactive app for your smart phone and of course a zip line!

We also made Safari Snack Mix to enjoy while watching all those movies and for our field trips. This is my favorite kind of snack. Just dump and crunch! It is easily adaptable to what you have on hand as well.



Safari Snack Mix is an easy way to make this Imagination Destination extra delightful.

SAFARI SNACK MIX

- 2 cups frosted Honey Nut Cheerios
- 2 cups plain Cheerios
- 1 1/2 cups animal crackers
- 1 1/2 cups pretzel sticks
- 1 cup dried banana chips
- 1 cup raisins
- 1 1/2 cups Teddy Grahams snack crackers
- 1 1/2 Gold Fish crackers
- 1 (5 1/2-ounce) box Sunkist fruit snacks

Toss all ingredients together and store in an airtight container.





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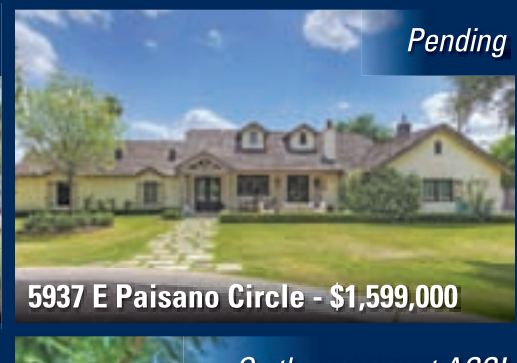






















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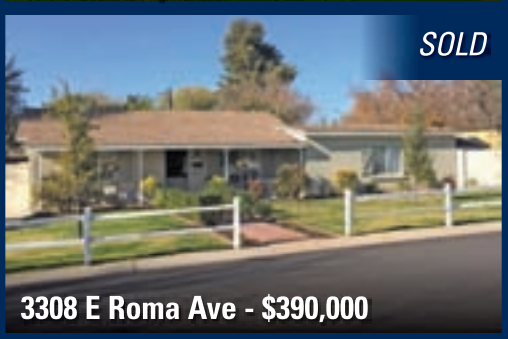










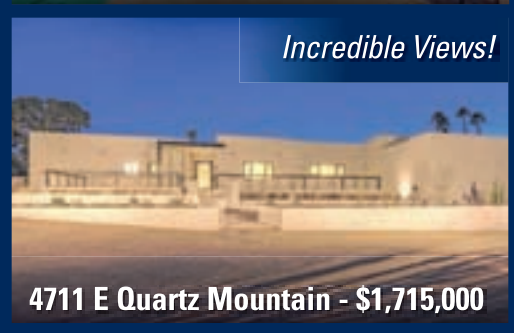


















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Valley Staycations: Kid Tested, Mother Approved



The Splash Pad at The Phoenician helps keep kids cooler during the hottest days of summer.

By Amanda Goossen

Living in the desert this time of year brings an entirely new meaning to the phrase "the dog days of summer."

The phrase originally came about due to the ancient Romans who associated the hottest days of summer with the star Sirius, which was known as the "Dog Star."

The Romans believed that Sirius, which also happened to be the brightest star in the night sky, radiated extra heat toward Earth during the summer, when it rose and set with the sun.

For the ancient Romans, the dog days of summer occurred from about July 24 to around August 24. Over time it has adjusted to July 3 until August 11.

The truth, however, is that the dog days of summer don't actually have anything to do with the Dog Star. Instead, the seasonal tilt of the Earth explains why these tend to be the summer's hottest and longest days.

And in our city, they last far longer than one short month. From June to mid-October we are immersed in ovenlike temps that have us regretting life in the desert.

Personally, I start making plans on June 1 for any and every way to cool down and keep the kids entertained.

When I was a kid, my mom (along with every other mom in the neighborhood) sent us outside with a box of Otter Pops, a bag of water balloons and a gardening hose. The day's activities were up to us. The only demand was to be back when the streetlights went on at dusk.

But times have changed. My neighborhood doesn't even have streetlights. And my 9-year-old has no idea how to fill and tie a water balloon.

What to do?

Enter Phoenix's best resorts. Filled to the max with tourists for nine months out of the year, but near empty now, summer is a great time to hit 'em up for their deals and their abundance of family friendly activities.

This year I surveyed the kids (plus added the facts) to give a review of the area's best summer spots to beat the "dog days of summer."

The Phoenician
6000 E. Camelback Road
480-941-8200
thephoenician.com

About: In 1985, The Phoenician was a dream of Charles Keating, who had a vision to build a multimillion-dollar, Five Diamond resort at the base of Camelback Mountain. Three decades later the view of the property shows not only did his dream come true, but it has also stood the test of time. With a 27-hole golf course, a tiered Oasis Pool Complex, The Canyon Suites, and a lush tropical landscape that complements the Sonoran backdrop, the

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Phoenician is much more than your typical resort experience.

For the kids: Funicians Club is the place to spark imagination. Highly trained counselors entertain kids ages 5-12 with games, crafts, sports and activities inside the ever-changing Funicians Club room.

A playground, splash pad, waterslide, Pop! Up Movies at the Park, tennis club and bicycles are also offered.

Kid tested: "The waterslide is super-duper fun!!" – Sophia (age 9)

JW Marriott Desert Ridge
5350 E. Marriott Drive
480-293-5000
marriott.com

About: The JW Marriott Desert Ridge is set on an astonishing 316 acres in North Scottsdale. With six resort restaurants, two 18-hole golf courses designed by Arnold Palmer and Nick Faldo, a spa and fitness center, and five different swimming pools, there is something for everyone.

For the kids: With four acres of swimming pools including a lazy river, waterslide, whirlpools and waterfalls, kids will feel like they've arrived in a summer fantasy land. The Family Escape Club for kids four to 12 offers cutting edge technology and entertainment. Plus, summer activities include a dive-in movie schedule, family bingo, pizza making challenge, rubber duck races in the lazy river, teen Segway challenge, and Wii dance parties.

Kid tested: "The best part is the pool. I loved swimming, and the tubes in the lazy river, and the waterfall." – Kennedy (age 6)

Arizona Biltmore
2400 E. Missouri Ave.
855-689-2878
arizonabiltmore.com

About: For over 85 years the Arizona Biltmore has been known as "The Jewel of the Desert." A destination for events, families and even United States presidents, the Biltmore is a staple of Phoenix history.

Built in 1928, the resort was an architectural masterpiece of its time with strong influences of Frank Lloyd Wright, who collaborated with builder and his former student, Albert Chase McArthur, on the project.

With 740 guest rooms and suites, meeting spaces, ballrooms, Spa Biltmore, the prohibition-era Mystery Room, an adjacent golf course at the Arizona Biltmore Country Club, eight swimming pools, seven tennis courts, four different dining options as well as the Wright Bar and High Tea, the Biltmore has something everyone can enjoy.

For the kids: From 10 a.m. to 3 p.m. each day, children 4 to 12 can join the fun at the Kids Kamp with activities, play equipment and picnic area. Tennis camps are offered and a 92-foot waterslide and evening activities on the lawn are available.

Kid tested: "The best part of the pool is the waterslide. And they have awesome treats by the pool." – Colin (age 7)







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Scottsdale, AZ

Family friendly fun found just outside the Valley

By Michelle Donati-Grayman

If you're ready to skip town to beat the heat, you aren't alone.

From art walks to music festivals, there are a variety of family friendly events and activities taking place in cooler parts of the state this month. Check out the list below for a few ideas that make for the perfect daytrip or weekend getaway:



Queen's Neighbor Gallery is one of 30 art studios and galleries that participate in Jerome's Art Walk.

COOL SUMMER NIGHTS

This month, Tucson's Arizona-Sonora Desert Museum will kick off its Cool Summer Nights series. Hosted on Saturday evenings, each week has a theme, special programs and family activities. Themes range from World Oceans Night, which will feature a hands-on touch tank and ocean activity stations, to Bat Night, which promises to debunk myths about one of the planets "most misunderstood and intensely persecuted" mammals. Cool Summer Nights is free for museum members. Regular admission rates apply for the public: $19.50 for adults and $6 for children ages 4-12. Children 3 and younger are free. For more information, visit desertmuseum.org.

JEROME ART WALK

This historic copper mining town hosts an art walk from 5-8 p.m. on the first Saturday of each month. Explore more than 30 art studios and galleries, mingle with artists and enjoy the live music and colorful history this mile-high mountain town has to offer. A free shuttle is available downtown to help visitors navigate hilly streets. Admission is free. For more information, visit jeromechamber.com.

