Arcadia News

Vol. 23 No. 11 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | February 2016

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It's the time of year when Arcadia's citrus needs attention. With the annual citrus drive no longer taking place, local residents—like Anita Hildreth (left) and Marci McDonald—may experience a lot of changes this season. See our story on page 18 for more information about what you can do with this year's citrus crop.

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February: It's not just for Valentine's Day anymore. Find all the ways to celebrate in this month's Kids Corner.

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Tavan Elementary School earned the Arizona Educational Foundation's prestigious A+ award for excellence.

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For their service project, fourth grade students at St. Thomas work hand-in-hand with the Down Syndrome Network.

HOW WE STACK UP

In the last five years *Arcadia News* has won more than 75 national, international and local awards for our editorial content, graphic design and innovative concepts. Our peers in organizations like the International Free Paper Association and the Arizona Press Club judged these contests. In 2015, for the third year in a row, we took home an award for the best newspaper in our category.

Your award-winning neighborhood newspaper is owned and operated by Arcadians, for Arcadians, and has been since 1993. I'm proud of our staff and I want our readers and advertisers to know we will always be grateful for their support. From all of us at *Arcadia News*, we wish you and yours the best as we head into 2016.

Greg A Bruns
Publisher, *Arcadia News*

2015 AWARDS

IFPA - First Place - General Excellence
IFPA - First Place - Local Business Coverage
IFPA - First Place - Original Writing
IFPA - Third Place - Automotive Ad
IFPA - Third Place - Original Photography
AFCP - First Place - General Excellence
AFCP - First Place - Rate Card
AFCP - First Place Community Service, Graphics
AFCP - First Place - Feature Article Layout
AFCP - Second Place - Best Single Ad, Color
AFCP - Second Place - Best Single Ad, Ad Agency Design
AFCP - Second Place - Best Single Ad, Agency Design
AFCP - Second Place - Community Service, Editorial
AFCP - Third Place - Best Original Writing
AFCP - Third Place - Best Original Photography
AFCP - Honorable Mention - Special In-Paper Promotion

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ARCADIA NEWS
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Publisher: *Greg A. Bruns*
greg@arcadianews.com

Managing Editor: *Amanda Goossen*
editor@arcadianews.com

Copy Editor: *Chelsea K. Baxter*
chelsea@arcadianews.com

Proofreader: *Shirley Bruns*
shirley@arcadianews.com

Advertising: *Roni Mier*
roni@arcadianews.com

Designer: *Gabe Turner*
gabe@arcadianews.com

Arcadia News
Arcadia Home & Design
3850 East Indian School Road #1
(602) 840-6379 • arcadianews.com

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With support of their principal, teachers and staff, Arcadia's Tavan Elementary School received the prestigious A+ designation for quality in education.

COVER IMAGE:

Thank you to the Royal Palms Resort for sharing their garden for this month's cover photo.

PHOTO BY GREG A. BRUNS







Gaining a new perspective

EDITOR'S NOTES

By Amanda Goossen



A few weeks ago, my family experienced a rather turbulent morning. If you have school-age kids, or have ever had school-age kids under your roof, you might understand.

I woke up a little less rested than I had hoped. I was on a deadline and overwhelmed. My parents had recently moved halfway across the country and I was feeling blue.

My daughter, who wakes up with gusto, was sitting at the breakfast table, pressuring all of us to hurry up. She had places to go, people to see, things to accomplish. My son had his head on the table. He wakes up a bit slower than the rest of us. His cereal was getting soggy and he was trying to tune out his sister.

I was ushering everyone through the morning.

"Make your bed…brush your teeth!" I shouted a little louder than necessary, listing everything they do every single day, yet somehow need to be reminded.

I stood in my bedroom in my knee-length pink robe and Adidas socks, staring at my dresser. Did I really have to get dressed? Could I return home in 30 minutes and just shimmy under the covers?

Why wasn't there a carpool?

I irritably pulled on my Lululemon leggings. Struggled with my knock-off hooded sweatshirt. We all know there's no getting back in bed. I needed another cup of coffee.

Something jolted my memory. The dog had to be at the groomer. Before morning drop off. Ugh! Who planned this!?

Suddenly we were driving down Indian School: dog whining loudly in the back of the car, drooling all over the last row of seats; daughter pleading with me to go faster; son staring out the window, drinking hot cocoa, which I bribed him with to get him in the car at a reasonable pace without further complaint.

I looked in the rearview window at my life. This morning had become the opening scene of a sitcom.

I dropped off the dog. I dropped off the kids. I drove back down Indian School. And then I made a quick decision to change my day. Instead of going home to shower and get to work, I went straight toward Camelback Mountain.

I moved my aching knees up the path. Blasted Adele through my headphones and made my way up that mountain. I fought hard for every step, because recently my daily hiking had withered down to a once, every other week, event.

And when I reached the 16th marker, I looked over the edge, thankful I had found the energy. Yes, I was tired. But I looked at our city and was at peace. I was thankful for a chaotic but beautiful life where dreams come true, solid friendships are aplenty and the greatest man I've ever known calls me his wife.

There were silver linings everywhere.

I'm so thankful I live in this beautiful little corner of the world, amongst citrus trees, neighborhood restaurants and a long winding canal, perfect for weekend bike rides.

I hope this February you too can find the beauty within the chaos of life.

Have a great month my friends! And thank you for reading *Arcadia News.*







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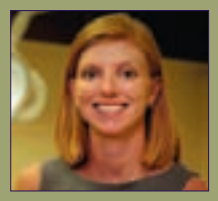
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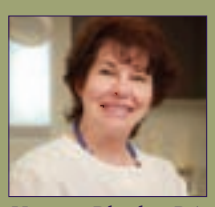

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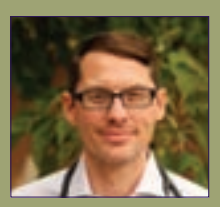

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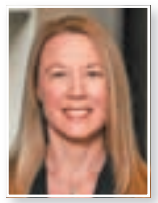
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Arizona civil subpoenas 101

LEGAL *EASE*

By Jennifer A. Cranston

A client who was served with a subpoena in another state recently contacted me. The subpoena required the client to produce a substantial number of documents in a short time frame, and many of the documents contained proprietary information that the client did not want made public. In helping the client respond to the subpoena, I had a chance to reflect on and appreciate the user-friendly subpoena rules that we have in place here in Arizona.



What is a subpoena?

A subpoena is a document that requires the recipient (typically a nonparty to the lawsuit) to either (1) appear and give testimony at a hearing, trial or deposition; or (2) produce documents that are relevant to the lawsuit. A subpoena for documents (called a "subpoena duces tecum") is a common investigation tool used by parties in a civil lawsuit (such as a breach of contract or personal injury claim).

How does a party issue subpoena?

In a civil case, the parties prepare subpoenas using a standard form, which lists the date, time and place that the recipient is requested to testify or produce the specified documents. The party then takes the subpoena to the Court clerk to be signed, at which point the subpoena is said to be "issued" by the Court. Once issued, the party is then responsible for serving the subpoena on the person from whom the testimony or documents are sought.

What do I do if I am served with a subpoena?

In some states, the only option for objecting to a subpoena is to file a motion with the Court, which can be time-consuming, expensive and place an unfair burden on the recipient who is not a party to the lawsuit. However, in Arizona, the subpoena recipient can negotiate directly with the party seeking the testimony or documents before having to turn to the Court for relief.

If the subpoena is for testimony, the party issuing the subpoena can accommodate requests to change the date, time or location specified in the subpoena, or can excuse the testimony requirement altogether. If negotiations with the party are unsuccessful, then the subpoena recipient must file a motion with the Court.

In the case of a document subpoena, the recipient can send a written objection to the party seeking the documents. At that point, the burden shifts to the litigant and his attorney to file a motion with the Court to enforce the disputed portions of the subpoena.

> ***"The availability of sanctions provides an additional protection from aggressive litigants and their lawyers who might otherwise make unreasonable demands on persons with no interest or stake in the lawsuit."***

What other protections do Arizona's civil subpoena rules provide?

Although there is no requirement that a party serve a subpoena within any set number of days before compliance is due, the rules indicate that the date of service should allow a reasonable amount of time – usually a minimum of 14 days – for the recipient to review and object.

The rules also acknowledge that some documents and information may be protected from disclosure if they are privileged or confidential. This is beneficial to businesses, like the client I referenced above, that have concerns regarding public dissemination of sensitive material.

Another unique aspect of Arizona's rules is that the standard form includes a full explanation of the recipient's legal rights and obligations. That way, a person served with a subpoena is not disadvantaged by his or her lack of familiarity with the subpoena process.

Finally, Arizona places an affirmative obligation on the party responsible for issuing the subpoena to take reasonable steps to avoid imposing an undue burden or expense on the recipient of the subpoena. The Court can sanction a party or attorney who breaches this duty. The availability of sanctions provides an additional protection from aggressive litigants and their lawyers who might otherwise make unreasonable demands on persons with no interest or stake in the lawsuit.

— Jennifer A. Cranston is a shareholder at Gallagher & Kennedy. For more information about Ms. Cranston, visit gknet.com.



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Arcadia Real **Estate** Stats

2015 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2015-12/31/2015)

Active Homes -	144 homes
Homes Sold -	291 homes
Average Sale Price -	$990,000
Average Sold $ Per SF -	$300
Average Days On Market -	108 days

There is currently 6 months of home inventory. (based on 2014 sales results)
2015 home sales have increased 20% this year. (based on 2014 sales results)
Home prices have decreased 2% this year. (based on 2014 sales results)
$ Per Square Foot prices have increased 4% this year. (based on 2014 sales results)
Homes are taking 9% less time to sell this year. (based on 2014 sales results)

2014 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	225 Homes
Average Sale Price -	$1,006,381
Average Sold $ Per SF -	$286
Average Days On Market -	119 Days

2013 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	305 Homes
Average Sale Price -	$854,430
Average Sold $ Per SF -	$262
Average Days On Market -	88 Days

2012 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	282 Homes
Average Sale Price -	$777,607
Average Sold $ Per SF -	$235
Average Days On Market -	102 Days

2011 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

Homes Sold -	238 Homes
Average Sale Price -	$635,344
Average Sold $ Per SF -	$197
Average Days On Market -	124 Days

2015 TAVAN SCHOOL DISTRICT SALES RESULTS
(1/1/2015-12/31/2015)

Active Homes -	66 Homes
Homes Sold -	216 Homes
Average Sale Price -	$477,000
Average Sold $ Per SF -	$225
Average Days On Market -	108 days

There is currently 4 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 8% this year. (based on 2014 sales results)
Homes are taking 28% more time to sell 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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Learn to protect your heart

By Dr. Jeannine Hinds

The health of your heart is one of your most prized possessions. You should guard it with your life.

Heart disease is the No. 1 killer of women, responsible for one in three female deaths.

Charting your blood pressure, cholesterol, glucose, waist measurement and body mass index (BMI) over time allows you to keep your heart health in check, or make progress toward your health goals.

What is heart disease?

Heart disease affects the blood vessels and cardiovascular system. It can cause numerous problems, including plaque buildup in the arteries that makes blood hard to flow through. This can cause a heart attack or stroke.

But it doesn't end there. Heart disease can take many other forms, too.

Heart failure or congestive heart failure is a condition where the heart does not pump blood as well as it should, or get enough oxygen.

Arrhythmia or an abnormal rhythm of the heart means that the heart either beats too fast, too slow or irregularly, which can alter the blood flow the body needs.

Heart valve conditions are when the valves either do not open enough to allow proper blood flow, or do not close, allowing blood to leak through. The valve leaflets can also bulge or prolapse into the upper chamber, causing blood to flow backward through them.

HEALTHY TIDBITS

How can I prevent heart disease?

Many things can put you at risk for heart disease. Adopting simple lifestyle changes can dramatically reduce your risk of heart disease.

Know your numbers – Stay on top of your blood sugar, blood pressure and cholesterol levels.

Quit smoking – Seek a smoking cessation program, or don't start smoking at all. Smoking damages the lining of your arteries, leading to a buildup of fatty material that can cause a heart attack or a stroke.

Exercise and stay active – Start slow. You can easily work up to 30 minutes or more of physical activity including walking, aerobics, jogging, running or a combination of any of these.

Maintain a heart healthy diet – Choose foods low in saturated fat, trans fat and sodium. Eat plenty of fruits and vegetables, fiber-rich grains, fish, nuts and seeds.

Learn the warning signs of a heart attack and stroke – Not everyone experiences sudden numbness or severe pain. Symptoms in women and men can be different as well.

— Jeannine Hinds, M.D., is a primary care physician at HonorHealth Medical Group, 4131 N. 24th St., Suite B102, Phoenix, 602-955-6632. Visit honorhealth.com for more information.



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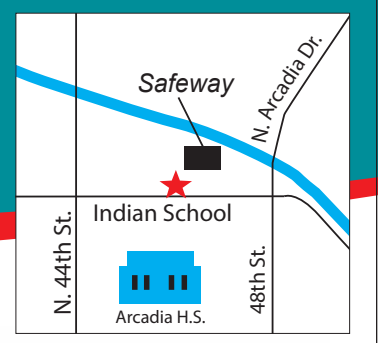
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Building a better mattress

By Riley Kissee

Shopping for a mattress with his new wife, J.T. Marino experienced first hand the frustration and complexity of the process, which seemed almost like purchasing a car. They wandered through neon-lit showrooms where they encountered countless determined salesmen. It seemed that the ultimate goal was to close a deal, instead of ensuring that the customer was satisfied. After spending $3,300 on a luxury mattress that Marino felt should have been the definition of comfort, he realized his disappointment with the product. However, the company's strict return policy meant he was stuck with a subpar mattress.

At work the next day, he shared his experience with his friend and colleague, Daehee Park. Marino soon discovered he wasn't alone with his feelings of frustration; Park had encountered similar problems when he shopped for a mattress. Rather than accept the status quo, the two decided to take action. They wanted to solve the problems of the mattress industry and develop their own company.

The team began by creating a list of things they disliked about the entire process, and then brainstormed solutions to address those issues. They took Marino's lackluster mattress and dissected it, piece by piece. They contacted suppliers for price quotes on materials and were astonished that the so-called luxury mattress cost roughly $300 to produce. Marino and Park ascertained in that moment that this industry was just waiting to be disrupted.

Jump ahead three years and you'll see that the duo has found success with their company, Tuft & Needle. The company is headquartered in Phoenix, just south of Chase Field in the warehouse district. Each mattress is crafted with materials sourced entirely from the United States, from zippers to threads. The mattresses are made to order and employ a new type of foam developed by the Tuft & Needle team.

To solve some of the problems they experienced with the mattress-buying process, Tuft & Needle sells their mattresses via e-commerce. This allows them to cut out any unnecessary middlemen and maintain a fair price point. It also makes the set up process a breeze, as the mattress is easily transported in a small, compact box.



Marino and Park present their new mattress foam.

BEHIND *THE BUSINESS*

To ensure customer satisfaction, the mattresses come with a 100-night trial and a 10-year warranty. What's more, any mattress that's returned to Tuft & Needle doesn't go to a landfill. Instead, the mattresses serve a better purpose. "Any mattress that is returned is very lightly used," Park said. "We can't sell those mattresses once they've been returned and there are nearby charities that can put those to good use." Tuft & Needle is also devoted to helping local Arizona schools through their donations.

Although the company sells their products direct-to-consumer, Tuft & Needle has a showroom that allows people to experience the mattresses firsthand. "There was a lot going against us. Our showroom is in the warehouse district, which has very little foot traffic," Park said. "Despite that, we've had tons of customers driving in from Phoenix, Tucson, even Los Angeles."

With the validation they received from their Phoenix showroom, they recently expanded to open a second showroom in San Francisco. While it's possible that more expansion is on the horizon, Phoenix will remain the company's base of operations. "Phoenix has great talent coming out of ASU, that otherwise would have left the state, and it's great to be able to contribute to the state's startup scene," Park said.

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These days, buyers are sitting on the couch browsing Zillow with Facebook up in another tab and the TV on in the background. They are comfortable on that couch and aren't going to move unless you make them. Today's buyers are in tune with the market and have spent countless hours scouring online listings to make sure that they don't get burned again. They know how much the house next door sold for and they definitely know how much you paid. So how do you get them off their butt and into your home? Make them curious! Make them take action!

Getting buyers to take action is the name of the game. I was taught in the Marine Corps that "strategy without tactics is the slowest route to victory." Most real estate agents have the same overall strategy, but few actually employ the tactics necessary to create a swift and successful outcome for their clients. Anybody can put a listing online and pray that buyers show up, but few can make buyers take action.

I'm going to be honest, I probably shouldn't share these powerful psychological tactics that I use because I'm giving away my secrets to success. Luckily, I save the best kept secrets for my own clients so that they can beat the market.

1) Contrary to common thought, do not post 50 pictures of your home! Every picture that you put online allows buyers to disqualify your home before ever stepping foot on your property. You must leave some of the house to the buyer's imagination. You want to pique their interest just enough without giving away every little detail. Make them curious enough about your home that they have to leave the comfort of their couch to see it for themselves. It is much easier to sell them on any of the negatives once they are in the house and emotionally invested in the process.

Tucker's Tip: *I suggest no more than 25 professional photographs even on the largest of homes.*

2) Pre-market your home! "Shhhhhh…this home is off-market." I can tell you from experience that every buyer's interest level just went through the roof when they heard the words "off-market." Everyone wants to think that they are the only ones getting the offer. It is scarce. It is exclusive. This tactic will without a doubt double the buyer interest in your home.

Tucker's Tip: ***I suggest pre-marketing your home for 30 days before putting it on the market.***

When selling your home, getting buyers in the door is 90% of the battle. All of that work you did to declutter and get your home ready won't matter unless buyers are actually coming to the house. Use my subtle psychological tactics paired with an aggressive marketing plan to get buyers running to your home. More buyers equals more leverage for you.

