Arcadia News

Vol. 23 No. 8 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | November 2015

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Arcadia native and helicopter pilot Anne (Hotis) Wilson on the deck of the USS Kansas City. The helicopter is the H-46 Sea Knight, and its rotor blades are folded, so it can fit into the ship's hangar. Her journey from AHS to the Naval Academy starts on page 19.

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We honor our local heroes, past and present with photos provided by the community.

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Local fitness club works with Habitat for Humanity to build a family shelter for the holidays.

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After a nationwide search, *Women's Health* names a local trainer their newest 'Fitness Star.'

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AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Current monthly circulation: 20,000.
Primary distribution by U.S. Postal Service.

Verifiable proof provided upon request via USPS and printing receipts, along with checkable references.

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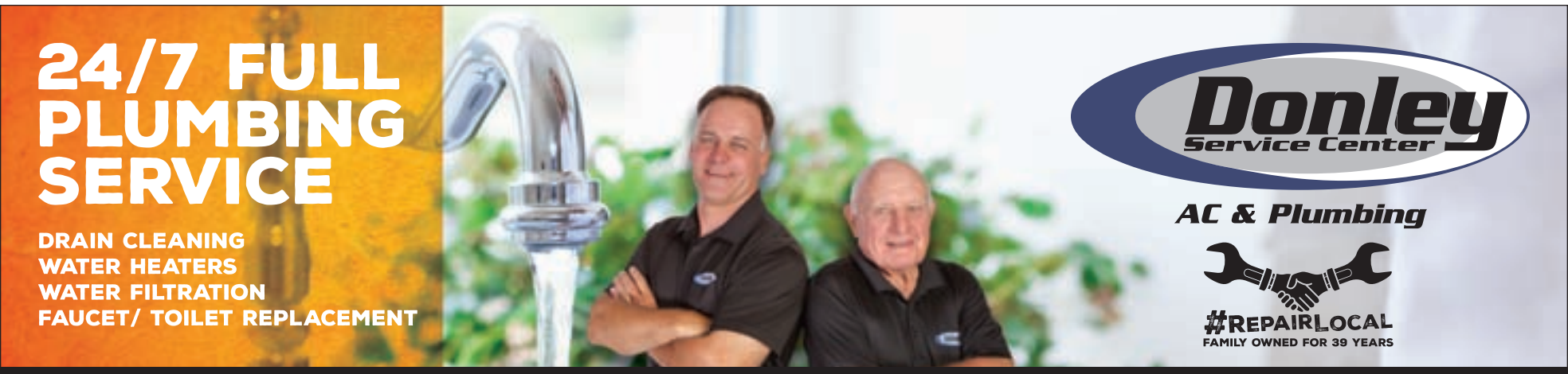
COVER IMAGE:

Arcadia native and helicopter pilot Anne (Hotis) Wilson on the deck of the USS Kansas City.

PHOTO SUBMITTED BY ANNE WILSON



Take care of the grandparents

By Amanda Goossen

EDITOR'S NOTES

There are few regrets I have in life. But there is one I hold onto.

I have a great admiration for my grandfather. He was a solid human being who always did what was right, worked hard, paid his debts and loved his family. He was a simple man but a *good* man.

And although I adore my memory of him – the moments I had with him, the photo that sits on my bedside table of him holding me as a baby – there is something missing.

I know very little about the man he was before he was Papa.

The older I get, the more it haunts me. I know he was born to parents who died when he was young. He and his three siblings were taken to a Catholic orphanage, where nuns raised them for some time, before family members came and retrieved the children.

I believe the siblings were separated, yet somehow remained close.

I know at some point my grandparents met. My grandfather was in the Navy. Grandma waited for him. They were married 13 years before they had their first child. They had three children and lived in San Diego, in the same home for over 50 years.

But that's about it.

There are bits and pieces. There are things we've discovered over the years: photos, slips of paper with memories written on them. My favorite was two sentences my mom and I found on the back of a hotel receipt. Turns out the receipt was for the hotel they stayed at on their wedding night, the night before my grandfather was shipped out to sea. Without her notes, we would have never known why she'd kept a sixty five year old receipt.

I know my grandfather owned an intricately cared for record collection which consists of a variety of Japanese imports. I believe they came from his time in the Navy. But I'm really not sure.

The problem is, my grandparents spoiled their grandchildren. Not with material items but with love and attention. We were the absolute center of their universe. Life was about us, not about them.

And by the time I was old enough to ask important questions, to know that I wanted to write about their life and their memories…their memories were fading away.

I sat one afternoon with Papa, on the stool at his feet. He was in his mid-80s and well into his battle with dementia. I was making frequent trips from my Los Angeles apartment to their San Diego home. I felt him slipping away from me and I now understand that I was grasping for anything I could get, trying to find out who he was when he wasn't being the best man I'd ever know.

I asked him questions. He stared at me, with love and defeat.

"How's Craig," he asked about my husband, as if telling me my questions had to end.

My heart broke because the reality was I'd never know where he'd been and all the things that led him here.

And I had to accept that. He has been gone almost eight years now and I miss him every single day.

This past September, Pope Francis visited the United States. Regardless of what you believe or what religion you follow, there was something he said that I find worth sharing.

"Take care of the grandparents… Grandparents are the living memory of the family."

It is for this reason that I write. To honor the people. To tell the stories. To keep records of people doing big, small and remarkable things.

To keep their lives, alive. Forever.

Have a wonderful November, Arcadia. And thank you for reading *Arcadia News*.

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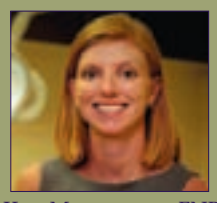
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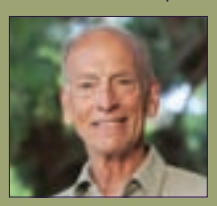
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How to collect unpaid money

LEGAL *EASE*

By Timothy W. Overton

You sold the goods or provided the services, but your customer isn't paying. Now what? Although there's not one sure-fire solution to every collection problem, the following steps will give you the best chance for collecting your money without going into the red.

Do your due diligence before the transaction – Vet your potential customer by doing a little research. If there is enough money at stake, pay for a $20 background search or purchase a Dun & Bradstreet report. These findings can warn you who to avoid or put on stricter-than-usual contract and/or credit terms.

Contract with terms favorable to you and make sure the customer signs – Read and revise the contract(s) to fix the section(s) that could save hundreds if not thousands of dollars in attorneys' fees, such as "customer agrees to pay legal fees and costs in the event of nonpayment," or "the parties agree to venue and jurisdiction in Maricopa County, Arizona." Always include interest on late payments, which encourages customers to pay sooner.

Use a system that informs you when a customer is late – The closer you are in time to the transaction, the more likely you are to collect. In fact, an email or phone call the day before a bill is late can make a world of difference on whether and when you get paid.

Go into collection mode – If you have the temperament for it, don't call a lawyer or debt collector before you try the steps they will take. For example, don't pay a lawyer $500 to write a letter you can write first, and don't promise a debt collector 50 percent of what's owed for them to make a couple of phone calls you can make. If you collect your own debt rather than hire out, the Fair Debt Collection Practices Act does not apply to you as long as you don't use a different name that implies a third party is attempting to collect the debt.

Take pre-lawsuit collection steps – Start with email. This gives them written notice they have not complied with your agreement and written proof of your demand and any response they send you. Next, make a friendly but firm call to establish live contact with the customer. Talking with the customer will give you a feel for where they are and put them in the position of having to answer your questions directly. Finally, send a short, firm letter with a draft legal complaint that has your company listed as the plaintiff, the customer listed as the defendant, and everything included in the complaint that is required for filing in court. This letter is more effective when coming from an attorney on legal letterhead. When the customer has the choice of either paying you or paying court and/or attorneys' costs and fees, they would rather pay you. Justice court complaint samples are available online at justicecourts.maricopa.gov.

Pursue legal proceedings or a debt collector – If you've been unable to collect after all the pre-lawsuit steps, file the complaint yourself or turn the matter over to a debt collector or attorney.

Execute on the judgment – Once you get a judgment, follow the required steps to garnish bank accounts, wages or other property. If the customer has ever paid with a check or bank account, keep that information so you can more easily garnish funds from that account.

Throughout the process, be willing to negotiate and, if necessary, compromise on the amount and terms of payment. If you haven't had success with emails, calls or letters, be willing to take a one-time payment of some percentage, i.e., 80 percent, of the outstanding amount if paid within 30 days. Also consider accepting weekly or monthly payments until the total outstanding amount is paid, which should happen within six months.

— Timothy W. Overton is a shareholder at Gallagher & Kennedy. For more information about Mr. Overton, please go to gknet.com.

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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-9/30/2015)

Active Homes -	158 homes
Homes Sold -	235 homes
Average Sale Price -	$970,000
Average Sold $ Per SF -	$300
Average Days On Market -	106 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 11% 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
(1/1/2015-9/30/2015)

Active Homes -	77 Homes
Homes Sold -	162 Homes
Average Sale Price -	$478,000
Average Sold $ Per SF -	$224
Average Days On Market -	117 days

There is currently 5 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 1% 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 33% 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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Determining family history

HEALTHY TIDBITS

By Arlie Colvin

Doctors are often asked whether a family history of cancer puts patients at a greater risk. While family history is a risk factor for developing cancer, only five to 10 percent of all cancer cases are hereditary, meaning a harmful genetic mutation in the family is associated with an increased risk to develop certain types of cancer.

Genetic counseling, or cancer genetic risk assessment, can help you learn about your cancer risks, the likelihood that your family's history of cancer is hereditary, and the benefits and limitations of genetic testing.

In general, you may want to consider cancer genetic counseling if:

• Two or more close blood relatives had cancer (not including cervical cancer or non-melanoma skin cancers).

• The same type of cancer has occurred in more than one relative on the same side of the family.

• A family member has had more than one type of cancer, or been diagnosed with cancer under age 50, or had a rare cancer or tumor, or had two or more tumors in the same organ.

Ideally, genetic counseling and genetic testing should begin with the person who had the cancer that may be due to an inherited predisposition. Testing this person could confirm or exclude the genetic predisposition in the family.

If a genetic mutation is identified, it confirms that the cancer was hereditary and alerts the individual to the need for aggressive screening and consideration of options for risk-reducing surgeries. Additionally, aggressive screening and risk reduction can be targeted to other family members who carry the identified mutation.

At the HonorHealth Virginia G. Piper Cancer Center, assessing your genetic risk for cancer includes providing details on your personal and family history of cancer and evaluation of your information by a genetic counselor. This can help you understand your risk of developing cancer, whether genetic testing is indicated, who in the family should undergo actual testing, implications of genetic test results and the risks, benefits and limitations of genetic testing.

— Arlie Colvin is a genetic counselor with the Genetics Program at the HonorHealth Virginia G. Piper Cancer Center. For more information, visit HonorHealth.com.

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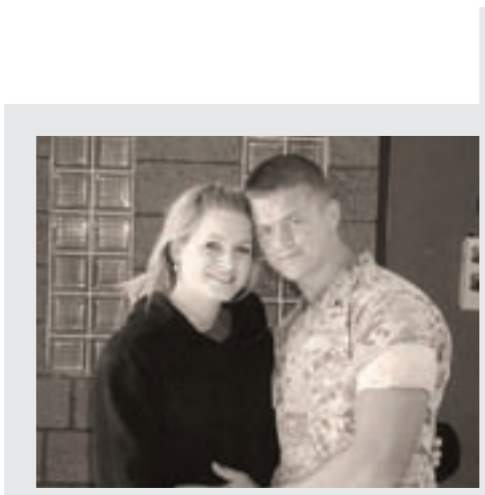

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SUNDAY NOVEMBER 1

Shemer Family Arts Festival

10 a.m. to 5 p.m. at Shemer Art Center, 5005 E. Camelback Road, Phoenix. This annual, family oriented fundraiser for the Shemer Art Center will have 40 artist booths, demonstrating artists from various Valley arts and cultural organizations; sculpture garden tours; live entertainment and performances; food and drink vendors; children's activities; and a silent auction, featuring items donated by the 40 participating artists and local businesses. Admission is $5 per person, with children under 12 free.

Chiles and Chocolate Festival.

Light the Night Walk.

FRIDAY NOVEMBER 6

Chiles and Chocolate Festival

10 a.m. to 5 p.m., Nov. 6-8, at Desert Botanical Gardens, 1201 N. Galvin Parkway, Phoenix. A festival for all lovers of spicy and sweet, this weekend festival begins Friday and goes until Sunday evening. Guests will have a chance to sample a multitude of treats from chocolates to sauces and other yummy Southwestern treats. To keep things spiced up, there will be live music throughout the weekend – from Mambo to Salsa and more. A cash bar will also be available. Tickets are $22 for general admission. For more information, call 480-481-8188 or visit dbg.org.

SATURDAY NOVEMBER 7

MIMFest

10:30 a.m. to 5 p.m. at Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. After the success of last year's music festival, MIM has decided to bring it back for 2015. With the Arizona desert in the background, more than 20 groups on three stages will perform music for everyone to enjoy. There will be two stages set up outside, one inside and 12 food trucks to satisfy a rumbling stomach. There will also be aerialists, a Dixieland band, face painting, henna art and craft activities. There's something for everyone in the family to enjoy. Tickets are $35 for adults and $15 for kids. For more information, call 480-478-6000 or visit mim.org.

Friendly House Tamale Dinner

12-7 p.m. at Arizona Center, 400 E. Van Buren St., Phoenix. The Tamale and Dinner Festival is ready to rock for its 80th year. Join in the food and fun while supporting charitable causes around the Valley. Activities include a battle of the tamales, kids zone, vendors, live music and of course delicious food and drinks. General admission is $10 at the door. For more information, call 602-257-1870 or visit tamaledinner.com.

Light the Night Walk

5-9 p.m. at Phoenix Municipal Stadium, 5999 E. Van Buren St., Phoenix. The Leukemia and Lymphoma Society's Arizona Chapter, along with supporters, will light up the night in commemoration of those touched by blood cancer. Participants will receive a lantern with a specific color to show how their lives were or are being affected by leukemia and lymphoma. The walk is a mile long. There will also be food and entertainment, a kids zone and a fireworks show. This event is free to all ages. For more information, call 602-567-7594.

Phoenix Sister Cities 5K

7 a.m. at Arizona Falls SRP Canal, 5802 E. Indian School Road, Phoenix. Phoenix Sister Cities sixth annual 5K is set for Nov. 7. PSC is a nonprofit organization that fosters cultural, education and business exchanges such as student exchange programs. The walk is for all ages. Preregistration is $25, $30 on the day of the event, and proceeds benefit PSC's Ireland chapter. There will be awards for the top three finishers in different age groups. For more information, call 602-534-3751.

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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY NOVEMBER 13

Christmas Tree Lighting

4-8 p.m. on Nov. 13 and 5-10 p.m. on Nov. 14 at Outlets at Anthem, 4250 W. Anthem Way, Phoenix. Join in on the early Christmas festivities by watching the lighting of the tallest Christmas tree in America. Friday's activities include games and prizes, pictures with Anna and Elsa from Frozen, and live music. On Saturday the tree will be lit, as well as more games, prizes and music. A fun, free event for the whole family. For more information, call 623-465-9500 or visit outletsanthem.com.

SATURDAY NOVEMBER 14

Wipeout Run

Times vary, at WestWorld, 16601 N. Pima Road, Scottsdale. If you love the show Wipeout, this run is for you. The 5K course comes complete with wrecking balls, sweeper arms and foam slides for an unforgettable experience. Tickets range from $70 to $90. This event is for runners 18 and older. For more information and to register, call 480-312-6815 or visit wipeoutrun.com.

SUNDAY NOVEMBER 15

Kool-A-Palooza

11 a.m. to 6 p.m. at Salt River Fields, 7555 N. Pima Road, Scottsdale. The first ever Kool-A-Palooza, presented by 9.45 KOOL-FM radio station, is a tribute concert. Five bands will take the stage and play some of the greatest hits by the Eagles, U2, Journey and Michael Jackson. Food trucks will be on site, along with a kids area and vendor market. Tickets are $10 for general admission and parking is free. For more information, call 602-260-9494 or visit kool.cbslocal.com.

Phoenix Pizza Festival.

Wipeout Run.

Slider Throwdown

11 a.m. to 2 p.m. at Kierland Commons, 15205 N. Kierland Blvd., Scottsdale. The 2015 Slider Throwdown is the ultimate burger competition. The Valley's best food trucks will battle head to head to see whose slider is the best. Tickets cost $25 and proceeds go to the Arizona Friends of Foster Children Foundation. This event is for all ages. For more information, call 420-213-6707 or visit girlmeetsfork.com.

SATURDAY NOVEMBER 21

Phoenix Pizza Festival

11 a.m. to 5 p.m. at Civic Space Park, 424 N. Central Ave., Phoenix. There's no need to worry that this event is the Saturday before Thanksgiving, because it focuses on one thing: pizza. Around 15 vendors will serve up slices alongside 10 craft beer and wine bars. Other activities include live music, lawn games, kids zone and more. Tickets are $10 for general admission. For more information, call 480-442-9176 or visit phoenix.pizza.

THURSDAY NOVEMBER 26

Thanksgiving Dinner

1-6 p.m. at Westin Kierland Resort, 6902 E. Greenway Parkway, Scottsdale. Save yourself from the hustle and bustle of holiday cooking and steal away to the Westin Kierland, where Executive Chef Chris Masco will prepare a Thanksgiving feast for all to enjoy. The dinner will be served buffet style with all the fixin's. There will also be live music and a beautiful view of the McDowell Mountains. Dinner is $72 for adults and $25 for kids 5-12. For more information, call 480-624-1000.

