ARCADIA NEWS

Vol. 24 No. 9 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | December 2016

ARCADIANEWS.COM / ARCADIAHO.ME



PAGE 44

Brighten up the season with some of our suggested destinations for holiday lights.

PAGE 30

Arcadia business fair gives young entrepreneurs a chance to share their ideas with the community.

PAGE 36

An Arcadia staple has been helping to cool off the neighborhood for half a century.











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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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DECEMBER

Departments

4 Teachers We Love
6 Healthy Tidbits
7 Behind the Business
10 What's Happening?
17 Worth the Drive
24 Legal Ease
25 Places We Like
26 Kids Corner
32 Food Wise
50 Girl Next Door
53 Now What?

Articles

20 **History of Sky Harbor Airport**
Dirt roads, a stock market crash, a World War, and one left over control tower are all part of Sky Harbor's journey from "The Farm" to Phoenix icon.

42 **Four spots to get your ski fix**
Holiday vacations are coming up, and we've got some ideas for hitting the slopes at some of the snowy 'cold spots' in our desert state.

46 **Where are the speakeasys?**
As you can tell with these local watering holes, sometimes just getting to your evening destination is half the fun.

60 **From Africa to the grid iron**
For three brothers from Zimbabwe now at Central High, learning how to play the game of football is their easiest challenge yet.



COVER IMAGE:

Sam (left) and Noah Hedrick and their Happy Buttons business were two of the young entrepreneurs at Arcadia's first AZ Children's Business Fair.
PHOTO BY RAY ARTIGUE



ARCADIA NEWS TEACHERS we love

THIS MONTH'S WINNER: Nicole Packer **NOMINATED BY:** Stella Moric

By Greg Bruns

Hopi first grader Stella Moric's nomination included more than a dozen compliments in support of her favorite teacher, Ms. Packer. Stella remembers her kindergarten teacher with words like "sweet, kind and loving." However, it was the comment Stella made just before the surprise presentation of the Teacher We Love award that was the most impactful.

"She taught me how to read."

Nicole Packer knows it takes a special kind of person to take on the task of educating those little ones at the ages of five and six. She had worked with kids before, but this was a little different than her babysitting job she held at age 11.

"When I was student teaching, I wasn't sure if I could do it," Packer said. "They were so little. I'd be tying shoes all day long, reminding them to close the door when they go to the bathroom. It just seemed too much."

It was Packer's mother who encouraged her to give it some time, knowing it would get easier and she would eventually 'love it'.

"That's exactly what happened," said Packer. "Now, I can't imagine teaching another grade."

This may explain why she has been teaching kindergarten at Hopi for 17 years. She also has a unique way to relate to her students, having gone to elementary school herself at Hopi, before going on to Ingleside and Arcadia High.

There are some benefits (or hazards, depending on the point of view) to teaching in your hometown. The next generation of students might include some offspring of those you grew up and went to school with.

"Arcadia is such a tightknit community, people come back and raise their own kids here," said Packer. "And it just so happens I'm teaching them."

Having a childhood relationship with the parents of the student you are teaching is something Packer enjoys, since the communication is already established. There's more to it than that, though.

Last year, Packer had her own baby, so things are a little different.

"Being a parent gives me a new perspective," Packer said. "Now I know how the little things can affect every day."



First grader Stella Moric with Ms. Nicole Packer (middle), flanked by mother Tanya and father Sonny.

It's the "organized chaos" of a day in kindergarten that Packer relishes the most.

"We have a lot of structure, but you never know what they are going to say… it's that, and their love because they really want to be here."

Which is a perfect match when the teacher loves kindergarten so much she doesn't see herself teaching another grade.

For the future, Packer would like to obtain a Master's degree. She most recently earned her National Board Certification from the National Education Association, which is a rigorous, voluntary process that is considered one of highest credentials a teacher can receive, according to the NEA.

Winning teachers receive Arcadia News gift items, a gift certificate for The Spa at The Phoenician and a gift certificate for Postino. All winners are invited to an end of school year celebratory luncheon. Nominate a teacher you love at arcadianews.com.

ARCADIA NEWS TEACHERS we love

It's easy to recognize and nominate your favorite teacher for Teachers We Love! Just fill out this form and mail, fax or drop it by our office.

OR, you can nominate a teacher online at arcadianews.com

Be sure to include details about why your teacher is great (more details = better chance of winning!)

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How does this person make a difference? _____

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or fill out a nomination form online at: **www.arcadianews.com**

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TOMMY ATKINSON



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Arcadia Real **Estate** Stats

2016 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2016-10/31/2016)

Active Homes -	172 homes
Homes Sold -	235 homes
Average Sale Price -	$1,206,000
Average Sold $ Per SF -	$326
Average Days On Market -	130 days

There is currently 7 months of home inventory. (based on 2015 sales results)
2016 home sales have decreased 0% this year. (based on 2015 sales results)
Home prices have increased 18% this year. (based on 2015 sales results)
$ Per Square Foot prices have increased 8% this year. (based on 2015 sales results)
Homes are taking 17% more time to sell this year. (based on 2015 sales results)

2015 HOPI SCHOOL DISTRICT SALES RESULTS

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

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

2016 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/1/2016-10/31/2016)

Active Homes -	79 Homes
Homes Sold -	185 Homes
Average Sale Price -	$517,000
Average Sold $ Per SF -	$234
Average Days On Market -	91 days

There is currently 4 months of home inventory. (based on 2015 sales results)
2016 home sales have increased 1% this year. (based on 2015 sales results)
Home prices have increased 8% this year. (based on 2015 sales results)
$ Per Square Foot prices have increased 4% this year. (based on 2015 sales results)
Homes are taking 16% less time to sell this year. (based on 2015 sales results)

2015 TAVAN SCHOOL DISTRICT SALES RESULTS

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

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

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Free MLS Access • Complete list of ALL Hopi properties for sale
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Dial down holiday stress

HEALTHY TIDBITS

By Kristin Shealey



Even in Arizona, where the sun shines over 200 days each year, depression is more common in the winter months. The circadian rhythm of the brain changes and can cause symptoms of Seasonal Affective Disorder.

Symptoms are similar to classic depression. Add that to the hustle and bustle of the holidays – lack of sleep, stress of overspending, a crazier-than-normal schedule and overindulgence in alcohol and food – and you may start to feel overwhelmed and unhappy.

The key is to enjoy yourself without overindulging. If you're already feeling a little blue, drinking may only make you feel worse because alcohol is a depressant. Enjoy holiday foods without overeating. Spend an hour outside each day and include light exercise. You'll not only get a good dose of vitamin D, but exercise also produces mood-improving endorphins.

Give yourself permission to adjust your expectations. Instead of throwing a big holiday party, consider spending an afternoon with family and friends volunteering at a food bank or other charitable organization. Rather than buying expensive gifts, spend quality time with family playing games or looking through old photo albums. The gift of your time is and always will be priceless.

Also, try shutting off the computer and resist reaching for your Smartphone when visiting with family or friends. The world will continue to spin if you don't update your status or check your email for a few hours.

— Kristin Shealey, MD, specializes in family medicine with HonorHealth Medical Group.

According to the National Institute of Mental Health, if you're experiencing any of these symptoms nearly every day for at least two weeks, you may be suffering from depression:

- Persistent sad, anxious, or "empty" mood.
- Feelings of guilt, worthlessness, or helplessness.
- Loss of interest or pleasure in hobbies and activities.
- Decreased energy or fatigue.
- Feeling restless, irritable or having trouble sitting still.
- Difficulty concentrating, remembering, or making decisions.
- Difficulty sleeping, early-morning awakening, or oversleeping.
- Appetite and/or weight changes.
- Thoughts of death or suicide.

Seek help if symptoms persist.

Debbie Frazelle
HOMES OF DISTINCTION
Call about several great pocket listings in Arcadia Prime!

Historic Spanish Colonial Revival Estate
Historic home located in the heart of Arcadia. Enter the private gates of this one-of-a-kind nearly 2-acre lush green property nestled at the base of Camelback Mountain. Once considered for the state Governor's mansion, and later serving as Miss Kitty of Gunsmoke's residence for 17 years, this iconic 1920s home exudes character, charm, and elegance! Remodeled 6400+ sq ft open floor plan is perfect for families and entertaining. 6 Bedroom and 4 Bath, gourmet kitchen, Master Suite and Spa-like Master Bath, living room with 11 ft coved ceiling, office and formal dining room. Resort style grounds include an attached guest house, numerous patios, 42' long pool, Jacuzzi/spa, outdoor kitchen, and Hopi/Arcadia schools. Too many extras to list! This piece of Arcadia magic can be your dream home!



Casa Blanca Estates
Inviting hacienda in guard-gated Casa Blanca Estates. Warm ambiance and relaxed elegance. Beautifully remodeled with Mexican doors, Saltillo tile and antiqued wood planked floors. Amenities and quality of a most discerning homeowner. Private master suite, two additional ensuite BRs w/custom full baths. Resort-like backyard, pool, BBQ, grass area, covered patio w/fans, cantera stone walkways and spectacular views of Camelback Mountain. Offered at $1,700,000.





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Entrepreneurial duo focusing business on CoolSculpting

By Kelly Potts

BEHIND *THE BUSINESS*

Ever considered a fat reduction surgery, but wanted to avoid the downtime and surgery centers? Enter the procedure, CoolSculpting, and the Valley's premier CoolSculpting boutique, Bodify.

Melissa Mickelson and Jessica Johnson always dreamed of opening a business together that uplifts people and makes them feel better than ever. With their diverse backgrounds in marketing, concierge, and other service-based industries, they decided opening a CoolSculpting boutique made perfect sense.

The sisters believe in being a master of one rather than a jack-of-all-trades, which is why they decided to focus their new boutique on one concept.

"I have a medical background, and when I saw what CoolSculpting can do for everyone, and how minimally invasive it was, I knew this was the service I wanted to offer," said Mickelson.

CoolSculpting is a non-surgical fat reduction treatment that uses controlled cooling to eliminate stubborn fat that resists the usual efforts of diet and exercise. Bodify has performed over 9,000 CoolSculpting procedures to date and commonly treats the stomach area, love handles, under the chin, and inner thighs for both women and men.

"One of the things that sets Bodify apart from the others, is the way we set up our office and work with our clients to give them the best experiences," said Johnson. "While a full-service clinic may seem like the logical choice, Bodify is adamant that focusing on *one* technology will give you the best results."

Located at Thomas and 44th Street in the Concord Place, Bodify features flexible hours to fit client needs, including night and weekend hours. Bodify also features a "man cave" complete with big screen TVs, video games and sports memorabilia.

Mickelson and Johnson started Bodify without a database and have worked to build a reputation of trust and excellence among their clients. According to Mickelson and Johnson, helping people and making them feel better in their own skin, as well as building a genuine relationship with their clients from their initial call to post treatment follow-ups, has been the key to Bodify's success.

"There's a reason we are the number one CoolSculpting provider in Arizona," said Johnson. "This is something that we are passionate about, and we will guarantee your results. If you aren't happy, we will treat the area again for free."

BUSINESS BRIEFS

Art One Celebrates 23 Years

The art gallery landscape on Marshall Way in Old Town Scottsdale has changed immensely since Art One opened its doors in 1993. Owner Kraig Foote started Art One to help struggling art students learn about art, how to sell their own art and how to manage their career. The gallery represents and displays the work of more than 100 high school, college and local artists.
Art One features a variety of work from a wide segment of artists of varying mediums. Prices are clearly displayed and Foote's strategy from the beginning has been to keep everything affordable. Many art collections – and artists – began here.
For more about Art One, visit artonegalleryinc.com.

Arcadia Gateway

The shopping plaza on the southwest corner of 44th St. and Indian School is winding down its construction and beginning to open some new shops.

Creamistry

Creamistry, now open, has a unique take on creating the perfect ice cream treat: liquid nitrogen. Customers start with a size or specialty, ranging from shakes to floats to waffle bowls and more. Next they select an ice cream base, including choices of premium, organic, Greek yogurt, non-dairy, vegan and gluten free options such as sorbet and coconut milk. Some of Creamistry's nearly 40 flavors include birthday cake, sea salt caramel, Madagascar vanilla bean and blood orange. Top your creation off with candy, fruits, nuts or cookies. Everything is mixed with liquid nitrogen for a smoky visual showcase.
For more information, visit creamistry.com

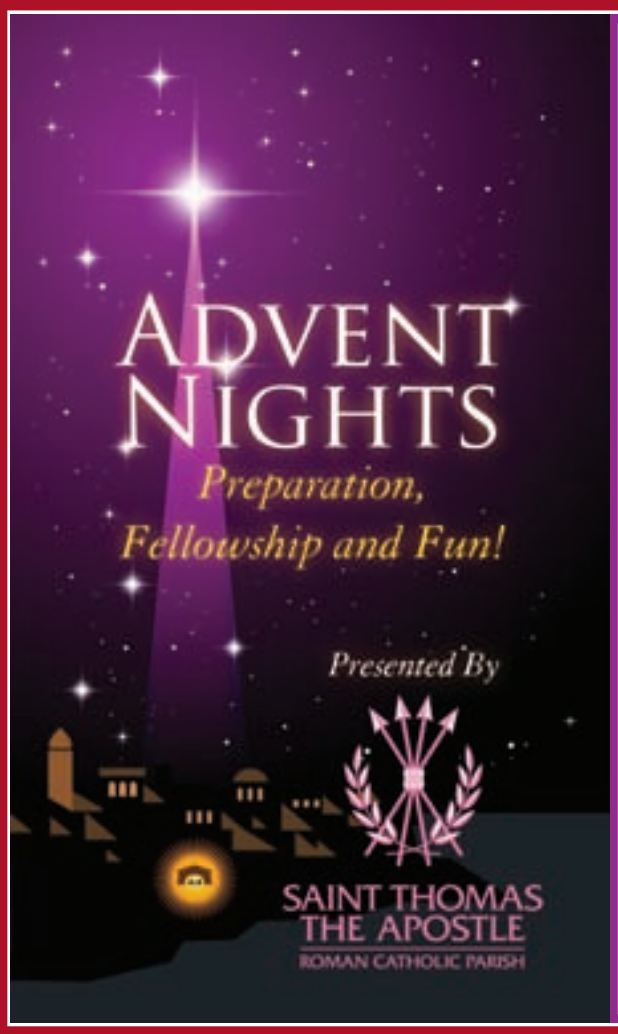
European Wax Center

European Wax Center, now open, was founded a decade ago on the belief that everyone, men and women, deserve beautiful, gorgeous skin by having the courage and confidence to reveal natural, beautiful skin.
For this new location, all first-time guests receive a complimentary wax. New female customers can enjoy a complimentary brow, underarm or bikini line wax, and for gents an ear, nose or brow wax. Must be a local state resident with valid ID.
For more information, visit waxcenter.com.

Doughbird

Although not opening until early spring, perhaps the most talked about spot is the 16th Fox Restaurant concept, Doughbird. The casual full-service restaurant, from well-known local restaurateur Sam Fox, will have a menu built around pizza and rotisserie chicken.
For more information, visit Foxrc.com.

We will have more info on Arcadia Gateway openings in the coming months.



SUNDAY EVENINGS
Nov. 27, Dec. 4th,
11th & 18th

5 PM: Candlelight Mass
6 PM - 7 PM: Hosted Reception
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Christmas Movie, Crafts,
Gift Shop Shopping,
and St. Vincent de Paul
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WEDNESDAY EVENINGS
Nov. 30th, Dec. 7th,
14th & 21st

6 PM - 7 PM: Reconciliation
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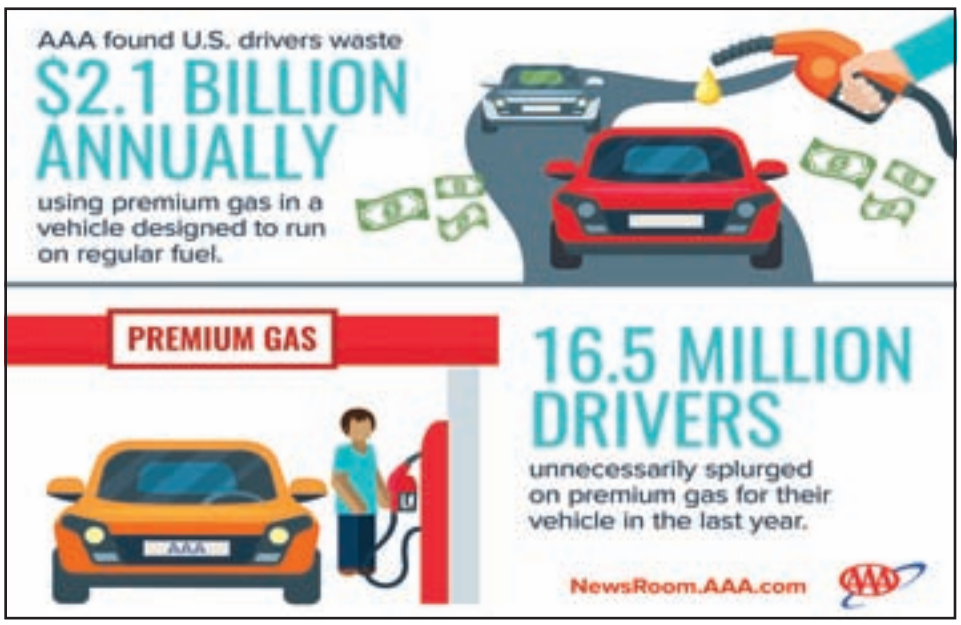


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Are you using the wrong octane?

By Michelle Donati-Grayman

People who fill up their gas tanks with premium fuel even though the owner's manual calls for regular octane are throwing away money, according to a new AAA study.

"Drivers see the 'premium' name at the pump and may assume the fuel is better for their vehicle," said John Walter, Director of automotive repair and fleet operations for AAA Arizona.

In partnership with the Automobile Club of Southern California's Automotive Research Center, AAA tested 87-octane (regular) and 93-octane (premium) gasoline in vehicles designed to operate on regular-grade fuel.

Each vehicle was tested on a dynamometer, which is essentially a treadmill for cars that is designed to measure horsepower, fuel economy and tailpipe emissions when using both fuel types and a variety of driving conditions.

The testing found no significant increases in any category, indicating there is no advantage to using premium gasoline when it's not required for the vehicle.

The auto club also surveyed U.S. drivers to understand what type of fuel their vehicles require and the frequency at which they upgrade to premium fuel.

Results for U.S. drivers reveal:

- **Only 16 percent own a vehicle that requires premium fuel.**
- **In the last year, 16.5 million unnecessarily used premium-grade gasoline in their vehicle at least once.**
- **In the last year, drivers unnecessarily used premium gasoline in their vehicle more than 270 million times.**

Previous AAA research found that fuel quality varies significantly among gasoline retailers and that using a gasoline that meets TOP TIER standards can result in 19 times fewer engine deposits, increase vehicle performance and improve fuel economy.

"Premium gasoline is higher octane, not higher quality. There isn't a benefit to giving your vehicle a higher octane gas than what the owner's manual recommends," Walter said.

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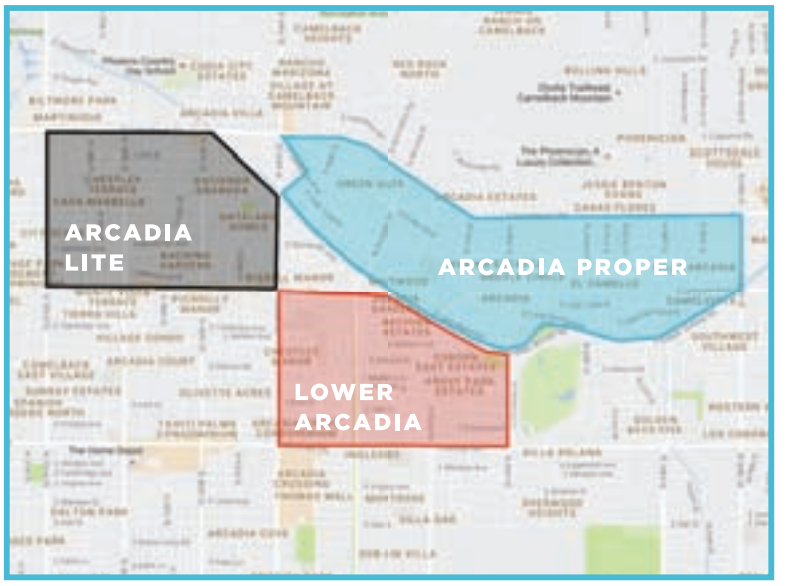
TUCKER BLALOCK

YOUR ARCADIA AND BILTMORE REAL ESTATE SPECIALIST

Arcadia Proper, Arcadia Lite, Lower Arcadia

"I live in Arcadia." That has to to be the million dollar answer these days. It seems as though the southern boundary now runs half way to Tucson and Arcadia Lite has somehow moved close to Buckeye. Jokes...I know...but maintaining the boundaries of our neighborhood goes a long way to upholding our home values. Boundaries allow the Arcadia name to remain exclusive and more desirable especially as other neighborhoods outside of the area begin to blossom.

Our neighborhood is made up of three distinct sections. Arcadia Proper, Arcadia Lite, and Lower Arcadia. The boundaries of these sections depend on who you are talking to, but the map below will show you what I consider to be the most accurate depiction of those neighborhood sections.



Arcadia Proper

Boundaries: 44th Street to 68th Street, Camelback Rd. to the canal

Arcadia Proper was home to the original citrus orchards that formed the area in the early 1900's. These citrus orchards gave way to developers in 1919 who began to assemble large tracts of land that would be surveyed, platted, and marketed for single family homes. The tracts were sold in 5 acre lots and no home could be constructed for less than $5,000 at the time. This cost requirement was implemented in order to attract only the most wealthy investors in order to make Arcadia into an exclusive rural community.

While Arcadia is no longer rural ;) the original founders including Seymour Jordan, Robert Grace, and Charles Keafer did a great job upholding the standards of Arcadia. To this day, Arcadia Proper is still one of the most exclusive and desired neighborhoods in the state. The boundaries of this portion of the neighborhood are drawn in ink and are non-negotiable.

Arcadia Lite

Boundaries: 32nd Street to 44th Street, Camelback Rd. to Indian School Rd.

The hip trendsetter, Arcadia Lite is home to all of the neighborhood favorites including La Grande Orange, Postino, North, Chelseas, INGOS, The Madison, and many more. While the original Arcadia Lite was just a little pocket that lies to the south of Campbell, I have expanded it to include everything north of Indian School between 32nd St to 44th St. since it has evolved over the years.

In my opinion, Arcadia Lite is undervalued and will see the most growth out of all of the Arcadia neighborhood sections in the years to come. New builds in this area have been selling between $280-$320/sq.ft. which is well below that of Arcadia Proper. I think that you will see this area start to drive a lot of millennial traffic and younger families who want some of the best walkability in the Valley.

Lower Arcadia

Boundaries: 44th Street to 56th Street, Indian School Rd to Thomas Rd

Lower Arcadia is home to most of the parks and schools of the Arcadia area. This part of the neighborhood has always been a throwback to the old school days of Arcadia living with most of its original 1950 homes still intact. There has been significant turnover in the past few years that is leading to a boom in new home construction and even some retail development on the southwest corner of 56th St and Indian School Rd. The Veritas Prep Academy is also driving a lot of families to this part of the neighborhood so that they can be closer to school.