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Tucker Blalock
The Suits, Biltmore Lifestyles Real Estate
602-ARCADIA

WHAT'S HAPPENING, *ARCADIA?*


Chocolate Affaire.


Songs for our Heroes Concert.


Chinese Culture and Cuisine Festival.

THURSDAY FEBRUARY 4

Sinatra sings Sinatra

7:30 p.m. at the Mesa Arts Center, 1 E. Main St., Mesa. Watch the mesmerizing and iconic story of Frank Sinatra as Frank Sinatra, Jr. and the Phoenix Symphony bring his music to life. Sinatra, Jr. will recount the life of Sinatra on and off the stage with stories, photos and videos as well as the music we all know and love. Ticket prices vary depending on seating, but range from $50 to $82. For more information, call 602-495-1999 or visit phoenixsymphony.org.

FRIDAY FEBRUARY 5

Chocolate Affaire

5-10 p.m. on Feb. 5, 10 a.m. to 10 p.m. on Feb. 6, and 12-5 p.m. on Feb. 7, at Murphy Park, 7010 N. 58th Ave., Glendale. Get your sweet teeth ready because the 22nd annual Chocolate Affaire is coming to town. Around 40 chocolatiers will be present, featuring every type of chocolate snack you can think of, from chocolate-covered strawberries to fried Snickers and more. There will also be arts and crafts and face painting for the kids. Also, the Chocolate Affaire will serve as a gathering place for the romance novelists in the Southwest area. Guests will be able to get autographs, take writing workshops and more. This event is free! For more information, call 623-930-2299 or visit visitglendale.com.

SATURDAY FEBRUARY 6

Wellington International Ukulele Orchestra

7:30 p.m. at the Chandler Center for the Arts, 250 North Arizona Ave., Chandler. Get ready to experience the concert of a lifetime with the Wellington International Ukulele Orchestra. Enjoy listening to a mixture of modern and traditional songs complete with funky costumes, entertaining chitchat and audience participation. The set list could include favorites from Dolly Parton to Salt-N-Pepa and everything in between! Tickets range from $28 to $44. For more information, call 480-782-2680 or visit chandlercenter.org.

The Great Canadian Picnic

10 a.m. to 3 p.m. at South Mountain Park, 10919 S. Central Ave., Phoenix. Kicking off Canada Week here in Arizona is the Great Canadian Picnic. Calf roping, raffles, snow golf, scavenger hunt and a snow boot relay race are just a few of the activities that will be happening, not to mention the food. There will be food trucks on site serving up Canadian favorites. The picnic committee asks that you bring a canned food item for donations. This is a free event for the whole family. For more information, call 480-255-5865 or visit canadianpicnic.com.

THURSDAY FEBRUARY 11

Songs for our Heroes Concert

6 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The Phoenix Boys Choir is kicking off their 2016 concert series with Songs for our Heroes, in honor of those who have served our country. This concert will be a mixture of patriotic songs as well as other popular favorites. They will also showcase some of their newer works. This is a free event for all ages. The concert series will run until May. For more information, call 602-264-5328 or visit boyschoir.org.

FRIDAY FEBRUARY 12

Chinese Culture and Cuisine Festival

9 a.m. to 3 p.m. on Feb. 12-13, times vary on Feb. 14, at Margaret T. Hance Park, 1202 N. Third St., Phoenix. The time has come to celebrate the year of the monkey, also known as the Chinese New Year 2016. In honor of this tradition, Phoenix Sister Cities is holding a three day Chinese Culture and Cuisine Festival Friday through Sunday. The festival will include live entertainment, dancing, a kids area, Chinese food and a beer garden. The event and parking are free. For more information, call 480-352-3467 or visit phoenixchineseweek.org.

The Peoria Greekfest

Times vary, Feb. 12-14, at the St. Haralambos Greek Orthodox Church, 7950 W. Pinnacle Peak Road, Peoria. Let your Greek flag fly at the 28th annual Peoria Greekfest. Authentic Greek chefs will prepare food. There will be Greek music and folk dancing, games, activities and a raffle. General admission is $3. For more information, call 623-486-8665 or visit peoriagreekfest.com.

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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY FEBRUARY 13

Arizona Strong Beer Festival

11:30 a.m. to 5 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. Craft beer lovers, this one's for you. Over 120 breweries and 350 craft beers will be available for sampling with your very own commemorative tasting glass. Food vendors and a DJ will be present to keep the party going, as well as strong man games. This event is for guests 21 and older. General admission is $45. For more information, visit arizonabeerweek.com.

Arizona Cocktail Week

Hours and locations vary, Feb. 13-21. For those of you who enjoy a good drink every now and again, Arizona Cocktail Week is everything you could dream of. Educational seminars, a cocktail carnival, a mixologist dinner, cocktail market and cocktail competition are a sampling of the events taking place during cocktail week. The first three days of events take place at Hotel Valley Ho in Scottsdale. Ticket prices vary depending on which event you want to attend. For more information, call 602-633-5357 or visit arizonacocktailweek.com.

SUNDAY FEBRUARY 14

Sweethearts' Celebration

5-10 p.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Want to shower your sweetie with a delicious meal for Valentine's Day instead of the usual candy and chocolate routine? Lon's at the Hermosa Inn has you covered. For $75 (per person), you and yours can enjoy a gourmet four-course meal without having to worry about the clean up. A sneak peek of the menu reveals lobster bisque, roasted scallops and a chocolate trio for dessert. For more information or to reserve your seat, call 602-955-7878 or visit hermosainn.com.



Arizona Strong Beer Festival.



Great Fair.



Arcadia Cares: Food for Kidz Packathon.

FRIDAY FEBRUARY 19

CrushBrew Craft Beverage Festival

3-9 p.m., Feb.19-20, along the Scottsdale Waterfront, 7135 E. Camelback Road, Scottsdale. Start your weekend off right with the CrushBrew Craft Beverage Festival. Samples include craft beer, wine, spirits and hard cider. There will also be a pizza competition featuring some of the region's top pizza makers for the "best wood-fired pizza." Entertainment includes local bands from around Arizona. General admission is $45 and includes a commemorative sample glass and admission to the after party at the W in Scottsdale. For more information, visit crushbrewfestival.com.

SATURDAY FEBRUARY 20

5K Run Dead Zombie Run

2 p.m. registration, 4 p.m. race begins at Victory Lane Sports Park, 22603 N. 43rd Ave., Glendale. The difference between your normal run-of-the-mill 5K and this event? Zombies. Participants are issued flags and during the course must run away from zombies before they take your flags away. Make it to the end of the course with at least one flag and you've survived! Runners will receive a T-shirt and finisher medal, and there is a "recovery" party post-race. All ages are welcome. Individual registration is $70 and all proceeds go towards Alzheimer's disease research. For more information, visit 5krundead.com.

FRIDAY, FEBRUARY 26

Great Fair

10 a.m. to 5 p.m. at Avenue of the Fountains, 16455 E. Avenue of the Fountains, Fountain Hills. The 30th annual Great Fair features over 500 artists from across the world who bring their craft for everyone to see. There will be food booths and a beer garden as well as live entertainment. This event is free for all ages. Come support your local and world artists while enjoying food, drinks and music. For more information, call 480-837-1654 or visit fountainhillschamber.com.

SATURDAY, FEBRUARY 27

The Second Annual Arcadia Cares: Food for Kidz Packathon

9 a.m. to 1 p.m. at the Prince of Peace Church, 3641 N. 56th St., Phoenix. 150-200 volunteers are needed to help with the assembly line packing of meals that will be provided to hungry families in the Phoenix metro area. The packathon will have one- or two-hour shifts from 9 a.m. to 1 p.m. All ages from 3 and up are welcome to participate. Last year's packathon packed over 60,000 meals – this year's goal is to pack 70,000 meals. Sign up on the Prince of Peace website – popphoenix.org. For more information, contact Heidi at hstaudenmaier@swlaw.com.



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$390,000 4313 East Turney Avenue
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CALL FOR PRICING 3844 North 48th Place
3 bedrooms, 3 baths, 2,371 square feet



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



$845,000 3612 East Pierson
5 bedrooms, 4 baths, 3,504 square feet



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



$969,000 6038 East Calle Del Paisano
4 bedrooms, 3 baths, 3,007 square feet



$954,000 8 East Biltmore Estates #123
2 bedrooms, 3 baths, 2,042 square feet



$795,000 4449 North 53rd Street
6 bedrooms, 5 baths, 3,800 square feet



CALL FOR PRICING 4605 East Glenrosa
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$1,649,000 5905 East Camelback
4 bedrooms, 4 baths, 3,900 square feet



$1,795,000 4470 East Valley Vista
3 bedrooms, 5 baths, 5,987 square feet



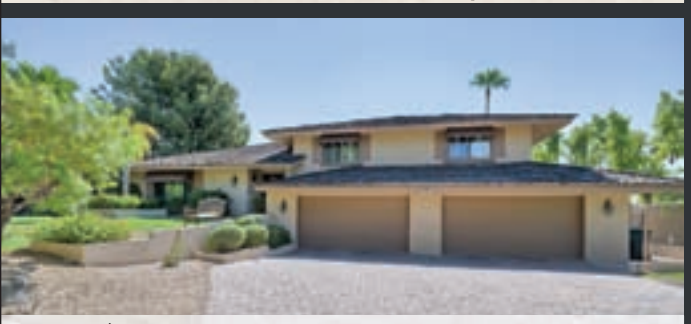
$1,149,000 5602 East Monterosa
5 bedrooms, 4 baths, 3,400 square feet



$1,329,000 4502 East Calle Del Norte
4 bedrooms, 4 baths, 3,600 square feet



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



$1,198,000 4601 North Arcadia Drive
4 bedrooms, 4 baths, 3,429 square feet



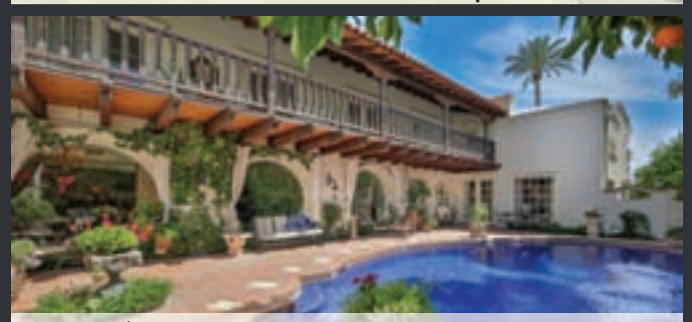
$1,795,000 7531 North Silvercrest
5 bedrooms, 5 baths, 4,450 square feet



$1,099,000 4905 East White Gates
3 bedrooms, 3 baths, 2,438 square feet



$1,325,000 5338 East Camelback Road
5 bedrooms, 4 baths, 5,185 square feet



$1,945,000 4316 North 40th Street
4 bedrooms, 5 baths, 6,881 square feet

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$1,995,000 5350 East Calle Del Medio
7 bedrooms, 6 baths, 6,263 square feet

THE JOFFE GROUP $2,000,000 - $2,999,999



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



$2,388,000 6814 East Indian Bend
5 bedrooms, 5 baths, 5,117 square feet



SKAPA PROPERTIES

5518 East Mariposa
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$2,795,000 6524 East Gainsborough
5 bedrooms, 6 baths, 6,000 square feet



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



$2,749,000 6739 North 36th Street
4 bedrooms, 5 baths, 6,200 square feet



$2,290,000 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



$2,150,000 8634 North 52nd Street
5 bedrooms, 6 baths, 5,061 square feet



$2,495,000 5850 East Glen
CALL FOR INFORMATION



$2,295,000 4527 North 61st Place
6 bedrooms, 9 baths, 8,592 square feet



$2,695,000 4514 East Foothill
5 bedrooms, 7 baths, 7,332 square feet

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$3,000,000 and Above

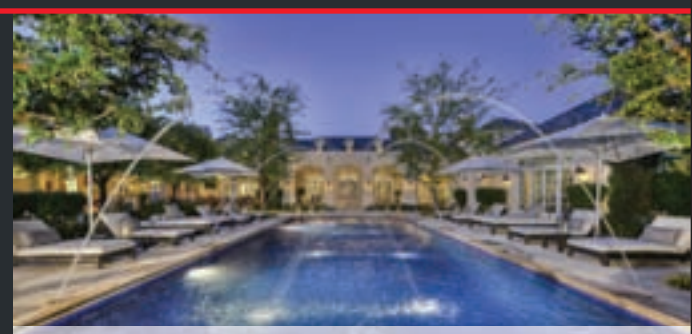
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$25,000,000 8055 North Mummy Mountain
7 bedrooms, 12 bathrooms, 25,416 square feet



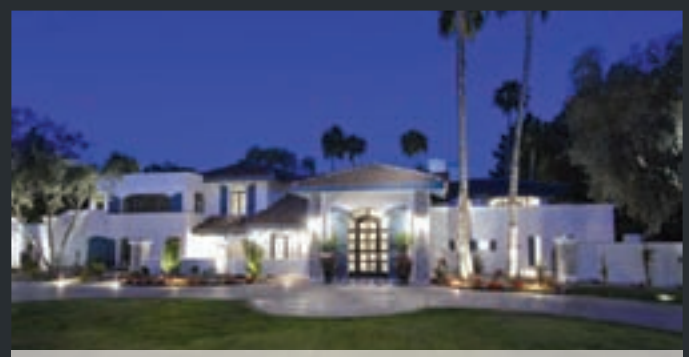
5934 East Calle Del Norte
CALL FOR INFORMATION.



$14,500,000 5901 East Edward
7 bedrooms, 12 baths, 14,150 square feet



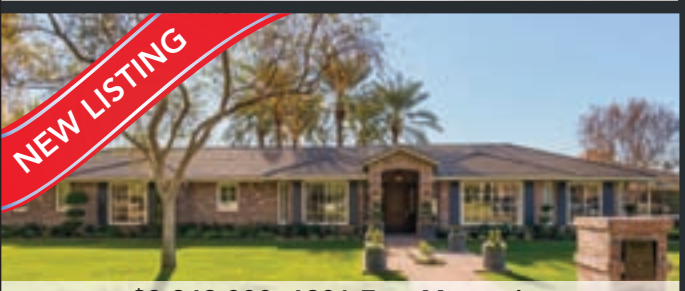
$3,395,000 4931 East White Gates
6 bedrooms, 8 baths, 8,166 square feet



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



$3,295,000 4615 North Royal Palm Circle
CALL FOR INFORMATION.



$3,249,000 6201 East Montecito
6 bedrooms, 7 baths, 6,716 square feet



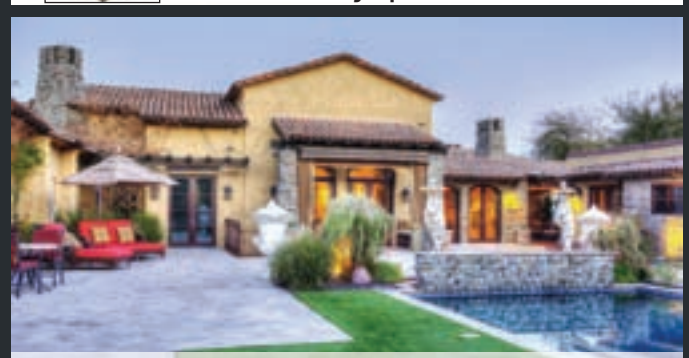
4514 North Royal Palm Circle
www.royalpalmestate.com



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



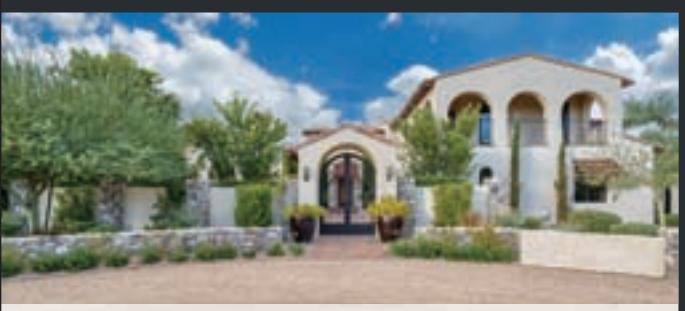
$3,495,000 4426 North Los Vecinos
6 bedrooms, 4 baths, 8,495 square feet



$3,595,000 7834 North 65th Street
6 bedrooms, 7 baths, 8,749 square feet



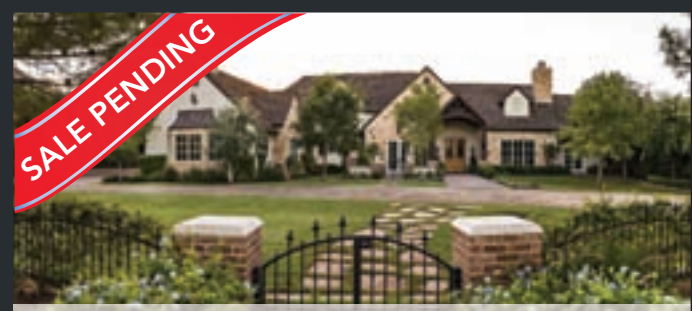
4716 North Dromedary
CALL FOR INFORMATION.



$3,195,000 8243 East Mockingbird
5 bedrooms, 7 baths, 7,376 square feet



$8,495,000 5247 North Invergordon
CALL FOR INFORMATION.



$3,695,000 4715 North Launfal
6 bedrooms, 8 baths, 8,332 square feet

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5507 E Arcadia Lane



Charming quintessential Arcadia ranch home at just under 5000 sq feet on a commercial acre this floor plan is perfect for families and entertaining. Beautiful hardwood and honed slate floors in main living areas; 5 bedrooms, which includes a split guest suite with separate entrance; 4-1/2 baths, office, library, media/rec room, and exercise room. Showpiece gourmet kitchen on the only double Cul De Sac street in Arcadia! Offered at $1,950,000.

