Arcadia News

Vol. 23 No. 4 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | July 2015

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For 19 years, Arcadians have gathered to celebrate America with a parade honoring the red, white and blue! Find photos of your friends and neighbors at the parade on page 54. For more information about the parade, visit arcadiaparade.com.

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Local resident Holly Rose discusses her path to starting Don't Be A Chump! Check for a Lump!

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S'mores! The ultimate summer treat becomes gourmet with a S'mores Bar and handmade marshmallows.

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Football season might be months away but Pop Warner signups are only weeks away.

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AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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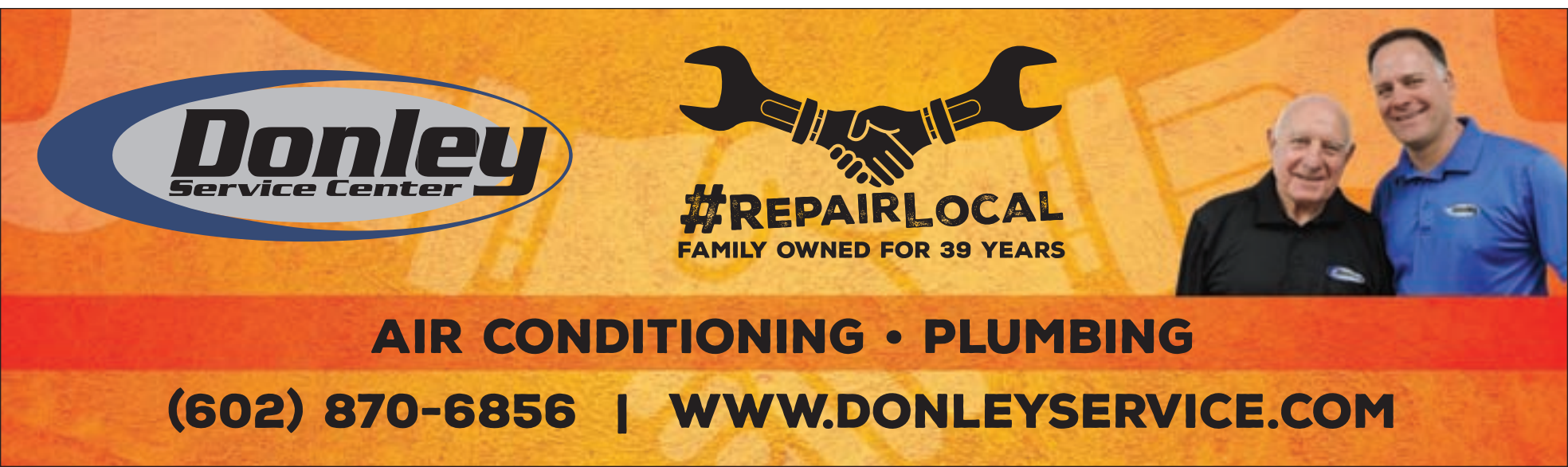
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Many athletes spend decades perfecting their skills. 8-year-old Malachi Gray is already on his way to becoming a professional.

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COVER IMAGE:

The Phoenix Fire Department grants Arcadia parade-goer Noah the opportunity of a lifetime. Photo: Greg Bruns.





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Keeping cool the best we can

By Amanda Goossen

EDITOR'S NOTES



After a somewhat cooler May and early June, the Phoenix temperatures have finally met their potential. Currently sitting pretty at 112, these types of temps promise to stick around for the long haul.

I almost feel bad for the weatherman (or woman) who has to stand in front of the green screen and wave his or her hand at a week of 112s. Everyone groans. We all know it's coming but we always forget exactly how hot this side of 110 feels.

Admittedly, I'm one of those annoying people who, all year long, whenever someone complains about the coming heat, I counter with, "Oh, you totally get used to it," or, "We have perfect weather eight months out of the year, so it's worth it."

I tend to be a glass half full kinda gal.

Until the first sign of double digits. Then I'm moaning. Whining. Sitting in the pool with only my nose and eyes above the water and a giant sun hat covering the top of my head, the brim dipping into the water every couple of minutes as I bob up and down.

In my short time as a transplant to this city, I've learned a few specific coping skills are necessary: Find water. Stay indoors. Find water. Stay indoors. Eat Italian ice whenever possible. Drink a margarita at 5:01 p.m. Find water.

Thankfully, our Kids' Corner this month describes how to make homemade granita from fresh fruit. I'm feeling cooler already!

Arcadia can also stay cool with the fire hose at the annual Fourth of July parade! Our cover photo from the parade is proof that the 1950s Arcadia vibe everyone loves is alive and well. For more information or to find the parade route, vist arcadiaparade.com.

Other tried-and-true cool-down options include the many water activities offered throughout the city. Writer Michelle Donati-Grayman talks about water fun for the whole family on page 22.

As the summer kicks into full gear, I've been on the hunt for ways to keep the kids busy. If your little ones are going a bit stir crazy, we have you covered. Find our profile on locally owned and operated Hubbard Sports Camps on page 58, plus local spots where kids can eat sweet treats *and* cook up their own masterpiece on page 32.

Whether you're hanging out in Phoenix all season long or embarking on a summer getaway, my wish for you is unseasonably cooler weather, afternoons spent emerged in the swimming pool and bottomless margaritas.

Cheers! And thank you for reading the *Arcadia News*!

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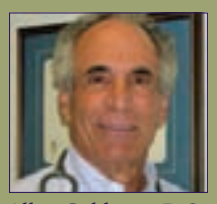
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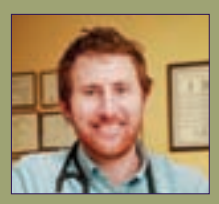

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Three reasons title reports are a must-read for real estate buyers

LEGAL *EASE*

By Tyler J. Carrell



In the 1970s, Ned Warren made a name for himself while managing several companies, including Western Growth Capital Corp. and Consolidate Mortgage Corp., which sold land in Yuma and Yavapai Counties. But when I say Mr. Warren "made a name for himself," I'm not using that as an expression – Warren's exploits earned him the nickname "Godfather of Land Fraud." For more than a decade, Warren used all sorts of methods to defraud investors and turn a profit, including selling the same parcel of land to multiple buyers. Ultimately, tens of thousands of investors lost tens of millions of dollars, and Warren was indicted. In 1978, Warren was convicted of 20 counts of land fraud.

While it's difficult to completely protect our clients from fraudsters, one of the most important tools real estate attorneys and investors have at their disposal is a title report. Even if you are a stranger to the commercial real estate world, you may be familiar with title reports from when you purchased your home. You likely purchased "title insurance" from a title company, which is meant to protect an owner or a lender's financial interest in real property against loss due to title defects, liens or other matters. Regardless of whether it is a residential or commercial transaction, after the buyer and seller have reached an agreement, but before the close of escrow, a preliminary title report needs review.

I suggest that all buyers take the time to review the title report, or retain an attorney or other real estate professional to review it. There are three important sections to which you should give particular attention.

• First, you should review liens and property tax issues. A property cannot be transferred to a new owner when any outstanding property taxes are due to the city or county. Further, taxes must be settled before any debt holder, such as the holder of a loan or mortgage, gets paid. A buyer can sometimes be surprised to find out that the seller owes significant amounts in back taxes. In addition to any outstanding obligation to a taxing authority, a title report also lists any mortgage liens on the property. Outside of some separate agreement where the buyer may "assume" a mortgage, these liens should also be satisfied and released prior to purchase.

• Next, you should carefully review the legal description. While purchase agreements or contracts usually include the street address of the property you are purchasing, the legal description is the "metes and bounds" of the property – outlining the boundaries of the property in relation to nearby streets and intersections. The legal description gives you an accurate sense of where the limits of the property are, and can eliminate any false assumptions as to what sections of land are acquired upon closing.

• Final important details include easements and rights-of-way. When our client wants to buy an office building, for example, title reports often reveal easements or rights-of-way that are undetectable by simply walking or driving around the property. Sometimes a right-of-way allows neighboring landowners to use a driveway or entry way to access their property. In addition, some office complexes or condominium complexes have easements through "common areas" (areas owned by the property association) through which an owner or tenant is allowed to pass. Another easement I commonly see in my practice is a utility easement, which gives a power or telephone company the right to enter your land for the purpose of maintaining the utility.

> ***"I suggest that all buyers take the time to review the title report, or retain an attorney or other real estate professional to review it."***

Overall, while it may look bland, title reports reveal extremely important information for potential real estate owners. Taking the time to review these reports can help you fully understand what obligations must be satisfied prior to sale, who may access the property and for what legal reasons, and in extreme situations, may even help you detect nefarious sellers.

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



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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-5/31/2015)

Active Homes -	174 homes
Homes Sold -	142 homes
Average Sale Price -	$938,303
Average Sold $ Per SF -	$294
Average Days On Market -	108 days

There is currently 9 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 32% this year. (based on 2014 sales results)
Home prices have decreased 6% this year. (based on 2014sales results)
$ Per Square Foot prices have increased 2% this year. (based on 2014 sales results)
Homes are taking 9% 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
(1/1/2015-5/31/2015)

Active Homes -	94 Homes
Homes Sold -	79 Homes
Average Sale Price -	$467,818
Average Sold $ Per SF -	$216
Average Days On Market -	141 days

There is currently 6 months of home inventory. (based on 2014 sales results)
2015 home sales have decreased 6% this year. (based on 2014 sales results)
Home prices have increased 3% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 3% this year. (based on 2014 sales results)
Homes are taking 44% 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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A resignation and 2016 budget

SCHOOL BOARD

By Francesca Thomas



The Scottsdale Unified Governing Board met on Tuesday, June 9. The entire video of the proceedings and any presentations made during the meeting is available on the district website, susd.org. Here are some of the highlights:

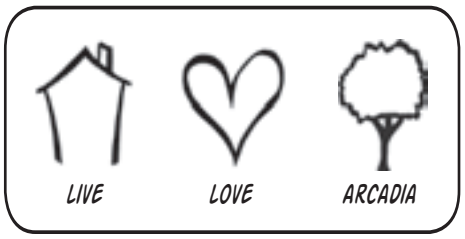
- Director of Instruction Dr. Andi Fourlis resigned and it will be effective July 1. Dr. Karen Benson will assume the position.
- Recommendations were made regarding district diversity and inclusion plan, and the middle school planning guide. No formal action was taken on these matters.

The district presented a budget for the 2016 fiscal year.

- While the budget includes $10.8 million as a result of the renewal of the M&O Override, there is an overall reduction of $3.3 million. The reduction is the result of multiple factors, including loss of students, cuts in state funding and increased operations costs.
- The district Budget Committee, comprised of parents, teachers, administrators and community members, proposed a list of cuts, including administrative cuts in the amount of $389,000.
- The proposed budget allocates 69.3 percent of all dollars to the classroom in the form of classroom expenses, student support, and instructional support, and maintains the local tax rate for SUSD as the lowest among its peer districts.
- The proposed budget can be viewed online

On a celebratory note, the district was proud to announce that SUSD 2015 graduates earned $57.3 million in college scholarships.

The SUSD administrative office is open 7:30 a.m. to 4:30 p.m., Monday through Thursday and closed on Fridays during the summer. The enrollment office is open Monday through Friday. School begins again on August 10.



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Dust storms carry something more dangerous than just dirt

HEALTHY *TIDBITS*

By Ira Ungar, M.D.



If you've been a Phoenician for more than a year, you know all about dust storms: those towering haboobs that sweep across the Valley during monsoon season. If you're caught outside in the storm, you also know how much that grit hurts when it gets into your eyes, especially if you wear contacts.

Your lungs can take a hit, too. Not only can dust worsen asthma and other chronic pulmonary conditions, it also can carry *coccidioides immitis*. That's the soil-dwelling fungus that can cause valley fever when you inhale the fungal spores into your lungs.

According to the Centers for Disease Control and Prevention, more than 22,000 reported cases of valley fever were reported in 2011 in the Southwest and California.

Valley fever symptoms can vary from person to person, which often make it difficult to diagnose. You may have fever, chills, fatigue, cough and headache. You also may experience rashes, chest pain, joint aches, shortness of breath and nausea. Symptoms typically last for up to four weeks.

Milder cases usually resolve themselves, but more severe infections require antifungal treatments prescribed by your doctor. If you have a weakened immune system, you're more likely to develop a serious case. You should be monitored by your doctor to avoid potentially dangerous complications.

There's no cure for valley fever, and it remains in your system for life. The fungus lies dormant but may reactivate years later.

Although it's impossible to avoid *coccidioides immitis* completely, you can take these precautions to minimize potential exposure to the fungus:

During a dust storm, stay inside.

If you're in a car when a dust storm strikes, roll up the windows and keep the vents closed to avoid directly breathing the dust.

Indoors, you can improve the quality of the air you breathe by installing HEPA filters.

If you begin to experience symptoms that you suspect may be valley fever, see your doctor.

— Ira Ungar, M.D., is a primary care physician at HonorHealth Medical Group, 4840 E. Indian School Road, Suite 101, Phoenix, 480-882-7350.

Bidding farewell to the judge

By Steven Sarkis



When I was 21 years old, I started working in the Maricopa County Justice Courts as a court clerk. When I was 24 years old, I ran for the office of justice of the peace and won. At 31 years old, nearly a decade after I started this wild ride, it's time for the next adventure.



Myself, along with my beautiful wife and our two precious children, are moving to a small town in southwestern Colorado called Pagosa Springs to start a new chapter in our life. Mountains, rivers, lakes and hot springs. Skiing, hunting, hiking and fishing. Enough said.

About a year ago I was soaking in one of the hot springs in Pagosa Springs when a friendly elderly man said to me, "Be careful about coming here [Pagosa Springs]... The more you do, the less you'll want to leave."

He was right. After a great 31 years in the desert, nearly one-third of a lifetime (if we should be so lucky) the call of the wild has finally beckoned us once and for all.

With our kids at ages 2 and 4, and only about that same number of gray hairs on my head, I figured I should leave now with my sanity – and the remaining hair on my head – still intact.

Being a justice of the peace has been one of the greatest, though undoubtedly one of the most difficult challenges of my life. Writing in this paper for more than five years has also been a true pleasure in my life. It has always been a relief to break from the stress and struggles of being a judge and write about what I do, the cases I had – both good and bad, important causes and more.

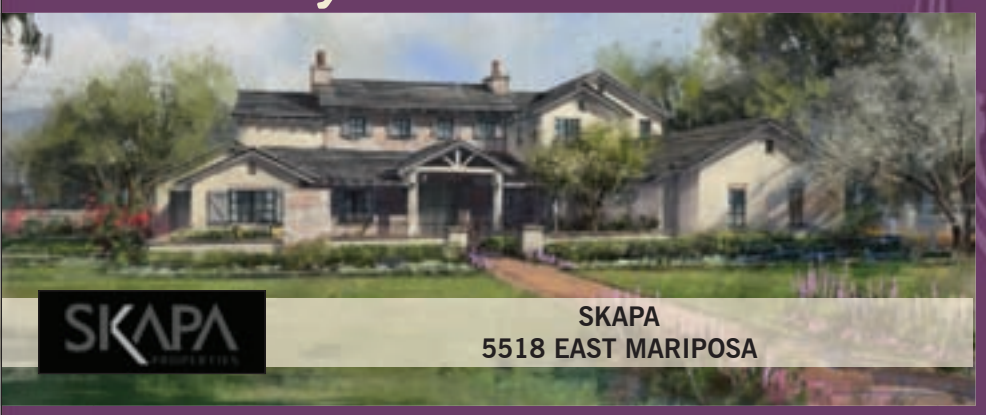
Thanks to everyone who read and enjoyed my articles over the years.

And most importantly, thanks to the *Arcadia News* and the wonderful staff that have always been so kind and accommodating to me over the years.

