Arcadia News

Vol. 24 No. 12 | AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993 | March 2017

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A treatment facility in Arcadia is giving men the chance to completely turn their lives around.

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The AHS girls soccer team just completed one of the most unforgettable seasons in school history.

CAMP GUIDE

Get ready for summer fun!

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ARCADIA NEWS
AWARD WINNING NEIGHBORHOOD NEWS SINCE 1993

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32 History of Scottsdale Stadium
What began as an idea over drinks became one of Scottsdale's most beloved civic treasures, with five teams and millions of fans having called the ballpark home.

36 Hot dogs
It's time for spring training, and local residents don't even need to go to the park for a hot dog. Check out five of the areas best spots to get a fan's favorite food.



COVER IMAGE:
Senior Kate Murphy (center) and her Arcadia Titans teammates share a pre-game huddle before taking the field.
PHOTO BY AUDREA WALSHIRE



ARCADIA NEWS TEACHERS we love

THIS MONTH'S WINNER: Megan Opitz - *Archway Veritas*
NOMINATED BY: Anuj Bhatnagar



All three of the Bhatnagar children have passed through Megan Opitz's kindergarten class (left to right): Kalyani, Kishan and (this year) Jahnav.

By Greg Bruns

As many parents can attest, those early days of kindergarten can be tough. Once the pictures of the little ones in their new backpacks are taken, there's eventually that moment when you have to let go. The grace of a good kindergarten teacher can be priceless for both the child and the parent.

"Mrs. Opitz made time to meet with me personally when I was worried about how my daughter would fit in to the school setting before she started," said Anuj Bhatnagar, father of three who have all been in Mrs. Opitz's care at Archway Veritas.

The Bhatnagar family has nothing but praise for this special teacher, with kind words from each child in their 400-word nomination. But they could have missed out on her talents, because she almost took a different path. After graduating from ASU with a degree in education, Opitz took the next step into the public education system. Yet she found it a bit troubling, and not really what she thought it was going to be.

"It seemed very scripted," said Opitz. "I didn't really feel challenged and it felt like the students weren't either."

So, she took a break and enrolled in Arizona Culinary School and pursued her love of cooking, which included an externship at Vincent's on Camelback. While that love of the culinary arts didn't fade, Opitz found herself drawn back to education, with a position at a new school with a different concept.

"When I heard about what they were doing here, with the focus on virtue, and the philosophy of teaching with the classics and the Socratic method, it just sounded wonderful." said Opitz.

The Socratic method is a question and answer based philosophy of teaching, designed to stimulate conversation and dissection of topics among the students. The foundation for this method begins in kindergarten, and the young minds pick things up quickly. After all, this is the age when they learn how to read, and that's one of the main reasons why Opitz enjoys the 5-year-olds so much.

"That first time they read a book without having to sound out, I usually cry. They just put in so much work building up to it, and they are so proud of themselves."

Bhatnagar's youngest son will be moving on to first grade next year, and while that will wrap up the family's experience with kindergarten and Mrs. Opitz, her influence and encouragement will carry on.

"Our 11-year-old son still credits her with giving him a foundation for learning that has carried him through the following five years in school at the top of his class," said Bhatnagar. "In the one year that she has with our children, she gets them to learn how to be a citizen of a classroom, how to be an independent learner, and how to value the virtues of truth, beauty and goodness."

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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Arcadia Real **Estate** Stats

2017 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2017-1/31/2017)

Active Homes -	166 homes
Homes Sold -	20 homes
Average Sale Price -	$1,315,000
Average Sold $ Per SF -	$338
Average Days On Market -	115 days

There is currently 7 months of home inventory. (based on 2016 sales results)
2017 home sales have decreased 13%. (based on 2016 sales results)
2017 home prices have increased 8%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 3%. (based on 2016 sales results)
2017 homes are taking 10% less time to sell. (based on 2016 sales results)

2016 HOPI SCHOOL DISTRICT SALES RESULTS

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

2015 HOPI SCHOOL DISTRICT YEAR END SALES RESULTS

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

2017 TAVAN SCHOOL DISTRICT SALES RESULTS

(1/1/2017-1/31/2017)

Active Homes -	75 Homes
Homes Sold -	14 Homes
Average Sale Price -	$516,000
Average Sold $ Per SF -	$247
Average Days On Market -	96 days

There is currently 4 months of home inventory. (based on 2016 sales results)
2017 home sales have decreased 22%. (based on 2016 sales results)
2017 home prices have decreased 2%. (based on 2016 sales results)
2017 $ Per Square Foot prices have increased 5%. (based on 2016 sales results)
2017 Homes are taking 3% more time to sell. (based on 2016 sales results)

2016 TAVAN SCHOOL DISTRICT SALES RESULTS

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

2015 TAVAN SCHOOL DISTRICT YEAR END SALES RESULTS

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

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Peace of mind will be on the way!

Seek help for achy joints

HEALTHY TIDBITS

By Kelly Isbell

Do your knees creak and crack? Does your shoulder pop? How's your hip?

Joint pain can occur at any age and is more common in children and young adults than you might think.



Inflammation is the most common cause of achy joints. The good news is that inflammation often stems from overuse – exercising, gardening, swinging a golf club, moving furniture or other exertion. Use these top tips to relieve pain:

- Take ibuprofen to reduce inflammation in joints and muscles.
- Apply heat. However, if you have bruising, ice is best.
- Rest. Don't work or exercise through the pain because it will probably get worse – let your body heal.
- Take a hot Epsom salt bath; it works as a natural muscle relaxer. You may feel a little tingling, but that's normal.
- Stretch and gentle massage also help.

When you're starting a new exercise regimen or moving into a new home, remember that pain is typically worse a day or two after exertion than on the day of the activity.

Physicians see patients with a wide range of joint pain— from someone with an aching shoulder after a day of yard work to someone who lives for months or years with chronic pain and limited motion.

If you're in an accident, or have a fever or swelling with the pain, seek medical attention. Otherwise, if pain persists for a week or longer accompanied by symptoms including limited motion, popping, clicking, locking or stability problems (such as a knee that feels like it gives out) – see your family physician.

Simple X-rays can begin the process of diagnosis. Your doctor will see if osteoarthritis might be causing your joint pain. If fluid builds up in a joint, causing pressure, draining the fluid may be necessary. On occasion, surgery is the best option.

If you do need surgery, such as hip or knee replacement, remember that a successful outcome depends on your commitment to physical therapy and rehabilitation, a process that can take five or six months. In most cases, the outlook is excellent, and you'll return to a level of activity better than before.

— Kelly Isbell, DO, specializes in family medicine with HonorHealth Medical Group. For more: www.honorhealth.com/physicians/kelly-isbell.

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It's Here...

I'm excited to announce the opening of Arcadia's first real estate office! My real estate brokerage, The Brokery, is opening its flagship office just 1/2 block north of La Grande Orange on 40th Street. This project is the culmination of 4 years of planning which started with the purchase of the vacant parcel in February of 2013. Over the last couple of years, I assembled a team of some of the best Arcadians in their respective fields including Luke Wilson of Vista General, Chris Alt of Studio MA Architecture, and Steve Pine of OnSite Landscape. I hand selected these three gentleman because of their love for Arcadia and their understanding of our local 'hood. As a team, our collective mantra throughout the whole experience has always been, "for the neighbors."

As an Arcadia native, this project was very personal to me as I wanted to make sure that my passion for the area showed through in an inspiring and authentic way. Working closely with Studio MA, we began to draw from local landmarks such as Camelback Mountain and other local establishments for design inspiration. When you see the building in person, you will see how the middle of the building rises and falls similar to that of our beloved mountain. You will also see the use of steel, wood, and other mixed materials that were inspired by restaurants such as Buck & Rider, LGO, and Hillstone. To us, this wasn't just a real estate office, but rather an architectural gem for the neighborhood to celebrate as its own.

The Brokery is what I like to call "relentlessly local." We are an independent, local company through and through. Unlike other real estate brokerages tucked away in corporate centers, our prime neighborhood location provides high visibility for our seller's properties and allows for neighbors to engage one-on-one with local brokers who have extensive knowledge of the area. Our state of the art building not only gives our neighborhood an incredible marketing platform, but it will also provide prospective buyers with unique shopping experiences such as 3D property tours and on-demand real estate reports. The advantage is clear....better location, better service, local knowledge.

The future of Arcadia real estate is here!

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Unusual things insurance covers

By Kelly Potts

Whether a satellite crashes into your home or a power outage spoils food in your refrigerator, your insurance might just cover some unusual damages.

"It's a good idea to review your insurance policies so you know what coverage you have and if an unusual mishap – a lightning strike, aircraft crash or riot – will be covered," said Brad Oltmans, vice president of insurance for AAA Arizona.

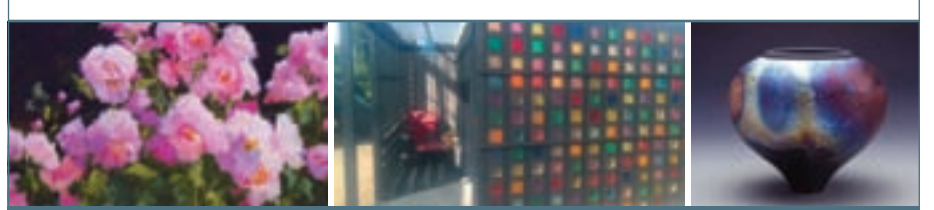
Here are 10 of the more unusual things that your auto, homeowners or renters policy may cover:

1. **Identity theft.** Millions of people are victims of identity theft every year. With an optional endorsement on your policy, your insurance may cover identity theft expenses up to a predetermined limit. These expenses may include reasonable attorney fees and earnings lost due to time taken off work to resolve the issue.
2. **Dog bites.** According to the Insurance Information Institute, dog bites and other dog-related injury claims accounted for more than a third of homeowners insurance claim dollars in 2015. Your homeowners or renters policy may cover dog bite liability expenses up to the liability limits, however dog bite claims from dogs with prior bite history and/or breeds that are classified as vicious are not covered.
3. **Spoiled food.** If a power outage occurs, food that spoils in your freezer and refrigerator may be covered under your homeowner policy, but the amount likely will vary.
4. **Student possessions.** If your children are students and live in a college dorm, their possessions may be covered by your homeowners or renters insurance policy. However, if they live in an off-campus apartment, they must have their own renters insurance.
5. **Pothole damage.** If you have collision coverage, damage to your car from hitting a pothole will likely be covered. Collision coverage is typically optional, so be sure to contact your insurance agent to ensure you have the coverage you need.
6. **Tombstones/grave markers.** Your homeowner policy may cover vandalism or damage to tombstones or grave markers, which are considered to be personal valuables.
7. **Lost wages.** Personal Injury Protection (PIP) on your auto insurance policy can be used to recover a portion of lost wages if you're involved in an auto accident injury that causes you to miss work.
8. **Lightning strikes.** The Insurance Information Institute states that lightning strikes caused $790 million in insured losses in 2015. If your home is damaged or destroyed by lightning-caused fire, the damage may be covered by a homeowner policy. Electronic equipment such as computers, televisions and refrigerators that are damaged by lightning strikes could also be covered. Lightning also strikes autos, causing fires and damage to electrical systems, both of which may be covered by your comprehensive policy.
9. **Riots.** While rare, riots do happen. A homeowner or renters policy may cover damage to your home and possessions caused by rioting. If you have comprehensive auto insurance, damage to your car may be covered as well.
10. **Aircraft crashes into house.** Although the chances of it happening are slim, aircraft occasionally crash into homes. The damage may be covered.

To find out more about homeowner, renter or auto insurance, call your agent to see what discounts you may be eligible for and what type of coverage you might need.

— AAA is a full-service insurance agency. Go to aaa.com/insurance.

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WHAT'S HAPPENING, *ARCADIA?*

THURSDAY, MARCH 2

Seasonal Table Dinner Series

6 – 9 p.m. at Desert Botanical Garden, 1201 N. Galvin Pkwy., Phoenix. The second round of the Seasonal Table Dinner Series is here, and this month's theme is West Coast California Italian. Featuring a four course meal by Chef Gabriele Bertaccini, guests will enjoy live musical entertainment by the Loannis Goudelis Trio with the beautiful skies of Arizona as a backdrop. This month's meal includes roasted baby beets, ravioli and avocado chocolate mousse. This is a 21 and up event. Tickets are $150 for members and $160 for general admission.
For more: dbg.org.

SATURDAY, MARCH 4

Arizona Balloon Classic

7 a.m. – 8 p.m. at the Fear Farm Sports and Entertainment Complex, 2209 N. 99th Ave., Phoenix. Come on out to Fear Farm and watch the sixth annual Arizona Balloon Classic light up the sky. Hundreds of balloons will be on-site and getting ready to fly. There will be a "hound and hare" race to see which of the balloons can float the fastest! Also a vendor village will be available for shopping, food court for eating and a family fun zone with games, activities and crafts. At sunset, all the balloons will light up to the sound of music, making the sky glow! Tickets are $15. For more: abcfest.com.



Arizona Balloon Classic at the Fear Farm Sports and Entertainment Complex in Phoenix.

FRIDAY, MARCH 3- SUNDAY, MARCH 5

McDowell Mountain Music Festival

Gates open at 3 p.m. on Friday, 2 p.m. on Saturday and Sunday, at Margaret T. Hance Park, 1202 N. 3rd St., Phoenix. Started back in 2004, the McDowell Mountain Music Festival has grown into a three-day must-see event, featuring more than 20 musical acts. This year, Flume, The Shins, Chromeo and other musical acts will hit the stage. There will also be food trucks, a kids zone, a vendor marketplace and beer garden. Proceeds from the concert will benefit three local charities. Ticket prices range from $45 to $200 with VIP packages available. For more: mmmf.net.

SATURDAY, MARCH 4- SUNDAY, MARCH 5

Phoenix Scottish Games

9 a.m. – 5 p.m. at Steele Indian School Park, 300 E. Indian School Rd., Phoenix. You don't have to be Scottish to join in at the Phoenix Scottish Games! Come on out and participate in games like the "weight over bar" or the hammer throw, learn about the Scottish clans of Arizona, watch traditional live performances and hear Scottish tunes. There will also be a kids zone with a juggler, arts and crafts and a bounce house. This is an all ages event. Tickets are $20 for adults and $5 for kids 12 and under. For more: arizonascots.com.

THURSDAY, MARCH 9

Burger Battle

6 – 9:30 p.m. at the Scottsdale Waterfront, 4420 N. Scottsdale Rd., Scottsdale. The Scottsdale League for the Arts presents the sixth annual Burger Battle. Get your taste buds ready for some of the best burgers in the Valley from places including Zinburger, BLK Live and HopDoddy Burger Bar. Tickets are $50 presale and $75 at the door and include all the burger tastings your belly can handle, as well as a beer garden, fries and desserts. There will also be lawn games and live musical entertainment. This is a 21 and up event.
For more: scottsdalefest.org.

FRIDAY, MARCH 10- SUNDAY, MARCH 12

Ostrich Festival

Friday 2 p.m. – midnight, Saturday 10 a.m. - midnight, Sunday 10 a.m. – 11 p.m. at Tumbleweed Regional Park, 2250 S. McQueen Rd., Chandler. Chandler's Kick-Off Weekend continues with the 29th annual Ostrich Festival! This year promises to be bigger and better with more carnival rides, ostrich races, food trucks, Batman and Superman meet and greet, a stingray exhibit and camel rides are just a few of the attractions. Tickets are $7-10. For more: ostrichfestival.com.

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WHAT'S HAPPENING, *ARCADIA?*

Scottsdale Arts Festival

Friday and Saturday 10 a.m. – 6 p.m., Sunday 10 a.m. – 5 p.m. at the Civic Center Mall, 3939 N. Drinkwater Blvd., Scottsdale. The Scottsdale Arts Festival is back for its 47th year as one of the top festivals in the nation. Attendees can enjoy browsing through more than 200 juried artists from the United States and Canada, listening to live music and entertainment, grabbing a bite from local food trucks and touring the interactive art installation. Celebrate art at its finest! Tickets are $10 for adults, children 12 and under are free.
For more: scottsdaleartsfestival.org.

SATURDAY, MARCH 11

Run to Fight Children's Cancer

7 a.m. at Grand Canyon University, 3300 W. Camelback Rd., Phoenix.
The Run to Fight Children's Cancer, sponsored by the Grand Canyon University Foundation, and is the largest race in Arizona dedicated solely to pediatric cancer. This race offers a 10K option as well as a 5K run/walk and a cancer survivor's walk. Medals will be given to the top three finishers in each age category. After the race, enjoy a vendor expo, arts and crafts, music and more. Registration is $25-$45.
For more: runtofightcancer.com.



Run to Fight Children's Cancer at Grand Canyon University.

St. Patrick's Day Parade and Faire

10 a.m. at Margaret T. Hance Park, 67 W. Culver St., Phoenix. Come on out to the park and celebrate Irish culture! Starting at 10 a.m. with a St. Patty's Day parade, there will be something for the whole family to enjoy. After the parade, head over to the Irish Faire to watch traditional Irish entertainment including dancing and bagpipes, browse through Irish crafts and merchandise or enjoy an Irish treat and beverage. Tickets are $10 with kids 12 and under are free.
For more: stpatricksdayphoenix.org.