3222 E Medlock Drive



Classic remodeled charmer has it all from an appealing entrance with a walled patio to and an entertainer's backyard with covered patio and pool. The home has a split floorplan with wood floors throughout. The living room has a fireplace and separate dining alcove. The kitchen offers Carrera marble counters and classic cabinetry and stainless appliances. A breakfast bar separates the kitchen from the light and airy family room with a bay window and vaulted ceilings. Master suite has a walk-in closet with built-ins, large bathroom w/dual vanities, walk-in shower and garden tub. Offered at $650,000.

Sage Condominiums Scottsdale



Amazing deal in the Prestigious Sage Scottsdale Condominiums within walking distance to the heart of Old Town Scottsdale and Scottsdale Fashion Square. Seller put $10,000+ of upgrades including wood floors in the Bedrooms, extra ceiling fans and decorator blinds on all the windows to name a few. No other 2 Bedroom + Den units are available in Phase II facing the waterfront canal. Beautiful light oak hardwood flooring throughout, espresso colored cabinetry, brushed nickel hardware and Grohe fixtures. The kitchen features upgraded granite, and DACOR appliances. The bathrooms feature Carrara marble counter tops. Offered at $499,000.

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COLDWELL BANKER



Raymond Davison accepts the Arcadia News *Teachers We Love award.*

Surprise presentation at Veritas

TEACHERS WE LOVE

By Christina Surrano

Teacher Raymond Davison was attending The King's College in New York City when he was recruited by Erik Twist, President of Great Hearts Arizona.

What excited Davison was a particular aspect of the Great Hearts educational philosophy. He described it as, "to encourage the students towards virtue, towards not just being good producers, workers…but good citizens."

Davison is now in his third year of teaching at Archway Veritas and is a favorite among students and parents. Davison's former third-grade student Kishan Bhatnagar nominated Mr. Davison for the *Arcadia News* Teachers We Love Award.

ARCADIA NEWS TEACHERS we love

Mr. Davison received the award in a surprise presentation during a recent schoolwide assembly and was, "hugely stunned." He recalled how touched he felt when he saw Kishan holding a sandwich for him and his little sister Kalyani holding flowers.

Kalyani was not a student of Davison's, but he knows her and all of the immediate members of the Bhatnagar family. According to father, Anuj Bhatnagar, "[Davison] puts the effort in to learn who the families are and gets to know them to build a community feeling."

Anuj said that Davison is also "very involved in the community of the school," and described the impact on the students. "I think they have an appreciation for him as more than just a teacher. He is part of our community."

Some other particularly outstanding qualities of Davison as a teacher are his flair for drama and passion for literature.

Anuj recalled his first introduction to Davison, with a chuckle, "When we had our first parents-meet-the-teacher night, rather than just speak, he broke into verse. He was quoting Shakespeare."

Anuj is especially impressed with Davidson's knowledge of liberal arts and it's impact on the students.

"As a male in early childhood education… it's great to see somebody so in touch with literature and fine arts and liberal arts. You don't need to talk about sports or the typical macho kind of things. He models for the boys that it's OK to be involved with literature and the fine arts and liberal arts. It's not girly."

As a teacher, Davison hopes to cultivation critical thinkers who have, "a desire for seriously engaging with the world."

What he receives in return for providing his enthusiastic support is, "love in the best sense. There is a desire to learn and an enjoyment of each other…there is a community of joy in what we are accomplishing. The students are so willing to grow as human beings."

Teachers chosen for the Arcadia News *Teachers We Love Award receive an* Arcadia News *tote, a $125.00 gift certificate from Salon Sandoval, a $100.00 gift certificate for Postino Wine Cafe and an invitation to an end of the year luncheon for the year's winners.*

There's more to February than groundhogs, valentines, presidents and Mardi Gras!

By Lisa Weisenburger



KIDS *CORNER*

Have you ever considered celebrating all the *other* weird and wonderful days that happen in February with your kids? Some of these days are a great opportunity to do something you'd never normally do (see National Serpent Day), and others are a great opportunity to raise your kids' awareness about certain topics (see National Organ Donor Day).

On February 1, National Serpent Day, consider wandering through The Life Sciences Center, also known as A Wing on ASU's Tempe campus. This collection of nearly 45,000 species of Arizona snakes and lizards began in the 1960s and includes such oddities as an albino diamondback snake and a pickled Gila monster.

National Wear Red Day is the first Friday in February every year. This year it is on the February 5. The goal of Wear Red Day is to raise awareness about how heart disease and stroke kill one in three women, yet it is 80 percent preventable, according to goredforwomen.org. Let's unite to prevent heart disease and stroke. Use this day as an opportunity to do something heart healthy with your kids and wear red!

We all know and love Valentine's Day, but February 14 is also National Donor Day. This is a day to increase the awareness about how organ, tissue, blood, eye, platelets and marrow donations can save lives. In the United States, according to donatelife.net there are more than 100,000 people waiting for a life-saving organ donation at any given time. Many nonprofit health organizations sponsor blood and marrow drives and organ and tissue sign-ups across the nation. If you can peel your love-crazed 16-year-old away from their valentines and chocolate on this day, take the opportunity to talk to them about the organ donor box on the driver's license form.

If you're Italian, or love all things Italian, then you'll relate well to February 7, 9, 13 and 18. These are National Fettuccini Day, National Pizza Day, National Tortellini Day and National Drink Wine Day, respectively. Celebrate with build-your-own-pizza night or offer more than one kind of sauce on the pasta days for an at-home pasta bar.

Did you know that February 9 is also National Toothache Day? I'm not sure why we would celebrate a toothache, but maybe this could be a good day to talk about all the ways to prevent a toothache. Naturally, National Tooth Fairy Day follows on February 28. Obviously, both of these are unofficial national days, but it's never too early, or late, to talk about dental health with your family.

"Remember there's no such thing as a small act of kindness. Every act creates a ripple with no logical end." – Scott Adams.

Possibly one of my favorite days, National Random Acts of Kindness Day, is February 17. This day originated in New Zealand and grows in popularity every year. Some years ago I was at school drop-off on a Monday morning. I was lamenting having to go home and do a bunch of laundry. The mom I was talking to said, a "delicious giant iced tea gets me through those kinds of days." We talked about what places had the best iced tea. On the way home, I decided getting an iced tea was a great idea and pulled into a drive-thru to order. When I got to the window, I learned that the driver of the car in front of me paid for my iced tea. Turns out, it was the same mom I had talked to at school. It totally made my day! I easily got through the laundry and I have never forgotten that random act of kindness. Consider sharing this quote – it's one of my favorites – from Mark Twain with your kids: "Kindness is a language which the deaf can hear and the blind can see." Encourage them to think of a kind, random act they can surprise their siblings or friends with on this day.

February is also the month of National Love Your Pet Day, National Walk Your Dog Day, National Spay Your Pet Day and National Dog Biscuit Day. I found the cutest set of dog biscuit cookie cutters on Amazon that were pretty inexpensive and adorable. I plan to gather the rather simple ingredients from one of many dog treat recipes available online and bake dog treats with the kids that day. I can't wait, and neither can Buddy!

I bet you don't know what month National Crab Stuffed Flounder Day falls in. Yep! February.

Craving a warm, bready breakfast? You're in luck - February 21 is National Sticky Bun Day.

And finally, February 29: Leap Year Day. This day only comes every four years. After you've explained why this happens and the science behind it, celebrate with a few fun, simple activities. Make origami frogs, they actually hop! Send a friend a leap year e-card. Make a frog puppet out of a paper bag. Play Ribbit, Ribbit, Hop instead of Duck, Duck, Goose!

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What to do with all that citrus?

By Jenet Simmons



For decades, each January through March, Arcadia residents have happily donated their excess citrus to the St. Mary's Food Bank and the Arcadia Citrus Program. This year, due to the Asian citrus psyllid quarantine, there are new restrictions to food banks and their ability to accept any and all citrus donations.

Asian citrus psyllid is a tiny pest, as big as the head of a pin, which can spread the citrus greening disease. The greening disease can potentially kill all types of citrus trees including grapefruit, lemon and orange throughout Arizona. The infected trees have been verified alongside public roads, backyards of neighborhood homes and commercial groves. In addition to the quarantine in Maricopa County, six counties across the state of Arizona have been quarantined by the Arizona Department of Agriculture.

The ACP quarantine restricts food banks from accepting citrus for safety reasons to ensure they do not take part in spreading ACP.

While this news may sound unnerving to those of us who eat citrus from our backyards, rest assured that the citrus from a tree containing ACP is safe to eat.

St. Mary's Food Bank is accepting donations through approved commercial growers as well as through residents partaking in their controlled gleaning programs. For more information, visit the St. Mary's Food Bank website at firstfoodbank.org.

The Arcadia Citrus Program, started in 1999 by Arcadia resident Barry Paceley and the Boy Scouts of America, has cancelled their annual collections held at the Scottsdale Elks Lodge because of ACP. The program, which has collected over 2 million pounds of citrus over the past sixteen years, was put into place as a scout service project as an effort to avoid waste and help control the Valley's roof-rat population.

United Food Bank, while not accepting drop-off donations, is performing controlled gleaning of local trees. Trees will be tested for ACP before gleaning and is $10 per tree. For more information go to unitedfoodbank.org.

Although not right in the neighborhood, The Community Food Bank of Southern Arizona and Yuma Community Food Bank are accepting citrus donations as usual.

More information regarding the ACP citrus quarantine and how to save Arizona's citrus can be found at agriculture.az.gov and azfoodbanks.org.



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Iconic Hotel Valley Ho celebrates 10th anniversary of remodel

By Michelle Donati-Grayman

Downtown Scottsdale's iconic Hotel Valley Ho has a new look and specials throughout the year to celebrate the 10th anniversary of its reopening and the 59th anniversary of the original hotel opening.

The hotel's new look starts in the ZuZu Lounge and lobby, which have been updated with new décor and furniture, keeping with the property's signature style of 1950s modernism. Guest rooms and suites in the original wings were also upgraded with hip furnishings that are a blend of custom-built and designer pieces.

"Hotel Valley Ho has evolved so much since the reopening in 2005, and the latest renovations enhance the hotel, while fitting with the core midcentury modern design," said General Manager Andrew Chippindall.

Hotel Valley Ho's 10th anniversary special is available throughout 2016 and includes 10 percent off a guest room or suite, two welcome drinks, $10 in hotel bucks per night and a $10 room upgrade, based on availability.

VH Spa for Vitality and Health is joining in on the celebration, too. They will offer a 90-minute treatment – a 60-minute custom massage and 30-minute full-body scrub or hydration wrap – for $90, plus a 20 percent service charged based on the original price of $185.

"We wanted to celebrate this milestone with specials throughout the hotel, restaurant and spa for the whole year," Chippindall said. "And we hope you'll come join us."



Hotel Valley Ho's recent renovations keep with the property's signature 1950s modernism style.



Upgrades to guest rooms and suites feature hip furnishings that are a blend of custom-built and designer pieces.

Through 2016, the property is also running an Upgrade A Day promotion, where one lucky guest will be selected each day to receive a suite upgrade and two welcome drinks throughout 2016.

The influx of winter visitors and tourists to Scottsdale in the mid-1950s prompted the construction of Hotel Valley Ho, which opened in 1956. At the time of its opening, Hotel Valley Ho was the sister property to the Westward Ho in downtown Phoenix. The name came from a newspaper contest, and inspiration came from the Westward Ho.

Though the hotel's buildings have been renovated, the hotel still retains its original character and style. For this reason, the property is considered "one of the best-preserved midcentury hotels in the country," according to architect and author Alan Hess.

Since its reopening in 2005, it has received a variety of accolades, including AAA's Four Diamond award and Condé Nast Traveler Readers' Choice Awards.

For more information or to take advantage of the property's 10th anniversary specials, visit HotelValleyHo.com.

Hotel Valley Ho has been a Hollywood hideaway for many stars throughout the years. Shortly after its opening in 1957, Robert Wagner and Natalie Wood held their private wedding reception in the hotel's ballroom. Other notable guests include Zsa Zsa Gabor, Bing Crosby, Jimmy Durante, Tony Curtis and Janet Leigh.

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AHS Girls softball update

By Josh Cutlip

After losing the lone senior, Sarah Phillips, last season, the Arcadia softball team is looking to continue their success with some familiar faces.

As Coach Jason Foster enters his 13th year with the Titans, he has confidence going into another season.

"Pretty much everyone from the varsity team will be returning. Everyone has been playing a lot of club ball over the summer," said Foster. "Most of these girls play year-round at a very high level, very competitive."



One notable player making her return after sitting out with a back injury last year, is senior, Emily Ingles. Foster is confident Ingles can fill the hole left by Phillips who led the Titans on the mound last year.

"With Emily Ingles coming back – I think she averaged about 14 strikeouts per game – that portion of our game will be improved. As for [fielding] positions, it's a new year and we'll see how people perform."

Foster said that there is absolutely an advantage to having a similar team this upcoming season in comparison to the team he had last year.

"That's the advantage: knowing that they have played with each other… They're a mature team and we all got along well last year. [We were] very cohesive," said Foster.

Foster added that making sure the team stays focused is his job. He likes to emphasize the importance of focus to his players during practice by utilizing in-game scenarios.

"We'll work a lot on situational playing: making sure we're prepared for any situation we might face, continuing to stress fundamentals, making sure they are where they need to be, and making sure we don't have any mental lapses."

Focus is also important with the Titans' tough schedule this year with a couple schools from Mesa moving into their division.

"Mesa, Dobson, Skyline, Prescott – who is good – there isn't really a weak team we play this year."

While Foster holds his team in high regard, he has seen his teams succeed as well as face failure.

"You have to keep competing, even if the season isn't going as well as you'd hoped," said Foster. "I know my returning sophomores, they want to have a better season than they did last year. Seniors will look to close out their high school careers in outstanding fashion. We'll be improved from last year, and we had a great season last year."

Foster and his players may have a tough road ahead of them, but with the majority of last year's team coming back to the diamond this spring, they have high hopes for the upcoming season.

"The girls have set pretty high expectations this season. We're looking forward to an exciting year."









Planning a romantic night in and around Arcadia

PLACES *WE LOVE*



By Rachael Bouley

With Valentine's Day right around the corner, many of you are probably thinking about where to go for a romantic evening on the town. Luckily, the Arcadia neighborhood offers plenty of options for romance, fun and delectable dining. Whether you prefer fancy and modern, or quaint and secluded, there's something for every couple. Here are five suggestions to consider when planning your date night.

J&G Steakhouse

6000 E. Camelback Road

For an exquisite, romantic dining experience, indulge in the award-winning menu at J&G Steakhouse at The Phoenician. The restaurant, atop the resort, boasts floor-to-ceiling views of the city and the resort, along with a menu that features prime meats and seafood from around the globe. The intimate environment is completed with live music and private and al fresco dining options. To complement your romantic evening, there are handcrafted cocktails and an award-winning wine selection. This is definitely one of the fanciest options in the area, but promises a romantic date night. For Valentine's Day, the restaurant will offer a special four-course prix fixe menu at $75 per person.

T. Cook's

5200 E. Camelback Road

This fine dining restaurant at the Royal Palms Resort & Spa is ideal for a fancy evening out. Experience a romantic night with a candlelit dinner on the outdoor patio featuring beautiful views of Camelback Mountain. Inside, the upscale dining room is complete with inviting décor and warm fireplaces that create a romantic, intimate atmosphere. You can also visit the glass-enclosed Wine and Tequila tasting room. There are quiet, candlelit nooks tucked away here for a private dining experience. The menu includes a variety of seafood dishes, tender meats and wines from around the world. On Valentine's Day, couples can enjoy a romantic dining experience with Chef Todd Allison's special prix fixe menu that includes three courses for $125 per person.

The Yacht Club

4231 E. Indian School Road

For a more casual date night, consider The Yacht Club. This nautical inspired eatery offers fresh seafood, meat, produce and cocktails. The beachy décor creates an inviting, relaxing ambiance and the booths, designed like cruise ship seating, are cozy enough for a romantic evening for two. For seafood aficionados, there are plenty of options, and many dishes feature a Southwestern twist, such as chorizo and poblano peppers. There are also other meats and salads for those who don't want seafood.

Grazie Pizzeria and Wine Bar

6952 E. Main St.

Pizza and wine lovers, look no further. Share a romantic evening with your special someone over dinner at this contemporary restaurant. While this cozy eatery isn't quite as upscale as some of the other options, it's comfortable and unique, with a menu of traditional Italian cuisine and over 100 imported Italian wines. There are appetizers, salads, pizzas, specialty dishes and desserts, all made with ingredients imported from Italy. The restaurant is in a remodeled, former home in Old Town, and the patio is climate controlled with heaters and a large fireplace, so if you wish to sit outside, you and your date will be comfortable.

The House Brassiere

6936 E. Main St.

The ambience in this Old Town restaurant is warm and inviting, and makes it a wonderful option for a romantic evening. The House Brasserie emphasizes hospitality and quality service. The dining patio, candlelit and surrounded by trees and a charming white picket fence, sets the scene for a romantic evening filled with delicious New American fare combined with worldly flavors and an eclectic collection of beer and wine. There's a variety of fish, meat and side dishes on the menu.

The indoor dining room is set in a 1920s bungalow, making it a quaint and cozy location for conversation and connection.



