Arcadia News

Vol. 23 No. 5 AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 August 2015

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Big Surf Waterpark is just one of the locations Phoenicians flock to during our hot summer days. To find out how your friends and neighbors spent their June and July, visit page 43.

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Arcadia High's Homecoming Parade is looking for floats and other participants.

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Five students who once faced learning struggles with dyslexia tell their stories of perseverance.

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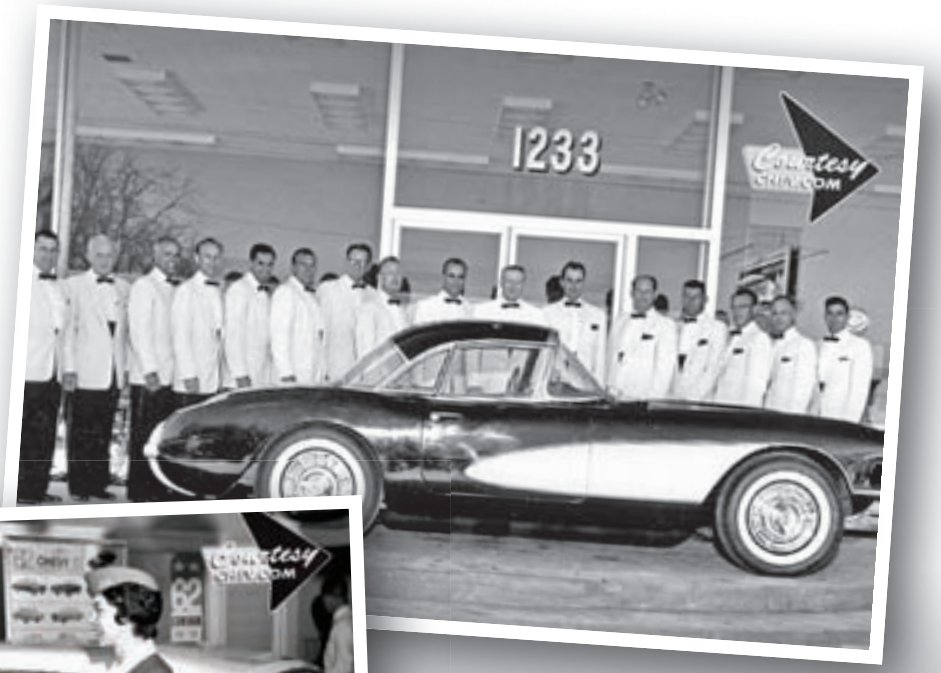
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AUGUST

PHOTO SUBMITTED BY DANIELLE LEIVIAN

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Out in a field at the Flagstaff Nordic Center you will find several rentable round tents called yurts. Read about one Arcadia family's glamping adventure.

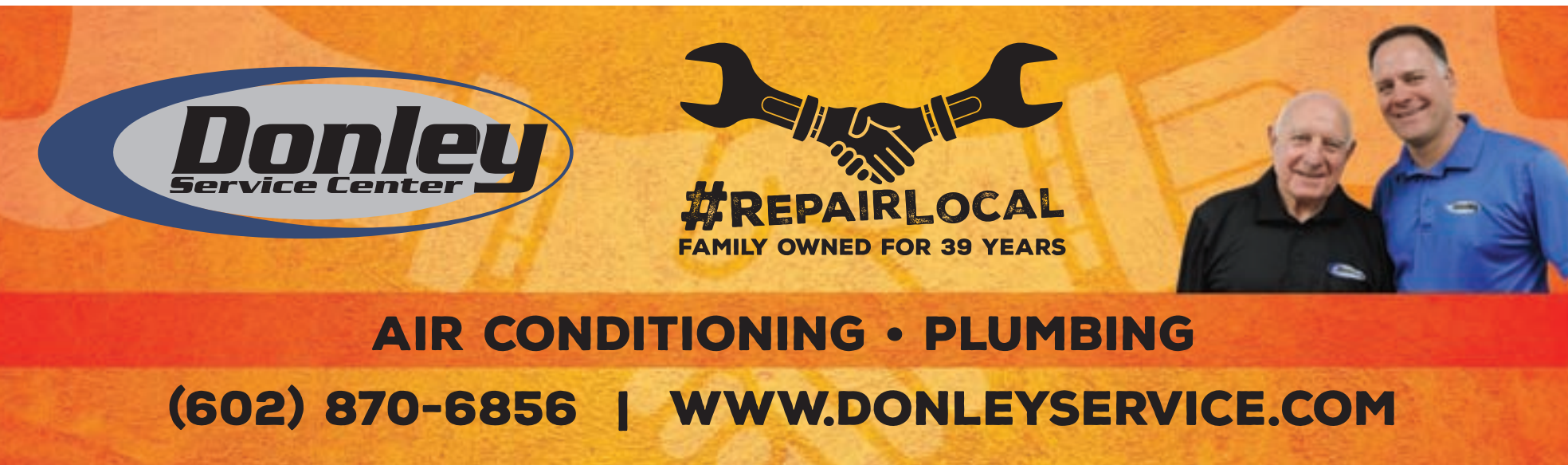
45 **Arcadia Travel Club**
This year, 22 students in the Arcadia High Travel Club took a trip to Europe, each bringing back their own sense of cultural awareness.

COVER IMAGE:

Veritas Middle School's Big Surf trip is one of the many photos we received from neighbors who answered our photo call-out via our Facebook page.

PHOTO COURTESY OF KELLY NUÑEZ







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Boredom forces creativity

EDITOR'S NOTES

By Amanda Goossen



This summer I decided to stop over scheduling activities for my kids, cramming too much into my days, and worrying about how I'd balance it all.

I'm not sure where time goes these days, but apparently having school-age children makes days fly by and gray hairs grow. Life, it seems, is quickly passing by and there is absolutely nothing we can do about it.

So this summer I went with a totally old-fashioned plan.

I wanted my kids to just be. I wanted them to be bored. I wanted each day of summer to be open to unlimited possibility.

And oh my goodness, it was glorious.

This summer was brought to you by the crazy looks I get from my parents when I rush off to yet another place my kids and I have to be. This summer was brought to you by the women I know, who raised their children many decades ago and look at me with concern, saying, "Gosh, how do you do it?"

This summer was brought to you by: I'm gonna give my kids all the education, after school activities, and brainwork I can for 9 1/2 months a year but gosh darn it, for nine fabulously fun weeks of summer I'm gonna leave them the heck alone.

I'm gonna let them be kids!

And that doesn't mean they stared at an iPad for 72 days. Errr… Although I have to admit we did mingle with technology a little this summer.

But in-between a couple fun vacations, my 9- and 7-year-old kids played games, discovered how to make grilled cheese and cinnamon muffins all by themselves, and learned to do the dishes. They obtained necessary life knowledge and they simply played. All. Day. Long.

> ***"I think teaching our kids to cope with free time – hours or moments – is just as important as tutoring or piano lessons."***

On the days when I had to be glued to my computer, typing words or handing out writing assignments, and they said, "Mom, I'm bored," I told them to figure it out. And they did!

Not immediately. Not without a bit of hesitation. But they did. They created imaginative games and had long conversations with each other (that were quite hilarious I might add); they ran around the house fighting monsters and built massive forts.

They invented things, used their imaginations and used problem solving skills to battle boredom.

It was beautiful.

I think teaching our kids to cope with free time – hours or moments – is just as important as tutoring or piano lessons. Over scheduling I realized is sometimes necessary, but if given the chance, we should open up that same schedule and let kids be free.

I hope your summer was as heartwarming and free-spirited as ours.

Welcome back to school, my friends!

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Who is responsible for traveling students?

LEGAL *EASE*

By Matthew H. Mason

The back-to-school commercials are airing and students will soon return to school campuses. Have you ever wondered who is responsible for your student's safety while they travel to and from school? If you're a driver in a carpool or you cart students to a different location for sporting events on behalf of the school, could you be liable?



Arizona courts have found that nonprofits, students or parents may be liable for traffic accidents that occur during nonprofit-related functions. In one Arizona case, a teen driver met her teammates and coach at a mall for soccer practice. The team's plan was to caravan to a local park. The coach instructed multiple drivers to make a U-turn to enter the park. Sadly, the student driver struck a motorcyclist during the U-turn. A jury awarded the motorcyclist $7 million and found the nonprofit, the driver and the coach liable.

A more recent case, a student was riding her bicycle home from her charter school. She was severely injured when a truck struck her at a major intersection one block from the school. An Arizona court found that the school had no duty to provide a crossing guard even though the major intersection was only one block away from the school.

It is difficult to understand these two cases side by side. Ultimately, when analyzing the nonprofit's liability, it came down to whether the school or nonprofit acted. In the first case, the nonprofit acted by instructing volunteers where and how to drive. In the second case, the school was not required to act, did not act, and was not liable. If a school voluntarily undertakes to provide protection at a street crossing, or instructs volunteers where to drive, a duty of reasonable care is imposed on that conduct. The duty extends beyond students to include anyone the volunteer or organization may encounter.

Parents and schools should be proactive to protect themselves from this type of liability. First and foremost, drivers should exercise due care. There is no replacement for good judgment.

Secondly, if you plan to drive for a school field trip or function, ask the school or organization to name you as an additional insured in their insurance policy. If you drive in a carpool, consult with your insurer to determine whether your policy limits properly protect you. An umbrella policy may also be appropriate.

Schools and nonprofits should carefully screen volunteer drivers by requesting their driving history, insurance information and providing them with a manual or checklist for driving. Additionally, the school should have in place a regularly enforced driving policy and well-drafted waivers. Whether you are a board member or an involved parent, your school or organization would benefit from following up on these items. Peace of mind and sound stewardship is worth the extra effort.

— Matthew H. Mason is an associate at Gallagher & Kennedy. He is an experienced transactional attorney with an emphasis in nonprofit, real estate and corporate representation, and provides general counsel to clients ranging from real estate investment companies to charter schools and churches. For more information about Mr. Mason, please visit gknet.com.



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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-6/30/2015)

Active Homes -	169 homes
Homes Sold -	165 homes
Average Sale Price -	$987,000
Average Sold $ Per SF -	$298
Average Days On Market -	102 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 2% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 4% this year. (based on 2014 sales results)
Homes are taking 14% 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
(1/1/2015-6/30/2015)

Active Homes -	84 Homes
Homes Sold -	104 Homes
Average Sale Price -	$482,000
Average Sold $ Per SF -	$219
Average Days On Market -	128 days

There is currently 5 months of home inventory. (based on 2014 sales results)
2015 home sales have decreased 0% this year. (based on 2014 sales results)
Home prices have increased 6% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 5% this year. (based on 2014 sales results)
Homes are taking 40% 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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Avoiding heat stroke in kids

HEALTHY TIDBITS

By Jeannine Hinds, M.D.

If your kids play sports throughout the summer, you may wonder if you should worry about heat stroke.



Parents should always be aware of the dangers of heat-related illnesses whenever kids exert themselves, but especially at this time of year.

Children and teens are at higher risk for heat-related illnesses than adults. They produce more heat during exercise and don't sweat as much. Children also may not understand the need to drink plenty of fluids before, during and after exercise, or have the ability to communicate that they are thirsty or don't feel well.

> ***"Parents should always be aware of the dangers of heat-related illnesses whenever kids exert themselves, but especially at this time of year."***

Heat-related illnesses can start as simple muscle cramps or dehydration and progress to heat exhaustion, which can be characterized by more discomfort, nausea, vomiting and confusion. The most serious heat-related illness is heat stroke, when a child has an extremely high body temperature and may pass out and have serious problems with body functions. Heat stroke is a medical emergency and you need to seek attention immediately.

Since most heat-related illnesses are associated with excessive heat exposure and not drinking enough fluids, they typically can be avoided. Here are a few tips:

Never leave children inside a parked car.

Make sure children drink plenty of fluids before, during and after activities. Don't wait for them to get thirsty.

Have children wear light-colored clothing and sun block.

Limit exertion to the coolest times of the day.

Make sure children take breaks from sports every 30 minutes for fluids and rest.

Ensure your child's coach has an emergency action plan and contact numbers.

— Jeannine Hinds, MD is a primary care physician at HonorHealth. For more information, visit HonorHealth.com

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SCHOOL *NEWS*





ARCADIA HIGH WANTS YOU

All Hopi, Tavan, Arcadia Neighborhood Learning Center, Ingleside and Arcadia High clubs/organizations/teams/groups/etc. The Arcadia High School PTO is looking for parade participants for the upcoming Arcadia Homecoming Parade on Sept 25. Parade entry form can be found by visiting www.arcadiapto.org/uploads/6/9/4/3/6943765/2015_parade_entry.pdf. Additional information can be found at arcadiapto.org.

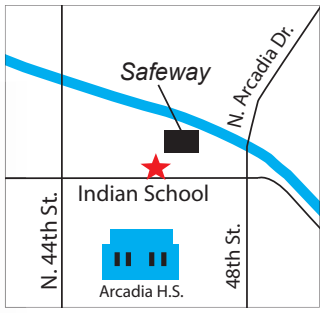
CONGRATS HOPI PTA

Hopi Elementary School was awarded the largest Parent Teacher Association (PTA) in Arizona and the largest PTA in North East Maricopa/Gila County Region. The award was given at the Arizona PTA Convention's Awards Gala on June 13, 2015. This is the fourth year in a row that Hopi has received the award for Largest PTA in North East Maricopa/Gila County and the first time for receiving the Largest PTA in the State of Arizona.

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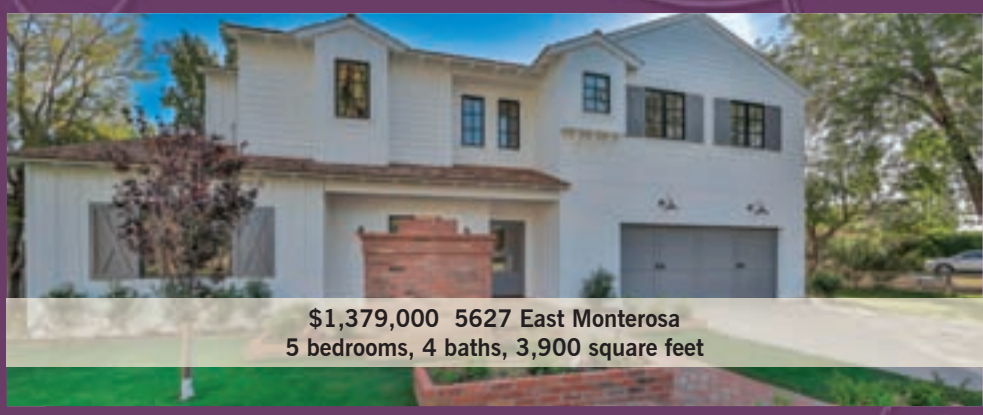
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SALE PENDING



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5 bedrooms, 4 baths, 4,512 square feet



$1,750,000 4836 East Camelhead Drive
4 bedrooms, 5 baths, 3,927 square feet



$1,345,000 East Orange Drive
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$2,095,000 4470 East Valley Vista
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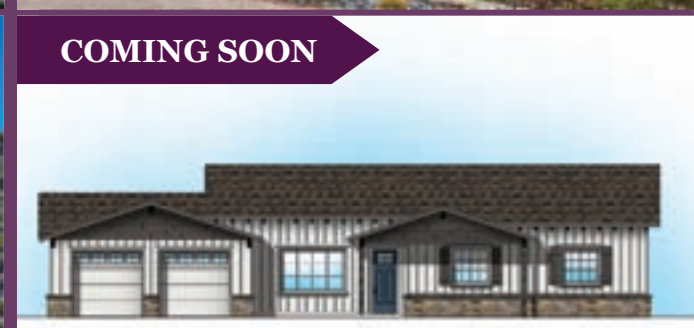


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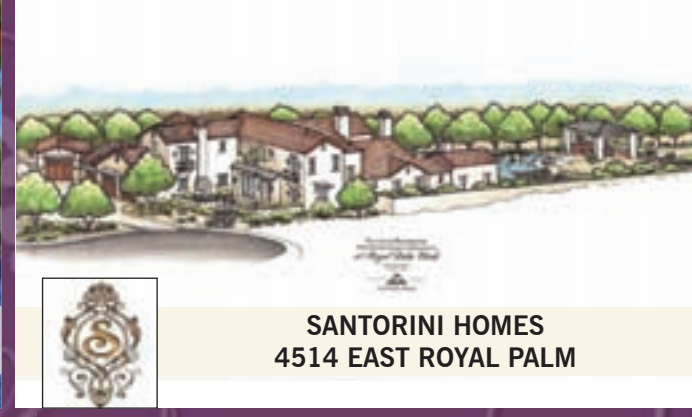
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$1,459,000 4153 North 49th Street
4 bedrooms, 4 baths, 3,695 square feet



$2,550,000 6449 East Gainsborough Road
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By Greg Stanton, Mayor

Phoenix has no greater priority than assisting our youth to succeed in life. It is



our most basic responsibility to ensure that every child has the resources they need to complete their education, which often includes more than books and teachers. Beyond simply focusing on developing the minds of children, we must also invest in efforts that promote their physical health and well-being, providing them the fuel to learn.

