Arcadia News

Vol. 24 No. 11 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | February 2017

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We've got some tips and ideas on how to get the most out of your spring garden.

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Local pastor Jeff Schrank brings costumed joy to Christ Lutheran School.

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One of the area's landmark resorts is finally getting a well-deserved makeover.

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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Christ Lutheran School principal Jon Doyle (left) with Christ Lutheran pastor Jeff Schrank..
PHOTO BY GREG BRUNS

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ARCADIA NEWS TEACHERS we love

THIS MONTH'S WINNER: Tom George (aka TK-21497)
NOMINATED BY: IMS Administrator, Jeannine Ruetz

By Greg Bruns

After 15 years in the Scottsdale School District, Tom George has learned more than one way to make a connection with his students. As a middle school teacher with two middle school sons at home, George knows that you need to bring a strategy, and be willing to adapt it to make it work.

This 7th grade science teacher's connection to his students is one thing, but he's also made a name for himself with his peers at Ingleside Middle School. Jeannine Ruetz is the Support Coordinator on the Administrative Team. Ruetz nominated George for the Teacher We Love award because "he makes a difference in our school not only for our students but for his fellow teachers and the staff. He deserves to be recognized for everything that he does."

One of George's strategies includes dressing up in his Stormtrooper costume, to help promote the national Star Wars Reads Campaign, put on each fall by book publishers. George encourages the students to play along and join him in dressing up for the day. Whatever it takes to help create a fun environment and stimulate a hunger for learning.

"I saved up for a year for that costume," said George, "And I put it together with the guys from my group."

The 'group' is a unique volunteer organization called the Dune Sea Garrison of the 501st Legion. The Legion is a global collective of super-costumed Star Wars fans who proclaim to be "Bad Guys Doing Good." They promote interest in Star Wars by bringing the fictional characters to life with their quality costumes, and they give back by fundraising, volunteerism and making appearances at events or places like Phoenix Children's Hospital.

"I'm not an insane fan. I don't have all the lines memorized," said George, "But I do enjoy it and this is a great way to give back."

Tom George with wife Trish and sons John (left) and Charlie. (Inset) George's Dune Sea Garrison membership card.

After all of his years teaching, George hears back from students now and then, mostly via Facebook. He still feels connected to them too, understanding that he was a strong influence on their lives.

"I think I've got seven former students who are now teachers," said George. "I get a lot of former students who get in touch and thank me and tell me I was their favorite teacher. It just hits your heart."

Most of the nominations for the Arcadia News Teachers We Love award come from students and parents, but a submission from fellow teachers or staff is unique.

"I was a bit shocked," said George, "This is my second year here and I really didn't expect this."

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.

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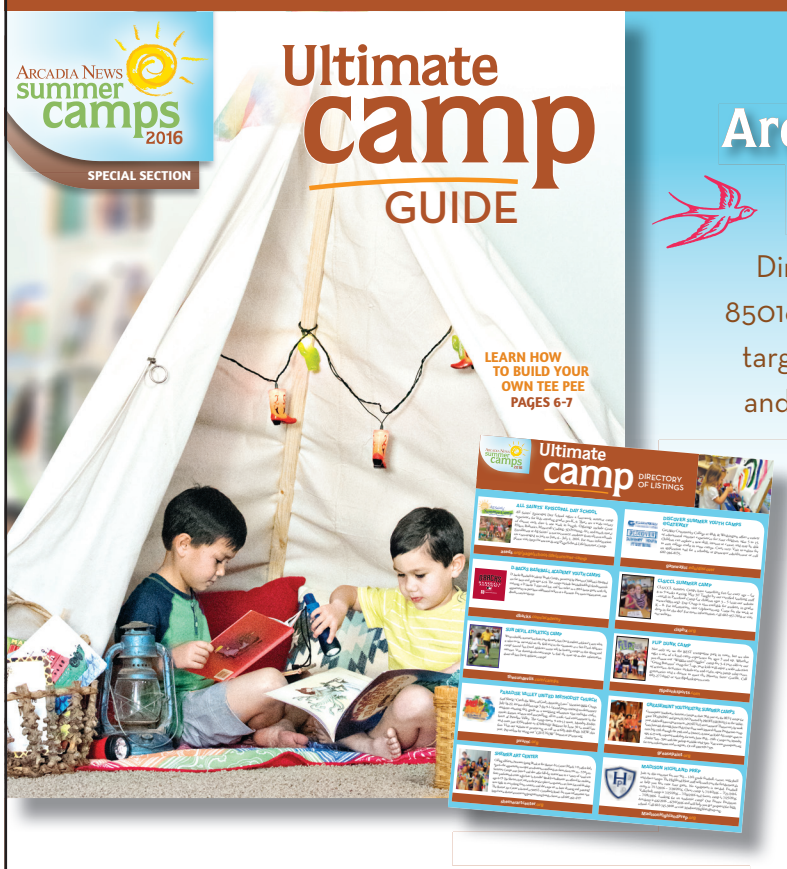

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Arcadia Real **Estate** Stats

2016 HOPI SCHOOL DISTRICT SALES RESULTS
(1/1/2016-12/31/2016)

Active Homes -	145 homes
Homes Sold -	278 homes
Average Sale Price -	$1,210,000
Average Sold $ Per SF -	$328
Average Days On Market -	128 days

There is currently 6 months of home inventory. (based on 2015 sales results)
2016 home sales have decreased 4%. (based on 2015 sales results)
2016 home prices have increased 18%. (based on 2015 sales results)
2016 $ Per Square Foot prices have increased 9%. (based on 2015 sales results)
2016 homes are taking 16% more time to sell. (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
(1/1/2016-12/31/2016)

Active Homes -	73 Homes
Homes Sold -	219 Homes
Average Sale Price -	$527,000
Average Sold $ Per SF -	$235
Average Days On Market -	93 days

There is currently 4 months of home inventory. (based on 2015 sales results)
2016 home sales have increased 0%. (based on 2015 sales results)
2016 home prices have increased 9%. (based on 2015 sales results)
2016 $ Per Square Foot prices have increased 4%. (based on 2015 sales results)
2016 Homes are taking 14% less time to sell. (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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Heart attack symptoms aren't all the same – gender matters

HEALTHY TIDBITS

By Claire Bowey

You've seen it on TV: a man dramatically clutches his chest in extreme pain and falls to the floor. Instantly, you think heart attack. But what happens when a woman has a heart attack? Same thing, right?

In the United States, one in three women dies of heart disease. In fact, it claims the lives of more women than men each year. The problem is, heart disease often goes under-diagnosed and undertreated for women because signs and symptoms are different from those of men.

According to the National Institutes of Health, major symptoms, as much as a month before a heart attack, can include:

For women

- Unusual fatigue
- Sleep disturbance
- Shortness of breath
- Indigestion
- Anxiety

For men

- Shortness of breath
- Weakness
- Unusual fatigue
- Cold sweat
- Dizziness

Of course, for both men and women, the basic symptoms of heart attack include chest tightness or pressure and/or pain in the chest, neck, jaw, arms or back. Because women's heart disease symptoms can be subtler than men's – particularly when it comes to chest discomfort, rather than chest pain – many women postpone seeing a doctor for their symptoms.

These factors make both men and women more at risk for cardiovascular problems:

- Smoking
- Family history
- High cholesterol
- Diabetes
- High blood pressure
- Overweight
- Hypertension
- Stress
- Inactivity

Most of cardiovascular deaths are preventable because you can change almost all of the risk factors. You can reduce your risks significantly by quitting smoking, reducing your cholesterol and blood pressure, and adopting a healthier lifestyle that includes good eating habits and regular exercise.

February is American Heart Month and 2017 is the year to take control of your heart health.

Your primary care physician can help you get on the right track with a diet and exercise program and can help you with strategies to quit smoking.

— Claire Bowey, M.D., specializes in family medicine with HonorHealth Medical Group.

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The Arcadia News Health & Fitness Guide is the perfect way to promote your practice or business to the affluent, educated and health-minded readers of the *Arcadia News*. The Health & Fitness Guide is mailed in the *Arcadia News* six times per year to homes in the Arcadia/Biltmore/Camelback Corridor. It is also distributed at over 70 retail locations.

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Ingleside Animal Hospital a neighborhood mainstay

By Nick Smith

Brian Serbin came from a family of physicians. He was always interested in medicine and for a while considered following in his father's footsteps as a doctor. But his strong passion for animals led him to find a way to combine his two interests into a rewarding and successful career.

"I always loved animals," Serbin said. "Growing up I always had dogs and other pets. I thought I could get the best of both worlds, working with animals and still getting to practice medicine."

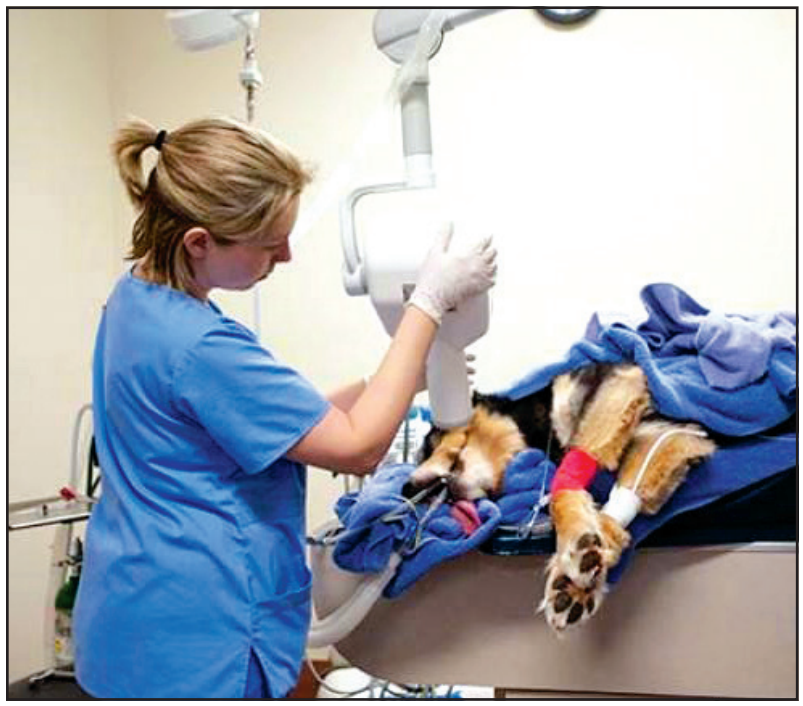
Today, Serbin and his staff can be found caring for pot belly pigs, ferrets, rabbits, goats, reptiles and of course dogs and cats at the Ingleside Animal Hospital. Located east of 48 street on Thomas Road, Serbin purchased the company in 2000, after spending years working at other animal hospitals in Phoenix.

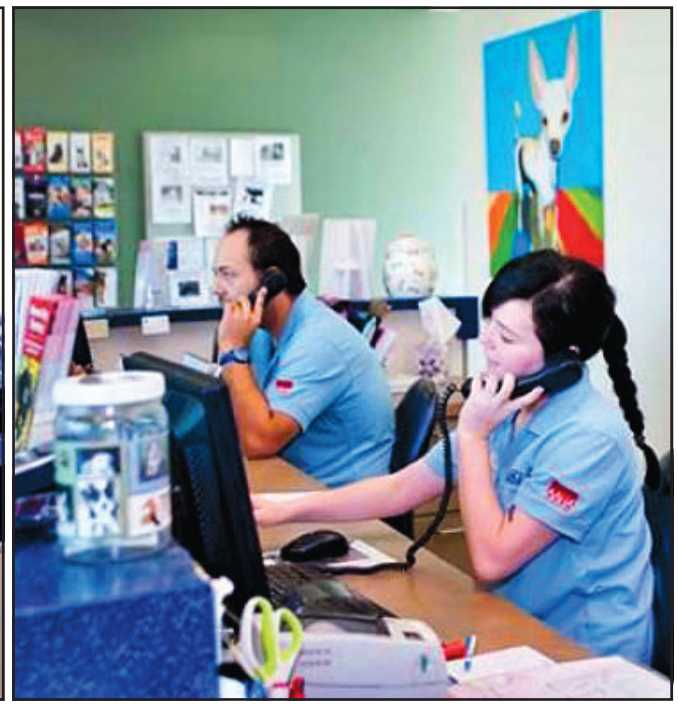
"I grew up in Phoenix, so I'm tied to this community," said Serbin. "I also didn't want to start from scratch. The goal was to take something that was established and improve on it."

Ingleside Animal Hospital serves as a one stop shop for pet owners in the area. Among the dozens of services offered are surgeries, vaccinations, teeth cleanings, eye care, grooming, abdominal and cardiac care. Owners can also board their animals at the hospital or stop by for obedience classes.

Serbin and his staff put a heavy emphasis on staying at the forefront of the always-evolving technology in the veterinary field. The hospital was one of the first to offer some of the newer therapeutic medications for allergies and also is among the leaders in using digital radiography. They have implemented laser therapy for cats and dogs and expanded their surgical capabilities to include fracture repair.

"The science in this industry can be constantly changing," said Mandy Price, a certified veterinary practice manager who has been working at Ingleside since before Serbin bought the practice. "Our technicians go to continuing education classes. If there's something new, we want to make sure we are on the cutting edge."





Ingleside Animal Hospital continues to put an emphasis on the use of cutting edge veterinary technology.

BEHIND *THE BUSINESS*

The main focus, of course, are the animals that Ingleside is taking care of. Ingleside works with two local agencies, Luv of Dogz and Rancho Feliz, helping animals rescued by those organizations get back to being healthy.

The hospital also puts a primary focus on the relationship between its veterinarians, their animal patients and human caretakers.

"We try to hire doctors who are extroverts," said Price. "In this field, doctors love the animals, but not always the people. We always feel like a doctor's bedside manner and the caring and genuine feeling the owners get from that are important."

"Like any other business, you learn from your mistakes," said Serbin. "When you grow something, you have to adapt to a busier facility, how to manage increasing clientele. Managing people is always a challenge. But our staff is very committed to the welfare of pets. This is more than a job where you just punch the clock."

Serbin and Price say the hospital's location also contributes to its success. The close proximity to the freeway and airport gives people departing quick access to a place to board their pets. The nearby greenbelt and canal are popular destinations for active pet owners, and the recent influx of new shopping and restaurants has also helped bring in new patients.

"Arcadia is a stable neighborhood, with a lot of good people," Serbin said. "There's a real sense of community here. We don't have one type of clientele, we work with all kinds of people across the board."

Price believes one of the biggest reasons for the success of the hospital is Serbin's high level on involvement with the day-to-day operations. His passion is the main reason why several families have been bringing their pets to Ingleside for multiple generations.

"He is a perfectionist," said Price. "He's very business savvy, deciding who to hire and figuring out our price structures. He's always here with his pulse on the business. He's also very compassionate toward the patients and the staff. When everyone's happy, it makes it easier to run a business."

BUSINESS BRIEFS

The Bar Method

Twenty-five years after opening its first location in Greenwich, Connecticut, The Bar Method has made its way to Arcadia. Opening last December, the gym is located near the corner of 48th St. and Indian School Road, in the Arcadia Towne Center. The one hour, non-impact workout includes free-weight exercise, isometric leg work, abdominal work and active stretching.

Jabz Boxing

Newly located on the northwest corner of 32nd St. and Indian School Road, Jabz Boxing is a 45-minute circuit workout for women that combines boxing exercise with numerous other functional exercise. Take advantage of some of the special promotions celebrating the opening, including a week of workouts for free.

Cornerstone Gift Shop

A neighborhood staple for over 20 years, Cornerstone Gift Shop closed its doors at the end of January. Opened in 1995 and located on Indian School Road, west of 40th St., the local business sold greeting cards, unique gifts and had a woman's boutique with clothes, trinkets and accessories. No word yet on the future plans for the space.

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Cruises, Cuba and Iceland top 2017 travel trends

By Kelly Potts

Travelers say new beginnings and new destinations will define their trips in 2017.

According to a recent AAA survey, 42 percent of Americans are planning to take a vacation in 2017 – with most planning trips to the warm weather destinations in the United States and abroad. All signs are pointing to a busy year for vacationers and the travel industry.

And about 30 percent of U.S. adults say they are more likely to take a vacation this year compared to 2016. When they do, they're looking for a new kind of travel experience.

"Exploring places that are less traveled is the theme for 2017," said Amy Moreno, senior travel manager for AAA Arizona. "Travelers are looking for unique experiences and want to be among the first to explore and share these up-and-coming destinations."

Cuba

Iceland

AAA Travel experts predict the top five travel trends for 2017:

• **Bon Voyage:** Cruising remains one of the best ways to take advantage of big savings and see some unique places in the world. According to an AAA survey, four in 10 Americans would consider a river cruise for an upcoming vacation, with 24 percent saying they are likely to take a river cruise in the next five years. And despite the perception that river cruising appeals primarily to older generations, Millennials are more likely to consider a river cruise for an upcoming vacation than either their Generation X or Baby Boomer counterparts. Expect more passengers on river cruises throughout Europe, longer voyages and themed cruises to take over in 2017.

• **Chasing Cuba:** This hotspot continues its streak into 2017. This year, cruise lines will begin to make stops in Havana on some of their Caribbean itineraries. There are still some travel restrictions and all trips in Cuba are escorted, which may not be for everyone. Eager travelers should plan ahead to be among the first Americans to see Cuba.

• **Nice Iceland:** Travelers are still craving travel to unusual destinations, and Iceland continues to top the list. Iceland offers a little something for every traveler, including breathtaking scenery, the famous Blue Lagoon and the Northern Lights in winter. Low airfares also help boost the number of travelers to the island.

• **Better Belize It:** If you're searching for somewhere sunny and exotic, consider Belize in your choices. This tropical land offers natural beauty in its beaches and countryside, fantastic water sports and ancient Mayan ruins, making it both a relaxing and adventurous place to visit.

• **The 49th State:** Travel experts expect Alaska to be a big hit throughout 2017. This year, cruise lines are expanding their trips to the state to keep up with demand. Alaskan cruises run from May to September, and you can catch the great Northern Lights in January and February. Popular cruise excursions include whale watching and glacier hiking.

"As a travel resource, AAA Travel agents will do the work for you to map out your dream trip and show you ways to maximize discounts," Moreno said.

