Arcadia News

Vol. 23 No. 7 AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 October 2015

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Senior Camron McCartney (#77) and the rest of the Titans are off to a solid start this season. As of press-time the Varsity team is 3-1. At the time of the photo Camron was on the injured list but he is now active.

INSIDE

PAGE 14

The monthly Arcadia News Teachers We Love awards are underway, learn more about the first recipient.

PAGE 21

Get ready to hit the streets as the season brings forth a plethora of charity runs.

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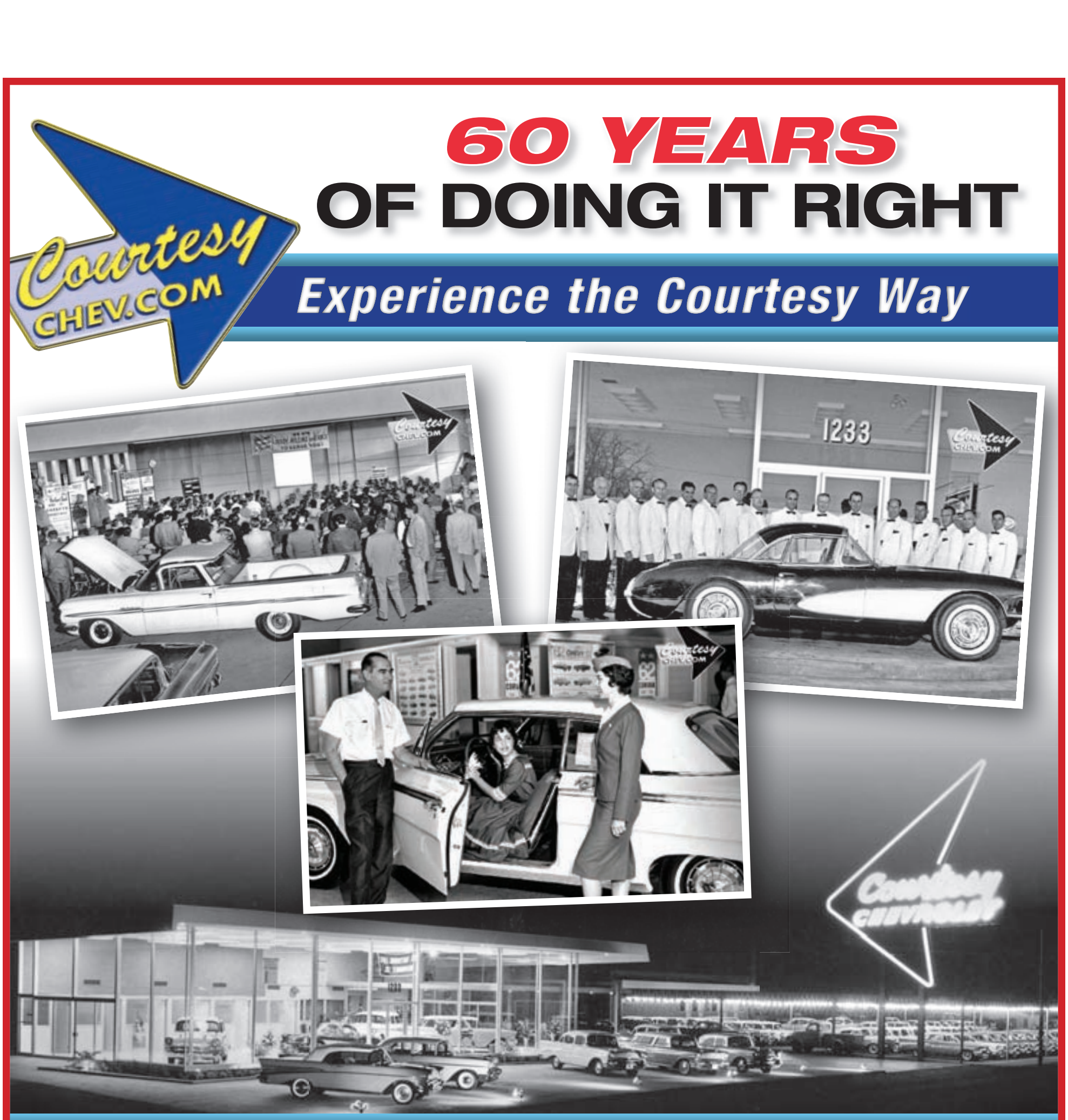

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Departments

15 Behind the Business
16 What's Happening
28 Kids' Corner
31 Places We Love
32 Gimme Five
33 Arcadia's Cookbook
40 Where's the Neighbor?
41 Girl Next Door
42 Now What?
55 Book Club
57 Music Notes
58 Local Sports

Articles

19 Little League All-Stars
The Arcadia Little League All-Star team prepares for a trip to Taiwan to learn about the culture as well as the baseball in another country.

25 Paying it Forward at ANLC
When Ann Rodarte was diagnosed with breast cancer, her community rallied for her care. Now she gives back through her work in the ANLC Garden.

29 Inspired by cancer fight
Local resident Lucia Schnitzer discusses the series of events that led to opening her family business, Luci's Healthy Marketplace.

59 Arcadia High announcers
Lifelong friends John Thomas and John Albright bring the voice to Friday night football games, giving the play-by-play at their alma mater.

COVER IMAGE:
PHOTO BY GREG BRUNS

Thirteen years and counting

EDITOR'S NOTES

By Amanda Goossen

My husband and I recently celebrated our 13th anniversary. And to think, no one thought we would last!

With *Arcadia Home & Design* featured inside *Arcadia News* this month, I thought it only fitting to discuss what home means to me.

I was 19 years old when my husband asked me to marry him. In 2002, I was an absolute anomaly. Most of my friends were too preoccupied with their future high-power careers or the frat party happening down the street that night. While I was still definitely thinking about my college classes, I was sure I had met the man I would marry. Waiting to get hitched wasn't even in the cards.

One thing, however, was ringing in my mind as I tied satin ribbons around tiny plastic wedding favors, studied for final exams and packed up my childhood bedroom, preparing to move into our new apartment 400 miles away.

I couldn't cook a meal to save my life.

Actually, I had never done a load of laundry either, but somehow that seemed far easier to overcome.

The entire time we were dating (a whopping five months, but that's another story for another month), we ate at restaurants and devoured Chinese take-out. My soon-to-be-husband was the brother of a Los Angeles chef with high honors. My fiancé was used to eating well and I was sure I would burn down the kitchen.

To me, creating a home and building a family meant meals around a dining room table. It meant our own pots and pans and new dishes. (I didn't spend all that time registering at Macy's for nothing.) It meant cooking in our kitchen and building our list of staple recipes, which we switched out on certain days of the week, each week, on repeat.

I was an old-fashioned girl at heart. Yet I'd never even boiled water.

The thing is though, while I might have been inept at all things domestic, I am pretty obsessive about being prepared and getting things done. I tend to like a challenge.

Within two months, I went on a hunt for recipes. I bought cookbooks and every darn food magazine I could get my hands on. I looked up definitions; I called my hotshot LA chef brother-in-law with all sorts of ridiculous questions, which even led to a culinary tour of Los Angeles.

I studied food like I studied my college textbooks.

And somehow, at some point, I learned to cook. Definitely not right away. But I tried. I wasn't afraid of failure – much to my handsome husband's chagrin – and I kept on it.

Which led to the discovery of one of our family's absolute favorite meals. And to make it even better, the meal has a pretty awesome backstory.

Within the five months of dating my husband, there was a restaurant we frequented quite often. And each and every time, we ordered the Korean-Style Baby Back Ribs appetizer. They were delicious and it soon became a tradition.

Fast forward to my two months of personal food education. I walked through the supermarket and noticed a *Bon Appetite* magazine on the shelf at the check out counter. I tossed it in the cart, thinking I was doing nothing more than furthering my cooking knowledge.

Hours later, sprawled out on my bedroom floor, I opened the magazine to discover it was the annual Neighborhood Restaurants edition. Featured throughout the pages were favorite restaurant recipes from all over the United States.

Excited to see beautifully styled photos with unique recipes, I continued to flip through until I arrived at page 136. I remember stopping. Staring. Knowing I had seen that plate before. The Malibu Chan's Korean-Style Baby Back Ribs were on high gloss paper, shining back at me.

Shocked, I read through to find out they were, in fact, the ribs we had been eating for months.

It was kismet. Or fate. Or whatever you want to call it.

And now, 13 years later, this plate of finger lickin' good ribs is still my husband's favorite meal I put on our family dinner table. These days, however, there are two kiddos joining in on the meal.

Find our family's favorite go-to recipe on page 18 of *Arcadia Home & Design*, tucked inside *Arcadia News* this month.

Enjoy October my friends! And thank you for reading *Arcadia News*.

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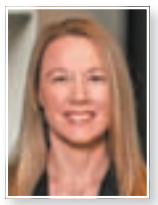
Lowering the cost of litigation

LEGAL *EASE*

By Jennifer A. Cranston

It's no secret that prosecuting and defending a civil lawsuit can be expensive. But there are steps that individuals and businesses can take toward avoiding high-cost litigation. Here are my top three points to lower litigation costs:



Be proactive – Thanks to television and movies, a common misconception is that lawyers do all their work in the courtroom. In reality, there are a number of attorneys who work outside of the courthouse and, in fact, have nothing to do with lawsuits or litigation. These attorneys focus their practices on services that can reduce the chance of a lawsuit if they are consulted early in the process. Examples of such services include drafting corporate documents; preparing estate plans; assisting clients with real estate transactions; and overseeing compliance with regulations governing a variety of subjects, including the environment, employment practices and intellectual property. So my first recommendation is to be proactive by consulting an attorney *before* signing a contract or making a decision that could potentially result in a future legal dispute.

Ask questions – If a legal dispute does arise and it becomes necessary to hire an attorney to prosecute or defend a claim, there are still steps that the client can take to minimize the price of litigation. The first is to ask questions about the cost of litigation, including requesting a budget. Although litigation can be unpredictable, which makes it hard to accurately estimate the time and expenses involved, a budget can identify the major steps in the litigation process and facilitate a valuable cost-benefit discussion. Also, depending on the type of legal dispute, the attorney may be able to offer alternative fee structures such as contingency, phased or capped fee agreements.

Don't sabotage – Clients who are concerned about the cost of a lawsuit sometimes withhold information or documents in the hopes of limiting the amount of work that the attorney will do. Ninety-nine times out of a 100, this strategy backfires because the withheld information or documents ultimately become important to the case and the attorney then has to spend more time (i.e., more of the client's money) reviewing and analyzing the new material. So my final tip is for clients to avoid sabotaging their attorney by making assumptions about what documents and information should be provided. The better – and more cost-effective – approach is to have an early discussion in which the relevant documents and information are identified so that the client can provide those materials promptly.

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

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Dos Puertas Patio Home

4328 N 40th Street · $ 750,000
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Great Camelback Corridor

3132 N Coolidge · $659,000
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4853 E Calle Del Medio · Unpriced- Submit Offer
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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-8/31/2015)

Active Homes -	153 homes
Homes Sold -	209 homes
Average Sale Price -	$969,000
Average Sold $ Per SF -	$299
Average Days On Market -	99 days

There is currently 8 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 27% this year. (based on 2014 sales results)
Home prices have decreased 4% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 4% this year. (based on 2014 sales results)
Homes are taking 17% 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
(1/1/2015-8/31/2015)

Active Homes -	79 Homes
Homes Sold -	141 Homes
Average Sale Price -	$476,000
Average Sold $ Per SF -	$224
Average Days On Market -	121 days

There is currently 5 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 0% this year. (based on 2014 sales results)
Home prices have increased 5% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 7% this year. (based on 2014 sales results)
Homes are taking 35% 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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Steps to avoid seasonal flu

By Ira Ungar, M.D.

If you are worried about you or your family catching the flu this year, there are a few simple steps that can go a long way in prevention:

Get your seasonal flu shot – This applies to both adults and children. Every flu season is different, and influenza infection can affect people differently. Even healthy people can get sick from the flu and spread it to others.

Wash your hands – Frequent hand washing is one of the best ways to prevent catching or spreading germs. Always wash your hands after covering a cough, sneeze and blowing your nose. Scrub your hands with soap, for at least 15 seconds, or rub your hands together with an alcohol-based gel until it dries.

Cover your mouth or nose – Flu viruses are primarily spread through droplets that are coughed or sneezed from an infected person. Try to cough or sneeze into a tissue, or cough into your sleeve.

Avoid close contact – Avoid close contact with those who are sick. If you are sick, avoid contact with others. That means those who are ill should stay home from work, school and other activities.

Try not to touch your nose, eyes or mouth – If you touch something contaminated with the influenza virus then touch your eyes, nose or mouth before washing your hands, you can become infected.

HEALTHY *TIDBITS*

Adopt a healthy lifestyle – Keep your immune system strong by eating a healthy diet, getting plenty of sleep and exercise, staying hydrated and managing stress.

With seasonal flu expected to affect a large number of Arizonans this year, it's important that we all take steps to prevent it from spreading and protect our health.

— Ira Ungar, M.D. is a primary care physician at HonorHealth. For more information, visit HonorHealth.com.

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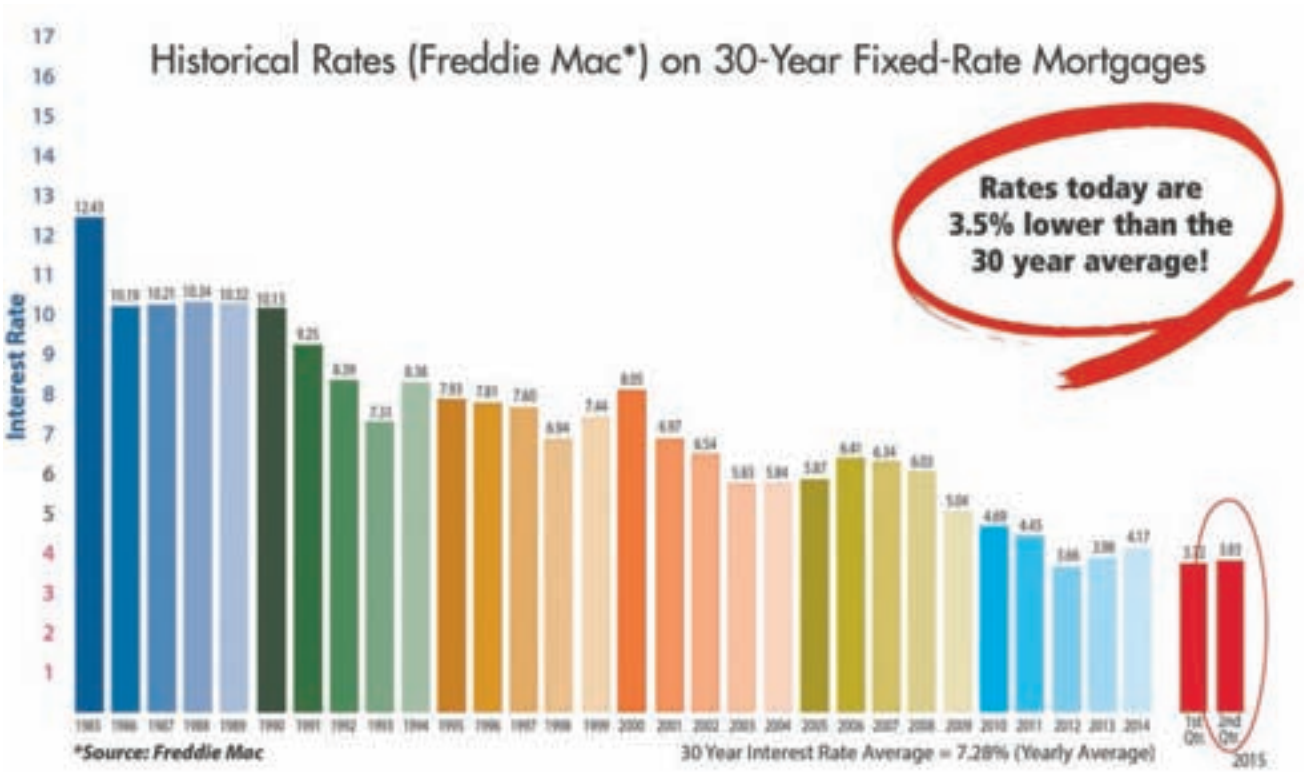

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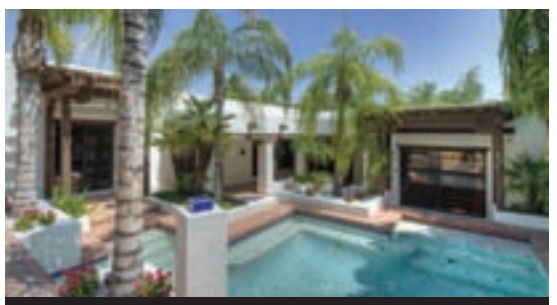

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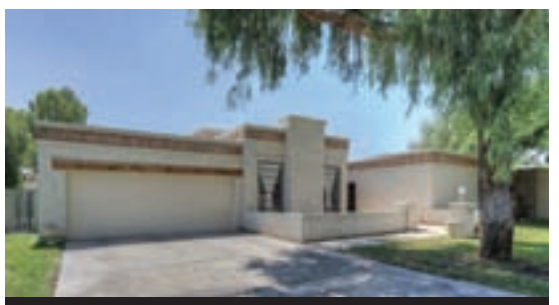

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Cool news from the SUSD

SCHOOL BOARD

By Francesca Thomas

On September 15 the Scottsdale Unified Governing Board held its monthly meeting. A video of the proceedings and all the presentations can be viewed on the new district website: concrete.susd.org. Here are some highlights from the meeting:

New Ice Den Academy – SUSD has partnered with the Ice Den to provide educational services to student athletes training here in Arizona.

Austrian Delegation to visit SUSD – A delegation from Austria is coming to SUSD to see the world's largest solar cooling plant, housed in Desert Mountain High School. Who knew?

IT disaster recovery plan proves its mettle – SUSD had to test its IT disaster recover plan twice last month, once when part of the system went down the day of payroll, and again when cyber attacks by unnamed foreign countries threatened a data breach. Thankfully, improvements made to the system this year proved effective. The board asked IT to consider what next steps are needed to further secure the data and systems currently in place.

AZ Merit scores – The state has released the "cut scores" (scores for levels of proficiency) for AZ Merit, the new statewide standards assessment. Scores specific to SUSD will not be available until October. At that time, SUSD will share with the public the level of proficiency on the standards of SUSD students. The community should understand that scores are expected to be lower than for AIMS as the standards themselves have been raised.

Achievement gaps report – The administration provided comprehensive data on the number of students in advanced placement (college prep) classes at each SUSD high school, as well as ACT and SAT scores, broken down by gender and ethnicity. This presentation was part of the ongoing refinement of the district's strategic plan, and its commitment to the premises that all students can learn and schools should set high standards for all students. The district intends to share this data with site leaders to focus on ways to increase access to honors and advanced classes to all students. This data will also help address nationwide trends, reflected in SUSD as well, indicating that students facing poverty, students of certain ethnic backgrounds, and girls in math and/or science and boys in language arts participate in lower numbers in the most rigorous academic classes.

The next regular board meeting will be held at Coronado High School at 5 p.m. on Tuesday, October 20. As always, this meeting is open to the community and public comment is welcome.

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$749,000 3800 East Lincoln #24
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$2,029,000 5350 East Calle Del Medio
7 bedrooms, 6 baths, 6,263 square feet

$1,995,000 4470 East Valley Vista
3 bedrooms, 5 baths, 5,987 square feet

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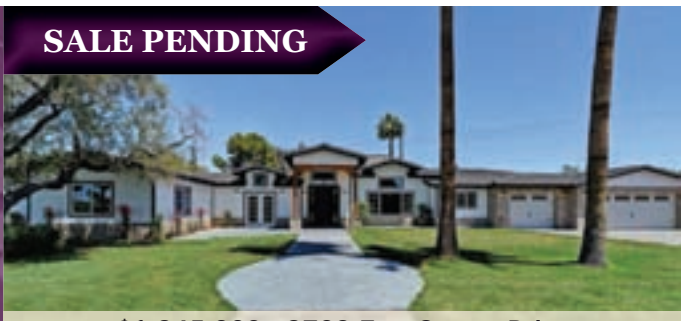

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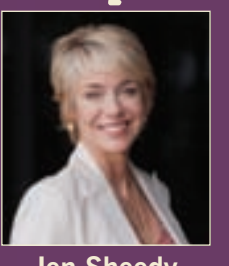

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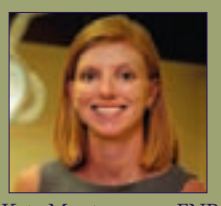
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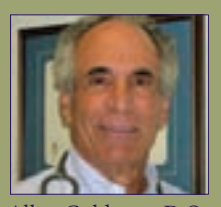
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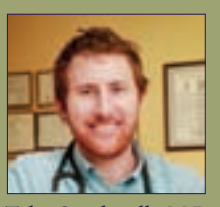
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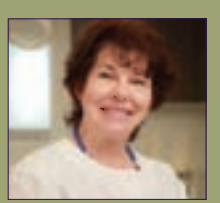
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Principal Pat Reardon (left) and parish minister Fr. Chuck (right) were on hand for the award presentation.

Digging deep to bring her best

TEACHERS *WE LOVE*

By Christina Surrano

When Sophia Salome heard from her mother, Lt. Col. Zoe Ollinger of the Arizona Army National Guard, about the *Arcadia News* Teacher's We Love award, Sophia picked up her smart phone and composed a nomination immediately.

