

ARCADIA NEWS



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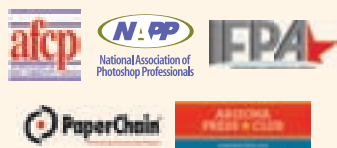
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COVER IMAGE:

This special issue marks the 25th year of the Arcadia News!
The core of the team that brings this publication to life every month: (clockwise from lower-left) Nick Smith, Editor Extraordinaire; Gabe Turner, Prolific Designer; Greg Bruns, Perfectionistic Publisher and Roni Mier, Sales Superstar and All Around MVP.

ILLUSTRATION BY GABE TURNER



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-A NOTE FROM THE PUBLISHER-

By Greg A. Bruns

To research the first 25 years of the *Arcadia News*, it only made sense for me to go through every issue we've done since the beginning. We pulled all 300+ issues out of storage and created stacks of papers in our



conference room. It was an impressive sight with all those years of newspapers organized into neat rows, taking up nearly every inch of horizontal space in the meeting room. In the beginning, I was reading nearly every page of every issue – it was the only way to make sure we didn't miss something. The conference room was slowly transformed into a sloppy professor's office, with piles of newspapers and sticky notes scattered all over the place. I started the research last fall around Halloween and come Valentine's Day, I was still sifting through the mid-2000s. I was barely 10 years into the archives, with 15 to go.

Then I did the math. With 64-76 pages per issue, a year of *Arcadia News* has about 750-900 pages. At my current rate of 2-3 minutes per page, this would take me another 7-12 weeks – just to read the things. I had to change my strategy, and drastically reduce my reading time. If I gave each page a cursory skim of 10 seconds, it would reduce the time to three hours per year. That would leave about 45 hours of reading time, not counting the note-taking, tangential research, fact checking and a cup of coffee every few hours. *One month at a time*, I thought. *One month at a time*.

That was just the beginning of collecting ideas. Tack on the dozens of additional things we came up with during our staff brainstorming sessions, and we have enough anniversary content to keep us busy for the rest of the year. So, we're going to savor these fun and unique stories and run them



throughout our 25th year. Some of these features are design-heavy and require special artwork, research and sources and we want to make sure those look their best. The historic stories are indicated with a special "Arcadia News 25th Anniversary Feature" banner. We are also working on some summer features about the history of Arcadia, which will include some great photos of the past.

IT'S ABOUT THE READERS

The community newspaper is alive and well in America, and it should stay that way, providing we remain local, loyal and relevant. We are grateful to be a part of this successful industry, and we are thankful to all the readers who make this possible.

Without readers, there is no one to write about to keep the content interesting and local.

Without readers, there is no one to call on the businesses and professionals who advertise in the publication.

Without advertisers, there is no way to pay writers, editors, proofreaders, graphic designers, advertising sales people, delivery people, printers, and the USPS.

Without the writers and editors, there is nothing to print, and without the delivery people and the USPS, the paper won't reach the readers, and... well, you get the picture. There are a lot of moving parts to the machine and they all need one another.

"The community newspaper is alive and well in America"

IN CLOSING

People tell me all the time they love this newspaper. When I wear my Arcadia News shirt in the neighborhood, I usually hear from our fans. I love the *Arcadia News* too, and not just because my family and I own it. I'm a reader too – which was my first introduction to the paper. Back in the 90s, I used to pick it up every month from the rack at the library. After reading the paper for a year, I summoned the courage to walk into their corporate office and ask them if they could use a humor writer.

The rest is history – and it will all be revealed in the coming months in these special 25th anniversary features. Thank you for your support, Arcadia, and thank you for reading the *Arcadia News*.

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4219 N 62nd Street • \$ 1,195,000
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Arizona Country Club Golf Property



3323 N Valencia • \$ 899,000
4 bedroom/ 3 bath • 3,001 square feet

24,350 sq ft Camelback Mountain Lot



4505 E Vermont • \$ 750,000
3 bedroom/ 3 bath • 2,416 square feet

Arcadia Ranch



3124 N 47th Place • \$ 619,000
4 Bedroom/ 2 bathroom • 2,514 square feet

Charming Arcadia Ranch



5416 E Avalon • \$ 535,000
3 Bedroom/ 2 bathroom • 1,932 square feet

**I have several buyers
looking for houses in Arcadia.
If you don't want to list your house but
would consider selling, please call me.**



Arcadia Real Estate Stats

2017 HOPI SCHOOL DISTRICT SALES RESULTS

(1/1/2017-2/28/2017)

Active Homes - 184 homes
Homes Sold - 41 homes
Average Sale Price - \$1,120,000
Average Sold \$ Per SF - \$330
Average Days On Market - 120 days

There is currently 8 months of home inventory. (based on 2016 sales results)
2017 home sales have decreased 11% this year. (based on 2016 sales results)
2017 home prices have decreased 7%. (based on 2016 sales results)
2017 \$ Per Square Foot prices have increased 1%. (based on 2016 sales results)
2017 homes are taking 1% 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

(1/1/2017-2/28/2017)

Active Homes - 86 Homes
Homes Sold - 29 Homes
Average Sale Price - \$522,000
Average Sold \$ Per SF - \$244
Average Days On Market - 81 days

There is currently 5 months of home inventory. (based on 2016 sales results)
2017 home sales have decreased 19% this year. (based on 2016 sales results)
2017 home prices have decreased 1%. (based on 2016 sales results)
2017 \$ Per Square Foot prices have decreased 4%. (based on 2016 sales results)
2017 Homes are taking 13% less 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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Arcadia News 25th Anniversary Feature

Q&A with Arcadia Realtor Robert Joffe

Publisher's Note: *We are fortunate to live and work in an area that is in perpetual high demand. Readers sometimes tell me they check out the real estate ads as much as the stories, which I understand. It's part of living in the neighborhood – we all want to know what's going on with the real estate market in Arcadia. For this special anniversary edition, Arcadia News writer Katie Mayer interviewed well-known Realtor Robert Joffe to find out a little more about the market and the man himself.*

By Katie Mayer

Q: Tell us about your upbringing and how that led you down the path to real estate.

A: I was born in Detroit, Michigan and lived there until I came to college at Arizona State University. I've always been an entrepreneur and I've had my own businesses since I was in high school. My love for real estate began in college and has continued to intensify from there.

When I was young, I used to sell blue jeans on street corners. I'd buy them for \$8 a pair and sell them for \$10 dollars. Before that, I started a company called Sunbag. It was a Sunday breakfast delivery service which may not sound like a big deal today, but in the 70s there were very few things you could get delivered to your doorstep. It was innovative. I would take orders from people for bagels, deli food and anything else they wanted and deliver it by 9 a.m. on Sunday morning with juice and the *New York Times*. Ultimately, I sold the business.

At Arizona State, I studied business administration with an emphasis on real estate. I got my real estate license and bought my first home (in Sunnyslope) my sophomore year and rehabbed it. I graduated in 1986, and about two weeks later, I met a guy who had a company inside Fiesta Mall. Essentially, he was marketing all the new home builders in town. You could view all the floor plans in one location. I said, "This is a great idea, but why don't we turn it into a real estate company and actually let me sell the houses?" The builders paid a monthly fee to be in the mall, so I said, "Listen, you don't need to pay us anything. You can have all this exposure, and you will only pay if we sell one of your homes." They accepted and I eventually grew the



Robert and Amy Joffe.

FAMILY PHOTO

business to seven stores in the Valley, three in Salt Lake City and three in Las Vegas. It was called New Home Concepts and by the time I sold the company in 1999, we were selling 1,700 homes a year, just in Phoenix alone.

Q: What brought you to Arcadia?

A: I've lived in Arcadia since 1991 with my wife, Amy. Our son, Adam, was just born and Amy came to me and said she found the perfect neighborhood to raise our family. I had no idea about Arcadia at the time, but once I saw it, it didn't take much convincing. When we sold New Home Concepts, we weren't sure what was next for us, so we rehabbed a house in the neighborhood and I moved my office into that house. I decided that was the perfect way to build a business, running the office in an empty home until it sells and then moving on to the next. At that time,

agents weren't doing open houses every day and sellers were impressed that was I willing to. That, coupled with very targeted marketing and advertising led to listing after listing and buyer after buyer in Arcadia.

Q: What do you like about living and working in Arcadia?

A: It's very nice to work where you live. I know the people here, and I think I understand their values. I know the teachers, the coaches, the small businesses and the restaurants. I have an enormous amount of pride in this neighborhood. I drive the streets and it makes me happy. My sons, Adam and Jonah, went through all three Arcadia schools and my wife was extremely active in the various PTOs for many years. She still volunteers, even when our sons are long past school age. We just feel a deep sense of love and responsibility to this community.

"My love for real estate began in college and has continued to intensify from there."

Q: Describe how Arcadia has evolved? Why do you think it became the incredible family-friendly, small business hub and popular community it is today?

A: When I first moved here, the neighborhood was full of beautiful single-story ranch homes and it was ready for another generational turn over. The builders slowly discovered the opportunity and started knocking down homes and building the latest and greatest. The key, however, was keeping the area's character. That's what people want, new homes that have charm and personality. Additionally, you can't beat this location. Camelback Mountain isn't moving and there is a finite amount of real estate surrounding it. It makes perfect sense that we are loaded with the best restaurants and shopping, because we can support it. Combine this with the family-friendly environment and front yard play, and you have an area that has resonated with people. When they move here, they can't imagine leaving. That's why properties sell at a premium.

Q: What do you think is in store for Arcadia real estate for the future?

A: I think prices are getting to a point where it's a little scary. I believe lot values are so high that we're starting to price builders out. It's the builders that have fueled this market based on people's appetite for new product, and I think there's going to be a slowdown unless knockdown and lot prices come down substantially. The market still has legs, but we're in a situation where the older homes have become very difficult to sell. Everyone wants new.

Q: What do you do in your free time?

A: I love working out and I play a lot of hockey. Hockey is my passion. My absolute favorite thing is spending time with friends at our home in Munds Park. Amy and I love to travel as well. We are fortunate enough to get to do that more and more now that we're empty nesters, and I've got such an amazing team behind me. We are a very cohesive supportive group and you can't run this type of business without an incredible staff. I've got some of the best in the business supporting me in every way so I can enjoy my free time and my business doesn't skip a beat.

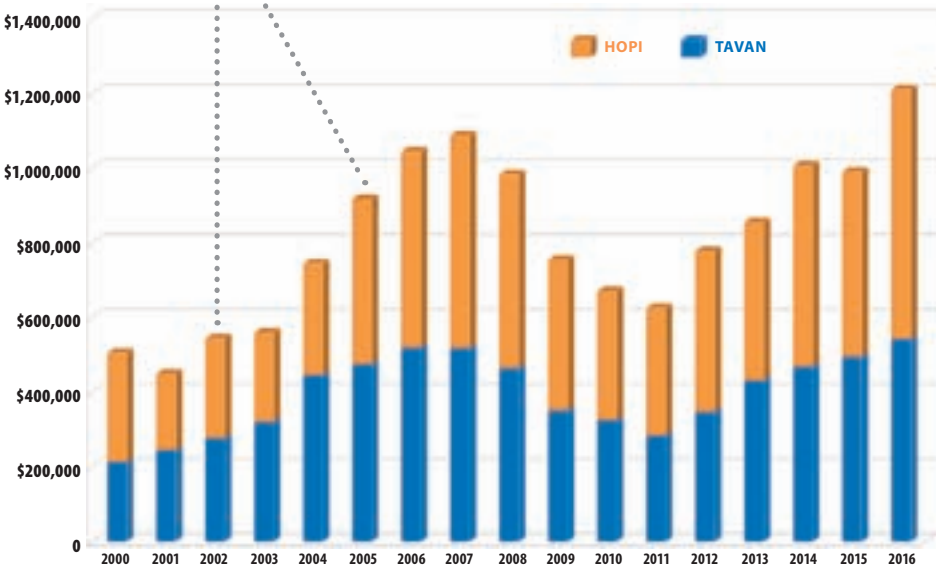
HOUSING TRENDS THROUGH THE YEARS

Publisher's Note: We thought it would be interesting to see how the market has changed over the years, with price per square foot and average sales price. We asked Realtor Tommy Atkinson to provide us with pertinent ARMLS data for the area, since he has been a librarian of sorts for these numbers, collecting and putting them in his ad every month. He was able to supply data from 2000 through 2016.

The data sets are most easily defined as "Hopi District" and "Tavan District" as they are loosely based on the school district definitions. There are some jagged edges that make up the boundaries, but for a general idea: 40th Street to the west and 68th Street to the east. "Hopi" is north of Indian School Road (up Camelback Mountain) and "Tavan" is south (to about Thomas Road).



in just four years between 2002 and 2006, the average sales price and the average price per square foot nearly doubled in both of these districts (92% in Hopi and 112% in Tavan).



	# HOMES SOLD		AVERAGE SALE PRICE		AVERAGE SOLD \$ PER SF	
	HOPHI	TAVAN	HOPHI	TAVAN	HOPHI	TAVAN
2000	221	145	\$505,000	\$199,000	\$165	\$108
2001	189	157	\$449,000	\$207,000	\$166	\$114
2002	213	197	\$544,000	\$231,000	\$177	\$123
2003	256	197	\$559,000	\$270,000	\$186	\$137
2004	303	264	\$744,000	\$308,000	\$230	\$154
2005	284	225	\$917,000	\$421,000	\$294	\$214
2006	189	155	\$1,044,000	\$489,000	\$345*	\$240
2007	149	147	\$1,087,000	\$485,000	\$345	\$237
2008	121	107	\$982,000	\$413,000	\$305	\$203
2009	140	136	\$754,006	\$321,000	\$239	\$155
2010	202	145	\$670,142	\$294,278	\$200	\$142
2011	238	203	\$625,344	\$265,505	\$197	\$128
2012	282	207	\$777,607	\$326,316	\$235	\$158
2013	305*	217	\$854,430	\$403,875	\$282	\$189
2014	225	199	\$1,006,381	\$451,117	\$286	\$208
2015	291	216	\$990,000	\$477,000	\$300	\$225
2016	278	219	\$1,210,000	\$527,000	\$328	\$235

305* Most number of homes sold in one year.

\$345* Highest single year price per square foot.

Thank you to Arcadia Realtor Tommy Atkinson for the details and information.

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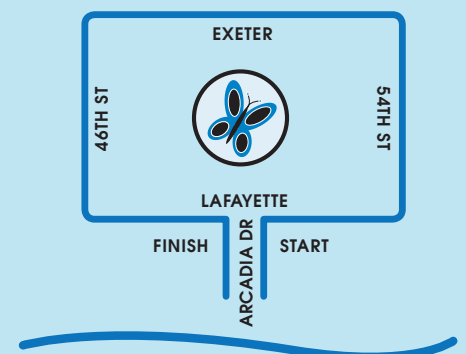
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Wanted but wary: drivers unsure of self-driving cars

By Michelle Donati-Grayman

A new report from AAA reveals that the majority of U.S. drivers seek autonomous technologies in their next vehicle, but they continue to fear the fully self-driving car.

In 2016, a AAA survey found that three-quarters of Americans reported feeling afraid to ride in a self-driving car. One year later, AAA found that fear is unchanged. The latest survey also found that the majority (59 percent) of Americans are keen to have autonomous features in their next vehicle.

"This contrast suggests that American drivers are ready embrace autonomous technology, but they are not yet ready to give up full control," said Lisa Fell, director of communications and public affairs for AAA Arizona. "AAA supports the continued, safe advancement of autonomous vehicles and we're happy to see that Arizona has positioned itself as a policy leader in this emerging technology."

ADDITIONAL SURVEY FINDINGS INCLUDE

• Three-quarters of Americans are afraid to ride in a self-driving vehicle.