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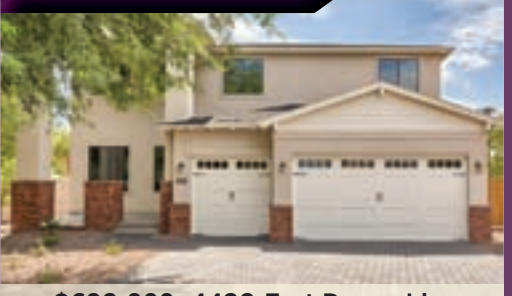
SALE PENDING

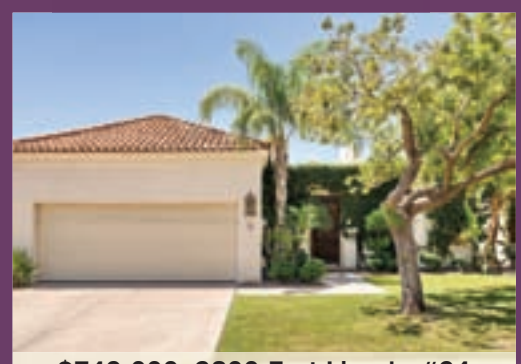
$775,000 5301 North 46th Street
Camelback Canyon Lot

$549,900 4501 North 35th Street
3 bedrooms, 2 baths, 1,957 square feet

SALE PENDING

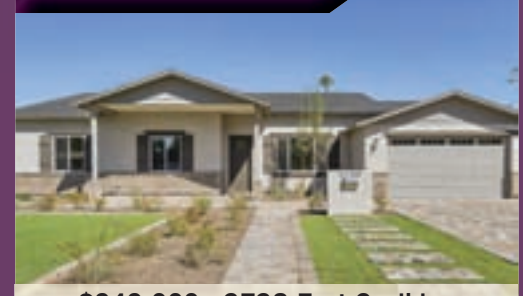


$699,000 4439 East Devonshire
4 bedrooms, 3 baths, 2,934 square feet



$749,000 3800 East Lincoln #24
4 bedrooms, 4 baths, 4,744 square feet

NEW LISTING



$949,000 3738 East Coolidge
4 bedrooms, 4 baths, 2,998 square feet

$390,000 4313 East Turney Avenue
3 bedrooms, 2 baths, 1,479 square feet

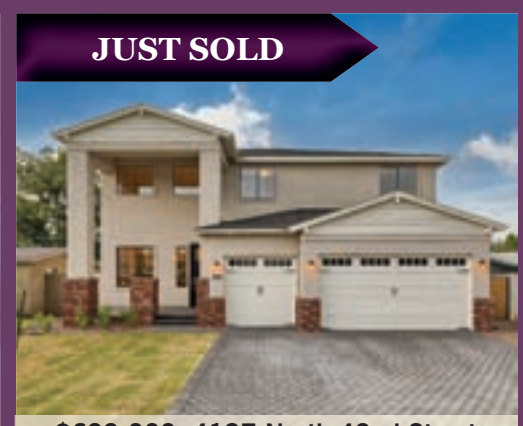
JUST SOLD

$925,000 3609 East Meadowbrook
4 bedrooms, 4 baths, 3,014 square feet

NEW LISTING

$969,000 8 East Biltmore Estates #123
2 bedrooms, 3 baths, 2,042 square feet

JUST SOLD



$699,000 4137 North 42nd Street
4 bedrooms, 3 baths, 2,934 square feet

JUST SOLD

$714,900 3934 East Roma
4 bedrooms, 5 baths, 2,846 square feet

6159 East Indian School Road, #106
2 bedrooms, 3 baths, 1,526 square feet

$925,000 3804 East Camelback
4 bedrooms, 4 baths, 4,809 square feet

NEW LISTING

$749,000 3619 East Elm
3 bedrooms, 2 baths, 2,100 square feet

$398,000 8100 E Camelback #157
2 bedrooms, 2 baths, 1,833 square feet

NEW LISTING

$850,000 4145 East Wilshire
5 bedrooms, 4 baths, 3,686 square feet

NEW LISTING

$549,000 3452 North 47th Street
4 bedrooms, 2 baths, 2,216 square feet

SALE PENDING

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5 bedrooms, 5 baths, 4,592 square feet

NEW LISTING

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4 bedrooms, 4 baths, 3,900 square feet

NEW LISTING

$1,295,000 5310 East Calle Ventura
3 bedrooms, 3 baths, 3,150 square feet

$1,225,000 5602 East Monterosa
5 bedrooms, 4 baths, 3,400 square feet

$1,995,000 5350 East Calle Del Medio
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$1,995,000 4470 East Valley Vista
3 bedrooms, 5 baths, 5,987 square feet

NEW LISTING

$1,895,000 5124 East Calle Del Norte
5 bedrooms, 4 baths, 4,565 square feet

$1,695,000 4136 North 52nd Place
4 bedrooms, 4 baths, 3,849 square feet

NEW LISTING

$1,595,000 6739 North Palm Canyon
4 bedrooms, 5 baths, 4,812 square feet

SALE PENDING

$1,345,000 3702 East Orange Drive
4 bedrooms, 5 baths, 4,840 square feet

SALE PENDING

$1,649,000 6235 East Calle Rosa
4 bedrooms, 4 baths, 3,840 square feet

$1,950,000 4316 North 40th Street
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5 bedrooms, 6 baths, 5,061 square feet

NEW LISTING

$2,795,000 6428 East Exeter
5 bedrooms, 6 baths, 6,140 square feet

NEW LISTING

$2,095,000 7531 North Silvercrest
5 bedrooms, 5 baths, 4,450 square feet

COMING SOON

$2,795,000 6524 East Gainsborough
5 bedrooms, 6 baths, 6,000 square feet

NEW LISTING

$2,845,000 5219 North Casa Blanca Drive Lot 49
6 bedrooms, 6 baths, 6,381 square feet

$2,900,000 6739 North 36th Street
4 bedrooms, 5 baths, 6,200 square feet

NEW LISTING

$2,295,000 6424 East Exeter
3 bedrooms, 3 baths, 4,872 square feet

$2,200,000 6239 East Calle Del Media
5 bedrooms, 4 baths, 4,512 square feet

$2,995,000 5739 North Casa Blanca
4 bedrooms, 7 baths, 6,839 square feet

$2,495,000 5850 East Glen
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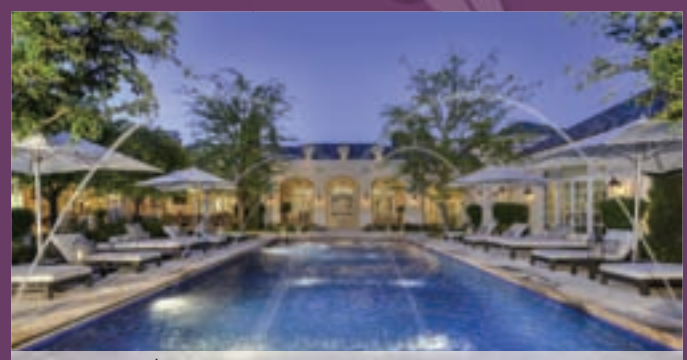
$3,250,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



$14,500,000 5901 East Edward
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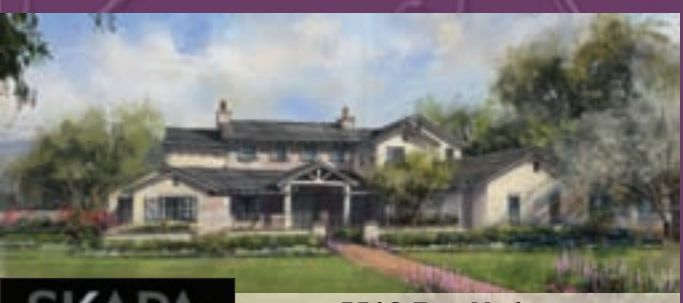

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Connecting with the kids

TEACHERS *WE LOVE*

By Christina Surrano

For Gina Nuñez, passion for teaching is in her blood. Her father, two brothers, sister and great-grandmother all chose careers in education.

This is her 19th year of teaching and her sixth year at Xavier College Preparatory. She currently teaches three levels of freshman world history: college prep, honors and advanced placement.

"I am a hard teacher," said Nuñez. "My expectations are really high and the girls know that from day one. But at the same time, I like to build a rapport with the students…But the point isn't to make the students like me, it is to make them want to learn history."

According to senior student, Hannah Cooper and freshman student, Nika Volfson, the students do like her. They both nominated Nuñez for the *Arcadia News* Teachers We Love Award.

"Miss Nuñez is a very popular teacher. She is definitely a favorite on campus," Cooper shared.

Volfson explained, "I think Miss Nuñez's general disposition can lift anybody's mood and leave a positive impact for the rest of that day. Just the way she interacts with her students makes them leave happier and knowing they have learned many new things."

Cooper said that Miss Nuñez is willing to listen to and debate with students. She added, "I learned a lot from her class, but I think I learned more from her in a sense of everyday application, like how to formulate effective arguments."

Miss Nuñez recalled that because she came from a family of teachers, she didn't want to follow the family tradition and become a teacher. She remembered her father's response when she told him she changed her mind: "He laughed and said, 'Yea' I kinda' figured you would.'"

"I'm 51. I went to school late, Nuñez said. "I was going to travel the world and [serve] women's issues in low income, poverty-stricken areas. But then I got the teaching bug."

While attending Northern Arizona University, a friend asked her to do some volunteer work with middle school and high school students. Her friend was impressed by the rapport she built with the students in a short period of time and remarked about it.

"I think being honest and open with [students] helps them feel comfortable and we build this great rapport," said Nuñez. "Every day there is something new I learn from my students. And every day I give them something that they can take with them."

"She is a great teacher, but she is a really wonderful person. That's ultimately why I nominated her," Cooper said.

Nuñez's compassionate nature is evidenced by her decision to adopt her daughter. It was early in her teaching career, while working at a West Valley middle school, that she watched the movie *Blindside* and was inspired to adopt one of her first year students.

When Nuñez was asked about her daughter, Elizabeth, she said, "[Elizabeth] came from a really bad home. I knew that she was a good kid. Everyone else thought she was a bad kid…I took her out of a bad place and put her in a better place. My family opened their arms to her." Elizabeth is now 31 and pursuing a Ph.D. in education from California State University, Long Beach.

"I have such a passion for teaching, I can't not be in the classroom," said Nuñez. "It's who I am and what I do. I love it."

Teachers chosen for the Arcadia News *Teachers We Love Award receive an* Arcadia News *tote and T-shirt, a $125.00 gift certificate from Salon Sandoval, a gift certificate for dinner for two at a local restaurant and an invitation to an end of the year luncheon for the year's winner.*

To nominate the teacher you love, go to arcadianews.com.

The bee's knees of Arcadia babysitting

BEHIND *THE BUSINESS*

By Olivia Davila

In a community with a large family population and innumerable college students, providing a one-stop babysitting shop seemed like a practical business move. Noticing this opportunity, longtime Arcadia resident Amanda Belinger launched a locally run babysitting business, which allows parents to book sitters who come with references and past childcare experience.

Amanda's goal was to connect families of the Valley with sitters and "develop a network to strengthen the local community through childhood services."

Since launching in May 2014, Busy Bees Babysitting has gone from servicing roughly 40 families to over 400.

"We knew in the beginning that [BBB] was something that would grow quickly, but the growth that we have seen on both the family as well as the sitter side has been more than we imagined," said Amanda.

At age 13, Amanda first developed her skills as a sitter when her parents came home with her baby sister.

"As a middle school kid I began learning how to take care of a baby. As a senior at [Arcadia High School] I would drive my sister to kindergarten at Hopi Elementary and drop her off every morning."

Early exposure to infants like her sister, along with growing up in the Arcadia neighborhood aided in Amanda's success. Amanda found ample babysitting opportunities in the area and

Amanda Belinger

realized quickly that childcare was something she deeply enjoyed.

Spending much of her high school and college years as a sitter, Amanda formed lasting relationships with multiple families and carries those relationships through Busy Bees.

"Busy Bees has grown completely from connections within this community," she said.

In fact, her connections reached farther than the families she babysat for in the past. Amanda has a habit of setting Young Life – a non-denominational Christian ministry that reaches out to adolescents through volunteers, staff, club meetings and camps by building meaningful relationships – friends up with families who needed childcare. As a result, she quickly gained a reputation among local parents as an individual who provided reliable babysitters that upheld a high level of quality and safety.

When recalling the network of babysitters and friends, Amanda said, "If one of us couldn't [babysit as planned], we would call one another to make sure it was covered. The parents appreciated that we found suitable replacements and felt confident in our recommendations because we all knew one another so well. We took on the responsibility of training each other on the details and routines of each unique family."

While Amanda continued to gain her own experiences, she felt that connections she made as a result of babysitting – such as meeting new families and working with kids – were ones that many other girls could benefit from as well.

"We always tell the girls, 'Relationships are real'."

Amanda said the company reminds babysitters that if they focus on the children and do their best, they may be surprised at the outcome.

"We've been there. We've lived it. And we are happy to help facilitate the opportunities to connect both families and sitters. It's so much more than babysitting."

Though Amanda is the founder of Busy Bees Babysitting, she is quick to shine all of her company's success back to her friends and family.

"I would say my 15 years in youth leadership in the area gave me important credibility," said Amanda. "However, the friends of Busy Bees are the ones that gave us the wings to grow beyond a small group to the thriving hive of over 400 families we have today."

With overflowing success in a short amount of time, Amanda hopes that Busy Bees will eventually expand into surrounding neighborhoods across Arizona.

Until then, Amanda remains busy in Arcadia, volunteering as a Young Life leader and growing and perfecting her hive.

To find out more about Busy Bees Babysitting go to busybeesbabysitting.com.

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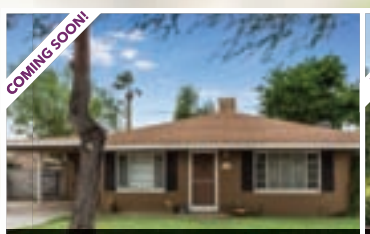

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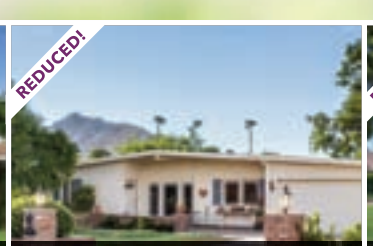

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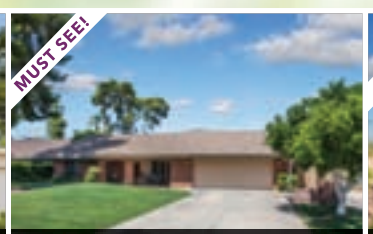

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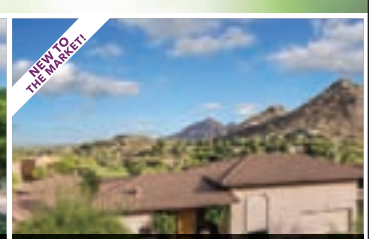

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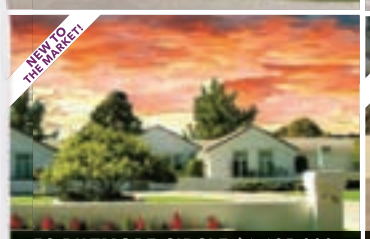

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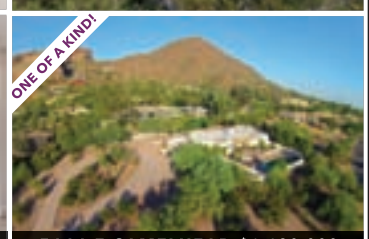

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Arcadia veteran chronicles military experiences in new novel

By Amanda Goossen

Arcadia native Anne (Hotis) Wilson is a military veteran and author. Both careers came completely by surprise.

Anne graduated from Arcadia High School in 1984. During her senior year, while sitting in the guidance counselor's office, Anne's eyes drifted to a catalog. A beautiful sailboat on sparkling blue water graced the cover.

It was a recruitment catalog for the United States Naval Academy.

To Anne, who was an accomplished swimmer at the Arizona Country Club, the image called out to her in a way she cannot explain.

"When I think about it, I must have really wanted a change of scenery," said Anne.

Applying to the Naval Academy requires a recommendation from a United States senator or representative in the district in which you live. Applicants must also pass a fitness assessment, medical exam, and college admissions test, as well as complete an interview with a local trained Naval Academy information officer.

Anne was not accepted the first year, but reapplied and started the summer of 1985.

Eight weeks before students begin their first year at the Academy, they head to Annapolis, Maryland for Plebe Summer. This is the training program required of all incoming freshmen to the USNA. The program lasts approximately eight weeks and consists of rigorous physical and mental training. The purpose of Plebe Summer according to the Academy is to "turn civilians into midshipmen."

Anne, who was in the 10th class of graduates to include women, said her time at the Academy was tough. "I often wondered what I was doing there," said Anne. "But I wouldn't trade that entire experience for anything."

On the last day of freshmen year, during Commissioning Week, (a week of celebration culminating with graduation) Anne attended a party. Here she met a man named Bill Wilson.

"The day after the party we went to a movie," said Anne. "But then our class went on our summer cruise. When we came back in the fall, I was wondering if he'd remember me."

Not only did Bill remember Anne, the two dated for the next three years.

Anne Wilson in front of her H-46 helicopter on the USS Flint. More photos of Anne on page 22.

"Dating in school…hmmm," said Anne when asked about her time at Annapolis with her now husband. "You didn't go anywhere. Dating was studying or running together. Bill knew me tired, without makeup, angry… everything. We really got to know each other."

In 1985, women were able to attend the USNA, but were not completely welcome.

"Bill had to deal with a lot to date me. The men were not supposed to lower themselves to dating one of us," said Anne. "I learned a lot about him. He proved to be a man who didn't waver. He has confidence."

Bill, who was recruited to play football for the Navy, stood strong. Three weeks after graduation, on June 17, 1989, Bill and Anne were married in Phoenix.

The couple flew to Phoenix to get married before reporting to flight school at the Naval Air Station in Pensacola, Florida. This was the primary training base for all Navy, Marine and Coast Guard aviators, and Naval flight officers, as well as the advanced training base for most Naval flight officers.

Bill and Anne were the first married couple to ever attend flight school together. They were winged on the same day.

After earning their wings, the couple moved to San Diego, where they learned to fly a variety of planes at Camp Pendleton. They were eventually placed on different sea going squadrons. For the next three years, the two flew back and forth on different assignments, both locally and internationally.

Next came three years at the Naval Air Station in Fallon, Nevada. Working on the same squadron – they had to get special permission because married couples are not allowed on the same squadron – Bill and Anne worked with Search and Rescue.

"It was an amazing tour," said Anne. "There was a definite defined career path and Search and Rescue was not on it. It was seen by most as career suicide."

Working in Nevada with Search and Rescue meant working for both the local sheriff and the military base. Eighty percent of the missions were civilian based, like finding stranded skiers, life flight for car crashes, or looking for small planes that had gone missing.

Military business included working in secluded desert fields to practice bombings and procedures.

The Naval Helicopter Association named Anne and her crew Helicopter Aircrew of the Year (non-embarked) for 1997 for rescuing 13 people in the 100-year flood that affected the area surrounding Reno, Nevada and Yosemite.

"We were working in the beautiful Sierra Nevada mountains, flying helicopters and helping people," said Anne. "And we worked with really great people."

In August 1998, after spending a little over the seven years that they owed, Anne and Bill decided to leave the military.

"We stayed with my parents for a little bit," said Anne. "We didn't know what we wanted to do."

The couple adventured to France, spending time in a friend's basement for eight months. When their money ran out, they returned home to look for a job.

"We came back and couldn't find work," said Anne. "We eventually went to a military headhunter, but it was a lot harder to find a job then we would have expected."

Anne and Bill settled on jobs working for Intel in Hillsboro, Oregon as operation managers, working with computer chips.

"We weren't into semiconductors. We were working nightshifts. We were not loving the lifestyle," said Anne.

After having twin boys, the couple reexamined their life.

"We asked each other, 'What would we tell our boys to do?'" said Anne.

They immediately sold their home, packed up and moved back to Arcadia.

"We were living in my childhood bedroom, trying to decide what to do," said Anne.

After training some of their friends to prepare for triathlons, Anne and Bill knew they had enough experience and knowledge to help others.

Twelve years later, Camelback Coaching, a full-time triathlon coaching business is still going strong.

"After swimming as a kid and at Navy, I never thought I'd get back in the pool," said Anne. "I never thought I'd be a swim coach."

Another role Anne never expected was that of author.

In July 2015, Anne published her first novel, *Hover*. With a naval aircraft carrier as the setting for the novel, the characters and the plot take place within scenarios Anne is familiar with and understands well.

The novel has been categorized as a military novel but also as women's fiction. When the *Arcadia News* Book Club read the novel in September, the group agreed that no category was necessary. The majority said it was their favorite book that the club has read so far (in three years).

For Anne, the military redefined what success truly means.

"It taught me that nothing is impossible," said Anne. "And it taught me to appreciate my life."

***Arcadia News* Veterans Day event, featuring Anne Wilson and her novel, Hover.**

Changing Hands Bookstore, Phoenix
300 W. Camelback Road
November 11, 7 p.m.

Admission is free but donations of men's socks, underwear and razors will be accepted for MANA House, where Veterans are helping Veterans.

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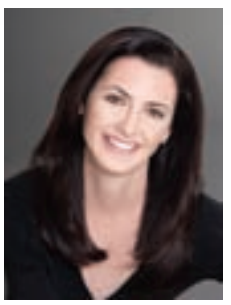

Hillary Gurley

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Student starts fundraiser to benefit wounded warriors

By Mallory Gleich

At just 17, high school student Evan Pittman has broken 92 world records.

Evan Pittman is the normal picture of a high school junior. He attends school at Phoenix Country Day School, plays violin and has diving practice every day after classes. He attends church and does his homework every weekend.

Evan is not your average teen, however. At 17 years old, he has set 92 world records, and he doesn't plan on stopping. His goal is to set 100 world records before he finishes his junior year.

At the age of 10, Evan started training and competing in powerlifting competitions. In the beginning, he used powerlifting as a way to get stronger for his taekwondo classes. Not long after that Evan decided to start competing. He set a world bench press record at his first meet at the 2009 Junior Olympics.

Evan grew up in a military family and has lived all over the U.S. Born in Washington, DC, his family moved to Virginia, then Florida, Iowa and finally to Phoenix.

His mother, father and aunt were deployed to combat zones at one point in time, and that started Evan thinking. He wanted a way to continue his lifting while also supporting the military and those wounded in combat. Thus, Lift for Heroes was born.