Kite Flying Festival

11 a.m. – 6 p.m. at Fountain Park, 12925 N. Saguaro Blvd., Fountain Hills. Presented by the Pakistan Information Cultural Organization, this festival is also known as Basant Mela, featuring kites of all different shapes and sizes. Come on out and fly a kite by the massive fountain in Fountain Hills. There will also be food, music, henna tattoos, merchandise, arts and crafts and children's activities. This is a free event.
For more: pakistaninformation.com.

Ancient Technology Day

9 a.m. – 3 p.m. at the Pueblo Grande Museum, 4619 E. Washington St., Phoenix. See how well you can fare with ancient technology at the 17th annual Ancient Technology Day. Try your hand at throwing a spear or weaving your own cloth. Sample agave cooked in an earthen oven and watch as artists demonstrate how the Hohokam people used different technologies to make arrowheads, pottery, jewelry and more. Tickets are $6.
For more: pueblogrande.com.

The Great Arizona Beer Festival

1 – 6 p.m. at Civic Space Park, 424 N. Central Ave., Phoenix. The Great Arizona Beer Festival speaks for itself! More than 200 beers and 50 breweries will be on site pouring out some delicious brews. Admission includes a commemorative mug and drink tickets so that you can experience all the beers the festival has to offer. There will also be a DJ and food trucks to fill your ears and belly. All proceeds from the festival go to Sun Sounds of Arizona. Tickets range from $10 to $70. This is a 21 and up event.
For more: azbeer.com.

31st Annual Arcadia Neighborhood Meeting

9 a.m. at Prince of Peace Gymnasium, 3641 N. 56 St., Phoenix. Over 200 Arcadia residents attended this event last year. A great way to connect with both the community and local officials.
For more: acmna.org/events.



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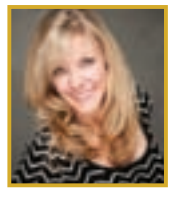
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WHAT'S HAPPENING, *ARCADIA?*

SUNDAY, MARCH 12

In My Life – A Musical Tribute to the Beatles

7 p.m. at the Herberger Theater, 222 E. Monroe St., Phoenix. The music of The Beatles continues to be some of the most acclaimed in rock and roll history, and this musical theater tribute is here to tell the story of John, Paul, George and Ringo. Watch this musical retelling of the story of The Beatles through the eyes of their manager, Brian Epstein. Renowned tribute band Abbey Road will be rockin' the house with all the Beatles tunes you know and love. Tickets are $46 to $75.
For more: herbergertheater.org.

FRIDAY, MARCH 17-SATURDAY, MARCH 18

Spark! Mesa Festival of Creativity

Noon – 10 p.m. at the Mesa Arts Center, One E. Main St., Mesa. Get into the art with Mesa's Festival of Creativity! Attendees will have a chance to immerse themselves in multiple artworks and become one with the artists and creations. There will also be musical performances during the day and night featuring local and regional artists. Food and arts and crafts will keep your family in high spirits and really feeling their creative sides. All festival activities are free with the exception of ticketed performances inside the theaters.
For more: mesaartscenter.com.



Spark! Mesa Festival of Creativity at the Mesa Arts Center.

SATURDAY, MARCH 18

Pinewood Derby

3 p.m. at O.H.S.O. Brewery in Arcadia, 4900 E. Indian School Road. Which school will be the fastest? Local schools like Tavan, Ingleside, ANLC and Hopi will be competing in the first annual community race. Parents and kids can order their kit, build the car at home and bring it to O.H.S.O., who is sponsoring the event, to race against other neighborhood schools in a friendly competition. Proceeds benefit Friends of ANCL PTO, as well as neighborhood schools' PTOs. For more: https://squareup.com/store/anlcpto or email president@anclpto.org.

Music in the Park

4 p.m. – 7 p.m. at Los Olivos Park, 2802 E. Devonshire, Phoenix. This annual free family event is for all ages. Children will have loads of fun with disc golf, face painting and bouncing areas. There will be food and drinks for sale, with country and rock and roll music performances. Bring your blankets and chair, and meet your neighbors.
For more: tracy.myers@phoenix.gov.

Notre Dame Glee Club Spring Tour

7:30 p.m. at Saint Thomas the Apostle Roman Catholic Church, 2312 E. Campbell Ave., Phoenix. The Notre Dame Glee Club's spring 2017 tour comes to Phoenix for a special concert. Tickets are available starting at $20, and a dessert reception will follow the concert in the Parish Hall. The events proceeds will support the music and arts programs at Saint Thomas grammar school and parish.
For more: staphx.org.

SUNDAY, MARCH 19

ShamROCK Run

8 a.m. at the Rose Mofford Sports Complex, 9833 N. 25th Ave., Phoenix. Once you're done partying it up for St. Patrick's Day, head over to the ShamROCK run and work off those Irish food calories! Featuring a half marathon, 10K, 5K and Little Leprechaun Sprint, this race is the perfect way to stay in the Irish spirit. All participants will receive an event medal and t-shirt and get to enjoy a post-race runner's brunch. Don't forget to dress up in green to make sure you don't get pinched! Registration is $20 to $80.
For more: raceroster.com.

Mom's Marketplace

10 a.m. – 2 p.m. at Kiwanis Park, 5900 S. All American Way, Tempe. It's time to celebrate all things BABY! Whether you're becoming a mom or have mastered the art of "momming" this marketplace has something for you! Local bakeries, retail shops, fitness classes, yoga, music and everything in between will be at this vendor marketplace. Mom's Marketplace is dedicated to moms, babies, and families. This event is free. For more: 480-452-8734.



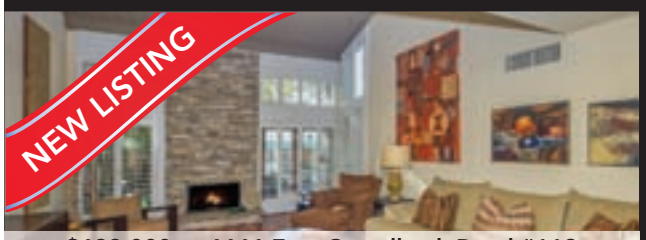
COMING APRIL 2016



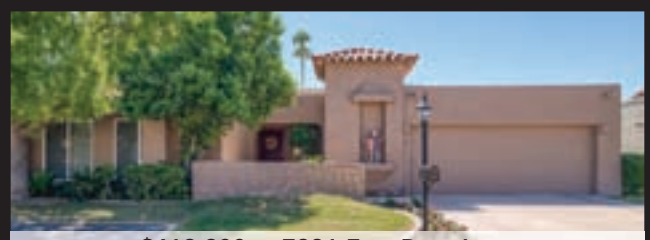
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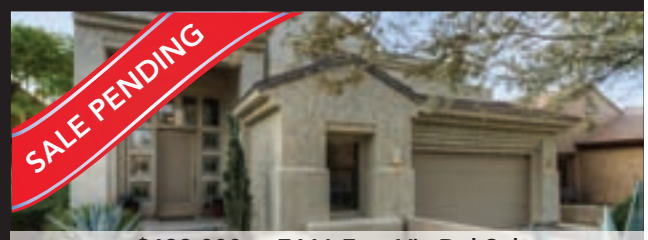
OUR FEATURED LISTINGS UNDER $1,000,000



$639,000 4446 East Camelback Road #112
3 bedrooms, 3 baths, 2,840 square feet



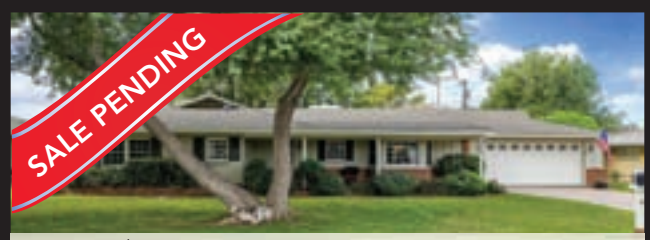
$419,900 7331 East Rose Lane
3 bedrooms, 2 baths, 2,447 square feet



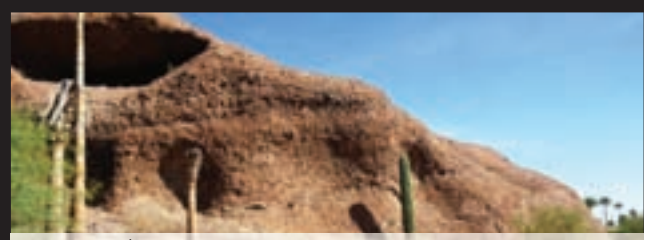
$499,000 7661 East Via Del Sol
4 bedrooms, 3 baths, 2,540 square feet



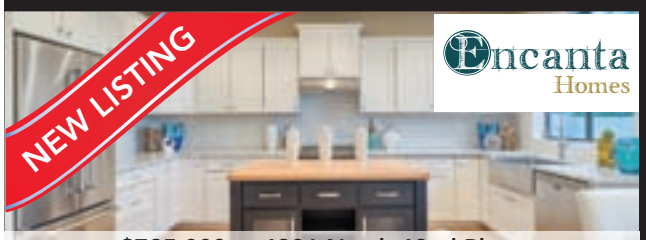
$569,000 3528 North Kachina Lane
4 bedrooms, 2 baths, 2,007 square feet



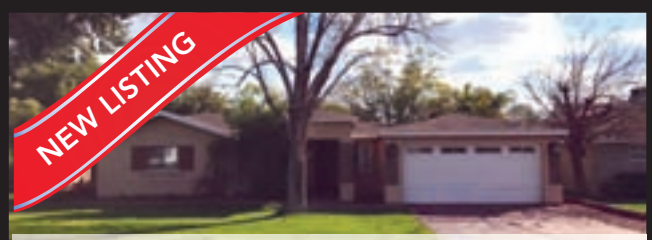
$749,000 4509 East Calle Ventura
SALE PENDING BEFORE IT HIT THE MARKET!



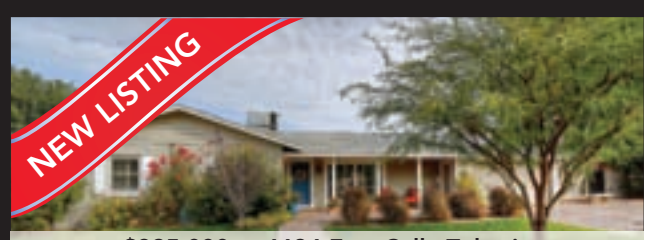
$750,000 5301 North 46th Street
Camelback Canyon Lot



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



3215 East Colter
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$825,000 4634 East Calle Tuberia
3 bedrooms, 2 baths, 1,851 square feet



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



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



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



$799,000 3335 East Mariposa
4 bedrooms, 3 baths, 2,650 square feet



$350,000 4202 North 42nd Street
Vacant Lot



$579,000 4326 East Turney Avenue
3 bedrooms, 3 baths, 2,335 square feet



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



$795,000 1323 Whalers Way
3 bedrooms, 3 baths, 4,272 square feet

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

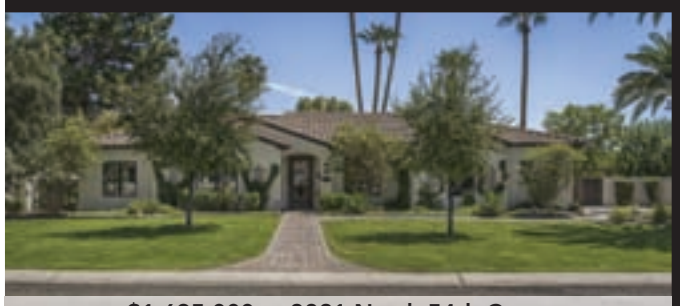


$925,000 6241 East Calle Redonda
4 bedrooms, 2 baths, 2,600 square feet

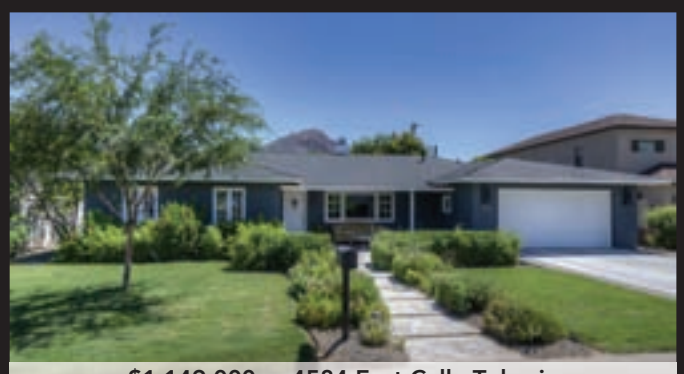
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OUR FEATURED LISTINGS $1,000,000 – $1,999,999



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



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



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



$1,095,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet



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



4220 North 58th Street
CALL FOR PRICING & INFORMATION



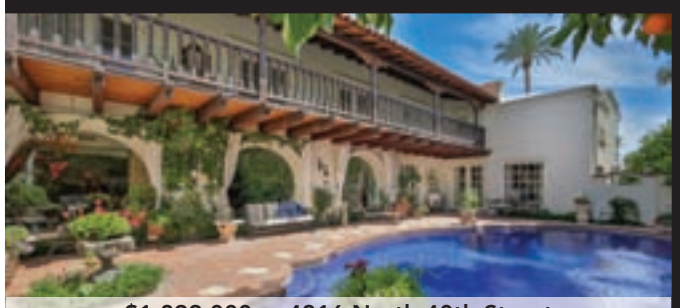
$1,319,000 6112 East Calle Del Sud
4 bedrooms, 5 baths, 4,256 square feet



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



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



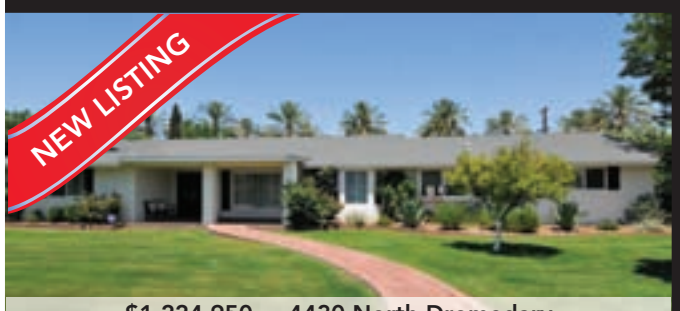
$1,899,000 4316 North 40th Street
4 bedrooms, 5 baths, 6,881 square feet



4012 North 54th Place
CALL FOR PRICING & INFORMATION.



$1,065,000 3924 East Montecito
4 bedrooms, 3 baths, 3,400 square feet



$1,224,950 4430 North Dromedary
4 bedrooms, 3 baths, 3,125 square feet



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

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3101 North Valencia Lane
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4735 North Launfal
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$2,295,000 4527 North 61st Place
6 bedrooms, 9 baths, 8,592 square feet



$2,395,000 6241 East Calle Del Norte
4 bedrooms, 6 baths, 4,812 square feet



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



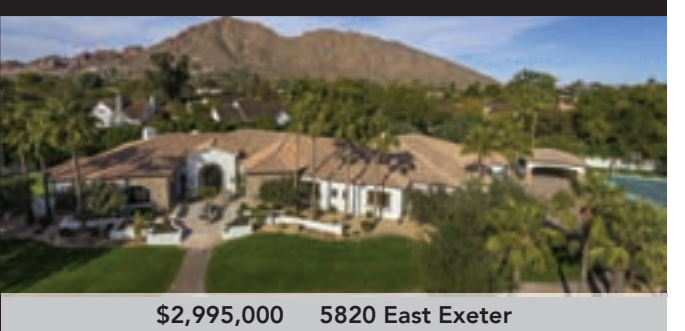
$2,295,000 4449 North 53rd Street
5 bedrooms, 5 baths, 4,525 square feet



4002 North 54th Place
CALL FOR PRICING & INFORMATION.



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



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



$2,199,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet



5328 East Lafayette
CALL FOR PRICING & INFORMATION



$2,295,000 6026 East Jenan
6 bedrooms, 7 baths, 6,613 square feet



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

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Lisa Dale

WHAT'S HAPPENING, *ARCADIA?*

THURSDAY, MARCH 23

Friends of James Beard Benefit Dinner

6 p.m. at the Westin Kierland Resort, 6902 E. Greenway Pkwy., Scottsdale. Enjoy the beautiful Scottsdale weather and stunning scenery while enjoying an eight course meal prepared by James Beard award winning chefs from around the country. Guests will enjoy delicious indulgences like goat cheese ravioli, salmon sashimi, and almond cornetto, each paired with a specialty wine. There will also be a silent auction. Come out and enjoy an evening of extravagance with friends of James Beard. Individual tickets are $225. For more: scottsdalefest.org.

SATURDAY, MARCH 25

Arizona Dragon Boat Festival

9 a.m. – 4 p.m. at Tempe Town Lake Marina, 550 E. Tempe Town Lake, Tempe. Enjoy a day on the waters of Tempe Town Lake with the 14th annual Arizona Dragon Boat Festival. More than 50 racing teams from around the world are here to compete! There will be competitive and recreational races, a vendor marketplace, as well as Asian and Pacific live entertainment. This is a free event. For more: azdba.com.



PHOTO BY KWOK DE LA LUNA

Arizona Dragon Boat Festival at Tempe Town Lake.