- Baby Boomers (85 percent) are more likely to be afraid than Millennials (73 percent) and Generation X (75 percent) drivers.
- Women (85 percent) are more likely to be afraid than men (69 percent).

• Half of U.S. drivers feel less safe at the prospect of sharing the road with a self-driving vehicle.

- Women (58 percent) are more likely to feel less safe than men (49 percent).
- Baby Boomers (60 percent) are more likely to feel less safe than Generation X (56 percent) or Millennials (41 percent).



• More than half of U.S. drivers want autonomous vehicle technology in their next vehicle.

- Millennials (70 percent) are the most likely to want the technologies, compared to Generation X (54 percent) and Baby Boomers (51 percent).

"We recognize this technology is not flawless and more testing is necessary," Fell said. "AAA is committed to ensuring the motoring public learns more about this technology in order to become more comfortable with it."

To educate consumers on the effectiveness of emerging vehicle technologies, AAA is committed to the on-going, unbiased testing of automated vehicle technologies. Previous testing of automatic emergency braking, adaptive cruise control, self-parking technology and lane keeping systems has shown both great promise and great variation. Future AAA testing will look at how well systems work together to achieve higher levels of automation.

Studies show that more than 90 percent of car crashes are some form of human error. AAA believes the safe deployment of autonomous vehicles could drastically reduce that statistic.

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Supply & Demand

Now that we have the news of the new brokerage office out of the way, I guess it's time to let you know the really big news! Ashley and I are expecting a baby girl this July! Our son, Cash, along with the rest of us couldn't be more excited to welcome the first Blalock girl into the family. I grew up with three brothers so the addition of a girl will come with a bit of a learning curve :)

While my family will reach "equilibrium" with our newest addition, the real estate market in Arizona is short of supply. As of March 17th, the MLS only had 20,308 active listings in all of Arizona. Now, you may think 20,000 listings is a lot, but approximately 7,000 homes are sold every month! This means that we have less than 3 months of inventory available to buyers throughout the Valley. Basic supply and demand would tell you that this is definitely a seller's market.

In the Arcadia zip codes of 85018 and 85253, the market isn't as tight. There are currently **740** active listings and **96** homes were sold in February. While the market isn't completely short of supply around here, there are price ranges that are very tight. Quality properties between \$700,000 to \$1,000,000 are not found with ease and anything close to \$400,000 doesn't last more than a few weeks. It is important to note that homes are now selling at only 80 days on the market compared to a few quarters ago when the average was closer to 115 days. Look for the market to remain steady to hot throughout the summer because of supply and demand fundamentals.

Our doors over at The Brokery on 40th Street will be opening this month! Ride on over and check out our neighborhood real estate experience. This brick and mortar real estate showcase is the first of its kind and I'm very excited to share it with you all.

*Numbers are based on ARMLS statistics as of March 17, 2017

Tucker Blalock

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Sunday 8 am & 10:30 am – Contemporary*
Sunday School/Bible Classes – 9:40 am*
Sunday 12:30 pm – Spanish
Sunday 6 pm – Sunday Night Worship
Wednesday 7 pm – Traditional
Saturday 5 pm – Contemporary

*Nursery Care is available at all Sunday AM services

April 13 11 am & 7 pm Maundy Thursday
April 14 12 Noon - 3 pm Good Friday Tre-Ore Service
(20 minute sections; worshipers may come and go)
6:30 pm Spanish Service
7 pm Tenebrae (Service of Darkness)
April 15 5 pm Holy Saturday Service
April 16 7 am & 10:45 am Traditional Easter Worship Services
8:30 am & 10:30 am Contemporary Worship Services
12:30 pm Spanish Worship Service

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Arcadia News 25th Anniversary Feature

Arcadia News publisher reveals the process and passion behind paper's iconic covers

As a monthly publication, the Arcadia News only has 12 chances a year to make a first impression on readers. Our cover format is unique as far as newspapers go, since we allot 65% of it to photo space. That cover needs to encourage readers to dive in and see what else we have to offer. It needs to set the tone, whether it's seasonal or a part of one of our feature stories.

We have won several national awards specifically for our covers. I think many of the overall "Best of Show" and "General Excellence" awards for Arcadia News were decided because we stood out with our unique appearance. The cover might make all the difference to the judges for the content inside, (insert joke about judging a book by its cover) whether it's for a contest or a reader.

Here are my 10 favorite covers, in no particular order. I've added some comments about each, for a peek behind the scenes at what went into these creations.

— Greg Bruns, Publisher of Arcadia News.

1



1. Matt McMurtry. One of the most popular covers of all time, this image just exudes cool. At the time, 14-year-old Matt McMurtry had his sights set on the Le Mans 24-hour car race, which he accomplished in 2014. He's still racing and we're hoping to do a follow-up story soon.

2. Barney. If you want to move newspapers, put a 180-pound gentle giant like Barney on the cover. With his cute little cask of happy juice and a Santa hat, this loving therapy dog brought smiles to everyone in the Arcadia News office, which made him an obvious choice for the cover. Barney is a huge Cardinals fan (read the story to find out why) and visits Phoenix Children's Hospital and other hospitals, facilities and organizations around the Valley.

3. 100 Years of Change. If it weren't for the McCulloch Brothers, there would be little visual history of Phoenix and the surrounding area from 1890-1950. This image looking south from the slope of Camelback Mountain on 56th Street told a simple tale of the changes in Arcadia over the past 100 years. I waited up on that mountain for about an hour for that Cadillac Escalade to come into view for my "today" shot, to give a little contrast of what appears to be an early model Ford Town Car in the original.

2



3



Arcadia News 25th Anniversary Feature

4



5



6



4. Roller Derby Mamas for Mother's Day. The "Coffin Draggers" (team name) compete in the Arizona Derby Dames league and were featured in a special Mother's Day exposé. The Derby Dames compete locally and nationally on one of the few banked roller tracks in the country. The women all pay to play on their own time and dime, purchasing their equipment and crafting their unique costumes (and providing their own health insurance). These audacious ladies are tough and the competition is fierce. I loved the unorthodox nature of the cover and the photo story that went with. Award-winning photographer Brant Clinard captured some spectacular shots. Just so you know, the Roller Derby Dames playoffs start in April: arizonaderbydames.com.

5. The Marvin Bunch. Our search for a unique Mother's Day story led us to the Marvin family. Joe and Danya are special people, who have adopted children from China, Korea and Ethiopia. They have since started fostering children as well. The Brady Bunch idea of a blended family seemed appropriate, so we put together a photo shoot at our office. We built a blue background and photographed everyone individually (except for Joe – sorry!). We found the actual Brady Bunch font and designed the page to match the logo of the classic '70s show.

6. David Wright House (DWH). As a fan of architecture and design, I feel fortunate to live in Arcadia, with the David Wright House (DWH) just a short walk away. While researching the history of Arcadia and FLW, I came across an unattributed photo. The background seemed obvious to me, so I went over to the DWH property and snapped some shots from a few different angles, hoping this photo was indeed shot in Arcadia so we could use it for our upcoming feature about the DWH. I created an overlay in Photoshop and matched up one of the photos I took to the one on the cover. I sent my forensic photo details to the Frank Lloyd Wright Foundation, and after some verification they added my new information to the image. This gave the foundation a historic account of FLW in Arcadia, and it gave us an outstanding cover photo.

Arcadia News 25th Anniversary Feature

7



7. Abbey Road. This Abbey Road homage was a great idea on paper. I designed the photo to be shot from the top of a ladder, and I asked my buddy Matt Diamond (some may know him as the former wine director at Postino, now owner of Main Ingredient in Phoenix) to pose in his Cadillac convertible at the crosswalk in front of Ingleside Middle School. Since this was for the August issue, we had to shoot the photo in early July. Even at 8 a.m., it was hot and taking longer than expected. Matt's car kept overheating, which started backing up the morning traffic on Osborn Road. Since this was a school zone, people couldn't go around, so we had to push that Detroit steel behemoth in and out of the road a few times. The students we asked to pose for the photo were incredibly patient and trotted through that crosswalk at least two dozen times.

8. Arcadia High School. Arcadia was one of the beneficiaries of the \$198 million SUSD bond issue that was approved by voters in 2004. The overhaul of the school in less than two years was quite an undertaking, and saving the historic "spaceship building" was a nice touch. Some have speculated that former Titan Stephen Spielberg was inspired by the building to create the ship in his movie *Close Encounters of the Third Kind*. We did a 'now and then' split-view on the cover, with historic images from old AHS yearbooks on the left and current photos and construction renderings on the right. I love the Titan mascots and their timely designs.

9. Arcadia Little League. Local baseball teams are one of the iconic subjects in every community newspaper, and every year we are sure to get some kind of visual gem out of Arcadia Little League. One of the best sports photographers we have ever published was also our editor, Dale Messmer. He captured this photo that caught our eye immediately, and not just because the little guy had the mitt backwards. Baseball player faces are usually difficult to capture, since the bills of their hats shade their face so much. Dale absolutely loved baseball and it showed – we always had an ample supply of baseball photos to choose from.

8



9



Arcadia News 25th Anniversary Feature

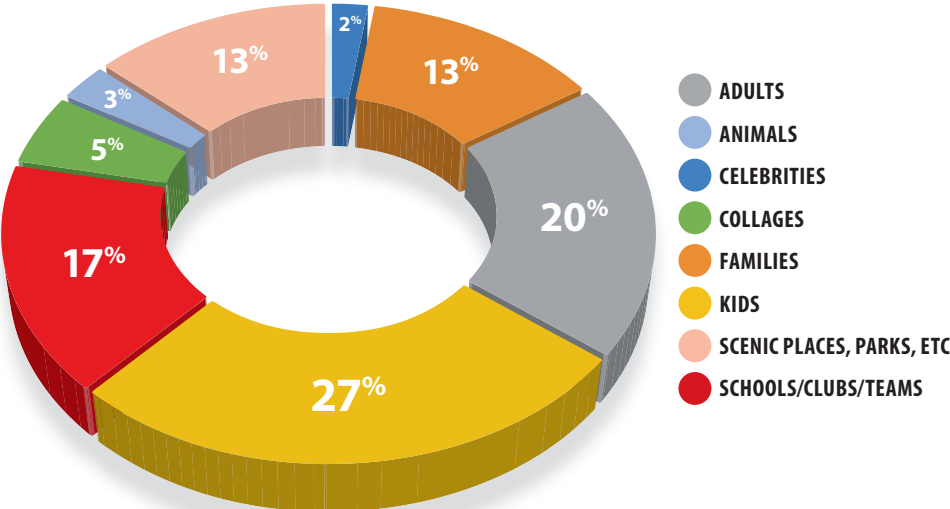
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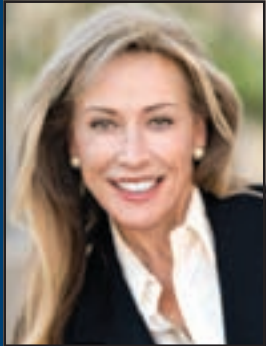
10. 700 Faces. For the 20th anniversary issue cover, I thought it would be fun to re-print every face we've ever published in the paper. There are over 700 photos on that cover and most of them are a ¼" or smaller. Extracting nearly a thousand photos from the *Arcadia News* archives took some time, but the most time-consuming part was the cropping. I needed readers to be able to identify the faces on the cover, so the next part of the idea would work. The "20" cover image was put on Facebook and those who tagged their own photo would receive a fun gift. This cover took me about 10 hours of Photoshop and InDesign time, but it was worth it for the fun factor, and the two awards it won for design and ingenuity.

WE'VE GOT YOU COVERED

Some of our most popular covers feature dogs, historic imagery and kids. These are the issues we run out of early on in the month, and some people miss out on a hard copy. They can still enjoy the issue online, but there's a big difference between the tactile and the digital. Here's how the subjects break down after we've done 300 covers over 25 years.



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Tips for avoiding the flu

By Stacy Gustin

Flu season may be winding down, but the timing of flu can be unpredictable and vary from season to season. Because flu season can stretch into early summer, it's important to know how you and your loved ones can minimize the risk of catching the flu.



The Centers for Disease Control and Prevention recommends everyone six months and older get a flu vaccine each year. It's especially important for high-risk groups: children younger than five, pregnant women, the elderly, anyone with a compromised immune system or high risk medical condition and people who live in long-term care facilities.

Seasonal flu vaccines reduce transmission rates and have proven effective for decades. When residents of a community such as Arcadia are immunized, the town they live and work in is more protected against an outbreak.

How do you tell the difference between a cold and the flu? A cold creeps up on you with milder symptoms: low or no fever, stuffy or runny nose, sore throat and moderate cough. Flu symptoms include a fever of 100 degrees or higher, cough, sore throat, runny or stuffy nose, body aches, headache, chills, fatigue and weakness. You may not get every symptom, but symptoms appear suddenly.

If you think you have the flu – stay home! You need plenty of rest and fluids. Rest can

HEALTHY TIDBITS

be a hard prescription, especially if you have young children or if you work outside the home, but it's important to your recovery. Take acetaminophen to control fever.

Good health habits can help stop the spread of germs:

- Avoid touching your eyes, nose or mouth. That's how viruses are introduced.
- Wash your hands often with soap and water to prevent the spread of germs. Alcohol-based hand sanitizers also are effective.
- Clean and disinfect frequently touched surfaces such as doorknobs, light switches, keyboards and refrigerator handles, at home, work or school, especially when someone is ill.

Risk factors that might surprise you:

- **Worrying too much:** Anxiety can manifest itself in a number of ways, so it shouldn't be surprising that stress can wreak havoc on your immune system.
- **Hitting the gym:** Wipe down machines before using them and take your own mat for stretching. Shower with soap and water immediately after your workout.
- **Drinking alcohol:** Consuming a lot of alcohol in a short period can weaken the immune system and dehydrate you.

— Stacy Gustin, DO, is a family medicine physician with HonorHealth Medical Group and can be reached at 480-882-7360.

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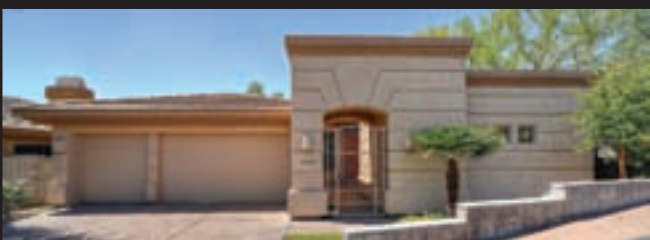
\$3215 East Colter
3 bedrooms, 3 baths, 2,366 square feet



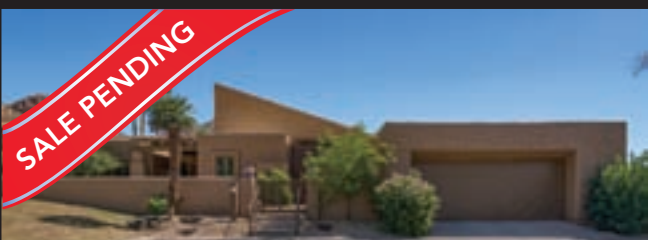
\$825,000 4634 East Calle Tuberia
3 bedrooms, 2 baths, 1,851 square feet



\$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



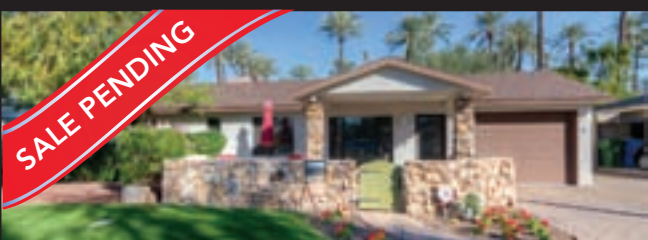
\$874,000 4448 East Camelback #14
3 bedrooms, 2 baths, 2,831 square feet



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



\$350,000 4202 North 42nd Street
Vacant Lot



\$560,000 4326 East Turney Avenue
3 bedrooms, 3 baths, 2,335 square feet



\$325,000 4116 North 42nd Place
2 bedrooms, 1 bath, 1,007 square feet



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



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

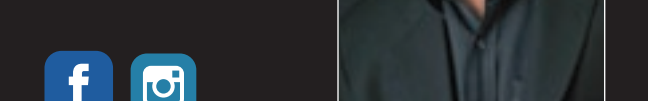


\$925,000 6241 East Calle Redonda
4 bedrooms, 2 baths, 2,600 square feet

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REAL ESTATE

See more Joffe Group listings on the back cover.