The Arcadia name is a brand. It is authentic. It has character. It is desired. As residents, lets make sure that we are working together to keep the integrity of our brand intact. Our neighborhood traditions and culture are second to none, and I look forward to building our futures together. As always, give me a call or shoot me a text anytime at 602-561-0445 to talk about the neighborhood.



18 BILTMORE EST
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53,586SQ. FT. LOT
$1,995,000



3402 N. 44TH PL.
PHOENIX, AZ 85016
4 BED / 2.5 BATH
3,070 SQ. FT. / $659,000



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2,511 SQ. FT / $939,000

BESPOKE PROPERTIES

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WHAT'S HAPPENING, *ARCADIA?*

THURSDAY, DECEMBER 1

Holiday Festival at the Falls

5 – 8 p.m. at Point Hilton Tapatio Cliffs Resort, 11111 N. 7th St., Phoenix. The Falls Water Village at the Pointe Hilton will be transformed this holiday season. Bring your family and friends and join the Phoenix Fire Department for this holiday event. The Phoenix Yamaha Music School will sing Christmas carols while you stroll through treat stations, arts and crafts booths, games and more. Plus, you'll be able to meet and take photos with Saint Nick himself. The entry fee is three cans of food or $5 per person. Proceeds will benefit Tumbleweed, a center for homeless youths. For more information, visit tapatiocliffshilton.com.



Holiday Festival at the Falls at Point Hilton Tapatio Cliffs Resort.



Arizona Asian Festival at the Scottsdale Civic Center Mall.

FRIDAY, DECEMBER 2

Tempe Festival of the Arts

10 a.m. – 5:30 p.m. at the Mill Avenue District, Mill Ave. and University Drive, Tempe. Mill Avenue and the surrounding streets will be dedicated to the arts during this three day festival starting on Dec. 2. Over 400 artists will be there showcasing their unique and handmade works of art. There will be live entertainment, street performances, food and beverages, sponsor exhibits and a beer and wine exhibit. This event is perfect for your last-minute Christmas shopping. Admission is free and pets are welcome. For more information, visit tempefestivalofthearts.com.

SATURDAY, DECEMBER 3

NVSO Holiday Concert

7 p.m. at North Canyon High School Performing Arts Center, 1700 E. Union Hills Drive, Phoenix. Christmas music is one of the best ways to celebrate the holidays, and what better way to listen than with a symphony? The group will be performing Santa Claus: Christmas Symphony, The Holly and the Ivy, Men of Goodwill and many more. There will also be an opportunity to meet and take pictures with Santa. This concert is for all ages and tickets are $5. For more information, visit northvalleysymphony.org.

Tavan Twinkles Holiday Fair

4 – 8 p.m. at Tavan Elementary School, 4610 E. Osborn Rd., Phoenix. Join the Arcadia community and come out for the 2nd annual Tavan Twinkles Holiday Fair. Along with various vendors, there will be food trucks and a movie on the lawn. Fun activities include an obstacle course, human hamster ball races, bounce houses, and arts and crafts to name a few. There will also be performances by groups from Arcadia area studios and schools. Come out and support your local community. This event is free.

SUNDAY, DECEMBER 4

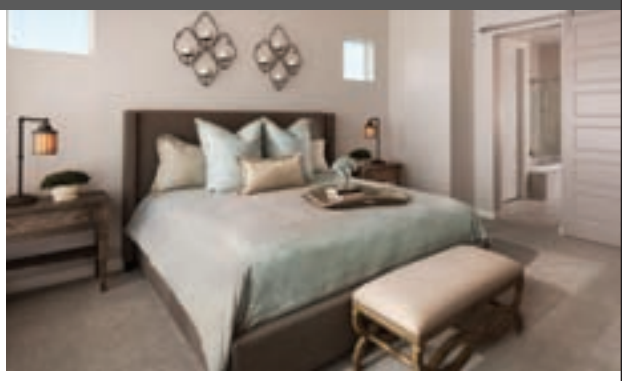
Princess Holiday Tea

2 – 4 p.m. at Coup Des Tartes, 1725 E. Osborn Road, Phoenix. Grab your tiara and head over to Coup Des Tartes, where they will be hosting an afternoon of holiday tea and treats. Participants will enjoy holiday music, cocoa, treats and a visit from a princess. Each child will also receive a special gift. Advanced purchase is required. Tickets are $55 for adults and $35 for children. For more information, visit nicetartes.com.

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WHAT'S HAPPENING, *ARCADIA?*

Arizona Asian Festival

10 a.m. – 5 p.m. at the Scottsdale Civic Center Mall, 3939 N. Drinkwater Blvd., Scottsdale. Take a break from the hectic holidays and explore the culture of Asia with the Arizona Asian Festival. Attendees will be able to sample authentic Asian cuisine, browse the Avenue of Cultures, watch live performances, shop at the Asian marketplace, and so much more. There is also a fashion show and kid's zone. This event is free for all ages. For more information, visit aaaa-az.org.

WEDNESDAY, DECEMBER 7

Story Time

5 – 7 p.m. at Desert Ridge Marketplace, 21001 N. Tatum Blvd., Phoenix. Enough about Saint Nick, what about Mrs. Claus? Bring the kids and enjoy story time with the missus as she reads holiday classics. Free hot chocolate and cookies will be provided by California Pizza Kitchen and there will be dancing and exercising with the folks from The Little Gym. Plus, there will be special guest characters visiting during story time—this Wednesday, it's Clifford the Big Red Dog. This event is free. For more information, visit shopdesertridge.com.

THURSDAY, DECEMBER 8

I Spy Santa ArtWalk

6:30 – 9:30 p.m. in downtown Scottsdale, Scottsdale Rd. to Goldwater Blvd. / Marshall Way north of Indian School Rd. to Fifth Ave.



Las Noches de las Luminarias at Desert Botanical Garden.

Celebrate the holiday season with a good ol' fashioned treasure hunt. Santa's elves will help guide you through the art galleries of downtown Scottsdale while you look for clues to find Santa. There will be holiday music, elves and (once you find it) Santa's house, plus you'll be able to see many artists at work in their galleries. Grab your spy glasses and head downtown to find Saint Nick. For more information, visit scottsdalegalleries.com.

FRIDAY, DECEMBER 9

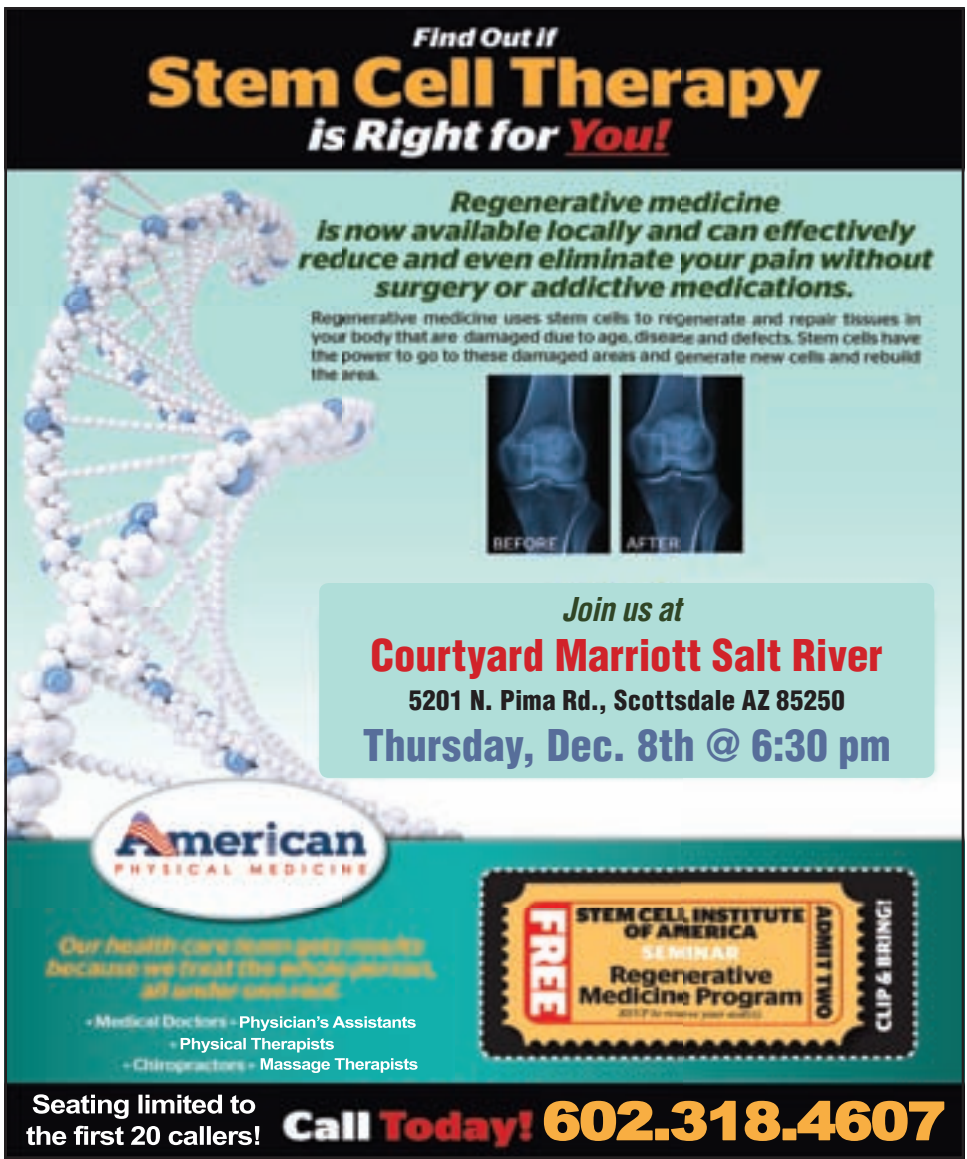
Las Noches de las Luminarias

5:30 – 9:30 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Nothing brings out the holidays like twinkle lights. A Valley tradition for the past 40 years, Las Noches de las Luminarias is an event for the whole family. Come out and stroll among thousands of twinkle lights and 8,000 hand lit luminaria bags. Grab a cup of cocoa or cider and listen to music provided by more than nine different groups and hand bell ensembles. You can also grab a bite to eat at the café or have s'mores by the fire. Tickets are $30 for adults and $12.50 for children. For more information, visit dbg.org.

Holiday Snowfall Showcase

4 – 7:30 p.m. at the Omni Scottsdale Resort and Spa, 4949 E. Lincoln Dr., Paradise Valley. If you haven't finished all of your holiday shopping, this event is for you. Vendors from all around the Valley will be gathered for you to shop from, as well as samples of Montelucia's own signature wine and olive oil gift sets. There will be food and beverages available, and entertainment will be provided by Phoenix's own Obadiah Parker. St. Mary's Food Bank will be on site accepting non-perishable food items. At 6 p.m. there will be a snow show with a performance by the advanced choir from Shadow Mountain High School. This event is free. For more information, visit omnihotels.com.





WHAT'S HAPPENING, *ARCADIA?*

SATURDAY, DECEMBER 10

Polar Express and Activities

10 a.m. – 1 p.m. at Scottsdale's Museum of the West, 3830 N. Marshall Way, Scottsdale. Bring the kids and enjoy one of the most beloved Christmas films with Scottsdale's Museum of the West. At 10 a.m. there will be a screening of "The Polar Express." Kids can also participate in a Silver Bell Scavenger Hunt, arts and crafts, and fun games. At 1 p.m. there will also be a western style holiday concert. Tickets are $13 for adults and $8 for children. For more information, visit scottsdalemuseumwest.org.

Ignite Hope Walk

3 p.m. starting at North High School, 1101 E. Thomas Road, Phoenix. Light up the night and be a part of the candlelight walk to Phoenix Children's Hospital on Dec. 10. The 1 mile walk is led by the Phoenix Fire Department. The evening will start off with a pre-celebration at North High School with a visit from Santa, superhero appearances, music and beverages. Walkers will be serenaded by Christmas carolers and met at PCH by patients waving candles in their windows. The walk will end with a Christmas tree lighting ceremony. Pre-registration is $35 for adults and $10 for kids. For more information, visit pchignitehope.com.



Ignite Hope Walk at North High School.



Carefree Christmas Festival at the Carefree Desert Gardens.

Carefree Christmas Festival

10 a.m. – 9 p.m. at the Carefree Desert Gardens, 101 Easy St., Carefree. The streets of Carefree will become a Southwest winter wonderland this weekend. There will be vendors and sponsors on site selling all sorts of holiday goodies and gifts, a kids zone with 35 tons of snow, Santa's grotto, train rides, fireworks, and the highlight of the evening: The Electric Light Parade. Escape the city and play at the Carefree Christmas Festival. This is a free event. For more information, visit carefreeazfestivals.com

SUNDAY, DECEMBER 11

Poinsettia Tea

2 p.m. at the Hyatt Regency Scottsdale at Gainey Ranch, 7500 E. Doubletree Ranch Rd., Scottsdale. Duet, a local non-profit organization that supports homebound adults, family caregivers and grandparents raising grandchildren, is hosting their 26th annual Poinsettia Tea event. Guests will enjoy tea, sandwiches, scones and other treats while listening to music provided by electric violinist Elizabeth Bacher. Proceeds will benefit Duet's programs and services. Tickets are $70. For more information, visit duetaz.org.

Panda Prowl 5K

2 p.m. at Arcadia Park, 3402 N. 56th St, Phoenix. The Phoenix Women's Board of Steele Children's Research Center at UofA's College of Medicine is proud to introduce the first annual PANDA Prowl. This 5K run/walk is designed to raise awareness and funds for PANDA, which stands for People Acting Now Discover Answers. This year, PANDA is raising funds for the Children's Autoimmunity and Allergies Project to find out more about autoimmune diseases in children. The walk begins at 3 p.m. and participants get a t-shirt. There will also be music, face painting and treats. Registration is $25 for adults and $15 for kids. For more info, visit azpanda.org.



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$1,575,000 6332 East Calle Del Paisano
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$1,695,000 3821 North 54th Court
5 bedrooms, 5 baths, 4,766 square feet



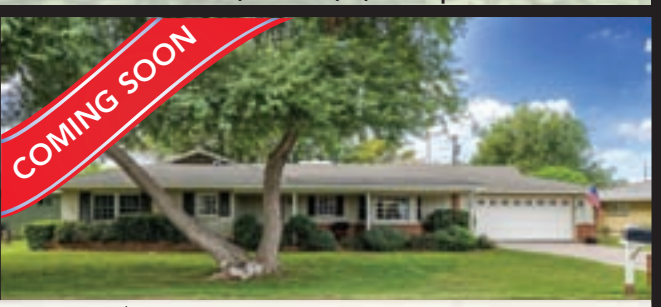
$599,000 3528 North Kachina Lane
4 bedrooms, 2 baths, 2,007 square feet



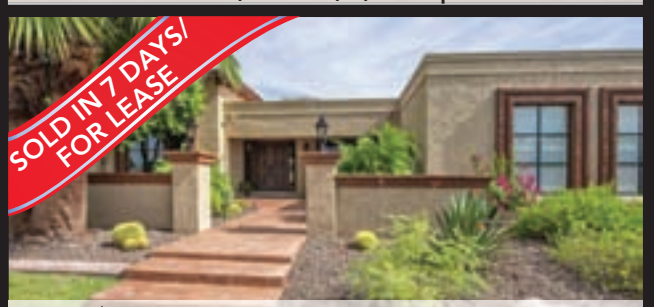
$678,000 4043 East Weldon
3 bedrooms, 3 baths, 2,616 square feet



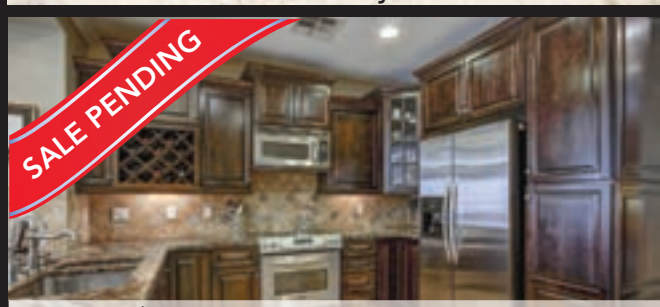
$750,000 5301 North 46th Street
Camelback Canyon Lot



$749,000 4509 East Calle Ventura
Call for information.



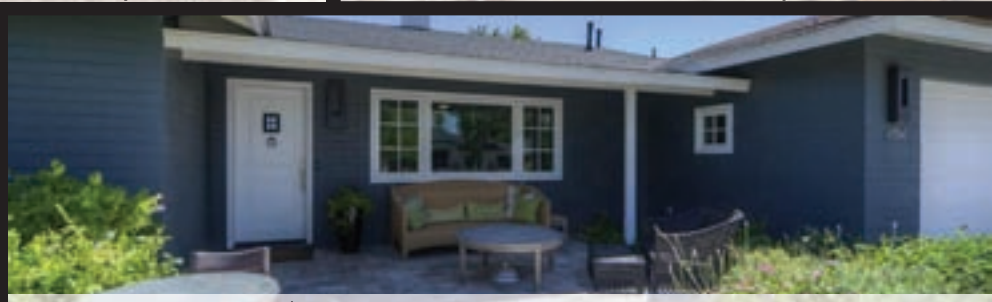
$5,000 per month 5526 East Camelhill
4 bedrooms, 4 baths, 3,684 square feet



$369,900 4429 North 24th Place
3 bedrooms, 3 baths, 1,755 square feet



$1,469,000 5240 East Calle Ventura
4 bedrooms, 4 baths, 3,760 square feet



$1,149,000 4584 East Calle Tuberia
4 bedrooms, 4 baths, 2,750 square feet



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

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$1,300,000 6101 East Calle Del Sud
5 bedrooms, 4 baths, 2,710 square feet



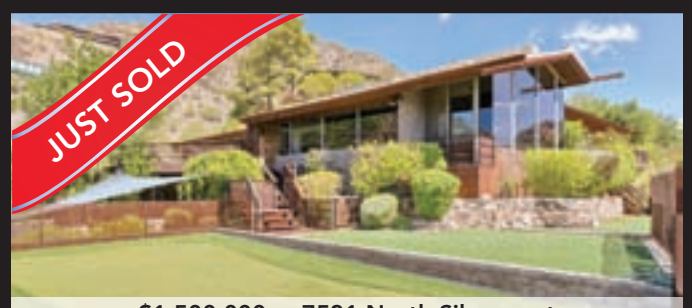
$2,649,000 4436 North Los Vecinos
Call for information.



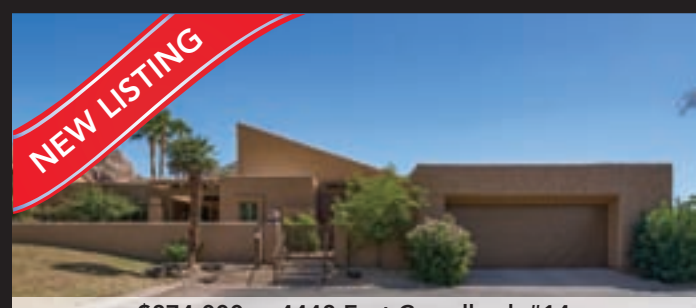
$899,000 6426 North 29th Street
3 bedrooms, 3 baths, 3,008 square feet



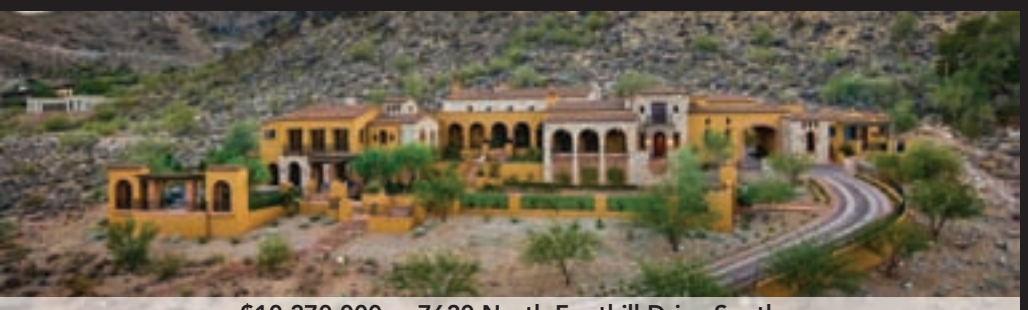
$6,250 per month 4150 North 49th Street
5 bedrooms, 5 baths, 4,205 square feet



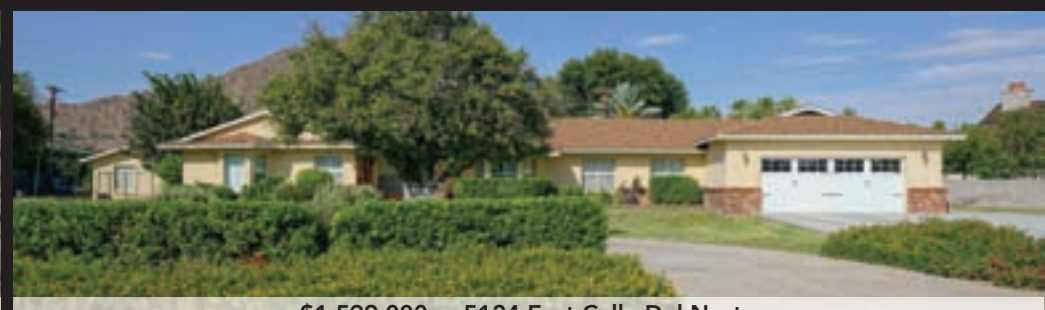
$1,500,000 7531 North Silvercrest
5 bedrooms, 5 baths, 4,450 square feet



$874,000 4448 East Camelback #14
3 bedrooms, 2 baths, 2,831 square feet



$10,270,000 7620 North Foothill Drive South
6 bedrooms, 8 baths, 10,283 square feet



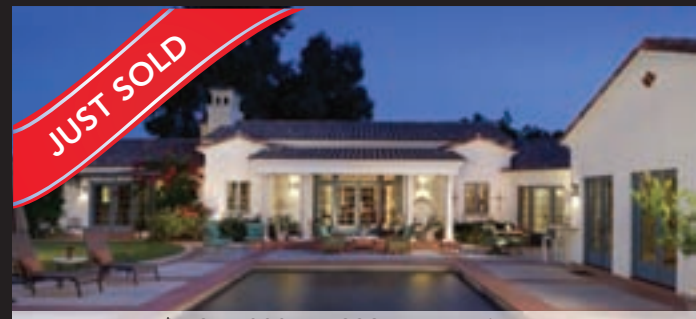
$1,599,000 5124 East Calle Del Norte
5 bedrooms, 4 baths, 4,565 square feet