One of those efforts is the USDA Summer Food Service Program, which expands access to healthy and nutritious meals for children during the summer months. During the school year, more than 465,000 children in Arizona rely on the nutritious, free and reduced priced meals provided through USDA's National School Lunch Program. The Summer Food Service Program provides them with that same fuel over the summer and ensures access to nutritious meals when school is out.

It's a smart initiative that benefits our kids, yet only 92,000 children across the state participate each day. Without those lunches, families and children that rely on school meals to keep hunger at bay are at higher risk during the summer months.

This summer I've joined the USDA and a coalition of local nonprofits in this effort because we all have a role in raising awareness of the need to end childhood hunger and together we can connect children to the meals they deserve. We are working to increase participation and serve more kids in our community in two ways. First, we are working with the USDA to spread the word and encourage families to seek out sites that provide free and reduced priced meals during the summer. And second, we are identifying new organizations to participate as sites to serve meals.

Families can find sites that serve meals by calling the National Hunger Hotline at 1-866-3-HUNGRY or 1-877-8-HAMBRE. They can also visit azsummerfood.gov, or text 'Food' or 'Comida' to 877-877 to receive a text back in English or Spanish with the address and program information for the nearest sites. If you represent an organization or school that is interested in becoming a summer meals site, please contact USDA representative Julie Yee at (415) 705-1311.

We know that hunger is a problem that doesn't stop affecting our community when school is out. Together, we can take the lead, prevent childhood hunger and give our kids the healthy meals they need to succeed.



A Scottsdale couple's adventure becomes their business

BEHIND *THE BUSINESS*

By Alessandra Dagirmanjian

You may have noticed one of the newest additions to Old Town Scottsdale: Pedego Electric Bikes on Fifth Avenue. But have you had the chance to meet its owners Bill and Kathy Puryear? Since opening the store in February, the Scottsdale couple has welcomed customers from around the country, as well as a few international visitors, to try out their bikes and tour the town. For Bill and Kathy, designing and opening their store has been exactly the new adventure they hoped for a year ago.

Their idea to open their own store began last summer, when Kathy retired after 30 years as an elementary school teacher. The couple traveled to California on a surprise trip Bill planned for their 30th anniversary. While there, they visited friends on the Central Coast and rode Pedego bikes on the beach. Since they had so much fun riding the bikes, they decided to start researching other locations where the bikes were available and eventually stumbled upon one in Coronado. They soon realized, though, that there were no Pedego stores or anything like them near where they lived in Scottsdale, and thought this might be the perfect opportunity to get involved in their local business community.

Although Bill has worked as the manager of a law firm, a contractor and a real estate broker, neither he nor Kathy had ever opened their own store. Nevertheless, the couple confidently reached out to Pedego, drew up a business plan, and began a licensed dealership relationship, which allows them to sell the bikes out of their own store. After preparing and filling the store with Pedego bikes, they were ready for business. Bill and Kathy sold their first bike, a tandem, in February, on Super Bowl Sunday.



Kathy and Bill Puryear start a new phase in life opening Pedego Electric Bikes in Scottsdale.

"I took a lot of pride in the mechanics of laying out the space, getting it painted and fixed up, and turning a raw space into what was going to be a future Pedego showroom," said Bill.

After opening the store, Bill and Kathy were somewhat nervous since neither of them had any previous experience selling bikes. They also faced the challenge of making people aware of their location, and getting them into the store to see their product. Yet, since opening their doors, Bill and Kathy have loved assisting and having conversations with each new customer the business brings.

"It's just hysterically fun to watch people get on the bikes and turn the motor on and then hear all their laughter and giggles. It's intriguing, because we're selling fun," said Kathy.

Bill and Kathy love the location of their store as well, which has a parking lot directly across the street where they can teach customers how to use the bikes safely. They also love being in Old Town, just a few minutes from their home and are both incredibly invested in the community and its businesses. The couple says the store has become a source of pride for them and a way of meeting wonderful people from around the world.

"It's not something I would have ever thought of or considered doing a year ago. For me, being retired, this is such a great adventure," said Kathy.

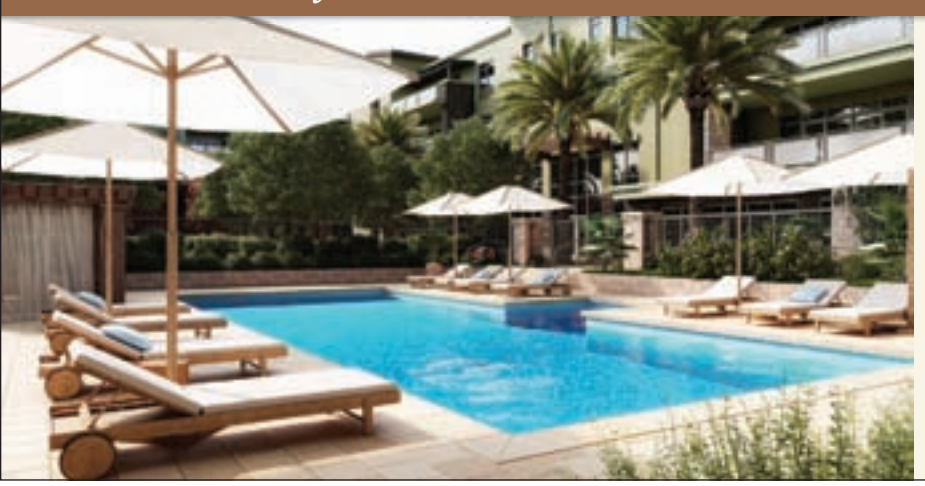


THE ENCLAVE
AT BORGATA

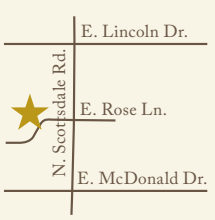
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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY AUGUST 1

Safety Luau

4-8 p.m. at the Eldorado Aquatic and Fitness Center, 2301 N. Miller Road, Scottsdale. Join the city of Scottsdale for the second annual Safety Luau promoting water safety and drowning prevention for kids at the Eldorado Aquatic Center. Games and activities will be plentiful as well as a mock rescue demonstration by the Scottsdale Fire Department. At the end of the night there will be live hula and fire dancers. Admission fees range from $1 to $4. For more information, call 480-312-2484 or visit scottsdaleaz.gov.

Tapping into Conservation

6:30-9:30 p.m. at the Rio Salado Audubon Center, 3131 S. Central Ave., Phoenix. Come celebrate the first keg of Four Peak's newest brew, Western Rivers Ale, while learning about the bird that inspired the name and how you can help conservation efforts. Craft beer, food trucks and live entertainment will be provided, all while enjoying the view of downtown Phoenix and the Salt River. Admission is free but registration is required. For more information, call 602-468-6470 or visit riosalado.audubon.org.

Dog Days of Summer

7-10 a.m. at Murphy Park, at the corner of Fifty-eighth Avenue and Glendale Avenue, Glendale. Visit Glendale's annual canine celebration in historic downtown Glendale. Activities include frozen dog treats, watering stations, pet massages, raffles, prizes, seminars and even a photo booth. All dogs are welcome. There will also be a donation drive for Sun Valley Animal Shelter. For more information, call 623-930-4500 or visit visitglendale.com.

Create-a-Comic Workshop

9:30 a.m. to 12:30 p.m. at the Heard Museum, 2301 N. Central Ave., Phoenix. Instructor Kelly Pearson explains the dynamics behind creating your own comic book. Comic terminology, storyboards and sequential art will be the focus of the workshop. The event is free and is best for ages 9-14. Registration is required. For more information, call 602-252-8840 or visit heard.org.

MONDAY AUGUST 3

Grossology

10 a.m. to 5 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. The (Impolite) Science of the Human Body exhibit is open at the Science Center. Come learn about all the gross functions of the human body. Computer graphics and displays as well as hands-on interaction show how sneezing and burping happen – perfect for inquiring minds. Admission is $6 for adults, $5 for kids. For more information, call 602-716-2000 or visit azscience.org.



Eldorado Aquatic and Fitness Center

THURSDAY AUGUST 6

Garden Flashlight Tours

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

Continued on page 18

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Libby Cohen 602.291.1446



Phoenix

Sophisticated elegance and clean, contemporary lines make up the cornerstone of this remarkable property situated in a premier Phoenix location with spectacular views of Camelback Mountain and the Praying Monk.

4BR | 4.5BA | 4,200 SF | $3,250,000
Libby Cohen 602.291.1446



Arcadia

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Jack Luciano/Raul Siqueiros 480.824.1717



Phoenix

Privately gated in the heart of Phoenix, this pleasant country estate offers exceptional privacy on over 2.5 acres yet is conveniently located near Biltmore Fashion Park, Biltmore Hotel and the financial and business districts of Phoenix.

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Anita Best 602.463.7143



Scottsdale

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Phoenix

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WHAT'S HAPPENING, *ARCADIA?*

Calendar

Continued from page 16



Elvis exhibition August 15.



Adventure Run August 20.

SATURDAY AUGUST 8

Prowl and Play

5:30-8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Parkway, Phoenix. Bring your superhero powers to life at the Phoenix Zoo. Superhero meet-and-greets, games, crafts, waterslides and live music are just a few of the activities planned for a fun-filled evening. Tickets are $6 for members and $8 for general admission. For more information, call 602-286-3800 or visit phoenixzoo.org.

THURSDAY AUGUST 13

Night Golf

Times vary at the Palo Verde Golf Course, 6215 N. 15th Ave., Phoenix. Escape the daytime heat with a round of night golf at Palo Verde Golf Course. Golfers will wear a glow necklace and be given a glow in the dark ball. The course will be outlined in glow lights. Golfers play nine holes. Registration must be filled out beforehand. Admission is $25 per person. For more information or to register, call 602-249-9930 or visit phoenix.gov/parks/golf.

SATURDAY AUGUST 15

Musical Icon: Elvis

9 a.m. to 5 p.m., Aug. 15-16, at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Celebrate the king of rock 'n' roll with an Elvis inspired exhibition. Events throughout the day include a scavenger hunt, photo booth, stick puppets and a screening of Jailhouse Rock. General admission is $20 for adults and $10 for kids. For more information, call 480-478-6000 or visit mim.org.

TUESDAY AUGUST 18

Tacos with a Twist

6:30-8:30 p.m. at Sur La Table in Kierland Commons, 7122 E. Greenway Parkway, Scottsdale. Just like its title, this cooking class is inspired by tacos around the world. Learn grilling skills as well as how to create different flavors and homemade sauces. Tastes will vary from Korean to Jamaican to Mediterranean. The class costs $69 per person and is for ages 18 and up. For more information or to register, call 480-998-0648 or visit surlatable.com.

THURSDAY AUGUST 20

Adventure Run

6-11 p.m. at Road Runner Sports, 43 S. McClintock Drive, Tempe. Adventure Run is not your average course; it's an hour long scavenger hunt. Run to as many checkpoints around the Road Runner Sports Store, collect as many raffle tickets as you can – the more you get, the better your chances are to win over $2,500 worth of prizes. The fun doesn't stop there. After the hunt, enjoy a cold brew in the beer garden, sponsored by Lagunitas Brewery. This event is free. For more information, visit adventurerun.com.

FRIDAY AUGUST 28

Hell City Tattoo Convention

Starts at noon, Aug. 28-30 at the Arizona Biltmore Resort, 2400 E. Missouri Ave., Phoenix. Your favorite tattoo festival is back again. Prepare to see ink galore along with tattoo competitions, art galleries, live tattooing and seminars at Arizona's best tattoo convention. There will also be a kid's area, food and live music provided. Tickets are $25 for a one day pass. For more information, visit hellcity.com.

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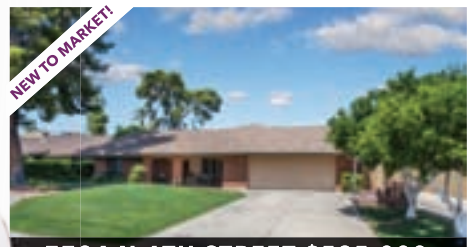
KELLY KNAPP IS THAT PERSON."

- JOHN HOLMBERG

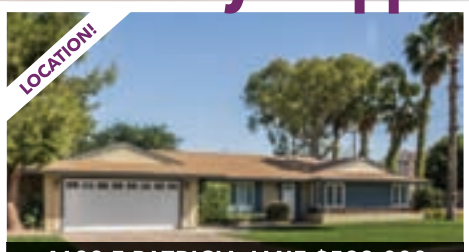
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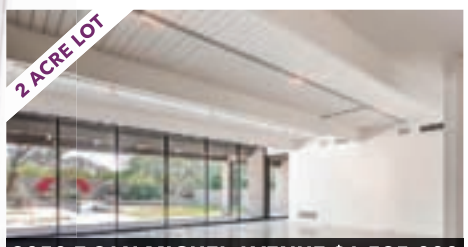
7724 N 6TH STREET $595,000
2700' W/ 4 BEDS & 3 BATHS



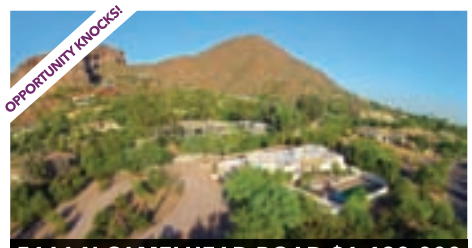
4138 E PATRICIA JANE $599,000
2000' 4 BEDS, HOPI ELEMENTARY



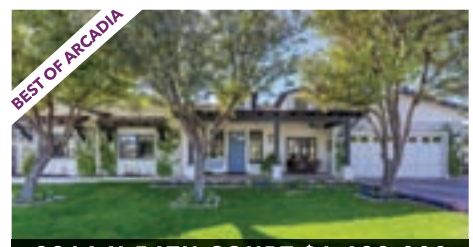
7035 N 23RD WAY $899,000
AMAZING 4200' CONTEMPORARY



3050 E SAN MIGUEL AVENUE $1,595,000
3000' CONTEMPORARY MASTERPIECE



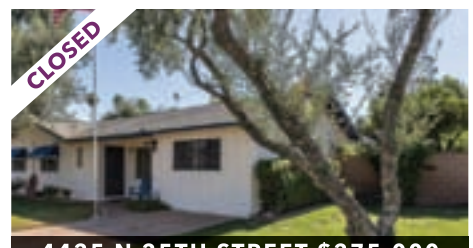
5111 N CAMELHEAD ROAD $1,690,000
CHARMING ADOBE HOMESTEAD



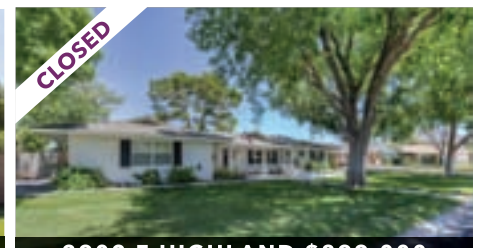
3816 N 54TH COURT $1,699,000
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3718 N 35TH PLACE $450,000
1863' W/ 3 BEDS & 2 BATHS



4435 N 35TH STREET $375,000
1800' W/ 3 BEDS & 2 BATHS



3902 E HIGHLAND $899,000
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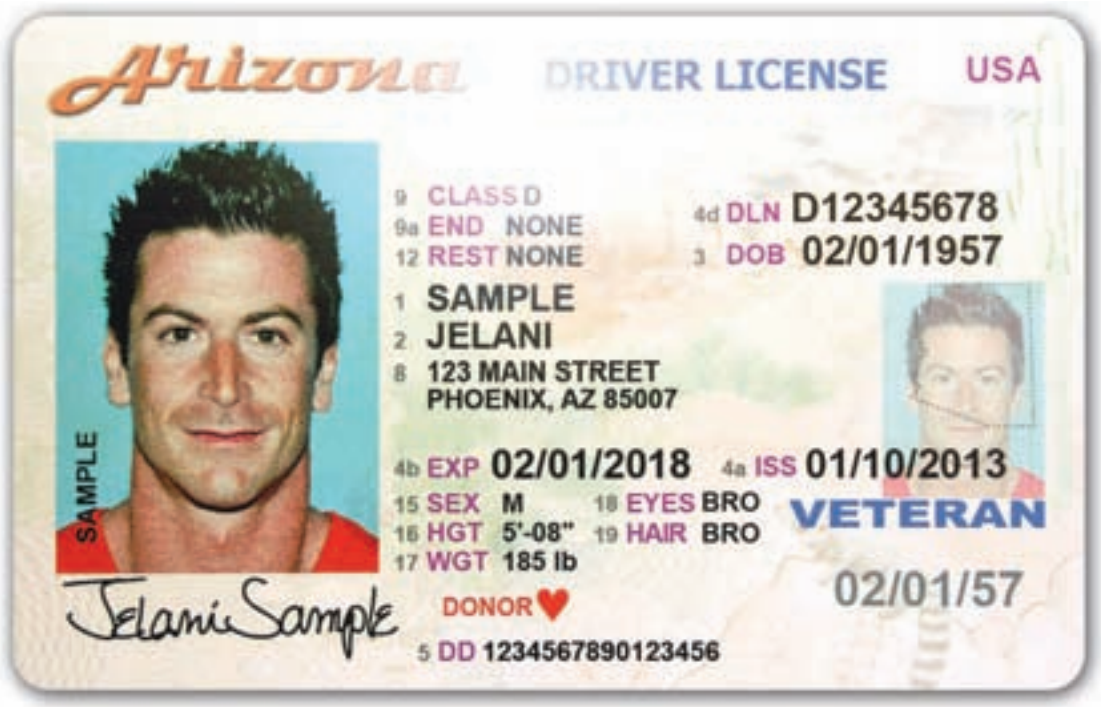
Changes coming to identification: The REAL ID

By Michelle Donati-Grayman

For Arizona travelers, it's about to get REAL.