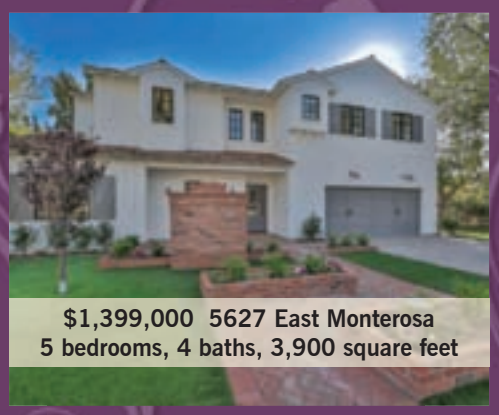
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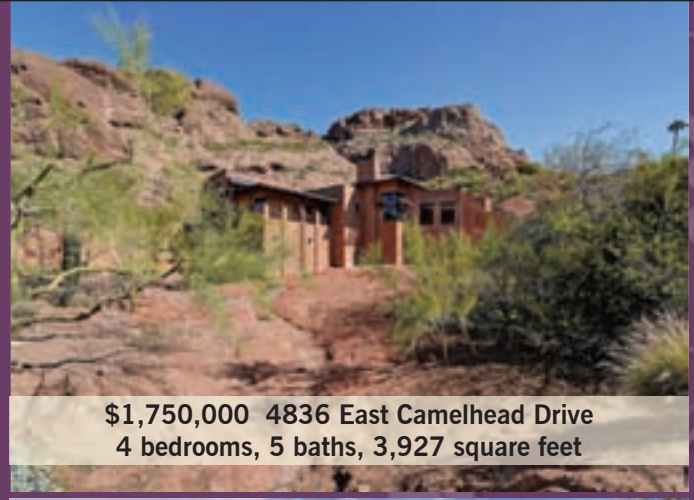
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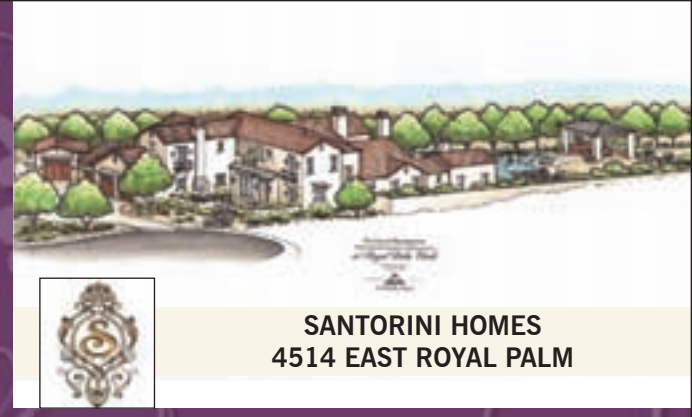
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2 bedrooms, 2 baths, 1,833 square feet



$950/mo 4727 East Lafayette #105
1 bedroom, 1 bath, 720 square feet



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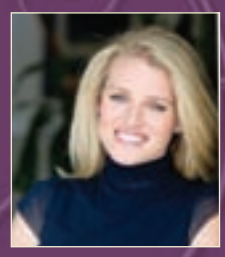
Bob Bullock



Jonathan Friedland



Karen Lafferty



Meredith Lane



Andrew Mehlman



Dallas Peagler



Chris Ritchie



Jen Sheedy

Carbon Footprint: Furniture with a purpose

By Mallory Gleich

Walking through the doors of Carbon Footprint, you are immediately greeted by Maggie and Walter, the resident canines of the building. Walter, who is deaf, might jump on you, but he's only being playful. Once they've figured out that you're a guest, they'll meander on their way.

Jamie Cowgill and Todd Wills, the "parents" of Walter and Maggie – as well as the owners of Carbon Footprint – wanted to give their business a comfortable and homey feeling, so the pups come with them whenever they're at work.

From the age of 14, Jamie knew she wanted to be in the design industry. Originally, she was interested in graphic design, and built her portfolio from drawings she drew from her father's *Field & Stream* magazines.

Jamie graduated from Colorado State University with a bachelor's degree in fine arts. She then moved to Phoenix, working her way from a sign fabricating company to owning her own business, JRC Design.

JRC Design focuses on environmental design, wayfinding and interpretive graphics.

Todd was born in Ohio, but has lived in Arizona since he was 3. He spent a few years in Southern California and moved back to Arizona when he was 30.

BEHIND *THE BUSINESS*

Todd worked construction while he was in school and planned to pursue landscape architecture so he could design golf courses. Instead, Todd started Harvest Design Group about five years ago.

Harvest Design Group is a design-build firm. Todd designs and the group builds all of their pieces. They do both commercial and residential work.

Todd and Jamie met through a mutual colleague who asked Todd to help with landscape design at Jamie and her husband's house in Arcadia.

"We were standing in the driveway," said Todd, "and Jamie turned to me and said, 'Well, now I'm going to have to get all new furniture to go with [the renovations].' And I said, 'Why don't we make it?'"

A year later, Carbon Footprint was born.

"We still haven't made my furniture," Jamie laughed.

With a simple conversation, Jamie and Todd started a partnership and moved into the building that houses Carbon Footprint, JRC Design and Harvest Design Group. They've been there for seven months.

Todd and Jamie designed everything on the inside and outside of Carbon Footprint. The layout, floor plan, landscaping and light fixtures, among other things, were built by them.



A large portion of the furniture made at Carbon Footprint is created from salvaged material. They've also used trees found at junkyards for the wood elements. Other pieces are made from items such as glass, resin and acrylics.

Todd and Jamie are always searching for the next trend – the next great design that makes their company different from any other.

The goal behind Carbon Footprint is simple: designs that leave a mark.

"Massimo Vignelli said, 'If you can't find it, design it,'" said Jamie. "So we did."

For more information about Carbon Footprint, visit carbon-footprint.us or call 602-812-4337.

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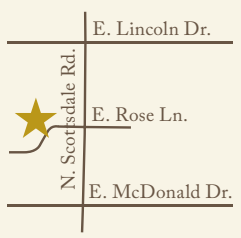
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ARCADIA NEWS IN THE COMMUNITY

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Arcadia News Teachers We Love awards luncheon

On June 9, the *Arcadia News* held our annual Teachers We Love award luncheon in association with The Henry and Salon Sandoval. At the event, each of the 2014-2015 award winners were treated to lunch as they discussed their careers and students. The attendees had an average of 20 years of teaching experience, which meant hours of great stories and conversation. Thank you to everyone who participated in this year's *Arcadia News* Teachers We Love awards. Don't forget to nominate your teacher this fall at arcadianews.com





The *Arcadia News* Book Club's June meeting

On June 17, the *Arcadia News* Book Club was honored to have author Susie Orman Schnall visit all the way from New York. Susie attended the book club event, which was held at the Changing Hands Bookstore in Phoenix. The Arcadia News Book Club is made up of over 40 neighbors who join in the book discussion each month on the last Thursday of every month. For more information email amanda@arcadianews.com.

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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY JULY 3

Independence Day Music Festival

5:30 p.m., Jul. 3-4, at Salt River Fields, 7555 N. Pima Road, Scottsdale. Celebrate America's birthday with live music and fireworks. On Friday, Dr. Dog and Wilco take the stage for a pre-celebration. Saturday, Brandy Clark and Little Big Town will be rockin' all night. Doors open at 5:30 p.m., with a fireworks show directly after the concert. Tickets range from $15 to $150. For more information, call 480-270-5000 or visit saltriverfields.com.

SATURDAY JULY 4

Tempe Town Lake Festival

5 p.m. at Tempe Town Lake, 620 N. Mill Ave., Tempe. The Kiwanis Club Fireworks Spectacular is back for its 63rd year. Spend the Fourth of July enjoying a variety of live music, food and games for the entire family. Entertainment for kids, including face painting and relay races and a rock climbing wall will be available. Multiple food and drink vendors will be present, including Miller Lite beer gardens. Fireworks will be shot from the Mill Avenue Bridge and choreographed to a patriotic soundtrack. Tickets are $5 if purchased in advance and $8 at the gate. For more information, call 480-350-5189 or visit phoenix.eventful.com.

Fabulous Phoenix Fourth

6-10 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. Live music, Kid Zone, Splash Zone and a classic car exhibit will make this Fourth of July one for the books. There will be over 50 food and beverage vendors with items available for purchase as well as local business exhibits. The firework show starts at 9:30 p.m. and admission is free. For more information, call 602-262-6011 or visit visitphoenix.com.



The Fabulous Phoenix Fourth at Steele Indian School Park.



Cooking around the world at Sur La Table.

Improv Class

2-3 p.m. at the Scottsdale Comedy Spot, 7117 E. Third Ave., Scottsdale. Ready to improve your comedy skills? Scottsdale Comedy Spot is hosting a free improv class available to the public. Hosts will introduce participants to different games that will help them think on their feet, be creative and spontaneous and have fun all while getting some big laughs. Reserve your spot online. For more information, call 480-945-4422 or visit thecomedyspot.net.

MONDAY JULY 6

Cooking Around the World for Kids

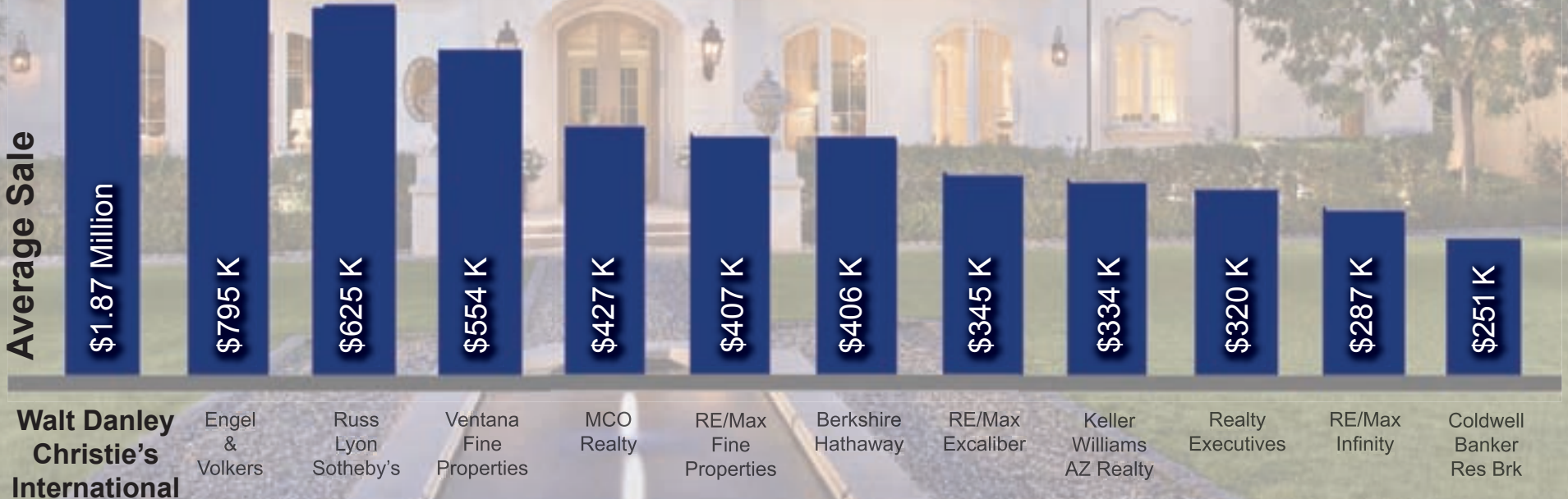
10 a.m. to 12 p.m., Jul. 6-10 at Sur La Table at Kierland Commons, 7122 E. Greenway Parkway, Scottsdale. Looking for a fun and different way to entertain the kids this summer? Sur La Table, located in the Kierland Commons, is holding cooking classes for kids. This specific class teaches 8- to 12-year-olds different cuisines from around the world. Each day, kids will create a new dish: Italian, French, Mexican and Japanese, to be exact. At the end of the week, they get their very own apron and a recipe book. Kids will also learn fundamental cooking skills. Classes are $250 per person. For more information, call 480-998-0648 or visit surlatable.com



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855.750.2741 | SanctuaryAZ.com
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Calendar

Continued from page 16

SATURDAY JULY 11

Annual Family Fun Day

10 a.m. to 2 p.m. at the ASU Art Museum, 51 E. 10th St., Tempe. The 16th annual Family Fun Day is back again, featuring this summer's exhibit, Family Matters. This exhibit focuses on the importance of family, including games, books and a selfie station. There will be educational booths set up, art projects for the kids and also live performances. This event is free for all ages. For more information, call 480-965-2787 or visit asuartmuseum.asu.edu.

SUNDAY JULY 12

Experience France

9 a.m. to 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. The MIM is bringing France to the Valley. Attendees will view live performances, sample French cuisine, shop for French merchandise and can also partake in a bunch of hands-on activities. There are different times for each activity, so plan accordingly. Activities include a photo booth, a rosette craft, sketching, French wine bar (for grown-ups!) and face painting. General admission is $20, $10 for kids. For more information, call 480-478-6000 or visit mim.org.

FRIDAY JULY 17

Maricopa County Home Show

10 a.m. to 6 p.m. on Jul. 17-18, 10 a.m. to 5 p.m. on Jul. 19 at the University of Phoenix Stadium, Cardinals Drive, Glendale. The ultimate home and garden show is back again for all your home improvement needs. Browse through hundreds of vendor exhibits, take in a seminar or just enjoy the cool environment. Tickets are $7 for adults and $3 for children. There is an on-site food court if you get hungry and many prizes, contests and giveaways. For more information, call 602-485-1691 or visit maricopacountyhomeshows.com.

SATURDAY JULY 18

Winter in July

7-11 a.m. at the Phoenix Zoo, 455 N. Galvin Parkway, Phoenix. Winter is coming early at the Phoenix Zoo. More than 40 tons of snow is placed around several animal exhibits and areas in the zoo for a cool experience in the summer heat. Activities include a snowball target area, winter themed games, magic shows, and an elephant shower. Tickets are $20 for adults and $14 for kids up to age 13. For more information, call 602-273-1341 or visit phoenixzoo.org.

Real, Wild and Woody 2015

2-6 p.m. at the Phoenix Convention Center, 100 N. Third St., Phoenix. Craft beer lovers unite! Presented by the Arizona Craft Brewers Guild, this festival focuses on craft beers from 60 breweries around the region. Tickets are $57 and include 20 beer sampling tickets as well as small bites from restaurants and breweries around the area. Designated drivers can also partake in the munchies with a $25 ticket. This is a 21 and over event. For more information, call 602-262-7272 or visit craftbeeraz.com.

Splash Mob 5K Run

7 a.m. start time at the Big Surf Waterpark, 1500 N. McClintock Drive, Tempe. Ready to keep cool and run for a good cause? This 5K's donations go to the Sojourner Center's efforts to help the homeless. The course is through Big Surf Park and around the greenbelt – no streets involved. Registration costs $30-$40 and participants must also bring two items of clothing or school supplies for donation. Throughout the course, "splashers" will cool you down with water balloons and super soakers. There are also contests for the best time and best goggles. For more information, call 480-381-5154 or visit splashmob5k.com.

SUNDAY JULY 24

Farewell Afternoon Tea

3-5 p.m. at The Ritz-Carlton, 2401 E. Camelback Road, Phoenix. The Ritz-Carlton is closing its doors on July 24 and to honor the resort, guests are invited to a final afternoon tea in the Ballroom. There will be a champagne reception at 3 p.m., followed by a full tea service from 3:30-5 p.m. Live entertainment will be provided by the Nicole Pesce trio and guests will enjoy a slideshow of photos taken by guests throughout the years of Afternoon Tea get-togethers. Tickets are $43 per person and seating is limited. For more information, call 602-952-2424 or visit ritzcarlton.com.



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Annual Family Fun Day at ASU Art Museum.

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Local nonprofit works to reduce cancer risk

By Alessandra Dagirmanjian

Local organization Don't be a Chump! Check for a Lump! Educates and informs women about breast cancer and also provides free wig consultations for women undergoing chemotherapy. Founded in 2011 by Holly Rose under the Live and Give Foundation, Don't be a Chump has given over 400 wigs to local women, 105 of which were donated this year alone. Rose has single-handedly run the organization full time since it was founded after her inspiring triumph over breast cancer.


Holly Rose

Rose discovered an irregular lump six years ago after noticing a friend's breast self-exam reminder on Facebook and was diagnosed with early stage breast cancer at the age of 39. Rose endured two surgeries, four months of chemotherapy and two months of radiation, but found that her community was there to support her and her family the entire time.

"I was really lucky that this awesome community just wrapped their arms around me and my family. They brought us meals for weeks at a time. I didn't even know who the people were but at 6 o'clock the doorbell would ring and there was a four-course meal every single night. They really helped us get through what was the most horrendous thing in my life," said Rose.

Rose was so thankful for the kindness and support of her community that she decided she wanted to give back by helping to prevent other women and their families from going through the same experience. She started by posting breast self-exam reminders on Facebook and sharing her story with other women. Rose quickly realized that many women had never done a breast self-exam, nor had they received a mammogram in the past three years.

"Most women are so unaware of the facts. Less than 10 percent of breast cancer is hereditary and it is increasing in women 45 and younger by 3 percent every single year. So we're really trying to target those young women, like me, who think they aren't at risk at all."

Rose began giving free breast health presentations to women's leagues, churches and schools to provide women with facts and the best ways to lower their risk. She later implemented her Wig Out program, providing women with up to $250 to spend on wigs. For Rose, losing her hair was one of the worst side effects of undergoing chemotherapy and she felt fortunate to be able to buy a wig that fit her well.

"That's why we do our program instead of a wig bank. You can walk into a normal wig shop and every woman can say, 'I want to look like me!'"