The Great American BBQ and Beer Festival

Noon – 10 p.m. at Dr. AJ Chandler Park, 178 E. Commonwealth Ave., Chandler. The 8th Annual BBQ and Brew Fest is back again and ready to fill your bellies with some of the best BBQ and beers around. There will be 60 BBQ pit masters on site serving up delicious grub, and San Tan Brewing Company will help wash it down! There will a March Madness lounge, grilling demonstrations, lawn games, a kids zone, and of course, food eating contests. Live music will keep the party going! General admission is $20 with 12 and under in for free. For more: chandlerbbq.com.

SATURDAY, MARCH 25- SUNDAY, MARCH 26

My Nana's Salsa Challenge

10 a.m. – 6 p.m. at Steele Indian School Park, 300 E. Indian School Rd., Phoenix. The moment you've been waiting for the 33rd Annual My Nana's Salsa Challenge – is here! More than 90 competitors will be on site serving up fresh salsa in the mild or hot category. Taste and vote for your favorite! There will also be live music, a food court, margaritas, beers, a vendor marketplace, a kid's zone, even a 5k run! Proceeds benefit the Hemophiliac Association. Tickets are $12 to $15. For more: salsachallenge.com.

FRIDAY, MARCH 31

Fore! Paws Golf Tournament

7:30 a.m. at Wildfire Golf Club, 5350 Marriott Drive, Phoenix. If golf and puppies are two of your favorite things, then this event is what you've been waiting for. Gabriel's Angels, a nonprofit organization committed to helping Arizona's at-risk children with pet therapy presents its Fore Paws golf tournament. Four-legged furry friends will be there to cheer on your team as you play a round golf. After the game there will be an awards luncheon. There will also be contests and a chance to win a Porsche! Registration and sponsorship begins at $250.
For more: gabrielsangels.com.

SATURDAY, APRIL 1

Ingleside Middle School 5K Glow Run/Walk

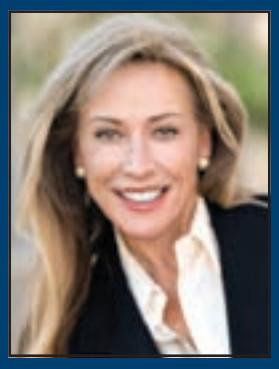
6:30 p.m. at Arizona Falls, 56th St. and Indian School Road, on the south side of the canal. This year, the Ingleside 5K is going dark. Proceeds from the event benefit local Ingleside Middle School. Runners, walkers and strollers are all welcome, no bikes or pets please. Day of race registration ends at 5:30 p.m. and the entry fee is $25 before March 24, $30 after. For more: inglesidepto.com.



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MUMMY MOUNTAIN – 5+ Acre Estate
7,640 SF / 3 Bedrooms + Guest & 4.5 Baths • $4,999,500 - MLS: 5554018

OUT OF THE AREA, *BUT WORTH THE DRIVE*

FRIDAY, MARCH 3-SUNDAY MARCH 5

Bluegrass on the Beach Festival

10 a.m. – 6 p.m. at Lake Havasu State Park, 699 London Bridge Road, Lake Havasu City. Take a load off this weekend and head out to Lake Havasu City for the 9th annual Bluegrass at the Beach Festival. Featuring 10 bluegrass bands playing throughout the weekend, there will be jam sessions on and off stage, so if you have an instrument, bring it! There will also be workshops, arts and crafts, a kid's zone, a food court and beer garden. Enjoy the scenery and the music at the Bluegrass on the Beach Festival. Tickets are $20 for adults and $10 for teens. For more: golakehavasu.com.

Wild West Con and Steampunk Festival

10 a.m. – 5 p.m. in Old Tucson, 201 S. Kinney Rd., Tucson. Ready to travel to a different time and place? The Wild West Con and Steampunk Festival is just the place! Celebrating the role-playing genre mixed with a Victorian/Old West vibes, this festival has all the retro-futuristic fashion and technology you can imagine. There will be concerts, street performances, rides, workshops. For more: oldtucson.com.



Wild West Con and Steampunk Festival in Old Tucson.



Apache Leap Mining Festival in Superior.

SATURDAY, MARCH 11-SUNDAY, MARCH 12

Festival of Books

9:30 a.m. – 5:30 p.m. at the University of Arizona Campus, 615 N. Park, Tucson. For those of you that love a good book, this is a festival you don't want to miss. More than 400 authors and 200 exhibitors will join together to celebrate reading and literacy. There will be panels, meet and greets, programs for kids and teens, a literary circus, a poetry venue, and food courts for when you're hungry for something more than words. Come meet best-selling and emerging authors and read to your heart's content! This is a free event. For more: tucsonfestivalofbooks.org.

SATURDAY, MARCH 18

Apache Leap Mining Festival

10 a.m. on Main St., Superior. Take a walk on the mining side of life with the 29th annual Apache Leap Mining Festival. There will be mining competitions, a Chihuahua race, a carnival, parade, games and live entertainment. An art walk and historic speakers will take you back in time and show you the history of Superior, Ariz., and try your hand at panning for copper. After that you can head over to the street dance and beer garden. This event is free. For more: superiorarizonachamber.org.

Whiskies from Scotland

4:30 p.m. at Riordan Mansion State Park, 409 W. Riordan Rd., Flagstaff. If whiskey and scotch are your drinks of choice, you won't want to miss this first-ever tasting event at the Riordan Mansion. Take a seat at Tim Riordan's oval table and learn about whiskies from Scotland. Ray Pearson, a single malt scotch expert, will take you on a whiskey adventure as he discusses tasting techniques and the difference between whiskey and scotch. Become a whiskey expert at Tim Riordan's table! Tickets range from $100 to $150. For more: 928-779-4395.

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JOIN US AT WORSHIP
EVERY SUNDAY AT 9:30 A.M.



Arcadia Cares: Food for Kidz Packathon
Saturday, March 18, 2017, 9 a.m. to 1 p.m.
Prince of Peace Church (gym). Come and help for an hour or two.
All are invited ages 3 and up to help pack meals for hungry kids.

Preschool Registration is in full swing!
To schedule a tour, call us at 480-947-5645



P R I N C E O F P E A C E

Join us for the POP Street Fair - April 1, 3 to 6 p.m.!
Live music, food, beer and wine, games for all ages, silent auction and raffles!
Proceeds will go to support the Youth and Family Ministry of Prince of Peace Lutheran Church and their service projects!

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OUT OF THE AREA, *BUT WORTH THE DRIVE*

Guys Who Grill Competition
11:30 a.m. – 2 p.m. at the Wickenburg Community Center, 160 N. Valentine St., Wickenburg. It's a well-known fact that guys love to grill and this is the perfect event for grillmasters! Head out to Wickenburg as teams compete to have the best grilling, smoking and barbequed treats. There will be live entertainment, cold beer and a kids zone, as well as an auction to win a chance at an $1,000 barbeque grill. Come on down and get your grill on! Tickets are $10. For more: dewpac.org.

SUNDAY, MARCH 19

Spring Heritage Pecan and Wine Festival
10 a.m. – 5 p.m. at the Community Soccer Field, 75 E. Hollamon St., Camp Verde. The weekends are meant for escaping the city, so why not head out to Camp Verde for the Spring Heritage Pecan and Wine Festival? Events featured include a river raft and kayak run, a birding excursion, pie baking contest, wine tasting, music, food and fun. Admission is free with the exception of the wine tasting. Experience another side of Arizona in Camp Verde!
For more: campverdepromotions.org.



Salsa Festival at Copper Sky Regional Park in Maricopa.


Havasu Rock'n'Brews at Springberg-McAndrew Park in Havasu City.

SATURDAY, MARCH 25

Salsa Festival
2 – 8 p.m. at Copper Sky Regional Park, 44345 MLK Jr. Blvd., Maricopa. It's time to celebrate one of Arizona's greatest condiments: salsa. At the 13th annual Salsa Festival, chefs will have the chance to showcase their salsas and compete to find out who has the best salsa in the Grand Canyon state. There will be entertainment by local bands, food and spirits as well as kids games and activities in the "Little Pepper" zone. The event is free, but parking is $5.
For more: maricopa-az.gov.

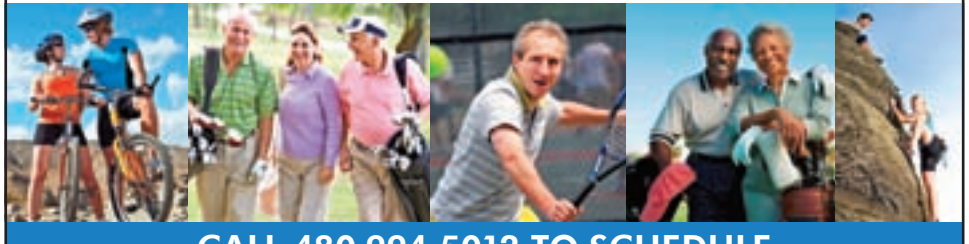
Havasu Rock'n'Brews
2 – 6 p.m. at Springberg-McAndrew Park, McCulloch Blvd. and Querio Dr., Lake Havasu City. Head out to the lake and get ready for a rock and roll brew fest! Featuring more than 40 craft brews on tap, live music and a corn hole tournament, this festival promises to be a great time! Admission includes a commemorative glass and drink tickets. Plus, you can learn about great beers from around the country. Grab a beer and a bite to eat at the Havasu Rock'n'Brews Festival. Tickets are $30. This is a 21 and up event.
For more: havasurockandbrews.com.

SUNDAY, MARCH 26

Gem and Mineral Art Show
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For more: dmrmc.com.



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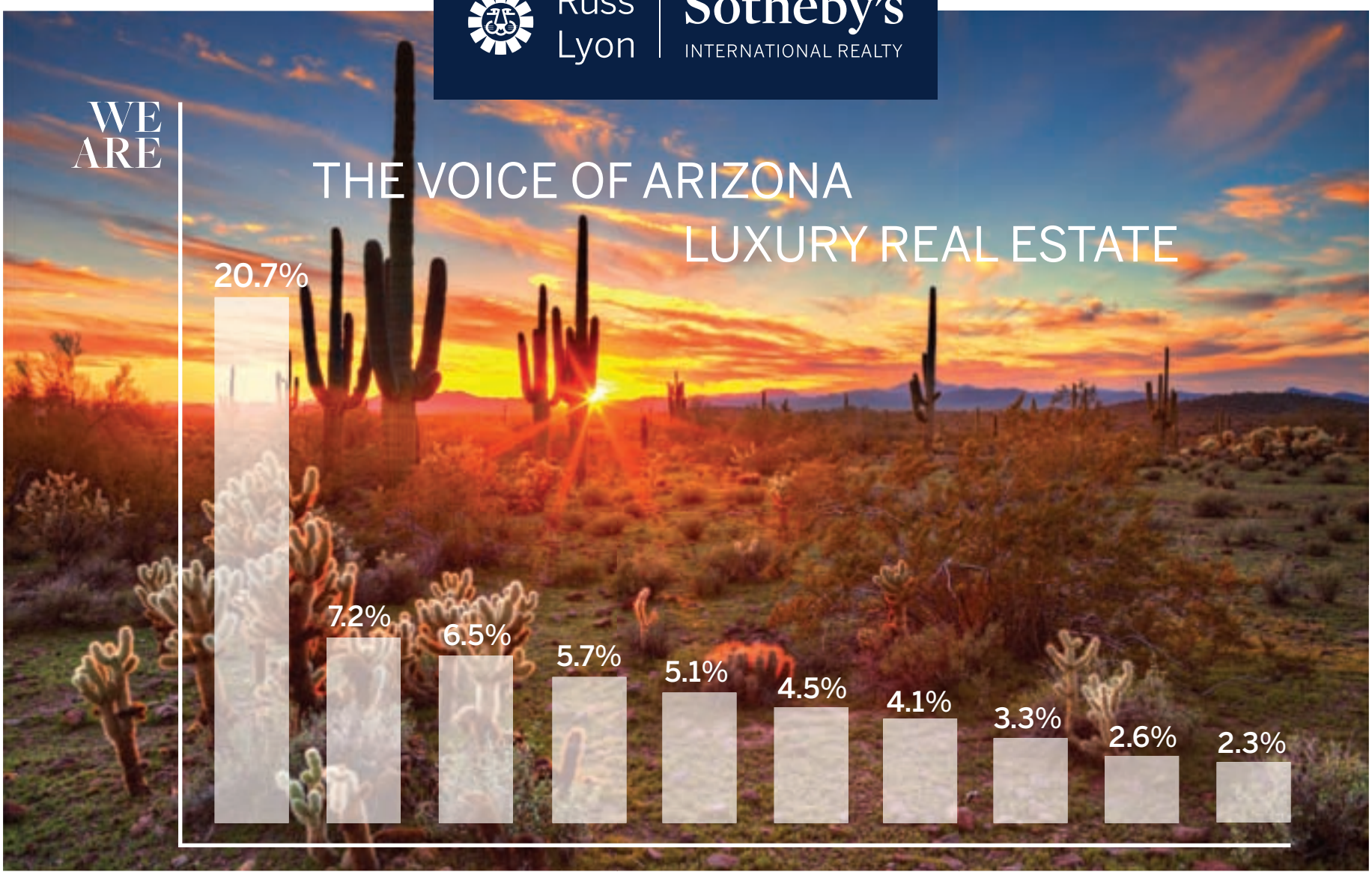
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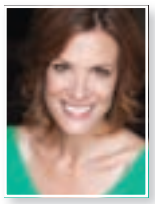
Natural ways to improve your indoor air quality

CHEM-FREE *LIFE*

By Sara Lemons Vaules

A person can go three weeks without food, about three days without water and three minutes without air. With those numbers in mind, air quality both outdoors and in our homes, should be a top health consideration, as chemicals can be absorbed easily through the lungs.

While we can't control which pollutants we breathe in the outside air and although a blue face mask can look very hip on some, there are many cost-effective solutions we can use to purify the air in our homes. Here are two that can make a huge difference in your home air quality.



Plants are my first and favorite suggestion, as most people are not aware that some houseplants can actually purify air. This clean-air solution is both completely natural and adds beauty to a home at the same time. It's a win-win!

Consider that NASA and the Associated Landscape Contractors of America studied the effectiveness of certain houseplants at filtering air in facilities in space. The 1980s-era study revealed several plants that filter out common volatile organic compounds (VOCs).

Since then, further studies have revealed which specific plants are most effective at filtering certain chemicals, especially indoors, which usually is polluted even more than outdoor air. As a mom, I will list below the plants that are safe around kids, resilient (anyone else have a "brown" thumb?!) and easy to maintain.

- **Aloe Vera** – serves as a burn soother too.
- **Spider plant** (*Chlorophytum comosum*) – very resilient and produces runners (smaller plants) that can be transplanted.
- **Snake plant** (*Sansevieria trifasciata 'Laurentii'*) – good for filtering out formaldehyde, (common in cleaning products, toilet paper, tissues and personal care products). Recommended for bathrooms, as it thrives in low light and steamy, humid conditions while filtering out air pollutants.
- **Christmas Cactus** – cleans the air well and it is colorful.
- **Boston Fern** – easy to grow, good at filtering the air and resilient.

My second suggestion is baking soda air freshener.

Have you ever spent time in the air freshener section at a store and felt a little sick or maybe even developed a slight headache? Perfumed air fresheners contain loads of chemicals that cover up odors in your home, but do so by adding cheap chemicals to your air, making it more toxic.

Home-made baking soda air freshener requires only a small glass jar, baking soda, a piece of cloth to cover the jar (allows the scent but not the contents to escape the jar), and essential oils of your choice.

After you have your items, add half of a cup of baking soda and 15-25 drops of essential oil to the jar and stir. Place the cloth or paper cover over the top and secure with a rubber band. Voila, it's done! This homemade air freshener is great since it constantly emits a light scent while the baking soda works to absorb any unwanted scents. When you need more scent, just give it a little shake.

Perfect in bathrooms, bedrooms and even in closets or near stinky shoes. Speaking of shoes, you can also use the same steps to make your own "sachet" to put into shoes. Substitute cornstarch or arrowroot powder for the essential oil and combine equal parts with the baking soda, carefully place into a piece of fabric, gather and tie at the top with string!

— Sara Lemons Vaules is the founder of Lemon and Light, which offers consulting, products and strategies for moving with ease into an organic, chemical-free lifestyle.

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A new venture – a local 13 year old creates new clothing line

By Kelly Potts

Thirteen-year-old Joseph Loel, who was born and raised in the Arcadia neighborhood, is showing the world that entrepreneurs can come in all ages.

Like other middle schoolers, Joseph is an 8th grade homeschooler who is part of a local swim club. But most other middle schoolers don't own their own small business.

Joseph started his own clothing line, Victo Apparel. The name Victo was chosen for victory, an emotion Joseph strongly felt after finally achieving his dream of owning his own business.



Joseph Loel and a few members of his family show off his Victo T-shirt designs. Loel designed everything including the company logo.

"I think there were a few reasons that drew me to creating this line," said Joseph. "I wanted to earn money and still use my design skills. I also thought it would be fun to learn about owning and managing a business."

"He went at it 40 different ways. The kid is tenacious," said Joseph's father, Brad Loel. "He just had this idea that he wanted to start his shirt business."

Joseph puts his heart and soul into everything he does. With his swim practice, he has been in the pool for six days a week since he was eight. And that drive has transferred over into his clothing line. He spends his spare time creating and designing new products, helping to manage every aspect of the company.