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Ch-ch-ch-ch-changes...

I hope that you all have started off the New Year in strong fashion. In keeping with the theme of the New Year and new changes, the Arizona Association of Realtors is not to be left out. Effective February 1st, 2017, the Residential Resale Purchase Contract is changing in a big way and my clients need to understand the changes. I know that this information may be a little boring to some of you, but informing and protecting my clients is my number one priority. I promise that this information will save you a lot of time and money on your next real estate transaction.

AS-IS...

Starting February 1st, all residential sales will be AS-IS! I repeat, all residential sales will be AS-IS! Those two little words strike fear in the heart of buyers, but that is because most people don't fully understand the true meaning of AS-IS. Most buyers fear that if they buy an AS-IS home that they won't get to inspect the property or have any disclosures from the seller. This couldn't be further from the truth. Let me break down the effect that this change will have on the sales process moving forward.

In a current sales contract, there are home systems that are called "warranted items." These warranted items included all heating, cooling, mechanical, plumbing, and electrical systems of a home. The seller warranted that these items would be working at close of escrow even if they were not working at the time the contract was accepted. For example, if my air conditioner wasn't working when I agreed to a contract with a buyer, I would have had to repair it to working condition by close of escrow. These "warranted items" no longer exist.

Starting February 1st, if you purchase a home it will be AS-IS without any warranted items. For example, if you agree to buy a home and at the time of contract acceptance the air conditioning was not working, the seller does not have to repair it. Now, don't get freaked out, as a buyer you will still have an allotted inspection period and the seller will still give you their disclosures, but knowing the status of certain home systems while writing your contract will save you a lot of negotiation during the inspection process.

In my opinion, these changes are going to help take the ambiguity out of the "warranted items" and allow for a much smoother sales process. The new AS-IS contract will allow the buyer and seller to be on the same page as there is less room for interpretation of certain home systems that come up during the inspection period. If you have any further questions regarding the new contract please do not hesitate to call me at 602-561-0445 or you can find more information at:

https://www.aaronline.com/2016/12/ancillary-forms-roll-out-in-february-2017

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WHAT'S HAPPENING, *ARCADIA?*

FRIDAY, FEBRUARY 3

Picasso and Pinot

6 – 9 p.m. at the Herberger Theater, 222 E. Monroe St., Phoenix. Let your inner artist loose at First Fridays at Herberger. Starting at 6 p.m., guests will create their own watercolor works of art to take home while sipping on local wines. There will also be live music and projection art, as well as an art supply drive benefitting Free Arts for Abused Children of Arizona. Presented by SRP, this event is free! For more: herbergertheater.org.

SATURDAY, FEBRUARY 4

The Great Canadian Picnic

10 a.m. – 3 p.m. at South Mountain Park, 10919 S. Central Ave., Phoenix. It's a great day for a picnic, eh? Come down to South Mountain Park and celebrate Canada. There will be live music, a classic car display, calf roping, corn hole, a scavenger hunt, kids zone, rock climbing wall and a snow slide. Live music will be provided by Jack Jackson and there will be food trucks on site providing yummy eats. This event is free for all ages. For more: canadianpicnic.com.

SUNDAY, FEBRUARY 5

Chocolate Affaire

Noon – 5 p.m. at Murphy Park, 58th and Glendale Ave., Glendale. Valentine's Day is almost here, and you know what that means. It's time for chocolate! Glendale's Chocolate Affaire boast chocolate from around the nation in the form of chocolate-covered strawberries, kettle corn, popsicles, Twinkies… you name it, there's chocolate on it! Stroll through historic Glendale and treat your loved ones to a tasty treat or two, or six! Cerreta's candy factory will be offering free tours and there will be live music to listen to while getting your chocolate fix. This event is free. For more: glendaleaz.com.

5th grade Hopi Master of Ceremonies (MCs).

Chocolate Affaire at Murphy Park.

THURSDAY, FEBRUARY 9 & FRIDAY, FEBRUARY 10

Hopi Variety Show

6 p.m. at Arcadia High School, 4703 E. Indian School Rd, Phoenix. Hopi is taking this year's variety show old school, all the way back to the 80s! The annual stage production showcases nearly 400 singing and dancing Hopi Hawks. Ten 5th graders will join together to MC the event. Tickets are $10 and can be purchased by emailing hopivarietyshow@gmail.com.

FRIDAY, FEBRUARY 10

Phoenix Chinese Week Culture and Cuisine Festival

9 a.m. – 3 p.m. at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Experience a new culture in your own backyard. Guests will enjoy dragon and lion dances, martial arts demos, traditional and folk dancing, live music, kids activities, culture and history booths and of course, authentic Chinese food. Get your hands on some traditional Chinese culture at this free event. For more: phoenixchineseweek.org.

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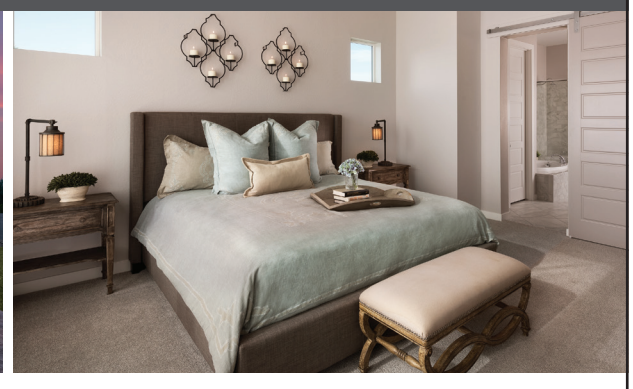

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WHAT'S HAPPENING, *ARCADIA?*

Waterfront Fine Art and Wine Festival

10 a.m. – 5 p.m. in downtown Scottsdale, 7135 E. Camelback Rd. Celebrate Valentine's Day early with the Fine Art and Wine Festival. Guests will enjoy a fabulous selection of juried fine arts, with paintings, stone, copper and photography. There will also be live music and a selection of fine wines to sip on and scrumptious chocolates to snack on. Bring your significant other and enjoy the beauty of downtown Scottsdale and its artists. Admission is $3. For more: thunderbirdartists.com.

SATURDAY, FEBRUARY 11

Carefree Artisan Gifts and Chocolate Festival

10 a.m. – 5 p.m. at the Carefree Desert Gardens/Sanderson Lincoln Pavilion, 101 Easy St., Carefree. Looking for the perfect event to take your loved one to for Valentine's Day? The town of Carefree has got something for you! This three-day event boasts the finest chocolate and confections vendors. There will also be jewelry, arts and fine gifts vendors so you can find the perfect gift. A food court and live music will top off a wonderful day. For more information: carefreecavecreek.org.

Arizona Strong Beer Festival

1 – 5 p.m. at Steele Indian School Park, 300 E. Indian School Road, Phoenix. The Arizona Strong Beer Festival is here! Grab your mugs and head to the park, where there will be more than 400 beers on tap from a variety of different breweries. There will also be an assortment of food vendors to tickle your taste buds and live music to keep the party going! General admission is $45 and includes 40 tasting tickets. There are also VIP and designated driver specials. For more: arizonabeerweek.com.

Arizona Strong Beer Festival at Steele Indian School Park.

Parada del Sol Parade/ Trail's End Festival

10 a.m. – 5 p.m. Parade starts at Drinkwater Blvd. through downtown Scottsdale. Come on down and celebrate Arizona's "Most Western Town" with a parade and Trail's End Festival. Parade watchers will have a chance to meet the grand marshall and the Pony Express riders, explore stage coaches, a petting zoo with mini horses, a kids zone and live music. This event is free for all ages. For more: scottsdaleparade.com.

Family Stargazing Night

6:30 – 10 p.m. at the Challenger Space Center, 21170 N. 83rd Ave., Peoria. Spend your evening among the stars with Family Stargazing Night at the Challenger Space Center. Attendees can participate in arts and crafts, rocket building, paper airplane contests, a presentation with professional stargazer Tony LaConte, and stargazing with high-powered telescopes. Love outer space? This is the event for you! Tickets are $7 per person. For more: azchallenger.org.

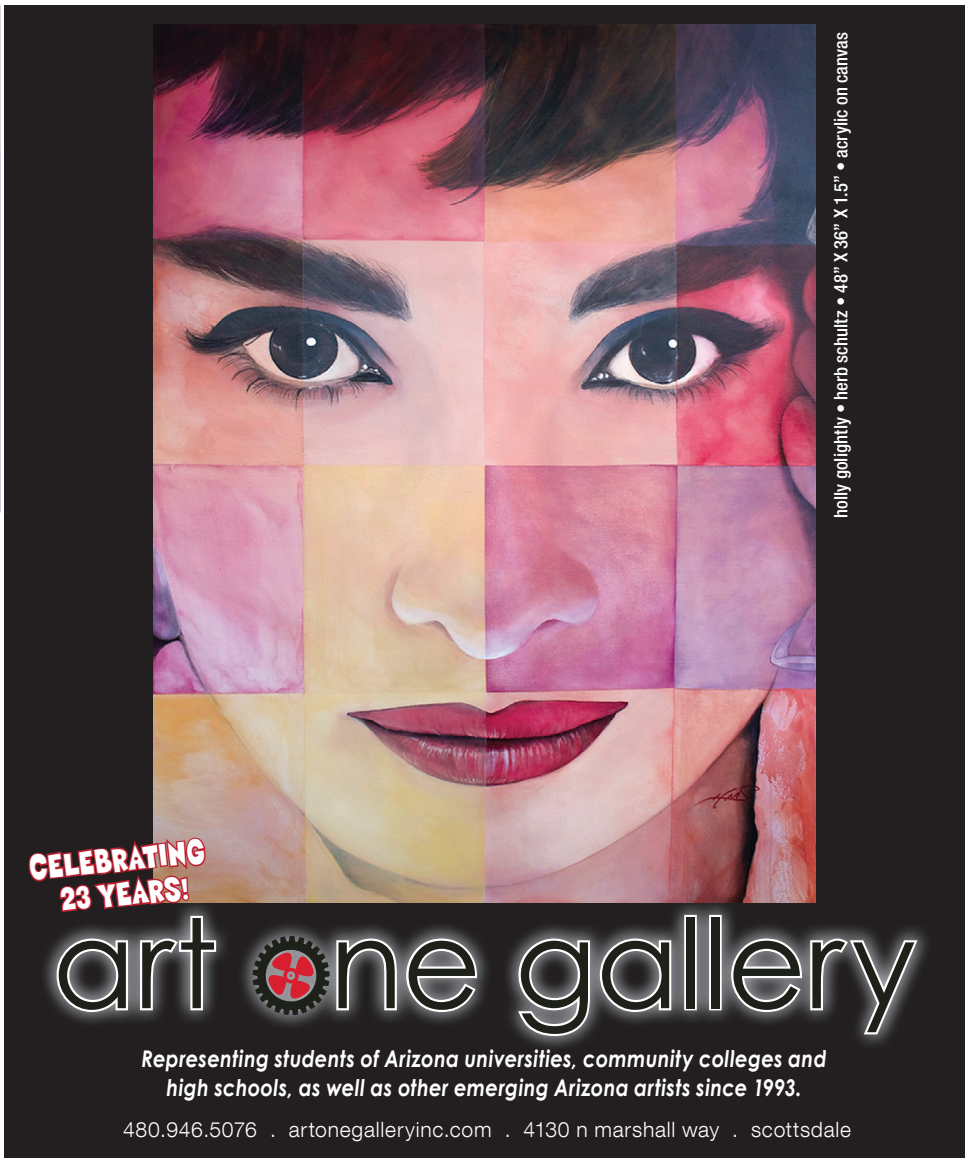
Cupid's Undie Run

12 – 4 p.m. starting at Blasted Barley, 404 S. Mill Ave., Tempe. You read that correctly. It's a run- in your undies. The Children's Tumor Foundation proudly presents the Cupid's Undie Run, a mile long run/walk to benefit Neurofibromatosis research. Don your best bedroom apparel and come down to Blasted Barley, where the party starts at noon and goes until 4. Registration is $30. Don't forget your ID! Support a great cause in your tighty whities, but bring a sweater – it might be chilly. For more: cupidsundierun.org.

SUNDAY, FEBRUARY 12

Birdsong Luncheon

1 – 4 p.m. at the Scott Resort, 4925 N. Scottsdale Rd., Scottsdale. UMom, the largest homeless shelter for families in Arizona, presents the 2017 Birdsong Luncheon. Guests will enjoy a social hour, themed gift basket shopping, as well as a raffle for a $1,000 prize. Lunch will start at 2 p.m. Proceeds benefit the new day shelters. This year's theme is "From the Heart." Enjoy lunch while supporting one of Arizona's most prominent causes. Individual tickets are $50. For more: umom.org.



WHAT'S HAPPENING, *ARCADIA?*

Experience Canada

9 a.m. – 5 p.m. at the Musical Instrument Museum, 4725 E. Mayo Blvd., Phoenix. Learn about our neighbors to the north without experiencing the chilly weather at MIM's Experience Canada event. In honor of Canada's 150th birthday, the MIM will be hosting cultural talks, live musical performances, a Canadian inspired café menu, and arts and crafts activities for all ages. Tickets are $20 for adults and $10 for kids. For more: MIM.org.

Street Eats Food Truck Festival

11 a.m. at Salt River Fields, 7555 N. Pima Rd., Scottsdale. More than 30 trucks from around the Valley will be parked and ready to serve you their delicious food. Samples will be $2 with full meals also available for purchase, and if you get thirsty, there will also be alcoholic and non-alcoholic beverages available. Sign up for one of the many food eating contests, watch cooking demos or relax and listen to live music. Tickets are $12 for general admission, $60 for the VIP treatment. For more: streeteataz.com.

UnCommon Market

10 a.m. – 5 p.m. at Salt River Fields, 7555 N. Pima Rd., Scottsdale. Once you're finished eating at the Food Truck festival, stop by UnCommon Market and find a gift for that special someone for Valentine's Day. Find everything from clothes to knick knacks to food and snacks. Food, drinks, music and an eclectic gathering – a shopper's dream! Tickets are $5 for admission. For more: uncommonmarkets.com.

Street Eats Food Truck Festival at Salt River Fields.

THURSDAY, FEBRUARY 16

Pre-Oscars Party

6:30 – 9 p.m. at the Hermosa Inn, 5532 N. Palo Cristi Rd., Paradise Valley. For those of you that love the glitz and glam of the Oscars, this is an event you don't want to miss. Robert Black of Fashion by Robert Black and Susan Claassen will be on the scene sharing all the looks of vintage red carpet fashions. Guests will enjoy a gourmet meal and wine while watching a fashion show. Claassen will be channeling the late Edith Head during her presentation. Tickets are $99. For more: hermosainn.org.

FRIDAY, FEBRUARY 17

Carnival of Illusion

7:30 p.m. at the Mesa Arts Center, 1 E. Main St., Mesa. A magic show different from the others. Using an international travel theme blended with a vaudeville inspired road show, this one of a kind event is sure to dazzle. Illusions, card tricks, smoke and mirrors – there's even a puppy that could be part of the show. The audience is encouraged to participate. Travel back to the 1900s with the national recipients for the "Excellence in Magic" award. Ages are 8 and up, but this event is geared more toward the grown-ups. Tickets are $45-$60. For more: carnivalofillusion.com.

Music in the Garden

5:30 – 9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. Desert Botanical Garden presents The Rave: British Invasion, one of the Valley's favorite performers of retro British rock and roll. Performing hits from The Beatles, The Kinks, The Animals and more. There will also be a concert-themed dinner of cod, fries and coleslaw, or you can dine at Gertrude's prior to the concert. Come on out and enjoy the British takeover! This is a 21 and up event. Tickets are $30. For more: dbg.org.

Cocktail Carnival

8 – 10 p.m. at Hotel Valley Ho, 6580 E. Main St., Scottsdale. Kicking off Arizona Cocktail Week is the signature event you don't want to miss, Cocktail Carnival! Mixologists from all over the country gather together to mix up the best and most creative cocktails Scottsdale has ever seen. Everything from alcoholic caramel corn to Alice in Wonderland inspired drinks – nothing is off limits. Live music, attractions and performers keep the night going. With more than 25 different tables and booths, you're sure to find your next favorite drink. Tickets are $40 in advance and $50 at the door. For more: arizonacocktailweek.com.

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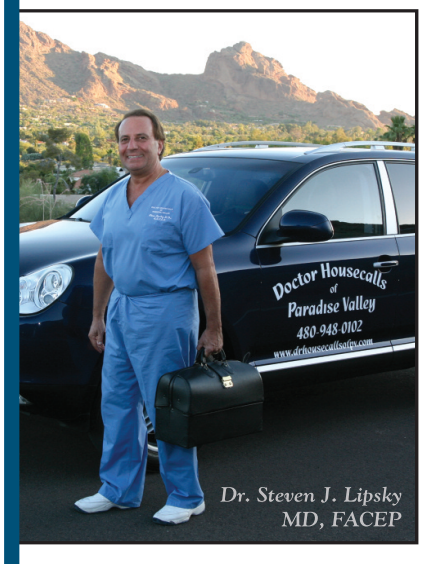

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$1,549,000 6332 East Calle Del Paisano
4 bedrooms, 4 baths, 3,500 square feet

$1,400,000 6022 North 59th Place
4 bedrooms, 3 baths 2,919 square feet

$2,295,000 4449 North 53rd Street
5 bedrooms, 5 baths, 4,525 square feet

$1,249,500 4430 North Dromedary
4 bedrooms, 3 baths, 3,125 square feet

$1,695,000 3821 North 54th Court
5 bedrooms, 5 baths, 4,766 square feet

$569,000 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
SALE PENDING BEFORE IT HIT THE MARKET!