$1,195,000 4219 North 62nd Street
5 bedrooms, 3 baths, 4,000 square feet



5104 East Calle Del Norte
CALL FOR PRICING & INFORMATION



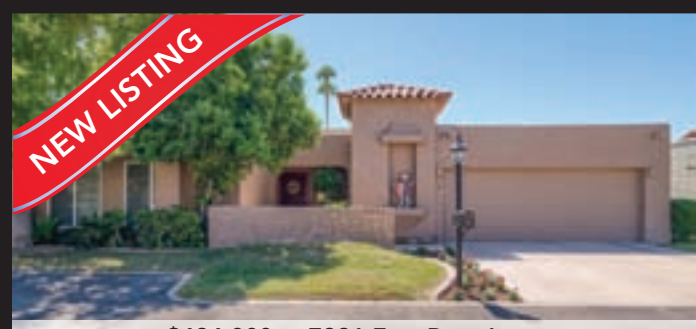
$1,975,000 5932 East Mariposa
4 bedrooms, 6 baths, 7,480 square feet



6656 Lost Dutchman
CALL FOR PRICING & INFORMATION



5161 East Pasadena
CALL FOR PRICING & INFORMATION



$424,000 7331 East Rose Lane
3 bedrooms, 2 baths, 2,447 square feet



$729,000 4201 North 42nd Place
4 bedrooms, 3 baths, 2,934 square feet

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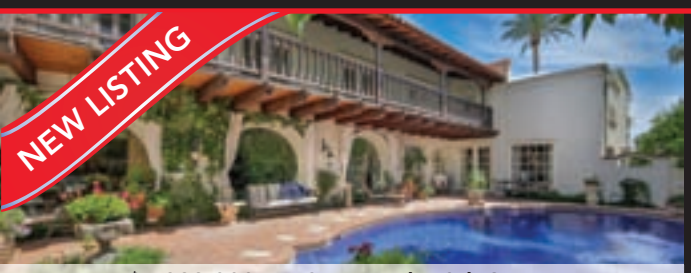
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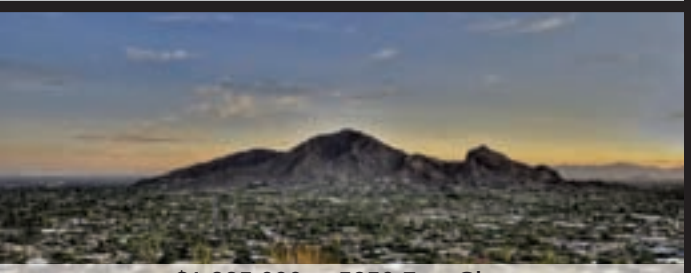
$1,899,000 4316 North 40th Street
4 bedrooms, 5 baths, 6,881 square feet



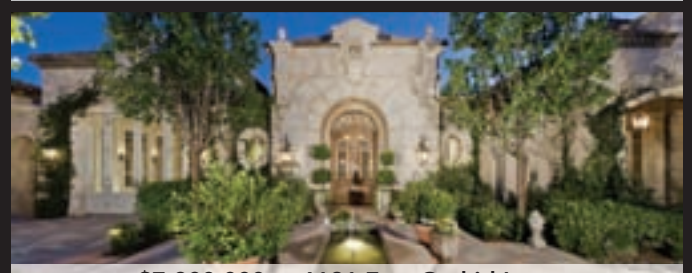
$1,795,000 8634 North 52nd Street
5 bedrooms, 6 baths, 5,127 square feet



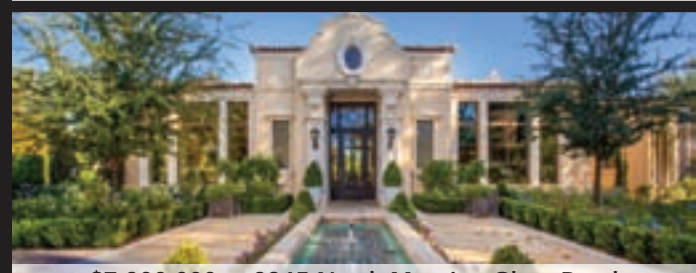
$1,319,000 6112 East Calle Del Sud
4 bedrooms, 5 baths, 4,256 square feet



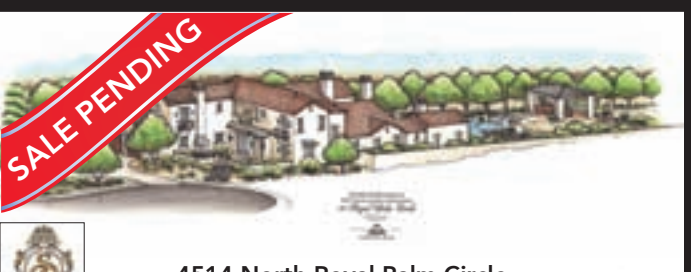
$1,995,000 5850 East Glen
CALL FOR INFORMATION



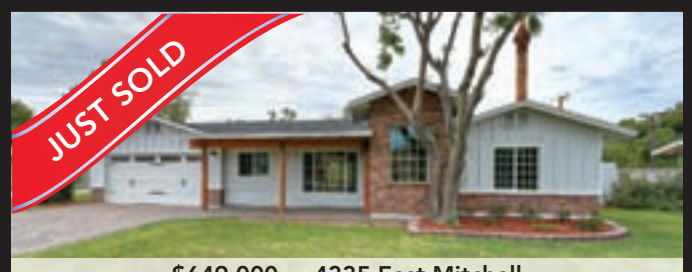
$7,800,000 6121 East Orchid Lane
5 bedrooms, 7 baths, 9,831 square feet



$7,800,000 8345 North Morning Glory Road
5 bedrooms, 7 baths, 9,858 square feet



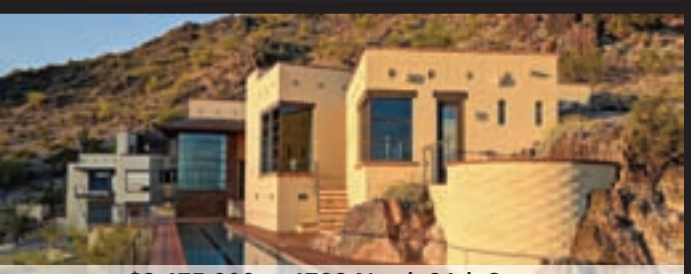
4514 North Royal Palm Circle
www.royalpalmestate.com



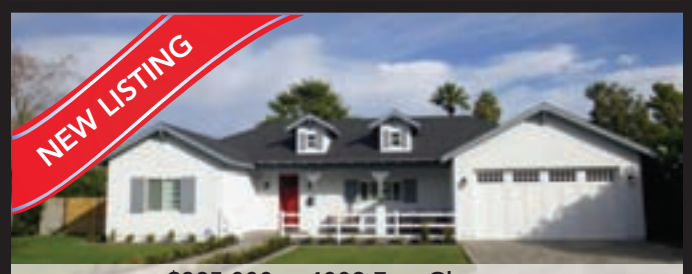
$649,000 4335 East Mitchell
4 bedrooms, 4 baths, 2,213 square feet



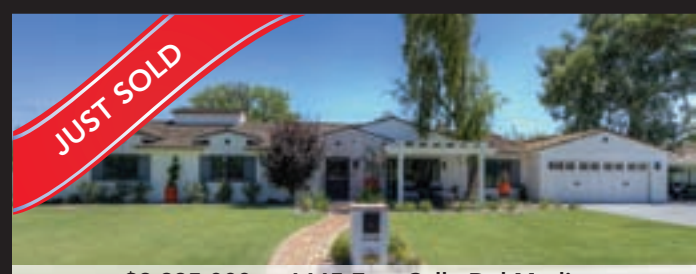
4002 North 54th Place
CALL FOR INFORMATION



$2,475,000 6739 North 36th Street
4 bedrooms, 5 baths, 6,200 square feet



$825,000 4002 East Glenrosa
4 bedrooms, 3 baths, 2,706 square feet



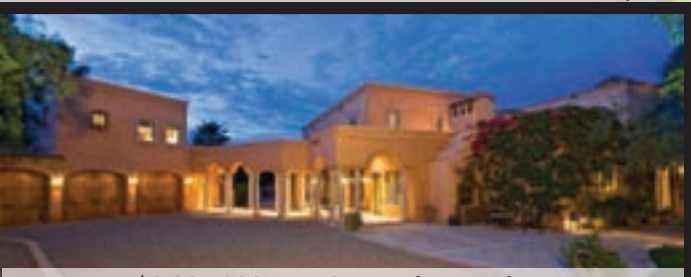
$2,295,000 6445 East Calle Del Media
5 bedrooms, 6 baths, 4,400 square feet



$2,995,000 5936 East Paisano Circle
6 bedrooms, 5 baths, 5,900 square feet



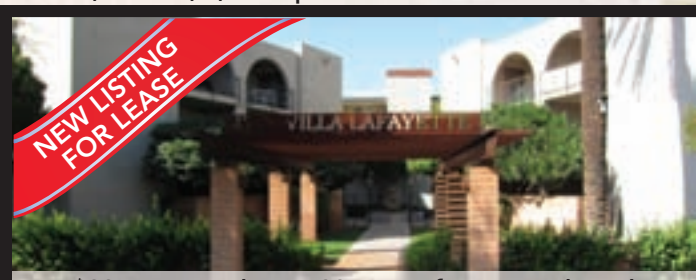
$2,495,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet



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



$3,099,000 6204 North Casa Blanca
4 bedrooms, 6 baths, 5,000 square feet



$995 per month 4722 East Lafayette Boulevard
1 bedrooms, 1 baths, 720 square feet

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HOLIDAY SPARKLE
IN DOWNTOWN SCOTTSDALE

NOVEMBER 25 - JANUARY 1, 2017

Scottsdazzle is a month-long celebration in Downtown Scottsdale that will feature live music, unique events, entertainers, and dazzling holiday decor. Don't miss the one-of-a-kind holiday tree with its one million customizable lighting options on Soleri Plaza. Many of the merchants and restaurants in the area will be offering great dining and shopping discounts along with many special events. Visit Scottsdazzle.com often to stay informed about how you and your family can be dazzled this holiday season.

For a full list of events, visit SCOTTSDAZZLE.COM

Scottsdazzle



WHAT'S HAPPENING, *ARCADIA?*

Chanukah Carnival

11 a.m. – 2 p.m. at Congregation Beth Israel, 10460 N. 56th St., Scottsdale. The 7th Annual Chanukah Carnival is opened to the public and to all age groups. Tasty traditional Chanukah treats like latkes, cotton candy, popcorn and sufganiyot will be available and entertainment includes train rides, a rock-climbing wall, a bounce house and a petting zoo. Temple rabbis and preschool teachers will be courageously sitting in the dunk tank as well. This event is hosted by the Congregation Beth Israel's Chanen Preschool. For more information, visit cbiaz.org.

SATURDAY, DECEMBER 17

Gingerbread House Cooking Class

11 a.m. – 1 p.m. at the Hermosa Inn, 5532 N. Palo Cristi Rd., Paradise Valley. A classic holiday tradition- bring the entire family and create your very own gingerbread house. Lon's at the Hermosa Inn will provide endless edible materials to use in creating your masterpiece, snacks and beverages will also be provided. Reservations are required. The class is $69. For more information, visit hermosainn.com.

SUNDAY, DECEMBER 18

West Coast Swing Dance Party

6 – 9:30 p.m. at the Veterans of Foreign Wars Post 720 Hall, 4853 E. Thomas Road, Phoenix. Take a break from the hustle and bustle of the holiday season and release some stress by dancing. The Greater Phoenix Swing and Dance club is hosting a holiday party where you can dance your blues away, at least for a few hours. There will be music and food. Come meet the neighbors, have a snack and dance 'til you can't anymore. Tickets are $10 per person. For more information, visit gpsdc.com.

Hot Rods and Hawgs Charity Benefit Party

12 – 6 p.m. at Victory Lanes Sports Park, 22603 N. 43rd Ave., Glendale. Cutrano Arizona Troop Run, a non-profit organization that supports children of military families, presents their 4th annual Christmas in the Park benefit. Folks are invited to come out and look at all the different hot rods and motorcycles on display. There will be multiple kids zones, raffles, food, live music and Santa will also be making an appearance. There will also be a toy drive; people are welcome to bring a new unwrapped toy or backpack/school supplies to give to the kids. For more information, visit aztrooprun.com.

THURSDAY, DECEMBER 22

Twist Your Dickens

8 p.m. at the Phoenix Theatre, 100 E. McDowell Rd., Phoenix. Everyone knows the classic Christmas tale of Scrooge and the Ghosts of Christmas past, present and future… are you ready for a twist? This Christmas story is improv-driven, full of satire and audience participation is a must. From the writers of the Colbert Report, Peter Gwinn and Bobby Mort, this play is designed to have you feeling holly jolly all the way to the finish. This is an adult comedy, no kids allowed. Tickets range from $31 to $80. For more information, visit phoenixtheatre.com.



Hot Rods and Hawgs at Victory Lanes Sports Park.

SATURDAY, DECEMBER 24

MazelPalooza

9 p.m. – 2 a.m. at Maya Day + Nightclub, 7333 E. Indian Plaza, Scottsdale. The Jewish Federation of Greater Phoenix NowGen's 18th annual MazelPalooza is finally here. Gather your friends and head to Maya Day + Nightclub, where DJ Solomon will be spinning the latest jams to get you on the dance floor. There will also be aerial and fire performers entertaining all night. Put on your dancing shoes and enjoy the festivities. This is a 21 and over event. General admission is $36 and $45 at the door. For more information, visit mazelpalooza.org.

SATURDAY, DECEMBER 31

Fiesta Bowl Fan Fest

Before the Fiesta Bowl at University of Phoenix Stadium, 1 Cardinals Dr., Glendale. You can experience 100 tailgating parties all rolled in to one big celebration. Folks can attend pep rallies, watch marching band and cheerleader performances, read up on team highlights, and more. There will be interactive games and food and beverage booths galore. Get ready for the big game in true football fan style. Tickets are included with Fiesta Bowl entry, starting at $150. For more information, visit fiestabowl.org.

Midnight Madness Run

10:30 p.m. at Rose Mofford Sports Complex, 9833 N. 25th Ave., Phoenix. The Midnight Madness 5K is here. Participants are awarded a finisher's medal, a long sleeved Dri-Fit tech shirt, a sparkling cider toast at midnight, and a post-run party. Registration fees are $40. Run your way into 2017! For more information, visit startlineracing.com.

OUT OF THE AREA, *BUT WORTH THE DRIVE*

FRIDAY, DECEMBER 2/ SATURDAY, DECEMBER 3

Cowboy Christmas Poetry Gathering

Friday at 6 p.m., Saturday at 7 p.m. in Wickenburg. Join featured artists Jean Prescott, Chris Isaacs, Yvonne Hollenbeck and Brenn Hill for the 28th annual Cowboy Christmas Poetry celebration. On Friday, there will be a cowboy reception at the Western Museum where you'll get a little taste of Saturday's event, which includes cocktails, food and music. On Saturday, the featured artists will serenade with stories, poems and ballads of the Old West. Tickets are $10 for Friday's reception and $15 for Saturday's performance. For more information, visit wickenburgchamber.com.

Boat Parade of Lights

6:30 p.m. at Bridgewater Channel, 422 English Village, Lake Havasu City. We've all seen houses lit up during the holidays with twinkle lights and blow up Santas, but have you ever seen a bunch of boats dressed to the nines in twinkle lights and blow up Santas? If not, the 34th annual Boat Parade of Lights is something you won't want to miss. Over 50 boats will be decorated in their holiday best and will cruise from Thompson Bay to Windsor Beach and back. Plus, you might be able to join in on one of the bonfires on the beach. This event is free for all ages. For more information, visit golakehavasu.com.



Boat Parade of Lights at Bridgewater Channel.

SATURDAY, DECEMBER 3

Queen Creek Holiday Festival

12 – 7 p.m. around Ellsworth and Ocotillo Rd., Queen Creek. Take a drive this weekend and enjoy a full day of Christmas activities for the whole family at the 34th annual Queen Creek Holiday Festival and Parade. Start the day by browsing through local vendor and craft booths. The parade starts at 3, with a "cartoon Christmas" as this year's theme. Then grab a bite to eat, listen to live local entertainment, hit up the kids zone, say hi to Santa, and then stick around for the tree lighting ceremony at 6 p.m. For more information, visit queencreekparade.org.

THURSDAY, DECEMBER 8

Ghost Trolley Tours

6 -8 p.m. at the Sanguinetti House Museum, 240 S. Madison Ave., Yuma. The Sanguinetti House Museum is hosting Ghost Trolley Tours through the streets of Yuma's downtown district. Hear stories of mystery, murder and mayhem from the olden days and even get a close up look at the Pioneer Cemetery. Ghost Hunter Dennis Quesenberry will even set up his equipment in the oldest room of the Sanguinetti House, so you might come in personal contact with some ghouls and ghosts. Tickets are $30 per person. For more information, visit arizonahistoricalsociety.org.

FRIDAY, DECEMBER 9

Acker Night Musical Showcase

5:30 – 8:30 p.m. in downtown Prescott. James Acker has been a part of Prescott's history dating all the way back to the 1900s. When he died in 1955, he left parcels of land to Prescott City and asked that they be dedicated to parks and music programs for children. In the spirit of Mr. Acker, Prescott hosts Acker Music night, where downtown businesses open their doors to music of every genre. Come out, enjoy the weather and the music to support local schools and music programs. For more information, visit ackernight.com.

SATURDAY, DECEMBER 10

Fourth Avenue Winter Street Fair

10 a.m. – 6 p.m. between 9th Street and University Blvd., Tucson. More than 600,000 people head to the Fourth Avenue Street Fair each year. There will be more than 400 arts and crafts booths, food and drink vendors, street musicians, live music, a kids zone, fine art show, and so much more. For more information, visit fourthavenue.org.

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OUT OF THE AREA, *BUT WORTH THE DRIVE*



Festival of Lights at the Besh-Ba-Gowah Archaeological Park.



Stocking Stuffer Bazaar at the Prescott Activity Center.

SATURDAY, DECEMBER 17

Stocking-Stuffer Bazaar

10 a.m. – 4 p.m. at the Prescott Activity Center, 824 E. Gurley St., Prescott. The presents are wrapped, the tree is up, and the lights are strung about the house. The last thing on your Christmas to-do list is to stuff the stockings, and what better way to find the perfect gift than at the non-profit Stocking Stuffer Bazaar? More than 50 organizations, school and service groups will be selling their gifts, crafts and baked goods. There will be carolers and a chance to meet Santa! Support your local non-profit agencies and find that perfect last minute gift. For more information, visit stocking-stuffer-bazaar.com.

SUNDAY, DECEMBER 18

Festival of Lights

5 – 9 p.m. at the Besh-Ba-Gowah Archaeological Park, 1324 S. Jesse Hayes Rd., Globe. Escape the lights of the city and head out to Globe, where the annual Festival of Lights takes place on Dec. 18. Over 2,200 luminaria bags will be placed along the ruins of Besh-Ba-Gowah Park to light up the night. There will also be entertainment by the Yellow Bird Dance Group as well as a variety of food vendors. Grab a cup of cocoa and enjoy the beauty of the Southwest. This event is free. For more information, visit globeaz.gov.

SATURDAY, DECEMBER 31

New Year's Eve Family Fun Night

5 – 10:30 p.m. at the Yuma Civic Center, 1440 W. Desert Hills Drive, Yuma. Looking for a safe and fun way to celebrate the end of 2016? Head out to Yuma Civic Center, where there's a party with something everyone in the family will enjoy. There will be indoor and outdoor games, a scavenger hunt, arts and crafts, toys and prizes, and the New Year's Eve Ball Drop in New York City will be broadcast on jumbo screens for everyone to see. Admission is $1 per person. For more information, visit visityuma.com.

Deuce of Clubs Drop

11 p.m. at the Festival Marketplace, 1034 E. Deuce of Clubs, Show Low. Ring in the New Year a little differently for 2017. Instead of watching the ball drop on television, head over to the Festival Marketplace, where they will be dropping a giant electric playing card instead. There will be cocoa and popcorn to munch on, a photo booth, free noisemakers and fire pits to keep warm. The evening will end with a bang as a giant fireworks show finalizes the dropping of the Deuce of Clubs card. For more information, visit showlowchamber.com.

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2017 ARCADIA NEWS EDITORIAL CALENDAR

JAN: New You & Fitness
FEB: Home & Gardening
MAR: Spring Spotlight, Camp Guide Special Section
APRIL: 25th Anniversary of *Arcadia News*
MAY: Tribute to Women
JUNE: Summer Travel, Hotels & Resorts I
JULY: Summer Travel, Hotels & Resorts II
AUG: Back to School
SEPT: Summer Vacation, Fall Sports Previews
OCT: Fall, Cancer Awareness
NOV: Veterans, Local Heroes
DEC: Holidays

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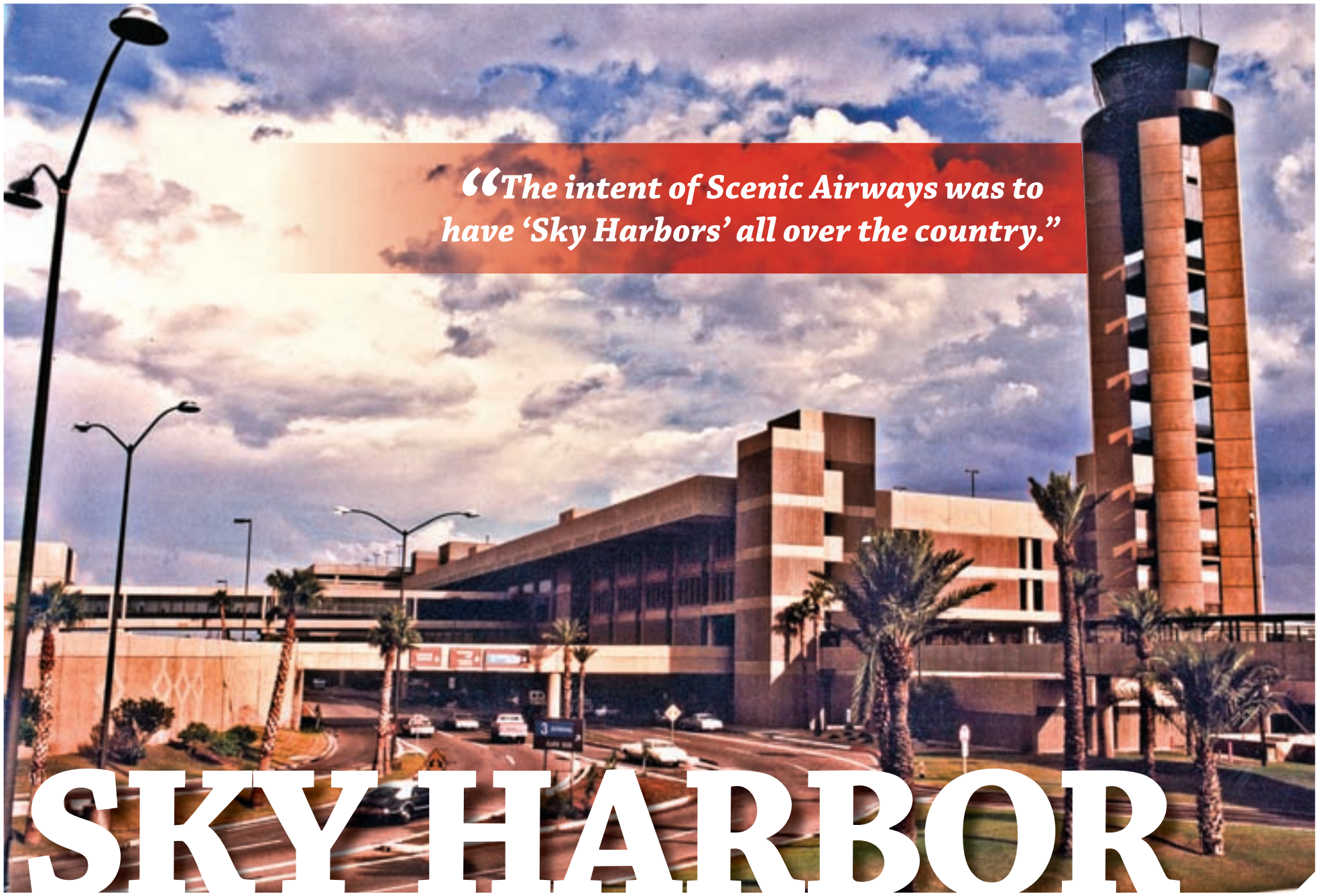
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SKY HARBOR

Airport's rich history mirrors the growth of the city

By Nick Smith

THE BEGINNING

It may surprise you to know that Sky Harbor wasn't the first airport built in the Valley. The City of Phoenix had already built a municipal airport near the intersection of 59th Avenue and what is now McDowell Road. But getting to and from that location ended up being a problem.