"I have been lifting competitively for years and breaking records for years, but it was just for me. I wanted to find a way I could help others while breaking records. Helping our country's combat wounded should be a priority. It certainly is for me," Evan said.

Lift for Heroes started in early October 2015. Evan found a way to raise money by having people pledge to his goal of 100 world records. Evan's fund directly supports the Bob Woodruff Foundation, which is a nonprofit organization that recognizes wounded warriors.

Evan hopes that his fundraiser will reach other powerlifters and the like to spread awareness and support a good cause together.

"This is something our country needs more of," said Hal Pittman, Evan's father. "There are many people and organizations that are focused on supporting those wounded in battle, and I hope it continues to be a visible issue for Americans. Evan is just doing his part to help."

Evan's goal is to reach $2,000 by the time he hits his 100 world record mark. For more information or to find out how you can support the cause, visit classy.org/LiftforHeroes.

Historic P-47 aircraft leads to storytelling friendship

Editor's Note: This month one Arcadia veteran recounts his military career.

By Amanda Goossen

Charles Poston sits in the plane he proudly says "made it all possible," before he sets off on his first commission. (Middle) John Washington and Charles.

Ten years ago, Scottsdale residents John Washington, 53, and Charles Poston, 94, had their first conversation over a baseball cap.

The men, both neighborhood advocates who frequented city council meetings, had seen each other many times before, but as they walked out of a counsel meeting on that evening, Charles took a baseball cap out of his pocket, placed it on his head, and John noticed.

"The hat said P-47 on it," said John. "I asked him if he was a fan of the P-47 and he laughed and said, 'You can say that.'"

The Republic P-47 Thunderbolt was one of the largest and heaviest fighter aircraft in history to be powered by a single 4-stroke internal combustion engine. It was built from 1941-1945 and was heavily armed.

The P-47 was one of the main United States Army Air Forces' fighters of World War II, and served with other Allied Air Forces, notably those of France, Britain and Russia.

John, who graduated from pilot training at Williams Air Force Base and had worked in aircrew training research as a first lieutenant (mostly night vision), was familiar with the P-47. For Charles, the plane was a proud part of his history.

Intrigued with Charles' connection to the P-47, the men began what would be years of conversations.

"We sat across from each other for five years at these [city council] meetings and never had a personal conversation until that moment," said John.

Charles is originally from Louisiana and graduated from Louisiana State University on June 1, 1942.

"I graduated with an electrical engineering degree and as a second lieutenant of the Army Corps of Engineers," said Charles. "I chose to take ROTC my entire four years because my family was poor and it paid for my room and board."

Charles is forever grateful to his father, who although not a man of means, encouraged his son to attend a prestigious university.

"He had no idea what it would cost," said Charles. "He just said, 'Go.' We were just out of the depression. He was unemployed, but he figured it out. He was an excellent provider."

Three days after graduating college, a telegram arrived. Charles had to report to active duty at Fort DuPont Delaware within six days. He would serve with the Corps of Engineers.

The United States Army Corps of Engineers is an elite branch of American military: approximately 37,000 dedicated civilians and soldiers delivering engineering services to customers in more than 130 countries worldwide.

The USACE website states the organization's role: "With environmental sustainability as a guiding principle, our disciplined Corps team is working diligently to strengthen our nation's security by building and maintaining America's infrastructure and providing military facilities where our service members train, work and live. We are also researching and developing technology for our war fighters while protecting America's interests abroad by using our engineering expertise to promote stability and improve quality of life."

Charles spent the next few months working with the USACE. In October 1942, however, the Army Air Corps was desperate for pilots. Unit commanders were notified that any who volunteered in writing to join the Air Corps were to be relieved of their current duty.

"I signed up immediately," said Charles.

"Construction wasn't really his thing," said John.

"Air Corps pilot training was a wonderful opportunity," said Charles.

Charles was sent to Maxwell Field, Alabama, to the headquarters for the Air Force training command. As a 21-year-old student officer, who had a longtime interest in Morse code and radio, the next six weeks of training would go quickly and without struggle.

"I was a college grad…it was duck soup."

The next two months were spent in Americus Georgia at flight school, where students were expected to choose their airplane preference.

Soon, with 80-100 hours of experience on high power planes, the young pilot found himself in the first class with the opportunity to fly fighters.

His training and experience was growing. Charles was continually at the top of his class.

With the most hours inside a fighter jet, as well as expert gun range, Charles soon found himself at fighter training school.

In 1944 after receiving a promotion, Charles and a friend asked to be sent overseas.

"I found myself in Karachi, India (now Pakistan). During my time there I overheard a company walking down the street. They mentioned that a P-47 training pilot was needed. That is the exact plane I had been flying and instructing in."

Charles told them he was their man.

"It was the greatest thing to ever happen. They were great people, a great outfit."

The outfit he's speaking of was the 1st Air Commando Group.

John explained that the 1st Air Commando Group was formed as the top secret Project 9 at the direction of Franklin Roosevelt. They deployed to India to help beleaguered British 'Chindits' commandos attack the Japanese army, which had occupied Burma and threatened an invasion of India.

Charles flew many missions over Burma, shot down one Japanese fighter aircraft, and was awarded the Distinguished Flying Cross.

"My peers flew 50 missions," said Charles. "I was an eager beaver. I flew 78 missions. I wanted to be on them all."

Charles flew with the 1st Air Commando from September 1944 until May 1945.

It was a time the young pilot appreciated.

"The great group of professional pilots – they were really good people, worked hard and were on the ball. They were interested and dedicated. It is because they did a good job that I am living to tell about it," said Charles.

At the end of May 1945, as the Japanese pushed away from Burma, the 1st Air Commando went its separate way. Many applied for other positions and different units, but Charles was ready to go home.

"I decided to go home and try my hand at engineering. To use my degree."

And after a long and fruitful life, spent all over the United States, Charles and his wife Carole retired to Scottsdale in 1987.

As lifelong learners, both regularly attend classes at Scottsdale Community College. Community advocacy is also an important part of their life.

Charles' four sons live across the United States and he is the proud grandfather of nine grandchildren and eight great-grandchildren.

Charles and John work together often.

"I have facilitated a few presentations, which Charles has given to local aviation groups about the Air Commandos and his experiences," said John.

In 2009, when the original Air Commandos had a reunion, Charles brought John along.

"There are no historical records of this group. Most had historians, but this unit did not. All history comes from the personal recollections and I realized how important it was to get these

Continued on page 24

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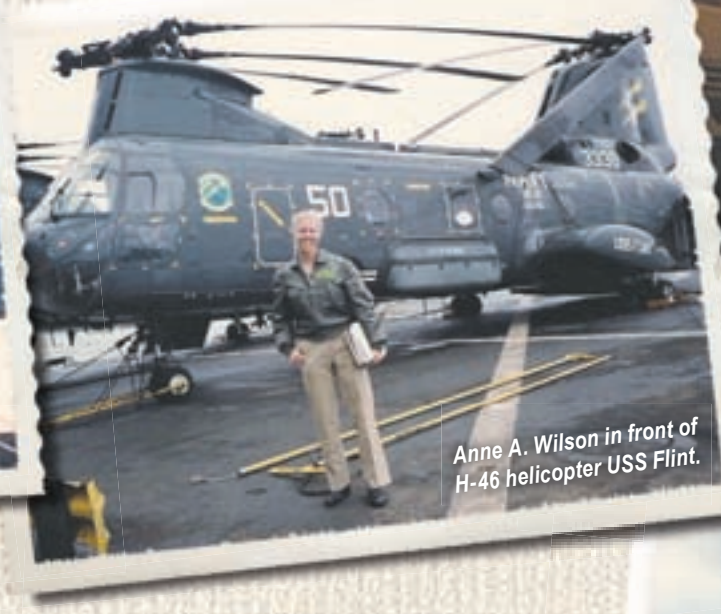
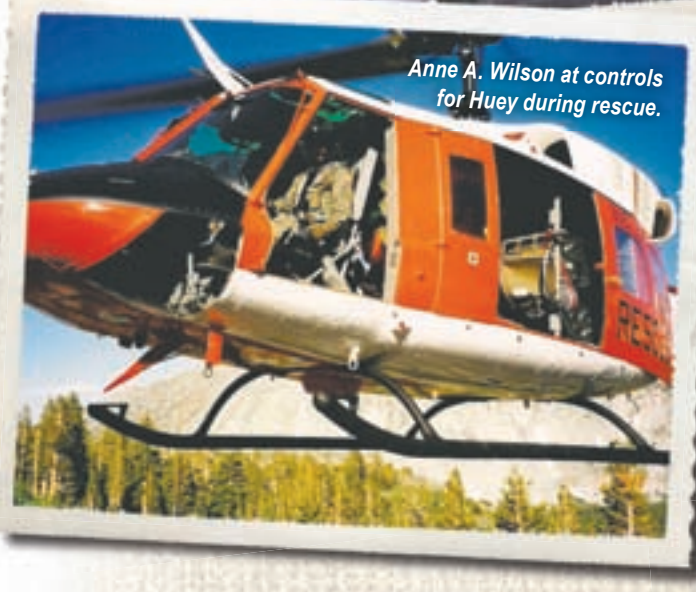
Thank you VETERANS

Anne A. Wilson and husband Bill sitting in Huey.

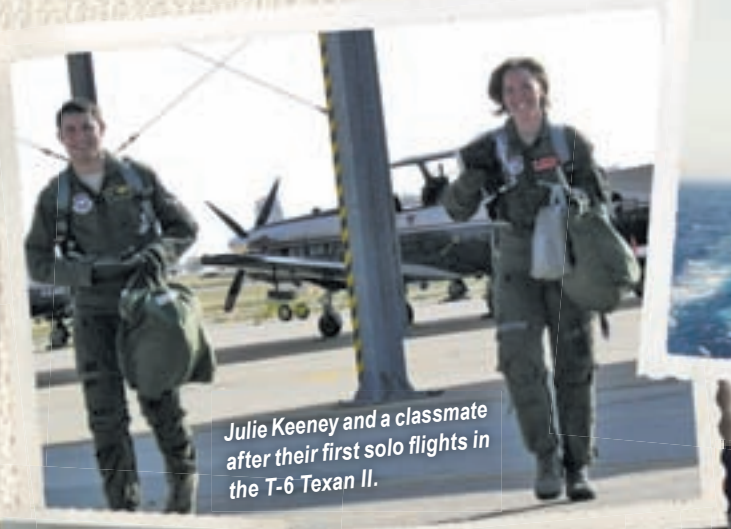


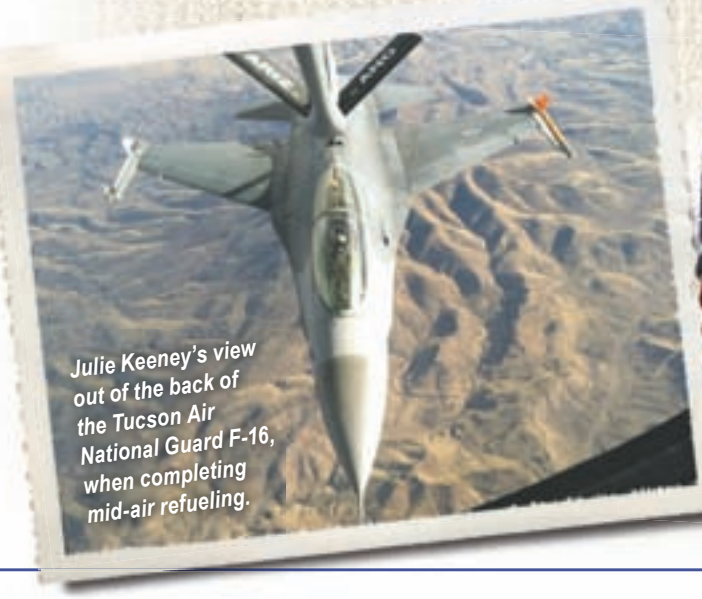
Anne A. Wilson in front of H-46 helicopter USS Flint.

MSgt. Colleen Grayman


Anne A. Wilson at controls for Huey during rescue.

H46 VERTREP USS Sacramento.

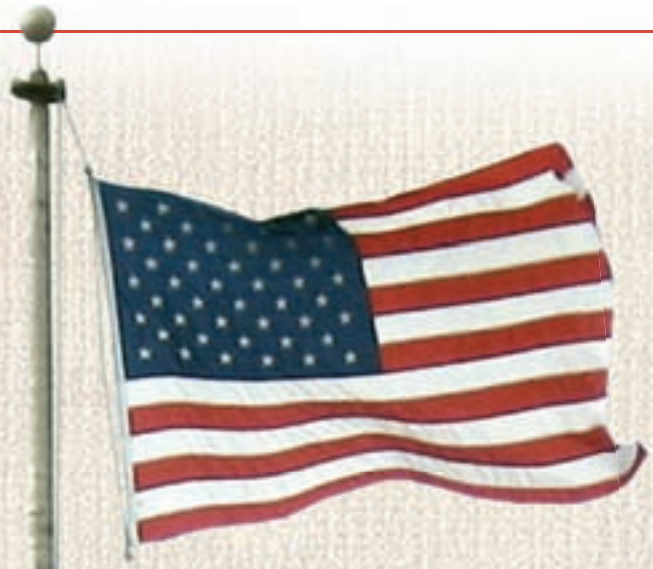

Julie Keeney and a classmate after their first solo flights in the T-6 Texan II.


Julie Keeney's view out of the back of the Tucson Air National Guard F-16, when completing mid-air refueling.

Technical Sergeant Trevor Keeney (E6)

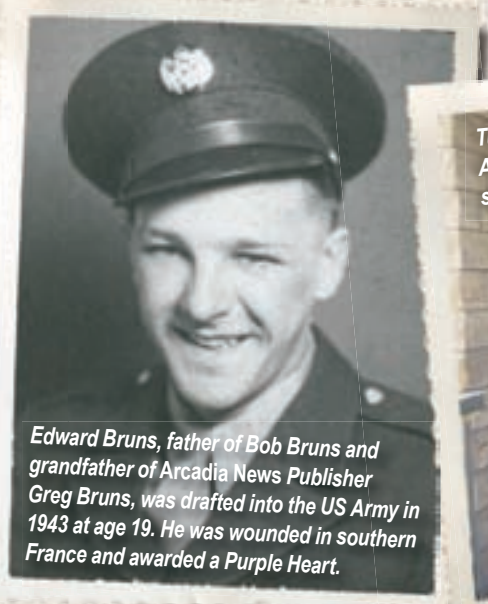
First Lieutenant Julie Keeney (O2)

Julie and Trevor Keeney embrace after he recently returned from a deployment from the country of Qatar, Al Udeid Air Base.



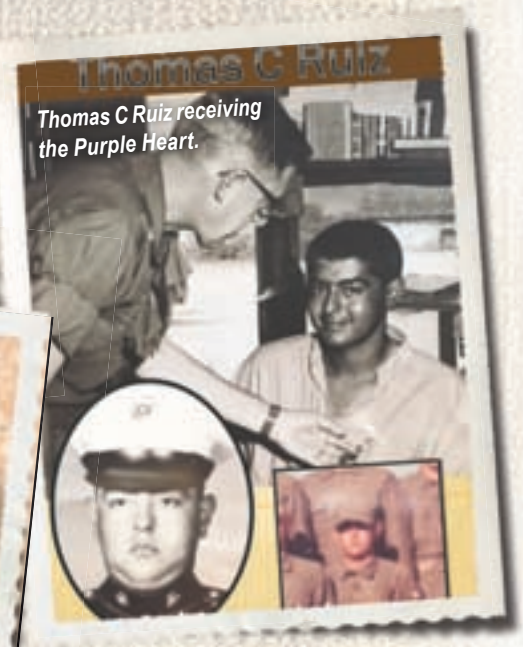
Arcadia News Distribution Manager, Bob Bruns (left) served in the US Navy on the USS Whitfield County for four years in the early 1960s. His duties included maintaining target drones.

Managing Editor Amanda Goossen's grandparents.



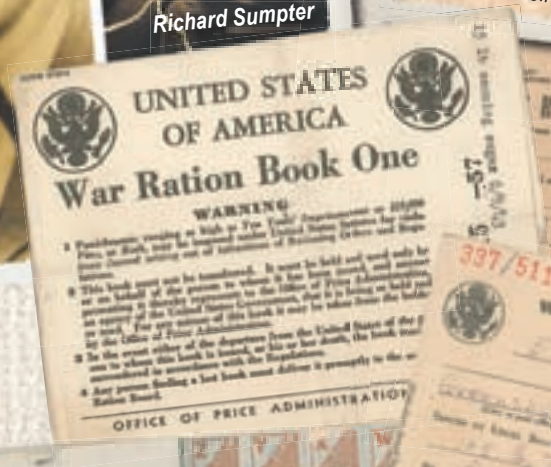
Edward Bruns, father of Bob Bruns and grandfather of Arcadia News Publisher Greg Bruns, was drafted into the US Army in 1943 at age 19. He was wounded in southern France and awarded a Purple Heart.

Tucker Blalock (right) served from 2005-2009 with the 3rd Marine Air Wing at Miramar, California as a Administration/Logistics specialist.



Thomas C Ruiz receiving the Purple Heart.

Grandparents of Arcadia News staffer Roni Mier's husband, Arthur, with their six sons who all served in WWII.



Arcadia News *thanks the community for sending in their photos.*

Christ Lutheran School prepares for Veterans Day Breakfast

By Rachael Bouley

Each year, the students and staff at Christ Lutheran School prepare a Veterans Day breakfast event.

The tradition began in 2006, when fourth-grade teacher and parent Suzanne Black began helping with the Leadership Group, a club that helps sixth- through eighth-graders develop leadership qualities. She suggested the school host a breakfast to honor vets and allow them to share their stories with the middle school students. That first year, they had a dozen veterans join the students for the event, which included prayer, the Pledge of Allegiance, and an opportunity for each veteran to introduce themselves and share their story.

Nearly a decade later, the event has become a tradition for students, staff and the veterans. For this year's breakfast on Wednesday November 11, the school expects nearly 30 vets to attend.

Megan Ehlers, the leadership coordinator at the school, said the tradition gives the school a sense of pride that they are able to provide such an event for veterans.

"It empowers our students as leaders when they get to make decorations and have a role in the activities, like serving food or escorting the vets around," Ehlers said. "It also helps us learn about our country's past so we can appreciate the freedom we experience."

The tradition is special to the students. "I think the students enjoy the relationship that they build with the vets. Some [veterans] are regulars now, so they look forward to seeing each other," Ehlers said. "The students enjoy preparing and having a role in a big event like this, and they enjoy hearing the veterans share what branch they served in and having time to sit and talk with the vets."

Students at CLS have the chance to talk with the Veterans as they are seated together during the breakfast.

The 50 students that are a part of the Leadership Group do the majority of the planning for the event. They are split up into groups with different responsibilities for the event. Some students will be greeters and welcome guests when they first arrive, while others distribute nametags and goody bags at the registration booth. Students also work in the kitchen to prepare the food, serve food and refill drinks, and converse with the veterans at their tables. It couldn't be done without the help of parents who coordinate the food and teachers who supervise the students as they help.

The event requires more than the participation during the breakfast, but also a lot of preparation and decoration. The sixth-grade class made centerpieces, and during the week of the event students will make decorations and signs during lunch.

Ehlers said that the tradition of having the veterans speak has always been a special moment during the event.

"That was the part that was so special and profound. These men were excited to tell their stories. Their love of our country and for all others in the military was very evident. It was impactful on every student and adult in the room."

Some vets who attended the event said it's the first time they have been honored.

This year's event will begin at 7 a.m. with a breakfast of bagels, cream cheese, muffins, pastries, fruit, coffee and juice, and also include chapel and a flag salute.

In addition to the breakfast, members of Christ Lutheran School National Junior Honor Society are working hard to serve both active military members and veterans. They are sponsoring a military care package drive from October 19 through November 20. They will donate funds raised to Operation Barnabas, a program that supports active military members and their families as well as veterans. For the breakfast, the NJHS group invited a special guest: Titus, a comfort dog from Trinity Lutheran Church in Prescott Valley. Titus will attend the breakfast with his handler, who is a veteran.