$2,295,000 6026 East Jenan
4 bedrooms, 6 baths, 6,613 square feet

$825,000 6730 East Lafayette
4 bedrooms, 3 baths, 2,523 square feet

$1,395,000 5240 East Calle Ventura
4 bedrooms, 4 baths, 3,760 square feet

3101 North Valencia Lane
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$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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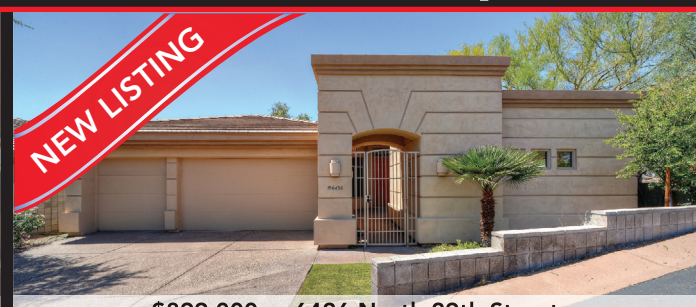
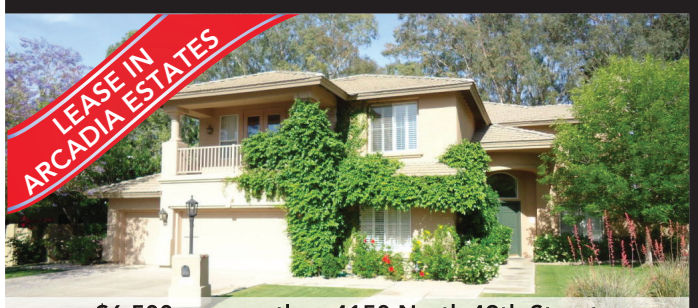
Arcadia's Premier Real Estate Group

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

$2,649,000 4436 North Los Vecinos
6 bedrooms, 6 baths, 5,947 square feet



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



$6,500 per month 4150 North 49th Street
5 bedrooms, 5 baths, 4,205 square feet

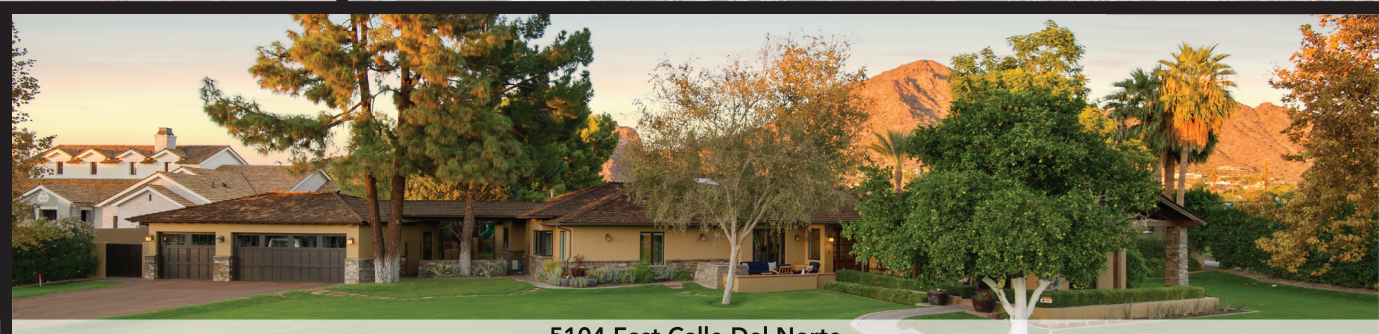
$1,495,000 4202 North 58th Street
5 bedrooms, 5 baths, 4,193 square feet

$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

6656 Lost Dutchman
CALL FOR PRICING & INFORMATION.

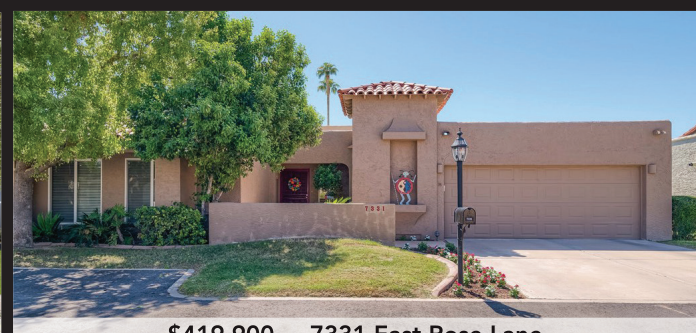
$1,195,000 4219 North 62nd Street
5 bedrooms, 3 baths, 4,000 square feet



5104 East Calle Del Norte
CALL FOR PRICING & INFORMATION.

$814,000 3335 East Mariposa
4 bedrooms, 3 baths, 2,650 square feet

$1,495,000 5161 East Pasadena
5 bedrooms, 5 baths, 4,093 square feet



$419,900 7331 East Rose Lane
3 bedrooms, 2 baths, 2,447 square feet

$725,000 4201 North 42nd Place
4 bedrooms, 3 baths, 2,934 square feet

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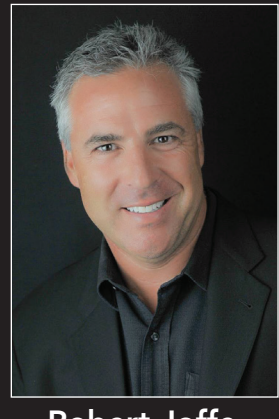
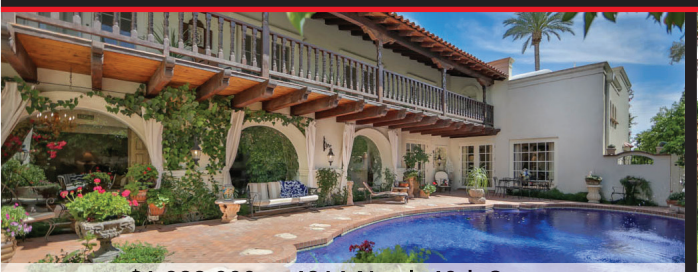


Robert Joffe

See more Joffe Group listings on the back cover.

Exceptional Properties. Exceptional Clients.



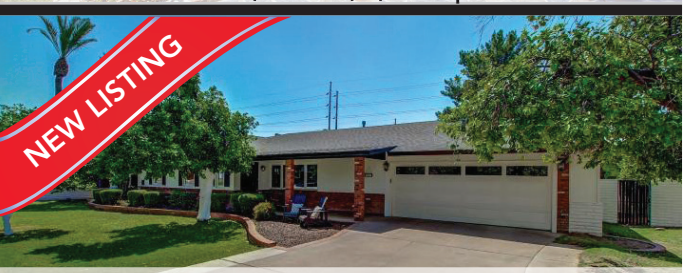
$1,899,000 4316 North 40th Street
4 bedrooms, 5 baths, 6,881 square feet

$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
5 bedrooms, 3 baths, 2,413 square feet

$599,000 10822 North Indian Wells Drive
3 bedrooms, 3 baths, 2,742 square feet

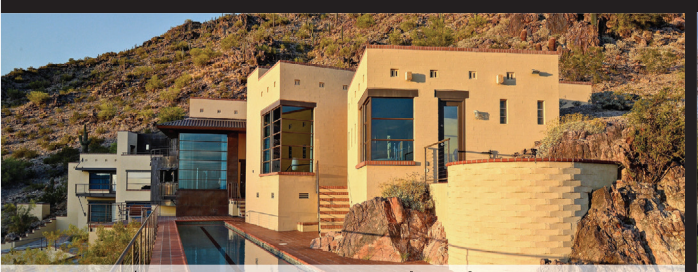


$950,000 6241 East Calle Redonda
4 bedrooms, 2 baths, 2,600 square feet

4514 North Royal Palm Circle
www.royalpalmestate.com

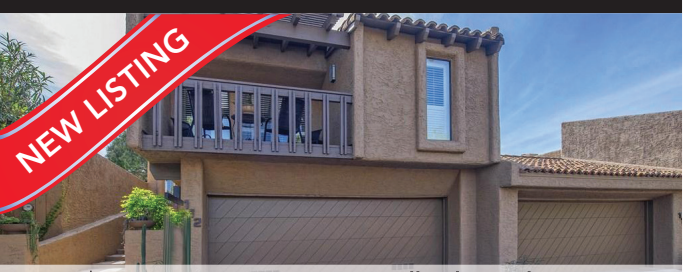
$550,000 4609 East Mulberry
3 bedrooms, 2 baths, 2,065 square feet

4002 North 54th Place
CALL FOR PRICING & 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



$655,000 4446 East Camelback Road #112
3 bedrooms, 3 baths, 2,840 square feet

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

4220 North 58th Street
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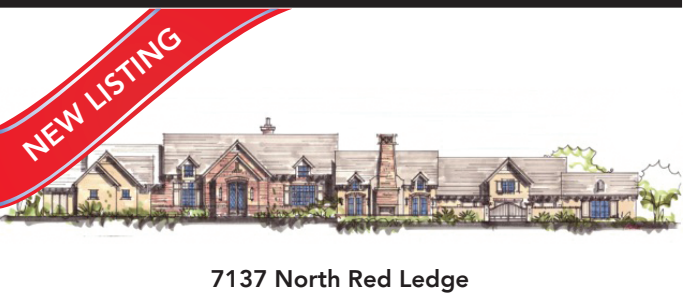
$2,395,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet

$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



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WHAT'S HAPPENING, *ARCADIA?*

SATURDAY, FEBRUARY 18

Intro to 3D Printing

1 – 4 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. It's the New Year, why not introduce your teen to a new skill? At this specialty workshop, teens ages 13-17 (with an adult) or adults (in case you'd like to learn too!) are welcome to learn the ins and outs of all things 3D printing! Using a Printerbot 3D printer, you'll create a physical object, all while learning the science behind 3D. Guests will also be able to take home their own design of a 3D piece. Tickets are $50. For more: azscience.org.

SUNDAY, FEBRUARY 19

Crushbrew Craft Beverage Festival

1 – 6 p.m. at the Scottsdale Waterfront, 7134 E. Stetson Dr., Scottsdale. If flowers and chocolates aren't really your cup of tea, head over to the Craft Beverage Festival for a post Valentine's Day adult beverage. Featuring selections of beer, wine, ciders and distilled spirits, the Craft Beer Festival is just one way to enjoy Arizona Cocktail Week. There will be craft brewers on site holding demos, food available for purchase, and of course, live music to jam out to! Tickets start at $45. For more: crushbrewfestival.com

The Marvelous Wonderettes at the Hale Center Theatre.

TUESDAY, FEBRUARY 21

Trivia Night

8 – 9:30 p.m. at Desoto Central Market, 915 N. Central Ave., Phoenix. Forget taco Tuesday, why not try something different this week? Desoto Central Market hosts Trivia Night, featuring hosts Michael and Willie. Get ready to put your brain to the test as the pair ask questions from every aspect of life. This year the two have decided to present a theme for each trivia night – from Harry Potter to Game of Thrones and everything in between. What's the theme for tonight? Stop by to find out and grab a bite to eat while you're here. It's free to play! For more: desotocentralmarket.com.

THURSDAY, FEBRUARY 23-SUNDAY, FEBRUARY 26

Arizona H20MG! Festival

Times vary, at Lake Pleasant Harbor, 8708 W. Harbor Blvd., Peoria. Featuring the Arizona Copper Cup Grand Prix hydroplane race championships, this is a weekend of fun for the whole family. There will be a pep rally on Thursday, a Pirate Beach Party on Friday, a carnival, live music, food, drinks and more. This year's theme is "Celebrating the Greatness of America – Let Freedom Roar!" Come out, watch the hydroplane boat races, grab a snack and celebrate our country. Ticket prices vary. For more: azcoppercup.com.

SATURDAY, FEBRUARY 25

Polish Festival

10 a.m. – 9 p.m. at Our Lady of Czestochowa Parish, 2828 W. Country Gables Dr., Phoenix. There's never a better time to explore a different culture, and the Polish festival is a great way to start. There will be traditional folk dances and Polish music, a boutique with Polish jewelry, ornaments and crafts available for purchase, rides for the kids, a Polka contest, raffle and Polish food and drink. Get on your dancing shoes and Polka your way to the Polish festival. This event is free. For more: polishfestivalaz.org.

MONDAY, FEBRUARY 27

The Marvelous Wonderettes

7 p.m. at the Hale Center Theatre, 50 W. Page Ave., Gilbert. Imagine it's 1958. The girls of Springfield High School are here to regale you with tales of their high school days with hits like "Dream Lover", "Lollipop" and so many more. Wash off those Monday blues and take a trip down memory lane with the Marvelous Wonderettes. Tickets are $18-$30. For more: haletheatrearizona.com.

OUT OF THE AREA, *BUT WORTH THE DRIVE*

SATURDAY, FEBRUARY 4

Southern Arizona Food and Wine Festival

11 a.m. – 3 p.m. at the Tucson Botanical Gardens, 2150 N. Alvernon Way, Tucson. In partnership with Southern Arizona Arts and Cultural Alliance, Tucson Botanical Gardens will host more than 75 local wineries, breweries, chefs and purveyors showcasing their best drinks and dishes. Stroll through the beautiful gardens, view the Frida Kahlo exhibit and enjoy some sips and nibbles. Tickets are $65. This is a 21 and over event. For more: tucsonbotanical.org.

Southern Arizona Food and Wine Festival at the Tucson Botanical Gardens.

SATURDAY, FEBRUARY 11

Wuertz Farm Gourd Festival

9 a.m. – 5 p.m. at the Pinal County Fairground, 512 N. 11 Mile Corner Rd., Casa Grande. You've heard of a beer festival. Have you ever heard of a GOURD festival? If not, this is one event you won't want to miss. Featuring more than 100 gourd artists and vendors, classes, mini gourd races, mariachis, Native American and country western performers and food. The "Running of the Gourds" is one you'll be talking about for a while! Admission is $8. For more: wuertzfarm.com.

Chocolate Tasting 2017

6 – 9 p.m. at the Central School Project, 43 Howell Ave., Bisbee. Valentine's Day is coming up, friends, so why not do something a little different and head to Bisbee for a chocolate tasting extravaganza? Benefitting Arizona's oldest library, the Copper Queen Library, guests will be introduced to a smorgasbord of chocolate delights while listening to live entertainment. Even better, you can pick up a takeaway box to enjoy later (or on the drive home, whichever you wish!) Tickets are $10. For more: bisbeechocolatetasting.com.

SUNDAY, FEBRUARY 12

Winterfest

9 a.m. – 4 p.m. in downtown Lake Havasu, McCulloch Blvd between Acoma and Smoketree, Lake Havasu City. Just because we don't get snow down here in the Valley doesn't mean we can't enjoy our winters. In celebration of the cooler temperatures, Lake Havasu City presents its 32nd Annual Winterfest. More than 200 vendors from around the nation are gathered for a weekend of fun. There will be shopping, booths, live music and entertainment, a kids zone, street eats, a beer garden and much more. This event is free for all ages. For more: golakehavasu.com.

Sangria Social

11 a.m. – 2 p.m. at the Queen Creek Olive Mill, 25062 S. Meridian Rd., Queen Creek. Queen Creek Olive Mill is celebrating its Festival of the New Oil, and it is inviting you to celebrate at the Sangria Social. Guests will be able to try specialty sangria flavors such as cucumber melon and citrus and pomegranate, grab a bite to eat at the pit bar and grill and enjoy live music by Pride through Strife reggae band. If Sangria is your drink of choice, you won't want to miss this! For more: queencreekolivemil.com.

PRINCE OF PEACE
LUTHERAN CHURCH AND PRESCHOOL

Preschool Registration
for Fall 2017 begins on February 1 for New Families

Prince of Peace Preschool is ideally located in the heart of the Arcadia neighborhood. Established in 1967, we value our rich history and are honored to serve the families of the close-knit Arcadia community. We appreciate the generations of families that have passed through our school and we look forward to watching future generations grow and learn with us during their precious preschool years.

We strive to provide every child with a great preschool experience that includes:
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FRIDAY, FEBRUARY 17-SATURDAY, FEBRUARY 18

Hamfest

Times vary depending on event, at the Yuma County Fairgrounds, 2520 E. 32nd St., Yuma. If you're thinking this festival is all about pork, you might want to think again! A ham is an old, old nickname for an amateur radio operator. This festival is dedicated to tech-minded folks who want to learn about HAM radio and emergency preparedness skills. Once you're done attending one of the many seminars, you can grab a bite to eat at the Buzzard BBQ and watch the balloon launch. It's education and fun, all in one! Admission is $5. For more: yumahamfest.org.

Western Winter Blast Pyrotechnics Show at SARA park, Lake Havasu City.

Copa Color Run at Copper Sky Regional Park, Maricopa.

SATURDAY, FEBRUARY 18

Western Winter Blast Pyrotechnics Show

5 p.m. – 10:30 p.m. at SARA Park, 1799 Sara Pkwy., Lake Havasu City. Are you bummed that you have to wait until the 4th of July to see fireworks? Have no fear, the Winter Blast Pyrotechnics Show is here! The sky will be an array of colors as professional pyrotechnics light off fireworks all evening, with the biggest show happening at 7:30 p.m. There will also be a beer garden and rodeo grounds open to the public. Celebrate President's Day Weekend by lighting up the night sky. Tickets are $5 per person. For more: golakehavasu.com.

Copa Color Run

9 a.m. at Copper Sky Regional Park, 44345 M.L.K. Jr. Blvd., Maricopa. Sure, you could run a 5K on any old trail… but what if you ran a 5K through a rainbow of color? The Copa Color Run, where athletes are covered head to toe in colored powder throughout the race/walk, promises to be an event you'll never forget. The race starts at 11 a.m. and runners can choose either the 5K or the 1 mile walk. After the race there will be food trucks and a beer garden on site. Registration is $20 for adults, $15 for youths and $10 for kids. For more: maricopa-az.gov.

Cruise, Blues and BBQ Festival

10 a.m. – 3 p.m. at Oro Valley Marketplace, Oracle and Tangerine Rd., Oro Valley. Nothing says fun like a classic car show mixed with delicious food and fantastic music, and this is exactly what the Cruise, Blues and BBQ Festival promises to deliver. More than 20 different classes of auto awards will be given out. While you stroll around and listen to live music, grab a bite to eat at the BBQ pit. There will also be a kids zone to keep the little ones entertained. Tickets are $5 per person. For more: saaca.org.

FRIDAY, FEBRUARY 24-SUNDAY, FEBRUARY 26

Lost Dutchman Days

Times vary depending on day/event, at the Apache Junction Rodeo Grounds, 1590 E. Lost Dutchman Blvd., Apache Junction. Whether you go for the rodeo, for the carnival, or for the bratwurst, there's something for everyone at the 53rd Annual Lost Dutchman Days. On Saturday, there's a parade, an arts and crafts fair, and a rodeo royalty pageant. There's a rodeo dance and a bratwurst party. Live music keeps the spirit of the Lost Dutchman alive! Pick an event or attend them all. Admission is $2 with varying prices for certain events. For more: lostdutchmandays.org.