"Figuring out how to print these shirts took a while," said Brad. "He tried heat transfer paper, talked to a guy who taught classes on silk screening. It was trying to find a way to do it without dropping $1500 for basic equipment."

Eventually Joseph partnered with a local print house and was able to have the shirts made at an affordable price that still allows him to make a profit, without putting in tons of money for equipment. When it comes to the shirt designs, that's all Joseph too. He's learned to create the designs on Adobe Illustrator.

BEHIND *THE BUSINESS*

> *"I wanted to earn money and still use my design skills. I also thought it would be fun to learn about owning and managing a business."*

His line is more about than just getting his creative juices flowing. He is also using the proceeds to give back to the community. "I want everyone buying one of my products to know that for every item they buy from me, I will donate $1 to children in 3rd world countries," said Joseph. "$1 will feed a child for 20 days according to St. Mary's Meals statistics."

"My greatest business accomplishment so far is being able to sell my products with people in my community."

— For more information, or to buy from the clothing line, visit http://go2l.ink/victo.

BUSINESS BRIEFS

WIDE WORLD MAPS & MORE

After 35 years at the same location, the Phoenix Main Store location of Wide World Maps & More is moving east. The new location is still on Indian School but will be 4.5 miles east, at 2133. E. Indian School Road, Phoenix.

Wide World Maps & More was the first "map store" concept in the state, offering a wide variety of maps and map-related items from all over the world. For more: maps4u.com.

THE SHOPS ON CAMELBACK

The Shops on Camelback have moved. The new location is at 835 E. Camelback Road, Phoenix. The home and garden store features a mix of handpicked antique and vintage pieces, furnishings and accessories.

THE BAR

Michigan native Michael Withey has teamed up with the owners of The Stand and introduced The Bar to the Arcadia Neighborhood. The unique hangout has an extensive lineup of food and drinks and is located near the ever-expanding area near 32nd Street and Indian School Road, on the NW corner.

SPORTS CLIPS

The newest neighborhood haircut spot has opened in the Arcadia Gateway Shopping Center.

SCOTT RESORT & SPA

The property previously known as FireSky Resort & Spa is making its debut with a new title. The 204-room resort, located in Old Town Scottsdale, plans to invest $15 million over the next two years to reinvent the property. The first phase of the redesign will begin in May 2017 and be complete in September of 2017.

THE HERMOSA INN

The AAA Four Diamond Paradise Valley hotel has undergone renovations, with 10 deluxe hideaway casitas, 33 newly renovated casitas and an expansion of Lon's Last Drop bar and patio. The expansion began in 2015, with $5.5 million put into the renovation.

EDIBLE ARRANGEMENTS

You've got to get your fresh fruit arrangements in a new location. The Edible Arrangements in the Sprout's Plaza at 28th St. and Indian School Road has moved a few blocks east, to the northwest corner of 32nd St. and Indian School Road.



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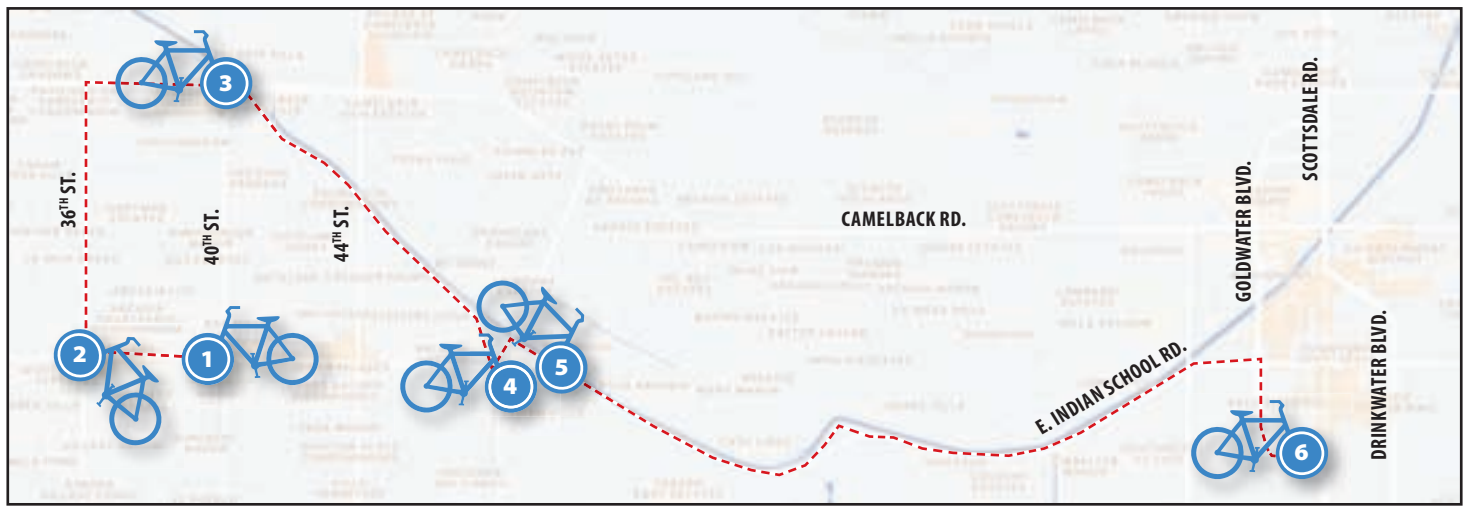
Treat your spring fever with a bars on bikes adventure

By Elaina Verhoff

When was the last time you hopped on your bike and cruised with friends? Whether it was yesterday or 20 years ago, now is the time to check your tires, create your playlist and put in your ear buds. Follow this "bars on bikes" route to hit your spring fever with a healthy dose of "smiling so hard your face hurts" kind of fun.

There are a couple of ways to go when it comes to a bars on bikes outing. Invite your pals to meet in your driveway for a pre-ride bite to eat, meet at the first stop at a designated time or take advantage of one of the companies that provide a giant group bike for your tour de tipsy.

Safety disclaimer. Wear a helmet and know that there is no shame in Ubering when you're too impaired to bike. It's more embarrassing to end up in the canal.



THE ROUTE:

1. The Vig

4041 N. 40th St., Phoenix

Start things off by meeting at The Vig. Its spacious patio is perfect for a crowd. Sign up ahead of time for emails on its website and get a $5 off your visit. Enjoy a game of bocce and live music on Sundays. If you'll have a group of 20 or more, The Vig will create a custom menu for your crew. Or enjoy the BARunch from 10 a.m. – 2 p.m. on Saturdays and Sundays.

2. Sip Coffee & Beer Garage

3620 E. Indian School Road, Phoenix

A fairly new addition to the neighborhood, you may not know that Sip is much more than a café. This former Avis oil change center is the perfect place to refuel with craft beer, inventive cocktails and a locally sourced food menu. Plus, it has a killer patio. If rain strikes, you can seek refuge in the underground tiki bar.

3. North

4925 N. 40th St., Phoenix

We had to include at least one Fox restaurant on our list – and North is not to be missed. The patio is the ideal spot to kick back for another drink. Try the Chef's Board, perfect for sharing, with a glass of wine or a brunch cocktail like the ginger vanilla greyhound. Maybe now is a good time to write down the combination to your bike lock.

4. Arcadia Tavern

4801 E. Indian School Road, Phoenix

Hop on your bike and head to the canal for a short ride to Arcadia Tavern. The patio at this neighborhood favorite can get pretty lively if there's a good game on, or if local band Sugabeat is performing.

5. O.H.S.O.

4900 E. Indian School Rd., Phoenix

From Arcadia Tavern, it's just a quick trip across Indian School to O.H.S.O. for the finale of your Arcadia booze cruise. There's no better place to kick back and soak up the day than O.H.S.O.'s canal-side back patio. On Saturday and Sundays from 10 a.m. – 2 p.m., you can enjoy its famous Beer Brunch – a beer or mimosa plus your choice of a delish meal off the Beer Brunch menu for just $10.

6. Group Pedal Tours

Tour de Tavern:

3622 N. Scottsdale Rd., Scottsdale

Tour de Tavern and Arizona Party Bike offer BYOB booze cruises on 14-seater bikes. You and your friends will drink, pedal and enjoy a tour of Old Town Scottsdale's best watering holes. Learn more about these "pedal-powered party bikes" atarizonapartybike.com and tourdetavern.com.

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Long-term winners make constant use of their 'B' game

By Andrea Barkley

A former client and I were talking recently about how she's been eating healthy and pretty consistently going to the gym but didn't feel like she was bringing her "A" game.

I actually congratulated her, telling her that she found the answer to long-term health and fitness and also well, everything!

FOOD *WISE*

It turns out, when we bring our A game all the time, we have nowhere to improve and teeter dangerously on burn out. Life is a matter of balance, so when you swing high for too long, you inevitably swing low.



When your diet is completely clean, how can things improve when you want your body to change?

When you are crushing it at the gym day after day, where do you make adjustments to improve and avoid injuries?

There is a lot of talk about balance in life, but there are so many messages encouraging us to crush every goal; to be at the top of our game. It can cause us to feel guilty for not being on our A game at all times.

Really though, life is a marathon and not a sprint. Sprints are brief, followed by long periods of rest and recovery.

Let's take a closer look at how this applies to nutrition.

If I started every morning with the perfectly balanced protein shake, followed by a salad with wild fish and olive oil and vinegar for lunch and a 4oz grass-fed steak with sweet potato and steamed broccoli for dinner, I'd be eating a near perfect diet. Which is wonderful.

> *"When we bring our "A" game all the time, we have nowhere to improve and teeter dangerously on burn out."*

But, what happens when my fitness efforts stall and I succumb to two slices of pizza and gain five pounds overnight? The problem is that there is simply no room for improvement in a perfect diet.

We hear a lot about the 80/20 rule in nutrition, which means we eat clean 80 percent of the time and indulge the remaining 20 percent of the time.

I have a different name for it: I call it my B game. Lol!

Also, the idea of committing to bringing your A game day after day can be completely overwhelming. The mere thought can cause many folks to wind up bringing zero game.

My B game principles are applicable to not just nutrition and working out, but also work, relationships, finance and every other part of your life.

So, if you're bringing zero game, get the ball rolling by aiming for your B game. The fact is that you will wind up bringing your A game when you are ready.

If you're constantly on your A game, give yourself permission to dip into your C game a little bit. Then come on up to the B squad, where we can sustain success for much, much longer and achieve better long-term results.

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



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ALMA WXSW CUISINE

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almascottsdale.com

By Nick Smith

The southeast corner of East Doubletree Ranch Road and Scottsdale Road is an area loaded with places to eat. But even here, ALMA WxSW stands out. A division of Soul Concepts from Executive Chef Sheila Bryson, ALMA touts a "west by southwest" flare to a modern American cuisine.

ALMA offers breakfast and lunch, but dinner seems to be one of the most popular times, with parking spaces scarce on a recent Friday night. The restaurant was completely full, but with a layout that doesn't make it feel cramped. There is a large outdoor patio that connects to the indoor section, with both a bar and dining area. The decor is modern with a touch of classic southwest, including antlers for chandeliers.

The drink and cocktail menu is extensive, and the list of starters and small plates is long and varied enough to allow some guests to construct their entire meal. The Crisp Cauliflower is the kind of dish that even non-vegetable lovers can enjoy. The cauliflower is fried crispy and the taste is sweeter than anticipated. A chipotle creama lightly coats the bottom of the dish, giving guests the ability to choose how spicy they want to make each bite. The pickled onions add a vinegary element. This may be the standout dish from the starters.

Another eye-catching starter is the Crisp Pork Belly Tacos, served in lettuce cups instead of tortillas. The pork belly is soft, making the crunch of the lettuce cups a welcome textural balance. A sweet spicy chili jam gives the tacos an almost dessert-level sweetness.

Seafood options are abundant at ALMA. Steamed Clams are served in a bowl with a white wine butter garlic sauce, which has a real kick to it. The clams are surprisingly spicy, helped along by the savory jalapeño bacon spread liberally throughout the bowl. One of the daily specials is the Lobster Bisque, and the piping hot bowl isn't one where guests will feel shorted. There's no mistaking the front-and-center taste of lobster in this dish.

Entree options include steak, scallops, pork chops and short rib ravioli. A dish that perhaps best represents ALMA's mixing of southwest flare to American cuisine is the Mexaloaf. The softball-shaped meatloaf is presented beautifully, wrapped and sealed in bacon. The meat has the familiar ketchup taste that one expects from meatloaf, combined with the spicy heat of jalapeño bacon and chipotle.

Each dish at ALMA hit a high note, from the presentation to the taste. It's a gem in the north Scottsdale area, a restaurant with high quality dishes that are unique and familiar all at once.



Alma WXSW offers diners the opportunity to dine outside to enjoy the beautiful Arizona weather. The popular restaurant fills up fast, but is designed to ensure diners are still comfortable even on busy Friday nights.





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Youth programs encourage leadership, future goals

Parents know there is a small window of time to make a meaningful, positive impact on children and shape who they may become as adults. A large portion of that influence comes at home, but it often also involves school, friends and extracurricular activities, many of which can help families make the most out of childhood experiences.

In fact, an increasing number of families are introducing youth to enrichment programs before kids begin their formal education. A survey by Forrester found that millennial parents are more likely to engage their children in activities at a younger age. They want to introduce their children to a diverse set of experiences, allowing children to discover their talents and skills.

Balancing this heightened level of engagement with the demands of hectic family schedules means parents are increasingly challenged to select the most meaningful activities for their children.

While most extracurricular activities help children socialize and learn new skills, some go further in areas like character building, good citizenship and exploring future goals. Often, the most effective programs work to deliver those outcomes without focusing on them, subtly teaching skills through activities young people consider fun.

Consider Cub Scouts and Boy Scouts, which most associate with camping and outdoor adventures. While boys spend time transforming a block of wood into a race car and learning how to shoot an arrow, the underlying program helps create a strong foundation of leadership, service and community.

A study conducted by Tufts University of kids ages 6-12 found that youth who participate in scouting exhibit strong moral values and positive character attributes,



allowing them to embrace new opportunities, overcome obstacles and become better prepared for future success.

As one of the nation's largest and most prominent values-based, youth-development organizations in the country, Boy Scouts of America is applying this proven approach in introducing new programs designed to reach youth who may not be interested in building fires.

"Scouting offers youth and their families life-changing experiences they can't get anywhere else – from outdoor adventure to building robots, youth learn the value of hard work and experience the thrill of it paying off," said Michael Surbaugh, Chief Scout Executive for Boy Scouts of America. "With new programs designed specifically to expand their potential and explore their personal interests, Boy Scouts of America isn't just an after-school activity. We are helping pave pathways to bright futures."

According to Surbaugh, scouting programs are focused on providing experiences that youth and their parents want. From astronomy and other STEM-based skills for future professionals to outdoor adventure, such as camping and paddle boarding, scouting can give direction to the curiosity youth have for life.

Encouraging new experiences

In an effort to further expand unique experiences for youth, Boy Scouts of America has introduced several innovative programs that bring exciting opportunities to youth and families.

Lion: Research has shown that involving kids in scouting at a young age builds character and better prepares them for future success. Rooted in understanding the impact and importance of involving kids in scouting at an early age, the Lion pilot program, currently available in 201 councils across the country, combines concepts of character development, leadership skills, personal fitness and citizenship with age-appropriate, fun activities for kindergarten-age boys and their parents.

STEM Scouts: Jobs in STEM-related fields are expected to grow 17 percent by 2018, and salaries in those fields are on average 26 percent higher than salaries for other disciplines. With STEM-related careers on the rise, the STEM Scouts pilot program helps boys and girls learn more about science, technology, engineering and math through interactive, hands-on activities. The program, currently piloted in 20 councils, helps youth prepare for the future by conducting experiments and learning about lesser-known innovators to demonstrate to youth that people with similar backgrounds to their own can become accomplished STEM professionals.

Exploring: The expanded Exploring program offers youth and young adults, ages 14-20, real-world career experiences that help young men and women build confidence and discover fields where they may find their passion and excel in a future career, such as law enforcement, firefighting, aviation, engineering, medicine and others.

— Family Features



FUN FACTS



Sea otters hold hands when they sleep so they don't drift away from each other.

If you consistently fart for 6 years and 9 months, enough gas is produced to create the energy of an atomic bomb!

95% of people text things they could never say in person.



The average person walks the equivalent of twice around the world in a lifetime.

The total number of steps in the Eiffel Tower is 1665.

Pirates wore earrings because they believed it improved their eyesight.

Los Angeles's full name is "El Pueblo de Nuestra Señora la Reina de los Angeles de Porciuncula."

It snowed in the Sahara desert for 30 minutes on the 18th of February 1979.



The French language has 17 different words for 'surrender'.

An apple, potato, and onion all taste the same if you eat them with your nose plugged.

The first alarm clock could only ring at 4 a.m.

Birds don't urinate.



Slugs have 4 noses.

KIDS CORNER

MASCOT MATCHUP

Answers for January and February's Mascot Matchups.



ANLC Jaguars



Brophy Broncos



Hopi Hawks



Ingleside Trojans



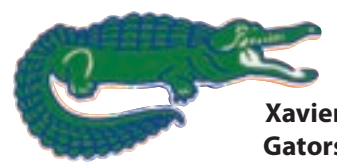
St. Theresa Broncos



Tavan Wildcats



Veritas Falcons



Xavier Gators













Food corresponds to its restaurant from left to right.