"It didn't turn out to be as good a facility as they would have liked," said Arv Schultz, a retired Northwest Airlines captain, who is now working on a book about the history of aviation in Arizona. "Think about getting around in 1928. All there was to get there was a dirt road. Getting there was a big problem."

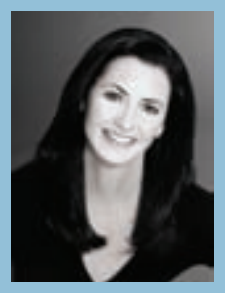
The location just wasn't going to work for Scenic Airways and their general manager, J. Parker Van Zandt. The aviation pioneer decided he would build an airport closer to the center of the growing desert metropolis, purchasing land for his airline and beginning work on what would become Sky Harbor.

"The intent of Scenic Airways was to have "Sky Harbors" all over the country," said Schultz. "There's actually still one back in Chicago."

Sadly, for Scenic and J. Parker Van Zandt, the timing of this venture could not have been worse. The land for Sky Harbor was bought during 1928 and the construction was finished with a formal dedication held on Labor Day, 1929. Less than two months later, the Stock Market would crash and usher in the Great Depression. Within a few years, Scenic Airways would be broke and have to sell the new airport it had just finished.

HAPPY HOLIDAYS

Thanks for a great 2016!



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(clockwise from left): 1943 - The North Terminal control tower was Sky Harbor's first air traffic control tower. 40-feet high, it was enclosed for visibility and protection from the elements; 1929 - The Scenic Airways Sky Harbor Airport was constructed on 278 acres of farmland purchased for $450 per acre. The white circle in the middle of the airport helped pilots locate the airport from the air; 1948 - The original North Terminal building and hangar were located on the north side of today's airport property. UNLESS NOTED OTHERWISE, ALL PHOTOS COURTESY OF PHOENIX AIRPORT MUSEUM, AVIATION HISTORY COLLECTION

THE FARM

Although "Sky Harbor" would eventually become a well-known name, Phoenix residents in the early 1930s referred to the airport as "The Farm". The Farm would be purchased by the Acme Investment Company and served the city during the first years of the Great Depression with both mail and passenger service. Eventually, the City of Phoenix stepped in and officially bought the airport in 1935.

"The location of the airport began to pay off," said Schultz. "Standard Airlines and Maddux Airlines began to fly in and out of Sky Harbor because it was within a couple miles of the now downtown area. Phoenix was awarded a mail contract during that time and eventually they told the mail carriers that they needed to start carrying passengers as well."

The airport was growing fast by the end of the decade with 35 planes based on the runways from multiple airlines. The technology became updated too, with a two-way radio put in during 1937.

THE WAR

When the United States entered the Second World War in 1941, it changed the lives of countless citizens and the companies they worked for, with Sky Harbor being no exception. The United States Army set up a headquarters at the airport and began using the location as a refueling station for military planes.

"It was also used as a training facility," noted Schultz. "The Civilian Pilot Training Program was out of Sky Harbor. That program turned out to be a tremendous success all over the country. There was also military pilot training at the two old Thunderbird airfields (one of which is now Scottsdale airport) and at Falcon Field."

According to Schultz, the refueling stations and training airfields may have ended up playing a part in the eventual growth of the city.

"A lot of those guys came here for training during the war," said Schultz. "And they really liked it here. When the war was over, many of them ended up coming back and bringing their families. That was a real factor in the growth of Phoenix."

BUILDING THE TERMINALS

Sky Harbor headed toward the modern era after the war. The jet age began and airline travel started to become a common part of everyday life in America. Couple that with the exploding growth of the Phoenix area, and it meant that Sky Harbor was becoming one of the busiest airports in the country. Construction began on new runways and a passenger terminal. Originally called the West Terminal, Terminal 1 opened in 1952.

Ten years later, Sky Harbor would pass the one million passenger mark and celebrate with the opening of the state of the art Terminal 2. One of the highlights was a mural called *The Phoenix,* painted by French-American artist Paul Coze, which depicted the history of the city. By the time the 1970s rolled around, there was a need for yet another terminal. Opening in 1979, Terminal 3 was a massive leap forward in space for Sky Harbor, at 880,000 square feet and 23 gates.

But the size of Terminal 3 would pale in comparison with the next step in the airport's architecture. In the late 1980s, work began on Terminal 4, which would become, according to Sky Harbor, the largest structural capital improvement project in Phoenix, at $248 million. Terminal 4, which opened in late 1990, had 3.9 million square-feet of space and handled 15.4 million passengers in 1991. Construction on new

Continued on page 22

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(clockwise from upper left): Circa 1960 - American Airlines DC-7B with South Mountain range in background; Circa 1950 - Terminal 1 opened in 1952 during the boom of air traffic that took place in the 1950s; Circa 1960s - Terminal 2 opened in 1962 and was considered one of the nation's most modern facilities at the time. It featured a roof observation deck, concessions, office space and a parking lot for one thousand cars.

Sky Harbor

Continued from page 21

"I think Sky Harbor is to be commended for the honesty that has surrounded the growth of that airport."

updates and amenities for the terminals have followed over the years.

One unique quirk of Sky Harbor is that it has a Terminal 4 but only three terminals total. In 1991, shortly after the building of Terminal 4, the original Terminal 1 was torn down and eventually turned into a parking lot. But by that point, officials felt that travelers knew the terminals by their numbers and renaming them would just lead to confusion. So "Terminal 1" was retired as a name. One remaining vestige of Sky Harbor's first modern terminal is the old air traffic control tower that still stands at the location.

SOUTHWEST AND AMERICA WEST AIRLINES

The full story of Sky Harbor can't be told without mentioning the airlines that used the airport. Early airlines that flew in and out of Phoenix included American and Trans World Airlines. But a major shakeup came in 1978, when the Airline Deregulation Act brought in the era of free market in the commercial airline industry. Now, airlines which had been intrastate were able to fly interstate.

"That really changed things for several airlines," said Schultz. "It meant that interstate airlines were now able to have large hubs at Sky Harbor."

Two of those were Southwest and America West Airlines, and each contributed to the growth of Sky Harbor. Southwest had been founded in Dallas, but soon began to use Phoenix as one of its focus locations. America West Airlines was established in 1981 and had its main hub at Sky Harbor. The early growth of the company was a big reason for the need to build Terminal 4.

"America West, under the old concept, would have been limited to Tucson, Phoenix and Flagstaff," said Schultz. "But deregulation meant they could fly all over and having their hub in Phoenix was important for Sky Harbor."





Open since 1979, Terminal 3 is slated for a massive remodel and modernization, expected to be complete by 2020.

Today, Sky Harbor has become one of the busiest airports in the world. In 2015, over 44 million passengers used the airport, with over 440,000 takeoffs and landings on its runways. It's a far cry from the dusty rural days of "The Farm," and speaks to the incredible growth of the city of Phoenix itself over the last century.

"It's really amazing to see how everything has changed," said Schultz, who was flying at Sky Harbor long before Terminals 3 and 4 were built. "I think Sky Harbor is to be commended for the honesty that has surrounded the growth of that airport."

THE FUTURE

Sky Harbor has come a long way from its days as "The Farm." In 2015, the airport served over 44 million passengers, making it the 11th busiest airport in the country and the 29th busiest in the world. Airlines like American and Southwest utilize Sky Harbor as one of their major bases.

That amount of traffic means there's always work to be done in order for Sky Harbor to stay on the cutting edge. Updates to the facility have included Terminal updates, new parking lots, a valet parking service and the addition of the billion dollar PHX Sky Train, an automated train that transports passengers from their terminals to the Valley Metro Rail stop at 44th and Washington Street.

Up next is the Terminal 3 Modernization Program, which includes a consolidated security checkpoint, more ticket counters and baggage carousels, new food concessions and additional gates. The entire overhaul will cost $590 million and should be completed by 2020.

The updates aren't going unnoticed by the millions of passengers who use the facilities every year. A recent survey taken by thepointsguy.com travel site ranked the top 30 airports in the United States by timeliness, accessibility and amenities. Once all of the calculating was said and done, Sky Harbor sat alone at the top of the list.

ARCADIA AREA EATERIES AT SKY HARBOR



One of the most unique recent aspects of Sky Harbor has been the influx of award-winning restaurants in its terminals. Many airports have places to grab food while waiting for a flight, but the types of eateries at Sky Harbor are different. Some are familiar national brands but others are renowned local restaurants that boast a massive following in the community.

"Our goal was to create a balance of local, regional and national brands to best satisfy the needs of our passengers who travel to Phoenix from all over the world," said Paula Kucharz, Terminal Concessions Manager at Sky Harbor. "Our regional and local brands are a reflection of the Southwest and allow our passengers to experience the local culture and cuisine."

Restaurants that will be familiar to the local eye include Cowboy Ciao, America's Taco Shop, La Grande Orange, Olive & Ivy, Chelsea's Kitchen, Delux and Sauce. Anyone who wants concession space at Sky Harbor has to apply through a competitive process managed by the City of Phoenix Aviation Department.

It's a no-brainer as to why restaurants would like space at the airport. Sky Harbor is the largest economic engine in the state of Arizona, with more than 44 million passengers (and potential customers) passing through in 2015.

"We are introducing millions of people to some of the wonderful food and beverage options of our city and state," said Kucharz. "Additionally many of our pre-security restaurants appeal to customers who come to the airport not just to travel, but for a local date night. They come to see the art, have a meal, and watch aircraft take off and land."

The biggest selection of restaurants is in Terminal 4, but Terminal 3 will soon be getting an entirely new concessions program as well.



Scrooge here, on how to avoid the holiday party hangover

By Jodi R. Bohr



It's that time of year again. I, for one, am ready to bring on the holiday cheer, decorate, and listen to non-stop holiday music until my ears bleed. Why? Because it also means that I'll soon be watching my favorite Christmas movie, *Love Actually* (yes, it's considered a Christmas movie). And, as I get ready to dust off my DVD, I'm reminded of those cringe-worthy moments between Mia and Harry as they plan and attend their office holiday party.

Don't get me wrong, a holiday party is a wonderful way to acknowledge your staff, boost office morale, and bring seasonal cheer. Since employers may be subject to the same liability for the acts of their supervisors and employees during the holiday party as during working hours, allow me, with the help of Mia and Harry (movie quotes italicized), to provide you with some advice on avoiding a legal hangover.

"Right, the Christmas party. Not my favorite night of the year, and your unhappy job to organize."

During the planning stage for the holiday party, employers should review the employment handbook, and if necessary, revise it to include acceptable standards of behavior at work-related social events. The policy should expressly state that employees are subject to the same anti-harassment policy at company sponsored events as they are while on the job.

Brief employees on party policies and appropriate conduct and educate supervisors on the proper handling of violations.

"I'll just be hanging around the mistletoe, hoping to be kissed."

Need I say it? Don't decorate with mistletoe.

Brand it a holiday party, not a Christmas party, and keep decorations secular. An employer who chooses to include religious decorations should be inclusive of all faiths.

"It's an art gallery, full of dark corners, for doing... dark deeds."

Consider inviting employees and their significant others to the event to keep inappropriate conduct at bay. Make sure the invitation is for "employee and guest," not



LEGAL *EASE*

"employee and spouse" to avoid treating unmarried employees differently. Also, make sure to secure an accessible venue that is available for all employees to attend and enjoy the event.

"Well, it's basic, really. Find a venue, over-order on the drinks, bulk-buy the guacamole and advise the girls to avoid Kevin . . ."

Alcohol is a contributing factor to a vast majority of holiday party lawsuit hangovers. Consider hiring a professional bartender and mandate that he or she check IDs to prevent underage drinking. Give the bartender the authority to determine when someone has had too much to drink.

Limit choices to beer and wine; do not serve hard alcohol and consider offering guests a fixed number of drink tickets to limit consumption. Serve a meal or make plenty of food available, so attendees are not drinking on an empty stomach. Remind employees to drink responsibly.

Bottom Line

Following this practical advice can help ensure that your party remains issue free. If you've already had your office party and need any advice regarding mistletoe related issues, contact counsel right away to mitigate those issues. I'm off to my holiday party now.

— Jodi R. Bohr is an attorney with Gallagher & Kennedy. She may be reached at jodi.bohr@gknet.com.



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PLACES *WE LIKE*

By Riley Kissee

In the Valley of the Sun, sushi tends to have a reputation for being a more expensive cuisine, especially considering we are a landlocked state and it takes a lot more effort to get high quality fish to the restaurant. However, one Arcadia restaurant wants to make their sushi so affordable that guests can visit multiple times a week.

"I have four kids and sometimes it's hard to find a restaurant that's family friendly, has a nice atmosphere and is affordable," said Masa Kim, owner and creator of Sushiholic. "I want customers to be able to come more often. Our goal is to offer authentic and casual sushi for everyone."

While the restaurant is a relative newcomer to the 40th Street and Camelback dining area, Sushiholic already has a history of authentic, yet approachable sushi that won't break the bank.

"I moved to Arizona 20 years ago from Japan. I worked for a lot of different restaurants, mostly small restaurants and chain restaurants," said Kim. "About 10 years ago, I started my first restaurant in Glendale called Fresh Wasabi. About 3 years ago, we also opened a location in Moon Valley."

Kim was interested in opening a restaurant in Arcadia because of the high traffic that many restaurants in the area receive. Most of the chefs at the restaurant have had a long history of working with Kim, so the quality in his kitchens has remained consistent over the years.

The restaurant feels very sleek and modern. The best seat in the house is right in front of the sushi bar, so you can watch the chefs slice fish with finesse and create fresh rolls by hand. Above the sushi bar is a large, backlit silhouette of a fish sliced into five pieces from head to tail.

Sushiholic offers standard starters such as miso soup, edamame, calamari tempura, and seaweed salad. The menu has a variety of rolls, some you would find at other sushi establishments, and an extensive amount of specialty rolls to ensure the experience remains different and exciting with every visit.

Highlights from the specialty roll menu include the Guilty Pleasure Roll, a spicy tuna roll covered with Hawaiian white tuna and topped with sliced jalapenos, tobiko, garlic, eel sauce, spicy mayo and creamy wasabi; the Bagel Roll, stuffed with crab, cucumber, avocado and cream cheese and topped with fresh slices of salmon; and even deep-fried rolls such as the Chimichanga Roll, filled with tuna, salmon, yellowtail and cream cheese, deep-fried and drizzled with wasabi sauce, eel sauce and spicy mayo.

If you're not in the mood for seafood, udon and ramen bowls and yakisoba are some other options, with several varieties ranging from vegetable to beef or chicken. To finish the meal, be sure to explore the sweet assortment that includes green tea ice cream, mochi ice cream and tempura cheesecake.

The restaurant also boasts a large array of specials, from lunch offerings to happy hour to reverse happy hour.





KIDS CORNER



HOW TO CREATE YOUR OWN WATERCOLOR HOLIDAY CARDS

SUPPLIES NEEDED:

- ★ Watercolor paper
- ★ Watercolors
- ★ Jar of water
- ★ Big soft brush
- ★ Low tack masking tape
- ★ Sticky stars
- ★ Sea salt (optional)
- ★ Glue Stick or double sided tape



1. Tape down a piece of 8 ½ x 11 and stick most of the stars on right away.



2. Then make a first layer of watercolor, using pink, purple and dark blue. While still wet sprinkle some sea salt over it.



3. Let the paper dry and remove the sea salt.

4. To form fainter stars add a few more small stars and another layer of paint and sea salt.

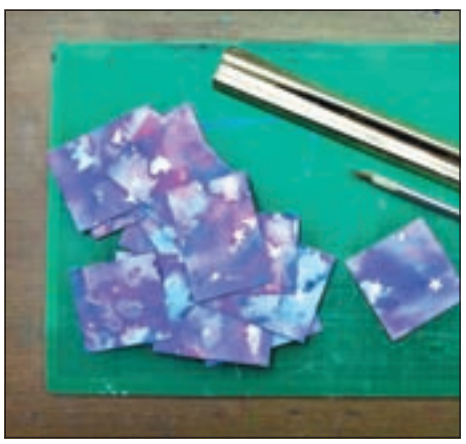


5. Let dry and remove the sea salt.

6. Add another layer of paint to add vibrance.

7. Let dry.

8. Peel off all of the star stickers and remove tape from outer edges.



9. Cut the painting into six pieces.



10. Glue or use double sided tape to adhere them to blank cards.



KIDS CORNER

FUN FACTS • WHO IS SANTA?

We know him as Santa Claus or Saint Nick or even Father Christmas, but around the world the jolly old man has different identities. We're not sure if he has this many passports, but here are some of the names assigned to this holiday gift-bringer.

Afghanistan: Baba Chaghaloo

China: Sheng dan lao ren (Old Christmas Man)

France: Père Noël (Father Christmas)

Germany: Weihnachtsmann (Christmas Man)

Greece: Aghios Vassili (Saint Basil)

Holland/Netherlands: Sinterklaas (St. Nicholas) & Kerstman (Christmas Man)

Iceland: Jólasveinn (Yule Man) & Jólasveinarnir (The Yule Lads)

Japan: Santa-san (Mister Santa)

Mexico: Los Reyes Magos (The Three Wise Men) & Santo Clós (Santa Claus)

Norway: Julenissen (Santa Claus) or Nisse (Small Gnomes)

Russia: Ded Morez (Grandfather Frost)

United Kingdom: Father Christmas (also Santa Claus), Wales: Siôn Corn (Chimney John)

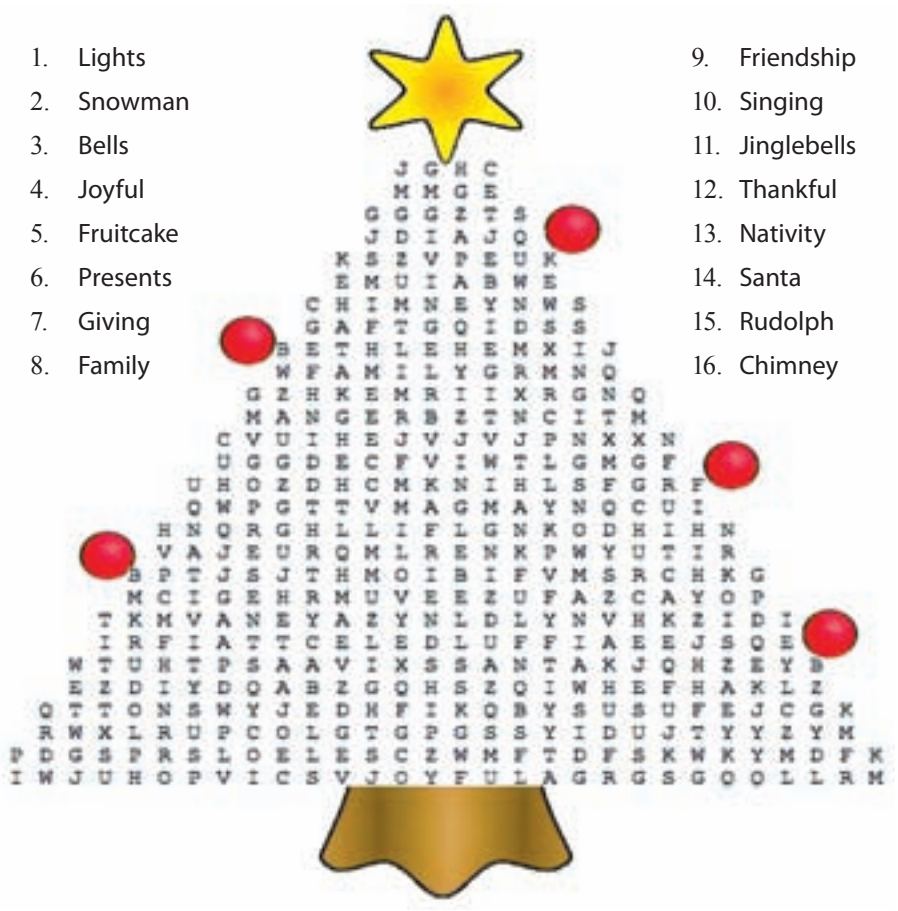
USA: Santa Claus, Hawaii: Kanakaloka

Information courtesy of whychristmas.com.

TREE WORD SEARCH

Find words that are across, up and down. No diagonal or backwards words.

1. Lights
2. Snowman
3. Bells
4. Joyful
5. Fruitcake
6. Presents
7. Giving
8. Family
9. Friendship
10. Singing
11. Jinglebells
12. Thankful
13. Nativity
14. Santa
15. Rudolph
16. Chimney



BONUS: What other words can you find? 1-2: Nicely Done. 3-4: Great Job! 5+: Outstanding!





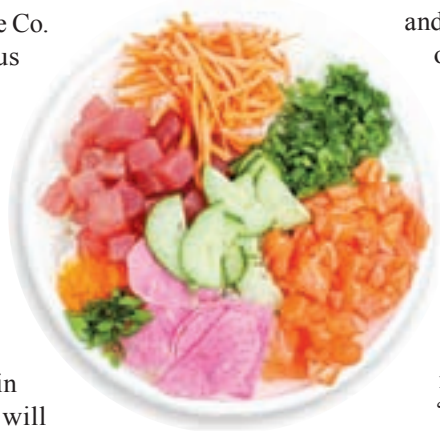
New restaurant Pokes its way into Arcadia

By Bri Malloy

The latest food trend of Hawaiian-style poke bowls has taken the mainland by storm and is making its way to the Arcadia neighborhood with the opening of Ocean Poke Co. in the Gaslight Square shopping center at 36th and Indian School.

"Poke" (po-kay) is the Hawaiian verb for "to slice or cut" and the poke bowl dish is a raw fish salad.

Having similar characteristics to Chipotle, Ocean Poke Co. gives health-conscious customers a chance to create their own quinoa or rice based bowls with fresh fish and vegetables.



Chris Mercato, part owner of Ocean Poke Co., said that the sushi grade fish and fresh ingredients used in the bowls and sauces will set the restaurant apart from others.