As early as next year, anyone who lives in the United Stated must carry a REAL ID to travel by commercial airplane or enter a federal building. Think of a REAL ID as an amped up – in terms of security – driver's license or state ID card. An Arizona driver's license or state ID card will no longer suffice.

The REAL ID Act of 2005 was passed by the federal government to standardize state IDs across the country following the 9/11 attacks. However, Arizona legislators worried that REAL IDs would reduce citizens' privacy because they would be part of a database that shared drivers' license information with the federal government. As a result, Arizona passed legislation in 2008 that prohibited the state from issuing REAL IDs.



The REAL ID will standardize state IDs across the country.

Earlier this year, Gov. Doug Ducey signed REAL ID legislation into law, making Arizona one of the last states to comply with the 10-year-old federal act and thus starting the process of having Arizona move in line with federal regulations. The regulations include how the cards are put together and the addition of an encrypted gold star that will identify it as a REAL ID.

Pricing will be determined by ADOT, but lawmakers estimate the cost of a REAL ID will be $15. Unlike a traditional Arizona driver's license, which doesn't expire until the licensee turns 65, a REAL ID will need to be renewed every eight years.

Nobody is required to obtain a REAL ID. However, once Phase 4 of the REAL ID Act of 2005 takes effect, travelers without a REAL ID will be required to use an alternative form of identification, such as a passport, to board a commercial airplane – even for a quick trip to San Diego or Las Vegas – and to enter federal buildings.

A benefit to getting a REAL ID instead of a passport for travel within the United States is the cost. A passport costs $135 for an adult and is good for 10 years. Renewal passports cost $110. And while standing in line at the MVD can be frustrating, the wait time to receive a passport can be four to six weeks. People who pay an additional $60 expedited fee can get it within three weeks.

According to the Department of Homeland Security, this change will happen no sooner than 2016 and the public will receive "ample advanced notice before identification requirements for boarding aircraft change." The Transportation Security Administration will continue to accept driver's licenses and state-issued identification cards until at least 2016.

Since a date has not been set yet for when REAL IDs will be available in Arizona, AAA travel experts recommend checking with the Arizona Department of Transportation for the most up-to-date information.

For more information on REAL ID, visit dhs.gov.

— 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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TWO HAWKS DESIGNS
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Dyslexic but not dispirited: Area youth share their conditions

By Katie Mayer

When area resident Laura Busby was in elementary school, she worked harder than all of the other kids, but still struggled to keep up. By second grade, the stress of school even caused her to suffer severe headaches.

By college, Busby put in nine hours per day studying and attending every lecture, but still only pulled off a 2.5 GPA her freshman year.

"I was so frustrated," Busby said. "I struggled in school since day one."

Finally, after years of hard work and discouragement, Busby learned at the age of 21 why school was so difficult for her: She was born with dyslexia.

The diagnosis allowed her to finally get the help she needed to thrive, and today – after earning a master's degree with a perfect 4.0 GPA – Busby helps other students do the same.

Giving help and hope to youth and adults with dyslexia, Busby owns and operates Dyslexia Pros tutoring centers in Arcadia and Tempe. She and her team of about 10 tutors have helped hundreds of students succeed academically and in life.

Youngsters at the centers say Busby helped them build their brains, while many parents say she helped heal their hearts.

"There does not need to be any shame whatsoever in this," Busby says of dyslexia.

According to the International Dyslexia Association, dyslexia is a language-based learning disability. It exhibits a cluster of symptoms causing people to have difficulties with specific language skills, particularly reading. Studies show about 13 or 14 percent of school-age students have dyslexia, but some experts, including Busby, estimate the number is as high as 20 percent.

Despite what many people think they know about dyslexia, it is not a problem with people's eyes, Busby said, but it is a brain processing difference. IQ is also unrelated to dyslexia and it affects boys and girls equally and families of all education and socioeconomic levels.

Busby's tutoring program at Dyslexia Pros uses various tools and proven methods to test for dyslexia and tutor students to develop new neural pathways. Most students require at least two hours of tutoring two days a week for about three to four years. However, the students take the learned skills and tools with them throughout the rest of their lives.

Busby said the most important thing for parents to know is that their children with dyslexia can succeed, but they need support and encouragement.

"Some of my most hurtful moments were when people pointed out what I already knew," Busby said. "It's most important to build them up. Do not shame your child in any way because they are struggling with reading or spelling."

Busby also said it's important for families and youth to embrace the gifts that come along with the learning difference.

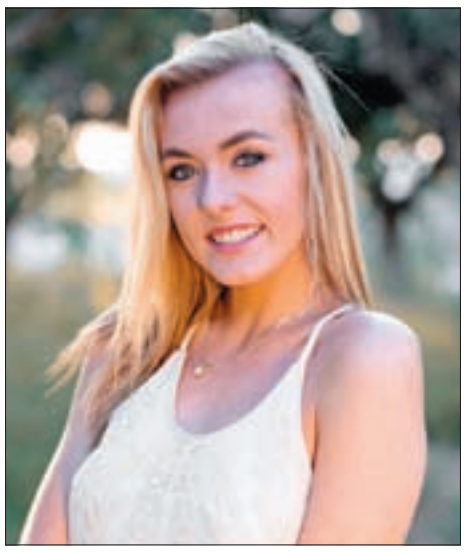


Founder of Dyslexia Pros Laura Busby tutors Sam Acheson, 15, of Scottsdale.

"Dyslexia brings challenges in academics, particularly in reading and spelling, but it also brings strengths," Busby said.

After years of working with dyslexic students, Busby has seen many gifted youth come through her doors. From talented athletes to natural musicians and high IQs, Busby's students are living proof that while dyslexia creates some challenges, it also brings along special gifts.

In the stories below, five of Busby's past and present students have shared the stories of their journeys with dyslexia, overcoming challenges and their messages of hope for other families dealing with the learning disability.



YOU ARE CAPABLE OF ANYTHING

Kailey Osborn, 18, of Chandler is a self-taught musician who can play piano, drums and guitar all by ear. She also has dyslexia.

"It started back in elementary school. They were putting me in lower reading groups and lower math levels and they were kind of pushing me to the side," Kailey said.

In fourth grade Kailey was diagnosed with dyslexia, but the news did not come as a relief. Instead, she grew more frustrated and angry.

"I knew I was struggling, but I always had a good work ethic, so I thought, 'Oh, nothing is wrong,'" Kailey said. "I knew I needed help, but…I was really afraid of being looked at as stupid."

Kailey's parents took her to Dyslexia Pros, where after much resistance, she finally embraced her tutoring sessions as well as her tutor, Busby.

"Laura never gave up on me," Kailey said while fighting back tears. "I felt like a lot of people outside of my family didn't really believe in me."

Today, Kailey is going into her senior year of high school at Desert Vista High School in Ahwatukee. She takes honors classes and participates in theater where she has overcome her worst fear – reading aloud – and auditions for plays by reading scripts in front of directors. She is currently visiting colleges and plans to pursue professional acting.

"If you have dyslexia, don't give up on yourself," Kailey said, "because you are capable of anything."



THEY SHOULD NOT BE ASHAMED

When 13-year-old Chandler resident Quinn Lathrop was in second grade, he noticed that he read much more slowly than his friends in the classroom.

"We'd start at the same time reading the story and by the time I started the page, my friends were already done and on to the next project," Quinn recalls.

Eventually, Quinn began to hate going to school, said his mother Theresa Lathrop.

So the concerned mom did her own research and after learning that her school district did not test for dyslexia, she found Dyslexia Pros and received the diagnosis.

"I right away started crying. It wasn't something you could cure and I didn't know what kind of struggles he would have his whole life," Lathrop said.

Quinn, on the other hand, was relieved.

"I felt happy to finally know things could get better," he said.

And they did. Today, Quinn is going into eighth grade at James Madison Preparatory School and has given presentations across the state to help educate leaders about dyslexia. During the most recent legislative session, he even spoke to the House Education Committee in support of a bill that makes it easier for teachers to learn how to spot dyslexia. The bill passed and the law was signed by Gov. Doug Ducey in March.

Among Quinn's other talents are solving a Rubik's cube in less than one minute and replicating complex knots during Boy Scouts activities.

"I really want to be some sort of engineer," Quinn said.

He also dreams of someday starting his own school to help other dyslexic youth.

"He wants more people to know about dyslexia and that they should not be ashamed of it," Lathrop said.



IT GETS A LOT EASIER AS YOU GO ALONG

There is one night that stands out in Arcadia resident Andrea Lee's mind. Her daughter Macy was reading quietly in her room when Lee told her to go to bed.

"Macy said, 'Mom, I need to stay up to finish this chapter,'" Lee recalls. "It touched my heart."

This may sound like an everyday occurrence for some families, but dyslexia can steal the joy of reading away, and for Lee, it was a special moment to see it return.

Since preschool, Lee had noticed her daughter was not reading quite right.

Continued on page 23



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NEW LOOK: SanctuaryAZ.com
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Dyslexic

Continued from page 21

"They had her practicing reading out loud, so she got more and more frustrated and nervous about reading with her peers," Lee said.

After a long road of trying to figure out what was holding Macy back, the family finally learned it was dyslexia. Macy has attended Dyslexia Pros for two years and has had success.

"School feels so much more enjoyable," 12-year-old Macy said.

She has met other youth with dyslexia and enjoys PE, math, softball, swimming and is great at doing puzzles. Macy also finally loves to read.

"Once I found a genre I really like, I actually started to understand the story," she said. "I just saw a whole new side of books – not just the ugly side."

Today, Macy is preparing to start seventh grade at Christ Lutheran School and hopes other youth with dyslexia will remain positive.

"It may sound hard at first," Macy said, "but it gets a lot easier as you go along."



WORK HARD BUT HAVE FUN

As a small child, 15-year-old Sam Acheson of Scottsdale was constructing pulley bridges at his home and already had a genius-level IQ. Today, he is a competitive swimmer with a goal of making it to the 2016 Olympics.

He is witty and confident, but that wasn't always the case. Unable to keep up in his early years of school, Sam fell behind and by sixth grade was only reading at a second grade level. The difficulties in school caused the bright young boy to even suffer stomach aches.

"We are a reading family, so at first you blame yourself," said his mother Zoe Leonard.

To help their son, they enrolled him in the after school math and reading program, Kumon, but Sam's struggles with reading became even more apparent there.

Once diagnosed with dyslexia, Sam started attending Dyslexia Pros and was homeschooled in addition to his tutoring sessions with Busby. He still tutors with Busby today, but is back in a traditional school – because it is required to be eligible for the Olympics – and is thriving.

"I used to get really nervous when I was called on in class," Sam said, "but I've already done presentations at Chaparral High School."

Like some other people with dyslexia, Sam encounters trouble with word retrieval, causing anxiety when speaking in public because he can't think of the words he needs to communicate his thoughts at times.

Among his friends, Sam has turned the struggle into a game of sorts and even makes a joke out of it when he runs into problems communicating certain words.

"I'll joke around and speak like a caveman," Sam said.

Today, Sam applies the same commitment to overcoming his challenges with dyslexia as he does with competing in swimming.

"In swimming, if there is a race that's way too hard, you just do it anyway," Sam said. "If you think about your race too much, you get nervous, so you have to do the same with words."

Sam said the key to success for other youth dealing with dyslexia is to work hard and take your time, but also remember to have fun and keep a sense of humor.

He added, "The more work you do, the bigger your reward will be."

KEEP PRACTICING WHAT YOU'VE LEARNED

When 13-year-old Jessie Silverstein of Scottsdale was in third grade, her teacher noticed something was wrong. Because



the teacher had dyslexia herself, she recommended the family test Jessie.

"It was a real blessing that she recognized it," Jessie's mom, Jeannine Silverstein, said.

Jessie's older brother had encountered many of the same struggles, but was in honors classes and then went on to college. Experts had tested him for other learning disabilities, but never dyslexia.

After Jessie received her diagnosis, she began tutoring at Dyslexia Pros and her oral reading improved dramatically. Today, she is preparing to start eighth grade at Christ Lutheran School.

"There is nothing more rewarding than hearing your children read out loud and stop at the end of the sentence - seeing them read the right way," Silverstein said. "I was crying when Jessie was done."

While certain tasks like oral reading and instantly recalling right from left will always remain a bit harder for Jessie, she has many incredible gifts. She enjoys building her own computer games using software programs – creating three-dimensional models, writing scripts for the characters and then playing the game. She also enjoys learning how things work and creates funny movies with her friends.

"It's hard when you're dyslexic because everyone in your class is doing fine and you are the one struggling," Jessie said, "but never give up."

Silverstein said parents should know that overcoming dyslexia takes a real commitment from both the children and the parents, but that "there's definitely a light at the end of the tunnel."

Jessie said it's important to keep practicing because eventually it will all come together.

"I started to get more confident and then sometimes, it would just click. But you have to keep practicing what you've learned."

— For more information on Dyslexia Pros visit dyslexiapros.com. *To learn more about dyslexia, visit eida.org or* ncld.org. *To help Sam Acheson raise money to fund his training, travel and equipment as he works toward his Olympics goal, visit gofundme.com/Sam-Rio2016.*



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DISCOVER AFRICA'S GARDEN OF EDEN

The Ngorongoro Crater is 20 kilometers across, 600 meters deep and 300 square kilometers in area and part of the Ngorongoro Conservation Area. On the rim looking across the views, rainy or sunny (I've seen it both ways) are spectacular. On the crater floor you'll see lots of wildlife, which includes the possibility of seeing the Black Rhinos. I've been fortunate to have seen the Black Rhinos each time I've been on the crater floor. One animal you won't see on the crater floor is a Giraffe. Not only does the crater give beautiful scenery and wildlife it also gives you the people. At the crater you have the opportunity to visit a Massai village and if interested you can visit Oldupai Gorge and Museum where remains of the oldest humans were found. Everything is here for you to discover the magic of Africa's Garden of Eden.

For those interested you'll also have the opportunity to be part of the first group in the two million plus years the crater has been in existence to dance a choreographed dance at Africa's Garden of Eden. On January 1, 2016 at approximately 8:30 a.m. those interested will dance the Mt Kili Cha Cha at the same time those on Africa's Rooftop are attempting a Guinness world record by dancing the Mt Kili Cha Cha.

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A family's longtime tradition for the first day of school

By Alessandra Dagirmanjian

For soon-to-be kindergartner Ellianna Ellet, the first day at Hopi Elementary School this fall will mean dusting off a treasured family tradition, which dates all the way back to her great-grandmother Leona Schenck. In recognition of each generation of women before her, Ellianna will wear the same dress her Great-Grandma Leona did to her first day of school back in 1935.

This historic dress, with its blue-, red- and white-checkered design, white-laced collar, and frilled sleeves has survived unchanged through a family history beginning with Ellianna's great-great-grandmother, who bought it for her daughter Leona Schenck over 80 years ago. Leona kept the dress and when it was time for her daughters, Sandra and Mary Schenck, to attend kindergarten, she thought it might be special for them to wear it just as she had on her first day. Eventually, this small but sentimental idea transformed into a time-honored tradition, as each female member after Leona continued to don the dress for their first day of kindergarten.

"This family tradition is a simple expression of our love and shared experience as a family," said Leona.

Mary later passed the dress on to her daughter Sandra, and Mary's brother Barry passed it on to his daughter, Rayme Ellet, who is Ellianna's mother. As the dress continues to go through each generation, its tradition becomes richer and more special for the newest family member who inherits it. Throughout the years, the dress has remained safely framed until the next girl gets to wear it. Rayme is excited to take the dress out again and pass it on to her daughter Ellianna this fall, in the hopes of recognizing a significant part of her family's culture. Rayme explained to Ellianna how she, her aunt, and her grandmother, wore the dress to help her gain a sense of her family's past.

"Family is important and it's important for kids to know where they come from. It gives us a chance to connect with the generations," said Rayme.

Great-Grandma Leona visited her family this summer to see Ellianna try on the dress in anticipation of her first day of school, and share in the excitement and continuation of the tradition. Ellianna was thrilled to have her great-grandma there, and said she can't wait to wear her dress to school.

"I like wearing Great-Grandma Lee's dress. It was hers and I like her. It makes me feel special."