Don't be a Chump has grown significantly since it was founded. Now some of the leading specialty doctors, sponsors and philanthropists support Don't be a Chump in its mission to increase breast cancer awareness in the Valley. The organization has also started a free mammogram service for women, as well as follow-up diagnostic testing including ultrasound and a biopsy for about 30 women – care which can cost up to $5,000. Rose is currently Don't be a Chump's only employee, but she has big plans for the organization's future, including hired help.

"In the next year we would love to get an office and take this out of my house," Rose said. "We want to have a space that women who need a mammogram can walk into."

You can support Don't be a Chump on October 3, when Rose, along with The Joy Bus and Singleton Moms, host a 5K Walk/Run in Steele Indian School Park.

To find out more, visit azcancervillage.org.

From now until the end of the year, the *Arcadia News* Book Club will donate all money fundraised from the monthly book events to Don't be a Chump! Check for a Lump!

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Hang ten: Water play offers reprieve from summer heat

By Michelle Donati-Grayman

Anyone who has survived an Arizona summer knows that keeping cool is a must.

From splash pads to resort pools, the Valley is home to a number of wet destinations that offer a reprieve from the scorching summer sun.

SPLASH PADS

Splash Playground at Tempe Beach Park – Located on the south bank of Tempe Town Lake, the Splash Playground at Tempe Beach Park is a free, 1-acre playground that features water cannons, slides, a waterfall, spray arches and more. This month, the playground is open from 10 a.m. to 7 p.m.

Leapin' Lagoon and Yakulla Caverns at the Phoenix Zoo – Leapin' Lagoon and Yakulla Caverns are two water play areas included with admission to the Phoenix Zoo. The lagoon offers a splash pad that is perfect for babies and toddlers. The caverns are more suitable for older children, featuring caverns that contain stalactites and stalagmites. Shaded benches and a changing area are available. The zoo is open from 7 a.m. to 2 p.m. daily through August 31.

RESORT POOLS

The Oasis Water Park at the Arizona Grand Resort – Voted one of the Top 10 Resort Water Parks by the Travel Channel, this AAA Four Diamond resort in Phoenix is one of the country's largest resort water parks. The 7-acre park features three eight-story water slides, a wave pool, lazy river, a children's water play area and more. The resort has a summer Stay & Play package that includes a $50 resort credit, kids-eat-free offer and six wristbands to Oasis Water Park. Rooms start at $159 per night.

Sonoran Splash at The Fairmont Scottsdale Princess – This luxurious AAA Five Diamond property in Scottsdale is home to five pools. This includes the Sonoran Splash pool, which turns into a pool party at night, complete with fog, disco lights and music on weekend nights. New this summer is SplashRider X-treme, a thrilling, spinning water adventure. The resort's Sip, Savor and Splash package offers a $50 daily resort credit. Rooms start at $169 per night.

WATER PARKS

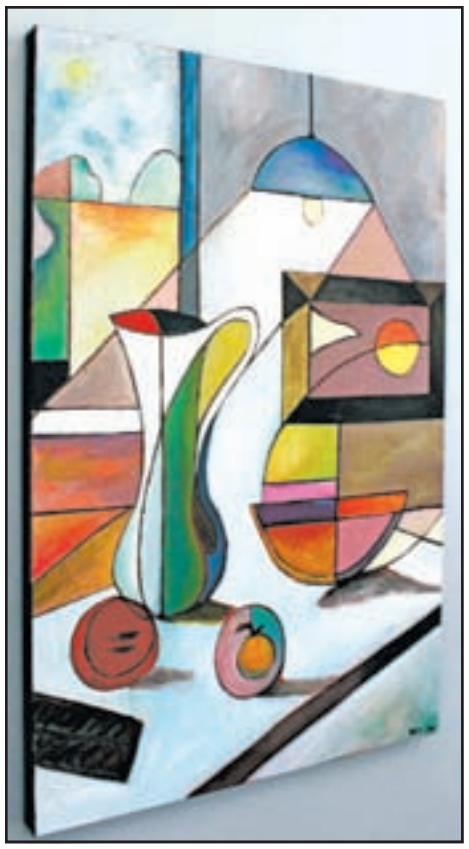
Wet 'n' Wild Phoenix Water Park – Arizona's largest water park sits on 25 acres in Glendale. It features several thrill rides, including Maximum Velocity, the world's first dueling water coaster, as well as a funnel ride, bowl ride, half-pipe ride and a six-lane racing slide. For those seeking less of a thrill, the park offers a family raft ride, lazy river, wave pool and Boogie Board Beach, and an interactive water play area for smaller children. This month, Wet 'n' Wild Phoenix is open Sundays through Wednesdays from 10:30 a.m. to 8 p.m. and Thursdays through Saturdays from 10:30 a.m. to 10 p.m. General admission is available online at a discounted rate of $31.99. Children 2 and younger are free.



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Arcadia resident Wally Collins in his studio amongst his many works of art.

PHOTOS BY AMANDA GOOSSEN

Beloved local restaurateur reveals his artistic talents

By Alessandra Dagirmanjian

You may know Wally Collins as one of Arcadia's beloved restaurateurs and owner of Wally's American Pub n' Grill. Or, perhaps, you know him as the winner of the Ernest Hemingway Look-Alike Contest? Yet, you may be surprised to discover that Collins is also a burgeoning local artist.

After retiring from the restaurant business and leaving the daily restaurant work for two of his sons to manage, Collins decided to take on a new adventure, which eventually became his passion for painting, sculpting and crafting uniquely inspired art.

Wally's artistry truly developed when his wife gave him his art shed for Christmas three years ago, which now sits in their back yard filled with his latest art pieces. Collins' air-conditioned sanctum is layered with a large patchwork female portrait, a whimsical long-legged Hemingway statue, American flag inspired acrylic pieces, and an adorable painting of his grandchildren's feet in a row. The space has quickly become one of his favorite places to spend his time.

"I could stay out here all day long," said Collins.

Much of Collins' past and current work are inspired by Ernest Hemingway's famous portrait and various artistic periods, such as the Cubist Era of Picasso, Matisse's Impressionism and Andy Warhol's Visual Art Movement. One such work includes a colorful pop-art rendition of Hemingway's portrait, a creative blending of Warhol's design and the novelist's well-known features. Collins also enjoys working with more unique forms to create pieces like his large-scale cigar box skyline sculpture or his painted-plate mosaics.

"Right now, I'd have to say sculpting is high on my list because it allows three-dimensional creativity and is more exciting to work with. I've tried all kinds of media to see what sticks with me," said Collins.

Collins had worked as a restaurateur for 42 years. He owned three restaurants in Reno, and designed Cooperstown in downtown Phoenix before opening Wally's in Arcadia in 2002. Two of his sons, Chris and Matt eventually joined the family business, which now includes five restaurants: Wally's (two locations) Grassroots Kitchen & Tap (two locations) and Twisted Grove Parlor + Bar.

Having lived and worked in Arcadia for 24 years, Collins formed long-lasting relationships with his regular customers and always made the new ones feel just as welcome.

"To me, the greatest aspect of being in the business is the people you have coming in on a regular basis who enjoy being in the location and talking to you."

Collins loved the everyday challenge of the restaurant business but had kept his artistic side in his back pocket for too long.

"I had always wanted to paint, but never had the time," said Collins.

Collins never took painting classes; instead, he jumped into his new hobby feet first, constantly trying and retrying new forms until he found the methods he loved. He continues to find new inspiration from various colors, interesting structures and the Thursday night Art Walk in Scottsdale. Collins has not sold any of his paintings or sculptures, but he has brought them to charity auctions, where one of his pieces sold for $1,200. This summer, he is making his third trip to the Ernest Hemingway Colloquium, bringing some of his favorite Hemingway-inspired pieces. For the most part, though, Collins simply loves walking out to his shed and working every day.

"It's been almost a new career at 65."





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Think you know comedy? Then you haven't met Howard Hughes

By Katie Mayer

Comedians are like clowns, but good comedians are more like matadors. They lead; they take control and they win in the end.

That's the philosophy of local comedian and Arcadia resident Howard Hughes, owner of Stand Up Scottsdale.

"As a comedian, it's almost like an orchestra," Hughes said. "You are conducting their laughter."

Hughes, 46, is open, friendly and looks younger than his age. Even in the most serious conversations, he finds unexpected moments to lob jokes that simultaneously shock you and throw you in to rip-roaring laughter.

His divorce, a stroke he suffered and his dog's death – for Hughes, none of these topics are off limits for a joke. In fact, it's exactly these raw and real-life experiences that make for some of his favorite material.

"Anybody can learn to tell a joke," Hughes said. "A real comedian doesn't just make people laugh; they make people care about why they're laughing."

Hughes is proud to be a different sort of comic and equally proud of his business, which is a different sort of comedy club. Independently owned and operated in Old Town, Stand Up Scottsdale brings carefully selected new talent to the stage in an intimate no-drink-minimum atmosphere.

Hughes selects the comedians – some of whom are now A-listers in comedy – and also takes the stage himself every weekend with his own stand-up act. Funny, shocking and always real, Hughes' brand of comedy has garnered fiercely loyal fans as well as those who love to hate him.

"People have this attitude that they just want to laugh, but why you're laughing is more important," Hughes said.

When it comes to life in Arcadia, Hughes doesn't have any jokes penned, but if he did, he'd say, "I think I'd probably have to take everyone to task on the wainscoting," he said with a chuckle.

On Yelp, Hughes's comedy club boasts four stars and hundreds of passionate reviews. In a most colorful fashion, Hughes replies to many of the comments himself.

"This is a business where the customer is rarely right," Hughes said.

Hughes has also appeared on the Spike TV reality show Bar Rescue, which he said fabricated a fictional narrative of him as a negative and failing business owner and made unapproved changes to his building that violated city code.

But behind his large glasses, witty and sometimes snarky Yelp posts, and his portrayal on television, who is Howard Hughes?

For starters, he was always known as "a wise guy," but didn't actually go into comedy until later in life. He's also a veteran who served our country during Operation Desert Storm and suffered injuries from his service. He's a former high-end sink salesman who was also once married to a famous Mexican actress with whom he lived in Mexico City.



"Anybody can learn to tell a joke. A real comedian doesn't just make people laugh; they make people care about why they're laughing."

— Howard Hughes, owner of Stand Up Scottsdale

Sound like a joke? It's all true. Hughes' life has been as colorful as his comedy itself.

"Howard has always been that guy that just runs into opportunity," said childhood friend Luke Maze of Glendale. "He has a really strong personality and will succeed in what he does or die trying."

His big opportunity came more than three years ago, when local investor Nathan Learner invested in Stand Up Scottsdale and Howard Hughes following the closure of the Tempe Improv.

"I was looking for another alternative to the Improv and found Stand Up Scottsdale and that's when I met Howard…and I said, 'This is great, but you need better talent and I'll support you,'" Learner said.

Learner said Hughes has had to learn to grow as a business person, but that he has an incredible knack for finding and booking great comedians.

"I will tell you pound for pound we bring the best talent in town," Learner said.

Learner calls Hughes "good at his craft" and "one of the more thoughtful guys in comedy."

Still, the two disagree at times. "I don't always think he's funny and we battle," Learner said, "but I know his heart is in the right place."

He added, "Listen, being a comedian is tough; you kind of bare your soul and show your underbelly. Some of the stuff that's funny is really sad in life terms, but it's that ability to be open and honest with an audience that grabs them."

Alan and Jan Owens have been loyal fans of Stand Up Scottsdale for years.

"I just fell in love with Howard," Jan said. "He was so fun and wanted everybody to have a good evening and we just laughed so hard."

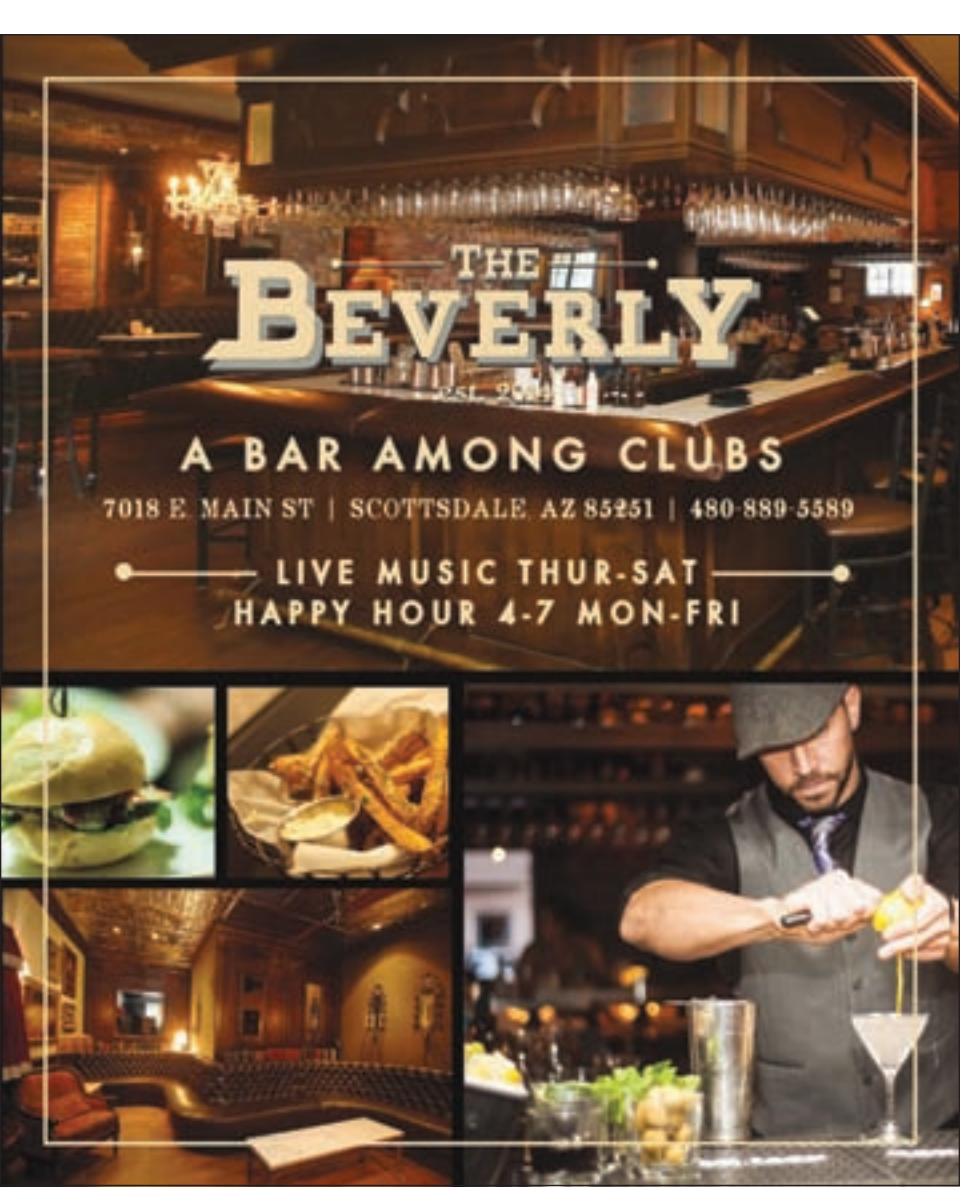
While Hughes said he appreciates the laughter and treasures his loyal fans, he says at the end of the day, it's really about sparking the audience's interest, making them think and ensuring they remember you.

"I always say that in comedy, one minute you're Andrew Dice Clay and another minute you're Andrew Dice Clay," Hughes said.

To stay relevant, Hughes said he will continue finding great comedians, naturally evolving his own acts and has plans to expand the patio of Stand Up Scottsdale and unveil some new offerings to guests.

"This isn't the comedy club to come to if you want to reaffirm what's funny," Hughes said. "It's the comedy club where you come to find out what's funny."

— For more info., visit standupscottsdale.com.





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Arcadia resident becomes part of NYSE bell ringing ceremony

By Mallory Gleich

Remember skipping school for a day? Most of the time, you just sat on the couch, eating junk food and watching television, right?

Well, for one Arcadia resident, taking a day off of school meant being a part of a most prestigious ceremony involving the New York Stock Exchange, while meeting a couple of celebrities in the process.

William Erblich, a seventh-grader from Veritas Preparatory Academy in Arcadia, was that student.

William and his father, Tim, were part of the bell ringing ceremony in April that also promoted the opening of Marvel's *Avengers, Age of Ultron*. Jeremy Renner and Robert Downey, Jr. were part of the ceremony as well, and William met them.

They left on a Sunday night and flew six hours to New York, arriving at the stock exchange building at 8:30 in the morning.

After going through security, William and Tim were led to a private boardroom, where the Avengers were waiting before the ceremony. They also got a private tour of the building.