Her favorite teacher, Mary Griffin, teaches seventh-grade religion and literature, as well as eighth-grade math at St. Theresa Catholic School. Sophia is in her second year with Mrs. Griffin and her younger brother, Andy, is in his first.

According to Ollinger, "My two kids are very different in their personalities and they both enjoy her so much."

Hopeful to receive a kidney transplant soon, Mrs. Griffin undergoes dialysis at night so she can spend her days enriching the hearts and minds of her students.

Ollinger shared what she believes the students gain from Mrs. Griffin's example. "They are seeing someone who has a true illness and can still have a positive attitude… Her classes are always fun. So, [they learn] not to sweat the small stuff as much, and try to always look at things in a positive way in life. As opposed to, 'Life is so difficult. I'm not going to put forth my best effort.' They are learning a lot of life's lessons just listening to her teach and knowing what she is going through."

Sophia shared, "I feel like Mrs. Griffin has a relationship with every single one of the students. I'm not just another student in her class. She has helped me through things."

Colleague, Jackie Drummey had this to say about Mrs. Griffin, "Mary goes the extra mile to help prepare the kids for the best possible opportunities for high school, offering study groups, reviewing for the entrance exams as part of her semester final review. She spends hours writing honest, thoughtful [letters of] recommendation and helps kids be aware of what they need to do to have choices in high school and beyond."

The extra effort isn't lost on her students.

"I've always liked school, but math has been my toughest subject," Sophia said. "[Mrs. Griffin] makes it seem so easy. I don't know how she does it. She relates to the kids. In literature and religion, I know so much more because her classes were interesting."

Mrs. Griffin has had a desire since childhood to teach.

"Certain things happened in my life that kept steering me," she said. "Every time I took a step toward teaching, it just made me happier and fulfilled."

Mrs. Griffin's father wanted to teach, but his parents had different ideas for him. Instead, he became an aerospace engineer.

She recalled that he was a great manager because he was such a good teacher. "It was something I always admired about him."

Griffin has been teaching for 19 years, 18 of them at STCS. When asked what her father thought of her career choice, Griffin replied, "I think my dad was proud of the fact that I followed my heart."

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The man behind the suit

BEHIND *THE BUSINESS*

By Amanda Goossen

For Scottsdale resident Tom Simon, discovering his path has been a decadeslong process.

Tom Simon

Tom grew up in the Valley, attended Scottsdale High School and worked for Circle Records at the Fashion Square Mall in the 1970s. For a music lover and musician who played throughout the city for 15 years, working in a record store made sense.

That all changed, however, when Jackson LaBaer, founder of The Clotherie at the Biltmore Fashion Park, walked in to Circle Records one afternoon and offered Tom a job.

"The record store wasn't paying a lot and I owned my own home. I was growing up. It was time," said Tom.

The truth of the matter was that Tom had a lot of growing up to do.

"I had long hair. I had to go to the bank and borrow money to buy a suit. It was 1977 and my life was changing," said Tom.

Tom worked for The Clotherie for the next 14 years. Except for the three times he left… only to return a few months, or even years later.

Each time he returned, he was immediately hired back. There was a special camaraderie at the store that could not be denied.

The last time Tom left in 1991, it was to start his own store, HUB Clothing in Phoenix. When he sold the store after 20 years, it only made sense for a return to The Clotherie.

The store was now owned by Greg Eveloff, who started working at the store only a month after Tom did, in 1977.

"I had spoken to Greg and we decided it was time to start changing things up," said Tom.

Tom and Greg began working together, this time, in 2011, developing a plan for a more modern store. Tom, whose specialty is in the more contemporary items, took the role as a key buyer for the store.

After four years, his return feels like the right move, almost a homecoming.

"The thing about life and ambition…" mused Tom, "You have to go for it. You have to try. And if it gets boring or frustrating, you have to find a way to evaluate, reinvent and just keep it going."

Find Tom's style tips on page 15 of this month's Arcadia Home & Design.

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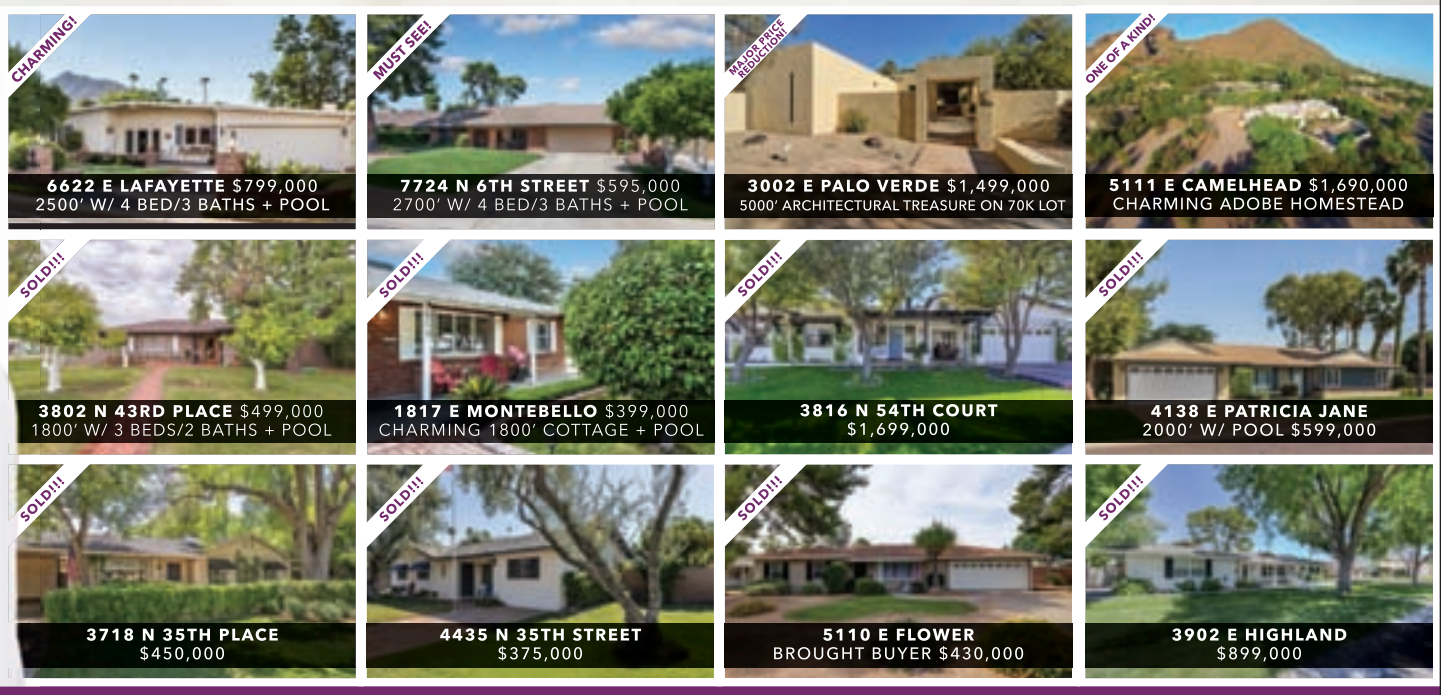

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WHAT'S HAPPENING, *ARCADIA?*

The Great Pumpkin Festival at the Desert Botanical Gardens will be held October 23-25.

FRIDAY OCTOBER 2

Salud! 2015

6:30-10:30 p.m. at Montelucia Resort, 4949 E. Lincoln Drive, Paradise Valley. Proceeds from the fifth annual Salud Signature Wine Dinner benefit Gabriel's Angels, an organization that uses pet therapy for at-risk children in the Valley. The evening's events include a wine reception, dinner, a live auction and live music. Tickets are $300 per person. For more information, call 602-266-0875 or visit gabrielsangels.org.

SATURDAY OCTOBER 3

11th Annual Shopping Extravaganza

9 a.m. to 4 p.m. at the Outlets at Anthem, 4250 W. Anthem Way, Phoenix. Enjoy a full day of shopping and fun at Anthem Outlet's shopping spectacular. Admission is $20 and grants participants one-day-only sale prices, a special lunch, wine and dessert bar and opportunities to win prizes. Proceeds benefit different charities around the Valley. For more information, call 623-465-9500 or visit outletsanthem.com.

SUNDAY OCTOBER 4

Walk for Hope

8 a.m. start time in the SRP parking lot, 1600 N. Priest Drive, Tempe. The 19th annual Walk for Hope to cure breast cancer has arrived. Registration begins at 6:30 a.m. and the walk starts and ends in the SRP parking lot and will wind through the Phoenix Zoo. In addition to supporting a cure for breast cancer, guests will have photo opportunities and can win a Walk for Hope shirt when they raise $50 or more. Advanced registration is $30; day-of registration is $40. For more information, visit nationalevents.cityofhope.org.

SUNDAY OCTOBER 11

Tour de Scottsdale

6:30 a.m. at Market Street at DC Ranch, 20555 N. Pima Road, Scottsdale. The 12th annual Tour de Scottsdale features two courses, one at 70 miles and one at 30 miles. Hosted by the DC Ranch Community Council, this event benefits the McDowell Sonoran Preserve. All types of bikes are welcome as long as it's safe to ride in large groups. The entry fee starts at $50 and the tour is capped at 2,000 people, so register soon. For more information, visit tourdescottsdale.net.

SATURDAY OCTOBER 17

Arizona Taco Festival

11 a.m. to 7 p.m., Oct. 17-18, at Salt River Fields at Talking Stick, 7555 N. Pima Road, Scottsdale. The sixth annual taco festival is back again with over 50 teams competing to win a $10,000 prize. Entertainment includes Lucha Libre wrestling, a tequila expo, live music, eating contests, great drinks and delicious food. Admission prices vary depending on events, but general admission is $12. For more information, call 480-270-5000 or visit aztacofestival.com.

FRIDAY OCTOBER 23

Howl-O-Ween

6:30-10 p.m., Oct. 23-24, at the Phoenix Zoo, 455 N. Galvin Parkway, Phoenix. Celebrate Halloween early with this event for all ages. Two categories of events are offered: those for all ages and those for age 8 and up, who enjoy a scare or two! Dance parties, magic shows, a costume contest, headless horseman sightings and a monster safari tour are a few of the activities planned for the evening. Admission is $12 for nonmembers.

WHAT'S HAPPENING, *ARCADIA?*

For more information, call 602-286-3800 or visit phoenixzoo.org.

The Great Pumpkin Festival

8:30 a.m. to 12 p.m. on Oct. 23, and 8:30 a.m. to 3 p.m. on Oct. 24-25, at the Desert Botanical Garden, 1201 N. Galvin Parkway, Phoenix. Attending the Pumpkin Festival is a Halloween tradition for many families. Take a hayride to the pumpkin patch to find the perfect pumpkin. Other activities include a hay bale maze, pumpkin decorating, petting zoo and live music. General admission is $22 for adults and $10 for kids. For more information, visit dbg.org.

Howl-O-Ween at the Phoenix Zoo.

The Arizona Taco Fest.

SATURDAY OCTOBER 24

Balloon Spooktacular

5-10 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. A Halloween event for the whole family, join the balloon spooktacular with hot air balloon rides (cost is extra), live music, food and drinks, a haunted house and most important, candy! There will also be a kids zone and a costume contest. General admission is $10 for adults and $5 for kids. For more information, visit srfballoonfestivals.com.

SUNDAY OCTOBER 25

Fifth Annual Bentley Scottsdale Polo Championship

10 a.m. to 6:30 p.m. at WestWorld, 16601 N. Pima Road, Scottsdale. Be a part of the game at this year's Bentley Polo Championship. Not only will attendees enjoy the games, but they also get to preview the 2016 Arabian Horse Show and Barrett-Jackson Collector Car Auction. This and more events will be occurring at WestWorld on Oct. 25! Tickets range in price, but general admission is $27.50 at the door. For more information and ticket prices, call 480-423-1414 or visit thepoloparty.com.

FRIDAY OCTOBER 30

Haunted Hotel Ball

9 p.m. to 2 a.m., Oct. 30-31, at The Saguaro Scottsdale, 4000 N. Drinkwater Blvd., Scottsdale. The Saguaro will transform into a ghoulish landscape for this 21 and over event. There will be a costume contest, and on Saturday afternoon there is a masquerade pool party. Don your best costume and get tickets soon. Prices vary from $45-$100 per person. For more information, call 866-760-8324 or visit hauntedhotelball.com.

SATURDAY OCTOBER 31

Halloween in the Hills

4-8 p.m. at Avenue of the Fountains, Fountain Hills. This is a family friendly, trick-or-treating, candy-eating event. Join in the fun with games, rides, bounce houses, costume contests and more. Four-legged family members are also allowed to tag along. For more information, call 480-837-8168 or visit halloweeninthehills.com.

SUNDAY NOVEMBER 1

Desert Gathering Jewish Music Fest

2-6 p.m. at Steele Indian School Park, northeast corner of Indian School Road and Central Avenue, Phoenix. Come take a seat and let the music move you at the third annual Jewish Music Fest. This free event showcases every genre of music, from kosher hip-hop to rock and roll. Grab your family, grab a blanket and get ready to enjoy an afternoon of music and culture. For more information, call 602-515-2304 or visit desertgatheringaz.com.

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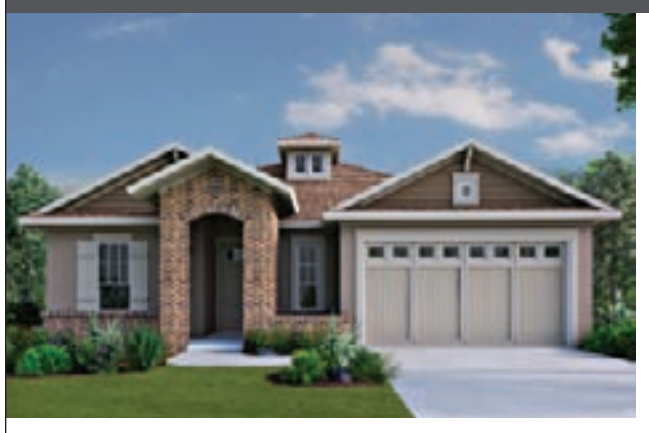

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Exchange program sends Little Leaguers to Taiwan

By Lindsey Greenwood

Not many 11- and 12-year-olds get the opportunity to travel abroad – let alone play baseball – in a foreign country. The Arcadia Little League All-Stars are breaking the norm and traveling to Taiwan as part of an exchange program, according to Arcadia Little League president, David Davis.

The trip to Taiwan is the second part of a baseball-themed exchange program between a team from Taiwan's Tainan City, who visited the Valley last year, and two local Little League teams from Scottsdale and Chandler, said Davis.

The players will begin their weeklong journey on September 27 and will play five games in the 2015 Giant International Junior Baseball Championship with 40 other Taiwanese teams and one other U.S. team from Chandler, said Davis.

The Arcadia All-Star players were selected from about 10 teams within the Arcadia Little League. The players who made the All-Star team were voted on by players and selected by coaches, Davis explained.

Jeff Wasson, the head coach of the team, is excited about the athletic experience the team is going to have while playing abroad.

"I am excited to see how the kids compete. I know we are going to have a great experience, but I can't wait to see how the team stacks up to teams in other places," said Wasson.

The Arcadia Little League team consists of 12 players and six coaches with every player traveling with at least one parent or coach, said Karie Dozer, a parent going to Taiwan with the team.

"They are going to learn so much more than they would in a classroom," said Dina Musselmann, a parent who is taking her whole family to Taiwan to watch her son, Justin, play.

The boys will have the opportunity to see Taiwanese landmarks and experience a new culture, since the team will do a two night home stay with host families, stated Davis.

"I hope that they learn that they live in a very fortunate environment. I hope that they learn that they are ambassadors for our neighborhood, our city and for the state of Arizona," said Davis.

Some of the players are excited, but also curious about what's to come.

The Arcadia Little League All-Stars are made up of selected players from 10 teams within the league.

"I am looking forward to sightseeing and the memories," said All-Star player Mason Davis, "And comparing the way they play baseball to the way we play here."

The boys are concentrating on playing baseball and hope to prove that they can hold their own on the international stage.

"I am looking forward to seeing their baseball," said teammate Justin Musselmann.

Nate Holloran added that he has been preparing both mentally and physically to play his best in Taiwan.

The Arcadia Little League is thankful for the community's support, especially the support of Scottsdale Mayor Jim Lane, said Davis.

"We had great support from both corporate and local sponsors through the City of Scottsdale," said Davis. "We are super proud of these boys. It is a great group of kids. The boys play the game with sportsmanship. We couldn't be prouder of them for that."

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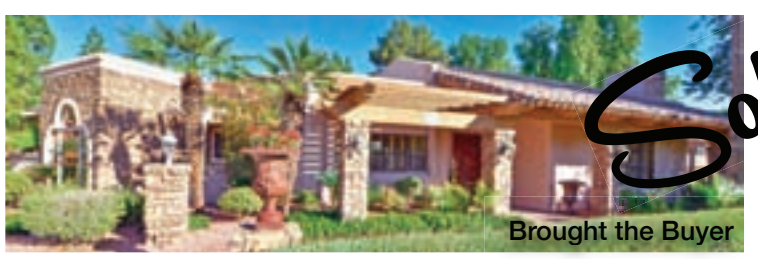

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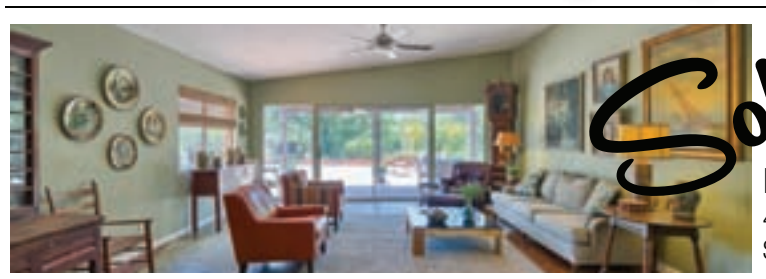

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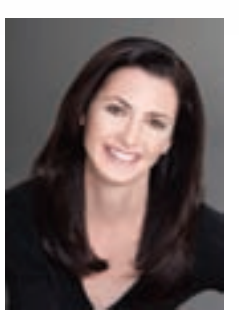

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Second year for Red Bag Project benefitting homeless

By Mallory Gleich

Grace Schlenker (left) and Sarah Harman are 8th graders at Ingleside.

A year ago, Grace Schlenker had an idea. An eighth-grader at Ingleside Middle School, Grace noticed the growing number of homeless people in the area, and decided she wanted to do something to help.

"I figured even if I can't stop homelessness, I can at least help the homeless people we see on the streets by giving them bags of necessary items," Grace said.

Thus, the Red Bag Project was born. During the holiday season, Grace enlisted the help of fellow members of her swim club and together they raised $214.

With this money, Grace and her friends assembled 24 bags to hand out to the homeless. These bags included items such as socks, tissues, floss and bottled water. The group also included a Subway sandwich and gift card to McDonald's.

"We are both very proud of Grace and her friends," said Linda and Brent Schlenker, Grace's parents. "On Christmas Day, when their friends were enjoying their gifts, Grace and [her friend] Sarah were in downtown Phoenix delivering gifts to the homeless. It was really something to see, how grateful they were for the gifts,"

The red bags were such a success that Grace decided to continue her project, only this time she wanted to make it bigger.

Grace and her friends created a website called redbagproject.com, which includes details and prices of the items included in the bags.

They've also started a Go Fund Me page to accept donations. So far, they have reached $1,200 of their $2,300 goal. Once reached, Grace and her friends plan on handing out 100 red bags to the homeless.

The Red Bag Project will also hold bake sales to raise money for the bags. The first bake sale is November 8 at a Phoenix Country Day School swim meet. People can come and buy baked goods or donate to the cause.

"It made me really happy to see how much the gifts meant when we delivered them," Grace said.

"I was so sad when we didn't have any more [to give out], but then I saw people sharing their gift bags with others, so that everyone could have something. That is when I knew I wanted to come back with more this year."

— For more details, or to donate to the cause, visit redbagproject.com *or gofundme.com/redbagproject.*

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Saturday October 3

AZ Cancer Village Fun Run

What better way to celebrate the fall season than by joining in the first AZ Cancer Village Fun Run? This event is hosted in collaboration with The Joy Bus, Don't be a Chump! Check for a Lump!, and Singleton Moms. All three organizations are locally run and cater specifically to cancer patients. The race is from 9 a.m. to 2 p.m. at Steele Indian School Park, 300 E. Indian School Road, in Phoenix. With a 5K and 1-mile run, enjoy a leisurely pace or compete in a more upbeat fashion. The event will have live music, local crafts, food trucks and a beer garden. Registration costs $35 for individuals, $20 for survivors, and guests 17 and under are also $20. AZ Cancer Village and the *Arcadia News* Book Club have partnered for this event, so contact Amanda@arcadianews.com to find out how to join the *Arcadia News* running and walking team. For more information, visit azcancervillage.org.

Saturday October 10

Frank Kush Foot Race

Have you dreamt of being able to run for charity at a beer festival? The Frank Kush Oktoberfest Foot Race is your chance! Your participation benefits the Frank Kush Youth Foundation, a group that supports youth activity and involvement and Tempe Sister Cities, which aid in international student exchanges, educator exchanges, humanitarian efforts, and multicultural youth programs. Fees range from $20-$30 and increase by $5 on race day. Each participant is provided with an event shirt and mug with price of admission. For more information, visit tempeoktoberfest.com.