Ellianna modeling the dress at school with Great-Grandma Leona and her mother Rayme.

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Tips for hosting a winning garage sale with your kids

KIDS CORNER

By Lisa Weisenburger

Clear out your clutter and cash in! While the kids are still home from school this summer, make plans to host a garage sale when the weather cools a bit. With a little presale prep, this activity can also be a great family financial lesson.

Along with making posters using the back side of the Student of the Week poster from third grade and traipsing around the neighborhood with you while you make large masking tape loops to hang the signs with, your kids can raid their closets and cubbies for items to sell. Convincing your child that he'll get money to purchase new toys from selling old ones he no longer is interested in or has mastered, is the trick to inspiring him to clean under his bed.

PRICING WITH FRIENDS

Have a discussion with your child about pricing. Pricing a little higher leaves room for haggling. Give your child a roll of painter's tape and let them make the prices. When shoppers arrive home and remove the tape, there will be no sticky residue left behind. If your child is ready to part with electronics (even broken electronics are often nabbed for parts) or gaming systems with games, have them do their homework. Check eBay for going rates.

Have your kids ask their friends to help out. Not only can they bring stuff to sell, they can also be an extra pair of hands. Price to sell. The point is to clear out the clutter. Make sure you have plenty of small bills on hand and let your child make change with your supervision. Also, there's no sense in cents at a yard sale. If you're thinking something should go for 50 cents, do 2 for $1 instead. Unless of course, you see a math lesson there. It's up to you!

MATCHING FUNDS

Offering to match whatever your child earns from the sale could be an additional motivator. The more she sells, the more money she'll make. If she knows there are matching funds, she'll potentially work harder to make the yard sale successful.

LAYOUT AND STYLING

Group similar items together and display neatly. No one likes to dig through piles of stuff. Put the toys up front, attracting kids and their parents. A few days before, clean and check through all items. Nothing like a $3 pair of jeans with an inadvertent $20 bill in the pocket! Put books in a bookshelf and hang clothes on a shower rod.

TIMING

Be prepared to start early, especially if you are avoiding the heat. It seems around here, early birds *love* a Friday sale. But if that's not possible with your kids' school schedule, start early on Saturday morning. Late arrivals are interested in haggling or getting the lowest price. Make sure to communicate with your kids that it's not over till it's over. Packing up the leftover items into boxes and taking them to a nearby donation center for your favorite charity will avoid the "creep." The "creep" are items left after the sale, which creep back into closets and drawers.

TEACH ABOUT GIVING

Garage sales are most importantly a way to clear out clutter, which clears the mind. They are of course about making money. They are about contributing to reduction of waste and recycling. But they can also be a way of giving to others. Getting your kids involved in yard sales gives them an opportunity to donate funds to charity, especially one with which they can identify. Help your children establish ahead of time where they would like to see their contribution go. They may even pick out more of their toys to sell once they understand that proceeds will go to help out a less fortunate child.

Besides teaching your kids about supporting a valuable cause and stretching the budget, yard sales are kind of fun! Have your kids pocket their earnings and head out early on a Saturday morning to check out a few neighborhood sales. Turn up the radio, grab an ice cream cone and come home with some amazing steals. Did you know in 2010 at a Las Vegas sale, a man unknowingly purchased a sketch for $5 that some experts speculate is an original Andy Warhol drawing worth $2 million! Just sayin'!

ADVERTISING

Less is more when it comes to advertising. Be concise, use bold marker font and don't forget the arrows. We make the arrows and tape them on while at the street corner. This avoids the "oops!" moment.

Post for free on garagesaletracker.com. Snap a few pictures of your best stuff and post the details for the sale on Facebook, instagram or the Arcadia parents Google group.



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PLACES *WE LOVE*

By Amanda Goossen

Recently I took a trip to North Scottsdale to visit Twisted Grove, the second restaurant concept by Arcadia's own Chris Collins. The dining experience was nothing short of extraordinary, going down as one of the best I've enjoyed in my four short years in Phoenix.

The menu has Chris Collins' stamp all over it: American classics, quality ingredients and intricate detail. This man knows food. He understands where it comes from, what to do with it and how to intrigue diners with subtle flavor nuances while also pleasing the masses.

Take the Charred Brussels Sprouts, for example. While I've enjoyed many orders of this long-underrated vegetable in the past couple years, few have slow roasted them before glazing them with a balsamic reduction, showing an intense amount of time and precision to a tiny green ingredient.

After my recent meal, I had a chance to talk with the chef about his family's legacy, his passion for food and his future in the business. Thank you to Chef Chris Collins for giving *Arcadia News* a bit of your time.

AN: What is your earliest recollection of food?

CC: I can always remember sneaking into the kitchen at my father's restaurants and asking each of the cooks for a piece of bacon. By the time I was done I would have had five to six slices of bacon and a smile from ear to ear.

AN: What types of work did you do in your dad's restaurant (Wally's)?

CC: My first job was carrying pies out for people during the holidays in hopes for a $1 tip. Later, I remember working the onion ring station at the restaurant and my dad paid me $20 in ones to make me feel like I had a bunch of cash.

I knew I wanted to run restaurants like my dad did from the day I was old enough to sneak those slices of bacon in the kitchen. Everything I have done since I was a teenager was to get my own restaurants. It's why I chose to go to Boston University School of


Chef Chris Collins

Hospitality and why I worked for Houston's after college.

AN: Were you always into food? The cooking process? The entire experience?

CC: I always joke with my buddies that I never learned how to play the guitar or throw a knuckle ball, but I could cook one heck of a dinner. It's truly been my main interest all my life and still is today.

AN: What were your favorite Arcadia restaurants as a kid?

CC: Tarbell's was my favorite place as a child and still is at the top of the list today. My brother and I would ask to go for special occasions and we always shared the New York strip. When guests ask what other restaurants they should check out, I always mention Tarbell's as a neighborhood gem.

AN: Did you grow up in Arcadia?

CC: It seems the definition of Arcadia changes depending on the person you ask, but I grew up at 37th and Camelback and now live at 50th Street and Indian School Road. It's the neighborhood I identify with and where I look forward to raising my own family.

AN: Did your family always gather around food and cook together?

CC: I am one of six and now there are 10 grandchildren with two more on the way. Cooking for the Collins family is why we get together. It's become easier because everyone chips in, but I remember my mother cooking for days to get ready for a big event or holiday.

AN: Are Wally's, Grassroots and Twisted Grove, and Common Ground Catering all within your restaurant company?

CC: Grassroots, Twisted Grove and Common Ground Catering (coming 2016) are part of my restaurant group, while Wally's is owned and operated by my father and brother, Matt Collins.

AN: What is your all-time favorite meal to cook?

CC: My all-time favorite meal is cooking pork ribs in a wood-burning smoker. I love the fact that every time you smoke, even if you use the same recipe, the ribs come out just a little different. A dedicated barbecue man could spend a lifetime perfecting his recipes.

AN: What is your guilty pleasure food?

CC: Hands down it's Chinese food. I have had Chinese food all across the country and still to this day Desert Jade on 32nd Street and Indian School Road is my favorite. My love for the place is so well known amongst my family and friends that I regularly receive gift cards to Desert Jade for birthday and holiday gifts.

AN: What is different about the food at Twisted Grove and Grassroots?

CC: I get asked this question all the time and my honest answer is there is no defining term that can describe the difference. Both are my take on new American cuisine and a reflection of my favorite recipes. To simply break it down, Grassroots has Southern influences that reflect its relaxed environment, while Twisted Grove has modern takes on American classics that compliment a more vibrant urban setting.

AN: What do you hope people learn about you from eating your food?

CC: I want guests to know we genuinely care about the product we offer. It's the first thing we think about when we get up in the morning and the last thing we think about when we lock the doors. Every day there is a great group of people working very hard to make sure that your favorite dish is as good this time as it was at your last visit.

AN: Dream eating vacation?

CC: I'm trying to convince my brothers that for Wally's 70th birthday we should do a week-long eating binge in Italy. I would love to enjoy some of the best food in the world with my favorite people.

AN: What do you see for yourself in five years? Fifteen?

CC: The last three years have been crazy. I've opened three restaurants, got married and we'll have our second baby this coming December. My wife, Melissa, and I have decided to slow down and enjoy the time we have with our babies. In 15 years, game on. I hope to continue developing concepts and operating in Phoenix.

AN: Do you hope your children follow in the business?

CC: I hope my children do what they love. …If it's the restaurant business, then I will support them 100 percent.

AN: Last time the Collins family gathered around food?

CC: July Fourth I ordered 30 pounds of live crawfish from Louisiana and had a crawfish boil. Everyone loved it and I think we started a new family tradition.

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Welcome Back Arcadians!
Look for new items on the menu & our Taco Tuesday is back!



At home with Chef Aaron Pool







By Amanda Goossen

In an office building near the corner of Osborn Road and Seventh Street, the successful Phoenix-based advertising firm "Dynjan &" made deals and designed business plans for almost a decade. When the owner retired in 2008, he locked up the building and moved on with his life. The obscure, dark-walled concrete building and its small, covered parking lot stood empty with a "for sale" sign out front for over 5 years.

In 2013, next door to this stark structure, the creative mind behind Gadzooks Enchiladas and Soup was putting the finishing touches on the restaurant he'd planned to open since college.

Gadzooks Enchiladas and Soup is the brainchild of 20-something Aaron Pool, who grew up loving Mexican food, but somewhere along the way decided the neon yellow cheese and bright red enchilada sauce from his childhood were no longer his favorite.

"There had to be a better way," said Aaron.

Deciding to give his restaurant a somewhat quirky name was just the beginning. His concept, a fast casual eatery serving up food in an assembly line ordering style, was ready. But he still needed the food. Aaron had to create the recipes.

Right after graduating college, Aaron set up shop in his parent's kitchen in Central Phoenix. Making his way to Ranch Market a few mornings a week, he loaded up on ingredients. The rest of the afternoon and evening were spent experimenting with flavors.



In April 2013, Gadzooks opened. Aaron spent every waking moment in his new restaurant.

"A few people would joke that I should buy the building next door and just live there," said Aaron. "It was funny because I was broke. How would that even be possible?"

His new restaurant, however, did well. The ironic German name, along with a new way of serving up an old staple, was a hit amongst diners looking for a quick, delicious lunch.

Soon, Aaron decided that maybe resting his head next door wasn't such a terrible idea. In August 2013 he purchased the building.

Over the past two years, Aaron has worked every single day, not only to improve his restaurant, but also to design his first home.

"I just had enough money to buy the place," said Aaron. "The air vents were hanging down. The place was a disaster. It's been a very slow process."

As we sit today, only the shared kitchen and living room are complete.



PHOTO BY AMANDA GOOSSEN

A hanging chair sways in the corner when you first enter the home.

Aaron, who is constantly joking around and cracking a sheepish grin, looks at the chair and laughs.

"I've always wanted a hanging chair," said Aaron. "I figured, hey, this is my chance."

A large screen TV hangs on the wall, a couch perfectly placed in front of it. Behind that is a kitchen with an oversized center island that serves as a dining space, cutting board and desk. A small bar cart, open shelving system, refrigerator and a one-of-a-kind sink, complete the space.

The television is new and replaced the one that came with the building. The couch is the first thing he bought for his home and became his bed for the first few months he owned it.

"We were so busy with the restaurant, I only came here to sleep," said Aaron. "I'd sneak in after a really long day and just crash."

The long table taking up most of the kitchen space was rescued from a Bashas' auction.

"I saw one in the bakery and told my mom, 'If you hear of another Bashas' closing, find out if one of those tables goes to auction," said Aaron. "A few months later, my mom found one."

The brightly painted, vintage cabinet under the sink was discovered at the local Junk in the Trunk Vintage Market held at West World twice a year. His sink was ordered online to fill the space.

The chalkboard above the sink is especially important. It holds recipes and even the first brainstorming session he and his employees had about their entry into the 2013 Arizona Taco Festival. The recipe, created over a late night game of beer pong, became the winner of the festival that year.

"I won't ever erase that," said Aaron.

The real surprise in the home is the lack of cooking equipment. No microwave, stove or oven is present. For Aaron, who hopes to one day make this space the headquarters to his



growing company, bringing in such appliances seemed unnecessary.

"I have a Weber," said Aaron.

Using the same approach he once used to create a list of recipes for his restaurant, he finds ways to feed himself at home. It's all trial and error.

"I just figure it out," he said. "You won't believe what you can make on a charcoal barbeque. It's all about the distribution of the heat."

Panini, eggs, bacon, pizza, even Roasted Beer Pheasant (see Aaron's recipe on this page). The possibilities are endless.

"I haven't made a cake…not sure about that one," said Aaron, smiling.

And he definitely hasn't ruled out just heading next door.

"Last week, I worked all day and then came home thinking I'd make myself dinner. I finally went in to cook and didn't have anything to make," said Aaron. " I called my manager and asked him to hand me dinner over the wall."

There are definitely perks to these living arrangements.



ROASTED BEER PHEASANT

- 1 whole pheasant
- beer can of choice (may be limited to narrow cans)
- olive oil
- kosher salt
- cracked black pepper

Get the bird out. Let it come to a warmer temperature for about 30 minutes along with the can of beer.

Preheat your grill. I have a small (old school) Weber that takes charcoal. Start charcoal and let preheat for 15 minutes.

Drizzle olive oil over the pheasant and coat with your hand, as if you are applying sunscreen.

Sprinkle salt and pepper over the whole pheasant.

Place pheasant on top of the beer can. The pheasant and can will provide stabilization.

Spread the charcoal to the side of the grill. We want an indirect heat; it will cook low and slow for about 45 minutes.

Place the pheasant on the grate, on the side of the grill where the charcoal is not directly below. Put the lid on the grill. After 30-40 minutes, take a temperature of the breast. (When it reads 165 it's ready.)

Let rest 10 minutes and slice up. Enjoy.

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The skinny on soy

FOOD *WISE*

By Andrea Barkley



Stand in line at any coffee, juice or health food shop and you'll notice that soy is the most common dairy-free milk on the menu and is regularly offered as a healthful protein alternative.

However, a quick Google search on the "dangers of soy" suggests that soy is counter productive to one's health. On the other hand, search "benefits of soy" and the results are favorable.

What's a health-food loving, fitness enthusiast to do when it comes to soy?

Another question might be, "Is there a *type* of soy that's safe to eat?"

The answer is yes, but with caveats.

All beans, soy included, contain phytates and other anti-nutrients, which bind to minerals so that the body has difficulty absorbing them.

On the other hand, fermented soybeans are a nutritious, protein-rich, plant food.

The process of fermenting soy eliminates these anti-nutrients, so products like miso, tempeh, natto and real soy sauce are safer – and therefore on the list below called Soy to Love – whereas products like tofu and edamame are best consumed in small quantities. Even though they are unprocessed or lightly processed, they are also unfermented, which means they are high in phytic acid.

Phytoestrogens mimic estrogen in the body, causing hormone disruption like male hair loss, male breast development, early onset puberty in girls, and infertility in men and women.

Phytoestrogens have also been linked to certain types of cancers.

Finally, soy is known to be one of the heaviest sprayed and genetically modified crops.

These foods are not essential for a healthy diet, but can be beneficial when eaten in small quantities. Consider them as a condiment, not a staple food, which is most similar to the native Asian diet.