Robert Joffe

Arcadia's Premier Real Estate Group

OUR FEATURED LISTINGS \$1,000,000 – \$3,000,000



\$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



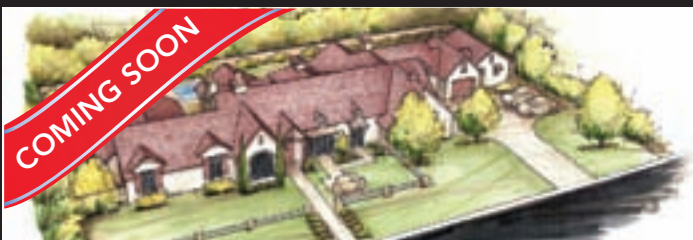
\$1,495,000 5161 East Pasadena
5 bedrooms, 5 baths, 4,093 square feet



\$1,029,000 5555 East Calle Ventura
5 bedrooms, 3 baths, 3,960 square feet



\$1,675,000 6537 East Exeter
CALL FOR INFORMATION.



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



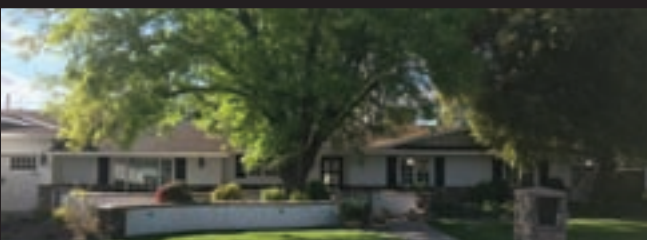
\$1,795,000 5508 E Calle Redonda
4 bedrooms, 5 baths, 3,897 square feet



\$1,044,000 3924 East Montecito
4 bedrooms, 3 baths, 3,400 square feet



\$1,190,000 4430 North Dromedary
4 bedrooms, 3 baths, 3,125 square feet



4012 North 54th Place
CALL FOR PRICING & INFORMATION.



\$1,995,000 4415 North Arcadia Lane
6 bedrooms, 6 baths, 7,873 square feet



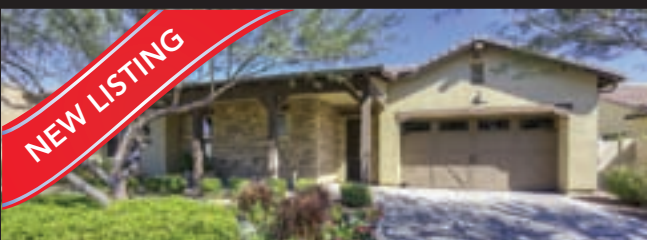
\$1,149,000 4502 East Calle del Norte
4 bedrooms, 4 baths, 3,600 square feet



\$1,129,000 5316 East Calle Redonda
4 bedrooms, 3 baths, 2,850 square feet



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



\$1,150,000 5713 North 77th Place
4 bedrooms, 4 baths, 3,426 square feet

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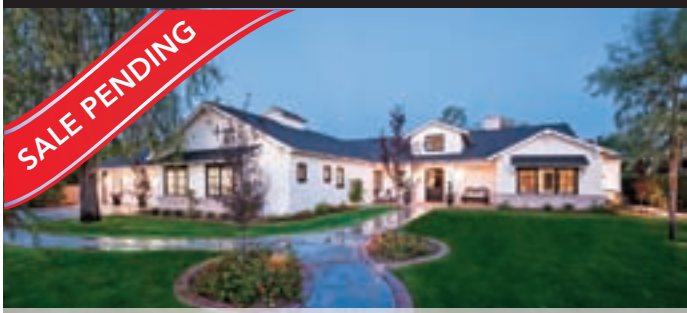
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3101 North Valencia Lane
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\$1,999,000 6064 East Jenan Drive
5 bedrooms, 6 baths, 6,008 square feet



\$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



\$2,275,000 4449 North 53rd Street
5 bedrooms, 5 baths, 4,525 square feet



\$2,995,000 4401 North 61st Street
5 bedrooms, 8 baths, 7,587 square feet



4002 North 54th Place
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\$2,095,000 6424 East Exeter
3 bedrooms, 4 baths, 4,872 square feet



\$2,995,000 5820 East Exeter
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\$2,295,000 6026 East Jenan
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\$2,475,000 6739 North 36th Street
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WHAT'S HAPPENING, ARCADIA?

SATURDAY 4/1

Street Fair

3 – 6 p.m. at Prince of Peace Lutheran Church, 3641 N. 56th St., Phoenix. Start off your April with a good, old fashioned street fair. Hosted by Prince of Peace Lutheran Church, attendees can enjoy live music, burgers and dogs right off the grill, a bounce house, carnival games, dunk tank, silent auction. Tickets are \$12 or \$46 for a family of four. There's even a raffle where you can win a TV! Bring the family and enjoy the warm weather at the POP Street Fair. For more: popphoenix.org.



DogFest Walk 'N Roll at Scottsdale Civic Center Mall, Scottsdale.



Kids in Focus Exhibit at the Arizona Science Center, Phoenix.

DogFest Walk 'N Roll

8:30 a.m. – 12 p.m. at Scottsdale Civic Center Mall, 3939 Drinkwater Blvd., Scottsdale. Today is going to the dogs! Grab your pup, grab a leash and head over to Civic Center Mall for a dog friendly family day. DogFest is a walk and festival benefitting Canine Companions for Independence, a company whose mission is providing trained dogs to people with disabilities. After the walk, there will be a raffle, silent auction, music and games. Bring the family and don't forget the dog! This event is free. For more: support.cci.org.

SUNDAY 4/2

Dinner with Wolves

4 – 7 p.m. at the Southwest Wildlife Conservation Center, 27026 N 156th St., Scottsdale. Looking for a one-of-a-kind dining experience? Look no further, we've got you covered. The Southwest Wildlife Conservation Center and My Sister's Closet present Dinner with Wolves, a dining experience to benefit the Defenders of Wildlife and the Southwest Wildlife Conservation Center. Guests will enjoy cocktail hour and a guided tour of the center, followed by a sit-down dinner with none other than the Mexican Gray Wolf, one of the most endangered mammals in the world. There will also be a silent auction. Individual tickets are \$250. For more: dinnerwithwolves.com.

FRIDAY 4/7

Kids in Focus Exhibit

5:30 – 7:30 p.m. at the Arizona Science Center, 600 E. Washington St., Phoenix. A brand-new exhibit is opening up at the Arizona Science Center, dedicated to Kids in Focus. Sixty photographs taken by 30 at-risk youth will be placed in the CREATE space at the center and will be unveiled on April 7. Each youth was given a point and shoot digital camera and over eight weeks, they were taught by professional mentors how to take the perfect photograph. Beside each photo will be a biography of each student. Come out and show support for Kids in Focus at the Arizona Science Center's newest exhibit. Tickets are \$18 for general admission. For more: azscience.org.

FRIDAY 4/7

The Cocktail Society Soiree

7 – 11 p.m. at the Scottsdale Center for the Performing Arts, 7380 E. 2nd St., Scottsdale. Get ready for a cocktail party you'll be talking about for weeks. As part of the Scottsdale Culinary Festival, you know the drinks will be flowing and the snacks will be plenty. Live music keeps the party going with dueling DJ's, shadow dancers, aerial bartenders and 3D projection mapping. This a 21 and over event. General admission is \$85 and includes complimentary cocktails and all the food you can eat. For more: scottsdalefest.org.

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WHAT'S HAPPENING, ARCADIA?

SATURDAY 4/8

Phoenix Children's Festival

10 a.m. – 6 p.m. at CityScape, 1 E. Washington, Phoenix. Today is going to be the kids! At the Children's Festival, there will be five zones of fun and something for the whole family to enjoy! Activities include face painting, a diaper derby, science experiments, a vendor village, food trucks, live entertainment, and even a chance to meet Peyton List from Disney Channel's *Jessie* and *Bunk'd*. It's a fun day of education and support for local Arizona nonprofits like the Back to School Clothing Drive. Tickets are \$10. For more: phoenixchildrensfestival.com.



Phoenix Children's Festival at CityScape, Phoenix.

Laura's Run

7 a.m. registration begins at Kiwanis Park, 5500 S Mill Ave, Tempe. The 11th annual Laura's Run is here! Benefitting the lung transplant program at the Norton Thoracic Institute at St. Joseph's, Laura's Run will have fun for the whole family. There will be a 10K and 5K, a 1 mile run/walk, doggie trot and kid's dash, but the fun doesn't stop there! There will also be a silent auction, brunch, kids activities and live music. Come down and celebrate the life of Laura Hart Burdick and support a great cause. Registration is \$35. For more: laurahartburdickfoundation.com.

Mimosas and Monet

9:30 – 11 a.m. at the Hermosa Inn, 5532 N. Palo Cristi Road, Paradise Valley. Nothing beats the weekend when you start off with mimosas, and why not add a little art into the mix? Join Carrie Curran Art Studios as artist Carrie Curran teaches guests all the tips and tricks to create your own work of art. This month, Curran will be using acrylic on canvas and guiding guests while they paint their interpretation of the Desert Hollyhock. The class fee is \$75 and includes instruction, art supplies, a mimosa and little breakfast nibbles. For more: hermosainn.com.



Redneck Run at Westgate Entertainment District, Glendale.

SATURDAY 4/8 - SUNDAY 4/9

Scottsdale Culinary Festival

12 – 6 p.m. at Civic Center Mall, 3939 Drinkwater Blvd., Scottsdale. Foodies and drink connoisseurs unite, for the Scottsdale Culinary Fest is back. Prepare yourself for 40 restaurants, 30 craft breweries and 20 bands. There will also be a teen cooking challenge, chef demos, family zone, vodka deck, and the best part—food! Throw those diets out the window and enjoy some of the best food in the valley. Tickets are \$15 general admission with VIP packages available. For more: scottsdalefest.org.

SUNDAY 4/9

Redneck Run

8 a.m. at the Westgate Entertainment District, 6751 N. Sunset Blvd., Glendale. Dust off your flannel and overalls, it's time for the Redneck Run. Get dressed in your best and head over to Westgate, where there will be a 5K, 10K and a plunger relay, plus a country mile for the younger crowd. Live entertainment, carnival games benefitting Dogs on Deployment, food, drinks and an after party at Whiskey Rose; it's a full day of redneckery! Runners will also receive their very own finisher's medal. Registration starts at \$20. For more: redneckrunaz.com.

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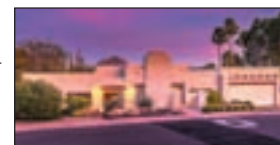
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Sophisticated Santa Fe

Magnificent views from this spacious hilltop 2745 sq ft 3 bedroom, 3.5 baths home in guard-gated Biltmore Greens. Once you step outside...be prepared to have your breath taken away. Large terraced patios overlook the prefect 280 degree views of Camelback Mountain, Praying Monk, the Mountain preserve and the twinkling lights of the city offered at \$979,000.

***Historic Spanish Colonial Revival Estate***

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

***Personal Paradise in Paradise Valley***

Magnificent estate with spectacular 280 degree views of Camelback Mountain, Praying Monk, Phoenix Mountain Preserve and city lights. This unique 9188 sf retreat, on over an acre, features 5 bedrooms, 7.5 baths, executive-size office, formal living room, casually elegant dining room and gourmet kitchen. Master retreat with mountain views, fireplace, his and her closets and baths and attached guest suite. Perfect for entertaining, this home boasts a resort-like backyard with a pool, spa, numerous patios and outdoor kitchen. Adjacent to some of Phoenix's most treasured restaurants, resorts, shopping and great schools!



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WHAT'S HAPPENING, ARCADIA?

WEDNESDAY 4/12

**He Who Laughs Last:
One Liners with the Marshall**

1 p.m. at Scottsdale's Museum of the West, 3830 N. Marshall Way, Scottsdale. It's history and comedy rolled into one! Marshall Trimble, Arizona's official State Historian will be sharing his experiences growing up in Arizona and all the fun of growing up in a "small town." Including all the rage of small town happenings and insights into life in general, Trimble will be sure to have you smiling from ear to ear and remembering how great it is to live in the Grand Canyon state. Tickets include museum admission and are \$13. For more: scottsdalemuseumwest.org.

FRIDAY 4/14 - SATURDAY 4/15

Phoenix Amazing Pet Expo

3 - 8 p.m. on Friday, 10 a.m. - 6 p.m. on Saturday at WestWorld, 16601 N. Pima Rd., Scottsdale. Celebrate all things furry and four-legged. There will be tons of exhibits and rescues on site as well as live demos of obedience training, pet sports, and plenty of education for pet care and activism! Once you're done learning about all things animal, you can watch the talent and costume contests, shop for awesome pet products and take a stroll around the adoption area! This event is free for all ages, including your family's furry friend. For more: phoenixpetexpo.com.



Family Easter Celebration at Snedigar Sports Complex, Chandler.

SATURDAY 4/15

Family Easter Celebration

9 a.m. - 12 p.m. at Snedigar Sports Complex, 4500 S. Basha Road, Chandler. Celebrate Easter the fun-filled way, with an Easter Egg Scramble. The Snedigar Complex will be hosting an Easter Fun Day complete with Easter egg hunts, vendor booths, Easter displays, coloring contests, kids activities, live music, and of course, pictures with the Easter Bunny. Families will also have a chance to enter to win the Family Easter Basket full of awesome goodies! This event is free for all ages. For more: chandleraz.gov.

THURSDAY 4/20

Roars and Pours

5:30 - 8:30 p.m. at the Phoenix Zoo, 455 N. Galvin Pkwy., Phoenix. Take a walk on the wild side for your next happy hour adventure. Guests 21 and older can stroll through select zoo exhibits while sipping on a craft beer or glass of wine. Visit some of your favorite animals, grab a bite to eat, participate in yard games and listen to live music. This happy hour ain't going to the birds! Tickets are \$10. For more: phoenixzoo.org.

FRIDAY 4/21 - SATURDAY 4/22

Front Porch Pickins' Marketplace

9 a.m. - 4 p.m. at Tumbleweed Park, 745 E. Germann Rd., Chandler. If shopping is your game, the Front Porch Market is where you need to be! Shop everything from mid-century to farmhouse, from industrial to urban boho and everything in between. Once you're finished shopping, head over to the Vintage and Classic Car Show to scope out the vendor marketplace, listen to the DJ, grab a bite from the food truck court and check out some awesome vintage wheels. Tickets to each event are \$6. For more: frontporchpickins.com.

SATURDAY 4/22

13th Annual Pat's Run

7 a.m. at Sun Devil Stadium, 500 E. Veterans Way, Tempe. It's time to celebrate and support our military veterans with the 13th annual Pat's Run, part of the Pat Tillman Foundation. There will be a 5-mile run and a kid's run/walk. After the run, there will be a post-race party inside Sun Devil Stadium complete with drinks and music. There will also be medals for everyone that finishes the 4.2-mile race. Registration is \$40-50. Come out and support our heroes! For more: pattillmanfoundation.org.

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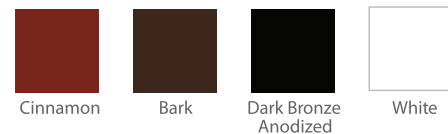
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WHAT'S HAPPENING, ARCADIA?