He suggested that first-time poke eaters try the restaurant's signature dish, the OPC bowl, which includes white rice, tuna, salmon, watermelon radish, cucumber, carrots, wasabi, green onion and OPC sauce.

"OPC is more of your mainstream bowl as opposed to a spicy bowl," said Mercato. "I wanted to create a bowl that had a signature to our restaurant – fresh, clean and crisp."

Spending half of her time in southern California, Phoenix food blogger Jackie Phan said that the poke trend has taken over California with a poke restaurant popping up on every other block.

"The food scene in Arizona had been lacking, but in the last three years we have seen more inventive chefs and a more diverse selection of food come up," said Phan.

Phan said the people of Arcadia tend to be a healthy bunch already and places like Ocean Poke will further allow them to be even more health conscious with their meal selections.

"I may have 15 minutes [for a lunch break], but I can get a poke bowl and be done," said Phan.

"[Ocean Poke Co.] will cater to the daytime lunch demographic – capturing a lot of health and fitness clientele that is already coming to that area" said Jared Lively of Rein & Grossoehme Commercial Real Estate, which represents the shopping center and Ocean Poke.



"Every time you go in you can have something new and different by changing up the ingredients and toppings," said Lively. "You basically have unlimited access to fresh, healthy bowls with the best type of fish."

Ocean Poke Co. is set to open by January 2017, according to Mercato.

Hours of operation are 11 a.m. to 9 p.m. Sunday through Thursday and 11 a.m. to 10 p.m. Friday and Saturday.

"We are excited to be joining the Arcadia family and the community of restaurants," said Mercato.





Tribute to a community friend

By Arcadia News



Brian Richard Jacobson, a local businessman and friend of the *Arcadia News*, passed away on Saturday October 15, 2016, at the age of 59. Brian was born in Cooperstown, New York, but moved to the Phoenix area in 1991.

"He always had a great smile," remembered his brother, Mark Jacobson. "He always had the best attitude and was caring toward everyone."

Brian was a business owner and partner of Lasting Impressions Window and Door, and Stagecoach Locksmiths. His lifelong entrepreneurial spirit was one of the characteristics that stood out to his brother.

"The corporate world wasn't his thing," said Jacobson. "He always wanted to be an entrepreneur. Our grandparents owned a clothing shop in New York and when we were kids we would help wrap gift boxes there during the holidays."

Some of Brian's passions included his pets, golf, camping and music. He loved the outdoors and being able to walk outside during any season was one of the attributes he loved best about his local neighborhood.

"He loved this community," said Jacobson. "He loaned money to people starting their own business and coached in Arcadia Little League. And like the rest of us, he loved the weather here from October through May."

Family and friends held a celebration of life at Elks Lodge, which was attended by over 200 people.

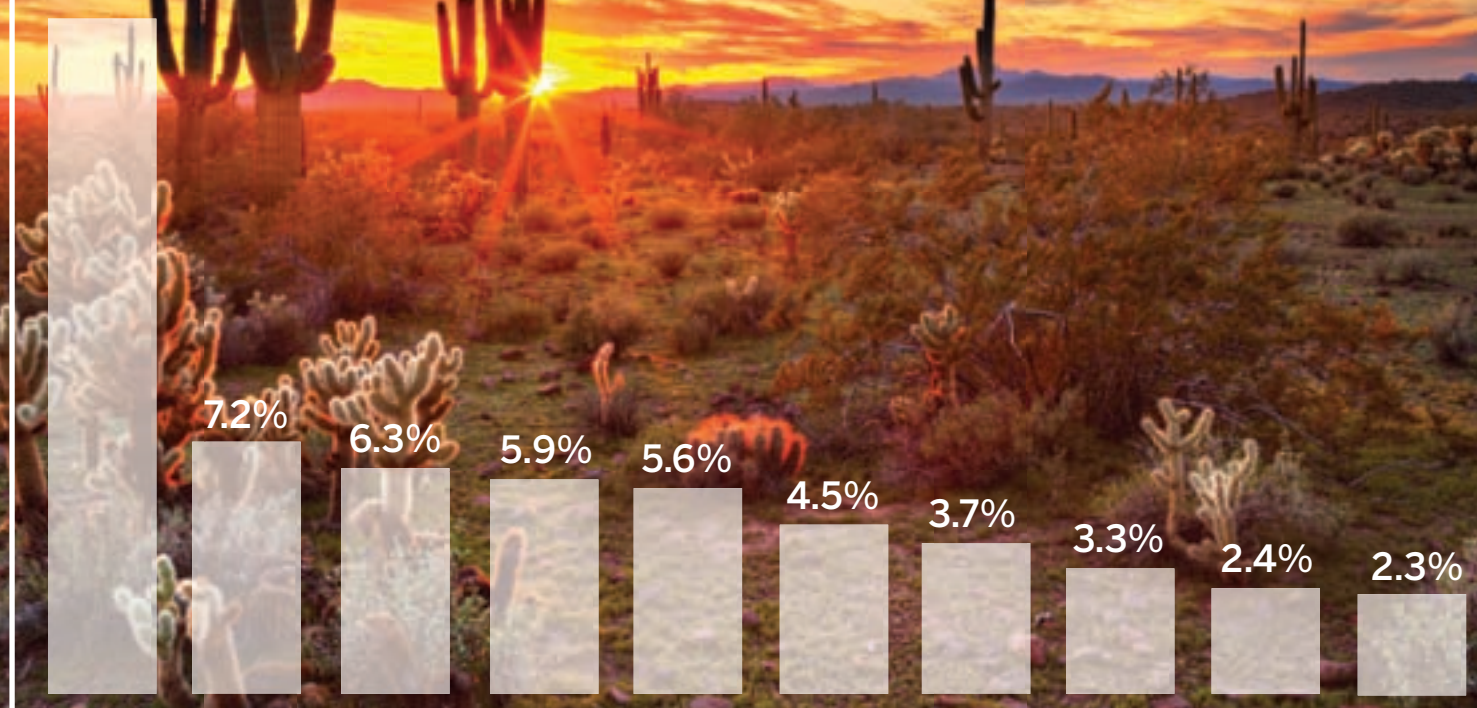
"One of his dreams was to make it to Alaska, which he never did," said Jacobson. "At the end, he said to me, 'Well I guess I didn't make it to Alaska.' And I told him he was going to have a better view of Alaska than any of us."

Brian is survived by his wife, Strawberry C. Jacobson, son Max A. R. Jacobson, father Richard M. Jacobson, aunt Jean W. Johnson and siblings Ann T. Mithoefer (Michael), Robin J. Torrence (Rod) and Mark A. Jacobson (Renee).

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Source of Info: ARMLS data compiled through BrokerMetrics ®: 1/1/2016 - 10/4/2016
The Valley - Total Sales $ Volume ($800K PLUS)

AZ Children's Business Fair lets local kids sell their own ideas

By Rachael Bouley

On a cool Saturday morning in November, the AZ Children's Business Fair made its debut in the Arcadia neighborhood, giving local kids the chance to turn their creative ideas into a reality. Over fifty local children brought their imaginative business ideas to life at the Arcadia Neighborhood Park, where the community was invited to stop by and shop a variety of booths featuring homemade products such as bath soaps, paintings, t-shirts, essential oils, note cards and much more.

While the fair has been hosted in downtown Phoenix at the Arizona Center for the past few years, this marked the first time the event took place in Arcadia, offering a unique opportunity for local children. Arcadia resident Aaron Klusman organized the event with the help of sponsor Acton Academy, his friends, neighbors and the local community.

Klusman said that a lot of business owners and entrepreneurs wanted to help young kids learn the basic principles of economics and the business world, including providing a product with value and presenting pitches confidently.

While the AZ Children's Business Fair will return to downtown Phoenix in the spring, the plan is to hold an annual event in Arcadia in the future. While over sixty children participated this year, Klusman is hoping to expand the event, and would like to make it an annual occurrence.

While the event would not be possible without the help and support of Arcadia parents who oversee the logistics of their child's booth, the kids are encouraged to take the reins and be responsible for their business.

"At the end of the day, it's the kid's booth, so there is as little parental involvement as possible," Klusman said. "We give kids the chance to do it on their own, that's the goal."

> ***"It's such a great opportunity for kids to be able to come together and be creative, and it gives them an outlet to show what they've been working on and their creativity."***

A few weeks prior to the big event, all the participants were invited to attend a pitch night, where they learned the basics of economics, including how to make a profit, set a price, and provide value to their customers. They then got to practice their pitch with adults and other students.

"With kids it's fun to watch because they are super shy and nervous the first time, and once they realize they can do it they open up and start sharing more," Klusman said. "It's just great to see kids develop these skills of talking to adults and feeling confident in their ideas."

"They teach them an economics lesson about the cost of materials, profit and figuring out the perfect price," said Sarah Cole, mother of 13-year-old participant Ian. "If they sold too low, yes, they sold everything, but they could have made a little more money if they sold it for a dollar more."

This introduction to economics was rewarding for Noelle Foote, a nine-year-old homeschool student, who participated in the event for the first time and sold a selection of bracelets, rings and accessories made of multicolored rubber bands called a rainbow loom. "I think it went really well and I think it's really fun," said Foote. "I like to sell my product and make rainbow looms for my customers."

Ruby Dessaules, an eleven-year-old student at Madison No.1 Middle School, is a veteran of the Business Fair, having participated a total of three times. With the help of her friend, Ruby had a booth with a variety of bath and beauty products, an idea she developed with the help of her grandma.

"I just love this business fair," Ruby said. "It's engaging and it's a way to get involved."

A panel of notable community members, many with business and entrepreneurship experience themselves, served as judges for the event. They faced the tough task of handing out awards for Most Original Business Idea, Best Presentation/Creativity, and Highest Business Potential, each for one of the three age groups. The judges, all notable community members in Arcadia, visited each booth, asking questions about the products, listening to the children's pitches and watching them interact with their customers. Some of the winning ideas included orange peel candies, t-shirts and paper planes.

"I think it's awesome. It's such a great opportunity for kids to be able to come together and be creative, and it gives them an outlet to show what they've been working on and their creativity," said Coley Arnold, one of six judges. "I'm an entrepreneur, so I love supporting other ones. It's really fun to see what they come up with and I'm impressed."

The children found inspiration for their business ideas from a variety of sources, including secret family recipes, favorite activities and much more. Tiffany Bowers, a thirteen-year-old student at the Arizona School for the Arts, sold her handmade necklaces and hair accessories. She began creating jewelry as a weekend hobby and it soon turned into a legitimate business idea.

"She originally made a necklace because she went to the store, saw the price tag and how the necklaces were made, and thought she could do better herself," said her proud father, Harold Bowers. "I think this







PHOTO BY JONATHAN AMMON

opportunity helps her because she wants to go to Harvard and all the money she earns is saved in the bank. It gives her hope that if she can sell at the fair, she can sell somewhere else."

Tiffany said her experience at the Business Fair has helped her strengthen her presentation skills and gain confidence. "I know how to talk to people and I am comfortable with public speaking," she said. "I've grown very used to sales pitches."

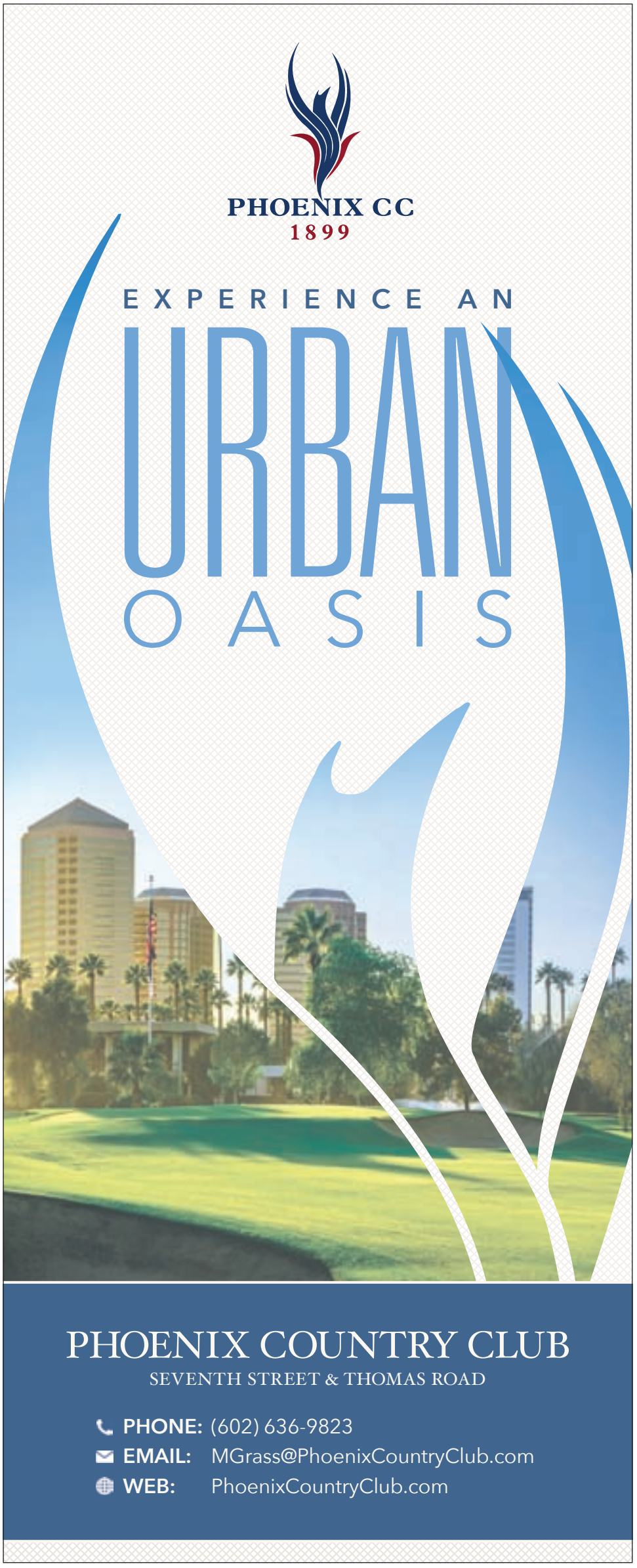
Original ChopShop Co. co-founder and judge Ryan Jocque said that one of the best parts of his role as a judge was seeing the excitement on the kids' faces as they presented their hard work.

"The children are really getting out there and pitching themselves and standing behind their product," Jocque said. "It's a confidence builder for them. I've seen that they really believe in their product. You can tell the kids picked out what they wanted to do and it was something they were passionate about."

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5 steps to staying svelte this holiday season

FOOD WISE

By Andrea Barkley

No one wants to gain weight this holiday season, me included. There are even a few brave souls daring to get in better shape to look svelte for party pictures. I totally understand wanting to look fantastic in your holiday dress and am right there with you.



However, most seem to anticipate gaining five to ten pounds over the winter months. It certainly does not have to be that way!

Below is the unconventional approach I like to take to stay lean and healthy—and the good news is it has nothing to do with celery sticks, gallon jugs of water, and excessive cardio:

1. Let the actual holiday itself be your indulgence day. There are many regular winter days and really just a few big eating days. Stay on track on non-party days and let the family gatherings and holiday parties be the time you eat whatever you want. Just enjoy and go for it.

Since the beginning of mankind there have always been times of feast or famine, so do not fear the feast. Instead let it be a reset to your metabolism and your mood. Restriction stinks and eventually backfires. So, feast away on the actual day with what you want. Relax and enjoy. You will not wake up the next day fat, I promise.

2. Enjoy your booze on the actual holiday, too. Alcohol is crazy high in calories, makes you munchie, disrupts your sleep and can even be a depressant. Include this social indulgence on the actual day or evening of specific festivities as well. You'll feel healthier and more energetic on all the other winter days. Bonus points, when you do imbibe, stick to organic wines and premium, distilled spirits.

For cozy nights on the sofa, swap your evening wine or hot toddy for a delicious apple cinnamon spiced or peppermint tea, lemon water or organic decaf coffee (look for Swiss water process on the label—that's the only non-solvent method of removing caffeine).

3. Spend less time at the gym. Yes, you heard me right, quit spending so much darn time there and instead make the time of a higher quality, not quantity. Swap 60 – 90 minutes of your usual routine for 30 – 40 minutes of sprints and heavier lifts. Getting more done in less time will give you more time to tend the busy-ness of the season.

4. Don't forget your vitamin D! Make a plan to spend at least 10 – 20 minutes outside, with a little direct sunlight on sunscreen-free skin. This will help improve your mood, metabolism, immunity, and lots more.

5. Hit the hay at 9pm. On non-party nights, try to get in bed by 9pm to give your body and mind adequate time to rest and repair. On party nights, stay up as late as you want!

Wishing you and yours a healthy and happy holiday season.

— Andrea Barkley is a Fitness Expert and Founder of Moan Out Loud Protein Shakes.

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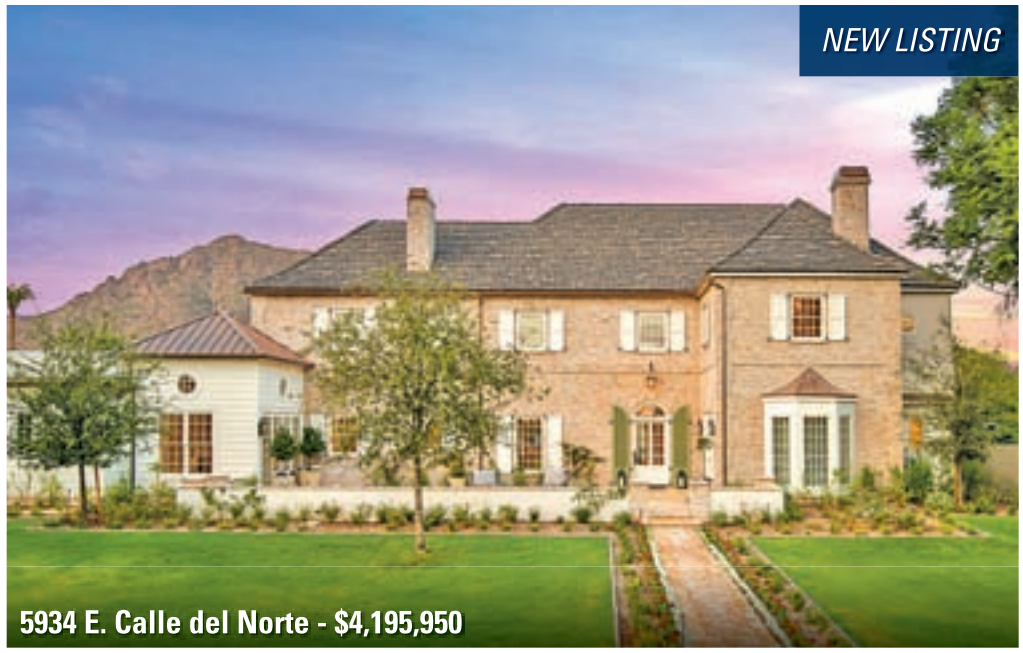


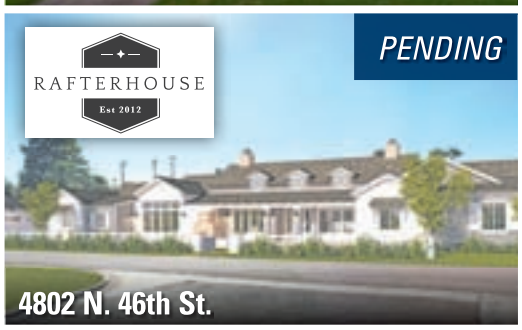






















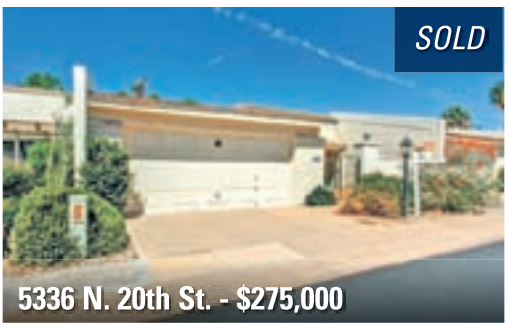
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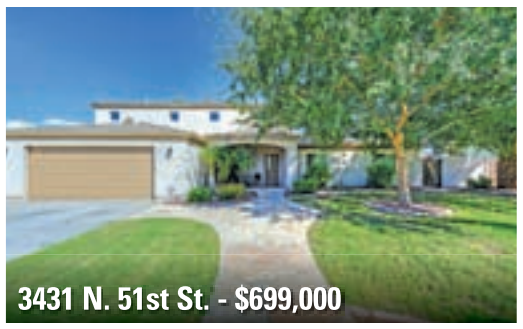




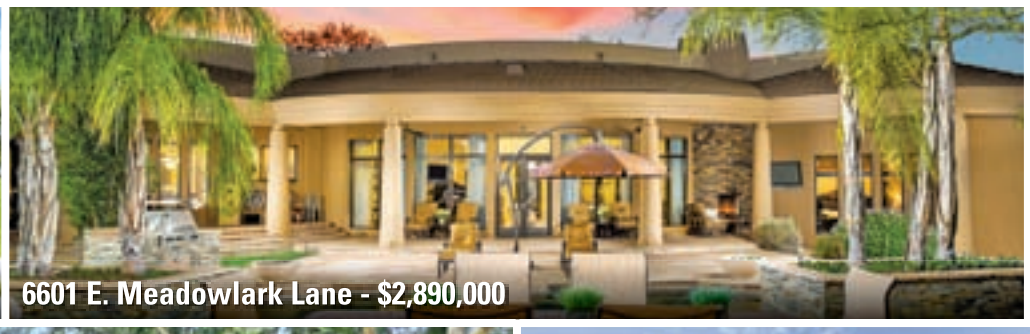




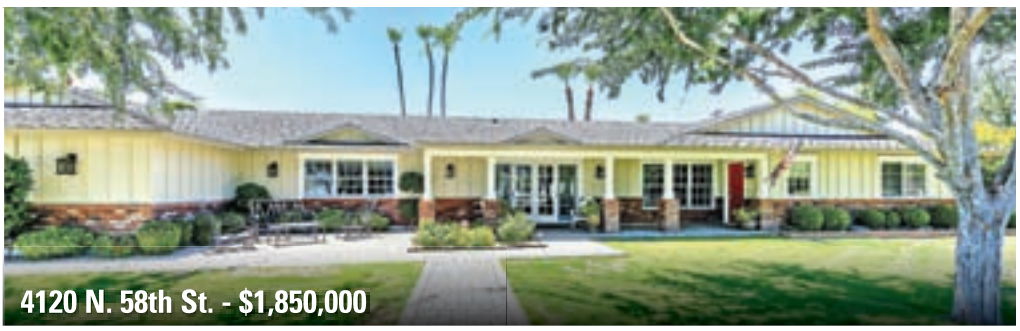






















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Arizona Ice Arcadia celebrates 50 years in the neighborhood

By Rachael Bouley

Phoenix may be in the heart of the desert, but that does not deter locals from enjoying ice skating and playing hockey. One local rink has been in business for fifty years, surviving economic changes and competition to continue serving ice skaters and hockey players throughout Phoenix.