William's favorite part was meeting the Avengers. He took pictures with them and Jeremy Renner even complimented William on his Avengers T-shirt.

Tim, who has been a part of the New York Stock Exchange through a couple of different companies, was invited to the ceremony and William tagged along.

Tim is the CEO of a magazine called *Ethisphere*, which "defines standards of ethical behavior" for a multitude of businesses. They are most known for their business ranking called "the world's most ethical company."

Before that, Tim worked for a couple of businesses that were a large part of the New York Stock Exchange. He has also had the pleasure of ringing the bell himself.



William Erblich, a seventh grader at Veritas Prep met Avengers star Jeremy Renner at the New York Stock Exchange.

Every morning at 9:30 and every afternoon at 4:30, the exchange opens and closes with the ringing of the bell. Over 100 million people witness this ceremony every day, whether they are physically there or watching through media platforms.

The bell is placed on a platform, and people watch the ceremony from below the platform. In fact, the boys were standing next to the Prime Minister of Portugal while watching the bell ringing.

Once the bell is rung, everyone watching claps and cheers for a full 60 seconds before the stock exchange is open for business. At the end of the day, whoever is closing the stock exchange will bang a gavel on a wooden block, signaling the end of the day.

The bell was first used in the 1870s and has been an important part of the stock exchange ever since. For William, this was an event in his life that he won't soon forget.





Refreshing summer treat with only three ingredients

By Lisa Weisenburger

We are in the middle of summer and no one knows summer the way Phoenicians do! It is hot. Super hot. It's already hot before we get up and long after we go to bed. The summer is almost to the point where the swimming pool becomes too hot to provide relief and the car door handles are molten!

During these days, there is nothing better than a frozen, icy treat to take the edge off. Granita is a simple, slushie-like treat similar to sorbet or Italian ice, although a bit more textured.

It is typically made with a fruit puree, which provides you with tons of flavor possibilities this summer – especially when you have fresh produce that's ripening too quickly because, well... it's hot!

The grainy texture is created when the fruit mixture begins to freeze and is then scraped with a fork or spoon, forming fruity ice crystals. At our house, the kids take turns scraping the pan every 20 to 30 minutes until the icy treat is finished.

I have plans for making strawberry granita this summer, but here are more possibilities.

With all of those prolific tomatoes that are done trying to stay on the vine, a tomato and basil granita is a delicious starter for a fun summer meal. I would hold the sugar and serve in a brightly colored ramekin just before a main course of lemon and thyme marinated grilled chicken with grilled summer squash.

Another option is to cut several oranges in half and scoop out the juicy pulp, saving the orange peel "bowl" in a zippered bag in the refrigerator. Puree the orange (minus the seeds) with sugar and a touch of lemon before freezing into granita. When ready, serve the orange granita in the saved "bowl" and top with a dollop of whipped cream. Mmmm... dreamsicle?

If this wasn't *Kids' Corner*, I would say that pineapple granita is fabulous with a splash of coconut vodka over the top and garnished with orange zest. But, this is *Kids' Corner*, so never mind.

The recipe on the right is for watermelon granita. The color is gorgeous and the watermelon flavor shines through and is oh so refreshing on a hot summer day.





A granita is the perfect treat for hot summer days and can be made entirely by the kids.

KIDS *CORNER*



WATERMELON GRANITA

- 1/2 whole seedless watermelon, cubed (without rind), about 8 cups
- Juice from one large lemon
- 1/3 cup brown sugar

In a blender, place half of each ingredient. Process until smooth, and then pour into a separate bowl. Repeat with remaining half of ingredients and combine with the other puree. Transfer mixture to a 9-by-13-inch pan. Freeze for at least one hour.

Begin lightly scraping the top frozen layer and the sides with a spoon or fork. Return pan to freezer with the shaved ice on top. Repeat this process every 30 minutes until the entire mixture is shaved. Store covered in plastic wrap or transfer to a sealed, reusable container until serving. Serve in small bowls or even in a cocktail glass, with a twist!

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PLACES *WE LOVE*

By Amanda Goossen

When local beer expert James Swann decided to open Craft 64, an Old Town Scottsdale wood-fired pizza and craft beer restaurant with over 36 local beers on tap, he was in need of a chef whose expertise in food matched his in beer.

Finding that chef proved easier than he thought. He was a Phoenix staple.

Head Chef Horacio "Lachos" Hernandez now works his magic behind the pizza oven at Craft 64, tossing dough and whipping up pies that include fresh mozzarella and locally grown produce. Lachos, as he's known to his friends, has a familiar face, one you probably remember from his days behind the line at Pizzeria Bianco, where he worked with arguably the city's best pizza chef for over 17 years, Chris Bianco.

Learning from the best, Lachos now designs a menu all his own. The menu, although small in size, is big on flavor and quality of the dishes.

Each of the four salads offers a burst of color on the plate. Whether you order the Kale Pear, Bistro Bacon, Mozzarella Caprese or the Panzanella, you can be sure all of the ingredients were freshly picked from Peoria's McClendon's Select Organic Farm.

The Blanco, made with fresh mozzarella, burrata, spinach and garlic is a tasty option. If you're in the mood for meat, try the Carne Pizza, a satisfying combination of flavors from fennel sausage, spicy soppressata and tomato sauce. Additionally, the Fico Pizza, made with fresh mozzarella, burrata, parmigiano-reggiano, truffle oil, arugula and fig sauce is a playful experiment in pizza perfection using sweet and peppery flavors matched with the richness of homemade mozzarella cheese.

Enjoying a meal at Craft 64 means entering the 1937 Old Town building which was once a small home. Originally the second home built in Scottsdale, Swann and his partners decided to keep the building completely in tact.

"We looked at a lot of spots," said Swann. "We like to say we didn't find this spot, it found us."

The adobe home was built in 1937. As the new owners worked to design their restaurant, the structural integrity was the key factor in design and construction.

"Every original adobe wall stayed," said Swann.

The decision to respect the home's history only furthered Craft 64's mission to be a neighborhood restaurant with a deeply rooted local approach.

"Every single one of the 36 beers on tap is an Arizona locally brewed beer," said Swann. "Same mentality in the kitchen with 90 percent [of the food] sourced locally."

The vegetables are from McClendon Farms. Ninety percent of the proteins are from Schreiner's Fine Sausages; the iced tea is from Passport Coffee and Tea; and the dairy items are all sourced locally as well.

Believe it or not, the local connection doesn't stop there.

The long community table in the bar area of the restaurant is a local white oak designed by a Scottsdale artist.

Quality and expertise are another area in which this restaurant has high expectations.

Swann mans the bar at almost every shift, using his vast knowledge to educate patrons as well as his employees.

After working for San Tan Brewing Company for 3 1/2 years, Swann went on to create the flagship bar concept at Whole Foods in Chandler, where the store won the New Times Award for being a key beer destination in the city, three years in a row.

Knowledge and training is an important aspect of the Craft 64 family.

"Each of our bartenders is a Cicerone Certified Beer Server," said Swann.

If beer isn't your thing, Craft 64 caters to the wine lovers, too. An intricate wine list was designed by sommelier Roger Carpenter, who brings an upscale tone to the casual eatery when he presents each bottle at your table with an expertise that could educate even the most inexperienced wine drinker.

"Above all else, we wanted Craft 64 to be the great neighborhood restaurant you tell your friends about," said Swann. "I think we've achieved our goal."



Four easy steps to making your own coconut milk

By Andrea Barkley

FOOD *WISE*

Coconut milk is a delicious, nutritious, dairy-free alternative, but regular users may want to consider making their own at home.



Luckily, it's quick, easy, and a better value to make your own coconut milk with just finely shredded coconut and water!

All you need is a blender and nut milk bag (or cheesecloth).

HOMEMADE COCONUT MILK

Makes 4 cups

- 1 cup unsweetened, shredded coconut
- 4 cups hot water (almost boiling)

1. In a blender, let the coconut and hot water sit for a few minutes, allowing the coconut to soften.

2. Blend on high for about 2 minutes, or until the coconut is pureed and the mixture looks milky. There may still be some small pieces of coconut.

3. Open a cheesecloth or nut milk bag and arrange it inside a medium-sized bowl or pitcher with the edges folded over the rim, like a trash bag lining a wastebasket. Pour the mixture from the blender into the cheesecloth.

4. Tie or knot the cheesecloth or nut bag closed, then hold it in both hands and squeeze over your container. Keep squeezing and wringing out the cloth or bag until you've gotten out as much of the coconut milk as possible.

5. Pour the milk into an airtight container and keep it in the refrigerator for up to approximately four days, though I've used mine up to a week later.

Coconut milk may separate when stored in the fridge, so shake or stir it before using. You can also freeze your homemade coconut milk in ice cube trays.

Without commercial machines and additives, the texture of homemade coconut milk won't be as thick and creamy as the store-bought varieties, but the purity and cost effectiveness may make the process worth it.

In moments of extreme laziness, I have skipped the cheesecloth step and left in the coconut residue.

If you want to flavored coconut milk, add these extra ingredients to the blender:

For vanilla coconut milk, add 1 teaspoon to 1 tablespoon vanilla extract.

For strawberry coconut milk, add 1/2 cup fresh or frozen strawberries.

For chocolate coconut milk, add 1 tablespoon cacao or cocoa powder and 1 teaspoon vanilla extract.

For spiced coconut milk, try cinnamon, pumpkin pie spice, allspice, hazelnut or almond extract, to taste.

Sweeten coconut milk by adding stevia or honey, to taste. Another way to sweeten coconut milk is to add four pitted dates to the hot water with the coconut.

Feel free to get creative with flavors!

The coconut pulp leftover in the cloth or bag can be dried out in a dehydrator or oven and used as coconut flour.











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Valley's first French Fry event satisfies sweet and salty cravings

By Josh Cutlip

You've probably heard of pub crawls and you may have even experienced one, but I was lucky enough to venture on the Valley's very first French Fry Crawl in order to determine the best French fries around Phoenix.

Frites Street, a Phoenix-based food truck run by culinary geniuses Braden Jones and Philip "Flip" Isard, hosted the The Fry Crawl, which took us around the city to four different French fry tastings.



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The caravan event started off in downtown Phoenix at Welcome Diner, where hundreds of French fries were dumped onto a paper-covered table. The staff at Welcome Diner then brought out buckets of toppings including Kiltlifter-braised pork, jackfruit, honey mustard barbecue sauce, country gravy, ballpark chili and – the best part – slices of cheddar cheese that were melted before our eyes with a blowtorch from the kitchen.

A line quickly formed at the head of the table and the eating began. The jackfruit and pork tasted similar with the tanginess of honey mustard. Although the jackfruit had a texture like boiled cabbage, it was a delicious meat substitute that was vegan friendly. The jackfruit and pork can be ordered from the menu as individual sandwiches or as the pork and slaw fries.

I'm not always a fan of country gravy because it can be too thick for me, so initially I was worried when I grabbed a chunk out of the third pile of fries. Boy, was I wrong. The gravy was light and creamy with a good amount of spice, and the melted cheddar made for the perfect combination. I'm already making plans to go back just for these fries (which are on the menu).

Lastly, Welcome Diner pleased its guests with a specially made chili, topped with mac 'n' cheese sauce. The chili was smooth and spicy and paired well with the seasoned fries.

The Street Frites food truck also set out a few samples of their thick, square-cut French "frites," one a chili powder and lime flavor with Cotija cheese, and the other had a thin gravy with pickled red onions and cheese curds. The fries were a bit too thick for my taste but the topping selection alone is enough for me to seek them out for a second round.

It was only the first stop, but already there was a party in my mouth and everyone was invited.



STOP TWO: PHOENIX PUBLIC MARKET
14 E. Pierce St.
602-253-2700
phxpublicmarket.com

Just a short two blocks away from the downtown campus at Arizona State University, the Phoenix Public Market is definitely a hot spot for local Sun Devils, especially with a 20 percent ASU student discount. As a student myself, I can confidently say that the Public Market has some of the best fries I have ever had; Their menu item, Downtown Devil Fries comes as a large bowl (big enough for two) of thick-cut fries topped with grated parmesan, garlic and parsley, and is served with three tangy dipping sauces.

However, on the first-ever Phoenix Fry Crawl, they only gave a sample of the traditional salted fries with ketchup. Being the fry fanatic that I am, I was definitely bummed we didn't get to sample the full effect, but don't let this review fool you. If you love this salty snack like I do, then go to Phoenix Public Market and grab some fries!

Other popular menu items include the King's Nachos, the Pulled Pork Sandwich, beans and rice or any one of their fresh-baked treats.



STOP THREE: CHRISTOPHER'S AT THE BILTMORE
2502 E. Camelback Road, Suite 102
602-522-2344
christophersaz.com

As we walked into Christopher's, I was skeptical about what to expect because this fancy French restaurant didn't look like a place known for fries. My mind quickly changed however, when I was presented with a fresh bowl of sweet potato fries with ketchup and a horseradish aioli sauce. Those were quickly matched with a bowl of shoestring truffle fries that I ate by the bunch. Delicious. We sat posted around the kitchen, so as we enjoyed our snack we got to see the culinary expertise that went on at Christopher's.

Chef Christopher Gross surprised a few members of the crawl to a delicious sugar molded eggshell, filled with lemon cream on a bed of sugar nesting. A surprise and welcome treat before heading to our final destination.

STOP FOUR: THE GLADLY
2201 E. Camelback Road
602-759-8132
thegladly.com

This sit down restaurant is only two blocks west of Christopher's, but I almost got lost finding it. Whether you manage to make the correct turn into their parking lot, or accidentally go through the back entrance like I did, you will not be disappointed. The chef prepared a special batch of fries for us that looked like traditional fries with barbecue sauce and ranch dip on the side. Boy, was I excited for that barbecue. My



eyesight failed me in the dimly lit room, however, when I was pleased to find out that the barbecue sauce was really a chocolate drizzle. The ranch? A marshmallow dip! Those weren't traditional fries either, but sweet potato fries candied in sugar and five-spice powder. The fries were warm and delicious without being too sweet, and the light chocolate and caramel drizzle on top went surprisingly well with the vanilla taste of the marshmallow.

The Gladly serves lunch, dinner and a Sunday brunch, with an array of sandwiches, salads, appetizers and a few different meat dishes. If only they served dessert fries every day, but just the sample makes me eager to return and find out what other tasty meals I can find. I love sweet endings, especially when that ending includes dessert fries!

This event was one of the coolest things I have ever done in Phoenix. Overall I think we were initially spoiled with such a wide variety of flavor and showmanship at Welcome Diner that it made it difficult to focus on the other restaurants; however, if you're looking for a hot batch of thick fries with more flavor than just salt and ketchup, Phoenix Public Market is the place to go.

I couldn't help but focus on the steaks and cheeses coming out of the kitchen at Christopher's, so if you have a taste for French cuisine, then a visit to the Biltmore would suit you well. Make sure to order their sweet potato fries! Also if you find yourself around the Biltmore, The Gladly and their palate-pleasing sandwiches are just two blocks away.

Don't forget to look out for the Frites Street food truck for some original flavors and a friendly staff.



Treat the kids with desserts they can create themselves

By Amanda Goossen

When the sun is shining brighter than ever and the temps tend to rise above 113, we Phoenicians are always on the lookout for a way to beat the heat. For me, a food enthusiast, many of those ways happen to include food.

Recently I took a tour around the Valley, searching out fun ways to treat the kids while also keeping them a bit entertained. Summer calls for pulling out all the stops and a few local shops not only satisfy a sweet tooth, but also get creative for the kids.



FRACTURED PRUNE DOUGHNUTS

50 W. Jefferson St. Suite 100
fracturedprune.com

The Fractured Prune has been an Ocean City, Maryland landmark since 1976 and a tradition for doughnut lovers far and wide. Recently making their way to Arizona, Phoenicians finally get to join in the fun.

When entering any Fractured Prune around the Valley, doughnut lovers are presented with a pen and a paper menu, which looks similar to the sheets of paper you're given at a sushi restaurant. All doughnuts are of the simple cake variety, but when decisions are made on glaze and toppings, each doughnut becomes a one-of-a-kind masterpiece.

These doughnuts are fresh out of the fryer, crunchy on the outside and soft on the inside. If you ask me, they're perfect.

Create your own with the pen and list of choices, or simply decide on a tried and true menu item. I went with the maple glaze and cinnamon sugar. The final result was like a French toast doughnut!

Whatever your creation, the kids will enjoy a moment of culinary creativity!

MELT

910 N. Fifth St.
meltphx.com

Located in downtown Phoenix, Melt only serves locally produced ice cream from Udder Delights, made by Superstition Farms in Gilbert.

While the ice cream is some of the most decadent (think super creamy and rich), it's the flavors concocted by the ice cream creators that make this treat spectacular.