A taste of Arizona history at iconic restaurants

By Riley Kissee

You can learn a lot about a community by experiencing some of its longstanding dining destinations. While Phoenix hasn't been around as long as some other cities in the United States, there are still restaurants here rich with history and are essential to our local culture. Here are some must-visit restaurant staples in the Phoenix metropolitan area.

Cheese N' Stuff

5042 N. Central Ave.

This institution has been piling up deli sandwiches and subs for more than 60 years, with the same iconic neon sign still perched on the shop's rooftop. Located across from Uptown Plaza on Central Ave., the hole-in-the-wall shop crafts made-to-order hot and cold sandwiches, with more than one million sandwiches served since it opened.

Chicago Hamburger Company

3749 E. Indian School Road

For more than 40 years, this restaurant has been providing a taste of the Midwest, with charbroiled burgers, Vienna hot dogs, wings, salads, shakes and their famous Original Windy City Sliders. The interior of the restaurant is a shrine to Chicago, with vintage sports memorabilia adorning the walls.

Duck & Decanter

1651 E. Camelback Road

Since 1972, Duck & Decanter has been a neighborhood favorite. The offerings include classic sandwiches and an assortment of signature sandwiches. The most notable is The Duckling, made with smoked duck breast, smoked turkey, cream cheese, cranberry walnut relish and spicy spring mix on walnut raisin country bread. Not only does D&D serve exceptional gourmet sandwiches, the attached market is the perfect place to find a last-minute gift for housewarming parties and birthdays, or pick up a bottle of wine and easy appetizers.

Durant's

2611 N. Central Ave.

Little has changed since this historic Phoenix steakhouse opened more than 65 years ago. This is the kind of place that Frank Sinatra and Dean Martin would have frequented, with dim vintage red lighting, red velvet wallpaper and an entrance through the back kitchen door. It's the perfect place to indulge in crab cakes, oysters, martinis, and of course, steak.

El Chorro

5550 E. Lincoln Dr.

There's a lot of history at El Chorro, which was originally a school built by John C. Lincoln in 1937. A few years later, it was converted into the lodge and restaurant it is today, with guests including Clark Gable and Milton Berle. The property has exceptional views of Camelback Mountain and the surrounding desert landscape. While all of the food and drinks are very high quality, the best reason to make the trip is the famous sticky-buns.

Greekfest

1940 E. Camelback Road

This authentic taste of Greece has been at 20th Street and Camelback Road for more than 26 years. The menu is loaded with traditional Greek comfort food, from gyros to moussakas to baklava. The atmosphere is cozy and quaint, with large wood beams on the ceiling and elements of copper cookware hung on the walls.

Stockyards

5009 E. Washington St.

For a bit of Old West charm, stop by Arizona's original steakhouse. What started as the world's largest cattle feedlot became The Stockyards Restaurant 30 years later in 1947. Since then, the restaurant has become a go-to destination for a fine steak dinner in the Phoenix metropolitan area.

Tee Pee Mexican Restaurant

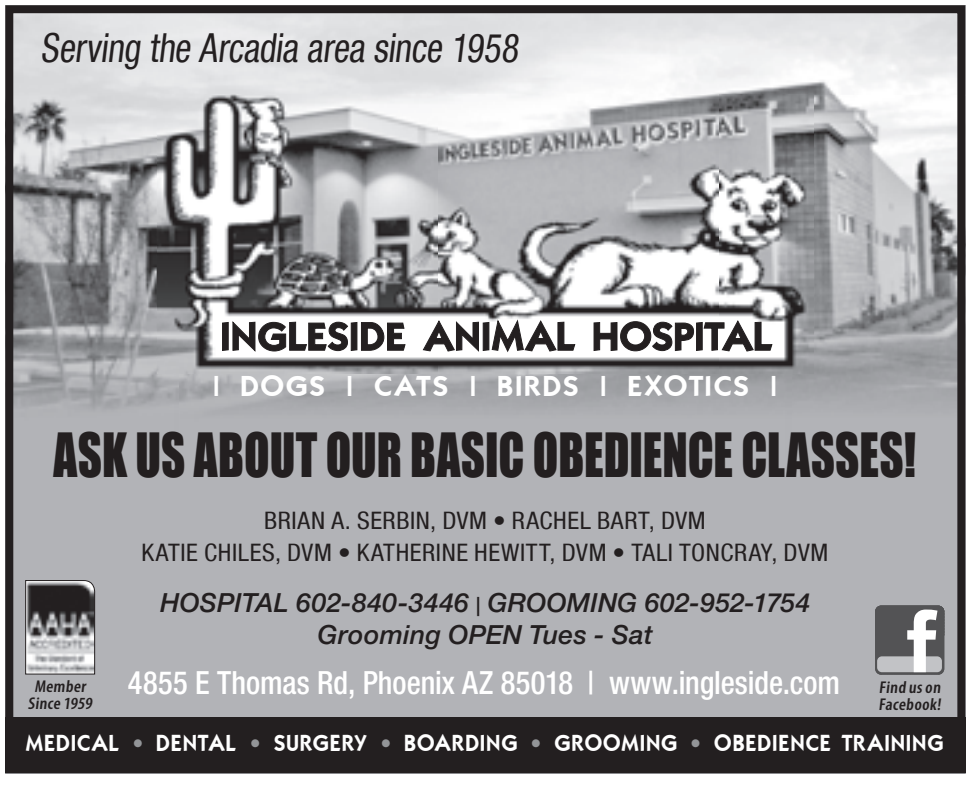
4144 E. Indian School Road

This Arcadia favorite has been in the neighborhood for more than four decades, dishing out authentic Mexican cuisine to generations of families. Any regular patron of Tee Pee will tell you that you can't dine at the restaurant without ordering one of its famous cheese crisps.

TEXAZ Grill

6003 N. 16th St.

If it's fried food you seek, there's no better place in town. For more than 30 years, TEXAZ Grill has offered classic fare from the Lone Star State, with the most notable being the Chicken Fried Steak. TEXAZ also has some of the best barbeque in town, although it's only served a few days a week as a special item. The interior is a Texas time capsule, covered wall-to-wall (even ceiling) with license plates, taxidermy, bumper stickers, business cards, neon signs and humorous expressions.





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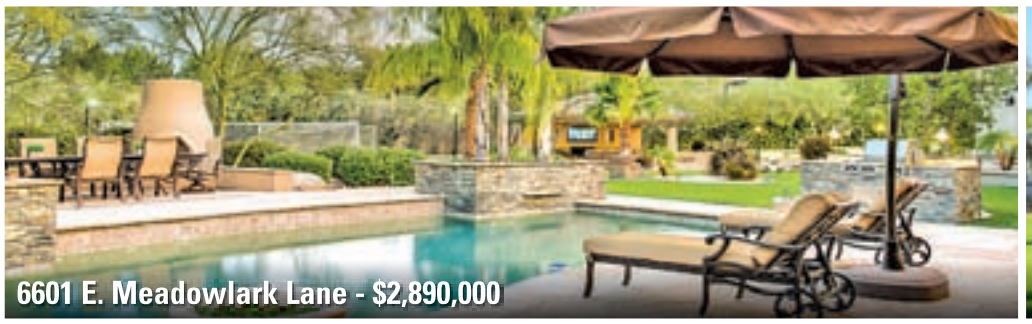




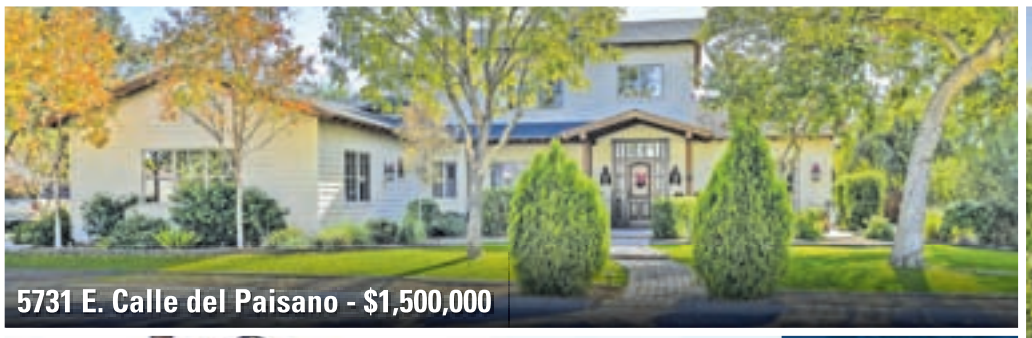




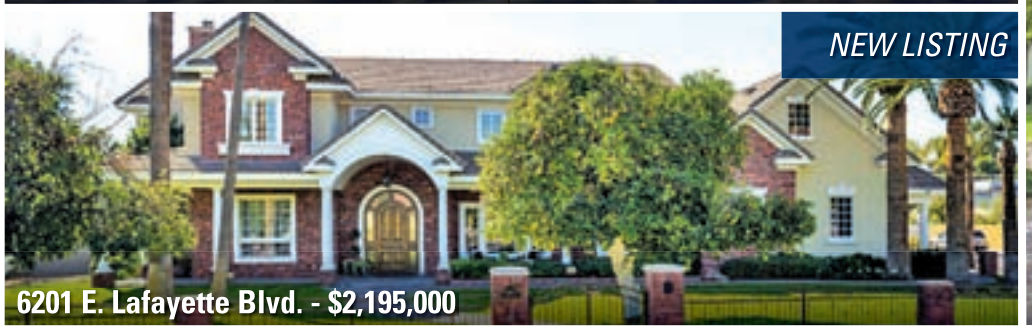


















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Fans watch the San Francisco Giants play in the old Scottsdale Ballpark in 1991, the last spring training season before the park was replaced by the current Scottsdale Stadium.

A brief history of Scottsdale Stadium and the stars who visited

By Nick Smith

On a beautiful spring afternoon in 1955, Paul Richards walked into The Pink Pony. The 46-year-old manager of the Baltimore Orioles was in Scottsdale for some golf before the start of the baseball season. A major-league baseball manager was quite the celebrity for the fast-growing town and a group of men at a corner booth waived Richards over. These were some of the area's movers and shakers, businessmen so successful that their table was nicknamed "Millionaires Corner".

The men small talked Richards for a bit before asking him a more serious question.

"So Paul, how about bringing the Orioles out for spring training?"

Richards answered, "Build me a ballpark and I'll think about it."

Today, baseball is such an integral part of the fabric of Scottsdale and the Valley as a whole that it's strange to think there was a time when that wasn't the case. But before World War II, the idea that half the teams in baseball would use Arizona for spring training would have been nothing more than a pipe dream. Major League Baseball didn't have a team west of the Mississippi River and just getting to Phoenix from the east coast was no easy task. Teams who would travel to the desert for games were few and far between.

The end of the war brought several changes that would help bring baseball to Arizona.



The New York Giants, seen here arriving for spring training in 1955, were one of the first two teams to use Arizona as a pre-season home. ALL PHOTOS COURTESY OF SCOTTSDALE PUBLIC LIBRARY

During the next decade, interstate highway construction and increasing commercial air travel made it easier for people from all over the country to reach Phoenix. There also began a slow shift in racial attitudes across America.

"This time period signaled the beginning of the integration of the Armed Forces," said Joan Fudala, who has written seven books on Scottsdale history. "Integration was becoming a more popular social trend and baseball was moving in that direction. But they were finding resistance to this in the South, where they had done most of their spring training in the past. And they felt that maybe Arizona would be more acceptable to those ideas."

Two of the first baseball teams to integrate, the New York Giants and the Cleveland Indians, became the first two teams to begin spring training in Arizona in 1947. Spring training was not an instant phenomenon, growing slowly in popularity during the next decade. By the mid-1950s, tourism had begun to boom in the Scottsdale area in particular, with the successful Camelback Inn and the construction of the Hotel Valley Ho, making it an ideal location for a baseball team to stay for spring training.

The men of Millionaires Corner seized on the opportunity provided by Richards' answer and went right to work. They helped organize The Scottsdale Baseball Club, whose mission was to bring a ballpark to Scottsdale. They pooled their resources, took donations from the Civic Coordinating Council and pre-sold seats to a stadium that didn't even exist yet. The result was the beautiful 4,000-person Scottsdale Ballpark on the corner of what is now Drinkwater Blvd. and Osborn Road.

"There was a real connection between fans and players in those days," Fudala said. "Local ladies would babysit for Orioles and Red Sox players; the writers, players and fans would eat together at The Pink Pony. Some of the players would even stay in people's homes."

Scottsdale residents got to see some all-time greats in those early years, including the first years of Orioles third baseman Brooks Robinson's career. When the Orioles went back to Florida in 1959, the Red Sox moved into Scottsdale Ballpark. Fans got to see the final years of the





The Baltimore Orioles were the first major league team to call Scottsdale its spring training home.



Hall of Famer Dizzy Dean (right) was made an Honorary citizen of Scottsdale.

legendary Ted Williams and the early years of his replacement in left field, Carl Yastrzemski.

But times grew tough for the Cactus League in the mid-60s, with only two teams in the entire league. In fact, baseball almost left Scottsdale entirely.

Fortunately, the Scottsdale Charros, who had taken over spring training promotion from the old Scottsdale Baseball Club, scrambled to try and convince some of the Florida based teams to come to Arizona.

"The Red Sox left in 1965 and when that happened, the Cactus League itself almost went away," Fudala said. "1966 ended up being a dark year, with no spring training games. But midway through that year, the Charros got some wonderful news, that the Cubs had decided to come to Scottsdale."

These were the Cubs of Ernie Banks and Ron Santo, managed by fiery future hall of famer Leo Durocher. Nothing about this era of baseball was boring for Scottsdale fans. Dr. Loyal Davis, who worked at Scottsdale Baptist Hospital (now HonorHealth Scottsdale Osborn Medical Center), would walk across the street to games, occasionally accompanied by his stepdaughter Nancy and her husband, Ronald Reagan, when they visited from California.

Just getting past the fourth inning of games was an accomplishment. In those days, the Cubs had a policy that the team's secretary had to be paid the team's share of the gate by the fourth inning, or the team wouldn't keep playing. The Charros had a small office in a trailer parked in front of the stadium, and every day the secretary would stop by in the fourth inning for the Cubs' cut of the money. When he got it, he would look up to the open-air press box at the ballpark and give a thumbs up. A Cubs official, waiting for that signal, would then turn to the field, give a thumbs up to Durocher, and the game would continue.

"To me, that story is so indicative of that era," Fudala said. "It's so low tech. Today you'd just do it over your phone."

The Cubs moved east to Mesa in the late 70s.The Oakland A's took the Cubs' place for a few seasons, before the San Francisco Giants moved in before the 1982 season. By this time, the ballpark had been around for nearly 30 years and everyone agreed it was time for a makeover. Mayor Herb Drinkwater appointed a committee to study the issue, and the recommendation was to build a brand-new ballpark on the same site, paid for by bond funding.

"Scottsdale had grown to almost 130,000 people by this point," Fudala said. "Having spring training here was so great for tourism. The bond passed overwhelmingly."

The old Scottsdale Ballpark was torn down after spring training ended in 1991. In its place came the 12,000 seat, state-of-the-art Scottsdale Stadium, which opened its doors in 1992. The stadium was not only used by the Giants, but also by the minor-league Phoenix Firebirds, who played games at Scottsdale Stadium before the Diamondbacks arrived in 1998.

Today, Scottsdale Stadium serves as an integral part of the city of Scottsdale, with spring training, Arizona fall league and a host of other events taking place in the stadium every year.

"It's just hard to imagine Scottsdale without baseball," Fudala said. "It's so much a part of our history and lifestyle. It's helped keep the downtown area vibrant. And of course, it remains one of the best hooky-playing excuses from work on a beautiful day."

> **"It's just hard to imagine Scottsdale without baseball. It's so much a part of our history and lifestyle."**



Baseball legends Ty Cobb and Ted Williams chat during spring training in Scottsdale.

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Glazed Lemon Zucchini Bread



Avocado-Orange Salad



Arcadia Pink

Try these orange, lemon and grapefruit recipes

By Elaina Verhoff

It's that time of year when bags stuffed with grapefruits start appearing on front lawns with signs offering heaps of the golden fruit for dirt cheap. (Tip: Avoid putting your grapefruits in your favorite Radio Flyer wagon on the curb with a sign that says "Free." I miss that wagon.)

Yes, when your house sits on a former orchard, the bounty can be overwhelming. Sharing your harvest with family and friends is always a good idea. But why not keep some for yourself and put it to good use? A few neighbors shared their favorite recipes featuring our neighborhood's abundant citrus.

Will White, tennis director at Camelback Village, is known for his lemon zucchini bread, which he bakes in large quantities and shares with friends. It's so popular, his players supply him with their homegrown lemons and zucchini.

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Glazed Lemon Zucchini Bread

- 2 cups cake flour
- ½ tsp. salt
- 2 tsp. baking powder
- 2 eggs
- 1 1/3 cup sugar
- 2 Tbsp. lemon juice
- ½ cup buttermilk
- Zest of 1 lemon
- 1 cup grated zucchini Glaze
- 1 cup powdered sugar
- 2 Tbsp. lemon juice
- 1 Tbsp. milk

Preheat oven to 350 degrees. Mix flour, salt, baking powder. In a separate bowl, beat eggs, add oil and sugar (blend very well), add lemon juice, buttermilk and lemon zest. Fold in grated zucchini and mix well. Add mixed dry ingredients to wet mix and blend together. Grease 9 x 5 loaf pan. Pour butter into pan. Put in oven for 40-45 minutes (sometimes 50). Make glaze by mixing lemon juice, powdered sugar and milk in a bowl. When bread is done, let it cool for 15-20 minutes then put glaze on top.