Today the rink, officially branded as AZ Ice Arcadia, is an independent, stand-alone building behind the Desert Palms Power Center on East Thomas Road. On any given day, chances are you will find hockey players lacing up their skates and hitting the ice for a league game, or children giggling as they squeeze their feet into rental skates and take their first tentative steps onto the ice.

The rink has fifty years of rich history as a community hangout and safe haven for skaters. It all began in 1966, when the original owners, George Snelson and Ed Carney, built the rink, naming it the Ice Palace. This location was constructed as a replacement of Ice Palace East, which originally sat at 28th Street and Indian School. At the same time, there was an Ice Palace West at 27th Avenue and Indian School. Both of these original Ice Palace locations were smaller than NHL rinks at the time, and the Arcadia rink was constructed as the first NHL size rink in Phoenix.



PHOTO COURTESY OF ARIZONA ICE ARCADIA

The rink was an independent building when first built in the sixties, before becoming incorporated into Tower Plaza Mall as part of the shopping center. At the time of original construction, Arcadia was one of the fastest growing neighborhoods in Phoenix. The size and quality of the ice appealed to public skaters who wanted indoor entertainment as a break from the heat. Public skating was the rink's main business for its first two decades, as there was very little hockey in the Valley at the time.

"Business back in the early days consisted of mostly public skating," said Jim Rogers,





General Manager and owner of AZ Ice Arcadia. "Since 1985 or so, the public sessions have dwindled due to the many recreational opportunities that are available in the metro Phoenix area."

Movie theatres, bowling centers and other entertainment options have captured the attention and business of locals, but public skating and private skating lessons are still options for customers at the Arcadia rink.

What became the life force for the rink was the success of hockey in the Phoenix area. The rink has become a center for Valley hockey, including adult leagues, all-ages lessons and youth camps, due in large part to Rogers' efforts to increase the presence of hockey in the Valley. He first got involved with the rink in his teenage years, when he started working at the rink as a sophomore at Arcadia High School. By the time he turned 21, Rogers was managing the rink while attending ASU and meeting fellow hockey enthusiasts who were excited about the sport and enjoying Arizona's warm weather.

> ***"I was inspired in 1980 by the USA Gold Medal run and decided we need more hockey in the area."***
>
> *— Jim Rogers*

"I was inspired in 1980 by the USA Gold Medal run and decided we need more hockey in the area," Rogers said. "I rallied as many guys as I could and created a pretty high level of adult hockey the Valley hadn't seen until then,"

In the mid-1980s, he organized teams with players from hockey hot spots such as Chicago, Boston, Canada, New York, Minnesota and Michigan. The city's mere eight teams blossomed over a period of 6 months, turning into more than 28 teams at 4 different levels of competition.

Since then, the sport has continued to grow, with Arizona State University and Grand Canyon University boasting teams, and many more leagues popping up in the metro area. Despite the construction of rinks in surrounding cities, the Arcadia rink has remained one of the best options for hockey players, appealing to them with its traditional atmosphere.

"We have the hardest, fastest ice in the Valley and the original hockey barn feeling in our building, as compared to the newer bells and whistle facilities being built in the past twenty years," said Rogers.

Updates over the years have helped the rink maintain its standing, such as two years ago when they installed state of the art LED lighting to replace the outdated lighting.

For Rogers, the goal of AZ Ice Arcadia today is the same as it was when he first came aboard; to make the rink a safe, comfortable environment for skaters of all skill levels.

"We are a family-owned and operated facility," said Rogers. "We strive to create a family atmosphere in everything we do."

ICE HOUSE TAVERN



Heralded as Arcadia's oldest bar, Ice House Tavern is a quintessential dive bar that's been open since 1966. Located behind Tower Plaza, the bar has windows looking out onto the Arcadia Ice Arena. As you watch the pucks fly into the glass, you can enjoy an impressive selection of craft brews, mostly in bottles and cans, with a select rotation on draft. What's more, they have Steel Tip Dart Leagues every Tuesday and Thursday, as well as live music every Friday.

— Riley Kissee

Looking for more hidden bars around the neighborhood? Check out **PAGE 46**



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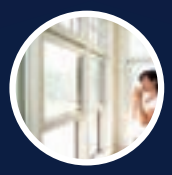
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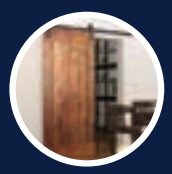
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Prepare yourself for flu season

By Mallory Gleich

We've all experienced the symptoms.

Runny nose, achy joints, fever, cough… the winter season is here and that means cold and flu viruses are just around the corner. With that in mind, it's time to start thinking about how to prevent those irritating symptoms that seem to come out of nowhere and mess with our daily lives.

Stephanie Pinello, who works at North Scottsdale Family Medicine, says that people are susceptible all year long for the influenza virus.

"We tend to see a rise in sick children after heading back to school in the fall, which often results in sick parents. In addition, the holiday season brings everyone together, which can also result in people getting sick," Pinello said.

The influenza virus was identified in 1933. Shortly after, Louis Pasteur was credited with the first attempt at a vaccination with a live vaccine. Today, the flu vaccine is comprised with dead viruses that protect us against two strains of influenza.

Joseph Brewster, who is a physician at North Family, says that one of the most common concerns he has from patients is that they will contract the flu after getting the flu shot.

"The flu vaccine is a dead virus. It is not possible for a dead virus to become live and give a person the flu. If a patient feels symptoms after the shot, it is most likely that your immune system is making antibodies to protect from flu strains," Brewster said.

The flu is transmitted by airborne droplets, so when someone coughs or sneezes and another person breathes in that air, they can get sick. The flu can also be contracted by touching surfaces and then touching your face, eyes or nose.

Brewster says that a number of herbs, vitamins and minerals have also been found to help alleviate symptoms. One of these is buckwheat honey, which helps to reduce the severity of a cough.

Oregano oil, which can be found at places like Sprouts or Whole Foods, has been found to help with alleviating a sore throat or a stuffy nose. People have put it in their humidifiers or put a few drops under their tongue. But be careful, it's very strong and does not taste good.

Along with the usual remedies to help influenza and colds, there are also a number of herbs, vitamins and minerals that can help alleviate the symptoms.

Other than getting a flu shot, Brewster and Pinello recommend simple steps to avoid catching a cold or the flu. Make sure to get plenty of rest, drink lots of fluids and wash your hands constantly.

Here's to a happy and healthy holiday season, may the cold and flu virus stay far, far away!

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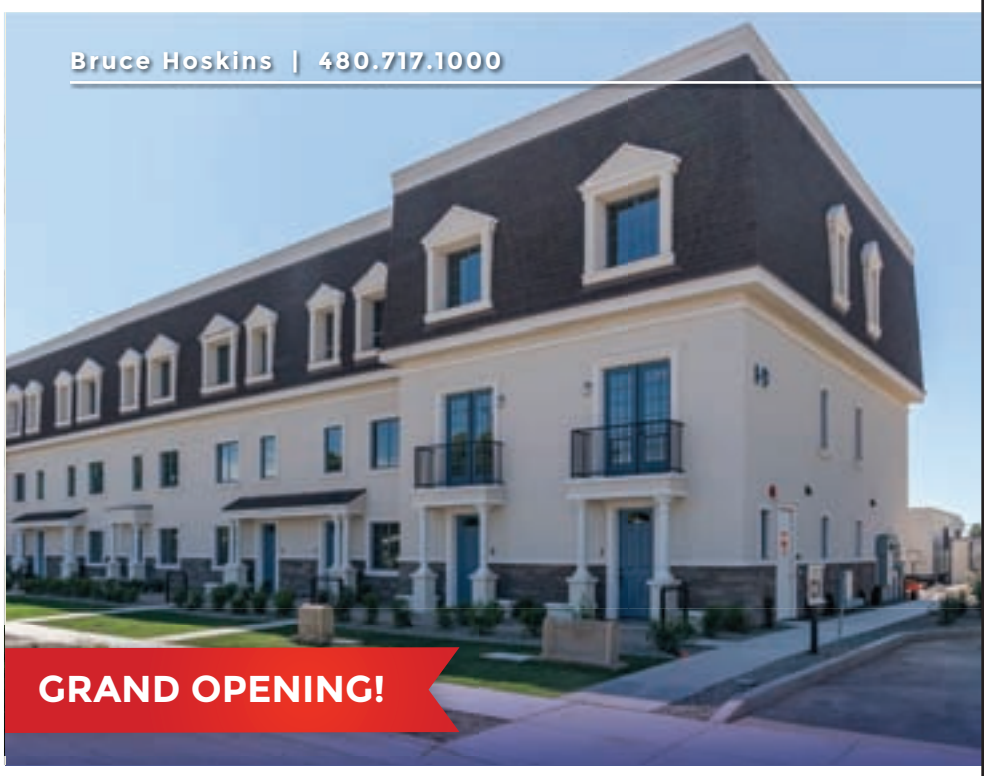
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Black Cat Coffee


A.T. Oasis Coffee and Tea Shop


Cartel


FourtillFour


Echo

Take 5: Unique coffee shops in the neighborhood

By Nick Smith

Few areas have a wealth of coffee shops like Arcadia and its surrounding neighborhoods. There's no way to include all of them, but here are five unique and interesting cafes for you to drop in on for your caffeine fix.

Black Cat Coffee

4730 E. Indian School Rd, Phoenix, 85018

If you closed your eyes to try and envision a typical neighborhood coffee house, you'd get something close to Black Cat Coffee. The shop is a perfect place to grab a chair and have a long conversation with a friend over lattes. Servers can walk you through each coffee's flavor, aroma and acidity, to help you find exactly what you're looking for in an ideal cup of coffee

Drink to Try: *The BCAT BOMB, an ice-blended mixture of espresso, milk, protein powder, peanut butter, vitamins, chocolate and banana.*

A.T. Oasis Coffee and Tea Shop

4613 E. Thomas Rd, Phoenix, 85018

This is where to go if you're looking for Ethiopian coffee. Owner Aisha Tedros, who is from Eritrea, just north of Ethiopia, has brought authentic flavors from her old home to her new one. The beans are bought directly from farmers in Africa and are roasted locally. Coffee isn't the only staple for A.T. Oasis, as tea lovers can choose from a variety of flavors and types from all over the world.

Drink to Try: *A steaming cup of drip coffee, to truly taste the unique flavor of Ethiopian beans.*

Cartel

7124 E. 5th Ave, Scottsdale, 85251

Cartel, located in Old Town Scottsdale, takes the process of making their coffee seriously, using a San Franciscan Model SF-25 roaster to bring out the most complex layers and flavors in their drinks. Each step, from the farmers of the beans to the barista that pours your espresso, is meticulously fine-tuned and has created a loyal following.

Drink to Try: *A strong and refreshing cup of their cold-brew, filtered in organic cotton cloth and brewed for 24 hours.*

FourtillFour

7105 E. First Ave, Scottsdale, 85251

There may not be a more unique coffee shop concept than FourtillFour. Owner Nico Samaras took his love of classic cars and coffee to make a Porsche themed coffee shop. The Porsche 356 is his favorite model and when 356 is read as a time of day, it's "four till four."

"I had a collection of old cars and that's how I fell into it," said Samaras. "It's a great place to have meet ups and gatherings for people who are interested."

If you're a classic car owner or fan, head down to the shop on the first Saturday of every month and visit the Porsche car show hosted by Samaras.

Drink to Try: *"I would say a cappuccino. We serve a brighter espresso and that amount of milk can be just the perfect combination," said Samaras.*

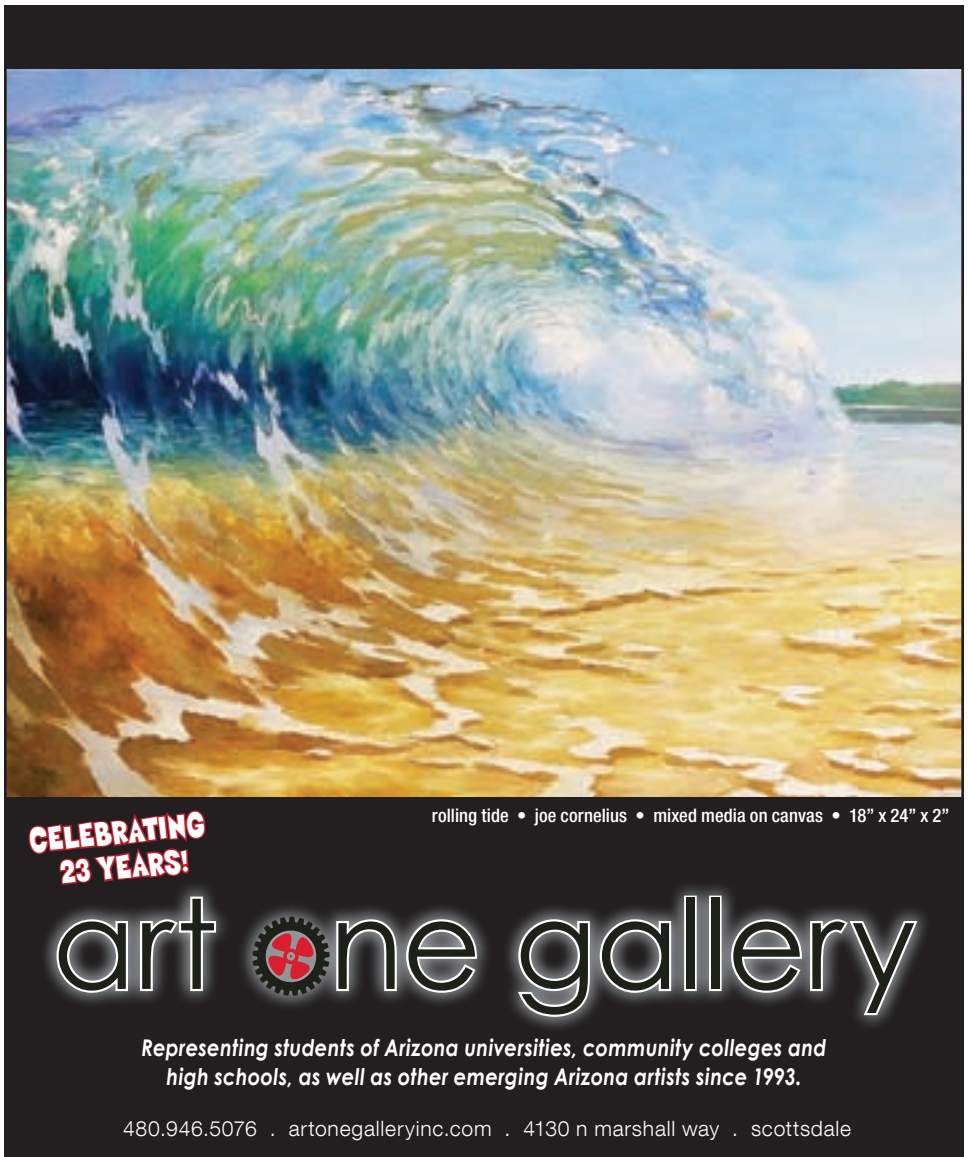
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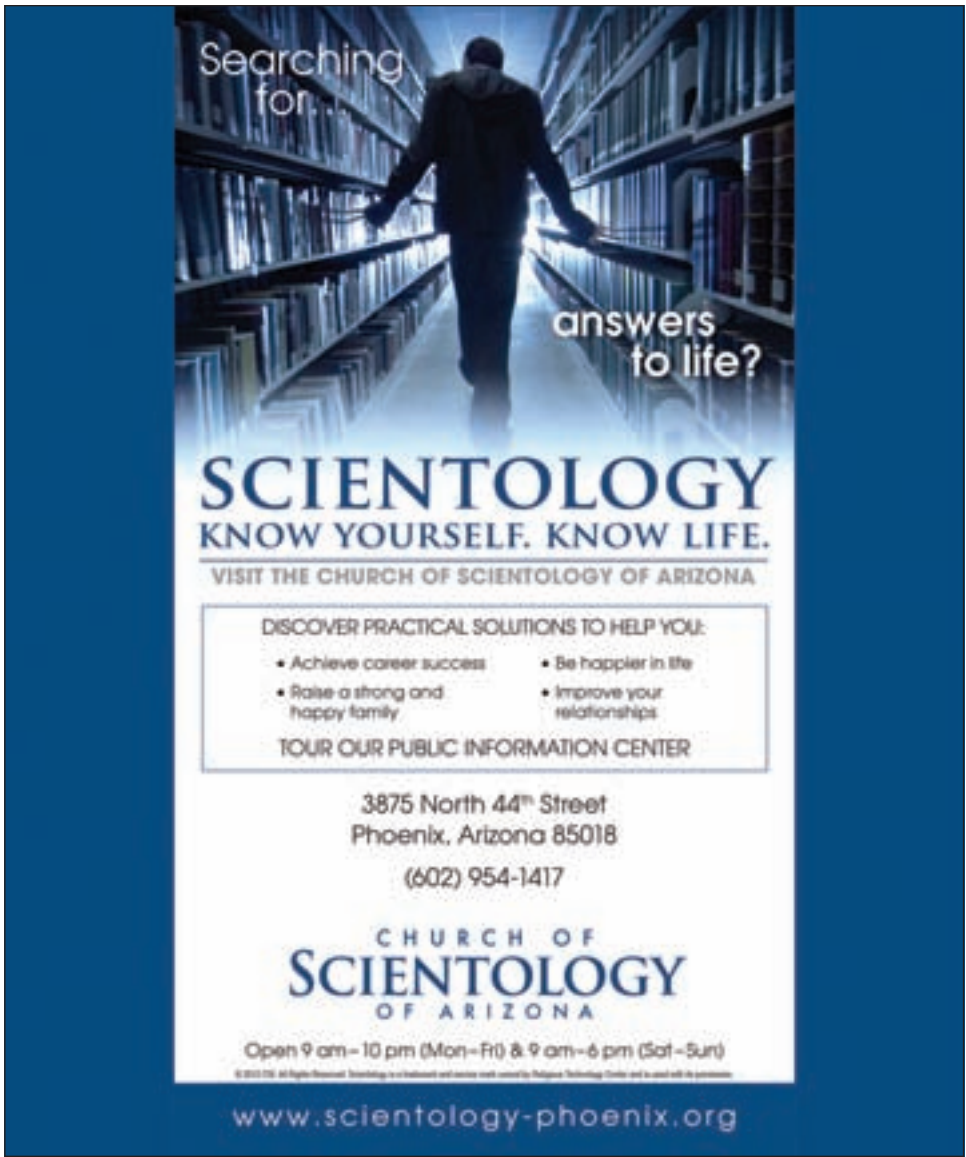
2902 N. 68th St. #135, Scottsdale, 85251

Need to get some studying done? Echo coffee is a go-to hideaway for students and workers looking for a place with wi-fi and a cup of coffee. There's a lot of room inside and also several tables outdoors if you need some fresh air. Echo roasts six different coffees, each with a specific design and taste.

Drink to Try: *Although the coffee is delicious, the creamy Chai can be a perfect companion on a cool December evening. You can try it with regular milk, but also with almond, soy or coconut milk.*

What are some of your favorite local coffee shops? Let us know on our facebook page, facebook.com/arcadianews.





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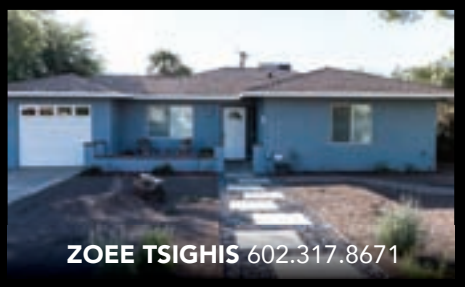


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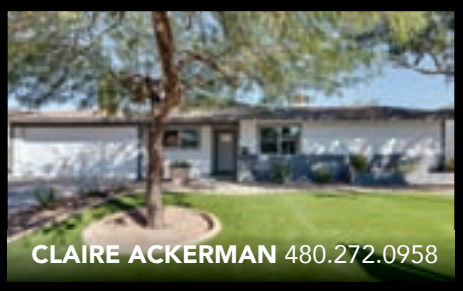


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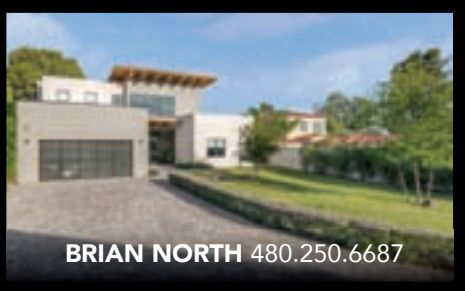


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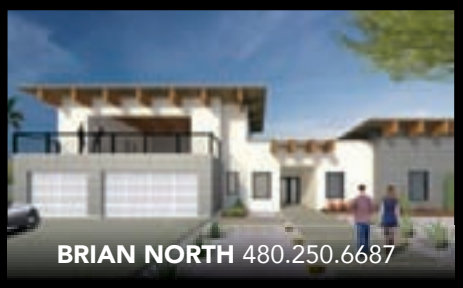


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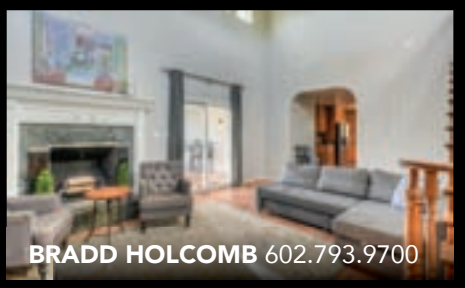


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Fresh powder! Time to ski! – Arizona's winter resorts

By Mallory Gleich

The temperatures in Arizona are finally dropping and the snow will soon begin to fall. These three resorts offer all the things you need in order to get out and enjoy the winter weather that we Phoenicians deserve after a brutally warm summer!



Arizona Snowbowl

Mount Lemmon

Mount Lemmon, located outside of Tucson, is the highest point in the Santa Catalina Mountains. During World War II, a group of men started the Sahuaro Ski Club, and its popularity took off so quickly that Mt. Lemmon Ski Valley has been around ever since.

There are 22 ski slopes at Mt. Lemmon; ranging from beginner to expert.

Lift tickets range from $15 to $40 depending on age. A military and senior discount is offered. Ski Valley also offers equipment rental, ranging from $20 to $40. They also offer lessons to first timers or those who need a refresher course.

For more information on Mt. Lemmon Ski Valley, visit skithelemmon.com.

Arizona Snowbowl

Arizona's most well-known winter resort is the Arizona Snowbowl. Located right outside of Flagstaff on the San Francisco Peaks, the Snowbowl is around a two hour drive from Phoenix and 70 miles from the Grand Canyon. It's been open since 1938 and boasts 777 skiable acres. There are seven chair lifts and 40 trails that skiers and snowboarders can choose from. For those of you who have little to no experience, Snowbowl offers classes for different age groups which range in price depending on age.

"I like the fact that it is a very easy day trip from the Valley to get to. I also enjoy the fact that the resort has been doing a lot to try and cater to both skiers and snowboarders; there's now access to more terrain," said Scott Covey, who goes to Snowbowl around two to three times a year.

If you don't have equipment, Snowbowl has all the things you need to enjoy a proper winter excursion. Prices range from $10 to $50.

Once you're all geared up, you'll need a lift pass. Depending on what time of day you decide to hit the slopes (and how old you are), passes range from $40 to $70.