Jennifer Weber is the coordinator of NJHS. She said this event is an excellent way to help students understand the concepts of service, sacrifice and putting others' needs before oneself, all of which are beliefs that veterans have exhibited through their service.

"By recognizing and honoring their sacrifices, students can better understand the concept and put a face and story to the concept of serving others," Weber said.

P-47

Continued from page 21

stories recorded," said John.

John took video recordings of the men telling their stories, guaranteeing their preservation.

It was his mention of this video that brought forth one of the most important stories of all.

"A woman saw my blog, where I had mentioned this 1st Air Commandos project," said John. "She got in touch with me and explained that her cousin had died with the 1st Air Commandos and she had no information."

The woman knew her cousin had been killed, but knew nothing else. His name immediately brought back a memory for Charles.

"Not only did I know him, he was my element leader," said Charles.

Charles was able to give a moment-by-moment explanation of Glenn Fickert's last two days.

"The woman was so grateful to talk to Charles," said John.

Charles' friendship has meant eye-opening stories.

"It's so important to ask each other questions," said John. "There are many of Charles' comrades who aren't here anymore. Their stories are gone forever."

For Charles, he wants to make one thing clear:

"I'm not a hero. My service was never about that. For me – from my heart – it was something I needed to do, to serve my country."

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Back in 2012, The Arizona Country Club had its first site visit after being nominated by the committee. The site visit was completed by the President of BOARDROOM magazine, Keith Jarrett and the Owner/Co-Founder John Fornaro. They conducted an extensive interview process of the Club and its Management Team. Initially, the Club was recognized as a Distinguished Gold Club of the World, only given to the top 10% of all clubs worldwide. However, there was still the highest honor of Emerald status to attain...only given to the top 5% of all clubs!

In 2015, The Arizona Country Club hosted another site visit and thorough evaluation by BOARDROOM magazine. We are proud to report, the Club is now recognized as a Distinguished Emerald Club of the World! We are in great company with the likes of iconic Clubs, including: The Olympic Club, Southern Hills CC, Oakmont CC, Colonial CC, Merion Golf Club, East Lake CC, Interlachen CC, Pinehurst CC and Wailae CC. Boardroom magazine developed the Distinguished Clubs award program to help vitalize and preserve the institution of private clubs by fostering a ceaseless drive to ever improve the "Member Experience."

Congratulations to the Members and the Arcadia community! Thank you for your continued support of your neighborhood country club!

Membership at the Arizona Country Club is by invitation only. For membership & sponsor information, please contact us today. 480-889-1504 or membership@azcountryclub.com

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Charitable organizations need your help this November

By Lindsey Greenwood

With Thanksgiving and Veterans Day taking place this month, there are a variety of ways to get involved and give back to the community.

Phoenix Veterans Day Parade presented by Honoring Arizona's Veterans

On November 11 from 11 a.m. to 1:00 p.m. celebrate local veterans at the Phoenix Veterans Day Parade. The parade starts at North Phoenix Baptist Church. According to the Arizona Department of Veteran Services website, this year's theme is "No Longer Forgotten, Remembering Korean War Veterans."

The Phoenix Veterans Day Parade Committee is an all-volunteer, nonprofit group of dedicated veterans, military and community leaders who are committed to ensuring our veterans are recognized for their service, said the Arizona Department of Veteran Services website.

The parade has been ongoing since 1997. This parade features 45,000 attendees, 100 parade entries and seven announcer booths along the route for you to learn more about our veterans.

For more details, please visit the Arizona Department of Veteran Services event calendar dvs.az.gov.

Fourth annual Phoenix National Veterans Day Run

This Veterans Day be a part of the fourth annual National Veterans Day Run. Go out and support our veterans and active-duty members of the military. The run will take place at Thunderbird Paseo Park.

The race will offer two distances, including a 5K and a 1-mile family and supporter walk and run.

The cost for veterans and active-duty military is $11. The cost of registration varies. Late basic registration is open until November 7 and racers can sign up to run on race day for an additional fee. The run will take place on November 11.

For more information and to sign up for the race, visit the Phoenix National Veterans Day Run website at veteransdayrun.com.

Volunteer with the Phoenix Rescue Mission during Thanksgiving

Drop off frozen turkeys and nonperishable food items at the Phoenix Rescue Mission on November 8 from 11:00 a.m. to 3 p.m. at the Mission's Frozen Turkey Sunday event.

According to the Phoenix Rescue Mission website, the organization hopes to feed 1,500 local families.

The Phoenix Rescue Mission is also distributing Thanksgiving food boxes on November 21 from 9 a.m. to 12 p.m.

To register yourself or a group to volunteer with the Phoenix Rescue Mission, contact Volunteer Services at 602-346-3363 or volunteer@phoenixrescuemission.org.

For more information on both events, visit the Phoenix Rescue Mission website at phoenixrescuemission.org.

Vista del Camino Holiday Adopt-a-Family Program

Sign up to adopt a family this Thanksgiving season through the City of Scottsdale's Vista del Camino Community Center. Vista del Camino hopes to feed 500 families this holiday season.

To adopt a family, senior citizen or disabled adult, fill out an online donor application and mail it to the following address before November 6.

Volunteers are needed to help with Thanksgiving distribution from November 17-20. Volunteers are also needed for the winter holidays from December 15-18. To volunteer, contact Rosita Pinedo at 480-312-0063 or email her at rpinedo@scottsdaleaz.gov.

For more information about the service events and to access the Adopt-a-Family donor application visit scottsdaleaz.gov.

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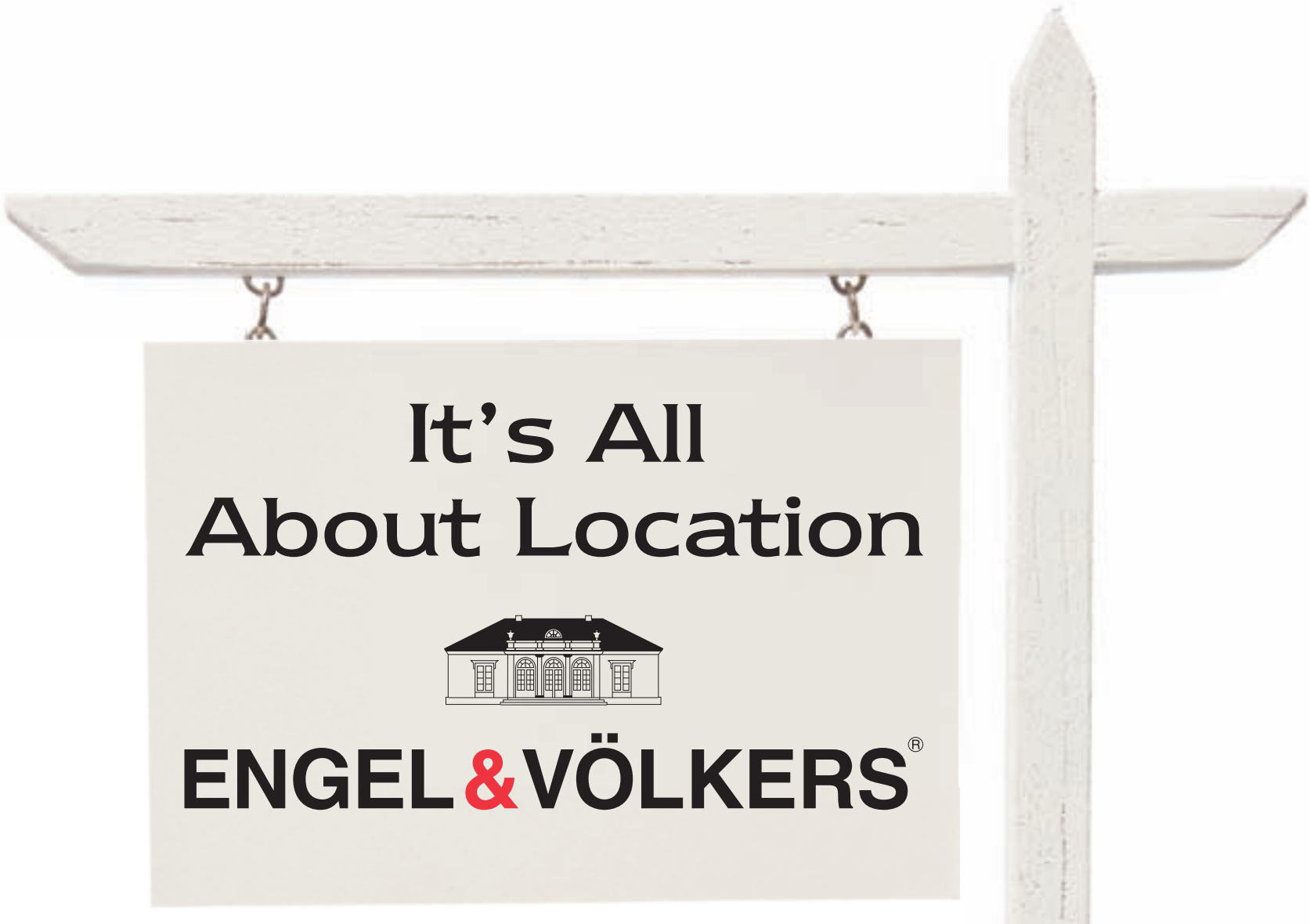

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The Madison Improvement Club works alongside Habitat for Humanity to build a new home for a local family.

PHOTOS SUBMITTED BY THE MADISON IMPROVEMENT

Family to receive new home in time for the holidays

By Katie Mayer

For the Guta/Aligel family, buying a house felt like an unattainable dream.

Assefa, Sinke and their three children fled oppression and harassment in their homeland of Ethiopia in 2006. Although they settled into a comfortable life in Arizona – obtaining their citizenship and remaining employed – owning a home of their own remained out of reach.

But that's about to change thanks to a special partnership between local health club The Madison Improvement Club, its nonprofit the Swanson Family Foundation, and Habitat for Humanity.

In September, more than 375 volunteers consisting of The Madison Improvement Club members and staff, along with area residents, started building a single-family home for the Guta/Aligel family near 42nd and Van Buren Streets. The one-story, three-bedroom house is scheduled to be completed by mid-December – just in time for the holidays.

"I believe it is our responsibility to give back to the community who supports our business so well," said The Madison Improvement Club co-founder Andrew Valera. "Habitat is such a great organization and it has been one of the best experiences building this house with all of the Madison members."

The Madison's nonprofit, the Swanson Family Foundation, donated the plot

Continued on page 30

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No registration is required. Families and children ages 4–12 are invited.

For more information, please call 480.965.2787, or visit us online at
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Image by Tim Trumble

Support for First Saturdays for Families at the ASU Art Museum has been generously provided by The Steele Foundation.

The ASU Art Museum is part of the Herberger Institute for Design and the Arts at Arizona State University.

ASU Art Museum
ARIZONA STATE UNIVERSITY

Home

Continued from page 29

of land where the home will sit and members of the club continue to donate money to the cause. To date, members have donated more than $5,000, which will be given to the Guta/Aligel family to purchase appliances and furniture for their home.

The family of five currently lives in a small two-bedroom apartment and the new home will offer them three bedrooms, along with a larger kitchen and living space.

"This has been the most incredible experience," said Jaqlyn Collier, The Madison Improvement Club's general manager.

According to Dusty Parsons, spokesman for Habitat for Humanity, the Guta/Aligel family had to apply to be selected as home recipients and must volunteer 400 hours on the project themselves as their "down payment" on the house.

"The family has been out there during every build day and they are just amazing human beings," Collier said.

The Madison Improvement Club has always worked with local charities, said Collier, but this year the club wanted to do a long-term project. Robert Jaques of the Swanson Family Foundation has volunteered around the globe with Habitat for Humanity so the cause was a natural fit

"Our belief is that paying it forward in our community is our duty and honor and our legacy," said The Madison Improvement Club co-founder Mary Swanson.

Parsons said working with The Madison Improvement Club volunteers has been fun.

"One of the things they bring to the job site every time they show up is a lot of energy," Parsons said. "Building a new house can be a lot of work, so it's awesome to see them bring a lot of energy and make the whole experience better for everyone involved."

The Madison Improvement Club plans to dedicate the home to the Guta/Aligel family on December 12. The home is one of 50-60 houses built through Habitat for Humanity in Maricopa and Pinal counties every year.

"Our club members are amazing," Collier said. "They walk in the door and it's like 'Hey guys, this is what we're doing,' and they are 100 percent willing to do everything they can to help."

She added, "People want to volunteer, but they don't know how, so if you give them all of the information, they just show up."

Brooks kicks off local shows with trip to the children's hospital

By Amanda Goossen

The Child Life Zone at the Phoenix Children's Hospital opened in November 2012 thanks to the generosity of Garth Brooks and Troy Aikman's Teammates for Kids Foundation.

Teammates is a network of over 3,000 professional athletes that donate based on their performance. (A certain amount of dollars is donated for homeruns, touchdowns, etc.) With the foundation board members paying for all overhead costs, 100 percent of the money raised goes to children's charities.

In October, when Brooks returned to Phoenix for his first concert tour in 19 years, he kicked off six nights of performances with a press conference inside the Child Life Zone, where four young fans and their families waited anxiously to say hello.

The press conference, however, would have to wait until Brooks spent time in the hospital, visiting children who could not leave their rooms.

"It's so nice that he does this," Brianna, a Phoenix Children's Hospital nurse explained of Brooks visiting patients in their rooms. "There are so many kids who can't come down to see him."

When Brooks' wife and fellow country star Trisha Yearwood entered the room, she was visibly shaken.

"I'm sorry," she explained. "Being with these children and their families…I usually need a big cry off by myself afterward. They are so strong. They are so incredible."

Phoenix Children's Hospital patients celebrated the arrival of Garth Brooks, whose charity built a playroom for children fighting illness. PHOTOS BY AMANDA GOOSSEN

The Child Life Zone is an important part of Phoenix Children's Hospital, created to help the injured and sick to relax, escape procedures and enjoy a moment in an otherwise difficult time.

On the website for Teammates, Troy Aikman discussed why creating these playrooms and zones is so important to him.

"We have discovered that the kids visiting the playrooms were requiring less pain medicine than those who weren't…and they were recovering much faster," said Aikman.

There are 11 Child Life Zones throughout the country. Each is a state-of-the-art, therapeutic play area inside a hospital where pediatric patients and their families can play, learn, laugh and relax.

Each zone is staffed by child life specialists, certified professionals who help children and their families cope with difficult medical challenges through play, education and self-expression. Child life specialists teach patients about their illness and what to expect during treatment. They provide support to patients and their families before, during and after procedures.

The Phoenix zone includes a multi-use theater for films, a performance space for patients and visiting celebrities, arcade games, computers, a family resource area, a large library, and a quiet area for healing services such as yoga and meditation.

To Brooks, the work he does with Teammates is important to his life, his faith and his family.

"Being a parent is my greatest gift," Brooks explained through tear-filled eyes. "I don't know how parents with struggling children do it."

Launching the Phoenix zone is a memory he won't soon forget.

"I remember being here three years ago," said Brooks. "Kurt Warner came out….What a guy! And players like Paul Goldschmidt, Larry Fitzgerald – these guys are gold. What they do for the kids….They are just gold."

The four children who were able to visit the press conference proudly held handmade gifts for the musician.

A cowboy hat that was covered in casting material, decoupaged with photographs of children inside the playroom and autographed by at least 50 children was given to Brooks. A handmade beaded bracelet was given to Trisha Yearwood, as well.

"I feel so blessed to be back on tour, performing," said Brooks. "I never thought this would happen again."

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Wait...Don't get rid of the leftover Halloween candy!

By Lisa Weisenburger

At the end of the last academic year, a clever mom showed up at school with a decadent treat for all her son's teachers to thank them for a great year. Guess who was in the right place at the right time? Yep! Me! And, oh wow, what a treat! I have waited and waited to make these amazing brownies, and now thanks to some leftover candy and a cake mix, I am going all in!

Besides how delicious these brownies are, they make a delicious treat for the kids in the kitchen when they offer to help. Somebody has to unwrap all that candy! If you fundamentally oppose using a box cake mix, you'll get over it the second you taste these brownies. Dump the mix into the bowl – cut the box top off first, of course – and quickly throw the box in the trash. See how fast that was? Next, mix in the evaporated milk and don't freak out that it's dry. Adding the butter will cure that. Don't over mix. Stir just until they come together.

Take half the chocolate mixture and using an offset spatula, flatten it into the bottom of an 8-by-8-inch baking pan. The first time I made these, I fretted over the fact that these were made in such a small pan. I thought, "How can this even be eight servings?" The answer is they are so rich, you will want to cut them in small squares, even the instructed 1 1/2 inch squares seem to satisfy the sweetest of sweet tooths!

Next, let the kids unwrap! Nine whole peanut butter cups are laid on top of the dough in a grid like tic-tac-toe. Then place the Rolos in the empty spaces. Sprinkle with chopped nuts. (I used walnuts because it's what I had.) Next fill all the remaining nooks and crannies with M&M's. (I used Reese's Pieces, because there are never leftover M&M's at my house.) I sprinkled the top of the candy with sea salt because I love the texture and the balance in sweetness, but I can also imagine these made with crushed pretzels and no nuts for those who have an aversion to tree nuts.

Press the second half of dough into a square the approximate size of the pan. The dough is sturdy enough to do this in your hands, thus avoiding having to dirty the cutting board. Layer this on top of all that crazy candy and smooth it out. Bake. Follow the cooling instructions; you'll be thrilled with the results when cutting. When you turn these out of the pan, flip them upright and add the powdered sugar before cutting. At our house, we never get to the powdered sugar. They are decadent without it and the family enjoyed every last morsel.

Crazy Brownies use up leftover Halloween candy and turn into a sinful treat. PHOTOS BY LISA WEISENBURGER

KIDS CORNER

I plan to bring these to every gathering this holiday season. They will be center stage for the gingerbread decorating party with the kids and will quite possibly be offered to the carolers that come knocking. I plan to stack them in mason jars and gift them this holiday season, too. I will dust them with powdered sugar, layer them on a pretty little platter and give to hostesses this season as well.

If you change up the ingredients, the possibilities are endless! Enjoy!

CRAZY BROWNIES

- one 18- to 20-ounce box chocolate cake mix
- 1/3 cup evaporated milk
- 1 stick butter, melted
- 9 whole peanut butter cups (regular size, with the paper pulled off)
- 16 whole Rolo candies, unwrapped
- 1/2 cup finely chopped pecans
- 1/3 cup M&M's
- 1/4 teaspoon salt
- powdered sugar (for sprinkling)

Heat the oven to 350 F. Grease a 8-by-8-inch baking pan.

Using a large bowl, dump the dry cake mix and stir in the evaporated milk. (Mixture will still be dry.) Next, pour in the melted butter, stirring gently until the mix just comes together (don't overmix.)

Divide the mixture in half and press half of it into the bottom of a greased baking pan. Lay the peanut butter cups over the top. Peel the wrappers off of the Rolos and place them in the spaces between the peanut butter cups. Sprinkle nuts into the cracks, followed by M&M's. Finally, sprinkle the salt all over.

Put the other half of the batter on a cutting board and press it into a square a little smaller than the pan. (It will be very sticky.) Transfer it to the pan and lightly press it to cover all the ingredients. Bake for 22 to 25 minutes, or until the batter is fully baked. Allow brownies to cool completely before placing the pan in the fridge, covered in foil, for a couple of hours.

Remove the brownies from the pan in one piece. Sprinkle plenty of powdered sugar. With a sharp serrated knife, cut the square into 1 1/2 inch squares.

(Recipe adapted from May 2014 post on thepioneerwoman.com.)

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Family pie business becomes backyard success

PIE SNOB

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(Top left) The Pie Snob Traci Wilbur (right) with her grandmother and mother. (Right) Traci peeling apples in her kitchen. PHOTO BY MICHAEL BAXTER

By Amanda Goossen

"My mom is the real pie baker in the family," said Traci Wilbur, owner of Pie Snob, an Arcadia-area pie business.

Traci, a mother of two and longtime Arcadia resident, is soft spoken and humble when talking of her success. Her list of awards from the annual *Phoenix New Times Pie Social*, as well as the 600 (and sometimes more) pies she bakes each Thanksgiving, speak for themselves. Yet, she still gives most of the credit to her mom and her grandmother.