SATURDAY 4/22

Great Southwest Cajun Fest

12 – 9 p.m. at Dr. AJ Chandler Park, 125 E. Commonwealth Ave., Chandler. Take a trip to a different culture with jazz, blues and swing revival music and bands, Cajun cuisine, themed fun zones including Bourbon Street and the French Quarter. Don your best festival parade attire and get transported to New Orleans in your own backyard. Tickets are \$10. For more: southwestcajunfest.com.

SATURDAY 4/22 - SUNDAY 4/23

Arizona Women's Expo

10 a.m. – 5 p.m. at the Phoenix Convention Center, 100 N. 3rd St., Phoenix. The Arizona Women's Expo features over 500 exhibits showcasing fashion, home, cooking, health, fitness, finance and everything in between. Spend the day watching fashion shows, getting a makeover in the beauty bar, watch cooking demos, meet and greet with celebrity authors, and enjoy being you! Tickets are \$10 for general admission. For more: azwomensexpo.com.

SUNDAY 4/23

Team Taylor's Arcadia Family Fun Run

8 – 10 a.m. starting at 48th Street and Canal. The 5th annual Team Taylor



Team Taylor's Arcadia Family Fun Run.

Arcadia Fun Run is here! Starting at O.H.S.O., participants will run or walk through the Arcadia neighborhood in remembrance of Taylor Paige Cosmas and other children who lost their lives to Sudden Infant Death Syndrome. Team Taylor raised \$142,000 last year, and this year's goal is \$160,000 with 1,200 participants to benefit SIDS research, education and prevention. Registration is \$35 and this event is for all ages. For more: teamtayloraz.com.

FRIDAY 4/28

Stomp

8 p.m. at the Orpheum Theatre, 203 W. Adams St., Phoenix. A musical performance where the instruments are anything but ordinary! This eight-member group uses everyday items like matchboxes, brooms, garbage cans and wooden poles to create their intense musical masterpieces. They've performed on multiple national television shows and garnered rave reviews, and now

it's your turn to experience the rhythm and music. This is an all-ages show. Tickets start at \$40. For more: theaterleague.com.

SATURDAY 4/29

JDRF Rock & Run 5K

6 p.m. at Sloan Park, 2330 W. Rio Salado Pkwy., Mesa. The Juvenile Diabetes Research Foundation presents its newest fundraising event: the Rock & Run 5K! Participants can come down to the Cubs Spring Training Stadium and listen to live entertainment, grab a bite from various food trucks and take a walk around the vendor village in preparation for the 3-mile run! Registration is \$40. Proceeds will benefit the JDRF. For more: dsw.jdrf.org.

SUNDAY 4/30

Plated and Staged

5 – 10 p.m. at the Herberger Theater, 222 E. Monroe, Phoenix. Enjoy an evening of fine dining and entertainment at Herberger Theater's Plated and Staged event. The evening begins at the theater with hors d'oeuvres, live entertainment and a silent auction. Dinner will follow, but here's the surprise: you won't know where you're dining until you get there! There will be multiple stops, so make sure to save room for each course. This event will benefit the theater's youth outreach programs. Individual tickets are \$225 per person. For more: herbergertheater.org.



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6096C MB16-NMD01Gc

OUT OF THE AREA, BUT WORTH THE DRIVE

SATURDAY 4/1

Blessing of Sonoita Vineyards Festival

10 a.m. – 4 p.m. at Sonoita Vineyards, 290 Elgin-Canelo Rd., Elgin. If wine is your drink of choice, this is one event you won't want to miss. The 39th annual Sonoita Vineyards Blessing of the Vineyards is hosting a day of vino and fun with the blessing at noon, a wine tasting including a souvenir glass, food pairings, winery tours. Come out and try a sample of the newest releases. Lunch is available for purchase. Tickets are \$25 at the door. For more: sonoitavineyards.com.

FRIDAY 4/7 - SUNDAY 4/9

Medieval Merriment

10 a.m. – 6 p.m. at Rock Springs, 35900 S. Old Black Canyon Highway, Black Canyon City. If you can't get enough of the Renaissance festival, don't you worry, Rock Springs has you covered with Medieval Merriment! Travel back to the olden days and enjoy seven acres of exhibits, booths, entertainment, the food fair and beer garden, games and rides for the whole family to enjoy. Plus, you can bring home your own piece of the medieval with treasures from the Medieval Marketplace. Tickets are \$7.50.



Medieval Merriment at Rock Springs, Black Canyon City.



Hare Raising Fun Easter Scramble at Show Low City Park, Show Low.

Enjoy the beauty of the Bradshaw Mountains and the fun of the medieval era. For more: medievalmerriment.com.

SATURDAY 4/8

Hare Raising Fun Easter Scramble

8 – 11 a.m. at Show Low City Park, 1100 W. Deuce of Clubs, Show Low. Escape the rising temperatures and head up to Show Low for your Easter holiday. Starting with the Bunny Dash 2K, kids can hop, jog and sprint the trail for fitness

and treats and then head over to the Easter Candy Scramble at the park. There will also be a raffle and grand prizes for each age category. You can also have your picture taken with the Easter bunny! Timber Mesa Fire Department will also be on site offering fun and educational demonstrations. For more: showlowchamber.com.

Lantern Festival

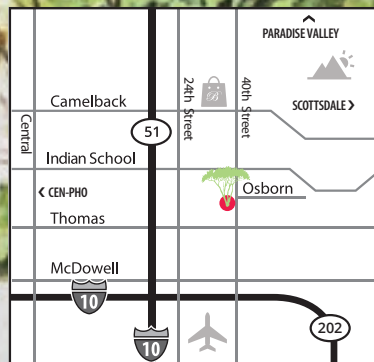
2 – 9 p.m. at Schnepf Farms, 24810 E Rittenhouse Rd, Queen Creek. Time to ring

in spring and light up the night sky with the Lantern Festival. Before the lanterns are let go, guests can enjoy food, live music, stage entertainment, princesses, face painting, s'mores and balloon artists. When the sun finally goes down, you'll receive a lantern that you can let loose into the night sky. Make a wish and set it free, that's the way to make sure it comes true! Tickets are \$40 for adults and \$7 for children. For more: schnepffarms.com.

THURSDAY, APRIL 6
VIP BROKER EVENT
(registration required)

SATURDAY, APRIL 8
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OUT OF THE AREA, BUT WORTH THE DRIVE

FRIDAY 4/14 - SATURDAY 4/15

Tunes and Tacos Festival

6 – 9 p.m. Friday and 11 a.m. – 11 p.m. Saturday at the Desert Sun Stadium, 1280 Desert Sun Drive, Yuma. It's a festival celebrating the best dish in the world: tacos! Friday kicks off with the selection of the 2017 Salsa Queen and guests can come out and try over a dozen different kinds of salsa. Then, Saturday is the Tunes and Tacos Festival with the Taco King competition, live entertainment, two kid's zones with carnival rides, drinks and a complimentary tequila tasting. Spend your weekend filling up on tacos! Admission is \$1. For more: tunesandtacos.com.



Tunes and Tacos Festival at the Desert Sun Stadium, Yuma.



Becoming an Outdoors Woman at Camp Friendly Pines, Prescott.

SATURDAY 4/15

Penitentiary Pint Fest

3 – 7 p.m. at the Yuma Territorial Prison State Park, 1 Prison Hill Rd., Yuma. Join the Fort Yuma Rotary Club for an afternoon of craft beers, yummy eats, and live entertainment. Samples of craft brews from all over the valley will be on site and live music will be provided by Downtime. This is a 21 and over event. Tickets are \$35 to \$45. For more: fortyumapintfest.com or fortyumarotary.org.

FRIDAY 4/21 - SUNDAY 4/23

Becoming an Outdoors Woman

Times vary, at Camp Friendly Pines, 933 E. Friendly Pines Rd., Prescott. Learn all the skills you need to survive the wild world outdoors! Women 18 and older are invited to Camp Friendly Pines to learn adventure and life skills such as camping, fishing, rappel, hiking, cooking with Dutch ovens, and a range of outdoor recreational skills. Registration is \$235 and includes meals, lodging and classes. For more: azwildlife.org.

SUNDAY 4/23

Taste of Chocolate

2 -4 p.m. at Doubletree Reid Park, 445 S. Alvernon Way, Tucson. Chocolate lovers, your day has come! The 9th annual Rincon Rotary's Taste of Chocolate Festival is here! Local chefs and chocolatiers will be on site sampling all of their delicious treats. There will also be a raffle and wine and beer tastings. Head over to Tucson and fill your belly with the best chocolates from the locals. Tickets are \$15 and benefit local education initiatives. For more: tucsontasteofchocolate.org.

THURSDAY 4/27-SUNDAY 4/30

Verde Valley Birding & Nature Festival

Times vary, at Dead Horse Ranch State Park, 675 Dead Horse Ranch Rd., Cottonwood. The 17th annual Verde Valley Birding and Nature Festival is back again with all things nature. During the next four days, guests can sign up for various field trips and local tours of the area, and attend workshops and seminars like Photo Safari, Sycamore Canyon, Canoe Brunch and Bird Walks. There will also be activities for kids as well as exhibits and key note speakers. Prices vary for specific activities. For more: birdyverde.org.



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Views! Views! Views! If you're looking for an amazing home under a million bucks check out this DC Ranch beauty. 3000' with \$150,000 pool, spa, cabana, swim up bar with unobstructed mountain and city views. \$950,000

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9402 E. ROCKWOOD \$1,450,000

SOLD 3/31



4102 E. PATRICIA JANE \$850,000

SOLD WITH BUYER 3/27



3610 N. 49TH PLACE \$749,000

SOLD 3/10



4008 N. 45TH PLACE \$675,000

PENDING WITH BUYER



6929 N. 10TH STREET \$389,000

SOLD 3/16



3808 E. AMELIA \$425,000

SOLD 3/6



8225 E. PICCADILLY \$300,000

SOLD WITH BUYER 3/10



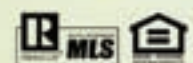
5150 N. 20TH STREET \$185,000



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Between sharing knowledge, staging events and visiting industry market shows together, Berridge Nurseries owner Christine Fortman (left), her mother Meredith Walton and sister Melinda Walton run the operation as a true family affair.

For the love of roses: Berridge Nurseries turns 80

By Elaina Verhoff

Christine Fortman has a thing for flowers. And it's no wonder. A third-generation nursery owner, she is gearing up to celebrate the 80th anniversary of Berridge Nurseries, a local independent business founded by her grandfather Jim Berridge Jr.

Berridge Nurseries, located at 46th Street and Camelback Road, has been a "happy place" for generations of Arizonans. The nursery first opened on Central Avenue and Earll Drive in 1938, then moved to Camelback Road and 16th Street in 1952. It was nearly 40 years ago that the nursery moved to its current location.

Fortman remembers running around the lush property as a toddler with her sister Melinda and cousin Kate before moving up to a position behind the cash register in high school. Today, Fortman and Melinda run the nursery's daily operations while their mother, Meredith Walton remains very involved.

"Our mother frequently shares her advice and experiences from running the business more than 40 years," Fortman says. "We tour growing grounds and travel to industry market shows each year. It is truly a family affair."

In a world where local independent

19TH ANNUAL ART IN THE GARDEN

Saturday, April 8, 9 a.m. – 3 p.m.

Berridge Nurseries

4647 E Camelback Rd, Phoenix, AZ 85018

businesses come and go and big box stores reign supreme, what keeps the family-owned nursery going strong after 79 years? Its location nestled in the shadow of Camelback Mountain and Zen-like ambiance make Berridge a true destination. Fortman says customers rely on Berridge staffers for their industry knowledge, as almost all are certified nursery professionals and/or certified master gardeners.

"We have several employees who have been with the nursery for almost 20 years, and one has been here over 45 years," Fortman says. "This is a chosen profession they love."

Kathy Rice, a Berridge customer for over 15 years, first started coming to the nursery when she moved here from Ohio. As a Midwest transplant, Rice says she needed some serious guidance to understand which plants would work in the Arizona climate, noting Berridge saved her a lot of money by helping her choose plants that would thrive in the desert.

"It's laid out so beautifully and everyone



Berridge Nurseries founder Jim Berridge Jr., whose favorite plants were roses.

is incredibly helpful with recommendations," said Rice.

The close relationship between customers and staff benefits the nursery too.

"We learn about popular trends, interests and needs, because our long-term customers are very open with their feedback," said Fortman. "Because of this, we are better able to source the products

that are in high demand."

And what is in demand these days? Arcadians are crazy about Iceberg Roses, the nursery's top selling rose variety. And when it comes to roses, with more than 100 varieties, Berridge is the place to go. Roses were Fortman's grandfather's favorite crop.

Fortman says her family plans to continue to serve future generations of Arcadians.

"We love what we do and hope that it shows!"

Mark your calendar for Saturday, April 8, and bring the whole family to the 19th Annual Art in the Garden at Berridge Nurseries. The event will feature food trucks, gardening sessions, cooking demonstrations by a local chef plus artists and farmers' market vendors selling a selection goods throughout the nursery's sprawling grounds.

Confirmed artists and vendors include Iconic Cocktail, Noble Bread, Mama's Cold Brew, Bear and the Honey Specialty Bakery, Belinda's Pickles, Quarter Circle 70, The Oxide Studio, Beth Allen, All the Tiny Pieces, Mary Opat, Ann Osgood, and Queso Good gourmet quesadilla food truck.

— Find more info on Berridge Nurseries Art in the Garden at <http://bit.ly/2n828tw>.

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25 YEARS



10/1995
Hard Rock Café opens at 24th Street and Camelback.



07/1995
The 48th Street Crosscut Canal project begins with plans for a greenbelt path for walkers and bikers.



04/1993
Arizona Parenting partners Greg Stiles and Ken Mattern create a new community newspaper for the area. Called *Arcadia News*, the first edition is light at 16 pages, but it does turn a profit.

06/1995
Arcadia News updates its image with a new cover and logo.



06/1997
Scottsdale Fashion Square starts expansion project.



03/1999
Construction starts on Citrus Plaza, a new retail strip on the southeast corner of 48th Street & Indian School.



01/1999
Scottsdale Museum of Contemporary Art opens.

12/2001

Arcadia News is sold to Greg A. Bruns, who started at the paper as a writer. The first issue under Bruns is March 2002.



04/2001

Craig and Kris DeMarco open their first venture in Arcadia: Postino Winecafé. Set in the former Arcadia post office building, the successful wine bar is a welcome new neighbor.

ARCADIA NEWS

12/2005
An update to the iconic tree completes the logo.

ARCADIA NEWS

04/2003
A new logo for the paper and the business.

1993

1994

1995

1996

1997

1998

1999

2000

2001

2002

2003

2004

2005



03/1994
Arcadia News moves from a tiny office at 61st & Indian School into its new home at 48th and Thomas.



07/1996
Arcadia's popular 4th of July Parade tradition begins.

06/1998

Arcadia High's baseball team goes to state finals for the first time since 1961.



06/1998

Freelance writer, Greg A. Bruns, is hired to write *Straight Up with a Twist*, a new humor column featured in the paper.



03/2000

Councilman Greg Stanton is appointed, and begins authoring a column in the *Arcadia News*.



04/2002

The paper gets a cover makeover by new owner, Greg A. Bruns.

08/2002

Arizona Falls, Arcadia's first hydroelectric facility, is unveiled at 56th Street and Indian School.



02/2004
Safeway Center at 48th Street & Indian School gets an overhaul.



01/2004
Arcadia News moves into its own building at 3850 East Indian School Road.



02/2004
President Bush dines at the Tee Pee. *Arcadia News* is there to capture the moment.



10/2004
AJ's Fine Foods opens at 44th Street and Camelback.