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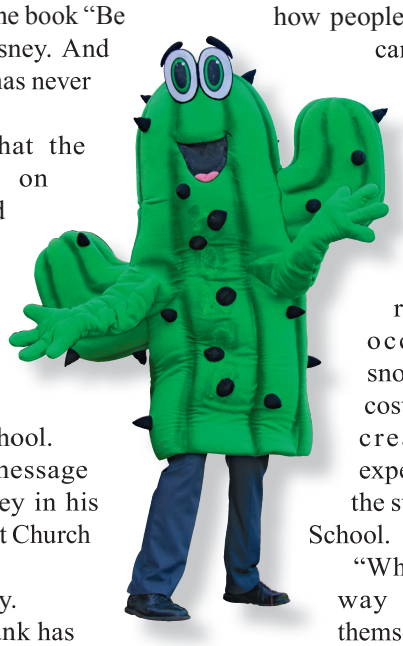
Pastor Jeff brings costumed joy to Christ Lutheran School

By Elaina Verhoff

Did you hear the one about the pastor in a chicken suit? No joke.

More than a decade ago, Pastor Jeff Schrank of the Christ Church Lutheran congregation picked up the book "Be Our Guest" by Walt Disney. And Christ Lutheran School has never been the same.



Schrank explains that the book, which focuses on customer service and social psychology, really made him think about how he could influence the culture and character of the K-8 school, located at 39th St. and Indian School. And what was the message Schrank hoped to convey in his role as pastor of the Christ Church Lutheran congregation?

He wanted to bring joy.

Since that time, Schrank has been delighting the school's 500 plus students with an assortment of costumes and puppets that fill an entire closet. Each morning at drop-off, and again at pick-up, Schrank serves as the school's unofficial ambassador, greeting the kids in character. One day he might be a gorilla, the next, an astronaut, Dalmatian or cheese head.

"I am the morale officer," Schrank explains. "I'm responsible for a culture and how people feel when they come on campus. Sometimes kids just don't wake up and say 'Hey, I'd really like to go to school!'"

Schrank didn't look forward to school as a child. In fact, his favorite subjects were recess, lunch and the occasional Wisconsin snowball fight. Through his costumes, the pastor hopes to create more positive experiences and memories for the students at Christ Lutheran School.

"What's important to me is the way children feel about themselves, their school and their church," said Schrank. "Will they have happy memories of the environment? Was it a happy place? A place of joy? There's no better way to do this than to greet them in the morning with something out of the ordinary," he says.

Christ Lutheran Principal Jon Doyle says Schrank, through his costumes and kid-like attitude, has created a culture at their church and school that has made waves in the community.

"We are known as a place that has fun… and more importantly, truly cares about our kids," says Doyle.

Schrank says his costumes are most popular with the six, seven and eight-year-olds, who sometimes need a little coaxing in the morning and are still young enough to think he's cool.

One Christ Lutheran dad says his son has a hard time saying goodbye at the start of the day.

"My eight-year-old might not admit that he appreciates the strawberry, chicken or astronaut that greets him each morning in the drop-off line," he said. "But it's clear that the distraction takes his mind off being anxious and makes the transition just a little easier."

During the holidays, Schrank became a life-size Elf on the Shelf, hiding in a different spot each day. One morning, students spotted him up on the roof, with a swimming towel and goggles – seeming to confirm the rumors of a secret swimming pool on the gymnasium roof.

It's not only the students who benefit from Schrank's unique approach.

During Thanksgiving, Pastor Jeff dressed as the Thankful Turkey to present the teachers with posters of gratitude for their hard work. Christ Lutheran office manager Kim Walton says the teachers were touched by the posters with notes from their students and the kids loved the visit from the Thankful Turkey.

"It's really hard not to smile when you see or hear him coming!" Walton says.

Schrank says a four-year-old once came up to him when he wasn't in costume to say he looked familiar.

"He said he was pretty sure I was 'the turkey man with the tambourine."

Crazy costumes have spilled over into other parts of Schrank's life too. He can no longer go pick up his kids at the airport in regular clothes, or they would be disappointed. Often, he'll stay in costume while dining or picking up food from neighborhood restaurants.

"KFC, Chick-fil-A… if I have my costume on and I'm going to get food, I'll just leave it on," said Schrank.

Ultimately Schrank says he fundamentally believes people remember how they feel more than what they learn.

"If you ask a child 'What did you learn today?' they will say 'I'm not sure,'" said Schrank. "If you ask a child how they feel, they will know. We function at the level of how we feel."

Wanting to help children feel loved and cared for is what Schrank says God wants him to do.

"As the leader of this institution, I have the ability to set a tone," Schrank says. "If my tone was serious, I think it would be a different kind of place. Giving people permission to have fun is part of my leadership responsibility."

> ***"As the leader of this institution, I have the ability to set a tone. Giving people permission to have fun is part of my leadership responsibility."***

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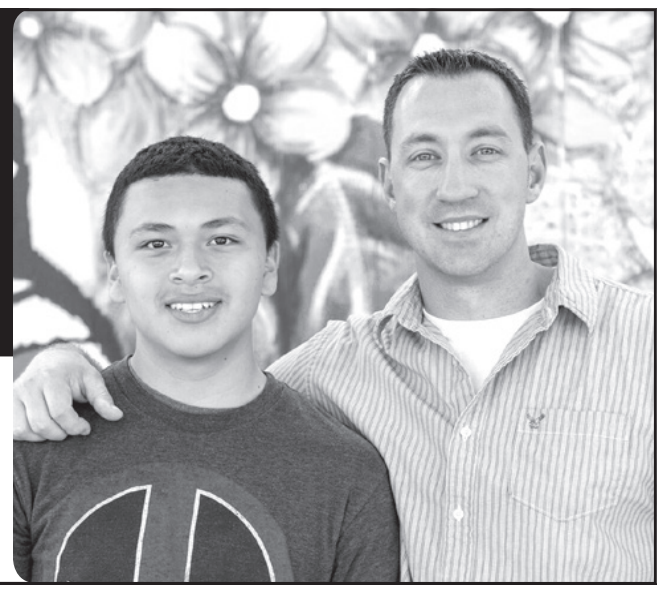


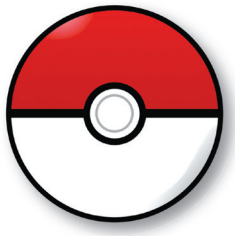
Pokémon phenomenon makes business boom

By Mallory Gleich

During the summer of 2016, a new smartphone game was released and within days, people around the world became obsessed.

The object of Pokémon Go is to walk around your neighborhood and community and try to capture as many Pokémon as possible. The app uses the smartphone's camera to find Pokémon characters in the real world. Once you've done that, you can head to different shops, businesses or local parks, and battle your Pokémon with other people.

The game gained instant popularity by requiring players to get up and walk, rather than just sitting at home and playing. It is exercise and fun all in one.



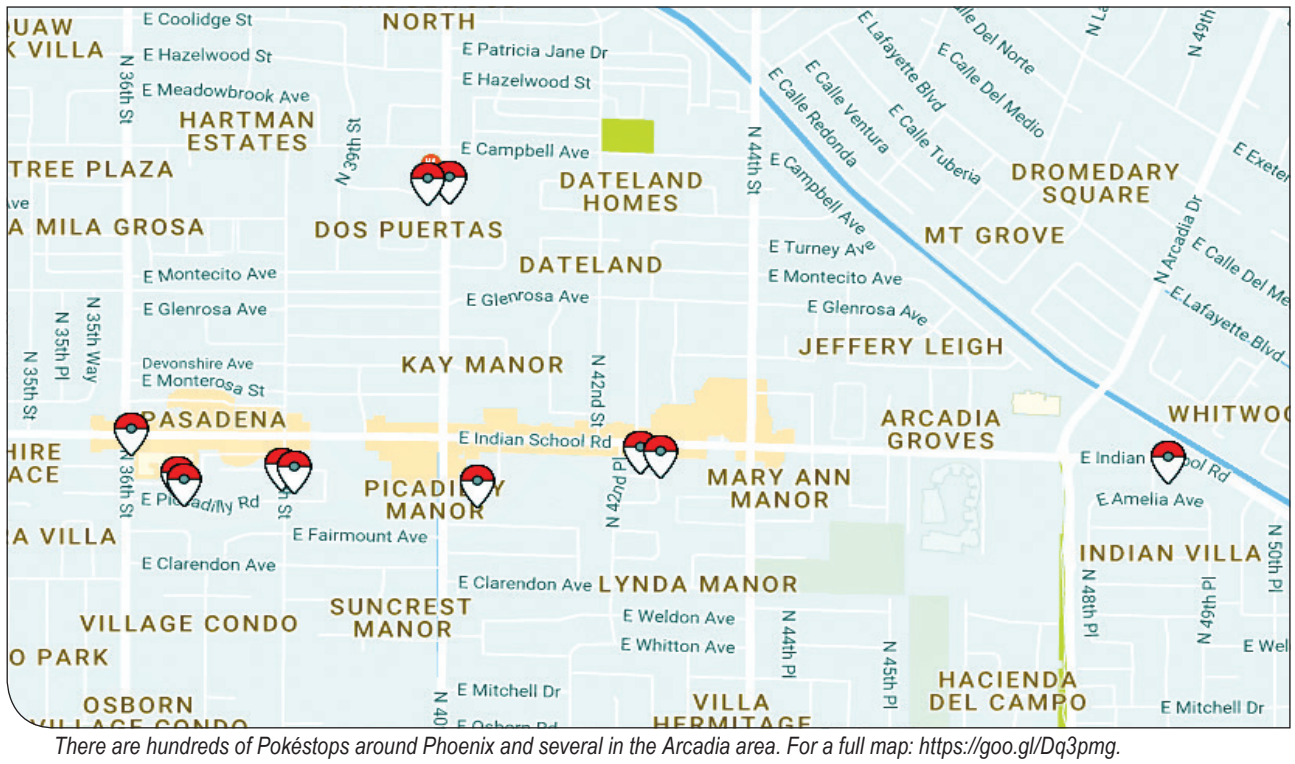
"My brother played Pokémon as a kid, so I had some knowledge beforehand," said Pokémon Go player Jordyn Bledsoe. "When Pokémon Go came out, I ended up being kind of obsessed."

Pokémon Go not only benefits those who play the game, but also local businesses. Because businesses are randomly selected to become Pokémon "gyms," where people could come and play a part of the game (and escape the summertime heat), the businesses also saw a spike in sales during the height of the game's popularity.

Some industries saw an opportunity to bring in more business. If they became a Pokéstop, that signaled to players that Pokémon are sure to be found there.

Certain places offered discounts on food and drinks during the summer, as well as a place for Pokémon Go players to get out of the sun and recharge before heading off to the next Pokéstop.

Venezia's Pizzeria offered players a free large one topping pizza if they caught a Pokémon in the restaurant and shared a screenshot of it on Facebook.



There are hundreds of Pokéstops around Phoenix and several in the Arcadia area. For a full map: https://goo.gl/Dq3pmg.

Not only did some businesses see a spike in sales, but it also offered great exposure and some unintended publicity and marketing.

Starbucks saw a rise in sales because of their Pokéstop. People would come in, get a drink, grab a Pokémon, and continue on their way. They even had a Pokémon Frappuccino, a raspberry and blackberry blended treat.

Businesses also offered bottles of water to passing Pokémon players or a place to charge their phone after a long day of catching Pokémon.

Another way that businesses saw a rise in sales is because of Pokémon "lures." As the name suggests, a lure was a way to lure Pokémon to a Pokéstop. Once players place a lure, they settle in and for around 30 minutes and are able to catch a plethora of Pokémon.

"I would say there were definitely more people coming in and visiting our location," said Emma Ledford, who works at the Starbucks at Paradise Valley Mall.

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Arizona takes steps toward embracing shareconomy

By Jon Hasebe

LEGAL *EASE*

This January, Arizona has taken two major steps toward embracing the peer-to-peer "shareconomy."

A new law took effect January 1 which, among other things, prohibits municipalities and cities from banning people from listing short-term rentals on sites like Airbnb and VRBO. Second, the Arizona Department of Revenue began a partnership with Airbnb that will provide for the streamlining of tax payments to the state. Many have supported these actions a step forward in embracing new technologies and sources of revenue, while others caution of the potential unforeseen consequences.

With the large number of sports events and influx of winter visitors, Arizona is a popular destination for many guests seeking short-term rentals via peer-to-peer exchanges. According to a report published by Airbnb, between January 1, 2015 and January 1, 2016, more than 5,000 hosts provided rooms or entire houses to more than 131,000 guests via the website with the average host earning more than $4,000 per year.

In signing SB1350 in May of 2016, Gov. Doug Ducey stated: "It's time for our laws to get with the times. The sharing economy offers people great services at the tip of their finger and the click of an app. Now, Arizona leads the nation in embracing the Sharing Economy, including the growing home-sharing industry."

> ***"It helps our economy grow, these companies expand, and the thousands of Arizonans who are benefiting from this new and exciting economy thrive."***
>
> *— Governor Doug Ducey*

While many are praising the enactment of the bill, some local leaders and those involved in the tourism industry have concerns. One is that the law does not carve out prohibitions on the limits for the number of properties an investor may purchase for rental or for the number of days a home can be rented.

In voting against the bill, Sen. John Kavanagh (R-Fountain Hills) said, "I didn't move into a neighborhood to have the house next door to me turned into a weekly rental property."

Similarly, the American Hotel & Lodging Association, which represents the interests of many involved in the hotel industry, has relayed its concerns about the operations of peer-to-peer exchanges, arguing that some properties are operated like "illegal hotels". The AH&LA argues, "This unregulated commercial activity often compromises consumer safety, undermines job growth, increases housing costs while limiting affordable housing options, and endangers the character and security of residential neighborhoods."

In addition the enactment of SB1350, the new partnership between Airbnb and the Arizona Department of Revenue may also be a boon on entrepreneurs who list their homes on Airbnb.

The partnership will connect the site directly with the AZDOR and allow the company to electronically file and pay the state and local transaction privilege taxes owed by hosts directly to the state. By collecting and remitting taxes directly to the state, Airbnb hosts will save the time and cost associated with filing and paying the taxes on their own.

In a statement announcing this partnership, Governor Ducey stated, "This groundbreaking agreement is a signal to entrepreneurs across the U.S. that Arizona is a state that empowers innovative companies like Airbnb to set up shop and expand their operations. Making it easier for companies to service Arizonans without jumping through an outdated tax and regulatory system is a win for everyone. It helps our economy grow, these companies expand, and the thousands of Arizonans who are benefiting from this new and exciting economy thrive."

— Jon Hasebe is an associate at Gallagher & Kennedy.

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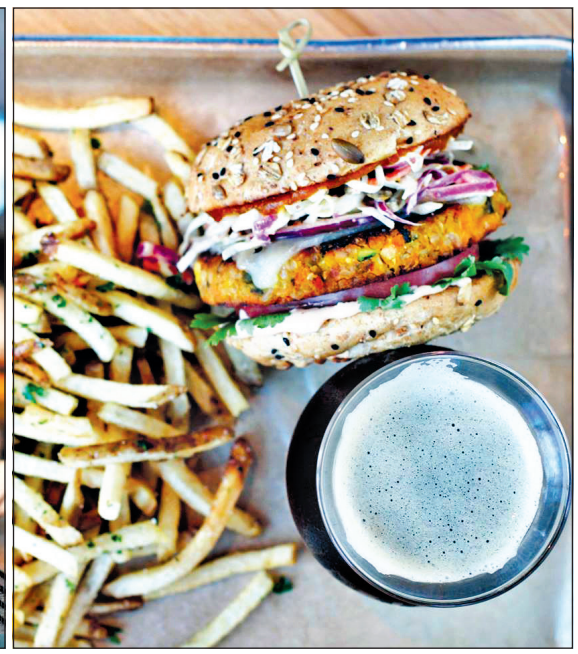


HOPDODDY

2033 E. Camelback Road A13, 85016
hopdoddy.com

By Nick Smith

Arcadia and its surrounding areas are not short on places to have a good burger. In fact, there has been such an influx of craft burger destinations during the past few years that many hungry residents can have a tough time deciding which one to try. Even in this crowded group, Hopdoddy Burger Bar stands out.

Originally started in Texas, Hopdoddy first arrived in the Valley at the corner of Scottsdale and Shea. In 2016, a second location was built. Sitting in the always busy southeast corner of Camelback and 20th St., the newest Hopdoddy shares its parking lot with Whole Foods, Snooze and Trader Joe's. Anyone curious about the food and drink fare at Hopdoddy will get their answer from its unusual name. "Hop" stands for the craft beer it serves. "Doddy" stands for a Scottish Cow, a kind of cattle found in the Highlands of Scotland that produces high quality meat.

The ambiance of the restaurant is comforting and familiar, with wooden tables throughout, a bar in the middle and televisions tuned to sports. The ordering process is a little different than one might expect. Instead of heading to a table with a server, guests are greeted with a box containing menus at the beginning of a pathway leading to the ordering station. After placing the order up front, you head to a table, where a waiter takes care of the rest.

From a drink perspective, Hopdoddy has a little bit of everything. You can go the cocktail route, or try one of several beers on tap. A standout is the Hopdoddy IPA by Tempe-based Sleepy Dog Brewing, served in a large goblet. Wine and Sangria are also served, as are shakes and natural sodas.

The main attraction are the burgers and there's no shortage of options. The premium burgers are crafted from hormone-free beef which is ground in-house, along with homemade buns baked the same day they are served. Those looking to get messy can order the Terlingua: a burger topped with chili con carne, cheddar cheese, Fritos and a sassy sauce. On the spicier side is El Diablo: which combines the heat of habaneros and serrano peppers with a chipotle mayo. Foodies will probably choose the Primetime: Akaushi beef, a high-quality meat which originated in Japan, sitting under brie cheese, caramelized onions, steak sauce and truffle aioli. The fries are thin and crispy, and can come with or without truffle salt.