Sunday November 1

stepNout Run/Walk/Dash

Come run with TGen Pancreatic Cancer Research at their 10th annual stepNout Run/Walk/Dash! This event starts at 7:30 a.m. and is located at Scottsdale Sports Complex, 8081 E. Princess Drive, in Scottsdale. Proceeds benefit the Translational Genomics Research Institute. TGen is a Phoenix-based nonprofit medical research center that works to discover causes of and develop treatments for pancreatic cancer, as well as promote public awareness about the disease. Price of admission varies. For more information, visit tgenfoundation.org/step.

Saturday November 7

Color Dash

Needing a little color in your life? Come run with Color Dash and douse yourself in a variety of fun colors while supporting a worthy cause. Fifty percent of each ticket price is donated to Sharing Down Syndrome Arizona. This organization is based in Phoenix and works to educate the community and provide support for families and individuals with Down syndrome. Color Dash takes place at Freestone Park, 1045 E. Juniper Ave., in Gilbert and starts at 10:30 a.m. Price of admission for a single individual is $40, team of four is $35 and children (5 years and under) are free. There are multiple family discounts depending on size that can be found on the Color Dash website. A ticket must be purchased to gain access to this event. To purchase tickets, visit newcolordash5k.ticketmob.com and select the appropriate location.

Saturday November 14

Veritas Victory Run

Enjoy friends, family and fall weather at the second annual Veritas Victory Run. This timed 5K will take place at 9 a.m. on the SRP Canal at Arizona Falls. Fees start at $35 for an individual, family (three or more members) is $100 and non-runner entries that wish to receive a shirt are $12. Proceeds from this run support various programs at both Archway Veritas and Veritas Prep Schools. For more info please visit veritas5kvictoryrun.itsyourrace.com.

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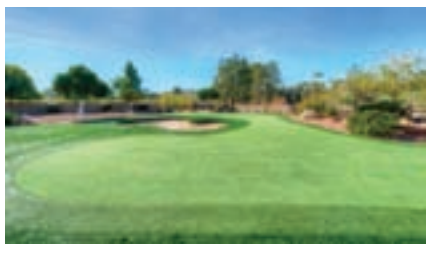

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Neighborhood mom organizes goody bag donation drive

By Rachael Bouley

Thanks to the generosity of the Arcadia neighborhood, local mom Meredith Stewart was able to create over 900 goody bags for foster care children in August.

Ten years ago, when she served as a Girl Scout leader, Meredith organized a one-time project where kids helped assemble Ziploc bags filled with juice boxes, packaged snacks and small toys. These goody bags then went to children in the foster care system. Meredith and her sister, a social worker for the Arizona Department of Child Safety, came up with the idea.

"Kids who come from troubled families often get shuttled around a lot. My sister ends up driving kids around and picking them up. Very often, they are hungry, bored and tired," Meredith said.

Meredith explained that the goody bags helped cheer the kids up and gave them something to get excited about. The social workers appreciated the bags because they were something that occupied the kids.

Each bag contains a juice box, a prepackaged snack like crackers or a granola bar, and a small toy, such as stuffed animals, books or crayons.

The goody bag project resurfaced in August 2015. Meredith is a member at Scottsdale United Church of Christ, which decided to give $100 to one member of the church so that the person may spend it helping and giving back to the community. She was drawn as the winner, and while deciding how she could help, remembered her goody bag project from years ago.

She spent the $100 at Costco, purchasing as many juice boxes and snacks as possible. Then she turned to Nextdoor, a free app designed for neighborhood information, to spread the word. She encouraged people to donate, and the response was incredible.

> ***In less than two weeks the Arcadia community donated enough supplies to fill over 900 goody bags.***

"It was unbelievable. So many people said we really want to contribute and we really want to help. I ended up meeting so many nice people," Meredith said. "I knew people were going to be helpful but I didn't know how helpful and incredibly generous people were."

It took less than two weeks to gather enough donations to put together over 900 bags. Meredith organized a group of 15 family members and friends and they spent a little under two hours assembling all the bags.

"It was really fun because our youngest was a kindergartner and the oldest was my mother, who is 88. We had a huge assembly line going in three different parts of my house. It was totally a labor of love."

When it came time to transport the goody bags to the social workers' offices, the boxes wouldn't fit in Meredith's suburban. They needed a state van to help transport all the goodies.

After the success of this project, she decided to do it twice a year, once the social workers run low on bags.

As for the Arcadia neighborhood, it's an ongoing opportunity to teach kids about giving back to less fortunate children.

"I really hope that people can teach their young children about giving and helping other people. I think a lot of times people don't know how to do that or where to donate," Meredith said. "There is a ton of need out there and this was just a little something that people can do to make a big difference. And the kids loved it."

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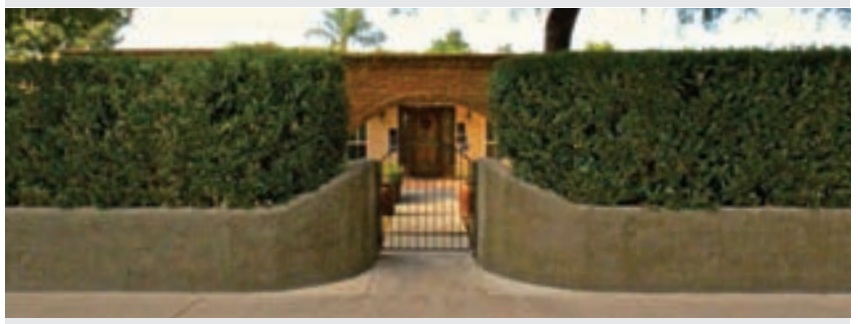

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PlanetDonate: The new way to recycle and raise funds

By Ava Lasiewski

PlanetDonate is a company brought to the United States by Doug Kiggins, an Arcadia resident who saw an opportunity to change the way clothing donations work.

According to their website, PlanetDonate is a planet-friendly clothing collection and recycling company that helps organizations raise money through the collection of unwanted clothing and shoes, shipping them to people who need them around the world.

To further the mission of his company, Kiggins recently created a campaign through PlanetDonate titled *Give a Shirt*.

"Our goal is to establish a movement in the Phoenix metro area and potentially in neighboring cities and states. *Give a Shirt* is designed for companies that want to come together and collect textiles to benefit their charity of choice," said Kiggins. "Not everyone can or will write a check for charity, but just about all people can or will clean out their closets and donate a bag of old clothes!"

PlanetDonate began after Kiggins visited a conference in October 2013 in Washington, D.C. The conference promoted United States investments to foreign companies; he was there representing the Arizona Commerce Authority.

During the conference, Kiggins met two men from Guatemala. He immediately approached the men because his son, Clay, had just visited Guatemala on an immersion trip and had returned with a new perspective on life.

Doug and Lori Kiggins were inspired to start their business after their son's trip to Guatemala.

"My son stayed in an orphanage for five days with kids who had nothing but each other. He remarked how happy they were and how little they had."

After meeting the two Guatemalan men, Kiggins learned they were brothers who had started a remarkable business.

"The brothers had started a business in Guatemala 14 years ago with no money," said Kiggins. "They imported a container full of [Americans'] old clothes into Guatemala City and started selling the clothes."

Since the start of their company MegaPaca, the men have created 3,000 jobs, and now have 65 discount stores across Guatemala and Central America.

Kiggins was interested in the two brothers' business model, so he came back and started researching textile recycling. Every year between 70 and 80 percent of the clothes in the United States make their way to a landfill.

Donation bins, according to Kiggins, help but do not solve the landfill problem. Many items, which people think will be unusable to others are thrown out, rather than donated. This is where Planet Donate steps in. Their use goes a step further than simply selling the clothing for profit or charity.

According to Kiggins , the demand in lesser-developed countries for our discarded textiles is high. The number of jobs that can and have been created around recycling textiles as well as the industry's use for the ground up fibers is great. Such fibers can be turned into carpet padding, seat/furniture padding, insulation, conversion to rags, made into other pieces of clothing and used in mattress production.

Kiggins hopes to create awareness in the community and educate youth about recycling and reusing clothing and textiles. PlanetDonate hosts clothing drives at various schools, churches and businesses, and Kiggins teaches sustainability to boy scouts.

"We believe in the importance of educating youth on the benefits and necessity of living sustainably. What it means to Reuse, reduce, and recycle," said Kiggins. "I'm hopeful that just maybe we can help build environmentally conscience and charitable citizens."

Now working closely with MegaPaca, Kiggins has big plans for his company.

"My hope for PlanetDonate is to continue what we are doing in Phoenix and take the message across the Southwest. Helping keep textiles out of landfills, create jobs, and to support my family along the way."

To find out more about PlanetDonate or to request a donation bin, go to planetdonate.org.

From life-threatening to life-giving, one mom pays it forward

By Christina Surrano

Ann Rodarte is a warm-hearted giver. One of eight girls born to Irish-Catholic parents, she and her husband, Lou, are working parents with three grown children and a daughter in her last year at Arcadia High School.

A little over two years ago, a gray cloud enveloped their lives. Two weeks after attending the funeral for a friend, they had to tell their daughter that Ann had cancer.

Volunteering at the ANLC garden is part of Ann's world that was threatened by cancer.

In the beginning, amidst the overwhelming onslaught of information that came, Ann simply wanted to know if she would survive. Then came the practical questions: Will my children be ok? What will happen if I don't work? Will my insurance cover everything? And lastly, what will happen to me?

Ann had stage 2 breast cancer. Treatment would entail chemotherapy, a double mastectomy and five weeks of daily radiation. The first round of chemotherapy was much worse than Ann had expected.

"I can remember thinking this must be what it feels like when [death] is going to happen to someone."

Her daughter's first day of high school was the day Ann had to shave her head.

Ann recalled with pity and a chuckle, "Poor Reiley Rodarte ended up with two bald parents on her first day of high school."

She remembered the change that illness brought to their everyday lives.

"We're parents. We raise our kids. We work. We do all of the activities. We volunteer," said Ann. "What happens to you when you have to give that up? That is so hard to give up."

There were circles of caregiving people who surrounded Ann and her family.

First there were the medical experts. They broke down the information, helped take some of the fear away and administered treatment.

Next came their family members who brought tender and meaningful gifts of comfort, family heritage, tradition and religious significance: an Irish wool blanket; holy water from Knock, Ireland; and Mass cards for Catholic services said for her.

And then there was the Arcadia Neighborhood Learning Center community. Lou and Ann had spent nine years developing close relationships and volunteering there while their daughter received her kindergarten through eighth-grade education.

There were beautiful meals brought to them from school families, words of encouragement and gifts. Friends checked in with Lou. They asked Reiley how she was doing and took her out. Kindnesses came not just from friends, but also from mere acquaintances. People reached out and offered support to the whole family.

"You want life. You want good stuff happening to you," Ann said. "Every single piece of light that comes your way, every single kindness, goodness, generosity, it just raises you up…Medical treatments heal, but so do people."

After her last round of the yearlong course of chemotherapy (Ann is now in remission), Lou encouraged Ann to attend a ceremony at ANLC. It was about the tortoises their family donated a couple of years ago and their return to a new habitat. Since Ann had been away from the school for the year, it was an emotional reunion.

It was at this event that she took the opportunity to ask what she could do to show her appreciation for all of the loving support.

Ann and Lou had once been instrumental in keeping the school gardens alive and they also helped create and oversee the Chef in the Garden program at ANLC. This is a program in which local chefs generously give their time and materials to help the students prepare healthy snacks, often incorporating produce from the ANLC gardens.

Even when Ann and Lou's daughter moved on to high school three years ago, with no one to take their place as garden coordinators, they continued to help lead the program at ANLC.

However, the year that Ann was fighting cancer, the gardens went fallow. They still had community volunteers willing to help, but without coordinators, not much happened. The principal answered Ann's question of how she could show her appreciation for the support by asking her to come back and volunteer in the gardens.

Ann explained her reply, "I said, 'If this is what you need, then this is what I'll do. I can do this for you. No problem.'"

For Ann, giving back was also a part of recovery.

"I think a lot of women go back to support the breast cancer organization. Maybe I didn't have enough courage to go back and associate with breast cancer," said Ann. "But to align with kids and green and growing and all of the people who had helped me… you have to pay it forward."

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Get in the string of things

By Lisa Weisenburger

"I mean, give me a guitar, give me a piano, give me a broom and string, I wouldn't get bored anywhere."

— Keith Richards

I am right there with ya, Keith! Recently I've been obsessed with string art. A few weeks ago a friend mentioned she was considering a craft project for a group of fourth-graders using stained wood, thread or yarn, and nails with heads to create a design or image. I couldn't help falling in love with the simplicity of this craft project. I was immediately transported back to my childhood and the memory of black velvet string art hanging on many living room walls.

It is believed that string art originated as a tool to make math equations more interesting to children, according to stringartfun.com. The first recorded use of straight lines to form curves was by Englishwoman Mary Everest Boole (1832-1916). This was called "curve stitching." In 1909, Boole published a book called *Philosophy & Fun of Algebra*.

I don't think of string art and algebra in the same thought, but I do remember a lot of intricate string sails on ships and Spirograph-style artwork back in the day. This string art project seems simpler and perhaps has a broader appeal to all age groups depending on the chosen design.

KIDS *CORNER*

For younger kids you may want to hammer the nails yourself, choose a simple line art image, and use small or no strand twine or yarn. Spacing the nails out to about 1 inch will also make it easier for little hands.

We did a pumpkin because it is appropriate for the season. It will have a happy place on the mantel through Thanksgiving this year. However, I'm already strategizing the green Christmas tree with a gold star on top, or the giant monogram for the newlywed's gift, or the pretty pink heart for Valentine's Day. So much fun!

We loved this project because including sourcing the wood (which meant having grandpa scrounge through his salvage pile) and the quick shopping trip for embroidery floss, this craft was done in just a few hours.

PUMPKIN STRING ART

- line art pumpkin image, printed out or drawn on white paper
- 9-inch square piece of stained wood
- masking tape
- 60-80 nails, 3/4- to 1-inch long with heads
- 2 skeins each of two shades of orange embroidery floss
- 1 skein of green embroidery floss

Print or draw your desired image onto a piece of white paper.

Secure the image to the wood board with a piece of masking tape.

Hammer the nails along the lines outlining the image, sinking the nails in at least one-quarter inch and placing them at least one-half inch apart. Tear the paper away.

Depending on where you start – the pumpkin or the stem – choose orange or green embroidery floss. Tie the thread to first nail with double knot. Start stringing the colored embroidery floss between the nails however you like. Ours was random with no pattern. Continue until you are satisfied with the string coverage. We used two shades of orange to give the pumpkin some interest. The green floss is done the same way for the stem.

Keep in mind, you may wish to occasionally knot your string to one of the nails so that if tension is lost, you won't lose your entire design.

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Healthy market inspired by owner's breast cancer fight

LUCI'S HEALTHY MARKETPLACE

1590 Bethany Home Road
lucishealthymarketplace.com

By Amanda Goossen

"Life doesn't have a script for you," said Lucia Schnitzer, owner of Luci's Healthy Marketplace. "It's what you make of it."

Speaking from personal experience of triumph over tragedy, Lucia talked of her path to opening her wildly successful Phoenix market and coffee shop with passion as well as heartache.

"I was nursing my baby and I felt pain," said this now mother of four. "Aviva was my first baby and I thought it was a clogged milk duct."

While her first child was just six months old, Lucia was enjoying the time as a first time mom. She was unaware however, that Stage 2, triple-negative breast cancer was growing inside her body.

Triple-negative breast cancer occurs in about 10-20% of diagnosed breast cancers, is more difficult to treat and more likely to spread. Stage 2 means the cancer has spread to the body's lymph system.

"I didn't see a lump for awhile, but three months after feeling initial pain, I did see something. I immediately showed my husband."

Ken Schnitzer, Lucia's husband of just 17 months, jumped to action.

"He completely freaked out," said Lucia. "He took me to the doctor the very next day."

The first doctor appointment led to an eventual diagnosis: an aggressive and rapidly growing form of cancer. The initial pain was ductal carcinoma, which is the presence of abnormal cells inside the milk duct of the breast. This type of cancer forms in the lining of a milk duct within your breast.

Surgery to remove the cancer was done immediately. Chemotherapy and radiation filled the Schnitzers' lives for the next six months.

"I was heartbroken because I was suddenly forced to quit breast feeding cold turkey," whispered Lucia, through tears. "I had to sit down and talk with her, as I held her in my arms. I told her I was sorry but I had to get better."

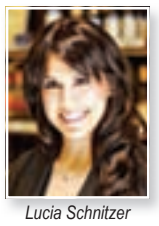
According to Lucia, Aviva never again even motioned to nurse. She took a bottle with ease. For both mother and child, it was an emotional, yet bonding experience.

"She is my special girl. She just understood and although the next six months was a complete blur, it also made us incredibly close."

While battling the fight of her life, Lucia credits her husband with being her biggest cheerleader.

"He was so supportive and since then we've been able to build such a beautiful life."

It was her cheerleader, Ken, who dreamed up the business that now proudly holds her name.


Lucia Schnitzer

"I was sitting one morning in the hospital, getting my [chemo] cocktail and Ken walked in and said, 'What do you think about opening a market and coffee shop?'"

Obviously dumbfounded at the timing, Ken kept talking to his wife, who sat in shock.

Ken explained that he couldn't stop thinking about *why* his healthy, beautiful, 36-year-old wife had cancer. He wanted to know how it was possible. His research had led to the food people ate and the products people use.

"He was dreaming of a place that would offer good food, chips, even deodorant…that could be trusted," said Lucia. "Things made from whole foods, natural ingredients."

Ken was passionate. His wife promised they would revisit the idea as soon as she finished her treatments.

"The day after I finished my last chemotherapy treatment, he said, 'So, are we gonna do this?'" Lucia laughed.

With family support – especially from Ken's mother, who had battled cancer herself, as well as opened a small business with her own husband when they were newlyweds – Lucia agreed to giving it a chance.

"My mother-in-law is amazing. She has given us great advice."

Such advice includes knowing who is boss. As Lucia admits, Ken is the boss at work. She is the boss at home with the house and the kids. And in each case, they are a united team.

Now in remission, with four children between the ages of 9 and 2, Lucia is proud of what they've been able to create since Luci's Healthy Marketplace opened six years ago.

As the crowds flow through the door of Luci's, the family's connection to the neighborhood is apparent. Guests greet Ken and Lucia more like family than as the owners of a market.

On multiple occasions chitchat between Lucia and restaurant patrons regarding recent vacations or even customer's health problems can be overheard.

To Lucia, these connections are the benefit of having a business in your own backyard. A place you love and a community you are a part of.

"People ask me how I did it," said Lucia, smiling through tears. "I tell them, 'We all have the strength within us. It's how we tap into that strength.'"

She continued, "All I know is I kept asking God, 'Why? Why? Why me?' And the moment I stopped asking why, it was a mind shift. I knew I could get through it."

To Lucia, cancer was her stepping-stone.

"This is our business. But it is also our community," said Lucia. "This all goes so much deeper."

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Longtime Phoenix chef welcomes you into his House

PLACES *WE LOVE*

EDDIE'S HOUSE

7042 E. Indian School Road
Eddieshouseaz.com

By Amanda Goossen

Chef Eddie Matney, owner and chef at Eddie's House in Old Town Scottsdale, wants nothing more than for his guests to feel at home in his restaurant.

"If I knew someone well and invited them to my home, what would I cook for them?" asked Eddie. "I think about that with my menu and each time I'm behind the [cooking] line."

Meet Matney once and you'll immediately feel at ease. Meet him twice and he'll remember your children, what you do for a living and what you like to eat. His presence is larger than life, yet comforting like an old high school pal.

Watch guests arrive to the restaurant and you'll realize you aren't the only one he knows well. Acquaintances quickly become his friends and the best part about it is he is incredibly sincere, both with his restaurant guests and with his love for the food he puts on the table.

"The fun thing about what I do is I still love to cook," said Matney. "I love to cook at the restaurant, I love to cook for friends and I really love cooking for my wife."

Matney grew up in North Adams, Massachusetts where cooking was always a huge part of his life. In his Lebanese home, cooking and gathering with family and friends was simply a way of life.

"I was cooking when I was 8 years old; we just all pitched in."

Although he never set out to be a chef, Matney started working as a dishwasher at The 1896 House in Williamstown, Massachusetts at 15. The summers were busy but as the fall and winter seasons made for slower weeknights, the kitchen staff allowed their young apprentice to help prep. Little did he know, within a year he'd be running the broiler station.

"After awhile, I was prepping during the day for weekend wedding events and moving up to the broiler for nighttime shifts," said Matney. "It was definitely an education and I just sort of fell into it."

From there, Matney moved to Stockbridge, Massachusetts to work in his uncle's gourmet deli. Mary Tyler Moore and Christopher Walken were frequent guests.

Phoenix called Matney's name in 1987, when he was asked to work with Big 4 restaurants and become the executive chef for Steamer's Genuine Seafood at the Biltmore Fashion Park.

Matney worked for Steamer's for two years, before opening his own restaurants Kous Kooz, Eddie's Grill, Eddie's Art Museum Café, Eddie's Patio Café (at the Desert Botanical Garden), Eddie Matney's and then in 2008, Eddie's House, where he's been running the kitchen and making friends with guests for seven years.

Chef Eddie Matney plates Lobster Rolls during Chef Eddie, Unplugged. PHOTO BY AMANDA GOOSSEN

"The fun thing about what I do is I still love to cook. I love to cook at the restaurant, I love to cook for friends and I really love cooking for my wife."