"One of the best parts of Snowbowl is that it's not crazy expensive. The terrain parks and runs are really nice," said Kevin Verville, an avid snowboarder.

After a long day of skiing and snowboarding, Snowbowl also offers lodging for those who don't feel like driving home.

For more information about Arizona Snowbowl, visit arizonasnowbowl.com.

Sunrise Ski Resort

Located in Greer, which is around four hours outside of Phoenix, Sunrise Ski Resort is made up of three mountains, Sunrise Peak, Cyclone Peak and Apache Peak. The park has been open for more than 40 years and has over 800 acres of skiable area. They have 10 lifts and 65 trails for skiers and snowboarders.

"I enjoy these mountains a lot since there is much more terrain that can be covered, and there are more lifts at Sunrise than there are at Snowbowl," Covey said.

"Sunrise has a lot more to explore, especially when there is good snowfall. Plus, it's bigger (than Snowbowl), so it doesn't seem to get as crowded," Verville said.

Sunrise also offers classes and equipment rental. Prices vary on age range and time of day. Lodging is also available for those who want to spend a weekend enjoying the snow and scenery.

For more information on Sunrise Arizona, visit sunriseskiparkaz.com.

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Sepanek House, Arcadia.

Holiday light displays make the Valley glow

By Mallory Gleich

Ah, the holidays. The kids have dressed up and scored their weight in candy. The turkey, trimmings and our bellies have been stuffed. The end of 2016 is fast approaching, but the festivities are far from over! Christmas is right around the corner and families are looking forward to spending cool evenings out and about in their neighborhoods.

Here are some of the places that have the Valley lighting up this holiday season!

Sepanek House

4415 E. Calle Tuberia in Arcadia, just south of Camelback Road and 44th Street

For the past 34 years, Lee and Patricia Sepanek have been decorating their house and yard with thousands upon thousands of lights and Christmas displays. Lee said he used to do a decent light display at his parent's home in Springfield, Massachusetts. Lee and Patricia were married in 1973 and moved to Phoenix. During the holidays, they would take their boys to look at all the decorated homes in the Valley and one day, their sons asked why they didn't do their own home display.

"It started pretty small and we just kept adding to it every year. We've gotten to this point and it's out of control; I guess you could say it's my hobby now," Lee said.

Lee and Patricia also offer snacks and cocoa to guests who come to look at the display. Lee says you have to walk around to see the best parts.

"I love the window displays. The creativity that can be expressed with lights is amazing. It's been really well received," Lee said. "I'll decorate for as long as I'm able!"

McCormick-Stillman Railroad Park

7301 E. Indian Bend Road, Scottsdale

The McCormick-Stillman Railroad Park display started off on a smaller scale in the 1980s and has grown in popularity so much that it is now recognized as one of the best holiday light displays in the Valley.

The Paradise & Pacific Railroad track is a mile long and circles around the entire park. The south end is specifically dedicated to holiday lights. There are lights all around the 30 acres of the park, but the back part is the focal point.

"There are hundreds of thousands of lights. We light whatever we can throughout the park," said Nick Molinari, who is the Operations Supervisor at McCormick-Stillman.

The best part is that in order to see the entire display, folks have to take a train ride.

"What I love so much about holiday lights is how much the kids love the ride through the actual light display. It's a special experience for families," Nick said.

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McCormick-Stillman Railroad Park, Scottsdale.



Las Noches de las Luminarias, Phoenix.

Train rides are $4 per person and there are also snacks and cocoa available for purchase. For more information, visit therailroadpark.com.

Lights of the World

Rawhide Western Town and Event Center
5700 W. North Loop Road, Chandler

With over 11 exhibits and 75 displays, Lights of the World is one of the largest light shows in the country. Displays range from 18 to 60 feet high and showcase all different cultures around the world.

There are displays dedicated to the African Kingdom, America, Oriental Mysteries, Christmas Dream, and so much more.

"All of the displays are handmade on-site. There are over four million lights and over 25 acres of displays. It is sure to deliver a most unique experience," said Gilbert Ochoa, who is in charge of promotions.

Lights of the World will also have free acrobatic shows, food and drinks, and carnival rides and games. Tickets are $25 for adults and $15 for kids. For more information, visit lightsoftheworldus.com.

Las Noches de las Luminarias

1201 N. Galvin Pkwy, Phoenix

What began as a simple event to show off the beauty of the Southwest and the uniqueness of Desert Botanical Gardens in 1978 has become one of the Valley's holiday traditions.

That first year, over 700 luminarias lit the area from the former gift shop to the Archer House. Now, after almost 40 years, there are over 8,000 luminaria bags lit up on the trails around DBG.

In 2003, six tons of sand were used to fill the luminaria bags. And in 2004, over 132,000 candles were lit and put out by hand! Today, the folks at DBG have a system to make the lighting and snuffing of the candles much easier, but just as beautiful.

Folks are welcome to come out and stroll the trails while sipping cocoa or hot cider. There will also be live entertainment provided.

Tickets are $30 for the general public and $12.50 for children. For more information, visit dbg.org.



Lights of the World, Chandler.

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Little Woody



Dick's Hideaway

What's the password? Hidden bars to discover in phoenix

By Riley Kissee

There's something exciting about walking into a bar with very little indication that it even exists. Whether it's hiding behind a building, down a flight of stairs or through an unmarked door, half the fun of the experience is finding your destination. If you're seeking that sense of discovery on your next night out, here are some destinations to consider.

The Little Woody

4228 E. Indian School Road, Phoenix

If you're not aware of its location, it would be easy to pass right by the building. The entrance is located in the back of the building, and every now and then you'll hear first-timers say "are we in the right place?" Once inside the dimly lit speakeasy, you're sure to take in the logs of juniper that are assembled along the walls like a rustic game of Tetris, and tall ceilings with exposed beams. The main room has an assortment of low-slung booth seating and high top tables, as well as a glowing vintage red bar top. In the second room, guests can challenge a friend to a game of skee ball, darts or foosball. Drinks range from cocktails to craft beers to the budget-friendly but daring combo called "The Codger"; a shot of Old Grand-Dad whiskey and a can of Old Style for $5.

Dick's Hideaway

6008 N. 16th St, Phoenix

No sign, no problem. Dick's Hideaway is tucked between two stores on the northwest corner of 16th Street and Bethany Home. Like its sister restaurant, Richardson's, this rustic establishment is known for its New Mexican cuisine. The atmosphere is cozy and the smell of smoky green chiles permeates throughout the building. The bar is rustic, with a large chalkboard listing the daily specials and details of their acclaimed happy hour.

Valley Bar

130 N. Central Ave, Phoenix

This watering hole is located in an alley between two skyscrapers on Central Avenue. Once you discover the small glowing neon sign above an unexpected door, your exploration is not quite done, as you must descend down a flight of stairs to the building's basement. Inside you'll discover an unassuming music venue full of quirky vintage décor, from funky wallpaper to mid-century furniture. If you're not feeling the music, guests can partake in shuffleboard, pool, skee ball and video games.

Melinda's Alley

50 E. Adams St, Phoenix

The entrance to this bar is also located in an alley in downtown Phoenix, this time in the basement of The Renaissance Hotel. There's no sign, but if the red light in the alley is turned on, the bar is open for business. Guests can descend down a metal staircase to discover a limited menu that rotates weekly with experimental cocktail creations. Be warned, there's no beer or wine, it's strictly cocktails and they only accept cash. But it's definitely worth it.

Honor Amongst Thieves

5538 N. 7th St, Phoenix

If you wander behind the new Stock & Stable restaurant near 7th Street and Missouri Avenue, you'll find a staircase leading to a hidden second story bar. The atmosphere feels very Gatsby-like, with moody stained glass mirrors, along with vintage armchairs scattered throughout. Pick a drink from the expansive menu or ask the bartender to get creative.

UnderTow

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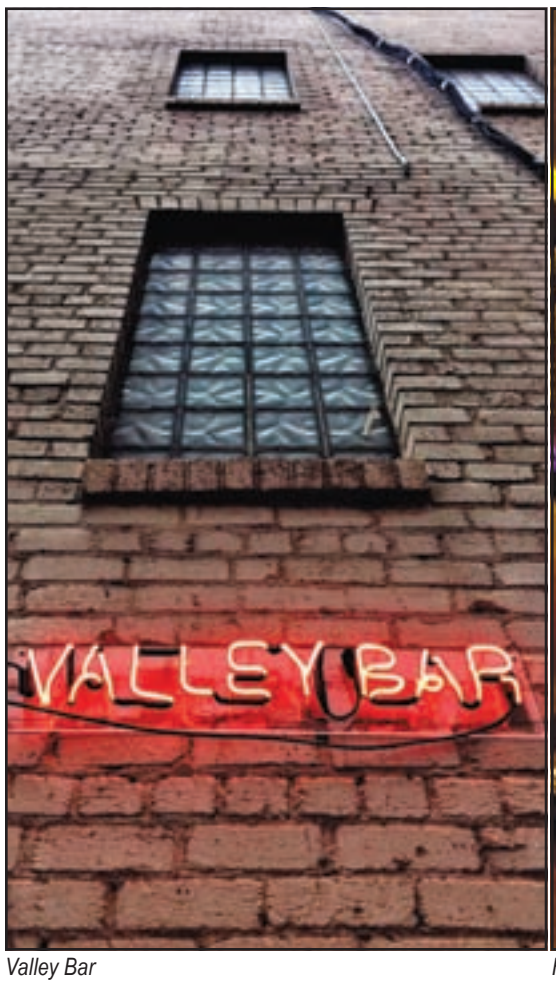
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Honor Amongst Thieves


Melinda's Alley



UnderTow

by first entering Sip Coffee and Beer Garage and then taking the plunge down a staircase in the center of the space. The bar is reminiscent of a vessel at sea with portholes on both sides, light beaming down over the bar from the deck above, as well as thunder and lightning effects that sweep through about every ten minutes. The drink menu is chock-full of variations on classic tiki drinks, as well as an array of creative cocktails with exotic elements.

MercBar

2525 E. Camelback Road, Phoenix

MercBar feels like the type of place James Bond would stop by for a drink…shaken, not stirred. This upscale hidden lounge has been a staple in the Biltmore area for twenty years. Located in the Esplanade, this swanky bar is adorned with dark wood, dim lighting and leather furniture. Guests can indulge in a selection of gourmet appetizers and an array of classic-style cocktails.

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Association to hold 2nd annual Dancing for Arizona's Children

By Rachael Bouley

There are over 19,000 children in out-of-home care in the state of Arizona, a statistic that Arizona's Children Association (AzCA) actively seeks to improve through a variety of programs and events, including its annual Dancing for Arizona's Children dance competition and fundraiser.

Founded in 1912 as Arizona Children's Home, AzCA is one of the largest and oldest child welfare and behavioral health nonprofits in the state. Today, the organization serves over 42,000 children, families and individuals per year in all of the 15 state counties. AzCA believes that every child deserves a safe, permanent and supportive home.

The nonprofit boasts over a dozen programs tailored to meet the needs of families and children across the state. Over 2,000 children have been placed in foster homes and another 389 children have been adopted through AzCA's services. Moreover, AzCA serves individuals and families in need of counseling, behavioral coaching, respite and support services, as well as victims of sexual abuse. Kinship services, family preservation, parenting education and transitional youth services are additional programs provided by AzCA's professionally trained staff.





Professional and amateur dancers alike will participate in the dance competition and fundraiser.

The second annual Dancing for Arizona's Children is primarily focused on raising funds and awareness for the adoption, foster care and kinship programs. The event is presented by Russ Lyon Sotheby's International Realty and features influential business and community leaders as dance contestants.

In true "Dancing with the Stars" fashion, the contestants will be paired with professional dance instructors to perform routines that will be voted on by a panel of professional judges, the audience, and votes purchased online. In addition to the competition, there will be performances by local youth dancers and introductions to some children currently in foster care who are in need of adoption.

All proceeds from the event benefit AzCA's "Strengthening Families" Fund, which in turn supports four specific projects: foster parent support and retention, thrive mentor program, kinship support services and family alliance project. Each of these programs is aimed at providing support for foster families and increasing opportunities for at-risk youth. AzCA encourages families of all populations to consider adoption or foster care, as the need in Arizona is on the rise.

"Last year was our inaugural year and we had over 500 guests and raised $125,000. We expect it to be larger this year and we hope to raise $150,000," said Keryn Shipman, Development Director at AzCA.

The event will be held on Saturday, December 3 at the Arizona Biltmore Hotel from 10 a.m. to 2 p.m. To purchase tickets, sponsorships, and votes, and for a list of featured dancers, visit arizonaschildren.org.

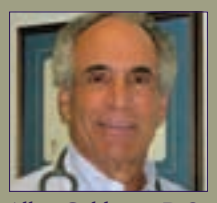



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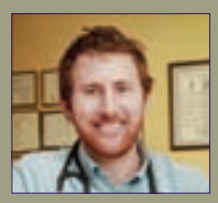

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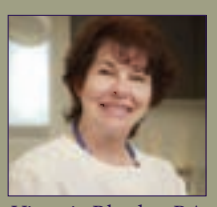

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Time to begin another chapter

GIRL NEXT DOOR

By Kindra Hall

This is my last story as the Girl Next Door.

It is bittersweet and I can't help but think how this whole story began.



In July of 2010 I quit my job.

It was a risky decision. It cut our household income in nearly half and since I hadn't lined up another position it was clear I would have to drop my lululemon habit (lululemon… so 2010). For an additional plot twist, I found out a week after quitting that I was pregnant with our first baby.

The eternal optimist, I wasn't terrified. I had an idea. Not a plan, but an idea. I would become… a professional storyteller.

If the job sounds made up, it is. Telling stories is something I'd been doing since I was a child–in school, at churches, on the speech team, at festivals. When I discovered the MySpace blog feature (yes, MySpace), I posted stories there and a couple people read them. Clearly the next logical step was to make stories my full time profession.

So, after quitting my job, I wrote the *Arcadia News* to see if they needed a storyteller to write a monthly column. Back then, they said no. I wrote the *Arizona Republic* – they didn't respond. I took that as a no. I wrote blogs and various magazines. They all said no.

I spent much of the rest of 2010 in a nauseous pregnant haze hearing a lot of nos and watching a lot of 'Ugly Betty,' you know, since I didn't have a job and that was the one luxury we kept: our Netflix subscription.

Then in 2011, I decided since I wasn't making a lot of progress in the tell-MY-stories department, maybe I could help others tell theirs. I teamed up with local charities to use stories to raise funds. I helped an author, then a speaker, then a few CEOs and brands. And somewhere around 2014 I realized maybe my made up job wasn't about sharing my stories at all… maybe I needed to help others discover the value and importance of telling theirs.

> ***"My greatest hope is that the stories I've shared made you remember stories of your own."***

Today, that's what I spend nearly all my time doing. I travel from city to city across the US and globally speaking for companies and conferences about harnessing the power of their stories. The rest of my time is with my family, friends, spin class and you. Though *Arcadia News* said no in 2010, for the past two years this column has been the one place I get to tell my own stories and I love you for reading them. My greatest hope is that the stories I've shared made you remember stories of your own. In a world filled with uncertainty, it is our stories that will bring us together.

Who knew a made-up job could turn out to be a real thing and I am very excited for what's ahead.

You can still find me at kindrahall.com, or at facebook.com/kindrahallfan and of course, wandering all over the Arcadia we love so much.

Thank you for the space on this page and our time together.

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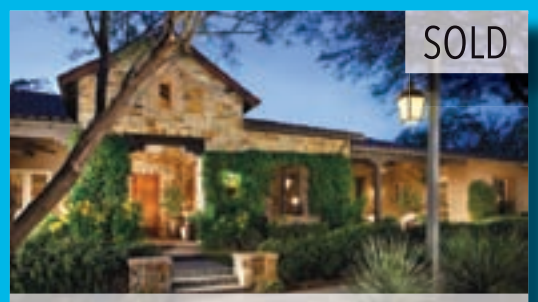
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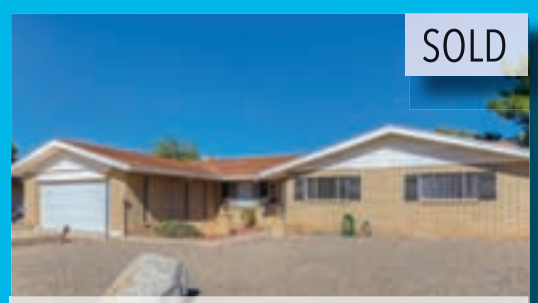




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Seasonal activities at the Devonshire Senior Center.

Senior-centric holiday events

RETIREMENT *NOW WHAT?*

By Jean Hodgson

We hear the words "December Holiday Events" and our initial inclination is to think of activities focused on children, but it's also a special time of year for those of us who might be kids at heart, even if we are in a significantly different age bracket. Luckily we live in an area where there is a bounty of senior adult friendly options to celebrate the season.

Devonshire Senior Center located at 2802 E. Devonshire Ave. is all about opportunities to connect with others of a similar age and stage of life. Debra Wesch, Senior Programs Supervisor, says, "Devonshire is proud to have older adults spend time with us in December sharing holiday moments and memories." Besides their regular weekly schedule of classes and activities, the calendar includes specific holiday events as well.

Monday, December 5, is Decorating and Sing-A-Long Day starting at 9:30 a.m. Besides putting up holiday trees, the morning includes holiday music, cocoa and cookies. The Site Council Pancake Breakfast is scheduled for 9 a.m. on Friday, December 9. This is an opportunity to enjoy delicious pancakes served by the site council and entertainment by acoustic guitarist Charlie Gunther.

On Friday, December 16, at 12:30 p.m. Los Olivos Senior Center Association is hosting their Annual Holiday Party for their members. On Wednesday morning, December 21, Mrs. Santa Claus will visit the Devonshire Center at 9:30 a.m. Entertainer Jan Sandwich dresses up and provides a chatty, lively show accompanied by a pianist, with refreshments also provided.

In addition, the regular Movie-Time on Fridays at 12:30 p.m. will feature great seasonal movies during December including *Miracle on 34th Street, Frozen, Elf,* and *Home Alone*.

The year 2017 will be welcomed in at noon on Friday, December 30 with an afternoon of refreshments and festivity with live music by The Blu Notes. Be sure to check phoenix.gov or call 602-256-3130 for details about all of these events.

Maybe you would like to get into the holiday spirit with some unique shopping, but don't want the hassle of driving and parking. How about taking advantage of the light rail and attending the Tempe Festival of the Arts, December 2-4? This community event showcases over 300 artists from around the country as well as entertainment and food of all sorts all along Mill Avenue. The following weekend, December 10-11, is the 40th Annual Pueblo Grande Museum Indian Market, which is also conveniently accessible by light rail.

Do you have friends or family members who would enjoy joining you for a winter evening stroll in our beautiful Arizona desert? The Desert Botanical Garden is aglow with more than 8,000 luminarias as you walk among the cactuses and enjoy the sounds of handbell choirs, live mariachi bands, and other music groups. Details about Las Noches de Las Luminarias can be learned by calling 480-941-1225 or visiting dbg.org. The route is an easy and even walkway with frequent spots to sit and enjoy the music, the glow of the candles, and refreshments.

If taking in the seasonal lights and decorations without needing to walk is a better fit, watch for the maps of residential displays that you can enjoy by just driving through local neighborhoods. And if you don't mind a little more distance, Glendale Glitters will be well worth the miles. The lighting is a winter wonderland that can also amaze you from the comfort of your car. The lights will be on display each night through January 7. More information can be found at glendaleaz.com.

Creating more memories, connecting with those who are special in our life, and maybe discovering new friendships – that's for kids of all ages in December!

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Chelsea's Kitchen



True Food Kitchen

What is The Paleo Diet and how to dine paleo in Arcadia

By Riley Kissee

New Year's Day is just around the corner and many of us will find ourselves taking on resolutions. If a change in your eating habits is what you're looking for, consider trying The Paleo Diet. Essentially The Paleo Diet avoids any kind of processed food, much like our ancestors dined centuries ago. The crux of the diet consists of grass-fed meats, seafood, fruits, vegetables, eggs, nuts, seeds and healthy oils. Ingredients to avoid that are not paleo-friendly include grains, legumes, dairy, potatoes, refined sugar, refined vegetable oils and any processed food. While it's fairly simple to customize an order to make a dish adhere to a paleo lifestyle, here's a selection of paleo-friendly establishments in Arcadia.

CHELSEA'S KITCHEN

5040 N. 40th St, Phoenix

There are plenty of entrees at Chelsea's Kitchen that will work with a paleo diet, including the Carne Adovada made with New Mexico red chile, braised kale, guacamole and eggs over easy; Rotisserie Prime Rib with market vegetables; or the Grilled Salmon with fresh vegetables.

FLOWER CHILD

5013 N. 44th St, Phoenix

The Arcadia restaurant places emphasis on healthy entrees and it's easy to pair some of the vegetable dishes with protein such as all-natural chicken, grass-fed steak or sustainable salmon. Whether it's the Roasted Butternut Squash with black kale, dried pomegranates and a maple chestnut vinaigrette or Indian Spiced Cauliflower with turmeric, date and almond, there are an assortment of ways to satisfy your inner caveman or cavewoman.

KALEIDOSCOPE

3802 E. Indian School Road, Phoenix

If you're looking for some greens, load up at Kaleidoscope, located inside the Madison Improvement Club. This destination for healthy eats makes cold-pressed juices using 100% organic and raw ingredients segmented into four main categories; Greens, Roots & Fruits, Detox and Almond Milk.

TRUE FOOD KITCHEN

2502 E. Camelback Road, Phoenix

While there are a decent amount of grains and legumes served at True Food Kitchen, it's easy to omit these ingredients to align with your paleo goals. Salads paired with hearty proteins such as seared albacore tuna, grilled chicken, steelhead salmon or shrimp are safe bets. Also, vegetable options such as the Roasted Brussels Sprouts with Jerusalem artichokes, sultana, shallot and toasted hazelnut provide plenty of flavors without sacrifice.

Annual fundraiser hosted a night of art, charity and community

By Riley Kissee

While mathematics, English and history are all essential to an individual's education, one area often overlooked is the arts. The Scottsdale Artists' School has taught the fundamentals to aspiring artists since 1983. To help maintain this tradition, the school hosted their annual fundraiser on November 12, known as Beaux Arts.

"The Scottsdale Artists' School is the largest and very best art school of its kind, offering weeklong workshops taught by some of the very best representational painters and sculptors in the country," said Robert Lemler, who has taught painting and drawing classes at the Scottsdale Artists' School for more than two decades. "The school also offers children's and young adult art programs. The unique and historical building often features exhibitions by local arts groups, including the Portrait Artists of Arizona, the Arizona Watercolor Association, the Scottsdale Artists League, and the Arizona Pastel Artists Association."



Scottsdale artist Robert Lemler.