Another area in which Hopdoddy stands out is its attention toward diners with different dietary needs. The menu offers gluten-free buns, the Greek lamb burgers, Thunderbird chicken sandwich, Buffalo Bill bison burger and the Continental Club turkey burger. The La Bandita, served with a black bean-corn patty, may give first time tasters pause, but ends up pairing perfectly with avocado, goat cheese, chipotle mayo and cilantro pesto. If you're a sushi lover, head right for the Ahi Tuna Burger, which could be accurately described as a sushi roll in a bun. The tuna is topped with pickled ginger, sunflower sprouts and a honey wasabi that packs a punch. Take each bite with caution.

Sometimes the recipe for success isn't complicated. Hopdoddy serves reasonably priced, quality burgers and has a diverse menu designed to please a wide variety of potential diners.

KIDS CORNER

5 parent tips for picking the right video games

(BPT) – Armed with new game consoles and mobile devices, plus a pocket full of gift cards, kids everywhere are hoping to add a few new video games to their library with some fun post-holiday shopping. With so many choices, parents can sometimes feel a little overwhelmed trying to decide which games are appropriate for their children to play.

The Entertainment Software Rating Board (ESRB), the non-profit organization that assigns age and content ratings for video games, is an excellent resource for helping parents navigate both the real and virtual game aisles. The familiar ESRB ratings including E (Everyone), T (Teen) or M (Mature) are now also assigned to downloadable games and apps in Google Play, Microsoft's Xbox Live store, Nintendo eShop and the PlayStation Store.

ESRB offers the following tips for parents looking for the console games or mobile apps that are perfectly suited to their family:

1. Check the rating. Start with the recommended age rating. ESRB assigns E (Everyone), E10+ (Everyone 10 and older), T (Teen), M (Mature) and AO (Adults Only), which are clearly labeled on video game boxes or on the game's page prior to downloading from an online or mobile storefront.

2. Review the content descriptors. ESRB uses about 30 different content descriptors for depictions involving violence, suggestive or sexual themes, language, controlled substances and other types of content to help parents understand what may have triggered a particular age rating.

3. Look for interactive elements. Interactive elements describe certain aspects of a game or app that may be of interest to many parents and consumers, and can be assigned to downloadable games and apps. These include the sharing of the user's location, if the game or app enables the purchase of digital goods, if users can interact and/or if unrestricted internet access is provided.

4. Set parental controls. Today's gaming devices have parental controls built in, which allow parents to block titles by age rating, ensuring children can access only age-appropriate games and apps. Depending on the device, parents can also control specific features like with whom their children can play online and whether in-game purchases can be made. Just make sure you never reveal your password or PIN!

5. Do your research. Check ESRB rating summaries at ESRB.org, which provide a more detailed explanation of content in many packaged games. Forget to check the rating summary before you set out on a gift-getting expedition? No problem - you can find rating summaries for packaged games on the ESRB app as well! If you still want more information, online reviews are another great resource. These often include screenshots, videos and other details that parents may find helpful in making a final purchase decision. You can also always talk to your local video game retailers - they're often staffed with experienced gamers who can help guide parents toward the right games for their family. For downloadable games and apps, parents may want to review the details on the product's page and some of the user reviews before downloading.

Perhaps most importantly, have fun! If you're not already a gamer, try it - you might like it! Not only is it a great way to bond with your children, it allows you to share and better understand one of their passions. Never underestimate the value of playing as a family; enjoying games together enables you to engage in an ongoing conversation with your children about the games they want and love to play.

FUN FACTS

A baby octopus is about the size of a flea when it is born.

Banging your head against a wall burns 150 calories an hour.

Billy goats urinate on their own heads to smell more attractive to females.

The person who invented the Frisbee was cremated and made into frisbees after he died!

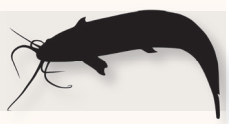
Recycling one glass jar saves enough energy to watch TV for 3 hours.

You cannot snore and dream at the same time.

The following can be read forward and backwards:
Do geese see God?

A sheep, a duck and a rooster were the first passengers in a hot air balloon.

Catfish are the only animals that naturally have an odd number of whiskers.



In Uganda, 50% of the population is under 15 years of age.

Facebook, Skype and Twitter are all banned in China.

Over 90% of all fish caught are caught in the northern hemisphere.

About 8,000 Americans are injured by musical instruments each year.

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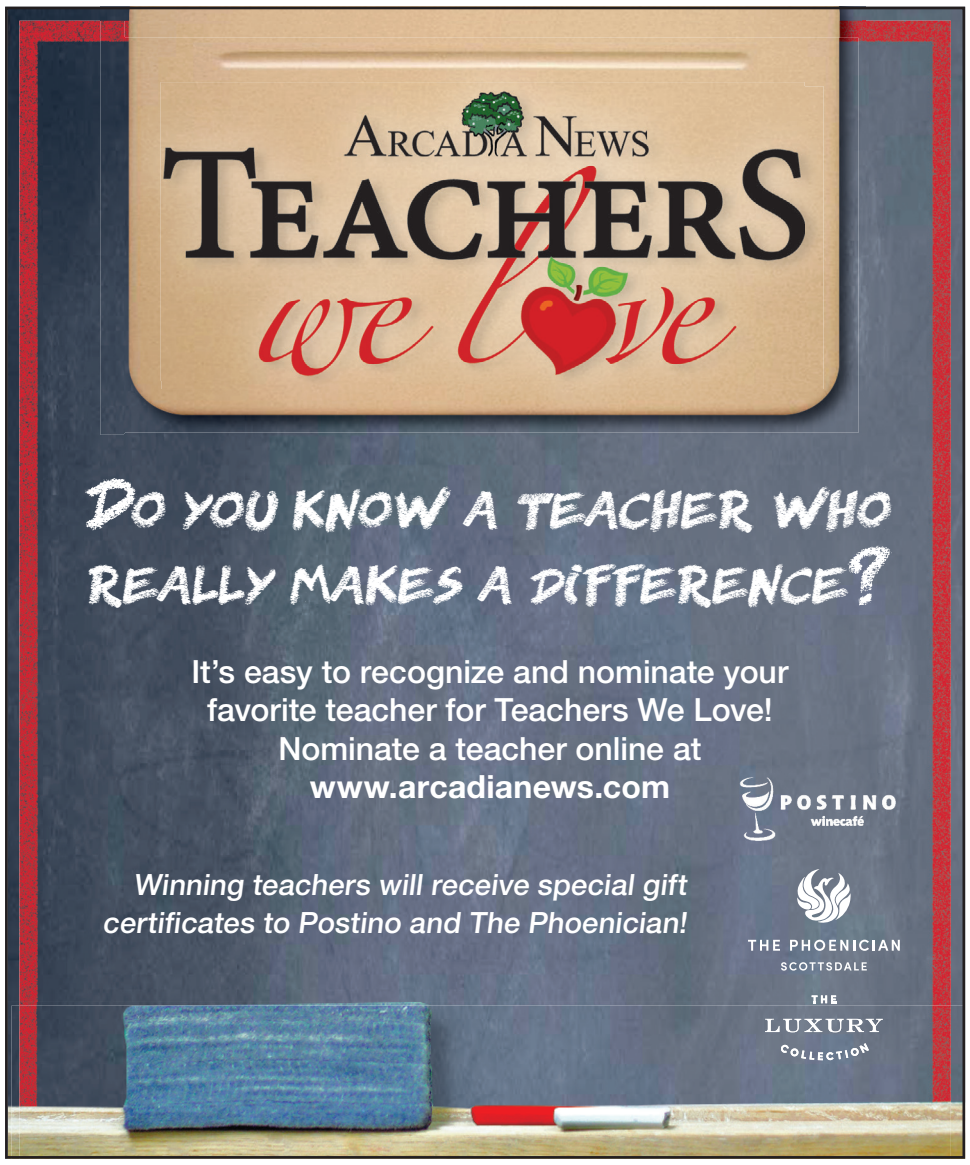

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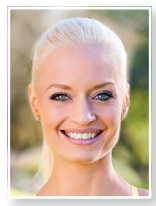
Ten foods/beverages that will make you feel great

FOOD WISE

By Andrea Barkley

Don't you hate it when you feel a little off? Whether it's a bad mood, less sleep than we need, feeling bloated, lazy, crazy cravings, or whatever, there are times for all of us that we feel less than great.



Thankfully, Mother Nature has some tools in her basket that will help get you immediately on track to feeling more energetic and healthy.

Next time you feel like you're in a slump, reach for one of these:

1. An apple.

Some research suggests apples might have energizing properties similar to a cup of coffee. While that hasn't been confirmed, apples are in fact high in phytonutrients and improve lung function and air volume. As they say, an apple a day…

I like to eat a crisp, cold granny smith apple when I'm feeling lethargic. Always choose organic apples over conventional, as they are on The Dirty Dozen list issued by The Environmental Working Group.

2. Protein.

The benefits of protein are endless and include better brain function, blood oxygenation, more energy, and muscle building and metabolic function. Protein is also extremely satisfying.

I like to munch on cold organic burger patties with a little mashed avocado on top, turkey roll ups, hard boiled eggs and all-natural protein shakes. They make me feel healthy and strong.

3. Unsweetened Greek yogurt and fruit.

Unsweetened Greek yogurt is a star in my book because it's so high in protein and is fermented, which means it has good bacteria that is beneficial for your digestion. These days, you can even find organic Greek yogurt from pastured cows. I like to mix my yogurt with frozen fruit that's been rinsed and a little Stevia for sweetness. The cold fruit and protein makes me feel light, healthy, and satiated.

4. Raw vegetables.

One of my favorite tricks is to pack a 'snack pack' of raw mini peppers, carrots, grape tomatoes, and more. I might include a few almonds and hard-boiled eggs for protein, but the nutrients in the raw vegetables feel fantastic.

5. Water.

Water is critical to every cellular function in your body and relieves fatigue, improves mood, flushes out toxins, helps with digestion, and more.

For an extra refreshing twist (and extra health benefits too), add a splash of apple cider vinegar or a squeeze of lemon. These two super food stars are also delicious and refreshing in iced sparkling water in a wine glass.

6. Organic coffee with coconut milk and Stevia.

When you're in a major slump, sometimes a little caffeine is just what the doctor ordered. Caffeine isn't the villain you'd think. Research shows a host of health benefits from drinking coffee. Just remember to choose an organic bean. I like mine with a splash of unsweetened coconut milk and a scoop of Stevia.

7. A big salad with your own salad dressing.

Nothing beats a big bowl of nutritious produce and protein, but extra credit goes to those who make their own salad dressing. It is so simple to do and will keep your body safe from toxic oils that are in most commercial, bottled dressings. My favorite is to toss my salad in balsamic vinegar and lemon juice. Dijon mustard is nice too.

8. Fish.

Most of us don't get enough omega 3's in our diet and fish is the best source of these important fatty acids. Choose wild caught fish like salmon, halibut, or cod and sauté it in a little coconut oil and lemon juice. Delicious and nutritious!

9. Soup.

It turns out soup actually is good for the soul and your body. Just ask moms from "healthy" cultures, like the Mediterranean and Japanese. What these ancient cultures have in common is slowly simmering homemade stocks. These days we refer to that stock as bone broth and it's delicious to just sip on. Otherwise, you can turn it into a hearty chicken and vegetable soup, beef stew, etc. Just skip the stuff from a can. It's so easy to make yourself. Be sure to add in loads of vegetables.

10. Citrus fruit.

There's nothing quite like biting into a cold juicy orange, tangelo (my favorite), or grapefruit. Citrus supplies vitamin C, folate, calcium, and fiber. The sweet treats improve blood flow, supply antioxidants, help with digestion, and just taste darn good.

Remember, if you want to feel alive, eat real foods! Try one of these gifts from nature the next time you don't feel your best and watch your mood and energy turn around.

— Andrea Barkley is a fitness expert and founder of Moan Out Loud Protein Shakes.

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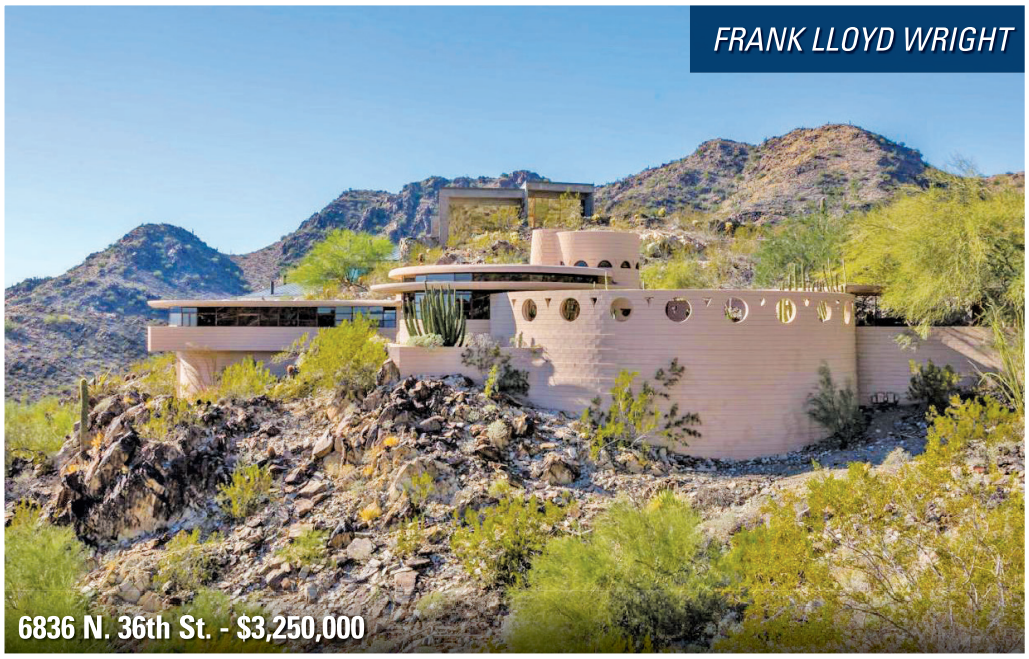

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The garden is meant to be a reflection of the relationship between Phoenix and Himeji. The Shachi (right) is the garden's official symbol.

Ro Ho En garden celebrates 40 years of friendship

By Chloe McAllaster

Situated in the heart of downtown Phoenix, the Japanese Friendship Garden is an urban oasis that embodies a rich history of friendship between the cities of Phoenix and Himeji, Japan. Since its proposal in 1987 by then-Himeji mayor Matsuji Totani, the garden has promoted appreciation for the Japanese culture and served as a tranquil refuge from the stresses of everyday life.

The three parts of the garden's Japanese name, Ro Ho En, are reflective of the relationship that exists between Phoenix and Himeji. "Ro" means Heron, which is a significant symbol for Himeji. "Ho" is the Japanese word for the Phoenix. Finally, "En" means public garden.

The Himeji Gardening and Construction Contractors Association was created to ensure authenticity in the designing and building of Ro Ho En. The association visits periodically to monitor soil conditions, select rocks and planting sites and to supervise construction.

From the base of the Kasuga Lantern, all four of the garden's landscapes can be viewed: the low-lying grasslands, the woodlands of oak and pine, the forested mountains and the cobble stone beach.

The garden's representation of the Shachi, a mythical fish with the face of a tiger or dragon and the body of a fish, is identical to those that can be found at the top of the Himeji Castle. The Shachi is the adopted symbol of the Friendship Garden.

The tea garden and house were completed in 1996 to commemorate the 20th anniversary of the Sister City relationship. The decorative features of the stroll garden, courtyard garden, stone garden and tea garden are gifts from the people of Himeji. Authentic tea ceremonies presented by the Tanko Kai tea group are held on the third Saturday of each month from October through June.

In addition to tours and tea ceremonies, the garden also offers a number of cultural events and wellness programs that are open to the public, including seasonal festivals, art exhibits, cultural workshops, Tai Chi and meditation. Free admission is available on the first Friday of each month from 4 p.m. to 6 p.m.

According to curator Della Killeen, one of the visitors, Hisao Tendo, is the architect designing new buildings for the garden. Tendo designed the latest structure – the Seichin bathroom – in 2009. Master Japanese carpenter Shuzou Funabiki hand carved the building's wooden beams. The bathroom's exterior showcases traditional Japanese architecture, while the interior features Tendo's contemporary design.

Last April, sister garden Ko Ko En in Himeji hosted a tree planting ceremony for the 40th anniversary of Ro Ho En. During the November visit, a flowering pear tree was planted in Phoenix's garden to parallel the ceremony in Himeji. A delegation from Phoenix will visit Himeji and Tokyo in April to further honor the anniversary.

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Local garden business offers Arcadians the chance to grow

By Rachael Bouley

During the past few years, gardening and organic sources of food have become more popular. However, many families and businesses struggle with gardening because they don't have enough space for a full, in-ground garden. Pets and pests can also easily dig up a month of hard work. Arcadia-based Flower Street Urban Gardens believes it has just the solution.

In 2012, owner Alex Billingsley was inspired by Flower Street, one of the main roads in the Arcadia residential neighborhood, as well as his appreciation for gardening. In an effort to make gardening more accessible for everyone, he and his family designed a vertical garden system that can be used on walls, fences and railings. This way, aspiring gardeners can produce wholesome, organic and nutrient-dense food, even if they do not have the space for a full, in-ground garden.

Flower Street Urban Gardens roots are planted firmly in the desert. With its arid environment, Phoenix is not typically considered a leader in cutting-edge developments in gardening and planting, but Flower Street is changing this. Its vertical gardens can be placed in backyards, schools, senior centers, restaurants, apartments and hotels. During the hot summer months, the innovative irrigation system still ensures growth of delicious, healthy food.

Urban gardening allows families to grow their own fruits and vegetables without worrying about bending down, taking up too much space or pests.

"I don't think anyone has ever planted a seed and watched it grow without it having an enormous impact on their consciousness," said Billingsley.

The Arcadia community has been instrumental in Flower Street's success.

"The response from our community has been a big part of what has sustained us from the very beginning," Billingsley said. "We get the chance to meet and work beside a lot of really creative and admirable people. Many people come to us genuinely curious as to what it is exactly that goes on at Flower Street."