The menu at Eddie's House is New American, with bold flavors that always push the envelope.

"I think New American is really the way Americans eat these days," said Matney. "We are a melting pot and our food shows that, with Mediterranean overtones, sometimes hints of Asian influence – it really just ties everything in."

And now, this summer the chef started what seems like the most fitting feature of his restaurant, Chef Eddie, Unplugged!

Reservations can be made for a night at the Chef's Table, where guests sit at a comfortable bar area, which looks straight into the kitchen. Chef Matney takes position directly in front of his guests, poised with a cutting board and his imagination.

"I ask the guests if they have any aversions, allergies, restrictions and then I go into the walk-in [refrigerator] and start looking around. I stay out of the walk-in all day when I know I have a reservation for Unplugged because I want to be in the moment, I want to figure things out as I go with no preplans."

Unplugged music performances were the inspiration behind the chef's latest idea, giving him a connection with his guests while opening him up to creativity and allowing him to stay in the moment.

"It's as if we are in my house and I'm just cooking for you, what you want to eat and what I want to make for you."

CHEF EDDIE UNPLUGGED

Two weeks ago my husband and I had a babysitter for the first time in months. Poised for a night out, we were excited to try a new experience, Chef Eddie Unplugged. With my love for food and chitchat, I felt it was a great way to get to know the man behind everything I was about to eat.

My husband wasn't as intrigued by the activity. The first night alone in months was not meant to be with an animated chef talking to us throughout our meal.

Let's just say, it worked out for all. It was one of the most enjoyable evenings we've experienced in years.

We sat down and were greeted by Chef Matney, who asked us our food preferences. Once we assured him that we eat any and everything put before us, we watched as the wheels began turning in his head.

He walked around; gathered items, headed to the fridge, asked his cooks to pitch in on side elements of the plate. He returned to his cutting board with knife in hand and a beautiful filet, which he then diced. I was stunned. Who chops up such a gorgeous piece of plump red meat?

He is the expert for a reason.

Before long, we had beef tartar atop a crisp cucumber slice, with a dash of chili oil. Plated in threes, each serving was presented as if the chef had been designing such an appetizer for years.

What followed was a Smoked Pork Shank with Fried Green Tomatoes and Bacon Aioli, Atlantic Cod with Mashed Cauliflower and Shrimp Essence, Mini-Lobster Rolls with Sumac Fries; and Warm Pita topped with Humus, Diced Lamb Chops and Cucumber.

Each course came with discussion in between; when we talked about our love of Lebanese cuisine, the pita was soon placed in front of us. Our conversations with the chef – whether about food or not – was obviously inspiring the man behind the knife.

We felt his excitement. It showed in his artful presentations on the plate. By the imaginitive man in front of us. And by the fresh taste of the food before us. Chef Matney carefully crafted dishes just for us, resulting in a true night to remember.

Gimme 5: Tricks and Treats inspire the season

By Josh Cutlip

That's it, Arizona. We have endured your hot summer, and we're ready for some autumn! Pumpkins, baked goods and family dinners – they all sound good! To start off the season, I've put together my top five tricks and treats for October.

5. Mardis Gras Costume Shop (Trick)

5895 N. Granite Reef Road

It's the beginning of October and you don't have a costume picked out for Halloween? Not to fear! If you head to Scottsdale you can find the Mardis Gras Costume Shop for all your dress-up needs. Mardis Gras not only sells costumes, masks, accessories, hats and shoes, they also have rental options in case you don't want to flood your closet with a one-and-done costume. From children's fairytale costumes to adult superheroes, the chances are good that Mardis Gras has what you're looking for.

4. BoSa Donuts (Treat)

3722 E. Indian School Road

BoSa is the perfect place for a morning treat, or even a late-night, 11:30 p.m. treat! Open 24 hours, this gem will give you your sugar fill. BoSa has all of the classic doughnuts like sprinkles, apple fritter, glazed and – my personal favorite – the maple Long John. The menu also includes breakfast sandwiches, coffee, tea and blended mochas.

Are you in a rush to get to work, or need some quick doughnuts for some friends? BoSa has a drive-thru as well as speedy customer service when you walk through the doors. Plus with the low prices of 87 cents for a single doughnut or $8.69 for a dozen, there is no reason to pass on these pastries. The doughnut holes for 99 cents a dozen also make an out-of-the-box snack for any Halloween party or get-together. You can get traditional glazed, chocolate glazed or grab a mix and watch your guests swarm.

3. Sugar Bowl (Treat)

4005 N. Scottsdale Road

If you're not familiar with this famous Scottsdale landmark, you won't want to miss this bright pink building and all of its delicious treats. There is a variety of ice cream and soda floats, the Top Hat which is a giant house-made cream puff covered in chocolate sauce, or the famous Brownie Buster: a fresh baked brownie with vanilla ice cream and marshmallow toppings. The classic ice cream parlor creates a dining atmosphere for the whole family, and the arcade room in the back of the restaurant is entertaining to all. The Sugar Bowl has also been mentioned multiple times in the popular comic strip, *The Family Circus* by former Paradise Valley resident, Bill Keane, so look out for some comics throughout the restaurant and menu!

2. Easley's Fun Shop (Trick)

509 W. McDowell Road

Can't seem to find that right Halloween costume? Or maybe you are planning to wow your party guests with some flashy magic tricks? Well you are in luck – This small yellow shop is filled with all kinds of crazy costumes, masks, wands and friendly staff members who are passionate about their fun business.

Like Mardis Gras, Easley's is a spot for some sweet costumes, but my favorite part about the shop is the magic section. They have cards, magic rings, fake thumbs and the classic never-ending handkerchief.

1. Slickables (Treat)

699 S. Mill Ave.

Slickables is the crème de la (ice) crème of my top five list. This tiny shop on Mill Avenue sells the best cookie ice cream sandwiches I have ever tasted for only $2. I will repeat myself for emphasis. *Only $2!* When you first walk in, get a whiff of the freshly baked cookies: the chocolate chip, peanut butter, white chip macadamia, double chocolate chip and snickerdoodle. Next, you pick your ice cream. Slickables has the original flavors like chocolate, vanilla or strawberry, but they also have some specialties such as rocky road, strawberry cheesecake or the incredible salted caramel. How can you not enjoy a baseball-sized scoop of ice cream sandwiched between two handmade cookies? If you're feeling adventurous, you can also mix and match two different kinds of cookies, and you can also add an additional scoop of ice cream, but you may want a spoon and plenty of napkins.

If you need a killer costume for the end of the month, or if you're looking for some sweet treats to munch on besides Halloween candy, try my top five. What's yours?

Dear Tee Pee Customers

We have exciting news from our family to yours!!

We are very proud to announce that the 3rd generation of our family will be taking up the torch and running the business. The Tee Pee began as a family owned business back in 1954 with Tony and Anna Duran at the helm. Then many years later their daughter Kathy and her husband Zip proudly took over. Today, Kathy and Zip's children Julie (with her husband Brandon Martinez) and Jeff will be moving forward in the same family tradition.

Julie and Brandon will be running the daily operations. Julie and Brandon have two boys of their own, Delano and Jacob who are the 4th generation to be involved in the Family business. As some of you know Delano has autism and we greatly appreciate your patience with him while he continues learning to interact directly with customers and the community.

Kathy and Zip's son Jeff (or as we all call him Jefe) will be very involved when his time allows as he continues his baseball career with the Toronto Blue Jay's and running his company Dry-Heat Baseball. Jefe will be a great help to us during his off season.

Now for more exciting news!! We are adding another kitchen line by November 1st, 2015 that will service the patios, the to-go orders and the bar customers. We at Tee Pee have outgrown our little kitchen and we are expanding to serve you our wonderful patrons, better, with less wait times and more seating. Although we will be remodeling and updating our kitchen we will Never change our décor or the core of our menu. We will keep our orange vinyl booths but as an upgrade we will be re-padding them to be more comfortable. As this is being written, Brandon is on the hunt for our original orange vinyl bar stools.

Without changing the core of our menu we are adding a few new items. We also have updated our wine list and have some great new cocktails as well as a frozen margarita machine. In keeping with tradition, the Chavez family and Ruy will still be running the kitchen while Tomas (who was trained by Anna Duran when he was 14 years old) will still be our chef. Ryan Shugrue and Brandon Martinez will still behind the bar, Kathy will still greet you at the door and Zip will still be the host with the most on the patio testing our new cocktails and hanging out with customers.

Our family is proud to be 4th generation Arcadia and we look forward to serving you for many years to come. *See you soon!!!*

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Family tackles gluten-free lifestyle with delicious results

By Lisa Weisenburger

Moving toward a gluten-free lifestyle is a significant change for anyone to take on and do well. Whether by choice or by necessity due to celiac disease or sensitivity, the transition can be pretty involved.

The Wong family has been gluten-free for over six years. When Michelle met her husband Michael, he was gluten-intolerant. When their oldest daughter was about 2 1/2 years old, they realized she too was going to have difficulty digesting anything with gluten.

"Toddlers seem to live on gluten. Goldfish. Saltines. Ramen noodles. Biscuit cookies. Pretzels," said Michelle. As a result of her gluten intolerance, Michelle's daughter couldn't eat the typical snacks her peers ate in class. "We packed *every* snack in preschool," explained Michelle.

"At first," she said, "I was very intimidated. I was overwhelmed. But this became a whole lifestyle shift for our family. I became a master at reading labels."

But sometimes things catch you by surprise.

"Did you know that Rice Krispies and Corn Flakes have gluten in them?" asked Michelle.

Michelle said, "An alternative diet requires thought. You can't be passive about it. Being gluten-free requires a level of diligence."

She admits that the labels of good quality gluten-free products are shorter than the long lists you see on so many packages at the store.

For Michelle and the entire Wong family, being gluten-free has made meal planning a priority. Doing "real cooking," rather than a quick heat-and-go style of cooking is a must. The Wong's are also big fans of the timesaving Crockpot, which happens to offer delicious gluten-free options.

"Shopping for gluten-free items is a lot easier now than it used to be. I shop a lot at health food stores, Whole Foods and Sprouts. Safeway now has gluten-free sections in their aisles, said Michelle. "And if you are diligent about reading labels, it doesn't have to be expensive. You can be successful at Walmart, too."

Michelle shared that most gluten-free diets include more legumes than other diets. Beans are generally affordable.

Going out for dinner, however, can be challenging.

"You have to be *those* people when you are ordering at a restaurant. Inquiring about preparation or ingredients. Sauce-on-the-side kind of people."

ARCADIA *COOKBOOK*

Michelle said that one of their family's favorite places to eat out is Cibo Pizzeria in downtown Phoenix.

"They have an excellent potato flour-based crust as a gluten-free option for their pizzas."

The good news for the Wong family is they are big soup fans.

"Soups are easy to make gluten-free. If gluten-free is not a goal of yours, then you could certainly add pasta shells or orzo rice."

Michelle said her husband loves kale, and by adding meat, most soups become a hearty meal, not just an appetizer or first course. This White Bean, Kale and Sausage Soup recipe is a family favorite.

When you make this soup, you have to try the Italian Chickpea Flatbread too! Michelle's tip for this chickpea bread: "This bread is great with soup, but I also love it with smashed avocado and sea salt on top!"

White Bean, Kale and Italian Sausage Soup

- 2 Italian sausage links, casings removed and roughly pulled apart
- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 pinch crushed red pepper
- 1 1/2 zucchini, sliced into half moons
- one or two 15-ounce cans cannellini beans, drained and rinsed
- 5 cups chicken stock
- 5-ounce tub of baby kale leaves (or one bunch roughly chopped)
- coarse salt and freshly ground pepper
- lemon juice
- shredded Parmesan cheese for serving

In a large pot over medium-high heat, brown the Italian sausage. Once cooked through, remove from pot and set aside.

Using the same pot, over medium heat, add the olive oil. Once heated, add the garlic and crushed red pepper. Let it bloom for 30 seconds.

Add the zucchini and sauté for 2 minutes.

Add the beans and toss for another minute.

Slowly pour the stock into the pot.

Add the kale.

Bring to a boil, reduce heat to medium and simmer for 15 minutes.

Season with salt and pepper.

Add the sausage back to the pot after 15 minutes and simmer for 2 more minutes. Taste it. Add more salt or pepper if needed.

To serve, ladle soup into a bowl. Spritz with lemon juice and sprinkle Parmesan cheese on top. Serve with Italian Chickpea Flatbread.

Italian Chickpea Flatbread

Servings: 4

- 2 1/2 cups chickpea flour (also called garbanzo flour)
- 3 1/2 cups fresh cold water
- 1 teaspoon salt and black pepper, or to taste
- 1/4 cup extra-virgin olive oil

First, be aware that the mixed batter will need to sit for about 3 hours or so before baking. This is the hardest part of making this bread!

In a large mixing bowl, pour in the flour. Add the water gradually as you whisk to avoid any lumps from forming. Once all water has been added, mix until completely smooth and add salt and pepper as desired.

Let the mixture stand on the counter for about 3 hours.

Heat oven to 350 F when the mixture is ready to bake. Gently skim off any froth that forms on the surface of the mixture with a slotted spoon.

Pour the olive oil onto the bottom of a large rimmed cookie sheet.

Once the oven is hot, pour the batter into the cookie sheet, making a layer about 1/4-inch deep. Be careful here. The mixture will move a lot when you pick it up so move slowly!

Bake for 30 minutes, until golden.

Remove from oven and let cool a little before cutting and serving.

How to choose a non-creepy protein powder

By Andrea Barkley

Not so long ago, I advised everyone to steer clear of protein powders. Most are full of additives, overprocessed, expensive, can cause digestive upset, and are frankly, well, creepy. And who knows how they taste?

However, a few companies out there must have shared my pain, because now some options for quality, natural powders exist. Hooray for progress!

But, how do you pick a good one?

First, the basics: When choosing a protein powder, check for non-GMO (genetically modified organisms) and organic certifications, and then scan the ingredient list. Does it contain additives, chemicals and artificial or refined sugars? In other words, are you familiar with the ingredients?

Second, identify the source of protein. All bodies tolerate ingredients in varying doses differently.

Here are the primary types of protein powders on the market and key pros and cons of each:

WHEY PROTEIN

Pros – Lower cost, may taste great, highly researched, complete protein source, bioavailable zinc and iron.

Cons – Whey is often heat-processed which can damage nutrients; milk proteins can cause digestive upset and other intolerance symptoms; often full of fillers, sugars and additives, including GMOs.

My verdict – If you can get a high quality natural product made with whey from grass-fed cows, and if you don't have digestive issues with dairy, whey is a great choice.

SOY PROTEIN

Pros – May have some health benefits; releases the protein into your system more slowly.

Cons – Often genetically modified, soy is a common allergen. Contains anti-nutrients and phytoestrogens, which can wreak havoc on your hormones.

My verdict – Based on current research and potential health risks, I say no to soy.

RICE PROTEIN

Pros – Neutral taste, economical; many are free of artificial ingredients; lactose-free.

Cons – May be derived from genetically modified rice; un-sprouted rice may cause nutrient deficiencies and digestive problems; not a complete protein since it's a plant protein.

My verdict – Great choice. Just make sure to get a high quality powder, ideally made from sprouted rice. To get a complete protein, go for a blend that combines rice, hemp or pea proteins. Or, crack an egg into your shake.

HEMP PROTEIN

Pros – Provides omega essential fats; many are high fiber; attainable in raw form; high in iron; easy to digest.

Cons – Lower protein content than other varieties; lower dissolvability than other varieties.

My verdict – A great choice of plant-based protein. Although, I don't find pure hemp protein to be tasty. Try a blend like hemp, rice, artichoke, etc., which tastes better, in my opinion.

PEA-PROTEIN

Pros – Easy to digest; rich in nutrients and glutamine; fluffy texture; many of are free of artificial additives; contains all the essential amino acids to be a complete protein.

Cons – Uric acid content may cause your body to leach calcium if not used in moderation, so not a good choice for people with gout; processing can lead to chemical contamination in low-quality brands; may not be as tasty.

My verdict – This is a relatively new product, but with many pros! I think it's a good choice in moderation and as an ingredient with other proteins in blended powders.

FOOD *WISE*

OTHER IMPORTANT CONSIDERATIONS

Digestibility – You may have to experiment with a few protein powders to see which ones work best for your unique biochemistry. Listen to your body: If you are bloated, cramping or gassy after your shake, it may be the wrong protein powder. If you have regular digestive issues or food intolerances, stick with the plant based protein powders like hemp, rice or pea protein. If you use protein powders regularly, rotating protein types every month or so may help against developing intolerances.

Cost – Remember, you often get what you pay for. Cheap powders usually have higher amounts of additives and fillers and lower levels of nutrition. Protein powders seem like a big commitment at first because they're expensive and come in a seemingly huge amount. Many companies sell individual sample packets so you can try it before you commit to a giant tub. Also, ask to try a scoop from a friend who's been raving about their powder.

Taste – You've got to doctor powders up with tasty recipes. Life is too short for powder mixed in water or almond, coconut or whatever milk! Have some fun with it. Plus, you deserve your healthy snack to also be a delicious snack. Also, since we eat with our eyes first, serve it in a beautiful glass.

In closing, remember that if you buy whey protein, choose it from grass-fed cows. Enjoy non-soy, plant-based protein powders with a non-GMO and ideally organic designation. Use a recipe to get the most enjoyment out of your protein shake. Enjoy!

— Andrea Barkley is a local personal trainer, cook and author.

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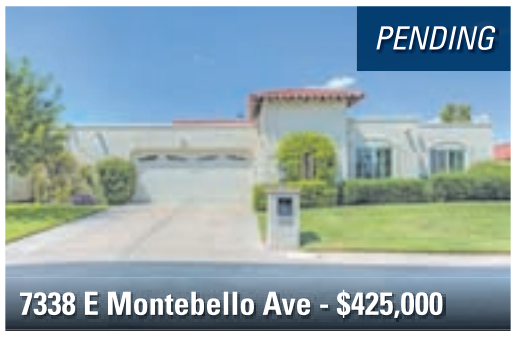

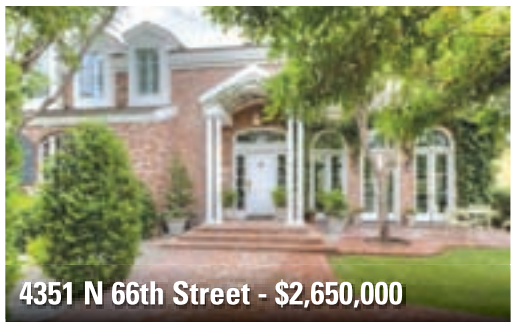

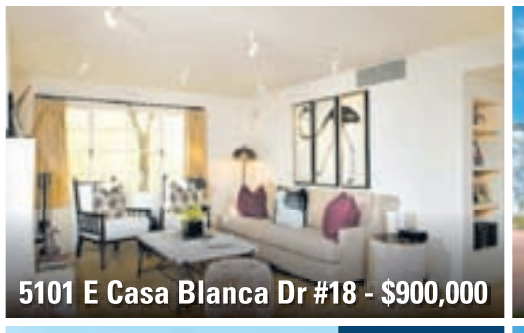

THE TEAM
4 ARCADIA REAL ESTATE
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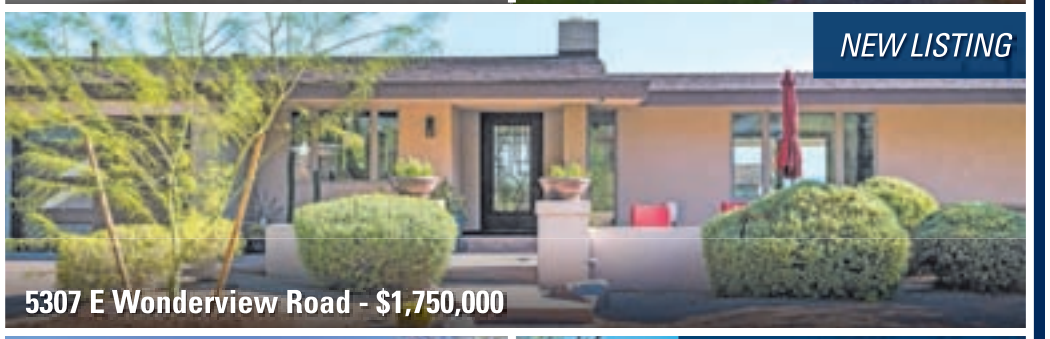

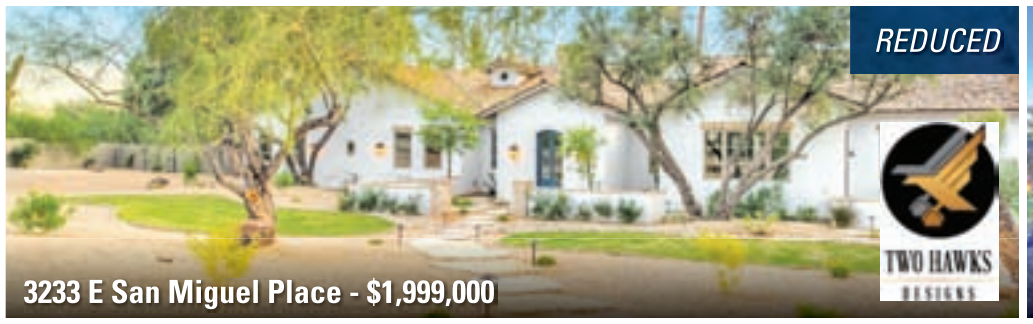

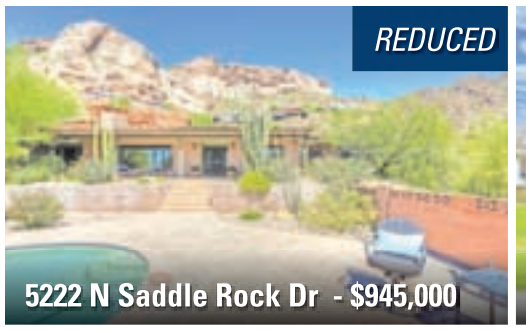

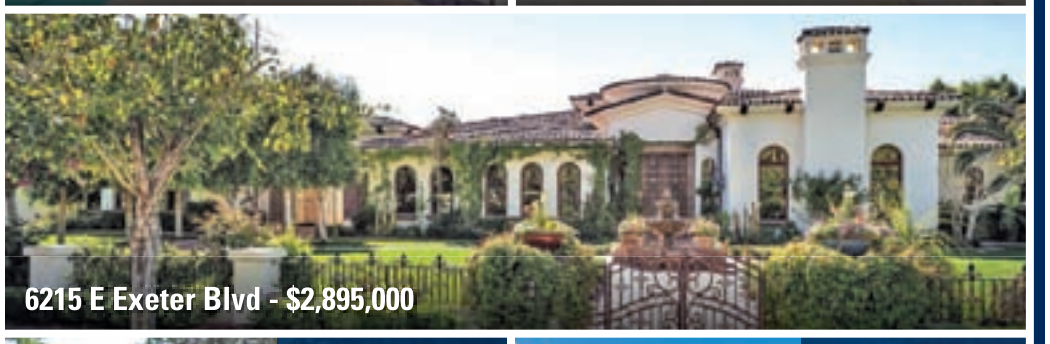

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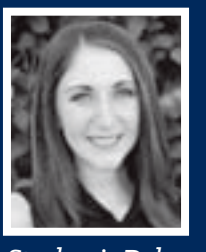
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Shoulder season promises savings, fewer crowds

By Michelle Donati-Grayman

Nestled between Labor Day and Thanksgiving is a period that has been coined by the travel industry as "shoulder season."