GREER DAYS

With an elevation of 8,300 feet, there isn't a more perfect retreat from the heat than Greer. The village will kick off a summer with the annual Greer Days celebration on June 12 and 13. The celebration will feature a Wild West shootout at Molly Butler Lodge, fishing derby, old-fashioned Main Street parade, children's games and a lucky duck race. It also includes exhibitors offering arts, crafts, food, jewelry and more. For more information, visit greercivic.org.



The Arizona-Sonora Desert Museum is a world-renowned zoo, natural history museum and botanical garden.

WILD WEST WEEKEND

Williams is known for its unique attractions that include a scenic railway tour and a drive-thru wildlife park. This month, you can add another reason to visit the city west of Flagstaff to this list: Wild West Weekend. On June 19 and 20, experience all that Williams has to offer, including the Grand Canyon Railway's 4960 steam engine, the Cowpunchers Reunion Rodeo, Chuck wagon cooks and more. For more information, visit experiencewilliams.com.

TILTED EARTH WINE AND MUSIC FESTIVAL

If two days of wine, music and food sound like fun, the Tilted Earth Wine and Music Festival is calling your name. The festival will take place on June 19 and 20 at Cottonwood's Riverfront Park. It will feature award-winning wines from Northern Arizona wineries, live entertainment, gourmet food trucks, free kids activities and more. General admission is $45 for adults and includes five wine tasting tickets as well as a reusable wine glass. Children 12 and younger are free. For more information, visit tiltedearthfestival.com.

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Kids at Camp Soaring Eagle enjoy an authentic camp experience despite their illnesses.

Local camp helps make memories for children and families with health concerns

By Katie Snyder

Northern Arizona is most known for its beautiful scenery, great weather and outdoor adventures. But what most people don't know is that nestled between the red rocks and the pine trees is Camp Soaring Eagle, home to thousands of chronically ill children and their families year-round.

Camp Soaring Eagle is geared towards providing on-site medical care so that sick children can experience the fun of camp under the watchful eye of a cadre of volunteer nurses and physicians.

For each session, medical professionals offer the highest level of care for campers, for free. Through their partnerships, Camp Soaring Eagle staff and volunteers ensure campers have a safe experience during their stay.

The organization offers six different types of camping programs: illness-specific camping weekends, sibling camper weekends, illness-specific family retreats, summer camp programs, veteran's children camper weekends and camp outreach. Depending on the session, campers and their families typically stay anywhere from two to five days.

"I can't put into words what it means to us that you all do so much to make sure these children have a great time," said Kristi Pahnke, a camper mom. "Thank you for making my child feel like a regular kid and for making her little sister feel extra special, too. It's something they will remember for the rest of their lives."

Prior to this year, the camp ran its programs out of Jackpot Ranch in Camp Verde and the Briar Patch Inn in Sedona. Having its own, permanent camp location allows the organization to offer more services and provide a local camp experience year-round. Camp Soaring Eagle hopes to serve 1,700 campers and family members this year. Depending on the retreat chosen, camp participants will enjoy a wide range



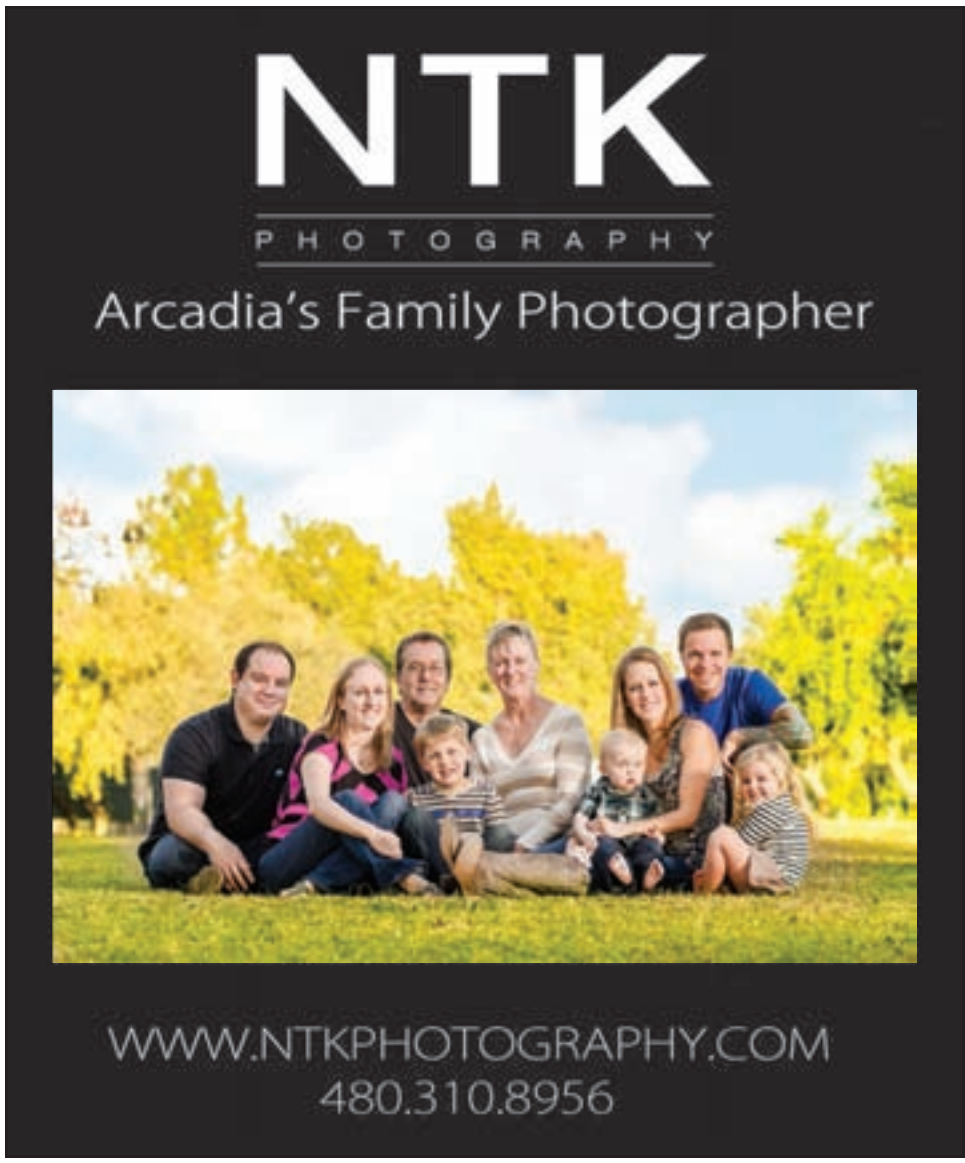
of activities such as horseback riding, fishing, crafts, music, archery and boating.

"At camp I get to escape my illness and just be myself. The activities are fun, the counselors are nice and they always make sure I take my medicine," said Mia McPoland, a former camper.

Camp Soaring Eagle gives children a chance to interact with peers facing the same battles so they don't feel alone or different anymore. Illness-specific programs are geared towards campers and families facing a variety of illnesses, such as blood disorders, cancer, bowel diseases, respiratory diseases and Type 1 diabetes.

"Some kids do have obvious signs of their illnesses; they have physical scars. But the emotional scars are hidden, and the camp attempts to address that," said Juan Morales, executive director of camp operations. "This is a place where kids can get away from the everyday pressures of their illness and medical treatments and just be kids; we look forward to providing more and more kids normalcy in their lives."

— For more information, visit campsoaringeagle.org.







Valley resident heads to Greenland to recover WWII plane

By Rachael Bouley

Over 70 years ago, in 1942, eight aircraft crash-landed in the frozen, barren tundra of Greenland after running out of fuel. As part of Operation Bolero, these planes were carrying war materials to the Allies during World War II. While the pilots survived and were rescued by dogsleds, the planes were left behind, and they are now buried deep within the glaciers of Greenland.

Valley resident Vernon Rich is a man on a mission. At 60 years old, this summer he will make his fourth trip to Greenland, as part of an effort to recover and ultimately restore one of these planes, a historic P-38 Lightning plane that rests under 350 feet of ice and was located through radar.

As a child, Vernon adopted his father's passion for the mechanics of cars, boats and planes. Vernon spent a lot of time building model airplanes and cars, until he was old enough to work on the real thing. His career has taken him throughout the United States, Middle East and Central America, where he has worked on both current military vehicles and aircrafts, as well as restoration and recovery projects.

"I've always had a fascination for the older stuff and I've had the opportunity to rebuild and recreate new components for airplanes," Vernon said. "It's a pretty cool job to have. I'm doing what I like best to make a living, so it's fun for me every day."



Vernon Rich is making his fourth trip to Greenland in an effort to recover and restore a P-38 airplane.

To get in prime physical condition, Vernon uses Sunfare, a company that delivers healthy meals to his doorstep. The meal program helps him lose weight and become healthy before he departs for Greenland on June 1.