Jessica Lehmann, a registered dietitian and nutrition faculty member in the School of Nutrition and Health Promotion at Arizona State University, knows a thing or two about good eats. (Check out her Instagram account jess.lehmann for healthy meal ideas the whole family will love.)

"We have two orange trees with sweet oranges, and our neighbors have ruby red grapefruits that they are happy to share with us," Lehmann says. "We eat raw orange slices all the time throughout January and February. My kids like to juice our oranges too. There's nothing better than freshly squeezed citrus juice!"

Lehmann likes to use extra oranges in a colorful avocado-orange salad – the perfect light bite for spring-like days. Here's Lehmann's recipe, adapted from *The Forest Feast* by Erin Gleeson.

Avocado-Orange Salad

Prevent the avocados from browning by blanching them. Do this by getting a pot of boiling water ready on the stove. Dip one avocado at a time, whole and unpeeled, into the boiling water, letting it sit for 10 seconds. Use a slotted spoon to lift it out. Dry it with a towel.

ADDITIONAL INSTRUCTIONS:

1. Peel and slice the oranges in cross-sections. Make sure to use a sharp knife.
2. Peel and slice the avocados in cross-sections.
3. Arrange the orange slices and avocado slices on a plate.
4. Slice some green onions and sprinkle them on the avocados and oranges.
5. Drizzle some good olive oil, grind some black peppercorns, and add a few pinches of your favorite sea salt on top.

Jodi Hirsch is known for her specialty cocktail, the Arcadia Pink.

"We have one pink grapefruit tree, but it produces way more grapefruit than one couple can consume," Hirsch says. "So we share with our neighbors as the weekends start to warm up. We even deliver batches right to the door of one special neighbor!"

She and husband Kyle adapted the recipe from one they found on FoodNetwork.com.

"After some (delish) experimentation, we came up with the following recipe. We like it best as a cooler!"

Arcadia Pink

- 1 3/4 cup freshly squeezed strained pink grapefruit juice
- 1/4 cup freshly squeezed strained lemon juice
- 1/4 cup Cointreau (may substitute 1/2 cup Grand Marnier)
- 3/4 cup vodka

Combine ingredients. Pour over ice for an Arcadia Pink Cooler; shake over ice for an Arcadia Pink Greyhound; or pour over ice and add a splash of club soda for an Arcadia Pink Fizz.

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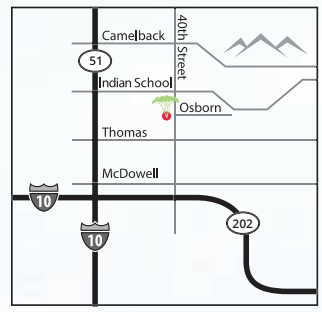
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Five spot: Take me out before the ball game

Try these spots for tasty, inventive hot dogs around the Valley

By Kelly Potts

Spring is in the air in Arizona, which means the return of spring training to the Valley. While there are plenty of great food and beverage choices awaiting fans at the ballpark, you can also make a day out of your trip to the game by enjoying a new take on a classic meal before arriving. With options from pretzel buns to veggie dogs and mac and cheese toppings, there is no shortage of flavors to get a hot dog fix this spring.

Consider stopping by for a pre- or post-game meal at these iconic places in the Valley.

Nogales Hot Dogs

1945 E. Indian School Road, Phoenix

Looking for an authentic Sonoran dog? Nogales Hot Dogs makes a Sonoran-style dog that will make you question your regular dog. Mesquite-smoked and bacon-wrapped, the hot dog is placed into a fresh bun, smothered in beans, and loaded with toppings including mayonnaise, chopped tomatoes, guacamole, salsa and cheese. For more: facebook.com/nogaleshotdogsno2.



Short Leash Hot Dogs

2442 E. Camelback Road, Phoenix

If you want a distinctive hot dog dining experience, head to Short Leash Hot Dogs to satisfy any craving. The hot dogs here offer unusual ingredients such as Sriracha, peanut butter and pretzel buns. Locations in Scottsdale and Phoenix. For more: shortleashhotdogs.com.

Cold Beers & Cheeseburgers

4222 N. Scottsdale Road, Scottsdale

Cold Beers and Cheeseburgers features two favorite items on one delish hot dog. The Chili Mmmac Stadium Chardog is topped with beef chili and mac and cheese. This is one hot dog that cannot be missed on the way to the ballpark. For more: coldbeers.com.

Ted's Hotdogs

1755 E. Broadway, Tempe

This New York transplant is a great place to grab a bite before a spring training or ASU games. Ted's offers a classic dog, veggie dog and toppings for every taste including mac and cheese and bacon. Need we say more? For more: tedshotdogs.com.

Brat Haus

3622 N. Scottsdale Road, Scottsdale

A few blocks away from Scottsdale Stadium is Brat Haus, which features any brat for any craving. With variations including a spicy, jerk chicken and sweet, there is something for every brat lover. For more: visit brathausaz.com











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Crossroads Arcadia provides path to recovery

By Katie Mayer

When area resident Aaron Sorenson was released from jail in 2014 on yet another drug charge, he didn't know where to turn.

Homeless and addicted to heroin, meth and alcohol, the 25-year-old had burned every relationship with his family and friends and had run out of options.

Then he heard from an old friend on Facebook.

"He said he was at Crossroads Arcadia in treatment for addiction," Sorenson recalled.

So, Sorenson decided to try it himself.

"I came in with no ID or social security card," Sorenson said. "They have a cook named Stefan and the first thing he said to me was, 'Welcome home.'"

Sorenson added, "I was totally surprised at how welcoming everyone was."

Opened in 1960 in Phoenix as a halfway house with just 20 beds for men with alcohol problems, Crossroads, now the largest residential and outpatient substance abuse treatment program in the Southwest, shows that given the right environment, structure and motivation, many people can get their life back on track. The nonprofit organization has five large facilities – four serving men and one serving women, with a combined total of 268 beds.

Crossroads Arcadia, located at 52nd Street and Thomas Road, opened in 2010 and serves men. The costs to attend the program are covered by private insurance, the Arizona Health Care Cost Containment System (AHCCCS) and scholarships.

For Sorenson's first 30 days in the Crossroads Arcadia residential program, he was assigned a peer mentor, started 12-step meetings and supplemental programming on everything from anger management to debt management, life skills and relapse prevention.

He then completed 30 days of the intensive outpatient program and finally finished 60 more days – an optional part of the program that is offered to successful participants who can work and pay to stay there. Within Sorensen's first month of the program, he was also asked to volunteer in a leadership role and he was later promoted to a paid position.

Today, Sorenson is a Crossroads admissions coordinator at the organization's headquarters where he conducts intakes of potential clients – people who look very much like he did that day, less than three years ago, when he walked in off the street.

"Today I don't look like a recovering addict," Sorenson said. "I look normal, so when people coming here first see me, they might be a little standoffish."

Sorenson, like about 80 percent of Crossroads staff, is in recovery. He often shares his experience with those he's trying to help in order to earn their trust and show them a face of recovery.



Aaron Sorenson before (left) and after Crossroads.

"I show them the scars on my arm from when I used the needle and show them my mug shot," he said. "Then, their guard lets down and they become more comfortable."

Also, like many who come to Crossroads, life wasn't always so out of control for Sorenson.

After graduating high school, the Phoenix native worked for various credit card companies.

"I always had a good paying job," he said, "but my addiction started at those jobs."

He added, "Everyone working in my department was using something – pills, smoking weed and drinking all the time." It wasn't long before Sorenson became addicted to prescription painkiller Vicodin.

"I loved the way it made me feel," Sorenson said.

Like millions of Americans struggling with opiate addiction today, Sorenson moved on to heroin and his life crumbled.

"Addiction doesn't discriminate," he said.

> ***"By the time you leave Crossroads, you should have a job, a place to go and live, mended relationships with family and a program you can continue to do when you leave."***

In fact, according to data from a report released by U.S. Surgeon General, 20 million Americans have substance abuse disorders and 12.5 million people reported misusing prescription pain relievers in 2016.

"It is by far the most expensive and prevalent disease plague we are facing," said Executive Director Lee Pioske, a Crossroads staff member in recovery. "If you turn on the news, you might hear about the Zika virus or some people who lost their lives in gang violence, but the problem is that no matter what you are hearing about, there is absolutely nothing killing as many people as this disease."

He added, "Yet in our society, it's something we still don't want to talk about and still don't want to think about."

But behind the walls of Crossroads Arcadia – hardly noticeable when driving through the neighborhood – everyone is talking about addiction. And those conversations are important steps in their recovery.

Program coordinator David Leos is a large imposing man and the person who keeps things running smoothly and with military precision inside Crossroads Arcadia. A veteran and a recovered addict himself, Leos keeps a framed picture of his mug shot behind his desk to remind himself where he has been. His desk is tidy and neat and he holds the residents at Crossroads to the same standards.

"We are really passionate about what we do at Crossroads," Leos said. "We tell them we care and we have no motivation except for you to not go where I have been."



(From left to right) Program Coordinator Dave Leos, Dale Lovell (former staff), Chad LaBrecque (former staff), Admissions Coordinator Aaron Sorenson (kneeling), Steve Sutton (former staff).

Although Crossroads Arcadia is located in the middle of a bustling Phoenix neighborhood, its walls contain its own community – a community all working on recovery.

Men read in their neat, but sparse rooms free from any technology or other temptations; others enjoy basketball and volleyball in the courtyard, while others sit around tables chatting or chowing down on meals prepared freshly inside the dining area. In the kitchen, the beloved friendly chef Stefan smiles and waves to everyone who enters.

"There is accountability," Leos said.

All of the men are regularly administered urine and breathe tests for drugs and alcohol.

Clinical supervisor Meghan Gehrlich said starting a 12-step program and obtaining a sponsor immediately are keys for new clients. Also, she said Crossroads connects its clients with a new community who will be there for them as they work on recovery.

"We try to give them a strong foundation," Gehrlich, who is also in recovery, said. "These are guys who need a second chance."

But as much as Crossroads builds a community around its clients, the organization also relies on the community. For example, Crossroads employs staff from Goodwill of Central Arizona and AARP. And, it has university nursing students assisting clients with medical care. The organization is starting a new program for Northern Arizona University students to help clients obtain GEDs, social security cards and other important items needed for employment.

"When you come to Crossroads, it's not only learning about your addiction and staying clean and sober, but the ability to rent your own apartment and try to get back into the workforce," Pioske, the executive director, said. "These things take time and I think we are really good at doing these things."

He added, "By the time you leave Crossroads, you should have a job, a place to go and live, mended relationships with family and a program you can continue to do when you leave."

For Sorenson, Crossroads provided him just that. He lives near Crossroads Arcadia today and works hard both in his career and his recovery. He has also reconnected with many of his loved ones.

"I was willing to go to any length to get high," Sorenson said, "so I am willing to go to any length to mend my relationships – and most of these relationships have been fixed."

Pioske, who first came to Crossroads in 1998 from prison after losing his career and almost his life to drugs, is working to bring the program to as many people as possible. Last year, Crossroads treated nearly 2,000 people, and with a new location opening in Mesa, the organization will likely serve even more people this year.

"Being 23 years sober myself and going through the things I have in my life, it provides me with the impetus to want to help others get what I've been given," said Pioske. "I want to make sure that even after I'm gone, Crossroads can be the place where someone can get well from this horrible disease."

For more information on Crossroads, visit thecrossroadsinc.org.

Crossroads always needs donated items such as toiletries and gently-used clothing items such as belts and work boots. Items can be donated at the main office at 4201 N. 16th Street, Suite 110 Phoenix 85016.

Food for Kidz Packathon helps the less fortunate

By Laura Cafiso

Steve Crofton recalls fondly the first Arcadia Cares: Food for Kidz Packathon, a massive volunteer event to pack tens of thousands of meals for hungry children and their families.

The original plan was to pack 35,000 meals during the event organized by the Prince of Peace (POP) Lutheran Church. Organizers revised the goal to 50,000 and ended up packing 62,000.

"The first time we did this was kind of like organized chaos. But it was also very gratifying to see everyone having a good time while doing a good deed," said Crofton, who serves as president of the POP church council.

It was a great accomplishment, but it also put the church $1,800 in the hole. The church has to raise money to purchase the basic ingredients for each meal packed. Each meal ultimately costs about 15 cents to produce.

The very next day, Sunday, the Food for Kidz Packathon planning committee shared its dilemma with the POP congregation. Within 24 hours, the church collected enough money to cover the cost of those extra meals.

Food for Kidz, a nonprofit organization based in Minnesota, provides staple ingredients, such as protein, rice, dehydrated vegetables, seasonings, vitamins and oatmeal, to make nutritious meals. Most importantly, it provides a blueprint on executing large-scale volunteer projects, which require approximately 500 volunteers.



(Left) Prince of Peace Pastor Rick Sherill leads a group of volunteers preparing to pack thousands of meals for those in need during the Arcadia Cares Food for Kidz Packathon event. (Right) Volunteers of all ages fill a gymnasium. This year's Arcadia Cares event is scheduled for March 18. Event organizers hope to pack 73,000 meals.

Crofton was also shocked to discover during the first year of the Packathon that one in four Arizona children go hungry on a regular basis.

This is more than "just being hungry." "Food insecurity" refers to lacking access to consistent, affordable, nutritional food. In the United States, 12.7% of U.S. households suffered from food insecurity.

Now celebrating its third year, this Arcadia volunteer event aims to pack 73,000 meals on March 18.

This year, the majority of Packathon meals will be donated to Valley View Community Food Bank for distribution in the Phoenix area, including Arcadia. The Navajo Lutheran Mission in northeast Arizona, will receive 5,000 meals to distribute to students, church members and the broader Navajo Nation community.

What can three-year-old volunteers possibly do? They can scoop rice and beans from bins into funnels which trickle down into serving bags. Surprisingly, these little volunteers are some of the most dedicated as they see how they can contribute side-by-side with the grownups. All are invited to contribute to helping the less fortunate.

"It's good to have a project that everyone can come together and set differences aside and just be on the same page, working at the same time, towards the same goal," Crofton emphasizes.

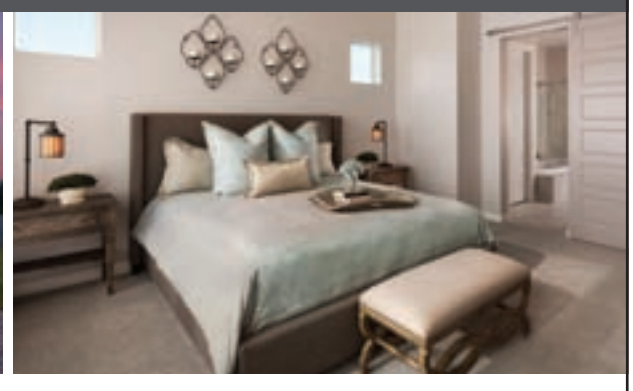
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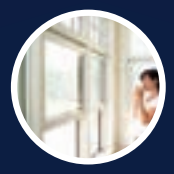
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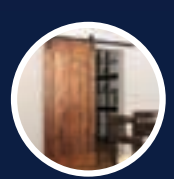
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Arcadia Tea Ladies help battle homelessness through charity

By Laura Cafiso


Arcadia Tea Ladies founding member Lori McClelland (left) and her guest attend a Garden Tea Party and Silent Auction event. McClelland has been involved with supporting Circle the City for more than a decade.

The Arcadia Tea Ladies have spent more than a decade supporting Circle the City (CTC), a Phoenix nonprofit that delivers health care to people facing homelessness. As the group prepares to host the 12th Annual Garden Tea Party and Silent Auction in mid-March, its founding members share how the group got started and the passion that keeps them going.

"A lot of us volunteer there (at Circle the City). I do crafts with the patients on Fridays. Regina's been doing the breakfast they have once a month. When you see what the Tea does, just to know how much good it does, how many lives it changes." Shared Sandra Smith, who serves as chair of the Garden Tea Party event.

The seeds were sown in 2005 for Smith and fellow founding Tea Ladies Regina Myer and Lori McClelland to become involved in this work after a presentation at their church, St. Theresa's, by Sister Adele O'Sullivan.

Sister Adele introduced them that day to what it's like working with Phoenix's homeless population. She emphasized the need for better health care for those who are too sick to be on the street but not quite sick enough to be hospitalized. Sister Adele asked for $10,000, enough to get one homeless person off the street for a year and to pay for shelter, medical care and other necessities.

Smith, Myer and McClelland felt so touched that they organized a social to introduce others to Sister Adele's cause. The first Tea Party was a true grassroots effort. The trio set about collecting as many tea cups and saucers as possible, prepared all the food themselves and planned the event at St. Theresa's Parish Hall. As the day of the event finally arrived, the ladies waited anxiously to see who would show up to hear Sister Adele's message.

Fortunately, most of their invited guests not only showed up, but responded very favorably to Sister Adele's presentation.

"Something magical happened that day," the three said.