It's the time of year between high and low season, which makes for an ideal opportunity to get away, according to travel experts.

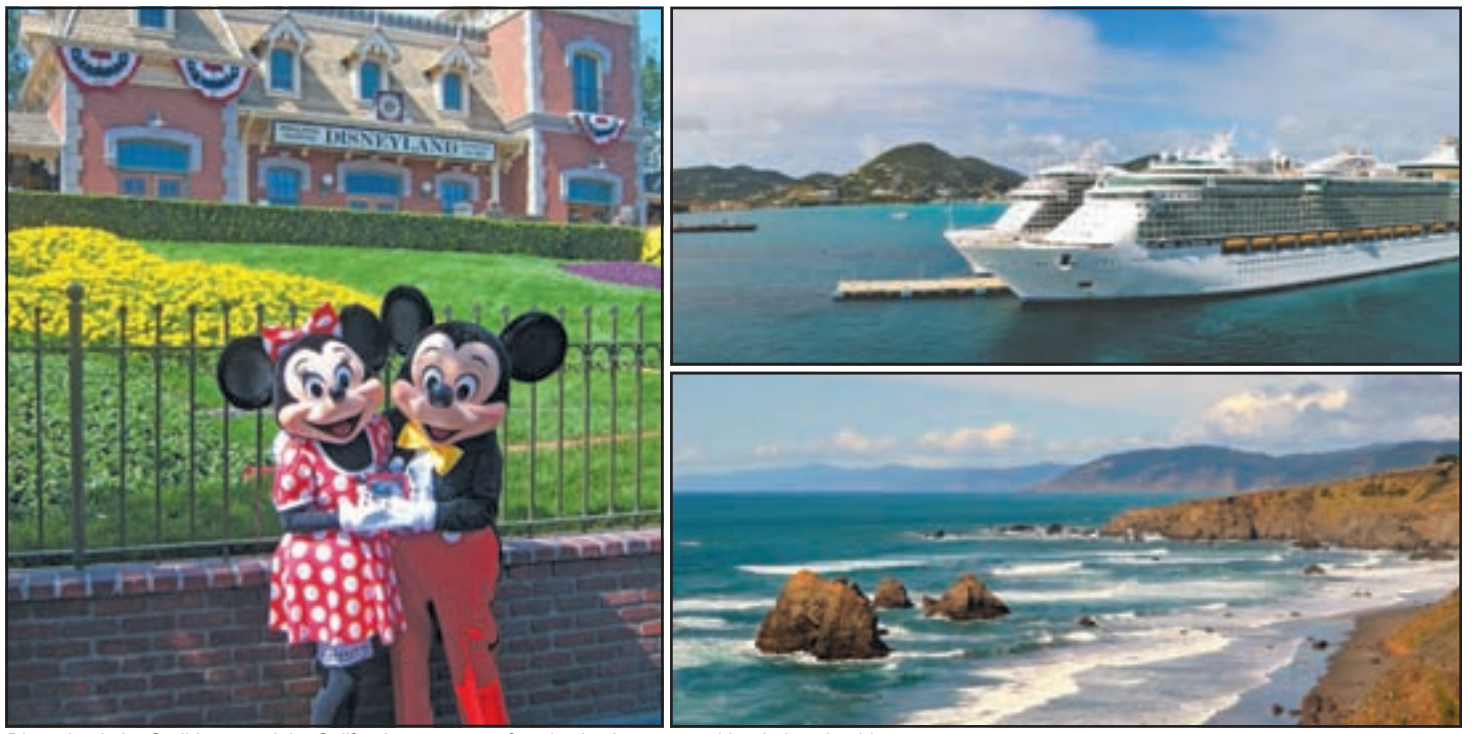
During shoulder season, airfares and hotel rates are typically less expensive because travel numbers tend to be lower.

"Really good specials become available during the six- to eight-week period after Labor Day but before Thanksgiving," said Amy Moreno, senior travel manager for AAA Arizona.

Here are a few shoulder season travel options to consider:

The Caribbean – From white sand to black sand, the Caribbean is home to some of the most beautiful beaches in the world. Travelers from across the globe journey to the Caribbean islands for sun, snorkeling and surf. It's important to note that shoulder season falls during hurricane season, so don't forget to buy travel insurance and make sure it covers trip plans that get interrupted by a storm – not all policies do.

Repositioning cruise – When a cruise line needs to move its ship to a port of call that is on the opposite side of the world – often in a location that is experiencing a different season from the current port of call – it will create a repositioning cruise. Travelers can take advantage of prices that are less expensive than traditional cruises because more of the days are spent only at sea. An example of a repositioning cruise is Alaska to the Caribbean to the Panama Canal.



Disneyland, the Caribbean and the California coast are a few destinations to consider during shoulder season.

Southern California – The best time to visit SoCal depends on what you want to see and do. If you wish to avoid summer crowds and peak rates at hotels and resorts, visit during shoulder season. In addition to promising fewer lines at popular theme parks and attractions, this time of year also brings beautiful fall foliage to many parts of the Golden State. It also coincides with "crush" or grape harvest time, which is an optimal time to visit the state's wine regions.

If you're a planner, travel experts claim shoulder season is also the best time to book and save on trips for 2016.

"It can be a challenge to know when you should book your next trip to avoid increased airfare or sky-high prices for accommodations," Moreno said. "Traveling during shoulder season can help you save hundreds of dollars."

— 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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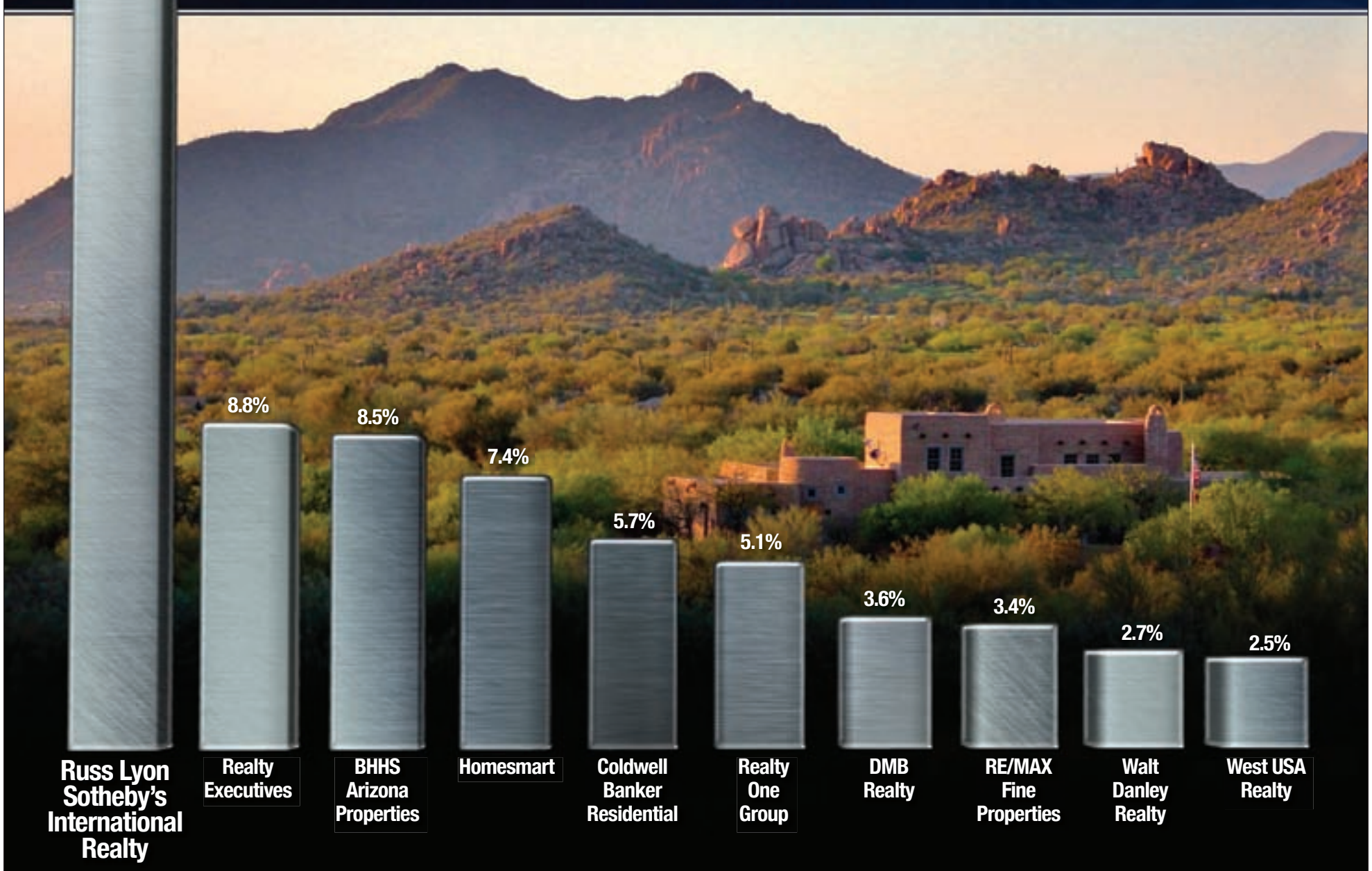

Chart source: All ARMLS by dollar volume; sales **$800K plus 4/1/2015 - 6/30/2015.*

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Annual family fishing excursion leads to impressive bounty

By Kaley Kalil

While the rest of Arcadia endured one of the last triple digit weeks of the summer, Chris Luke was off with his family exploring America's Last Frontier.

Luke, along with his three brothers, father, stepmother and stepsister, enjoys the family tradition of taking a big fishing trip every year. This year, the family ventured to Alaska for the fourth time, staying on a small cruise ship.

"We're a fishing family," Luke said.

The private 180-foot ship holds 20 "reel" eager guests and a 15-member crew. Luke and his family accounted for six of the 20 guests. The crew included a baker and a chef, ensuring that the passengers never missed feeding times. The duo rigged up some impressive grub, including fresh salmon, crab, halibut, steak, lavish desserts and fresh-baked bread on a daily basis.

"We were there to catch salmon," Luke said.

"There's various salmon species in Alaska, and September is the best time to catch silver salmon. They're a sport fish. There's lots of them and they taste great – similar to king salmon."

Silver salmon, which average 7 to 11 pounds in size, are known for their spunk when hooked.

While Luke and his family casted their lines, the sky was often overcast and the weather sometimes rainy, with average temperatures in the 50s to 70s.

"The sun went down around 7:30 to 8 p.m., and was up about 6:30 am. In two months that will change. December 21 is the peak of their darkness. They're losing sunlight right now, but it's not that extreme yet," Luke said.

The nighttime sky was clear enough one night for Luke to enjoy a view of the northern lights for about 15 minutes, until the moon emerged.

WHERE'S THE *NEIGHBOR?*

"It's like how fire has its own life to it, or like watching clouds move…but they're neon green. They dance and move around," Luke said.

The northern lights are created when charged particles from the sun strike atoms in Earth's atmosphere, causing the atoms' electrons to move to a higher-energy state. As they drop back to a lower energy state, they release a photon – light.

The Land of the Midnight Sun's diverse and abundant wildlife also showed up in spades for Luke.

"We saw bears, a couple of different whales, sea lions, sea leopards, seals, sea otters, fur seals," said Luke. "Fur seals are the softest things in the world. They have one million hairs per square inch."

Every day, Luke and his fellow passengers enjoyed an hour-long educational training session, where they learned about Alaska's glaciers, wildlife, the ship they were on and more.

"They taught us about the migratory path of the whales we saw. Their next trip is down to Hawaii to give birth, then they go hang out in Baja California and Mexico's Sea of Cortez to raise their babies," he said.

When asked to describe Alaska's terrain, Luke replied, "It's just massive."

"There are 3,000-foot cliffs all around you. You're surrounded by mountains that go right up to the water. There are so many animals because there's just an abundance of food. There's so much fish."

Luke and his family brought back six boxes of fish they caught, including salmon, halibut and lingcod. (That's about 250 pounds!)

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The journey is without shortcuts, but destination is worth it

By Kindra Hall

Yesterday I met with one of my mentors. It's always a love-hate experience. What I love about seeing my mentor is he expects and believes great things of me. What I don't love about seeing my mentor is I'm never as far along as I want to be. Sitting with him makes me desperately impatient with my lack of progress. It doesn't matter the successes I've had, or the things that are going well… Every time I meet with him, I drive away frantically thinking of short cuts or accelerators to get me where I want to be.

The feeling reminds me of when I was 14 and wanted to go to my friend's house but my mother said she wouldn't drive me. I was so dramatically impatient; I started making a construction paper chain – a link for every day until I turned 16. Of course, I ran out of construction paper before it was complete, but the struggle was real.

Since life really is about the journey, this obsession I have with the destination causes a lot of angst. And in those moments, I've found the best way to deal with it is to remind myself of Kara's Flowers.

The story of Kara's Flowers is actually one I heard from my husband, Michael. At first glace, the Kara's Flowers story seemed self-serving for Michael – because it required Michael to first tell the story of the punk band he started in high school where he was the lead singer and played bass. Their first few songs weren't well received; with titles like *Artichoke* and *The Birth of Industrial America* (which was an instrumental because they were too nervous to sing), it's hard to imagine why...however, they did get some airtime on

the radio in San Diego with their smash hit, *Syphilis*, and eventually opened for Blink-182 and had women's panties thrown at them onstage. (One more box to check on the Bucket list.) Sadly, the success was short-lived; the band broke up when the boys went to college. One went to Stanford, and the rest, including Michael, to UCLA.

It was during those UCLA nights out in Westwood that Michael and his buddies met the band Kara's Flowers. Correction. They never actually *met* Kara's Flowers – because *no one* wanted to meet Kara's Flowers. Kara's Flowers was one of the bands that played upstairs at The Westwood Brewing Company and everyone knew the bands that played upstairs weren't worth listening to. Kara's Flowers was no exception. They were a sad little group of high school kids who played a strange pop-rock combo no one could get into. The lead singer was kind of weird looking with stark black hair, a long, pointy nose, big bushy eyebrows that looked like they might swallow his beady little eyes and a ridiculous falsetto voice that echoed through the empty, upstairs lounge. There were no fans; not even a random groupie went to hear Kara's Flowers.

After a brutal hour or two, Kara's Flowers would come down the narrow stairs, carrying their equipment, elbowing their way through the indifferent crowds. Invisible. If Michael had taken the time to look Kara's Flowers' lead singer in his beady little eye, he might have seen a flash of desperate impatience… but Michael didn't look; no one noticed Kara's Flowers. And truthfully, Michael should have forgotten about them completely.

GIRL *NEXT DOOR*

However. One day, just a few years later, Michael unexpectedly encountered Kara's Flowers again. Though not in a seedy college bar – this time he was driving down the Pacific Coast Highway with the windows open and the radio loud when he heard the unmistakable falsetto of Kara's Flowers' lead singer, only the band he was singing with wasn't called Kara's Flowers anymore. Intrigued, Michael Googled it and sure enough, Google responded with an image of the pointy-nosed, big-eye browed singer Michael had ignored. The singer's name was Adam. Kara's Flowers was now Maroon 5.

Maroon 5. If you were to ask me my favorite band, I'd answer Maroon 5. If you were to ask about my favorite workout music, I would answer Maroon 5. Favorite love song. The CD I listened to the most (when CDs were how we listened to music). And favorite lead singer? Adam Levine's distinct look and falsetto is just fine by me.

I love when Michael tells the Kara's Flowers story. Not just because I love Maroon 5, but because at the end of the story he says, "I wish I would have gone upstairs and listened…because something really cool was happening up there."

A group of guys with a dream were upstairs honing their craft, fighting impatience, journeying to their destination.

In that way, Kara's Flowers gives me hope. On those days when I am tempted to turn construction paper into links I can cut off to indicate progress, I think about Adam and Kara. I think about all the people who, like me, feel the same desire to speed up the journey, to get to the destination faster. And not just in business or music – people who seek fitness goals, or learn to cook, or my son who tries to take apart the teeny-tiny Legos that seem impossible to separate…all of those journeys that don't have shortcuts. There are lots and lots of thankless nights doing the thing we're trying to do, even though there's not a groupie in sight.

As I drove away from the meeting yesterday, frustrated, Maroon 5 came on the radio. Now, it'd be easy to think that it was some cosmic sign, but it wasn't. Maroon 5 is *always* on the radio…(maybe it was a sign after all). I rolled my windows down, turned the music loud and reminded myself, "Something really cool is happening here." And I did my best to enjoy my journey home.

Travel experience leads to cooking classes and adventure

By Jean Hodgson

RETIREMENT *NOW WHAT?*

A travel expo can be an overwhelming – and tempting – experience. When we attended an event sponsored by AAA last fall, we were surrounded by ideas and deals that were a bit of heaven to those of us who love to travel.

An exhibit featuring an "Edible Destination" was like a magnet to my husband, who has a passion and talent for cooking. Food preparation is not my thing, but I do love to eat, and traveling to Italy has long been on my bucket list. So, soon we seriously looked at the details of a trip that resulted in a memorable adventure for us both.

We have since learned that culinary travel is very much in vogue, abounding with all kinds of foreign and domestic destinations. Our experience began with a flight to Rome, followed by a drive across the Central Apennine Mountains to Carunchio in Abruzzo, Italy.

We stayed in a palazzo that had been purchased by our host family and converted in to a hotel and culinary school, with charming and comfortable accommodations for the 24 guests in our group. During the week, we learned to make appetizers that highlighted the region, a variety of pastas, main courses, pizza and biscotti. Of course, we ate the delicious results – and the staff did the cleaning up! They also prepared the rest of our food, explained each dish as it was served, and presented us with a book of recipes to take home.

Part of this experience was food-related excursions. We toured an olive mill to see how extra-virgin cold-press olive oil is processed, took a wine pairing class led by a sommelier, had a seafood lunch on the Adriatic Sea in the city of Vasto, and some adventurous members even went on a truffle hunt.

The last excursion was to the town of Agnone to watch old-world production of Italian cheeses and eat a lunch of gourmet street food characteristic of this area. A highlight of this location was a tour of the historic foundry where the bells are cast for Vatican City.

While the focus of this trip was obviously food related, we also feasted on the spectacular beauty of this part of Italy. The palazzo was located in a town on the top of a steep hill, with a breathtaking view of the surrounding countryside and the other villages atop the hills on every side. Whenever we weren't cooking, eating or sleeping, we all spent our time outside socializing and soaking in this bonus to our week.

The description of this class was that everyone would dine on tasty creations "in traditional Italian style, slowly and in good company." When we shared our last dinner together, complete with surprise musicians and our chef singing Italian opera, we realized we had gained new friends from several countries.

A complete menu indeed!

Biscotti (above) and pizza (below) were some of the main items on the food trip.