Varieties range from Fruity Pebble, Nerds, Birthday Cake and then something as simple as vanilla.

They even dish up each serving in a Chinese food takeout box, topped with a fortune cookie, putting this downtown hangout in a league of their own.

FLUFF IT MARSHMALLOWS

1034 N. Gilbert Road Suite 3
fluffitmarshmallows.com

Fluff It Marshmallows reinvented the American classic to bring you the biggest, fluffiest gourmet marshmallows around.

When owner Tracia Medina entered an annual cooking competition at work three years ago, she never imagined that a marshmallow business would be the result.

Her decision to try and create a great homemade marshmallow for the competition not only won her the prize amongst her peers, but also had her boss putting in orders. A few months, a kick-starter campaign and an Etsy business later, Fluff It entered Gilbert.



Selling handmade and homemade marshmallows (many covered in intricate and tasty toppings), marshmallow pops and other gourmet treats, Fluff It has found a fanatical following looking for an out-of-the-box type of dessert.

The most awesome aspect of the Fluff It shop however, has to be the s'mores bar! Kids – as well as grown-ups – can create their own handmade s'mores served in a graham cracker cup, stuffed with a large handmade marshmallow and topped with Tracia's bounty of toppings, before toasting to perfection! This all-American treat has been taken to new heights.





RITA'S ITALIAN ICE

4730 E. Indian School Road
ritasice.com

Rita's Italian Ice, also known as Rita's Water Ice, is an international franchise selling Italian ice, frozen custard and other specialty creations. A sensation on America's East Coast, Rita's arrived in Phoenix about five years ago and immediately found a following.

With Italian ice made daily, most using fresh fruit, Rita's is the ideal refreshment for the Phoenix summer. Custard is another Rita's staple and when served together, Italian ice and custard become a marriage made in heaven.

Try a Florida Orange ice with vanilla custard swirled in for an instant creamsicle. An Oreo cookie ice mixed with chocolate-vanilla swirled custard creates a rich and creamy dessert with just the right amount of chill.

Or go for a plain ice: Lemonade, cherry, Sour Patch Kids or Starburst flavors are a big hit in our house.

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4 ARCADIA REAL ESTATE



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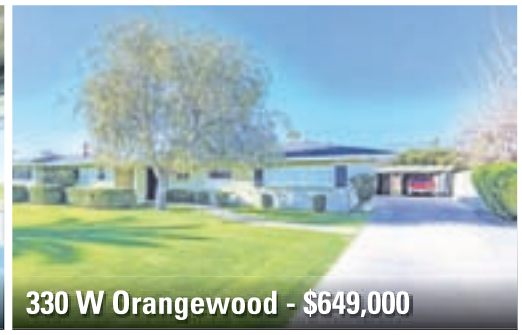
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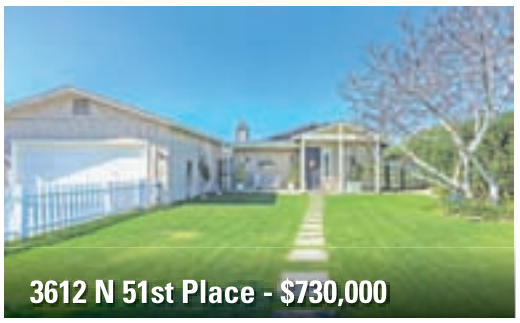


















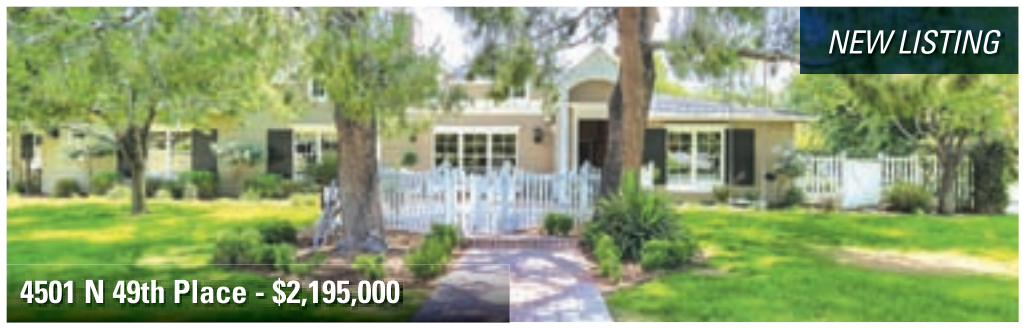
















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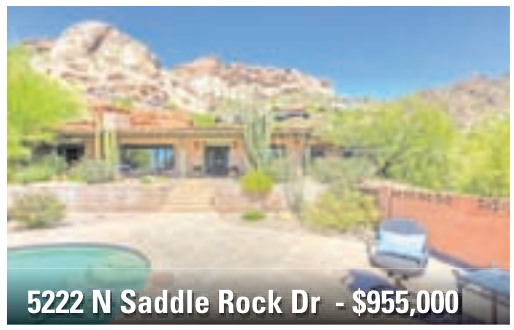










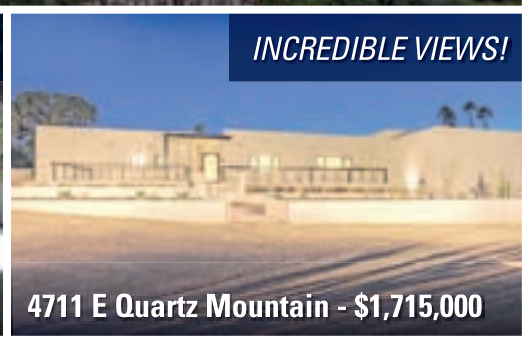












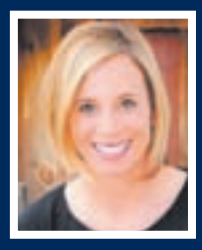
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Frequent flyer programs lacking

By Michelle Donati-Grayman

When introduced 34 years ago, frequent flyer mile programs were lauded as a brilliant marketing strategy.

They immediately cultivated loyalty among travelers, and many consumers belonged to one or more programs.

Over the years, credit card companies joined in and started offering miles or points with every purchase. It is possible to earn miles a variety of other ways, too, such as renting a car and making certain purchases.

As a result, it can be easy to rack up thousands of miles. But it's also increasingly difficult to redeem them for their original purpose: travel.

The most recent frequent flyer program to change is American Airlines Group Inc. The company, which was formed in the 2013 merger with US Airways Group, recently combined the carriers' frequent flyer plans. With about 100 million members, it's now the largest frequent flyer program in the industry.

The way miles are awarded to consumers has also changed. More airlines – including Delta Air Lines Inc., United Airlines and Continental Holdings Inc. – are consolidating and awarding miles based on how much travelers pay for a ticket and not the actual number of miles traveled.

This year, American is also increasing frequent flyer awards for passengers who buy the most expensive tickets, but the carrier continues to award points for distance traveled.

Among the carriers, a number of perks are disappearing, such as the $99 companion airfare by US Airways, which is only available until year's end.

As a result, travelers who pay the cheapest fares are penalized, and the days of being able to "cash in" 25,000 miles for a plane ticket are all but finished. Availability is down and demand is up, which is great for carriers but not so much for travelers.

Some carriers have added redemption opportunities so that travelers can use points toward perks, such as upgrading to seats that offer more leg room. That's fine, but it's a long way from a free ticket.

Smaller carriers such as JetBlue and Southwest already had established programs that calculated points based on dollars spent rather than miles. Based on anecdotal evidence, redeeming miles for free travel tends to be easier with these carriers.

As a full-service travel agency, AAA is an advocate of loyalty programs but urges travelers to read the fine print and carefully compare options. Keep in mind that credit card loyalty programs might offer greater flexibility for redeeming travel rewards. While not all programs are the same, their differences can still be startling.

— Michelle Donati-Grayman is an Arcadia resident who works for AAA Arizona. AAA is the largest leisure travel agency in North America.

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One longtime Arcadian says "Aloha!" to the mainland

By Kaley Kalil

WHERE'S THE *NEIGHBOR?*

Desiree Sorensen, 30, is a fourth generation native Arizonan and long-time Arcadia local.

While at a Fourth of July BBQ in the summer of 2012, Sorensen met her boyfriend, Wilson Nitka, and the rest is history. In the past three years, the couple has lived in four different states.

Sorensen and Nitka both graduated from Arizona State University roughly a year later in May of 2013 – Sorensen with a Master's Degree in social work and Nitka with a second Bachelor's Degree in math.

They vacationed to the Bahamas and Maui, HI during their final semester.

"A month later, we drove cross-country, put our stuff in storage, and moved to Maine," Sorensen said.

Home was now Northeast Harbor – a village on Maine's Mount Desert Island renowned for its rich and famous summer residents, including the Rockefeller family.

"The whole reason we moved to the East coast to begin with was to be closer to Wilson's aging grandparents. But, after just a short time living there, we knew we would be staying for a while," Sorensen said.

Five months later, they moved to Concord, Mass. (About a 25-minute drive from Boston).

"We lived within walking distance of Sleepy Hollow Cemetery in Concord, the town where the American Revolutionary War began at the North Bridge with "the shot heard round the world"," Sorensen said.

After living in Concord for a full year, the couple (and their seven year-old Puggle, Buffy) moved to their current home in Maui, Hawaii.

"A lot of paperwork was involved and a lot of vet visits," said Sorensen, "…as well as a 120-day home "quarantine" process on the mainland to take her with us."

The three now live in Kihei on Maui's dry and sunny southwest shore.

Sorensen works for Fresenius as a nephrology social worker. Nitka manages one restaurant on the island and bartends at several others.

"I help people who are on dialysis with insurance issues or psychosocial concerns, medications… things like that," Sorensen said.

"They have me working in West Maui and I also travel for work to Oahu, Molokai and Lanai. It's interesting to see how differently people live from one island to another," she said.

The island hopping for work allows Sorensen to enjoy ferry rides alongside dolphins and whales, as well as short commuter flights over cascading waterfalls.

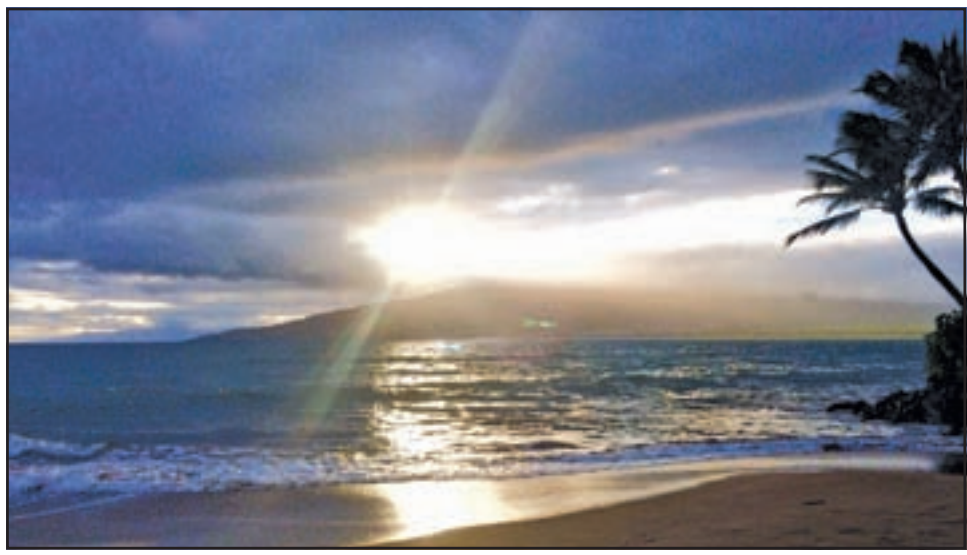
When they're not working, the couple enjoys camping in the rainforest in Hana, Maui.

"What I love most about living in Maui is it's definitely a slower-paced way of life; there's no pressure to ever conform to any standards or to what's currently trending," Sorensen said.

"It is expensive, however, and far away from loved ones."

When asked if and when she would be returning to Phoenix for more than just a visit, Sorensen had this to say:

"Oh, I don't know! Of course I love Phoenix because my family and friends are there, but I feel like it may be a while. I can picture us living in maybe Colorado or Oregon next… It's really just the summer heat back home that I dread!"



A sunset view from the quiet beach just five minutes away from the couple's condo in Kihei, Maui.



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On September 23, 2011 I reached the summit of Mt Kilimanjaro!

BRIAN'S EXPERIENCE ON AFRICA'S ROOFTOP

I went on a 6day/5night hike up the Marangu trail with no previous hiking experience. It was an adventure and challenge I was looking forward to. Upon reaching the summit after 7 hours of hiking, I had a burst of energy and excitement.

Along with your own personal experience, you'll have the opportunity to join in an official **Guinness World Records™** attempt by dancing on Africa's rooftop. After you reach the summit and celebrate in your own way, I would like to invite those interested in joining me in a world record attempt by dancing the Mt Kili Cha Cha. The Mt Kili Cha Cha is approximately 2 minutes long and if successful this would be the **Guinness World Records™** for the Highest Altitude Group Dance on Land.


Fundraising for the Mulala Village water well.

HOW YOU CAN HELP!

For those participating in the hike, if you would like to get friends, family and co-workers involved, may we suggest a personal donation or a penny a meter which would be $58.95 (Mt Kilimanjaro 5,895 meters). As a Thank-You BGDA will give back to you 10% of what you collect up to $589.50. Example: You collect $4,000.00 you get $400.00.

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A girl in New York City with nothing to wear

By Kindra Hall

It was my first night on my first trip to New York City, *ever*, and the pressure was on. We were 10 minutes away from leaving our (budget) hotel to meet a friend for dinner, and I was staring blankly into my suitcase. There was simply nothing among the many options I had packed that was perfect for a cheeseburger in the West Village. Nothing screamed, "Perfect for your first night in NYC." Nothing promised me, "You'll look so cool you could be mistaken for a New Yorker." It was time to leave; I was wearing a bra and underwear – and flip-flops because the hotel carpet was highly suspect – and all of my clothes had turned against me.



Michael was getting impatient. "What is the problem?" He asked with a tone. I hated that tone. I always encourage him to enunciate more, but it seems the only times he does it, is to spite me.

"The problem? The *problem?*" The problem was that I was stressed I could be so lost in my own suitcase. The problem was I was sweating even though I wasn't wearing any clothes. The problem was I had this *man* around who, by the looks of his wrinkly T-shirt and saggy jeans, obviously didn't care about New York fashion and how people perceive him.

Then, standing there, hopelessly clad in my unmentionables, I had a moment of clarity.

"The problem *is*, I have a poor body image." There I said it. I said what outfit-challenged women in crappy hotel rooms across the City have felt for hundreds of "important nights out."

"And I blame society."

Now, I'm not usually one to place blame, but society had been bugging me about this for a while. It's not necessarily the common culprits – beauty magazines or rap music – who passed judgment, but rather *actual members* of society. As if it were a NYC Welcome Dance, I marched furiously around our two hideous double beds detailing all of the sneak attacks society had made on me.

> ***"The problem is, I have a poor body image. There I said it. I said what outfit-challenged women in crappy hotel rooms across the City have felt for hundreds of "important nights out."***

There was that time at a wedding of one of Michael's college buddies when I wore my favorite little black dress. You know the kind: It cuts tastefully low, reveals shoulders, tightens at the waist, and falls full and with flattering detail until two inches above the knees. Wedding-guest perfection.

Moments after we arrived, we found Michael's best friend and his lovely wife, exchanged greetings and headed for the pre-ceremony bar. It was there, as we sipped our first glass of wine, that the lovely wife commented on my dress. "I love this dress, Kindra." (I love it too, I thought). "I love how it cuts in at your waist," she motioned to my waist, "and then how it comes out to cover your controversial area." She motioned to my hips, butt and thighs. I choked a bit on my chardonnay. Controversial? Did she just call me fat?

Then there was that time I went to dinner with Michael at Grimaldi's Pizzeria. We ordered what we always do: a large Caesar salad and a small pepperoni, ricotta and mushroom pizza. But as soon as I said "large salad," I noticed the waitress stopped writing.

"Um. You said large Caesar?" she asked.

"Yes," I replied.

"Is it just the two of you?"

"Yes."

"Right, well that salad serves four. And you're only two." She looked at me the way my first-grade teacher did when I couldn't quite figure out addition. "So, do you think you'll be able to eat. All. That. Salad?"

"Um. Yes." I replied and she walked away.

I looked at Michael and asked, "Did she just call me fat?" He didn't respond.

Back in New York, I paced the hotel room, listing off society's many infractions, which, even in the heat of the moment, I knew weren't actually related to not being able to choose an outfit *or* being fat. The rant ended with, "Society! Society is trying to bring me down!"

GIRL *NEXT DOOR*

"Yeah." Michael said, nonchalantly. "I don't have that problem. Society loves me."