Vernon and his seven core team members will set up camp on the glacier, where they will face extreme weather, including strong wind gusts, cold temperatures and snowstorms. He has prior experience with these challenges, as his passion for airplanes and adventurous spirit have led him to Greenland three times already, on a mission to recover a B-29 Super Fortress. While that project ultimately ended with the plane catching on fire, it was a life-changing experience for Vernon, who learned that not everything plays out as planned.

"If it was easy, everyone would do it and all these planes would have been recovered," he said. "We have a good team together, but we recognize that it's going to be three months of hard work."

The expanses of mountains and ice that make up Greenland's incredible environment and spectacular scenery made a fourth adventure impossible to resist.

"It's hard to explain what going to Greenland is like. When you go to Greenland, it's just like going to Antarctica or the North Pole," Vernon said. "You don't know what quiet is until you go out there. It's a deafening silence. It's addicting, and once you go there you always want to go back and see it again."

After setting up camp, Vernon and his team will get to work on melting a hole in the glacier in order to remove the plane. Once the parts are safely back in the United States, Vernon will begin assembling and restoring them in his shop near the Deer Valley airport before transporting them back to the plane. If the plane is successfully recovered and restored, it will fly in different air shows to allow the public to see a piece of history.

While this adventure may seem crazy to some, it's worth it for Vernon, who says he would definitely plan another trip. The support of his family, especially his parents and wife, is encouraging.

"I've been some crazy places and done some unusual work," Vernon said. "My wife and I have been married for 34 years and she's still here, so I guess she's gotten used to it."

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Cinco de Mayo holds special meaning for area family

By Katie Mayer

Cinco de Mayo is a day of celebration for many, but especially for area resident William Simmons and his family.

In May 2011, William and his then pregnant wife, Jenet, had some friends over for dinner. The evening wasn't much different from any other evening, except that after the guests left, William developed a headache.

The couple went to bed, but in the middle of the night William awoke violently ill. Thinking it might be food poisoning, Jenet moved to the couch and gave her husband some space to rest.

"I was mostly awake that night because I knew in my heart of hearts that something was deeply wrong," Jenet said.

At 5 a.m. when Jenet went into the bedroom to take William's temperature, she found that his skin was seemingly on fire. The normally gentle and quiet man smacked her hand away and appeared completely disoriented. Unable to help him dress or reason with him, Jenet called her father-in-law and the two of them called 911.

"He couldn't speak and he wasn't there mentally," Jenet said. "He would shoot out of bed when he heard a voice and then just fall back and close his eyes."

Paramedics rushed William to HonorHealth Scottsdale Osborn Medical Center. After a couple of hours, Jenet received a shocking diagnosis: William had bacterial meningitis.

A relatively rare illness, bacterial meningitis is an infection of the membranes surrounding the brain and spinal cord and causes death in 10 percent of those who contract it, according to the Cleveland Clinic. If not treated early enough, the disease can also result in permanent brain damage, vision and hearing loss, and paralysis.

To help combat the infection, doctors placed William in a medically induced coma in the hospital's intensive care unit.

Unfortunately, by May 2, William's body began shutting down and Jenet had to face the fact that she could lose her husband, and that her children would be without a father.

"That morning, the ICU doctor kept saying to me, 'You don't realize how sick your husband is. He is dying,'" Jenet said.

Jenet fell to her knees and cried. The stay-at-home mom and former teacher had lost her mother as a child and now her husband's life was teetering on the edge.



William and Jenet Simmons (third couple from the left) stand with their family at their Cinco de Mayo party.

But just as quickly as William became sick, he suddenly took a surprising turn for the better.

"In a flash, everything changed…he was breathing on his own and his heart rate stabilized," Jenet said.

On May 5, 2011, doctors awoke William from his coma. They cautioned Jenet, however, that her husband might never be the same.

"Upon waking up, the nurse went through a list of questions," William said. "One of the questions was to see where I was mentally and what day it was."

He added, "I had no idea what day it was, but when she said, 'It's May 5, 2011,' I said, 'Oh, it's Cinco de Mayo.' That's what sort of led them to believe I wasn't totally brain dead."

From that day forward, William made strides in his recovery. Doctors now believe William contracted the disease through an unseen hole where his brain fluid had been draining out of his nose. Scottsdale ear, nose and throat surgeon, Dr. Timothy Kelsch, discovered the hole and performed a surgery to repair it.

Kelsch said that anytime there is a crack in the lining of someone's skull, it puts the person at risk for infection.

"Our brain fluid is mostly made of sugar water…leakage of our brain from one tiny hole can allow for infection," Kelsch said.

Although he faced setbacks and recovering wasn't easy, the construction contractor went back to work within a month and not long after that the couple gave birth to their second son.

"He is very fortunate to make a 100 percent recovery and have no deficits," Kelsch said.

The Simmons family are deeply devoted Christians and credit God's grace for restoring William's life. Jenet said that relying on her faith coupled with the support of friends, family and church members helped her get through the scariest days.

"When all was said and done, we got the answer to our prayer that we wanted," said Bea Simmons, William's mother.

To honor God and celebrate William's recovery, the Simmons family hosts an annual Cinco de Mayo party at their Scottsdale home. This year, more than 100 guests attended the event, including Kelsch and his family, who have now become friends with the Simmons family.

"They are an inspiring family," Kelsch said. "They can design and make anything… He is a contractor and builder and she is very creative. They have a wonderful, welcoming home."

He added, "It has been a joy to get to know them."

Tracy Goble of Scottsdale, who Jenet calls her "adopted mom," said Jenet and William bring a "freshness to everyone in their lives."

"They are faithful; they are fun; and they are gatherers of people, so I think the Cinco de Mayo party is such an indicator of who they are," Goble said. "It's not about them just quietly letting the time pass. It's saying, 'We want to bring everybody we love together and celebrate life.'"

Goble said she and her husband were prepared to invite Jenet and her children to live with them if William did not make it through, but they are grateful he survived and give God all of the credit.

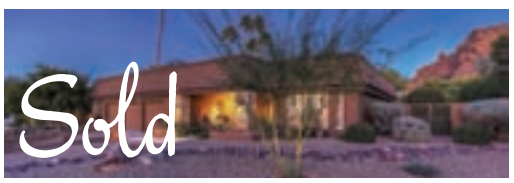
Today, 34-year-olds Jenet and William are healthy and happy and enjoy spending time with their boys Carter, 5, and Trevor, 3. Although Carter was too young to know what his father endured, he knows the powerful reason behind the Cinco de Mayo party.

"Because Jesus saved Daddy from dying," Carter said recently on the four year anniversary of his father's recovery.

William said that although he doesn't remember the days he battled the illness, seeing the support from his family and friends while he was sick and recovering has led him to understand the importance of community. Both he and Jenet encourage others facing illness in their families to rely on their faith and step forward and help people, even in small ways.

"This has forever changed us," Jenet said. "It changed the direction of where we were one point in our lives to who we are now."

She added, "Any small act of kindness makes such a big difference in people's lives and this has really shown us how to be there for other people in a crisis or even just in everyday life."



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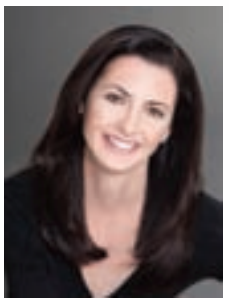

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JOIN YOUR NEIGHBORS IN SUPPO

As Arcadia Camelback Special Planning District residents, we are awed by the transformation of the David and Gladys Wright House. As neighbors we are humbled by the generosity being afforded to our community through the preservation of the home and grounds by the David and Gladys Wright Foundation. If you have not done so already, we encourage you to take a personal tour of the property – it is free of charge. (www.davidwrighthouse.org)

We believe the active, ongoing preservation efforts are of monumental importance to our neighborhood and community, our city, our state, and our country.

In 1950, at the age of 84, Frank Lloyd Wright, America's most famous architect, designed the home for his son, David, and daughter-in-law, Gladys. Both David and Gladys lived in the home until they passed at the respective ages of 102 and 104.



Completed in 1952, the David and Gladys Wright House is regarded as Mr. Wright's last residential masterpiece. The home was designed specifically for its location at the foot of Camelback Mountain with a view of Papago Buttes. It is one of three spiral designs by Mr. Wright standing alongside his most famous, the Guggenheim museum in New York City.

The mission of the David and Gladys Wright House Foundation is to restore and preserve the home and grounds, as well as celebrate the artistic legacy of its designer through tours, educational programs, exhibitions, lectures, research facilities, events, and performances to inspire the creativity of future generations of artists and architects.