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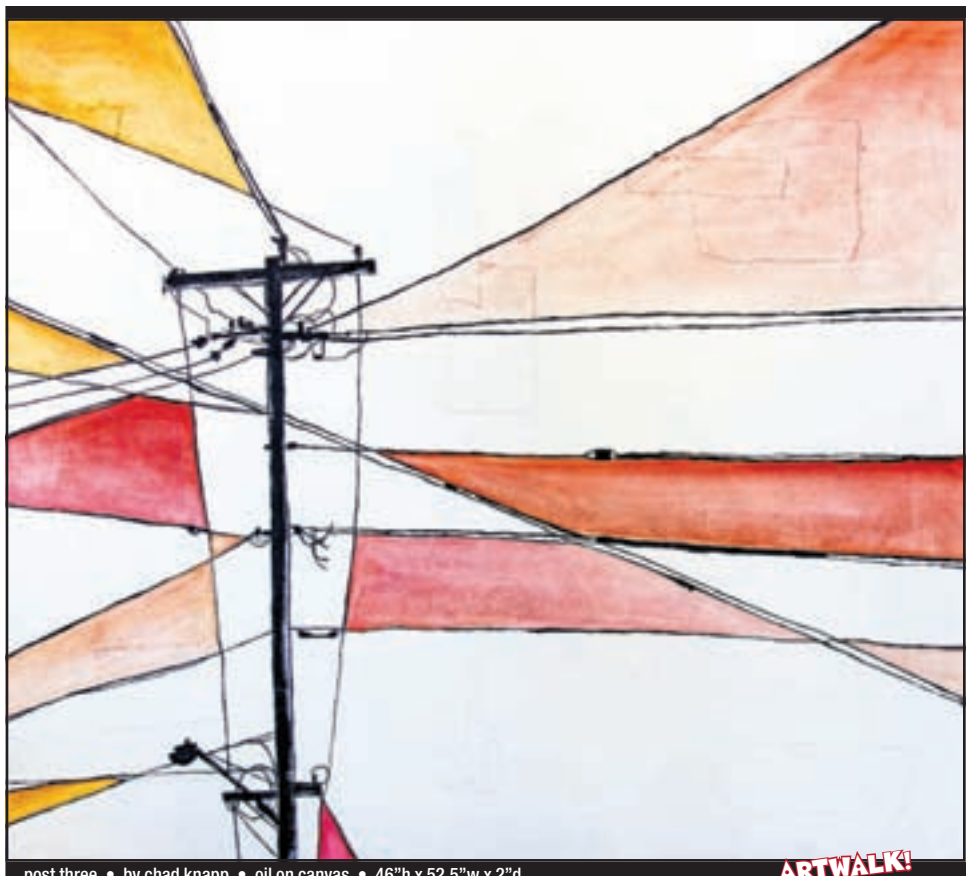

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Mom fights to make heart screenings a must for student athletes

By Michelle Donati-Grayman

Anthony Bates was the quintessential student athlete. He played four years of football at Mountain Pointe High School in Ahwatukee, went on to play at Phoenix College and was then recruited to Kansas State University.

After his first full season at Kansas State, Anthony died from sudden cardiac arrest caused by hypertrophic cardiomyopathy (HCM).

Cardiomyopathy is a disease of the heart muscle and the leading cause of heart failure. About 500,000 Americans have it, but most are unaware. It generally goes unrecognized and untreated. Unlike other heart problems, it generally affects younger people.

HCM is the second most common form of cardiomyopathy. It affects one out of every 500 people and is the leading cause of death on school property, according to the American Heart Association and Centers for Disease Control. For those with the disease, like Anthony, the physical exertion of the heart during exercise and cool down can trigger sudden cardiac arrest.

"He had at least 20 sports physicals, but nobody ever checked his heart," said Sharon Bates, Anthony's mother.

Most people with cardiomyopathy experience no symptoms, which is why it is dubbed as a silent killer. Those who do experience symptoms may have shortness of breath, chest pain, heart palpitations, lightheadedness or blackouts.

Sharon Bates educates the public after her son Anthony died from sudden cardiac arrest.

"He never complained of any symptoms, but he was a football player and they aren't encouraged to complain," Bates said.

Following Anthony's death, Sharon launched the Anthony Bates Foundation. ABF is a nonprofit organization that provides heart screenings, and promotes heart health education and awareness of HCM.

Held at schools, community centers and other venues throughout the state, ABF screenings rely on volunteers from the medical community to conduct EKGs and echocardiograms, an ultrasound that looks at the size, shape and motion of the heart.

ABF events target student athletes, but parents and other family members are welcome and encouraged to participate in the screenings, which are offered for a suggested donation of $65 for student athletes and $165 for adults. Events also offer learning stations on CPR and the use of AEDs, a medical device designed to analyze the heart rhythm and restore it back to normal.

"Through EKGs and ultrasounds of the heart, we can easily detect this disease and save lives," Bates said.

At a recent event, a family brought in a teen for the screening after he passed out on the football field. The screening revealed that the teen had a healthy heart, but his father, who also opted to participate in the screening, learned that he had an aneurysm. Two weeks later, he had open heart surgery.

"The screening potentially saved his life," Bates said.

The Anthony Bates Foundation has hosted more than 100 events and provided screenings to more than 10,000 people. About 10 percent of people who are screened have a heart problem they were unaware of, with 5 percent of those issues considered life threatening.

Bates wants to increase traffic at screening events from 1,000 to 4,000 screenings a year.

"No parent should suffer the heartbreak of losing a child to this silent killer," Bates said.

For more information on the Anthony Bates Foundation or information on upcoming screening events, visit anthonybates.org.

4 TYPES OF CARDIOMYOPATHY

1. Dilated cardiomyopathy affects the chambers of the heart by weakening their walls.

2. Hypertrophic cardiomyopathy causes a thickening of the heart's walls. Most often, it is an inherited disease.

3. Restrictive cardiomyopathy restricts the heart from stretching properly, which limits the amount of blood that can fill the heart's chambers.

4. Ischemic cardiomyopathy happens when an artery leading to the heart becomes narrowed or blocked for a short time and oxygen-rich blood cannot reach your heart.

(Source: Texas Heart Institute Information Center)

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Halle Heart Museum educates with interactive experience

By Robin Sewell

While most kids were heading off to kindergarten and navigating the jungle gym, Emery Miller was at Phoenix Children's Hospital having his third and fourth open-heart surgery. Miller was born with a hole in his heart and at 6 months old, he had his first surgery. At just 2 1/2 years old he went under the knife again. That's right, four open-heart surgeries before the age of 6.

Now, 16 years old and a high school junior, Miller speaks passionately and candidly to both kids and adults about heart disease and why you should never take a healthy heart for granted. "My motto," he said, "focus on what's in front of you. Be thankful and grateful."

Although too young to remember the details, Miller's long road paved with regular hospital visits, constant checkups, medication, life limitations and uncertainties has not been easy. Yet it came from the heart when he said, "I want to give more than I receive."

As a spokesperson for the American Heart Association here in Phoenix, Miller takes an active role in educating others about the risks of heart disease. "I want to start from the ground up and raise awareness with kids so they will go home and tell their parents," he said.

One of the best places to raise this kind of awareness is the Halle Heart Children's Museum in Tempe. "This is not an art museum," said Miller. "It's interactive, engaging and makes learning fun."

The Halle Heart Children's Museum, which is the only place of its kind in the country, has a dynamic environment where guests get to be hands-on while learning three important messages: to eat a healthy, balanced diet; make physical activity a part of your daily routine; and say no to tobacco. The interactive exhibits include a marketplace where guests can shop and play a game to see if they made the best healthy food choices. There is also a space called Kids on the Move Xbox Kinect where you can do everything from kick a virtual soccer ball, dance to your favorite tune or chop up a virtual salad.

Emery Miller uses his own experiences as a platform for promoting healthy heart programs.

Halle Heart Programs and Operations Director Claudine Wessel explains it as, "how we meet kids where they are at." She said, "Most kids love video games but sitting and only exercising their thumbs leads to obesity and a sedentary lifestyle so we want to encourage getting up and moving and finding active things you enjoy doing."

The museum was originally designed as a learning center for school groups but is now open to the public.

"It was at first targeted towards second- and fifth-graders; however, we have added experiences and curriculum for our pre-K visitors as well as launched an adult lunch and learn series," said Wessel. "We are looking to provide a fun and interesting place for the entire family to discover how to keep their heart and body healthy together."

The Halle Heart Children's Museum is a non-profit educational facility made possible by the American Heart Association and The Phoenix Heart Ball.

The Heart Ball, now in its 56th year, has raised more than $30 million to fight heart disease and stroke in our community and this year's chairman, Kimberly Afkami said that change starts with awareness. Something Emery Miller preaches and practices every day, whether it's on the baseball field wearing his heart protector or making sure that other kids protect their heart by making healthy choices and living a heart healthy lifestyle.

To find out more about The Halle Heart Children's Museum visit halleheartchildrensmuseum.org. For more information on the Heart Ball, go to phoenixheartball.ahaevents.org.

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I am proud to announce a terrific addition to Team**Tino**Ferrulli; Stephenie DeMasseo. She comes from an automotive background and is extremely well versed in customer service. Stephenie will deliver vehicles, explain technology and get the answers you need when you want them. When not working, she enjoys hiking, canoeing, spending time in the gym and working on her golf swing. Stop by the dealership today and meet our newest team member.

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SCHOOL *NEWS*

ANLC FOCUSES ON ARTS

ANLC is officially beginning its journey as an Arts Integration Multiage school in the 2015-16 school year. Staff is receiving training through the Kennedy Center for the Performing Arts, and eleven teachers went to the Kennedy Center Art Integration summer conference in Washington, D.C. ANLC teachers are also "rebooting Multiage for the next 25 years" with training from Dr. Sandra Stone, retired director of the NAU Multiage Institute.

ARCADIA FOOTBALL HONORS SENIORS

On Friday, October 30th, Arcadia High School will be hosting a varsity football game against the McClintock Chargers. At this game, the school will honor Future Titans as well as celebrate the graduating seniors.

ST. THOMAS CARNIVAL

The entire community is invited to experience the Saint Thomas the Apostle Carnival on Saturday, November 7 from 10 a.m. - 3 p.m. It is a day of old time family fun featuring an amazing array of rides, midway games and food.

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TO FRIENDS, NEIGHBORS AND SUPPORTERS OF THE DAVID & GLADYS WRIGHT HOUSE FOUNDATION:

IN SEPTEMBER, the David and Gladys Wright House Foundation filed its application for historic preservation landmark status with the City of Phoenix for the David Wright House, guesthouse, and current 6.1 acre property. That application is the first of a two-step process initiated by the Phoenix City Council's unanimous adoption in 2013 of an amendment to the City's zoning ordinance, crafted specifically to ensure that the David Wright House is preserved and made accessible to the public as an educational and cultural institution.

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I INVITE YOU to learn more about the preservation of the David and Gladys Wright House, including historic photos of the house and surrounding citrus trees, by reading the ***full historic preservation application on our website***. Adoption of this application by the Phoenix City Council is essential to the long-term preservation of the home and to guaranteeing public accessibility to the Frank Lloyd Wright masterpiece that the City of Phoenix Preservation Office has acknowledged as the "most significant work within the City of Phoenix by the most significant architect in American history."

If you believe in the Foundation's mission to preserve the David Wright House as a non-profit educational and cultural center, please ***email the full City Council.*** If you have questions or comments regarding the Foundation's preservation plans, or if you would like to schedule a tour of the David Wright House, please call the Foundation at (602) 689-6140 or send me an e-mail at info@davidwrighthouse.org.

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Registering your support at City Hall is critical to the preservation of the David Wright House. Thank you for your voice in helping preserve and share what is Wright.

Sincerely,

Zach Rawling
President

To view the full Historic Preservation Application, please visit www.DavidWrightHouse.org/HPApplication
To contact the Phoenix City Council please visit www.DavidWrightHouse.org/contact-city-council

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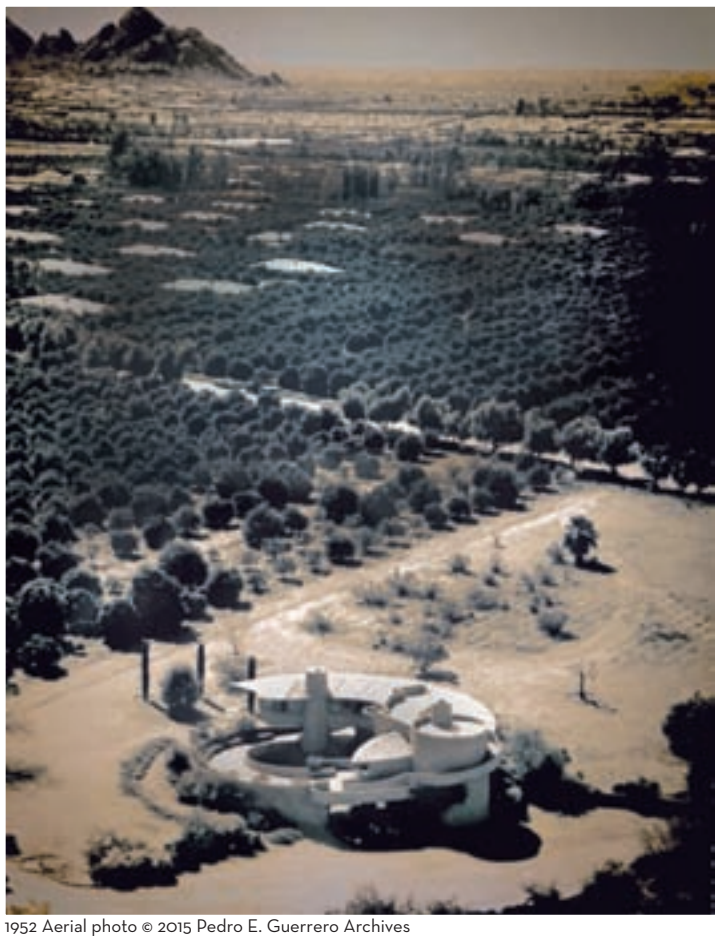
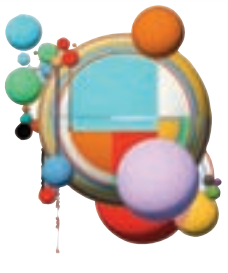
THE FOUNDATION is committed to planting more than 200 citrus trees on the 6.1 acre David Wright House properties to restore the historic citrus groves which Frank Lloyd Wright intended to surround his son's house and form "David's Lawn".

For more information, please visit us at **www.DavidWrightHouse.org** or call **602-689-6140** to learn more about our vision for the Wright House, to schedule a private tour, or to register your support.



1952 Aerial photo © 2015 Pedro E. Guerrero Archives



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Student-led organization encourages a positive environment

By Jenet Simmons

Think for a moment about walking into high school every day, happy and excited, knowing there is a student-led organization whose primary focus is on making their peers and superiors feel respected and comfortable. At Arcadia High, one club is known, not for its specific club interest in politics or sports but rather, for kindness.

The Arcadia High School Student Advisory Board (ASAB) was established in 2011 as a student-led club. It has one of the school's highest populations for clubs and organizations. Being student-led, the teachers overseeing ASAB are doing just that: helping enforce mandates and brainstorm strategies, while allowing students to be the creative minds behind the club's wheelhouse.

Every student of Arcadia is welcome to be part of this club and must go through a stringent application process, including staff recommendations and an interview by current ASAB students. Prospective students must be on board with the mission of ASAB.

ASAB's mission is simple: promote kindness. The members of ASAB focus their efforts on promoting kindness towards students and teachers alike. ASAB believes they can better their school by changing people's attitudes towards one another through kindness and education. They encourage acceptance of diversity and promote cultural awareness while hoping to improve the community of AHS, which in and of itself is a highly diverse school.

From left to right: Ryan Byler, Nina Vuletic, Arashdeep Kaur, Julia Wolburg Martinez, and Christopher Sanders Cobb.

In an effort to establish cultural awareness, ASAB created signs of greetings and thoughtful messages in different languages during Arcadia's Cultural Week by working with the foreign language teachers.

Another event the club promoted on campus was solely focused on the appreciation of Arcadia's teachers. Educators received notes of appreciation written by students, which left the staff feeling not only encouraged, but also valued.

ASAB takes pride in being a crusader of encouragement at Arcadia High School's campus. One reward for the students of ASAB is being part of a group filled with like-minded people who are all committed to optimism.

Club advisor to ASAB and U.S. history teacher, Jeff King sees this club "as a reflection of the school at large."

King said Arcadia is a diverse school and ASAB represents the school's socioeconomic and ethnic diversity. He went on to explain that ASAB is a mix and mash of different groups.

"I really think students want to be a part of ASAB so they can feel involved in a close-knit community of people. They will leave their mark, not personally but as a large group effort. This isn't something to show off on your resume, you have to put effort into it. Participants need to be highly involved and not passive," said King.

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Girl Scout Gold Award project promotes child safety

By Lindsey Greenwood

A Xavier Preparatory student is increasing awareness about the potential deadly effects of not properly securing furniture. She is spreading the word about toppling furniture through her Girl Scout Gold Award project.

"Few people know about the dangers of furniture toppling over," said high school senior and longtime Girl Scout, Ellie Fessler.

According to the Consumer Product Safety Commission, falling furniture in the U.S. sends a child to the emergency room every 24 minutes, and kills a child every two weeks on average.

Fessler has been personally affected by such an incident. Her 2-year-old cousin from back East was tragically killed when an unsecured dresser fell on top of her.

This devastating event sparked the campaign called Maddie's Message, an organization named after her cousin that educates the public about the deadly effect unsecured furniture can have on children.

Fessler decided to pair up with Maddie's Message and dedicate her Girl Scout Gold Award project to educating the community of the dangers of not securing furniture.

According to the Girl Scouts of America website, the Gold Award is the highest honor a Girl Scout can achieve and is earned by identifying a problem, coming up with a plan and educating people on the issue. This is exactly what Fessler set out to accomplish.

"I thought there was definitely something that needed to be done about it," said Fessler.

Furniture and television topples are easily preventable. Fessler has been promoting furniture safety through a furniture strap kit. Each kit contains brackets, some screws and industrial zip ties to anchor furniture to the wall. Fessler said that it takes less than 15 minutes to install the kit.

She distributed 500 furniture strap kits along with safety information at local car seat safety checks and preschools. She also posted a video tutorial on YouTube, which demonstrates how to correctly install the furniture safety brackets.

High School senior and longtime Girl Scout, Ellie Fessler.

Girl Scout Gold Award

> ***"Girl Scouting is less about the badges and more about the leadership experience."***

Fessler hopes to not only increase community awareness, but also increase the number of companies that carry furniture safety kits.

"Nobody is going to think about it unless they see the kits in the furniture section," said Fessler.

Fessler has helped the community through Girl Scouts before, when she completed her Bronze and Silver Award projects with her troop.

"Girl Scouting is less about the badges and more about the leadership experience," said Fessler.

To learn more about Fessler's campaign, you can visit maddiesmessage.com or Fessler's Facebook page titled *Strap Your Furniture for Safety*.

Teresa Marquez takes on new role as St. Theresa preschool director

By Rachael Bouley

Teresa Marquez has transitioned into a new role as director of the Little Flower Early Childhood Center at St. Theresa Catholic School. This is her second year at the school, as she taught kindergarten last year, and it is her 17th year teaching in a Catholic school.

Marquez feels it's an ideal position for her, considering that she is passionate about teaching and working with children. She credits her third-grade teacher with inspiring her to pursue a career in education. "I loved being in her class because she had such a love for teaching and reading. She was [motivated to make] all of us good readers and she loved all of her students," said Marquez.

Marquez grew up in Arizona and earned her bachelor's and master's degrees in elementary education from Arizona State University. She's working toward her second master's in educational leadership to fulfill her dream of being a principal, and recently decided to earn her doctorate degree. "One of my lifelong goals has been to get my doctorate in education, so I'm starting that next fall," she said.

In her new position at St. Theresa, she is responsible for overseeing staffing, curriculum and budgeting for preschool, prekindergarten and kindergarten. Her days are long and busy, as she arrives at school early to make rounds to check on teachers and see if they need anything. Throughout the day, she talks to parents, meets with the principal and ensures that the curriculum keeps up with state guidelines.

"I want to work closely with the teachers, making sure that I listen to what they need and their concerns," Marquez said. "My hope is to give the students and their parents the best academic, social and faith-filled program."

In addition to her director duties, she also teaches music and art classes a few times per week. She captures the children's attention by teaching fun and simple songs and ties in the Catholic faith by incorporating songs about Jesus. She is also working hard to make positive changes, such as implementing a new Monday morning prayer tradition where parents can stay and participate in prayer time with the kids before leaving for the day.

In addition to serving as the preschool director, Teresa Marquez also teaches art class a few times a week.

While she is busy with her job and her higher education, she tries to fit in time to travel with her husband. "My goal is to travel to each one of the 50 states." In her free time, she enjoys walking, reading, listening to music and watching movies.

However, her busy schedule is just fine by her, because it means she gets to spend time with children and make a difference. She said the best part of her job is "seeing the joy and smiles on their faces when they are enjoying learning. It's just the biggest reward."

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The name behind the building: Local author tells us Who Is Gym?

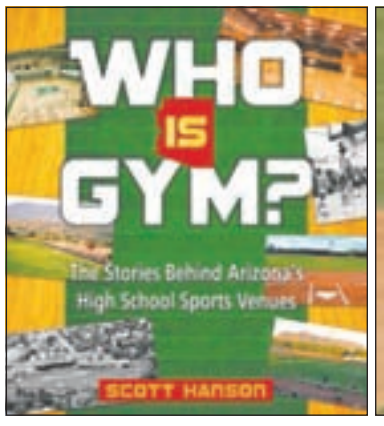
By Mallory Gleich

Have you ever wondered why Arcadia High School's Baker Field is named *Baker* Field? Or why Washington High School's gymnasium is named Ed Sine Gymnasium? Scott Hanson has your answers.