03/1994
Crowds mingle with celebrities as Planet Hollywood opens its doors at Biltmore Fashion Park.



11/1994
Arcadia News is sold to Locomotive Enterprises, which is owned by a husband and wife team, who will run the paper for the next eight years.



11/1994
The 2nd annual Great Arcadia Picnic is held at Arcadia Park, benefiting Arcadia Pride.



09/1998

Phoenix Swim Club is pictured on a Team Cheerios cereal box.

ARCADIA NEWS



12/2009

Arcadia News wins first awards from the national Association of Free Community Papers.



09/2011

The Arcadia News Teachers We Love campaign is born. This program offers a way to publicly recognize those teachers who make a difference.

01/2011

Arcadia News is nationally recognized by the Andrew E. Shapiro Foundation for breast cancer coverage in October 2010.



12/2013

Essence Bakery arrives in Arcadia. Two doors down from the Arcadia News office, our staff is soon smitten with their French macarons.

06/2013

Special Kids Corner features "Paper Boat" pullout project, a cool way to bring newspaper to life.

04/2017

New masthead featuring 25th Anniversary logo created to commemorate milestone.



05/2015

Frank Lloyd Wright in Arcadia - previously unattributed photo discovered by Arcadia News.



04/2015

Titans basketball makes it to first ever title game.

07/2009

The historic R&G Ranch is sold to MidFirst Bank, future uncertain.

2/2009

The Arcadia News building goes Hollywood when America's Most Wanted transforms the office into a Wyoming sheriff's station for an episode about Ben Bradley, whose killer is still unknown.



12/2009

Arcadia News wins its first Arizona Press Club Award - a unique award from news peers.



11/2007

Arcadia News launches Arcadia Home, a new publication focusing on the "distinctive homes in this distinguished community."



05/2005

Arcadia News awards its first scholarship to Al Haddad, an Arcadia High student who will go on to graduate from Georgetown.



05/2005

Organized by Arcadia neighbors, Heed the Speed Campaign kicks off.

2006

2007

2008

2009

2010

2011

2012

2013

2014

2015

2016

2017

01/2006

Valley Sports Ledger begins reporting on youth sports in Arcadia, forming the paper's first official sports section.



10/2006

Arcadia High School's massive transformation showcased on the cover.

03/2008

Arcadia News goes primetime and launches its first full-color issue.

10/2008

Editor Dale Messmer initiates an Arcadia News intern program for journalism majors at ASU.

02/2010

Atlas Sculpture unveiled at Arcadia High School.

03/2010

Arcadia News Photo Contest begins, which leads to some great photos from our readers. Some are good enough to be used for the cover.

08/2010

Arcadia News sponsors new "Pink Light District" for breast cancer research and support.

04/2012

20th Anniversary cover with faces of all the people who have appeared in the Arcadia News.

06/2012

Historic Resorts makes its first appearance.

07/2014

Arcadia High School track team wins first state championship after 30 years.

11/2014

Katie Mayer's photo of Double amputee Army Veteran skateboarding wins award.

05/2016

AZ Oddities - 9 Unique Pitstops - award-winning illustration from designer Gabe Turner.

06/2016

Arcadia News picks up 11 awards at AFCP Conference in San Diego, continuing streak of seven years.

ARCADIA NEWS

Arcadia News 25th Anniversary Feature

-FROM THE PUBLISHER-

How Teachers We Love was born

By Greg A. Bruns

High school was a very difficult time for me, so I loathed the idea of pursuing more education after graduation. In my mind, geography and math were instruments of torture and I barely made it through those two subjects. I planned to forego college and work my way up the corporate ladder. At the suggestion of my father, I enrolled in night classes at Scottsdale Community College, just to keep busy and stay fresh. After a couple years of this, I realized I really needed a college degree. The only obstacle I saw were some core classes that I couldn't get around no matter what: geography and math.

I decided to tackle geography my first semester. I convinced myself I was going to hate it, but I could at least get a passing grade and be done with it. But I ended up with a geography professor who thought otherwise and took a specific interest in me, challenging me in geography while motivating me in the realm of higher education. He helped me see past the limitations I had put on myself and encouraged me to become the best me that I can be, however clichéd that sounds.

Three years after that GEO101 class, I graduated with honors from NAU, with my bachelor's degree in... wait for it... geography. My emphasis was in computer cartography (map making), and in a roundabout way, that led me to the Arcadia News, designing ads and writing copy.

In 2010, I tried to track down my old professor to say thank you. When I couldn't find him, the Teachers We Love program was born, to encourage others not to wait too long to say thank you like I did.

Nearly everyone has that special teacher

who made a difference, but not everyone has a chance to convey their gratitude. We wanted to come up with a way to help people express their appreciation and give that special teacher the recognition they deserve.

The Arcadia News Teachers We Love program has been a great success, affording nearly 50 students and families the opportunity to publicly say thank you to a special teacher who has made a difference.

Entry forms are available on our web site, and every month we select one entry by committee. After coordinating with the nominator and the school administration, we make a surprise visit to the teacher's

classroom to present the award. The smiles and looks of surprise we capture are genuine and it can be an emotional moment, with the student and family there to help

us present the award. We provide an official "Teacher We Love" certificate, gifts to local restaurants and spas, and we invite the winners to a special teacher's luncheon at the end of each school year.

I'm thankful for our sponsors, Postino and The Phoenician Spa, who help make each teacher award extra special with their gift certificates. It has been an honor to bring joy to these teachers since we started this program six years ago.



There are only a couple months left in this 2016-17 school year, so nominate the teacher who makes a difference in your life on our web site: arcadianews.com.

While writing this special anniversary update about the TWL program, I learned that my old professor still works in the Maricopa Community College system, teaching geography to those who are interested. I'm already writing my letter of thanks.

TEACHERS WE LOVE RECIPIENTS

SCHOOL	TEACHER
2011-2012	
Christ Lutheran	Jennifer Palmer
Archway Veritas	Jennifer Herndon
Hopi	Patti Bodenave
St. Thomas the Apostle	Charlene Mills
New Way Academy	Barbara Fuller
ANLC	Elizabeth Missal
Arcadia High	Barb Thomas
St. Theresa	Molly Woods
Christ Lutheran	Mrs. Perry-Clark
2012-2013	
Ingleside	Cathy Rathburn
ANLC	Kelly Plowman
Biltmore Prep	Mary Sleasman
Hopi	Dianne Ruderman
Christ Lutheran	Kristine Krause
St. Theresa	Gloria Peneda
Biltmore Prep	Ana Contreras
2013-2014	
Ingleside	Collete Jobin
Tavan	Jenny Martin
ANLC	Kathy Mason
St. Thomas the Apostle	Kelly Schurman
Hopi	Whitney Keeler
Biltmore Prep	Sarah Irizarry
Hopi	Livia Rice
St. Thomas the Apostle	Zach Zipser
2014-2015	
Hopi	Nann Horton
Ingleside	Ari Blankstein
Christ Lutheran	Liane Brinkman
Veritas	Cindy Farmer
Hopi	Ruth Elwardt
Arcadia Montessorri	Michele Brick
Christ Lutheran	JoAnne Owens
Ingleside	Erin Kadera
Hopi	Allison Bosworth
2015-2016	
St. Theresa	Mary Griffin
Xavier	Gina Nunez
St. Thomas the Apostle	Emma LeBlanc
Tavan	Shelly Rose
Archway Veritas	Raymond Davison
Arcadia High & Ingleside	Claudina Garcia
Biltmore Prep	Brynn Bennett
Phoenix Country Day School	Maurine Fleming
Hopi	Debbie Voris
2016-2017	
Biltmore Preparatory	Kelli Louis
Arcadia High	Richard Fairchild
Hopi	Nicole Packer
Christ Lutheran	Rhiannon Greder
Ingleside	Tom George
Archway Veritas	Megan Opitz

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PENDING

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5447 E. Lafayette Blvd. - \$1,995,000



REDUCED

6332 E. Earll Dr. - \$499,000



NEW LISTING

1333 E. Georgia Ave. - \$510,000

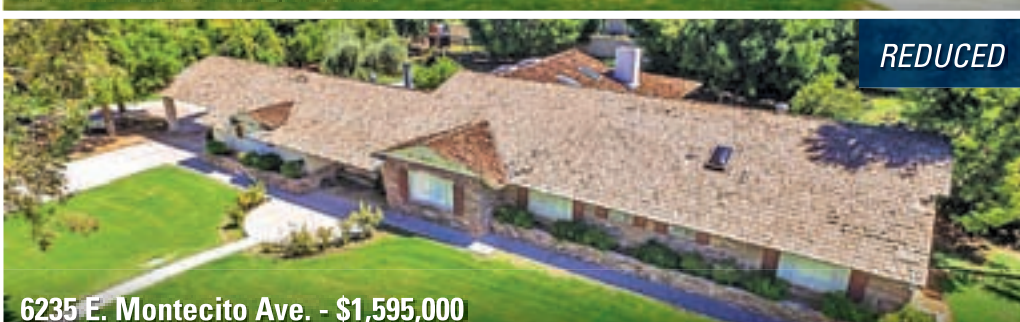


4021 N. 59th St. - \$1,395,000



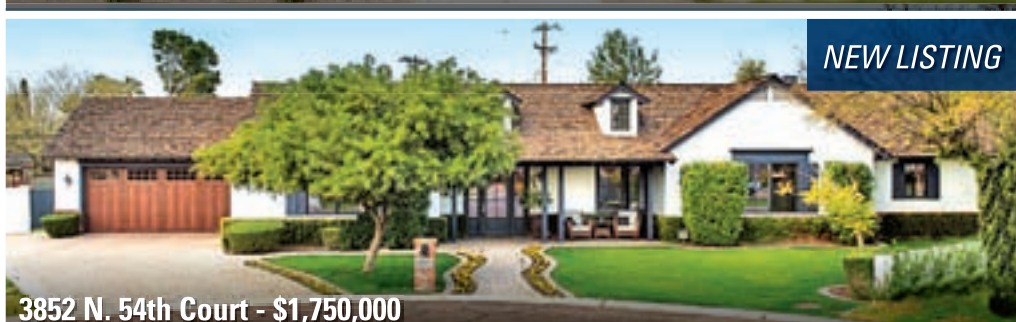
NEW LISTING

600 E. Colter Street - \$749,000



REDUCED

6235 E. Montecito Ave. - \$1,595,000



NEW LISTING

3852 N. 54th Court - \$1,750,000



NEW LISTING/NEW CONSTRUCTION

6109 N. 33rd Street - \$3,195,000



PENDING

5411 E. Calle Redonda - \$1,049,000



PENDING

6328 N. 30th Place - \$870,000

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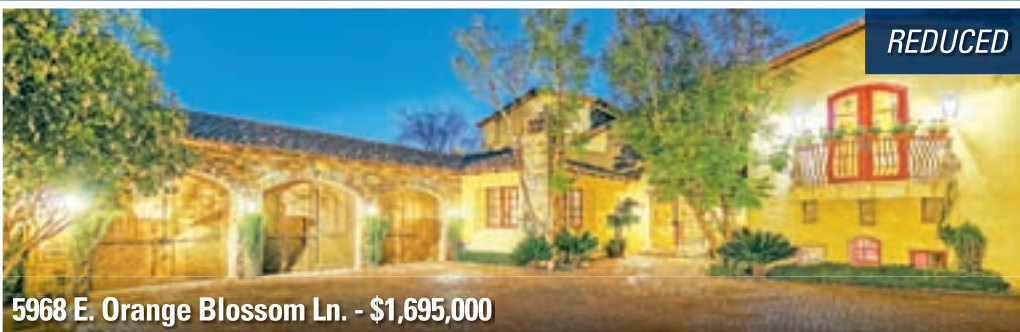


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3431 N. 51st St. - \$640,000

PENDING

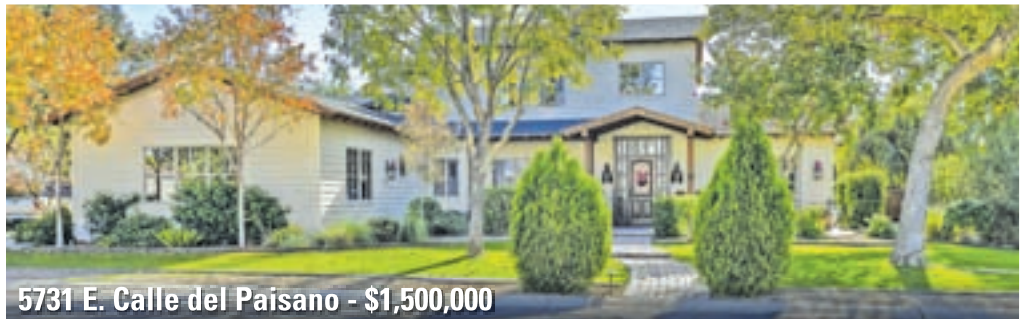


6601 E. Meadowlark Lane - \$2,890,000

NEW LISTING

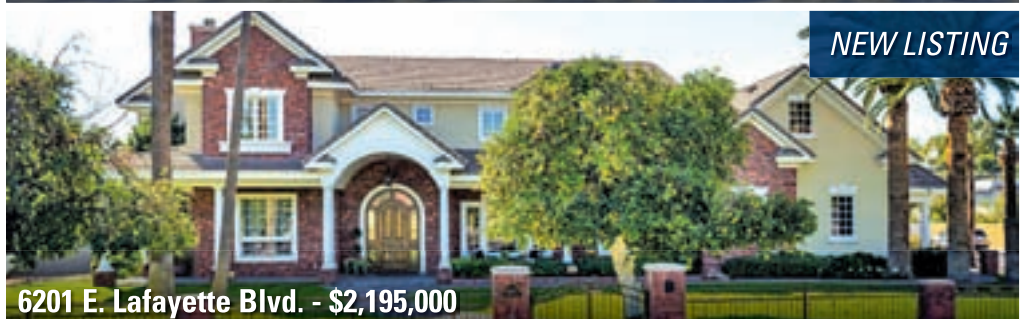


4562 E. Calle Redonda - \$1,825,000



5731 E. Calle del Paisano - \$1,500,000

NEW LISTING



6201 E. Lafayette Blvd. - \$2,195,000



5105 E. Exeter Blvd. - \$3,875,000

NEW LISTING



4115 N. 50th Place, Hilker Estates - \$1,825,000

PENDING



5840 E. Lafayette Blvd. - \$2,875,000

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PLACES WE LIKE

HILLSTONE RESTAURANT

2650 E. Camelback Road, Phoenix
hillstone.com

By Nick Smith

Spring is the time when most people finally emerge into the outdoors and enjoy the sunshine. In the Valley, it's the cue to rush out and enjoy those final weeks before we have to retreat to the safety of our air conditioners. And there are few better ways to enjoy the April weather than sitting on the porch of a good restaurant.

One of the best places to combine a late afternoon on a patio with a fancy dinner is Hillstone Restaurant. Well known around the area as a go-to spot for a steak dinner, Hillstone features a large open patio that faces toward Camelback Road. The outside décor is sophisticated, but welcoming, with setups for both intimate dates or friends meeting for drinks.

Sometimes you can avoid crowds at a restaurant by making your dinner plans earlier in the week. This isn't going to happen at Hillstone. The secret is long out and even before seven o'clock on a Tuesday evening, the patio and indoor dining areas are packed. That said, the service is attentive and accommodating, making the waiting and seating process a smooth one.

The food at Hillstone is made from scratch, which makes it a breeze for anyone needing a dish modification for a food allergy. While its reputation tends to revolve around the steaks, there are diverse options on the menu. Anyone looking to go the seafood route will have some decision making to do. Hillstone offers a House-Smoked Salmon starter, Yellowtail Sashimi and Seared Ahi Tuna, as well as a full sushi menu.