Traci remembers her grandmother as the "great family cook." Her mother was an expert in pies. She made apple, lemon meringue and boysenberry.

"I use my mom's apple pie recipe," said Traci. "But hers is still better. I tease her that I think she left something out on purpose when she shared the recipe with me."

There is one childhood memory, however, that taught Traci that sometimes time in the kitchen is a labor of love.

"When I was a kid, I was amazed when my mom would make lemon meringue pie. I remember thinking, 'I'm not ever going to make that; it's too much work.'"

It's been almost eight years since this Arcadia resident decided to turn a family recipe into a business. The community that surrounds her couldn't be more supportive.

When *Arcadia News* recently posted on Facebook asking readers about their favorite local pie, the response was overwhelming for Traci, the city's favorite *pie snob.*

And as it turns out, there is more to this sweet story than just flaky crust and perfectly pinched pie corners.

"I stayed home with my kids when they were younger and when they started school full time, I just thought, 'Hmm, maybe I should get a job,'" said Traci.

Known in her circles as someone who frequently baked, a friend mentioned that instead of getting a typical job, Traci should email a list of friends and offer to make pies for the holidays.

Word of mouth spread fast.

After the first year, pie orders began coming in during the spring and summer, rather than just during the fall and winter holidays.

"I started to get big enough that I knew I might be able to open this up past just my friends," said Traci. "We started looking for commercial kitchens to rent."

The Arizona Home Baked and Confectionery Goods Program allows Arizona residents to sign up and become authorized to produce products for commercial purposes. The program requires a food handler card, registration with the state, and puts restrictions on what can be made at home and where the homemade items can be sold.

Concerned that Pie Snob would soon outgrow the Home Baked Goods Program, finding a space to expand was a priority. Locating such a kitchen proved more difficult than expected.

"At that time, trying to find a commercial kitchen in the area that wasn't too big and had what we needed was nearly impossible," said Traci.

What they didn't know at the time was what they were looking for had been right in front of them (or actually behind them) all the time.

PLACES *WE LOVE*

"My husband mentioned his workroom might be the right space and because he's always worked in construction and building, he was able to do the work to build what we needed," said Traci.

For the past six years, sitting just slightly behind her home has been a carefully crafted commercial kitchen, designed and built by the man who knew a hobby was growing rapidly into a phenomenon.

And now, Pie Snob not only provides the community with decadent slices of rich custard, cream and fruit-filled pies, but they also offer a space for other bakers to establish themselves.

Commercially zoned and regularly checked by the health department, Traci's kitchen is stocked with everything any area chef needs. When Pie Snob isn't using the kitchen, other companies are welcome to sign up and rent the space.

"We are able to offer the space that I was once looking for," said Traci.

The kitchen is ideal for any baker. For Traci, having it in her own backyard makes it a family affair.

"During the holidays, everyone works," Traci laughed. "My daughters fold boxes and walk pies out to people waiting, my mom, dad, sister, mother-in-law – they all work."

Standing in her stainless steel kitchen, with beautiful subway tile lining the walls and the retro, checkered floor adding distinct character to the space, it's as if Traci belongs in this exact spot, cranking a handmade apple peeler and rallying the troops to get the holiday baking done.

"If I only could have known how many apples I would peel in my life," Traci laughed.

The holiday season will ramp up quickly, with orders coming in rapidly for, as Traci calls it, the holiday trifecta: pecan, apple and pumpkin pies.

"It isn't pies that stress me out during the holidays," said Traci. "The stress is in not wanting to ruin someone's Thanksgiving. People invest in me. They trust me to be part of their meal."

Apple pie might be the quintessential American dessert, but getting one from the Pie Snob has become an Arcadia tradition.

A tradition Traci Wilbur is honored to be a part of.

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9 ways to tame a sweet tooth

By Andrea Barkley

FOOD *WISE*

Even the most clean-eating health nut can get sucked into a gnarly sweet tooth from time to time. And while it's no big deal to indulge on occasion, regular consumption of added sugar can cause you to actually crave more sugar. Drat!

From fruity to chocolaty, here are some of my simple, quick swaps to get your sweet tooth fix.

1. Simple cinnamon apples – Dice an apple and sauté in a teaspoon of butter or coconut oil until slightly soft. Squeeze on a little lemon juice and sprinkle with cinnamon. Spoon a little almond flour on top for a slight crumble texture.

2. Chocolate chunk berry parfaits – Sweeten 1 cup of unsweetened Greek yogurt with stevia. In a wine glass, pour half of the yogurt in the bottom. Top with berries and a few chocolate chunks. Add another layer of yogurt, berries and chocolate chunks.

3. Zevia – Zevia is a soda sweetened with stevia, a natural herb that's non-GMO (genetically modified). You can find it at Whole Foods or Sprouts in a variety of traditional soda flavors.

4. Chocolate pudding – In a small bowl, mix together: 1 scoop Sunwarrior Chocolate Warrior Blend Protein Powder, 1/4 cup egg whites, 1/4 cup unsweetened almond milk, and 1 tablespoon mashed avocado. Place pudding in the fridge to chill and set. For extra flavor, try adding vanilla, nutmeg, peanut butter, cinnamon, peppermint extract, etc.

5. Mangos-n-milk – Rinse 1/2 cup frozen mango chunks (Trader Joe's organic bag is the best) until they're still frozen but slightly softened. Cut chunks into halves and place in a small bowl. Pour 1/4 cup full-fat coconut cream over the top. Sweeten with stevia, if desired, and stir. The partially frozen mango will chill the coconut cream, turning it into slush.

6. Chocolate peanut butter banana protein shake – Blend together these ingredients: 1/2 or 1 whole banana (preferably frozen); 2 eggs or a scoop of quality protein powder; 2 tablespoons cocoa or cacao powder; 1 teaspoon to 2 tablespoons peanut butter (your choice); a pinch of quality salt; stevia, to taste; water and ice, as needed; and vanilla, cinnamon, allspice or nutmeg for optional flavor. After blending, pour into a wine glass and enjoy!

7. Fruit and cheese plate – Fill a small plate with a clump of cold grapes, a few slices of cheese, dried fruit and nuts.

8. A protein bar – Some protein bars are delicious enough to taste like a candy bar, but contain enough protein and fat to offset the sugar. Some brands that aren't terrible are Rise, Quest and Oatmega.

9. Almond stuffed dates – Take pitted dates and stuff each with two raw almonds. Sprinkle with pink Himalayan salt.

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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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Gimme 5 – writer's favorite Thanksgiving memories

By Josh Cutlip

November is finally here and it's one of my favorite months. Not only is the weather nice, but it also means that another school semester is coming to an end, football season is going strong and Thanksgiving is approaching. It seems that most people will choose Christmas when asked, "What is your favorite holiday?" I have always loved Thanksgiving. Yes, the food is amazing, but it's more than that. And for me, it's all about the memories that come from the fourth Thursday of every November. Here are my top five Thanksgiving memories (with some stuffing on the side).

5. Games with the family

Growing up, my family was pretty spread out across the country, so when it came to a holiday like Thanksgiving where I got to see my extended family, it was always a fun time.

When we had a big group, we played different card games, Apples to Apples, Catch Phrase and even Polish Golf (also known as Ladder Golf). I never really cared where we were for Thanksgiving dinner; it was all about whom I was with.

4. Fiesta stuffing

Because what's Thanksgiving without a little fiesta? In 2007, my mom created one of the best side dishes I have ever tasted. Stuffing was always my favorite part about Thanksgiving dinner, but eight years ago my mother decided to spice things up – literally. She added peppers, chorizo and green apple to a traditional stuffing mix, and just like that the fiesta stuffing was born, and it graced the Cutlip Thanksgiving table for the next seven years. If you are a fan of chorizo, and breaking away from the traditional stuffing, I highly recommend serving this at your Thanksgiving dinner this year:

FIESTA STUFFING

- 1 pound pork chorizo
- 1 medium onion, chopped
- 1 red bell pepper, chopped
- 1 green apple, cored and chopped
- 1 cup frozen corn
- one 15-ounce can chicken broth
- 1 box corn bread stuffing mix
- 1 cup chopped fresh parsley or cilantro
- 1 tablespoon chili powder
- 1 teaspoon salt

Heat the oven to 350 F. In a pan, brown chorizo and add onion about halfway. Remove from heat and drain. Using a bowl, combine all ingredients, including browned chorizo and onion. Add more chicken broth if needed. Place in the oven and heat through.

(Recipe from Lisa Fogel Cutlip)

3. Running

Last year I ran the Road Racers Thanksgiving Classic 10-mile race at the Peoria Sports Complex. Although it was odd missing the Macy's Thanksgiving Day Parade (another Cutlip tradition), it was a great experience and I encourage anyone who is up for the challenge to do a run on Thanksgiving morning. There are plenty of Turkey Trots and 5K races on Thanksgiving, and it's a great way to boost your appetite for the big meal. Plus you can get home just in time to watch the Dog Show on TV right after the parade! Go schnauzers!

2. Limpa bread

When I was younger, my mom suggested we make limpa bread for Thanksgiving dinner. For those of you who aren't bread enthusiasts, limpa bread is a dense, Swedish bread. Not only is this fun to make, you will get a quality forearm workout and burn some calories kneading the dough. If you don't believe me, try it out yourself! It's a great addition to any turkey dinner, and it goes great with havarti or cheddar cheese.

LIMPA BREAD

- 1/2 cup light-brown sugar, packed
- 1/4 cup light or dark molasses
- 1/4 cup butter
- 1 tablespoon salt
- 1 teaspoon anise or caraway seed
- 2 tablespoons grated orange peel
- 1 cup boiling water
- 1 cup warm water (105- 115 degrees F)
- 2 packages active dry yeast
- 5 cups unsifted all-purpose flour
- 4 cups unsifted rye flour, separated
- cornmeal
- 2 tablespoons butter, melted

In large bowl, combine sugar, molasses, butter, salt, anise and orange peel. Add boiling water; stir until sugar dissolves and butter melts. Add warm water. Cool to lukewarm. Check temperature of warm water with thermometer.

Sprinkle yeast over water in measuring cup; stir until dissolved. Add to molasses mixture; mix well with dough hooks. Gradually add all-purpose flour and 1 cup rye flour; beat vigorously until smooth and dough leaves the side of the bowl. Gradually add 3 cups rye flour.

Mix in the last of flour by hand until dough leaves the side of the bowl. Dough will be stiff. Turn out onto lightly floured pastry cloth or board. Knead until smooth and elastic, about 10 minutes. Place in lightly greased large bowl; turn dough to bring up the greased side.

Cover the bowl with a towel; let rise in a warm place, free from drafts, until its doubles in bulk – about 1.5 hours. Grease a large cookie sheet and sprinkle lightly with cornmeal. Punch down dough, and turn out onto lightly floured pastry cloth or board. Cut in half.

Shape each half into an oval. With palms of hands, on lightly floured surface, roll each half into a loaf, 12 inches long, tapering ends. Place them on the prepared cookie sheet, 5 inches apart. With sharp knife make four diagonal slashes on top of the loaf, a quarter-inch deep.

Cover with a towel; let rise in warm place until double in size. Heat oven to 375 F. Bake on middle shelf for 35 minutes. Cover with foil for the last 10 minutes, if necessary. Brush with remaining butter. Serve warm, or cool on rack. Makes two loaves.

(Recipe from 1981 issue of McCall's magazine*)*

1. Thankful notes

There have been variations of this tradition in my family over the years, but the most recent was thankful notes. Throughout the day, we wrote anything we were thankful for on little notes, and then we place them in a bowl to be read later on at dinner. These notes can be anything from little thank you letters to notes of appreciation toward anyone in your life.

To me, Thanksgiving is about the memories. I hope you have the opportunity this year to create memories to last a lifetime.

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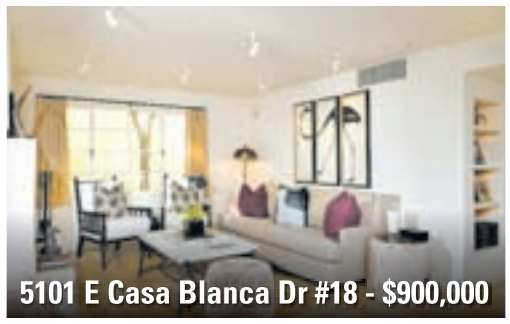

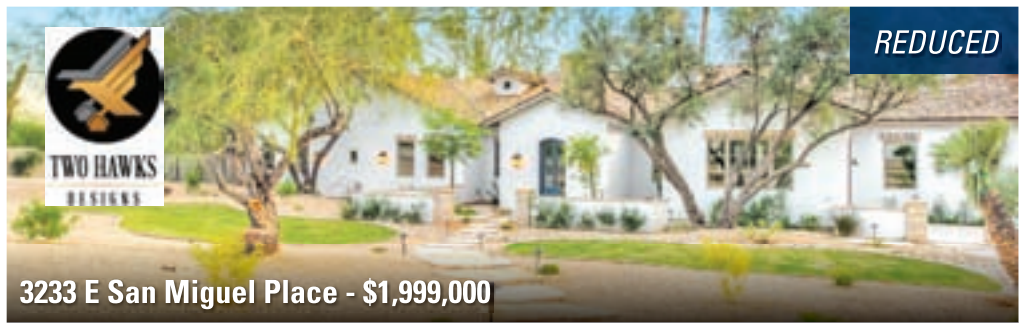

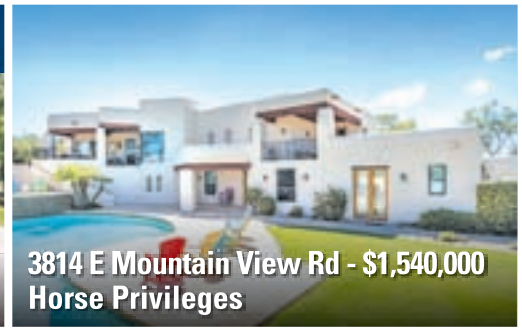

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Sprinkle on the fairy dust: Disney tips for families

By Michelle Donati-Grayman

With cooler temperatures, fewer crowds and shorter wait times, you won't be disappointed with a fall trip to Disneyland. But with little ones in tow, a trip to The Happiest Place on Earth can easily become overwhelming.

To get the most out of your next Disney adventure, AAA's Disney experts are revealing insider theme park tips and tricks for families.

PARK AMENITIES FOR INFANTS AND TODDLERS

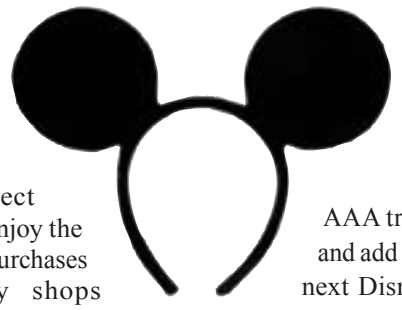
Located in both theme parks, Baby Care Centers provide essential amenities for parents with infants and toddlers. The fully staffed and complimentary facility includes a private nursing room with rocking chairs, changing room with tables, feeding area with highchairs, and kitchen with microwave and sink. Another helpful feature of the facility is a one-stop shop offering formula, baby food, juice, diapers, wipes, sunscreen, over-the-counter medications and pacifiers for purchase.

PACK A SNACK...OR TWO

Guests are permitted to bring a variety of food items – snacks, water, sandwiches, etc. – into Disneyland and Disney California Adventure. While there aren't many restrictions on bringing food into the parks, there are a few on how you carry it in (i.e., no full size coolers). To store these items throughout the day, guests may consider renting a locker at either theme park.

BEST PLACE TO STAY

There are several perks – especially for families – to staying at one of the Disneyland Resort hotels. Enjoy the convenience of a private entrance into Disney California Adventure and Extra Magic Hours, which allows early admission to both parks on select days. Guests can also enjoy the convenience of having purchases from select Disney shops delivered to their guest room.



DON'T MISS A MEMORY

Disney's PhotoPass Service option allows park guests to get all photos taken by Disney's PhotoPass photographers, select attraction photos and dining photos. Guests can view their pictures online and order a CD that contains high-resolution photos, which can be used to order prints at any photo processing center. This package costs $99.95 when purchased at the resort or $69.95 when purchased online at least 14 days prior to arrival.

MAXIMIZE THE MAGIC

Plan ahead to get the most out of any Disneyland Resort trip. Map out age and height appropriate attractions, save your place in line for some of your favorite attractions and entertainment while you enjoy the rest of the parks with Disney's FastPass Service. You can find the best place to watch parades, fireworks and make reservations for character meals all before you arrive.

Disney experts, like a AAA travel agent, can help plan and add even more magic to your next Disney getaway. For more information, or to get started planning your next Disney vacation, visit AAA.com/Disney.

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

PHOTO BY MICHELLE DONATI-GRAYMAN

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Arcadia couple enjoys storybook vacation in the UK

WHERE'S THE *NEIGHBOR?*

By Kaley Kalil

Fifteen years ago, longtime Arcadians Donna and Steve Noel were introduced to a lovely English couple while they toured Arizona on motorcycle. The Brits, as nicknamed by the Noels, ended up living in the Noels' guesthouse for two months and made many trips back to Arizona in the following years. The couples became good friends.

"It was a lucky introduction for us, because this couple was Royal Security Personnel assigned to the royal family," Donna said. "Because of their positions, they have traveled all over the world, make wonderful tour guides and also have some great stories."

The Noels recently flew to London's Heathrow Airport to rendezvous with their English friends on their own turf. Upon arrival, they were whisked away for a magical weekend stay at a royal family estate near Chippenham, North Wiltshire. There, they stayed in a 300-year old house on the estate named Square House.

"Thankfully, the house has been remodeled and has modern bathrooms and kitchen, but it definitely has retained a lot of charm," Donna said.

Steve and Donna Noel visited the Square House on a royal family estate near Chippenham, North Wiltshire, in England (left). They also visited the Old Course at St. Andrews in Scotland.

The couples enjoyed nightly walks through sheep and cow-filled pastures into the rustic village of Lacock for dinner at The George Inn (which dates back to the 14th century). A National Trust protected site, Lacock is located about halfway between Bath and Stonehenge in the south of England. This beautiful village with monastic roots served as the filming location for the movie *Harry Potter and the Chamber of Secrets* and the popular television show, *Downton Abbey*.

From there, the couples set off for a whimsical driving tour through England's lush estates, green grasslands and Shakespearean towns. They made their way north to the market town of Stratford-upon-Avon, where they enjoyed a boat trip down the River Avon.

They continued north to the mountainous Lake District to explore England's largest lake, Windermere Lake, before venturing by train into Scotland's capital city, Edinburgh.

"Edinburgh is a vibrant city with streets full of people and bag pipes in the air. Striking architecture, wonderfully massive stone buildings darkened with coal soot and grim from years past…" Donna said.

The couples opted to hop on a bus tour through the capital's medieval Old Town and mid- to late-18th century New Town.

"Lots of young men wear kilts in Edinburgh, especially if they are out on the town. And, we saw several young women with large tartan [plaid] scarves across their shoulders – a sure sign of Scottish pride," Donna said.

A stop in the popular hiking village of Ballater in the Cairngorm National Park permitted the couples the unique opportunity to tour the Birkhall Gardens.