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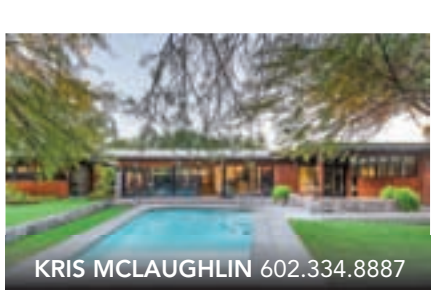
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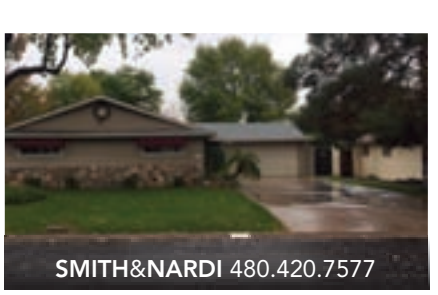
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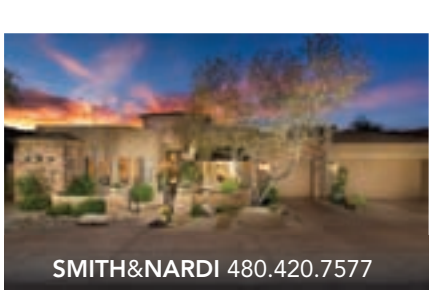
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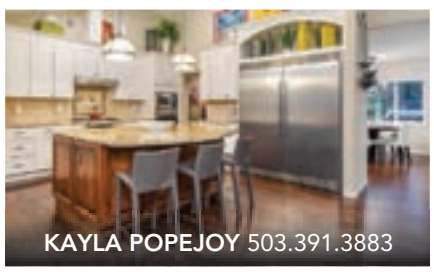
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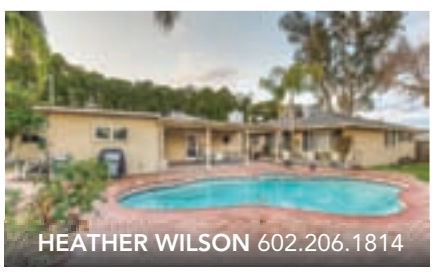
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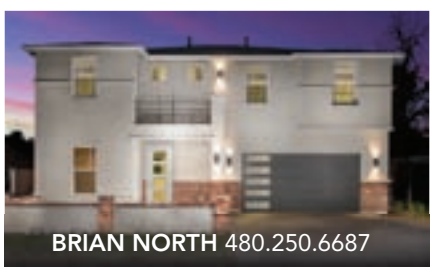
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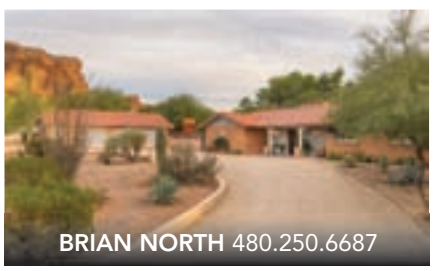
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PLACES *WE LOVE*

By Kelly Potts

Sometimes life's calling strikes at the strangest time…like while on a vacation. That is exactly what happened to Suni Taylor and her sister, Casi Lambson. Taylor was on a family vacation when the inspiration struck, directing them to follow a new calling: Open a food truck business.

While on vacation, the sisters decided to start researching food truck ideas to see what they could bring to the Valley. "We wanted something different, something that would make us stand out a bit," said Taylor.

A few months later, while in Utah, they noticed a waffle truck with a long line. Taylor started researching the company, Waffle Love, and reached out to them. "It actually took them a while to respond to us," said Taylor. "We had put a reservation down to go look at a food truck here in town and we were on our way to go look at it when the owners of Waffle Love finally responded."

Taylor and her sister ended up going on a whirlwind trip to Utah, met with the owners of Waffle Love, who agreed to let them open a franchise here in Arizona.

"We thought this would be a fun, part-time job," said Taylor. "I never imagined that it would turn into the operation that it is now."

What they built turned into a successful waffle food truck, and now restaurant in Gilbert.

"It was always a dream of mine to open a restaurant, and this was a great way to fulfill that," said Taylor. She also noted, "Summers are hard on food trucks! Who wants to stand outside in the heat? So, we are hoping to fix that with our store."

The truck serves up unique waffle creations that keeps everyone talking and wanting more. The truck, store and catering business offer unique waffle creations that cannot be replicated. The waffles and ingredients are made fresh each day, either in the store or on the truck.

Taylor said she hopes to add more trucks and more stores in the Valley. "I would also love to see a big push in our catering. I think it's a great way to make your event unique. Weddings, baby showers, meetings – waffles are great for all of them," said Taylor.

Follow Waffle Love AZ on Facebook to keep up with the truck schedule, or visit their Gilbert location anytime the waffle craving strikes.

For more information, visit waffluv.com.

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The founders of the Arizona Cocktail Week. PHOTO BY LISA OLSON PHOTOGRAPHY

Cheers to AZ Cocktail Week

By Amanda Goossen

It all started with a pipe dream and a cocktail napkin.

Nearly six years ago, local cocktail experts Ross Simon and Jason Girard were discussing the state of their industry. Both men, who are veterans of the industry, had a distinct vision for the Phoenix bar scene.

"They had drawn their idea on a cocktail napkin," said Kim Haasarud, nationally recognized mixologist and beverage consultant. Simon and Girard approached Haasarud, as well as other members of the Phoenix chapter of the United States Bartenders' Guild, with their plan. Although small in numbers, the talented group of USBG members rallied around the idea to establish a local event that would put local bars, cocktails and talent on center stage.

Other cocktail-centric events such as Tales of the Cocktail in New Orleans, the Kentucky Bourbon Festival, and the Manhattan Cocktail Classic were inspiration.

"We wanted to create the premier cocktail event of the Southwest," said Haasarud. "Our city has so much to offer and becoming a destination for cocktail lovers in February, when the weather is ideal, seemed like an obvious decision."

On February 13-21 Arizona Cocktail Week will celebrate its fifth and most ambitious year yet.

"The first year was a bit of a hodge-podge," said Haasarud. "Each year, we listen to the feedback and learn what works, what doesn't work and what needs improvement."

Designed as a weeklong event with experiences to entertain both people in the industry as well as those who enjoy an occasional cocktail, this year's Cocktail Week will include seminars, competitions, tastings and even a cocktail tailgating festival.

Attendees can expect speakers and experts from Hollywood to New York City and everywhere in between.

Kick off the week with the Cocktail Carnival on February 13 at 7 p.m., held at the official hotel of Arizona Cocktail Week, Hotel Valley Ho. The carnival offers a swanky vibe, over 25 cocktail tables and booths, and a variety of performances to entertain the crowd.

"We want our guests to experience the local culture," said Haasarud. "The events highlight all this city has to offer."

To find the complete schedule of events, go to arizonacocktailweek.com.

Cocktail Week –Valentine's Day inspired cocktails from four of Phoenix's most respected mixologists

Egg Shen's Six Demon Bag



- 2 ounces Strawberry St. George Vodka (Or, 1 pound frozen strawberries infused into 1 bottle of vodka for 24 hours. Strain)
- 1/4 ounce Angostura
- 1 teaspoon Acid Phosphate
- 1/2 ounce cinnamon syrup
- 1/2 ounce Krogstad Aquavit
- Krogstad Aquavit 2:1 simple syrup
- 3/4 ounce lime juice
- mint (garnish)

Shake ingredients together. Pour cocktail into a Collins glass and garnish with a mint sprig.

(Recipe from Jason Asher)

White Chocolate Raspberry Trifle



- 1 scoop vanilla ice cream
- 1 1/2 ounces white crème de cacao
- 1 ounce light cream
- 1 scoop raspberry sorbet
- 1 ounce raspberry liqueur (such as Mathilde)
- 1 ounce orange juice

In one blender cup, combine the ice cream, crème de cacao and light cream. Blend for about 5 seconds. Add a few cubes of ice and blend until smooth. In a second blender cup, combine the sorbet, raspberry liqueur and orange juice. Blend for about 5 seconds. Add a few cubes of ice and blend until smooth. Pour the contents from both cups at the same time into a tall glass such as a hurricane glass. The two mixtures will blend together, but still be separate in the glass, for an interesting two-color look.

(Recipe from Kim Haasarud)

The Cupid Club

- 1/2 ounce rose tea (any brand)
- 4 raspberries
- 2 ounces Nolet's Gin
- 3/4 ounce simple syrup
- 3/4 ounce lemon juice
- 1 egg white
- rose petal or raspberries (garnish)



Steep rose tea a couple of minutes longer than the package states. This will reinforce the delicate tea flavor. Pull bags out of the water and let cool before using the tea.

Muddle raspberries in the bottom of mixing tin, and then combine the rest of the ingredients. Shake the mixture without ice for 10 seconds and then shake again with ice for 6 seconds. Double strain the mixture into a cocktail glass and garnish with a rose petal or raspberries.

(Recipe from Micah Olson)



His And Hers

His

- 2 ounces Bulleit Bourbon
- 1/2 ounce Passion Tazo Tea or Hibiscus Tea
- 1/2 ounce rich simple syrup
- 1/2 ounce fresh lemon juice
- 2 dashes Angostura Bitters
- 1 dash Peychaud's Bitters
- lemon peel (garnish)

Stir or shake all ingredients except for lemon peel. Strain into an old-fashioned glass. Garnish with lemon peel .

Hers

- 1 1/2 ounces Fords Gin or Aylesbury Duck Vodka
- 1 ounce Passion Tazo Tea or Hibiscus Tea
- 1 ounce rich simple syrup
- 1/2 ounce fresh lemon juice
- 3 dashes Peychaud's Bitters
- Splash of soda
- mint sprig (garnish)

Stir or shake all ingredients except soda and mint. Strain into an old-fashioned glass. Top with soda. Garnish with a mint sprig.

(Recipe from Shannon Krol)



Take your nutrition up a notch

By Andrea Barkley

FOOD *WISE*

You make sure to eat lots of fruits, vegetables, lean proteins, and nuts and seeds. You even may go so far as to buy organic, low fat milk.

But, if you're interested in diving deeper into nutrition and eating as much for health as you do for aesthetics, it's a good idea to ditch modern dogma and take a look back. And I mean way back.

When it comes to eating healthy, a good rule of thumb is that if your great-great-grandmother would have eaten it, go for it.

If it wasn't around during that time, go ahead and pass on it.

After all, nutrition goes far beyond leafy greens and a skinless chicken breast.

Here are a few facts to take your healthy habits up a notch.

Fat is your friend – Our ancestors would never have turned up their noses at dark meat, whole eggs, full-fat dairy and the skin of a chicken. In fact, the myth that saturated fat is bad for you has been widely debunked in the medical community. Fat is an integral part to cellular functions and helps you feel satisfied.

Reach for full-fat dairy (bonus points if it's from grass-fed cows or even raw), coconut oil, butter, red meat, olive oil, bone-in meat, etc.

Fats to avoid include cheap hydrogenated oils like canola, sunflower, safflower, vegetable, etc.

Gluten sensitivity is a real thing – While a lot of fun gets poked at the gluten-free community, millions of people feel better when they avoid gluten.

Similar to how one can be lactose intolerant and not allergic, eating gluten can make many people constipated, bloated, swollen or have diarrhea. Symptoms may even manifest as knee or other joint pain, brain fog, moodiness, acne and more.

Gluten and its ill effects are still being studied. Some experts say that the side effects are a result of the pesticides used on gluten-containing ingredients.

Whatever the reason, try cutting gluten out of your diet and see how you feel.

Another caveat: Try to avoid gluten-free junk food like ice cream, cookies and bread.

Soak nuts, seeds, grains overnight – This can increase the digestibility and nutrient availability. All grains contain an antinutrient called phytic acid that blocks the absorption of the plant's nutrition.

But, by simply soaking beans, nuts, rice and seeds overnight, phytic acid is neutralized, making the nutrients easier to assimilate. If you do eat bread, stick to varieties that have already been soaked and sprouted, like the brand Ezekiel.

Eat more seaweed – Seaweed is high in iodine, which is essential for healthy thyroid function and the regulation of hormones in your body. It's also high in calcium, magnesium, iron and vitamin C. You can buy seaweed flakes to sprinkle on your salad or garnish your dish. You'll never even taste it.

Try new fruits and vegetables. Eating the same foods over and over can unfortunately cause your body to develop an intolerance. Do you always add blueberries to your morning smoothie? Try shaking it up with mango or papaya.

Learn how to prepare different vegetables like parsnips, leeks, collard greens, etc. Instead of potatoes, try some other complex carbs like adzuki beans. Give chicken a rest and go for Asian seabass.

Turn your bones into a stock – It's well known that chicken soup is great when you're sick and good for the soul, but it shouldn't be limited to just times of illness. It turns out that homemade stock from any kind of bones is a commonality between countries with the healthiest diets in the world. People from Japan, France and the Mediterranean simmer their own stocks from leftover protein, even fish!

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Arcadia mom finds heart(s) in every ingredient

ARCADIA COOKBOOK

By Lisa Weisenburger

Next time you're on Instagram, search #heartsinmyfood. You'll meet a frequent contributor and our featured cook for February, Andrea (Andi) Osika. An Arcadia resident for over 15 years, Andi is often asked, "Do you look for the hearts or do you just find them?"

"Now, they come to me! I find hearts everywhere. Hearts when I hike. Hearts in the street. But especially, hearts in my food," Andi said.

Meeting Andi in her home kitchen, one of the first things you notice in the sunny fresh room are the framed photos on the wall by her eat-in kitchen table. The collage is made up of images of hearts she found in her food: heart-shaped peaches, a red onion with a tiny heart at the center, a perfectly round piece of sushi with the center tuna in the shape of a heart.

In addition to her love of hearts, Andi enjoys working in her garden. The Osikas are a busy urban family who has found success with keeping chickens as well as gardening. They routinely grow tomatoes, peppers, fennel, artichokes, onions, strawberries and lettuce. They also have lemons, key limes and all types of herbs.

Today's recipe is a simple, yet delicious dish she calls Zucchini Noodles with Valen-thymey Tomato Sauce.



Andi Osika and her zucchini "noodler" preparing the base of her vegetarian dish.



"This dish is perfect for the friend you want to have over for dinner who is vegetarian, vegan, gluten-free or lactose intolerant," Andi said.

Dairy-free and filled with vegetables, this recipe is bursting with flavor. However, Andi described how this dish can be adjusted for anyone sitting at your dinner table by adding ingredients like a little sautéed garlic shrimp and Parmesan cheese.

According to the chef, the star of this dish is the star anise. She admits to adding star anise to her spice cupboard because it was unique and exotic. Finding recipes with it, however, can be difficult, due to its sweet, licorice flavor.

The second star of the show today is Andi's noodler.

"I buy extra zucchini just so I can use this tool again and again."

She presents a kitchen tool that resembles a pencil sharpener, which she found at a local department store. Officially, this is a spiral cutter, but to Andi it is a noodler.

"This thing is not only great for zucchini, but works well with carrots and cucumbers. It makes the best zucchini fettuccini noodles!"

One reason zucchini works in this dish is because it absorbs the tomato and thyme flavors and cooks quickly – this dish can be on the table in less than ten minutes. Plus, it calls for only one pan.

"It is healthy and truly satisfying," said Andie.

While you make this dish, remember to keep your eye out for any hearts in the food.

"They're there more often than you think. You just have to be aware," explained Andi. "They are a fantastic reminder that love is everywhere if you pay attention and appreciate it."

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Zucchini Noodles with Valen-Thyme Tomato Sauce

- 4 medium zucchini
- 2 tablespoons olive oil
- 2 garlic cloves, minced
- 1/4 teaspoon red chili flakes
- 1 star anise (find these at AJ's Fine Foods or Cost Plus World Market)
- 4 sprigs fresh thyme, plus 2 teaspoons chopped leaves for sprinkling
- 4 cups sun gold or cherry tomatoes, halved
- 1/2 teaspoon kosher salt, plus 1 teaspoon
- 1/4 teaspoon freshly ground black pepper
- 2 teaspoons red wine vinegar

Use a spiral cutter or a vegetable peeler to spiral cut your zucchini into thin strips. If you use the peeler, add an extra zucchini since you don't get as many "noodles" per zucchini with this method. Set the noodles aside in a large bowl while you make the sauce.

In a large saucepan over medium heat, heat the oil. Add the garlic, red chili flakes, star anise and thyme, and cook until fragrant, about 1 minute. Add the tomatoes, 1/2 teaspoon salt, pepper and vinegar. Stir gently to combine. Cook the sauce, stirring occasionally until the tomatoes have released their juices, about 8 minutes.

Discard the star anise and thyme sprigs and add the zucchini noodles and remaining salt to the pan. Toss gently to coat the noodles with the sauce and cook for another 2 minutes to warm the noodles. Sprinkle with fresh thyme.

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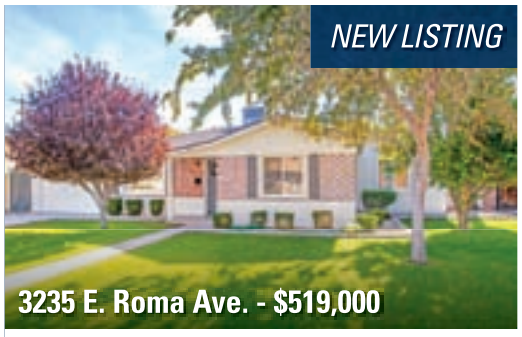
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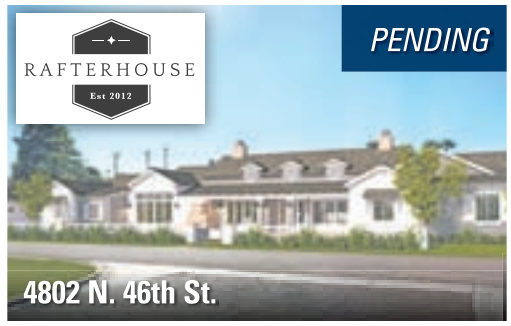
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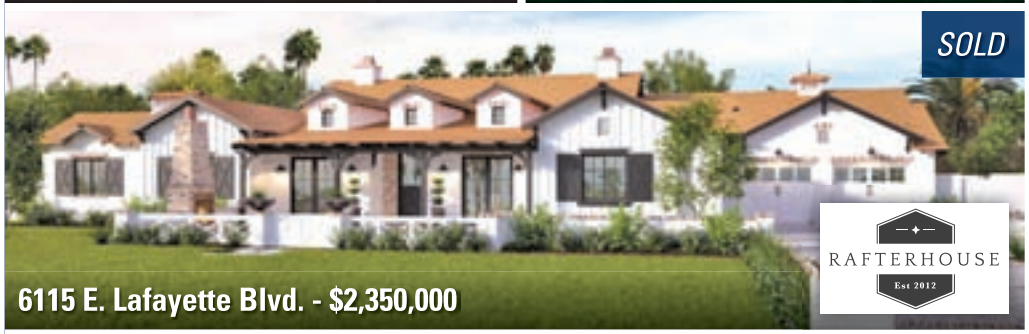




















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Gimme 5 – Celebrate Valentine's Day with or without a date

By Josh Cutlip

Valentine's Day is marketed primarily for couples, but it doesn't have to be so exclusive. Yes, a fancy dinner can be nice with that special someone, but there are many ways to celebrate your night with (or without) a date!