The menu offers classic dishes with unique and attractive presentations. Of particular note is the Classic Caesar, taking a dish that could be found anywhere and elevating it with a beautifully prepared plate. The Cowboy vinaigrette is a stand out, and one recommendation is to get the salad topped with crispy oysters.

The Hillstone Cheeseburger is a mouthful, with two large toothpicks needed to hold everything in place. The egg bun sandwiches



Filet Mignon



Hillstone BBQ Ribs



Hillstone Cheeseburger



Hillstone Grilled Chicken Salad

perfectly cooked chuck steak and brisket, topped with heaping helpings of mayonnaise, tomatoes, lettuce, pickles and barbeque sauce.

If this sauce from the burger just isn't enough, move onto the Barbeque Pork Ribs. You'll be rewarded if you're up for the challenge of eating ribs at an upscale restaurant, with the meat sliding right off the bone. The steaks are the stars of the show and there's really not a way to go wrong here, with Hawaiian Rib-Eye, Prime New York Strip and USDA Prime Filet, recommended served at medium or below.

Whether you enjoy darkened indoor booths or watching the sunset on the open-air patio, Hillstone's plates will most likely end your spring evening on a good note.

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Arcadia News 25th Anniversary Feature

STANDING THE TEST OF TIME

Publisher's Note: Below are some area eateries that Bruce G. Levitta found that have lasted at least 25 years. They are listed according to their number of years in business. The area covered is from 16th St. to 56th St. in the Arcadia area. Although we did our best to try and include all long-standing restaurants, there is always a chance that we may have inadvertently left one out. Let us know if you know of any we may have missed.

	YEARS IN OPERATION
El Charro 56th and Lincoln	80
Pete's Fish & Chips 44th and Indian School	70
Miracle Mile Deli 16th and Camelback	64
Tee Pee Mexican Food 43rd and Indian School	59
Duck & Decanter 16th and Camelback	45
Chicago Hamburger Co. 38th and Indian School	42
Tomaso's 32nd and Camelback	40
Vincent's on Camelback 40th and Camelback	31
Greekfest 20th and Camelback	28
Lon's at the Hermosa 36th and Stanford	23
5 & Diner 16th and Camelback	28
Christopher's/Crush 24th and Camelback	27
Keegan's Grill 32nd and Camelback	27
Streets of New York 44th and Camelback	25+

The Valley's ever-evolving restaurant world

By Bruce G. Levitta

Without question, the Valley of the Sun is, and continues to be, the quintessential hotbed for culinary venues. Nowhere is that more evident than the ongoing torrent of new restaurants in Arcadia and the surrounding area.

At one point a couple of years ago, an idea was floated around by a few restaurateurs to officially designate a portion of East Camelback Road as *Restaurant Row*, complete with its own sub-street signage. Alas, that effort never saw much traction though the idea was indeed novel.

While the esteemed Camelback Corridor itself may be considered to have a significant chunk of restaurants of nearly every conceivable concept and service level — from fast food to fine dining, other nearby real estate is staking its own culinary claim.

Neighboring Indian School Road, from about 28th to 56th St., continues to witness escalating restaurant growth. And then there is one street that some might coin *Mini Restaurant Row*. Astronomic culinary growth has recently prevailed along a newly gentrified north Central Phoenix hood within a one-mile stretch of asphalt on 7th St. from Camelback Road north to Bethany Home Road, with several restaurants having recently jumped into the frenzied culinary fray.

Famed mathematician, astronomer and physicist, Sir Isaac Newton, memorialized this widely used idiom, "What goes up must come down."

Loosely interpreted in the context of restaurants, many succeed



and remain lofty while a significant number of others implode for any number of reasons and forever disappear from our landscape.

To be fair, long established eateries that eventually close their doors certainly do not always indicate failure. Like any other successful business, it could be easily attributed to *time*. Two clichés come to mind: "Nothing lasts forever" and "Change is inevitable."

Make no mistake, even when faced with a stacked deck, corporate culinary entities and independent restaurateurs alike don't seem all that discouraged to take a leap of faith, albeit risky, to open new eateries locally and around the country.

These lists tell a tale. The first contains a multitude of local-area eateries that have come and gone for any number of reasons over the past 20-plus years. The more encouraging list recognizes local eateries that have stood the test of time for at least 25 years and beyond. A handful have even reached 30, 40 years and even longer! It's a safe bet to assume that after eyeballing the "Gone List," many long-standing Valley residents will remark, "I remember that place!" Whether fondly or not, collectively we will never know.

As for those notable eateries still active and successful, let's hope they continue forward, despite the sheer and overwhelming competition that seemingly never ends.

— Bruce G. Levitta is the retired founding editor-publisher of Camelback Corridor News Magazine. Currently he is an independent Special Memories Profile Biographer.



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RESTAURANTS – GONE BUT NOT FORGOTTEN

As the retired editor-publisher of *Camelback Corridor News Magazine*, I tracked for 20-plus years an astonishing number of area eateries that came and went. That ever-growing list was published each spring in the magazine’s annual culinary edition. And what an absorbing read it was, especially for those following the churning culinary scene. Not surprisingly, nostalgia played a part with readers of a certain age who pined more for many of their dearly departed eateries as opposed to the plethora of new venues popping up like bunnies.

— Bruce G. Levitta

- | | |
|---|---|
| <ul style="list-style-type: none">• A Taste of Philadelphia• Aiello's• Angelo & Maxie's• Arnie's Deli• Baby Kay's Cajun Kitchen• Bahama Breeze• Bamboo Club• Barmouche• Black Angus• Black Chili Grill• Bistro 24 (inside former Ritz-Carlton-Phoenix)• Blue Burrito Grille• Chap's Ribs & Whiskey• Chevy's Mexican Restaurant• Chili's Grill & Bar• Cork 'N Cleaver• Country Glazed Ham Co.• Coyote Springs Brewery & Café• Cucina! Cucina Italian Café• Deemo's American Grill• Del Frisco's Grille | <ul style="list-style-type: none">• Ed Debevic's• Eddie Matney's• Ellington's (now Omaha Steakhouse in Embassy Suites/Biltmore)• 40th Street Grill• Felsen Haus• Fuddrucker's• Garcia's on Camelback• Hard Rock Café• Harris' Restaurant (now Donovan's Steakhouse)• Havana Café• Hollywood Deli• Hops! Bistro & Brewery• Houlihan's Old Place• Houston's (now Hillstone)• Hungry Hunter• Il Forno/Daniel's• Iannucci's Italian• Kool Hop• La Fontanella• La Madeleine French Bakery & Café• Lola Tapas |
|---|---|

- Lone Star Steak House
- Lunt Avenue Marble Club
- McCormick & Schmick's Seafood
- Manuel's Mexican Restaurant
- Marco Polo Supper Club
- Mary Elaine's at The Phoenician
- Maizie's Bistro
- Milano's
- Milton's
- Morton's the Steakhouse
- My Big Fat Greek Restaurant
- Nina L'Italiana Ristorante
- Nixon's
- Norman's Arizona
- Nosh-A-Rye
- ObeChine
- Orangerie at the Arizona Biltmore
- Oscar Taylor
- Pasta Segio
- Picazzo's Organic Italian Kitchen
- Pizzeria Uno
- Planet Hollywood
- The Fish Market (now Bluewater Grill)
- Radio Milano Café
- RoxSand
- Roy's of Phoenix
- Ruth's Chris Steakhouse
- Sam's Café
- Scholtzsky's Deli
- Sesame Inn

- Spaghetti Western Pizzeria
- Steamed Blues
- Steamer's Seafood
- Souper Salad
- T-Bone on Central
- Tapas Papa Frita
- Taylor's Cafe
- The Downside Grill
- The French Corner
- The Good Egg
- The Eggery
- The Grind
- The News Café
- The Velvet Turtle
- Todai Japanese Restaurant
- Tomatoes Bistro
- Tony Roma's a Place for Ribs
- Tuchetti
- Vatra Grillhouse
- Victoria Station
- Western Pizza
- Windows on the Green (in The Phoenician Resort)
- Zen 32
- Zona Rosa
- Zorba's Greek & Italian Restaurant

Declaration – The names appearing in this list are most, but not all-inclusive of restaurants that have come and gone onto the local scene since 1990.

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A fitness expert's answers to most frequently asked questions

By Andrea Barkley

Have you ever wanted to pick a nutrition coach and personal trainer's brain for a few minutes and ask your most burning fitness questions? After nearly ten years in the industry, I am glad to share my top ten questions and answers with you this month!

1. Are carbs bad for you?

Well, it depends. Is your carbohydrate

FOOD WISE

consumption relative to your activity level? Typically, the more active you are and the more you exercise, the more carbs you need, unless you eat enough healthy fat to use as a fuel source.

Carbs that fuel a fit lifestyle can keep your

metabolism revved, give you energy and slay sweet cravings.

Fruit, sweet potatoes and squash provide the most nutritional bang for your caloric buck. I also like legumes if your body can tolerate them.

It's also important to check in with your body and see how you feel after eating carbs. We all have a unique biochemistry, so some of us need more than others.

Please note that your body's needs also change with seasons, stress, hormones, activity level, etc.

2. Will fat make me fat?

No. Fat is a critical component to healthy cellular function. It helps to regulate hormones, metabolize vitamins, provide energy and keep our joints lubricated. It is essential for healthy skin and hair, and it is the builder of brain function.

The fats to avoid are hydrogenated and trans fats, which are in many processed, fried, and baked foods. Skip vegetable oil, canola oil, sunflower oil, etc.

That saturated fat is bad for you and causes heart disease and high cholesterol is a widely-debunked myth. If you'd like more information on that, just do a quick Google search for 'saturated fat myth.'

Enjoy healthy fats from well-treated animals like butter, ghee, and dairy from pastured cows, as well as coconut, avocado, and olive oil.

3. How much protein should I eat?

If you are very active, I recommend approximately one gram for your desired body weight. Adjust to your body's preferences accordingly.

4. Is it super healthy to go vegetarian?

Not necessarily. Candy, french fries and muffins are vegetarian and I don't recommend eating those regularly. Yes, eating plants are wonderful and the most healthful choice you can make, but eating pastured and organic animal protein and fat is quite good for you too.



5. How much weight should I lift?

That definitely depends! If you're new to the gym or trying a new exercise, start light and adjust from there! I say grab a couple sets of weights to have handy.

As a good rule of thumb, find weights where you can perform 12 reps, but the last few are pretty challenging.

6. How much cardio should I do?

That also depends. If you want to build size, use weightlifting as your cardio. If you are prone to weight gain, perform moderate cardio a couple of days a week and also include a couple of short, intense cardio bursts a couple of days a week.

Long, leisurely walks are always a wonderful part of any fitness program.

7. Can I do abs more than once a week?

Sure! Just skip abs if they're sore. Stay off ab machines that lock you in place and do your own mat work instead. Make sure to stretch your back afterwards. Also, lifts while you stand—like squats and deadlifts—work your abs too.

8. What should I eat pre/post workout?

Whatever you like! Just keep it clean and shoot for a balance of protein, carbs, and fat.

9. What alcoholic beverages can I drink while working on my fitness?

I say stick to organic, sulfite-free wines and choose premium distilled liquors mixed with water or club soda. One ounce of alcohol equals approximately 100 calories. Count those calories as either 25g of carbohydrates or 11 carbs of fat. Insert the wide-eyed emoji here.

10. I'm not losing weight? What else can I do?

I have some unconventional advice when it comes to this question! Make sure you're drinking plenty of water, getting at least eight hours of sleep, enjoy some real fun and mix up your workouts.

I hope this helps! Thank you for reading.

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

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KIDS CORNER

Ideas to help your child get to the head of the class

(BPT) – The education children receive today will help them throughout their lives. School is the fundamental component of the learning process, but education doesn't stop when kids arrive back home at the end of the day.

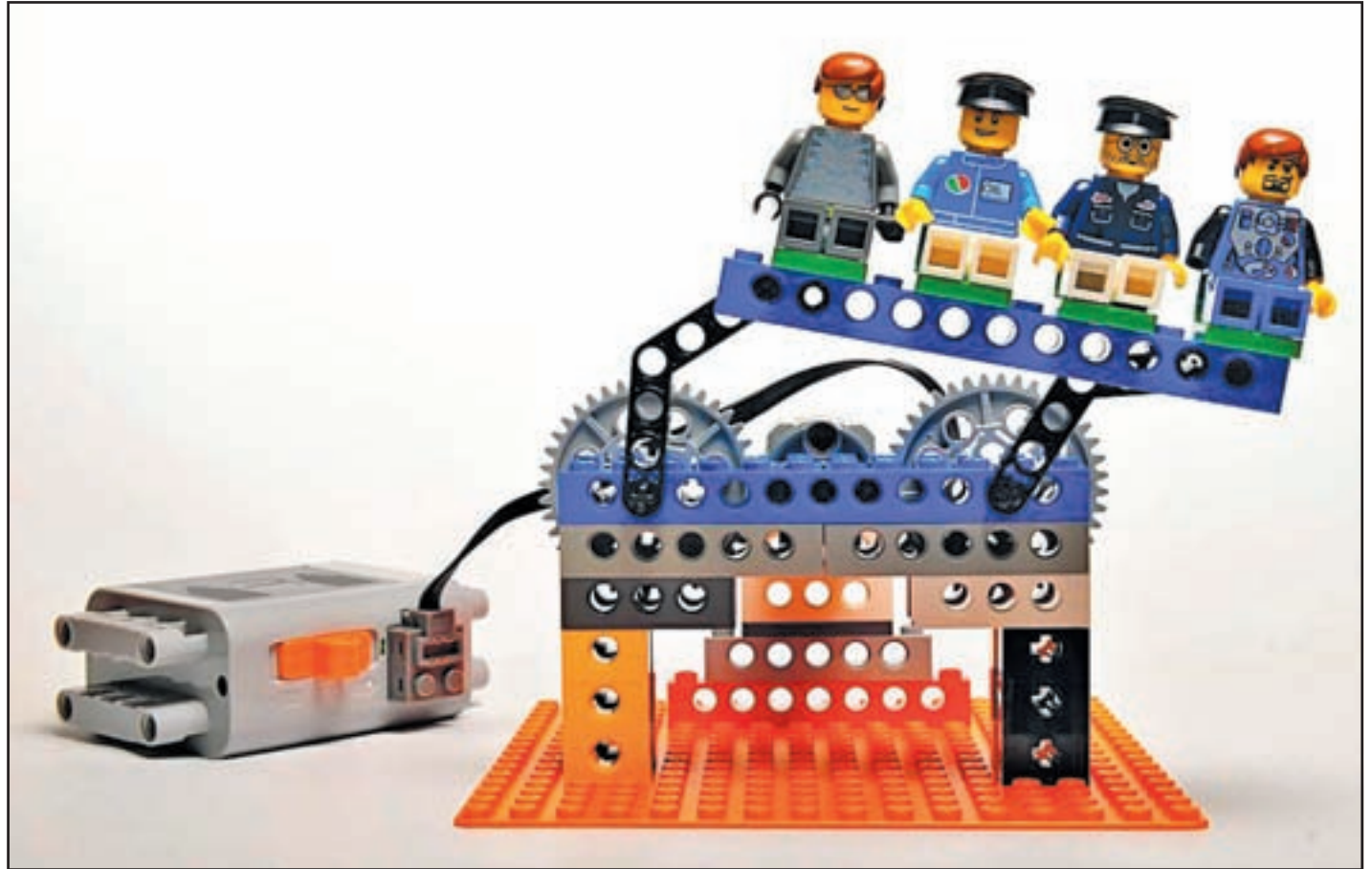
"Education and family go hand in hand," says Ellen Marks, curriculum director of Bricks 4 Kidz, an award-winning summer camp and after-school program. "Parents who take an active role by supporting classroom learning will not only see their kids' education blossom, but their relationship with them, too."