"Oh, just you wait." I hissed as we headed out the door and toward the ride-at-your-own-risk elevator. "It'll get you when you least expect it."

We met our friend at the best cheeseburger joint – a literal hole in the wall – that serves two things: cheeseburgers and fries. After waiting in line for 45 minutes, a young, buff server escorted us to a teeny tiny table in the back. The server pulled out a little notebook and stared. No menus. No questions. No words. He simply stared at me with his tablet in hand. I guess I was going first.

"Uh. Cheeseburger?" He made a note and kept staring. "Uh. Medium?"

That was it. He moved to our friend who had been there before. "Cheeseburger. Medium."

The server turned to Michael who followed suit, "Cheeseburger. Medium-Rare."

The young, buff, Asian server looked Michael up and down. Wrinkly, too-big T-shirt. Sad-saggy jeans. He paused for just a moment, and then spoke. Just to Michael. No one else.

"Want bacon?"

Michael's jaw dropped. He said nothing, too confused to speak. The server took Michael's lack of a response as a, "No" and walked away. Our friend put a hand on Michael's back.

"Sorry dude. That was brutal."

Michael slowly turned his head to face me with an expression I knew all too well.

"Did he just call me fat?"

I gave him a sad smile and a slow nod. Welcome to my world.

We finished our cheeseburgers, headed back to the hotel, and for the rest of the weekend, we called Michael "Bacon."

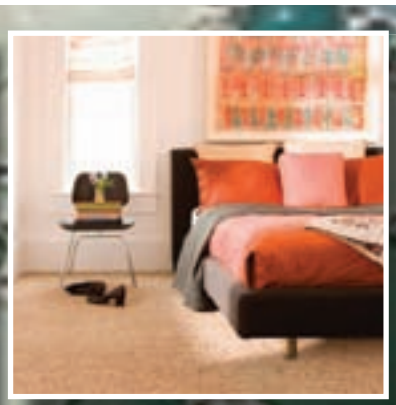
The next day, when Michael suddenly couldn't find anything in his suitcase to wear…

We went shopping.

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From Grandma's Kitchen to Ours

MorningStar Executive Chef: Jason Chandler



MorningStar Resident LaDawn Schubach with chef Jason Chandler

Jason Chandler made his childhood home in several southern states as an Army brat. When his folks were stationed overseas, Jason (better known as "Chandler") spent several years with extended family, including an influential period with his Arizona grandparents.

"I was 10 years when Grandma Betty taught me how to cook. I started out as chief chopper and dishwasher, but soon graduated to three-course meals of my own invention." It's easy to become a Foodie after choking down one-too-many MREs (dehydrated military meals in a pouch).

"Grandma also taught me how to garden and turn a fresh-picked tomato into that night's marinara sauce. How to fold laundry the right way. In other words, life skills."

After high school, Chandler took geology coursework. To pay tuition, he worked two jobs—restaurant jobs. With the love of cooking already so imbedded, Chandler's career swing was inevitable. Enter Scottsdale Culinary Institute (now Cordon Bleu), and its formal four-year program.

"From there, I spent six years as a 'gypsy chef' in East Coast resorts, then ten years at North Carolina's Pisgah Inn."

A downturn in the economy and the death of his grandfather, brought Chandler back to Phoenix in 2008, and back to Grandma Betty's house. "I would talk to her often, and hear about her loneliness and housekeeping struggles. So I offered to move back and move in with her."

Six months later, in declining health, Betty transitioned to a nursing home. Her grandson visited often. "I'd spend 15 hours a day there, making sure she was being cared for." Finding the food deplorable, Chandler started bringing in homemade dishes, ones Betty would share. His aromatic offerings won many fans, and Chandler discovered the ultimate satisfaction in the kitchen: feeding and pleasing senior palates.

"I've had a lot of great moments in fine dining, big competitions and prestigious venues. But nothing filled the void like the moment I came to MorningStar Senior Living." (Chandler was one of the first team members hired for our Arcadia community.)

"I saw those four elderly women in my mind again, and remembered how good it feels to make a real difference." Sometimes that difference is made by whipping up a batch of ginger beer, world's best (and tasty) cure for a resident's upset stomach.

Like all great chefs, Chandler loves exhibition cooking in the MorningStar dining room. Getting the oo's and ah's, and just seeing them happy with food and laughter and life."

Our MorningStar menu is an exhibit in itself, a diverse offering of everything from our garden (see below) to Asian fusion with a French twist.

"This entire senior community is family; these residents are my adopted grandmas and grandpas."

And if Grandma Betty could see her Chandler now? "She'd put her arms around my waist, look up from her 4'11" height, and tell me how absolutely proud she is of me."

Farm to Table

A few months back, Chef Chandler acted upon a long-held desire: a MorningStar garden. Having years of experience with organic gardens tucked away on roofs and in tiny backyards, he knew not only how to till and tend, but do so in modest spaces.

"MorningStar's urban garden begins with this," he gestures to six V-shaped planters, all neatly tiered and set upon wheels within the courtyard. "It's amazing what you can cultivate in this mobile garden. We can chase the sun, and even bring it indoors to our Memory Care neighborhood. The goal is to keep everything accessible to everybody."

The greening of MorningStar includes mapleleaf and several varieties of chard (packed with brain-healthy Vitamin B). Peeking between you'll find pineapple sage (yep, smells like pineapple), oregano, parsley, cilantro and mint. The tomato family is represented by Cherokee purple, Nankoa, Domestic Yellow and Hot House. Pepper lovers will spy jalapeno and banana. The showy artichoke plant is a wonder, stretching to the size of sunflowers, 12 "chokes" to a stem, and producing feathery purple strands when they flower. "We even have a Master Gardener on speed-dial, who has adjusted our soil and boosted struggling seedlings."

Our Resident Garden Council held considerable sway in what produce to produce. "These are the passionate ones who greatly miss their private gardens. So far, they've had fun just planning. Next meeting, we're getting our hands dirty!"

Next to cultivate are "living walls": specially-made planters that will hang on the trellis roof's large pillars. Herbs love this environment. Across the way deep root veggies will soon ring MorningStar's courtyard.

Back the kitchen, Chef loves incorporating the harvest, knowing how much fresh produce can stimulate the senses and directly contribute to wellness. "Sometimes I just walk through the Dining Room with a bowl, inviting residents to sample and smell what we've just picked. The look on their faces! They can feel the love I have for food, and get excited themselves."



And it doesn't end with green. All the meats Chef serves at MorningStar are locally sourced (after Chef personally canvased options as far away as Yuma and Tolleson). "You need to know where your food is coming from, and whether it's being properly handled from beginning to end."

Dining is just one aspect of what we call WellStar, MorningStar's signature wellness program. For more information about our luxury senior community, contact:

***Jonathan Mak**, Director of Community Relations*
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Health & Wellness



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Longtime neighbor becomes newly found friend

By Jean Hodgson

Which of your neighbors do you know – beyond recognizing them and their cars as they come and go – and how did you get acquainted? Some Arcadians are introduced through a planned activity like Neighborhood Watch. Oftentimes, repeated casual visits while walking a dog, pushing a stroller, or taking a welcome break to chat while doing yardwork, develop into real friendships.

It wasn't until this spring that we met Alan Lloyd and had the opportunity to learn his unique story. We had been neighbors since 1982! The introduction came through my brother-in-law Mark, who lives in Maryland – an unlikely connection, to be sure.

Mark's passion is classic cars. He had spotted Alan's collection on an earlier visit, introduced himself to share details about their common interest, stayed in touch over the miles, and was convinced we would enjoy meeting him. Mark was certainly right. The rest is history.

Alan was born in Thailand. He spent his early years in a government welfare orphanage in Bangkok, even though he was not technically an orphan. His mother worked as a housemaid and was unable to care for him. The pathway for education included his middle grade years at a Catholic boarding school and then back to Bangkok for training at St. John Bosco Technical School.

His days beginning in grade eight were spent in workshops, learning various trades to hopefully prepare him to be employed and self-supporting. Academic studies were relegated to evening hours, but it was Alan's commitment to gain skills in the English language that led him to a contact that proved to be a key to his future.

For several years he practiced writing English by corresponding with a Catholic priest. Father Anthony recognized that his young Thai pen pal was capable and motivated to do much more than work in a trade, so he offered to bring him to America to attend college.

Alan said, "I did not think Father Anthony was serious, even though a college education had always been my dream."

He explained that obtaining a passport and then getting a copy of an official high school transcript was a huge challenge.



Jean Hodgson just recently met her neighbor, Alan Lloyd whom she had lived near since 1982 and learned his fascinating story.

RETIREMENT *NOW WHAT?*

Father Anthony was living in Arcadia and ministering to a Lithuanian congregation, so Alan's first introduction to America was Arcadia in 1970.

When he arrived in Phoenix, Alan worked at the Basha's market on Indian School Road, riding his bicycle or the bus all the way to Phoenix College to earn his associate's degree.

Alan shared the concerns he had felt about being qualified to study here due to his background, but his degree in Electrical Engineering from ASU and his eventual retirement from a long career at Honeywell are evidence of what can happen when academic talent, an outstanding work ethic and an opportunity to follow a dream come together.

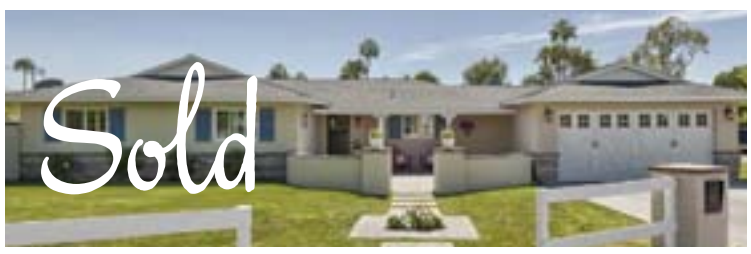
His decision to permanently be an Arcadian – and our neighbor – is another example of the love so many develop for our community.

I'm so glad my brother-in-law introduced me to my neighbor!





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Phoenix Zoo offers well-rounded education with Horse Hands

By Mallory Gleich

Recalling the history of the Horse Hands program at the Phoenix Zoo, Becky Manning had to laugh. Before the horses, there were mules.

Back in 2000, Harmony Farm (the children's portion of the zoo) offered mule rides for kids. Manning, who started the Horse Hands program, noticed that because most kids are in school during the week, the program wasn't making much money. Also, insurance issues prohibited kids 5 and under from riding the mules.

At the time, the program had around 10 mules. Manning and the group that works with her decided that instead, they would start a caregiving program in which students would learn how to care for the animals and be rewarded with a ride after their completion.

This happened to raise another issue.

"Mules are way smarter. They look at the instructor in the center like, 'I'm not doing this,'" laughed Manning. The program decided to switch it up and add a couple of horses.

At first, the program was only offered to members of the zoo. Once the program gained popularity, the program was offered to anyone.

The program is horsemanship based, which means students learn the basics of taking care of horses. This includes tasks such as learning how to clean stalls, learning about horse breeds and behaviors, medical needs and things of that nature. There are four levels.



Students in the Horse Hands program learn animal care long before riding. PHOTO BY AMANDA GOOSSEN

The first level introduces basic caregiving skills, such as learning how to groom horses and the process of preparing to ride a horse. The second level furthers grooming skills, with students learning how to care for horses' hooves and how to bathe a horse.

The third level includes a trail ride and learning the different colors of horses. At the last level, students learn about health issues and riding skills, including how to ride at a faster pace.

During the series, each student is assigned a horse to care for throughout the program. These programs last a total of four weeks, and each student receives a certificate upon completion.

The mission of the Horse Hands program is to connect participants with the natural world.

"We provide experiences for them to care for nature. By providing hands-on experience to them, we instill a loving attitude towards any kind of animal," said Manning.

Manning said that if participants can form a bond with horses, they will be able to care for any other kind of animal, which is part of Horse Hands' mission.

As of now, there are five instructors who work with the Horse Hands program. Janene Lusson, who has worked there for five years, shared why she loves her job.

"My favorite part about being a Horse Hands instructor is watching the students truly connect with the horses for the first time – that 'aha moment' when the child realizes that they are taking care of a real, live horse! There's nothing to compare with the joy that shows on their face," said Lusson.

There are three different programs available, with ages ranging from 3-year-olds all the way to adults.

For more information about the program, visit phoenixzoo.org or call 602-914-4333.

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It's a win for Phoenix Country Day speech and debate team

By Mallory Gleich

Phoenix Country Day School's speech and debate team has much to celebrate this summer. Not only did the middle school program take home its very first win, but five students also had the chance to be a part of The National Speech and Debate Tournament in Dallas in June – another first for PCDS.

Started in the late 1990s by history teacher Matt Guthrie, PCDS had only a debate team at the beginning. Ryan Joyce, who is the director of advancement, took over the team three years ago and added the speech part of the program at PCDS. Joyce had come from New York after coaching multiple teams there.

Currently, Joyce and another faculty member, Erik Dominguez, coach the middle school team. There are around 35 students who participate in both the middle school and upper school teams.

In April, the middle school team participated in their first competition at Gilbert Classical Academy. They won the team championship and numerous individual awards. The students competed against more than 10 other schools, winning in four of the five events offered.

There are several different topics covered by the speech and debate team, depending on the type of competition. One topic, interpretation, involves students performing a 10-minute selection from a play or book.



This year the PCDS middle school speech and debate team took home their first win.

Another topic involves students writing their own persuasive speeches.

The National Speech and Debate Association assign topics. This year, some examples of topics included "governments ought to ensure food security for their citizens" and "governments ought to require that employers pay a living wage."

Michelle Hill, who helps coach the upper school speech and debate team, spoke about the importance of having this sort of program available for students.

"Not only does performing in a competitive arena help with presentation skills and self-confidence," she said, "but students in speech and debate become more engaged with the world around them."

Hill explained that the speech part of the program is relatively new for the upper and middle school teams and both teams have been successful. In June, four upper school students and five middle school students headed to the national competition in Dallas, Texas.

Jason Greenfield, an upcoming senior who was part of the competition, said that he was excited to compete with his team members and explained how he felt when coaching the middle school participants.

"Selfishly, figuring out how to explain something to them makes me a much better competitor along the way," Greenfield said. "Coaching makes me so excited for the future of the team."

Joining Greenfield at the competition were Jillian Gilburne, Parker Whitfill and Oliver Marsden representing the upper school team.

Max Montrose, Matthew Peterson, Bikram Takhar, Sophia Corridan and Bella deRoos represented the middle school team.

Michelle Hill said that the students who participate in speech and debate benefit in all facets of life; they become better at writing as well as speaking. Because the students spend so much time together with practices, competitions and such, they've become like a family.

Jillian Gilburne, who competed in the national competition, feels the same way. "Speech and debate is an incredible activity combining life skills, competition and friendships. There's nothing I'd rather spend my time doing."



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Hopi readers reach for the stars in the millionaire club

By Mallory Gleich

This past month at Hopi Elementary School, the kids had more to cheer about than the school year coming to an end. Hopi celebrated something they might call a milestone: Over 70 of their students read one million or more words during the school year.

On May 18, Hopi held a celebration for the members of their Millionaire Readers Club, a program that rewards kids for how many words they read throughout the school year.

By using the Accelerated Reader program, the librarians at Hopi keep a record of how many words each student in the program has read.

Students read a book and then take a quiz to measure their comprehension. Accelerated Reader knows how many words are in each book, making it easy for the librarians to keep track.

In the library at Hopi, there is a huge chart on the wall that shows each student's progression. Once a student is finished reading a book, they can see how far they've come by watching their star move up according to the number of words they've read.

"A lot of kids just come into the library to see where they are on the wall," said Julie Young, who is a librarian at Hopi.

Young and another librarian, Mary Beth Marting, have found that watching the star move forward on the word chart motivates a lot of students to read.

Young, who has been the librarian at Hopi for the past six years, started the club with a previous librarian about four years ago.

"We wanted to support teachers and their classroom reading goals and thought that the kids would like a visual tracking of how they were doing," said Young.

Once the end of the year approaches, the kids are rewarded with an ice cream party. Those who reached a million words were awarded certificates of achievement and got to have their picture taken on a million dollar bill.

This year, however, was something special. Not only did the Millionaire Club have millionaires, but there were also 12 students who reached two million words, three students who reached three million words, and one student even made it all the way to six million words.

"I am extremely proud that there were so many millionaires this year. It's a result of a love of reading instilled by the parents and teachers at Hopi," said Marting.

Lucy Leivian, who was a third-grader this year, shared how she felt about being a part of the Millionaire Club, "I've been reading for as long as I can remember with my mom. I'm so happy that I made the Millionaire's Club in the second grade and again this year. Mrs. Colling said, 'Readers are leaders' and I believe she's right. I love reading!"