5. Host a pot luck

Valentine's Day is supposed to be about celebrating love, and food is definitely one thing that everybody loves. If you invite a dozen of your friends over, tell them to bring their favorite dish (make sure everyone doesn't bring a dessert), and you will have the tastiest party of the night.

This can be a fun way to celebrate the day of love, whether you have a date or not. But if you make tasty food, you might have a valentine by the end of the night!

4. Movie night

It's a good thing all of your friends are at your place for the potluck you hosted, because you just happen to have your favorite romantic comedy on DVD. What a coincidence! There are plenty of romance movies to share with that special someone, or you can easily find rom-coms (romantic comedies) on Netflix to enjoy with a group. Again, this is date optional.

3. Ice skating

February is still technically winter, even if it doesn't always feel like it. What better way to woo your boo than by showing some slick moves on the ice? (Don't worry; there is still time to practice). Arcadia Ice is only a short drive away, and according to their schedule they will be open from 10 p.m. to 12 a.m. on February 14! For $5.50 per adult, this is a fun and easy way to celebrate with a date, or any number of friends.

2. Ice cream

What a long night. You ate some great food with your friends, watched a great movie, showed off your skating skills, and now you are hungry again? Have no fear because ice cream is near. Whether you have a valentine or not, some of the local ice cream shops are too good to resist. The Gelato Spot on Scottsdale Road in Old Town Scottsdale is good. The Sugar Bowl is a classic (although it might be crowded), and The Stand has the best milkshakes in town. Maybe call ahead to find out how crowded the restaurant is, since there are plenty of spots close by that will satisfy your screams for ice cream.

1. Dinner

Okay, I had to include the classic "date night" event. So, if you're reading this and you aren't too confident in your culinary skills, I have a couple dining suggestions. Blanco Tacos & Tequila on Scottsdale Road is great; I love Mexican food and they have an eclectic mix of delicious tacos for a good price. The nachos are also a must. Houston's (also on Scottsdale Road) is a bit more upscale, but if you can grab a table for two you won't be disappointed. Before you go, know that this menu is not vegetarian friendly. Lastly, Italian is my go-to, and La Bocca on Mill Avenue delivers with its marvelous menu. They have bruschetta of all kinds and flavors, paired with salads, pastas and incredible personal pizzas that are sure to impress any date.

There are dozens of ways to spend this unique holiday, but whatever your plans are for Valentine's Day, don't forget to express love to the important things in life: family, friends and, of course, food.



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Resort romance pro tells all

By Michelle Donati-Grayman

"All you need is love" may ring true for some, but a little romance certainly helps keep the love going strong.

Recent surveys show that nearly half of all men – and nearly one in four women – consider themselves romantically challenged.

In honor of Valentine's Day, AAA Arizona sat down with Sarah Escobedo, director of romance for the Royal Palms Resort and Spa, a AAA Four Diamond property, to gain insight into what it's like to help guests create romantic memories and to learn a few tips for rekindling the love at home.

***AAA*: Is "Director of Romance" your official title? That seems a lot to live up to on and off the job.**

SE: Yes, it is in both respects! Romance is such an integral part of the resort's history, and we are known across the world as one of the best getaway spots for couples, so the title seems fitting. On a personal note, my own love story started here, as my husband and I met while we were both working here. Our story is further proof that romance blossoms here, and the Royal Palms will always hold a special place in my heart for that reason.

***AAA*: What prepared you for this position?**

SE: I've held various roles on the property, but I've always been focused on anticipating our guests' needs and exceeding their expectations. Every position I've held has helped prepare me for my current role, as the team culture is focused on creating memorable experiences for our guests. Every staff member takes this expectation very seriously, so every interaction is focused on helping guests create lifelong memories of their visit to Royal Palms.

***AAA*: Your role is unique in the hotel industry. Why do you think this is?**

SE: Romance is at the heart of the resort's roots. The original mansion was built in 1929 as the winter home of Delos Willard Cooke and his wife, Florence. Everything about the home, from the architectural Spanish design to the expansive gardens and landscaping, all were constructed for Florence. I guess you could say it was their love story. That love is still felt today, as guests around the world come here to unwind and reconnect in this breathtaking, yet intimate environment. My role is to help guests find unique and meaningful ways to celebrate their own love story during their visit.

***AAA*: Tell us about a typical day; what kind of requests do you handle?**

SE: Anything and everything, big and small. Sometimes, it's as simple as ordering flowers for the room or scheduling couples' spa treatments. Other times, I'm assisting with special celebration details, such as marriage proposals or anniversaries. I find that most people want to be romantic, but they aren't sure what to do. That's where I come in. I help suggest ideas and make arrangements that are personal and meaningful. It's extremely rewarding to be a part of helping create memories that last a lifetime.

***AAA*: What's the most interesting story you can share?**

SE: As a world-class wedding destination, I've witnessed and helped plan many weddings over the years. All of them are beautiful. However, one sticks out in my mind. A returning guest asked for my assistance in planning his marriage proposal. She of course said yes, and soon afterward they were off to an intimate dinner at Via Cappello, one of the most romantic retreats on the property. Instead of dinner, however, she was greeted by her closest family and friends and all the makings of an intimate ceremony. The couple was married that evening.

***AAA*: What tips can you offer couples who want to be more romantic?**

SE: Romance doesn't have to be complicated or expensive. A handwritten love note goes a long way to express your feelings. The key is to make it personal and heartfelt. A personal gift or gesture means so much more and will be remembered long afterwards.

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Don't just follow dreams, chase them with aggressive pursuit

Editor's Note: The headline of this story is a quote from author and publisher Darren Hardy, one of Kindra's clients.

By Kindra Hall

Last week, my 3-year-old daughter chased a boy around the playground until she threw up.

She ran so hard and so fast that her body gave up before her will allowed her to quit. I wasn't there to witness the event, but I knew exactly what it looked like. Me.

Though I never ran until I puked, I chased boys with similar determination. It started with Pat Carlson in kindergarten. I invited him to my birthday party. He came and gave me a Serendipity brand book about a pony named Nitter Pitter. I took it as an expression of his love for me. For the rest of kindergarten I chased Pat around, acting like a horse – assuming, from his book choice, we had a shared equestrian interest.

I would whinny in approval of his dark eyes and long lashes. I would nudge him with my nose while we practiced standing in line. I would hoof at the ground and shake my mane in an effort to seduce him. And while others may have encouraged a more subtle approach, bold was always my style. Even at 5, I never wanted to be left wondering, "Could I have done more?" It wasn't until I overheard Pat muttering something about cooties while I drank from my Dixie cup of milk – like it was a trough



– when I realized he didn't love me back and had moved on…to Curt.

I never questioned my approach before that day. But as I put my daughter's messy clothes in the washer, I recalled a recent conversation with a single girlfriend of mine. We were discussing whether or not she should text a guy back after a great first date.

"No!" she blurted.

"Why not?" I insisted.

"I've got to play this cool, play it safe," she said. "I don't want to get all wrapped up in something if it's not going to go anywhere."

I was so confused. Getting "wrapped up" was the best part. Yeah, it could all unravel quickly – but the hope, the potential! Wasn't that worth it?

Was it worth it?

I thought about the emotional roller coaster I rode from the moment I was tall enough to get on it. The all-in-chase-them-'til-you-puke approach was a wild ride of highs and heartbreaks. Was it worth it? If I had to do it again, would I run as hard? Or would I play it a little less bold? And would I encourage my *daughter* to play it a little cooler?

I woke up the next morning to an unexpected email. From Jake.

Jake: the boy I loved the entire, innocent summer of 1997. We came together in Advanced Algebra 2 while sending notes

GIRL *NEXT DOOR*

back and forth via our TI85 calculators. He was tall with light brown, floppy hair and big brown eyes. He was the nicest boy I had ever met and smelled better than I knew boys could. He was the best way to use my newly acquired driver's license and we spent the entire magical summer watching movies and going to summer bonfires with our friends. I'd go to his house, where he cut his sandwiches in triangles and always made one for me with too much mustard. I went to his baseball games and hung out with his younger sister when he wasn't around. He came to visit me at the Drive-In restaurant where I wore a poodle skirt and my hair would turn curly because of the humidity. It was one of my favorite summers.

But sadly, fall came and before either of us had turned 17, it was over.

Over until…the spring of my senior year when I decided it should stop being over. True to form, I worked hard to convince Jake we were meant to be together. I put notes in his locker and brought him sandwiches with extra mustard after baseball practice. I called until his sister automatically answered the phone, "Jake's not here." I tried to convince him he should take me to prom, but he had made other plans. He started dating a girl from Calculus. And since my math career ended after Algebra, there was nothing I could do to stop the love letters they were no doubt sending each other via TI85 calculators.

We didn't go to prom and never rekindled what we had, but after high school we stayed friends and kept in touch. And now I had an email waiting.

"Kindra, Whilst purging paper, I ran across a notable one from last century. See attached. It shall be spared from the shredder. Thought you might get a kick out of it. Hope all is well.

– Jake"

I looked at the attachment – a scanned handwritten note from me, written that senior year when I was running as fast as I could to catch him. "Jake, I came to your house, but you are never here. I'm going to the Drive-In now; call me if I don't see you."

Reading the note written in my high school handwriting, I had a moment of clarity. The majority of our relationships will, by nature, be short lived but that doesn't mean we shouldn't get all wrapped up – that we shouldn't chase them with everything we've got. A decade, another century later, a note a bold girl wrote to a sweet boy was still tucked safely away in a box storing important memories. Was it worth it?

Absolutely.

I have a bold girl. She knows what she wants, and she's not afraid to chase it. And while there's a lot less heartache in playing it cool, I say, "Run baby. Run."

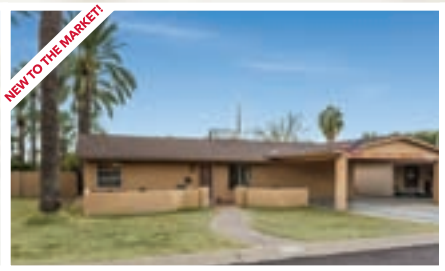


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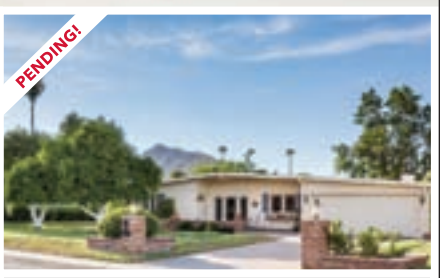
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One couple traded the traditional celebration for a relaxed backyard setting.

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RETIREMENT NOW WHAT?

Editor's Note: When compiling information for this article, the writer spoke with close friends and neighbors. To respect their privacy, names have been excluded.

By Jean Hodgson

Do you remember Valentine's Day when you were in grade school? There was such excitement as you placed cute little cards for all your classmates in the decorated box in the classroom! But as you got older this holiday took on a new significance. Should I send a carefully chosen card to that special someone... and will I receive one in return?

Well, Cupid's arrows are not just for the young, as many couples who have married as senior adults can testify. When I asked several friends in our age group to respond to some questions about their recent marriages, they agreed with smiles, and later reported that thinking about and sharing this information became a great way to celebrate Valentine's Day, 2016.

So, how do you meet that special someone at this stage of life? One couple had served for years together with their previous spouses on a Senior Adult Ministry Board at their church. After the deaths of their mates, the friendship continued and later transformed into a social relationship.

Two couples spoke of being introduced by friends who knew them well and were convinced they would enjoy each other's company. They all said they were hesitant at first – but now are grateful for these matchmakers. One couple met through social media. Although they became distant friends, they had to navigate meeting in person to see if the relationship was a serious match.

Engagement lengths were as varied as they are for couples in other age groups, but my most unique response was from the friend who said, "After knowing her a little over a year, I asked her to marry me. She said yes, but we were engaged for 10 years." Then he added, "We've been married for just over a year and I can't tell you how many times my wife has said, 'I think I should have done this a long time ago.'"

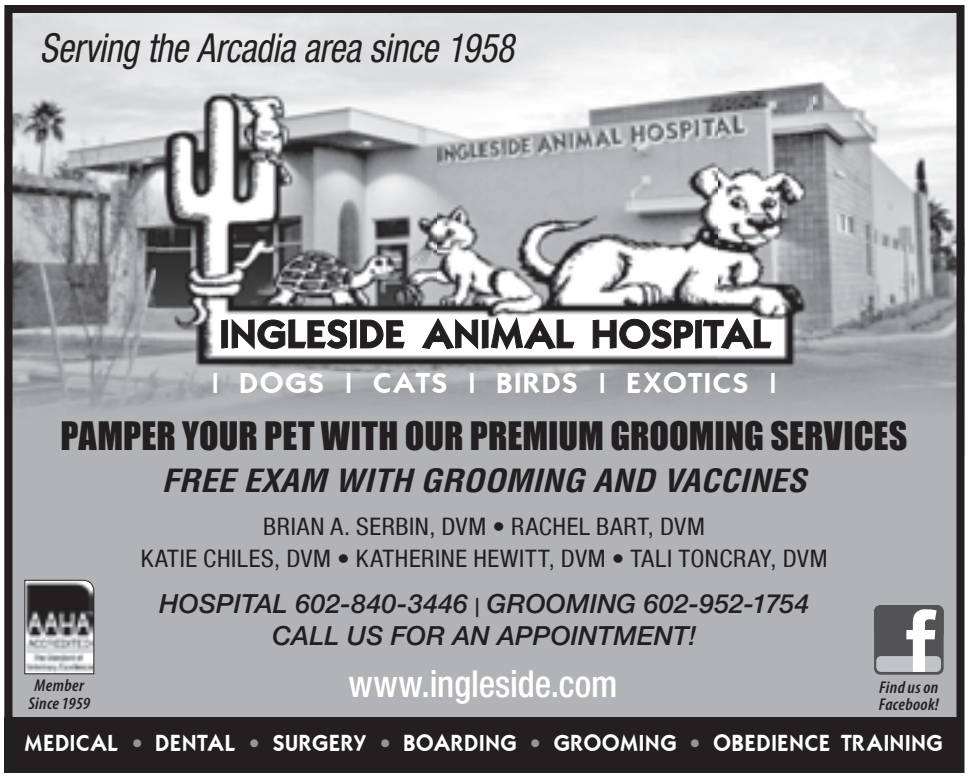
> ***"We both understood that a marriage is the coming together of two families – not just two people joining in wedlock."***

Three couples included family and friends in their celebration with a traditional church wedding followed by a reception. One reported not being able to find a common date to get their combined families together, so they got married in the back yard. "The only people there were the bride and groom, the Rabbi, the couple that introduced us, and the photographer and his assistant," (who happens to be the writer of this article).

I posed a question about how their families reacted to their marriage, and consistently heard about how it was important for couples to get a thumbs up from family members about their possible marriage plans. One bride said, "We both understood that a marriage is the coming together of two families – not just two people joining in wedlock. So we were very interested to gain the perspective of our families." Another comment was "an unexpected joy has been how much we enjoy each other's families and how well they got along when they met."

Challenges included combining households and adjusting to a new routine after a single lifestyle, but those seem to be far outbalanced by statements like "It's so nice to have somebody to come home to. It's also a good feeling to know that someone has your back just in case. I never thought I could be lucky in love twice in one lifetime." Another said, "It was unexpected how happy and content I would be." Another statement I heard was, "It's so lovely to be loved again."

What advice would you give to senior adults who are thinking about getting hitched? That was my final question to these friends. This quote best summarizes the responses I received: "If you've found the right one, and feel sure that you are meant for each other, don't mess around with waiting – life is too short now. Enjoy your remaining years together."





LIFE THROUGH THE LENS OF A Master Photographer



Art Exhibit by Allen A. Dutton

The acclaimed works of Master Photographer Allen Dutton, MorningStar resident, will be showcased at a cocktail reception in his honor on February 26. The general public is cordially invited to join this tribute to his life and legacy. Dutton will offer perspective on the world of fine art and his contributions to it as a photographer, oil painter, educator and author.

His photographs will continue to be on display at MorningStar through February 29.

By the magnitude of his work and critical acclaim over the last 68 years, Dutton is recognized as one of world's most innovative fine art photographers. First published in the 1950s, his style has long intrigued private collectors and American, European and Japanese museums. Ranging from classic realism to Dali-inspired montages, his images are among the permanent collections of MOMA in New York and Bibliotheque Nationale de France in Paris.

Of his four published books, the most celebrated is *Arizona Then and Now*, which pairs historic photographs from the 19th and 20th centuries with contemporary ones taken at the exact locations and angles; 22,000 copies have been sold.

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Charros' longtime support of Arcadia schools continues on

By Rachael Bouley

Members of the Scottsdale Charros have dedicated themselves to improving the community and providing financial support and funding for education, charities and youth programs for more than 50 years.

Every December, as part of the Charros Outstanding Students and Educators Program, principals and faculty from local schools select a teacher of the year and an outstanding male and female student of the year from each school represented. At Arcadia High School's winter assembly in December, the Scottsdale Charros presented awards to students Megan Reniewicki and Graham Byron, and math teacher Barb Thomas. They will be celebrated during the annual Outstanding Students and Education Awards Banquet in April.