Around three years ago, Hanson was getting ready to officiate a high school football game at Cactus High School. They were playing at M.L. Huber Stadium. Wondering where (or who) the name came from, Hanson asked around, only to find that no one knew who M.L. Huber was. His curiosity was piqued.

Hanson decided to research the names and places of high school sports venues in the surrounding area. After speaking to Arizona state historian, Marshall Trimble, about these records, Trimble suggested that Scott take it upon himself to write the record.

Author Scott Hanson officiates athletics in his spare time.



"You will love these fascinating stories about the names behind high schools and their sports venues."

Who Is Gym? is that record. Around 300 schools in Arizona are included in the book. From Lake Havasu and Nogales, to Arcadia and Scottsdale, if you want to know why a venue is named what it is, this is where you look.

Hanson, who is president of HMA Public Relations in Arcadia, has always been a lover of sports. He has officiated high school football and baseball games for almost 30 years. He grew up in Phoenix and attended Washington High School. He has two sons who attended Horizon High School, which is featured in the book.

For Hanson, *Who is Gym?* was his calling.

"I talked to athletic directors, historians, librarians, civic leaders and old-timers… The book even mentions schools that aren't around anymore," Hanson said of his research. After asking Trimble to write a foreword for the book, Hanson got to work.

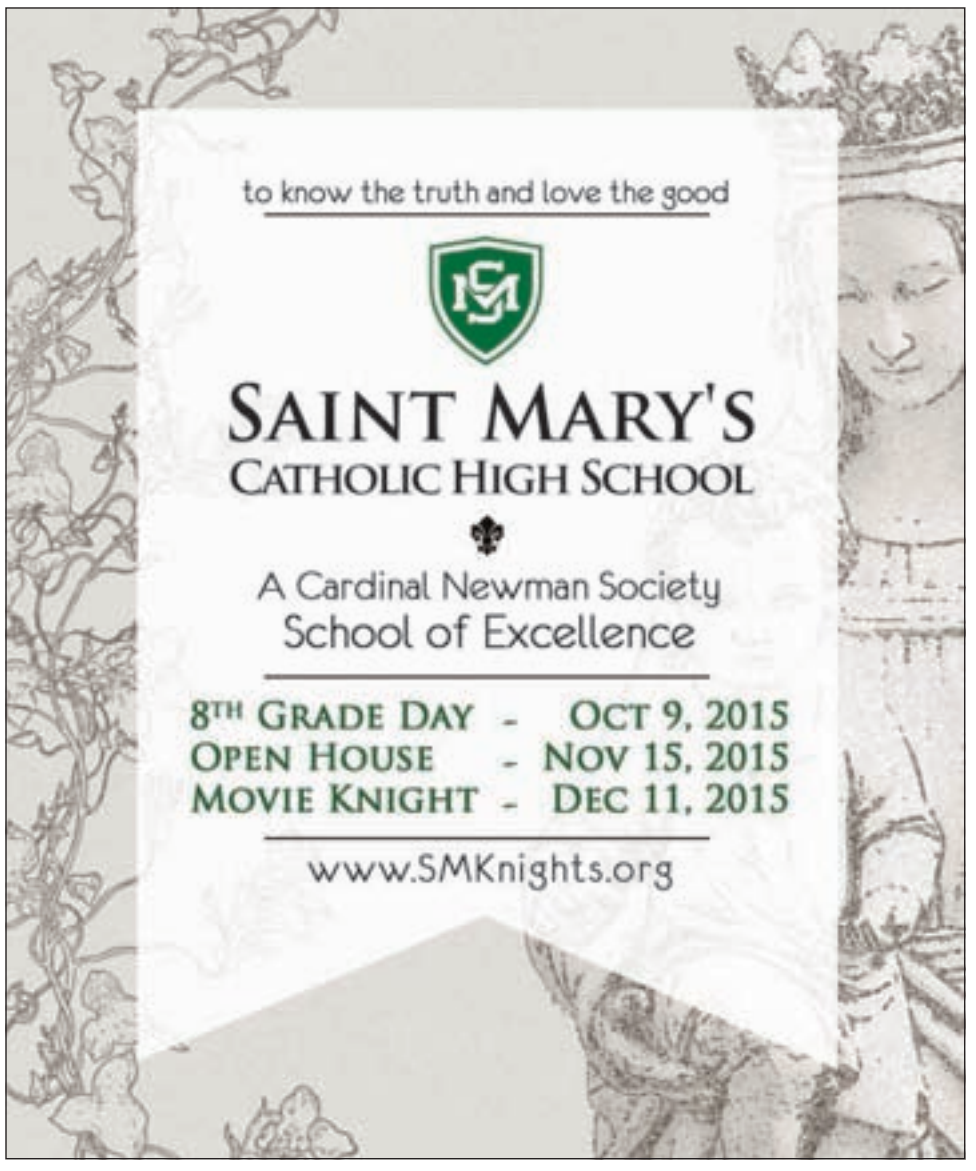
He researched his own high school and found that Pagel Field was named after Tom Pagel, a science teacher at the school, and his family. Three of Pagel's five sons were involved in sports around the area and Hanson even went to school and played sports with them when he was younger.

Are you ready to find out why Arcadia High School has *Baker* Field? This name came from Jim Baker, who played a part in coaching Arcadia's Little League program for more than 20 years, and was Arcadia High's equipment manager for 18 years.

This is Hanson's first book. He plans on writing more in the future.

"One thing I can say about this book is that it may not be required reading, but if you love Arizona and you love high school sports, you will love these fascinating stories about the names behind high schools and their sports venues," Hanson said.

To purchase the book, visit whoisgym.com.



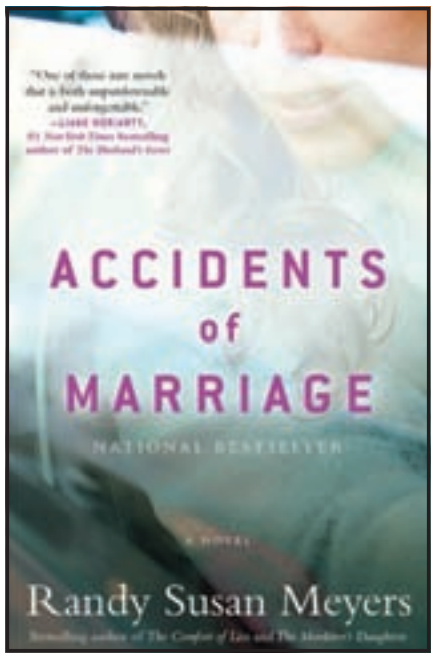
Author writes to soothe soul and expose personal emotions

BOOK OF THE MONTH

Accidents of Marriage

BY RANDY SUSAN MEYERS

Saguaro Library
Oct. 29, 2015, 6:30 p.m.



BOOK CLUB

By Randy Susan Meyers

I have a monthly coffee date with one of my closest friends. It is the first week of every month and it's nonnegotiable.

This friend is like the friend so many of us have and treasure. She is someone I spill my secrets to, share my concerns with, and know – without a doubt – will celebrate my accomplishments just as much as – if not more than – I do.

More than anything we talk. We chat. We trust. And we are thankful.

But last week, as we sat for two hours (in what felt like a blink of an eye), I started thinking about the recent book I had read, *Accidents of Marriage* by Randy Susan Meyers.

Meyers writes about life. She writes about truth. She writes about the secrets we all hide between our smiles and she cuts to the bone with her raw descriptions of sadness, failure and defeat.

While her novels are never depressing, they are simply real. And I love them.

It is hard to admit you love a book when it is based on unrelenting family traumas and personal destruction. Yet, read one or all of her novels and you will know what I mean.

She writes beautifully and with her entire heart. She gets deep into the soul of each of her characters and makes you feel like you know them, love them, and want to hold their hand and make their days better.

My time with my friend reminded me once again that having such people in your life is important. As we all race around, too busy for our own good, it's absolutely key to make time for these moments. These relationships. These people.

We all have daily struggles. We all fight battles and stare our own demons in the eye, but it's much more difficult to disguise when you know you have a friend who will soon be sitting across the table, looking you in the face and seeing through the façade.

And while I am not personally fighting any battles today, I'm blessed to know I have a deep well of solid, beautiful people waiting across my table when I do.

The *Arcadia News* Book Club will meet on October 29 at 6:30 p.m. at the Saguaro Library to discuss *Accidents of Marriage*. Refreshments will be shared and a $5 raffle will be held in support of Don't be a Chump! Check for a Lump! We will hold a question-and-answer Skype session with the book's author, Randy Susan Meyers, as well.

Recently *Arcadia News* was able to ask Meyers a few questions to prepare for our book club event.

AN: The *Arcadia News* Book Club has had the pleasure of reading all three of your novels. (We read *The Murderer's Daughters* and *The Comfort of Lies* in 2013.) Can you explain to our readers what inspires you to write about real people with real (although sometimes extreme) problems?

RSM: My favorite books, the ones I return to time and again, are those gritty enough to have emotional truth (which is very different than the truth of events.) Thus, I work to write with a knife held to my own throat, so that my work will hold as much emotional truth as possible.

How does this happen, this weaving of truth and imagination? Does it always happen to writers? One wouldn't know without X-raying each writer's past, but it's a question I think about when reading my favorite books. What was that writer tapping into when they brought such depth to the page? Can a wrenching book be written without the writer taking a visit to their depths?

For me, writing transmogrifies fact into fiction, and thus, soothes my soul.

I used to play a song for my daughters, from *Free to Be You and Me,* which swore that crying got the sad out of you. That's what writing does for me – it gets the sad, the mad and the glad out. Writing calms me. Writing excites me. Writing sorts out my world.

AN: *Accidents of Marriage* presents readers with Maddy, a social worker, who faces the same problems she has been trained to not only understand, but also help people overcome. Was it important to you to show that even those who know better find themselves terrified and stuck?

RSM: Maddy is modeled after about a thousand people I know – including myself and my friends and family. Most of us have some Maddy in us, at least at some point. It's common in the helping profession to ignore the worst in our own lives. We use drugs or alcohol or food or something else to tamp down our feelings. When you work within a maelstrom of problems, you become desperate to believe it's all okay at home. We deny and lie to ourselves, until we can't anymore. In *Accidents of Marriage* I wanted to show that even the "best and brightest" suffer from emotional and psychological abuse. Stopping bullies is hard for everyone.

AN: Do you think it's a common practice in life (not just social work) to teach but not practice what you preach?

RSM: Helping others is much easier than helping ourselves. That's why there's so many problems with substance abuse in the helping professions and how we end up with proverbs such as "the shoemaker's children go barefoot."

I worked in human services for many years and was struck repeatedly by how often those who help, can't help themselves. I worked with men in the field of domestic violence who couldn't keep to the tenets of what they taught and women in the same field who were kept quiet about the ways in which they were victimized.

AN: Each of your novels is based on family matters. Do you enjoy exploring the family dynamic? How do you do your research? (Personally, I imagine you quizzing everyone you meet about his or her family relationships.)

RSM: Exploring family dynamics draws me like no other genre, especially families facing what seem to be insurmountable problems. I'm mystified by and marvel at all stories of how families conquer hurdles, whether they be about abuse, medical trauma, racial injustice, financial difficulties or war. And while I don't quiz my friends (at least I don't think so!), I am the person to whom people spill. I prefer listening to people's stories, probably ask more probing questions than I realize and have always lost myself in "what if?"

In addition, memoirs are my secret research weapon to getting inside the minds of those with diverse experiences.

AN: This novel, as well as *The Comfort of Lies*, switches point of view throughout. How does writing such a novel change your process? Do you prefer it to one point of view?

RSM: All my novels (including the one I am presently working on) have more than one point of view. I prefer this because in families, the same situation looks different from each member's eyes, a dynamic I find intense, interesting and often damaging. If we each stay strictly as the star of our own show and never step into another's shoes, our outlook becomes stagnant.

I guess I write how I think, always imagining myself in other's shoes. In the novel I just finished (Book Four) I planned to do one point of view, but, of course, another one snuck in.

AN: Can you give us three statements about your own family?

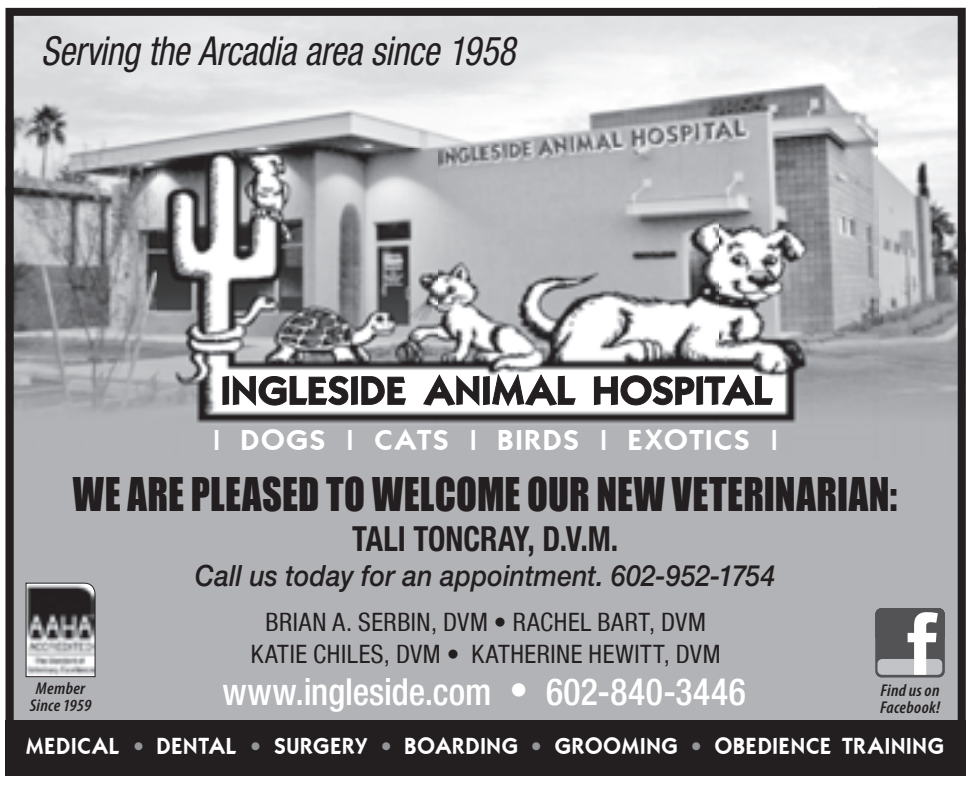
RSM: 1. Great ability to laugh and tell anecdotes. 2. Complicated backstories (a bit of bigamy here, a touch of addiction there...) 3. We sure love to eat.

AN: What are you working on now?

RSM: Book Four, which suffers from a surfeit of working titles, explores the seemingly blind love of a wife for her husband as he conquers Wall Street, and examines her extraordinary loyalty during his precipitous fall down when he reveals his financial crimes. She is torn: Her family will shun her if she supports her husband, but she can't abandon a man she's been tied to since they were virtually children.

AN: If you could escape to a tree house for one week simply to read and sip exquisite tea, which three books would you pack in your bag?

RSM: Tough question, as choosing unread books leaves one at the mercy of being stuck with a bad choice. (Plus, I'm a very fast reader on vacation, so my choices must be fat books!) I'll pick three books I'd love to revisit and see if they match my memories from years ago: *Exodus* by Leon Uris, *Jubilee* by Margaret Walker Alexander, and *Roots* by Alex Haley. And I think I'll sneak in *The Godfather* to keep with my long-ago-read theme.



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Arcadia triplets in tune with each other and future career

By Mallory Gleich

When triplets Sela, Ari and Alex Poulos were 8 years old, their grandmother took them to a store in Santa Fe called The Candyman. Disappointed that the store sold instruments instead of what they expected – candy – the kids quickly recovered and picked out new equipment.

One year later, they'd written their first song.

With Sela on the drums, Ari on the guitar and Alex on the keyboards, the 16-year-old triplets created *Just Seconds Apart*. The group's newest single *Unbelievable* is available on YouTube and Sirius XM.

Sela, Alex and Ari were born on September 6, 1999 at Good Samaritan Hospital in Phoenix. Arizona natives, they grew up in the Arcadia area and attended Ingleside Middle School.

Now, the three attend Primavera online school, so that they can continue to make music and attend school from wherever they happen to be. They're even featured on the Primavera television commercials.

Their favorite subject?

"What can we say? *Lunch*! Then math," Sela said.

Growing up with a musical background, the JSA triplets took music classes at 18 months old. At 3 years old they enrolled in piano lessons. Ari wrote his first piano composition when he was 4.

"The rest is history," they said.

Ari is the lead singer of the group with Sela and Alex singing harmonies.

"Some say when they hear us, it gives them chills and they say it's because of a triplet connection. Who knows?" Sela explained.

Being that they are triplets, the term "just seconds apart" seemed appropriate.

"Our name defines how we're connected, both musically and how we live our lives. When we're writing a song, one of us will share an idea and another one of us will say, 'That's what I was thinking!'" Ari said. "Sometimes we can't even believe how that happens."

The group grew up listening to Backstreet Boys. They also enjoy One Direction and 5 Seconds of Summer. Neil Peart, John Mayer and Billy Joel have also influenced them.

Just Seconds Apart

"We're inspired to write songs based on what we're feeling at the time. It's a lot of fun to express ourselves through music," said Alex.

So far, the group has played at University of Phoenix, Comerica Theater and Tempe Beach Park. They've also traveled the U.S. with Camplified, a summer camp-based tour group. They've played in New York, New Jersey, Pennsylvania, Massachusetts and Connecticut.

"We love playing anywhere and seeing our fans respond to our songs. It's all about the music," Alex said.

When they're not making music, you can find the triplets watching sports or spending time with their dogs. Sela and Alex enjoy football while Ari is a basketball fan. In their downtime, Sela likes exploring with photography, Ari makes music and Alex likes to figure out how things work.

The triplets also volunteer at the Phoenix Children's Hospital. Every Valentine's Day, they bring their Clifford the Big Red Dog costume and a nurse happily puts it on. The triplets hand out gifts as they walk the halls with the Big Red Dog.

Eventually, the group would like to tour the U.S. and take their music worldwide.

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Never too old for a good show

By Craig Goossen

I'm not technically a young man, but I'm certainly not old. I don't cling to my youth, as I know that chapter has closed, but at 45 years old, the last thing I feel is old. When conversing with folks about music, shows or nightlife in general, I'm often told, "I'm too old for that," "it's passed me by," or "I just don't get it anymore." Hearing those resignations alarms me. How do you give up like that?

I'd love to be young again. Who wouldn't? But at this stage I'm excited to have made it this far and hope there's a whole lot more ahead. I think of my kids and I want them to see that adults are vibrant beings, mad to live, not bumps on a log, loafing in the La-Z-Boy uniformed in slippers and bathrobes.

To those that feel they're too old to have fun by listening to new music, going to a show or dropping into a cool neighborhood nightspot, I promise you'll feel the exact opposite of old when you venture into any of these actions. Now, maybe I could be more mature. Instead, I wind up playing tug of war with a 15-year-old kid for the last copy of a new LP at a record store, or walking into a club show after a long day of work – in my business suit looking like a Dad – and rocking out without a worry in the world. *C'est la vie.*

The suggested music mix this month is a selection of tracks from bands that are playing in Phoenix in October. Go to your local record shop or get on the Internet and take a listen. Maybe it'll get you out to a show. If so, come hang, I'll be the tall guy in a suit who looks like a chaperone while your kids are rocking out to the music.

MUSIC *NOTES*

CALEXICO: MOON NEVER RISES (2015)

Since moving to Phoenix four years ago, I can't get enough of Calexico. Seeing these veterans live in their home state is nothing short of amazing and their latest release *Edge of the Sun* is, as expected, beyond excellent.

Calexico will perform on Sunday, October 4 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $25 and the show is for concertgoers 21 and older.

ALBERT HAMMOND JR: DON'T THINK TWICE (2015)

The guitarist and key figure in The Strokes recently released his third solo LP, and what a score he'll play at Valley Bar.

Albert Hammond Jr. will perform on Monday, October 12 at Valley Bar, 130 N. Central Ave. in downtown Phoenix. Tickets are $16 and the show is for guests 21 and over.

FIDLAR: WHY GENERATION (2015)

Fidlar's 2013 debut was an instant pop-punk classic, rooted in all the necessary youthful disasters that come with the territory. This just-released follow-up, *Too*, is a full on progression and terrific next chapter with subject matter that stems from the smoke clearing to the previously mentioned disasters.

Fidlar performs on Friday, October 16 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $15 and the show is open to guests 16 and over.