Members of the Millionaire Readers Club were awarded ceritficates and prizes.





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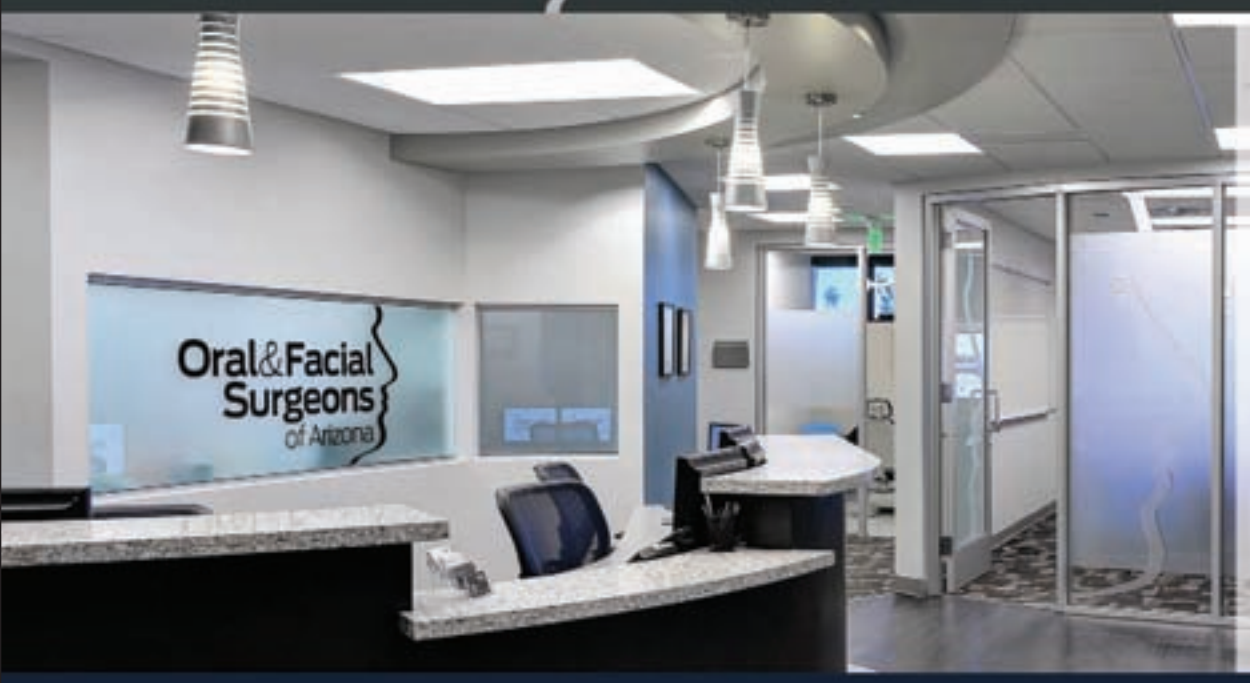
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ASU inspires youth through creative writing

By Jenet Simmons

This story starts with a young lady who's been working at the Boys & Girls Club of Arizona, in the Paiute Neighborhood Center for 10 years. Lucia Mundo-Garcia is dedicated, hard working and inspired by the children she sees daily. She pours her energy and encouragement into them without looking for recognition.

Lucia was recently made aware of an ASU program, SPARKS. She desired to bring more arts and enrichment classes to the Paiute center through the Boys & Girls Club of Arizona. SPARKS stands for Students Providing Awareness Resources and Knowledge to Start college. It is a community service organization at ASU. Their mission is to inspire underrepresented (low-income and minority students) K-12 students to prepare for college success.

> ***"At first I didn't know what job I'd like to do, but after this, I know I like to write and I like math. I decided I'd like to be an engineer."***

Lucia connected with SPARKS and put a plan into place to work with the Paiute center.

ASU theater students came to the Paiute center in South Scottsdale to work with the fourth- through sixth-graders. It was a one-day workshop of creative writing. As an option of enrichment that day, children had the choice to attend this workshop. They had freedom in this assignment: Write creative, short stories.

Fifteen students arrived with curiosity. One of the students was Luis Zuniga. In fact, he was the only boy that made an appearance.

A fifth-grader at Tavan Elementary School, Luis recalled his short story with vivid detail. A story that centered on something he loves: animals. This story has a complex plot, a surprising ending and an out-of-the-box imagination. It begins with a wizard and a field of animals.

"The wizard is powerful and in full control of the animals' comfort in life," says Luis.

The wizard's power could turn animals into humans. The humans sought out the wizard in the winter or summer to bring them comfort. In the summer, humans could escape the heat by asking the wizard to turn them into fish to feel cooled and refreshed. In the winter, a human asked the wizard to be turned into a lion for warmth. At the end of this delightful story a normal human came to the wizard and found comfort in just being himself.

The story may have been short, but it was bursting with details.

When this workshop was originally created, the students from ASU told the Tavan Elementary students that a few of the short stories would become plays, performed by the ASU students. However, there were no promises and the college students visited many schools and after-school programs, so the competition was high.

Later, Luis heard that the ASU students selected his short story. They planned to come to Tavan Elementary and the Paiute center to perform.

In April, Luis saw his short story turned into a play, twice.

"It was fun and the story was funny to me," Luis said, beaming with a smile. Although a shy fifth-grader, he grew excited in retelling the details of his short story. With six animals at home, two puppies, two goldfish and two Australian birds, Luis has plenty of animal inspiration in his midst.

The play was appropriately titled, *The Wizard of Animals*.

"When they told me a few kids were selected, I was proud of them," said Lucia. "It was nice to see the response of everyone, but mostly Luis' reaction when the audience appreciated and laughed. Positive reinforcement is always a good thing."

Lucia hopes to continue working with the collaboration of ASU and the SPARKS outreach program in the future. She was happy to see the joy the students from ASU brought with them.

"At first I didn't know what job I'd like to do, but after this," said Luis. "I know I like to write and I like math. I decided I'd like to be an engineer."



Luis Zuniga stands with his teacher, Lucia Mundo-Garcia who helped turn his play into a live performance.



Dedicated young skateboarder earns impressive sponsorship

By Shelby Slaughter

Malachi Gray was just 3 years old when he found his passion for skateboarding. Now, at the age of 8, he is on his way to becoming a professional skateboarder and already has an impressive list of sponsors.

"I learned to skateboard from my big brothers, Michael and Elijah," Malachi spoke about his first time on the board. "Also from my friend Markus, who has a company called Skate True, a skate park shuttle service. So if my mom can't take me to the skate park I can still get there. I have been skating with my friend Markus since I was 5 years old."

Malachi also recalled the first skateboard he ever got. "It was my oldest brother Elijah's, it was *way* too big for me."

Malachi doesn't let the bruises and scratches get to him when he falls off of his board; he keeps going because he knows it's all in the love of what he does.

"My advice to other kids is you have to be really tough. You can't cry and give up when you get hurt. Getting hurt is how you learn. You have to learn how to fall."

Malachi also went on to add that perfecting tricks on his board takes time too.

"Sometimes I can perfect a trick in an hour," he said, "but usually I have to do the same trick five times a day for a week to really have it down."

Malachi's mom says that he practices up to four hours a day, and during the summer it can be up to eight-hour days.







At only 8 years old, Malachi Gray's skateboarding skills are at an advanced level.

"I have three wild boys. Most of our days are extremely active. If we stay in the house too long they seem to think it's time to fight. Skateboarding is something that they all love and can do together. Once we get to the skate parks all fights are off," said Sara Gray.

While one would think that this 8-year-old is on the fast track to something great, his mom made it clear she wants him to stay in school.

"He is still in school at this time. Most of his contests are here in Arizona so he doesn't miss much school," spoke Sarah about her rising star.

Malachi's skating sponsorship is impressive. Freedom Boardshop provides him with all of his clothing when he is out skating. Arma Energy provides him with hats, stickers and energy drinks for the adults – and the best part, travel expenses.

Malachi also talked about the move he loves to do when he is out skateboarding for fun or in a competition.

"My favorite trick on a skateboard is a fakie kick flip sex change," quoted the 8-year-old. Need a translation? (Sex change in skateboarding means your body turns but your board stays the same direction.)

If you're wondering what's next for Malachi, he says that he would simply like to be happy and have a skate park in his house.





Fourteen-year-old China Dennington releases her second novel

By Alessandra Dagirmanjian

On June 30, rising young author China Dennington released her second novel, *Cadence*, as part of her fictional series *The Waterblaze Trilogy*. The novel is a prequel to Dennington's first novel, *Standing*, which quickly rose to first place on Amazon's list of Top 100 Free eBooks last October in the Dystopian, Action & Adventure, and Science Fiction genres for teens and young adults.

Dennington, a 14-year-old Scottsdale resident and student, began the trilogy as a series of inspiring tales about young women like herself, who exceed their peers' and society's expectations for them.

"*The Waterblaze Trilogy* is about strong women who have to overcome obstacles and people telling them they can't accomplish their goals," said Dennington.

Dennington's most recent novel, *Cadence*, tells the story of how the mermaids depicted in *Standing* journeyed from their dying planet. The novel is told from the perspective of Astrid, a young mermaid and scientist who finds herself responsible for warning her friends and family about the possibility of losing their home.

"Astrid is the main character and she's also the 16th born child, which means that she has a lower place in society. When she discovers that her planet is about to explode, her people don't listen to her because she's the 16th born. She feels like it all depends on her but she doesn't know what's right and what's wrong," explained Dennington.



Cadence *is China Dennington's second novel in her trilogy.*

Dennington began *The Waterblaze Trilogy* when she was 13, but has had a penchant for writing short stories as well as longer plots since she was 10. She finds inspiration for her writing from the world around her, as well as asking herself what-if questions, which explains the vast imagination behind her dystopian fiction. Dennington feels her characters tend to develop on their own after an initial idea, and are often similar to herself.

"I relate to all of my main characters. All of them have some part of me in them," said Dennington.

Dennington knew she wanted to publish a full-length novel when she started writing at the age of 10. She began working towards her goal by participating in National Novel Writing Month, where she challenged herself to write a novel in one month, which she eventually published as *Standing*. Once Dennington's parents realized how serious she was about her work, they started a small publishing company to help her get works into Barnes and Noble, Amazon and local libraries. Dennington's mother explained how she took a large role in the process of getting her books published as well.

"She has a lot of initiative and she's very serious about her goals. She wants to write and publish five books before she graduates high school and she has been diligently marketing her books to book reviewers and bloggers. I'm really proud of her on a lot of levels," said Monica Dennington.

Dennington manages to balance the demanding workload of writing and publishing with her schoolwork by attending a flexible online public school called Arizona Virtual Academy. The head of the school, Kelly Van Sande, has also enjoyed watching Dennington's success.

"She has worked hard to author her books while still excelling in the rigorous school setting provided by AZVA. We're excited to read her new book and see what she does next!"

In the near future, Dennington and her parents hope to take a local book tour. After the release of *Cadence*, readers can watch out for her third novel and the completion of her trilogy, *Clarity*.

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New novel poses questions on ethics and religion

By Amanda Goossen

Religion, politics, personal opinions… *Forgiveness 4 You* brings up all the things you're supposed to avoid at a dinner party. And then some! The world evolves, times change and my latest pick for the *Arcadia News* Book Club asks: How do religious institutions compete with an ever-changing world?

Gabriel McKenna is an ex-Catholic priest keeping busy by working in a bookstore. But the problem is, people keep talking to him. Not just talking to him, but confiding in him. It's his gift, he says. But is he actually forfeiting his own life for the sake of everyone around him?

When a woman stumbles into the bookstore one rainy afternoon, revealing her innermost secrets and pain, just as so many before her have done, McKenna's future suddenly sits in the hands of a woman, thankful for his help, but dead set on using his passion.

Madeline Murray, this high powered advertising executive, comes up with a plan to create a business offering absolution to anyone willing to pay a monetary price, using McKenna's gift of communication and his background in Catholicism. Ethically, however, she and McKenna must determine what is *right* and how far they're willing to take something that begins to seem very wrong.

Author Ann Bauer uses modern day concepts of commercialism, instant gratification and advertising and combines it with religious beliefs and conflict to create one of the most imaginative, ingenious novels I've read in quite some time. Bauer's plot and characters develop in a natural, satisfying way.

No matter what your beliefs, this novel with make you think.

The *Arcadia News* Book Club will meet at the Saguaro Library at 6:30 p.m. on July 30. Enjoy an evening of lively conversation and great friends. Author Ann Bauer will spend 30 minutes chatting with our group via Skype. Email Amanda@arcadianews.com for more information or to RSVP for the event.

We recently had a chance to ask Ann Bauer a few questions about her novel. Find her answers below.

AN*: Forgiveness 4 You* brings together two topics, which are not often connected: religion and instant gratification. What inspired a novel that brings these worlds together?

AB: I believe that digital media is changing how we live at a very fundamental level. My children don't listen to voice mail, for instance. If it's not in a text, they won't get the information. (To be completely honest, I've quit listening to voice mail, too.) I'm perplexed when I can't get directions or hours for a business online. And yet, the more data-rich, fast-moving and modern things get, the more I – and I think others, too – have a yearning for the bigger, more spiritual life. That's where it started. I loved the idea of Father Gabe bringing absolution into an urban, app-driven world.

But also, I wanted to provide a service for people, like me, who grew up without a religion or clergy to turn to. There's a section in the book where Gabe talks about a family that adheres to a "recycling and Whole Foods" kind of spirituality – and it's fine for them until their beloved daughter dies and they need a church.

I think that's the plight of a lot of my generation (Generation X). We were raised by ambitious, somewhat oblivious parents who didn't think it was important to pass on religion and so now we're this mass of middle-aged people, wandering the world looking for something to believe in. But because we've grown up in the first computer age, we also want it fast.

AN: What type of research was needed regarding the Catholic Church? Did you have to interview priests, parishioners, etc.?

AB: I happen to know two priests who are very important to me. One is a man who left the church in the early 2000s because he was a gay man and he objected to the way the Catholic Church was answering the gay question. He was gone for five years, working as a bookstore clerk (much like my Father Gabe). Eventually, he went back to the Church, partly because he felt the diocese was softening its stance on gay parishioners, but also because, he said, he was a priest at heart.

The other was a student of mine, at Brown University in 2003. He was a brilliant kid back then: 19 years old and one of the best writers I'd met. He was struggling with his faith because he'd grown up Catholic, but he, too, opposed the Church's philosophies on homosexuality, birth control, etc. He ended up going on to Yale Divinity and becoming an Episcopal priest. Today, he's 31, a brilliant speaker who gives wonderful sermons. I attended his ordination and that was very meaningful to me. I think both of these men informed my novel and the character of Gabe.

I did research as well, but it was mostly situational. Someone would come to Gabe to confess in the book. I'd write their story, their "sin," but then I'd need a way to answer it. So I would go online and read scripture or Catholic doctrine on the topic. Then I'd take what I'd learned and I'd process it through Gabe's particular lens and way of looking at the world. It was a multi-step process.

AN: With Pope Francis becoming Pope and certain longtime beliefs being challenged by this head of the church, did you have to change anything in the book as you were writing?

AB: Yes, but the things I needed to change were so small, I can't remember what they were. I began writing this book just as Pope Francis was elected. And I loved him from the beginning, so it wasn't hard for me to imagine that a fallen priest might look at this man and feel some spark of hope… My worry was that something would happen in the lag time between my finishing the book and publishing it (about nine months). If Pope Francis had changed his approach, had some sort of scandal or – God forbid – died, that would have dramatically altered the way people read my book. But luckily for me – and for the world – that wonderful man is still very much alive and doing exactly what I want a leader in today's chaotic world to do.

AN: As a Catholic woman, I was incredibly intrigued, fascinated and impressed with your book. What type of reaction has the subject of this novel conjured up with readers?

AB: I'll be honest. Before *Forgiveness 4 You* was published, I expected a lot of excitement among advertising folks – I thought I was writing a wry tell-all along the lines of Joshua Ferris's *Then We Came to the End*. But the interest from advertising people has been lukewarm. Catholics though, especially Catholics of the baby-boom generation (the ones who remind me of Mrs. Seaton, in the novel), have responded in a more profound way than I ever could have predicted. One woman, a very devout longtime Catholic, wrote to say she was buying copies for everyone in leadership at her parish. I've had notes from women in their 50s, 60s, 70s and even 80s saying, "You wrote about the Church I always wanted to belong to." It's been extremely gratifying that people with real religious questions have gravitated to this book and the questions it asks.

AN: What can readers learn about you through this book as well as your past work?