The Scottsdale Charros have awarded over $200,000 in donations, grants and scholarships in 5 years.

"Arcadia High school is proud of our winners this year and they are very deserving of the honor. We are so appreciative of everything that the Charros do for our community and our school," said Nathan Slater, principal of Arcadia High. "Their financial support is tremendous as well as the time they commit to improve all of the schools in Scottsdale. "

Comprised of local business and civic leaders, the group has made positive changes in the community since 1961, when it was formed as a special activity organization of the Scottsdale Area Chamber of Commerce. They were given the name "Charros" which translates to "gentleman riders" in Spanish, fitting for representatives of Scottsdale, the "West's most western town."

The group was responsible for promoting special events in Scottsdale. Throughout the years, this included golf, tennis, judo, marathons, bull riding, and, of course, spring training baseball. Through these events, they have raised a significant amount of money and given back to local schools within the Scottsdale Unified School District, including Arcadia High, Ingleside Middle School, Arcadia Neighborhood Learning Center, and Hopi and Tavan Elementary Schools.

There are 45 active members and over 170 lifers, grande and honorary members of the Charros. Through the Charro Foundation, the organization has awarded over $200,000 in donations, grants and scholarships to the local community in the past five years alone. This includes future teacher scholarships, awarded to Arcadia High seniors who want to pursue a bachelor's degree in education at an Arizona university. Arcadia seniors Cassandra Stewart and Tierney Turelli are the most recent recipients of the award. The Charros also provided three Master's in Education Fellowships to teachers working at Arcadia High School to continue their education at the Mary Lou Fulton Teacher's College at ASU, as well as education grants to help with technology related projects, equipment and programs in the classroom.

Much of these scholarships and grants are made possible by the constant fundraising of the Charros.

"Spring training is our primary fundraising event. It is a year-long endeavor that requires all active Scottsdale Charros and many Lifers and Grande Charros to commit a lot of hours and hard work to accomplish," said Dan Postal, patron (president) of the Charros. "Fortunately, we have great partners in the City of Scottsdale and the San Francisco Giants organization, as well as an amazing staff to help us stay on track. While it is a large endeavor, it is incredibly fun and there is no better spring training location than Scottsdale Stadium."

The Scottsdale Charros are all about giving back and making a difference, and members are able to be personally involved in the fundraising and outreach efforts.

"The best part about being a member of the Scottsdale Charros is the opportunity to give back," said Matt White, 2016 Baseball Chairman and Charros Liaison to Arcadia High School. "Our goal continues to be centered around community involvement, whether it's working with the Scottsdale Unified School District with our teacher and student initiatives, or donating funds to a number of different local charities."

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Six Valley women honored with YWCA Leadership Awards

By Mallory Gleich

Now in its 22nd year, the YWCA Tribute to Leadership Gala is an annual recognition of leaders around our community, particularly in the metropolitan area of Phoenix. These women are recognized not only because of their work around the Valley, but also because they represent the mission of the YWCA: "Eliminating racism and empowering women."

Each honoree is recognized under a specific category. These categories include Corporate; Advocacy; Community Service; Military, Police and Fire; Racial Justice; and the Dorothy Willey Award. This year, the honorees are:

Tracy Bame



Tracy is the president of the Freeport-McMoRan Copper and Gold Foundation. She is honored for the Community Service in Corporate award. Tracy demonstrates continuous support for women in intellectual and financial areas, and developing corporate and scalable programs geared towards the achievement of women.

Susan Berman

Susan is the president and CEO of the Fresh Start Women's Foundation. She is honored under the Advocacy category. The



Fresh Start Foundation is an organization geared towards the self-sufficiency, education and personal development of women. Susan started off as a client of the Fresh Start Foundation and grew to become the CEO. She also volunteers as a counselor and facilitator for a number of groups around the Valley.

Jan Blaser-Upchurch



Jan is honored under the Military, Police and Fire category. Through her work with Mothers Against Drunk Driving and being the President of the Arizona Chapter of Concerns of Police Survivors, Jan has helped countless residents grieve, grow and move on from a crime or death. Jan continues helping and supporting families of fallen police officers.

Ashley Bridwell



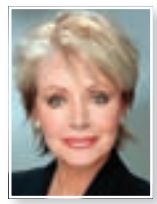
Another honoree under the Advocacy category is Ashely Bridwell. Ashley serves as a Neurological Rehab Program Social Worker and leader with the Barrow Institute at St. Joseph's Hospital. She designed a program to address traumatic brain injury in domestic violence victims, which is free and supported by community donations. She also serves the community as an adjunct professor at ASU in social work.

Connie R. Meza



Connie is honored under the Racial Justice category. Connie developed a number of programs focusing on disadvantaged and disabled students after graduating from ASU. She worked in the garment district in Los Angeles where she uncovered unsafe working conditions. She also spends time volunteering around the community. Connie graduated with her master's degree and now teaches elementary school.

Dana Campbell Saylor



Dana is being honored with the Dorothy Willey Award. This award goes towards an individual who exemplified the YWCA mission in every sense of the word. Dana was the CEO of the YWCA from 2006-2014 where her work led to a partnership in establishing a shelter for homeless veterans, and also developed the YWCA Metro Young Women's Forum as well as a financial education program.

This year, the YWCA also decided to award four corporations with honors for their work in the community. The honorees are as follows:

- **National Bank of Arizona: Financial Education Award**
- **Greenburg Traurig: Advancing Young Professionals Award**
- **Midwestern University: Women's Empowerment Award**
- **Blue Cross Blue Shield of Arizona: Senior Champions Award**

The YWCA Tribute to Leadership Gala is scheduled for February 13, 2016.

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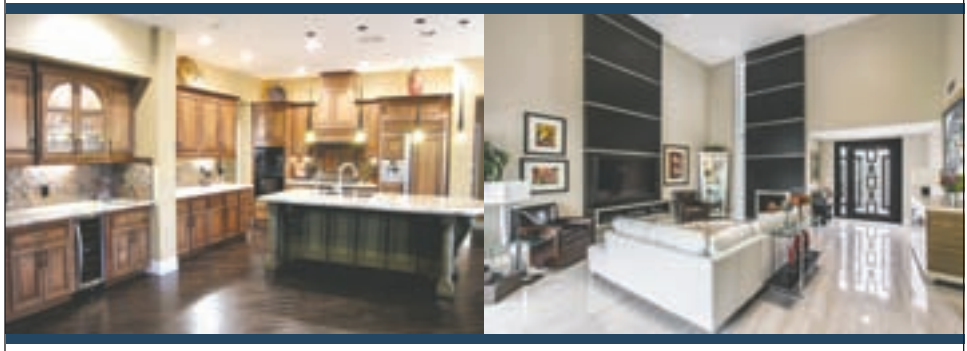
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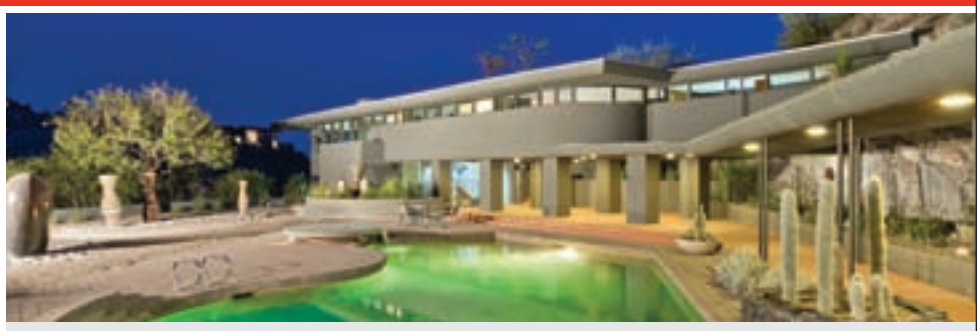
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Clowning around! Arcadia resident joins Patch Adams' team

By Katie Mayer

Clowning around is serious business for Arcadia native Hayley Shapiro. In fact, it's her life's calling.

Often wearing a bright red nose, protruding fake teeth and oversized glasses, the 23-year-old isn't just clowning around for fun – she's doing it to change the world.

"The clown is very much an education in learning how to connect with people, even without speaking the same language," Shapiro said.

Shapiro, who refers to the act of dressing like a clown as "clowning," said she started when she was 16 years old during a life-changing humanitarian trip to South America. Today, she is an active humanitarian clown, along with her grandfather, Dr. Carl Hammerschlag, and his friend Dr. Hunter Doherty "Patch" Adams – the doctor made famous by the Robin Williams movie *Patch Adams*.

On February 27, the group will bring its clowning to Phoenix for the inaugural Clown Town Healing Fest at the Arizona Center in downtown Phoenix. The free community event will promote preventative health care through workshops, guest lectures, clown parades, live music, educational booths and much more.

"We want people to walk away from the Clown Town Healing Fest knowing they can do something to keep themselves healthier," Dr. Hammerschlag said. "You don't have to wait until you get sick."



Arcadia High School alumn Hayley Shapiro ready to spread some smiles.

Hammerschlag, a psychiatrist and humanitarian clown, said people "heal better in community" and that there are things people can do, with the help of others, to move beyond their suffering.

Dr. Patch Adams said he joined the Clown Town Healing Fest Advisory Board at the request of his friend Dr. Hammerschlag. His work both on behalf of the event and around the world is focused on creating a better world for all living things.

"My desire is for a nonviolent, loving world," Dr. Adams said. "This loving world starts by loving each other and living in a loving community."

Shapiro graduated in 2014 from the University of Oregon, where she majored in international studies with a focus on cross-cultural communication. She currently lives in the Peruvian port city of Iquitos on assignment for Dr. Patch Adams' nonprofit health care organization known as The Gesundheit Institute.

Today, she identifies as an artist, clown, organizer, activist and producer.

While many people think of the traditional circus clown when they picture a clown, Shapiro said her interpretation of a clown is different.

"The type of clowning we do is kind of like your superhero self, so it's really an investigation or discovery into how you want to project yourself…intensifying the best characteristics of who you are," Shapiro said.

While acting as a clown, Shapiro said she uses improvisation. The clown persona allows her to make unique connections with others.

She said that whether those connections last a second, a day, or years, "it's a very intense process of learning to connect with people."

While Clown Town Healing Fest will focus on health care, Shapiro said her clown work aims to help people in all kinds of circumstances. She has visited orphanages, prisons and even worked in pop up street clinics, which offer people the chance to sit down and talk with medical experts and interact with humanitarian clowns.

"At Clown Town Healing Fest, we are just hoping to start a conversation," Shapiro said. "The way that a lot of Americans look at things is with one uni-focused lens and they have a hard time reaching outside of their bubble and getting uncomfortable."

Shapiro said that interacting with others as a clown is a good way to push people outside of their comfort zones and encourage personal growth.

For Dr. Hammerschlag, Clown Town Healing Fest is also about encouraging change in the health care system, which he said needs an overhaul in Arizona due to an increasing socioeconomic divide.

"We don't have adequate safety nets for the poor and disenfranchised in this state and it's going to bankrupt us," he said. "We have a system in which no one comes in until they're bleeding, either emotionally or physically.

Clown Town Healing Fest aims to promote the message to "get well before you get sick," while at the same time opening up the community's hearts and minds with the help of clowns.

"We believe anyone and everyone is a clown. All it takes is a willingness and an open heart and you are ready to go," Shapiro said. "A little more love in the world can't really hurt anybody."

For more information visit clowntownhealingfest.com.



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Prestigious A+ Award earned by Arcadia's Tavan Elementary

By Christina Surrano

After a rigorous and labor-intensive process of application and evaluation, Tavan Elementary School earned the Arizona Educational Foundation's prestigious A+ School of Excellence designation for academic years 2012-13 to 2015-16.

Principal Margaret Serna has spent 18 years leading Tavan in excellence and has no plans to rest on her laurels. Tavan's application for renewal of the designation will begin this summer.

What did it take to earn an A+?

Trying to summarize what earned Tavan the designation is like trying to summarize the Constitution of the United States. Every line is important and contributes to the whole.

The application itself had no fewer than 82 authors and was accompanied by a 2 1/2-inch thick binder of supporting documentation. It included innovative ways in which Tavan not only excels in serving the students directly, but also indirectly through outstanding continued education and skills enrichment of the staff. Included were descriptions of the many well-attended school events, some specifically designed to include parents and caregivers who otherwise might not be involved. Both every-day and grand examples of ways in which the staff serves the social and emotional needs of the students were cited. A recurring theme throughout the application was caring for the whole student and community and the school motto of doing "whatever it takes."



Five of Tavan's elite teachers, one of whom was presented with last month's Arcadia News *Teachers We Love Award .* PHOTO BY AMANDA GOOSSEN

According to the AEF, "Winning schools are recognized for their superior ability to identify and meet the academic and nonacademic needs of their student population."

The AEF selection panel evaluates applications and conducts site visits. The panel consists of award-winning administrators, educators and community leaders. Site visits include interviews with staff, parents and randomly selected students.

The individualized student attention that helped earn Tavan the distinction is ongoing. It is regimented through a structured routine of quarterly assessment and review. The teachers administer students testing, one-on-one. Staff members cooperate during meetings to set goals and a plan of action for each student, and address his or her academic, social and emotional needs. It is a system designed so that no student can go unnoticed. Teachers communicate directly with parents via email weekly, and some daily, regarding what specifically is going on in the classroom.

Academic expectations are high and everyone is kept abreast of each student's progress, including the students.

"The progress of a child is not a secret. It's a celebration or an intervention… or an acceleration!" declared Principal Serna.

Devon Reiter shared how the designation impacted his motivation as a Tavan student. "It feels like you've accomplished something…like you are on top of academics. Because we did well on the test and found



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Heart Strong. Benefits of Cardiac Rehab	Feb. 3	2:00 p.m.	**HonorHealth Cowden Center** 9202 N. Second St. Phoenix, AZ 85020
Heart Screenings	Feb. 9	8:00 a.m.	**Scottsdale Shea Medical Center** 9003 E Shea Blvd, Scottsdale, AZ 85260
Matters of the Heart: HeartMath and Chest Compression CPR	Feb. 11	6:00 p.m.	**Scottsdale Shea Medical Center** 9003 E Shea Blvd, Scottsdale, AZ 85260
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out that we were an A+, it encouraged me to work harder on my other tests in homeroom, in math, in science and everything else."

Tavan boasts a diverse student population. Currently over 50 percent of their students are out of district and attend Tavan via open enrollment. At least 10 different languages are spoken. Some students come from affluent homes and about 76 percent of the student population live at or near poverty.

About 75 percent of the students receive either intervention or enrichment. Tavan has students who benefit from their full-time reading specialist and students who receive instruction from their full-time gifted specialist.

Serving the individual needs of each unique "scholar," as they are commonly referred to at Tavan, is a challenge that staff members feel is their calling.

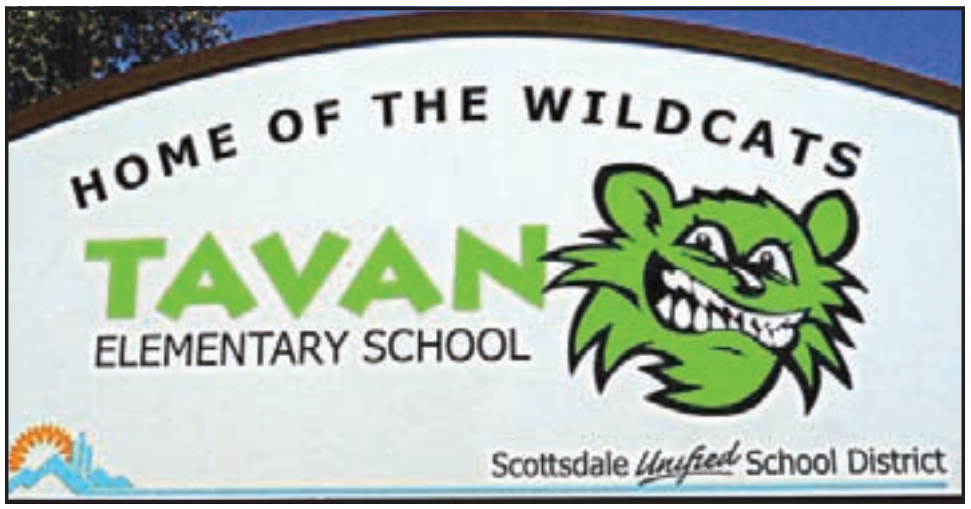
"Working with the kids, I find out that there is always more to know," said Tavan's reading specialist and national board certified teacher, Dedra Cannon.

In 2012-13, the academic year that Tavan applied for the AEP designation, 117 of their 809 students had limited English proficiency, there was a transience rate of over 22 percent, and many students had come to Tavan performing below grade level – even several grades below.

The following academic year, the so-called Arizona's Move On When Reading law, Arizona Revised Statue § 15-701, came into effect. It required the retention of third-grade students whose scores rated as "Falls Far Below" on the AIMS reading assessment. Only one Tavan student was retained that year.

"We have the highest expectations of all of our children," said vice principal, Julie Ballard, "It's based on expectation, how children achieve. Here, the expectation is that you will be on grade level or higher by the end of the school year."

According to Principal Serna, Tavan's reputation of successful intervention has attracted more students needing extra help. To that, Serna laughs good-naturedly, and



says, "Every child who walks through that door is going to learn to read."

Vice Principal Ballard added, "[The students] are very much loved. The teachers are here for a reason. They are just amazing people who come here every day and want to do whatever it takes to help these kids. We are very lucky."

Creating a learning community that is both supportive and supported takes more than tenacity and creativity. It also takes funds. In the face of painful budget cuts the schools have suffered during the past couple of years, the Tavan community has reached out to local businesses, private individuals and pursued grants to successfully support their programs.

The Arizona Department of Education has its own A-F school rating system that is based on the student academic test scores and how they compare to standards. It is a measure of student performance rather than progress.