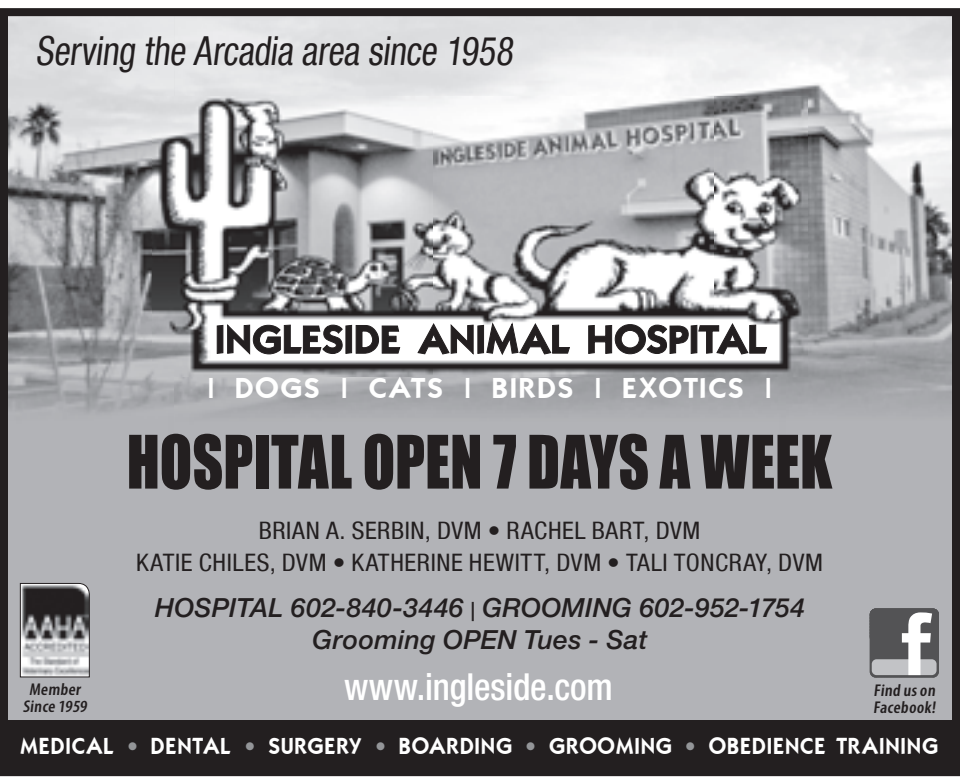
At the Beaux Arts fundraiser, guests had the opportunity to participate in a silent auction featuring artwork from prominent professional artists, including Lemler. The proceeds of the fundraiser helped benefit the Scottsdale Artists' School and their 501(c)(3) organization.

"I'm an Arcadia resident and I've contributed to the event every year. It's meaningful because the school is a great place," said Lemler. "It's a not to be missed evening for those who love and support the arts in our community."

Lemler's contribution to this year's event included the donation of a meticulously painted still life of pomegranates and branches scattered on a table, in front of a glass vase filled with blades of wheat arranged next to a charcoal-colored bowl.

"The event is a success thanks to the generosity of past and present instructors, friends and students of the School who donate their works to be included in the silent auction at Beaux Arts," said Krista Eaton, Beaux Arts 2016 committee chair.

According to Danielle Spahle, development coordinator at Scottsdale artists schools, "About 375 people attended and we made close to $140,000 to benefit the school's programs and scholarship fund."





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Combatting concussions in youth sports

With athletes of all ages taking to fields and courts, there are important steps to take in keeping young athletes safe during practice and games.

Data from U.S. Youth Soccer shows that the number of kids playing increased nearly 90 percent – with nearly 3 million children ages 7-17 playing each year – from 1990 to 2014. As soccer has risen in popularity, so has the rate on injuries – especially concussions – according to a Nationwide Children's Hospital study published recently in "Pediatrics."

The number of youth treated in emergency rooms in the United States due to soccer-related injuries increased by 78 percent over the 25 years covered by the study. While concussions and other "closed-head" injuries accounted for just 7 percent of those injuries, the annual rate of those injuries per 10,000 children playing soccer increased drastically.

While the study's authors from the hospital's Center for Injury Research and Policy said some of the increase reflects the growing awareness about concussions, there are steps that can be taken to reduce exposure and increase overall player safety.

Know Concussion Signs

Be aware of concussion symptoms and encourage players to report potential injuries. The first signs of a player potentially suffering from a serious head injury can include:

- Headache
- Blurry vision
- Nausea
- Vomiting
- Noise or light sensitivity

Utilize Available Educational Resources

The National Soccer Coaches Association of America recently released the first interactive online course developed to educate soccer coaches on how to teach safer heading techniques. The free, 30-minute course titled "Get aHEAD Safely in Soccer," which is available at NSCAA.com/heading, illustrates specific techniques, exercises and practice activities that are available for coaches to download or print. For more tips to properly coach young athletes on the fundamentals of heading and other soccer skills, visit nscaa.com.

Practice Proper Technique

The U.S Soccer Federation recently ruled that there should be no heading in games or practice for any players age 10 and under and a limited amount of heading for those ages 11-13. It is important that coaches know the correct techniques and have the right educational tools to properly train their players. The fundamental steps include:

1. Keeping feet shoulder-width apart and knees bent in an athletic position
2. Tucking the chin and maintaining a stiff neck
3. Using arms for balance (and to shield opponents)
4. Concentrating with eyes open and mouth closed
5. Focusing on striking the ball with the middle of the forehead

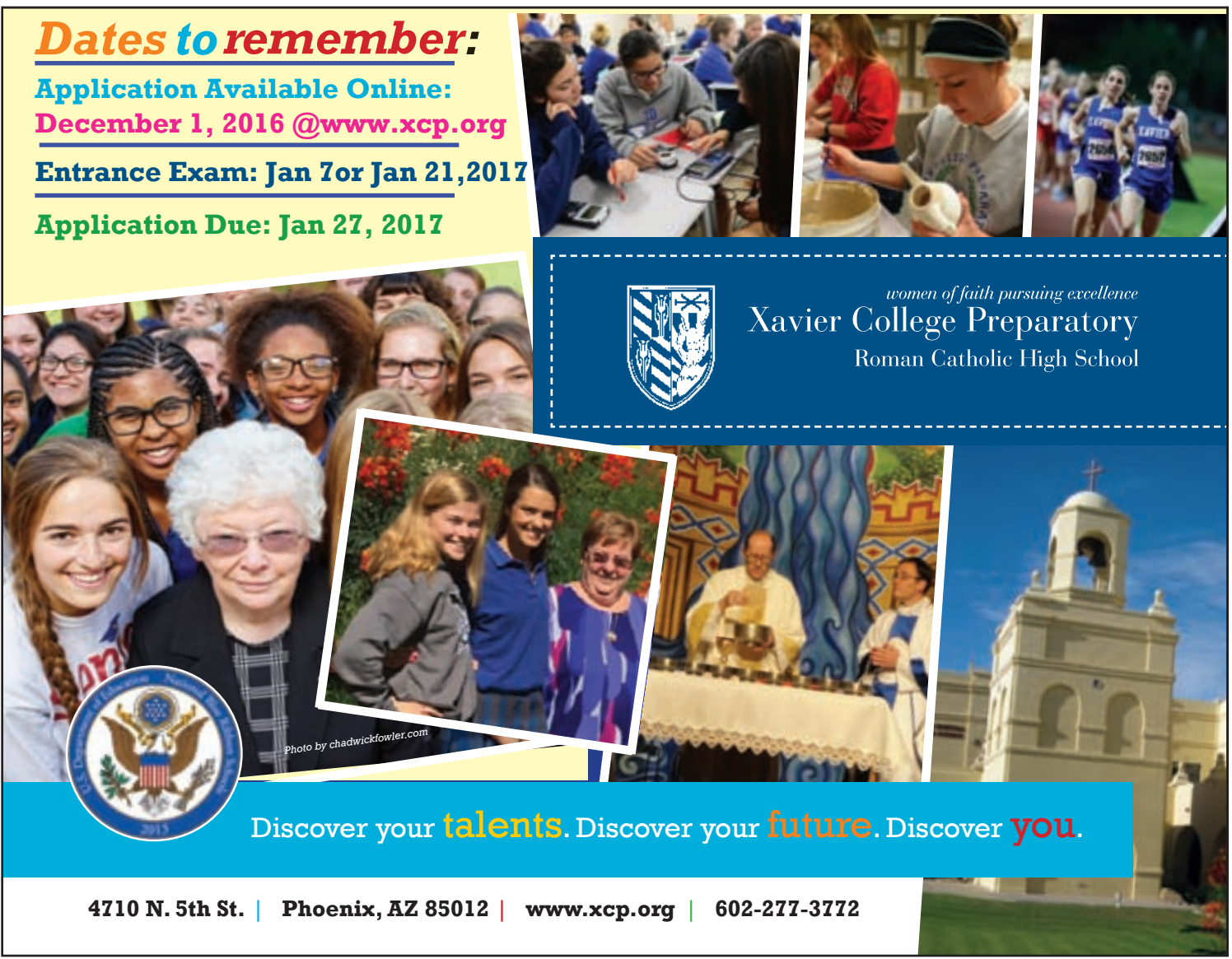


PHOTO: WIKIMEDIA COMMONS

Understand Return-to-Play Protocol

Coaches and parents should encourage players to always report blows to the head and be vigilant in looking for athletes who may have sustained injuries. If a player does sustain a concussion, they should seek medical attention and work together with an athletic trainer on proper return-to-play protocol before returning to competition.

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Lady Titans reflect on 2016 campaign

By Ian Kraft

The beginning of November brought the end of a great season for the Arcadia High School Lady Titans volleyball team as they fell in three sets to the Chaparral Firebirds in the first round of the 2016 AIA State Girls Volleyball Championships.

Coming in to the tournament as the eighth overall seed, first-year Head Coach Jacquelyn Bunker said the team had worked incredibly hard to reach the playoffs, finishing the regular season with a 24-13 overall record.

"I am very pleased with how we faired within our 5A division," Bunker said. "We ended up 13-4 in our division games, which I was really pleased with. As far as the tournament games go, I can coach it a little differently. Since those games don't count against us, I was able to let them struggle a bit to see if they could bounce back, so the overall record means less to me than the regular season record does."

Senior co-captains Katie Murphy and Katy Tolson thrived in Bunker's system and said it was their coach's vision that led the team to sustainable success.

"Ever since Jackie came in, it has been a completely different season. From the beginning of the year our goal has been to win State," Murphy said. "We haven't been to the playoffs in three years, so having her change the mindset of the program allowed us to grow as volleyball players and as a team."

"This year has been completely different than any other year," Tolson said. "We really believed in ourselves, and that is because of Coach Jackie."

"At the beginning of the season, she gave us calendars with 'State Playoffs' written on it. She told us it was to remind us that through hard work and belief, we can do this, we can make it there," said Tolson.







The Arcadia High School Lady Titans volleyball team finished the season 24-13 overall. PHOTOS SUBMITTED BY ARCADIA HIGH SCHOOL

Both Murphy, who is committed to Furman University to play volleyball, and Tolson, who is considering both the University of Oklahoma and the University of Arizona, said the future of the program is bright for the Lady Titans with Bunker at the helm.

"I think these girls will have to step up next season, especially since we have so many seniors leaving (eight). I think there is going to be a change in leadership on the court, but I have total confidence that they can do it," Tolson said.

"Having been on varsity for the past four years, most of these girls have seen both Katy and I grow into this program. Being able to play and practice with them has been able to show them what it's like to play Arcadia volleyball and I think they can build off of what we accomplished this year," Murphy said.

Going into next season Coach Bunker said she is confident in her returning players and thinks the experience of the playoffs will help the team persevere.

"I feel really good, actually, about next year. Yes, we are losing a lot of leadership, but our freshman and junior varsity teams did really well this year. So, as far as depth in the program, I think we can be really strong next season."

(Records & Statistics via Maxpreps.com)

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2017 ARIZONA DIAMONDBACKS SCHEDULE



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2 SF TBD	3	4 SF 6:40	5 SF 6:40	6 SF 6:40	7 CLE 6:40	8 CLE 5:10
9 CLE 1:10	10 SF 1:35	11 SF 7:15	12 SF 7:15	13	14 LA 7:10	15 LA TBD
16 LA TBD	17 LA 7:10	18 SD 7:10	19 SD 7:10	20 SD 6:10	21 LA 6:40	22 LA 5:10
23 LA 1:10	24 SD 6:40	25 SD 6:40	26 SD 6:40	27 SD 6:40	28 COL 6:40	29 COL 5:10
30 COL 1:10						

MAY

SUN	MON	TUE	WED	THU	FRI	SAT
	1	2 WAS 4:05	3 WAS 4:05	4 WAS 10:05	5 COL 5:40	6 COL 5:10
7 COL 12:10	8	9 DET 6:40	10 DET 6:40	11 PIT 6:40	12 PIT 6:40	13 PIT 5:10
14 PIT 1:10	15 NYM 6:40	16 NYM 6:40	17 NYM 12:40	18	19 SD 7:10	20 SD 7:10
21 SD 1:40	22 CWS 6:40	23 CWS 6:40	24 CWS 12:40	25 MIL 5:10	26 MIL 5:10	27 MIL 1:10
28 MIL 11:10	29 PIT 1:05	30 PIT 4:05	31 PIT 9:35			

JUNE

SUN	MON	TUE	WED	THU	FRI	SAT
				1 MIA 4:10	2 MIA 4:10	3 MIA TBD
4 MIA 10:10	5	6 SD 6:40	7 SD 6:40	8 SD 12:40	9 MIL 6:40	10 MIL 7:10
11 MIL 1:10	12	13 DET 4:10	14 DET 4:10	15	16 PHI 4:05	17 PHI TBD
18 PHI 10:35	19	20 COL 5:40	21 COL 5:40	22 COL 12:10	23 PHI 6:40	24 PHI 7:10
25 PHI 1:10	26 PHI 6:40	27 STL 6:40	28 STL 6:40	29 STL 12:40	30 COL 6:40	

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
						1 COL 7:10
2 COL 1:10	3	4 LA 6:10	5 LA 7:10	6 LA 7:10	7 CIN 6:40	8 CIN 7:10
9 CIN 1:10	10	11 ALL-STAR GAME	12	13	14 ATL 4:35	15 ATL 4:10
16 ATL 10:35	17	18 CIN 4:10	19 CIN 4:10	20 CIN TBD	21 WAS 6:40	22 WAS 5:10
23 WAS 1:10	24 ATL 6:40	25 ATL 6:40	26 ATL 12:40	27 STL 4:15	28 STL 5:15	29 STL 4:15
30 STL 11:15	31					

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
		1 CHC 5:05	2 CHC 5:05	3 CHC 11:20	4 SF 7:15	5 SF TBD
6 SF 1:05	7	8 LA 6:40	9 LA 6:40	10 LA 6:40	11 CHC 6:40	12 CHC 5:10
13 CHC 1:10	14 HOU 6:40	15 HOU 12:40	16 HOU 5:10	17 HOU 11:10	18 MIN 5:10	19 MIN TBD
20 MIN 11:10	21 NYM 4:10	22 NYM 4:10	23 NYM 4:10	24 NYM 9:10	25 SF 6:40	26 SF 5:10
27 SF 1:10	28	29 LA 6:40	30 LA 6:40	31 LA 12:40		

SEPT/OCT

SUN	MON	TUE	WED	THU	FRI	SAT
					1 COL 5:40	2 COL 5:10
3 COL 12:10	4 LA 5:10	5 LA 7:10	6 LA 7:10	7	8 SD 6:40	9 SD 5:10
10 SD 1:10	11 COL 6:40	12 COL 6:40	13 COL 6:40	14 COL 12:40	15 SF 7:15	16 SF TBD
17 SF 1:05	18 SD 7:10	19 SD 7:10	20 SD 6:10	21	22 MIA 6:40	23 MIA 5:10
24 MIA 1:10	25 SF 6:40	26 SF 6:40	27 SF 12:40	28	29 KC 5:15	30 KC TBD
1 KC 12:15						

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An extraordinary journey from refugee camp to football field

By Shaylee Souza

Their thick Shona accents are the only sign that barely a year ago, brothers Olivera (18 years old), Cosmas and Eloi Kwete (both 16 years old) lived in the ghetto of Harare, the largest and capital city of Zimbabwe.

Beside, of course, the stories of the turmoil they experienced living in a refugee camp during the first few years of their lives.

They are now sophomores at Central High School in Phoenix where they play football, a life as different as night and day compared to their life in Africa.

"We have so many more opportunities here in America," Cosmas said. "We have electronics that we can use if we ask and the facilities are much better than in Zimbabwe."

The brothers were born in the Democratic Republic of Congo during a time of intense civil war. The war, which has claimed more than five million lives, forced the brothers and their family to flee to nearby Zimbabwe.

Their family was resettled, in part by the International Rescue Committee (IRC), a humanitarian effort that aides people whose lives are ravaged by conflict and disaster.



Left to right: Brothers Eloi,Olivera and Cosmos Kwete. PHOTO BY CENTRAL HIGH SCHOOL HEAD COACH JONATHAN CLANTON

However, despite fleeing from the war in Congo, life in Zimbabwe was anything but easy.

The Kwetes first moved into a camp, where the family of nine shared two bedrooms. The children had to walk two kilometers to and from school, with no access to electricity and cold water, or sometimes even clean water. Food was distributed among the refugees.

"It's a place where you would never wish to be, but because of political reasons, we had to be," said Eloi.

Using candles and other lights to navigate the dark, the family lived in constant fear of wild animals while living in the camp. Elephants trampled through, killing many people before being shot.

The family eventually moved out of the camp and into a ghetto in Harare so their father could work as a teacher for Alliance Française, a non-profit organization that offers French courses.

Finally able to afford to buy food and get themselves on their feet, the boys attended Marlborough High School, a more modern school that was closer to their home and afforded them more opportunities to continue their education.

However, life still wasn't easy.

"When you are not from the country, they will call you all sorts of names, like foreigner and worse," said Eloi. "When you are not in your home country, you always feel uncomfortable."

To get a better education, the family left Africa and moved to the United States, again with the assistance of the IRC, which placed them in Phoenix. The three had a passion for rugby in their old home and are keeping that interest alive through football.

Olivera, a linebacker, Cosmas, a defensive end and Eloi, a middle linebacker haven't seen much playing time but are successfully transitioning from rugby to football.

Despite all of their hardships, the boys have kept a positive outlook.

Olivera wants to major in computer science at an American university. Cosmas wants to play rugby for the Zimbabwean national team. Eloi wants to become a radiologist through a degree from Harvard University.

"What really pushes me is when I see the past and then look at the future," said Eloi. "Looking at what I want to accomplish forces me to work hard and be successful, and I believe that if I work hard, I will get it."

What was once a reminder of the cruel hardships the three endured, their Shona accents now serve as a testament: work hard and you can overcome anything.

Even growing up in a refugee camp.

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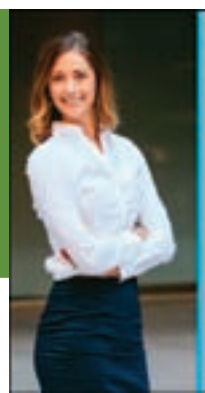
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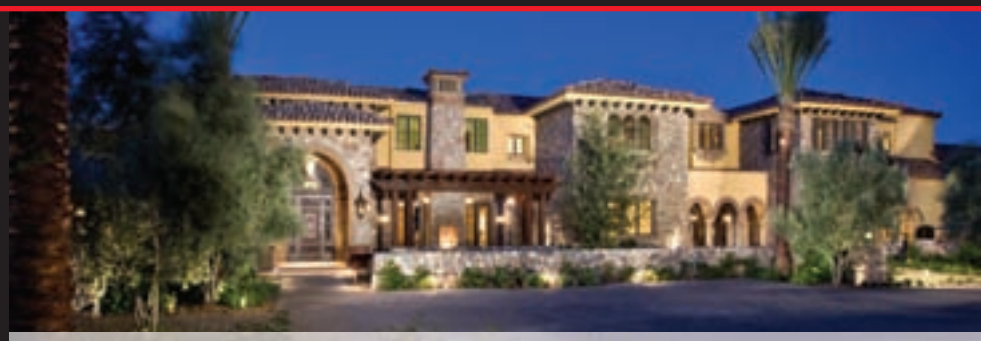
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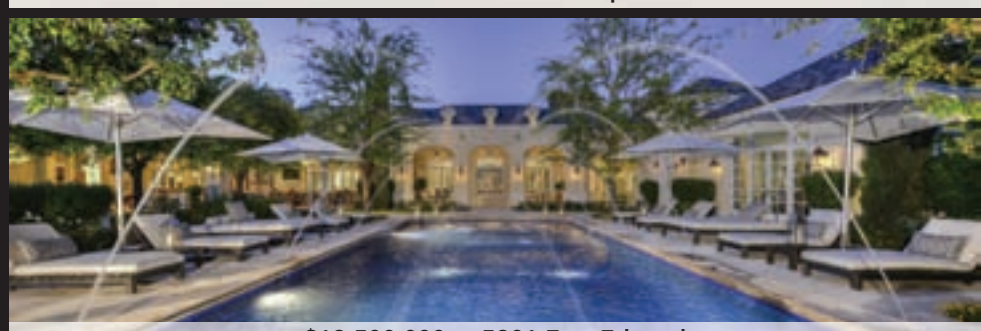
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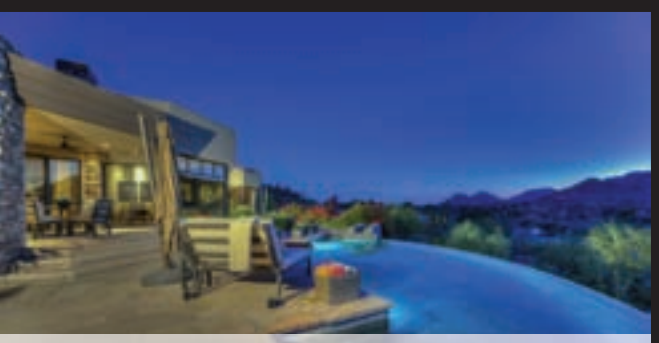
$2,199,000 6424 East Exeter
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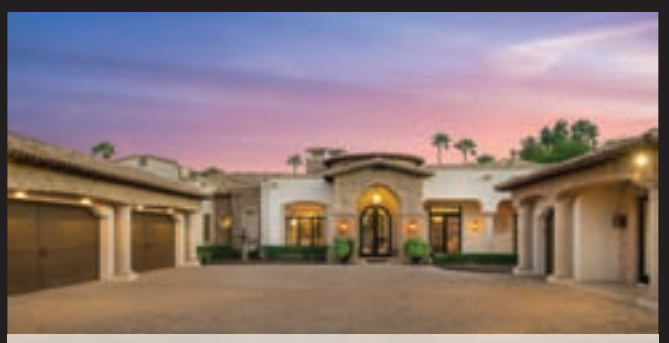
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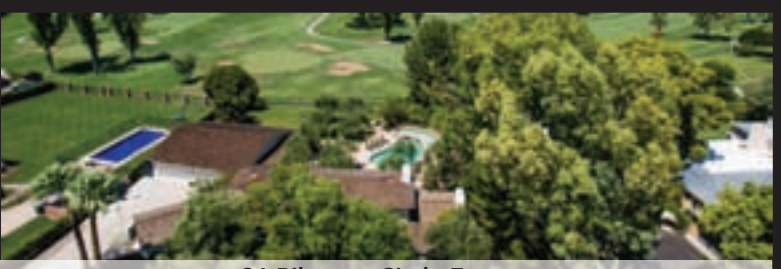
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