AB: That's such a wonderful question. I've written three novels, all very different. The first was semi-autobiographical, about a young mother raising an ethereal and mildly disabled child; the second was dark and literary, about death and a mathematical formula that might explain infinity; the third – this one – is a satire. But they're all about regret, about searching for truth and trying to make up for past mistakes. About how to make peace with the things you cannot control and live with grace and do your part in the world. I know that sounds lofty, but it's the only thing I write about, from a different angle every time. What people can learn is how they themselves think about these things. My books are an opportunity to question really fundamental problems of life: how to love, what we owe each other, whether it's possible to make contact with an unknown God.

AN: What are you working on now?

AB: I hope this isn't a disappointing answer, but *nothing*. I decided when I was done with this book that I had to explore those issues about how to be a human being in the real world, as well as on the page. Right now, I'm concentrating on the people in my life: a husband, three children and my community. I'm volunteering my time – mostly in the area of homelessness and hunger – because I have the time and the resources and it's a privilege to be able to do some small thing to help. I'm reading a great deal: new books, old books, and things I love from the past (like John Updike's *Rabbit* series) but haven't read in years. I don't know how long this phase will last, but I'm enjoying it.

AN: Immediately answer: No matter the location, if you could spend your day doing some of your favorite things, where would you be and what would you do?

AB: In the Black Hills of South Dakota, with my husband and all three of my children and their partners, reading, eating, riding motorcycles and breathing clean air.

BOOK OF THE MONTH

Forgiveness 4 You

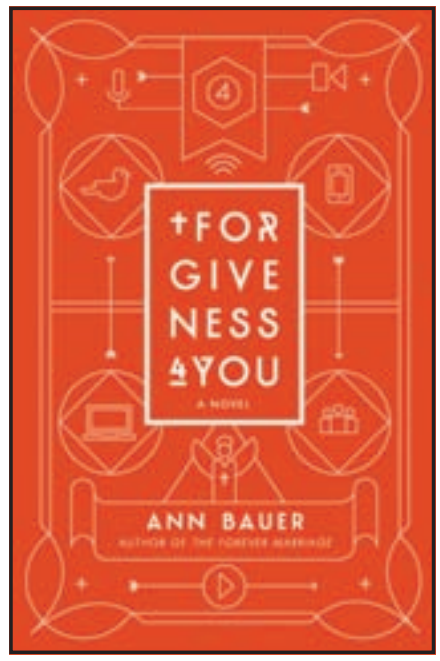
By Ann Bauer

Arcadia News Book Club

July 30, 2015, 6:30 p.m.

amanda@arcadianews.com





BOOK CLUB











A dream come true: passion for music began at young age

MUSIC *NOTES*

By Craig Goossen

I was always taught that you should do what you love and follow your passion. I remember kids standing in front of the classroom in grade school pronouncing their dreams of becoming a professional athlete, a fireman or the president of the United States of America. When the teacher asked me what I wanted to be when I grew up, I looked my classmates in the eye and said I wanted to work in a record store. The crowd of 12-year-olds in attendance looked at me like I was a Martian.

I look back in retrospect and realize that I may not have been shooting for the stars with that announcement, but less than six years later a small record shop on Melrose Avenue in Hollywood, California was my office for the next five years and it was most definitely a dream come true. I could have worked there forever, but I had to move in hot pursuit to other passions.

This month's music mix features a few brave artists coming to visit our sun-soaked town this month, so dig into these tracks and hopefully it gets your passion flowing.

WILCO:
HATE IT HERE (2007)

It's a Fourth of July party weekend at Salt River Fields and Wilco will take the field with Dr. Dog opening for them. Wilco is one of the great American bands and if you haven't seen them before, don't let this opportunity pass.

Wilco performs on Friday, July 3 at Salt River Fields, 7555 N. Pima Road in North Scottsdale. Tickets start at $25 and the show is open to all ages.

LADY ANTEBELLUM:
LIE WITH ME (2014)

I've said it before and I'll say it again, again and again: It just isn't summer in Phoenix without big country shows at Ak-Chin Pavilion.

Lady Antebellum performs on Saturday, July 11 at Ak-Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $30.

HELIO SEQUENCE:
UPWARD MOBILITY (2015)

The duo from Oregon just released its sixth album and they come to the Crescent on the tail end of their U.S. summer tour.

Helio Sequence performs on Thursday, July 16 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $15 and the show is for guests 21 and older.

STEPHEN STILLS:
GO BACK HOME (1970)

Stills is an American music legend and when a legend rolls into our town, we need to show the love. This venue is the perfect spot to see this 70-year-old pull from his 50-plus-year catalogue, maybe even this cherry track from his 1970 solo LP which has Eric Clapton soloing all over it.

Stephen Stills will perform on Sunday, July 26 at the Celebrity Theatre, 440 N. 32nd St. in Phoenix. Tickets start at $35 and the show is for all ages.

SOCIAL DISTORTION:
IT COULDA BEEN ME (1990)

Social D in the heat of summer at the Marquee is a no brainer, and the bonus is the band will celebrate the anniversary of their classic self-titled release and play it in its entirety.

Social Distortion performs on Tuesday, July 28 at The Marquee, 730 N. Mill Ave. in Tempe. Tickets are $35 and the show is open to all ages.

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Happy July 4th

from *Arcadia News*















Thank you to all the friends and neighbors who sent in their patriotic photos!

Camp brings unity, pride for upcoming season

By Nicholas Smith



Arcadia HIgh School Girls Basketball has girls from 7th-12th grade attending camp.

High school basketball may seem like a long way away, but the girls at Arcadia High School already have next season in their sights.

Girls varsity head coach Ives Machiz held a summer basketball camp for girls in the Arcadia area. The camp ran Monday through Thursday mornings through the month of June.

"This is my eighth summer doing this," said Machiz. "We have girls from seventh through 12th grade who come out."

For Machiz, the primary point of the camp isn't to jump the gun and start the coming season early. He runs the camp for simpler reasons; he thinks it's good for the girls and it's what he loves to do.

"I just really enjoy coaching," said Machiz. "And I think it's important for the girls to have a place where they can come and work on the fundamentals of the game."

Fundamentals are highly emphasized at the camp. The mornings begin with stretching and agility drills. Then the players work on two or three skills, such as ball handling, shooting, passing and defensive drills.

"It will vary in how we work on the skills," noted Machiz. "Sometimes we will work as a whole camp together and other times we'll separate into skill levels."

The camp is a great advantage for younger players, like incoming freshman who are heading to Arcadia and looking to play for the school's team.

"It's a really good thing for some of these younger players to get a summer under their belt," said Machiz. "They get a chance to see how we do things at Arcadia."

Another benefit to the camp is that it gives the players a leg up in terms of building team unity. Instead of getting to know one another on the court in November, they get to do it in June.

"The camp is in summer, right after all of last year's seniors graduated," said Machiz. "So it gives the girls a chance to get some team chemistry going and work on strengths and weaknesses. Showing up in summer shows real commitment."

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How to handle different wind conditions

By Tina Tombs

GOLF *TIPS*

When you're on the course and feel a breeze, it's important to evaluate the direction it's blowing. Throwing a few blades of grass up in the air and watching how they fall is a good place to start, but to get a more accurate idea of how the wind will affect your shot, look up to the treetops.



Once you determine the direction of the breeze, follow these tips to keep your game on track:

When the wind is at your back – A strong wind at your back can add big bonus yards to your shots. It's easy to get excited and swing out of your shoes when you feel the wind behind you, so remember to keep it under control. Use one or maybe two less clubs depending on the intensity of the wind.

When the wind is in your face – When you feel a breeze blowing directly into your face, it's important to keep the ball low. To do this, grab an extra club or two, choke down, move the ball back in your stance and make a controlled three-quarter swing. This will keep your launch angle down and reduce the amount of spin on the ball – effectively decreasing its lift and the impact the wind will have on it.

When the wind is side to side – This is another situation when it's important to keep the ball low and minimize the effect the wind has on your shot. Take an extra club, move the ball back in your stance and make a controlled three-quarter swing. Even with a low-ball flight you might need to adjust your aim to account for the wind. Don't aim in a place where a straight shot will get you in trouble if the wind dies down in your back swing!

It is always a good idea to play conservatively when the wind is blowing – no matter which direction it's coming from. Bad weather has a tendency to magnify mistakes, so remember the saying, "When it's breezy, swing easy."

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



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Pop Warner signups begin this month. There are new safety protocols this upcoming season.

Preparing for fall football

By Nicholas Smith

Football season will be here before we know it and that means Arizona Pop Warner will start up again. Soon you'll see kids as young as 5 years old running around and imitating their favorite football players.

"This year is going to be very exciting for Pop Warner," said Yasmeen Watkins, commissioner of Arizona Pop Warner. "We're all really looking forward to it."

There are a few big changes in the Arizona Pop Warner this year. The league is introducing a new weight matrix, in order to help players fit into the right weight class.

"We had some kids who were falling in between too heavy and too light," said Watkins. "There were kids who didn't meet the national weight requirements and I think this will help each player fit in with the right group on the field."

Another new feature is a league partnership with the Mayo Clinic for improved safety protocol. This will allow the Mayo Clinic to monitor and research tools to diagnose head injuries, as well as help player safety. Pop Warner players will now be baseline tested before the season begins, in which each child will have their balance, vision and cognitive skills tested so that a head injury is spotted easily during the season.

"We also offer training for every adult on the sideline during a game," said Watkins. "A big focal point for us is the safety aspect."

Injuries, especially concussions, have been a big topic within football over the last few years and Pop Warner is well aware. Watkins noted that the league is trying to stay proactive with its relationship with Mayo Clinic and want to give all parents the best information possible.

"Parents have responded to our protocol," said Watkins. "There have been kids who got injured who told us how helpful it was and how glad they were that it's in place."

Children can register for Pop Warner on Saturday, July 11, from 9 a.m. to 4 p.m. Visit popwarner.com to find a signup location near you.

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Summer Camp gives kids a break from technology

By Nicholas Smith

The days of young athletes playing multiple sports seem to be coming to a close. Many parents and their children choose to put their focus on one sport, at the expense of having a multisport athlete. In that sense, Hubbard Sports Camp is a throwback. Kids who attend the summer camp play a wide variety of sports, including basketball, baseball, swimming, volleyball and archery.

"Having kids exposed to multiple sports is important for us," said Bob Hubbard, who founded the camp along with his wife Kathy. "We think a big thing is for kids to be challenged and that happens when they play sports they aren't familiar with."

The camp is a structured way for kids from 4 1/2 to 13 years of age to learn about sports and make new friends. Kids are put into a group of 18-24 campers from their age group and spend a week with that group. The groups go with their two counselors to play a variety of different sports, each with a coach to help them learn how to play. Those staying for the afternoon get to play field sports, including capture the flag, tag and four square.

"Honestly, in today's world iPhones and iPads," said Hubbard. "We really feel like sports camps can give children a chance to rest their brains, make friends and learn to work together to deal with adversity.

The director of all Hubbard Sports Camps is Hubbard's daughter, Ann Marie Sunderhaus. She began working at the sports camp when she was in high school.

"As a parent myself now," said Sunderhaus, "I see the importance of what the camp does for kids. The kids have fun, they build character and they always feel safe. The kids will fail sometimes but we want them to always know that's OK and to learn how to become a good sport."

At first, many of the sports might be new for kids. Sunderhaus says some children play volleyball or basketball for the first time when they come to camp. The goal is for kids to become comfortable with all the sports they play.



At Hubbard kids try a variety of sports, such as archery.

"I've seen kids who started, never playing a certain sport, who end up playing that sport in high school," said Sunderhaus. "Our hope is that kids can take what they learn at camp and be able to play any sport when they go back to school and have recess or PE class."

Although the children are the central focus, another important part of the camp for Hubbard is helping the counselors grow as well. Many of them aren't strangers when they begin working for the camp. Of the 90 staff members who are working for Hubbard this summer, a third of them were campers at one point.

"I love watching young people grow and then come back to take on new responsibility," said Hubbard. "We have many who start with us as juniors in high school and all of a sudden they're graduating college. We talk a lot in training about representing not just the Hubbard name but what a parent wants to see in people taking care of their child. It's a great thing to watch them mature and grow to become role models."


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4 bedrooms+office | 6 baths | 5,559 square feet
1 ¾ acres with tennis court and pool house



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5111 N. Camelhead • $1,690,000
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3050 E. San Miguel • $1,595,000
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3500 E. Rose Lane • $1,495,000
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7450 E. Sage Drive	3402 E. Sells	4211 E. Whitton Avenue	5250 N. 37th Place
5943 E. Exeter Blvd.	4716 E. Dromedary	4519 E. Weldon Avenue	6305 N. 30th Court
7402 E. Cholla	4236 E. Patricia Jane	3420 E. Glenrosa	3021 E. Rose Lane
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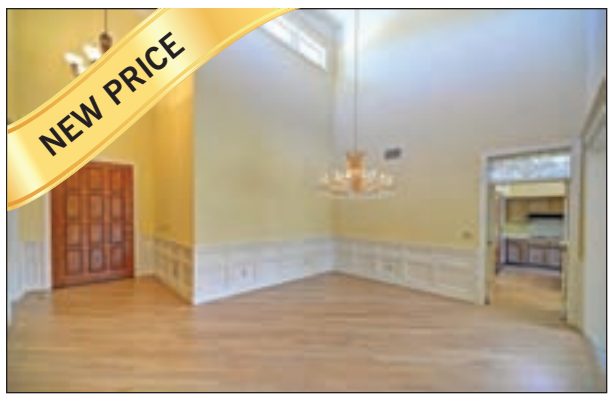
3423 E. Pasadena • $849,000
4 bedrooms | 3 baths | 2,857 square feet
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10033 N. 52nd Place • $789,000
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3602 E. Coolidge • $739,000
5 bdrms+guest rm | 3 baths | 3,235 square feet
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3718 N. 35th Place • $450,000
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4301 E. Clarendon • $449,900
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Pictured: Mayors Johnson , Rimsza and Gordon in a recent visit to the Wright House

Inset photo: Mayor Terry Goddard

PHOENIX MAYORS SUPPORT THE DAVID WRIGHT HOUSE

Each of us, with the exception of one, has had the honor and pleasure to serve as both a councilmember and Mayor of the City of Phoenix. While a councilmember may pay particular attention to one constituency or another within his or her own district, experience has taught us that the Mayor (who is elected city-wide), must put the interest of the entire City first. Over the years, each of us has been fortunate to have councilmembers share our own passion for actively preserving Phoenix's most historic homes and buildings.

In May 2012, Phoenix nearly lost one of its most architecturally significant historical homes – the David Wright House in Arcadia.

In 1950, Frank Lloyd Wright designed the home for his son David on 10 acres in the middle of citrus groves with magnificent views of Camelback Mountain and Papago Peak. Completed in 1952, the David Wright House is one of three spiral designs by Mr. Wright. It is a precursor to the Guggenheim Museum in New York City. The house is regarded as Mr. Wright's last residential masterpiece. It is an architectural jewel, but until recently very few knew it even existed.

We believe the home is the embodiment of Arizona exceptionalism. It is part of what makes Phoenix such a uniquely American city.

In December 2012, the home was saved from destruction by a native Arizona family, who plan to restore the home and then donate it to the David and Gladys Wright House Foundation. The Foundation's mission is to maintain the house and the grounds, as well as celebrate the legacy of Frank Lloyd Wright through tours, educational programs, exhibitions, lectures, research facilities, events and performances, and to inspire future generations of artists and architects.

On November 6, 2013, the Phoenix City Council unanimously approved an allowance within the City's Zoning Ordinance, thereby acknowledging the need to preserve this exceptionally significant historic structure and property. Paramount to this new City approved allowance was that the building and property be open to the public in order to educate, display, celebrate, and inspire future generations to not only appreciate Frank Lloyd Wright's work, but the arts too. These goals are consistent with the Foundation's mission.

Sensitive to his Arcadia neighbors, the new owner of the property already has secured parking for the home through an agreement with a neighboring church on Camelback Road, thereby keeping visitor traffic off residential streets. Further clarification of the hours of operation, the types and number of events, the size of improvements such as a an educational center, bookstore and museum café will soon be brought to the community who will be asked to further define acceptable uses of the property. Such sensitivity can only enhance an already spectacular gift to the people of Phoenix and Arizona.

The Foundation offers us an extraordinary opportunity. We encourage everyone in Phoenix to embrace this magnificent project and celebrate it with us. The Wright House is unique to Phoenix and as past leaders, we encourage our current leaders, neighbors, and members of the greater community to work together to make sure we don't squander this chance. We can help to inspire future generations through the architectural treasure that Frank Lloyd Wright gave to us decades ago.



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Skip Rimsza, Mayor
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Council, City of Phoenix, 1990-1994

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DAVID AND GLADYS WRIGHT HOUSE FOUNDATION

PO Box 60190 Phoenix, AZ 85082 For more information or to arrange a tour, visit **www.DavidWrightHouse.org** or call **602.689.6140**

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