Fortunately, for the Foundation and for Arcadia, the church adjacent to the property located along Camelback Road, has offered its south parking lot so that everyone can experience this treasure. The partnership with the church benefits the neighborhood by alleviating traffic concerns.

Unfortunately, a few neighborhood residents have distorted the intentions of the Foundation, spreading rumors that the house will "commercialize" our neighborhood. We have spoken with the owners and have been assured that the special permit will define hours of operation, sound attenuation measures, and other limitations on events, to ensure that the property is nearly invisible and inaudible to our adjacent neighbors. There will be ample opportunity for the community to comment on the special permit in draft form.

Again, the David and Gladys Wright House Foundation is a non-profit entity, the sole purpose of which is to preserve the house through its philanthropic and educational missions – it is not a commercial enterprise. As we recommended earlier, see for yourself, sign up to take a tour at www.davidwrighthouse.org, or call at 602.689.6140. It's well worth your time.

By preserving this American treasure, we preserve and celebrate the integrity and history of our neighborhood, the beautiful place we call home.

Sincerely,
Your Arcadia Neighbors

Amy Estes
Loreen Wallin
Beth Erwin
Richard Ross
Thomasina Burke
Breyan Sussman
Traci Chandler
Susan Hamilton
Deb Rochford
Nicole Brown
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RTING THE DAVID WRIGHT HOUSE





"Back in the 1950's , when Frank Lloyd Wright was designing this house for his son and daughter-in-law, it was a house that was intended to be for a family to enjoy, a place for kids to grow up and grandchildren to enter into the lives of the Wright's. Now the house has a new life and what is fascinating to me is to see how a building originally intended for dwelling can be equally appropriate for a community building as a space for celebration."

—Victor Sidy,
Architect and Former Dean,
Frank Lloyd Wright School of Architecture



"This place was very personal to Wright because it was designed for his son. It was an example for how to live in the desert southwest. You know by having this curved form, he's creating space that has a sense that's continuous, it's going on and on. So there's always this idea of discovery as you're coming around the corner, so this house is one big corner and you're moving through it and you're always looking you know, what's around the next bend? So there is this great idea of exploring and discovery."

—Fred Prozzillo,
Director of Preservation, Taliesin West



"The story of this place and its relationship to this community, this city, and this state and the personage of Frank Lloyd Wright and his legacy and his story is amazing. With the new owner coming on board and saying, 'I want to recreate the original look and feel of not only the building but the grounds', has been really welcoming to the preservation community because it is bringing back the look and feel of the original parcel, its relationship to the neighborhood, relationship to camel back mountain, in which Frank Lloyd Wright was so in-love with and it's a benefit to this neighborhood and this community that the parcel is being brought back."

—Jim McPherson,
President of Arizona Preservation Foundation



"I am enthusiastic about the prospect of there being a museum here, open to the public, especially for the education of young people. I am particularly excited to bring my own classes here because of all the fundamentals of design present in the building: Its texture, pattern, light and shadow, rhythm and repetition, void and mass. It's like a living textbook."

—Allison King,
Associate Professor of Graphic Design,
The Art Institute of Phoenix



DAVID AND GLADYS WRIGHT HOUSE FOUNDATION

PO Box 60190 • Phoenix, AZ 85082 For more information: **www.DavidWrightHouse.org** or call **602.689.6140**

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Japanese culture discovered beneath the cherry blossoms

By Jean Hodgson

RETIREMENT *NOW WHAT?*

When friends and family members asked about our April trip to Japan, a repeated inquiry was, "Did you see the cherry blossoms?" While spring is the season for this icon of Japan, we were actually there the last part of the month when most of the spectacular blooms were past their prime. However, we were far from disappointed. Japan is way more than cherry blossoms.

The "more" inspired me to review, once again, our observations of this unparalleled culture and help me define some wonderful travel memories.

The M (in *more*) is about the manners that are particularly impressive to a senior traveler. Strangers were so accommodating when help was needed, and more often than not we were escorted to a destination rather than just pointed in the right direction. Apologies flow freely, even when there is no apparent need, and standard behavior is to bow at both the beginning and end of an interaction. The conductor on the bullet train from Tokyo to Kyoto even bowed to all the passengers before passing through the car to check tickets.

It's hard at first to get used to seeing so many people wearing surgical masks in public because in America we only associate that with some serious medical situation. We learned that while Japanese people do wear them to protect themselves from pollution and germs, their purpose is often to protect others from their own colds. When my husband bought medication from our hotel pharmacy for the sniffles, he was also given a complimentary surgical mask. Another example of Japanese manners.

The O is for organized. We couldn't fail to observe that everywhere. Schedules are followed to the minute. Everyone lines up on the left side of an escalator so that passengers who need an even faster track can easily pass. There is no litter anywhere, and we had to search for somewhere to throw trash in public places, often resorting to stashing it in a backpack until we returned to our hotel. In one restaurant an hourglass timer was served with our beverage. Why? So we would know when our tea was ready to be poured.

The R has to stand for reverent and respectful. The tours we took included temples and shrines, and the guides were careful to explain the basic tenets of Buddhism and Shintoism so we would appreciate the cultural significance of these historic locations and their beautiful settings.

Japan is known for being an expensive place to visit, so E is for exchange rate! Right now it is quite favorable with our dollar and, if you are considering an Asian vacation, keep in mind that tipping is not expected, and is even considered rude. This is a huge positive difference in planning a travel budget.

Senior travelers should be aware that if you have a mobility issue, the two cities we visited, Tokyo and Kyoto, are not disability friendly. Lots of steps, a shortage of escalators and elevators, and you rarely see people in wheelchairs or with canes. Locals commented that they are attempting to improve this before the 2020 Olympics.

Signs in Tokyo are mostly also in English, but not so much as you get farther away from the capital, which can also be challenging. Be aware that it is customary to remove your street shoes when entering a home and also some public places. I unexpectedly toured the Nijo Castle in my bare feet!

This trip was a combination of tourist time, attending the dedication of a new school facility and reuniting with many Japanese friends. Despite cultural contrasts, friendships close the distance between the Valley of the Sun and the Land of the Rising Sun.



Jean and Bill Hodgson in the Bamboo Forest outside Kyoto.

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Arizona native experiences Portland's utopian vibe

By Kaley Kalil

WHERE'S THE *NEIGHBOR?*

"It really is weird in the coolest way – a very unique, gorgeous place," local Kelly Klauber had to say about her recent trip to Portland, Oregon.

Klauber spent five days in the city whose motto is "Keep Portland weird," staying with her longtime friend, Lindy Tiedemann.

"Lindy was born and raised in Arizona, but she'll never move back, because she's found Portland," Klauber said.

Now, she knows why. Klauber instantly fell in love with the city's "laid back hippie scene," and relished in its surprisingly impressive culinary vibe and plethora of local breweries.

She indulged in lots of fresh fruits, oysters and salads overflowing with fresh vegetables and gorgeous greens. Klauber particularly enjoyed an egg, cheese and bacon sandwich on a cheddar biscuit for brunch, and tried fresh-made bacon potato soup ice cream at Salt & Straw, a local ice cream parlor.

"This place had amazing waffle cones and crazy, savory flavors where you think it will be nasty. But then you're like, 'Wow, this is amazing!'" she said.

Klauber's favorite brewery was Cascade Brewing Barrel House.

"Anybody that likes sour beers knows Cascade," she said.

She enjoyed visits to the Portland Japanese Garden and the International Rose Test Garden, showcasing more than 500 varieties of roses.

Klauber went tubing down the Clackamas River, and strolled through the Portland Saturday Market, exploring its many food, arts and crafts vendors, as well as its street musicians and views from the bay.

"Henna tattoos are really big there right now. We got [tattoos] done on our arms and our feet," Klauber said.

She attended a Lord Huron concert at a local favorite, the Crystal Ballroom, and journeyed into Powell's City of Books to see what antique books she could find.

"Every day I was there was a 'five volcano day,'" Klauber said, a phrase local Portlanders use to describe a clear day where five of the Cascade Mountains' volcanic peaks can be seen from the city: Mount Hood, Mount St. Helens, Mount Ranier, Mount Adams and Mount Jefferson.

"The weather was gorgeous," she said. "It did not rain once, which was weird. I bring my nice Arizona weather with me!"

The efficiency of Portland's public transportation was another thing that really impressed Klauber.

"There's this PDX bus app you can download on your phone. You type where you want to go, and it tells you exactly what buses to take, when they're coming, how long it will take to get there – even if you don't know where you're going, it's really easy to get around in Portland," she said.



Tiedemann (left) and Klauber (right) enjoying sour beer at Cascade Brewing Barrel House



Portland's motto proudly displayed.



Cheddar, bacon and egg biscuit – a typical SE Division brunch, and Klauber's favorite meal.