To satisfy that curiosity, Flower Street opens its urban farm to the public for garden tours and seminars. Billingsley noted that it can be helpful for people to see how simple and efficient gardening can be, even with little space, and it inspires them to start their own backyard gardens.

Gardening can play an important role in the local community, connecting neighbors through food, a universal human necessity. With rising concerns over sustaining the human species in the long run, Billingsley said it is valuable to consider the methods of food growth and production, both for today's families and future generations.

"I'm not saying it's the singular answer to the problems at hand," said Billingsley. "But if we were to establish a network from within our community to grow food organically, then we could provide for ourselves in the Arcadia neighborhood."

With urban gardens attracting more attention, Billingsley envisions a future where families grow their own fruit, vegetables and more, and trades their extras.

"It could literally bring the members of our community into communion with one another," he said.

GARDENING TIPS

The birds and green of springtime can still seem far off in February. But if you've got a garden in your yard, you may need to get the ball rolling sooner than you think. Putting things in order before March and April hit could make all the difference in the world for your garden. We asked Kevin Erdmann, Master Gardener at Berridge Nursery, for some tips on getting an early start on flowers and plants in our yards.

Are there any gardening tasks that Arcadia residents could do now to prepare for the spring?

Oh yes. If anything was frost damaged during the winter, you're going to want to start pruning that off. Also, make sure to check the irrigation systems and look and see if they are working the way they are supposed to. In the winter, it's cool and frequently raining, so people don't worry about it. But then spring hits and the well runs dry. Turn on the system while on manual and check all the emitters. Make sure they're dripping and not clogged up. You'll also want to double check the timers and make sure they're set.

What about herbs and flowers?

There are a lot of these. Basil, chives, mint, oregano, rosemary and thyme. It's a good time to plant zinnia seeds, which are big spectacular flowers. Angelonia and blanket flowers, those will bloom throughout the summer. Also, marigolds.

What are some good edible plants that can start growing during this time of the year?

Bush beans, corn, cucumbers and cantaloupe are all good to start planting. Fruiting vegetables like eggplant and tomatoes, also summer squash and zucchini. Now is also a good time for sunflower seeds. What those have in common is they need a little extra time to mature before they face the heat. You never really know when that heat wave will start, it depends on the year. I remember the first year I started to garden with tomatoes, it hit 115 on May 14th!

What are some tips for helping your gardening season start well in February?

Put a good thick mulch on the soil as heat begins. Veggies and flowers are hungry plants, so make sure to keep feeding them with fertilizer every month. Again, check on that watering system. They're supposed to be labor saving, but if you don't watch them they can fall down on the job!

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Arcadia Gardener

We're not going to beat around the bush. The grass *is* always greener in Arcadia. Knowing what to plant, and when, is key in keeping our neighborhood enviably lush. Here's a calendar to help the green-thumbs and foliage-challenged alike...

JANUARY

Plant bare-root roses & fruit trees. Not only will you find the best selection and prices in January, but by planting these selections now, they'll be able to establish in time to survive the summer heat.

FEBRUARY

Plant warm season vegetables, like cucumbers, tomatoes and peppers. Getting a head start on these guys will allow them to mature before the summer's highest temperatures can cause a decline in quality. But keep an eye on the weather, as these veggies will need protection from potential February frosts.

MARCH

Plant palms & bougainvillea – and hardy flowers like vinca, zinnias & moss rose. March is a great time to add color to your landscape with the staples that will bloom throughout the spring and summer.

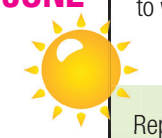
APRIL

Plant citrus trees & (once night temperatures hit 65º) bermuda grass. Make sure to protect trees from sunburn with tree paint or wrappings, and mow often to prevent weeds from going to seed.

MAY

Plant summer flowers, like lantana, vinca, verbana and perslane, along with citrus, bermuda grass, cantaloupe and squash. May is hot, so it's best to water plants in the morning or evening to minimize evaporation.

JUNE



Don't plant now – water. Apply water slowly and deeply enough to wet entire roots zone. Mulching helps to conserve water.

JULY

Repeat June instructions. Keep an eye out for root rot and lawn fungus disease, which can occur with over-watering. Water in the early morning when it will dry off quickly.

AUGUST

Plant native crops, such as amaranth and devil's claw. Take advantage of the slight relief the monsoon season brings, but play it safe by sticking with hardy, desert plants.

SEPTEMBER

Plant fall vegetables, like broccoli, cabbage, carrots, cauliflower, celery, eggplant, garlic, lettuce, peas and radishes. The monsoon season is over, but since it's still hot, water needs are high.

OCTOBER

Plant wildflowers, bulbs and winter grass. Nurseries are stocked with potted plants and the weather is right for spending time outside. Citrus and winter veggies are good bets, too.

NOVEMBER

Continue planting vegetables (green, leafy stuff like cabbage, kale, lettuce and parsley are good bets) and flowering plants, especially petunias, calendulas, dianthus, snapdragons and geraniums.

DECEMBER

Concentrate on protecting your plants from winter frost. Water deeply, but less often. And enjoy the holiday season!

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Guidon proprietor Shelly Dudley (left) with Civil War historian Ed Bearss.

New location is at 7830 E. Redfield Road, near the Scottsdale Airpark.

Guidon Books: the place for history

By Kelly Potts

If you are familiar with Old Town Scottsdale, you no doubt know about Guidon Books. The Civil War and Old West bookstore has been a staple of the area since the 1960s, a unique niche in a world with less bookstores by the day. Now, the store is starting a new chapter, as they headed north to a new location in September.

Guidon Books still caters to walk-in business at its new location, 7830 E. Redfield Road, near the crossroads of Hayden and East Redfield Roads. What has changed however, is a new focus on web sales, which have grown in recent years.

"We know that we will have customers still find us at our new location, but we will lose some of the foot traffic of Old Town," said Shelly Dudley, proprietor of Guidon Books. "But, we have customers that come in from everywhere, they come in from San Francisco, from Holland. And much of the market now is online, and they don't want to go out in the summer heat."

Guidon Books has an extensive collection of new and out of print books on the American Civil War and Western Americana. They also carry collections on Abraham Lincoln and George Armstrong Custer and another section devoted to American Indian History, Arts and Crafts. Looking for a specific book? There's a good chance that they have it, or know exactly where you can get it.

Dudley is carrying on the legacy of her parents with the unique bookstore. Aaron and Ruth Cohen opened the store in 1964, and their love of history ended up being passed on to their daughter. The name Guidon came from a kind of swallowtail flag used by the military to designate specific units. General Custer's devoted wife Libbie even wrote a book after her husband's death entitled, *Following the Guidon*.

"I love helping people learn about history," said Dudley. "Sometimes it's giving people a book that shows them another side, and sometimes I'm helping people learn about their ancestry. It's a unique – and amazing – situation."

In addition to running the bookstore, Dudley is also an active participant in the historical culture in Arizona. Dudley and the store help coordinate a Civil War Roundtable, where national speakers come through and share information and stories throughout the Valley.

"I think it's important to continue the tradition of this, getting together with people who are passionate about this, there is nothing better," said Dudley.

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A random act of kindness a day keeps the blues away

By Mallory Gleich

It could be the person who holds the door open for you on your way into work, or the person who offers you a compliment on the shirt you're wearing today. It could be offering a tissue to someone with a cold, or donating your extra change to the boxes on the counters at gas stations.

No matter how big or small, a random act of kindness could change someone's day, week or month. Even their year.

On February 17, the world will celebrate Random Acts of Kindness Day. It's fairly simple: just be kind.

Have you ever been in the drive-thru at your local Starbucks or fast food establishment, and when you reach the window to pay for your drink or food, you find that the person ahead of you has already paid for your purchase? That is a random act of kindness.

> ***"A random act of kindness just puts a smile on your face and makes you want to do something for another person."***

Tiffany Loggins of Mesa was dining with her daughters one morning at Chompie's, and when she went to pay the bill, she found that someone had already taken care of it.

"It made me feel like for a split second there was actually some good in this chaotic world," Loggins said. "It made me want to go out and be a better person."

Cinnamon Hancock of Phoenix was getting ice cream at Cold Stone Creamery and let the person behind her go before her. In return, that person paid for her ice cream.

Kayla Anderson of Scottsdale found herself in a chain of random acts of kindness at Starbucks. Her drink was paid for by the person in front of her, and in return she paid for the next person in line.

"You hear about random acts of kindness or pay it forward all the time, but when it actually happens to you it makes you feel good and makes your day better," Anderson said.

At the Starbucks in Paradise Valley Mall, barista Emma Ledford sees random acts of kindness happen fairly often.

"There's a gentleman who comes in regularly and every so often he'll buy a bunch of gift cards and put $5 on them and give them to us to hand out to other customers," Ledford said.

Ledford and her coworker Ian have also been on the receiving end of a random act of kindness.

"Sometimes, customers will come in and drop off food and snacks for us, especially during the holidays. One time we got an entire thing of Einstein's Bagels," Ian said.

After Sarah Ferguson was finished with her shopping at Costco, she walked out to her car to find $5 and a note that said, "it's hot outside, go cool down with some ice cream."

"You never know when someone's having a bad day," said Ferguson. "Random act of kindness just puts a smile on your face and makes you want to do something for another person."

Randomactsofkindness.org, has declared February 12-18 "Random Acts of Kindness Week 2017." On its website, you can find ideas for individual acts of kindness, or you can go bigger with schools, businesses, or acts of kindness for your community.

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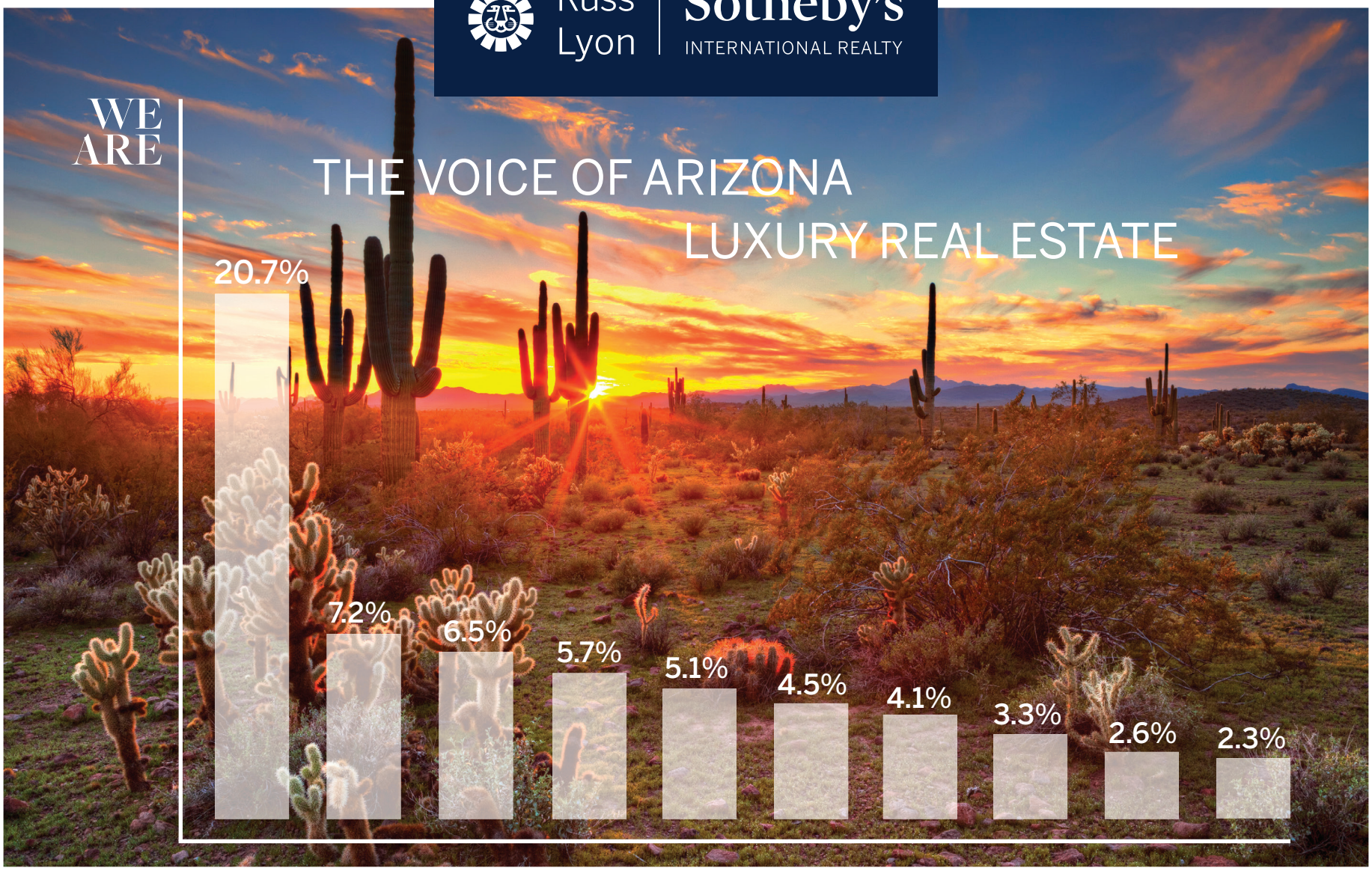

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Local celebrities dance for National Kidney Foundation

By Laura Cafiso

Former Valley resident and humorist Erma Bombeck lived with kidney disease for nearly 50 years. One of her infamous quotes – "In general, my children refuse to eat anything that hasn't danced on television" – exemplifies her irreverence towards being a stay-at-home mother.

Bombeck, a writer famous for her column on being a housewife, discovered she had polycystic kidney disease in 1947 at the age of 20. In 1996, Bombeck passed away from complications from a kidney transplant. In between those two markers, however, she led a full and memorable life, including public advocacy for organ donation.

Fortunately, since 1963, the National Kidney Foundation of Arizona (NKF AZ) has been supporting Arizonans with kidney disease. The Foundation, a 501c3 nonprofit, was originally started to help those who were already sick pay for kidney dialysis. The Foundation's mission has since evolved, as they are committed to the prevention of kidney disease through awareness, education and research as well as improving the quality of life for Arizonans with kidney disease.

"Educating the public on the importance of early detection is one of our primary goals," said Leslie Azurdia, vice president of administration for NKF AZ.

While 640,000 Arizonans have kidney disease, only 10 percent of those affected know they have it. The fact remains that renal disease ranks as the ninth most common cause of death in the United States. NKF AZ recommends requesting a blood and urine test to determine how well your kidneys are working via your Glomerular Filtration Rate (GFR).

PHOTO COURTESY OF CRAIG DEMARCO

After local restaurateur Craig DeMarco's performance at Dancing with the Stars Arizona, wine corks were showered onto the dance floor.

From firefighters to senators, NKF AZ's *Dancing with the Stars Arizona* event attracts all kinds of local celebrities who dance to raise money and awareness for this Valley nonprofit. Since 2007, the Foundation has hosted this unusual fundraising event. Back then, the Foundation's former CEO Glenna Shapiro collaborated with good friends Marguerite and Jack Clifford, avid ballroom dancers and CEO Jeffrey Neff. They knew the Foundation needed an event that offered more than just a black tie sit-down resort dinner. They thought modeling their event after the televised *Dancing with the Stars* show would produce a fun alternative for local philanthropists to participate in *and* attend. Most of all, the Cliffords wanted to share their love of dancing.

"People throw roses. Others hold up signs to show support for their celebrity dancer," says Danelle Collier, special events manager of NKF AZ. "When Craig DeMarco (of Postino) danced, they threw wine corks at the end. There's always different aspects to this event that make it fun and memorable."

Each year features a different theme. 2017's theme, "Live, Love, Dance," dishes up a simple but powerful mantra. To prepare for February's event, 17 volunteer dancers are perfecting their dance moves while also appealing to their networks including friends, family and businesses to reach their fundraising goal.

Proceeds from the event serve the National Kidney Foundation of Arizona's pillars of need: awareness, education and research. The organization's work also ensures that Arizonans already living with kidney disease are provided direct emergency patient aid, such as medication and transportation. More than 1,000 patients were awarded direct aid during the past year through these vital NKF AZ programs.

Currently in his 10th year as CEO of NKF AZ, Jeffrey Neff has witnessed the evolution of *Dancing with the Stars Arizona* as a premiere fundraising event from its conception. Since 2007, this event has raised more than $5.3 million.

"We created an event where community leaders and foundation friends could celebrate life, dance and raise funds in a unique way," Neff said. "The greatest challenge is that our community is unaware that one-in-three people are at risk for developing Chronic Kidney Disease. We're here to change that."

Get tested for kidney disease with the GFR test, learn more about becoming an organ donor and support the Arizona Kidney Foundation by attending its upcoming February 10 *Dancing with the Stars Arizona* fundraiser.

While writing this article, I was informed by my PCP that I had a spot on my kidney based on an MRI done for another health condition. Consequently, I returned to get a CT scan so they could gather further information. The follow up testing showed that I have a Bosniak 2F cyst. I share this information to demonstrate the benefit of early detection. As a 49-year-old white woman in good physical condition, who does not fit the demographic for Chronic Kidney Disease, I was surprised by this health information, that was accidentally discovered. I encourage you to take charge of your health: ask to get the GFR test during your regular doctor's visit.