SOY TO AVOID & LOVE

AVOID	LOVE
• Soy milk	• Miso
• Soy protein	• Tempeh
• Soy protein isolate	• Natto
• Soy flour	• Naturally fermented soy sauce
• Soy burgers	
• Soy cheese	
• Soy milk	

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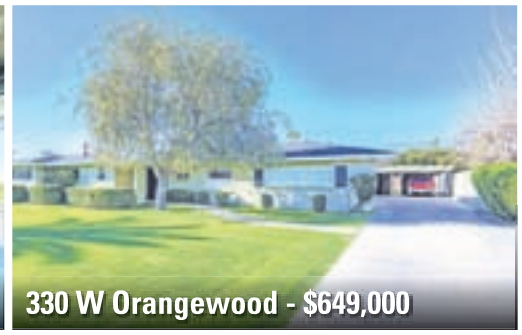
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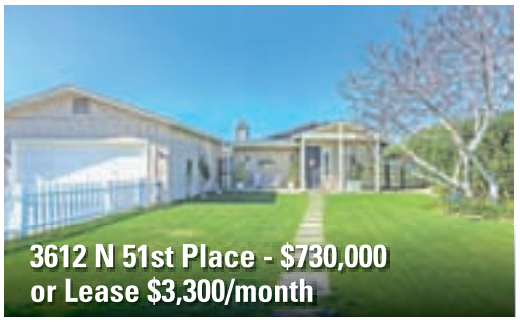




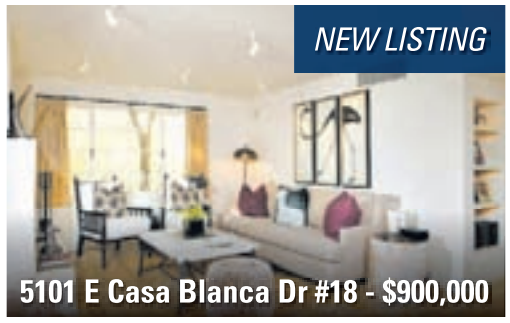




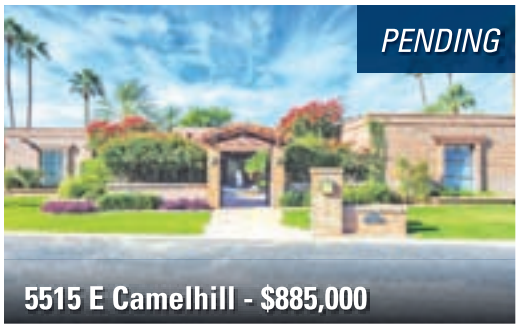










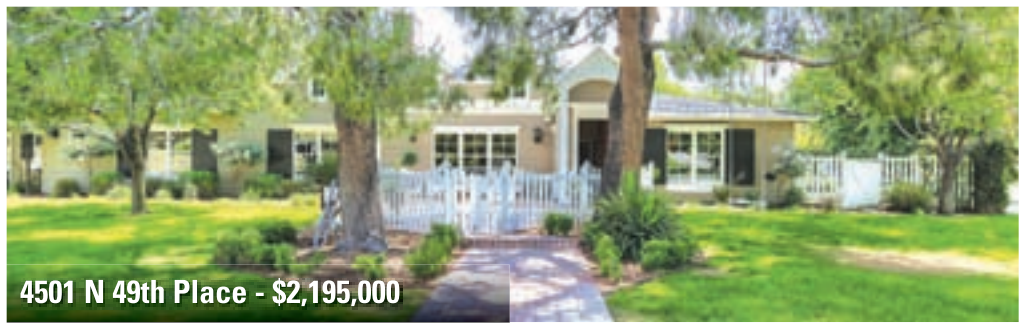
















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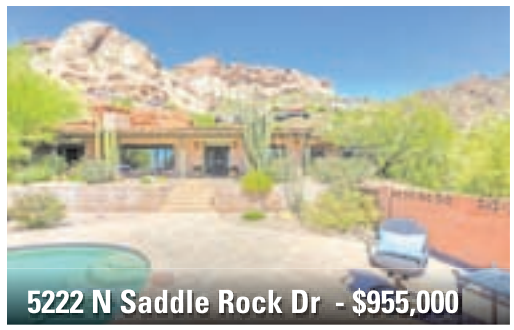






















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Gimme 5: Five things to do before the school year begins

By Josh Cutlip

With the start of school looming over the month of August, most of us are trying to fit our last big summer plans into our tight schedules. Getting back to school is a busy time for kids and parents – from finding school supplies and registering for classes to selecting the special outfit for the first day. But don't let the start-of-school stress get you just yet. Embrace summer vacation while it's still here.

Whether you're a parent, teacher or student, here are my top five things to do in the Phoenix area before school picks up again.



5. HIKE CAMELBACK MOUNTAIN

Ok, I know what you are thinking, "Why would I want to hike a mountain in the middle of the summer?" Well, if you plan accordingly, the intense Arizona heat won't even be a factor. Hiking Camelback early in the morning is a great way to start the day, and the top is a perfect place to watch the rising sun.

Camelback provides two trails: Cholla, which is located on the east side of the mountain on Cholla Lane just west of North Invergordon Road. The Cholla trail is 3.2 miles (round trip) of a winding path that is mostly shaded if you hike in the morning. The steady incline makes it easier for beginners or anyone looking for a casual hike.

Echo Canyon is the second trail and is located on the northwest side of the mountain, just off of East McDonald Drive. This rigorous, uphill climb of 2.4 miles (round trip) will test your legs, but it will get you to the top more quickly than Cholla because of its direct path. This trail is shaded as well and the view from the top is rewarding after a tough climb.

If you're not a morning person, the hike is also great in the late afternoon. Just remember to watch out for any monsoon storms and bring a lot of extra water!

4. CATCH A DIAMONDBACKS GAME

With a tight race in the National League Western Division, a D-Backs game is a perfect event to take your mind off of the upcoming school year. On August 8, the Diamondbacks will hold a ceremony to retire Randy Johnson's number, and they will also show post-game fireworks on August 7 and 28. Any of these dates will bring fun for longtime D-Backs fans, or even the whole family.

3. GO TO THE LAKE

Tempe Town Lake has single kayaks, stand up paddle boards, pedal boats and row boats for hourly rental rates of $20 or less. They also offer pontoon boats or surrey top boats if you have a larger group (8-10) of people. If you have your own gear and feel like exploring a little more water than Tempe has to offer, Canyon Lake, Saguaro Lake and Lake Pleasant are other options within an hour or so of Arcadia. All three of those lakes also have lakeside restaurants, making it a perfect place to spend the day with friends or family.

2. SNOOZE

Yes, sleeping in is great. But no, I am not talking about pausing your alarm. Snooze is a breakfast restaurant located in Tempe on College Avenue just north of Fifth Street. (There is a second location in the Camelback Corridor.) This restaurant has everything from breakfast sandwiches to sweet potato pancakes. They offer an array of egg dishes and an entire section of the menu dedicated to hollandaise. If you're especially hungry, the giant breakfast burrito will not disappoint: a huge burrito filled with eggs, beans, hash browns and pico de gallo.

Snooze is open seven days a week, making it a perfect place for a weekend brunch or a delicious meal before work. You should definitely plan on arriving early. But if you find out there's a long wait it's ok, the food is completely worth it. This is a popular place, so make sure you don't snooze your alarm and miss their 6:30 a.m. opening.

1. THE STAND

After a long week of running errands and crossing off the last few items on your summer list, or even a long day spent relaxing in the sun, I couldn't think of a better way to end than with a milkshake from a local Arcadia restaurant. The Stand has a few different flavors, including the classic chocolate and vanilla, but their specialty shakes are what really set them apart. They serve a vanilla with chocolate swirl called the Black and White, a Chocolate Chili, the Banana Stand, and a Dulce De Leche (salted caramel). These hand-spun, real ice cream shakes will not disappoint. Pro tip: You can also mix flavors. I suggest mixing the salted caramel and Banana Stand to create a delicious caramel banana shake unlike anything you've ever tasted.

The Stand also has one of the best burgers I've ever had and three different kinds of street tacos to satisfy every kind of palate. The family friendly environment is open every day from 11 a.m. to 10 p.m. (11 p.m. on Friday and Saturday) and is located at 3538 E. Indian School Rd.





Arcadia grad student gains field experience in Nicaragua

By Kaley Kalil

Rachel Rodia, 27, is currently attending Concordia University Wisconsin and working toward her Master's Degree in Occupational Therapy.

In May, Rodia and a group of colleagues and faculty members traveled to Nicaragua to provide therapy to locals in need.

"We flew in and out of Managua (the country's capital), but spent the majority of our trip in a small rural village outside of Chinandega on the Pacific Ocean called El Viejo," Rodia said.

There, the group stayed with a nurse named Meg – a Wisconsin native who moved to El Viejo in 2003 to begin an organization called The Circle of Empowerment.

"The primary goal of this organization is to empower the Nicaraguan people through increased knowledge of healthcare treatments and procedures, as well as to build a strong educational system for their children," Rodia said.

Meg built her home on the beach to double as a multi-purpose clinic, from which she and her Nicaraguan staff all work and teach.

"The work that this woman does for the Nicaraguan people is phenomenal," Rodia said.

As both a service trip and hands-on learning experience for Concordia students, the university sends student groups to stay with Meg several times a year. While there, the students provide occupational and physical therapy services to nine rural villages.

WHERE'S THE *NEIGHBOR?*

"Members of the community with physical or mental disabilities are evaluated and treated for occupational therapy, physical therapy, or both. We served a mix of both children and adults – whomever was in need," Rodia said.

The group woke up every morning at 6:00 to enjoy a walk on the beach before breakfast at 7:00. From about 8 a.m. until noon, they would either see patients in their own homes, or treat them in the courtyard at Meg's house.

Rodia and her colleagues treated clients of all ages, with diagnoses such as cerebral palsy, Down syndrome, autism, traumatic brain injuries, gunshot wounds, amputations, strokes, and spinal cord injuries.

"For a man with a stroke who was paralyzed on the left side of his body, we taught him how to shave his face independently using safe techniques. For a boy with cerebral palsy that was struggling to keep up with school work, we adjusted his pencil grip and gave him finger strengthening exercises to decrease fatigue while writing and be more successful in school," Rodia said.

As she and her colleagues exhausted their Spanish-speaking abilities, translators "bounced between a few sessions at a time."

"However, this was very stress-free, as the locals all run on what some of the translators called 'Nica time.' In other words – no rush, no hurry," Rodia said.





Rachel worked with patients suffering from a variety of ailments.

The group would then break for lunch before seeing patients again from 1-5 p.m. Dinner was usually served around 6 p.m., followed by relaxation and note-taking from the day's experiences.

"Houses were typically wood hutches constructed out of palms. But, in some communities, a few families had brick houses," Rodia said.

"The local people would always smile and wave, and the children were even more energetic when we would pass."

When they weren't providing therapy, Rodia and her colleagues enjoyed activities like zip-lining, hiking the active Masaya Volcano (which last erupted in 2008), and shopping in the city of Granada – a long-time center of commerce for the country and growing tourism hub.

"I had such an amazing experience; I would go back in a heartbeat. To touch the lives of others… it's a wonderfully humbling feeling," Rodia said.

"Some of the individuals I was blessed to meet were so jubilant with what little they had. It really put things into perspective in a beautiful way."

To learn more about the organization Rodia volunteered with, visit http://circleofempowerment.weebly.com.

Rodia will be moving back to Phoenix in December to complete six months of fieldwork in order to graduate and sit for the Occupational Therapy national boards. She plans to stay in Phoenix upon completion of her degree.

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Arizona Parents Look to Tuition Insurance to Protect One of their Biggest Investments

It sounds like a good plan: go to college for four years and graduate on time with a valuable degree. But finishing college in four years is frequently not the norm as unforeseen circumstances can derail even the best and the brightest students. As college tuition costs continue to rise, parents have become increasingly concerned about what will happen to their tuition investment if their child has to suddenly withdraw from school. Fortunately for Arizona residents, tuition insurance may provide the answer to these concerns.

A recent survey of parents with college-aged children – conducted by Allianz Global Assistance, a world leader in travel insurance, assistance and personal services, and a subsidiary of Allianz, one of the world's largest property and casualty insurers – found that nearly 50 percent of respondents would purchase tuition insurance if it was available. Seeing an opportunity to assist parents and students in protecting their tuition investment, Allianz Global Assistance has launched its new tuition insurance product in Arizona along with a few other states including Georgia and New Jersey.

"Our survey shows that parents and students are clearly worried about what will happen to their tuition investment in the case of a sudden withdrawal," said Joe Mason, chief marketing officer at Allianz Global Assistance. "We are very pleased that residents of Arizona are among the first in the nation who can take advantage of the opportunity to purchase tuition insurance to protect their investment."



Allianz Tuition Insurance offers peace of mind with its new financial safeguard.

Allianz Tuition Insurance, which starts at $29.95 a term, protects Arizona residents for both in-state and out-of-state non-refundable tuition costs and fees, including room and board.

In Arizona, the average tuition for a four-year university is approximately $10,398 a year. Nationally, the average annual cost of tuition, fees and room and board ranges from $19,000 at a public, four-year university to $40,000 at a private university. Tuition insurance may be more important than ever as tuition costs have risen 70 percent since 2000, according to the National Center for Education Statistics.

According to Forbes, only 32 percent of students entering a four-year public university will graduate in four years, and only 55 percent of students, according to the NSC Research Center, will graduate in six years. Additionally, most schools only provide partial reimbursement of tuition if a student has to suddenly withdraw. And, depending on when the student withdraws, the school may not provide any refund.

Allianz Tuition Insurance* is available in three different and distinct plans, including the Essential and Preferred plans, which cover withdrawals due to illness, injury or psychological issues, and the Advantage plan, which covers these circumstances as well as almost any unforeseen reason. Additionally, each plan includes a round-the-clock Student Life Assistance service that assists families in the event that a student becomes ill or injured.

With the rising cost of higher education and the strict guidelines many schools have in place for reimbursements, Allianz Global Assistance's Tuition Insurance offers additional peace of mind with affordable options that start at $29.95 per term. Considering the fact that a college education is an important and significant investment, it only makes sense to protect that investment with tuition insurance.

For more information about this first-of-its-kind insurance, visit AllianzTuitionInsurance.com or call (888) 427-5045.

* Terms, conditions, and exclusions apply. All plans not available in all states. For a complete description of the coverage offered under your plan, carefully review your declarations page and insurance policy. Insurance coverage is underwritten by Jefferson Insurance Company (NY, Administrative Office: Richmond, VA), rated "A+" (Superior) by A.M. Best Co., under Jefferson Form No. 107-P series. Allianz Global Assistance and Allianz Tuition Insurance are brands of AGA Service Company. AGA Service Company is the licensed producer and administrator of this plan and an affiliate of Jefferson Insurance Company. The insured shall not receive any special benefit or advantage because of the affiliation between AGA Service Company and Jefferson Insurance Company.

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Can't hold a candle to priceless memories

By Kindra Hall

GIRL *NEXT DOOR*



Last month, the kiddos and I made a trip to my home state, Minnesota. There were several reasons to go: The kids wanted to go to the cabin with Gammy and Gamps (which is 45 minutes south of Canada), Michael needed some well-deserved time for himself in Phoenix, and I could sneak in a visit with some of my oldest, dearest friends.

There's just something about old friends, isn't there?

After a smooth plane ride and sending the kids off to almost-Canada with my parents, I made my way to Maren's house.

Maren and I were roommates in college (a small, private Lutheran college next to Fargo) for three years – all of which were filled with stories. The story of when I did a "Find/Replace" on her term paper for her elementary education class and swapped the word "children" with "snot-nosed brats," and the word "student" with "hopeless miscreant," and she almost handed the paper in. The time we made up choreography for Britney Spears' song, Lucky and performed it for anyone who would watch. Or when we made up endless variations of the Interrupting Cow knock, knock jokes when we were supposed to be writing about Plato's Republic. Then when I moved to New Mexico for graduate school, Maren (who was always up for anything) moved to New Mexico, too – for adventure. We lived in a cheap, two-bedroom apartment where we kept a hammer in the bathroom to kill cockroaches as we sat on the toilet at night. I was responsible for turning in the rent and Maren was responsible for having seasonally appropriate candles in her room at all times to hide the smell of the previous tenants. The candles were particularly exciting and felt a little rebellious. Probably because they wouldn't let us have candles in our dorm rooms in college – something about them being dangerous.

That December, Maren found the most amazing apple cinnamon candle either of us had ever smelled (for $3). Even before it was lit, it made you want to sing Jingle Bells. It burned all day long on the floor in Maren's room (because there was no room on her desk or dresser). Then, one night I heard Maren let out a startling gasp, followed by a scream. I raced in to see if by chance the cockroaches had made their way into her bedroom, but after a quick scan of the scene, it was clear what had happened. The once festive, red, Christmassy candle had reached its last moment of apple cinnamonness and the jar exploded under the pressure. (Personally, I thought this feature should have been listed on the label right next to the image of the apple pie, but alas, it was not.) Hot, red, apple-cinnamon liquid wax seeped onto our rental-beige-with-dark-brown-flecks colored carpet.

We both stood there a moment, in shock, as the wax settled deeper into the flooring and then the same, horrible thought struck us both at the same time: security deposit. For a grad student and a Barnes and Noble employee, getting a security deposit back was essential to survival and we were pretty sure a large red candle stain in the middle of a bedroom floor lessened our chances.

We immediately got to work, trying several carpet-cleaning options. First, we tried cleaning the wax with a paper towel, but it was too hot. Then we poured boiling water on it – admittedly, I'm not sure why. Then we ironed it – Maren swore she saw Martha do it, but I'm not so sure.

Then...well, I left the room because I was bored and pretty sure no matter what we did, a bright red candle would leave a permanent pink stain on rental-beige-with-dark-brown-flecks carpet. Maren, however, refused to accept this reality. An hour or so later, I walked back into Maren's room to find her hunched over the stain with dark brown eye shadow in her hands and beige eye shadow sitting beside her. Her palms were sweaty, her brow was furrowed, her fingers were bright pink and she was covered with smudges of eye shadow. Her room was still thick with the smell of apple cinnamon – and a hint of burnt carpet.

I looked to the floor where she was so fervently working. To my surprise, the stain had changed. It was now pink around the outside and, strangely, Cover Girl beige toward the middle and finally, dark smudged chocolate brown in the very center. Maren looked up from her hunched position.

"I'm trying to disguise it with makeup," she said.

Unfortunately, if you can believe it, her plan didn't work. The pale pink, beige and dark brown stain scowled at us for the remaining months in that apartment. When move-out day arrived, if there was any hope of getting our money back we knew we only had one choice: Distract the inspector! The three of us (Maren, me and the stain) put our makeup on and when the man walked in to determine our financial fate, we entertained him with Britney Spears choreography, Interrupting Cow knock, knock jokes and stories of the cockroaches we killed in the bathroom at night with a hammer.