She was fascinated with how the city seemed to be divided into four sections, and how each section had its own eclectic vibe and local culture.

"People are very loyal to the city division they live in," she said.

Klauber stayed in the Southeast division with Lindy, in a quaint, old farmhouse that had been converted into several rental homes. She adored the flower-lined streets they walked down every day during her visit.

"Portland is a big city with all the stores and everything you could want, and great public transportation. But, it still feels like a small town. Everything is accessible via biking or walking. Lots of men with beards… lots of flannel…It really is weird in the coolest way," she said.

Later this month, Klauber is looking forward to traveling to Charleston, Virginia, for a fun-filled family reunion at Folly Beach.

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ABOUT BRIAN

Brian Chapman, born and raised in Skowhegan, Maine has been in the travel business since 1980. Throughout his 30+ years in travel he has traveled to over 60 countries in Africa, Asia, Europe, North America and the South Pacific.

In 1995 Brian opened North Bank Travel and in 1998, Brian was asked by Rev. Leon Sullivan to handle travel for the Leon H Sullivan Summit, which was a group of 600 traveling to Accra, Ghana. Brian has also arranged travel for groups ranging from 150-450 to Equatorial Guinea, Ethiopia, Ghana, Nigeria, Senegal and Tanzania.



GIVING BACK Mulala Village Borehole

What keeps bringing me back to Tanzania are the people. Since 2007 I've been traveling to Tanzania at least once, if not twice a year. Over time, I've met and visited with many different people who have gone out of their way to share with me more about Tanzania along with their wants, needs and dreams.

Black Giraffe Dancing Adventures wants to share with you an experience of a lifetime in Tanzania. On January 3, 2016, you'll be able to witness a water borehole being drilled and hitting a gusher. This will be done at the Mulala Village, where you'll be standing next to the villagers and share with them in their excitement. Having a well makes their lives a little easier, allowing them to become more self-sufficient. Find out how you can help raise funds for this project and save on the price of your itinerary.

I look forward to seeing you in Tanzania!

Brian Chapman

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How sneaking through window became lesson in friendship

By Kindra Hall

GIRL *NEXT DOOR*

We're considering a remodel. And while we are still at the beginning of the process, problems have already emerged. Namely, which child will get what bedroom?



The kids aren't fighting about it; they're 4 and 2 1/2 years old. It's Michael. As we poured over the plans for the house like the Goonies examined their treasure map, I happened to ponder aloud, "What kid should get which room?"

Without a breath of hesitation Michael stated, "Whichever window is harder to sneak out of goes to the girl."

I laughed. Our daughter is still in a crib, clearly not a flight risk.

"That girl is going to be serious trouble," he said, nary a hint of humor in his voice. "I need to build precaution into the walls and windows of this place. Might as well include 'daughter-proofing' as a line item sooner than later."

"There goes my double oven," I mumbled.

I thought about Michael's concern later that afternoon and recalled the home I grew up in. It was on 10 acres of rural Minnesota land. My room had three windows, one of which was accessible by standing on a large PVC pipe that protruded from the wall just beneath it.

Of course, that didn't mean much to me…at least not until Danny Matz.

Danny Matz and I were in the same grade and from as far back as anyone could remember Danny Matz was the epitome of cool. I don't know how or why he became so cool. Maybe some kids are just born with the cool gene. Or maybe when they walk into kindergarten they get tapped with a popularity wand while the rest of us are funneled unwittingly to the carpet for story time. Even now, I see Danny on Facebook from time to time (not often though – because that wouldn't be very cool) and he's still got it. Innate coolness.

I, on the other hand, was your quintessential not-cool kid. I was fashion challenged. (I didn't own a single pair of jeans – they felt icky on my legs.) I was slightly eccentric and inherently odd. Fortunately, I was more or less oblivious to my shortcomings through much of elementary school and into junior high. My parents magically cracked the "teach your kids healthy self-esteem code" and I was pretty OK just being me.

Though, as high school approached I found myself wishing to be different – or, less different, rather. I found myself longing to be the kind of girl Danny Matz would notice.

Then one day, he did.

I was staying after school for speech practice and was in the common area trying to get a soda from the vending machine that wouldn't take my dollar, when Danny walked in – followed by his band of merry men. They were laughing about cool guy things as they lined up at the machine behind me. Suddenly feeling very self-conscious about the wrinkled nature of my dollar bill, I stepped to the side, sodaless.

Danny then approached the sugar-filled tower and dropped three quarters in the slot. Tiny red lights danced to life alongside his various beverage options. I watched him choose Welch's Grape. ("He *is* perfect," I whispered to myself).

Suddenly, Danny turned his head my direction. (Shoot! Did I say that out loud?!). Timidly I met his glance; his eyes were so, so green. Before I could move or speak – or faint – Danny took a step in my direction.

"Want a sip?" he asked.

I stared at him. Speechless for the first time, ever. He asked me again, opening the can and holding it out to me. I looked to Danny. I looked to his football-playing buddies who appeared as shocked as I was. Was this a trick?

"Just have some," and he placed the fresh, cold can of Welch's Grape Soda in my hand.

I took a sip and handed it back. He took a sip.

"I've got your germs now. It's kinda like we kissed…" He smiled.

We were going-together by the end of the week.

Danny and I proceeded to break up and get back together no fewer than 50 times between 1994 and 1999. We passed notes and gave cold shoulders. He escorted me to Homecoming dances and broke my heart when he left with different girls. I got even by dating his best friend(s)…all of them.

But even through all the nonsense, I owed Danny. I felt the ripple effect of that single sip of Welch's soda for the duration of my adolescent years. Danny liked me just as I was and that was all I needed – as if I had been granted some strange, unnatural permission to be myself while everyone was trying to be someone else. His acceptance became my greatest asset.

And then one spring night our senior year, I was able to return the favor.

It was well after 10 p.m. when I heard a tap-tap-tap on the glass of my bedroom window. Even in the darkness, I could see the glowing green eyes of Danny Matz.

He was standing on the PVC pipe and asked through the glass, "Can I come in?"

I thought allowing a boy through my window in the middle of the night was probably a bad idea, so I motioned him in the front door.

We tiptoed to my bedroom, undetected. We lay down, side-by-side in my twin-sized bed – staring silently at a ceiling we couldn't see. And right around the time two crazy teenagers would commence the behavior that makes fathers want to double the remodel budget for daughter-proofing, Danny started talking.

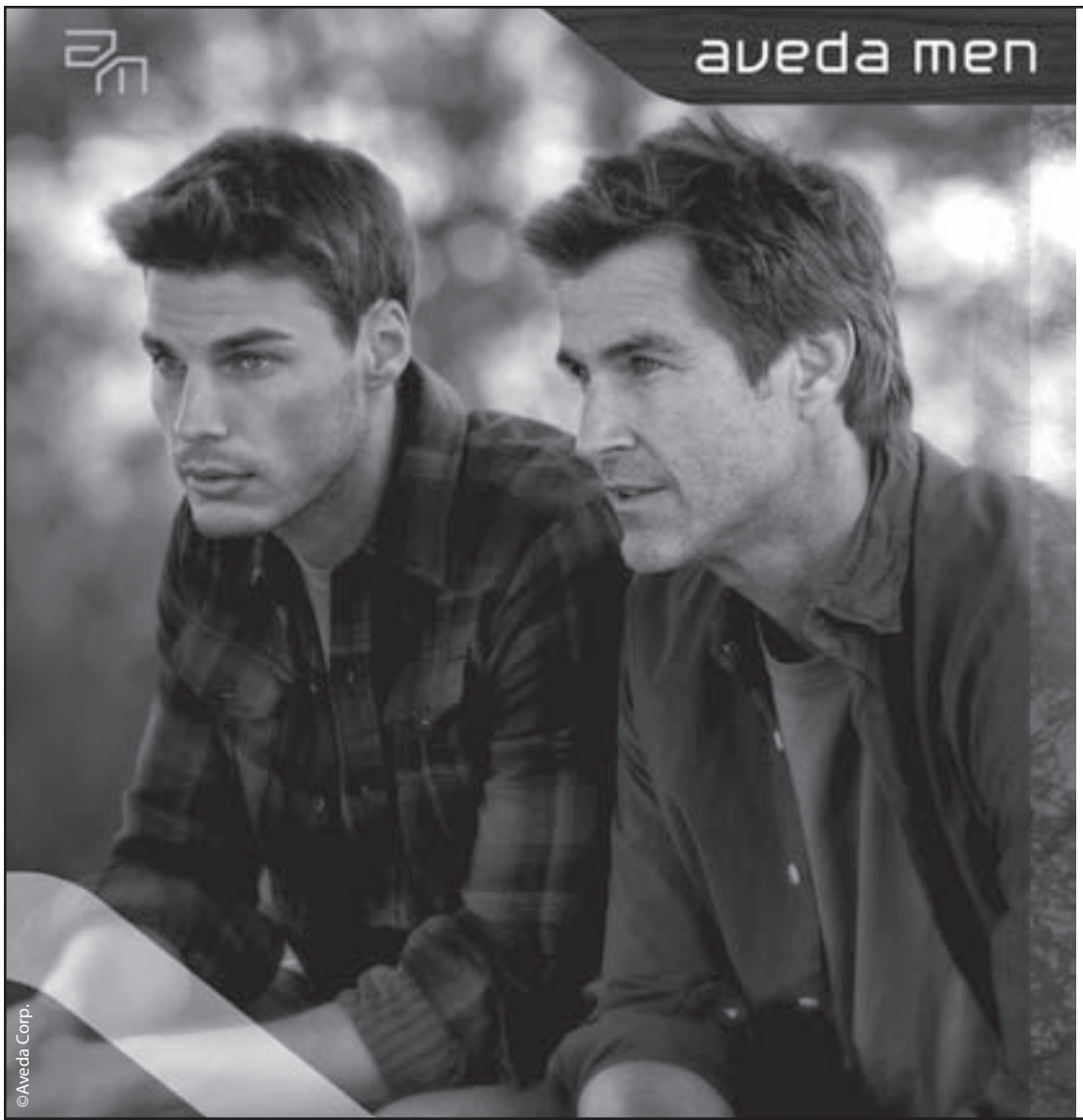
He talked about his mother; a woman in the fight for her life against cancer. Danny was scared. He was sad. He was confused. He was angry.