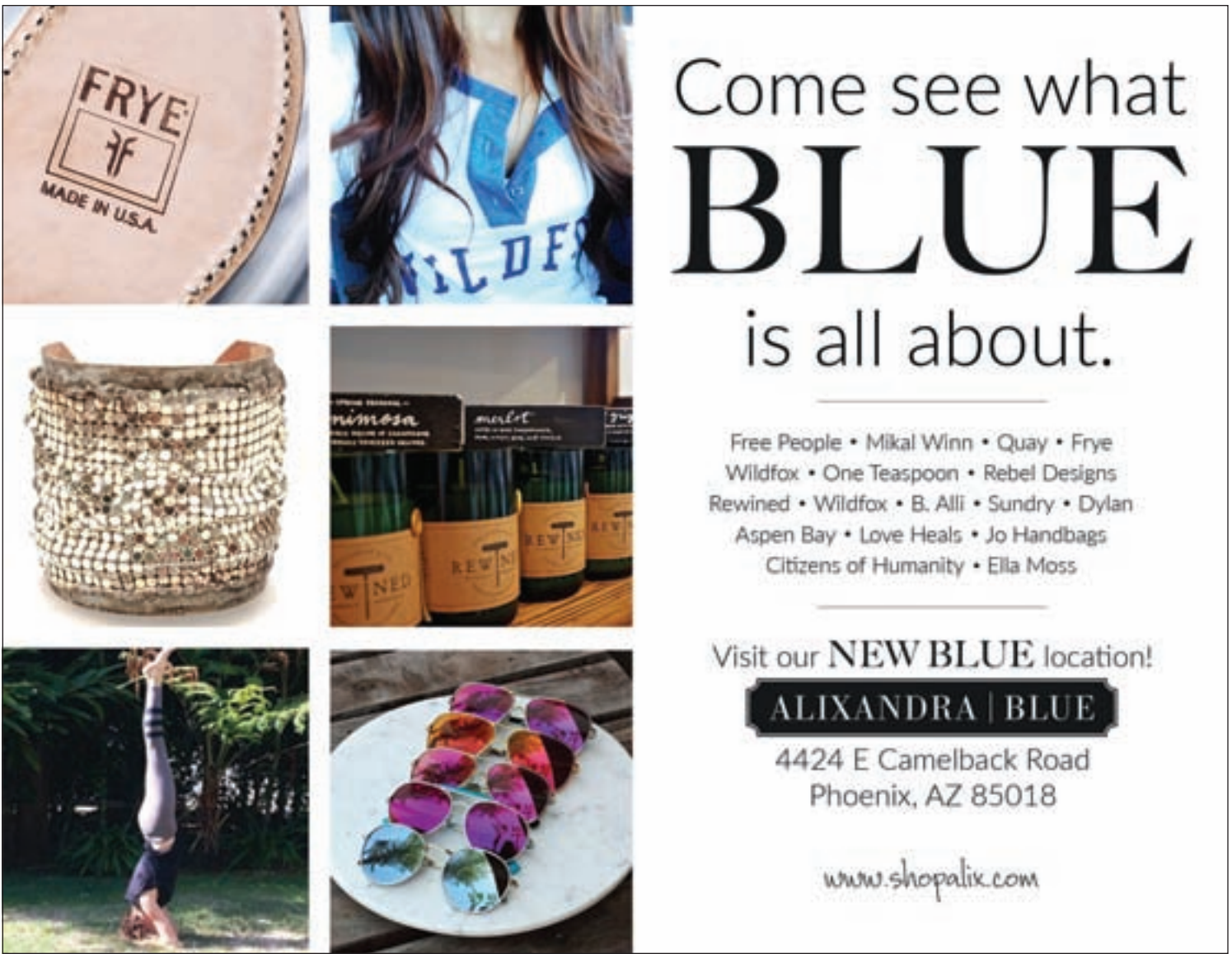
"Birkhall is [Charles] the Prince of Wales' summer home," Donna said.

"The gardens are not open to the public and we were not allowed to take photos. It was a great honor to be permitted on the grounds."

A day trip to the Old Course at St. Andrews, one of the oldest golf courses in the world, resulted in a close call for the Noels.

"[We] dodged a bad slice. The golf ball had to be kicked off the porch back onto the course. Steve loved talking to all the spectators…lots of good stories from some old golfers, many who had played at St. Andrews for 40-60 years," Donna said.

The Noels credit their magnificent storybook adventure to their great friends, the Brits.



Sibling sand war leads to thanks for life's finer things

By Kindra Hall

GIRL *NEXT DOOR*

One of my favorite things about November is our annual trip to Coronado to visit my in-laws. With summer a distant memory, the beaches are relatively empty and the air is uniquely crisp. Every morning we throw the kids in a stroller and set off for Starbucks for coffee (for the adults), then Clayton's breakfast window for donuts with pink frosting and sprinkles (for the kids) and a burrito (for Michael… and even though I always say I don't want any, I eat at least half of it). With sufficient supplies, we continue our walk that circles the island and spans several hours.

And while nearly every trip around the island is breathtaking, there is one walk I'll never forget…

It was actually pre-children and the morning after Thanksgiving. Michael and I were in the middle of our Coronado morning routine—we had our coffee, we ate our food, we had already passed the Del, and we were walking the sidewalk that framed the famous beach. Despite a chill in the air, the sun was out and winter vacationers from all over the world were out on the sidewalk—young couples, old couples, couples with children, joggers, walkers, dog people. It was a little crowded, but festive and cheerful.

As we maneuvered our way down the sidewalk, two children stood out. They were a young sister and brother who had obviously been told to wait by the lamppost while their parents rummaged around in the minivan parked next to them. To entertain themselves

the children were playing a game they had just created, a game I assumed was called, "This is My Pile of Sand." They took turns standing on the tiny piles of sand that had accumulated on either side of the lamppost. The sister would yell, "This is MY pile of sand," and the brother would run to her side, stick his foot in the pile and yell, "No! This is MY pile of sand!" The sister would then run to the other side of the lamppost, stand in the tiny pile on that side and yell, "This is MY pile of sand."

I watched these barefooted children battle each other as we walked. It was all out war. They fought hard and loudly just to wiggle their tiny toes in "piles of sand" not much bigger than ant hills. Nothing could break their focus, not even their mother yelling to play nicely.

As we passed the children, I couldn't help but look to my left….

There, filling the two hundred yards between the sidewalk and the sea, sprawling miles down the waterscape in sheets of winter cold-glistening white, were limitless tons of classic California sand. Some was spotted with footprints from tourists, some lay smooth, and still more lay in waves—textured by the wind; all just a few feet from where the children played.

Soaring piles of sand to satisfy their every sand-filled dream. Piles the children never even noticed because they were too busy fighting over the tiny accumulations around the base of the lamppost where they stood.

They never even looked up. The thought never even occurred to them that more sand could be waiting just moments away on the other side of the concrete path.

Now, to their credit, they were children—children who were no doubt told by their parents not to so much as look in the direction of the beach. They were children who had no choice but to keep themselves busy while waiting for their parents to take them by the hand and lead them to their next adventure. They did the best they could with what they had without being tempted by what was around them.

They were children.

But on that post-Thanksgiving, chilly Coronado walk… I couldn't help but ask myself: What's my excuse?

On more than one occasion I have found myself entirely wrapped up, fighting and frustrated, stomping around barefoot trying to stake my claim on a tiny, insignificant pile of sand—the sand of relationships, the sand of social status, the sand of a career… whatever. I have been deeply consumed in games of King of the Mini Mound that leave me oblivious to the beautiful beaches around me. Beaches with unlimited sand, possibility, and happiness. We've all been there. Investing our energy in small things while the big ones lay untouched on the other side of the sidewalk.

As Michael and I walked past the children, I lost myself in these thoughts. Startled by my silence (an unusual occurrence), he asked what was on my mind and I told him about the dueling brother and sister and their tiny piles of sand and about how ashamed I was that I am sometimes one of them. He nodded. He was too.

Shortly after passing the children, the sidewalk became a little too crowded and we strayed from the shoreline. We began weaving our way back through the Coronado grid. As we wandered, passing block after block of gorgeous houses built by dreams realized, we talked about the beaches of sand waiting for us, beaches we might not have noticed, beaches it was time to explore.

And we talked about the tiny piles of lamppost sand it was time to leave behind.

It's been a while since our Coronado mornings have been that leisurely (and buying an extra donut with sprinkles barely makes up for it), however, every time we pass that spot on the sidewalk, and over the dull roar of my own children, I look to the sand and try to remind myself of the vast beaches ahead.

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Celebrating an Arcadia veteran on her 100th birthday

By Jean Hodgson

Who doesn't love a birthday celebration? But imagine brass bands and fireworks on that day every year. That's what happens when you are born on the Fourth of July!

Now imagine that the party on July 4, 2015 not only celebrated your 100th birthday, but was also an event to honor your years of service to America! The veteran and birthday girl I'm referring to is Arcadia resident, Frances Pauline Thorp.

Lt. Col. Thorp now lives at MorningStar at Arcadia, and that's where the big party was held. It included the residents and family members as well as military personnel from Luke AFB, the 944th Reserve Wing.

She had the traditional celebratory birthday cake – red, white and blue, of course – but her gifts were as unique as her history. She was presented with an American flag, which the commanding officer at Luke had flown over the Goldwater Range in her honor, and a pin and certificate recognizing her service. She also received letters of congratulations from President Barack Obama, Senator John McCain and Senator Jeffrey Flake.

Frances began her nursing career by joining the Army Nurse Corps in 1938. Her first tour of duty was at Walter Reed Army Hospital in Washington, DC as a night duty nurse. Her first patient was General Pershing and she commented that he was "a delightful person to take care of." As they walked up and down the hallways, he taught her how to properly salute and march.

Lt. Col. Frances Pauline Thorp (left) celbrated her 100th birthday in July (right).

When the Air Force was initiated, Frances joined that branch of the military. During her 28-year career, she served in three wars:

RETIREMENT *NOW WHAT?*

World War II, the Korean War and the Vietnam War. During WWII she was a flight nurse, behind the lines picking up patients and being stationed in several locations. The remainder of her career was primarily spent as a chief nurse in Air Force hospitals in the States, training nurses and medical airmen.

During her service she received a number of honors and medals, including four Oakleaf battle stars and the Lt. Col. "star." When asked to make a comment about her career, her response of "I had lots of adventures, met many people and saw many places," definitely seems to be an understatement.

Her adventures continued after her retirement as she homesteaded for 18 years in Alaska, volunteered at different Air Force bases, taught medical terminology in a business college, and helped with a family business in California. She eventually moved to Phoenix because a sister lived here.

Frances participated in the Veterans History Project of The American Folklife Center at The Library of Congress. If you would like to learn more about this Arcadia veteran, you can find her interview on the Library of Congress website, loc.gov.

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ASSISTED LIVING & MEMORY CARE at ARCADIA

Flipping pancakes to raise funds and connect a community

By Jessica Morrison

For the last 20 years, the Dads' Club at St. Thomas the Apostle Catholic Church has hosted a monthly breakfast during the school year, as a way to bring the community together.

Janine Campo, liaison between the school, parish and the "outside world," said that over the years the Dads' Club has served about 72,000 pancakes.

St. Thomas parish includes a private grammar school. Any father of a child in the school is automatically a member of the Dads' Club.

"It's an opportunity for the dads to come together once a month and cook a big breakfast for everyone who comes to Mass in the morning," said John Campo a parishioner of the church and an STA dad.

The core crew of St. Thomas dads who make Sunday breakfast have worked together for the past 10 years. PHOTO BYJANINE CAMPO

Anyone is welcome to attend the breakfast after Mass. There are two Catholic Mass services every Sunday: 7:30-8:30 a.m. and 9-10 a.m. The next breakfasts are scheduled for November 15, 2015 and January 31, March 12, and April 10, 2016.

John said the Dads' Club expects to serve 300 meals per breakfast. The cost is $5 for an adult, $3 for a child or $12 total for a family of any size.

Money raised from each breakfast is used to sponsor items the teachers and kids need at school.

"We've done this 20 years," said Ken Houck, head cook. "I've been cooking the last 10. This crew of dads have been here since our kids were in kindergarten. They are always regular, so it makes it easy."

Houck said the breakfasts raise about $25,000 annually for the school.

"The amazing thing is that we get guys out of bed at 6 a.m. to cook breakfast," Houck said.

Houck frequently changes the menu to include blueberry pancakes, pumpkin pancakes or waffles. He said a typical breakfast consists of two pancakes, French toast, sausage bacon, eggs and fruit.

"It's a nice thing that they give back to the church," said George, who is 11 years old and a student at STA. "We come after Mass."

George said the eggs are his favorite. "I get to see my friends, and then we get to play outside [afterwards]."

"The joy that comes out of the kitchen – it's a great vibe," Janine said. "The kids love seeing their dad back there and it's a great lesson to the kids, to give back," she said.

Parishioner Alcy Rubelsky said the breakfast is more than just getting a great meal after Mass.

"To be able to bring our families together and participate in each others' lives, it just warms my heart. You get to see the kids and catch up after the summer, and see everyone grow over time," Rubelsky said.

The Dads' Club offers a yearly membership for families to attend every breakfast for a flat rate. The rate includes a raffle, where donated items such as iPads or sporting event tickets are given away at each breakfast.

Anyone is welcome to attend the monthly breakfasts, as well as the Catholic Mass service before the meal.

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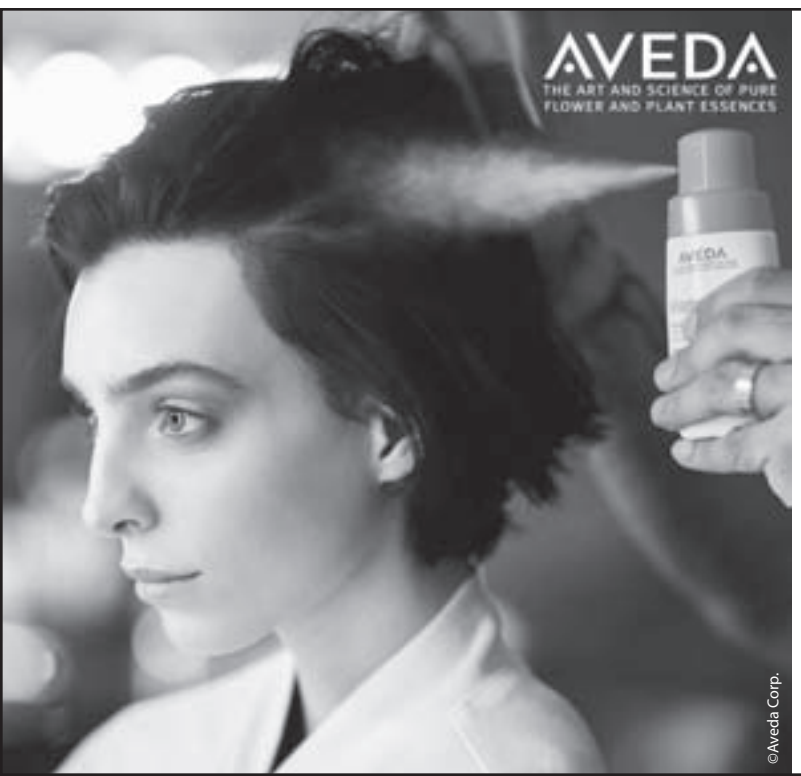

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September 2015

Health & Wellness

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New breast cancer treatment has helped 2,000 patients

By Ava Lasiewski

A recently developed breast cancer treatment has successfully treated 2,000 patients around the globe.

Dr. Christa Corn is a general surgeon with a specialty in breast surgery. She is also an administrator for this treatment, which is called Intraoperative Radiation Therapy, also known as IORT.

Used for about a decade in Europe, IORT has also been introduced to several countries around the world, including the United States.

"IORT is a procedure in which we can treat early stage breast cancer in one day, at the time of lumpectomy, allowing patients meeting specific selection criteria to replace up to eight weeks of daily radiation treatments with one targeted treatment," said Corn.

IORT is in the top 10 of Cleveland Clinic's new medical innovations of 2015.

The treatment is administered through the Xoft Electronic Brachytherapy System, which Abrazo Health Care is equipped with. This equipment is approved by the Federal Drug Administration, CE marked and licensed in Canada to treat the early stages of breast cancer, which includes stage I and II, Corn commented.

"The Xoft System uses a proprietary miniaturized X-ray source, which is inserted into a flexible balloon-shaped applicator that closely matches the size and shape of the patient's lumpectomy cavity," Corn explained. A full course of radiation is administered at this time, as is targets cancerous cells, but does not attack healthy tissue such as heart and lung tissue.

Corn added that the Xoft System can only be used on patients who are eligible, meaning they were chosen in a selection process and met specific requirements."

Patients able to use IORT may see a cost savings because the treatment period is short. During traditional breast cancer treatment, a surgeon usually removes the cancerous tissue, closes the incision, and then the patient goes home so their wound can heal. After that, the patient has to continue to visit a radiation oncologist for up to eight weeks to receive his or her radiation treatments. If a patient chooses to have IORT, all of this can be done while under anesthesia during a lumpectomy. The radiation is administered directly where the tumor was located, Corn said. IORT can be administered in as little as eight minutes, Corn added.

The Xoft System uses a miniaturized X-ray source.

Corn said, "IORT and the Xoft System offer many patient benefits including convenience, lower costs, fewer side effects, and shorter treatment times, which can allow patients to resume normal activities sooner, as compared to traditional treatment. Most patients are able to return to their normal daily activities – including going to work and caring for their families – within days rather than weeks."

During the procedure, Corn works with "a radiation oncologist to deliver one precise, concentrated dose of radiation to the tumor site at the time of lumpectomy," she said.

Corn hopes IORT will show patients that there are other treatment options that are more cost efficient and require less time.

"It is a significant advancement in women's health, and I expect it will become a more common treatment option for qualified patients in the years ahead," Corn said regarding IORT.

To find out more about IORT and the Xoft System, visit xoftinc.com.

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Trainer crowned *Women's Health* magazine's Next Fitness Star

By Michelle Donati-Grayman

Nikki Metzger moved to Scottsdale to fulfill her dream of owning her own gym and making her mark on the local fitness scene. And the 30-year-old certified personal trainer and Nike Master Trainer has done just that.

Metzger is the owner of BODI, a high intensity training gym in Scottsdale, and has a reputation for pushing her clients to their limits.

"We're going to flip tires, slam battle ropes, pick up weights and bang out some pull-ups. Why? Because when you're dripping in sweat and nearly wiped out, that's when the magic happens," Metzger said.

> ***"We're going to flip tires, slam battle ropes, pick up weights and bang out some pull-ups. Why? Because when you're dripping in sweat and nearly wiped out, that's when the magic happens."***

But Metzger's success extends beyond her popular training gym. Earlier this year, she earned the title of Next Fitness Star by *Women's Health* magazine.

The magazine conducted a nationwide search to find the next big name in fitness. Thousands of submissions were received. Metzger's made it to the top five.

A nationwide vote ensued with the help of a star-studded judging panel, including celebrity trainers and *Extreme Weight Loss* hosts, Chris and Heidi Powell; NBC's *Today* show anchor, Natalie Morales, as well as *Today* contributor and trainer, Jenna Wolfe; and *Women's Health* editor-in-chief, Amy Keller Laird. Metzger learned she was the Next Fitness Star live on the *Today* show in August.

"It was one of those things where you think, 'It's not going to happen to me.' So when my name was called, I was in total shock!" Metzger said. "I still don't know if it has completely hit me because it just seems so surreal."

Metzger was featured on the flip cover of the July/August issue of *Women's Health* and will serve as a contributing fitness expert for the magazine. She also received a contract to create a fitness DVD, which is set to launch early next year.

Now that she finds herself in the national spotlight, Metzger says she will continue to channel her passion to help women reach their fitness goals.

"I believe every woman has an athlete inside her, and it's my job to help her realize that."

Local resident Nikki Metzgerwas named Next Fitness Star by Women's Health *magazine.*

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Strict concussion protocol protects high school athletes

By Jacob Janower

Getting a concussion is one of the most damaging injuries in sports. It can happen on a football field, soccer field, baseball diamond or any other sports facility imaginable.

Given the harmful effects of the injury, sports leagues are now instituting protocols for athletes in relation to concussions and testing for the injury. These protocols can be found from the professional leagues such as the NFL, down to high school leagues and all of those in between.

A concussion, also called a mild traumatic brain injury, is defined as a blow to the head or a violent shaking of the head and body. They most commonly occur in sports when a defending football player's helmet makes contact with the offensive player's helmet while going for a tackle, and when someone hits a header in soccer.

There are between 1.6 and 3.8 million concussion-related injuries every year, and approximately 300,000 of those happen to high school athletes, according to Prevacus, a pharmaceutical company developing a new treatment for concussions.

In 2011, the Arizona Interscholastic Association (AIA) instituted rules of their own pertaining to the injury in order to prevent athletes to continue playing with a possible concussion.

"Players suspected of a concussion must be removed from the game," Gary Whelchel, State Commissioner of Officials for the AIA, said. "Only a certified athletic trainer can re-enter the player."