Fortunately, if you can believe it, this plan actually worked. After returning the check we had deposited 12 months earlier, the inspector mentioned none of the others apartments smelled as good as ours…and he walked out whistling Jingle Bells.

Fifteen years after our first year as roommates, a lot has changed for Maren and me: many jobs, many miles, many homes, taste in music…but as with all oldest, dearest friends, our stories are our shorthand. All it takes is the mention of a candle and it's as if nothing has changed at all.

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Past generations discuss today's fads and yesterday's favorites

RETIREMENT *NOW WHAT?*

By Jean Hodgson



For weeks now, ads have featured back-to-school clothes. In the entrance to stores you are greeted by displays of notebooks, backpacks and signs that tell you to "gear up for school." Something is wrong with this picture! This is August, not September!

In the agricultural area of southern Idaho where I grew up, August was occupied with baling alfalfa and harvesting beans and sugar beets, and school wasn't on the horizon until sometime after Labor Day. Most of my retirement-age friends would agree that not only is the typical start date for school different now, but so many other school-related activities have changed as well.

Today's high school students have a huge emphasis on technology in their curriculum. For my generation, learning to type was the key skill. When I asked some friends for their memories of classes they took, one shared "a small room with ten big, black typewriters. No letters on the keys, but a letter chart on the board in the front of the room. Who learns to type that way except a dinosaur?"

Several others mentioned taking classes in shorthand and being able to use that in future jobs. Do students today even know what shorthand is?

Memories of school activities reflected less emphasis on athletics than seems typical today. Music, drama, school newspapers and clubs were often mentioned. In my high school, FFA (Future Farmers of America) and FHA (Future Homemakers of America) were active organizations, and I was a member of Future Teachers of America – not surprising, since I knew then teaching was the career for me.

Many of us had part-time jobs when we were in high school and that also influenced time available for activities. Besides our responsibilities at home, working in movie theaters, "dime" stores, being a carhop, delivering newspapers and babysitting – for the impressive rate of 25 cents an hour – filled our hours.

What did our generation do for fun? Roller skating came up often, as well as "drive-in movies with all the kids sitting on the hood and around the car at the RoundUp drive-in." One friend attended an all-girls high school and recalls, "On Saturday night, we gathered around the radio to hear *Your Hit Parade*. Songs were mostly slow and romantic then, but the jitterbug was a very popular fast dance."

It's rare today to meet a teenager who doesn't drive, but bicycles, buses and "my two feet" were the common responses to questions about transportation. One person commented, "It was always a thrill when you knew a guy with a car who would pick you up for a date."



Debbie (Arcadia High School, 1967) and Tom (Camelback High School, 1968) Bohr, longtime Arcadia residents, look back on their high school years.

Those who shared school memories have graduation dates that spanned from the '40s through the '80s, so popular fashions included a wide variety from sewing your own clothing to Peter Pan collars, poodle skirts, bobby socks, penny loafers, saddle shoes, tie-dye shirts, bell-bottom pants, and crinoline petticoats. Generally, girls did not wear slacks to school. One Paradise Valley High School grad said, "Miniskirts were in, but if they were too short – showed your full knee – the school nurse would staple crepe paper to the hem to make them longer."

So, have times changed? High school students still study a variety of core subjects, take exams and plan for their next steps after graduation. Friends, fads and fun activities remain a priority.

However, think twice about your answer. My graduation gift from my parents in 1962 was the very latest thing in technology – a transistor radio! It was the size of a book and had a leather cover, but it still works!

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"Grandma Knows Best"

MorningStar Wellness Director: Teresa Jones



Twelve-year-old Teresa Jones was utterly lost when she landed deep in the Blue Ridge Mountains, appointed to live with Grandma and Grandpa while her Naval father served in the Philippines. "Where was the shopping mall?," cried Teresa. Even worse, she was sure they wouldn't understand her, a grandchild they scarcely knew.

Yet while stringing beans on the porch, Teresa found out otherwise. "Immediately Grandma was so respectful, so attentive to my needs, so open minded. She absolutely, completely amazed me!"

Orphaned at 10 and married at 15, Mina Jones raised six kids on an Appalachian farm without electricity, making extra money selling burlap rugs and the finest quilts around. Says Teresa, "She experienced tremendous loss and hardship in her life, yet she never said one harsh thing about anyone. Grandma was the most positive person I ever met—the best example of her generation's triumphs and sacrifices. And Grandpa—just as fine: "He was a deacon in the Baptist church. I remember us always going to sick houses throughout the hills, the first to extend a hand to those in need."

With such role models, it was only natural that Teresa became a medical assistant while still in high school. At the nursing school in Boone, NC, she graduated as an LPN with honors (and a year early). Two months shy of her RN degree, she quit the program to nurse the patient who needed her most: her father, then struggling with cancer. Under Teresa's loving care, he lived four more years (though his prognosis was four months).

The grief of his passing led Teresa to take up a new pathway. She left the sciences for the arts, earning a degree in graphic design, which she practiced for five years in Boone.

Then came the day when she yielded to an adventurous spirit, and packed her bags for Phoenix; its dryness appealed to her after so many years in the Blue Ridge ("where it's always snowing or raining or getting ready to").

Once in the valley, Teresa agreed to be the private caregiver of a couple in their late 70s. "I loved it! We became family." At their passing six years later, she went back to school to reinstate her LPN license.

"I knew then that nursing was what God intended for me to do. I called Grandma with the news and she started to cry, 'I've been praying you'd decide that, but I never wanted to push my opinion.'"

> ***Grandma Jones is the reason I became a nurse.***

From there, Teresa spent 4-1/2 intense years in a skilled psych facility, where she learned much about psychotropic meds, their side effects, and how they must be used "very, very sparingly."

Stepping into assisted living and memory care six years ago, Teresa discovered the ideal nursing environment. "There's a saying in North Carolina: 'Sometimes you have to take the long way around the barn to get to the front door.' For me, the long way took years, but it made me a better nurse, a better person and a better leader." (She's served as health and wellness director in senior living for four years.)

The MorningStar Distinction

"I'm big on culture: the atmosphere that defines a workplace. In senior living, culture is what determines the quality of resident care, even more than the skills of the team members.

"When I first read MorningStar's mission and values, I thought, 'Wow, if this is really what they stand for, this is the place for me.' Since joining the company, I couldn't be happier. I feel the love and support throughout our team and from the Home Office.

MorningStar is always on my side when it comes to staffing and supplies. The answer is always, 'Whatever resource you need to draw upon, do it—for the residents' sake.' It's always an attitude of 'we'll take the hit financially rather than sacrifice the quality of care.' That blows me away. I've never experienced that in my long career."

For example, seniors often return from hospital stays with orders for breathing treatments, yet they're never given the required apparatus. The person is then faced with significant out-of-pocket costs for a short-duration regiment. Says Teresa, "I asked if we could buy a couple of SVN (respiratory) machines. The response: 'Sure, whatever we need to do.' It's moments like those that put my mind completely at ease for our residents."

> ***MorningStar stands head and shoulders above other senior communities. Trust me. I've been in all of them.***

Another distinction at MorningStar: "In every other place I've worked, there was a strict divide between Assisted Living and Memory Care. Here, not so.



Teresa with Miriam
(who grew up next door to the Kennedys on Hyannsport)

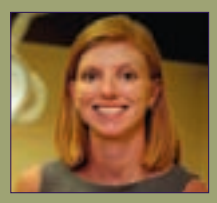
We're one united community with residents moving between neighborhoods to visit, join in activities, enjoy entertainment, all with proper staffing to attend.

Teresa leans back with a smile, "By all this, I can say MorningStar stands head and shoulders above other senior communities. Trust me. I've been in all of them."

For more information on MorningStar at Arcadia:
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Chris Giza (left) caps off a unique 40-year aviation career with a top leadership award from Pi Beta Phi.

Highly decorated pilot honored

By Josh Cutlip

After joining the Navy in 1976, Mary Christine "Chris" Giza became just the seventh female Navy pilot in history before embarking on a 24-year Naval career that took her through assignments in 12 different locations, including Pearl Harbor, Hawaii; Pensacola, Florida; Norfolk, Virginia; Jacksonville, Florida; Chicago; Atlanta; Newport, Rhode Island; New Orleans; and Washington, D.C.

During a four-year break, Chris remained in the U.S. Naval Reserve while also flying planes for US Airways and Air Florida, the latter of which she became the first female pilot. After returning to the Navy, she was assigned to the Naval War College where she earned a master's degree in strategic studies.

In April, at the Founder's Day gathering for the Pi Beta Phi Fraternity for Women, Chris was awarded the prestigious Carolyn Helman Lichtenberg Crest Award, given out for her excellence and outstanding leadership throughout her career.

The award is named after past fraternity President Carolyn Helman Lichtenberg who played a key role in forming the Pi Beta Phi Foundation; the foundation provides leadership development programs along with academic scholarships.

Chris retired as a heavily decorated pilot, receiving multiple awards such as the Meritorious Service Medal, the Navy Commendation Medal, the Navy Achievement Medal and Meritorious Unit Citation. However, her love for the sky did not keep her away long; after retiring from the Navy, Chris became the first woman to fly for the U.S. Marshals Service where she flew prisoners, witness protection and illegal aliens for the Justice, Prisoner and Alien Transportation System (JPATS).

Her work with the U.S. Marshals Service led to the opportunity to fly for a defense contractor flying Intelligence, Surveillance and Reconnaissance in Afghanistan. She flew three different four-month tours in order to find and track Taliban forces that were creating improvised explosive devices to kill U.S. troops.

"I am very humbled to receive this award," Chris said. "I've spent the last 40 years focusing on my career and am proud of my contribution to my country, the U.S. Navy and the trail I helped blaze for the women in aviation who will come after me."

Pi Beta Phi has been around since its inception in 1867 at Monmouth College in Illinois and has installed 200 collegiate chapters and nearly 300 alumnae organizations worldwide. They strongly believe in the power of reading, and they promote friendship, develop women of intellect and integrity, cultivate leadership potential, and enrich the lives of members and their communities.

For more information, go to pibetaphi.org.



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Tips to keep your pets safe in the summer heat

By Cassandra Anfinson

The Arcadia neighborhood is thriving with pets of all kinds – even chickens. When Arizona's summer heat is in full force it can be brutal for everyone involved, especially our beloved furry and feathered friends. This means when the temperatures peak over 100 degrees during the day, we need to provide special attention to our pets.

According to Dr. Bracken, a local veterinarian at Arcadia Animal Clinic, his cardinal rule is, "If it's hot to you, it's really hot to them." Here are some general tips on how to help keep your pet safe during those hot Arizona summers:

Keep your pets indoors – It's crucial to keep your pet indoors as much as possible during extremely hot days," said Dr. Bracken.

There are many factors that can cause your dog to be prone to heat exhaustion, including the types of medications they are on, the darkness of their coat, old age and being overweight.

Avoid exercise during the day – Bottom line is, our pets don't sweat the way that we do. Unlike us, animals have a highly inefficient way of relieving the affects of heat. Dogs use a panting method and they only sweat a little through the tops of the ears and head. "We usually tell pet owners to walk their dogs early in the morning or late at night," Bracken said. "But lately even at 10 a.m. we are at 100 degrees." If it is still too hot in the evenings, he urges owners to walk their dogs only in the early mornings. If you have no choice but to walk them at night, do your best to avoid surfaces like asphalt and concrete and instead stick to grass or dirt.





Area resident Kim Kunasek uses a fan and mister to cool off her chickens.

Provide clean, fresh water – Similar to why it's important for us to stay hydrated during the summer, it is a priority to keep our pets hydrated. Always keep a full bowl of clean, fresh water for your pup indoors and when going on a walk, take a bottle of water to share with your animal. There are no excuses to not take water for your dog. Nowadays you can easily find a portable, collapsible dog bowl for their walks at any pet supply shop.

Don't cut the coat – Having a short coat for the summer doesn't necessarily mean you are doing your dog a favor.

"The coat on your pet actually acts as an insulator," said Dr. Bracken.

It's not only good for the colder months but it's great for protecting your pet from the heat. Be careful that your groomer doesn't cut the coat too short in the hotter months; it will only make them more likely to get a severe sunburn.

Don't leave your pets in cars – You wouldn't sit in a car with the air conditioning off, and your pets don't want to either. The inside temperature of a parked car can easily shoot up 10-15 degrees hotter in a matter of minutes.

Similar to dogs, chickens need extra care during the summer months. The heat can be just as dangerous for them, as they spend their entire lifespan outdoors.

Local Arcadia resident and coop owner Kim Kunasek said, "I go out daily to refill the water for my chickens." She also said that she keeps sheets up around the coop for additional shade. "It's important to provide the chickens with a fan and mister to keep them cool during the day," Kunasek said.

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SUMMER FUN IN ARCADIA





















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Flagstaff yurts elevate the typical camping experience

By Lauren Marshall

Fifteen miles northwest of downtown Flagstaff sits the Flagstaff Nordic Center, a green, off-the-grid facility, that offers lodging and an array of trails to bike, hike and ski.

One option visitors have for lodging is a yurt, a circular, domed tent with wood flooring. Marketed as "glamping," the yurt offers visitors the opportunity to experience the surrounding woods without having to deal with the inconvenience of setting up their own tent.

The yurts are available in different sizes but can accommodate up to eight people and contain an overhead lantern, a full size futon, a twin bunk bed and a wood-burning fireplace. However, there is no water supply or electrical outlets, and guests must bring their own bedding.

Guests also have the option of paying for firewood or having water provided by the lodge staff.

Local resident Liz Mathis recently stayed in one of the yurts with her husband, two daughters and dog.

"I'd just been Googling," Mathis said. "It just sounded really intriguing."

Mathis said that the main things that drew her to stay in the yurt were not having to set up a tent and not having to sleep on the ground.

She added that her kids were excited by the idea of staying in a yurt because it felt like they were staying in a fort.

"I think kids naturally love that kind of thing," Mathis said.

The Mathis family stayed in the yurt for one night, and took advantage of the water and firewood services.

Guests park their cars at a lot located approximately one mile away and hike out to the yurt, bringing their supplies on a gear wagon that is provided. Mathis also said that anyone could bike in to the yurt area.

Mathis said they decided to hike back to their car to have dinner the evening they stayed at the yurt, but propane grills are located outside for guest use.

Her family took advantage of the trail network surrounding the sight and called the area a "biking and cross country mecca."

According to Mathis, the trails are flat enough for anyone to hike and show "woods and meadows typical of Flagstaff."

While staying in the yurt, Mathis said that she was impressed with the accommodations and liked that the lantern was provided along with a side burner for water on the stove.

"There's not a lot of front-end logistics," Mathis said.

One thing that particularly stood out for Mathis while looking back on her stay was stargazing through the skylight in the yurt.

The yurts are also within an hour's drive from many other attractions including the Grand Canyon, Sedona, Meteor Crater, Oak Creek Canyon, Snowbowl and more.



The Flagstaff Nordic Center offers two sizes of yurts, containing a lantern, beds and wood-burning fireplace.

"You don't feel like you're out in the middle of nowhere," Mathis said.

The smaller yurts start at $35 per night for two people, and the larger yurts start at $65 per night for two people. Rates are more expensive for weekends and holidays, and there are fees for each additional person or dog staying in the yurt.

Mathis said that the price was the one downside, as it is more expensive than traditional camping.

Despite this, Mathis said she would definitely stay in the yurt again.

"I hate the tent part of camping. [The yurt] makes everyone happy," Mathis said.

Information on the yurts and reservations can be found at flagstaffnordiccenter.com.

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Arcadia High School Travel Club returns from Europe

By Mallory Gleich

It's been an exciting summer for Arcadia High's Travel Club. This year, a group of 22 students headed to Europe to explore Switzerland, Germany, Austria and the Czech Republic.

Jon Martens, who teaches Chemistry at Arcadia, started the Travel Club six years ago, and has witnessed great success with the program.

"Having grown up with a family that traveled all the time, I knew what it brought to my life. I wanted to share that with as many other people that I could," said Martens.

Martens grew up in South Dakota and traveled every summer, and decided to share those experiences with his students. He started the Travel Club in 2009.

So far, the program has traveled to nine different countries, including Italy, Peru and China. In 2016, Martens would like to take the club to the Galapagos Islands and Ecuador.

Katie Assali, who teaches history at Arcadia and is also part of the Travel Club, explained that her favorite part of traveling is watching the kids have new and exciting experiences.

"I think the kids develop a greater sense of cultural awareness and appreciation. Traveling holds so many wonderful opportunities and sharing these moments with other students is a really cool thing," said Assali.

Each student brought back their own sense of cultural awareness and experiences from the trip, but there was one thing they seemed to have in common: Switzerland was their favorite country (so far).

"Seeing Switzerland was like looking at a screensaver. Everywhere I looked it was green and more and more beautiful," said Katie Rowe, an upcoming senior.