Several nights he came to my window. For 20 minutes or two hours – I wasn't sure – we would lie there. He talked, uncomfortable about the deluge of uncool things he likely hadn't shared with anyone else; I listened, keeping his feelings safe.

It was in those quiet, vulnerable nights with the boy who shared a sip of his soda, that I discovered what true friendship was: the rare gift of being fully yourself, stripped of any genetic, granted or perceived coolness, and knowing you're good enough.

I know the world is a much different place now; that social media and social pressures have changed since the turn of the most recent century. However, part of me still hopes, as my daughter grows into the woman she will become, that she has those real, precious, safe moments of friendship where she is loved and loves in return.

If that involves an occasional tap on the window, then so be it.



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Children helping children fashion show raises $1M

By Rachael Bouley

For 16 years, the Phoenix Women's Board of the Steele Children's Research Center, affectionately known by the acronym PANDA, which stands for People Acting Now Discover Answers, has been on a mission to raise funds for research for deadly childhood diseases. They have raised a total of over $5.25 million.

They went above and beyond their goals on Saturday, April 25, when they held the 16th annual Children Helping Children Fashion Show and Luncheon at the Phoenician Resort in Scottsdale. The 930 attendees at the event came together to raise $1 million, making it a magical day for PANDA.

The theme of the event was "When you wish upon a star…science becomes magical," and it was a huge success, thanks to a stunning array of silent auction and raffle items, a delicious menu and an adorable runway show featuring 59 enthusiastic, excited children. Attendees heard from Karin Weiler, the PANDA board president, as well as Robyn DeBell and Penny Gunning, the two women who founded PANDA 16 years ago.

Each year, PANDA selects a specific disease on which to focus its fundraising efforts. This year, the proceeds from the event will benefit the PANDA Children's Anti-Tumor Immunity Program. It is absolutely devastating for parents and families to hear that their child has cancer, especially when treatment options are so difficult and painful.

Sadly, while some treatments are effective, they are often unsuccessful in eliminating cancer for good. The scientists and doctors at the Steele Children's Research Center, led by Dr. Fayez Ghishan, will use these funds to research more effective treatments and improve care for children. They are aiming to develop better, less harmful ways to prevent relapse through the use of immunotherapy.



Ghishan was specially recognized for his 20 years of dedicated work at the Steele Children's Research Center at the University of Arizona. During his speech, he emphasized that the Steele Center would not be what it is today without PANDA and the support of the community.

"We, together, make the Steele Center a shining star," he said.

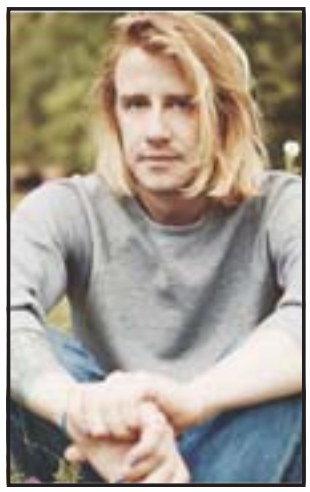
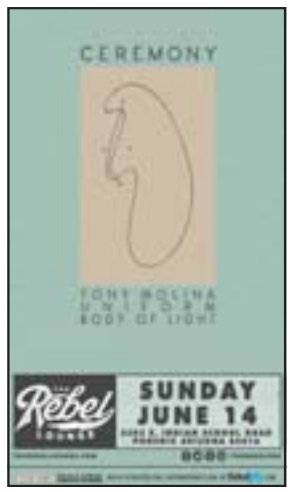
The fashion show featured six patient models, who have been diagnosed with cancer. They each displayed their strength and determination to be more than their diagnosis when they walked the runway and were met with thundering applause. All the models were fitted in Converse sneakers and clothes from PANDA's local partner boutiques, which included Garage, Splendid and Peek. By the time the children had all returned to the runway for their final wave before dancing and parading off the stage, PANDA had raised a record-breaking $1 million for cancer research and treatment.



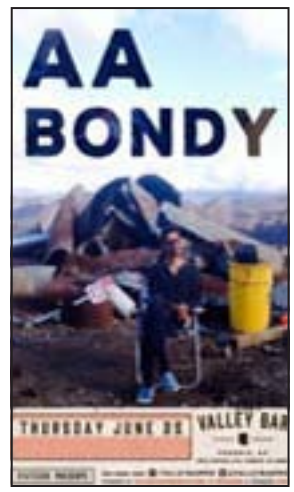


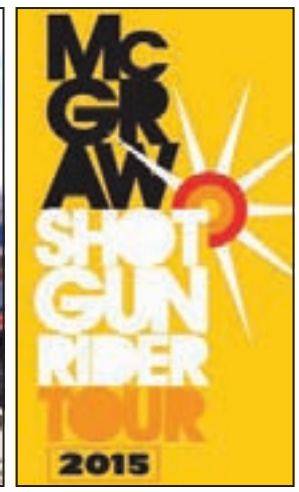
When the temps rise, we're all in it together

MUSIC *NOTES*







By Craig Goossen

I'm not from here. I moved to Phoenix four years ago and all I heard on my way out of town and into Arizona was the adjective "hot." Hell on earth was described to me in a multitude of ways. I'd been through Arizona a few times before, but it was all just a flash with little recall in which a lasting imprint was stored in my memory. I didn't know what to expect, aside from the fact that a scorched earth was apparently awaiting my arrival.

Now that I live here, I know better and defend this town to the hilt when anyone tries to flap their lips in a disrespectful or uninformed tone. Truth is, we live on a beautiful piece of earth and when our weather is perfect it may just be one of the best spots in the country. Oddly, when the summer hits, and it hits hard, I take even more pride in being part of this community. There's something to be said for people who can handle temperatures well over 100 degrees for an extended period of time. We're tough, survivors if you will. We don't complain; we persevere. Who cares if it's 110 degrees in the shade, as long as we're all in it together it'll be all right.

The month of June marks another great chance to see live music in the city. New venues such as downtown's Valley Bar and down the road in the old location of the famed Mason Jar, The Rebel is open. Get on your computers, or pop into a local record shop and check out the tunes in this month's mix, it might motivate you to get into a live music venue on a hot June night.

CHRISTOPHER OWENS:
IT COMES BACK TO YOU (2014)

Christopher Owens, formally the leader of the critically acclaimed band Girls, comes to Valley Bar on the front end of a busy June tour that takes him through 20 cities to showcase his excellent second solo release *The New Testament*.

Christopher Owens will perform on Saturday, June 6 at Valley Bar, 130 N. Central Ave. in downtown Phoenix. Tickets are $16 and the show is for all ages.

BUTCH WALKER:
21+ (2015)

Butch Walker is an accomplished musician, who's also known as an ace producer and hit doctor for a vast array of major acts. This time he tapped the insanely talented Ryan Adams to produce his LP *Afraid of Ghosts* at Adams' studio in Hollywood, California. It can't be easy producing a producer, but if anyone can do it with a dose of magic, it's Ryan Adams.

Butch Walker performs on Friday, June 12 at Livewire, 7340 E. Indian Plaza in Old Town. Concertgoers must be 18 and older and tickets are $20.