The start of the new year is the ideal time to evaluate what you're doing right and where you could improve in regards to supporting your child's education. Marks offers these smart ideas guaranteed to help you keep this resolution in 2017 and beyond:

Connections to real life: One of the best ways to help kids understand classroom lessons is to connect the material to everyday experiences. Practice fractions while cooking. Chat about biology as birds fly by the window. Learning moments are all around, you just have to point them out.

Parent-teacher relationship: Sending check-in emails, attending conferences and volunteering are ways to build strong relationships with teachers. Be proactive about asking where your child excels and what areas they may need additional help.

Enriching activities: Select fun after-school activities that emphasize cognitive development while building self-esteem. For example, Bricks 4 Kidz uses relatable tools like LEGO Bricks to teach science, technology, engineering and math (STEM) skills. Learn more at www.brick4kidz.com and sign up for an After School class.



Health and wellness: A child must first be well before they can effectively learn. Make sure kids stay fueled with a variety of healthy foods. Next, ensure they get a good night's sleep. Full, well-rested kids are always ready and eager to learn.

Homework help: Good study habits are essential to excelling at school. Create a comfortable homework space with adequate supplies and few distractions. What's more, be an active partner in your child's homework and assist when needed with gentle guidance and encouragement.

Reading buddies: Reading together can instill a lifelong love of literature. Try reading the same books your child is assigned in school so you can foster a good discussion about characters and storylines. When you both finish the book, rent the film version and plan a movie night.

Active learning opportunities: Reading, writing and solving math problems are passive learning activities. At home, encourage active learning where your child builds models, creates art projects and can ask questions. It's amazing to watch their minds work and see what they create.

Positive attitude: Kids will mirror your attitude toward your work as well as how you view their school, homework and teachers. Stay positive, respectful and model resilience during difficult times; you'll find they'll do the same.

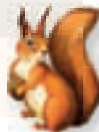
Daily conversations: With a fun, no-pressure approach, go over what your children learned in school. If they don't want to talk right after school, wait until later. During or after dinner may allow enough transition time so you'll find they'll open up more.

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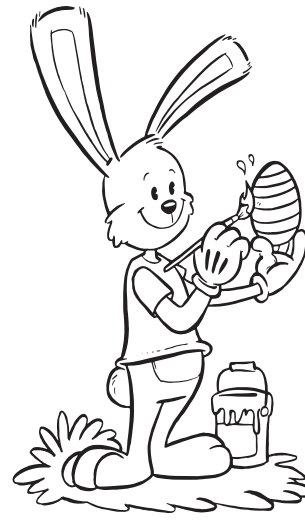
KIDS CORNER

FUN FACTS

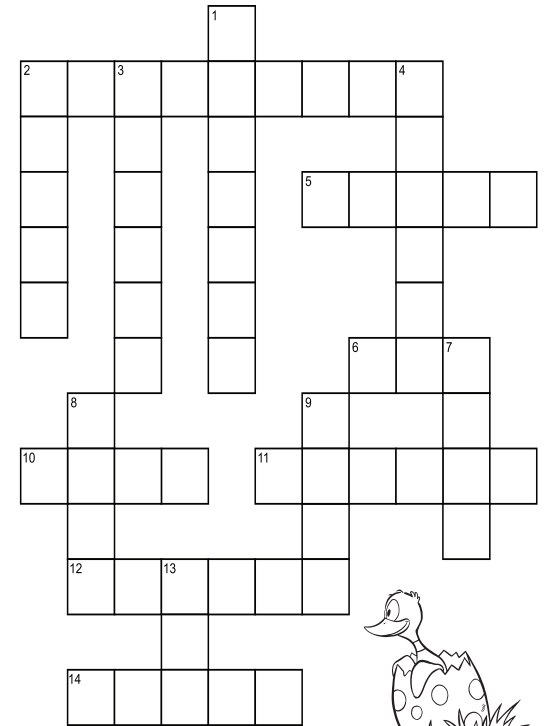
- The inventor of the Waffle Iron did not like waffles.
- Nearly three percent of the ice in Antarctic glaciers is penguin urine.
- J.K. Rowling chose the unusual name 'Hermione' so young girls wouldn't be teased for being nerdy!
- In England, in the 1880s, "Pants" was considered a dirty word.
- The Pokémon Hitmonlee and Hitmonchan are based off of Bruce Lee and Jackie Chan.
- Each year, there are more than 40,000 toilet related injuries in the United States.
- A company in Taiwan makes dinnerware out of wheat, so you can eat your plate!
- Marco Hort has the world record for fitting 264 straws in his mouth at once!
- Mel Blanc – the voice of Bugs Bunny – was allergic to carrots.
- California has issued 6 driver's licenses to people named Jesus Christ.
- In the Caribbean there are oysters that can climb trees.
- Squirrels forget where they hide about half of their nuts.



EASTER CROSSWORD



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Across

- 2 - A mother duck keeps a close eye on her ____.
5 - Easter's month.
6 - Which came first, the chicken or the ____?
10 - A mother cow gives milk to her ____.
11 - Easter is always on this day of the week.
12 - Carry your Easter Eggs in a ____.
14 - The Easter ____ hops around the world and delivers presents.

Down

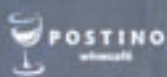
- 1 - April showers bring May ____.
2 - Cows give milk for ____ products.
3 - A mother hen watches over her baby ____.
4 - Easter's season.
7 - A baby ____ is called a kid.
8 - A baby sheep is called a ____.
9 - In the backyard, the kids are having an Easter Egg ____.
13 - The ____ warms the earth and brings light to the world.

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BEHIND THE BUSINESS

Famous fish & chips joint thrives on customer-centric approach

By Michelle Donati-Grayman

It started in the jungle of the South Pacific. Peter Grant Jr., a schoolteacher, coach and international golf champion was discharged from the Army after contracting malaria, dysentery and rheumatic fever.

His doctors told him the only way he would recover would be to move to a hot, dry climate, like Arizona.

After looking up Arizona on a map, he and his wife, Ruth, packed their belongings, hooked up a house trailer to their car and left the Midwest for Phoenix.

Grant had planned on becoming an elementary school teacher once he arrived in the Valley, but he never made it to a classroom. Instead, he spent the money in his pocket to open a “chip house” at 31st Street and Van Buren. This was something he’d dreamed about ever since seeing fish and chips stores throughout Europe during the war. He made a \$12 profit his first day in business and knew he was sitting on a gold mine.

By the end of his first year in business, Grant opened two additional locations. He grew the successful chain for 40 years until his untimely death in 1987. After his passing, his daughters Kathy Adams and Pat Foster took the helm and



Pete's Fish & Chips is celebrating 70 years in Arizona this year. The chain has found success through a simple approach and now has eight locations around the Valley.



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have continued the magic that he started 70 years ago.

"My dad wanted to show us what hard work really meant," Foster said. "I have three sisters, and we were all peeling potatoes at the age of 10."

Today, Pete's Fish & Chips has eight locations across the Valley and hasn't changed much during the past seven decades. The cash-only restaurant keeps things simple to please its customers.

"Our customers have made it clear they don't like changes in our prices or the menu," Foster said. "We operate on a really low profit margin. My dad always said it's better to make a quick nickel than a slow dime, so that's what we've followed through with."

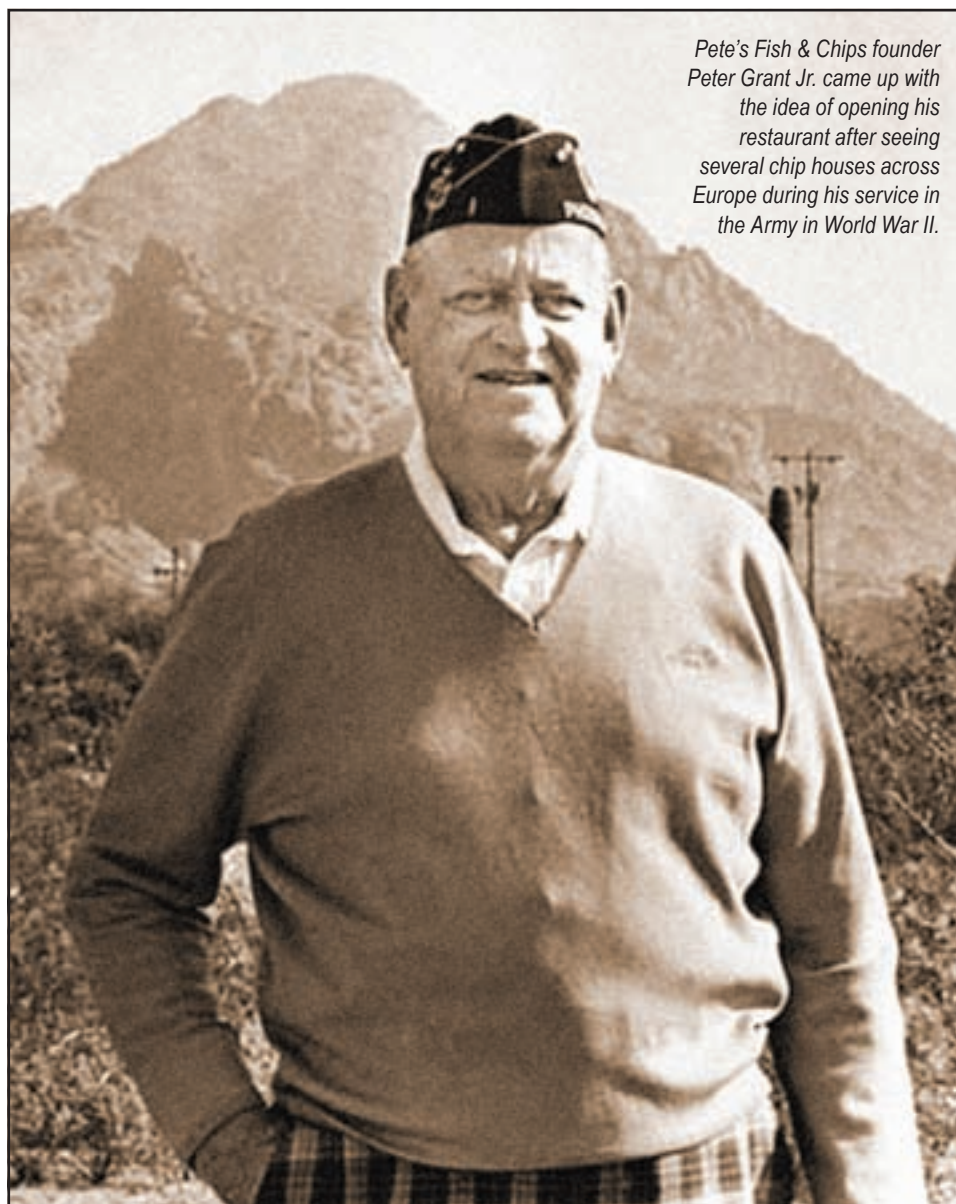
The restaurant's most popular menu items are its fish and chips and seafood combo. But it's not just seafood. Menus at the eight locations vary slightly, but all have a variety of meals under \$8. The Monsterburger combo might be one of the chain's best values, delivering a third-pound burger, large fries, 32 ounce soda and burrito all for \$7.45. In addition to chips, onion rings, which Foster describes as being a "spiritual experience," are also on the menu. And no Pete's visit is complete without the family-owned chain's signature spicy red sauce.

"It's a secret recipe that was invented by my dad," Foster said. "We have customers that buy it by the gallon."

For many years, customers enjoyed their fried fare at Pete's red picnic tables, which were full of carved initials and etchings by Pete's customers. Today only one location still features the red tables, but that doesn't mean the others were discarded. After hearing customers wanted the retired tables, the restaurant held a contest to give them to their most loyal fans.

"We received so many stories, including marriage proposals that took place on our picnic tables," Foster said.

To celebrate Pete's Fish & Chips 70th anniversary, the restaurant is hosting another contest. Customers are invited



Pete's Fish & Chips founder Peter Grant Jr. came up with the idea of opening his restaurant after seeing several chip houses across Europe during his service in the Army in World War II.

to submit a short essay on why they are a fan of the chain. The winner will receive the honor of throwing out the first pitch and enjoying a Diamondbacks game in a suite with Pete's owners this fall.

"Restaurants come and go. We're four generations strong," Foster said. "We know who we are, and we are very grateful to those who want to continue to eat at Pete's."

— For more: petesfishandchips.com.

BUSINESS BRIEFS

DOUGHBIRD

As of press time, Doughbird is slated to open March 28. Fox Restaurant Concepts has been behind some of the Valley's most popular eateries, including Culinary Dropout, True Foods Kitchen, North Italia and Zinburger. Doughbird, which will be in our own backyard at 44th and Indian School Road, will be combining pizza and rotisserie cuisine. For more: foxrc.com.

EVEN STEVENS

Located on the northwest corner of 40th St. and Indian School, Even Stevens is opening on April 5. The sandwich shop with a cause is looking to share its mission of giving with the Arcadia community. For every sandwich sold, they donate a sandwich to a local nonprofit to feed the hungry. Even Stevens will also be providing showcases for local artists to share their music and display their art.

LILAC BAKERY

Pastry Chef Lauren Paulsen's dream of making her desserts in her own restaurant has come true with the opening of Lilac Bakery. Located at 2747 E. Indian School Road, Lilac's offerings include fresh baked muffins, cookies, scones, cakes and pies, with an espresso bar to go along with your dessert. There will also be a selection of gluten-free and vegan items to accommodate special dietary needs.

ÜBERRITO

Überrito is opening at the Arcadia Gateway shopping center, located at 44th and Indian School Road. The grand-opening festivities will be accompanied by a friendly school spirit "Überrito Burrito Battle" fundraiser between area schools. From April 1-8, customers who visit should mention the school they would like to support at checkout. Überrito will donate 15 percent of proceeds from every school purchase and the winning school will receive a catered teacher and staff appreciation party.

DESERT VALLEY PEDIATRICS

Desert Valley Pediatrics opened a new location in the Arcadia area. The new practice is located at 4840 E. Indian School Road, Suite 100. Desert Valley Pediatrics has been providing care in the Valley since 1987.

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Saint Mary's Catholic High School has come a long way in 100 years from where the Sisters of the Precious Blood founded the school in 1917.



The state's first Catholic high school celebrates 100 years

By Rachael Bouley

Saint Mary's Catholic High School is celebrating its centennial anniversary this year, marking a century of education, spirituality and community for a diverse population of students. As the first Roman Catholic Diocesan high school in the state, Saint Mary's boasts a rich and colorful history. Although there have been challenges along the way, Saint Mary's has persevered and aims to serve Valley students for years to come.

"It is a great blessing to me and a great source of joy to be a part of such a rich tradition," said Father Robert Bolding, president-rector of Saint Mary's. "With a century of graduates, the Saint Mary's family is huge. I love being a part of it."

Saint Mary's has come a long way since its early days. When Arizona became a state in 1912, the young Catholic men and women in Phoenix had no high school anchored by their religious faith. This inspired the Sisters of the Precious Blood, who founded the school in 1917 and taught the first students in a small, dedicated classroom at St. Anthony's Elementary School. It wasn't long before Saint Mary's opened the doors to its own location on East Monroe Street in 1920, and eight years later, it became an all-girls school when the male students were transferred to Brophy High School.

The devastating Great Depression shuttered many schools, including Brophy, but Saint

Mary's remained open for students, even in the toughest of times. The displaced Brophy boys were sent to a newly built structure on Polk Street, next to the girls' facility, and Saint Mary's was reestablished as a coeducational school. The boys and girls remained separated until 1958, when classes and staff combined to make the Polk Street campus the official location, serving 600 students.

The rapid growth of downtown Phoenix made it difficult for Saint Mary's to expand, and in 1988 the campus was demolished to make way for the Arizona Center. The school settled into its present-day location at Third Street and Sheridan, where students have access to many more resources,

including the Virginia Piper building, which was completed in 2007 and houses fine arts classrooms, computer labs and the Wiegand Auditorium.