Because a number of the students who first come to Tavan begin their journey performing below grade level, the superior progress they are likely to make might not translate into a high ADE grade.

The AEF describes the A+ School of Excellence Program as a 'comprehensive school assessment that celebrates outstanding schools and brings to light the positive stories and successes happening in public schools every day.' This designation has presented an opportunity for school and community members to acknowledge and celebrate Tavan's hard work, putting a spotlight on the administration, teachers, and students.

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Unsung hero at Arcadia High

By Mallory Gleich

As the Arcadia High School's community specialist, Sonia Otero-Hanley has had plenty of practice supporting and educating AHS students.

For over 15 years, Hanley has been a part of the Scottsdale Unified School District. An Arizona native, she knew from a young age that she wanted to help people.

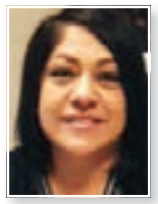
Hanley previously worked as a nursing assistant with Maricopa County's Care-A-Van, where her group drove around to various locations and set up a medical office for people in need. She worked with this group for a few years.

"It was one of the most rewarding jobs," Hanley said. She also said that she's mostly held jobs where she works with the community and helps others, and this is part of what inspires her to continue helping in the Arcadia community today.

"My parents were such wonderful, people who encouraged us to help and give to others. It became my passion in life," Hanley said. And it still is.

Being the community specialist for AHS means providing academic support for students as well as acting as a liaison between students, parents and faculty.

Before Hanley started working with AHS, she worked as a learning enrichment academic program coordinator in the Isaac School District. It was there that she noticed the challenges that students face every day, academically and economically.


Sonia Otero-Hanley

"I feel that I can make an impact on students from diverse backgrounds, both culturally and academically. I have a passion for this work and I'm fortunate to be employed in a field that allows me to pursue my passion," Hanley said.

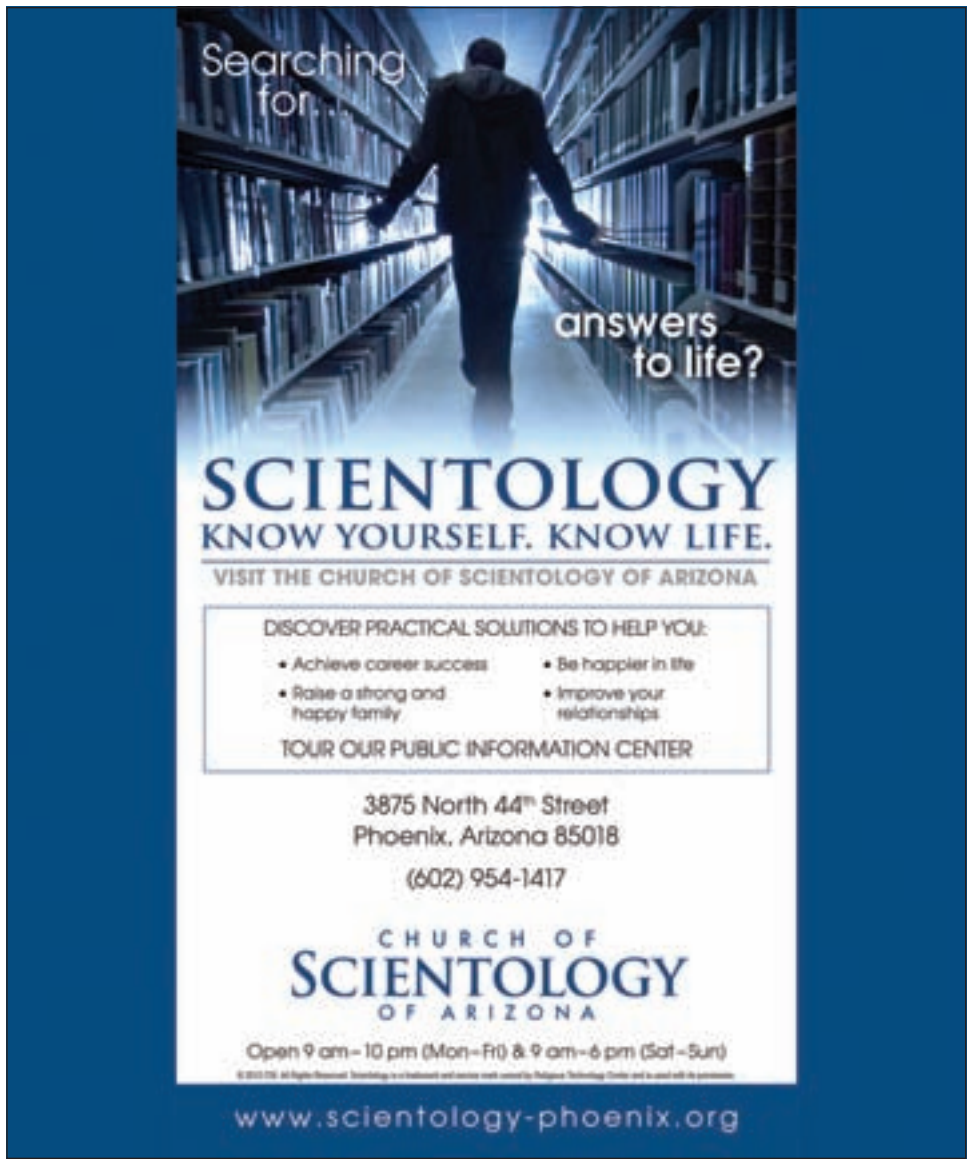
Hanley also sponsors and works with school clubs and volunteers with a number of groups around the Arcadia area and provides support to its residents.

Currently, Hanley works with Paiute Neighborhood, Scottsdale Prevention Institute and Hoop of Learning. Within Arcadia High, she helps with Club HOPE and the Arcadia Ethics Club.

In gaining support for the families residing in the Arcadia area, Hanley, as well as students, parents and school faculty, participate in food, clothing and fundraising drives. She also works with an out-of-district organization that contributes food to families through donations.

Over the holiday season, there was a clothing drive, a turkey donation and a gift card collection to help struggling families during Thanksgiving and Christmas. This past Thanksgiving, the food drive helped over 550 families.

To find out how you can help with clothing and other donations, go to arcadiapto.org.









Students at St. Thomas the Apostle get a hands-on look at the life of an individual with Down syndrome.

St. Thomas fourth-graders help Down Syndrome Network

By Rachael Bouley

Fourth-graders at St. Thomas the Apostle have partnered with the Down Syndrome Network of Arizona to increase awareness and understanding of the Down syndrome community. This relationship, now in its fifth year, is part of St. Thomas's schoolwide community service program, STA Serves.

Each grade level has a different focus within STA Serves. The fourth-graders' assigned area is children with special needs.

Each year, the first interaction between the fourth-graders and the DSN is the Day in the Life workshop. This workshop gives students the chance to ask questions and participate in hands-on activities that display the everyday life of people with Down syndrome. They rotate through 10 different stations that simulate a variety of disabilities, both intellectual and physical. A few children from the DSN visit the class during this activity, giving the students a new perspective on the disorder.

"This experience allows the St. Thomas the Apostle students to learn that children with Down syndrome are just like them," said Emily McLaughlin, the service organizer at St. Thomas.

Louise Bowden, the director of development and special events for the DSN felt the service project, "gave [the fourth-graders] a chance to not only realize the differences and challenges individuals with Down syndrome may have but to see the many likenesses they have."

She said, "Afterwards, the fourth-graders had a better understanding of many of the limitations Down syndrome presents and how those limitations can be overcome. The service project promotes awareness and understanding of Down syndrome among peers who do not have a disability."

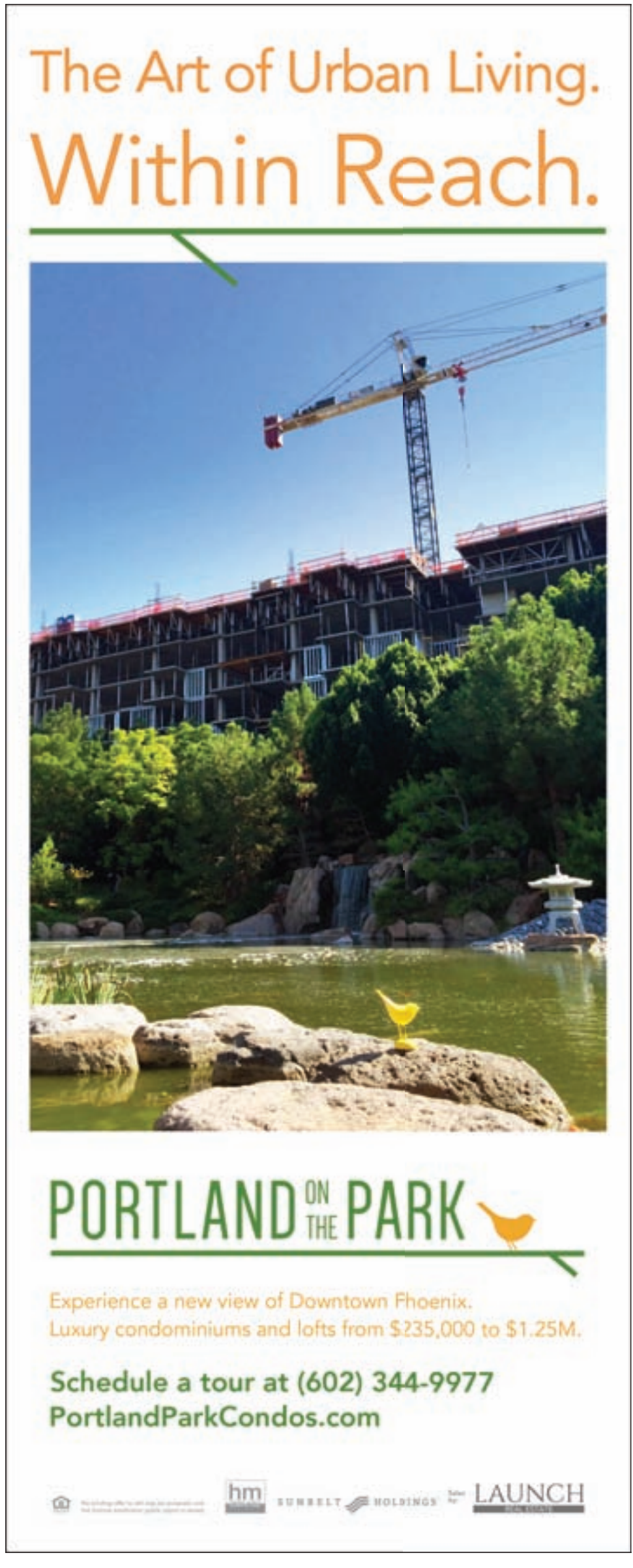
Throughout the year, the fourth-graders have the opportunity to participate in various activities with the DSN. Some of these activities include supporting the Buddy Walk, inviting them to the St. Thomas the Apostle school carnival, helping with the DSN's annual holiday party, and hosting playtimes. These efforts spread awareness and promote compassion and inclusion.

Both the DSN hopes that this partnership with STA will help change misconceptions by children as well as adults.

"Children with Down syndrome experience cognitive delays, but the effect is usually mild to moderate," said Bowden. "Children with Down syndrome are more *like* other children than they are different; they learn and grow just like everyone else. They simply achieve their goals at a different pace."

The DSN serves as an invaluable resource for parents and families of individuals with Down syndrome, both by providing information and connecting individuals with opportunities in their school and community.

Bowden explained, "The overarching goal of collaborating with students, like the St. Thomas fourth-graders, is to establish the practice of welcoming, valuing, empowering and supporting diverse academic and social learning among students of all abilities in an inclusive environment."



Bowie's passing serves as a reminder to seize the day

MUSIC *NOTES*







By Craig Goossen

This past January the world lost a legendary artist in David Bowie. It stops you in your tracks when icons pass. As in many instances, a large majority of us haven't lived in a world where these giants haven't lived among us.

At 5 years old my Uncle Joe put the headphones on my ears, handed me the album cover and put the needle on side one of *Ziggy Stardust and the Spiders From Mars*. It's possibly one of my earliest memories and as I grew older, his music ushered in a plethora of epic milestones.

When the greats pass on, it should serve as a reminder that nothing lasts forever. If you're a fan that didn't get the chance to see David Bowie live, make a commitment to never let a legend slip past you again. Make the effort and see them perform; it'll limit your regrets when their time unfortunately tolls.

The music mix below highlights several artists that will take the stage in Phoenix during the month of February. I should also note that one of the biggest annual events in our city, the Waste Management Open, is this month and as always a full calendar of entertainment hits the stage at the Birds Nest. This year's featured acts include Rascal Flats on February 3, Dierks Bentley on February 4, Robin Thicke on February 5, and Tiesto on February 6.

GOSPEL CLAWS: I WANT IT ALL (2012)

Based in Tempe, this local band plays the neighborhood joint, Rebel Lounge, to kickoff the weekend. Ticket prices are fair and the lineup is a jam-packed affair and good bang for the buck.

Gospel Claws will perform on Friday, February 5 at the Rebel Lounge, 2303 E. Indian School Road in Phoenix. Tickets are $8 and the show is for guests 21 and older.

TY SEGALL: THE MOTIVATOR (2015)

Ty Segall recently released yet another gem and brings his band to Phoenix to crush the Crescent. Ty Segall is one of the most exciting talents in modern music, so get downtown and check it out. Teenagers over 16 are welcome. This track is snagged from 2015's *Goner Records* release *Ty Rex*, an LP of raw T Rex cover songs.

Ty Segall and the Muggers will perform on Wednesday, February 17 at Crescent Ballroom, 308 N. Central Ave. in downtown Phoenix. Tickets are $20 and the show is for concertgoers 16 and older.

THE DONKEYS: DOWN THE LINE (2016)

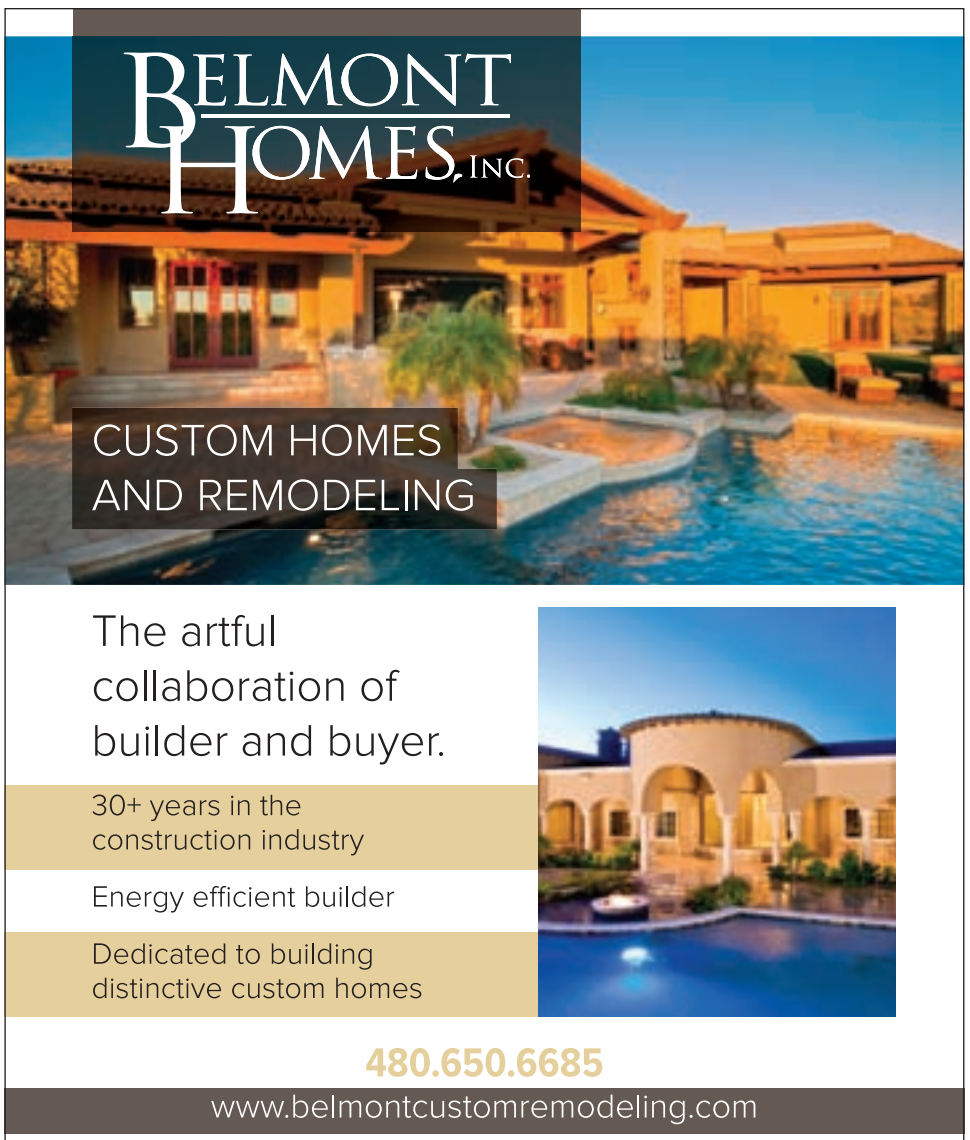
The cozy stage at the awesome downtown Valley Bar is the perfect setting to see The Donkeys. A band that has some serious mojo going for them, it's a sure bet that this show's going to be a winner. Plus it's a great opportunity to get downtown and enjoy one of the cooler venues in Phoenix.