CEREMONY:
YOUR LIFE IN FRANCE (2015)

Ceremony makes a stop in Phoenix as this Northern California band hits the road to tour their latest release *The L-Shaped Man.* The album is a distinct departure from their early hardcore roots and leaps deeper into the new directions displayed on 2012's *Zoo.*

Ceremony will perform on Sunday, June 14 at the Rebel Lounge, 2303 E. Indian School Road in Phoenix. Tickets are $12 and the show is open to all ages.

TIM McGRAW:
SHOTGUN RIDER (2014)

It's not summer in Phoenix until there's a big country show at Ak-Chin. It's a Thursday night, so it sounds like a surefire long weekend for a few of you.

Tim McGraw performs on Thursday, June 18 at Ak-Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $23.

AA BONDY:
THE TWIST (2011)

I can't tell you much about what this eclectic singer-songwriter has been up to since his last release in 2011, but what I can tell you is that I'm happy he's on the road and running through our town. This should be a good opportunity to check out the new venue downtown and see a high quality talent.

AA Bondy will perform on Thursday, June 25 at Valley Bar, 130 N. Central Ave. in downtown Phoenix. Tickets are $13 and the show is for guests 21 and older.

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Online interview project leads author to novel idea

By Amanda Goossen

In Susie Orman Schnall's second novel, *The Balance Project*, she tackles the topic of working moms trying to find balance between family and career.

Lucy Cooper accepts a job after college that is far from what she expected. With her sights set on a Digital Media position, Lucy has settled to be the assistant to Katherine Whitney, the owner of a multimillion-dollar health and wellness lifestyle company as well as the author of the smash hit, *The Balance Project*. Katherine's book is a guide for women on how to have it all, and Lucy is working overtime to help Katherine obtain her own balance.

When Lucy's own life begins to fall apart from her nonstop dedication to her boss, and it becomes obvious that Katherine Whitney might actually be a women teetering on the edge of unbalance, Lucy must make a decision. Does she help the women who she once admired, or does she create a life of which she can truly be proud?

The Balance Project, like Schnall's other novel, *On Grace*, is heavy in dialogue and incredibly approachable, based on real-life situations you can imagine yourself living. Schnall's novels are vulnerable, authentic and enjoyable to read.

On June 17, author Susie Orman Schnall is coming to Phoenix to meet with the *Arcadia News* Book Club. We will meet with Schnall at dinner at 5:30 p.m. before her 7 p.m. book event at Changing Hands Book Store in Phoenix. The book event will include readings, an interview and book signing. The book event is open to the public.

To get information about the dinner or book event, email Amanda@arcadianews.com.

Recently we also had the honor of asking Susie Schnall a few questions about her work. Enjoy her following interview.

AN: *The Balance Project* tells the story of a working mom who seemingly has it all. As a working mom, do you think balance is a myth or can it be accomplished?

BOOK OF THE MONTH

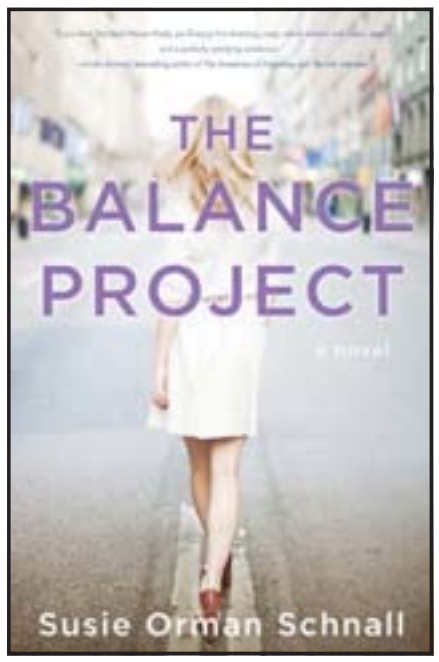
The Balance Project

BY SUSIE ORMAN SCHNALL

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BOOK CLUB

SS: It depends. Not the most helpful answer, but the truth. I think that many women can achieve balance in their lives; it just has to be a priority for them. I've come across many women at all points on this balance spectrum. The women at the pinnacle of high-powered careers and the women just scraping by have, in my opinion, the least opportunity to achieve balance. For them, balance is a luxury they have no time to even contemplate. For everyone else, it's a matter of owning your choices, embracing your life situation, defining your priorities and then architecting the life that works for you. Sure it's hard and, sure, we all feel like we're stretched too thin and there's not enough time for anything, but if you are committed to being thoughtful about your life and getting unstuck from behaviors that don't serve you, I absolutely believe you can achieve the form of balance that works for you. I've also come across women who don't actually want balance, it stymies their professional goals – but that's a whole other story!

AN: Along with the book, you've created another project centered on balance. Can you tell us a bit about that?

SS: I started The Balance Project interview series in January 2014. These interviews, which are at susieschnall.com, ask inspiring and accomplished women for their thoughts on balance and how they deal with the demands of their lives. My goal is not to perpetuate the media's idealized image of the superwoman having it all. My goal is to show that all women make sacrifices and there's not a woman out there who is perfectly doing it all, all the time. I've interviewed more than 80 women and the response has been incredible. Interviewees tell me they learned so much about themselves from answering the questions. And readers tell me the interviews made them feel much better about themselves because they realize that other women are dealing with the same issues they are. It's comforting. And it helps to make women feel less inadequate and more empowered.

AN: With kids and work, we've all found ourselves in one of those completely unbalanced moments. Can you tell us one of your most memorable moments of unbalance? How did you recover?

SS: How much time do we have here? There are so many incidents! It's a swirling, chaotic composite of regrettable – but understandable – moments of me yelling at my kids, toast for dinner, rumpled sweatpants, feeling monumentally overwhelmed and particularly nauseated, and then, ultimately, getting through it. And that's the thing, I know in the back of my mind that the unbalance only lasts so long and then I get to that magical place where I get enough sleep, I'm kind to my children, the bills get paid on time, the garbage gets to the curb, and there are green (un-raw) vegetables on the table at dinnertime. It's all about realizing that life happens in phases so I try not to get too down on myself when I'm in a tough phase because I know it won't last forever.

AN: Finding balance has recently become a hot topic. Why do you think women are talking more about this topic?

SS: I think we just reached a critical time in our country. The dialogue on this issue from companies, the government, the media, Sheryl Sandberg, feminists and female celebrities all contributed to us feeling like we're hearing about work-life balance all the time, from all corners. That's a great thing because it's so top-of-mind, and it's forcing decision makers to take it all very seriously. There are also some not-so-great elements because at some level, it becomes noise and people find it easy to tune it out. But I'm happy it's such a part of the national conversation because I think only good can come of it. And it is abundantly clear that work-life balance is an issue with which every woman struggles. As we all know, once you get us ladies talking about things that we struggle with, we like to keep talking about it!

AN: If you suddenly had five hours of freedom (no deadline, children were being expertly cared for) what would you do?

SS: I just gasped a little. That sounds dreamy. I'd take an hour-long hike. Then I'd eat ice cream: coffee chip. Next, I'd see an uplifting movie and then I'd fill the rest of the time reading while drinking tea and eating dark chocolate on a lounge chair looking out at the sea.