DANCING WITH THE STARS 2017

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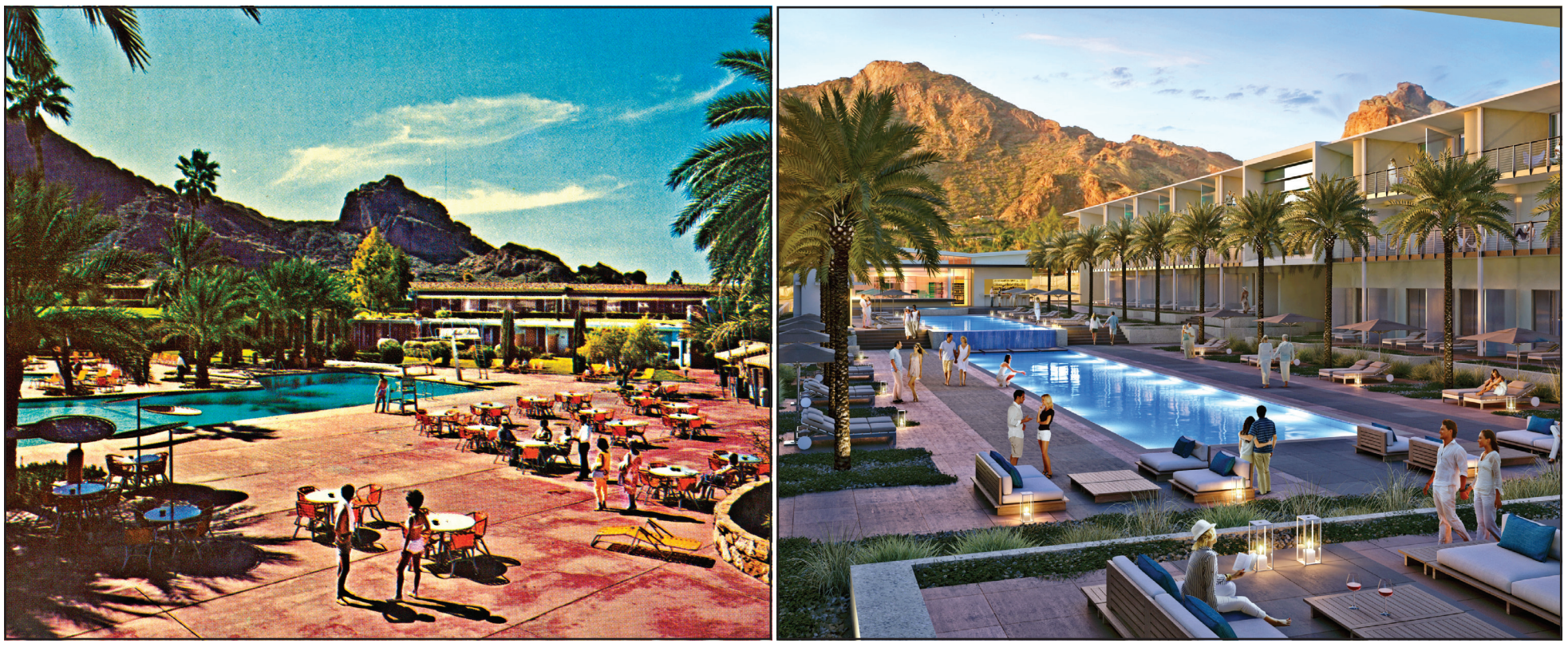

Yesterday and today: Mountain Shadows pool area, circa 1960, and a rendering of the new space in 2017.

Stars finally align for landmark PV resort rebuild

By Katie Mayer

For more than 10 years, Westroc Hospitality kept a close watch on the Paradise Valley property that was home to the iconic Mountain Shadows Resort, in hopes of acquiring it someday.

The lush area of 56th Street and Lincoln Drive, with its breathtaking views of Camelback Mountain and rich history as a glamorous vacation destination for tourists and stars alike, was on the Scottsdale-based hospitality group's wish list. But the company could never quite get its hands on it.

When Marriott closed the hotel in September 2004, Westroc was outbid, said Westroc Hospitality President & COO Bill Nassikas.

According to news reports, the 68-acre Paradise Valley property was then purchased in late 2005 by Crown Development, of Orange County, California but the company was not able to redevelop the property.

Fortunately, patience proved to be a virtue in this case. And in early 2015, "someday" arrived when Westroc Hospitality and Dallas-based real estate developer Woodbine Development purchased 46 acres, including Mountain Shadows Resort from Crown Development and created a plan to rebuild the hotel and existing condos and renovate and redesign the golf course.

"Mountain Shadows is an irreplaceable asset," Nassikas said. "Its location…is truly the crossroads of Paradise Valley. Westroc-Woodbine felt the reincarnation of the original Mountain Shadows would be insulated from competition for years to come."

In early March, Westroc Hospitality, which owns Sanctuary Camelback Mountain Resort and Hotel Valley Ho, will open a new $100 million boutique resort called Mountain Shadows. It will feature 183 guest rooms, a presidential suite facing Camelback Mountain, a full-service restaurant, two pools, an 18-hole golf course and lounge and onsite luxury resort condominiums and lofts available for purchase.

The resort aims to be a "desert modern" design with restaurants and lounges targeting both locals and visitors. Rates are expected to be in the high $300s during the high tourism season.

"We'll have amenities for everyone," Nassikas said. "Our restaurant and living room lounge, Hearth '61, Rusty's, which is a golf grill and lounge, The Short Course and PV Mercantile, which is offering locally-curated merchandise, will all welcome locals."

He added, "There are also stunning banquet and event spaces designed for local weddings and other gala celebrations, all with views of the iconic Camelback Mountain."

> *"Mountain Shadows is an irreplaceable asset, Its location…is truly the crossroads of Paradise Valley."*

A new local restaurant is also planned to open in 2018 on the southwest corner of 56th Street and Lincoln Drive directly across from El Chorro Lodge. Specific plans for that have not been announced.

The new resort will bring back some of the nostalgia of the original Mountain Shadows Resort, which opened on Jan. 15, 1959, according to old newspaper clippings. With its sparkling pool set against a backdrop of desert beauty and its low roofline blending into the landscape, the hotel was once a favorite among the Hollywood crowd.

Stars such as Bob Hope, John Wayne, Sammy Davis Jr. and Liz Taylor stayed at the property, golfing, swimming and enjoying its amenities. Former guests at the hotel have reported seeing the stars dancing on the weekends to a swing band in the glamorous Crystal Room. And a TV show called "The Brothers Brannagan" even filmed episodes at the hotel in its early days.

With so much historical significance, Nassikas said that deciding on a name for the new boutique resort was easy.

"The name 'Mountain Shadows' was a no brainer," Nassikas said. "Since 1959, that name has been synonymous with the community."

According to the Town of Paradise Valley's website, the highly-desired property where the resort sits was once home to the Tennessee Walking Horse Ranch, owned by Captain Hogg, father to prominent 20th century philanthropist and arts collector Ima Hogg, who was known as "The First Lady of Texas."

Jim Paul purchased the 55-acre property in the 1950s and built a hotel and 59 homes and renamed it Mountain Shadows East. The hotel was the first in Phoenix to remain open year-round.

In the mid-1960s, Paul sold half of his interest in the resort to Del Webb Construction Company, but continued to operate the hotel. He then opened Rawhide in north Scottsdale as a place for his collection of Old West memorabilia.

Then, in the following decade, Paul purchased 80 acres to the west of the hotel and created Mountain Shadows West. The resort then became Del Webb's Mountain Shadows.

Finally, in July 1981, Del Webb sold the resort to Marriott Corporation and the hotel became Marriott's Mountain Shadows Resort and Country Club. It featured 337 deluxe rooms and suites, an executive 18-hole golf course and eight tennis courts. The hotel was razed in 2014 after falling into disrepair.

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RALPH HAVER MAKES HIS OWN MARK

Born in California, Ralph Haver showed interest in architecture at a young age, eventually becoming trained as an architect at the University of California, Pasadena and setting his sights on the future of design.

After returning from WWII, Haver moved to Phoenix where his father had made connections with local builders while helping with building services within the city during the war.

Ralph Haver practiced architecture in metropolitan Phoenix from 1945 until the mid-1980s and became one of the most well-known and respected architects in his field.

Working in the post WWII era, Haver is known for developing churches, schools, municipal buildings, malls, multi-family housing and tract homes in the Phoenix area. At the time, Haver had one of the largest architectural firms in the city, working to use his style of simplicity on various structures.

Even now, Haver's influence can be seen throughout the city of Phoenix, both in his previous projects and in the legacy he left behind on current architects.

Haver's affordable tract homes, which became known as Haver Homes or Haver Hoods, were designed to be practical and affordable homes for growing families and were one of his most well-known achievements.

The low-sloped rooflines, oversized chimneys, walls of windows, and angled porch posts were key aspects signifying to the community that Haver had left his mark.

Known to be a good man, with great values, Haver was committed to the community he helped build. Devoted to the Boy Scouts, Rotary Club and American Institute of Architects, Haver was dedicated to his family, faith and professionalism. All of these things played a part in his career and elements of his design.

Haver was enthusiastic about the growth of the city of Phoenix. His father was a mason and his brother, a building contractor. Both would eventually move to Phoenix from California to work with Ralph in his endeavors, moving their families to the desert and becoming part of Ralph's real estate development team.

In present day Phoenix many of Haver's buildings have been destroyed but some structures have been preserved, such as the Arizona Bank at 16th St. and Bethany Home which was renovated to become The Vig Uptown, yet many of the key skeletal elements were kept intact.

The Phoenix Municipal Complex, which is now the Calvin C. Goode building, has had little change and dozens of tract homes remain with various stages of change executed by their various owners throughout the years.

While some believe Haver Homes are outdated because of their size and the fact that they were built to be simple, many disagree, believing they're a part of history and a marvelous part of Phoenix's rich architectural history.

To honor the history of the property, Nassikas said the company is incorporating some significant items from the hotel's past into the project.

"Our architect Mark Philp of Allen + Philp, a local firm we used for both Sanctuary and Hotel Valley Ho, has salvaged the original Haver block to reincorporate into the entry of the hotel," Nassikas said.

Ralph Haver (see above) was a mid-century architect who built tract homes in Phoenix, which are popular today in the Valley.

"There will also be some original art slated to hang in the hotel's public areas, graciously offered to us by Rick Carpinelli of Crown Development," Nassikas said. "And the golf course will pay tribute to Jack Snyder, the course's original architect, through Forrest Richardson, who worked with Jack and has designated a golf hole with a commemorative plaque thanking Jack for his past contributions."

The resort's restaurant Hearth '61 has the numeral in its name as a nod to the year Paradise Valley was incorporated, according to a Westroc Hospitality statement.

Nassikas said the complete rebuild, with local and historical touches, a fresh vibe and the staff's commitment to customer service will restore the resort to the reputation it once had.

"It's certainly youthful and energetic with dynamic restaurants and lounges…along with a fun 18-hole short course golf experience open to the public," he said. "Guest service will be our hallmark… friendly, warm and efficient."

And who knows? Guests just might spot a star or two here once again.

A LOOK AHEAD

2017 ARCADIA NEWS EDITORIAL CALENDAR

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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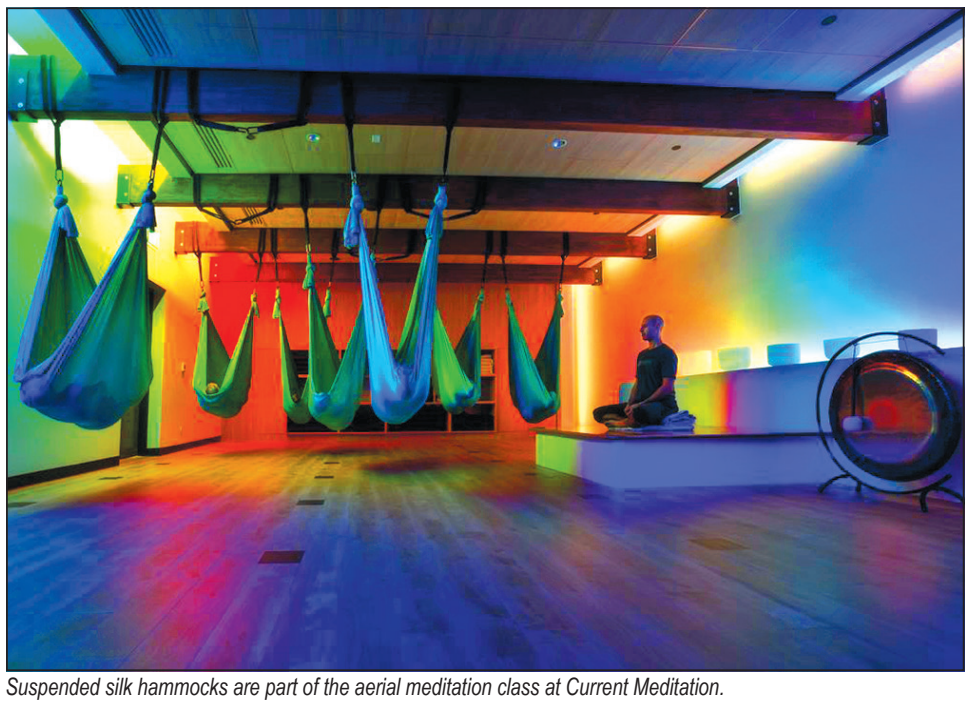
Taking in the moment at Current Meditation

By Riley Kissee

It was my first time ever taking an instructed meditation class. A year or two ago, I tried Headspace, an app made for at-home meditation, but found myself distracted by my surroundings and the other things I could be doing with my time, such as the laundry I could be washing, the books on my shelf that I could be reading, the meals I could be prepping, and anything else that came to mind. I had heard about a new meditation studio in Arcadia, Current Meditation, and thought I would make another attempt to try out the ancient practice.

The studio is located in a newly built strip-mall with a design that's a departure from most developments in the area, with emphasis on red brick as well as industrial style lamps and accents. The space is outfitted in natural color tones and immediately I was welcomed by the attendant at the front desk and directed to the locker area. I slipped off my shoes and zipped off my jacket and stored them in one of the white, modern lockers.

I walked into the dimly lit room, which I later found out was entirely soundproof, and was guided to a suspended silk hammock for the aerial mediation class. Once I collapsed into it, the fabric extended from head to foot. As I started to sink into my meditation cocoon, the instructor passed by and asked if I would like a pillow to support my head and I acquiesced. The instructor followed up with a slight nudge of the hammock that allowed me to sway back and forth like a pendulum.



Suspended silk hammocks are part of the aerial meditation class at Current Meditation.

As I began rocking, the instructor asked the class to focus on relaxing different parts of the body and closing our eyes. Throughout the session there were moments of Tibetan singing bowls and traditional gongs that permeated through my eardrums, with what felt like, never-ending reverb.

Initially I tried to take in every detail for this article but soon I was swept away with the visualizations and all of my attention was invested in that particular moment and nothing else really mattered. I remember the instructor walked us through visualizations of climbing a mountain, narrating all of the senses we would experience along the way; the feeling of the breeze against our face, the colors of the scenery and the feeling of accomplishment once we reached the top. I remember a moment where we focused on being on a beach, with sand in between our toes. But most importantly, I remember the instructor saying, "You are exactly where you need to be right now."

The instructor assured me that there was no other place I was supposed to be, which for being a simple sentence actually carried a lot of weight. Normally, in my day-to-day life, I realized I find myself focusing on the next thing. What's the next activity? What's the next chore? What's the next season, the next holiday? For a brief moment, I wasn't looking forward to the latest and greatest; I was dedicated to just being and concentrating on my senses.

"Now with technology, we're so far away from our natural environment. Technology is great but we don't have those moments of nothingness," said lead instructor Jeanene Farley.

As I left the class and hopped into my car, I noticed myself just taking in the scenery, the surroundings, the scents, the sounds, in such greater detail than usual. What's more, I wasn't in a rush to get home, I enjoyed just having that time in the car.

"Meditation is the formal practice of being mindful and in the moment," said founder Ross Weisman. "I think everyone is looking for something beyond the physical health. How do you become mentally fit? There's no shortage of people wanting to slow down and have some stillness in their lives."

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Safe pick up on your schedule

By Kelly Potts

Have you caught a glimpse of a yellow storage locker in front of your local gas station? These are just another way that Amazon is trying to make life more convenient for customers.

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When you arrive to collect your package, enter your pickup code or scan the barcode using the barcode scanner and follow the instructions on the screen. All packages delivered to Amazon Locker locations must be picked up within three business days. If you're not able to collect your package within this timeframe, the package will be returned for a refund.

Amazon Lockers Arcadia

Amazon has locations for their lockers all over the Valley, with several in Arcadia and the surrounding areas. The one in the center of the neighborhood is in front of the 7-Eleven at the corner of 40th St. and Camelback Road. Other nearby lockers include locations at 24th St. and Campbell, 20th St. and Indian School, 24th St. and Thomas Road, and the corner of Hayden and Osborn Roads.

For more: visit Amazon.com/locker.

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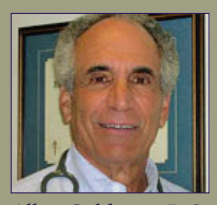
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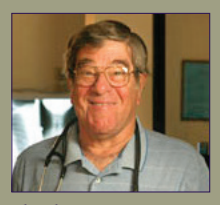
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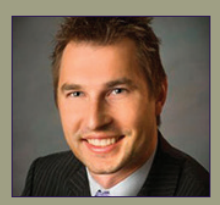
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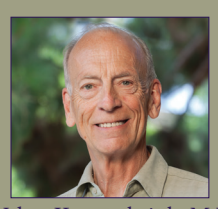
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Epic Valet was recently awarded the curbside valet parking service at Sky Harbor.

Local valet company expands to Sky Harbor

By Rachael Bouley

J.C. Brooks' pride and joy is his self-started business, Epic Valet, which has been servicing the Arcadia neighborhood and the Valley for 18 years. Brooks and his dedicated staff have recently been given an additional reason to celebrate, as the company became the exclusive provider of curbside valet parking at Sky Harbor International Airport.

This exciting new service comes after years of hard work and dedication to improving and expanding his business. Born in Dallas, Brooks spent his much of his childhood and teenage years in Phoenix while visiting his mom. He moved permanently to the Valley in 1993 to attend Arizona State University. It was during his college years that he first got involved in the valet business, working part-time for another company while taking classes in finance, marketing and accounting. As a Business Entrepreneurship major, his final project before graduation was to pitch a business idea to a panel of local business owners. Using his experience in the industry, Brooks presented the concept of Epic Valet, which was awarded the best idea for a business by the judges.

Brooks officially opened Epic Valet from his Arcadia apartment garage only a few months after his graduation in July 1998. Since then, he has devoted himself to establishing quality relationships with his customers and the community.

"It really has a lot to do with how you treat people," said Brooks. "Your persistence and work ethic also make a difference." A key to building the business was timing. By starting Epic Valet in the late 90s, Brooks was able to benefit from a decade of a successful economy.

"Insurance was less expensive, Phoenix was a booming market, and the barriers to entry were pretty minimal," Brooks said. "When the market crashed in 2008, valet was one of the first things clients cut out of their budget. The amount of private parties we booked really decreased during that time, but luckily, we did not have to lay anyone off."