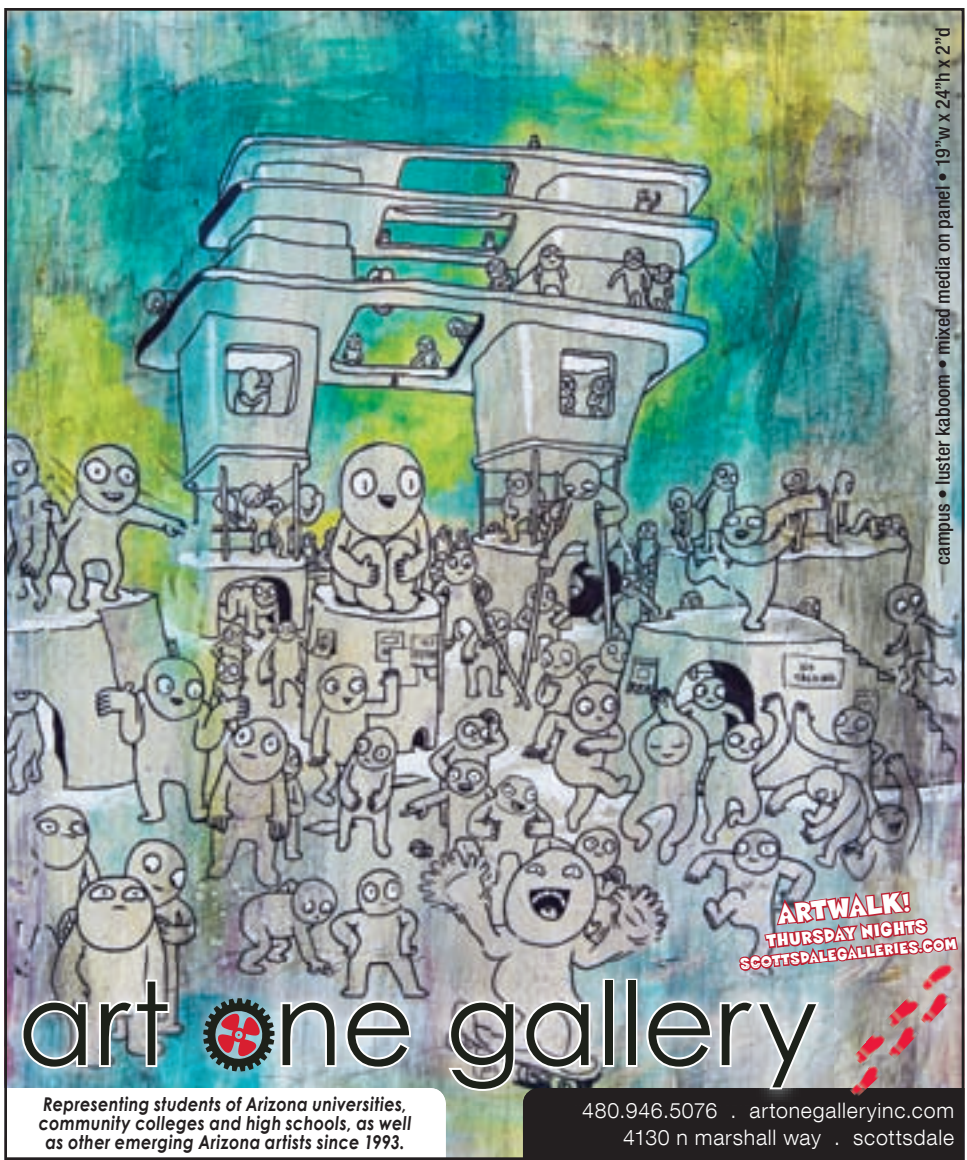
The Donkeys perform on Saturday, February 20 with Radiation City at Valley Bar, 130 N. Central Avenue in downtown Phoenix. Tickets are $12.

THE MAVERICKS: WHAT A CRYING SHAME (1994)

Just take a listen to this perfect country gem and ask yourself if this would sound sweet in the Showroom. You may need to be a VIP, devoted fan or plenty lucky to shag a ticket to this gig.

The Mavericks will perform on Saturday, February 27 at the TSR-Showroom at Talking Stick Resort, 9800 E. Indian Bend Road in Scottsdale. Tickets start at $30 and the show is for guests 21 and older.





Local historical fiction writer to visit Arcadia News Book Club

By Amanda Goossen

It's the month of love and few things rate as high on my love-o-meter as a good book.

On February 25 the *Arcadia News* Book Club is excited to welcome local author Marcia Fine and her novel, *The Paris Lamb.*

Fine, who explains her writing as, "stories you want to read about – feisty women, passionate men, precarious time periods, quests for survival and intriguing emotional relationships, all done with a dash of humor," will talk with the book club about her writing and her research, as well as answer questions from the group.

If you've never joined our group, I invite you to take the plunge this month. Our group, which was formed almost four years ago, is full of readers from the neighborhood who love the literary world as much as our cookies and our chitchat. We have booklovers who have attended every meeting for the past 46 months as well as women who joined us for the first time in January 2016.

Get to know our February author before this month's meeting by reading her recent interview with *Arcadia News* below. For a more in-depth discussion, join us on February 25 at 6:30 p.m. at the Saguaro Library.

BOOK OF THE MONTH

The Paris Lamb

BY MARCIA FINE

February 25 - 6:30 p.m. at Saguaro Library



BOOK *CLUB*

AN: What led you to becoming a writer?

MF: I love the written word. As an only child, a book was my best friend. I was a high school English teacher and a freshman composition teacher when I attended ASU for a master's degree. My grandmother had an unusual life and I enjoyed her family stories. I knew in my teens I would write a book about her. I just didn't know how I was going to get there!

AN: Did you always enjoy history? What type of research do you do when beginning a historical fiction novel?

MF: I was not a student of history when I was in school because my teachers were less than inspiring. My husband grew up in Philadelphia and knows so much about American history. His interests led me to explore European history. I begin all my novels with reading nonfiction [materials] about the time period. It's important to get the facts straight. I examine the time period, the textiles, the food, modes of transportation (I have to move my characters around), customs, language and more. I want to know everything about the people. Most historical fiction writers use only 10 percent of what they discover while doing their research.

AN: Your novels focus on family. Do you enjoy exploring familial relationships? Why?

MF: I think families are a reflection of who we are. It's not only that we may all look similar or share customs and health history; it's our gene pool that ties us to our ancestors. The new science of epigenetics can show us how we are linked to specific characteristics, especially trauma. What happened to our great-grandparents may affect us and our behavior. Family stories interest me because the souls of people move to the front. When you finish my novel *Paper Children*, you'll know what kind of person my grandmother was, some of it is not positive. Her strength and survival skills were admirable. Where does that come from?

AN: What is your daily writing routine?

MF: I do not write every day. My favorite time is to go away for a period and focus on the novel. I want time to think about my characters, what motivates them, how their environment affects them – I like the process of writing and discovering.

AN: What would you tell a young adult about life as a writer? What type of advice can you offer?

MF: As with any of the arts, you have to make choices about your passions. The arts aren't the easiest lifestyle; yet if you are pulled there with a force, go for it. Set some parameters. The writing life is about reading first. I started my writing career about 20 years ago and have seven novels to show for it. Along the way, I've taken workshops, interviewed other authors and attended conferences every summer. I've learned so much about the craft of writing, I've been inspired and I've grown from meeting wonderful, creative people.

AN: Favorite book of all time? Why?

MF: I cannot pick one book! There are so many that are precious to me and changed me along the way. I've narrowed it to three that created awakenings in me: *East of Eden* by John Steinbeck was read by flashlight under my covers. I could barely make it to school the next day. The parallel to the Cain and Abel story revealed a masterful storyteller. *Handmaid's Tale* by Margaret Atwood came at a time in my life where social causes were changing perspectives and women were beginning to be empowered. *Sophie's Choice* by William Styron carried me to World War II to explore the raw emotion we feel, how we love our children and my personal family history that had an impact on my life.

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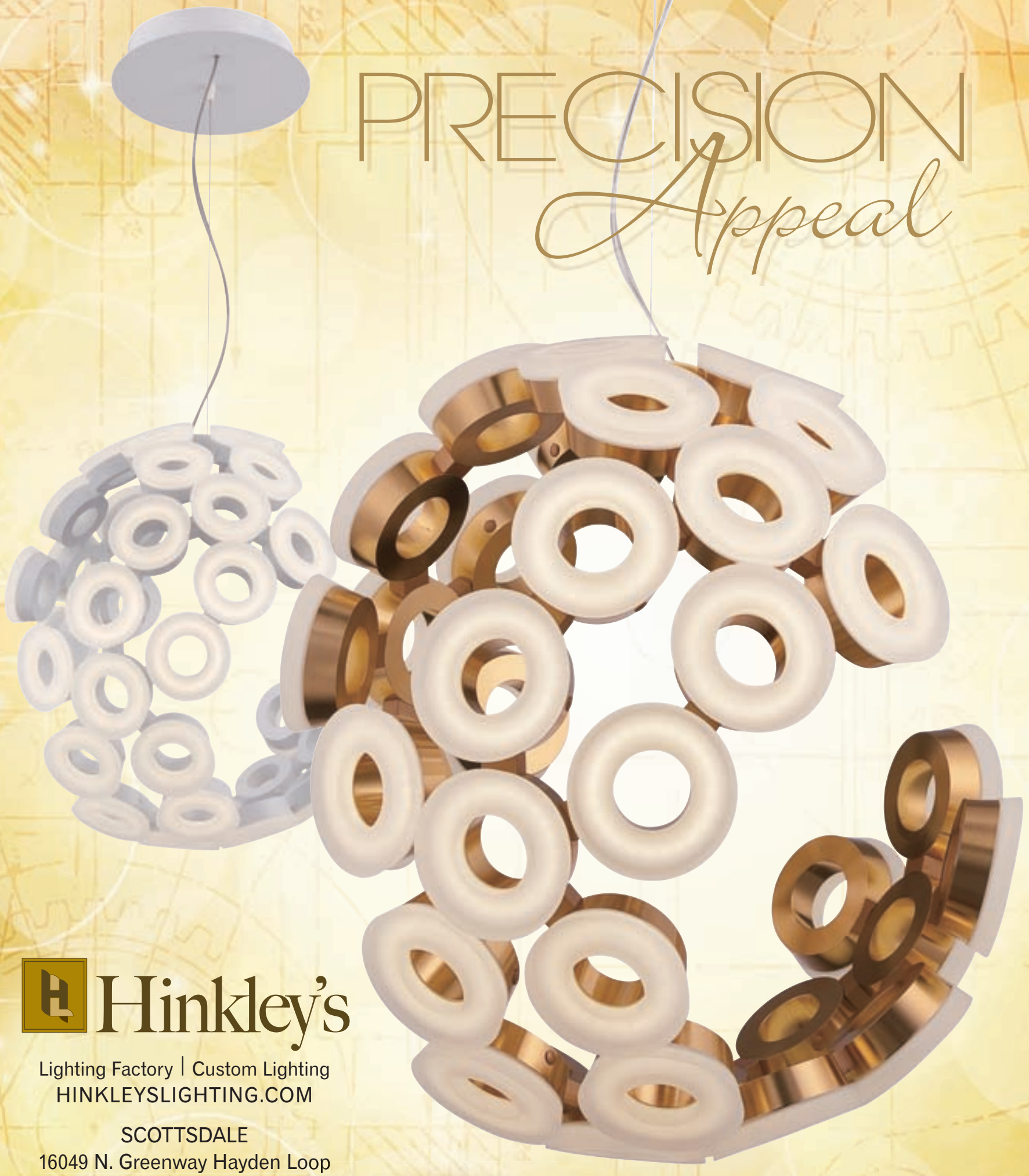
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AHS Girls softball update

By Josh Cutlip

After losing the lone senior, Sarah Phillips, last season, the Arcadia softball team is looking to continue their success with some familiar faces.

As Coach Jason Foster enters his 13th year with the Titans, he has confidence going into another season.

"Pretty much everyone from the varsity team will be returning. Everyone has been playing a lot of club ball over the summer," said Foster. "Most of these girls play year-round at a very high level, very competitive."



One notable player making her return after sitting out with a back injury last year, is senior, Emily Ingles. Foster is confident Ingles can fill the hole left by Phillips who led the Titans on the mound last year.

"With Emily Ingles coming back – I think she averaged about 14 strikeouts per game – that portion of our game will be improved. As for [fielding] positions, it's a new year and we'll see how people perform."

Foster said that there is absolutely an advantage to having a similar team this upcoming season in comparison to the team he had last year.

"That's the advantage: knowing that they have played with each other… They're a mature team and we all got along well last year. [We were] very cohesive," said Foster.

Foster added that making sure the team stays focused is his job. He likes to emphasize the importance of focus to his players during practice by utilizing in-game scenarios.

"We'll work a lot on situational playing: making sure we're prepared for any situation we might face, continuing to stress fundamentals, making sure they are where they need to be, and making sure we don't have any mental lapses."

Focus is also important with the Titans' tough schedule this year with a couple schools from Mesa moving into their division.

"Mesa, Dobson, Skyline, Prescott – who is good – there isn't really a weak team we play this year."

While Foster holds his team in high regard, he has seen his teams succeed as well as face failure.

"You have to keep competing, even if the season isn't going as well as you'd hoped," said Foster. "I know my returning sophomores, they want to have a better season than they did last year. Seniors will look to close out their high school careers in outstanding fashion. We'll be improved from last year, and we had a great season last year."

Foster and his players may have a tough road ahead of them, but with the majority of last year's team coming back to the diamond this spring, they have high hopes for the upcoming season.

"The girls have set pretty high expectations this season. We're looking forward to an exciting year."









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New coach's vision for success

By Josh Cutlip

The Arcadia boys tennis team gains a new coach who brings experience as well as a goal to expand the program.

Annie Boothe moved to Arizona from Houston, Texas where she coached privately for younger athletes as well as adults. Before that she competed at the collegiate level as the captain of the tennis team at Emporia State University in Kansas. Boothe has been with a tennis racket since age 1, and she still plays today. After making some connections around Arcadia, she found herself at the high school with a head coaching job and a vision for success.


Tennis coach Annie Boothe looks to breathe new life into the boys tennis program at AHS.

With tryouts in the next few weeks, Boothe looks to apply her experience to a new group of students.

"You really have to observe. I think it's one of my strengths," said Boothe.

She also mentioned that the tryout process is conducted using a ladder system where the athletes play each other in multiple matches.

"It's a lot of match play. It's a lot of walking around and observing, because at the high school level, you can get good athletes that can make pretty decent tennis players with some good coaching and drill," said Boothe.

Boothe's coaching style is to cater to the needs of each athlete, "You coach to each individual," she said.

Boothe anticipates seeing players who are playing tennis for the first time, as well as players who have had lessons and played for years. She believes these two kinds of athletes mix well on the court. "You can sometimes pull off some pretty good doubles teams," she said.

In college, Boothe studied science, focusing on anatomy and the movement of the body. However, she found a passion for education after coaching tennis and working as a floater teacher in the Madison School District in Phoenix.

While she hopes to apply her teaching methods to the courts, she also plans on expanding the boys tennis program to make it welcoming for anyone.

"I know in previous years [the program] hasn't produced the numbers, but I think word of mouth in a high school spreads quickly," said Boothe. "So if you get some motivation, and you get some wins under your belt, the next thing you know, we might have a chance at state."

She plans to promote her squad not only at the high school, but other local outlets, such as the Village or parks around the neighborhood.

Serving up a solid team of tennis players is no easy feat, but Boothe is hoping to rally up some wins.



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HOUSECLEANING - 20 YRS. experience. References available. Call Xiomara at 602-750-8017. If no answer, leave a message. (I'm probably cleaning someone's house!)

HOUSECLEANING SERVICES Excellent references and dependable experience in area. Call Emma at 602-478-9603.

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WARNER ELECTRIC SERVICE Corp. Service / Remodel / Construction / Licensed; Bonded; Insured. ROC 187308/ROC 187309 Clean, professional, reasonable. Lifetime workmanship guarantee. Call Dave anytime at 623-512-8209.

Events (Religious)

Come join us at The Bridge United Methodist Parish, 4900 E. Thomas Rd at our new Worship time of 9:30 AM. Rev. Brian Green our Pastor has a wonderful adult Bible study right after worship.

Furniture Clean/Repair

LEATHER FURNITURE CARE Your leather looking shabby? Cat/dog scratches? Fading? Ink? It can look new again. Free estimates. Udder Finery Leather Works. Since 1970. 602-248-7862.

Help Wanted

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Home Improv: Carpentry/Handyman

HANDYMAN SERVICES FOR big/small projects. ROC# 289032 Bonded/Ins. Excellent service with references. Call Royal Construction Services, LLC 602.989.1715 www.royalazservices.com

Home Improv: Painting

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Home Improv: Painting

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Instruction

RISKTAKERS TOASTMASTERS Club. Improve your speaking and presentation skills in a fun and supportive environment. 602-852-3793. Thursdays at 11:30 a.m., 24th St. and Camelback. http://risktakers.toastmastersclubs.org/.

Landscaping/Tree Care

AN ARCADIA AREA SPECIALIST since 1984. Experts in landscape maintenance (residential and commercial). Excellent customer service. Free estimates. Call now! Ersland Touch Landscape, LLC. 602-273-1633. www.erslandtouch.com.

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Pet Care

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Travel

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Tutoring

MATH TUTORING. GRADES 6-12. Private, individualized sessions. Arcadia area. Help with homework, prepare for classroom tests. Get ready for SAT/ACT. Sally Jacobs PhD, 602-663-0319. ArcadiaMathChamps@gmail.com

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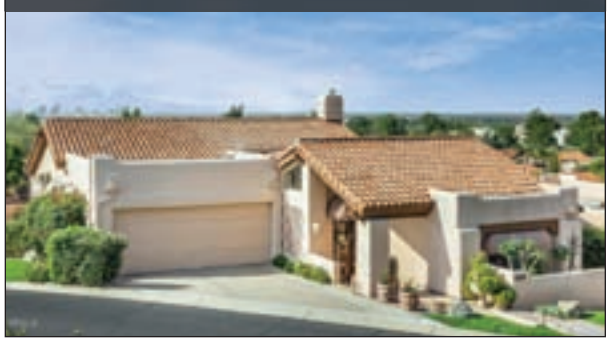
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