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ARCADIA NEWS

College scholarships for five Arcadia High baseball players

By Nicholas Smith

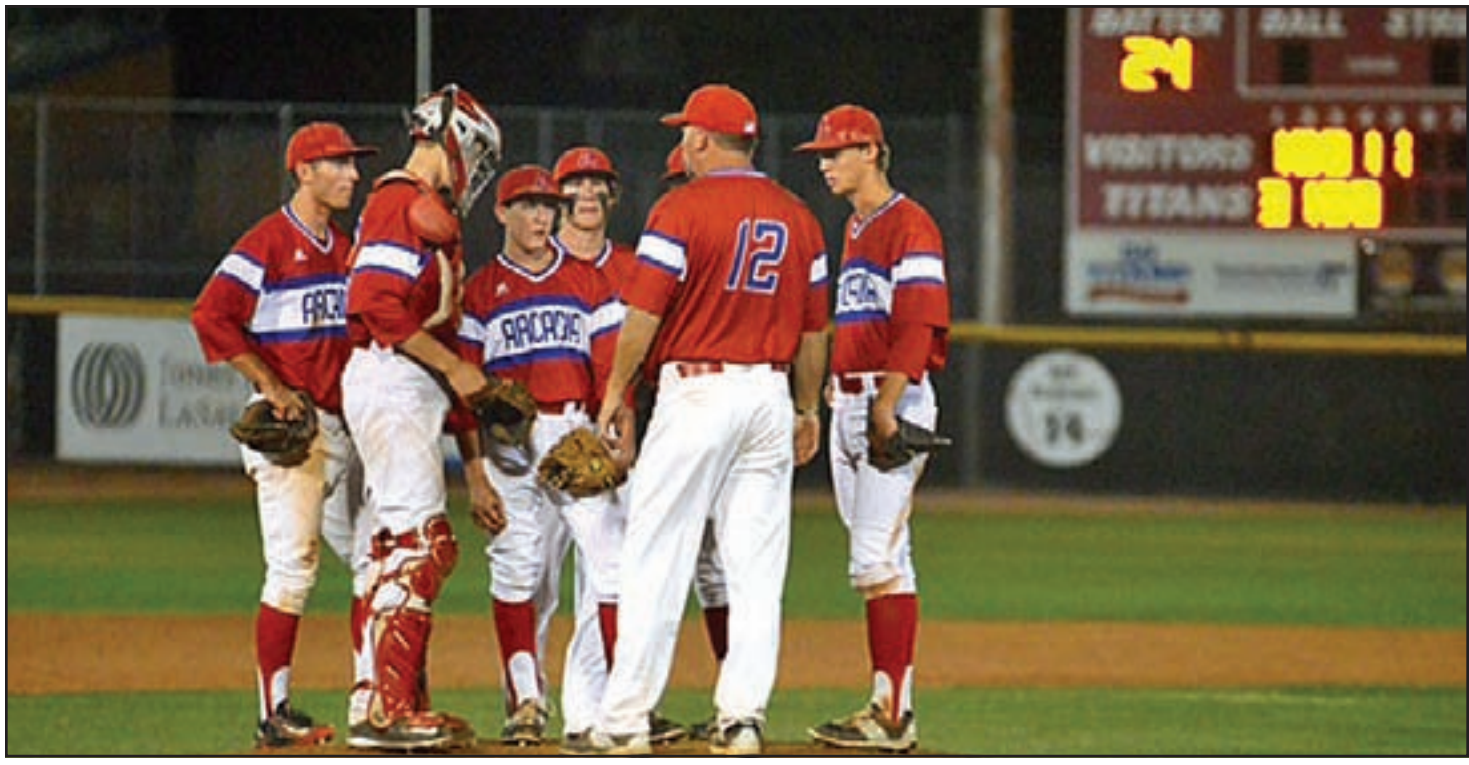
The Arcadia High School baseball team has made big strides under Troy Gerlach. This year was Gerlach's third season with the team and he believes the program is in a much stronger place than it was when he got there.

"I thought we did a great job this season," said Gerlach. "We lost a couple games in the middle of the season and that really brought us together as a team. We had our backs against the wall and knew that we had to win out to make the playoffs. The kids had razor-sharp focus."

Gerlach believes that one can see the changes in the team in the way that they prepare and push each other. When he first took over, Gerlach had to stay on top of the kids, motivating them to work hard in the offseason and to play hard each practice. This year, his job has gotten a little easier.

"When I first got the job, we'd have a couple good practices a week and a few where we lacked focus," noted Gerlach. "Now, the kids are holding each other accountable. They know when to buckle down; they're in the weight room in the offseason. When the coach doesn't have to be the one disciplining each guy, you know you're going in the right direction."

Another sign of the change in Arcadia baseball is the amount of kids who are securing college scholarships. Gerlach recalls being told when he first got to the school that he wouldn't have one kid who would play college baseball.



Troy Gerlach coached Arcadia High School varsity baseball for a successful third season.

"And we didn't have one. We had five kids this year," he said. "It's been a fun thing to watch the kids get their school paid for and also to see their sense of pride when schools start coming around."

The team has kids going to Gateway Community College, Cornell and Occidental College this season, while some of the younger players have seen interest from Grand Canyon University and Louisiana State University. The attention from schools is clearly a byproduct of the success the Titans have had on the field. The team had three All-City players last year, eight All-Section players and the Section Player of the Year in third baseman Josh Arndt.

"These seniors – I've been around them almost every day for three years," said Gerlach, "You get attached to them. This group came in with me three years ago when I was hired and they went up to varsity. They're a special group and the program is in much better shape now due to them buying in to our coaching and the way in which they led the younger kids."

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Arcadia rower credits team and technique for success

By Nicholas Smith

Most athletes at Arcadia High School head out to a nearby field after school to practice their sport. Abigail Diazcadena takes a journey to Tempe Town Lake to practice her sport.

"It's really the only place around to practice rowing," said Diazcadena. "We go in a circle around the lake, which is about 5,000 meters."

Diazcadena is a senior at Arcadia, who has received a scholarship to row at the University of Massachusetts Amherst. She began rowing in the eighth grade, after deciding it was time to find a new sport.

"I had played soccer for 10 years before that," said Diazcadena. "But it wasn't really keeping me in shape. My mom had a friend who was rowing and that's how I got into it."

The sport isn't exactly well known among the general population and Diazcadena notes that people sometimes think the biggest and strongest person in rowing automatically wins. But she says this isn't true and it's one of the biggest reasons she loves the sport.

"It's not about muscle and who is the strongest," noted Diazcadena. "You can be the weakest rower and have incredible technique and end up beating people who have been weightlifting for years. There's nothing better than going into a race as the underdog and then pushing yourself hard and winning."



Abigail Diazcadena spends afternoons at Tempe Town Lake, the only place possible to practice rowing.

Winning a scholarship has been a goal for Diazcadena since she took up the sport. Since junior high she was interested in heading out of state for college and believed rowing would give her an opportunity to do just that.

"Rowing is really big in the Northeast," she said. "That was a big reason my mom pushed me into rowing. She told me there would be a lot of different recruiting options. I feel like going out of state will give me the opportunity to grow up, without the temptation to come home on weekends."

Diazcadena ended up achieving her dream of rowing for a Division I school in the Northeast. She chose UMass Amherst after a visit to the school, where she felt a welcoming and friendly atmosphere from rowers and coaches.

"What's interesting is that rowing is the most team-oriented sport I've ever been in," she said. "You're basically a family, where you have an enormous support system with healthy competition. And the team as a family was something I felt at the University of Massachusetts Amherst."



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Signing Day honors football, baseball, basketball and more

By Nicholas Smith

Twelve student athletes were honored at Arcadia High School during a Signing Day ceremony on Friday, May 1. The students, who signed with their future schools in front of friends and family, will attend universities in seven different states.

"It's a great opportunity to send the kids off in a cool way," said Nathan Slater, principal at Arcadia High School. "You don't always get to send kids off to do what they want to do and have their educations paid for. They've worked very hard to get to this point."

Three football players were honored at the event. The stars of the gridiron were Jake Sheedy, attending Chapman University in California, Eddie Rodriguez, playing at Santa Barbara City College in California and Henry Vetter, who will play at Dennison University in Ohio.



Student athletes wait for their moment to shine as they sign their college commitment. PHOTO BY NICHOLAS SMITH

"I applied to different schools and told them I was interested in football," said Vetter, when asked about the recruiting process. "I made some highlight videos and the coaches would watch my film. Overall it was a cool experience."

Other athletes honored included Abigail Diazcaneda, attending the University of Massachusetts Amherst for rowing. The four basketball players signing were Jalicia Williams, going to Casper College in Wyoming, Avonte Nelms, heading to Phoenix College, Connor Nichols, going north to Colorado Mesa University, and Andrea Goulette, who will head for Williston State University in North Dakota.

"The process was honestly difficult at times," said Goulette. "Colleges will seem interested and all of a sudden they'll stop talking to you. You have to really take it seriously, work hard and get good grades."

Williston State is a community college, something that Goulette views as a big positive in her basketball journey.

"I feel like people sometimes view community college as a step down," said Goulette. "But I think it's perfect for me. I'll get two years of practice in college, to work on my game without the pressure of being on TV. And after that I can always transfer to a Division I or II school. They're paying for my school, books, basketball stuff and food. When I heard the food part, that really got me going."

Wrapping up the list of athletes were four baseball players. Max Woods will attend Occidental College in California. An interesting note is that the remaining three athletes will all play at the same school. Cole Norris, Brian Cunningham and Tony Sarno will head down the road to play ball at Gateway Community College.

"Their coach comes out and checks out a lot of our games," noted Sarno. "Playing with my teammates is a big part of why I chose it."

The event had a bittersweet feeling to it, as the athletes celebrated the upcoming new chapter of their life, while turning the page on an old one. After a short speech by Slater, the athletes signed their names and officially began their journey toward their new schools.

"I loved everybody here at Arcadia," reflected Goulette. "It's a great school. The teachers and coaches are all great and really care about you. Knowing people care about you is the most important thing."



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1 ¾ acres with tennis court and pool house



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