That first Tea Party blew right past its $10,000 goal and raised $68,000, enough to house nearly seven people. The Arcadia Tea Ladies were officially born through a very worthy cause. Their efforts would lead to the creation of something much bigger as well.

Funds raised at those early Teas enabled Sister Adele to found Circle the City in 2008, her dream project for reducing homelessness in Phoenix. Circle the City operates a mobile medical clinic, a primary care clinic and a 50-bed medical respite center for people experiencing homelessness in Maricopa County.

Dedicating their time to help those in need enriches the Tea Ladies' lives too.

"Working for Sister down at Parsons (health care clinic) and being around Circle the City and meeting all these people. To find out that there's families out there and that there's people who had careers, who were successful, and then a series of events spiraled them downwards and they found themselves on the streets," Myer said. "That's something I didn't know before… That's what's changed my life"

"Our patients tell me how different they feel at Circle the City from the minute the walk through our doors. They feel important, valued and respected," Sister Adele said.

After more than a decade of supporting Circle the City, The Tea Party event has blossomed into a larger fundraiser through the collaborative work of CTC staff and the Tea Ladies. This year's event, scheduled for March 11 from 9 a.m. to noon, is expected to attract 450 and will be held at the Franciscan Renewal Center. The fundraising goal is $175,000.

"We are so fortunate to have the Tea volunteers! Each year they come out in force working hand in hand with CTC staff to create a beautiful event." said Tammy Rocker, CTC chief development officer.

The Tea Ladies number about 20 today and continue to make an impact. Two of them serve on Circle the City's Board of Directors. Some volunteer at other CTC events too.

"Besides raising my family, this is by far the best thing in life that I do, by far," McClelland said.

For more information, to buy event tickets or to donate: circlethecity.org.

All-female robotics team shines at state championship

By Rachael Bouley

An all-girls team from Arizona School for the Arts (ASA) is celebrating after earning top honors at the Arizona First Lego League State Championship.

The girls were recognized for their stellar teamwork and sportsmanship during the robotics-focused competition while crafting a stand-out solution and project designed to save bees.

"The girls really made an effort to ensure that everyone felt included and part of the team at all times," said Tracy Ryan, a fifth-grade math teacher at ASA and one of the team's faculty advisors. "Their entire motivation was not to win, but rather to create a team where they were effectively solving problems."

The seven girls of team "Bee Inspired," ranging from fifth to eighth grade, hit the ground running back in September, tasked with identifying a problem relating to interactions between animals and humans and developing a solution.

"It's wonderful to watch and see that their project was something that was meaningful to them," Ryan said. "We have an issue in Arizona as people are afraid of bees and they eradicate them, so the girls came up with an idea where bees could be collected and taken away to a better location so they are not harmed and can still do their job."

Their project required extensive research and meeting with professionals in the field to develop their creation. In addition to the product prototype, the team also needed to prepare a presentation and build a robot that can accomplish a variety of missions in minimal time. Throughout the season, team members threw themselves into the project, meeting three hours a week after school plus weekends and most other free time. "I was so impressed with their level of commitment to making it a high-quality project," Ryan said.

The team's prototype box was designed to attract bees with beeswax and lemongrass oil and encourage colonies to settle in the box initially rather than build a new hive. The boxes would then be collected by beekeepers and bee farmers to bring the insects to a more appropriate location, where they would not be harmed or threatened.

Following a successful showing at regionals at the start of the year, the girls headed to the state competition on Sunday January 15, where judges looked for innovation, project presentation and gracious professionalism.

"It's really important in the engineering and computer science field that people are able to compete in a respectful and responsible way while still being able to cooperate with others around them," Ryan said.

The judges responded very favorably to Bee Inspired's work.

The girls were shocked by their unexpected first-place finish, the icing-on-the-cake for the team who spent countless hours researching and improving their project.



The Bee Inspired robotics team celebrates its surprise win at the Arizona First Lego League State Championship. The team now moves on to compete in the national competition in Houston in April.

"They were stunned and very surprised," Ryan said. "They want to be competitive and do their best. To have their hard work pay off in this manner was delightfully surprising to them and they cried a lot."

As the girls look ahead to the World Festival in Houston April 19-21, and a bright future for their robot, their family and friends celebrate their accomplishments with them.

"It's like Shark Tank meets America's Got Talent," said Dennis Scully, father of team co-captain Emma Scully. "I'm just so excited that she has these opportunities to participate in an activity that requires team building, business skills and developing products. That win is something the girls will remember for the rest of their lives."

Another lesson the girls learned is to never give up. At state, their robot malfunctioned during its first two rounds and the team was frantic, trying to solve the problem. They managed to persevere and excel during the final round, a valuable lesson in confronting failure.

"They still had one more chance, it wasn't over. To watch them overcome the problem, as a parent, I was so proud, and then they garnered enough points to put them in contention," Dennis said.

For Emma, the Bee Inspired team and its project is well-worth the hours of work and planning. "I felt very energized leading up to the competition and very excited to work and get things done," she said. "Robotics is the most exciting part of my day and I'd be so excited to go work on the robot and spend time with the team."

Despite the age gap between members, Emma said they all bonded and genuinely enjoy spending time with one another. Each of the girls leads her own mission at competitions and are required to share responsibilities during the research, building and presentation process, making it important that the girls work together and learn from one another. Their thrilling win meant so much to the team, who has become close friends after their exciting season.

"I didn't think it was real at first, I thought it was a dream," Emma said. "I don't feel like it's possible to get sick of my team, because we are all so close and I love them so much."

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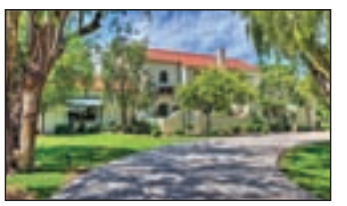
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Hopi Elementary to get $20 million makeover

By Nick Smith

Hopi Elementary School is getting a well-deserved makeover in the upcoming months.

A staple of the Arcadia neighborhood since its opening in the fall of 1960, Hopi's renovation project was unanimously approved during a December 13 vote at the Scottsdale Unified School District Governing Board (SUSD) meeting.

"Hopi Elementary School, in its current design, has outlived its life cycle, and then some," said Daniel O'Brien, chief business & operations officer for SUSD. "We're excited to be able to rebuild Hopi at its current site, starting this summer."

The estimated cost of the infrastructure project will be around $20 million, which will be financed with a portion of the bonds voters authorized SUSD to sell last November. Once the project begins this summer, the plan is for construction during the next 18 months, although an official end date has yet to be set, O'Brien said.

"There is no deadline for completion," O'Brien said. "But, of course, we want to create and deliver a new campus to the Hopi community as soon as possible."

Hunt & Caraway Architects of Phoenix is designing the new school and has already begun its work. A construction company has not yet been selected for the project.

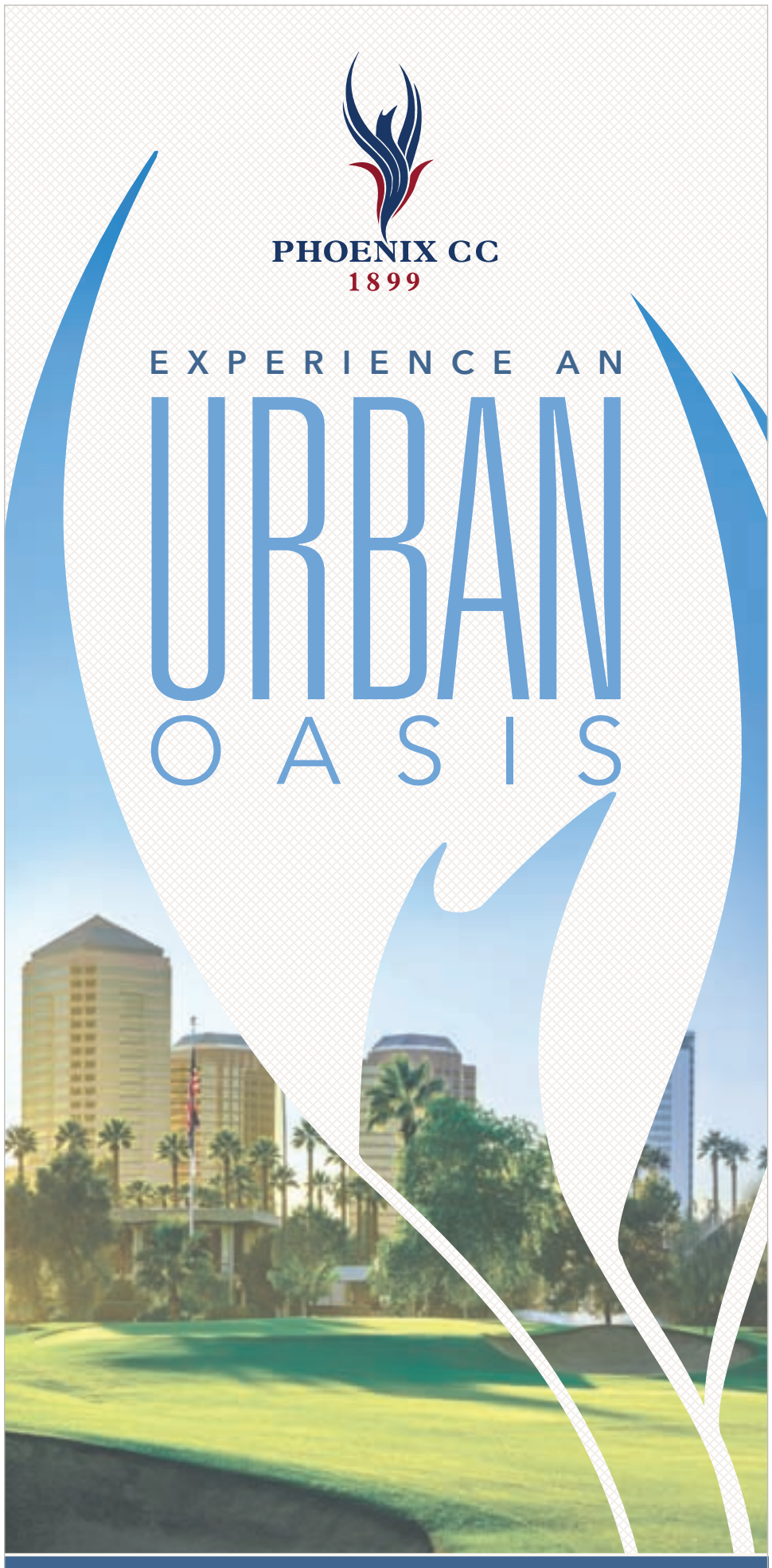
"We'll be doing the rebuilding in phases, probably starting in the back fields," O'Brien said. "We'll build something new, move into that new structure, demolish the old structure it replaced, one by one, until it's all done."

One benefit of the remodel might be alleviation of traffic on Lafayette Blvd. during drop off times in the morning. SUSD will work with the city of Phoenix on the traffic congestion relief plan.

The district is also determining what to do with the famous wall of tiles at the school, which contain the names of every student who has ever attended Hopi. "We're going to take a look at that," O'Brien said. "We'll be working with the school and the community to determine what will be done with the wall of tiles."

It appears that Hopi will not be the only Scottsdale elementary school to get a new look, as the voter-approved bond has set the stage for other schools to be renovated in the near future. For now, the focus will be on Hopi.

"The Hopi community will get a new, energy-efficient school with up-to-date technology that will deliver great educational opportunities to Hopi students for many years to come," O'Brien said.



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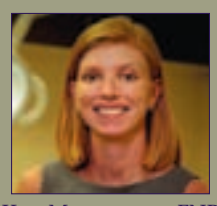
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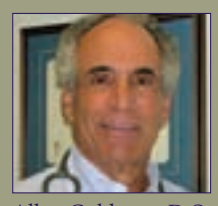
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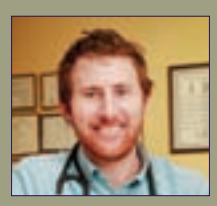

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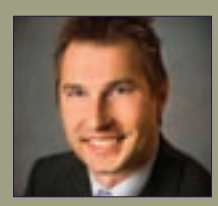

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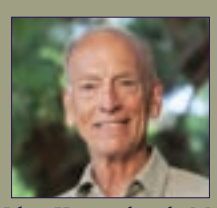

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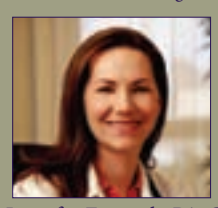

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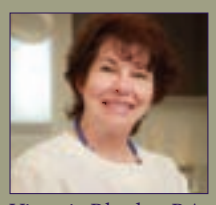

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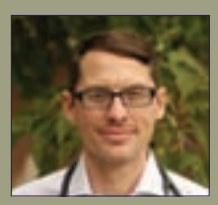

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New Arcadia High football coach brings major overhaul

By Nick Smith

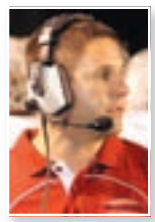
Tony Stillings has been busy this February. The 41-year-old football coach spends the first half of his day teaching at Ironwood High School, before racing to his car for the 40-minute drive to Arcadia, where he oversees the Arcadia High School football team's weightlifting activities in the afternoon.

"It was important to me to meet these kids and get to know them," Stillings said. "I'm still finishing up at Ironwood this semester, and they've been great about letting me work with Arcadia. Getting the guys into the weight room to get stronger was an immediate goal and they've been working like maniacs."

This fall, Stillings will be in Arcadia full-time, as the new head coach of the Titans varsity football team. Stillings spent the past seven seasons coaching at Ironwood, first as a special teams coach before being promoted to defensive coordinator.

Stillings replaces Lenny Abt, who spent the last five seasons captaining the Titans. Abt led Arcadia to three winning seasons, including an 8-3 mark and a spot in the Division III playoffs during 2015. But last year was a setback for Arcadia, with the team posting a 2-8 record.

One of the most noticeable changes will be a shift in offensive philosophy. Abt ran the Wing-T offense during his time at Arcadia,


Tony Stillings

which employs multiple running backs and can tend to focus on the run game and controlling clock. Stillings will be instituting the spread offense, which means no huddle, typically three or four wide receivers on most plays, all at various tempos. This overhaul may seem like a drastic switch, but Stillings believes there are elements of the Wing-T that will be helpful for current players learning the spread.

"There are aspects of the Wing-T run game that you integrate into the spread," said Stillings. "Some of the running plays can be similar, so the experience of our players will be helpful with that."

Abt put an emphasis on player character during his time at Arcadia, and that won't change under Stillings, who notes that there are two things that the program will hang their hats on.

"First, we will earn our success. Nothing is given," said Stillings. "We'll also be following the core values of the program, Titan Pride, with each letter standing for our values. P for perfection, R for relentless effort, I for integrity, D for discipline and E for everyone. We're a unit but we're also a part of something even bigger, the school community."

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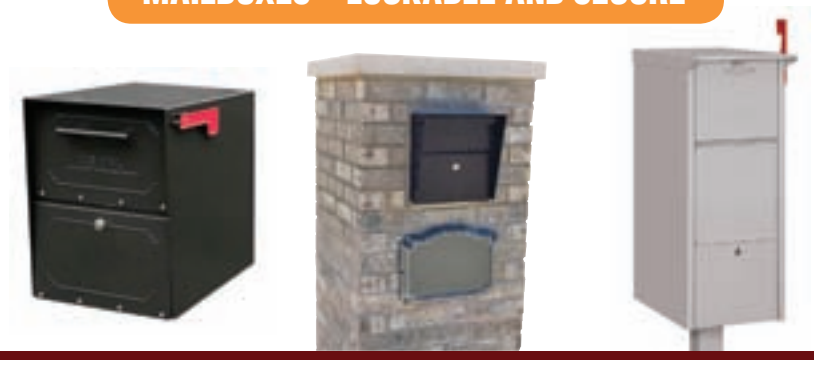


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PHOTO BY LAINEY DURCHSLAG

The Arcadia boys soccer team entered the season as underdogs, and won a playoff game in 2017.

Arcadia boys soccer team exceeds expectations

By Ian Kraft

The Arcadia High School men's soccer team came into the 2016-2017 season as heavy underdogs to make the playoffs. An 8-4 regular season placed the team in a play-in game to qualify for the state playoffs, in which Arcadia defeated Cienega High School 5-1.

Going into this season, Titans coach Hayden Klarfeld's goal was to finish .500. After watching the team work hard both in and out of the classroom and far exceed his goals, Klarfeld said he's most proud of his team's leadership and maturity.

"This year we made it farther than any of us expected," Klarfeld said. "And we did it without any red cards. That may seem rather trivial, but it's a testament to the character of these kids and their ability to play fair and honor the school in a way that makes me proud to coach them."

Following the victory over Cienega, Arcadia ran into a tough team from Barry Goldwater High School. Although the Titans ultimately fell that day 5-2 to the tough Bulldogs, Klarfeld told his players to hold their heads high as they had accomplished something much more transformative than exceeding all expectations and competing in the playoffs.

"Soccer has the ability to bring people of all economic and social backgrounds together in a way that transcends the game itself," said Klarfeld. "We did that this season and these kids have made friendships that will go well beyond the soccer season."

Keaton McDonald, Arcadia High three-time team captain, as well as the school's student body president, said he is most proud of the growth of the team since his freshman year and is excited to see what the future holds for the program.