Arcadia High School athletic trainer Emily Clarke expounded on the new protocol, stating the rules put into place.

"The new rules that have been established are concussion education, baseline testing with neurocognitive computer tests," she said. There is also a comprehensive evaluation and return-to-play guideline.

In addition, AHS will have certain rules as far as when athletes can be cleared of a concussion.

"Our protocol at Arcadia will have a five day return-to-play guideline," Clarke said.

Whelchel thinks the concussion protocol will benefit the high school athletes, even if it keeps them out of the game for a certain amount of time.

"I believe it makes the playing environment safer by providing a check of players prior to re-entry," he said. "It is done by medical personnel, not coaches."

Clarke pointed out the safety aspect of the new rules, stating that while the new protocol prolongs the return of the athletes, it allows them to return when it is safe to do so.

Last year, AHS started using special helmets while playing football to protect against concussions. AHS is the only school in the Valley to use Riddell brand helmets with InSite Technology, according to AZSports360.

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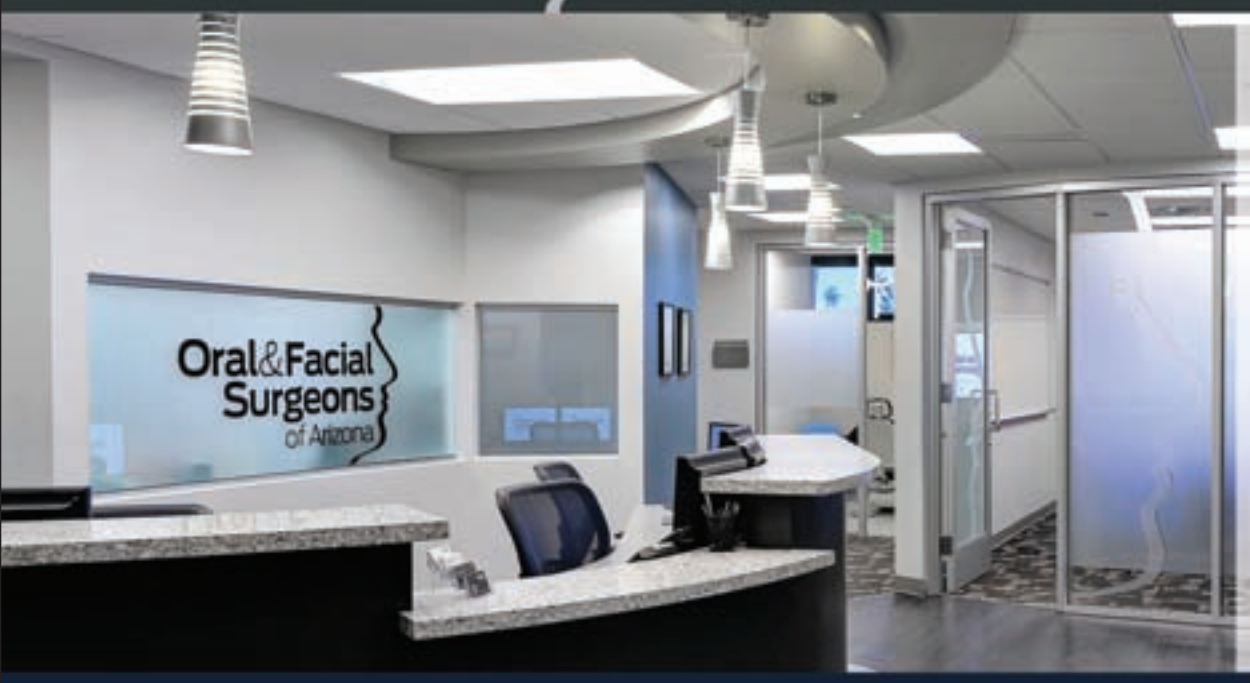

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Fit4Mom fitness program expands to Arcadia location

By Graysen Choy

Fit4Mom, a fitness program for mothers at any stage of motherhood, has expanded to the Arcadia neighborhood.

A grand opening for the new location was held on October 6, 2015, at Arcadia Park where over 20 moms gathered and participated in combined cardio intervals with strength training stations.

Lisa Druxman, the founder of Fit4Mom, created the program in 2001 when she wanted to combine her love of motherhood and fitness. According to Fit4Mom.com, Druxman is a certified expert in prenatal and postnatal fitness and is certified as a group fitness instructor and personal trainer.

Over the years, Fit4Mom has become the largest fitness program for moms in the country with over 1,500 locations nationwide. According to Fit4Mom.com, Druxman lives by her mission statement: "Helping moms make strides in fitness, motherhood and life."

Fit4Mom contains the classes Stroller Strides, Fit4Baby and Body Back, all targeting the different stages of motherhood.

Fit4Baby is designed for moms to strengthen their body for all the changes that will occur during pregnancy.

Stroller Strides is a 60-minute, stroller-based fitness program that includes power walking, strength training and toning, along with songs and activities with the baby.

Body Back is designed for women who want their body back, whether they recently had a baby or finally have time – now that the baby has grown up – to get in shape.

Fit4Mom has been featured on NBC's *Today* show, CNN, *Access Hollywood*, as well as several magazines. The business is continuing to grow and get noticed.

Kristy Clay, the owner of the Metro Phoenix Fit4Mom, has worked in the business for over seven years – four of those years were spent in Phoenix, when she decided it was time to open up another location in Arcadia.

"Arcadia Park is a beautiful location and many moms have requested that we add classes there," Clay said.

According to Fit4Mom.com, the Arcadia location only offers Stroller Strides, the fitness class designed for moms with kids in strollers.

While Stroller Strides is offered twice a week at Arcadia Park, Fit4Mom is much more than fitness. Weekly playgroups are offered at all locations as well as monthly

Continued on page 55

Fit4Mom takes fitness to the sidewalk, allowing moms to workout with their little ones.

Fit4Mom

Continued from page 54

"mom's night out" events.

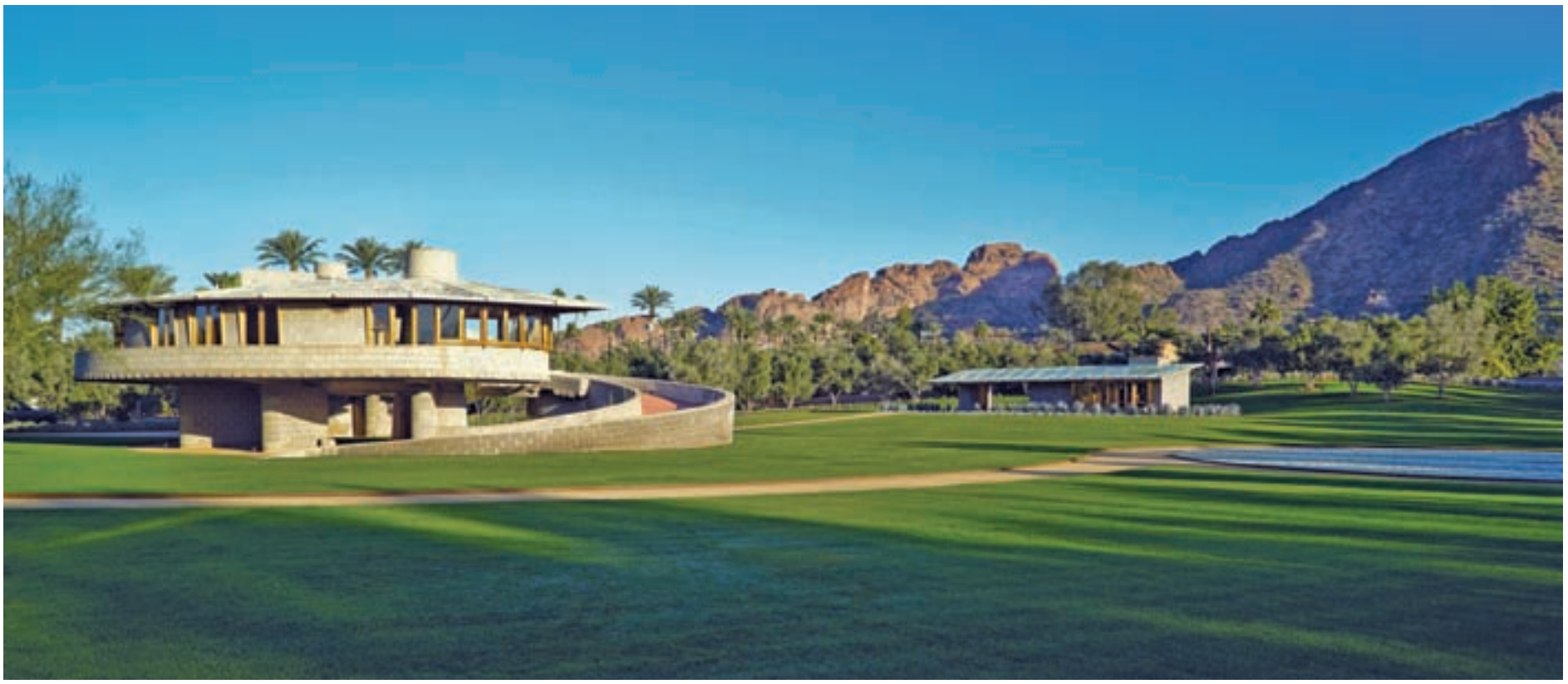
Most of the instructors for the program were members themselves and have taken on the role to teach others. They are all moms that are certified prenatal and postnatal fitness instructors according to Fit4Mom.com.

"With our instructor team expanding, it is definitely the right time to expand to Arcadia," Clay said. "This creates a village of moms that is so much more than a workout."

Amanda Merritt, a mom of two children, joined Fit4Mom in March 2012. She explained that she would love to see more moms, whether new or already part of the program, come to Arcadia Park.

"It is so fun to see new friendships form between both moms and kids and watch moms new to the program gain strength and confidence in their physical abilities," Merritt said.

DAVID WRIGHT HOUSE SEEK



FOUR CRITERIA

FOR A HISTORIC LANDMARK DESIGNATION

WHAT IT MEANS: *A Historic Landmark is defined as a structure or site which contains an outstanding or unique example of an architectural style, which contains or is associated with a major historic event or activity, which contains important, intact archaeological resources, which is a site or structure of unique visual quality and identification, or which is a site of general historic or cultural recognition by the community. A landmark shall also meet all criteria for designation as an HP district.*

To become a Historic Landmark, the applicant must answer in the affirmative one of the following four criteria:

1. Is the property associated with events that have made a significant contribution to the broad patterns of our history?

Frank Lloyd Wright, arguably America's most famous architect, entitled the plans for the house *"How to live in the Southwest"*, and the David Wright House is an iconic example of the westward Sunbelt migration that characterized Mid-Century, post-World War II living in America.

2. Is the property associated with the lives of persons of significance to our past?

At the height of Mr. Wright's career, from 1930-1959, Wright's audience was worldwide. Mr. Wright is regarded by many as America's greatest architect.

3. Is the property representative of the work of a master and possessing high artistic values?

It was Wright who lit the way to Modernism for European architects, with his freely composed planes and fluid spaces, dissolving the boundary between interior and exterior spaces. These themes of space and the dissolution of boundary are profoundly celebrated in this home, Frank Lloyd Wright's last residential masterpiece.

4. Has the property yielded or may be likely to yield information important in the understanding of our pre-history or history of the City of Phoenix?

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S LANDMARK DESIGNATION

WHAT: City of Phoenix Historic Preservation Commission Hearing for 6.1 acre David & Gladys Wright House Property

WHEN: 7:00 pm, November 16, 2015 (Tentative)

WHERE: TBD, please visit our website www.DavidWrightHouse.org for updates.

PLEASE ATTEND *to voice your support for the David Wright House and the Historic Preservation – Landmark application!*

The David and Gladys Wright House Foundation filed a Historic Landmark Preservation Designation application to ensure the property celebrates and preserves the original vision of Frank Lloyd Wright and the estate tradition of Arcadia. Please visit **www.DavidWrightHouse.org/HPApplication** to read our entire application.

HISTORIC LANDMARK PRESERVATION APPLICATION

- Protects the David Wright House and guest house from any future threat of demolition
- Recognizes that the 6.1 acre parcel reflects the historical Arcadian lot size of 5 acres or more
- Preserves Frank Lloyd Wright's vision that the David Wright House structures be viewed in relation to their natural organic surroundings – olive trees, citrus orchards, and sweeping mountain viewsn
- Protects the integrity of Frank Lloyd Wright's architectural design

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Arcadia artist shares her colorful life to inspire students

By Lindsey Greenwood

Longtime Scottsdale Artists' School teacher and local Arcadia artist Jane Wingfield teaches art through her vibrant personality and love of vivid color.

Wingfield has taught oil painting and calligraphy at the Scottsdale Artists' School for 30 years. Her paintings are full of bright and bold colors that some people say reflect her personality.

Joni Falk, a fellow Arcadia artist and longtime friend, describes Wingfield as fun-loving and humorous.

"No matter what she does, it is in a fun way. Her sense of humor is so endearing," said Falk. "Having a longtime friend is one of the greatest gifts. Jane has been a great gift."

One of her former students, Janie Horn, describes Wingfield as upbeat and positive.

"She has such a great sense of humor and such a giving nature. She shares all of her knowledge with her students. I took her class six times because it was so much fun," said Horn.

Wingfield said she likes to incorporate fun and humor into her oil painting classes.

"I like humor a lot. I kindly make fun of my students. We laugh a lot," said Wingfield.

Wingfield studied fine arts at the University of Colorado. She is currently a Master Docent Emeritus at the Phoenix Art Museum and has been a docent with the Phoenix Art Museum since 1988.

Jane Wingfield has lived in Arcadia for fifty years and has taught art for the past thirty.

According to the Phoenix Art Museum website, a docent is a teacher and tour guide, serving the museum as well as the community in the field of art education.

Wingfield said that her teaching is motivated by her passion of sharing her knowledge of art with others.

"I enjoy teaching and I am so grateful that I have been able to do it for the last 30 years," said Wingfield.

As a fellow artist, Falk said Wingfield has her own particular artistic style.

"She is very diverse in subject matter. Her work conveys joy with color and design. She is willing to try new and different subjects. She also transmits her broad knowledge to her students," said Falk.

Wingfield has exhibited all over the Scottsdale and Phoenix areas in galleries and art shows. One of her paintings will be up for auction at the Scottsdale Artists' School's Beaux Arts 2015 gala on November 14. At the event, over 150 paintings and sculptures will be sold by a silent auction to raise funds for the nonprofit organization.

Wingfield described her oil paintings as impressionistic with a hint realism.

"I don't think my paintings are depressing. They convey happiness through the colors I use," she said.

Wingfield shared that she moved around a lot as a child due to her father's job and got her start as an artist when her mother noticed how lonely she was and gave her pencils and crayons to spark her interest in the arts.

"I went to many schools. We lived in Louisiana, Texas and did a brief stay in Wyoming before settling in Midland, Texas," said Wingfield. "I didn't have any friends. I was so different and you don't want to be different at that age."

Fifty years ago Wingfield moved from San Francisco to Arcadia when her husband was transferred to Phoenix for his job. She said she fell in love with the area. Her three children grew up in the Arcadia community and attended Arcadia area schools.

"Arcadia is beautiful – green and lovely. I can't think of a better place to live. It is home," said Wingfield.

When Wingfield's children were in school, she became involved in the community. She served on the school board and worked with the Save Arcadia committee along with countless other causes and organizations.

"Not only is she a good artist, but she is a good citizen," said Horn.

When asked what sparks her creativity, Wingfield responded, "I am inspired by beauty, color and people. I especially love to see people having fun. My mother always encouraged me to look at beautiful things and draw and paint them. I just never stopped drawing."

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Tempe City Council makes decision on cell phone usage

By Alicia Morales

The Tempe City Council passed an ordinance with a four to three vote on September 24, 2015 that has to do with cell phone usage and driving.

"This legislation will help decrease deaths in auto accidents," said Councilman David Schapira.

"It is rare that an ordinance come before us that will literally save lives," he said.

The passing of the ordinance will help protect the youth-populated town, suggested Councilmen Kolby Granville.

"We have a younger population, and we can try to protect all residents," said Granville.

Tempe City Council had a regular public meeting on Thursday to discuss several different resolutions, awards and ordinances.

Section 55 of chapter 19 of the Tempe City Code will make it unlawful for any person to operate a motor vehicle while using an electronic device if it is distracting the driver and causing them to swerve the car.

Councilman Joel Navarro said he was concerned on how tickets would be issued.

He created a scenario for John Rush, the assistant chief of police of Tempe Police Department, questioning how the police will go about giving citations.

"If we saw texting but no risky behavior, then we would not pull the car over" said Officer Rush.

Rush said that if the car is swerving in their lane, then the driver would get pulled over. He said the police are going to treat it like a DUI and ask if the driver has been drinking.

If the driver has not been drinking, then the police officer will ask the driver if they were on their phone if the officer did not see them using their mobile device, said Rush.

The offender will be fined plus receive any penalty if an accident is caused.

The first fine is $100 and the second is $250. Any incident following the first two offenses within a 24-month period is $500.

Councilwoman Lauren Kuby asked Rush later in the meeting if an amendment could be made so that there is a warning for the first time the car is pulled over due to cell phone usage.

According to Rush, that kind of request requires a public hearing.

Earlier in the discussion, Tempe Mayor Mark Mitchell said Arizona is one of few states that does not have a statewide ban on using cell phones in the car.

In order to get this law statewide, Councilman Schapira said cities of Arizona need to adopt this law and "pull the weight" to get it across the state of Arizona.

"Hopefully this legislation will change the behavior of residents in Tempe," Schapira said.

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Music lovers who have passed leave deep impressions

By Craig Goossen

November invites us to reflect on what we're thankful for and this season I'm thankful for friends and family that are no longer with us but have made an everlasting impression on me.

My dad loved music and when I was growing up he played records loud. It wasn't just atmospheric background noise, but a racket to be reckoned with. You had to take notice.

My best friend Steve – who would've turned 50 this past month – and I spent much of our time together buying, listening and losing ourselves in records. My great friend Jere, who barely made it to 20, used to go completely berserk when the right song was blasting. My cosmic brother, Tom, and I shared the same birth date and were co-workers at a record shop located in a Hollywood dive. We should have passed out earplugs to the customers as they walked through the door due to the intense volume of the turntable.

I miss these men every day and when I think of them, I often think of the music they liked and the times we shared listening to it. I'm thankful this season for Jere Deranja, Tom Coffey, Steve Lenihan and my larger-than-life dad, Dan Goossen, for being true lovers of music and imprinting on me that it always sounds better loud.

This month's music mix consists of bands that are playing in our city this November. Take a listen and get out to see a show this month with someone whom you're thankful for having in your life.

RIDE: FROM TIME TO TIME (1994)

Ride arrived at the dawn of the '90s and was at the forefront of a burgeoning British scene only to flicker out by the middle of the decade. Guitarist and co-leader of the band, Andy Bell, went on to play bass with Oasis and contributed heavily until that band's unfortunate breakup. It's a major treat to have the recently reformed Ride performing at the Crescent.

Ride performs on Monday, November 9 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $35 and the show is for concertgoers 21 and over.

THE PSYCHEDELIC FURS: LOVE MY WAY (1982)

A classic '80s band, which ceased recording new material eons ago, but have never stopped performing live and are a well-oiled machine with plenty of great songs in their catalogue.

The Psychedelic Furs perform on Friday, November 13 at Livewire, 7340 E. Indian Plaza in Old Town Scottsdale. Tickets are $27 and the show is for guests 18 and older.

THE LOVE ME NOTS: END OF THE LINE (2011)

Hailing from Phoenix, this garage party band's brand of rock and roll should shred the stage at The Rebel Lounge. A great Saturday outing for Arcadia residents to support a high quality local band at a terrific venue just down the street.

The Love Me Nots will perform on Saturday, November 14 at The Rebel Lounge, 2303 E. Indian School Road in Phoenix. Tickets are $8 and guests must be over 21.