"It was such a different landscape than what we are used to seeing every day," said Paige Brown, also an incoming senior. "The people there were so sweet and welcoming and the chocolate was by far the best."

The students took part in a multitude of activities while on their trip. Not only did they take many tours of museums and churches, but they also fit in an opera, visited a castle, saw the John Lennon Wall and toured a concentration camp.







When asked what he hopes students gain from traveling, five words came to Martens' mind: independence, confidence, tolerance, understanding and acceptance. From the students' perspective, one word comes to mind: experience.

"I hope to learn more about other cultures and broaden my horizon of experiences. I also enjoy the diversity found in other countries outside the U.S.," said Jacob Staudenmaier, an upcoming sophomore.

"What I've gained most from these trips is the understanding of how fortunate I am to have experienced the culture in the countries I have toured," said Alex Davies, who will be a senior in the fall.

The Travel Club has also given the students the knowledge and experience they need should they decide to travel as part of their career, like A.J. Blaine plans on doing. Blaine, a senior, wants to major in international relations and eventually work overseas.

From visiting the home of Mozart to touring a salt mine, from taking a train up to the Swiss Alps to eating the local delicacies, the students of Arcadia High's Travel Club have gained experiences and friendships to last them a lifetime.



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Arcadia family celebrates 800th anniversary of Magna Carta

By Cassandra Anfinson

Earlier this year, a dedicated group of filmmakers from Arcadia High School known as Babushka Productions won the nationally recognized American Bar Association 2014-2015 competition for their film based on the Magna Carta.

The theme of the contest was "The Magna Carta: What's so great about the 'Great Charter'?" Teams were judged on how accurately they portrayed the Magna Carta and its impact on the world, as well as their execution of various technical skills such as film formatting and video production.

The award was granted to the team on April 14 in Washington, D.C. where the students had an opportunity to meet the Supreme Court Justice Sonia Sotomayor.

As a result of their winnings, the team received a special invite from the ABA to attend the final day of the Magna Carta 800th anniversary event at Runnymede in London, England. One member of the team, 15-year-old sophomore, Jacob Staudenmaier, and his parents Heidi and Louis, were able to attend.

The Staudenmaier family made it to the event on June 15, which was an important day because the ABA held a special conference as part of the Magna Carta celebrations to rededicate the ABA monument located at Runnymede.

Royalty attended this event along with thousands of people who traveled from all around the world, including the ABA President William Hubbard and hundreds of other ABA members.



(Left) The Staudenmaiers traveled across the pond for the celebration. (Middle) Jacob won his entry tickets to the ABA Convention. (Right) London's Magna Carta monument.

The Magna Carta is believed to be one of the most significant documents in history because it guaranteed the people certain rights and was an early example of the development of human rights, democracy and liberty.

It all started back in June 1215 when the citizens became fed up and threatened civil war which forced King John to sign the declaration of rights now known as the Magna Carta.

Today, there are only four originals left of the Magna Carta, the best preserved is kept at the Salisbury Cathedral north of London, which the Staudenmaiers said they were able to see in person the day before the celebration.

"The most memorable part was getting the chance to see the Queen of England and Prince William in person," Jacob said. "It was also memorable being at Runnymede and seeing the actual meadow where the Magna Carta had been sealed by King John 800 years ago."

"You could close your eyes and imagine what it looked like 800 years ago with the King, the barons and other people all gathered in such a historic location," he said.

All in all, Jacob Staudenmaier and his family said it was a once-in-a-lifetime opportunity that they will never forget.

"It really made me appreciate what a huge impact the Magna Carta has had on the principles of democracy around the world, including the United States," Jacob said.

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A look at Andrew Bart's success in the tech field

By Lauren Marshall

The first business Andrew Bart founded was unplanned.


Andrew Bart

After Bart's purebred cat passed away, he said he knew something was wrong. He had the cat's food tested and found that it contained formaldehyde. To honor his cat, Bart created a website displaying the cat's image.

"Either I could go see the company and start a fuss over the company that [put formaldehyde in the cat's food], or I could honor my cat by, you know, just doing something like putting her picture up on a website," Bart said. "That was easy for me."

From there, Bart contacted a holistic pet product company based out of Tucson and worked out a deal to sell their products. From there, he founded his business, the Carefree Pet, an e-commerce site that provided natural pet products to wholesalers, distributors and pet stores.

After developing a proprietary inventory and supply chain management platform around his e-commerce site, Bart sold the company.

While creating this successful business, Bart also worked on the strategic development of iCrossing, a digital search agency, and then went on to found his own digital marketing agency.

The entrepreneurial attitude Bart embraced from the beginning of his career has turned him into a notable icon within the Valley's tech industry.

Fortunately for up and coming Valley entrepreneurs, Bart is using his skills to help others.

Bart was recently a judge for the Edson program at ASU that provides tools to startups, and he is also a member of ASU's mentor network, a role that Bart said has been rewarding.

"I love being around people who are incredibly passionate," Bart said. "Everybody talks about ideas, but these kids, they're not just idea people. They're executors. They're moving forward with making these things happen."

Bart also had inspirations for his own life and career.

Bart received his Bachelor of Arts in American Studies from ASU and said he is interested in diversity, women's studies and being "globally aware."

Bart said that one of his professors at ASU West, Thomas Cutrer, was particularly inspiring in his teachings of Southern culture and history, calling him a "masterful story teller."

According to Bart, his mother – who worked in the philanthropic community, was a role model for him.

As a member of Desert Angels, Bart gives back by helping to invest in startup companies in the Southwest.

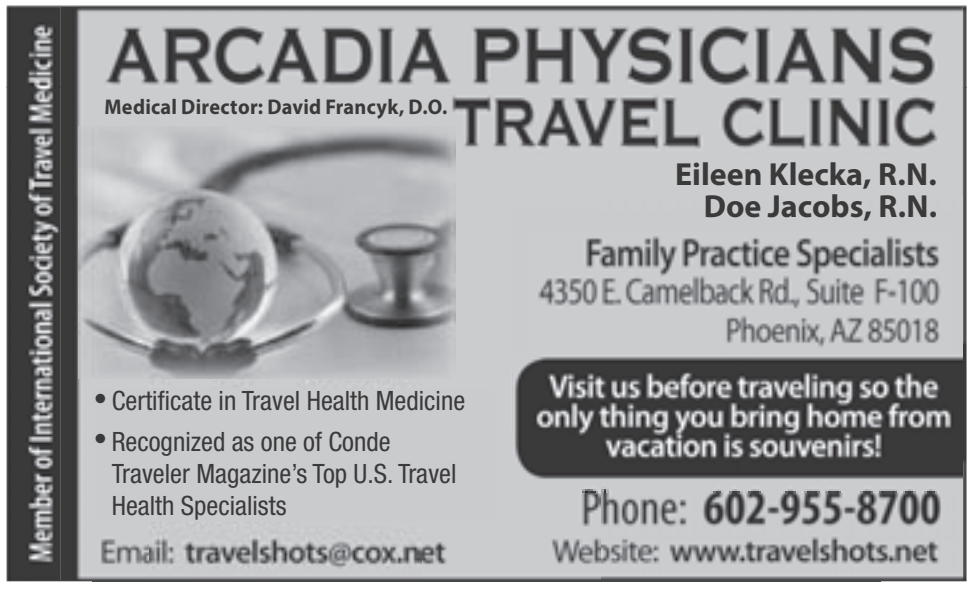
From his own experiences, Bart said he knows that there can be difficult moments when founding a startup.

"You need to understand why you are passionate about [the startup], why you were passionate about it to begin with…I keep going back to passion. That's what it takes when you run into a challenge," Bart said.

Another piece of advice Bart offered to new startups was to reach out to the Phoenix startup community, which Bart says has really come together in the past six to 12 months. Bart cited organizations such as #YESPHX and events like Phoenix entrepreneurial week that offer many opportunities for those interested in entrepreneurship.

When looking at the companies involved in the community, Bart said he is excited by the innovation developed by these companies.

"I think one of my favorite things about technology is that you have the opportunity to change the world," Bart said. "You have the opportunity to disrupt the way that people have traditionally done things and find innovative ways to impact different areas of people's lives, and that has to be exciting to you."



Strict childhood home led to creative freedom and music galore

MUSIC *NOTES*









By Craig Goossen

I grew up in a strict household. Not in a repressive way, but in the sense that you always adhered to the rules of the home. The conformation was rewarded by encouraging fun-filled flights of creativity and expressing personal individuality around the house. The idea of a strict household is often deemed confining, but from my experience, the established boundaries allowed much to be desired within that field of play.

Growing up, if I wasn't playing sports or skateboarding with my friends, I was listening to music. Spinning records, blasting the radio and trying to play instruments eventually led to the desire to see live music. When I was 14 years old I asked my parents if I could go to a live show with my friends. They were happy to say yes even though the show was in a dingy club, in an eclectic part of town and the band I wanted to see had a reputation for blowing the roof off of a joint. My parents were cool, supportive and willing to assist in any fashion. This unfortunately consisted of giving me a lift to the venue, where my mother dropped me off in front like it was the first day of school. The cool kids definitely weren't impressed with my entrance as I kissed mommy goodbye. Looking back on that concert I'm always thankful, as my mind was opened wide that night. I witnessed a live concert that was not just a life changing and freeing experience, but to this day still one of the best shows I've ever seen.

We all raise our kids with different levels of authority, but if I can be so bold and make a suggestion to those of you with kids who love music: Let them bang those drums when you want it quiet, let them blast their music which you may not like, and if they're interested in a concert, at least keep an open mind about giving them a lift to and from the venue – just make sure to honk the horn loudly as they exit the car.

This month's music mix consists of selected tracks highlighting a few of the shows in our city this month, so take a listen and get out to see a show.

UNKNOWN MORTAL ORCHESTRA:
MULTI LOVE (2015)

The lo-fi funky trio out of Portland is on tour in support of their third release. With the ticket prices fair and the age limit low, your sons and daughters may need a lift from mom and dad to get to this downtown venue.

Unknown Mortal Orchestra will perform on Sunday, August 2 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $15 and the show is for guests 16 and older.

FUNKADELIC:
CAN YOU GET TO THAT (1971)

George Clinton's importance as a musical force cannot be overstated. He's a legend and at 73 we're lucky he's rolling through our city to drop the funk. If you've never seen Clinton and his Parliament Funkadelic show, the Pressroom is a great space to check it out for the first time and get funked up.

George Clinton will perform on Thursday, August 13 at the Pressroom, 441 W. Madison St. in downtown Phoenix. Tickets start at $35 and the show is open to concertgoers who are 21 and older.

THE JESUS AND MARY CHAIN:
JUST LIKE HONEY (2015)

Back in 1985, with the release of their debut, *Psychocandy*, the enigmatic band from Scotland took the underground world by storm. Celebrating the 30-year anniversary of the first album, the band is on tour and playing that seminal release in its entirety.

The Jesus and Mary Chain will perform on Friday, August 14 at the Marquee, 730 N. Mill Ave. in Tempe. Tickets are $40.

DIERKS BENTLEY:
DRUNK ON A PLANE (2014)

It's always nice when a homegrown star comes home to break up the summer heat with a party.

Dierks Bentley will perform on Saturday, August 15 at Ak-Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $26.

KID ROCK:
AIN'T ENOUGH WHISKEY (2015)

Despite what you may think about Kid Rock, his work ethic, staying power and respect for the fans cannot be denied. He's put together an impressive 25-plus-year career and you can fully expect a party at Ak-Chin when he hits the stage.

Kid Rock performs on Wednesday, August 26 at Ak-Chin Pavilion, 2121 N. 83rd Ave. in Phoenix. Tickets start at $20.




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Author finds inspiration from random bookstore conversation

By Amanda Goossen

There are those exceptional books. The books that grab you, pull you by the collar and keep you hooked until the very end. And even then, when you take in the last word, you flip the page and look for more, because you, the reader, aren't done yet. You aren't ready to say goodbye to the intricately drawn characters who remind you of people you know. You aren't ready to say goodbye to their story. You aren't ready to leave the path that each word and phrase has taken you on over the hours or days you turned pages, mesmerized and in love.

There are just those kinds of books.

The Grown Ups is one of them.

The Grown Ups by Robin Antalek begins when we meet a group of teenagers during one summer when they all come down with a terrible flu. This group of children, all growing up on the same block, are a tight-knit crew of friends, siblings and first crushes who attack life together, through spin the bottle, birthday parties and video games in their East Coast suburban basements.

After the case of the flu that had them each housebound for days, they wander out of their home to return to the life they know, yet things in their somewhat stable neighborhood begin to change. Neighborhood affairs amongst the grown ups, adolescent betrayal and first love attempt to rip their world apart. Their bond, however, proves too strong.

The Grown Ups follows the kids from teen to adult, as they learn, grow and tackle life, together.

A well-written novel of love, friendship and the ties that bind, *The Grown Ups* is one of those novels that creeps into your mind and never leaves.

The *Arcadia News* Book Club will meet at 6:30 p.m. on August 27 at the Saguaro Library. To join our group, email Amanda@arcadianews.com. The author, Robin Antalek will Skype with our group and refreshments will be served. A monthly raffle and fundraiser will also take place, benefitting Wigged Out, a local charity focused on raising money for breast cancer patients.

BOOK OF THE MONTH

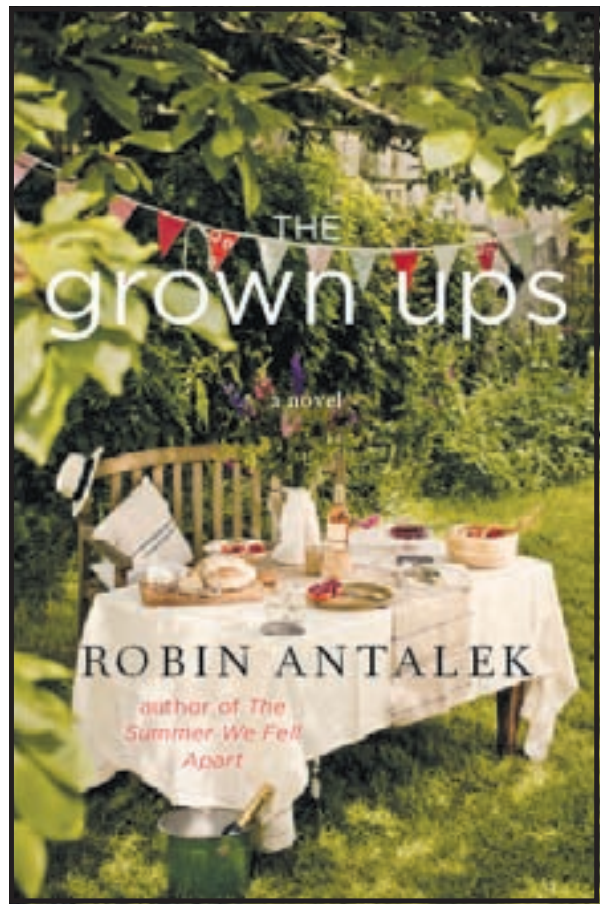
The Grown Ups

BY ROBIN ANTALEK

Saguaro Library
August 27, 2015
6:30 p.m.



BOOK *CLUB*



Arcadia News recently had a chance to talk with Robin Antalek about her novel, her writing process and the one author she'd feel honored to meet. Read the interview below:

AN: When did you start writing?

RA: I read very early, I think that had something to do with my desire to write. When I realized I could create a world like so many of my favorite authors, I was hooked. The earliest I can remember? Elementary school. When I started to take it seriously? High school. And yet I wasn't one of those girls with marbled composition books filled with bad poetry and song lyrics. I just started telling complete stories – for better or for worse. When I lost my way, usually due to not understanding how to advance the plot, I would start another.

AN: What do you think your writing says about you?

RA: That I am infinitely intrigued by the pain and joy human beings inflict upon themselves and each other. I am an "of this world" kind of writer. I don't need sci-fi or vampires. There's enough stuff happening in the real world, don't you think?

AN: With a variety of characters moving through many areas of life, where did you begin with *The Grown Ups*? With a character? With an idea?

RA: *The Grown Ups* came out of a long period of not writing after I dumped a novel I had been working on for two years. My agent had said to me that I should just take a break and figure out what it was I wanted to write about – but nothing was coming and I was panicked. That had never happened to me before, and whether it was because I felt jinxed by not being able to make that last novel work or whether I was really drying up in the idea department, I was miserable. Truly, truly miserable. So I took myself to the Book Bag Shop – a tiny used bookstore in our local library. I was making stacks of books to buy, sitting on the floor, half listening to the volunteers chat (it's a small space) when one of them said to the other, "It was the summer all the children in the neighborhood caught a virus." I honestly can't say what it was about that sentence that made me write it down and stare at this slip of paper on my desk forever. But eventually I heard Sam's voice and I saw the neighborhood and this group of tight-knit friends and I was off. It was magic.

AN: What made you want to write a book following characters over a long period of time? Was it difficult to know where to take each of them?