Despite changes in its location, Saint Mary's has stayed true to its mission to help students encounter truth, goodness and beauty in a spiritual sense.

"In the course of a school's history, different approaches may be taken or methods applied to fulfill its mission," Fr. Bolding said. "But for a Catholic school, and certainly for Saint Mary's, the fundamental mission never changes: to work for the salvation of souls by assisting parents in the formation of their children, preparing young men and women

Continued on page 50



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Although the uniforms have changed a bit over the years for Saint Mary's High School students, the school prides itself on the continuity of its mission, which is "to work for the salvation of souls by assisting parents in the formation of their children, preparing young men and women to be able to live well and to be good citizens."

St. Mary's 100

Continued from page 48

to be able to live well and to be good citizens."

Throughout the years, Saint Mary's has undergone academic changes as well, including adopting a more traditional liberal arts curriculum and employing a variety of resources and role models for its students. For much of its history, a considerable number of Franciscan Fathers and Sisters staffed the school, instilling virtues and morals in students, but their quantity and role decreased in the second half of the century.

"Thankfully, in recent years, some of those traditional features of Catholic high schools have begun to return. Bishop Olmsted has assigned two priests to minister full-time at St. Mary's and we have three Dominican Sisters of Mary, Mother of the Eucharist on our faculty," said Fr. Bolding. "The Dominican heritage is one that focuses on a positive morality of excellence and the Sisters witness to this by their joyful presence on campus."

In the past century, Saint Mary's has educated some of Arizona's most successful residents, including prominent businessmen and businesswomen, police and fire chiefs, doctors, lawyers, politicians and professional athletes. Father Blaise Cronin, who served as an educator, principal and chaplain of Saint Mary's, was known for his saying "Once a Knight, Always a Knight." This statement remains true,

as many of Saint Mary's beloved graduates return to the school to contribute to fundraising and volunteer efforts. In fact, two former Knights, Beth Wand and Barbara Bandura, are serving as co-chairs for Saint Mary's Centennial Gala at the Sheraton Grand Phoenix on October 21.

The women are hard at work, preparing big plans for the Roaring '20s, speakeasy-themed gala, including delicious food, live music, a silent auction and raffle. 2004 graduate Brandon Casey, owner of The Ostrich in Chandler and The Woodshed II in Tempe, is creating a centennial cocktail that will debut at the celebration.

"This is a big year for Saint Mary's, and we are truly excited to be a part of the celebration," Wand said. "With such an extensive history here in Phoenix, our network of alumni is strong and deep. This year's gala will help Saint Mary's continue its legacy of forming virtuous young men and women through its strong liberal arts curriculum, athletic programs and Catholic education."

For Wand, returning to the school that shaped her future is very rewarding.

"I think Saint Mary's is the hidden gem.

Some of my fondest memories are when I was immersed in this melting pot of culture, where I met some of my best friends and my husband," Wand said. "It's a friendly school and a happy place. You come out of there more well-rounded, with an amazing education and sense of self."

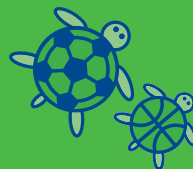
The Saint Mary's community has overcome challenges to keep serving local students and families, which is crucial to its success story.

"It's a friendly school and a happy place. You come out of there more well-rounded, with an amazing education and sense of self."



Former St. Mary's High School students Beth Wand (left) and Barbara Bandura are serving as co-chairs for Saint Mary's Centennial Gala at the Sheraton Grand Phoenix on October 21.

"Saint Mary's is the only school that never closed after opening, and I think that perseverance is still here today," Wand said. "It weathered the Great Depression, multiple wars, and the economic downturn in 2008. I think that speaks so much to the character of the students it produces. It comes from the fact that the school has a long tradition of family, community and creating not just good students, but good people."



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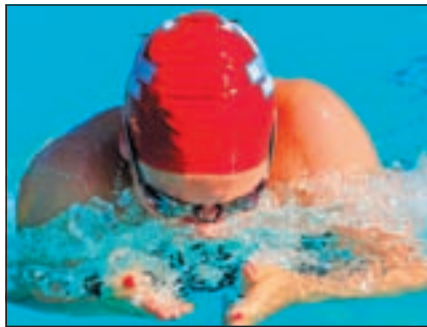
Arcadia News 25th Anniversary Feature



Sam Huff



2015 Arcadia Basketball Team



2012 Arcadia Swimming



2016 Arcadia Lacrosse

Relive Arcadia area sports memories from past and present

By Nick Smith

Arcadia and its surrounding areas are no strangers to incredible sports moments over the years. Sports are an important part of the community, bringing friends and family together to play and cheer for their favorite teams. Including every single impactful sports item would be impossible, so we've highlighted just a few of the most memorable high school teams and players.

BROPHY

MEMORABLE TEAMS

Football: 2005, 2007: The mid-2000s was an era of dominance for the Broncos football team. Brophy's 2005 season resulted in a 13-1 record that culminated in one of the great upsets in state title game history.

Trailing by five points as the fourth quarter wound down against two-time defending champion Hamilton, sophomore Bryan Berens led the Broncos on a 99-yard, 17-play drive that ended with a touchdown pass to Matt Smith.

The 2006 season ended in disappointing fashion, with a loss to Chandler in the state quarterfinals. But Brophy returned to form the next year, as the team finished off Desert Vista in the title game for a 12-2 record and second state title in three seasons. Memorable players from that era include quarterback Bryan Berens, running backs Ray Polk and Bobby Rodrigues, and receivers Sean Lieb and Matt Smith.



PLAYERS

Riggs Lennon, Boys Soccer

Lennon was one of the greatest soccer players in state history, winning the 2011 Gatorade Player of the Year award. He was a two-time first team all-American and three-time Arizona High School player of the year. Lennon led Brophy Prep to two state championships, while scoring a school record 147 goals in his three years on varsity. He now plays forward for the University of Virginia Men's Soccer team.

Bryan Kula, Football

Kula anchored the defensive line during the 1996 season, while leading the Broncos to the runner-up spot in the state championship game against Mesa Mountain View. The 5A Player of the Year went on to play at the University of Arizona.

Xavier Crew 2015: Winning a state championship is always incredible, but a national championship?

That's as rare as it gets, and it is what Xavier's Crew team pulled off in 2015. Coach Emily Burkett led a squad of stars that included Ellie Martin, Grace Ganz, Martha Ryan and Cami Hays.



PLAYERS

Khalia Lanier, Volleyball

Lanier was the 2016 Gatorade National Volleyball Player of the Year and the 2015 Gatorade Arizona Player of the Year. She was a member of Arizona's All-State First Team three times and was a four-year letter winner at Xavier. Her father, Bob, was an eight-time NBA All-Star. Lanier now plays outside hitter for the University of Southern California.

XAVIER

MEMORABLE TEAMS

Xavier Badminton 2013-2016: The dominance of Xavier badminton began under long-time head coach Nancy Meyer and continued in 2016 under new coach Susan Contreras. Seniors Tatum Clarke and Emily Woodrow led the charge for Xavier, as the team won its fourth state championship in a row this past season.

Amanda Benson - Volleyball

In 2012, Benson was the state player of the year, leading Xavier to a 34-11 record and a runner up place in the state championship. As a junior in 2011, she was an All-State first team member, and she won a state championship during her freshman year. She played volleyball for the University of Oregon.

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Arcadia News 25th Anniversary Feature



2015 Xavier Crew



2016 Veritas Tennis



2016 Veritas Boys Soccer



2017 Xavier Badminton



2016 Veritas Girls Soccer

VERITAS PREP

MEMORABLE TEAMS

Girls Volleyball, 2010-2012: The Falcons volleyball team pulled off a three-peat at the start of this decade, beginning with a 17-3 record in 2010. Head coach Kristen Adams left after that season, with Wes Goodwin taking her place. The Titans won it all in 2011 and 2012 as well, led by Sarah Sponcil, Ashley and Kelly Anderson, and Kelly Leonard.

Middle School Soccer championships, 2015 and 2016: The Veritas middle school soccer teams experienced success in 2015 and 2016, with the girls team winning the championship both years, with an undefeated season in 2016. The boys team won the title in 2016 as well.

Middle school boys tennis championship, 2016: Led by coaches Harry Broome, Joe Vivirito and Lisa Townsend, the Falcons won the 2016 Great Hearts Middle School League Championships. Charlie Cobb also won the boys middle school singles championship.

"This core team has come up over the years together," said Broome after the championship. "We've always had such tough competition and the championship was a little unexpected. It was a big moment for Veritas."

PLAYERS

Sarah Sponcil, Volleyball

Sponcil was a four-year varsity letter winner for Veritas Prep Academy during her career at the school. She was an All-American for each of her final three seasons and played in the State Championship game in each of her four seasons, winning it all during her first three years. She was selected the Gatorade Player of the Year in 2012 and 2013. Sponcil is now playing at Loyola Marymount University.

ARCADIA HIGH

STATE CHAMPIONS

Girls Swim: 1993, 1994, 1995, 1998, 1999, 2006, 2007, 2008, 2009, 2011, 2012 (Erica McClurg)

Boys Golf: 1999, 2000, 2001

Softball: 2006, 2007

Boys Tennis: 2010, 2011

Arcadia Swimming: Even with all the athletic achievement in the Arcadia neighborhood, the Titans swim team stands out. The Titans have captured a staggering

15 state championships over the past 25 years and have built a reputation as one of the premiere programs in the state.

"There's a huge swimming community in Arcadia," said Erica McClurg, who has been the Arcadia head swim coach since the mid-90s. "A lot of kids get into swimming early and just stick with it all the way through high school."



McClurg swam at Arcadia herself in high school, when the team was coached by longtime leader Jack Giles. She's been at the helm of Arcadia long enough to coach the children of some of her high school teammates.

"We've just tried to build a nice family atmosphere on the team," said McClurg. "I want the kids to feel like it's a safe place to come. The Arcadia community is so supportive too. Swim team is really a tradition here."

Titans Basketball runner up, 2015: Ranked as the No. 10 seed going into the Division II State Playoffs, the Titans shocked the world with their winning streak, making it all the way to the state title game.

"It's the biggest run I've ever been on," said head coach Stephen Danford, who was named the Division II Coach of the Year that season. "I've literally never been a part of a group that was so resilient."



PLAYERS

Paige Francis, Swimming

Francis was a prep-All-American in the 100-meter and 200-meter freestyles and the 100-meter backstroke. She was also a four-time state champion in the 100-meter backstroke and a three-time champion in the 200-meter freestyle. She went on to swim for four years at the University of Southern California.

Soisa Maafu, Football

The Arcadia fullback put on one of the greatest displays of offense in Arcadia High School history during the 2011 football season. Maafu scored 33 touchdowns in a season, breaking the 51-year-old record set by Quentin Gregory. He also set the school record for rushing yards in a season with 1,760 and finished his career at Arcadia with 47 touchdowns, another school record.

Sam Huff, Baseball

Sam Huff originally wanted to play catcher because he thought it would be cool to wear all the gear. But as time went on, he began to appreciate the position for more than just the mask and chest protector.

After his career behind the plate at Arcadia, Sam went on to be drafted by the Texas Rangers in the 7th round of the 2016 Major League Baseball Draft.

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AHS lacrosse is staying put

By Ian Kraft

If you asked about lacrosse four years ago at Arcadia High School, you would have only heard crickets. Today, the program is thriving under the leadership of head coach Stephen Weis and the determination of several Titan seniors.

Weis, 31, started from scratch after accepting the Arcadia job offer in fall 2013. He faced an uphill battle in starting a lacrosse program with exactly one player interested. That player was freshman Grant Loftin, who had been thinking about trying to get lacrosse to Arcadia High School when he was still in junior high.

“My parents and I spoke to the Arcadia administration about starting a team at Arcadia High School and the athletic director at the time, (Kevin Mooney), was very supportive,” said Loftin, who has been a four-year captain for the Titans. “This opportunity with lacrosse has helped me become who I am today. I’ve learned how to be a leader and a better person.”

JD VanArsdall joined the team as a freshman too, because his good friend Grant Loftin was better than he was. JD decided he couldn’t let that be.

“Loftin could catch and throw, and I couldn’t,” said VanArsdall.

Over the next four years, both Loftin and VanArsdall grew as both men and players for the Titans, and Coach Weis said he couldn’t be more thankful to have had those two help the program evolve into what it is today; a state champion.



JD VanArsdall (#23) helped put AHS lacrosse on the map.

“JD is one of the most coachable players on the team,” said Weis. “Not only is he the fastest kid in the state with a stick in his hands, but also one of the most determined to succeed. And Grant, he is one of those special players that leads by example. When we need a big play to get the sideline going, or need an advocate in student government, he’s our go to.”

Weis also said that the boys helped bond the team over the last two seasons, and that their success is a direct representation of their leadership.

“The impact these players had off the field was a big as it was on the field,” said Weis. JD and Grant made this group a ‘team.’ And that is something special about Arcadia; the positivity growing around our sports program promotes ‘team.’”

— If interested in AHS lacrosse, visit arcadialax.com.

Arcadia pitcher signs with LSU

By Max Bechtoldt

Arcadia baseball coach Troy Gerlach has one name in mind when it comes to who he’s sending to the pitcher’s mound when his Titans face their toughest opponents.

That pitcher is Matt Schroer. He embraces the pressure of facing the best hitters and having the game rest on his arm during the biggest moments.

“He is throwing against the toughest competition, for the last three years,” said Gerlach. “Every top team that we have faced, he’s got the ball. He wants the baseball in those situations.”

Gerlach hopes the experience of pitching against the best talent prepares Schroer to succeed at the next level as a member of the Louisiana State University (LSU) Tigers baseball team.

LSU is one of the top programs in the nation, tallying six national titles during the past 30 years. The team is a mainstay in the College World Series tournament, advancing there eight of the past nine years. Schroer will compete against the best and most consistent programs in the nation at LSU, which plays in the Southeastern Conference (SEC). Attending LSU was not an easy decision, but Schroer believes it was the right one.

“My decision was between LSU and ASU ultimately,” said Schroer. “I went and visited both schools and I loved both of them, loved the coaching staffs, but when I went to LSU to visit it just felt like home to me.” Schroer aspires to have the work ethic of his idol Jake Arrietta, pitcher for the 2016 World Series champion Chicago Cubs. He is inspired by Arrietta’s journey from the bullpen up to a consistent Cy Young Award candidate. Arrietta won the award in 2015, Schroer was introduced to baseball by his father, a former collegiate player whom Schroer cites as the biggest influence on his young career. Schroer has memories of playing catch with his dad at a young age.

“I played soccer when I was young, I played basketball,” said Schroer. “I just fell in love with baseball, it was what I always wanted to do.” Schroer has played varsity baseball for Arcadia since he was freshman. Coach Gerlach saw something special from the start.

“He came in throwing pretty hard as a freshman, and with his body and his frame it was hard not to envision the bright future he had, and he’s improved each and every year,” Gerlach said.



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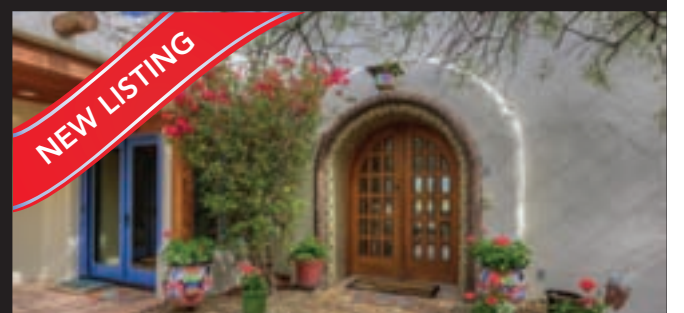
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