MADONNA: VENI VIDI VICI (2015)

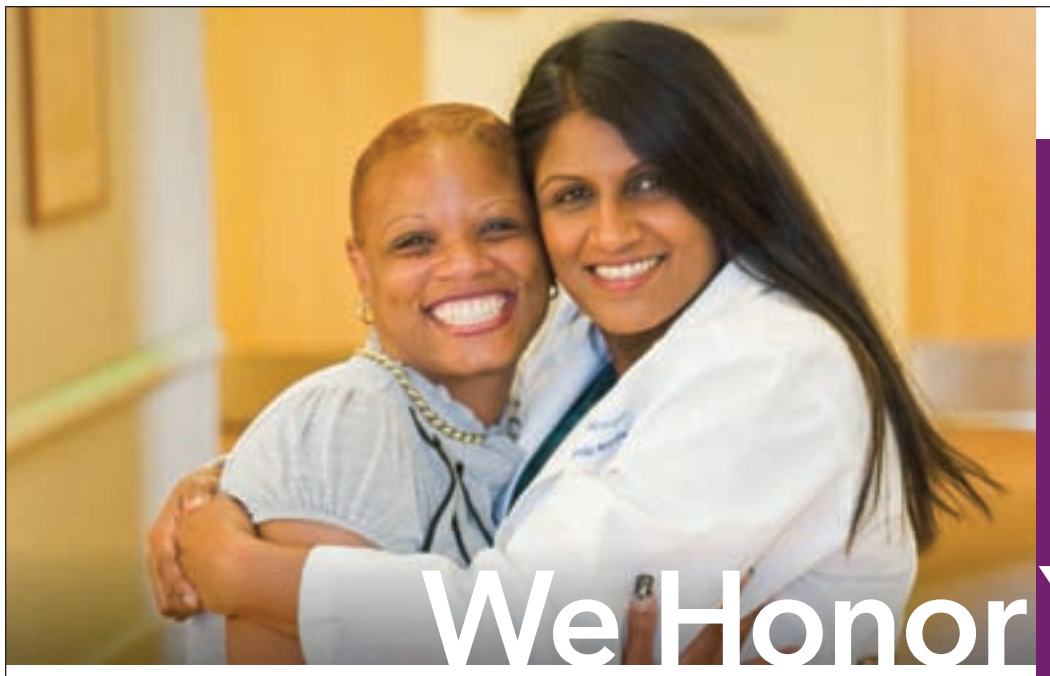
It's Madonna and the arena will be a party.

Madonna will perform on Thursday, October 22 at Gila River Arena, 9400 W. Maryland Ave. in Glendale. Tickets start at $50.

MATT POND PA: MORE NO MORE (2015)

If you haven't made it to the revamped venue in our 'hood, this is probably your best shot at seeing music that can satisfy the tastes of the whole group. October 26 at The Rebel Lounge, 2303 E. Indian School Road (off 23rd Street). Tickets are $14 and guests must be over 21.

PHOTOS BY GREG BRUNS



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Arcadia sports announcers hold special connection to school

By Jacob Janower

If you are in attendance at an Arcadia High School football or basketball game, you recognize the distinguishable voice of John Thomas over the PA system.

Thomas, along with his childhood friend, John Albright, who serves as his spotter, have worked in the booth together at Arcadia football games for eight years.

"I started when my youngest kid played football in the fall of 2008," Thomas said. "Eight years ago I was asked to do football games and asked Johnny [Albright] to be my spotter. Five years after I moved up to JV and varsity. We paid our dues before moving up to varsity."

Thomas didn't have much experience when he first began announcing games, but used his knowledge from sporting events that he'd attended to create his own announcing style through trial and error.

He garnered the confidence to be an announcer after growing up in southwest Michigan with a father who announced both baseball and stock racing. Thomas says he has always enjoyed public speaking.

After leaving Michigan, Thomas' family headed to Arcadia. He attended Ingleside Elementary School where he met Albright. He and Albright later went on to attend AHS. They spent their summers together playing baseball and riding bikes. Among other activities, they also played football on irrigated fields at AHS and at the old Motorola Plant. At AHS, they were both involved in student government. Albright was also the quarterback for the school football team.

> ***"Eight years ago I was asked to do football games and asked Johnny [Albright] to be my spotter. Five years after I moved up to JV and varsity."***

The men each moved elsewhere after school, but came back to Arcadia because of their connection to the community. Thomas is currently a lawyer who specializes in government relations, while Albright is a cabinetmaker who also works in home repairs.

"I have raised kids here. I've lived all over the country, but Arcadia is where I chose to settle down," Thomas said.

John Albright (left) and John Thomas (right) give the play-by-play every Friday night.

The longtime friendship between these two allows them to get everything done in the announcing booth in a timely matter.

"Even before we get in the booth, it is nonstop," Albright said. "We have a set plan but things that occur from every direction that we have to deal with. If you say a kid's name wrong, the fans will correct you, and that's kind of fun."

The fast-paced action is not necessarily visible to those outside of the press box, but the duo completes work in a variety of areas to ensure the best fan experience possible.

"We both enjoy the excitement of high school football," Thomas said. "It starts with the music when you enter the stadium and is a team effort of administrators, faculty and staff, students, band, spirit lines, parents and players. All are important in order to have a successful and fun sporting event."

The two have worked under Arcadia Athletic Director Kevin Mooney since they began at AHS in 2008.

"John and Johnny are proud graduates of Arcadia High School," Mooney said. "It is apparent to anyone who attends a game that they both genuinely love the school and are proud to still be part of the Titan traditions. I have worked with few people who are as dedicated to their jobs as are John and Johnny. Always eager to improve their craft, they often attend games at other schools when the Titans are on the road, looking to incorporate the best practices of other schools into their own."

Thomas and Albright's influence has extended beyond just Arcadia. They were recently asked by Veritas Prep to announce their home games and to help train an announcer for the future. Remarkably, Albright also built a six-foot tall press box for the school in one day since the school did not have one.

Due to their many years of living in the Arcadia community, both Thomas and Albright see a special significance in working football games for their former high school.

"There isn't a game that goes by that I don't meet someone new," Thomas said. "I also see people I haven't seen in 20 years."

2015 FOOTBALL SCHEDULE

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OCTOBER 9 @ Maricopa

OCTOBER 16 HOME vs. Vista Grande

OCTOBER 23 @ Apache Junction

OCTOBER 30 HOME vs. McClintock (Senior Night)

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Arcadia swim team high in both numbers and enthusiasm

By Josh Cutlip

Eighty five. This might be the number you think of when someone asks you, "How many players are on the Arcadia Titans freshman football team this year?" Or maybe, "How many girls are trying out for the volleyball program this season?" Well, what if I told you that it's actually the number of athletes on the Arcadia swim team?

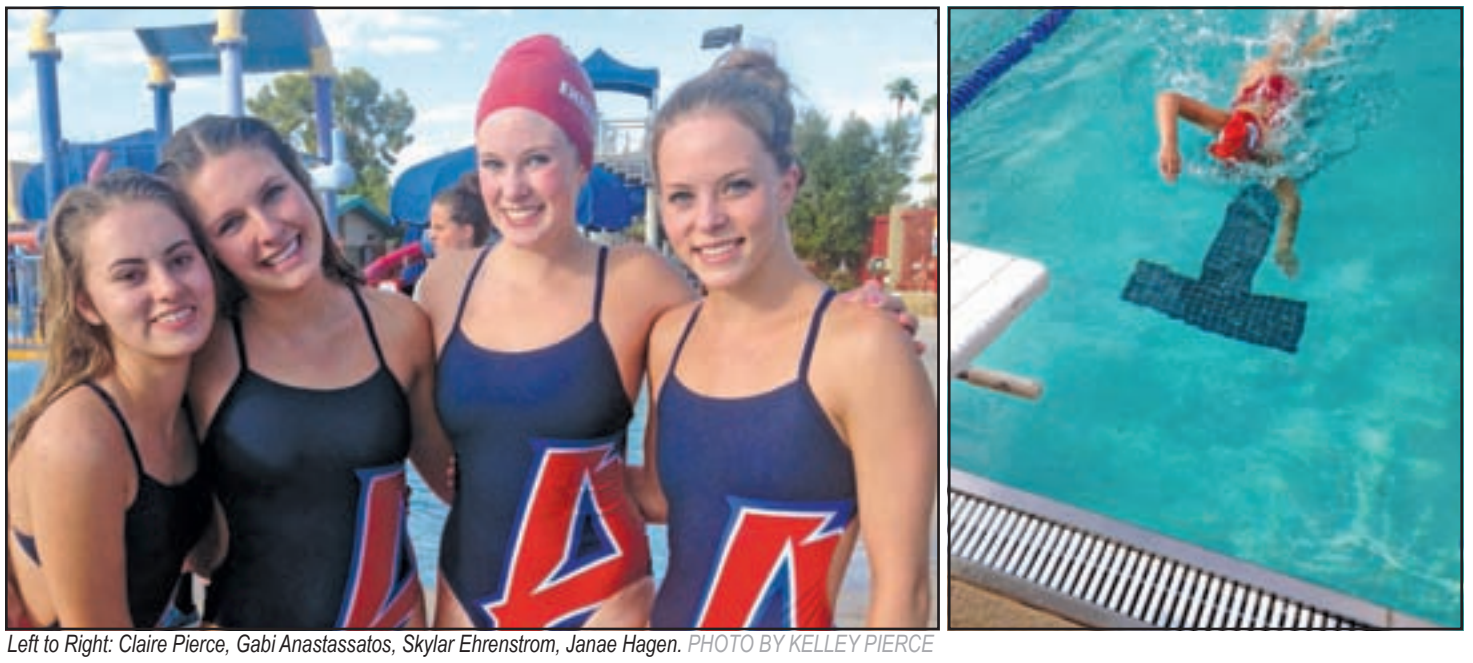
Head Coach Erica McClurg has coached at Arcadia for 20 years, and she had a large turnout this year.

"Since we are a no-cut sport, I think that athletes are not intimidated to come out for the team. We have so many different levels of athletes that everyone feels welcome," said McClurg.

While returning players are accepting of newcomers at every level of experience, McClurg admitted that the beginning of the season is often trying because the team is big and not everyone knows the routine. She said it doesn't take long, though, to come together.

"After a few weeks, we all settle in and the team – with the help of the captains – really runs itself," said McClurg.

She believes the swim program continues to get large numbers because the experience is fun, yet challenging. For McClurg, the daily workouts are a heavy influence on the attendance every week.



Left to Right: Claire Pierce, Gabi Anastassatos, Skylar Ehrenstrom, Janae Hagen. PHOTO BY KELLEY PIERCE

"I try to make [sure] the workouts have a good variety of sets, and if I feel that the kids are starting to get bored, I will try and switch it up."

Creating workouts seems to come naturally for McClurg, who is an endurance athlete herself. On track to complete her 11th Ironman triathlon on October 11 in Hawaii, McClurg competed in sports all her life, including soccer, swim and track. It wasn't until her sophomore year at the University of Arizona, however, that she fell in love with endurance racing.

"During my sophomore year at [University of Arizona], I took a triathlon training class and ever since then I have been hooked. I was also a founding member of the TriCats [the UofA triathlon club]," said McClurg.

Moving from athlete to coach, McClurg hopes to share her lifestyle goals, such as working hard, with her team.

"I try to be a role model for my athletes, which is why I like to participate in dry-land workouts with the athletes as well."

McClurg said she's not the only one doing the teaching. Her students have taught her that focusing on one sport allows them to more fully pursue that sport in college. She's also learning, and enjoying, how serious they take their academics and how disciplined they are in balancing swimming and school.

Between Coach McClurg's enthusiasm for endurance, and the players' willingness to embrace new teammates, maybe it's not a surprise that 85 athletes showed up to join Arcadia's swim program.

"We have created a family environment that has stuck around for many years," said McClurg.

Girls volleyball looks to "ace" the competition

By Josh Cutlip

It's been four years since the last state finals appearance by the Arcadia girls varsity volleyball team, and since then, it's been back to the drawing board.

Head Coach Josh Olshan is entering his 17th year at Arcadia, as he is the second of only two head coaches in the team's 46-year history. Olshan has coached for a total of 24 years, including two years of club and another five years at Peoria High School as the junior varsity and freshmen coach. Along with his playing experience at The University of Arizona, Olshan had a new perspective to bring to the not-so-successful Titans.

"When I started, they had had a little bit of success, but they had never really gone far in the state tournament," said Olshan. "We [had] made it to two state finals, but we had never made it to the [semifinals] before I got there."

Of course, with anything new, it takes practice.

"I struggled my first few years, and I didn't make state until my fifth year," said Olshan. But he and the team eventually found their stride going on a run of six state semifinal appearances in six out of eight years.

Today, Olshan is pleased with the depth of his team and hungry for another playoff appearance. With an almost identical team from last year (only two players are new to varsity), it's hard not to be.

"We have six seniors, five juniors and two sophomores. We were really young two years ago when we struggled, and we were pretty young last year," said Olshan. "This is where the young ends. This is where we need to step up and mature, and be that competitive team."

Olshan mentioned that this year's roster runs deep, and illustrated the fact when he shared his starting lineup isn't finalized.

"Everyone says, 'Where's your lineup?' and I say, 'I don't know yet.'"

According to Olshan, the extensive talent on his lineup can be great.

"One of the advantages is if somebody gets hurt, we've easily got somebody who can step in and play.."

He recalled a time last year in which one of his players got injured and he wasn't prepared, "I'll never make that mistake again."

As for players who are capable of stepping it up when the team needs them most, Olshan looks to his senior libero, Katy Tolson, as well as Kara Woodard.

The big games they are looking forward to are against the rival Scottsdale school, Saguaro, and Flagstaff High School who defeated Arcadia in the 2011 state finals.

Olshan, however, had only nice things to say about Flagstaff's head coach as he is impressed with how she shaped such a small school into a powerhouse team.

"I respect the Flagstaff coach more than you could possibly imagine, so I'm really excited to play her [team]."

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

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
1 COL	2	3 MIA	4 MIA	5 MIA	6 ATL	7 ATL
8 ATL	9 COL	10 COL	11 COL	12 SF	13 SF	14 SF
15 SF	16 NYY	17 NYY	18 NYY	19	20 STL	21 STL
22 STL	23	24 PIT	25 PIT	26 PIT	27 SD	28 SD
29 SD	30 HOU	31 HOU				

JUNE

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

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
					1 SF	2 SF
3 SF	4 SD	5 SD	6 SD	7	8 SF	9 SF
10 SF	11	12 ASG	13	14	15 LA	16 LA
17 LA	18	19 TOR	20 TOR	21	22 CIN	23 CIN
24 CIN 31 LA	25 MIL	26 MIL	27 MIL	28 MIL	29 LA	30 LA

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
	1 WAS	2 WAS	3 WAS	4	5 MIL	6 MIL
7 MIL	8	9 NYM	10 NYM	11 NYM	12 BOS	13 BOS
14 BOS	15 NYM	16 NYM	17 NYM	18 SD	19 SD	20 SD
21 SD	22 ATL	23 ATL	24 ATL	25 ATL	26 CIN	27 CIN
28 CIN	29	30 SF	31 SF			

SEPT // OCT

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

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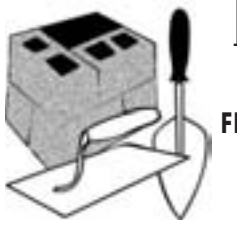

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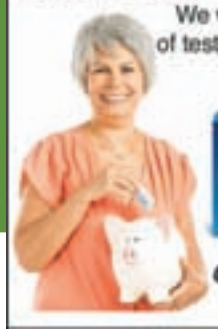

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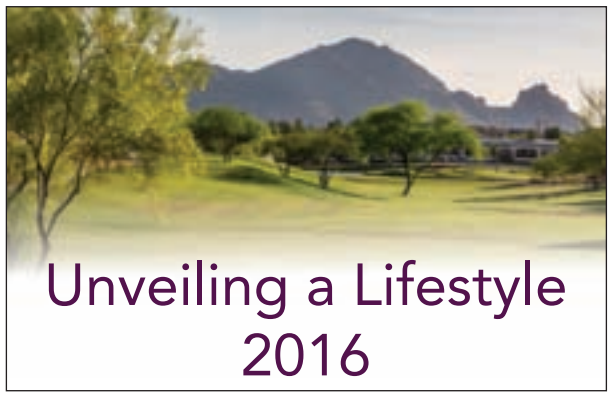

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6040 E. Rose Lane	4640 N. 40th Street	3307 E. Medlock Drive	3816 N. 54th Court
8225 N. Golf Drive	8 E. Biltmore Estates #124	3425 N. Valencia Lane	4353 E. Palo Verde
7450 E. Sage Drive	3402 E. Sells	4211 E. Whitton Avenue	5250 N. 37th Place
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5 bedrooms | 3.5 baths | 4,183 square feet
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7501 E. Palo Verde • $830,000
3 bedrooms | 2 baths | 3,536 square feet
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4 bedrooms | 3 baths | 2,857 square feet
Enchanting ranch home on highly coveted street.

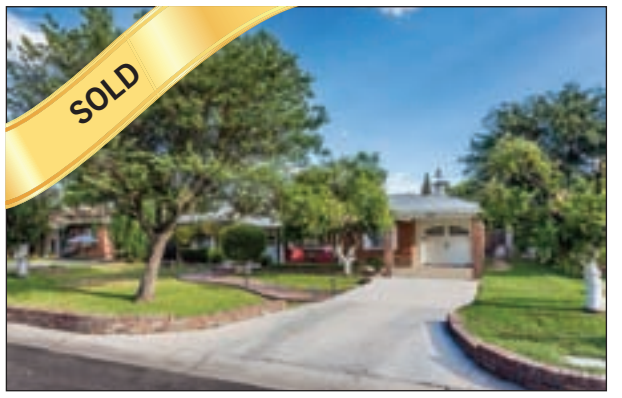
3602 E. Coolidge • $739,000
5 bdrms+guest rm | 3 baths | 3,235 square feet
Located in the middle of Camelback Corridor.

3055 E. Marshall • $675,000
3 bedrooms+office | 3.5 baths | 2,760 square feet
Incredible opportunity for golf course lot!

3052 E. Stella Lane • $499,900
2 bedrooms+office | 2 baths | 1,430 square feet
Turnkey remodeled home on the golf course.

3802 N. 43rd Place • $475,000
3 bedrooms | 2 baths | 1,831 square feet
Privately gated hacienda.

3718 N. 35th Place • $421,000
3 bedrooms | 2 baths | 1,620 square feet
Absolutely magical piece of property.



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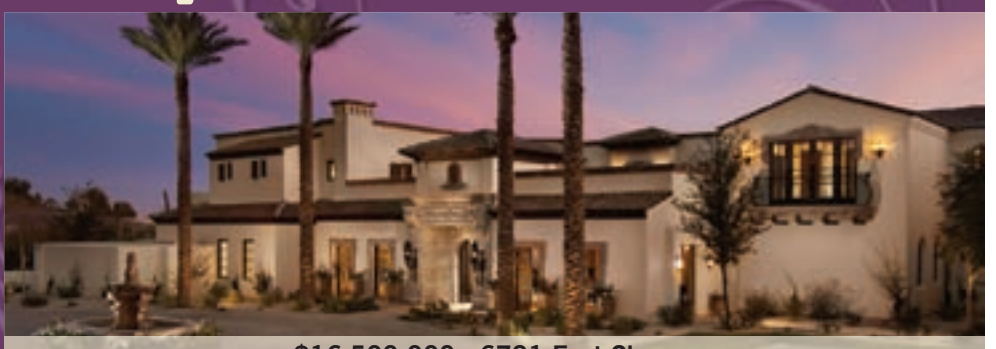
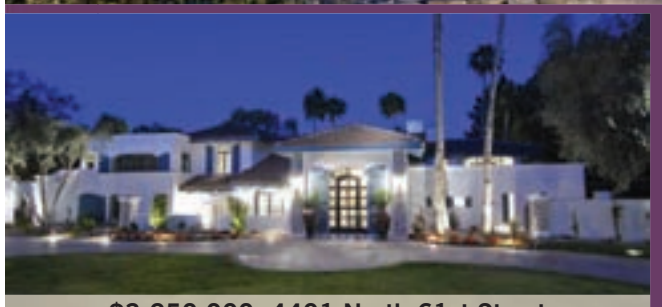
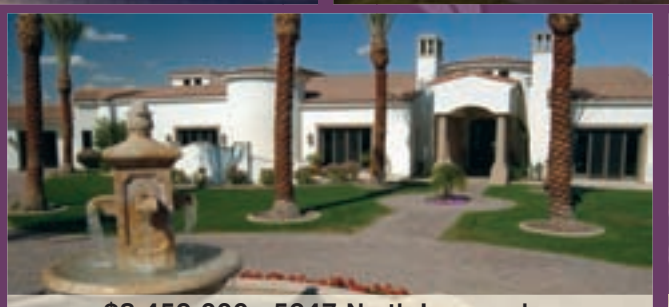
7 bedrooms, 12 bathrooms, 25,416 square feet



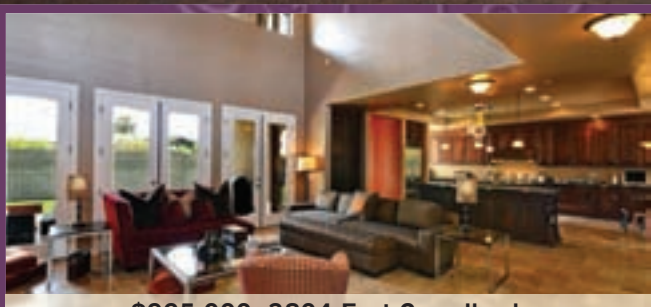
$16,500,000 6721 East Cheney
11 bedrooms, 13 bathrooms, 22,215 square feet



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



$8,459,000 5247 North Invergordon
7 bedrooms, 9 baths, 12,700 square feet



$925,000 3804 East Camelback
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$3,895,000 4715 North Launfal
6 bedrooms, 8 baths, 8,332 square feet

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$749,000 3619 East Elm
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NEW LISTING

$3,295,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet

4615 East Royal Palm
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COMING SOON

$2,795,000 6524 East Gainsborough
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$14,500,000 5901 East Edward
7 bedrooms, 12 baths, 14,150 square feet