Now business is booming once again, and he credits his continual success to his positive relationships with his clients, many of whom recommend Epic to others and spur its growth through word of mouth. The business has grown substantially, servicing airports, malls, restaurants, hotels and night clubs, as well as the Barrett-Jackson collector car auction in Scottsdale, the Waste Management Phoenix Open and all official ASU functions.

The newest service is the Sky Harbor curbside valet and in its first months, the service has already attracted the attention of frequent fliers and travelers for its convenience. Customers are dropped off at the Terminal 4 departure doors and can walk to security gates in less than a minute. The valet drivers can tell departing clients the security checkpoint wait times, so they can head to the shortest one and save time.

"People come and try the service, and then realize they like it better than any other way to get to the airport," said Brooks. "It's faster than the parking structure, you don't have to go around in circles to get up or take the elevator and everything is done by phone or online in 30 seconds."

Looking to the future, Brooks intends to grow into larger accounts, such as hospitals, shopping centers and hotels, as he continues to grow the business he started nearly two decades ago.

"I couldn't imagine working for someone else. I enjoy the fast pace and working with all sorts of different people," said Brooks. "I'm very prideful of the job and people tease me that when I have a kid, I'll name him Epic."

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Tarbell's

Vincent's on Camelback

Cowboy Ciao

Elements at Sanctuary on Camelback

Lon's at the Hermosa Inn

Take Five: local restaurants for a romantic date night

By Rachael Bouley

Valentine's Day has been a tradition for hundreds of years, serving as a romantic reminder to celebrate the one you love. But planning that perfect dinner date can be stressful, especially with the overwhelming variety of dining options throughout the Valley. Luckily, some of the most romantic, delicious restaurants are conveniently located in the Arcadia area. Whether you prefer elegant and classy or charming and secluded, these spots offer something for every couple. Here are five suggestions to consider when planning your romantic night out.

Tarbell's

3213 E. Camelback Road

Enjoy an evening of refined relaxation at Tarbell's, owned and operated since 1994 by "Iron Chef America" champion and James Beard nominee Mark Tarbell. This upscale restaurant has become a fixture in the community, offering American fare and global wines in a chic, romantic space, making it perfect for Valentine's Day. If the elegant yet comfortable ambiance isn't enough to draw you in, maybe the menu will, with signature dishes such as Mark's Famous Spaghetti and The Meatball, with organic house made marinara sauce or the Handmade Gnocchi, made with beef brisket, wild mushroom, ricotta and basil.

Vincent's on Camelback

3930 E. Camelback Road

Having celebrated its 30th anniversary last year, the renowned Vincent's on Camelback is better than ever, and chef and owner Vincent Guerithault offers an exquisite selection of Southwestern and French fusion in an upscale, romantic atmosphere. The elegant vibe and award-winning menu have made Vincent's an ideal date place for years. Treat yourself and your loved one to signature dishes such as Wild Boar Loin with Parsnip Puree and Habanero Sauce or Duck Confit with Pommes Lyonnaise and Citrus Sauce. Don't forget to sample Vincent's wine selection, which was awarded 2016 *Wine Spectator* Best of Award of Excellence.

Cowboy Ciao

7133 E. Stetson Dr.

Looking for something different than your usual fancy dinner? Consider Cowboy Ciao, the popular eatery that strives to leave every guest with a memorable entertainment experience. Nestled in the 5th Avenue Shops and Boutiques in Scottsdale, this neighborhood joint offers a more casual and fun location for a Valentine's Day meal. Featuring fresh New American meals with Southwestern accents, Cowboy Ciao boasts an internationally-acclaimed wine list with nearly 2,000 selections. Relax and enjoy an evening, taking in the restaurant's displays of cowboy art while dining on Jumbo Lump Crab Enchiladas or the Exotic Mushroom Pan Fry.

Elements at Sanctuary on Camelback

5700 E. McDonald Dr.

The highlight of your romantic night out will most likely be the breathtaking views of Paradise Valley. Situated atop Camelback Mountain at the Sanctuary Resort, Elements restaurant offers an impressive dining experience and luxurious atmosphere. Food Network Star and Chef Beau MacMillan presents his award-winning array of American Cuisine with Asian accents, featuring innovative seasonal menus that use local, organic produce, hormone-free meat and sustainable seafood. There are vegetarian and gluten-free options, as well as a selection of wines from around the globe. Treat your taste buds to the unique Sesame Crusted Tofu or Lobster Mac & Cheese.

Lon's at the Hermosa Inn

5532 N. Palo Cristi Road

Paradise Valley's Hermosa Inn was recently named the number one romantic hotel in Phoenix by *USA Today's* 10Best, and its award-winning restaurant contributes greatly to its romantic atmosphere. At Lon's, Executive Chef Jeremy Pacheco offers comfort cuisine with Arizona flavors, made using age-old cooking methods of smoking, roasting and wood-grilling. Lon's prides itself on using natural and sustainable resources, and a one-acre organic garden just beyond the kitchen offers an on-site source for basil, onions, peppermint, chilies, lemons, oranges and much more. Enjoy a meal at one of the Valley's most romantic, secluded getaways and dine on dishes such as Sea Bass and Kauai Shrimp or Ricotta Cheese Tortelloni, supplemented by a wine program offering more than 500 wines.

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Bringing wrestling back to Arcadia High School

By Kelly Potts

Local Waltz Construction Company is helping Arcadia High School bring back its wrestling program.

Matt Waltz, president of Waltz Construction, is a native Arizonan, ASU graduate and advocate for the community. His company prides itself in giving back to the community it serves, donating several projects a year.

One of the projects this year is building a wrestling room at Arcadia High School to bring the sport back to Scottsdale Unified School District (SUSD). The plan is for the Titans to have a wrestling team for the 2017-2018 school year.

"We are thrilled to bring wrestling back to Arcadia," Waltz said. "It's been 25 years since Arcadia has had a wrestling team. It's a tremendous sport for building confidence and I can't wait to see the young men and women who will benefit from this."

"We have a small-town business feel, with large business experience," said Jay Green, director of business development/ project manager for Waltz Construction. "Giving back to the community is in our blood, and this project was a no brainer for us."

The new wrestling program is slated to begin with the 2017-18 school year.

Waltz wrestled in high school and approached Arcadia High School with the idea. He felt that there was a need for the sport, and the school agreed. Arcadia was willing to donate the space and Waltz partnered with a firm to get the project done.

"We had a group of kids come forward and commit to the sport," said Nathan Slater, principal at Arcadia High School. "We could see there was student interest and engagement and that's why we decided to go forward."

The approximate total construction cost was more than $30,000 and the duration of the project was about three weeks. The new wrestling room is a conversion of an old locker room/existing locker room that was the perfect space to become a wrestling facility.

"We're very proud of the project," said Slater. "We owe a great deal of thanks to everyone who donated toward this. And it couldn't have happened without Waltz Construction, we're so appreciative of their hard work."

"This is our first donation to SUSD, but hopefully not our last," said Waltz. "Investing in our schools is the best way to give back."

Basketball Diaries: Jaylin Fleming's unique journey

By Eric Sorenson

Jaylin Fleming leans back in the bleachers and suddenly breaks into unscripted laughter with several of his Arcadia Titan teammates.

They see the popular junior guard as a selfless teammate, a friend and "just one of the guys" on one of the best 5A basketball teams in Arizona.

Rewind six years and Fleming was in another place and a much different space, widely regarded as the best 10-year-old player in the nation. His effortless coordination and playmaking ability for a child his age growing up on the south side of Chicago led to takeout features, viral YouTube videos and appearances on national television shows.

Through it all, with the strong guidance and support of his family, he never lost focus of who he is and what he represents.

"I promise, I never Google myself," Fleming said with smile. "I've, of course, seen it because my friends show me but it's humbling. I'm blessed. [My talents] could have been given to anyone."

Fleming's fast rise into the national spotlight, which included Chicago legend Derrick Rose saying Jaylin was a far better player than he was at age 10, was never overshadowed by his family's core values.

"We always separated sports from academics and home time," Jaylin's father John said. "Those things are very important to our family. I always made sure he had a great balance with that."

Part of the balance included playing other sports. His first love was football until he started training with John's godson Maurice Acker who went on to play college basketball at Marquette University. Jaylin's skill level increased playing with and against players three and four years older, many of which are now playing at prominent Division I programs.

PHOTO COURTESY OF SPORTS360AZ

Jaylin Fleming

Along the way, Jaylin has encountered his share of obstacles on and off the floor. An injury forced him to miss nearly his entire freshman season playing varsity at Mount Carmel High School. Far more troubling was losing three childhood friends who were murdered.

At that point the Flemings decided it was in their best interest to relocate to Arizona where the 6-foot-3, 185-pound rising prospect planned to attend Hillcrest Prep Academy here in the Valley. The family believed Jaylin wouldn't be pushed academically and decided Arcadia would be the best fit.

The Flemings and the school couldn't be happier.

"Life at Arcadia is great," Fleming said. "My school work has been great. Everything has been good."

#5 – JAYLIN FLEMING

16-17 Varsity Basketball
National Rank: 626
AZ Rank: 13
Grade: Junior
Height: 6-3
Positions: PG, G
Team: Arcadia High Titans

GAMES PLAYED
Points Per Game: 20
Assists Per Game: 8.6
Rebounds Per Game: 2.2
Steals Per Game: 2.5
Blocks Per Game: 0.3

STATS FROM MAXPREPS.COM

The same can be said for Fleming and the 16-3 Titans. His 12-point, four assist performance helped AHS to a key 59-48 East Valley Region win at Paradise Valley in January. Just four nights earlier he hit the game-winning shot against perennial Scottsdale power Chaparral. A consistent double-digit scorer, Fleming gets excitement from setting up his teammates for easy opportunities through the ball-handling skills and basketball instincts he honed many years ago.

"We knew that he could get to the [rim] against anybody," Arcadia head coach Stephen Danford explained. "Great player. Great kid. Great teammate. He can play in college for sure."

As they say, practice makes perfect.

For Jaylin Fleming it certainly applies everywhere, from Chicago to Phoenix.

— Courtesy of Sports360AZ

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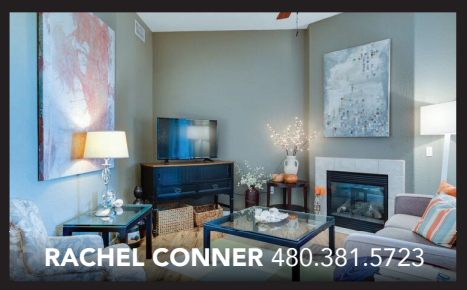

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Gator Gold: Xavier badminton hoists another trophy

By Ian Kraft

In late October, Xavier Prep High School took home a title in the Div 1 AIA Badminton doubles championships, marking the fourth straight year the program has won it all.

Seniors Tatum Clarke and Annie Kamps defeated Perry High School's Dominique Garcia and Tori Albin 15-9 and 15-10 to win the championship.

"I've learned a lot about myself throughout each season," Clarke said. "We've been through a lot as a group but we knew we had what it took to win."

The 2016 season marked the first season for coach Susan Contreras, as she took over for long-time head coach Nancy Meyer. Contreras admitted that she was nervous about her new role but had the ultimate confidence in the leadership of her senior girls.

"I was reluctant to take the job because I had only coached volleyball before," said Contreras, who began teaching physical education at Xavier in 1988. "Nancy Meyer had taken this program to new heights and there was big shoes to fill."

Two seniors, Clarke and Emily Woodrow, were a part of last year's championship team and provided valuable leadership to the underclassmen on the squad.

"When Coach Meyer stepped down, the team was skeptical about what we could do next, but Emily and I really tried to push each other," Clarke said. "We always made sure everybody was dedicated and on track, at all times."

Coach Contreras explained that without the help of her assistant coaches Angela Smith and Francis Hartojo, she would have had a much harder time leading the girls to victory.

"I learned how vital my assistants were, but more importantly, I learned from the girls to think a little outside the box because of how Nancy coached this team before me," said Contreras. "She would use different methods while I was more by the book. The girls opened my eyes to a new way of coaching."

The Xavier badminton team celebrates the state championship, which was their fourth title in a row.

> ***"If we do what we're supposed to do each day and be good teammates, good friends… we can be successful each year."***

When talking about the future of the program, Contreras pointed to the experience of her junior varsity squad and the leadership it can provide in 2017.

"Our JV and our alternates have all the potential that the varsity team had. They have watched the varsity girls and I know they know how to play the Gator way," Contreras said. "If we do what we're supposed to do each day and be good teammates, good friends… we can be successful each year."

Xavier Prep offers a summer camp to anyone interested in badminton. For more information, contact Susan Contreras at 602-635-1032 or at scontreras@xcp.org.

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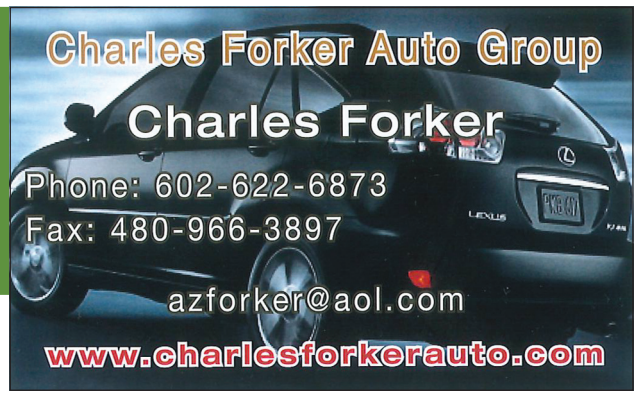

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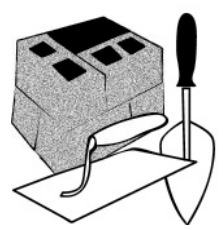

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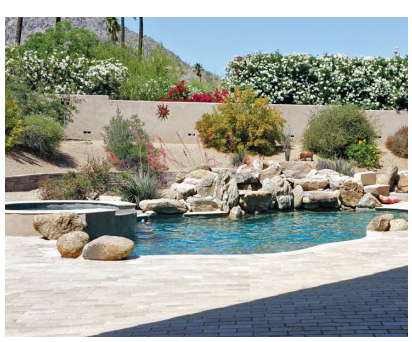

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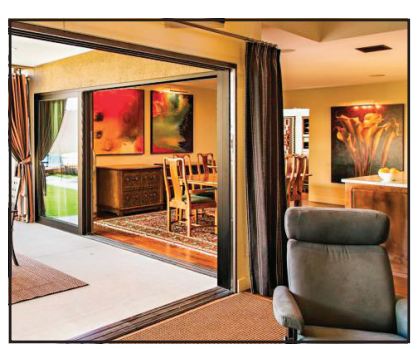

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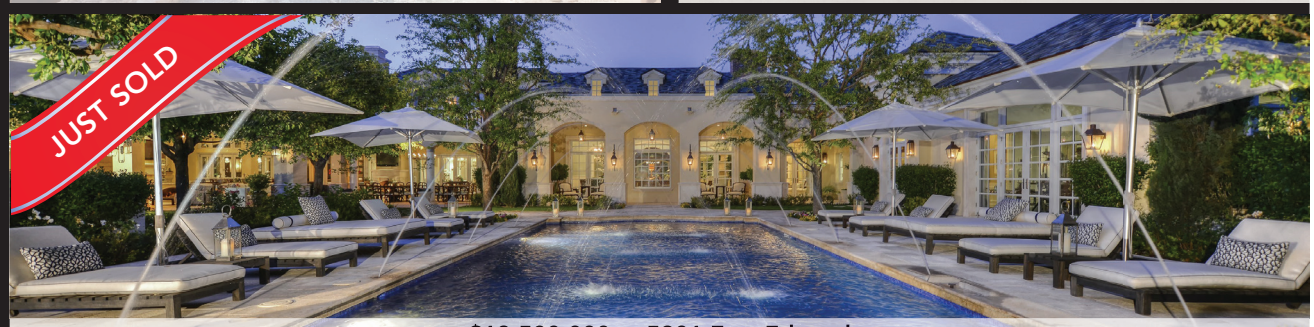
7 bedrooms, 12 baths, 25,416 square feet

$2,995,000 5820 East Exeter
5 bedrooms, 5 baths, 6,861 square feet

$5,195,000 6955 East Caballo
5 bedrooms, 6 baths, 9,106 square feet

$2,095,000 6424 East Exeter
3 bedrooms, 4 baths, 4,872 square feet

$8,995,000 6240 East Cholla
12 bedrooms, 10 baths, 19,745 square feet

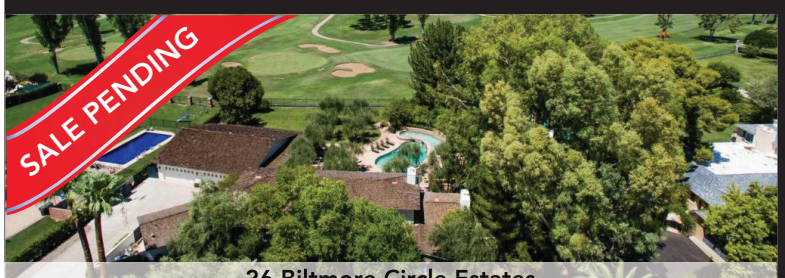


$13,500,000 5901 East Edward
7 bedrooms, 12 baths, 14,150 square feet

$2,395,000 7927 North 54th Place
3 bedrooms, 4 baths, 4,024 square feet

$3,995,000 6719 East Bluebird Lane
7 bedrooms, 9 baths, 8,333 square feet

$3,288,000 4931 East White Gates Drive
6 bedrooms, 8 baths, 8,166 square feet



26 Biltmore Circle Estates
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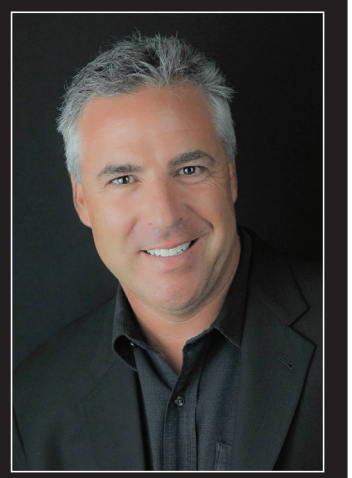

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