HERE WE GO MAGIC: ORDINARY FEELING (2015)

The band's last LP, *A Different Ship*, was one of the finest releases of 2012. The band has gone through a bit of a lineup shift since the success of that release, but leader Luke Temple is still at the helm and the just released *Be Small* has the band hitting the road in support of the latest release. It's amazing we get to see them at the super cozy Valley Bar, one of our city's finest and coolest venues.

Here We Go Magic performs on Monday, November 16 at Valley Bar, 130 N. Central Ave. in downtown Phoenix. Tickets are $15 and the concert is open to guests 21 and older.

MUSIC *NOTES*

MEAT PUPPETS: UP ON THE SUN (1985)

These Arizonians need no introduction. Since reforming a few years ago, they've released three excellent LPs and their latest shows have been some of their best. A $20 ticket to see these giants on their home court is a must.

Meat Puppets perform on Friday, November 27 at the Crescent Ballroom, 308 N. Second Ave. in downtown Phoenix. Tickets are $20 and concertgoers must be at least 21.

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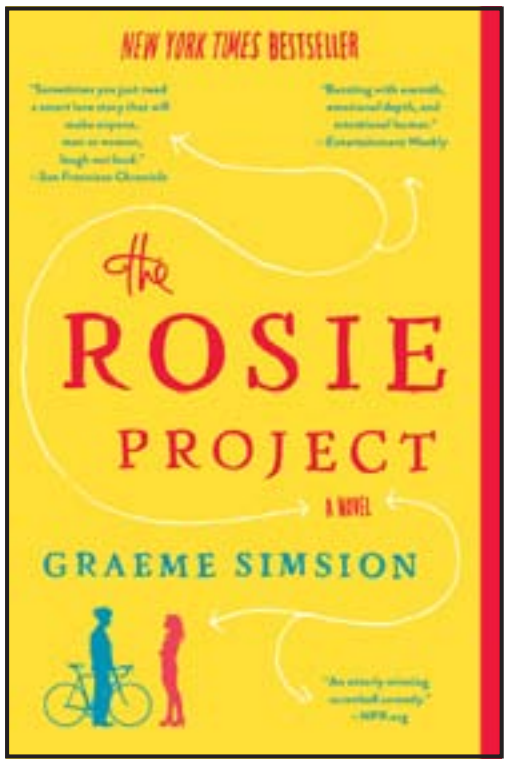
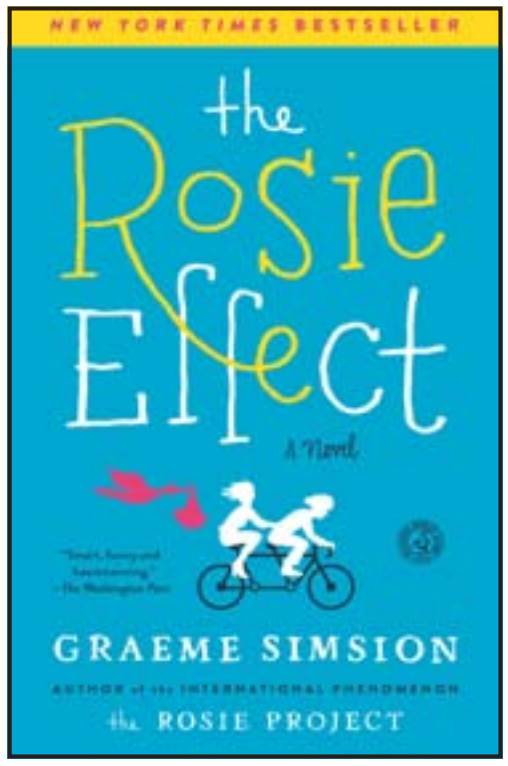
Everything's 'Rosie' with this month's Book Club

BOOKS OF THE MONTH

The Rosie Project
The Rosie Effect
BY GRAEME SIMSION

Arcadia News Book Club
Nov. 19, 2015, 6:30 p.m.
Saguaro Library





By Amanda Goossen

Hilarious. Realistic. Unique. Graeme Simsion's characters are the most well designed and developed I've read in quite some time. His novels are a portrait of learning to accept both ourselves and each other.

When *The Rosie Project* by Simsion was released in 2013, its success amongst readers and critics was as surprising as the man who wrote it. A former IT consultant and nonfiction author on database design, Simsion decided at age 50 that he had to take a chance at writing fiction.

Simsion, who lives in Australia with his wife and two children, watched his novel climb up the *New York Times* Best Seller list, sold the translation rights in over 35 languages, and wrote a follow up novel, *The Rosie Effect.*

Also a *New York Times* Best Seller, *The Rosie Effect* is now in paperback, pleasing readers with the comical, yet honest look at life. Protagonist Professor Tillman has returned, this time shifting his focus from finding the perfect wife, to being the perfect father.

The quirkiness of this personality, his deficiencies at anything social, and his incredibly high intelligence makes him a lovable yet odd main character. He's also a character you can cheer for and connect with.

The Rosie Project and *The Rosie Effect* are not only worth reading, they are one of the best ways to spend an afternoon.

On November 19 at 6:30 p.m. the *Arcadia News* Book Club will meet at the Saguaro Library. We are honored to have best-selling author, Simsion join our meeting via Skype from Australia. We will have refreshments, our monthly $5 raffle benefitting "Don't be a chump! Check for a lump!" and a question-and-answer session with the author.

To attend the November meeting of the *Arcadia News* Book Club, email Amanda@arcadianews.com.

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Jack Rose, Cami Benton, and Hale Stewart star as Bialystock, Bloom, and Ulla in The Producers.

Local theater gives young actors a chance to shine

By Rachael Bouley

For 30 years, children in the community have had the opportunity to perform on stage thanks to Greasepaint Youtheatre, part of the Stagebrush Theatre in Scottsdale. In October, more than 20 youth from the surrounding community participated in a production of *The Producers*.

"*The Producers* is based on the cult classic 1968 film of the same name," said Maureen Dias Watson, the executive and artistic director of Greasepaint. "A conniving producer and reserved accountant cook up a scheme to make the greatest flop on Broadway."

The original 2001 Broadway production starred Nathan Lane and Matthew Broderick, but this version features some impressive talent as well.

"Greasepaint's revival production stars Jack Rose as Max Bialystock, Hale Stewart as Leo Bloom, and Cami Benton as Ulla, along with 21 other featured actors, including Sean Lillis, a resident of the Arcadia neighborhood."

Watson says Lillis was an excellent fit for his role as Rodger, the "worst director."

"This is Sean's second show with us at Greasepaint, and we are so happy he came back! He is a fantastic actor and really shines in his role in *The Producers*," said Watson.

Each season, Stagebrush Theatre and Greasepaint produce six shows, giving actors a variety of opportunities and the audience an array of entertainment. Greasepaint provides talented youth with the chance to shine, improve their skills and gain experience in directing and producing.

"We do a special showcase each spring, our Bare Bones Theatre Company, which is a unique student produced program. They direct, design, produce and act in shows of their choosing," Watson said. "This season Bare Bones will be doing a show about social justice."

Maureen encourages local youth from the surrounding communities to come out and audition because it's important for people of all ages to support the arts. If students have little experience, they can enroll in Greasepaint's workshops, classes and camps to develop their acting skills and get more comfortable on stage.

The students put on entertaining shows that are for people of all ages. Watson says she wants people to enjoy themselves at the show. "This is the great thing about theater. You get transported to a different place and time, and the real world disappears for that hour and 45 minutes. We love when our audiences leave the theater with a great, big smile on their face and tell the actors that they had a wonderful time."

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AHS golf team aims for successful second year

By Josh Cutlip

Arcadia Titans boys golf is closing in on their second consecutive successful season. After his second year with the team, Coach Sal Guardiola continues his effective coaching style, giving his team the best chance at the state playoffs.

At the time this article was written, the Arcadia boys golf team was ranked first in their section and like last year, they were doing well in their division.

"We didn't lose a single match to a Division II school last year, and this year we've lost one to a Division II school. All the other matches we've won," said Guardiola.

Not only is the team dominating in their division, but according to Guardiola the team also won second place at the Mustang Invitational, an event that hosts both Division I and II teams.

When looking for new players at the start of each season, Guardiola said experience is a necessity. Athletes who make the cut "normally are kids who have played for a long time and have played competitively, probably since the age of 8."

As far as current players on the team, Guardiola said they are young but talented. Freshman Chaz Aurilia and sophomore Bobby Peirce are two of the leading shooters on the team, along with senior Jeremy Bernick who won player of the year last year.

"We are a solid team right now, and the future is bright for Arcadia," said Guardiola.

In addition to the players showing promise for the future of Arcadia golf, the coaching style that Guardiola and his assistant coach, Harold Fields, instill on their players is also proving to pay off.

"He goes with one of the groups and I go with one of the groups one day and we flip-flop the next day," said Guardiola in reference to Coach Fields. "Any decisions that we make are based on something that the both of us agree on. We basically have equal input."

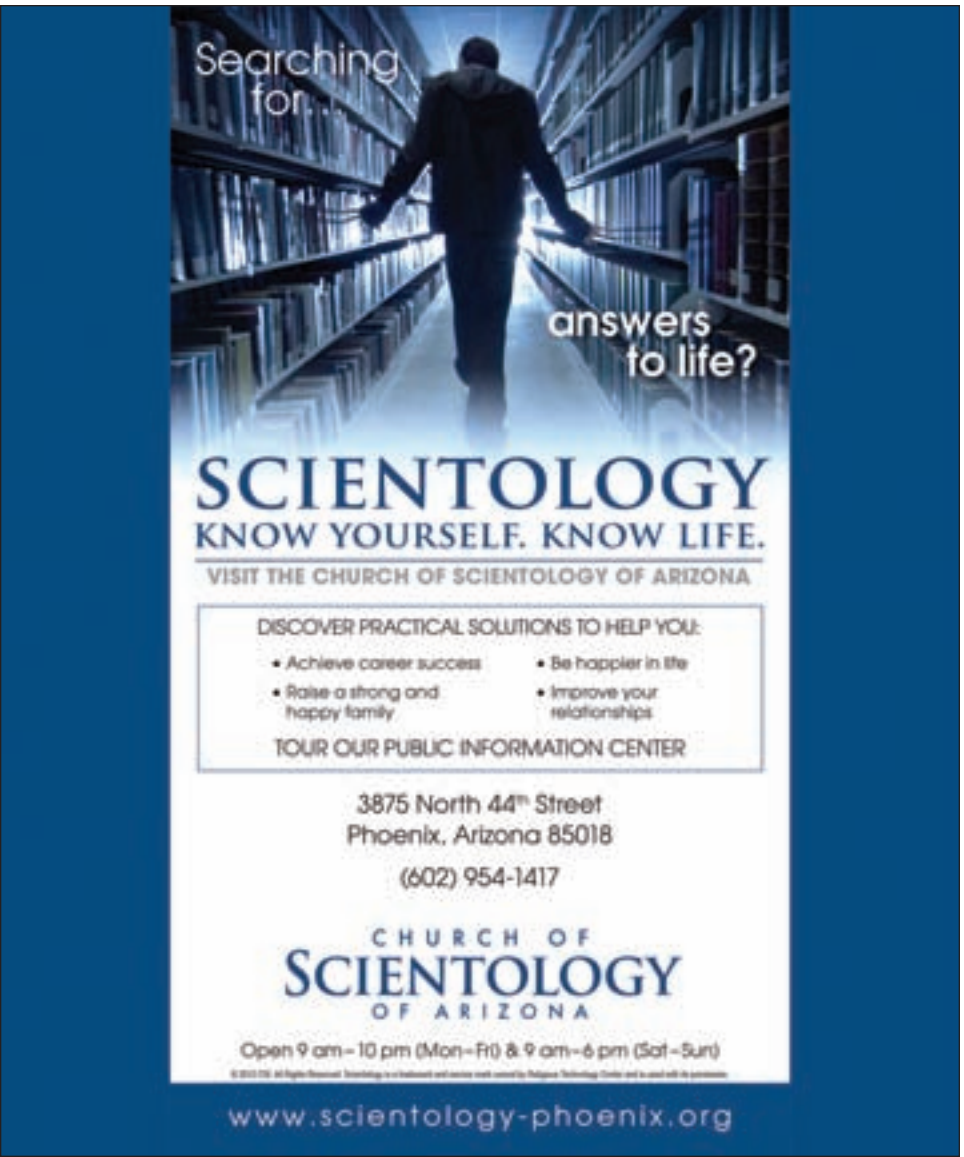
Golf is a sport that requires a lot of thinking, and although individual scores can be important, it's the team score that wins matches.

Guardiola implements a unique phrase when coaching his athletes: "Each individual player is playing against what I call, old man par. If you can learn to beat old man par, everything else will take care of itself."

Both coaches are also working hard to improve their young players' mentalities.

"Golf, unlike any other sport, parallels life. From the discipline, to the perseverance, to the honesty, you could go on and on. [We are] trying to get the kids to see something positive in every shot," said Guardiola. "You need to be your own best friend, because in this game you lose more than you win, and it's easy to develop negative attitudes and that is something that we're working on."

This year the Titans are a young but talented team, who are dominating their division.



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Running brings Reniewicki family together

By Graysen Choy

Most families are bonded over the common values of family traditions. As for the Reniewicki family, this happens to be cross-country and track.

At a young age, the children of Rob and Beth Reniewicki were introduced to a passion that was long loved before they were born.

Rob has coached track for over 35 years and is now accompanied by his wife, Beth. He competed throughout high school and ran road races through college, but due to injuries his career was cut short. As for Beth, she competed through her freshman year of college but then moved back home.

They are currently cross-country and track coaches at Arcadia High School, where they coach their children.

From the time they were in strollers, Peter, John and Megan Reniewicki grew up on the track.

"We used to carry them around in backpacks while we were coaching and at meets," Rob said. "They played in the long jump pit and used the high jump pits as a trampoline."

When their children were still young, Rob and Beth created a youth track club called the Arizona Track Club. This was when their children began their competitive experience.

During their elementary and middle school years, Peter, John and Megan attended high school cross-country practices before they went to class.

During club and high school competition, John and Megan found themselves being recruited to play at the collegiate level.

John is currently running track at Arizona State University and Megan, a senior in high school, is considering her options for competing at the next level.

"All the help really came from my coach, and dad, Rob Reniewicki," John said. "I wasn't overtrained, and I wasn't undertrained. I stayed in a happy medium."

Having parents as coaches was never a problem for the kids because their parents constantly supported what the kids loved to do, according to Megan.

Rob and Beth had a good sense of boundaries as far as keeping work on the track. "He was a coach at practice and dad at home," John said.

PHOTO SUBMITTED BY BETH RENIEWICKI

Left to Right: Peter, Rob, Megan, John, Beth, Ethan and Sarah Reniewicki.

Growing up, the family ran 5Ks together in addition to family bike rides and hiking outings. Track is a major part of the Reniewicki family and has bonded them as a whole, according to Rob.

Rob and Beth still run together, but it has been a while since they could keep up with John and Megan.

"There is definitely a competitive spirit in our family, and as the children began to show talent in the area of running, I think they enjoyed competition more and more," Beth said.

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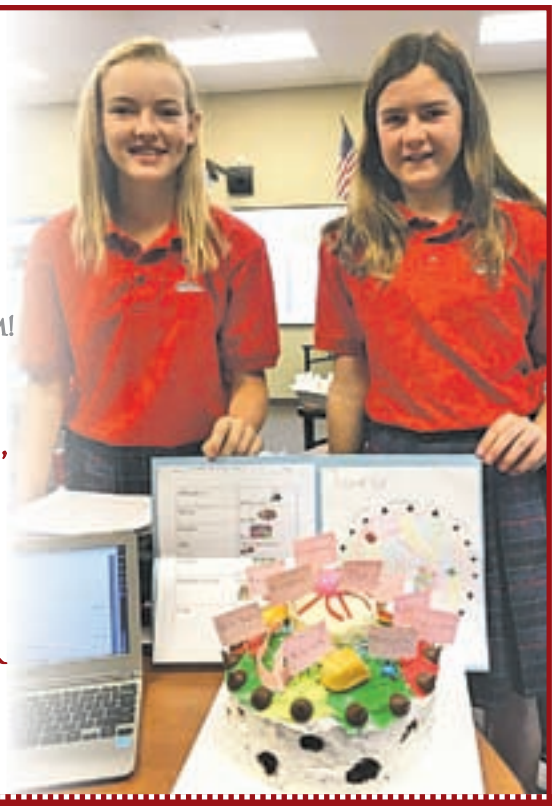

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AHS prepares for recruitment

By Graysen Choy

Student-athletes are prepping for college recruitment with the help from the staff of Arcadia High School.

Sports are popular at Arcadia. With 19 varsity teams, many athletes dream of taking their sport to the next level and staff help them accomplish that goal.

According to NCAA, the rules of recruitment have recently changed. Initially, the required GPA for student-athletes was 2.0. The new minimum acceptance has been raised to 2.3. This rule is effective for students that enroll after August 1, 2016.

NCAA now requires student-athletes to focus more on school and receive better grades. Sixteen core classes must be completed by the end of senior year, but now 10 of those classes must be completed before the seventh semester.

Rob Reniewicki, head track and field coach of Arcadia, says he does not believe the new ruling is affecting the students on the team. However, as a coach he is not only there to achieve success on the track but help his athletes achieve success in the classroom.

"The process all depends on their marks, and as a coach I encourage them to get the best marks they can," Reniewicki said. "Helping them with the [college] they want [to attend] and the program they want is what it's all about."

Teresa Fitzsimmons, the college career center advisor, is there to help the students of Arcadia prepare for admission and application to college.

Fitzsimmons explained that there must be total compliance with the NCAA Clearinghouse for all high schools. The Clearinghouse, now known as the Eligibility Center, is an organization outside of NCAA that tracks the academic progress of students, which decides if the athlete is eligible to be recruited.

According to NCAA, nearly eight million students play sports in high school, and only 460,000 of those students continue to compete in NCAA schools.

One of these athletes is recent Arcadia alumnus, John Reniewicki, who was recruited to run track at Arizona State University.

John explained that having his father, Rob Reniewicki, as a coach helped him achieve this level of competition.

"With his coaching I was able to run to attract attention from Division I schools and ASU, but more importantly his coaching set me on track to continually progress at ASU," John said.

A spokesperson from NCAA added that "A college education is the most rewarding benefit of the student-athlete experience."

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					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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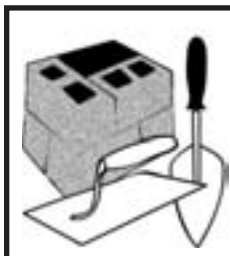

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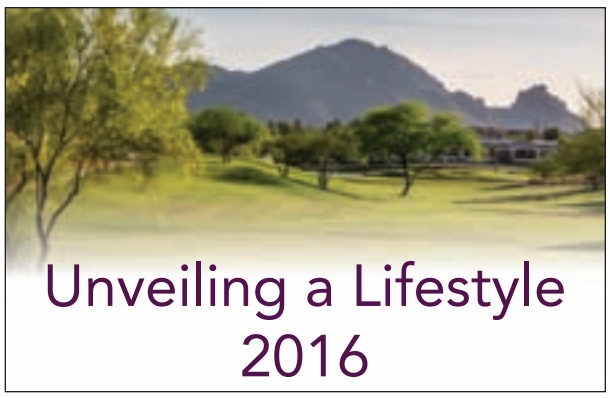

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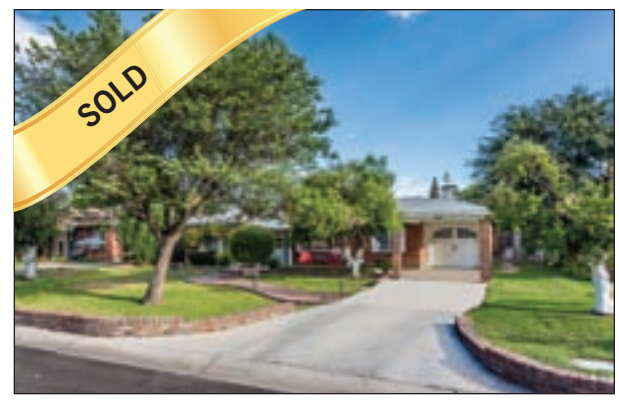

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