RA: It was simple, really – I needed to know what happened to them after that pivotal summer. It felt wrong to abandon them at 15. What kind of grown ups would they become? Would they continue to matter to each other?

AN: *The Grown Ups* paints a vivid picture of the characters and setting, so much so that I keep thinking of them as if they are real people in real parts of the world. What type of research went into the development of this novel?

RA: First, thank you so much for that compliment. I heard from many readers who admitted to being nagged about these characters long after they finished reading the book as if they were friends who were going through some hard times. I cannot tell you how that thrills me as an author to know I have created believable people. But as far as research? Life. Life experiences and life experiences of others. In every character there are bits and pieces of my life experiences as well as those around me. It's an unscientific hodge-podge. Sometimes I don't even realize traits or experiences I've documented until people who know me point them out. And even then I have to say these are unconscious choices.

AN: Which character are you most like and why?

RA: Would you be angry with me if I said I share characteristics with all three of the main characters? I feel like I do! I have Sam's wanderlust, Suzie's forced independence and Bella's dreaminess.

AN: What are you working on now?

RA: It's about a young woman who causes an accident that kills her boyfriend.

AN: If you could sit down and chat with one author, living or dead, who would it be and why?

RA: I have long admired the writer Ellen Gilchrist. She is from Mississippi and all of her writings (short stories, novels) are about these larger-than-life Southern characters in the Deep South. The characters (and even their children or lovers) often pop up again and again in other books and other stories. It's just wonderful how she has created a fictional cast of characters that feel like family. She is 80 now – still writing and teaching and I am in awe of her. Start with her book *In The Land of Dreamy Dreams* and then find *Victory Over Japan*. Then *The Annunciation* and *The Anna Papers*. There are so many to choose from – including the collected works. I have two bookshelves dedicated to her writings in my office and I even buy replicas when I run across them to give to friends. I don't even know if I would get any words out if I was in the same room as Ellen Gilchrist, but I'd love to have the opportunity.

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Xavier Crew team makes history with National Championship

By Nicholas Smith

As the race for the national championship came down to the wire, the Xavier College Preparatory crew team pushed as hard as they could down the homestretch. The problem? Their head coach couldn't see what was happening.

"Crew isn't always the easiest sport to watch as a coach," said Emily Burkett, who is the head coach for the Xavier girls crew team. "It's not easy to see what's happening 2,000 meters away from the shore and you end up seeing like 30 seconds of the race."

Fortunately for Burkett, the event was streaming online. So, in a scene out of a movie, Burkett, her assistant coach Shannon Elford and some boys from the Brophy College Preparatory crew team, stood on the shore in Camden, New Jersey and crowded around a smartphone to watch how the girls were doing.

"We were all hunched over trying to see what we could," said Burkett. "The service wasn't great either so it kept cutting in and out."

Then the girls came into view, with no one even close to them. That was the moment Burkett knew her varsity squad was going to do something no Xavier crew team had ever done: win the Scholastic Rowing Association of America's National Championship.

"That moment was absolutely incredible," remembered Burkett. "We were all so excited. We brought an Arizona flag up on to the medal stand. It was great."

Crew might not be the most popular sport in Arizona, but it's growing fast at Xavier. Part of the reason is how inclusive the team is. They take athletes from all walks, no matter what sport they've played and rowing experience isn't necessary.

"Xavier has a lot of really great teams and sometimes girls won't make a team," said Burkett. "So coming to rowing is a great opportunity. We've had swimmers, volleyball players. I've seen girls who played other sports their whole life, join the team and end up rowing competitively in college."

Before the season started, Xavier may not have been the natural pick for the national championship. The team is young, with only three seniors. They are also a little on the smaller side, with only 24 team members in a sport where some schools have anywhere from 40 to 60.



Xavier's Crew program is growing fast and likely will be faster than ever with the varsity team winning the National Championship and the freshman team placing fourth.

Their advantage, Burkett noted, had to be in teamwork, which is her favorite part of crew.

"It's the best team sport there is," said Burkett. "You really can't have an MVP. It's a sport where you are honestly only as good as your weakest link."

Burkett praised Shannon Elford, a 2013 Xavier grad who is now the freshmen coach, calling Elford her right-hand woman during the season. She also said Ellie Martin, Grace Ganz, Martha Ryan and Cami Hays, the squad who ended up capturing the gold medal by nine seconds, had special meaning to her.

"The juniors had me as freshmen when I was the freshmen coach," she said. "They started with me and they worked their butts off for this."

A moment at the end of the race indicated the future is bright for Xavier crew. The freshmen team ended up finishing fourth overall and began their race as the varsity team ended theirs. As the varsity girls headed for the finish line, the freshmen were going the other way and got to watch varsity's moment of glory.

"That was a really cool scene to watch," said Burkett. "It was like the next generation got to watch the one ahead of them achieve their goals and see what happens when you work hard for something."

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Arcadia Football Preview: Young team in 2015

By Nicholas Smith

One of the best parts of being a high school football coach is watching players grow from inexperienced freshmen into skilled seniors. One of the toughest parts of being a high school football coach is watching those kids graduate and knowing you have to start over.

This is where the Arcadia Titans stand going into the 2015 football season. The team last year went 7-3 and fell just short of the state playoffs. But this year will be a different Titans team as the squad graduated 28 seniors last May.

"We're going to be young," said head coach, Lenny Abt. "We actually have just two returning starters on offense. Most of the guys we lost overall were starters, so a big part of the season will be getting familiar with the system."

Fortunately, this year's team has a work ethic that was set by the upperclassmen who led the team last year.

"They watched the seniors and saw the success that can happen when you buy into the system," said Abt. "There's a bit of a learning curve, but the kids know how to be successful from watching the older kids last year."

Despite the younger team, Coach Abt won't lower his expectations for the upcoming season. He notes there are some returning varsity players who should be able to combine seamlessly with junior varsity players from last year.



"The JV kids had a successful season as well," noted Abt. "We run the same system throughout every level of the program, so they should be able to come in and contribute. We set the bar high and we're expecting the kids to hustle and work hard."

Arcadia players who put in that work in previous seasons have seen it pay off. The team has continued to improve and several players have gone on to play at a college level, something Coach Abt says is one of his favorite parts of coaching.

"It's always great to see their hard work be rewarded," said Abt. "Even if they don't play in college, seeing the growth is why I coach. You watch kids at 14 years old and then you get to see where they are at 18. That growth is why I coach. I still stay in touch with kids who I coached 20 years ago. It's why I do what I do."

2015 FOOTBALL SCHEDULE

All games @ 7pm

AUGUST 28 @ Bradshaw Mountain

SEPTEMBER 4 HOME vs. Sunrise Mountain

SEPTEMBER 11 @ Marana

SEPTEMBER 18 HOME vs. Seton Catholic

SEPTEMBER 25 HOME vs. Shadow Mountain (Homecoming)

OCTOBER 2 @ Tempe

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OCTOBER 23 @ Apache Junction

OCTOBER 30 HOME vs. McClintock (Senior Night)

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GOLF *Tips*

By Tina Tombs

In this golf tip I focus on a warm up routine that I used – as well as many other tour players – to prepare for a round of golf. If you can, allow yourself a half hour to warm up and use this routine.



First, allow yourself time to prepare for the golf course at which you are playing. If you are coming from the office and you don't have time to warm up, stretch first to prevent injury. Stretch your wrists, back and shoulders.

Next, hit a few balls while focusing on the mental side of the game.

Now, follow the rest of the steps to continue your warm up:

Balance – To test and enhance your balance, try hitting a few balls with your eyes closed, on one leg, and with your feet together.

Tension levels – See what level of tension you are coming to the course with, and find the tension level at which you can play your best. Experiment with really loose grip pressure to really tight – grit your teeth and smile at the ball. These are just a few examples; you may come up with some of your own.

Tempo – Hit two balls with each speed: 25, 50, 75 and 100 percent. Use the same tempo back and through. Doing this allows you to save some strokes with your short game and develop the feel for your golf swing.

During my career on tour I started my warm up routine with my short game, as many LPGA and PGA tour players do today. Once you are done with this part of warming up, putt and chip some balls and incorporate some of this warm up routine in the short game. The reason for this is it gives you tempo, balance and you find your tension levels immediately. Also, this is the most important part of the game to score.



Keep these fundamental warm up exercises in mind next time you're out on the range, and you might unlock a new secret to your swing.

I believe that every student is unique with his or her own biomechanics. Each has his or her own desires and limitations. I also believe the potential of each student is unlimited.

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

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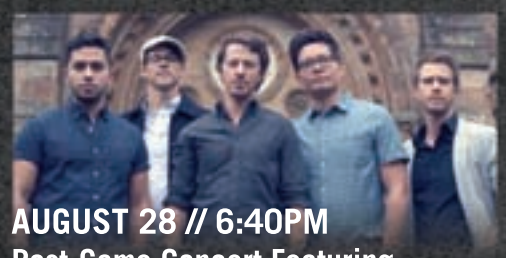
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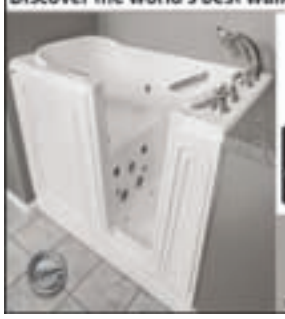

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1 ¾ acres with tennis court and pool house



3816 N. 54th Court • $1,699,000
4 bedrooms | 3.5 baths | Built in 2013
Enchanting storybook home.



5111 N. Camelhead • $1,690,000
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3050 E. San Miguel • $1,595,000
3 bedrooms | 3 baths | 2 acres
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3500 E. Rose Lane • $1,495,000
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Enchanting Santa Barbara home.



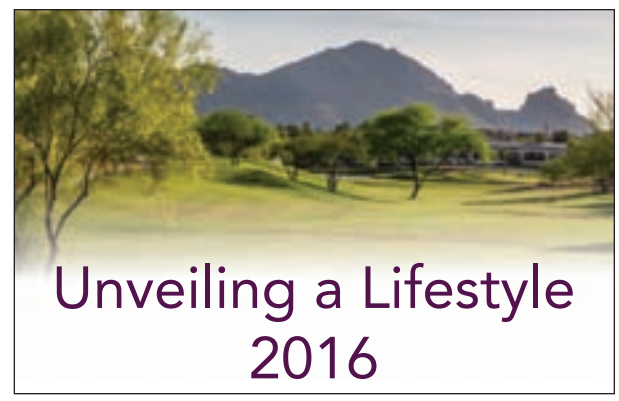
6325 E. Alta Hacienda Drive • $1,395,000
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7035 N. 23rd Way • $899,000
5 bedrooms | 3.5 baths | 4,183 square feet
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3902 E. Highland • $899,000
4 bedrooms | 3 baths | 2,871 square feet
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6631 N. Desert Fairways • $2,695,000
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8225 N. Golf Drive	8 E. Biltmore Estates #124	3425 N. Valencia Lane	4353 E. Palo Verde
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
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3 bedrooms | 1.75 baths | 1,500 square feet
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4087A E. Campbell Avenue • $1,595 mo
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4455 E. Calle Del Norte • $3,895 mo
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RESTORING A MASTERWORK

IN THE NEXT FEW MONTHS, *we will be submitting an application to the City of Phoenix for a Special Permit that will detail all of the uses allowed on the property, and builds upon the previously approved Text Amendment by the City Council. This past week, neighbors of the David Wright House received a letter inviting them to meet and discuss the permit from former Arizona State Land Director Vanessa Hickman.*

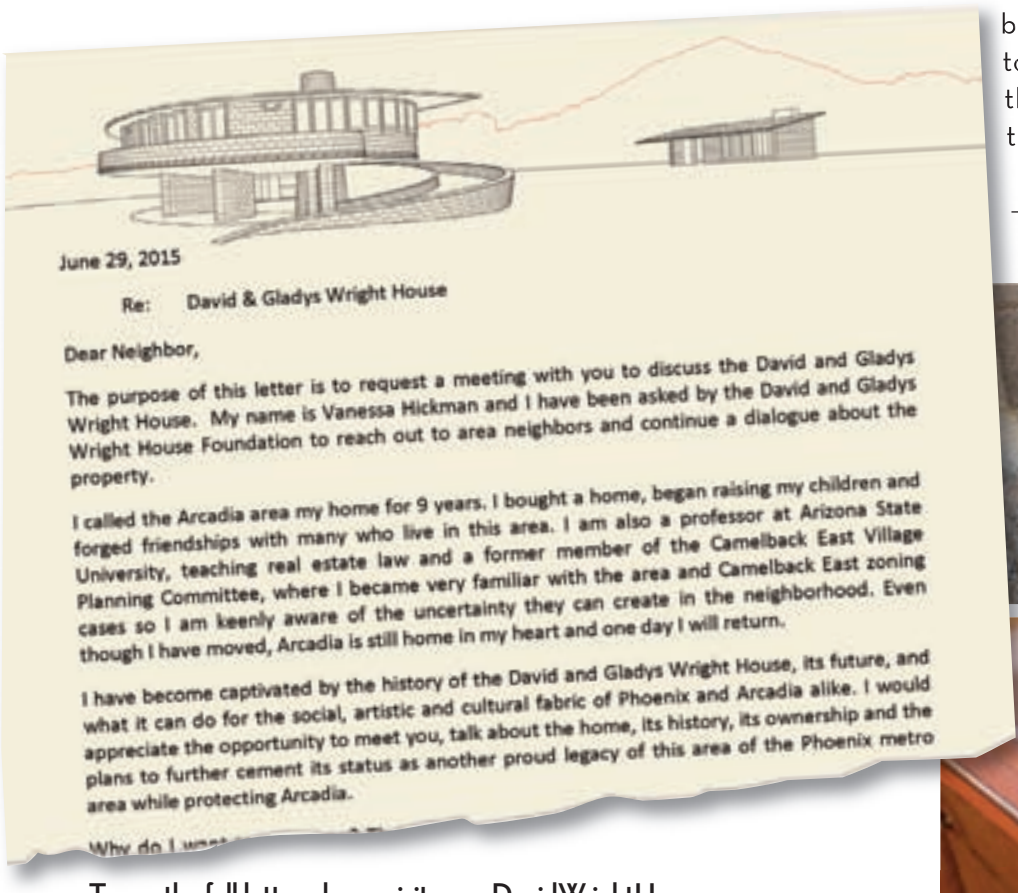
We look forward to working with neighbors to ensure that the Special Permit achieves our goal of being Invisible and Inaudible to surrounding neighbors.

The restoration of the David Wright House is a large and comprehensive undertaking that is estimated to take up to three years to complete. The process will begin upon receipt of the Special Permit from the City of Phoenix to open the house to the public.

In advance of the restoration, great effort has been made to assemble a team of engineers, contractors and craftsmen who have the expertise to successfully execute the restoration. Building materials, such as the masonry and decorative block, have been custom made, recreating the original designs, the original blend of aggregate and cement and original molds to match the existing 1950s block.

Some of the major construction items include the restoration of the cantilever and concrete slabs, pool and ramp, metal roofing and interior floors, millwork and linoleum counter tops. Contemporary high-tech building materials such as FRP (Fiber Reinforced Polymer) will be used to stabilize the concrete floor slab.

The project team is simultaneously preparing a National Registration application. Both the building permits and the National Historic Registry application will be submitted upon receipt of the Special Permit from the City of Phoenix.



June 29, 2015

Re: David & Gladys Wright House

Dear Neighbor,

The purpose of this letter is to request a meeting with you to discuss the David and Gladys Wright House. My name is Vanessa Hickman and I have been asked by the David and Gladys Wright House Foundation to reach out to area neighbors and continue a dialogue about the property.

I called the Arcadia area my home for 9 years. I bought a home, began raising my children and forged friendships with many who live in this area. I am also a professor at Arizona State University, teaching real estate law and a former member of the Camelback East Village Planning Committee, where I became very familiar with the area and Camelback East zoning cases so I am keenly aware of the uncertainty they can create in the neighborhood. Even though I have moved, Arcadia is still home in my heart and one day I will return.

I have become captivated by the history of the David and Gladys Wright House, its future, and what it can do for the social, artistic and cultural fabric of Phoenix and Arcadia alike. I would appreciate the opportunity to meet you, talk about the home, its history, its ownership and the plans to further cement its status as another proud legacy of this area of the Phoenix metro area while protecting Arcadia.

Why do I want

To see the full letter please visit www.DavidWrightHouse.org
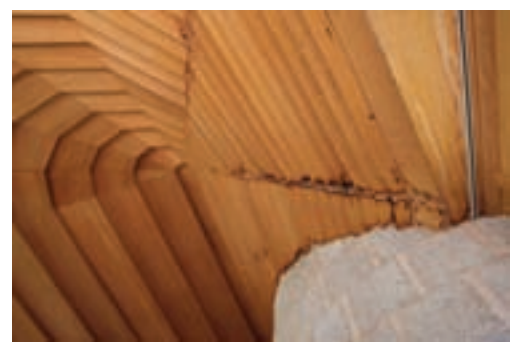
In need of restoration: aging cinderblock, stained and faded wood trim, cracked countertops, leaking roofs.