"My freshman year we went 2-10 and this year we finished the season 9-5," said McDonald. "While I am slightly disappointed in how the season ended, I'm very proud in how our soccer program has grown over my four years playing. We have gone from a team that no one really cared about to a team with championship aspirations."

McDonald added that Coach Klarfeld, who is support strongly by his players, is the biggest reason for the team's turnaround.

"I've been a part of the long losing seasons at Arcadia and I never imagined my freshman year that we would ever win a playoff game," McDonald said. "Coach Klarfeld did a great job this year. I can't wait to see all of the success the soccer team has in the future."

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Xavier Spiritline co-captains help lead march to state title

By Ian Kraft

Nervous. Anxious. Overwhelmed.

These words are usually synonymous with the mornings of state championship matches. But that's not how it went for Xavier College Prep Spiritline.

The team competed in the 2017 AIA State Championship All Girls Division I bracket of the Show Cheer Competition on January 17 and won with a final score of 380.5, defeating second-place Desert Mountain by 35 total points.

Co-captains Peri Burnett, 18, and Tatum Webb, 16, led the charge for the Gators.

"It was one of the less stressful mornings of a competition that I have ever had. I felt very confident in my team and in myself," Webb said. "The day was very weird. It was rainy, cold, and the high school was packed with people. I remember going to warm-ups and thinking 'we have a chance to actually pull this off.'"

"Being that this was a big day for us, some might expect that we would be outwardly nervous and showing signs of major anxiety. Our team was quite the opposite," Burnett reflected. "We fed off of each other's confidence and excitement, and I think that was really key for us.

"Keeping in mind that we only had two minutes and 30 seconds to prove to everyone that all of our hard work, early morning practices, breakdowns and obstacles we had overcome were worth it, this team was determined to prove themselves," Burnett said.

Then, the music started.

"Every stunt hit, every tumbling pass was on time and we were all having fun," Webb said.

"Throughout the routine, there was an insane amount of active encouragement and that really made it successful for us. I still get chills thinking about the end of the routine and knowing we had finally hit and worked together to achieve our goal," Burnett added.



The Xavier College Prep Spiritline performs its championship routine for the 2017 AIA State Championship All Girls Division I bracket of the Show Cheer Competition at Gilbert High School.

The only time the girls felt any anxiety was after their performance while waiting in the Gilbert High School gym for the results.

Burnett called the next hour "antsy beyond belief," while Webb said, "the awards took forever and everyone was on edge."

Finally, the announcement came. The PA announcer read, "Your Division One Show Cheer Champion… Xavier College Preparatory!" And the girls in blue and green went berserk.

"Everyone was in tears and jumping up and down and it was truly a moment I will never forget," Burnett said.

Burnett is a senior and said she is thankful for her time with the team, saying it taught her how to be a strong, optimistic leader.

Webb returns in fall for her senior year and said she is most excited to become an even better captain than she was this year, saying, "I'm so proud to be a Xavier cheerleader."

(Stats courtesy of AIAOnline.org.)

Arcadia High baseball sets sights on state championship

By Max Bechtoldt

The Arcadia Titans baseball team had a goal last season, winning the state championship. They ultimately fell short, losing in the first round of the state playoffs to Valley Vista High School.

The Titans finished the 2016 regular season 2011, and will have some work to do in order to improve upon that win total. The team will have to replace the production of star Sam Huff who was drafted in the seventh round of the 2016 Major League Baseball draft by the Texas Rangers. But coach Troy Gerlach has confidence in his team's experience heading into this season.

"A lot of the guys returning are in their senior season," said Gerlach. "The guys get along well, they push each other, and they really compete."

Two players Gerlach identified as crucial to the success of the 2017 team are senior pitcher Matt Schroer and senior shortstop Nick DiCarlo, both of whom will be playing baseball at the college level next year. Schroer is going to Louisiana State University, while DiCarlo will be heading west to Cal Poly San Luis Obispo.

Both exude confidence as senior leaders on the team. In fact, they're looking to have hall of fame seasons.

"This might sound a little cocky but I am gonna try to not give up a run this season," said Schroer. "I'm just trying to do whatever I can to help the team win."

"I want to hit .450 or .500 and not have any errors," DiCarlo added.

The team goal is simple; win the state championship. But Gerlach knows it is not an easy feat, especially in the competitive 5A conference.

"We are the third smallest team in the conference, our section, our region is very tough, we got Chaparral, Notre Dame, Paradise Valley, North Canyon and I'm pretty sure every team in our section went to the state playoffs last year," said Gerlach. "It's going to be very tough, very competitive."

Gerlach preaches "controlling the controllables" and getting one percent better every day. The seniors are ready to get their final season at Arcadia High rolling.

"I just want to have a good senior season," said DiCarlo. "I want to know I didn't leave anything on the field."

"I really want to end my career with a trophy," Schroer said.



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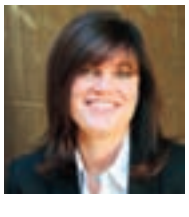
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Arcadia soccer girls overcome injuries, defy expectations in historic season

By Nick Smith

Head coach Andrew Zweiback remembers the exact moment when his players began to truly believe.

The Arcadia Titans girls soccer team had finally broken through to the state semi-finals after three straight seasons of going home without getting past the quarterfinals. The team was on the field opposite powerhouse Notre Dame, which was aiming for its third straight title. Arcadia had fallen behind 1-0, and only three incredible saves by first year goalie Sarandon Raboin kept the game from becoming a rout.

Then with 15 minutes to go, it happened. The team's leading scorer, junior Kalena Teufel, flew toward Notre Dame's goal and fired a shot into the back of the net. The game was tied. Coach Zweiback and his players watched and felt their fans start to believe a victory was there for the taking.

"You could just feel a total change in the energy," Zweiback said. "Our fans were going crazy. I remember looking at our girls and it was like we all suddenly knew we were going to win the game."

"Once that happened, we all just got super confident," senior Kate Murphy said.

Being tied against the reigning state champions in the final minutes of the semi-final playoff game likely doesn't seem like a sure win to most people. But most people haven't had the benefit of watching the 2016-2017 Arcadia girls soccer team, a squad that wasn't supposed to be anywhere near this playoff game.



PHOTO BY AUDREA WALSHIRE

Clare Murphy helped lead the Titans to a 2-1 win over Liberty in the state quarterfinals.

The team had been successful during Zweiback's five-year tenure, making the playoffs in each of the past three seasons. But the team was still considered a notch below the top programs in the state, like top-seeded Chaparral and two-time defending champion Notre Dame Prep.

The 2016-2017 season got off to a rough start before it even began, when star forward Haley Denning injured herself in a softball game and had to miss the entire season. Losing Denning was a massive blow, as she was one of only two Arcadia players to score more than 20 goals the year before. It also increased offensive pressure on Teufel, the other player in the 20-goal club during last season.

"Of course, we missed her, but what are you going to do?" said Teufel, who finished this season with 28 goals. "We had to push past it. My mentality didn't really change. Just go forward and score."

This approach would come to define this year's Titans. After each setback along the way, the Arcadia players would rely on determination to try to right the ship. The team was without a goalie going into the season, a fairly big problem. Zweiback, along with his right-hand man Bill Christenson, turned to Raboin, who had been a defender on the junior varsity team last season. Raboin wasn't shy about wanting to try to change positions, telling Zweiback she wasn't going to pass up an opportunity for that much playing time.

"It was a new position for her and she worked her tail off at it," Zweiback said. "She became better with each game and it made the difference in that Notre Dame game. That was hands down the best game for any Arcadia goalie we've ever had."

In the middle of the season, the team took on Chaparral and received a double body blow, losing both the game and senior Molly Vesling to an injury. She was supposed to miss six to eight weeks, and her absence was clearly felt on the defensive side of the ball.

"It was really hard to miss games," Vesling said. "I've never sat on the bench before in high school."

Vesling eventually decided six weeks was just too long to wait, and came back after missing three games.

"She said 'coach, I can't stand to be on the sideline anymore,'" Zweiback said. "If she doesn't come back, there's no way we go as far as we did in the playoffs."

Despite the injuries and position shifts, the Titans banded together and pushed forward. The team relied on sister duo Clare and Kate Murphy, defensive tandem Vesling and Dominique Ballard and the scoring abilities of Teufel.

The team surpassed all expectations and now found itself 15 minutes from defeating the state champions and advancing to the finals.

"We really weren't nervous," Teufel said. "We just thought, what is there to lose? We were already farther than we'd ever been and were playing way better than we had during the regular season."

Regulation time expired in the semi-final game against Notre Dame with the score tied 1-1. This meant penalty kicks, something the Titans had practiced twice a day for the preceding two weeks. Arcadia would kick first, and Kate Murphy strode onto the field to start things off for the Titans.

"We knew Kate was going to make her shot," Zweiback said. "Notre Dame has a tremendous goalie but Kate knocked it in. That was huge for us because now there's pressure on Notre Dame."

Rookie goalie Raboin stopped Notre Dame's first shot and the Titans found themselves in control. Senior Titans midfielder Kennedy Williams rushed onto the field, eager to add to the lead. Her kick flew just inside the post, an impossible shot to stop, giving Arcadia a 2-0 lead. Then Raboin sealed the deal, stopping Notre Dame's second shot.

"We collectively lost our minds," Zweiback said.

Arcadia won the shootout and the game, advancing to the state championship game.

In the title game, Arcadia faced top-seeded Chaparral in a game that would become an instant classic. The Titans gave Chaparral all it could handle, pushing the game to two overtimes before falling short in a 1-0 defeat.

"In those last two games, we went up against two really good teams," Zweiback said. "Teams that were considered the best, teams that had beaten us during the season. And in the combined 200 minutes we played against them in the playoffs, we gave up two goals total. That's an unbelievable accomplishment."

The team will lose several of its best players next season and Zweiback is already thinking about navigating the hurdles of rebuilding while staying near the top. But for now, he and the team are happy to reflect on one of the most remarkable seasons in school history.

"There's something special about playing for your high school," Zweiback said. "A lot of these girls play on club teams but it's a unique experience to play for your classmates, with people you grew up with. We're proud of these girls and thankful for the community that got behind us this year."



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APRIL

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

MAY

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

JUNE

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

JULY

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

AUGUST

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

SEPT/OCT

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

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MAY 14 // 1:10PM



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JUNE 10 // 7:10PM



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(From left) Matt Burton, Max Moses and Reed Richardson.



(From left) Max Moses, Reed Richardson and Matt Burton.

Flash forward: Trio of AHS basketball players prep for future

By Ian Kraft

Brotherhood.

The term implies bloodlines, but for three Arcadia High School seniors, the word represents a lifelong friendship that has helped define them as men and galvanized a basketball program.

They were just three kids at Christ Lutheran School at the turn of the decade. Today, Max Moses, Matt Burton and Reed Richardson are set to go their separate ways after spending the past seven years developing life-changing bonds.

Now in their final semester at Arcadia High, the trio began playing basketball together in 2011, but were good friends since long before then.

"We've been going to class together, playing ball together and hanging out with one another for the last six or seven years. I've known these guys my whole life," Moses said.

"We connected as a unit at a very young age," Burton explained. "When we came to Arcadia, it wasn't really a team here, it was just a bunch of kids playing basketball. We basically became one family by working together and reminding each other how important this place is to us."

Both Moses and Burton have been a part of the varsity team for all four seasons of their respective careers, while Richardson was on varsity for the previous three years or seasons. They will have played in a combined 255 games by the end of this regular season.

"When you spend as much time together as we have, you begin to understand each other and look out for each other, on and off the court," Richardson said.

Titans head coach Stephen Danford helped guide the team to a state runner-up finish last season. He called the trio "quality young men" and said they have changed what it means to be an Arcadia Titan.

"These three players plus a couple others have helped re-establish Arcadia basketball back into the community," said Danford, who has been head coach since 2012. "These three seniors have taken that commitment very seriously. They watch for their teammates, treat the younger players in the program like little brothers, showing them the Titan way of doing things.

"I have learned that to be successful as a basketball team, you have to treat each other like a family. With these guys, it's always felt like family," Moses added.

The trio is hoping to leave one more lasting mark on the school as they finish out their senior season. Moses is currently leading the team in scoring with over 18 points per game, while Richardson and Burton are averaging 8.7 and 6.2 points per game, respectively.

(All stats according to Maxpreps.com.)



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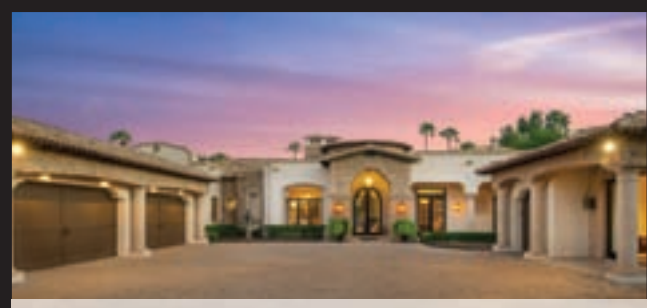
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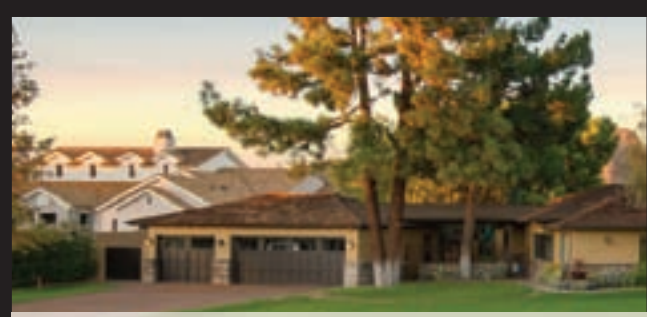
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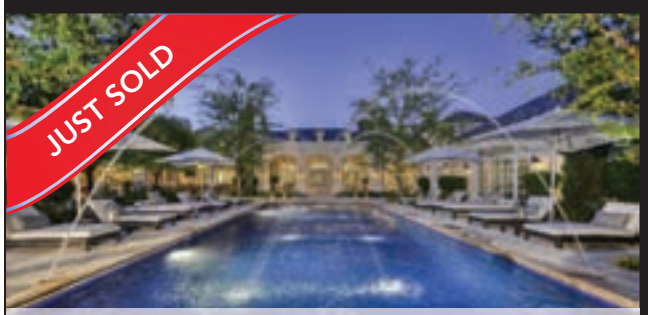
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6 bedrooms, 7 baths, 7,275 square feet



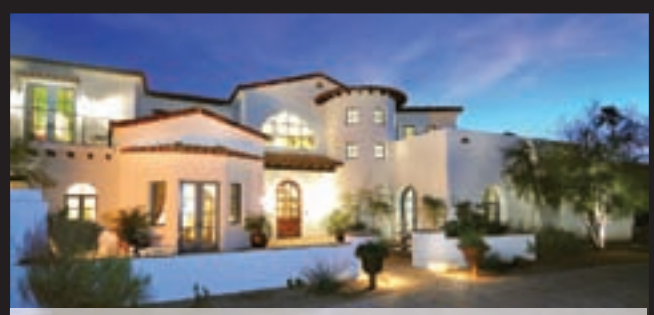
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$3,250,000 5104 East Calle Del Norte
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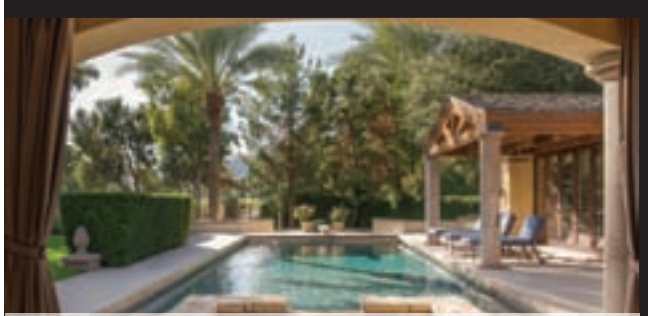
$12,750,000 5901 East Edward
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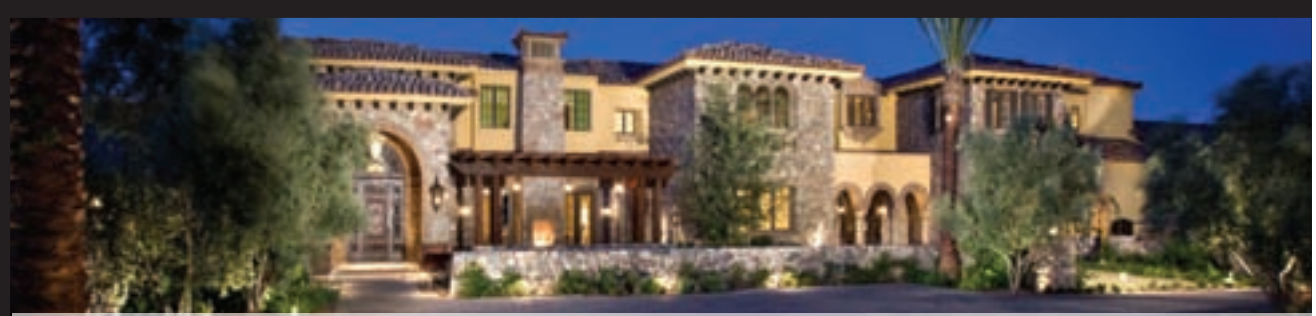
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